

SAMPLER

Carrollton Senior Center Bulletin

1720 Keller Springs Road, (west of Josey Lane), Carrollton, TX 75006
972.466.4850 phone * 972.466.4854 fax * cityofcarrollton.com/seniorcenter



September 2015

Monday, Wednesday, Friday 8 am to 5 pm * Tuesday 8 am to 7:30 pm
Thursday 8 am to 9:30 pm * Saturday 9 am to 1 pm * Sunday closed

Classes & Seminars

Walgreens Seminar

Wednesday, September 2, 2 pm, Free

Learn about arthritis, osteoarthritis, and vaccines. Brought to you by the Walgreens pharmacists. Registration required.

Lunch & Learn – Medicare

Tuesday, September 8, 11 am, Free

Choice Plus Benefits representatives will explain the different parts of Medicare and the differences between traditional Medicare supplements and Medicare Advantage Plans. Registration required.

Newcomer Orientation

Tuesday, September 8, 1:30 pm, Free

Learn about our facility and programs. No sign up required. New and current members welcome!

AARP Smart Driver Class

Wednesday, September 9, 12:30-4:30 pm

\$15/AARP members, \$20/non-members

This class does not remove traffic fines or violations but may reduce insurance premiums. Bring your AARP card and driver's license. Registration required.

Oil Paint "Sunflowers in a Cobalt Vase"

Thursday, September 10, 9 am-Noon

\$15/resident, \$16.50/non-resident

\$20 supply fee payable to instructor

Create a beautiful oil painting in one inspiring lesson. Learn the basics of color mixing, brushstrokes, and perspective in this fun and easy class taught by Master Artist and award-winning instructor, Robert Garden. All supplies provided. Bring paper towels and wear old clothes.

Lunch & Learn – Preplanning

Thursday, September 10, 11 am, Free

Rhoton Funeral Home will be here to help you discover four simple steps to planning your final arrangements and bring peace of mind to you and your family. Refreshments provided. Registration required.

Social Security Seminar – Offered 2 dates!

Saturday, September 12, 11 am, Free

Tuesday, September 22, 5:30 pm, Free

Electing Social Security benefits is a one-time decision most people get wrong. Learn all about taxes from Len R. Martinez, Retirement Advisor/Investment Advisor Representative. Snacks provided. Registration required.

Beginner Sewing Class – 7-week session

Mondays, September 14-October 26, 1:30-3:30 pm

\$50/resident, \$55/non-resident

Instructor Cindy LaGrone will teach how to operate your machine, the beginnings of basic sewing, and simple sewing crafts. Resident registration begins September 1 and non-residents on September 8.

Advanced Sewing Lessons – 7-week session

Wednesdays, September 16-October 28, 1:30-3:30 pm

\$50/resident, \$55/non-resident

Ready for the next step in sewing? Need a little help with a challenging project? Resident registration begins September 1 and non-resident registration on September 8.

Lunch & Learn – Medicare Advantage Plan

Monday, September 21, 11 am, Free

Learn what Medicare Advantage plans are and how they differ from original Medicare. Brought to you by June Kim and Blue Cross Blue Shield. Registration required.

Genealogy Class

Wednesdays, September 23 & 30, 10 am, Free

Learn how to search for your long-lost family members.
September 23 - 1790 thru 1860 census information;
September 30 - Searching the Confederate Army in the Civil War Era. Registration required.

Lunch & Learn

Laughter is the Best Medicine

Wednesday, September 23, Noon, Free

Susan Coopman-Moser, certified dementia practitioner and director at Oxford Glen at Carrollton, teaches how laughter can truly be the best medicine. Registration required.

Lunch & Learn

United Financial Services Workshop

Thursday, September 24, 10:30 am, Free

UFS will teach the seven keys to enhancing Social Security benefits, including the basics of Social Security, how benefits are calculated, and much more. Register before September 18.

Tech Help Seminars

Saturday, September 26, Free

Ed Sanders is back with his tutorials. Registration required.

9 to 9:45 am - Facebook Fundamentals

10:30 to 11:15 am - iPhone, iPad, Android Photography

12 to 12:45 pm - Texting and Tweeting

Educate DFW – Social Security Ages 50-65

Tuesday, September 29, 10 am, Free

Your decision about Social Security is one of the most important financial decisions you'll ever make! Join us for a powerful class to learn some of the most common mistakes people make that end up costing them thousands of dollars.

- It's not just 62, FRA, or 70 (there are MANY strategies)
 - Understanding all of the different types of benefits
 - Taking your benefits early can cost you big time!
 - How continuing to work will impact your benefits
 - Required Minimum Distributions- the ticking time bomb
- Make sure you know all of your options!! Registration required.

Activities

Watch Battery Replacement

Wednesday, September 2, 10 am-12 Noon, Free

Get your watches running again, thanks to the Friends of Seniors group. Limit three watches per person and you must be in attendance.

Ice Cream Social

Friday, September 4, 1:30 pm, Free

Staff from the office of Representative Bennett Ratliff will be here with a cool treat. Be sure to show up, say hello and thank you, and enjoy some ice cream!

B12 Shots

Tuesday, September 8, 9:30-10 am ONLY

\$20 cash or check payable to Flu Shots of America.

Bingo with Gary

Monday, September 14, 12 Noon, Free

You can't get enough of this game and Gary Travers with United Healthcare is happy to provide an opportunity for you to play. No need to sign up; just show up!

Pictionary!

Wednesday, September 16, 1 pm, Free

Golden Outlook Insurance Services will conduct Pictionary contests and has prizes for the winners. No need to sign up.

Monthly Luncheon – School Spirit

Thursday, September 17, 11 am, \$4/person

Show your school spirit by bringing a school photo to share. The Senior Center Stage Drama Group will perform and we'll enjoy old-time family favorites of meatloaf, mac-n-cheese, salad, rolls, and carrot cake. Our host is United Financial Services. Register by Tuesday, September 15.

Movie Monday – Still Alice

Monday, September 21, 1 pm, Free

Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor. When words begin to escape her and she starts becoming lost on her daily jogs, she comes face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As she struggles to hang on to her sense of self, her three grown children watch helplessly as she disappears more and more with each passing day.

Seniors On Tour

Out to Lunch – Four Corners

Friday, September 11, 10:30 am

Trip Fee \$3/resident, \$3.25/non-resident

Four Corners in Farmers Branch has breakfast items as well as sandwiches, burgers, and salads. Registration begins August 14 for residents and August 21 for non-residents.

Firehouse Theater presents Neil Simon's Brighton Beach Memoirs

Saturday, September 12, 2:30 pm showtime

\$12/resident, \$13.25/non-resident

The year is 1937 and young Eugene Jerome lives with his family in a lower middle class Brooklyn walk-up. Dreaming of baseball and girls, he deals with the mundane existence of his family life. Laughs are served up Neil Simon style in this endearing play. Registration begins September 1 for residents and September 8 for non-residents.

Nebraska Furniture Mart

Wednesday, September 16, 10:30 am

Trip Fee \$3/resident, \$3.25/non-resident

See 560,000 square feet of retail home furnishings and a distribution center the size of 20 football fields! Wear comfortable walking shoes. Registration begins September 1 for residents and September 7 for non-residents.

Patriot Paws Training Facility Tour

Friday, September 18, 1 pm tour time

Trip Fee \$4/resident, \$4.50/non-resident

Visit the training facility of those amazing service dogs. Registration begins September 1 for residents and September 8 for non-residents.

Rhine and Moselle River Cruise Trip Presentation

Tuesday, September 22, 2 pm, Free

The cruise will be October 8-16, 2016. See Seniors on Tour on the October page for additional information.

United Financial Services

2221 Cross Bend Rd
Plano, Texas
1-800-774-4297 or
972-649-8234

A strong financial future starts with careful planning.



More Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 10 am- Close Knit 10:15 am- Balance/\$1 10:30 am- Qigong/\$ 11 am- H&F Canasta 11:15 am- Learn to Knit/ Crochet Noon- Yoga/\$3 1 pm- Cribbage 2 pm- Ping Pong	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Clay/Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$2 12:30 pm- Skip Bo 1 pm- Line Dance 1 pm- Fun Chair Volleyball 1 pm- Ping Pong 3 pm- Zumba/\$2 5:30 pm- Guitar Sessions	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 10 am- Open Studio 10:30 am- Bingo 10:30 am- Tai Chi/\$ 12:30 pm- Pinochle 1 pm- Line Dance 1 pm- Ping Pong 2:30 pm- Drama Group	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$2 12:30 pm- Skip Bo 1 pm- Bridge 3 pm- Zumba/\$2	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$3 Noon- Ping Pong 12:30 pm- Pinochle 1 pm- Volleyball Team Practice	10:30 am- Ping Pong
Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.					

Sing-along Group
 Fridays, September 4 & 18
 11 am, Free

Be part of a group of seniors who love to sing. No sign ups, and the singing is free!

Brain Games

Friday, September 4
 Noon, Free

Join us for puzzles and games designed to stimulate the mind. No need to sign up.

Tuesday Night Pot Luck & Jenga

Tuesday, September 8
 5 pm, Free

Prepare a dish to share with your friends, try a new dish, and have fun playing Jenga.

Book Club

Wednesday, September 9
 10 am, Free

The selection for September is *American Heiress* by Daisy Goodwin. Led by volunteers, enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday September 9
 10:45 am-Noon, \$2

Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council members.

Reunion Hispana

Martes, 15 de septiembre
 a las 15:00

Reunión de los hablantes de español se reunirá el tercer martes de cada mes.

Accessory Exchange & Potluck

Monday, September 28
 Noon, \$1/person

Bring your scarves, wraps, jewelry, hats, and any other accessory for some swapping and bartering. Bring a potluck item to share. Registration begins September 1.

Texas Hold'em

Tuesday, September 29
 Seating at 12:30 pm
 Games begin at 1 pm

It's free and no sign ups are necessary; the first 64 participants will be seated. Beginner Texas Hold 'Em players can get a free lesson. Show up at 11:15 am at the poker room the day of the tournament.

Birthday Party & Bingo

Tuesday, September 29
 1 pm, Free
 Enjoy cake, bingo, and socializing with your friends. No sign up required. Sponsored by Villagio.



September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Attention, Get Fit Members! Free Classes Qigong - September 14 and Balance - October 19	1 11 am- Advisory Council Meeting	2 10 am to noon- Watch Batteries 2 pm- Walgreens Seminar	3 6 pm- Dance Lesson 7 pm- Dance-Doc Gibbs Variety	4 11 am- Sing-along noon- Brain Games 1:30 pm- Ice Cream	5
7 Closed for Labor Day Thank you to all the hard workers out there!	8 9:30 am- B12 Shots 11 am- Lunch & Learn 1:30 pm- Newcomer Orientation 5 pm- Pot Luck & Jenga	9 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	10 9 am- Oil Painting Lesson 11 am- Lunch & learn 6 pm- Dance Lesson 7 pm- Dance-Southern Pride, Country	11 10 am- Blood Pressure & Sugar Check 10:30 am- Out To Lunch	12 11 am- Social Security Seminar 2:30 pm Firehouse Theater
14 noon- Free QiGong for Get Fit members noon- Bingo with Gary 1:30 pm- Sewing Class	15 1 pm to 3:30 pm- Las Vegas Days 3 pm- Reunion Hispana	16 1 pm- Pictionary 1:30 pm- Adv. Sewing 10:30 am Nebraska Furn. Trip	17 11 am- Luncheon 6 pm- Dance Lesson 7 pm- Dance-Russ Dorsey, Ballroom	18 11 am- Sing-along 1 pm Patriot Paws Trip	19
21 11 am- Lunch & Learn 1 pm- Movie Monday <i>Still Alice</i> 1:30 pm- Sewing Class	22 2 pm- Rhine Trip Presentation 5:30 pm- Social Security Seminar	23 10 am- Genealogy noon- Lunch & learn 1:30 pm- Adv. Sewing	24 10:30 am- Lunch & Learn 6 pm- Dance Lesson 7 pm- Dance-High Caliber, Country	25	26 9 am to Tech Help
28 noon- Accessory Exchange 1:30 pm- Sewing Class	29 10 am- Educate DFW 12:30 pm- TX Hold 'Em 1 pm- Birthday Party and Bingo No Zumba	30 10 am- Genealogy 1:30 pm- Adv. Sewing	Las Vegas Days Tuesday, September 15, 1-3:30 pm, Free "Vegas" is coming to the Center with poker, blackjack, craps, and a roulette table, brought to you by Sandra Vance. Receive \$2,000 in "funny money" to test your skills at each game of chance. Registration begins September 1 for residents and September 8 for non-residents. Limited to the first 175 registrants.		



New! River Oaks Riddles!

What goes through towns and over hills but never moves? Place your answer, along with your name, in the River Oaks Riddle vase for your chance to win a \$15 Gift Card. A valid Carrollton Senior Center membership is required to be eligible to win. Thanks to River Oaks Assisted Living and Memory Care Community for this fun feature.



Thursday Night Dance

Every Thursday, 7 pm, \$5/person

Free dance lesson, The Cha-cha, 6 pm
 Dance to live music in our beautiful ballroom overlooking the lake. Refreshments at the break.

- September 3 - Doc Gibbs, Variety
- September 10 - Southern Pride, Country
- September 17 - Russ Dorsey, Ballroom
- September 24 - High Caliber, Country

Drama Group, Senior Center Stage

Every Wednesday
2:30-4 pm, Free

This awesome group of seniors continues to amaze and entertain us with hilarious performances at luncheons. No particular talent required to join; just a good sense of humor and a desire to laugh!



FREE monthly E-newsletter!

Sign up at metrocrestservices.org or for free copy delivered by US mail, call 972-242-4464.


SAMPLER

 **CARROLLTON**
TEXAS

October 2015

Carrollton Senior Center Bulletin

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Monday, Wednesday, Friday 8 am to 5 pm * Tuesday 8 am to 7:30 pm
Thursday 8 am to 9:30 pm * Saturday 9 am to 1 pm * Sunday closed

Activities

B12 shots

Tuesday, October 6, 9:30-10 am ONLY

\$20 cash or check payable to Flu Shots of America.

Flu Shots & B12 Shots

Monday, October 12, 9-10 am

Brought to you by Flu Shots of America. Bring your Medicare Part B card and your driver's license. No registration required; first come, first served.

Monthly Luncheon – Chili Weather

Thursday, October 15, 11 am, \$4/person

There's nothing like that first touch of cooler weather to get you in the mood for chili. Also enjoy baked potatoes, salad, cornbread, and pumpkin pie. Register by Tuesday, October 13. Our host for this month is Brookhaven Nursing and Rehabilitation.

Movie Monday – *Woman in Gold*

Monday, October 19, 1 pm, Free

Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim possessions seized by the Nazis, including a famous portrait of her beloved aunt. With the help of young lawyer Randy Schoenberg (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and others.

Reunion Hispana

Martes, 20 de octubre, a las 15:00

Reunión de los hablantes de español se reunirá el tercer martes de cada mes.

Texas Hold'Em

Tuesday, October 27, Free

Seating at 12:30 pm, Games begin at 1 pm

No sign ups necessary; the first 64 participants will be seated. Beginner Texas Hold 'Em players can get a free lesson one hour prior to the monthly tournaments. Show up at 11:15 am at the poker room the day of the tournament.

Classes & Seminars

Lunch & Learn – Congestive Heart Failure and

How to stay out of a Nursing Home

Thursday, October 1, 11:15 am, Free

Brought to you by a registered nurse with Eminent Home Health Care. Discussion will include: the common causes of heart failure, symptoms, complications of heart failure, and some common medications for treatment. Registration required.

Social Security Seminar

Tuesday, October 6, 5:30 pm, Free

Electing Social Security benefits is a one-time decision most people get wrong. Learn about taxes from Len R. Martinez, Retirement Advisor/Investment Advisor Representative. Sandwiches and tea provided. Registration required.

Walgreens Seminar

Wednesday, October 7, 2 pm, Free

Your friendly neighborhood Walgreens pharmacists are here to talk about important health issues. This seminar is sponsored by Walgreens.

Lunch & Learn – Medicare and Health Coverage

Thursday, October 8, 11 am, Free

Evaluate and compare your health care coverage. We will discuss the Medicare A and B enrollment process and answer questions about individual coverages. Sponsored by Golden Outlook. Registration required.

Tech Help Seminars

Saturday, October 10, Free

Ed Sanders is back with his helpful tutorials. Registration required.

9-9:45 am - iPhone, iPad, and Android Photography

10:30-11:15 am - Texting and Tweeting

12-12:45 pm - Facebook Fundamentals

Weight Room Orientation

Monday, October 12, 2:30-4 pm

\$6 residents/\$6.50 non-residents

Learn about the weight room with a personal trainer. Ask questions and learn proper techniques. The weight room will be closed to non-class members during the orientation.

Legislative Updates of the 84th Legislative Session

Tuesday, October 13, 11 am, Free

Join State Representative Matt Rinaldi for a summary and update of the recent legislative session. Hear what was achieved and what still needs work and improvement. There will be an opportunity to ask questions.

AARP Smart Driver Class

Wednesday, October 14, 12:30-4:30 pm

\$15/AARP members, \$20/non-members

This class does not remove traffic fines or violations but may reduce insurance premiums. Bring your AARP card and driver's license. Registration required. Pay the instructor.

Oil Paint "Twin Peaks in the Clouds"

Thursday, October 15, 9 am-Noon

\$15/resident, \$16.50/non-resident

\$20 supply fee payable to instructor

Create a beautiful oil painting in one inspiring lesson. Learn the basics of color mixing, brushstrokes, and perspective in this fun and easy class taught by Master Artist and award-winning instructor, Robert Garden. All supplies are provided. Bring paper towels and wear old clothes.

Benefits Overview Seminar

Tuesday, October 20, 11 am, Free

Learn about your benefits. Presented by Gary Travers with United Healthcare.

Genealogy Class

Wednesdays, October 21 & 28, 10 am, Free

Learn information how to search for your family members.

October 21 - 1870 thru 1940 census information.

October 28 - Searching the Union Army in Civil War Era.

Registration required.

Walgreens Flu Shot Clinic

Thursday, October 22, 10 am to 1 pm

Bring your Medicare Part B card and your driver's license. Be sure to protect yourself from the flu.

Car Maintenance

Thursdays, October 22 & 29, 11 am, Free

October 22 - Find out how to save money with proper car maintenance and why upkeep is important.

October 29 - Learn effective good car upkeep habits.

Discussion is welcome and all questions will be answered.

Educate DFW – Planned Giving

Tuesday, October 27, 10 am, Free

Learn about one-time gifts vs. on-going gifts, the tax ramifications to families and estates, using charitable trusts or charitable strategies for planned giving, leaving a planned giving legacy, and the benefits of giving. Registration required.

Seniors on Tour

Out to Lunch – Jörg's Cafe Vienna

Friday, October 9, 10:30 am

Trip Fee \$3/resident, \$3.25/non-resident

Welcome to Jörg's Cafe Vienna, serving authentic Austrian and German food in a warm Old World atmosphere. The menu has many old family recipes and traditional dishes such as Wiener Schnitzels, Cream Schnitzels, Wursts, Goulash, Sauerkraut, delicious Red Cabbage, Spatzle, and Apple Strudel. Registration begins September 11 for residents and September 18 for non-residents.

Galapagos Islands Trip Presentation

Monday, October 19, 1 pm, Free

Crosby Rec Center, 1610 E. Crosby Rd, Trinity Room

Join us for a presentation about the Galapagos Islands by world famous naturalist, Brent Nixon, in preparation for a possible trip to the Galapagos Islands in April of 2017. We will have door prizes.

D-Link and the Asian Crow Museum

Wednesday, October 21, 10:30 am

Trip fee \$4/resident, \$4.50/non-resident

In our exploration of free things to do in Dallas, we will transport you to board the D-Link, a free service from DART that lets you explore the districts of downtown Dallas and historic Oak Cliff. It's your link to arts, fun, culture, and dining. Bring a sack lunch, money for the food trucks at Klyde Warren Park, or grab a bite to eat at the Dallas Museum Café. Then we'll take a short walk to the Asian Crow Museum to explore another freebie. Registration begins September 1 for residents and September 8 for non-residents.

Magical Rhine and Moselle River Cruise

October 8-16, 2016

Lower outside \$4,349, Middle outside \$4,699,

Upper outside \$4,949, and a Suite \$5,399

Brought to you by Collette, this magical 7-night cruise includes: round trip air fare, 20 meals, outside staterooms, unlimited wine with dinner, and daily on-board musical performances. Ports included are: Basel, Switzerland, Strasbourg, France, and Speyer, Mannheim, Rudesheim, and Koblenz, Germany. Then on down the Moselle River to Cochem and Cologne, and end up in Amsterdam with a guided tour of the city. All side trips are professionally guided and included in the cost. An extra trip to explore Heidelberg Castle is not included in the price.

Friendly Reminder . . .

Construction is well underway for our building expansion. Please take extra precautions walking or driving in the area. Thanks!





EMINENT HOME HEALTH CARE
Professional care in the comfort of your home



**Call: 214-660-4404 to find out:
How to Stay Out of a Nursing Home!**

Thank you for making our Back to School Collection a success! Much needed school supplies were donated to Metrocrest Services for distribution to local school children so they can start the year with essential school supplies.

Patriot Paws was back for our July luncheon and we saw again what an important role a service dog can play in the life of a veteran. Thank you for your generous donations to this project.

The Advisory Council is once again collecting personal care items for the veterans in the VA hospital. A list will be available on the bin in the coffee area and donations will be taken October 1 through November 7. Please be generous.

Sing-along Group
Fridays, October 2, 16, 30
11 am, Free

Be part of a group of seniors who love to sing. No sign ups and the singing is free!

Brain Games, Free
Friday, October 2, Noon

Join us for puzzles and games designed to stimulate the mind. No sign up required; just show up!

Tuesday Night Pot Luck & Family Feud, Free
Tuesday, October 13, 5 pm

Bring a dish to share with your friends, try something new to eat, and have some Family Feud fun!

Book Club
Wednesday, October 14
10 am, Free

The selection for October is *Sycamore Row* by John Grisham. The book club is led by volunteers. Join to enrich your reading experience with some lively discussion.

Hot Dog Wednesday
Wednesday October 14
10:45 am-Noon, \$2

Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council members.

Birthday Party & Bingo
Tuesday, October 27
1 pm, Free

Enjoy cake, bingo, and socializing with your friends. No registration required. Sponsored by Sonoma House.

MONDAY
8 am- Walking
9 am- Dominoes
9 am- Aerobics/\$2
10 am- Close Knit
10:15 am- Balance/\$1
10:30 am- Qigong/\$
11 am- H&F Canasta
11:15 am- Learn to Knit/ Crochet
Noon- Yoga/\$3
1 pm- Cribbage
2 pm- Ping Pong

TUESDAY
8 am- Walking
8:45 am- Body Blast/\$2
9 am- Clay/Ceramics/\$
9 am- Dominoes
10 am- Stretch/\$2
12:30 pm- Skip Bo
1 pm- Line Dance
1 pm- Fun Chair Volleyball
1 pm- Ping Pong
3 pm- Zumba/\$2
5:30 pm- Guitar Sessions

WEDNESDAY
8 am- Walking
9 am- Dominoes
9 am- Aerobics/\$2
10 am- Open Studio
10:30 am- Bingo
10:30 am- Tai Chi/\$
12:30 pm- Pinochle
1 pm- Line Dance
1 pm- Ping Pong
2:30 pm- Drama Group

Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.

THURSDAY
8 am- Walking
8:45 am- Body Blast/\$2
9 am- Dominoes
9 am- Scrabble
10 am- Stretch/\$2
12:30 pm- Skip Bo
1 pm- Bridge
3 pm- Zumba/\$2

FRIDAY
8 am- Walking
9 am- Dominoes
9 am- Aerobics/\$2
9 am- Painting
9 am- Scrabble
10 am- H&F Canasta
11 am- Yoga/\$3
Noon- Ping Pong
12:30 pm- Pinochle
1 pm- Volleyball Team Practice

SATURDAY
10:30 am- Ping Pong



October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Festival at the Switchyard Saturday, November 7</p> <p>Make plans to attend the Festival at the Switchyard in Downtown Carrollton. Enjoy a full day of free concerts, shop for new treasures at over a hundred vendor booths, delight in delectable Festival foods, and bring the kids for free rides, games, and children's entertainment. For more details, visit carrolltonfestival.com.</p>			<p>1</p> <p>11:15 am- Lunch & Learn 6 pm- Dance Lesson 7 pm- Dance-Doc Gibbs, Variety</p>	<p>2</p> <p>11 am- Sing-along noon- Brain Games</p>	<p>3</p>
<p>5</p> <p>1:30 pm- Sewing Class</p>	<p>6</p> <p>9:30 am- B12 Shots 11 am- Advisory Council Meeting 5:30 pm Social Security Seminar</p>	<p>7</p> <p>1:30 pm- Adv. Sewing 2 pm- Walgreens Seminar</p>	<p>8</p> <p>11 am- Lunch & Learn 6 pm- Dance Lesson 7 pm- Dance-Southern Pride, Country</p>	<p>9</p> <p>10 am- Blood Pressure & Sugar Check 10:30 am- Out To Lunch</p>	<p>10</p> <p>9 am to Tech Help 12:45 pm-</p>
<p>12</p> <p>9 am- Flu & B12 Shots 1:30 pm- Sewing Class 2:30 pm- Weight Room Orientation</p>	<p>13</p> <p>11 am- 84th Legislature Update 5 pm- Pot Luck & Family Feud</p>	<p>14</p> <p>10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving 1:30 pm- Adv. Sewing</p>	<p>15</p> <p>9 am- Oil Painting 11 am- Luncheon 6 pm- Dance Lesson 7 pm- Dance-Russ Dorsey, Ballroom</p>	<p>16</p> <p>11 am- Sing-along</p>	<p>17</p>
<p>19</p> <p>10 am- Free Get Fit Class - Balance 1 pm- Movie Monday <i>Woman in Gold</i> 1 pm- Galapagos Trip Presentation 1:30 pm- Sewing Class</p>	<p>20</p> <p>11 am- Benefits Seminar 3 pm- Reunion Hispana</p>	<p>21</p> <p>10 am- Genealogy 1:30 pm- Adv. Sewing</p>	<p>22</p> <p>10 am- Walgreens Shots 11 am- Car Maintenance 5:30 pm- Social Security Seminar 6 pm- Dance Lesson 7 pm- Dance-High Caliber, Country</p>	<p>23</p>	<p>24</p>
<p>26</p> <p>1:30 pm- Sewing Class</p>	<p>27</p> <p>10 am- Educate DFW 12:30 pm- TX Hold 'Em 1 pm- Birthday Party and Bingo</p> <p>No Zumba</p>	<p>28</p> <p>10 am- Genealogy 1:30 pm- Adv. Sewing</p>	<p>29</p> <p>11 am- Car Maintenance 6 pm- Dance Lesson 7 pm- Dance-Bill G, Country</p>	<p>30</p> <p>11 am- Sing-along</p>	<p>31</p>

New! River Oaks Riddles!
This one is for Halloween. *What's a ghost's favorite dessert?* Place your answer, along with your name, in the River Oaks Riddle vase for your chance to win a \$15 Gift Card. You must have a valid Carrollton Senior Center membership to be eligible to win. Thanks to River Oaks Assisted Living and Memory Care Community for this fun feature.



Thursday Night Dance
Every Thursday, 7 pm, \$5/person
Free Dance lesson at 6 pm
Dance to live music in our beautiful ballroom overlooking the lake. Refreshments at the break.

- October 1 - Doc Gibbs, Variety
- October 8 - Southern Pride, Country
- October 15 - Russ Dorsey, Ballroom
- October 22 - High Caliber, Country
- October 29 - Bill G, Country

Drama Group – Senior Center Stage
Every Wednesday, 2:30-4 pm, Free
This awesome group of seniors continues to amaze and entertain us with hilarious performances at luncheons. You don't have to have a particular talent to join this group – just a good sense of humor and a desire to laugh!

