DeSoto Senior Activity Center Newsletter October 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.
- 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.
- Don't forget the Community Garage Sale on Saturday, October 9th. This would be a great opportunity to clean out the house and sell your unused items. Registration forms are available at the registration desk. If you don't have any treasures to sell, come by and buy some treasures from the many booths both inside and outside the building.
- **Flu & Pneumonia shots** will be available on Thursday, October 14th, from 9 a.m. to 11 a.m. Please RSVP at the registration desk. Medicare Part B will be accepted. Mobil Medicals will be administering the shots.
- Free Eye Screening (Vision & Cataracts) for seniors 65+ by Carter Eye Center. Their mobile unit will be in our parking log on Monday, October 18 from 10 a.m. to 1 p.m.

Senior of the Month - Helen Scott

Helen Scott is the senior of the month at the DeSoto Senior Activity Center. Helen was born in Columbia, Mississippi, moved to Louisiana over 50 years ago, and wound up in DeSoto in 2005. She has one younger brother, two daughters, seven grandchildren and eight great-grandchildren. Helen retired in 2005 as a cosmetologist.

Helen's favorites are: food - fried chicken, macaroni & cheese, red beans & rice, Hobby – playing solitaire, Best song ever written - "One Day at a time Lord & How Great Thou Art." Helen does have on quirky habit; she always eats a few snickers at bed time. Her favorite memories are her travels; Jerusalem, North, East and West Africa, Amsterdam Holland, Quito Ecuador, Lima Peru, Madrid, Spain, Haiti, San Juan Puerto Rico, Hawaii, Lisbon Portugal, London England, Paris France, Cairo Egypt, Rio De Janeiro Brazil, Kingston Jamaica, Nassau Bahamas, Mexico, Rome, Italy and visited the Vatican. Helen's words to live by are "I can do all things through Christ who strengthens me."

Helen has been attending the center for four years, and was motivated to attend the center by her friend Georgia Harvey who was our senior of the month in August of this year. Helen coordinates the morning domino games, participates in the exercise programs and volunteers at the North Texas Food Bank. Helen states; I try to keep everyone as happy as I am by brightening up the corner wherever I am and I try to do as much good as I can for all the people that I can in every way I can. We thank Helen for making the DeSoto Senior Activity Center a great place for our active seniors to attend.

Welcome to our New Members

Connie Leazure, David Leazure, Hance Bond, J.C. Roundtree, Effie Bryant, Cordia Taliaferro, Otis Gaines, Shirley Chaney, Frank Carroll. Althea Burden, Albert Cantrell, Evelyn Caldwell, Johnnie Jefferson, Floristene Johnson, Laural Jackson, Harvis Wainright, Lavern Wainright, Laval Jackson, Pat Jackson-Franklin, Vernal Dunbar, Denise Mims.

October Birthdays

Abel DeHoyos, Anita Moreno, Barbara Davis, Belia DeHoyos, Bernice Reilly, Bessie Washington, Betty Womack, Billie Jean Seaton, Bobbie Oglesby, Bryan Reynolds, Treon Spencer, Cassie Turner, Charles Bernabo, Dorothy Jones, Donald King, Dorothy Cowart, Elmarie Overstreet, Ernestine Stephens, Frankie Kirkland, Harvis Wainright, Jesse Yeldell, Joe Pirotte, Judy Littlefield, Lavern Wainright, Marlene Alford, Melanie Cartwright, Michael Matthews, Miguel DeHoyos, Nancy Rannels, Raymond Banks, ReEvelyn Owens, Reta Howze, Ronald Glover, Sylvia Burks, Terri De La Rosa, Thelma Sullivan, Winston Morris, Youree Washington, Zelma Gaines.

Health & Wellness

VNA-Vivienne Armstrong **Blood Sugar** Wednesday, 10/6 9 a.m. Flu/Pneumonia Shots Thursday, 10/14 9-11 a.m. Mobile Medicals Monday, 10/18 Eye Screening Carter Eye Center 10 - 1 p.m.**Education - Infections** VNA- Vivienne Armstrong Wednesday, 10/20 10:30 a.m. Nutrition Talk – Exercise Marlice Peabody 9:45 a.m. Thursday, 8/26

Events & Trips

Healthcare & Seniors Education, October 5th, 10 a.m.

Larry Taylor Jr., from the Congressional office of Eddie Bernice Johnson will be in our dining room to provide information on changes to the healthcare bill that will affect seniors. This should be a very informative talk and Larry will also entertain your questions after the presentation.

The Great State Fair of Texas, October 7th & 14th, 9:30 a.m.

Big Tex and the Great State Fair of Texas. Does it get any better? Take in the fried Frito pie, corn dogs, tornado taters, the new car show and all the great displays the fair has to offer. State Fair admission is free to seniors. We will depart at 9:30 and return to the center at 3 p.m. Take home is not available. Transportation is \$2.

North Texas Food Bank Volunteer Program, Thur., October 14th, 8:30 a.m.

Thursday, August 12th, 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, October 14th & 28th, 1 p.m.</u>
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 September 9th tournament with John Burns coming in 2nd. Arthur Williams won the September 23rd tournament with Bryan Reynolds taking 2nd. Please RSVP by 10/12 & 10/26.

Morning Movie Friday October 8th, & 22nd, 8:45 a.m.

We will show the movie "Snow Dogs" on the 8th, and "Everybody's Fine" on the 22nd. Free popcorn will be provided. Please RSVP at the registration desk. Because of this movie, we will not be playing bingo.

AARP Driver Safety Program, Tuesday, October 19th, 12:00 noon – 4 p.m.

RSVP at the registration desk for the AARP Driver Safety Program. This is a four hour class. Class fee is \$12.00 for AARP members and \$14.00 for non-members payable to the instructor. This program is for Insurance purposes only.

Kathryn Cyr, LMSR Social Worker, Thursday 21st, 9:30 a.m.

Lion Hospice will discuss the differences between a living will, advance directives, and provide information about what to consider for selecting a medical power of attorney. Kathryn Cyr, Licensed Master Social Worker (LMSW) will guide participants on how to make the tough decisions, the consideration of involving family members and what forms or documents need attention for health care providers to give the care you want and deserve.

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

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

Canton First Monday Flee Market, Thursday, October 28th, 8:30 a.m.

Put on your walking shoes and be prepared for a fun day shopping the Canton 1st Monday Trades Days on Thursday, October 28th. The trip cost is \$4.00. The van will leave from the DeSoto Senior Activity Center at 8:30 a.m. and return to the center by 3:00 p.m.

Halloween Costume Party, Friday, October 29th, 10 a.m.

Come to the center dressed in your Halloween costume and join the party and contest. Prizes will be awarded for the best costume. Refreshments will be served.

Double Pinochle Tournament each Tuesday & Friday in October, 12 noon.

The tournament will be played each Tuesday & Friday at noon during the month of October. You must play at least eight times to qualify. Join the group for some tournament fun.

Crochet Class beginning Wednesday, October 6th, 1 p.m.

The crochet class will be held each Wednesday. The cost of the class will be \$5.00 per month.

DeSoto Senior Activity Center – October 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				8:45 Bingo (sponsored by Mantlebrook) 9:45 P.O./Bank/Drug Big Lots & Dollar Store 11:30 Lunch 12:00 "42" & Dominoes 12:00 Bridge 12:00 Double Pinochle Tourney 2:30 Fitness Class at Town Center	2
8:45 Bingo (sponsored by Sterling House) 9:00 Site Council Meeting 9:00 Ceramics 9:45 Wal-Mart 11:30 Lunch 12:00 "42" & Dominoes 12:00 Bridge 1:00 Mahjong 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 10:00 Education Talk – Healthcare & Seniors 10:15 TOPS Meeting 11:30 Lunch 12:00 "42" & Dominoes 12:00 Duplicate Bridge 12:00 Double Pinochle Tournament	8:45 Bingo (sponsored by DeSoto Nursing & Rehab) 9:00 VNA – Blood Sugar 9:00 Painting Class 9:45 Grocery Store, Bread Store 11:30 Birthday Lunch 12:00 "42" & Dominoes 1:00 Crochet Class	9:30 State Fair of Texas 9:30 Chair Exercise 10:00 Camp Meeting 11:30 Lunch 12:00 "42" & Dominoes 12:15 Line Dance Class	8:45	8:00 – 1:00 <u>Community</u> <u>Garage Sale</u>
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18 8:45 Bingo (sponsored by Sterling House) 9:00 Ceramics 9:45 Wal-Mart 10:00 -1:00 Eye Screening (Carter Eve Center Mobile) 11:30 Lunch 12:00 Bridge 12:00 "42" & Dominoes 1:00 Mahjong 2:30 Fitness Class at Town Ctr.	9:30 Chair Exercise 10:00 Universal Health 10:15 TOPS Meeting 11:30 Lunch 12:00 AARP Driver Safety Class 12:00 "42" & Dominoes 12:00 Duplicate Bridge 12:00 Double Pinochle Tournament	8:45 Bingo 9:00 Painting Class 9:45 Grocery Store, Bread Store 10:30 VNA – Education Talk - Infections 11:30 Lunch 12:00 "42" & Dominoes 1:00 Crochet Class	9:30 Kathryn Cyr , LMSW, Lion Hospice Social Worker 10:00 Camp Meeting 11:30 Lunch 12:00 "42" & Dominoes 12:15 Line Dance Class	8:45	7:00 – 9:30 pm Senior Dance with music by Southern Spurs
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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.