



Amarillo Senior Citizens Association *April Newsletter*



This Issue

Club News	2-3
ASCA Clubs	4
ASCA News	5-6-7-8
Other News	9
Brain Boosters	10

ASCA 2020 Board of Directors

Janye Mayfield
President

Lib Davis
Vice President

Rayma Watson
Secretary

Neil Feichtner
Treasurer

Jerry Conner
Barbara Cromer

Cindy Hassell

Lisa Hancock

Mary Crow
*Director
Emeritus*

Dear ASCA Members,

This is certainly a trying time for all of us. I know each and everyone of us miss seeing each other and sharing our good times together. We remain closed until it is safe to return. On Sunday, March 29, the government extended the social distancing guideline until May 1. As our members are at the highest risk I feel there is no alternative for us except to remain closed until then. Please continue to check our web page as we will update it if we know anything different. Additionally, Jennifer will send out an email to everyone.

Our employees have been hard at work all this week. We are wiping down every surface in the entire building. This is no small job for sure but we want to keep everyone safe and have the building ready so we can reopen as soon as we can.

The garage sale has had to be postponed. This will be re-scheduled for either May or June so keep finding things to donate.

The deadline for filing your income tax was moved from April 15 to July 15 with no penalties or interest. If you have a refund coming you might consider filing it soon in order to have your money available to you.

The March board meeting was cancelled. There were no urgent items on the agenda so it worked out well. We hope to be able to have a board meeting in April.

As for our new building, the required legal waiting time is now over. Last Monday we were to finalize everything but Potter County had to cancel their meeting. While I am not sure when they will meet again I am positive we have the building. We have written many grant requests and applied to several foundations. The stock market has crashed and will need some time to recover. Sadly many grants are tied to the stock market and so it looks like our money may be slower coming in than we had hoped for.

Meanwhile Jennifer has joined a group of executive directors at the Amarillo Area Foundation which will be very helpful to ASCA. Additionally Jennifer and I are taking training on how to write grants effectively and how to locate grants to apply for. We are still working hard for you and remain positive.

We continue to pay our employees but again we cannot do this forever. We are hopeful we can apply for some of the financial aid that is being planned for small businesses. Hopefully we will be able to recover some of this expense.

We have a group of individuals who are offering to help any person who is having difficulty getting groceries or to the pharmacy. If you need pick up and delivery assistance please call ASCA at (806) 374-5500 and leave a message. Someone will call you back within 24 hours.

Hopefully this will all be just a bad memory soon and another chapter written in ASCA history. Stay in and safe from this virus and I anticipate seeing you at ASCA very soon.

Janye Mayfield, President ASCA Board of Directors



Club News

Swinging Seniors

The Swinging Seniors line dancing group meets every Tuesday and Friday in the ASCA Main Hall, from 9:30 a.m. until 11:00 a.m. Please come by and join the fun! We had a great time celebrating Duffy Wiggins birthday. Happy birthday Duffy!



ASCA Quilters

We are busy quilting inside, where it is nice and warm during these cold and windy days, we have quite the unique weather days here in Texas.

We're hoping you all are staying healthy this cold winter. Sadly our MaryRuth Tipton has been sick and hasn't been here to spend quality time with us lately, we sure have missed her. Betty Curl had a stroke close to Christmas and she too hasn't been able to spend time with us, we pray they each get better soon. We have already started our raffle quilt for later in the year, keep that in mind!! We raised \$810 from the raffle last year that went right back to supporting ASCA.

The ladies and I have finished a paid quilt for Joann Henderson, it was a beautiful clam shell quilt.

Come by and visit us, we're always looking for more quilters, we've not had as many due to illness.

"Let's Move!" Exercise Class



Are you sitting at home watching too much TV? WOULD YOU LIKE TO HAVE FUN? Check out the Exercise Class on Mondays and Thursdays at 10:00 AM. We meet

in the Main Hall. Many nice people attend this class. You will have the opportunity to laugh, make friends, and improve muscles and balance.

We always use our chair for balance. Chair exercise is so good for seniors. Our motto is: If an exercise hurts, stop doing it immediately!

Looking forward to seeing you soon.

Charlene Cole

Clogging

Clogging is a percussive dance like tap dancing which originated in the Appalachian Mountains. Although Bluegrass is the traditional music for clogging, today we clog to many styles of music. Not sure what clogging is? Come over and watch us!

Beginning Clogging is on Tuesdays and Thursdays from 3:15 to 4:45 PM in the Main Hall. The first three times there is no cost. After that you must join Amarillo Senior Citizens Association at \$50.00 per year. There is no class attendance fee. You can wear any comfortable shoes to clog in. If you want to clog with taps (more fun), cloggers use a different tap than tap dancers. You can clog in tap dance shoes if you already have them. For new cloggers I recommend you supply shoes you want to clog in, and I can install clogging taps on shoes.

For more information about clogging, contact Brian Vick at 806-681-8361, or Lynn Echols at 706-990-8132.



MILLER'S CLEANERS

Quality Cleaning At Reasonable Prices

1100 S. Taylor, Amarillo, Texas
Phone 374 -1490



Club News

Games and More

April is upon us; stay well these next few winter months.

Games & More has lots of games each day. We start at 11:45 AM on Monday and Friday. Monday is Mexican Train dominoes, Friday is Samba, Canasta, Joker, Pinochle, 2500, and 3-13. This is free to newcomers for the first three times, then the cost is \$1.00 each day you play.

We bring snacks to share with everyone, along with water and coffee. Check out the Silver Grill for lunch at \$6.00 per meal. They have wonderful food. Bring friends and give it a try!

—LouAnn Cagle, Games & More President

Table Tennis

STOP!!! Eat Lunch and play ping pong! Table Tennis is now 3 times a week at 1:00 p.m. Monday, Wednesday, and Friday. Beginners and advanced players alike - everyone is welcome, so come join us!

ASCA Bridge Club

HIGH SCORES & GRAND SLAMS

High scores and grand slams are not available for March due to the ASCA closure.

Happy April birthdays to Sydney Nicholson 4/4, Dorothy Wright 4/9, Raynetta Earp 4/19, Sharon Page 4/22, Dorothy Bivens 4/26, and Marilou Guinn 4/16.

ASCA is closed indefinitely at this time.

Donne Barbee, ASCA Bridge Secretary

ASCA Pool/Billiards Club

Come join the ASCA Pool Club, and see all the fun we have! The membership fee is \$35.00/year. The pool room is open Monday through Friday from 8:00 AM to 5:00 PM, and on Saturday from 11:00 AM to 4:00 PM.

Poker Club

COME PLAY WITH US!!

***** AS SOON AS OUR FACILITY REOPENS ***
TEXAS HOLD'EM**

We play every Wednesday afternoon in the Main Hall. Everyone welcomed! Come down and we'll help you learn! We gather around 1:30 PM with tournament play from 2:00 PM to 4:00 PM. Tournament runs quarterly with prize money awarded on point system to 1st, 2nd and 3rd places. Point leaders at February 29, 2020 for the first quarter are as follows:

- 1st: Danny Simms
- 2nd: Ken Worsham
- 3rd: Jeannette Raef

For more information contact Ken Worsham, President at (806) 418-4497.

COMPUTER PROBLEMS?

**Laptop, PC, Tablet
Onsite Repair Services
Free Pickup & Delivery**

Call 806-223-3682



Viruses, Malware,
Data Recovery,
Security, and MORE

Certified, Licensed
Technician

26 Years Experience

www.Rescue-MyPC.com



ASCA Clubs

“42” CLUB

President, Ann Woodruff: (806) 337-5606

Meets every Tuesday and Thursday 12:30PM - 3:00PM in the Main Hall. Cost: \$.50 each time.

HI-NOON WEDNESDAY BRIDGE

President, Gerry Davidson: (806) 345-2311

Meets Wednesday 12:15PM - 4:00PM in the South Seminar.

“88” CLUB

Meets every Wednesday 12:00PM - 3:00PM in the Main Hall. Cost: \$2.00 per month.

POKER CLUB

President, Ken Worsham: (806) 418-4497

Wednesday: 2:00PM - 4:00PM in the Main Hall. Cost: \$1.00 each time. (Awards on Point System)

ASCA BRIDGE

President, Carroll Brigman (806) 674-3289

Meets Monday and Saturday 12:30PM - 3:30PM in the Conference room. Cost: \$1.10 each time.

POOL/BILLIARDS

President, Richard Bailey: (806) 654-3216

Open to play any day and hours ASCA is open. Monthly tournaments scheduled. Cost: \$3.50 per month (3-Month Min.), or \$35 per year.

BINGO

Join us on Wednesdays at 10:00AM in the North Seminar. Everyone is welcome! No dues or fees.

PUZZLE CORNER

Everyone is invited to stop by and put in a piece of the puzzle in the Main Hall. No dues or fees.

CLOGGING

Contact, Brian Vick: (806) 681-8361

Meets Tuesday and Thursday at 3:15PM in the Main Hall. No cost.

QUILTERS

President, Geri Lindsey: (806) 676-3046

Meets Tuesday and Friday 8:30AM - 2:30PM in room 116.

DUPLICATE BRIDGE

Meets Wednesday 1:00PM in the Conference room. Cost: \$.50 each time.

SWINGING SENIORS

President, Donna Schwab: (806) 355-2031

Meets every Tuesday and Friday 9:30AM - 11:00AM in the Main Hall. Cost: \$1.00 each time. First 2 times in attendance are free.

EXERCISE

President, Charlene Cole: (806) 463-1662

Meets Monday and Thursday 10:00AM - 11:00AM in the Main Hall. Cost: \$1.00 each time.

TABLE TENNIS

Meets every Monday, Wednesday, and Friday at 1:00 PM in the Main Hall. Beginners and Advanced - Everyone is welcome.

GAMES AND MORE

President, Lou Ann Cagle: (806) 316-9684

Meets Monday, Tuesday, and Friday.

Monday: 11:45 AM - Mexican Train; Tuesday: 11:45 AM - Back Alley; Friday: 11:45 AM - Samba, Joker's Wild, Pinochle. Cost: \$1.00 each time.

TAI CHI

Join us on Thursdays at 11:00AM at Amarillo College in the Nixon Gym.. Everyone is welcome! No dues or fees. Instructed by Wayne Woodward.

ASCA News



AMARILLO SENIOR CITIZENS ASSOCIATION

*** INCREASE OR (DECREASE) IN CASH ***

FEBRUARY, 2020 AND YTD AT FEBRUARY 29, 2020

		FEBRUARY, 2020		YTD FEBRUARY 29, 2020	
INCOME:	Dues & Contributions - Members		\$ 3,026		\$ 6,017
	J. Paul Craig Foundation		5,251		5,251
	Club Contributions		1,135		2,348
	Fund Raising Events		2,879		2,945
	Room Use Donations		-		0
	Newsletter Advertising		75		125
	All Other Income		60		490
	Total		12,426		17,176
	Cafeteria	\$ 7,386		\$ 17,426	
	Kimble Foundation	-		-	
	Less Direct COGS	(12,774)		(26,338)	
	Less Indirect Costs - Overhead (at 25%) see below	(2,415)	(7,803)	(4,949)	(13,861)
EXPENSES:	GENERAL AND ADMINISTRATIVE:				
	Salaries, Wages, and Payroll Taxes	5,717		19,082	
	Insurance	43		1,539	
	Computer	-		0	
	Telephones & Internet	150		300	
	Building Maintenance	916		1,637	
	Copies & Copier Rental	427		394	
	Office Supplies, Postage, & Miscellaneous	2,406		3,502	
	Total	9,659		26,454	
	Less 25% to Cafeteria	(2,415)	(7,244)	(4,949)	(21,505)
	Utilities as prorated		-		0
	INCREASE OR (DECREASE) IN CASH		\$ (2,621)		\$ (18,190)

Membership Renewals

If your membership expires in April, your \$50 a year dues are due no later than the last day of the month. Be sure to check on your renewal date so you can keep enjoying the fellowship, and all the exciting activities ASCA has to offer.

Please consider being a lifetime member of ASCA. It's a one-time membership fee of \$1,000 that can be paid out over several months.

ASCA News



Happy Birthday to our ASCA Members in April!

Edward Andrade, Ella Auldridge,
Richard Bailey, Terry Bigham, Dorothy Bivens,
Mary Blinderman, Shirley Curry, Raynetta Earp,
Marilou Guinn, Carol Hendrick,
Basilia Hernandez, Maxine Hilderbrand,
Ted Lock, Ruby Mauldin, Marvin McFarlin,
Jeannette McFarlin, Wesley Miller,
Mary Nesbitt, Sydney Nicholson, Sharon Page,
Edmond Powers, Janelle Raines, Joyce Scott,
Wendell Short, Kim Tesalona, MaryRuth Tipton,
Margaret Webb, Linda Wright, Dorothy Wright

March New Members

Ken Pounds, Jean Buccola, Doug Hershey

Memorial Donations

We welcome all memorial donations in the ASCA office.

Please note: Wash your hands. The CDC recommends washing for a good 20 seconds, that is “happy birthday” twice. Thank you so much for helping us keep down the germs. Stay home if you are sick or think you may be sick. Cover your cough or sneeze with a tissue or into the crease of your elbow with your shirt. This helps prevent some germs spreading through our facility. Thank you for your cooperation.

April is National Volunteer Month

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health.

Volunteering as a family

While it might be a challenge to coordinate everyone’s schedules, volunteering as a family has many worthwhile benefits. Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help others and enact change. It’s also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.



When it comes to volunteering, passion and positivity are the only requirements

While learning new skills can be beneficial to many, it’s not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.





ASCA News

Advertise with

- * Eighth page ad: \$25 *
- * Quarter page ad: \$50 *
- * Half page ad: \$100 *
- * Full page ad: \$200 *

ASCA

AARP Tax Aide

The AARP has suspended all tax preparation due to Covid-19. As soon as we have any new information we will update the ASCA website at www.amarilloseniorcitizens.com.

Newsletter Submissions

If you, or your club, would like something published in the newsletter, please submit it to Alicia or Jennifer in the ASCA office no later than the 25th of the month. If the 25th falls on a Saturday or Sunday, then please have it submitted by the Friday prior.

AARP Smart Driving

At this time the AARP Smart Driving course is not available in Amarillo. The only option is a 4 to 5 hour online class. Please visit www.aarpdriverssafety.org for more information.

Senior's College Classes

Through September 30, 2020 current valid ASCA members will be entitled to enroll in up to three CE classes per semester in AC's Senior's College for a discounted fee of \$10 for each class. Some of the classes include art classes, wood carving, and computer literacy. If you are interested, please call 371-2922 for more information.

Calling all volunteers!

We are in need of kitchen volunteers for the serving line. We serve lunch Monday through Friday from 11:00 AM to 12:45 PM. If you are interested, please contact the ASCA office at 374-5500 for more information.



donna alexander
REALTOR® Seniors Real Estate Specialist

Specializing in Real Estate transactions for older adults.

(806) 683-1299



\$20 off
**Any Plumbing,
Heating, Air or
Electrical Repair**

Valid for future service only. Not redeemable on minimum service fee. Only one coupon per call. Expires 12/31/2020
TACLA 2354-C • M-18615 • TECL 22865

Uh Oh!
Better Call
SCOTTCO

Call 355-HOME
4 6 6 3

www.scottco.com

ASCA News



May Potluck/Bingo Supper

We had so much fun at our March Potluck, even though the attendance was a little light. Our next potluck supper / bingo is tentatively set for Monday, May 18, 2020 at 5:30 PM in the ASCA Main Hall. If this changes, I will send out an email to our members, and post it on the ASCA website at:

www.amarilloseniorcitizens.com.



Please bring a main dish, a side dish, salad or dessert for each person in your party. ***We really need main entrees!***

The cost will be \$5.50 for everyone who does not bring any food. After supper, stick around to play bingo. If you would like to donate bingo prizes, please contact the ASCA office at 374-5500, or just bring them by. We hope you can all come and enjoy!!!

ASCA Garage Sale Fundraiser



The ASCA Garage Sale Fundraiser that was scheduled for April 23-25 has been delayed until further notice. Please check the ASCA website for future information.

Did You Know...

* April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.

* April is named for the Greek goddess of love, Aphrodite.

* The name for the month of April originally came from Aprilis, which means to open.

* Small animals that hibernate are usually coming out of their burrows in April. The birds fly back northward and settle down to have their families. The bees and butterflies begin to gather nectar from the first flowers of the season.

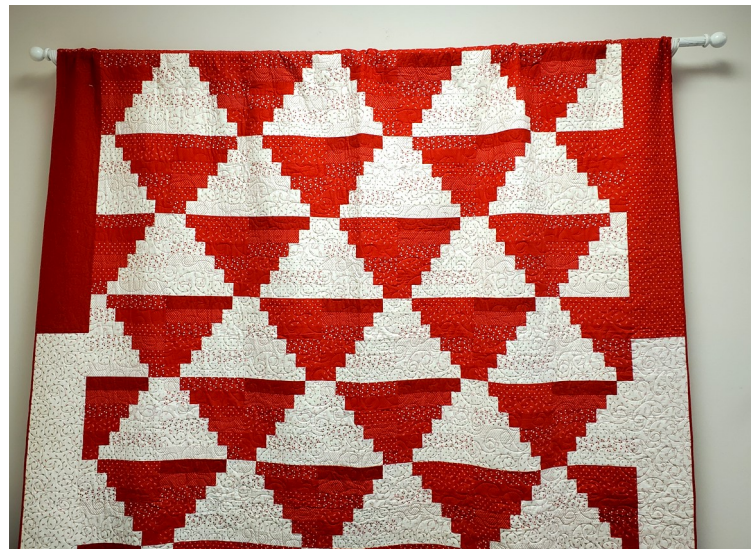
* The birth flowers for the month of April are the sweet pea and the daisy, and the birthstone is diamond.

* April is Humor Month, so laugh it up!



Please join us for lunch from 11:00 a.m. until 12:45 p.m., Monday through Friday. Only \$6.00 per person, and the **PUBLIC IS WELCOME!** So please come join us for some great food and fellowship!!!

ASCA Quilt Raffle



ASCA's quilt raffle is upon us, and this year the ASCA Quilters are raffling off this beautiful quilt! The drawing will be held on Friday, August 14 at noon. Tickets are \$1 each, or six for \$5, and can be purchased in the office, as soon as ASCA reopens. If you purchase your tickets with a credit card, the 5% convenience fee is applicable. You can't win if you don't get your tickets!

Just a Friendly Reminder...

ASCA's normal operating hours are Monday through Friday 8 AM to 5 PM, and Saturday 11 AM to 4 PM. All groups are to be out of the building by closing time, NO LATER, unless other arrangements have been made. Thank you.

Other News



BBB Is Here To Help How You Can Do Your Part

These are unusual and difficult times. We want you to know your BBB is operational during this time. Although, right now we are not taking walk-ins or appointments, we are here to help you by phone or email.

We are working daily to keep our business reports current. We advise you to also check other regulatory agencies for additional information on a company if you plan to use their services. Keep in mind, however, if work is slowed, current information may take longer to be updated. Please check out all companies before signing or paying anything up front.

More than ever, please verify offers that may come across unsolicited such as phone calls or emails stating they have a cure, or a certain offer will protect you from the virus. Scammers are out doing business as usual; in fact they are ramping up their business right now! Don't fall for their fake claims or scare tactics. Be careful with advertising that looks like it is from a federal agency. Go to the agency's website and search their news page. It will help you and the economy, now and later, by keeping money working for good businesses rather than lost to bad businesses or fraud.

Checking unsolicited offers is always important, but more so now. There will be many fake claims and scammers trying to get your money. Tips:

- Don't hesitate to contact a family member, friend or the BBB to talk about someone who might be contacting you to make a purchase or an investment.
- Call the BBB for information on a business offer, a post that looks like it is from a government agency, or if you have been solicited to buy a new product related to Coronavirus.
- Call BBB and go to BBB Scam Tracker to report scams, <https://www.bbb.org/scamtracker>
- If you see a fake ad or you suspect price gouging, report it on BBB's Ad Truth site; <https://www.bbb.org/ad-truth/>
- If you do not have access to the Internet, call us with details and we will help you file the report (we are not able to help you file a complaint, however a friend or family member may file a complaint on your behalf).

We are here to help you and we are counting on you to report anything you see that may be fraud or bad business. Reporting it helps everyone. Call, email or go to our website. And thank you for working with us to keep our community safe and scam free.

Janna Kiehl, President and CEO BBB Serving the Texas Panhandle

Health Benefits of Asparagus You Didn't Know

It's Loaded with Nutrients and Nutrition Benefits—Asparagus is a nutrient-packed vegetable. It is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your blood sugar. In addition to all those vitamins, 1 cup of cooked asparagus has 40 calories, 4 grams of protein, 4 grams of fiber and 404 milligrams of potassium.

It Can Help Fight Cancer—This herbaceous plant—along with avocado, kale and Brussels sprouts—is a particularly rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals. This is why eating asparagus may help protect against and fight certain forms of cancer, such as bone, breast, colon, larynx and lung cancers.

It's Packed with Antioxidants and is a Brain Booster—It's one of the top ranked fruits and vegetables for its ability to neutralize cell-damaging free radicals. This may help slow the aging process and reduce inflammation. Another anti-aging property of this delicious spring veggie is that it may help our brains fight cognitive decline. Like leafy greens, asparagus delivers folate, which works with vitamin B12—found in fish, poultry, meat and dairy—to help prevent cognitive impairment. In a study from Tufts University, older adults with healthy levels of folate and B12 performed better on a test of response speed and mental flexibility.

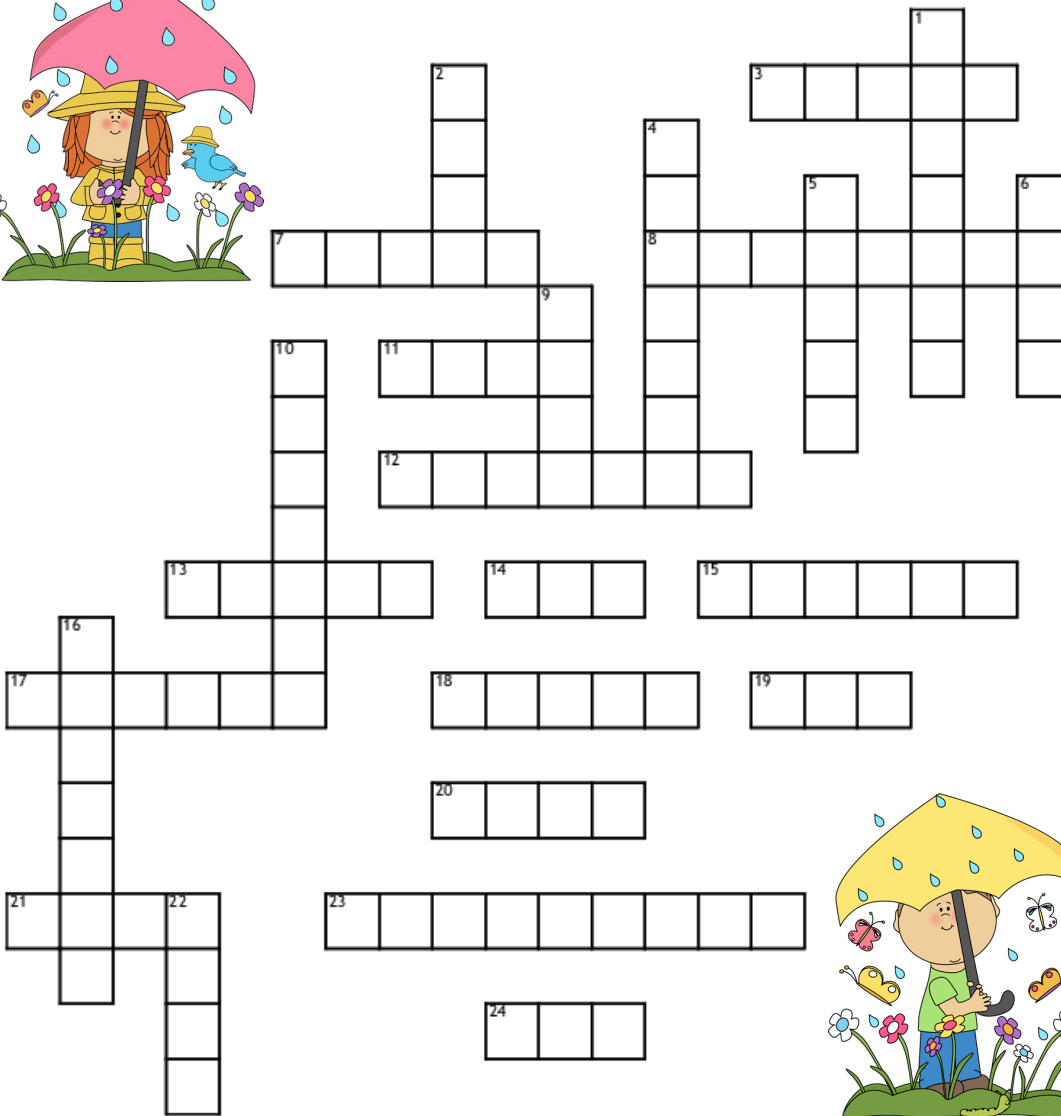
It's a Natural Diuretic—It contains high levels of the amino acid asparagine, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases.



Courtesy of EatingWell



Brain Boosters



Spring Weather Crossword

ACROSS

3. I may be white and puffy, or dark and threatening.
7. If it's foggy in the morning, it will be _____ in the day.
8. It's supposed to rain today. Take an _____.
11. March comes in like a _____.
12. March winds bring April _____.
13. These bud with new leaves in early spring.
14. This gives light to help plants grow.
15. No matter how long this season lasts, spring is sure to follow.
17. Rain _____ the earth.
18. Hold on to your hat. It's _____ today.
19. _____ makes it hard to see.
20. This makes kites fly.
21. Not too cold.
23. This flashes in the sky during a storm.
24. This is rain mixed with dirt.



DOWN

1. Rain leaves these behind on the ground.
2. Dark clouds often bring this.
4. A loud noise associated with storms.
5. This turns green as days grow warmer.
6. Not too hot.
9. This powdery substance sometimes falls in the spring.
10. April showers bring May _____.
16. I can be seen after a storm.
22. March goes out like a _____.

ACROSS: 3. Cloud, 7. Sunny, 8. Umbrella, 11. Lion, 12. Showers, 13. Trees, 14. Sun, 15. Winter, 17. Waters, 18. Windy, 19. Fog, 20. Wind, 21. Cool, 23. Lightning, 24. Mud
 DOWN: 1. Puddles, 2. Rain, 4. Thunder, 5. Grass, 6. Warm, 9. Snow, 10. Flowers, 16. Rainbow, 22. Lamb.