

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

March 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

Tuscan Trip

Thursday, October 11-Thursday, October 18, 2018

Your adventure begins October 11 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. \$3199/double occupancy and \$3449/single occupancy if you book before April 12. Insurance is not mandatory but is recommended and is an additional \$290/person.

Out to Lunch - Olive Garden

4240 Belt Line Road, Addison

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

Restaurant is located on the southeast corner of Belt Line and Midway. If you need transportation, the van has room for up to five people and will be departing the Senior Center at 10:45 am. Registration required.

Classes and Seminars

Tai Chi

Mondays and Wednesdays, 10-11 am

Punch Pass - 5 visits for \$35

\$8/person drop-in, Free class - 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 or 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.

Ceramics

Tuesdays, 9-11:30 am

\$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, underglazes, tools, and firing are included in the fee.

Technology Saturday

Saturday, March 3, 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).

Dignity Funeral Planning Lunch & Learn

Tuesday, March 6, 11 am-12:30 pm, Free

Join Dignity Funeral Planning for a lunch & learn round table including an attorney to discuss end of life planning. No registration required.

Quilting Group

Thursday, March 8 & 29, 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.

Nature & Wildlife Photography Presentation

Tuesday, March 13, 11:15 am-12:15 pm, Free

Senior Center member Deborah Hutchins has a passion for photography and captures the most beautiful images right here in Carrollton! She continues to explore the parks, trails and ponds, and has completed over 100 trips. Come enjoy her photographic slide show! No registration required.

Monthly Luncheon

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

We will be celebrating St. Patrick's Day so don't forget to wear something green. Easter is April 1st and we will be making Easter cards with June Kim of Blue Cross Blue Shield. Pork loin, potatoes au gratin, mixed veggies, salad, rolls, and red velvet cake will be served. Sponsored by Briarview and Lakeview. Registration required by Tuesday, March 13.



Weight Room Orientation

Monday, March 19, 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.

FFE Taxes in Retirement

Tuesday, March 20, 10 am-1 pm

We want to help you live a happy retirement and get the most out of the assets you have accumulated over your lifetime. Come learn about how to minimize your taxes in retirement. No registration required.

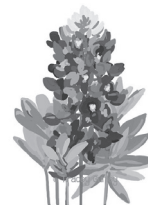
You Can Paint - Bluebonnet Evening

Thursday, March 22, 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.

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Specialized Telecommunications Assistance Program

Friday, March 23, 10 am, Free

4 out of 5 Americans over the age of 60 have some hearing, vision or mobility loss. There is help, however, and it is paid through a government program called STAP, Specialized Telecommunications Assistance Programs, by a small charge each month on your telephone bill. Why not take advantage of a benefit you're paying for already? Laura Carr from STAP will show you what you are eligible to receive. No registration required.

Activities

Bingo

Every Wednesday, 10:20 am, \$1/bingo card

Bingo is played every Wednesday at 10:20 am in the Roundup Room. The Madison on Marsh will be providing snacks on March 7 & 21.

Drama Group

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!

Sing-Along Group

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

Be a part of a group of seniors who love to sing. The ability to read music is not required. No registration required.

Thursday Night Potluck

March 8, 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.

Book Club

Wednesday, March 14, 10 am, Free

The selection for March is *The Paris Architect* by Charles Belfoure. The book club is led by volunteers. Join in and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, March 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.

Reunion Hispania

Martes, 20 de marzo, 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, March 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, 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 9:30 am- Knit & Crochet Group 10 am- H&F Canasta 10 am- Tai Chi/\$ 10 am- Better Balance/\$ 11 am- Yoga/\$ 1 pm- Ping Pong 1 pm- Cribbage	7 am- Walking 8:30 am- Functional Fitness/\$ 9 am- Ceramics/\$ 9 am- Dominoes 10 am- Stretch/\$ 1 pm- Ping Pong 1 pm- Fun Chair Volleyball 1 pm- Team Chair Volleyball 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 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/\$ 11 am- Better Balance/\$ 1 pm- Fun Chair Volleyball 1 pm- Mahjong 2 pm- Bunka 6:05 pm- Dance Lessons 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 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>A Carrollton Senior Center membership is required for most classes and seminars.</i> </div>

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B12 shots Tuesday, March 27, 9:30-10 am ONLY \$ 20 cash or check, payable to Flu Shots of America.	Texas Hold 'Em Tuesday, March 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. 		1	2 11 am- Sing-along Group	3 10 am- Technology Saturday 3 pm- TEXFest
5	6 11 am- Senior Advisory Council Meeting 11 am- Dignity Lunch & Learn	7	8 11 am- Quilting Group 5 pm- Potluck	9 11 am- Out to Lunch	10 11 am- St. Patrick's Open House at Crosby Rec Center
12	13 11:15 am- Photography Presentation	14 10 am- Book Club 10:45 am- Hot Dog Wednesday	15 11 am- Monthly Luncheon	16 11 am- Sing-along Group	17 
19 1 pm- Movie Monday 2:30 pm- Weight Room Orientation	20 10 am- United Financial Seminar 3 pm- Reunion Hispania First day of Spring	21 1 pm- Adult Coloring	22 9 am- You Can Paint	23 10 am- STAP	24 6 pm- Concert on the Square
26	27 9:30 am- B-12 Shots 1 pm- Texas Hold'Em	28	29 11 am- Quilting Group	30	31

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 the ChaCha.

- March 1 - Doc Gibbs - Variety
- March 8 - City Lights - Country Western
- March 15 - DFW Music Makers - Ballroom
- March 22 - High Caliber - Country Western
- March 29 - Danny Romo - Country Western

Carrollton City Council Adopts Utility Rate Increase for March 1
 The Carrollton City Council approved a rate increase for water and wastewater services at the February 6 meeting. The decision to apply a rate increase this year is primarily due to increasing costs from the City's water and wastewater treatment providers, Dallas Water Utilities (DWU) and Trinity River Authority (TRA). The increase will take effect March 1, and while actual impacts to individual customers will vary based on type of customer and usage levels, the average increase will be about 12 percent. For more information on Carrollton utility services and billing procedures, visit cityofcarrollton.com/ucs or call 972-466-3000.

Senior Advisory Council

We are looking for new Advisory Council members. The annual election is open for volunteers to run. They need to be committed to attend the monthly council meeting on the first Tuesday of each month, as well as, work on Hot Dog day on the second Wednesday of each month. Advisory Council members may also need to be available to support any activities that the City request help for. There are five openings on the Advisory Council. Four will fill spots of current members that have completed their two years of service. The fifth place from the election will fill the spot of a member who had to resign. This person will fill the position for one year and have the option of running next year for a two year spot on the council.

Beginning in March, we will have the listing up for people to volunteer to run. In April, at the monthly luncheon, candidates will be introduced to the seniors. We will also be taking nominations from the floor for other people who seniors feel can do a good job. We need people who like to volunteer to make our Center a great place for seniors to come. Please consider running. Make sure you can be active and can fill the duties of a council member. Don't hesitate to contact a current member with any questions you might have. They will be happy to answer any question you have about the Senior Advisory Council.

Movie Monday – Murder on the Orient Express (PG-13)
March 19, 1 pm, Texas Room, Free
 When a luxurious train is stranded in the snow and a man is murdered in his compartment, the crime is investigated by a famous detective who is also a passenger. He discovers that many of the passengers knew the victim from years before in connection with the kidnapping of a 3-year old heiress who was killed even though her ransom was paid. Suspicion falls on the thirteen travelers who are linked to the original case. Sponsored by Oxford Glen.

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Thursday 7 am to 9:30 pm * Saturday 9 am to 1 pm * Sunday closed

Seniors on Tour

The Bluebonnet Trail & Lunch Wild Flower Cafe

Monday, April 23, 9:45 am, \$25/person

We are on the hunt for the Bluebonnets in Ennis. Sit back and enjoy the ride in the Carrollton Senior Center bus as we travel the Bluebonnet Trail. We will leave the Senior Center at 9:45 am and start with lunch at the Wildflower Cafe. Lunch is included and the menu will consist of your choice of Salad Trio Plate, Chicken Salad or Chicken a la King. Each meal comes with different sides, and peach or regular tea. Dessert is available for an additional fee of \$4.50. A menu will be available at the front desk. Registration required by Monday, April 16.

Out to Lunch

Zenna Thai & Japanese 3950 Rosemeade Parkway, Dallas Friday, April 13, 11 am

Zenna's is located on Rosemeade between George Bush and Midway. If you need transportation, the van has room for up to 5 people and will be departing the Senior Center at 10:35 am. Transportation fee is \$3/resident and \$3.50/non-resident. Registration required in order to give the restaurant a head count in advance.

Classes and Seminars

Tai Chi

**Mondays and Wednesdays, 10-11 am
Punch Pass - 5 visits for \$35**

\$8/person 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/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.

Ceramics

Tuesdays, 9-11:30 am, \$30 punch card for 4 classes

Students are supplied with clay, or are welcome to bring pre-cast pieces to decorate and glaze. Glazes, under glazes, tools, and firing are included in the fee.

The New Tax Plan and What It Means to You

Tuesday, April 3, 5:30 pm, Free

We are inviting you to learn about the LARGEST TAX CHANGE since 1986!! Come see how to take advantage of the new tax law and how it fits into your overall retirement plan. Join us for a complimentary dinner and discussion about retirement goals and new tax plan. No registration required.

AARP Smart Driver Class

Wednesday, April 11, 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.

Dignity Funeral Planning Lunch & Learn

Thursday, April 12, 9 am-10 am, Free

Join Dignity Funeral Planning for a lunch & learn with a round table including an attorney to discuss end of life planning. No registration required.

You Can Paint - Adobe Church in Watercolor

Thursday, April 19, 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.

Avoiding Scams Lunch & Learn by Metrocrest Services

Thursday, April 19, 11:30 am, Free

The 60-minute training is designed to provide older adults with a basic understanding of the types of scams targeting seniors and how to protect themselves from becoming a victim. It is difficult and uncomfortable for any generation to discuss one's vulnerability to scams. While older adults may be engrossed in learning how to manage and protect their money, they may be resistant in sharing their financial management choices. This training would be used to empower older adults to take advantage of available resources and begin safeguarding their money by taking steps to ensure their economic safety. Registration required by Tuesday, April 17.

How to Meet Your Retirement Goals

Tuesday, April 24, 10:30 am-1 pm, Free

This class is designed to cover a wide variety of retirement planning concerns and guests are encouraged to participate and ask questions. No registration required.

Activities

Bingo

Every Wednesday, 10:20 am, \$1/bingo card

Bingo is played every Wednesday at 10:20 am in the Roundup Room. The Madison on Marsh will be providing snacks on April 4 & 18.

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!

Sing-along Group

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

Be a part of a group of seniors who love to sing. The ability to read music is not required. No registration required.

Book Club

Wednesday, April 11, 10 am, Free

The selection for April is *On The Road* by Jack Kerouac. The book club is led by volunteers. Please join them and enrich your reading experience with some lively discussion.

Hot Dog Wednesday

Wednesday, April 11, 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

Thursday, April 12, 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.

Quilting Group

Thursday, April 12 & 26, 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.

Movie Monday-*The Greatest Showman* (PG)

April 16, 1 pm, Texas Room, Free

This film is inspired by the story of P.T. Barnum's creation of the Barnum & Bailey Circus and the lives of its star attractions. Sponsored by Oxford Glen.

Reunion Hispania

Abril, Martes, 17, 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, April 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 need to sign up just come and get your creative juices going.

Monthly Luncheon

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

Our very own Carrollton Strummers ukulele band will be performing for us! We will be serving chicken fried steak, mashed potatoes with gravy, green beans, salad, rolls, and peach cobbler.

Registration required by Tuesday, April 17. Sponsored by Silverado of Valley Ranch.



Texas Hold 'Em

Tuesday, April 24, 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, April 24, 9:30-10 am ONLY

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

\$ = fee applies


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 am- Walking 9 am- Aerobics/\$ 9 am- Dominoes 9:30 am- Knit & Crochet Group 10 am- H&F Canasta 10 am- Tai Chi/\$ 10 am- Better Balance/\$ 11 am- Yoga/\$ 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- 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 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/\$ 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
		Bingo card sales end at 10:20 am. Please arrive early to purchase your cards.		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><i>A Carrollton Senior Center membership is required for most classes and seminars.</i></p> </div>	

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Senior Advisory Council Self Nominations Begins	3 11 am- Senior Advisory Council Meeting 5:30 pm- Tax Seminar	4	5	6 11 am- Sing-along	7 11 am- Paws on the Square
9	10	11 10 am- Book Club 10:45 am- Hot Dog Wednesday 12:30 pm- AARP Smart Driver Class	12 9 am- Dignity Lunch & Learn 11 am- Quilting Group 5 pm- Potluck	13 11 am- Out to Lunch	14 5 pm- Spring Blooms 6 pm- Concert on the Square
16 1 pm- Movie Monday	17 3 pm- Reunion Hispania	18 1 pm- Adult Coloring	19 9 am- You Can Paint 11 am- Luncheon Senior Advisory Nomination Deadline	20 11 am- Sing-along	21 Sunset- Movie on the Square
23 9:45 am- Bluebonnet Trail & Lunch	24 9:30 am- B-12 Shots 10:30 am- United Financial Seminar 1 pm- Texas Hold 'Em	25	26 11 am- Quilting Group	27	28

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Paws on the Square Downtown Carrollton
Saturday, April 7, 11 am-3 pm, Free
Pawrents! Get ready to bring your pet to an afternoon paw-ty in Downtown Carrollton. Paws on the Square is a free event that brings people, pets, animal welfare organizations, and pet-friendly companies together to make Carrollton a better place for our pets. For more information, visit cityofcarrollton.com/downtown.



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 Combination Two Step and Three Step.

April 5 - Doc Gibbs, Variety
April 12 - City Lights, Country Western
April 19 - DFW Music Makers, Ballroom
April 26 - High Caliber, Country Western



City of Carrollton Bond & General Election Voting Information
The City of Carrollton will hold a Bond & General Election. The General Election is for seats 1, 3, 5, and 7.

Election day is Saturday, May 5. Voting will take place at your local precinct.

Early voting hours are as follows:
Monday, April 23 - Saturday, April 28 from 8 am-5 pm
Sunday, April 29 from 1-6 pm
Monday, April 30 & Tuesday, May 1 from 7 am-7 pm

Early Voting Locations:
Josey Ranch Lake Library (1700 Keller Springs Road)
Hebron & Josey Library (4220 N. Josey Lane)

Senior Center News
Jackie Byles is our new Carrollton Senior Center Supervisor. He was born and raised in Texas. Shortly after graduating high school, he enlisted in the United States Navy and served from 2004-2012. He spent five years onboard U.S.S. Leyte Gulf (CG55), where he completed two deployment tours; Operation Enduring Iraqi Freedom and Joint African Partnership Tour. After his time in the Navy, he completed his Bachelor's Degree in Kinesiology in 2015 at Texas A&M - Corpus Christi. In 2017, he completed his Master's Degree in Recreation, Event and Sports Management at the University of North Texas.

Jackie has been with the City of Carrollton Parks and Recreation Department as a Sports Coordinator. He scheduled and coordinated numerous sports programs along with overseeing Texas Hold 'Em and Chair Volleyball at the Senior Center.

Some of the interesting places he has visited are Egypt, Rome, Paris, Gibraltar, Malaysia, Ireland, Greece, Kenya, Seychelles, Gran Canarias Island, Mombasa, Dubai, and Bahrain.

Jackie looks forward to meeting everyone and providing a fun and friendly environment at the Carrollton Senior Center!

Spring Blooms A.W. Perry Museum 1509 N. Perry Road Saturday, April 14, 5-7 pm \$10/residents, \$12/non-residents

Spring is blooming in Carrollton! Enjoy bluebonnets and other wildflowers at the A.W. Perry Homestead Museum, in the beautiful 1-acre setting of Pearl Perry Gravelly Park. Bring the whole family for a leisurely afternoon of photo opportunities, old-fashioned games, cookies and lemonade, and a craft for the little ones. A professional photographer will be on-site to take photos with no sitting fee (one digital image per family). Sitting times are limited and registration is required by Friday, April 13.