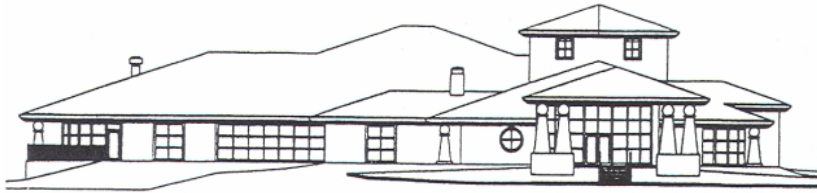


Plano Senior Center

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

SEPTEMBER 2006 NEWSLETTER

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

IN THIS ISSUE...

- ◆ Dancing..... 1&5
- ◆ Learn English..... 1
- ◆ Oktoberfest..... 1
- ◆ Western Hoedown..... 1
- ◆ Movies..... 6
- ◆ Police Academy..... 7
- ◆ Texas Hold 'Em..... 7
- ◆ Armchair Yoga..... 8
- ◆ Mahjong Lessons..... 9
- ◆ Project Independence..... 9

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

WESTERN HOEDOWN

Thursday, September 7

6-8pm

\$6

Are you ready for a good time? Join us for an evening of fun at the Western Hoedown. Prepare your palate for a delicious meal of barbecue beef, beans, coleslaw, beverage and dessert. We have rounded up a few crazy games and have some fine entertainment to complete the evening. Don't miss out! Pre-registration is required.



OKTOBERFEST

Friday, October 6

11:15am-1pm

\$8

Come celebrate Bavarian heritage with accordion polka music and German cuisine! There will be plenty of beer (root beer, of course), bratwurst, sauerkraut and more. Pre-registration is required.

LEARN ENGLISH

Tuesdays, 10:15-11:15am

FREE

Beginning Tuesday, September 12 for 18 weeks, Wei-Kong "Roger" Liu will teach English as a Second Language. Please pre-register to seating purposes.

JITTERBUG (BEG.)

Thursdays, 7-7:45pm

\$25

Beginning October 26 for six weeks, enjoy Jitterbugging with Belinda Hockett! Remember the 1930s and 1940s? Learn how to jitterbug again to just about *any* style of music. No experience needed. Partner is recommended but *not* required. We're going to have fun!



September 2006

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY



Also on Mondays:

2:00 Texas Hold 'Em Lessons
2:45 Piano Fun III

1
9:00 Oil Painting
10:00 Crochet & Knit
12:30 Friday Bridge,
"42", Games
1:00 Video Movie

<p>4 Labor Day Senior Center Closed </p>	<p>5 9:00 AARP Board 10:15 Learn English 10:45 Dallas Arts District 12:30 1st Tues. Bridge 1:00 "42" 1:00 Visual Artist 7:00 Dance Night</p>	<p>6 10:00 Bingo! 10:00 Pencil Art 12:00 Creative Writing 1:00 Grief Support</p>	<p>7 10:00 Blood Pressure Check 10:00 Ornamental Grasses/Fall Color 12:00 Mental Aerobics 12:30 Birthday Party 12:30 Kings of Swing 2:00 Sing-along 6:00 Western Hoedown 6:30 Movie</p>	<p>8 9:00 Oil Painting 10:00 Crochet & Knit 12:30 Friday Bridge, "42", Games 1:00 Video Movie</p>
<p>11 9:00 Above & Below the Belt 9:00 Council Meeting 9:00 Tai Chi, Beg 9:30 Mahjong 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+ 12:30 Duplicate Bridge 12:45 Watercolor, Int 12:45 Piano Fun 1+ 1:45 Piano Fun 1</p>	<p>12 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</p>	<p>13 9:00 Cardio Combo 9:00 Tai Chi, Int 9:30 Police Academy 10:00 Bingo! 10:00 Pencil Art 10:00 Sculpt-N-Stretch 10:00 Tai Chi, Beg 11:00 Armchair Exercise</p>	<p>14 9:00 Weight Training 9:00 Tap Dance, Beg 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 -8:50 Dance Lessons</p>	<p>15 9:00 Oil Painting 9:00 Cardio Tone 9:30 Sixth Floor Museum 10:00 Crochet & Knit 10:00 Morning Moves 11:00 Armchair Yoga 11:00 Yogalates 55+ 12:30 Friday Bridge, "42", Games 1:00 Video Movie</p>
<p>18 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:30 Mahjong Lessons 9:30 World Aquarium Trip 10:00 Watercolor, Beg 10:00 Morning Moves Exercise 10:00 Circle Dance 10:00 Estate Planning 11:00 Circuit Training, Beg 11:00 Armchair Exercise 11:45 Piano Fun II+ 12:45 Watercolor, Int 12:45 Piano Fun 1+ 1:00 Diabetic Group</p>	<p>19 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 Senior Book Club 1:00 Hula Honeys 2:30 Bridge Lessons, Beg 6:30 Caregiver Support Group 6:30 Digital Camera Club 7:00 Dance Night</p>	<p>20 9:00 Cardio Combo 9:00 Tai Chi, Int 9:30 Police Academy 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 Preciseffers</p>	<p>21 8:30 Defensive Driving 9:00 Weight Training 9:00 Tap Dance, Beg 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 -8:50 Dance Lessons</p>	<p>22 8:30 Defensive Driving 9:00 Oil Painting 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 11:00 Armchair Yoga 11:00 Yogalates 55+ 12:30 Friday Bridge, "42", Games 1:00 Video Movie</p>
<p>25 9:00 Above & Below the Belt 9:00 Tai Chi, Beg 9:30 Mahjong 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+ 12:30 Duplicate Bridge 12:45 Watercolor, Int 12:45 Piano Fun 1+ 1:00 Amity Club 1:45 Piano Fun 1</p>	<p>26 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 7:00 Retirement Lifestyle</p>	<p>27 9:00 Cardio Combo 9:00 Tai Chi, Int 9:30 Police Academy 10:00 Bingo! 10:00 Pencil Art 10:00 Sculpt-N-Stretch 10:00 Tai Chi, Beg 11:00 Armchair Exercise 1:00 AARP</p>	<p>28 9:00 Weight Training 9:00 Tap Dance, Beg 9:30 DART to Cityplace 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 4:30 "42" 6:30 Movie 7:00 -8:50 Dance Lessons</p>	<p>29 9:00 Cardio Tone 10:00 Crochet & Knit 10:00 Morning Moves 11:00 Armchair Yoga 11:00 Yogalates 55+ 12:30 Friday Bridge, "42", Games 1:00 Video Movie</p>

PUZZLER PAGE

AUTUMN

Hint



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

M A I M A M
 V T K R K W I J K G L V H J K U T K A L F V F J A
 A " A A
 L G E G U T L V T L Y K Z I F O K K A
 I A M M ? "
 Q I H A C L M M G F J J K R



LOST IN TRANSLATION

Can you translate these groups of words? Each group stands for a familiar sentence or an expression.

- | | | |
|-------------------------------|-------------------------------|----------|
| 1. HEAD
HEELS | 5. it for WHAT'S me | 1. _____ |
| 2. the weather
I'm feeling | 6. sit down ME | 2. _____ |
| 3. TEN be there MINUTES | 7. DON'T
STAY your welcome | 3. _____ |
| 4. EVERY right THING | 8. the sky
cast today | 4. _____ |
| | | 5. _____ |
| | | 6. _____ |
| | | 7. _____ |
| | | 8. _____ |

GO FIGURE...

	+		+		-		17
-		-		X		-	
	+		-		+		18
+		-		-		/	
	+		+		/		9
-		-		-		X	
	X		+		/		3
-2		-21		36		-36	



Try to fill in the missing numbers.

Use the numbers 1 through 16 to complete the equations.
 Each number is only used once.
 Each row is a math equation.
 Work from left to right.
 Each column is a math equation.
 Work from top to bottom.

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.1,7&8
Bowling.....	p.9
Bridge.....	p.8
Dance.....	p.5
Golf.....	p.4
Lunch Options.....	p.4&6
Meetings.....	p.4
Ongoing Activities.....	p.5&6
Special Events.....	p.1&9
Transportation.....	p.10
Trips.....	p.8
Volunteer Opportunities.....	p.10
Wellness Center.....	p.9&11

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, September 7. Agendas are posted at Plano Municipal Center or online at: www.plano.gov/city_hall/agendas/seniora.html.

Update from August's meeting:

Colette Hall, Recreation Superintendent and the City's liaison for the Plano Senior Citizens Advisory Board, gave an overview of the transportation options currently available to seniors in Plano (information on page 10). She also explained the City is aware as Plano's senior population increases, the current programs will need to accommodate the growth. This topic will continued to be discussed at the next Board meeting in September.

Meals On Wheels

Plano seniors 60 years of age or older who are homebound and unable to prepare meals are eligible for this valuable service. Meals on Wheels delivers a hot lunch to eligible seniors Monday through Friday. Services are available to seniors regardless of their ability to pay. Currently, Meals on Wheels serves more than 120,000 meals to over 450 Collin County homebound residents each year and the number is growing. The mission of this service is to support and to provide proper nutrition, combat isolation, and improve or maintain the general physical and cognitive health of seniors. Every year, Meals on Wheels touches the lives of thousands, not only with warm food but also with warm hearts greeting the homebound with a smile to ensure their well being.



The need for volunteers to deliver this service is critical. At least 50 volunteers are needed each day between 11am and 1pm to deliver meals to the homebound. For more information on how you can receive this service or volunteer your time, please call (972) 562-6996 ext. 125 or www.cccoaweb.org.

PLANO SENIOR MEN'S GOLF ASSOCIATION

September tournaments are Monday the 11th and 25th 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, September 5, 9am at the Senior Center in the Art Room. Regular meeting on Wednesday, September 27, 1pm.

AMITY CLUB

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

PACESETTERS

We'll meet on Wednesday, September 20 at 1pm for lunch at the Veranda Tea Garden Restaurant inside Antique Land of Plano, 800 N. Central Expressway. Members and guests are welcome. We must have an accurate count of diners by Monday of that week so the restaurant will set up for the proper number. If you are not yet a member and would like to join, dues are 50 cents per month or \$6 per year. We have planned some exciting upcoming programs, so we hope you will join us. For further information or to RSVP, contact Marie Thetford at (972) 964-8546 (mlthet@verizon.net) or Frances Dougherty at (972) 516-0659.

RED HAT HONEYS

By Mary Carneal

We'll be going to the Galleria in Dallas on Tuesday, September 19. We'll have lunch at the Grand Lux Cafe with great food and easy prices. Afterwards we'll sightsee and shop. Put on your best red and purple! To sign up or to inquire about the trip, call Mary Lou Smith at (214) 227-1780. For information concerning 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.

September bands:

- 5 - **Chick Rameriz**
- 12 - **Vicho Vicencio**
- 19 - **Doc Gibbs**
- 26 - **Richland College Thursday Jazz Band:**
Celebrating Oktoberfest! Wear your Lederhosen and Dirndl!



**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

BALLROOM (BEG. FOX TROT & WALTZ)
71897 Thursdays 7-7:50pm 9/14 6 Fairchild \$30

BALLROOM (BEG. TANGO & RUMBA)
71898 Thursdays 8-8:50pm 9/14 6 Fairchild \$30

CIRCLE DANCE
A partner is not necessary!
70684 Mondays 10-10:50am 9/11 12 Daffinee \$43

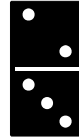
HULA HONEYS
70777 Tuesdays 1-1:50pm 9/12 12 Dougherty \$6

LINE DANCE (BEG.)
70790 Thursdays 11-11:50am 9/14 8 Hockett \$32

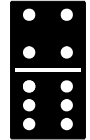
LINE DANCE (ADVANCED BEG.)
70795 Thursdays 10-10:50am 9/14 8 Hockett \$32

TAP DANCE (BEG.)
Learn to tap dance or improve your existing skills.
70800 Thursdays 9-9:50am 9/14 12 Wilder \$43

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

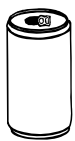
Reservations are not needed. Groups larger than 25 must make prior arrangements.

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 July, we donated 53 blankets; 111 baby caps; two pairs of slippers; 17 pillows; one pair of mittens; one sundress and one bunny to various facilities including Collin County Children's Advocacy Center, Collinwood Nursing Home, Parkland Hospital and Dallas Veterans Hospital. We donated 32 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

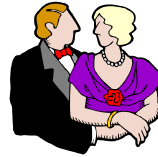
Suggested donation is \$3 for those 60 and over. Make reservations at least 24 hours in advance by calling Willie Ann Nelson, Nutrition Site Manager, (972) 941-7155. The lunch program also provides transportation. To reach the CCCOA for Meals on Wheels call (972) 562-4275.

SEPTEMBER MOVIES

Thursdays at 6:30pm

Fridays at 1pm

FREE at the Senior Center



1 "Glory Road" (PG, Sports Drama, 2006)

starring Josh Lucas—1 hour, 57 minutes

The true story of Texas Western University's basketball team in the 1960s. Don Haskins assembled a racially-integrated team, which was unusual in the South and West at the time. Watch how they competed for the NCAA championship against the University of Kentucky's all-white team.

7-8 "Failure to Launch" (PG-13, Comedy, 2006)

starring Matthew McConaughey—1 hour, 36 minutes

A 35-year old mama's boy can't seem to find the courage to take flight from the nest. His parents are desperate and decide to enlist the help of a beautiful and talented woman in providing the romantic incentive needed to finally get their son out of the family home.

14-15 "The Family Stone" (PG-13, Comedy, 2005)

starring Luke Wilson—1 hour, 43 minutes

Meredith (Sarah Jessica Parker) meets her future in-laws, the Stones, for Thanksgiving and finds they don't much care for her. In dire need of moral support, she reaches out to her sister but things only get worse.

21-22 "A Good Woman" (PG, Period Comedy, 2004)

starring Helen Hunt—1 hour, 33 minutes

Based on Wilde's *Lady Windermere's Fan*. In the early 1930s, Mrs. Erlynne is a widow who runs out of wealthy suitors in Manhattan and moves to Italy. She sets her sights on a particular wealthy Englishman whose wife is falling for one of his best friends. In the midst of it all, another gentleman is trying to win Mrs. Erlynne's hand.

28-29 "Saint Ralph" (PG-13, Drama, 2004)

starring Adam Butcher—1 hour, 38 minutes

A 14-year old boy's father has recently died, as have his grandparents, and his mother is severely ill. Ralph finds himself on his school's cross-country team and discovers he has real talent as a runner. Doctors say it will take a miracle to save his mother. Ralph decides to compete in the Boston Marathon, certain a victory could be the miracle his mother needs.

CLASSES

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

How to Read the Activity/Course Information

EXAMPLE:

WATERCOLOR (BEG)

70046 Mondays 10am-Noon 9/11 8 Powell \$39

The title of the course is **WATERCOLOR (BEG)**. The course number is 70046, and it meets at the Senior Center on Mondays from 10am-Noon, beginning 9/11, meets 8 times, the instructor is Powell, and the fee for this course is \$39.



*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

ESTATE PLANNING FOR SENIORS

70415 Monday 10-11:30am 9/18 1 Craig \$5

PLANNING FOR YOUR RETIREMENT LIFESTYLE

70799 Tuesday 7-8pm 9/26 1 Davis \$5

UNDERSTANDING SOCIAL SECURITY BENEFITS

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

CRAFTS & FINE ARTS

ACRYLIC PAINTING WITH JULIE

70053 Tuesdays 9:30-11am 9/12 5 Rivkind \$26

FOR THE VISUAL ARTIST

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

OIL PAINTING WITH LOU ANN

Learn the basics of composition, color, form, perspective and techniques of application. Supply list will print on receipt.

70034 Fridays 9am-Noon 9/1 4 Bower \$55

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

PENCIL ART

70029 Wednesdays 10am-Noon 9/6 4 Belle \$65

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

WATERCOLOR (BEG)

70046 Mondays 10am-Noon 9/11 8 Powell \$35

WATERCOLOR (INT)

70047 Mondays 12:45-3pm 9/11 8 Powell \$39

ETC

ORNAMENTAL GRASSES & FALL COLOR

70434 Thursday 10-11:30am 9/7 1 Grdnrs \$7

PIANO FUN I

70202 Mondays 1:45-2:45pm 9/11 8 Dillon \$35

PIANO FUN 1+

71901 Mondays 12:45-1:45pm 9/11 8 Dillon \$35

PIANO FUN II+

70201 Mondays 11:45am-12:45pm 9/11 8 Dillon \$35

PIANO FUN III

71902 Mondays 2:45-3:45pm 9/11 8 Dillon \$35

BRIDGE LESSONS (BEG)

This class is for beginners and people who want to brush up on bridge. The first hour will be instruction, while the second hour will be devoted to playing. All people play, score and have a good time!

69957 Tuesdays 2:30-4:30pm 9/12 8 Schaeffer \$35

POLICE ACADEMY

Presented by the Plano Police Department Crime Prevention Unit, the Academy is designed to give older adults an in-depth view of the everyday functions of their police department. Topics covered include personal and property safety, senior issues, telemarketing fraud, 911 communications, narcotics, Emergency Response Team (SWAT), Safety Bingo and more. Graduation certificates will be awarded at the last class.



69959 Wednesdays 9:30-11:30am 9/13 8 PPD FREE

TEXAS HOLD 'EM

Come and enjoy this very popular and fun way to play poker. Learn what Texas Hold 'Em is all about, how to play, how to bet and different strategies. Poker chip betting only. Supplies included.

69956 Mondays 2-4pm 9/11 4 Schaeffer \$20

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.

69773 Tuesday 1-2pm 9/19 1 Staff FREE

FITNESS

ABOVE & BELOW THE BELT

70672 Mondays 9-9:50am 9/11 12 Staub \$50

ARMCHAIR EXERCISE

Easy seated exercise everyone can do.

70709 Mondays 11-11:30am 9/11 12 Daffinee FREE

70711 Wednesdays 11-11:30am 9/13 12 Daffinee FREE

ARMCHAIR YOGA-NEW

71350 Fridays 11-11:50am 9/15 11 Pfeil \$50

CARDIO COMBO

70781 Wednesdays 9-9:50am 9/13 12 Staub \$50

CARDIO TONE

71098 Fridays 9-9:50am 9/15 12 Staub \$50

CIRCUIT TRAINING (BEG)

70716 Mondays 11-11:50am 9/11 12 Brady \$50

GENTLE AEROBICS

70724 Thursdays 10-10:50am 9/14 12 Brady \$50

70725 Tuesdays 10-10:50am 9/12 12 Brady \$50

MORNING MOVES EXERCISE

70686 Mondays 10-10:50am 9/11 12 Staub \$50

70688 Fridays 10-10:50am 9/15 12 Staub \$50

PILATES

70796 Thursdays 11-11:50am 9/14 12 Brady \$50

SCULPT-N-STRETCH

70785 Wednesdays 10-10:50am 9/13 12 Staub \$50

SENIOR WEIGHT TRAINING

70775 Tuesdays 11-11:50am 9/12 12 Brady \$50

TAI CHI (BEG)

70680 Mondays 9-9:50am 9/11 12 Daffinee \$43

70682 Wednesdays 10-10:50am 9/13 12 Daffinee \$43

TAI CHI (INT)

70783 Wednesdays 9-9:50am 9/13 12 Daffinee \$43

WEIGHT ROOM ORIENTATION

70798 Saturday 1:30-2:30pm 9/16 1 Staub \$7

WEIGHT TRAINING

70791 Thursdays 9-9:50am 9/14 12 Dunkin \$50

YOGA (BEG)

70773 Tuesdays 10:45am-Noon 9/12 12 Abrams \$50

YOGA (EXP)

70721 Tuesdays 9:25-10:40am 9/12 12 Abrams \$50

YOGALATES

70787 Fridays 11-11:50am 9/15 12 Staub \$50

TRIPS

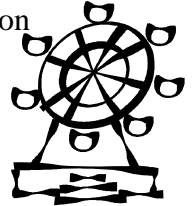
*See Your Parks and Recreation
Leisure Catalog For Details!*

SEPTEMBER

- 5 Dallas Arts District
- 15 Sixth Floor Museum at Dealey Plaza
- 18 Dallas World Aquarium & Lunch
- 28 Ride DART to CityPlace Station

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



BRIDGE BUSINESS

Friday Afternoon Bridge

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

High scorers in July:

- 7 - Helen DeFrance, Sanford Sanes, Roy Taylor
- 14 - Bob Carter, Ron, Coe Sweeney
- 21 - Clarice Cameron, Marge Powell, Ruby Watson
- 28 - Davine Izen, Al Izen, Carol Coleman

Marathon Bridge

Next meeting will be Monday, September 18 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 September 11 and 25 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 July Bridge winner Clarice Cameron.

THIS AND THAT

MAHJONG LESSONS

Mondays, 9:30am-12:30pm

Beginning September 11 for six weeks

\$5

Learn to play this popular tile game. Mahjong will be added to the senior games events next year so learn to play *now!*

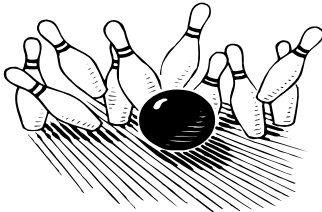


BOWLING NEWS

**REMEMBER THE DATE: TUESDAY,
SEPTEMBER 5**

**THE 2006-2007 BOWLING SEASON
STARTS AT 12:30PM**

PLANO SUPER BOWL, 2521 AVE. K



All seniors 50 years or older are invited to join us in another season of fun and friendly competition. Our league is based on handicapped averages, so a beginner can compete with the experienced bowler. You don't need to form a team as we will place you on a team. Come one and all for another season of bowling.

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

SEPTEMBER BIRTHDAYS

Everyone is invited to this free birthday party Thursday, September 7, 12:30pm! We'll have live music, optional dancing, cake and fun. The cake will be cut at 1pm. October birthdays will be celebrated on Thursday, October 5.



PROJECT INDEPENDENCE

Are you over 60 years of age? Are you worried about being able to get things done after you or your loved one is hospitalized? Are you unable to afford to pay for private assistance? Do you feel you would benefit from *free* extra help with errands and transportation during your recovery? If you answered "yes" to these questions, then Project Independence is for you! Project Independence is a program of the Geriatric Wellness Center of Collin County, a 26-year old United Way organization serving older adults and their caregivers. Project Independence uses trained, screened volunteers to provide free assistance a couple of hours each week for six to eight weeks during your recovery. Project Independence will NOT affect your eligibility for any forms of government assistance or Medicare-based services. To get this extra help, please call the Geriatric Wellness Center of Collin County, (972) 941-7155.



ANSWERS TO PAGE 3

AUTUMN

There comes a time when autumn asks "What have you been doing all summer?"

LOST IN TRANSLATION

1. Head over heels
2. I'm feeling under the weather.
3. Be there in ten minutes
4. Right in the middle of everything
5. What's in it for me?
6. Sit down beside me.
7. Don't overstay your welcome.
8. The sky is overcast today.

5	+	10	+	4	-	2	17
-		-		X		-	
12	+	7	-	15	+	14	18
+		-		-		/	
6	+	13	+	8	/	3	9
-		-		-		X	
1	X	11	+	16	/	9	3
-2		-21		36		-36	

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 Thursday and Friday, September 21 and 22, 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 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, September 12, 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 a cholesterol check.

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, September 7, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

CAREGIVER'S SUPPORT GROUP

Tuesday, September 19, 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, September 18, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

SPECIAL FOR DIABETICS

The American Diabetes Association recommends the Hemoglobin A1C blood test as the best test to find out if your blood sugar is under consistent control. It should be performed every three months for insulin-treated diabetics and twice a year for stable diabetics on prescription medications. We are offering this test for \$10 on Friday, September 8, 10am-1pm. No fasting is required. Results are immediate and accurate. Call for an appointment, (972) 941-7335. Limited space is available.

GRIEF SUPPORT GROUP

Wednesday, September 6, 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, September 20, 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.

LIPID AND GLUCOSE SCREENING

Friday, September 8 and Wednesday, September 27, 8-10am. You must call for an appointment, (972) 941-7335, at least one day prior to testing. Fasting is required. Results are immediate and accurate. Cost is \$5. There is limited availability.

LIVING WITH LOW VISION

Thursday, September 28 we'll take a trip to see a model home designed to help the visually impaired live independently. There is no charge. You must sign up with the Wellness Center in advance, (972) 941-7335.

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

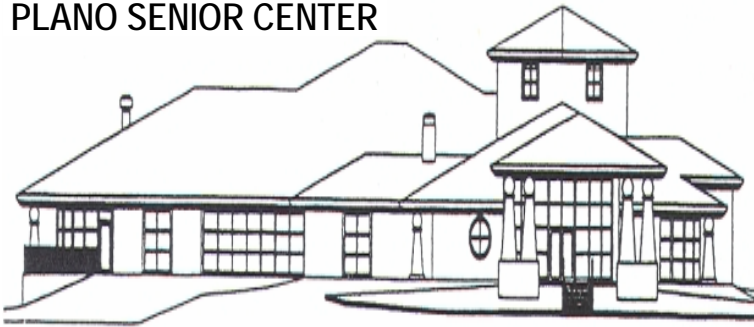
Aid frail seniors after hospital discharge from the Medical Center of McKinney and Baylor Regional Medical Center at Plano. Volunteers will provide practical, non-medical support for a couple of hours a week for six to eight weeks. Training and ongoing support provided. Call Elizabeth Kent for details,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

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
Pam Perry, Recreation Coordinator
Angela Boudoin, Recreation Aide
J.T. Trujillo, Recreation Aide
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Jim Hitt, Van/Bus Driver
Ismael Diosdado, Van/Bus Driver

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