



## THE CONNECTION CIRCLE

Beginning on August 3, TASCA will offer a bi-weekly group for anyone who would like to “connect” with other seniors for conversation and coffee (or tea). This will be a casual social gathering where you can come and share what’s on your mind; meet others; decrease loneliness and increase well-being. This group will not have a preconceived agenda, but will generate topics based on the members’ current interests. Some possible topics are growing older; coping with health changes; changes in our support system; relating to children and grandchildren; and alterations in our daily lives. It is hoped that group members will find support and friendship while increasing personal satisfaction with life. The group will meet on Monday mornings from 9:30 until 11:00 AM and on Wednesday afternoons from 1:00 until 2:30 PM. Contact the TASCA office if you have issues you would like included in the first session, or if you have questions about the group.



## OKTOBERFEST & FALL FAIR— SAVE THE DATE

Thanks to the TASCA Triple Steppers line dance Group, the Spanish class and the Mah Jongg Group for making a commitment to Oktoberfest and Fall Fair. The TASCA Triple Steppers, the Spanish Class and the Mexican Train group, hosted a wonderfully successful Mexican Fiesta in May and made \$3,000 for TASCA.

The Oktoberfest and Fall Fair will be held on October 21 and is a way for TASCA’s interest groups to make money for TASCA to offset the overhead they incur with their daily activities. We are asking every TASCA interest group who uses the building weekly to sponsor a booth/table of items to sell at the Fall Fair. Suggested items are Christmas decorations, collectibles, white elephant, baked goods, artwork, crafts, miscellaneous, etc. The sale will take place during the day and in the evening we will have an Oktoberfest dinner dance. Please let the TASCA office know that your group will participate and what you would like to sell at the Fair.

**THANKS to**  
**IntegraCare**  
Sponsoring June & July refreshments  
For the Monday “42” Group

## BRIDGE GROUP TO SELL TAMALES



The TASCA Bridge Group will be taking orders for homemade Hot Tamales during the month of August. Money raised from this endeavor will go towards the TASCA Group Challenge in the support of TASCA programs. Tamales can be ordered either ‘mild’ or ‘spicy’. Tamales will be available for pickup on Sep 2. Cost of tamales will be \$8 per dozen. Order forms are available at the TASCA Activity Center and must be turned in to the TASCA office by August 24. Payment will be accepted during order placement or at time of pickup.

## VOLUNTEERS NEEDED— INSIDE

Wondering how you can help? If you have expertise in any of the following areas and would be available to volunteer some time, please contact the TASCA office:

- Computer Support
  - Web Development
  - Facebook/Twitter/LinkedIn
  - Excel Spreadsheets
- Program Development
- Activity Coordination
- Photo manipulation
- Event Planning
  - Grand Opening
  - OktoberFest
  - Thanksgiving Celebration
  - Christmas Party
  - New Year’s Eve Party

## VOLUNTEERS NEEDED— OUTSIDE

We need lots of help in getting our grounds looking nice—weed eating the hills, cutting down the brush, mowing the fields in front, cleaning along the road, etc. If you could come work some mornings between 6:00 and 11:00, please contact Harry at the TASCA office. We’ll also be doing some type of landscaping soon, and we’ll need help with that.

## ROUND DANCE LESSONS TO BE HELD FOR BEGINNERS

Round Dancing is similar to Square Dancing in that it has a “cuer”, or caller. Most of the similarities end there. The type of Round Dancing taught at TASCA is closely related to social ballroom dancing. Each dance has been fully choreographed ahead of time, and the cuer tells the dancers, as they dance, what steps to do. As the music plays, the cuer calls each step in the choreography just ahead of the beat (so the dancers have time to respond). As a consequence, all the dancers on the floor are dancing the same steps at the same time. A Beginner’s Class will be held at TASCA starting in September. The Waltz will be the first dance taught during the classes. A free class will be held from 6:00—7:15 PM on Tuesday evening, Sept 6, to determine an interest level. Classes will be held every Tuesday after that and will cost \$15 for the 3 classes or \$18 for non-TASCA members. Ronda Siler, a long time dancer and certified cuer will be the instructor.

Advanced classes will be held each Tuesday from 7:30—9:00 PM, by Ronda, and will cost \$20 for 4 classes, or \$24 for non-TASCA members.

Pre-registration may be made through the TASCA office at (903) 871-3217.

## EVENING LINE DANCE CLASSES

Many TASCA members and others in the community have been asking for an evening Line Dance Class. Beginning on August 5, line dance classes will be offered every Friday evening from 5:00 til 7:00 PM. Classes will be taught by local dance instructor, Michael Martin. Michael brings extensive knowledge, as well as boot stompin’ fun to the dance floor! Partner, Susan Crane, will assist Michael in bringing this fun and popular dance to those of you who want to boot scoot and boogie! Classes will cost \$24 for 4 classes for TASCA members or \$28 for non-TASCA members. As well as being one of the most popular dances at local venues, line dancing is one of the best exercises for adults of all ages. Contact the TASCA office by Aug 2 to ensure your spot in these classes. Bring a friend—and come have fun!

## TASCA BALLROOM DANCE CLUB TO BEGIN

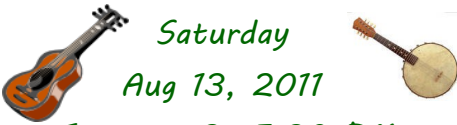
TASCA members are planning the formation of a new club—the Sans Souci Ballroom Dance Club. Sans Souci is French for “without a care” - what an appropriate title for this stage of our lives! This will provide yet another opportunity in the East Texas area for those who love to dance. Dances will be held throughout the year with members’ interests in mind. Members will participate in the planning and holding of club events. By joining TASCA, anyone can be a member of the group. Non-members will always be welcome, but they will have to pay non-member admittance fees to attend the dances.

The first dance for the club is scheduled for September 23 with Robert Cerbo at the keyboard. A Meet and Greet social will be held at 6:30, with refreshments furnished by Doris Valentin. The dance will start at 7:00 and will cost \$14.50 per person. Guests are welcome for \$18.50 per person. The dance will be held in the beautiful new auditorium at the TASCA Activity Center.

The December dance will be held in conjunction with the New Year’s Eve Party on December 31. Beginning in 2012, dances will be held the fourth Friday of each month with the exception of April, May, November and December. The April/May dance will be combined for a Cinco de Mayo dance the first week-end in May. The November dance will be the fifth Friday in November. A date has not been set for the December 2012 dance.



## Bluegrass Jamboree



Saturday

Aug 13, 2011

Jamming 3—5:30 PM

Show 6—10 PM

◆ Earl Garner, Carley & Friends

◆ Rhodes Quarter

◆ Cedar Creek

◆ Country Grass

Members—\$2  
Guests—\$3



## BALLROOM DANCE LESSONS TO RESUME IN SEPTEMBER

Ballroom Dance lessons will resume after the summer break. Dwain and Kay Spradlin will be back teaching on September 6. Classes will be held every Tuesday evening at 6:30. The Jitterbug, or Single Time Swing, will be offered in September, the Foxtrot in October and the Waltz in November. Each set of 4 classes will cost \$24 per person for TASCA members and \$28 per person for those who are not members. Pre-registration by August 23 is required and a minimum number of students must be enrolled for the class to be held. Contact the TASCA office to sign up now.

*3rd Saturday Dance*  
*August 20, 2011 @ 7:00 PM*  
*Hoss Huggins*  
*& the Ponderosa Band*  
**TASCA Activity Center**  
**New Building**

### NOTICE

ALL TASCA MEMBERS ARE INVITED TO ATTEND THE TASCA BOARD MEETING. MEETINGS ARE HELD THE 2ND TUESDAY OF EACH MONTH AT 4:30 PM IN THE TASCA ACTIVITY CENTER.

### MEMORIALS

In memory of Jerry Mizener

From

Eloise McLeroy



Memorials or honorariums are a great way to honor loved ones and friends.

### Azalea Trails Assisted Living and Memory Care



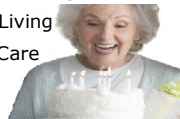
5550 Old Jacksonville Highway  
Tyler, TX 75703  
Phone: (903) 561-4307  
[www.azaleatrailsassistedliving.com](http://www.azaleatrailsassistedliving.com)

◆ Assisted Living

◆ Memory Care



A Capital Senior Living<sup>®</sup> Community



**FREE SEMINAR**  
**VETERAN'S BENEFITS**  
**SPEAKER: KARL LITTLE**  
**THU, AUG 25**  
**6:00 PM**  
**RSVP by Aug 16**  
**To (903) 561-4307**  
**(Refreshments served)**

## INTRODUCING a new HMO plan choice for affordable Medicare coverage.



Look for our five-star rating  
in the 2011 Medicare & You  
booklet or at [www.medicare.gov](http://www.medicare.gov)

*SeniorCare* (Cost) is now available in east Texas. For over 19 years, SeniorCare<sup>1</sup> has served central and west Texas, and now we're serving your area with Trinity Mother Frances and Palestine Regional. With SeniorCare, you get affordable premiums with co-payments as low as \$0,<sup>2</sup> preventive services at no charge and no lifetime maximum. Medicare Part D prescription drug coverage<sup>3</sup> is available, as well as hearing and dental. And you get personalized service, with local offices and a 24-hour Nurse Advice Line.

Call us in Tyler at 1-800-782-5068 for your FREE quote and to sign up for a FREE information session and HMO sales presentation.  
Or call TTY 1-800-735-2989 for hearing-impaired assistance.  
Monday – Friday • 8 am – 5 pm • [www.swhp.org](http://www.swhp.org)



*Trinity Mother Frances and Palestine Regional Medical Center contract with Scott & White Health Plan to bring you SeniorCare. Other providers are available in our network.*

<sup>1</sup>Medicare-approved HMO.

<sup>2</sup>Members must continue to pay Part B premiums.

<sup>3</sup>SeniorCare Rx (Cost) is separate coverage available at an additional cost.

*The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan. Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance may change on January 1, 2012.*

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H4564

**TYLER AREA SENIOR CITIZENS ASSOCIATION**

PO Box 131540

Tyler, TX 75713

RETURN SERVICE REQUESTED

www.tasca.org

**Potluck Dinner &  
General Business Meeting**

Monday, August 1, 6:00 PM

**TASCA Activity Center**

10495 CR 2167



Bring a dish to share!

Entertainment by:

**East Texas Cottonpickers**

**Singles' Dance**  
Friday  
Aug 12, 2011

**6:30 - 7:00 PM Line Dance Lessons Free**



Instructor:  
Michael Martin



**7:00 - 10:00 PM**

**Dance**

**\$6**



Music By:  
TASCA DJ



TASCA Activity Center  
10495 CR 2167  
Whitehouse, TX

(903) 871-3217  
[info@tasca.org](mailto:info@tasca.org)

**Sponsored by Scott & White**