



Little Elm Senior Newsletter

Stop the habit of wishful thinking and start the habit of thoughtful wishes.
Mary Martin

December 2016

Brenda Button Mills
Senior Center
301 Main Street
Little Elm, Texas 75068
Main # 972-731-1464
www.littleelm.org/seniors

Hours:
Monday - Friday
8:00 a.m.-5:00 p.m.
Saturday
10:00 a.m.-2:00p.m.

Annette Carrico
Senior Center
Coordinator
972-731-1465
acarrico@littleelm.org

Board of Directors

Melinda Stenger
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Lighting up the Holidays **RSVP**

Tuesday, December 13th
4pm - 9pm

We are jumping on the bus to head out for an early supper and then headed over to Great Wolf Lodge and Gaylord Texan in Grapevine. These lighted beauties will definitely put you in the holiday spirit. If you are interested in touring the ICE sculptures exhibit, you will need to purchase your own ticket. \$20 deposit required and returned in full on day of trip. **Cancellation will only receive money back if their seat has been filled. Sorry, no exceptions. Cash deposits only.**

Kimball Art Museum

Thursday, January 12th
10am-4pm

Monet: The Early Years **RSVP**
This groundbreaking exhibition is the first ever devoted to the young genius of Claude Monet. Monet: The Early Years will feature approximately 60 paintings from the first phase of the artist's career. Bring a sack lunch or lunch on your own at the restaurant located in the museum. Restaurant prices range from \$9-\$12. ***\$20 deposit required at time of sign up. Residence will get full \$20 back on day of trip, non-residence \$15 since \$5 will be used to purchase tickets. Cancellation will only receive money back if their seat has been filled. Sorry, no exceptions***

RSVP Binder Reminder

We have a black binder labeled "RSVP" at the front desk. For all events that require "RSVP" next to them that you would like to sign-up for, please search for your desired programs in the binder and sign your name & contact phone number on that list. We will contact you prior to your events as a courtesy reminder.



Cookie Exchange and Luncheon **RSVP**

Thursday, December 1st 11am
Ready, set, bake. A cookie exchange is where you bake several dozen of your special holiday cookies to share. You give everyone in attendance a couple of your cookies and you will get a couple of cookies from everyone there. Please bring in your recipe by November 28th so we can put together a recipe book of all the cookies being exchanged. Number of cookie to be baked and how many to a package will be determined by the number of people who sign up. We will have a light lunch to celebrate the fun. *Please sign up before November 28th so we can get a number count and the recipe books together.*

New Years Eve Party **RSVP**

Saturday, December 31st
11am - 1pm
Music by Miranda & JB
Bring some food to share and your dancing shoes because this is going to be an event you will not want to miss! There will be dancing, the dropping of the lighted ball and a celebration at 12 (noon). Join your friends new and old for the celebration.

Memphis/Tunica May 1-5, 2017

Second Bus Added

Travel by motor coach with a group of fun loving seniors to the Home of the Blues. Some of the highlights include Graceland, Sun Studio and of course Beale Street. Check out the website or stop by the Senior Center for a flyer with all the information.

Visit our website to stay updated with important information, upcoming activities, events, trips, and classes.

www.littleelm.org/seniors

Monthly Senior Luncheon

Tuesday, December 20th

11am-2pm, Eating at Noon

Menu: Ham, mashed potatoes, rolls, corn, green beans

Main dish is provided. Feel free to bring a side dish or dessert to share. Golf cart rides will be available between 10:30 am – 11:30 am for those that need assistance.

Show up early to make sure you get a good seat.



Birthday Social

Monday, December 12th at 1pm

Join us for birthday cake and ice-cream as we celebrate the December birthdays and meet some "Amazing seniors". Here's the scoop! Create your own ice-cream sundae with a slice of birthday cake.



Movies!

December 6th at 2pm- Miracle on 34th Street - Family. (1hr 36min)1947

When her toy department Santa shows up drunk for work, Macy's supervisor Doris Walker hires Kris - an elderly gentleman with a white beard who looks like Santa Claus. She comes to regret her choice, however, when she learns that Kris believes that he really is Santa. Starring Maureen O'Hara and Natalie Wood.

December 13th at 1pm-Florence Foster Jenkins - PG13 (1:51 minutes) 2016

The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Starring Meryl Streep and Hugh Grant.

December 27th at 2pm- The BFG - PG (1:55 minutes) 2016

"Grandkid Approved! A girl named Sophie encounters the Big Friendly Giant who, despite his intimidating appearance, turns out to be a kind-hearted soul who is considered an outcast by the other giants because, unlike them, he refuses to eat children. Directed by Steven Spielberg.

Special time

Genealogy

Will be taking a break in December.

See you in January!



Vitamin B12 Shots

Wednesday, December 21st

10-10:30am

Every Third Wed of the month Flu Shots of America provides an on site B12 shot for \$20. Ask at the desk for more information.

Sunshine Huggie Quilts

Will be taking a break in November and December.

See you in January!

Art class: Different Art Mediums to create Practical Art

Will be taking a break in December. See you in January!

Art Workshops

Will be taking a break in December. See you in January!

Color Therapy

Every Thursday at 10:30am

Color Therapy is a coloring concept created especially for grown ups. This quick-spread phenomenon is changing the perception that coloring books are only for children. It helps reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of well being. No supplies necessary.



Quilting Class with Leslie

Is taking December off. Back in January every Monday at 1pm

When you come to class you will be provided with a list of supplies from the instructor that you may possibly need to bring, if you have them.

Arts & Crafts

Tuesday at 10am (except luncheon day)

Come and join in the fun!



Crochet & Knitting

Every Wednesday at 10am

Whether you want to learn or already know how, join us for crocheting and knitting, Bring your own supplies or we have some for you.



Book Club Meeting

Tuesday, December 6th at 1pm

December Book: He Sees You While You're Sleeping by Mary Higgins Clark and Carol Higgins Clark

January Book: A Friend of Mr. Lincoln: A Novel by Stephen Harrigan

Congregate Meals

Monday, Wednesday, and Thursday at 12:00 p.m.

SPAN serves a hot nutritious meal at the Senior Center. Suggested donation is \$2 for those 60 and over and \$5 for those under 60. **Pre-registration is required.**

****Looking for Volunteers for the Meals on Wheels Program.**

Bingo

Join us for Bingo every Friday!! 1pm-3:30pm
Plus check out our Saturday Bingo. More info on back page.

Cards will be sold for \$1 each from 1:00 pm – 1:30 pm
The game will begin at 1:30 pm and no cards will be sold after the game begins. All proceeds from the sale of the cards to be used for the prizes. Cash prizes, so don't miss out on the fun!



Bridge Playing

Every Monday in the craft room
9:00am-12:00noon

Join this fun and friendly group. No partners necessary.

Game Day

Every Thursday from 9:30am-2:30pm

Join a game of Hand & Foot, Rummikub or start a new game. Most days are pot luck or bring your own lunch.

Mah Jongg

Every Monday morning at 11:30am

Mah Jongg is a game of skill, strategy, and calculation and involves a certain degree of chance. Challenge your skills and mind.

RSVP



Bunco

Thursday, December 15th at 11:30am

Bunco is a game of luck and laughs. Please sign up at the front desk if you are interested.

Walk & Talk

Monday – Friday 7:30am-8:30am

Come and join a fun group of seniors as they walk each morning. We walk in the gym in the recreation center for safety and comfort.

Chair Volleyball

Tuesdays and Thursdays at 10:15am

Please join us in the Gym at the rec center. More fun than you can possibly stand - while seated! Come enjoy this fun-filled game played with a beach ball. Chair Volleyball is great for upper body mobility and joint flexibility. It enhances muscle tone, reflexes, hand-to-eye coordination, and endurance.. Rules are similar to regular volleyball except we keep 'cheeks on the chair!'

Visit our website to stay updated with important information, upcoming activities, events, trips, and classes.

www.littleelm.org/seniors

Yoga for Seniors

Every Monday at 9am and Thursday at 3pm

This program will encompass centering, breathing, and breaking down the postures. The yoga postures taught will include, sitting, standing, lying down, balance, stretching and final relaxation.

Chair Exercise

Every Monday, Wednesday and Friday
10:30am-11:15am

This Arthritis Foundation Exercise Program stretches, strengthens and tones muscles in a no-impact exercise class. If you have arthritis or just need to start a regular program, this free class is the place for you. This is an ongoing class that may be joined at any time.

Fitness Class: Strength, Core & Balance Class

Tuesday and Thursday 9am-10am

Join us for this high energy work out. This class will put you through an advanced workout in the multi-purpose room at the Recreation Center which is located next to the Senior Center. You must have a Senior Center membership to attend.

Walk Slim Video

Every Monday, Wednesday and Friday 4 pm

Come in and join this high energy walking video. It is both inspiring and fun. Dress comfortably and wear your walking shoes

Line Dancing

Every Wednesday 8:30am-10:00am

Come on and boot scoot with us at our line dancing classes.

Tai Chi for Arthritis

The Arthritis Foundation Tai Chi Program is designed to improve the quality of life for people with arthritis using Sun Style Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation.

Level 1: Monday and Wednesday 11:30am

This is a one month beginning class and **may be joined on the first Monday or Wednesday of each month.**

Tai Chi Transitions: Friday 9am

Class requirements: Must know all of the 1st set of movements and be familiar with the 2nd set of movements. This class strengthens your knowledge of the first 2 sets of movements and introduces the 3rd set of movements.

Instructor approval required for class.

Level 2: Monday and Wednesday 3pm

Class requirements: Must know all of the 1st set and the 2nd set of movements and be familiar with the 3rd set of movements. This class strengthens your knowledge of all 3 sets of movements as well as deepens the understanding of the Tai Chi philosophy.

Instructor approval required for class.

More events/activities on next page...

SATURDAY PROGRAMS

Saturday Bingo

Saturday, December 17th

10:30am-1pm

Join us for Bingo! Cards will be sold for \$1 each from 10:30-11am. The game will begin at 11am and no cards will be sold after the game begins. All proceeds from the sale of the cards will be donated to Veteran Charities. Wonderful non-cash prizes, so don't miss out on the fun! **Seniors' guests are welcome for this event.**



Little Elm Cancer Care Group

Saturday, December 17th

12:30pm-2pm

We are a cancer support group sharing a lunch as well as a social time to meet with other survivors and caregivers. There will be a speaker or chair person speaking at each meeting during our lunch. Please feel free to contact Mary or Rosemary if you need their help or support before the next meeting.

For more information contact

Mary Dickinson at 972-292-2346 or

Rosemary Mills at 469-323-0649.



AROUND TOWN

Christmas at The Beach

What a great way to start the holidays! The Little Elm beach offers the perfect setting for a spectacular Christmas celebration, and Santa Land.

Santa Land will be on display Dec. 3-30.

Santa Land is a village set in Little Elm park that features elves and Santa himself (Dec. 3 **and 4 only!** **A 30' Christmas tree, music, hot cocoa, s'more's on the beach, decorated elf** houses and Mrs. Claus are also a part of the Christmas celebration. Entrance into Santa Land is free, however you must pay for commemorative photos with Santa. You may also bring your own camera to capture moments with Santa.

Saturday, Dec. 3, 6-10 p.m.

Christmas Light Up Parade winds through town and ends in the park at Santa Land.

Registration information will be provided soon. The parade begins once it's dark and ends at Little Elm Park. After the parade the tree lighting celebration begins! Mr. and Mrs.

Claus will be available for pictures and Santa Land will be open for touring.

Sunday, Dec. 4, 2-8 p.m.

Live Reindeer and a holiday train will be on hand for the celebration! Mr. and Mrs. Claus will be available for pictures and Santa Land will be open for touring.

White Christmas performed at Little Elm High School

December 8-10, 7pm

Enjoy the Christmas classic and support our local High School. Lobo cards are available for this performance.

CRAFT FAIR 2016

