

**September 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***

- The Senior Activity Center will be **closed Monday, September 1<sup>st</sup>, in observance of Labor Day.**
- 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 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.
- Remember to vote at the **Site Council Election on September 9<sup>th</sup>!** The candidates are posted on the bulletin board at the Senior Center.

### **Senior of the Month – Luther Jones**

Luther Jones is our senior of the month and our center is enriched because of his participation. Whether he is playing pool, watering the outside plants or assisting other seniors, he always is thinking of others. He goes about his day unassuming and contributes to everyone's needs. He also volunteers at church and anywhere he sees a need.

He was born in Jackson Parish, LA., and has five brothers and three sisters. Luther has been married for eight years and has a host (this is his word) of children and grandchildren. He is a semi-retired contractor.

His favorite food is: anything that's good; best song ever written: anything about God; he says he has no quirky habits; favorite hobby: all sports; fondest memory: you will never know (smile); words to live by: "Put God first and live every day like it's your last."

Luther started attending the center this year and was motivated to join the center by a friend. Luther's words: "I would like to tell the seniors, who are not doing anything, to come to the center." We have a wonderful time and for those of you who can play games, you will love it!!!!!!" We could use more members like you Luther!

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

Linda B. Adkins, Charles M. Anderson, Charles T. Carr, Linda Kay Carr, Wilma J. Coleman, Doris J. Douglas, Dorothy Feltus, Annette Frazier, Johnnie M. Gilliam, Marie Jane Hansen, Johnetta Harris, Franceal Haynes, Quincy D. Hodge, Sherry L. Jaffe, Bobby D. Jones, Mary A. Jones, Lena M. Kimbell, Ora Lee McFail, John A. Moore, Sr., Carolyn Roland, Glenora G. Roland, Christina Stocker, Frank Stocker, Lou Ann Tillery, Peggy J. Wilbur, Dorothy Willis, and Earl Willis.

### **September Birthdays**

Duane Aberg, Melva Anatole, Jean Anders, Velma Anders, Carol Anello, Estelle Arena, Joy Baker, Dorothy Barton, James Baylor, Nancy Blalock, Gregorio Camarillo, Jerlean Campbell, Sina Bell Carter, Mary Cearley, Wilma Coleman, Anabel Cooper, John H. Cooper, Frieda Crisp, Betty Crowe, Christina Diaz, U.T. Ellis, Jacquelin Elsmann, Gladys Evans, Betty Fields, Delores Foster, Verna Geihl, Amos Haggerty, Cleo Halter, Helen Ham, Dorothy Hanes, Allen Havron, Wanda Helm, Sylvia Hendrix, Vera Henry, John Hicks, Hazel Hinson, Prescilla Holland, Ruby House, Ethel Howard, Nannie Huguley, Lillie Mae Ivery, Louise Jenkins, Ernest Johnson, Luther Jones, Nolan Joseph Jr., Mary Francis Keathley, Lollie Logwood, Gladys Manning, Beatrice Martinez, Rose Mathis, Carol McConnell, Abbie McDonald, Chester Metters, Willie Odell Montgomery, Jesse Mosley Sr., Ann Nolan, James Oby, Yeon Ho Park, Mary Ann Pierre, Bruce Plasket, Brenda Rogers, Mary Ruff, Betty Sargent, Carolyn Shadwell, Edwin Shields, Ellen Kay Smith, George Smith, James Smith, Louise Smith, Carolyn Spillers, John Stuart, Naomi Swayze, Albert Thomas, Gwendolyn Timmons, Maxine Tucker, Marlene Vance, Ernestine Vasher, Ruby Lee Walker, Rose Watts, Catherine Wofford

## **Health & Wellness**

Benefits Counseling	Dallas Area Agency on Aging	Tuesday, 9/2	9 a.m.
Blood Pressure	VNA	Wednesday, 9/3	9 a.m.
Chronic Health Self-Care	VNA	Wednesday, 9/17	10:30 a.m.
Nutrition Talk – Healthy Eyes	Marlice Peabody	Thursday, 9/25	9:45 a.m.

## **Events & Trips**

### **Cox Farms in Duncanville, September 9<sup>th</sup>, 9:30 a.m.**

We will journey to Cox Farms in Duncanville where you may purchase fresh vegetables, herbs and other fresh produce. We will return to the Senior Center for lunch. Transportation cost is \$2.00.

### **Site Council Election, September 9<sup>th</sup>, 8 a.m. to 3 p.m.**

There are six candidates running for the Site Council and there are three vacancies. The candidates are; Louise Jenkins, Dorothy Reid, Diane Olive, Wanda Helm, Pat Gregory and Tom Germino. The Site Council is your voice for activities, trips and programs you would like to see at the center. The Site Council members also help out during special events.

### **Movie & Lunch, Thursday, September 11<sup>th</sup>, 12:30 p.m.**

Our August trip to the Studio Movie Grill was a complete success. Let's try it again and enjoy a wonderful lunch and movie at the Studio Movie Grill in Arlington, title to be announced on Tuesday 9/9. Movie & lunch are on your own and transportation cost is \$2.00. You do not have to eat lunch at Studio Movie Grill, it's totally optional.

### **North Texas Food Bank Volunteer Program, Thursday, Sept. 11, 8:30 a.m.**

Thursday, September 11<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.

### **Shopping at the Parks Mall in Arlington, September 16<sup>th</sup>, 9:30 a.m.**

Shop till you drop at the Parks Mall in Arlington. We will depart the Senior Center at 9:30 a.m. and return at 2:00 p.m. Transportation charge is \$2.00 and lunch on your own at the mall food court. Take home is available.

### **Texas Hold'em Tournament, Thursday, September 25<sup>th</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 9/23/08.

### **Saturday Night Dance, September 27<sup>th</sup>, 7 – 9:30 p.m.**

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

### **Line Dance Class every Thursday afternoon**

Have you every wanted to learn to line dance? June Alsup has volunteered to teach Line Dancing each Thursday at 12:15 p.m. Please RSVP at the registration desk.

### **Spelling Bee Competition, Thursday, September 25<sup>th</sup>, 9:45 a.m.**

The spelling competition will be held at the Concord Recreation Center in Dallas on Thursday, September 25, beginning at 9:45 a.m. We have received the spelling words that will be used in the competition. Practice sessions will be scheduled, please check at the registration desk for the date and time. If you are interested in participating, please sign up at the registration desk. We will all travel together to the Concord Recreation Center on Sept. 25<sup>th</sup>, departing the center at 9 a.m.

## DeSoto Senior Activity Center – September 2008

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	<b>Labor Day Holiday Center Closed</b>	2 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	3 8:30 Bingo 9:00 <u>VNA –Blood Sugar</u> 9:00 Painting Class 9:30 Grocery/Bread Store 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	4 9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 12:15 <u>Line Dance Class</u>	5 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
7	8 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 8:00-3:00 <u>Site Council Election</u> 9:30 Chair Exercise 9:30 <u>Cox Farms in Duncanville</u> 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	10 8:30 Bingo 9:00 Painting Class 9:30 Grocery/Bread Store 11:30 Sept. Birthday Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	11 8:30 <u>Food Bank Volunteer Day</u> 9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 12:15 <u>Line Dance Class</u> 12:30 <u>Movie &amp; Lunch at Studio Movie Grill in Arlington</u>	12 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 8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	16 9:30 Chair Exercise 9:30 <u>Parks Mall in Arlington</u> 10:00 Library 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	17 8:30 Bingo 9:00 Painting Class 9: 30 Grocery/Bread Store 10:30 <u>VNA-Chronic Health Self Care Education</u> 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	18 9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 12:15 <u>Line Dance Class</u>	19 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	20
21	22 8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	23 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	24 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	25 9:00 <u>Spelling Bee Competition at Concord Rec. Center</u> 9:30 Chair Exercise 9:45 <u>Nutrition Talk - Healthy Eyes/Screening</u> 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 12:15 <u>Line Dance Class</u> 1:00 <u>Texas Hold'em Tournament</u>	26 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	27 7:00 – 9:30 pm <u>Senior Dance with music by Sid &amp; the Wheels</u>
28	29 8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Center	30 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				

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.