SILVER SCOOP

Celebrating Black History Month 2012

See page 7 for a full list of Black History celebration events happening at Carver Senior Center.

"Women Fully Clothed" at the Eisemann

Saturday, February 11
1:15 p.m. - $38.00

The uproarious sketches and razor-sharp songs in "Women Fully Clothed" are charming audiences nationwide. Spending an evening with this troupe of women is like treating yourself to a night out with good friends who make you laugh 'til you cry. This show is hilarious. The storyline mixes friendship, family dynamics and self-preservation with international relations, career responsibilities and the environment.

Thank you,

Kissin' Kuzzins!

A big thank you to the Kissin' Kuzzins Square Dance group for their generous contribution to the Veteran's Day event this past November from the Garland Senior Centers.

Mystery Day Trip

Friday, March 23 - $50.00
8:00 a.m. - 5:00 p.m.

Journey to the unknown. Travel to an undisclosed destination for our latest legendary, in demand, fun filled Mystery Day Trip! Guaranteed to be a time of fun, surprises, and socializing. Charter bus transportation fee, lunch and all admissions are

One Thirty Productions

"The Last Romance"
Thursday, March 22 - 12:45 p.m.
$2.00 + $10 cash at the door

Travel to the Bath House Cultural Center for an enjoyable Theater Production.

Seeking New Folks!

Are you looking for ways to get involved? Do you have talents you need to use? Do you have a desire to learn a new skill or game? Looking to meet some new people? The following activities are seeking and welcoming new participants! For more information on any of these programs, contact the Senior Activity Center at 972-205-2769, and ask for the person who is listed next to the activity. This is just a short list of activities who are welcoming participants. See our calendar on page 4-5 for a full list of activities!

- **Wii Bowling (Holly)**
- **Jewelry Making (Angela)**
- **"42" dominoes (Angela)**

Mystery Overnight Trip

April 20-22 - $375/double occupancy
$75 deposit - 8:00 a.m. departure

It's back! Add a little intrigue to your life. Travel to an undisclosed destination for a three day, two night trip with others who enjoy the mystery and excitement of not knowing what is coming next. This trip is guaranteed to be full of fun, surprises, and socializing.

Home Health Talk

Angels Care Home Health
Thursday, February 16 - FREE
Dining Room

What is home health? Is it for me? How much does it cost? Who pays for it? How do I get it? We've got answers!

Freedman's Cemetery

Friday, February 3
10:30 a.m. - 3.00 Transportation

Freedmans Cemetery is a historic cemetery that was literally unearthed during the widening of Central Expressway. The cemetery was developed in the 1850's near Freedman's town, the post-Civil War cultural and social center of the African-American community. Beginning in 1989 efforts ensued to preserve the historic Freedman's Cemetery site prior to highway expansion.

Clubs, Classes, Dances, etc.

Senior Social Hour at the Library

Tuesday, February 21 - 2:00 p.m.
Nicholson Memorial Library - FREE
Guitarist Peter Fletcher in Concert

This is Mr. Fletcher's second appearance at the Library. This concert will feature 80 minutes of classical music, including: Bach's *Chaconne in D Minor*, Francisco Tarrega's *Recuerdos de la Alhambra*, Edvard Grieg's *Chanson de Solveig from Peer Gynt*, and much much more! You won't want to miss. Call 972-205-2502 for more information.

AARP - Driver Safety Program

Thursday, February 16
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.

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.

Federation of Clubs

Second Wednesdays
11:45 lunch - $14.00
Eastern Hills Country Club

The Garland Federation of Clubs is an assembly of local organizations (Kiwanis, Lions, Elks, Adult Literacy, VFW, Rotary and more) that come together to share information regarding their ongoing activities. At the monthly luncheon, these local groups have an opportunity to get to know about other clubs and how they can help each other in their missions for the community. GFC holds an annual fundraiser and solicits donations to fund a scholarship for a local, graduating honor roll student. The GSAC (Garland Senior Activity Center) is proud to be an active member of the organization. Anyone who attends activities at the GSAC can attend the luncheon. For more information contact Shirley Raymer at 972-278-8891.

Texas Hold 'Em

2nd & 4th Fridays - FREE
12:30 p.m. - Dining Room
February 10th & 24th!

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, February 15
12:30 - 3:30 p.m.
"Venice Canal with Gondola"
$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, February 14– 11:00 a.m. NOTE TIME CHANGE. T.G.I. Fridays at Firewheel.

Tuesday, February 25– 1:30 p.m. Monthly gathering at the Garland Senior Activity Center. **Fore more information about Red Hat activities 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.	

Travel & Outings

Rangers Vs. RoughRiders

Wednesday, April 4 - $25.00
1:15 p.m. - 5:30 p.m.

The RoughRiders take on the Rangers at their Frisco home, Dr. Pepper Ballpark! This is a once in a lifetime opportunity to see this Major and Minor league pre-season match up! Tickets include a hat and a $10 voucher for food!

Rangers Stadium Tour

Wednesday, April 18
9:30 a.m. - 2:00 p.m. - $35.00

Take me out to the ball...park! Tour the home of the Texas Rangers. See the press box, the luxury suites, the Rangers tunnel, batting cages, media room, workout room, and the dugout. Finish up with lunch at a restaurant inside the stadium.

Historic Denton

Wednesday, March 28
10:00 a.m. - 4:00 p.m. - $40.00

Tour the Bayless-Selby house, the antique rose garden, vegetable and herb garden, the African American museum, and the square surrounding Denton's historic courthouse. Enjoy lunch at Guiseppie's in the bed & breakfast district and old fashioned ice cream at Beth Marie's.

Cowgirls & Cowboys

Friday, March 9 - $27.00
9:00 a.m. - 4:00 p.m.

Live the cowgirl experience through interactive exhibits, film presentations, & intriguing stories from the past regarding Texas women. It is the only museum in the world honoring & documenting the lives of women who distinguished themselves while exemplifying the spirit of the American West. After lunch (on your own) at Sundance Square, we will end the day at the Sid Richardson Museum, which has one of the finest & most focused collections of Western Art in America.

Delta Charlie's Dinner & Flight

Monday, April 23 - $52.00
3:00 P.M. - 7:00 P.M.

A mouthwatering meal, a comfortable place to rest your wings, and a friendly flight crew to serve your needs! Enjoy a leisurely buffet style dinner and a 20 min aerial tour of downtown Dallas, Fair Park, and more.

Branson Extravaganza

October 15-19 - $539/double occupancy

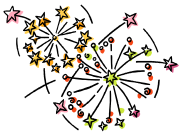
Experience the sights and sounds of Branson! This 5 day, 4 night sweep through Branson, MO will leave nothing to be desired. Experience seven amazing shows for which Branson is famous for, great food, and cozy transportation with Diamond Tours. Price includes 10 meals, all show admissions, and 4 nights lodging. Don't miss out.

Holocaust Museum

Friday, April 13
10:00 a.m. - $16.00

This is a very well done and powerful museum. On **Holocaust Remembrance Week**, pay tribute to those lost and those who survived the Holocaust. There are stories and pictures that will send you home thinking about that historic time period. Cost includes admission and transportation. Lunch is on your own at Cindi's Delicatessen.

Fireworks Over Boston Harbor Cruise



Queen Mary 2 - July 1-7
Starting at $2,849/person - $250 deposit

Experience the spectacular July 4th "Fireworks over Boston Harbor", from the famous Queen Mary 2. Known for its grandeur and array of unsurpassed amenities, the QM2 will amaze even the most discerning cruiser. This five day cruise begins in New York with stops in Halifax, Nova Scotia and of course, Boston.

Planet Shark

Dallas Museum of Nature and Science
Wednesday, August 1 - $45.00
10:15 a.m. - 4:30 p.m.

Uncover fascinating facts and myths about sharks in this traveling exhibit. This five gallery, 12,000 sq. ft. exhibition explains and examines almost every aspect of the shark from evolution to biology. Discover why these predators are not only captivating, but critical to life on Earth. Lunch at the Old Mill Inn, transportation, IMAX film, & admission to all exhibits are included.

February

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	
6 9:00 VNA - Cholesterol 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	**7** 9:00 Writers' Workshop - S 9:00 VNA-Cholesterol 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 **7:00 Kissin Kuzzins - S**
13 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	**14** 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
20 9:00 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	**21** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O **9:45 VNA Health Talk - C** **10:30 Mardi Gras - C** 11:30 Advanced Ballroom - S **2:00 Senior Social Hour - O** 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S **7:00 Kissin Kuzzins - S**
27 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	**28** 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 **7:00 Kissin Kuzzins - S**

Wednesday	Thursday	Friday
1 9:45 Shopping - B 11:45 Federation of Clubs - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**2** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:00 Black Film Festival - C 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	**3** 10:00 Bingo –C **10:30 Freedman's Cemetery - O** 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
8 9:00 UFO Quilters - S 9:45 Shopping - B **11:00 Grub Club - O** 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**9** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:00 Black Film Festival - C 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S	**10** **9:00 BP Screening -Firefighters - 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 Progressive Party Bridge - S 12:30 Texas Hold 'Em 2:00 Intermediate Line Dance - S **11** **1:15 Women Fully Clothed - O**
15 9:45 Shopping - B 12:30 Jewelry Making- S 12:30 U Can Paint - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**16** 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:00 Black Film Festival - C **10:00 Home Health Talk - S** 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	**17** **9:00 VNA Health Talk - S** **10:00 Fashion Show - C** 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
22 9:00 UFO Quilters - S **9:00 Grapevine Aquarium - O** 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	**23** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:00 Black Film Festival - C 10:15 Black History Profile - 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	**24** **9:00 BP Screening -Firefighters - 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 Progressive Party Bridge - S 12:30 Texas Hold 'Em 2:00 Intermediate Line Dance - S 5:30 Line Dance Workshop
29 **9:00 Shreveport - O** 9:45 Shopping - B 10:00 Black History Celebration - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S		

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.

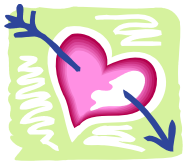
Zumba Gold

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

Bring a Friend, Get a Free Punch!

All February



Since February is a month for *love*, we're showing our love for you when you show love for a *new* friend or neighbor by offering you a free class! Bring a friend during the month of February (for free of course), and you don't punch your card that day! (Please, introduce your guest to the instructor and inform her you are using your free punch.) Happy Valentine's Day!

Health Watch

Monday, February 6 - FREE Cholesterol Screening - 9:00 a.m. VNA.

Friday, February 24- FREE Blood Pressure Screening - 9:00 a.m. Garland Firefighters.*

Monday February 20 - FREE Health Talk "Home BP Monitoring" - 9:00 a.m. VNA

Thursday, February 16- Foot Doctor - 9:30 a.m. - $25.00 . Call 972-205-2769 for appointment.

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.

Celebrating Black History Month

Black Film Festival

Thursdays in February
10:00 a.m.

Sit back, relax, and enjoy your favorite movies from the past and present. Refreshments will be served.

African-American Fashion Show

Friday, February 17
10:00 a.m. - Noon

Wear your favorite African attire for everyone to see!

15th Annual Black History Program

"A Celebration of Dance"
Wednesday, February 29
10:00 a.m. - 1:00 p.m.
The Atrium at the Granville Arts Center

Come out and enjoy the sounds of Charles Manns and dance the morning away. Attire will be semi-formal. For more information, please call Shannon Stephens at 972-205-3305.

Carver Senior Center Black History Profile 2012

This Year's Honoree:
Denish Wilson Owens
Housing Administration Agency
Thursday, February 23
10:15 - Noon

Mardi Gras Celebration

Out to Lunch at 2 Kats Cafe
Tuesday, February 21
10:30 a.m. - 12:30 p.m.

Celebrate Mardi Gras New Orleans style with some of the best Cajun food in town.

Valentine's Day Brunch

Tuesday, February 14th
10:00 - Noon

Would you be my Valentine? Share the morning with your friends at Carver.

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

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, February 7
Cholesterol Screening

Tuesday, February 21
Health Talk - "Home Blood Pressure Monitoring"

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.

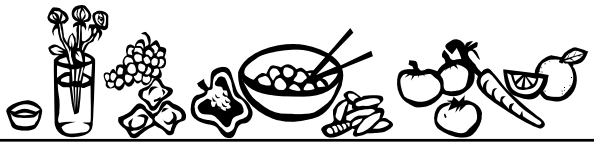
It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland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