

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

NOVEMBER 2006 NEWSLETTER

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

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MINI CRAFT FAIR

Wednesday, November 1
9am-2pm
In Lone Star B

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

PLANO SENIOR CENTER COUNCIL

It's time to elect four new members to the Council! Candidates must be at least 55 years old, live in Plano and be an active participant in some activity at the Plano Senior Center. Ballots will be available Wednesday, November 15. Voting will end Thursday, December 7. New members will be inducted at the Holiday Luncheon.

VETERANS DAY SALUTE **Thursday, November 9** **11am-Noon** **FREE**

We will honor veterans with a program of patriotic tribute and swing to WWII-themed live music. Participants are encouraged to wear or bring uniforms, photos and other items for military displays. Pre-registration for veterans is required.



PANCAKE BREAKFAST

Friday,
November 3
8:30-10am
\$3



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

GOLDEN AGE ENTERTAINMENT PARTY **Monday, November 27** **1pm**

Come to a fun, informative and entertaining program sponsored by United HealthCare and Golden Age Radio. There will be a drawing for free gifts, entertainment, refreshments and a brief presentation about the Medicare Prescription Drug Program. There is no charge for the event, but please register in advance for seating purposes.

PUZZLER PAGE

EVERY YEAR AT THIS TIME...

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
F													E												

Hint I



_____ N _____ A N _____ N _____ A _____
 D V S M Z M S V E U O F E Q W R P Z P E R A F B
 _____ A _____ N _____
 U O M O M F S U L P N N D P E A U O M
 _____ A _____ A _____
 Y F U O L F B O V G M

Hint II



CAT'S MEOW

For each of the following clues, what is a synonym that contains the letters CAT?

- BASEBALL POSITION _____
- COPY _____
- WHAT YOU GET WITH A DOCTOR'S PRESCRIPTION _____
- UNDERGROUND CEMETERY _____
- TIME OFF FROM SCHOOL OR WORK _____
- TEN-EVENT CONTEST _____
- DISASTER _____
- MIMIC _____
- COWS _____
- TEACHER _____



NOVEMBER



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



- | | | |
|---------|---------|---------|
| AMERICA | FRIENDS | PURITAN |
| AUTUMN | GIBLET | SAGE |
| COLONY | GOBBLE | SETTLER |
| CORN | GRAVY | THANKS |
| FAMILY | HARVEST | TREATY |
| FEAST | INDIANS | TURKEY |
| FOOD | PATUXET | VOYAGE |
| FREEDOM | PILGRIM | |

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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, November 2. Agendas are posted at Plano Municipal Center or online at www.plano.gov/city_hall/agendas/seniora.html.

Update from October's meeting:

The Board continued their discussion on transportation issues faced by seniors and the effectiveness of current programs offered by various agencies such as DART, CCART and the City of Plano. If you have comments or concerns about senior transportation, please do not hesitate to come to November's meeting or call Colette Hall, City of Plano Parks and Recreation, at (972) 941-7274.

The Board said fond farewells to outgoing members: Chairperson Joe Celso, Naomi Sanit, Dr. Mary Norman and David Heinze. The Board and the City of Plano thanks these individuals for their time and effort. The Board will welcome four new members at the next meeting.

Mary Jane Ketcham has been named the Chairperson.



PLANO SENIOR MEN'S GOLF ASSOCIATION

November tournaments are Monday the 13th and 27th 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, November 7, 9am at the Senior Center in the Art Room. On Wednesday, November 15, 1pm, we will have annual elections.

AMITY CLUB

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

PACESETTERS

Rose-Mary Rumbley 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 met regularly at the Center since then. Our next meeting will be on Wednesday, November 15 at 1pm in Lone Star B. We will have special guest, Rose-Mary Rumbley, who is the "unofficial historian" of Dallas. Rose-Mary is an accomplished author as well as tour guide and book reviewer. She will speak to us about interesting, unusual and little-known places to visit in Texas. Her books will be available for purchase. For additional details, contact Marie Thetford at (972) 964-8546 or mlthet@verizon.net.

RED HAT HONEYS

By Mary Carneal

General meeting will be Tuesday, November 21 at the Senior Center. Come at noon and bring food for our lunch together. We will have a crazy, beautiful and "Wow!" HAT parade! Everyone attending needs to decorate a hat in a fun loving or "What's that?" kind of way. You'll strut your stuff on the runway, and we'll take your picture! Fun will be had by all! If you have questions or need additional information, please call Mary Carneal at (972) 964-2406.



PLANO SENIOR CENTER COUNCIL, INC.

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

NOVEMBER BIRTHDAYS

Everyone is invited to this free birthday party Thursday, November 2, 12:30pm! We'll have live music, optional dancing, cake and fun. The cake will be cut at 1pm. December birthdays will be celebrated on Thursday, December 7.



DANCE, DANCE, DANCE!

**DANCES FOR THOSE 50 AND OLDER
TUESDAY NIGHTS
7-9:15PM**

ADMISSION IS \$5

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

November bands:

- 7 - **Jack Melick: Veterans Day Dance**
Wear your red, white and blue!
- 14 - **Doc Gibbs**
- 21 - **Vicho Vicencio**
- 28 - **Charlie Patteson**



**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

Pre-registration is required for all classes.

LINE DANCE (BEG.)

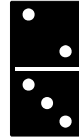
71035 Thursdays 11-11:50am 11/16 4 Hockett \$18

LINE DANCE (ADVANCED BEG.)

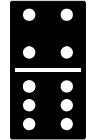
This class is for experienced line dancers who have already completed a basic line dance course.

71036 Thursdays 10-10:50am 11/16 4 Hockett \$18

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

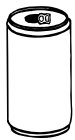
If you knit or crochet, hospitals and care facilities always need blankets and caps for their newborns and special patients. If you would like to help, please join us on Fridays at 10am in Lone Star C.



In September, the Knitters and Crocheters donated 66 blankets, 50 baby caps, one pair of slippers and 26 pillows to facilities, including HealthSouth and Centennial Medical Center. We donated 20 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.

DIGITAL CAMERA CLUB

TUESDAY, NOVEMBER 28

6:30-8pm

IN CLASSROOMS B/C.



NOVEMBER MOVIES

Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center



2-3 "An Unfinished Life" (PG-13, Drama, 2005) starring Robert Redford—1 hour, 48 minutes

Now on the wagon, Einar looks after what's left of his ranch with his friend Mitch, a cowhand who was mauled by a bear. Einar's ex-wife returns seeking refuge. He takes her in; and the bear who mauled Mitch returns.

9-10 "Take the Lead" (PG-13, Drama, 2006) starring Antonio Banderas—1 hour, 57 minutes

Inspired by a true story. A prize-winning ballroom dancer volunteers at a high school in the Bronx. He gets a tough assignment—a detention class with some of the biggest troublemakers on campus. They respect his talent and begin mixing hip-hop moves with ballroom discipline. He encourages them to better their lives.

16-17 "Desk Set" (NR, Romance, 1957) starring Spencer Tracy and Katharine Hepburn—1 hour, 43 minutes

Hepburn plays the head of a TV network research department. Tracy plays an efficiency expert hired to modernize Hepburn's operation.

23-24 THE SENIOR CENTER IS CLOSED.

30-1 "Polar Express" (G, Animation, 2004) starring Tom Hanks—1 hour, 40 minutes

Billy longs to believe in Santa Claus. On Christmas Eve, a mysterious train visits him in the middle of the night, promising to take him to the North Pole for a visit with Santa. The train's conductor and passengers help turn Billy's crisis in faith into a journey of self-discovery.

CLASSES

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

How to Read the Activity/Course Information

EXAMPLE:

DRAWING I-NEW

73103 Wednesdays 2-4pm 11/1 8 Bower \$70

The title of the course is **DRAWING I-NEW**.

The course number is 73103. It meets at the

Senior Center on Wednesdays from 2-4pm,

beginning 11/1 and meets 8 times. The instructor is

Bower, and the fee for this course is \$70.



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

BUSINESS

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.

70435 Wednesday 10-11am 11/8 1 Botts \$5

CRAFTS & FINE ARTS

FOR THE VISUAL ARTIST

Open art room time for artists.

70039 Tu, Sat 1-3pm 9/5 40 Denlar FREE

OIL PAINTING WITH LOU ANN

70036 Fridays 9am-Noon 11/3 4 Bower \$55

70037 Fridays 9am-Noon 12/1 4 Bower \$55

PENCIL ART

70031 Wednesdays 10am-Noon 11/1 4 Belle \$65

70032 Wednesdays 10am-Noon 12/6 4 Belle \$65

WATERCOLOR (BEG)

Color theory, composition, spatial relationships and watercolor techniques are explored. Lessons include textures, perspective, volume, distance, patterns and negative space.

71187 Mondays 10am-Noon 11/20 7 Powell \$32

WATERCOLOR (INT)

71188 Mondays 12:45-3pm 11/20 7 Powell \$32

ETC

ALTERNATIVE HOUSING ISSUES

Topics include senior-oriented apartments, condos, garden homes, retirement villages and reverse mortgages. Representatives will be available to discuss title, legal, financial and real estate issues.

70715 Thursday 10am-Noon 11/2 1 Staff \$5

BRIDGE (INT)

Do you trump your partner's ace? This course will review the fundamentals and begin different conventions. Problem hands will be passed out and discussed. Must have completed a beginner course or equivalent.

69958 Tuesdays 2:30-4:30pm 11/7 7 Schaeffer \$31

FITNESS

WEIGHT ROOM ORIENTATION

Become familiarized with the various types of weight, cardiovascular and fitness machines found in most fitness centers. Taught by a professional personal trainer with more than 10 years of experience.

71449 Saturday 1:30-2:30pm 11/18 1 Harrison \$7

TRIPS

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

NOVEMBER

- 6 Dallas/Ft. Worth National Cemetery
- 8 General Motors Plant Tour & Lunch
- 14 NorthPark Center in Dallas-New
- 29 The Rockettes at Nokia Theatre-New

DECEMBER

- 1 The Labyrinth Theatre-New
- 4 Camille's Sidewalk Cafe-New
- 7 Candlelight Senior Citizen Day-New
(at Dallas Heritage Village)
- 15 Christmas at the Meyerson



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

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



BOWLING NEWS

High bowlers for September:

High bowlers, men:

Scratch game, Larry Zink, 235
Scratch series, Jim Monroe, 668
High average, Jim Monroe, 222
Handicap game, Steve Small, 257
Handicap series, Steve Kopec, 731

High bowlers, ladies:

Scratch game, Flo Jansch, 187
Scratch series, Jean Elliott, 489
High average, Jean Elliott, 152
Handicap game, Jan Covey, 256
Handicap series, Jane Woods, 714

Good bowling! Congratulations! 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. See you at the lanes!

BRIDGE BUSINESS

Friday Afternoon Bridge

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

High scorers in September:

1 - Loretta Hudspeth, Emily K.
8 - Loretta Hudspeth, Emily K., Liz Lye
15 - Beverly Church, Evelyn Hauk, Coe Sweeney
22 - Betty Baxter, Helen Kilpatrick, Sandra Lang
29 - Marge Powell, Jan Poudevigne, Mary Malooly

Marathon Bridge

Next meeting will be Monday, November 6 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 meetings are November 13 and 27 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.

ANSWERS TO PAGE 3

EVERY YEAR AT THIS TIME...

Forever on Thanksgiving Day,
The heart will find the
pathway home.

CAT'S MEOW

- | | |
|---------------|----------------|
| 1. Catcher | 6. Decathlon |
| 2. Duplicate | 7. Catastrophe |
| 3. Medication | 8. Copycat |
| 4. Catacomb | 9. Cattle |
| 5. Vacation | 10. Educator |



NOVEMBER

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

NOVEMBER TRIVIA



Topaz is the birthstone for November.
The chrysanthemum is the flower for the month.

Election Day is on the first Tuesday after the first Monday in November.

Veterans Day is celebrated on November 11th.

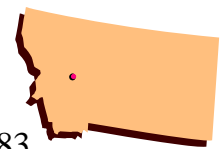
Thanksgiving is celebrated on the fourth Thursday in the month.

- **Daniel Boone**, American frontiersman, was born November 2, 1734.
- **James K. Polk**, 11th President of the United States, was born November 2, 1795.
- **Warren G. Harding**, 29th President of the United States, was born November 2, 1865.

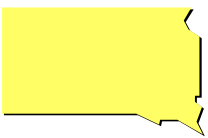


- **North Dakota** became the 39th state, November 2, 1889.
- **South Dakota** became the 40th state, November 2, 1889.

- **Stephen Austin**, colonizer of Texas, was born November 3, 1793.
- The **Erie Canal** formally opened at New York, November 4, 1825.
- **Will Rogers**, American humorist, was born November 4, 1879.
- **Marie Curie**, French physicist, was born November 7, 1867.



- **Montana** became the 41st state, November 8, 1889.
- **Martin Luther**, German religious leader, was born November 10, 1483.

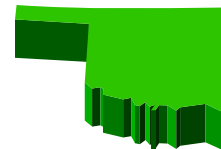


- **Washington** became the 42nd state, November 11, 1889.
- **Armistice** signed ending World War I, November 11, 1918.

- **Veterans Day** first celebrated in United States, November 11, 1954.
- Novelist **Robert Louis Stevenson** was born November 13, 1850.
- **Claude Monet**, French painter, was born November 14, 1840.
- **Aaron Copland**, American composer, was born November 14, 1900.
- **Prince Charles**, heir to British throne, was born November 14, 1948.



- Zebulon Pike sighted **Pikes Peak**, November 15, 1806.
- First meeting of **League of Nations Assembly**, November 15, 1920.
- **Oklahoma** became the 46th state, November 16, 1907.
- **Congress** first met in Washington, D.C., November 17, 1800.
- **Suez Canal** opened, November 17, 1869.
- **Standard time** began in the United States, November 18, 1883.



- United States and Panama signed treaty providing for **Panama Canal**, November 18, 1903.
- **James A. Garfield**, 20th President of the United States, was born November 19, 1831.
 - Abraham Lincoln delivered **Gettysburg Address**, November 19, 1863.
 - U.S. President **John F. Kennedy** was assassinated, November 22, 1963.
- **Franklin Pierce**, 14th President of the United States, was born November 23, 1804.
- **Zachary Taylor**, 12th President of the United States, was born November 24, 1784.
 - **Pope John XXIII** was born November 25, 1881.
 - **Joe DiMaggio**, American baseball star, was born November 25, 1914.
- First national **Thanksgiving Day** in United States proclaimed by President George Washington, November 26, 1789.
 - **Jonathan Swift**, who wrote Gulliver's Travels, was born November 30, 1667.
 - **Mark Twain**, American author, was born November 30, 1835.

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, November 4 and 11, 1-5pm, and Thursday and Friday, November 16 and 17, 8:30am-12:30pm. The course consists of two 4-hour sessions. To register, call (972) 941-7155 or visit the Center. Cost is \$10 payable at first class meeting. Participants must be 50 years of age or older. This course is not good for traffic citations.

CITY OF PLANO VOLUNTEER PROGRAM

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

SENIOR CENTER VOLUNTEERS

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

YELLOW ROSE GIFT SHOP

Handcrafted from the Heart

The Yellow Rose has lovely gift items all crafted by our talented senior 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 West 16th Street, Suite 600

Plano, Texas 75075

(972) 941-7335

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

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

Janis Krendick, Adult/Geriatric Nurse Practitioner

Elizabeth Kent, Social Worker/Volunteer
Coordinator

Diane Williams, Counselor/Social Worker

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Tuesday, November 14, 6:30-8pm. All caregivers are welcome to attend a monthly support group, which meets on the second Tuesday at the Bart Peddicord Community Center in Wylie. Call (972) 442-8119 for directions.

ATRIUM HEALTH SCREENING

On the second Thursday of each month, 2-3:30pm. Join us in the Atrium for an ever-changing array of *free* screenings offered by the nurse and community resources. This month will be blood pressure checks.

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, November 2, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

CARTER EYE CENTER

Thursday, November 2, 10am-1pm, the eye center will do visual acuity screening from their van in the Senior Center parking lot. There is no charge.

CAREGIVER'S SUPPORT GROUP

Tuesday, November 21, 6:30-8:30pm. This is a monthly support group which meets on the third Tuesday at the Plano Senior Center. **A second Caregiver Support Group has been added on the fourth Thursday of each month. This group will meet on Thursday, November 16, 5-7pm at the Senior Center.**

DIABETIC SUPPORT GROUP

Monday, November 20, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

GRIEF SUPPORT GROUP

Wednesday, November 1, 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, November 15, 1-2:30pm. This group is for those who are hearing challenged. Co-sponsored by the Deaf Action Center and the Wellness Center.

LIVING WITH LOW VISION

Group will not meet in November or December but will resume on Thursday, January 25 at 10am.

MAMMOGRAPHY VAN

A van will be at the Senior Center on Friday, November 10. Call (800) 422-9567 for an appointment.

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

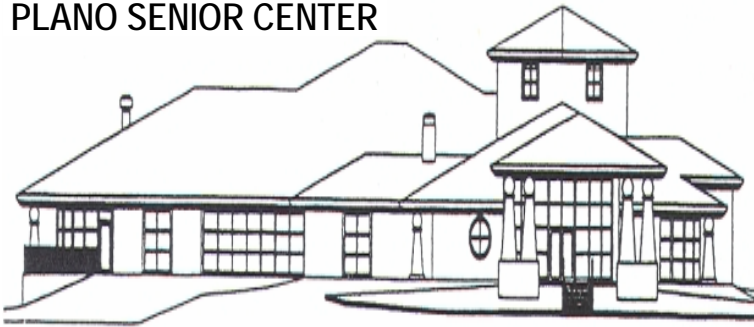
Aid frail seniors after hospital discharge from the Medical Center of McKinney, Baylor Regional Medical Center at Plano and various other hospitals throughout Collin County. Volunteers will provide practical, non-medical support for a couple of hours a week for six to eight weeks. Training and ongoing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

Thanksgiving
Lunch
11/17
It's filling fast!
Register Now!

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



PLANO SENIOR CENTER



*City of Plano
Parks & Recreation Department*

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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.

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