




# November 2024

## Carrollton Senior Center

# Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Monthly Luncheon - Thursday, November 21, 11am</b>  <p><b>MENU</b> Oven Roasted Turkey Breast with Gravy, Spiral Cut Ham, Mashed Potatoes, Green Bean Casserole, Traditional Corn Bread Dressing, Cranberry Relish, Pumpkin Pie, Dinner Rolls &amp; Butter            Veggie Option: Butternut Squash Ravioli served with Sage Brown Butter Sauce  <u>Registration required by Tuesday, November 19</u></p>			<b>Follow Us On Facebook</b> For current information on Senior Center programs. <a href="https://facebook.com/groups/CarrolltonTxSeniorCenter">facebook.com/groups/CarrolltonTxSeniorCenter</a>	11am <b>Sing Along Group</b> <sup>1</sup> 1-4pm <b>You Can Oil Paint a Masterpiece Class</b> \$ "Misty Lake" <u>Must Register</u>	10am <b>Technology Saturday</b> <sup>2</sup> 11am-10pm <b>Festival at the Switchyard</b> Downtown Carrollton 
9am <b>Free Notary Service</b> <sup>4</sup>	11am <b>CSCAC Meeting</b> Carrollton Senior Center Advisory Council Meeting Open to all members. 12pm <b>Red Hat Society Group</b> <sup>5</sup>	12:15pm <b>Lunch and Learn</b> "Medicare Changes 2025" <u>Must Register</u> <sup>6</sup>	7pm <b>Thursday Night Dance</b> \$ Doc Gibbs - Variety <sup>7</sup>	6-8pm <b>Sounds on the Square</b> <sup>8</sup> New live music series. Downtown Carrollton 	10am <b>Technology Saturday</b> <sup>9</sup>
11am <b>Veterans Day Celebration</b> <sup>11</sup> <u>Must Register</u> 2:30pm <b>Fitness Equipment Orientation</b> \$ <u>Must Register</u>	10am <b>Health Screening</b> <sup>12</sup> Blood Pressure & Sugar Level	10am <b>Book Club</b> <sup>13</sup> Lady in Waiting by Anne Tennant Glenconner 11am <b>Hot Dog Day</b> \$  Jumbo hot dog with all the fixings.	7pm <b>Thursday Night Dance</b> \$ City Lights - Country Western <sup>14</sup>	9:15am <b>Day Trip</b> \$ <sup>15</sup> Frontiers of Flight Museum 11am <b>Sing Along Group</b>	10am <b>Technology Saturday</b> <sup>16</sup>
1pm <b>Movie Monday</b> <sup>18</sup> "You've Got Mail"	9:30am <b>Medicare Card</b> <sup>19</sup> We can laminate your card. 3pm <b>Reunión Hispana Group</b>	12:15pm Lunch and Learn <sup>20</sup> "Medicare Prescription Drug Plan Changes" Presented by Amerilife Must Register 3pm <b>Trivia Time With Chris</b>	11am <b>Monthly Luncheon</b> \$ <sup>21</sup> Sponsored by Orchard Point Living <u>Must Register</u> 7pm <b>Thursday Night Dance</b> \$ K Ellingson Band - Variety	11am <b>Out to Lunch</b> \$ <sup>22</sup> Caribbean Cuba 1000 Webb Chapel Rd., Carrollton <u>Must Register</u>	11am <b>Out to Lunch</b> \$ <sup>23</sup> Caribbean Cuba 1000 Webb Chapel Rd., Carrollton <u>Must Register</u>
10:30am <b>We ♥ Our Carrollton Seniors</b> <sup>25</sup> Breakfast sponsored by Joe's Pizza, Pasta & Subs 1022 S. Broadway St, Carrollton <u>First Come, First Served</u> 11:30am <b>Metrocrest Mobile Food Pantry</b>	1pm <b>Texas Hold 'Em Tournament</b> <sup>26</sup> Doors open at 12:30pm	12:15pm <b>Lunch and Learn</b> <sup>27</sup> "Medicare and Senior Resources Pizza Party" Must Register	 <p><b>Senior Center Closed</b> <sup>28</sup></p>	 <p><b>Senior Center Hours:</b> 10am-4pm <sup>29</sup></p>	 <p><sup>30</sup></p>

## Daily Activities

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 (11/4)</p> <p><b>9:30am</b> Chair Yoga \$ (No class 11/11) Knit &amp; Crochet Group</p> <p><b>10am</b> Dulcimers for Hymn Jam Session</p> <p><b>11am</b> Aging Gracefully Yoga \$ (No class 11/11)</p> <p><b>12:30pm</b> Cribbage</p> <p><b>1pm</b> Drop-in Party Bridge Movie Monday (11/18) "You've Got Mail"</p> <p><b>2pm</b> Tai Chi</p> <p><b>2:30pm</b> Fitness Equipment Orientation \$ (11/11)</p> <p>SCAN THE QR CODE AND TELL US HOW WE ARE DOING</p> <p><b>FACILITY SURVEY</b></p>  <p><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 (11/19)</p> <p><b>10am</b> Health Screening Blood Pressure and Sugar Levels (11/12)</p> <p><b>10:30am</b> Stretch \$</p> <p><b>11am</b> Advisory Council Meeting (11/5)</p> <p><b>12pm</b> Super Mexican Train Canasta International Red Hat Society Group (11/5)</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 (11/19)</p> <p><b>3:15pm</b> Korean Drum</p>	<p><b>7am</b> Walking Group</p> <p><b>10am</b> Book Club (11/13)</p> <p><b>10:15am</b> BINGO \$ (No admittance after 10:15am)</p> <p><b>10:30am</b> We ❤️ Our Seniors Free Lunch (11/6) Core &amp; More \$ (No class 11/13)</p> <p><b>11am</b> Hot Dog Wednesday \$ (11/13)</p> <p><b>12:15pm</b> Lunch and Learn- "Medicare Questions" (11/6) "Medicare Prescription Drug Plan Changes" (11/20)</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> Regualr Mexican Train FUNctional Fitness \$ (No class 11/21)</p> <p><b>10:30am</b> Stretch \$ (No class 11/21) Quilting Group</p> <p><b>11am</b> Monthly Luncheon \$ (11/21)</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>  <p><b>7pm</b> Thursday Night Dance \$ Doc Gibbs (11/7) City Lights (11/14) K Ellingson Band (11/21)</p> <p><b>Senior Center closed on 11/28</b></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 (11/1, 11/8) Out to Lunch Trip \$ (11/22)</p> <p><b>12:15pm</b> New Horizons Concert Band Practice</p> <p><b>1pm</b> You Can Oil Paint a Masterpiece Class \$ "Misty Lake" (11/1) TEAM Chair Volleyball</p> <p style="text-align: center;"><b>WEEKEND HOURS</b> <b>Saturday 9am - 1pm</b> <b>Sunday CLOSED</b></p>