SILVER SCOOP

Life Insurance Tune-up

Wednesday, October 12 - 10:00 a.m.

Best Affordable Life Insurances, Ray Sowles, Independent Agent

Learn about the different types of life insurance and which one may be best for you. Also learn about rates, benefits, and the type of companies you should consider. Spend an hour filled with learning, giveaways, and a chance to win a gift card.

Hookey Matinee "A Catered Affair"

Wednesday, November 9

12:00 - 5:00 p.m. - $17.00

Take a midday break! Choose from an array of restaurants as you enjoy lunch on your own in the Quadrangle. Follow up your meal with a live show staged in the round at Theater Three. Transportation and theater admission included. New handrails have been installed to help us to our seats!

Health Watch

Monday, October 3- FREE Blood Sugar Screening, 9:00 a.m. VNA.

Wednesday, October 12- FREE Life Insurance Tune-up Talk, 10:00 a.m.

Thursday, October 13– Understanding Medicare - 10:00 a.m.

Thursday, October 20- Foot Doctor - 9:30 a.m. - $25.00 . Call 972-205-2769 for appointment.

Monday, October 17– VNA Health Talk "Shingles", 9:45 a.m.

Friday, October 21- FREE Blood Pressure Screening. 9:00 a.m. - Garland Firefighters.*

*Firefighters are on duty & could be called to action, preventing them from keeping their date.

Debbie Reynolds Veteran's Day Event

Friday, November 11

and

Saturday, November 12

7:30 p.m. - $39.00

The City of Garland is bringing Debbie Reynolds to the Granville Arts Center for our 11th Annual Veterans Tribute event. Tickets can be purchased at the Granville Arts Center ticket office or by calling 972-205-2790, Monday-Friday from 10:00 a.m. - 4:00 p.m. All ticket holders to the Friday performance are invited to a pre-show reception honoring veterans in The Atrium at 6:00 p.m.

Understand your Medicare Benefits

Thursday, October 13 - 10:30 a.m.

Presented by Universal American

- Understand Medicare Part A, B, C, D, etc.
- Know your options for heath care & doctors.
- Medicare advantage & prescription plans.
- And much, much more!

Annual Halloween Party & Costume Contest

Friday, October 28

11:15-12:30

We will have Halloween themed foods and treats as well as our annual costume contest. Dress your best and you may win a prize!

Dallas Cowboy Stadium Tour

Wednesday, October 19

9:00 a.m. - 3:00 p.m. - $55.00

Experience the Dallas Cowboys, up close and personal in their new Arlington stadium! See the $40 million LCD screen, the Pro Shop, Scoreboard Control Room, Owner's Suite, the field, locker room, press box, Founder's Club, Silver Level Platform, Player Interview Room, and Owner's Club. At the end of the tour, you'll receive one 5x7 commemorative photo. Price includes charter bus, lunch, tour, and photo.

Clubs, Classes, Dances, etc.

Senior Social Hour at the Library

Thursday, October 27 - 2:00 p.m.
Nicholson Memorial Library - FREE
"A Chance of a Ghost: Spine-Tingling Tales", presented by Bill Raley.

Mr. Raley has appeared as a featured teller at the Texas Storytelling Festival, area colleges, senior centers, and other festivals. His ghost story repertoire is both humorous and haunting.

Millennium Book Club

Tuesday, October 18
2:00 p.m. - FREE
Hearthstone Assisted Living

Mercy Me, by Martha Graham

Wii Bowling

Now seeking new bowlers!

Tournaments
2nd & 4th - Thursdays

1st & 3rd Thursdays are practice.

9:30 a.m. - Meeting Room
Gift Cards provided by Winters Park

The Wii bowling team won second in the regional Wii Bowling tournament held at the Allen Senior Center. Congratulations, team! We are currently searching for new bowlers for our team. Drop by on a 1st or 3rd Thursday to give it a try.

"U Can Paint - I Promise"

Wednesday, October 12
12:30 - 3:30 p.m.
"Point Lobos on California Coast"
$15.00 Registration - $15.00 Supply Fee

Learn a fun and easy approach to oils and complete a finished masterpiece worthy of framing at each class. All art supplies are included. Bring paper towels and wear an old shirt.

Bridge Schedule

Party Bridge:	Duplicate Bridge:
Wed. 5:30 - 7:45 p.m.	Tue. 6:00 - 9:30 p.m.
Thu. 12:30 - 3:00 p.m.	Thu. 6:00 - 9:30 p.m.
Fri. 12:30 - 3:00 p.m.	

AARP - Driver Safety Program

Thursday, October 20
1:00 - 5:00 p.m.

A fee is payable to the instructor on the day of class; AARP members $12, non-members $14. You may join AARP through the instructor. The class is good for insurance discount only.

Free Classes for Veterans in November!

Thursday, Nov 3 - 1-5 p.m.
Thursday, Nov 10 - 5-9 p.m.
Thursday, Nov 17 - 1-5 p.m.

AARP honors veterans and their spouses with free classes in November! Military identification required: Military ID, discharge papers (DD214), American Legion/VFW card, or dependent ID card. A Veteran Participant Form must be filled out the day of the class.

Ballroom 101

Mondays - 7:30 p.m.
$25/person

This is a new beginning class for anyone who wants to learn the basics of ballroom dance. We will master a new dance each month.

FREE

Fourth Friday Line Dance Workshop

Every Fourth Friday
October 28 - 5:30 p.m.

RED HAT SOCIETY

Tuesday, October 11– 1:30 p.m. Birthday Luncheon - Raymond's BBQ. 10920 Garland Rd.

Tuesday, October 18 - Halloween costume party.

Tuesday, October 25 - 1:00 p.m.
Free Tea at Pleasant Valley Nursing Home. 1525 Pleasant Valley Rd.

For more information about Red Hat activities contact Susan Clark - 972-670-8690.

Turbo Kickboxing

Tuesdays, 5:45 - 6:40 p.m.
Any10 Visits - $35.00

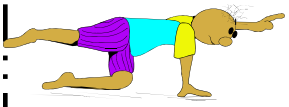
A low impact, no-contact kickboxing exercise class that includes a warm up, energizing punch and kick combos, and strengthening cool down set to incredible music. Get moving, burn calories, and have so much fun you'll forget it's exercise!

Try it three times FREE in the month of October!
See Holly for your FREE three punch kickboxing card (or just show up for the class and get it there).

Wacky Workout

Wednesdays, 5:45 p.m.
$35 punch card

Tired of the same old fitness routine? This class has a varying format. There's a lot of equipment in the closet, and we use it all! You'll love it so much, you'll want to bring your friends to the festivities.



Mat Classes

Intermediate Pilates
Mon./Fri. - 10:30 a.m.

Intermediate Yoga
Thu. 5:45 p.m.

Senior Yoga
Tue/Thu, 9:15 a.m.
Chair Class - FREE

Improve flexibility, relieve stress, and tone muscle with the use of a chair. A class for beginners.

Yogalates
Mondays, 5:45 p.m.

Combine Pilates and Yoga to work your core and challenge your strength, endurance, and flexibility without stress on the joints.

Zumba Gold

Mondays, 6:45 - 7:30 p.m.
Tuesdays, 8:30 - 9:15 a.m.

Enjoy a dance-inspired workout designed to meet the anatomical, physiological, and psychological needs of older adults and address the fitness goals of the true Zumba beginner, deconditioned participants and the average active adult.

Qi-Gong with a Chair

Mondays & Wednesdays
10:30 a.m. - 12:00 p.m.
$40/month

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Qi Gong is a Chinese philosophy of the practice of aligning breath, physical activity and awareness for mental, spiritual, and corporeal health, as well as the development of human potential. This ancient healing art uses guided breathing meditations and simple movements that cultivate and enhance the body and mind. Channel energy, improve and encourage longevity, health and harmony. Promote joint health, pain reduction, and overall well being.

The instructor uses the Spring Forest Qi-Gong technique developed by Master Chun Yi Lin.

For more information, contact Chris Divers at 817-874-2720.

Fitness Plus

MWF / 8:30 a.m.
Wed. / 5:45p.m.

These are high energy, low impact aerobics classes. Come on down, bring a friend and have some fun. The first class is free.

Exercise & More *FREE*

MWF / 9:45 - 10:15 a.m.

Workout from a chair. Ease into no-impact exercise utilizing hand weights, balls, and exercise bands for strength and flexibility. Have fun & enjoy upbeat music.

Tai Chi for Arthritis

Tue. 10:00 a.m./Thu. 10:30 a.m.
10 visit Tai Chi Card/$80.00
5 visit Tai Chi Card/$45.00
drop-in for $9.00 per workout.

Improve posture, balance, muscle tone and concentration by learning to utilize Tai Chi & Qi-Gong principles in your everyday life. Learn to breathe more effectively, release stress, improve circulation and reduce the pain of arthritis. Wear comfortable clothes and flat-soled shoes.

Ask Fayne: 214-476-1719
SimplyAware.com.

October

Fitness Schedule

Monday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.m. Pilates-S
10:30 a.m. Qi-Gong
5:45 p.m. Yogalates - S
6:45 p.m. Zumba-S

Tuesday
8:15 a.m. Zumba-S
9:15 a.m. Chair Yoga - S
10:00 a.m. Tai Chi-S
5:45 p.m. Kickboxing-S

Wednesday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.m. Qi-Gong
5:45 p.m. Wacky Workout -S

Thursday
9:15 a.m. Chair Yoga-S
10:30 a.m. Tai Chi-S
5:45 p.m. Yoga -S

Friday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 p.m. Pilates-S

Cardiovascular Room
Open during regular business hours

Available for use are three treadmills, an elliptical trainer, two recumbent bicycles, a health rider and free weights/ dumbbells. We also have a TV with local cable.

Monday	Tuesday
3 9:00 VNA - Glucose Screening - S 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	**4** 9:00 Writers' Workshop - S 9:00 VNA-BP Screening-C 9:30 Creative Crafters - S 9:30 Bowling - O 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
10 10:00 S.O.S. - C 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	**11** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
17 **9:45 VNA Health Talk - S** 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	**18** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O **9:45 VNA Health Talk - C** 11:30 Advanced Ballroom - S 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
24 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	**25** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
31 **10:00 Chili Cook-off - C** 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Ballroom 101 –S	

Wednesday	Thursday	Friday
5 **9:30 Watters Creek - O** 9:45 Shopping - B 11:45 Federation of Clubs - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**6** 9:30 Ceramics - S 9:30 Wii Bowling - S **10:00 Aging Well - C** 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "High Caliber" - S	**7** **8:30 Oktoberfest - C** **10:00 Bingo –C** **10:15 Bingo –S** 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge-S 12:30 Fun with "42"- S 2:00 Intermediate Line Dance-S 8:00 Square Dance - S
12 9:00 UFO Quilters - S 9:45 Shopping - B 10:00 Life Insurance Tune-up - S 11:00 Grub Club - O 12:30 Jewelry Making- S 12:30 U Can Paint - S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**13** 9:30 Ceramics - S 9:30 Wii Bowling - S **10:00 Farmers Market - C** **10:00 Medicare Talk - S** 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S	**14** 10:00 Bingo -C 10:15 Bingo - S 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 12:30 Texas Hold 'Em - S 12:30 Progressive Party Bridge - S 2:00 Intermediate Line Dance - S
19 **9:00 Cowboy Tour - S** 9:45 Shopping - B 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**20** **9:00 Soup for the Soul - C** 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:00 Purple Passion Club - C 1:00 AARP Driver Safety - S 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S	**21** **9:00 Red Steagall - O** 10:00 Bingo - C 10:15 Bingo - S 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 2:00 Intermediate Line Dance - S 8:00 Square Dance - S
26 9:00 UFO Quilters - S 9:45 Shopping - B 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**27** 9:30 Ceramics - S 9:30 Wii Bowling - S **10:00 S.O.S. - S** 12:30 Party Bridge - S 2:00 Mah-Jong - S 2:00 Senior Social Hour-O 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S	**28** 10:00 Bingo - C 10:15 Bingo - S **11:00 Halloween Party - S** 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 12:30 Texas Hold 'Em - S 2:00 Intermediate Line Dance - S 5:30 Line Dance Workshop - S
		Legend: C-Carver Senior Center S-Garland Senior Activity Center B-Both Locations O-Off Site

Travel & Outings

San Antonio Christmas

December 2 - 4
$375/Double - $75 deposit

Fiesta de las Luminarias is a symbolic lighting of the way for the holy family. The Riverwalk will be lined with more than 2,500 glowing candles as Christmas carolers sing from barges in the river. The Market Square is also very festive this time of year.

Grapevine Mills Mall Shopping

Wednesday, November 16
$5.00 - 9:00 a.m. - 3:00 p.m.
Just in time for Christmas!

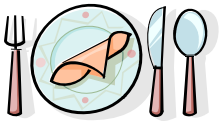
Shop til you drop! We'll visit the legendary Grapevine Mills mall, while getting inside brisk November chill, where we'll enjoy over 1.6 million sq. ft. of shopping, entertainment and restaurants. There are over 180 stores to choose from and restaurants include Rainforest Cafe and Chili's. Don't miss out!

Canton First Monday Trade Days

Get your Christmas shopping done early!
Friday, November 4
9:00 a.m. - $15.00

Travel to the largest flea market in the world for a day of shopping. A lot of walking is necessary. The flea market is spread over 100 acres with up to 3000 vendors. We will leave the center at 9:00 am and return by 3:30 pm. This will give you plenty of time to browse, eat lunch, people watch and shop.

Grub Club



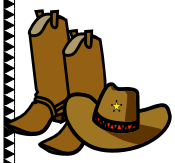
Crossroads Cafe
Wednesday, October 12
$4.00 transportation

Once a month, we dine out at a fancy, odd, or obscure restaurant. This month we will dine at the Crossroads Café where you can enjoy an extensive breakfast menu for lunch or order from their tasty lunch selections. Price includes transportation only. Everyone is on their own for lunch.

Red Stegall Cowboy Gathering & Western Swing Festival

October 21-22 - 9:00 a.m.
$25 deposit - $105 double / $155 single
Accommodations at the Radisson Hotel.
All meals are on your own.

Held in the Fort Worth Stockyards, this is truly an event to remember: dance to the music by Red Stegall and his band, wagon train, chuck wagon meals, and more. There will be dancing in the Stockyards Pavilion. The fee includes transportation, hotel and admission. Meals will be on your own at the restaurants of your choice.



The ICE at the Gaylord Texan

Wednesday, November 30
9:00 a.m. - 1:30 p.m.
$29.00

Burrr! Visit this spectacular 14,000-square-foot ICE! exhibit that features a variety of magical holiday scenes and hand-carved sculptures. Feel as though you have been transported to the North Pole as you bundle up in warm parkas and enter a winter wonderland created with two million pounds of ice kept at a wintry 9 degrees. Lunch will be on your own at the Gaylord.

You may want to bring a hat and gloves.

The Silver Scoop is online!
http://bit.ly/silverscoop

Dallas Symphony Christmas

Friday, December 9 - $35.00
5:00 p.m. (dinner) - 11:00 p.m.

Christmas never sounded so pretty! We'll have dinner at Vetoni's on Main Street before heading to the Arts District to hear the Dallas Symphony's famous Christmas Celebration. Price includes admission and transportation. Dinner is on your own. Bus departs at 6:15 p.m.

Carver Corner

Oktoberfest at Carver

Friday, October 7
8:30 a.m. - Noon
Bingo, Bingo, Bingo!

Spend the morning with your friends at Carver playing a bingo, dominoes, pool, crafts, and table games. Stay an enjoy a nice lunch.

7 Secrets of Aging Well

Thursday, October 6
10:00 - 11:00 a.m.

Focus on how to use daily habits and relationships to improve wellness through the aging process. This seminar will emphasize the fun side of life and how to utilize daily activities to improve your health.

Dallas Farmers Market

Thursday, October 13
9:00 a.m. - Noon

Enjoy the fall weather and the lively atmosphere of the market while shopping for the freshest fruits and vegetables in town.

Halloween Chili Cook-off

Monday, October 31
10:00 a.m. - Noon
Prizes awarded for the top three winners!

It's chili! Need we say more?

The Carver Senior Center Annual Soup for the Soul Program

Thursday, October 20
9:00 a.m. - Noon
Sponsored by Spring Creek Baptist Church

This is a morning you won't want to miss!
Celebrate the fall season with your friends at Carver

Please call 972-205-3305, for more information.

Purple Passion Club for Ladies

3rd Thursdays
10:00 - 11:00 a.m.

Enjoy some good old fashioned girl time! Occurs monthly on the third Thursday. Come and bring a friend!

Weekly Shopping Events

Bus departs at 10:00 a.m.

Tuesdays - Dollar Store or Target
Wednesdays - Wal-mart

GSAC & Carver

S.O.S. - Serving Our Seniors

Dallas Lighthouse for the Blind
Monday, October 10 - Carver
Thursday, October 27 - GSAC
10:00 a.m.

This program helps seniors develop the adaptive life skills they need when they are experiencing the different types of vision changes that come with aging, such as identifying obstacles and barriers. Learn how to simplify life with devices such as:

- Large print calendars
- Sectional dinner plates

VNA Nurse

Vivienne Armstrong
Monday October 3 - GSAC
Tuesday, October 4 - Carver
Blood Sugar Screening

Monday, October 17 - GSAC
Tuesday, October 18 - Carver
Health Talk *"Shingles"*

All VNA services are **FREE** for seniors 60 years of age or older!

Lunch is served MONDAY through FRIDAY at 11:30 a.m. at both locations. First Come, First Served!

Garland Senior Activity Center

600 West Avenue A
Garland, TX 75040
Ph.: 972-205-2769 Fax: 972-487-3417

Hours of Operation:

Monday	8:00 a.m.- 8:00 p.m.
Tuesday	8:00 a.m.- 9:30 p.m.
Wednesday	8:00 a.m.- 8:00 p.m.
Thursday	8:00 a.m.- 9:30 p.m.
Friday	8:00 a.m.- 8:00 p.m.

Carver Senior Center

222A Carver Street
Garland, TX 75040
972-205-3305

Hours of Operation:

Monday	8:00 a.m.-3:00 p.m.
Tuesday	8:00 a.m.-3:00 p.m.
Wednesday	8:00 a.m.-3:00 p.m.
Thursday	8:00 a.m.-3:00 p.m.
Friday	8:00 a.m.-3:00 p.m.

Kenny McCord - Senior Services Manager
Rusty Maxwell - Senior Center Supervisor
Holly Bone - Senior Services Specialist
Angela Starrett - Senior Services Specialist
Shannon Stephens - Senior Services Specialist
David McDaniel - Senior Services Specialist

Ralph Leal - Driver
Larry Alba - Driver
Danny Burchett - Driver
Gary Teague - Driver
Luis Arenas - Building Attendant

Rentals

Senior Activity Center rooms are available for senior-related functions and family reunions. Rooms available for rental include the Multi-Purpose room, Dining room, Meeting room, Card room, and Game room. Prices vary for each of these rooms, so please call 972-205-2769 for current prices.

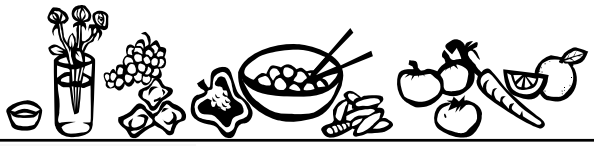
It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland Senior Activity Center and Carver Senior Center are wheelchair accessible. Persons with disabilities who plan to attend and who may need auxiliary aids or services must contact 972-205-2769 so that appropriate arrangements can be made. For the hearing impaired, call our TDD at 972-205-2933 or RELAY TEXAS at 1-800-735-2989.

Senior Services

AARP Office	Toll free 1-866-554-5377
Aging Information Hotline	211
Baylor - Senior Health Ctr	972-487-5444
Better Business Bureau	214-220-2000
Dallas Area Agency on Aging	214-871-5065
DART ParaTransit	214-515-7272
Food Stamps	1-800-500-4266
Garland Senior Services	972-205-2890
Legal Aid of Northwest Texas	1-888-529-5277
Meals on Wheels	214-689-2639.
Medicare	1-800-633-4227
Mental Health Hotline	1-866-615-8700
Nursing Home Ombudsman	214-823-5700
Office of Senior Affairs	214-670-5227
Parkland Health Center	214-266-0700
Social Security Admin.	1-800-772-1213
Veterans Service Officer	214-819-1886
Widowed Persons Service	214-358-4155

Nutrition & Transportation Program

The nutrition program is a daily lunch program that ensures a nutritious lunch for senior citizens. Free transportation to both senior program locations is available to seniors, age 60 and older, living in the city of Garland, who participate in the nutrition program. Meals are served Monday through Friday at 11:30 a.m. The cost is only a small, suggested and anonymous donation. There is paperwork that must be completed before being able to participate in the program. Please call 972-205-2769 if you have any questions. This service is supported, in part, by the Dallas Area Agency on Aging (DAAA), the Texas Department of Aging and Disability Services (DADS), and Dallas County.



GARLAND