

JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

JANUARY 2022



It's a new year and time to start JVSO's 5th year since kicking off in 2018. It is hard to believe 4 years have gone by. We have grown in membership from 36 in January 2018 to 183 in January 2022.

Although our monthly calendar is in this newsletter, and the weekly events are in the weekly email, you can go online and see our calendar of events anytime at this link: https://jersey.helpfulvillage.com/events. Bookmark it for easier access.

This online calendar gives a nice monthly view of all the JVSO activities, like the one below. Look how much JVSO offers in one month. Events are added all the time, so this would be the most up to date view of the calendar.



Spotlight

This month we are pleased to feature member and neighbor Buddy Wimberly in our Senior Spotlight, written by Barbara Swenson. Click the link below to get to know Buddy better. https://jersey.helpfulvillage.com/pages/10060-senior-spotlight

Your Recipe for Great Mental Wellbeing

- The six key ingredients to make you feel better every day -

Several members on JVSO Steering Committee attended a virtual National Village Conference in the fall. Sarah Lock, AARP's Senior Vice President presented on "How Community Supports Implementation of the Six Pillars of Brain Health". JVSO members in attendance were pleased to see a correlation between these pillars and the many activities offered in JVSO.

CHILL: Calm the body and mind. DO: Keep learning. Get creative. CONNECT: Build Relationships. MOVE: Stay active. Feel energized.

CELEBRATE: Find gratitude. Live best life. ENJOY: Practice self-care. Focus on fun.





	1-3	8:30am	Walk at Carol Fox Park
	1-5	3:00 pm	Film Club: VIRTUAL
		•	"Tick Tick Boom!"
	1-6	3:00 pm	Chair Yoga
	1-7	8:30am-10	Coffee and Conversation
		At Jersey Mea	adow Golf Course
	1-10	8:30am	Walk at Carol Fox Park
	1-10	5:00pm	Happy Hour
			Senate Ave. Brewery
	1-13	3:00 pm	Chair Yoga
	1-13	7:00pm	TED Talk:
	How to Make Stress Your Friend		
	1-14	8:30am-10	Coffee and Conversation
At Jersey Meadow Golf Course			
	1-16	11-2	JV Farmer's Market
	1-17	8:30am	Walk at Carol Fox Park
	1-19	3:00 pm	Film Club: VIRTUAL
			"The Shack"
	1-20	3:00 pm	Chair Yoga
	1-20	6:00pm	Dinner at JMGC
	1-21	8:30am-10	Coffee and Conversation
	At Jersey Meadow Golf Course		
	1-24	8:30am	Walk at Carol Fox Park
	1-26	3:00pm	Book Club – JMGC
Book: Children's Blizzard by Melanie Benjamin			
	1-27	3:00 pm	Chair Yoga at Civic Center
	1-28	8:30am-10	Coffee and Conversation
At Jersey Meadow Golf Course			
	1-31	TBD	Craft Day-Valentine Cards

STAY ACTIVE !

STAY HEALTHY !

STAY CONNECTED !

City of Jersey Village Activities



Senior exercise classes every Tuesday and Thursday 10:00-10:45am at the JV Civic Center. \$40/yr, pay at class or at City Hall.

- Farmer's Market Sunday, 1-16-22, 11-2
- 1-17 7:00pm City Council Meeting
- 1-21 Family Bingo (must register)
- 1-28 Adult Bingo (must register)

https://www.jerseyvillagetx.com/page/calendar

E V E N T S

JVSO Program Committee met in December and made a sketch of activities for this year. Here is a snapshot of what you will see in 2022, all planned and hosted by JVSO volunteers.

Walking Group ~ Film Club ~ Chair Yoga ~ Coffee, Conversation & Technology ~ Happy Hour ~ TED Talk ~ Monthly dinners at JMGC ~ Book Club ~ Game Days ~ Needlepoint Corner ~ Day Trips ~ Craft Days ~ Tour Golf Course ~ Memoir Writing ~ Cooking Class ~ Golf Classic ~ Bingo Nights ~ JVSO Dinners ~ Christmas Coffee ~ Community Shred Day ~ Parade Floats ~ and much more...

VOLUNTEER

If you have an idea for an event/craft you would like to facilitate, email your idea to jvsoinfo@gmail.com. It takes a village to put on all these events and we welcome anyone to facilitate a new activity.

Look at the pipes connected to beakers. The lower pipe connected with the first beaker is closed — the water won't go through it. With the closed pipes, it's beaker number 5 that'll fill up first.

