

October Happenings

- October 3, Breast Cancer Awareness Program.
- October 3, Senior Glamour Day.
- October 4, Senior Day, State Fair of Texas.
- October 5, Legacies of a Lifetime.
- October 5, Senior Outing, Movie Matinee.
- October 8, Nutrition Education Session.
- October 9, Senior Self Defense Class.
- October 9, Men's Power Hour.
- October 10, Senior Fall Extravaganza.
- October 11, Senior Day, State Fair of Texas.
- October 12, BINGO.
- October 15, Senior Coloring Contest.
- October 17, Senior Stretch Exercise.
- October 17, Senior Water Exercise.
- October 17, Senior Groom Day.
- October 18, Senior Outing, BINGO and Brunch w/Crescent Medical Center Lancaster.
- October 19, Texas Winds Musical Presentation (Keyboard and Saxophone).
- October 23, Senior Self Defense Class.
- October 23, Senior Health & Wellness Checks w/Crescent Medical Center Lancaster.
- October 25, Senior Senate Board Meeting.
- October 26, BINGO.
- October 30, What Not FUNRaiser.
- October 31, Senior Outing, Autumn at the Arboretum.

Refer to the Membership Monthly Calendar for specific times for scheduled events.



**All activities, programs, outings and events require a current membership and/or pre-registration, and are subject to change without notice.*



WELCOME New Members August 2018

Barbara Askew, JoAnn Cabe, Linda Calip, Rudy Collins, Bizell Cozine, Barbara Davis, Denise Ferland, Melot Fitzgerald, Ruth Howard, Brenda Miller, Emma Rodgers, Gerald Shed, and Sherrie Smith.

September 2018

Roberta "Bobbie" Boruvka, Sharon DeBerry, Juanice Finley, Wanda Gardner, Linda Halton, Patsy Malone, Verlie McBroom, Sharon McZeal, Maria Paschal, Rickey Thompson, and Marva Thompson.

Computer Training, Every Tuesday and Thursday at 10:30 a.m.; **Croquet**, Every Tuesday and Thursday at 1:30 p.m.; **Line Dancing**, Every Wednesday at 1:00 p.m.; **Vision II**, Every Monday at 1:30 p.m.; **Walking Club**, Every Monday, Wednesday and Friday at 10:30 a.m.; **Water Exercise**, Every Third Wednesday at 10:30 a.m.

Senior Life Center

240 Veterans Memorial Parkway
Lancaster, TX 75134
Monday - Friday
9:00 a.m. - 5:00 p.m.
972-218-3780, Phone
972-218-3694, Fax

Senior Life Center Team

Theodora Walker, Supervisor
Diana Wortham, Recreation Leader
Clifford Armstead, Transportation Provider

MEMBERSHIP FEES

Lancaster Resident, \$3.00 Annually
Non-Resident, \$5.00 Annually



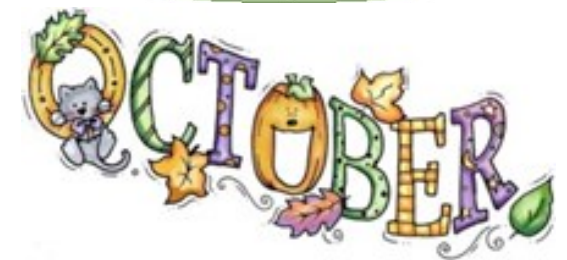
Quality of Life and Cultural Services Senior Life Center

SENIOR NEWS & LIVING

Senior ADULTS

Adding Living to Life!

Happy Fall



2018



www.lancaster-tx.com



It is Senior Day at the State Fair of Texas every Thursday in October, and you get in FREE! The Senior Life Center Passenger Bus will take senior members on October 4 and October 11. The bus will leave the Center at 9:00 a.m. Seating is limited and you **MUST** sign up at the Senior Life Center's Front Desk and be a current eligible member. Bring personal money for your lunch and other expenses for this senior outing. Wear your red tee shirts.

COMPUTER TRAINING. Computer literacy is a **MUST HAVE** these days. An instructor/volunteer with the heart of a teacher will share her knowledge on Tuesdays and Thursdays at 10:30 a.m. Web based courses, basic computer skills, creation of web pages, and other social media avenues, as well as learning software programs such as Microsoft Word and Excel, will be taught.



FALL BACK. Daylight Saving Time is Sunday, November 4. Move your clocks back one hour before you go to bed on Saturday.

READING IS FUN. Join us for one of the most popular programs available at the Senior Life Center on Tuesdays and Thursdays at 1:00 p.m. Learn about Basic Information Before Leaving Earth.



CONGREGATE / SENIOR MEAL PROGRAM

Monday through Friday, ensures a **FREE** and daily nutritious meal for Senior participants ages 60 years of age and better. There is no charge for this meal if you are an eligible participant. However, the recommended daily contribution amount is \$1.00 per person.

Senior participants do not have to be a member of the Lancaster Senior Life Center in order to participate. Senior participants must complete an intake form and nutrition assessment **PRIOR** to participating in the Senior Meal Program.

Senior participants who are ages 50-59, can purchase the daily and nutritious meal for an additional fee. This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services "DADS."

Advanced registration and a 24 to 48 hour notice is required. Lunch is served between 12:00 p.m. - 12:30 p.m.



MEN'S POWER HOUR. This is a powerful hour of empowerment on Tuesday at 10:30 a.m. Men of every distinction and age, get together to discuss common interests and current events.



GROOM AND GLAMOUR DAY

Groom and Glamour Day is back!!! Men and Women, every first and fourth Wednesday of each month you will be pampered. You owe it to yourself. Seating is limited. **MUST** sign up in advance.



What is the frog's favorite kind of music?

Hip Hop

Effective October 1, the water discount rate for Lancaster senior residents will increase from \$1.94 to \$2.24. The sewer discount rate will increase from \$1.76 to \$2.06. You must be 62 years of age and the water bill must be in your name.



SENATE ELECTIONS

Senior Senate Elections will take place on Tuesday, November 6. See the front desk to cast your "one vote" ballot.

The newly elected Senior Senate Board will take effect on January 1, 2019. Start campaigning now if you are interested and committed to serving your colleagues and peers. The Board meets the fourth Thursday of each month at 10:30 a.m.

