

**DESOTO
SENIOR ACTIVITY
CENTER
February 2022
EDITION**

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

Office: 972-230-5825
or-5826
Fax: 972-230-5827

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

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Volume 1, Issue 1

Newsletter Date: February 1-28

Just when you think the holidays are over we dive right back into another one! That's right everyone, we are talking about Valentine's Day! Some people think this hokey holiday is a waste of time or just a great reason to spoil your sweetheart. However, for some people it is a bittersweet day surrounded by mixed emotions. The buildup alone can cause anyone anxiety, especially seeing all of the sappy cards, overly affectionate couples and endless amounts of romance.

For seniors who spent a lifetime loving their spouse and growing old together, Valentine's Day can be very difficult. For someone whose spouse recently passed, seeing happy couples can bring back loving memories that can make healing from the loss of a loved one hard.



Here are some tips to ensure that you have an active and loving Valentine's Day Weekend!

- **Attend your local senior center!**
- **Searching out activities with your peers can keep you active, social and lively for the weekend and beyond!**
- **Take a hike, walk the trail!**
- **Exploring nature by walking the trails can brighten your day or you can go to the recreation center and walk along track and maybe even participate in a fitness class!**
- **Spend time with family members!**
- **It's always a mood booster when you have family close by. It even helps when they can help you set up your internet and video call you to check on you while they are away!**



The month of February may be viewed as the month love for many, but let us remember that every month, every week and every day of our lives should be filled with the love of ourselves and others.

Compassion is a gift best received and given.

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

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 1st, 2nd, and 3rd 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 February 4th, 11th, & 25th @ 10am IN-PERSON BINGO
25 cents per card. NO IN-PERSON BINGO ON FEBRUARY 18TH



**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>**

2022 Primary Election Informational Session for Seniors

February 10th @ 10am

We will have Dr. Levatta Levels of the Dallas County Elections Advisory Committee to answer questions, and get vital information on voting this year.

CLEANING UPDATE!

To ensure your safety here at the DeSoto Senior Activity Center, we are making a diligent effort in cleaning around the clock as much as possible. Trash pickups, wiping countertops, sanitizing tables and all touch based areas has been one of our top priorities before, during and even after this pandemic has passed us.

New Golden Voices Choir Performance! February 18th @ 9am

Join us on February 18th as the New Golden Voices Choir returns for a joint Black History Month Program performance along with artists from the DeSoto Artists Lab !



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.