

# SUMMER EDITION JULY AUG 2022

News, Information, Activities and Program Opportunities from The Branch Connection



## CRAFT FAIR VENDOR REGISTRATION

This year's Craft Fair will be held Saturday, October 15 from 9 a.m. - 4 p.m. at The Branch Connection. To be eligible to participate as a Craft Fair vendor, you must be 50 years of age or older and make handmade crafts items. (Commercial items are not accepted.)

6' x 5' Space: Resident: \$15; Non-residents: \$25  
(1 table & 2 chairs provided by TBC)

12'x 5' Space: Resident: \$30; Non-resident: \$50  
(2 tables & 2 chairs provided by TBC)

Applications and payment accepted at or mailed to:  
The Branch Connection  
14055 Dennis Lane  
Farmers Branch, TX 75234

### Registration Schedule

#### Farmers Branch Resident Registration ONLY:

Thursday, July 14 - 20. We must receive your completed application and payment by July 21. Staff will call to confirm registration by July 22.

**Non-Resident Registration:** Non-resident registration will begin by on July 22 starting at 9 a.m. We must receive your completed application and payment before July 25 to be eligible for phone-in registration.



## THE MIXER

*Don't forget to check out our dance lessons!*

Best 50 and Better Dance in the Metroplex!  
Mondays | 7 - 9 p.m. (No Dance Monday, July 4 in observance of Independence Day Holiday)

Members: FREE! | Non-members: \$5  
BYOB Permitted

DATE	BAND
July 4	Independence Day Holiday- No Dance
July 11	Nobles of Note
July 18	Pete & Patti
July 25	Justin Hunter Band
August 1	Swinganova
August 8	DFW Musicmakers
August 15	Tye & Noot
August 22	Justin Hunter Band
August 29	John White & Texas Borderline



## Let's Learn to Dance!

Members: Free | Non-members: \$5 (includes entry to The Mixer)

Lessons for active adults, age 50 and better. Stay for The Mixer, watch and practice what you learn.

**Rumba Lessons (No Lessons Monday, July 4th)**  
Mondays | July 11, 18, & 25 | 6 - 6:45 p.m.

### Cha-Cha Lessons

Mondays | August 1, 8, 15, 22, & 29 | 6 - 6:45 p.m.

**Beginner Dance Lessons Coming Soon!**

East Coast Swing and other rhythms



14055 Dennis Lane | Farmers Branch, Texas 75234 | 972.919.8740



[www.thebranchconnection.com](http://www.thebranchconnection.com)



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# ARTS AND CRAFTS

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*Pre-registration required for all craft classes by calling 972-919-8740*

## Arts and Crafts Groups

Quilting Group      Friday | 10 a.m.  
Instructional Quilting      Thursday | 1 - 3 p.m.  
Evening Crafts      Monday | 5 - 8 p.m.

## Watercolor Painting 1 (No Classes in August)

Thursdays | July 7 - 28 | 10 - 11:15 a.m.

**Instructor: Dr. Marsha Blount**

Paint, brush and paper provided. Enjoy painting with others in this fun class as we talk about art. You will be guided in painting washes, color layering and critiquing, and how to finish your piece for displaying.

## Watercolor Painting 2 (No Classes in August)

Thursdays | July 7 - 28 | 11:15 a.m. - 12:30 p.m.

**Instructor: Dr. Marsha Blount**

Learn color theory through independent and guided instruction in a studio format. (Feel free to bring your supplies.) If you want to paint in acrylic, you will need acrylic paints, canvases, and brushes. Supply recommendations are available from the instructor.

## Advanced Greeting Card Class

Tuesday | July 12, August 9 | 1 p.m.

**Supply Fee: \$10**

**Instructors: Jan McCord & Carmel Mosley**

Learn various card-making techniques and create four beautiful cards.

## Cricut Maker 3 for Beginners

Monday | July 18 | 9 a.m. - Noon

Tuesday | July 19 | 6 - 8 p.m.

**Instructor: Jennifer Stone**

## Simple Serging 101

Tuesday | July 19 | 1 - 3 p.m.

**Instructor: Jennifer Stone**

Learn to make a leather key chain. All supplies furnished. Limited machines, register by July 15.

## Chalk Contour

Monday | August 15 | 6 p.m.

**Instructor: Jennifer Stone**

Oh, happy day painting with chalk paint and stencils! Chalk Contour has some of the greatest templates and tools to use. This month we will be creating the seasonal squares to complement the Welcome sign we made in June. Pre-registration is required by August 12. Limited seats available.

## DIY Painting Party

Monday | July 11, August 8 | 6 - 7: 30 p.m.

**\$25, supplies included | Instructor: Calinda Locklear**

We provide all the supplies; you just come and enjoy an evening of painting fun with friends and take home your very own completed seasonal decorative project.

# COMPUTER CLASSES

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*Registration is required by calling 972-919-8740*

## Computer Basics 2

Mondays & Thursdays | July 11 - 28 | 1 - 3 p.m.

**Instructor: Linda Eakle**

Explore organizing and working with files in more detail while managing data on other storage venues. Laptop required with Windows 10 installed.

## Windows Tips and Tricks

Monday | August 8 | 1 - 3 p.m.

**Instructor: Linda Eakle**

Here's your chance to ask your computer questions and get help from our Computer Whiz, Linda Eakle. She will share information on a variety of technical tips and tricks during this seminar. Please bring your laptop to class.

## Managing Your Passwords

Thursday | August 18 | 1 - 3 p.m.

**Instructor: Linda Eakle**

Passwords are required for almost everything these days. Learn to create and manage your passwords to keep your identity safe.

## Windows 11 Changes

Monday | August 22 | 1 - 3 p.m.

**Instructor: Linda Eakle**

Join Linda as she goes through the latest changes and updates for Windows 11 and how to update them on your laptop. Please bring your laptop to class.

## Backing Up Your PC

Thursday | August 25 | 1 - 3 p.m.

**Instructor: Linda Eakle**

Learn how to back up your important files and programs to ensure their safety and accessibility.

# FITNESS CLASSES

*Registration required by calling 972-919-8740*

## Silver Sneakers Classic – Posture Renewal

Mondays | 11 - 11:45 a.m.

Instructor: Rotha Crump

## Mindful Yoga

Tuesdays & Thursdays | 10 - 10:45 a.m.

Instructor: Rotha Crump

## Balanced Bodies Classic

Tuesdays & Thursdays | 9 - 9:45 a.m.

Instructor: Rotha Crump

## Tai Chi

Mondays & Wednesdays | 10 - 10:45 a.m.

Instructor: Susan Davis

## Silver Sneakers Classic

Wednesdays | 1 - 1:45 p.m.

Instructor: Joyti Subramanian

Full-body workouts designed to improve strength and increase the overall mobility of participants.

## Zumba Gold

Wednesdays | 7 - 7:45 p.m.

Instructor: Giselle Huet

## Power Walking

Fridays | 9 - 9:45 a.m.

Instructor: Laura Franklin

## NEW>> Movin' and Groovin' with JD

Tuesdays | 6 - 7 p.m.

Saturday | July 9 & August 6 | 1:30 - 2:30 p.m.

Instructor: J.D. Roark

A combination of balance, muscle-strengthening and aerobic/anaerobic physical activity. Class includes gait, coordination and functional training. This class helps improve function for daily activities.

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# SPECIAL INTERESTS

Registration required by calling 972-919-8740

**Special interest activities are free to members. Join today to take advantage of all The Branch Connection has to offer.**

## NEW>> Ice Cream Connection

Friday | July 22 | 11 a.m. - 12:30 p.m.

Non-members: \$5

Come to The Branch Connection and cool off from the summer heat at our Ice Cream Social!



## Monthly Breakfast

Monday | July 11, August 1 | 8:15 - 9 a.m.

Non-members: \$5

Enjoy a delicious breakfast hosted by The Senior Advisory Board.

## B12 Shots

Thursday | July 7, August 4 | 9 - 9:30 a.m.

Fee \$20 | ProSalutem

## NEW>> Friday Franks

Friday | July 15, August 19 | 11:30 a.m. - 12:30 p.m.

Non-members: \$5

Come enjoy a hot dog with all the fixins' hosted by The Senior Advisory Board.

## NEW>>

## Carter BloodCare Blood Drive

Tuesday | August 23 | 9 a.m. - 2 p.m.

Give the gift of life and get your promotional beach towel.



## Bridge

Play one of the greatest game that provides immense challenge and enjoyment in a fun group setting.

Grab a friend and join us!

Party Bridge

Fridays | 1 p.m.

Instructor: Diane Royer

Duplicate Bridge

Mondays | 9:30 a.m.

Instructor: Diane Royer

## Cookin' Club

Baking Bread

Wednesday | July 13 | 10:30 a.m. - Noon

Learn some of the time-honored skills of bread baking from one of our talented members.

## Blazing Heat

Wednesday | August 10 | 10:30 a.m. - Noon

August is a great time for harvesting those home-grown peppers and cooking with them. Join us for a demonstration by one of our members on making Stuffed Banana Peppers.

## Alzheimer's Support Group

Tuesday | July 5, August 2 | 6:30 p.m.

This group is open to anyone with Alzheimer's disease or who cares for someone with the disease.

## NEW>> Primetime Tournament

Tuesday | July 26 | 1 - 3 p.m.

The ultimate showdown of the Summer - The Branch Connection members versus the Farmers Branch Teen Leadership Camp participants! Challenges include Chair Volleyball, Cornhole, Texas 42 (using dominos), and more. Make sure to sign up at the front desk by July 22 to be part of The Branch Connection team.

## Chair Volleyball

Mondays, Thursdays & Fridays | 1 p.m.

Chair Volleyball involves physical activity, social interaction, competition and lots of laughs!

## Wii Bowling

Grab your team of two or more players and compete together against other teams. Register your team at the front desk or let us know and we'll put a team together with you.

Season III Party | July 22 | 2 p.m.

Season IV | July 25 - September 9

Season IV Party | September 23 | 2 p.m.

## Texas Hold 'Em

Thursday | July 21, August 18 | 1 p.m.

Know when to hold 'em; know when to fold 'em. Join us each month for this competitive poker game.

Snacks sponsored by Oak Street Health.

## Clogging

Easy to High Intermediate Skill

July | Fridays | 9:30 a.m. - 12 p.m.

August | Saturdays | 1:30 - 4:30 p.m.

Instructor: Libby Smith

American Folk Dance is dancers who perform with double-tap shoes by striking the heel, the toe, or both against a floor to create audible rhythms.

## Intermediate / Advanced Table Tennis

Wednesdays & Fridays | 2:30 p.m.

Recreational players to elite players compete in local and national tournaments year-round.

## Tuesday Trivia Night

Americana

Tuesday | July 26 | 6 p.m.

So Long Summer

Tuesday | August 30 | 6 p.m.

# EDUCATIONAL TALKS

*Registration required.*

## Health and Wellness Topics

Tuesdays | 6 - 7:15 p.m.

Presented by TOPS

Educational tips on improving your health and managing weight while we discuss various topics on health and self-improvement.

## NEW>> Learn About Free Home Care and Other Pension Monies Available from the VA

Monday | July 11 | 10 a.m.

Presented by Patti Shattil of Preferred

### Senior Resources

Designed to assist veterans or surviving spouses with getting a little extra assistance with daily living tasks. Current VA programs and qualifications will be reviewed and discussed. Refreshments provided.

Registration deadline is July 6th.

## NEW>> Hearing, Hearing Loss and Hearing Aids

Wednesday | July 13 | 11 a.m. - 12 p.m.

Presented by Dr. Brad Gold

Learn how hearing works, causes and effects of hearing loss, hearing aids and the impact hearing can have on you. Snacks provided.

## Medicare 101

Wednesday | August 24 | 12 - 1 p.m.

Instructor: Pamela Weis

Learn insights about the Medicare basics and how to prepare for Medicare. Light snacks provided.



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# ACTIVITIES

*Registration required by calling 972-919-8740*

**DROP-IN RECREATION: During facility hours, the game room is open for drop-in recreation such as cards, billiards, and dominos.**

## Open Mah-Jongg

Wednesdays | 1 p.m.

Join us for a friendly game of American Mah-Jongg. We welcome experienced players and those newer to the game for casual, non-competitive play.

## Fly Tying Group

Monday | July 11, 18 & 25, August 8, 15 & 22 | 5 p.m.

Instructor: Bill Slaughter

## NEW>> Fly Casting

Tuesdays | 5 p.m.

Instructor: Bill Slaughter

Learn the fine art of casting flies and using fly rods to better your fly fishing skills.

## Texas 42 (using Dominos)

Wednesdays | 1 p.m.

Instructor: Bill Slaughter

Have you ever wondered how to "get your game on" with Texas 42? Join Bill Slaughter for lessons from beginners and beyond to learn the game.

## Bingo

Wednesday | July 6 & 20, August 3 & 17 | 1 - 3 p.m.

\$1 per Bingo card must purchase cards by 12:45 p.m.

Enjoy BINGO and bring a friend. Good luck!

## Thinkabilities!

Mondays | 9:15 a.m.

Instructor: Anna Abner

Our Thinkabilities program provides brain-challenging worksheets. We can meet in person, or you can call 972-919-8740 and give us your email address. We'll send some fun challenges to you regularly. Don't have an email? Let us know, and we will make arrangements for you to pick it up at The Branch Connection.

## Shared Moments

Monday | July 18, August 1, 15 & 29 | 10:15 a.m.

What's your story? In this small group, you will have the opportunity to hear others recall and share life memories as well as share your own stories. All are welcome!

## Shared Movies

Monday | July 11 & 25, August 8 & 22 | 10:15 a.m.

Watch movie favorites with others who love them too! All are welcome!

July 11: Sahara (with Matthew McConaughey)

July 25: Les Misérables

August 8: The Call of the Wild

August 22: Forest Gump

## Mountain Dulcimer

Instructor: Donna Shelton

Bring your instrument and learn to play better by practicing in a weekly small group setting.

### DULCIMER LESSONS FOR BEGINNERS

Tuesdays | 8:30 - 9:30 a.m.

### SOUTHWIND DULCIMER

Tuesdays | 10 a.m. - 12 p.m.

### INTERMEDIATE MOUNTAIN DULCIMER GROUP

Wednesdays | 10 a.m. - 12 p.m.

## Line Dancing

Instructor: Karen Aubrey

Whatever your level may be, learn Line Dancing step-by-step at a comfortable pace with:

(Absolute Beginner classes will return in September)

### LO BEGINNER

Tuesdays | 12:30 - 1:45 p.m. (Cost per class: \$2.50)

July 5, 12, 19 & 26 - \$10

August 2, 9, 16, 23 & 30 - \$12.50

### HI BEGINNER

Tuesdays | 2 - 3:15 p.m. (Cost per class: \$2.50)

July 5, 12, 19 & 26 - \$10

August 2, 9, 16, 23 & 30 - \$12.50

### IMPROVER

Wednesdays | 10 - 11:30 a.m. (Cost per class: \$3.00)

July 6, 13, 20 & 27 - \$12

August 3, 10, 17, 24, 31 - \$15

## Photo Club

Wednesday | July 6 & 20, August 3, 17, & 31 | 1 p.m.

Instructor: Deborah Hutchins

Members regularly challenge each other to capture certain subjects and share them in a small group and by email. Anyone with a camera or smartphone camera is welcome!

## Random Acts of Kindness

Whether it's collecting food, toiletries, pet supplies, unique gifts, or day-to-day needs, the Random Acts of Kindness group is always ready to help those in need. Get involved by joining the group or by dropping off requested items. Your kindness and generosity are always appreciated!

### Metrocrest School Supplies

Thursday | August 4 | 11 a.m.

Collecting school supplies such as construction paper, rulers, wide ruled notebook paper, composition books, colors, markers, folders, binders, tissue boxes, and antibacterial wipes. Please drop off your donations with the front desk by August 4.

# ACTIVITIES

Registration required by calling 972-919-8740

## Book Club

Meet kindred book lovers as they discuss reading a different book each month.

***The Giver of Stars* by JoJo Moyes**

Genre: Historical Fiction

Monday | July 11 | 1 p.m. - Movie on July 18 at 1 p.m.

***Miss Benson's Beetle* by Rachel Joyce**

Genre: Historical Fiction

Monday | August 8 | 1 p.m. - Movie August 15 at 1 p.m.

## Movie Friday

***Marry Me* - starring Jennifer Lopez, Maluma and Owen Wilson**

Friday | August 19 | 11 a.m. - 1:15 p.m.

A betrayed pop star (Jennifer Lopez), slated to marry her pop star fiancé (Maluma) on stage, instead marries a stranger from the audience - a high school math teacher (Owen Wilson).

## An Exercise in Critical Thinking; Conversations in Neglected History

Fridays | 9:30 a.m.

\*Special Guest Speaker from Texas Historic Commission on July 29 and August 26

Date	Topic	Presenter
July 1	1421: When China Discovered America	Larry Russell
July 8	General Garen Meade at Gettysburg	Dick Royer
July 15	The Discovery of Insulin Treatment of Diabetes	Dr. Mark Hahlen
July 22	Natural History of Texas	Larry Russell
July 29	San Felipe de Austin History	Bryan McAuley*
August 5	This Day in History	Jesse Spurway
August 12	Santa Ana & Texas	Larry Russell
August 19	Cotton & Dallas	Larry Russell
August 26	Fannin Battle Ground	Bryan McAuley*

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# MEMBERSHIP

The Branch Connection is open to anyone 50 years of age or better. We offer a variety of activities and special events to promote fun, fellowship and health.

## ANNUAL MEMBERSHIP FEES

Residents: **\$25**

Non-residents: **\$50**

**\$5 Day Pass** available for non-members

**\$5 ID Card** replacement fee

Or pay by an electronic check or credit card draft of \$2.50 or \$5 each month.

Our program calendars are available at:

[www.thebranchconnection.com](http://www.thebranchconnection.com)

## You may qualify for a FREE Membership

Most health insurance plans offer programs to help you maintain a healthy lifestyle as an active adult through physical and social activity. Bring in your insurance card or give us a call at 972-919-8740, and our staff will check if you qualify. Plans we partner with are Silver Sneakers, Silver & Fit and Renew Active.

## THE BRANCH CONNECTION STAFF

Jackie Byles, Manager

Jennifer Stone, Recreation Supervisor

Lynnette Hill, Recreation Supervisor

# TRIPS

Registration required by calling 972-919-8740

## CRUISIN CUISINE:

### Hugo's Lost Colony - Highland Village

Wednesday | July 27 | 11 a.m. (Bus Departure)

Free + Bring money for lunch

Have lunch and make new friends! We're going to Hugo's Lost Colony in Highland Village to enjoy some chef-crafted modern twists on Tex-Mex classics.

Remember to bring money for lunch.

## DAY TRIP: Winstar Casino

Wednesday | August 31 | 9:30 a.m. - 5 p.m.

Free + Bring money for lunch

Let's head out for the day to enjoy the casino. Bring a friend and come ready to make new ones! Please be sure to pre-register as seats are limited. Bus will depart at 9:30 a.m.

## FACILITY HOURS

Monday - Wednesday 8 a.m. - 8 p.m.

Thursday & Friday 8 a.m. - 5 p.m.

Saturday 1 - 5 p.m.

## Facility Closures for The Branch Connection

Monday, July 4 - Independence Day

To volunteer contact Jennifer Stone

972-919-8742 | [jennifer.stone@farmersbranchtx.gov](mailto:jennifer.stone@farmersbranchtx.gov)

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