

DeSoto Senior Activity Center Newsletter

September 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.
- Remember to cast your vote at the **Site Council Election on Tuesday, September 14th from 8 a.m. to 3 p.m.!** The candidates are posted on the bulletin board.
- Mark your calendars, the Community Garage Sale will be on Saturday, October 9th. Rent your booth early.
- Deborah Marshall, a benefits counselor with The Dallas Area Agency on Aging will be here on September 30, from 10:30 to 11:30. She will provide information on Medicare changes and valuable information. She will also meet with anyone that has questions or need counseling.

Senior of the Month – Arnold (A.J) Jones

Arnold Jones is the senior of the month at the DeSoto Senior Activity Center. Arnold was born in Wichita Falls, Texas, and has one brother. Arnold and Doshia have been married for forth-nine years, and have one daughter and one son. They also have five grandchildren. Arnold retired from the Hospitality Industry in 2003.

Some of Arnolds favorites are: Food – Mexican, Hobby – Fishing & Golf and watching his grandchildren play sports, Memory – their trip to China, Quirky Habit – always have an ice drink in hand, Best song ever written – any 50's rock & roll song, and Words to live by – “The Golden Rule.”

Arnold has been attending the Senior Activity Center for three years. He was motivated to join the center to exercise in the fitness room. He is a member of the Site Council, participates in the fitness room, plays 42 and other games, helps out at the dinners and enjoys the trips to the casino with the center. Arnold also volunteers with the “Meals on Wheels” program and at 1st United Methodist Church. Arnold states he stays busy at the center and chasing after those five grandkids. RETIREMENT IS GOOD! Many thanks to Arnold for being a valuable member at the DeSoto Senior Activity Center.

Welcome to our New Members

Kay Houssein, Susan Walker, Gordon Walker, Daniel Dalton, Harry Davis, Eileen Davis, Glenn Brooks, Elcerrito Vance, Alice Williams, Bettye Willrich, Doris Furlough, Weldon Minchen, Murtis Montgomery, Floyd Polk, Jr., Frances Coleman, Ernel Mayberry, Naomi Hamilton, Lloyd Christ, Osie Andrews, Marie L. Wills, William Nettles, Carmen Hallenbeck, Rudy Perry, Ollie Hawkins, Alice Ford, Cynthia Coale. Christine Watson, ReEvelyn Owens, Frankie Kirkland, Christopher Tidline.

September Birthdays

Duane Aberg, Linda Adkins, Manuel Alonzo, Melva Anatole, Jean Anders, Carol Annello, Estelle Arena, Jeff Balthrop, Dorothy Barton, James Baylor, Janie Beard, Nancy Blalock, Gregorio Camarillo, Jerlean Campbell, Mary Lois Canady, Sinabell Carter, Ann Cavender, Mary Cearley, Lloyd Christ, Lavona Clark, Earnestine Cole, Antoinette Coleman, Wilma Coleman, John Cooper, Emily Coughlin, Frieda Crisp, Betty Crowe, Patricia Daniels, Christina Diaz, Doris Douglas, Kenneth Douglas, U.T. Ellis, Jackie Elsman, Gladys Evans, Betty Fields, Ron Ford, Otis Gaines, Barbara Galloway, Verna Geihl, Amos Haggerty, Cleo Halter, Helen Ham, Anita Hanes, Wanda Helm, Sylvia Hendrix, Vera Henry, Ramon Hernandez, John Hicks, Annie Hodge, Priscilla Holland, Ruby House, Ethel Howard, Nannie Huguley, Lillie Mae Ivery, Sherry Jaffe, Louise Jenkins, Ernest Johnson, Leroy Johnson, Luther Jones, Nolan Joseph Jr., Mary Keathley, Gloria Livingston, Lollie Logwood, Gladys Manning, Beartrice Martinez, Rose Mathis, Carol McConnell, Chester Metters, Laura Miller, Willie Odell Montgomery, Jesse Mosley, Peggy Netter, Ann Nolan, Laura Norris, James Oby, Yeon Ho Park, Mary Ann Pierre, Bruce Plasket, Artie Reagan, Betty Reese, Brenda Rogers, Mary Ruff, Carolyn Shadwell, Edwin Shields, Ellen Kay Smith, Fannie Mae Smith, George Smith, James Smith, Louise Smith, Sherry Smith, Carolyn Spillers, Leonard Starling, Naomi Swayze, Gwendolyn Timmons, Ann Marline Vance, Ernestine Vasher, Jerry Vinson, Ruby Lee Walker, Rose Watts, Gloria Williams, Catherine Wofford.

Health & Wellness

Blood Pressure	VNA-Vivian Armstrong	Wednesday, 9/1	9 a.m.
Education Talk – Memory	VNA-Vivian Armstrong	Wednesday, 9/15	10:30 a.m.
Nutrition Talk – Gallstones	Marlice Peabody	Thursday, 9/23	9:45 a.m.
DAAA Benefits Counselor	Deborah Marshall	Thursday, 9/28	10:30 a.m.

Events & Trips

Community Garage Sale will be Saturday, October 9th. Rent your space early to get the best location. Forms are available at the Registration Desk.

Morning Movie, Friday the 3rd, & Friday the 17th, 8:45 a.m.

We will be showing a movie on the 3rd, & 17th. We will even throw in free popcorn. Please RSVP at the registration desk. **Because of this movie, we will not be playing bingo.**

North Texas Food Bank Volunteer Program, Thur., Sept. 9th, 8:30 a.m.

Thursday, September 9th 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, Sept. 9th & 23rd, 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. Bryan Reynolds won the August 12th tournament with Mike Purkess coming in 2nd. Ron Ford won the August 26th tournament with Jack Barnes taking 2nd. Please RSVP for the September tournaments by 9/7 & 9/21.

Choctaw Casino Resort, Monday, September 13th, 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 play and a \$5 meal voucher. Take home transportation will not be provided.

Site Council Election, September 14th, 8 a.m. to 3 p.m.

There are four positions to be filled for the Site Council. Several members are running for the open positions. Please see the bulletin board for an updated list of candidates. 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.

Mystery Dinner, Thursday, September 16th, 6 p.m.

Our last Mystery Dinner was at Boudreau's Cajun Kitchen at Arlington Highlands. Transportation cost is \$2.00 plus the cost of your meal. No pick up or take home available for this event.

Brain Aerobics, Tuesday, September 21st, 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 led by Keeshla McDuff, the Life Enrichment Coordinator for Sterling house of DeSoto.

Line Dance Class Performance, Friday, September 24th, 10:45 a.m.

Our very talented Line Dance Class will perform in our dining room. Please be seated early for this energetic performance. Our talented dancers are led by June Alsop.

Evening of live Jazz & Dinner, Friday, September 24th, 6:15 p.m.

The Jazz musicians from Carter High School will be in our dining room performing at 7 p.m. We will be serving dinner prior to the entertainment. Please RSVP at the registration desk. Cost is \$4.00 at the door. We will do home pickup/take home for the first ten to sign up. Please be sure you can attend if you sign up for a ride.

Saturday Night Dance, September 25th, 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.

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.

DeSoto Senior Activity Center – September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		1	2	3	4
		8:45 Bingo 9:00 <u>VNA – Blood Pressure Screening</u> 9:00 Painting Class 9:45 <u>Grocery Store, Bread Store</u> 11:30 Lunch 12:00 “42” & Dominoes	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:15 <u>Line Dance Class</u>	8:45 No Bingo 8:45 <u>Movie in the Craft Room</u> 9:45 <u>P.O./Bank/Drug Big Lots & Dollar Store</u> 11:30 Lunch 12:00 “42” & Dominoes 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Center	
6	7	8	9	10	11
<u>Labor Day Holiday</u> <u>Center Closed</u>	9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:00 Duplicate Bridge 12:00 Pinochle	8:45 Bingo 9:00 Painting Class 9:45 <u>Grocery Store, Bread Store</u> 11:30 Birthday Lunch 12:30 “42” & Dominoes	8:30 <u>Food Bank Volunteer Day</u> 9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:15 <u>Line Dance Class</u> 1:00 <u>Texas Hold'em Tournament</u>	8:45 Bingo 9:45 <u>P.O./Bank/Drug Big Lots & Dollar Store</u> 11:30 Lunch 12:00 “42” & Dominoes 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Ctr.	
13	14	15	16	17	18
8:30 <u>Choctaw Casino</u> 8:45 Bingo 9:00 Ceramics 9:45 <u>Wal-Mart</u> 11:30 Lunch 12:00 Bridge 12:00 “42” & Dominoes 1:00 Mahjong 2:30 Fitness Class at Town Ctr.	7:30 – 3:00 <u>Site Council Election</u> 9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:00 Duplicate Bridge 12:00 Pinochle	8:45 Bingo 9:00 Painting Class 9:45 <u>Grocery Store, Bread Store</u> 12:30 “42” & Dominoes	9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:15 <u>Line Dance Class</u> 6:00 <u>Mystery Dinner</u>	8:45 No Bingo 8:45 <u>Movie in the Craft Room</u> 9:45 <u>P.O./Bank/Drug Big Lots & Dollar Store</u> 11:30 Lunch 12:00 “42” & Dominoes 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Ctr.	
20	21	22	23	24	25
8:45 Bingo 9:00 Ceramics 9:45 <u>Wal-Mart</u> 11:30 Lunch 12:00 Bridge 12:00 “42” & Dominoes 1:00 Mahjong 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 10:15 TOPS Meeting 10:30 <u>Brain Aerobics</u> 11:30 Lunch 12:00 “42” & Dominoes 12:00 Duplicate Bridge 12:00 Pinochle	8:45 Bingo 9:00 Painting Class 9:45 <u>Grocery Store, Bread Store</u> 11:30 Lunch 12:30 “42” & Dominoes	9:30 Chair Exercise 9:45 <u>Nutrition Talk – Gallstones</u> 10:00 Camp Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:15 <u>Line Dance Class</u> 1:00 <u>Texas Hold'em Tournament</u>	8:45 Bingo 9:45 <u>P.O./Bank/Drug Big Lots & Dollar Store</u> 10:45 <u>Line Dance Class Performance</u> 11:30 Lunch 12:00 Bridge 12:00 Pinochle 2:30 Fitness Class at Town Ctr. 6:15 <u>Dinner & Jazz</u>	7:00 – 9:30 pm <u>Senior Dance with music by Southbound</u>
27	28	29	30		
8:45 Bingo 9:00 Ceramics 9:45 <u>Wal-Mart</u> 11:30 Lunch 12:00 Bridge 1:00 Mahjong 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 10:15 TOPS Meeting 11:30 Lunch 12:00 “42” & Dominoes 12:00 Duplicate Bridge 12:00 Pinochle	8:45 Bingo 9:00 Painting Class 9:45 <u>Grocery Store, Bread Store</u> 11:30 Lunch 12:30 “42” & Dominoes	9:30 Chair Exercise 10:00 Camp Meeting 10:30 <u>DAAA Benefits Counselor</u> 11:30 Lunch 12:00 “42” & Dominoes 12:15 <u>Line Dance Class</u>		

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.