

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 p.36 of the Activity Menu for more information on Sr Rec Center Refunds.

SENIOR REC CENTER TEMPORARY LOCATION @

Waterbrook Bible Church

507 Thomas Street, Wylie

MONDAY - FRIDAY

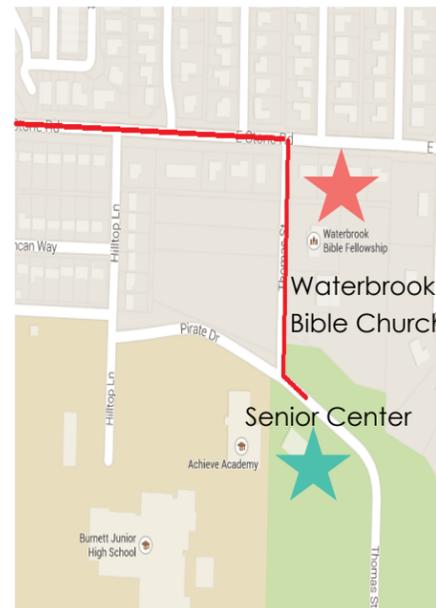
9 am - 2 pm

THURSDAY

Only open for field trips

Saturday

9 am - 12 pm



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.

December 2016

Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SPECIAL EVENTS

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 favorite daily games and new activities. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

F	12/16	9:30 - 10:30 AM	No Charge	6967
---	-------	-----------------	-----------	------

Senior Christmas Party

Merry Christmas and Happy Holidays. It's time to celebrate! Share friendship, cheer, and merriment during this special season of joy. Enjoy a delicious lunch, live seasonal entertainment, lots of door prizes, laughter, and loads of fun!

First Baptist Church Event Center

Ages: 55 Yrs +

M	12/19	12 - 2 PM	No Charge	6938
---	-------	-----------	-----------	------

New Year's Eve Party

Get a jump on the New Year's festivities and bring on the cheer! Gather for this tradition with friends to celebrate favorite memories and future adventures. Enjoy a delicious lunch, snack on sweet treats, and toast in the new year.

Senior Recreation Center

Ages: 55 Yrs +

F	12/30	11 AM - 2 PM	No Charge	6857
---	-------	--------------	-----------	------

December 2016

SPECIAL EVENTS [CONTINUED]

Coffee Talk

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Waterbrook Bible Church

Ages: 55 Yrs +

W	12/7	12:30 - 1:30 PM	FREE	6684
---	------	-----------------	------	------

Store Trip

You do the shopping while we do the driving! Every other Tuesday the bus will pick you up and take you around to run your errands. Typical stops include Walmart, Dollar Tree and the bank. Bring money for lunch and shopping.

Ages: 55 Yrs +

Tu	12/6	10 AM - 2 PM	FREE	6726
Tu	12/20	10 AM - 2 PM	FREE	6727

QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,
RECREATION@WYLIENTEXAS.GOV
 OR 972-442-8119

REGISTER PER PERSON, BRING AT LEAST \$12 FOR LUNCH.

SENIOR SERVICES

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr 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 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! Senior Rec Center bus will be providing transportation to select events throughout the year.

See Sr Rec Center front desk staff for registration forms.

Wylie 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.

PLAY

Texas Hold 'Em

Time to practice your poker face! Try your luck with the house dealer and learn when to bet, raise, call, or fold with this popular card game. Place friendly wagers, antes, and double downs for bragging rights.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M	10 AM - 12 PM	FREE	6801
	NO CLASS 12/19		

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. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

Waterbrook Bible Church

Ages: 55 Yrs +

The Christmas Story & Scrooged

Tu	12/13	10 AM - 2 PM	FREE	6738
----	-------	--------------	------	------

New Years Eve & While You Were Sleeping

Tu	12/27	10:30 AM - 2:30 PM	FREE	6739
----	-------	--------------------	------	------

TRIPS LET'S GO!

Senior Chow Critics

Everyone's a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well-established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied. Bring money for lunch and a dessert stop. Dessert at Yogurt Cup.

Ages: 55 Yrs +

Ten50 Barbeque

Th	12/1	11 AM - 2 PM	FREE	6704
----	------	--------------	------	------

Museum of Culture

See art from all over the world! This museum, the only cultural institution of its kind in Texas, focuses on contemporary people and the challenges of existing communities in remote locations of the world. See an exclusive exhibit of Nativity Scenes and Trail of Trees decorated by children. Bring money for lunch. Lunch at Applebee's.

Ages: 55 Yrs +

Th	12/8	10:30 AM - 4 PM	\$5	6849
----	------	-----------------	-----	------

Uh-Oh, Here Comes Christmas

Travel to the historical Bath House Cultural Center located on the shores of White Rock Lake. This charming show takes a funny, heartwarming, and often poignant look at the struggle to find the spirit of the holidays amongst the commercialism, stress, and chaos that crash down on us every Christmas. Bring money for lunch. Lunch at Highland Park Café.

Ages: 55 Yrs +

Th	12/15	10:30 AM - 4:30 PM	\$15	6850
----	-------	--------------------	------	------

Nasher Sculpture Center

Spend a nice day enjoying amazing gardens with larger-than-life sculptures from many well-known artists. The Nasher Center, one of the few institutions in the world devoted to the exhibition, study, and preservation of modern sculpture, includes more than 300 sculptures. Bring money for lunch. Lunch at TGI Fridays.

Ages: 55 Yrs +

Th	12/22	10:30 AM - 3:30 PM	\$9	6851
----	-------	--------------------	-----	------

Choctaw Casino

Hop on our bus and head up to Durant, Oklahoma for a fun-filled day. Includes your player's card and reduced rate of \$7.99 for a buffet lunch at Butterfield's Buffet. Enjoy the slots and sights and receive a \$10 free play when you earn 20 points on your player's card. Bring money for food and games.

Ages: 55 Yrs +

Th	12/29	8:30 AM - 4:30 PM	\$5	6852
----	-------	-------------------	-----	------

Fredericksburg Getaway

Visit the town where German pioneers settled over 160 years ago! Pack your bags as we drive you to the heart of the Texas Hill Country. Explore LBJ Ranch, enjoy an authentic German meal, and taste the local wine while socializing with friends. Bring money for three lunches and two dinners.

Ages: 55 Yrs +

Sa-M	12/10 - 12/12			
\$329	6935	Single Occupancy		
\$195	6936	Double Occupancy, Per Person		

THE ARTS

Wreath Making

NEW!

Time to decorate your door! Make spirited creations with friends and get into the holiday spirit. Create a beautiful holiday wreath using a variety of textures, ribbon, and decor. Learn how to select and place stems and color for a balanced yet whimsical look.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Lupe Kuharsky

Winter Wonderland

Tu	12/27	1 - 2 PM	\$3	6897
----	-------	----------	-----	------

Senior 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 crafting skill or show off an old one in a friendly environment with fellow crafters. All supplies provided.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

Tea Light Snowmen

W	12/21	12:30 - 1:30 PM	FREE	6709
---	-------	-----------------	------	------

Basic Floral Design

Learn the ins and outs of floral design from a professional florist. Go through the process of floral design by learning basic design elements and principles while creating a beautiful project to take home. Put together various types of floral arrangements from corsages to round arrangements while meeting new friends.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Phillippi, Kate

Tu	12/6	10:00 - 11:00 AM	\$3	6776
----	------	------------------	-----	------

Creative Confections

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

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Cortez, Amy

Chocolate Trees

M	12/12	12:30 - 2 PM	FREE	6823
---	-------	--------------	------	------

Strawberry Santa

M	12/26	12:30 - 2 PM	FREE	6691
---	-------	--------------	------	------

Chair Yoga

Relax and rejuvenate while improving balance and mobility. Get Fit Where You Sit, DVD video series focuses on physical and mental fitness with the aid of a chair. Step-by-step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Waterbrook Bible Church

Ages: 55 Yrs +

Sat	12/3 - 12/31	10 - 11 AM	FREE	6679
NO CLASS 12/7, 12/16, & 12/24				

Senior Wellness Series

Keep up to date about general health, wellness, and safety topics that affect you or a loved one. Presentations include informative sessions, resources for further study, and question and answer opportunities. Door prizes and take home information included for all attendees.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Krause, Matt

Staying Warm

W	12/14	10 - 11 AM	FREE	6720
---	-------	------------	------	------

AWESOME EXPERTS

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.

SHERRY PANNELL has been attending Latin Aerobics classes since January 2010. By 2012, the Zumba phenomenon caught fire and she became hooked. In 2013, Sherry received her Zumba Basic and Zumba Gold certifications. A senior herself, Sherry is excited to share her love for Zumba with other seniors.

AMY CORTEZ offers Creative Confections. Amy's love for baking comes from her grandmother. Growing up she was given a night to cook, and when given that night she always chose to just bake. Her favorite things to bake include cupcakes and cakes. She loves decorating her creations and sharing with others.

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. With the help of a DVD guided chair yoga program, Cindy leads and aids participants to improve their physical and mental health.

Wylie Rec Center

Stay healthy and fit in a safe, clean and accessible environment! Wylie Recreation Center offers your choice of fitness equipment, a 1/10 of a mile indoor walking track, strength equipment, and more! Watch your local news or favorite shows while you work out.

Location: 300 Country Club, Building 200

Rec Pass - Adult ages 55+

Annual: \$135; \$105 with Wylie Resident discount applied

1 Month: \$14; \$10 with Wylie Resident discount applied

HEALTH & FITNESS

Group Exercise

Participate in a fit and fun low-impact workout. This unique curriculum accommodates the needs of people that have trouble standing on the floor to exercise. The combination of resistance bands, arm weights, and chair exercise keep you engaged and feeling great.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

M W F 12/2 - 12/30 9:30 - 10:30 AM FREE 6698
NO CLASS 12/7, 12/16, 12/19 & 12/30

Woodworking

Grab a hammer and some nails for this hands-on experience! Unleash your creative potential while learning how to transform wood into beautiful and practical products to take home. Learn basic techniques and hone your skills. Each month features a new project. All supplies provided.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Kruse, Matthew

F 12/2 - 12/30 1 - 2 PM FREE 6806

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.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Philippi, Kate

W 12/7 - 12/28 9 - 9:30 AM FREE 6793

AWESOME EXPERTS

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

MATT KRUSE offers woodworking instruction and Senior Wellness Series. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced wood crafter and can build anything from cabinetry to decorative figurines. Matt is also a first responder and volunteers for Nevada and Lucas fire departments.

JENNIFER HOLLIE offers craft instruction. As a mother, Jennifer enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Rec Center with holiday craft projects and decorating for parties and luncheons for many years. Jennifer is looking forward to helping others expand their creative expressions through Senior Craft Corner projects.

KATE PHILIPPI teaches Basic Floral Design and Gardening. 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, Oklahoma and taught floral design at the Tulsa Technology Center for 12 years.

December 2016

800 Thomas Street - 100
 972-442-8119
RECREATION@WYLIE TEXAS.GOV

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 11:00 AM Senior Chow Critics	2 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	3 10:00 AM Chair Yoga
4	5 10:00 AM Texas Hold 'Em	6 9:00 AM Store Trip 10:00 Basic Floral Design	7 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Coffee Talk	8 10:30 AM International Museum of Culture	9 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	10 7:30 AM Fredericksburg Getaway 10:00 AM Chair Yoga
11	12 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 PM Creative Confections	13 10:00 AM Reelers	14 9:00 AM Gardening 9:30 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 PM Library Trip	15 10:30 AM Uh-Oh Here Come's Christmas	16 9:30 AM Pancake Breakfast 12:30 PM Bingo 1:00 PM Woodworking	17 10:00 AM Chair Yoga
18	19 9:00 AM—11:00 AM Open Games 12:00 PM Christmas Party	20 9:00 AM Store Trip	21 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Senior Craft Corner	22 10:30 AM Nasher Sculpture Center	23 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	24 Closed
25	26 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 Creative Confections	27 10:00 AM Reelers 1:00 PM Wreath Making	28 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Library Trip	29 8:30 AM Choctaw Casino	30 11:00 AM New Years Eve Party 1:00 PM Woodworking	31 10:00 AM Chair Yoga