Waxahachie Senior Activity Center
January 2020

The Mission Statement of the WSAC is to help meet the physical, emotional, social, nutritional, and educational needs for area senior citizens.

Home Instead SENIOR CARE
To us, it's personal.

Keeping Your Mind in Mind
January 16, at 9 AM

Discuss the importance of self-care as you age
Learn the importance of physical and social activities on brain health
Learn the importance of a healthy diet on brain health
Discuss the importance of keeping your brain active and stimulated

Texas A&M AgriLife Extension

Health Literacy Series for 65+
Presented by Texas A&M AgriLif
First Thursdays at 8:30 AM.

* Lifestyle choices and Your Health
* The ABCs of Medicare
* Talking with your Doctor
* Medication Management

January Lunch Menu

WSAC Supplemental Meal Program

Beginning in October members may apply for our discounted lunch program. To determine your eligibility please refer to the HHS.org guidelines listed below.

Programs using the guidelines (or percentage multiples of the guidelines — for instance, 125 percent or 185 percent of the guidelines) in determining eligibility include Head Start, the Supplemental Nutrition Assistance Program (SNAP)

2019 POVERTY GUIDELINES * PERSONS IN FAMILY/HOUSEHOLD

For families/households with more than 8 persons, add $4,420 for each additional person.

- 1 person per household $12,490
- 2 persons per household $16,910
- 3 persons per household $21,330
- 4 person per household $25,750

CONTACT OFFICE STAFF FOR APPLICATIONS

MEALS ON WHEELS LUNCH PROGRAM

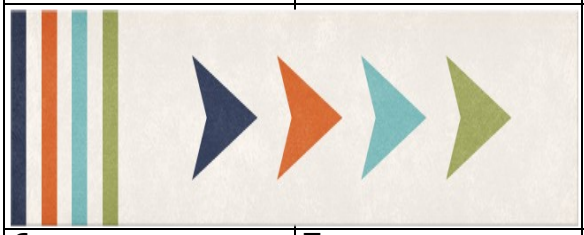
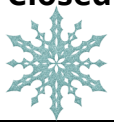
MOW will be providing meals for WSAC members, **60 years of age and older,** every Friday. A $2 donation is requested to defray food costs. All participants must also fill out applications provided by MOW and review it with the office staff for authorization. Members **under 60 years of age** will be required to purchase the ***$5.00*** lunch ticket and register for lunch as usual. For any questions regarding this program please call WSAC. Members' support is crucial to the success of this program.

MON	TUE	WED	THU	FRI
		1 **Happy New Year Closed**	2 **Chicken Sandwich**	3 **MOW Meatloaf**
6 **Chicken Fried Steak**	7 **Birthday Lunch Baked Potato w Salad**	8 **Southwestern Casserole**	9 **Cheese Burgers**	10 **MOW Sliced Turkey**
13 **Meatball w/ Noodles & Gravy**	14 **Chicken Strips**	15 **Meatloaf**	16 **Ham n Cheese Potato Soup**	17 **MOW Hamburger Patty**
20 **MLK Day Closed**	21 **Chili**	22 **BBQ Smoked Sausage**	23 **Fish**	24 **MOW Chicken Parmesan**
27 **Chicken n Dumplings**	28 **Beef Taquito's**	29 **Chicken Parmesan**	30 **Corn Dog n Fries**	31 **MOW Meatloaf**

Daily Activities

MON	TUE	WED	THU	FRI
8:15 Zumba Gold 9:00 WoodworkingOffsite 9:00 Exer. Orientation 9:30 Nifty Needlers 9:35 Stretch & Flex 9:45 Bible Study 10:00 Bingo 10:30 Stretch & Flex 11:00 Dominoes 11:30 Lunch 12:15 Dup. Bridge 12:00 Chair Zumba 1:00 Scrabble Club 1:00 Beg. Line Dance 2:00 Improver Line 4:30 Yoga with Cheryl 5:30 Class with Monica	8:15 Yoga 8:30 42 (Dominoes) 9:00 Exer. Orientation 9:00 Beg. Stepping Stones 9:30 Healthy Bones 9:30 Nifty Needlers 10:00 Computer Class 11:00 Tai Chi 11:30 Lunch 12:15 Adv. Step Stones 12:15 Instructive Bridge 1:00 Fall & Balance 2:00 Stained Glass 4:30 Weight Training w/ Melanie 5:30 Zumba Gold Toning	8:30 Zumba Gold 9:00 Exer. Orientation 9:45 Tai Chi 10:00 Bingo 10:00 Smart Phone Class 10:45 Zumba Toning 11:00 Dominoes 11:30 Lunch 12:00 Chair Yoga 12:15 Bunco 1:00 Intermediate Line 2:00 Advanced Line 2:00 Woodworking/Offsite 5:30 Yoga w/ Weights	8:15 Yoga 9:00 Ceramics 9:30 Healthy Bones 9:30 Nifty Needlers 10:30 Stretch & Flex 11:15 Stretch & Flex 11:30 Lunch 12:00 Chair Yoga 12:00 Sewing Class 12:15 Intermediate Bridge 12:30 Card Sharks 1:00 Fall & Balance 4:30 Weight Training w/ Melanie 5:30 Zumba W/Melanie	8:30 Zumba Gold 9:00 Exer. Orientation 9:30 Inter Line Dance 10:00 Bingo 10:30 Cards to Go 10:30 Advance Line Dance 11:00 Dominoes 11:30 MOW Lunch 12:00 Genealogy 2:00 Painting Class 2:00 Just Sing

Special Events

MON	TUE	WED	THU	FRI
		**1** **Happy New Year Closed** 	**2** 9:00 Midtowne M&G/BP	**3** 9:00 Infinite Care BP 9:00 Boze Mitchell McKibbin Preplanning 12:15 Canasta 2:00 Just Sing *Offsite
6 9:30 Bottle Slump 9:45 Bible Study Resumes 12:00 Crafts w/ Debbi 5:30 20-20-10	**7** 11:30 Birthday Lunch 3:00 Write Way	**8** 8:30 Stinky Feet 8:30 Pretty Hair 8:30 Bottle Slump/Fire 9:00 $5 Jewelry 9:00 Grief Support	**9** 9:30 Garden Club	**10** 2:00 Just Sing *Offsite
13 8:30 New Year's Treasures 9:30 Angels Home Health BP 12:00 Crafts w/Elaine 5:30 Pilates	**14**	**15** 8:30 Stinky Feet 8:30 Pretty Hair 1:00 Board Meeting	**16** 9:00 Home Instead Keeping Your Mind in Mind 10:00 Alzheimers Support/Arabella Senior Living	**17** 12:00 Red Hats 12:15 Canasta 2:00 Just Sing
20 **MLK Day Closed** 	**21** 3:00 Write Way	**22** 9:00 Trinity BP 9:30 Joe Gallow M&G	**23**	**24** 2:00 Just Sing
27 12:00 Crafts w/Elaine 5:30 Pilates	**28**	**29**	**30** 	**31** 12:00 Paper Back Café & Book Club 2:00 Just Sing

Community

Back to Basics Beginner Painting Class: Beginning Friday, January 3, at 2:00 PM.

Computer Lab Update Seeking new students on Tuesdays (Advanced), Wednesdays (Smart Phones) at 10 AM and on Thursdays (Basic Beginners) at 12:00 PM.

Crafty Crafters with Debbi Mondays at 12 noon. Limited Seating.

Jan 6 | "Pretty in Pink" New Years Resolution Bud Vase & Floral Arrangement

Crafts Class by Elaine Mondays at 12 noon. Limited Seating.

Jan 13 | Valentine Cards Jan 27 | Button Hearts

Garden Club Thursday, January 9, There are 15 beds available and we are accepting new contracts .

Fall & Balance Group Fitness Class With Linda Defrank Tuesdays and Thursdays at 1:00 PM. Flexibility training in a small group setting that focuses on balance, lower body strength and core strength.

Genealogy Fridays with Fred Tomlison at 12 PM.

Paper Back Café Friday, January 31, at 12 PM. Looking forward to all the new books for 2020.

"Silver Designers" Sewing Class Thursdays, beginning January 2 at 12 PM. Starting a new quilting project.

FOR YOUR HEALTH

One day recently, in our Stretch & Flex Class, a man came in to observe the class. (We encourage this, by having a couple of chairs placed inside the door just for that reason.) He left when we began to get down on the floor. I think he said to someone he couldn't get down on the floor. I was sad that I didn't have time, at that moment, to tell him, as I do everyone concerned about getting down on the floor. PLEASE, PLEASE, JUST LEARN THE FLOOR PROCEDURES, BECAUSE YOU CAN THEN DO THEM IN YOUR BED AT HOME. The floor procedures are so important for your back and hips!

Membership Dues for 2019-2020 CITY FISCAL YEAR (10-01-2019 to 09-30-2020)

- If you pay Rockett water utilities and have a Waxahachie mailing address and zip code then you will pay a City Resident fee. Please present your Rockett water bill for qualification.
- If you own a business in the city of Waxahachie, but live outside the city limits, please present company name and address for qualification as city resident.
- Some may have different zip codes at your residential address than Waxahachie zip codes. You must pay city of Waxahachie or Rockett Utilities, i.e., water, sewer or trash collection, to qualify for city resident rates.
- Country Lane, Grand Reserve & The Villas: The leasing company provides your dues, but you are required to process your membership form yearly.

Payment plans & Scholarship programs are available. Qualification and applications are strictly confidential.
If you need assistance with your membership dues, please contact office personnel.

For City Residents		For Non City Residents	
Ages 50 to 64	$95	Ages 50 to 64	$145
Ages 65 to 90	$75	Ages 65 to 90	$125
Age 90+	Forgiven	Age 90+	Forgiven

The Waxahachie Senior Center does not discriminate on the basis of sex, race, religion, color, or national origin.
The Waxahachie Senior Center accepts tax deductible donations & contributions.
Donate to your favorite program or sponsor a Senior — with a membership.

Waxahachie Senior Activity Center 122 Park Hills Drive Waxahachie, TX 75165
Office: (469) 309-4280 Fax: (469) 309-4283

Monday-Thursday 8:00 am - 7:00 pm and Friday 8:00 am - 4:00 pm
Fitness Center ONLY Saturday 8 AM—12 NOON

Waxahachie Senior Center Director – Jeanee Smiles
Email: jsmiles@waxahachie.com
Administrative Assistants - Debbie Bryant, Jim Engel, and Mariana Martinez
Nutrition– Debra Clayton Maintenance– Ray LaFrombois and Joe Brandt
AARP Office staff: Barbara McCarty, Pat Middlebrooks,

Generous Volunteers: NOT enough room to list all your names
www.waxahachieseniorcenter.com