

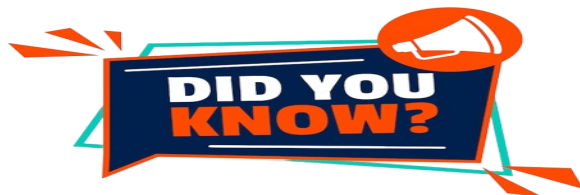
Join Us For

LEGACY LOUNGE AFTER DARK MARDI GRAS PARTY

Hosted by the Cedar Hill Senior Senate
February 13, 2026 • 5pm
Cedar Hill Senior Activity Center
1740 Mansfield Road, Cedar Hill, TX 75104



\$5 COVER CHARGE



We now have Adults 55+ Resource link on the City of Cedar Hill Website.

The resources and programs are designed just for you.

Visit:
www.cedarhilltx.com/55

UPCOMING TRIPS



In order to attend any of our trips you must be a participant of the Cedar Hill Senior Activity Center and you must fill out our waiver form. The cost to ride the bus is \$1 per rider. Registration for all trips will open on the last Monday of each Month.

If you have any trip suggestions, please send them to:

angela.hodges@cedarhilltx.com



Instructor Spotlight: Clodette Turner

Ms. Clodette Turner retired from the corporate world in San Francisco and is now enjoying life as a resident of Cedar Hill, along with the beauty of its changing seasons.

She is actively involved in the community through her volunteer service as a member of the Cedar Hill Citizens Police Academy Alumni Association and the Cedar Hill Citizens Fire Academy Alumni Association. She also proudly serves as a member of the Board of Directors for the Waterford Oaks Public Improvement District.

Ms. Turner is the instructor for the Loom Knitting class, where learning and laughter go hand in hand. Class members enthusiastically cheer one another on as projects are completed, and there is always a willingness to help when someone needs assistance. Throughout the year, the group donates many of their handmade items to local organizations. More than a class, they have become a family—and Ms. Turner warmly invites others to join their loom knitting family.

Hours
Monday-Friday
8:00 AM—4:00 PM

Star Transit
This service is for residents of Cedar Hill who would like to go to the Senior Activity Center, Alan E. Sims Recreation Center, go see a physician or even go shopping. If you need transportation contact Star Transit at 877-631-5278.

www.startransit.org

How to Register
1) Online at cedarhilltx.com/pard
2) In person at the Cedar Hill Senior Center or Parks and Recreation Administrative Offices

Registration Dates

Residents: Feb 23rd
Non-Resident: Feb 25th

Senior Center Staff
Valerie Mosley, Supervisor
Melissa Mezta, PT Rec Aide
Angela Hodges, 55+ Programmer

Daily Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	
8:30 Zumba	8:30 Sit and Groove	8:30 Zumba Gold	8:30 Sit and Groove	11:00 Zumba
9:45 Tai Chi	9:45 Sit and Groove	10:00 Bingo	9:45 Sit and Groove	1:00 Yoga for Seniors
11:00 Chair Volleyball	11:00 Zumba Gold	11:30 Social Bridge	10:00 Queen Beaders	2:00 Writing Club
1:00 Line Dance		12:30 Loom Knitting		
		1:00 Quilting		
	<u>Friday</u>			
	9:30 Chair Volleyball			
	10:45 Zumba Gold			
	1:00 Pilates			

55+ Recreational and Educational Programming

February • 2026

1740 Mansfield Road • Cedar Hill, TX 75104 • (972)291-5353

Valerie.Mosley@cedarhilltx.com • Angela.Hodges@cedarhilltx.com

Melissa.Mezta@cedarhilltx.com



Cedar Hill Senior Senate presents

BLACK & WHITE Sneaker Ball



APRIL 17, 2026

6:30 PM – 9:30 PM

Alan E. Sims Recreation Center
310 E. Parkerville Road, Cedar Hill, TX 75104

COST: \$50 PER PERSON

SEE A MEMBER OF THE SENIOR SENATE TO PURCHASE
VENDORS WILL BE ON SITE!

DRESS TO IMPRESS & WEAR YOUR FLY SNEAKERS!

News You

Can Use

Medicare Questions
with Carolyn Walker
Thursdays
8:30am-12:30pm

Gentle Toning

Mondays @ 9am

*Alan E. Sims
Recreation Center*

55+ Fitness with Wil Mentis

*Wednesdays @ 8:15am
and 9:15am*

*Alan E. Sims
Recreation Center*

Congestive Heart Failure:

The risk factors and the lifestyle modifications that promote heart health.

In partnership with
 **Methodist**
CHARLTON MEDICAL CENTER

Guest speaker
Jin Sung, FNP

Feb 17, 2026 from
Noon – 1 pm

Cedar Hill Senior Activity Center
1740 Mansfield Road
Cedar Hill, TX 75104

Registration is open online, in person or
by phone at **972.291.5353**

 **CEDAR HILL**
PARKS AND RECREATION

Feeding the Soul

Food, Fellowship & Fun

February 17, 2026 • 1 PM - 3 PM

Good Food, Good Music & Great Company!



Come For the Flavor, Stay For the Fun!

Senior Senate

Officers

President

Larri Smith

Vice-President

Thomas Moore

Secretary

Estella Gallegos

Treasurer

Maria Lopez

Members

Mattie Bell

Marva Holman

Valerie Holston

Beverly Moore

Mignon Moore

Toi Tisinger

Carolyn Walker

Ambassadors

Jill Elems

Merrily Reed

Emeritus

Mary Ann Pierre



Cedar Hill Senior Senate
Making a Difference within our 55+ community

The Cedar Hill Senior Senate is a 501(c)(3) organization that advocates community support for improving the healthy activities for Seniors.

Senior Senate Meeting

1:00 February 16th

All meetings are open to the public.



Senior Activity Center Birthday Party and Potluck

February 18th

Join us in celebration for our February birthdays!
Everyone is welcomed to bring a covered or store
bought dish to share! Bingo is from 10AM—12PM and is
\$2 per card with one free and Bridge begins at 11:30am.

Cedar Hill City Council Meeting Dates

February 10th @ 7pm

February 24th @ 7pm