



**DESOTO  
SENIOR ACTIVITY  
CENTER  
October 2021  
EDITION**

Volume 1, Issue 1

Newsletter Date: October 1-31

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

Office: 972-230-5825  
or-5826  
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Hours of Operation:  
Monday-Friday  
8am-1pm

**THANK YOU!!!  
Proud Supporting  
Sponsors**

- Healing Hands Healthcare
- United Healthcare
- Cigna
- Tom Thumb
- DeSoto Library
- DARRC
- Crescent Regional Hospital
- Amerilife
- Well Care

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For months, the world, and seniors, in particular, have been encouraged to socially distance themselves. But, remaining active is vitally important for our older adults. The changing season brings plenty of opportunities to try new things even in this new COVID-19 reality there are ways to stay active and enjoy the season. Here is a list of fall-centered senior activities that will help you take full advantage of the beautiful changing season.

- Take a Walk
- Go for a drive
- Cold-proof your home
- Decorate your house
- Prep for bad weather

As we age, one of the most important things we can do for our health is to remain active. Perhaps now more than ever, it is important to remain active. Let's continue to keep ourselves moving and enjoy the rest of the year!

## 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 **Postponed until further notice!**



### Texas Hold Em' Tournament



Texas Hold'em tournaments are held each Thursday at 10 am. 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 Tuesdays at 10:00am.

## Golden Voices Choir

Tuesday | 8:45 a.m. - 10 a.m. | Free

### "Golden Voices"

Join the choir each Tuesday at 8:45 am for step-up and step out, and come and sing-a-long.



## Line Dance Classes

Thursday | 11:00 a.m. - 12:30 p.m. |

The Boot Scooters class is Thursdays at 11:00am - 11:45 am. This is a beginner line dance class. The Line Dance Steppers class is held Thursdays at 11:45am—12:30 pm. This is an advanced class with an emphasis on weight loss.



## Yoga Class

Monday & Friday | 10:00 a.m. - 11 a.m.

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



## M&M BOOK CLUB

M&M Book club meets **every Tuesday** of each month. Each session begins at **TBD** in the middle office.

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

**No Book club during summer.**

### T.O.P.S

Take Off Pounds Sensibly

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



special  
**THANK YOU**  
to our sponsors

Join us every Friday for BINGO. Call the center for more info if interested. 972-230-5825  
Fridays October 1st, 8th, 15th, 22nd, 29th @ 10am .... IN-PERSON BINGO  
25 cents per card.



**DALLAS COUNTY HEALTH AND HUMAN SERVICES (DCHHS) COVID-19 VACCINATION  
REGISTRATION HOTLINE # (855-466-8639)  
<https://www.dallascounty.org/covid-19/covid-19-vaccination.php>**

**Fall Health Series | Wednesdays October 20, 27 & November 3 | 10:30 a.m.**

- Join Health CHECK for our Fall health & wellness programs at the DeSoto Senior Activity Center. Activities include: Healthy Eating Classes, Exercise Classes, Free Snacks And much more! Sponsored by: United Healthcare

**DeSoto Transportation Program**

- Applications will be accepted for the fourth year of DeSoto's grant-funded Transportation Assistance Program (TAP) for low-to moderate-income DeSoto residents on October 18th, 2021. The City will host two in-person workshops to explain the program, eligibility criteria, and provide assistance with the application process on Thursday, October 28, 2021 at 10:30 am and 5:00 pm in the Library Multipurpose Room.

**Caption Call® Life is calling | Thursday | October 7 | 11:00a.m.**

- Caption Call is a revolutionary telephone for anyone who has difficulty hearing on the phone. Caption Call offers smooth scrolling captions of what callers say on a large, easy-to-read screen along with exceptional audio quality. To learn more about the Caption Call phone and red-carpet service, please visit [www.CaptionCall.com](http://www.CaptionCall.com) or call 4699389650 & ask for Derek Anderson to get signed up

**Get Answers to Medicare/Medicaid info | Monday's| 11:00a.m to 1p.m.  
and  
Thursdays 10:00a.m. to 12:00p.m.**



STAR Transit offers fare discounts for qualified seniors 60+, veterans, and persons with disabilities. To qualify, riders must complete an eligibility form for STAR Transit to review. STAR Transit will make a decision based on the information provided. Please call STAR Transit at (877) 631-5278 for more information.