



JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

AUGUST 2020

JVSO Members,

Our future has many questions for which we do not have answers, but one thing we do know is that we are all in this together as a community, and we will get through it. Each month, despite days in quarantine, there are many activities, discussions, and progress towards supporting our members. Many things take place behind the scenes, but board members, steering committee and committee chairmen are thinking of ways to support members in their best interest.

The Program Committee met recently and some of the leads of different events are thinking of new ways to engage members. Day trips, crafts, dinners... how can we think "Inside the Box" to provide activities in a new way through technology.

We will continue to show unity for the country during this pandemic and give thanks to all dedicated essential staff who continue to put their lives at risk. Medical and emergency personnel, city workers, public works, truck drivers, grocery store workers, and many more, all working together to get through this unprecedented event.

IN LOVING MEMORY



WE ARE DEEPLY SADDENED TO SHARE NEWS
THAT JERSEY VILLAGE SENIOR OUTREACH
LOST A MEMBER THIS MONTH.

Linda VanDenBosch, JVSO yoga teacher, member and friend, passed away on July 18, after a short illness. She was a gentle, sweet person who enthusiastically shared her yoga expertise with JVSO and others. She loved her animals and in recent years rescued two cats and two dogs. Linda is survived by a sister, Donna Schier, and a niece. Expressions of condolences may be sent to her sister: Donna Schier, 3700 Legacy Drive, Apt. 12104, Frisco, TX 75034.

Nancy Frankel
Membership Chairman



CHAIR SUPPORTED YOGA

Why Yoga? How yoga combats aging!

The effects of aging may seem inevitable but studies support that practicing yoga may slow this process allowing us to "age well."

Join Jo Hewett, our JVSO Chair Supported Certified Yoga Instructor, for an insightful presentation on the many benefits of Yoga.

*Open to all members whether you are an experienced yogi or just wanting to learn more.

AUGUST 10TH 3:00PM

BRAIN TEASER

$$\text{Shoe} + \text{Shoe} + \text{Shoe} = 30$$

$$\text{Person} + \text{Person} + \text{Shoe} = 20$$

$$\text{Ice Cream Cone} + \text{Ice Cream Cone} + \text{Person} = 13$$

$$\text{Shoe} + \text{Person} \times \text{Ice Cream Cone} = ?$$



WEBINARS AVAILABLE DURING AUGUST

Others may be added throughout the month. Watch your weekly emails for links to the Zoom activities.

8-4	4:00 pm	Virtual Happy Hour
8-5	1:00 pm	Craft Day <i>Bird House hosted by Dick Dimartile.</i>
8-6	3:00 pm	Chair Supported Yoga
8-7	8:30 am	Coffee and Conversation
8-10	3:00 pm	Chair Supported Yoga Demo <i>A demonstration of chair yoga to see if it is right for you. Hosted by Jo Hewett.</i>
8-11	1:00 pm	Game: Bingo
8-12	3:00 pm	Film Club <i>Movie: Guernsey Literary and Potato Peel Pie Society</i>
8-13	3:00 pm	Chair Supported Yoga
8-14	8:30 am	Coffee and Conversation
8-18	11:30 am	Cooking Class Watch your email for information about dishes and ingredients
8-19	3:00 pm	Film Club <i>Movie: TBD</i>
8-20	3:00 pm	Chair Supported Yoga
8-21	8:30 am	Coffee and Conversation
8-25	1:00 pm	Game: Bingo
8-26	3:00 pm	Book Club <i>Book: Eleanor Oliphant is Completely Fine by Gail Honeyman</i>
8-27	3:00 pm	Chair Supported Yoga
8-28	8:30 am	Coffee and Conversation

If you have a skill, talent, recipe, game, or topic of discussion you would like to present in a Zoom class email Karie Lawrence at jvsoinfo@gmail.com to discuss.



City of Jersey Village Activities and News

The city of Jersey Village is starting to offer some activities.

- 8-2 12-3 Farmer's Market
- 8-17 6:00 City Council Meeting



Jersey Meadow Golf Club and Backyard Grill are open. You can get food take out or eat inside or on the patio.

Gulf Coast Regional Blood Center

TO MEET THE NEEDS OF THE COMMUNITY, THE BLOOD CENTER RELIES ON ABOUT **800 DONATIONS** EACH DAY.

About **1 IN 7** PEOPLE ENTERING A HOSPITAL NEED BLOOD.

EVERY **2 SECONDS** SOMEONE NEEDS A BLOOD TRANSFUSION.

Don't miss your chance to save lives!

****All successful blood donors will receive
~FREE COVID-19 ANTIBODY TEST~
~FREE PINT OF BLUE BELL ICE CREAM!~**

APPOINTMENTS ONLY

[Champion Forest Baptist Church - Jersey Village](#)
16518 Jersey Dr., Gymnasium

Schedule appointment by clicking the link.

Sunday, 08/23/2020 (12:00 pm - 04:30 pm)

https://www.commitforlife.org/donor/schedules/drive_schedule/315276

Thursday, 08/20/2020 (10:00 am - 02:30 pm)

https://www.commitforlife.org/donor/schedules/drive_schedule/315277

The Blood Center requires donors to wear a mask or face covering when at a blood drive. In the case that you do not have one, staff will offer you one



Answer: 43