

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.

JULY 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 7/6 12:30 - 1:30 PM FREE 6311

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 a free meal with friends, 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 +

Summer Grill Out

F 7/15 11:30 AM - 1 PM FREE 6302

Texas Hold 'Em Tournament

You've been practicing, now it's time to show off your skills. The house dealer provides all players with the same amount of chips. The player with the most chips wins a prize. Friendly competition, and fun for everyone!

Waterbrook Bible Church

Ages: 55 Yrs +

Tu 7/19 4:00 - 8:30 PM FREE 6405

Dinner Double Feature

Sit back, relax, and enjoy the show! Watch a double feature on the big screen. Movie selections include favorite flicks from the past and present-day remakes. Dinner and dessert served throughout the show for a hassle-free meal and movie going experience.

Waterbrook Bible Church

Ages: 55 Yrs +

Original Superman

Sat 7/23 4 - 8:30 PM \$5 6528

JULY 2016

WYLIE PARKS & RECREATION

**WHEN OUR POWERS COMBINE,
WE CHANGE LIVES.**

SINCE 1985, AMERICA HAS CELEBRATED JULY AS NATIONAL PARK AND RECREATION MONTH. CHECK OUT THE WIDE VARIETY OF JULY-ONLY ACTIVITIES RANGING FROM HEALTH AND WELLNESS TO NATURE AND COMMUNITY SPIRIT THAT WE HAVE ADDED FOR THIS SPECIAL MONTH.

INCREDIBLE CRAFT CORNER

Come and create your very own superhero attire or memorabilia.

Waterbrook Bible Church

Ages: 55 Yrs +

Decorate Your Own Cape, July 6th

Comic Book Canvas, July 13th

Superhero Snowglobes, July 20th

Hulk Slime, July 27th

12:30 PM - 1:30 PM

Registration Required

CREATE YOUR OWN KRYPTONITE

Make rock candy from scratch that looks just like the radioactive element from Superman's home planet of Krypton.

Waterbrook Bible Church

Ages: 55 Yrs +

July 18

1 PM - 2 PM

Registration Required

CORNHOLE TOURNAMENT

Test your precision and accuracy while competing against friends in this fun backyard activity.

Waterbrook Bible Church

Ages: 55 Yrs +

July 29

1 PM - 2 PM

Sr. Rec Center ID Required

GOTHAM CITY POPS

Enjoy Free Popsicles from Steel City Pops, every Friday.

Waterbrook Bible Church

Ages: 55 Yrs +

July 1, 8, 15, 22, 29

10 AM - 1 PM or until we run out

SUPER STRENGTH GAMES

Test your strength with various types of challenges to see if you have what it takes to be a super hero.

Waterbrook Bible Church

Ages: 55 Yrs +

July 1, 8, 15, 22, 29

11 AM - 2 PM

Registration Required

SONIC BOOK KAROKE CONTEST

Waterbrook Bible Church

Ages: 55 Yrs +

July 11, 18, 25

1 PM - 2 PM

Sr. Rec Center ID Required

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.



...HEALTH & FITNESS

Senior Wellness Series

Keep up to date 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. Door prizes to take home information for all attendees.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Krause, Matt

Indoor Safety

W 7/13 10 - 11 AM FREE 6475

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

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

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.

Waterbrook Bible Church

Ages: 55 Yrs +

9 to 5 & Big

Tu 7/12 10 AM - 2 PM FREE 6344

Annie & Pollyanna

Tu 7/26 10 AM - 2 PM FREE 6345

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

THE ARTS

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 by learning the basic design elements and principles while creating a beautiful project to take home with you. 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

Corsages

Tu 7/5 10 - 11:00 AM \$3 6390

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

Patriotic Parfait

M 7/11 12:30 PM - 2 PM FREE 6316

Super Strawberries

M 7/25 12:30 PM - 2 PM FREE 6317

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 7/18 1:00-2:00 PM FREE 6377

Woodworking, Books, Baking, Crochet...

HEALTH & FITNESS

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

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.

Waterbrook Bible Church

Ages: 55 Yrs +

Sat 7/2 - 7/30 10 - 11 AM FREE 6306

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 7/1 - 7/29 9:45-10:45 AM FREE 6641
NO CLASS 7/4 & 7/15

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.

Ages: 55 Yrs +

Opa! Greek Taverna

Th 7/7 11 AM - 2 PM FREE 6327

Amon Carter Museum

Take a glimpse into American Art History. The Amon Carter Museum of American Art in Fort Worth offers a diverse array of exhibitions, publications, and programs that connect visitors to masterworks of American art. Enjoy a private tour of Norman Lewis' exclusive collection along with many other beautiful historical pieces. Bring money for lunch

Ages: 55 Yrs +

Th 7/14 10:30 AM - 4:30 PM \$5 6415

Grapevine Mills Mall

Take a break from the summer heat and enjoy a day of shopping! Featuring more than 180 shops, Grapevine Mills Mall takes care of your shopping needs. Immerse yourself in a tropical rainforest while dining with Nile the Crocodile at Rainforest Café. Bring money for lunch.

Ages: 55 Yrs +

Th 7/21 10 AM - 4 PM \$5 6411

In Sync Exotics

Did you know there are more than 100 exotic felines five minutes from Downtown Wylie? In-Sync Exotics is dedicated to the rescue of the neglected, abused, and unwanted big cats. Learn interesting facts about these magnificent animals and touching personal stories along the way. Bring money for lunch.

Ages: 55 Yrs +

Th 7/28 9:30 AM - 1:30 PM \$10 6456

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.

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).

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Shirley, Donna

M 7/18 12 - 1 PM FREE 6350

Woodworking

Grab a hammer and some nails for this hands-on experience! Unleash your creative potential while learning how to transform wood into beautiful products to take home. Each month features a new project.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Kruse, Matthew

F 7/1 - 7/29 1:30 - 2:30 PM FREE 6408

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. We provide the seeds, tools and soil.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Philippi, Kate

W 7/6 - 7/29 9 - 9:30 AM FREE 6425

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.

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.

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.

July 2016

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

SUN	MON	TUE	WED	THU	FRI	SAT
					1 9:45 AM Group Exercise 10:00 AM Gotham City Pops 11:00 AM Super Strength Games 12:30 Bingo 1:30 PM Woodworking	2 10:00 AM Chair Yoga
3	4 CLOSED	5 9:00 AM Open Crafts 9:00 AM Store Trip 10:00 AM Basic Floral Design	6 9:00 AM Gardening 9:45 AM Group Exercise 12:30 PM Coffee Talk 12:30 PM Library Trip 12:30 Incredible Craft Corner	7 11:00 AM Senior Chow Critics	8 9:45 AM Group Exercise 10:00 AM Gotham City Pops 11:00 AM Super Strength Games 12:30 PM Bingo 1:30 PM Woodworking	9 10:00 AM Chair Yoga
10	11 9:45 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 PM Creative Confection 1:00 PM Sonic Boom Karaoke Contest	12 9:00 AM Open Crafts 10:00 AM Reelers	13 9:00 AM Gardening 9:45 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 Incredible Craft Corner	14 10:30 AM Amon Carter Museum	15 10:00 AM Gotham City Pops 11:30 AM Celebration Luncheon 11:00 AM Super Strength Games 12:30 PM Bingo 1:30 PM Woodworking	16 10:00 AM Chair Yoga
17	18 9:45 AM Group Exercise 10:00 AM Texas Hold 'Em 12:00 PM Book Bunch 1:00 PM Crochet 1:00 PM Sonic Boom Karaoke Contest 1:00 PM Create Your Own Kryptonite	19 9:00 AM Open Crafts 9:00 AM Store Trip 10:00 AM Texas Hold 'Em Tournament	20 9:00 AM Gardening 9:45 AM Group Exercise 12:30 Incredible Craft Corner	21 10:00 AM Grapevine Mills Mall	22 9:45 AM Group Exercise 10:00 AM Gotham City Pops 11:00 AM Super Strength Games 12:30 PM Bingo 1:30 PM Woodworking	23 10:00 AM Chair Yoga 4:00 PM Dinner Double Feature
24	25 9:45 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 PM Creative Confections 1:00 PM Sonic Boom Karaoke Contest	26 9:00 AM Open Crafts 10:00 AM Reelers	27 8:30 AM Gardening 9:45 AM Group Exercise 12:30 Incredible Craft Corner	28 9:30 AM In - Sync Exotics Tour	29 9:45 AM Group Exercise 10:00 AM Gotham City Pops 11:00 AM Super Strength Games 12:30 PM Bingo 1:00 PM Cornhole Tournament 1:30 PM Woodworking	30 10:00 AM Chair Yoga
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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.