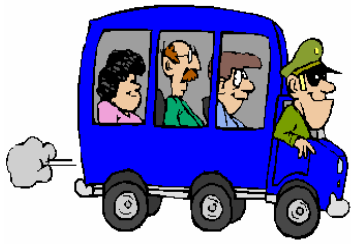


# SENIOR PROGRAMS

The **Carrollton Senior Center** is open daily, Monday through Friday. Each day at noon, lunch is served to members at a cost of \$2.00 for ages 60 and over, \$3.50 ages 55 to 59. You must sign up for lunch by 10:30 a.m. each day. **An annual fee of \$10 (\$15 as of July 1, 2010) is required and covers all programs unless otherwise noted.** You can pick up a copy of the monthly activity calendar at the Carrollton Senior Center located at 220 West Avenue. Please contact our Site Manager, Danielle Jenkins, at (770) 832-1644, if you have any questions. Activities noted are offered each week and run March 2010 through August 2010.

PROGRAMS	DATES & TIMES	FEE	LOCATION
AARP Meeting	4th Tuesday each month 2-4pm		Senior Center
Movin & Losin Club	Meet Wednesdays, 9-10am		Bonner Fitness Center
Billiards	8 am – 4 pm Monday – Friday		Senior Center, Billiards Hall
Bi-Monthly Adult Dance	2nd & 4th Friday Nights each month	\$4 per person	WPA Center - 7:30-10:30pm
Blood Pressure Checks	Twice a month-Call for Dates		Senior Center
Competitive Duplicate Bridge League	Tuesdays 10 a.m.-2 p.m. Thursdays 6:30 p.m.-10 p.m.	Instructor Steve Meadows	Carrollton Community Activities Center Optimist Arts Room
Carroll County on Aging	3rd Tuesday each month 2pm		Carrollton Senior Center
Computer Lab	8 a.m. – 4 p.m. Monday - Friday		Senior Center Computer Room
Driver Safety Class \$14 per person Must attend both days	Pre-register at the Community Activities Center, 118 S. White St. or register online. Most auto insurance companies offer a reduction on your auto insurance rate if you take this class.		April 12 & April 14 <b>Course 12696</b> 9am-1pm July 12 & July 14 <b>Course 12697</b> 9am-1pm
Fun Bridge	Every Thursday, 5-8pm		Stallings Community Center - Pilot Auditorium
Gospel Group "Joyful Noise"	Tuesdays, 10:00am		Senior Center TV Room
Hillbilly Band Practice	10:30–11:30 a.m. Wednesdays		Senior Center, TV Room
Kinship Care Program	1st Thursday 10am-Noon		Senior Center Craft Room
Line Dancing	10a.m. to Noon Tuesdays & Thursdays		Stallings Community Center - Pilot Auditorium
Nice & Easy Aerobics Mon-Wed-Fri 11:30am-12:30pm	2/8-4/16 <b>Course 12698</b> 4/19-6/25 <b>Course 12699</b> 6/28-9/3 <b>Course 12700</b>	\$10 for 2/8 class <b>New fee \$15</b> will start at 4/19 class	Bonner Center Aerobics Room Instructor is Rose Davis-Dufour
Painting Class	9:30-11:30 a.m. Wednesdays	Bring supplies	Senior Center, John Beckvermit Instructor
Water Aerobics Mon.-Wed.-Fri., <b>2-3pm</b>	4/2-5/28 <b>Course #12701</b> 8/2-9/29 <b>Course #12703</b>	\$15 per 2 month session	Lakeshore Natatorium - Instructors are Danielle Jenkins & John Panfil
Water Aerobics Tues. & Thurs, <b>10-11am</b>	6/1-7/29 <b>Course #12702</b>	\$15 per 2 month session	Lakeshore Natatorium - Instructors are Danielle Jenkins & John Panfil
Woodcarving Class	Tuesdays, 10 am – Noon 1st & 3rd Thursday Night 6:30-9p.m.	Bring supplies	Tues. - Senior Center, Arts & Crafts Room Thursdays - Stallings Community Center
Wii Fun Program	Wednesdays, 1-3pm Fridays, 9-11am		Senior Center, TV Room



**Senior Day Trips** are available for members of the Carrollton Senior Center. All day trips are taken in the City of Carrollton's 28 passenger bus unless noted otherwise, and all return times are approximate. Your name will be added to the list when you pay for the trip at the Senior Center. **You must cancel your reservation 2 weeks before the trip to receive a full refund.** After that time, a \$10 registration fee will be deducted before refunding the balance paid.



**#12718** Now is your chance to tour Bud's Best Cookie Factory in Birmingham, Alabama and get some free cookies!! Then have lunch on your own at Golden Rule Bar-B-Q & Grill and later tour the Vulcan Park & Museum. **March 15th**, 8am -6pm. Cost is \$10. (Wear flat rubber soled fully enclosed shoes )

Join us for a guided tour of **Dunaway Gardens** on Tuesday, April 20th (**#12716**) and learn about the history of the gardens and plant information. Then go to the square in Newnan and have lunch at Golden's Restaurant before shopping on the square. Cost is \$12 with lunch on your own at Golden's on the Square.



Listed in the National Register of Historic Places, Dunaway Gardens was established by famous stage actress Hetty Jane Dunaway on what was then her husband Wayne P. Sewell's ancestral plantation.



**#12717** On Thursday, May 27, 2010, take a step back in time at the **Nash Farm Battlefield** in Hampton, Georgia. Witness the final battles of the Atlanta Campaign, talk to the soldiers, visit their camps and take yourself back to 1864 and the battles that actually took place at Nash Farm. After the tour, have lunch at the Golden Corral and then tour Noah's Ark Animal Rehabilitation Center in Locust Grove. Cost is \$10 with lunch on your own at the Golden Corral. We leave at 8:30am and return at 5:30pm.



**#12711** Visit the new **National Museum of Patriotism** and take a one and one half hour Trolley sightseeing tour of **Atlanta** on Tuesday, June 22, 2010. The National Museum of Patriotism is a nonprofit organization dedicated to promoting the history of patriotism. Cost is \$40 with lunch on your own. Leave at 9am and return at 5pm.



Plan to go shopping with us on Saturday, July 17th and go to the Legacy Theatre in Tyrone. We will shop at The Avenue in Peachtree City, go to Dolce for lunch, then travel to the Theatre to see **Annie**. Leave at 9am and return at about 7pm. Cost is \$40 and includes lunch and the play. **#12719**



Genieve Lubar's 100th Birthday

Shoot the Hooch with us on Friday, August 20, 2010. Take a trip on a raft down the Chattahoochee River. We leave at 9am to return at 5pm. Cost is \$25, bring your own lunch (only soft sided coolers allowed on raft). **#12720**

