

# OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Volume 1, Issue 1

Newsletter Date: May 1-31

**DESOTO  
SENIOR ACTIVITY  
CENTER  
MAY 2022  
EDITION**

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

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

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

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## Did you know?

**President Gerald Ford proclaimed Older Americans Month (OAM) in the year 1976?**



**The 2022 theme, *Age My Way*, will be focusing on aging in place.**

**This month-long celebration will provide an opportunity for everyone to explore the many ways older adults can stay in their homes while staying involved in their communities.**

**While *Age My Way* will look different for each person, some common things everyone can consider include:**

- **Planning:** Think about what you will need and want in the future from home and community-based services to community activities that interest you.
  - **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
  - **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



**Doing these things can also serve as a way of taking care of your mental health as May also serves as Mental Health Awareness Month.**

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THE DEPT. OF PARKS AND RECREATION & THE DESOTO POLICE ACADEMY ALUMNI ASSOCIATION PRESENTS:

**OLDER AMERICANS MONTH**  
AGE MY WAY: MAY 2022

**FREE**

May 10th, 2022  
9:00AM- 12:00 noon  
Civic Center - Bluebonnet Rooms  
211 E. Pleasant Run Rd.  
DeSoto, TX 75115

**OLDER AMERICANS MONTH CELEBRATION SENIOR SYMPOSIUM & HEALTH FAIR**

AGE MY WAY!

In our community, older adults are a key source of this strength. They play vital, positive roles in our communities - as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it - and there is no "right" way. When communities tap into this, they become stronger too.

DeSoto Parks & Recreation Discover, Experience, Play!

ALUMNI ASSOCIATION

DESOTO POLICE DEPARTMENT

**As a friendly reminder, The City of DeSoto will also partake in celebrating Older Americans Month by hosting a Senior Symposium & Health Fair on May 10th, 2022 from 9am to 12pm. Be sure to attend and mingle with our many vendors which will be attending!**

**Must be registered to receive a lunch! Call 972-230-5825 for more info**

### What's Next?



#### Senior Chair Exercise Class

We have an ongoing free senior chair exercise program that meets each Wednesday at 10:30 a.m. held at the Senior Center located at 204 Lion Street DeSoto, Texas 75115 More dates besides Wednesday TBD



#### Texas Hold'em Tournament



Texas Hold'em tournaments are held each Monday and Thursday at 12 noon. 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 | 12:15 p.m. - 2p.m. | Free

The Boot Scooters class is Thursdays at 12:15am - 1:00pm am. This is a beginner line dance class. The Line Dance Steppers class is held Thursdays at 1:00pm - 2:00 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 Wednesday of each month. Each session begins at 2:00pm in the middle office.

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

## 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 May 13th, 20th & 27th @ 9am .... IN-PERSON BINGO  
25 cents per card. ((NO BINGO May 6th ))



Bingo donations are permitted and accepted

**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 May 23rd 2022

**New Golden Voices Mother's Day Program | May 6th | 9:00 am**

Join us Friday May 6th @ 9am for another performance by the New Golden Voices Choir celebrating Mothers!

An event you do not want to miss!

**Texas Winds Musical Outreach | Wednesday | May 12th | 10:00 am**

Come out and enjoy a FREE concert with Sentimental Journey (Sax & Piano Duo) from The Texas Winds Musical Outreach

**Grocery Trips resume!**

Starting Monday, May 2nd grocery store trips will resume taking place.

Grocery trips will be to Walmart with other locations to be determined throughout the month. For further information on these trips, please consult to our front desk

# **ANNOUNCEMENTS**

**The Center will be closed Monday, May 30, 2022 for Memorial Day**

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.

**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.

**Class Time Schedule!**

Some classes will be subject to time changes due to reopening full time hours.

Please bear with us as we adjust our times with our "new" regular scheduled hours.