DeSoto Senior Activity Center Newsletter January 2010

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.
- Texas Hold'em will be held twice monthly starting this month. Check the calendar for details.
- The center will be closed on Friday, January 1st, in observance of the New Year Holiday and Monday, January 18th, in observance of the Martin Luther King Jr. Holiday.
- The Mammogram Mobile from Parkland Hospital will be at the center on January 25th. Make your appointment at the reservation desk.
- AARP Tax Help will again be here at the center each Wednesday beginning February 3rd, through April 14th. Please RSVP at the Registration Desk or call the center to reserve your time with the preparers.

<u>Senior of the Month - Carol Coterill</u>

The DeSoto Senior Activity Center senior for the month of January is Carol Coterill. She was born in Danville, Ohio and is the youngest of six children. Carol was married in 1952 to a professional career soldier and has six children, thirteen grandchildren and five great-grand sons. She served in the Women's Army Corp from 1950-1952, was a top secret cryptographer in the Korean War, worked as the Mortgage Purchase Manager for the Federal Home Loan Mortgage Corporation and retired in 1995. Carol's favorite food is shrimp and her favorite song is "How Great Thou Art". She loves to garden, play games, travel, teach and spell. She says her quirky habit is she prefers curved lines over straight especially when it comes to flower beds. Her words to live by are" The quality of a person's life is in direct proportion to their commitment to excellence". Carol's leadership qualities shine through in all of her volunteer commitments.

She is an active volunteer and member at the Hampton Road Baptist Church. She is the crochet instructor, the afternoon pinochle coordinator, the spelling bee coordinator, past president of the site council and has served on a variety of committees and helped with many projects and fund raisers through the years at the DeSoto Senior Activity Center. On two occasions Carol's crochet class has made helmet liners and provided them to our troops as they departed DFW airport for deployment in Iraq and Afghanistan. Carol, you are amazing and we love you!

Welcome to our New Members

Donald E. Brown, Catherine Butler, Lavona (Mona) Clark, Lula S. Daniels, Marina L. Dionisio, June Gillins, Julaine Guy, Mary (Marty) Kelly, Christine Leslie, Doris Page, Garland Walker, Kathryn Wilson, Catherine Wofford, Juana Gonzales.

<u>January Birthdays</u>

Virginia Adams, Charles Anderson, Esther Anderson, Don Anthony, Ed Antilla, Carolyn Atteburry, June Averitte, Glenda Baylor, Ann Beck, Lola Marie Bell, Roysteen Bell, Iris Bradford, Larry Broyles, Ben Brumback, Catherine Butler, Willie Cash, Nita Cheshire, Paula Clark, William Coggins, Linda Coleman, Thomas Connell, Mary Cuellar, Erma Davis, Frank Diaz, Alberta Dorrough, Dana Edgin, Betty Gealy, Dorothy Glenn, Ireane Grady, Edith Gross, Elizabeth Harris, Nathaniel Harris, Georgia Harvey, Mary Hendrick, Elba Herron, Helen Holmes, Bobby Johnson, Lloyd Jones, Yancy Jones, Mary Ann Kelly, Phyllis Kimbrell, Ruth L. King, Ruby Laird, Roger Lawrence, Cleveland Lewis Jr., Donald Littlefield, Margaret Lockhart, Jeannine Lute, Luis Malavear, Janice May, Jean McBeth, Arthur McCourt, James McGahan, John McGahan, Rebecca McKown, John Mennerick, Delores Myles, Deloris Nelson, Linda Nelson, Leonora Neria, Earl Nichols, Young Kun Park, Marlice Peabody, Joan Pipkins, Betty Pippin, Crystal Rose, Marie Rourke, Temple Sales, Wanda Scogin, Dorothy Sheeley, Evelyn Sheffield, Robert Shields, Cynthia Simpson, Anna Bell Smith, Joe Spencer, Roy Spurgin, Faye Stanfield, Leonora Stewart, Sue Stolz, Martha Swindall, Henrene Taylor, Wanda Taylor, Illena Tell, Shirley Thomas, Vamala Vemuri, James Waldrup, Garland Walker, Charles Wheelis, Ethel White, Hazel Williams, Dorothy Willis, Frances Wilson, Glenn Wilson, Julia Wylie, Gwendolyn Young.

Health & Wellness

Blood Sugar VNA-Vivian Armstrong Wednesday, 1/6 9 a.m. Wednesday, 1/20 **VNA-Vivian Armstrong** 10:30 a.m. Sleep Monday, 1/25 Mammogram Screening Parkland Mobil Mammogram 8 a.m. Nutrition Talk – Osteoporosis Marlice Peabody Thursday, 1/28 9:45 a.m.

Parkland Mobile Mammogram, Monday, January 25th, 8 a.m. to 1:45 p.m. The Parkland Mobil Mammogram unit will be at the DeSoto Senior Activity Center on Monday, 1/25, from 8:00 a.m.

to 1:45 p.m. Please sign up in advance at the registration desk, or call 972.230.5825 to make an appointment.

Events & Trips

Coin Class begins Tuesday, January 5th, 10 a.m.

Our next coin class led by Dannie Self is on Tuesday, January 5th, at 10:00 a.m., and will be four consecutive Tuesdays. If you have old coins or paper money and want to find out what they are worth, or if you have an interest in learning about coins, please sign up at the registration desk.

Choctaw Casino Resort, Monday, January 11th, 8:30 a.m. 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. Pick up/take home transportation will not be provided. Our next casino trip will be in March.

Beginners Computer Class beginning Monday, Jan. 11th. at 10 a.m. The class for beginners will run for three weeks. Please RSVP at the registration desk.

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

<u>Texas Hold'em Tournament, Thursday, January 14th & 28th, 1 p.m.</u> Please join us for our Texas Hold'em tournaments. Starting this month we will play twice per month. Entry fee is

\$5.00 with awards for 1st & 2nd place. Each player will deal. Please RSVP by 1/12 & 1/26. Ron Ford won the December tournament with Arnold (AJ) Jones coming in 2nd.

Mystery Dinner, Wednesday, January 20th, 6 p.m.

Please sign up early for our next Mystery Dinner as we have limited seating. Transportation cost is \$2.00 plus the cost of your meal. No pick up or take home available for this event.

Saturday Night Dance, January 23rd, 7 – 9:30 p.m.

Join us for a fun night of entertainment and dancing. The music will be provided by "Southbound." Snacks & punch will be provided at intermission. Admission is \$5 at the door.

Take Off Pounds Sensibly (TOPS), Open House, January 19th, 10 a.m. Start the new year off joining the TOPS group and join them in the open house on January 19th, at 10 a.m.

Refreshments provided with questions and answers during the open house. Programs will be on display and some of the tools used will be discussed. Support and encouragement are a big part of TOPS program. Come and visit and be a part of the team for your good health.

<u>Mahjong each Monday - 1 p.m</u>
If you're a Mahjong player, please join the group each Monday at 1 p.m. in the craft room.

<u>Line Dance Class Thursday afternoons at 12:15 p.m.</u> 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.

DeSoto Senior Activity Center – January 2010

	Desolo Sellioi Activity Celitei – January 2010					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
				Happy New Year!!! Center Closed	2	
8:30 Bingo 9:00 Site Council Meeting 9:00 Ceramics 9:30 <u>Wal-Mart</u> 11:30 Lunch 12:00 Bridge 1:00 Mahjong 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Coin Class 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 9:00 <u>VNA – Blood Pressure</u> 9:00 Painting Class 9: 30 <u>Tom Thumb, Bread Store</u> 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	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	9	
8:30	9:30 Chair Exercise 10:00 Coin Class 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 11:30 Birthday Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	8:30	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	
Martin Luther King Holiday Center Closed	9:30 Chair Exercise 10:00 Coin Class 10:00 TOPS Open House 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle 12:00 Senior Samaritans	8:30 Bingo 10:30 VNA – Education Talk – Sleep 9:00 Painting Class 9:30 Kroger, Bread Store 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center 6:00 Mystery Dinner	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 12:15 <u>Line Dance Class</u>	8:30 Bingo 9: 30 P.O./Bank/Drug Big	7:00 – 9:30 pm <u>Senior Dance with</u> <u>music by</u> <u>Southbound</u>	
8:00 Parkland Mobil	9:30 Chair Exercise 10:00 Coin Class 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 <u>Tom Thumb, Bread Store</u> 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:30 Chair Exercise 9:45 Nutrition Talk – Osteoporosis 10:00 Camp Meeting 11:30 Lunch 12:00 Senior Samaritans 12:15 Line Dance Class 1:00 Texas Hold'em Tournament	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	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 \$5.50 per meal. Meals must be ordered by noon two days in advance by calling 972.230.5825.