

# 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](http://cityofcarrollton.com/seniorcenter)



**CARROLLTON**  
TEXAS

## November 2016

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



### Veteran's Day Celebration

**Friday, November 11, 11 am, Free**

This is a day to give thanks to our veterans and to remember those who have paid the price to make this great country what it is today. Registration is limited to veterans and a guest and widows of a veteran and a guest. We will be serving chicken cordon bleu, mixed vegetables, garlic mashed potatoes, bread, salad, and dessert. Dessert will be provided by the office of Kenny Marchant. We'd also like to thank Debra Saxon and Celebration Magazine for their financial and physical support of this event. New Horizon Band will be performing a patriotic concert that will inspire us all.

Please sign up by November 7.

### Seniors on Tour

#### Out to Lunch – May Dragon

4848 Belt Line Road, Addison

**Friday, November 4, 11 am, \$3/person travel fee**

*Note: This event is one week earlier than usual.* The restaurant is located five miles from the Senior Center. Staff can drive up to five people in the minivan. All participants must pre-register and we'll make the reservations. \* The restaurant gives a 10% senior discount to those paying with cash.

### Classes and Seminars

#### Walgreens Seminar

**Wednesday, November 2, 2:30 pm, Free**

*Please note the new time.* Learn more about heart disease and steps you can take today to help prevent this serious condition. Registration is required.

#### Social Security Seminar

**Presented by Advance Senior Options and Thom Vance**

**Thursday, November 3, 2 pm, Free**

Social Security topics such as when to collect; what are the different options and the impact of electing early retirement. Other discussion will include Medicare: what is covered, how to sign up, the different parts of Medicare, what is required, and what is optional. Registration is required.

#### Young Living Essential Oils Class

**Monday November 7, 10 am, Free**

Hosted by Lynn Edge, please join us for a fun and informative class about essential oils. Learn how to use your oils to embrace wellness. Be informed about products that can help you feel better. Registration is required.

#### Your Life, Your Legacy

**Tuesday, November 8, 11:30 am, Free**

This program addresses the importance of making your final arrangements in advance and the steps to take. Join us in this light-hearted presentation about funeral, cremation, and cemetery pre-planning. Celebrate your life the way you want to be celebrated! Registration is required. Presented by Dignity Memorial.

#### Automobile Technology Class

**Wednesday, November 9, 11 am-12 pm, \$5/person**

The newest vehicle technology can make driving safer and more enjoyable. Register for a one-hour Smart DriverTEK(SM) interactive workshop developed jointly by AARP Driver Safety and The Hartford. Learn about your vehicle's smartest safety features and how to use them, benefits of current and emerging vehicle safety technology, details on backup cameras, lane departure warnings, and more. Registration is required.

#### AARP Smart Driver Class

**Wednesday, November 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 and driver's license. Registration is required.

#### Weight Room Orientation

**Monday, November 14, 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 in this group orientation class. The class is limited to seven participants and registration is required.

#### You Can Paint – Destin's Emerald Beach

**Thursday, November 17, 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. Wear your old clothes.

#### Ceramics

**Tuesdays, 9-11:30 am \*(no class 11/22)**

**\$30 punch card for 4 classes**

Students are supplied with clay but are also 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.

### Activities

#### Quilting Group

**Thursdays, November 3 & 10, 11 am-1 pm, Free**

Come and quilt with us! Bring your own sewing machine and supplies. You can bring your own material or purchase some from the group leader. We'll start with small projects and progress to table runners, bowls, pouches, and quilts. No registration required.

#### B12 Shots

**Tuesday, November 8, 9:30-10 am ONLY**

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

#### Senior Center Orientation

**Tuesday, November 8, 1 pm, Free**

Learn more about the activities, classes, and trips we offer at the Center. A member of the Senior Center Advisory Council will also be available to answer any questions, along with a member of the staff. No registration required.

#### Tuesday Night Pot Luck and Bingo

**Tuesday, November 8, 5 pm**

Enjoy good home cooking and play Bingo. Prepare a dish to share with your friends, try something new to eat, and have a fun evening out!

#### Book Club

**Wednesday, November 9, 10 am, Free**

The selection for November is *A Tree Grows in Brooklyn* by Betty Smith. 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, November 9, 10:45 am-12 pm, \$2**

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

#### Ask the Expert! Truth or Consequences?

**Isn't it time to have the conversation?**

**Tuesday, November 15, 9am-12pm, Drop in, Free**

On one of life's most difficult days someone will have to make some of life's most difficult decisions. Where will the service be held? What type of permanent placement would you consider? Will you know where to find all of the necessary documents? Cremation? To whom will the flag be presented? These are a few of the questions that you may have for Bertha Hurels at this come and go event.



#### Reunion Hispania

**martes, noviembre 15, a las 3 pm, gratis**

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, November 16, 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 get your creative juices going.

#### Monthly Luncheon - Thanksgiving Pot Luck

**Thursday, November 17, 11 am \$2/person**

Our annual pot luck luncheon is back! Turkey, dressing, gravy, and rolls are provided. You bring the rest. If your last name begins with A-J bring vegetables, K-Q bring a salad, and R-Z a dessert. Registration required by Tuesday, November 15.





**RHOTHON FUNERAL HOME  
HILLTOP MEMORIAL PARK  
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**Dignity**  
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LIFE WELL CELEBRATED®

**BEVERLEY TANEL**  
Pre-Planning Advisor  
Cell: 972-951-4195  
[beverley.tanel@sci-us.com](mailto:beverley.tanel@sci-us.com)

\$ = fee applies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 10 am- Close Knit 10 am- H&F Canasta 10:30 am- Balance/\$ 11 am- Yoga/\$ 11:15 am- Learn to Knit/ Crochet 1 pm-- Ping Pong 1 pm- Cribbage	7 am- Walking 8:45 am- Body Blast/\$ 9 am- Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$ 12:30 pm- Skip Bo 1 pm- Ping Pong 1 pm- Line Dance 1 pm- Fun Chair Volleyball 1 pm- Team Chair Volleyball 5:30 pm- Guitar Sessions	7 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 10:30 am- Bingo/\$ 12:30 pm- Pinochle 1 pm- Line Dance 2:30 pm- Drama Group	7 am- Walking 8:45 am- Body Blast/\$ 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$ 12:30 pm- Skip Bo 1 pm- Bridge 2 pm- Bunka 6:05 pm- Dance Lesson 7 pm- Dance/\$	7 am- Walking 9 am- Dominoes 9 am- Aerobics/\$ 9 am- Painting 9 am- Scrabble 10 am- H&F Canasta 11 am- Yoga/\$ 12:30 pm-- Pinochle 1 pm- Volleyball Team Practice 1 pm- Team Chair Volleyball	9 am- Ping Pong
Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.					

## November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Thursday Night Dances</b> <b>Every Thursday, 7 pm</b> <b>\$5/person</b> Enjoy dancing to live music in our beautiful and expanded ballroom overlooking the lake. Refreshments served at the break.	<b>1</b> 11 am- Advisory Council	<b>2</b> 2:30 pm- Walgreens Seminar	<b>3</b> 11 am- Quilting Group 2 pm- Social Security Seminar 7 pm- Dance Doc Gibbs, Variety	<b>4</b> 11 am- Out To Lunch 11 am- Sing-along	<b>5</b> 11 am to Festival at the 10 pm- Switchyard 
<b>7</b> 10 am- Young Living Essential Oils	<b>8</b> 9:30 am- B12 Shots 11:30 am- Your Life seminar 1 pm- Senior Center Orientation 5 pm- Pot Luck & Bingo	<b>9</b> 10 am- Book Club 10:45 am- Hot Dog Day 11 am- Automobile Tech Class 12:30 pm- AARP Safe Driving	<b>10</b> 11 am- Quilting Group 7 pm- Dance Southern Pride, Country	<b>11</b> 11 am- Veterans Day Celebration 1:30 pm- Blood Pressure & Sugar Check	<b>12</b>
<b>14</b> 2:30 pm- Weight Room Orientation	<b>15</b> 9:30 am- Ask the Expert 3 pm- Reunion Hispana	<b>16</b> 1 pm- Adult Coloring	<b>17</b> 9 am- Oil Painting 11 am- Luncheon 7 pm- Dance Music Makers, Ballroom	<b>18</b> 11 am- Sing-along 11 am- Bingo	<b>19</b>
<b>21</b> 1 pm- Movie Monday <i>Wild Oats</i>	<b>22</b> No Ceramics	<b>23</b> Open Normal Hours No Drama Group	<b>24</b> 	<b>25</b> Open Normal Hours	<b>26</b> Open Normal Hours

**Bingo**  
**Friday, November 18**  
**11 am, Free**  
 Sponsored by Pioneer Bank and Elizabeth Brewster. Enjoy a game of bingo. No registration required.

**Movie Monday – Wild Oats (R)**  
**November 21, 1 pm**  
**Roundup Room, Free**  
 Eva (Shirley MacLaine) is expecting a life insurance check in the realm of \$50,000. What she gets is one for \$5 million. With the error opening up a whole world of possibilities for her, Eva decides to take her best friend Maddie (Jessica Lange) with her on the road for an adventure fueled by the unexpected windfall. Along the way the two become fugitives and find themselves the center of never ending media coverage.

**Texas Hold ‘Em**  
**Tuesday, November 29**  
**FREE**  
**Seating at 12:30 pm**  
**Games Begin at 1 pm**  
 No sign ups necessary, the first 64 participants will be seated. Enjoy a fun time of gaming and try to qualify for the end-of-year Tournament of Champions.

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

**Drama Group - Senior Center Stage**  
**Every Wednesday**  
**2:30-4 pm, Free**  
*Group will not meet on November 23.*



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!

**Sing-along Group**  
**Fridays, November 4 & 18, 11 am-12 pm**  
 Be a part of a group of seniors who love to sing. No registration required.

**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



**? November Riddle:** Some months have 30 days, some months have 31 days. How many months have 28 days?

**Senior Advisory Council**

Veterans Day, Friday November 11, will begin with a 10 am dedication of a Veterans Memorial just outside the front entrance followed by the luncheon at 11 am. The Blanton Elementary choir will perform patriotic songs at 9 am before the unveiling of the monument.

S.A.C.

A collection drive of “Box Tops” for donation to the elementary schools in Carrollton will start in November. Box Tops can be found on the back of many food products in your grocery store. Any elementary school in the CFBISD that uses the Box Top program as a fund raiser will benefit with a share of this program. Look for the collection container near the bread tables in the Center.

We are collecting toys once again for Metrocrest Services November 14 through December 9. Look for the Metrocrest container near the bread tables. Gift cards for toys from Walmart or Target may be placed in the Advisory Council suggestion box.

**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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TEXAS

# December 2016

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

### Decorating Party

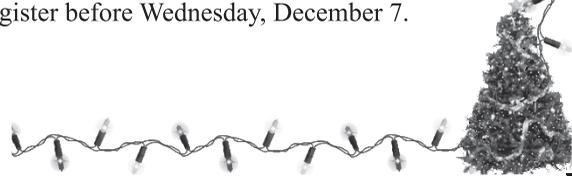
Tuesday, December 6, 9:30 am

Help us decorate your "home away from home" for the holidays. We need assistant tree decorators, wreath hangers, package wrappers, and anything else we can come up with to make the Center festive. Please let Lori know if you can help.

### Joy Davis Presents "The Bells of Christmas"

Tuesday, December 13, 11 am, \$3/person

Thanks to our good friends at Christus St. Joseph's Village for sponsoring Joy and her final presentation at the Senior Center. Yes, Joy is officially retiring and this will be her last presentation. "The Bells of Christmas" gathers together the fascinating stories behind the writing of several of the most beloved carols including Silent Night and I Heard the Bells on Christmas Day. We will also serve a light lunch. Register before Wednesday, December 7.



### You Can Paint - Moonlight Snow Scene on Black Canvas

Thursday, December 15, 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. Wear old clothes.

### Ceramics

Tuesdays, 9-11:30 am \*(no class 12/20 & 12/27)

\$30 punch card for 4 classes

Students are supplied with clay but are also 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 fee.

### Activities

#### Quilting Group

Thursdays, December 1, 8 & 29, 11 am-1 pm, Free

Come and quilt with us! Bring your own sewing machine and supplies. You can bring your own material or purchase some from the group leader. We'll start with small projects then progress to table runners, bowls, pouches, and quilts. No registration required.

#### Sing-along Group

Fridays, December 2 & 16, 11 am-12 pm, Free

Be a part of a group of seniors who love to sing. No registration required.

#### B12 shots

Tuesday, December 6, 9:30-10 am ONLY

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

#### Tuesday Night Pot Luck

Tuesday, December 13, 5 pm

Entertainment by the Carrollton Senior Band

Enjoy good home cooking and singing Christmas carols. Pot Luck is an opportunity for you to prepare a dish to share with your friends, try something new to eat, and have a fun evening out at the Center.

#### Book Club

Wednesday, December 14, 10 am, Free

The selection for December is *The Aviator's Wife* by Melanie Benjamin. 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, December 14, 10:45 am-12 pm, \$2

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

#### Monthly Luncheon- Winter Wonderland

Thursday, December 15, 11 am, \$4/person

Join us for our annual holiday luncheon and wear your favorite Christmas outfit. We will have an old-fashioned sing-along of Christmas favorites. Lunch will be pot roast, broccoli rice casserole, glazed carrots, salad, and rolls, along with pumpkin pie. Registration is required by Tuesday, December 13.



### Bingo Breakfast

Friday, December 16, 9 am, Free



We are having the second annual Breakfast Bingo sponsored by United Financial Services. Please register by Monday, December 12.

### Movie Monday - Mr. Church (PG-13)

December 19, 1 pm, Roundup Room, Free

Taking place over a span of fifteen years, *Mr. Church* is the story of a talented and warm-hearted cook (the title character, played by Eddie Murphy) who enters the lives of a young girl and her terminally ill mother in 1960s-era Los Angeles. While the arrangement is initially intended to be a temporary one, with Mr. Church simply helping out in the kitchen for a few months, he comes to form a deep bond with both the mother and daughter that develops into a long-lasting and life-changing friendship.

### Texas Hold 'Em Annual Tournament of Champions

Tuesday, December 20

Seating 12:30 pm

Games begin 1 pm, Free

This tournament is by invitation only for our guests who have placed at the final table during regular tournament games during this year. We want to give a big thank you to our volunteers for your generosity to these tournaments! Lunch will be provided.



### Reunion Hispania

martes, diciembre 20, A las 3 pm, gratis

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, December 21, 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 get your creative juices going.

### Birthday Party and Bingo

Tuesday, December 27, 1 pm, Free

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

### 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!



### Seniors on Tour

#### Out to Lunch - El Rincon Mexican Kitchen

1114 S. Elm Street, Carrollton

Friday, December 9, 11 am, \$3/person travel fee

The restaurant is located two and a half miles from the Center and is in the former location of Agave Azul (northwest corner of Elm at 4th in the Old Downtown Carrollton Square). Staff can drive up to five people in the minivan. All participants must pre-register and we'll make the reservations.

### Classes and Seminars

#### Ask the Expert! Truth or Consequences?

Isn't it time to have the conversation?

Friday, December 2, 10 am-1 pm, Drop in, Free

On one of life's most difficult days someone will have to make some of life's most difficult decisions. Where will the service be held? What is the cost and how do I pay? What happens if I die away from home on vacation? Will you know where to find all of the necessary documents? To whom will the flag be presented? Bertha Hurels will be here to answer any questions you may have at this come and go event.



#### Walgreens - Hearing Care

Wednesday, December 7, 2:30 pm, Free

Walgreens will discuss hearing care and answer your questions. Registration is required.

#### AARP Smart Driver Class

Wednesday, December 14, 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 and driver's license. Registration is required.

\$ = fee applies

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## Thursday Night Dances

Every Thursday, 7 pm  
\$5/person

Enjoy dancing to live music in our beautiful and expanded ballroom overlooking the lake. Refreshments served at the break.

## December Quotes and Fun Facts



~ "How did it get so late so soon? It's night before its afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?" – Dr. Seuss

~ "God gave us memory so that we might have roses in December." – James Matthew Barrie

~ "How like a winter hath my absence been. From thee, the pleasure of the fleeting year! What freezings have I felt, what dark days seen, What old December's bareness everywhere!" – Shakespeare

~ "Jingle bells" was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!

~ An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green, and sunny.

## Five Anti-aging New Year's Resolutions for Seniors

The New Year means new starts, and that typically involves making New Year's resolutions. While the old-faithful standbys still exist, adults over the age of 65 can greatly benefit from making healthy resolutions – especially those that help prevent illness and injury. Here are five New Year's resolutions that will keep you feeling young and vibrant.

1. Participate in cognitive health activities.
2. Exercise or start a new physical activity.
3. Eat more fresh foods.
4. Make your home safer.
5. Schedule regular checkups.

From [www.sheknows.com](http://www.sheknows.com)

## December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AmeriLife Challenge</b> 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 					
<b>? December Riddle:</b> Take off my skin and I won't cry, but you will. What am I?					
<b>5</b>	<b>6</b> 9:30 am- Decorating Party 9:30/10 am- B12 Shots 11 am- Advisory Council Meeting	<b>7</b> 2:30 pm- Walgreens Seminar	<b>8</b> 11 am- Quilting Group 7 pm- Dance High Caliber, Country	<b>9</b> 10 am- Blood Pressure & Sugar Check 11 am- Out To Lunch 1:30 pm- Blood Pressure & Sugar Check	<b>10</b>
<b>12</b>	<b>13</b> 11 am- Joy Davis Presents 5 pm- Pot Luck	<b>14</b> 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	<b>15</b> 9 am- Oil Painting 11 am- Luncheon 7 pm- Dance Southern Pride Country	<b>16</b> 9 am- Bingo Breakfast 11 am- Sing-along	<b>17</b>
<b>19</b> 1 pm- Movie Monday <i>Mr. Church</i>	<b>20</b> 12:30 pm- TX Hold'Em Tournament of Champions 3 pm- Reunion Hispana  <b>No Ceramics</b>	<b>21</b> Adult Coloring	<b>22</b> <b>No Dance</b>	<b>23</b>	<b>24 at Noon</b>
<b>26</b>	<b>27</b> 1 pm- Birthday Party & Bingo  <b>No Ceramics</b>	<b>28</b>	<b>29</b> 11 am- Quilting Group  <b>No Dance</b>	<b>30</b>	<b>31</b> 

### What was on kids' Christmas lists 50 years ago?

Bicycles, roller skates, footballs, baseballs, bats, bows & arrows, fish aquariums, pets, BB guns, Monopoly, chinese checkers, etc. This was before all of the electronics and high tech. It was all about dolls, bikes, colorforms, train sets, fire trucks, shapees (pre legos), record players, transistor radios, records, tea sets and toy kitchens, wood burning kits, erector sets, stuffed animals, and pajamas. A lot of times home made gifts were made to exchange with family and friends.

Merry  
**CHRISTMAS**  
to you and your family from all of us here at the Senior Center!



**FREE monthly E-newsletter!**

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