

March 2010

Do Well, Be Well with Diabetes

This educational program sponsored by the AgriLife Extension of Texas will be presented in March. In the classes you will get the facts from diabetes experts and professional educators; ask the questions you want answered; learn in a supportive, caring environment; take home recipes and references you can share with friends and family. In addition you will get the encouragement you need to positive changes and LEARN HOW YOU CAN DO WELL AND BE WELL WITH DIABETES!! The classes will meet every Wednesday in March, beginning March 3 from 9—11 am. Sign up is required due to space limitations. Register at the front table or by calling the Center at 972-937-8271.



You are invited to join **local author, Kathryn E. Eriksen**, as she takes you through a tour of the publishing world, both digital and non-digital. Kathryn has self-published a book, and she has also been published by two different publishing houses. Ms Eriksen will be here on Monday, March 1 at 10:00.

**Don't forget to
turn in you
miles each
week**

2nd Trunk Sale Scheduled

The second Trunk Sale has been scheduled for Friday, March 26. I have checked with *accuweather.com* and the weather will be great for both the sellers and the buyers. The Center will rent a parking lot space for \$2.00. A limited number of tables will be available for a \$3.00 fee. Of course, you can bring your own tables, clothes racks, etc. The sellers will pull into their rented parking lot space and be ready for business at 8:30 am and stay as long as they wish. The sale will be advertised in the *Waxahachie Daily Light*, and on KBEC radio. C'mon, pack as much as you can in your car and turn your stuff into cash! If you don't have stuff, bring your cash and shop at all of the 30 trunks that will be open.



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Special points of interest:

- Foot Care—1st
- Caldwell Bros—1st
- Alzheimer Support—2nd
- Wet on Wet—8th
- Dances—9th & 23rd
- Birthday Lunch—9th
- Blood Pressure sponsored by Infinatecare—12th
- Blood Pressure and Blood Sugar sponsored by T&T Home Health—15th
- Choctaw—16th
- Potluck—17th
- SPCA—17th
- Trunk Sale—26th
- Senior/Senior Prom Apr 27



October 2009 Trunk Sale—Buyers and Sellers

New Computer Classes

The Centers new Program Assistant, Hailey, will be teaching a Microsoft Word class beginning Monday, March 15 at 10:00. This class will explore the simple ways that the Microsoft program can work for you. Microsoft Word is a word processor that can create beautiful projects such as personal calendars, invitations, stationary, letters, and more! It is easy to personalize and create projects. Hailey will take the class through a step by step introduction before trying out a few things Microsoft Word can do! **Basic computer knowledge is a must to take this class. (experience with the mouse, basic typing, and click-and-drag movements).**

If you don't have the basics down, sign up for Bea Hoyle's Basic Computer class that will be held on Tuesday's at 12:30 beginning March 16. This class is for students with **NO computer experience.** Bea will cover everything from turning the computer on, moving the mouse, etc. Everyone who has taken one of Bea's classes can navigate the computer on their own.

Beginning March 16 at 10:00 Bea will be teaching a **Basic e-mail** class. You will learn how to set up an e-mail account, send and receive emails, and open attachments. Basic computer knowledge is a must for this class. (experience with the mouse, basic typing, etc).

Each computer class is a 6 week session. Please do not sign up if you cannot commit to the full session. We have many, many folks waiting to take the classes.



On **Wed. March 17** the Center will provide St. Patrick's Corned Beef and cabbage. Members are asked to bring a side dish **large enough to serve 12 people.** Please take your food to the kitchen already prepared in serving containers. We will have serving utensils. We will be able to keep your dish warm, or cold, but cannot open cans, prepare the food, etc.

LAST NAME BEGINS:

A-G

H-L

M-Z

BRING:

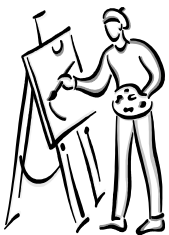
Salad

Vegetables

Dessert

If you are unable to bring a side dish, there will be \$3.00 charge to help defray the cost of the meat. Please sign up, or call the office if you plan to attend so that we can get an approximate count to be prepared with enough corned beef!!

Wet on Wet Class



The Bob Ross Wet on Wet method of painting with oils will be back due to popular demand. The class will begin at 1:00 on

Monday, March 8. Class size is limited, so sign up today!

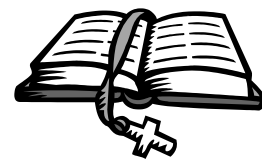
March Birthday Lunch—

Tues. March 9th

Everyone who has a birthday in March will be the Center's guest for lunch on Tuesday, March 9. Reservations are required. Please call us at 972-937-8271 to reserve yours. King Ranch Chicken is on the menu that day!!

New Bible Study Scheduled




Ruth will begin a new weekly Bible Study on Thursday, March 18th. The study of Esther will begin at 12:30.



Are you or your spouse a Veteran...? Learn how you can qualify for VA Aid and Attendance Pension Benefits. A Senior Veteran Advisor for No Texas will be here on Tuesday, April 9 @ 10:30.

March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 Zumba Gold 8:15 Foot Care 9:00 Jazz & Blues in the Foyer 10:00 Crochet Group 10:00 Bingo 10:00 Write your own story Speaker 12:00 Dup. Bridge	2 8:30 Circuit Training 9:15 Texas Hold Em 9:30 Healthy Bones 1:00 Line Dancing 2:00 Alzheimer's Support Group 2:15 Yoga	3 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 10:00 Bingo 9:30 Exercise Equip Orientation 12:15 Bunco 2:30 Community Garden Meeting	4. 9:15 Texas Hold Em 9:30 Healthy Bones 9:30 Weight Mgmt. Bridge 2:15 Yoga	5 8:30 Zumba Gold 10:00 Bingo 10:00 Loom Knitting 12:15 Pokeno 1:00 Model Trains 	6.
7.	8. 8:30 Zumba Gold 10:00 Crochet Group 10:00 Bingo 10:00 Write your own story 12:00 Dup. Bridge 1:00 Wet on Wet	9. 8:30 Circuit Training 9:15 Texas Hold Em 9:30 Healthy Bones 10:30 VA Forum 11:30 Birthday Lunch 1:00 Line Dancing 2:15 Yoga <p style="text-align: center;">DANCE</p>	10. 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 9:30 Exercise Equip Orientation 10:00 Bingo 12:15 Bunco	11. 9:15 Texas Hold Em 9:30 Healthy Bones 9:30 Weight Mgmt. Bridge 12:00 Intermediate Bridge 12:00 Duplicate Bridge 2:15 Yoga	12. 8:30 Zumba Gold 9:30 Blood Pressure Checks 10:00 Bingo 10:00 Loom Knitting 12:15 Pokeno	13.
14. 	15. 8:30 Zumba Gold 9:00 Blood Pressure & Blood Sugar test 9:45 Crochet Group 10:00 Bingo 10:00 Basic Word 12:00 Dup. Bridge 12:00 Red Hat's	16. 8:30 Circuit Training 9:30 Healthy Bones 9:15 Texas Hold Em 10:00 Email Basics 12:30 Basic Computer 1:00 Line Dancing 2:15 Yoga <p style="text-align: center;">CHOCTAW</p>	17. 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 9:30 Community Garden Meeting 9:30 Exercise Equip Orientation 10:00 Bingo 11:30 POTLUCK 12:15 Bunco SPCA—9:00 	18. 9:15 Texas Hold Em 9:30 Healthy Bones 9:30 Weight Mgmt. Bridge 12:00 Intermediate Bridge 12:30 Bible Study 2:15 Yoga	19. 8:30 Zumba Gold 10:00 Bingo 10:00 Loom Knitting 12:15 Pokeno	20.
21.	22. 8:30 Zumba Gold 9:45 Crochet Group 10:00 Bingo 10:00 Basic Word 12:00 Dup. Bridge	23. 8:30 Circuit Training 9:30 Healthy Bones 9:15 Texas Hold Em 10:00 Email Basics 12:30 Basic Computer 1:00 Line Dancing 2:15 Yoga <p style="text-align: center;">DANCE</p>	24. 8:30 Zumba Gold 9:00 Texas Hold Em Lessons 9:30 Exercise Equip Orientation 10:00 Bingo 12:15 Bunco	25. 9:15 Texas Hold Em 9:30 Healthy Bones 9:30 Weight Mgmt. Bridge 12:00 Intermediate Bridge 12:00 Duplicate Bridge 12:30 Bible Study 2:15 Yoga	26. 8:30 Zumba Gold 10:00 Bingo 10:00 Loom Knitting 12:30 Movie <p style="text-align: center;">TRUNK SALE</p>	27.
28.		<p style="text-align: center;">DANCES ARE HELD ON THE 2ND AND 4TH TUESDAY 7—9:30 PM</p>				



Lorraine Douville is ready to serve the delicious lunch she prepared for Fat Tuesday!



Linda shows off the King Cake before the Fat Tuesday parade begins.

If you would like to receive your newsletter through the mail, please sign up at front office. There is a \$6.00 fee to cover the price of postage. The Newsletter can also be viewed on the City website at www.waxahachie.com. Click on Senior Center link.

Waxahachie Senior Center Staff

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SER Staff—Ruth Lundquist

SER Staff—David Contrares



Sam Dyess, Syble Willingham, prepare the Community Garden plots with help from the Parks and Rec department.



Rick Choina leads the 2nd line parade to kick off Fat Tuesday

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.

Waxahachie Senior Center

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Waxahachie, TX. 75168

Phone: (972) 937—8271

Hours of Operation Monday-Friday 8:00 AM—4:00 PM