



**For Active
Adults 50 +**

309 West Sealy
Alvin, TX 77511
281-388-4298
www.alvin-tx.gov

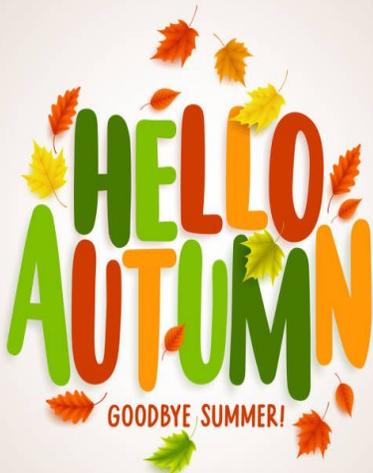
Office Hours:
Monday - Thursday
7:00 am - 6:00 pm

Register Online at

[https://app.booking.ca/
alvinrecreationpub/](https://app.booking.ca/alvinrecreationpub/)

ATTENTION GUESTS:

Please Read Page 5 on
COVID-19 Procedures



Alvin Senior Center

SEPTEMBER 2020

WELCOME BACK FRIENDS!

We are reopening Mon, September 14th and are very excited to welcome each and every one of you back! You have been dearly missed! As we transition into Phase 1 of reopening, temporary changes have been implemented for everyone's safety and well being as utmost priority.

Please take a minute to read the following changes:

- *Entry has been centralized to the rear of the building. Please use entry door closest to business offices. (In front of Jodie's Hair Salon)*
- *Entry will be restricted to preregistered guests only.*
- *To register for programs, please call the business office Mon-Thurs, 7am-6pm at 281-388-4298 or go online at <https://app.booking.ca/alvinrecreationpub/>*
- *The current newsletter can be viewed online by visiting Facebook/Alvin Senior Center and the City of Alvin website at Alvin-tx.gov then clicking on the Senior Center tab located to the right of your screen. To receive an emailed copy, please call the business office and register your email address. Newsletters will be emailed on a monthly basis and as requested individually.*
- *To obtain a hardcopy of the current newsletter, please visit City Hall at 216 W. Sealy St. Mon-Thurs 7am-6pm. They will be available at the Utility Billing window and at the visitor's information display in front of the Economic Development office.*

Again, we are so glad to offer you this opportunity and want you to know we are closely monitoring State guidelines to offer you as much as possible, when it is possible in the safest manner possible. We love you and are so glad to see you again!



Code of Conduct Policy

Purpose

The Alvin Senior Center provides a safe, friendly, and welcoming environment for seniors to participate in activities, enjoy fellowship and engage in lifelong learning opportunities. For the safety and benefit of all participants, the following Code of Conduct Policy shall be observed.

Policy

Participants in Alvin Senior Center Activities shall:

- Treat other participants and staff respectfully and courteously.
- Treat others in the same manner you would like to be treated.

Behavior that constitutes violation of this Policy includes, but is not limited to:

- Loud, disruptive, obscene, hateful, or abusive language.
- Making threats or demonstrating threatening behavior, verbally or in writing, to participants or staff.
- Violation of smoking ordinances.
- Defacing or destroying any city property.
- Activities that negatively affect the health of others.
- Racial, religious, or sexual harassment of participants or staff.
- Physical altercations with participants or staff.
- Removal of city property without permission.
- Participating in activities while under the adverse influence of alcohol or drugs.
- Committing or attempting to commit any activity that would constitute a violation of any federal, state, or local criminal statute or ordinance.
- Other behavior that is deemed inappropriate by the Senior Center Manager or their designee.

Consequences of Policy Violation

Violation (s) of this policy may result in the suspension of participant (s) from Senior Center activities.

The Senior Center Manager is responsible for ensuring that this policy is maintained. Any questions or comments concerning this policy should contact the Director of Parks and Recreation.

Also, please note: The Alvin Senior Center programs are for senior citizens who are independent and can care for their own personal needs. Seniors are welcome to bring an attendant or care giver with them in order to enjoy our services and programs.



CORONAVIRUS (COVID-19) SAFETY TIPS

Safety isn't expensive, it's priceless

FOLLOW THE STEPS BELOW TO PROTECT YOURSELF FROM COVID-19



Wash your hands frequently with soap and water, or any alcohol-based sanitizer



Dispose used tissues and masks into a plastic-lined waste bin instantly



Use a tissue to cover your mouth as well as nose while coughing or sneezing



Do not touch your mouth, eyes, or nose as infections spread that way quickly



Avoid close contact with any individual having cold and flu-like symptoms



Clean surfaces often, such as kitchen sinks, counters, bathroom taps, etc



Avoid sharing utensils, food, or drinks during this time



Avoid crowded places at any cost

If you are unwell,



Seek medical attention immediately



Stay at home



Avoid contacting others

“ Be READY, Be PREPARED, Be INFORMED, Be SMART, Be ALERT, Be SUPPORTIVE, Be KIND ”

#COVID19 | #Coronavirus

Source: WHO

<p align="center">THE JOY WALKING CLUB Have fun walking miles of smiles!</p> <p>When: Monday - Thursday</p> <p>Where: East End Assembly Rm</p> <p>Cost: Free</p> <p>Group 1 (10 Guests) Group 2 (10 Guests) 8:00 AM - 9:00 AM 9:15 AM - 10:15 AM</p> <p>At this time, you may only choose one group.</p>	<p align="center">TAI CHI</p> <p>Join Nolan, an expert Tai Chi instructor, for this Chinese-based form of martial arts. Slow, controlled movements proven to help stability, balance & relieve arthritis. All levels welcome!</p> <p>When: Mondays & Wednesdays</p> <p>Where: Exercise Rm</p> <p>Cost Free</p> <p>Time: 11:00 AM - 1:00 PM</p>
<p align="center">T.O.P.S. Chapter 0251 Take Off Pounds Sensibly Real support, real life, real results.</p> <p>When: Every Tuesday</p> <p>Where: East End Assembly Rm</p> <p>Cost:\$8.00 per month, Pay directly to the chapter Coordinator.</p> <p>Time: 6:15 PM - 7:15 PM</p>	<p align="center">OPEN JAM SESSION</p> <p>If you play an instrument, sing or simply enjoy live music, join T.L. and the Gang for an open jam session playing Country & Blues.</p> <p>When: Wednesdays</p> <p>Where: East End Assembly Rm</p> <p>Cost Free</p> <p>Time: 5:30 PM - 8:30 PM</p>
<p align="center">RAT PACK BOOK CLUB</p> <p>When: To be Announced in Oct.</p> <p>September Book: To be in Announced in Oct.</p> <p>Where: East End Assembly Rm</p> <p>Cost: Your Book</p> <p>Time: 10:00 AM - 12:00 PM</p>	<p align="center">QUILTING CLASS</p> <p>New to quilting or wanting to refresh your skills? Join Sue, for one on one instruction, an expert quilter, with a love for the quilting craft. All levels welcome!</p> <p>When: Every Monday</p> <p>Where: East End Assembly Rm</p> <p>Cost Your Materials</p> <p>Time: 6:00 PM - 8:00 PM</p>
<p align="center">PAINTING CLASS</p> <p>Join Beverly in painting class. She will guide you straight into your next masterpiece! All skill levels welcome!</p> <p>When: Every Monday</p> <p>Where: East End Assembly Rm</p> <p>Cost Your Materials</p> <p>Time: 6:00 PM - 8:00 PM</p>	<p align="center">CROCHET</p> <p>Whether you are a beginner or want a great group to crochet with, this is the group for you!</p> <p>When: Every Thursday</p> <p>Where: East End Assembly Rm</p> <p>Cost: Your Materials</p> <p>Time: 1:00 PM - 3:00 PM</p>

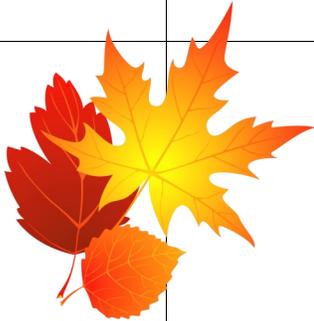


COVID-19 Procedures

In accordance with the Governor's orders, the following guidelines remain in effect for the health and safety of all guests:

- **Preregistration is required prior to attending all programs.** If a caregiver is needed to aide in program participation, the caregiver will need to register as well to maintain occupancy limits.
- Up to eight (8) guests will be allowed in Craft and Exercise Rooms at any one time to allow for 6 foot social distancing compliance.
- Up to ten (10) guests will be allowed in East End Assembly Room at any one time to allow for 6 foot social distancing compliance.
- Groups of more than ten (10) guests are prohibited in alignment with governor's group size limits.
- **Masks are required upon entry and exit** unless medically prohibited. Masks may be removed once you are seated or exercising and properly socially distanced. Please remember to wear your mask if you need to move around the room and/or use the restroom facilities. Mask
- Hand sanitizing is required upon entry unless medically prohibited. If medically prohibited, please go directly to the restroom upon entry and wash hands prior to joining your program.
- Food and/or drink sharing is prohibited. Coffee station is closed until restrictions are lessened. It is recommended all guests bring a bottle of water.
- Restrooms are open to one guest at a time unless a caregiver is needed.
- All program participants will be allowed to enter their program no more than five (5) minutes prior to start time.
- Remember to maintain socially distanced while at the center.

Did You Know September 2020 Fun Facts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 In 1969, Chemical Bank installed the 1st ATM in New York	3 In 1777, the American Flag was carried into battle for the first time	4	5 National Cheese Pizza Day!
6 National Read a Book Day!	7 Labor Day	8 In 1966, Star Trek makes its TV debut on NBC	9	10 In 1955, Gunsmoke debuts on CBS	11	12 National Chocolate Milk Shake Day!
13 National Grand Parents Day!	14	15 "Danger, Will Robinson!" Lost in Space Debuts in 1965	16	17 In 1971, the Lincoln Continental Mark was introduced. Fancy!	18 In 1969, Jimmy Carter reported seeing a UFO	19
20 National Wife Appreciation Day!	21	22 Autumn Begins	23	24 In 1961, Bullwinkle gets his very own show	25	26
27	28 Today, the 1955 World Series was the 1st to be televised in color	29	30 National Treat Yourself to a Mud Pack Day!			

Mason Jar Lid

PUMPKIN



Materials Needed

- 20 Mason Jar Lids
- 1 Can Orange Spray Paint
- Orange Yarn
- 4 to 5 (4in) Cinnamon Sticks

Instructions

1. Lay out newspaper or craft paper in a well ventilated area.
2. Lay out all the mason jar lid bands onto the paper making sure several inches separate them.
3. Spray paint the bands well with the orange spray paint. Note* It is recommended to cover your mouth and nose with a protective mask due to fumes.
4. Allow several hours to fully dry.
5. Flip bands to the other side and spray paint well making sure to get all sides.
6. Allow bands to dry overnight to ensure complete dryness.
7. Now that your bands are fully dry, let's time them together.
8. First, make sure your mason jar bands are facing the same direction.
9. Wrap a piece or two of orange yarn through the bands.
10. Then you will pull them as tight as you can.
11. Cut off any excess string.
12. Once you have your bands fully tied, gently separate them so they are spaced evenly.
13. Place your cinnamon sticks in the center for a festive arrangement that smells great.

Here are a few more ideas to spark your creativity, have fun!



BOREDOM BUSTER FUN!



Cooking Terms

WORD SEARCH

- AL DENTE
- BASTE
- BEAT
- BLANCH
- BLEND
- BLIND BAKE
- BOIL
- BRAISE
- BROIL
- CHOP
- CLARIFY
- COAT
- CREAM
- CRUSH
- CUBE
- DASH
- DEEP FRY
- DICE
- DILUTE
- DREDGE
- DUST
- EMULSIFY
- FILET
- FILTER
- FOLD
- GLAZE
- GRATE
- GREASE
- GRILL
- GRIND
- HULL
- JULIENNE

S	H	U	C	M	A	D	C	X	M	O	I	S	T	E	N	U	K	
E	K	N	E	A	D	P	O	A	C	H	L	D	E	S	E	M	N	M
T	K	S	E	H	Y	A	Z	Q	Q	Z	I	U	R	T	O	C	S	I
U	E	T	P	O	H	C	K	Y	W	W	O	S	O	Q	A	T	I	X
A	S	L	Y	D	A	S	H	F	H	N	B	T	C	C	E	R	A	D
S	E	S	I	Y	M	A	R	I	N	A	T	E	S	E	R	R	G	G
D	E	E	P	F	R	Y	S	R	H	L	A	A	P	F	E	U	R	X
U	Q	Z	U	I	Y	K	P	A	S	A	E	F	S	M	Z	E	S	T
E	K	R	A	S	E	S	E	L	S	T	B	S	M	R	T	B	I	H
H	C	N	A	L	B	C	P	C	U	W	E	I	A	L	S	T	I	R
C	O	A	T	U	G	A	R	L	R	R	S	C	I	E	G	E	O	Y
B	H	J	S	M	S	L	I	E	T	D	U	F	U	G	R	U	A	S
R	R	U	U	E	E	D	G	E	A	B	L	E	N	D	X	G	X	R
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G	R	I	N	D	W	C	E	N	D	R	L	L	L	H	T	I	C	I
E	K	A	B	D	N	I	L	B	E	X	W	L	P	A	P	A	R	E

- KNEAD
- MARINATE
- MASH
- MIX
- MOISTEN
- MULL
- PARE
- PINCH
- POACH
- PUREE
- REDUCE

- ROUX
- SAUTÉ
- SCALD
- SCORE
- SEAR
- SEASON
- SHUCK
- SIFT
- SIMMER
- STEAM
- STEEP

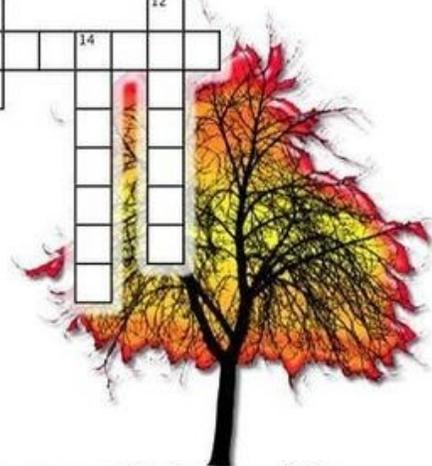
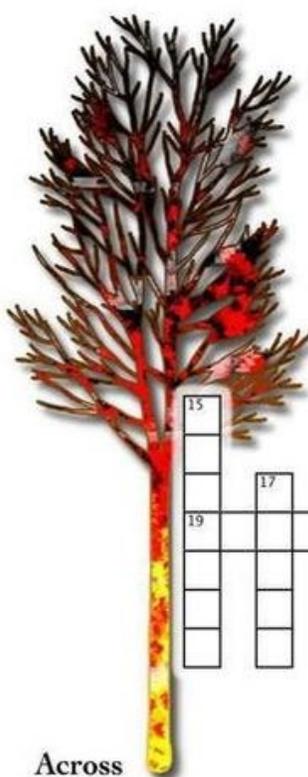
- STIR
- TOSS
- TRUSS
- WHIP
- WHISK
- ZEST



BOREDOM BUSTER FUN!

Fall Crossword Puzzle

Trees and their fruits are the focus of this fun puzzle!



Across

3. The spiky partner of the Ivy from the holiday song.
4. You've got to hand it to Florida for picking this as their State tree!
6. This tree grows in Indiana, not Amsterdam! It's the State tree.
8. Looks like an evergreen, but loses its leaves.
13. This giant is the State tree of California.
16. Shellfish meets orchard fruit?
19. A horse doesn't eat them, despite the name; this tree is also known as the conker tree.
20. I've no "eye-deer" why they thought this tree's fruit looked like a mammal's optical organ!

Down

1. We harvest young Fir, Spruce and Pine trees at this time.
2. The seeds of this tree whirl down to earth like miniature helicopters!
5. If you burn the wood of this tree, you're left with its name.
7. This tree sounds like it has a lot of friends...
9. The tree's not built from bricks and the nuts are hard to crack.
10. All trees which lose their leaves are called this.
11. The tree we get syrup from.
12. Four-legged friends might be tempted to tinkle on the State tree of Missouri.
14. This Willow doesn't really have much to cry about.
15. If there's a shortage of coffee, then the root of this tree is roasted and ground as a bitter-tasting substitute.

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An important message
from Medicare

Medicare Open Enrollment

October 15 - December 7

Tell your friends.



With the health care law, Medicare offers:

- FREE* annual wellness visit
- Some FREE* cancer screenings
- 50% discount on covered brand name prescription drugs when you're in the "donut hole"
- Better fraud protection

*When using qualified and participating physicians or providers.

It's time to compare plans, and make sure you have the right health and prescription drug coverage for you. Stay with your current plan if you're happy with it. Or look for a new one with better coverage, higher quality, and lower cost.

Visit www.medicare.gov or call
1-800-MEDICARE (TTY 1-877-486-2048)

to review and compare plans, answer your questions, and learn where to get further help near you.



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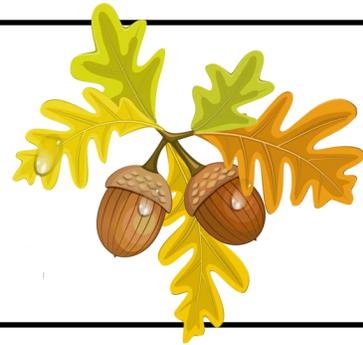
Check your mail for our
Medicare handbook.



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Need help and don't know who to call?

DIAL 2-1-1

COVID-19 Mental Health Support Line

833-986-1919

We have trained specialists ready to connect you with services.