

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8am Senior Walking Club  9-9:45am Brain Games packet pickup	2 10:30am Bingo  w/prizes	3 9:30am Chair  Volleyball 1:30pm ACT Drama group 	4 9am Free Fitness Friday  10am Senior Swim Day \$	5
7 10am Knit & Crochet 	8 8am Senior Walking Club  9-9:45am Brain Games packet pickup	9 10:30am Bingo  w/prizes 12:15pm Zoom & Learn Astronomy 101 with Kevin Graham	10 9:30am Chair  Volleyball 1:30pm ACT Drama group 	11 9am Coffee Chat  12:15pm Adult Coloring packet pickup	12 3-9pm World of Foodies - Downtown Carrollton
14 10am Knit & Crochet 	15 8am Senior Walking Club  9-9:45am Brain Games packet pickup	16 10:30am Bingo  w/prizes 1pm Adult Coloring sponsored by Sandra Vance	17 9:30am Chair  Volleyball 11am Curbside Luncheon* 1:30pm ACT Drama group 	18 9am Free Fitness Friday  	19
21 10am Knit & Crochet 	22 8am Senior Walking Club  9-9:45am Brain Games packet pickup	23 10:30am Bingo  w/prizes	24 9:30am Chair  Volleyball 1:30pm ACT Drama group 	25 9am Coffee Chat 	26
28 10am Knit & Crochet 	29 8am Senior Walking Club  9-9:45am Brain Games packet pickup	30 10:30am Bingo  w/prizes		\$ Cost Associated	 Virtual programs via Zoom  Outdoor, in-person

While the Senior Center is closed, Senior Center memberships are accepted at Rosemeade and Crosby Recreation Centers.

Coffee Chat - Hop on a Zoom call with the Carrollton Senior Center on the second and fourth Friday of the month from 9-9:30am to catch up with friends and make new ones. During the Friday, September 25 Coffee Chat we will be welcoming special guest Tracy Eubanks, CEO from Metrocrest Services.

Registration for all programs can be completed by emailing Shelby Carradine, Recreation Coordinator, at Shelby.Carradine@cityofcarrollton.com. For virtual programs, she will send you simple directions, connect you to the group/activity you are interested in and get you in contact with the appropriate person. In September, we have added in some outdoor, in-person programs that are marked with a tree icon on the calendar. You will also notice that any programs that cost money, will have a dollar sign icon. Virtual programs will continue to have the computer icon. Preregistration is required for all programs, other than Senior Swim Day on Friday, September 4. Members and participants are encouraged to contact Senior Advisory Council President Jim Rogers at 214-450-8420 or jimrogers555@verizon.net for any assistance with the Zoom video conferencing tool.



September Luncheon Curbside

The Carrollton Senior Center is excited to offer our Monthly Luncheon served curbside catered by Chef Leslie from All Events Catering. This month's menu includes a Caesar salad, classic meatloaf, garlic Parmesan scalloped potatoes, broccoli, and chocolate chip cake. A vegetarian option is available upon request when registering. The cost per meal is \$6.50/resident; \$7.25/non-resident and can be picked up curbside only on Thursday, September 17 from 11-11:45am. Registration is required by Tuesday, September 15 at 5pm. To register, call 972-466-9801.

Be sure to visit the Parks & Recreation Facebook page and join other Senior members in the Carrollton Senior Center Group.

[facebook.com/groups/carrolltonseniors/](https://www.facebook.com/groups/carrolltonseniors/)