

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

July 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 Events

4th of July Concert, Friday, July 1, Noon, Free
In-N-Out Burger, 11 am-1 pm

Our favorite band, The Dallas New Horizons, will be here playing your favorite patriotic tunes. In-N-Out Burger will be in the parking lot with their food truck serving their famous burgers for free. Seniors, families, and friends are welcome to join us.

Pool Tournament

Tuesday, July 19, 2:30 pm, Free

Sign up for the tournament so brackets can be set. There is no charge. Prizes will be awarded and we'll feed you beans and corn bread. Prizes provided by Dr. Michael Rider and Rider Chiropractic.

Seniors on Tour

Out to Lunch - Amici Signature Italian
1022 S. Broadway St.

Friday, July 8, 11 am, \$3/person travel fee

The restaurant is located in Old Downtown Carrollton. Remember, if you need transportation, up to five spots are available in the minivan. Please let the front desk know if you are going, whether you are driving yourself or riding in the van, and we will make reservations for everyone.

Branson Holiday Show Extravaganza

Monday, November 28-Friday, December 2, 2016

\$545/person double occupancy

This trip includes four nights lodging, four breakfasts, four dinners, and admission to seven fabulous Branson shows including: Puttin' on the Ritz, Brett Family Show, Dublin's Irish Tenors with the Celtic Ladies, Million Dollar Quartet Show, 70s Musical Celebration, The Hughes Brothers Christmas Show, and The Showboat Branson Belle. \$75 down payment is due before August 5 and final payment is due September 21.

France Magnifique, presented by the Carrollton Senior Center and Collette

July 27-August 7, 2017

\$4,749/person double occupancy

Travel protection is additional \$280/person and must be included in the initial deposit

This trip includes ten breakfasts, five dinners, transportation from the Center to the airport, TGV train, and hotel accommodations. We will begin in Paris with a cruise on the Seine, followed by dinner at a Parisian brasserie. We will visit the Arc de Triomphe, Notre Dame, Champs-Elysees, and more. On day four, we set off for the coast of Normandy and a visit to the Memorial Peace Museum, built to commemorate those who died in the battle of Normandy. We'll visit the Omaha Beach Cemetery and interpretive center as well as visit other landing beaches. We'll explore beautiful abbeys and stand before the grand Bayeux Tapestry. The World Heritage site of Le Mont St. Michel is a world famous pilgrimage site where we will stroll through the old city. We'll enjoy the Loire Valley and the village of Chinon, along with a local winery and the renovated abbey of Fontevraud. We will finish with a trip on the TGV train to Avignon to enjoy a walking tour and the Palais des Papes. Our tour will end with a trip to an open air market, Lavender Museum, and farewell dinner with cocktail reception at a local restaurant.

France Trip Presentation

Tuesday, July 26, 2016, 2 pm, with Chris Keith and Lori.

Classes and Seminars

Ceramics

Tuesdays, July 5, 12, 19, & 26, 9-11:30 am

\$30 punch card for 4 classes

Ceramic students are supplied with clay to create their own pieces, or are welcome to bring precast pieces to decorate and glaze. Instructions are given on how to clean, decorate, and glaze items. Glazes, under glazes, tools, and firing are included in the monthly fee.

Walgreens Seminar

Wednesday, July 6, 2 pm, Free

Alzheimer's and dementia are common problems. Attend this seminar to learn more about management of these conditions. Registration is required.

Weight Room Orientation

Monday July 11 pm, 2:30-4 pm

\$6/residents, \$6.50 non-residents

Tom Nouné is back in the weight room and ready to help you get started on a new path to health. This group orientation class is limited to seven participants and registration is required.

New Member Orientation

Tuesday, July 12, 2 pm, Free

Do you have questions about the Senior Center or would you like to have more insight on how things work? Attend this presentation and get answers to all your questions. No sign up is necessary.

AARP Smart Driver Class

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

\$15/AARP members, \$20/non-members payable to the instructor. This class does not remove traffic fines or violations, but may reduce insurance premiums. Bring your AARP card and drivers license. Registration is required.

Walmart Pharmacy "Are you at Risk for Pneumococcal Disease?"

July 14, 11:15 am, Free

After a short presentation, the Walmart pharmacist will be available to answer questions and administer the vaccine. Door prizes related to health and wellness will also be awarded. Registration is required.

Oil Painting - Tetons with a Palette Knife

Friday, July 15, 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. Wear your old clothes and bring paper towels.

Lunch & Learn - Why Diets Fail

Saturday, July 23, 11:30 am, Free

Fad diets, calorie counting, diet pills...why is it that most of these techniques for losing weight and feeling better don't work? Even worse, when they do work, it's not permanent. Sign up for this workshop given by Dr. Rider where you will learn: why diets don't work, why eating fat doesn't make you fat, how removing toxins can restore your health, how to regain your energy and vitality, and much more. Registration is required.



Activities

Tuesday Night Pot Luck and Jenga

Tuesday, July 12, 5 pm

Enjoy some good home cooking and a fun game of Jenga. 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 Center!

Book Club

Wednesday, July 13, 10 am, Free

The selection for July is *Wink of the Eye* by Lynn Chandler Willis. The book club is led by volunteers. Join them to enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, July 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.

Sing-along Group

Friday, July 15 & 29, 11 am, Free

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

Movie Monday - Hello, My name is Doris (R)

Monday, July 18, 1 pm, Texas Room, Free

Everyone knows the traditions from the 18th and 19th centuries: older men would marry younger women to have more kids, to empower themselves, to show their authority, and a multitude of other reasons. These weddings would be applauded in those days, and are now as well. However, as soon as an older woman wants to empower herself and marry a younger man, or even date a man younger than herself, the world freaks out. That's exactly what Doris decides to do. Thanks to a self-help seminar that she has attended, she decides to pursue her younger co-worker in a romantic relationship. Popcorn will be provided by the Corinthians Retirement Community.

B12 Shots

Tuesday, July 19, 9:30-10 am ONLY

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

Adult Coloring with Sandra Vance

Wednesday, July 20, 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! All materials provided.

Karen and Kelley

972-885-0205
agent@karenandkelley.com

United Real Estate

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

EQUAL HOUSING OPPORTUNITY

\$ = 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- 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 Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.	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	<div style="border: 1px solid black; padding: 10px; text-align: center;"> Carrollton Senior Center membership is required for most classes and seminars. </div>



Monthly Luncheon - Patriot Paws
 Thursday, July 21, 11 am
 Senior Center, \$4/person

Patriot Paws will be here with a demonstration of the dogs they train for disabled American Veterans to help restore their physical and emotional independence. Donations to Patriot Paws will be accepted at the luncheon. Please be generous. Our menu includes turkey, dressing, gravy, mashed potatoes, green beans, and red velvet cake. Our hosts will be Karen and Kelly with United Real Estate. Be sure to sign up and pay by Tuesday, July 19.

Please note. We would like to use photos of your furry or feathered pets to decorate. Bring your photos when you register and put your name on them so we can get them back to you.

SAC - Senior Advisory Council
 It's really good to be back in the Center!

Our annual election of new members was held in May. Congratulations to our new and re-elected Council Members Gary Flowers, Gerry Lalima, Peter Rourke, and Carrie Solley. Thank you to Jeff Johnson for his term of service.

Thank you to the city for installing the new traffic light in front of the Center and for understanding our need for this safety device.

The July luncheon will feature Patriot Paws and we'll get to learn more about the process to train the service dogs for veterans. You won't want to miss it!

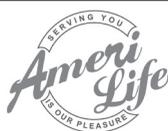
School supplies will be collected by the Advisory Council and donated to Metrocrest Social Services for local children to have the supplies to get them off to a good start for the new school year. A collection bin and list of necessary supplies will be available. The collection will start in July and continue through the second week of August.

July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Drama Group - Senior Center Stage Every Wednesday 2:30-4 pm, Free 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.			Reunion Hispania Martes, julio 19, a las 3 pm, Lone Star Room 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.		1 12 pm- July 4 Concert	2
4 Closed for Independence Day 	5 9 am- Ceramics Class	6 2 pm- Walgreens Seminar	7 6:05 pm- Dance Lesson 7 pm- Dance	8 10 am- Blood Pressure Sugar Check 11 am- Out To Lunch	9	
11 2:30 pm- Weight Room Orientation	12 9 am- Ceramics Class 2 pm- New Member Orientation 5 pm- Pot Luck & Jenga	13 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	14 11:15 am- Walmart Seminar 6:05 pm- Dance Lesson 7 pm- Dance	15 11 am- Sing-along 1 - 4 pm- Oil Painting	16	
18 1 pm- Movie Monday Hello, My Name is Doris	19 9 am- Ceramics Class 9:30 am- B12 Shots 2:30 pm- Pool Tournament 3 pm- Reunion Hispania	20 1 pm- Adult Coloring	21 11 am- Luncheon 6:05 pm- Dance Lesson 7 pm- Dance	22	23 11:30 am- Lunch & Learn Rider Chiropractic	
25	26 9 am- Ceramics Class 12:30 pm- TX Hold 'Em 1 pm- Birthday Party and Bingo 2 pm- France Trip Presentation	27	28 6:05 pm- Dance Lesson 7 pm- Dance	29 11 am- Sing-along	30	

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

July Riddle: If this site had a phone number, I would want it to be 743-3537. Why?



Thursday Night Dance
 Every Thursday, 7 pm, \$5/person
Free Dance Lesson Begins at 6:05 pm
 We are back at the Senior Center! Enjoy dancing to live music in our beautiful and newly expanded ballroom overlooking the lake. Refreshments served at the break.

- July 7 - Doc Gibbs, Variety
- July 14 - Southern Pride, Country
- July 21 - Music Makers, Ballroom
- July 28 - High Caliber, Country



Texas Hold 'Em
 Tuesday, July 26, Free
 Seating at 12:30 pm, Games begin at 1 pm
 No sign ups necessary. The first 64 participants will be seated.

Birthday Party & Bingo
 Tuesday, July 26, 1 pm
 Enjoy cake, bingo, and socializing with your friends. No registration required.

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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August 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

Activities

Sing-along Group

Friday, August 5 & 19, 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, August 9, 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 some fun. Enjoy an evening out at the Center!

Book Club

Wednesday, August 10 am, Free

The selection for August is *Jonas Salk: A Life* by Charlotte De Croes Jacobs. The book club is led by volunteers. Join them to enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, August 10, 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 - *Miracles from Heaven* (PG)

Monday, August 15, 1 pm, Texas Room, Free

Christy Beam is a Texas mother whose life revolves around her sick daughter. Anna is a 12 year old who suffers a rare disorder that leaves her unable to eat without a feeding tube. After falling more than 30 feet out of a tree, Anna lands on her head. Instead of dying or being harmed in any way, she survives the fall and miraculously recovers from her disorder. Popcorn will be provided by the Corinthians Retirement Community.

B12 shots

Tuesday, August 16, 9:30-10 am ONLY

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

Reunion Hispania

Martes, agosto 16, 3 pm, Lone Star Room

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.

Adult Coloring with Sandra Vance

Wednesday, August 17, 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. All materials provided. No need to sign up.

Monthly Luncheon - Summer Salads

Thursday, August 18, 11 am, \$4/person

We'll be playing summer games and enjoying summer salads. Wear your shorts and get ready to have some fun with your friends. Pasta salad, chicken salad, garden salad, and croissants are on the menu along with ice cream treats for dessert. Sign up required by August 18.



Texas Hold 'Em

Tuesday, August 30, Free

Seating at 12:30 pm, Games Begin at 1 pm

No sign ups necessary. The first 64 participants will be seated.

Birthday Party and Bingo

Tuesday, August 30, 1 pm, Free

Enjoy cake, bingo, and socializing with your friends. No registration required. Our sponsor is Villagio.

Drama Group - Senior Center Stage

Every Wednesday, 2:30-4 pm, Free

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.



Classes and Seminars

Ceramics

Tuesdays, August 2, 9, 23, & 30, 9-11:30 am

\$30 punch card for 4 classes

Ceramic students are supplied with clay to create their own pieces, or are welcome to bring precast pieces to decorate and glaze. Instructions are given on how to clean, decorate, and glaze items. Glazes, under glazes, tools, and firing are included in the monthly fee.

Walgreens - Glaucoma

Wednesday, August 3, 2 pm, Free

Glaucoma is a leading cause of blindness and is a concern for many seniors. Learn more about this condition and other eye diseases by attending this informative seminar. Registration is required.

Medicare and More

Tuesday, August 9, 10 am, Free

Make the most of your Medicare and other healthcare options. Do you or a friend need help understanding Medicare? What is original Medicare and are there other health care options? What do Parts A, B, C, and D mean? Are you feeling the financial pain of paying for Part D premiums and/or prescription drugs? Get the answers to your questions. Light refreshments will be served. Registration is required.

AARP Smart Driver Class

Wednesday, August 10, 12:30-4:30 pm

\$15/AARP members, \$20/non-members payable to the instructor. This class does not remove traffic fines or violations, but may reduce insurance premiums. Bring your AARP card and drivers license. Registration is required.

Oil Painting - Moonlight Waves on Maui Beach

Friday, August 12, 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 provided. Wear your old clothes and bring paper towels.

Rider Chiropractic, Lunch & Learn, Living with Neuropathy

Saturday, August 13, 11:30 am, Free

If you have pain, numbness, or tingling in your hands or feet, are diabetic, take stain drugs, or have taken chemo drugs, you won't want to miss this seminar. Registration is required.

Walmart Pharmacy - Shingles Vaccine "When should I get it and how can I get it?"

Tuesday, August 23, 11:15 am, Free

Learn more about the shingles vaccine. Walmart will bring the vaccine and will bill Medicare for you. Walmart will charge you a copay only if your insurance requires it. Registration is required.

United Financial Services, Lunch & Learn

Thursday, August 25, 10:30 am, Free

Workshop topics: Are You Ready? Your retirement and IRA: Learn how to manage your investment and generate income you need in retirement. Social Security: Discover how to maximize benefits. Wills, trusts: Learn how to make sure your assets are protected and distributed as you want with no surprises. Registration is required by August 22. No late arrivals, please.

Educate DFW - Financial Pitfalls

Tuesday, August 30, 10 am, Free

Your financial situation is a combination of every financial decision you've ever made. If you're like most people, you've had very little or no training and have learned as you go. This means, while many of your choices may have been born of good intentions, they may have fallen flat as a result of poor planning or lack of knowledge. However, identifying your mistakes - and where you went wrong - can change your financial future. Attend this seminar to learn how to avoid common mistakes. Registration is required.

Seniors on Tour

Out to Lunch

Nico's Cocina 3065 N. Josey Lane #24

Friday, August 12, 11 am, \$3/person travel fee

The restaurant is three and a half miles from Senior Center. Remember, if you need transportation, up to five spots are available in the minivan. Please let the front desk know if you are going, whether you are driving yourself or riding in the van, and we will make reservations for everyone.

Craft Fair

Saturday, October 29, 10am-1pm, Free

We are hosting our annual craft fair. Browse and shop the variety of handmade craft items for sale. Booths with a six foot table and two chairs are available for rent to residents for \$25 and \$27.50 to non-residents. Booth rental begins August 29 for Carrollton Senior Center members and September 12 for the general public. A sales tax permit is required to register for booths and space is limited. Call 972-466-4850 for more information.



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.



Questions to Ponder

Does a clean house indicate that there is a broken computer in it?

Why is it that no matter what color of bubble bath you use the bubbles are always white?

Is there ever a day when mattresses are NOT on sale?

Why do people constantly return to the refrigerator with the hopes that something new to eat will have materialized?

On electric toasters, why do they engrave the message 'one slice'? How many pieces of bread do they think people are really gonna try to stuff in that slot?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give their vacuum one more chance?

Why is it that no plastic garbage bag will open from the end you first try?

How do those dead bugs get into closed light fixtures?

Considering all the lint you get in your dryer, if you kept drying your clothes would they eventually just disappear?

When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, 'Its all right.' It isn't all right, so why don't we say, "That hurt, you stupid idiot?"

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

Is it true that the only difference between a yard sale and a trash pickup is how close to the road the stuff is placed?

In winter, why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come we never hear any father-in-law jokes?

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- 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	
Ping Pong times may be adjusted due to the move.		Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.			

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9 am- Ceramics Class	3 2 pm- Walgreens Seminar	4 6:05 pm- Dance Lesson 7 pm- Dance	5 11 am- Sing-along	6
8	9 9 am- Ceramics Class 10 am- Medicare Seminar 11 am- Advisory Council Meeting 5 pm- Pot Luck & Family Feud	10 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	11 6:05 pm- Dance Lesson 7 pm- Dance	12 10 am- Blood Pressure & Sugar Check 11 am- Out To Lunch 1 - 4 pm- Oil Painting	13 11:30 am- Lunch & Learn Rider Chiropractic
15 1 pm- Movie Monday <i>Miracles from Heaven</i>	16 9:30 am- B12 Shots 3 pm- Reunion Hispana	17 1 pm- Adult Coloring	18 11 am- Luncheon 6:05 pm- Dance Lesson 7 pm- Dance	19 11 am- Sing-along	20
22	23 9 am- Ceramics Class 11:15 am- Walmart Shingles Vaccine	24	25 10:30 am- UFS Seminar 6:05 pm- Dance Lesson 7 pm- Dance	26	27
29	30 9 am- Ceramics 10 am- Educate DFW 12:30 am- Texas Hold'Em 1 pm- Birthday Party & Bingo	31	Join us at the Senior Center for a variety of exercise classes, all designed for seniors. We offer low impact aerobics, Body Blast for core conditioning, stretch class that is done in chairs, senior yoga, and a balance class. Also available is our new cardio/weight room that has just re-opened!		



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.



August Riddle:
The Barber of Seville shaves all men living in Seville.
No man living in Seville is allowed to shave himself.
The Barber of Seville lives in Seville.

? Who shaves the Barber of Seville?



Thursday Night Dance
Every Thursday, 7 pm, \$5/person
Dance lesson 6:05 pm - Progressive Double Two Step
Enjoy dancing to live music in our beautiful and newly expanded ballroom overlooking the lake. Refreshments served at the break.

- August 4 - Doc Gibbs, Variety
- August 11 - Southern Pride, Country
- August 18 - Music Makers, Ball Room
- August 25 - High Caliber, Country