

Cedar Hill Expressive Hands

Speak beyond words...
with Merrily Reed

SIGN UP NOW

Date: Fridays | 8:30am
(beginning February 6th)

Price: \$15 monthly
Pay directly to the instructor

Space is Limited!!!
15 participants only

This program offers a fun and engaging way for seniors to learn sign language, express themselves, and build connections with others in the community. Whether you're new to signing or just want to practice, this class is for you. Come and explore the power of communication beyond words!

For more information, please contact the Cedar Hill Senior Activity Center at 972.291.5353.



CEDAR HILL
PARKS AND RECREATION



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

OFFICE CLOSED

January 1, 2026

January 19, 2026

55+ Recreational and Educational Programming

January • 2026

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

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

Melissa.Mezta@cedarhilltx.com

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: Jan 26th

Non-Resident: Jan 28th

Senior Center Staff

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



Instructor Spotlight: Merrily Reed

Caring for others has always been at the heart of who I am. I grew up in a medical family and have spent my life working with seniors—as a nurse's assistant, surgical technician, and now through my own company, where I create joyful and engaging programs that promote movement, laughter, and connection. I teach Tai Chi, chair yoga, and Sit & Groove chair dancing, mindful movement with music and fun to help people feel good in their bodies and enjoy every moment. Dancing and singing have always been my happy place and sharing that joy with others is what truly inspires me.

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



The Cedar Hill Legacy Writing Society
Sharing life one story at a time...

Cedar Hill Senior Activity Center
Thursdays | 2:15pm

Adults 55+ are invited to explore storytelling and creative writing in a welcoming, supportive group focused on preserving life experiences and personal legacies.

No writing experience required.

For more information, please contact the Cedar Hill Senior Activity Center at 972.291.5353.

SAVE THE DATE

2026 SNEAKER BALL PRESENTED BY THE CEDAR HILL SENATE

ALAN E. SIMS RECREATION CENTER
310 E. PARKERVILLE RD, CEDAR HILL, TX 75104

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 Anne 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 Jan 12th

All meetings are open to the public.

55+ Recreational and Educational Programming

January • 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
PARKS AND RECREATION

Happy Birthday!

Delores B.

Prem C.

Kesia E.

Mary K.

Linda S.

Josephine T.

Susan T.

Susan B.

Juanita D.

Evangeline H.

Barbara P.

Doris S.

Linda S.

Regina W.

HAPPY NEW YEAR

BIRTHDAY PARTY

Senior Activity Center

Birthday Party and Potluck

January 21st

Join us in celebration for our January 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.

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

The Cedar Hill Legacy Writing Society

Cedar Hill City Council Meeting Dates

January 13th @ 7pm

January 27th @ 7pm