

# TYLER SENIOR CENTER

January 2012

Volume 7, No. 1



## SENIOR REVIEW

### Life at the Senior Center...Happy Valentines Day!

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#### Special points of interest:

- Games and Activities five days a week
- Meals on Wheels Lunch-five days a week
- Friday Night Dances with a variety of music
- Bridge Club
- Painting Classes
- 42 Club
- Billiards
- Free Health Screening
- Exercise Classes
- Mahjong
- Line Dance Lessons
- Bingo

The modern cliché Valentine's Day poem can be found in the collection of English nursery rhymes *Gammer Gurton's Garland* (1784):

*"The rose is red, the violet's blue  
The honey's sweet, and so are you  
Thou are my love and I am thine  
I drew thee to my Valentine  
The lot was cast and then I drew  
And Fortune said it shou'd be you."*

[Wikipedia]



Valentines Day brings such fond memories of school yard crushes and little "I love you" cards placed inside our lockers or desk. At the Tyler Senior Center the staff wish to send you a great big loving Valentine to each and everyone of you.

...Big Hug, Debbie

### Kay's corner...



Let me call you sweetheart, I am in love with "YOU!" Yes, we are so happy that YOU will be here to enjoy this months pink and red decorations, the heart shaped Valentine cookies and delicious red punch. We are happy that you can play Valentine Bingo with us and then enjoy the Valentine Dance with one of our new bands who will be also bringing a Patsy Cline singer. You won't want to miss this dance. So grab your sweetheart and come enjoy the great music, dancing and refreshments! Happy Valentines Day and Happy February!

...Hugs and Kisses, Miz KAY

## SO MUCH TO DO... Monthly Highlights!

**Feb. 1** - AARP will be preparing Senior's taxes for free at the Senior Center on Wednesdays from 9:30 a.m.-1:30 p.m. on a first come first serve basis. This is available for seniors ONLY.

**Feb. 3** - **Friday Night Dance** with **Patrick Odom** from 7 to 9:30 p.m. Tickets are \$5.

**Feb. 7** - **Valentine BINGO** with Allegiance Home Health Care at 1:30 p.m.

**Feb. 8** - "**Low Vision**" presentation at 12:30 p.m. provided by Tim Dawson with Lighthouse for the Blind. He will be bringing some of the newest equipment to demonstrate and refreshments will be served.

**Feb. 10** - **Valentine Dance** with new band "**Against the Wind**" from 7-9:30 p.m. Against the Wind is a five member band from Corsicana, Texas. Be sure to come out and take a spin on the dance floor.

**Feb. 14** - **Valentine Tea Party** at 2 p.m. Be sure to come and enjoy some cookies and punch.

**Feb. 16** - **Veteran's Benefits Seminar** presented by Carl Little with Atria Copeland and Atria Willow Park from 11:30 a.m.-1:30 p.m.. Refreshments will be provided. There will be time for one-on-one questions.

**Feb. 17** - **Friday Night Dance** with **Patrick Odom** from 7-9:30 p.m. Tickets are \$5 each.

**Feb. 24** - **Friday Night Dance** with **Hoss Huggins** from 7-9:30 p.m. Tickets are \$5 each.



### Sponsors this month...THANK YOU!

**Bingo Prizes:**

*Allegiance Home Health Care*

**Coffee sponsor:**

*Pinecrest Nursing and Rehab*

**Popcorn sponsor:**

*Melrose Nursing Care and Rehab*

**Free Health Screening:**

*Legacy Hospice & Heritage Home Health Care*



At the Tyler Senior Center we absolutely value your friendship and company.

So, we'd like to know...



WILL YOU  
BE ...

**OUR VALENTINE?**



The retirement lifestyle you deserve!

All-inclusive, month-to-month rent  
Around the clock live-in managers  
Three chef-prepared meals daily

**So much more!**

**HOLIDAY**  
RETIREMENT

**Rosewood Estates**  
Independent Retirement Living

506 Rice Road, Tyler TX | 903-509-9010 | rosewood-estates.com

**Legacy Hospice**

Tyler • Longview • Paris  
Gilmer

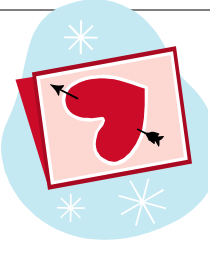


903-509-3015  
Fax 903-509-5971  
www.legacyhospice.com



# Tyler Parks and Recreation's Senior Center

## February 2012

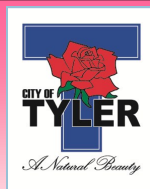


S	Mon	Tue	Wed	Thu	Fri	S
			1 11:00 Bodyworks 12:30-4:00 Bridge Club 12:30 Bible Study	2 11:00 Range of Motion 12:30 Adv. Line Dance 12:30 Bridge Lesson	3 11:00 Range of Motion 12:30-4:00 "42" Club 7:00-9:30 Friday Night Dance with Patrick Odom	4
5	6 11:00 Bodyworks 12:30-4:00 Bridge Club	7 9:30 Crochet Class 10:30 Beg. Computer 11:00 Range of Motion 12:30 Mahjong 12:30 Adv/Beg Oil Painting 12:30 Line Dance 1:30 Valentine BINGO	8 11:00 Bodyworks 12:30-4:00 Bridge Club 12:30 Bible Study 12:30 "Low Vision" Seminar by Lighthouse for the Blind	9 11:00 Range of Motion 12:30 Adv. Line Dance 12:30 Bridge Lesson	10 11:00 Range of Motion 12:30-4:00 "42" Club 7:00-9:30 Friday Night Dance with "Against the Wind."	11
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# TYLER SENIOR CENTER

1915 Garden Valley Road  
Tyler, TX 75702  
(903) 597-0781

EXPANDING  
LIFE'S  
HORIZONS



**WE ARE ON THE WEB**  
[www.cityoftyler.org](http://www.cityoftyler.org) or  
[www.tylerparksandrec.com](http://www.tylerparksandrec.com).

For more information about the Tyler Parks and Recreation Department, please call (903) 531-1370.

## Spring is coming... Time to get your gardens prepped!

As winter slowly makes its way toward spring, we can finally start looking forward to warmer days and brighter skies. With the change in weather comes a change in our daily activities. Gardening for seniors benefits health and well being while being therapeutic and allowing you to stay active and productive.

Here are a few tips from "Disabled World," about staying safe while working outside.

"Gardening in itself is an enjoyable pastime and an excellent form of exercise for mobility, flexibility, use of motor skills while helping to improve strength and endurance. This type of physical activity also helps to prevent osteoporosis, reduces stress levels while promoting relaxation to help you rest better at night.

A few good words of advice for seniors who garden is to warm up by doing a few stretches before starting any gardening activities and working with your garden tools. Doing this will help reduce any muscle soreness you may experience later on.

\* Also, drink plenty of liquids (avoiding alcohol), to keep your body well hydrated.

\* Be sure to take care of cuts, bruises scrapes and insect bites right away to help avoid infection.

\* Try and work in the garden early in the morning or late in the day to avoid blazing midday sun and heat which can make even the healthiest senior ill or weary.

\* Wear comfortable clothes and shoes, and

add a hat, gloves to cover exposed skin and use sunscreen to protect against sunburn and sun damage.

However, in addition to these tips, it is also important to know your limitations. When you start to feel fatigued, take a break for a few moments.

- Avoid using tools that will put you in awkward body positions.

- Another gardening tip for seniors is to keep tools sharp, well oiled and in good working condition. This will help avoid resistance when using them and cut down on the manpower needed to execute certain tasks.

Here are a few safety tips and easy steps that seniors should take into consideration when gardening to avoid injury and minor aches and pains:

\* Bend at the knees and hips to help avoid injury

\* Try to work below shoulder level when possible and keep your elbows partially bent while gardening.

\* Wear gardening gloves to protect your hands.

\* Plant vertical or raised garden beds to avoid bending or stooping.

\* Provide yourself with shaded areas for working whenever possible"

Disabled World - Disability News:

<http://www.disabled-world.com/artman/publish/gardening-seniors.shtml#ixzz1kJ8wQTT4>