

**DESOTO  
SENIOR ACTIVITY  
CENTER  
November 2019  
EDITION**

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

Office: 972-230-5826  
Fax: 972-230-5827

Hours of Operation:  
Monday-Friday  
8am-4pm

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# Give Thanks

Volume 1, Issue 1

Newsletter Date: November 1-30

The month of November opens the holiday season with Thanksgiving. Giving thanks and living in a state of gratitude has been a major enhancement in our lives here at the DeSoto Senior Activity Center. Today, rather than pondering what gifts you may receive, or what food you may eat. You should stop and thank the people closest to you. Give thanks for all the gifts which are already present.

The attitude of gratitude can carry one through whatever life brings. The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



### What's Next?



**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



### Texas Hold Em' Tournament



Texas Hold'em tournament 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.

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 NOVEMBER

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## NO PICK-UP OR DROP-OFF NOVEMBER 1ST, 2019

### Veterans Day Breakfast & Entertainment | Monday | Nov. 11<sup>th</sup> | 9:00 a.m.

We will honor our Veterans with a pancake and sausage breakfast on **Monday, Nov. 11th**.

DeSoto Private School will be performing **at 10:00 a.m.**

Please **RSVP** at the information desk for this event.

### Thanksgiving Dinner & Entertainment | Friday | Nov. 15th | 6:00 p.m.

Catered dinner of roasted turkey, dressing, two vegetable sides, and all the trimmings, including dessert, will be served at **6:00 p.m.** at the center.

The Golden Voices Choir will perform after dinner.

**Cost is \$ 8/per person** and must be paid when you **RSVP** no tickets sold at the door.

**Capacity for this event is 100 people.** Pickup/take home is available for this event.

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## ANNOUNCEMENTS

- AARP Smart DriverTEK Tuesday, November 19th from 12:00-1:30 p.m. **RSVP** at the registration desk for the AARP Driver Safety Program. Smart DriverTEK<sup>SM</sup> keeps drivers in the know about the latest vehicle safety technologies, and how to use them. The workshop is open to all drivers and is free! Space is limited, so register now at [www.aarp.org/findaworkshop8](http://www.aarp.org/findaworkshop8) or call 1-877-805-4115, (972) 230-5825.
- Please join us for our continued health series with Marlice Peabody on Thursday, November 21st, 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!