

SILVER SCOOP

Country & Western Tea Dance

Sunday, August 14

2:30 - 5:00 p.m. - \$6.00

with

Jimmy Gomez

Dance hosts provided. Please bring a snack to share.

Travel Info Social

Wednesday, August 17

2:30 p.m.



Whether it's Tropical Costa Rica or the long anticipated Alaskan Cruise, this meeting is for you! We will specifically address these two big trips plus a few shorter overnights. If you have a favorite dessert or finger food you would like to share, please feel free to bring it for more afternoon delight!

Granbury Opera House

"The Night the Music Died"

Friday, August 19, 9:00 a.m.

\$65.00 - dinner & show!



Catch the last spectacular show before the Opera House closes for renovation! This is a full day of shopping, dining and a show. Get out your walking shoes and sign up before this trip sells out.

Choctaw Casino

Fundraiser for the Site Councils

Wednesday, August 31

9:00 a.m. - 5:00 p.m. - \$20.00

It's that time again! Travel in style via charter bus to the Choctaw Casino. Price includes transportation and a \$5.00 slot card. Register soon. Space is limited!



Thank you!

To the sponsors of our July 23rd Texas hold 'em fundraiser tournament!

-Copeland Insurance Group

-Winters Park Assisted Living & Memory Care

Senior Awareness Day

Saturday, August 6

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

Richardson Civic Center

411 W. Arapaho Rd., Richardson, TX

Dallas Area Agency on Aging benefits counselors available to answer questions and provide assistance on Medicare, Medicaid, Social Security, and other benefits for seniors. Sponsored by District 112 State Representative Angie Chen Button. For more information: 972-234-8980

Site Council Elections

September 2011

10:00 a.m. - 2:00 p.m.



It is time to elect a new Garland Senior Activity Center Site Council. You can nominate a candidate, or volunteer yourself to be a candidate, by putting a name in the suggestion box or giving it to the front desk staff. Candidates must be 60 years or older, live in Garland and be an active participant in some activity at the center.



Fitness Plus

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 no-impact exercise utilizing hand weights, balls, and exercise bands for strength and flexibility. Have fun & enjoy upbeat music.



Clubs, Classes, Dances, etc.

Senior Social Hour at the Library

Thursday, August 18 - 2:00 p.m.

Central Library - FREE

"Casablanca-Hollywood's Classic Happy Accident"

Film critic Larry Ratliff, of the San Antonio Express News, critiques this classic film. Little-known information about the film will be revealed.

Dance Schedule

Mondays:

2:00 p.m. - Advanced Line Dance

7:30 p.m. - Beginning Ballroom Dance

Tuesdays:

11:30 a.m. - Advanced Ballroom Lessons

Wednesdays:

2:00 p.m. - Intermediate Line Dance

3:00 p.m. Progressive Line Dance

Thursdays:

2:30 p.m. - Round Dancing

7:00 p.m. - Thursday Evening Dance

Fridays:

2:00 p.m. - Intermediate Line Dance

5:30 p.m. - (4th Fri) Open Line Dance Workshop



AARP - Driver Safety Program

Thursday, August 18

1:00 - 5:00 p.m.

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

Wii Bowling



Now seeking new bowlers!

Tournaments

2nd & 4th - Thursdays

1st & 3rd Thursdays are practice.

9:30 a.m. - Meeting Room

Gift Cards provided by Winters Park

The Wii bowling team won second in the regional Wii Bowling tournament held at the Allen Senior Center. Congratulations, team! We are currently searching for new bowlers for our team. Drop by on a 1st or 3rd Thursday to give it a try.

Bridge Schedule

Party Bridge:

Wed. 5:30 - 7:45 p.m.

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

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

Duplicate Bridge:

Tue. 6:00 - 9:30 p.m.

Thu. 6:00 - 9:30 p.m.



"U Can Paint - I Promise"

Friday, August 19

10:00 a.m. - 12:30 p.m.

"Rosita's Bridge on San Antonio Riverwalk"

\$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.



Millennium Book Club

Tuesday, August 16

2:00 p.m. - FREE

Hearthstone Assisted Living

Front Porch Tales, by Phillip Gulley

Advanced Ballroom Dance Lessons

Tuesdays, 11:30 a.m. - \$25/person

Join dance instructor Drue Faris as we learn intricate twists, turns, and figures to all the popular



Tuesday, August 9 - August Birthday Lunch at El Chico - 1902 Eastgate Rd.

Tuesday, August 23 - Gathering at GSAC. Refreshments and games. Don't forget this is the last month to pay your \$12.00 chapter dues, and you will need proof of a national paid membership.

Tuesday, August 30 - Karaoke at Mexicali - 1456 Beltline Rd. Lunch is at noon, Karaoke is at 1:30.

Red Hat Revue - Call for entertainers. Contact Susan Clark about performing in this year's talent show which will be held September 27.

For more information, contact Susan Clark - 972-670-8690.



Health Watch

Monday, August 1 - FREE Blood Sugar Screening, 9:00 a.m. VNA.

Thursday, August 4 - Diabetes education class introduction - 10:00 a.m.

Thursday, August 18 - Foot Doctor - 9:30 a.m. - \$25.00 . Call 972-205-2769 for appointment.

Friday, August 19 - FREE BP 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.
Any 10 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.

Intermediate Yoga
Thu. 5:45 p.m.

Senior Yoga
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.

Introduction to Qi-Gong with a Chair

Wednesdays, starting in August

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 movements 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.

Do You Have Diabetes?

Diabetes Education Course

Introductory Information Session:

Thursday, August 4 - 10:00 a.m.

6 week course: begins August 11

Thursdays, 10:00 a.m.



Topics include healthy eating, stress management, and more. A graduation ceremony and lunch will take place on the last class day.

FOOD * PRIZES * FREE SUPPLIES

Call to schedule:

Churchill Diabetes Educators

(877) 908-5858

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 & Qigong 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.

Fitness Schedule

Monday

- 8:30 a.m. FitnessPlus-9
- 9:45 a.m. Exercise and More-9
- 10:30 a.m. Pilates-9
- 5:45 p.m. Yogalates - 9
- 6:45 p.m. Zumba-9

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

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

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 with local cable.



Monday

1

- 9:00 VNA - Cholesterol Screening - S
- 10:15 Bingo - S
- 10:30 Fellowship - C
- 11:00 Five Star Luncheon - O
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S

8

- 10:15 Bingo - S
- 10:30 Fellowship - C
- 11:00 Five Star Luncheon - O
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S

15

- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S

22

- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S

29

- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S

Tuesday

2

- 9:00 Writers' Workshop - S
- 9:00 VNA-Cholesterol 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

9

- 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

16

- 9:00 Writers' Workshop - S
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 11:30 Advanced Ballroom - S
- 2:00 Book Club at Hearthstone - O
- 3:30 Intermediate Bridge - S
- 6:00 Duplicate Bridge - S

23

- 9:00 Writers' Workshop - S
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 10:00 Sleep Disorder Talk - C
- 11:30 Advanced Ballroom - S
- 3:30 Intermediate Bridge - S
- 6:00 Duplicate Bridge - S

30

- 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
<p>9:45 Shopping - B 3 11:00 Grub Club - O 11:45 Federation of Clubs - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 4 10:00 Diabetes Education - 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- "Variety Pack" - S</p>	<p>12:30 Progressive Line Dance-S 5 12:30 Progressive Party Bridge-S 12:30 Fun with "42"- S 2:00 Intermediate Line Dance-S 8:00 Square Dance - S</p>
<p>9:00 UFO Quilters - S 10 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</p>	<p>9:30 Ceramics - S 11 9:30 Wii Bowling Tournament - S 10:00 Diabetes Education - S 10:00 Get Fit w/ Holly - C 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "David Brewer"- S</p>	<p>12 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</p>
<p>17 9:45 Shopping - B 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 2:30 Travel Meeting - S 5:30 Party Bridge - S</p>	<p>18 9:30 Ceramics - S 9:30 Foot Doctor - S 10:00 Diabetes Education - S 10:00 Purple Passion Club - C 10:00 Hawaiian Day - C 1:00 AARP Driver Safety - S 2:00 Senior Social Hour-O 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</p>	<p>19 9:00 Grandbury Opera - O 10:00 Bingo - C 10:15 Bingo - S 12:30 U Can Paint - 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</p>
<p>24 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</p>	<p>25 9:30 Ceramics - S 9:30 Wii Bowling Tournament - S 10:00 Diabetes Education - S 10:00 Social Security talk - C 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S</p>	<p>26 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 2:00 Intermediate Line Dance - S 5:30 Line Dance Workshop - S</p>
<p>31 9:00 Choctaw - O 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</p>		<p>Legend: C-Carver Senior Center S-Garland Senior Activity Center B-Both Locations O-Off Site</p>

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



Best Little Courthouses #5:
Montague & Lamar Counties

Friday, September 23
\$45.00 all inclusive

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.

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

9:30 a.m. - 3:30 p.m. - \$5.00

Watters Creek at Montgomery Farm is a shopping and dining oasis with over 60 retailers and an amazing collection of restaurants. Shop and dine at your leisure while enjoying the beautiful October weather.



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.



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.



One-Thirty Productions

Wednesday, December 14

12:45 - 4 p.m.

"Greetings"



In this joyful production Andy Gorski brings his Jewish fiance home to meet his catholic parents and mentally challenged younger brother on Christmas Eve. In the middle of the culture clash, the little brother who only says "wow" and "oh boy," suddenly speaks the word "Greetings!" sending them on a wild, improbable

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 with a group of vibrant seniors who love to travel. 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. If tropical paradise is on your bucket list, you won't want to miss this opportunity.

Where Are The Pictures?

**Looking for the snapshots
from the last senior trip?**

**Find them online at
<http://bit.ly/gsapics>**



**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.

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
Angela Starrett - Senior Services Specialist
Shannon Stephens - Senior Services Specialist
David McDaniel - Senior Services Specialist

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.

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. 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.



**The Silver Scoop is available on the internet in full color at:
<http://bit.ly/SilverScoop>**