DeSoto Senior Activity Center Newsletter May 2009

204 Lion Street - DeSoto, Texas 75115 - http://www.ci.desoto.tx.us Hours of Operation: Monday - Friday 8 am - 4 pm 972-230-5825

Where Active Seniors Go!

This and That

- 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.
- The Senior Source will host a "Job Search Seminar" on May 19^{th,} from 9 11:30 a.m. Please RSVP at the Registration Desk.
- Basic computer classes will be on Monday mornings beginning in June. Sign up at the Registration Desk.
- The center will be closed on Monday, May 25th, in observance of Memorial Day.

<u>Senior of the Month – Elmarie Overstreet</u>

Elmarie Overstreet, our May Senior of the Month, lives in DeSoto and is a very active member of the DeSoto Senior Center. Elmarie has five daughters, 11 grandchildren and two great grandchildren. Some little known facts about Elmarie are: she retired as a Food Service Specialist, her favorite food is fried chicken wings, she loves to shop and her favorite song is "What a Friend we have in Jesus".

Elmarie has a quirky habit of putting her finger on her nose when she is thinking very hard. Her fondest memory is talking with her grandmother who was jolly and wise about any and everything. Elmairie's words to live by are: say a kind word to someone each day, treat others with respect, make sure those whom you love, know you cherish them and live each day as if it were your last one.

Ms. Overstreet is a North Texas Food Bank volunteer and is always willing to volunteer with the lunch or where ever she can at the Senior Center. She can be seen on Thursday afternoons at the Line Dance Class. Elmarie, you brighten our lives and we appreciate you!

Welcome to our New Members

Robert F. Bozarth, Verle Bozarth, Delores J. Burns, Juanita Carr, Jim Cavendar, Altonette C. Ford, Barbara Galloway, Raven Hawkins, Greg J. Heilman, Larry E. Jackson, Reiko Kurima, Terry Kurima, Venne D. Lawson, Vernell McCoy, Keria Mosley, Joe C. Nkazi, Laurel A. Roth, Doris Elaine Smith, Leonard (Len) Starling, George C. Stephens, Henrene Taylor, Kris Taylor, Sally J. Van Deventer and Betty Waddle.

May Birthdays

Jeanette Anderson, Teresa Anderson, Magdalena Anderson, Jane Angel, Jesus Baca Sr., Juan Berlanga, Vivian Blackmore, James Blake, Gladys Blakemore, Valrie Brown, Mary Ann Brown, Janice Carter, Betty Carter, Onzelle Chandler, Nathaniel Cooper Jr., Lillian Copeland, William (Bill) Craven, Richard Cunningham, Armondo De La Rosa, Don Dewberry, Russell Dickson, Mary Donovan, Jerry Edgin, Mary French, Michael Gantzer, Eulalia Garcia, Elmer Wayne Gearner, Richard Griesman, Jesse Gutierrez, Ivory Haynes, Jean Haynes, Joyce Hilman, Christin House, Oma Ingle, Bob Irby, Howard Johnson, Karen Koehler, Don Lauderdale, James Maddux Jr., Joy Malavear, Avorey Mae McKay, Antonio Medrano, Lillian Nalle, Clem Nevin, George Polite, Leatrice Roberts, Carolyn Roland, Jane Roxburghe, Pearl Smith, Doris Smith, Joyce Smith, Kermitt Stanton, Frank Stocker, Christina Stocker, Bill Strain, B.J. Thompson, Frances Toombs, Cleo Turner, Martha Velazquez, Justine Williams and Diane Olive.

Health & Wellness

Blood Sugar	VNA	Wednesday, 5/6	9 a.m.
Education Talk – Restless Leg Syndrome	VNA	Wednesday, 5/20	10:30 a.m.
Nutrition Talk – Heat Stroke	Marlice Peabody	Thursday, 5/28	9:45 a.m.

Events & Trips

Hawaiian Dancers Performance, Tuesday May 5th, 9:45 a.m.
The Senior Hawaiian Dancers will perform their routine for us on Tuesday, May 5th, at 9:45 a.m., in our dining room. The tables will be decorated in the spirit of Hawaii. Please wear your Hawaiian apparel for the day.

Dallas Arboretum, Thursday, May 7th, 8:45 a.m.

The Arboretum has brought back Senior Day. We will depart the center at 8:45 a.m. and return around 1 p.m. Lunch will be on your own. Admission to the park is \$6.50 per senior, and you will purchase your ticket at the park. Transportation cost is \$2. Please sign up early as we only have thirteen seats for this event. Take home available.

Mother's Day Breakfast and Bingo – Friday, May 8th, 8:30 – 9 a.m.

We will honor our "Mothers" with a special breakfast, and then play bingo at 9 a.m. Please RSVP by Wednesday, May 6th, at the registration desk. Because of this special breakfast, we will run the Friday trip to the bank, post office and dollar store on Thursday, 5/7.

Choctaw Casino Resort, Monday, May 11th, 8:30 a.m.

Join us on a gambling trip to Choctaw Casino in Durant, Ok. The bus will depart at 8:30 a.m. from the old Winn Dixie parking lot on Hampton Road and return around 6:00 p.m. Trip cost is \$12.00 (includes bus transportation and driver tip). You will receive \$10 casino cash and a \$5 meal voucher. Take home transportation will not be provided.

12TH Annual DeSoto Seniors Citizen Symposium & Health Fair (TRIAD),

Tuesday, May 12th - 9 a.m.

This year's program includes information about safety, health issues facing our seniors, legal documentation and many other resources available to local seniors in the DeSoto community. Those in attendance will receive lunch at 11:30 and be eligible for door prizes. Please fill out the pre-registration form and sign up for free transportation from the Senior Center. The TRIAD forms are located at the registration desk.

Eddie Deen's Ranch Health Fair, Wednesday, May 13, 8:30 a.m.

Free health screenings, lunch, giveaways and lots of fun. Entertainment by Baron Bacon and a special guest appearance by Ms. Texas Senior. Transportation cost is \$2. Please sign up early as we have limited seating.

Dallas Farmers Market, Wednesday, May 20th, 9:35 a.m.

We will visit 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.

North Texas Food Bank Volunteer Program, Thur., May 14th, 8:30 a.m. Our volunteers work two hours, and in turn, the center receives food credits. We use the food credits to obtain our

morning and afternoon snacks from the Food Bank. For additional information, please contact Nathan or Joe.

Senior Source Job Search Seminar, Tuesday May 19th, 9 - 11:30 a.m.

If you are 50+, you have probably noticed that searching for employment today is much different than when you looked for your first job. The Senior Employment Program Job Search Seminar can help find jobs. Please RSVP at the Registration Desk for this seminar.

*Texas Hold'em Tournament, Thursday, May 21st, 1 p.m.*Join us for our next Texas Hold'em tournament. Entry fee is \$5.00 with awards for 1st & 2nd place. Each player will deal. Betty Womack won the April Tournament with Bryan Reynolds coming in 2nd. Please RSVP by 5/19/09.

Saturday Night Dance, May 23rd, 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 \$5 at the door.

Line Dance Class Thursday afternoons at 12:15 p.m.

June Alsup has volunteered to teach Line Dancing each Thursday at 12:15 p.m. in the dining room. Please RSVP at the Registration Desk.

Basic Computer Classes beginning in June

If you are interested in taking a basic computer class, please sign up at the Registration Desk. This class will teach the very basics such as turning on the computer, opening windows' applications and go from there. Classes will be on Monday mornings, beginning in June, and will take place in our computer lab at the Senior Center. This will be an ongoing class.

DeSoto Senior Activity Center – May 2009

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.		
				8:30 Bingo 9: 30 P.O./Bank/Drug Big Lots & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center	2		
8:30 Bingo 9:00 Ceramics 9:30 Wal-Mart 11:30 Lunch 12:00 Bridge 12:30 Scrapbooking 1:00 Mahjong 2:30 Fitness Class at Town Center	9:30 Chair Exercise 9:45 <u>Hawaiian Dancers</u> Performance 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 9:00 VNA – Blood Sugar 9:30 Albertsons & Bread Store 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	8:45 <u>Dallas Arboretum</u> 9:30 <u>Chair Exercise</u> 9: 45 <u>P.O./Bank/Drug Big Lots & Dollar Store</u> 10:00 <u>Camp Meeting</u> 11:30 <u>Lunch</u> 12:00 <u>Senior Samaritans</u> 12:15 <u>Line Dance Class</u>	8:30 Mother's Day Breakfast 9:00 Mother's Day Bingo 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center	9		
8:30 <u>Choctaw Casino</u> 8:30 <u>Bingo</u> 9:00 Ceramics 9:30 <u>Wal-Mart</u> 11:30 <u>Lunch</u> 12:00 Bridge 12:30 <u>Scrapbooking</u> 1:00 Mahjong 2:30 Fitness Class at Town Center	8:45 TRIAD – Community Missionary Baptist Church 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 8:30 Eddie Deen's Ranch Health Fair 9:00 Painting Class 9: 30 Kroger & Bread Store 10:30 VNA-Falls 11:30 Birthday Lunch 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 12:15 Line Dance Class	8:30 Bingo 9: 30 P.O./Bank/Drug Big Lots & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center	16		
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Memorial Day Holiday Senior Activity Center Closed	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 Albertsons & Bread Store 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Camp Meeting 9:45 Nutrition Talk – Heat Stroke 11:30 Lunch 12:00 Senior Samaritans 12:15 Line Dance Class	8:30 Bingo 9: 30 P.O./Bank/Drug Big	30		

Activities and services at this Center are equally accessible to all persons who are age 50 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.