



**DESOTO  
SENIOR ACTIVITY  
CENTER  
November 2022  
EDITION**

Volume 1, Issue 1

Newsletter Date: November 1-30



**204 LION STREET.  
DESOTO, TEXAS  
75115**

Office: 972-230-5825  
or-5826  
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**Hours of Operation:  
Monday-Friday  
8am-4pm**

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**Scams targeting the elderly are nothing new, but in recent years, they seem to have become more insidious—and more costly.**

**No one deserves to be conned out of their money and possessions, and the fact seniors are preyed upon is even more distressing. However, taking the proper steps to ensure they aren't being ripped off, and adult children remaining vigilant of their parents' finances and interactions can catch potential scams before any money is lost.**

**Some red flags seniors and their adult relatives should look for:**



**Any phone call asking for money:** If it isn't a family member or close friend that is in need for money, reconsider the idea of a possible scammer looking to steal money from you.

**Unusual credit card charges:** Credit card scammers are most prevalent during the holiday season. Some people may or not recognize fraudulent charges, nor may they do anything at all if they recognize the charges. This is where adult children or relatives can step in and assist with their loved ones financial safety.

**Bank withdrawals:** Bank withdrawals may also be on the rise during the holidays. Adult children and relatives may consider assistance with their loved ones banks to ensure protection against bank withdrawals that are unauthorized by having a trusted relative become an added member to their loved ones Accounts.

**Credit Reports:** With your parent's permission, order his or her credit report to look for any unexpected or unusual debts—a sure sign that a bad guy has opened accounts in your parent's name.



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**Be aware, be safe and be merry as we close out the end of the year of 2022 and enter into the fresh new year of 2023!**

### What's Next?



#### Senior Chair Exercise Class

We have an ongoing free senior chair exercise program that meets each **Wednesday at 10:30 a.m.** held at the Senior Center located at **204 Lion Street DeSoto, Texas 75115**  
More dates besides Wednesday TBD



#### Texas Hold Em' Tournament



Texas Hold'em tournaments are held each **Monday and Thursday at 12 noon.** Awards are given to **1<sup>st</sup>, 2<sup>nd</sup>, and 3rd place finishers...**

#### Tech Hour!

If you, your spouse (or both) have any questions regarding your electronic devices, you may consult to the Senior Center Manager or the Asst. Senior Center Manager/ Coordinator from **2pm to 3pm.**

## Golden Voices Choir

**Tuesday | 8:45 a.m. - 10 a.m. | Free**

### "Golden Voices"

Join the choir each Tuesday at 8:45 am for step-up and step out, and come and sing-a-long.



## Line Dance Classes

**Thursday | 12:15 p.m. - 2p.m. | Free**

The Boot Scooters class is Thursdays at 12:15am - 1:00pm am. This is a beginner line dance class. The Line Dance Steppers class is held Thursdays at 1:00pm - 2:00 pm. This is an advanced class with an emphasis on weight loss.



## Yoga Class

**Friday | 10:00 a.m. - 11 a.m. Free**

This class follows older adult yoga videos. This is a free class for all members...



## M&M BOOK CLUB

M&M Book club meets **every Wednesday** of each month. Each session begins at **2:00pm** in the middle office.

**Book Club will meet Nov. 9**

For more information please see front desk or Marlice Peabody...

## T.O.P.S

Take Off Pounds Sensibly Offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

**TOPS meets every Tuesday at 10:15am in the craft room.**



## VOLUNTEERS!

If you are interested in being listed as a volunteer, please notify the front desk staff on how the process is handled and we will help you in becoming a volunteer for the Senior Center as well as the City of DeSoto!

Join us every Friday for BINGO. Call the center for more info if interested.

972-230-5825

Friday, November 18th @ 9:30am ... IN-PERSON BINGO  
25 cents per card. **NO BINGO November 4th, 11th and 25th**



Bingo donations are permitted and accepted

### **New Golden Voices Thanksgiving Program Nov. 4th @ 9am**

Join us November 4th @ 9am for the New Golden Voices Choir annual Thanksgiving Program. Bring yourself, a friend or your family as we kick off with this Holiday gathering.

### **Volunteer Appreciation Lunch Nov. 10th @ 11:30am**

If you are a volunteer come and join us in celebrating your contributions to the DeSoto Senior Activity Center!

We will be having a special lunch for you and will present you to those you've helped served with proper recognition!

### **Thanksgiving Lunch and Senior Get Together Nov. 22nd @ 9:30am**

Join us for Thanksgiving lunch provided by a special caterer followed by a hosting of arts & crafts, cookie decorating, and more with the DeSoto Teen Council. Please sign-up at the front desk so we can get an accurate count for that day!

### **Community Council Tuesday, November 22, 2022 9:00am-12:00pm**

The Dallas Area Agency on Aging will be available for individual counseling on benefits Medicare Plans comparisons, and enroll participants into a new plan for 2023 if they need to.

# **ANNOUNCEMENTS**

## **CLOSURE DATES**

The DeSoto Senior Activity Center will be **CLOSED on** the following dates:

**November 11th - Veteran's Day**

**November 24th & 25th - Thanksgiving Day**

Create your own holiday wreath, come with a friend or make some new ones during this hands on decorating workshop.

November 9th & 16th @ 12pm

Supplies provided

STAR Transit offers fare discounts for qualified seniors 60+, veterans, and persons with disabilities. **Rides to the DeSoto Senior Activity Center are free for seniors!**

Please call STAR Transit at (877) 631-5278 for more information.