SILVER SCOOP

Closed Monday, September 5th for Labor Day

Site Council Elections

September 26-30 2011 10:00 a.m. - 2:00 p.m.

It is time to elect a new Garland Senior Activity Center Site Council. The council consists of seven members who are elected to a one year term. You can nominate a candidate, or volunteer yourself to be a candidate, by writing the name on the list on the hallway bulletin board. Candidates must be 60 years or older, live in Garland and be an active participant in some activity at the center. Contact Angela Starrett at 972-205-2891 or ask any current council representatives for more information.

Debbie Reynolds Veteran's Day Event Tickets now on sale!



The City of Garland is bringing Debbie Reynolds to the Granville Arts Center for our 11th Annual Veterans Tribute event on Friday, November 11 at 7:30 p.m. Tickets are \$39 and can be pur-

chased at the Granville Arts Center ticket office or by calling 972-205-2790. Ticket office hours are Monday-Friday from 10:00 a.m. - 4:00 p.m. All ticket holders are invited to a pre-show reception honoring veterans in The Atrium at 6:00 p.m.

Last Chance to Sign Up!

Best Little Courthouses #5: Montague & Lamar Counties

Friday, September 23

\$45.00 all inclusive - 10:30 a.m. - 4:30 p.m.

We're doing it again! We're exploring the historic courthouses of Montague and Lamar counties, and learning all about their history and architecture. Price includes; transportation, any admissions, lunch, and drink.

Thank you!

Country & Western Dance Club for helping fund the recently installed handrail along the east entrance of the building.

Alaskan Cruise

August 31 - September 10, 2012 Deposit \$450 - Inside \$3093 Ocean View \$3303 - Balcony \$3723

We will fly to Vancouver for departure. Ports visited include:

- -Ketchikan, AK
- -Icy Strait Point, AK
- -Juneau, AK
- -Skagway, AK
- -Hubbard Glacier
- -Seward, AK.

-A bus and train trip to Anchorage, Talkeetna, and Denali.

Registration deadline is December 5th. Price includes airport shuttle, airfare, ship accommodations, meals and entertainment, additional three night land tour, and insurance. Final pricing pending on any possible changes in air fare.



Tropical Costa Rica February 18 – 26, 2012

Final date to register 9-5-11
Deposit \$425 per person

\$2609 double/per person - \$3059 single

Lush forests, stunning waterfalls, rumbling volcanoes and endless coastlines. Costa Rica is truly a slice of paradise. Enjoy 9 days of tropical paradise in Costa Rica. We will leave from the Senior Center. Airport transfers, airfare, 14 meals, 5 star hotels and resorts, a professional tour manager as well as most tours are included.

Senior Social Hour at the Library

Tuesday, September 13 - 2:00 p.m. Nicholson Memorial Library - FREE The Blue Diamond Trio

The Blue Diamond Trio consists of three instrumental musicians and a singer who specializes in popular tunes from the 1940's.



Ballroom 101

Mondays - 7:30 p.m. \$25/person

This is a new beginning class for anyone who wants to learn the basics of ball-

room dance. We will master a new dance each month starting with the fox trot. First class starts Monday night at 7:30, September 12. Since there are only 3 classes in September, cost is only

AARP - Driver Safety Program

Thursday, September 15 1:00 - 5:00 p.m. Thursday, September 22 5:00 - 9:00 p.m.

A fee is payable to the instructor on the day of class; AARP members \$12, non-members \$14. You may join AARP through the instructor. The class is good for insurance discount only.

Pool Tournaments 2nd & 4th Wednesdays 1:00 p.m.

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

Prizes provided by Autumn Leaves
Assisted Living.

Life Insurance Tune-up

Thursday, September 15 - 10:00 a.m.

Best Affordable Life Insurances,

Ray Sowles, Independent Agent

Learn about the different types of life insurance and which one may be best for you. Also learn about rates, benefits, and the type of companies you should consider. Spend filled with learning give aways and a

an hour filled with learning, give-aways, and a chance to win a gift card.

UFO Quilting Club 2nd & 4th Wednesday Small Meeting Room 9:00 - 1:00 p.m.

Open to all quilters!

Bring all of your UFO (unfinished objects) projects and enjoy the company. You will need to bring your own machine if you need one.



"U Can Paint - I Promise"

Wednesday, September 14 12:30 - 3:30 p.m.

"Tuscany with Villa & Sunflowers" \$15.00 Registration - \$15.00 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.

<u>Tuesday, September 13</u> - September Birthday Lunch at Nana's Eatz - 627 Main St. - 11:30 a.m.

<u>Tuesday, September 27</u> - 1:30 p.m. Red Hat Revue! Entertainment, Red Hat vendor, door prizes, raffles. Call Susan Clark for tickets.

No gathering in September due to the Red Hat Revue.

For more information about Red Hat activities or about how to join the Red Hat Society, contact Susan Clark - 972-670-8690.



Party Bridge: Duplicate Bridge:

Wed. 5:30 - 7:45 p.m. Tue. 6:00 - 9:30 p.m. Thu. 12:30 - 3:00 p.m. Thu. 6:00 - 9:30 p.m.

Fri. 12:30 - 3:00 p.m.



lealth Water

Friday, September 9- FREE Blood
Pressure Screening, 9:00 a.m. VNA.
Thursday, September 15- Foot Doctor 9:30 a.m. - \$25.00 . Call 972-205-2769 for appointment.

Monday, September 19 – VNA Health Talk "Healthy Genes", 9:45 a.m.

Friday, September 30- FREE BP &

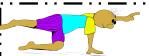
Glucose Screening. 9:00 a.m. - Garland Firefighters.*

*Firefighters are on duty & could be called to action, preventing them from keeping their date.

Turbo Kickboxing

Tuesdays, 5:45 - 6:40 p.m. Any10 Visits - \$35.00

A low impact, no-contact kickboxing exercise class that includes a warm up, energizing punch and kick combos, and strengthening cool down set to incredible music. Get moving, burn calories, and have so much fun you'll forget it's exercise!



Mat Classes

Intermediate Pilates

Mon./Fri. - 10:30 a.m.

Thu. 5:45 p.m.

<u>Senior Yoga</u> Tue/Thu, 9:15 a.m. Chair Class - FREE

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

Yogalates Mondays, 5:45 p.m.

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



Zumba Gold

Mondays, 6:45 - 7:30 p.m. Tuesdays, 8:30 - 9:15 a.m.

Enjoy a dance-inspired workout designed to meet the anatomical, physiological, and psychological needs of older adults and address the fitness goals of the true Zumba beginner, deconditioned participants and the average active adult.

Qi-Gong with a Chair Mondays & Wednesdays 10:30 a.m. - 12:00 p.m. \$40/month



Qi Gong is a Chinese philosophy of the practice of aligning breath, physical activity and awareness for mental, spiritual, and corporeal health, as well as the development

of human potential. This ancient healing art uses guided breathing meditations and simple movesments that cultivate and enhance the body and mind. Channel energy, improve and encourage longevity, health and harmony. Promote joint health, pain reduction, and overall well being.

The instructor uses the Spring Forest Qi-Gong technique developed by Master Chun Yi Lin. For more information, contact Chris Divers at 817-874-2720.



<u>Fitness Plus</u> MWF / 8:30 a.m. Wed. / 5:45p.m.

These are high energy, low impact aerobics classes. Come on down, bring a friend and have some fun. The first class is free.

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



Workout from a chair. Ease into noimpact exercise utilizing hand weights, balls, and exercise bands for strength and flexibility. Have fun & enjoy upbeat music.

Tai Chi for Arthritis

Tue. 10:00 a.m./Thu. 10:30 a.m. 10 visit Tai Chi Card/\$80.00 5 visit Tai Chi Card/\$45.00 drop-in for \$9.00 per workout.

Improve posture, balance, muscle tone and concentration by learning to utilize Tai Chi & Qi-Gong principles in your everyday life. Learn to breathe more effectively, release stress, improve circulation and reduce the pain of arthritis. Wear comfortable clothes and flat-soled shoes.

Ask Fayne: 214-476-1719 SimplyAware.com.

September

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Fitness Schedule	Monday	Tuesday
Monday 8:30 a.m. FitnessPlus-9 9:45 a.m. Exercise and More-9 10:30 a.m. Pilates-9 10:30 a.m. Qi-Gong 5:45 p.m. Yogalates - 9 6:45 p.m. Zumba-9	Legend: C-Carver Senior Center S-Garland Senior Activity Center B-Both Locations O-Off Site	
Tuesday 8:15 a.m. Zumba-9 9:15 a.m. Chair Yoga - 9 10:00 a.m. Tai Chi-9 5:45 p.m. Kickboxing-9 Wednesday 8:30 a.m. FitnessPlus-9 9:45 a.m. Exercise and More-9 10:30 a.m. Qi-Gong 5:45 p.m. FitnessPlus -9	Closed Labor Day	9:00 Writers' Workshop - S 9:00 VNA-BP Screening-C 9:30 Creative Crafters - S 9:30 Bowling - O 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
Thursday 9:15 a.m. Chair Yoga-9 10:30 a.m. Tai Chi-9 5:45 p.m. Yoga -9 Friday 8:30 a.m. FitnessPlus-9 9:45 a.m. Exercise and More-9 10:30 p.m. Pilates-9	10:00 Life Insurance Tune-up-S 12 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 -S	9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Western Day -C 11:30 Advanced Ballroom - S 2:00 Senior Social Hour-O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
Cardiovascular Room Open during regular business hours Available for use are three treadmills, an elliptical trainer, two recumbent bicycles, a health rider and free weights/dumbbells. We also have a TV	9:45 VNA Health Talk - S 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	9:00 Writers' Workshop - S 20 9:30 Creative Crafters - S 9:30 Bowling - O 9:45 VNA Health Talk - C 11:30 Advanced Ballroom - S 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
with local cable.	10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S

Wednesday	Thursday	Friday
	9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Jimmy Gomez" - S	6:00 National Parks - O 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 2:00 Intermediate Line Dance-S 8:00 Square Dance - S
9:45 Shopping - B 7 11:45 Federation of Clubs - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	9:30 Ceramics - S 9:30 Wii Bowling - S 10:00 Quality of Life -C 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Pete & Patti" - S	9:00 VNA - BP Screening - S 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 12:30 Texas Hold 'Em - S 12:30 Progressive Party Bridge - S 2:00 Intermediate Line Dance - S
9:00 UFO Quilters - S 14 9:45 Shopping - B 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 5:30 Party Bridge - S	9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:00 Purple Passion Club - C 1:00 AARP Driver Safety - S 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits" - S	10:00 Bingo - C 10:15 Bingo - S 10:30 Carver Outing - C 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42" - S 2:00 Intermediate Line Dance - S 8:00 Square Dance - S
9:30 Farmers Market- O 9:45 Shopping - B 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 5:00 AARP Driver Safety - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee" - S	10:00 Bingo - C 10:15 Bingo - S 10:30 Courthouse #5 - O 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42" - S 12:30 Texas Hold 'Em - S 2:00 Intermediate Line Dance - S 5:30 Line Dance Workshop - S
9:00 UFO Quilters - S 9:45 Shopping - B 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	8:30 Meet the Staff -C 9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Variety Pack" - S	9:00 Firefighters BP & Glucose—S 10:00 Brown Bag Bingo - C 10:15 Bingo - S 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42" - S 2:00 Intermediate Line Dance - S

The Silver Scoop is online! http://bit.ly/silverscoop



Grapevine Mills Mall Shopping Wednesday, November 16

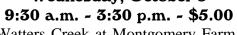
\$5.00 - 9:00 a.m. - 3:00 p.m. Just in time for Christmas!

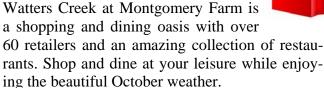
Shop til vou drop! We'll visit the legendary Grapevine Mills mall, while getting inside out of the August heat, where we'll enjoy over 1.6 million sq. ft. of shopping, entertainment and restaurants. There are over 180 stores to choose from and restaurants include Rainforest Cafe and Chili's. Don't miss out!

Motherhood the Musical Saturday, October 1, 1:15 p.m. - \$40.00 "A baby is just the beginning. Motherhood is for life..."

It's the joyous journey and loving look at the blessings and perils of being a mom. It's climbing the emotional mountain only to find that there's laundry at the top. It's discovering how powerful your love can be and how quickly your children grow up. It's helping them find their way and not losing yours. This hysterical four-woman musical is a must-see for anyone who is, has, or knows a mom.

Watters Creek Shopping Wednesday, October 5







Farmer's Market Wednesday, September 21 8:30 a.m. - 1:00 p.m. - \$4.00

Taste the freshness at the enormous Dallas Farmer's Market. Bring a lunch, purchase something there, or snack on the sampling of fruits and vegetables.

Dallas Cowboy Stadium Tour

Wednesday, October 19 9:00 a.m. - 3:00 p.m. - \$55.00

Experience the Dallas Cowbovs, up close and personal in their new Ar-**COWBOYS** lington stadium! See the \$40 million LCD screen, the Pro Shop, Score-

board Control Room, Owner's Suite, the field, locker room, press box, Founder's Club, Silver Level Platform, Player Interview Room, and Owner's Club. At the end of the tour, you'll receive one 5x7 commemorative photo. Price includes charter bus, lunch, tour, and photo.

San Antonio Christmas December 2 - 4 **\$375/Double - \$75 deposit**

Fiesta de las Luminarias is a symbolic lighting of the way for the holy family. The Riverwalk will be lined with more than 2,500 glowing candles as Christmas carolers sing from



barges in the river. The Market Square is also very festive this time of year.

Dallas Symphony Christmas

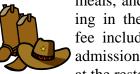
Friday, December 9 - \$35.00 5:00 p.m. (dinner) - 11:00 p.m.

Christmas never sounded so pretty! We'll have dinner at Vetoni's on Main Street before heading to the Arts District to hear the Dallas Symphony's famous Christmas Celebration. Price includes admission and transportation. Dinner is on your own. Bus departs at 6:15 p.m.

Red Stegall Cowboy Gathering & Western Swing Festival

October 21-22 - 9:00 a.m. \$25 deposit - \$105 double / \$155 single Accommodations at the Radisson Hotel. All meals are on your own.

Held in the Fort Worth Stockyards, this is truly an event to remember: dance to the music by Red Stegall and his band, wagon train, chuck wagon



meals, and more. There will be dancing in the Stockyards Pavilion. The fee includes transportation, hotel and admission. Meals will be on your own at the restaurants of your choice.

Closed Monday September 5th Labor Day

Wild Wild West: Western Day!

Tuesday, September 13
10:00 a.m.- 12:00 p.m.
Celebrate the old west Carve
style! Prizes will be awarded for

Celebrate the old west Carver style! Prizes will be awarded for the best dressed Cowboy and Cowgirl.

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Annual Carver Outing

Featuring Charles Manns Friday, September 16 \$2.00 transportation 10:30 a.m. – 12:30 p.m.

The best just got better! Join us on a trip to

2 Kats LIVE!

- **Great Food**
- **♦**Great Music
- ♦ Great Atmosphere
- *Live entertainment by the One and Only Charles Manns.

Lunch is on your own.

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Brown Bag Bingo "Surprise Surprise"



Friday, September 30 10:00 a.m. – 11:15 a.m.

You never know what you may win! Join your friends at Carver for a morning of fun.

Monthly Heath Seminars



"Quality of Life" Series Thursday September 8 10:00 - 11:00 "Managing your Diabetes"

Learn how to maintain your diabetes for a healthier life style.

Sponsored by Dependable Health Care Garland, Texas

Meet the Staff at Carver

Thursday, September 29. 8:30 a.m. - 12:30 p.m.

Meet with Shannon, Beatrice and Mercedes. Let us show how much fun we have at Carver. You can play dominoes, bingo, table games or just sit and chat with us about events, volunteer opportunities. Sign up to be a part of our family at Carver.

VNA Nurse

Vivienne Armstrong
Tuesday, September 6
Blood Pressure Screening



Tuesday, September 20 Health Talk "Healthy Genes"

All VNA services are **FREE** for seniors 60 years of age or older!

Purple Passion Club for Ladies



3rd Thursdays 10:00 - 11:00 a.m.

Enjoy some good old fashioned girl time! Occurs monthly on the third Thursday. Come and bring a friend!

Weekly Shopping Events

Bus departs at 10:00 a.m.



<u>Tuesdays</u> - Dollar Store or Target <u>Wednesdays</u> - Wal-mart

Lunch is served MONDAY through FRIDAY at 11:30 a.m. at both locations. First Come, First Served!

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.

Kenny McCord - Senior Services Manager Rusty Maxwell - Senior Center Supervisor Holly Bone - Senior Services Specialist Angela Starrett - Senior Services Specialist Shannon Stephens - Senior Services Specialist David McDaniel - Senior Services Specialist

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.

Ralph Leal - Driver
Larry Alba - Driver
Danny Burchett - 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.

Senior Services

AARP Office	Toll free 1-866-554-5377	
Aging Information Hotline 211		
Baylor - Senior Health C	tr 972-487-5444	
Better Business Bureau	214-220-2000	
Dallas Area Agency on A	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 Ombudsn	nan 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	e 214-358-4155	

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.

Nutrition & Transportation Program

The nutrition program is a daily lunch program that ensures a nutritious lunch for senior citizens. 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.

