

# City of Allen



## The Allen Oasis March and April 2016



### Hill Country Trip

Heritage Tours and the Allen Senior Recreation Center present a two-night/three-day trip to the Texas Hill Country. All the spring wildflowers will enhance this fun Texas tour. This trip includes motor coach transportation, hotel, 5 meals along with many tours and entertainment in this area of Texas.

Some of the sights will include: LBJ Boyhood Home and Ranch, Fredericksburg city tour and free time, Wild Seed Farm, Wine tasting and more. There will even be a stop in Luckenbach and the view of the Enchanted Rock.

**52395, MTW, 4/11-13**

**Double:\$545    Single:\$688**



## ASRC SPECIAL ACTIVITIES

### 70 CANDLES: STORIES FROM WOMEN IN THEIR 70'S!

In celebration of turning 70, the authors of 70 Candles! Women Thriving in Their 8th Decade set out to investigate how women their age and older were living their lives. They sought role models for themselves and messages for the droves of baby boomers on their heels. They were curious about the challenges and joys of their age-mates, their work and retirement status, living arrangements, family and social connections, and more. These septuagenarians knew they were not like their own grandmothers, But what is the new normal?

Author Jane Giddan will present her 70 candles project and lead a discussion with women about this period of our lives. This project is aimed to discover the ways in which women thrive in their eighth decade. In this era of longevity, how do we women in and near our 70s actually live our lives today? What are our challenges and our joys? What can we tell the boomers coming up behind us? Come and join Jane for lively discussion with your peers. You won't want to miss out –this discussion will be interesting, heartwarming and fun!

**52483, Fri, 4/8, 10:30am-12:00pm Free**



#### All Boxed Up Cost: \$5.00 per box

...And ready to go! No time to cook dinner? No problem! We have the solution. Let us do the work for you! All you do is come and get it! Chef John from the Allen Event Center will prepare a delicious meal and we will box it up for you to take home, heat, and enjoy!

**March: Fried Shrimp, Cocktail Sauce, Steamed Rice, Veggies**

**51038, Thu, 3/17 (orders due by Fri, 3/11)**

**April: Scrambled Eggs, Bacon, Hash Browns, and Toast**

**51039, Thu, 4/21 (orders due by Fri, 4/15)**



**Pick up time: Between 4:00 and 4:45pm in the Dining Room**

### Pancake Breakfast



**Friday, March 4, 2016  
8:00-9:30am Guests/\$3 Members \$2**



## ASRC SPECIAL ACTIVITIES

### Allen Senior Recreation Center Presents... "Just for the Health of it"

# HealthFair

The annual senior health fair takes place on Friday morning at the Allen Senior Recreation Center, showcasing over 45 vendors who provide services to local seniors and their caregivers. Vendors will include healthcare organizations, business professionals, residential communities, senior adult living facilities, home health care and several others. Medical professionals will also be on site providing a variety of screenings and check-ups. This event is free and open to the public.

**Friday, May 6th, 9:00am-12:00pm**



### Texas State Railroad Trip in the Springtime\*

Friday, May 13, 2016

7:30am—7:30pm



Take a relaxing train ride through the piney woods of East Texas. This historic steam railroad offers train excursions that travel 25 miles through the scenic piney woods and hardwood creek bottoms of East Texas amidst a backdrop of rolling hills, nature and wildlife.



#### Trip Includes:

- Deluxe motor coach transportation
- Snacks and Drinks on motor coach
- One-way Ticket on the State of Texas Steam Train to Rusk
- Box Lunch
- Tour of Rusk to see the World's Longest Foot Suspension Bridge
- Bus trip back to Palestine
- Historical Tour of Palestine
- Popular stops at places such as Texas Theater and Eilenberger's Bakery
- Tour Planning & Historical Bus Ride by Byron Cain, Heritage Tours



**#52488**

Cost: \$98.00



# ASRC TRAVELING FRIENDS

## TRIP INFORMATION

**Trip Etiquette**– Arrive at least 20 minutes before the departure time printed. The bus will leave with or without you! **Return times are approximate** due to traffic. Please be considerate of others –we can not leave for home until everyone is on the bus. Those who return late to the bus may forfeit future trip privileges. \*You **MUST** travel on the bus to participate in the trips.

## TRIP LEGEND

- E** **Easy:** Generally **light** walking
- M** **Moderate:** **Some** walking necessary, able to stand or walk for longer periods of time without assistance
- A** **Active:** **Lots** of walking– good physical health recommended
-  Cost of Meal **included**
-  Cost of Meal is **NOT** included

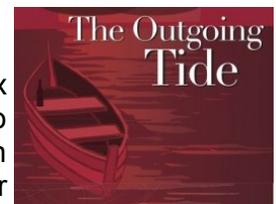
### One Thirty Productions – The Outgoing Tide



Cost: \$21

Set in a summer cottage on Chesapeake Bay, Gunner has hatched an unorthodox plan to secure the family's future, but meets with resistance from his wife and son, who have plans of their own. As winter approaches, the three must quickly find common ground and come to an understanding—before the tide goes out. We will stop for lunch before production.

**52264, Thu, 3/10, 10:45am-4:30pm**



### Live, Laugh, Learn

Cost: \$30

Celebration Magazine proudly presents The 2<sup>nd</sup> Annual Live, Laugh, and Learn: a day of learning, laughter and lunch with friends. The days will be so much fun and informative. There will be four very special speakers including Rosemary Rumbly. This event package includes continental breakfast, lunch from Quiznos, along with snacks and prizes.

**52266, Tue, 3/15, 8:15am-4:00pm**



### Texas-Tulips\*



Cost: \$13

Pick your tulips & tulip bulbs in the first tulip field in Texas. This tulip field is right here in North Texas in the town of Pilot Point. Spend the morning in the midst of all these beautiful flowers. Learn about the growth and care of tulips. Pick and pay for your tulips or just come to enjoy the tulip fields and nature. Stop for lunch at the Prairie House in Crossroads, Texas.

**52403, Fri, 3/18, 9:00am-3:00pm**



### Lunch Break - Sugarbacon



Cost: \$5

The northward migration of Dallas' restaurant scene is one of the biggest stories of the year, thanks in large part to Jon Thompson's Sugarbacon Proper Kitchen In Downtown McKinney. Sugarbacon's namesake dish is worth the drive to McKinney on its own, not to mention Thompson's Brenner-approved burger.

**52250, Thu, 3/24, 10:45am-1:00pm**



## TRAVEL (CONTINUED)

### TRIP INFORMATION

**Trip Etiquette**– Arrive at least 20 minutes before the departure time printed. The bus will leave with or without you! **Return times are approximate** due to traffic. Please be considerate of others –we can not leave for home until everyone is on the bus. Those who return late to the bus may forfeit future trip privileges. **\*You MUST travel on the bus to participate in the day trips.**

#### Dinner Break – Mitas Hill Vineyard



Cost: \$9

Experience an evening of food and drink at this local Winery in McKinney near Melissa, Texas. Mitas Hill Vineyard is a family owned vineyard which has branched over the years since 1999. Your evening will start with a tour of the vineyard. As the evening progresses inside this beautiful restaurant, enjoy a delicious dinner and even a wine-tasting from their menu. Meal and wine-tasting are not included in this price.

**52402, Thu, 4/7, 3:15pm-8:00pm**



#### Rough Riders



Cost: \$32

Join us for a day of baseball at the Frisco Rough Riders Game! This All-Inclusive trip includes a Roughriders souvenir, access to the Group Grab-and-Go food area with unlimited hot dogs, bratwurst, chips, and Dr. Pepper products until 1:05pm plus \$10 concessions from any of the other concession areas. Tickets are non-refundable.

**51259, Tue, 4/19, 10:00am-3:00pm**



#### Dallas Summer Musical: Wicked\*



Cost: \$76

WICKED is the untold story of the witches of Oz. Long before Dorothy drops in, two other girls meet in the Land of Oz One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. WICKED tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good. Before the musical enjoy lunch at Kelly's at the Village.

**51486, Thurs, 4/21, 10:45am-5:30pm**



#### Dallas Summer Musical: Ragtime\*



Cost: \$80

At the dawn of a new century, everything is changing...and anything is possible. Ragtime returns to North America in a striking, all-new touring production from the producing team that most recently brought you The Color Purple and Spamalot. The stories of an upper-class wife, a determined Jewish immigrant and a daring young Harlem musician unfold - set in turn-of-the-century New York - all three united by their desire and belief in a brighter tomorrow. Enjoy lunch before the show. Lunch location TBA.

**52485, Thu, 6/2, 10:45am-5:30pm**



#### Dallas Summer Musical: 42nd Street



Cost: \$85

Peggy Sawyer arrives in New York City from Allentown, PA with hopes of becoming a Broadway star. Facing adversity from all directions, the young but talented performer learns about show business and discovers which relationships are most important in life. With highs and lows in her early career, Peggy experiences growth as both a performer and a young woman. Enjoy lunch before the show. Lunch location TBA.

**52486, Thu, 7/7, 10:45am-5:30pm**



## HEALTH

### Calvert Hearing

Dr. Mainard with Calvert Hearing Care will be here to conduct hearing screens. Each screening will take approximately 15 minutes. Please sign up at the front desk.

**52276, Fri, 3/4, 8:00am-9:30am**

### Nervous System Analysis\* (4 spots available -15 minutes per test)

Dr. Allam will be here to do a free nervous system analysis.

**51499, Mon, 4/25, 12:30pm-1:30pm**

## EDUCATION

### Joint Pain\*

Attending this lunch and learn is a must! Dr. Rider will explain common misconceptions about joint pain, and not just because you are getting older! He will also educate you on how to reduce inflammation, enhance tissue repair and improve circulation- naturally.

**51970, Wed, 3/2, 11:00am-12:00pm**



### Texercise: Fitness and Nutrition for Life!\*

Fitness and nutrition for life! An active, healthy lifestyle is the key to aging and living well. Gain knowledge to establish healthy eating habits and reduce medical costs. No fancy gear, no fees - just a fun, practical guide to looking and feeling your best.

**52043, Tue & Thu, 3/8-5/12, 9:00am-10:30am**

### Neighborhood Memory Café\*

Location: Classroom A&B

The Neighborhood Memory Cafe is a place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment. It is a time where people can interact, laugh, cry, find support, share concerns, and celebrate without feeling embarrassed or misunderstood.

The Neighborhood Memory Cafe encourages friendship and acceptance - it is a place where people with memory loss and their care partner can remain socially engaged with others traveling the same journey. If you know someone that would benefit from this educational and social opportunity, please encourage them to attend-membership is not required to participate in this special gathering!

**51009, Mon, 3/14, 10:15am-12:00pm**

**51010, Mon, 4/11, 10:15am-12:00pm**

### Cancer Basics\*

Please join Melissa Baxter with the American Cancer Society, as she discusses:

- \*Cancer prevention
- \*Cancer awareness
- \*Cancer caregiving

**52274, Wed, 3/16, 11:00am-12:00pm**



### Spring Wellness\*

The Heritage at Twin Creeks and Warm Springs rehabilitation Hospital presents "Spring Wellness 2016." Discover unique therapies you can do at home to prevent falls and learn about overall wellness care for 2016.

**52275, Fri, 3/18, 11:00am-12:00pm**



## EDUCATION



### AARP Driver Safety\*

Cost: \$15 AARP members /\$20 non-members

Nation's largest refresher course for drivers 50 years +.

Learn defensive driving techniques and evidence based strategies to keep you safe on the roads and reduce your overall maintenance and car insurance costs. Fee is payable to instructor by cash or check on the day of class. Membership is not required.

**51002, Mon, 3/21, 12:30pm-5:00pm**

### Dinner and Learn\*

Please join the Steelmans with United Financial Services for an informative presentation on retirement strategies followed by a complimentary, no obligation meal. Learn from Retirement Specialist, Carl Steelman the latest you can use, such as fixed annuities, to help generate income, protect it from future market downturns and guarantee that it lasts a lifetime.

**52265, Tue, 3/22, 6:00pm-7:45pm**

### Secrets of the Water Wise Gardener\*

Come learn the secrets of having a beautiful home landscape that saves water, resources and your time. Gail Donaldson, Water Conservation Manager for the City of Allen will explain the 7 steps required to have such a landscape.

**52282, Mon, 4/4, 11:15am-12:15pm**



### Master of Memory\*

Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. While some change may be expected as you age, that doesn't mean you can't do something about it. This seminar will help you understand how your memory works and what may affect your memory. The program encourages people to recognize that they can impact their memory function, and teaches them how to do so. *Cooking demo and samples included.*

**52272, Wed, 3/23, 11:00am-12:00pm**

**52273, Wed, 4/06, 11:00am-12:00pm**



## **HANG ON. . . help is on the way!** **AARP Tax-Aide Program Returns**

Location: Multi C

**Mondays 9am-2pm:**

**March: 7,14,21,28**

**April: 4,11**

AARP offers FREE tax preparation and e-filing at the Allen Senior Recreation Center. Please bring all your tax information, if in doubt—bring it with you! No ASRC membership required. Due to the nature of preparing tax returns, AARP volunteers do not know exactly how many people they can assist in the time allotted; therefore, we cannot do pre-registration. Sign up will begin on the morning of each date, first come first served and space is limited. Sign up will only be done in person. No phone calls or advance registration can be taken. AARP will serve as many people as time allows. Last year, over 100 people were given free tax preparation at the ASRC. There are 11 dates of FREE tax preparation, so if you do not get seen the first time you come, please be patient and try again! We are so fortunate to have this great FREE service.



## PET EDUCATION



### **Save Money on Your Priceless Pet**

Cost: \$10

You can't put a price on the love and devotion your pet brings you. In this talk, national pet behavior and safety expert Arden Moore identifies specific ways to s-t-r-e-t-c-h your pet budget without shortchanging the health of your pet. And her first tip will pay for this presentation! She will show you how to make DIY pet toys, save \$100s on vet bills, explain the pros and cons of pet insurance and identify why you should never skimp in what you feed your pet. Joining here will be her talented four-legged duo of Pet Safety Dog Chipper and Pet Safety Cat Casey.

**52278, Wed, 3/2, 1:00pm-2:30pm**

### **The ABC's of D-O-G-S**

Cost: \$10

Learn how to "speak" dog and decode accurately what your dog's vocalizations, postures and actions really mean. National pet expert Arden Moore, the author of two dozen pet books, including "What Dogs Want," will be your guide in unlocking the mysteries behind how modern-day dogs think and act. Discover why your dog rolls in duck poo, delights in turning toilet paper into confetti, digs in the dirt, barks at the Fed Ex guy and much more. Assisting Arden in this presentation will be her canine translator, Pet Safety Dog Chipper. Bring your perplexing dog questions!

**52279, Thu, 3/3, 1:00pm-2:30pm**

### **Inside the Feline Mind: Cat Behavior Secrets Revealed**

Cost: \$10

Yes, cats can be funny, fussy, frustrating and even a bit freaky. Learn how to "speak" cat. National pet expert Arden Moore, author of "The Cat Behavior Answer Book," will be your guide to unlocking the mysteries behind how cats think and act. Discover why your cat insists on being on top of your refrigerator, leaving a dead bird on your pillow, suddenly boycotting the litter box and much more. Assisting Arden in this presentation will be feline translator, Pet Safety Cat, Casey. Bring your perplexing cat questions!

**52280, Wed, 3/30, 1:00pm-2:30pm**

### **Ageless Advice to Bring Out the Best in Your Senior Pet**

Cost: \$10

Yes, you can teach old dog new tricks. Yes, you can bring out the kitten in your senior cat. Old age is not a disease. It is simply a stage in life for your beloved pet. National pet behaviorist Arden Moore, the author of two dozen pet books, will identify specific ways to make your pet's senior years truly golden ones – and save you money. Joining Arden is Pet Safety Dog Chipper, a spry 13-year-old Husky-golden retriever mix.

**52281, Wed, 4/6, 1:00pm-2:30pm**

# ACTIVITIES

## CASH BINGO

Every Tuesday and Thursday afternoons: **2:00-4:00pm**

**\$1 per card (6 card limit per person). Winnings range up to \$10.**

Bingo card purchase start at 1:15. NO exceptions. The tables are first come/first serve and NO saving of tables. Guests are welcome on Tuesday afternoons only. Come play Bingo!

## OPEN GAME PLAY

### Mondays

10:30-3pm Mah Jongg

### Tuesdays

12-3 "42" & Hand & Foot

1st & 3rd Tue, 1pm Bunco

4-7pm Card Party

### Wednesdays

12-3 Pinochle

1-4pm Party Bridge Club

### Thursdays

11am-12pm Wii Tournament Play

12-3 Mexican Train

4-7 pm Bid Whist

### Fridays

10:30-3pm Mah Jongg

1-4pm Party Bridge Club



Open Game Play is a time for all members to enjoy playing games. If you have an established group that play on a regular basis, please remember to welcome new faces to your game during the times posted for Open Game Play. Remember, Open Game Play is a time to allow everyone an opportunity to play games. Open Game Play is in Multipurpose Room C. Staff is happy to add new times and games for Open Game Play. Please see Denise if you want to start a new group!

**The Center reserves the right to make room adjustments before, during, or after scheduled game play for Center or City Programs. Thank you for your understanding.**

# Prize Bunco!

**Facilitators: Julia Devaney & Carolyn Hormell**

**Location: Classroom B**

**Cost: \$5**

51300, Tue, 3/08, 1:00pm-3:00pm

51301, Tue, 3/22, 1:00pm-3:00pm

51302, Tue, 4/12, 1:00pm-3:00pm

51303, Tue, 4/26, 1:00pm-3:00pm



# ARTS & CRAFTS

## ArtSparks

Explore Art Masterpieces! Allen ArtSparks is an art appreciation program where you can explore some of the great masterpieces of the art world without leaving the Senior Center. Janel Smith, an experienced volunteer, will show artwork, talk about the artists and history, and lead a discussion about the art.

**51350, Fri, 3/11, 10:00am-11:30am- Wassily Kandinsky**

**51351, Fri, 4/08, 10:00am-11:30am- Window to the Civil War**



## Fine Arts Club ***TIME CHANGE***

Do you work in oils, pastels, watercolor, graphite/colored pencils, or acrylic? Join the group of artists working on their individual pieces while sharing information, fun, and friendship with a common interest in art. Please take note of the time change.

Facilitator: Phyllis Bronder.

**51312, Tue, 3/1-3/29, 11:00am-3:00pm**

**51313, Tue, 4/5-4/26, 11:00am-3:00pm**



## Ceramics

Cost: \$23

Basic knowledge of painting is needed to create beautiful ceramic pieces for yourself or as gifts. Learn how to clean greenware, glaze, paint designs and much more. Open to beginners and intermediate students. Supply list available when you register.

Instructor: Pam Nicholson

**51047, Mon, 3/7-3/28, 9:30am-12:30pm**

**51048, Mon, 4/4-4/25, 9:30am-12:30pm**



## Easter Floral Decor

Cost: \$10

Spring / Easter Floral

Combine different artificial flowers to create a beautiful Easter/Spring Decoration for your home! Instructor: Bridgett Wolfard \$20 supply fee to be paid to instructor

**51379, Wed, 3/9, 10:45am-12:45pm**



## Featured in "Allen Image"!

### Meditative Drawing\*

Learn a new appreciation of the world around you through drawing with easy intricate patterns that relax the body and stimulate the brain function. Play with free form and fun designs. No art experience is necessary.

Instructor: Cheryl Kaufmann \$15 supply fee due to the instructor.

**51005, Thu, 3/3-3/31, 10:00am-12:00pm, Cost: \$50**

**51006, Thu, 4/7-4/28, 10:00am-12:00pm, Cost: \$40**



### Quilting Club

Cost: Free

Bring your quilting project and join this group to share information, fun, and friendship.

Facilitator: Ruth Meyers

**51326, Wed, 3/09, 1:00pm-4:00pm**

**52404, Wed, 3/16, 12:30pm-4:00pm**

**51327, Wed, 4/13, 1:00pm-4:00pm**

**52405, Wed, 4/20, 12:30pm-4:00pm**



## ARTS & CRAFTS

### Stitchin' Time

Cost: Free

Location: Craft Room

Join the group for Stitchin' Time. Bring any kind of handwork project such as crochet, knit, embroidery, or cross stitch. Enjoy the fellowship and fun while working on your projects. Led by all who come!

**Mondays, 12:30pm-3:00pm**

### Yes, You Can Paint\*

Cost: \$42

Never held a paint brush? Can't draw a stick figure? You'll be amazed at the masterpiece you can complete in one fun and inspiring lesson! Learn basics of color mixing, brushstrokes and perspective while completing a professional-looking oil painting. Bring paper towels, wear old clothes. Instructor: Sandra Elkins. March-Japanese Gardens, April - Purple Iris

**51064, Fri, 3/18, 9:30am-12:00pm "Japanese Gardens"**

**51065, Fri, 4/15, 9:30am-12:00pm "Purple Iris"**

## NEW DANCE LESSONS

### Choreographed Ballroom Dance Beginning Rumba Lessons by JL and Linda Pelton

**Wednesdays**

**March 16—April 20**

**1:30-3pm**

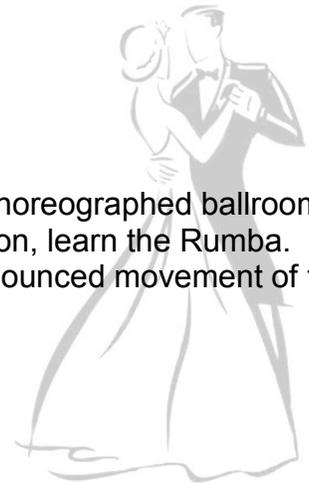
Relieve the stress of learning to dance popular ballroom rhythms through choreographed ballroom dancing where a cuer calls out the dance moves. During this 6 week session, learn the Rumba. The Rumba is a Cuban origin dance combining complex footwork with pronounced movement of the hips. Minimum of 6 couples is required for this class.

**\$64/pp**

**9 Hours of Instruction in 6 weeks**

**(#52394)**

**Pre-register by March 9th**



### About The Peltons

JL and Linda Pelton have 20 years experience in choreographed ballroom dancing. They dance at the Phase VI level which is the highest level of difficulty. JL and Linda are members of Roundalab which is the Round Dance Teachers Association of choreographed ballroom dance instructors. They are members of ICBD (International Choreographed Ballroom Dance Association) and attend many national dance festivals as well as dance and figure clinics throughout the year.

JL and Linda currently teach an Intermediate to Advanced Choreographed Ballroom class at Plano Senior Center which has been running continuous classes there since September 2009 (Choreographed Ballroom Dance III). They are also currently teaching a Beginning Rumba and Cha Cha class in Plano at Carpenter Recreation Center (Choreographed Ballroom Rumba/Cha Cha (Beg)).

## DANCE

### Beginner Line Dance

Cost: \$18/2 months

Learn popular line dances and gain confidence to take on the floor. Each class receives instructions to a new dance and then dance previous routines. Dance to a range of music including Country Western, Blues, Jazz, Salsa, and Hip Hop. No previous dance experience required. Must attend by second class. Facilitator: Gail Donaldson

**51315, Thu, 3/3-4/28, 5:00-6:30pm**

### Intermediate Line Dance

Cost: \$9

This class is for experienced line dancers that know the names of the step moves. Learn new dances on Tuesdays and practice them on Thursdays. Improve to advanced current popular line dances taught to music from Country and Western, Blues, Jazz, Salsa, as well as Hip Hop.

Facilitator: Gail Donaldson

**51318, T/Th, 3/1-3/31, 12:30-1:15pm**

**51319, T/Th, 4/5-4/28, 12:30-1:15pm**

### Open Line Dance\*

Cost: \$3/member; \$6 non-member

Looking for a place to dance what you have learned in class? Come join other dancers and show off your moves to a variety of dances. Beginner to advanced level line routines are mixed through the two hour dance party. Music runs non-stop without instruction providing music to over 35 routines. Facilitator: Gail Donaldson

**51026, Tue, 3/1, 5:30-8:00pm**

**51027, Fri, 4/1, 7:00-9:00pm (Frank Trace)**

### Get Up 'n Boogie

Cost: \$32

Frank Trace, an instructor and choreographer in the line dance world, will be leading a fun weekend for all line dance enthusiasts. Learn from Frank as he teaches some new moves on the dance floor. Absolute beginner to easy intermediate line dances will be taught during this workshop. Out-of-Town dancers: Hampton Inn Rooms available. Fee includes lunch.

**51066, Sat, 4/02, 9:00am-4:00pm**

### Dance to the Disc

Cost: Free

Dance the afternoon away! Come with or without a partner to enjoy a variety of dance music such as Ballroom, Latin, Country Western, and Golden Oldies. Roy Durell will play the tunes.

**52255, Fri, 3/4-4/29, 2:00-3:30pm**

## FITNESS

### Zumba Punch Card

Twelve (12) punches to use whenever you want for any Zumba class held at the ASRC. Never pay for another missed class again! And your card never expires. Must purchase at the front desk and give to instructor before each class you attend. Lost cards will not be replaced, are non-refundable and non-transferrable. Instructor: Kimberly Labbe.



### Class times available:

**Mondays: 1:45pm - 2:30pm**

**Wednesdays: 10:00am-10:45am**

**Fridays: 10:00am-10:45am**

**51346, 12 Punches- \$36**

**51347, 12 Punches- \$36**



# FITNESS

## Fitness Orientation

Cost: Free

Join Dr. Troy Allam from Craig Ranch Chiropractic for an orientation on the ASRC fitness equipment. Plus, learn safety, exercise and health tips. This is recommended for members new to our fitness room.

**51496, Wed, 3/23, 12:30pm-1:30pm**

**52251, Wed, 4/27, 12:30pm-1:30pm**

## Arthritis: Get Movin!\*

Cost: Free

A low-to-moderate intensity fitness class improving strength, endurance, flexibility and balance. This class will benefit those experiencing arthritis, chronic joint/muscle pain, limited or painful movement and will work on improving abilities to do daily tasks and generally feeling more energized. Instructor: Greta Allen.

**51368, Mon, 3/7-3/28, 9:00am- 9:45am**

**51372, Mon, 3/7-3/28, 10:00am-10:45am**

**51370, Wed, 3/2-3/30, 9:00am- 9:45am**

**51374, Wed, 3/2-3/30, 10:00am-10:45am**

**51369, Mon, 4/4-4/25 9:00am- 9:45am**

**51373, Mon, 4/4-4/25, 10:00am-10:45am**

**51371, Wed, 4/6-4/27, 9:00am- 9:45am**

**51375, Wed, 4/6-4/27, 10:00am-10:45am**



## Cardio Drum'n\*

Cost: \$20, \$16

Instructor: Dina Scott

Location: Multi-purpose Room A

Gain an increased awareness of your body, coordination and kinesthetic development through this exciting drumming class. Drumming is its own playful reward, people know what they are doing is achievable and they feel relaxed, involved and focused.

**51021, Tue, 3/01-3/29, 10:20am-11:05am (\$20)**

**51022, Tue, 4/05-4/26, 10:20am-11:05am (\$16)**

## Chair Volleyball\*

Location: Multi Purpose Room A

Facilitator: Doug Bergesen

More fun than you can possibly stand - while seated! Come enjoy this fun-filled game played with a beach ball. Chair Volleyball is great for upper body mobility and joint flexibility. It enhances muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball except 'cheeks on the chair!' Limited chairs, so register early!

### Game Play:

**51013, Wed, 3/02-3/30, 11:00am-12:00pm**

**51017, Fri, 3/04-3/25, 9:00am-11:00pm**

### Game Play:

**51014, Wed, 4/06-4/27, 11:00am-12:00am**

**51018, Fri, 4/01-4/29, 9:00am-11:00am**

## Body Conditioning for Seniors\*

Cost: \$25, \$20

Have you just recently decided to get in better shape? This body conditioning class can be performed to obtain better health goals. Learn both upper and lower body techniques with the use of free weights, bands and balls. This exercise is great for beginners or people who want to maintain an overall strength and healthiness. Please bring a mat or towel to class. Instructor: Eileen Rians

**51073, Wed, 3/02-3/30, 12:30pm-1:15pm (\$25)**

**51074, Wed, 4/06-4/27, 12:30pm-1:15pm (\$20)**



## FITNESS (CONTINUED)

### Pilates\*

Cost: \$21/\$25.50

This class is a mind body exercise which will promote good posture, increase flexibility, improve balance, build core strength and help in creating lean strong muscles, without adding bulk. Instructor: Sarita Pai

**51034, Mon, 3/07-3/28, 10:15am-11:00am (\$21)**

**51030, Thu, 3/03-3/31, 10:15am-11:00am (\$25.50)**

**51035, Mon, 4/04-4/25, 10:15am-11:00am (\$21)**

**51031, Thu, 4/07-4/28, 10:15am-11:00am (\$21)**



### Pole Walking\*

Cost: \$10

Let's take a Pole - Who wants to try Nordic walking?! Urban poling, or Pole walking as it is sometimes known, is a form of exercise in which you walk with a specially designed pole in order to engage a greater number of muscles than simply walking or jogging. Compared to simple walking, you will experience a full body workout. You will be guided through various parks and trails in Allen. Come and explore the many benefits that Urban Poling has to offer.

Register early limited spots available. Instructor: Mary Hinkle

#### Renting Poles:

**50997, Tue, 3/01-3/29, 9:30am-11:00am**

**50998, Tue, 4/05-4/26, 9:30am-11:00am**

#### Bringing Poles:

**50999, Tue, 3/01-3/29, 9:30am-11:00am**

**51000, Tue, 4/05-4/26, 9:30am-11:00am**



### SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Silver Sneakers members program is free. Non Silver Sneaker members: \$13/4 classes, \$16.25/5 classes (depending on days in month). Instructor: Barbara Jordan

**51354, Tue, 3/01-3/29, 9:00am- 9:45am**

**51358, Thu, 3/03-3/31, 1:30pm- 2:15pm**

**51355, Tue, 4/05-4/26, 9:00am- 9:45am**

**51359, Thu, 4/07-4/28, 1:30pm- 2:15pm**

## Personal Training\*

\$50/50 minutes per person OR Bring a friend and train for only \$30 each (membership required). Whether your goal is to delay aging, eat healthier, build strength, increase flexibility, or lose a few unwanted pounds, it begins with the decision to change your lifestyle, and it should begin today! Your personal training journey begins with a 30 minute assessment. During the assessment, certified personal trainer, Kerry Stallo will review your medical history, desired fitness or nutritional goals, and assess your current physical conditioning. Kerry Stallo is available for your personal training needs at the ASRC. Inquire at 214-509-4820.



## Featured in the Dallas Morning News!

## FITNESS (CONTINUED)

### Strength-Core-Balance\*

Cost: \$31/\$38

Location: Multi-purpose Room B

Restore balance, develop core strength and build lean muscle while minimizing injuries through a progressive instruction method and full body workout with balance postures, chairs, mats, hand weights, resistance bands and stability balls. Bring a yoga mat. All levels will benefit. Instructor: Kerry Stallo

**51051, Tue, 3/01-3/29, 10:00am-10:45am \$38**

**51054, Fri, 3/04-3/25, 9:00am- 9:45am \$31**

**51056, Tue, 4/05-4/26, 10:00am-10:45am \$31**

**51055, Fri, 4/01-4/29, 9:00am- 9:45am \$38**

### Strength-Core-Balance-PLUS\*

Cost: \$31/\$43

Includes additional core exercises (stomach, back, chest, hip) and stretching. Develop strong core muscles, restore balance, and promote lean muscle building while minimizing injuries. Chairs, mats, hand weights, resistance bands, and stability balls will be used. Bring a yoga or exercise mat. Instructor: Kerry Stallo

**51059, Thu, 3/03-3/31, 9:00am-10:00am \$43**

**51060, Thu, 4/07-4/28, 9:00am-10:00am \$35**

### NEW! Drop-in Rate

#### Strength-Core-Balance and Strength-Core-Balance PLUS!\*

Strength-Core-Balance - \$9 per class

Tuesday, 10:00am-10:45am

Friday, 9:00am-9:45am

Strength-Core-Balance PLUS! - \$10 per class

Thursday, 9:00am-9:45am



### Tai Chi\*

Cost: \$12

Tai Chi is a mind-body practice that originated in China. This class includes both Tai Chi and Qigong. The slow gentle movements are ideal for seniors. These low-impact exercises calm the mind and improve overall wellness, balance, muscle strength, coordination and flexibility. Facilitators: John Chiu & Charles Pruett

**51330, M/W/F, 3/02-3/30, 11:00-11:45am**

**51331, M/W/F, 4/01-4/29, 11:00-11:45am**



## THE ART OF YOGA

### Yoga\*

Cost: \$27/\$33

Practice slow-flow style (Vinyasa) yoga through a calm and peaceful state of moving meditation. Flow yoga links breaths with movement while increasing wellness. All levels are welcome and modifications are shown to meet different abilities. Bring a yoga mat. Instructor: Sarita Pai

**50985, Mon, 3/07-3/28, 9:00am-10:00am (\$27)**

**50986, Wed, 3/02-3/30, 9:00am-10:00am (\$33)**

**50991, Fri, 3/04-3/25, 9:00am-10:00am (\$27)**

**50987, Mon, 4/04-4/25, 9:00am-10:00am (\$27)**

**50988, Wed, 4/06-4/27, 9:00am-10:00am (\$27)**

**50992, Fri, 4/01-4/29, 9:00am-10:00am (\$33)**

## SPECIAL INTEREST

### Music with Murray Stein

#### **An Invitation to Dance**

The composer, Andrew Lloyd Webber, actually wrote a beautiful piece with that name. Using that theme, this month's music program will consist of dance music by some of the most prominent composers. Dance is the essence of ballet and opera, but many composers also put dance music into symphonic suites. Listen to music by Mozart, Offenbach, Chopin, Bernstein, Tchaikovsky, Borodin, Rimsky-Korsakov and more.

**51505, Wed, 3/16, 10:00am-11:45am**

#### **The Genius of Tchaikovsky**

Peter Ilyitch Tchaikovsky was the master of the symphony, concerto, ballet, opera and chamber works. His "1812 Overture" always has a prominent place in our Independence Day Celebrations. Such is the popularity of this genius from Russia. Murray will bring all of his Tchaikowsky CDs, the attendees; will select the music.

**51506, Wed, 4/20, 10:00am-11:45am**

#### **Genealogy Club\***

The members of the Club enjoy tracing their roots. There are beginners as well as experienced genealogists. New members are welcome anytime. Each month the program is conducted by members or a guest speaker. Trips are available to local libraries and cemeteries during the year. The meetings are held on the fourth Monday, unless specified differently because of holidays. Facilitator: Richard Henry

**51322, Mon, 3/28, 1-2pm**

**51323, Mon, 4/25, 1-2pm**

#### **Modeling Club**

What is modeling? Modeling is creating objects such as trains, planes, automobiles, ships, buildings or structures as a hobby. Members can bring their projects or just bring themselves to learn about modeling. Facilitator: Roy Durell

**Tuesdays, 1:30-3:30pm**

#### **Pass the Hat Knitting Class\***

Please join Ellen Miller for Passing the Hat. This non-profit started in 2011. Ellen will teach cancer patients, survivors and supporters to knit hats using a loom. These hats are donated to cancer patients at several cancer hospitals. Yarn will be available but donations are accepted.

**51308, Tue, 3/22, 10:00am-12:00pm**

**51309, Tue, 4/19, 10:00am-12:00pm**

#### **Collectors Club**

Are you a collector of coins, stamps, currency, memorabilia, autographs, or anything else that you own? Bring your collection or just bring yourself to learn more about this hobby. Bring your collections such as coins, medals, trains, toys, Nascar, porcelain figurines, clocks, watches, Disneying, Star Wars and even Matchbook and Swizzle sticks for free appraisals. Facilitator: Stan Schwartz

**Wednesdays, 9:00am-10:00am**

#### **Wii Play**

Cost: Free

Qualify for regional bowling tournaments with other senior center groups. Facilitator: Doug Bergesen

**Thursdays, 11:00am-12:00pm**

#### **Treasure Chest Shopping\***

Cost: \$1/Transportation

The Treasure Chest is a store where everything is 25 cents each. They have reserved this day for the Allen Senior Recreation Members. You **MUST** bring your membership card to enter the store. **Only register if you need transportation.** Otherwise, please feel free to come during the time period below. There will be shuttles from the center to the shop. Bring a shopping bag!

**52487, Fri, 04/29, 10:30am-12:30pm**

## VOLUNTEER VOICE

We are so thankful to all of our Volunteers & Sponsors that support ASRC activities and programs each month.



- **AARP Safe Driving Class Instructor.**
- **“All Boxed Up” dinner program**-Chef John from the Event Center for catering the dinners and supporting the program.
- **Education Facilitators** for bringing meaningful seminars and lunch & learns to our center.
- **ASRC volunteers and staff** for the 10th Anniversary Celebration week.
- **United Financial Services, The Belmont at Twin Creeks, The Heritage at Twin Creeks, Walgreens, Texas Star Assisted Living, Ron Butler, Class Act Tap Company, Victoria Gardens of Allen, Right at Home –Home Care and Assistance, Mustang Creek, and Marty Ruiz** for supporting the 10th Anniversary Celebration.
- **Ann Marie Heiser, Justin Voltz, Carson Doss, Lisa Potvin and Josue Diaz** for speaking at the Volunteer Kick-Off meeting.
- **Allen Convention and Visitors Bureau** for supporting the Volunteer Kick-Off Meeting.

## VOLUNTEER OF THE YEAR NOMINATIONS, MARCH 1-31

### SAVE THE DATE

Volunteer Recognition Luncheon  
Thursday, April 28, 11am

For those that have served at least the past six months, will receive an invitation.



# Allen Senior Recreation Center

## March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1-3pm Open Bunco 5:30-8pm Open Line Dance*	2 11am-12pm Joint Pain* 1-2:30pm Save Money on your Priceless Pet*	3 1-2:30pm The ABC's of DOGS*	4 8-9:30am Pancake Breakfast 8-9:30am Hearing Screenings*
7 9-2 AARP Tax Prep	8 9-10:30am Texercise* 10:45 St. Jude's Lunch* 1-3pm Prize Bunco*	9 10:45am-12:45pm Easter Floral Décor* 1-4pm Quilting Club*	10 9-10:30am Texercise* 10:45am-4:30pm One Thirty Productions*	11 10-11:30 ArtSparks*
14 9-2 AARP Tax Prep 10:15-12 Memory Café*	15 8:15am-4pm Live, Laugh, Learn* 9-10:30am Texercise* 1-3 Open Bunco	16 11-12 Cancer Basics* 10:00-11:30 Music w/Murray* 12:30-4pm Quilting Club*	17 9-10:30am Texercise* 4:00-4:45 All Boxed Up*	18 9am-3pm Texas-Tulips* 9:30am-12pm Yes You Can Paint* 11-12 Spring Wellness
21 9-2 AARP Tax Prep 12:30-5pm AARP Driver Safety*	22 9-10:30am Texercise* 10-12 Pass the Hat 1-3pm Prize Bunco* 6-7:45pm Dinner and Learn*	23 11am-12pm Master of Memory* 12:30-1:30 Fitness Orientation*	24 9-10:30am Texercise* 10:45am-1pm Sugarbacon*	25
28 9-2 AARP Tax Prep 1-2 Genealogy Club*	29 9-10:30am Texercise* 1-3 Open Bunco	30 1-2:30pm Inside the Feline Mind*	31 9-10:30am Texercise* 9am-3pm Texas-Tulips*	

Weekly Activities Mondays	Weekly Activities Tuesdays	Weekly Activities Wednesdays	Weekly Activities Thursdays	Weekly Activities Fridays
9-9:45 Get Movin* 9-10 Yoga-Inter/Adv* 9:30-12:30 Ceramics* 10-10:45 Get Movin* 10:15-11 Pilates* 10:30-3 Mah Jongg 11-11:45 Tai Chi* 12:30-3 Stitchin' Time 1:45-2:30 Zumba*	9-9:45 Silver Sneakers* 9:30-11 Pole Walking* 10-10:45 Strength/Core/Bal* 10:20-11:05 Cardio Drum'n* 11-3 Fine Arts Club* 12-3 "42" & Hand & Foot 12:30-1:15 Int. Line Dance* 1:30-3:30 Modeling Club 2-4 Cash Bingo 4-7 Card Party	9-10 Collectors Club 9-10 Yoga-Beginner* 9-9:45 Get Movin* 10-10:45 American Citizenship* 10-10:45 Get Movin* 10-10:45 Zumba* 11-12 Chair Volleyball* 11-11:45 Tai Chi* 12:30-1:15 Body Cond for Srs* 12-3 Pinochle 1-4 Party Bridge Club	9-10 Strength/Core/Bal* 10-12 Meditative Drawing* 11-12 Wii Tournament Play 10:15-11 Pilates* 12-3 Mexican Train 12:30-1:15 Int. Line Dance* 1:30-2:15 Silver Sneakers* 2-4 Cash Bingo 4-7 Bid Whist & Lessons 5-6:30 Beginner Line Dance*	9-9:45 Strength/Core/Bal* 9-10 Yoga-Beginner* 10-10:45 Zumba* 9:00-11 Chair Volleyball* 10:30-3 Mah Jongg 11-11:45 Tai Chi* 1-4 Party Bridge Club 2-3:30 Dance to the Disc

<p style="text-align: center;"><b>Center Supervisor</b> Travis Cunniff</p> <p style="text-align: center;"><b>Recreation Specialist II</b> Denise Fenner Julie Olles</p> <p style="text-align: center;"><b>Recreation Specialist I</b> Mary Hinkle Carmen Martin Jane Canady Dara Jones Pam Hatcher</p>	<p style="text-align: center;"><b>Allen Senior Recreation Center</b></p> <p style="text-align: center;"><b>Membership Rates -Per Year</b> Allen Residents \$5 Non-Residents \$24 *Proof of residency required.</p> <p style="text-align: center;"><a href="http://www.allenparks.org">www.allenparks.org</a> 214-509-4820</p>	<p style="text-align: center;"><b>Facility Hours</b> M/W/F 7:00am-5:00pm T/Th 7:00am-8:00pm Sat/Sun CLOSED</p> <p style="text-align: center;"><b>Address:</b> 451 St. Mary Drive Allen, TX 75002</p>
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# Allen Senior Recreation Center

## April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 7-9pm Open Line Dance*  2 Saturday 9am-4pm Get Up & Boogie*
4 9-2 AARP Tax Prep 11:15am-12:15pm Secrets of the Water Wise Gardner*	5 9-10:30am Texercise* 1-3pm Open Bunco	6 11am-12pm Master of Memory* 1-2:30pm Ageless Advice for your Senior Pet*	7 9-10:30am Texercise* 3:15-8pm Mitas Hill Vineyard*	8 10-11:30 ArtSparks* 10:30am-12pm 70 Candles*
11 9-2 AARP Tax Prep 10:15-12 Memory Café*	12 9-10:30am Texercise* 10:45 St. Jude's Lunch* 1-3pm Prize Bunco*	13 1-4pm Quilting Club*	14 9-10:30am Texercise*	15 9:30am-12pm Yes You Can Paint*
Hill Country Trip				
18	19 9-10:30am Texercise* 10-12 Pass the Hat* 10am-3pm Rough Riders* 1-3pm Open Bunco	20 10:00-11:30 Music w/Murray* 12:30-4pm Quilting Club*	21 9-10:30am Texercise* 10:45am-5:30pm Wicked* 4:00-4:45 All Boxed Up*	22
25 12:30-1:30pm Nervous System Analysis* 1-2 Genealogy Club*	26 9-10:30am Texercise* 1-3pm Prize Bunco*	27 12:30-1:30 Fitness Orientation*	28 9-10:30am Texercise* 11am Volunteer Luncheon (invitation only)	29 10:30-12:30 Treasure Chest*
Weekly Activities Mondays	Weekly Activities Tuesdays	Weekly Activities Wednesdays	Weekly Activities Thursdays	Weekly Activities Fridays
9-9:45 Get Movin* 9-10 Yoga-Inter/Adv* 9:30-12:30 Ceramics* 10-10:45 Get Movin* 10:15-11 Pilates* 10:30-3 Mah Jongg 11-11:45 Tai Chi* 12:30-3 Stitchin' Time 1:45-2:30 Zumba*	9-9:45 Silver Sneakers* 9:30-11 Pole Walking* 10-10:45 Strength/Core/Bal* 10:20-11:05 Cardio Drum'n* 11-3 Fine Arts Club* 12-3 "42" & Hand & Foot 12:30-1:15 Int. Line Dance* 1:30-3:30 Modeling Club 2-4 Cash Bingo 4-7 Card Party	9-10 Collectors Club 9-10 Yoga-Beginner* 9-9:45 Get Movin* 10-10:45 Get Movin* 10-10:45 Zumba* 11-12 Chair Volleyball* 11-11:45 Tai Chi* 12:30-1:15 Body Cond for Srs* 12-3 Pinochle 1-4 Party Bridge Club	9-10 Strength/Core/Bal* 10-12 Meditative Drawing* 11-12 Wii Tournament Play 10:15-11 Pilates* 12-3 Mexican Train 12:30-1:15 Int. Line Dance* 1:30-2:15 Silver Sneakers* 2-4 Cash Bingo 4-7 Bid Whist & Lessons 5-6:30 Beginner Line Dance*	9-9:45 Strength/Core/Bal* 9-10 Yoga-Beginner* 10-10:45 Zumba* 9:00-11 Chair Volleyball* 10:30-3 Mah Jongg 11-11:45 Tai Chi* 1-4 Party Bridge Club 2-3:30 Dance to the Disc
<b>Center Supervisor</b> Travis Cunniff <b>Recreation Specialist II</b> Denise Fenner Julie Olles <b>Recreation Specialist I</b> Mary Hinkle Carmen Martin Jane Canady Dara Jones Pam Hatcher	<b>Allen Senior Recreation Center</b> <b>Membership Rates -Per Year</b> Allen Residents \$5 Non-Residents \$24 *Proof of residency required.  <b>www.allenparks.org</b> <b>214-509-4820</b>		<b>Facility Hours</b> M/W/F 7:00am-5:00pm T/Th 7:00am-8:00pm Sat/Sun CLOSED  <b>Address:</b> 451 St. Mary Drive Allen, TX 75002	

## CENTER INFORMATION

### **Guest Policy**

A guest 50 years or older is entitled to one complimentary day at the center. Additional visits are \$3.00 per visit with a maximum of four visits per calendar year. Please see the front desk for additional information about the guest policy.

### **Daily Lunch**

We serve lunch Monday–Friday at 12pm for \$3 or \$4. You must reserve your lunch by 9:30am. Pick up a lunch menu (including lunch policies) at the front counter.

### **Complementary Coffee and Tea**

Available everyday in the Dining Room.

### **Library**

We have a large selection of hard back novels. You may borrow them on the honor system. We accept donations of hard back novels, but due to storage limitations, we can not accept Readers Digest volumes.

### **Transportation**

We provide transportation to and from the ASRC for Allen residents who do not have their own transportation. Please see staff for details.

### **Fitness Room**

We have 3 treadmills, 3 bikes, 2 elliptical, and a weight machine. Our fitness center is open to all members on a first come, first served basis. Fitness Room Rules are posted on the Fitness Room door. Proper shoes required.

### **Refunds**

Customer service is our top priority! If you are not satisfied with a class, please let us know immediately so that we can correct the situation.

#### **Full Refunds Will Be Issued If:**

- Participation is not possible due to class/trip cancellation or a change in day, time or location initiated by staff. Refunds will not be subject to any administrative charges.

#### **Partial Refunds Will Be Issued If:**

- Participation is cancelled after the class starts due to unusual circumstances (i.e. sickness or injury). The refund will be prorated minus charges for furnished supplies. All partial refunds are subject to a \$10 administrative fee.
- Participation is cancelled regardless of reason with notification of five (5) or more calendar days before the class starts. (See Trip Refund Policy Exception)
- Participation in any program is cancelled with less than five (5) calendar days notice and we are able to fill the vacancy prior to the start of the program.

#### **No Refunds Will Be Issued If:**

- Participation is cancelled with notification less than five (5) calendar days before the class/trip starts and we are unable to fill that vacancy.

### **Day Trip Refund Policy**

Some of our trips require us to pre-purchase non-refundable tickets and we are unable to issue refunds if you cancel your registration regardless of time of cancellation unless we can fill your spot. Extended Trip Refund Policy varies for each trip. See your trip information for details.

### **Assumption of Risk**

By registering for a class there is an assumption of risk by the participant. The Allen Parks & Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. In the event of a serious accident or illness, it is City policy to contact:

- The Allen Fire Department Emergency Services to perform First Aid and when necessary, and recommend transport to a hospital.
- The emergency contact on file as soon as the situation allows.

## **Senior Advisory Committee Members 2015-2016**

Clarence Carter Tom Cato Judge Lindsey Linda Clark

Julia Devaney Lindsey Lloyd Darlene Zumo John Holley

(Park Board Liaison)

