



Highland Village Senior All-Stars News January 2012



On-going Activities

Game Days

Monday, Tuesday &
Thursday
9:30 a.m.—Noon

Walking Club

Monday & Thursday
8:30—9:15 a.m.
Meet at the Municipal
Complex
1000 Highland Village
Rd.

Meals on Wheels

1st & 3rd
Thursday—Noon

Bingo

1st Thursday—1:00 p.m.

Potluck

3rd Thursday—Noon

Pickleball

Monday, Tuesday &
Thursday
1:00 p.m.— 4:00 p.m.

National Eye Care & Glaucoma Awareness Month

- ◆ January is Glaucoma Awareness Month. Nearly three million people have glaucoma, but half do not realize it because there are often no warning symptoms.
- ◆ Glaucoma is the second leading cause of blindness in the U.S. and the first leading cause of preventable blindness: approximately 120,000 Americans are blind from Glaucoma, accounting for 9% to 12% of all cases of blindness in the U.S.

What can you do to help prevent Glaucoma?

- ◆ Have regular eye exams
After age 65 you should have eye exams every 6 to 12 months
- ◆ Protect your eyes:
Eye injuries can result in traumatic glaucoma or secondary glaucoma, so protecting your eyes from injury is another way to prevent glaucoma.

LOCATION:

The Robert & Lee DuVall Center
948B Highland Village Road
Highland Village, Texas 75077

Meals on Wheels
Jan 5 and Jan 19
At Noon
1/5– Wendy's Chili
1/19– Square One
Bingo following lunch
\$4 donation

Contact Us At:

948B Highland Village Road
Highland Village, TX 75077
Phone (972) 317-7430
Fax (972) 899-5130
Monday thru Friday
8:00 a.m. to 12:00 p.m.
1:00 p.m. to 5:00 p.m.
www.hvparks.com

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This Place Called Texas

“This Place Called Texas” is a five-week mini course taught by Ken King, a former college instructor who is also a seventh generation Texan. It may be of interest to anyone and all are welcome, but it should be of special benefit to those who have come here as adults. Topics will include the Texas myth and mystique, geography, culture, early settlement, the Texas revolution and the independent nation of Texas, and the effect of the civil War and its aftermath as well as the form and structure of state and local government.

**This class will be on Thursdays 1:30 p.m. at the YMCA
in Flower Mound.**

It will start on February 9 and go through March 8.



**Looking for pinochle players!!
We are looking for more pinochle players on Thursday Game Days!
9:00 a.m.– 12:00 p.m.
The Robert & Lee DuVall Center**



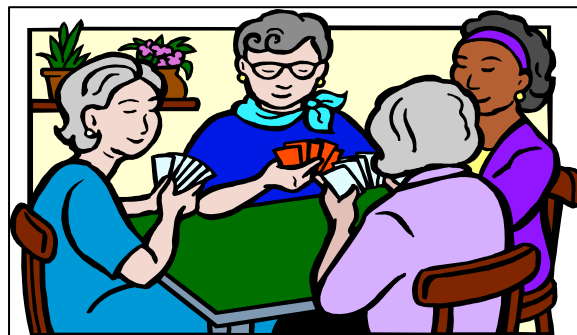
Barnes & Noble in
The Shops at Highland Village
On the first Wednesday of the month
11:00 a.m. to 12:00 noon

January’s Book
“Blood Orchid” by Stuart Woods

February’s Book
“Princess: Life Behind the Veil in Saudi Arabia”
by Jean Sasson

March’s Book
Unbroken by Laura Hillenbrand
(author of Sea Biscuit)

Contact 972-317-7430
for more information



Do you like to play Games?
or
Would you like to learn a new game?

Then please come and
join us on Mondays, Tuesdays and Thursdays for
Game Day,
9:30 a.m. to 12:00 p.m.

Some of the games we play are
Bridge, Hand & Foot, Euchre,
Pinochle, Sequence, Pennies
and an assortment of
Domino Games.

If you would like more
information please call
972-317-7430



Join us for Chili Dog & Game Night at
The Robert & Lee DuVall Center

Saturday, January 14, 2012

5:00-9:00 p.m.

Cost: \$5/person & a dessert to share

Sign up at The Robert & Lee DuVall Center
Please sign up and pay by Thursday January 12, 2012



Potluck lunch has been replaced with a second Meals On Wheels.
Meals on Wheels will provide lunch on the 1st and 3rd Thursday of each month.
A \$4.00 donation is greatly appreciated!



**METROPORT
MEALS ON WHEELS**

servicing northeast Tarrant, south Denton, and south Wise Counties



Widowed Persons Support Group

Highland Village Senior All-Stars has a Widowed Person Support Group where those who have lost a spouse can gather to be with one another, make new friends and have fun. We will meet for lunch on the second Friday, Jan. 13 at 11:30 a.m. and for brunch on the fourth Wednesday, Jan. 25 at 10:00 a.m.

Friday 1/13: 11:30 a.m. lunch at *Straw Hat Pizza*
1221 Flower Mound Road (corner of Gerault & FM 3040)

Wednesday 1/25: 10:00 a.m. brunch at *Swirl Bakery*
3634 Long Prairie Road (just south of FM 1171, east side of street)

Please call Gloria at 972-317-8292 for more information.

Schedule of Upcoming Events



Happy Birthday
To all of our January
Senior-All Stars

January Birthdays

Tom Day	1/1
Nan Gwinn	1/7
Jo DeSive	1/8
Nancy Thorne	1/11
David Dudich	1/12
Dewy Farrington	1/15
Robert Probert	1/17
Roberta Hendrickson	1/19
Adele Brede	1/20
Lynn Beavers	1/24
Bill Farness	1/25
Terry Payne	1/26
Ralph Masters	1/26
Vern Jackson	1/29

January

Jan 2	Closed for New Years Holiday
Jan 5	Meals on Wheels & Bingo @ Noon
Jan 16	Closed for MLK Holiday
Jan 17	Kimbell Art Museum
Jan 19	Meals on Wheels & Bingo @ Noon
Jan 21	Chili Dog and Game Night

February

Feb 2	Meals on Wheels & Bingo @ Noon
Feb 9	This Place Called Texas- YMCA in Flower Mound
Feb 8	Franconia Brewery Tour & Lunch in the McKinney Square
Feb 16	Meals on Wheels & Bingo @ Noon
Feb 18	Valentine's Social & Game Night

A Big Senior All-Star
Thank You!

Thank you!!!!

Mary Morris and Marianna Seaton
from Meals on Wheels, Dickey's BBQ
and Mama's Daughters Diner for the
lunches we enjoyed on
December 1st and 15th!

Kimbell Art Museum in Fort Worth

The Kimbell Art Museum in Fort Worth, Texas, hosts a small but excellent art collection as well as traveling art exhibitions, educational programs and an extensive research library. Its' initial artwork came from the private collection of Kay and Velma Kimbell, who also provided funds for a new building to house it.



Tuesday, January 17, 2012

Cost: \$10 includes bus ride and admission

Bus will leave from the City Municipal Complex at 9:30 a.m.

Please sign up by Tuesday, January 3, 2012



Franconia Brewery Tour

Join us as we take a tour of this local McKinney brewery. Come sample a few of their brews like the Franconia Lager, Franconia Wheat or the Franconia Dunkel.

We will stop for lunch afterwards in the McKinney Square.
(on your own)



Wednesday, February 8, 2012

Time: TBD

Cost: \$10 includes bus ride and tour admission

We need a minimum of 20 people for this trip to make so please sign up early!

Please sign up by Wednesday, January 25, 2012



All trips must be paid for at the Parks & Recreation Department located at
948B Highland Village Road.

No refunds will be given if there is an entry fee on the trip. Refunds will be given if trip is canceled due to weather or if there is not enough people to meet the required participation.

Lunch or Dinner will be on your own unless noted.

Walking involved on trips * Minimal Walking, ** Lots of Walking



January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 The Robert & Lee DuVall Center will be Closed for the New Years Holiday	3 Game Day 9:30 Pennies and 42 Dominoes 1:00 Pickleball Center Closes at 4:30 p.m.	4 Center Closes at 4:30 p.m.	5 Game Day 8:45 Walking Club 9:30 Open Game Time 9:30 Bridge 12:00 Meals on Wheels 1:00 Pickleball	6	7
8	9 Game Day 8:30 Walking Club 9:30 Open Game Time 1:00 Pickleball 1:00 Texas Hold'em Center Closes at 4:30 p. m.	10 Game Day 9:30 Pennies and 42 Dominoes 1:00 Pickleball Center Closes at 4:30 p.m.	11 Center Closes at 4:30 p.m.	12 Game Day 8:30 Walking Club 9:30 Open Game Time 9:30 Bridge 2:00 Pickleball Center Closes at 4:30 p.m.	13	14 Chili Dog & Game Night 5:00-9:00 p.m. \$5/person
15	16 The Robert & Lee DuVall Center will be Closed in observance of Martin Luther King Day	17 Game Day 9:30 Pennies and 42 Dominoes 9:30 Kimbell Art Museum Trip 1:00 Pickleball Center Closes at 4:30 p.m.	18 Center Closes at 4:30 p.m.	19 Game Day 8:30 Walking Club 9:30 Open Game Time 9:30 Bridge 12:00 Meals on Wheels 1:00 Pickleball Center Closes at 4:30 p.m.	20	21
22	23 Game Day 8:30 Walking Club 9:30 Open Game Time 1:00 Pickleball 1:00 Texas Hold'em Center Closes at 4:30 p. m.	24 Game Day 9:30 Pennies and 42 Dominoes 1:00 Pickleball Center Closes at 4:30 p. m.	25 Center Closes at 4:30 p. m.	26 Game Day 8:30 Walking Club 9:30 Open Game Time 9:30 Bridge 1:00 Pickleball Center Closes at 4:30 p.m.	27	28
29	30 Game Day 8:30 Walking Club 9:30 Open Game Time 1:00 Pickleball 1:00 Texas Hold'em Center Closes at 4:30 p. m.	31 Game Day 9:30 Pennies and 42 Dominoes 1:00 Pickleball Center Closes at 4:30 p. m.	<p align="center">Fun Facts</p> <p>Did you know that January is named after the Greek god Janus? Janus is the god of doors and gates, He was chosen for January because when you start something new, symbolically you pass through a door.</p>			