

Recreation



Sensation

COLLEYVILLE PARKS & RECREATION

FALL 2016 PROGRAMS



**Parks and 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

Labor Day	Sept. 5
Employee In-Service Day	Nov. 11
Thanksgiving	Nov. 24 & 25
Christmas	Dec. 23 & 26
New Year's Day	Jan. 2

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Haunted Trail Fest

One of Colleyville's most popular events, Haunted Trail Fest features a trip along a wooded path filled with scary creatures, spooky sounds, and ghostly special effects. Costumed ghouls gather for a night of games, prizes, and fun before venturing down the haunted trail. Costume contest (12 & under)—all make for a hauntingly happy experience. Trail activities cater to younger children from 7:00-7:30 p.m.; the fright factor intensifies after 7:30 p.m. For more information, call 817.503.1153.

Colleyville Nature Center

100 Mill Wood Drive (From Highway 26: west on Glade Road and south on Mill Creek Drive)

All Ages

Sat., Oct. 15

7:00-9:00 p.m.



Tumbling for Tots

This class teaches 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 create group interaction skills.

*No class on Oct. 10 or Nov. 21.

Ages: 3-5

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

Dates: Sept. 12-26, *Oct. 3-31, *Nov. 7-Dec. 5

Fee: \$44, \$33 (September session)

Location: Senior Center-Texas Room

Instructor: Jo-Ann Ingram

Jo-Ann's Little Dancers

These classes develops poise and coordination while teaching the fundamentals of ballet and tap. Classes create group interaction skills and support your child's self-esteem and positive image. Children also develop rhythm and music appreciation skills. Students may wear a leotard, tights and ballet and/or tap shoes. *No class on Oct. 10 or Nov. 21.

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: Sept. 12-26, *Oct. 3-31, *Nov. 7-Dec. 5

Fee: \$44, \$33 (September session)

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. The goal is to build fitness, muscle coordination, basketball fundamentals and create a love for the game. Please visit www.SuperTotsSports.com for more information or to register.

Ages: 2-3

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

Ages: 4-5

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

Dates: Sept. 12-Oct. 31

Fee: \$90

Location: Senior Center-Lone Star Room

Instructor: Super Tots

Super Tots- Soccer Touch

The flagship program for Super Tots! Playable on almost any surface, these soccer-themed motor-skills classes make it 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 introducing an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else the program promotes fun, fun, fun! Visit www.SuperTotsSports.com for more information or to register.

Ages: 2-3

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

Ages: 4-5

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

Dates: Sept. 14-Nov. 2

Fee: \$90

Location: Sparger Park

Instructor: Super Tots



RECREATION YOUTH CLASSES

Girls on the Run

A physical-activity based positive youth development program, Girls on the Run (GOTR) 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. Visit <http://gotrdfw.org/locations/> to register. Scholarships are available. The 5K run will be on Sat., Nov. 19.

Ages: 8-11

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

Dates: Sept. 16-Nov. 19

Fee: \$150

Location: McPherson Park-Rock House

Instructor: Girls on the Run

Afterschool Pre-Engineering using LEGO®

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals. *No class on Oct. 10.

Ages: 5-7

Day/Time: Mon., 3:30-5:00 p.m.

Dates: *Sept. 12-Oct. 24

Fee: \$125

Location: Senior Center- Lone Star Room

Instructor: Play-Well TEKologies

Afterschool Engineering FUNdamentals using LEGO®

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your wildest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. *No class on Oct. 10.

Ages: 8-12

Day/Time: Mon., 3:30-5:00 p.m.

Dates: *Sept. 12-Oct. 24

Fee: \$125

Location: Senior Center- Lone Star Room

Instructor: Play-Well TEKologies



Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport in 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 fun age-appropriate activities, your child will develop their large motor 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., 6:15-6:45 p.m.
Dates: Sept. 15-Oct. 20
Fee: \$80
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., 5:30-6:00 p.m.
Dates: Sept. 15-Oct. 20
Fee: \$80
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., 4:45-5:30 p.m.
Dates: Sept. 15- Nov. 3
Fee: \$100
Location: McPherson Park



Soccer 2: Skillz & Scrimmages

Kidz 7-10 years of age 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 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., 4:00-4:45 p.m.
Dates: Sept. 15- Nov. 3
Fee: \$100
Location: McPherson Park



RECREATION VOLLEYBALL LEAGUE

Fall 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 fundamental volleyball skills, sports 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 the Recreation Department 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 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: July 25-Aug. 26

Practices will begin the week of Sept. 12. Games will begin on Saturday, Sept. 17. End of the season tournament is on Saturday, Nov. 12.

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

Fee: \$75/player (Early Registration: \$65/player by Aug. 5)

Dates: Sept. 12-Nov. 12

Location: TBA



Skyhawks- Holiday Soccer Camps

Skyhawks was founded as a soccer club in 1979. Thirty years later, the organization is still the number one choice for parents looking to refine their child's fundamentals in the world's most popular sport. Using a progress-based curriculum, the staff ensures young athletes gain the technical skills and knowledge of the sport required for their next step in soccer. This camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their sport skills preparing them to play in league play. Please visit <https://www.skyhawks.com/> for more information or to register.

Ages: 6-10

Day/Time: Mon.-Wed., 9:00-11:30 a.m.

Dates: Nov. 21-23

Fee: \$75

Ages: 6-10

Day/Time: Mon.-Fri., 9:00-11:30 a.m.

Dates: Dec. 19-23

Fee: \$105

Location: Sparger Park

Instructor: Skyhawks



RECREATION 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: Sept. 12-Oct. 3, Oct. 10-31, Nov. 7-28, Dec. 5-19
Fee: \$32, \$24 (December session)
Location: Senior Center-Texas Room
Instructor: Sharon Gallegos

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: Sept. 1-27, Oct. 4-27
Fee: \$50 (Drop-in \$10/class)
Dates: Nov. 1-17 & Dec. 1-13 (10 classes)
Fee: \$60 (Drop-in \$10/class)
Location: Senior Center-Lone Star Room
Instructor: Lynne Clem

Beginning Yoga

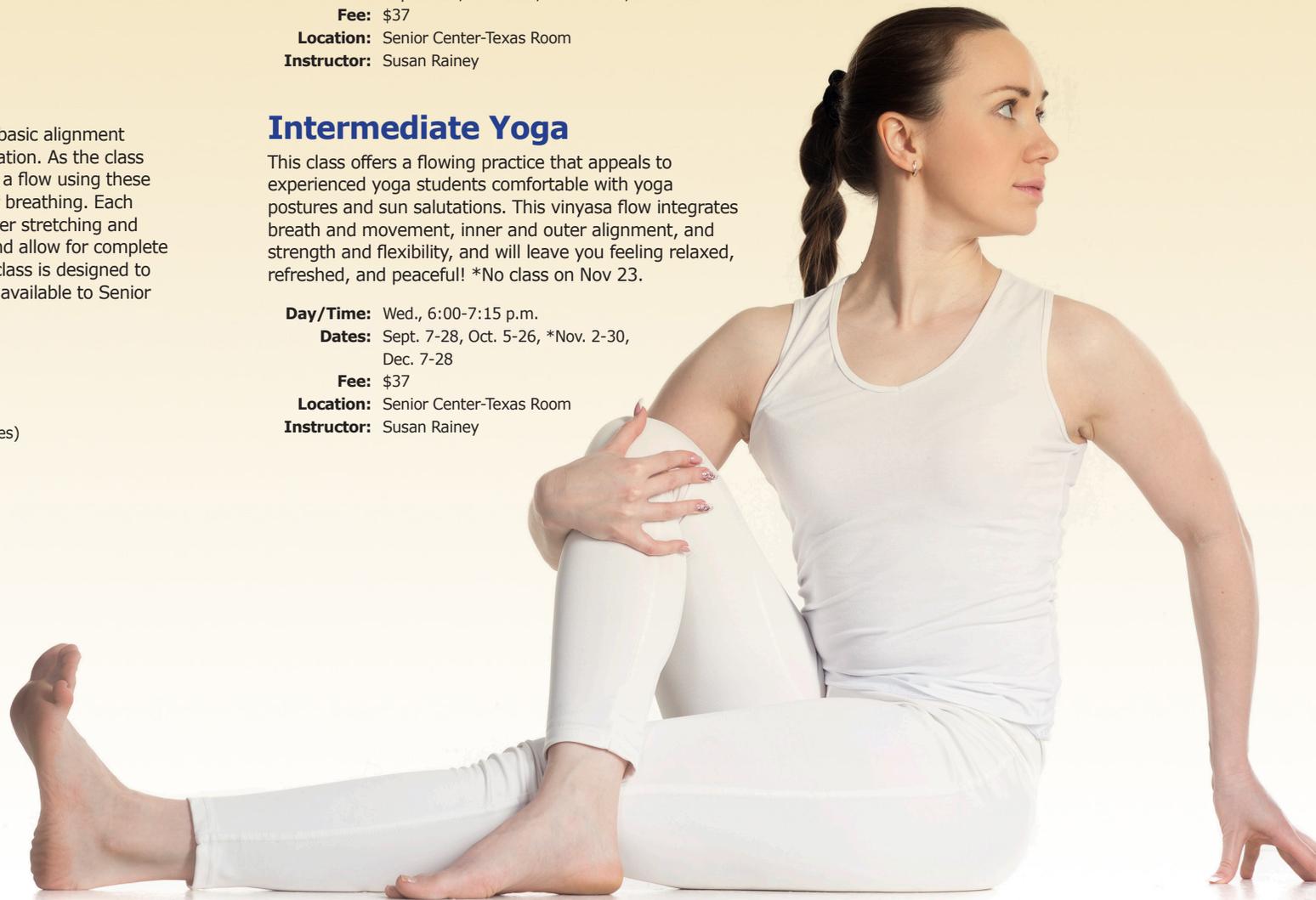
Enjoy a supportive class environment while being introduced to the basics of yoga. The physical and mental benefits include increased flexibility, strength, stamina, awareness, concentration, balance, and grace. Most of all yoga is fun and will leave you feeling relaxed, refreshed and peaceful. *No class on Nov. 22.

Day/Time: Tue., 5:30-6:45 p.m.
Dates: Sept. 6-27, Oct. 4-25, *Nov. 1-29, Dec. 6-27
Fee: \$37
Location: Senior Center-Texas Room
Instructor: Susan Rainey

Intermediate Yoga

This class offers a flowing practice that appeals to experienced yoga students comfortable with yoga postures and sun salutations. This vinyasa flow integrates breath and movement, inner and outer alignment, and strength and flexibility, and will leave you feeling relaxed, refreshed, and peaceful! *No class on Nov 23.

Day/Time: Wed., 6:00-7:15 p.m.
Dates: Sept. 7-28, Oct. 5-26, *Nov. 2-30, Dec. 7-28
Fee: \$37
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: Sept. 3-24, Oct. 8-29

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

Dates: Nov. 5-19 & Dec. 3-10 (5 classes)

Fee: \$37.50 (Drop-in \$10/class)

Location: Senior Center-Texas Room

Instructor: Lynne Clem

Restorative Yin & Yoga Nidra

Restore, gently stretch, and release those tight tense muscles using lots of comfy props. Followed by the most relaxing restorative practice ever, "Yoga Nidra," the perfect remedy for physical and mental relaxation. Registration required.

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

Dates: Oct. 30

Fee: \$25 if registered by Oct. 24
(After 5 p.m. on Oct. 24: \$30)

Location: Senior Center-Lone Star Room

Instructor: Lynne Clem

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 own inner being.

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

Dates: Sept. 1-29, Oct. 6-27, Nov. 3-17, Dec. 1-29

Fee: Free (Registration is required)

Location: Senior Center-Texas Room

Instructor: Rufus Moses

Ayurveda Fall Wellness Cleanse

Usher in vibrant energy and optimal health as you are guided on this wellness journey to restore, repair, and gently bring the body and mind back into balance, based on ancient wisdom and science. More than just a gentle cleanse, you will learn simple daily lifetime habits; cooking skills with healthy whole foods, spices and ghee (the healthy butter); and, much more. Three-phase workbook included. Dates include pre-cleanse, cooking class and cleanse, and post-cleanse and rebuilding phase.

Day/Time: Fri., 2:00-3:30 p.m.

Dates: Sept. 9, 23

Day/Time: Sun., 12:30-3:30 p.m.

Dates: Sept. 18

Fee: \$99 if registered by Sept. 2
(After 5 p.m. on Sept. 2: \$125)

Location: Senior Center-Texas Room

Instructor: Lynne Clem & Gauri Junnarkar



RECREATION ADULT CLASSES

Fit 4 Mom- Body Back

Body Back is a results-based workout designed for moms who want their body back, whether they just had a baby or their last child was born twenty years ago! Give yourself permission to: clear your head, workout with other moms, gain strength and confidence, focus on being your best self and get stronger physically, mentally, and emotionally. Get your whole self back through the body, mind, and soul. This is a moms only class. To register, please call 682.651.7895, or visit www.grapevine.fit4mom.com.

Day/Time: Tue. & Thu., 5:45-6:45 a.m.

Dates: Aug. 30-Oct. 20

Fee: \$389 (Colleyville residents use code F4MBBAUG to receive \$50 off)

Dates: Oct. 25-Nov. 17 (workouts only)

Fee: \$120

Location: Senior Center-Texas Room

Instructor: Farrah Agado

Fit4Baby

Fit4Baby is a program designed to strengthen the body for all the changes it will experience during pregnancy. These classes exclusively focus on pregnant moms! Regular activity such as Fit4Baby classes can help to reduce many maternal aches and pains, increase energy during pregnancy and may speed the labor, delivery and recovery process. To register, please call 682.651.7895, or visit www.grapevine.fit4mom.com.

Day/Time: Wed., 7:00-8:00 p.m.

Dates: Aug. 31-Sept. 21, Sept. 28-Oct. 19, Oct. 26-Nov. 16

Fee: \$40 per month + \$50 resident registration fee (\$75 non-resident)

Location: Senior Center-Texas Room

Instructor: Farrah Agado

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. No class on Dec. 22.

Day/Time: Thu., 6:00-8:30 p.m.

Dates: Sept. 1-22, Sept. 29-Oct. 20, Oct. 27-Nov. 17, Dec. 1-29

Fee: \$54

Location: Senior Center-Texas Room

Instructor: Barry Gazaway



- All Colleyville tennis activities take place at Colleyville City Park, 5205 Bransford Road.
- Players wanting to schedule private lessons or team drills should contact Tennis Director, Kelly Langdon, USPTA, at 817.233.5793 or Head Professional, Austin Wynne, USPTA, at 214.668.1619
- Classes must have minimum of four (4) participants for the class to be held.
- For class cancellations due to weather, call 214.668.1619.
- Any classes cancelled due to inclement weather will be made up, rescheduled, or prorated on the next session. (No refunds due to bad weather.)
- 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.	Aug. 8-29	Sept. 12-Oct. 3	Oct. 10-31	Nov. 7-Dec. 5
Tues.	Aug. 9-30	Sept. 13-Oct. 4	Oct. 11-Nov. 1	Nov. 8-Dec. 6
Thur.	Aug. 11-Sept. 1	Sept. 15-Oct. 6	Oct. 13-Nov. 3	Nov. 10-Dec. 8
Sat.	Aug. 13-Sept. 3	Sept. 17-Oct. 8	Oct. 15-Nov. 5	Nov. 12-Dec. 10

*Session 4- No class Nov. 21-26.

Tiny Tots (Quick Start)

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

Ages: 4-6

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

Fee: \$43 per session

Jr. Beginner Tennis (Elementary)

Class covers techniques of all strokes in a fun, easy-to-learn manner.

Ages: 7-10

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

Fee: \$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.

Fee: \$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.

Fee: \$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.

Fee: \$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.

Fee: \$79 per session

Colleyville Squirrels Junior Team Tennis

Home of the 2013 State Champions! 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.

Ages: 7-18

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

Dates: Mid-September (TBA)

Fee: \$190

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 and enter tournament code.

Divisions: Boys and Girls singles only (8's, 10's, 12's, 14's, 16's, 18's)

Dates: (TBA)

Fee: \$21



Adult Classes

Adult Beginner Tennis Clinic

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..

Fee: \$79 per session

Adult Advanced Beginner/Intermediate Clinic

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

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

Fee: \$79 per session

Adult Drop-in Drills Men's 4.0 and Below

Call 214.668.1619 to reserve Men's Drill. Must have a minimum of three players confirmed for the class to be held.

Day/Time: Wed., 6:30-8:30 p.m.

Fee: \$15 per drill

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

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

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: Sept. 1-27, Oct. 4-27

Fee: \$40 (Drop-in \$10/class)

Dates: Nov. 1-17 & Dec. 1-13 (10 classes)

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

Location: Senior Center-Lone Star Room

Instructor: Lynne Clem

Strength 45

This is a 45-minute strength class using weights and exercise resistance bands. Exercises improve balance and flexibility. New students receive the first two classes free. 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: Sept. 7-28, Oct. 5-26, Nov. 2-16, Dec. 7-21

Fee: \$15 (Drop-in \$5/class)

Location: Senior Center-Lone Star Room

Instructor: Maureen Utzinger

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: Sept. 6-29, Oct. 4-27, Nov. 1-17, Dec. 6-22

Fee: \$32 (Drop-in \$10/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: Sept. 1-29, Oct. 6-27, Nov. 3-17, Dec. 1-29

Fee: \$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: Sept. 6-27, Oct. 4-25,
Nov. 1-29, Dec. 6-27

Fee: \$27 (Drop-in \$13/class)

Location: Senior Center-Texas Room

Instructor: Annette Briggs



Senior Health Fair & Expo

Ask questions and get answers about anything from your head to your toes at the Senior Health Fair and Expo. Flu and pneumonia season is right around the corner, and the health fair and expo provides an opportunity to receive low-cost immunizations. Most immunizations are free with Medicare Part B.

Day/Time: Fri., 9:00-11:30 a.m.

Date: Sept. 9

Location: Senior Center-Lone Star Room

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: Sept. 12, Nov. 14

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

Location: Senior Center-Rio Grande Room

Instructor: John Chreno

Medicare Made Clear

Part questions, part answers—this event is provided at no cost and is designed to explain the benefits of a Medicare Plan.

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

Date: Sept. 6

Location: Senior Center-Rio Grande Room

Instructor: UnitedHealthcare

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.

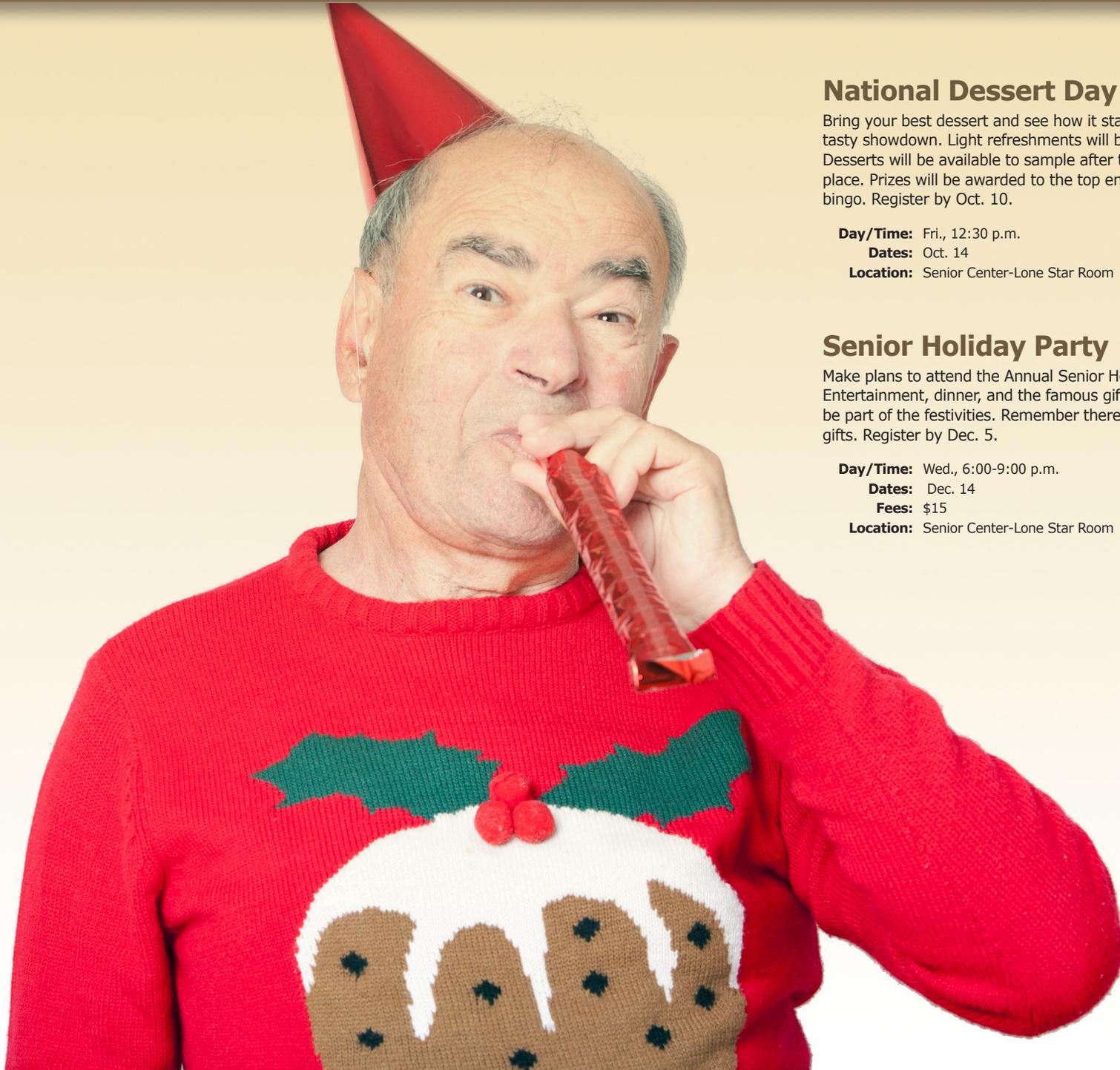
Day/Time: Fri., 11:30 a.m.-1:00 p.m.

Dates: Sept. 23, Sept. 30, Oct. 28, Dec. 9, Dec. 30

Location: Senior Center -Lone Star Room



SENIOR CENTER SOCIALS



National Dessert Day Bake-off

Bring your best dessert and see how it stacks up in this tasty showdown. Light refreshments will be provided. Desserts will be available to sample after the judging takes place. Prizes will be awarded to the top entries followed by bingo. Register by Oct. 10.

Day/Time: Fri., 12:30 p.m.

Dates: Oct. 14

Location: Senior Center-Lone Star Room

Senior Holiday Party

Make plans to attend the Annual Senior Holiday Party. Entertainment, dinner, and the famous gift exchange will be part of the festivities. Remember there is a \$10 limit for gifts. Register by Dec. 5.

Day/Time: Wed., 6:00-9:00 p.m.

Dates: Dec. 14

Fees: \$15

Location: Senior Center-Lone Star Room

SENIOR CENTER MONTHLY ACTIVITIES

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Jam Session

All instruments and experience levels welcome.

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

Dates: Sept. 6, Sept. 20, Oct. 4, Oct. 18, Nov. 1,
Nov. 15, Dec. 6, Dec. 20

Location: Senior Center-Texas Room

Genealogy Group

Topics include: roundtable planning session for 2017, identifying family photographs, Palatines and Pennsylvania research, show and share luncheon.

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

Dates: Sept. 7, Oct. 5, Nov. 2, Dec. 7

Location: Senior Center-Rio Grande Room

Scrapbooking

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

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

Dates: Sept. 1, Sept. 15, Oct. 6, Oct. 20, Nov. 3,
Nov. 17, Dec. 1, Dec. 15

Location: Senior Center-Oklahoma 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: Sept. 21, Oct. 19, Nov. 16, Dec. 21

Location: Senior Center-Lounge

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: Sept. 2, Sept. 16, Oct. 7, Oct. 21, Nov. 4,
Nov. 18, Dec. 2, Dec. 16

Fees: \$4

Location: Senior Center-Lone Star Room



SENIOR CENTER DANCE



Line Dancing

Learn the basic steps of line dancing and have fun dancing to a variety of music. Discounted rates are available by registering for both classes in the same month. Registration required. *No class on Nov. 9.

Beginner

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

Improver/Intermediate

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

Dates: Sept. 7-28, Oct. 5-26, *Nov. 2-30, Dec. 7-28

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: Sept. 7-28, Oct. 5-26, Nov. 2-23

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

Location: Senior Center-Texas Room

Instructor: Michele Burger

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.

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 Conservatory-Keller Landing at Watermere-Southlake
Mon., Sept. 12, 10:00 a.m. Mon., Nov. 7, 11:00 a.m.

MacArthur Hills-Irving Dancing River-Grapevine
Mon., Oct. 10, 11:15 a.m. Mon., Dec. 5, 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: Sept. 28, Oct. 26, Nov. 30, Dec. 28
Fees: \$5
Location: Thackerville, Oklahoma

Magnolia Market at the Silos

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.

Day/Time: Mon., 9:00 a.m.
Dates: Sept. 19
Fees: \$5
Location: Waco, Texas

Cottonwood Arts Festival

The Cottonwood Art Festival is a semi-annual event that features works from the nation's top visual artists. Located in scenic Cottonwood Park in Richardson, Texas, this prestigious art show has been a part of Richardson life for over forty years. Cottonwood isn't just about the art, though. The festival also features local bands who perform the best in rock, country, jazz, blues, swing and folk. Be sure to check out the Lakeside Courtyard, where you can sit in the shade by the lake and relax while you enjoy the music. Food and spirits are also available in the courtyard.

Day/Time: Sat., 9:15 a.m.
Dates: Oct. 1
Fees: \$5
Location: Richardson, Texas

Gainesville Day Trip

Come see some of the top sites that Gainesville has to offer. Visit the Frank Buck Zoo in the morning with a chance to hand feed a giraffe followed by free time on the historic Gainesville square to peruse through the many antique malls and shops.

Day/Time: Wed., 8:45 a.m.
Dates: Nov. 2
Fees: \$10
Location: Gainesville, Texas

ICE! at the Gaylord Texan Resort

The #1 holiday event is back and better than ever! ICE! featuring Santa Claus is Comin' To Town will bring the classic holiday favorite to life. Chock-full of frozen holiday fun, ICE! is an indoor winter wonderland featuring more than TWO MILLION pounds of hand-carved ice sculptures.

Day/Time: Mon., 10:00 a.m.
Dates: Dec. 12
Fees: \$25
Location: Grapevine, Texas



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
1:00 p.m. Choralaires
2:30 p.m. Trivia*

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

*Trivia will not be held on Winstar trip days.

Senior Center Membership

Memberships are available to those ages 50+.
A membership is required for anyone participating in any senior class, program, or activity, or for anyone using the fitness facility.

Resident membership: No annual fee
Non-resident membership: \$10 per year.

