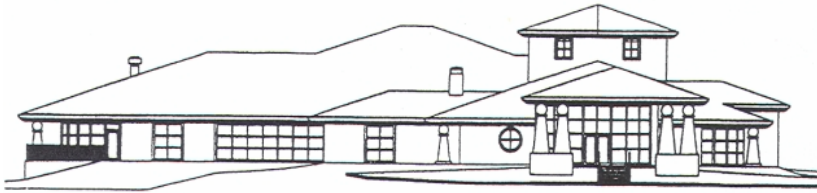


Plano Senior Center

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

MAY 2006 NEWSLETTER

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

IN THIS ISSUE...

- ◆ Wellness Fair..... 1
- ◆ Beaumont Ranch Trip.....1
- ◆ Summer Registration..... 1
- ◆ Cinco de Mayo.....1
- ◆ Tuesday Night Dances.....5
- ◆ Senior Citizens Advisory Board Update.....4
- ◆ Movies..... 6
- ◆ DART About.....8
- ◆ Driver Safety Course..... 10

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

WELLNESS AND INFORMATION FAIR AT THE SENIOR CENTER Wednesday, May 24 10am-2pm FREE!

Mark your calendar! There will be a *multitude* of exhibits representing many services available for seniors. It will be an excellent time to familiarize yourself with opportunities and to ask questions about services you may be considering. There will be a variety of health screenings.

SUMMER REGISTRATION FOR RESIDENTS BEGINS AT 8AM SATURDAY, MAY 20

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. You can also register by telephone at (972) 424-9278. See your Summer Leisure catalog for details.


REGISTER MAY 8! BEAUMONT RANCH IN GRANDVIEW, TEXAS Friday, June 2 10am-9pm \$41

Come for a day filled with outdoor activities including horse-drawn carriage rides, shuffleboard, horseshoes, miniature golf, sightseeing and shopping in the 1880s Texas town. There will be demonstrations by the weaver, blacksmith and Miss Ellie's dress shop. Enjoy an all-you-can-eat fish fry and Mexican buffet dinner, and dance to the music of the Jerry Thetford Combo. Fee includes lunch, dinner, all activities and luxury coach transportation. Dress for warm weather and wear comfortable walking shoes.

CINCO DE MAYO! Friday, May 5 11am-12:30pm \$6

We'll *bash* a piñata and eat homemade beef and chicken fajita enchiladas, refried beans and more! *We'll have a ball!* Pre-registration is required.

May 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Above & Below the Belt 9:00 Mah Jongg 9:00 Tai Chi, Beg 10:00 Morning Moves Exercise 10:00 Watercolor, Beg 10:00 Circle Dance 11:00 Circuit Training, Beg 11:00 Armchair Exercise 12:00 Piano Fun II 12:45 Watercolor, Int 1:00 Marathon Bridge 1:00 Piano Fun I	2 9:00 AARP Board 9:00 Tai Chi, Int 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:00 Tai Chi, Beg 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, Int 7:00 Dance Night	3 9:00 Cardio Combo 10:00 Bingo! 10:00 Sculpt-N-Stretch 10:00 Pencil Art 11:00 Yogalates 12:00 Creative Writing 12:30 Pacesetters 1:00 Grief Support	4 9:00 Weight Training 9:00 Tap Dance, Beg 9:30 Dallas Zoo 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 6:30 Movie 7:00 -9 Dance Classes	5 9:00 Cardio Tone 9:00 Oil Painting 10:00 Crochet & Knit 10:00 Morning Moves 11:00 Cinco De Mayo Party 12:30 Friday Bridge, "42", Games 1:00 Video Movie
8 9:00 Above & Below the Belt 9:00 Mah Jongg 9:00 Council Meeting 9:00 Tai Chi, Beg 10:00 Morning Moves Exercise 10:00 Watercolor, Beg 10:00 Circle Dance 10:30 Elder Planning 11:00 Circuit Training, Beg 11:00 Armchair Exercise 12:00 Piano Fun II 12:30 Duplicate Bridge 12:45 Watercolor, Int 1:00 Piano Fun I	9 9:00 Tai Chi, Int 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:00 Tai Chi, Beg 10:00 Fixed Annuity? 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	10 9:00 Cardio Combo 10:00 Bingo! 10:00 Sculpt-N-Stretch 10:00 Pencil Art 10:00 Roughriders Baseball 11:00 Yogalates	11 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 7:00 -9 Dance Classes	12 9:00 Cardio Tone 9:00 Oil Painting 10:00 Crochet & Knit 10:00 Morning Moves 12:30 Friday Bridge, "42", Games 1:00 Video Movie
15 9:00 Above & Below the Belt 9:00 Mah Jongg 9:00 Tai Chi, Beg 10:00 Morning Moves Exercise 10:00 Watercolor, Beg 10:00 Circle Dance 11:00 Circuit Training, Beg 11:00 Armchair Exercise 12:00 Piano Fun II 12:45 Watercolor, Int 1:00 Diabetic Group 1:00 Piano Fun I	16 9:00 Tai Chi, Int 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:00 Tai Chi, Beg 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Senior Book Club 1:00 Hula Honeys 2:30 Bridge, Int 6:30 Caregiver Support Group 7:00 Dance Night	17 9:00 Cardio Combo 10:00 Bingo! 10:00 Sculpt-N-Stretch 10:00 Pencil Art 11:00 Yogalates 12:00 Creative Writing 1:00 Hearing Loss Support Group 1:00 Pacesetters 1:00 AARP MEETING	18 8:30 Defensive Driving 9:00 Weight Training 9:00 Tap Dance, Beg 10:00 Gentle Aerobics 10:00 Line Dance, Adv Beg 10:00 Ft. Worth Botanic Garden 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 -9 Dance Classes	19 8:30 Defensive Driving 9:00 Cardio Tone 9:00 Oil Painting 10:00 Crochet & Knit 10:00 Morning Moves 12:30 Friday Bridge, "42", Games 1:00 Video Movie
22 9:00 Above & Below the Belt 9:00 Mah Jongg 9:00 Tai Chi, Beg 10:00 Morning Moves Exercise 10:00 Circle Dance 11:00 Circuit Training, Beg 11:00 Armchair Exercise 12:00 Piano Fun II 12:30 Duplicate Bridge 1:00 Amity Club 1:00 Piano Fun I	23 1:00 "42" 1:00 Visual Artist 4:30 Game Gang 7:00 Dance Night	24 10:00 Pencil Art 10:00 SENIOR WELLNESS FAIR	25 10:00 Low Vision Group 12:00 Mental Aerobics 12:30 Kings of Swing 2:00 Sing-along 4:30 "42" 6:30 Movie 7:00 -9 Dance Classes	26 9:00 Cardio Tone 9:00 Oil Painting 10:00 Crochet & Knit 10:00 Morning Moves 12:30 Friday Bridge, "42", Games 1:00 Video Movie
29 MEMORIAL DAY CENTER CLOSED	30 1:00 "42" 1:00 Visual Artist 7:00 Dance Night	31 10:00 Bingo!		

THE PUZZLER PAGE

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

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
			E											O									F		

W D O O O W
 R F N N E S L Y O V O I N T H R Y R G W O F N I
 D
 S Y E S L D J S L N

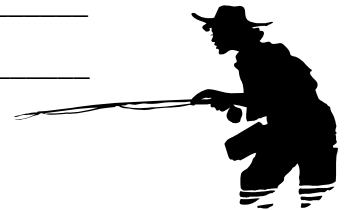
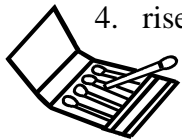
Hint



WORD PLAY: X AND Y

Finish each of the following three-word expressions. Some of the expressions are used as verbs, some as nouns and some as adjectives.

- eat and _____
- huff and _____
- mix and _____
- rise and _____
- twist and _____
- slash and _____
- wash and _____
- watch and _____
- bait and _____
- tar and _____



Number Fun

			4	26
		4	5	18
	8			24
		7	2	29
				27
24	24	32	18	21



ON THE INSIDE

“Are You O.K.?” Safety Phone Call.....	p.10
Answers to Puzzler Page.....	p.9
At Your Service.....	p.10
All Classes.....	p.7&8
Bowling.....	p.9
Bridge.....	p.9
Calendar.....	p.2
Computers.....	p.8
Dance.....	p.5
Golf.....	p.4
Lunch Options.....	p.6
Meetings.....	p.4
Movies.....	p.6
Ongoing Activities.....	p.5&6
Special Events.....	p.1&4
The Puzzler Page.....	p.3
Transportation.....	p.10
Trips.....	p.1&8
Volunteer Opportunities.....	p.10
Wellness Center.....	p.11
Yellow Rose Gift Shop.....	p.5

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.

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 issues pertaining to senior citizens to board meetings. Meetings are held the first Thursday of every month, 6:30pm at the Senior Center in the Art Room. The next meeting is on Thursday, May 4. Agendas are posted at Plano Municipal Center or online at:

www.planotx.org/mainagendas/seniora.html.

UPDATE: John Byers from SAIL (Seniors Active in Learning) attended the April meeting to talk about the program.

SAIL is an educational program for adults 50 years of age or better, offering classes, field trips, social events and the Brown Bag Lunch lecture and entertainment series. SAIL is a great place to learn, share and meet new people - a place to get involved.

For more information, pick up the SAIL calendar at the Plano Senior Center, call (972) 985-3788 or visit www.ccccd.edu/sailsite/

HELPFUL CONTACT INFORMATION:

AARP: (866) 227-7443 (toll-free)

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

City of Plano: (972) 941-7000

Dallas Area Rapid Transit: (214) 979-1111

Emergency: 911

Main Post Office, Plano: (972) 633-5754

Plano Convention & Visitors Bureau:
www.planocvb.com and (972) 422-0296

Public Safety for Non-Emergency:
Fire (972) 941-7159; **Police** (972) 424-5678

Social Security: (972) 547-1356

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

PLANO SENIOR MEN'S GOLF ASSOCIATION

May tournaments are
Monday the
8th and 22nd 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, May 2, 9am at the Senior Center. Regular meeting on Wednesday, May 17, 1pm.

AMITY CLUB

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

PACESETTERS CLUB

Let's have some fun! "Game Day" on Wednesday, May 3 at 12:30pm. Wow! What a way to challenge the brain! Beverages will be provided.

RED HAT HONEYS

By Mary Carneal

We will have our regular meeting at the Senior Center on Tuesday, May 16 at noon. Everyone is asked to bring, in writing, a suggestion for future Honeys' outings. This will help us greatly in our trip planning. Think September and October—great weather for outdoor venues. See you soon!

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.

MAY BIRTHDAYS

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

DANCE, DANCE, DANCE!

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

Attire: dressy casual. Come dance to live big band music! Seven hosts dance with the unescorted ladies. We're adding some *new* bands. Come try them out! Western Swing dances are on the fifth Tuesday of months with five Tuesdays! There's a Bolero class taught by Jesse Verdin before the dance at 5:45pm. The Bolero class is \$8.

May bands:

- | | |
|--------------------------------|-----------------------|
| 2 - Vicho Vicencio | 23 - Charlie Patteson |
| 9 - Chuck Arlington | 30 - Sundown/Western |
| 16 - Russ Dorsey's Musicmakers | |

**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.

Oldest Baby Boomers Turn 60!

*Administration on Aging Web site:
www.aoa.gov*

In 2006, the oldest of the baby boomers, the generation born between 1946 and 1964, will turn 60 years old. Among the Americans celebrating their 60th will be our two most recent presidents, George W. Bush and Bill Clinton. Other well-known celebrities reaching this milestone include Cher, Donald Trump, Sylvester Stallone and Dolly Parton.

The Census Bureau has compiled a collection of facts relating to our most celebrated generation.

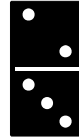
78.2 million—Estimated number of baby boomers, as of July 1, 2005.

7,918—Number of people turning 60 each day in 2006, according to projections.

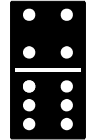
James & Mary—The most popular baby names for boys and girls in 1946. Today, the names Jacob and Emily lead the list; James ranks 17th among boys and Mary is 63rd among girls.

(Source: Social Security Administration)

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. The **Billiards Room** has two standard-size pool tables. There is no charge. To use the Fitness Room, please sign a waiver of liability form.



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.

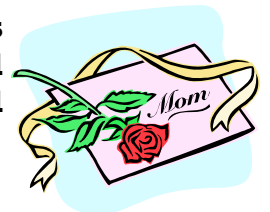


YELLOW ROSE GIFT SHOP

Handcrafted from the Heart

The Yellow Rose has lovely gift items all crafted by our talented senior consignors.

Open Monday through Friday, 10am-4pm



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



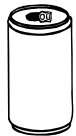
Reservations are not needed. Groups larger than 25 must make prior arrangements.

KNITTERS AND CROCHETERS

Please join us on Fridays at 10am in Lone Star Room C. *In March, we donated 90 blankets; 74 baby hats; 41 pairs of slippers, one baby sweater, eight dolls and 31 pressure pillows to various healthcare facilities including Medical City Dallas Hospital, Parkland Hospital and Collinwood Nursing Home. We donated 142 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 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.



MOVIES

Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center

May movies:



4-5 "Walk the Line" (PG-13, Drama, 2005)
starring Joaquin Phoenix—2 hours, 16 minutes

Back by popular demand! The life story of country music legend Johnny Cash (Joaquin Phoenix), focusing primarily on the long courtship he had with June Carter (Reese Witherspoon). The film is based on Cash's autobiographies. Phoenix and Witherspoon performed all of their singing in the movie.



11-12 "Last Holiday" (PG-13, Comedy, 2005)
starring Queen Latifah—1 hour, 51 minutes

Georgia works in the cookware department of an upscale gourmet supply shop. Her friend Rochelle often tells her life is short and she needs to live a little. Georgia doesn't pay much mind until she finds out she has a rare medical condition, and only has three weeks to live. Throwing caution to the wind, Georgia cashes out her life savings and goes to Europe. She checks into a four-star hotel, trades her drab clothes for haute couture, flirts with a handsome and powerful politician, convinces the head of a cooking supplies firm that she's a high-powered executive from a rival company, and makes friends with a four-star chef.

18-19 "Glory Road" (PG, Drama, 2005)
starring Aishwarya Rai—1 hours, 57 minutes

A true-life story of Texas Western University's (TWU) basketball team. Don Haskins (Josh Lucas) was determined to improve the reputation of TWU's basketball program and in 1966 assembled what he thought would be a winning team. He and his players did show they could succeed despite a firestorm of controversy.

25-26 "The Wedding Date" (PG-13, Comedy, 2005)
starring Michael Douglas—1 hour, 55 minutes

President Andrew Shepherd, a liberal Democrat, meets an attractive and sharp environmental lobbyist named Sydney. They fall in love and he soon has to deal with the political repercussions.

CLASSES

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

How to Read the Activity/Course Information

EXAMPLE:

THE SENIOR BOOK CLUB

65159 Tuesday 1-2pm 4/18 1 Staff FREE

The title of the course is **THE SENIOR BOOK CLUB**. The course number is 65159, and it meets at the Senior Center on Tuesday from 1-2pm, beginning 4/18, meets 1 time, the instructor is Staff, and the fee for this course is free.



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

BUSINESS

ELDER PLANNING WORKSHOP & LUNCHEON

65164 Monday 10:30am-1pm 5/8 1 Steelman \$5

WHAT'S A FIXED ANNUITY?-NEW

66268 Tuesday 10-11am 5/9 1 Hoofnagle \$5

CRAFTS & FINE ARTS

OIL PAINTING WITH LOU ANN

Class will meet in the Art Room.

66508 Fridays 9am-Noon 5/5 4 Bower \$55

PENCIL ART

66510 Wednesdays 10am-Noon 5/3 4 Belle \$65

**Registration begins
Saturday, May 20**

FOR THE VISUAL ARTIST

A workshop for visual artists allowing them to explore and practice various art mediums of their choice. Ethel Denlar, monitor. Some supplies required.

68195 Tu, Sat 1-3pm 6/6 13 Denlar FREE

OIL PAINTING WITH LOU ANN

68199 Fridays 9am-Noon 6/9 4 Bower \$55

PENCIL ART

68196 Wednesdays 10am-Noon 6/7 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.

65160 Tuesday 1-2pm 5/16 1 Staff FREE

FITNESS

**Registration begins
Saturday, May 20 for all Fitness classes**

ABOVE & BELOW THE BELT

67664 Mondays 9-9:50am 6/5 6 Staub \$30

67671 Fridays 9-9:50am 6/9 7 Staub \$30

ARMCHAIR EXERCISE

67916 Mondays 11-11:30am 6/5 6 Daffinee FREE

67918 Wednesdays 11-11:30am 6/7 7 Daffinee FREE

CARDIO COMBO

67676 Wednesdays 9-9:50am 6/7 7 Staub \$30

CIRCUIT TRAINING FOR SENIORS (BEG)

67920 Mondays 11-11:50am 6/5 6 Brady \$30

GENTLE AEROBICS

67908 Thursdays 10-10:50am 6/8 7 Brady \$30

67909 Thursdays 10-10:50am 6/8 6 Brady \$30

MORNING MOVES EXERCISE

67659 Mondays 10-10:50am 6/5 6 Staub \$30

67660 Fridays 10-10:50am 6/9 7 Staub \$30

PILATES

67937 Thursdays 11-11:50am 6/8 7 Brady \$30

SCULPT-N-STRETCH

67668 Wednesdays 10-10:50am 6/7 6 Staub \$30

SENIOR WEIGHT TRAINING

67931 Tuesdays 11-11:50am 6/6 6 Brady \$30

TAI CHI (BEG)

67925 Mondays 9-9:50am 6/5 6 Daffinee \$30

67926 Wednesdays 10-10:50am 6/7 7 Daffinee \$30

TAI CHI (INT)

67939 Wednesdays 9-9:50am 6/7 7 Daffinee \$30

WEIGHT ROOM ORIENTATION

Get familiarized with various types of weight, cardiovascular and fitness machines found in most fitness centers. Taught by a professional personal trainer.

67678 Saturday 1:30-2:30pm 6/10 1 Staub \$7

FITNESS

WEIGHT TRAINING

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

67945 Thursdays 9-9:50am 6/8 7 Dunkin \$30
67947 Tuesdays 9-9:50am 6/6 6 Dunkin \$30

YOGA FOR SENIORS (BEG)

67933 Tuesdays 10:45am-Noon 6/6 6 Abrams \$30

YOGA FOR SENIORS (EXP)

67935 Tuesdays 9:25-10:40am 6/6 6 Abrams \$30

YOGALATES FOR ADULTS 55+

67670 Wednesdays 11-11:50am 6/7 6 Staub \$30

TRIPS

Pre-registration is required for all trips.
*See Your Parks and Recreation Leisure Catalog
For Details!*

MAY

- 1 Duck Riders in Grapevine-New
- 4 The Dallas Zoo
- 10 Roughriders Baseball
- 13 Cats! at the Garland Civic Theatre
- 18 Fort Worth Botanic Garden

JUNE

Registration begins Saturday, May 20

- 2 Beaumont Ranch Retreat-New
- 6 Bishop Arts District-New
- 9 DART About-New
- 15 Steel Magnolias at the Pocket-New
- 22 Texas Motor Speedway Tour-New
- 27 Out to Lunch-The Durning House

DART ABOUT

REGISTER SATURDAY, MAY 20!

Friday, June 9, 9:30am-1pm. Experience the Trinity Railway Express route! Participants will learn the route by riding from Center Point Train Station located at DFW Airport to Reunion Station in Dallas. A DART Bus will pick us up at the Senior Center. Bring \$10 for lunch. Wear walking shoes. Cost is FREE.

COMPUTERS

Registration begins Saturday, May 20

POWERPOINT-NEW

No SeniorNet membership required. Learn how to create, edit, arrange and format presentations suitable for overheads, paper, slides, onscreen presentations and electronic scrapbooks; add clipart, drawings, graphs and organizational charts; enter notes, reminders, and create handouts and outlines.

67990 Thursdays 2-4pm 6/8 4 Mills \$10

INTERNET WORKSHOP

No SeniorNet membership required. Want to find more information on the Web? Class will show you how to effectively use search engines to find what you're looking for with the use of specific search phrases and links to additional sites. Learn to mark and organize 'favorite sites' for easy future access. Intro to Computers and practical experience using the Internet are required. **If class is full, get your name on the waitlist. Additional classes will be offered.**

68924 Wednesdays 11am-1:30pm 6/7 2 John W. \$10

INTRO TO COMPUTERS

SeniorNet membership required. Explore the basics of Windows XP and learn to use a mouse. For those with little or no experience with a computer.

67149 Mondays 2-4pm 6/5 6 Trankle \$25

PHOTOSHOP ELEMENTS 4

SeniorNet membership required. Course Prerequisite: Intro to Computers or the equivalent. It is important to have mastered the keyboard, basic computer functions and Windows concepts before entering this class. Class will cover digital cameras and scanners. Correct and enhance photos and learn to make slide shows with transitions and sound.

68450 Wednesdays 8:30-10:30am 6/7 8 Whitney \$25

FILE MANAGEMENT

SeniorNet membership required. Now that you've created that document, where do you save it? Now that you've saved it, how do you find it? Learn how to: configure Windows Explorer; create, rename, delete folders; search for, move and copy files/folders; create a file structure; edit/change file associations; save and print from the Internet; save e-mail contents and color ink and get rid of hyperlinks.

67921 Tuesdays 2-4pm 6/6 4 Gaertner \$20

BOWLING

High bowlers for March:

High bowlers, men:

- Scratch game, **Larry Zink, 249**
- Scratch series, **Larry Zink, 741**
- Handicap game, **Curtis Richards, 260**
- Handicap series, **Larry Zink, 759**

High bowlers, ladies:

- Scratch game, **Susan Breedlove, 208**
- Scratch series, **Susan Breedlove, 508**
- Handicap game, **Susan Breedlove, 249**
- Handicap series, **Susan Breedlove, 639**



The Swinging Seniors bowl every Tuesday at Plano Super Bowl. If you would like to be a substitute bowler, join us at 1pm. No experience needed.

**WANT TO PLAY TABLE TENNIS AT THE SENIOR CENTER?
LEAVE YOUR NAME & NUMBER AT THE FRONT DESK.**



ANSWERS TO PAGE 3

SPRING

A weed is no more than a flower in disguise.

WORD PLAY: X AND Y

- | | | |
|------------------|------------------|-------------|
| 1. drink or run | 5. shout or turn | 9. switch |
| 2. puff | 6. burn | 10. feather |
| 3. match | 7. wear or dry | |
| 4. fall or shine | 8. wait | |

Number Fun

26

2	3	9	4	18
10	5	4	5	24
2	8	12	7	29
10	8	7	2	27

24	24	32	18	21
----	----	----	----	----



BRIDGE BUSINESS

Friday Afternoon Bridge

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

High scorers in March:

- 3** - Carol Coleman, Sandra Lang, Ruby Watson
- 10** - Gloria Chadbourn, Betty Baxter, Helen De France
- 17** - Herb Becker, Marian Pollock, Sanford Sanes
- 24** - Carol Coleman, Davine Izen, Marian Pollock
- 31** - Gloria Chadbourn, Sanford Sanes, Josephine

Marathon Bridge

High scorers in April were Jerry Stephens, Nancy Testerman and Marvin Lowman. Next meeting will be Monday, May 1 at 1pm. Call Roberta Gee, (972) 437-2915, to put your name on the substitute list.

Monday Duplicate

This month's meetings are May 8 and 22 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 March Bridge winner Herb Becker!

Humor Therapy

Humor therapy (laughter therapy) is the use of humor for the relief of physical and emotional difficulties. Humor has physiological effects and can stimulate the circulatory system, respiratory system, immune system, and other systems in the body. Our world is full of good and bad things. People who focus on the bad things experience higher levels of unhealthy stress. People who amplify the good things and find humor in the bad things that happen every day, tend to be healthier and a lot more fun to be around. The physical effects of laughter on the body involve increased breathing, oxygen use, and heart rate, which stimulate the circulatory system. Laughing out loud seems to be even more effective than mere intellectual amusement.

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. This month, classes will be held Saturdays, May 6 and 13, 1-5pm, and Thursday and Friday, May 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.

THE MONTH OF MAY

<http://www.salem.k12.va.us/south/SpecialDays/may.htm>

Birthstone: Emerald

Flower: Lily of the Valley



Special Days in May

- May 1:** Empire State Building opened in 1931
- May 5:** Cinco De Mayo
- May 6:** The Kentucky Derby
- May 9:** National Teacher Day
- May 14:** Mother's Day
- May 20:** Armed Forces Day
- May 27:** Golden Gate Bridge opened in 1937
- May 29:** Memorial Day

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 is available in the lobby. Copies are 5¢ each for the first 10 copies. All others are 10¢ each. Your Senior Center Council maintains this 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, access DART at www.dart.org/paratransit.asp. For information concerning transportation to Senior Center activities, 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 is available for other locations. The City of Plano, in agreement with the Collin County Committee On Aging, has expanded 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. Friendly visitor volunteers are provided as well.

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

ALZHEIMER'S SUPPORT GROUP

Thursday, May 25, 4-5:30pm. Sponsored by the Alzheimer's Association. We meet at the Young at Heart Adult Daycare Center (inside Victoria Gardens) to share information and offer support for those caring for a loved one with Alzheimer's Disease. The Young at Heart Center is east of Highway 75 at 310 S. Jupiter in Allen (between Bethany and Main Street). During the meeting, Young at Heart provides free care for loved ones of Allen support group participants only. Please call Freida Kavar, RN at (972) 390-8796 to reserve respite care.

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 Blood Sugar checks.

BAYLOR MAMMOGRAPHY VAN

Friday, May 19. Call for an appointment, 1-800-422-9567.

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

CAREGIVER'S SUPPORT GROUP

Tuesday, May 16, 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, May 15, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

GRIEF SUPPORT GROUP

Wednesday, May 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, May 17, 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. Facilitated by Esther Kelly, Hard of Hearing Specialist.

LIPID PROFILE

Tuesday, May 16, 8-10am and Wednesday, May 31, 8-10am. Here is a chance to have a complete Lipid Profile along with a glucose check for \$5. Results are immediate. Fasting is required. Call for an appointment, (972) 941-7335. Space is limited!

LIVING WITH LOW VISION

Thursday, May 25, 10-11:30am in Classrooms B/C. We welcome you and your family members.

MEDICARE PRESCRIPTION DRUG PROGRAM

Volunteers will provide one-on-one computer assistance periodically through May for anyone needing help accessing the individualized Medicare prescription drug plan options available for them. Please call the Wellness Center at (972) 941-7335 for more information.

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!

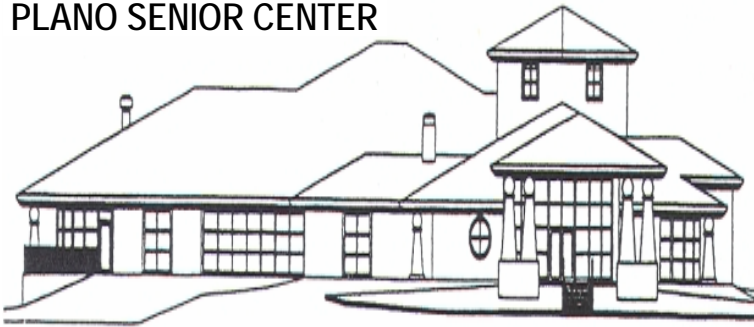
Aid frail seniors after hospital discharge from the Medical Center of McKinney and Baylor Regional Medical Center at Plano. Volunteers will provide practical, non-medical support for a couple of hours a week for six to eight weeks. Training and ongoing support provided. Call Elizabeth Kent for details,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



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

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

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

SENIOR CENTER COUNCIL

Dick Trankle, President
Tom Grant, Vice President
LaVon Humphries, Secretary
Carol Martin, Treasurer
Don Boyles
Eunice Boyles
Hazel Edwards
Priscilla Smith
Wayne Whitney

PARKS & RECREATION PLANNING BOARD

Karen Bellessa, Chairman
M. Nathan Barbera
Mary F. Long
Bill Neukranz
Francis Ngoh
Susan Plonka
Alan Vuckovich
Don Wendell, Director of Parks & Recreation