

The **Carrollton Senior Center** is open daily, Monday through Friday. Each day at noon, lunch is served to members at a cost of \$1.00 for ages 60 and over, \$2.50 ages 55 to 59. You must sign up for lunch by 10:30 a.m. each day. **An annual fee of \$10 is required and covers all programs unless noted otherwise.** 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 through August, 2008.

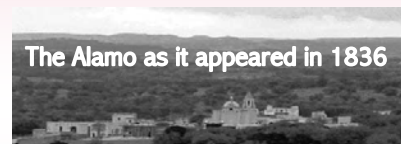
PROGRAMS	DATES & TIMES	FEE	LOCATION
Movin & Losin Club	New Fitness & Weight loss Program Meet Mon. 1pm & Wed. 9am		Bonner Gym
Billiards	8 a.m.-3 p.m. Monday – Friday		Senior Center, Billiards Hall
Woodcarving Class	10 a.m. – Noon Tuesdays	Bring supplies	Senior Center, Arts & Crafts Room
Competitive Duplicate 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
Painting Class	9:30-11:30 a.m. Wednesdays	Bring supplies	Senior Center, John Beckvermit Instructor
Line Dancing	10:00 a.m. – 12:00 p.m. Tuesdays & Thursdays		Carrollton Community Activities Center - Pilot Auditorium
Computer Lab	8 a.m. – 2 p.m. Monday - Friday		Senior Center Computer Room
Bi-Monthly Adult Dance	2nd & 4th Friday Nights each month - 7:30 to 10:30 p.m.	\$4 per person at the door	WPA Center
Nice & Easy Aerobics Mon-Wed-Fri 11:30am-12:30pm	3/10-5/16 <b>Course 8970</b> 5/19-7/25 <b>Course 8971</b> 7/28-10/3 <b>Course 8972</b>	\$10 per 10 week Session	Bonner Center Aerobics Room Instructor is Rose Davis-Dufour
Hillbilly Band Practice	10:30–11:30 a.m. Wednesdays		Senior Center, TV Room
Blood Pressure Checks	Twice a month-Call for Dates		Senior Center
Water Aerobics \$15 per 2 month session No Class 7/4 or 9/3	4/2-5/30 Mon-Wed-Fri <b>Course 8973</b> 2-3pm 4/3-5/29 Tues-Thurs <b>Course 8974</b> 2-3pm Only 1 class in June/July on Tuesday & Thursday 6/3-7/31 Tues-Thurs <b>Course 8975</b> 10-11am 8/1-9/29 Mon-Wed-Fri <b>Course 8976</b> 2-3pm 8/3-9/30 Tues-Thurs <b>Course 8977</b> 2-3pm		Lakeshore Natatorium - Instructors are Danielle Jenkins & Priscilla Terrell
AARP Safe Driver Class \$10 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.		Apr. 14 & Apr. 16 <b>Course 7983</b> 9am-1pm July 14 & July 16 <b>Course 8978</b> 9am-1pm Oct. 13 & Oct. 15 <b>Course 8979</b> 9am-1pm

**Senior Trips** These trips are available for members of the Carrollton Senior Center. All day trips are taken in the City of Carrollton's 28 passenger bus and all return times are approximate. Your name will be added to the list when you pay for the trip at the Senior Center. **Deadline to cancel your reservation and receive a full refund is two weeks before the trip.**



You'll love this Hilarious celebration of Women and The Change! The musical is March 26, 2008 at the 14th Street Playhouse in Atlanta. Cost is \$55 which includes admission and lunch at Shout (a restaurant across the street). Leave at 10:30am & return at 5:30pm. **Course #8981**

Hit the Trail and explore **San Antonio, Texas** April 27-May 3, 2008. Cost is \$549 and includes, transportation, 6 nights lodging, 10 meals, tour of San Antonio, the Alamo, the San Antonio Missions, LBJ Ranch, cruise at the River Walk District, and so much more. \$75 due at registration. To request an itinerary call 770-832-0189. **Course #8967**



Professional Tour Guide Jim Howe will take us on an **Architectural Tour of Atlanta** and a visit to the **Peachtree Christian Church**. Cost of this trip on Tuesday, May 20th, is \$10 with lunch on your own at Son's Place. **Course #8982** 8:30am-4:30pm

We are going to **Stone Mountain Park** on June 26th leaving at 8:30am returning at 7:00pm. Cost is \$45 and includes lunch, park attractions and "ride the duck".

Tour the **Anniston Museum of Natural History**, the **Berman Museum** and visit the **Church of St. Michael and All Angels** on July 24, 2008. We will leave at 10:00am & return at 7:00pm. Cost is \$7 with lunch on your own at Quintard Mall.

Our Annual August Dinner Trip will be announced at a later date. Call Danielle Jenkins for more information.