

SAMPLER

September is Active
Aging Month!
Check the calendar for fun activities.

CARROLLTON
TEXAS

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 2016

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

Vegas Days

Tuesday, September 20, 4:30-6:30 pm, Free

All guests will receive \$2,000 in casino money to test their skills at Blackjack, Roulette, Poker, and slot machines.

Music, raffles, and awards will be presented throughout the evening.

Come and experience a bit of Vegas at the Center. This entertainment event is hosted by Advance Senior Options, Sandra Vance, United Health Care, and Golden Outlook. Information about Medicare, Social Security, and insurance will be available but there will be no sales. Registration is required.



Seniors on Tour

Out to Lunch - Old House BBQ, 1905 N. Josey Ln. Friday, September 9, 11 am, \$3/person travel fee

The restaurant is located just south of the Senior Center on Josey Lane. If you need transportation, staff can drive up to five people in the minivan. All participants must register and we'll make the reservations.

Trip Presentation - California Rail Discovery

Tuesday, September 20, 1 pm - Sign up begins that day

California Rail Discovery

September 27-October 3, 2017

\$2,695/person double occupancy

Optional insurance is an additional \$210

Experience the Napa Valley Wine Train with lunch, a wine tasting, tour of the town of Napa, and a Sierra Nevada Rail journey through beautiful snowcapped mountains. The price includes a San Francisco city tour, cruise of San Francisco Bay, Sausalito, Lake Tahoe paddle wheeler cruise, Old Town Sacramento, California State Railroad museum, Virginia City, airfare, nine meals, baggage handling, and hotel transfers.

Activities

NEW! Quilting Group

Thursday, September 8 & 22, 11 am-1 pm, Free

Come and quilt with us! Bring your own sewing machine and supplies. You can bring your own material or purchase some from the group leader. We'll start with small projects then progress to table runners, bowls, pouches, and quilts. No registration required.

Sing-along Group

Friday, September 9 & 23, 11 am-12 pm, Free

Be a part of a group of seniors who love to sing. No registration required.

B12 shots

Tuesday, September 13, 9:30-10 am ONLY

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

Tuesday Night Pot Luck and Family Feud

Tuesday, September 13, 5 pm

Enjoy good home cooking and have fun on a team playing Family Feud. This is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have some fun. Enjoy an evening out at the Center!

Book Club

Wednesday, September 14, 10 am, Free

The selection for September is *Portrait of a Lady* by Henry James. The book club is volunteer led. Enrich your reading experience with lively discussion.

Hot Dog Wednesday

Wednesday, September 14, 10:45 am-12 pm, \$2

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

Monthly Luncheon

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

September's theme is Football and we will be getting you ready for the 2016 season. We'll have games and yummy food. Don't worry, we'll include other teams, not just the Cowboys. The menu includes chicken strips, mashed potatoes, cream gravy, corn, rolls, and chocolate layer dessert. Thank you to our friends at Signature Point for their donation toward this luncheon. Register and pay before Tuesday, September 13.



Movie Monday - A Hologram for the King (R)

September 19, 1 pm, Roundup Room, Free

Tom Hanks stars in this comedy/drama about a failed American businessman who looks to recoup his losses by traveling to Saudi Arabia and selling his idea to a wealthy monarch. Popcorn will be provided by the Corinthians Retirement Community.

Reunion Hispania

Martes, Septiembre 20, A las 3 pm

Una cena para nuestros huéspedes que hablan español se celebra el tercer martes de cada mes. Traiga su comida favorita para compartir y participe en juegos. Se requiere una membresía del Senior Center para participar en este evento.

Adult Coloring with Sandra Vance

Wednesday, September 21, 1 pm, Free

Did you know that coloring can actually improve your health? A research study found that adults 65 or older who engaged in creative activities had better overall health, made fewer visits to the doctor, used less medication, and had fewer health problems. No registration is required.

Texas Hold 'Em

Tuesday, September 27, Free

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

The first 64 participants will be seated. Enjoy a fun time of gaming and try to qualify for the exciting end-of-year Tournament of Champions. No registration required.

Birthday Party and Bingo

Tuesday, September 27, 1 pm, Free

Enjoy cake, bingo, and socializing with your friends. No registration required, just come and have fun! Sponsored by Villagio.

Classes and Seminars

Dry Mouth?

Tuesday, September 6, 11 am, Free

Do you take more than two medications? If the answer is yes, then please come and visit with Dr. Melissa Skaggs from Josey Lane Dentistry. Get your questions answered, learn more about this condition, and find out how this condition can be treated. Fresh fruit will be served. Registration is required.

Walgreens Seminar

Wednesday, September 7, 2 pm, Free

ALS (Amyotrophic Lateral Sclerosis) is a disorder that affects the function of nerves and muscles. Learn more from a Walgreens pharmacist. Registration is required.

Weight Room Orientation

Monday, September 12, 2:30- 4 pm

\$6/residents, \$6.50 non-residents

Tom Nouné is back in the weight room and ready to help you get started on a new path to health. This group orientation class is limited to seven participants and registration is required.



Walmart Wellness Seminar "Is it a cold or the flu?"

Tuesday, September 13, 10 am, Free

A Walmart Pharmacist will be available to answer questions after a short presentation. Door prizes related to health and wellness will also be awarded. Sign up at the front desk. Flu and pneumonia shots will be available and free with Medicare part B, or without Medicare the trivalent flu shot is \$25 and quadrivalent is \$30.

AARP Smart Driver Class

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

\$15/AARP members, \$20/non-members, payable to the instructor

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

Oil Painting - Old Door at San Miguel

Thursday, September 15, 9 am-12 pm

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

\$20 supply fee payable to instructor

You can create a beautiful oil painting in one lesson. Learn the basics of color mixing, brush strokes, and perspective in this fun class taught by master artist and award-winning instructor Robert Garden. All supplies are provided. Wear your old clothes.

Social Security Seminar

Saturday, September 17, 10 am, Free

Presented by Advance Senior Options and Thom Vance, Social Security topics will be covered such as when to collect, what the different options are, and the impact of electing early retirement. Discussion will include Medicare: what is covered, how to sign up, the different parts of Medicare, what is required, and what is optional. Registration is required.

Amerilife Educational Seminar

Thursday, September 22, 11 am, Free

Do you have questions about Medicare coverage and insurance benefits? We have answers! Bring your questions and join us for light snacks and plenty of information. Registration is required.

PICTURE YOURSELF IN A NEW
RETIREMENT LIFESTYLE



BRIARVIEW

OPENS 2016

972.418.1400

BriarviewLife.com

INDEPENDENT COTTAGES • ASSISTED LIVING • MEMORY CARE

\$ = fee applies

Senior Advisory Corner
It's good to be back at the Center with all of our friends!

We had a wonderful luncheon in July with a demonstration from Barney, a Patriot Paws trained Labrador, and his friend Jillian. Thank you to all who donated approximately \$1,000 to Patriot Paws for their continued training of service dogs for veterans.

The Advisory Council will be collecting items for veterans October 1 - November 19. A list of needed items will be available. Please place your donations in the red bin in the snack and coffee area.

The City is going to put a Veterans War Memorial at the Senior Center front entrance to honor all branches of the service. The dedication will be on November 11. We will update you on the exact time for the dedication.




Educate DFW Retirement Income Planning
September 27, 10 am, Free
You're probably going to live longer than you think. Attend this seminar to learn about stages in retirement as well as the risks and happiness.

Be Heart Failure Aware Thursday, September 29 10 am, Free
Hear a health care professional discuss important ways to help you manage heart failure, including treatment options. Also hear from a patient who will share their experiences and their journey. Have all of your questions answered in a Q&A session following the presentation. Register by calling 1-844-413-2705, or on line at HFaware.com, or at the front desk.

Ceramics
Tuesdays, 9-11:30 am
\$30 punch card for 4 classes
Students are supplied with clay, or are welcome to bring precast pieces to decorate and glaze. Instructions are given on how to clean, decorate, and glaze items. Glazes, under glazes, tools, and firing are included in the fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 10 am- Close Knit 10 am- H&F Canasta 10:30 am- Balance/\$ 11 am- Yoga/\$ 11:15 am- Learn to Knit/ Crochet 1 pm-- Ping Pong 1 pm- Cribbage	8 am- Walking 8:45 am- Body Blast/\$ 9 am- Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$ 12:30 pm- Skip Bo 1 pm- Ping Pong 1 pm- Line Dance 1 pm- Fun Chair Volleyball 1 pm- Team Chair Volleyball 5:30 pm- Guitar Sessions	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 10:30 am- Bingo/\$ 12:30 pm- Pinochle 1 pm- Line Dance 2:30 pm- Drama Group	8 am- Walking 8:45 am- Body Blast/\$ 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$ 12:30 pm- Skip Bo 1 pm- Bridge 2 pm- Bunka	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$ 12:30 pm-- Pinochle 1 pm- Volleyball Team Practice 1 pm- Team Chair Volleyball	9 am- Ping Pong
Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Carrollton Senior Center membership is required for most classes and seminars. </div>		

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drama Group - Senior Center Stage Every Wednesday, 2:30-4 pm, Free This amazing group continues to entertain us with their hilarious performances at the Center luncheons. You don't have to have a particular talent to join - just a good sense of humor and a desire to laugh! 			1 6:05 pm- Dance Lesson 7 pm- Dance	2	3
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Active Aging Week - August 25-October 1</p> <p>Join us for fun, free classes, and activities shown in bold* on the calendar below.</p> </div>					
5  WE'RE CLOSED	6 11 am- Advisory Council 11 am- Dry Mouth Seminar	7 2 pm- Walgreens Seminar	8 11 am- Quilting Group 6:05 pm- Dance Lesson 7 pm- Dance	9 10 am- Blood Pressure & Sugar Check 11 am- Out To Lunch 11 am- Sing-along	10
12 2:30 pm- Weight Room Orientation	13 9:30 am- B12 Shots 10 am- Walmart Seminar & Flu Shots 5 pm- Pot Luck & Family Feud	14 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	15 9 am- Oil Painting 11 am- Luncheon 6:05 pm- Dance Lesson 7 pm- Dance	16	17 10 am- Social Security Seminar
19 1 pm- Movie Monday <i>A Hologram For the King</i>	20 1 pm- California Trip Presentation 3 pm- Reunion Hispana 4:30 pm- Vegas Days	21 1 pm- Adult Coloring	22 11 am- Quilting Group 11 am- Amerilife Seminar 6:05 pm- Dance Lesson 7 pm- Dance	23 11 am- Sing-along	24
26 1-2 pm- *Games	27 10 am- Educate DFW 12:30 pm- TX Hold 'Em 1 pm- Birthday Party and Bingo 3-4 pm- *Zumba	28 8 am- *Walk Around The Lake	29 10 am- Heart Failure Seminar 1-2 pm- *Bean Bag Baseball 6:05 pm- Dance Lesson 7 pm- Dance	30 12-12:30 pm- *Conductorcise	

AmeriLife Challenge
Monthly mental challenge is sponsored by AmeriLife. Place your answer, your name, and phone number, in the large AmeriLife vase in the Center. Correct answers will be drawn randomly on the last day of the month. Winners must have a valid Senior Center membership



September Riddle: What can you catch but cannot throw?

Thursday Night Dance
Every Thursday, 7 pm, \$5/person
Free Dance Lesson Begins at 6:05 pm
Enjoy dancing to live music in our beautiful and newly expanded ballroom overlooking the lake. Refreshments served at the break. Dance lesson is the American Tango.

- September 1 - Doc Gibbs, Variety
- September 8 - Southern Pride, Country
- September 15 - Music Makers, Ballroom
- September 22 - Jim Bakers Swinging Country, Country
- September 29 - High Caliber, Country



FREE monthly E-newsletter!

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

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October 2016

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

Craft Fair

Saturday, October 29, 10am-1pm, Free

Browse and shop the variety of handmade craft items for sale. Rental booths with a six foot table and two chairs are available to residents for \$25 and \$27.50 to non-residents.

Booth rental begins August 29 for Carrollton Senior Center members and September 12 for the general public. A sales tax permit is



required to register for booths and space is limited. Call 972-466-4850 for more information.

Seniors on Tour

Out to Lunch - The Diner of Dallas

3330 Beltline Rd.

Friday, October 14, 11 am, \$3/person travel fee

The restaurant is located three miles from the Senior Center on Beltline Road between Webb Chapel and Marsh. Remember, if you need transportation, up to five people can ride in the minivan. All participants must register and we'll make the reservations.

Activities

NEW! Quilting Group

Thursday, October 6 & 27, 11 am-1 pm, Free

Come quilt with us. Bring your own sewing machine and supplies. Bring your own material or you can purchase some from the group leader. We'll start with small projects then progress to table runners, bowls, pouches, and quilts. No registration required.

Sing-along Group

Friday, October 7 & 21, 11 am-12 pm, Free

Be a part of a group of seniors who love to sing. No registration required.

B12 shots

Tuesday, October 11, 9:30-10 am ONLY

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

Tuesday Night Pot Luck and Scrabble

Tuesday, October 11, 5 pm

Enjoy good home cooking and have some fun playing Scrabble. Pot Luck is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have some fun!

Book Club

Wednesday, October 12, 10 am, Free

The selection for October is *Go Set a Watchman* by Harper Lee. The book club is volunteer led. Join them to enrich your reading experience with some lively discussion.

United Financial Services

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



Don't break the bank! Plan your financial future today.

Hot Dog Wednesday

Wednesday, October 12, 10:45 am-12 pm, \$2

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

Movie Monday - Me Before You (PG-13)

October 17, 1 pm, Roundup Room, Free

In this drama/romance movie, young and quirky Louisa "Lou" Clark moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor, a wealthy young banker left paralyzed from an accident. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither could have imagined. Popcorn will be provided by the Corinthians Retirement Community.

Reunion Hispania

Martes, Octubre 18, A las 3 pm

Una cena para nuestros huéspedes que hablan español se celebra el tercer martes de cada mes. Traiga su comida favorita para compartir y participe en juegos. Se requiere una membresía del Senior Center para participar en este evento.

Adult Coloring with Sandra Vance

Wednesday, October 19, 1 pm, Free

Did you know that coloring can actually improve your health? A research study found that adults 65 or older who engaged in creative activities had better overall health, made fewer visits to the doctor, used less medication, and had fewer health problems. No registration required, just come and start your creative juices going.

Monthly Luncheon

Thursday, October 20, 11 am, \$4/person

Fall Festival is our theme and we'll be serving spaghetti casserole, green beans, salad, garlic bread, and Italian Crème cake. The popular Carrollton Senior Center Ukulele Band, one of our favorites, will be performing. Register before October 18. Thank you to our friends at United Financial Services for their donation toward this luncheon.



Texas Hold 'Em

Tuesday, October 25, Free

Seating at 12:30 pm and games begin at 1 pm

The first 64 participants will be seated. No registration required.

Birthday Party and Bingo

Tuesday, October 25, 1 pm, Free

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

Flu Shots

Wednesday, October 26, 2-3 pm

Drama Group - Senior Center Stage

Every Wednesday, 2:30-4 pm

This amazing group continues to entertain us with their hilarious performances at the Center luncheons. You don't have to have a particular talent to join - just a good sense of humor and a desire to laugh!

Classes and Seminars

Walgreens - Colon Health

Wednesday, October 5, 2 pm, Free

Walgreens will discuss and answer your questions about colon health. Registration is required.

Things With Wings

Monday, October 10, 11:15 am, Free

Senior Center member Deborah bought a new camera in 2013 and found beautiful images to capture right here in the Carrollton parks! She continues to explore the parks and trails, visiting the Josey Ranch pond regularly, and as of late July of 2016 had completed 77 trips. Come and enjoy her photographic slideshow that she calls "Things with Wings."



Amerilife Educational Seminar

Tuesday, October 11, 1 pm, Free

Do you have questions about Medicare coverage and insurance benefits? We have answers! Bring your questions and join us for light snacks and plenty of information. Registration is required.

AARP Smart Driver Class

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

\$15/AARP members, \$20/non-members payable to the instructor

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

Oil Painting - Aspen Road at Trail Ridge

Thursday, October 13, 9 am-12 pm

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

\$20 supply fee payable to instructor

Create a beautiful oil painting in one lesson. Learn the basics of color mixing, brush strokes, and perspective in this fun class taught by master artist and award-winning instructor Robert Garden. All supplies are provided. Wear your old clothes.

Walmart Wellness Seminars

Friday, October 21, 2 pm, Free

This month's topic will address the issues surrounding insomnia and sleep aids. Please sign up and bring any questions you may have. Registration is required.

Educate DFW

Finances for Women

Tuesday, October 25, 10 am, Free

Ladies, we view money differently than men. Learn some of the most common errors women make that can turn their retirement into a very uncomfortable predicament. Your needs are unique; you take care of everyone else - now come and learn how to take care of you. Registration is required.

Signature Pointe
ON THE LAKE

14655 Preston Road Dallas, TX 75254
972-726-7575 www.signaturepointelcs.com

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Managed by Life Care Services

\$ = fee applies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 10 am- Close Knit 10 am- H&F Canasta 10:30 am- Balance/\$ 11 am- Yoga/\$ 11:15 am- Learn to Knit/ Crochet 1 pm- Cribbage 1 pm- Ping Pong	8 am- Walking 8:45 am- Body Blast/\$ 9 am- Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$ Noon- Skip Bo 1 pm- Line Dance 1 pm- Fun Chair Volleyball 1 pm- Team Chair Volleyball 1 pm- Ping Pong 5:30 pm- Guitar Sessions	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 10:30 am- Bingo/\$ 12:30 pm- Pinochle 1 pm- Line Dance 2:30 pm- Drama Group Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.	8 am- Walking 8:45 am- Body Blast/\$ 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$ 12:30 pm- Skip Bo 1 pm- Bridge 2 pm- Bunka	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$ 12:30 pm- Pinochle 1 pm- Volleyball Team Practice 1 pm- Team Chair Volleyball	9 am- Ping Pong <div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>Carrollton Senior Center membership is required for most classes and seminars.</i> </div>

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">Thursday Night Dance</p>  <p style="text-align: center;">Every Thursday, 7 pm, \$5/person Dance lesson 6:05 pm</p>			<p>Enjoy dancing to live music in our beautiful and newly expanded ballroom overlooking the lake. Refreshments served at the break. Dance lesson is the Progressive Double Two Step.</p> <ul style="list-style-type: none"> • October 6 - Doc Gibbs, Variety • October 13 - Southern Pride, Country • October 20 - Music Makers, Ballroom • October 27 - High Caliber, Country 		1
3	4 11 am- Advisory Council Meeting	5 2 pm- Walgreens Seminar	6 11 am- Quilting Group 6:05 pm- Dance Lesson 7 pm- Dance	7 11 am- Sing-along	8
10 11:15 am- Things With Wings Slideshow	11 9:30 am- B12 Shots 11 am- Amerilife Seminar 5 pm- Pot Luck & Scrabble	12 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	13 9 am- Oil Painting 6:05 pm- Dance Lesson 7 pm- Dance	14 10 am- Blood Pressure & Sugar Check 11 am- Out To Lunch	15
17 1 pm- Movie Monday <i>Me Before You</i>	18 3 pm- Reunion Hispana	19 1 pm- Adult Coloring	20 11 am- Luncheon 6:05 pm- Dance Lesson 7 pm- Dance	21 11 am- Sing-along 2 pm- Walmart Seminar	22
24	25 10 am- Educate DFW 12:30 am- Texas Hold'Em 1 pm- Birthday Party & Bingo 6 pm- United Financial Seminar	26 2 to 3 pm- Walgreens Flu Shots	27 11 am- Quilting Group 2 pm- Medicare Seminar 6:05 pm- Dance Lesson 7 pm- Dance	28	29 10 am-1 pm- Craft Fair NO PING PONG TODAY
31 	<p>Festival at the Switchyard Saturday, November 5, 11 am-10 pm, Free</p> <p>Carrollton will be hosting the 7th Annual FREE Festival at the Switchyard on Saturday, November 5, and will feature something for everyone: big-name entertainment concerts, great food, a beer garden, arts and crafts, youth-specific live entertainment, interactive games, and activities for children. This Festival honors the critical role the railroad played in putting Carrollton on the map—and the continuing importance of rail in Carrollton's present and future. This outdoor Festival will be held on the streets of Downtown Carrollton, situated off I-35E between the George Bush Turnpike and LBJ Freeway at Belt Line Road. Entertainment and Festival information is available at carrolltonfestival.com or facebook.com/carrolltonfestival.</p>				



Dinner and Learn United Financial Services
Tuesday, October 25 6 pm, Free
 Join retirement specialist Carl Steelman to learn the latest proven strategies to help preserve your capital with more income and less risks. The top challenges of retirement are: How can you enjoy a guaranteed retirement income that you and your spouse won't outlive? Catastrophic illness can change your retirement plans. Social Security can affect your retirement. Wills and trusts - what you need to know. Dinner is served at 6:30 pm. Reserve your spot before October 21.

Medicare Community Meeting
Thursday, October 27 2 pm, Free
 Presented by Advance Senior Options and Thom Vance, discussion will cover Social Security topics such as when to collect, what the different options are, and the impact of electing early retirement, and Medicare: what is covered, how to sign up, the different parts of Medicare, what is required, and what is optional. Registration is required.

Ceramics
Tuesdays, 9-11:30 am \$30 punch card/4 classes
 Students are supplied with clay to create their own pieces, or are welcome to bring precast pieces. Instructions are given on how to clean, decorate, and glaze items. Glazes, under glazes, tools, and firing are included in the fee.

AmeriLife Challenge
 Monthly mental challenge is sponsored by AmeriLife. Place your answer, along with your name and phone number, in the large AmeriLife vase in the Center.



Correct answers will be drawn randomly on the last day of the month and will receive a \$10 gift card. Winners must have a valid Senior Center membership.

October Riddle: Why did the dog sit in the shade?

FREE monthly E-newsletter!

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