






# Carrollton Senior Center Activity Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Follow Us On Facebook</b> For current information on Senior Center programs. <a href="https://facebook.com/CarrolltonTxSeniorCenter">facebook.com/CarrolltonTxSeniorCenter</a></p>	<p>1 11am <b>CSCAC Meeting</b> Carrollton Senior Center Advisory Council Meeting Open to all members 12pm <b>Red Hat Society Group</b></p>	<p>2 12:15pm <b>Lunch &amp; Learn</b> "2025 Medicare Changes" <i>Must Register</i></p>	<p>3 9am <b>Veteran Fishing Trip</b> <i>Must Register</i> 7pm <b>Thursday Night Dance</b> \$ Doc Gibbs - Variety</p>	<p>4 11am <b>Sing-Along Group</b> 1-4pm <b>You Can Oil Paint a Masterpiece Class</b> \$ "Kaleidoscope Cow" <i>Must Register</i></p>	<p>5 10am <b>Technology Saturday</b></p>
<p>7 9am <b>Free Notary Service</b></p>	<p>8 10am <b>Health Screening</b> Blood Pressure &amp; Sugar Level</p>	<p>9 10am <b>Book Club</b> Lessons in Chemistry by Bonnie Garmus 11am <b>Hot Dog Wednesday</b> \$ Jumbo hot dog with all the fixings</p>	<p>10 7pm <b>Thursday Night Dance</b> \$ City Lights - Country Western</p>	<p>11</p>	<p>12 10am-2pm <b>Perry Pumpkin Patch &amp; Craft Fair</b> A.W. Perry Homestead Museum </p>
<p>14</p>	<p>15 9:30am <b>Medicare Card</b> We can laminate your card 3pm <b>Reunión Hispana Group</b></p>	<p>16</p>	<p>17 11am <b>Monthly Luncheon</b> \$ Entertainment provided by Low Brass Choir <i>Must Register</i> 7pm <b>Thursday Night Dance</b> \$ High Caliber - Variety</p>	<p>18 11am <b>Sing-Along Group</b></p>	<p>19 10am <b>Technology Saturday</b></p>
<p>21 1pm <b>Movie Monday</b> "Ghostbusters: Frozen Empire" (PG-13) 2:30pm <b>Fitness Equipment Orientation</b> \$ <i>Must Register</i></p>	<p>22</p>	<p>23</p>	<p>24 7pm <b>Thursday Night Dance</b> \$ K Ellingson Band - Country Western</p>	<p>25 11am <b>Out to Lunch</b> \$ Bavarian Grill 3425 Premier Drive, Plano <i>Must Register</i></p>	<p>26 4-7pm <b>Halloween Critter Hunt and Downtown Delights</b> Downtown Carrollton </p>
<p>28 10:30am <b>We ♥ Our Carrollton Seniors</b> Breakfast sponsored by Joe's Pizza, Pasta &amp; Subs 1022 S. Broadway St, Carrollton <i>First Come, First Served</i></p>	<p>29 1pm <b>Texas Hold 'Em Tournament</b> - Doors open at 12:30pm</p>	<p>30 12pm <b>Holiday Plate Decorating</b> 3pm <b>Trivia Time With Chris</b></p>	<p>31 <b>TRICK OR TREAT</b> 7pm <b>Thursday Night Dance</b> \$ High Caliber - Country Western</p>	<p> <b>Monthly Luncheon - Thursday, October 17, 11am</b> German green beans, warm German potato salad, chicken schnitzel with mustard sauce, and German chocolate cake. Veggie Option: Eggplant schnitzel <b>Registration required by Tuesday, October 15.</b></p>	

# DAILY ACTIVITY CALENDAR

MONDAY 7am-5pm	TUESDAY 7am-7:30pm	WEDNESDAY 7am-5pm	THURSDAY 7am-9:30pm	FRIDAY 7am-5pm
<p><b>7am</b> Walking Group</p> <p><b>9am</b> Notary Service (10/7)</p> <p><b>9:30am</b> Chair Yoga \$ Knit &amp; Crochet Group</p> <p><b>10am</b> Dulcimers for Hymn Jam Session</p> <p><b>11am</b> Aging Gracefully Yoga \$</p> <p><b>12:30pm</b> Cribbage</p> <p><b>1pm</b> Drop-in Party Bridge Movie Monday (10/21) "Ghostbusters: Frozen Empire"</p> <p><b>2pm</b> Tai Chi</p> <p><b>2:30pm</b> Fitness Equipment Orientation \$ (10/21)</p> <p style="text-align: center; font-size: small;">SCAN THE QR CODE AND TELL US HOW WE ARE DOING</p> <p style="text-align: center;"><b>FACILITY SURVEY</b></p> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Carrollton Senior Center</b> 1720 Keller Springs Rd 972-466-4850</p>	<p><b>7am</b> Walking Group</p> <p><b>9am</b> FUNctional Fitness \$ Ceramics \$ Elm Fork River Band Practice</p> <p><b>9:30am</b> We Can Laminate Your Medicare Card (10/15)</p> <p><b>10am</b> Health Screening Blood Pressure and Sugar Levels (10/8)</p> <p><b>10:30am</b> Stretch \$</p> <p><b>11am</b> Advisory Council Meeting (10/1)</p> <p><b>12pm</b> Super Mexican Train Canasta International Red Hat Society Group (10/1)</p> <p><b>1pm</b> FUN Chair Volleyball TEAM Chair Volleyball Ping Pong Group 42 Dominoes</p> <p><b>2pm</b> Guitar Jam Session</p> <p><b>3pm</b> Reunión Hispana (10/15)</p> <p><b>3:15pm</b> Korean Drum</p>	<p><b>7am</b> Walking Group</p> <p><b>10am</b> Book Club (10/9)</p> <p><b>10:15am</b> BINGO \$ (No admittance after 10:15am)</p> <p><b>10:30am</b> We ♥ Our Seniors Free Lunch (10/2) Core &amp; More \$ (No class 10/9)</p> <p><b>11am</b> Hot Dog Wednesday \$ (10/9)</p> <p><b>12:15pm</b> Lunch and Learn- "2025 Medicare Changes" presented (10/2)</p> <p><b>12:30pm</b> Pinochle</p> <p><b>1pm</b> FUN Chair Volleyball</p> <p><b>2:30pm</b> ACT Drama Group</p>	<p><b>7am</b> Walking Group</p> <p><b>9am</b> Regular Mexican Train FUNctional Fitness \$ (No class 10/17)</p> <p><b>10:30am</b> Stretch \$ (No class 10/17) Quilting Group</p> <p><b>11am</b> Monthly Luncheon \$ (10/17)</p> <p><b>11:30am</b> Jazz Blues Band Practice</p> <p><b>12pm</b> Mahjong Super Mexican Train</p> <p><b>1pm</b> Drop-in Party Bridge</p> <p><b>2pm</b> Tai Chi</p> <div style="text-align: center;">  </div> <p><b>7pm</b> Thursday Night Dance \$ Doc Gibbs (10/3) City Lights (10/10) High Caliber (10/17) K Ellingson Band (10/24) High Caliber (10/31)</p>	<p><b>7am</b> Walking Group</p> <p><b>9am</b> Art Group</p> <p><b>9:30am</b> Fitness Friday \$ Chair Yoga \$</p> <p><b>11am</b> Aging Gracefully Yoga \$ Sing-Along Group (10/4, 10/18) Out to Lunch Trip \$ (10/25)</p> <p><b>12:15pm</b> New Horizons Concert Band Practice</p> <p><b>1pm</b> You Can Oil Paint a Masterpiece Class \$ "Kaleidoscope Cow" (10/4) TEAM Chair Volleyball</p> <p style="text-align: center; font-weight: bold; margin-top: 20px;"><b>WEEKEND HOURS</b> <b>Saturday 9am - 1pm</b> <b>Sunday CLOSED</b></p>