

Upcoming Events

- Sept 2 Center closed
- Sept 3 Healthcare Clinic
- Sept 3 Permian Basin Fair excursion
- Sept 5 Breakfast Club
- Sept 10 Advisory Council meeting
- Sept 10 Four Italian Tenors excursion
- Sept 11 Midland County Library Bookmobile
- Sept 13 Freaky Friday the 13th Dance
- Sept 16 Chair Activity Bingo
- Sept 16 Cooking with Verna
- Sept 17 Rockin Chair Rockettes show
- Sept 18 Birthday Celebration
- Sept 18 Computer Aid
- Sept 19 Movie Matinee
- Sept 26 Art Smart class
- Sept 26 West Texas Food Bank excursion

Donated bingo prizes are always welcome. Contributions of paper goods, health aids, kitchen and bathroom products, gift cards, puzzle books, and food treats help with the expense of weekly bingo.



Members of the Rockin Chair Rockettes pose with guests during the Midland Health Wellness Tour line dance demonstration including Kathleen Kirwan-Haynie, Executive Director of Senior Life (3rd from the right) and Tracy Renton, Development Director of Senior Life (5th from the right).

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FROM THE DIRECTOR'S DESK *Linda Griffin*

September is **National Senior Center Month** with the theme being ***The Key to Aging Well***. Senior centers are the key for individuals to age healthily, and also for communities to properly support older adults. Many older Midlanders walk through the doors of the MSC looking for friendship and validation. Often their stories are similar, they just moved to town to live with a relative or they live at home by themselves. Regardless, they feel the need to be around people their own age who share similar life experiences and face the same problems.

Senior centers exhibit the future of what aging can be. A good example is our very own **Rockin Chair Rockettes** line dancers. This group of seventy, eighty, and ninety year olds are continually learning new line dances and performing all over Midland each month.


Another example is our monthly C&W dances. Seniors love to get up and dance! The two-step and waltz are the favorites. Plan on attending the ***"Freaky Friday the 13th Dance"*** on Friday, September 13, 7:00 to 9:30 pm.

One of the first requests when I started working at the MSC was for a yoga class. Well, we have one! Come join the new yoga class on Tuesdays and Thursdays at 8:45 am. This class is taught by Nana Ambore, Registered Occupational Therapist and Certified Lymphedema Therapist. You don't need to know yoga to participate.

Sue Daniel, owner/instructor of Art Smart, will be teaching another ***Make and Take*** acrylic art class on Thursday, September 26, 8:30 to 11:00 am. Sue will be taking her students step-by-step in recreating Claude Monet's ***"Bridge over a Pond of Water"*** painted in 1899. The cost is \$25 with all materials furnished. Payment must be made in advance. Come by the Center to sign up.

Starting on September 11, the Midland County Library Bookmobile will be coming once a month (third Wednesday) to the MSC at 10 am. Many library resources (books, movies, etc.) will be available without you having to make a trip to the downtown or branch libraries. What a wonderful service!

September 2019 Menu

Mon	Tue	Wed	Thu	Fri
2 Center Closed 	3 Chicken Noodle Casserole Capri Blend Vegetables Ww Bread, Sliced Tomatoes Key Lime Pie	4 Swiss Steak Oven Brown Potatoes Oven Okra, Spinach Salad Citrus Banana Cup	5 Teriyaki Chicken, Whole Grain Rice Steamed Broccoli W/Red Pepper Tossed Salad, FF Dressing Angel Cake W/Strawberries & Whipped Topping	6 Tuna Sandwich On Ww Bread Baked Potato Chips Carrots & Raisin Salad Melon Balls Chocolate Chip Cookie
9 Soft Beef Tacos W/ Cheese Spanish Rice, Salsa, Guacamole Lettuce & Chopped Tomato Cherry Crisp	10 Ham Black Eyed Peas Turnip Greens Cornbread Apricot Cobbler	11 Meatloaf W/Onion Gravy Mashed Potatoes Italian Green Beans Fruited Jell-O	12 BBQ Chicken Cream Style Corn Green Bean Casserole Relish Plate Chocolate Pie	13 Fish Fillet On Ww Bun Sweet Potato Fries Pork & Beans Applesauce
16 Pork Chops in Brown Gravy Corn Casserole, Baby Carrots Biscuit Spiced Apples	17 Chicken Breast (Boneless) Buttered Potatoes Green Peas & Mushrooms Biscuit, Honey Packet Fruit Cocktail	18 Beef & Vegetable Stew Beets, Cornbread Green Salad W/Tomato FF Dressing Fruited Gelatin W/Marshmallows	19 Shredded BBQ Beef On Ww Bun Hot Potato Salad, Baked Beans Sliced Onion/Dill Relish Citrus Fruit Salad Lemon Cake	20 Fish Sticks Au Gratin Potatoes Broccoli & Cauliflower Ww Bread Cherry Crisp
23 Hamburger On Ww Bun Hot Potato Salad Pork & Beans, Ambrosia Oatmeal Raisin Cookie	24 Chicken Fajitas Spanish Rice, Pinto Beans Baked Tortilla Chips Shredded Cheese, Salsa Mixed Berry Cup	25 Chopped Steak W/ Brown Gravy Mashed Potatoes, Peas & Carrots Tossed Salad, FF Dressing Sliced Peaches	26 Glazed Ham Sweet Potato Casserole Cauliflower Cuts Ww Roll, Waldorf Salad Peaches	27 Sweet & Sour Chicken Steamed Brown Rice Stir Fry Vegetables Vegetable Egg Roll Pudding Parfait W/Topping
30 Chicken Fried Steak Mashed Potatoes Cream Gravy Squash/Zucchini/Tomatoes Fresh Apple, Ww Roll				

MEALS ARE PROVIDED BY SENIOR LINK MIDLAND.

MEALS ARE SUBJECT TO CHANGE.


BUTTER AND MILK INCLUDED IN EVERY MEAL.

September 2019 Activities

Regularly Scheduled Activities

Mon	Tue	Wed	Thu	Fri
8:00 Gym (all day) 8:30 Billiards (all day) 9:00 Puzzles (all day) 9:00 Chair Exercise 9:30 42 (dominoes) 9:30 Line Dance 11:30 Lunch 12:30 Hand & Foot (cards) 1:00 Bridge	8:00 Gym (all day) 8:30 Billiards (all day) 8:30 Ceramics (all day) 8:45 Yoga 9:00 Puzzles (all day) 9:30 42 (dominoes) 9:30 Beginners Line Dance 10:00 Prayer Gathering 10:30 Intermediate Line Dance 10:30 Therapy Dogs 11:30 Lunch 12:30 Hand & Foot (cards) 7:00 Line Dancing	8:00 Gym (all day) 8:30 Billiards (all day) 8:30 Ceramics (all day) 9:00 Puzzles (all day) 9:00 Chair Exercise 9:30 42 (dominoes) 10:00 Gospel Singing 11:30 Lunch 12:30 Hand & Foot (cards)	8:00 Gym (all day) 8:30 Billiards (all day) 8:45 Yoga 9:00 Puzzles (all day) 9:30 42 (dominoes) 10:00 C&W Music/Dancing 11:30 Lunch 12:30 Hand & Foot (cards)	8:00 Gym (all day) 8:30 Billiards (all day) 9:00 Puzzles (all day) 9:00 Chair Exercise 9:30 42 (dominoes) 10:00 Bingo 10:30 Line Dance 11:30 Lunch 12:00 Newborn Gifts (sewing) 12:00 Hooked on Needlework 12:30 Hand & Foot (cards) 1:00 Bridge

September 2019 Special Events

Mon	Tue	Wed	Thu	Fri
2 Center Closed 	3 9:00 Healthcare Clinic 2:30-8:00 Permian Basin Fair Excursion	4 9:30 Hearing Aid Check Miracle Ear	5 8:30 Breakfast Club	6 10:00 Bingo sponsored by Foster Grandparents & Companions
9 9:30 Bible Study	10 11:30 Ceramic Pot Luck 12:30 Advisory Council Meeting 7:30 Four Italian Tenors	11 10:00 Bookmobile 10:00 Blood Pressure Check Angels Care Home Health	12	13 7:00 Dance
16 9:30 Bible Study 10:00 Chair Activity Bingo with Sirena and Zach 12:30 Cooking with Yerna	17 11:00 Rockin Chair Rockettes Line Dancing Program	18 11:30 Birthday Celebration 12:30 Computer Aid	19 10:00 Blood Pressure Check NurseX Home Health Services 12:30 Movie Matinee	20 10:00 Bingo sponsored by Daybreak Venture
23	24	25 10:00 Blood Pressure Check Angels Care Home Health	26 8:30 Art Smart with Sue 10:00 West Texas Food Bank Senior Pantry	27 10:00 Bingo sponsored by Frost Bank
30 9:30 Bible Study 11:30 Birthday Party by Home Care Plus				

September Birthdays

John T Strachan	1
Kathy Cuevas	2
Mike Luloff	2
Garland Pearce	3
Norma Creecy	4
RW Henderson	5
Raymond Marin	5
Betty McCann	5
Fred Meissner	5
Nell W. Duncan	6
Frankie Castillo	9
Maria Romo	9
Laura Smith	9
Susan Turner	9
Susan Turner	9
Irene Leon	10
Wanda Pulley	10
Linda Ramos	10
Patricia Mathes	11
Peggy Willmon	11
Eddy Willmon	12
Betty Meyers	13
Jerry Cook	14
Arthur Vecente	14
Yolanda Rodriguez	15
Kay Balog	16
Amy Chavez	16
Bob Bushong	17
Odessa Taylor	17
Barbara Campbell	20
Bob Hays	20
Elizabeth Chester	21
Melba Henshaw	21
Garry Arnett	22
Imogene Banks	22
Fayrene King	22
James Sutherland	22
William Fletcher	23
Lina Rodriguez	23
Richard Bledsoe	24
Shirley Fox	24
Leo Proctor	24
Winifred Robertson	24
Tommy Cranford	25
Billy R. Jones	25
Rick McLaughlin	25
Kay Beauchamp	26
Don McSparran	26
Nina Howell	27
Ann Bledsoe	28
Linda Kunz	28
Sharri Pruett	28
John Crowley	29
Rufina Gomez	29
Lee Glover	30
Linda Melson	30

Need to Know

☺ Four Italian Tenors

Join us on Tuesday, September 10, when we travel to Midland College to hear **The Four Italian Tenors** perform “Viva Italia” as they salute four great Italian tenors including Mario Lanza and Andrea Bocelli. Performing for the first time in the U.S., they will be singing the greatest tenor arias and songs of all time. The concert is free, but you must have a ticket to sit on the floor with the group. Sign-up at the Center by Friday, Sept. 6. Transportation will be provided. For more information, click on this link: <https://www.thefouritaliantenors.com/>.

☺ Birthday Celebration

Birthdays are important! August and September birthdays will be celebrated on Wednesday, September 18 at 11:30 am. If you were born in either of those months, join us for lunch and a toast to your continued good health.

☺ Cooking with Verna

Our resident professional chef will be back on Monday, September 16, at 12:30 pm to show us how to make fruit cobblers—not just any fruit cobbler, but the best fruit cobbler. She is planning on making a variety including mixed fruit, peach, blackberry, and apple/blueberry. Of course, you must be present to taste.



Rosa Edwards posed with MSC members and staff during her going away party. Top row from left to right: Rosa with Juanita Leon, Juanita Arreguin, Eunice Young and Jean Jackson. Bottom row from left to right: Rosa poses with her daughter, Lisa, Annie Jones, Cruz Garcia, and Olga Sanchez.