SILVER SCOOP



Ladies ONLY
FIVE Star Luncheon
Hilton Garden Inn
Monday, April 11
11:00 am - 3:00 pm
\$33.00

This event benefits The Autism Treatment Center of Dallas. Entertainment, door prizes and raffle baskets will increase the fun. A zany talent show is also on the program. What a great way to spend a Monday; having fun and benefiting a wonderful cause. The \$33.00 fee includes transportation, lunch, entertainment and door prizes.

Dallas Summer Musicals



Trio Pack! - \$120.00 Includes transportation and THREE shows!

The 2011 Dallas Summer Musical package includes:

- * 9 to 5 (May 26 matinee)
- * Guys and Dolls (July 21 matinee)
- * West Side Story (October 13 matinee)

<u>You must register early</u> so we know how many tickets to purchase and you must purchase the package to get this special rate!

New UFO Quilting Club

2nd & 4th Wednesday Small Meeting Room 9:00 - 1:00 p.m. Open to all quilters!



Bring all of your UFO (unfinished objects) projects and enjoy the company. You will need to bring your own machine if you need one.

NEW - Monday Night/Game Night 5:00 p.m. – 7:45 p.m.

Join us on the 2nd, 3rd, and 4th Monday evenings of the month as we play popular table games: Skipbo, Uno, Hand & Foot, or card game. Come on down prepared to have fun.

Thank you, Kissin' Kuzzins

For the generous gift of tool kits for the Garland Senior Activity Center and Carver Center.

Dallas Symphony Orchestra

Tchaikovsky's Romeo & Juliet & Lunch



Thursday, June 9 10:00 a.m. - \$48.00

The Dallas Symphony Orchestra is holding a special casual classics concert just for you! You will enjoy

lunch at the symphony hall following the matinee performance of Tchaikovsky's Romeo and Juliet. Hurry, tickets will go fast.

Friday Frolics

Friday, May 6 9:30 a.m. - 2:30 p.m. \$25.00



includes all activities, food & transportation

Are you tired of the "same old" 'senior citizen' activities? When is the last time you raced a go-kart? We continue to push the limit in our Ultimate Adventures. Get ready to pull out all the stops as we race in go-karts or push our friends around in bumper boats. If you missed laser tag in February, you'll have a chance to give it a try.

Bridge Schedule

Party Bridge:

Duplicate Bridge:

Wed. 5:30 - 7:45 p.m. Thu. 12:30 - 3:00 p.m.

Tue. 6:00 - 9:30 p.m.

Fri. 12:30 - 3:00 p.m.

Thu. 6:00 - 9:30 p.m.

Pool Tournament - Open Format

1st & 3rd Wednesday of every month

Open format: it could be 8 ball, 9 ball or evaluated 8 ball. There is no charge. Come down and play.

Senior Social Hour at the Library

Thursday, April 14 - 2:00 p.m. North Garland Branch Library "Puzzles, Prizes and Paradoxes"

Do you think talking and learning about numbers and mathematics can be fun? Yes, it can – with Dr. Sam Tinsley at the North Garland Branch Library for the Senior Social Hour. Tinsley will discuss how our lives are replete with numbers and mathematics, and he will include topics such as probability, puzzles, games, and even the famous "Fibonacci Sequence". This is sure to be a fascinating program.



Millennium Book Club

Tuesday, April 19 2:00 p.m. - FREE

Hearthstone Assisted Living "Ebby Halliday", By Michael Poss.



"U Can Paint - I Promise"

Wednesday, April 20 12:30 - 3:30 p.m.

"Bluebonnets and Prickly Pear Cacti" \$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.

Dance Schedule

Mondays:

2:00 p.m. - Advanced Line Dance

Tuesdays:

11:30 a.m. - Advanced Ballroom Lessons

Wednesdays:

2:00 p.m. - Intermediate Line Dance

3:00 p.m. Progressive Line Dance

Thursdays:

7:00 p.m. - Thursday Evening Dance

Fridays:

2:00 p.m. - Intermediate Line Dance

5:30 p.m. - (4th Fri) Open Line Dance Workshop

8:00 p.m. - (1st & 3rd Fri) Square Dance

Fourth Fridays Open Line Dance

FREE - 5:30 - 7:45 p.m.

Come dance the evening away. No partners are needed. Please bring a snack or soda to share.

AARP - Driver Safety Program

Thursday, April 21 1:00 - 5:00 p.m.

A fee is payable to the instructor on the first day of class; AARP

members \$12, non-members \$14. You may join AARP through the instructor. The class is good for insurance discount only.

Weekly Game Schedule

Monday:

12:30 42 and Skip Bo Variety 5:00

Tuesday:

6:30 **Duplicate Bridge**

Wednesday:

5:30 Party Bridge

Thursday:

12:30 Party Bridge

Hand & Foot & Pinochle 12:30

2:00 Mah-Jong

Duplicate Bridge 6:00

Friday:

12:30 Party Bridge

12:30

12:30 Texas Hold 'Em (2nd & 4th)

Ask at the front desk for locations of these games!



Pool Tournaments

2nd & 4th Wednesdays - 1:00 p.m. April 13 & 27- FREE

Prizes provided by Autumn Leaves As-

Beginning Line Dance

Wednesdays, April 6 - May 25 3:15 - 4:45 p.m. 8 weeks for \$10.00

Red Hat Society

April 16 - Johnny Rockit Concert -

postponed until September

Tuesday, Apr 19 – 2:00 p.m. - Millennium Book Club at Hearthstone.

Thursday, May 12 - 6:30 p.m. -

"Odd Couple" at 1st Methodist Church of Dallas



Health Water

Monday, Apr 4 - FREE Blood Pressure Screening, 9:00 a.m. VNA.

Friday, Apr 15 - 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.

Monday, Apr 18- VNA Health Talk - "Pain" 9:45 a.m.

<u>Thursday, Apr 21</u>- Foot Doctor - 9:30 a.m. - \$25.00 . Call 972-205-2769 for appointment.



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.

This Pilates and Yoga mix works your core and challenges your strength, endurance, and flexibility without stress on the joints.



Zumba Gold

Mondays, 6:45 - 7:30 p.m. *NEW*

Tuesdays, 8:30 - 9:15 a.m. *NEW*

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

From Holly Bone



Thanks to each and every person who attended my baby shower in February. The wonderful gifts Jeremy and I received for the baby were such a blessing. We were overwhelmed with joy and gratitude. I appreciate all the love and generosity that was

shown to us and Sebastian!

Dear Fitness Patrons,

As a result of "card" confusion associated with the current punch card system, and to simplify our card sales, we will no longer offer the \$25/\$45 punch cards. All fitness cards are now \$35 per 10 classes and \$60 per 20 classes. These cards can be used in any of our exercise classes, excluding Tai Chi. We hope this will make things easier for you. If you currently have a \$25/\$45 punch card, you can continue using it until it is expended.

Thank you,

Rusty & Holly



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 noimpact exercise utilizing hand weights, balls, and exercise bands for strength and flexibility. Have fun & enjoy upbeat music.

Maternity Leave
April - 5:45 p.m.

Tuesday night fitness will continue while Holly is on maternity leave. Formats will alternate between Zumba, Yoga, and Stretch & Strengthen. Please continue to join us!

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

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<u>Fitness Schedule</u>	Monday	Tuesday
Monday 8:30 a.m. FitnessPlus-S 9:45 a.m. Exercise and More-S 10:15 a.m. Chair Aerobics - C 10:30 a.m. Pilates-S 5:45 p.m. Yogalates - S 6:45 p.m. Zumba-S Tuesday	Legend: 1 C-Carver Senior Center S-Garland Senior Activity Center B-Both Locations O-Off Site	
8:30 a.m. Zumba-S 9:15 a.m. Chair Yoga - S 10:00 a.m. Tai Chi-S 5:45 p.m. Fitness-S Wednesday 8:30 a.m. FitnessPlus-S 9:45 a.m. Exercise and More-S 5:45 p.m. FitnessPlus -S	9:00 VNA - BP Screening - S 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S	9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Scrapbook Workshop - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - 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	10:15 Bingo - S 10:30 Fellowship - C 11:00 Five Star Luncheon - O 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S	9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Scrapbook Workshop - C 10:30 Health Talk VNA- C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
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.	9:45 Health Talk VNA "Pain" - S 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S	9:00 Writers' Workshop - S 19 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Scrapbook Workshop - C 11:30 Advanced Ballroom - S 2:00 Book Club at Hearthstone - O 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
	10:15 Bingo - S 25 10:30 Fellowship - C 12:30 Fun with "42" - S 2:00 Advanced Line Dance - S	9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Scrapbook Workshop - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S

Wednesday	Thursday	Friday
		8:30 First Friday Frolics - O 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
9:45 Shopping - B 12:30 Movie Day - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	9:30 Ceramics - S 10:00 Seniors Only Social - C 10:00 Brain Power Fitness - C 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:00 Mah-Jong - S 6:00 Duplicate Bridge - S 7:00 Dance- "High Caliber" - S	8:00 Mystery Trip - O 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
9:00 UFO Quilters - S 9:45 Shopping - B 11:00 Grub Club - O 12:30 Movie Day - S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	9:30 Ceramics - S 9:30 Wii Bowling Tournament - S 12:30 Party Bridge - S 2:00 Senior Social Hour - O 2:00 Mah-Jong - S 6:00 Duplicate Bridge - S 7:00 Dance- "Chuck Arlington"- S	9:00 BP Screening - GFD - S 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
9:45 Shopping - B 12:30 Movie Day - S 12:30 U Can Paint - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	9:30 Ceramics - S 9:30 Foot Doctor - S 10:00 Purple Passion Club - C 10:15 Pool Tournament - C 1:00 AARP Driver Safety - S 12:30 - Party Bridge - S 2:00 Mah-Jong - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits" - S	10:00 Bingo - C 10:15 Bingo - S 10:15 Pool Tournament - C 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 5:30 Line Dance Workshop - S
9:00 UFO Quilters - S 9:45 Shopping - B 12:30 Movie Day - S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S	9:30 Ceramics - S 9:30 Wii Bowling Tournament - S 12:30 Party Bridge - S 2:00 Mah-Jong - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S	10:00 Bingo - C 29 10:00 End of Month Social - 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 Progressive Party Bridge - S 2:00 Intermediate Line Dance - S



Frisco RoughRiders

Minor League Baseball Monday, June 20 6:15 p.m. - \$23.00

We'll travel to Dr. Pepper Ballpark in Frisco to watch the RoughRiders take on their opponent in a fun and intimate atmosphere. Ticket includes transportation, all you can eat (hot dogs, hamburgers, chips, popcorn, and Dr. Pepper products), and a RoughRiders baseball cap.







Best Little Courthouses in Texas May 27th, 8:00 a.m. \$45.00

Our destinations are the Hopkins County Courthouse in Sulphur Springs and the Franklin County Courthouse in Mt Vernon. A sumptous lunch at Burton's Family Restaurant in Sulphur Springs will top off a wonderful outing.

Honky Tonks of Texas April 29, 6:00 p.m. Pearl's Dance Hall, Ft. Worth

Texas is famous for its Honky Tonks. A honkytonk is an establishment that provides food, drink and musical entertainment, usually country music. If the senior center has been your only dance hall, this is the outing for you. Put on your dancing shoes and join us for a rip roaring good time at the Ft. Worth Stockyards. There are many restaurants if you wish to dine prior to dancing.



2nd Annual Beach Getaway July 18 - 21 Port Aransas/Mustang Island \$445 dbl/\$75 deposit

Grab your beach towel and sunscreen, we are heading out for a classic beach vacation. We will stay at Beach Gate, right on the water. Port Aransas is a small town so get ready for trolley rides, small restaurants and local hang-outs.

Courthouse, Canyon, & Honky Tonk

June 10 - 12 - 7:00 a.m. Dbl/\$325 - deposit/\$75

This tour puts it ALL together!
Courthouses, the TEXAS Play in Palo
Duro Canyon, the Route 66 Festival,
honky tonks and chuckwagon breakfast on the
canyon's rim. We're doing the Texas thang now!
Register today to secure your spot.

Theatre 3 - Hookey Matinee

Wednesday, May 4 "Roads to Home" 12:00 - 5:30 p.m. - \$15.00



Centered on three women whose small Texas town's values illequip them for the tough city lives they are now leading. This entertaining storyline is full of

unblinking honesty and laced with humor. In *The Roads to Home*, he reveals that the women's small town ways, built on kindness and discretion, have no system for dealing with less well-behaved feelings like terror, anguish, and passion that loom in their big city lives.

One Thirty Productions

Good old fashioned fun! Travel with us to the historic Bath House Cultural Center located on the shores of White Rock Lake. We will enjoy afternoon performances of light comedies or musicals.

The Mystery of Miz Arnette
Wednesday, May 25
12:45 - 4:00 p.m.
\$2.00 bus & \$10.00 at the door.

In the depths of the Oklahoma dust bowl a young girl's life is forever altered by a mysterious stranger blown in by the wind. Who is she? Where did she come from and why is she here? A must see!

The next One Thirty Production is December 14!

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



Scrapbook Workshop

Memories & More

Tuesdays - 10:00 - 11:00 a.m. \$3.00 supply fee

Time to get all of your old and new photos out of that shoe box and place them in a scrapbook you can share with your family and friends. Sign up early.

Spring Pool Tournament

April 21 & 22

10:15 a.m. - 12:15 p.m.

Calling all pool players.

Who is number one at Carver? It is time to show what you 've got. Prizes for 1st and 2nd place winners Refreshments will be served. Sponsored by Humana

Annual Seniors Only Social

April 7 - 10:00 a.m. - 1:00 p.m.

A morning of fun, games and entertainment Guest Speaker: John Blue, Representative from Humana

\$\$\$\$\$\$\$\$\$\$ End of the Month Birthday Social

Friday, April 29 10:00 a.m. - Noon

Everyone's birthday is special, so why not celebrate it with your friends here at Carver? Cake and ice cream will be served.

Mall Walking

Firewheel Town Center Thursday, April 28 10:30 a.m. - Noon

Enjoy a morning of window shopping with your friends and a fun pic-

nic at the Firewheel Park. This is a great opportunity to find great buys for your family or yourself. Box lunches will be provided for \$.50 cents.



Happy Easter April 24

From Shannon, Bea, Rusty & Kenny

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!



VNA Nurse

Vivienne Armstrong Tuesday, April 5 Anemia and Blood Pressure

Tuesday, April 19 Health talk - "Pain Management" All VNA services are **FREE** for seniors 60 years of age or older!

NEW Brain Power Fitness

1st Thursdays 10:00 - 11:00 a.m.

"If you don't use it, you could lose it!"

When you think of staying fit, you generally think from the neck down. But brain health plays a critical role in almost everything you do: feeling, memory, work, play, and sleep. Join us for an hour of playing fun



Weekly Shopping Events

10:00 a.m.

Tuesdays - Dollar Store or Target Wednesdays - Wal-mart

The bus will depart the Carver center at 10:00 a.m.



brain games!

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.

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

Carver Senior Center

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

Hours of Operation:

Monday	8:00 a.m3:00 p.m.
Tuesday	8:00 a.m3:00 p.m.
Wednesday	8:00 a.m3:00 p.m.
Thursday	8:00 a.m3:00 p.m.
Friday	8:00 a.m3:00 p.m.

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.

Senior Services

AARP Office	Toll free 1-866-554-5377
Aging Information Hotli	ne 211
Baylor - Senior Health C	ctr 972-487-5444
Better Business Bureau	214-220-2000
Dallas Area Agency on A	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 Ombudsr	nan 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	ce 214-358-4155

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.

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.

