





COVID-19 Update: Senior Center is **CLOSED**. Use your membership at Rosemeade and Crosby Recreation Centers.

 **Program Fee**
 Register online, call, or drop-in fitness payment

 **Virtual**
 Online Zoom meeting link

 **Facebook**
facebook.com/groups/carrolltonseniors

 **Outdoor Activity**
 Josey Ranch Sports Complex Field #6




 **Drive-thru**
 Senior Center parking lot

DAILY ACTIVITIES

MONDAY

- 10 am Knit & Crochet 
- 11 am Yoga  
- 12:15 pm FUNctional Fitness  





TUESDAY

- 9 am Brain Games 
- 10 am Stretch  




WEDNESDAY

- 10:30 am BINGO 
- 12 pm FUNctional Fitness  

THURSDAY

- 10 am Stretch  
- 1:30 pm ACT Drama Club 
- 2 pm Chair Volleyball 

FRIDAY

- 9 am Free Fitness Friday 
- 11 am Yoga  

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEKLY UPDATES 5</p> <p> facebook.com/groups/carrolltonseniors</p> <p>CLASS DESCRIPTIONS</p> <p> cityofcarrollton.com/leisuremag</p>	<p>6</p>	<p>7</p> <p>11 am Drive-thru Lunch </p> <p>We ♥ Our Seniors</p> <p>Free Lunch Sponsored by Joe's Pizza Pasta Subs</p>	<p>8</p> <p>10 am Zoom Virtual Tour </p> <p>A.W. Perry Homestead Museum guided tour by Museum Curator Cody Scallions.</p>	<p>9</p>
<p>10 am New Video </p> <p>ACT Drama Club Showcase on Facebook</p>	<p>10 am Zoom & Learn </p> <p>Texas Rangers The history of the frontier law and order</p>	<p>10 am Zoom Book Club </p> <p>11 am Drive-thru Lunch </p> <p>Free CSAC Hot Dog Day</p>	<p>15</p>	<p>16</p> <p>9 am Zoom Coffee Chat </p> <p>12:15 pm Packet Pickup </p> <p>Adult Coloring</p>
<p>19</p>	<p>10 am Project Pickup </p> <p>Creative Craft Mason Jar Lights</p>	<p>12:15 pm Zoom & Learn </p> <p>Caregiver Support Compassion Fatigue</p> <p>1 pm Zoom Adult Coloring </p>	<p>11 am Drive-thru Lunch </p> <p>Monthly Luncheon </p>	<p>23</p> <p><i>National Have a Picnic Day</i></p>
<p>10 am New Video </p> <p>ACT Drama Club Showcase on Facebook</p>	<p>27</p>	<p> Saturday, April 24 10 am Zoom & Learn Mental Health Matters</p>		<p>28</p>
<p>26</p>	<p>29</p>	<p>30</p>	<p>29</p>	<p>30</p>

Program Registration Required

Three ways to register:

1. Call 972-466-9810
2. Visit cityofcarrollton.com/parksprograms
3. Email Shelby.Carradine@cityofcarrollton.com



MENUS

April 7 - We ♥ Our Carrollton Seniors Lunch

FREE Turkey sandwich, chips, and a treat
Sponsored by Joe's Pizza Pasta Subs

April 14 - Senior Hot Dog Day

Sponsored by Carrollton Senior Center Advisory Council (CSAC)

April 22 - Senior Monthly Luncheon

Oven roasted glazed spiral-cut ham, yellow squash casserole, sautéed peas with pearl onions in a buttery herb sauce, tasty dinner roll, and milk cake with powdered sugar and fresh berry compote

Fee: \$6.50/resident or \$7.25/non-resident
Register by Tues., April 20