



JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

SEPTEMBER 2021

As you all know our organization is impactful thanks to the dedicated service and passion of our members. What you don't always see is how much work goes on behind the scenes to provide members with service requests, programs and organization structure. These people are the grease that keep the gears of our organization turning. There are too many people to mention but here are some highlighted areas that members and volunteers dedicate their time to help assist 180 JVSO members.



- ⌘ Each member SPOTLIGHTED in a newsletter is interviewed by a member/volunteer who then prepares a beautifully written biography of the member.
- ⌘ Volunteers regularly help members with changing lights, small household tasks, transportation or phone calls to check in.
- ⌘ A Steering Committee meets bi-monthly to make decisions on processes, membership, volunteers, programs, and general administrative tasks.
- ⌘ Members join committees and gather to plan different programs like dinners, day trips, the yearly calendar.
- ⌘ Members volunteer to facilitate events like book club, crafts, memoir writing, yoga, coffee, film club, golf event, cooking classes, and more.

Through all these volunteer hours, people give something of themselves while making a valuable contribution to the community and JVSO. It's a win-win!

PHONE CHARGERS



All JVSO member households should have received a lithium battery phone charger. Please be sure that you have yours charging to be ready in the case of an emergency or loss of power. If you have not received a charger for your home, yours is not working, or you are needing assistance on how to charge/use, you can contact us at 832-680-5158 or JVSOrequest@gmail.com. Directions for charging can be found on our website at

<https://jersey.helpfulvillage.com/documents/221/download>

BRAIN TEASER

1 safe s o r y	2 N bumpGHT	3 ejddeaud cake	4 Try Stand 2
5 o L D	6 TILL IME	7 JOB AN	8 Blood Water
9 P P O D	10 Big Big ignore ignore	11 KNEE light light	12 JUS 144 TICE



Although some JVS0 events are on hiatus, we continue to offer a variety of activities, in person and virtual. Feel free to make a personal choice when attending "in person" events and consider wearing a mask when appropriate.

9-1	8:30am	Walk at Carol Fox Park
9-1	3:00 pm	Film Club: VIRTUAL <i>Rose Island</i> on Netflix
9-2	3:00 pm	Chair Yoga at Civic Center
9-8	8:30am	Walk at Carol Fox Park
9-9	3:00 pm	Chair Yoga at Civic Center
9-9	7:00pm	Virtual TED Talk: <i>Looks Are Not Everything, Believe Me, I'm A Model</i>
9-13	5:00pm	Happy Hour at Brewery
Happy Hour specials for JVS0 members		
9-15	8:30am	Walk at Carol Fox Park
9-15	3:00pm	Film Club: VIRTUAL <i>Hunt for the Wilderpeople</i>
9-16	3:00 pm	Chair Yoga at Civic Center
9-22	8:30am	Walk at Carol Fox Park
9-22	11:00am	Virtual Cooking Class
9-23	3:00 pm	Chair Yoga at Civic Center
9-23	6:00pm	Dinner at Jersey Meadow Golf Course. Sweet treat provided by JVS0
9-29	8:30am	Walk at Carol Fox Park
9-29	3:00pm	Book Club at JMGC <i>When the Men Were Gone</i> by Marjorie Herrera
9-30	3:00 pm	Chair Yoga at Civic Center

STAY ACTIVE !

STAY HEALTHY !

STAY CONNECTED !

City of Jersey Village Activities

- 9-5 11-2pm Farmers Market
- 9-19 11-2pm Farmer's Market
- 9-20 7:00pm City Council Meeting

Pickleball, art class and more on JV calendar
<https://www.jerseyvillagetx.com/page/calendar>

TOP TIPS FOR UNWANTED TEXTS



Criminals have increasingly been sending text messages, sometimes called smishing or SMS phishing, which exploits people's tendency to treat text messages with greater urgency and it is difficult on smartphones to check validity of links.

1. Do not reply anything to text messages from unknown parties including questions as to the sender's identity, "wrong person", or requests to remove you from their list. These messages learn from such responses that they have reached a real phone/person and are likely to send you more spam or sell your phone # as a "verified" person.
2. Do not send private information via text messages.
3. Never reply to a message asking you to provide personal information. If you suspect the message is legitimate--example, you are buying a house and your real estate agent texts you a question--contact the sender by calling to provide the information.
4. Never change your password, make a payment, or perform other sensitive tasks because you were instructed to do so in a text. Always verify by calling the sender to confirm.
5. Keep technology up to date. Keep your phone's operating system and security software on the device up to date--regularly check for new versions and install updates. Also, remember to install apps and updates only from major app stores.
7. Do not share your cell-phone number on social media or anywhere online. This gives easy access to your phone number and information about you.
8. Never click a link sent to you via text message unless it is from a trusted sender.
9. If a single number is repetitive, you can go block the number on your phone.



1. Better Safe than Sorry
2. Bump in the Night
3. Pineapple upside cake
4. Try To Understand
5. Growing Old
6. Till the end of Time
7. An inside Job
8. Blood is Thicker Than Water
9. Pea Pod
10. Too Big To Ignore
11. Neon Light
12. Gross Injustice