

STAY ACTIVE GUIDE

AUGUST 2022



**THE BRENDA BUTTON MILLS
SENIOR CENTER**



CONTACT US

301 Main Street
Little Elm, TX 75068
972-731-1464
M-F 8 a.m.-3 p.m.
scenter@littleelm.org

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

- **ZUMBA GOLD IS BACK.** Join me in welcoming our Zumba Gold instructor, Heather Rippetoe, to our Senior Center family. Heather lives in Little Elm and has been teaching Zumba for seven years. She is very excited to get to know all of you and pass on her love of Zumba to us. Come to her first class on Thursday, July 28, at 1 p.m. at The Rec at The Lakefront™! Her classes will be held on Tuesdays and Thursdays at 1pm at The Rec™.
- **Casino Party - RSVP beginning July 26.** Join us at the Senior Center on Saturday, August 20, from 11 a.m. to 2 p.m. to experience the fun and excitement of playing in a real casino. No need to travel to Winstar Casino or Choctaw Casino, we are bringing the casino to you. Professional dealers will be on-hand dealing two Blackjack tables, one Roulette table, and two Texas Hold 'em tables. Snacks will be provided.
- **Health & Lifestyle Talk.** Join Joe Coffey from Humana and Brandon Kretz from Valora Medical Group on Tuesday, August 2, at 11:30 a.m. for a presentation on adopting healthy lifestyle habits to help prevent disease and keep our senior community feeling their best. Topics include falling asleep and staying asleep, 10 tips to boost your energy, boosting your digestion and immune system and simple steps to help prevent falls.
- **Movies.**
 - Tuesday, August 2 at 2 p.m.:** *Jerry and Marge Go Large*. PG-13. 1 hr 36 min. This movie is inspired by the remarkable true story of a retiree who discovers a mathematical loophole in the Massachusetts lottery and, with the help of his wife, wins millions and uses the money to revive their small Michigan town.
 - Tuesday, August 16 at 2 p.m.** *Don't Talk to Irene*. TV-14. 1 hr 30 min. When an overweight girl gets suspended from school, she must endure two weeks of community service at a retirement home. She secretly signs the residents up for a dance-themed reality show to prove that you don't have to be perfect to be great.
- **Birthdays.** Join us on Tuesday, August 16, 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, August 17, from 10-10:30 a.m. to administer B12 shots.
- **Homewell Care Services.** Jerry Gorman with HomeWell Care Services will be presenting information on his company at the Senior Center on Thursday, August 18, at 11:30 a.m. HomeWell Care Services offers qualified, professional assistance for those that need companionship to ensure a comfortable life at home, right where you belong. Whether you need short term occasional help or long term, daily support, HomeWell Care Services will give you what you need. Come learn more about this company and their services.
- **Senior Luncheon - RSVP beginning July 26** You must RSVP in order to attend so that we can try and space out for safety. This month's luncheon is on Tuesday, August 23, 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 wraps, chips, and fruit at noon. We look forward to seeing you there.



PROGRAMS - MISC.

- **Coffee Club.** Grab a cup of coffee and chat with friends, both new and old.
M-F 8:30 a.m. SRC
- **Book Club Meeting.** Join Ethan Gaston from The Little Elm Public Library to discuss the books that the club has chosen. August – Golden Girl by Elin Hilderbrand and September – Death of an Expert Witness by P.D. James. Join us the first Tuesday of each month at 1 p.m.
- **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 get your tech smarts tuned up. **Due to Tony being on vacation, the only session this month will be on August 31.**
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. These special bags are distributed to brighten and lighten the load being felt by women going through chemotherapy. No sewing experience necessary.
- **Crocheting & Knitting.** Whether you want to learn or already know how, join us for crocheting and knitting every Thursday at 10 a.m. 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! For seasoned players or beginners.
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 August 18.**
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, August 18, 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 cards 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.** Come and join a fun group of seniors as they walk each weekday morning. We walk in the gym at The Rec at The Lakefront™ for safety and comfort.

M-F 7:30 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. If you have arthritis or just need to start a regular exercise routine, this class is for you. This is an ongoing class and may be joined at any time.

MWF 10:30 a.m. SRC

• **Tai Chi I.** The Arthritis Foundation Tai Chi Program Level 1 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. This class strengthens your knowledge of all three sets of movements as well as deepens the understanding of the Tai Chi philosophy.

MW 12:30 p.m. SRC

• **Walk Slim Video.** Come in and join this high-energy walking video. It is both inspiring and fun. Dress comfortably and wear your walking shoes.

MW 2 p.m. SRC

• **Fitness Class:** Join us for this high-energy strength, core and balance workout. Stop by the Senior Center to scan your membership card and then head over to The Rec at The Lakefront™ for this class. You must have a Senior Center membership to attend.

TTH 9 a.m. REC

• **Chair Volleyball.** Please join us in the Basketball 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. Stop by the Senior Center to scan your membership card and then head over to The Rec at The Lakefront™ for this class. You must have a Senior Center membership to attend.

TTH 10:15 a.m. REC

• **Line Dancing.** Learn new dance patterns to all kinds of great music. Lots of fun and good for the body and the brain! If you are a beginner to line dancing, try a Friday class first. Wednesday classes are more advanced.

WF 8:30 a.m. SRC

• **Zumba Gold:** Zumba Gold is a lower intensity version of the typical Zumba class and is designed to meet the anatomical, physiological, and psychological needs of seniors. Join instructor Heather Rippetoe and her high energy personality. She promises you will have a blast! Stop by the Senior Center to scan your membership card and then head over to The Rec at The Lakefront™ for this class. You must have a Senior Center membership to attend.

TTH 1:00 p.m. REC

AUGUST 2022 CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|
| 1 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 | 2 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Health/Lifestyle Talk 1 Book Club Meeting 1 Zumba Gold 2 Movie - Jerry & Marge Go Large | 3 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video | 4 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 1 Zumba Gold | 1 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo | 6 |
| 8 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 | 9 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Board Meeting 10:15 Chair Vball 1 United Healthcare 1 Zumba Gold | 10 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 1 Genealogy 2 Walk Slim Video | 11 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 1 Zumba Gold | 12 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo | 13 |
| 15 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 | 16 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 1 Birthday Social 1 Zumba Gold 2 Movie - Don't Talk to Irene | 17 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 B-12 shots 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video | 18 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 Homewell Services 12:30 Bunco 1 Zumba Gold | 19 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo | 20 11 a.m.-2 p.m. Casino Party at Senior Center |
| 22 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 | 23 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Luncheon 1 Zumba Gold | 24 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video | 25 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 1 Zumba Gold | 26 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo | 27 |
| 29 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 | 30 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 1 Zumba Gold | 31 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Tai Chi I 11:30 Hand & Foot 12:30 Tai Chi II 2 Walk Slim Video | | | |