

# Senior Scoop



# April 2018

Click link for Newsletter-Calendar archive:  
<http://bastropseniorcenter.com/archive0.html>

**The move to the new building is expected around the middle of April, exact date not yet known. The new address is 1209 Linden St., Building A, in Bastrop**

**\*Advisory Committee-** Mon. Apr 2 – 1:00 p.m. The Committee wants to hear your ideas, suggestions, and complaints. **They must be signed and placed in the Red Suggestion Box.** Any member wanting to join this Committee should contact **Nancy Litzau** at 512-581-2036.

**\*Activity Committee** – Tues. Apr 3 – 10:00 a.m. Members are encouraged to submit any ideas they have for special activities to the Activity Committee. Please feel free to attend the meeting if you are interested in being a member of this committee.

**\*TRIAD** – Wed. Apr 4 - 3:00 p.m. at the Senior Center. Come join TRIAD every first Wed. **Bastrop Police Department Officer Tamara McIntyre** and **S.O. Crime Prevention Deputy Craig Stalcup** talk about the latest scams, frauds, and safety tips. For more information, contact Officer Tamara McIntyre at 512-332-8610 or email [tmcintyre@cityofbastrop.org](mailto:tmcintyre@cityofbastrop.org).

**Thursday Lunches – Come and enjoy the fun**  
**Remember to sign up by Monday at 11:00 a.m. for the Thursday luncheon that week.**

**\*Pot Luck Lunch** – Thurs. Apr 5 – 11:30 a.m.  
Come; enjoy; and bring your favorite food to share with everyone as well celebrate with an **Easter Egg Hunt Day.**

**\*Birthday Cake Day** – Thurs. Apr 5 to celebrate all birthdays in April.

**\*Lunch** -Thurs. Apr 12– 11:30 a.m. **Inside-Out Day** - wear your clothes inside out or backwards.

**\*Lunch** – Thurs. Apr 19 – 11:30 a.m.

**\*Lunch** -Thurs. Apr 26 – 11:30 a.m.

**\*Board Meeting** – Tues. Apr 17 - 9:00 a.m. To address the Board, please turn in your request to President Barbara Adkins, or come and listen, so you will know things discussed, and decisions made. **Please note the date change for this month's board meeting.**

**\*Stress Relief Coloring Class** – every Wed. – 10:00 to noon. Bring your own supplies (books, colors, etc.) and join in the fun. If this is your first time attending the class, supplies will be provided for you.

**\*Senior Safety Event** – Tues. Apr. 10, 2018 from 9:00 a.m. to noon. Several speakers from various organizations will discuss topics related to safety for seniors. This event is sponsored by **TRIAD** and the **Bastrop Senior Center**. Refreshments will be served and are sponsored by the **Greater Texas Federal Credit Union**. Door prizes will be given. No exercises on this day. **No exercise today.**

**\*Work Day** – Thanks to everyone who participated in the work day on March 3<sup>rd</sup>. Great job everyone!

**\*Fund Raiser - Quilt Raffle** – Mar. 31 - Jul. 31 - Drawing to be held at the luncheon on Aug. 2 and you don't need to be present to win. Tickets are \$1.00 each or six (6) tickets for \$5.00. Volunteers are needed to help sell tickets and those interested in helping should contact **Pat Vineyard** and **Geraldine Castillo** who are the co-chairs for this raffle.

**\*Bingo** – Speed Bingo every Friday from 9:00 to 10:00 a.m. Regular Bingo is every Friday from 10 -12. Come and join the fun. Cards are \$.50 for regular Bingo and \$.25 per card per game for Speed Bingo.

**\*Blood Pressure Checks:** Wesley Nurse Dalila Page will be at the Center for blood pressure checks the second Thursday of each month from 9:00 to 10:00 a.m.

**\*Volunteer of the Month** – Congratulations to Nancy Litzau who is April's Volunteer of the Month. Nancy has been an active member of the Center for several years. She is the Advisory Committee Chairwoman; volunteers to work in the office; and volunteered to lead the five newly created Kitchen Coordinators who will ensure things run smoothly in the kitchen, keep the refrigerator clean; and wash dish towels, aprons, and hot pads weekly. Next time you see Nancy, thank her for all the work she does at the Center.

**\*Caring Corner** –Get well wishes go to **Minnie and Vernon Bartsch, Jan Tate, and Lowell Luttrell**. Our sympathy goes to the families of **Edward Born-Long, Nina Guinn, Judy Howells, and Otis Jackson** at their loss. If you know of a member who has been ill, had surgery, or passed away, please notify **Mary Lucas** at 512-321-6648 so those folks are mentioned in our newsletter and she can send them cards.

## **Thoughts for the Month:**

Throw kindness around like confetti!

Remember: Practice makes perfect!