



Waxahachie Senior Center

August 2010

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Scam Prevention

In our modern world with a great number of different troubles and problems at every turn (including money problems) we need to be very careful and attentive. A high percent of all frauds and forgeries occupy various money scams. Probably, you are aware of it because you or someone you know have become a victim of money scams. Unluckily, quite many people have faced the problem of having been cheated. If you have not yet been a victim of scams, it doesn't mean you will not be approached one day in the future. Deputy Nathan Bickerstaff, from the Ellis County Sheriff's Office will be at the Center on Thurs. Aug. 12 to help you become educated on how to prevent yourself from becoming a victim of a scam artist.

The persons trying to scam seniors are very good at presenting themselves as a reputable company and are very, very convincing. This informative and educational program will be extremely beneficial.

Deputy Bickerstaff will cover topics such as pigeon drops, identity theft, get rich quick scams, and investment scams. The discussion will begin at 9:30. Sign up at the table if you plan to attend.



Special points of interest:

- 55 Alive—4th
- Birthday Lunch—10th
- Estate Planning Seminar—10th
- Nutrition Seminar—11th
- Dances—Gold River—10th
Soc Hop—24th
- Scam Prevention—12th

CHOCTAW

Thursday

September 9

Reserve your spot on
the bus today!

Busses fill up quickly

Ani-Meals



Most are aware that **Meals-on-Wheels** provides meals to homebound senior adults. Not many are aware that Meals-on-Wheels of Johnson and Ellis Counties also provides meals to homebound pets. "Ani-Meals" is a program that aims to help the needy homebound take care of their companion animals—primarily dogs and cats. Donated pet food is delivered by volunteers on the first Saturday of each month. "The program has been very successful," said Amy Jackson, Meals-on-Wheels director of development. "It is an added benefit to our home-delivered meal program. We want to ensure that our clients are getting the proper nutrition through daily meals, and not sharing those (meals) with their furry friends," she added. Last month's Dog Show held at the Center only proves that members do indeed love their pets. If you would like to help in the Ani-Meals program, a box has been set up to collect donations of cat and dog food. Monetary donations will be accepted at the front desk. Make checks payable to Meals-on-Wheels. The donation will be presented to Meals-on-Wheels at the end of the month.

Basic Nutrition and Eat Smart is a wonderful program offered by the North Texas Food Bank (NTFB). The Center will host the NTFB one morning each month for the next 4 months. A representative from the NTFB will cover basic nutrition needs and topics on eating smart for people who are 50 years and older. The topic was brought up by participants during a recent "Lunch with Lynn". Seniors wanted to know how to plan a nutritious meals, what kind of food should they be eating, and how to plan for a smaller household on a smaller amount of funds.



The first meeting will take place on Wednesday, Aug. 11 from 9:30-10:00. Please sign up at the table if you are considering participating in this great opportunity to learn how you can eat smarter.



Monica Fay has agreed to lead our **Yoga Classes** during Erica's absence. Beginning Aug. 9 Yoga will meet on **Monday and Wednesday mornings at 9:40**. Yoga is an excellent for of exercise to strengthen and tone aging muscles. In addition, it can benefit flexiablilty. The Center has yoga mats for you to use to give the class a try before investing in your own.

Brylcream , Bobbie Socks, & Rock n Roll

Get ready to relive Friday nights after the ball game when the Center hosts it's 2nd Annual Soc-Hop on Tuesday, Aug. 24. Janet and Jim from Powerplay Productions will be back again this year spinning the records while we dance to the tunes we heard on American Bandstand.



Nelson and Billy show off their best Fonzie impressions.

There is a mini juke box set up on the front table. Drop in your favorite dance song requests. Everyone who comes dressed in Soc Hop style clothing will save some "bread" and will receive a \$1.00 discount off the \$5.00 ad mission price. This party will be "a gas" and will be "like crazy man". You won't want to miss the fun! Music starts at 7:00



John and Marie ready to rock around the clock

On the Go.....

A 2nd bus has been reserved for the *Christmas Majesty Trip to Branson*. The November trip includes transportation, lodging, 6 great shows, and some meals. A 2nd bus has also been reserved for the evening of Dec. 14 when we drive/walk thru the spectacular **Prairie Light Show** in Grand Prairie. The trip is only \$25.00 per person and you children and grandchildren are welcome to come along. The cost of the **Royal Caribbean cruise** leaving Galveston on Jan. 30, 2011 has been **reduced by \$100**. per person. Flyers detailing all the trips can be found on the front table.



August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	2. 8:30 Zumba Gold 9:40 Yoga 9:45 Crochet Group 9:45 Bible Study 10:00 Bingo 12:00 Dup. Bridge 12:00 Mexican Train 12:30 Stepping Stones	3. 9:15 Texas Hold Em 9:30 Healthy Bones 10:30 Zumba Gold 12:00 Begin Bridge 12:30 Writers Group 12:30 Stepping Stone 1:00 Line Dancing 2:15 Yoga	4. 8:30 Zumba Gold 8:30 55 Alive Drivers Safety 9:40 Yoga 9:00 Texas Hold Em Lessons 10:00 Bingo 10:00 Mexican Train 12:15 Bunco	5. 9:15 Texas Hold Em 9:30 Healthy Bones 10:00 Ceramics 10:30 Zumba Gold 12:00 Intermediate Bridge 1:00 Line Dancing 2:15 Yoga	6. 8:30 Zumba Gold 10:00 Bingo 10:00 Loom Knit 11:30 Lunch w/ Lynn	7.
8.	9. 8:30 Zumba Gold 9:40 Yoga 9:45 Crochet Group 9:45 Bible Study 10:00 Bingo 12:00 Dup. Bridge 12:00 Mexican Train 12:30 Stepping Stones	10. 9:15 Hold Em 9:30 Healthy Bones 10:30 Zumba Gold 10:30 Estate Planning 11:30 B-Day Lunch 12:00 Begin Bridge 12:30 Stepping Stones 12:30 Writers Group 1:00 Line Dancing DANCE	11. 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 9:30 Nutrition Seminar 9:40 Yoga 10:00 Bingo 10:00 Mexican Train 12:15 Bunco 	12. 9:15 Texas Hold Em 9:30 Healthy Bones 9:30 Scam Prevention 10:00 Ceramics 10:30 Zumba Gold 12:00 Intermediate Bridge 12:00 Duplicate Bridge 1:00 Line Dancing	13. 8:30 Zumba Gold 9:00 Blood Pressure Checks 9:30 Wii Bowling 10:00 Bingo 10:00 Loom Knit 11:30 Lunch w/ Lynn	14.
15.	16. 8:30 Zumba Gold 9:40 Yoga 9:45 Crochet Group 9:45 Bible Study 10:00 Bingo 12:00 Dup. Bridge 12:00 Mexican Train	17. 9:15 Texas Hold Em 9:30 Healthy Bones 10:30 Zumba Gold 12:00 Begin Bridge 12:30 Writers Group 1:00 Line Dancing	18. 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 9:30 Garden Meeting 9:40 Yoga 10:00 Bingo 10:00 Mexican Train 12:15 Bunco	19. 9:15 Texas Hold Em 9:30 Healthy Bones 10:00 Ceramics 10:30 Zumba Gold 12:00 Intermediate Bridge 1:00 Line Dancing	20. 8:30 Zumba Gold 9:30 Wii Bowling 10:00 Bingo 10:00 Loom Knit	21.
22.	23. 8:30 Zumba Gold 9:40 Yoga 9:45 Crochet Group 9:45 Bible Study 10:00 Bingo 12:00 Dup. Bridge 12:00 Mexican Train	24. 9:15 Texas Hold Em 9:30 Healthy Bones 10:30 Zumba Gold 12:00 Begin Bridge 12:30 Writers Group 1:00 Line Dancing DANCE Soc Hop	25. 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 9:40 Yoga 10:00 Bingo 10:00 Mexican Train 12:15 Bunco	26. 9:15 Texas Hold Em 9:30 Healthy Bones 10:00 Ceramics 10:30 Zumba Gold 12:00 Intermediate Bridge 12:00 Duplicate Bridge 1:00 Line Dancing	27. 8:30 Zumba Gold 9:30 Wii Bowling 10:00 Bingo 10:00 Loom Knit 12:15 Pokeno 12:30 Movie 	28.
29..	30. 8:30 Zumba Gold 9:40 Yoga 9:45 Crochet Group 10:00 Bingo 12:00 Dup. Bridge 12:00 Mexican Train	31. 9:15 Texas Hold Em 9:30 Healthy Bones 9:30 Bridge Lessons 10:30 Zumba Gold 12:30 Writers Group 1:00 Line Dancing 2:15 Yoga				



Participants of the Amateur Dog Show. Back Row (L-R) Texanna, Tilly, Buckmon, Smokey
Front Row (L-R) Lucy, Jazzie, Pudge, and Adam.

Wii Bowling Teams Forming



What is Wii Bowling? The Nintendo Wii games console, which mimics real-life motion, has created common ground for pensioners and teenagers. The Center will be forming bowling teams where participants will “bowl” using a video game. Practice will be held at the Center after teams are formed. We will compete with each other to improve both personal and team scores. A Wii Bowling Tournament is in the planning stages where teams from The DFW area will compete. Never played a video game before? No worries, we will show you how! You can play standing up, or sitting in a chair. Sign up and be on the Waxahachie Center Bowling Team.

Waxahachie Senior Center Staff

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The Waxahachie Senior Center does not discriminate on the basis of race, color, or national origin.

The Waxahachie Senior Center accepts tax deductible donations & contributions. Your favorite program area may be specified.

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