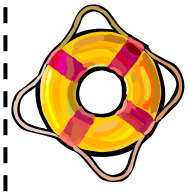
SILVER SCOOP

CLOSED THURSDAY JULY 4 INDEPENDENCE DAY

Landlubbers Nautical Adventure



NEW DATE! July 22-24
All around Garland

Do you get seasick just thinking about a cruise? Do you get claustrophobic at the thought of a small ship's cabin? Does the cost of a cruise and your bank account not match up? This event is for you! The Garland Senior Activity Center, Whiterock Court, Churchill Estates and Chambrel at Club Hill are bringing the cruise experience to you.

A Captain's social, wine tasting, movie watching, scrumptious cuisine, pool parties and more are planned. Locate your Hawaiian shirt as well as your best Sunday attire for this exciting, complimentary experience. Mark your calendar, because these events will fill up fast and registration is limited. Contact the Garland Senior Activity Center for a detailed schedule of events and to register: 972 205-2769.

Veterans' Tribute Gala

Friday, August 9
Plaza Theater - 521 State Street
7 p.m. - Free show

Remembering military history - August 1945

Calling all talent!

Share your talent. Our goal is to honor our veterans and celebrate patriotism. You can help us in this endeavor. We are looking for singers, dancers, musical groups, and musicians, comedy skits, and more!

For more information, or to sign up for talent, contact Lynn Robinson at 972-205-2891 or LRobinson@garlandtx.gov.

Saturday Night Dance

Fundraiser for the Ballroom Dance Club
Saturday, June 15
7:00 - 9:30 p.m.
$5.00 at the door

Dance to the Sounds of the Uptown Music Review

Featuring:

Tommy Chandler

All Styles of Dance Music
Dance Hosts and Light Refreshments Provided

Zumba or Zumba Gold?

Zumba is the latest buzzword in the fitness world right now, but what is it? Is it for me? What's the difference between Zumba and Zumba "gold"? You've got questions, we've got answers.

Zumba is a latin and international dance inspired fitness workout. No dance experience required!

Zumba GOLD is designed specifically for the older adult or deconditioned individual, as it is slower paced and less intricate in the dance steps.

Zumba TONING is much like regular Zumba incorporating 1-2 lb "shaker" sticks that create a new level of fun and strength. Try ANY of these classes your first time free. See page 3 for details.

HealthWatch

Thursday, June 20 - Foot Doctor - 9:30 a.m. - $25 - Call 972-205-2769 for appointment.

Friday, June 21- FREE Blood Pressure & Glucose Screening - 9:00 a.m. Garland Firefighters*

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

Clubs, Classes, Dance, etc.

AT THE GRANVILLE

Garland Summer Musicals

June 14-23
8:00 p.m. (& some 2:30 p.m.)
Brownlee Auditorium

This enchanting Hollywood musical is filled with music and dance. For more information, check www.GarlandSummerMusicals.org.

Call 972-205-2790 for ticket information.

Aqua Zumba - Summer Only!

MTW - 5:45 p.m. - $45/month
Holford Recreation Center

This specialty water fitness class is like a pool party for all ages. Learn to move your body in a safe and challenging water workout that integrates Latin and international moves. Zumba instructor Chasity Lewallen will be your pool party director. Transportation is not provided to this class. You must ensure your own ride to and from Aqua Zumba.

Senior Social Hour at the Library

Thursday, June 20 - 2:00 p.m.
Central Library Downtown - FREE
Rose-Mary Rumbly

Storyteller Rose-Mary Rumbley, author and former head of Dallas Baptist University's drama department, makes her fourth appearance at the Senior Social Hour. She is a native of Dallas Summer Musicals and Casa Manana. You don't want to miss this stellar performance!

RED HAT CLUB

Monthly Gathering -
New time for summer!
Breakfast at IHOP on 635 and Centerville.

Tuesday, June 11 - 9:30 a.m.

Tuesday, June 25 – 11:30 a.m. Birthday Lunch. Cheddar's - 1320 N. Peachtree Rd, Mesquite. 972-329-7082.

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

AARP - Driver Safety Program

Thursday, June 20
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. You must register at the center in advance.

Beginning Ballroom

Mondays - 7:00 p.m.
$27/person, per month

In June, we will learn the waltz. We start from the beginning and progress at your speed. These small classes are great for beginners or for those who just want to polish up their style. Come join in for some fun.

Wii Bowling

Tournaments

2nd & 4th - Thursdays
1st & 3rd Thursdays are practice days.
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.

Jewelry Making Class

Wednesdays - 12:30 p.m.
Cost of supplies only.

Learn how to make jewelry! There will be no fee for the class, but you will need to purchase your own supplies.

"U Can Paint - I Promise"

Friday, June 7
9:30 a.m. - 12:30 p.m.
"Mount Fuji with Cherry Blossoms"
$17.00 Registration - $18.00 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.

Beginning Yoga *Returns*

Wednesday - 5:45 p.m.

Whether you are brand new to Yoga, or you just like a Level 1 class, this class is for you.

Turbo Kickboxing

Tuesdays 5:45 p.m.

One of the hottest cardio classes around for fitness training! This is a low impact, no-contact exercise class that is a combination of kickboxing and dance moves all choreographed to high energy and motivating music. Sure to get you moving and blast fat (and the boredom!).

Mat Classes

Intermediate Pilates

MWF - 10:30 a.m.
Now on Wednesdays!

Become stronger, longer, leaner, and move 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.

Improves flexibility, relieve stress, & tones muscle with the use of a chair. A **great** 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.

Zumba Fitness

Mondays & Wednesdays
4:30 p.m. - Zumba Gold

Tuesdays
4:45 p.m. - Zumba Toning *New*

Tuesdays - 8:15 a.m. - Zumba Gold

Thursdays - 8:15 a.m. - Zumba

Thursdays - 4:45 p.m. - Zumba *New*

Come on down, and try ZUMBA, the Latin and International dance inspired fitness class that does away with boredom!

First class is free!

Fitness Plus

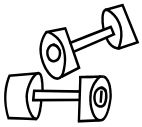
MWF / 8:30 a.m.

A 60 minute, low-impact workout that blends an aerobic workout with strength training.

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.



Weight Training - NEW!

Mondays 11:30 a.m.

A half hour class devoted to working with dumbbells to tone your body and boost your metabolism. This will be a **1/2 punch** on your card.

Fitness Card Rates

$35 - 10 Class Punch Card
$60 - 20 Class Punch Card
$82 - 10 Tai Chi Punch Card
Cards do not expire.

Yoga with a Chair

New Instructor! - $35/$60 punch card
TTH - 9:15 a.m.

Please join us in welcoming first class yoga instructor, Sandra Sadler, who will be taking over the Tuesday and Thursday yoga with a chair class. Sandra is excited to be here! This is also now a paid class. Your first class with Sandra, however, will be free! So, stop by and introduce yourself. We appreciate your support of our fitness program and instructors.

Tai Chi for Arthritis

Thursdays - 10:30 a.m.
10 visit Tai Chi Card/$82.00

Tai Chi for Arthritis: A gentle form of exercise that improves balance, muscle strength, coordination and concentration. It also helps reduce joint pain. Students experience more confidence, increased range-of-motion, fewer falls, and a calmer mind. It's fun to enjoy life while taking control of your body, mind and spirit.

June

Fitness Schedule

Monday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.m. Pilates-S
11:30 a.m. Weight Training - S *NEW*
4:30 p.m. Zumba Gold - S
5:45 p.m. Yogalates - S

Tuesday

8:15 a.m. Zumba Gold-S
9:15 a.m. Chair Yoga - S
4:45 p.m. Zumba Toning- S *NEW*
5:45 p.m. Turbo Kickboxing-S

Wednesday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.m. Pilates - S
4:30 p.m. Zumba Gold - S
5:45 pm. Begin. Yoga - S *New*

Thursday
8:15 a.m. Zumba-S
9:15 a.m. Chair Yoga-S
10:30 a.m. Tai Chi-S
4:45 p.m. Zumba - 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.

Fitness Card Rates
$35 - 10 Class Punch Card
$60 - 20 Class Punch Card
$82 - 10 Tai Chi Punch Card
Cards do not expire.

Monday	Tuesday
3 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 7:00 Beginning Ballroom - S	**4** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts - C 11:30 Advanced Ballroom - S 1:30 Beginning Bridge - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S 7:00 Square Dance Lessons - S
10 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 7:00 Beginning Ballroom - S	**11** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts - C 11:30 Advanced Ballroom - S 1:30 Beginning Bridge - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S 7:00 Square Dance Lessons - S
17 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 7:00 Beginning Ballroom - S	**18** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts - C 11:30 Advanced Ballroom - S 1:30 Beginning Bridge - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S 7:00 Square Dance Lessons - S
24 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 7:00 Beginning Ballroom - S	**25** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Crafts - C 11:30 Advanced Ballroom - S 1:30 Beginning Bridge - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S 7:00 Square Dance Lessons - S

Wednesday	Thursday	Friday
5 9:45 Shopping - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	**6** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:00 Brain Power Fitness - C 10:30 The Beat Goes On - 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"	**7** 9:30 U Can Paint - 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
12 9:45 Shopping - O **11:00 Grub Club - O** 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	**13** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S	**14** 10:15 Bingo - S **10:30 Father's Day - C** 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
19 **7:30 Blueberry Picking - O** 9:45 Shopping - O **10:00 Juneteenth - C** 12:30 Jewelry Making- S **1:30 Senior Hour - C** 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S	**20** 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S **10:30 Senior Benefits - C** 12:30 Party Bridge - S 1:00 AARP Driver Safety - S **1:00 Bingo Bash - C** 2:00 Social Hour - O 2:30 Round Dance - S 6:00 Duplicate Bridge - S **6:15 RoughRiders - O** 7:00 Dance- "Dallas City Limits"- S	**21** 9:00 BP & Glucose Check - S 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
26 **9:15 Perot Museum - O** 9:45 Shopping - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	**27** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S	**28** 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
		Legend: C-Carver Senior Center S-Garland Senior Activity Center O-Off Site

Travel & Outings

1:30 Productions
Plaid Tidings

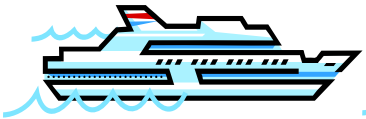
Thursday, December 12 - 12:45 p.m.
$3.00 transportation
$10.00 cash or check at the door

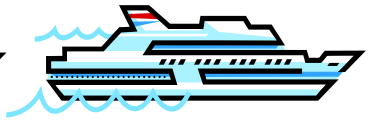
The holiday sequel to the popular "Forever, Plaid Tidings" is filled with the standards of the Season that have all been "Plaid-erized." The boys are sent back to do their Holiday Special and put a little harmony into a discordant world. This is one holiday treat that is truly "heaven-sent!"

Tulip Time European River Cruise

March 28 - April 5, 2014
Lower Outside - $3864/pp
Middle Outside - $4114/pp
Upper Outside - $4314/pp
Suite - $4564/pp

Discover the beauty and history of the Dutch and Belgian waterways in springtime, when spectacular carpets of colorful tulips are in full bloom. Stroll the lush green countryside of Kinderdijk and its' many windmills, taste delicious local cheeses, and learn about the traditions of the friendly Dutch and Flemish people. You must register before July 29 to receive these prices. Prices based on double occupancy.





Second game added!

Frisco RoughRiders
Minor League Baseball
Thursday, June 20 - $24.00
Depart 6:30 p.m.

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.

George W. Bush
Presidential Library

Wednesday, September 18
8:15 a.m. - 2:00 p.m.
$29.00 - Lunch is on your own

Hail to the chief! The George W. Bush Presidential Library and Museum serves as a resource for the study of the life and career of George W. Bush, while also promoting a better understanding of the Presidency, American history, and important issues of public policy.

Notice!

Blackberry Picking in Edom has been moved to June 19 at 7:30 a.m. due to a late start in the blooming season. If you are registered for the trip and did not receive a phone call, please call 972-205-2884 for more information.

Summer Travel Update
and Ice Cream Social
Thursday, July 25 – 2:00 p.m.

Join us for this mid-year powwow to get all the inside information on upcoming day trips, extended travel, and (of course) ice cream! We will give you all the details and also give you a chance to ask questions about any of our upcoming excursions. If you've been contemplating the idea of going on our Tulip Time European River Cruise, then you will certainly benefit from this meeting. This will be the last day to sign up for the cruise, as well. Come hungry for an ice cream sundae; bring your calendars and pictures!

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

Carver Corner

Juneteenth Celebration

Wednesday, June 19th
10:00 a.m. - 1:00 p.m.

Juneteenth festival, also known as Freedom Day, is celebrated on the 19th of June to remember the dissolution of slavery in 1865 in Texas. Join us for a morning on fun food and games. Enjoy LIVE music by the one and only Charles Manns. A morning you won't want to miss.

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.

New Bingo Bash

Third Thursdays
1:00 - 2:00 p.m.

Bingo is a fun way to fellowship with friends and win some prizes!

Summer Fun at Carver

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

A great way to beat the heat! Enjoy the afternoon with your friends, playing dominos, checkers, spades, billiards, and more. Refreshments will be served.

New Senior Hour

Poetry Reading
Third Wednesdays
1:30 - 2:30 p.m.

Readings from your favorite authors, including:

- Maya Angelou
- Sterling Brown
- Nikki Giovanni
- Alice Walker

You are even invited to share some of your own poems or writing! Refreshments will be served.

Afternoon Dominos

Monday thru Thursday
1:00 p.m. -3:00 p.m.

Enjoy an afternoon with your friends playing a fun game of dominos.

Refreshments are served.

Crafts with Beatrice

Tuesdays at 10:00 a.m.
$3.00 Supply Fee

Blood Pressure Checks

Third Tuesdays
before lunch
Sponsored by Dependable Health Care.

Father's Day Celebration

Friday, June 14 - 10:30 a.m.

Father's Day is an occasion to celebrate the impact our fathers and grandfathers have made in our lives. Our usual lunch will be provided. Please, sign up by June 12.

Meet with Helen

Molina Medicare - Third Thursdays.

Helen Junell will be here to discuss your Medicare needs and concerns.

American Senior Benefits Seminar

"Putting people back in the people business."

Thursday, June 20 - 10:30 a.m.

Sheri Ferguson will be here to answer any questions and address any concerns you may have about insurance benefits, including; nursing home costs, home confinement, premature death, hospital and doctor bills, etc.

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.

Lunch is served MONDAY through FRIDAY at 11:30 a.m. at both locations. Reservations must be made a week in advance.

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

Lynn Robinson - Customer Service Specialist
Ralph Leal - Driver
Larry Alba - Driver
Scot Lins - 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.

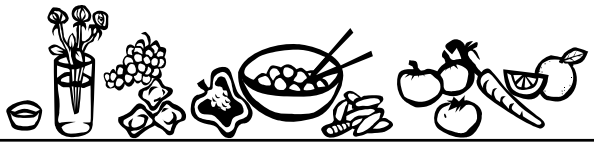
It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland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