

# SILVER SCOOP

## Veterans' Tribute Gala

Friday, August 9

Plaza Theater - 521 State Street  
7 p.m. - Free show

*Remembering military history - August 1945*



### **Free USO show!**

Our goal is to honor our veterans and celebrate patriotism. You can help us in this endeavor. We are looking for an audience that enjoys being entertained, claps loudly, and in case of extreme enthusiasm will "YEE HAW!"

## Health Fair

September 26 - 9:00 a.m. - 12:30 p.m.



September is Healthy Aging Month, America on the Move Month, Cholesterol Education Month and Emergency Preparedness Month.

This is the 14<sup>th</sup> year that the Garland Senior Activity Center has planned a wellness event to benefit older adults in our community. There will be health and wellness related screenings as well as information about assistance services available in our community and sources for safety and wellness products. Our goal at the Garland Senior Activity Center is to educate and influence people to prevent accidental injury and death, reduce falls and wipe out accidental prescription overdose. To schedule a mammogram with Methodist Health Connection, call 214-947-0026. Our vendors provide giveaways, door prizes and refreshments for your benefit and amusement.

*Both Centers  
Will be closed  
Monday, September 2  
For Labor Day*

## Sunday Afternoon Dance

August 25

2:00 - 5:30 p.m.  
\$5.00 at the door



Music by:

## The Uptown Music Review

Featuring:

## Tommy Chandler

*All Styles of Dance Music.  
Dance Hosts Provided.*

## Texas Rangers Game

Monday, September 23

5:00 p.m. - \$48.00



Take me out to the ballgame. See the Texas Rangers take on the Houston Astros at their Arlington home. Fee includes ticket and transportation/parking. Dinner will be on your own at the concessions of ballpark restaurants. Must register by September 6.

## Choctaw Casino

Fundraiser for the Senior Center

Site Councils

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

Wednesday, August 28 - \$20.00

Try your luck. The price covers transportation only. Each new participant will receive \$5 slot play on their players card. Everyone receives 1/2 off voucher for the lunch buffet.



**Modern Quilt Guild Exhibit****At the Granville****August 3 - September 14****Gallery Space - Open during the day  
and during all performances.**

Come see the Dallas Modern Quilt Guild's exhibit. Modern quilts are primarily functional and inspired by modern design.

**AARP - Driver Safety Program****Thursday, August 15****1:00 - 5:00 p.m.**

Pay the fee 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. Advance registration is required.

**Gardening Made Simple****Friday, August 30****9:30 - 10:00 a.m.****Senior Activity Center**

Learn how to grow your own vegetables. Learn about all the benefits of vegetable gardening and the techniques that can make it simple, easy, and productive.

**Texas Hold 'Em****2nd & 4th Fridays - FREE****Dining Room - 12:30 p.m.**Sponsored by  
Rowlett Health & Rehab Center  
And Senior Care Beltline.**Senior Social Hour at the Library****Thursday, August 29 - 2:00 p.m.****Central Library Downtown - FREE****Gwen Caldwell, Storyteller****"All Stories True, and Some of Them  
Actually Happened."**

Gwen Caldwell has been storytelling for 20 years, performing at various venues throughout the country, including storytelling festivals, corporate programs, and leadership workshops.

**Wii Bowling****Tournaments****2nd & 4th - Thursdays**

1st &amp; 3rd Thursdays are practice days.

**9:30 a.m. - Meeting Room****New Bowlers Welcome!**

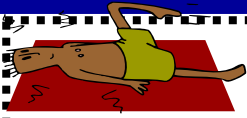
We are currently searching for new bowlers for our team. Drop by on a 1st or 3rd Thursday to give it a try.

**Jewelry Making Class****Wednesdays - 12:30 p.m.****Cost of supplies only**

Learn to make jewelry. There is no fee for the class, but you will need to purchase supplies.

**RED HAT CLUB****Monthly Gathering -  
New time for summer!**Breakfast at IHOP on 635 and  
Centerville.**Tuesday,  
Aug 13 -  
9:30 a.m.****Tuesday, August 27 - 11:30 a.m.** Birth-  
day Lunch. Norma's Tex Mex. 3420 Broadway  
Blvd., Garland, TX. 972-926-1106.For information about Red Hat activities  
or joining the Red Hat Society, contact  
Susan Clark - 972-670-8690.**"U Can Paint - I Promise"****Friday, August 9****9:30 a.m. - 12:30 p.m.****"Geraniums in Clay Pots"****\$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.



## 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.

Improve flexibility, relieve stress, & tone 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.

### Fitness Card Rates

**\$35 - 10 Class Punch Card**

**\$60 - 20 Class Punch Card**

**\$82 - 10 Tai Chi Punch Card**

*Cards do not expire.*



### Fitness Plus

MWF / 8:30 a.m.

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

### Exercise & More \*FREE\*

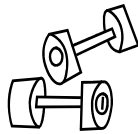
MWF / 9:45 - 10:15 a.m.

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

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.



### Beginning Yoga

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.



## Zumba Fitness

### Mondays & Wednesdays

4:45 p.m. - Zumba Gold

### Tuesdays

4:45 p.m. - Zumba Toning

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

Thursdays - 8:15 a.m. - Zumba

Thursdays - 4:45 p.m. - Zumba

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



**First class is free!**

# Health Watch

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

Friday, August 23- 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.



### 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!).



# Tai Chi will resume in September!

## 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
- 4:45 p.m. Zumba Gold - S
- 5:45 p.m. Yagalates - S

### Tuesday



- 8:15 a.m. Zumba Gold-S
- 9:15 a.m. Chair Yoga - S
- 4:45 p.m. Zumba Toning- S
- 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
- 4:45 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
- 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

### Legend:

- C-Carver Senior Center**
- S-Garland Senior Activity Center**
- O-Off Site**

## Tuesday

<p style="font-size: 24pt; font-weight: bold;">5</p> <p>9:30 Fellowship w/Rev. Garrett - C</p> <p>10:15 Bingo - S</p> <p>12:30 Fun with "42"- S</p> <p>2:00 Advanced Line Dance - S</p> <p>5:00 Disabled American Vets - S</p>	<p style="font-size: 24pt; font-weight: bold;">6</p> <p>9:00 Writers' Workshop - S</p> <p>9:30 Creative Crafters - S</p> <p>9:30 Bowling - O</p> <p>10:00 Crafts - C</p> <p>11:30 Advanced Ballroom - S</p> <p>1:30 Beginning Bridge - S</p> <p>3:30 Intermediate Bridge - S</p> <p>6:00 Duplicate Bridge - S</p> <p>7:00 Square Dance Lessons - S</p>
<p style="font-size: 24pt; font-weight: bold;">12</p> <p>9:30 Fellowship w/Rev. Garrett - C</p> <p>10:15 Bingo - S</p> <p>12:30 Fun with "42"- S</p> <p>2:00 Advanced Line Dance - S</p>	<p style="font-size: 24pt; font-weight: bold;">13</p> <p>9:00 Writers' Workshop - S</p> <p>9:30 Creative Crafters - S</p> <p>9:30 Bowling - O</p> <p>10:00 Crafts - C</p> <p>11:30 Advanced Ballroom - S</p> <p>1:30 Beginning Bridge - S</p> <p>3:30 Intermediate Bridge - S</p> <p>6:00 Duplicate Bridge - S</p> <p>7:00 Square Dance Lessons - S</p>
<p style="font-size: 24pt; font-weight: bold;">19</p> <p>9:30 Fellowship w/Rev. Garrett - C</p> <p>10:15 Bingo - S</p> <p>12:30 Fun with "42"- S</p> <p>2:00 Advanced Line Dance - S</p>	<p style="font-size: 24pt; font-weight: bold;">20</p> <p>9:00 Writers' Workshop - S</p> <p>9:30 Creative Crafters - S</p> <p>9:30 Bowling - O</p> <p>10:00 Crafts - C</p> <p>11:30 Advanced Ballroom - S</p> <p>1:30 Beginning Bridge - S</p> <p>3:30 Intermediate Bridge - S</p> <p>6:00 Duplicate Bridge - S</p> <p>7:00 Square Dance Lessons - S</p>
<p style="font-size: 24pt; font-weight: bold;">26</p> <p>9:30 Fellowship w/Rev. Garrett - C</p> <p>10:15 Bingo - S</p> <p>12:30 Fun with "42"- S</p> <p>2:00 Advanced Line Dance - S</p>	<p style="font-size: 24pt; font-weight: bold;">27</p> <p>9:00 Writers' Workshop - S</p> <p>9:30 Creative Crafters - S</p> <p>9:30 Bowling - O</p> <p>10:00 Crafts - C</p> <p>11:30 Advanced Ballroom - S</p> <p>1:30 Beginning Bridge - S</p> <p>3:30 Intermediate Bridge - S</p> <p>6:00 Duplicate Bridge - S</p> <p>7:00 Square Dance Lessons - S</p>

Wednesday	Thursday	Friday
	<p style="text-align: right;"><b>1</b></p> 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 Table Games - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance - "Variety Pack"	<p style="text-align: right;"><b>2</b></p> 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 style="text-align: right;"><b>7</b></p> 9:45 Shopping - O 10:00 Hidden Problem Seminar - C 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	<p style="text-align: right;"><b>8</b></p> 9:30 Ceramics - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 12:30 Table Games - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S	<p style="text-align: right;"><b>9</b></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 7:00 Veterans' Tribute Gala - O
<p style="text-align: right;"><b>14</b></p> 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	<p style="text-align: right;"><b>15</b></p> 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 12:30 Table Games - S 1:00 AARP Driver Safety - S 1:00 Bingo Bash - C 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S	<p style="text-align: right;"><b>16</b></p> 9:00 BP & Glucose Check - S 10:15 Bingo - S 10:30 Elvis Memoriam - O 12:30 Progressive Line Dance - S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 8:00 Square Dance - S
<p style="text-align: right;"><b>21</b></p> 9:45 Shopping - O 12:30 Jewelry Making- S 1:30 Senior Hour - C 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	<p style="text-align: right;"><b>22</b></p> 9:30 Ceramics - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 10:00 Hawaiian Day - C 12:30 Party Bridge - S 12:30 Table Games - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S	<p style="text-align: right;"><b>23</b></p> 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 style="text-align: right;"><b>28</b></p> 9:00 Choctaw - O 9:45 Shopping - O 10:00 Poetry Reading - C 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	<p style="text-align: right;"><b>29</b></p> 9:30 Ceramics - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 12:30 Table Games - S 2:00 Social Hour - O 6:00 Duplicate Bridge - S 7:00 Dance- "High Caliber"- S	<p style="text-align: right;"><b>30</b></p> 9:30 Gardening Seminar - 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 5:30 Line Dance Workshop

## Watters Creek Shopping

**Wednesday, October 2**  
**9:30 a.m. - 3:00 p.m.**  
**\$5.00 transportation**

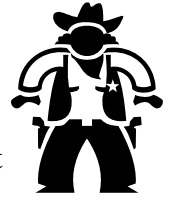
Get a jump start on your Christmas shopping. Shop in style at Watters Creek at Montgomery Farm, a shopping and dining oasis with over 60 retailers and an amazing collection of restaurants. You will be able to stop and dine at your leisure while enjoying the beautiful October weather.



## Pawnee Bill's Wild West Show

**Friday, December 27**  
**12:00 - 4:00 p.m.**  
**\$23/adult - \$19/child**

Pawnee Bill's Wild West Show: spectators get a glimpse of the past as the original Wild West show, first held in Fort Worth's Cowtown Coliseum in 1909, is re-enacted. Wholesome entertainment for the entire family full of animals, spectacular performers with ropes, bullwhips, pistols and even a singing cowboy!



## Halloween Ghost Tour Fort Worth Stockyards

**Thursday, October 31**  
**3:00 - 10:00 p.m.**

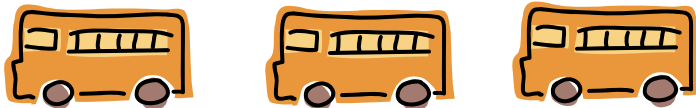
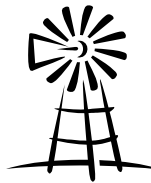
Are you ready for a unique experience? This Halloween chase ghosts with us in the Ft. Worth Stockyards. The Cowtown Winery is hosting a wine tasting and ghost tour. Wear sturdy shoes as the cobblestones in the historic Stockyards can make walking an adventure as well. Costumes are allowed.



## Grapevine Mills Mall Shopping

**Wednesday, November 20**  
**\$5.00 - 9:00 a.m. - 3:00 p.m.**  
**Just in time for Christmas!**

Shop til you drop. We'll visit the legendary Grapevine Mills mall, while getting inside out of the August heat, where we'll enjoy over 1.6 million sq. ft. of shopping, entertainment and restaurants. There are over 180 stores to choose from and restaurants include Rainforest Cafe and Chili's.



## Dickens on the Strand

**December 6-8, 2013**  
**9:00 a.m. departure**  
**\$390/double occupancy**  
**\$540/single**

Journey with us the first weekend in December as Galveston Island transforms into 19th century Victorian London for Dickens on the Strand, offering hundreds of costumed vendors and performers, parades, carolers, roving street musicians, bagpipers and holiday shopping. Cost includes transportation, two nights lodging at the Moody Gardens and most meals.

## Elvis Memoriam

**Friday, August 16**  
**10:30 a.m. - 4:00 p.m. - \$19.00**  
**Transportation and Admission**

Elvis Presley died on August 16, 1977. Join us on a trek to the Ft. Worth Museum of Science and History where The Smithsonian Institution presents Elvis at 21, a photo exhibit documenting Presley's meteoric rise in 1956 when he catapulted from anonymity to superstardom.

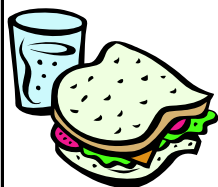


## Wise County Courthouse

**Friday, October 25**  
**8:00 a.m. - 4:00 p.m.**



Remodeled in 1960, but the exterior of the building still retains most of its original details. This charming old courthouse and the surrounding town square are a joy to see. Learn the many stories surrounding the history of these grand structures. Lunch at Sweetie Pies on the square in Decatur will be on your own.



**The Hidden Problem**  
**"Elder Abuse & Neglect"**  
**Wednesday, August 7**  
**10:00 a.m. - Noon**

Learn the signs of elder abuse and neglect, along with what you can do about it over lunch.

**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.

**Poetry Reading**

**Wednesday, August 28**  
**10:00 a.m.**

Read your favorite poem written by yourself or your favorite author for everyone to enjoy.



**Bingo Marathon**  
**Friday, August 16**  
**10:00 a.m.**

Let's play bingo games non-stop with a chance to win great prizes.

**\*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.



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



**Hawaiian Day**  
**Thursday, August 22**  
**10:00 a.m. - Noon**

Wear your Hawaiian outfit and enjoy a Carver style Luau.

Aloha, Aloha, Aloha



**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.**



**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.

**Meet with Helen**

**Molina Medicare - Third Thursdays.**

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

**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.

**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 Specialist**
- Lynn Robinson - Customer Service Specialist**

- David Buckmaster - Senior Transportation**
- 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.



**GARLAND**