

SEPTEMBER 2021



**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.
scenter@littleelm.org

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.
Dates of events below subject to change.

www.facebook.com/LittleElmAreaSeniors

SPECIAL EVENTS & PROGRAMS

- **United Healthcare Community Meeting - RSVP.** Are you turning 65, retiring, or looking to make a plan change during Annual Enrollment? Now is the time to discover the benefits of United Healthcare plans. Join us on September 15 at 1 p.m. to learn all about your Medicare choices. We'll also share tools and resources to help you understand the coverage that may be right for you. Whether you're just getting started with Medicare, retiring, or simply looking to learn more about your plan options, we're here to help.
- **Vitamin B12 Shots.** ProSalutem will be on-site on September 15 at 10-10:30 a.m. to administer B12 shots at 10 a.m.
- **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.
- **Birthdays.** Join us on September 28 at 1 p.m. to celebrate all the birthdays of that month with cake and ice cream.
- **Movies. *September 7.*** Movie-Queen Bees PG13 (1h 42min) at 2 p.m. for a viewing of Queen Bees, starring Ellen Burstyn, Jane Curtin, and Loretta Devine. While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community. There she encounters lusty widows, cutthroat bridge tournaments, and a hotbed of bullying "mean girls". ***September 28.*** Movie - In the Heights PG13 (2h 23min) at 2 p.m. In the Heights. The scent of a cafecito caliente hangs in the air just outside of the 181st Street subway stop, where a kaleidoscope of dreams rallies this vibrant and tight-knit community.
- **Volunteer Time - RSVP.** We are offering an opportunity to help out the community on September 29 at 1 p.m. We will be wrapping silverware sets in preparation of the Little Elm Area Food Bank's Fundraising Dinner. Come help out for a great cause.
- **Flu Shot Clinic.** North Texas Family Medicine will be onsite to administer flu shots on September 29, October 6, and October 27.
- **Senior Luncheon.** Senior luncheons are back! Join us for lunch and fellowship at the Senior Center on October 26, November 11, and December 14.
- **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.
- **Veteran's Brunch and Bingo.** Everyone is invited to join us to honor the men and women who have served our country. Please come by and say Thank You. The event is on Saturday, November 6. Brunch is from 9-10 a.m. and bingo is from 10:30 a.m.-noon.



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
- **Fitness Class - RSVP.** 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
- **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
 REC
- **Line Dancing.** Come and boot scoot with us at our line dancing classes.
 WF 8:30 a.m. SRC



PROGRAMS - MISC.

- **Coffee Club.** Grab a cup of coffee and chat with friends new and old.
M-F 8:30 a.m. SRC
- **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.
- **Tech Time with Tony - RSVP.** Having trouble being as smart as your smart phone? Thinking that your tablet needs to be tossed? Schedule a-15 minute session with Tony and start to get your tech smarts tuned up on Wednesdays at 10 a.m.
- **Genealogy.** 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.
- **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.
- **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

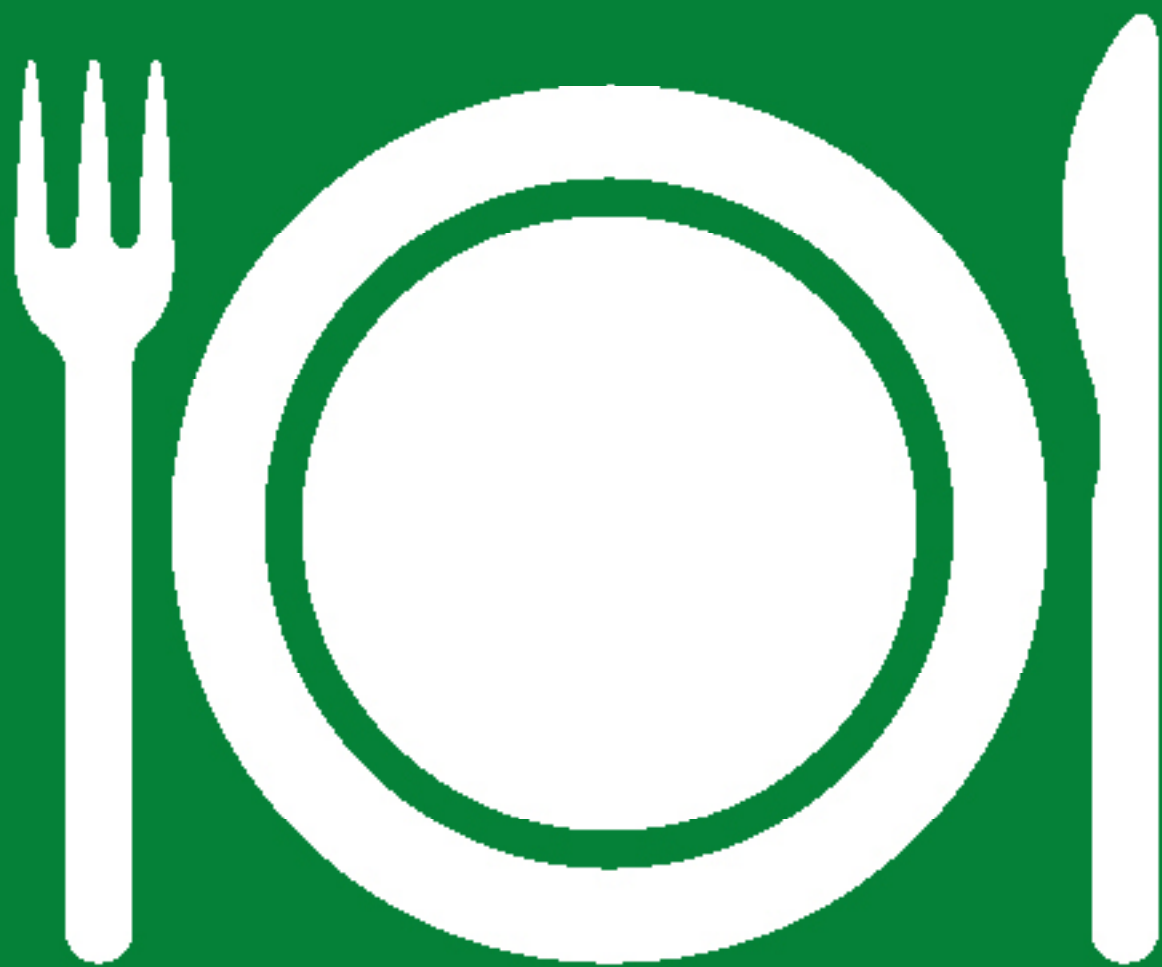
PROGRAMS - CARDS & GAMES

- **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
- **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
- **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
- **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
- **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

SEPTEMBER 2021 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10 Tech Time w/Tony 10:30 Chair Exercises 11:30 Tai Chi I 12:30 Tai Chi II 2 Walk Slim Video	2 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	3 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	
6 Closed	7 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot 1 Book Club 2 Movie - Queen Bees	8 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	9 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	10 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	14
13 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	14 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot 1:30 Board Meeting	15 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 1 UHC Community Meeting 2 Walk Slim Video	16 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	17 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	
20 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	21 7:30 Walk & Talk 10:30 Beach Party	22 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	23 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	24 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 10:30 Chair Exercise 12:30 Bingo	
27 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	28 7:30 Walk & Talk 8:30 Coffee Club 9 Fitness Class 10:15 Chair Vball 11:30 Chicken Foot 1 Birthday Social 2 Movie - In the Heights	29 7:30 Walk & Talk 8:30 Coffee Club 8:30 Line Dance 9 Flu Shot Clinic 10 Tech Time w/ Tony 10:30 Chair Exercise 11:30 Tai Chi I 12:30 Tai Chi II 1:30 Volunteer Time 2 Walk Slim Video	30 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		

MONTHLY LUNCHEON



OCTOBER 26
NOVEMBER 11
DECEMBER 14



LITTLE ELM