



Amarillo Senior Citizens Association *December Newsletter*

AMARILLO SENIOR CITIZENS CENTER

Special thanks to: Mike Pryer at **C&B Marketing** for the donated sign, and to Don Sanders, Jerry Conner, Robert Treadwell, Billy Phillips, and Leon Gibbs for hanging and framing it. Isn't it pretty!

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ASCA 2021 Board of Directors

Janye Mayfield
President

Rayma Watson
Secretary

Neil Feichtner
Treasurer

Jerry Conner

Barbara Cromer

Lisa Hancock

Mary Crow
*Director
Emeritus*

Thanksgiving Meal Well Attended

Over 165 people enjoyed Thanksgiving dinner on Friday, November 19th at Amarillo Senior Citizens Association. Thank you to Leroy and Jose (staff), and all the volunteers who took on various challenges and contributed to a successful day!



Club News



Swinging Seniors

The Swinging Seniors line dancing group meets every Tuesday and Friday from 9:00 a.m. until 11:00 a.m. Currently, we are meeting at 2223 S. Polk until further notice.

ASCA Quilters

ASCA quilters meet on Tuesdays and Fridays at 9:00 AM.

ASCA Pool/Billiards Club



November Tournament Results

Snooker Tournament

1st Place—Jerry Conner

2nd Place—Marion Boyce

Our next Snooker Tournament will be on Tuesday, December 14th at 1:00 PM. 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 9:00 AM to 4:00 PM.

ASCA Bridge Club

HIGH SCORE FOR November 2021

Gene Cleveland & Gloria LeVeque 6092

The ASCA Bridge Club Wishes Everyone

A Merry Christmas!

Come join the ASCA Bridge Club on Mondays and Fridays 12:30PM-3:30PM.

Cost: \$1.10 each time.

Table Tennis

Table Tennis meets at noon, Monday through Friday. Beginners and advanced players alike—everyone is welcome. So, come join us!

Games and More

Games & More has lots of games each day. We start at 11:45 AM on Tuesday and Thursday. Tuesday is Mexican Train dominoes, Thursday 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.

- Lou Ann Hall

\$20 off

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ASCA Clubs



“42” CLUB

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

HI-NOON WEDNESDAY BRIDGE

Meets Wednesday 12:00PM - 4:00PM

“88” CLUB

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

POKER CLUB

NOT CURRENTLY MEETING

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

ASCA BRIDGE

President, Karren Clugy: (806) 570-3038

Meets Monday and Friday 12:30PM - 3:30PM.
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

NOT CURRENTLY MEETING

Join us on Wednesdays at 10:00AM. Everyone is welcome!

PUZZLE CORNER

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

CLOGGING

NOT CURRENTLY MEETING

Meets Tuesday at 2:00 PM. No cost.

QUILTERS

President, Barbara Cromer: (806) 683-9561

Meets Tuesday and Friday 9:30AM - 2:30PM.

DUPLICATE BRIDGE

Meets Wednesday 11:30 AM.
Cost: \$.50 each time.

SWINGING SENIORS

CURRENTLY MEETING AT 2223 S. POLK

President, Emilie Batson: (806) 336-9156

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

EXERCISE

NOT CURRENTLY MEETING

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

TABLE TENNIS

Meets daily at Noon. All skill levels are welcome.

GAMES AND MORE

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

Meets Tuesday and Thursday.

Tuesday: 11:45 AM - Back Alley, Mexican Train;

Thursday: 11:45 AM - Samba, Joker's Wild, Pinochle.

Cost: \$1.00 each time.

TAI CHI

Monday and Wednesday at Sam Houston Park at 10:00 AM.

Everyone is welcome! No dues or fees.

Instructed by Wayne Woodward.

ASCA News

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AMARILLO SENIOR CITIZENS ASSOCIATION					
* * * INCREASE OR (DECREASE) IN CASH * * *					
OCTOBER 2021 AND YTD AT OCTOBER 31, 2021					
		SEPTEMBER, 2021		YTD SEPTEMBER 30, 2021	
INCOME:					
	Dues & Contributions - Members		\$ 1,172		\$ 18,672
	Foundation Contributions		-		65,349
	Club Contributions		184		3,351
	Fund Raising Events		22,307		48,562
	Interest Income		-		338
	Newsletter Advertising		25		825
	Cafeteria		2,347		2,347
	Miscellaneous Income		30		2,379
	Total Gross Revenue		26,065		141,823
	Less COGS	7,977		17,633	
	Total Revenue		18,088		124,190
EXPENSES:	GENERAL AND ADMINISTRATIVE:				
	Salaries, Wages, and Payroll Taxes	4,968		59,897	
	Insurance	58		5,467	
	Computer, Telephone, & Internet	319		2,477	
	Building Maintenance	426		10,656	
	Copies & Copier Rental	-		1,901	
	Building Renovations	-		20,230	
	Office Supplies & Postage	615		2,804	
	Utilities	1,205		13,878	
	Moving Expense			1,425	
	Vehicle Expense	77		77	
	Total Expenses	7,668		118,813	
	Revenue Less Expenses		\$ 10,420		\$ 5,377

Membership Renewals

If your membership expires in December, your \$50-a-year dues are due no later than the last day of the month. If there are any changes to your information, please let the office know in order to update our records. 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.

MARK YOUR CALENDAR • DECEMBER 2021

- The December board meeting will be on Wednesday, December 15, 2021 at 4:00 PM.
- ASCA will be closed on Friday, December 24th for Christmas.
- ASCA will close at 1:00PM on December 23rd and December 31st.



ASCA News

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Happy Birthday to Our Members in December!

Charlene Ballou, Emilie Batson, Jeannine Bewley, Prudence Bourk, Ed Braden, Billie Clark, Gene Cleveland, Leroy Clifford, Stan Crump, Nicholas DeVito, Iris Eldridge, Gerry Evans, Ginny Garland, Joanne Gove, Bonnie Haney, Sharon Harrison, Susan Howard, Sandra Huneke, Judy Jackman, John Greg Locke, Jean Neel, Kay Ringold, Leo Rowell, Susan Statser, Terrie Stroud, Penny Thomas, and Nadine Thrasher

** Please remember we only list current member's birthdays in the newsletter. If you don't see your birthday listed, call the office to check on your membership! **

Congratulations, Richard Bailey!

The ASCA board of directors unanimously approved the appointment of Richard Bailey as a board member.

Richard will begin his duties at the December 2021 meeting.

Holiday Closures

ASCA will close at 1:00PM on Thursday, **December 23rd** & will be closed on **Friday, December 24th** for Christmas Eve.

ASCA will close at 1:00PM on **Friday, December 31st** for New Year's Eve.

Christmas Lunch

ASCA's Christmas lunch will be on December 17th. Volunteers are needed to help serve food and drinks. If you are interested in volunteering, please contact the ASCA office or see Ticarra in the kitchen.

New Executive Director

Well, I've been at ASCA for a full month, and I want to express my excitement in being a part of this fine organization.

If we haven't met, my name is Jeff Whitsell, ASCA Executive Director. I've worked at the director level in nonprofit since 2009—most of that time with United Way (UW of Odessa & UW of Amarillo & Canyon). I also worked as a family caretaker for my father, who has dementia, from 2018 until January 2020.

I know ASCA has experienced significant changes in the last three years. Working with the board of directors and community leaders, I'm optimistic we can find solutions to bring about organizational stability.

I look forward to getting to know everyone better. Please be patient with me as I learn the nuances of my job. If I forget your birthday in the newsletter, or print the wrong date for your club's activities, it's nothing personal. I'll improve over time.

Thank you for welcoming me to the ASCA family!

Jeff Whitsell



Winter Weather Closure Policy

ASCA closes or delays for inclement weather when the Amarillo Independent School District closes, or delays, and any other time weather is too inclement to be open. In the event of snow, please watch the local weather and if AISD is closed or delayed, ASCA will be as well.

Silver Grill Lunch

Meals are \$7.00. A meal still includes an entrée, two sides, salad, dessert, and drink.

ASCA News



Thank You, Marsha Wilson

Marsha Wilson has been a part of the ASCA kitchen staff for many years. The staff sent her off with flowers and a card on her last day. But don't worry. Marsha said there's a good chance she will not stay gone long!



Did You Know...

- Charles Dickens wrote *A Christmas Carol* in 1843
- The tradition of Christmas Trees can be traced back to ancient Egypt.
- The Dutch were the first to leave food and drink for St. Nicholas
- *Rudolph the Red-nosed Reindeer* was created by a Montgomery Ward copywriter.
- In Canada, Santa has a postal code
- Construction crews building Rockefeller Center put up the first Christmas tree there in 1931.

Support for ASCA

We appreciate all the support we have received, and continue to receive, from our members, volunteers and others in the community. Without your support we would not be able to serve the senior citizens of this great city!

...and just a reminder that all donations to ASCA are tax deductible. Thank you for supporting our organization!

NEW MEMBERS IN NOVEMBER

Mercy Perez

Health Hub



RECIPE OF THE MONTH: Healthy Granola *(Courtesy of: Yahoo)*

2 cups rolled oats
1/2 cup raw almonds (whole)
1/2 cup pepitas
1 teaspoon cinnamon
3 tablespoons maple syrup
2 tablespoons coconut oil (melted)
1/2 cup cranberries (dried unsweetened)

Preheat: preheat oven to 350°F and line a baking sheet with parchment paper.

Combine Ingredients: add rolled oats, almonds, and pepitas to the baking sheet and toss.

Toss with Oil and Maple: drizzle with coconut oil and maple syrup and season with cinnamon. Toss to combine.

Bake & Toss: bake at 350°F for 20-25 minutes, tossing every 10 minutes.

Add Dried Fruit: once the granola is golden brown, remove it from the oven and add dried cranberries. Toss and let cool for 15 minutes.



Tips for Better Sleep *(AARP)*

Make your bed each morning. According to a survey by the National Sleep Foundation, those who make their bed nearly every day were more likely to report

Change your bedsheets every Sunday. Allergens can disrupt sleep. To cut down on buildup, wash your sheets weekly. Also replace pillows at least every two years and mattresses every 10, both for hygiene and for comfort (they can break down over time).

Face your alarm clock toward the wall. And place your cellphone facedown. Artificial light disrupts sleep. Instead of night-lights, keep a flashlight next to your bed to use when needed.

Turn the fan on when the lights go off. Or invest in a sound machine. Snoring partners, traffic and other ambient noise can cause you to wake during the night and experience more daytime sleepiness and fatigue. A source of white noise, like a fan, can help modulate that problem.

Enjoy some chamomile tea at bedtime. In a randomized, double-blind study from the University of Michigan, those taking a chamomile extract twice a day zonked out 16 minutes faster, on average.

Brain Boosters



Christmas Crossword Puzzle

Christmas Words



Across

2. What's another name for Christmas songs?
3. Who Stole Christmas?
6. Who said, "Bah Humbug?"
9. Who pulls Santa's sleigh?
12. What does Santa put under the tree?

Down

1. Something you might leave Santa to drink.
2. Something you might leave Santa to eat.
4. Which reindeer has a red nose?
5. Who delivers presents on Christmas Eve?
7. What day is December 25th?
8. What does Santa ride in?
13. Something for the top of the tree.

ANSWERS: Across—2. Carols 3. Grinch 6. Scrooge 9. Reindeer 10. Jesus 11. Stockings 12. Presents Down—1. Milk 2. Cookies 4. Rudolph 5. Santa 7. Christmas 8. Sleigh 13. Star