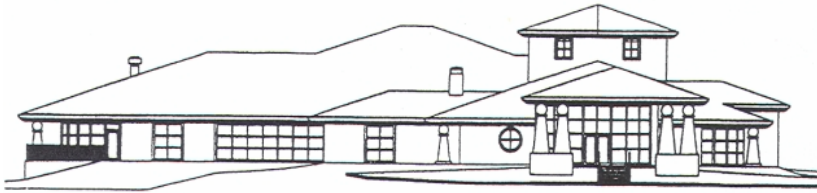


Plano Senior Center

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

MARCH 2007 NEWSLETTER

ACCESS THE SENIOR CENTER NEWSLETTER ONLINE AT
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

TAX AIDE

Mondays through April 16
9am-1pm

Experts from AARP will be in the Senior Center Library to help with your income tax returns. Bring copies of your 2005 return, W-2s, 1099s and other relevant material. AARP Tax Aide is also available at Liberty Recreation Center, 2601 Glencliff, on Wednesdays, 9am-3pm, through April 11.



SPRING

**REGISTRATION
FOR RESIDENTS
BEGINS AT 8AM**

SATURDAY, MARCH 10

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. Have your Individual ID, Family PIN, course numbers and credit card information ready when you log on to www.planoparks.org. You can also register by telephone at (972) 424-9278. See your Spring *Leisure* catalog for details. Non-resident registration begins Monday, March 12.

ST. PATRICK'S DINNER & PLANO COMMUNITY BAND

Thursday, March 15

6-8pm

\$6



We'll have our traditional St. Patrick's Day dinner of corned beef and cabbage followed by a rousing program of Big Band music.

TRAVEL PLANS

October 6-14

Heritage of America



Travel with friends from the Senior Center to New York City, Philadelphia Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon and Washington, D.C. Price includes air, hotel, motor coach, sightseeing and 12 meals. \$1,999/person for double occupancy. Insurance is available for \$120 and must be purchased when you sign up. Put your \$100 deposit down now. Your deposit and insurance fees are fully refundable through May 6. Final payment due August 7. See Dell Kaplan for more information.

March 2007

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Registration for Spring activities
begins Saturday, March 10, 8am.**

All Piano classes begin Monday, March 26!

1	9:00 Weight Training 9:00 Tap Dance, Beg 10:00 Blood Pressure Check 10:00 Gentle Aerobics 10:00 Line Dance, Adv Beg 11:00 Pilates 11:00 Line Dance, Beg 12:00 Mental Aerobics 12:30 Birthday Party 12:30 Kings of Swing 1:30 Classic Literature 2:00 Sing-along 5:00 Cirque du Soleil 6:30 Movie
2	9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 12:30 Friday Bridge, "42", Games 1:00 Video Movie 2:30 Cirque du Soleil

5	6	7	8	9
9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:00 Tax Aide 9:30 Mah Jong 10:00 Watercolor, Beg 10:00 Senior Sampler 10:00 Circle Dance 10:30 Elder Planning II 11:00 Armchair Exercise 11:00 Circuit Training, Beg 12:45 Watercolor, Int 1:00 Marathon Bridge	9:00 AARP Board 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 1:00 Hula Honeys 2:30 Bridge, Beg 7:00 Dance Night	9:00 Tai Chi, Int 9:00 Cardio Combo 10:00 Pencil Art 10:00 Bingo! 10:00 Strengthen & Lengthen 10:00 Tai Chi, Beg 11:00 Armchair Exercise 12:00 Creative Writing 1:00 Grief Support	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 6:30 Movie	9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 10:45 Palominos Buffet 12:30 Friday Bridge, "42", Games 1:00 Video Movie
12	13	14	15	16
9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:00 Tax Aide 9:30 Mah Jong 10:00 Watercolor, Beg 10:00 Senior Sampler 10:00 Circle Dance 11:00 Armchair Exercise 11:00 Circuit Training, Beg 12:30 Duplicate Bridge 12:45 Watercolor, Int 1:00 Amity Club	9:25 Yoga, Adv 10:00 Gentle Aerobics 10:00 Novelty of the Hand Fan 10:00 Kimbell Art Museum 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	9:00 Tai Chi, Int 9:00 Cardio Combo 10:00 Pencil Art 10:00 Bingo! 10:00 Strengthen & Lengthen 10:00 Tai Chi, Beg 10:00 Best Gift You Can Give 11:00 Armchair Exercise	8:30 Defensive Driving 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 6:00 Community Band & Dinner 6:30 Movie	8:30 Defensive Driving 9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 12:30 Friday Bridge, "42", Games 1:00 Video Movie
19	20	21	22	23
9:00 Tax Aide 9:30 Mah Jong 9:30 National Cemetery Trip 10:00 Watercolor, Beg 10:00 Senior Sampler 10:00 Skin Care, All Ages 1:00 Diabetic Group	9:25 Yoga, Adv 1:00 "42" 1:00 Visual Artist 6:30 Caregiver Support Group 7:00 Dance Night	10:00 Pencil Art 10:00 Bingo! 10:00 Long-Term Care 12:00 Creative Writing 1:00 Hearing Loss Support Group 1:00 Pacesetters	10:30 IMAX Trip 12:00 Mental Aerobics 12:30 Kings of Swing 1:30 Classic Literature 2:00 Sing-along 6:30 Movie	9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 12:30 Friday Bridge, "42", Games 1:00 Video Movie
26	27	28	29	30
9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:00 Tax Aide 9:30 Mah Jong 10:00 Watercolor, Beg 10:00 Senior Sampler 10:00 Circle Dance 10:00 Arboretum Presentation 11:00 Armchair Exercise 11:00 Circuit Training, Beg 12:30 Duplicate Bridge 12:45 Watercolor, Int 1:00 Amity Club 2:00 Texas Hold'em	9:25 Yoga, Adv 10:00 Gentle Aerobics 10:00 Japan-In-A-Suitcase 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Hula Honeys 2:30 Bridge, Int 7:00 Dance Night 7:00 Planning Retirement	8:00 Tyler Azalea Tour 9:00 Tai Chi, Int 9:00 Cardio Combo 10:00 Pencil Art 10:00 Bingo! 10:00 Strengthen & Lengthen 10:00 Tai Chi, Beg 11:00 Armchair Exercise 1:00 AARP	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 6:30 Movie 7:00 Jitterbug, Beg	9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 11:00 Walk-N-Tone 11:00 Yoga Postures 12:30 Friday Bridge, "42", Games 1:00 Video Movie

PUZZLER PAGE

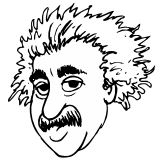
One letter stands for another. Single letters, the length and formation of the words are all hints.

WINTER AND SPRING

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
								O											L						

T I T I T
 X G L A U X N M G D O Z L G B V N B O L
 I T I I
 O U L H G U W B O Z S N V S G Z O A U

Hint



Einstein



RHYMING BUDDIES

Ex: bathing time? Shower hour



- Casper's breakfast? _____
- A salmon's hope? _____
- A diamond's energy? _____
- A broken truth? _____
- A slow bomb? _____
- A speedy present? _____
- Dancing bees? _____
- A frog's backpack? _____
- A bloody tale? _____
- Zany clay? _____



COLORS

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

- | | | |
|---------|----------|--------|
| AQUA | GRAY | ORANGE |
| BEIGE | GREEN | PURPLE |
| BLUE | INDIGO | RED |
| BROWN | LAVENDER | SILVER |
| FUCHSIA | MAROON | WHITE |

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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 at 5pm in the Senior Center Art Room. The next meeting is Thursday, March 1. Agendas are posted at Plano Municipal Center or online at www.plano.gov/city_hall/agendas/seniora.html.

Update from February's meeting:

Senior transportation issues were discussed.

The board is working on a list of businesses that give senior-citizen discounts.

Board Members:

Mary Jane Ketcham, Chair	Dr. Frida Alperovich
Tracy Dry	William Gibson
Helen Gunn	Sonja Hammar
Annette Vinyard	Kevin Yarrow

HELPFUL CONTACT INFORMATION:

AARP: (886) 227-7443 (toll-free)

**Assistance Center of Collin County
Information and Referral:** (972) 422-1850

Dallas Area Rapid Transit: (214) 979-1111

Emergency: 911

Main Post Office, Plano: (972) 423-4260

Public Safety for Non-Emergency:

Fire (972) 941-7159;

Police (972) 424-5678

Social Security: (972) 562-5710

Water, Sewer and Garbage Collection:
(972) 941-7105

PLANO SENIOR MEN'S GOLF

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, March 6, 9am at the Senior Center. At our regular meeting on Wednesday, March 28 at 1pm, Dan Dodd will speak about "Social Security Funding."

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. We'll hold our regular meeting on Wednesday, March 21, 1pm in Lone Star C. Our special guest will be Michael Granberry, Staff Writer for "*The Dallas Morning News*." During his 30 years in journalism, Michael has served as a feature writer, sports writer and sports editor. After completing his journalistic internship with the "*Washington Post*," he served on the staff of the "*Los Angeles Times*" as well as "*The Dallas Morning News*." This will surely be an entertaining and informative program. If you have not yet paid your 2007 annual dues, they are \$6. For additional information, you may call Marie Thetford at (972) 964-8546.

RED HAT HONEYYS

By Mary Carneal

On Tuesday, March 20, we will go to the Southern Methodist University's Fine Arts Museum. The famous dress designer, Balenciago, who dressed the most famous movie stars and the wealthy ladies of the northeast area, will have many of his creations on display. Afterwards, we will have lunch together. For more information, call Mary Carneal at (972) 964-2406. On Tuesday, April 17, we will go to the Great Wall for lunch. We will meet at the Center at 11am and carpool. June Campabello is in charge of this trip. You may contact her at (972) 398-8710.

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 team.

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 West Coast Swing class taught by Jesse Verdin at 5:45pm before the dance. The class is \$10/person.

March Ballroom Bands:

- 6 - Charlie Patteson
- 13 - Mike Drake Band
- 20 - Russ Dorsey's Musicmakers
- 27 - Gary Lee

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 begins
Saturday, March 10

CIRCLE DANCE

75136 Mondays 10-10:50am 3/26 8 Daffinee \$30

HULA HONEYS

75152 Tuesdays 1-1:50pm 3/27 8 Dougherty \$6

JITTERBUG (BEG)

Learn how to jitterbug again to just about any style of music! No experience needed. Partner is recommended but *not* required.

75178 Thursdays 7-7:45pm 3/29 8 Hockett \$32

LINE DANCE (BEG)

75159 Thursdays 11-11:50am 3/29 8 Hockett \$32

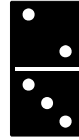
LINE DANCE (ADV BEG)

75157 Thursdays 10-10:50am 3/29 8 Hockett \$32

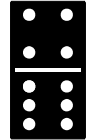
TAP DANCE (BEG)

75156 Thursdays 9-9:50am 3/29 8 Wilder \$30

ONGOING ACTIVITIES



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



Potluck and games on the second Saturday of each month, 1:30-4:30pm in the Dining Room and Lone Star D.

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.

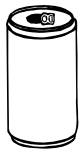
KNITTERS AND CROCHETERS

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

In December and January, we donated 121 blankets and lap robes, 267 hats, 42 pairs of booties, nine pairs of slippers, two layette sets, seven neck scarves and 52 pillows to facilities, including Centennial Medical Center-Frisco, North Central Medical Center-McKinney, Dallas Veterans Hospital and Grace Hospice. We donated 54 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

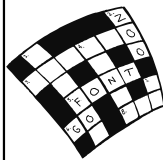


Operated by trained volunteers, the Snack Bar is a much appreciated service offering a variety of lunch options for as little as \$1!

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) 562-6996 ext. 113.



MARCH MOVIES

Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center



1-2 "Duma" (PG, Family/Adventure, 2005)

starring Alexander Michaletos—1 hour, 40 minutes

Xan is a young boy who lives in Kenya. He discovers an orphaned cheetah cub and decides to care for it. Xan and the cheetah become inseparable, but Xan eventually decides he must return his best friend to his rightful home.

8-9 "Wordplay" (PG, Documentary, 2005)

starring Will Shortz—1 hour, 34 minutes

A look at the world of crossword puzzles, the masterminds who create them and the people who solve them. Observe the brains and personalities present at the annual American Crossword Puzzle Tournament, creating a lively atmosphere of friendly competition.

15-16 "The Guardian" (PG-13, Adventure, 2006)

starring Kevin Costner—2 hours, 19 minutes

A Coast Guard search and rescue specialist must train the next generation of Coast Guard rescue swimmers. A true ocean-bound adventure drama.

22-23 "Waking Up Wally: The Walter Gretzky Story" (PG, Biographical Drama, 2005)

starring Tom McCamus—1 hour, 30 minutes

World famous hockey dad struggles to see the impact he had on his son and his rise to fame.

29-30 "Silverado" (PG-13, Western, 1985)

starring Kevin Costner—2 hours, 12 minutes

Kevin Kline, Kevin Costner, Scott Glenn and Danny Glover play heroes battling against Brian Dennehy, a crooked sheriff.

MARCH BIRTHDAYS

Everyone is invited to this free birthday party Thursday, March 1, 12:30pm! We'll have live music, optional dancing, cake and fun. The cake will be cut at 1pm. April birthdays will be celebrated Thursday, April 5.

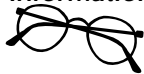


CLASSES

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

How to Read the Activity/Course Information

EXAMPLE:



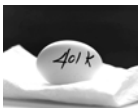
WATERCOLOR (BEG)

75719 Mondays 10am-Noon 3/26 8 Powell \$35

The title of the course is **WATERCOLOR (BEG)**.

The course number is 75719. It meets at the Senior Center on Mondays from 10am-Noon, beginning 3/26 and meets 8 times. The instructor is Powell, and the class fee is \$35.

BUSINESS



**Registration begins
Saturday, March 10**



PLANNING FOR YOUR RETIREMENT LIFESTYLE

For individuals who are approaching retirement or already in retirement. This seminar reviews concepts such as planning retirement income, managing the transition to retirement and the importance of choosing an investment strategy.

74669 Tuesday 7-8:30pm 3/27 1 Staff \$5

WILLS, TRUSTS & PROBATE

Do you need a will? Does a Living Trust reduce or eliminate estate taxes? How should you leave property for your children? Learn how to arrange your estate to distribute your property according to your wishes with the least amount of tax and expense.

74663 Tuesday 10-11am 4/3 1 Botts \$5

CRAFTS & FINE ARTS



**Registration begins
Saturday, March 10**



OIL PAINTING WITH LOU ANN

75725 Fridays 9am-Noon 4/6 4 Bower \$55

PENCIL ART

75717 Wednesdays 10am-Noon 4/4 4 Belle \$65

WATERCOLOR (BEG)

75719 Mondays 10am-Noon 3/26 8 Powell \$35

WATERCOLOR (INT)

75721 Mondays 12:45-3pm 3/26 8 Powell \$39

ETC



**Registration begins
Saturday, March 10**



DALLAS ARBORETUM: A DIAMOND IN DALLAS

This slide presentation will take you through the gardens and the historical DeGolyer home in addition to highlighting current events at the Arboretum.

75177 Monday 10-11am 3/26 1 Cunningham \$7

PIANO FUN (BEG)

No experience necessary. There is a book fee of \$15 to be paid to the instructor.

74704 Mondays 2:45-3:45pm 3/26 8 Dillon \$40

PIANO FUN (EARLY)

Some playing experience required.

74705 Mondays 11:45am-12:45pm 3/26 8 Dillon \$40

PIANO FUN (INT)

74707 Mondays 12:45-1:45pm 3/26 8 Dillon \$40

PIANO FUN (ADV)

74706 Mondays 1:45-2:45pm 3/26 8 Dillon \$40

TEXAS HOLD 'EM

Learn this very popular and fun way to play poker. Poker chip betting only. Supplies included.

74665 Mondays 2-4pm 3/26 4 Schaeffer \$20

JAPAN-IN-A-SUITCASE-NEW

See how other people live! Learn about Japanese home life, the importance of family and more. Will include a fun chopstick activity.

75507 Tuesday 10-11am 3/27 1 JAS \$8

BRIDGE (INT)

74664 Tuesdays 2:30-4:30pm 3/27 8 Schaeffer \$35

TELL YOUR STORY

This class will offer guidance in preparing an autobiography of the best chapters of your life! You will receive a helpful workbook. Bring a pencil to class.

74667 Wednesdays 10-11am 4/4 5 McCarroll \$12

FITNESS

**Registration begins
Saturday, March 10**

ABOVE & BELOW THE BELT

75126 Mondays 9-9:50am 3/26 8 Staub \$32

ARMCHAIR EXERCISE

75138 Mondays 11-11:30am 3/26 8 Daffinee FREE

75139 Wed's 11-11:30am 3/28 8 Daffinee FREE

CARDIO COMBO

75153 Wed's 9-9:50am 3/28 8 Staub \$32

CARDIO TONE

75163 Fridays 9-9:50am 3/30 8 Staub \$32

CIRCUIT TRAINING FOR SENIORS (BEG)

75140 Mondays 11-11:50am 3/26 8 Brady \$32

GENTLE AEROBICS

75144 Thursdays 10-10:50am 3/29 8 Brady \$32

75145 Tuesdays 10-10:50am 3/27 8 Brady \$32

MORNING MOVES EXERCISE

75164 Fridays 10-10:50am 3/30 8 Staub \$32

PILATES FOR SENIORS

75161 Thursdays 11-11:50am 3/29 8 Brady \$32

SENIOR SAMPLER

75137 Mondays 10-10:50am 3/26 8 Staub \$32

SENIOR WEIGHT TRAINING

75150 Tuesdays 11-11:50am 3/27 8 Brady \$32

STRENGTHEN & LENGTHEN

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 muscles strong and limber.

75155 Wed's 10-10:50am 3/28 8 Staub \$32

TAI CHI (BEG)

75127 Mondays 9-9:50am 3/26 8 Daffinee \$30

75128 Wed's 10-10:50am 3/28 8 Daffinee \$30

TAI CHI (INT)

75154 Wed's 9-9:50am 3/28 8 Daffinee \$30

WEIGHT ROOM ORIENTATION

75167 Saturday 1:30-2:30pm 3/31 1 Staub \$7

YOGA FOR SENIORS (BEG)

75148 Tuesdays 10:45am-Noon 3/27 8 Abrams \$32

YOGA FOR SENIORS (EXP)

75142 Tuesdays 9:25-10:40am 3/27 8 Abrams \$32

YOGA POSTURES

If you have physical limitation, postures can be done from a chair.

75166 Fridays 11-11:50am 3/30 8 Hamilton \$32

PLANO SENIOR GAMES

IN THE SPRING LEISURE CATALOG!



**SIGN UP BEGINS
SATURDAY, MARCH 10.**

**Sign up for
SENIOR GAMES-2007
Course number 75768**



Be a part of the 20th Annual Plano Senior Games! Registering for **SENIOR GAMES-2007** allows you to participate in as *many* Senior Games events as you'd like and receive a Senior Games shirt (available at the Senior Center). Register for **SENIOR GAMES-2007 first**, and *then* register for *each* event or competition you'd like to participate in.

PANCAKE BREAKFAST WITH DOC GIBBS

DINNER WITH THREE OF HEARTS (\$8)

ONE-MILE FUN WALK

"42"

ARTS & CRAFTS SHOW

BASKETBALL SHOOT

BOCCE BALL

BRIDGE-DUPLICATE

BRIDGE-PAIRS

BRIDGE-SINGLES

BUNCO

CANASTA

DOG COMPETITION (*Everyone wins!*)

DOMINOES

ELECTRIC DARTS

FLOOR SHUFFLEBOARD

MAH JONGG

MOON

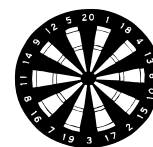
PINOCHLE

SKIPBO

SPELLING BEE

WASHERS

WRITING CONTEST (Poetry and Short Story)



MUSIC WITH MURRAY "THE MUSIC OF J.S. BACH"

Tuesday, April 17
10-11:15am
FREE



This prolific composer wrote in a wide range of styles, all beautiful. Even his six Brandenburg concertos, while related, are completely different from each other. He used a mathematical "formula" which was key to making his music so appealing.

MUSIC WITH MURRAY

"THE CHARM OF SLAVONIC MUSIC"

Tuesday, May 15
10-11:15am
FREE



The native songs and dances of Central and Eastern Europe were a great inspiration to the composers of the region. These pieces were "hummable," lively and made even more popular by Toscanini, Fiedler, Ormandy and others in their pops concerts. They were also popularized in movie sound tracks.

ANSWERS TO PAGE 3



WINTER & SPRING

Let us love winter, for it is the spring of genius.



RHYMING BUDDIES

- | | |
|----------------------|-----------------|
| 1. ghost toast | 6. a swift gift |
| 2. a fish wish | 7. a hive jive |
| 3. jewel fuel | 8. a toad load |
| 4. a cracked fact | 9. a gory story |
| 5. a delayed grenade | 10. nutty putty |

COLORS

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



BOWLING NEWS

High bowlers for January:

High bowlers, men:

Scratch game, Terry Walton, 259
Scratch series, Jim Monroe, 617
Handicap series, Joe Guido, 677

High bowlers, ladies:

Scratch game, Donna Pollock, 194
Scratch series, Jean Elliot, 485
Handicap series, Jean Foland, 738



Welcome to Carolyn Conn. She joins a good team of coaches—Rudy Varney, Adrian Ziolkowski and Bob Bloomer. 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 January:

5 - Carol Coleman, Jan Poudivigne, Ruby Watson
19 - Rao Inaganti, Robert, Betty Baxter
26 - Loretta Hudspeth, Liz Lye, Coe Sweeney

Marathon Bridge

Next meeting will be Monday, March 5 at 1pm in Lone Star B. Call D.O. Buford, (972) 517-2128, to put your name on the substitute list.

Monday Duplicate

This month's meeting is March 12 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.



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, March 3 and 10, 1-5pm and Thursday and Friday, March 15 and 16, 8:30am-12:30pm. The course consists of two four-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

Preventative Health, Counseling and Support Services for Seniors

provided by the
**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, March 13, 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, March 1, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

CAREGIVER'S SUPPORT GROUP

Tuesday, March 20, 6:30-8:30pm. This is a monthly support group which meets on the third Tuesday at the Plano Senior Center. All caregiver's are welcome.

DIABETIC SUPPORT GROUP

Monday, March 19, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

GRIEF SUPPORT GROUP

Wednesday, March 7, 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, March 21, 1-2:30pm. This group is for those who are hearing challenged. Co-sponsored by the Deaf Action Center and the Wellness Center.

HOME SAFETY SEMINAR

Thursday, March 29, 10:30-11:30am in Classrooms B/C. Sponsored by the Geriatric Wellness Center of Collin County. Presented by Veritas Home Health. Neat home safety items will be raffled off!

INFORMATION AND REFERRAL

Available for older adult resources and options. Call or stop by for more information.

LIPID AND GLUCOSE SCREENING

Friday, March 30, 8:30-10:30am. You must call for an appointment, (972) 941-7155, or sign up at the Wellness Center. Fasting is required. Results are immediate. Cost is \$5. Space is limited!

LIVING WITH LOW VISION

Thursday, March 22 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.

THERAPEUTIC COUNSELING

Available for seniors and their caregivers. Call for an appointment with our Clinical Social Worker.

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 in-home, practical, non-medical help 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.

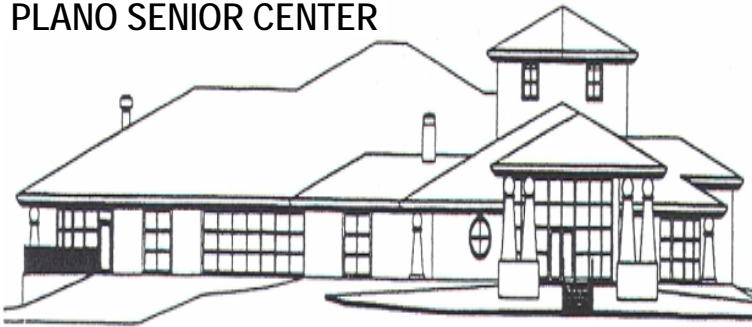


**Register
Online
24/7**
planoarks.org

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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Lawrence Pero, Recreation Coordinator
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Carolyn Bowers, Secretary
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