



**DESOTO  
SENIOR ACTIVITY  
CENTER  
January 2022  
EDITION**

Volume 1, Issue 1

Newsletter Date: January 1-31

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

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or-5826  
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Hours of Operation:  
Monday-Friday  
8am-1pm



## Happy New Year!

We have made it to another year and we are excited for what is to come for the DeSoto Senior Activity Center in 2022!

Resolutions as we know it, go hand in hand with new year celebrations so what better way to kick off January than to brainstorm ideas on what we would like to accomplish as the year progresses? Here are some tips below to help formulate what personal goals you would like to have for yourself!

### ⇒ Keep a Positive Mindset

According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care. Examples include making a gratitude list, practicing mindful breathing, and treating yourself as you would for a friend.

### ⇒ Stimulate your mind

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

### ⇒ Make Better Dietary Choices

As you age, you will need to consume fewer calories but more nutrients. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

Let's make 2022 a great year to appreciate life, love and positivity!



**THANK YOU!!!**  
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- United Healthcare
- Cigna
- Tom Thumb
- DeSoto Library
- DARRC
- Amerilife
- Well Care

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For more information, please contact us at 972.230.5825 (or ext. 5826)

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 **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 TBD.

**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**

**Friday | 10:00 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 **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 January 7th, 14th, 21st & 28th @ 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>**

**Renegade Silver Language Center - Spanish Class**  
**Monday, January 10th @ 10am**

Join us on Mondays in the Multipurpose room (Next to the fitness room) for a language class led by Mr. Antonio Suhuba - Baruti every Monday from Jan 10th until Wednesday March 2nd 2022

**Community Council – Cheryl Ekwunife**

Free community programming specializing in areas such as Chronic Pain, Chronic Disease and Diabetes Self-Management will be provided at request. All programs are 6 week programs with sessions lasting 2 to 2 1/2 hours with options of in-person and virtual learning.

Ask the center staff how to provide access to these classes!



**STAR TRANSIT**

STAR Transit offers fare discounts for qualified seniors 60+, veterans, and persons with disabilities. **Rides to the DeSoto Senior Activity Center are free for seniors!**

Please call STAR Transit at (877) 631-5278 for more information.

# ANNOUNCEMENTS

## VOLUNTEERS!

If you are interested in being listed as a volunteer, please notify the front desk staff  
On how the process is handled and we will help you in becoming a volunteer  
for the Senior Center as well as the City of DeSoto!

## GARDENING

DeSoto ISD has 2 community gardens that are in search of volunteers! Help assist in planting and cultivating a variety of vegetables such as carrots, spinach, cabbage, tomatoes, and kale as well as some fruit trees. If you're interested in getting your hands dirty and getting close to nature see the front desk staff for more info.