

Public Notice

Subject To Change Without Notice

- May 1, 10:30 a.m., Topic Tuesday.
- May 3, 10:30 a.m., "Eating Well Is A SNAP!"
- May 3, 12:00 p.m., Legacies of a Lifetime.
- May 4, 12:45 p.m., Movie Matinee.
- May 7, 9:00 a.m., Outing: Fort Worth Zoo.
- May 8, 12:45 p.m., Outing: Retail Therapy.
- May 10, 10:00 a.m., Outing: Annual OAA Health and Information Fair, Centennial Park, Fair Park.
- May 11, 10:30 a.m., Senior Family Feud.
- May 15, 10:30 a.m., Topic Tuesday.
- May 17, 10:30 a.m., BINGO with Cigna Health-Spring; Senior Senate Board Meeting.
- May 22, 10:30 a.m., Bricks and Breakfast.
- May 24, 12:45 p.m., Outing: Retail Therapy.
- May 29, 10:30 a.m., Topic Tuesday.
- May 31, 10:30 a.m., Breakfast BINGO with Humana.



"Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, *Engage at Every Age*, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities."



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

*Life is the art of
Drawing without
an eraser.*

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

Senior Life Center Staff

Theodora "Tea" Walker, Supervisor
Diana Wortham, Recreation Attendant
Clifford Armstead, Transportation Provider



Quality of Life and Cultural Services
Senior Life Center



SENIOR NEWS & LIVING



ENGAGE AT EVERY AGE: MAY 2018

2018

www.lancaster-tx.com

Topic Tuesdays

Beginning in May. Join US for Topic Tuesdays at 10:30 a.m. where participants will be tasked with a relevant topic to engage in and discuss. May 1, May 15 and May 29



MEMORIAL DAY

All City Offices Will Be Closed on Monday, May 28 in observance of

Wellness Wednesdays



Seniors, Wellness Wednesdays is a new program at the Lancaster Recreation Center, this Spring and Summer. Every Wednesday, 9:30 a.m. - 11:00 a.m.

ENJOY

Free Smoothies; Free Fitness Assessments and Fellowship. See the front desk staff at the Lancaster Recreation Center for available appointment times.

FUN FACT: Weight Loss is 70% Diet; 20% Exercise and 10% Genetics!

let's do lunch

Senior Meal Program

Join US At The Center Café!

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 ages 50 -59, can purchase the daily and nutritious meal for a fee of \$6.53.

This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services "DADS."



24 to 48 Hours Notice Is Required .

Call To Reserve Your Seat @ 972-218-3780.

"Eating Well Is A SNAP!"

A Project Of The



Thursday, May 3, 10:30 a.m.

Senior Life Center

"This presentation combines information about how to shop economically and eat healthy on a limited budget; what resources are available to help seniors supplement their grocery budget, specifically SNAP (Supplemental Nutrition Assistance Program) and services available for seniors."

Presenters will include a nutrition educator, a SNAP Benefits Navigator who can help seniors on site, that day, to apply for SNAP or submit a request to increase their benefits, and a Senior Services Specialist.

Door prizes and giveaways will be available for everyone and a basket of fresh groceries will be raffled! There is no charge for this program. Join US!

This is an outreach project of multiple agencies including Baylor University's Texas Hunger Initiative, The Senior Source, the Community Council of Greater Dallas, the North Texas Food Bank and the National Council of Jewish Women-Greater Dallas Chapter.