

FAQs

HOURS & LOCATION

800 Thomas Street - 100
972-442-8119

MONDAY - FRIDAY

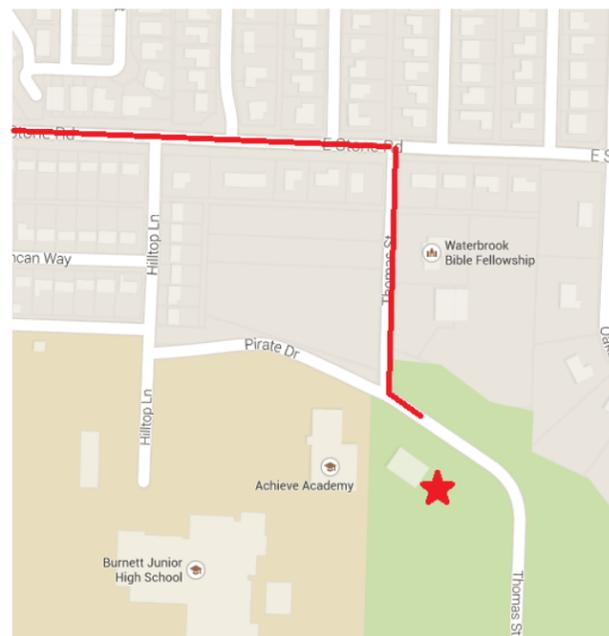
8 am - 4 pm

SATURDAY

9 am - 3 pm

SUNDAY

1 - 5 pm



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. 45 of 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 and Fitness Area. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

JANUARY 2016

Sr Rec Center

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

SPECIAL EVENTS

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.

Senior Recreation Center

Ages: 55 Yrs +

W	1/6	12:30 - 1:30 PM	FREE	5856
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The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy 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 +

Father of the Bride, Annie Hall

Tu	1/12	10 AM - 3 PM	FREE	5924
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Dr. Strangelove, The Hustler

Tu	1/26	10 AM - 3 PM	FREE	5925
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Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

F	1/15	11:30 AM - 1 PM	FREE	5850
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7 - Night Alaskan Cruise

Join us for an adventure of a lifetime aboard an Alaskan Cruise! If you're looking to vacation on one of the most amazing ships at sea, feel free...it's Carnival Liberty! And Carnival Liberty just so happens to be packed with some of the latest, greatest features you'll find anywhere. More information and pricing on Pg. 2.

Ages: 55 Yrs +

Cruise Kickoff Meeting

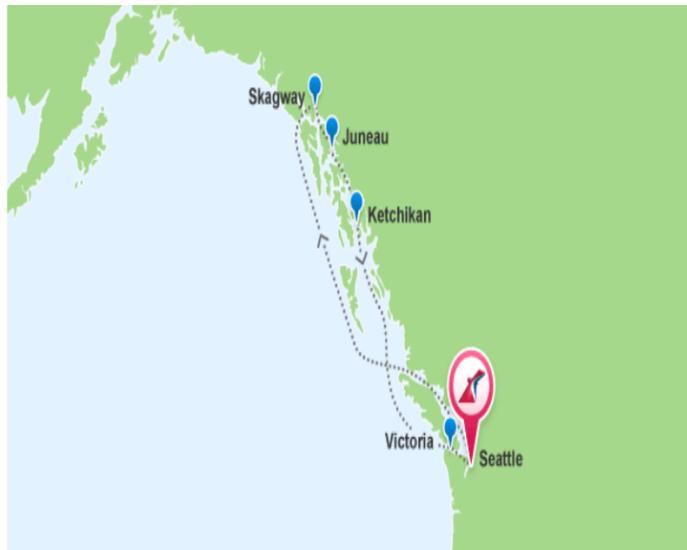
F	1/8	10:30 - 11:30 AM	FREE	
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JANUARY 2016

PRESENTS: CARNIVAL LIBERTY

If you're looking to vacation on one of the most amazing ships at sea, feel free...it's Carnival Liberty! And Carnival Liberty just so happens to be packed with some of the latest, greatest features you'll find anywhere.

INTERIOR	OCEAN VIEW	BALCONY
CABIN	CABIN	CABIN
\$1675	Call for Pricing	\$2200



To register or for more information, contact:

WYLIE SENIOR RECREATION CENTER

972-442-8119



RECREATION@WYLIENTEXAS.GOV

AUG. 30 - SEP. 6, 2016 7 - NIGHT ALASKAN CRUISE

Rates include port charges, taxes, bus transportation to and from WSRC, roundtrip flight to Seattle, transportation to and from ship, and travel insurance based on double occupancy.

To reserve your stateroom, a deposit of \$350 per person due by 2/26, then four easy payments with final payment due by 6/3.



Day	Port	Arrive	Depart
30 - Aug.	Seattle, WA		4:00 PM
31 - Aug.	--- Fun Day at Sea	---	---
1 - Sep.	Cruise Tracy Arm Fjord		
2 - Sep.	Skagway, AK	7:00 AM	9:00 PM
3 - Sep.	Juneau, AK	7:00 AM	3:00 PM
4 - Sep.	Ketchikan, AK	7:00 AM	1:00 PM
5 - Sep.	Victoria, BC, Canada	7:30 PM	11:59 PM
6 - Sep.	Seattle, WA	7:00 AM	

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.

Senior Recreation 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.

Senior Recreation 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.

Zumba Gold

Join the party and be a part of the Zumba craze! This aerobic fitness program with a Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

Sa 1/2 & 1/16 9:30 - 10:15 AM FREE 5871

Senior Wellness Series

Stay informed about health and safety topics that affect you or a loved one. Presentations include informative sessions, resources for further study, and question and answer opportunities.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Prevent Blindness

W 1/13 10 - 11 AM FREE 5974

Senior Round Up Line Dance

Learn to boot-scootin-boogie with friends. Line dancing improves balance, memory, and cardio stamina. Learn the basic steps of traditional line dances and country couple dance. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

Sa 1/2 - 1/30 10:30 - 11:30 AM FREE 5893

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 a Senior Wellness Series. Amy holds a certification in Emergency Medical Response and works with the volunteer fire department in her community. She is a certified CPR instructor through the American Heart Association and has been a City of Wylie employee at the Senior Recreation Center since 2010.

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.

OPEN

PLAY

Wii Bowling

This simulated bowling game is fun and easy to learn. Join the virtual league and sit or stand to bowl while practicing hand-eye coordination and balance.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

MWF 12 - 3 PM FREE
Sa 9 AM - 3 PM FREE
Su 1 - 5 PM FREE

Triple Threat

Blackjack, Poker, and Texas Hold `Em at the Center. Try your luck with the house dealer. Friendly wagers, antes and double downs are played for bragging rights at the Sr Rec Center.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M 1/4 - 1/25 10 AM - 12 PM FREE

Bunco

Play the original game of dice! Grab a partner and let the Sr Rec Center host a morning of bunco with refreshments, snacks, and prizes for the highest score, lowest score, and most buncos in a game.

Ages: 55 Yrs +

Instructor: Kruse, Matthew

Tu 1/5 11:30 AM - 1:30 PM FREE 6272
Tu 1/19 11:30 AM - 1:30 PM FREE 6273

Open Crafts

Bring a current project from home or start a new one! Stimulate your creativity and exercise fine motor skills with friends. Limited supplies will be provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

Tu 9 AM - 2 PM FREE

HAND & FOOT, Dominos, MAHJONG, FARKLE, Bingo, Ping Pong...

THE ARTS

Stitch-n-Smile

Happiness is just a needle and thread away! Develop your cross-stitch, knitting, and crochet skills while improving dexterity, memory, and concentration. Work on projects with friends, share tips, trade patterns, and relax! Bring your projects and supplies. Limited supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

Tu	1/5 - 1/26	1 - 3 PM	FREE	5887
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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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Empanadas

M	1/11	12:30 - 2 PM	FREE	5964
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Chocolate Tarts

M	1/25	12:30 - 2 PM	FREE	6121
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Ikebana

Practice the ancient Japanese art of flower arranging. Study the origin and concepts that emphasize shape, line, form, and harmony. Assemble simple blooms and foliage to create a unique display to take home or share with friends.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

Tu	1/5	10 - 11:30 AM	FREE	5877
Tu	1/26	10 - 11:30 AM	FREE	5878

Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends. 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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

Frosted Glass Vase

W	1/20	12:30 - 1:30 PM	FREE	5865
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Decoupage

Master the art of decoupage. Transform any ordinary object into a custom design with simple steps and instant results. By combining paper, paint, and pictures, tailor almost any object to reflect your personality, or match your home décor.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

Th	1/7 - 1/21	1 - 3 PM	FREE	5911
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HEALTH & FITNESS

Group Exercise

All abilities benefit from this fit and fun low-impact exercise adapted for those with poor balance, or have trouble standing on the floor to exercise. Learn how to use a variety of equipment and techniques, including resistance bands, arm weights, and chairs to keep you on your toes and feeling great!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

M W F	1/4 - 1/25	9:45 - 10:45 AM	FREE	5956
	NO CLASS 1/11, & 1/15			

Chair Yoga

Namasté! Relax and rejuvenate while improving balance and mobility. This unique combination of a live instructor and the Get Fit Where You Sit, DVD 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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Risteen, Cindy

W	1/6 - 1/27	1:30 - 2:15 PM	FREE	6176
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Sr Rec Fitness Area

Stay healthy and fit in a safe, clean and accessible environment! Wylie Sr Rec 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.

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 desert.

Ages: 55 Yrs +

Babe's

Th	1/7	11 AM - 2 PM	FREE	5899
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Nebraska Furniture Mart

Grab your walking shoes and stroll the largest home furnishing store in North America. Browse the 1.3 million-square-foot showroom with one million items of furniture, flooring, appliances, and electronics. Check out the year-round display of outdoor furniture and outdoor kitchens, see a working 3-D printer in action in the electronics section, and accessorize and fantasize about your perfect dream home! Bring money for food.

Ages: 55 Yrs +

Th	1/14	10:30 AM - 4:30 PM	\$5	6129
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Alamo Draft House

Movie lovers rejoice! The Alamo Draft House has developed a cult following for its special events and in-seat food and drink service. Enjoy a custom preshow of rotating vintage cartoons and short plays, place your lunch orders, and experience this one of a kind movie dining experience. Bring money for food.

Ages: 55 Yrs +

Th	1/21	10:30 AM - 4:30 PM	\$9	6130
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Kimbell Art Museum

Head to the Kimbell Art Museum for a once in a lifetime exhibition showcasing the French Impressionist painter Gustave Caillebotte. More than 50 paintings come together from museums and private collections around the world highlighting the full range of Caillebotte's extraordinary vision. Images of Parisian streets, domestic life, and daring perspective provide for an unforgettable experience. Bring money for food.

Ages: 55 Yrs +

Th	1/28	10:30 AM - 4:30 PM	\$15	6131
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QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,

RECREATION@WYLIE TEXAS.GOV

OR 972-442-8119

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

Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into 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. This project is made possible by a grant from the U.S. Institute of Museum and Library Services and Texas State Library and Archives Commission. (2016)

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Shirley, Donna

M	1/18	12 - 1 PM	FREE	5943
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Woodcarving

Transform a plain block of wood into art. Unleash your imagination and creative potential as you unwind, relax, and make friends. Learn proper use of tools, easy to follow techniques, and important safety guidelines. You provide the creativity, and we provide the supplies.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

W	1/13	1 - 3 PM	FREE	5917
W	1/27	1 - 3 PM	FREE	5917

Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Ruiz, Erica

Sa	1/9 - 1/30	9:30 - 11 AM	FREE	5937
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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 Woodcarving instruction. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter and can build anything from cabinetry to decorative figurines. Growing up on the family farm, Matt practiced his woodworking skills. He loves to teach others the trade.

ERICA RUIZ teaches Simple Spanish. She is an employee at the Senior Recreation Center and a current International Business student at the University of North Texas. She has worked with all age groups and enjoys socializing and teaching. Growing up Bilingual has taught her to utilize her talents and engage participants in creative and fun ways.

JENNIFER HOLLIEN 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



January 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
HOURS OF OPERATION Monday - Friday 8 AM - 4 PM Saturday 9 AM - 3 PM Sunday 1 PM - 5 PM						1 CLOSED	2 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
3	4 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat	5 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 10:00 AM Ikebana 11:30 AM Bunco 1 - 3 PM Stitch-n-Smile	6 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Coffee Talk 12:30 PM Library Trip 1:30 PM Chair Yoga	7 8:00 AM Games 1 - 3 PM Decoupage 11:00 AM Senior Chow Critics	8 8:00 AM Games 9:45 AM EXERCISE 10:30 AM Cruise Meeting 12:30 PM BINGO	9 9 AM - 3 PM Wii Bowling 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong	
10	11 8:00 AM Games 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	12 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	13 8:00 AM Games 9:45 AM EXERCISE 10:00 AM Senior Wellness Series 1 PM Woodcarving 1:30 PM Chair Yoga	14 8:00 AM Games 10:30 AM Nebraska Furniture Mart	15 8:00 AM Games 11:30 AM Celebration Luncheon 12:30 PM BINGO	16 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong	
17	18 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Book Bunch	19 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 11:30 AM Bunco 1 - 3 PM Stitch-n-Smile	20 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Senior Craft Corner 12:30 PM Library Trip 1:30 PM Chair Yoga	21 8:00 AM Games 10:30 AM Alamo Draft house 1 - 3 PM Decoupage	22 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO	23 9 AM - 3 PM Wii Bowling 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong	
24	25 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	26 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 10:00 AM Ikebana 1 - 3 PM Stitch-n-Smile	27 8:00 AM Games 9:45 AM EXERCISE 1 PM Woodcarving 1:30 PM Chair Yoga	28 8:00 AM Games 10:30 AM Kimbell Art Museum	29 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO	30 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance	
						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.