SILVER SCOOP

Spring Forward!

Remember to set your clocks ahead one hour when you go to bed on Saturday, March 10.

Personal Safety Talk

Thursday, March 15 - 10:00 a.m.
FREE– Dining Room
Presented by retired Garland Police Officer Nikki Pratt

From personal safety to identity theft, you'll learn useful tips and safeguards to keep you safe and your personal sense of security.

Rangers Vs. RoughRiders

Wednesday, April 4 - $25.00
1:15 p.m. - 5:30 p.m. –SECOND BUS ADDED! Register by March 4!
Dr. Pepper Ballpark - Frisco, TX

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

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.

Cowgirls & Cowboys

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

Live the cowgirl experience through interactive exhibits, films, & intriguing stories from the past regarding Texas women. This museum honors & documents the lives of women who distinguished themselves while exemplifying the spirit of the American West. Lunch is on your own at Sundance Square. We will end the day at the Sid Richardson Museum, which has one of the finest collections of Western Art in America.

Choctaw Casino

Fund Raiser for the Site Council
Wednesday, March 14
9:00 a.m. - 5:00 p.m. - $20.00

Includes transportation, voucher for discount on lunch.

Wii Bowling 101

Wednesday, March 7 - 10:15 - 11:30 a.m.
Dining Room - Refreshments provided by Angels Home Health

Ever wondered what all the fun is about? Drop in to learn how to play Wii bowling. We'll have instructors on hand to help you learn! Wii bowling is electronic, virtual reality bowling. You will use a light weight hand-held remote to simulate the throwing of a bowling ball. You control the speed, the angle of your throw, and you can even throw curve balls! Watch the screen to see how accurate your throw was. It's easy to learn!

Carter Eye-Care Screening

Monday, March 12 - FREE

The Carter Eye-Care bus will be parked in the parking lot of the downtown Senior Center all morning long performing free eye screenings. No appointment necessary!

Knowledge is Power. Be Prepared!

Thursday, March 22 - FREE
10:00 a.m. - Dining Room
Presented by Debbie Edwards of Autumn Journey

Everything you need to know about important life decisions that affect you and your loved ones.

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.

Clubs, Classes, Dances, etc.

Senior Social Hour at the Library

Thursday, March 15 - 2:00 p.m.
Nicholson Memorial Library - FREE
***Broken Man Band* performs Celtic Music**

This local husband and wife duo, William and Aurelia Drake, engage their audiences with entertaining, long-established Scottish and Irish tunes. They will showcase instruments such as the hammered dulcimer, tenor guitar, and Irish whistles. Call 972-205-2502 for more information.

AARP - Driver Safety Program

Thursday, March 15
1:00 - 5:00 p.m.
Thursday, March 29
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.

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.

FREE

Fourth Friday Line Dance Workshop

Every Fourth Friday
March 23 - 5:30 p.m.

"U Can Paint - I Promise"

Wednesday, March 21
12:30 - 3:30 p.m.
***"Springtime in Texas" - (*In watercolor.)**
$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.

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, 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.

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.

RED HAT BIRTHDAY LUNCH

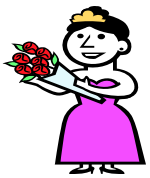
Divine Coffee Shop
Tuesday, March 13 - 12:00 Noon
10233 E NW Hwy at Ferndale, located in the Northlake Shopping center- 214-221-4659.

Tuesday, March 27– 1:30 p.m. Monthly gathering at the Garland Senior Activity Center.

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

Third Annual Ms. Senior Garland Pageant

Friday, May 25 - 7:00 p.m.



Friday, March 16 - Application deadline.

Friday, March 30 - 2:30 p.m. **-** First meeting for pageant participants.

Travel & Outings

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.

Delta Charlie's Dinner & Flight

Monday, April 23 - $52.00

3:00 P.M. - 7:00 P.M.

Experience a 20 minute aerial tour of downtown Dallas, Fair Park, and more! Includes a mouthwatering meal, a comfortable place to rest your wings, and a friendly flight crew to serve your needs. Enjoy a buffet style dinner at your leisure.

Texas Scottish Festival

Saturday, May 5 - $30.00

9:00 a.m. - 5:00 p.m.

Enjoy Scottish foods & beverages as well as American festival foods. Visit vendors from Scotland & Great Britain with authentic tartan wear & unique Celtic designed crafts, jewelry, and art. Marvel at a full range of Scottish Athletic competitions & championship Scottish Highland Dance & Scottish National Dance competitions. Lunch and dinner are on your own.

Parker County Peach Festival

Saturday, July 14 - $15.00

9:00 a.m. - 4:00 p.m.

Parker County peach orchards produce peaches sold only in Texas. The Peach Festival takes place in the blocks surrounding the downtown Weatherford / Parker County Courthouse. Lunch is on your own.

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.

New Orleans Christmas

December 3-7

$499/double occupancy

This five day trip includes deluxe motor coach transportation, four nights hotel accommodations, eight meals, guided tour of New Orleans, a visit to the National World War II Museum, gaming at Harrah's, a relaxing riverboat cruise on the Mississippi River, a tour of a Louisiana plantation and free time to explore the famous French Quarter.

Best Little Courthouses in Texas
Wise & Palo Pinto County

Friday, June 1 - $50.00

8:30 a.m. departure

Continuation of the Best Little Courthouses in Texas tours. Long ago, Texas courthouses ranged from rough-finished log benches under shady live oak trees to massive, complicated blocks of granite and marble carved by master European stonemasons, many of which still stand for visitors to view. This trip includes lunch and transportation.

March

Fitness Schedule

Monday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.m. Pilates-S
5:45 p.m. Yogalates - S
6:45 p.m. Latin Discovery-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
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 a.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 VNA - Anemia 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 Writers' Workshop - S 9:00 VNA-Anemia Screening-C 9:30 Creative Crafters - S 9:30 Bowling - O **10:00 Spring Crafts w/ Beatrice - C** 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S **7:00 Kissin Kuzzins - S**
12 **8:30 Carter Eye Screen - 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	**13** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O **10:00 Spring Crafts w/ Beatrice - C** 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
19 9:00 VNA Health Talk - S **10:00 Fellowship - 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 **9:45 VNA Health Talk - C** 10:00 Humana Talk - C 10:00 Shop w/ Friends - C 11:30 Advanced Ballroom - S 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S **7:00 Kissin Kuzzins - S**
26 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	**27** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O **10:00 Spring Crafts w/ Beatrice - C** 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S **7:00 Kissin Kuzzins - S**

Wednesday	Thursday	Friday
	1 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	**2** 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 8:00 Square Dance - S
7 9:45 Shopping - B **10:15 Wii Bowling 101 - S** 11:45 Federation of Clubs - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**8** 9:30 Ceramics - S 9:30 Wii Bowling - S **10:00 Brown Bag Lunch - 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	**9** **9:00 Cowgirl Museum - 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 12:30 Progressive Party Bridge - S 12:30 Texas Hold 'Em
14 9:00 UFO Quilters - S **9:00 Choctaw - O** 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	**15** 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:00 Personal Safety Talk - S 12:30 Party Bridge - S 1:00 AARP Driver Safety - S **2:00 Senior Social Hour - O** 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S	**16** **9:00 BP & Glucose -Firefighters - S** 10:00 Bingo - C **10:00 St. Patty's Day - C** 10:15 Bingo - S 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 8:00 Square Dance - S
21 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	**22** 9:30 Ceramics - S 9:30 Wii Bowling - S **10:00 Knowledge is Power - S** **10:00 Game Day - C** 12:30 Party Bridge - S **12:45 1:30 Productions - O** 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S	**23** **8:00 Mystery Day Trip - O** **10:00 March Mad 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 5:30 Line Dance Workshop
28 9:00 UFO Quilters - S 9:45 Shopping - B **10:00 Historic Denton - O** 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 **10:00 Regional Wii Bowl Tourney - 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- "Pete & Patti"- S	**30** 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 **2:30 Ms. Snr Garland meeting - S**

Turbo Kickboxing

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

A low impact, no-contact kick-boxing 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!

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

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.

More Zumba Classes Are Coming!

Discover Latin Dance
Mondays 6:45 - 7:45 p.m.

Keep an eye on your schedules for **Thursday Morning, 8:15 a.m. Zumba** starting in March or April. For more information, call Holly at 972-205-2884.

Fitness Card Rates

$35 - 10 Class Punch Card
$60 - 20 Class Punch Card
Cards do not expire and are good for any of the fitness classes offered at the Garland Senior Activity Center, excluding Tai Chi and free classes.

Health Watch

Monday, March 5 - FREE Anemia Screening - 9:00 a.m. VNA.

Monday, March 12 - FREE Eye Screening with Carter Eye Care - All morning - bus parking lot.

Thursday, March 15- Foot Doctor - 9:30 a.m. - $25. Call 972-205-2769 for appointment.

Friday, March 16- FREE BP & Glucose Screening - 9:00 a.m. Garland Firefighters.*

Monday March 19 - FREE Health Talk "Asthma & Allergies" - 9:00 a.m. VNA

Fitness Plus

MWF / 8:30 a.m.
Wed. / 5:45p.m.

These are high energy, low impact aerobics and strength blended 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

Spring Break Fun

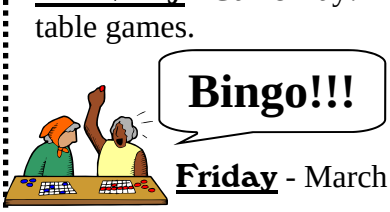
March 19 - 23
10:00 a.m. - Noon

Monday - Fellowship with Rev. W.B. Garrett

Tuesday - Shopping with friends.

Wednesday– Outing to Wal-Mart.

Thursday– Game Day! Dominos, pool, and table games.



Friday - March Madness Bingo!

Spring Forward!

Remember to set your clocks ahead one hour when you go to bed on Saturday, March 10.

St. Patrick's Day Celebration

Luck of the Irish
Friday, March 16, 2012
10:00 a.m.

Join your Carver friends for a morning of dominos and other games. Be sure to wear your green! Sponsored by Senior Care Centers.

Heart & Soul Brown Bag Lunch

Thursday, March 8
10:00 a.m. - Noon

Preparing you for Spring Fever. Round table discussion on Heart disease and prevention.

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!

Humana Insurance Talk

Tuesday, March 20 - 10:00 a.m.

Come learn important information about benefits that are available for you.

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.

Springtime Arts & Crafts with Bee

Tuesdays 10:00 a.m.
$3.00 for Supplies

Come make some fun and exciting crafts.

Special Thanks to All Our Sponsors Of Black History Month

Dorothy Rector's Catering Service
Jordan Health Service
Senior Care Centers
Dependable Health Care
Copeland Insurance Group
Agape Home Health Care
Advance Health & Rehab

VNA Nurse

Vivienne Armstrong
Tuesday, March 6
Anemia Screening

Tuesday, March 20
Health Talk - "Asthma & Allergies"

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.

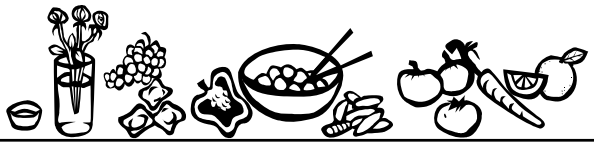
It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland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