

# 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.

November 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 11/2 12:30 - 1:30 PM FREE 6683

### 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 +**

### Thanksgiving Celebration

F 11/18 11:30 AM - 1 PM FREE 6780

November 2016

# SPECIAL EVENTS [CONTINUED]

## Hand & Foot Tournament

Try your hand at a social card game designed for maximum fun. Participants play the hand first and 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.

### Waterbrook Bible Church

**Ages: 55 Yrs +**

Tu	11/15	9 AM - 2:30 PM	No Charge	6892
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## 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	6800
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## 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 +**

## Jumanji & RV

Tu	11/1	10 AM - 2 PM	FREE	6735
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## The Butler & Blindside

Tu	11/15	10:30 AM - 2:30 PM	FREE	6736
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## Safe Haven & Hope Floats

Tu	11/29	10:30 AM - 2:30 PM	FREE	6737
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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 and shopping.

**Ages: 55 Yrs +**

Tu	11/8	10 AM - 2 PM	FREE	6726
Tu	11/22	10 AM - 2 PM	FREE	6727

# 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](mailto:benefits@nctcog.org).

# COMING UP

## 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

## 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

# 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 Tiff's Treats.

**Ages: 55 Yrs +**  
**Twisted Root Burger**  
Th 11/3 11 AM - 2 PM FREE 6703

## Reunion Tower

See the Dallas Skyline from 560 feet up! The GeO-Deck Observation level includes an interactive digital experience featuring information about Dallas landmarks, the tower, events of the Kennedy assassination, high-definition cameras, and more. Bring your camera for breathtaking views and snapshots with friends. Bring money for lunch. Lunch at Café Brazil

**Ages: 55 Yrs +**  
Th 11/10 10:30 AM - 3:30 PM \$15 6848

## Willow Bend Mall Shopping

Get your Christmas list ready! The Shops at Willow Bend offers North Dallas customers a unique blend of Texas-style ambience and world-class shopping. Knock out all of your holiday shopping with on this day filled with fun and friends. Bring money for shopping and lunch. Lunch in the food court.

**Ages: 55 Yrs +**  
Th 11/17 10:30 AM - 4:30 PM FREE 7333

## 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

Tu 11/1 10:00 - 11:00 AM \$3 6775

## 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

## S'mores Trail Mix

M 11/28 12:30 - 2 PM FREE 6691

## 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

## Christmas

Tu 11/22 1 - 2 PM \$3 6896

## 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 11/21 1:00 - 2:00 PM FREE 6785

## 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

## Yarn Letters

W 11/16 12:30 - 1:30 PM FREE 6708

## 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 11/5 - 11/26 10 - 11 AM FREE 6678

## 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

## Diabetes Awareness Month

W 11/9 10 - 11 AM FREE 6719

# 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 11/2 - 11/30 9:30 - 10:30 AM FREE 6698  
NO CLASS 11/7, 11/18, & 11/25

### 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 11/21 12 - 1 PM FREE 6743

### 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 11/4 - 11/25 1 - 2 PM FREE 6805

### 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 11/2 - 11/30 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 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**n 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.

# November 2016

800 Thomas Street - 100  
 972-442-8119  
[RECREATION@WYLIE TEXAS.GOV](mailto:RECREATION@WYLIE TEXAS.GOV)

SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1</b> 10:00 AM Reelers 10:00 AM Basic Floral Design	<b>2</b> 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Coffee Talk	<b>3</b> 11:00 AM Senior Chow Critics	<b>4</b> 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	<b>5</b> 10:00 AM Chair Yoga
<b>6</b>	<b>7</b> 10:00 AM Texas Hold 'Em	<b>8</b> 9:00 AM Store Trip	<b>9</b> 9:00 AM Gardening 9:30 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 PM Library Trip	<b>10</b> 10:30 AM Reunion Tower	<b>11</b> 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	<b>12</b> 10:00 AM Chair Yoga
<b>13</b>	<b>14</b> 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em	<b>15</b> 9:00 AM Hand and Foot Tournament 10:00 AM Reelers	<b>16</b> 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Senior Craft Corner	<b>17</b> 10:30 AM Willow Bend Mall Shopping	<b>18</b> 11:30 AM Celebration Luncheon 12:30 PM Bingo 1:00 PM Woodworking	<b>19</b> 10:00 AM Chair Yoga
<b>20</b>	<b>21</b> 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:00 PM Third Monday Book Bunch 1:00 PM Crochet	<b>22</b> 9:00 AM Store Trip	<b>23</b> 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Library Trip	<b>24</b> Closed	<b>25</b> Closed	<b>26</b> Closed
<b>27</b>	<b>28</b> 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 Creative Confections	<b>29</b> 10:00 AM Reelers 1:00 PM Wreath Making	<b>30</b> 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Library Trip			