

May is always a lovely time of year – everything is green and beautiful before the heat of summer hits us! So let's enjoy this great weather while we can! The **Country and Western Dance** on Friday May 5th will feature The **Freightliner Band** at 7 p.m.; then Saturday May 20th at 7 p.m. the band will be **Country Drive Band**. Cost for both events is \$8 per person.

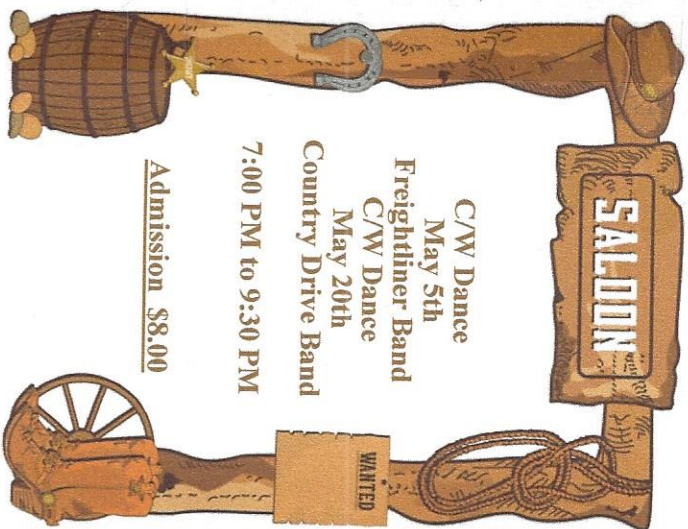
The BIG EVENT in May is the Senior Health Day on Wednesday, May 17th, from 10 a.m. till 2 p.m. **More than 50 health related vendors** will be hosting a Booth; event is open to the public and will also feature speakers; snack shack Open and **Whataburger's** will be available for sale for lunch! Event will utilize both buildings—so invite your family and friends: no charge for this event!

Bingo will be Monday night May 15th at 6 p.m.; **Progressive pot more than \$250**; snack shack open with hot dogs and nachos and more! May 9th at 11 a.m. will be the **Potluck lunch** – buy or make something and come visit with other TASCAs members.

Tuesday May 16th is Lunch and Learn at 11 a.m. – this month presented by **UT Tyler Memory and Assessment and Research Center** – **topics are aging; Cognition; ways to sharpen our minds;** Lunch provided by Oceans Behavioral Hospital of Longview; sign up in lobby to attend this excellent presentation.

TAI CHI classes continue as well as line dancing. **Ballroom Dancing classes** are offered each Tuesday night at 7 p.m.; taught by Jim Gehring; phone Jim at 903 2459272 for more info; there is a cost for this class but what fun! Coming Monday, June 12th, is a **Painting Party!** Time is 6 to 8 p.m.; come enjoy a painting class taught by Linda Davison – she provides all the supplies! Cost is \$25 per person with snacks and beverages provided!! Invite your Friends and family – a sister or cousin – include your grandchildren!!! Also coming in June will be our July 4th Patriotic Celebration on June 29th.

May is loaded with outstanding activities for TASCAs members to enjoy throughout the month – opportunities to learn More about health and wellness as we age. So mark your calendars now For all these events!!!



C/W Dance
May 5th
Freightliner Band
C/W Dance
May 20th
Country Drive Band

7:00 PM to 9:30 PM

Admission \$8.00



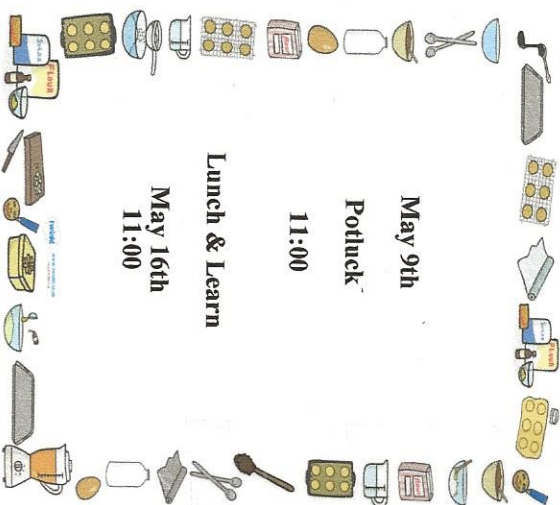
Ballroom Dance

Lessons
Tuesday Night

7:30 PM

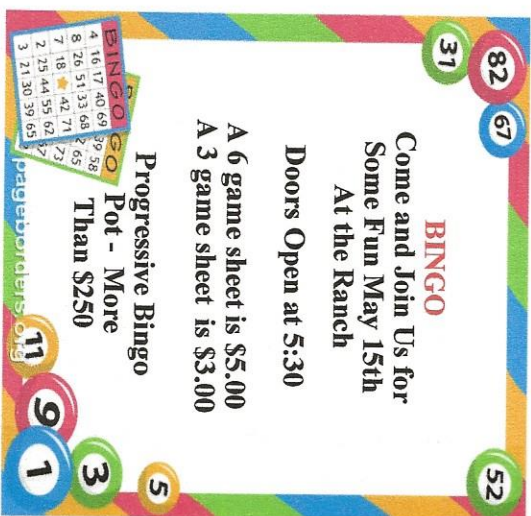
The Waltz

Contact:
Jim Gehring @
903-245-9272



May 9th
Potluck
11:00

Lunch & Learn
May 16th
11:00



BINGO

Come and Join Us for
Some Fun May 15th
At the Ranch

Doors Open at 5:30

A 6 game sheet is \$5.00
A 3 game sheet is \$3.00

Progressive Bingo
Pot - More
Than \$250

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