

# 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 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

##### Eggsellent Cafe'

**1016 E. Hebron Pkwy, Carrollton**

**Friday, November 17, 11 am, \$3/person travel fee**

Date changed due to Veterans Day celebration. If you need transportation, the van has room for up to five people and will be departing the Senior Center at 10:30 am. Registration required.

#### Spotlight on Tuscany Trip Presentation

**Tuesday, November 14, 3:15 pm**

Your adventure begins October 11, 2018 with an overnight flight to the famous resort spa town of Montecatini Terme, Italy. Savory wines, beautiful rolling hills, delicious food and stunning architecture will be yours and you only have to unpack one time! This 9-day trip includes seven breakfasts and three dinners, transportation to the airport, round trip airfare from DFW, hotel, taxes and hotel transfers. A slide show will be presented to give more information about this exciting trip. \$3199/double occupancy and \$3449/single occupancy if you book before April 12, 2018. Insurance is not mandatory but is recommended and is an additional \$290/person.

### Classes and Seminars

#### Walgreens Wellness Seminar

**Wednesday, November 1, 2:30 pm, Free**

A Walgreens pharmacist will give helpful hints about skin care and will also be available to answer any questions you might have. Registration required.

#### Tai Chi

**Mondays and Wednesdays, 10-11 am**

**\$67.50/Resident, \$74.25/Non-resident for 9 sessions**

**\$8/person drop-in**

Break up your busy schedule with the slow pace and gentle movements of Tai Chi. Movements involve fluid motions of arms and legs, coordinated with breathing, and a focus on balance. The stress-relieving, moving meditation uses the minimum effort necessary. As the body relaxes, the mind becomes tranquil, aware, and alert. Wear loose fitting clothing. Exercises are usually done without shoes for better balance. Movements can be done sitting or standing.

#### Better Balance

**Mondays, 10-10:45 am, Wednesday, 10:30-11:15 am**

**\$20/person, 10-punch pass**

**\$2.50/person, drop-in**

Maintaining or improving your balance is critical to good health. By strengthening your muscles, working on quickness and coordination, and performing balance exercises, we are striving not only to make the circuits in your brain react faster, but also to develop muscles to aid in fall protection.

#### Quilting Group

**Thursday, November 2 & 9, 11 am-1 pm, Free**

Bring your own sewing machine and supplies. You can bring 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

**Friday, November 3 & 17, 11 am-12 pm, Free**

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

#### Technology Saturday

**Saturday, November 4, 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, laptop, reader, etc) on any topic accessible via the device (email, Facebook, texting, tweeting, photography, etc).

#### Does Medicare Pay for That?

**Wednesday, November 8, 11 am, Free**

Join June Kim with Blue Cross Blue Shield and Cindy Mitchell from Home Watch Caregivers for an informative talk about "How Medicare Works and the Basics of What it Covers." Registration required.

#### Medical Nutritional Therapy presented by the Dallas Area Agency on Aging

**One-on-one counseling: Tuesday, November 7-**

**Thursday, November 9, 9 am-3:30 pm, Group session counseling: Thursday, November 16, 9:30-11:30 am**

Medical Nutrition Therapy delivers nutritional assessments, one-on-one counseling, and group counseling services by a registered dietician to eligible Medicare beneficiaries.

Who is eligible for MNT? Recipients of Medicare part B who have one or more of the following conditions: diabetes, chronic kidney disease, and/or kidney transplant within the last three years.

#### Clear Captions Coffee and Chat

**Thursday, November 9, 11 am, Free**

Please join your local Clear Captions Title IV ADA specialist and learn how you can receive a FREE caption phone if you struggle with hearing loss. Registration required.

#### Weight Room Orientation

**Monday, November 13, 2:30-4 pm**

**\$6/Resident, \$6.50/Non-resident**

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

#### Blue Cross Blue Shield: Medicare Questions?

**Tuesday, November 14, 9-10 am, Free**

June Kim with Blue Cross Blue Shield will be in the lobby to answer any Medicare questions you may have.

#### Medicare Advantage Plans presented by Thomas Vance

**Thursday, November 16, 2 pm, Free**

A community meeting will be available for you to attend discussing Medicare Advantage plans, specifically United Health Care Advantage Plan for 2018, and the new Medicare co-pays and deductibles. Thom will be able to discuss and answer your questions on Medicare and Advantage Plans.

#### You Can Paint - Sunset at Big Sur

**Thursday, November 16, 9 am-12 pm**

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

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

Even if you have never held a paint brush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn the basics of color mixing, brush strokes, and perspective while completing a landscape, seascape or still life in this fun and easy class taught by award-winning Master Artist Robert Garden. All supplies are provided. Wear old clothes.

#### Monthly Luncheon

**Thursday, November 16, 11 am, \$2/person**

Our annual pot luck luncheon is back! Sandra cooks the turkey, dressing, gravy, rolls, and 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 14.

#### Rider Chiropractic Lunch and Learn:

**Are you Sick and Tired of being Sick and Tired?**

**Saturday, November 18, 11 am, Free**

The causes of toxicity and inflammation are all around you. The sugar you eat, the high doses of wrong oils and fats in your diet, lack of exercise, chronic stress, and hidden infections all trigger inflammation. The inflammation leads to major chronic diseases of aging. It's also a major contributor to obesity. Learn about a natural solution to these problems. Registration required by November 15.

#### Activities

##### B12 shots

**Tuesday, November 7, 9:30-10 am, \$20/person**

Cash or check payable to Flu Shots of America.

##### Book Club

**Wednesday, November 8, 10 am, Free**

The selection for November is *House Rules* by Jodi Picoult. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

##### Hot Dog Wednesday

**Wednesday, November 8, 10:45 am-12 pm, \$2/person**

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

##### Thursday Night Pot Luck

**November 9, 5 pm**

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 playing games.

##### Adult Coloring with Sandra Vance

**Wednesday, November 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, used less medication, and had fewer health problems. Did you know each month a drawing is selected for Artist of the Month? The winner's creation is framed and hung in Dr. Bysani's USMD office in Carrollton. No registration required.

##### Movie Monday - Paris Can Wait (PG)

**November 20, 1 pm, Texas Room, Free**

Starring Diane Lane and Alec Baldwin. Anne is at a crossroads in her life and finds herself taking a road trip from Cannes to Paris with her husband's business partner. The short trip turns into a two-day adventure involving picturesque sights, food and wine which reawakens Anne's senses and gives her a new lust for life. Sponsored by Oxford Glen.

##### Reunion Hispania

**Martes, 21 noviembre, 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.



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December 2017

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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

##### Catfish House

3108 Old Denton Rd, Carrollton

Friday, December 8, 11 am

We are going out for some of the best seafood Carrollton has to offer! The Catfish House has everything from PoBoys to catfish to fried shrimp. They also serve a baked tilapia that is delicious. A menu will be available at the front desk. If you need transportation, the van has room for up to 5 people and will be departing the Senior Center at 10:30 am. Registration required.

### Classes and Seminars

#### Tai Chi

Mondays and Wednesdays, 10-11 am

\$67.50/Resident, \$74.25/Non-resident for 9 sessions

\$8/person drop-in

Break up your busy schedule with the slow pace and gentle movements of Tai Chi. Movements involve fluid motions of arms and legs, coordinated with breathing, and a focus on balance. The stress-relieving, moving meditation uses the minimum effort necessary; as the body relaxes, the mind becomes tranquil, aware, and alert. Wear loose fitting clothing. Exercises are usually done without shoes for better balance. Movements can be done sitting or standing.

#### Better Balance

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\$20/person, 10-punch pass

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Maintaining or improving your balance is critical to good health. By strengthening your muscles, working on quickness and coordination, and performing balance exercises, we are striving not only to make the circuits in your brain react faster, but also to develop muscles to aid in fall protection.

#### ABI, Ankle-Brachial Index Testing and Seminar

Tuesday, December 5, 9 am-12:30 pm

Ankle-Brachial Index testing will be performed by Remarkable Healthcare from 9-11:30 am with 15 minutes for each testing. At 11:30 am, an informational seminar will be given about ABI screenings and peripheral artery disease. Registration opens on November 1.

#### 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. Glazes, under glazes, tools, and firing are included in the fee. \*(No instructor led classes on December 5, 19, or 26).

#### AARP Smart Driver Class

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

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

This class does not remove traffic fines or violations but may reduce insurance premiums. Bring your AARP card, drivers license, and payment for the instructor. Registration required.



#### You Can Paint - Cowboy Snowman

Thursday, December 14, 9 am-12 pm

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

\$20 supply fee payable to instructor

Even if you have never held a paint brush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn basics of color mixing, brush strokes, and perspective while completing a landscape, seascape, or still life in this fun and easy class taught by award-winning Master Artist Robert Garden. All supplies are provided. Wear old clothes.

### Activities

#### Drama Group

Every Wednesday, 2:30-4 pm, Free

This amazing group continues to entertain us with their hilarious performance 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!

#### Bingo

Every Wednesday, 10:20 am

Bingo is played every Wednesday at 10:20 am in the Roundup Room. The Madison on Marsh will be providing snacks on December 6 and 20.

#### Sing-along Group

Friday, December 1 & 15, 11 am-12 pm, Free

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

#### B12 Shots

Tuesday, December 5, 9:30-10 am ONLY

\$20 cash or check, payable to Flu Shots of America for B12 injections.

#### Quilting Group

Thursday, December 7 & 28, 11 am-1 pm, Free

Come and quilt with us! Bring your own sewing machine and supplies. You can bring 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.

#### Breakfast Bingo

Friday, December 8, 9 am, Free

Bingo, breakfast, and prizes, what could be more fun? Bring a friend to this fun event. Sponsored by Briarview. Registration required by Tuesday, December 5.

#### Texas Hold 'Em Tournament of Champions

Tuesday, December 12, 1 pm, Free

All players who placed at a final table will be notified about the tournament. This month's game is a Tournament of Champions only and not for open play. Seating at 12:30 pm and games begin at 1 pm. Sponsored by Briarview.

#### Book Club

Wednesday, December 13, 10 am, Free

The selection for December is *Trust No One* by Paul Cleave. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

#### Hot Dog Wednesday

Wednesday, December 13, 10:45 am-12 pm, \$2/person

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

#### Thursday Night Pot Luck

December 14, 5 pm

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 playing games.

#### Movie Monday - Maudie (PG-13)

December 18, 1 pm, Texas Room, Free

Starring Sally Hawkins and Ethan Hawke. *Maudie*, is based on a true story that involves a romance with the reclusive Everett Lewis and the fragile Maudie who becomes his housekeeper. Maudie yearns to be more independent from her family and even though she has crippled hands she has a surprising rise to fame as a folk painter. Sponsored by Oxford Glen.

#### Reunion Hispania

Martes, 19 diciembre, 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.

#### Adult Coloring with Sandra Vance

Wednesday, December 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 get your creative juices going.

#### Monthly Luncheon

Thursday, December 21, 11 am, \$4/person

UpSwing Jazz Orchestra will be entertaining you with a spectacular musical morning you do not want to miss. We are serving a special holiday luncheon of pot roast, mashed potatoes, gravy, green beans, salad, and red velvet cake for dessert. Registration required by Tuesday, December 19. Sponsored by Briarview.



### SAC

This year has gone by so quickly. In fact, before you know it Christmas will have come and gone again. Please take a moment to reflect on everything we have done this year that has made us better people. One thing that we have done and are continuing to do is collect Box Tops for Education and distribute them to the elementary schools. Your box top donations help supply the necessary tools for our local students.

The Senior Advisory Council started collecting supplies for the VA hospital. There was a list of items posted on the red container near the coffee area. The last day for the collection was Thursday, November 9.

Metrocrest Social Services has thanked us for the toys that are always so generously donated, but there is a definite need for gift cards for teens. A group of seniors got together on November 29 for coffee, dessert, and to collect gift cards. We will be preparing small bags of candy for the Heritage Gardens Nursing Home for Christmas treats for the residents. More information on this event will be coming soon.

\$ = fee applies



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 9:30 am- Knit & Yarn Groupies 10 am- H&F Canasta 10 am- Tai Chi/\$ 10 am- Better 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- Aerobics/\$ 9 am- Dominoes 10 am- Tai Chi/\$ 10:20 am- Bingo/\$ 10:30 am- Better Balance 12:30 pm- Pinochle 1 pm- Line Dance 2:30 pm- Drama Group	7 am- Walking 8:30 am- Functional Fitness/\$ 9 am- Dominoes 9 am- Scrabble 10 am- Stretch/\$ 11 am- Better Balance 12:30 pm- Skip Bo 1 pm- Bridge 1 pm- Fun Chair Volleyball 1 pm- Mahjong 2 pm- Bunka 6:05 pm- Dance Lesson 7 pm- Dance/\$	7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 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

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

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

**An Old-Fashioned Christmas at AW Perry Museum**  
**1509 N Perry Road**  
**Friday, December 1, 6-8:30 pm**  
 Bring the whole family to this popular celebration. Victorian carolers and Santa Claus will be spreading holiday cheer. Enjoy cookies, ornament crafts, and merry making at this annual event to welcome the season! Tour the historic 1909 Perry Home to see the festive decorations. Informal tours available throughout the evening. For more information, visit [www.cityofcarrollton.com/museum](http://www.cityofcarrollton.com/museum).



**3rd Annual Santa on the Square**  
**Downtown Carrollton**  
**Saturday, December 2, 8:30 am-4 pm**

Grab your stockings and Santa hats for this Festive Kid's Fun Run! The Kid's Fun Run will have your little ones running with glee as they chase Santa through the streets of Downtown Carrollton. Parents are encouraged and welcome to participate in the Kid's Fun Run with their registered child. Stick around for our FREE event which includes a free 4x6" picture with Santa inside the gazebo. Take your own picture at one of our many photo ops with live reindeer, a 16' decorated tree, and inside a giant 15' snow globe! For more information, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).



## December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 11 am- Sing-along 6 pm- An Old Fashioned Christmas at AW Perry Museum	<b>2</b> 8:30 am- Santa on the Square - Downtown Carrollton
<b>4</b>	<b>5</b> 9 am- ABI Testing & Seminar 9:30 am- B12 Shots	<b>6</b>	<b>7</b> 11 am- Quilting Group 7 pm- Dance	<b>8</b> 9 am- Breakfast Bingo 11 am- Out to Lunch	<b>9</b>
<b>11</b>	<b>12</b> 1 pm- Texas Hold'em Tournament of Champions	<b>13</b> 10 am- Book Club 10:45 am- Hot Dog Wednesday 12:30 pm- AARP Driving Class	<b>14</b> 9 am- You Can Paint 5 pm- Pot Luck 7 pm- Dance	<b>15</b> 11 am- Sing-along	<b>16</b>
<b>18</b> 1 pm- Movie Monday <i>Maudie</i>	<b>19</b> 3 pm- Reunion Hispania	<b>20</b> 1 pm- Adult Coloring	<b>21</b> 11 am- Luncheon 7 pm- Dance	<b>22</b>	<b>23</b>
<b>25</b> Facility Closed	<b>26</b> No Birthday Bingo	<b>27</b>	<b>28</b> 11 am- Quilting Group 7 pm- Dance	<b>29</b>	<b>30</b>

**Thursday Night Dance**  
 Dance lesson begins at 6:05 pm  
 Dance begins at 7 pm, \$5/person  
 Refreshments served at the break. Dance lesson will be announced.  
 December 7 - Doc Gibbs, Variety  
 December 14 - City Lights, Country Western  
 December 21 - DFW Music Makers, Ballroom  
 December 28 - High Caliber, Country Western



**This will be the final printed edition of The Metrocrest Services Senior News. The Senior News will continue to be available online at [www.metrocrestservices.org](http://www.metrocrestservices.org). To continue to view the Carrollton Senior Sampler online edition, visit [cityofcarrollton.com/senior-center](http://cityofcarrollton.com/senior-center) or pick one up at the Carrollton Senior Center.**