#### August 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!

#### 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 <u>ci.desoto.tx.us</u>, 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 Activity Center? Go to the Customer Service counter and link your reward card to #3510.
- Are you interested in playing pinochle or dominos (42, Chicken Foot or Mexican Train) on Tuesday and Thursday mornings? We now have tables and players available and would like you to join the morning fun.
- Don't forget about the **Branson trip in early December**. We still have seats available.

<u>Senior of the Month – Thelma Sullivan</u>
Thelma is one of our favorite persons; she leads our exercise at lunch time and volunteers for pretty much everything. She and her side-kick (Hortense) have a lot of fun and it is infectious. We are so lucky to have such a sweet and fun person here at the center.

Thelma was born in Bienville Parrish, LA. She was the second oldest child of three brothers and four sisters. Thelma was married 50+ years (before she was widowed) and they had four sons, one daughter, nine grandchildren and 17 great-grandchildren. She retired from being a cosmetician in 1994. She has been attending the center one year and was motivated to come by her son. She appreciates and takes advantage of activities offered at the center and fellowships with her new-found friends.

Her favorite foods are: collard greens and water bread; favorite song is: "Precious Lord"; quirky habit is unconsciously patting or shaking her foot; favorite hobby: puzzles and reading; fondest memory: her first child's birth; words to live by: "Do unto others as you would have them do unto you." Thelma's own words: "I am enjoying life to its fullest; I enjoy traveling, seeing new places, meeting new people; it's great to be alive!"

#### Welcome to our New Members

John L. Burns, James Lee Gary, Swamy Vallurupallida, Casey Jones, Ella Jordan, Mary Keazy, Edward L. Ward, Irma J. Ward, William L. Gant, Delores M. Anthony, Don E. Anthony, Sinabell Carter, Shirley B. Curlee, Pat Carpenter and John A. Moore, Sr.

#### August Birthdays

Marceline Aberg, Clara Alexander, Bernardo Aquilera, Evangeline Armstead, Harold Boswell, Leola Brewer, Don Bullard, Hazel Campbell, Duane Carr, Louis Castillo, Caryl Chesney, Billie Sue Chick, Dorothy Coleman, Carol Coterill, Alice Davis, Sarah G. Davis, Gladys Delmont, Tonolia Deon, Helen Davis Diaz, Gerald R. Dollins, Malissia Finn, Angelina Fleming, Earlie A. Fountain, Eddy Frazier, Jim Frazier, Robert Gardner, Charles Gatlin, Carol Gearner, Jewell Goodman, Gladstone Grant, Queen Victoria Green, Maria Guerro, W. F. (Bob) Haak, Arvin Harris, Ronald Lee Harris, Janie Henderson, Charles M. Holyfield, Mary Keagy, Norma La Rue, Judith Lanious, Norma La Rue, Helen Lewis, Felipa Lucio, Vivian Luckert, Pat Mahlstedt, Ruth Marksbury, Linda McAfee, Raymond McBride, Winfred McKellar, Arlene McMains, Marie Meggs, Doris F. Metzger, Glenn Milam, Helen Mitchell, Mary Mitchell, Badryyah Mo'ome, Eva L. Nunn Sheree L. Oby, Sandy O'Neill, Bettye Patin, Ruthie M. Peoples, Marie Phillips, Nancy Plemens, Ray Powell, Ross A. Powell, Jr., Robert Pratley, Brenda Randle, Mattie L. Robertson, Shirley A. Rodman, Agapita Santibanez, Phil Sebastian, Surendra Shah, Albert Shaw, Judith C. Shields, Grace Sinclair, Nathan Smith, Reed St. Pierre, Bill Sterberg, Ora B. Stringer, Meredith Thomas, Helen Tidwell, Shirley Ward, Howard Jackson Watters, Kenneth "Jay" Webb, John Wetherell, Tamara Wetsel, Juanita Williams, Norma Williamson and Geneva Wilson.

### <u> Health & Wellness</u>

Dallas Area Agency on Aging Benefits Counseling Tuesday, 8/5 9 a.m. **Blood Sugar VNA** Wednesday, 8/6 9 a.m. Mammograms Parkland Hosp. Mobile Monday, 8/27 8 a.m. Nutrition Talk – Heat Stroke Thursday, 8/28 Marlice Peabody 9:45 a.m.

### Parkland Mobile Mammogram, Monday, August 25th, 8:00 a.m. to 2:00 p.m.

The Parkland Mobil Mammogram unit will be at the DeSoto Senior Activity Center on Monday, August 25<sup>th</sup>, from 8:00 a.m. to 2:00 p.m. Please call 972-230-5825 to make an appointment.

#### Yearly Survey

It's that time of year again to fill out the yearly survey. This is your chance to let staff know how we are doing, what you think of the lunch program and provide your input into programming at the center. You do not have to put your name on the form. Please fill out the form and turn it in at the registration desk.

## Events & Trips

# Dallas Farmers Market, Tuesday, August 5<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.

## Lunch & Movie, Wednesday, August 6th, 12:00 p.m.

Let's enjoy a wonderful lunch and a movie at Studio Movie Grill in Arlington (title to be announced later). Lunch and movie are on your own and transportation cost is \$2.00.

# Choctaw Casino Resort, Monday, August 11<sup>th</sup>, 8:30 a.m. We will return to Choctaw Casino on August 11<sup>th</sup>. The bus will depart at 8:30 a.m. and return around 6:00 p.m.

Home pickup is available but we will not provide take home transportation. Trip cost is \$12.00, includes bus transportation and driver tip. At the casino you will receive \$10 casino cash, \$10 Blackjack Match Play (5x\$2.00), \$10 bingo coupon and a \$5 meal voucher. Seating is limited, please sign up early. If you are meeting the bus we will be parking at the old Winn Dixie Grocery Store parking lot on Hampton next to Big Lots and the Dollar Store.

# Mystery Dinner, Friday, August 15<sup>th</sup>, 6:00 p.m. Our next mystery dinner is Friday, August 15<sup>th</sup>, at 6 p.m. Dress will be casual. We will depart the Senior Activity

Center at 6 p.m. Transportation is \$2.00 plus the cost of your dinner and gratuity. The mystery dinner sells out fast, so please reserve your seat early! Pickup and take home is available.

# AARP Driver Safety Program, August 18<sup>th</sup> & 19<sup>th</sup>, 12:00 p.m. Sign up at the DeSoto Senior Activity Center for the AARP Driver Safety Program. Class fee is \$10.00 payable to

the instructor. You must attend the class both days to get your certificate. This class is for insurance purposes only and cannot be used to dismiss a moving violation. Please sign-up at the registration desk or call the center at 972-230-5825 to register.

### Pinto Beans, Cornbread and Game Night, August 22<sup>nd</sup>, 6 – 9 p.m.

Let's get together for some good ole beans, ham hock and cornbread. After dinner we well play bingo, pinochle, dominos and other games. Admission will be \$3 at the door. Please RSVP at the registration desk. Pick up and take home available.

### Texas Hold'em Tournament, Thursday, August 28th, 1 p.m.

Please join us for our next Texas Hold'em tournament. Entry fee is \$5.00 with awards for 1st & 2nd place. Each player will deal. Please RSVP by 8/26/08. Congratulations to Judith Shields, winner of the July tournament, and to Betty Womack, 2<sup>nd</sup> place.

# <u>Saturday Night Dance, August 23<sup>rd</sup>, 7 – 9:30 p.m.</u> Join us for a fun night of entertainment and dancing. The music will be provided by "Southern Spur." Snacks &

punch provided at intermission. Admission is \$4 at the door.

**DeSoto Senior Activity Center – August 2008** 

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
SUN.	MONDAY	IUESDAY	WEDNESDAY	ITTUKSDAY	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	2
3	8:30 Bingo 9:00 Site Council Meeting 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	8:30 Farmers Market in Dallas 9:00 - 12:00 DAAA Benefit Counseling 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 VNA –Blood Sugar 9:00 Painting Class 9:30 Grocery/Bread Store 11:30 Lunch 12:00 Lunch & Movie at Studio Movie Grill in Arlington 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	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	9
10	8:30 <u>Choctaw Casino</u> 8:30 <u>Bingo</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 11:30 Lunch & Birthday Celebration 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	8:30 Food Bank Volunteer Day 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 6:00 Mystery Dinner (Don't ask where)	16
17	8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 12:00 <u>AARP Driver Safety</u> <u>Class</u> 2:30 Fitness Class at Town	9:30 Chair Exercise 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 <u>AARP Driver Safety</u> <u>Class</u> 12:00 Senior Samaritans	8:30 Bingo 9:00 Painting Class 9:30 Grocery/Bread Store 10:45 DeSoto Police Dept. education on SCAMS 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	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 Beans & Cornbread Dinner/Game Night	7:00 – 9:30 pm Senior Dance with music by Southern Spur
24	8:00 Parkland Mobile Mammogram Mobile 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	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	30

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.