DeSoto Senior Activity Center Newsletter July 2010

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

Where Active Seniors Gol

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.
- Please remember children are not allowed at the Senior Activity Center except for special events approved by the Site Council. The special events will be published in this newsletter as they are scheduled.
- The center will be closed on Monday, July 5th in observance of the July 4th holiday.
- The Parkland Mobil Mammogram Mobile will be here on August 30th. More information will be in the August newsletter. Please RSVP at the Registration Desk for your mammogram.

<u>Senior of the Month – Luther Jones</u>
Luther Jones is our senior of the month and our center is enriched because of his participation. Whether he is playing pool, pinochle, helping with the meals or assisting other seniors, he always is thinking of others. Luther is also a member of the Site Council. He goes about his day unassuming and contributes to everyone's needs. He also volunteers at church and anywhere he sees a need.

Luther was born in Jackson Parish, LA., and has five brothers and three sisters. Luther has been married for ten years to Patricia (Pat) 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 in 2008, 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

Eva J Coleman, Julius D. Newborn, Lee J. Patterson, Jr., Sheila D. Patterson, Inez Tunstall, Kenneth W Hood, Guadalupe P Gloria, Jelata Z Walker, Mary A Mayes, Constance P Harper, Shirley D Young, Linda S Robinson, Tonolia R Deon, Mary Lois Canady, Vashti S. Lewis, Virginia C. Sewer, Kenneth W. Lewis, Betty L Hawes, James L. Vinson. Zelma D Gaines, Bernie R Smith, Jamie L Turner/Smith,

July Birthdays

Laura Autrey, Angeliko Baker, Barbara Battles, Georgia Becker, Magella Brooks, Cynthia Brown, Lucien Bruce, Lee Ruth Bryant, Dorothy Cain, Jim Cavender, Peggy Cavender, Kaaren Clavon-Ransom, Jack Coleman, James Cooper, Dee Cotton, Jerrie Culpepper, Amos Cyrus, Marikay Dewberry, Joyce Dioxon, Paul Donovan, Maureen Ellis, Henretta Eves, Dorothy Feltus, Richard Fleeman, Wallace Ford Jr., Ravanel Franklin, William Gant, James Gary, Johnnie Gilliam, June Gillins, Willie Gillins, Juana Gonzales, Wilma Goodloe, Pat Gregory, Mary Gulley, Julaine Guy, Joe Guzman, Barbara Hall, Fay Hardin, Ina Hill, Florene Hines, Patsy Hoffman, Margie Holland, Beverly Irvine, Robert Irvine Sr., Ann Jackson, Virgie Jackson, Ethel Johnson, Etola Johnson, Renee Johnson, Rosa Johnson, Vera Jordan, James Keiser, Fern Kelly, Lena Kimbell, Christine Leslie, Marvin Marks, Jeanne Mayer, Vernell McCoy, Hentle McKissic, Patricia Metters, Catherine Montgomery, Vivian Moore, Ann Morgan, Becky Morris, Frank Morris, Marjorie Mosely, Claydene Murphy, Leala Newsom, Joe Nkazi, Michael Purkiss, Vivian Riddle, Gladys Roberts, Juanita Robinson, Adelia Sanchez, JoAnn Schroeder, Barbara Terry, Camille Veasey, Luis Velazquez, Paul Walters, Mary Jo Welch, Don Wittman.

Health & Wellness

Cholesterol Screening	VNA-Vivian Armstrong	Wednesday, 7/7	9 a.m.
Education Talk – Talk to your Doctor	VNA-Vivian Armstrong	Wednesday, 7/21	10:30 a.m.
Nutrition Talk – Diabetes	Marlice Peabody	Thursday, 7/22	9:45 a.m.

Events & Trips July 4th Ice Cream Social, July 2^{nd,} 11:50 a.m.Ice cream will be served after lunch for our July 4th celebration. Please RSVP at the Registration Desk and we will be sure to have enough ice cream to go around. We will delay our take home trip until the ice cream is gone.

North Texas Food Bank Volunteer Program, Thur., July 8th, 8:30 a.m.

Thursday, July 8th, 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.

Texas Hold'em Tournament, Thursday, July 8th & 22nd, 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 June 10th tournament with Bryan Reynolds coming in 2nd. John Burns won the June 24th tournament with Bryan Reynolds coming in 2nd again. Please RSVP by 7/6& 7/20.

Choctaw Casino Resort, Monday, July 12th, 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.

Senior Source Employment Seminar, Tuesday July 13th, 9 – 11:00 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.

Oncor's Energy Efficiency Bingo, Wednesday, July 14th, 8:30 a.m. Representatives from Oncor will bring special bingo cards and prizes. This will be a special twist on bingo and

provide us will simple steps to conserve energy and have a few rounds of fun with interactive energy efficiency bingo. You will match energy efficiency tips to images on the bingo cards as you learn ways to improve the efficiency of your home. Each player will receive an eco kit, a handy box containing multiple energy efficient items, and winners receive Oncor branded giveaways.

Mesquite Championship Rodeo, Friday, July 16th, 5:45 p.m.

It's time for another trip to the Mesquite Championship Rodeo. We will watch the action from reserved front row seats! Sign up early because this trip will sell out fast. Transportation is \$3.00 and the ticket to the event is \$6 payable when you sign up. The BBQ dinner is \$10.95 and you will purchase that at the arena. Other concessions are also available at the arena. Home pickup and take home are not available for this event.

Grapevine Mills Mall, Tuesday, July. 20th, 9:30 a.m.
Shop till you drop at Grapevine Mills Outlet Mall in Grapevine. We will leave 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 food court. Take home is available.

<u>Line Dance Class Performance, Friday, July 23rd, 10:45 a.m.</u> Our very talented Line Dance Class will give a command performance in our dining room. Please be seated early for

this energetic performance. Our talented dancers are led by June Alsup.

Saturday Night Dance, July 24th, 7 – 9:30 p.m.

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

Brain Aerobics, Tuesday, July 27th, 10:30 a.m.

Brain Aerobics is a fun way of exercising the brain with a series of mind boggling problems that are both verbal and physically written out on a dry erase board. The brain exercise will be let by Keeshla McDuff, the Life Enrichment Coordinator for Sterling house of DeSoto.

Double Pinochle Tournament at 12 noon on Tuesday's & Fridays in July

The tournament will be played each Tuesday & Friday at noon. You must play at least eight times to qualify. Join the pinochle group for some great fun in this exciting tournament.

DeSoto Senior Activity Center – July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:15 <u>Line Dance Class</u>	8:45 Bingo 9:45 P.O./Bank/Drug Store Big Lots & Dollar Store 11:30 Lunch 11:50 July 4 th Ice Cream Social 12:00 Bridge 12:00 Double Pinochle Tournament 2:30 Fitness Class at Town Ctr.	3
July 4 th Holiday Center Closed	9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Double Pinochle Tournament	8:45 Bingo 9:00 <u>VNA - Cholesterol</u> <u>Screening</u> 9:00 Painting Class 9:45 <u>Grocery Store, Bread</u> <u>Store</u> 11:30 Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Ctr.	8:30 Food Bank Volunteer Day 9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:15 Line Dance Class 1:00 Texas Hold'em Tournament	8:45 Bingo 9:45 P.O./Bank/Drug Store Big Lots & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Double Pinochle Tournament 2:30 Fitness Class at Town Ctr.	10
8:30 Choctaw Casino Resort 8:45 Bingo 9:00 Ceramics 9:45 Wal-Mart 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Ctr.	9:00-11:00 Senior Source Employment Seminar 9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Double Pinochle Tournament	8:45 Oncor Special Bingo 9:00 Painting Class 9:45 Grocery Store, Bread Store 11:30 Birthday Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:15 <u>Line Dance Class</u>	8:45 Bingo 9:45 P.O./Bank/Drug Store Big Lots & Dollar Store 11:30 Lunch 12:00 Bridge 12:00 Double Pinochle Tournament 2:30 Fitness Class at Town Ctr. 6:00 Mesquite Championship Rodeo	17
8:45 Bingo 9:00 Ceramics 9:45 <u>Wal-Mart</u> 11:30 Lunch 12:00 Bridge 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 9:30 Grapevine Mills Mall 10:15 TOPS Meeting 11:30 Lunch 12:00 Duplicate Bridge 12:00 Double Pinochle Tournament	8:45 Bingo 9:00 Painting Class 9:45 <u>Grocery Store, Bread Store</u> 10:30 <u>VNA – Education Talk – Talk to your Doctor</u> 11:30 Lunch 12:30 "42" & Dominoes 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 9:45 Nutrition Talk – Diabetes 10:00 Camp Meeting 11:30 Lunch 12:15 Line Dance Class 1:00 Texas Hold'em Tournament	8:45 Bingo 9:45 P.O./Bank/Drug Store Big Lots & Dollar Store 10:45 Line Dance Class Performance 11:30 Lunch 12:00 Bridge 12:00 Double Pinochle Tournament 2:30 Fitness Class at Town Ctr.	7:00 – 9:30 pm Senior Dance with music by Classic Country
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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.