



JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

FEBRUARY 2020

January Kick Off dinner was a celebration of JVSO's success over the last 2 years. Jo Hewett, President, described our accomplishments over the past 2 years and where we will go as we move forward supporting seniors in Jersey Village.



ARTS AND CRAFTS

Whether you do woodworking, sewing, sculpting with clay, making art is good for your mind and body. The act of creating can reduce stress and anxiety and improve your mood (Girija Kaimal, Drexel University).

JVSO will be offering several craft classes in 2020. A good opportunity for men and women to relax, socialize and reduce stress. The first one this year is making cards with Nancy Frankel. Sign up here:

<https://www.signupgenius.com/go/30e0e4aead2aa3fa7-make>



**CENSUS DAY
IS APRIL 1st**

The U.S. Constitution requires a count of everyone in the US once per decade. Each percentage point increase in the number that completes the Census brings an increase in funding for your area over the next 10 years.

Starting in March 2020 a Census will be mailed to each household. There are three ways to complete: 1) Online 2) phone call 3) send in mail.

You will be asked a few simple questions, like age, sex, and the number of people who live in your home, including children...

If you do not respond to the census by April, starting in May, the U.S. Census Bureau will follow up in person with households that have yet to respond.

Completing the census is mandatory.

It's your way to participate and say "I COUNT!"

- The U.S. Constitution mandates that everyone in the country be counted every 10 years.
- The results of the census are used in determining seats for state's House of Representatives.
- The distribution of more than \$675 billion in federal funds, and support to states, counties, and communities are based on census data. The money is spent on programs in your community.
- After each census, congressional and state legislative districts are redrawn for population shifts.
- Local governments use the census for public safety and emergency preparedness.
- Your responses to the 2020 Census are safe, and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency.
- The census will never ask for Social Security numbers, bank or credit card numbers, money or donations, or anything related to political party.



JVSO Meeting Locations Addresses:

~JMGC: Jersey Meadow Golf Course
 ~JVBC Jersey Village Baptist Church
 ~JVCC - Civic Center: 16327 Lakeview Dr.
 ~CC&T: Coffee, Conversation and Tech. @ JMGC

2-3-20 8:00 am Walking @ trail at JVBC
 2-4-20 1:00 pm Line Dancing at JVCC
 2-4-20 3:00 pm YOGA at the JVCC
 2-5-20 10:00 am Valentine Craft (register)
 2-5-20 1:00 am DOMINOES at JMGC
 2-6-20 **NO CHAIR YOGA.**
 2-6-20 Day trip to Ship Channel (register)
 2-7-20 8-9:30 am CC&T (drop in anytime)
 2-7-20 First Friday Presentation:
 JVSO member Dick DiMartile will discuss the organization and structure creating a Family Cook Book and provide basic instructions on preparing your own book.

2-10-20 8:00 am Walking @ trail at JVBC
 2-11-20 1:00 pm Line Dancing at JVCC
 2-11-20 3:00 pm YOGA at the JVCC
 2-12-20 8:00 am JMGC Putting Clinic (more information to right)
 2-13-20 3:00 pm CHAIR YOGA at JVCC
 2-13-20 6:00 pm Monthly dinner at JMGC

2-14-20 HAPPY VALENTINE'S DAY

2-14-20 8-9:30 am CC&T (drop in anytime)
 2-17-20 8:00 am Walking @ trail at JVB
 2-18-20 1:00 pm Line Dancing at JVCC
 2-18-20 3:00 pm YOGA at the JVCC
 2-19-20 1:00 am DOMINOES at JMGC
 2-20-20 3:00 pm CHAIR YOGA at JVCC
 2-21-20 8-9:30 am CC&T (drop in anytime)
 2-22-20 11:00-2:00 Health and Wellness Fair (more information to the right)
 2-24-20 8:00 am Walking @ trail at JVBC
 2-25-20 3:00 pm YOGA at the JVCC
 2-26-20 3:00 pm Book Club February Book: The Red Address Book by Sofia Lundberg
 2-27-20 3:00 pm CHAIR YOGA at JVCC
 2-28-20 8-9:30 am CC&T (drop in anytime)



- March 6th First Friday presentation will be given by JVSO member Dick DiMartile on researching and creating a Family Tree.
- March 26th 2020 Day Trip Bayou Bend Gardens and Home tour

OTHER DATES TO REMEMBER:

City of Jersey Village Activities

- February 2nd 12-3 Farmers Market
- February 12th: JMGC is having a Golf Clinic. Call the golf course to register 713-896-0900. This month's skill is putting. Cost: \$10 per person
- Early Voting Feb. 18-28, 2020
 You can early vote while at the Health Fair on the 22nd.

Health & Wellness Fair



- February is American Heart Health Month, so get out and promote your own health. Jersey Village is pairing with JVSO to offer a Health Fair on February 22nd 11-2 at JV Civic Center. These and more will attend:
 - E-Waste: Bring old computers, printers, phones...to recycle e-waste.
 - Great Harvest Bread Food Truck
 - Nutritional talks
 - Methodist Hospital doctors, talk one on one.
 - Free fitness classes (4 between 11:00-2:00)
 - Fitness chats
 - Health organizations
 - Self Defense Strategies
 - And much more!

Declutter for the New Year

21 Day Step by Step Guide

Go through and get rid of things that are Old, Broken, Never Used, Duplicates, Unwanted

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|----------------------|--------------------|
| 1. TV Stand | 11. Your clothes |
| 2. Book Collection | 12. Spouse clothes |
| 3. Movies/CD's | 13. Kids clothes |
| 4. Bathroom cabinets | 14. Office desk |
| 5. Shower toiletries | 15. Med cabinet |
| 6. Makeup/Jewelry | 16. Fridge/Freezer |
| 7. Purse and wallet | 18. Pantry/Spices |
| 8. Hallway closet | 19. Under sinks |
| 9. Bedroom end table | 20. Utensils |
| 10. Junk drawers | 21. Dishes/Pots |