

RICH WITH ACTIVITIES  
**BEAUMONT**   
**T • E • X • A • S**

Beaumont  
Best Years  
Senior Center

780 S. 4<sup>th</sup> Street – (409) 838-1902

Volume 7 Issue 1

February, 2012



*Coordinator's notes...*

Are you ready for Mardi Gras?! Mardi Gras EXCLUSIVELY for seniors! If "YES", mark your calendar for *Celebrating Seniors Mardi Gras Style* to be held at the beautiful downtown Beaumont Civic Center, Friday, February 17, 2012. The MAGIC of the Best Years Senior Center will be seen on stage by a variety of programs – exercise, dancing, singing & more! You will meet quality senior focused companies, the Red Hat Club, hear some gardening tips and shop at specialty booths! My home and heart are full of treasures from the members of the center. Bring a friend and visit us at senior Mardi Gras ... you too will find many treasures by meeting our professional instructors, gawking at beautiful automobiles, and enjoying a great day of music, laughter and pure fun!

***Bring a friend!***

*Lynn*

Lynn Huckaby, Program Coordinator

**The Center will be closed on February 17 due to the Celebrating Seniors Mardi Gras Style event.**



# PROGRAM NEWS

## NEW CLASSES!!!



**SCRAPBOOKING** with Carolyn Ames. Pre-register for this 6 week class and learn what to do with those beautiful family pictures!! \$30/person. Begins Tuesday, Feb. 14 – March 20 from 9:00-11:00 AM. First-class techniques taught on "How to Use Your Supplies and Cutting Paper."

Please bring your own scissors, scrapbook pages, scrapbook (may be found at Walmart or Michaels), pictures and decorating items – buttons, garment pieces, old towels; paper towels, wash cloth for staining. A supply list will be given out the first day of class – includes glue type and more to make a pretty album.

Must pre-register, limited to 12 to the class: 838-1902.

## Learn to Speak English

**LEARN ENGLISH!**

이러지 영어

**¡APRENDER INGLÉS!**

**HỌC TIẾNG ANH!**

تعلم الانجليزية

**APPRENDRE L'ANGLAIS!**

If you are a senior interested in improving your conversational English, please join us on Thursdays from 1:30 – 2:45 pm in the Library of the Best Years Center. The class is very informal and is taught by Marlene Bacon. Marlene is an experienced ESL teacher. We already have several participants and hope you will consider joining us. For more information, call the Center at 838-1902.

**BRIDGE LESSONS** with Lamar A. Roach, Sr. will resume in March. This class is for Intermediate bridge players that have basic bridge skills. Please RSVP at 838-1902.



**Ceramic News** Get Well Wishes and Prayers are sent to Theresa Rhetus after a sudden accident. Theresa will be home healing for a while, yet she has many lovely ceramic pieces poured and ready for someone to paint and take home! Ceramic classes meet every Monday and Wednesday!



**Choir News** If you have always wanted to make a joyful noise join Mary and Neil Early every Tuesday at noon! Mary and Neil have degrees in Theatre Art and can bring alive any play or song! The Choir is celebrating 12 years of meeting and performing in public events with songs of the decades. Bring your voice and smile for a great time and better time giving back to others.

**Dancing ...** 1 2 3 4 5 6 7 8 From tap/jazz and soft toe to western dancing ... we've got it! Talk about a fun way to stay in shape!

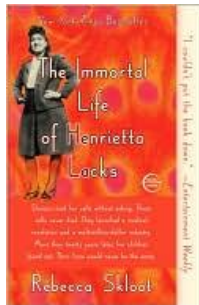
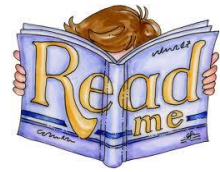


**Yoga** has room for more students! Your body will thank you this stretch and balance class! Meets every Friday at 9:30. Bring your mat! Balls are provided.

**WALKING CLUB** interest survey is now being done ... Spring is around the corner and Beaumont has some beautiful walking trails, starting with the lovely downtown sidewalks! Stay fit for life! The Walking Club is excellent for newcomers, friends and visitors! Call (409) 838-1902 and sign up today!



**THE BOOK CLUB**



Next read ... *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Henrietta Lacks, a poor Southern tobacco farmer, was buried in an unmarked grave sixty years ago. Yet her cells - taken without her knowledge - became one of the most important tools in medical research. Known to science as HeLa, the first "immortal" human cells grown in culture are still alive today, and have been bought and sold by the millions. Rebecca Skloot takes us on an extraordinary journey from the "colored" ward of Johns Hopkins Hospital in the 1950s to East Baltimore today, where Henrietta's family struggles with her legacy.

The center is missing several books from previous reads; please check your home for the following:



QUANTITY	DESCRIPTION
2	<i>The Help</i> by Kathryn Stockett
1	<i>The Story Sisters</i> by Alice Hoffman
2	<i>Addition</i> by Toni Jordan

Books not returned must be paid for by the Best Years Center. The Book Club is a marvelous program! Books may be checked out in advance so you can laugh and review with a wonderful group of readers!

**The Gift Shop**

Now open **Monday, Tuesday, Wednesday, and Thursday from 10 am – 1 pm.**

We have several Mardi Gras pins and earrings, heart necklaces (Valentine's theme). We now have a new supply of scarves, hats, fedoras, and caps along with pill boxes, fans, and key finders. We also have many new jewelry items.



Gift Shop has been requested to be open on Fridays. Seeking volunteers to help!



**UPCOMING DAY TRIPS!**



March 23rd The Woodlands ... Irish Pub Lunch and shopping at Charmin Charlie's  
April 19th Avery Island



**Taste of the Triangle**, presented by the Sabine Area Restaurant Association, is on Fat Tuesday, February 21st, from 6:30pm-8:30pm at Ford Park. Proceeds of the Taste of the Triangle benefit local charities. The Annual Taste of the Triangle features samples of food by area restaurants and beverage companies and entertainment.



**Celebrate Black History Month** in the BYC Library Thursday, February 23, 2012. Hosted by Elizabeth Mouton and Dorothy Euglon. Presentation, Popcorn & Movie! 10 am - 11:30 am. Must pre-register 838-1902.



**Conversational Spanish Lessons**

Starting Tuesdays and Thursdays, February 21; 10 am - 11:30 am  
Instructor: Guadalupe R. Guadarrá. Must Pre-register 838-1902.



**Guitar Gathering ... Self Taught Beginners - FREE**

Just for the fun and encouragement of learning something new! Meeting every Friday, 10:30 AM - 11:00 AM in the Choir Room  
Pre-register: 838-1902



**Gardening Tips** Vida Hawn, Master Gardener, will start a Gardening Tips Class, meeting twice monthly. Meetings will be on Thursdays beginning March 8 and March 22. Topic for March 8 will be Different Soil Types. Vida will be at Mardi Gras giving away a few pepper plants and garden tips, as now is the time to plant peppers.



**Chapter 923** meets the second Friday of each month Next meeting - February 10th, 10 am. For more information please call Jimmie Harris, President at 409-838-5541 or Mrs. Dorothy Evans, Secretary at 409-892-2860. Agenda will include final plans to participate in the annual Celebrating Seniors Mardi Gras Style Seeking donations of Mardi Gras decorations, beads and white elephant items.



The Best Years Senior Center invites YOU to the 2012



# Senior Mardi Gras

**Friday, February 17  
10am-2pm**

RICH WITH ACTIVITIES  
**BEAUMONT**  
T • E • X • A • S

*The Best Years Center  
Parks and Recreation Division*

♣ Entertainment ♣ Food ♣ Shopping ♣

♣ Senior Friendly Vendor Booths ♣

♣ Stroll Through Our Indoor Park & Much More ♣

**New this Year!**

**Laissez L'education Rouler!**

*"Let the Learning Begin"*

**Important Information On Electronics,  
Computers, Enhancing Daily Living & More!**

*"15 minute mini-presentations  
with seating in Civic Center lobby"*

**FOR MORE INFORMATION CALL THE BEST YEARS CENTER AT 409-838-1902**

**MARK YOUR CALENDAR!**

**FRIDAY, FEBRUARY 17, 2012**

For another great year at the beautiful downtown Beaumont Civic Center

**Senior Mardi Gras ...**

**EXCLUSIVELY FOR SENIORS!**

**FREE ENTRY! FREE MUSIC!**

**FREE FOOD SAMPLES!**

Over 80 vendors with resources and information just for seniors!

Specialty products for sale!

All fun! All for you and your friends!!

15 minute mini-presentations on

Computers, Nutrition, Culinary, Volunteerism, Cell Phone Texting, and Much More!

Golf Carts will be available in the Civic Center parking lot for a ride from car to door!



**MARDI GRAS FRONT LOBBY PRESENTATIONS: "Let the Learning Begin!"**

- 10:30 am            Texting and Cell Phones
- 11:00 am            Culinary – How to Eat Correctly and Shop Inexpensively
- 11:30 am            Volunteerism with Mack of RSVP
- 12 Noon             Computer User / Technology

Blessings from Bishop Curtis Guillory of the Catholic Diocese of Beaumont and Mayor Becky Ames will announce the BYC 2012 King and Queen on stage at 12 Noon!



Be sure to dress up for Mardi Gras ... Best dressed (themed) wins a prize!!! Booth Awards and Best

Dress will also be announced by Dana

Melancon of Fox 4, followed by the Cajun Harmony Band! *Let the Good Times Roll!*



Performances on stage will include BYC Low Impact Aerobics, Zumba by Peyton Jones of Christus Wellness Center, Songs by Britt Godwin of Odyssey Hospice,



followed by BYC Jazz & Tap troupe, BYC Volunteer Voices of Beaumont, and the BYC Boot Scooters.

Bring a camera for self portraits in the garden!





# February Birthdays



<b>1</b>	Henderson Bill Bailey, Claire Moore	<b>16</b>	R.D. Johnson, Bobby Jackson, Raymon Zavala, Josey Johnson, Jr., Ruby Warren, Becky Custer, Samuel Jones, Barbara Jackson
<b>2</b>	Philomena Bourgeois, Stella DeBlanc, Mary Frances Wilson	<b>17</b>	Melva Nunez, Hazel Hall, Paula Schiwart
<b>3</b>	Kewpie Comeaux, Labona Blackwell, Rose Latta, Lela Berry	<b>18</b>	Ruth DeCuir, Claire Hymel, Julia Franklin, Evelyn Ashworth, Sharon Nash
<b>4</b>	Peggy Yancey, Richard Bennett, James Walker, Jr., Vo'Lena Chatman	<b>19</b>	Melinda Cornett
<b>5</b>	Julie Blanco, Harry Mason, Richard Long	<b>20</b>	Dorothy Steed, Sally House, Cynthia Clanton, Brenda Leaven, Deborah Queen
<b>6</b>	James Willis, Jr., Vanessa Lewis	<b>21</b>	Catherine Morrison, Rosa Hubbard, Joseph Marcellas Pete
<b>7</b>	Mary Ann Zoch, Nancy Erwin, Linda Brown	<b>22</b>	Wanda Flint, Horace Lambert, Jr.
<b>8</b>	Bill Cook, Freda Cormier	<b>23</b>	Lizzie Mae Johnson, Madlyn Benton, Donna McCauley, Lana Dorell
<b>9</b>	Louvenia Henry, Lawrence Henry	<b>24</b>	Mary Winstead, Leanna Glasper, Alfred Smith
<b>10</b>	Herbert Fountain, Foster Bennett, Idella Clay, Janet Powell, Michael Notarangelo	<b>25</b>	Jeannine Batchelor, Charles Prater, Kendell Branch, Diane Rogers, Carole Miller
<b>11</b>	Kathleen Williams, Glenda Nobles, Linda Toombs	<b>26</b>	Melanie Brunette
<b>12</b>	Andrew Ryan	<b>27</b>	Carl C. Jordan
<b>13</b>	Martha Parker	<b>28</b>	Essie Melonson, E. Joy Jones, Mike Gilbert
<b>14</b>	Edna Briscoe, Peter Louis, Mattie Grant, Sherry Beckham, Anna Scott, Maria Gonzales	<b>29</b>	Ronald Beverly
<b>15</b>	Theodore David, Gaynell Martin, Linda Nelson, L.J. Evans		



## Computer Classes at the Best Years Sr. Center

Come join the fun and learn more about how to use technology in your life. Call the center to add your name to class lists of interest. **All classes require pre-registration** by calling the Center at 838-1902. Class costs are \$5 plus the cost of the training book (usually \$5).



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### Monthly Computer Meeting: Shopping For A New Computer? What Is The Perfect Solution For You? Presented by Representatives of Best Buy

Friday, February 24  
10:30 – 12:00



Learn about the latest options from an iPad to a Laptop to a Desktop. This presentation should inform you about making the best choice for your needs. Terminology such as RAM, ROM, Gigahertz, and hard drive will be explained to help you understand the “lingo” involved in each choice! Also, the services of the Geek Squad from Best Buy will be explained. Learn how they can provide services in your home to fix your individual computer problems.

Call the Center at 838-1902 to reserve your seat. This session is free!

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Don't miss Ira Wilsker's presentation, noon in the Civic Center front entrance, at Senior Mardi Gras 2012!



## Leap Year Traditions

February 29 is a date that usually occurs every four years, and is called leap day. This day is added to the calendar in leap years as a corrective measure, because the earth does not orbit around the sun in precisely 365 days.

Persons born on leap day, February 29, are called "leaplings" or "leapers." However fun it may be to rib them for enjoying 75 percent fewer birthdays than the rest of us over the course of their lives, they do have the special privilege, between leap years, of celebrating their nativity a full day earlier if they so choose. It was once thought that leaping babies would inevitably prove sickly and "hard to raise," though no one remembers why.



In keeping with the theme of nature gone awry, a whimsical tradition dating back at least four centuries (and still trotted out at four-year intervals by newspaper feature writers) holds that



leap years confer upon women the "privilege" of proposing marriage to men instead of the other way around. The convention was (in literature, if not in reality) that any man who refused such a proposal owed his spurned suitor a silk gown and a kiss — provided she was wearing a red petticoat at the moment she popped the question.

**Groundhog Day**, celebrated across the United States and Canada, on February 2, is purely a North American tradition. It is based on a belief that on this day (February 2) the groundhog, or woodchuck, comes out of hole after winter hibernation to look for its shadow. If the shadow is seen, it's a sunny day. And the groundhog foretells 'six more weeks of bad weather' and thus a lingering winter. But spring is coming if no shadow is seen because of clouds. The groundhog then behaves accordingly. It goes back into the hole if the weather turns bad, but stays above ground if spring is near.





- 1. What player has won the most Super Bowl MVP awards with three?**
  - a) Troy Aikman
  - b) Terry Bradshaw
  - c) Jerry Rice
  - d) Joe Montana
  
- 2. Who is the only player to have won Super Bowl MVP on a losing team?**
  - a) Roger Staubach
  - b) Kurt Warner
  - c) Chuck Howley
  - d) Jake Delhomme
  
- 3. What team lost a Super Bowl by the smallest margin in the game's history?**
  - a) New England Patriots
  - b) St. Louis Rams
  - c) Buffalo Bills
  - d) Miami Dolphins
  
- 4. What team won a Super Bowl by the largest margin in the game's history?**
  - a) San Francisco 49ers
  - b) Washington Redskins
  - c) Dallas Cowboys
  - d) Pittsburgh

1: d, 2: c (SB V), 3: c (20-19 in SB XXV), 4: a (55-10 in XXIV)

### *Valentine Trivia*

- ♥ 15% of U.S. women send themselves flowers on Valentine's Day.
- ♥ 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.
- ♥ About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- ♥ About 3% of pet owners will give Valentine's Day gifts to their pets. Hallmark has over 1330 different cards specifically for Valentine's Day.



**SCHEDULE OF WEEKLY EVENTS**

**MONDAY**

8 AM	Low Impact Aerobics
9 AM	Zumba, Ceramics, Crochet
9:30 AM	Exercise - Line Dancing (Pat's Class)
12 Noon	Bridge
12:30PM	<b>Beginner Computer Skills</b> – Instructor Fred Young <b>Pre-registration required</b>

**TUESDAY**

9 AM	Quilting, Scrapbooking
9:30 AM	Jazz & Tap (The Happy Steppers); Radio Theatre
10:00	<b>Beginner Computer Skills</b> – Instructor Harvey Henry <b>Pre-registration required</b> <b>Conversational Spanish</b>
12:00 PM	Choir- Volunteer Voices of Beaumont
1 PM	Line Dancing – Beginners (Boot Scooters)
1:30 PM	<b>Microsoft PowerPoint</b> – Instructor Marian Pekar <b>Pre-registration required</b>
2:30 PM	Line Dancing -Advanced (Boot Scooters)

**WEDNESDAY**

8 AM	Low Impact Aerobics
9 AM	Zumba, Ceramics, Crochet
9:30 AM	Exercise-Line Dancing (Pat's Class)
1 PM	Ceramics Class
2PM	Microsoft Word - Instructor – Bettie Nixon - <b>Class full.</b>

**THURSDAY**

10:00	<b>Beginner Keyboarding / Word</b> - Instructor – Jean Williams <b>Registration Required;</b> <b>Conversational Spanish</b>
1 PM	42 Dominoes; Line Dancing - Beginners (Boot Scooters)
1:30	Conversational English
2:30 PM	Line Dancing – Advanced (Boot Scooters)

**FRIDAY**

8 AM	Low Impact Aerobics
9 AM	Quilting
9:30 AM	Yoga (Bring a large towel)
10:30	Guitar Gathering
12 Noon	Bridge
1 PM	Duplicate Bridge

**MONTHLY EVENTS:** **DAILY:** **Billiards:** Monday through Friday **Gym Open** Daily 8:00 4:30  
**GSA Activity Directors** – 3<sup>rd</sup> Fri., 10 AM; **Low Vision Support** – 3<sup>rd</sup> Thurs., 1 PM

