

COLLEYVILLE PARKS & RECREATION

# Recreation Sensation

WINTER/SPRING 2017 BROCHURE



# WINTER/SPRING EVENTS

## Recreation

ColleyvillePARD.com  
2512 Glade Road  
817.503.1180

### Hours:

Monday-Friday  
8:00 a.m.–5:00 p.m.

## Senior Center

Colleyville.com  
2512 Glade Road  
817.503.1195

### Hours:

Closed Saturday-Monday

### Tuesday

8:00 a.m.–2:00 p.m.  
& 5:00-9:00 p.m.

### Wednesday-Friday

8:00 a.m.–2:00 p.m.

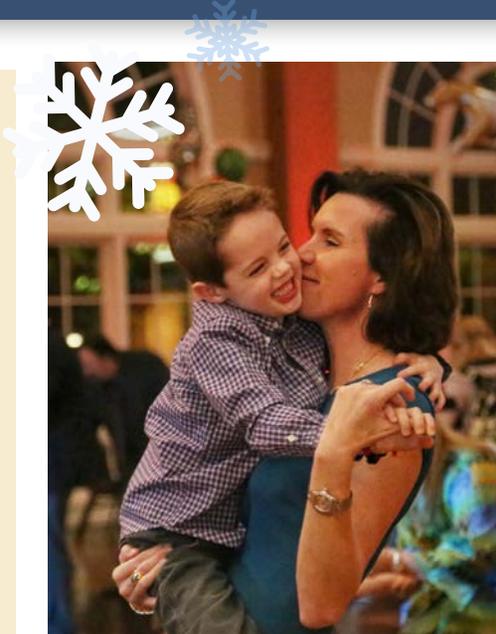
## Holiday Closings

*Check class information for specific closure dates.*

New Year's Day Jan. 2  
Good Friday Apr. 14

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## Bunny Brunch

Colleyville Center  
5301 Riverwalk Drive  
Ages: 2-12  
Sat., Apr. 8  
10:00 a.m.-Noon  
\$6 per child, \$9 per adult

Hop on over to the Colleyville Center for a morning full of spring activities, including brunch, photos with the bunny, face painting, balloon artists, a petting zoo, pony rides, and an egg hunt. Tickets go on sale March 6 and may be purchased at the Recreation office, 2512 Glade Road, or online at [Colleyville.com](http://Colleyville.com) until March 31. Hurry and get your tickets today. Space is limited and this event sells out.

## Texas Junior Anglers

Colleyville Nature Center  
100 Mill Wood Drive  
Ages: 16 and under  
Sat., Apr. 22  
9:00 a.m.-Noon  
Free

Enjoy a great day of FREE fishing! Prizes will be awarded. Poles and bait will be available if needed. No pre-registration required.



## Winter Ball

Colleyville Center  
5301 Riverwalk Drive  
Ages: 4-12  
Fri., Jan. 27  
7:00-9:00 p.m.  
\$25 per couple (\$10 additional child)

Winter Ball 2017 presents a safari-themed dance for mothers and sons (or mother figures) and fathers and daughters (or father figures). Activities include a deejay spinning music, professional photos, gift bags, and lots of fun. Snacks and refreshments will be served. Tickets are on sale now and may be purchased at the Recreation office, 2512 Glade Road, or online at [Colleyville.com](http://Colleyville.com) until January 20. Hurry and get your tickets today. Space is limited and this event sells out.



# YOUTH CLASSES

## Tumbling for Tots

This class will teach the fundamentals of gymnastics on a floor mat while developing flexibility and strength. Children will learn sports skills such as catching, throwing and kicking. Classes will build self-esteem and group interaction skills. \*No class on Mar. 13.

**Ages:** 3-5

**Day/Time:** Mon., 3:45-4:30 p.m.

**Dates:** Jan. 2-23, Jan. 30-Feb. 20,  
\*Feb. 27-Mar. 27, Apr. 3-24

**Fees:** \$44

**Location:** Senior Center-Texas Room

**Instructor:** Jo-Ann Ingram

## Jo-Ann's Little Dancers

These classes will develop poise and coordination while teaching the fundamentals of ballet and tap. Classes will create group interaction skills and support your child's self-esteem and positive image. Children will also develop rhythm and music appreciation skills. Students may wear a leotard, tights, and ballet and/or tap shoes. \*No class on Mar. 13.

**Ages:** 3-5

**Day/Time:** Mon, 4:30-5:15 p.m.

**Ages:** 6-12

**Day/Time:** Mon., 5:15-6:00 p.m.

**Dates:** Jan. 2-23, Jan. 30-Feb. 20,  
\*Feb. 27-Mar. 27, Apr. 3-24

**Fees:** \$44

**Location:** Senior Center-Texas Room

**Instructor:** Jo-Ann Ingram

## Super Tots - Hoopster Skills

Hoopster Skills is a development program that uses a variety of fun games to engage kids while teaching the sport of basketball and developing fundamental skills. The goal is to build fitness, muscle coordination, basketball fundamentals and create a love for the game. Please visit [www.supertotsports.com](http://www.supertotsports.com) for more information or to register.

**Ages:** 3-5

**Day/Time:** Mon., 10:00-10:45 a.m.

**Dates:** Jan. 9-Feb. 27

**Ages:** 2-3

**Day/Time:** Mon., 9:30-10:15 a.m.

**Dates:** Mar. 20-May 8

**Ages:** 4-5

**Day/Time:** Mon., 10:30-11:15 a.m.

**Dates:** Mar. 20-May 8

**Fees:** \$90

**Location:** Senior Center-Oklahoma Room

**Instructor:** Super Tots

## Super Tots- VolleyKats

We use a variety of fun games and tools to teach basic volleyball techniques including passing, setting, hitting, serving, and blocking. Students will learn to use footwork and arm motion together to perfect hitting technique. Tipping, diving and overhand serve is introduced. Please visit [www.supertotsports.com](http://www.supertotsports.com) for more information or to register.

**Ages:** 5-8

**Day/Time:** Thu., 5:30-6:15 p.m.

**Dates:** Jan. 12-Mar. 2, Mar. 23-May 11

**Fees:** \$90

**Location:** Senior Center-Lone Star Room

**Instructor:** Super Tots

## Super Tots - Soccer Touch

Soccer Tots is our flagship program! Playable on almost any surface, these soccer-themed motor skills classes are very easy for youngsters to find success. Younger age groups focus on developing motor skills and self-confidence; older classes focus on developing core soccer skills, personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Please visit [www.supertotssport.com](http://www.supertotssport.com) for more information or to register.

**Ages:** 3-5

**Day/Time:** Mon., 9:00-9:45 a.m.

**Dates:** Jan. 9-Feb. 27

**Location:** Senior Center-Oklahoma Room

**Ages:** 2-3

**Day/Time:** Wed., 9:00-9:45 a.m.

**Dates:** Mar. 22-May 10

**Ages:** 4-5

**Day/Time:** Wed., 10:00-10:45 a.m.

**Dates:** Mar. 22-May 10

**Fees:** \$90

**Location:** Sparger Park

**Instructor:** Super Tots



# YOUTH CLASSES

## Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" KLS class status hotline 1 (888) 372-5803.

## Mommy/Daddy & Me Soccer

Introduce your toddler to the "World's Most Popular Game!" As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action- not watching from the sidelines! No specific equipment is required for the Mommy/Daddy & Me class. All kids receive a Kidz Love Soccer jersey!

**Ages:** 2-3.5  
**Day/Time:** Thu., 3:00-3:30 p.m.  
**Dates:** Jan. 19-Mar. 9  
**Day/Time:** Thu., 6:15-6:45 p.m.  
**Dates:** Apr. 6-May 25  
**Fees:** \$100  
**Location:** McPherson Park

## Tot/Pre - Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a T-shirt are fine. All participants receive a Kidz Love Soccer jersey!

**Ages:** 3.5-5  
**Day/Time:** Thu., 3:40-4:15 p.m.  
**Dates:** Jan. 19-Mar. 9  
**Day/Time:** Thu., 5:30-6:05 p.m.  
**Dates:** Apr. 6-May 25  
**Fees:** \$100  
**Location:** McPherson Park

## Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a T-shirt are fine. All participants receive a Kidz Love Soccer jersey!

**Ages:** 5-6  
**Day/Time:** Thu., 4:15-5:00 p.m.  
**Dates:** Jan. 19-Mar. 9  
**Day/Time:** Thu., 4:45-5:30 p.m.  
**Dates:** Apr. 6-May 25  
**Fees:** \$100  
**Location:** McPherson Park

## Soccer 2: Skillz & Scrimmages

Kidz, ages 7-10, will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular game. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a T-shirt are fine. All participants receive a Kidz Love Soccer jersey!

**Ages:** 7-10  
**Day/Time:** Thu., 5:00-5:45 p.m.  
**Dates:** Jan. 19-Mar. 9  
**Day/Time:** Thu., 4:00-4:45 p.m.  
**Dates:** Apr. 6-May 25  
**Fees:** \$100  
**Location:** McPherson Park



# YOUTH CLASSES

## Girls on the Run

This is a physical-activity based positive youth development program that creatively combines running games and discussions that focus on important topics such as dealing with peer pressure, body image, teamwork, bullying and more. Along the way the girls train to run a 5K at the end of the season (Apr. 29). Visit [gotrdfw.org/locations/](http://gotrdfw.org/locations/) to register. Scholarships are available.

**Ages:** 8-11

**Day/Time:** Fri. & Sun., 4:30-6:00 p.m.

**Dates:** Feb. 17-Apr. 29

**Fees:** \$150

**Location:** McPherson Park–Rock House

**Instructor:** Girls on the Run

## Skyhawks - Golf Camp

Skyhawks Golf is all about learning the basics of golf and having fun. Kids will learn all of the basics of golf in a form that is appropriate for a beginner. Basics of putting, chipping, and swing fundamentals will be taught. Please visit [www.skyhawks.com](http://www.skyhawks.com) for more information or to register.

**Ages:** 6-12

**Days/Time:** Mon., 5:30-6:30 p.m.

**Dates:** Mar. 20-May 8

**Fees:** \$120

**Location:** Sparger Park

**Instructor:** Skyhawks

## Spring Volleyball League

The league is designed to introduce young ladies to the game of volleyball. It was created to provide a safe, fun environment to learn the basic premises of the game through practices, teaching the fundamental volleyball skills, sport ethics, and league competition.

A team will consist of a minimum of eight players and maximum of 12 players. Teams will practice an hour each week. Players will receive a team T-shirt.

Registration can be completed online or in person. To register, the team coach must contact Recreation at 817.503.1180 with their team information. At that time, the coach will be given a team code to give to their team to register.

Signing up as an individual or a free agent does not guarantee your child a spot on a team. A coach will have to volunteer in order for a team of free agents to be formed. If and when a coach volunteers, a staff member will contact individuals with team information. If you would like to coach, please call 817.503.1180 for more details.

**Registration:** Jan. 3-Feb. 10

Practices will begin the week of Feb. 27.

Games will begin on Sat., Mar. 4.

End of the season tournament is on Sat., May 13.

**Ages:** 10 & under-Division 1, 13 & under-Division 2

**Fee:** \$75/player

(Early Registration: \$65/player by Jan. 13)

**Dates:** Feb. 27-May 13

**Location:** TBA



# SPRING BREAK CAMPS

## Jedi Engineering using LEGO

A young Jedi will explore worlds far, far away... along with the engineering principles right in front of them. Defeat the Empire by designing and refining LEGO® X-Wings, R2 units, and settlements on the far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects, such as energy catapults, shield generators, and defense turrets.

**Ages:** 5-7  
**Day/Time:** Mon.-Fri., 9:00 a.m.-Noon  
**Dates:** Mar. 13-17  
**Fees:** \$164  
**Location:** Senior Center-Oklahoma Room  
**Instructor:** Play-Well TEKologies

## Jedi Master Engineering using LEGO

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, pod racers, star destroyers, cloud cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm divers, pneumatics, eccentric motion, and more as students tap into the powerful forces of imagination and engineering.

**Ages:** 7-12  
**Day/Time:** Mon.-Fri., 1:00-4:00 p.m.  
**Dates:** Mar. 13-17  
**Fees:** \$164  
**Location:** Senior Center-Oklahoma Room  
**Instructor:** Play-Well TEKologies

## Chess Wizards

Join us this spring break for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. Unleash your brain power and spend part of your break with Chess Wizards!

**Ages:** 5-13  
**Day/Time:** Mon.-Fri., Noon-3:00 p.m.  
**Dates:** Mar. 13-17  
**Fees:** \$195  
**Location:** Senior Center-Oklahoma Room  
**Instructor:** Chess Wizards

## YES Soccer

YES Soccer Community Camps focus on creating a fun learning environment while fostering a love of the game through conditioned practices and small-sided games. Themes include: ball mastery, passing & receiving, and shooting & finishing. For more information, or to register please visit <http://www.youthelitesoccer.com>

**Ages:** U4-U6  
**Day/Time:** Mon.-Fri., 9-11:00 a.m.  
**Fees:** \$119

**Ages:** U7-U10, U11-U14  
**Day/Time:** Mon.-Fri., 9:00 a.m.-Noon  
**Fees:** \$149

**Dates:** Mar. 13-17  
**Location:** Pleasant Run Soccer Complex  
**Instructor:** YES Soccer



# ADULT CLASSES

## Gentle Flow Yoga

This class is a gentle flow of poses integrating breath and movement. Focus will be on flexibility, strength, balance, and alignment. The class will end with a guided relaxation. Appropriate for all levels.

**Day/Time:** Mon., 6:15-7:15 p.m.

**Dates:** Jan. 9-30, Feb. 6-27, Mar. 6-27, Apr. 3-24

**Fees:** \$32

**Location:** Senior Center-Texas Room

**Instructor:** Sharon Gallegos

## Beginning Yoga

Enjoy a supportive class environment, while being introduced to the basics of yoga. The physical and mental benefits include increased flexibility, strength, stamina, awareness, concentration, balance, and grace. Most of all yoga is fun and will leave you feeling relaxed, refreshed and peaceful.

**Day/Time:** Tue., 6:00-7:15 p.m.

**Dates:** Jan. 10-31, Feb. 7-28, Mar. 7-28, Apr. 4-25

**Day/Time:** Wed., 6:00-7:15 p.m.

**Dates:** Jan. 4-25, Feb. 1-22, Mar. 8-29, Apr. 5-26

**Fees:** \$37 (Drop-in \$10/class)

**Location:** Senior Center-Texas Room

**Instructor:** Susan Rainey

## Gentle Stretch Yoga

This gentle class, practiced to soothing music, combines Level 1 poses, breath work, and meditation. It is geared toward students who wish to move at a slower pace, as well as those that desire a more gentle practice between their more vigorous activities. Props are used for gentle relaxation and deepening the restorative benefits of the poses.

**Day/Time:** Sat., 9:45-10:45 a.m.

**Dates:** Jan. 7-28, Feb. 4-25, Mar. 4-25, Apr. 1-22

**Fees:** \$30 (Drop-in \$10/class)

**Location:** Senior Center-Texas Room

**Instructor:** Lynne Clem

## Yoga Flow Basics

Each month, the class begins by teaching basic alignment of selected poses, breath work, and meditation. As the class progresses, new poses are added creating a flow using these poses and synchronizing them with proper breathing. Each class utilizes warm-up poses to allow deeper stretching and cool-down poses to release the muscles and allow for complete relaxation. No experience necessary. The class is designed to provide options for all levels. A discount is available to Senior Center members.

**Day/Time:** Tue. & Thu., 11:00 a.m.-Noon

**Dates:** Jan. 5-31, Feb. 2-28, Mar. 2-28, Apr. 4-27

**Fees:** \$50 (Drop-in \$10/class)

**Location:** Senior Center-Lone Star Room

**Instructor:** Lynne Clem

## New Year Restorative, Yin & Yoga Nidra

Gently stretch, restore, and be guided through visualizations that create the life and adventures you desire in your new year. Relax, release, and heal as you linger in passive poses with comfort enhancing props. Gentle poses increase flexibility and rehab joints and muscles. Achieve complete physical, mental, and emotional relaxation from powerful guided meditation which allows you to overcome old habits and create new healthy ones. Thirty minutes of Yoga Nidra equals four hours of deep restorative sleep.

**Day/Time:** Sun., 2:00-4:15 p.m.

**Dates:** Jan. 22

**Fees:** \$25 if registered by Jan. 17

(After 5 p.m. on Jan. 17: \$30)

**Location:** Senior Center-Lone Star Room

**Instructor:** Lynne Clem



# ADULT CLASSES



## Camp Gladiator Boot Camp

Camp Gladiator is more than a fitness boot camp, it's an experience. Camp Gladiator has become the fastest growing and most dynamic fitness program in the nation. This four week adult fitness boot camp promises a motivation and challenging environment where men and women of all ages and fitness levels can push themselves. Campers should expect a total body workout. A typical session could include interval training, sprint and agility drills, stations, plyometric, body weight strength drills, cardio mix, and much more. Camp Gladiator is designed to increase strength, speed, stamina, and most importantly, to deliver results. Register at [www.campgladiator.com](http://www.campgladiator.com)

**Days/Time:** Mon., Wed., Fri., 5:15-6:15 a.m.

**Dates:** Jan. 2-27, Feb. 6-Mar. 3, Mar. 13-Apr. 7

**Fees:** \$69

**Location:** City Park-Parking Lot

**Instructor:** Camp Gladiator

## Heartfulness Meditation

Heartfulness is a simple and effective way to integrate meditation into our daily life. The heartfulness technique shows us to gently turn our attention towards our heart and experience that inner presence for ourselves. The course consists of a description of the technique, followed by a guided relaxation session, followed by a meditation session. The courses are for people seeking relaxation, individual meditation practice, or to develop the deepest connection to one's inner being.

**Day/Time:** Tue., 5:30-6:30 p.m.

**Dates:** Jan. 3-31, Feb. 7-28, Mar. 7-28, Apr. 4-25

**Location:** Senior Center-Texas Room

**Instructor:** Rufus Moses

## Ballroom Dance

Learn different ballroom dances that will enable you to dance at that upcoming wedding, office party, or beginner competition, while providing hours of enjoyment.

**Day/Time:** Thu., 7:00-8:30 p.m.

**Dates:** Jan. 5-26, Feb. 2-23, Mar. 2-23, Apr. 6-27

**Fees:** \$54

**Location:** Senior Center-Texas Room

**Instructor:** Barry Gazaway

# TENNIS

All Colleyville tennis activities take place at Colleyville City Park, 5205 Bransford Road.

Players wanting to schedule private lessons or team drills should contact the Tennis Director - Kelly Langdon, USPTA at 817.233.5793 or Head Professional - Austin Wynne, USPTA at 214.668.1619 or [tnt.tennis@verizon.net](mailto:tnt.tennis@verizon.net)

Classes must have minimum of 4 participants for the class to be held.

Any classes cancelled due to inclement weather will be made up, rescheduled, or pro-rated on the next session. (No refunds due to bad weather). Camp classes will be made up on Fridays.

Students should bring water, a racket, and wear sunscreen.

To sign up call the Colleyville Recreation Department at 817.503.1180

	Session 1	Session 2	Session 3	Session 4
Mon.	Jan. 2 – 23	Jan. 30 – Feb. 20	Feb. 27 – Mar. 27	Apr. 3 – 24
Tue.	Jan. 3 – 24	Jan. 31 – Feb. 21	Feb. 28 – Mar. 28	Apr. 4 – 25
Thu.	Jan. 5 – 26	Feb. 2 – 23	Mar. 2 – 30	Apr. 6 – 27
Sat.	Jan. 7 – 28	Feb. 4 – 25	Mar. 4 – Apr. 1	Apr. 8 – 29

*\*There will be no class the week of March 13.*



## YOUTH CLASSES

### Tiny Tots Tennis

Class will give a basic introduction to tennis while improving coordination.

**Ages:** 4-6

**Day/Time:** Mon., 4:45-5:30 p.m.

**Price:** \$43 per session

### Jr. Beginner Tennis (Elementary)

Class will cover the technique of all the strokes in a fun, easy to learn manner.

**Ages:** 7-10

**Day/Time:** Mon., 5:30-7:00 p.m.

**Price:** \$79 per session

### Jr. Beginner Tennis (Middle School)

Class will cover the technique of all the strokes in a fun, easy to learn manner.

**Ages:** 11-14

**Day/Time:** Mon., 5:30-7:00 p.m.

**Price:** \$79 per session

### Advanced Beginner/Intermediate Tennis

Designed for players who have had prior instruction in the beginner class. (ZAT, Mid Cities, team Tennis players or those wanting to start these events)

**Ages:** 15 & Under

**Day/Time:** Tue., 5:00-6:30 p.m.

**Price:** \$79 per session

### Saturday Jr. Beginner Tennis Clinic

Class is for all beginning junior players. Players will be divided up according to a combination of age and ability.

**Ages:** 7-14

**Day/Time:** Sat., 10:00-11:30 a.m.

**Price:** \$79 per session

## TNT Tournament Tough

Designed for players with considerable playing experience. Techniques, tactics, and fitness will be stressed.

**Ages:** 18 & under  
**Day/Time:** Thu., 5:00-6:30 p.m.  
**Price:** \$79 per session

## Colleyville Squirrels Junior Team Tennis

Home of the 2012 and 2013 State Sectional Qualifiers! This class is designed for players wanting to get involved in NETT Junior Team Tennis. Fees include practices once a week for eight weeks, league fees and a team T-shirt. Fees do not include USTA membership. Team Tennis matches are on Sundays. Dates are subject to change depending on team tennis schedule. To sign up and ensure a spot call Austin Wynne, USPTA. 214-668-1619

**Ages:** 7-18  
**Day/Time:** Fri., 5:00-6:30 p.m.  
**Dates:** Mar. 6–Apr. 20  
**Price:** \$210

## Colleyville Mid-Cities Tennis Tournament

This is an entry-level, non-sanctioned tournament with an eight-game proset and consolation draw for non-qualifying players. Champ and super champ level players are not eligible. To register, visit [Tennislink.USTA.com/tournaments](http://Tennislink.USTA.com/tournaments) and enter tournament code.

**Divisions:** Boys and Girls singles only  
 (8's, 10's, 12's, 14's, 16's, 18's)  
**Dates:** Sat., TBA  
**Price:** \$21



## ADULT CLASSES

### Adult Beginner Tennis

Class is designed for players with little or no experience. All basic stroke techniques will be taught.

**Day/Time:** Mon., 7:00-8:30 p.m.  
**Price:** \$79 per session

### Adult Advanced/Beginner/Intermediate

Class is designed for players who have had prior instruction in the beginner class. Technique will be stressed and tactics will be introduced.

**Day/Times:** Mon., 7:00–8:30 p.m.  
**Price:** \$79 per session

### Private Lessons and Group Drills

To schedule private lessons or team drills, contact the head professional - Austin Wynne, USPTA, at 214.668.1619 or the Director of Tennis - Kelly Langdon, USPTA, at 817.233.5793 or [ColleyvilleTennis@verizon.net](mailto:ColleyvilleTennis@verizon.net)

### Private Lessons – Director of Tennis

\$55 per hour or \$200 per series 4 hours  
 \$30 per half-hour

### Private Lessons – Tennis Professional

\$55 per hour or \$200 per series 4 hours  
 \$30 per half-hour

### Group Drills

\$90 per 1.5 hours  
 \$68 per 1 hour

# SENIOR CENTER FITNESS CLASSES

## Jazzercise Lite

This class combines moderate aerobics with exercises that improve strength, balance, and flexibility. Strength 45 class is included with registration. Start at any time with prorated fees. New students receive the first two classes free. For details and to register call 817.676.3300.

**Day/Time:** Tue. & Thu., 9:00-10:00 a.m.  
**Dates:** Jan. 3-26, Feb. 2-28, Mar. 7-30, Apr. 4-27  
**Fees:** \$32 (Drop-in \$10/class)  
**Location:** Senior Center-Lone Star Room  
**Instructor:** Maureen Utzinger

## Strength 45

This is a 45-minute strength class using weights and exercise resistance bands. Exercises improve balance and flexibility. Fee is for four sessions; start at any time. For details and to register call 817.676.3300.

**Day/Time:** Wed., 8:30-9:15 a.m.  
**Dates:** Jan. 4-25, Feb. 1-22, Mar. 1-22, Apr. 5-26  
**Fees:** \$15 (Drop-in \$5/class)  
**Location:** Senior Center-Lone Star Room  
**Instructor:** Maureen Utzinger

## Tai Chi – Yang Style

Tai Chi is a great way to reduce stress and improve concentration, balance, strength, and flexibility through gentle movements. Registration required.

**Day/Time:** Thu., Noon-1:00 p.m.  
**Dates:** Jan. 5-26, Feb. 2-23, Mar. 2-23, Apr. 6-27  
**Fees:** \$27 (Drop-in \$13/class)  
**Location:** Senior Center-Texas Room  
**Instructor:** Annette Briggs

## Tai Chi for Arthritis

This class is designed for those who have joint and/or muscle problems. Taught by certified Arthritis Foundation instructors. Registration required.

**Day/Time:** Tue., 9:00-10:00 a.m.  
**Dates:** Jan. 3-24, Feb. 7-28, Mar. 7-28, Apr. 4-25  
**Fees:** \$27 (Drop-in \$13/class)  
**Location:** Senior Center-Texas Room  
**Instructor:** Annette Briggs

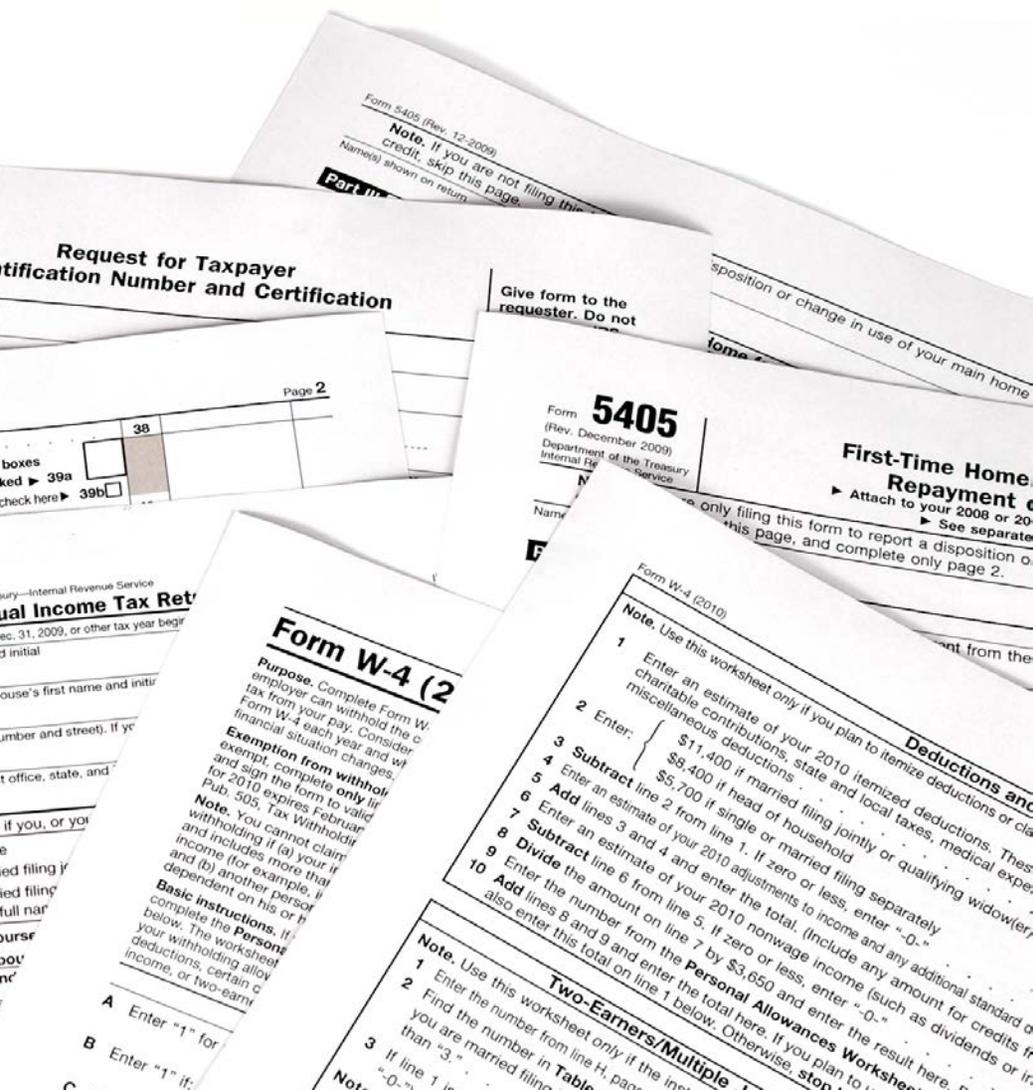
## Yoga Flow Basics

Each month, the class begins by teaching basic alignment of selected poses, breath work, and meditation. As the class progresses, new poses are added creating a flow using these poses and synchronizing them with proper breathing. Each class utilizes warm-up poses to allow deeper stretching and cool-down poses to release the muscles and allow for complete relaxation. No experience necessary. The class is designed to provide options for all levels.

**Day/Time:** Tue. & Thu., 11:00 a.m.-Noon  
**Dates:** Jan. 5-31, Feb. 2-28, Mar. 2-28, Apr. 4-27  
**Fees:** \$40 (Drop-in \$10/class)  
**Location:** Senior Center-Lone Star Room  
**Instructor:** Lynne Clem



# SENIOR CENTER SPECIAL INTEREST



## AARP Smart Driver Course

Improve driving skills and be more aware of other drivers to ensure greater safety on the road. This course may be used to qualify for insurance discounts; however, it cannot be used for dismissal of a ticket. Registration required. Pay fees at time of class.

**Day/Time:** Mon., 9:30 a.m.-2:00 p.m.

**Dates:** Jan. 9, Mar. 20

**Fees:** AARP Member \$15; Non-AARP member \$20

**Location:** Senior Center-Rio Grande Room

**Instructor:** John Chreno

## Lunch & Learns

Come for a complimentary meal and stay for an educational presentation from a local organization. Contact the Senior Center for a current list of presenters. Registration required.

**Day/Time:** Fri., 11:30 a.m.-1:00 p.m.

**Dates:** Jan. 13, Jan. 27, Feb. 24, Mar. 10, Mar. 24, Mar. 31, Apr. 28

**Location:** Senior Center-Lone Star Room

## Making Sense Out of Social Security

The rules of social security are different for singles, couples, widows/widowers, divorcées, and disabled dependents. Even a seemingly small decision can add many dollars to the checks you'll receive over your lifetime. Early benefits are sometimes beneficial - but they could be a huge mistake! How do you know what will work best for you? Social security is key in your retirement. It's a once in a lifetime decision! Make sure you know all of your options - sign up for a class today.

**Day/Time:** Tue., 7:00-8:30 p.m.

**Dates:** Jan. 10, Mar. 7

**Location:** Senior Center-Texas Room

**Instructor:** The Foundation for Financial Education

## AARP Tax Help

Free tax assistance provided by AARP. Appointments are required and reservations can be made through the Senior Center.

**Day/Time:** Tue., 8:30 a.m.-12:30 p.m.

**Dates:** Feb. 14-April 18

**Location:** Senior Center-Rio Grande Room

## Vision & Cataract Screenings

A mobile unit from the Carter Eye Center will be on-site to perform complimentary screenings.

**Day/Time:** Wed., 10:00 a.m.-1:00 p.m.

**Dates:** Jan. 11

**Location:** Senior Center

**Instructor:** Carter Eye Center

# SENIOR CENTER SOCIALS

## Valentine's Day Celebration

Help us spread the love this year at the Valentine's Day Celebration. Canned good donations will be accepted to benefit the GRACE Food Pantry. Door prize drawings will follow a social featuring a buffet of sweets. Each attendee will receive two tickets to be used in the door prize drawings and one additional ticket per donated canned good. Donations are not required to attend.

**Day/Time:** Fri., Noon

**Dates:** Feb. 10

**Location:** Senior Center-Lone Star Room

## Annual Senior Prom

Enjoy a night of dancing, games, food, and fun at the senior prom. The prom is presented by the Colleyville Heritage High School Leadership Class in conjunction with the Senior Center.

**Day/Time:** Fri., 6:00-8:00 p.m.

**Dates:** April-exact date TBA

**Location:** TBA

## Social Dance

Strap on your dancing shoes and make plans to attend the Social Dance. Listen and dance to a variety of great music.

**Day/Time:** Wed., 7:00-9:15 p.m.

**Dates:** Mar. 15

**Fees:** \$5

**Location:** Senior Center-Lone Star Room



# SENIOR CENTER DANCE

## Line Dancing

Learn the basic steps of line dancing and have fun practicing to a variety of music. Discounted rates are available by registering for both classes in the same month. Registration required.

### Beginner

**Day/Time:** Wed., Noon-1:00 p.m.

### Improver/Intermediate

**Day/Time:** Wed., 1:00-2:00 p.m.

**Dates:** Jan. 4-25, Feb. 1-22, Mar. 1-22,  
Apr. 5-26

**Fees:** \$16 (Drop-in \$5/class)

**Location:** Senior Center-Texas Room

**Instructor:** Judy Sides

## Tap Dancing

Learn to tap dance. No dance experience required and all fitness levels welcome. Registration required.

**Day/Time:** Wed., 10:30-11:30 a.m.

**Dates:** Jan. 4-25, Feb. 1-22, Mar. 1-22, Apr. 5-26

**Fees:** \$27 (Drop-in \$11/class)

**Location:** Senior Center-Texas Room

**Instructor:** Michele Burger



# SENIOR CENTER MONTHLY ACTIVITIES



## Jam Session

All instruments and experience levels welcome.

**Day/Time:** Tue., 10:00 a.m.-1:30 p.m.

**Dates:** Jan. 3, Jan. 17, Feb. 7, Feb. 21, Mar. 7, Mar. 21, Apr. 4, Apr. 18

**Location:** Senior Center-Texas Room

## Genealogy Group

Topics include: Find A Grave, cemetery research beyond Find A Grave, Sons of the American Revolution, Daughters of the American Revolution.

**Day/Time:** Wed., 10:00 a.m.

**Dates:** Jan. 4, Feb. 1, Mar. 1, Apr. 5

**Location:** Senior Center-Rio Grande Room

## Breakfast-in-a-Bag

We've got breakfast literally...in the bag. Join us for an assortment of omelets with all your favorite add-ins...prepared in a bag.

**Day/Time:** Wed., 9:30 a.m.

**Dates:** Jan. 18, Feb. 15, Mar. 15, Apr. 19

**Location:** Senior Center-Lounge

## Scrapbooking

Join this come-and-go scrapbooking group. Both digital and traditional scrapbooking welcome.

**Day/Time:** Thu., 9:00 a.m.

**Dates:** Jan. 5, Jan. 19, Feb. 2, Feb. 16, Mar. 2, Mar. 16, Apr. 6, Apr. 20

**Location:** Senior Center-Oklahoma Room

## Metroport Meals on Wheels

Enjoy coffee, treats, and games in the morning. Bingo begins after lunch. Those 90+ eat for free. No reservations required.

**Day/Time:** Fri., Noon

**Dates:** Jan. 6, Jan. 20, Feb. 3, Feb. 17, Mar. 3, Mar. 17, Apr. 7, Apr. 21

**Fees:** \$4

**Location:** Senior Center-Lone Star Room

## WEEKLY ACTIVITIES

### Tuesday

1:00 p.m. ACBL Sanctioned Duplicate Bridge

5:00 p.m. "42"

5:00 p.m. Euchre

5:00 p.m. Supper and Social

### Wednesday

9:30 a.m. Social Bridge

2:00 p.m. Chorales

### Thursday

1:00 p.m. ACBL Sanctioned Duplicate Bridge

### Friday

9:00 a.m. "84"

9:30 a.m. "42"

9:30 a.m. Social Bridge

9:30 a.m. Mah Jong

# SENIOR CENTER TRIPS

## Trip Information

Join the fun as Senior Center members visit various locations, both near and far. Venues will vary from sports and education to entertainment and special interest. Transportation is provided and will depart from the Senior Center. Payment is non-refundable and is due at the time of registration.

## Magnolia Market at the Silos & Czech Stop

There's a little something for everyone at Magnolia Market at the Silos. Shopping, games, the garden and even a bite to eat. The Market is staged and set up with one goal in mind: to inspire you to own the space you're in. The market is owned by Chip and Joanna Gaines of the HGTV show Fixer Upper. We will visit the famous Czech Stop for lunch and dessert on the drive back.

**Day/Time:** Mon., 8:30 a.m.

**Dates:** Jan. 16

**Fees:** \$5

**Location:** Waco, Texas

## Top O' Hill Terrace Tour

Tour this Texas Historic Landmark known as "Vegas before Vegas." The facilities feature a casino, an escape tunnel and a secret room for hiding the gambling paraphernalia during raids.

**Day/Time:** Mon., 12:15 p.m.

**Dates:** Feb. 20

**Fees:** \$15

**Location:** Arlington, Texas

## Canton 1st Monday Trade Days

The oldest, largest continually operating outdoor flea market in the United States, with spots for more than 6,000 vendors.

**Day/Time:** Thu., 8:00 a.m.

**Dates:** Mar. 30

**Fees:** \$5

**Location:** Canton, Texas

## Texas Civil War Museum

The largest Civil War museum west of the Mississippi River features weapons, uniforms, artifacts and civilian clothing from the Civil War. Its 75-seat theater shows videos about Texas's involvement in the Civil War. Don't miss the Judy Richey Victorian Dress Collection, which features more than 200 dresses. The Magnolia Mercantile gift shop showcases specialty items related to the Civil War and Victorian era.

**Day/Time:** Thu., 10:00 a.m.

**Dates:** April 20

**Fees:** \$10

**Location:** Fort Worth, Texas

## Senior Community Tours

Enjoy a complimentary tour of a local senior living community followed by lunch. Transportation is provided and leaves from the Senior Center. Registration required.

**The Lodge at Bear Creek-Grapevine**

Mon., Jan. 30, 11:00 a.m.

**Meadowood at the Vineyards-Grapevine**

Mon., Feb. 13, 11:00 a.m.

**Keller Oaks Healthcare Center-Keller**

Mon., Mar. 27, 11:00 a.m.

## Winstar World Casino

Transportation leaves from the Senior Center. A free breakfast is offered at the casino.

**Day/Time:** Wed., 8:00 a.m.

**Dates:** Jan. 25, Feb. 22, Mar. 22, Apr. 26

**Fees:** \$5

**Location:** Thackerville, Oklahoma

