

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.

SENIOR REC CENTER TEMPORARY LOCATION @

Waterbrook Bible Church

507 Thomas Street, Wylie

MONDAY - FRIDAY

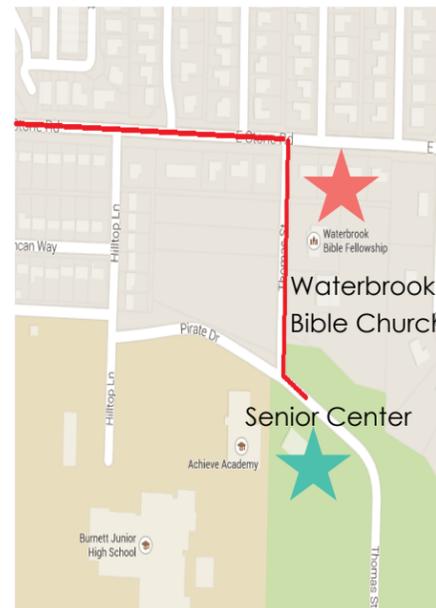
9 am - 2 pm

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.

September 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.

Waterbrook Bible Church

Ages: 55 Yrs +

W 9/7 12:30 - 1:30 PM FREE 6680

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.

Waterbrook Bible Church

Ages: 55 Yrs +

Fajita Fiesta

F 9/16 11:30 AM - 1 PM FREE 9778

September 2016

SPECIAL EVENTS [CONTINUED]

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 +

Forrest Gump & Farewell to Arms

Tu	9/6	10 AM - 2 PM	FREE	6731
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Max & Where the Red Fern Grows

Tu	9/20	10 AM - 2 PM	FREE	6732
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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.

Garnet Hill Rehabilitation and Skilled Care

1420 McCreary Road, Wylie, Texas 75098

Ages: 55 Yrs +

F	9/9	9:30 - 10:30 AM	FREE	6966
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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.

Ages: 55 Yrs +

Tu	9/13	10 AM - 2 PM	FREE	6722
Tu	9/27	10 AM - 2 PM	FREE	6723

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	6397
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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.

COMING UP

Fall Festival

Celebrate autumn in Community Park with friends, food, and fun. Spend the morning playing giant Jenga, tossing horseshoes, sharing smiles and laughs, and carving pumpkins. Enter the pie-baking contest, taste and judge pie entries, and gather for a complimentary barbecue cookout.

Waterbrook Bible Church

Ages: 55 Yrs +

F 10/7 10 AM - 1 PM FREE 6931

Jefferson Overnight Trip

Take a ride with us to the bayou! Let yourself be whisked away to a land not far away, as you glide peacefully along an open-air riverboat where Jefferson's colorful past comes alive. Spend the weekend visiting a *Gone with the Wind* museum, riding the Runaway Fright train, and cruising down Caddo Lake in a pontoon boat. Bring money for two lunches and one dinner.

Ages: 55 Yrs +

Sa-Su 10/22 - 10/23
\$145 6855 Single Occupancy
\$85 6856 Double Occupancy, Per Person

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

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 Dairy Queen.

Ages: 55 Yrs +

Flying Saucer

Th 9/1 11 AM - 2 PM FREE 6701

Boy Scout Museum

Earn your badge! With roots that stretch across national borders, enjoy the engaging and interesting history of scouting. Learn how to shoot an arrow in an interactive laser shooting gallery and view one of the world's largest collections of Norman Rockwell art. Bring money for lunch. Lunch at Boston Market.

Ages: 55 Yrs +

Th 9/8 10:30 AM - 4 PM \$5 6824

Henrietta Creek Orchard

Time to go apple picking! Get the full orchard experience with over 500 hybrid dwarf apple trees, a family of ducks, and a pizza garden that includes tomatoes, peppers, garlic, and other herbs. View five Flow Hives and a honey extraction demonstration. Bring money for lunch. Lunch at Subway

Ages: 55 Yrs +

Th 9/15 8 AM - 1:30 PM \$9 6825

Sid Richardson Museum

Experience the history of the American West. The Sid Richardson Museum features pieces from famous artists such as Frederick Remington and Charles Russel. Explore, enjoy, and find deep meaning in this educational, engaging, and inspiring collection of paintings. Bring money for lunch. Lunch at Five Guys.

Ages: 55 Yrs +

Th 9/22 10:30 AM - 4:30 PM \$5 6843

Grapevine Ghost Tour

Grab a complimentary glass of wine and join us for a walking ghost tour! Learn about the history and hauntings of the City of Grapevine. The tour begins and ends at Grape Vine Springs Winery. Bring your camera, as many guests have recorded images that seem to defy explanation. Bring money for lunch. Lunch at Cotton Patch Cafe

Ages: 55 Yrs +

Th 9/29 10:30 AM - 4:30 PM \$19 6844

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.

THE ARTS

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

Principles and Elements of Design

Tu 9/6 10:00 - 11:00 AM \$3 6773

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

Mini Monkey Bread

M 9/26 12:30 - 2 PM FREE 6687

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

Halloween

Tu 9/27 1 - 2 PM \$3 6894

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 or gift plus the skills to make many more.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Stone, Michelle

M 9/19 1:00 - 2:00 PM FREE 6784

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

T-Shirt Tote Bag

W 9/21 12:30 - 1:30 PM FREE 6706

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 9/3 - 9/24 10 - 11 AM FREE 6676

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

Cold Home Safety

W 9/14 10 - 11 AM FREE 6716

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.

CIND 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	9/2 - 9/30	9:30 - 10:30 AM	FREE	6696
NO CLASS 9/12, 9/9, & 9/16				

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 inspiring adventures. Books selected a month in advance by the group and based on group discussion and interest.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Shirley, Donna

M	9/19	12 - 1 PM	FREE	6741
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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	9/2 - 9/30	1 - 2 PM	FREE	6803
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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	9/7 - 9/28	9 - 9:30 AM	FREE	6791
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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 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 woodcrafter 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.

September 2016

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

SUN	MON	TUES	WED	THU	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 CLOSED	6 10:00 AM Reelers 10:00 AM Basic Floral Design	7 9:00 AM Gardening 9:30 AM Group Exercise 12:30 Coffee Talk	8 10:30 AM Boy Scout Museum	9 9:30 AM Pancake Breakfast [At Garnet Hill] 12:30 PM Bingo 1:00 PM Woodworking	10 10:00 AM Chair Yoga
11	12 10:00 AM Texas Hold 'Em	13 9:00 AM Store Trip	14 9:00 AM Gardening 9:30 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 PM Library Trip	15 8:00 AM Henrietta Creek Orchard	16 11:30 AM Celebration Luncheon 12:30 PM Bingo 1:00 PM Woodworking	17 10:00 AM Chair Yoga
18	19 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:00 PM Third Monday Book Bunch 1:00 PM Crochet	20 10:00 AM Reelers	21 9:00 AM Gardening 9:30 AM Group Exercise 12:30 AM Senior Craft Corner	22 10:30 AM Sid Richardson Museum	23 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	24 10:00 AM Chair Yoga
25	26 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 PM Creative Confections	27 9:00 AM Store Trip 1:00 PM Wreath Making	28 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Library Trip	29 10:30 AM Grapevine Ghost Tour	30 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	

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.