DeSoto Senior Activity Center Newsletter May 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.
- The center will be closed on Monday, May 31st, in observance of Memorial Day.

<u>Senior of the Month – Altonette Ford</u>

The DeSoto Senior Activity Center senior of the month for May is Altonette Ford. Altonette was born in Marshall, Texas and is the older of two sisters. She and Wallace have been married thirty-six years and have two daughters. At this time Altonette and Wallace do not have any grandchildren, but they consider their Yorkie named Diamond their granddaughter. Altonette retired as a Nursing Supervisor in June 2008 after thirty-one years with the Dallas ISD and nine years of hospital work.

Some of Altonettes favorites are; Food – turnip greens, Song – Amazing Grace, Hobby – baking, Fondest memory – The birth of their first daughter, when she told Wallace that they had a little girl, and he said, "just what I wanted," and she said, "no! you said you wanted a boy," as if saying it could change things, Words to live by – Do unto others as you would have them do unto you. Altonette has one quirky habit – Counting to ten to make sure the garage door has gone down before leaving, otherwise she has to go back home to make sure that the door is down.

Altonette has been attending the Senior Activity Center for one year. She was motivated to join the center to increase her exercise activities and to volunteer at the North Texas Food Bank. Also, she helps with our lunch program, and helps out wherever needed. Most of all, she enjoys playing Rummikub with her new found friends, and being a "social butterfly." She also has volunteered for the past thirty-five years at the American Red Cross as an Instructor Trainer in CPR and First Aid where she continues to teach both Basic and Instructor Classes.

She is very involved in her church, "Good Street Baptist Church" of Dallas, where she is the lead teacher in the BE Howell Adult Sunday School Class. She also teaches in the Missionary Department, and serves as secretary of the Special People's Ministry. In addition to service on the Deaconess Board, and the Deacon's Wife Ministry, is a past president and member of the Nurse's Guild Ministry. Other areas include the programs and fellowship of the Alpha Kappa Alpha Sorority, Inc., through the Alpha Xi Omega Chapter of Dallas, which is a leadership service organization. She is also a participating member of the Great Banquet Community, which is a nondenominational ministry group, and is currently attending a Woman's Bible Study Fellowship Class held on Wednesday mornings a the Hampton Road Baptist Church here in DeSoto.

Altonette we love you and your smile and thank you for being a part of the DeSoto Senior Activity Center!!

May Birthdays

Jeanette Anderson, Magdalena Anderson, Teresa Anderson, Elbert Anderson, Jane Angel, Jesus Baca Sr., Dorothy Bass, Juan Berlanga, James Blake, Gladys Blakemore, Mary Ann Brown, Valrie Brown, Marion Calhoun, Betty Carter, Janice Carter, Onzelle Chandler, Nathaniel Cooper Jr., Lillian Copeland, Bill Craven, Myra Crouch, Richard Cunningham, Armondo De La Rosa, Don Dewberry, Simona Diaz, Russell Dickson, Mary Donovan, Jerry Edgin, Mary French, Michael Gantzer, Eulalia Garcia, Wayne Gearner, Richard Griesman, Jesse Gutierrez, Raven Hawkins, Ivory Haynes, Jean Haynes, Joyce Hilman, Christine House, Oma Ingle, Bob Irby, Howard Johnson, Karen Koehler, Don Lauderdale, Verdie Leffall, James Maddux Jr., Joy Malavear, Catherine McIntosh, Avorey Mae McKay, Della McKissick, Antonio Medrano, Lillian Nalle, Clem Nevin, Cecile Ozley, George Polite, Teresa Rabago, Leatrice Roberts, Carolyn Roland, Jane Roxburghe, Doris Smith, Joyce Smith, Pearl Smith, Kermitt Stanton, Christina Stocker, Frank Stocker, J.J. Thompson, Frances Toombs, Cleo Turner, Martha Velazquez, Justine Williams, Diane Wright.

Welcome to our New Members

Vernon C Johnson, Allen Johnson, Janie A Beard, Pat K Varner, Dyein L. Bogan, Arthur J. Williams, Martha D. Richard, Alice M Batiste, Emma J Willis-Nichols, Alina R Esquivel, Darrell J Franklin, Penny R January. Manuel Alonza, Charles L. Matchett, Climteen Johnson, Ann B Cavender, John W. Parnell, William C. Jackson, Claudia C. Anderson, Janice R Willis, Julian D Hernandez, Donna M Hernandez, Joyce W Kincaid, Leroy W Nesbit.

Health & Wellness

VNA-Vivian Armstrong Blood Sugar Screening Wednesday, 5/5 9 a.m. Greg Zarbo – Mental Health of Greater Dallas Tuesday, 5/11 Sleeping Well with Age 10 a.m. Education Talk - Skin Cancer VNA-Vivian Armstrong Wednesday, 5/19 10:30 a.m. Nutrition Talk - Colon Cancer Marlice Peabody Thursday, 5/27 9:45 a.m.

Events & Trips

Dallas Farmers Market, Tuesday, May 4th, 9 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.

Mother's Day Breakfast & Entertainment – Friday, May 7, 8:30 a.m. We will honor our "Mothers" with a special breakfast with entertainment. Please RSVP by Wednesday, May 5^{th,} at

the registration desk. There will be no bingo.

North Texas Food Bank Volunteer Program, Thur., May 13th, 8:30 a.m. Thursday, May 13th, 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.

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

Eddie Deen's Ranch will host the 16th annual "Older Americans Month Information & Health Fair." This is a free event that will include health screenings, lunch, giveaways and lots of fun. Transportation cost is \$2. Please sign up early as we have limited seating.

Texas Hold'em Tournament, Thursday, May 13th & 27th, 1 p.m.

Please join us for our Texas Hold'em tournaments. Entry fee is \$5.00 with awards for 1st & 2nd place. Each player will deal. Arnold (AJ) Jones won the April 8th tournament with Bryan Reynolds coming in 2nd. Arnold (AJ) Jones won the April 22nd tournament with Paul Donovan coming in 2nd. Please RSVP by 5/11& 5/25.

Choctaw Casino Resort, Monday, May 17th, 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. Take home transportation will not be provided. Our next casino trip will be July 12th.

13TH Annual DeSoto Seniors Citizen Symposium & Health Fair (TRIAD), $\overline{Tuesday, May 18}^{th} - 9 a.m.$

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 located at the registration desk. The center will provide transportation.

Saturday Night Dance, May 22nd, 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 will be provided at intermission. Admission is \$5 at the door.

Mahjong each Monday - 1 p.m

If you're a Mahjong player, please join the group each Monday at 1 p.m. in the dining room.

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

June Alsup teaches the Line Dance Class each Thursday at 12:15 p.m., in the dining room. Everyone can participate, just show up and become a part of the group.

DeSoto Senior Activity Center – May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
8:30 Bingo 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	9:00 Farmers Market - Dallas 9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle	8:30 Bingo 9:00 VNA – Blood Sugar Screening 9:00 Painting Class 9: 30 Grocery Store, Bread Store 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:15 <u>Line Dance Class</u>	8:30 Mother's Day Breakfast & Entertainment - No Bingo 9: 45 P.O./Bank/Drug Big Lots & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center	8
8:30 Bingo 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 Sleeping well with Age – Education Talk – Greg Zarbo 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle	8:30 Bingo 9:00 Painting Class 9: 30 Grocery Store, Bread Store 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	15
8:30 <u>Choctaw Casino Trip</u> 8:30 <u>Bingo</u> 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	9:00 TRIAD – Senior Symposium 9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Pinochle	8:30 Bingo 9:00 Painting Class 9:30 Grocery Store, Bread Store 10:30 VNA – Education Talk – Skin Cancer 12:30 "42" & Dominoes 2:30 Fitness Class at Town Center	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:15 <u>Line Dance Class</u>	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	7:00 – 9:30 pm Senior Dance with music by Sid & the Wheels
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Memorial Day Holiday Center Closed					

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.