

## Happy New Year to all!

Thanks to all the citizens that contributed to the Tornado victims. Everything has been distributed to nursing homes, other distribution centers and memory homes. We can't thank our community enough for the love and empathy shown in this time of need.

We have had a very good year at the Sachse Senior Center. Our membership continues to grow. Our classes continue to grow, and the fellowship is delightful in every way.

Our month with crafts, food, laughter and Santa made December an exceptional one. Our sponsors are the very best in our community. I can't brag on them or thank them enough for their interest in our center and their generosity. Janelle that comes each month and tells us a story, is exceptional. We always share her laughter and feel the pain with her renditions.

"Remember When" really taxes our brains as it should and we need. Our brain needs to be exercised also and this certainly does it!

Our metal detector group has been rained out more often than not, but it is a good outing when it is possible and they seem to always find something. It is always 'show and tell' when the get back to the center.

Our book club is prospering. This month they read and discuss *The Third Target* by Rosenberg. Next month they will chat about books they have read and want to refer or urge others to read them.

The computer class is always available on Tuesday afternoons, but with the new smart phones, computers are going out. Mary Jane is so patient and here to help you if you are just learning, she can show you how to email your grandchildren or receive photos, or whatever your interests are.

Our trip to the Gaylord is always exciting just to see the decorations and many went to the "ICE" show.

The Clark Financial Group of Frisco has sponsored our monthly birthday party for at least 10 years and we are so thankful

### SILVER SCENE



By Dixie Dickson,  
Sachse Senior  
Center program  
manager

for them. It is the first Thursday of each month. We have a full lunch, birthday cake, ice cream and song! It makes any birthday more tolerable.

This has been a fabulous year and we look forward to 2016 to be even better. We have trips, a 50's Sock Hop, training classes, crafts, and dancing coming up. If these are not of your interest, let me know, perhaps we can get something else going.

January will feature the usual classes and fun times. We have a calendar each month on the Sachse city website and hardcopies at the center. We do have yearly dues that are due and payable this month. If you are a Sachse resident you dues are fifty cents a month or \$6.00 a year. Non-residents are \$1.00 per month or \$12.00 a year. If you eat one or two meals with us (that are free to you) you have more than retained your money back. We serve homemade meals like Grandma used to fix, so they are delicious.

Next month, we will be motoring to Gladewater to view about 900 acres of Jonquils and daffodils in all their glory. This is the park developed by Helen Lee in the early '50s and has been alive ever since. It is such a peaceful outing with a cabin and lake in the middle of the drive. You might want to consider making this trip.

We will start our much requested bridge classes on February 2 at 10:30 a.m. You will need to pre-register for this class.

Our AARP tax preparation program will begin the first Tuesday of February (the 2nd) and will continue each Tuesday through April 12 from 9:00 a.m. to 1:00 p.m. This program is free and it is first come, first serve. We do have coffee and rolls available.

We also have a city brochure that will be out in February that details our activities for the spring/summer months.

Remember to live your life and forget your age. Until our next chat, I will keep the doors open.



Week of  
January 3, 2016

#### ARIES - Mar 21/Apr 20

Aries, practicality is a big part of your personality, but sometimes thinking through the reasons to do something over and over can be tedious. Let loose a little bit this week.

#### TAURUS - Apr 21/May 21

Taurus, expect to feel pulled in two directions this week. It's a pivotal time at work, but in the same measure, you have much going on at home. Think things over carefully.

#### GEMINI - May 22/Jun 21

Gemini, you may find your energy levels unusually low this week, and your productivity may suffer as a result. Maybe someone else can energize you a bit and lend a helping hand.

#### CANCER - Jun 22/Jul 22

Cancer, you will get to your destination soon enough, but the trip may be a bit of a headache. Patience is essential this week; otherwise, you may give up prematurely.

#### LEO - Jul 23/Aug 23

Misinformation is spreading, so research everything to make informed decisions this week, Leo. It may help you avoid an expensive mistake down the line.

#### VIRGO - Aug 24/Sept 22

Virgo, you may have a wonderful time with family or friends this week, even if you are crunched for time. Savor the small moments as they come your way.

#### LIBRA - Sept 23/Oct 23

Libra, this is a good week to catch up on paperwork, filing or tedious tasks you have let fall by the wayside. Make use of the slow week to recharge.

#### SCORPIO - Oct 24/Nov 22

Scorpio, you will be missed as much as you miss another person this week. Wait out this separation a little while longer, keeping in mind that your reunion is on its way.

#### SAGITTARIUS - Nov 23/Dec 21

Do whatever you need to do to rejuvenate your spirit, Sagittarius. Spend some more time with friends and avoid prolonged solo activities. Soon your motivation will return.

#### CAPRICORN - Dec 22/Jan 20

Capricorn, this may turn out to be a strange week, as you can't seem to fully focus on anything. You may get frustrated at your inability to concentrate, but that focus will return soon.

#### AQUARIUS - Jan 21/Feb 18

Aquarius, if you become too wrapped up in business or personal obligations, take a step back and reevaluate your priorities. Some things need to be rearranged.

#### PISCES - Feb 19/Mar 20

Pisces, you are on a quest this week to find the perfect gift for a friend. This person will appreciate your efforts, and your bond will only grow stronger.

#### FAMOUS BIRTHDAYS

1/3 Mel Gibson, Actor (60), 1/4 Michael Stipe, Singer (56), 1/5 January Jones, Actress (38), 1/6 Julie Chen, TV Host (46), 1/7 Kenny Loggins, Singer (68), 1/8 R Kelly, Singer (49), 1/9 Kate Middleton, British Royalty (34)

## Smith Public Library Events for January

Jan. 4 and 11,  
10 a.m. - 4 p.m.,  
Beginners Quick-  
Books class

Jan. 5, 3:30-4:30  
p.m., Third-Grade  
Voyagers learning  
group. How does  
your garden grow?  
Bring your favorite  
book about garden-  
ing.

Jan. 5, 12, 19, 6-  
8 p.m., Excel 1, 2, 3  
Jan. 7, 14, 21, 28,  
6-8 p.m. Word 1, 2,  
3, PowerPoint

Jan. 7, 6-7 p.m., Teen Book  
Club, Discuss "The Tyrant's  
Daughter," by J.C. Carleson

Jan. 8, noon, Booked on Fri-  
days adult book club. Bring lunch  
and join in light conversation and  
fun. January is "free read"; share  
what you've read over the holi-  
days or what is in your to-be-read  
pile.

Jan. 9, 10:30 a.m., Good Yarn  
Knitting Group. Knitters of all  
ages and experience welcome.  
Bring your yarn and needles.

Jan. 13 and 15, 3:30 - 4:30

### AT THE LIBRARY



By Rachel Orozco,  
Smith Library  
Director

p.m., My Very  
Own Book Club  
for first- and  
second-graders.  
Read aloud "The  
Day Jimmy's  
Boa Ate the  
Wash," by Trin-  
ka Hakes Noble,  
discuss the story  
and illustrations,  
have a snack and  
do a craft.

Jan. 14, 6  
p.m., To Marry  
an English Lord.

Discover real-life "Downton"  
American heiress who married  
into the British aristocracy at the  
turn of the 20th century. Present-  
ed by historian Jann Mackey.

Jan. 21, 6 p.m. Friends of the  
Smith Public Library meets.

Jan. 28, 6 - 7 p.m., BeTween  
Book Club, fourth- through sixth-  
graders read "Harry Potter and  
the Sorcerer's Stone" and watch  
the movie on your own, then  
come enjoy snacks and discuss.  
Excerpts from the book will be  
read and scenes from the movie  
will be shown.



### Did you know?

Research indicates that people who laugh a lot are much healthier and may live longer than those who don't find time to chuckle. A good, deep belly laugh can provide your body and mind with a great workout. Dr. Lee Berk at the Loma Linda School of Public Health in California found that laughing lowers levels of stress hormones and strengthens the immune system. The organization Laughter Works, which teaches

people how and why to laugh, says laughter can cause blood pressure to drop, blood to become oxygenated and endorphins to kick in, which can improve mood. And that's just the beginning. Laughing can help reduce stress and promote stronger relationships between people who laugh together. Data indicates children around the age of six laugh the most, laughing roughly 300 times per day, while adults average only 15 to 100 laughs per day.

## Change your behaviors to become a more inspiring leader in 2016

### 4 tips for broadening your mind, leadership skills

Habits can be a trap for people in leadership positions - whether they are in business, politics or another field.

As leaders, they should provide a compelling vision that inspires those around them. Instead, many of them lapse into automatic and mindless thinking. And that can affect every decision they make - and the actions of the people who report to them.

"Too often, we don't come up with imaginative solutions because we let ourselves be ruled by routine and by preconceived notions," says Rob-Jan de Jong, a behavioral strategist and author of "Anticipate: The Art of Leading By Looking Ahead" (www.robjandjong.com).

"We think we know ahead of time what will and won't work, which makes us quick to dismiss ideas that sound too 'out there.' The people who answer to you learn the lesson that creative thinking is frowned upon, even if that's not the lesson you wanted to teach."

Simply making a New Year's resolution to have a more open mind in 2016 likely won't be enough to turn things around. But de Jong says there are behaviors

and practices that, through repetition and perseverance, can help leaders and anyone else develop a mindset that's open to imaginative and better ideas.

- Formulate powerful questions. Generating ideas starts with asking the right questions and the best questions are thought-provoking. They challenge underlying assumptions and invite creativity. "They also give us energy, making us aware of the fact there is something to explore that we hadn't fully grasped before," de Jong says. Train yourself to catch poorly designed questions, asked by you or someone else, and reformulate them. Questions that begin with "why," "what" and "how" are best because they require more thoughtful responses than those that begin with "who," "when," "where" and "which." Especially avoid questions that can be answered with a "yes" or "no."

- Expand your sphere of influence. "We are strongly influenced, for better or worse, by the small group of people we have direct contact with," de Jong says. "Since we tend to hang out with people who are fairly similar to ourselves, chances are we are limiting

our perspectives." He recommends making a deliberate effort to encounter people and ideas that are "profoundly different from the usual suspects you hang out with." Visit a conference of a different profession, hang out with skaters, join an arts club or buy a magazine randomly off the shelf.

- Break your patterns. You can increase your chances of seeing things differently if you deliberately break your normal pattern of working, communicating, thinking, reacting and responding, de Jong says. Take a different route to work. Change where you sit in meetings. If you are normally the first to volunteer, hold back.

- Learn to listen. "We've all been taught the importance of being good listeners," de Jong says. "The problem is most of us struggle to actually do it." Often when people are "listening," they really are waiting for the first opportunity to share their story, their opinion or their experience. De Jong suggests training yourself to engage in



three pure listening conversations a week. They don't need to be longer than 15 to 20 minutes, they can be formal or informal, and the other person doesn't need to know what you're doing. Vow that you won't try to take over the conversation no matter how much you want to. "Just keep

asking questions and don't dismiss anything the other person says," de Jong says. After the conversation, reflect on what you learned. Don't dismiss any ideas or views that don't align with yours. "Dare to challenge your own assumptions and reframe your beliefs if need be," he says.

"Some of these practices may take people outside their comfort zones, and everyone might not be ready to try all of these at once," de Jong says. "But if you start to put them into practice, you'll be able to grow into a more mindful, visionary leader one step at a time."