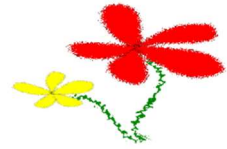


April 2018



Friends News



1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com

April Happenings

Musical Magic

Wed April 4	Birthday Celebration with Gary Freeman	2 pm
Wed April 11	Jim Gatlin	2 pm
Thu April 19	Texas Winds Presents Paul Demer	11 am
Tue April 24	Mike the Accordion Player	11:30
Fri April 27	Kimberly Nicole Sings	2 pm

Special Events

Mon April 16	Teddy the Service Dog	1:30 pm
Thu April 26	Zeta Sorority	2 pm
Thu April 26	Canterbury 6 th Grade Students Creating Outside Art Projects	10 am

For Your Health

Every Wed	Chair Yoga/Chair Chi	11:30 am
M, T, Th, F	Exercise	11:30 am

Support Group at Friends Place

Alzheimer's Caregiver Support Group

Meets 2nd and 4th Tuesdays

Date: Tuesday April 11

Time: 2:00-3:30 p.m.

Topic: General Discussion

Date: Tuesday, April 2

Time: 2:00-3:30 p.m.

Topic: Safety in the Home

Presented by Matt Darnell,

Physical Therapist

Infinite Home Health

Caregiver's Support Group

Activities for your loved one
at no charge with advanced notice.

Call 972.274.2484

Canterbury Students Come to

Help Celebrate

"EARTH DAY" at Friends Place

The 6th Grade students are here

Thursday, April 26th 10:00-11:00

Will be decorating our
"Pot People"



We will also be working on our vegetable
garden the next few weeks, so give us a call and
come share your green thumb with us!!

Time for our Mother's Day Luncheon

Save the Date

Friday, May 11th, 2018

Noon-2:00 p.m.

Reservations Requested Please

972-274-2484

We will have a great Jewelry Show and will enjoy
the sounds of Sherry Hamilton!

Questions? 972-274-2484





Birthday Wishes to:

Bill Sten. - April 2
Evert - April 5
Willie G.- April 6
Mary J. – April 9
Lamar J. - April 10
Joe W. - April 14
Octavio R. - April 16
John G.- April 22
George L. – April 22

Friends Place Team Birthdays

Shelia – April 4
Evelyn – April 17

Other Support Groups in the Area

Date: Saturday, April 21

Time: 11:00 a.m.

Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, April 11

Time: 6:00 p.m.

Location: Hillcrest Baptist Church
255 W. Pleasant Run Rd
Cedar Hill, Tx.
Questions: 214-718-1286

Parkinson's Support Group

Date: Monday, April 30

Time: 6:00 pm

Speaker: TBA

Location: Trinity United Methodist Church
1302 South Clark Road
Duncanville, TX 75137

For other scheduled activities for the Parkinson's group, please contact Wanda at calljw@sbcglobal.net



Tips from the Nurse

Constipation.....that's one word we don't like to hear but it can be a part of the aging process that we encounter with the senior population. Tips to help avoid or ease the problem are:

- Take in fluids throughout the day.
- Being active by walking around the house or the yard with assistance if needed.
- Increase daily fiber. Fiber from beans or legumes.
- Fiber from fruit. Apples and pears (especially the skin) are a good source of fiber.

Something Fun and Different in Caregiving

Alzheimer's / Dementia Caregiver Improv Workshop

**Learn a different approach to caregiving and have
some laughs while you are learning!!**

Saturday, April 21 – Noon to 4pm
Stomping Ground Comedy Theater
1350 Manufacturing #109
Dallas, Tx

Email Andrea@StompingGroundComedy.org
to reserve your spot
Price \$40