

Dallas Park and Recreation Senior Program Division

Active Senior Adult Program (A.S.A.P)

Newsletter

August 2020 – Edition



214-671-1602

pkrseniors@dallascityhall.com

dallasparcs.org

ASK ME HOW TO JOIN!

NEW TO A.S.A.P.? The Senior Program Division offers Programming and Activities at all 43 Recreation Centers and 2 Senior Centers. Monday — Thursday 9a-2p at NO COST! Call or Email Today for more Info!
Senior Program Division 214-671-1602 | pkrseniorprograms@dallascityhall.com

Join SPD Facebook page- <https://www.facebook.com/groups/550953805598284/?ref=share>

SPECIAL EVENT OUTREACH

POPSICLES IN THE PARK



- Drive thru Popsicles in the Park
July 21st thru September 3rd
- Tuesdays and Thursdays 9am-10am
- Popsicles and goody bags will be distributed at 14 locations throughout the City of Dallas on a First Come First Serve Basis
- Contact the Senior Program Division Office for a location near you 214-671-1602
- Live Music provided by Office of Arts and Culture



Popsicle Participants Served

Kidd Springs 40 | Wellmed 152

Arlington Park 43 | Kiest 85

WHAT'S NEW! IN A.S.A.P.

Join in the **FUN** with Virtual Games starting August 17, 2020

Call 214-671-1602 for details and to register

- **Mondays**
- Motivation Mondays 10a
- **Tuesdays**
- Name That Tune 1p (registration is limited)
- **Wednesdays**
- Random Topics 2p (registration is limited)
- **Thursdays**
- Loteria Bingo 11a (registration is limited)
- Virtual Bingo 2p (registration is limited)

Visit DPR website for programs below

- Rec@Home, Exercise your Brain and Cardio for Me

[AUGUST 2020]

S	MON	TUE	WED	THU	FRI	S
						1
2	3	4 Popsicles 9a-10a 🎵	5	6 Popsicles 9a-10a 🎵	7	8
9	10	11 Popsicles 9a-10a 🎵	12	13 Popsicles 9a-10a 🎵	14	15
16	17 Motivation Mondays 10a	18 Popsicles 9a-10a Name That Tune 1p 🎵	19 Random Topics 2p 🎲	20 Popsicles 9a-10a Loteria Bingo 11a Virtual Bingo 2p 🎲	21	22
23	24 Motivation Mondays 10a	25 Popsicles 9a-10a Name That Tune 1p 🎵	26 Random Topics 2p 🎲	27 Popsicles 9a-10a Loteria Bingo 11a Virtual Bingo 2p 🎲	28	29
30	31 Motivation Mondays 10a					

[SEPTEMBER 2020]

S	MON	TUE	WED	THU	FRI	S
		1 Popsicles 9a-10a Name That Tune 1p 🎵	2 Random Topics 2p 🎲	3 Popsicles 9a-11 Loteria Bingo 11a Virtual Bingo 2p 🎲	4	5
6	7 Motivation Mondays 10a	8 Name That Tune 1p 🎵	9 Random Topics 2p 🎲	10 Loteria Bingo 11a Virtual Bingo 2p 🎲	11	12
13	14 Motivation Mondays 10a	15 Name That Tune 1p 🎵	16 Random Topics 2p 🎲	17 Loteria Bingo 11a Virtual Bingo 2p 🎲	18	19
20	21 Motivation Mondays 10a	22 Name That Tune 1p 🎵	23 Random Topics 2p 🎲	24 Loteria Bingo 11a Virtual Bingo 2p 🎲	25	26
27	28 Motivation Mondays 10a	29 Name That Tune 1p 🎵	30 Random Topics 2p 🎲			

Daily Meals Served in June

Larry Johnson Recreation Center 3438

Martin Luther King Recreation Center 1920



SENIOR CENTER CORNER

WellMed 972-942-7728

- Distributed 125 masks during daily Drive Thru Meal Service
- Dallas Museum of Art provided 250 art kits to members.
- Dallas Police Department provided 300 masks and safety tips.
- Humana provided 120 cupcakes and goodie bags for July Birthdays.
- Dallas County provided 115 snack packs during lunch service.
- "Coffee and Conversation on Mondays at 9a, "Arts and Culture" Fridays at 1p.

Marcus Annex 214-670-6597

- "Random Topics" on Thursdays 10a. This is a FUN time to Laugh and Learn and get to know each other.
- Do you like to talk? Bring a Smile to Someone? Be a "Phone Buddy" and BRIGHTEN Someone's Day by Giving them someone to talk to.
- Get on Board and Receive Tips For The Day through email. This includes Health and Nutrition Tips along with Entertainment.
- Serving over 45 members DAILY in Our Drive Thru Lunch Line

STAYING CONNECTED OUTREACH

Senior Program Division partnered with DART to provide 800 Care Packages to seniors throughout the City of Dallas in April



JUNE WRISTBAND OUTREACH

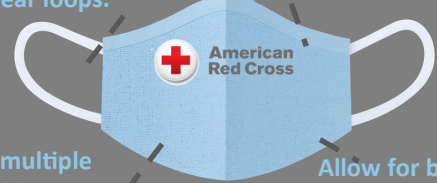
Senior Program Division partnered with Dallas County Peace Officers to provide 800 Cards and Wristbands to our A.S.A.P. members to show our Love and Appreciation in June.



What to know about face coverings.

Be secured with ties or ear loops.

Fit snugly but comfortably against the side of the face



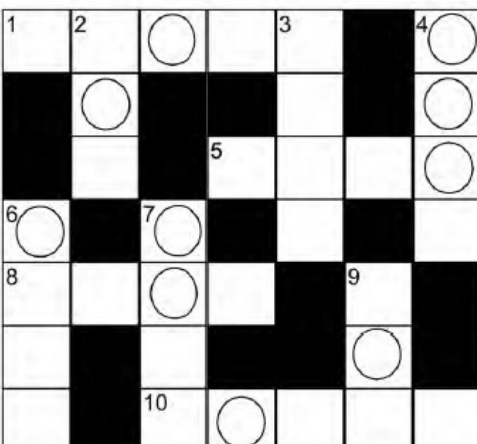
Include multiple layers of fabric.

Allow for breathing without restriction.

ACROSS

1. A MACHINE THAT THINKS IS A
5. US YOUR
8. THE MORE YOU LEARN, THE MORE YOU
10. WORD GAMES CAN MAKE YOU

TROOB
EBAN
WONK
STRAM



DOWN

2. ITS IN A BOAT
3. APPLE OR OAK
4. TELEPHONE SOUND
6. IT COVERS YOU
7. THEY SPIN
9. MAKE A MISTAKE

ARO
RETE
GRIN
SINK
POST
RER



TV Commercial Trivia

FILL IN THE BLANK OF THE PRODUCT OF THE COMMERICAL LINE!

1. THEY'RE G-R-E-A-T! 5. A LITTLE DAB WILL DO YA
2. DOUBLE YOUR PLEASURE, DOUBLE YOUR FUN!
3. WHEN YOU'RE HERE, YOUR FAMILY. 6. THE QUICKER PICKER UPPER
4. IT KEEPS ON GOING, GOING AND GOING!

