



# Little Elm Senior Newsletter

Write it on your heart that every day is the best day in the year.

-Ralph Waldo Emerson

January 2017

Brenda Button Mills  
Senior Center  
301 Main Street  
Little Elm, Texas 75068  
Main # 972-731-1464  
[www.littleelm.org/seniors](http://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](mailto:acarrico@littleelm.org)

Board of Directors

Melinda Stenger  
President

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Vice President

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Elmore  
Secretary

Jennine Barilla  
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Activities Chairperson

Karen Morris  
Greeter

Mary Jones  
Crafts Coordinator

Senior Board  
Facebook page  
<https://www.facebook.com/LittleElmAreaSeniors/>

## Kimball Art Museum

**RSVP**

Thursday, January 12th  
10am-4pm

Monet: The Early Years

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**

## Richardson Community

**RSVP**

### Band at the Eisemann Center

Sunday, February 19<sup>th</sup> 2pm -7pm

The Richardson Community Band is a diverse, all-volunteer wind ensemble whose mission is to provide high-quality and challenging musical experiences for its members while educating and entertaining family audiences. Lunch on your own after the concert. **\$20 deposit required at time of sign up and returned on day of trip. Cancellation will only receive money back if their seat has been filled. Sorry, no exceptions**

## Memphis/Tunica

**RSVP**

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.

## Scrapbooking

Thursdays at 1pm

Class: Thursday January 5th

Workshops: January 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

Bring your pictures, glue and embellishments and create memories that will be forever cherished.

**CLASS** will have ideas and technique taught.

**WORKSHOPS** will be time to work on your projects as a group.

## Embroidery, Cross-stitch and Needlepoint

Wednesdays at 1:30pm

Come learn the beautiful art form of cross-stitch and needlepoint. Bring a project and your enthusiasm and be ready to amaze yourself. Beginners and experienced both welcomed.

## AARP Smart Driver Class

Friday, February 10th

Noon-4pm

(registration begins at 11:45am)

This course is one 4 hour class and is designed for individuals 50 & over. A certificate is awarded upon completion that may reduce your auto insurance rates for 3 years. **Not for ticket dismissal.** Check with your auto insurance company on their policy. It is not necessary to be a member of AARP to participate and there are no exams.

\$15 AARP MEMBERS; \$20 NON-MEMBERS

**RSVP for this class at the Front Desk or call 972-731-1464**

## Quilted Throw Raffle

Drawing on January 24th at luncheon

The Senior Advisory Board is selling raffle tickets for a beautiful handmade quilted throw. Tickets are \$2 each or 3 for \$5.

Please see a board member to purchase tickets. (Tickets will not be sold by Senior Center staff.)

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

[www.littleelm.org/seniors](http://www.littleelm.org/seniors)

Do you Facebook? Check out The Senior Board Facebook page!!

## Monthly Senior Luncheon

Tuesday, January 24<sup>th</sup>

11am-2pm, Eating at Noon

Menu: Soup: Tortilla Soup, Tomato Basil, Broccoli Cheddar, Potato, and Shrimp Corn Chowder.

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, January 9<sup>th</sup> at 1pm

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

## Movies!

January 3<sup>rd</sup> at 2pm- Sully- PG-13  
(1hr 36 minutes) 2016 - The story of Chesley

Sullenberger an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. Starring Tom Hanks, Aaron Eckhart and Laura Linney. Directed by Clint Eastwood.

January 17<sup>th</sup> at 2pm - The Meddler - PG13

(1:40 minutes ) 2015 Comedy-Drama - An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away. Starring Susan Sarandon, Rose Byrne, J.K. Simmons.



## Genealogy

Wednesday, January 18<sup>th</sup> at 1pm

Wondering where you came from? Want to pass on your families history to future generations? Come learn about genealogy and become fascinated with your family tree. This class will meet 1x per month.

**Instructor: Duana Blakey. Free to attend!**

## Vitamin B12 Shots

Wednesday, January 18<sup>th</sup>

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.

## 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.**



## Sunshine Huggie Quilts

Thursdays, January 5<sup>th</sup> and 19<sup>th</sup> at 9:30am

Sometimes we all just need something to hold on to.

Volunteers are creating kid sized blankets to give out to children in crisis. Stop in and see what you can do to help.

## Art class: Different Art Mediums to create Practical Art

Tuesday, January 10<sup>th</sup> at 1pm

This new program is designed to introduce you to different art techniques and mediums. It also strives to help you express yourself and keep your creative juices flowing.

## Art Workshops

Tuesdays, January 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup> at 1pm

Enjoy some creative and open time to work on your art projects while being around others that appreciate the same energy.



## Quilting Class with Leslie

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! We will be making projects for charity, make and take, as well as preparing for the next craft show.

## 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, January 3<sup>rd</sup> at 1pm

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

**February Book: A Man Called Ove: A Novel by Fredrik Backman**

**March Book: The Map Thief by Michael Blanding**



Check out the back page for Saturday programs!!!!

## 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, January 19<sup>th</sup> 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](http://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 at 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.**

Level 2: Monday and Wednesday 3pm

**Class requirements:** Must know all of the 1st set and the 2<sup>nd</sup> 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.**

# SATURDAY PROGRAMS

## Saturday Bingo

Saturday, January 14<sup>th</sup>

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 used for the prizes. Cash prizes, so don't miss out on the fun! **Seniors' guests are welcome for this event.**



## Little Elm Cancer Care Group

Saturday, January 21<sup>st</sup>

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



### 19<sup>th</sup> Annual Trivia Event

The Little Elm Friends of the Library will host their 19<sup>th</sup> Annual Trivia fundraiser benefitting the Little Elm Public Library on Tuesday, February 28<sup>th</sup>, 2017 at the Little Elm Recreation Center. In 2016 the event hosted 52 teams of eight players competing for the coveted Trivia trophy and \$500 cash prize. The event offers silent auction and bid-a-bag raffle items and awards for the best costume and most spirited team. It has become one of the most popular and successful events in Little Elm and the surrounding communities and helps raise funds for support of the public library in Little Elm. For additional information, please contact the Little Elm Public Library at 214-975-0430 or e-mail [cwwestayemi@gmail.com](mailto:cwwestayemi@gmail.com). Hope to see you there!

### Mayors Fitness Challenge 2017

Mayors Fitness Challenge Eight weeks of FUN & SUPPORT!

Jan. 16-March 12

Early registration: now-Dec. 31

Late registration: Jan. 1-15; add \$10

\$25/member; \$60 nonmember

How it works:

- Register the Friday before the challenge begins
- \$25 for members or Little Elm ISD employees
- \$60 for nonmembers
- Go to the Rec Center for a preliminary fitness assessment
- Join the Facebook group for unlimited support

What you can WIN:

- One Grand Prize- \$500
- Two runner up prizes- \$250

What you get:

- DAILY work-out moves that can be done at home or at the gym
- A WEEKLY video on tips for a healthy life
- WEEKLY coaching sessions by our fitness guru
- ONE free personal training session
- FREE entry to the Big Easy 5K
- A T-shirt
- A starter pack full of healthy recipes, tips, eating out guide in Little Elm, and more
- WEEKLY prizes and giveaways
- Invitation VIP Rec Center Expansion celebration
- Parties to kick-off and end the challenge

