

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

January 2018

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

Spotlight on Tuscany Trip Presentation

Tuesday, January 16, 2:30-4 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 booked before April 12, 2018. Insurance is not mandatory but is recommended and costs an additional \$290/person.

Out to Lunch

Nate's Seafood and Steak House

14951 Midway Rd, Addison

Friday, January 12, 12 pm, \$3/person travel fee

If you need transportation, the van has room for up to five people and will be departing the Senior Center at 11:45 am. Registration required.

Classes and Seminars

Tai Chi

Mondays and Wednesdays, 10-11 am

\$35 punch card for 5 classes or drop-in for \$8

Free class on the 2nd Monday of the month

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, Wednesdays, 10:30-11:15 am

\$20 punch card for 10 classes or drop-in for \$2.50

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.

Aging Gracefully Yoga

Mondays and Fridays, 11-11:45 am

\$30 punch card for 10 classes or drop in for \$3.50

Increase your strength, flexibility, and balance with yoga. This class will relieve stress and tension, and is designed to accommodate older adults. Come experience yoga to feel energized and revitalized.

Ceramics

Tuesdays, 9-11:30 am, (No class on January 2)

\$30 punch card for 4 classes

Students are supplied with clay or are welcome to bring pre-cast pieces to decorate and glaze. Instruction is given on how to clean, decorate, and glaze items. Glazes, under glazes, tools, and firing are included in the fee.

Quilting Group

Thursday, January 4 & 11, 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.

Technology Saturday

Saturday, January 6, 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).

Weight Room Orientation

Monday, January 15, 2:30-4 pm

\$6/person (resident), \$6.50/person (non-resident)

Not sure how machines in our weight room work or how to set up a machine? This class, led by a certified personal trainer, can provide you with a walk-through of the weight room to give you a better understanding of the setup and how to properly position yourself on our machines. The orientation is a learning opportunity but will not provide a training plan for you. If you are interested in obtaining a personalized work out plan, contact one of our personal trainers. There are no refunds, credits, or transfers for this class. If you cancel or miss the class you will be required to re-register and pay the class fee again to participate.

Skin Cancer Screening

Wednesday, January 17, 11:15 am-12:45 pm, Free

Dermatology and Skin Cancer Surgery Center will be here to screen for skin cancer. Leonard Acevedo will be able to answer all your questions and will have over the counter samples to give out. No registration required.

You Can Paint - Cardinal on a Holly Branch

Thursday, January 18, 9 am-12 pm

\$35/resident, \$36.50/non-resident

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 - National Hobby Month

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

Do you enjoy crafting, knitting, stamp collecting or any other of the many hobbies out there? Bring an example to showcase for all to see. We will be serving sour cream and chicken enchiladas, rice, beans, and sopapilla cheese cake for dessert. Registration required by Tuesday, January 16.

Rider Chiropractic Lunch & Learn - Neuropathy

Thursday, January 25, 11:30 am, Free

If your feet, hands, or other areas of your body experience tingling, numbness, weakness or pain on a chronic basis, you may have neuropathy. Commonly reported as untreatable, new discoveries of safe, natural methods can help restore your comfort and quality of life. Learn about these methods to control this degenerative condition. Registration required by January 23.

Activities

B12 shots

Tuesday, January 2 & 30, 9:30-10 am, \$20/person

Cash or check payable to Flu Shots of America.

Sing-along Group

Friday, January 5 & 19, 11 am-12 pm, Free

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

Bingo

Wednesdays, 10:20 am, Roundup Room, Free

Bingo is played every Wednesday at 10:20 am in the Roundup Room. The Madison on Marsh will be providing snacks on January 3 & 17 for you to munch on while you play.

Book Club

Wednesday, January 10, 10 am, Free

The selection for January is *For Whom the Bell Tolls* by Ernest Hemingway. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, January 10, 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 Potluck

January 11, 5 pm

Potluck 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 - Victoria & Abdul (PG-13)

January 15, 1 pm, Texas Room, Free

The true story of an unexpected friendship in the later years of Queen Victoria's rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor in the Queen herself. As the Queen questions her constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. Sponsored by Oxford Glen.

Adult Coloring with Sandra Vance

Wednesday, January 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, used less medication, and had fewer health problems. 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.

Reunion Hispania

Martes, 16 enero, 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.

SAMPLER

February 2018

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SENIORS ON TOUR

Out to Lunch

Mena's Tex-Mex Grill

2801 Trinity Mills, Carrollton

Friday, February 9, 10:30 am

A menu will be available at the front desk. Registration required. If you need transportation, the van has room for up to five people and will be departing the Senior Center at 10:30 am.

Classes and Seminars

Tai Chi

Mondays and Wednesdays, 10-11 am

\$35 punch card for 5 classes or \$8 for drop-in

Free class on the 2nd Monday of the month

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 punch card for 10 classes or \$2.50 for 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.

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.

Rider Chiropractic Lunch & Learn

Controlling Joint Pain Naturally

Thursday, February 8, 11:30 am

Is pain controlling your life? Trying to avoid surgery? Still in pain after surgery? New non-drug treatment technology will be discussed which can give you back your mobility, quality of life and ability to do what you used to! Learn from experts about new ways to get pain free! Registration required by Tuesday, February 6.

AARP Smart Driver Class

Wednesday, February 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, drivers license, and payment for the instructor. Registration required.

You Can Paint - Cabin in the Snowy Woods

Thursday, February 15, 9 am-12 pm

\$35/resident, \$36.50/non-resident

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 February 7 & 21.

Quilting Group

Thursday, February 1 & 22, 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.

Sing-along Group

Friday, February 2 & 16, 11 am-12 pm, Free

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

Thursday Night Potluck

February 8, 5 pm

Potluck 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.

Book Club

Wednesday, February 14, 10 am, Free

The selection for February is *Jackie's Girl* by Kathy McKeon. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, February 14, 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.

Monthly Luncheon

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

Come and enjoy the music of the Low Brass Choir. We are serving spaghetti, salad, garlic bread, and Italian cream cake for dessert. Registration required by Tuesday, February 13.



Movie Monday - Breathe (PG-13)

February 19, 1 pm, Texas Room, Free

After contracting polio at the age of 28, Robin Cavendish is confined to a bed and given only months to live. With help from his wife Diana and her twin brothers, and the groundbreaking ideas of inventor Teddy Hall, Cavendish emerges from the hospital ward and devotes the rest of his life to helping fellow patients and the disabled. Sponsored by Oxford Glen.

Reunion Hispania

Martes, 20 febrero, 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, February 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.

Texas Hold 'Em

Tuesday, February 27, 1 pm, Free

Seating at 12:30 pm and games begin at 1 pm. The first 64 participants will be seated. No registration required.

B12 Shots

Tuesday, February 27, 9:30-10 am ONLY

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

EVENTS

A Victorian Valentine

Saturday, February 10, 5-7 pm

\$20/per couple(residents), \$22/per couple(non-residents)

A.W. Perry Homestead Museum, 1509 N. Perry Rd
By the mid-1850s, Valentine's Day had become a popular holiday in America through sending cards, lavish gifts, and even works of art to lovers and secret admirers. Continue the tradition with a special night at the A.W. Perry Homestead Museum with a romantic evening of dancing in the sunset with your beloved. Enjoy a couple's dance lesson accompanied by a live band that is guaranteed to "woo" your significant other. Chocolate and a rose for your partner is included with ticket purchase. For more information, call 972-466-6381.



