

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> = Virtual Programs via Zoom  = Outdoor Programs  = Cost Associated</p>	<p> Join the Carrollton Senior Center Group on Facebook! facebook.com/groups/carrolltonseniors</p>		<p>1 9:30am Chair Volleyball  10am Stretch \$  1:30pm ACT Drama group </p>	<p>2 9am Free Fitness Friday  11am Yoga \$ </p>	<p>3 5pm Fall Family Campout</p>
<p>5 10am Knit & Crochet  11am Yoga \$ </p>	<p>6 8am Senior Walking Club  9-9:45am Brain Games packet pickup 10am Stretch \$ </p>	<p>7 10:30am Bingo  w/prizes 12:15pm Zoom & Learn Medicare 101 (English) </p>	<p>8 9:30am Chair Volleyball  10am Stretch \$  1:30pm ACT Drama group </p>	<p>9 9am Coffee Chat  9am Painting at the Perry \$  11am Yoga \$  12:15pm Adult Coloring packet pickup</p>	<p>10 6pm Saturday on the Square Downtown Carrollton</p>
<p>12 10am Knit & Crochet  11am Yoga \$ </p>	<p>13 8am Senior Walking Club  9-9:45am Brain Games packet pickup</p>	<p>14 10:30am Bingo  w/prizes 12:15pm Zoom & Learn Medicare 101 (Spanish)  1pm Adult Coloring </p>	<p>15 9:30am Chair Volleyball  11am Curbside Luncheon \$ 1:30pm ACT Drama group </p>	<p>16 9am Free Fitness Friday </p>	<p>17 10am Perry Pumpkin Patch A.W. Perry Homestead Museum</p>
<p>19 10am Knit & Crochet </p>	<p>20 8am Senior Walking Club  9-9:45am Brain Games packet pickup</p>	<p>21 10:30am Bingo  w/prizes</p>	<p>22 9:30am Chair Volleyball  10am Stretch \$  1:30pm ACT Drama group </p>	<p>23 9am Free Fitness Friday  9am Coffee Chat  11am Yoga \$ </p>	<p>24 4pm Ghost Town Downtown Carrollton</p>
<p>26 10am Knit & Crochet  11am Yoga \$ </p>	<p>27 8am Senior Walking Club  9-9:45am Brain Games packet pickup 10am Stretch \$ </p>	<p>28 10:30am Bingo  w/prizes</p>	<p>29 9:30am Chair Volleyball  10am Stretch \$  1:30pm ACT Drama group </p>	<p>30 11am Yoga \$ </p>	<p>31</p>



Walking Club - Join the Senior Walking Club every Tuesday at 8am for a chance to catch up with members of the Senior Center and get some exercise. We will meet at the entrance of the Senior Center and walk around the pond.

Free Fitness Friday - Join us on Zoom or at Josey Ranch Field #6 at 1440 Keller Springs Road for Free Fitness Friday. Personal Trainer Tom Nouné will lead a full-body workout that can be done with or without a chair. Tom specializes in weight resistance training, primarily with baby boomers and seniors! Sponsored by:



Registration is required for all programs and can be completed by emailing the 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. 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.



October Luncheon Curbside

The Carrollton Senior Center is excited to offer our Monthly Luncheon served curbside and catered by Chef Leslie from All Events Catering. This month's menu includes chicken schnitzel, German potato salad, green beans, garlic bread, and German chocolate 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, October 15 from 11-11:45am. Registration is required by Tuesday, October 13 at 5pm. To register, call 972-466-9801.