

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. 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.

Wylie Rec Center

300 Country Club Rd. Suite 200
972- 516-6360

Smith Public Library

300 Country Club Rd. Suite 300
972- 516-6250

MONDAY - FRIDAY

9 am - 2 pm

SATURDAY

Only open for Line Dance/Zumba

Sr Rec Center

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

UPDATES

Due to recent hail damage,
our hours and location have changed to the following:

Where:

Wylie Recreation Center: April 18th - May 6th

Smith Public Library: May 9th - 31st

When:

Monday—Friday

9 am—2pm

Saturday

Only open for Zumba Gold & Line Dance

* Addresses and phone numbers listed on the back *

Thank you for being flexible and if you have any questions, please call 972-442-8119

MAY 2016

MAY 2016

COMING

UP..

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.

Wylie Rec Center

Ages: 55 Yrs +

Cinco de Mayo

F 5/20 11:30 AM - 1 PM FREE 5854

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.

Wylie Rec Center

Ages: 55 Yrs +

W 5/10 9:00 AM - 1:30 PM FREE 6291
W 5/24 9:00 AM - 1:30 PM FREE 6292

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.

Wylie Rec Center

Ages: 55 Yrs +

W 5/4 12:30 - 1:30 PM FREE 5860

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.

Wylie Rec Center/ Smith Public Library

Ages: 55 Yrs +

First Wives Club & Overboard

Tu 5/3 10 AM - 3 PM FREE 5932

Seven Years in Tibet & Vertigo

Tu 5/17 10 AM - 3 PM FREE 5933

Dances with Wolves

Tu 5/30 10 AM - 3 PM FREE 5934

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 +

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.

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 +

Walk & Talk

Walk your way to better health! Commit to group and personal goals, and jump-start healthy habits. Enjoy the company, fresh air, and park setting. Let us help chart your walking progress.

Wylie Rec Center/Smith Public Library

Ages: 55 Yrs +

Instructor: PARD STAFF

W 5/2 - 5/30 8 - 8:30 AM FREE 5972

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.

Smith Public Library

Ages: 55 Yrs +

Instructor: Krause, Matt

Life with Arthritis

W 5/11 10 - 11 AM FREE 5978

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.

Wylie Rec Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

Sa 5/7 - 5/28 10:30 - 11:30 AM FREE 5897

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

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.

Wylie Rec Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M 10 AM - 12 PM FREE 6647

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.

Wylie Rec Center

Ages: 55 Yrs +

Instructor: STAFF PARD

Tu 9 AM - 2 PM FREE

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

Hand and Foot Tournament

Try your hand at a social card game designed for maximum fun. Participants play the hand first, then the foot with a partner until all cards are down. Compete with other players until the game ends and see who has the highest point totals. Prizes will be awarded to winners.

Smith Public Library

Ages: 55 Yrs +

Tu 5/24 9 AM - 2:30 PM FREE 5904

THE ARTS

Woodcarving,
Books,
Baking,
Stitching,
Open Crafts...

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.

Smith Public Library

Ages: 55 Yrs +

Instructor: Cortez, Amy

Ice Cream Sandwich

M 5/9 1 PM - 2 PM FREE 5968

Mini Key Lime Pie

M 5/23 1 PM - 2 PM FREE 6125

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.

Smith Public Library

Ages: 55 Yrs +

Instructor: Stone, Michelle

Tu 5/10 10 - 11:30 AM FREE 5883

Tu 5/31 10 - 11:30 AM FREE 5884

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.

Smith Public Library

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

Charm Bracelet

W 5/18 12:30 - 1:30 PM FREE 5869

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!

Wylie Rec Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

M W F 5/2 - 5/30 9:45-10:45 AM FREE 5962

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.

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.

Smith Public Library

Ages: 55 Yrs +

Instructor: Risteen, Cindy

W 5/4 - 5/25 1:30 - 2:15 PM FREE 6180

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.

Wylie Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

Sa 5/7 & 5/21 9:30 - 10:15 AM FREE 5874

Yoga, Workout,
Zumba, Walk, Group
Exercise,
Line Dancing....

TRIPS LET'S GO!

Latino Cultural Center

Celebrate Cinco de Mayo in style! Engross yourself into the life and festivities of this special holiday. Take a tour of gallery exhibits featuring the work of local and regional Latino artists, learn about the Mexican architecture, and vibrant paint colors of the building, and marvel at the giant mural, and the outdoor sculpture courtyards. Bring money for lunch.

Ages: 55 Yrs +

Th 5/5 10:30 AM - 4:30 PM \$5 6141

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 +

Kyoto

Th 5/12 11 AM - 2 PM FREE 5903

Alone Together Again

Travel to the historical Bath House Cultural Center located on the shores of White Rock Lake, and take part in the production of *Alone Together Again*. Mom and Dad have spent the last 30 years raising three active sons. Peace now? Quiet? Not for long. The empty nest fills up again by the sudden, unexpected arrival of their parents, each with a problem to dump on Mom and Dad. Bring money for lunch.

Ages: 55 Yrs +

Sat 5/14 10:30 AM - 4:30 PM \$15 6173

Athen's Fish Hatchery

The Texas Freshwater Fishery Center is home to dozens of species of native fish, waterfowl, and alligators and amphibians in recreated habitats. See a live dive show feeding in the hatchery, take a tram tour of the 107-acre site, and learn about the production and distribution of the freshwater hatchery. Bring money for lunch.

Ages: 55 Yrs +

Th 5/19 8:00 AM - 3:00 PM \$5 6181

Audie Murphy Cotton Museum

Take a trip to Hunt County and discover the rich and fascinating history of the American cotton industry along with memorabilia of local war hero, and movie star Audie Murphy. Learn about the heyday of the cotton fields, tour the Ende-Gillard House Museum furnished with cotton artifacts from the 1800's, and military artifacts from the battlefields of the 20th century. Bring money for lunch.

Ages: 55 Yrs +

Th 5/26 10:30 AM - 4:30 PM \$5 6142

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.

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)

Smith public Library

Ages: 55 Yrs +

Instructor: Shirley, Donna

M 5/16 12 - 1 PM FREE 5947

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.

Smith Public Library

Ages: 55 Yrs +

Instructor: Kruse, Matthew

W 5/11 & 5/25 1 - 3 PM FREE 5922

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.

Wylie Rec Center/Smith Public Library

Ages: 55 Yrs +

Instructor: Stone, Michelle

Th 5/5 - 5/26 1 - 3 PM FREE 5915

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 wood crafter 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.

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 creative expressions through Senior Craft Corner projects.



May 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 AM Triple Threat	3 9:00 AM Open Crafts 10:00 AM Reelers	4 8:00 AM Walk and Talk 9:45 AM Group Exercise 12:30 PM Coffee Talk 12:30 PM Library Trip 1:30 PM Chair Yoga	5 10:30 Latino Cultural Center 1:00 PM Decoupage	6 9:45 AM Group Exercise 12:30 Bingo	7 9:30 AM Zumba Gold 10:30 AM Line Dance 12:00 PM Technology Seminar
8	9 9:45 AM Group Exercise 10:00 AM Triple Threat 1:00 PM Creative Confections	10 9:00 AM Open Crafts 9:00 AM Store Trip 10:00 AM Ikebana	11 8:00 AM Walk and Talk 9:45 AM Group Exercise 10:00 AM Senior Wellness Series 1:00 PM Woodcarving 1:30 PM Chair Yoga	12 11:00 AM Senior Chow Critics 1:00 PM Decoupage	13 9:45 AM Group Exercise 10:00 AM Cataract Checks 12:30 Bingo	14 10:30 AM Line Dance 10:30 Alone Together Again
15	16 9:45 AM Group Exercise 10:00 AM Triple Threat 12:00 PM Book Bunch	17 9:00 AM Open Crafts 10:00 AM Reelers	18 8:00 AM Walk and Talk 9:45 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 Senior Craft Corner 1:30 PM Chair Yoga	19 8:00 AM Athens's Fish Hatchery 1:00 PM Decoupage	20 11:30 AM Celebration Luncheon 12:30 Bingo	21 9:30 AM Zumba Gold 10:30 AM Line Dance
22	23 9:45 AM Group Exercise 10:00 AM Triple Threat 1:00 PM Creative Confections	24 9:00 AM Open Crafts 9:00 AM Hand & Foot Tournament 9:00 AM Store Trip 10:00 AM Ikebana	25 8:00 AM Walk and Talk 9:45 AM Group Exercise 12:30 Senior Craft Corner 1:00 PM Woodcarving 1:30 PM Chair Yoga	26 10:30 AM Audie Murphy Cotton Museum 1:00 PM Decoupage	27 9:45 AM Group Exercise 12:30 Bingo	28 10:30 AM Line Dance 12:00 PM Technology Seminar
29 CLOSED	30 CLOSED	31 9:00 AM Open Crafts 10:00 AM Reelers				

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.