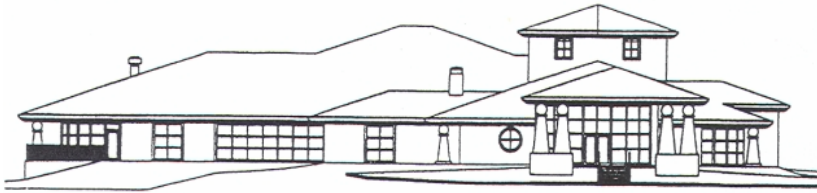


# Plano Senior Center

Providing a rich variety of recreational, educational, wellness, volunteer and social opportunities for adults 55 and older living in or outside Plano.



## Recreate Your Life!

(972) 941-7155

401 West 16th Street

AUGUST 2006 NEWSLETTER

ACCESS THE SENIOR CENTER NEWSLETTER ONLINE AT  
[www.planoparks.org](http://www.planoparks.org) UNDER SENIOR ADULTS.

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### CENTER HOURS

**Monday, Wednesday and Friday**  
8am-5pm  
**Tuesday and Thursday**  
8am-9pm  
**Saturday**  
1-5pm

### SERVICES AVAILABLE

- AARP Driver Safety Course
- Benefits Counseling
- Billiards Room
- Classes, Trips, Special Events
- Fitness/Weight Room
- Gift Shop
- Library
- Lunch Program
- Support Groups
- Transportation
- Volunteer Opportunities
- Wellness Center

### PANCAKE BREAKFAST

Friday, August 11

8:30-10am

\$3

The Senior Center Council is hosting a delicious pancake breakfast. We'll have sausage and bacon. No walk-ins will be accepted. Pre-registration is required.

### ICE CREAM SOCIAL

Wednesday, August 16

1-2pm

\$1

Root beer floats will be the special. Hosted by the Plano Senior Center Council.

### FALL REGISTRATION

FOR RESIDENTS

BEGINS AT 8AM

SATURDAY, AUGUST 26

Be sure to get a Family PIN and Individual ID by calling any of our recreation centers prior to the first day of registration. Internet registration is the *fastest* method of registration. Go to [www.planoparks.org](http://www.planoparks.org). You can also register by telephone at (972) 424-9278. See your Fall *Leisure* catalog for details.

### DIGITAL CAMERA CLUB

Tuesday, August 22

6:30-8pm

Group meets the fourth Tuesday of each month in Classrooms B/C for tips on how to shoot better pictures and to share ideas and techniques.

### NEWCOMER'S TEA

Wednesday, August 30

1-2:30pm



This is an opportunity for you to meet Senior Center staff and find out about upcoming programs, activities and trips. Learn about the Senior Center Council and volunteer opportunities at the Center. Registration begins Saturday, August 26.

### THANK YOU

A *big* thank you to all who assisted with the Independence Day event on July 3. Thank you, Dick Trankle, Carol Martin, Lavon Humphries, Hazel Edwards, Rita Batson, Wayne Whitney, Coffy Hayles, Clif Allman and John Trujillo.

# August 2006

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
|  | <b>1</b><br>9:00 AARP Board<br>9:00 Weight Training<br>9:25 Yoga, Adv<br>10:00 Gentle Aerobics<br>10:45 Yoga, Beg<br>11:00 Weight Training<br>12:30 1st Tues. Bridge<br>1:00 "42"<br>1:00 Visual Artist<br>1:00 Hula Honeys<br>7:00 Dance Night                      | <b>2</b><br>9:00 Cardio Combo<br>9:00 Tai Chi, Int<br>10:00 Bingo!<br>10:00 Sculpt-N-Stretch<br>10:00 Pencil Art<br>10:00 Tai Chi, Beg<br>11:00 Yogalates<br>11:00 Armchair Exercise<br>12:00 Creative Writing<br>1:00 Grief Support | <b>3</b><br>9:00 Weight Training<br>10:00 Blood Pressure Check<br>10:00 Gentle Aerobics<br>11:00 Pilates<br>12:00 Mental Aerobics<br>12:30 Birthday Party<br>12:30 Kings of Swing<br>2:00 Sing-along<br>6:30 Movie | <b>4</b><br>9:00 Oil Painting<br>9:00 Above & Below the Belt<br>9:00 Ft. Worth Trip<br>10:00 Crochet & Knit<br>10:00 Morning Moves<br>12:30 Friday Bridge, "42", Games<br>1:00 Video Movie     |
| <b>7</b><br>9:00 Mah Jongg<br>9:00 Above & Below the Belt<br>9:00 Tai Chi, Beg<br>10:00 Morning Moves Exercise<br>10:00 Circle Dance<br>10:45 Cafe Express Trip<br>11:00 Circuit Training, Beg<br>11:00 Armchair Exercise<br>1:00 Marathon Bridge                          | <b>8</b><br>9:00 Weight Training<br>9:25 Yoga, Adv<br>10:00 Gentle Aerobics<br>10:45 Yoga, Beg<br>11:00 Weight Training<br>1:00 "42"<br>1:00 Visual Artist<br>1:00 Hula Honeys<br>7:00 Dance Night   | <b>9</b><br>9:00 Cardio Combo<br>9:00 Tai Chi, Int<br>10:00 Bingo!<br>10:00 Sculpt-N-Stretch<br>10:00 Pencil Art<br>10:00 Tai Chi, Beg<br>11:00 Yogalates<br>11:00 Armchair Exercise   | <b>10</b><br>9:00 Weight Training<br>10:00 Gentle Aerobics<br>11:00 Pilates<br>12:00 Mental Aerobics<br>12:30 Kings of Swing<br>2:00 Sing-along<br>2:00 Body Mass Index Check<br>6:30 Movie                        | <b>11</b><br>8:30 Pancake Breakfast<br>9:00 Oil Painting<br>9:00 Above & Below the Belt<br>10:00 Crochet & Knit<br>10:00 Morning Moves<br>12:30 Friday Bridge, "42", Games<br>1:00 Video Movie |
| <b>14</b><br>9:00 Mah Jongg<br>9:00 Council Meeting<br>9:00 Tai Chi, Beg<br>10:00 Circle Dance<br>11:00 Circuit Training, Beg<br>11:00 Armchair Exercise<br>12:30 Duplicate Bridge<br>1:00 Amity Club  | <b>15</b><br>9:00 Weight Training<br>9:25 Yoga, Adv<br>10:00 Gentle Aerobics<br>10:45 Yoga, Beg<br>11:00 Weight Training<br>1:00 "42"<br>1:00 Visual Artist<br>1:00 Senior Book Club<br>6:30 Caregiver Support Group<br>6:30 Digital Camera Club<br>7:00 Dance Night | <b>16</b><br>9:00 Tai Chi, Int<br>10:00 Bingo!<br>10:00 Pencil Art<br>10:00 Tai Chi, Beg<br>11:00 Armchair Exercise<br>12:00 Creative Writing<br>1:00 Hearing Loss Support Group<br>1:00 Ice Cream Social                            | <b>17</b><br>8:30 Defensive Driving<br>9:00 Weight Training<br>10:00 Gentle Aerobics<br>11:00 Pilates<br>12:00 Mental Aerobics<br>12:30 Kings of Swing<br>2:00 Sing-along<br>6:30 Movie                            | <b>18</b><br>8:30 Defensive Driving<br>9:00 Oil Painting<br>10:00 Crochet & Knit<br>12:30 Friday Bridge, "42", Games<br>1:00 Video Movie   |
| <b>21</b><br>8:00 Chess Tournament<br>9:00 Mah Jongg<br>9:00 Above & Below the Belt<br>9:00 Tai Chi, Beg<br>10:00 Morning Moves Exercise<br>10:00 Circle Dance<br>10:30 Elder Planning II<br>11:00 Circuit Training, Beg<br>11:00 Armchair Exercise<br>1:00 Diabetic Group | <b>22</b><br>9:00 Weight Training<br>9:25 Yoga, Adv<br>10:00 Gentle Aerobics<br>10:45 Yoga, Beg<br>11:00 Weight Training<br>1:00 "42"<br>1:00 Visual Artist<br>1:00 Hula Honeys<br>6:30 Digital Camera Club<br>7:00 Dance Night                                      | <b>23</b><br>8:00 Lipid & Glucose Screening<br>9:00 Cardio Combo<br>9:00 Tai Chi, Int<br>10:00 Bingo!<br>10:00 Sculpt-N-Stretch<br>10:00 Pencil Art<br>10:00 Tai Chi, Beg<br>11:00 Yogalates<br>11:00 Armchair Exercise<br>1:00 AARP | <b>24</b><br>9:00 Weight Training<br>10:00 Gentle Aerobics<br>10:00 Low Vision Support<br>11:00 Pilates<br>12:00 Mental Aerobics<br>12:30 Kings of Swing<br>2:00 Sing-along<br>4:30 "42"<br>6:30 Movie             | <b>25</b><br>9:00 Oil Painting<br>9:00 Above & Below the Belt<br>10:00 Crochet & Knit<br>10:00 Morning Moves<br>12:30 Friday Bridge, "42", Games<br>1:00 Video Movie                           |
| <b>28</b><br>9:00 Mah Jongg<br>12:30 Duplicate Bridge<br>1:00 Amity Club   | <b>29</b><br>9:40 Kimbell Museum Trip<br>1:00 "42"<br>1:00 Visual Artist<br>1:00 Hula Honeys<br>7:00 Dance Night   | <b>30</b><br>10:00 Bingo!<br>1:00 Newcomer Tea   | <b>31</b><br>8:00 Lipid & Glucose Screening<br>12:00 Mental Aerobics<br>12:30 Kings of Swing<br>2:00 Sing-along<br>6:30 Movie  | <b>Fall registration begins Saturday, August 26!</b><br>   |



## PLANO SENIOR CITIZENS ADVISORY BOARD

The **PLANO SENIOR CITIZENS ADVISORY BOARD** is your connection to the City of Plano government. Bring your concerns and suggestions on senior citizen issues to board meetings. Meetings are the first Thursday of every month, 6:30pm at the Senior Center in the Art Room. The next meeting is Thursday, August 3. Agendas are posted at Plano Municipal Center or online at: [www.plano.gov/city\\_hall/agendas/seniora.html](http://www.plano.gov/city_hall/agendas/seniora.html).

### Update from July's meeting:

Brian Collins, Director of the Health Department for the City of Plano gave the Board an overview of the Bird Flu Pandemic and worldwide statistics. He gave an informative fact sheet and a checklist for planning for the pandemic. This information is on the following Web sites:

City of Plano  
[http://www.plano.gov/Departments/Health/bird\\_flu.htm](http://www.plano.gov/Departments/Health/bird_flu.htm),

Center for Disease Control  
[www.pandemicflu.gov](http://www.pandemicflu.gov),

World Health Organization  
[http://www.who.int/mediacentre/factsheets/avian\\_influenza/en/index.html](http://www.who.int/mediacentre/factsheets/avian_influenza/en/index.html).

C.J. Howard acting Director of the Homeland Security Department, which the City of Plano created in May 2005, explained to the Board this Department's function as well as plans for hiring additional staff and future plans.

One plan is a database to be used to check on the welfare of the special needs population of Plano, which would include seniors, should an emergency arise. Visit the City's Web site for more Homeland Security Department information at:

<http://www.plano.gov/Departments/Homeland+Security>.



## PLANO SENIOR MEN'S GOLF ASSOCIATION

August tournaments are Monday the 14th and 28th at Pecan Hollow Golf Course. Approximately two days after each tournament, the results are posted on the bulletin board at Pecan Hollow. For information on how to join the Senior Men's Golf Association, call Gary Going at (972) 964 6953.



## MEETINGS

### AARP SCHEDULE

Board meeting on Tuesday, August 1, 9am at the Senior Center in the Art Room. Regular meeting on Wednesday, August 23, 1pm.

### AMITY CLUB

Meetings are every second and fourth Monday from 1-2:30pm in Lone Star D.

### PACESETTERS

We will resume monthly meetings in September on the third Wednesday of the month at 1pm. The meeting will be lunch at the Veranda Tea Garden inside Antique Land. More information will be forthcoming in the September newsletter.

### RED HAT HONEYS

*By Mary Carneal*

We'll meet Tuesday, August 15 for a potluck at Noon at the Senior Center. Please bring a covered, cold dish, sandwiches or dessert. Also bring a red or purple trinket—something of little value. We will have a fun exchange among us. Don't be left out! Stay cool and we will see you on the 15th. If you have questions, call Mary Carneal at (972) 964-2406.

### PLANO SENIOR CENTER COUNCIL, INC.

The Council promotes the interests and well-being of senior adults who attend the Plano Senior Center. The Council discusses issues and concerns, and acts in an advisory capacity to the City of Plano Senior Center staff.

## AUGUST BIRTHDAYS

*Everyone* is invited to this free birthday party Thursday, August 3, 12:30pm! We'll have live music, optional dancing, cake and fun. The cake will be cut at 1pm. September birthdays will be celebrated on Thursday, September 7.

# DANCE, DANCE, DANCE!

**DANCES FOR THOSE 50 AND OLDER  
TUESDAY NIGHTS  
7-9:15PM  
ADMISSION IS \$5**

Wear something dressy casual and come dance to live big band music! Seven hosts dance with the unescorted ladies. Western Swing dances are on the fifth Tuesday of months with five Tuesdays! There's a Bolero class taught by Jesse Verdin at 5:45pm before the dance. The Bolero class is \$10 per person.

## August bands:

- 1 - **Ronnie Martin** (ballroom)
- 8 - **Gary Lee** (ballroom)
- 15 - **Charlie Patteson** (ballroom)
- 22 - **Doc Gibbs** (ballroom)
- 29 - **Sundown** (country/western with western attire)



**TEA DANCE  
THURSDAY AFTERNOONS  
12:30-2PM  
ADMISSION IS FREE**

Dance or just sit and listen to Plano's Kings of Swing in Lone Star A. On the second Thursday of every month Collin Oaks Guest Home serves refreshments at 12:30pm.

# DANCE CLASSES

## HULA HONEYS

Hula dancing is fun and gentle exercise for mind and body.

67930 Tuesdays 1-1:50pm 8/1 4 Dougherty \$6

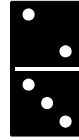
## THE BENEFITS OF DANCING

[www.sixwise.com](http://www.sixwise.com)

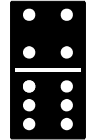
- Conditions the body
- Helps keep the heart in shape
- Builds and increases stamina
- Develops the circulatory system
- Strengthens and tones legs and body
- Increases flexibility and balance
- Helps with weight loss
- Relieves stress



# ONGOING ACTIVITIES



**'42'**  
Every Tuesday and Friday  
1-4pm  
Lone Star D



Potluck dinner and games on the fourth Thursday of each month, 4:30-9pm in the Dining Room and Lone Star C.

## BINGO!

Every Wednesday, 10-11:45am  
Every Saturday, 1:30-3:15pm  
\$1/card



## FITNESS & BILLIARDS ROOMS

The **Fitness Room** contains treadmills, stationary bicycles, a multi-station machine, benches and free weights. To use the Fitness Room, please sign a waiver of liability form. The **Billiards Room** has two standard-size pool tables. There is no charge.



## FRIDAY AFTERNOON GET TOGETHER

Every Friday  
12:30-4pm  
**Lone Star Room**  
Enjoy bridge, "42" and other games. No partner required.

**GAME GANG!**  
Tuesday and Thursday nights  
6:15-9pm

**Dining Room**  
Come play Canasta, Mexican Train, Spite & Malice, Skipbo, Polish Poker, Michigan Poker, Kings in the Corner, Spinners, 3-13, Phase 10, 7-UP, Hearts, 31, or bring *your* favorite and teach the group.



## SING-ALONG WITH THE GOLDEN SERENADERS

Every Thursday from 2-3pm in Lone Star A. Mina Daffinee directs. All voices are welcome. The only requirement is your love for singing. This group performs at area assisted-living facilities and nursing homes. Transportation is provided for performances.



# ONGOING ACTIVITIES

## HAVE A GROUP? WANT TO PLAY?

Lone Star C is open for cards and games:



Mondays, 9am-12:15pm

Tuesdays, 9am-5pm  
(except for the first Tuesday)

Thursdays, 9am-5pm

Reservations are not needed. Groups larger than 25 must make prior arrangements.

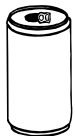
## KNITTERS AND CROCHETERS

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.” ~Anne Frank~*

If you knit or crochet, hospitals and care facilities always need blankets and caps for their newborns and special patients. If you are interested in helping out, please join the Knitters and Crocheters on Fridays at 10am in Lone Star C.

## LIBRARY

The Senior Center Library offers a wide selection of materials and a growing selection of large-print books. Books on tape are also available. Try the Optelec ClearView magnifier if you'd like to read something right in our library. Check out for books is done on the “*honor system.*”



## LUNCH OPTIONS

**Senior Center Snack Bar**

Monday through Friday

11am-12:30pm



Operated by trained volunteers, the Snack Bar is a much appreciated service offering a variety of lunch options for as little as \$1!

## Collin County Committee on Aging (CCCOA) Nutrition Program

Monday through Friday

11:45am at the Senior Center

Suggested donation is \$3 for those 60 and over. Make reservations at least 24 hours in advance by calling Willie Ann Nelson, Nutrition Site Manager, (972) 941-7155. The lunch program also provides transportation. To reach the CCCOA for Meals on Wheels call (972) 562-4275.

## MAH JONGG

Mondays, 9am-Noon in Lone Star B.



## AUGUST MOVIES

Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center



**3-4 “Mr. and Mrs. Smith”** (PG-13, Action, 2005)  
starring Brad Pitt—2 hours

An action thriller laced with comedy. Jane (Angelina Jolie) and John Smith (Brad Pitt) are assassins but neither is aware of the other's secret life. When they're each assigned to take out the *same* target, they become *aware* of each other's secret lives; and suddenly their careers *and* marriage go through dramatic changes.

**10-11 “Eight Below”** (PG, Action, 2006)  
starring Paul Walker—2 hours

Inspired by a true story involving Japanese researchers exploring the Antarctic in 1957, eight sled dogs search for their master who's looking for a way to rescue them.

**17-18 “Look Up in the Sky: The Amazing Story of Superman”** (NR, Documentary, 2006)

starring Kevin Spacey—1 hour, 50 minutes

The exciting history of the Man of Steel is told through interviews and archival footage of past Superman films, television shows and comics.

**24-25 “3 Godfathers”** (NR, Western, 1948)  
starring John Wayne—1 hour, 46 minutes

John Wayne stars as the leader of a trio of thieves who rob a bank in Arizona and have Sheriff Buck Sweet's posse in close pursuit. A sandstorm scatters their horses and they're forced to continue on foot. They find a lone woman who later dies in childbirth but has them promise to take care of her child.

**31-1 “Glory Road”** (PG, Sports Drama, 2006)  
starring Josh Lucas—1 hour, 57 minutes

The true story of a basketball team who broke down barriers while racking up victories. Don Haskins (Josh Lucas) was the head coach at Texas Western University in the 1960s. He assembled a winning team comprised almost entirely of African-American athletes during a time when racially-integrated teams were still a novelty in the South and West. They succeeded and found themselves competing for the NCAA championship against the University of Kentucky's all-white team.

## CLASSES

*Pre-registration Required for All Classes,  
Special Events and Trips.*

*How to Read the Activity/Course Information*

EXAMPLE:

### CARDIO COMBO

67677 Wednesdays 9-9:50am 8/2 3 Staub \$18

The title of the course is **CARDIO COMBO**. The course number is 67677, and it meets at the Senior Center on Wednesdays from 9-9:50am, beginning 8/2, meets 3 times, the instructor is Staub, and the fee for this course is \$18.



*See Your Parks and Recreation Leisure Catalog  
For Details on Activities.*

## BUSINESS

### ELDER PLANNING WORKSHOP & LUNCHEON II

Learn how to protect your assets against nursing home attachments without purchasing expensive long-term care insurance. Other topics include wills, probate and trusts, how to eliminate taxes on interest from savings, investments and social security. Lunch, dessert and door prizes begin at 11:40 am.

67550 Monday 10:30am-1pm 8/21 1 Steelman \$5

## CRAFTS & FINE ARTS

### OIL PAINTING WITH LOU ANN

Learn the basics of composition, color, form, perspective and techniques of application. Supply list will print on receipt.

68201 Fridays 9am-Noon 8/4 4 Bower \$55

### PENCIL ART

68198 Wednesdays 10am-Noon 8/2 4 Belle-Isle \$65

## ETC

### THE SENIOR BOOK CLUB

This group of book lovers gathers for stimulating discussion and book talk presented by a librarian from the Plano Public Library System.

67553 Tuesday 1-2pm 8/15 1 Staff FREE

## FITNESS

### ABOVE & BELOW THE BELT

67672 Fridays 9-9:50am 8/4 3 Staub \$18

### ARMCHAIR EXERCISE

Easy seated exercise everyone can do.

67919 Wednesdays 11-11:30am 8/2 4 Daffinee FREE

### CARDIO COMBO

67677 Wednesdays 9-9:50am 8/2 3 Staub \$18

### CARDIO TONE

67674 Tuesdays 8:45-9:35am 8/1 3 Staub \$18

### GENTLE AEROBICS

67910 Thursdays 10-10:50am 8/3 4 Brady \$20

67911 Tuesdays 10-10:50am 8/1 4 Brady \$20

### MORNING MOVES EXERCISE

67663 Fridays 10-10:50am 8/4 3 Staub \$18

### PILATES

Enjoy the health benefits of Pilates! Through the principles of centering, control, breathing and fluid motion, you can stretch, lengthen, improve your flexibility and tone the entire body.

67938 Thursdays 11-11:50am 8/3 4 Brady \$20

### SCULPT-N-STRETCH

67669 Wednesdays 10-10:50am 8/2 3 Staub \$18

### SENIOR WEIGHT TRAINING

67932 Tuesdays 11-11:50am 8/1 4 Brady \$20

### TAI CHI (BEG)

67928 Wednesdays 10-10:50am 8/2 4 Daffinee \$20

### TAI CHI (INT)

67940 Wednesdays 9-9:50am 8/2 4 Daffinee \$20

### WEIGHT TRAINING

For beginners to intermediates who want to work on strength training for their arms and legs. Use hand weights, exercise bands and small rubber balls to help increase your strength and flexibility.

67946 Thursdays 9-9:50am 8/3 4 Dunkin \$20

67950 Tuesdays 9-9:50am 8/1 4 Dunkin \$20

### YOGA FOR SENIORS (BEG)

67934 Tuesdays 10:45am-Noon 8/1 4 Abrams \$20

### YOGA FOR SENIORS (EXP)

67936 Tuesdays 9:25-10:40am 8/1 4 Abrams \$20

### YOGALATES FOR ADULTS 55+

67675 Wednesdays 11-11:50am 8/2 3 Staub \$18

## TRIPS

*See Your Parks and Recreation  
Leisure Catalog For Details!*

### AUGUST

- 4 Ft. Worth Art Museums & Kincaid's-New
- 7 Out To Lunch-Café Express
- 29 Hatshepsut Exhibit At the Kimbell-New

*Registration begins August 26  
for the following trips:*

### SEPTEMBER

- 5 Dallas Arts District
- 15 Sixth Floor Museum at Dealey Plaza
- 18 Dallas World Aquarium & Lunch
- 28 Ride DART to CityPlace Station

#### DALLAS ARTS DISTRICT

Enjoy the Dallas Museum of Art, the Trammell Crow Asian Art Museum and the Nasher Sculpture Center.

Each museum offers a place to dine.

Lunch is on your own. Entrance into the DMA and Crow Collection is free. The Nasher Center is \$7.

Tuesday, September 5, 10:45am-3:30pm

Cost: \$5

#### THE SIXTH FLOOR MUSEUM AT DEALEY PLAZA

Relive what you were doing on the day gun shots rang from a sniper nest in the Texas School Book Depository Building in 1963. The tour includes a one-hour recorded audio guide, which shows interviews with many of the participants in the events. Afterwards we'll lunch in the West End. Bring money for food and wear walking shoes.

Friday, September 15, 9:30am-2:00pm

Cost: \$17

#### RIDE DART TO CITYPLACE STATION

We will take the DART Light Rail from Downtown Plano to Cityplace Station, arriving at the tri-level subway station 10 stories below freeway traffic. We'll browse the shops at Cityplace Market and West Village, stopping for lunch at one of the many West Village restaurants: Ferre (Tuscan bistro), Paciugo Gelato (Italian gelato), Paris Vendrome (European) and Mi Cocina. Bring \$2.50 for the rail fare and money for lunch.

Thursday, September 28, 9:30am-2:30pm

Cost: FREE

## COMPUTER CLASSES

*Registration begins August 26  
for the following classes:*

- Computer Housekeeping & Security-New**
- Computer Scanning & Photo Editing**
- Excel**
- File Management**
- Free Phone Service On the Web**
- Intro to the Internet**
- Intro to Computers**
- LifeBio Autobiography Program-New**
- PowerPoint**
- Word Processing**

## BRIDGE BUSINESS

### Friday Afternoon Bridge

Regular bridge is played each Friday from 12:30-3pm. No partner required.

#### High scorers in June:

- 9 - Carol Coleman, Charlie Estrada, Loretta Hudspeth
- 16 - Fran Albert, Coe Sweeny, Ruby Watson
- 23 - Carol Coleman, Nina Walkins, Charlie Estrada
- 30 - Jim Ruddell, Charlie Estrada, Sanford Sanes

### Marathon Bridge

Next meeting will be Monday, August 7 at 1pm. Call Roberta Gee, (972) 437-2915, to put your name on the substitute list.

### Monday Duplicate

This month's meetings are August 14 and 28 at 12:30pm. Call Dot Gebauer, (972) 596-3528 or Cecil West, (972) 618-2365 for information and to reserve space for you and a partner.

### Tuesday Duplicate

Group meets the first Tuesday of each month at 12:30pm using the Howell Movement. If interested, call Betty Huggins, (972) 422-8288.

*Thank you Plano Star Courier for donating a  
complimentary four-month subscription to  
June Bridge winner Fran Albert.*

# THIS AND THAT

**THANK YOU, KAREN SCHIFFMAN AND CLARICE MORRIS**, for donating yarn to our Knitters and Crocheters!

**CONGRATULATION, HELEN GUNN!  
HELEN CAUGHT A  
65-POUND HALIBUT  
ON HER RECENT TRIP TO  
HOMER, ALASKA AND  
REELED IT IN HERSELF!**



## BOWLING NEWS

**Are you ready to get an Exercise Program going and have a great amount of fun as a bonus?**

**Here is how you do it:**

1. On Tuesday, August 22 at 9:30am, the Plano Super Bowl, 2521 Ave. K, will offer anyone age 50 and up an introduction or reintroduction to bowling. For \$3.25 you will have the opportunity to receive professional instructions to improve your game or to get you started and the loan of a bowling ball and bowling shoes if needed. We will also bowl three games as part of the package.
2. On Tuesday, August 29 at Noon we'll have the organizational meeting for the Swinging Seniors Bowling League. After the meeting, we will also bowl three games for \$3.25. Attend *both* events!
3. On Tuesday, September 5 at 12:45pm we will have 15 minutes of practice and at 1pm the official start of the 2006-2007 bowling season begins. Let's all have fun and make it a memorable year.

For additional information call Roy Taylor at (972) 964-3125.

## HELPFUL CONTACT INFORMATION:

### AARP Texas:

(866) 227-7443 (toll-free)

### Assistance Center of Collin County Information and Referral:

900 E. 18th Street  
(972) 422-1850

### Emergency:

911

### Main Post Office, Plano:

(972) 633-5754

### Public Safety for Non-Emergency:

Fire (972) 941-7159

Police (972) 424-5678

### Social Security:

2414 W. University, Suite 115, McKinney  
(972) 562-1055



## ANSWERS TO PAGE 3

### SUMMER

The bigger the summer vacation the harder the fall.

### REASONING

#### Family Ties

Answer: your father

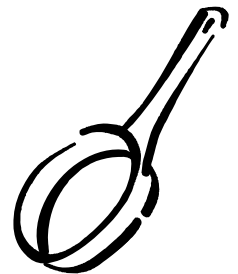
#### Word & Letter Play

#### A Different Alphabet

The next letter is U. The series moves forward by skipping one letter of the alphabet and then 2 letters and then 3 and so on.

### A TO Z

1. bargain
2. lodger
3. dynasty
4. zygote
5. salvation
6. dishpan
7. pumpkin
8. deejay
9. boxcar
10. dimwit
11. sunburn
12. oblique
13. liftoff



## ADDITIONAL OPPORTUNITIES

**AARP DRIVER SAFETY COURSE**  
Save on your auto insurance, reducing your rates by 10 percent for three years! It is not necessary to be a member of AARP to participate. Classes are offered at the Senior Center each month. Class will be held Saturdays, August 5 and 12, 1-5pm, and Thursday and Friday, August 17 and 18, 8:30am-12:30pm. The course consists of two 4-hour sessions. To register, call (972) 941-7155 or visit the Center. Cost is \$10 payable at first class meeting. Participants must be 50 years of age or older. This course is not good for traffic citations.

### CITY OF PLANO VOLUNTEER PROGRAM

If you are looking for a volunteer opportunity in city government, call Robin Popik, Supervisor, (972)941-7114.

**SENIOR CENTER VOLUNTEERS**  
Volunteers are needed for the Snack Bar, Library, Gift Shop and as Greeters. If interested, please fill out a volunteer form at the front desk.

## YELLOW ROSE GIFT SHOP

*Handcrafted from the Heart*

**The Yellow Rose has lovely gift items all crafted by our talented senior consignor. If you would like to volunteer in our shop, please call (972) 941-7155.**

**Open Monday through Friday, 10am-4pm**



## AT YOUR SERVICE

### "Are You O.K.?"

#### A SAFETY AND SECURITY SERVICE

The City of Plano Public Safety Communications Department has designed a service to give Plano seniors a greater feeling of security by providing them with a daily telephone call to check on their well-being. For more information, please call (972) 941-7900. This service is free of charge.

#### COPY MACHINE

A copy machine in the lobby provides copies at 5¢ each for the first 10 copies. All others are 10¢ each. Senior Center Council maintains the machine.

#### SMILES & FRIENDSHIP

The Senior Center Council sends cards to seniors when they are ill, etc. If you know someone who is ill, please leave a message at the front desk so they can be remembered.

#### TRANSPORTATION

**For Transportation for the Disabled, call DART Paratransit Services, (214) 515-7271.** DART On-Call, (214) 979-1111, also provides a curb-to-curb pick up service to points of interest in limited areas.

For information concerning **transportation to Plano Senior Center activities** for those within Plano city limits, who can board a van with little or no assistance and have no other means of transportation, please call (972) 941-7155. The Senior Center does not provide transportation from assisted living, nursing facilities and retirement housing where activities and transportation are provided.

*Senior Trans (CCART)* is available for transportation to other locations. The City of Plano, in agreement with the Collin County Committee On Aging, offers transportation services for persons 60 and older who have no other means of transportation, who *reside within the Plano Independent School District* limits, and are able to board a van or bus with little or no assistance (with the exception of wheelchair passengers). Pick-up and drop-off must be within the Plano service area. No service is provided to nursing homes or assisted living facilities. Service is Monday through Friday between 8:30am-3:30pm. A second route service is offered during peak hours on Monday, Wednesday and Friday from 7:30am-2:30pm. Posted hours are for the first pick up and the last drop off. Service will not be provided most holidays. Reservations must be made 48 hours in advance with the Collin County Committee on Aging at (972) 562-4275 between 6am and 3pm. The user participation fee is 50¢ per person per one-way trip.

## PLANO SENIOR CENTER

The Plano Parks and Recreation Department actively seeks and supports participation by persons with disabilities in recreational programs and services. Please call us so that we will know how to serve you better.

Plano Senior Center cannot be responsible for personal items left at the Senior Center or supervision of patrons after facility closing hours.

# THE GERIATRIC WELLNESS CENTER

## GERIATRIC WELLNESS CENTER OF COLLIN COUNTY

401 West 16th Street, Suite 600  
Plano, Texas 75075

(972) 941-7335

Office Hours: Monday - Friday, 9am-5pm



The goal of the Wellness Center is to promote senior citizens' health through the services of a geriatric nurse practitioner and social worker/counselor. The social worker is available to counsel older adults and their caregivers who may have emotional concerns or problems, and to provide referral to services. The geriatric nurse practitioner offers physical exams and lab tests to screen for health problems, as well as maintenance visits such as foot care and ear cleaning. The Wellness Center teaches about health conditions and medications, holds support groups and lends durable medical equipment.

**Janis Krendick**, Adult/Geriatric Nurse Practitioner  
**Elizabeth Kent**, Social Worker/Volunteer Coordinator  
**Diane Williams**, Counselor/Social Worker

### ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Tuesday, August 8, 6:30-8pm. All caregivers are welcome to attend a monthly support group which meets on the second Tuesday at the Bart Peddicord Community Center in Wylie. Call (972) 442-8119 for directions.

### ATRIUM HEALTH SCREENING

On the second Thursday of each month, 2-3:30pm. Join us in the Atrium for an ever-changing array of free screenings offered by the nurse and community resources. This month we'll offer Body Mass Index Check.

### BENEFITS COUNSELING

(Medicare/Social Security, etc.)

Tuesdays by appointment. Individual Benefits Counseling is offered at the Center on a scheduled basis. Call for an appointment, (972) 941-7335.

### BLOOD PRESSURE CHECKS

Thursday, August 3, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

### CAREGIVER'S SUPPORT GROUP

Tuesday, August 15, 6:30-8:30pm. All caregivers are welcome to attend a monthly support group which meets on the third Tuesday at the Plano Senior Center.

### DIABETIC SUPPORT GROUP

Monday, August 21, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

### SPECIAL FOR DIABETICS

The Wellness Center is offering the Hemoglobin A1C lab test for \$10, certain days onsite. No fasting is required. Results are immediate and accurate. Call for additional information, (972) 941-7335.

### GRIEF SUPPORT GROUP

Wednesday, August 2, 1-2:30pm in Classroom B. For those who have suffered the loss of a family member, friend or loved one. Meets on the first Wednesday of each month.

### HEARING LOSS SUPPORT GROUP

Wednesday, August 16, 1-2:30pm. This group is for those who are hearing challenged. Co-sponsored by the Deaf Action Center and the Geriatric Wellness Center of Collin County.

### LIPID AND GLUCOSE SCREENING

Wednesday, August 23 and Thursday, August 31, 8-10am. You must call for an appointment, (972) 941-7335, at least one day prior to testing. Fasting is required. Results are immediate and accurate. Cost is \$5. There is limited availability.

### LIVING WITH LOW VISION

Thursday, August 24, 10-11:30am in Classrooms B/C. We welcome you and your family members.

### MENTAL AEROBICS

Each Thursday, Noon-1pm in the Art Room. We meet for a mental exercise class that is stimulating and fun! Come join us and try it. USE IT OR LOSE IT!

### NURSE'S CLOSET

The Wellness Center offers free lending of durable medical equipment such as canes, walkers, potties, etc. We have a great need for additional wheelchairs, bath benches and canes at this time. We welcome your donations.

### VOLUNTEER TO HELP YOUR FELLOW SENIOR!

Aid frail seniors after hospital discharge from the Medical Center of McKinney and Baylor Regional Medical Center at Plano. Volunteers will provide practical, non-medical support for a couple of hours a week for six to eight weeks. Training and ongoing support provided. Call Elizabeth Kent for details, (972) 941-7335.

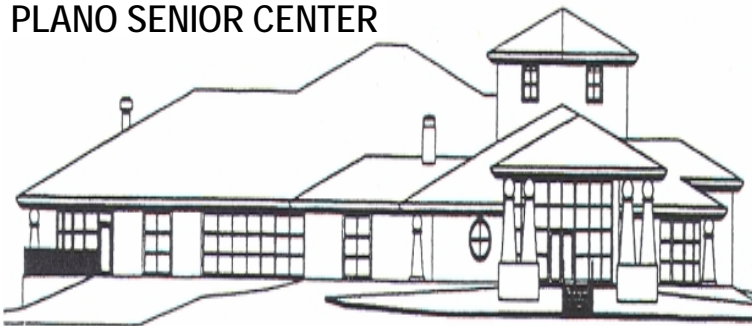


plano.parks.org  
24/7  
Register  
Online

City of Plano  
Senior Center  
401 West 16th Street  
P.O. Box 860358  
Plano, Texas 75086-0358  
(972) 941-7155



## PLANO SENIOR CENTER



*City of Plano  
Parks & Recreation Department*

### RECEIVE THE NEWSLETTER AT HOME!

The Plano Senior Center Newsletter can be mailed monthly to you for \$5/year. To subscribe, please stop by the front desk or call the Senior Center, (972) 941-7155. Cash, checks, VISA, MasterCard and Discover are accepted. Make checks payable to City of Plano.

*Individuals are responsible for making informed decisions regarding the products, programs and services in this newsletter. The City of Plano does not endorse outside products or services presented.*

#### SENIOR SERVICES STAFF

Dell Kaplan, Supervisor  
Sara Deats, Recreation Coordinator  
Lawrence Pero, Recreation Coordinator  
Pam Perry, Recreation Coordinator  
Angela Boudoin, Recreation Aide  
J.T. Trujillo, Recreation Aide  
Carolyn Bowers, Secretary  
Jim Hitt, Van/Bus Driver  
Ismael Diosdado, Van/Bus Driver

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