

SILVER SCOOP

Merry Christmas

Holiday Closures

The Garland Senior Activity Center and Carver Center will be closed the following dates:

December 24-25 - Closed

December 31 - Close at 5 p.m.

January 1 - Closed

Roy Rogers

Saturday, December 21

1:00 p.m. - \$40.00

Let your childhood memories be stirred by the magic of Christmas and the appearance of Roy Rogers Jr. and Roy & Dale's grandson, Dustin Rogers.

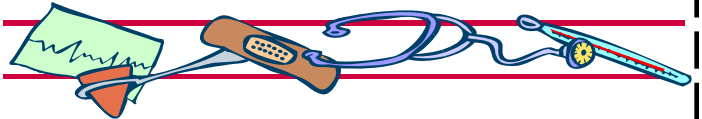


Medicare Talk

Thursday, December 5

10:00 a.m. - Free

This is a free informational talk about the changes to Medicare for 2014. Bring your questions.



Save the Date!

Health, Wellness, & Safety

Summit

Thursday, February 20

Be sure to check the January 2014 Silver Scoop for all the details for our 2014 Health, Wellness, and Safety Summit.



2014 Travel Meeting

Friday, January 17 - 1:00 p.m.



We have nailed down the details of our 2014 excursions. The "need to knows" for the Mystery Day Trip, information on extended travel, sporting events and day

trips. Mark your calendar so you don't miss out on the inside information!

If you are unable to make it, a complete list of activities and pricing information will be available the following week at the senior center. Please remember, our trips fill up **fast**, so to ensure your spot and to help us with planning details, it is imperative that you sign up early. If, for any reason the trip is cancelled on our end, you will receive a full refund. Also, remember that once we purchase tickets that are non-refundable, you will be responsible for that ticket, so please avoid withdrawing from a trip close to the event date.

The Beat Goes On

January 9- 10:30 a.m.

Card Room - Free

Christmas Karaoke

Make some music! Enjoy a tuneful morning of music, fun and friendship. Celebrate Christmas with these holiday-themed songs. Bring your morning coffee and snack and join our host, Gary Teague. Participate or just come and enjoy the free show!



GSAC Now Has Free Wi-Fi!

As a service to our guests, we now offer free Wi-Fi at the Garland Senior Activity Center. Please see the front desk for the password.

Fitness Schedule

Monday

- 8:30 a.m. FitnessPlus-S
- 9:45 a.m. Exercise and More-S
- 10:30 a.m. Pilates-S
- 11:30 a.m. Weight Training - S
- 4:45 p.m. Zumba Gold - S
- 5:45 p.m. Yogalates - S

Tuesday



- 8:15 a.m. Zumba Gold-S
- 9:15 a.m. Chair Yoga - S
- 4:45 p.m. Zumba Toning- S
- 5:45 p.m. Turbo Kickboxing-S

Wednesday

- 8:30 a.m. FitnessPlus-S
- 9:45 a.m. Exercise and More-S
- 10:30 a.m. Pilates - S
- 4:45 p.m. Zumba Gold - S
- 5:45 pm. Begin. Yoga - S

Thursday

- 8:15 a.m. Zumba-S
- 9:15 a.m. Chair Yoga-S
- 10:30 a.m. Tai Chi
- 5:45 p.m. Yoga -S



Friday

- 8:30 a.m. FitnessPlus-S
- 9:45 a.m. Exercise and More-S
- 10:30 a.m. Pilates-S

Cardiovascular Room

Open during regular business hours

Available for use are three treadmills, an elliptical trainer, two recumbent bicycles, and free weights/dumbbells. We also have a TV with local cable.

Fitness Card Rates

- \$35 - 10 Class Punch Card
 - \$60 - 20 Class Punch Card
 - \$82 - 10 Tai Chi Punch Card
- Cards do not expire.*

Monday

Legend:

- C-Carver Senior Center**
- S-Garland Senior Activity Center**
- O-Off Site**

2

Tuesday

- 9:00 Writers' Workshop - S **3**
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 10:00 Crafts - C
- 11:30 Advanced Ballroom - S
- 1:30 Beginning Bridge - S
- 3:30 Intermediate Bridge - S
- 6:00 Duplicate Bridge - S
- 7:00 Square Dance Lessons - S

9

- 9:30 Fellowship w/Rev. Garrett - C
- 10:15 Bingo - S
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:00 Swing Dance Class - S

16

- 9:30 Fellowship w/Rev. Garrett - C
- 10:15 Bingo - S
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:00 Swing Dance Class - S

23

- 9:30 Fellowship w/Rev. Garrett - C
- 10:15 Bingo - S
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:00 Swing Dance Class - S

30

- 9:30 Fellowship w/Rev. Garrett - C
- 10:15 Bingo - S
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:00 Swing Dance Class - S

3

10

17

- 9:00 Writers' Workshop - S
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 10:00 Crafts - C
- 11:30 Red Hat Lunch @ Golden Corral
- 11:30 Advanced Ballroom - S
- 1:30 Beginning Bridge - S
- 3:30 Intermediate Bridge - S
- 6:00 Duplicate Bridge - S
- 7:00 Square Dance Lessons - S

- 9:00 Writers' Workshop - S
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 10:00 Crafts - C
- 11:30 Advanced Ballroom - S
- 1:30 Beginning Bridge - S
- 3:30 Intermediate Bridge - S
- 6:00 Christmas Lights - O
- 6:00 Duplicate Bridge - S
- 7:00 Square Dance Lessons - S

Closed

24

Merry Christmas



31

- 9:00 Writers' Workshop - S
 - 9:30 Creative Crafters - S
 - 9:30 Bowling - O
 - 10:00 Crafts - C
 - 11:30 Advanced Ballroom - S
 - 1:30 Beginning Bridge - S
 - 3:30 Intermediate Bridge - S
- Close at 5 p.m.**

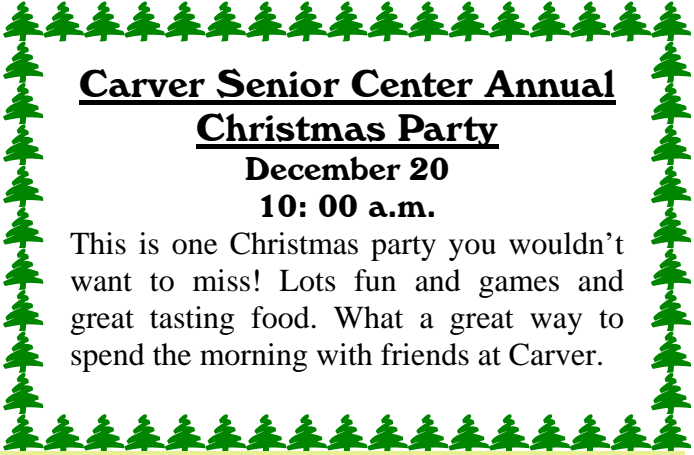
Wednesday	Thursday	Friday
<p>9:45 Shopping - O 4 12:30 Jewelry Making - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 5 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Table Games - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance - "Variety Pack"</p>	<p>6 10:00 Bingo - C 10:15 Bingo - S 12:30 Progressive Line Dance - S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S</p>
<p>9:45 Shopping - O 11 11:00 Grub Club - O 12:30 Jewelry Making - S 12:30 U Can Paint - S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 12 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Table Games - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S</p>	<p>13 10:15 Bingo - S 12:30 Progressive Line Dance - S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 12:30 Progressive Party Bridge - S 12:30 Texas Hold 'Em - S</p>
<p>9:45 Shopping - O 12:30 Jewelry Making - S 18 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 9:30 Wii Bowling - S 19 12:30 Party Bridge - S 12:30 Table Games - S 1:00 AARP Driver Safety - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S</p>	<p>9:00 Blood Pressure Check - S 20 10:15 Bingo - S 12:30 Progressive Line Dance - S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 1:00 Digital Pictures - S 8:00 Square Dance - S</p>
<p>Closed  25</p>	<p>9:30 Ceramics - S 9:30 Wii Bowling - S 26 12:30 Party Bridge - S 12:30 Table Games - S 2:30 Round Dance - S 5:30 Midnight Stampers - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S</p>	<p>10:15 Bingo - S 12:30 Progressive Line Dance - S 27 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 12:30 Progressive Party Bridge - S 12:30 Texas Hold 'Em - S 5:30 Line Dance Workshop</p>
<p>Bridge Players Wanted Wednesdays 5:00 - 8:00 p.m. Card Room Just show up!</p> 	<p>Red Hat Lunch Tues, Dec. 17 Golden Corral Garland 972-613-6461 Bring a \$5 unwrapped toy</p>	<p>Fitness Classes Canceled: Dec 26-Jan 1</p> 

Carver Corner

Carver Senior Center Annual Christmas Party

December 20
10: 00 a.m.

This is one Christmas party you wouldn't want to miss! Lots fun and games and great tasting food. What a great way to spend the morning with friends at Carver.



Holiday Movie Week

December 9 - 12
9:00 a.m. - 12:30 p.m.



Enjoy the morning with friends at Carver watching your favorite Holiday Movies: Miracle on 34th Street, It's a wonderful Life and more. Refreshments will be served.

Holiday Christmas Carols

December 19
10:00 a.m. - 11:00 a.m.

Come enjoy Christmas carols with the staff at Carver Senior Center.



Garland Senior Activity Center

600 West Avenue A
Garland, TX 75040
Ph.: 972-205-2769 Fax: 972-487-3417

Hours of Operation:

Monday	8:00 a.m.- 8:00 p.m.
Tuesday	8:00 a.m.- 9:30 p.m.
Wednesday	8:00 a.m.- 8:00 p.m.
Thursday	8:00 a.m.- 9:30 p.m.
Friday	8:00 a.m.- 8:00 p.m.

Carver Senior Center

222A Carver Street
Garland, TX 75040
972-205-3305

Hours of Operation:

Monday	8:00 a.m.-3:00 p.m.
Tuesday	8:00 a.m.-3:00 p.m.
Wednesday	8:00 a.m.-3:00 p.m.
Thursday	8:00 a.m.-3:00 p.m.
Friday	8:00 a.m.-3:00 p.m.

Christmas Crafts

December 17 - \$3.00
10:00 a.m. - 11:00 a.m.

Create centerpiece for your table, Stocking's, wreath, ornaments. For more information please call Beatrice 972-205-3305



From The Desk of Shannon Stephens

I would like to wish you all a very Merry Christmas and a Happy New Year. I have had a wonderful year and I am looking forward to see what the new year brings here at Carver. If you would like more information about the activities at Carver please don't hesitate to call me at 972. 205-3305.

Kenny McCord - Senior Services Manager
Rusty Maxwell - Senior Center Supervisor
Holly Bone - Senior Services Specialist
D'Aun Muhlinghaus - Senior Services Specialist
Shannon Stephens - Senior Services Specialist
Lynn Robinson - Customer Service Specialist

David Buckmaster - Senior Transportation
Ralph Leal - Driver
Larry Alba - Driver
Scot Lins - Driver
Gary Teague - Driver
Luis Arenas - Building Attendant



GARLAND