SILVER SCOOP

Last chance to see the Cowboys Stadium inside & out!

Dallas Cowboy Stadium Tour & Lunch

Wednesday, December 7
9:00 a.m. - 3:00 p.m. - $45.00
New lower price!

This is our last bus to the stadium!

Back by popular demand! See the $40 million LCD screen, the Pro Shop, Scoreboard 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 bus, lunch, tour, and photo.

2012 Travel Meeting

Friday, January 20 - 1:30 p.m.

We have nailed down the details of our 2012 excursions. The "need to knows" for the Mystery Day Trip, Mystery Overnight, information on extended travel, sporting events and day trips. Mark your calendar so you don't miss out on the inside information!

Tom Thumb Donation

When you use your Reward Card a % of the money you spend is donated to the Garland Senior Activity Center. Go to the customer service desk, have your card linked to **# 6723. Remember,** tell the cashier when checking out. **RENEW every year!**

Merry Christmas

Holiday Closures

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

December 23 & 26 - Christmas
January 2 - New Years

Christmas Lights & Cookies

Monday, December 12
$5.00

- **6:00 p.m. - Christmas Carols & Cookie Swap -** Bring your recipes and your cookies! Coffee & hot chocolate provided.
- **7:00 p.m. - Depart Senior Center for Christmas Lights Tour**

THANK YOU!

...to our volunteers and sponsors
Who helped make our 11th Annual Veterans Tribute the best yet!

DFW Real Estate Coach
Garland Power & Light
Disabled American Veterans
Garland Senior Activity Ctr. Site Council
Autumn Leaves
Chambrel at Club Hill
Eagle Travel
Golden Corral
Holiday Inn Garland North
Nana's Main Street Café
Randall Reed's Prestige Ford

Clubs, Classes, Dances, etc.

Senior Social Hour at the Library

Saturday, December 17 - 2:00 p.m.
Nicholson Memorial Library - FREE
"A Christmas Tree Grows in Brooklyn "
Presented by Storyteller Rose-Mary Rumbley

Ms. Rumbley is a former speech and theatre teacher, minister, and author and is a native of Dallas. This presentation will combine storytelling with book review elements and will include some Christmas spirit.

AARP - Driver Safety Program

Thursday, December 15
1:00 - 5:00 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 & Senior Care Centers.

Federation of Clubs

Wednesday, December 7
11:45 lunch - Lunch is on your own.

For more info, contact Reba Jones: 972-279-2408.

Writers' Workshop

Every Tuesday, 9:00 - 11:15 a.m.

The Garland Writers' Workshop invites all adults who enjoy writing, or have considered writing, to come visit or join our workshop. Or, you can just come and listen. For more information, call Lee Wilson at 972-495-5472.

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, December 7
12:30 - 3:30 p.m.
"A Tribute to Thomas Kinkade's Cabin in the Snow"
$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.

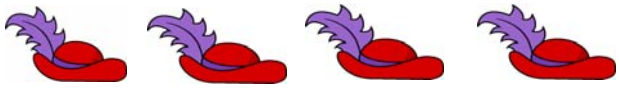
RED HAT SOCIETY

Tuesday, December 13– 1:30 p.m. Christmas party and potluck. Garland Senior Activity Center. If you are participating and have not yet signed up to bring a dish, please call Susan Clark at 972-670-8690.

Saturday, December 17– 2:00 p.m. Rose-Mary Rumbley at the Nicholson Memorial Library. "A Christmas Tree Grows in Brooklyn." FREE.

No Gathering for December! Merry Christmas!

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



Bridge Schedule

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.	

Clubs, Classes, Dances, etc.

New Years Eve Dance

Thursday, December 29th
7:00 - 9:30 p.m.
$5.00 at the door

Music by:

GARY LEE

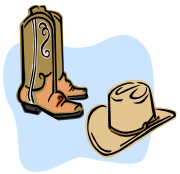
Dance hosts provided.
Please bring a refreshment to share during break.

Ballroom 101

Mondays - 7:30 p.m.
$25/person, per month

This is a new beginning class for anyone who wants to learn the basics of ballroom dance. We will master a new dance each month.

Kissin' Kuzzins Square Dance Lessons



Tuesday Evenings
Beginning January 10th
20 Weeks - $50/person
Your first two classes are free!

Round Dancing

Thursdays - 2:30 - 4:30 p.m. - FREE

Open to all round dancers who want to practice what they have learned in class or for the seasoned dancers who want more floor time.

Travel & Outings

Frisco RoughRiders *Two games!*

Minor League Baseball

Monday, April 16
And
Monday, May 7
6:15 p.m. - $23.00 each

Take me out to the ball game. We'll travel to Dr. Pepper Ballpark in Frisco to watch the RoughRiders play hard ball. Ticket includes admission, transportation, all you can eat buffet, and a Rough Riders souvenir baseball cap.

Fun in Shreveport

February 29 - March 2
9:00 a.m. departure
$140 / double - $160 / single

Enjoy a relaxing trip via our private charter bus to Shreveport, LA for several days of fun, food and gaming. Shreveport is home to five great casinos with plenty of slots and table games. Cost includes transportation, lodging at Sam's Town, $10 in slot play, and 50% off buffets.

Need more trips?

Travel meeting - Jan 20 1:30 p.m.

Grub Club

Wednesday, January 11
Location TBD

Once a month, we dine out at a fancy, odd, or obscure restaurant. While we are taking a break for the month of December so that everyone can focus on spending Christmas with their families, we will resume our monthly excursions in January. Have a restaurant in mind you've been dying to try? Have you heard through the grapevine of a place that's divine? We want to hear about it! Let Holly know your idea and it may just be the next grub club!

Where Are The Pictures?

Looking for the snapshots from the last senior trip? Find them online at http://bit.ly/gsacpics

December

Fitness Schedule

Monday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:00 a.m. Pilates-S
10:00 a.m. Qi-Gong
5:45 p.m. Yogalates - S
6:45 p.m. Zumba-S

Tuesday
8:15 a.m. Zumba-S
9:15 a.m. Chair Yoga - S
10:00 a.m. Tai Chi-S
5:45 p.m. Kickboxing-S

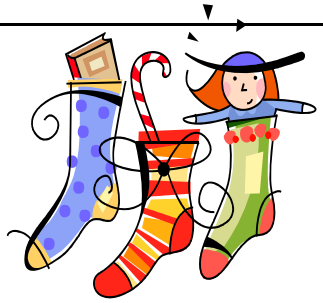
Wednesday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:00 a.m. Qi-Gong
5:45 p.m. Wacky Workout -S

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

Friday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 p.m. Pilates-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 with local cable.

Monday	Tuesday
Legend: C-Carver Senior Center S-Garland Senior Activity Center B-Both Locations O-Off Site	
5 **9:00 Holiday Movies - C** 9:00 VNA - BP Screening - 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	**6** **9:00 Holiday Movies - C** 9:00 Writers' Workshop - S 9:00 VNA-BP Screening-C 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
12 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S **6:00 Christmas Lights & Cookies - S** 7:30 Ballroom 101 –S	**13** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O **10:00 Christmas Crafts - C** 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
19 **10:00 Christmas Carols - C** 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	**20** 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 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
26  **Closed**	**27** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O **10:00 Crafts w/ Beatrice - C** 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S

Wednesday	Thursday	Friday
	1 **9:00 Peripheral Vascular Screen - S** 9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 1:00 AARP Driver Safety - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Jimmy Gomez" - S	**2** **9:00 BP Screening -Firerighters - S** **8:30 San Antonio Christmas - 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
7 **9:00 Holiday Movies - C** **9:00 Dallas Cowboys - O** 9:45 Shopping - B 11:45 Federation of Clubs - O 12:30 Jewelry Making- S 12:30 U Can Paint - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**8** **9:00 Holiday Movies - 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 5:00 AARP Driver Safety - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S	**9** **9:00 Holiday Movies - C** 10:00 Bingo -C **10:00 Texas Winds - 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 Progressive Party Bridge - S 12:30 Texas Hold 'Em 2:00 Intermediate Line Dance - S **5:00 Dallas Symphony - O**
14 9:00 UFO Quilters - S 9:45 Shopping - B 12:30 Jewelry Making- S **12:45 One Thirty Productions - O** 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**15** 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S **10:00 Purple Passion - C** **10:00 Christmas Crafts - C** 12:30 Party Bridge - S 1:00 AARP Driver Safety - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S	**16** 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
21 9:45 Shopping - B 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**22** 9:30 Ceramics - S 9:30 Wii Bowling - S 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- "Gary Lee"- S	**23** **Closed**
28 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	**29** 9:30 Ceramics - S 9:30 Foot Doctor - 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 NYE Dance- "Gary Lee"- S	**30**

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!

Qi Gong in a Chair

Mondays & Wednesdays - 10:00 a.m.
$40/month

This ancient healing art uses guided breathing meditations and simple movements that cultivate and enhance the body and mind.

Wacky Workout

Wednesdays, 5:45 p.m.
$35 punch card

Tired of the same old fitness routine? This class has a varying format. There's a lot of equipment in the closet, and we use it all! You'll love it so much, you'll want to bring your friends to the festivities.

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.

Health Watch

Thursday, December 1 - Peripheral Vascular Disease Screening. All morning - Free

Friday, December 2- FREE Blood Pressure Screening. 9:00 a.m. Garland Firefighters.*

Monday, December 5 FREE Blood Pressure Screening - 9:00 a.m. VNA. No Health Talk for December!

Thursday,, December 15- Foot Doctor - 9:30 a.m. - $25.00 . Call 972-205-2769 for appointment.

No Exercise Classes The Week of December 26-30.

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.

Exercise & More *FREE*

MWF / 9:45 - 10:15 a.m.

Workout from a chair. Ease into no-impact exercise utilizing 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
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 or SimplyAware.com.

Carver Corner

Merry Christmas

From the staff at Carver Senior Center!

We will be closed December 23 & 26 for the Christmas Holiday. We will be closed January 2 for New Years.

Carver Annual Christmas Party

Friday, December 2 - 10:00 a.m.

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

Entertainment provided by Charles Manns.

Purple Passion Club for Ladies

3rd Thursdays

10:00 - 11:00 a.m.

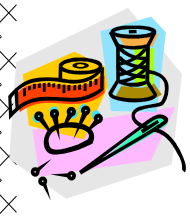
Enjoy some good old fashioned girl time! Occurs monthly on the third Thursday. Come and bring a friend!

Christmas Crafts with Beatrice

December 13th and 15th

10:00 - 11:00 a.m.

$3.00 supply fee



Create a centerpiece for your table, stockings, wreathes, ornaments, and more. For more information, call Beatrice at 972-205-3305

Holiday Movie Week

December 5-9th

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

Enjoy a morning of your favorite holiday classics including "Miracle on 34th Street", "It's a Wonderful Life", and more! Refreshments will be served.

Christmas Carols

Monday, December 19th

10:00 - 11:00 a.m.

Fa la la la la la la la la! Come enjoy Christmas caroling with your friends and the staff here at Carver. It'll be a singin' good time..

Texas Winds

Friday, December 9th

10:00 a.m. - FREE

Come enjoy a free Christmas music concert put on by a brass trio by the Texas Winds.

Weekly Shopping Events

10:00 a.m.

Tuesdays - Dollar Store or Target

Wednesdays - Wal-mart

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

VNA Nurse

Vivienne Armstrong

Tuesday, December 6th

Blood Pressure Screening

No Health Talk for December!

Merry Christmas!

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

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.

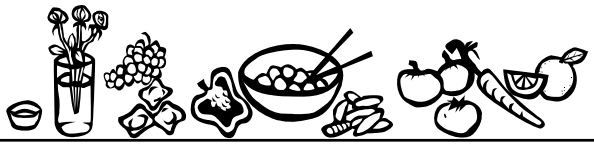
It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland 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.



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