

SILVER SCOOP



Closed for Independence Day, Wed, July 4



4th of July Ice Cream Social

Tuesday, July 3 - FREE

11:30 a.m. - Dining Room

Wear your red, white, and blue for some patriotic music, some ice cream, and a rootin' tootin' fun time.



July is Staff REC-ognition Month

During National Parks and Recreation month, the Garland Parks and Recreation Department takes an opportunity to REC-ognize outstanding services provided by our staff. You are encouraged to fill out a REC-ognition form if you observe a staff member going that extra mile or taking that extra step to make sure your visit at either the Garland Senior Activity Center of the

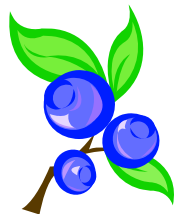
Carver Senior Center is special. You can pick up your card at the front desk.

Staff Rec-ognition will run the entire month of July.

Blueberry Hill Farms

Pick your own blueberries!

Friday, July 6 - 7:30 a.m. - \$18.00



They're ripe for the pickin'! Experience Blueberry Hill Farms in Edom, TX where you can pluck plump, fresh blueberries to your hearts content! Not a picker, but you still enjoy fresh berries? No problem, they have them pre-picked too! Next stop is the Blue Moon Gardens where you'll find a wide variety of herbs, vegetables, flowers, plants, and unusual shrubs. We'll end our day with lunch at the Shed Cafe and some shopping. We must leave EARLY to avoid the heat and to get a good picking. Lunch and purchases are on your own.

Sunday Afternoon Ballroom Tea Dance

Sunday, July 15 - \$6.00

2:00 - 5:30 p.m.

Pete & Patti

Dance Hosts & Light Refreshments Provided

4th Annual Senior Awareness Day

Saturday, August 4 - FREE

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



The Atrium at the Granville Arts Center
300 N. Fifth Street



This annual, FREE event is hosted by State Representative Angie Button, District 112 Garland & Richardson. It has become one of the leading opportunities in the area for seniors to gather information on community resources. Also, the Dallas Area Agency on Aging will have benefit counselors present to provide assistance with Medicare, Medicaid, Social Security, and any other benefits available for seniors. Door prizes, refreshments, entertainment, exhibitors and special guests make this a fun destination.

Antique and Muscle Car Show

October 5, 9:30 a.m. - Noon

Do you have an antique car, bike or buggy, or a newer sports car that you'd like to show off? If we get enough entries, the Garland Senior Activity Center will be holding a car show, new and old, and competition at our October Fall Fest. Prizes will be awarded for the following categories:

- ⌘ Best of Show (voters' choice)
- ⌘ Best Maintained
- ⌘ Best Classic
- ⌘ Best Modern
- ⌘ Best 2-3 Wheel Class
- ⌘ Best Body Paint/Art



To enter, please RSVP with your interest and car type to Holly at 972-205-2884 by August 31.

Wii Bowling



Tournaments

2nd & 4th - Thursdays
1st & 3rd Thursdays are practice.
9:30 a.m. - Meeting Room

New Bowlers Welcome!

We are currently searching for new bowlers for our team. Drop by on a 1st or 3rd Thursday to give it a try.



Mah Jong

Wednesdays, 2:00 p.m.
Small Meeting Room

For more information,
please contact Richard Adams at
972-412-0909.

Senior Social Hour at the Library

Thursday, July 12- 2:00 p.m.

Nicholson Memorial Library - FREE
Elvis Has Entered the Library!



Elvis tribute Kraig Parker has been called the ultimate image of Elvis, resembling him in looks, voice, moves, and performance. He has been performing his tribute for over 15 years. Mr. Parker's Library performance will feature his greatest hits and a few unexpected tunes.

Call 972-205-2502 for more information.

FREE

Fourth Friday Line Dance Workshop

Every Fourth Friday
July 27 - 5:30 p.m.



RED HAT CLUB



No Gathering in July!

Tuesday, July 24 - 11:30 a.m.

Birthdays Lunch. Spaghetti Warehouse between Pavilion Ct. and N.

Town East Blvd. We hope to see you all there!

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

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.



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.

"U Can Paint - I Promise"

Friday, July 13

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

"Tribute to Van Gogh's Starry Night"

\$17.00 Registration - \$17.00 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.

Note the time and day change for summer.

AARP - Driver Safety Program

Thursday, July 19

1:00 - 5:00 p.m.

Thursday, July 26

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.

Health Watch

Friday, July 20- FREE Blood Pressure

Screening - 9:00 a.m. Garland Firefighters.*

Thursday, July 19 - Foot Doctor - 9:30 a.m.

\$25. Call 972-205-2769 for appointment.

* Firefighters are on duty & could be called to action, preventing them from keeping their date.

Sizzlin' Summer Workouts

Any 10 Visits - \$35.00

Unless otherwise notated.



Mondays 6:45 - 7:30 p.m.

Tuesdays & Thursdays, 8:15 - 9:00 a.m.

Come on Down! Try Zumba, the Latin dance inspired fitness class whose motto is:

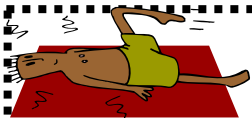
“Ditch the workout, join the party!”

You'll have so much fun dancing your way to better health, you'll forget you're exercising. First class is free.



Almost Yoga
6:45pm, Wednesdays
Beginning July 11th

There are many different styles of yoga that are taught and practiced today: Ashtanga, Power Yoga, Iyengar, Viniyoga and Integrative Yoga Therapy to name a few. Iyengar yoga uses props for the proper alignment of muscles and body parts in each pose. Integrative Yoga Therapy is a healing yoga style which focuses on gentler postures, specialized breathing techniques for particular issues and guided imagery. Iyengar & Integrative Yoga are tailored to the unique needs of the practitioner more than other styles of yoga. This class is a blend of these two styles. Healing styles of yoga help relieve the body of things like back pain and headaches, while easing mental depression, anxiety and stress.



Mat Classes

Intermediate Pilates

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

Become stronger, longer, leaner, and more able to do anything with grace and ease.

Intermediate Yoga

Thu. 5:45 p.m.

A mind-body practice that provides both physical and mental benefits.

Senior Yoga

With a chair

Tue/Thu, 9:15 a.m.

Improve flexibility, relieve stress, and tone muscle with the use of a chair. A **FREE** class for beginners.

Yogalates

Mondays, 5:45 p.m.

Pilates and Yoga combined work your core and challenge your strength, endurance, and flexibility without stress on the joints.



Tuesdays, 5:45 - 6:40 p.m.

Turbo Kick is the hottest cardio class around for fitness training. It is a low impact, no-contact exercise class that is a combination of kickboxing moves, as well as, dance moves all choreographed to high energy and motivating music. Get moving, burn calories, and kick and jab your way to better health.



Fitness Plus

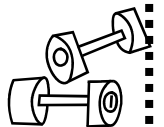
MWF / 8:30 a.m.

Wed. / 5:45p.m.

Exercise is essential for people aged 50+ to prevent injuries and preserve independence. Workout regimens that strengthen core muscles help you to maintain stamina and strength. Low-impact aerobic exercise elevates your heart rate, but without trauma to your joints. In this class, conditions that can worsen with impact exercise, including osteoporosis and osteoarthritis, won't hold you back. Consistent and vigorous exercise throughout the later years can slow the clock down significantly. Come on down, bring a friend and have some fun.

Exercise & More *FREE*

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



Just pull up a chair and-exercise! Chair exercises are simply modifications of more familiar exercises and a gentle way to build muscle strength and stay flexible. These exercises also improve balance, increase metabolism, relieve pain and improve mental



Tai Chi for Arthritis

Tue. 10:00 a.m./Thu. 10:30 a.m.

10 visit Tai Chi Card/\$82.00

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.

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
- 6:45 p.m. Senior Yoga - 9

Thursday

- 8:15 a.m. Zumba-9
- 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 a.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

2

- 9:30 Fellowship w/ Rev. Garrett - C
- 10:00 4th of July Party - C
- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:30 Beginning Ballroom -S

9

- 9:30 Fellowship w/ Rev. Garrett - C
- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:30 Beginning Ballroom-S

16

- 9:30 Fellowship w/ Rev. Garrett - C
- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:30 Beginning Ballroom-S

23

- 9:30 Fellowship w/ Rev. Garrett - C
- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:30 Beginning Ballroom-S

30

- 9:30 Fellowship w/ Rev. Garrett - C
- 10:15 Bingo - S
- 10:30 Fellowship - C
- 12:30 Fun with "42"- S
- 2:00 Advanced Line Dance - S
- 7:30 Beginning Ballroom-S

Tuesday

3

- 9:00 Writers' Workshop - S
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 11:30 Ice Cream Social - S
- 11:30 Advanced Ballroom - S
- 3:30 Intermediate Bridge - S
- 6:00 Duplicate Bridge - S

10

- 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

17

- 9:00 Writers' Workshop - S
- 9:30 Creative Crafters - S
- 9:30 Bowling - O
- 10:00 Blood Pressure Check - C
- 10:00 Summer Fun Hat Day - C
- 11:30 Advanced Ballroom - S
- 3:30 Intermediate Bridge - S
- 6:00 Duplicate Bridge - S

24

- 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

31

- 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 style="text-align: right;">4</p> <p style="text-align: center;"><u>Closed</u> <u>Independence</u> <u>Day</u></p>	<p style="text-align: right;">5</p> <p>9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Jimmy Gomez" - S</p>	<p style="text-align: right;">6</p> <p>7:30 Blueberry Farm - 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 8:00 Square Dance - S</p>
<p style="text-align: right;">11</p> <p>9:00 UFO Quilters - S 9:45 Shopping - O 11:00 Grub Club - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Mah-Jong - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S</p>	<p style="text-align: right;">12</p> <p>9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:00 Senior Social Hour - O 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S</p>	<p style="text-align: right;">13</p> <p>9:30 U Can Paint - S 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</p>
<p style="text-align: right;">18</p> <p>9:45 Shopping - O 12:30 Jewelry Making- S 2:00 Mah-Jong - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S</p>	<p style="text-align: right;">19</p> <p>9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:00 Christmas in July - C 12:30 Party Bridge - S 1:00 AARP Driver Safety - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S</p>	<p style="text-align: right;">20</p> <p>9:00 BP & Glucose -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 8:00 Square Dance - S</p>
<p style="text-align: right;">25</p> <p>9:00 UFO Quilters - S 9:45 Shopping - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Mah-Jong - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S</p>	<p style="text-align: right;">26</p> <p>9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:30 Round Dance - S 5:00 AARP Driver Safety - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S</p>	<p style="text-align: right;">27</p> <p>10:00 Birthday Party - 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</p>
		<p>Legend:</p> <p>C-Carver Senior Center S-Garland Senior Activity Center O-Off Site</p>



End of Summer Travel Meeting

Thursday, August 9 - 3:00 p.m.
This brief "catch me up" meeting will go over some recent additions to our existing 2012-2013 travel calendar. Veteran and new travelers are invited.



Ms Texas Senior America Pageant

Saturday, August 11
11:30am - \$10 admission



Let's support our reigning Ms Senior Garland, Sharon Whitrock, in her effort to win the title of Ms Texas Senior America. The Texas winner will go to Atlantic City to compete in the Ms Senior America Pageant. Last year the Texas winner, from Frisco, Texas, won the National title. We want our Garland Queen to have that chance.

Walking Food Tour of Dallas

Wednesday, Sept 19
10:20 a.m. - \$58.00

Walk and eat your way down Uptown's historic



McKinney Avenue.
This tour includes:

- ☞ Generous food and beverage tastings from numerous establishments
- ☞ Guided tour of 125 year old charming Uptown Dallas (Dallas' oldest surviving neighborhood)
- ☞ Cultural & historic Dallas commentary
- ☞ McKinney Avenue antique trolley car ride
- ☞ The West Village Shopping District
- ☞ The State Thomas Historic District
- ☞ Dallas' most notable cemeteries
- ☞ Victorian homes from the 1880's
- ☞ Kitchen Dog & Magnolia theaters

This was recently highlighted on the local news, and has quickly gained popularity. Our group will be a private tour. Price includes all food and drink, gratuities, and transportation.

Grub Clubs

(usually) 2nd Wednesdays
~11:00 a.m.

July: A Taste of India
McKinney, TX - \$16.00



Once a month, we dine out at a fancy, odd, or new restaurant. Keep an eye on the bulletin board or check with Holly for all of the upcoming dining excursions. In most cases, you pay transportation and lunch is on your own. However, July is an all-you-can eat Indian buffet at a new restaurant in McKinney called "A Taste of India". Cost includes buffet, drink, gratuity, and transportation.

Almost full!

Texas Rangers Game

Wednesday, September 12
5:00 p.m. - \$39.00

Take me out to the ballgame! See the Texas Rangers take on the Cleveland Indians at their Arlington home. Fee includes ticket and transportation/parking. Dinner will be on your own at the concessions.



Wisdom & Wellness Retreat

November 1-4 - 8:30 a.m.

\$180/person
\$50 deposit

Wizard Wells, TX



Get healthy, feel better! Relax on this retreat filled with opportunities to commune with nature, information sessions about boosting your immunity, maximizing your nutrition, and using gentle exercise in your everyday life. Take this first step towards a healthier, happier you. Most meals are included. Massage and mineral baths are extra.

Contact Rusty at rmaxwell@garlandtx.gov or 972-205-2881, for more information.



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

Happy 4th of July!

4th of July Celebration

Monday, July 2 - 10:00 a.m.
 Celebrating our nation's independence with bingo, hot dogs, refreshments, and games, Carver style.



Enter to win door prizes!

Closed Wed. July 4

Christmas in July

Shopping at Firewheel Mall
Thursday, July 19
10:00 - Noon

Get your Christmas shopping, for friends and family, completed early!



Summer Fun Hat Day

Tuesday, July 17

Wear your favorite hat for your friends at Carver. Pictures will be taken of you in your hat.

Senior Moment Volunteer of the Month

Bill Hemphill



Mr. Hemphill has been with the Carver Center since 2007. He volunteers daily with our morning setup of coffee, pastries, and tea. He picks up donations for the center each week. Once he is finished doing all of that, you can find him in the card room playing dominoes and having fun with everyone. Give Mr. Hemphill a warm thanks this month!

Fellowship with Rev. Garrett

Monday Mornings
9:30 a.m. - 10:30 a.m.

Start your week off in the Word with your friend, Rev. Garrett.



Tips for Staying Safe & Cool

- ☞ Drink plenty of water. Avoid alcohol.
- ☞ Wear light, loose clothing.
- ☞ Reduce physical activity outdoors.
- ☞ Wear sunscreen and hats.
- ☞ Eat regular and maintain medications for existing medical conditions.



Afternoon Fun

Monday-Friday
Noon - 3:00 p.m.

Enjoy the afternoon with your friends playing dominos, bridge, board games, and more. Refreshments will be served.

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.

Blood Pressure Checks

Third Tuesdays

Sponsored by Dependable Health Care.

Quality and compassionate care you can depend on.



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!



End of the Month Birthday Party

Friday, July 27



**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
D'Aun Muhlinghaus - 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.



GARLAND