

# Senior Scoop



## August 2018

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

**\*TRIAD** – Wed. Aug 1 - 3:00 p.m. at the Senior Center. Come join TRIAD every first Wed. **Bastrop Police Department Officer Tamara McIntyre** and **Bastrop County Crime Prevention Office Robert Williams** 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).

**\*Advisory Committee** - Mon. Aug 6 – 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 located on the desk in Activity Room 3.** Any member wanting to join this Committee should contact **Nancy Litzau** at 512-581-2036.

**\*Activity Committee** – Tues. Aug 7 – 10:00 a.m. The committee is desperately seeking members to join them and to bring their ideas for special activities for members. Please feel free to attend the meeting if you are interested in being a member of this committee.

### 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. Aug 2 – 11:30 a.m.

Come; enjoy; and bring your favorite food to share with everyone.

**\*Birthday Cake Day** – Thurs. Aug 2 to celebrate all birthdays in August.

**\*Lunch** -Thurs. Aug 9– 11:30 a.m.

**\*Lunch** – Thurs. Aug 16 – 11:30 a.m.

**\*Lunch** - Thurs. Aug 23 – 11:30 a.m.

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

**\*Board Meeting** – Tues. Aug 14 - 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

**\*Stress Relief Coloring Group** – every Wed. – 10:00 am 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.

**\*Sewing & Craft Group** – This is a new activity for members. The group will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month from 11 am to 1 pm. Bring your own supplies (portable sewing machine, materials, craft items, etc.) and join in the fun. Members interested in participating should contact **Sharla Courtney** at 901-395-7773 for more information.

**ATTENTION:** Office volunteers are urgently needed! Please sign the calendar posted on the wall by the office indicating the dates and timeframes you can work. Volunteer guidelines are being updated and a training session will be conducted shortly.

**\*Volunteer of the Month** – Congratulations to **Sam Stratham** who is our Volunteer of the Month for August. Sam is an avid “Progressive 42” player as proved when he and **Marie Hanna** were 1<sup>st</sup> place team winners in the “42 tournament” held on Friday June 29<sup>th</sup> during the Patriotic Festival. When Sam arrives at the Center for Thursday luncheon, he immediately makes the tea and moves appropriate items to the food table. Sam is always available to help wherever he can and always greets you with a smile. Next time you see Sam let him know how much you appreciate what he does for the Center.

**\*Fund Raiser - Quilt Raffle** – Mar. 31 - Jul. 31 –The fund raiser was a great success thanks to all those who volunteered to sell tickets and/or purchase tickets. Special thanks to **Pat Vineyard** and **Geraldine Castillo** for co-chairing the event. The winner will be announced at the luncheon on August 2<sup>nd</sup>.

**\*Senior Health Event** – Tues. Sept. 18 from 9:00 a.m. to noon. More information will be provided in our September newsletter so mark your calendar and plan to attend. This event is sponsored by **TRIAD** and the **Bastrop Senior Center**. Refreshments will be served. **No exercise on this day.**

**\*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.

**\*Pet Lovers** – There is a box available for members to donate items for the Bastrop Animal Shelter. These items will be taken to the shelter weekly by **Jean Zurow** and **Dennis Litman**.

**\*Book Library** – The Center has books available for members to use. Members can donate books or exchange their books for those currently on the bookshelves. Check to see the new interesting topics and authors available for your reading pleasure.

**\*Caring Corner** – Get well wishes go to **Pat Malerk**. Our sympathy goes to the family of **Esther Tolbert** 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.

### **Thought for the Month:**

The secret to happiness is to count your blessings while others are adding up their troubles.