SAMPLER

Happy Thanksgiving



November 2017

Monday, Wednesday, Friday 7 am to 5 pm * Tuesday 7 am to 7:30 pm Thursday 7 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

Seníors on Tour

Out to Lunch

Eggsellent Cafe'

1016 E. Hebron Pkwy, Carrollton

Friday, November 17, 11 am, \$3/person travel fee

Date changed due to Veterans Day celebration. If you need transportation, the van has room for up to five people and will be departing the Senior Center at 10:30 am. Registration required.

Spotlight on Tuscany Trip Presentation Tuesday, November 14, 3:15 pm

Your adventure begins October 11, 2018 with an overnight flight to the famous resort spa town of Montecatini Terme, Italy. Savory wines, beautiful rolling hills, delicious food and stunning architecture will be yours and you only have to unpack one time! This 9-day trip includes seven breakfasts and three dinners, transportation to the airport, round trip airfare from DFW, hotel, taxes and hotel transfers. A slide show will be presented to give more information about this exciting trip. \$3199/double occupancy and \$3449/single occupancy if you book before April 12, 2018. Insurance is not mandatory but is recommended and is an additional \$290/person.

Classes and Seminars

Walgreens Wellness Seminar

Wednesday, November 1, 2:30 pm, Free

A Walgreens pharmacist will give helpful hints about skin care and will also be available to answer any questions you might have. Registration required.

Tai Chi

Mondays and Wednesdays, 10-11 am \$67.50/Resident, \$74.25/Non-resident for 9 sessions \$8/person drop-in

Break up your busy schedule with the slow pace and gentle movements of Tai Chi. Movements involve fluid motions of arms and legs, coordinated with breathing, and a focus on balance. The stress-relieving, moving meditation uses the minimum effort necessary. As the body relaxes, the mind becomes tranquil, aware, and alert. Wear loose fitting clothing. Exercises are usually done without shoes for better balance. Movements can be done sitting or standing.

Better Balance

Mondays, 10-10:45 am, Wednesday, 10:30-11:15 am \$20/person, 10-punch pass

\$2.50/person, drop-in

Maintaining or improving your balance is critical to good health. By strengthening your muscles, working on quickness and coordination, and performing balance exercises, we are striving not only to make the circuits in your brain react faster, but also to develop muscles to aid in fall protection.

Quilting Group

Thursday, November 2 & 9, 11 am-1 pm, Free

Bring your own sewing machine and supplies. You can bring 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, November 3 & 17, 11 am-12 pm, Free

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

Technology Saturday

Saturday, November 4, 10 am-12 pm, Free

One-on-one assistance is available on a first come, first serve basis on any portable device (cell phone, smart phone, tablet, laptop, reader, etc) on any topic accessible via the device (email, Facebook, texting, tweeting, photography, etc).

Does Medicare Pay for That? Wednesday, November 8, 11 am, Free

Join June Kim with Blue Cross Blue Shield and Cindy Mitchell from Home Watch Caregivers for an informative talk about "How Medicare Works and the Basics of What it Covers." Registration required.

Medical Nutritional Therapy presented by the Dallas Area Agency on Aging

One-on-one counseling: Tuesday, November 7-Thursday, November 9, 9 am-3:30 pm, Group session counseling: Thursday, November 16, 9:30-11:30 am

Medical Nutrition Therapy delivers nutritional assessments, one-on-one counseling, and group counseling services by a registered dietician to eligible Medicare beneficiaries. Who is eligible for MNT? Recipients of Medicare part B who have one or more of the follwing conditions: diabetes, chronic kidney disease, and/or kidney transplant within the last three years.

Clear Captions Coffee and Chat Thursday, November 9, 11 am, Free

Please join your local Clear Captions Title IV ADA specialist and learn how you can receive a FREE caption phone if you struggle with hearing loss. Registration required.

Weight Room Orientation Monday, November 13, 2:30-4 pm \$6/Resident, \$6.50/Non-resident

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

Blue Cross Blue Shield: Medicare Questions? Tuesday, November 14, 9-10 am, Free

June Kim with Blue Cross Blue Shield will be in the lobby to answer any Medicare questions you may have.

Medicare Advantage Plans presented by Thomas Vance

Thursday, November 16, 2 pm, Free

A community meeting will be available for you to attend discussing Medicare Advantage plans, specifically United Health Care Advantage Plan for 2018, and the new Medicare co-pays and deductibles. Thom will be able to discuss and answer your questions on Medicare and Advantage Plans.

You Can Paint - Sunset at Big Sur Thursday, November 16, 9 am-12 pm \$15/resident, \$16.50/non-resident \$20 supply fee payable to instructor

Even if you have never held a paint brush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn the basics of color mixing, brush strokes, and perspective while completing a landscape, seascape or still life in this fun and easy class taught by award-winning Master Artist Robert Garden. All supplies are provided. Wear old clothes.

Monthly Luncheon

Thursday, November 16, 11 am, \$2/person

Our annual pot luck luncheon is back! Sandra cooks the turkey, dressing, gravy, rolls, and you bring the rest. If your last name begins with A-J bring vegetables, K-Q bring a salad, and R-Z a dessert. Registration required by Tuesday, November 14.

Rider Chiropractic Lunch and Learn: Are you Sick and Tired of being Sick and Tired? Saturday, November 18, 11 am, Free

The causes of toxicity and inflammation are all around you. The sugar you eat, the high doses of wrong oils and fats in your diet, lack of exercise, chronic stress, and hidden infections all trigger inflammation. The inflamation leads to major chronic diseases of aging. It's also a major contributor to obesity. Learn about a natural solution to these problems. Registration required by November 15.

Activities

B12 shots

Tuesday, November 7, 9:30-10 am, \$20/person

Cash or check payable to Flu Shots of America.

Book Club

Wednesday, November 8, 10 am, Free

The selection for November is *House Rules* by Jodi Picoult. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, November 8, 10:45 am-12 pm, \$2/person Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council members.

Thursday Night Pot Luck November 9, 5 pm

Pot Luck is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have a fun evening out at the Senior Center playing games.

Adult Coloring with Sandra Vance Wednesday, November 15, 1 pm, Free

Coloring may sound like a simple activity to ward off boredom, but it can actually improve your health. A research study found that adults 65 or older who engaged in creative activities had better overall health, used less medication, and had fewer health problems. Did you know each month a drawing is selected for Artist of the Month? The winner's creation is framed and hung in Dr. Bysani's USMD office in Carrollton. No registration required.

Movie Monday – *Paris Can Wait* (PG) November 20, 1 pm, Texas Room, Free

Starring Diane Lane and Alec Baldwin. Anne is at a crossroads in her life and finds herself taking a road trip from Cannes to Paris with her husband's business partner. The short trip turns into a two-day adventure involving picturesque sights, food and wine which reawakens Anne's senses and gives her a new lust for life. Sponsored by Oxford Glen.

Reunion Hispania

Martes, 21 noviembre, 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.

CARROLLTO TEX	Daily/Weekly Activities						\$ = fee applies	Texas Hold 'Em Tuesday, November 28,	
MONDAY	TUESDAY	WEDN	ESDAV	T	HURSDAY	FRIDAY		SATURDAY	1 pm, Free Seating at 12:30 pm and
7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 9:30 am- Knit & Yarn Groupies 10 am- H&F Canasta 10 am- Tai Chi/\$ 10 am- Better Balance/\$ 11 am- Yoga/\$ 11:15 am- Learn to Knit/ Crochet 1 pm- Ping Pong 1 pm- Cribbage	7 am- Walking 8:30 am- Functional Fitness/\$ 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	7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 10 am- Tai Chi/\$ 10:20 am- Bingo/\$ 10:30 am- Better Balance/\$ 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		7 am- Walking 8:30 am- Functional Fitness/\$ 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$ 11 am- Better Balance 12:30 pm- Skip Bo 1 pm- Fun Chair Volleyball 1 pm- Mahjong 2 pm- Bunka 6:05 pm- Dance Lessons 7 pm- Dance/\$		FRIDAY 7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$ 12:30 pm- Pinochle 1 pm- Volleyball Team Practice		A Carrollton Senior Center membership is required for most classes and seminars.	games begin at 1 pm. The first 64 participants will be seated. No registration required. **SPECIAL EVENTS** Veterans Day Celebration Friday, November 10, 11 am This is a day to give thanks to our veterans and to remember those who have paid the price to make this great country what it is today. Due to limited
November 2017									seating, registration is limited to veterans and
MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	a guest and widows of a veteran and a guest. We will
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. Glazes, under glazes, tools, and firing are included in the fee.		1 2:30 pm - Walgreens Wellness Seminar		2 11 am- Quilting Group 7 pm- Dance		3 11 am- Sing-along Group		4 10 am- Technology Saturday 11 am- Festival at the Switchyard	vegetables and rolls. Desser will be provided by the office of Kenny Marchant. We'd also like to thank Debra Saxon and Advocacy Strategies LLC. New
6	7 9:30 am B12 Shots	8 10 am- Book Club 10:45 am- Hot Dog Wednesday 11 am- Medicare Seminar		7 pm- Dance 16 9 am-3:30 pm 9 am- You Can Paint 9:30 am- MNT Group Session 11 am- Monthly Luncheon 2 pm- Medicare Seminar		10 11 am- Veterans Day Celebration 17 11 am- Out to Lunch 11 am- Sing-along Group		11 1 pm- Vibes for Vets	Horizons Band Dallas will once again be performing a patriotic concert that will inspire all of us who are able to attend. Registration required by November 6. Gifts for the Forgotten Wednesday, November 29,
	Medical Nutrional Therapy Sessions available		sions available 9					Veterans Day	
13 2:30 pm- Weight Room <i>Orientation</i>	9 am- Blue Cross Blue Shield Seminar 3:15 pm- Trip Presentation	15 1 pm- Adult Coloring 2:15 pm- Care N Care & Sandra Vance						10 am- Photos with Santa at the Perry Museum 11 am- Rider Chiropractic Seminar 2 pm Join us for dessert and c to collect gift cards to be given to the often forgot teens for Christmas. Gift cards from Walmart, Tar or Kohl's are recommen	
20	21	2	22	 	pm- Dance 23	24		25	appreciated. This collection
1 pm- Movie Monday Paris Can Wait	3 pm- Reunion Hispania			Facility Closed Happy Thanksgiving					is being done in conjunction with The Metrocrest Services. Bring a dessert to share. If you are unable to join us gift cards may also be dropped into the suggestion box between November 12
27	28 1 pm- Texas Hold'Em No Birthday Bingo	29 2 pm- Gifts for the Forgotten		30 7 pm- Dance		Drama Group Every Wednesday, 2:30-4 This amazing group continuity with their hilarious perform luncheons. You don't have talent to join, just a good sedesire to laugh!		inues to entertain us rmance at the Center re to have a particular	-December 11. Vibes for Vets Downtown Carrollton Saturday, November 11, 3-6 pm Join us for an afternoon of music, food, and a tribute to America's heroes. The New Horizons Band Dallas is a volunteer, nonprofit association with over 65 active members and growing will perform from 3-4 pm. The Jimmy Lee Jordan band will take the stage from 4-6 pm. Jimmy Lee Jordan is a US Air Force retiree after 20+ years of loyal service. Don't forget your blankets and lawn chairs.
Thursday Night Dance Dance lesson begins at 6 Dance begins at 7 pm, \$ Refreshments served at the announced. November 2 - Doc Gibbs November 9 - City Lights November 16 - DFW Mu November 23 - Senior Ce November 30 - High Cali	Bis Wood and Room on property Notes Respiring for	Bingo is played every Wednesday at 10:20 am in the Roundup Room. The Madison on Marsh will be providing snacks on November 1 and 15 for you to munch on Was		On Monday, Septe Golden Outlook ar sponsored our first The pies were all h delicious! The judg difficult time decide to award first place was Marcia Gorald	on Monday, September 25 colden Outlook and Care N Care consored our first pie bake off. the pies were all homemade and elicious! The judges said the had a difficult time deciding which baker award first place to. The winner		d Care and Sandra sday, November 15, n, Free Vance will be providing ormational session and available to answer any as you may have about re.		

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December 2017

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 7 am to 5 pm * Tuesday 7 am to 7:30 pm Thursday 7 am to 9:30 pm * Saturday 9 am to 1 pm * Sunday closed

SENIORS ON TOUR

Out to Lunch Catfish House 3108 Old Denton Rd, Carrollton Friday, December 8, 11 am

We are going out for some of the best seafood Carrollton has to offer! The Catfish House has everything from PoBoys to catfish to fried shrimp. They also serve a baked tilapia that is delicious. A menu will be available at the front desk. If you need transportation, the van has room for up to 5 people and will be departing the Senior Center at 10:30 am. Registration required.

Classes and Seminars

Tai Chi

Mondays and Wednesdays, 10-11 am \$67.50/Resident, \$74.25/Non-resident for 9 sessions \$8/person drop-in

Break up your busy schedule with the slow pace and gentle movements of Tai Chi. Movements involve fluid motions of arms and legs, coordinated with breathing, and a focus on balance. The stress-relieving, moving meditation uses the minimum effort necessary; as the body relaxes, the mind becomes tranquil, aware, and alert. Wear loose fitting clothing. Exercises are usually done without shoes for better balance. Movements can be done sitting or standing.

Better Balance

Mondays, 10-10:45 am, Wednesday, 10:30-11:15 am \$20/person, 10-punch pass \$2.50/person, drop-in

Maintaining or improving your balance is critical to good health. By strengthening your muscles, working on quickness and coordination, and performing balance exercises, we are striving not only to make the circuits in your brain react faster, but also to develop muscles to aid in fall protection.

ABI, Ankle-Brachial Index Testing and Seminar Tuesday, December 5, 9 am-12:30 pm

Ankle-Brachial Index testing will be performed by Remarkable Healthcare from 9-11:30 am with 15 minutes for each testing. At 11:30 am, an informational seminar will be given about ABI screenings and peripheral artery disease. Registration opens on November 1.

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. Glazes, under glazes, tools, and firing are included in the fee. *(No instructor led classes on December 5, 19, or 26).

AARP Smart Driver Class

Wednesday, December 13, 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, drivers license, and payment for the instructor. Registration required.



You Can Paint - Cowboy Snowman Thursday, December 14, 9 am-12 pm \$15/resident, \$16.50/non-resident \$20 supply fee payable to instructor

Even if you have never held a paint brush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn basics of color mixing, brush strokes, and perspective while completing a landscape, seascape, or still life in this fun and easy class taught by award-winning Master Artist Robert Garden. All supplies are provided. Wear old clothes.

Activities

Drama Group

Every Wednesday, 2:30-4 pm, Free

This amazing group continues to entertain us with their hilarious performance 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!

Bingo

Every Wednesday, 10:20 am

Bingo is played every Wednesday at 10:20 am in the Roundup Room. The Madison on Marsh will be providing snacks on December 6 and 20.

Sing-along Group

Friday, December 1 & 15, 11 am-12 pm, Free

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

B12 Shots

Tuesday, December 5, 9:30-10 am ONLY

\$20 cash or check, payable to Flu Shots of America for B12 injections.

Quilting Group

Thursday, December 7 & 28, 11 am-1 pm, Free

Come and quilt with us! Bring your own sewing machine and supplies. You can bring 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.

Breakfast Bingo

Friday, December 8, 9 am, Free

Bingo, breakfast, and prizes, what could be more fun? Bring a friend to this fun event. Sponsored by Briarview. Registration required by Tuesday, December 5.

Texas Hold 'Em Tournament of Champions Tuesday, December 12, 1 pm, Free

All players who placed at a final table will be notified about the tournament. This month's game is a Tournament of Champions only and not for open play. Seating at 12:30 pm and games begin at 1 pm. Sponsored by Briarview.

Book Club

Wednesday, December 13, 10 am, Free

The selection for December is *Trust No One* by Paul Cleave. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, December 13, 10:45 am-12 pm, \$2/person Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council Members.

Thursday Night Pot Luck December 14, 5 pm

Pot Luck is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have a fun evening out at the Senior Center playing games.

Movie Monday - *Maudie* (PG-13) December 18, 1 pm, Texas Room, Free

Starring Sally Hawkins and Ethan Hawke. *Maudie*, is based on a true story that involves a romance with the reclusive Everett Lewis and the fragile Maudie who becomes his housekeeper. Maudie yearns to be more independent from her family and even though she has crippled hands she has a surprising rise to fame as a folk painter. Sponsored by Oxford Glen.

Reunion Hispania

Martes, 19 diciembre, 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, December 20, 1 pm, Free

Coloring may sound like a simple activity to ward off boredom, but it 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 need to sign up just come and get your creative juices going.

Monthly Luncheon

Thursday, December 21, 11 am, \$4/person UpSwing Jazz Orchestra will be entertaining you with

a spectacular musical morning you do not want to miss. We are serving a special holiday luncheon of pot roast, mashed potatoes, gravy, green beans, salad, and red velvet cake for dessert. Registration required by Tuesday, December 19. Sponsored by Briarview.



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This year has gone by so quickly. In fact, before you know it Christmas will have come and gone again. Please take a moment to reflect on everything we have done this year that has made us better people. One thing that we have done and are continuing to do is collect Box Tops for Education and distribute them to the elementary schools. Your box top donations help supply the necessary tools for our local students

The Senior Advisory Council started collecting supplies for the VA hospital. There was a list of items posted on the red container near the coffee area. The last day for the collection was Thursday, November 9.

Metrocrest Social Services has thanked us for the toys that are always so generously donated, but there is a definite need for gift cards for teens. A group of seniors got together on November 29 for coffee, dessert, and to collect gift cards. We will be preparing small bags of candy for the Heritage Gardens Nursing Home for Christmas treats for the residents. More information on this event will be coming soon.

Daily/Weekly Activities CARROLLTON \$ = fee applies An Old-Fashioned **WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY** Christmas at AW Perry 7 am- Walking 9 am- Ping Pong Museum 9 am- Aerobics/\$ 8:30 am- Functional 9 am- Aerobics/\$ 8:30 am- Functional 9 am- Aerobics/\$ 1509 N Perry Road 9 am- Dominoes 9 am- Dominoes Fitness/\$ 9 am- Dominoes Fitness/\$ Friday, December 1, 9:30 am- Knit & Yarn 9 am- Ceramics/\$* 10 am- Tai Chi/\$ 9 am- Dominoes 9 am- Painting 6-8:30 pm Groupies 9 am- Dominoes 10:20 am- Bingo/\$ 9 am- Scrabble 9 am- Scrabble Bring the whole family to 10 am- H&F Canasta 10 am- Stretch/\$ 10:30 am- Better Balance 10 am- Stretch/\$ 10 am- H&F Canasta this popular celebration. 10 am- Tai Chi/\$ Noon- Skip Bo 12:30 pm- Pinochle 11 am- Better Balance 11 am- Yoga/\$ Victorian carolers and Santa 10 am- Better Balance 1 pm- Line Dance/\$ 1 pm- Line Dance 12:30 pm- Skip Bo 12:30 pm- Pinochle Claus will be spreading 11 am- Yoga/\$ 1 pm- Fun Chair 2:30 pm- Drama Group 1 pm- Bridge 1 pm- Volleyball Team A Carrollton holiday cheer. Enjoy cookies 11:15 am- Learn to Knit/ 1 pm- Fun Chair Practice Volleyball Senior Center Volleyball ornament crafts, and merry Crochet 1 pm- Team Chair membership is 1 pm- Mahjong 1 pm- Cribbage Volleyball making at this annual event required for most 1 pm- Ping Pong 1 pm- Ping Pong 2 pm- Bunka Bingo card sales end at 10:20 am. Please arrive early to purchase your cards. to welcome the season! Tour classes and 6:05 pm- Dance Lesson 5:30 pm- Guitar Sessions the historic 1909 Perry Home seminars. 7 nm- Dance/\$ to see the festive decorations Informal tours available December 2017 throughout the evening. For more information, visit www.cityofcarrollton.com/ **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** museum. 11 am- Sing-along Santa on the 8:30 am-6 pm- An Old Square -Fashioned Downtown 3rd Annual Santa on the Christmas Square at AW Perry **Downtown Carrollton** Museum Saturday, December 2, 8:30 am-4 pm 4 6 8 9 Grab your stockings and Santa hats for this Festive 9 am- ABI Testing & 11 am- Quilting Group 9 am- Breakfast Bingo 7 pm- Dance 11 am- Out to Lunch Kid's Fun Run! The Kid's 9:30 am- B12 Shots Fun Run will have your little ones running with glee as they chase Santa through the streets of Downtown Carrollton. Parents are encouraged and welcome to 11 12 13 14 15 16 participate in the Kid's Fun 10 am- Book Club 9 am- You Can Paint 1 pm- Texas Hold'em 11 am- Sing-along Run with their registered 10:45 am- Hot Dog 5 pm- Pot Luck Tournament of Wednesday 7 pm- Dance child. Stick around for our Champions 12:30 pm- AARP Driving FREE event which includes Class a free 4x6" picture with Santa inside the gazebo. Take your own picture at one of our many photo ops with 22 23 19 21 18 20 live reindeer, a 16' decorated 11 am- Luncheon 1 pm- Movie Monday 1 pm- Adult Coloring 3 pm- Reunion tree, and inside a giant 7 pm- Dance Maudie Hispania 15' snow globe! For more information, visit city of carrollton.com/downtown. 25 26 27 28 29 30 No Birthday Bingo 11 am- Quilting Group **Facility Closed** 7 pm- Dance

Thursday Night Dance Dance lesson begins at 6:05 pm Dance begins at 7 pm, \$5/person

Refreshments served at the break. Dance lesson will be announced.

December 7 - Doc Gibbs, Variety

December 14 - City Lights, Country Western December 21 - DFW Music Makers, Ballroom December 28 - High Caliber, Country Western



This will be the final printed edition of
The Metrocrest Services Senior News. The Senior
News will continue to be available online at
www.metrocrestservices.org. To continue to view
the Carrollton Senior Sampler online edition, visit
cityofcarrollton.com/senior-center or pick one up
at the Carrollton Senior Center.