

STAY ACTIVE GUIDE

MAY 2022



BRENDA BUTTON MILLS SENIOR CENTER

THE BRENDA BUTTON MILLS
SENIOR CENTER



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CONTACT US

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THE BRENDA BUTTON MILLS SENIOR CENTER

Stay active at any age! The Brenda Button Mills Senior Center hosts a variety of weekly leisure activities and monthly programs for the Little Elm area senior adults, ages 50 and over. Most programs are free or have a minimal charge. **Dates of events below subject to change.**

www.facebook.com/LittleElmAreaSeniors

SPECIAL EVENTS & PROGRAMS

• Senior Advisory Board Election.

Important dates:

April 4-29 – Applications accepted

May 9 -20 – Early Voting

May 24 – Final vote until noon

The following positions are up for election on the Senior Advisory Board:

Vice President

Treasurer

Activities Chairperson

Any Senior Center member in good standing is encouraged to run for any position in which they would like to invest their time and talent. Applications are available at the Senior Center Front Desk.

Presentation: 12 Keys to Unlocking a Better Night's Sleep - RSVP. Better Sleep by Marie Cress. This new presentation will include topics on medication management, managing stress and difficult emotions, eating well, staying active, and a game plan to make your life and rest better. Come see if Whole Living might be right for you on Tuesday, May 3, at 11:30 a.m.

• **Movies. Tuesday, May 3 at 2 p.m.:** Cyrano PG13 2hr 3min. Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian nab her heart through love letters.

Tuesday, May 17 at 2 p.m.: Marry Me PG 1hr 52min. Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd.

• **Ladies Tea and Luncheon - RSVP.** Ladies, come join us on Thursday, May 5, at 11:30 a.m. for a delightful tea and light luncheon. It is a great way to spend some time with some truly wonderful senior ladies and maybe make some new friends. Sorry guys, ladies only (except for staff and volunteers). RSVP by May 2.

• **Behavioral Health Seminar - RSVP.** On Tuesday, May 10, at 1 p.m., Joe Coffee from Humana presents a seminar on habits of happy people. It will touch on the power of positivity, aging happily, boosting your mood with food and fitness, how to stay social and decompressing from stress.

• **Birthdays.** Join us on Tuesday, May 17, at 1 p.m. to celebrate all the birthdays of the month with cake and ice cream.

• **Vitamin B12 Shots.** ProSalutem will be onsite on Wednesday, May 18, from 10-10:30 a.m. to administer B12 shots.

• **Senior Luncheon - RSVP beginning April 25.** You must RSVP in order to attend so that we can try and space out for safety. This month's luncheon is on Tuesday, May 24, at 11:30 a.m. This month, we are doing a volunteer sign up for desserts. If you would like to bring in a dessert, sign up at the Senior Center Front Desk. We will be serving lemon chicken, rice, rolls, vegetable medley, salad, and dessert. RSVP starting April 25, and we look forward to having you there. Food will be served at noon.



PROGRAMS - MISC.

- **Coffee Club.** Grab a cup of coffee and chat with friends new and old.
M-F 8:30 a.m. SRC
- **Book Club Meeting.** Join Laurie McKee from The Little Elm Public Library to discuss the books that the club has chosen. Every first Tuesday of each month at 1 p.m., April "Monkeewrench" by P.J. Tracy, May "Genesis" by Robin Cook, and June "Rebecca" by Daphne De Maurier.
- **Tech Time with Tony - RSVP.** Having trouble being as smart as your smart phone? Thinking that your tablet needs to be tossed? Schedule a 15 minute session with Tony and start to get your tech smarts tuned up.
W 10 a.m. SRC
- **Genealogy.** Wondering where you came from? Want to pass on your family's history to future generations? Come learn about genealogy and become fascinated with your family tree. This class will meet monthly at 1 p.m. on the second Wednesday of each month with Duana Blakely.
- **Chemo Care Bags.** Lend a helping hand by helping assemble Chemo Care bags on the second Thursday of every month at 10 a.m. to be distributed to brighten and lighten the load being felt by those going through chemotherapy.
- **Crocheting & Knitting.** Whether you want to learn or already know how, join us for crocheting and knitting. Bring your own supplies or use ours! Lively Little Elm Ladies and Chemocare Bags projects will also be worked on.
TH 10 a.m. SRC

PROGRAMS - CARDS & GAMES

- **Bridge.** Join this fun and friendly group. No partners necessary. New players are welcome!
M 9 a.m. SRC
- **Pinochle.** Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck. Each hand is played in three phases: bidding, melds and tricks.
TH 10 a.m. SRC
- **Chicken Foot Dominos - New Day.** Chicken Foot is a domino game whose object is to accumulate as few points as possible over the 13 games. The player with the lowest total score is the winner. It's an easy and fun game to learn. There will be no Chicken Foot on Bunco days.
TH 11:30 a.m. SRC
- **Bunco - RSVP.** Bunco is a dice game of luck and laughs. It is a great way to have fun while meeting a great group of seniors. Join us on Thursday, May 19, at 12:30 p.m.
- **Bingo.** We will be using paper cards, so bring along your daubers or highlighters if you have them. Each set of cards will be \$3 and will allow you to play 3 cards at once. Cardboard slider cards will be available for \$1 per card. Card pickup starts at noon.
F 12:30 p.m. SRC

PROGRAMS - EXERCISE

- **Walk & Talk.** Walk around The Rec at The Lakefront™ Gym every M-F.
M-F 7:30-8:30 a.m. REC
- **Yoga for Seniors.** 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.
M 9 a.m. SRC
- **Chair Exercise.** This Arthritis Foundation Exercise Program stretches, strengthens, and tones muscles in a no-impact exercise class.
MWF 10:30 a.m. SRC
- **Tai Chi I.** 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. This is a one-month beginning class and may be joined on the first M/W of each month.
MW 11:30 a.m. SRC
- **Tai Chi II.** The Arthritis Foundation Tai Chi Program level 2 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. Class requirements: Must know all of the first set and the second set of movements and be familiar with the 3rd set of movements. This class strengthens your knowledge of all three sets of movements as well as deepens the understanding of the Tai Chi philosophy. Instructor approval required for class.
MW 12:30 p.m. SRC
- **Walk Slim Video.** Come in and join this inspiring and fun, high-energy walking video. Dress comfortably and wear your walking shoes.
MW 2 p.m. SRC
- **Fitness Class: SCB.** Stop by the Senior Center on the day of this class to pick up a number to attend. Class limit is 30 seniors. Join us for this high energy strength, core, and balance workout. This class will put you through an advanced workout at The Rec at The Lakefront™ which is located next to the Senior Center. You must have a Senior Center membership to attend.
TTH 9 a.m. REC
- **Chair Volleyball.** Please join us in the Gym at The Rec at The Lakefront™. 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.
TTH 10:15 a.m. REC
- **Line Dancing.** Come and boot scoot with us at our line dancing classes.
WF 8:30 a.m. SRC

MAY 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	3 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Better Sleep 1 Book Club 2 Movie-Cyrano	4 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/ Tony 10:30 Chair Exercises 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	5 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 11:30 Ladies Tea	6 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	7
9 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	10 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Board Meeting 10:15 Chair Vball 1:00 Behavioral Health Seminar	11 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/ Tony 10:30 Chair Exercises 11:30 Tai Chi I 12:30 Tai Chi II 1 Genealogy 2 Walk Slim Video	12 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Chemo Care bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 11:30 Chicken Foot	13 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	14
16 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	17 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 1 Birthday Social 2 Movie-Marry Me	18 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 B-12 shots 10 Tech Time w/ Tony 10:30 Chair Exercises 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	19 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 12:30 Bunco	20 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	21
23 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	24 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Luncheon	25 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/ Tony 10:30 Chair Exercises 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	26 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 11:30 Chicken Foot	27 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	28
30 Closed	31 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball				