

# 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

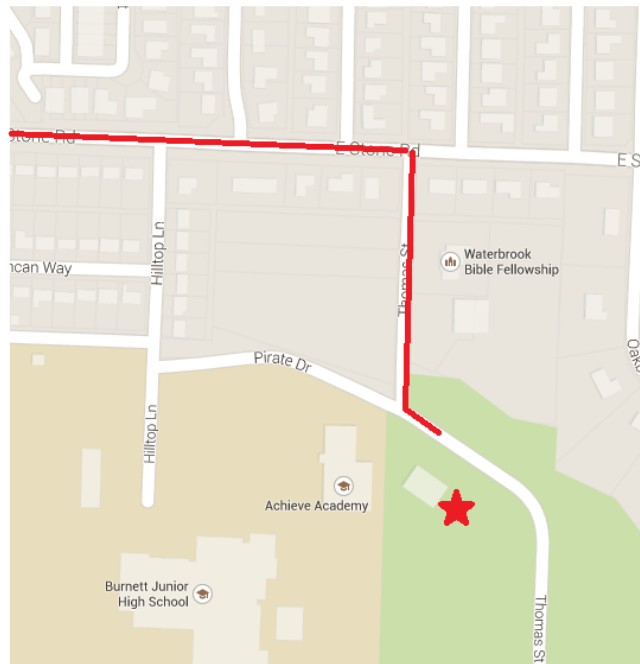
8 am - 4 pm

### SATURDAY

9 am - 3 pm

### SUNDAY

1 - 5 pm



# Sr Rec Center

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

# SPECIAL EVENTS

## 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	2/3	12:30 - 1:30 PM	FREE	5857
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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 +

## Lasagna

F	2/19	11:30 AM - 1 PM	FREE	5851
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## 7 - Night Alaskan Cruise

Join us for an adventure of a lifetime aboard an Alaskan Cruise! If you're looking to vacation on one of the most amazing ships at sea, feel free...it's Carnival Legend! And Carnival Legend just so happens to be packed with some of the latest, greatest features you'll find anywhere. More information and pricing on Pg. 2.

Ages: 55 Yrs +

Sa - Sa	8/30 - 9/6
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## 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.

### Senior Recreation Center

Ages: 55 Yrs +

## The Love Bug

Sa	2/13	4 - 8:30 PM	\$5	5862
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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 +

## Groundhog Day, A Streetcar Named Desire

Tu	2/9	10 AM - 3 PM	FREE	5926
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## The Great Escape

Tu	2/23	10 AM - 3 PM	FREE	5927
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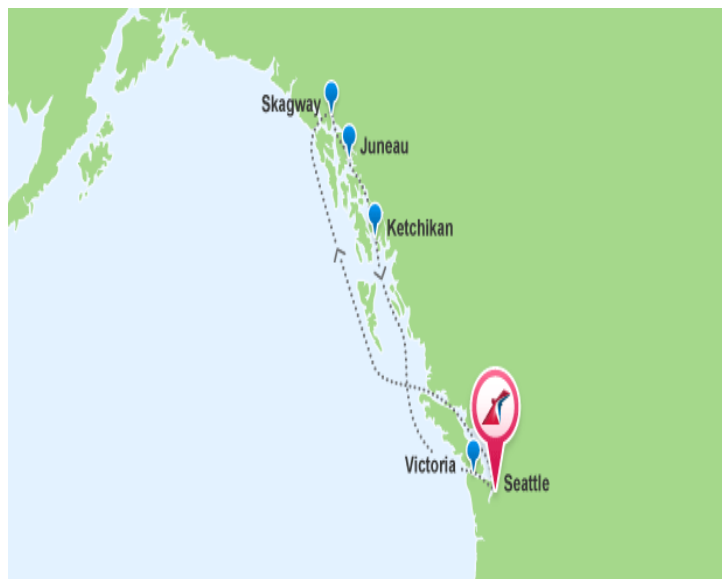
FEBRUARY 2016

FEBRUARY 2016

# PRESENTS: CARNIVAL LEGEND

If you're looking to vacation on one of the most amazing ships at sea, feel free...it's Carnival Legend! And Carnival Legend just so happens to be packed with some of the latest, greatest features you'll find anywhere.

<b>INTERIOR</b>	<b>OCEAN VIEW</b>	<b>BALCONY</b>
<b>CABIN</b>	<b>CABIN</b>	<b>CABIN</b>
<b>\$1675</b>	<b>Call for Pricing</b>	<b>\$2200</b>



To register or for more information, contact:

**WYLIE SENIOR RECREATION CENTER**

**972-442-8119**



**RECREATION@WYLIENTEXAS.GOV**

## AUG. 30 - SEP. 6, 2016 7 - NIGHT ALASKAN CRUISE

Rates include port charges, taxes, bus transportation to and from WSRC, roundtrip flight to Seattle, transportation to and from ship, and travel insurance based on double occupancy.

To reserve your stateroom, a deposit of \$350 per person due by 2/26, then four easy payments with final payment due by 6/3.



Day	Port	Arrive	Depart
30 - Aug.	Seattle, WA		4:00 PM
31 - Aug.	--- Fun Day at Sea	---	---
1 - Sep.	Cruise Tracy Arm Fjord		
2 - Sep.	Skagway, AK	7:00 AM	9:00 PM
3 - Sep.	Juneau, AK	7:00 AM	3:00 PM
4 - Sep.	Ketchikan, AK	7:00 AM	1:00 PM
5 - Sep.	Victoria, BC, Canada	7:30 PM	11:59 PM
6 - Sep.	Seattle, WA	7:00 AM	

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

## 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 2/6 & 2/20 9:30 - 10:15 AM FREE 5872

## 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

## Heart Health

W 2/10 10 - 11 AM FREE 5975

## 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 2/6 - 2/27 10:30 - 11:30 AM FREE 5894

# 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 PANELL** 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	2/1 - 2/29	10 AM - 12 PM	FREE
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## 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	2/2	11:30 AM - 1:30 PM	FREE	6272
Tu	1/16	11:30 AM - 1:30 PM	FREE	6273

## 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	9 AM - 2 PM	FREE
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# 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 2/2 - 2/23 1 - 3 PM FREE 5888

## 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

### Cupcake in a Jar

M 2/8 12:30 - 2 PM FREE 5965

### Dipped Marshmallows

M 2/22 12:30 - 2 PM FREE 6122

## 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 2/16 10 - 11:30 AM FREE 5879

## 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

### Bottle Bird Feeder

W 2/17 12:30 - 1:30 PM FREE 5866

## 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 2/4 - 2/18 1 - 3 PM FREE 5912

# 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 2/3 - 2/29 9:45 - 10:45 AM FREE 5957  
NO EXERCISE 2/1 & 2/19

## 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 2/3 - 2/24 1:30 - 2:15 PM FREE 6177

## 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.

# 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 +**

### Joe Willy's

Th	2/4	11 AM - 2 PM	FREE	5900
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## African American Museum

Housed in four vaulted galleries, this museum explores the African-American experience through exhibits and displays. The African American Museum, the only institution of its kind in the Southwest, offers an impressive collection of African and African American art, featuring one of the largest folk art collections in the nation. Bring money for food.

**Ages: 55 Yrs +**

Th	2/11	10:30 AM - 4:30 PM	\$5	6132
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## Choctaw Casino

Hop on the Choctaw Bus and head up to Durant, Oklahoma for a fun filled day. Registration includes your player's card and reduced rate \$7.99 buffet lunch at Butterfield's Buffet. Enjoy the slots and sights and receive a \$10 free play when you earn 20 points on your player's card. Bring money for food and games. Questions? Contact Wylie Senior Rec staff, Recreation@WylieTexas.gov or 972-442-8119.

**Ages: 55 Yrs +**

Th	2/18	7:30 AM - 4 PM	\$5	6133
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## Garland Symphony Orchestra

Travel to the Granville Arts Center for a night of magic and Mozart. The Garland Symphony, comprised of 93 professional musicians, join renowned piano soloist Sara Saneshpour in a live performance of Mozart's famed Piano Concerto No. 25 in C Major. Bring money for food.

**Ages: 55 Yrs +**

F	2/19	5 - 10 PM	\$19	6175
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## Grapevine Sea Life Aquarium

Take part in this marine adventure, a 40,000 square foot aquarium filled with sharks, stingrays, coral reef fish, and giant sea turtles. Walk through the 360-degree glass tunnel, stop at the lagoon and sunken shipwreck, and visit the interactive rock pool where you can hold a crab or touch a live starfish. Bring money for food.

**Ages: 55 Yrs +**

Th	2/25	10 AM - 4 PM	\$15	6134
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## 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)

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Shirley, Donna

M	2/15	12 - 1 PM	FREE	5944
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## 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	2/10 & 2/24	1 - 3 PM	FREE	5918
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## Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Ruiz, Erica

Sa	2/6 - 2/27	9:30 - 11 AM	FREE	5938
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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 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



# February 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:00 AM Games 10 AM - 12 PM Triple Threat	<b>2</b> 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 11:30 AM Bunco 1 - 3 PM Stitch-n-Smile	<b>3</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Coffee Talk 12:30 PM Library Trip 1:30 PM Chair Yoga	<b>4</b> 8:00 AM Games 11:00 AM Senior Chow Critics 1 - 3 PM Decoupage	<b>5</b> 8:00 AM Games 9:45 AM EXERCISE 10:30 AM Cruise Meeting 12:30 PM BINGO	<b>6</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
<b>7</b> 1 - 5 PM Wii Bowling	<b>8</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	<b>9</b> 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	<b>10</b> 8:00 AM Games 9:45 AM EXERCISE 10:00 AM Senior Wellness Series 1 PM Woodcarving 1:30 PM Chair Yoga	<b>11</b> 8:00 AM Games 10:30 AM African American Museum	<b>12</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO	<b>13</b> 9 AM - 3 PM Wii Bowling 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong 4 PM Dinner Double Feature
<b>14</b> 1 - 5 PM Wii Bowling	<b>15</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:00 PM Book Bunch	<b>16</b> 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 10:00 AM Ikebana 11:30 AM Bunco 1 - 3 PM Stitch-n-Smile	<b>17</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Library Trip 1:30 PM Chair Yoga 12:30 PM Senior Craft Corner	<b>18</b> 7:30 AM Choctaw Casino 8:00 AM Games 1 - 3 PM Decoupage	<b>19</b> 8:00 AM Games 11:30 AM Celebration Luncheon 12:30 PM BINGO 5:00 PM Garland Symphony Orchestra	<b>20</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
<b>21</b> 1 - 5 PM Wii Bowling	<b>22</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	<b>23</b> 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	<b>24</b> 8:00 AM Games 9:45 AM EXERCISE 1 PM Woodcarving 1:30 PM Chair Yoga	<b>25</b> 8:00 AM Games 10:00 AM Grapevine Aquarium	<b>26</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO  <u>Cruise Deposit Due Today!</u>	<b>27</b> 9 AM - 3 PM Wii Bowling 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
<b>28</b> 1 - 5 PM Wii Bowling	<b>29</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat	<b>HOURS OF OPERATION</b> Monday - Friday    8 AM - 4 PM Saturday            9 AM - 3 PM Sunday                1 PM - 5 PM				

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.