

# SILVER

# SCOOP

**Reminder:**  
**The Garland Senior Activity Center**  
**and Carver Center will be**  
**CLOSED**  
**JULY 4TH**

**Independence Day**



**1st Wednesdays**  
**10:00 a.m.**  
**Small Meeting Room**

This is a free event that is a chance for memory caregivers to provide a social activity for their patients and loved ones, while they get a chance to unwind themselves and network with other caregivers.

**\*Award Winning\***

**Landlubbers Nautical Adventure**  
**July 22, 23, & 24**

Do you get seasick just thinking about a cruise? Do you get claustrophobic at the thought of a small ship's cabin? Does the cost of a cruise and your bank account not match up? This event is for you! We will visit local senior communities for cruise themed activities. Our bus is full, but you are welcome to drive yourself to each day's adventure.

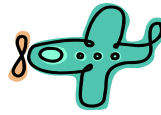


Day 1: 10:00 a.m. - **Cruise Ship Spa Experience** - Stoneybrook Memory Care. 5600 N. Shiloh Rd.

Day 2: 1:00 p.m. - **Pool Party** - Three Fountains.

Day 3: 2:00 p.m. - **Captain's Cocktail Party**- Montclair Estates, 801 La Prada Dr, Garland.

**Call to check availability.**



**Travel Update Meeting**

**Friday, July 11**

**1:00 p.m. - Dining Room**

Mark your calendar! We are having a brief travel "update" gathering to give you the need-to-knows about trips planned for the remainder of 2014 and give you a glimpse into 2015.

**Due to the July 11 Travel Meeting, there will be no Texas Hold 'Em that day.**

**Beginning Ballroom**

**On Summer Break!**

There will be no beginning Ballroom classes on Monday nights in July and August. We will resume classes on September 8 at 7 p.m. with West Coast Swing.

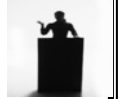


**Second Bus Being Considered:**  
**Christmas Caribbean Cruise**  
**November 29 - December 6**

If you are interested in this trip and "missed the boat" on getting registered on time, please have your name added to the waitlist prior to July 11. There may be enough interest to add a second bus.

**Hot Topics**

- Thursday, July 10 - 10:00 a.m. - FREE Diego Lopez of Ebby Halliday will answer your housing/renting questions.
- Thursday, July 24 - 10:00 a.m. - FREE Lighthouse for the Blind answers your vision care questions.



**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.

## A Special Thank You

We would like all of our kitchen volunteers and those who pick up sweets and breads around town, to know that you are appreciated. Without you, our center would not be so special.

**Free Movie at the Plaza Theater*****A Bug's Life*****July 5 - 2:00 p.m.**

To kick off July is Parks and Recreation Month in Garland, come watch *A Bug's Life* at the Plaza Theater. Before the movie, come to the Downtown Square for a "buggy" ice cream social at 1pm. Ice cream is provided by Paw Paw's Sweet Shop and Cafe. *A Bug's Life*, is a fabulous animated film about a misfit ant looking for "warriors" to save his colony from greedy grasshoppers. It's a perfect story for a hot summer's day! This film is FREE and open to the public. For other free Parks and Recreation Month activities, please visit [www.garlandparks.com](http://www.garlandparks.com).

**Wii Bowling****Tournaments****2nd & 4th - Thursdays**

1st &amp; 3rd Thursdays are practice days.

**9:30 a.m. - Meeting Room*****Thanks to our sponsor:*****Diego Lopez, Ebby Halliday Realtors****AARP - Driver Safety Program****Thursday, July 17****1:00 - 5:00 p.m.**

Pay the fee to the instructor on the day of class; AARP members \$15, non-members \$20. You may join AARP through the instructor. Valid for insurance discount only. Advance registration is required.

**Senior Social Hour at the Library****Thursday, July 17 - 2:00 p.m.****Central Library Downtown - FREE*****"Dixie Swing Band"***

The Dixie Swing Band is composed of eight members, all over the age of 50. The band plays at senior centers, retirement facilities, schools, and private events. As its name implies, the group specializes in New Orleans-style Dixieland music. For this performance, the Dixie Swing Band will present an hour of tunes from its extensive song list.

**Writers' Workshop****Every Tuesday, 9:00 - 11:15 a.m.**

If you love stories or poetry, fiction or non-fiction, whether it be short stories, novels, family memories, essays, or even song-lyrics, we have the place for you. If you're over 16 years of age, we want to hear some of your original creative writing. No experience or materials needed.

For information, call Lee Wilson at 972-495-5472.

**Pool Tournaments****2nd & 4th Wednesdays****1:00 p.m. - Sponsored by****Senior Care Beltline**

The 2nd Wednesday tournament will be 8-ball. The 4th Wednesday tournament will be 9-ball, 115, Pool 300, and Elevated 8.

**Midnight Stampers****4th Thursdays - 6:30 p.m.**

Scrapbooking, card making and other specialty work with paper products. Come on down and join this creative group.

**RED HAT CLUB****Tuesday, July 8 - 1:00 p.m.**

Monthly gathering at GSAC.

**Tuesday, July 29 - 11:30 a.m. Birthday**

**Lunch** - Vincent's Home Cooking, 3630 N. Belt Line Rd, Mesquite - 972-203-8800.

**For information about Red Hat activities or joining the Red Hat Society, contact Susan Clark - 972-670-8690.**

**"U Can Paint - I Promise"****Friday, July 11****1:00 - 4:00 p.m.*****"Half Dome in the Mist"*****\$17.00 Registration - \$20.00 Supply Fee**

Learn a fun and easy approach to oils and complete a finished masterpiece worthy of framing at each class. All art supplies are included. Bring paper towels and wear an old shirt.



## **ATTENTION!**

**Cardio Mash-Up**  
**Has moved to Thursdays**  
**@ 1 p.m. for the summer!**



### **Mat Classes**

#### **Intermediate Pilates**

**Wed. - 10:30 a.m.**

Become stronger, longer, leaner, and move with grace and ease.

#### **Senior Yoga**

**With a chair**

**Tue/Thu, 9:15 a.m.**

Improve flexibility, relieve stress, & tone muscle with the use of a chair. A **great** class for beginners.

#### **Vinyasa Flow Yoga**

**Thu. 5:30 p.m.**

A mind-body practice that provides both physical and mental benefits.

#### **Yogalates**

**Mondays, 5:45 p.m.**

Pilates and Yoga combined work your core and challenge your strength, endurance, and flexibility without stress on the joints.



#### **Foot Doctor** **Wednesdays**

9:30 a.m. - \$25.00

**New Day**

On the third Wednesday, Dr. Vanucchi holds appointments at the downtown center. The fee is paid to the doctor, and space is limited. Please call 972-205-2769 for an appointment.

#### **Fitness Plus** **MWF / 8:30 a.m.**

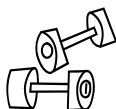


A 60 minute, low-impact workout that blends an aerobic workout with strength training.

#### **Exercise & More \*FREE\*** **MWF / 9:45 - 10:15 a.m.**

Just pull up a chair and exercise. Chair exercises are simply modifications of more familiar exercises and a gentle way to build muscle strength and stay flexible.

#### **Group Weight Training** **Mondays 11:30 a.m.**



A half hour class devoted to working with dumbbells to tone your body. This will be a **1/2 punch** on your card.

#### **Qi-Gong with Yoshie**

**Tuesdays 3:00 p.m.**  
**This is a FREE class!**



Yoshie uses a DVD to lead you through the moves. It is a great way to learn about Qi-Gong (a relative of Tai Chi) and to get energized. For more info, call Yoshie at 972-442-2382. This class has really taken off.



#### **Mondays & Wednesdays**

**4:45 p.m. - Zumba Gold**

**Tuesdays - 8:15 a.m. - Zumba Gold**

**Thursdays - 8:15 a.m. - Zumba**

Come on down, and try ZUMBA, the Latin and International dance inspired fitness class that does away with boredom.



#### **Turbo Kickboxing**

**Tuesdays 5:45 p.m.**

This is a low impact, no-contact exercise class that is a combination of kickboxing and dance moves all choreographed to high energy and motivating music. Sure to get you moving and blast fat (and the boredom).

**This is a very popular class!**



#### **Tai Chi for Arthritis**

**Thursdays - 10:30 a.m.**

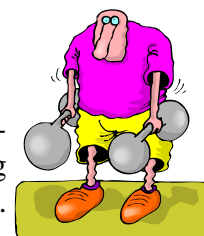
**10 visit Tai Chi Card/\$82.00**

Tai Chi for Arthritis: A gentle form of exercise that improves balance, muscle strength, coordination and concentration. It also helps reduce joint pain. Students experience more confidence, increased range-of-motion, fewer falls, and a calmer mind. It's fun to enjoy life while taking control of your body, mind and spirit.

#### **Power-lates**

**M/F 10:30 a.m.**

This fusion class implements elements of traditional Pilates along with some heart pumping strength.



## Fitness Schedule

### Monday

8:30 a.m. FitnessPlus  
 9:45 a.m. Exercise and More\*  
 10:30 a.m. Power-lates  
 4:45 p.m. Zumba Gold  
 5:45 p.m. Yogalates

### Tuesday

8:15 a.m. Zumba Gold  
 9:15 a.m. Chair Yoga  
 3:00 p.m. Qi-Gong\*  
 5:45 p.m. Turbo Kickboxing

### Wednesday

8:30 a.m. FitnessPlus  
 9:45 a.m. Exercise and More\*  
 10:30 a.m. Pilates  
 4:45 p.m. Zumba Gold

### Thursday

8:15 a.m. Zumba  
 9:15 a.m. Chair Yoga  
 10:30 a.m. Tai Chi  
 1:00 p.m. Cardio Mash-up  
 5:30 p.m. Vinyasa Yoga

### Friday

8:30 a.m. FitnessPlus  
 9:45 a.m. Exercise and More\*  
 10:30 a.m. Power-lates

\* Denotes a free class.

## Cardiovascular Room

Open during regular business hours

Available for use are three treadmills, an elliptical trainer, a recumbent bicycle & NEW recumbent elliptical, 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

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

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

14

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

21

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

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

## Tuesday

9:00 Writers' Workshop - S  
 9:30 Creative Crafters - S  
 9:30 Bowling - O  
 11:30 Advanced Ballroom - S  
 3:30 Intermediate Bridge - S  
 5:30 Duplicate Bridge - S

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9:00 Writers' Workshop - S  
 9:30 Creative Crafters - S  
 9:30 Bowling - O  
 11:30 Advanced Ballroom - S  
 3:30 Intermediate Bridge - S  
 5:30 Duplicate Bridge - S

8

9:00 Writers' Workshop - S  
 9:30 Creative Crafters - S  
 9:30 Bowling - O  
 11:30 Advanced Ballroom - S  
 3:30 Intermediate Bridge - S  
 5:30 Duplicate Bridge - S


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9:00 Writers' Workshop - S  
 9:30 Creative Crafters - S  
 9:30 Bowling - O  
 11:30 Advanced Ballroom - S  
 3:30 Intermediate Bridge - S  
 5:30 Duplicate Bridge - S

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9:00 Writers' Workshop - S  
 9:30 Creative Crafters - S  
 9:30 Bowling - O  
 11:30 Advanced Ballroom - S  
 3:30 Intermediate Bridge - S  
 5:30 Duplicate Bridge - S

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Wednesday	Thursday	Friday
<p style="text-align: right;"><b>2</b></p> <p>9:45 Shopping - O            10:00 Memory Café - S  <b>12:00 Hookey Matinee - S</b>            12:30 Jewelry Making - S            1:00 Open Games - S            2:00 Intermediate Line Dance - S            3:15 Beginning Line Dance - S            5:30 Party Bridge - S</p>	<p style="text-align: right;"><b>3</b></p> <p>9:30 Ceramics - S            9:30 Wii Bowling - S            10:00 4th of July - C            12:30 Party Bridge - S            12:30 Table Games - S            7:00 Dance - "High Caliber" -S</p>	 <p style="text-align: right;"><b>4</b></p> <p style="text-align: center;">Closed</p> <p style="text-align: center;">July 4th</p>
<p style="text-align: right;"><b>9</b></p> <p>9:45 Shopping - O  <b>11:00 Grub Club - O</b>            1:00 Pool Tournament - S            1:00 Open Games - S            2:00 Intermediate Line Dance - S            3:15 Beginning Line Dance - S            5:30 Party Bridge - S</p>	<p style="text-align: right;"><b>10</b></p> <p>9:30 Ceramics - S            9:30 Wii Bowling - S            10:00 Hot Topics - S            12:30 Party Bridge - S            12:30 Table Games - S            7:00 Dance- "Dave Brewer"- S</p>	<p style="text-align: right;"><b>11</b></p> <p>10:15 Bingo - S            12:30 Progressive Line Dance - S            12:30 Progressive Party Bridge - S            12:30 <b>NO</b> Texas Hold 'Em - S            12:30 U Can Paint - S            1:00 Travel Meeting - S</p>
<p style="text-align: right;"><b>16</b></p> <p>9:30 Foot Doctor - S            9:45 Shopping - O            12:30 Jewelry Making - S            1:00 Open Games - S            2:00 Intermediate Line Dance - S            3:15 Beginning Line Dance - S            5:30 Party Bridge - S</p>	<p style="text-align: right;"><b>17</b></p> <p>9:30 Ceramics - S            9:30 Wii Bowling - S            12:30 Party Bridge - S            12:30 Table Games - S            1:00 AARP Driver Safety - S            2:00 Senior Social Hour - O            7:00 Dance- "Dallas City Limits"- S</p>	<p style="text-align: right;"><b>18</b></p> <p>10:15 Bingo - S            12:30 Progressive Line Dance - S            12:30 Progressive Party Bridge - S            8:00 Square Dance - S</p>
<p style="text-align: right;"><b>23</b></p> <p>9:45 Shopping - O            1:00 Pool Tournament - S            1:00 Open Games - S            2:00 Intermediate Line Dance - S            3:15 Beginning Line Dance - S            5:30 Party Bridge - S</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Ceramics - S            9:30 Wii Bowling - S            10:00 Hot Topics - S            12:30 Party Bridge - S            12:30 Table Games - S            6:30 Midnight Stampers - S            7:00 Dance- "Gary Lee"- S</p>	<p style="text-align: right;"><b>25</b></p> <p>10:15 Bingo - S  <b>11:00 Ice Cream Social - C</b>            12:30 Progressive Line Dance - S            12:30 Progressive Party Bridge - S            12:30 Texas Hold 'Em - S            5:30 Line Dance Workshop</p>
<p style="text-align: right;"><b>30</b></p> <p>9:45 Shopping - O            1:00 Open Games - S            2:00 Intermediate Line Dance - S            3:15 Beginning Line Dance - S            5:30 Party Bridge - S</p>	<p style="text-align: right;"><b>31</b></p> <p>9:30 Ceramics - S            9:30 <b>NO</b> Wii Bowling - S            12:30 Party Bridge - S            12:30 Table Games - S            6:30 Midnight Stampers - S            7:00 Dance- "Jimmy Gomez"- S</p>	<p><b>Legend:</b></p> <p><b>C-Carver Senior Center</b>  <b>S-Garland Senior Activity Center</b>  <b>O-Off Site</b></p>

You are responsible for your own ride to and from the Garland Senior Activity Center for any of our advertised trips.



**Grub Club**  
**(usually) 2nd Wednesdays**  
**11:00 a.m.**  
**Fee Varies**

Once a month, we dine out at an upscale, odd, or obscure restaurant. Keep an eye on the bulletin board or check with Holly for all of the upcoming dining excursions. In most cases, you pay transportation and lunch is on your own.

This month's lunch:  
**Wednesday, July 9**  
**Harry's at the Harbor**  
**McKinney, TX**

## Best Little Courthouses in Texas

**Erath & Hood Counties**

**August 15-16 - Depart: 8:00 a.m.**

**\$155/double - \$205/single**

**Full payment due upon registration.**

On this overnight courthouse adventure we will visit two historic courthouses: Erath County in Stephenville and Hood County in Granbury. The courthouse in Hood County, when we last visited, was under renovation but is now complete. This tour includes transportation, lodging, one lunch, one dinner and two entertainment activities.

## Smokey Mountains & Pigeon Forge

**October 5 - 11 & 19- 25**

**Double \$699/Single \$879**

**Deposit \$150**



Due to amazing response, there are two trips. There are a few spaces remaining on the Oct. 5 trip. Fall Foliage in the Great Smokey Mountains is a wondrous sight to see; add to that an abundance of musical shows in Pigeon Forge. We will also visit Memphis and Nashville, TN. on this adventure.

## Hookey Matinee

**Wednesday, July 2**

**12:00 p.m. - \$17.00**

**"By The Way, Meet Vera Stark"**

A splendid, sharp toothed comedy by Pulitzer Prize winner Lynn Nottage. In this sly satire, we meet Vera Stark whose guile was as glorious as her talent. If you're a black actress in the '30s your only shot at success lay in stealing small scenes in big Hollywood blockbusters. Fee includes transportation and theater admission. Lunch is on your own.



## Frontier of Flight Museum

**Wednesday, September 17**

**9:30 am. - 1:30 p.m.**



Explore the worlds of aviation and space flight. With over 30 full-size aircraft, from the Wright Flyer to the Flying Pancake, the Apollo 7 spacecraft, 11 galleries, and more than 30,000 historical artifacts, the museum offers an incredible viewing experience.

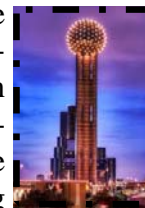
## Reunion Tower

**Get a 360 View of Downtown Dallas**

**Wednesday, October 15 - \$14.00**

(Admission to the observation deck.)

Experience Dallas from above. Ride the DART train to Union Station followed by a short walk to Reunion Tower. Take in the 360 degree birds-eye view of Dallas while enjoying the culinary creations at chef Wolfgang Puck's Cloud Nine restaurant.



Meet at the Forest/Jupiter station. The train departs the Station at 10:48 a.m. so, arrive early. Train ticket and lunch are on your own (expect \$12-14).

## Fall "Christmas Shopping" Series 2014

**Villages at Fairview - Fri. Sep 5 - 9:30 a.m.**

Lunch on your own.

**Sam Moon - Wed. Oct 1 - 9:30 a.m.**

We will visit Stonebriar for lunch/ afternoon shopping.

**North Park - Wed. Nov 5 - 9:30 a.m.**

Lunch on your own.





**Afternoon Summer Fun**  
**Monday thru Friday**  
**Noon - 3:00 p.m.**

Enjoy an afternoon of fun with your friends. Relax while playing some of your favorite games such as spades, dominos, checkers, and 8-ball pool.

**Refreshments will be served.**

**Bingo Bash**

**Fridays - 10:00 - 11:00 a.m.**

Bingo is a fun and exciting way to gather with your friends, to meet some new people, and win some amazing prizes. Don't miss out.



**Ice Cream Social**

**Friday, July 25 - 11:00 a.m.**

Come out and enjoy some ice cream to cool off on a hot summer day.



**The Silver Scoop is online!**  
<http://bit.ly/silverscoopnews>

**Meet with Helen**

**Molina Medicare**  
**Third Thursdays**



Helen Junell will be here to discuss your Medicare needs and concerns. This is a free service, so bring your questions.

**Blood Pressure Checks**

**Third Mondays**  
**before lunch**

**Sponsored by Dependable Health Care.**

Quality and compassionate care you can depend on.



The Carver Senior Center will be



**Closed**  
**July 4th**

**Independence Day**

**Red, White and Blue**  
**4th of July Celebration**

**Thursday, July 3 - 10:00 a.m.**

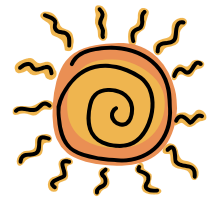
Enjoy a morning of fun and games with your friends at Carver. Refreshments will be served.



**Beware of Heat Stroke**

Summertime in Texas oftentimes brings many heat-related deaths. Be careful when exercising or doing other outdoor activities. Here are a few signs to watch for regarding heat stroke.

- Hot, dry skin, or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech



**Fellowship with Rev. Garrett**

**Monday Mornings**

**9:30 a.m. - 10:30 a.m.**

Start your week off in the Word with your friend, Rev. Garrett.



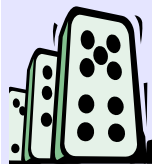
**Afternoon Dominos**

**Monday thru Thursday**

**1:00 p.m. - 3:00 p.m.**

Enjoy an afternoon with your friends playing a fun game of dominos.

Refreshments are served.



**Weekly Shopping Event**

**Tuesdays** - Dollar Store or Target

**Wednesdays** - Wal-Mart

The bus departs from the Carver Center at **10:00 a.m.**



Lunch is served **MONDAY** through **FRIDAY** at **11:30 a.m.**  
at both locations. **Reservations must be made a week in advance.**

**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.

**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**

**Rentals**

Senior Activity Center rooms are available for senior-related functions and family reunions. Rooms available for rental include the Multi-Purpose room, Dining room, Meeting room, Card room, and Game room. Prices vary for each of these rooms, so please call 972-205-2769 for current prices.

It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland Senior Activity Center and Carver Senior Center are wheelchair accessible. Persons with disabilities who plan to attend and who may need auxiliary aids or services must contact 972-205-2769 so that appropriate arrangements can be made. For the hearing impaired, call our TDD at 972-205-2933 or RELAY TEXAS at 1-800-735-2989.

**Senior Services**

AARP Office	Toll free 1-866-554-5377
Aging Information Hotline	211
Baylor - Senior Health Ctr	972-487-5444
Better Business Bureau	214-220-2000
Dallas Area Agency on Aging	214-871-5065
DART ParaTransit	214-515-7272
Food Stamps	1-800-500-4266
Garland Senior Services	972-205-2890
Legal Aid of Northwest Texas	1-888-529-5277
Meals on Wheels	214-689-2639.
Medicare	1-800-633-4227
Mental Health Hotline	1-866-615-8700
Nursing Home Ombudsman	214-823-5700
Office of Senior Affairs	214-670-5227
Parkland Health Center	214-266-0700
Social Security Admin.	1-800-772-1213
Veterans Service Officer	214-819-1886
Widowed Persons Service	214-358-4155

**Nutrition & Transportation Program**

The nutrition program is a daily lunch program that ensures a nutritious lunch for senior citizens. On a limited basis, free transportation to both senior program locations is available to seniors, age 60 and older, living in the city of Garland, who participate in the nutrition program. Meals are served Monday through Friday at 11:30 a.m. The cost is only a small, suggested and anonymous donation. There is paperwork that must be completed before being able to participate in the program. Please call 972-205-2769 if you have any questions. This service is supported, in part, by the Dallas Area Agency on Aging (DAAA), the Texas Department of Aging and Disability Services (DADS), and Dallas County.

**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.



**GARLAND**