

July 2008

## DeSoto Senior Activity Center Newsletter

204 Lion Street - DeSoto, Texas 75115

972.230.5825

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

*Where Active Seniors Go!*

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### ***This and That***

- Benefits counseling will be available on the first Tuesday each month from 9 a.m. to 12 noon. Call for an appointment or stop by the center if you need assistance with Medicare, Medicaid, legal assistance, home repair or other benefits.
- Did you know that if you have email, you can register at [ci.desoto.tx.us](http://ci.desoto.tx.us), to have senior center updates and newsletter notices emailed to you?
- Did you know that your Tom Thumb Reward Card is worth \$\$\$ to the Senior Center? Go to the Customer Service counter and link your reward card to #3510.
- The Senior Activity Center will be closed on Friday, July 4<sup>th</sup> in observance of Independence Day.

### **Senior of the Month – Betty Carter**

Betty Carter is a very kind lady that always has a smile, a hug and something good to say about everyone. She is an excellent cook and jelly-maker (I know from experience)! Betty is one of our Good Samaritans and volunteers here at the Senior Center. We are so glad that you are a part of our center!

She was born in Dallas TX and had one older brother. She has five sons and three daughters, 25 grandchildren and 29 great-grandchildren with two on the way. Betty was married for 24 years.

She retired from the admitting office at Charlton Methodist Hospital.

Betty's favorite food is Mexican; best song: "Amazing Grace"; quirky habit: taking pictures; favorite hobby: traveling and crossword puzzles; fondest memory: when her children were small; words to live by: "If you can't say something good about someone, don't say anything."

Betty has been attending the center for six years and was motivated to come here by a summer program of water aerobics and other activities. She belongs to the Red Hat Club, likes to play 42, Mexican Train and other games. Betty doesn't see how anyone can be bored when there are so many things to do. "Just get involved."

### **Welcome to our New Members**

Chester L. Metters, Carol S. Sims, Phyllis June Francies, Earl M. "Bill" Francies;

### **Health & Wellness**

Benefits Counseling	DAAA	Tuesday, 7/1	9 a.m.
Cholesterol Testing	VNA	Wednesday, 7/2	9 a.m.
Medication Screening (Apt. only)	VNA	Wednesday, 7/16	9 a.m.
Health Warning Signs	VNA	Wednesday, 7/16	10:30 a.m.
Nutrition Talk – Alzheimer's	Marlice Peabody	Thursday, 7/24	9:45 a.m.

## **Shingles vaccinations urged**

From the Dallas Morning News 6/10/2008. Almost all Americans 60 and older should be vaccinated against shingles, a painful, often debilitating condition that affects about 1 million people a year, the Centers for Disease Control and Prevention says. The recommendation includes people who already have had shingles. The CDC advice comes after a lengthy peer review process. It may mean that more physicians will provide the vaccine and more insurers will cover its cost, the CDC spokesman said. The vaccine already is covered by Medicare Part D according to the CDC. Shingles which usually surfaces as a rash on one side of the face or body is caused by *varicella zoster*, the same virus responsible for chickenpox. After a person recovers from chickenpox, the virus stays in the body and can reappear as shingles later in life, causing severe pain that may last for weeks, months or even years. Shingles occurs most frequently in people 50 and older. Rare complications such as pneumonia, hearing problems and blindness tend to occur after 60. The CDC recommends a single dose of the vaccine Zostavax, which is effective for at least five to six years. For more information, see [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

## **Events & Trips**

### **Dallas Farmers Market, Tuesday, August 8<sup>th</sup>, 8:30 a.m.**

Join us on a visit to the Dallas Farmers Market, where you will find a wide variety of vegetables, fruits, flowers and herbs. We will return to the Senior Center for lunch. Transportation cost is \$2.00.

### **North Texas Food Bank Volunteer Program, Thursday, July 10<sup>th</sup>, 8:30 a.m.**

Thursday, July 10<sup>th</sup> is the DeSoto Senior Center's day to volunteer at the Food Bank. We will leave the center at 8:30 and return for lunch. Volunteers are needed to work two hours, and in turn, the center gets double food credits. We use the food credits from the Food Bank to obtain our morning and afternoon snacks. For additional information, please contact Don Wittman or Joe Pirotte.

### **Mesquite Championship Rodeo, Friday, July 18<sup>th</sup>, 5:45 p.m.**

It's time for another trip to the Mesquite Rodeo. We will watch the action from reserved front row seats! Sign up early because this trip will sell out fast. Transportation is \$2.00, and the ticket to the event is \$5 payable when you sign up. If you wish to pre-purchase the BBQ dinner the cost is \$10 each for our group, the regular price at the arena is \$14. Other concessions are available at the arena. Home pickup and take home is available for this event.

### **Grilled Hot Dog Dinner & Game Night, Friday, July 25<sup>th</sup>, 6 p.m – 9 p.m.**

It's time for hot dogs and games. We will have hot dogs cooked on our new grill, chili & cheese, and all of the trimmings. You are invited to bring a side dish or dessert to share otherwise the cost is \$3.00 at the door. Please sign up at the registration desk. Home pickup and take home is available.

### **Texas Hold'em Tournament, Thursday, July 26<sup>nd</sup>, 1 p.m.**

Please join us for our next Texas Hold'em tournament. Entry fee is \$5.00 with awards for 1<sup>st</sup> & 2<sup>nd</sup> place. Each player will deal. Please RSVP by 7/24/08. Congratulations to Henrietta Eves, winner of the June tournament.

### **Saturday Night Dance, July 26<sup>th</sup>, 7 – 9:30 p.m.**

Join us for a fun night of entertainment and dancing. The music will be provided by "Classic Country." Snacks & punch provided at intermission. Admission is \$4 at the door.

## DeSoto Senior Activity Center – July 2008

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		1	2	3	4	5
		9:00 - 12:00 <u>DAAA Benefit Counseling</u> 9:30 Chair Exercise 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 9:00 <u>YNA – Cholesterol Testing</u> 9:00 Painting Class 9:30 Grocery/Bread Store 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans	<b><u>Independence Day</u></b>  <b><u>Center Closed</u></b>	
6	7	8	9	10	11	12
	8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	8:30 <u>Dallas Farmers Market</u> 9:30 Chair Exercise 9:45 Grocery/Bread Store 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 9:00 Painting Class 11:30 Birthday Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	8:30 <u>Food Bank Volunteer Day</u> 9:15 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans	8:30 Bingo 9:30 P.O./Bank/Drug & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center	
13	14	15	16	17	18	19
	8:30 Bingo 9:00 <u>Site Council Meeting</u> 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 9:00 Painting Class 9:30 Grocery/Bread Store 9:00 <u>VNA-Medication Screening (Apt. Only)</u> 10:30 <u>VNA – Health Warning Signs</u> 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans	8:30 Bingo 9:30 P.O./Bank/Drug & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center 5:45 <u>Mesquite Championship Rodeo</u>	
20	21	22	23	24	25	26
	8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 9:00 Painting Class 9:30 Grocery/Bread Store 11:30 Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:15 Chair Exercise 9:45 <u>Nutrition Talk - Alzheimer's</u> 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 1:00 <u>Texas Hold'em Tournament</u>	8:30 Bingo 9:30 P.O./Bank/Drug & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center 6:00 <u>Grilled Hot Dog Dinner &amp; Game Night</u>	7:00 – 9:30 pm <u>Senior Dance with music by Classic Country</u>
27	28	29	30	31		
	8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 9:00 Painting Class 9:30 Grocery/Bread Store 11:30 Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:15 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans		

Activities and services at this Center are equally accessible to all persons who are age 55 and over regardless of race, color, national origin, religious affiliation, handicap or impairment. A donation of \$1.00 is suggested for meal participants 60+ and their spouse otherwise the cost is \$4.00 per meal. Meals must be ordered by noon two days in advance by calling 972.230.5825.