

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

May 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

Special Event

Mother's Day at the Senior Center

Monday, May 9, 11:30 am, Free

Moms, please sign up for this special event to honor you. Our volunteers (moms and dads themselves) are preparing a delicious meal of Italian chicken and pasta, salad, garlic bread, and homemade desserts for your indulgence. Entertainment will be provided by the Tuesday night guitar group for a little foot tapping and singing. The event is free, but reservation is required before Thursday, May 5. This event is sponsored by Dr. Rider and Rider Chiropractic.



Classes and Seminars

Managing Parkinson's Disease

Wednesday, May 4, 2 pm, Free

Parkinson's is a progressive disorder of the nervous system that affects movement. If you would like to learn more about management of the disease then please attend this informative seminar presented by Walgreens.

Arthritis Advice

Thursday, May 5, 11 am, Free

This Arthritis presentation, presented by Dr. LaTrica Hicks, Department of Geriatrics at Parkland Health and Hospital Systems, will cover the symptoms, forms, and techniques used to help treat Arthritis symptoms. Sign up so Dr. Hicks will know how many handouts to provide.

AARP Smart Driver Class

Wednesday, May 11, 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 pay the instructor. Register by calling 972-466-4850 or sign up at the front desk.

Oil Painting - Lavender Fields of Provence

Thursday, May 19, 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.

Savvy Saving Seniors, Lunch & Learn

Wednesday, May 25, 12 pm, Free

This seminar is designed to provide older adults with basic money management concepts for a fixed budget, the benefits of banking, and an overview of public benefits and how to access them and retain them. This training will empower older adults to take advantage of available resources and begin safeguarding their money by taking steps to ensure their economic safety. Sign up by May 23 to reserve your place.

Educate DFW - Life Insurance 101

Tuesday, May 31, 10 am, Free

There are many types of life insurance and many ways to use it as a tool in your retirement. Learn about the different types and how useful and flexible life insurance can be, especially when it comes to taxes.

Activities

Sing-along Group

Friday, May 6 & 20, 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 & Mexican Train

Tuesday, May 10, 5 pm

Enjoy some good home cooking and a fun game of Mexican Train. This is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have some good fun. Enjoy an evening out at the Senior Center!

Book Club

Wednesday, May 11, 10 am, Free

The selection for May is *Ordinary Grace* by William Kent Krueger. The book club is free and led by volunteers. Please join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday-Advisory Council Election

Wednesday, May 11, 10:45 am-12 pm, \$2

Get a jumbo hot dog and all the fixin's prepared and served by your Advisory Council members. Advisory Council election will take place during the lunch.

Movie Monday - Brooklyn

May 16, 1 pm, Lonestar Room Senior Center, Free
Eilis Lacey is a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. A fresh new romance sweeps Eilis into the intoxicating charm of love. But soon her new vivacity is disrupted by her past and Eilis must choose between the two countries and the lives that exist within. Popcorn will be provided by the Corinthians Retirement Community.

Reunion Hispania

Martes, 17, A las 15:00

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, May 18, 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 join us and start your creative juices going.

Seniors on Tour

Out To Lunch

Café Brazil, 2510 N Josey Ln

Friday, May 13, 11 am, \$3/person travel fee

We're staying close to home. Remember, if you need transportation, Lori can drive five people in the minivan. Please let the front desk know if you are going, whether you are driving yourself or riding in the van, so we can make reservations for everyone.

Panama Canal with Holland America

Tuesday, March 28 - Sunday, April 9, 2017

Suite is \$4,430, Balcony \$3,895, and Ocean View \$3,545

Inside cabins are also available. Insurance is additional, the Suite and Balcony rooms are \$309, and Ocean View is \$229. Your passport is required for this journey. This 11 day cruise will depart from Ft. Lauderdale, Florida, and will include ports of call at Half Moon Cay, Bahamas, Oranjestad, Aruba, Willemstad, Curacao, Cartagena, Columbia, transit the Panama Canal, Colon, Panama, and Puerto Limon, Costa Rica. Included in the cost is transportation to all airports, a one night stay at the best Western Ft. Lauderdale Airport and transfer to the ship. The trip includes prepaid gratuities, taxes, port charges, and fees. We have also included sightseeing trips in Aruba where you will visit an aloe vera factory, the Casibari Rock Formation, Natural Bridge, Alto Vista Chapel, and the California Light House. A guided tour in Cartagena, Columbia, will include a visit to La Popa Monastery, Fort San Felipe de Barajas, then to the dungeons and a high quality handicraft market. Continue to the magical walled city of Cartagena with its impressive Spanish colonial architecture and a guided walk through the city's squares, public spaces, and San Pedro Claver cloister and monastery. We then board the coach and continue to Bocagrande for shopping in the world renowned Pierino Gallo, known for famous Columbian Emeralds. Limon, Costa Rica is our next included side trip to visit the Tortugero Canals where a motor boat will take you on a safari through the mangroves looking for wildlife. Animals are usually easy to spot and you may see many birds, sloths, monkeys, lizards, and even a caiman. On the way back, you will visit a banana plantation and the packing station.

Panama Canal Trip Information and Presentation

Wednesday, May 25, 2 pm, Free

Lonestar Room at the Senior Center

Construction News!

Renovation is nearing completion. Grand re-opening details coming soon!



Karen and Kelley

972-885-0205

agent@karenandkelley.com



United
Real Estate

"Helping seniors in our community
make informed decisions
about real estate."



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RETIREMENT LIFESTYLE



BRIARVIEW

OPENS 2016

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BriarviewLife.com

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

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Carrollton Senior Center membership is required for most classes and seminars.</p>	<p>3</p> <p>11 am- Advisory Council Meeting</p>	<p>4</p> <p>2 pm- Managing Parkinson's 6 pm- Movie on the Square - May the 4th Be With You, FREE</p>	<p>5</p> <p>11 am- Arthritis Advice 6:05 pm- Dance Lesson 7 pm- Dance</p>	<p>6</p> <p>11 am- Sing-along</p>	<p>7</p> <p>7 am- Carrollton Trails 5K/1-mile Fun Run 6 pm- Concert on the Square, FREE</p>
<p>9</p> <p>11:30 am- Mother's Day Luncheon</p> <p>Mother's Day Concert Sunday, May 8, 6 pm A W Perry Museum 1509 N Perry Rd</p>	<p>10</p> <p>5 pm- Pot Luck & Mexican Train</p>	<p>11</p> <p>10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving</p> <p>Washington DC Trip May 11-19</p>	<p>12</p> <p>6:05 pm- Dance Lesson 7 pm- Dance</p> <p>Washington DC Trip May 11-19</p>	<p>13</p> <p>10 am- Blood Pressure Sugar Check 11 am- Out To Lunch</p> <p>Washington DC Trip May 11-19</p>	<p>14</p> <p>11 am to 4 pm- Paws On The Square</p> <p>Washington DC Trip May 11-19</p>
<p>16</p> <p>1 pm- Movie Monday Brooklyn</p> <p>Washington DC Trip May 11-19</p>	<p>17</p> <p>3 pm- Reunion Hispana</p> <p>Washington DC Trip May 11-19</p>	<p>18</p> <p>1 pm- Adult Coloring</p> <p>Washington DC Trip May 11-19</p>	<p>19</p> <p>9 am- Oil Painting 11 am- Luncheon 6:05 pm- Dance Lesson 7 pm- Dance</p> <p>Washington DC Trip May 11-19</p>	<p>20</p> <p>11 am- Sing-along</p>	<p>21</p>
<p>23</p>	<p>24</p> <p>9:30 am- B12 Shots</p>	<p>25</p> <p>12 pm- Savvy Seniors 2 pm- Panama Trip Presentation</p>	<p>26</p> <p>6:05 pm- Dance Lesson 7 pm- Dance</p>	<p>27</p>	<p>28</p> <p>9 am to noon- Youth Fishing Josey Ranch Park Pond</p>

Monthly Luncheon
Thursday, May 19, 11 am
Location to be announced
\$4/person
 The menu includes sour cream chicken enchiladas, rice, beans, and sopapilla cheesecake. We will also play the Pinto Bean Game and practicing the Macarena together as a group - who knows, we may even try the Mexican Hat Dance! Prizes will be awarded. This entertaining luncheon is sponsored by Briarview and you must sign up by Tuesday May 16 to participate.

B12 Shots
Tuesday, May 24
9:30-10 am ONLY
 \$20 cash or check payable to Flu Shots of America.

Texas Hold 'Em
Tuesday, May 31, Free
 Seating at 12:30 pm and games begin at 1 pm
 No sign ups necessary - the first 64 participants will be seated. Please be sure to check for the location of this game during the Senior Center renovations.

Birthday Party & Bingo
Tuesday, May 31, 1 pm
Free
 Sponsored by Villagio. Enjoy cake, bingo and socializing with your friends. You don't have to sign up; just come and have fun with your friends.

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

Please note!
 The competitive chair volleyball group is looking for players interested in going to tournaments and practicing a few times a week.



Paws On The Square
Saturday, May 14
11 am - 4 pm, Free
Downtown Carrollton
1106 S Broadway St
 Paws on the Square brings people, pets, animal welfare organizations, and pet-friendly companies together to make Carrollton a better place for our pets! This event will feature adoption booths where you can find adorable pups looking for new homes, vendor booths with the coolest products, and educational activities featuring the latest and greatest techniques for you and your pet. All dogs must have ID tags, be on leashes at all times, have a current rabies vaccination, and be accompanied by someone 18 years or older.



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



May Riddle: My life can be measured in hours. I serve by being devoured. Thin, I am quick. Fat, I am slow. Wind is my foe. What am I?



Thursday Night Dance
Every Thursday, 7 pm, \$5/person
 During renovations, the dances are being held at Crosby Recreation Center. Dance lesson is West Coast Swing. Refreshments are served during the break. Always check the location.

- May 5 - Doc Gibbs, Variety
- May 12 - Southern Pride, Country
- May 19 - Music Makers, Ball Room
- May 26 - High Caliber, Country

FREE monthly E-newsletter!

Sign up at metrocrestservices.org or for free copy delivered by US mail, call 972-242-4464.

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June 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

Special Event

Father's Day Lunch

Monday, June 20, 11:30 am, Free

All dads please register for your special luncheon to celebrate fatherhood. We want to serve you lunch and Briarview is bringing special gifts for door prize drawings.



Seniors on Tour

Out to Lunch

Friday, June 10, 11 am

Agave Azul - located in downtown Carrollton
Travel fee \$3/person

Meet us at this fun, local, Tex-Mex restaurant for lunch with your friends. Please let the front desk know you're going so we can include you in the reservation. We can transport up to five in the minivan for a trip fee.

Classes and Seminars

Managing Diabetes

Wednesday, June 1, 2 pm, Free

Diabetes can be a life changing health concern. Join us if you would like to learn more about managing this disease. Presented by Walgreens.

AARP Smart Driver Class

Wednesday, June 8, 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 pay the instructor. Please register by calling 972-466-4850 or sign up at the front desk

Dignity Memorial Breakfast & Learn

Tuesday, June 14, 9 am, Free

Sign up for this seminar and receive important information on important planning tips for seniors. Why is a will important in Texas? Are living trusts a good idea? How do Powers of Attorney protect you? Are there advantages to pre-arranging? Are there advantages for veterans? Registration is required by calling 972-466-4850.

Oil Painting - Coast of Carmel

Friday, June 17, 1-4 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. **Please note the new summer schedule.**

Educate DFW

Common Mistakes to AVOID with Social Security

Tuesday, June 28, 10 am, Free

How continuing to work will impact your benefits.

- Required minimum distributions-the ticking time bomb.
- Social security and the tax torpedo.
- When can you switch between benefits?
- Understanding all your different types of benefits.

This is a once in a lifetime decision. Make sure you know all of your options! Sign up at the front desk or call 972-466-4850 to register.

United Financial Services, Dinner & Learn

Tuesday, June 28, 6 pm, Free

Learn the latest retirement strategies. Sign up by Thursday, June 24, at the front desk or call 972-769-8234.

- Do you know how long your money will last if you continue doing what you are doing today?
- How can you enjoy a guaranteed retirement stream that you and your spouse cannot outlive through the use of a fixed annuity?
- Different sources of income have different tax consequences. Learn tax-smart strategies for drawing retirement income and which sources to consider tapping first.
- Why your current retirement strategy needs to be analyzed to insure your retirement assets are safe.
- Potential threats to your retirement lifestyle; do you know how much lifetime health care costs?

Activities

Sing-along Group

Friday, June 3 & 17, 11 am, Free

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

Book Club

Wednesday, June 8, 10 am, Free

The selection for June is *The Paris Life* by Paula McLain. 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, June 8, 10:45 am-12 pm, \$2

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

Tuesday Night Pot & Brain Games

Tuesday, June 14, 5 pm

Enjoy some good home cooking and some brain games to have fun and develop new brain cells (we could all use more of those). 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. Enjoy an evening out at the Senior Center.

New Activity! Adult Coloring with Sandra Vance

Wednesday, June 15, 1 pm, Free

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 come and start your creative juices going.

Activities B12 shots

Tuesday, June 21 9:30-10 am ONLY

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

Movie Monday - *The Lady in the Van*

June 20, 1 pm, Free, Senior Center

Popcorn will be provided by the Corinthians Retirement Community. Miss Shepherd, a woman of uncertain origins, "temporarily" parks her van in a man's London driveway. Over the course of fifteen years, what began as a begrudged favor turns into a relationship that will change both of their lives. Based on a true story.

Hamburger Cookout

Thursday, June 16, 11:00AM, \$4/person

Fresh hamburgers will be cooked outside here at the Center by Steve, Carl, and Rena Steelman, the owners of United Financial Services. We will also be serving watermelon and all the fixins that go along with hamburgers. Sign up before Friday, June 10, at the front desk, or call 972-466-4850 to register.

Reunion Hispania

Martes, 21, A las 15:00

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.

Texas Hold 'Em

Tuesday, June 28

Seating at 12:30 pm

Bames begin at 1 pm, Free

No sign ups necessary – the first 64 participants will be seated. During renovations, please be sure to check for the location of this game.

Birthday Party & Bingo

Tuesday, June 28, 1 pm, Free

Sponsored by Sonoma House. Enjoy cake, bingo and socializing with your friends. You don't have to sign up; just come and have fun with your friends.

Drama Group Senior Center Stage

Every Wednesday afternoon, 2:30-4 pm, Free

This amazing group continues to entertain us with their hilarious performances at the Senior Center luncheons. You can join this group - no particular talent required to join this group - just a good sense of humor and a desire to laugh.



Younger Next Year Book Discussion

Wednesdays in June and July, 10:30am, Free + book

Join Ashley the Intern on Wednesdays starting June 8 at the Senior Center as she leads you through an amazing book, *Younger Next Year for Women*, written by Chris Crowley and Henry Lodge, M.D. Women and men need to act NOW to live radically better, happier, healthier lives. You can choose your state of health. Your health can be seen as a gift or as a curse, a burden or a privilege, but you can put it down and you can't get away from it. This book will help you learn to take control. *Younger Next Year* can be purchased on Amazon.com, Barnes and Noble, or downloaded to your Kindle or iPad for \$7 (or less). Please join Ashley the Intern for lively discussions. It's YOUR LIFE – live it the best you can!

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.

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 1 pm- Cribbage	8 am- Walking 8:45 am- Body Blast/\$2 9 am- Clay/Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$2 Noon- 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 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 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 12:30 pm- Pinochle 1 pm- Volleyball Team Practice	
<p>Ping Pong times may be adjusted due to the move.</p>		<p>Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.</p>			

June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 4 Community Fireworks Display Monday, July 4 9:30 pm, Free Start making plans now to watch the 15-minute fireworks show over Josey Ranch Lake. Watch for more information.		1 10:30 am- Younger Next Year Book Discussion 2 pm- Managing Diabetes	2 6:05 pm- Dance Lesson 7 pm- Dance	3 11 am- Sing-along	4
6	7 11 am- Advisory Council Meeting	8 10 am- Book Club 10:30 am- Younger Next Year Book Discussion 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	9 6:05 pm- Dance Lesson 7 pm- Dance	10 10 am- Blood Pressure & Sugar Check 11 am- Out To Lunch	11
13	14 9 am- Dignity Memorial Bkfst & Learn 5 pm- Pot Luck & Brain Game	15 10:30 am- Younger Next Year Book Discussion 1 pm- Adult Coloring	16 11 am- Luncheon 6:05 pm- Dance Lesson 7 pm- Dance	17 11 am- Sing-along 1 to 4 pm- Oil Painting	18 4 to 10 pm- Lava Luau Downtown
20 11:30 am- Father's Day Lunch 1 pm- Movie Monday <i>The Lady in The Van</i>	21 9:30 am- B12 Shots 3 pm- Reunion Hispana	22 10:30 am- Younger Next Year Book Discussion	23 6:05 pm- Dance Lesson 7 pm- Dance	24	25
27	28 10 am- Educate DFW 12:30 am- Texas Hold'Em 1 pm- Birthday Party & Bingo 6 pm- UFS Seminar & Dinner	29 10:30 am- Younger Next Year Book Discussion	30 6:05 pm- Dance Lesson 7 pm- Dance	Thursday Night Dance Every Thursday, 7 pm, \$5/person Dance lesson 6:05 pm - Progressive Double Two Step Remember, during renovations, dances are held at Crosby Recreation Center. Always check the location. Refreshments are served at the break.	

The Lava Luau
Saturday, June 18
4-10 pm, Free
Downtown Carrollton
 Celebrate the first weekend of summer with a tiki-fest! This family-fun event centered on the Downtown Square will host a summertime kick-off party complet with live music, vendors, contests, and photo opportunities - all tied to a fun "summer tiki" theme, Hosted by Aloha Amigo Productions.



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 and will receive a \$10 gift card. Winners must have a valid Senior Center membership.

? **June Riddle:** What has a head, a tail, is brown and has no legs?



- June 2 - Doc Gibbs, Variety
- June 9 - Southern Pride, Country
- June 16 - Music Makers, Ball Room
- June 23 - High Caliber, Country
- June 30 - Jim Baker's Swinging Country, Country

SAC Corner
Senior Advisory Council
 By the time you read this, we should be back to normal at the Center. It will be wonderful to be "home" again.

Everyone who lives in Carrollton is encouraged to sign up for Carrollton Alert so you can be warned about inclement weather or other emergency situations.

Please vote for the new council members on Hot Dog Day, May 11, 9 am to 2 pm. Retiring will be Jeff Johnson, Gerry Lalima, Peter O'Rourke, and Carrie Solley. Please let them know how much you appreciate their tireless work for the betterment of the Center.

The stop light is a work in progress and we are looking forward to its completion.



July 4th Celebration
Friday, July 1

In-N-Out Burgers - Free!
 11 am-1 pm
 New Horizons Band - Noon
 Be ready for our Annual 4th of July Celebration at the Center. The New Horizons Band will be playing patriotic music beginning at noon and In-N-Out Burgers will be in the parking lot serving free hamburgers from 11 am to 1 pm. Don't miss it!



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