

STAY ACTIVE GUIDE

FEBRUARY 2023



**THE BRENDA BUTTON MILLS
SENIOR CENTER**



CONTACT US

301 Main Street
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M-F 8 a.m.-3 p.m.
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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/LittleElmSeniorCenter

SPECIAL EVENTS & PROGRAMS

February is traditionally the month for lovers but also American Heart Month. This designation began in 1963 to encourage Americans to join the battle against heart disease. One way to keep your heart healthy is to attend the exercise classes offered at the Senior Center. If you are outdoorsy, we also offer trail walks on Fridays at 9 a.m. on the Johnny Broyles Trail. Remember to “do your part, care for your heart.”

- **Craft Swap.** The Little Elm Library is hosting a Craft Swap. Senior Center members get a special “preview” shopping opportunity on Friday, February 3, from 10 a.m. to noon. The Craft Swap is open to the public on Friday, February 3, from noon to 4:30 p.m., Saturday, February 4, from 10 a.m. to 2:30 p.m., and Sunday, February 5, from 10 a.m. to 2:30 p.m.
- **McKinney Dance Band – Saturday, February 4, from 11 a.m. to 1 p.m.** Join us in turning the Senior Center into a Big Band Dance Hall. The McKinney Dance Band is a Jazz Orchestra comprised of 20+ musicians and two vocalists. Listen to live music from the Big Band Era that will get your legs dancing and your face smiling. **RSVP at the front desk.**
- **Acrylic Painting Class – Tuesday, February 14, from 12:30-2:30 p.m.** Susan Garden, co-founder of Robert Garden School of Art, will teach us how to paint the “Bright Angel.” Susan holds a Master’s Degree in Fine Art and has a revolutionary method of teaching beginner to advanced artists how to paint. Fifteen seats are available. This is free, and all supplies will be provided. **RSVP beginning January 24.**
- **Valentine’s Heart Wreath Craft – Thursday, February 16, from 3-4 p.m.** Join Jaya and Rachel from the Little Elm Library as they teach us how to make a beautiful tissue paper wreath. Twenty seats are available. This is free, and all supplies will be provided. **RSVP beginning January 24.**
- **Casino Day Trip to Choctaw Casino – Wednesday, February 22, at 9 a.m.** We are heading back to Choctaw Casino. We will leave at 9 a.m. and return to the Senior Center at 4 p.m. \$20.00 per person. **RSVP beginning January 24.**
- **Monthly Luncheon – Tuesday, February 28 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 meatloaf, steamed mixed vegetables, rolls, salad, and dessert. **RSVP beginning January 24.**



Movies

Tuesday, February 7 at 1 p.m.:

Respect. PG-13. 2 hr. 25 min.

Following the rise of Aretha Franklin's career from a young child singing in her father's church choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Tuesday, February 21 at 1:30 p.m.:

Ticket to Paradise. PG-13. 1 hr. 44 min.

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.

PROGRAMS - REGULAR

- **Coffee Club.** Grab a cup of coffee and chat with friends, both new and old.
M-F 8:30 a.m. SRC
- **Birthday Social.** Join us for birthday cake and ice cream on Tuesday, February 21, at 1 p.m., as we celebrate the month's birthdays and meet some amazing seniors.
- **Book Club Meeting.** Join Ethan Gaston from the Little Elm Library to discuss the books that the club has chosen. February – A Short History of Nearly Everything by Bill Bryson, March – Art of Racing in the Rain by Garth Stein, and April – The Sport of Kings by C.E. Morgan. This group meets in the back room at the Senior Center on the first Tuesday of the month at noon.
- **Vitamin B-12 Shots.** ProSalutem provides a B12 shot at the Senior Center on the third Wednesday of every month. This month they will be on site on Wednesday, February 15, from 10-10:30 a.m. The cost of the shot is \$20.
- **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 meets monthly on the second Wednesday of the month at 1 p.m. Instructor: Duana Blakey
- **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.** The Lively Ladies of Little Elm is our name; community service is our game. Whether you want to learn or already know how, join us for crocheting, knitting, cutting fabric, and laughter. Bring your own supplies or we have some for you. Items that are made are donated to VA Hospitals, Children's Hospitals, Hospice Facilities, and Domestic Violence Shelters.
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 80-card 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 February 16.****
TH 11:30 a.m. SRC
- **Bunco -** 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, February 16. **RSVP beginning January 24.**
TH 12:30 p.m. SRC
- **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 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.** Tai Chi Program level 1 is taught by a live instructor and 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 12:30 p.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 11:30 a.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
- **Basic Beginner Tuesdays Line Dancing.** This 8-week beginner line dancing course is just what you all wanted. Beginning Tuesday, February 7, and ending Tuesday, March 28, – Leah will teach the basic steps to line dancing like grapevine, weave, scoot, brush, and kick. No previous dance experience required. Minimum of eight people must register for this course or it will not be offered. If interested, stop by the front desk and get signed up.
T 9 a.m. SRC
- **Fitness Class.** Join us for this high energy strength, core and balance workout at the Rec at The Lakefront™. Instructors Shelley and Adrian will get your heart pumping and face smiling. You must have a Senior Center membership to attend. Due to the popularity of this class, the first 35 participants that sign up at the front desk at The Rec™ will be able 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 instructor Heather and her high-energy personality. She promises you will have a blast!
TTH 11:30 a.m. REC
- **Forest Bathing.** In 1982, the Japanese Ministry of Agriculture, Forestry and Fisheries created shinrin-yoku, which translates to "forest bathing" or "taking in the forest atmosphere". This practice encourages people to spend time in nature, listen to the birds, and connect with what's around you. Join Instructor Ed to see how time spent in nature is good for all of us.
W 12:30 p.m. SRC
- **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
- **Trail Walk.** Instructor Ed leads a trail walk on the Johnny Broyles Trail every Friday at 9 a.m. This hike is higher impact. Dress for the weather. Wear comfortable shoes. Meet Ed in the Senior Center lobby 10 minutes before start time.
F 9 a.m. SRC

FEBRUARY 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing (Adv) 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi II 12:30 Tai Chi I 12:30 Forest Bathing Walk 2 Walk Slim Video	2 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Chemo Care bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Volleyball 11:30 Chicken Foot 11:30 Zumba Gold	3 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing(Beg) 9 Trail Walk 10:30 Chair Exercise 12:30 Bingo	4 McKinney Dance Band 11 a.m. – 1 p.m.
6 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi II 12:30 Tai Chi I 2 Walk Slim Video	7 7:30 Walk & Talk 8:30 Coffee Club 9 Basic Beg Line Dancing 9 Fitness Class 10:15 Chair Volleyball 11:30 Zumba Gold 12 Book Club 1 Movie – Respect	8 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing (Adv) 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi II 12:30 Tai Chi I 12:30 Forest Bathing 1 Genealogy 2 Walk Slim Video	9 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Chemo Care bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Volleyball 11:30 Chicken Foot 11:30 Zumba Gold	10 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing (Beg) 9 Trail Walk 10:30 Chair Exercise 12:30 Bingo	11
13 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi II 12:30 Tai Chi I 2 Walk Slim Video	14 7:30 Walk & Talk 8:30 Coffee Club 9 Basic Beg Line Dancing 9 Fitness Class 10:15 Chair Volleyball 11:30 Zumba Gold 12:30 Painting Class RSVP	15 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 II 12:30 Tai Chi I 12:30 Forest Bathing Walk 2 Walk Slim Video	16 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Chemo Care bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Volleyball 11:30 Zumba Gold 12:30 Bunco - RSVP 3 Valentine's Wreath Craft - RSVP	17 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing (Beg) 9 Trail Walk 10:30 Chair Exercise 12:30 Bingo	18
20 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi II 12:30 Tai Chi I 2 Walk Slim Video	21 7:30 Walk & Talk 8:30 Coffee Club 9 Basic Beg Line Dancing 9 Fitness Class 10:15 Chair Volleyball 11:30 Zumba Gold 1 Birthday Social 1:30 Movie - Ticket to Paradise	22 CHOCTAW DAY TRIP 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing (Adv) 9 Choctaw Day Trip - RSVP 10:30 Chair Exercise 11:30 Hand & Foot 11:30 Tai Chi II 12:30 Tai Chi I 12:30 Forest Bathing 2 Walk Slim Video	23 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Chemo Care bags 10 Crochet/Knitting 10 Pinochle 10:15 Chair Volleyball 11:30 Chicken Foot 11:30 Zumba Gold	24 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dancing (Beg) 9 Trail Walk 10:30 Chair Exercise 12:30 Bingo	25
27 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi II 12:30 Tai Chi I 2 Walk Slim Video	28 7:30 Walk & Talk 8:30 Coffee Club 9 Basic Beg Line Dancing 9 Fitness Class 10:15 Chair Volleyball 11:30 Luncheon - RSVP 11:30 Zumba Gold				