



**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 (Town of Addison Residents please see staff) 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

The Senior Center will be closed
Sept. 3 for Labor Day and
Sept. 21 & 22 for Game Night

CLUB 50
SENIOR CENTER

LIVIN' THE 50 PLUS LIFESTYLE IN THE BRANCH

September 2018

MONTHLY

Alzheimer's Support Group
Tue, Sept. 4, 6:30pm, No Fee
The Alzheimer's Association provides support and assistance to persons affected by Alzheimer's disease, their families and other caregivers.

B12 Shots
Thu, Sept. 6, 9-9:30am Fee: \$20

Texas Hold 'em Tournament
Thu, Sept. 20, 1pm, No Fee
Snacks provided by The Avenues of Park Forest. (formally Acadia Estates)

Genealogy Trip to Dallas Library
Tue, Sept. 25, 9:30am-3pm, Fee: \$2
Join others who enjoy researching their family roots. Bring your lunch or eat out. Register to participate.

AARP Smart Driver Course
Thu, Sept. 27, 8:30am-12:30pm
AARP Members: \$15, Non Members: \$20

TRIP

Cruisin' Cuisine goes to Whiskey Cake in Irving
Thu, Sept. 20, 11am-2pm, Fee: \$5
Limited Walking

SPECIAL INTERESTS

Pole Walking starts Sept. 5
Every Wednesday 8:15-9:30am
Meet at the Library parking lot and walk Rawhide Creek. Poles provided.

Absolute Beginner Line Dance Lessons
8 Weeks: Wed, Sept. 5-Nov. 7, 7-8:30pm
Instructor: Karen Aubrey, Fee: \$24
Start with basic line dance steps and easy, fun dances that progress each week. Great for your body and brain health.

Beginning Texas Hold 'em Lessons
Thursdays in September 10am
Instructor: Bruce Crozier, No Fee

Basic Square Dance Lessons
12 Weeks: Tue, Starts Sept. 11, 7-8:30pm
Instructor: Vernon Jones, Fee: \$40

Notary Republic Service
Mon, Sept. 10, 9-10am, No Fee
Maxine Pride will be here to provide free Notary Services. Be sure to bring a government issued photo ID.

Spanish Lessons
Tue & Thu, Sept. 11-Nov. 15, 10am-noon
Register with Deborah at Brookhaven College: 972-860-4807.

Cookin' Club: Mediterranean Restaurant Trip
Wed, Sept. 12, 10:30am
Registration required.
We will travel to Sanabels Buffet for lunch (on your own) and a visit with their Mediterranean chefs.

Random Acts of Kindness
Thu, Sept. 13, 10am, No Fee
Sponsoring The Family Place with a Pantry Drive. Bring staples, canned items and non-perishable foods.

Conversations in Neglected History
Every Friday, 9:30am-noon, No Fee
Dr. Richard McCaslin from UNT will present Sept. 14: Spanish Texas

Old Time Dulcimer Jam
Sat, Sept. 15, 1:30-4:30pm, No Fee
Bring your acoustic instrument and jam with others who enjoy playing old time songs. Listeners are welcome too!

Bush Native Texas Park Tour
Wed, Sept. 19, 10am, Transportation Fee: \$3, Lunch is on your own at Cafe 43. Guide: Lois Diggs, Master Gardener

SPECIAL EVENTS

Monthly Breakfast
Mon, Sept. 10, 8:15-9am Fee: \$4
Menu: sausage, gravy, eggs, biscuits, fruit, juice, & coffee.
Entertainment: Patsy Cline Tribute by Debbie Perrone
Host: Senior Advisory Board

Birthday Lunch
Wed, Sept. 19, noon, Fee: \$4
Free if it's your birthday month.
Menu: lasagna, salad & garlic bread. A special presentation will be given by 9th grader, Ekansh Tambe, on the border walls of countries. Sponsors: Brookdale & United Financial.

Game Night: Aloha Y'All!
Sat, Sept. 22
Doors open: 5pm
Dinner & Casino Games: 6-9pm
Ticket Fee: \$15 Call for ticket availability. 972.919.8740

Spud & Show: Call For Show Title
Tue, Sept. 25, 11:30am
Lunch Fee: \$4
Sponsor: The Avenues at Park Forest (formally Acadia)
A single man is raising his child prodigy niece, Mary, and is drawn into a custody battle with his mother. Get your ticket by September 21.

TALKS

Lunch and Learn: Communicating End-of-Life Wishes
Thu, Sept. 6, 11:30am, No Fee
Registration deadline: Aug. 27
T. Boone Pickens Hospice and Palliative Care Center will be here to answer questions about hospice and end-of-life wishes. Lunch provided by Faith Presbyterian Hospice.

Get Screened; No Excuses!
Wed, Sept. 12, 2pm, No Fee
Learn about cancer screening guidelines and tests. Beth Wood from Agrilife will talk about cancer screenings that are the guideposts to keeping our bodies healthy.

Lunch and Learn: Better Communication Between People with Hearing Loss and Friends
Thu, Sept. 27, 11:30 am, No Fee, Register by Sept. 24
Speaker: Jason Taylor, ClearCaptions
Join us to learn more about hearing loss, communication and information on hearing aids and other technology.

Donuts with the Doc: Weight Management
Fri, Sept. 28, 8:30-9:30am, No Fee
Dr. Tracy Hageny, Medical Director of the Vallwood Animal Hospital, will be here to discuss various pet topics. Come enjoy a donut and learn about your pet's health.

MONDAY NIGHT DANCE

BEST 50+ DANCE IN THE METROPLEX!

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

- September 3 Closed for Labor Day
- September 10 Jim Baker - Ballroom
- September 17 Solid Country - Country
- September 24 Dave Alexander - Ballroom



* DENOTES A FEE

WEEKLY & MONTHLY PROGRAMS & ACTIVITIES

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 42 & Dominoes
 1:00pm Table Games
 2:00pm Art Group
 7:00pm Dance*

MONTHLY

Sept. 10 1st Mon. 8:15am
 Monthly Breakfast*

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 42 & Dominoes
 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

Sept. 4 Alzheimer's
 Support Group
 1st Tue. 6:30pm
 Sept. 11 Greeting Card
 Classes*
 2nd Tue. 10am & 1pm
 Sept. 25 Beginner Polymer
 Clay* 4th Tue. 9am-noon
 Sept. 25 Genealogy Trip*
 4th Tue. 9:30am-3:30pm
 Sept. 25 Spud & Show* 11:30am

WEDNESDAY

8:00am Pole Walking
 9:00am Begin Table Tennis
 10:00am Five Crown
 10:00am Dulcimer Group
 10:00am Intermediate
 Line Dancing *
 12:30pm 42 & Dominoes
 1:00pm Photography Group
 1:00pm BINGO*
 1:00pm Table Games
 2:00pm Tai Chi
 2:00pm Table Tennis
 6:00pm Not Your Mama's
 Exercise Class

MONTHLY

Sept. 12 Cookin' Club*
 2nd Wed. 10:30am
 Sept. 19 Garden Group
 3rd Wed. 10am
 Sept. 19 Birthday Lunch*
 3rd Wed. Noon

THURSDAY

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

MONTHLY

Sept. 6 B 12 Shots*
 1st Thu. 9-9:30am
 Sept. 13 Random Acts
 of Kindness
 2nd Thu. 10am
 Sept. 20 Cruisin' Cuisine*
 3rd Thu. 11am
 Sept. 20 Texas Hold 'em
 3rd Thu. 1pm
 Sept. 27 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 Dulcimer Lessons
 10:00am Quilting Group
 10:00am 42 & Dominoes
 12:30pm Table Games
 1:00pm Sign Language Group
 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

Sept. 15 Old Time Dulcimer
 Jam 1:30-4:30pm
 Sept. 15 Tech It to the Next
 Level Clinic
 3rd Sat. 1:30pm
 Sept. 22 Game Night Aloha
 Y'all 5-9pm \$15

CRAFTS

Space is limited; register early.

Beaded Sun Catchers

Fri, Sept. 7, 1pm, Fee: \$12-\$14
 Instructor: Carol Slawson

Knitting Knirvana (Instructional)

Tue, Sept. 11, 18 & 25, 2-3:30pm, No Fee
 Instructor: Pamela Dickson-Noris
 All skill levels welcomed.

NEW EVENING CLASS

Instructional Knitting Class

Wed, Sept. 12, 19, 26, 7-8:30pm, No Fee
 Instructor: Pamela Dickson-Noris
 All skill levels welcomed.

COMPUTER

Space is limited; register early.

MS Word I 2016

Mon. & Wed, Sept. 10-19, 9-11am
 Instructor: Linda Eakle, Fee: \$20
 For students new to MS Word, this course
 introduces the essential uses and features
 of the program. Learn document set-up,
 formatting text and documents, how to
 create and format tables, shapes, WordArt
 and more.

Beginner Greeting Cards

Tue, Sept. 11, 10am-noon, Fee \$10
 Instructor: Vicki Young

Advanced Greeting Cards

Tue, Sept. 11, 1-3pm, Fee \$10
 Instructors: Jan McCord & Carmel Mosley
 Prerequisite: Beginner Class

Make It and Take It Floral Arrangement

Fri, Sept. 14, 1pm, Fee: \$10
 Register by Sept. 13
 Instructor: Rotha Crump
 Learn step-by-step how to make a fresh
 floral arrangement. Supplies are furnished.

iPad Basics for the Beginner

Fri. Sept. 14, 3-4:45pm
 Instructor: Doug Mahlum, No Fee
 Learn to surf the internet, send emails,
 play music, watch movies and even
 manage travel plans.

Tech It To The Next Level

Sat. Sept. 15, 1:30-2:30pm
 Instructor: Victoria Stone, No Fee
 Bring your mobile device and get your
 technology questions answered in this
 monthly clinic.

Beginning Polymer Clay

Tue, Sept. 25, 9am-Noon, Fee \$10
 Instructor: Nancy Lotzer

Mug Rug

Fri, Sept. 28, 1-3pm, Fee \$5
 Instructor: Bettie Smith
 Use your fabric scraps and make a coaster that is
 great for snacks and gifts. Basic sewing skills are
 needed.

Drop-In Arts & Crafts

Art Group Mondays 2-5pm
Evening Crafts Mon, Tue, Wed 5-8pm
Quilting Group Fridays 10am-noon

PROGRAM HIGHLIGHT

Shared Moments

Meets Every Monday from 10:15-11am
 Hear interesting stories about people's lives,
 hobbies, and adventures and share a lot of
 laughs while developing new friendships.
 Do you have a story to tell?

Meet some interesting folks...

Parkland Nurse back in the JFK days
 Actress that traveled the country with
 well-known Actors
 Professional Travelers
 Those from other Countries and Cultures

EVERYONE IS WELCOME!

*The Computer Lab is open for use during Center hours unless
 there is a Computer Class. Lab closes 30 minutes prior to Class.*



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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

The Senior Center will be closed Oct. 19 & 20 for the annual Craft Fair

CLUB 50 SENIOR CENTER

LIVIN' THE 50 PLUS LIFESTYLE IN THE BRANCH

October 2018

MONTHLY

Alzheimer's Support Group

Tue, Oct. 2, 6:30pm, No Fee
Support and assistance to persons affected by Alzheimer's disease, their families and other caregivers.

B12 Shots

Thu, Oct. 4, 9-9:30am, Fee: \$20

Texas Hold 'em Tournament

Thu, Oct. 18, 1pm, No Fee
Snacks provided by The Avenues of Park Forest. (formally Acadia Estates)

Genealogy Trip to the Dallas Library

Tue, Oct. 23, 9:30am-3pm, Fee: \$2
Bring your lunch or eat out. Register.

AARP Smart Driver Course

Thu, Oct. 25, 8:30am-12:30pm
AARP members \$15, Non Members \$20

SPECIAL INTERESTS

Pole Walking

Every Wednesday 8:15-9:30am
Meet at the Library parking lot and walk Rawhide Creek. Poles provided.

Notary Republic Service

Mon, Oct. 8, 9-10am, No Fee
Provider: Maxine Pride. Be sure to bring a government issued photo ID.

SPECIAL EVENTS

Monthly Breakfast

Mon, Oct. 1, 8:15-9am, No Fee, Sponsored by Julie Johnson, Candidate for Texas House District 115
Menu: Sausage, gravy, biscuits, eggs, fruit, juice, & coffee.
Entertainment: Tunes by Tara, Host: Senior Advisory Board

Birthday Lunch

Wed, Oct 17, noon
Fee: \$4 Free if it's your birthday month
Menu: Housemade Chili Con Carne and Cornbread
Sponsors: Brookdale Assisted Living and United Financial Services.

Cookin' Club: Chef's Tricks & Tips

Wed, Oct. 10, 10am, Fee: \$3
We will travel to The Avenues of Park Forest and learn cooking short cuts from Chef Caesar. Registration required.

Random Acts of Kindness Sponsoring Metrocrest Services

Thu, Oct. 11, 10am, No Fee
We will be making treat bags for kids. Please bring small toys, candy, bagged pretzels or other snacks before Oct. 11.

Old Time Dulcimer Jam

Sat, Oct. 13, 1:30-4:30pm, No Fee
Bring your acoustic instrument and jam with others who enjoy playing old time songs. Listeners are welcome too!

Beginner Mah Jongg Lessons

6 weeks: Tue, Oct. 16-Nov. 20, 10am
Instructor: Nell Dodson
Supply Fee: \$10 Registration required

Succulent Pumpkin Decorating

Wed, Oct. 17, 10 am, Supply Fee: \$5
Beverly Ferguson, Master Gardener
Sign up to make a succulent decorated pumpkin, then enjoy the succulents as plants after the pumpkin is gone.

Neglected History

Every Friday 9:30am-noon, No Fee
Join this weekly discussion group that explores history. Dr. Richard McCaslin will speak Oct. 19 on Mexican Texas.

Wii Bowling

Season V: Oct. 22-Dec. 14
Gather a group of 4 for a team, or sign up and we'll put a team together.
Wii Halloween Pumpkin Carving Party
Fri, Oct. 5, 10am. Sponsored by Doug Chitwood with Ebby Halliday.

TRIP

Cruisin' Cuisine goes to Kirin Court
Thu, Oct. 18, 11am-2pm, Fee: \$5

PROGRAM HIGHLIGHT Fly Tying Group

Mondays 6:30-8:30 pm, No Fee
Instructor: Bill Slaughter

Fly fishermen use hand tied flies that are made with materials such as feathers, fur, rubber, and flash. The hand tied flies resemble natural bait fish, or "lures" to catch fish such as trout, bass, blue gill and crappie. Come try your hand at fly tying with this fun evening group.

Craft Fair

Sat, Oct. 20, 9am-4pm
No Admission Fee
Featuring over 100 Crafters and Artists
Held at the Senior Center * 14055 Dennis Lane

Pooches on the Patio

Wed, Oct. 31, 5-7pm \$5 per person and \$5 per dog
Bring your pooch all decked out in a Halloween costume for a chance at a prize. Hot dogs will be served and your dog will receive a treat bag too. *Your dog must be on a leash at all times and up to date on all vaccinations.*
Sponsor: Lakeview at Josey Ranch

MONDAY NIGHT DANCE

BEST 50+ DANCE IN THE METROPLEX

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

- October 1 Swingin' Country - Country
- October 8 Jim Baker - Ballroom
- October 15 Solid Country - Country
- October 22 Dave Alexander - Ballroom
- October 29 Halloween Dance - Warren Cook

BRIDGE



Instructor: Diane Royer Registration Required

Tuesday Bridge Workshops

Tuesdays 10am-noon, Fee: \$30 for 8 weeks
Oct. 2 Jacoby Transfer
Oct. 9 Negative Double
Oct. 16 Two Club Openers
Oct. 23 Organize & Play the Hand
Oct. 30-Nov. 20 Review & Practice

Basic Bidding

Thur, Oct. 4-Nov. 29, 9:30-11:30am, Fee: \$30 for 8 weeks

Duplicate

Mondays 9:30am-12:30pm
Wed, Oct. 10 & 24, 1-4pm, Fee: \$1 per day

* DENOTES A FEE

WEEKLY & MONTHLY PROGRAMS & ACTIVITIES

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

Oct. 1 Monthly Breakfast*
 1st Mon. 8:15am

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

Oct. 2 Alzheimer's Support Group
 1st Tue. 6:30pm

Oct. 9 Greeting Card Classes*
 2nd Tue. 10am & 1pm

Oct. 23 Intermediate Polymer Clay*
 4th Tue. 9am-noon

Oct. 23 Genealogy Trip*
 4th Tue. 9:30am-3pm

WEDNESDAY

8:00am Pole Walking
 9:00am Begin Table Tennis
 10:00am Five Crown
 10:00am Dulcimer Group
 10:00am Intermediate
 Line Dancing*
 12:30pm Dominoes & 42
 1:00pm Photography Group
 1:00pm BINGO*
 1:00pm Table Games
 2:00pm Tai Chi
 2:00pm Table Tennis
 6:00pm Exercise Class
 Discontinued

MONTHLY

Oct. 10 Cookin' Club*
 2nd Wed. 10:30am

Oct. 10 Duplicate Bridge*
 2nd Wed. pm

Oct. 17 Garden Group*
 3rd Wed. 10am

Oct. 17 Birthday Lunch*
 3rd Wed. Noon

Oct. 24 Duplicate Bridge*
 4th Wed. 1pm

THURSDAY

9:00am Billiards
 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

Oct. 4 B 12 Shots*
 1st Thu. 9-9:30am

Oct. 11 Random Acts
 of Kindness
 2nd Thu. 10am

Oct. 18 Cruisin' Cuisine*
 3rd Thu. 11am

Oct. 18 Texas Hold 'em
 3rd Thu. 1pm

Oct. 25 AARP Safe
 Driving Class*
 4th Thu.
 8:30am-12:30pm

FRIDAY

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

SATURDAY

1-5pm Center Hours
 1:00pm Table Games and
 Open Recreation

Oct 13 Old Time Dulcimer
 Jam 1:30-4:30 pm

Oct 20 Craft Fair 9am-4pm

2nd & 4th Sat. Hours

7pm Square Dancing
 7pm Saturday Night
 BINGO*

CRAFTS

Space is limited; registration required.

Beginner Greeting Cards

Tue, Oct. 9, 10am-noon, Fee: \$10
 Instructor: Vicki Young

Advanced Greeting Cards

Tue, Oct. 9, 1-3pm, Fee: \$10
 Instructors: Jan McCord & Carmel Mosley
 Prerequisite: Beginner Greeting Cards Class

Knitting Knirvana

Instructor: Pamela Dickinson-Noris
 Dates to be announced.

Learn to knit your next project. Pick up your supply list at the front desk when you sign up. All skill levels welcomed.

Mug Rug a Month

Fri, Oct. 26, 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 we're making this month in the display cabinet.

Intermediate Polymer Clay

Tue, Oct. 23, 9am-Noon, Fee: \$5
 Instructor: Nancy Lotzer

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

COMPUTERS

Space is limited; registration required.

Major Scams Exposed

Fri, Oct. 5, 3:30-4:45 pm
 Instructor: Doug Mahlum, No Fee

Statistics show that scams happen more often than you may think. This course will focus on healthcare scams, charity fraud, imposter scams, and identity theft, just to name a few.

New! Build A Website using Weebly

Mon. & Wed., Oct. 8 & 10, 6-8 pm

Instructor: Saile Estrada, No Fee
 Interested in learning how to build your own website? In this class, you will learn how easy and most importantly free, this can be. Familiarize yourself with templates, pages and building tools to help you create an astonishing website. You'll be surprised by what you can do with just a few clicks here and there.

New! Adobe Photoshop Elements Part I

Mon. & Wed, Oct. 8-17, 9am-noon

Instructor: Linda Eakle, Fee: \$35
 Adobe Photoshop Elements is a graphics editor for entry-level photographers and hobbyists to create and edit images. This course requires knowledge of Windows 10 for PC.

New! Adobe Photoshop Elements Part II

Mon. & Wed, Oct. 22-31, 9am-noon

Instructor: Linda Eakle, Fee: \$35
 Learn about Editor and Layers. This course requires knowledge of Windows 10 for PC.

No Tech It To The Next Level in October

TALKS

Space is limited; registration required.

Power to Prevent Diabetes

Wed, Oct. 10, 2pm, No Fee

Join Beth Wood from Agrilife and increase your awareness about prediabetes and ways to prevent type 2, age onset diabetes. A prediabetes screening assessment will be available for the group. Don't let your body decline into a preventable disease.

Medicare Update for Open Enrollment

Thu, Oct. 11, 11am No Fee

Carl Burlbaw from The Senior Source will be here to provide information on new Medicare updates. Is your Medicare insurance working for you? Do you know the difference between the original Medicare and Medicare Advantage? Are you prepared for the upcoming open enrollment season? Get all your questions answered.

Healthy Gut, Happy Brain & Longevity

Thu, Oct. 11, 2pm, No Fee

Speaker: YooSoo Shin, Body & Brain Yoga/Tai Chi
 "It's not all in your head. Health and happiness start in your gut." Learn to develop a clean and healthy gut for better digestion, energy and vitality and less pain and stiffness in joints.

Donuts with the Doc: Vaccines & Vaccine Schedules

Fri, Oct. 26, 8:30-9:30am, No Fee

Dr. Tracy Hagney, Medical Director of the Valwood Animal Hospital will be here to discuss various pet topics.

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