

# SAMPLER

## Carrollton Senior Center Bulletin

1720 Keller Springs Road, (west of Josey Lane), Carrollton, TX 75006  
972.466.4850 phone \* 972.466.4854 fax \* cityofcarrollton.com/seniorcenter



**CARROLLTON**  
TEXAS

## March 2016

Monday, Wednesday, Friday 8 am to 5 pm \* Tuesday 8 am to 7:30 pm  
Thursday 8 am to 9:30 pm \* Saturday 9 am to 1 pm \* Sunday closed

### Seniors on Tour

#### Out to Lunch - Victor's

**Friday, March 11, 11 am. \$3/person Trip Fee**

Because this restaurant is not normally open for lunch, Victor's is preparing a special menu for us. Call and let me know if you'd like to meet us at this fine dining establishment. Lori can drive five people in the mini van if you need transportation.

#### Frisco Rough Riders

**Tuesday, April 19, 11:05 am game, \$20/person**

The Rough Riders are playing the Arkansas Travelers. Enjoy all-you-can-eat brats, hot dogs, peanuts, chips and Dr. Pepper products in the Riders Grab n' Go area until 12:30 pm. Sign up for tickets as soon as possible; only 19 available. Registration begins in March!

### Classes and Seminars

#### United Financial Services Dinner & Learn

**Tuesday, March 1, 6 pm**

Enjoy a delicious meal and learn about retirement planning strategies. Carl Steelman will give you the latest information about using fixed annuities to help generate income, and protect it from future market turndowns. Registration is required.

#### Chronic Disease Self-Management Program

**Thursdays March 3-April 7, 9:30 am-12 pm, Free**

Sponsored by the Dallas Area on Aging. Learn how to take charge of your ongoing health condition in this six-week program. Caregivers for anyone 60+ with a chronic health condition are also welcome. Discussion topics will cover:

- Dealing with pain, depression, arthritis, heart disease
- Using medication
- Nutrition/healthy eating
- Fitness/exercise
- Working with your health care provider
- Problem solving and making an action plan

Registration is required. Plan on attending at least four of the six sessions.

#### Carrollton Alert - Registration

**Monday, March 7, 10:30 am and 1:30 pm**

#### Josey Ranch Library Electronic Classroom

Attend one of these sessions to register for the new



emergency alert system offered by the City of Carrollton that will notify you electronically of any emergency situations. Bring

your library card and your personal devices (laptop, tablet, cell phone) and get help signing up for this life saving alert system.

#### Dignity Memorial Lunch & Learn

**Tuesday, March 8, 11:30 am**

Join the folks from Dignity Memorial for some great information about pre-planning your final wishes, as well as protecting your family from having to make all those decisions at a very difficult time. The advisors will show you some simple steps to make this process easy. This will be one of the greatest gifts you could ever give to your family. Sign up by March 4.

#### AARP Smart Driver Class

**Wednesday, March 9, 12:30-4:30 pm**

**\$15/AARP members, \$20/non-members**

This class does not remove traffic fines or violations but may reduce insurance premiums. Bring your AARP card, driver's license, and fees for the instructor. Registration is required.

#### Introduction to Social Security and Medicare

**Saturday, March 12, 10 am**

Thomas Vance will present on how to sign up for Social Security, different ways to elect distributions, survivor's benefits, and signing up for Medicare benefits.

#### Neuropathy Lunch & Learn

**Saturday, March 19, 11:30 am**

If you have pain, numbness, or tingling in your hands or feet, are diabetic, take statin drugs, or have taken chemo drugs, you won't want to miss this seminar. Dr. Rider's primary practice is centered on chronic health issues and specializes in finding nerve origins of chronic conditions. Please sign up by March 15.

#### Cumulative Voting System

**Tuesday, March 22, 11 am**

The voting system to elect School Board trustees in the Carrollton-Farmers Branch Independent School is changing. Learn about the new Cumulative Voting System and how it will impact the May 7 school board election.

#### Oil Painting - Half Dome in the Mist

**Thursday, March 24, 9 am-12 pm**

**\$15/resident, \$16.50/non-resident**

**\$20 supply fee payable to instructor**

You can create a beautiful oil painting in one lesson. Learn the basics of color mixing, brush strokes, and perspective in this fun class taught by Master Artist and award-winning instructor Robert Garden. All supplies are provided, but wear your old clothes and bring paper towels.

#### Joint Pain Lunch & Learn

**Saturday, March 26, 11:30 am**

Joint pain? Attending this Lunch and Learn is a must for you! Dr. Rider will explain common misconceptions about joint pain (no, it's not because you're getting older). He will also educate you on how to reduce inflammation, enhance tissue repair, and improve circulation naturally. Sign up by March 22.

#### Educate DFW

#### The Hidden Dangers of Retirement

**Tuesday, March 29, 10 am**

Chances are, when you began working, you had planned to be in retirement about 10 years. Today you can expect a retirement that's two to three times longer...at least. It's important to learn how to maximize your benefits and organize all of your assets to get optimal income. Registration is required.

### Construction News!

**Our renovation is nearing completion.  
Watch for grand re-opening  
details coming soon!**



### Activities

#### B12 Shots

**Tuesdays, March 1 and 29, 9:30-10 am ONLY**

\$20 cash or check payable to Flu Shots of America.

#### Sing-Along Group

**Friday, March 4 and 18, 11 am, Free**

Be part of a group of seniors who love to sing. No sign ups and the singing is free.

#### Tuesday Night Pot Luck and The Candy Bar Game

**Tuesday, March 8, 5 pm**

Enjoy some good home cooking and a new game called The Candy Bar Game. Pot Luck is an opportunity for you to prepare a dish to share with your friends, try something new to eat, have lots of fun, and win some candy bars! Have an evening out at the Senior Center.



#### Book Club

**Wednesday, March 9, 10 am, Free**

The selection for March is *All the Light We Cannot See* by Andrew Doerr. The book club is free and led by volunteers. Join them and enrich your reading experience with some lively discussion.

#### Hot Dog Wednesday

**Wednesday, March 9, 10:45 am-12 pm, \$2**

Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council members.

#### Reunion Hispana

**A las 15:00, Martes, 15**

Una cena para nuestros huéspedes que hablan español se celebra el tercer martes de cada mes. Traiga su comida favorita para compartir y participe en juegos. Se requiere una membresía del Senior Center para participar en este evento.

#### New Activity! Adult Coloring with Sandra Vance

**Wednesday, March 16, 1 pm**

Coloring may sound like a simple activity to ward off boredom, but it can actually improve your health. A research study found that adults 65 or older who engaged in creative activities had better overall health, made fewer visits to the doctor, used less medication, and had fewer health problems. No need to sign up - just show up and get your creative juices going.

### GETTING YOU STRONG BEFORE YOU GO HOME



When You're Ready To Recover,  
Choose... Accel at Willow Bend

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- Stroke Recovery Care
- Diabetes Symptom Management
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Call us today!  
**(214) 501-4672**

2620 Communications Pkwy  
Plano, TX 75093  
www.accelwb.com

\$ = fee applies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 10 am- Close Knit 10 am- H&F Canasta 11 am- Yoga/\$3 10:30 am- Balance/\$1 11:15 am- Learn to Knit/ Crochet Noon- Ping Pong 1 pm- Cribbage	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Clay/Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$2 Noon- Ping Pong 12:30 pm- Skip Bo 1 pm- Line Dance 1 pm- Fun Chair Volleyball 5:30 pm- Guitar Sessions	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 10:30 am- Bingo Noon- Ping Pong 12:30 pm- Pinochle 1 pm- Line Dance 2:30 pm- Drama Group	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$2 Noon- Ping Pong 12:30 pm- Skip Bo 1 pm- Bridge 2 pm- Bunka	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$3 Noon- Ping Pong 12:30 pm- Pinochle 1 pm- Volleyball Team Practice	
Please note, beginning in March, the Monday Yoga class will begin at 11 am instead of noon.		Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.			

## March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30 am- B12 Shots 11 am- Advisory Council Meeting 6 pm- UFS Dinner & Learn	<b>2</b>	<b>3</b> 9:30 am- Disease Mgmt Program 6 pm- Dance Lesson 7 pm- Dance  Final payment is due Washington, DC trip	<b>4</b> 11 am- Sing-along	<b>5</b> 4 pm to 10:30 pm- TexFest on the Downtown Square
	<b>7</b> 10:30 am- Carrollton Alert Registration 1:30 pm- Carrollton Alert Registration	<b>8</b> 11:30 am- Lunch & Learn Dignity Memorial 5 pm- Pot Luck & Candy Bar Game	<b>9</b> 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	<b>10</b> 9:30 am- Disease Mgmt Program 6 pm- Dance Lesson 7 pm- Dance	<b>11</b> 10 am- Blood Pressure Sugar Check 11 am- Out To Lunch
<b>14</b>	<b>15</b> 3 pm- Reunion Hispana	<b>16</b> 1 pm- Adult Coloring	<b>17</b> 9:30 am- Disease Mgmt Program 11 am- Luncheon 6 pm- Dance Lesson 7 pm- Dance 9 pm- Movie on the Square <i>The Leprechaun</i>	<b>18</b> 11 am- Sing-along	<b>19</b> 11:30 am- Lunch & Learn Neuropathy 6 pm to 8 pm- Concert on the Square
<b>21</b> 1 pm- Movie Monday <i>Bridge of Spies</i>	<b>22</b> 11 am- Cumulative Voting System	<b>23</b>	<b>24</b> 9 am- Oil Painting 9:30 am- Disease Mgmt Program 6 pm- Dance Lesson 7 pm- Dance	<b>25</b>	<b>26</b> 11:30 am- Lunch & Learn Joint Pain
<b>28</b>	<b>29</b> 9:30 am- B12 Shots 10 am- Educate DFW 12:30 pm- TX Hold 'Em 1 pm- Birthday Party and Bingo	<b>30</b>	<b>31</b> 9:30 am- Disease Mgmt Program 6 pm- Dance Lesson 7 pm- Dance	<b>AmeriLife Challenge</b> Monthly mental challenge is sponsored by AmeriLife. Place your answer, along with your name and phone number, in the large AmeriLife vase in the Senior Center. Correct answers will be drawn randomly on the last day of the month. Winners must have a valid Senior Center membership.	

**Monthly Luncheon - St Patrick's Day Luncheon**  
**Thursday, March 17**  
**11 am, \$4/person**  
**Crosby Recreation Center**  
**WEAR GREEN!** Our very own drama group, Senior Center Stage, will be entertaining us and you don't want to miss it! Be sure to thank Debra from St. Joseph's Village, our sponsor this month. The menu includes pot roast, potatoes, green beans, and green cake. Remember, if you don't wear green on St Patty's day, you get a pinch! Sign up by March 15.



**Movie Monday - Bridge of Spies**  
**March 21, 1 pm, Free**  
**Lonestar Room**  
 Popcorn will be provided by Dignity Memorial. During the cold war the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U2 spy plane. Sentenced to 10 years in prison, Power's only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative to negotiate his release.

**Texas Hold 'Em**  
**Tuesday, March 29, Free**  
**Seating 12:30 pm**  
**Games Begin 1 pm**  
 No sign ups necessary; the first 64 participants will be seated. March games will be held in the meeting room of the Josey Ranch Library.

**Birthday Party & Bingo**  
**Tuesday, March 29**  
**1 pm, Free**  
 Sponsored by Villagio. Enjoy cake, bingo, and socializing with your friends. You don't have to sign up; just show up and have fun!

**Drama Group - Senior Center Stage**  
**Every Wednesday**  
**2:30-4 pm**  
 This amazing group of seniors continues to entertain us with their hilarious performances at the monthly luncheons. You don't have to have a particular talent to join this group – just a good sense of humor and a desire to laugh.

**Spring into Action on Carrollton's 26 miles of trails.**  
 Download Carrollton's award-winning trails app for iPhone and Android at Google play or the App Store.  
 Be sure to sign up for the Carrollton Trails 5K/1-Mile Fun Run on May 7



**Thursday Night Dance**  
**Every Thursday, 7 pm, \$5/person**  
 During renovations the dances are being held at Crosby Recreation Center. Refreshments are served at the break. The dance lesson is East Coast Swing

- March 3 - Doc Gibbs, Variety
- March 10 - Southern Pride, Country
- March 17 - Music Makers, Ball Room
- March 24 - High Caliber, Country
- March 31 - City Lights, Country



**?** Dee Septor, the famous magician, claimed to be able to throw a ping-pong ball so that it would go a short distance, come to a complete stop, and then reverse itself. He also added that he would not bounce the ball off any object, or tie anything to it. How could he perform this trick?

**FREE monthly E-newsletter!**

Sign up at [metrocrestservices.org](http://metrocrestservices.org) or for free copy delivered by US mail, call 972-242-4464.

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**CARROLLTON**  
TEXAS

# April 2016

Monday, Wednesday, Friday 8 am to 5 pm \* Tuesday 8 am to 7:30 pm  
Thursday 8 am to 9:30 pm \* Saturday 9 am to 1 pm \* Sunday closed

### Construction News!

Our renovation is nearing completion!  
Watch for grand re-opening details coming soon.



### Special Event

**Joy Davis, The Impossible Dream**  
Thursday, April 7, \$3/person  
11:30 am Presentation  
12:15 pm Lunch and Cheesecake Bar sponsored by  
Debra Klinger and St Joseph's Village

In 1605, Don Miguel Cervantes, the Court Poet of Spain, wrote a book called *Don Quixote de la Mancha*. Don Quixote became the most beloved fictional character in all of Spain. In 1960, noted producer Dale Wasserman became intrigued with the age-old tale, and traveled to Spain to study the story. He found that Don Quixote had made profound personal impressions on minds and hearts. Beneath the surface it is a story of forgiveness and faith. Dale Wasserman wrote *Man of La Mancha* and it is still playing to audiences around the world. The review will begin with the author Cervantes and his intent to create the character of Don Quixote. It will also include several dramatic scenes from the play along with the poetry of "The Impossible Dream." Register before April 4.



### United Financial Services

Thursday, April 28

Workshop 10:30 am, Lunch to follow

Join retirement specialist Carl Steelman to learn the latest proven strategies, how to preserve your capital, and how to get more income with less risk. Topics we will cover:

- How you can enjoy a guaranteed retirement income you and your spouse cannot outlive.
- Catastrophic illness can change your retirement plans. Learn how to plan for this.
- Social Security changes that can affect your retirement.
- Wills, trusts, POD, TOD: What you need to know.

Sign up before April 25.

### Activities

#### Sing-along Group

Friday, April 1 and 15, 11 am, Free

Be part of a group of seniors who love to sing. No sign ups and the singing is free.

#### Tuesday Night Pot Luck and Family Feud

Tuesday, April 12, 5 pm

Enjoy some good home cooking and a fun game of Family Feud. Pot Luck is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have some fun. Have an evening out at the Senior Center.

#### Book Club

Wednesday, April 13, 10 am, FREE

The selection for April is *A Snapshot* by Lisa Wiehl. The book club is free and led by volunteers. Please join them and enrich your reading experience with some lively discussion.

#### Hot Dog Wednesday

Wednesday, April 13, 10:45 am-12 pm, \$2

Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council members.

### Movie Monday - *Burnt*

April 18, 1 pm, Free

Location to be determined

Adam Jones (Bradley Cooper) was once a top chef in Paris until drugs and alcohol led to a meltdown that put his career on hold. After moving from New Orleans to London, Adam gets a shot at redemption when his former maître d' (Daniel Bruhl) reluctantly hires him as the head chef at his fine dining restaurant. Popcorn and Candy provided by our sponsor, The Corinthians Retirement Community.

### Reunion Hispana

A las 15:00, Abril, 19

Una cena para nuestros huéspedes que hablan español se celebra el tercer martes de cada mes. Traiga su comida favorita para compartir y participe en juegos. Se requiere una membresía del Senior Center para participar en este evento.

### New Activity!

Adult Coloring with Sandra Vance

Wednesday, April 20, 1 pm

Coloring may sound like a simple activity to ward off boredom, but it can actually improve your health. A research study found that adults 65 or older who engaged in creative activities had better overall health, made fewer visits to the doctor, used less medication, and had fewer health problems. No need to sign up - just show up and get your creative juices going.

### Seniors on Tour

**Out to Lunch - Ms. Mary's Southern Kitchen**  
Friday, April 8, 11 am, \$3/person Trip Fee  
1500 W. Hebron Pkwy, #102

We will meet at the restaurant at 11 am. Ms Mary's is described as Southern Comfort and Southern atmosphere combined in one big skillet. Call and let me know if you'd like to meet us at the restaurant. Lori can drive five people in the mini van if you need transportation.

### Classes and Seminars

**Garden Party Hat Decorating Class**

Friday, April 1, 11 am, \$2/person

Bring a hat and any flowers you may have at home to decorate a beautiful chapeau to wear to the luncheon this month. We don't have spare hats, but we have some blooms we can share. Registration is required.

### Osteoporosis

Monday, April 11, 2 pm

According to the National Institute of Health, millions of people either already have osteoporosis or are at high risk due to low bone mass. Osteoporosis is common in older women, but can occur in both men and women. Learn about the risk factors, diagnosis, and treatment of osteoporosis. Registration is required.

### AARP Smart Driver Class

Wednesday, April 13, 12:30-4:30 pm

\$15/AARP members, \$20/non-members

This class does not remove traffic fines or violations, but may reduce insurance premiums. Bring your AARP card, driver's license, and fees for the instructor. Registration is required.

### Oil Painting - Cowboy Hat in Bluebonnet Field

Thursday, April 14, 9 am-12 pm

\$15/resident, \$16.50/ non-resident

\$20 supply fee payable to instructor

You can create a beautiful oil painting in one lesson. Learn the basics of color mixing, brush strokes, and perspective in this fun class taught by Master Artist and award-winning instructor Robert Garden. All supplies are provided, but wear your old clothes and bring paper towels.

### B12 shots

Tuesday, April 26, 9:30-10 am ONLY

\$20 cash or check payable to Flu Shots of America.

### Educate DFW - Long Term Care

Tuesday, April 26, 10 am

Most Americans will need some type of long term care service in their later years, and women need care longer than men. Knowledge is power! Join us for a class full of information so you can make the best choice for you. Registration is required.

### Monthly Luncheon - Garden Party

Thursday, April 21, 11 am

Crosby Recreation Center, \$4/person

Wear a hat decorated with flowers, put some flowers in your hair, or just wear your most flowery blouse. Enjoy the garden party as nominations for Advisory Council are accepted from the floor. Remember that the elections will be held Wednesday, May 11, on Hot Dog Day. On the menu is King Ranch chicken, mixed vegetables, salad, and banana pudding. Please sign up by April 19. This month's sponsor is United Financial Services.



### Texas Hold 'Em

Tuesday, April 26, Free

Seating at 12:30 pm and Games begin at 1 pm

No sign ups necessary. The first 64 participants will be seated. During renovations, please be sure to check for the location of this game. March games will be held in the Environmental Room of the Josey Ranch Library.

### United Financial Services

2221 Cross Bend Rd  
Plano, Texas  
1-800-774-4297 or  
972-649-8234



Make plans today for a financially secure tomorrow.

\$ = fee applies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 10 am- Close Knit 10 am- H&F Canasta 10:30 am- Balance/\$1 11 am- Yoga/\$3 11:15 am- Learn to Knit/ Crochet Noon- Ping Pong 1 pm- Cribbage	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Clay/Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$2 Noon- Ping Pong 12:30 pm- Skip Bo 1 pm- Line Dance 1 pm- Fun Chair Volleyball 5:30 pm- Guitar Sessions	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 10:30 am- Bingo Noon- Ping Pong 12:30 pm- Pinochle 1 pm- Line Dance 2:30 pm- Drama Group	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$2 Noon- Ping Pong 12:30 pm- Skip Bo 1 pm- Bridge 2 pm- Bunka	8 am- Walking 9 am- Dominoes 9 am- Aerobics/\$2 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$3 Noon- Ping Pong 12:30 pm- Pinochle 1 pm- Volleyball Team Practice	

Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.

## April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>Carrollton Trails 5K/1-Mile Fun Run, Saturday, May 7</b>                      7-7:45am - Pre-race registration &amp; warm-up: sponsored by LiveWire Fitness                      8am - 5K                      8:30am - 1-mile Fun Walk                      9 am - Awards Ceremony                      For full details, please visit <a href="http://www.cityofcarrollton.com/trails5k">www.cityofcarrollton.com/trails5k</a>.</p>			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Registrations begins March 7.</b> </div>		<p style="text-align: center;"><b>1</b></p> 11 am- Sing-along 11 am- Hat Decorating Class 9 pm- Movie on the Square <i>April Fool's Day</i>	<p style="text-align: center;"><b>2</b></p>
<p style="text-align: center;"><b>4</b></p>	<p style="text-align: center;"><b>5</b></p> 11 am- Advisory Council Meeting	<p style="text-align: center;"><b>6</b></p>	<p style="text-align: center;"><b>7</b></p> 9:30 am- Disease Mgmt Program 11:30 am- Joy Davis Presents 6 pm- Dance Lesson 7 pm- Dance	<p style="text-align: center;"><b>8</b></p> 10 am- Blood Pressure & Sugar Check 11 am- Out To Lunch	<p style="text-align: center;"><b>9</b></p> 10 am to 10 pm- Jazz on the Square	
<p style="text-align: center;"><b>11</b></p> 2 pm- Osteoporosis Seminar	<p style="text-align: center;"><b>12</b></p> 5 pm- Pot Luck & Family Feud	<p style="text-align: center;"><b>13</b></p> 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	<p style="text-align: center;"><b>14</b></p> 9 am- Oil Painting 6 pm- Dance Lesson 7 pm- Dance	<p style="text-align: center;"><b>15</b></p> 11 am- Sing-along	<p style="text-align: center;"><b>16</b></p> 8:30 pm- Movie on the Square <i>Pitch Perfect</i>	
<p style="text-align: center;"><b>18</b></p> 1 pm- Movie Monday <i>Burnt</i>	<p style="text-align: center;"><b>19</b></p> 3 pm- Reunion Hispana 11:05 am- Rough Riders	<p style="text-align: center;"><b>20</b></p> 1 pm- Adult Coloring	<p style="text-align: center;"><b>21</b></p> 11 am- Luncheon 6 pm- Dance Lesson 7 pm- Dance	<p style="text-align: center;"><b>22</b></p>	<p style="text-align: center;"><b>23</b></p>	
<p style="text-align: center;"><b>25</b></p>	<p style="text-align: center;"><b>26</b></p> 9:30 am- B12 Shots 10 am- Educate DFW 12:30 am- Texas Hold'Em 1 pm- Birthday Party & Bingo	<p style="text-align: center;"><b>27</b></p>	<p style="text-align: center;"><b>28</b></p> 10:30 am- UFS Seminar 6 pm- Dance Lesson 7 pm- Dance	<p style="text-align: center;"><b>29</b></p>	<p style="text-align: center;"><b>30</b></p> 5 pm to 7 pm- Battle of the Bands on the Square	

### Birthday Party & Bingo Tuesday, April 26

1 pm, Free  
 Sponsored by Sonoma House, enjoy cake, bingo, and socializing with your friends. You don't have to sign up; just show up and have fun!

### Drama Group - Senior Center Stage Every Wednesday 2:30-4 pm

This amazing group of seniors continues to entertain us with their hilarious performances at the monthly luncheons. You don't have to have a particular talent to join this group – just a good sense of humor and a desire to laugh.

### sac Senior Advisory Council

The City of Carrollton Fire Rescue recently incorporated a new mass warning system, Carrollton Alert, powered by Everbridge, Inc. It allows residents to receive severe weather and emergency notifications via landline phones or mobile devices. You can sign up at [carrolltonalert.com](http://carrolltonalert.com). If you don't have a home computer, there will be two sessions you can sign up at the library computer center March 7, 10:30 am and 1:30 pm.

Thank you for your generosity in providing Sweats for Vets this year. They were greatly appreciated.

We're looking for members who would like to serve on the Advisory Council. The election will be held May 11. Nominations will be announced at the April luncheon. Try it out by helping serve at the luncheon. If you have any questions about what serving on the Council entails, please attend an Advisory Council meeting held on the first Tuesday of each month, or ask a current member of the Advisory Council.

*Carrollton Senior Center membership is required for most classes and seminars.*

#### Thursday Night Dance

Every Thursday, 7 pm, \$5/person  
 Remember, during renovations the dances are being at Crosby Recreation Center. Refreshments served at the break. The dance lesson is the Three Step.



- April 7 - Doc Gibbs, Variety
- April 14 - Southern Pride, Country
- April 21 - City Lights, Country
- April 28 - High Caliber, Country

#### AmeriLife Challenge

Monthly mental challenge is sponsored by AmeriLife. Place your answer, along with your name and phone number, in the large AmeriLife vase in the Senior Center. Correct answers will be drawn randomly on the last day of the month. Winners must have a valid Senior Center membership.



? Name four days of the week that start with the letter "T".

#### Recent Senior Center Stage performance



**FREE monthly E-newsletter!**

Sign up at [metrocrestservices.org](http://metrocrestservices.org) or for free copy delivered by US mail, call 972-242-4464.