

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.

HOURS & LOCATION

800 Thomas Street - 100
972-442-8119

MONDAY - FRIDAY

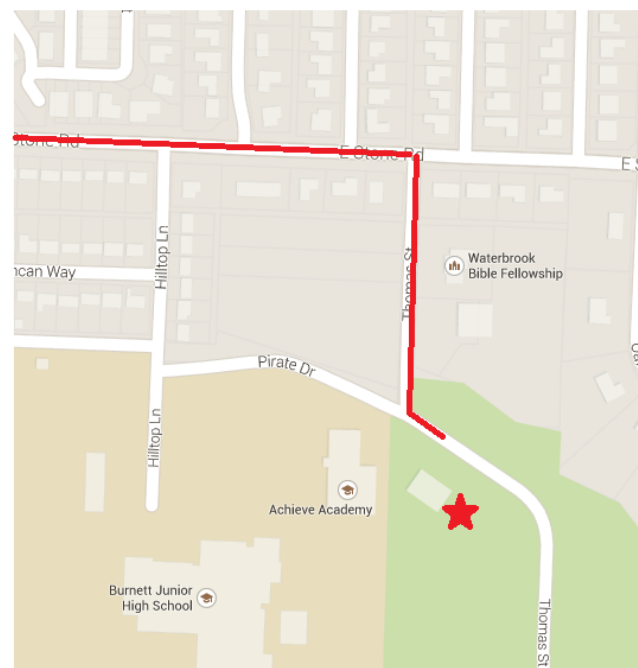
8 am - 4 pm

SATURDAY

9 am - 3 pm

SUNDAY

1 - 5 pm



Sr Rec Center

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

SPECIAL EVENTS

Pancake Breakfast

Flapjacks, sausage, and syrup! Fill your plate with hot, fresh, delicious pancakes, and more, provided in part by Garnet Hill Rehabilitation and Skilled Care. Stick around for daily games and activities. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

F	3/11	9:30 - 10:30 AM	FREE	5935
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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 +

Easter Ham

F	3/18	11:30 AM - 1 PM	FREE	5852
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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	3/2	12:30 - 1:30 PM	FREE	5858
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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 +

Apollo 13 & Armageddon

Tu	3/8	10 AM - 3 PM	FREE	5928
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Mrs. Doubtfire & Tootsie

Tu	3/22	10 AM - 3 PM	FREE	5929
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MARCH 2016

MARCH 2016

COMING UP..

Tyler Overnight Trip

Pack your overnight bag and hit the road! Enjoy a jam packed weekend touring the Rose Capital of the World. Start the trip off with brunch on the road, a visit to the McClendon Historic Home, and a stop at the Brookshire's Wildlife Museum. Relax at the hotel before dining as a group in Downtown Tyler, and early evening socializing. Spend Sunday morning driving the gorgeous Tyler Azalea Trail, stop for lunch, and stroll the Tyler Rose Garden before returning home. One night stay at the Holiday Inn Express & Suites Tyler South, with free continental breakfast. Bring money for two lunches and one dinner.

Senior Recreation Center

Ages: 55 Yrs +

Sa Su	4/2 - 4/3	Double Occupancy Room \$79	6144
		Single Occupancy Room \$139	6145

Garden Tea Party

Gather at the historic Brown House for an afternoon garden party full of sunshine, sweets, and suspects. Relax on the veranda with cold refreshments as we play host to brunch and a whodunit. Guest participation required to unravel who had the motive, means, and opportunity to commit murder in the garden

Senior Recreation Center

Ages: 55 Yrs +

Th	4/14	11 PM	FREE	6139
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Denim and Diamonds Senior Prom

Join us for an afternoon of Denim and Diamonds at the 4th annual Senior (Citizen) Prom. Dust off your dancing shoes and come ready to relive your favorite moments from high school prom or experience the prom you never got to enjoy. Live music, dancing, hors devours, and the crowning of Wylie's newest prom king and queen.

Senior Recreation Center

Ages: 55 Yrs +

M	4/25	12 PM-2 PM	FREE	5904
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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.

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.

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: PARD STAFF

M W F 3/2 - 3/30 8 - 8:30 AM FREE 5970

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

Senior Nutrition

W 3/9 10 - 11 AM FREE 5976

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 3/5 - 3/26 10:30 - 11:30 AM FREE 5895

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 3/7 - 3/28 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	3/1	11:30 AM - 1:30 PM	FREE	6276
Tu	3/15	11:30 AM - 1:30 PM	FREE	6277

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 3/1 - 3/29 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: STAFF PARD

Tu	3/2 - 3/23	1 - 3 PM	FREE	5889
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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

Rice Krispy Eggs

M	3/14	12:30 - 2 PM	FREE	5966
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Dirt Cups

M	3/28	12:30 - 2 PM	FREE	6123
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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: Stone, Michelle

Tu	3/8	10 - 11:30 AM	FREE	5880
Tu	3/29	10 - 11:30 AM	FREE	5881

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

Pet Rocks

W	3/16	12:30 - 1:30 PM	FREE	5939
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Easter Wreaths

T	3/8	12:30 - 1:30 PM	FREE	6374
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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: Stone, Michelle

Th	3/3 - 3/17	1 - 3 PM	FREE	5913
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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	3/2 - 3/30	9:45-10:45 AM	FREE	5960
NO CLASS 3/7, 3/11, 3/18, & 3/25				

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	3/2 - 3/30	1:30 - 2:15 PM	FREE	6178
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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.

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	3/5 & 3/19	9:30 - 10:15 AM	FREE	5873
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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 +

Cracker Barrel

Th	3/3	11 AM - 2 PM	FREE	5901
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Farmersville Day Trip

Sight-seeing, shopping, and history! Tour the Bain-Honaker House, built in 1865 this near-original wooden Victorian home dazzles with period wallpaper and furniture, an antique crystal chandelier, music room, and parlor. Shop the downtown strip for antiques, art, clothing, and home décor. Bring money for lunch.

Ages: 55 Yrs +

Th	3/10	10:30 AM - 5:00 PM	\$5	6174
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The Outgoing Tide

Travel to the historical Bath House Cultural Center located on the shores of White Rock Lake, and take part in the production of *The Outgoing Tide*. Set in a summer cottage on Chesapeake Bay, Gunner has hatched an unorthodox plan to secure the family's future, but he meets with resistance from his wife and son, who have plans of their own. Bring money for lunch.

Ages: 55 Yrs +

Th	3/17	10:30 AM - 4 PM	\$15	6135
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Botanical Research Institute

Travel to the Botanical Research Institute of Texas, an international scientific research and learning center focused on conservation and knowledge sharing. Learn about BRIT's history, research programs, the sustainable features of the building and landscape, and view the Butterflies in the Garden exhibit. Bring money for lunch.

Ages: 55 Yrs +

Th	3/24	10:30 AM - 4:30 PM	\$9	6136
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SMU Walking Trip

Explore one of the most beautiful campuses in the country, and the hallmark of the University since it opened a century ago. Collegiate Georgian architecture, the latest in environmental designs, tree-lined walks, colorful flowers, open green spaces, and outdoor art make for pleasant surprises around every turn. "Bring money for lunch.

Ages: 55 Yrs +

Th	3/31	10:30 AM - 3:30 PM	\$5	6137
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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	3/21	12-1 PM	FREE	5945

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	3/9 & 3/23	1 - 3 PM	FREE	5919

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 creative expressions through Senior Craft Corner

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.**



March 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 11:30 AM Bunco 1 - 3 PM Stitch-n-Smile	2 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Coffee Talk 12:30 PM Library Trip 1:30 PM Chair Yoga 8AM Walk & Talk	3 8:00 AM Games 11:00 AM Senior Chow Critics 1 - 3 PM Decoupage	4 8:00 AM Games 9:45 AM EXERCISE 10:30 AM Cruise Meeting 12:30 PM BINGO	5 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
6 1 - 5 PM Wii Bowling	7 8:00 AM Games 10 AM - 12 PM Triple Threat	8 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 10:00 AM Ikebana 1 - 3 PM Stitch-n-Smile Senior Craft Corner 10:30 AM	9 8:00 AM Games 9:45 AM EXERCISE 10:00 AM Senior Wellness Series 1 PM Woodcarving 1:30 PM Chair Yoga 8AM Walk & Talk	10 8:00 AM Games 10:30 AM Farmersville Day Trip	11 8:00 AM Games 9:30 AM Pancake Breakfast 12:30 PM BINGO	12 9 AM - 3 PM Wii Bowling 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
13 1 - 5 PM Wii Bowling	14 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	15 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 11:30 AM Bunco 1 - 3 PM Stitch-n-Smile	16 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Library Trip 1:30 PM Chair Yoga 12:30 PM Senior Craft Corner 8 AM Walk & Talk	17 8:00 AM Games 10:30 AM Bath House Matinee Play 1 - 3 PM Decoupage	18 8:00 AM Games 11:30 AM Celebration Luncheon 12:30 PM BINGO	19 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
20 1 - 5 PM Wii Bowling	21 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:00 PM Book Bunch	22 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	23 8:00 AM Games 9:45 AM EXERCISE 1 PM Woodcarving 1:30 PM Chair Yoga 8 AM Walk & Talk	24 8:00 AM Games 10:30 AM Botanical Research Institute	25 CLOSED	26 9 AM - 3 PM Wii Bowling 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
27 CLOSED	28 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	29 9 AM - 2 PM Open Crafts 10:00 AM Ikebana 1 - 3 PM Stitch-n-Smile	30 8:00 AM Games 9:45 AM EXERCISE 1:30 PM Chair Yoga 8AM Walk & Talk	31 8:00 AM Games 10:30 AM SMU Walking Tour		

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.