

Stay young ! Get involved !



the
TASCA Tally

GREETINGS!

Dear Friends,

Happy New Year! I hope that you had a great holiday with family and friends. It was nice to see so many of you at the different Christmas events we held during December. Now that we are looking forward to a new year, I have a couple of challenges for you. Consider all the different activities that TASCA has to offer and pledge to try something new! You could learn to speak Spanish, scrapbook, play Bridge, Mexican Train, or "42". Get moving with Exercise or Yoga. Learn to Line Dance, Round Dance, Ballroom Dance or Country/Western Dance. Attend a special Potluck Dinner, Monthly Dance, Bluegrass Jamboree or Lone Star Singles Event. We also have a library and TV Room with a computer available for your use. So bring a friend and do something different. We have many opportunities for you! Don't forget to sign up early for events to secure your space. Popular programs fill up quickly. My second challenge is to tell a friend about TASCA and bring him/her with you to TASCA. They will thank you later for giving them the opportunity to get involved with special TASCA friends.

We look forward to seeing you soon!

Warm Regards,

Billie

TASCA STATS

It has been a busy year for TASCA. Here are a few facts and figures:

- ◆ Participation was over 13,000 in 2010. That's an average of 1,092 separate occurrences per month of people coming in to TASCA for an event or activity
- ◆ Over 20 different classes and ongoing programs were offered on a monthly basis at TASCA throughout the year, with an additional 5 special events per month
- ◆ Close to 4,000 newsletters were sent out
- ◆ An additional 2,000 newsletters and notices were sent via email to non-members.
- ◆ Volunteers gave over 3,720 hours of management support and 4,960 hours of other support for a total value of \$285,200.
- ◆ Membership increased 40% after moving into the new building.

INCLEMENT WEATHER POLICY

During the winter months, TASCA has an inclement weather policy. When the Smith County or Cherokee County Schools are closed due to weather conditions, the TASCA Activity Center will be closed. Local television and radio stations will list the latest school closings.

REMEMBER TO SIGN IN

Please sign in each time you come to the TASCA Activity Center on the sign-in sheets located in the Sign-In Book. This allows TASCA to keep track of the games and activities that are popular with members and helps identify those that might need to be cancelled or changed. Check with one of the TASCA staff if you cannot locate the sign-in sheet for the activity you are attending.

COUNTRY/WESTERN WALTZ and EAST COAST SWING DANCE CLASSES

The East Coast Swing Dance Class and the Country/Western Waltz Dance Classes will be restarting in January.

The East Coast Swing will be held on Monday afternoons from 4:00—5:00 PM, beginning on January 10 and continuing on January 17th and January 24th. Cost for the three classes will be \$15 for TASCA members, \$21 for non-TASCA members.

The Waltz will be offered on Tuesday evenings from 6:00 to 7:00 PM starting on January 4 and continuing on January 11th, 18th and 24th. Cost for the four classes will be \$20 for TASCA members, \$28 for non-TASCA members.

Pre-registration is required for both classes and will not be held if enough people are not registered. Dwain and Kay Spradlin will be teaching both courses.

POTLUCK DINNER ENTERTAINMENT

TASCA members received royal treatment at the December Potluck Dinner. Gospel Singer, Mary Ann Meskimen, wowed the audience with traditional and new Christmas songs. It was truly a night to remember.

Time spent at the January 4 Potluck Dinner will be well worth it also. TASCA is indeed fortunate to have Judith Lynne,

a well known US and international singer, as our guest for this event. Judith Lynne has showcased at the Tennessee Country Music Alliance, has received numerous country music awards, has done concerts, radio and television shows and has several recordings to her credit. And she has agreed to perform for us. So, cook up your favorite dish and

come join in the fun and fellowship as we celebrate the start of another great year! Dinner starts at 6:00 PM.



NEW SPANISH CLASS FOR BEGINNERS

Beginning on Thursday, January 6, a Spanish Class for Beginners will be offered at TASCA. The class will be on Thursdays from 1:30 to 2:30 PM. The class currently held on Thursdays at 12:15 will continue for the more advanced. Please contact the TASCA office to register for the Beginner's Class.



TASCA MEMBER MARY BURNS TURNS 95 !

Over 120 TASCA members and friends sang Happy Birthday to long time TASCA member, Mary Burns on her 95th birthday—December 18, 2010 at the monthly dance. Nieces, nephews, other relatives and many friends celebrated this momentous and joyous occasion with Mary. A giant birthday cake was presented and shared by all.



Mary was quite popular the whole night long, favoring many partners with a quick step or two. TASCA President, Chris Antal, was one of the lucky ones to enjoy a dance with Mary—TASCA's very own special lady!



BLUEGRASS JAMBOREE

Did you know??? “The term “bluegrass music” is derived from the great country artist Bill Monroe and his band The Bluegrass Boys. Some people believe that bluegrass dates from 1939 when Monroe first organized The Bluegrass Boys. Others believe bluegrass dates to 1945 when Bill hired Earl Scruggs to play his original finger picking style of banjo. The strong influence of the early great bluegrass bands created a tradition that allows only the following instruments to be used in a true bluegrass line-up: guitar, 5-string banjo, mandolin, fiddle, string bass, and dobro.”

And, did you know?? One of the gentlemen who played with Bill Monroe when “bluegrass” was first being invented comes to the TASCA

Jamboree. Yep! None other than the fantastic Mr. Earl Garner! Earl comes and plays his fiddle and just makes every one want to get up and dance, or holler, or sing or just move!!! Earl is soooo good! He is a champion fiddle player several times over. Earl will be

at the next TASCA Bluegrass Jamboree on January 8 with his band, The Outhouse Boys. Other bands appearing on the 8th at TASCA include East Bound Express, Jasper Junction and our own Country Grass.



Over 170 people attended the Bluegrass Jamboree held at TASCA on December 11. Bands for the evening included Country Grass, Rhones Quarter Bluegrass, Church Hill Bluegrass and Earl Garner and the Outhouse Boys.

Whether you like to bring your own instrument and join in the fun, or whether you just like to sit back and listen to the rhythm and sounds—you need to come join in the fun at the next Jamboree. If you haven't been to one, you owe it to yourself to test the waters! You'll be glad you gave it a chance!

NEW GROUP AT TASCA

Interested in making some changes for the New Year? Come try the new Peace Tribe Healing Circle. Held on Thursday nights from 6:00-8:30 PM, starting January 20, a new opportunity will be available at the TASCA Activity Center that demonstrates how to magnetically attract everything from radiant health, to abundance and joy into your life. Centered around the "Intention Process," the simple philosophy is to say "I intend" and then follow it up with whatever it is that you desire. It could be anything! You could intend to heal yourself of a health issue or you could intend for world peace. Since there are no limits on what you can think about, there are no limits on what you can intend! Using the correct phrasing is important, and that is what you'll learn at these meetings.

Try this affirmation first thing each morning before you get out of bed, "I intend that I have an awesome day today". . . and see how that affects your day! The International group "Intenders of the Highest Good," has created a friendly format which also includes a Potluck Dinner, and a Drumming Circle along with some chanting. Bring a drum or rattle and a cheerful attitude. Meetings are FREE to TASCA members and will cost \$2 for visitors. Call Dawn for more details at 903-752-3458. Check out the website: www.intenders.com for more information on this enlightening and constructive new approach to adding more positive actions in your life.

"42" LESSONS TO START

Starting on Wednesday, February 2 from 9:30 to 11:00, TASCA member, Hazel Edwards will be teaching "42" Lessons. An avid "42" player, Hazel donated the original dominoes first used at TASCA. She has taught several classes in Bullard and is looking forward to bringing this fun game to those who haven't had an opportunity to learn. "42" is played on Mondays and Wednesdays at TASCA. Class graduates are encouraged to join either, or both, of these TASCA "42" groups when they become comfortable with the game!



WANT TO SCRAPBOOK?

Starting on Monday, January 10, scrapbooking/ card making classes will be offered at TASCA from 10 to noon. Classes will be held every Monday and will be taught by Jerri Gowen. Two note cards or a scrapbook page and a note card can be made for \$5. Envelopes will be provided for each note card made. This is just in time to make personal cards for your special Valentine.

Make up a bunch and give them as gifts for birthdays or special days. Or, start that special scrapbook for your grandchildren that only you can make!



Bluegrass Jamboree

Saturday

January 8, 2011

Jamming 3-5:30 PM

Live Bands & Show 6-10 PM

TASCA Activity Center



Bands:

East Bound Express

Jasper Junction

Earl Garner and the Outhouse Boys

Country Grass



Members—\$2
Guests—\$3



A SPECIAL THANK YOU !

A special thank you goes out to Jordan Home Health Services for providing some of the refreshments at our monthly December Dance. It is only through the generous contributions of community partners such as this that enables TASCA to provide such an array of events and activities for East Texas citizens! Thank you Jordan's!

SOCK HOP IN JANUARY

Make plans now to attend the TASCA Sock Hop on January 22 at the TASCA Activity Center. Doors open at 6:30 PM. "The C" (otherwise known as Dale Cummings), local singer, recognized and loved for his singing of music of the 50s, 60s and 70s will take us back to the "sock hop" era from 7 to 9 PM. Put on your bobby socks, poodle skirt, or leather jacket, roll up your old blue jeans and come join us as we re-visit those fun times! Save room for a chili dog, hot fudge sundae or root beer float. Admission will be \$6, with a \$1 discount for TASCA members



LONE STAR SINGLES

Coordination of the Lone Star Singles Group has been assumed by Wanda Barber. A special big thanks goes out to Sue Herrington and Frances Miles for the countless hours they have contributed to managing the group, selecting new places to meet, notifying all the members and just pulling the pieces together. The group has decided to meet on the 3rd Thursday of each month, starting in January. January's meeting will be at Mercados on Loop 323 at 6:00 on the 20th. Each month they will meet at a different restaurant in the area. All single adults are invited to participate, as well as those whose partners are out of town, off at sea or elsewhere at the moment! For more information about the group, contact Wanda Barber at (903) 566-4211.

GET IN SHAPE IN 2011

Keep those new year's resolutions by attending Exercise Classes at the TASCA Activity Center on Wednesday and Friday mornings from 9:30 to 10:30 AM. A total body workout using hand-held weights, tubing, balls and aerobic exercises is offered by Charretta Jeffers, a certified Senior Fitness Instructor. Targeting specific problem areas and working towards improving bone density, balance, posture, strength and endurance, Charretta follows a rotational cycle of exercises and equipment. Everyone is invited to attend the sessions. Fees for TASCA members is \$4 and \$5 for non-members per class.

YOGA WITH MARY

Explore the benefits of a deep stretch to strengthen the muscles, a deep breath to strengthen the heart and concentration to strengthen the mind. Any BODY can do it, young or old, big or small, male or female. Discover the health benefits it holds for you. Yoga is ideal for all ages and body types. It is conducted by TASCA member Mary Popelar on Monday mornings from 9:00 to 10:00 AM. TASCA members attend for free. Fees for non-members are \$1 per class. Wear exercise attire and bring a mat or towel to lie on.

INFORMATION NEEDED

One of TASCA's goals for 2011 is to develop procedures and guidance that will help our organization grow and be the one place that East Texans can turn to when looking for someplace to go that offers fun, fellowship and just good times. In doing that, we need your help. Please contact the TASCA office with any of the following information:

- * Names of a person or group that could provide entertainment at our monthly potluck dinners
- * Sponsorship of a person to join TASCA who might not otherwise be able to afford it
- * Sponsorship of refreshments at our monthly dances, special events or ongoing activities
- * Donation of door prizes for special events throughout the year
- * Names of people who might be interested in joining TASCA
- * Names of people whose spirits could be lifted by receiving a card or note.
- * Names of people who would be interested in volunteering at local agencies (including hospices, nursing homes, etc.)

TYLER AREA SENIOR CITIZENS ASSOCIATION

PO Box 131540

Tyler, TX 75713

RETURN SERVICE REQUESTED



www.tasca.org

**Potluck Dinner &
General Business Meeting**
Monday, January 3, 6:00 PM
TASCA Activity Center
10495 CR. 2167



Bring a dish to share!



Entertainment by:
Judith Lynn
Singer

*(please help with the overloaded
parking conditions by parking on the
grassy area behind the building)*

Happy New Year



TASCA OFFICE HOURS

Monday—Thursday 10:00 AM—4:00 PM

Friday 9:00 AM—11:00 AM

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