



**THE BRENDA BUTTON MILLS  
SENIOR CENTER**

## CONTACT US

301 Main Street  
Little Elm, TX 75068  
972-731-1464  
M-F 8 a.m.-3 p.m.

## THE BRENDA BUTTON MILLS SENIOR CENTER

Stay active at any age! The Brenda Button Mills Senior Center hosts a variety of weekly leisure activities and monthly programs for the Little Elm area senior adults, ages 50 and over. Most programs are free or have a minimal charge.

 [www.facebook.com/LittleElmAreaSeniors](http://www.facebook.com/LittleElmAreaSeniors)

## SPECIAL EVENTS & PROGRAMS

- **A Matter of Balance-RSVP.** Presented by Area Agency on Aging. Thursdays from August 5 to September 23. 12:30-2:30 p.m. Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. A Matter of Balance is a FREE fall-prevention program that consists of eight workshops, so please plan on being at all workshops to sign up.
- **Cattle Drive Party - RSVP.** Join us for some boot scootin' fun as we enjoy music and dancing on Saturday, August 14 at 11 a.m. It will be fun to dress up for a cattle drive and play some games while chatting with your friends. Snacks will be provided.
- **Doctor Talk on Foot, Ankle, and Wound Care - RSVP.** A doctor from Dr. Graff's office will be here on Tuesday, August 24 at 9 a.m. for a health talk given on foot/ankle conditions and how to treat them.
- **Comfort Keepers Bingo - RSVP.** Mark from Comfort Keepers will give you some information on the services they provide on Tuesday, August 31 at 1 p.m., such as meal preparation and feeding, light house cleaning, medication reminders, bathing, grooming and toileting, fall prevention, and dementia care. Then we will play a couple of free bingo games for some nice prizes.
- **Beach Party - RSVP.** Meet us down at the beach in Little Elm Park for a 60s-themed-beach party on Tuesday, September 21 at 10:30. Join us for activities like Bean Bag Toss, Squirt Gun Competitions, Balloon Toss, Picture Booth, and Pass the Water. A catered beach lunch will be served at 11:30 a.m. There will be plenty of shade and refreshments.
- **Halloween Party - RSVP.** It's time for a little spooky fun. Come play some games, bring and enjoy some food and listen to some music from our younger days. Costumes not required but highly recommended. Come join us for a frightening good time!!! The party is on Saturday, October 30, at 11 a.m.
- **Tech Time with Tony- RSVP.** Having trouble being as smart as your smartphone? Thinking that your tablet needs to be tossed? Schedule a 15-minute session with Tony and start to get your tech smarts tuned up each Wednesday at 10 a.m. Program begins August 11.
- **Veteran's Brunch and Bingo.** Everyone is invited to join us for brunch to honor the men and women who have served our country. Please come by and say Thank You. Feel free to stick around and play some Bingo after the Brunch. We will be playing for prizes, as all money collected for card sales will go to Wreaths Across America. The event is on Saturday, November 6. Brunch is from 9-10 a.m. and bingo is from 10:30 a.m.-noon.
- **Movies.** Miss it at the theater? Check out our movies on the first and third Tuesday each month. **August 3 at 2 p.m. - Barb and Star Go to Vista Del Mar** PG13 (1h 47min). The story of best friends Barb and Star, who leave their small Midwestern town for the first time to go on vacation in Vista Del Mar, Florida, where they soon find themselves tangled up in adventure, love, and a villain's evil plot to kill everyone in town. **August 17 at 2 p.m. - Here Today** PG13 (1 h 57 min) When veteran comedy writer Charlie Burnz meets New York street singer Emma Payge, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.
- **Senior Luncheon.** Senior luncheons are back! Join us for lunch and fellowship at the Senior Center on October 26, November 11, and December 14.



## PROGRAMS - EXERCISE

- **Walk & Talk.** Walk around The Rec at The Lakefront Gym every M-F.  
 M-F                      7:30-8:30 a.m.                      REC
- **Yoga for Seniors.** This program will encompass centering, breathing, and breaking down the postures. The yoga postures taught will include sitting, standing, lying down, balance, stretching, and final relaxation.  
 M                      9 a.m.                      SRC
- **Chair Exercise.** This Arthritis Foundation Exercise Program stretches, strengthens, and tones muscles in a no-impact exercise class.  
 MWF                      10:30 a.m.                      SRC
- **Tai Chi I.** The Arthritis Foundation Tai Chi Program is designed to improve the quality of life for people with arthritis using Sun Style Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing, and relaxation. This is a one-month beginning class and may be joined on the first M/W of each month.  
 MW                      11:30 a.m.                      SRC
- **Tai Chi II.** The Arthritis Foundation Tai Chi Program level 2 is designed to improve the quality of life for people with arthritis using Sun Style Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. Class requirements: Must know all of the first set and the second set of movements and be familiar with the 3rd set of movements. This class strengthens your knowledge of all three sets of movements as well as deepens the understanding of the Tai Chi philosophy. Instructor approval required for class.  
 MW                      12:30 p.m.                      SRC
- **Walk Slim Video.** Come in and join this inspiring and fun, high-energy walking video. Dress comfortably and wear your walking shoes.  
 MW                      2 p.m.                      SRC
- **Chair Volleyball.** Please join us in the Gym at The Rec at The Lakefront. More fun that you can possibly stand – while seated! Come enjoy this fun-filled game played with a beach ball. Chair Volleyball is great for upper body mobility and joint flexibility. It enhances muscle tone, reflexes, hand-to-eye coordination, and endurance.  
 TTH                      10:15 a.m.                      REC
- **Fitness Class.** Join us for this high energy work out. This class will put you through an advanced workout at The Rec at The Lakefront which is located next to the Senior Center. You must have a Senior Center membership to attend.  
 TTH                      9 a.m.                      REC
- **Line Dancing.** Come and boot scoot with us at our line dancing classes.  
 WF                      8:30 a.m.                      SRC

**Birthdays.** Celebrate your birthday with us. Join us on the third Tuesday of each month at 1 p.m. to celebrate all the birthdays of that month with cake and ice cream.



## PROGRAMS - MISC.

- **Chemo Care Bags.** Lend a helping hand by helping assemble Chemo Care bags on the second Thursday of every month at 10 a.m. to be distributed to brighten and lighten the load being felt by those going through chemotherapy.
- **Geneology.** If you have the basics and are ready to delve deeper into your family's history, join us at 1 p.m. on the second Wednesday of each month. Come learn about genealogy and become fascinated with your family tree.
- **Crocheting & Knitting.** Whether you want to learn or already know how, join us for crocheting and knitting. Bring your own supplies or use ours! Lively Little Elm Ladies and Chemocare Bags projects will also be worked on.  
 TH                      10 a.m.                      SRC
- **Vitamin B12 Shots.** Every third Wednesday, ProSalutem will be on-site to administer B12 shots at 10 a.m.
- **Book Club Meeting.** Join Laurie McKee from The Little Elm Public Library to discuss the books that the club has chosen. Every first Tuesday of each month at 1 p.m. September: "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer, October: "The Stranger in the Woods" by Michael Finkel, and November: "Witch Elm" by Tana French.
- **Coffee Club.** Grab a cup of coffee and chat with friends new and old.  
 M-F                      8:30 a.m.                      SRC

## PROGRAMS - CARDS & GAMES

- **Bridge.** Join this fun and friendly group. No partners necessary. New players are welcome!  
 M                      9 a.m.                      SRC
- **Mah Jongg.** Mah Jongg is a game of skill, strategy, and calculation and involves a certain degree of chance. Challenge your skills and mind.  
 M                      12:30 p.m.                      SRC
- **Bingo.** We will be using paper cards, so bring along your daubers or highlighters if you have them. Each set of cards will be \$3 and will allow you to play 3 cards at once. Card pickup starts at noon.  
 F                      12:30 p.m.                      SRC
- **Card Party.** Join a new group of fun people who want to just play some cards and have some fun. Learn a new game or teach one of your favorites.  
 TH                      12:30 p.m.                      SRC
- **Pinochle.** Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck. Each hand is played in three phases: bidding, melds and tricks.  
 TH                      10 a.m.                      SRC
- **Chicken Foot Dominos.** Chicken Foot is a domino game whose object is to accumulate as few points as possible over the 13 games. The player with the lowest total score is the winner. It's an easy and fun game to learn.  
 T                      11:30 a.m.                      SRC

# AUGUST 2021 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 12:30 Mah Jongg 2 Walk Slim Video	3 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot 1 Book Club Meeting 1 Board Mtg 2 Movie	4 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercises 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	5 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 12:30 Card Party 12:30 Matter of Balance	6 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	
9 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 12:30 Mah Jongg 2 Walk Slim Video	10 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot	11 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 1 Genealogy 2 Walk Slim Video	12 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet/Knitting 10 Pinochle 10 Chemo Care Bags 10:15 Chair Vball 12:30 Card Party 12:30 Matter of Balance	13 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	14 11 Cattle Drive Party
16 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 12:30 Mah Jongg 2 Walk Slim Video	17 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot 1 Birthday Social 2 Movie	18 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/ Tony 10 B-12 Shots 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	19 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet/Knitting 10 Pinochle 10:15 Chair Vball 12:30 Card Party 12:30 Matter of Balance	20 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	
23 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 12:30 Mah Jongg 2 Walk Slim Video	24 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 9 Doctor Talk 10:15 Chair Vball 11:30 Chicken Foot	25 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	26 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10 Crochet-Knitting 10 Pinochle 10:15 Chair Vball 12:30 Card Party 12:30 Matter of Balance	27 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Comfort Keepers Bingo	
30 7:30 Walk & Talk 8:30 Coffee Club 9 Bridge 9 Yoga 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 12:30 Mah Jongg 2 Walk Slim Video	31 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot 1 Comfort Keepers				

# BIRTHDAY SOCIAL

Join us on the  
third Tuesday  
at 1 p.m. of  
each month  
for birthday  
cake and ice  
cream to  
celebrate all  
of the  
birthdays for  
that month.





**LITTLE ELM**