

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

January 2017

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

SENIORS ON TOUR

Out to Lunch

Café Max, 2001 Midway Rd. #100, Carrollton

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

The restaurant is located on Midway, south of Keller Springs. If you need transportation, staff can drive up to five people in the minivan. All participants must pre-register and we'll make the reservations.

Iceland's Magical Northern Lights Presentation

Thursday, January 26, 2 pm, Free

Come for a spectacular presentation of the Carrollton Senior Center trip scheduled for December 2017. Chris Keith with Collette will be presenting this fantastic new tour, which will include Reykjavik, Seljalandsfoss Waterfall, Eyjafjallajökull Volcano, Blue Lagoon, the Northern Lights, and more. Details and flyers will be available.

ACTIVITIES

B12 shots

Tuesday, January 3 and 31, 9:30-10 am ONLY, \$20

Cash or check payable to Flu Shots of America.

Sing-along Group

Friday, January 6 & 20, 11 am-12 pm, Free

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

Tuesday Night Pot Luck

Tuesday, January 10, 5 pm

Enjoy hamburgers, hot dogs, and music from the 50s. You bring the buns and the sides and we'll furnish the meat. Pot Luck is an opportunity for you to share a meal with your friends and have a fun evening out at the Senior Center.

Book Club

Wednesday, January 11, 10 am, Free

The selection for January is *Stalin's Daughter: The Extraordinary and Tumultuous life of Svetlana Alliluyeva* by Rosemary Sullivan. The book club is led by volunteers. Join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, January 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.

Quilting Group

Thursday, January 12 & 26, 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.



Movie Monday—*Florence Foster Jenkins* (PG-13)

January 16, 1 pm, Roundup Room, Free

Florence Foster Jenkins (Meryl Streep) is one of those rare people who believes she can do anything she sets her mind to, unfortunately, she can't. With the worst singing voice in the world, this New York socialite sets out to make sure the entire world hears her. Of course, obstacles pop up, but Florence's enduring spirit takes her all the way to Carnegie Hall where she needs to put on the show of a lifetime in order to prove her worth. This event is sponsored by Oxford Glen.

Reunion Hispania

martes 17, 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, January 18, 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 registration required.

Monthly Luncheon

Thursday, January 19, 11 am, \$4/person

It's a party and we're celebrating by playing games and handing out prizes! Come prepared to have a good time. Lunch will be fried chicken, mashed potatoes and gravy, green beans, salad, and chocolate cake. Register by Tuesday, January 17.



Texas Hold 'Em

Tuesday, January 31, Free

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

The first 64 participants will be seated. No registration required.

Birthday Party & Bingo

Tuesday, January 31, 1 pm, Free

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

Walgreens Seminar

Wednesday, January 4, 2:30 pm, Free

It's cough and cold season. Learn what steps you can take to prevent the spread of germs and how to take better care of yourself. Registration is required.

Technology Saturday

Saturday, January 7, 10 am-12 pm, Free

One-on-one assistance is available on a first come, first serve basis on any portable device (cell phone, smart phone, tablet, lap top, reader, etc.) or on any topic accessible via the device and the internet (email, Facebook, texting, tweeting, photography, etc.)

Weight Room Orientation

Monday January 9, 2:30- 4 pm

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

Tom Nouné is ready to help you get started on a new path to health in this group orientation class. The class is limited to seven participants. Registration is required.

Advanced Hearing Screenings and Oscopic Assessments

Tuesday, January 10, 9:30 am, Free

Is it hearing loss or just earwax? Dr. Hinrichs with Advanced Hearing Center will be here to conduct free hearing screenings and otoscopic assessments. Take this opportunity to find out what's happening inside your ear. Appointments offered every 15 minutes. Register at the front desk.

AARP Smart Driver Class

Wednesday, January 11, 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 driver's license. Registration is required.

Walmart Wellness Seminar

Thursday, January 12, 10:30 am, Free

Heartburn or GERD? How do you know the difference? Treatment options and differences will be discussed for these common stomach ailments. Registration is required.

Ask the Expert! Truth or Consequences

Isn't it time to have the conversation?

Tuesday January 17, 10 am-2 pm, 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 while on vacation? Will you know where to find all of the necessary documents? To whom will the flag be presented? These are just a few of the questions that may be asked. Bertha Hurels will be here to answer any questions you may have. Registration is required.

Lunch & Learn

Rider Chiropractic - Living with Neuropathy

Tuesday, January 17, 12 pm, 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.

You Can Paint – Snowman in Central Park

Thursday, January 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. Wear old clothes.



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your parents will love.

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February 2017

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

SENIORS ON TOUR

Out to Lunch

Italian Villa, 1012 W. Hebron Pkwy. #104, Carrollton
Friday, February 10, 11 am, \$3/person travel fee

The restaurant is located in the shopping center at the northwest corner of Hebron and Old Denton, next to Pet Supplies Plus. If you need transportation, staff can drive up to five people in the minivan. All participants must pre-register and we'll make the reservations. This restaurant will add 18% gratuity and separate checks will be given

CLASSES AND SEMINARS

Walgreens Health Seminars

Wednesday, February 1, 2:30 pm, Free

Depression is not a normal part of aging. Learn the signs, symptoms, and available treatments. Registration is required.

Walmart Wellness Seminars

Monday, February 6, 10 am, Free

Caring for your eyes is an important part of aging. Treatment options for different eye conditions will be discussed and free vision screening and eye glass repair will be available. Registration is required.

AARP Smart Driver Class

Wednesday, February 8, 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 driver's license. Registration is required.

You Can Paint - Matterhorn with Palette Knife

Thursday, February 16, 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.

ABCs of Genealogy

Wednesday, February 22, 10 am, Free

Learn about easy to use genealogical search engines. J.T. will share websites to use in hunting for your ancestors and for material source references. Registration is required.

Foundation for Financial Education

Common Mistakes to Avoid with Social Security

Tuesday, February 28, 10 am, Free

Social Security is a constantly evolving system and has gone through a lot of adjustments since its creation. Join the discussion on common social security mistakes that people make and how to avoid them. Learn how continuing to work will impact your benefits, how Required Minimum Distributions is a ticking time bomb. Also learn about Social Security and the tax torpedo and when you can switch between benefits. Registration is required.

Ceramics

Tuesdays, 9-11:30 am

\$30 punch card for 4 classes

Students are supplied with clay, 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 fee.

ACTIVITIES

Sing-along Group

Friday, February 3 & 17, 11 am-12 pm, Free

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

Book Club

Wednesday, February 8, 10 am, Free

The selection for February is *Murder at the Breakers* by Alyssa Maxwell. The book club is led by volunteers. Join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, February 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.

Quilting Group

Thursday, February 9 & 23, 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.

Tuesday Night Pot Luck & Bingo

Tuesday, February 14, 5 pm

Enjoy some good home cooking and have some fun playing Bingo. 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 Senior Center.

Adult Coloring with Sandra Vance

Wednesday, February 15, 1 pm, Free

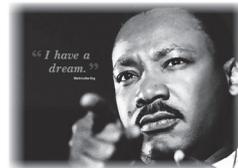
Coloring may sound like a simple activity to ward off boredom, but it can actually improve your health. A research study found that adults 65 or older who engaged in creative activities had better overall health, made fewer visits to the doctor, used less medication and had fewer health problems. No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

February Monthly Luncheon

Black History Month

Thursday, February 16, 11 am, \$4/person

Step back in time to hear the inspirational message of Martin Luther King as interpreted by Willie Peterson. We'll be serving barbeque chicken, black eyed peas, sweet potatoes, corn bread, salad, and peach cobbler with ice cream. Please sign up by February 14 for this special luncheon.



Movie Monday—*The Light Between Oceans* (PG-13)

February 20, 1 pm, Roundup Room, Free

After years of fighting for Europe in the trenches of World War 1, Tom Sherbourne is finally able to return to his home in Australia. Tired after years of fighting, Tom and Isabel, his wife, decide to go live in a lighthouse far away from civilization and they live there happily for quite a while. When a baby washes onto shore in a lifeboat, Isabel and Tom decide to keep and raise the child; however, they must ultimately travel back to the mainland after they discover that people who care for the child may still be alive. This event is sponsored by Oxford Glen.

Reunion Hispania

martes 21, A las 3 pm

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.

B12 shots

Tuesday, February 28, 9:30-10 am ONLY, \$20

Cash or check payable to Flu Shots of America.

Texas Hold 'Em

Tuesday, February 28, Free

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

The first 64 participants will be seated. No registration required.

Birthday Party & Bingo

Tuesday, February 28, 1 pm, Free

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

Drama Group - Senior Center Stage

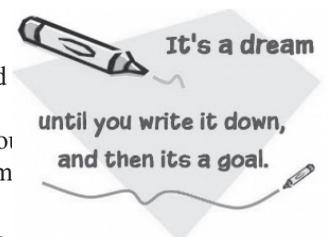
Every Wednesday, 2:30-4 pm, Free

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!

Exercise: How to Get Started

Setting Your Goals

Goals are most useful when they are specific, realistic, and important to you. Write down your goals, put them where you can see them, and review them regularly.



- **Identify Your Starting Point**

Kknow your starting point and then build from there.

- **Test Your Fitness Level**

For a couple of weekdays and a weekend, keep track of how much time you exercise or are physically active.

- **Set Short-Term Goals**

Consider the items you'll need to get or do in order to be physically active. For example, you may need to buy walking shoes.

- **Set Long-Term Goals**

Focus on where you want to be in 6 months, a year, or 2 years from now. Long-term goals also should be realistic, personal, and important to you. Regularly review and update your plan and long-term goals so that you can build on your success.

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- Incidental Transportation
- Help at home after a hospital stay
- Staying Active
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- Personal hygiene / care

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Website:
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Our Location:
2081 Hutton Drive,
Suite 307 Carrollton,
TX 75006

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 am- Balance/\$ 11 am- Yoga/\$ 11:15 am- Learn to Knit/ Crochet 1 pm- Cribbage 1 pm- Ping Pong	7 am- Walking 8:30 am- Functional Fitness/\$ 9 am- Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$ Noon- Skip Bo 1 pm- Line Dance 1 pm- Fun Chair Volleyball 1 pm- Team Chair Volleyball 1 pm- Ping Pong 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 Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.	7 am- Walking 8:30 am- Functional Fitness/\$ 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	9 am- Ping Pong <div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>Carrollton Senior Center membership is required for most classes and seminars.</i> </div>

It's a New Year! We have the opportunity to look forward to events we enjoy, and learning we can appreciate. Before we do that, however, we should take a moment to remember 2016. It has been a year filled with memorable moments: the Grand Opening Celebration, the new exercise equipment in a wonderful new room with a view, and the addition of the Roundup Room. We have more room everywhere! On Veteran's Day, a memorial was dedicated to those who fought in all our country's wars. This memorial has been placed near the entry to the Senior Center and was designed to bring us a thoughtful remembrance of all those who have served this country in our military services.

2016 has been a year of preparation. 2017 invites us to enjoy what took so much time, thought, and energy to create, and we invite you now to join us, in enjoying the weight room, attending events in the new, larger Texas Room, and in classes to improve your health and increase your knowledge. Join us in enjoying a wonderful New Year!

~ Your Senior Center Advisory Board
Your Bucket List, Have you done it all yet?

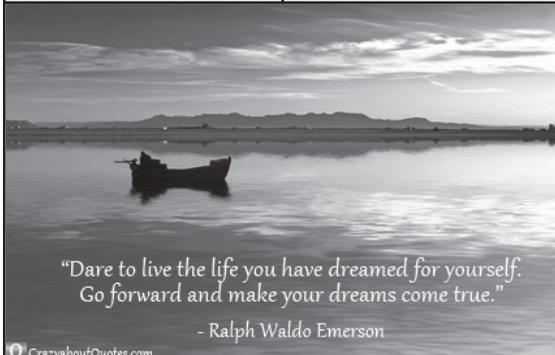
Granted, you may not have the opportunity (or the stomach) for exotic adventures like flying over the North Pole or riding motorcycles on the Great Wall of China, à la Jack Nicholson and Morgan Freeman in *The Bucket List*. Heck, you may not even have a "bucket list," per se. but aspiring to do things that tickle your fancy and get your juices flowing keeps you looking toward the future. Some claim that it'll even make you live longer!

If you haven't got a bucket list, why not start one? Just get a nice little notebook and start writing down all the things you've ever aspired to do, be, see, or experience, and then start making plans and checking them off as you accomplish them. Have fun!

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					
		1 2:30 am- Walgreens Seminar	2 7 pm- Dance	3 11 am- Sing-along	4
6 10 am- Walmart Seminar	7 11 am- Advisory Council Meeting	8 10 am- Book Club 10:45 am- Hot Dog Day 12:30 pm- AARP Safe Driving	9 11 am- Quilting Group 7 pm- Dance	10 11 am- Out To Lunch 1:30 pm- Blood Pressure & Sugar Check	11
13	14 5 pm- Pot Luck & Bingo	15 1 pm- Adult Coloring	16 9 am- Oil Painting 11 am- Luncheon 7 pm- Dance	17 11 am- Sing-along	18
20 1 pm- Movie Monday <i>The Light Between Oceans</i>	21 3 pm- Reunion Hispana	22 10 am- Genealogy Seminar	23 11 am- Quilting Group 7 pm- Dance	24	25

27	28 9:30 am- B12 Shots 10 am- Financial Seminar 12:30 pm- TX Hold 'Em 1 pm- Birthday Party & Bingo	Thursday Night Dance Every Thursday, 7 pm, \$5/person Dance lesson is Intermediate Rhumba and begins at 6:05 pm Enjoy dancing to live music in our recently expanded ballroom overlooking the lake. Refreshments served at the break. February 2 - Doc Gibbs, Variety February 9 - City Lights, Country Western February 16 - DFW Music Makers, Ball Room February 23 - High Caliber, Country Western			
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"Dare to live the life you have dreamed for yourself.
Go forward and make your dreams come true."

- Ralph Waldo Emerson

CrazyaboutQuotes.com

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.

? February Riddle: What is the longest word in the dictionary?



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