

September 2019

Friends News



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Save the dates for an awesome & active fall season!

Monday-Friday, Sept. 30-October 4 is Friends Fall Fair Week!

And, just like at the State Fair of Texas, we celebrate our very talented members by having our very own **Exhibition Hall!** We are looking for participants to bring in your paintings, wood carvings, needlework, crafts, sample from a collection, or anything you'd like to display. See form in foyer for more information and let us know what you'll bring!



Annual Walk to End Alzheimer's

Saturday, October 5

Walk with us, or be a part of our team even if you are unable to walk!

Sign up as a team member, then ask family and friends to donate in your name. Donations accepted online or in front office.

Meet at our table on the plaza at Dallas City Hall.

For more info, please email Captain Malissa Cestari at: fpalzwalk@gmail.com, or phone her here at 972-437-2940.



Our annual Veterans Day Salute will be Monday, November 11, and what an honor it is to honor these fabulous folks! Each veteran will be personally recognized during this ceremony. Families, we will be contacting you over the next few weeks in preparation.

Alzheimer's Association Caregiver's Support Group

Caring for the caregiver ultimately well-supports the person living with dementia. We are excited to announce a special segment of our regular support group this month, addressing the unique stressors of caregiving. On Thursday, September 12 from 2:00-3:30, we will experience the alternative healing modalities of healing sounds and vibrations using Tibetan bowls, gongs, and tuning forks as we learn from Sound & Energy Healer Sharon Wittmann of Harmonic Healing Arts. These lend the transforming power of energy and sound vibrations to promote healing on physical, emotional, and spiritual levels. And, Carolyn Osinach of Spirit of Compassion Support & Resources for Caregivers will be on hand, providing support and resources that help caregivers become more resilient and live well in the role of taking care of others.

Spectacular September Doin's @ Friends Place

At Friends Place, we offer 20-25 high-interest, interactive activities from which you can choose just the right one YOU will enjoy. Here we highlight special guests & events. See our monthly calendar for daily details. We also hold daily BINGO games, singalongs, men's, women's & mixed groups, chair exercise or Tai Chi TWICE a day and various outdoor activities when weather permits.

Join us and see what a great time we have!

M	2	Closed for Labor Day	
T	3	Friends Book Club	11:00 am
W	4	Art Appreciation Singfit Musical Journey	10:15 am 11:15 am
Th	5	Singfit Musical Journey Heart of Texas Therapy Dogs Tommy Ray sings your favs Football Picks Thirsty Thursday Happy Hour	11:15 am 11:45 am 1:45 pm All day 4:00 pm
M	9	Mocktail Monday Happy Hour	4:00 pm
T	10	Friends Book Club Nothing nicer than the 90s! Norris Perry performs	11:00 am All day 1:45 pm
W	11	Art Appreciation Singfit Musical Journey	10:15 am 11:15 am
Th	12	Midweek Devotional Singfit Musical Journey Football Picks	11:00 am 11:15 am All day
F	13	Heart of Texas Therapy Dogs	11:45 am
M	16	Texas Winds String Quartet	11:00 am
T	17	Friends Book Club	11:00 am
W	18	Staycation Italy Art Appreciation Singfit Musical Journey	All day 10:15 am 11:15 am
Th	19	Singfit Musical Journey New! Jazz singer Ruby Weston Thirsty Thursday Happy Hour Football Picks	11:15 am 1:45 pm 4:00 pm All day
M	23	Mocktail Monday Happy Hour	4:00 pm
T	24	Friends Book Club	11:00 am
W	25	Art Appreciation Singfit Musical Journey September Birthday Party with Entertainer Tony Macaroni	10:15 am 11:15 am 1:45 pm
Th	26	Midweek Devotional Football Picks	11:00 am All day
M	30	Friends Fair Week! Mike Allyn entertains	All week! 1:45 pm

Welcome to new members!

Tana Brown, George Persons,
and Richard Sambrano

Happy September Birthdays!

- 5 Mike Tabor
- 6 Pam Johnson (staff)
- 9 Larry Wright, Calvin McCall,
and Tana Brown
- 12 Grover Jones
- 14 Quincy Adams
- 29 Bob Boisseau

Caregiver's Support Groups

Open to the public. Care usually available at no charge with reservations 972-437-2940

Lewy Body/Frontotemporal Dementia

Meets 1st Monday/month, *this month only*
will be Monday, September 9, due to the
Labor Day holiday 4:00-5:30 pm

Ladies' Support Group New Day!

Meets 1st/3rd Wednesdays/month
September 4th/18th 2:00-3:30 pm

Men as Caregivers

Meets 1st/3rd Thursdays/month
September 5th/19th 2:00-3:30 pm

Alzheimer's Association's Caregiver Support Groups

Discussion Group 2nd Thursday/month

Special meeting/Caregiver Stress

September 12th 2:00-3:30 pm

Guest Speaker 4th Thursday/month

September 26th 2:00-3:30 pm

"Ask the Expert" series continues with

Paul Markowitz

Founder of Senior Living Specialists

"Planning For The Next Steps"

Caregiver Coffee Chat

Each 2nd Monday/month

September 9th 9:30-10:30 am

Meet at Love U A-Lattee,
541 W. Campbell Ste. 125

Come meet friends you will love a latte!