

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

OCTOBER 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.

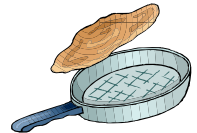
FASHION SHOW
Wednesday, October 25
1-3pm
\$6



See the latest fashions in clothing that flatter the mature man and woman, and enjoy an afternoon lunch. Fashions provided by SteinMart and modeled by the seniors of Plano. Sponsored by the Senior Center Council.

PANCAKE BREAKFAST

Friday,
November 3
8:30-10am



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.

FIREWHEEL TOWN CENTER
THERE'S STILL TIME!
Tuesday, October 10
9:45am-2pm
\$5



This 785,000 square foot outdoor shopping center is located in Garland. There are popular department stores as well as lots of other fun stores including Fossil, Chico's, Coldwater Creek and the Nestle Toll House Cafe. Bring money for shopping and lunch. Pre-registration is required.



October 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Tai Chi, Beg 9:30 Mah Jong Lessons 10:00 Watercolor, Beg 10:00 Circle Dance 10:30 Elder Planning 11:00 Circuit Training, Beg 11:00 Armchair Exercise 11:45 Piano Fun II+ 12:45 Watercolor, Int 12:45 Piano Fun I+ 1:00 Marathon Bridge 1:45 Piano Fun III 2:00 Texas Hold Em	3 9:00 AARP Board 9:25 Yoga, Adv 9:30 Acrylic Painting 10:00 Gentle Aerobics 10:15 Learn English 10:45 Yoga, Beg 11:00 Weight Training 12:30 1st Tues. Bridge 1:00 "42" 1:00 Hula Honeys 2:30 Bridge Lessons, Beg 7:00 Dance Night 7:00 Social Security Benefits	4 9:00 Cardio Combo 9:00 Tai Chi, Int 10:00 Bingo! 10:00 Pencil Art 10:00 Sculpt-N-Stretch 10:00 Tai Chi, Beg 11:00 Armchair Exercise 12:00 Creative Writing 1:00 Grief Support	5 9:00 Weight Training 9:30 TX State Fair 10:00 Blood Pressure Check 10:00 Line Dance, Adv Beg 10:00 Gentle Aerobics 11:00 Line Dance, Beg 11:00 Pilates 12:00 Mental Aerobics 12:30 Birthday Party 12:30 Kings of Swing 2:00 Sing-along 6:30 Movie 7:00 -7:50 Dance Lessons	6 9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 11:15 Oktoberfest 12:30 Friday Bridge, "42", Games 1:00 Video Movie
9 9:00 Above & Below the Belt 9:00 Council Meeting 9:00 Tai Chi, Beg 9:30 Mah Jong Lessons 10:00 Watercolor, Beg 10:00 Morning Moves Exercise 10:00 Circle Dance 11:00 Circuit Training, Beg 11:00 Armchair Exercise 11:45 Piano Fun II+ 12:00 Lunch & Learn 12:30 Duplicate Bridge 12:45 Watercolor, Int	10 9:25 Yoga, Adv 9:30 Acrylic Painting 9:45 Firewheel Trip 10:00 Gentle Aerobics 10:15 Learn English 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Hula Honeys 2:30 Bridge Lessons, Beg 5:00 Defensive Driving 7:00 Dance Night	11 9:00 Cardio Combo 9:00 Tai Chi, Int 10:00 Bingo! 10:00 Pencil Art 10:00 Sculpt-N-Stretch 10:00 Tai Chi, Beg 11:00 Armchair Exercise	12 9:00 Weight Training 9:30 TX State Fair 10:00 Line Dance, Adv Beg 10:00 Gentle Aerobics 11:00 Line Dance, Beg 11:00 Pilates 12:00 Mental Aerobics 12:30 Kings of Swing 2:00 Sing-along 5:00 Defensive Driving 6:30 Movie 7:00 -7:50 Dance Lessons	13 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
16 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:30 Mah Jong Lessons 10:00 Watercolor, Beg 10:00 Morning Moves Exercise 10:00 Circle Dance 10:00 Downtown Grapevine Trip 11:00 Circuit Training, Beg 11:00 Armchair Exercise 11:00 Tax Planning 11:45 Piano Fun II+ 12:45 Watercolor, Int 12:45 Piano Fun I+	17 9:25 Yoga, Adv 10:00 Gentle Aerobics 10:15 Learn English 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Senior Book Club 1:00 Hula Honeys 2:30 Bridge Lessons, Beg 6:30 Caregiver Support Group 7:00 Dance Night	18 9:00 Cardio Combo 9:00 Tai Chi, Int 10:00 Bingo! 10:00 Pencil Art 10:00 Sculpt-N-Stretch 10:00 Tai Chi, Beg 11:00 Armchair Exercise 12:00 Creative Writing 1:00 Hearing Loss Support Group 1:00 Pacesetters	19 8:30 Defensive Driving 9:00 Weight Training 10:00 Line Dance, Adv Beg 10:00 Gentle Aerobics 11:00 Line Dance, Beg 11:00 Pilates 12:00 Mental Aerobics 12:30 Kings of Swing 2:00 Sing-along 6:30 Movie 7:00 -7:50 Dance Lessons	20 8:30 Defensive Driving 9:00 Oil Painting 10:00 Crochet & Knit 12:30 Friday Bridge, "42", Games 1:00 Video Movie
23 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 10:00 Watercolor, Beg 10:00 Morning Moves Exercise 10:00 Circle Dance 11:00 Circuit Training, Beg 11:00 Armchair Exercise 11:45 Piano Fun II+ 12:30 Duplicate Bridge 12:45 Watercolor, Int 12:45 Piano Fun I+ 1:00 Amity Club 1:45 Piano Fun III	24 9:25 Yoga, Adv 9:30 Acrylic Painting 9:45 General Motors Trip 10:00 Gentle Aerobics 10:15 Learn English 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Hula Honeys 2:30 Bridge Lessons, Beg 7:00 Dance Night	25 9:00 Cardio Combo 9:00 Tai Chi, Int 10:00 Bingo! 10:00 Pencil Art 10:00 Sculpt-N-Stretch 10:00 Tai Chi, Beg 11:00 Armchair Exercise 1:00 AARP 1:00 Fashion Show	26 9:00 Weight Training 10:00 Line Dance, Adv Beg 10:00 Gentle Aerobics 10:00 Low Vision Group 11:00 Line Dance, Beg 11:00 Pilates 12:00 Mental Aerobics 12:30 Kings of Swing 2:00 Sing-along 4:30 "42" 6:30 Movie 7:00 Jitterbug	27 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
30 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 10:00 Watercolor, Beg 10:00 Morning Moves Exercise 10:00 Circle Dance 11:00 Circuit Training, Beg 11:00 Armchair Exercise 11:45 Piano Fun II+ 12:45 Watercolor, Int 12:45 Piano Fun I+ 1:45 Piano Fun III 2:00 Texas Hold Em	31 9:25 Yoga, Adv 9:30 Acrylic Painting 10:00 Gentle Aerobics 10:15 Learn English 10:45 Yoga, Beg 11:00 Weight Training 1:00 "42" 1:00 Visual Artist 1:00 Hula Honeys 2:30 Bridge Lessons, Beg 7:00 Dance Night			

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, October 5. Agendas are posted at Plano Municipal Center or online at www.plano.gov/city_hall/agendas/seniora.html.

Update from September's meeting:

Frank Turner, Executive Director and Lloyd Neal, Transportation Engineering Manager, both from the City of Plano, and Pat Greever, Director of CCART, discussed senior transportation issues and the City of Plano Senior Trans Program.



Frank explained the City of Plano needs a better understanding of problems facing Plano's growing senior population in regards to transportation to determine the effectiveness of the current program along with considerations for alternative plans.

Board Chairperson, Joe Celso, said the Board has identified the main problem with CCART as a scheduling issue.

Pat Greever explained CCART tries to book rides in 20-minute intervals to get from point A to point B, which means there are three slots available per hour. Most seniors want to schedule rides during peak time, approximately 9am until 10:30am. When seniors request a ride during peak hours and the time slot is full, CCART dispatchers offer alternative times. Seniors usually don't want alternate times and do not accept.

The Board determined the transportation issue warrants further discussion and will continue with this topic at the next meeting on Thursday, October 5.



PLANO SENIOR MEN'S GOLF ASSOCIATION

October tournaments are Monday the 9th and 23rd 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, October 3, 9am at the Senior Center in the Art Room. Regular meeting on Wednesday, October 25, 1pm.

AMITY CLUB

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

PACESETTERS

An appearance by Ralph Gain is planned for our meeting on Wednesday, October 18, 1pm in Lone Star C. Ralph is the Pastor of Grace Church in Richardson and is also the "voice" of the Dallas Mavericks National Basketball Association team. He always has lots of interesting things to tell us. If you need additional information or have any questions, you may contact Marie Thetford at (972) 964-8546 or mlthet@verizon.net.



RED HAT HONEYS

By Mary Carneal

Fall has ushered in some cooler weather, and the Red Hat Honeys are ready to roll. On Tuesday, October 17 we will go to the award-winning Obzeet for lunch and fun. It is a *quirky* restaurant inside and out! It's what we need to throw off the summer doldrums. To sign up, call Hazel Pate at (972) 248-7886. For information about the Red Hat Honeys, 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.

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.

October bands:

- 3 - **Mike Drake Band**
- 10 - **Russ Dorsey's Musicmakers**
- 17 - **Charlie Patteson**
- 24 - **Ronnie Martin**
- 31 - **Jimmy Gomez & the Outlaws:**
Country/Western & Halloween dance
(Dress is country/western or costume.)



**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.

JITTERBUG (BEG.)

Men wanted! Men, you can attend the first class for free to see if you'd like to register!

Remember the 1930s and 1940s? Learn how to jitterbug again to just about any style of music. No experience needed. A partner is recommended but *not* required. We're going to have fun!

71899 Thursdays 7-7:45pm 10/26 6 Hockett \$25

LINE DANCE (BEG.)

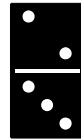
71035 Thursdays 11-11:50am 11/16 4 Hockett \$18

LINE DANCE (ADVANCED BEG.)

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

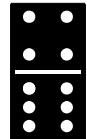
71036 Thursdays 10-10:50am 11/16 4 Hockett \$18

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.

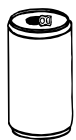
KNITTERS AND CROCHETERS

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 out, please join us on Fridays at 10am in Lone Star C. *In August the Knitters and Crocheters donated 48 blankets, 51 baby caps, six pairs of booties, one hat and sweater set, 30 neck scarves, five dolls and 35 pillows. These items went to Parkland Hospital, the Shriners Hospital transportation vans and to a Romanian orphanage.*



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.



THE DIGITAL CAMERA CLUB WILL NOT MEET IN OCTOBER.



OCTOBER MOVIES

Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center



5-6 "Akeelah and the Bee" (PG, Drama, 2006) starring Angela Bassett—1 hour, 52 minutes

Akeelah, an 11-year old girl, enters her school's spelling bee. She's bright but not a star student. She wins and climbs the ladder to the *national* competition. Her mother finds the contests are dominated by children from privileged backgrounds. She argues the competition may not be in Akeelah's best interest.

12-13 "Searching for Bobby Fischer" (PG, Drama, 1993) starring Max Pomeranc—1 hour, 49 minutes

Josh shows signs of being a genius at chess. A cold-blooded chess instructor teaches him the "Bobby Fischer" strategy, stressing Fischer's *negative* traits. In the end, Josh learns to blend ruthless competition with good sportsmanship.

19-20 "Goal!" (PG-13, Drama, 2005) starring Leonardo Guerra—1 hour, 28 minutes

Santiago was born in Mexico and came to California with his family when he was just a boy. Holding two jobs, he dreams of playing soccer professionally. He spends his spare time with an amateur team in Los Angeles. One day he's approached by a scout for Newcastle United. Determined to make good, Santiago shows them what he can do and makes his father proud.

26-27 "It Happened One Night" (NR, Comedy, 1934) starring Clark Gable—1 hour, 45 minutes

To keep Ellie, a spoiled heiress, from marrying a fortune-hunting aviator, Ellie's father holds her prisoner aboard his yacht. Ellie bolts, swims ashore and slips onto a Greyhound bus. Aboard the bus she meets a newspaper reporter. She says if he will help her get to New York, he can write a scoop about her for his paper. *He* thinks she is a spoiled brat, but they wind up falling in love.

CLASSES

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

How to Read the Activity/Course Information

EXAMPLE:



ACRYLIC PAINTING WITH JULIE

70054 Tuesdays 9:30-11am 10/24 5 Rivkind \$26

The title of the course is **ACRYLIC PAINTING WITH JULIE**. The course number is 70054, and it meets at the Senior Center on Tuesdays from 9:30-11am, beginning 10/24, meets 5 times, the instructor is Rivkind, and the fee for this course is \$26.

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

BUSINESS

ELDER PLANNING WORKSHOP & LUNCHEON

69776 Monday 10:30am-1pm 10/2 1 Steelman \$5

UNDERSTANDING SOCIAL SECURITY BENEFITS

70416 Tuesday 7-8:30pm 10/3 1 Alviar \$5

TAX PLANNING-NEW

Topics include: the most common tax mistakes made by people, the impact of taxes on investments and qualified plan distributions, current tax law changes, determining the formula for one's tax liability and tax planning versus tax preparation. Presented by the Society for Financial Awareness.

71689 Monday 11am-Noon 10/16 1 Pollock \$5

COMPUTERS

FREE PHONE SERVICE ON THE WEB

No SeniorNet membership required. Talk over your computer to another computer anywhere for free! Use a Web camera to see who you're talking to! For about two cents a minute you can call from your computer to an ordinary phone or cell phone. During the course presentation, the instructors will make voice and video calls and discuss the software installation procedures.

70933 Tuesday 6-8pm 10/24 1 Trankle/ \$5
Crutchfield

CRAFTS & FINE ARTS

ACRYLIC PAINTING WITH JULIE

70054 Tuesdays 9:30-11am 10/24 5 Rivkind \$26

FOR THE VISUAL ARTIST

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

OIL PAINTING WITH LOU ANN

70035 Fridays 9am-Noon 10/6 4 Bower \$55

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

PENCIL ART

70030 Wednesdays 10am-Noon 10/4 4 Belle \$65

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

ETC

LUNCH & LEARN WITH HEALTHSOUTH

This month's topic is "Stroke Awareness."

65651 Monday Noon-1pm 10/9 1 Hermann FREE

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.

69774 Tuesday 1-2pm 10/17 1 Staff FREE

TEXAS HOLD 'EM

Learn what Texas Hold 'Em is all about, how to play, how to bet and different strategies. Poker chip betting only. Supplies included.

70417 Mondays 2-4pm 10/23 4 Schaeffer \$20

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)

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 over 10 years of experience.

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

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

Auto Registration:

920 E. Park Boulevard
(972) 881-3010

Dallas Area Rapid Transit:

(214) 979-1111

Dallas Morning News:

(214) 745-8383

Driver License:

2109 W. Parker Road, Suite 224
(On the northwest corner of Parker and Custer)
(972) 867-4221

Emergency:

911

Main Post Office, Plano:

(972) 423-4260

Plano Convention & Visitors Bureau:

www.planocvb.com
2000 E. Spring Creek Parkway
(972) 422-0296

City of Plano:

(972) 941-7000

Plano Senior Center:

(972) 941-7155

Plano Star Courier:

(972) 424-6565

Public Safety for Non-Emergency:

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

Social Security:

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

Volunteer Center of Plano:

(972) 422-1050

Water, Sewer and Garbage Collection:

(972) 941-7105



TRIPS

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

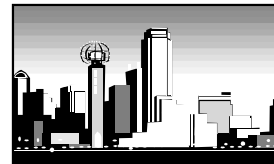
OCTOBER

- 5 State Fair of Texas
- 10 Firewheel Town Center
- 12 State Fair of Texas
- 16 Historic Downtown Grapevine Shopping-New
- 24 General Motors Plant Tour & Lunch-New
- 28 Matinee—Musical Big River-New



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



BRIDGE BUSINESS

Friday Afternoon Bridge

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

High scorers in August:

- 4 - Nellie Thompson, Midge Hedges, Grace Frank
- 11 - Ruby Watson, Davine Izen, Phil Schwindt
- 18 - Charles King, Joy Althouse, Jean
- 25 - Rad Inaganti, Phil Schwindt, Fran Albert

Marathon Bridge

Next meeting will be Monday, October 16 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 October 9 and 23 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.

THIS AND THAT

BOWLING NEWS THE 2006-2007 BOWLING SEASON IS UNDERWAY! PLANO SUPER BOWL, 2521 AVE. K

All seniors 50 years or older are invited to join us for fun and friendly competition. Our league is based on handicapped averages, so a beginner can compete with the experienced bowler. Come one and all!

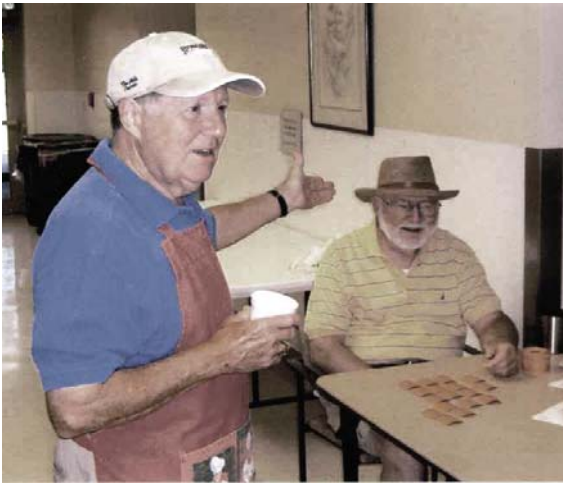
For additional information call Roy Taylor at (972) 964-3125.

OCTOBER BIRTHDAYS

Everyone is invited to this free birthday party Thursday, October 5, 12:30pm! We'll have live music, optional dancing, cake and fun. The cake will be cut at 1pm. November birthdays will be celebrated on Thursday, November 2.



PANCAKE BREAKFAST, August 11, 2006



Dick Trankle (left) and Bob Griffis greet and check in breakfast participants.

Bob Langevin (left) and Don Boyles help out in the kitchen.



ANSWERS TO PAGE 3

AUTUMN



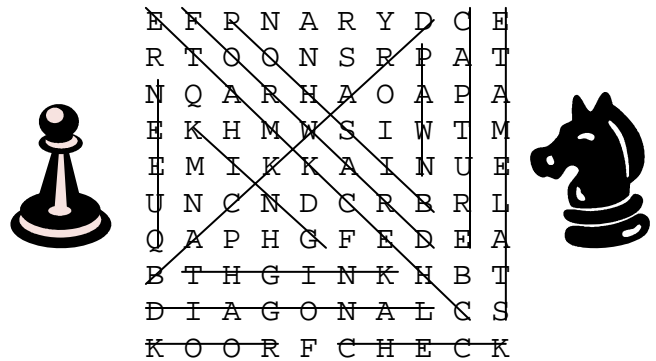
Everyone must take time to sit and watch the leaves grow.



WORD PLAY

- | | |
|------------|---------------|
| 1. jazz | 7. grown |
| 2. quiet | 8. defeat |
| 3. yucca | 9. koala |
| 4. extra | 10. molar |
| 5. violin | 11. porcupine |
| 6. bashful | |

CHECKMATE



LaVon Humphries (left), Hazel Edwards (center) and Heili Herndon (right) make sure things run smoothly in the "breakfast room!"



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 Tuesday and Thursday, October 10 and 12, 5-9pm, and Thursday and Friday, October 19 and 20, 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, October 10, 6:30-8pm. All caregivers are welcome to attend a monthly support group which meets on the second Tuesday at the Bart Peddicord Community Center in Wylie. Call (972) 442-8119 for directions.

ATRIUM HEALTH SCREENING

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

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, October 5, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

CAREGIVER'S SUPPORT GROUP

Tuesday, October 17, 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, October 16, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

GRIEF SUPPORT GROUP

Wednesday, October 4, 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, October 18, 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.

LIVING WITH LOW VISION

Thursday, October 26, 10-11:30am in Classrooms B/C. We welcome you and your family members. **This will be the last meeting this year. We will resume in 2007!**

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.



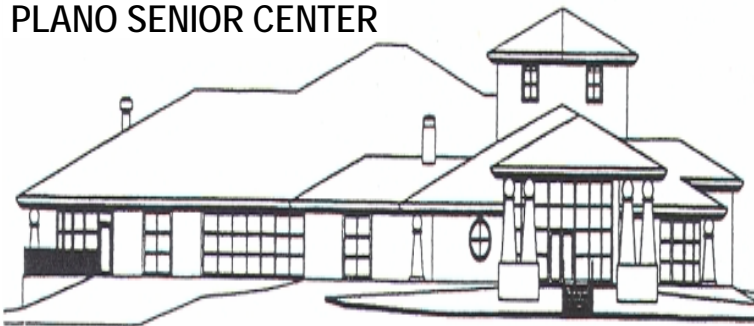
**HAPPY
HALLOWEEN!**

plano.parks.org
24/7
Register
Online

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



PLANO SENIOR CENTER



*City of Plano
Parks & Recreation Department*

RECEIVE THE NEWSLETTER AT HOME!

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

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

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Lawrence Pero, Recreation Coordinator
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