SAMPLER

September is Active Aging Month!

Check the calendar for fun activities.



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

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

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.

PICTURE YOURSELF IN A NEW RETIREMENT LIFESTYLE





BriarviewLife.com

INDEPENDENT COTTAGES • ASSISTED LIVING • MEMORY CARE

B12 shots

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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.

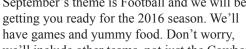
Hot Dog Wednesday

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



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

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

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 Noune 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.

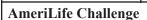
Amerilife Educational Seminar

Thursday, September 22, 11 am, Free

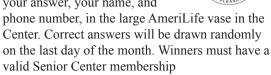
Do you have questions about Medicare coverage and insurance benefits? We have answers! Bring your questions and join us for light snacks and plenty of information. Registration is required.

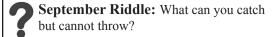
Daily/Weekly Activities CARROLLTON \$ = fee applies **WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY** 9 am- Ping Pong 8 am- Walking 8:45 am- Body Blast/\$ 9 am- Dominoes 9 am- Dominoes 8:45 am- Body Blast/\$ 9 am- Dominoes 9 am- Ceramics/\$ 9 am- Aerobics/\$ 9 am- Dominoes 9 am- Aerobics/\$ 9 am- Aerobics/\$ 10 am- Close Knit 9 am- Dominoes 10:30 am- Bingo/\$ 9 am- Scrabble 9 am- Painting 10 am- H&F Canasta 10 am- Stretch/\$ 10 am- Stretch/\$ 12:30 pm- Pinochle 9 am- Scrabble 10:30 am- Balance/\$ 12:30 pm- Skip Bo 1 pm- Line Dance 12:30 pm- Skip Bo 10 am- H&F Canasta 1 pm- Bridge 11 am- Yoga/\$ 1 pm- Ping Pong 2:30 pm- Drama Group 11 am- Yoga/\$ 11:15 am- Learn to Knit/ 2 pm- Bunka 12:30 pm-- Pinochle 1 pm- Line Dance 1 pm- Volleyball Team Crochet 1 pm- Fun Chair Carrollton 1 pm-- Ping Pong Volleyball Practice Senior Center 1 pm- Cribbage 1 pm- Team Chair 1 pm- Team Chair membership is Volleyball Volleyball required for most 5:30 pm- Guitar Sessions Bingo card sales end at 10:20 am. Please arrive early to purchase your cards. classes and seminars. September 2016 **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** 2 3 Drama Group - Senior Center Stage 6:05 pm- Dance Lesson Every Wednesday, 2:30-4 pm, Free 7 pm- Dance This amazing group continues to entertain us with their hilarious Active Aging Week - August 25-October 1 performances at the Center luncheons. You don't have to have a particular talent to join -Join us for fun, free classes, and activities shown in bold* on the calendar below. just a good sense of humor and a desire to laugh!

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* HAPPY * LAZOR * DAY* WERE 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
2:30 pm- Weight Room Orientation	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	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 A Hologram For the King	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	



Monthly mental challenge is sponsored by AmeriLife. Place your answer, your name, and





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





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

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.

FREE monthly E-newsletter!

SAMPLER





October 2016

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 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.



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

INDEPENDENT LIVING, ASSISTED LIVING, MEMORY CARE, SKILLED NURSING, REHAB



Dinner and Learn CARROLLTON **Daily/Weekly Activities United Financial** \$ = fee applies Services **WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY** Tuesday, October 25 6 pm, Free 8 am- Walking 9 am- Ping Pong Join retirement specialist 9 am- Dominoes 8:45 am- Body Blast/\$ 9 am- Dominoes 8:45 am- Body Blast/\$ 9 am- Dominoes Carl Steelman to learn the 9 am- Ceramics/\$ 9 am- Aerobics/\$ 9 am- Aerobics/\$ 9 am- Dominoes 9 am- Aerobics/\$ latest proven strategies to 10 am- Close Knit 9 am- Dominoes 10:30 am- Bingo/\$ 9 am- Scrabble 9 am- Painting 10 am- H&F Canasta 10 am- Stretch/\$ 12:30 pm- Pinochle 10 am- Stretch/\$ 9 am- Scrabble help preserve your capital 10:30 am- Balance/\$ Noon- Skip Bo 1 pm- Line Dance 12:30 pm- Skip Bo 10 am- H&F Canasta with more income and less 11 am- Yoga/\$ 1 pm- Line Dance 2:30 pm- Drama Group 1 pm- Bridge 11 am- Yoga/\$ risks. The top challenges 11:15 am- Learn to Knit/ 1 pm- Fun Chair 2 pm- Bunka 12:30 pm- Pinochle of retirement are: How can Crochet Volleyball 1 pm- Volleyball Team Carrollton you enjoy a guaranteed 1 pm- Team Chair 1 pm- Cribbage Practice Senior Center retirement income that you 1 pm- Ping Pong Volleyball 1 pm- Team Chair membership is and your spouse won't 1 pm- Ping Pong Volleyball required for most outlive? Catastrophic illness 5:30 pm- Guitar Sessions Bingo card sales end at 10:20 am. Please arrive early to purchase your cards classes and can change your retirement seminars. plans. Social Security can affect your retirement. Wills October 2016 and trusts - what you need to know. Dinner is served at 6:30 pm. Reserve your spot **MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TUESDAY** before October 21. 1 **Thursday Night Dance** Enjoy dancing to live music in our beautiful and newly **Medicare Community** expanded ballroom overlooking the lake. Refreshments served Meeting at the break. Dance lesson is the Progressive Double Two Step Thursday, October 27 • October 6 - Doc Gibbs, Variety 2 pm, Free • October 13 - Southern Pride, Country Presented by Advance Every Thursday, 7 pm, \$5/person • October 20 - Music Makers, Ballroom Senior Options and Thom Dance lesson 6:05 pm • October 27 - High Caliber, Country Vance, discussion will cover Social Security topics 3 8 such as when to collect, 11 am- Advisory Council 2 pm- Walgreens 11 am- Quilting Group 11 am- Sing-along what the different options Meeting 6:05 pm- Dance Lesson are, and the impact of 7 pm- Dance electing early retirement, and Medicare: what is covered, how to sign up, the different parts of Medicare, what is required, and what 10 11 12 13 14 15 is optional. Registration is 11:15 am- Things With 9:30 am- B12 Shots 10 am- Book Club 9 am- Oil Painting 10 am- Blood Pressure required. 10:45 am- Hot Dog Day Wings Slideshow 6:05 pm- Dance Lesson 11 am- Amerilife & Sugar Check Seminar 12:30 pm- AARP Safe 7 pm- Dance 11 am- Out To Lunch **Ceramics** 5 pm- Pot Luck & Tuesdays, 9-11:30 am Scrabble \$30 punch card/4 classes Students are supplied with clay to create their own pieces, or are welcome 22 17 18 19 20 21 to bring precast pieces. 11 am-1 pm- Adult Coloring Luncheon 1 pm- Movie Monday 3 pm- Reunion Hispana 11 am- Sing-along Instructions are given on 6:05 pm- Dance Lesson Me Before You 2 pm- Walmart how to clean, decorate, and 7 pm- Dance Seminar glaze items. Glazes, under glazes, tools, and firing are included in the fee. AmeriLife Challenge 27 28 29 24 25 Monthly mental challenge 26 10 am- Educate DFW 2 to 3 pm-Walgreens 11 am- Quilting Group 10 am-1 pm- Craft Fair is sponsored by AmeriLife. Flu Shots 2 pm- Medicare 12:30 am- Texas Hold'Fm Place your answer, along 1 pm- Birthday Party Seminar with your name and phone & Bingo **NO PING PONG TODAY** 6:05 pm- Dance Lesson number, in 6 pm- United Financial 7 pm- Dance the large Seminar AmeriLife vase in the Center. Festival at the Switchyard Correct answers will be Saturday, November 5, 11 am-10 pm, Free drawn randomly on the Carrollton will be hosting the 7th Annual FREE Festival at the Switchyard on Saturday, last day of the month and November 5, and will feature something for everyone: big-name entertainment concerts, will receive a \$10 gift card. great food, a beer garden, arts and crafts, youth-specific live entertainment, interactive games, Winners must have a valid and activities for children. This Festival honors the critical role the railroad played in putting Senior Center membership. Carrollton on the map—and the continuing importance of rail in Carrollton's present and future. October Riddle: Why

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.

did the dog sit in the

shade?