

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.

MARCH 2017

Sr Rec Center

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

SPECIAL EVENTS

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 +

Tacos

F 3/17 11:30 AM - 1 PM No Charge 6977

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 3/24 9:30 - 10:30 AM No Charge 6973

Genealogy

NEW!

Learn your family history! Have you ever wondered about your ancestry or where you are from, let this class answer these questions. Improve your genealogical skills at your own pace with preservation techniques, ethnic studies, and more.

Senior Recreation Center

Ages: 55 Yrs +

W 3/8 1:00 - 2:00 PM No Charge 7445

MARCH 2017

SPECIAL EVENTS

(CONTINUED)

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 3/1 12:30 - 1 PM FREE 7352

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 3/7 10 AM - 2 PM FREE 6726
Tu 3/21 10 AM - 2 PM FREE 6727

Texas Hold 'Em

Time to practice your poker face! Expand your skills or learn new techniques. Try your luck with the house dealer and learn when to bet, raise, call, or fold in this popular card game. Play friendly wagers, antes, and double downs for bragging rights. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Matthew Kruse
M 3/6 - 3/27 10 AM - 12 PM No Charge 7172

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 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 +

Airplane & Ferris Buellers Day Off
Tu 3/14 10 AM - 3 PM No Charge 6995

My Girl & My Girl 2

Tu 3/28 10 AM - 3 PM No Charge 6996

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.

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 Sr 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 Sr 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.



& WYLIE SENIOR RECREATION CENTER

PRESENTS: NORWEGIAN GEM

Beat the Texas Summer heat and visit Boston, Maine, Halifax and Saint John. With tons of dining choices and Freestyle Cruising, Norwegian Gem has it all. Chill out by the pool, get lucky in the casino, unwind at the spa, and groove to the music of the psychedelic 70's during the Band on the Run performance.

Inside	Oceanview	Balcony
\$1,436	\$1,655	\$1,920



To register or for more information, contact:

WYLIE SENIOR RECREATION CENTER

972-442-8119

RECREATION@WYLIENTEXAS.GOV

SEP. 16 - 23, 2017
7 - NIGHT
NEW ENGLAND/
CANADA CRUISE

Attend an informational meeting on March 3rd to hear all about this fun and exciting trip!

Rates include port charges, all onboard gratuities, a \$75 onboard credit per room, taxes, bus transportation to and from WSRC, roundtrip flight to New York, transportation to and from ship, and travel insurance based on double occupancy.

To reserve your stateroom, a deposit of \$350 per person due by 4/15, then three easy payments with final payment due by 6/8.

Day	Port
Sep. 16	New York, New York
Sep. 17	Fun Day at Sea
Sep. 18	Halifax, Nova Scotia-Canada
Sep. 19	St. John, New Brunswick
Sep. 20	Portland, Maine
Sep. 21	Boston, Massachusetts
Sep. 22	Fun Day at Sea
Sep. 23	New York, New York

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 dessert at Yogurt Cup.

Ages: 55 Yrs +

Urban Eatz

Th 3/2 11 AM - 2 PM No Charge 7073

Farmersville Day Trip

Sightseeing, 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. Lunch at Jordan's BBQ.

Ages: 55 Yrs +

Th 3/9 10:30 AM - 5 PM \$5 7202

Dallas Museum of Art

Head to the nation's largest arts district, right in your metroplex! The Dallas Museum of Art's collection contains over 23,000 works of art from all cultures and time periods spanning 5,000 years of human creativity. Wander around four floors filled with unique works of art, while socializing with friends. Bring money for lunch. Lunch at Bread Winners Café.

Ages: 55 Yrs +

Th 3/16 10:30 AM - 4 PM \$15 7203

Klyde Warren Park

Get outdoors! Visit the 5.2-acre deck park over the recessed Woodall Rodgers Freeway in downtown Dallas. Experience a variety of food trucks, beautiful walking trails, and exciting yard games with friends. Bring money for lunch. Lunch at various food trucks in the park.

Ages: 55 Yrs +

Th 3/23 10 AM - 2 PM No Charge 7206

Grace & Glorie

Grace and Glorie is a heartwarming story of two women from very different worlds. When Grace breaks her hip, the local hospice sends Gloria a social worker and volunteer to help Grace. There are laughs and a few tears as these women come to know each other and become good friends. Bring money for lunch. Lunch at Alfonso's Italian.

Ages: 55 Yrs +

S 3/25 10:30 AM - 4:30 PM \$15 7465

Dallas Zoo

Lions and tigers and bears, oh my! Walk around the 106-acre zoo with over 406 different species to discover. Learn about the zoo's mission to conserve Wildlife while getting to see some of the most magnificent animals in the world. Bring money for lunch. Lunch at the zoo.

Ages: 55 Yrs +

Th 3/30 8:30 AM - 4:30 PM \$12 7204

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. Put together various types of floral arrangements from corsages to round arrangements while meeting new friends.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kate Philippi

Tu 3/7 10 - 11 AM \$3 7079

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: Amy Cortez

Marshmallow and Peanut Butter

Snack

M 3/27 12:30 - 2 PM No Charge 7122

Wreath Making

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 and whimsical look.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Lupe Kuharsky

Tu 3/28 1 - 2 PM \$3 7079

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 skill or show off an old one in a friendly environment with fellow crafters. All supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Jennifer Hollien

Chalkboard Trays

W 3/15 12:30 - 1:30 PM No Charge 7116

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Michelle Stone

M 3/6 1 - 2 PM No Charge 7110

M 3/20 1 - 2 PM No Charge 7110

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.

Senior Recreation Center

Ages: 55 Yrs +

S 3/4 - 3/25 10 - 11 AM No Charge 7160

Senior Wellness Series-Nutrition

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Matthew Kruse

W 3/8 10 - 11 AM No Charge 7292

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.

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.

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Joyce McGaughey

M W F 3/1 - 3/31 9:30 - 10:30 AM No Charge 7160
No class 3/6, 3/17, 3/24

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Matthew Kruse

F 3/3 - 3/31 1 - 2 PM No Charge 70978

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kate Philippi

W 3/1 9 - 9:30 AM No Charge 7103
W 3/15 9 - 9:30 AM No Charge 7103

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.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Donna Shirley

M 3/20 12 - 1 PM No Charge 7135

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 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.

SUN	MON	TUES	WED	THURS	FRI	SAT
			<p>1</p> <p>9:00 AM Gardening 9:30 AM Group Exercise 12:30 Coffee Talk</p>	<p>2</p> <p>11:00 AM Senior Chow Critics</p>	<p>3</p> <p>9:30 AM Group Exercise 12:30 PM Bingo 1:00 Cruise Informational Meeting 1:00 PM Woodworking</p>	<p>4</p> <p>10:00 AM Chair Yoga</p>
<p>5</p>	<p>6</p> <p>10:00 AM Texas Hold 'Em 11:00 AM Happy Circle at FBC Wylie 1:00 PM Crochet</p>	<p>7</p> <p>10:00 AM Store Trip 10:00 AM Basic Floral Design</p>	<p>8</p> <p>9:30 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 Library trip 1:00 PM Genealogy</p>	<p>9</p> <p>10:30 AM Farmersville Day Trip</p>	<p>10</p> <p>9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking</p>	<p>11</p> <p>10:00 AM Chair Yoga</p>
<p>12</p>	<p>13</p> <p>9:30 AM Group Exercise 10:00 AM Texas Hold 'Em</p>	<p>14</p> <p>10:00 AM Reelers</p>	<p>15</p> <p>9:00 AM Gardening 9:30 AM Group Exercise 12:30 Senior Craft Corner</p>	<p>16</p> <p>10:30 AM Dallas Museum of Art</p>	<p>17</p> <p>11:30 AM Celebration Luncheon 12:30 PM Bingo 1:00 PM Woodworking</p>	<p>18</p> <p>10:00 AM Chair Yoga</p>
<p>19</p>	<p>20</p> <p>9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:00 PM Book Bunch 1:00 PM Crochet</p>	<p>21</p> <p>10:00 AM Store Trip</p>	<p>22</p> <p>9:30 AM Group Exercise 12:30 Library Trip</p>	<p>23</p> <p>10:00 AM Klyde Warren Park</p>	<p>24</p> <p>9:30 AM Pancake Breakfast 12:30 PM Bingo 1:00 PM Woodworking</p>	<p>25</p> <p>10:00 AM Chair Yoga 10:30 AM Grace & Glorie</p>
<p>26</p>	<p>27</p> <p>9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 PM Creative Confections</p>	<p>28</p> <p>10:00 AM Reelers 1:00 PM Wreath Making</p>	<p>29</p> <p>9:30 AM Group Exercise</p>	<p>30</p> <p>8:30 AM Dallas Zoo</p>	<p>31</p> <p>9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking</p>	