

**DESOTO  
SENIOR ACTIVITY  
CENTER  
October 2019  
EDITION**

**204 LION STREET.  
DESOTO, TEXAS  
75115**

Office: 972-230-5826  
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Hours of Operation:  
Monday-Friday  
8am-4pm

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# Happy Fall Y'all!

Volume 1, Issue 1

Newsletter Date: October 1-31

Autumn is the season to be thankful and to be surrounded by the people you love. It's the perfect time to change up your decorations by adding orange, red and yellow colors and to pull out the spice-scented candles.

The holiday season encourages you to spend time thinking about what you and your family have been through in the last year as well as the memories you've made together while looking forward to a new and exciting year.



**Take some time to yourself.** Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how your feeling.

**Get your flu shot and yearly check-up.** Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life.

**Boost your immune system.** You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.

**Get yourself ready for Daylight Savings Time.** Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!

**Moisturize your skin.** Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

**Stay active!** It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shoveling snow counts!

**Be kind to yourself.** The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative

### What's Next?



## Senior Citizens

**Senior Exercise / Fit for Life**  
 We have an ongoing free senior exercise program that meets each Monday, Wednesday, & Friday at 10:00 a.m. Exercise classes are held at the main Recreation Center located at 211 East Pleasant Run Rd. DeSoto, Texas 75115 972-230-9655



### Texas Hold Em' Tournament



Texas Hold'em tournaments are held each Thursday at 12 noon. Awards are given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers...

### Jewelry Design

If you are interested in the art of jewelry design, this self-taught class is for you. Please bring your own tools and jewels. Classes are every Tuesday at 12:30pm.

## Golden Voices Choir

**Tuesday | 9 a.m. - 10 a.m. | Free**

Are you a singer or musician? If you are interested in singing in the choir all you have to do is show up and you too can become a member of our very talented "Golden Voices" Join the choir each Tuesday at 9:00 am.



## Line Dance Classes

**Thursday | 12:15 p.m. - 2 p.m. | Free**

The Boot Scooters class is Thursdays at 12:15 - 1pm. This is a beginner line dance class. The Line Dance Steppers class is held Thursdays 1:00—2:00pm. This is an advanced class with an emphasis on weight loss.



## Yoga Class

**Monday and Friday | 10 a.m. - 11 a.m. | free**

This class follows older adult yoga videos. This is a free class for all members...



## M&M BOOK CLUB

M&M Book club meets the **2nd and 4th of each Tuesday** of each month. Each session begins at 2:00pm in the middle office.

**Book:** *Racing in the Rain*  
*My Life as a Dog*

For more information please see front desk or Marlice Peabody...

### T.O.P.S

Take Off Pounds Sensibly

TOPS meets every Tuesday at 10:15am in the craft room.



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# SCHEDULED EVENTS FOR OCTOBER

## Texas State Fair | Thursdays, October 3rd, 10th, 17th | 9:30am-3:00pm

The Texas State Fair is Back.... What will you try this year??? The Southern Fried Chicken Fettuccine Alfredo Ball, Texas Cream Corn Casserole Fritters, or enjoy a good old fashioned corny dog! State Fair admission is **FREE to seniors** on Thursdays. We will depart at 9:30 a.m., and return to the center at 3 p.m. Participants will only be allowed to sign up for **ONE** trip....



STATE FAIR  
OF  
TEXAS

## SOLD OUT



STATE FAIR  
OF  
TEXAS

## AARP Defensive Driving | Tuesday, October 8th | 11:45am-4:00pm

Need a discount on your monthly car insurance rate. Defensive driving is the class for you. Class will begin at 12:00 pm until 4:00 pm. Cost is \$15.00 for members and \$20.00 for non-members. Please arrive no later than 11:45am. For more information please see staff.

## CarFit & Superior HealthPlan | Wednesday, October 16th | 9:00am- Presentation

### Wednesday, October 23rd | 8:30am-11:30am- Event

Does your car fit you? Learn why the proper fit in your vehicle is essential for both your safety and the safety of others on the road. CarFit is a community-based program that provides a quick, yet comprehensive 12-point check of how well you and your car work together. For more information please see staff.

## Halloween Costume Contest Party | Thursday, October 31st | 9:00am- 9:30am

The bewitching hour is here at last and our costume party will be a spooktacular blast! Please join us on Halloween Day, October 31st at 10:00am for our Halloween costume party contest. You are in for a trick or treat.. **1st, 2nd, and 3rd place prizes for the winners of the contest.**

# ANNOUNCEMENTS

- Our new site council members will serve a two year term and are: Joseph Domek, Cheryl Hayes, and Luther Jones. They will join the existing members of Althea Burden, Elma Goodwin, Floyd Hall, and Jim Ward The Site Council has the responsibility of advising center staff of projects they would like to do, help with fund raising activities, special events, and attend meetings the first Monday of each month.
- The Dallas Area Agency on Aging Benefits Counselors will be here Monday, October 21st from 9:00am-12:00pm to counsel the elderly on Medicare, Medicaid, and Social Security.
- Please join us for our continued health series with Marlice Peabody on Thursday, October 31st, during lunch at 11:30 a.m...
- Site Parking along the fire lane is strictly **PROHIBITED**. The center will not be responsible for any parking citations given on city property. Additional parking is located in the grass field on the side of the building. Thanks Management!

**Daily affirmations shows improvements in health and well-being. They lower stress and boost self-esteem. Just repeat or write down any positive statement about yourself.**

“I am living the best years of my life.” “I am enough”