

## Notes ...

### From the Senior Program Coordinator

The Best Years Center (BYC) offers huge health benefits for a person's body, mind, and soul. For the body, Jeanne Adams wrote about Active Seniors in the August issue of *Creative Forecasting*. She defined physical activities as those things that get your body moving such as walking through a museum, doing dishes, walking the dog, grocery shopping, or taking the stairs instead of the elevator. Physical activity and exercise are important to physical and mental health, so people can stay engaged, be independent and enjoy life!



Regular activities over long periods of time can produce long term health benefits, such as reducing the risk of developing some diseases that develop as we grow older. For example, studies show that people with arthritis, heart disease, and diabetes benefit from regular exercise as do those who have high blood pressure, balance problems, and difficulty walking.

For the "mind and soul" means doing something that is just for you, something that makes you feel good, or something that gives you a feeling of accomplishment. Something to look forward to, learning something new that is just for you and your well-being. It's sort of like a hobby, but it's not just for relaxation. Food for the soul is what refreshes you, helps you think well of yourself, and helps you to make good decisions. If you see a beautiful sunset the likes of which you've never seen, and it fills your heart such that it almost hurts, that is food for the soul.

BYC offers programs, leaders, and friendships that are healthy for our body, mind and soul. So beat the summer heat and come join us with some cool activities just for you!

*Lynn Huckaby,*

Senior Services Coordinator

**BEAUMONT**  
Parks & Recreation

### Albuquerque and Santa Fe Trip



Albuquerque and Santa Fe trip were changed from September to October due to not enough sign ups. BYC will share half the bus with a great group from Carrollton, TX. Ten more seats are now available! A fabulous, exciting fall trip! Read all the details on page 10.



## contents

Notes	pg. 1
Leaders	pg. 2
BYC News	pg. 3
Gift Shop	pg. 4
Health/Fitness	pg. 5
Technology	pg. 6
Creat. Drama	pg. 7
Ceramics	pg. 8
V. Voices	pg. 9
Day Trips	pg. 10
Ext. Trips	pg. 11
Community...	pg. 12
Schedule	pg. 13

Designed by Jessica Prescott

## KIND WORDS FROM OUR LEADERS



"Party Bridge is fun!". My name is Rogayle Franklin. I moved into Beaumont semi-retired a few years ago. I didn't know many people and my choice to learn to play Party Bridge was one of the best decisions I've made. I found a whole circle of new friends and filled my calendar with different things to do. Today I enjoy playing, because it's such a good way to make new friends and visit with people from different backgrounds. As a bonus, its been a very good exercise for my mind. Some people think Party Bridge is difficult and everyone is serious. It is confused with Duplicate Bridge, which is quiet, more challenging and very competitive. You would see and hear the difference if you visited both games---most of the time the laughter and talk would tell you right away its the Party Bridge you are seeing.

-Rogayle Franklin (Social Bridge Helper)



Meet the Boot Scooters! We make new friends and everyone enjoys dancing. We have a common interest of dancing. We enjoy the camaraderie, each other's company, and it gives us the opportunity to meet new people. I agree that instead of being simply dancers, we have become more like family.

-Barbara Turner (Boot Scooter Leader)



# BYC NEWS

## AARP DRIVING

**August 20, 2015**

8 am- 12 pm in the back meeting room with Joyce Gonsulin

Not for traffic fines

Will reduce most insurance

RSVP: 838-1902

\$15 for AARP members

\$20 for non-AARP members

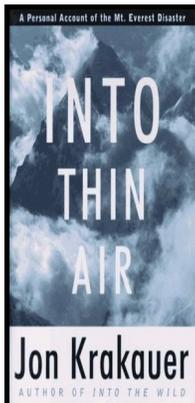
## GARDEN TIPS

Garden Tips meets every 2nd Thursday of the Month at 10 am.

Mittie Still and Vida Hawn are Master Gardeners. They can answer most plant questions you may have.



## BOOK CLUB



Book Club will meet in September on Friday the 11th at 10:00 am. The book for September is *Into Thin Air: A Personal Account of the Mount Everest Disaster* by Jon Krakauer. Join Geri Roberts, from the Beaumont Public Library, in the BYC Library.

## SPANISH LEVEL 1 & 2



Best Years Center will be welcoming Instructor



Lupe Guadarrama to instruct Level 1 and Level 2 Spanish classes. The classes will begin on September 8th every Tuesday and Thursday

**10:00-11:30 am.**

RSVP: 838-1902



## WOUNDED WARRIORS

Quilting Projects

**Contact:** Lavetta Sturdivant at 838-1902

**Project Day:** Monday's at Best Years Center  
9:00 am - 2:00 pm

Bring a snack lunch!

You can also learn to quilt!

Some quilts will be tied.

Come Join us! Help us, Help Others



## GIFT SHOP

If you want to know what is selling lately, you can be assured that those Kimonos/vests are the hot item. Also purses have been purchased at an amazing rate. One question we hear frequently is "Do you have anything new?" Well, that's unnecessary because we have a steady stream of merchandise coming in weekly. That's why we suggest you come in often just to see what's new. We will be displaying lots of those "glitzy caps" at a price that's amazing. From the feedback we get from customers, they are proud to tell others that their purchases came from our shop. We always enjoy your visits so stop by every chance you get!



## Golden Inspirations



*The Golden Inspirations are gearing up to perform their dance to the song...*

*"I'm Proud to be an American".*

## SUMMER FOOD

Summer food continues to thrive and serve over 350 lunches daily. One of the blessings each year, is that some of our wonderful Best Years Center participants agree to work in the program. This year working in the program are Ruthie Jones who works out in the gym, Ruby Broussard, another gym enthusiast, Cheryl James who goes on day trips, does Zumba and works out, Elenora Chaisson a crocheter, and our own Toni Leger who leaves the front office for the summer to run the summer food program with Dr. Queen. Two BYC seniors are incredibly valuable volunteers, Ester Nixon and Goldy Rideaux.



# HEALTH AND FITNESS TIPS



## The Benefits of Quiet for Body, Mind and Spirit



Ironically, in an age when you can watch a movie, download music, talk to friends in Japan or order groceries with just a few mouse clicks, the one commodity you can't dial up is quiet, and the inner stillness that lies beneath it. And yet it's more important for our mental, physical and spiritual health than almost anything. Doctors, preachers and teachers of most spiritual traditions agree that regular retreats from both outer and inner noise is essential for human health and happiness. Why? It all comes to the S word: stress, believed to be a factor in every modern disease and malady.

Stress comes not just from too much work and not enough control, but also from the constant onslaught of daily stimulation: emails, phones and all manner of entertainment and distraction. The best antidote is the cheapest—and the hardest to come by. Yet the benefits of just sitting and breathing and ignoring your thoughts and worries for even a few minutes a day can boost your immune system and cause enough attitude adjustment to jumpstart a whole lifestyle change. From baby boomers to



senior boomers: healthy and fit. The first wave of baby boomers are turning 65 years old this year and becoming "senior boomers" and Medicare-eligible. In fact, more than 10,000 baby boomers a day are now turning 65—that's one every eight seconds, a pattern expected to continue for the next 19 years. "We need to become activists in promoting healthful behaviors and try our best to remain active and healthy the rest of our lives."

### Web Sites For A Healthy Motivational Tips & Recipes!

[www.parentgiving.com/elder-care/10-essential-health-tips-for-seniors/](http://www.parentgiving.com/elder-care/10-essential-health-tips-for-seniors/)

<http://kblog.lunchboxbunch.com/>

[www.cdc.gov/arthritis](http://www.cdc.gov/arthritis)

Long gone are the days when health care providers told people with arthritis to "rest their joints." In fact, physical activity can reduce pain and improve function, mobility, mood, and quality of life for most adults with many types of arthritis including osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Physical activity can also help people with arthritis manage other chronic conditions such as diabetes, heart disease, and obesity. Most people with arthritis can safely participate in a self-directed physical activity program or join one of many programs available in communities across the country. Some people may benefit from physical or occupational therapy.



# TECHNOLOGY NEWS



## **Introduction to Androids**

Fred Young will be teaching Introduction to Android Phone and Tablets in the Computer Room on Mondays (August 31– October 12) from 10:00—10:30 am. There will be **No Class** held on Labor Day. If class needs to be missed, Please consult with Fred Young.

## **Introduction to Windows 7**

Fred Young will be teaching Introduction to Windows 7 in the Computer Room on Mondays: (August 31– October 12) from 10:45—11:45. There will be **No Class** held on Labor Day. If class needs to be missed, Please consult with Fred Young.

## **Microsoft Excel**

Bettie Nixon

August 5– September 23, 2015

Wednesdays, 2pm– 4pm

## **Keyboarding and Microsoft Word**

Instructor: Jean Williams

July 9– August 27, 2015

Thursdays 10 am– 11:30 am

## **Introduction to Email and Internet**

Instructor: Marian Pekar

Tuesdays 1:30-3:30— Starting September 8

You must pre-register in the front office for any computer class. Payment must be made at time of registration to ensure your spot in the class. Class size is limited to 12. There is a \$5.00 non-refundable fee for every computer class, unless otherwise stated by a BYC staff member or computer class instructor. \$5 is the fee for a book if the class requires it

# Creative Drama



**Mary and Neil Early**

Are leading a

## **Creative Drama & Improv**

### **Workshop**

**11 August 2015**

**1pm — 4pm**

**Best Years Center**

**780 S. 4th Street**

**Beaumont, TX**

**409.273-5751**





# DISCOVERING OUR CREATIVITY IN CERAMICS CLASS!



**ODE TO A WORM**  
 Ooey Gooley was a worm,  
 A mighty worm was he.  
 He sat upon a railroad track,  
 A train he did not see.  
 Ooey Gooley!  
**Author Unknown**  
<http://www.woosworms.com/>



# Volunteer Voices



Looking for an exciting and fun way to give back to the community? Join the Volunteer Voices of Beaumont, and you will have the opportunity to do just that.

Volunteer Voices is a group of senior citizens who are a part of the Best Years Center. The group has been singing and sharing since the year 2000. We are a group of people who gather each Tuesday at noon, practice singing, and then go to a different Retirement Center, Nursing Home, or Special Needs Center to sing. Songs that are sung are ones that bring back special memories of days gone by, songs that you can sing- along- with, tap your foot, clap your hands, and enjoy. We do ask that each of our group take a few minutes to also visit with the residents.

To participate, the singers do not have to be able to read music – just be good-humored. But if you want to learn how to read music, free classes are offered on Tuesday from 10:30 a.m. – 11:30 a.m. in the choir room.

The Volunteer Voices group already has their schedule of performance for August through December. The first rehearsal is **18 August at Noon** in the **Music Room** at the **Best Years Center**. Come, join the fun, use your talents, and share the joy of music with others.

If you have any questions, please call Mary or Neil Early at 409-273-5751 or [mnearly@bayou.com](mailto:mnearly@bayou.com).



**Join the Choir...**  
**You'll Be Glad**  
**You Did!**

## **ATTENTION!**

Rehearsals begin at Noon on Tuesdays. Perform at 1:30pm.

We perform at varying locations as indicated above. Please note that rehearsals are important. Our dress is white shirt/blouse and black skirt or slacks. We are a team. Each member is crucial to the success of this outreach.

*Mary Early, Director*



## DAY TRIPS

### First Thursdays on Calder Avenue

Date: August 6th

Meet together to listen to music, dining, and shopping at the Mildred building .

1495 Calder Ave Beaumont, TX

Arrive / Depart: Traveling in personal cars

Meet: 5:00 PM

Cost: Music is Free; bring money for shopping and dinner.



### Clifton Steamboat Museum and Doug Nelson's Barbeque

Date: Monday, September 21

Where: Fannett Hwy

Arrive: 9 am

Depart: 9:30 am

Cost: Museum \$3.00 / Meals range from \$10.00 – \$20.00

Van Fee: None

Details: Depart and make a stop at the Ben J. Roger Regional Tourism center. Hear any updates on local tourism attractions. Tour the steamboat museum 11:00am – 12:30pm. Either go to or have lunch delivered by Doug Nelson.



### Walk to End Alzheimer's

Date: Saturday September 19

Where: Westbrook High School

Registration: 7:00 am / Ceremony: 8:00 am/

Walk: 8:30 am

The Best Years Center team led by Vergie or sign up your own team to walk at alz.org/walk

Trip Details:

Meet and travel in personal cars.



### Three Fun Museums & Buc-ees

Date: Thursday August 27

Where: Art Car Museum in the Heights, Health Museum, and Houston Museum of Natural Science to include a fun stop at Buc-ees in Baytown.

Arrive: 8:00 am

Depart: 8:30 am

Cost: Museum: Free, You will need shopping monies for Buc-ees, lunch and snack monies.

Approximately: \$30.00 ... on your own!

Van fee: \$10.00

Trip Details: Travel to Houston with a stop for snacks at Buc-ees about 10:15. Travel to the Art Car Museum in the Heights area with a little driving through the area to observe the healthy trendy urban lifestyle in this beautiful part of Houston. Eat at Taco Cabana for authentic Mexican food with healthy choices. Arrive at Health Museum in the center of downtown by 2 pm. Travel a short walk to the Natural Science Museum by 3 pm, tour and return to Beaumont before dark.



Other possible dates and tours for 2015: October 9 Friday Lufkin Zoo; October 17 Saturday Open Studio Beaumont Art League; November 20 Friday Big Thicket Picnic; December Extended Overnight Natchitoches Holiday and possible Dickens on the Strand or Woodlands, again if there is an interest.

# EXTENDED TRIPS

**BEST YEARS CENTER PRESENTS**

## Albuquerque & Santa Fe



### LAND of ENCHANTMENT

**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in the Albuquerque area
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ GUIDED TOUR OF SANTA FE
- ◆ Visit to the NEW MEXICO VETERANS' MEMORIAL
- ◆ GUIDED TOUR OF ACOMA PUEBLO also known as SKY CITY
- ◆ Ride on the SANDIA PEAK TRAMWAY
- ◆ Visit to OLD TOWN ALBUQUERQUE
- ◆ For more pictures, video and information visit: [www.GroupTrips.com/BestYearsCenter](http://www.GroupTrips.com/BestYearsCenter)

**\$559 \***

**7 DAYS 6 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

**(Mon - Sun)**

**October**

**12 - 18, 2015**

**Departure: Best Years Center, 780 S 4th St, Beaumont, TX @ 8 am**

**Day 1:** Depart your group's location in a spacious, video and restroom equipped motorcoach, enjoying the great scenery along the way. Then, settle into a comfortable en route hotel for a good night's rest.

**Day 2:** Start your day with Continental Breakfast before departing for your beautiful destination, the "Land of Enchantment." Upon arrival, enjoy a relaxing Dinner and check into your Albuquerque area hotel for a four night stay.

**Day 3:** After Continental breakfast, visit ACOMA PUEBLO, a hilltop village also known as SKY CITY, which has been home to Native Americans for over 900 continuous years. You will enjoy a GUIDED TOUR of this ancient village, where they still live simply in a lifestyle that dates back centuries. Tour their "San Esteban del Rey" mission, and browse their authentic crafts and food offerings. Then, depart for the NEW MEXICO VETERANS' MEMORIAL, an expansive, brand-new memorial honoring many aspects of Veterans' experiences and sacrifices. Tonight, enjoy Dinner and Entertainment.

**Day 4:** Today, after a Continental Breakfast, depart for the legendary city of SANTA FE, where artistry and beautiful Southwestern architecture surround you. You will enjoy a GUIDED TOUR of SANTA FE. This afternoon you will visit the vibrant SANTA FE PLAZA, where artisans sell their own handmade works, amidst Santa Fe's most historic sites. See the grandeur of the SAINT FRANCIS CATHEDRAL. Enjoy Dinner before returning to your hotel this evening.

**Day 5:** After enjoying a Continental Breakfast, begin your day in the beautiful SCULPTURE GARDENS at the ALBUQUERQUE MUSEUM – and inside, learn a brief history of the city. Then visit OLD TOWN ALBUQUERQUE, a historic area with old Southwestern charm, where unique shops and cafés abound. Next, you will gently soar over the mountains in the SANDIA PEAK TRAMWAY. The enclosed tramway takes you 2 miles up to the stunning mountain peak, to see one of the most beautiful views in all of New Mexico. Tonight, enjoy a relaxing Dinner before returning to your hotel for the evening.

**Day 6:** Enjoy a Continental Breakfast before leaving for the American Quarter Horse Hall of Fame & Museum in Amarillo, TX. This evening, relax at your en route hotel.

**Day 7:** Today after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

**ADD PEACE OF MIND TO YOUR TRIP...**

With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$180 for single occupancy. Final Payment Due: 8/5/2015

**FOR INFORMATION & RESERVATIONS CONTACT:**

Lillie Cobb @ (409) 838-1902

Please pay in full, make checks payable to: Diamond Tours



St Francis Cathedral in Santa Fe



Native Southwestern Culture and Crafts



Breathtaking Views of the Sandia Mountains



New Mexico Veterans' Memorial



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# COMMUNITY EVENTS

## ***Beaumont Farmer's Market***

August 1, 2015 - December 19, 2015

## **Beaumont Athletic Complex**

950 Langham Road Beaumont, TX 77707  
8:00 AM - 11:00 AM

The Beaumont Farmer's Market is held each Saturday, March through December, and is a place where the Southeast Texas community comes together to meet and support local farmers.

Visitors can expect locally grown produce, goat milk body products, grass-fed beef, coffee, locally baked breads, goat's milk cheese, entertainment and more. Vendors are all within a 150 mile radius of Beaumont, Texas. During the weekly-held farmer's market, vendors are set up on the basketball court of the Beaumont Athletic Complex. Please bring small bills to buy from local vendors & follow the Beaumont Farmers Market on Facebook for updates each week.

## ***Will-Amelia Sterns Price: Mike's Road***

April 25, 2015 to August 30, 2015

## **Art Museum of Southeast Texas**

500 Main St.  
Beaumont, TX 77701  
409-832-3432  
9:00 AM - 5:00 PM

Open at 10:00 AM on Saturday & 12:00 PM on Sunday. Free admission. Suggested donation, \$2.00 Born in Denison, Texas in 1907, Will-Amelia Sterns Price was a major figure in the development of Beaumont's art scene. This exhibition includes paintings and drawings by Sterns Price focusing on her time in Taos, New Mexico. Sterns Price assisted in the founding of the Beaumont Art Museum where she taught anatomy and life-painting classes.

## ***Neches River Adventures Boat Tours***

August 1, 2015 - November 21, 2015

## **Beaumont Riverfront Park**

805 Main Street  
Beaumont, TX 77701  
409-651-5326

10:00 AM - 12:00 PM  
Adults, \$15. Children (Under 12) & Seniors, \$10.  
Children (Under 3), Free.

Sail aboard the Ivory Bill to learn about the unique ecosystems along the Neches River with their dense bottomland forests of hardwoods and pine trees. The area is home to more than 200 tree species, 47 mammals, 300 birds and many reptiles and amphibians. Reservations required. Private charters available. Owned and operated by the Big Thicket Association.

## ***September 11, 2001: A Timeline***

August 5, 2015 - September 30, 2015

## **Fire Museum of Texas**

400 Walnut  
Beaumont, TX 77701  
409-880-3927  
8:00 AM - 4:30 PM

Free admission.

September 11, 2001: A Timeline," is a temporary exhibit on loan from the New York State Museum chronicling the events of September 11, 2001

The information about events may be found at [www.beaumontcvb.com/events](http://www.beaumontcvb.com/events)

# WEEKLY SCHEDULE

## MONDAY

8:00 am	Low Impact Aerobics
9:00 am	Ceramics, Crochet, Zumba
9:30 am	Exercise-Line Dancing
11:00 am	Tai Chi
12:00 pm	Bridge

## TUESDAY

8:00 am	Jazz And Tap
10:00 am	Water Aerobics
12:00 pm	Volunteer Voices
12:30 pm	Line Dancing- Beginners
2:30 pm	Line Dancing-Advanced

## WEDNESDAY

8:00 am	Low Impact Aerobics
9:00 am	Ceramics, Crochet, Zumba
9:30 am	Exercise-Line Dancing
10:00 am	Water Aerobics (Alice-Keith Park)
12:30 pm	Golden Inspirations
1:00 pm	Ballroom Dancing

## THURSDAY

10:00 am	Water Aerobics (Alice- Keith Park)
11:00 am	Tai Chi
12:30 pm	Line Dancing- Beginners
1:00 pm	42 Dominoes
2:30 pm	Line Dancing-Advanced (Boot Scooters)

## FRIDAY

8:00 am	Low Impact Aerobics
9:00 am	Quilting
9:00 am	Chair Dance
10:00 am	Water Aerobics (Alice- Keith Park)
12:00 pm	Bridge
1:00 pm	Duplicate Bridge

## MONTHLY ACTIVITIES

2nd Thursday	Garden Tips
2nd Friday	Book Club
3rd Thursday	Low Vision Support