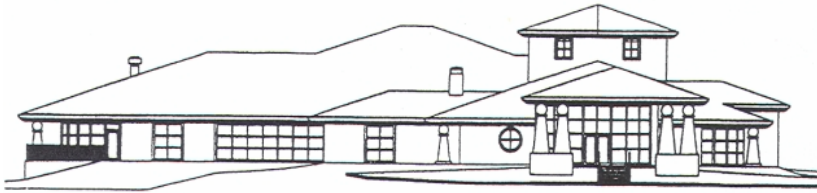


Plano Senior Center

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

JANUARY 2007 NEWSLETTER

ACCESS THE SENIOR CENTER NEWSLETTER ONLINE AT
www.planoparks.org UNDER SENIOR ADULTS.

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- ◆ Winter Classes..... 7&8

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

WINTER REGISTRATION FOR RESIDENTS BEGINS AT 8AM

SATURDAY, JANUARY 6

You are the first in line when you are online. Internet registration is the FASTEST method. Simply go to www.planoparks.org and click on Leisure OnLine. Be sure to get a Family PIN and Individual ID by calling any City of Plano recreation center prior to the first day of registration. Have your Family PIN, Individual ID, course numbers and credit card information ready. **Non-Residents may begin registering Monday, January 8.**

TAX AIDE

Mondays, February 5 through April 16, 2007, 9am-1pm in the Senior Center Library. Experts from AARP will be at the Center to help with your income tax returns. Bring copies of your 2005 return, W-2s, 1099s and other relevant material.

BOOK REVIEW: THE DA VINCI CODE

Monday,
January 8
12-1pm
FREE

Register Now!



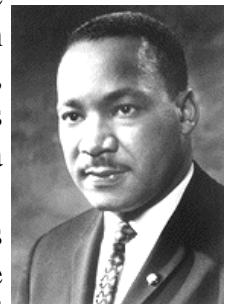
DR. MARTIN LUTHER KING, JR OBSERVANCE

Friday, January 12

10am-Noon

FREE

He became not only the symbolic leader of American blacks but also a world figure, devoted to equal rights for all people through peaceful demonstrations. Join us to celebrate the life of Martin Luther King, Jr. Highlights will include a performance by the Dallas Black Dance Theatre and inspirational speakers Henry Adkins and Steve Loewenstein. Pre-registration required for seating and food purposes.



January 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Senior Center is closed for New Year's Day.</i>	2 9:00 AARP Board 9:00 Circuit Training 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:45 Yoga, Beg 11:00 Weight Training 12:30 1st Tues. Bridge 1:00 "42" 1:00 Visual Artist 7:00 Dance Night	3 10:00 Pencil Art 10:00 Bingo! 12:00 Creative Writing 1:00 Grief Support	4 9:00 Weight Training 10:00 Blood Pressure Check 10:00 Gentle Aerobics 11:00 Pilates 12:00 Mental Aerobics 12:30 Birthday Party 12:30 Kings of Swing 1:30 Classic Literature 2:00 Sing-along 6:30 Movie	5 9:00 Oil Painting 10:00 Crochet & Knit 12:30 Friday Bridge, "42", Games 1:00 Video Movie
8 9:00 Council Meeting 10:00 Watercolor, Beg 10:00 Morning Moves Exercise 12:00 The Da Vinci Code 12:30 Duplicate Bridge 12:45 Watercolor, Int 1:00 Amity Club All Levels/Piano Fun	9 9:00 Circuit Training 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:15 Learn English 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 7:00 Dance Night	10 10:00 Pencil Art 10:00 Bingo!	11 9:00 Weight Training 10:00 Gentle Aerobics 11:00 Pilates 12:00 Mental Aerobics 12:30 Kings of Swing 1:30 Classic Literature 2:00 Sing-along 6:30 Movie	12 9:00 Oil Painting 10:00 Crochet & Knit 10:00 MLK Observance 12:30 Friday Bridge, "42", Games 1:00 Video Movie
15 <i>Senior Center is closed for Martin Luther King, Jr. Day.</i>	16 9:00 Circuit Training 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 6:30 Caregiver Support Group 7:00 Dance Night	17 10:00 Pencil Art 10:00 Bingo! 12:00 Creative Writing 1:00 Hearing Loss Support Group 1:00 AARP 1:00 Pacesetters	18 8:30 Defensive Driving 9:00 Weight Training 10:00 Gentle Aerobics 11:00 Pilates 12:00 Mental Aerobics 12:30 Kings of Swing 1:30 Classic Literature 2:00 Sing-along 6:30 Movie	19 8:30 Defensive Driving 9:00 Oil Painting 10:00 Crochet & Knit 12:30 Friday Bridge, "42", Games 1:00 Video Movie
22 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:30 Mah Jong 10:00 Morning Moves Exercise 10:00 Circle Dance 10:00 Watercolor, Beg 10:00 Senior Sampler 10:30 Kitchen @ Preston Trail 11:00 Circuit Training, Beg 11:00 Armchair Exercise 12:00 Lunch & Learn 12:30 Duplicate Bridge 12:45 Watercolor, Int 1:00 Amity Club	23 9:25 Yoga, Adv 9:30 Acrylic Painting 10:00 Gentle Aerobics 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Hula Honeys 2:30 Bridge, Beg 6:30 Digital Camera Club 7:00 Dance Night	24 9:00 Cardio Combo 9:00 Tai Chi, Int 9:30 Financial Workshop 10:00 Pencil Art 10:00 Bingo! 10:00 Strengthen & Lengthen 10:00 Tai Chi, Beg 10:00 Sculpt-N-Stretch 11:00 Armchair Exercise	25 9:00 Weight Training 9:00 Tap Dance, Beg 10:00 Gentle Aerobics 10:00 Line Dance, Adv Beg 11:00 Pilates 11:00 Line Dance, Beg 12:00 Mental Aerobics 12:30 Kings of Swing 1:30 Classic Literature 2:00 Sing-along 4:30 "42" 6:30 Movie 7:30 Private Eyes (Trip)	26 9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 11:00 Yoga Postures 11:00 Walk-N-Tone 12:30 Friday Bridge, "42", Games 1:00 Video Movie
29 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:30 Mah Jong 10:00 Morning Moves Exercise 10:00 Circle Dance 10:00 Senior Sampler 10:30 Elder Planning 11:00 Circuit Training, Beg 11:00 Armchair Exercise 12:45 Watercolor, Int All Levels/Piano Fun	30 9:25 Yoga, Adv 9:30 Acrylic Painting 10:00 Gentle Aerobics 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Hula Honeys 2:30 Bridge, Beg 7:00 Dance Night	31 9:00 Cardio Combo 9:00 Tai Chi, Int 9:30 Financial Workshop 10:00 Bingo! 10:00 Strengthen & Lengthen 10:00 Tai Chi, Beg 10:00 Sculpt-N-Stretch 11:00 Armchair Exercise	Beginning Saturday, January 27 POPULAR LINE DANCE <i>for eight weeks</i> 2-3:30pm. Cost is only \$16! Ann Kang is instructing.	

PUZZLER PAGE

One letter stands for another. Single letters, the length and formation of the words are all hints.

GROWING OLDER

Hint

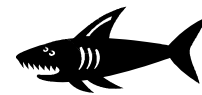


A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
														G					N		U				

O T O T O
 H G D N O A I K P G D L P N G R Y L K A
 I T L T W I P N A D H G D N O A R A L D P A Y
 T V T
 I N I T L O L D U A T N



ANIMAL LETTER SCRAMBLE



- alilgor _____
- reab _____
- usmatopihppo _____
- rotaiglla _____
- abrez _____
- tnaphele _____
- ered _____
- enipcurop _____
- oroaknag _____
- epoltnae _____
- yemnok _____
- aheyn _____

NUMBERS FUN

			2		33
5	7				34
9		6	7		14
2		7		1	33
6	3	9		9	28
25	36	30	22	27	31
					33



Try to fill in the missing numbers.

The missing numbers are integers between 0 and 12.
 The numbers in each row add up to totals to the right.
 The numbers in each column add up to the totals along the bottom.
 The diagonal lines also add up the totals to the right.

ON THE INSIDE

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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, January 4. Agendas are posted at Plano Municipal Center or online at www.plano.gov/city_hall/agendas/seniora.html.

Update from December's meeting:

"Voices of Collin County" volunteer columnist, Sara Hunt Harper was an invited guest to the meeting. Ms. Harper had recently written an article for the "Dallas Morning News" called "Take Care of Our Seniors." Her column discussed why the time is now to assess the needs of seniors in our Plano community. She will be writing future articles with the next one focusing on the Medicare Prescription Drug Plan.

The next regular Board meeting will include a work session starting at 5pm to get project ideas and to set goals for 2007.

THANK YOU, VOLUNTEERS!

MANY THANKS TO OUR THANKSGIVING LUNCH VOLUNTEERS: Dick Trankle, LaVon Humphries, Carol Martin, Bob Griffis, Jack & Ann Garner, Sandra Hulsey, Don & Eunice Boyles, Bob Ganss, Hazel Edwards, Bob Wagner, Wayne Whitney, Bob Langevin, Charles & Pat McCarroll, Priscilla Smith, Rita Batson, Betty Westbrook and others.



THANK YOU, CENTRAL FREEDOM RIDERS, FOR PUTTING UP OUR CHRISTMAS TREES AND DECORATING OUR CENTER FOR CHRISTMAS! MANY THANKS TO: David Froneberger, Dave LaVallee, Rhett Jackson, Dave Franklin, Jill Jackson, Shane Gadberry, Sandy LaVallee and Don Barber.



MEETINGS

AARP SCHEDULE

Board meeting on Tuesday, January 2, 9am at the Senior Center. At our regular meeting on Wednesday, January 24 at 1pm, Susan Williams, Associate State Director of Texas AARP, will tell us about AARP's priorities in 2007.

AMITY CLUB

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

PACESETTERS

We're a group open to all senior men and women, and we aim at fun and friendship for all. Several years ago the Club was formed as an outgrowth of the Amity Club (meaning friendship) and has continued to meet regularly at the Center.

Our January meeting will be held on Wednesday, January 17. Members will be contacted with specific information about the program soon. We are looking forward to a great year in 2007. If you are not currently a member and wish to join, dues are \$6. For additional information, contact Marie Thetford at (972) 964-8546 or mlthet@verizon.net.

RED HAT HONEYS

By Mary Carneal

For the new year, some of us may need a new look! On Tuesday, January 16, Nordstrom in Stonebriar Centre will do free makeovers for the first 20 Red Hat Honeys who sign up! After we attain this new beauty, we will have lunch at the Cheesecake Factory. All of this is possible if you just call Barbara Herman at (972) 529-1987. We will carpool from the Senior Center.



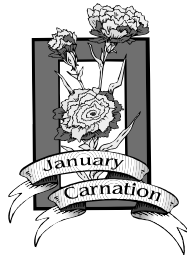
I hope each of you had a lovely holiday and are ready to face this year with gusto! For more information about the Red Hat Honeys, contact Mary Carneal at (972) 964-2406.

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.

JANUARY BIRTHDAYS

Everyone is invited to this free birthday party Thursday, January 4, 12:30pm! We'll have live music, optional dancing, cake and fun. The cake will be cut at 1pm. February birthdays will be celebrated Thursday, February 1.



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. Eight 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.

January bands:

- 2 - **Jack Allday's Swingshift** (ballroom)
Celebrate the New Year with us!
- 9 - **Mike Drake Band** (ballroom)
- 16 - **Vicho Vicencio** (ballroom)
- 23 - **Charlie Patteson** (ballroom)
- 30 - **Sundown** (country/western with western attire)

TEA DANCE

THURSDAY AFTERNOONS, 12:30-2PM ADMISSION IS FREE

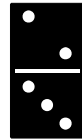
Dance or just sit and listen to Plano's Kings of Swing in Lone Star A. On the second Thursday of every month Collin Oaks Guest Home serves refreshments at 12:30pm.

DANCE CLASSES

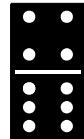
Registration for dance classes begins Saturday, January 6 for Plano residents.

- **CIRCLE DANCE**—Mondays, 10-10:50am
- **HULA DANCE**—Tuesdays, 1-1:50pm
- **LINE DANCE (BEG.)**—Thursdays, 11-11:50am
- **LINE DANCE (ADV. BEG.)**—Thursdays, 10-10:50am
- **LINE DANCE (POPULAR)**—Saturdays, 2-3:30pm
- **TAP DANCE (BEG.)**—Thursdays, 9-9:50am

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

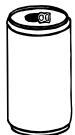
If you knit or crochet, please join us on Fridays at 10am in Lone Star C.

In November, we donated 96 blankets, 181 baby caps, one pair of booties, nine pairs of slippers, 14 scarves, three dolls, one crocheted horse and 36 pillows to facilities, including Parkland Hospital, Grace Hospice, Dallas Veterans Hospital and Centennial Medical Center. We donated 40 military helmet liners to Daughters of the American Revolution.



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**

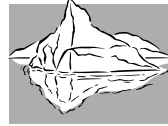
Monday through Friday

11:45am at the Senior Center

Suggested donation is \$3 for those 60 and older. 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.



JANUARY MOVIES



Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center



4-5 "The Da Vinci Code" (PG-13, Thriller, 2006)

starring Tom Hanks—2 hours, 28 minutes

Attention: The Da Vinci Code will start at 6pm.

Directed by Ron Howard. Filmed in France and the United Kingdom. A leading curator at Paris' Louvre museum is found dead with strange symbols on and around his body. A gifted cryptographer and symbologist are called in. They discover the victim's involvement in a secret society which knows forbidden information dating back to the birth of Christianity. They also find evidence that could lead them to the Holy Grail.

11-12 "Maverick" (PG, Comic Western, 1994)

starring Mel Gibson—2 hours, 9 minutes

A gun-slinging con man has a tricky plan to make lots of money at a major poker tournament on a Louisiana steamboat. Enjoy stagecoach chases, complicated cons, gun battles and plenty of flirtation!

18-19 "An Inconvenient Truth" (PG, Documentary, 2006)

starring Al Gore—1 hour, 35 minutes

Former vice president Al Gore discusses the scientific facts behind global warming, explains how it's affecting our environment, the disastrous consequences if we don't act, and what each of us can do to help protect the Earth.

25-26 "Sahara" (PG-13, Adventure, 2005)

starring Matthew McConaughey—2 hours, 10 minutes

A man finds a rare coin in a river in West Africa. He discovers that during the Civil War, a battleship carrying a valuable cargo went missing. He believes the coin places the ship somewhere in the Sahara Desert. He sets out on a journey to uncover much more.



DIGITAL CAMERA

CLUB WILL

MEET TUESDAY,

JANUARY 23,

6:30-8pm.



CLASSES

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

How to Read the Activity/Course Information

EXAMPLE:

CLLiP

72357 Monday 10-11am 2/5 1 Library FREE
The title of the course is **CLLiP**.
The course number is 72357. It meets at the
Senior Center on Monday from 10-11am,
beginning 2/5 and meets 1 time. The instructor is
Library Staff, and the class is FREE.



CRAFTS & FINE ART

ACRYLIC PAINTING WITH JULIE

72198 Tuesdays 9:30-11am 1/23 8 Rivkind \$45

OIL PAINTING WITH LOU ANN

72192 Fridays 9am-Noon 2/2 4 Bower \$55

PENCIL ART

72194 Wednesdays 10am-Noon 2/7 4 Belle \$65

WATERCOLOR (INT)

74454 Mondays 12:45-3pm 1/29 8 Wittliff \$39

WINTER '07 SESSION

*Registration Begins Saturday, January 6
for the Following Classes!
See Your Winter Leisure Catalog for
Details!*

BUSINESS

EDWARD JONES FINANCIAL WORKSHOP

This four-week course covers a range of topics such as the importance of financial planning, loan investments, owning stocks, investing in mutual funds, annuities and IRA's and much more.



72168 Wednesdays 9:30-11:30am 1/24 4 Staff \$5

**ELDER PLANNING WORKSHOP
& LUNCHEON**

Workshop topics: How to increase your spendable income; how to pay less tax on your social security, IRA distributions and other investments; how to handle catastrophic illness and how to decide if you need a will or trust. Lunch, dessert and door prizes begin at 11:40am.



72173 Monday 10:30am-1pm 1/29 1 Steelman \$5

ETC.

CLLiP

Connecting Libraries and Learners in Plano: A city of Plano librarian will discuss the combined resources available on the Internet for Collin County residents through their library cards.

72357 Monday 10-11am 2/5 1 Library FREE

MAH JONG LESSONS (BEG)

73852 Mondays 9:30am-12:30pm 1/22 6 Staff \$5

PIANO FUN-BEGINNER LEVEL

Class is for beginners or those who have forgotten how to play. No experience necessary. The book is \$15, payable at the first class.

72351 Mondays 2:45-3:45pm 1/22 8 Dillon \$40

PIANO FUN-EARLY LEVEL

Reinforce basic concepts of playing the piano and music reading. Continue with concepts that aid in the learning of early-level music. Emphasis on fun and personal enjoyment. Some playing experience required.

72350 Mondays 11:45am-12:45pm 1/22 8 Dillon \$40

PIANO FUN-INTERMEDIATE

72352 Mondays 12:45-1:45pm 1/22 8 Dillon \$40

PIANO FUN-ADVANCED

72353 Mondays 1:45-2:45pm 1/22 8 Dillon \$40

SENIOR BRIDGE (BEG)

72356 Tuesdays 2:30-4:30pm 1/23 8 Schaeffer \$35

**Registration Begins Saturday, January 6
for the Following Opportunities!**

FITNESS

ABOVE & BELOW THE BELT

72962 Mondays 9-9:50am 1/22 8 Staub \$32

ARMCHAIR EXERCISE

73054 Mondays 11-11:30am 1/22 8 Daff FREE

73055 Wednesdays 11-11:30am 1/24 8 Daff FREE

CARDIO COMBO

73074 Wednesdays 9-9:50am 1/24 8 Staub \$32

CARDIO TONE

72983 Fridays 9-9:50am 1/26 8 Staub \$32

CIRCUIT TRAINING FOR SENIORS (BEG)

73061 Mondays 11-11:50am 1/22 8 Brady \$32

GENTLE AEROBICS

73066 Tuesdays 10-10:50am 1/23 8 Brady \$32

73065 Thursdays 10-10:50am 1/25 8 Brady \$32

MORNING MOVES EXERCISE

72989 Fridays 10-10:50am 1/26 8 Staub \$32

PILATES FOR SENIORS

73083 Thursdays 11-11:50am 1/25 8 Brady \$32

SENIOR SAMPLER-NEW

Start your week with this healthy and invigorating class. Sample all we have to offer in each session: some aerobic moves, some toning, some chair yoga and pilates. A young at heart workout for seniors wanting some variety in their routine.

72964 Mondays 10-10:50am 1/22 8 Staub \$32

SENIOR WEIGHT TRAINING

73071 Tuesdays 11-11:50am 1/23 8 Brady \$32

STRENGTHEN & LENGTHEN-NEW

Standing and using a chair for support, we move all of our lower body muscles through their fullest range of motion while also working on balance and good posture. We then sit and use free weights, balls and bands to strengthen our upper body. No cardio, just toning and stretching to keep our muscles strong and limber.

73091 Wednesdays 10-10:50am 1/24 8 Staub \$32

TAI CHI (BEG)

73050 Mondays 9-9:50am 1/22 8 Daffinee \$30

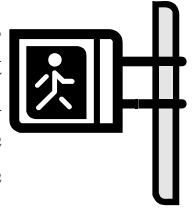
73051 Wednesdays 10-10:50am 1/24 8 Daffinee \$30

TAI CHI (INT)

73075 Wednesdays 9-9:50am 1/24 8 Daffinee \$30

WALK-N-TONE-NEW

Walk the trail behind the Senior Center carrying one- and two-pound weights (optional). We'll perform some light upper body exercises while walking and then stretch inside the Center while discussing fitness-related topics with the instructor, a degreed nutritionist and certified personal trainer. Dress appropriately and wear a watch.



72990 Fridays 11-11:50am 1/26 8 Staub \$32

WEIGHT ROOM ORIENTATION

73087 Saturday 1:30-2:30pm 1/27 1 Staub \$7

WEIGHT TRAINING

73077 Thursdays 9-9:50am 1/25 8 Dunkin \$32

YOGA FOR SENIORS (BEG)

73069 Tuesdays 10:45am-Noon 1/23 8 Abrams \$32

YOGA FOR SENIORS (EXP)

73063 Tuesdays 9:25-10:40am 1/23 8 Abrams \$32

YOGA POSTURES-NEW

73085 Fridays 11-11:50am 1/26 8 Hamilton \$32

TRIPS

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

JANUARY

22 The Kitchen at Preston Trail-New

25 Private Eyes-New

FEBRUARY

1 Ft. Worth Stock Show & Rodeo

5 Chinese New Year Spectacular-New

8 'The Mousetrap' & Durning House

15 Black History Month Program-New

24 Celebrating Life 2007-New

26 Grapevine Mills Mall



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 or 2-1-1

Animal Services:

(972) 769-4360

Public Safety

for Non-Emergency:

Fire (972) 941-7159
Police (972) 424-5678

Social Security:

3250 Craig Drive, McKinney, TX 75070
(972) 562-5710

Volunteer Center of Plano:

(972) 422-1050

Water, Sewer and Garbage Collection:

(972) 941-7105



ANSWERS TO PAGE 3

GROWING OLDER

For the ignorant, old age
is as winter; for the learned,
it is a harvest.

ANIMAL LETTER SCRAMBLE

- | | | |
|-----------------|--------------|--------------|
| 1. gorilla | 5. zebra | 9. kangaroo |
| 2. bear | 6. elephant | 10. antelope |
| 3. hippopotamus | 7. deer | 11. monkey |
| 4. alligator | 8. porcupine | 12. hyena |

NUMBERS FUN

					33
3	12	7	2	10	34
5	7	1	1	0	14
9	4	6	7	7	33
2	10	7	8	1	28
6	3	9	4	9	31
25	36	30	22	27	33

BOWLING NEWS

High bowlers for November:

High bowlers, men:

Scratch game, Steve Small, 259
Scratch series, Larry Zink, 634
High average, Ray Calkins, 188.8
Handicap game, Bob Bloomer, 277
tied with Harold Keen, 277
Handicap series, Steve Kopec, 731

High bowlers, ladies:

Scratch game, Flo Jansch, 214
Scratch series, Jean Elliott, 522
High average, Susan Breedlove, 155.6
Handicap game, Mary Martin, 285
Handicap series, Joyce Noble, 728



Congratulations! We had two new members: Mary Martin and Lynda Avery! Good work!
Call Mary at (972) 867-1472 if you would like to join us on Tuesdays, 1pm at Plano Super Bowl.

BRIDGE BUSINESS

Friday Afternoon Bridge

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

High scorers in November:

3 - Helen DeFrance, Roy Taylor, Mary Malooly

Marathon Bridge

Next meeting will be Monday, January 29 at 1pm in Lone Star B. Call Roberta Gee, (972) 437-2915, to put your name on the substitute list.

Monday Duplicate

This month's meeting is January 8 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.

PLANO SENIOR MEN'S GOLF

For information on how to join the Senior Men's Golf Association, call Gary Going at (972) 964 6953.



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, January 6 and 13, 1-5pm and Thursday and Friday, January 18 and 19, 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

Lovely gift items all crafted by our talented senior consignors. 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 who 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 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 W. 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.

Carol Boyle, R.N.

Janis Krendick, Adult/Geriatric Nurse Practitioner

Elizabeth Kent, Social Worker/Volunteer
Coordinator

Diane Williams, Counselor/Social Worker

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Tuesday, January 9, 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.

BENEFITS COUNSELING (Medicare)

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, January 4, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

CAREGIVER'S SUPPORT GROUP

Tuesday, January 16, 6:30-8:30pm. This is a monthly support group which meets on the third Tuesday at the Plano Senior Center.

DIABETIC SUPPORT GROUP

Group will not meet in January but will resume February 19. This group meets the third Monday of each month and focuses on diabetic education and management.

FLU SHOTS

The Center for Disease Control says flu activity often does not peak until February or later. This means if you got your flu shot in September or October, it may not cover you into February and March. The Geriatric Wellness Center will be offering "booster" flu shots for \$10 for those in that situation. Medicare will not cover this shot. Call the Wellness Center at (972) 941-7335 for more information.

GRIEF SUPPORT GROUP

Wednesday, January 3, 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, January 17, 1-2:30pm. This group is for those who are hearing challenged. Co-sponsored by the Deaf Action Center and the Wellness Center.

LIPID AND GLUCOSE SCREENING

Start the new year healthy! Wednesdays, January 17 and 24, 8am-10am and Monday, January 29, 8am-10am. You must call for an appointment, (972) 941-7335, or sign up at the Wellness Center. Space is limited. Fasting is required. Results are immediate. Cost is \$5.

LIVING WITH LOW VISION

Thursday, January 25 at 10am 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

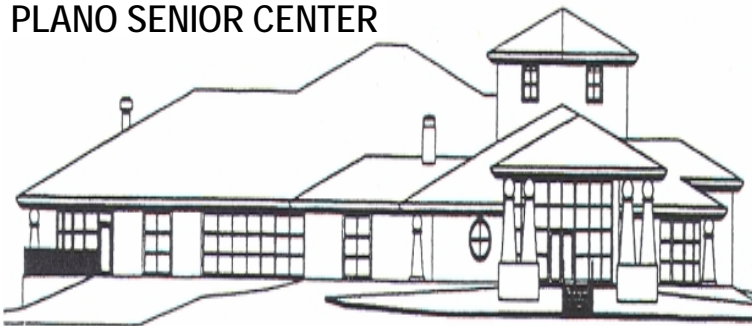
Aid frail seniors after hospital discharge from the Medical Center of McKinney, Baylor Regional Medical Center at Plano and various other hospitals throughout Collin County. Volunteers will provide practical, non-medical support for a couple of hours a week for six to eight weeks. Training and ongoing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

planoarks.org
24/7
Register
Online

City of Plano
Senior Center
401 W. 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.

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