

Senior Center Programs

November 2016

MEMBERSHIP

The Farmers Branch Senior Center is open to anyone 50 years of age or older. A variety of activities and special events to promote fun, fellowship and health is offered. There is no membership fee to participate, or residency requirement, but you are required to complete and update registration information each year. You can find our program calendar and current trip schedule at: www.fbseniorcenter.com or contact Metrocrest Services at: www.metrocrestservices.org 972-446-2100

ARTS & CRAFTS

You must pre-register for these classes.

Greeting Cards

Tuesday, November 1, 1 p.m. Fee: \$8
Instructors: Jan McCord & Carmel Mosley.
Learn to create four different greeting cards in this fun class. Be sure to register early; this class fills up fast.

Pin Weaving on a Shirt

Friday, November 18, 1 p.m. Fee \$5
Instructor: Bettie Smith
Bring a shirt and a skein of embroidery floss and learn this beautiful technique. Register today.

COMPUTER

Class size is limited; you must pre-register for these classes.

Adobe Photoshop Elements 12

8 classes: Mondays and Wednesdays, November 7 - 30
9:30 a.m. – 12:00 p.m. Fee: \$35
Instructor: Linda Eakle
Learn to combine power and simplicity so you can make your photos look extraordinary, share your life stories in unique print creations and web experiences, and easily manage and protect all your photos and video clips.

HEALTH & EXERCISE

B12 Shots

Thursday, November 3, 9 - 9:30 a.m. Fee: \$20

Blood Pressure and Glucose Screening

Monday, November 14, 9:30 – 11 a.m.
Dallas County Health Department

Fitness Room

The Fitness Room includes weight equipment for both upper and lower body weight bearing exercise as well as cardio equipment such as treadmills, elliptical machines and stationary bikes. There is no charge but you must attend a Fitness Orientation prior to using the equipment. Contact the front desk to schedule your appointment. 972-919-8742.

Fitness Equipment Orientations

Tuesdays 11 am or scheduled appointment.
Learn a safe and effective protocol for getting the most out of your fitness program. Sign up at the front desk 24 hours in advance.

Exercise Classes

Fitness classes are free with a current liability waiver.

Stretch & Flex	Tuesdays	3 - 4 p.m.
Strong & Balanced	Tuesdays	10 - 11 a.m.
	Thursday	3 - 4 p.m.
Power Walking	Tues & Fri	8:15 - 9 a.m.
Stretch & Strength	Mondays	8:15 - 9 a.m.
Yoga	Tues & Fri	9 - 9:45 a.m.
Not Your Mama's Exercise	Wednesdays	6 - 7 p.m.



US ON FACEBOOK:
www.Facebook.com/farmersbranchseniors

SPECIAL NOTICE

- *No Birthday Lunch on November 16 due to the Thanksgiving Luncheon. Both months' birthdays will be celebrated December 21 at noon.
- *No Garden Group or Rock Group this month.
- *The multi-purpose room will be closed Friday, November 4 for the Woman's Club Game Day. No exercise classes.
- *The multi-purpose room will be closed November 10 & 11 for the Veterans Day celebration.
- *The Senior Center will be closed November 24 & 25 in observance of the Thanksgiving holiday.

Monthly Breakfast

Monday, November 7, 8:15 a.m. Fee: \$2
Set your alarm to come enjoy breakfast with friends.
Menu: sausage, gravy, biscuits, eggs, juice & coffee
Entertainment: Les Amis Chamber Ensemble, cello & violin.

Veterans Day Ceremony

Friday, November 11, 10:30 a.m.
Join us at the Senior Center in honoring our nation's veterans during our annual Veterans Day Celebration. Enjoy a patriotic ceremony, great entertainment and an All-American hot dog lunch! Admission is free. We encourage arriving early as the event has grown stronger within the community.

Thanksgiving Lunch

Wednesday, November 16, Noon, Tickets \$5
Let us count our many blessings and enjoy a full Thanksgiving meal together here at the Senior Center. Enjoy the Dallas Police Choir as they provide the entertainment. Registration for Farmers Branch residents only until October 31, then it's open to all until tickets are sold out.
*The November birthdays will be celebrated at the December birthday lunch.

SPECIAL INTERESTS

Making Sense out of Social Security

Friday, November 4, 10 a.m.
One of the most important phases of retirement planning is understanding social security benefits.

Come learn about:

- Strategies to maximize your Social Security benefits.
- The current state of the Social Security system. What does it mean to you?
- How continuing to work will impact your Social Security benefits.
- How to coordinate Social Security benefits with your spouse.
- Recent Social Security changes.

It is important to have current information and know your options when considering your Social Security Strategy. Presented by Educate DFW.

Beginning Sign Language Course

Fridays 1 - 3 p.m. November 4 - December 16 (no class November 25)

Instructor: Emily Tobey, PHD, CCC-SP

Eight week course presented by a Certified Speech Language Pathologist. This is an introduction to the alphabet and basic signs involved in communicating with Sign Language to individuals who are deaf or need an alternative to speaking.

Cookin' Club: Winning Thanksgiving Dishes

Wednesday, November 9, 10:30 a.m.
Do you have a side dish that everyone loves and requests for the holidays? Make it and bring it, along with the recipe and we'll have our own Thanksgiving meal. The Club will provide the roasted turkey.

80 Upper Club: Metrocrest Services

Saturday, November 12, 1:30 p.m.
This group is for those 80 or older who just want to have fun! Metrocrest Services will be here to talk about various opportunities to give back.

Healthy Sustainable Food Choices

Thursday, November 17 9:30 a.m.
Ed Lowe, owner of Celebration Restaurant, will talk about how his comfort food restaurant has moved to offering a healthier choice menu. Celebration is well known for comfort foods, but Ed and his staff have taken a bold step in offering sustainable food choices. If a big restaurant can do it, so can you.

Random Acts of Kindness Group: Family Place

Thursday, November 10, 10 a.m.
Bring donations of socks, underwear, coats, and clothing before the November 10 meeting when a representative will speak on this organization that provides shelter and necessities for families in crisis.

Texas Hold 'em Tournament

Thursday, November 17, 1 p.m.
Sign up at the front desk and pick up a ticket to participate in this monthly poker tournament.

Conversations in Neglected History

Every Friday at 9:30 a.m.
Join this weekly class that explores past events and topics and discovers new ways of viewing history. Special guest speaker and book author, Dr. Richard McCaslin from UNT will speak December 16 on his book, *Washington-on-the-Brazos*.

DAY TRIPS

New trips are posted each week on Fridays at noon and are available for only Farmers Branch residents that first week. Non-residents and residents may purchase trips the following Friday at noon. Check for seat availability on the following trips: 972-919-8740. www.fbseniorcenter.com

Be sure to check the trip schedule regularly for open spots on our current trips. 972-919-8740 www.fbseniorcenter.com

Cruisin' Cuisine: Grubs Burger Bar in Plano

Thursday, November 17, 11 a.m. – 2 p.m. Fee: \$3
Enjoy lunch out with friends at different restaurants throughout the Metroplex each month. Contact the front desk for the restaurant destination: 972-919-8740

Cruisin' Cuisine REWIND: Grubs Burger Bar in Plano

Monday, November 21, 11 am - 2 p.m.
Second chance to enjoy this monthly trip.

New Trips Posted in November

Resident registration: 11/18; open registration: 11/26

Uh-Oh, Here Comes Christmas at 1:30 Theater

Friday, December 9, 11 a.m. – 5 p.m. Fee: \$15 Limited Walking
Don't miss this comedy based on writings on *Everything I Need to Know I Learned in Kindergarten* Author, Robert Fulgrum. Lunch is own your own at the Highland Park Cafeteria before the 1:30 p.m. performance.

Cruisin' Cuisine: Ruggari's Italian in Dallas

Thursday, December 15, 11 a.m. – 2 p.m. Fee: \$3
Enjoy lunch out with friends at different restaurants throughout the Metroplex each month. Contact the front desk for the restaurant destination: 972-919-8740.

Texas Tenors at the Palace Theater in Grapevine

Saturday, December 17, 11 a.m. – 6:30 p.m. Fee: \$45 Limited to Moderate Walking
The Texas Tenors are back for a musical celebration of Christmas and more. They perform music from all genres mixed with humor. We leave in time to have lunch and shop before the 2 p.m. performance.



FARMERS
BRANCH

"Livin' the 50 Plus Lifestyle in the Branch"

14055 Dennis Lane, Farmers Branch TX 75234 | www.fbseniorcenter.com | 972.919.8740

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">No Exercise Classes November 4, 10, 11, 15, 22 & 29. Sorry for any inconveniences.</p>	<p>1</p> <p>8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Intermediate Bridge 10:00 am Strong & Balanced 11:00 am Chair Volleyball-Open 11:00 am Fitness Orientation 12:30 pm Party Bridge/Mah Jong 12:30 pm Line Dancing -Lo Beg 1:00 pm Greeting Card Class 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>2</p> <p>9:00 am Begining Table Tennis 10:00 am Five Crown 10:00 am Intermediate Line Dance 10:00 am Mountain Dulcimer 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class</p>	<p>3</p> <p>9-9:30am B12 Shots 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced</p>	<p>4</p> <p>8:15 am No Power Walking 9:00 am No Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Making Sense out of Social Security 10:00 am Quilting Group 1:00 pm Sign Language 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>5</p> <p>1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation</p>
	<p>7</p> <p>8:15 am Breakfast 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 9:30 am Photoshop Elements 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm Dance: Jim Baker Ballroom</p>	<p>8</p> <p>8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Intermediate Bridge 10:00 am Strong & Balanced 11:00 am Chair Volleyball-Open 11:00 am Fitness Orientation 12:30 pm Party Bridge/Mah Jong 12:30 pm Line Dancing -Lo Beg 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>9</p> <p>9:00 am Beginning Table Tennis 9:30 am Photoshop Elements 10:00 am Five Crown 10:00 am Intermediate Line Dance 10:00 am Mountain Dulcimer 10:30 am Cookin' Club: Winning Thanksgiving Dishes 12:00 pm Duplicate Bridge 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class</p>	<p>10</p> <p>9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Random Acts of Kindness Group 10:00 am No Chair Volleyball 1:00 pm Senior Advisory Board 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm No Strong & Balanced</p>	<p>11</p> <p>8:15 am No Power Walking 9:00 am No Yoga 9:30 am No Clogging 9:30 am Neglected History 10:00 am No Quilting Group 10:30 am Veterans Day Ceremony Sign Language 1:00 pm Table Games 2:30 pm Table Tennis</p>
<p>14</p> <p>8:15 am Stretch & Strength 8:30-11am BP & Glucose Check 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 9:30 am Photoshop Elements 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm Dance: J.C. Tippett Country</p>	<p>15</p> <p>8:15 am No Power Walking 9:00 am No Yoga 9:00 am Cribbage 10:00 am Intermediate Bridge 10:00 am No Strong & Balanced 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Mah Jongg 12:30 pm Line Dancing -Lo Beg 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>16</p> <p>9:30 am Photoshop Elements 10:00 am Five Crown 10:00 am Mountain Dulcimer 12:00 pm Thanksgiving Luncheon 1:00 pm BINGO 2:30 pm Table Tennis 2:00 pm De-stress Coloring 6:00 pm Not Your Mama's Exercise Class</p>	<p>17</p> <p>9:00 am Billiards 9:30 am Beginning Bridge 9:30 am Healthy Sustainable Food Choices 10:00 am Chair Volleyball Team Practice 11:00 am Cruisin' Cuisine 1:00 pm Instructional Quilting 1:00 pm Texas Hold 'em 1:30 pm Squares Game 3:00 pm Strong & Balanced</p>	<p>18</p> <p>8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Pin Weaving T Shirt 1:00 pm Sign Language 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>19</p> <p>1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation</p>
<p>21</p> <p>8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 9:30 am Photoshop Elements 10:15 am Shared Moments 11:00 am Cruisin' Cuisine REWIND 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm Dance: Swingin' Country</p>	<p>22</p> <p>8:15 am No Power Walking 9:00 am No Yoga 9:00 am Cribbage 10:00 am Intermediate Bridge 10:00 am No Strong & Balanced 11:00 am Chair Volleyball-Open 11:00 am Fitness Orientation 12:30 pm Party Bridge/Mah Jong 12:30 pm Line Dancing -Lo Beg 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>23</p> <p>9:00 am Begining Table Tennis 9:30 am Photoshop Elements 10:00 am Five Crown 10:00 am Intermediate Line Dance 10:00 am Mountain Dulcimer 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class</p>	 <p>26</p> <p>1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 7:00 pm BINGO 7:00 pm Square Dancing</p>		
<p>28</p> <p>8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 9:30 am Photoshop Elements 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm Dance: Dave Alexander Ballroom</p>	<p>29</p> <p>8:15 am No Power Walking 9:00 am No Yoga 9:00 am Cribbage 10:00 am Intermediate Bridge 10:00 am No Strong & Balanced 11:00 am Chair Volleyball-Open 11:00 am Fitness Orientation 12:30 pm Party Bridge/Mah Jongg 12:30 am Line Dancing-Lo Beg 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>30</p> <p>9:00 am Beginning Table Tennis 9:30 am Five Crown 9:30 am Photoshop Elements 10:00 am Intermediate Line Dance 10:00 am Mountain Dulcimer 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Farmers Branch Aquatics Center 14032 Heartside Place 972-919-8720 www.fbh2o.com</p> <p>\$50 Annual Natatorium Senior Resident Fee</p> <p>Water Works Exercise Class Mondays & Wednesdays 9:30 - 10 a.m. 8 Classes: \$15 with Natatorium Membership; \$25 without</p> <p>Prime Time Seniors Only Swim Mondays, Wednesdays & Fridays 9:30 - 11 a.m.</p> </div>		

SENIOR CENTER HOURS

Monday - Wednesday	8 a.m. - 8:45 p.m.
Thursday & Friday	8 a.m.- 5 p.m.
1st, 3rd & 5th Saturdays	1 - 5 p.m.
2nd & 4th Saturdays	1 - 9:30 p.m.

MONDAY NIGHT DANCE

7 - 9:20 p.m. Fee: \$5

November 7	Jim Baker	Ballroom
November 14	Veterans Dance with J.C. Tippett	
November 21	Swingin' Country	Country
November 28	Dave Alexander	Ballroom

FARMERS BRANCH
Senior Center Programs
 December 2016

MEMBERSHIP

The Farmers Branch Senior Center is open to anyone 50 years of age or older. A variety of activities and special events to promote fun, fellowship and health is offered. There is no membership fee to participate, or residency requirement, but you are required to complete and update registration information each year. You can find our program calendar and current trip schedule at: www.fbseniorcenter.com or contact Metrocrest Services at: www.metrocrestservices.org 972-446-2100



US ON FACEBOOK:
www.Facebook.com/farmersbranchseniors

ARTS & CRAFTS

You must register to participate in craft classes. Check out the display cabinet for a sample of each month's projects.

Beaded Sun Catcher

Friday, December 2, 1 p.m. Fee: \$13 and under
 Last chance to make a special gift for holiday giving. You have a wide selection to choose from but be sure to register by November 23.

Greeting Cards

Tuesday, December 13, 1 p.m. Fee: \$8
 Instructors: Jan McCord & Carmel Mosley
 Learn to make four greeting cards in this fun class.

HEALTH AND FITNESS

NO EXERCISE CLASSES DECEMBER 19 - JANUARY 2.

Fitness Room

The Fitness Room includes weight equipment for both upper and lower body weight bearing exercise as well as cardio equipment such as treadmills, elliptical machines and stationary bikes. There is no charge but you must attend a Fitness Orientation prior to using the equipment.

Fitness Equipment Orientations

Tuesdays 11 a.m.
 Learn a safe and effective protocol and get the most out of your fitness program. Register at the front desk 24 hours in advance.

B12 Shots

Thursday, December 1, 9 - 9:30 a.m. Fee: \$20
 Flu Shots of America

Blood Pressure & Glucose Screening

Monday, December 12, 9- 11:30 a.m.
 The Dallas County Health Department will be here to check your health through a couple screenings. Look for them the second Monday of each month.

SPECIAL EVENTS

Monthly Breakfast

Monday, December 5, 8:15 a.m. Fee: \$2
 Menu: sausage, gravy, biscuits, eggs, juice & coffee
 Entertainment: Mary Immaculate Children's Choir
 Host: Senior Advisory Board

Ugly Christmas Sweater/Attire Contest Party

Friday, December 16, 10 a.m. No fee
 'Tis the season to don those ugly Christmas sweaters and super tacky outfits and compete to win great prizes in this year's party. There will be games, snacks and plenty of fun for all. You might even get the chance to be famous by having your picture on our big screen!

Birthday Lunch

Wednesday, December 21, noon, Fee: \$2
 Free if you have a birthday in November or December
 Enjoy a great meal and help celebrate this month's birthdays. Gifts donated by United Financial Services and birthday cake donated by Brookdale at Farmers Branch.

SPECIAL INTERESTS

Alzheimer's Support Group

Tuesday, December 6, 6:30 p.m.
 This group meets the 1st Tuesday of each month at 6:30 p.m. and is open to anyone with Alzheimer's disease or anyone who cares for someone with the disease.

Random Acts of Kindness Group: Captain Hope

Thursday, December 8, 10 a.m.
 Bring new unwrapped toys for this month's charity. Captain Hope serves children, from birth - 18 years of age, who live in homeless shelters. Help us make their Christmas a happier one through your donations.

80 Upper Club Christmas Party

Saturday, December 10, 1:30 p.m.
 December is a time for family gatherings and sharing good memories so we want to meet some of your family. Sons, daughters, sisters, brothers, grandchildren and great grandchildren. Please RSVP to Diane at 972-919-8745 with the number you plan to bring.

Texas Hold 'em Tournament

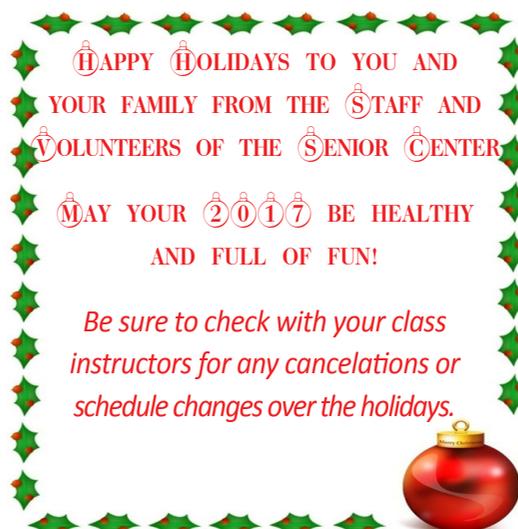
Thursday, December 15, 1 p.m.
 Sign up to play in this monthly poker tournament. Snack sponsor: Carrollton Health and Rehab Center.

Conversations in Neglected History

Every Friday at 9:30 a.m.
 Join this class that explores past events and topics and discovers new ways of viewing history. Special guest speaker and book author, Dr. Richard McCaslin from UNT will speak December 16 on his book, *J.B. Polley in the Civil War*. You won't want to miss this special presentation.

HOLIDAY HOURS

The Senior Center will be closed December 24 and open 8 a.m. - 5 p.m. January 2.



TRIPS

New trips are posted each week on Fridays at noon and are available for Farmers Branch residents only the first week. Non-residents and residents may purchase trips the following Friday at noon.

Be sure to check the trip schedule regularly for open spots on our current trips. 972-919-8740 www.fbseniorcenter.com

"Uh-Oh, Here Comes Christmas" at 1:30 Theater

Friday, December 9, 11 a.m. - 5 p.m. Fee: \$15
 Limited Walking

Don't miss this comedy based on writings on Everything I Need to Know I Learned in Kindergarten Author, Robert Fulgrum. Lunch is own your own at the Highland Park Cafeteria before the 1:30 p.m. performance.

Cruisin' Cuisine: Ruggeri's Italian in Dallas

Monday, December 19, 11 a.m. - 2 p.m. Fee: \$3
 Limited Walking

Enjoy lunch out with friends at different restaurants throughout the Metroplex each month. Contact the front desk for the choice of restaurant each month: 972-919-8740.

NEW TRIPS POSTED IN DECEMBER

Resident registration: 12/16; open registration: 12/24

Kimbell Museum of Art presents, Monet: The Early Years

Tuesday, January 10, 10 a.m. - 3 p.m. Fee: \$14
 Moderate to Extended Walking

This groundbreaking exhibition is the first ever devoted to the young genius of Claude Monet. Monet: The Early Years will feature approximately 60 paintings from the first phase of the artist's career, from his Normandy debut in 1858 until 1872, when he settled in Argenteuil, on the River Seine near Paris. \$14 includes admission and motor coach transportation. Lunch is own your own at the Kimbell or any local restaurant.

Laugh at Theatre 3 in Uptown

Wednesday, January 18, Noon - 5 p.m. Fee: \$15 Limited to Moderate Walking

Enjoy lunch (on your own) at any of the local restaurants before the 2 p.m. matinee. **Laugh** focuses on two innocents, Mabel and Roscoe, as they set off for Hollywood circa 1920 seeking fame and fortune. The kaleidoscopic array of characters they meet along the way threaten their quest for happiness on the silver screen. Ms. Henley has created a modern day Odyssey where nothing and no one is exactly as they seem. Written with a glorious ear for dialogue and style to burn, **Laugh** is a truly compelling and fascinating fable.

Cruisin' Cuisine

Thursday, January 19, 11 a.m. - 2 p.m. Fee: \$3
 Limited Walking

Enjoy lunch out with friends at different restaurants throughout the Metroplex each month. Contact the front desk for the choice of restaurant each month: 972-919-8740

Fort Worth Stock Show and Rodeo

Thursday, January 27 10 a.m. - 6 p.m. Fee: \$25
 Extended Walking

Don't miss the Fort Worth Stock Show and Rodeo with roping and riding, animal exhibits and shopping. \$25 includes reserved seating at the Rodeo and transportation. Lunch is on your own.



"Livin' the 50 Plus Lifestyle in the Branch"

14055 Dennis Lane, Farmers Branch TX 75234 | www.fbseniorcenter.com | 972.919.8740

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>You can find us on line at: www.fbseniorcenter.com or contact Metrocrest Services for a copy of this calendar and other local senior center calendars. www.metrocrestservices.org 972-446-2100</p> <p>LIKE US ON FACEBOOK: www.Facebook.com/farmersbranchseniors</p>			<p>1</p> <p>9-9:30am B 12 Shots 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Chair Volleyball Team Practice 10:30 am Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced</p>	<p>2</p> <p>8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History Clogging 10:00 am Quilting Group 1:00 pm Beaded Sun Catcher Sign Language 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>3</p> <p>1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation</p>
<p>5</p> <p>8:15 am Breakfast 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm Dance: Swingin' Country</p>	<p>6</p> <p>8:15 am Power Walking 9:00 am Yoga 9:00 am Cribbage 10:00 am Intermediate Bridge 10:00 am Strong & Balanced 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge/Mah Jongg 12:30 pm Lo Beginner Line Dance 1:00 pm Greeting Card Class 2:00 pm Hi Beginner Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance 6:30 pm Alzhiemers Support Group</p>	<p>7</p> <p>9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Five Crown 10:00 am Intermediate Line Dance 1:00 pm Duplicate Bridge 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class</p>	<p>8</p> <p>9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Random Acts of Kindness 10:30 am Chair Volleyball Team Practice 1:00 pm Senior Advisory Board 1:00 pm Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced</p>	<p>9</p> <p>8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History Clogging 10:00 am Quilting Group 11:00 am 1:30 Theater: Uh Oh, Here Comes Christmas 1:00 pm Sign Language 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>10</p> <p>1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:30 pm 80 Upper Club Party 7:00 pm BINGO 7:00 pm Square Dancing</p>
<p>12</p> <p>8:15 am Stretch & Strength 8:30-11am BP & Glucose Check 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm Dance: Jim Baker Ballroom</p>	<p>13</p> <p>8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Intermediate Bridge 10:00 am Strong & Balanced 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Lo Beginner Line Dance 12:30 pm Mah Jongg 1:00 pm Greeting Card Class 2:00 pm Hi Beginner Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>14</p> <p>9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Five Crown 10:00 am Intermediate Line Dance 10:30 am Cookin' Club Party 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class</p>	<p>15</p> <p>9:00 am Billiards 9:30 am Beginning Bridge 11:00 am Cruisin' Cuisine Trip 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:00 pm Texas Hold 'em Tournament 1:30 pm Squares Game 3:00 pm Strong & Balanced</p>	<p>16</p> <p>8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History: J.B. Polley in the Civil War 9:30 am Clogging 10:00 am Ugly Christmas Sweater/Attire Party 10:00 am Quilting Group 1:00 pm Sign Language 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>17</p> <p>11:00 am Texas Tenors Trip 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation</p>
<p>19</p> <p>9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Painting Group 7:00 pm No Dance</p>	<p>20</p> <p>9:00 am Cribbage 10:00 am Intermediate Bridge 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Mah Jongg 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>21</p> <p>9:00 am Beginning Table Tennis 10:00 am Five Crown 12:00 pm Birthday Lunch 1:00 pm Duplicate Bridge 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis</p>	<p>22</p> <p>9:00 am Billiards 9:30 am Beginning Bridge 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:30 pm Squares Game</p>	<p>23</p> <p>9:30 am Neglected History Clogging 10:00 am Quilting Group 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>24</p> <p>The Senior Center will be closed in observance of Christmas</p>
<p>26</p> <p>8am-5pm CENTER HOURS 9:30 am Duplicate Bridge No Dance</p>	<p>27</p> <p>9:00 am Cribbage 10:00 am Intermediate Bridge 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Mah Jongg 5-8 pm Craft Group 5:30 pm Round/Square Dance</p>	<p>28</p> <p>9:00 am Beginning Table Tennis 10:00 am Five Crown 1:00 pm BINGO 2:00 pm De-stress Coloring 2:30 pm Table Tennis</p>	<p>29</p> <p>9:00 am Billiards 9:30 am Beginning Bridge 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:30 pm Squares Game</p>	<p>30</p> <p>9:30 am Neglected History Clogging 10:00 am Quilting Group 1:00 pm Table Games 2:30 pm Table Tennis</p>	<p>31</p> <p>1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation</p>

SENIOR CENTER HOURS

Monday - Wednesday 8 a.m. - 8:45 p.m.
 Thursday & Friday 8 a.m. - 5 p.m.
 1st, 3rd & 5th Saturdays 1 - 5 p.m.
 2nd & 4th Saturdays 1 - 9:30 p.m.

MONDAY NIGHT DANCE

7 - 9:20 p.m. Fee: \$5
 December 5 Swingin Country Country
 December 12 Jim Baker Ballroom
 December 19 No Dance Merry Christmas
 December 26 No Dance Happy New Year
 January 2 No Dance Happy New Year