SILVER SCOOP

Congratulations

To the 2012-2013 GSAC Site Council!

Bill Kornegay, President
Herbert Swanier, Vice President
Gail Moody, Treasurer
Ruth Montgomery, Secretary
Marcel Stogsdill, Sunshine Person
Pat Biter, At Large
Jose Zuniga, At Large

The Site Council is seeking new volunteers to help pick up and deliver bread from local establishments. Thank you to all those who have served in this role in the past. Contact any of the members above.

ICE! at Gaylord Texan

Wednesday, November 28
9:00 a.m. - $40.00

Visit this spectacular 14,000-square-foot ICE! exhibit that features a variety of magical holiday scenes and hand-carved sculptures kept at a wintry 9 degrees. Price includes admission and charter transportation. Lunch is on your own at the Gaylord. **You may want to bring a hat and gloves.**

Ms. Senior Garland Pageant

This pageant is for ladies who exemplify the grace, dignity, maturity, and inner beauty of being a senior. Senior women have achieved much in life and are terrific role models for younger generations of women. The pageant showcases the style and grace that only time and experience can bestow. Past winners have been proud spokeswomen for the many contributions that senior women make in the community.

For more information
and to get a registration form,
come to the Senior Activity Center,
600 W. Avenue A,
Friday, January 4, 1:30 p.m. No fees.

Happy Thanksgiving

Holiday Closures

The Garland Senior Activity Center and Carver Center will be closed the following dates:

November 21 - Close at 5 p.m.
November 22 & 23 - Thanksgiving

Veteran's Tribute 2012

Friday, November 9
12:30 p.m. - 7:00 p.m.
The City of Garland &
The Garland Downtown Business Assoc.
Invite you to enjoy:

- Discounted meals at downtown restaurants. (coupon required)
  Get your coupon at the Senior Center beginning October 25th.
- 12:30 p.m. - Film Critic Larry Ratliff presents "The Great War Movies".
- Free Movies & Popcorn at the Plaza:
  2:00 p.m. - "Pork Chop Hill"
  5:00 p.m. - "The Dirty Dozen"

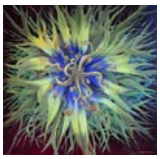
- Free haircuts from Carole Lemmonds Hair Cutters on Main St. Vets only

Bring a military picture to be posted on the Veterans Honor Wall.

Do you have a tribute brick on the Veteran's Walk? All bricks purchased on Nov. 9 will get a $5.00 discount from the brick company.

Clubs, Classes, Dances, etc.

At the Granville Arts Center
Buzz Baldwin Art Exhibit



GAC Gallery Space
November 1 - December 1

This exhibit is intriguing, thought provoking, and sometimes containing an element of surprise.

Pool Tournaments

2nd & 4th Wednesdays
1:00 p.m.

The 2nd Wednesday tournament will be 8-ball. The 4th Wednesday tournament will be 9-ball, 115, Pool 300, and Elevated 8.

AARP - Driver Safety Program

Thursday, November 8
5:00 - 9:00 p.m.
Thursday, November 15
1:00 - 5:00 p.m.
Thursday, November 29
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.
Veterans take this class for free in the month of November with coupon (available at www.aarp.org/veterans), and proof of service.

Senior Social Hour at the Library

Thursday, November 15 - 2:00 p.m.
Central Library Downtown - FREE
Dan Gibson, Storyteller & Musician

Originally from Columbia, South Carolina, Gibson has lived in North Carolina, California, Utah, and the Philippines, but now makes Dallas his home. He is a self-taught banjo player who became a full-time storyteller in 2001. Gibson previously appeared at Senior Social Hour in 2008 and performed as part of the Summer Reading Program in 2010.

Midnight Stampers

Thursday, November 29
6:30 p.m. - close

This will be the final meeting of the year for the Midnight Stampers.

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

Wii Bowling

Tournaments

2nd & 4th - Thursdays
1st & 3rd Thursdays are practice.
9:30 a.m. - Meeting Room
New Bowlers Welcome!

We are currently searching for new bowlers for our team. Drop by on a 1st or 3rd Thursday to give it a try.

RED HAT CLUB

Monthly Gathering - Tuesday, November 13 - 1:30 p.m.

Tuesday, November 27– 11:30 a.m. Birthday Lunch. JD's Kabobs Dinner House & Bakery. 1456 Beltline Rd. 214-227-4207. Next to Babes.

For information about Red Hat activities or joining the Red Hat Society, contact Susan Clark - 972-670-8690.

"U Can Paint - I Promise"

Wednesday, November 7
12:30 - 3:30 p.m.
"Half Dome at Yosemite with Palette Knife"
$17.00 Registration - $18.00 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.

Any 10 Visits - $35.00

Tuesdays, 5:45 - 6:35 p.m.

Turbo Kick is one of the hottest cardio classes around for fitness training. It is a low impact, no-contact exercise class that is a combination of kickboxing moves, as well as, dance moves all choreographed to high energy and motivating music. Get moving, burn calories, and kick and jab your way to better health.

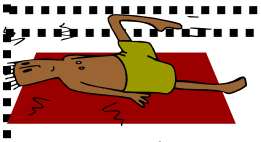
Zumba

Mondays 5:45 p.m. – *NEW* time.
***NEW* Wednesdays 5:45 p.m.**

Tuesdays & Thursdays, 8:15 a.m.

Come on Down! Try Zumba, the Latin dance inspired fitness class whose motto is:

Try our new instructor, Ashley, 3 times for free! See Holly for details.



Mat Classes

Intermediate Pilates

MWF - 10:30 a.m.
Now on Wednesdays!

Become stronger, longer, leaner, and move with grace and ease.

Intermediate Yoga

Thu. 5:45 p.m.

A mind-body practice that provides both physical and mental benefits.

Senior Yoga

With a chair
Tue/Thu, 9:15 a.m.

Improve flexibility, relieve stress, & tones muscle with the use of a chair. A **FREE** class for beginners.

Yogalates

Mondays, 5:45 p.m.

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

Almost Yoga

6:45pm, Wednesdays

This class is a blend of Integrative and Iyengar Yoga; healing styles of yoga that help relieve the body of back pain and headaches, while easing mental depression, anxiety and stress.

Health Watch

Friday, November 2- FREE Blood Pressure & Glucose Screening - 9:00 a.m. Garland Firefighters.*

Thursday, November 15 - Foot Doctor - 9:30. $25. Call 972-205-2769 for appointment.

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

Tai Chi for Arthritis

Thursdays - 10:30 a.m.
10 visit Tai Chi Card/$82.00

Tai Chi for Arthritis: A gentle form of exercise that improves balance, muscle strength, coordination and concentration. It also helps reduce joint pain. Students experience more confidence, increased range-of-motion, fewer falls, and a calmer mind. It's fun to enjoy life while taking control of your body, mind and spirit.

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

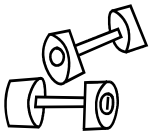
Fitness Plus

MWF / 8:30 a.m.

Exercise is essential for people aged 50+ to prevent injuries and preserve independence. Workout regimens that strengthen core muscles help you to maintain stamina and strength. Low-impact aerobic exercise elevates your heart rate, but without trauma to your joints. In this class, conditions that can worsen with impact exercise, including osteoporosis and osteoarthritis, won't hold you back. Consistent and vigorous exercise throughout the later years can slow the clock down significantly. Come on down, bring a friend and have some fun.

Exercise & More *FREE*

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



Just pull up a chair and-exercise! Chair exercises *are simply modifications of more familiar exercises* and a gentle way to build muscle strength and stay flexible. These exercises also improve balance, increase metabolism, relieve pain and improve mental alertness.

November

Fitness Schedule

Monday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.m. Pilates-S
5:45 p.m. Yogalates - S
5:45 p.m. Zumba-S -*NEW TIME*

Tuesday
8:15 a.m. Zumba-S
9:15 a.m. Chair Yoga - 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. Pilates - S
5:45 p.m. Zumba - S *NEW*
6:45 p.m. Almost Yoga - S

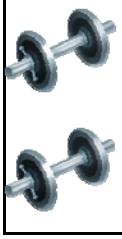
Thursday
8:15 a.m. Zumba-S
9:15 a.m. Chair Yoga-S
10:30 a.m. Tai Chi-S
5:45 p.m. Yoga -S

Friday
8:30 a.m. FitnessPlus-S
9:45 a.m. Exercise and More-S
10:30 a.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
Legend: C-Carver Senior Center S-Garland Senior Activity Center O-Off Site	
5 9:30 Fellowship w/ Rev. Garrett - C 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Beginning Ballroom - S	**6** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Fall Crafts - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
12 9:30 Fellowship w/ Rev. Garrett - C 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Beginning Ballroom - S	**13** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Fall Crafts - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
19 9:30 Fellowship w/ Rev. Garrett - C 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Beginning Ballroom - S	**20** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Fall Crafts - C **10:00 Blood Pressure Check - C** 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S
26 9:30 Fellowship w/ Rev. Garrett - C 10:15 Bingo - S 10:30 Fellowship - C 12:30 Fun with "42"- S 2:00 Advanced Line Dance - S 7:30 Beginning Ballroom - S	**27** 9:00 Writers' Workshop - S 9:30 Creative Crafters - S 9:30 Bowling - O 10:00 Fall Crafts - C 11:30 Advanced Ballroom - S 3:30 Intermediate Bridge - S 6:00 Duplicate Bridge - S

Wednesday	Thursday	Friday
	1 9:30 Ceramics - S **10:30 Wisdom & Wellness - O** 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Variety Pack" - S	**2** **9:00 BP & Glucose-Firefighters - 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 8:00 Square Dance - S
7 **9:00 Grapevine Mills - O** 9:45 Shopping - O 10:00 Table Games - C 12:30 Jewelry Making- S 12:30 U Can Paint - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**8** 9:30 Ceramics - S 9:30 Wii Bowling - S 10:00 Table Games - C **10:00 Medicare Seminar - C** 12:30 Party Bridge - S 2:30 Round Dance - S 5:00 AARP Driver Safety - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S	**9** 10:00 Mexican Independence Day - C 10:15 Bingo - S **12:00 Veteran's Day Event - O** 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 12:30 Progressive Party Bridge - S 12:30 Texas Hold 'Em
14 9:45 Shopping - O 10:00 Domino Tournament - C 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**15** 9:30 Ceramics - S 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:00 Domino Tournament - C **10:45 Grub Club - O** 12:30 Party Bridge - S 1:00 AARP Driver Safety - S **2:00 Senior Social Hour - O** 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S	**16** **10:00 Thanksgiving Lunch - C** 10:15 Bingo - S 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 8:00 Square Dance - S
21 9:45 Shopping - O 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S **Closed at 5 p.m.**	**22** **Closed**	**23** **Closed**
28 **9:00 ICE! - O** 9:45 Shopping - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 5:30 Party Bridge - S	**29** 9:30 Ceramics - S 9:30 Wii Bowling - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 1:00 AARP Driver Safety - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S **6:30 Midnight Stampers - S** 7:00 Dance- "Dallas City Limits"- S	**30** 10:15 Bingo - S 12:30 Progressive Line Dance-S 12:30 Progressive Party Bridge - S 12:30 Fun with "42"- S 8:00 Square Dance - S

Travel & Outings

Medieval Times

Wednesday, February 6
10:00 a.m. - $37.00

Welcome to the 11th century! Enjoy a historical introduction of the medieval period and knighthood, a scrumptious 3 course meal, and a full show with live stunt horses, a colorful tournament of flag toss, ring pierce, javelin throwing, and jousting; followed by a battle of strength with swords and axes! Will your knight win? Cheer him to the finish (or the death)!

Beach Getaway

May 13 - 17 - $425 double

Grab your beach towel and sunscreen, we are heading out for a classic beach vacation. Panama City, Florida is 27 miles of sugar-sand beaches and emerald green water. The hotel for our stay is the Legacy by the Sea which is located in walking distance of the best shopping and eateries. We will enjoy cruising on a glass bottomed boat to Shell Island and, if you are ready for real adventure, a little parasailing may be on the list. We will fly to Panama Beach via Southwest Airlines. Airfare is not included in the published price. See Rusty for airfare details.

Prestonwood Spectacular

"The Gift of Christmas"
Friday, December 14
11:30 a.m. - $50.00

Experience the majesty and wonder of the Prestonwood Baptist Church Christmas spectacular! The greatest story ever told comes to life with the latest in theatrical lighting, technology, music, and live animals. A dramatic production with a cast of over one thousand, features the Prestonwood Choir and Orchestra. Cost includes admission, transportation, and a meal.

Christmas Lights & Cookie Swap

Tuesday, December 18
6:00 p.m. - $5.00

If you are participating in the cookie swap, please bring your recipes and your cookies. Coffee and/or hot chocolate will be provided. Christmas light tour will depart at 7 p.m.

Walking Food Tour of Dallas

Wednesday, March 27
10:20 a.m. - $58.00

In case you missed out the first time around…

Come hungry and eat your way through 125 year old Uptown Dallas, considered one of the most pedestrian friendly neighborhoods in Dallas. This tour includes generous food and beverage tastings, local and historical attractions (including Victorian homes), gratuity, and transportation.

Mystery Weekend Trip

April 12-14, 2013
$375 double, $450 single
$75.00 deposit

We're doing it again! Add a little intrigue to your life. Travel to an undisclosed destination for a three day, two night trip with others who enjoy the mystery and excitement of not knowing what is coming next. This trip is guaranteed to be full of fun, surprises, and socializing.

One Thirty Productions: "A Holiday Memory"

Thursday, December 13
12:45 p.m. - $3 transportation
$10 at the door (cash or check only)

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, full of unforgettable characters, that tell a good story. Come see what all the talk is about! The $10 admission is cash or check only.

Twas the Night Before Christmas

Saturday, December 22
10:30 a.m. - $20/adult, $14/child

This play is at Casa Manana in Fort Worth, a legendary venue for intimate stage plays. Feel free to invite a grandchild, and let's view Christmas through a child's eyes once again.

Carver Corner

Weekly Shopping Events

10:00 a.m.

Tuesdays - Dollar Store or Target

Wednesdays - Wal-Mart

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

Fellowship with Rev. Garrett

Monday Mornings

9:30 a.m. - 10:30 a.m.

Start your week off in the Word with your friend, Rev. Garrett.

Annual Thanksgiving Luncheon

November 16, 2012

10:00 a.m. – 1:00 p.m.

Join us at Carver for a morning dedicated to giving thanks for the wonderful blessings we have received during the year. Enjoy a morning of fellowship and a great tasting lunch.

Veteran's Tribute 2012

"Old Tyme Celebration On the Square"

Friday, November 9

12:30 p.m. - 7:00 p.m.

See front page for details.

Domino Tournament

November 14 & 15

10:00 a.m.

Calling all domino players enjoy a morning of playing domino with your friends

Medicare Seminar

Turning 65 & Beyond

Every 2nd Thursday of the Month

10:00 a.m. - 11:00 a.m.

Meet Karen Copland and learn how to sign up for Medicare and learn about the following topics:

- Low income subsidy
- Dental Plan
- Prescription drug plans
- Original Medicare and Medicaid

Happy Thanksgiving

Holiday Closures

Closed November 22-23

For Thanksgiving.

Fall Crafts with Beatrice

Tuesdays at 10:00 a.m.

$3.00 Supply Fee

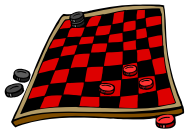
Fun Table Games

November 7th & 8th

10:00 a.m. - Noon

Join us for two day of fun playing table games with your friends at Carver.

- Texas Hold'em
- Dominoes
- Spades
- Checkers



Refreshments will be provided.

Blood Pressure Checks

Third Tuesdays

before lunch

Sponsored by Dependable Health Care.

Quality and compassionate care you can depend on.

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!

The Silver Scoop is online!

http://bit.ly/silverscoopnews

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
D'Aun Muhlinghaus - Senior Services Specialist
Shannon Stephens - Senior Services Specialist
David McDaniel - Senior Services Specialist

Lynn Robinson - Customer Service 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.

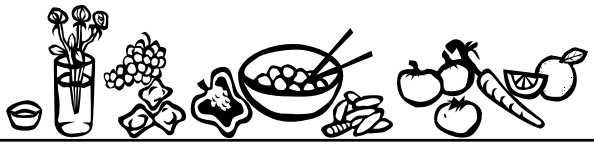
It is the policy of the Senior Services Section of the Garland Parks and Recreation Department to serve all persons without regard to employment, programs, services, and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland 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