



**FARMERS
BRANCH**
Senior Center

14055 Dennis Lane
Farmers Branch,
TX 75234
fbseiorcenter.com
972.919.8740

HOURS

Monday - Wednesday
8am - 8:45pm

Thursday - Friday
8am - 5pm

**1st, 3rd & 5th
Saturdays**
1 - 5pm

**2nd & 4th
Saturdays**
1 - 9:30pm

MEMBERSHIP

The Farmers Branch Senior Center is open to anyone 50 years of age or better. There is no membership fee or residency requirement, but you are required to complete registration information yearly, obtain a membership card and scan your card each visit. Replacement card fee: \$3

DROP-IN RECREATION

The game room is open during facility hours for drop-in recreation such as cards, billiards, dominoes, board games, or puzzles.

TO VOLUNTEER

Contact Jennifer Stone
972.919.8744
jennifer.stone@
farmersbranchtx.gov

* DENOTES A FEE

CLUB 50

SENIOR CENTER

The Senior Center will be closed
March 30 in observance of Good Friday.

LIVIN' THE 50 PLUS LIFESTYLE IN THE BRANCH

March 2018

SPECIAL INTERESTS

National Old Stuff Day!

Fri, March 2

Bring in one OLD thing to trade with someone else. Your Spouse is not accepted! Check out the table in the lobby where you can drop off one "old" item and exchange it for another.

Mah Jongg Lessons

Tuesdays 10am - Noon, No Fee, Sign up

Beginner 42 Lessons

Tuesdays 1-3pm, No Fee, Sign up
Instructors: Matt Rice, Sam Allen

Euchre Card Game

Wednesdays 1pm, No Fee, Sign up

Instructor: Alan Stewart

This fun card game is relatively easy to learn with the goal to defeat your opponents by being the first team to reach 10 points. Come try it out.

Texas Hold 'em Lessons

Thursdays in March, 10am, No Fee

Instructor: Bruce Crozier

Alzheimer's Support Group

Tue, Mar. 6, 6:30 pm, No Fee

The Alzheimer's Association provides support and assistance to persons affected by Alzheimer's disease, their families and other caregivers.

Pole Walking: All Ages Welcome!

Every Wednesday 8-9:30am, No Fee

Instructor Jennifer Stone Meeting Place: FB Manske Library - west parking lot. Poles provided. Improve strength, posture, joint health and bone density WITHOUT increasing perceived exertion.

Random Acts of Kindness

Thu, Mar. 8, 10am, No Fee

Sponsoring the Farmers Branch Police Department. Bring individually wrapped snacks, water, sports drinks by the meeting date and we will deliver to the Police Station.

Texas Hold 'em Tournament

Thu, Mar. 15, 1pm, No Fee

Join us each month as we play down to 1st and 2nd place. Snacks provided by Acadia Estates, Assisted Living and Memory Care.

Wii Bowling Season II: 3/19 - 5/11

Sign up to be a part of a team and join the many others who enjoy this game. Never done it before? Don't worry; we'll teach you!

AARP Smart Driver Course

Thu, Mar. 22, 8:30am-12:30pm

Fee: AARP members \$15, Non Members \$20
Learn the current rules of the road, This course does not qualify for dismissal of a traffic violation, but may be good for an insurance discount.

Cook Out & Financial Workshop

Thu, Mar. 22, 10:30am Registration required

At what age should you retire? Do you understand your investments and what they are supposed to do? Do you have a plan in place to cover unexpected costs that may change your retirement plan? United Financial Services will be here to discuss these and other questions that can affect your financial plan.

Conversations in Neglected History

Every Friday, 9am-noon, No Fee

Join this weekly discussion group that explores history. You are also welcome to enjoy our guest speakers and bring your history topics for our class to explore! Dr. Richard McCaslin from UNT will present March 23: *Will Wright, Forgotten Ranger Captain*

NEW! Fly Tying Group

Starts Mar. 26: Mondays 6:30-8:30 pm

Instructor: Bill Slaughter, No Fee

Fly fishermen use hand tied flies that are made with materials such as feathers, fur, rubber, and flash that resemble natural bait fish, or "lures" to catch fish. Come experiment with this new evening group.

Genealogy Trip to Dallas Library

Tue, Mar. 27, 9:30am-3pm, Fee: \$2

The Dallas Public Library's Genealogy Section contains one of the largest and most comprehensive collections for family history research in the Southwest. Bring your lunch or eat out.

SPECIAL EVENTS

Monthly Breakfast

Mon. Mar. 5, 8:15-9am

Fee: \$2. Menu: sausage, gravy, biscuits, eggs, fruit, juice & coffee.
Entertainment: Buck Criner-Vocals
Host: Senior Advisory Board

Birthday Lunch

Wed. Mar. 21, Noon

Fee: \$2 or free if it's your birthday month.
Menu: Corned Beef and Cabbage
Sponsors: Brookdale Assisted Living and United Financial Services.

Spud & Show: Call For Show Title

Tue. Mar. 27, 11:30am, Fee: \$2

Come enjoy a baked potato and a movie.
Purchase movie ticket before March 23.
Sponsor: Acadia Estates, Assisted Living and Memory Care.

Mountain Dulcimer Concert with Bing Futch

Thu, Mar. 29, 1pm

No Fee: *Love Offering Suggested*
Bing Futch is an award-winning singer, songwriter, music composer and performer of the Appalachian mountain dulcimer. A native of Florida, Bing will hold two instructional workshops for Mountain Dulcimer players then will play in concert with a love offering suggested.

For more information:
972.919.8742.



TRIPS

New trips are posted the first Friday of the month at noon for Farmers Branch residents only the first week. Open registration begins the following Friday at noon.

MARCH

Dallas Blooms at the Dallas Arboretum

Fri, Mar. 9, 10am-3pm, Fee: \$27

The theme for the Dallas Blooms festival is *A World of Blooms*. Lunch is on your own at any of the restaurants or stands. Extended walking; however, there is a shuttle that can take you around the gardens.

Cruisin' Cuisine goes to Crossroads Diner

Thu, Mar. 15, 11am-2pm, Fee: \$5 Limited Walking

Don't miss home cooking at its finest! Known for their cinnamon rolls, cinnamon pecan bread pudding and homemade pecan pie, Crossroads' menu is filled with tasty choices, such as meatloaf, chicken fried steak, chicken picatta, fried chicken, sandwiches, soups, and salads. Prices range from \$8 - \$15.

The Star in Frisco

Thu, Mar. 22, 1:30-5pm, Fee: \$40 Extensive Walking with Stops

Don't miss our first tour to the Cowboys' new training center. Highlights of the VIP guided tour: Ford Center, War Room, Nike Star Walk, Super Bowl Memorabilia and Station, and the Grand Atrium.

APRIL

Main Street Arts Festival in Fort Worth

Thu, Apr. 19, 9:30am-4:30pm, Fee: \$10 Extended Walking

Amazing Grace the Musical at Eisemann Center

Fri, Apr. 20, 7-11:30pm, Fee: \$63 Limited Walking

Cruisin' Cuisine 54 Street Grill & Drafthouse

Thu, Apr. 26, 11am-2pm, Fee: \$5 Limited Walking

Let's Dance

MONDAY NIGHT DANCE

BEST 50+ DANCE IN THE METROPLEX

7-9:20pm, Fee: \$5

March 5 Swingin' Country - Country
March 12 Jim Baker - Ballroom
March 19 Solid Country - Country
March 26 Dave Alexander - Ballroom



WEEKLY & MONTHLY PROGRAMS & ACTIVITIES

* DENOTES A FEE

MONDAY

8:15am Stretch & Strength
 9:00am Billiards
 9:15am Thinkabilities
 9:30am Duplicate Bridge
 10:00am Tai Chi
 10:15am Shared Moments
 12:30pm Mah Jongg
 12:30pm Dominoes & 42
 1:00pm Table Games
 2:00pm Art Group
 7:00pm Dance*

MONTHLY

Mar. 5 1st Mon. 8:15am
 Monthly Breakfast*
 Blood Pressure Checks
 8:15-9am

Chair & Table Massage*
 Schedule Appointment

Book Exchange
 Drop off or pick up
 books & magazines any day

Schedule your
 Fitness Equipment Training

Coffee 25¢ a cup

TUESDAY

8:15am Power Walking
 9:00am Yoga
 9:00am Cribbage
 10:00am Intermediate Bridge
 Lessons
 10:00am Strong & Balanced
 11:00am Chair Volleyball-Open
 11:30am Mah Jongg
 12:30pm Party Bridge
 12:30pm Dominoes & 42
 12:30pm Lo Begin Line Dance
 1:00pm Table Games
 2:00pm Hi Begin Line Dance
 3:00pm Stretch & Flex
 5-8pm Craft Group
 5:30pm Square Dance*

MONTHLY

Mar. 6 Alzheimers
 Support Group
 1st Tue. 6:30pm
 Mar. 13 Greeting Card Classes*
 2nd Tue. 10am & 1pm
 Mar. 27 Beginner Polymer Clay*
 4th Tue. 9am-noon
 Mar. 27 Genealogy Trip*
 4th Tue. 9:30am-3:30pm
 Mar. 27 Spud & Show* 11:30am

WEDNESDAY

9:00am Begin Table Tennis
 10:00am Five Crown
 10:00am Dulcimer Group
 10:00am Intermediate
 Line Dancing
 12:30pm Dominoes & 42
 1:00pm BINGO*
 1:00pm Table Games
 1:00pm Euchre Card Game
 2:00pm Tai Chi
 2:00pm Table Tennis
 6:00pm Not Your Mama's
 Exercise Class

MONTHLY

Mar. 14 Cookin' Club*
 2nd Wed. 10:30am
 Mar. 21 Garden Group
 3rd Wed. 10am
 Mar. 21 Birthday Lunch*
 3rd Wed. Noon

THURSDAY

9:00am Billiards
 10:00am Euchre Card Game
 10:00am Beginning Bridge
 Lessons
 10:00am Chair Volleyball
 Team Practice
 12:30pm Dominoes & 42
 1:00pm Instructional Quilting
 1:00pm Table Games
 1:30pm Squares Game
 3:00pm Strong & Balanced

MONTHLY

Mar. 1 B 12 Shots*
 1st Thu. 9-9:30am
 Mar. 8 Random Acts
 of Kindness
 2nd Thu. 10am
 Mar. 15 Cruisin' Cuisine*
 3rd Thu. 11am
 Mar. 15 Texas Hold 'em
 3rd Thu. 1pm
 Mar. 22 AARP Safe
 Driving Class*
 4th Thu.
 8:30am-12:30pm

FRIDAY

8:15am Power Walking
 9:00am Yoga
 9:30am Neglected History
 9:30am Intermediate Clogging
 10:00am Mountain Dulcimer
 Lessons
 10:00am Quilting Group
 12:30pm Dominoes & 42
 1:00pm Table Games
 2:00pm Table Tennis

SATURDAY

1-5pm Center Hours
 1:00pm Table Games and
 Open Recreation
 1-9:30pm 2nd & 4th Sat Hours
 7:00pm Square Dancing
 7:00pm Saturday Night BINGO*
 MONTHLY
 Mar. 17 Tech It to the Next
 Level - Computer Clinic
 3rd Sat. 1:30pm

CRAFTS

Beginner Greeting Cards
 Tue, Mar. 13, 10am-noon, Fee \$10
 Instructor: Vicki Young

Advanced Greeting Cards
 Tue, Mar. 13, 1-3pm, Fee \$10
 Instructors: Jan McCord & Carmel Mosley
 Prerequisite: Beginner Class

Quilting
 Instructional, Thu. 1-3pm
 Advanced Quilting, Fri. 10am-noon

COMPUTERS

Space is limited; register early.

Excel BEGINNER 2016
 Tue. & Thu, Mar. 6-15, 2-4pm
 Instructor: Doug Mahlum Fee: \$20
 Develop a solid grasp of Excel
 basics and learn to perform
 calculations, modify and
 format worksheets and more.

Buy & Sell Online Group
 Thu, Mar. 8-Apr. 12,
 11am-Noon
 Instructor: Brent Parrott, No Fee
 Selling and buying through
 social media and commercial
 (ebay, Craig's list), and local sites
 will be progressively discussed in
 this six week meet-up group.

Computer Basics
 Mon. & Wed, Mar. 5-28,
 9am-Noon
 Instructor: Linda Eakle, Fee: \$36
 Learn the basics of Windows 10
 including internet and email.
 When you complete this 8-day
 course you will be able to run
 your own personal computer
 without hesitation and become
 familiar with Microsoft Edge.

Excel ADVANCED 2016
 Tue. & Thu, Mar. 20-29
 2-4 pm
 Instructor: Doug Mahlum Fee: \$20
 Learn advanced formulas,
 analyze data with Logical and
 Lookup Functions, charts,
 pivot tables, and much more.

Must have a solid foundation
 in Excel.

**Tech It To The Next
 Level**
 Sat. Mar. 17, 1:30-2:30pm
 Instructor: Victoria Stone No Fee
 Bring your mobile device and get
 your technology answers.

The Computer Lab is
 open for use unless
 a class is in session.

Mug Rug a Month

Fri, Mar. 16, 1-3pm, Fee \$5
 Instructor: Bettie Smith
 Bring your fabric scraps and make a seasonal coaster
 that is great for snacks and gifts. Basic sewing skills
 are needed.

Beginning Polymer Clay
 Tue, Mar. 27, 9am-Noon, Fee \$10
 Instructor: Nancy Lotzer

Drop-In Arts & Crafts
Art Group Mondays 2-5pm
Evening Crafts Tuesdays 5-8pm
Quilting Group Fridays 10am-noon

TALKS

**Lunch & Learn: Avoiding
 Scams**
 Thu, Mar. 1, 10am
No Fee Registration required by Feb. 26.
 Learn the types of scams targeting
 seniors and how to protect yourself
 from becoming a victim. Find out what
 resources are available and what steps are
 needed to ensure your economic safety.
 Presented by Metrocrest Services.

Knowing the Ten Signs
 Fri, Mar. 2, 10am Registration required
 Learn the warning signs that may be
 symptoms of Alzheimer's disease or
 other forms of dementia. Understand the
 importance of visiting your doctor early
 to rule out treatable conditions. Register
 by Thursday, March 1.

**New Perspectives On Aging
 Series: Brain Power**
 Fri, Mar. 9, 1pm
 Instructor: Ben E Dickerson, PhD,
 Gerontologist, No Fee
 Significant advances are being made in
 understanding the amazing part of our
 body referred to as the brain. The focus
 of this talk will be given on improving
 memory and learning practical steps to
 take to improve your recall.

**Donuts with the Doctor :
 Fear Free - How to Make Your
 Pet's Vet Visit Less Stressful**
 Fri, Mar. 16, 8:30-9:30am, No Fee
 Dr. Tracey Hagney, Medical Director of
 the Valwood Animal Hospital will be here
 monthly to discuss various pet topics.
 Don't bring your pet; just your questions
 and concerns.

**Healthy Happy Hour: Safe
 Food Storage**
 Fri, Mar. 16, 10am
 Beth Wood, Texas A&M Agrilife
 Information on how food should be
 stored safely-from the time you purchase
 it at the supermarket to storing at home.

**The Miracle of the
 Monarchs**
 Wed, Mar. 21, 10am, No Fee
 Master Gardener, Janet Smith will talk
 about the state butterfly of Texas, its
 migration, why it is threatened and what
 you can do to help preserve and attract it
 to your garden.



FARMERS
 BRANCH



FARMERS BRANCH

Senior Center

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

HOURS

Monday - Wednesday
8am - 8:45pm

Thursday - Friday
8am - 5pm

1st, 3rd & 5th
Saturdays
1 - 5pm

2nd & 4th
Saturdays
1 - 9:30pm

MEMBERSHIP

The Farmers Branch Senior Center is open to anyone 50 years of age or better. There is no membership fee or residency requirement, but you are required to complete registration information yearly, obtain a membership card and scan your card with each visit.

DROP-IN RECREATION

The game room is open during facility hours for drop-in recreation such as cards, billiards, dominoes, board games, or puzzles.

TO VOLUNTEER

Contact
Jennifer Stone
972.919.8744
jennifer.stone@farmersbranchtx.gov

* DENOTES A FEE

CLUB 50

SENIOR CENTER

LIVIN' THE 50 PLUS LIFESTYLE IN THE BRANCH

April 2018

Have You Thanked a Volunteer Today?

April is National Volunteer month and is dedicated to honor and encourage volunteerism. Please take time to thank your Instructor or Group Leader! If you are interested in getting involved, please contact Jennifer Stone: (972) 919-8744 or: jennifer.stone@farmersbranchtx.gov.

SPECIAL INTERESTS

Bridge Update

Intermediate Bridge Lessons - 8 Weeks 4/3-5/22
Tuesdays 10am, Fee: \$25 Register at the desk.
Instructor: Diane Royer

Beginner Bridge Lessons - 8 Weeks 4/5-5/24
Thursdays 9:30am, Fee: \$25 Register at the desk.
Instructor: Diane Royer

Duplicate
Mondays 9:30am-12:30pm, Fee: \$2 per day
Wed, Apr. 11 & 25, 1-4pm, Fee: \$2 each day

NEW! Photo Club - The Joy of Photography

Wednesdays beginning Apr. 4, 1-2 pm
Instructor: Deborah Hutchins, No Fee, Sign up required.
Come and share your love of photography. Learn some basic photography techniques, go out and take pictures and then view your pictures with the group with slideshows. Anyone with a camera or smart phone camera is welcome!

Cookin' Club: Field Trip to Beijing Restaurant

Wed, Apr. 11, 10:30am-1pm, Fee: \$5, plus your lunch
Register to join us for Peiking duck & hand-pulled noodles at this restaurant.

Random Acts of Kindness: FB Fire Department

Thu, Apr. 12, 10:30am, No Fee
Bring individually wrapped snacks, water, sports drinks, along with staples for the kitchen by the meeting date.

Texas Hold 'em Tournament

Thu, Apr. 19, 1pm, No Fee
Join us each month as we play for 1st and 2nd place and one high hand.
Snacks provided by Acadia Estates, Assisted Living and Memory Care.

Sign Language Group

Fridays 1-3pm, No Fee
This informal group meets weekly to practice and improve their signs language skills. Not only is this helpful to communicate with those who are deaf, but it's a great way to stimulate your brain and improve your memory. Join us!

Preserving Your Memories & Heritage in the Digital World

Every Thursday 10:15-11:15am, No Fee
Instructor: Brent Parrott Sign up required.
Come and learn the best ways to store your digital memories by preserving documents, pictures, videos, and music. Learn to create your digital workbook to preserve your life story for future generations to come.

MONDAY NIGHT DANCE

BEST 50+ DANCE IN THE METROPLEX
7-9:20pm, Fee: \$5

- April 2 Swingin' Country - Country
- April 9 Jim Baker - Ballroom
- April 16 Solid Country - Country
- April 23 Dave Alexander - Ballroom
- April 30 Solid Country - Country

Conversations in Neglected History

Every Friday 9am-noon, No Fee
Join this weekly history discussion group. Dr. Richard McCaslin from UNT will present April 20: *The Maceos and the Rebuilding of Galveston*.

Genealogy Trip to the Dallas Library

Tue, Apr. 24, 9:30am-3pm, Fee: \$2 Bring your lunch or eat out.
The Dallas Public Library's Genealogy Section contains one of the largest and most comprehensive collections for family history research in the Southwest.

AARP Smart Driver Course

Thu, Apr. 26, 8:30am-12:30pm
Fee: AARP members \$15, Non Members \$20
This course does not qualify for dismissal of a traffic violation, but may be good for an insurance discount.

TALKS

Downsizing 321; Conquer Your Clutter!

Wed. April 11, 10 am, No Fee
Getting ready for spring cleaning? Having less clutter in your home is a great way to get started. Taylor Stewart from Call Box Storage will show you how clearing out clutter can take the stress out of spring cleaning.

New Perspectives On Aging Series: The Bonus Years

Fri, Apr. 13, 1pm No Fee
Instructor: Ben E Dickerson, PhD, Gerontologist
Come learn how to maximize the added years that you are blessed with.

Homegrown Herbs for Healthier Home Cooking

Wed. Apr. 18, 10am, No Fee
Explore 10 favorite herbs that are easily grown in North Texas and discover culinary tips and techniques to create delectable, healthy dishes. Speaker: Master Gardener,

Donuts with the Doctor: Why Heartworm Prevention is so Important

Fri, Apr. 20, 8:30-9:30am, No Fee
Dr. Tracey Hageny, Medical Director of the Valwood Animal Hospital will be here to discuss various pet topics. Don't bring your pet; just your questions and concerns.

Stress: Friend or Foe

Fri, Apr. 27, 10am, No Fee
Beth Wood with Agrilife Extension Service When you take control and use stress rather than allowing it to use and control you, definitely a friend! The goal is not to eliminate stress, but to learn how to perceive it, manage it, control it and use it to help ourselves. will speak on stress and coping strategies.

SPECIAL EVENTS

Monthly Breakfast

Mon, Apr. 2, 8:15-9am, Fee: \$2
Menu: sausage, gravy, biscuits, eggs, fruit, juice & coffee.
Entertainment: R.L. Turner Jazz Band, Host: Senior Advisory Board

Birthday Lunch

Wed. Apr. 18, Noon, Fee: \$2 or free if it's your birthday month.
Menu: Tamale Pie
Sponsors: Brookdale Assisted Living and United Financial Services.

Fishin' Fun in Farmers Branch

Sat, Apr. 28, 8am-Noon, No Fee
Grab your grandkids, 16 and under, and head out to Gussie Field Watterworth Park for a morning of fishing and FUN!
8-10am Kids Fishing Tournament 9am-noon Kayaking
10:30-11am Awards Ceremony 8am-noon Kids Zone Activities
Free bait and loaner fishing equipment available. www.fbspecialevents.com

WEEKLY & MONTHLY PROGRAMS & ACTIVITIES

* DENOTES A FEE

MONDAY

8:15am Stretch & Strength
 9:00am Billiards
 9:15am Thinkabilities
 9:30am Duplicate Bridge
 10:00am Tai Chi
 10:15am Shared Moments
 12:30pm Mah Jongg
 12:30pm Dominoes & 42
 1:00pm Table Games
 2:00pm Art Group
 7:00pm Dance*

MONTHLY

Apr. 2 1st Mon. 8:15am
 Monthly Breakfast*
 Blood Pressure
 Checks 8:15-9am

Chair & Table Massage*
 Schedule Appointment

Book Exchange
 Drop off or pick up
 books & magazines any day

Schedule your
 Fitness Equipment Training

Coffee 25¢ a cup

TUESDAY

8:15am Power Walking
 9:00am Yoga
 9:00am Cribbage
 10:00am Intermediate Bridge
 10:00am Strong & Balanced
 11:00am Chair Volleyball-Open
 11:30am Mah Jongg
 12:30pm Party Bridge
 12:30pm Dominoes & 42
 12:30pm Lo Begin Line Dance
 1:00pm Table Games
 2:00pm Hi Begin Line Dance
 3:00pm Stretch & Flex
 5-8pm Craft Group
 5:30pm Square Dance*

MONTHLY

Apr. 3 Alzheimers
 Support Group
 1st Tue. 6:30pm
 Apr. 10 Greeting Card Classes*
 2nd Tue. 10am & 1pm
 Apr. 24 Intermediate Polymer Clay*
 4th Tue. 9am-noon
 Apr. 24 Genealogy Trip*
 4th Tue. 9am-3pm

WEDNESDAY

9:00am Begin Table Tennis
 10:00am Five Crown
 10:00am Dulcimer Group
 10:00am Intermediate
 Line Dancing
 12:30pm Dominoes & 42
 1:00pm BINGO*
 1:00pm Table Games
 1:00pm Euchre Card Game
 2:00pm Tai Chi
 2:00pm Table Tennis
 6:00pm Not Your Mama's
 Exercise Class

MONTHLY

Apr. 11 Cookin' Club*
 2nd Wed. 10:30am
 Apr. 11 Duplicate Bridge
 2nd Wed. 1pm
 Apr. 18 Garden Group
 3rd Wed. 10am
 Apr. 18 Birthday Lunch*
 3rd Wed. Noon
 Apr. 25 Duplicate Bridge
 4th Wed. 1pm

THURSDAY

9:00am Billiards
 10:00am Euchre
 10:00am Beginning Bridge
 10:00am Chair Volleyball
 Team Practice
 12:30pm Dominoes & 42
 1:00pm Instructional Quilting
 1:00pm Table Games
 1:30pm Squares Game
 3:00pm Strong & Balanced

MONTHLY

Apr. 5 B 12 Shots*
 1st Thu. 9-9:30am
 Apr. 12 Random Acts
 of Kindness
 2nd Thu. 10am
 Apr. 19 Texas Hold 'em
 3rd Thu. 1pm
 Apr. 26 AARP Safe
 Driving Class*
 4th Thu.
 8:30am-12:30pm
 Apr. 26 Cruisin' Cuisine*
 11am

FRIDAY

8:15am Power Walking
 9:00am Yoga
 9:30am Neglected History
 9:30am Clogging Intermediate
 10:00am Mountain Dulcimer
 Lessons
 10:00am Quilting Group
 12:30pm Dominoes & 42
 1:00pm Table Games
 2:30pm Table Tennis

SATURDAY

1-5pm Center Hours
 1:00pm Table Games and
 Open Recreation
 1-9:30pm 2nd & 4th Sat. Hours
 7:00pm Square Dancing
 7:00pm Saturday Night BINGO*
FISHIN' FUN
 8am-Noon
 Gussie Field Watterworth
 Park-next to City Hall
 MONTHLY
 Apr. 21 Tech It to the Next
 Level - Computer Clinic
 3rd Sat. 1:30pm

CRAFTS

Beaded Sun Catchers

Fri, Apr. 6, 1-4pm Fee: \$12-\$14

Instructor: Carol Slawson

Beginner Greeting Cards

Tue. Apr. 10, 10am-noon, Fee: \$10

Instructor: Vicki Young

Advanced Greeting Cards

Tue. Apr. 10, 1-3pm, Fee: \$10

Instructors: Jan McCord & Carmel Mosley.

Prerequisite: Beginner Greeting Cards Class

Drop-In Arts & Crafts

When the crafting bug bites, rather than subject your home to a sparkly, gluey, thread adorned mess, why not bring your project to one of these groups and get your arts and crafting on with friends!

Art Group Mondays 2-5pm

Evening Crafts

Mon, Tue, Wed 5-8pm

Quilting Fridays 10am-noon

Mug Rug a Month

Fri, Apr. 20, 1-3pm, Fee: \$5

Instructor: Bettie Smith

Bring your fabric scraps and make a seasonal coaster each month. Basic sewing skills are needed. Check out what were making this month in the display cabinet.

Intermediate Polymer Clay

Tue, Apr. 24, 9am-Noon, Fee: \$5

Instructor: Nancy Lotzer

Have fun learning to work with polymer clay while creating beautiful jewelry.

Did you know we have Massage Therapy here at the Senior Center?

Chair and Table massages are available for a great price. Stop by the front desk and check out the schedule for your appointment.

YOUR BODY WILL THANK YOU!

COMPUTERS

Space is limited; registration required.

MS Word I 2016

Mon. & Wed, Apr. 9-18, 9am-Noon

Instructor: Linda Eakle, Fee: \$20

Those new to MS Word will learn document set-up, formatting text and documents, how to create and format tables, shapes, WordArt and more.

MS Word II 2016

Mon. & Wed, Apr. 23-May 2, 9am-Noon

Instructor: Linda Eakle, Fee: \$20

For students looking to expand their MS Word skill set, this course will teach special text effects, mail merging and the tools essential to long documents.

Nextdoor

Fri, Apr. 27, 2-4pm

Instructor: Jean Trebert, Fee: \$13

The private social network for you, your neighbors and your community. It's the easiest way for you and your neighbors to talk online. And it's free. Thousands of neighborhoods are already using Nextdoor to build happier, safer places to call home.

TRIPS

New trips are posted the first Friday of the month at noon and are available for Farmers Branch residents only during the first week. Open registration begins the following Friday at noon. www.fbseniorcenter.com and check for seat availability: 972.919.8740.

APRIL

Main Street Arts Festival in Fort Worth

Thu, Apr. 19, 9:30am-4:30pm, Fee: \$10 Extended Walking

We'll take the train over to Fort Worth for the Main Street Arts

Festival for entertainment, arts, food, and shopping.

Amazing Grace, the Musical at the Eisemann Center

Fri, Apr. 20, 7-11:30pm, Fee: \$63 Limited Walking

Amazing Grace is a musical based on the awe-inspiring true story behind the world's most beloved song. Amazing Grace is an unforgettable musical saga capturing the spirit of history's sweetest and most powerful sound: freedom.

Cruisin' Cuisine: 54 Street Grill & Drafthouse

Thu, Apr 26 11am-2pm, Fee: \$5 Limited Walking

You will love this new restaurant in Irving. They have super sandwiches, wraps, salads, soups, chicken fried steak and seafood. Check out the Rattlesnake Pasta or Fry Me To The Moon dishes. Prices \$8-\$15.

MAY

The Velocity of Autumn at 1:30 Theater

Fri, May 11, 11am-4:30pm Fee \$32 Limited Walking

The Velocity of Autumn swirls around Alexandra, an 80 year-old artist in a showdown her family over where she will spend her remaining years. In a comic twist, her youngest son climbs up a tree and crawls in the window to reason with his mother. Lunch at Highland Park Cafeteria (on your own) before the show.

Cruisin' Cuisine

Thu, May 17, 11am-2pm, Fee \$5 Limited Walking

Contact the front desk for this onth's restaurant information.

Lone Star Horse Races

Thu, May 24, 5-11pm, Fee: \$30 Extended Walking

Come and watch the ponies run at Lone Star Park. We will leave at 5 pm and have reserved counter seats in the clubhouse.