

# SAVE THE DATE

## WINTER/SPRING REGISTRATION IN PERSON AND ONLINE DECEMBER 8

SPACE IS LIMITED

[WWW.WYLIETEXAS.GOV](http://WWW.WYLIETEXAS.GOV) | 972-516-6349



Activity Registration

<https://apm.activecommunities.com/wylie>



email

[Recreation@WylieTexas.gov](mailto:Recreation@WylieTexas.gov)



City of Wylie Website

[WylieTexas.gov](http://WylieTexas.gov)



digiREC news and blog

[WylieRecreation.com](http://WylieRecreation.com)



Instagram

[@WylieRecreation](https://www.instagram.com/WylieRecreation)



Facebook

[Wylie Recreation and City of Wylie, TX](https://www.facebook.com/WylieRecreationandCityofWylieTX)



Twitter

[@WylieRecreation](https://twitter.com/WylieRecreation) and [@WylieParks](https://twitter.com/WylieParks)

# Sr Rec Center

800 THOMAS - 100 | 972-516-6349 | [Recreation@WylieTexas.gov](mailto:Recreation@WylieTexas.gov) | December 2017

## SPECIAL EVENTS

### Coffee Talk

You bring the ideas, we provide the snacks. Spend time with staff and peers talking about the new recreation wants and needs for activities, trips, and how you can help each other enjoy the center more. Be the first to get insider information on the upcoming recreation and city events.

**Senior Recreation Center**

**Ages: 55 Yrs +**

W 12/6 12:30 - 1:30 PM No Charge 7797

### Pancake Breakfast

Flapjacks, sausage, and syrup. Fill your plate with hot, fresh, and delicious pancakes, enjoy a cup of coffee, and much more provided in part by Garnet Hill Rehabilitation and Skilled Care. Stick around for your favorite daily games and new activities. Register by 3/5.

**Senior Recreation Center**

**Ages: 55 Yrs +**

F 12/8 9:30 - 10:30 AM No Charge 7890

### The Reelers

Calling all movie buffs. Meet with fellow movie lovers to enjoy a mix of comedy and drama, cult classics, modern-day masterpieces, and black and white favorites at the center. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

**Senior Recreation Center**

**Ages: 55 Yrs +**

**A Christmas Carol & Miracle on 34th Street**

Tu 12/12 10 AM - 3 PM No Charge 7872

### Christmas Celebration

Merry Christmas and Happy Holidays! Share friendship, cheer, and merriment during this special season of joy. Enjoy a hot cocoa bar, a delicious catered lunch, live seasonal entertainment, lots of door prizes, laughter, and fun. Don't forget to take a picture with Santa before you leave. Register by 12/11.

**Senior Recreation Center**

**Ages: 55 Yrs +**

F 12/15 12 - 2 PM No Charge 7913

December 2017

# TRIPS LET'S GO!

## Bath House Matinee

The timeless classic "It's a Wonderful Life" gets a new spin as a live 1940s radio broadcast. With the help of a sound effects man, five actors deliver lines from the movie, reconnecting you with the classic story of love and redemption in a fresh and inventive way. Bring money for lunch. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-516-6349.

**Ages: 55 Yrs +**  
Th 12/14 11 AM - 4 PM \$15 7898

## Dr. Pepper Museum

Are you a Pepper? Learn of the invention of Dr. Pepper, explore the bottling room, and visit the soda jerk at the Soda Fountain for your free sample. Bring money for lunch. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-516-6349.

**Ages: 55 Yrs +**  
Th 12/28 8 AM - 4 PM \$10 7902

## Texas Musicians Museum

Face the music. Whether you are a fan of rock, country, or pop, explore this collection of memorabilia from Texas music legends like Buddy Holly and Selena. Bring money for lunch. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-516-6349.

**Ages: 55 Yrs +**  
Th 12/21 10 AM - 3 PM \$8 7901

## Chow Critics

Foodies unite. Join your fellow food lovers and expand your palate by trying all the best restaurants around town. Enjoy anything from seafood to pancakes, and top it off with a sweet treat. Bring money for lunch and dessert. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-516-6349.

**Red Robin**  
Th 12/7 11 AM - 2 PM No Charge 7720

## Store Trip

You do the shopping and we will do the driving. Every first and third Tuesday the bus picks you up from your home and takes the group to run typical shopping errands. Usual stops may include Walmart, Dollar Tree, and the bank. Bring money for lunch and shopping.

**Ages: 55 Yrs +**  
Tu 12/5 10 AM - 2 PM No Charge 7855  
Tu 12/19 10 AM - 2 PM No Charge 7856

## Library Trip

Dust off your library card. Join your fellow book lovers as we take you to Wylie's Smith Public Library. You will have time to scan the shelves for the latest additions or check out an old favorite. A minimum of four riders required. Registration required.

**Ages: 55 Yrs +**  
W 12/13 12:30 - 1:30 PM No Charge 7941  
W 12/27 12:30 - 1:30 PM No Charge 7942

# SENIOR SERVICES

## MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Rec Center. Call or sign up with Sr Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See Sr Rec Center front desk staff for registration forms and monthly menu.

**Wylie Sr Rec Center**  
**Ages: 60 Yrs +**

## WISD Gold Card Program

Join the Wylie Independent School District's Gold Card program and get admitted free of charge to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district! A Sr Rec Center bus will be providing transportation to select events throughout the year.

See Sr Rec Center front desk staff for registration forms.

**Wylie Sr Rec Center**  
**Ages: 65 Yrs +**

## North Central Texas Area Agency on Aging

The Area Agency on Aging has a new way to help you with health care, drug, food and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs.

- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief or respite care

You may qualify if you have limited income and you are on Medicare or have a disability. There is no cost to apply. Call at 1-800-272-3921, ext. 7364 or 7687, or email at [benefits@nctcog.org](mailto:benefits@nctcog.org).

## QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR REC STAFF,  
[RECREATION@WYLIE TEXAS.GOV](mailto:RECREATION@WYLIE TEXAS.GOV)  
OR 972-442-8119. REGISTER PER  
PERSON, BRING AT LEAST \$12 FOR  
LUNCH.

# FAQs

## HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents. Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

## WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

## WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to the Activity Menu for more information on Sr Rec Center Refunds.

## Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

## HOURS & LOCATION

800 Thomas Street - 100  
972-516-6349

### MONDAY - FRIDAY

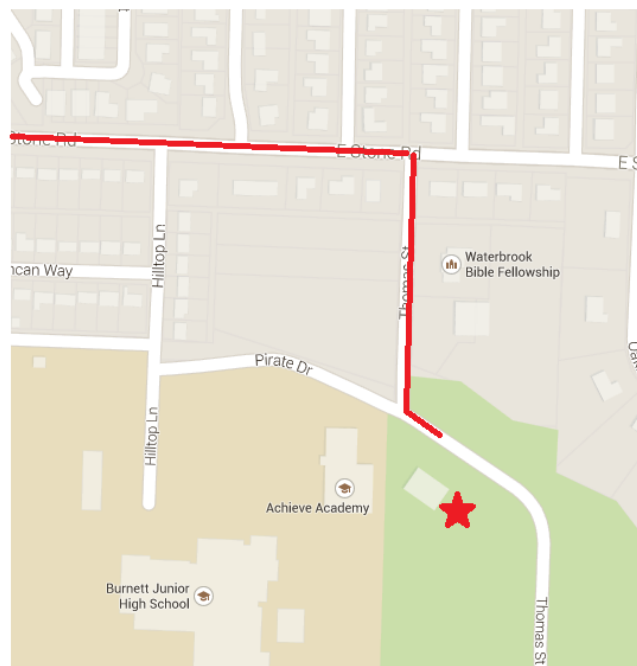
8 am - 4 pm

### SATURDAY

9 am - 3 pm

### SUNDAY

1 - 5 pm



# HEALTH & FITNESS

## SR REC CENTER FITNESS AREA

Stay healthy and fit in a safe, clean and accessible environment! The Sr Rec Center offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie's Community Park located outside the Sr Rec Center. Fitness area is available during business hours.

### Chair Yoga

Namaste. Improve your mind, balance, flexibility, and strength during this low impact, easy to follow DVD workout. With the aid of a chair, resistance training, and stretching, you will learn to relax your mind and body in order to promote active mindfulness and meditation. Athletic clothes and closed toed shoes required.

#### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Cindy Risteen

Sa 12/2 - 12/30 10 - 10:45 AM No Charge 7802

### Golden Tai Chi

**NEW**

Unite your mind and body. With the help of an easy to follow DVD, combine tai chi moves and qigong exercise in this whole body workout that will leave you feeling relaxed and energized while improving your mobility, balance, strength, and flexibility. Exercises can be done sitting or standing, making this workout perfect for any ability. Athletic clothes and closed toed shoes required.

#### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Cindy Risteen

Sa 12/2 - 12/30 11 AM - 12 P M No Charge 8082

### Group Exercise

No pain, no gain. Join friends for a fun, low impact workout that will leave you feeling great. Engage your muscles and mind as you burn calories with the use of resistant bands, hand weights, and sitting and standing exercises. All movements can be easily modified for any ability. Athletic clothes and closed toed shoes required. No class 12/8, 12/13 or 12/15.

#### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Joyce McGaughey

M W F 12/1 - 12/29 8 - 9:15 AM No Charge

M W F 12/1 - 12/29 9:30 - 10:30 AM No Charge

\*Open Play activity. A Sr Rec Center ID is required to participate. Seating on a first come, first serve basis.

# THE ARTS

## Wreath Making

Deck out your door. Create a beautiful wreath using a variety of textures, ribbon, and décor. Learn how to select and place stems and color for a balanced and whimsical look. Take it home or surprise a friend with a unique handmade gift. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Lupe Kuharsky

Tu	12/19	12:30 - 1:30 PM	\$5	7888
Tu	12/19	2 - 3 PM	\$5	7917

## Basic Floral Design

Learn the ins and outs of floral design from a professional florist. Go through the step-by-step process of floral design. Learn the basic design elements and principles, and create a beautiful project for your home. Put together various types of floral arrangements, including corsage and round arrangements. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Kate Philippi

Tu	12/5	10 - 11 AM	\$3	7785
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## Texas Hold 'Em

Time to practice your poker face. Expand your skills or learn new techniques. Try your luck with the house dealer and learn when to bet, raise, call, or fold in this popular card game. Play friendly wagers, antes, and double downs for bragging rights. All levels welcome.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Matthew Kruse

M	12/4- 12/18	10 AM - 12 PM	No Charge	7864
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## Rock On

**NEW**

#WylieRocks. Join in the painted-rock craze that combines creative time with friends and social media to brighten a stranger's day. Paint, place, and track your rocks as they embark on an expedition to spread cheer around local parks and trails. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Angela Daniel

Tu	12/5	12:30 - 2 PM	No Charge	8086
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## Third Monday Book Bunch

Social networking and a good book. No batteries required. Immerse yourself in a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group and based on group discussion and interest.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Donna Shirley

M	12/18	12 - 1 PM	No Charge	7877
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## Craft Corner

Get crafty. Create one-of-a-kind treasures to keep or share with your friends and family. Quick and easy projects include something for everyone. Learn a new skill, or show off an old one in a friendly environment with fellow crafters. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Jennifer Hollien

## Snowman Ornaments

W	12/20	12:30 - 1:30 PM	No Charge	7846
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## WITHDRAWALS

**PLEASE WITHDRAW AT LEAST 24 HOURS BEFORE CLASS START TIME. THIS ALLOWS THE INSTRUCTOR TO ADJUST CURRICULUM AND WAITLISTED GUESTS TO BE REGISTERED.**

## AWESOME EXPERTS

**ANGELA DANIEL** teaches Creative Confections. She has been working for the Recreation Department since 2010 and at the Senior Recreation Center since 2016. Angela loves sharing her creativity and recipes with those around her. She has many great memories of cooking and baking with her grandmother, mother, and children. Her favorite quote is, "The fondest memories happen while gathered around the table."

**JENNIFER HOLLIEN** offers craft instruction. Jennifer has always enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Recreation Center with holiday craft projects and decorating for parties and lunches for many years. Jennifer enjoys helping others expand their creative expression through Senior Craft Corner projects.

## AWESOME EXPERTS

**CINDY RISTEEN** teaches Chair Yoga. She has been part of the Senior Rec team since 2013 and firmly believes that maintaining a strong core is important to senior health. Cindy strives to lead participants toward improved physical and mental health. She enjoys working with seniors and hopes to brighten the day of everyone with whom she interacts.

**MICHELLE STONE** teaches Crochet. Michelle has been working at the Senior Recreation Center since 2015. She has been crocheting since she was a teenager and continues to learn new stitches to bring to her students. Michelle enjoys sharing what she has learned with others and loves seeing the joy on students' faces when they understand a concept or master a new skill.

**DONNA SHIRLEY** with the Smith Public Library heads up the Third Monday Book Bunch. She has been with the library since 2003. Donna earned her Bachelor of Arts in Liberal Studies at Oklahoma Christian University and received a Master of Library Science from Oklahoma University. While she enjoys reading nonfiction and many other genres, she is especially fond of British mysteries and horror.

**ROBERT STOKES** teaches Genealogy. Robert has been researching his family history for 20 years. He started as an English teacher and eventually became an assistant principal for Dallas ISD. He has been interviewed by *Time Magazine* and *Readers Digest* for his study of family history. Robert also teaches his Genealogy courses at The Mansions of Wylie.

# [THE ARTS CONTINUED]

## Woodworking

Release your inner craftsman. Learn the basic techniques of woodworking as you progress at your own pace. Transform wood into beautiful pieces for you to take home or give to friends and family. Each month features a new project for you to nail, glue, and paint to perfection. All supplies provided. No class 12/15.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Matt Kruse

F	12/1 - 12/29	1:30 - 2:30 PM	No Charge	7883
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## Creative Confections

Treat yourself to the sweetest projects. Discover a world of confectionery delight. Join in for a yummy and simple spin on cakes, candies, and cookies. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Angela Daniel

### Melting Snowmen

M	12/4	12:30 - 1:30 PM	No Charge	7811
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### Peppermint Patty

M	12/11	12:30 - 1:30 PM	No Charge	7812
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### Candy Cane Hearts

M	12/18	12:30 - 1:30 PM	No Charge	7813
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## Genealogy

Curious about your family history? Find out if your ancestors fought in the Revolutionary War, traveled overseas to get here, and how they provided for family. Improve your research skills at your own pace. Explore preservation techniques, ethnic studies, and more.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Robert Stokes

W	12/13	1 - 2 PM	No Charge	7836
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# OPEN PLAY

JOIN IN THE FUN.

OPEN GAMES, GROUP EXERCISE,  
PING PONG, FITNESS ROOM, BINGO,  
WII GAMES, AND MORE.

## Crochet

Get hooked. Chain, slip stitch, and double crochet your next craft project. Learn the basic steps of crochet while experimenting with a variety of color schemes and textures. Take home a great handmade project and the skills to make many more. All supplies provided.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Michelle Stone

### Beginner

M	12/4	12:30 - 1:30 PM	No Charge	7951
M	12/18	12:30 - 1:30 PM	No Charge	7952

### Intermediate

**NEW**

Take your needle work to the next level. Learn advanced stitches and patterns, and receive input on group projects. All supplies provided.

M	12/4	2 - 3 PM	No Charge	7959
M	12/18	2 - 3 PM	No Charge	7960

## Gardening

Embrace your green thumb. Learn and share gardening tips while socializing with friends and getting some fresh air. Grow your very own fruits and vegetables alongside a skilled instructor. Gain valuable plant care tips. We provide the seeds, tools, and soil.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Kate Philippi

W	12/6	8:30 - 9:30 AM	No Charge	7830
W	12/20	8:30 - 9:30 AM	No Charge	7831

# AWESOME EXPERTS

**MATT KRUSE** offers woodworking instruction. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter who can build anything from cabinetry to decorative figurines. Matt perfected his woodworking skills while growing up on the family farm. He loves to teach others the trade.

**LUPE KUHARSKY** offers wreath making. Lupe is a former educator and administrator for Mesquite ISD and has been a member of the Senior Recreation Center since 2012. She was inspired to start crafting at a young age by her sister, who owned a craft store, and her neighbor who loved to create jewelry. In addition to designing wreaths, her favorite crafts include making blue jean purses and cross-stitching.

**JOYCE MCGAUGHEY** teaches fitness classes at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her motivation and determination to help her peers be fit and live a healthy life.

**KATE PHILIPPI** teaches Basic Floral Design and Gardening. She has been an active member of the Senior Recreation Center for two years. Kate started in the floral industry in 1973. She studied floral design and earned her Florist Transworld Delivery master design certification. She has owned four flower shops in Tulsa, Okla., and taught floral design at the Tulsa Technology Center for 12 years.

# WYLiE December 2017

Senior Recreation Center

800 THOMAS STREET - 100  
972-516-6349  
RECREATION@WYLITEXAS.GOV

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 8 AM Group Exercise 9:30 AM Group Exercise 12:30 PM Bingo 1:30 PM Woodworking	2 10 AM Chair Yoga 11 AM Golden Tai Chi
3	4 8 AM Group Exercise 9:30 AM Group Exercise 10:30 AM FBC Happy Circle 10 AM Texas Hold 'Em 12:30 PM Creative Confections 12:30 PM Beginner Crochet 2 PM Intermediate Crochet	5 10 AM Store Trip 10 AM Basic Floral Design 12:30 PM Rock On	6 8 AM Group Exercise 8:30 AM Gardening 9:30 AM Group Exercise 12:30 PM Coffee Talk	7 11 AM Chow Critics - Red Robin	8 9:30 AM Pancake Breakfast 10:45 AM Wylie East Prestige Show Choir 12:30 PM Bingo 1:30 PM Woodworking	9 10 AM Chair Yoga 11 AM Golden Tai Chi
10	11 8 AM Group Exercise 9:30 AM Group Exercise 10 AM Texas Hold 'Em 12:30 PM Creative Confections	12 10 AM Reelers	13 12:30 PM Library Trip 1 PM Genealogy	14 11 AM Bath House Matinee	15 12 PM Christmas Celebration	16 10 AM Chair Yoga 11 AM Golden Tai Chi
17	18 8 AM Group Exercise 9:30 AM Group Exercise 10 AM Texas Hold 'Em 12 PM Third Monday Book Bunch 12:30 PM Creative Confections 12:30 PM Beginner Crochet 2 PM Intermediate Crochet	19 10 AM Store Trip 12:30 PM Wreath Making 2 PM Wreath Making	20 8 AM Group Exercise 8:30 AM Gardening 9:30 AM Group Exercise 12:30 PM Craft Corner	21 10 AM Texas Musicians Museum	22 8 AM Group Exercise 9:30 AM Group Exercise 12:30 PM Bingo 1:30 PM Woodworking	23 10 AM Chair Yoga 11 AM Golden Tai Chi
24 CLOSED	25 CLOSED	26	27 8 AM Group Exercise 9:30 AM Group Exercise 12:30 PM Library Trip	28 8 AM Dr. Pepper Museum	29 8 AM Group Exercise 9:30 AM Group Exercise 12:30 PM Bingo 1:30 PM Woodworking	30 10 AM Chair Yoga 11 AM Golden Tai Chi
31						

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.