September 2020

Friends Place Adult Day Services

# Friends News

1232 W. Beltline, Desoto, Tx 75115 (972)274-2484 Fax (972)274-0002 www.friendsplaceads.com

## Weekly Zoom Activities

**Everyday**

| | |
|---|---|
| 10:50 am | Exercise MWF<br>Chair Chi T/Th |
| 12:50 pm | SingFit |
| 1:50 pm | Friends Place Happy Hour |
| 2:30 pm | BINGO |

**Special Events**

| | |
|---|---|
| Fri 1:50 pm | Online Concert Series<br>Tune in to see some of your favorites from the Texas Winds and others! |
| Sep 21 9:00 am | Our First Day!!!<br>For as long as Dallas County is orange or better, we will remain open. You can help ensure this by always wearing a mask and washing your hands every hour. During this time we will be open 9am-5pm. |

## Support Group at Friends Place

## Alzheimer's Caregiver Support Group

**Currently offering Virtual Support Group**
**Via Zoom**
**2nd and 4th**
**Tuesdays of the month**

**Date: Tuesday, September 15**
**Tuesday, September 22**

**Time: 2:00-3:30 p.m.**

**Please call 972-274-2484 to be added to the email distribution list in order to receive the Zoom information**

### Friends Place Re-Opening

We wanted to thank everyone that came to our soft open. It was so great to see everyone in person for the first time in what felt like forever. Please be patient with us as we work to try to keep all our members safe. Remember: Always wear a mask.

## Don't Forget!

**Hydrate, Hydrate, Hydrate**

Although you are spending a lot more time indoors, it is still important to drink enough water. Try to drink at least 32 ounces a day!

**Exercise!**

Try to get up in the morning and go for a stroll. Fresh air and sunshine are really important for your health.

**Birthday Wishes to:**

**Rudy S. – Aug 6**
**Johnnie S. – Aug 17**
**Tessie B. – Aug 21**
**Linda S. – Aug 25**
**Jimmy C. – Aug 28**
**Scott H. – Aug 29**
**Sylvester D. – Aug 30**
**Ray M – Sep 9**
**Robena F. – Sep 20**
**Eve O. – Sep 20**
**Willie R – Sep 21**
**Jack W – Sep 23**
**Corene G – Sep 24**
**Michael J – Sep 24**
**Goldia H – Sep 27**

## Other Support Groups in the Area

**Date: 2nd Saturday of the month**
**Time: CURRENTLY NOT MEETING**
Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

## Parkinson's Support Group

**Caregiver Support Group**
**Date: CURRENTLY NOT MEETING**

**Potluck and Educational Session**
**Date: CURRENTLY NOT MEETING**
**Time:**
Speaker:
Location: Trinity United Methodist Church
1302 South Clark Road
Duncanville, TX 75137

**Online Activities are available. Please contact Wanda at calljw@sbcglobal.net**

## Labor Day

We want to take this moment and thank all our frontline, healthcare professionals that have been working tirelessly through this pandemic. Thank you for your dedication to your job and thank you for making our communities a little bit safer. We dedicate the month of September to you.

Keep checking your email for updates about when we will be reopening. If you haven't been receiving our Daily Chronicles email, then it may be going to spam. Please add mhenry@friendsplaceads.com as a contact to keep our emails from going to your spam folder.

For now, we are open at 25% capacity. We are trying to limit our members to those that we can best serve while remaining socially distant. We hope that, depending on Dallas County's COVID19 numbers, we will be able to expand our offerings. Be on the lookout for our monthly newsletter and our Daily Chronicle.