

# SPRING EDITION

# MAY JUNE 2022

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

## BRANCH BAZAAR

Saturday | May 21 | 9 a.m. to 3 p.m.  
14055 Dennis Ln

### Spring Branch Bazaar

Saturday | May 21 | 9 a.m. to 3 p.m.

Find unique gifts, home decor, antiques, collectibles, and specialty items. Everyone can find a must-have item for their home or a perfect gift for someone special.

### Spring Branch Bazaar VENDOR REGISTRATION

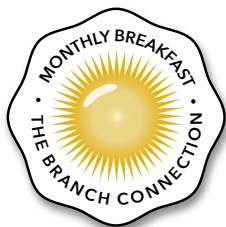
Home décor, antiques, collectibles, specialty items, etc. Food vendors must provide a current health certificate. All items must be in good taste—no age restrictions.

10'x 10' Space: Resident: \$25; Non-residents: \$30

Fee Includes: One (1) or two (2) tables & two (2) chairs provided by TBC

Questions or to sign up to be a vendor:

Contact: Lynnette Hill at [lynnette.hill@farmersbranchtx.gov](mailto:lynnette.hill@farmersbranchtx.gov)



### Monthly Breakfast

Monday | May 2, June 6

8:15 to 9 a.m.

Members: Complimentary;

Non-members: \$5

Enjoy a complimentary breakfast hosted by The Senior Advisory Board.

### FACILITY HOURS

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

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

Saturday 1 to 5 p.m.

### Facility Closures for The Branch Connection

Monday, May 30 - Memorial Day



### NEW! THE MIXER

Best 50 and Better Dance in the Metroplex!  
7 - 9 p.m.

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

(Don't forget to check out our new dance lessons!)

DATE	BAND
May 2	Rendition Band
May 9	Danny Romo
May 16	Swinganova
May 23	City Lights
May 30	No Dance - Memorial Day Holiday
June 6	DFW Musicmakers
June 13	High Caliber
June 20	Jim Sharples Band
June 27	City Lights

### NEW>> 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.

#### Country 2-Step Lessons

Mondays | May 2, 9, 16, 23, 30 | 6 to 6:45 p.m.

#### Social Foxtrot Lessons

Mondays | June 6, 13, 20 & 27 | 6 to 6:45 p.m.

Beginner Dance Lessons Coming Soon!

Rumba, Cha-Cha, East Coast Swing, and other Rhythms



14055 Dennis Lane | Farmers Branch, Texas 75234 | 972.919.8740



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



[www.facebook.com/farmersbranchseniors](https://www.facebook.com/farmersbranchseniors)

# ARTS AND CRAFTS

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

## Free Arts and Crafts Groups

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

## "No Longer Dearly Loved" Supplies Swap Meet

Tuesday | May 17 | 10 a.m. to Noon

The swap meet is the perfect time for cleaning out those art supplies you no longer need or use. It is also a great time to pick up supplies for those interested in trying new techniques. The Art Association will also have a showcase of art produced during the year and welcome works presented by those interested in joining our group.

## Watercolor Painting 1

Thursdays | 10 to 11:15 a.m. (No class on May 12)

Free | 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

Thursdays | 11:15 a.m. to 12:30 p.m. (No class on May 12)

Free | 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 | May 10, June 14 | 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 Using Infusible Ink, Plus Cricut Design Space Demonstration

Tuesday | May 17 | 6:30 to 8 p.m.

Free | Instructor: Jennifer Stone

Bring a solid color shirt to class

There are so many materials, tools, and methods to use, one of the most excellent crafting tools yet. Join TBC staff and learn a small fraction about Cricut Maker 3. TBC provides a summer graphic for you to weed and iron on.

## Simple Serging 101

Tuesday | May 24 | 1 to 3 p.m.

Free | Instructor: Jennifer Stone

Learn to serge on the machines at The Branch Connection. We have fabric that needs to be serged and washed, or you can bring your own. Practice learning to do corners and serging a perfectly straight line!

## Chalk Contour

Monday | June 20 | 6 p.m.

Fee: \$5 | Instructor: Jennifer Stone

Enjoy this concept in décor and crafting to create a professional-looking beautiful home craft to show and tell your friends! This month, we will create a Welcome sign takeaway that you will create seasonal squares to compliment the Welcome sign in upcoming classes.

## DIY Painting Party

Monday | May 9 | 6 to 7: 30 p.m.

Monday | June 13 | 6 to 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 home décor for a seasonal project! From beginner to advanced, all are welcome!

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# COMPUTER CLASSES

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

## Computer Basics 1

Mondays & Thursdays | May 2 - 26 | 1 to 3 p.m.

Free | Instructor: Linda Eakle

Get back to the basics! This course teaches all the basics, including the internet and email. When you complete this class, you will be able to run your personal computer without hesitation. Learn how to organize programs and other information on the computer.

## Computer Basics 2

Mondays & Thursdays | June 12 - 23 | 1 to 3 p.m.

Free | Instructor: Linda Eakle

Further your skills! This course expands on all the basics taught in Computer Basics Part 1.

# FITNESS CLASSES

Registration required by calling 972-919-8740

## **NEW>> Silver Sneakers Classic - Posture Renewal**

Monday | 10 to 10:45 a.m.

Free | Instructor: Rotha Crump

Learn how to stand taller, prevent injuries, and alleviate neck and back pain while working out.

## **Mindful Yoga**

Tuesdays | 10 to 10:45 a.m.

Thursdays | 10 to 10:45 a.m.

Free | Instructor: Rotha Crump

Mindful Yoga incorporates balance, strength, and flexibility, along with meditation. Enjoy transitioning from pose-to-pose in fluid moment modifications. All levels are welcome.

## **Balanced Bodies Classic**

Tuesdays | 9 to 9:45 a.m.

Thursdays | 9 to 9:45 a.m.

Free | Instructor: Rotha Crump

Free weights, bands, balls, and foam sticks are used in this class for variety and muscle response. Let's get the heart rate going to start your day.

## **Tai Chi**

Mondays, Wednesdays | 10 to 10:45 a.m.

Free | Instructor: Susan Davis

This graceful form of exercise reduces stress and various other health conditions.

## **Silver Sneakers Classic**

Wednesdays | 1 to 1:45 p.m.

Free | Instructor: Jyoti

## **Zumba Gold**

Wednesday | 6 to 6:45 p.m.

Free | Instructor: Giselle Huet

Enjoy the original moves you love at a lower intensity with easy-to-follow choreography that focuses on balance, range of motion, and coordination.

## **Power Walking**

Fridays | 9 to 9:45 a.m.

Free | Instructor: Laura Franklin

Emphasizing speed and arm motion to increase health benefits, regular power walking benefits cardiovascular, joint, and emotional well-being.

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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.**

## Bridge

One of the greatest card games of all and can provide an immense challenge and enjoyment in a fun group setting. Grab a friend and join us!

### Party Bridge

Fridays | 1 p.m.

Free | Instructor: Diane Royer

### Duplicate Bridge

Mondays | 9:30 a.m.

Free | Instructor: Diane Royer

## Cookin' Club

Viva la Mexican Cuisine

Wednesday | May 11 | 10:30 a.m. to Noon

We are celebrating all things in Mexican cuisine. Bring your favorite item or try making something new to bring.

### The Art of the Sandwich

Wednesday | June 8 | 10:30 a.m. to Noon

From the grilled cheese sandwich to the Croque Madame, the sandwich is an artform and comfort food. Show off your favorite sandwich talents this month.

## Chair Volleyball

Mondays & Thursdays | 1 p.m.

Friday | 1 p.m.

Free

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

## Alzheimer's Support Group

Tuesday | May 3, June 7 | 6:30 p.m.

Free

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

## Wii Bowling

Tuesdays and Wednesdays

Free

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 II | March 22 - May 12

Season II Party | May 20 | 2 p.m.

Season III | May 24 - July 15

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

## Texas Hold'Em

Thursday | May 19, June 16 | 1 p.m.

Free

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

Fridays | 9:30 a.m. to 12 p.m.

Free | 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.

Free

Improve your skills with members who range from recreational players to elite players who compete in local and national tournaments year-round. Promoting excellence and sportsmanship in a safe and friendly environment.

## Tuesday Trivia Night

Memorial Day Trivia

May 31 | 6 p.m.

Free

Time to see how much you know about Memorial Day.

## All Things June

June 28 | 6 p.m.

Free

There's more to June than Father's Day & Summer Solstice. Test your knowledge on all things related to June.

## Educational Talks:

Registration is required.

## Health and Wellness Topics

Tuesdays | 6 to 7:15 p.m.

Free | Presented by TOPS

Come and learn some educational tips on improving your health and managing weight. Each week we discuss various topics on health and self-improvement.



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.

Free

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.

## Learn to Play Mahjongg

Wednesday | June 1, 8, 15 & 22

3:15 p.m. to 4:15 p.m.

Free

Advance registration and attendance at all four lessons are required. We welcome beginners and first-time players to come in and learn the basics of Mahjongg.

## Fly Tying Group

Monday | May 9, 16 & 23, June 13, 20 & 27 | 5 p.m.

Free | Instructor: Bill Slaughter

## Texas 42 (using Dominos)

Wednesdays | 1 p.m.

Free | 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.

## Experiencing Brain Fog?

**Thinkabilities is Here to Help!**

Mondays | 9:15 a.m.

Free | Instructor: Anna Abner

Do you find that your brain is a little foggy living with the COVID-19 pandemic and isolation? Our Thinkabilities program can help through 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.

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# ACTIVITIES

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*Registration required by calling 972-919-8740*

## Shared Moments

**Monday | May 2, 16 & 30, June 6 & 20 | 10:15 a.m.**

**Free**

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 | May 9 & 23, June 13 & 27 | 10:15 a.m.**

**Free**

Watch movie favorites with others who love them too! Sign-up to bring your favorite movie on the sign-up sheet. All are welcome!

<b>May 9</b>	<b>West Side Story (with Natalie Wood)</b>
<b>May 23</b>	<b>A Walk Among the Tombstones</b>
<b>June 13</b>	<b>Calamity Jane (with Doris Day)</b>
<b>June 27</b>	<b>Charlie Wilson's War</b>

## Mountain Dulcimer

**Free | Instructor: Donna Shelton**

Bring your instrument and learn to play this beautiful-sounding instrument better by practicing in a small group weekly.

### Dulcimer Lessons for Beginners

**Tuesdays | 8:30 to 9:30 a.m.**

No prior experience is necessary! Learn how to play the instrument, read standard and tablature notation and learn music theory.

### Southwind Dulcimer

**Tuesdays | 10 a.m. to 12 p.m.**

This group of experienced players encourages newcomers to learn to play the mountain dulcimer. They preserve and promote the historic dulcimer instrument by playing together weekly.

### Intermediate Mountain Dulcimer Group

**Wednesdays | 10 a.m. to 12 p.m.**

## Line Dancing

**Instructor: Karen Aubrey**

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

### LO BEGINNER

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

**May 3, 10, 17, 24, 31 - \$12.50**

**June 7, 14, 21, 28 - \$10**

### HI BEGINNER

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

**May 3, 10, 17, 24, 31 - \$12.50**

**June 7, 14, 21, 28 - \$10**

### IMPROVER

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

**May 4, 11, 18, 25 - \$12**

**June 1, 8, 15, 22, 29 - \$15**

## Beneficial Insects

**Wednesday | May 18 | 10 a.m.**

**Free | Speaker: Certified Dallas County Master Gardener Carolyn Rozler**

Discover the best insects to help your plants be the best they can be!

## Farmers Branch Community Garden

**Wednesday | June 15 | 10 a.m.**

**Free**

Learn about the Farmers Branch Community garden with guest speaker Ben Solis, City of Farmers Branch Parks Supervisor.

## Bingo

**Wednesday | May 4 & 18, June 1 & 15 | 1 to 3 p.m.**

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

Enjoy BINGO and bring a friend. Good luck! Limited space. Call 972-919-8740 to register.

## Photo Club

**Wednesday | May 11, 25 & June 8, 22 | 1 p.m.**

**Free | Instructor: Deborah Hutchins**

Share your experience and learn from others to make your pictures better. Members regularly challenge each other to capture certain subjects and share those pictures through a group email, which is excellent for those who don't feel safe coming out and joining the small group meetings. Anyone with a camera or smartphone camera is welcome!

## Random Acts of Kindness

Whether collecting food, toiletries, pet supplies, unique gifts, or day-to-day needs, the Random Acts of Kindness group is always ready to reach out to those in need. You can get involved by joining the group or dropping off requested items. They will make sure everything gets to each charity. Your kindness and generosity are always appreciated!

## Metrocrest Can Food Drive

**Thursday | June 16 | 11 a.m.**

The Branch Connection is excited to announce that we will host a Canned Food Drive! We will be collecting cans and non-perishable food in our lobby. The donations are delivered to Metrocrest Services to help those in our community.

**We will be collecting donations from May 2 to June 16.**

# ACTIVITIES

Registration required by calling 972-919-8740

## Book Club

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

***The Readers of Broken Wheel* by Katrina Bivald**

Genre: Romance

**Monday | May 9 | 1 p.m.**

**Movie | May 16 | 1 p.m. | Free**

***Klara and the Sun* by Kazuo Isiguro**

Genre: Historical Fiction

**Monday | June 13 | 1 p.m.**

**Movie | June 20 | 1 p.m. | Free**

## Movie Friday

***Jungle Cruise***

**Friday | June 17 | 11 a.m. to 1:15 p.m.**

**Free**

Come watch action, adventure, and comedy movies starring Dwayne Johnson, Emily Blunt, and Edgar Ramírez. Based on Disneyland's theme park ride, a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

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

**Fridays | 9:30 a.m.**

**Free | Special Guest Speakers on May 27 and June 24**

Date	Topic	Presenter
May 6	Iranian Revolution	Tommy Thompson
May 13	History Healthcare in Dallas	Dr. Jay Teng
May 20	Morgans Raid (Civil War)	Dr. Mark Hahlen
May 27	Eisenhower Birthplace	The Texas Historic Commission Mr. John Akers
June 3	This Day in History	Jesse Spurway
June 10	What's the Value of Money	Jeanette S
June 17	DNA!	Marthann Dafft
June 24	Caddo Mounds	The Texas Historic Commission Mr. Tony Souther

## B12 Shots

**Thursday | May 5, June 2 | 9 to 9:30 a.m.**

**Fee \$20 | ProSalutem**

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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.

# TRIPS

Registration required by calling 972-919-8740

## CRUISIN CUISINE: Hula Hut Little Elm

Wednesday | May 25 | 11 a.m. (Bus Departure)

**Free + Bring money for lunch**

Locally owned Hula Hut Little Elm has been serving great Tex-Mex with a Polynesian twist since 1993. They are your home for a bit of island time and a great lunch.

## DAY TRIP: Lavender Ridge Farms - Gainesville, TX

Wednesday | June 29 | 9:30 a.m. (Bus Departure)

**Fee: \$20, includes lunch. Bring money for shopping**

PLEASE WEAR FARM APPROPRIATE FOOTWEAR. The maintained areas of the farm are grass, sandy soil, or gravel. Guests can walk through and view various gardens and the lavender field, cut fresh bunches of lavender, visit adopted/rescued farm animals, enjoy bird watching, or hang out and relax under one of their oak trees.



## THE BRANCH CONNECTION STAFF

Jackie Byles, Manager  
Jennifer Stone, Recreation Supervisor  
Lynnette Hill, Recreation Supervisor

## TO VOLUNTEER

Contact **Jennifer Stone** 972-919-8742  
[jennifer.stone@farmersbranchtx.gov](mailto:jennifer.stone@farmersbranchtx.gov)

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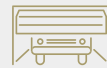
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