

FARMERS BRANCH
The Branch Connection

NOVEMBER 2018

The Branch Connection



FARMERS BRANCH

14055 Dennis Lane
Farmers Branch,
TX 75234

thebranchconnection.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 Branch Connection is open to anyone 50 years of age or better.

Yearly Membership Fees

Farmers Branch &
Carrollton residents: \$25
Non-residents: \$50
Day Pass \$5
Replacement card: \$3

Resident Financial Aid Form

TO VOLUNTEER

Contact Jennifer Stone
972.919.8744
jennifer.stone@farmersbranchtx.gov

MEMBERSHIP

In order to draw a more inclusive audience of adults, 50 and older, the Farmers Branch Senior Center is now known as The Branch Connection.

In addition, as a means of ensuring quality programming and in an effort to offset a portion of operating expenses, annual membership fees have been implemented.

Membership now includes dual access to The Branch Connection AND the Basic Community Recreation Center package.

Annual Resident Fee \$25
Includes Carrollton residents

Annual Non-resident Fee \$50

Day Pass \$5
Special events do not require a membership fee.

Flu Vaccination

Thu, Nov. 1, 10am-noon, No Fee
Dallas County Health & Human Services

Watch Battery Replacement

Mon, Nov. 5, 8:45-9:30am, No Fee
Bring your watch (up to 3) and receive replacement batteries installed by Lyssa Tran from Sunny Jewelers.

Alzheimer's Support Group

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

SPECIAL INTERESTS

Learn to Play Sudoku

Tuesdays 9am
Instructor: Bruce Crozier will share tips and techniques on how to play this brain stimulating game.

Cookin' Club: Best Thanksgiving Dishes

Wed, Nov. 7, 10:30am, Fee: \$3
Make and bring your best ever Thanksgiving dish along with the recipe to share and we'll share a great feast. Registration required.

Notary Public

Mon, Nov. 12, 9am-10am, No Fee
Maxine Pride
Bring your documents and government issued ID.

Random Acts of Kindness

Thu, Nov. 8, 10am, No Fee
Sponsoring Sweats for Vets. Bring sweat shirts, pants, socks, gloves, hats for both men and women. We will deliver to the homeless shelter on Nov. 15.

Texas Hold 'em Tournament

Thu, Nov. 15, 1pm, No Fee
Snacks sponsor: The Avenues at Park Forest

Neglected History

Every Friday, 9:30am-noon, No Fee
You are welcome to enjoy our guest speakers and bring your history topics for

our class to explore. Dr. Richard McCaslin from UNT will present Nov. 16: WWI in Texas (Centennial of Armistice Day)

Genealogy Trip to Dallas Library

Tue, Nov. 27, 9:30am-3pm, Fee: \$2
Last trip of the year. Register today.

TRIPS

Cruisin' Cuisine Goes to Red Rock Canyon Grill

Thur, Nov. 15, 11am, Fee: \$5
Join us for lunch at this Southlake Restaurant that has a varied and exciting menu.

1:30 Theater: A Christmas Survival Guide

Thu, Nov. 29, 11am, Fee: \$17
Lunch at the Highland Park Cafeteria before attending the matinee of A Christmas Survival Guide by James Hindman and Roy Roderick. Through songs and vignettes, you'll enjoy this hilarious and heart-warming guide to enjoying the holidays.

CLOSURES

Multi-purpose room closed Nov. 8

Closed Fri, Nov. 9 until 2pm for the Veterans Day Ceremony

Closed Nov. 22 & 23 for Thanksgiving

No Garden Group

No AARP Smart Driver Course

SPECIAL EVENTS

MEMBERSHIP NOT REQUIRED FOR SPECIAL EVENTS

Monthly Breakfast

Mon, Nov. 5, 8:15 am, Fee: \$4
Menu: sausage, gravy, biscuits, eggs, fruit, juice & coffee. Come meet old friends and make new ones at the monthly breakfast. The Branch Connection Advisory Board prepares and serves a great breakfast. Entertainment: The Four Hoarsemen.

Take Action: Be Medicine Smart

Wed, Nov. 7, 2 pm, No Fee
Join Beth Wood from Agrilife to learn and discuss medication safety. Learn the importance of keeping a medication checklist, along with herbal supplements. The class will also discuss drug interactions.

VETERANS DAY CELEBRATION

Fri, Nov. 9, 10:30am at The Branch Connection
Join us in honoring our nation's Veterans. there will be a patriotic ceremony followed by great entertainment from the Victory Belles concluding with an All-American hot dog lunch! Admission is free. We encourage arriving early as the event has grown stronger within the community.

Thanksgiving Luncheon

Wed, Nov. 14, noon
Ticket Fee: \$8
Let us count our many blessings and enjoy a full Thanksgiving meal together here at The Branch Connection.

Featured entertainment: Anne Hinson.

Ticket Registration Opens October 29

Spud and Show: Saving Faith

Tue, Nov. 27, 11:30am, Fee \$4
A movie starring Victoria Jackson, Amy Grant, Jenn Gotzon Chandler, Jay DeMarcus and Vince Gill. The theater director, Faith, fears she may have to close the Ritz Theater after years of struggling to keep it open. With help from friends, she tries to put on a big Christmas show to save the building. Purchase movie tickets before Nov. 21.

MONDAY NIGHT DANCE

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

November 5	Swingin' Country	Country
November 12	Jim Baker	Ballroom
November 19	Solid Country	Country
November 26	Dave Alexandern	Ballroom



FARMERS BRANCH

"Livin' The 50 and Better Lifestyle in the Branch"

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* 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

Nov 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/Bottled Water 25¢

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 42 & Dominoes
 12:30pm Lo Begin Line Dance*
 1:00pm Canasta
 2:00pm Hi Begin Line Dance*
 3:00pm Stretch & Flex
 5-8pm Craft Group
 5:30pm Square Dance*

MONTHLY

Nov 6 Alzheimers
 Support Group
 1st Tue. 6:30pm
 Nov 13 Greeting Card Classes*
 2nd Tue. 10am & 1pm
 Nov 20 Genealogy Trip*
 4th Tue. 9:30am-3:30pm
 Nov 27 Spud & Show* 11:30am

WEDNESDAY

8:15am 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

MONTHLY

Nov 7 Cookin' Club*
 2nd Wed. 10:30am
 Nov 14 Thanksgiving Luncheon
 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

Nov 1 B 12 Shots*
 1st Thu. 9-9:30am
 Nov 8 Random Acts
 of Kindness
 2nd Thu. 10am
 Nov 15 Cruisin' Cuisine*
 3rd Thu. 11am
 Nov 15 Texas Hold 'em
 3rd Thu. 1pm

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
 1:00pm Canasta
 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

Nov 17 Tech It to the Next
 Level - Computer Clinic
 3rd Sat. 1:30pm

CRAFTS

Beginner Greeting Cards

Tue, Nov. 13, 10am-noon, Fee \$10
 Instructor: Vicki Young

Advanced Greeting Cards

Tue, Nov 13, 1-3pm, Fee \$10
 Instructors: Jan McCord & Carmel
 Mosley Prerequisite: Beginner Class

Quilting

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

COMPUTER

Space is limited; register early.

Word Part I

Mon. & Wed, Nov. 5-14
 9am-noon

Instructor: Linda Eakle, Fee: \$20
 Learn the essential uses and features
 of this program: document set-up,
 formatting text and documents, how
 to create and format tables, shapes,
 WordArt and more.

Android Phone Basics

Fri. Nov. 16, 3-4:45 pm
 Instructor: Doug Mahlum, No Fee
 Learn to use your phone better,
 manage settings, privacy, and much
 more.

Mug Rug

Fri, Nov 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.

Drop-In Arts & Crafts

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

Tech It To The Next Level

Sat. Nov. 17, 1:30 - 2:30 pm
 Instructor: Victoria Stone
 Bring your mobile device and
 get help.

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

Knitting Nirvana Group

Tuesdays 2-4pm No Fee
 Join this weekly group for a great way to get yourself to knit
 more and meet other people who share your passion.

Easy Peasy Knitted Christmas Gifts

Flower Slippers
 Fingerless Knits
 Boot Toppers

Tuesdays, Nov. 6, 13, 27, Dec. 4 & 11, 2-3:30pm
 Instructor: Pamela Dickinson-Noris, Fee: \$5
 Are you one step above a beginner? Expand your skills with
 these easy-to-make projects. Pick up supply list at the desk.



A few of The Branch Connection Advisory Board members
 and Mayor Dye pose after another successful Game Night.

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 Day Pass \$5
 Replacement card: \$3

Resident Financial Aid Form

TO VOLUNTEER

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 jennifer.stone@farmersbranchtx.gov

SPECIAL INTERESTS

Conversations in Neglected History
 Every Friday, 9:30am-noon, No Fee

You are welcome to enjoy our guest speakers and bring your history topics for our class to explore. **Dr. Richard McCaslin from UNT will present Dec. 14: Texas Rangers**

Random Acts of Kindness: Metrocrest Services
 Thu, Dec. 13, 10am, No Fee

Sponsoring Metrocrest Services' seniors, families and children. Please bring an unwrapped gift to give to those in need. Join this group on Dec. 13!

Texas Hold 'em Tournament

*Date Change *Thu, Dec. 13, 1pm, No Fee
 Snacks provided by The Avenues at Park Forest

CLOSURES

Closed Dec. 24 & 25 for Christmas

Closed Jan. 1 for New Years Day

No Exercise Classes Dec. 17 - Jan 1

Be sure to check with your class instructors for holiday schedules and cancelations.

Starts
 Jan 2

NEW EXERCISE CLASSES
 with Rotha Crump **NO FEE**

Silver Sneakers Stability All levels welcomed
 Mondays 8:15-9am

Get stronger for an active lifestyle. Using free weights, resistance bands and balls, you will gain balance, core strength, flexibility, and increased functionality to live the active lifestyle. Wake up your brain and body with this resistance training class. Floor and core work using mats is part of the experience.

Silver Sneakers Yoga All levels welcomed; mats furnished
 Tuesdays & Thursdays 9-9:45am

Renew and restore in a group setting with modifications for everyone in this class. Integrate strength, balance, and flexibility in your yoga practice. And, learn meditation to quieten your mind. Yoga teaches us to honor our bodies with any and all conditions and restrictions.

Silver Sneakers Classic All levels welcomed; no floor work
 Tuesdays & Thursdays 10-11am

Be inspired to thrive in our balance class that fuses strength training, balance training, functionality, and flexibility. Chairs are used to ensure safety and to allow for modifications. Free weights, bands, balls and foam sticks are used in this class for variety and muscle response.

SPECIAL EVENTS MEMBERSHIP NOT REQUIRED FOR SPECIAL EVENTS

Monthly Breakfast

Mon, Dec. 3, 8:15 am, Fee: \$4
 Menu: sausage, gravy, biscuits, eggs, fruit, juice & coffee. Come meet old friends and make new ones at the monthly breakfast. The Senior Advisory Board prepares and serves a great menu and there is great entertainment for you to enjoy. Entertainment features the Mary Immaculate School Choir.

Stress Less: Mind Matters

Wed, Dec. 12, 2pm, No Fee
 Beth Wood from Agrilife will be here to teach cognitive restructuring as a recommended strategy for coping with stress. Learn how to practice stress reducing strategies.

Birthday Lunch

Wed, Dec. 19, noon
 Fee: \$4 or free if it's your birthday month
 Menu: hot ham and cheese sandwich casserole, chips and fruit. Entertainment: Vocal Magic Carolers. Cake donated by Brookdale Assisted Living and gifts donated by United Financial Services.

VALENTINE TEA

You & Me & a Cup of Tea



Thu, Feb. 14, 1pm Ticket Fee: \$10

Harpessence entertains while you enjoy delightful tea and special treats. Don't miss this special event with limited seating. You can buy one ticket or an entire table.

TICKET SALES

Mon, Jan. 14 for Farmers Branch residents
 Mon, Jan. 21 for non-residents

MONDAY NIGHT DANCE

BEST 50+ DANCE IN THE METROPLEX

7-9:20pm

Fee: \$5

Dec. 3 **Swingin' Country Country**

Dec. 10 **Jim Baker Ballroom**

Dec. 17 **Solid Country Country**

Dec. 24 **NO DANCE Merry Christmas**

Dec. 31 **NO DANCE Happy New Year!**



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 12:30pm Dominoes & 42
 1:00pm Table Games
 2:00pm Art Group
 7:00pm Dance*

MONTHLY

Dec 3 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/Bottled Water 25¢

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 12:30pm Dominoes & 42
 12:30pm Lo Begin Line Dance*
 1:00pm Canasta
 2:00pm Hi Begin Line Dance*
 3:00pm Stretch & Flex
 5-8pm Craft Group
 5:30pm Square Dance*

MONTHLY

Dec 4 Alzheimers
 Support Group
 1st Tue. 6:30pm
 Dec 11 Greeting Card Classes*
 2nd Tue. 10am & 1pm

WEDNESDAY

8:15am Pole Walking
 9:00am Begin Table Tennis
 10:00am Five Crown
 10:00am Dulcimer Group
 10:00am Intermediate
 Line Dancing*
 12:30pm Dominoes & 42
 100pm Photography Group
 1:00pm BINGO*
 1:00pm Table Games
 2:00pm Tai Chi
 2:00pm Table Tennis

MONTHLY

Dec 12 Cookin' Club*
 2nd Wed. 10:30am
 Dec 12 Duplicate Bridge*
 2nd Wed. 1pm
 Dec 19 Birthday Lunch*
 3rd Wed. Noon
 Dec 26 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

Dec 6 B 12 Shots*
 1st Thu. 9-9:30am
 Dec 13 Random Acts
 of Kindness
 2nd Thu. 10am
 Dec 13 Texas Hold 'em
 **Date Change 1pm
 Dec 20 Cruisin' Cuisine*
 3rd Thu. 11am

FRIDAY

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

MONTHLY

Dec 17 Smug Mug
 3rd Fri. 1pm

SATURDAY

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

MONTHLY

Dec 15 Old Time Dulcimer
 Jam 1-5pm
 Dec 15 Tech It to the Next
 Level Computer
 Clinic 1:30pm

CRAFTS

Space is limited; registration required.

Beaded Sun Catchers

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

Beginner Greeting Cards

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

Learn the basics to move on to the more
 advanced techniques.

Advanced Greeting Cards

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

Mug Rug a Month

Fri, Dec. 21, 1-3pm, Fee: \$5
 Instructor: Bettie Smith

Bring your fabric scraps and make a seasonal
 coaster each month. Basic sewing skills are need-
 ed. Check out what we're making this month in
 the display cabinet.

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

TRIP

Cruisin' Cuisine goes to Ruggeri's Italian Restaurant

Thu, Dec. 20, 11am, Fee: \$5

Join us for a delicious Italian lunch at one of the
 best Italian Restaurants in Dallas.

GOT SILVER & FIT?

Get a free membership with your
 Silver & Fit card. Check with your
 insurance company for this benefit.



COMPUTERS

Space is limited; registration required.

Computer Basics

Mon. & Wed, Dec. 3 - 13, 9am - 12pm
 Instructor: Linda Eakle, Fee: \$35

Get back to the basics. This course teaches all
 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 as you become familiar with
 Microsoft Edge and how to use email.

Internet Safety

Fri, Dec. 7, 3:00-4:45 pm

Instructor: Doug Mahlum, No Fee

Have you ever wondered what email phishing is?
 What about surfing the internet safely? If you
 use your computer for entertainment purposes,
 you will not want to miss this class. Learn about
 various methods of being safe online.

Tech It To The Next Level

Sat. Dec. 22, 1:30 -2:30pm

Instructor: Victoria Stone

Last chance to bring your mobile device and get
 your technology answers in this monthly clinic.

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