

# STAY ACTIVE GUIDE

JULY 2022



**THE BRENDA BUTTON MILLS  
SENIOR CENTER**



## 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](https://www.facebook.com/LittleElmAreaSeniors)

## SPECIAL EVENTS & PROGRAMS

• **Welcome to the new Senior Center Supervisor, Brenda Comstock.** Brenda has been working for the Town of Little Elm for over three years in the Public Works Department. She is originally from Rochester, New York and moved to Little Elm nine years ago. She has two daughters and loves country music. Brenda is excited to join the Senior Center team. Feel free to introduce yourself to her when you are visiting the Senior Center!

### • Movies:

**Tuesday, July 12 at 2 p.m.:** *Top Gun*. PG. 1 hr 50 min. As students at the United States Navy's elite fighter weapons school compete to be best in the class, one daring young pilot learns a few things from a civilian instructor that are not taught in the classroom. \*\*Due to the July 4 holiday, this movie will be shown on Tuesday, July 12. \*\*

**Tuesday, July 19 at 2 p.m.** *The Lost City*. PG-13. 1 hr 52 min. Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.

• **Cattle Drive - RSVP.** Say howdy to the Old West with our Cattle Drive summer event on Saturday, July 16 at the Senior Center from 10am to 1pm. Join us for boot scootin' fun as we enjoy live DJ music. It will be fun to dress up in your Western attire and play some games while chatting with your friends. Lunch will be provided.

• **Birthdays.** Join us on Tuesday, July 19, 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, July 20, from 10-10:30 a.m. to administer B12 shots.

• **Senior Luncheon - RSVP beginning June 28.** You must RSVP in order to attend so that we can try and space out for safety. This month's luncheon is on Tuesday, July 26, at 11:30 a.m. If you would like to bring in a dessert, sign up at the Senior Center Front Desk. We will be serving hamburgers, cole slaw, and chips at noon. We look forward to seeing you there.



## 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 Jenna Shupp 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. July – Harlem Shuffle by Colton Whitehead, August – Golden Girl by Elin Hilderbrand, and September – Death of an Expert Witness by P.D. James. \*\*Due to the July 4 holiday, book club will meet on Tuesday, July 12 this month.\*\*
- **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 to reduce your frustration and make your life easier.  
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 every Thursday at 10 a.m. to be distributed to brighten and lighten the load being felt by those going through chemotherapy. These special bags provide comfort and encouragement to a cancer patient while they are receiving 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!  
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
- **Hand & Foot.** Hand & Foot is a North American game related to Canasta. The objective of this game is to be the first to get rid of all your cards and for your team to have the most points. Come join the fun!  
W                              11:30 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.** 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. No game on July 21.  
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, July 21, at 12:30 p.m.
- **Bingo.** We will be using paper cards, so bring along your daubers or highlighters if you have them. Each booklet of paper cards is \$3 and has three bingo boards to play per game. We play ten games with a short break after the first five games. Cardboard slider cards will be available for \$1 each. Card pickup starts at noon. Volunteer callers needed!  
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.  
MW                      11:30 a.m.                      SRC
- **Tai Chi II.** The Arthritis Foundation Tai Chi Program Level 2 introduces nine new movements and is ideal for those looking for a more challenging course. 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.** Join us for this high energy strength, core, and balance 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. Lots of fun and good for the body as well as the brain. If you are a beginner to line dancing, try a Friday class first! Wednesday classes are more advanced movements.  
WF                      8:30 a.m.                      SRC

# JULY 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	2
4 CLOSED  HAPPY INDEPENDENCE DAY!	5 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball	6 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	7 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	8 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	9
11 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	12 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Board Meeting 10:15 Chair Vball 1 Book Club Meeting 2 Movie - Top Gun	13 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 1 Genealogy 2 Walk Slim Video	14 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	15 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	16 10 a.m. - 1 p.m. Cattle Drive at Senior Center
18 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	19 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 1 Birthday Social 2 Movie - The Lost City	20 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 B-12 Shots 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	21 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Chemo Care Bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 12:30 Bunco	22 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	23
25 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi 12:30 Tai Chi II 2 Walk Slim Video	26 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Luncheon	27 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 Tech Time w/ Tony 10:30 Chair Exercises 11:30 Tai Chi I 11:30 Hand & Foot 12:30 Tai Chi II 2 Walk Slim Video	28 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	29 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	30/31