# SILVER SC PP



## Spring Forward!

Remember to set your clocks ahead one hour when you go to bed on Saturday,

March 12.



Wednesday, March 23 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!



## Dallas Summer Musicals

Trio Pack! - \$120.00
Includes transportation
and THREE shows!

Our 2011 Dallas Summer Mu-

sical package will include the following shows:

- \* 9 to 5 (May 26 matinee)
- \* Guys and Dolls (July 21 matinee)
- \* West Side Story (October 13 matinee)

You must register early so we know how many tickets to purchase and you must purchase the package to get this special rate!

## \*New\* UFO Quilting Club

2nd & 4th Wednesday
Beginning in March
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.

## First Friday Frolics

Friday, April 1 8:30 a.m. - 3:00 p.m. \$5.00 Transportation Ziplining in Canton!



Are you tired of the "same old" 'senior citizen' activities? When is the last time you ziplined? Fly through the air like a bird and feel the wind blowing back your hair (if you still have any), and exclaim "If only my grandkids could see me now!" Cost of ziplining is on your own.

## Mardi Gras Costume Party Tuesday, March 8 - Lunch time

Angela will supplement the lunch meal with special, Cajun fare! Be sure and dress in your purple, gold & green for the occasion!



## St. Patty's Day

Thursday, March 17 - Lunch time

We'll have green everything! Green punch, green dessert, and a green costume contest!

# Second Annual Ms. Garland Senior Classic Pageant Thursday, March 31 6:30 p.m. - Free event

Join us at the Plaza Theater in historic downtown Garland for an exhilarating and exciting evening. These contest-

ants will challenge to believe that they are really senior citizens. Admission is FREE on a first come, first serve basis. The doors will open at 6:00 p.m.

Contact Rusty Maxwell via e-mail at <a href="maxwell@garlandtx.gov">rmaxwell@garlandtx.gov</a> or by telephone at 972 205-2881 for more information.

## NEW Pool Tournament 4th Wednesday of every month

Open format: it could be 8 ball, 9 ball or evaluated 8 ball. There is No charge. Just come down and play.

## Senior Social Hour at the Library

Thursday, March 10 - 2:00 p.m.
South Garland Branch Library
Arlene Colbert Performs "Harper Lee: The
Last Interview"

Retired teacher and principal, Arlene Colbert, enacts an appearance by Harper Lee, the notoriously publicity—shy author of *To Kill a Mockingbird*. Learn why she never published anything else.

**NOTE:** Due to facility renovations at the Central Library, Social Hour events have been temporarily relocated to the South Garland Branch.



## Millennium Book Club

Tuesday, March 15 2:00 p.m. - FREE

### **Hearthstone Assisted Living**

"Where the Sidewalk Ends", humorous poems By Shel Silverstein.



## "U Can Paint - I Promise"

Wednesday, March 23 12:30 - 3:30 p.m.

"Moonlight on Louisiana Bayou" \$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.

## Dance Schedule

## Mondays:

2:00 p.m. - Advanced Line Dance

## Tuesdays:

11:30 a.m. - Advanced Ballroom Lessons

### Wednesdays:

2:00 p.m. - Intermediate Line Dance

#### Thursdays:

7:00 p.m. - Thursday Evening Dance

#### Fridays:

11:00 a.m. Progressive Line Dance

2:00 p.m. - Intermediate Line Dance

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

8:00 p.m. - (1st & 3rd Fri) Square Dance

## AARP - Driver Safety Program



Thursday, March 24 1:00 - 5:00 p.m. Thursday, March 31 5:00 - 9:00 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.

## Weekly Game Schedule

### Monday:

12:30 42 and Skip Bo

Tuesday:

6:30 Duplicate Bridge

### Wednesday:

5:30 Party Bridge

## Thursday:

12:30 Party Bridge

12:30 Hand & Foot & Pinochle

2:00 Mah-Jong

6:00 Duplicate Bridge

## Friday:

12:30 Party Bridge

12:30 42

12:30 Texas Hold 'em (2nd & 4th)

Ask at the front desk for locations of these games!



## **Pool Tournaments**

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2nd Wednesdays - 1:00 p.m. March 9 - FREE

Prizes provided by Autumn Leaves Assisted Living.

## **Beginning Line Dance**

8 weeks for \$10.00 Wednesdays, April 6 - May 25 3:15 - 4:45 p.m.

## **Red Hat Society**

**Tuesday, Mar 15 –** 2:00 p.m. - Millennium Book Club at Hearthstone.

**Thursday, Mar 17** – 11:30 a.m. - St. Patty's Day Potluck at Jessica's house. Please do not arrive before 11:30. For more info call Susan at 972-670-8690 or May at 972-414-1087 for details.



Monday, Mar 7 - FREE Anemia Screening, 9:00 a.m. VNA.

Monday, Mar 21 - VNA Health Talk - 9:45 a.m. "Thyroid"

Thursday, Mar 17- Foot Doctor - 9:30 a.m. -\$25.00 . Call 972-205-2769 for appointment.





**Mat Classes** \$35 Punch Card

## Intermediate Pilates

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

## **Yogalates**

Mondays, 5:45 p.m.

This Pilates and Yoga mix works your core and challenges your strength, endurance, and flexibility without stress on the joints.

## Zumba Gold

Mondays, 6:45 - 7:30 p.m. \*NEW\* Tuesdays, 8:30 - 9:15 a.m. \*NEW\* Wednesdays, 5:45 - 6:45 p.m.

Zumba is a dance-inspired workout designed to meet



the fitness goals of the true Zumba beginner, deconditioned participants and the average active adult. It addresses the

anatomical, physiological, and psychological needs specific to older adults.

Ditch the workout, join the fun!

## Yoga Heals

Senior Yoga

Intermediate Yoga

Mon. 5:45 p.m.

Thu. 5:45 p.m.

## Beginning Yoga

NEW

Tuesdays, 9:15 a.m. Thursdays, 9:15 a.m.

Chair Class - FREE

Improve flexibility and strength, relieve stress, and tone muscle while improving body and mind connection. This class is VERY beginner.

## **Bowling**



**Tournaments** 2nd & 4th - Thursdays 9:30 a.m. - Meeting Room Gift Cards for the top bowlers!

## MWF / 8:30 a.m.

Buy a fitness card Fitness Plus 10 visits - \$25.00

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

## Stretch & Strengthen

Tues./8:30 - 9:15 a.m.

Join Rusty for this toning and lengthening class.

## 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.

## Turbo Kickboxing

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

This low impact, no-contact kickboxing exercise class includes a warm up,

energizing punch and kick combos, and strengthening cool down set to incredible music. We'll finish off the class with a few minutes of abs and stretching. Get moving, burn calories, and have so much fun you'll forget it's exercise!

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

PAGE 4 March

| Fitness Schedule   | Monday  | Tuesday  |
|--|---|--|
| Monday 8:30 a.m. FitnessPlus-9 9:45 a.m. Exercise and More-9 10:15 a.m. Chair Aerobics - C 10:30 a.m. Pilates-9 5:45 p.m. Yogalates - 9 6:45 p.m. Zumba-9                          |   | 9:00 VNA Cholesterol Screen - C 9:00 Writers' Workshop-S 9:30 Creative Crafters-S 9:30 Bowling-O 10:00 Crafts w/ Beatrice - C 11:30 Advanced Ballroom - S 6:00 Duplicate Bridge-S  |
| Tuesday 8:30 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 5:45 p.m. Zumba -9 | 9:00 VNA - Cholesterol Screen - S<br>10:15 Bingo - S<br>10:30 Fellowship - C<br>12:30 Fun with "42" - S<br>2:00 Advanced Line Dance - S | 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts w/ Beatrice - C 11:00 Mardi Gras Party - S 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 Pilates-9                                     | 10:15 Bingo - S<br>10:30 Fellowship - C<br>12:30 Fun with "42" - S<br>2:00 Advanced Line Dance - S                                      | 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts w/ Beatrice - C 10:00 A Taste of Black History - C 10:30 Health Talk VNA- C 11:30 Advanced Ballroom - S 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S |
| Open during regular business hours  Available for use are three treadmills, an elliptical trainer, two recumbent bicycles, a health rider and free weights/                        | 9:45 Health Talk VNA - S 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S                      | 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts w/ Beatrice - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S   |
| dumbbells. We also have a TV with local cable.   | 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S   | 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts w/ Beatrice - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S   |

| Wednesday  | Thursday   | Friday   |
|--|--|--|
| 9:45 Shopping - B  11:00 Grub Club - O  11:30 Federation of Clubs - O  12:30 Movie Day - S  2:00 Intermediate Line Dance - S  5:30 Party Bridge - S                                  | 9:30 Ceramics - S 12:30 Party Bridge - S 2:00 Mah-Jong - S 6:00 Duplicate Bridge - S 7:00 Dance- "High Caliber"- S   | 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  |
| 9:00 UFO Quilters - S 9:45 Shopping - B 12:00 Hookey Matinee - O 12:30 Movie Day - S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S                 | 9:00 Courthouse - O 9:30 Ceramics - S 9:30 Wii Bowling Tournament - S 10:00 Brown Bag Lunch - C 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:00 Senior Social Hour - O 2:00 Mah-Jong - S 6:00 Duplicate Bridge - S 7:00 Dance- "Chuck Arlington" - S | 11  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   |
| 9:45 Shopping - B 12:30 Movie Day - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S   | 9:00 Spring Fling - O 9:30 Ceramics - S 10:00 St. Patty's Bingo - C 11:00 St. Patty's Day Party - S 2:00 Mah-Jong - S 7:00 Dance- "Dallas City Limits"- S  | 10:00 Bingo - C 10:00 Texas Strutters - 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   |
| 9:00 UFO Quilters - S 9:00 Choctaw - O 9:45 Shopping - B 12:30 Movie Day - S 12:30 U Can Paint - S 12:45 1:30 Productions - O 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S | 9:30 Ceramics - S 9:30 Wii Bowling Tournament - S 1:00 AARP Driver Safety - S 2:00 Mah-Jong - S 7:00 Dance- "Gary Lee"- S  | 10:00 Bingo - C 10:00 Dallas Picture Show - 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 12:30 Intermediate Line Dance - S 5:30 Line Dance Workshop - S |
| 9:45 Shopping - B 12:30 Movie Day - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S   | 9:30 Ceramics - S 9:30 Wii Bowling Tournament - S 2:00 Mah-Jong - S 5:00 AARP Driver Safety - S 7:00 Dance- "Gary Lee"- S  | Legend: 1  C-Carver Senior Center S-Garland Senior Activity Center B-Both Locations O-Off Site   |

## Marksville Madness August 3-5 - \$140/Double **\$40.00** Deposit

Join us for this two night trip for some gaming fun. Cost includes transportation, lodging at the Paragon Casino Resort, \$10 meal voucher, and \$25 gaming 3 perks. Final payment due 7/15/11.









## Frisco RoughRiders Minor League Baseball Monday, June 20 6:15 p.m. - \$23.00

We'll travel to Dr. Pepper Ballpark in Frisco to watch the RoughRiders take on their opponent in a fun and intimate atmosphere. Ticket includes transportation, all you can eat (hot dogs, hamburgers, chips, popcorn, and Dr. Pepper products), and a RoughRiders baseball cap.

## Courthouse, Canyon, & Honky Tonk June 10 - 12 - 7:00 a.m. Double - \$325.00



This tour puts it ALL together! Courthouses, the TEXAS Play in Palo Duro Canyon, and honky tonks! We're doing the Texas thang now! Register today to secure your spot.

## Theatre 3 - Hookey Matinee

Wednesday, May 4 "Roads to Home" 12:00 - 5:30 p.m. - \$15.00



Centered on three women whose small Texas town's values illequip them for the tough city lives they are now leading. Foote's masterful storytelling is

full of unblinking honesty and laced with humor. In The Roads to Home, he reveals that the women's small town ways, built on kindness and discretion, have no system for dealing with less well-behaved feelings like terror, anguish, and passion that loom in their big city lives.



## Northern National Parks

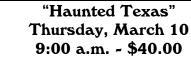
September 2-9, 2011 Double - \$2114 Single - \$2565 **Deposit - \$250** 

Discover Salt Lake City, Yellowstone National Park, Old Faithful Geyser, Grand Teton National Park, Oregon Trail Museum and Jackson Hole, Wyoming. Accommodations include 2 nights at the downtown Radisson Hotel in Salt Lake City and 4 nights at the Snow King Lodge in Jackson Hole, Wyoming. This is a Collette Vacation. Airfare and travel insurance included.

## Get information earlier! The Silver Scoop is online! http://bit.ly/silverscoop

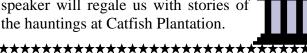


## \*\*\*\*\*\*\*\*\*\*\*\*\*\* Best Little Courthouses in Texas



Our destinations are the Ellis County -Waxahachie - Courthouse, Catfish

Plantation, Navarro County - Corsicana - Courthouse and Collin Street Bakery. A speaker will regale us with stories of the hauntings at Catfish Plantation.



## **One Thirty Productions**

Good old fashioned fun! Travel with us to the historic Bath House Cultural Center located on the shores of White Rock Lake. We will enjoy afternoon performances of light comedies or musicals.

## The Mystery of Miz Arnette Wednesday, May 25 12:45 - 4:00 p.m. \$2.00 bus & \$10.00 at the door.

In the depths of the Oklahoma dust bowl a young girl's life is forever altered by a mysterious stranger blown in by the wind. Who is she? Where did she come from and why is she here? A must see!

Watch the bulletin board and the Silver Scoop for more One Thirty Productions!

## Heart & Soul Brown Bag Lunch

Preparing you for Spring Fever!
Thursday, March 10
10:00 a.m. - Noon

A round table discussion on Heart Disease and Prevention.

## Texas Strutters

Friday, March 18 10:00 a.m.

Entertainment to start your weekend off right! This is a morning you don't want to miss!

## South Dallas Picture Show

A Free Senior Cinema Program

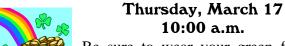
Friday, March 25 10:00 a.m.

Featuring:

"Wild Women Don't Have the Blues"

Seating is limited, so be sure to reserve your spot! Box lunches will be provided.

## St. Patrick's Day Bingo



Be sure to wear your green for a special St. Patty's day bingo done Carver style.

## Carver's Spring Extravaganza! Week of March 21-25 10:00 a.m. - Noon

Spring begins March 20! Join us for a week of

spring time activities!

Monday: Fellowship

Tuesday: Window Shopping at Firewheel

Shopping Center.

Wednesday: Wal-mart

Thursday: Out to lunch at

Two Kats Café **Friday**: Fun-day!



## Spring Forward!



Remember to set your clocks ahead "one hour when you go to bed on Saturday, March 12, so you don't miss your favorite events at Carver! "

## Purple Passion Club for

### <u>Ladies</u> Thursday

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!

## **VNA Nurse**

Vivienne Armstrong
Tuesday, March 1
Free Cholesterol Screening

Tuesday, March 15 Health talk - "Thyroid"

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

## \*NEW\* Brain Power Fitness

1st Thursdays 10:00 - 11:00 a.m.

"If you don't use it, you could lose it!"
When you think of staying fit, you generally

think from the neck down. But brain health plays a critical role in almost everything you do: feeling, memory, work, play, and sleep. Join us for an hour of playing fun brain games!

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## Weekly Shopping Events

10:00 a.m.

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

The bus will depart the Carver center at 10:00 a.m.



## 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:

Monday8:00 a.m.-3:00 p.m.Tuesday8:00 a.m.-3:00 p.m.Wednesday8:00 a.m.-3:00 p.m.Thursday8:00 a.m.-3:00 p.m.Friday8:00 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 Hotlin       | ne 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           |
| <b>Garland Senior Services</b> | 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.

