

# STAY ACTIVE GUIDE

OCTOBER 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](mailto: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](https://www.facebook.com/LittleElmAreaSeniors)

## SPECIAL EVENTS & PROGRAMS

- **It's that time of year for the annual State Fair of Texas. Some of the top fair food creations this year are the fried charcuterie board, deep-fried BLT, peanut butter paradise, chicharron explosion nachos and, of course, Fletcher's Corny Dogs. If you would like to attend the State Fair on Thursday, October 6, with your senior community, please sign up at the front desk. We will take a charter bus that leaves the Little Elm Senior Center at 9 a.m. and returns at 4 p.m. There is no bus fee. The only fee is admission to the State Fair. Sixty years and older is \$5 each, and 59 years and younger is \$10 each. When we arrive, we will buy our fair admission tickets at the front gate. **RSVP now.****
- **United Healthcare Community Meeting – Friday, October 7, at 11 a.m.** Are you turning 65, retiring, or looking to change your Medicare plan during annual open enrollment? Now is the time to discover the benefits of United Healthcare plans. Stacy Calloway will educate and discuss your Medicare choices. She will share tools and resources to help you understand the coverage that may be right for you. Whether you're just starting with Medicare, retiring, or simply looking to learn more about your plan options, United Healthcare is here to help. **RSVP beginning September 27.**
- **Pumpkin Carving – Tuesday, October 11 at 11:30 a.m.** Come and carve pumpkins for the Town of Little Elm's Pumpkin Hollow Event. Each year the Town hosts a Halloween kiddie carnival, haunted trail, hayride and Jack O'Lantern Trail. The Jack O'Lantern trail will feature our carved creations. All carving tools and pumpkins will be provided.
- **Flu Shot Clinics.** Flu shot clinics will be held at the Senior Center on Wednesday, October 12, and Wednesday, November 2 from 9:00 a.m. to 10:30 a.m. Please bring your insurance card with you. COVID boosters will not be available at this clinic. Please see your primary physician or local pharmacy.
- **HomeWell Fall Prevention and Transition Care Talk – Tuesday, October 18, at 11:30 a.m.** Presented by Jerry Gorman with HomeWell Care Services. Staying active is a crucial component of both physical and emotional wellness. However, older adults often limit their activities and social engagements because they fear falling. Join us for a talk about proactively preventing injury and fall prevention. We will also learn about Transitional Care Management which addresses dealing with a medical crisis, new diagnosis, or change in medication therapy. **RSVP beginning September 27.**
- **Birthday Social.** Join us for birthday cake and ice cream on the third Tuesday of each month at 1 p.m. as we celebrate the month's birthdays and meet some amazing seniors. See you on October 18 at 1 p.m.!
- **Humana Representative Joe Coffey – one-on-one 30-minute sessions.** Medicare open enrollment is from October 15 through December 7, 2022. During this time, you are allowed to change your Medicare coverage, or maybe it is your first time signing up. Schedule a one-on-one session with Joe Coffey to get answers to your Medicare questions and to see what type of plans Humana has that fit your Medicare needs. **Stop by the front desk to sign up for your desired time slot:** October 18 – 1:30-3:30 p.m., October 19 - 1-3:30 p.m., October 25 – 1-3:30 p.m., November 8 – 1:30-3:30 p.m., and November 15 - 1-3:30 p.m.
- **Vitamin B-12 Shots.** ProSalutem provides a B12 shot on-site on the third Wednesday of every month. This month they will be on site on Wednesday, October 19 at 10 a.m.



## SPECIAL EVENTS & PROGRAMS CONT.

- **Monthly Luncheon.** Tuesday, October 25 at 11:30 a.m. Join us for our monthly Senior Luncheon. Sit down with your senior community and enjoy lunch and good conversation. If you are able to bring a dessert, please sign up at the front desk. Lunch is served at noon and will be brats, sauerkraut, potato salad, side salad, chips, and dessert. **RSVP beginning September 27.**
- **Casino Day Trip to Winstar Casino – Wednesday, October 26 at 8 a.m.** Try your luck at the World's Biggest Casino. \$25.00 bus fare fee. **Little Elm residents may RSVP beginning September 27, and non-residents may RSVP starting October 4.** The first 53 people that sign up get to go. Bus departs the Senior Center parking lot at 8 a.m. and will return at 4 p.m.
- **Halloween Party – Saturday, October 29, from 11 a.m. to 1 p.m.** It's time for a little spooky fun. Play Halloween games, groove to music from our younger years played by DJ Michael, and enjoy some food and good conversation with your senior buddies. Costumes are not required but highly recommended. We look forward to a frighteningly good time!!! **RSVP beginning September 27.**



**HALLOWEEN PARTY**

SATURDAY, OCTOBER 29 | 11 A.M.-1 P.M.

📍 SENIOR CENTER

HALLOWEEN GAMES, MUSIC BY DJ MICHAEL. FOOD, AND MORE!

COSTUMES ARE NOT REQUIRED BUT HIGHLY RECOMMENDED!

RSVP BEGINNING SEPTEMBER 27





## 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. October – *Chaos* by Patricia Cornwell and November – *Camino Island* by John Grisham. Join us the first Tuesday of each month at 1 p.m.
- **Tech Time with Tony - **RSVP at the front desk to schedule your session.**** 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.  
W                              10 a.m.                              SRC
- **Genealogy.** October's class is at The Church of Jesus Christ of Latter Day Saints, located at 4000 Nazarene Drive, Carrollton. There are four churches on the property. Go to the Family History Center at the corner of 121 and Marchant Blvd. Please enter at the North side entrance. November's class will be back at the Senior Center. This class meets monthly on the 2nd Wednesday of the month.
- **Chemo Care Bags.** Lend a helping hand by helping assemble Chemo Care bags every Thursday. The Lively Ladies of Little Elm put together these unique bags, which are distributed to brighten and lighten the load being felt by women undergoing chemotherapy. No sewing experience is necessary.  
TH                              10 a.m.                              SRC
- **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! 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 double 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 October 20.**  
TH                              11:30 a.m.                              SRC
- **Bunco - **RSVP beginning September 27.**** 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, October 20, at 12:30 p.m.
- **Bingo.** We will use paper cards, so bring your daubers or highlighters if you have them. Each booklet of paper cards is \$3.00 and has three cards per game. We play ten games with a short break after the first five games. Cardboard slider cards are available for \$1.00 each. Card pickup starts at noon. Snacks and drinks provided. Volunteer callers are always 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 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. 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.** Congratulations to Tricia Prater and Fancy Nancy for achieving their Tai Chi Instructor Certifications. This means no more Tai Chi videos. Tai Chi Program Level 1 teaches the Basic Six Movements and 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.** Tai Chi Program Level 2 consists of 12 movements and is ideal for those looking for a more challenging course. This class strengthens your knowledge of all three activities and deepens your 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: SCB.** Join us for this high-energy strength, core and balance workout at The Rec at The Lakefront™, next to the Senior Center. Instructors Shelly and Adrian will get your heart pumping and face smiling. 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. Rules are similar to regular volleyball, except we keep "cheeks on the chair!"  
TTH             10:15 a.m.            REC
- **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 instructors Heather Rippetoe and her high-energy personality. She promises you will have a blast! **\*\*Note: New class start time.\*\***  
TTH             12:45 p.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

# OCTOBER 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 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	4 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 12:45 Zumba Gold 1 Book Club Meeting 2 Movie – Mama Mia 2	5 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	6 <b>STATE FAIR DAY TRIP</b> 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 9 State Fair Day Trip 10 Chemo Care Bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Volleyball 11:30 Chicken Foot 12:45 Zumba Gold	7 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 11 United Healthcare Talk 12:30 Bingo	8
10 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	11 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Board Meeting 10:15 Chair Volleyball 11:30 Pumpkin Carving 12:45 Zumba Gold	12 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 9-10:30 Flu Clinic 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 - offsite 2 Walk Slim Video	13 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:00 Chemo Care bags 10:00 Crochet/Knitting 10:00 Pinochle 10:15 Chair Volleyball 11:30 Chicken Foot 12:45 Zumba Gold	14 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	15
17 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	18 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Volleyball 11:30 Homewell Fall Prevention Talk 12:45 Zumba Gold 1 Birthday Social 1:30-3:30 Joe Coffey - Humana 2 Movie – Spies Like Us	19 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Adv.) 10 B-12 Shots 11:30 Hand & Foot 11:30 Tai Chi I 12:30 Tai Chi II 1 - 3:30 Joe Coffey - Humana 2 Walk Slim Video	20 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:00 Chemo Care bags 10:00 Crochet/Knitting 10:00 Pinochle 10:15 Chair Volleyball 12:30 Bunco 12:45 Zumba Gold	21 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	22
24 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	25 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Volleyball 11:30 Luncheon 12:45 Zumba Gold 1-3:30 Joe Coffey - Humana	26 <b>CASINO DAY TRIP</b> 7:30 Walk & Talk 8 Casino Day Trip 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	27 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:00 Chemo Care bags 10:00 Crochet/Knitting 10:00 Pinochle 10:15 Chair Volleyball 11:30 Chicken Foot 12:45 Zumba Gold	28 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance (Beg.) 10:30 Chair Exercise 12:30 Bingo	29 11 a.m.–1 p.m. Halloween Party @ Senior Center
31 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					

***If you're tired of having knee pain and want to talk to a doctor that can virtually give you your life back if knee pain is an issue, call Dr. Jared Wilson DC, CCSP.***

# **“Chronic, Painful Knee Pain Reduced In Less Than 8 Minutes?”**

*Little Elm, Tx ~*

If you have knee pain, can't walk because of an old injury, or just think it's a part of getting old, you might want to read this article.

Knee pain is something that disables lots of people every single year, but most people don't know what to do about it.

## **What are your choices**

Some people immediately opt in for surgery, then some people watch TV and end up buying something they wrap their knee with - hoping it will help, and others just follow orders and take medications that only mask their KNEE PAIN symptoms as their condition worsens.

## **What Works Best?**

All I'm saying is this. There are a lot of ways to TREAT your knee pain, but which one will really work?

If you've done your research, you know that there are not a lot of things that really work when it comes to actually helping align the knee take nerve pressure off the knee and reduce the pain and swelling.

## **What if there was a “real solution” that worked from DAY ONE?**

Hi. I'm Dr. Jared Wilson DC, CCSP, and I'm here to tell you about a new device called the Knee on Trac.

I stumbled onto this one-of-a-kind machine at a recent medical conference and tried it on myself.

THE RESULTS: My knees have never felt so good, and that was after... just one treatment.

It virtually reduced my knee stiffness by 95%, so I am positive it'll help your knee pain, help you walk better as soon as you get your first treatment, plus help you do some things you used to do without the help of a walker, cane or someone else helping you.



Now don't get me wrong. I'm not guaranteeing a miracle if you haven't walked in twenty years... but this just may be the answer you've been looking for,

Better late than never for sure. You should entertain this option... no matter what's happened to you in the past!

Let me be very clear. I'm here to help you:

- **get out of pain,**
- **walk better,**
- **move better,**
- **get up and down better,**
- **get out of chairs easier AND...**
- **finally you will be able to move without relying on someone or something else.**

## **What if my knee(s) are BONE ON BONE?**

Here's all I can tell you. If you're bone on bone, this may be the only thing you can do to help your

condition and you'll find out that Knee on Trac. is an amazing machine when teamed up with our Class IV laser therapy.

## **Will this work for you?**

Great question and here's the answer. We have a reputation for getting quick results, but if you're like most of our patients you know the knee problem isn't just going to go away. We're also known for our personalized care. We don't promise the world, but we will do everything humanly possible to get the results you want.

## **I've never done this before!**

I'm going to offer you a FREE TRIAL TREATMENT. If you qualify, (and most people do,) I'll give you your first treatment for FREE. No strings attached, and if it doesn't work, you shake my hand and we part as friends and all that is owed is the \$49 consultation fee.

## **Take Action Today**

As you know its human nature to procrastinate, but this is not the time or place to do that.

**My FREE TRIAL offer** goes away at the end of this month. It's a hard deadline because I only have a limited number of these FREE TRIAL SPOTS. I know this for sure. It's better to be SAFE than SORRY!

**Pick up the phone** and call my office now. This one call could change the way you walk, feel, act, and move. Call Today!

***Core Strength Wellness Center  
Dr. Jared Wilson DC, CCSP  
1150 E Eldorado Pkwy, #300  
Little Elm Tx, 75068  
972-292-9863***