

SILVER SCOOP



Happy Mothers' Day!

Closed May 27 - Memorial Day



Dallas Farmers' Market

Wednesday, May 22

9:30 a.m. - 1:00 p.m.

Lunch will be on your own at the market (there are food stands in the pavilion). Taste the freshness at the enormous Dallas Farmer's Market.

Eat 'em in Edom!

Blueberry Hill Farms - Edom, TX

Blueberry and Blackberry Picking

Wednesday, June 5

7:30 a.m. - \$18.00

Use the waitlist! We may upgrade our bus!

We are going early in the season and early in the day to beat the heat! Pluck plump, fresh blackberries and blueberries to your heart's content! Not a picker, but you still enjoy fresh berries? No problem, they have them pre-picked too. We'll end our morning with lunch at the Shed Café (on your own) and some free time for shopping in the vintage shops. We will bring some ice chests to store the fruit on the return trip, but feel free to bring your own small cooler.



Health Watch

Every Tuesday- FREE Talk Tuesday. Time varies. Call for details.

Thursday, May 16 - Foot Doctor - 9:30. \$25 - Call 972-205-2769 for appointment.

Friday, May 10- 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.

The Beat Goes On

Thursdays - 10:30 a.m.

Card Room - Free



Have you ever joined in a sing-along? Do you enjoy singing or just listening to people sing? Enjoy a tuneful morning of music, fun and friendship. Learn new songs, or try Karaoke singing to one of your old favorites. Bring your morning coffee and snack and join our hosts, Gary Teague and Scot Lins and make some music!



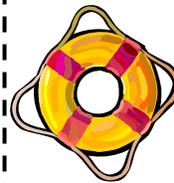
The Silver Scoop is online!

<http://bit.ly/silverscoopnews>

Landlubbers Nautical Adventure

NEW DATE! July 22-24

All around Garland



Do you get seasick just thinking about a cruise? Do you get claustrophobic at the thought of a small ship's cabin? Does the cost of a cruise and your bank account not match up? This event is for you! The Garland Senior Activity Center, Whiterock Court, Churchill Estates and Chambrel at Club Hill are bringing the cruise experience to you.

A Captain's social, wine tasting, movie watching, scrumptious cuisine, pool parties and more are planned. Locate your Hawaiian shirt as well as your best Sunday attire for this exciting, complimentary experience. Mark your calendar, because these events will fill up fast and registration is limited. Contact the Garland Senior Activity Center for a detailed schedule of events and to register: 972 205-2769.

(At_the_Granville)

Garland Symphony Orchestra

Friday, May 10 - 8:00 p.m.
Brownlee Auditorium

Join the GSO and guest conductor Juan Carlos Lomonaco for their season finale! Enjoy Bizet's Carmen and Rimsky-Korsakov's Capriccio Espagnol! This performance will also feature pianist Konstantine Valianatos performing Liszt's Rhapsodie Espagnole. Call 972-926-0611 for ticket information.

AARP - Driver Safety Program



Thursday, May 16
1:00 - 5:00 p.m.
Thursday, May 23
5:00 - 9:00 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. You must register at the center in advance.



Pool Tournaments

2nd & 4th Wednesdays
1:00 p.m. - Sponsored by
Senior Care Beltline

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



Beginning Ballroom

Mondays - 7:00 p.m.
\$27/person, per month

May will be foxtrot and swing. We start from the beginning and progress at your speed. These small classes are great for beginners or for those who just want to polish up their style. Come join in for some fun.

Texas Hold 'Em

2nd & 4th Fridays - FREE
Dining Room - 12:30 p.m.



Sponsored by
Lauren of Rowlett Health & Rehab Center
And Janelle with Senior Care Beltline.

Wii Bowling

Tournaments

2nd & 4th - Thursdays

1st & 3rd Thursdays are practice days.

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.

FREE

Fourth Friday Line Dance Workshop

Every Fourth Friday
May 24 - 5:30 p.m.



RED HAT CLUB

Monthly Gathering - Tuesday,
May 14 - 1:00 p.m. at GSAC.

Tuesday, May 28 - 11:30 a.m. Birthday
Lunch. Dos Banderas. 614 Main Street, Down-
town Garland.



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

Jewelry Making Class

Wednesdays - 12:30 p.m.
Cost of supplies only.



Learn how to make jewelry! There will be no fee for the class, but you will need to purchase your own supplies.



"U Can Paint - I Promise"

Wednesday, May 15
12:30 - 3:30 p.m.

"Pitons of St. Lucia"

\$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.

Fitness Card Rates

\$35 - 10 Class Punch Card
\$60 - 20 Class Punch Card
\$82 - 10 Tai Chi Punch Card
Cards do not expire.



Turbo Kickboxing Tuesdays 5:45 p.m.

One of the hottest cardio classes around for fitness training! This is a low impact, no-contact exercise class that is a combination of kickboxing and dance moves all choreographed to high energy and motivating music. Sure to get you moving and blast fat (and the boredom!).



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.

Improves flexibility, relieve stress, & tones muscle with the use of a chair. A **great** 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.



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.

First class is always free!



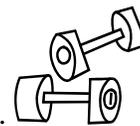
Exercise after 50 is essential to prevent injuries, muscle loss, memory loss, slow aging and preserve independence.

Fitness Plus MWF / 8:30 a.m.

A 60 minute, low-impact workout that blends an aerobic workout with strength training.

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.



Weight Training - NEW! Mondays 11:30 a.m.



A half hour class devoted to working with dumbbells to tone your body and boost your metabolism. This will be a 1/2 punch on your card.

Yoga with a Chair

New Instructor! - \$35/\$60 punch card
TTH - 9:15 a.m.

Please join us in welcoming first class yoga instructor, Sandra Sadler, who will be taking over the Tuesday and Thursday yoga with a chair class. Sandra is excited to be here! This is also now a paid class. Your first class with Sandra, however, will be free! So, stop by and introduce yourself. We appreciate your support of our fitness program and instructors.



Zumba Fitness

Mondays & Wednesdays- 4:45 p.m. - Zumba Gold

Tuesday - 4:45 p.m. - *New* Zumba Toning

Tuesdays — 8:15 a.m. - Zumba Gold

Thursdays - 8:15 a.m. - Zumba

Come on down, and try ZUMBA, the Latin and International dance inspired fitness class that does away with boredom!

First class is free!



Fitness Schedule

Monday

- 8:30 a.m. FitnessPlus-S
- 9:45 a.m. Exercise and More-S
- 10:30 a.m. Pilates-S
- 11:30 a.m. Weight Training - S *NEW*
- 4:45 p.m. Zumba - S
- 5:45 p.m. Yagalates - S

Tuesday

- 8:15 a.m. Zumba-S
- 9:15 a.m. Chair Yoga - S
- 4:45 p.m. Zumba Toning- S *NEW*
- 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
- 4:45 pm. Zumba - S
- 6:45 pm. Resuming this Summer

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.

Fitness Card Rates

- \$35 - 10 Class Punch Card
 - \$60 - 20 Class Punch Card
 - \$82 - 10 Tai Chi Punch Card
- Cards do not expire.*

Monday

Legend:

- C-Carver Senior Center**
- S-Garland Senior Activity Center**
- O-Off Site**

Tuesday

- 6**
- 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

- 13**
- 9:30 Fellowship w/ Rev. Garrett - C
 - 10:15 Bingo - S
 - 10:30 Fellowship - C
 - 11:00 Sicilianos - O
 - 12:30 Fun with "42"- S
 - 2:00 Advanced Line Dance - S

- 20**
- 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

27

Closed
Memorial
Day



- 7**
- 9:00 Writers' Workshop - S
 - 9:30 Creative Crafters - S
 - 9:30 Bowling - O
 - 10:00 Mexican Hat Day - C
 - 10:00 Crafts - C
 - 10:00 Blood Pressure Check - C
 - 1:30 Beginning Bridge - S
 - 3:30 Intermediate Bridge - S
 - 6:00 Duplicate Bridge - S
 - 7:00 Square Dance Lessons - S

- 14**
- 9:00 Writers' Workshop - S
 - 9:30 Creative Crafters - S
 - 9:30 Bowling - O
 - 10:00 Crafts - C
 - 1:30 Beginning Bridge - S
 - 3:30 Intermediate Bridge - S
 - 6:00 Duplicate Bridge - S
 - 7:00 Square Dance Lessons - S

- 21**
- 9:00 Writers' Workshop - S
 - 9:30 Creative Crafters - S
 - 9:30 Bowling - O
 - 10:00 Crafts - C
 - 1:30 Beginning Bridge - S
 - 3:30 Intermediate Bridge - S
 - 6:00 Duplicate Bridge - S
 - 7:00 Square Dance Lessons - S

- 28**
- 9:00 Writers' Workshop - S
 - 9:30 Creative Crafters - S
 - 9:30 Bowling - O
 - 10:00 Crafts - C
 - 1:30 Beginning Bridge - S
 - 3:30 Intermediate Bridge - S
 - 6:00 Duplicate Bridge - S
 - 7:00 Square Dance Lessons - S

Wednesday	Thursday	Friday
<p>9:45 Shopping - O 1 12:30 Jewelry Making- S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 2 9:30 Wii Bowling - S 10:00 Brain Power Fitness - C 10:30 The Beat Goes On - 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"</p>	<p>3 10:00 Bingo -C 10:00 Cinco De Mayo - 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</p>
<p>9:45 Shopping - O 8 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 9 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 10:40 Grub Club - TRAIN 12:30 Party Bridge - S 2:00 Social Hour - O 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dave Brewer"- S</p>	<p>10 9:00 Blood Pressure - S 10:00 Mom's Day 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 12:30 Texas Hold 'Em</p>
<p>15 9:45 Shopping - O 12:30 Jewelry Making- S 12:30 U Can Paint - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S</p>	<p>9:30 Ceramics - S 16 9:30 Foot Doctor - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 1:00 AARP Driver Safety - S 2:30 Round Dance - S 6:00 Duplicate Bridge - S 7:00 Dance- "Dallas City Limits"- S</p>	<p>17 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</p>
<p>9:30 Farmers Market - O 22 9:45 Shopping - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>9:30 Ceramics - S 23 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 5:00 AARP Driver Safety - S 6:00 Duplicate Bridge - S 7:00 Dance- "Gary Lee"- S</p>	<p>10:00 Mexican Bingo - C 24 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 12:30 Texas Hold 'Em 5:30 Line Dance Workshop</p>
<p>29 9:45 Shopping - O 12:30 Jewelry Making- S 1:00 Pool Tournament - S 2:00 Intermediate Line Dance - S 3:15 Beginning Line Dance - S 5:30 Party Bridge - S</p>	<p>30 9:30 Ceramics - S 9:30 Wii Bowling - S 10:30 The Beat Goes On - S 12:30 Party Bridge - S 12:30 Hand & Foot - S 6:00 Duplicate Bridge - S 7:00 Dance- "Lone Star Express"- S</p>	<p>31 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 12:30 Texas Hold 'Em 5:30 Line Dance Workshop</p>

1:30 Productions Southern Comforts

Thursday, May 9 - 12:45 p.m.
\$3.00 transportation
(or drive self for free)

\$10.00 cash or check at the door

In this perceptively witty and poignant play the development of a December - December relationship unfolds between a feisty widow and a crusty widower. It's never too late to find love in your life. Join us for a fun filled afternoon.



Tulip Time European River Cruise

March 28 - April 5, 2014

Lower Outside - \$3864/pp

Middle Outside - \$4114/pp

Upper Outside - \$4314/pp

Suite - \$4564/pp



Discover the beauty and history of the Dutch and Belgian waterways in springtime, when spectacular carpets of colorful tulips are in full bloom. Stroll the lush green countryside of Kinderdijk and its' many windmills, taste delicious local cheeses, and learn about the traditions of the friendly Dutch and Flemish people. You must register before July 29 to receive these prices. Prices based on double occupancy.



Second game added!



Frisco RoughRiders

Minor League Baseball

Thursday, June 20 - \$24.00

Depart 6:30 p.m.

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.

Travel Cancellation Policies

Cancellation policies are based on whether a trip is created by senior center staff or a travel company.

◆ If booked by staff -

- ✦ Unless you notify the center, no refunds are given for day trips. To receive a refund, you must notify the center **at least** 24 hours in advance. However, if tickets have been pre-purchased, you will not be eligible for a refund. You may sell your ticket to someone else. You must immediately notify the center of the substitution.

◆ If booked by a travel company -

- ✦ Cancellation insurance will almost always be included in the cost of these trips when available. Policies vary.

◆ If a trip is cancelled -

- ✦ Trips are occasionally cancelled because a minimum registration number has not been met. It is essential that you register early to ensure that a trip is not cancelled. A full refund will be issued, if a trip is cancelled because of low registration.

Please note:

All trips, unless otherwise noted, will depart from the Senior Activity Center. You are responsible for your own transportation to and from the senior center. Our transportation program is for the nutrition program, and you must be signed up to eat on the day you ride. The senior center does not provide bus transportation to your home or any other location for day trips.



The Silver Scoop is online!

<http://bit.ly/silverscoopnews>



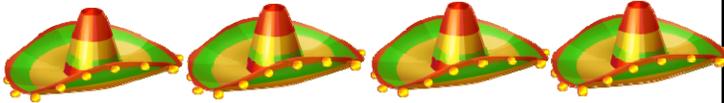
Closed, Monday May 27 For Memorial Day

Cinco De Mayo Celebration

Friday, May 3

10:00 a.m.

Enjoy a morning of fun, games, and dancing.
Sponsored by Karen of Texas Plus



Mexican Hat Day

Tuesday, May 7

10:00 a.m.

Don't forget to wear your favorite and fanciest Mexican hat to show off to your friends.

Afternoon Dominos

Monday thru Thursday

1:00 p.m. - 3:00 p.m.

Enjoy an afternoon with your friends playing a fun game of dominos.

Refreshments will be served.



Crafts with Beatrice

Tuesdays at 10:00 a.m.

\$3.00 Supply Fee

Mother's Day Ice Cream Social

Friday, May 10

10:00 a.m.

Calling all mothers, grandmothers, great grandmothers, and mothers at heart. Join us as we share stories about motherhood with your friends and family at Carver.



Brain Power Fitness

First Thursdays - 10 a.m.

If you don't use it, you lose it! Fitness isn't just about the neck down. Your brain health plays a critical role in everything you do.



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.



Mexican Bingo

Friday, May 24

10:00 a.m.



BINGO! If you don't know how to play Mexican Bingo, then you won't want to miss this! Now is your chance to learn how it's done.

Karaoke Day

So you think you can sing?

Thursday, May 16

10:00 a.m.

This is your chance to showcase your talent to your friends. Sing along to your favorite song. Karaoke is a great form of interactive entertainment for amateur singers. You will be singing along with recordings.



Blood Pressure Checks

Third Tuesdays

before lunch

Sponsored by Dependable Health Care.



Meet with Helen

Molina Medicare - Third Thursdays.

Helen Junell will be here to discuss your Medicare needs and concerns.

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.



**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
Scot Lins - 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