

Health & Exercise

Free Aerobic and Weight Class

Every Monday from 8:30am to 9:30am at Peace Lutheran Church, 941 Bedford Eules Rd, just east of the NE Mall. Class is geared for the older adults using hand weights and bands for cardiovascular endurance and strength fitness. Call Maxine Kamp at 817 723-1806 for more information. No charge.

TOPS (taking off pounds sensibly)

New Chapter in Grapevine at Baylor Medical Center. Meetings are from 10 am to 11:30 am each Saturday morning. We are here to help, support and guide those that are looking to be healthy and fit. Dues are \$20 initial fee, and then \$10 per month. We have guest speakers from Fitness experts, to Nutritionist. 1650 W. College St., Grapevine. For more information contact: Mary Guillory at 817-683-2999 email: LadyOct@aol.com or Lyn Borst at 817-637-4695 email: PatriciaB56@aol.com. Chapers web site: www.texastops.org/chapters/NorthCentral/1839

Body Recall: Fitness for Seniors

You don't have to sweat or strain to make your body fit enough to enjoy productive independence. Discover Body Recall, a national program of fitness for seniors. For more information call 972-991-3720.

DFW Young At Heart Skiers

We meet monthly for snow skiing during the ski season and other events during the remainder of the year. If you are over 50 and are not ready to give up your snow skiing and why should you? Be a part of a group who shares your enthusiasm. We have all levels of skiers from beginners to advanced so there is always someone to ski with. Our motto is "You don't stop playing because you grow old; you grow old because you stop playing". Our other activities include socials, Dinners, bike/hikes and special events. Call Diane for information and our newsletter of times and places at 972-231-6689 or E-mail dianereed1@swbell.net

Look & Feel Like A Million Bucks

Free! Energetic, low impact Senior Exercise program that can improve your cardiovascular health and flexibility. Monday & Wednesdays from 9 to 10am. Call Handley-Meadowbrook Community Center, 817-451-0222, 601 Beaty St., Fort Worth 76112.

Free Easy Does It Chair Exercises

Every Monday from 8:45am to 9:30am at Peace Lutheran Church, 941 Bedford Eules Rd. Class is geared for those who have arthritis, joint problems or limited movement. Work on joint mobility and overall strength. Call Maxine Kamp at 817 723-1806 for more information.

Arthritis Aquatic Program

Three Classes are offered twice a week and the water is warm. Located at City View, 6701 Oakmont Blvd, Fort Worth 76132. Contact program Instructor, Donna at 817-370-4737.

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P.A.C. E. Persons with Arthritis

Mondays and Thursdays 9 to 9:45am This is a slow and easy movement exercise class. Most exercises are done in the chair and some standing. This is a perfect class for those who have not exercised for a long period of time, have mobility issues and or arthritis. Come and try a class for free. Each session is 4 weeks, the cost is \$6 per session. Participants need to sign up at the beginning of the month. 200 S. Jefferson, Irving, TX 75060. For more info call Ann Gillespie at 972-721-2496.

Tai Chi for Arthritis

Tai Chi & Qigong are more than just great forms of exercise and relaxation. Research has proven that the deep breathing and concentration coupled with slow, gentle, continuous movements help reduce falls and improve the symptoms associated with many diseases and orthopedic challenges. Tai Chi & Qigong help the body stay strong, the mind stay active & the spirit stay young. Our students report improvements in balance, posture, core strength, concentration, oxygen intake, pain reduction, and a calmer mind. Trained by World renowned Tai Chi masters as well as Eastern and Western medical doctors, Chris & Fayne Bouguyon of SimplyAware are highly qualified instructors with a strong focus on the specific needs of those with physical challenges. Find the nearest class by calling Fayne at 214-476-1719 or at www.SimplyAware.com.

PILATES

Advanced Beginner/Intermediate Pilates classes Monday, Wednesday and Friday from 12:30pm to 1:30pm At the Garland Senior Activity Center. Classes designed specifically for the mature adult. Start anytime, no commitments required. \$45.00 for 10 classes. Call Cheri at 214-718-4759 or the Senior Center for information.

Free Health Screenings

First, Second, Third, & Fourth Thursday in the Pecan Creek or Standford House Senior Centers. Free blood pressure and blood glucose screenings are available to the seniors of Cooke County. The screenings are also now available on the third Monday of each month from 9:30-10:45 a.m. at Gainesville Health & Rehabilitation Center, 1900 O'Neal, Gainesville. Call Shari Kuykendall at 940-665-2826, ext 24 if you have questions

Prevent Blindness Texas

Second Fridays of each month, Prevent Blindness, Dallas branch, offers free vision screenings for adults and children as young as six months old. The screenings are by appointment only. For more info or for an appointment call 214-528-5521.

Come Walk With Us!

Tarrant County Walkers, founded in 1979, is based in Fort Worth. We sponsor non-competitive walking events (Volksmarches) throughout the year. Our club is a member of the American Volkssport Association

Health & Exercise

(AVA), a national tax-exempt organization that promotes an awareness of physical fitness for people of all ages. The AVA is an affiliate of the International Volkssport Verein. Meet fascinating, wonderful people and no more boring walks! For more information call Susan Fine at 817-925-5447 or see www.walktx.org/TarrantCountyWalkers

Free Senior Ladies Fitness Class

Every Tuesday and Thursday at 8:30am. Come early to walk and warm up, fun uplifting music, cardio, weights, toning, and balance. A mind, body, and soul workout. All levels are welcome. For more information, please call 972-542-6472. First Baptist Church in McKinney (gym), 1615 W. Louisiana.

Thi Chi Fundamentals

This no-impact exercise class promotes balance, strength and well being. This eight-week course is open to adults of any age. Tailored to focus on exercises that enhance daily function and movement. Classes are held on Tuesday and Thursday. For class times and more info call 817-355-8151.

Tai Chi Continues!

Learn to "relearn" your sense of balance! Find out what all the excitement is about! Classes are 8:00 - 8:45 am. Tuesdays, Methodist Medical Center, Weiss Auditorium. Fridays, Charlton Methodist Hospital, Auditorium Outpatient Center. Ongoing classes! Call 214/947-0000 for dates, times, and locations for all classes!

Park Cities YMCA Activities for Active Older Adults

Are you wanting to improve your spirit, mind & body? Our certified instructors teach fun, safe and effective classes both on land and in the water. We also offer special speakers, luncheons and monthly trips. 6000 Preston Rd., Dallas. Call 214-526-7293 for more info.

Diabetic Management Class

Retirement Inn at Forest Lane. Every 3rd Thursday at 2pm. This class is open to the public. RSVP to 972-241-4100.

VNA Health Promotion

At a Dallas County, Senior Center near you. Free monthly Health Screenings, Health Education Programs. Sponsored by the Dallas Area Agency on Aging, Texas Dept. on Aging and the VNA. Call VNA Health Education for more info. at 214-689-2230.

Free Health Screening For Cooke County Seniors

1st and 3rd Thursdays at Stanford House Senior Center and 2nd and 4th Thursdays at Pecan Creek Senior Center. Come in the mornings for free health screenings. For more information call Shirley Rector at 940-665-2826 ext. 24

The Dallas Area Parkinsonism Society provides free Parkinson's Appropriate Group Exercise, Speech Therapy, and Partners-in-Care sessions. CONTINUED

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Carrollton Trinity Rehabilitation Services

Trinity Medical Center
4343 North Josey Lane
Group Exercise, Thursdays at 9:45a.m. to 10:45a.m.
Speech Therapy, Thursdays at 10:45a.m. to 11:30a.m.

Dallas

Baylor Institute for Rehabilitation
909 North Washington Street
Water Therapy, Wednesdays at 11am. to 12noon
Juanita Craft Recreation Center
4500 Spring Ave.
Group Exercise, Fridays at 10 to 11am.
Lakeside Baptist Church
9150 Garland Rd.
Group Exercise, Wednesdays at 9:30 to 10:30am.
Speech Therapy, Wednesdays at 10:30 to 11:15am.
Partners-in-Care, 2nd Wed. of the month at 10:30 to 11:30am.
Methodist Hospital Central
1441 North Beckley
Group Exercise, Monday at 10 to 11am.
Preston Hollow United Methodist Church
6315 Walnut Hill Lane
Group Exercise, Tuesday, Thursday, and Friday, 10:30a.m. to 11:30a.m.
Speech Therapy, Tuesday, 11:30am to 12:15pm.
Partners-in-Care, Tuesday, 10:30am. to 11:30am.
Skillman Church of Christ
3120 Skillman St., FLC Bldg.
Group Exercise, Monday at 9:15 to 10:15am.

Duncanville

Trinity United Methodist Church
1302 S. Clark Road
Group Exercise, Monday at 6:30 to 7:30pm.

Garland

South Garland Baptist Church
1330 E. Centerville Road
Group Exercise, Monday and Thursday 10:30 to 11:30am.
Speech Therapy, Thursday 9:30 to 10:15am.
Partners-in-Care, Thursday 10:30 to 11:30am.
Discussion Group for People w/PD, Monday 9:30 to 10:30am.

Irving

First United Methodist Church
211 W. Third St.
Group Exercise, Tuesday and Thursday 10 to 11am.

Plano

Custer Road Methodist Church
6601 Custer Road
Group Exercise, Monday and Thursday 9:45 to 10:45am.
Speech Therapy, Thursday 11 to 11:45am.
Partners-in-Care, Monday 9:45to 10:45am.
Call Sarah Atwood, DAPS Patient Services at 972 620-7600 for additional information.

Education

S.A.I.L. (Seniors In Active Life)

Meets the second Monday of each month at the Lake Highlands North Recreation Center, 9940 White Rock Trail, with a catered luncheon for \$6.00. The lunch is preceded by a short business meeting and professional entertainment. 80-100 adults participate in this event each month. Other activities are available but the monthly dinner reservation must be made. Please call the Lake Highlands Recreation Center 214-670-7793.

Tarrant County College Senior Education

The Senior Education program offers educational opportunities for Tarrant County residents that are 55 years old and older. One registration fee of \$20 per semester allows a student to enroll in as many Senior Education classes as he/she chooses. Students may enroll for classes on one or all campuses for one fee. Courses are available in a variety of areas including fitness, writing, photography and computers. Classes are for continuing education, not credit hours. Contact the Office of Continuing Education on the campus of your choice for more information.

N.E. Campus (817) 515-6657
N.W. Campus (817) 515-7758
South Campus (817) 515-4592
S.E. Campus (817) 515-3020

Richland College Emeritus Program

Explore life long learning with the Emeritus Seniors Program at Richland College. Keep those synapses firing with our Brain Play class. Learn about Medicare and horticulture or have fun with line dance or poetry. Call 972-238-6972 for information or visit www.richlandcollege.edu/emmeritus.

Brookhaven College Senior Adult Program

Learn new things and meet new friends in classes designed for students 50 years and older. Courses are taught by experienced faculty, who has time to interact with you in small classes. Check out our computer classes, genealogy, research, conditioning exercise, tai chi, yoga and more. Learn Spanish, how to operate your digital camera and enhance your photos. Join our senior adult club for monthly meetings and travel too. Call 972-860-4698 for more information.

Introduction to Computer

Beginning students will learn fundamentals of computers. Classes are on Tuesday and Thursday from 8:00-11:00 a.m. at the L.D. Lockett House, 315 L.D. Lockett Road in Colleyville. Cost is \$20 per session. Call Lisa Adan at the Colleyville Parks and Recreation Department at 817.656.7275

Richland College Program for Baby Boomers!

Explore our evening and weekend classes for students fifty and over. Brush up on your computer or networking skills or find an "encore career". Call 972-238-6972 for information or visit

Education & Writing

www.richlandcollege.edu/boomers.

SeniorNet - Computer Classes In F. W.

We have small classes with personalized help from instructors and coaches who are also seniors. We are located in the Thomas Place Community Center at 4237 Lafayette Avenue, just west of Clover Lane and just South of Camp Bowie Boulevard (about 2 miles west of downtown Fort Worth and a few blocks east of Hulen). Our classes, which are for beginners and also for those who are a little more advanced, include: Fundamentals; Introduction; Internet; Word Processing; Spreadsheet; Genealogy; Exploring Windows; Useful Applications, and Digital Photo Processing. We have classes starting soon. Please call 817 738-7089 for more information.

Computer Classes in Allen

Introduction to Computer, Introduction to Word, Email, Internet, and Photo Editing classes available. An Allen Senior Recreation membership is needed to participate in classes. Please call 214-509-4820 for more information. Classes are held at the Allen Public Library computer lab.

SeniorNet Computer Classes in Dallas

You can do it, after instruction from our Senior teachers. Classes are small to give you personal attention but call TODAY to be sure to reserve your seat. Call 214-841-2818 for directions. Classes held in space donated by C C Young Retirement Center, 4829 West Lawther by White Rock Lake. "Computer Fundamentals" new class starts soon. Learn how to "email" your grandchildren. Learn what to do with all those "digital" photos. Make the computer your friend. Call SeniorNet today 214-841-2818.

National Association of Women Writers Writer's Group

Arlington Chapter meets monthly at the Southwest Branch Arlington Public Library off of Interstate 20 and Green Oaks Blvd. in Arlington. Members participate in writing workshops /speakers, round robins, project support/critiques, etc. Call 817-289-2800 x6078 or e-mail naww@onebox.com

Denton Writers' League

2nd Saturday of every month. 10:30a.m., Conference room of City Hall in the Golden Triangle Mall, I-35 east, Denton. Call Oleta North at 940-458-3960.

Irving Writer's' Connection

2nd Monday of each month, Critique Session at 7pm, Barnes and Noble, Irving Mall. Last Monday of each month at 7:00p.m. Irving Arts Center - South side entrance. Call Judy Lazarus at 972-659-1643.

Farmers Branch Writers Organization

All ages - prose or poetry - 10am the 2nd & 4th Tuesdays each month year round. Farmers Branch Library, Golfing Green at Webb Chapel. Call Katherine Fink at 972-247-0542.

Musicians Needed

The Big-D Barbershop Harmony Chorus

is celebrating 60 years of close harmony and seeks men of all ages who like to sing. Experience is not required and there is no formal audition necessary to participate in this great hobby. Come visit and find out for yourself how much fun you are missing. Rehearsals are on Tuesday evenings at 7:30pm at Clarion Hotel Park Central 8102 LBJ Freeway Dallas. Call Barry Solomon at (469) 298-0304 for information.

Attention Instrumentalists Of All Ages

Do you play an instrument? Did you use to play in band or orchestra? If so, come join us in merry making music and have fun keeping up your skills. The Town North Concert Band, under the direction of William Geyer, rehearses every Monday, throughout the entire year, from 7:30p.m. to 9:30p.m. at Richland College Band Room in the Fine Arts Bld. We play all styles of music and would love to have you come join us in fun and fellowship. Please call David Bellavance, president at 972/661-8411

New Horizons Band Wants You

New Horizons Band is a concert band for people over 50. The band plays concerts for senior's and children's organizations around the Metroplex. We are self-funded and our concerts are free for the enjoyment of these groups. The band practices year round at the Carrollton Senior Center at 1720 Keller Springs Rd. Call Walt Dean at 972-424-3038 or email at w-dean@verizon.net for more information.

Calling Band Players...

The Southlake Community Band welcomes all percussion, brass and reed players to our rehearsals at 7pm Monday night. We rehearse in the Carroll Junior High School Band Room, 800 White's Chapel Blvd. in Southlake. We are a 50+ pc. Concert Band under the direction of David Stone. For more information call (817) 481-3668.

Ukulele Band

The local Dallas Ukulele Headquarters is always interested in new members joining in on the fun. The ukulele is a small guitar like instrument that, because it only has four strings, is much easier to learn and to play than other similar instruments. This instrument is a natural for songs from the golden era of music. Give us a call and we will help you get started in this great instrument. We have bi-weekly jam sessions and frequently play at retirement villages and churches. Please call Mark at 214 914 7205 or via e-mail at txbookster@yahoo.com

Bingo & Game Nights

Super Senior Bingo

3rd Thursday of the month from 6:30 to 9:30pm at the DeSoto Civic Center, 211 East Pleasant Run Road. Free admission and prizes. Games are open to all DeSoto area seniors. For more information call Linda at 972-283-1500.

Senior BINGO

1st Monday of every month from 12noon to 1pm. Cost is \$1 per person. Prizes and refreshments are provided. Grauwlyer Park Rec. Center, 7780 Harry Hines Blvd., Dallas 75235. For more info call Octavia at 214-670-6302.

Super Senior BINGO Club

3rd Tuesday of each month from 10 to 11am. You are invited to come and play for Free. Prizes & refreshments are provided. Summerville at Lakeland Hills, 3305 Dilido Rd., Dallas 75228. For more info or directions call Pam Hiser at 214-321-7300.

B-I-N-G-O

Calling all BINGO players 50 years and older. Bingo is played the last Thursday of each month from 6 to 7:30pm at the McKinney Senior Center, 1400 S. College St., McKinney, Cost is \$1, prizes available. For more info call 972-547-7491.

Free Seniors Bingo

1st Friday of each month from 2:30 to 4pm. Great prizes (no money), Refreshments and fun for all. Mansfield Nursing and Rehab Center, 1402 E. Broad St. For more info call Laurie at 817-477-2176.

Free Bingo

3rd Friday night of each month from 7 to 9:30pm at the Dallas Lighthouse for the Blind. Free Bingo night for the Blind and Visually Impaired. Bingo Cards are available in Large Print and Braille and volunteers are on hand to help. Great Prizes, food and fun for all. 4306 Capitol, Dallas. Please call 214-821-2375 to reserve your spot.

Game Night for Seniors (50+) in Allen

Game night is a Free Community Activity at First Baptist Church of Allen. Coffee and snacks will be provided. Games will be held the 2nd and 4th Friday nights from 6:30 to 9pm (excluding Holidays) and are open to the public. The initial game will be 42, the National game of Texas, Canasta, Bridge, Hearts, Dominoes and all types of table games will be played. It's always a fun night for all. There's no gambling, so you have nothing to lose, only new friends to meet. If you need a ride, we can provide! For more information or a ride, email Eddie Huckabee @ Huckgolf@hotmail.com

Community Programs

Allen Community Outreach Has Several Recycling Programs

Not only computers, but old cars and cell phones mean new \$\$\$ for ACO to help families in need of emergency services. Call 972-727-9131 for details. Also, ACO's Upscale Resale Store needs your gently used clothing, housewares, and furniture. Call our Store Manager, Marsha Anderson, at 972-727-4751. Got an ugly truck?...or even a pretty one? We're not picky, we just need transportation to pick up furniture locally

The Dallas Area Parkinsonism Society (DAPS)

Is providing FREE physical therapy every Wednesday from 10am to 11am to those who have Parkinson's disease. Sessions are conducted by a Licensed Physical Therapist. (Spouses/Caregivers are welcome to attend too.) At Lakeside Baptist Church 9150 Garland Rd. Dallas, 75218 in the Family Center dining room). If more information is needed, call Sarah Atwood, Facilitator 214-321-5635. Visit www.dallasareaparkinson.org for general information.

Parkinson's Exercise Program

Every Monday 10 to 11am. In association with the Dallas Area Parkinson Society, we are glad to offer this free exercise program especially adapted to the needs of patients with Parkinson's disease. Methodist Dallas Medical Center, Senior Access Center, 1441 N. Beckley Ave. Dallas, TX 75203.

Parkinson's Information & Referral Center

Provides many services to the Parkinson community including free literature, audio tapes, video tapes, support groups, exercise therapy, tai chi, referrals to neurologist, speech therapists, PTs, OTs, referrals to assisted living, respite care, referrals to prescription help, etc. We are a great resource for ANY of the needs that a Parkinsonian or their family members might need. American Parkinson Disease Association Presbyterian Hospital of Dallas, Jackson Building, Ground Floor, 8200 Walnut Hill Lane, Dallas, phone 214/345-4224, fax 214/345-8039 or jerynlaengrich@texashealth.org

American Parkinson's Disease Information and Access Center

The American Parkinson's Disease Association (APDA) is the nation's largest grassroots organization serving the Parkinson's community. The APDA information and referral center located at Baylor University Medical Center at Dallas has several referral sources, educational information, and support services available for people with Parkinson's and their caregivers. Please call 214-820-3800 or email kokeeshp@baylorhealth.edu for more information.

Gilda's Club North Texas

is the first Texas affiliate of the national program created in memory of comedienne Gilda Radner by her husband

Community Programs

Gene Wilder and her cancer psychotherapist Joanna Bull. The mission of Gilda's Club North Texas is to provide a nonresidential, home-like meeting place, where people with cancer and their families and friends can join with others to build social and emotional support as a supplement to medical care – free of charge. Gilda's Club North Texas provides cancer support for the whole family, the whole time. Contact Cindy Schneible, CEO, One Works of Grace Plaza, 2710 Oak Lawn, Dallas, TX 75219, 214-219-8877. For general information on Gilda's Club, visit www.gildasclubtx.com. Old Cell Phones and Printer Cartridges Phones and Cartridges are being collected for recycling. Proceeds will benefit the Gilda's Club Program.

Senior Connection Job Search Seminars

A program of the Senior Source that offers help for Older Workers in the Job Market. Networking and support for job seekers that are 50+ are held on the 1st and 3rd Thursdays of the month from 10 to 11:30am at The Senior Source office, 3910 Harry Hines Blvd., Dallas. Meetings are free and parking is available. Please note: Open to adults 50+. RSVP is required. Please contact Claire Turner at 214.823.5700 or cturner@TheSeniorSource.org. For more information on the Senior Employment Program and the eight programs of The Senior Source, visit www.TheSeniorSource.org.

AARP Driver Safety Program Goes High Tech!

AARP has finally done what should have been done years ago. How about that you techies? The AARP Driver Safety Program Schedule of Classes can now be found on the Web. Go to or check Web Sites, www.aarp.org/driver and follow instructions. You can still call 1-888-227-7669. Or by calling a Senior Center near you. Farmers Branch-972-241-8636, Carrollton-972-446-4850, Coppell-972-462-9596, Irving-972-438-3593, Grand Prairie-972-264-4975. Call the 1-888-227-7669 for other locations.

Defensive Driving for Ticket Dismissal

Got a ticket or just want to reduce your auto insurance rates? This course is approved by the Texas Education Agency for ticket dismissal and by the State Board of Insurance for a 10 percent discount on your auto insurance. You must contact the court having jurisdiction over your ticket before you can take the class for dismissal of a traffic ticket. Cost for the class is \$25. Please call 972-231-4798 to register. Richardson Senior Center, 820 W. Arapaho Road.!

Free Community Mini-Seminars

Every third Monday from 3 to 4:15pm at the Silver Key Room, Gainesville Convalescent Center, 1900 O'Neal, Gainesville 76240. For more information or for that months topic contact Shirley Rector, Director of Community Relations

Community Programs

at 940-665-2826 ext. 24

Texas Commission for the Deaf and Hard of Hearing

Provides a voucher to eligible individuals that may be exchanged for specialized telephone equipment for services. To qualify a person must be a person that finds that using a telephone is difficult or impossible without the assistance of special equipment or services and a Texas resident. Contact TCDHH for an application form and for help in determining what kind of equipment or services are available to meet your needs. PO Box 12607, Austin TX 78711, Phone: 512-407-3250, TTY: 512-407-3251.

Interfaith Coffee House

Every Tuesday Night, 7:30pm to 9:30pm. We discuss different topics each week in an effort to learn more about each others faith, reduce misconceptions and to build an interfaith community. The Interfaith Center of DFW, 17750 Preston Rd. #216, Dallas, Tx. 75252 (Between Frankford Rd and Campbell Rd in the Georgetown Office Complex). RSVP by calling 972-523-8080 or email us at interfaithdfw@aol.com Sponsored by The Interfaith Center of DFW.

White Settlement Museum

Over 1,000 artifacts of the western heritage and modern era of White Settlement and Fort Worth. Some of the highlights of the museum include things such as a large collection of farm equipment including a restored 1927 Farmall tractor. Open Tues. thru Sat. 10am - 3pm Closed on Sun. and Mon. Free admission, 8320 Hanon Drive. 817-246-9719.

History is in your own Backyard!

Discover your Community! Discover your Heritage! The National Archives and Records Administration, Southwest Region in Fort Worth is seeking volunteers to assist the public with research. If you have an interest in genealogy, history, or simply enjoy helping others, Monday through Friday from 6:30am to 4:30pm and Saturdays 8am to 4pm give us a call at 817-334-5525.

1901 Cotton Belt

Railroad Depot" Grapevine Historical Museum". Stop by and look at the many artifacts and historic items that tell the story of Grapevine, "Oldest Settlement in Tarrant County". Admin is Free and Donations are accepted, appreciated & needed! 707 S. Main St. Ride the Tarantula Train from the Cotton Belt Depot to the Stockyards Station in Fort Worth. For more info call 817-410-3195.

S.A.L.T. Council Meetings

The Dallas and Fort Worth Councils of S.A.L.T. (Seniors And Law Enforcement Together) holds meetings educating Seniors on how to protect themselves from Fraud and Scam artist. To find out more information contact: Tarrant County - Martha Mabry, Crime Prevention Coordinator - Fort Worth Police Department

Community Programs

at 817-392-4125.

Visiting Nurse Association Hosts Bereavement Luncheon

Monthly luncheon for persons who have suffered the loss of a loved one. The luncheon will be held on the last Thursday of each month at The Church of the Incarnation at 3966 McKinney Avenue in Dallas from 12 noon to 1 pm. The luncheon is intended to provide bereaved individuals with supportive company from friendly and understanding people. A catered lunch is provided at no charge. The luncheon is open to anyone who has lost a loved one during the past year. For additional information about the luncheon or to make reservations, call 214-689-2633.

The Center at Rockwall City Place

We offer a wide range of activities for the senior adult, 50 and older. Activities for every level. Classes, Games, Exercise, and lots more. Stop by for 3rd Thursday Luncheon. Health screenings! Please call or come by The Center for more information. We are located at 108 E. Washington or call 972-771-7740.

Something for Everyone!

The Farmers Branch Senior Center offers a wide variety of classes and programs for people 50 years and older. From line dancing, special events, trips and free exercise classes, to specialty groups in Cooking and Gardening, the Center strives to meet the health and recreational needs of the senior population. Be sure to come by and check us out at 14055 Dennis Lane 75234 or call:972-241-8636.

Diamond Hill Senior Center

Everyone 60 and older is invited to participate in the activities at Diamond Hill Senior Center, 8am. to 2pm. Enjoy activities, fellowship, exercise, educational classes, shopping trips, and more. Lunch is served at 12 noon, call 817-625-4721.

Bridge Playing

Every Monday 1 - 4pm at Prince of Peace Lutheran Church, 941 Bedford Eules Rd., Hurst. For information call Maxine Kemp at 817-723-1806. If you do not know how to play Bridge and would like to learn, Lessons are Free.

Community Events at Handley-Meadowbrook

On going Low-Impact Exercise classes each Monday and Friday from 9 to 10am. Dominoes-Beginners are always welcome! Club 84 each Thursday from 1 to 4pm. Rotation 42 each Friday from 1 to 4pm. Also play Nello, Plunge, Regular Trumps & Moon. All classes and games are free and open to all. 6201 Beaty St., Fort Worth 76112, call 817-451-0222 for more information or for directions.

Clubs & Organizations

Dallas Bar Association's Speaker's Committee

If you know, or are part of, a community organization that can benefit from having an attorney speak to your group on legal topics, the Dallas Bar Association's Speaker's Committee can help. For more information, contact Teddi Rivas at TRivas@dallasbar.org or (214) 220-7400.

Golden Corridor Republican Women

Meets the 1st Thursday of each month at 7:00 p.m. at Parkway Hills Baptist Church, 2700 Dallas Parkway, Plano 75093. www.GCRW.org Visitors are always welcome. Contact Sarah Eibel at 214-498-9689 or Kathy Voigtsberger 972-234-1713.

Plano Republican Women's Club Meets the third Tuesday of each month at 11:30 a.m. at Spaghetti Warehouse on Hwy 75. For more information, call Catherine Gibb at 972-578-0704 or visit planorepublicanwomen.org.

Dallas Retired Teachers Assoc

Meets 3rd Friday of each month at 10am. DISD Admin Bld on Ross. For more information call Mary Joe Evans at 214-376-3565

Dallas County Retiree Club

Meets on the 2nd Tuesday of each month (except July & Dec.) at the Samuell Grand Recreational Center, 6200 E. Grand Ave. A covered dish luncheon begins at 11:30 until 1:30. All former employees of Dallas County are invited. For further information, contact 214-941-7588. meemaw2@sbcglobal.net

Senior Leadership Northeast Tarrant County

Meetings are held the 3rd Tuesday of each month from 9 to 10:30am. The primary objective of the membership is to help keep seniors in their home as long as possible by studying and advocating for issues. We meet at 6700 Colleyville Boulevard, Colleyville 76034. For more information call 817-488-7148 or Ed Havran at 817-498-1420.

Dallas Gem & Mineral Society

Meets at 7pm on 3rd Tuesday of each month; 6818 Fisher, Ridgewood Recreation Center; potluck supper is followed by an educational program on lapidary arts, geology, jewelry making. For more info call Mike Russell, VP at 214-906-8834 .www.dallasgemandmineral.com

Arlington Gem & Mineral Club

Meets the 1st Tuesday of each month at 7pm at 1408 Gibbons Road off Road to Six Flags (one block from Cooper) Arlington. Monthly Program on Lapidary and Creative Arts. Visitors welcome. 817-277-2286.

Quilters' Guild of Arlington

Meets 2nd Tuesday of each month at the Bob Duncan Community Center at 2800 South Center Street, Arlington: 7pm. Guests are always welcome. We offer lectures,

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workshops, daytime and evening stitch groups. Please see www.QGoA.com or call 817-451-2429.

Greater Dallas Military Officers Association of America

The monthly meetings for the Greater Dallas Chapter are usually held the 3rd Saturday of even numbered months (Feb / Apr / Jun / Aug / Oct) at the Crowne Plaza N. Dallas, 14315 Midway Rd. The Dec. meeting is a dinner/dance. To make reservations please call LCDR Glenn Wamble, USN/Retired at 972-437-2345.

Disabled American Veterans Big "D" Chapter #57

Meets first Saturday at 1pm at 8630 Thurgood Lane, Dallas, for a business meeting and a covered dish lunch. Meetings include various activities and presenters. We are informed about legislative matters of interest to our group at Federal, state and local levels. All disabled veterans are welcome. For more information, call 214-343-8643 or e-mail: adjutant57@verizon.net.

Disabled Veterans

Meets the 1st Monday night of each month at 7pm. Dinner is served at 6pm with the meeting following. 600 W. Ave. A, Garland. For more info call 972-203-9318.

Korean Veterans

Meeting the 2nd Saturday of each month at 2pm. All Korean Veterans are invited. 800 W. Arapaho, Richardson. Call 972-203-9318 for more info.

General Walton H. Walker, Chapter 215 of the Korean War Veterans

meets on the 3rd Saturday of each month at 3100 Sprocket Drive, Arlington 76015 at 11:00am. All men and women honorable discharged veterans of the Korean War or those that have served in Korean since the war are invited to join. Contact Larry Kinard at 682-518-1040 for additional information.

National Association of Retired and Veteran Railway Employees

Unit 155 meets the 3rd Thursday of each month at noon at the Senior Citizens Center in Cleburne, Texas. All railway employees whether active or retired are welcome to attend. For more information call Curtis R. Autrey, Cleburne, Texas, at 817-676-5681 email: cra3609@charter.net

National Association of Retired and Veteran Railway Employees

Unit 85 meets the 2nd Friday of each month at First Christian Church at 10am. Active group of retired and veteran railway workers promoting the general welfare of retired railway workers. 800 W. Woodard, Denison. For more info call 903-465-7170.

Retired Bankers Meetings

Meets the 4th Tuesday of each month (no meetings Jun. - Aug or Dec.) Meetings held at Vickery Towers at 11:30am, 5619 Belmont 75206. For more information about the Retired Bankers Lucheon contact George Zarafonotis ,president 214-363-5050.

NARFE Meetings

Redbud Chapter #981

Meets the second Monday of each month at 10:00 a.m. at Raymond's Bar-B-Que, 10930 Garland Road, Dallas. All current and retired federal employees are invited to attend. For more info, call 214-373-1925.

Live Oak #1222

Meets the 1st Saturday of each month at 10:30am at Highland Park Cafeteria, 300 Casa Linda Plaza (beginning August 2007). Stay abreast of the latest legislative news of concerning NARFE retirement benefits. Monthly speaker on various topics. For more info or questions, call 214-771-3462.

Arlington Chapter #1201

Meets at the Eunice Street Senior Center, 1000 Eunice Street, Arlington, on the 3rd Monday of each month from 10am to 12pm. Membership is open to civilians in any agency of the Federal or District of Columbia governments who have a federal retirement plan. For more info call: Steve Armstrong at 817-478-7938 or email steveppa99@aol.com

Denton Chapter #618

Meets at Golden Corral in Denton, Loop 288. The 4th Friday of each month at 11:30 a.m. Interesting and informational program at each meeting. For more information, contact Les Brown @ 940-262-0120 and cell 817/504-3023

Fort Worth Chapter #30

Meets at Broadway Baptist Church, 305 Broadway, Fort Worth the 2nd Thurs. of each month at 10:30am. Interesting and informational program at each meeting. For more information, contact Peter Wersal at 817-457-0995.

Garland Chapter #1454

Meets 2nd Wednesday of each month at Raymond's Bar-B-Que Cafeteria, 10920 Garland Road, Dallas, 75218. For more info contact Charles W. Gangler, 8909 Vernon Dr., Rowlett 75088 call 972-475-3650.

Eppard/Richardson Chapter #1273

Meets every 2nd Thursday at 10am, Richardson Senior Center, 820 W. Arapaho Rd. For additional information about the meetings, contact Nathalie Propes, npropes@cmitsolutions.com or call Paul Moehring at 972-424-7128.

S.W. Dallas Chapter #122

Kiest Park Rec. Center, 3300 Rugged, Dallas. All current and retired federal employees are welcome to attend, especially those living in Oak Cliff, DeSoto, Duncanville, Lancaster, and Cedar Hill. For more information call Fred Ratcliff, phone 972/572-0560 e-mail kk5tn@sbcglobal.net

Ellis/Navarro Chapter #1191

Meets 2nd Tuesday @ 11:30 a.m. rotating between Golden Corral in Ennis; Sirloin Stockade in Corsicana; and Fire Mountain Grill in Waxahachie. President Dennis Armon, phone 903/872-6392.

NE Tarrant County Chapter #1583

Meets 2nd Wednesday @ 10 a.m. at

NARFE Meetings

Senior Center, Boy's Ranch, 2817 R.D. Hurt Parkway, Bedford, TX. Contact Patricia (Pat) Perry, President at p1perry@airmail.net, phone 817/656-5728.

Casa Linda Chapter #3880

Meets the 1st Monday of each month. Family Life Center of Casa Linda United Methodist Church, 1800 Barnes Bridge Rd., Dallas. Join us for interesting information, fellowship and fun. Call 214-321-1705 for more info.

Cedar Hill Chapter

Monthly meetings the 2nd Tuesday of every month at 1:00 with the exception of the last meeting of each quarter (Business Luncheon) that is held at 12:00. No AARP in August! For more info call 972-291-5353.

Cooke County Chapter #1049

Meets the 2nd Friday of each month at the Stanford House Senior Center, Garnett Street, Gainesville 76240 at 11:30am to 1pm. Persons aged 50 and over are invited to attend and are welcome to join. For more information or questions call Shirley rector at 940-665-2826 ext. 24

Crossroads Chapter #3489

Meets the 1st. Thursday of each month at 1st United Methodist Church, Ross & Harwood, Crossroads Center West. Dallas at 9:30am with the meeting beginning at 10am. Call Ms. Edna Taylor for more info at 214-943-3652.

Grand Prairie AARP Chapter 954

Meets the 3rd Friday of the month at 11am at the Grand Prairie Senior Center, 925 Conover, Grand Prairie 75051. For additional information Call: 972 264-4975.

Denton Chapter

Meets the 3rd, Tuesday of the month at 10am at Autumn Oaks Retirement Community in Corinth, located on Corinth Parkway, just off I-35, next to the Corinth City Hall. For more info call 940-321-9933.

Fort Worth Chapter #14

Meets the 3rd Thursday of every month at the Haltom City Senior Center, 5000 Bernice St., at 9:30am. Guest speakers begin at 10am. Programs are of interest to seniors. We welcome all visitors. All that attend are invited to stay for lunch at the center, reservations must be made by 12 noon the day before. For more info call Fran Nalley at 817-834-6141 or the center at 817-834-5005.

Southwest Fort Worth Chapter #4116

Meetings are on the 3rd Wed. of each month and are held at Arborlawn United Methodist Church, 5001 Briarhaven Rd., Fort Worth. Social time 10am, program and business meeting at 10:30am. Everyone over 50 is invited to join. New members and guests are always welcome. For more information call at 817-294-2111.