

Keller Senior Activities Center

November 2010



660 Johnson Road
P.O. Box 770
Keller, TX 76248
(817) 743-4370
Fax: (817) 743-4374

**Senior Center
Supervisor:**
Jonathan Phillips

**Recreation
Specialist:**
Melissa Giegling

**Customer Service
Assistant:**
Michelle Adler

Hours of Operation

Mon: 9am-4pm
Tues 9am-4pm
Wed: 9am-4pm
Thurs: 9am-8pm
Fri: 9am-4pm

Email Address:
seniorcenter@
cityofkeller.com

The Keller Senior Activities Center will be

CLOSED Thursday November 25 and Friday November 26.

Registration for all classes, activities and trips will begin **Monday November 1.**

The Keller Senior Activities Center is accepting food donations for the Community Storehouse. We are also selling 'horses' to raise money for Rocky Top Therapy Center's Horses for Heroes Program.

Trips:

REMINDER: Winstar World Casino – Monday November 8 – 8:15am-4:30pm – Please be at the KSAC by 8:15am. The bus will leave at 8:30am.

Decorator's Warehouse, Arlington – Friday November 5– 9:00am-2:00pm – Start your Christmas shopping early this year. Pre-Lit Christmas Trees, Wreaths (decorated or undecorated), Garlands (lit or unlit), Flowers, Ornaments (1000s of styles), Ribbon (100s of styles), Lights, Santas and Angels, Nativities, Life-size Display Pieces, Themed Display Trees. . . And Much, Much More! Cost is \$12 per person plus the cost of your lunch. There is a Tea Room in the building for you to enjoy lunch. Participants must register at the KSAC. Space is limited.

Choctaw Casino – Monday December 6 – 7:15am-4:30pm – Travel with us to Oklahoma to play the slots. Participants must register at the KSAC. Cost is \$2.00.

Coming in December-Granbury Opera House– Friday December 10 – 9:00am-6:00pm– Come with us for a day of shopping in the square followed by the musical, "Holiday Magic". Enjoy lunch in the square at one of the many restaurants. Cost is \$35.00 per person. This does not include the cost of your lunch. Space is limited so sign up beginning November 1!

Activities:

****Fall Craft & Bake Sale**** – Saturday November 13 – 8:00am-1:00pm – Join us at the KSAC where local crafters will sell their creations. From fresh baked goods to holiday wreaths, beaded jewelry and candles. Start your holiday shopping early! Tables are available to rent for \$10. Space is limited and tables sell fast so sign up for yours today!

National Charity League (NCL) Mother/Daughter Tea – Thursday November 4 – 6:00pm – The Senior girls of NCL invite you to a Tea celebration. This is an Annual NCL tradition and this year they would like to share this special time with the Keller Senior Activities Center. Men and Women invited. Light meal to be provided. Please register by calling or stopping by the KSAC.

Area Agency On Aging Presentation – Wednesday November 17 – 10:00am– Carol Ray from AAA will be here to discuss Medicare Part D-Prescription Drug Coverage. Just show up to participate in this presentation.

American Hearing Lab – Wednesday November 17 – 12:00pm – Hearing loss can deplete your family's energy and patience. Dr. Carri Ray, from American Hearing Labs of Keller will host lunch, give FREE hearing screenings, and present 'The Medical, Emotional and Social Aspects of Hearing Loss.' Participants must register for this event to receive the FREE luncheon. Participants can register by calling or stopping by the KSAC.

Veteran's Day Luncheon – Thursday November 11 – 11:30am – Join us for fried chicken and sides to honor our Veterans. This luncheon is sponsored by Home Helpers. Cost is \$2.00 for non veterans. Special Veteran's Day program by Jim White. Please register at the KSAC.

Thanksgiving Luncheon – Friday November 19 – 12:00pm – Join us for a ham & turkey luncheon sponsored by Autumn Leaves & Home Instead. Please bring a dish to pass. Please register at the KSAC.

Chair Massage– Wednesday November 10 – 9:30am to 12pm– Need a stress relief? Schedule an appointment for a 10 minute chair massage by Ron Smith. Cost will be \$10.00 per 10 minute session. Register for an appointment at the KSAC.

Classes:

Ceramics Class– Tuesdays– 10:00am morning session-1:00pm afternoon session– Teaching the class will be Certified Teacher, Elaine Rice. Bring all of your questions and get started on a new hobby. This is a FREE class. Just show up to participate.


T'ai Chi for Arthritis- Do you suffer from Arthritis or stiff muscles and joints? Join this new class to practice movements and techniques that may help with symptoms of arthritis. New classes will form November 2. Cost is \$20 for the four week session. For more information please contact The KSAC at 817-743-4370.

Computer Class- Want to learn more about using the computer? Sign up for computer class beginning in November. New User, Intermediate, Advanced, and Internet classes are forming today, now teaching Office 2007 and Windows 7. Cost is \$5 for the four week session.

Fit and Fab– Wednesday & Friday– 12:45pm-1:30pm–This is a low impact workout designed specifically with seniors in mind, exercises will be performed in a chair & standing to improve agility, balance, coordination, & activities for daily living. We will incorporate free weights & elastic tubing with handles for added resistance to work all major muscle groups & increase muscular strength & range of movement. A short meditation will compliment the end of your workout. Water bottle & proper shoes are mandatory. No open toe or backless shoes will be permitted. Class is \$25 per 4 week session.

Quilting– Fridays– 1:00pm– Join us for our new quilting group. Bring your quilting supplies and learn a new hobby or start back doing an old one. Sewing machines are available. Just show up to participate.

November 2010 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00am Nintendo Wii 10:00am MahJong 12:45pm Line Dancing 2:00pm BINGO	2 9:00am T'ai Chi 9:00am Breakfast Club 10:00am Nintendo Wii 10:00am Internet Comp 10:00am Ceramics 10:00am Council Meeting 10:30am Red Hat Meeting 12:30pm 42 1:00pm Ceramics 1:30pm Kitchen Band	3 9:00am Pinochle 10:00am Participants Meeting 10:00am Intermediate Comp 10:00am BINGO 12:45 Fit & Fab 1:00pm Bible Study	4 9:00am T'ai Chi 10:30am Silver Star Band 1:00pm Party Bridge 1:00pm Chatty Crochet 6:00pm NCL Mother/Daughter Tea	5 9:00am Decorators Warehouse 9:00am Pinochle 9:00am Hand & Foot 10:00am New User Comp 12:45pm Fit & Fab 10:00am Texas Hold 'em 1:00pm Quilting
8 8:15am Winstar 9:00am Nintendo Wii 10:00am MahJong 12:45pm Line Dancing 2:00pm BINGO	9 9:00am T'ai Chi 10:00am Nintendo Wii 10:00am Internet Comp 10:00am Ceramics 12:30pm 42 1:00pm Ceramics 1:30pm Kitchen Band	10 9:00am Pinochle 9:00am Birthday Breakfast 9:30am Chair Massage 10:00am Intermediate Comp 10:00am BINGO 12:45 Fit & Fab 1:00pm Bible Study	11 9:00am T'ai Chi 12:00 Veteran's Day Lunch 1:00pm Party Bridge 1:00pm Chatty Crochet 5:00pm Pizza & High Stakes BINGO	12 9:00am Pinochle 9:00am Hand & Foot 10:00am New User Comp 10:00am Texas Hold 'em 1:00pm Quilting
15 9:00am Nintendo Wii 10:00am MahJong 12:45pm Line Dancing 2:00pm BINGO	16 9:00am T'ai Chi 10:00am Nintendo Wii 10:00am Internet Comp 10:00am Ceramics 12:30pm 42 1:00pm Ceramics 1:30pm Kitchen Band	17 9:00am Pinochle 10:00am BINGO 10:00 Intermediate Comp 10:00am AAA Presentation 12:00pm American Hearing Lab Presentaion & Lunch 12:45pm Fit & Fab	18 9:00am T'ai Chi 10:30am Silver Star Band 1:00pm Party Bridge 1:00pm Chatty Crochet 5:00pm Lasagna & BINGO	19 9:00am Pinochle 9:00am Hand & Foot 10:00am Texas Hold 'em 10:00am New User Comp 12:00pm Thanksgiving Lunch 12:45pm Fit & Fab 1:00pm Quilting
22 9:00am Nintendo Wii 10:00am MahJong 12:45pm Line Dancing 2:00pm BINGO	23 9:00am T'ai Chi 10:00am Nintendo Wii 10:00am Internet Comp 10:00am Ceramics 12:30pm 42 1:00 pm Ceramics 1:30pm Kitchen Band	24 9:00am Special Coffee Bar 9:00am Pinochle 10:00am BINGO 10:00am Intermediate Comp 12:45pm Fit & Fab 1:00pm Bible Study	25 CLOSED 	26 CLOSED 
29 9:00am Nintendo Wii 10:00am MahJong 12:45pm Line Dancing 2:00pm BINGO	30 9:00am T'ai Chi 10:00am Nintendo Wii 10:00am Internet Comp 10:00am Ceramics 12:30pm 42 1:00pm Ceramics 1:30pm Kitchen Band			



*Keller Senior
Activities Center
Fall Craft
and
Bake Sale*

*Saturday November 14th
8:00am-1:00pm*

*Tables still available
\$10.00 each*



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