

# Important Information

The Mansfield Senior Lifestyles program is open Monday through Friday 9:00 am – 2:00 pm, except on some holidays.



# Mansfield Senior Lifestyles: Be Your Best!

## Our Mission Statement

To be a community focal point where older adults come together for services and activities that reflect their experiences and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in the program and the community.

## Volunteers

Volunteers play a vital role in the success of senior activities. We need volunteers to be on committees, serve and clean up daily lunches, teach classes, play the piano, etc. See a Senior Lifestyles staff member to become a volunteer.

## Helpful Numbers

Senior Information Line  
Dial 2-1-1

United Way  
(817) 258-8100

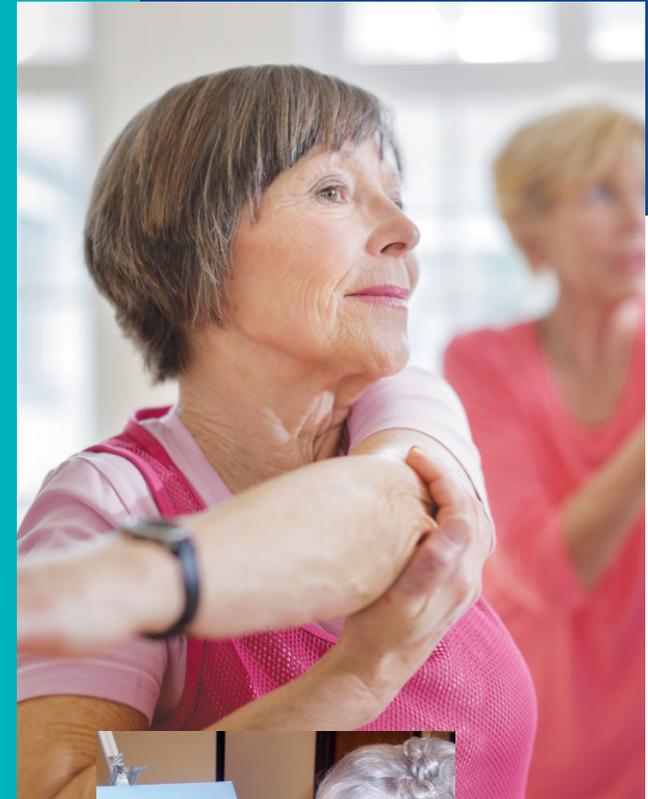
Meals on Wheels  
(817) 336-0912

Senior Citizens of Greater Tarrant County  
(817) 413-4949

Tarrant County Transportation Services  
(817) 336-8714

### Mansfield Senior Lifestyles

106 S Wisteria St  
Mansfield, Texas 76063  
(817) 728-3680, ext. 3687  
[www.mansfieldtexas.gov/seniors](http://www.mansfieldtexas.gov/seniors)



A MAC Card is required for participation in the program. Some activities carry additional fees.



Welcome to

# MANSFIELD SENIOR LIFESTYLES

(817) 453-5420 EXT. 2227  
www.mansfield-tx.gov/seniors

The Mansfield Senior Lifestyles program offers a wide variety of services, as well as many active, wellness and enrichment experiences for those 55+ years of age. We invite you to take advantage of all we offer and look to us to help you be your best!

## Services

### NUTRITION

Nutritious, well-balanced meals provided by Senior Citizens Services of Greater Tarrant County are served Monday through Friday at 12:00 noon. Meals are to be reserved by 10:00 am the prior day. For meal cancellations, please call in by 10:00 am. If you are age 60 or over, or you are the spouse of a person age 60 or over, the recommended contribution for meals is \$2. For participants who are 59 years or younger, the recommended contribution is \$6.



### TRANSPORTATION

Transportation to and from the MAC is provided for participants who reside within the Mansfield city limits and are unable to drive to the MAC. We currently have a 24-passenger bus that is handicap accessible and two 15-passenger vans. Donations are greatly appreciated from those that utilize this service.

## Activities

There is so much going on with Mansfield Senior Lifestyles that we just cannot list everything. More information on activities, education classes and services may be found in the Mansfield Activities Center Recreation Guide that is distributed quarterly or in the monthly Senior Lifestyles newsletter.



- Health & Wellness Expo
  - Choir Group
  - Line Dance Lessons
  - Zumba Gold
  - Red Hat Society
  - Art & Ceramics Classes
  - Free Tax Counseling/Preparation
  - Mahjong
  - Dominoes
  - Monthly Parties
  - Devotional Singing
  - Guest Speakers
  - Light & Easy Exercise
  - Bridge
- We also offer trips and tours to such places as:
- Dallas Blooms
  - State Fair
  - Canton Trade Days
  - Choctaw Casino
  - Fort Worth Zoo
  - Allen Outlet Mall, Grapevine Mills, etc.
  - Fort Worth Stock Show
  - Holiday Lights Tour

## Daily Activities Schedule

MONDAY	9:00	Stepping Stones, Walk & Talk, Pinochle, Dominoes
	10:00	Sit & Sculpt
	11:00	Light & Easy Exercise
	11:30	Bingo
	12:00	Lunch
	1:00	Beginner Line Dancing
	2:00	Beginner-Intermediate Line Dancing
TUESDAY	9:00	Ceramics, Pinochle, Dominoes
	10:30	Blood Pressure Checks
	11:00	Light & Easy Exercise
	11:30	Devotional Singing
	12:00	Lunch
	12:30	Rummy
WEDNESDAY	9:00	Walk & Talk, Art, Pinochle, Dominoes
	10:00	Choir Group
	11:00	Light & Easy Exercise
	11:30	Bingo
	12:00	Lunch
	12:30	Beginner Line Dancing
	1:30	Intermediate Line Dancing
THURSDAY	9:00	Porcelain Dolls, Ceramics, Pinochle, Dominoes
	9:30	Walmart Shopping Trip
	11:00	Light & Easy Exercise
	12:00	Lunch
	12:30	Canasta
	1:00	Mahjong
FRIDAY	9:00	Walk & Talk, Pinochle, Dominoes
	10:00	Zumba Gold
	11:00	Bingo
	12:00	Lunch
	12:30	Bridge, Rummy



Schedule subject to change.