

# SAVE THE DATE

## FALL/WINTER IN PERSON AND ONLINE REGISTRATION AUGUST 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

 City of Wylie Website  
WylieTexas.gov

 digiREC news and blog  
WylieRecreation.com

 Instagram  
@WylieRecreation

 Facebook  
Wylie Recreation and City of Wylie, TX

 Twitter  
@WylieRecreation and @WylieParks

# Sr Rec Center

800 THOMAS - 100 | 972-516-6349 | 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 8/2 11:30 AM - 1 PM No Charge 7358

### 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 8/18 11:30 AM - 1 PM No Charge 7366

### 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 +

#### Ever After & Sabrina

Tu 8/8 10 AM - 3 PM No Charge 7417

#### Elvis' Love Me Tender & John Wayne's McLintock

Tu 8/22 10 AM - 3 PM No Charge 7418

August 2017

# TRIPS LET'S GO!

## The Star

Go Cowboys! Visit the new 91-acre campus that hosts the Dallas Cowboys world headquarters. Take a VIP guided tour of the Nike Star Walk, and see Super Bowl memorabilia. Bring money for lunch.

**Ages: 55 Yrs +**  
 Th 8/24 10:30 AM - 5 PM \$30 7613

## Afternoon Tea

Tea time. With its eclectic vintage décor and amazing atmosphere, Chocolate Angel Tea Room is a great place to spend an afternoon gathering with friends. The nostalgic menu includes an enticing variety of sandwiches, teas, quiches, and pastries.

**Ages: 55 Yrs +**  
 Th 8/17 2:30 - 6:30 PM \$22 7488

## Good Neighbor Brews

Try the beer next door. Founded in 2016 by a husband and wife, Good Neighbor Brews is the first brewery to open in Wylie, and serves four house brews that range from an oatmeal stout to a pale ale. Bring money for lunch.

**Ages: 55 Yrs +**  
 Th 8/10 11 AM - 3 PM \$10 7487

## The Wilson House

Built in 1899, the Wilson House exemplifies the elegance of Queen Anne architecture and is the centerpiece of the beautiful Wilson Block Historic District in Dallas. The house includes servant living quarters and a carriage house. Bring money for lunch.

**Ages: 55 Yrs +**  
 Th 8/31 10:30 AM - 3:30 PM \$5 7509

## 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 8/1 10 AM - 2 PM FREE 7517  
 Tu 8/15 10 AM - 2 PM FREE 7518

## Chow Critics

Foodies unite. Join your fellow food lovers and expand your palate. Enjoy anything from seafood to pancakes, and top it off with a sweet treat. Bring money for lunch and dessert.

**Ages: 55 Yrs +**  
**Spaghetti Warehouse**  
 Th 8/3 11 AM - 2 PM No Charge 7399

**QUESTIONS ABOUT TRIPS?**

**CONTACT WYLIE SENIOR RECREATION CENTER STAFF,**  
**RECREATION@WYLIENTEXAS.GOV**  
**OR 972-516-6349.**  
**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 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! 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 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).

# 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.

## HOURS & LOCATION

800 Thomas Street - 100  
972-516-6349

### MONDAY - FRIDAY

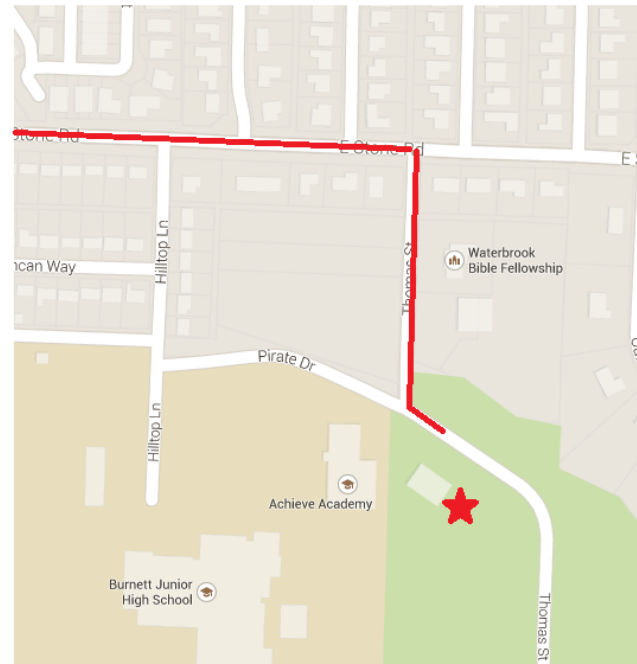
8 am - 4 pm

### SATURDAY

9 am - 3 pm

### SUNDAY

1 - 5 pm



## 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, stair stepper, 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.

# 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 exercises keep you engaged and feeling great. No class 8/18.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Joyce McGaughey

M W F 8/2 - 8/30 9:30 - 10:30 AM No Charge 7576

## 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.

### Senior Recreation Center

**Ages: 55 Yrs +**

Instructor: Cindy Risteen

S 8/5 - 8/26 10 - 11 AM No Charge 7370

## 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.

# THE ARTS

## Wreath Making

Time to decorate your door. Create a beautiful wreath using a variety of textures, ribbon, and decor. Learn how to select and place stems and color for a balanced and whimsical look.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Lupe Kuharsky

Tu 8/22 1 - 2 PM \$5 7457

## 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.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Kate Philippi

Tu 8/1 10 - 11 AM \$3 7362

## Woodworking

Unleash your creative potential while learning how to transform wood into beautiful and practical projects for your home. Learn basic techniques and hone your skills. Each month features a new project. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Matthew Kruse

F 8/4 - 8/25 1:30 - 2:30 PM No Charge 7453

## Open Crafts

**NEW!**

You bring the craft and we will provide the table. Spend time working on unfinished projects from home or start a new one, while spending time with fellow crafters. Learn new techniques and tricks by giving and receiving advice from your peers. .

**Senior Recreation Center**

**Ages: 55 Yrs +**

Tu 8/15 10 AM - 12 PM

No Charge

## 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 8/21 12 - 1 PM No Charge 7422

## 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 8/2 8:30 - 9:30 AM No Charge 7382

W 8/16 8:30 - 9:30 AM No Charge 7622

## 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.

**DONNA SHIRLEY** from 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.

## AWESOME EXPERTS

**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 a success. Due to her motivation and determination, her class has grown exponentially. Her enthusiasm and encouraging demeanor inspire her peers to live a fit and healthy life.



# [THE ARTS CONTINUED]

## 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 8/7 - 8/28 10 AM - 12 PM No Charge 7411

## Genealogy

**NEW!**

Learn 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 8/9 1 - 2 PM No Charge 7492

## 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

## Rainbow Cupcakes

M 8/28 12:30 - 2 PM No Charge 7374

# WITHDRAWALS

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

## 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

## Spa Day Crafts

W 8/16 12:30 - 1:30 PM No Charge 7395

## Crochet

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.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Michelle Stone

M 8/21 1 - 2 PM No Charge 7619

# AWESOME EXPERTS

**JENNIFER HOLLIEN** has been working for the Senior Recreation Center since 2002. She offers craft instruction. Jennifer has always enjoyed crafting with vacation bible school and her children and grandchildren. She loves helping with the holiday craft projects and decorating for parties and lunches for many years. Jennifer enjoys helping others expand their creative expression through Craft Corner projects.

**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.

**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."

**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, Oklahoma, and taught floral design at the Tulsa Technology Center for 12 years.

SUN	MON	TUES	WED	THUR	FRI	SAT
		<p>1</p> <p>10 AM Store Trip 10 AM Basic Floral Design</p>	<p>2</p> <p>8:30 AM Gardening 9:30 AM Group Exercise 12:30 Coffee Talk 1:30 Cruise Meeting</p>	<p>3</p> <p>11 AM Chow Critics</p>	<p>4</p> <p>9:30 AM Group Exercise 12:30 PM Bingo 1 PM Woodworking</p>	<p>5</p> <p>10 AM Chair Yoga</p>
<p>6</p>	<p>7</p> <p>9:30 AM Group Exercise 10 AM Texas Hold 'Em 11 AM Happy Circle at FBC Wylie</p>	<p>8</p> <p>10 AM Reelers</p>	<p>9</p> <p>9:30 AM Group Exercise 12:30 PM Library trip 1 PM Genealogy</p>	<p>10</p> <p>11 AM Good Neighbor Brews</p>	<p>11</p> <p>9:30 AM Group Exercise 12:30 PM Bingo 1 PM Woodworking</p>	<p>12</p> <p>10 AM Chair Yoga</p>
<p>13</p>	<p>14</p> <p>9:30 AM Group Exercise 10 AM Texas Hold 'Em</p>	<p>15</p> <p>10 AM Store Trip 10 AM Open Crafts</p>	<p>16</p> <p>8:30 AM Gardening 9:30 AM Group Exercise 12:30 Senior Craft Corner</p>	<p>17</p> <p>2:30 PM Afternoon Tea</p>	<p>18</p> <p>11:30 AM Celebration Luncheon 12:30 PM Bingo 1 PM Woodworking</p>	<p>19</p> <p>10 AM Chair Yoga</p>
<p>20</p>	<p>21</p> <p>9:30 AM Group Exercise 10 AM Texas Hold 'Em 12 PM Book Bunch 1 PM Crochet</p>	<p>22</p> <p>10 AM Reelers 1 PM Wreath Making</p>	<p>23</p> <p>9:30 AM Group Exercise 12:30 Library Trip</p>	<p>24</p> <p>10:30 AM The Star</p>	<p>25</p> <p>9:30 AM Group Exercise 12:30 PM Bingo 1 PM Woodworking</p>	<p>26</p> <p>10 AM Chair Yoga</p>
<p>27</p>	<p>28</p> <p>9:30 AM Group Exercise 10 AM Texas Hold 'Em 12:30 PM Creative Confections</p>	<p>29</p>	<p>30</p> <p>9:30 AM Group Exercise</p>	<p>31</p> <p>10:30 AM The Wilson House</p>		