



GARLAND

NOTICE OF MEETING CITY OF GARLAND, TEXAS

**Parks and Recreation Advisory Board
Work Session Room of City Hall
William E. Dollar Municipal Building
200 North Fifth Street
Garland, Texas
October 4, 2023 at 7:00 p.m.**

A meeting of the Parks & Recreation Advisory Board of the City of Garland, Texas will be held at the aforementioned location, date, and time to discuss and consider the following agenda items.

AGENDA:

1. APPROVAL OF MINUTES

a. Approval of Minutes for the September 6, 2023 Meeting

2. PUBLIC COMMENTS

Persons who desire to address the Committee on any item on the agenda are allowed three minutes to speak. Testimony may be held until the item is considered or given at the beginning of any committee meeting. Invited testimony may also occur at any time, subject to a request of the Member of the Committee and with the approval of the Committee Chairperson.

3. ITEMS FOR INDIVIDUAL CONSIDERATION

a. CONSIDER ELECTION OF PARKS AND RECREATION BOARD CHAIR AND VICE CHAIR

b. RECREATION SUPERVISOR REPORT

c. PARKS VOLUNTEER PROGRAM PRESENTATION

- d. **NATIONAL RECREATION AND PARK ASSOCIATION (NRPA) AND COMMISSION FOR ACCREDITATION OF PARKS AND RECREATION AGENCIES (CAPRA) UPDATE**
 - e. **AUDUBON SIGN PLAN PRESENTATION - PHASE I AND II**
 - f. **BOND STUDY COMMITTEE UPDATE**
 - g. **CAPITAL IMPROVEMENT PROJECTS AND STUDIES - DESIGN & DEVELOPMENT DIVISION UPDATE**
 - h. **VISIT GARLAND, SPECIAL EVENTS & DOWNTOWN DEVELOPMENT UPDATE**
 - i. **RECREATION DIVISION UPDATE**
 - j. **PARK DIVISION UPDATE**
 - k. **COMMUNICATIONS/ENCLOSURES**
4. **FUTURE AGENDA ITEMS**
5. **ADJOURN**



GARLAND

2023 Parks & Recreation Advisory Board

1. 1. a.

Meeting Date: 10/04/2023

Item Title: Approval of Minutes for the September 6, 2023 Meeting

Summary:

Approval of Minutes for the September 6, 2023 Meeting

Background/Additional Information:

DRAFT MINUTES OF SEPTEMBER 6, 2023 REGULAR MEETING ARE ATTACHED FOR CONSIDERATION

Attachments

9.6.23 PB MIN

DRAFT



GARLAND

MINUTES

The Parks & Recreation Board of the City of Garland convened in regular session at 7:00 p.m. on September 6, 2023, in the Work Session Room, 200 North Fifth Street, Garland, Texas, with the following members:

Present: Jerry Carter, Chair
Molly Bishop, Vice Chair
Nancy Janssen, Board Member
Tamara Aquino, Board Member
Jason Aguirre, Board Member
David Morehead, Board Member
David Parrish, Board Member
Don Koerner, Board Member

Staff Present: Matt Grubisich, Parks Director
D'Lee Williams, Recreation Director
Ziad Kharrat, Parks Special Projects Administrator
Keith Reagan, Administrative Services Manager
Yvonne V. Naser, Management Services Coordinator

AGENDA:

1. APPROVAL OF MINUTES

Motion was made by Board Member David Parrish, and seconded by Vice Chair Molly Bishop that the minutes of August 2, 2023 be approved as submitted.

Vote: 7 - 0

2. PUBLIC COMMENTS

No citizen comments

Persons who desire to address the Committee on any item on the agenda are allowed three minutes to speak. Testimony may be held until the item is considered or given at the beginning of any committee meeting. Invited testimony may also occur at any time, subject to a request of the Member of the Committee and with the approval of the Committee Chairperson.

3. ITEMS FOR INDIVIDUAL CONSIDERATION

a. Parks and Recreation Board Chair/Vice Chair Elections will be held at the October meeting

Matt Grubisich, Parks Director, provided an update to the Parks and Recreation board members on the Board Chair/Vice Chair Elections that will be held at the October meeting.

b. Department Update

Matt Grubisich, Parks Director, provided a Department Update to the Parks and Recreation board members.

c. 2023/24 Proposed Budget Update

Keith Reagan, Administrative Services Manager, provided the Parks and Recreation board members with an update on the 2023/24 Proposed Budget.

d. Summer Camp Highlights Video

D'Lee Williams, Recreation Director, provided the Parks and Recreation board members a Summer Camp Highlights video.

e. Dallas County Parks and Open Space – Notice of Public Meetings

David Parrish, a Parks and Recreation board member, and Matt Grubisich, Parks Director, provided an overview of the Dallas County Parks and Open Space - Notice of Public Meetings to the other Parks and Recreation board members.

f. Capital Improvement Projects and Studies - Design & Development Division Update

Ziad Kharrat, Special Projects Administrator, provided the Parks and Recreation board members with a monthly written update on the following: Capital Improvement Projects and Studies - Design & Development Division

g. Special Events and Marketing Division Update

Dana Lodge, CVB & Events Director, provided the Parks and Recreation board members with a monthly written update on the following: Special Events and Marketing Division

h. Park Operations Division Update

Matt Grubisich, Parks Director, provided the Parks and Recreation board members with a monthly written report on the following: Park Operations Division

i. Recreation Division Update

D'Lee Williams, Recreation Director, provided the Parks and Recreation board members with a monthly written report on the following: Recreation Division

j. Communications/Enclosures - Silver Scoop, September 2023

Parks and Recreation board members were provided the following links: *Silver Scoop*, September 2023

4. FUTURE AGENDA ITEMS

1. Lighting and Signage Update
2. Bond projects - What staff thinks is important and what board members think is important
3. Sports Association Updates
4. Volunteer Program Update (scheduled for October mtg)

5. ADJOURN

The meeting adjourned at 8:30 p.m.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. a.

Meeting Date: 10/04/2023

Item Title: CONSIDER ELECTION OF PARKS AND RECREATION BOARD CHAIR AND VICE CHAIR

Summary:

CONSIDER ELECTION OF PARKS AND RECREATION BOARD CHAIR AND VICE CHAIR

Background/Additional Information:

Newly appointed board positions will become effective at the following Parks and Recreation Board meeting.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. b.

Meeting Date: 10/04/2023

Item Title: RECREATION SUPERVISOR REPORT

Summary:

RECREATION SUPERVISOR REPORT

Background/Additional Information:

Jesse Johnson, Audubon Recreation Center Supervisor, will provide the board with an update and be available to answer any questions.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. c.

Meeting Date: 10/04/2023

Item Title: PARKS VOLUNTEER PROGRAM PRESENTATION

Summary:

PARKS VOLUNTEER PROGRAM PRESENTATION

Background/Additional Information:

Nancy Tunell, Volunteer Coordinator, will provide the board with an update on the Parks Volunteer Program and be available to answer any questions.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. d.

Meeting Date: 10/04/2023

Item Title: NATIONAL RECREATION AND PARK ASSOCIATION (NRPA) AND COMMISSION FOR ACCREDITATION OF PARKS AND RECREATION AGENCIES (CAPRA) UPDATE

Summary:

NATIONAL RECREATION AND PARK ASSOCIATION (NRPA) AND COMMISSION FOR ACCREDITATION OF PARKS AND RECREATION AGENCIES (CAPRA) UPDATE

Background/Additional Information:

The Parks and Recreation Department submitted their application to the National Recreation and Park Association (NRPA) Commission for Accreditation of Park and Recreation Agencies (CAPRA) and has been assigned a mentor. Through the national accreditation process, the department must comply with 36 fundamental standards and 106 of the 118 non-fundamental standards upon initial accreditation. The department has two years to complete the agency self assessment report, host an independent CAPRA review team and attend the CAPRA Review Hearing at the NRPA annual conference.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. e.

Meeting Date: 10/04/2023

Item Title: AUDUBON SIGN PLAN PRESENTATION - PHASE I AND II

Summary:

AUDUBON SIGN PLAN PRESENTATION - PHASE I AND II

Background/Additional Information:

Ziad Kharrat, Parks and Recreation Special Projects Administrator, will provide the board with an update on new signage being installed at Audubon Park and be available to answer any questions.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. f.

Meeting Date: 10/04/2023

Item Title: BOND STUDY COMMITTEE UPDATE

Summary:

BOND STUDY COMMITTEE UPDATE

Background/Additional Information:

City Council is planning to form a Bond Study Committee to help implement the City's vision of an Economic Development Bond Program.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. g.

Meeting Date: 10/04/2023

Item Title: CAPITAL IMPROVEMENT PROJECTS AND STUDIES - DESIGN & DEVELOPMENT
DIVISION UPDATE

Summary:

**CAPITAL IMPROVEMENT PROJECTS AND STUDIES - DESIGN & DEVELOPMENT DIVISION
UPDATE**

Attachments

CAP UPDATES



Parks and Recreation Board

CAPITAL IMPROVEMENT PROJECTS AND STUDIES

The annual update of the City's Capital Improvements Program (CIP) is complete. Revised Park project schedules and projected debt issuance over the next five years were approved on Feb. 15, 2022.

RECREATION CENTER AND AQUATICS IMPROVEMENTS

- 18364 - GARLAND SENIOR ACTIVITY CENTER RENOVATION AND EXPANSION – 2019 Bond Program – The schematic design phase is underway. The existing building has been demolished. City Council provided staff direction to move forward with design without any type of aquatics component. Design meetings resumed mid-July.
- 18363 - HOLLABAUGH RECREATION CENTER EXPANSION – 2019 Bond Program – CORE has been selected as the Construction Management at Risk (CMAR) contractor for the project. Construction is underway. Anticipated completion is scheduled for Summer 2024.
- 18365 - HOLFORD RECREATION CENTER AND AQUATICS CENTER – 2019 Bond Program – The City contracted with BSW Architects for design of Holford Recreation Center and Aquatics Center. Hill and Wilkinson are the Construction Management at Risk (CMAR) contractor for the project. The existing facilities have been demolished. A groundbreaking event was held on July 22, 2023, as part of Build Garland Day. Construction is underway.
- 18320 – GRANGER ANNEX RENOVATION – 2004 Bond Program – The City has contracted with Official Architects for design of the Granger Annex renovation project. Construction is nearing completion and is scheduled to be complete October 2023.
- 18318 – SURF AND SWIM REGIONAL AQUATICS FACILITY – 2019 Bond Program – Kimley Horn and Associates was selected to serve as the prime consultant. Design is underway.

GENERAL PARK IMPROVEMENTS

- 18385 – PLAYGROUND REPLACEMENT PROGRAM – 2019 Bond Program – This program aims to replace 25 playgrounds throughout the city and is packaged into three groups, which began with Group 1 in February 2021. The only remaining playground to be completed is in Watson Park.
- 18590 – LOU HUFF PARK – ARPA – Design is underway. Public engagement is the focus of current efforts. A public meeting was held on Thursday, May 18 at Gale Fields Recreation Center. An additional neighborhood engagement for the Rainbow Estates Neighborhood was held on Thursday, June 1. An online survey was provided for additional input. The design team is working to compile all the feedback and will present the proposed concept to the stakeholder, Parks Board, and the City Council.
- 18593 – RICK ODEN SPLASH PAD – ARPA – The project aims to construct an 8,500 square foot splashpad in Rick Oden Park. Design is currently underway.
- 18592 – WYNN JOYCE PARK – ARPA – The project aims to redevelop Wynn Joyce Park. A second public engagement meeting is planned for Thursday, September 28, 2023, at 6pm at the Granger Recreation Center. This will be the final public meeting, and the online survey will run until mid-October.

- 18591 – KINGSLEY PARK – ARPA – Design is underway.
- 18357 – JOHN PAUL JONES PARK – 2019 Bond Program/TPWD –The project aims to address erosion issues along the shoreline, improved boating access from the parking lot, a courtesy dock for boaters, kayak launch, parking lot improvements, and a new permanent restroom. Upon completion of design, TPWD will work with the City on funding towards construction as funding is available. The design contract was considered by the City Council on September 19, 2023.
- 18588 – WATSON PARK – 2019 Bond Program/TPWD/CDBG – Construction is underway. The improvements include a FUTSAL court, splash pad, playground, permanent restroom building, parking, lighting, soccer field renovation, and walkways.
- 18329 – TUCKERVILLE PARK – 2019 Bond Program – Staff has reviewed the final submittal and plans to advertise for bids in September 2023.
- 18334 - AUDUBON PARK PICNIC AREA REPAVING – Design is complete. Construction will be pushed to future years as funding allows.
- 18337 - WINDSURF BAY PARK IMPROVEMENTS – Design efforts are on hold until sufficient funding becomes available to address complete shoreline improvements along the lake.

TRAILS AND GREENBELTS

- 18568 – NAAMAN FOREST CONNECTION TRAIL – 2019 Bond Program – Design is underway. This project is a trail connection supported by Dallas County to connect the recently completed trail within Spring Creek Greenbelt to Halff Park and Naaman Forest Blvd. This trail segment will eventually connect with a proposed trail along Brand Rd., north of PGBT.
- 18569 – DUCK CREEK AUDUBON TRAIL – 2019 Bond Program – Design is underway. This project is a trail connection supported by Dallas County to connect Duck Creek Trail at Bill Cody Park to Audubon Park.
- 18570 – CENTRAL PARK WALKING TRAIL – ARPA – Design in underway. This project aims to complete a loop trail around Central Park to connect to the spine trail and the other amenities in the park.
- 32181 – DUCK CREEK SOUTH EXTENSION TRAIL – Design is underway. This project is supported by Dallas County. Bid advertisements for construction are scheduled to begin on September 21, 2023.
- 18354 - MEADOWCREEK BRANCH GREENBELT DRAINAGE IMPROVEMENTS – This project has been re-assigned to the Engineering department, and staff is working to re-engage the design firm to complete the design. Construction is anticipated to begin in 2024.

PLANS AND STUDIES

- NO ACTIVE PLANS OR STUDIES

COMPLETED PROJECTS - 2023

*Note: The status of 2019 Bond projects will be updated through the Project Management Office.

- 18354 – ABLON PARK POND AND PIER IMPROVEMENTS
- 18583 – MONTGOMERY PARK
- 18374 – EMBREE PARK SPLASH PAD
- 18373 – LON WYNNE PARK SPLASH PAD



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. h.

Meeting Date: 10/04/2023

Item Title: VISIT GARLAND, SPECIAL EVENTS & DOWNTOWN DEVELOPMENT UPDATE

Summary:

VISIT GARLAND, SPECIAL EVENTS & DOWNTOWN DEVELOPMENT UPDATE

Attachments

CVB, SPE EVENT, DDO



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Parks and Recreation Board

Visit Garland, Special Events, & Downtown Development

Visit Garland, CVB

Future Bookings:

- PGA Junior League – 2023 Regional Championship – September 2023
- Rockstar Championships – December 2023
- Pond Hopper Nation – June 2024
- Metroplex Aquatics/American Long Course Swim Meet – July 2024
- USA Water Polo Junior National Championships – July 2023
- Code Enforcement Association of Texas (CEAT) – 2025

Leads:

- US Quadball
- NXL
- American Darters Association
- COR Swimming
- COR Winter Classic
- Twisted Cat
- Golden Boy Productions
- LM Media Worldwide
- International Masons and Order of Eastern Star
- Government Alliance on Race and Equity
- Texas Funeral Directors Association
- Hotel Source Assist LLC
- Institute of Electrical & Electronics Engineers (IEEE)
- Maritz Travel
- Emburse
- Arrowhead Conference & Events
- United States Sweet Potato Council
- CRC Insurance
- Heat Convention & Competition

Marketing Campaign

- Urban Market
- Garland and Beyond Space Exhibit – Space Date Night, Space Shirts, Solar System
- GDBA – Throwback Thursday Movie Series
- Infinity Arcade
- Downtown Grand Opening
- Lakewood Brewing Company
- Granville Arts Center – Plaza Classic Movie Series, The Sould of Jazz, L.A. Comic Monique Marvez, Little Joe y La Familia, Live at the Plaza, Dia Artisan/Vendor Call
- Garland Landmark Museum – Notes on Garland’s Latino History, Night at the Museum, Travels in History
- Garland Guzzler
- Hawaiian Waters
- Dallas News – “Garland film festival will focus on schlocky B-movie horror, sci-fi genre”
- Labor Day Parade
- This Month in Garland

Downtown Development Office

- Redevelopment Projects
- Downtown Core Team
- Mural Program – Call for Artists, Artist Agreements
- Revitalization Program
- TIF 1 – Expansion and Extension
- Downtown District Website – Technical Review Phase, Soft Launch Prep
- Holiday Décor – Mosca Designs, C. Scenic, 2023 Lights
- Square Grand Opening Planning – Ribbon Cutting, Collabs with Special Events & GDBA, Box Wraps

Special Events

September 4, 2023

- Labor Day Parade – Downtown Garland

September 9, 2023

- Urban Market – 717 W. Avenue A.

September 23, 2023

- Garland Guzzler & Oktoberfest – Granville Arts Center, 300 N. Fifth St.

Special Events

Oct. 14, 2023

- Downtown Square Grand Opening – Downtown Garland

Oct. 21, 2023

- Wheels of Hope

Nov.1, 2023

- Dia de los Muertos

Dec. 7, 2023

- Christmas on the Square



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. i.

Meeting Date: 10/04/2023

Item Title: RECREATION DIVISION UPDATE

Summary:

RECREATION DIVISION UPDATE

Attachments

REC DIV UPDATE



GARLAND

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Parks and Recreation Board

Recreation Division Update

1. Garland's Graveyard and Trunk or Treat

Bradfield Recreation Center

Oct. 27

5:30 p.m. – 9 p.m.

2. *NEW* After School Programs

After School Adventures

Fields Recreation Center

3:30 p.m. – 6 p.m.

Ages 6 -11

\$25/week

Hillside Academy

Free on-site afterschool program from 3:30 p.m. - 6 p.m. funded through Community Development Block Grant.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. j.

Meeting Date: 10/04/2023

Item Title: PARK DIVISION UPDATE

Summary:

PARK DIVISION UPDATE

Attachments

Park Op Division Update



GARLAND
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Parks and Recreation Board

Park Division Update

- Applied fall pre-emergent herbicide in parks.
- Renovated City Hall and downtown landscape beds for the fall grand opening.
- Closed splash pads and began winterization.
- Boy Scouts erected safety trail signs on Duck Creek trail.
- Successfully installed and removed bollards downtown.
- Laid sod at Granger annex in preparation for opening.



GARLAND

2023 Parks & Recreation Advisory Board

1. 3. k.

Meeting Date: 10/04/2023

Item Title: COMMUNICATIONS/ENCLOSURES

Summary:

COMMUNICATIONS/ENCLOSURES

Background/Additional Information:

ENCLOSED FOR THE PARKS AND RECREATION BOARD TO REVIEW ARE:

Silver Scoop - October 2023

Attachments

Silver Scoop 10-23

Silver Scoop

GarlandParks.com



October 2023

Carver Senior Center

State Fair

Thursday, Oct. 19

6 a.m. to 6 p.m.

\$5

Sign up before Oct. 17

For more information, contact
Carver Senior Center at 972-205-3305.

Golden Corral Lunch

Tuesday, Oct. 24

10:30 a.m.

For more information, call
Carver Senior Center at 972-205-3305.

Pumpkin Patch

Tuesday, Oct. 3

10 a.m.

\$8

For more information, call
Carver Senior Center at 972-205-3305.

Tech Tuesdays with Library

Tuesday, Oct. 17

9 to 10 a.m.

For more information, call
Carver Senior Center at 972-205-3305.

Tea and Tales with Garland Library

Thursday, Oct. 5

9 a.m.

For more information, call
Carver Senior Center at 972-205-3305.

Fall Festival Tuesday, Oct. 31 9 a.m. to Noon

For more information, call
Carver Senior Center at 972-205-3305.

Guest Lecture - Explore Dallas

Thursday, Oct. 26

9 a.m.

For more information, call
Carver Senior Center at 972-205-3305.

African American Museum Coming in November

For more information, call
Carver Senior Center at 972-205-3305.

Coffee and Conversation

Join us daily at 9:30 a.m. for an ongoing
community engagement program aimed at providing a
space for open dialogue on topics that unite us rather
than divide us.



Activities listed in the Silver Scoop are subject to change at any time.
If you have questions or need more information about
Carver Center activities, call 972-205-3305.

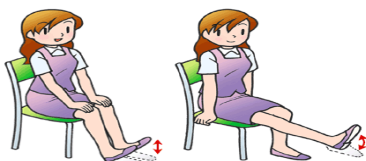
Bible Study
“Aging in the Grace of God”
Every other Tuesday
9 to 10 a.m.

Enjoy fellowship with your fellow seniors while learning more about God.



Free Chair Exercise Class
Mondays and Thursdays
10 a.m.

Pull up a chair and get your body moving. Build core strength, flexibility and balance through routines that are simple modifications of familiar exercises. This low-impact, full-body workout allows you to work at your level and pace through guided instruction.



“Around the World”
Virtual Travel Class
Every Wednesday
noon to 1 p.m.
\$7 for materials



For more information, call
Carver Senior Center at 972-205-3305.

Mindful Meditation

Designate a few minutes of your day to set your worries to the side. Drop in for breathing exercises, gentle yoga moves and soothing music.

Every Tuesday
Noon to 12:30 p.m.

For more information, contact
Carver Senior Center at 972 205-3305.

Beginning Guitar
Tuesdays
8:30 to 9:30 a.m.

\$20

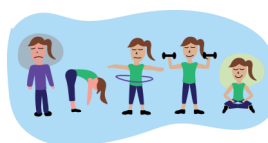
Strike a chord! Learn basic fundamentals, including how to tune the instrument, basic open and barre chords, understanding notation, basic reading and playing in time. Students with little or no knowledge of playing guitar thrive in this enriching musical environment.

Bring an acoustic guitar.



Senior Fitness with Lana

Designed for the adult body, senior fitness strengthens all the major muscles, helps improve and maintain balance, increases flexibility, strengthens the heart and increases stamina.



Every Friday
9 to 9:45 a.m.

For more information, call
Carver Senior Center at 972-205-3305.

Drumba

Drumba is a class that combines drumsticks with dance steps and exercise moves to create a cardiovascular workout. Come get your stick on!

Drumba is canceled until further notice.
FREE

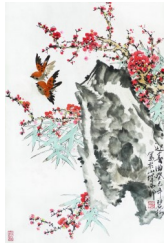


Brush Painting

Learn the basic brush strokes of 3,000-year-old Chinese brush painting also known as Sumi.

Students will be provided with the basic necessary materials of rice paper, natural hair brushes and Chinese black ink for their first lesson.

Gale Fields Multipurpose Room
Wednesdays
9 a.m.
FREE



Texas Hold 'Em



Gale Fields Multipurpose Room
Fridays
12:30 p.m.
FREE

CERAMICS

Bring and work on your ceramics project.

Gale Fields Multipurpose Room
Mondays
9 a.m. to 1:30 p.m.
FREE



Who doesn't like the thrill of finding the last item on your list, jumping out of your chair and shouting, "BINGO"?! BINGO is a great way to socialize with friends.

Gale Fields Multipurpose Room
Mondays and Fridays
10:20 to 11 a.m.
FREE



Adult Coloring Class

Benefits of coloring include improved motor skills, sleep and focus, as well as reduced anxiety and stress relief. Enjoy a relaxing morning of coloring and socializing.

Gale Fields Multipurpose Room
Second Wednesday
10:15 a.m.
FREE

U CAN PAINT

Learn color mixing, brush strokes and time-saving techniques under the guidance of artist Christen Garden. Paint with confidence and improve your artful eye.

"Fall Trees on the Lake"

Friday, Oct. 13

Noon to 3 p.m.

Gale Fields Multipurpose Room
\$15 Registration Fee
\$20 Supply Fee



**Activities listed in the Silver Scoop are subject to change at any time.
If you have questions or need more information about
Garland senior activities, call 972-205-2769.**

GSAC Programs

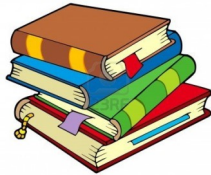
GSAC READERS' GROUP

The Readers' Group will meet Wednesday, Oct. 18
This month's reading selection is "Beyond That, the Sea" by Laura Spence-Ash.

All selections are available at the public library.

For more information, contact
Cathy McGough at 214-534-3284.

South Garland Library
Third Wednesday
10 a.m.



Chair Exercise Class

Pull up a chair and exercise. Chair exercises are modifications of familiar exercises and a gentle way to build muscle and stay flexible.

Gale Fields Gym
Mondays, Wednesdays and Fridays
9:45 to 10:15 a.m.

FREE



Fit to Live! (Formerly Fitness Plus)

The intent of this class is to strengthen major muscles, improve and maintain balance, increase and improve flexibility, strengthen the heart and increase stamina through the use of free weights, targeted yoga stretches and small bursts of low-impact, but high-intensity interval training (HIIT).

Gale Fields Gym
Mondays, Wednesdays and Fridays
8:15 to 9:15 a.m.

FREE

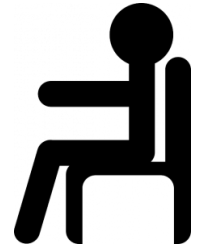


Chair Yoga

Improve flexibility, relieve stress and tone muscle with the use of a chair. A great class for beginners.

Gale Fields Gym
Tuesdays and Thursdays
9:25 to 10:25 a.m.

First class is always free.



Yoga

A mind-body practice that provides both physical and mental benefits.

Gale Fields Gym
Wednesdays
10:20 a.m.

First class is always free.



Senior Tae Kwon Do

Train with a sixth-degree black belt. Feel safer, more confident and more agile. The instructor will use moves specific to seniors and their needs and abilities.

Gale Fields Gym
Tuesdays
10:30 to 11:30 a.m.

First class is always free.



All classes require a punch card unless otherwise noted.
The cost of punch cards is
\$35 for 10 classes or
\$60 for 20 classes.



Fitness Schedule

Monday

8:15 a.m. Fit to Live! - F
9:45 a.m. Chair Exercise - F
10 a.m. Chair Exercise - C

Tuesday

8 a.m. Carver Cruisers - C
9:25 a.m. Chair Yoga - F
10:30 a.m. Tae Kwon Do - F

Wednesday

8:15 a.m. Fit to Live! - F
9:45 a.m. Chair Exercise - F
10:20 a.m. Yoga - F

Thursday

9:25 a.m. Chair Yoga - F
10 a.m. Chair Exercise - C

Friday

8:15 a.m. Fit to Live! - F
9:45 a.m. Chair Exercise - F

Fitness Card Rates

\$35 - 10 Class Punch Card
\$60 - 20 Class Punch Card

Cards do not expire.



Monday

8:15 a.m. Fit to Live! - F
9 a.m. Ceramics - F
9:45 a.m. Chair Exercise - F
10 a.m. Chair Exercise - C
10:20 a.m. BINGO - F
Noon 42 Dominoes - G

2

8:15 a.m. Fit to Live! - F
9 a.m. Ceramics - F
9:45 a.m. Chair Exercise - F
10 a.m. Chair Exercise - C
10:20 a.m. BINGO - F
Noon 42 Dominoes - G

9

8:15 a.m. Fit to Live! - F
9 a.m. Ceramics - F
9:45 a.m. Chair Exercise - F
10 a.m. Chair Exercise - C
10:20 a.m. BINGO - F
Noon 42 Dominoes - G

16

8:15 a.m. Fit to Live! - F
9 a.m. Ceramics - F
9 a.m. Crochet Class - C
9:45 a.m. Chair Exercise - F
10 a.m. Chair Exercise - C
10:20 a.m. BINGO - F
Noon 42 Dominoes - G

23

8:15 a.m. Fit to Live! - F
9 a.m. Coffee with a Nurse - F
9 a.m. Ceramics - F
9:45 a.m. Chair Exercise - F
10 a.m. Chair Exercise - C
10:20 a.m. BINGO - F
Noon 42 Dominoes - G

30

Tuesday

9 a.m. Creative Crafters - F
9 a.m. Writers' Workshop - B
9:25 a.m. Chair Yoga - F
9:30 a.m. Cardio Drumming - C
10:30 a.m. Tae Kwon Do - F

3

9 a.m. Health & Resource Fair - O
9 a.m. Creative Crafters - F
9 a.m. Writers' Workshop - B
9:25 a.m. Chair Yoga - F
9:30 a.m. Cardio Drumming - C
10:30 a.m. Tae Kwon Do - F

10

9 a.m. Creative Crafters - F
9 a.m. Writers' Workshop - B
9:25 a.m. Chair Yoga - F
9:30 a.m. Cardio Drumming - C
10:30 a.m. Tae Kwon Do - F

17

9 a.m. Creative Crafters - F
9 a.m. Writers' Workshop - B
9:25 a.m. Chair Yoga - F
9:30 a.m. Explore Dallas History - F
9:30 a.m. Cardio Drumming - C
10:30 a.m. Tae Kwon Do - F

24

9 a.m. Creative Crafters - F
9 a.m. Writers' Workshop - B
9:25 a.m. Chair Yoga - F
9:30 a.m. Cardio Drumming - C
10:30 a.m. Tae Kwon Do - F

31

Wednesday	Thursday	Friday
8:15 a.m. Fit to Live! - F 9 a.m. Brush Painting - F 9 a.m. Adult Coloring - C 9:45 a.m. Chair Exercise - F 9:45 a.m. Shopping - Walmart - O 10:20 a.m. Yoga - F Noon Around the World - C 4	9 a.m. Coffee & Conversation - C 9:25 a.m. Chair Yoga - F 10 a.m. Chair Exercise - C 10:15 a.m. Guitar Lessons - F 12:30 p.m. Bridge - F 5	8:15 a.m. Fit to Live! - F 9 a.m. Popcorn & BINGO - O 9 a.m. Fitness Class - C 9:45 a.m. Chair Exercise - F 10:20 a.m. Bingo - F 12:30 p.m. Bridge - F 12:30 p.m. Texas Hold 'Em - F 7 p.m. Square Dance - F 6
8:15 a.m. Fit to Live! - F 9 a.m. Brush Painting - F 9:45 a.m. Chair Exercise - F 9:45 a.m. Shopping - 99 Cents - O 10:15 a.m. Adult Coloring - F 10:20 a.m. Yoga - F Noon Around the World - C 11	9 a.m. Coffee & Conversation - C 9 a.m. Tea and Tales - C 9:25 a.m. Chair Yoga - F 10 a.m. Chair Exercise - C 10:15 a.m. Guitar Lessons - F 12:30 p.m. Bridge - F 12	8:15 a.m. Fit to Live! - F 9 a.m. Popcorn & BINGO - C 9 a.m. Fitness Class - C 9:45 a.m. Chair Exercise - F 10:20 a.m. Bingo - F Noon U Can Paint - F 12:30 p.m. Bridge - F 7 p.m. C & W Dance - F 13
8:15 a.m. Fit to Live! - F 9 a.m. Brush Painting - F 9 a.m. Adult Coloring - C 9:45 a.m. Chair Exercise - F 9:45 a.m. Shopping - Walmart - O 10:20 a.m. Yoga - F Noon Around the World - C 18	9 a.m. Coffee & Conversation - C 9:25 a.m. Chair Yoga - F 10 a.m. Chair Exercise - C 10:15 a.m. Guitar Lessons - F 12:30 p.m. Bridge - F 19	8:15 a.m. Fit to Live! - F 9 a.m. Popcorn & BINGO - C 9 a.m. Fitness Class - C 9:45 a.m. Chair Exercise - F 10:20 a.m. Bingo - F 12:30 p.m. Bridge - F 12:30 p.m. Texas Hold 'Em - F 7 p.m. Square Dance - F 20
8:15 a.m. Fit to Live! - F 9 a.m. Brush Painting - F 9 a.m. Adult Coloring - C 9:45 a.m. Chair Exercise - F 9:45 a.m. Shopping - Dollar Tree - O 10:20 a.m. Yoga - F 10:30 a.m. Grub Club - O Noon Around the World - C 25	9 a.m. Coffee & Conversation - C 9:25 a.m. Chair Yoga - F 10 a.m. Chair Exercise - C 10:15 a.m. Guitar Lessons - F 12:30 p.m. Bridge - F 26	8:15 a.m. Fit to Live! - F 9 a.m. Popcorn & BINGO - C 9 a.m. Fitness Class - C 9:45 a.m. Chair Exercise - F 10:20 a.m. Bingo - F 12:30 p.m. Bridge - F 12:30 p.m. Texas Hold 'Em 5:30 p.m. Line Dance Workshop - F 27
Legend: C - Carver B - Bradfield F - Fields G - Granger O - Off-Site		



Day Trips and Events for Garland Senior Activity Center

Explore Dallas History

Tuesday, Oct. 24

9:30 to 10:30 a.m.

"Campfire Tales 1"



Health & Resource Fair

Tuesday, Oct. 10

9 a.m. to Noon.

The Atrium

Granville Arts Center

300 N. Fifth St.

Garland, TX 75040.

Grub Club

"Campisi's"

Tuesday, Dec. 12

11 a.m. to 2 p.m.

Carver Senior Center Events

Active Adult Crochet Class

9 a.m. Mondays

1 p.m. Wednesdays

**For more information,
contact Carver Senior Center
at 972-205-3305.**



Active Adult Crafting Class

Every Wednesday

9 a.m.

Supplies included.

**For more information, call
Carver Senior Center
at 972-205-3305.**



Day Trips and Extended Trips

Mystery Trip



Oct. 24 - 25
Double Occupancy \$599
Single Occupancy \$714



Extended Trips



2024
Best of Egypt
March 5 -14
Double rate: \$5,279
Single rate: \$6,019



2024
Spotlight on Tuscany
Sept. 25 - Oct. 3
Double rate: \$4,648
Single rate: \$5,048



2024
European Christmas Markets
Dec. 3 - 11
Double rate: \$3,998
Single rate: \$4,598

ATTENTION

All return times for the Senior Center trips are APPROXIMATE and subject to change due to unforeseen circumstances such as traffic, activities running longer than anticipated, etc. Thank you for understanding.



Medical Transportation Program

The City of Garland offers transportation to Garland residents 60 years of age and older who are not wheelchair bound to local Garland medical appointments free of charge. This limited service is intended for seniors who have no other means of getting to and from their local medical appointments. Call 972-205-2890 for more information.

Nutrition & Transportation Program

The nutrition program is a daily meal program that ensures a nutritious lunch for older adults. On a limited basis, free transportation to both senior center locations is available to residents age 60 or older, living in the city of Garland, who participate in the nutrition program. An application must be completed before being able to participate in the program. This service is supported, in part, by the Dallas Area Agency on Aging (DAAA), the Texas Department of Aging and Disability Services (DADS) and Dallas County. For additional information, call 972-205-2769.

Senior Services

AARP Office Toll free	1-866-554-5377
Aging Information Hotline	211
Better Business Bureau	214-220-2000
Dallas Area Agency on Aging	214-871-5065
DART ParaTransit	214-515-7272
Food Stamps (SNAP)	214-819-1860
Garland Fair Housing	972-205-3300
Legal Aid of Northwest Texas	1-888-529-5277
Meals on Wheels	214-689-2639
Medicare	1-800-633-4227
Mental Health Hotline	1-866-615-8700
Nursing Home Ombudsman	214-823-5700
Office of Senior Affairs	214-670-5227
Parkland Health Center	214-266-0700
Social Security Admin.	1-800-772-1213
Senior Source	214-823-5700
Veterans Service Officer	214-819-1886
Widowed Persons Service	214-358-4155

Senior Center Policy

It is the policy of the Senior Services Section of the Garland Parks & Recreation Department to serve all persons with regard to employment, programs, services and/or admissions without discrimination as to race, creed, color, sex, ancestry, national origin, religion or disability. The Garland Senior Activity Center and Carver Senior Center are wheelchair accessible. Persons with disabilities who plan to attend and who may need auxiliary aids or services must contact 972-205-2769 so that appropriate arrangements can be made. For the hearing impaired, call our TDD at 972-205-2933 or RELAY TEXAS at 1-800-735-2989.

Important Information

GarlandParks.com

Garland Senior Activity Center

600 W. Avenue A
Garland, TX 75040
Phone: 972-205-2769

The Garland Senior Activity Center is currently closed for renovations. The majority of our programs have been relocated to Gale Fields Recreation Center, located at 1701 Dairy Road. Call for details.

Carver Senior Center

222 Carver St.
Garland, TX 75040
972-205-3305

Hours of Operation:

Monday	8 a.m. – 3 p.m.
Tuesday	8 a.m. – 3 p.m.
Wednesday	8 a.m. – 3 p.m.
Thursday	8 a.m. – 3 p.m.
Friday	8 a.m. – 3 p.m.

The Garland Senior Activity Center and the Carver Center are recreation centers for adults 55 and older, offering an extensive variety of activities and classes intended to enhance and enrich the lives of active adults in our community. The centers are not licensed adult day care facilities. All paid and drop-in activities are designed for independent participation. Staff does not provide direct supervision or personal care and does not monitor participants coming and going. Participants requiring assistance need to be accompanied by a caregiver or assistant while at the center.

Garland Senior Activity Center Staff

D'Aun Muhlinghaus - Senior Services Supervisor

Cecilia Ballester - Senior Services Specialist

Elda Guerrero - Medical Transportation Driver/Senior Services Specialist

Rachel Bibby - Senior Services Specialist

Doug Peterson - Medical Transportation Driver

Larry Alba - Bus Driver

James Frederick - Bus Driver

John Cochrane - Bus Driver

Josselyn Juarez - Building Attendant

Mike Coffman - Recreation Associate

Susan Pate - Recreation Associate

Carver Senior Center Staff

Jelisa Baker - Senior Services Supervisor

Jerica Miller - Senior Services Specialist

Dorothy Jones - Recreation Associate

Zoila Alba - Recreation Associate



GARLAND