

SEPTEMBER/OCTOBER 2022

# center link

YOUR CONNECTION TO ALLEN SENIOR RECREATION CENTER



*Life*  
• ALLEN PARKS & RECREATION •

## inside

- Extended Travel
- Monster Mash Luncheon
- NEW Learning Seminars



# Happy Fall Fest

**SATURDAY, OCTOBER 1 • 9AM-3PM**

**FREE admission • Prize Raffles  
All Ages Welcome!**

**50+ CRAFT, GIFT  
& FOOD VENDORS**



**PETTING  
ZOO**



**FAMILY FUN  
ACTIVITIES**



**SNOWIE'S &  
BACK EAST EATS**



**ALLEN HERITAGE  
VILLAGE TOURS**



# center-link

YOUR CONNECTION TO  
ALLEN SENIOR RECREATION CENTER

## MONTHLY HIGHLIGHTS

SEPT 1	Ford's Garage
SEPT 21	Wellness Checks
SEPT 14	Guitar Group
SEPT 15	Fitness Orientation
SEPT 28	Guitar Group
SEPT 29	Doodle Art
OCT 1	Happy Fall Fest
OCT 6	Catch Me If You Can
OCT 11	American Women's Fashion
OCT 14	Monster Mash Luncheon
OCT 25-27	Texas Hill Country Trip

## FACILITY CLOSURES

SEPT 5	Labor Day
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### ALLEN SENIOR RECREATION CENTER

451 St. Mary Drive  
Allen, Texas 75002

### CONTACT

214.509.4820 | LifeInAllen.org

### HOURS OF OPERATION

Mon, Wed, Fri: 7AM-5PM

Tue, Thurs: 7AM-7PM

Meal Services: Noon-1PM



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### ON THE COVER

Ruth Meyers working diligently on a quilt during Quilting Club. Join her & others on the 1st & 3rd Wednesdays to work on your own project!



# TRAVEL REMINDERS

- ◆ **Please do not park in the handicap spaces while on a trip.**
- ◆ **Those who can easily walk, please try parking at the east or west parking lots across the street at Allen Heritage Village. This will increase the number of parking spaces for members attending the Center.**
- ◆ *Arrive 20 minutes before the printed departure time. The bus leaves on time.*
- ◆ *Return times are approximate for traffic and unforeseen situations.*
- ◆ *Those who return late to the bus may forfeit future trip privileges.*
- ◆ *You must travel round-trip on the bus to participate in the trips.*

## TRAVEL\*

ALL TRAVEL IS NOW REGISTERING ONLINE!



TUPP'S BREWERY

Photo credit: Tupp's Brewery

### TUPP'S BREWERY •

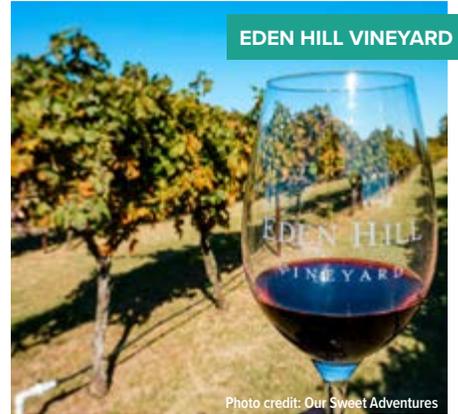
Learn about making craft beers and what makes Tupp's unique. Then, taste two full or four half pints of over 20 beers. We will provide the boxed lunches and you can enjoy craft beer, immersed in the old Texas feel of the cotton mill.

[24965](#), TH, 9/8, 11:15AM-2PM, \$28

### CHOCTAW CASINO •

Calling all winners! We have a feeling there are a lot of you. We're off to the casino. The only thing needed for this outing is cash, luck and a big bag for your winnings!

[24956](#), TH, 9/15, 9AM-4PM, \$20



EDEN HILL VINEYARD

Photo credit: Our Sweet Adventures

### EDEN HILL WINERY • •

Nestled in the rolling hills around the city of Celina is one of the best kept secrets in North Texas; Eden Hill Estate Winery and Vineyard. Enjoy a tasting flight of five Eden Hill wines with artisan bread, Texas olive oil and a personal cheese board to refresh your palate. Your server will guide you through a mix of red and white wine and answer your questions along the way.

[24963](#), TH, 9/22, 1:15PM-4:30PM, \$38



## TRIP LEGEND



### EASY

Generally light walking



### MODERATE

Able to stand or walk for longer periods without assistance



### ACTIVE

Lots of walking, good physical health recommended



### TICKETED TRIP

Trip requires a preordered ticket; refunds not available.

## CATCH ME IF YOU CAN •

We're headed back to Firehouse Theatre. You may have missed "Anything Goes", but now it's time to "Catch Me If You Can"! Frank Abignale, Jr. runs away from home to begin an unforgettable adventure, living the high life and winning the girl of his dreams. Catch Me If You Can is a high-flying musical comedy about chasing your dreams and not getting caught. (Snacks/Drinks are available for purchase, but there is no dinner on this trip)

[24964](#), TH, 10/6, 6:15PM-11PM, \$40



Photo credit: BigTex.com

## STATE FAIR OF TEXAS •••

Did you know that Big Tex used to be Santa? Or that every year 3 million people visit him during the Fair? Join us in riding the tallest Ferris Wheel in Texas while eating a Fletcher's Dog and Funnel Cake.

[24912](#), TH, 10/13, 9AM-4PM, \$15



## LUNCH BREAK



### FORD'S GARAGE •

It's burger meets gas... station! Outside of burgers and comfort foods, Ford's has great signature cocktails and craft beers in a classic gas station environment. Come get a ½ lb, never frozen, made fresh to order black angus burger and tasty beverage!

[24857](#), TH, 9/1, 10:45AM-1PM, \$5



### WHISKEY CAKE ••

Have you ever tried farm to kitchen produce and meats? This restaurant serves up the finest meals and cocktails all from scratch. If you've never had meat from a wood grill smoker, now is the time.

[24954](#), TH, 9/29, 10:45AM-1PM, \$5



### MATT'S RANCHO MARTINEZ •

Matt's Rancho Martinez reflects a Tex-Mex tradition spanning five generations. Come try the famous chile relleno, Bob Armstrong Dip, the Texas praline or churro sundae!

[24966](#), TH, 10/20, 10:45AM-1PM, \$5

# EXTENDED TRAVEL



TEXAS HILL COUNTRY



MARSHALL & JEFFERSON CHRISTMAS

## EXPLORE TEXAS HILL COUNTRY TRIP WITH HERITAGE TOURS • • OCTOBER 25-27, 2022

Itinerary highlights include LBJ Boyhood Home in Johnson City, LBJ Ranch, City Tour of Fredericksburg, visit to West, TX Museum, tour and samples at a chocolate shop, winetasting & tour at Texas Hill Vineyards, lunch at Pecan Street Café in Johnson City, elegant wine & food pairing dinner at Becker Vineyards, dinner at The Auslander in Fredericksburg, dinner at Buzzard Billy's in Waco on the return home, plus a scenic drive there and back with a stop in Luckenbach and a view of Enchanted Rock. Finally, the newly added attraction on this tour is a stop at Longneck Manor, a ranch for giraffes and rhinos.

#24957, T/TH, 10/25-10/27

DOUBLE: \$909 / SINGLE: \$1077

PAYMENT PLANS AVAILABLE

REGISTER BY PHONE OR IN PERSON AT ALLEN SENIOR RECREATION CENTER

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## A MARSHALL & JEFFERSON CHRISTMAS • • DECEMBER 9 & 10, 2022

A full itinerary will be available September 16. Some highlights will include viewing the Christmas lights in Marshall, TX and Jefferson, TX along with Christmas home tours and City tours. This trip also includes stops at the local shops for you to enjoy Christmas shopping in quaint small towns.

F/SA, 12/9-12/10

MORE DETAILS ON PRICING AND REGISTRATION WILL BE AVAILABLE SEPTEMBER 16

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## DISCOVER SCOTLAND WITH COLLETTE TOURS • • • SEPTEMBER 3-12, 2023

More details will be available during the presentation from Collette Tours on Thursday, December 15 from 2-3 p.m.

#24969, DOUBLE: \$5,202 / SINGLE: \$6,582 / TRIPLE UPON REQUEST

DEPOSIT (DUE AT REGISTRATION): \$600, INCLUDES TRAVEL INSURANCE

PAYMENT PLANS AVAILABLE, APPROXIMATELY \$500/MONTH

REGISTRATION OPEN NOW BY PHONE OR IN PERSON AT ALLEN SENIOR RECREATION CENTER



**COLLETTE PRESENTATION:  
DISCOVER SCOTLAND  
2-3PM ON THURSDAY, DECEMBER 15, 2022  
PRESENTATION REGISTRATION: #24230**



EXTENDED TRAVEL TO KENTUCKY & OHIO

# ***ARK ENCOUNTER***

APRIL 16-22, 2023

Payment plans available | Registration OPEN!



ASRC & COLLETTE VACATIONS PRESENT

# ***DISCOVER SCOTLAND***

SEPTEMBER 3-12, 2023

Payment plans available | Registration OPEN!

# LEARNING

## MAH JOHNGG LESSONS



## PIANO LESSONS

Piano instruction for all levels, beginner to advanced. Piano playing enhances both physical and mental health. Lessons are 30 minutes with one student per lesson. Instructor: Bonnie Harrison. **No online registration: register in person or at the front desk.**

[M, 9/12-9/26, 10AM-1PM, \\$48, \(3 LESSONS\)](#)  
[T, 9/6-9/27, 11AM-2PM, \\$63, \(4 LESSONS\)](#)  
[W, 9/7-9/28, 11AM-2PM, \\$63, \(4 LESSONS\)](#)  
[M, 10/3-10/31, 10AM-1PM, \\$78 \(5 LESSONS\)](#)  
[T, 10/4-10/25, 11AM-2PM, \\$63, \(4 LESSONS\)](#)  
[W, 10/5-10/26, 11AM-2PM, \\$63, \(4 LESSONS\)](#)

## BIRDING: A NEW WALKING EXPEDITION

Charlise Hill-Larson, Master Naturalist, leads ASRC's first walking Birding expedition. During this time, you will stroll gently around the trails of ASRC and learn to recognize and appreciate local birds and what makes them special.

[24736, T, 9/6, 7:30-8:30AM, FREE](#)

## BEST PRACTICES: NEW CHRONIC PAIN SELF-MANAGEMENT

Chronic pain can negatively affect every aspect of your life. This six-week class will give you the tools to fight against frustration and fatigue. If you are not exercising because of your pain, there are ways to maintain your strength and improve your flexibility. If your medications are causing you frustration, you will learn how to appropriately address this issue, as well as nutrition.

[24737, W, 9/7-10/12, 10AM-12:30PM, FREE](#)

## HYDRATION NEW BENEFITS

From glowing skin to preventing UTI's, good hydration is one of the cheapest and easiest ways to stay clear of a doctor's visit. Freidman Family Practice will teach you simple tips to stay hydrated and the benefits that will come your way.

[24738, F, 9/9, 10-11AM, FREE](#)

## MENTAL AEROBICS

Mental Aerobics is a class designed to help you maintain your cognitive skills. Help lower your chance of dementia and increase your functional independence through regular practice of these games. Enjoy this time as a group with different types of brain exercises.

[24172, T, 9/13 & 9/27, 11-11:45AM, FREE](#)

[24172, T, 10/11 & 10/25, 11-11:45AM, FREE](#)

## UNDERSTANDING NEW DEMENTIA

The Alzheimer's Association presents information to help you understand Alzheimer's and what differentiates it from other dementias. You will learn about dementia risk factors, treatment and the latest research.

[24747, F, 9/16, 10-11AM, FREE](#)

## ARTSPARKS

An art appreciation program that explores some of the great masterpieces of the art world. Leaders show artwork, talk about the artists and history, and lead a discussion about the art.

[24740, F, 9/16, 10-11:30AM, FREE](#)

[24740, F, 10/21, 10-11:30AM, FREE](#)

### **AARP DRIVER SAFETY**

The Driver Safety course is available through AARP. Some insurances allow this course to be used to decrease your insurance rate. Please pay the instructor directly, \$30 for non-AARP members and \$25 for AARP members. Exact cash required. Bring your Driver's License and AARP Card.

[24748, M, 9/19, 12:30-5PM](#)

### **AARP DRIVER TECH CLASS**

Join this free, non-AARP member required class, to keep yourself collision free. Judith will teach you all about the most updated car technology. Cars today are definitely fancy and includes lots of new lights and sounds that you may be unfamiliar with. Come learn that the sudden beep you hear may be preventing you from smashing into something, amongst other things.

[24962, M, 10/31, 12:30-2PM, FREE](#)

### **BIRDING: SITTING EXPEDITION** NEW

Charlise Hill-Larson, Master Naturalist, leads this sitting birding expedition. During this time, you will sit in the lawn area behind the ARSC and learn to recognize and appreciate local birds and what makes them special.

[24749, T, 9/20, 7:30-8:30AM, FREE](#)

### **MAINTAINING INTIMACY & CONNECTION AS WE AGE** NEW

Aging brings life transitions that create opportunities for older adults to redefine what sexuality and intimacy mean. We will discuss the stages of human development that older adults experience, especially the issues of intimacy vs isolation, and explore common issues that interfere with positive, strength-building relationships.

[24750, T, 9/20, 1-3PM, FREE](#)

### **BE INDEPENDENT, EAT WELL**

Linda Hampton returns to teach proper nutrition as we age. Did you know that we all need more or less of some nutrients in the aging process? Don't deny your body what it needs!

[24751, W, 9/21, 9-10AM, \\$2](#)

### **LIFE AFTER COVID** NEW

Some people who have experienced COVID have recovered quickly. Others have lingering symptoms in their lungs, heart and brain. This seminar will teach "The Long Haulers" strategies for recovery that may help to return to a "normal" lifestyle.

[24855, M, 10/3, 12:30-1:30PM, FREE](#)

### **LUNCH & LEARN: NERVE PAIN THERAPIES** NEW

This "ain't your momma's pain doctor"! Anodyne Pain Clinic returns to share the latest modalities to address nerve issues. Infrared light therapy, vibration therapy, supplements, diets and International purification are the latest in proven research that might offer relief. Over a complimentary lunch, you might find a pain solution.

[24841, T, 10/4, 12-1PM, FREE](#)



**ICE CREAM SOCIAL**

**24960, TU, 9/13, 1-2PM, FREE**

**Beat the heat with a free Ice Cream Sundae!**  
**Empower Brokerage and Valora Medical Group**  
**will be here with all the fixings to help you**  
**create a sweet culinary masterpiece.**  
**Sugar free ice cream will be available.**

The graphic features a pink background with a white grid pattern at the bottom. At the top, there is a pink banner with the text "ICE CREAM SOCIAL" in a large, outlined font. Below the banner, the date and time "24960, TU, 9/13, 1-2PM, FREE" are displayed in a bold, black font. The main text is in a bold, black font and includes the phrase "Beat the heat with a free Ice Cream Sundae!" followed by "Empower Brokerage and Valora Medical Group will be here with all the fixings to help you create a sweet culinary masterpiece." and "Sugar free ice cream will be available." At the bottom, there are illustrations of ice cream cones and a bucket of ice cream.

# GRAND PARENTS DAY

24739, M, 9/12, 10AM-12PM, FREE

It's games galore, pictures to boot and a wee bit of competition in honor of Grandparents Day. Fun times are to be had with corn hole, giant tic tac toe and jenga with those beautiful people you call grandkids.

## CREATING A HEALTH FINANCIAL PORTFOLIO

NEW

Edward Jones will be here to talk market updates and the demographics of fixed incomes. How do you plan for financial security in these crazy times? Learn strategies to plan a course for your future needs.

[24856, T, 10/4, 5:30-6:30PM, FREE](#)

## AMERICAN WOMEN'S FASHION FROM 1760-1925

NEW

Clothing is one way woman have been able to express themselves and make cultural and political statements. The daughters of the American Revolution will discuss women's fashions and share images from their museum in Washington D.C.

[24847, T, 10/11, 10-11AM, FREE](#)

## MEDICARE UPDATES WITH EMPOWER BROKERAGE

NEW

Medicare updates are coming your way. Empower Brokerage is here to help guide you through changes with policy options. This is your opportunity to choose the best policy for your needs and finances.

[24925, T, 10/18, 11AM-12PM, FREE](#)

## TRAVELING SAFELY IN A WORLD WITH COVID

NEW

Travel trends are predicting that 66% of people over the age of 70 will begin traveling again this year. This class will explore pre-planning ideas and safety tips, helping you get back out there and travel with increased safety.

[24913, T, 10/18, 1-3PM, FREE](#)

## TEXAS A&M AGRILIFE: BE SAFE, EAT SAFE

Linda Hampton joins us to discuss healthful nutrition. This class focuses on the importance of nutrition in keeping you healthy. Learn how to interpret food labels, store food safely and more. Healthy samples provided.

[24928, W, 10/19, 9-10AM, \\$2](#)

## TAKING CONTROL OF YOUR DIABETES

NEW

**Open to those with and without diabetes.** The Area Agency on Aging and TX Health Resources Allen will provide information that could help you with chronic health issues. Learn about exercise, nutrition, mental health, medication usage, health systems and communication with others.

[24930, W, 10/19-11/30, 10AM-12:30PM, FREE](#)

\*NO CLASS 11/23

# Pumpkin Decorating Contest



**PUMPKIN DROP-OFF: October 24**  
**ON DISPLAY: October 24 - October 29**

Participants can use one or more pumpkins to decorate.  
Enter as an individual, team, or ASRC class group.  
There will be three pumpkin pie winners for the most votes.  
**Paint it, dress it, accessorize it, but NO CARVING!**  
Winners announced in Sunday's E-Newsletter, October 30.

**Pies donated by Moon Beam Bakery**



## MONSTER MASH LUNCHEON

Friday, October 14  
12-1PM | \$7 | #24875

It's the month of all things goblin, monster and mashed. In celebration, put on a costume and join us for lunch. Enjoy mashed potatoes, meatloaf and green beans with brown gravy. There will be a costume and Monster Mash dance contest with prizes for the judged categories.

**Costumes are not required.**

# CREATIVE

## STITCHIN' TIME



### COLOR TIME

Adult coloring presents a creative venture without the need for artistic flair. Like meditation, coloring pages for adults help them de-stress, take them back to childhood, and activate both parts of the brain.

[24156](#), M/F, 9/2-9/30, 11AM-12PM, FREE

[24156](#), M/F, 10/3-10/31, 11AM-12PM, FREE

\*NO CLASS ON 9/5

### CERAMICS

Create beautiful ceramic pieces. Open to all beginners and more advanced students. Supply list is available when the student comes to the craft room. All first-time ceramic students will receive a set of free class tools. Instructor: Sara Cantlon

[24151](#), T, 9/6-9/27, 9AM-12PM, \$35

[24151](#), T, 10/4-10/25, 9AM-12PM, \$35

### WATERCOLOR DOODLE

Unleash your creativity with a watercolor painting session by Twist Squiggle and Doodle. You will create a one of a kind 11x15 watercolor work of art. The image is on the watercolor paper and ready to paint. This session is approximately 1.5 hours.

Instructor: Charlotte Samuel

[24167](#), F, 9/2, 2-3:30PM, \$15

[24167](#), F, 10/7, 2-3:30PM, \$15

### PASSING HATS

For over five years, ASRC members have knitted hats for cancer patients who are undergoing cancer treatment at local hospitals. Stop by the Dining Room every third Tuesday to pick up donated yarn to make more hats while dropping off completed hats.

Facilitator: Pat Woodside

T, 9/20, 9:45-10:30AM, FREE

T, 10/18, 9:45-10:30AM, FREE

### DOODLE ART

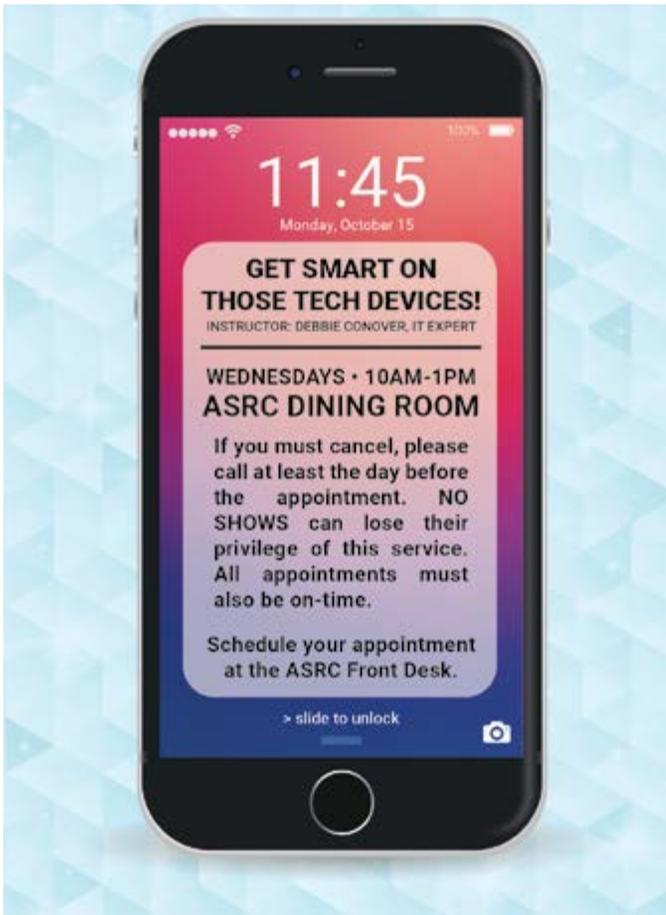
Doodle Art is a simple way to create and express yourself. In this class, instructor Susan Jackson asks you to bring "Doodles" that you have drawn. Susan will then teach you how to pull them together to create new pictures that you will then fill in for a simply created masterpiece of your own. No Doodles, no problem. You can receive instruction on how to draw Doodles too! Please bring a \$2 supply fee to the instructor the first day of class.

[24858](#), T, 9/29, 1-3PM, \$3 + \$2 SUPPLY FEE

### MAKING A "NO SEW" T-SHIRT BAG

Susan Jackson returns to teach you a craft that will help you repurpose your old T-shirts. Bring a favorite old t-shirt to this class and create an easy washable bag for your goods.

[24932](#), TH, 10/27, 1-3PM, \$3



## Relaxing Massage Fridays

Lani Gossett, a professional working masseuse of 26 years, is available to anyone with pain, tight muscles or joints that could benefit from massage. Ease your pain and discomforts and melt the stress away. Sign up at the front desk for a 30-minute massage time slot on Friday afternoons.

**F, 9/2-9/30, 12PM-4:20PM, \$25**  
**F, 10/7-10/28, 12PM-4:20PM, \$25**

## Monthly Birthday Party

**Provided by United Health Care**

Please join us for a party and Medicare presentation sponsored by United Healthcare's Traci Grover:

**Wednesday, September 7 & Wednesday, October 5**  
**11AM Party in Multipurpose Room C**  
**11:30AM Medicare Talk**

After the party, Traci will answer your Medicare questions. Are you allowed dental riders? How do you get new glasses? Does my plan cover new prescriptions? Do you know who your agent is? Enjoy the celebrations and ask your pertinent questions and become informed.

**FREE**

## WELLNESS CHECKS

Nurse Michelle with AccentCare will be onsite in the Dining Room to check your blood pressure and answer health questions.

**Here's to great health!**

**W, 9/7 & 9/21, 9:30-10:30AM, FREE**  
**W, 10/5 & 10/19, 9:30-10:30AM, FREE**

## COMMON



### VETERANS GROUP

Calling all Veterans! ASRC is holding its first ongoing Veterans Group meeting. This group will meet monthly to discuss Veterans issues and confidentiality is required. Come and learn about Veterans issues while meeting fellow service members. Facilitator is Geno Marascio.

[24849](#), F, 9/2, 11AM-12PM, FREE  
[24849](#), F, 10/7, 11AM-12PM, FREE

### THE PINK LADIES ENSEMBLE SUPPORT GROUP

This lady's group has something that many of us share, the experience of having been cancer-affected either personally or through a loved one. This group meets to connect through conversation and to plan events together outside of the recreation center. Facilitator: Mayda Reynolds, Breast Cancer Survivor

[24862](#), F, 9/2, 1-2PM, FREE  
[24862](#), F, 10/7, 1-2PM, FREE

### MODELING CLUB

Modeling is creating objects such as trains, planes, automobiles, ships, buildings or structures as a hobby. Members can bring projects or observe and learn.

Facilitator: Roy Durell  
T, 9/6-9/27, 1:30-3:30PM, FREE  
T, 10/4-10/25, 1:30-3:30PM, FREE

### COLLECTORS CLUB

For collectors of coins, stamps, autographs, currency, memorabilia, or anything else. Come to talk about a personal collection or to see what others have brought. FREE appraisals if needed. Facilitator: Richard Loudermilk

W, 9/7-9/28, 9-10AM, FREE  
W, 10/5-10/26, 9-10AM, FREE

### QUILTING CLUB

Bring a quilting project and share information, fun, and friendship. Facilitator: Ruth Meyers

[24827](#), W, 9/7 & 9/21, 12:30-4PM, FREE  
[24827](#), W, 10/5 & 10/19, 12:30-4PM, FREE

### BOOK CLUB

The City of Allen Library will be leading us on a literary adventure and we welcome you!

[24842](#), W, 9/7, 2-3PM, FREE  
[24842](#), W, 10/5, 2-3PM, FREE

### UKULELE GROUP

This group is all about enjoying the ukulele and having fun with people who share affection for this wonderful instrument. Come join a friendly and welcoming group who would be delighted if you join them. Bring your own ukulele or use one of the loaners.

Facilitator: Sherry Avaritt  
[24872](#), TH, 9/1-9/29, 10:30-12PM, FREE  
[24872](#), TH, 10/6-10/27, 10:30AM-12PM, FREE

### BIBLE STUDY

Meet fellow members to discuss the Bible in an open and welcoming environment. Enjoy this non-denominational gathering for fun and fellowship.

Facilitator: Nabeel Sarah.  
[24937](#), TH, 9/1-9/29, 12:30-2PM, FREE  
[24937](#), TH, 10/6-10/27, 12:30-2PM, FREE

### GARDEN GROUP

Are you a past gardener? Do you enjoy getting your hands dirty in the garden and reaping the rewards of all your labor during harvest? Please come and help cultivate our own Garden out back along with your fellow ASRC members! The Garden Group meets on the first Monday of the month.

Facilitator: James Price  
[24832](#), M, 9/12, 11:15AM-12:15PM, FREE  
[24832](#), M, 10/3, 11:15AM-12:15PM, FREE

## GUITAR GROUP

**NEW**

Come join Brent's Guitar Circle. Take turns sharing your favorite guitar songs and strum along with others. BYOG (Bring Your Own Guitar) If you need a little help, come a little early.

[24867](#), W, 9/14 & 9/28, 1:30-2:30PM, FREE  
[24867](#), W, 10/12 & 10/26, 1:30-2:30PM, FREE

## STITCHIN' TIME

Bring any kind of handwork project such as crochet, knit, embroidery or cross stitch. Enjoy fellowship and fun while working on projects. Led by all who come!

[24949](#), M, 9/12-9/26, 12:30-3PM, FREE  
[24950](#), M, 10/3-10/31, 12:30-3PM, FREE

## ONSITE JEWELRY

### REPAIR WITH LISA & TOBY

Do you have necklace with a broken clasp? Or a ring that needs sizing? Maybe you have earrings that need to be converted from clasp to pierced. We can bring your jewelry back to life and put it back where it should be, on you! Services start at \$5. Prices vary on services and quotes are available for higher ticketed repairs

[24942](#), M, 9/19, 11:15AM-12:15PM  
[24942](#), M, 10/17, 11:15AM-12:15PM

## BINGO WITH PRIZES

Got Bingo?! Everyone can use an extra game of Bingo, especially with prizes. Friedman Family Practice and Empower Brokerage will be here to introduce themselves as a Medicare provider with a transportation service to boot! Come and join in the fun while meeting some new medical friends in the neighborhood.

[24752](#), F, 9/23, 10-11AM, FREE  
[24953](#), F, 10/28, 11AM-12PM, FREE

## GENEALOGY CLUB

Members of this club enjoy tracing their roots. Join experienced genealogists and beginners alike, new members are welcomed anytime. Facilitator: Stacey Stanislav

[24163](#), M, 9/26, 1-2PM, FREE  
[24163](#), M, 10/24, 1-2PM, FREE

## FREE NOTARY SERVICE

Your signature, identity and documents are yours only and thus they need to be protected to insure their value. Joanne will be here to help you legally document your needed paperwork.

[24822](#), W, 9/28, 1:30-2PM, FREE  
[24859](#), W, 10/26, 1:30-2PM, FREE

## GRATEFUL GRATITUDE COMFORT GROUP

Every one of us experiences grief at differing times in our life. Grief is healthful and all part of life's journey. This group unites people on their individual paths of loss. You will receive sacred "toolboxes" with items to help comfort you as you learn practices in healing. Everyone is welcome to share or just sit and listen. You are welcome to join in one time only or attend monthly.

[24821](#), W, 9/28, 2-3PM, FREE  
[24931](#), W, 10/26, 2-3PM, FREE

## PRESENTATION BY **NEW** AUTHOR "FINN MURPHY"

Friends of the Allen Library present author Finn Murphy as he discusses his book "The Long Haul". This is the Allen libraries Allen Reads book. Refreshments will be served.

[24967](#), TH, 10/13, 1-3PM, FREE

## CASH BINGO

Play Bingo every Tuesday from 2-4PM. Card purchases are \$1 each with a maximum of 6 cards and starts at 1:15PM promptly. Membership is required to participate. Win up to \$10!

T, 2-4PM

**SAVE THE  
DATE**

# **VETERANS DAY**

## **— CELEBRATION —**

**THURSDAY, NOVEMBER 10**

**11am - 12pm**

**Ceremony open  
to the public**



**Featuring VR Small,  
Keynote Speaker,  
Founder & CEO of  
Veteran Women's  
Enterprise Center**

**DUTY • HONOR • COUNTRY**

# ACTIVE



CHAIR VOLLEYBALL WITH ALLEN HIGH SCHOOL



## ARTHRITIS: GET MOVIN!

Feel more energized with this low-to-moderate intensity class that improves strength, endurance, flexibility, and balance. This class will benefit those experiencing arthritis, chronic joint/muscle pain, limited or painful movement by reducing pain and stiffness and improving abilities to do daily tasks.

[24917](#), M/W, 9/7-9/28, 9-10AM, \$12

[24916](#), M/W, 9/7-9/28, 10-11AM, \$12

[24920](#), M/W, 10/3-10/31, 9-10AM, \$12

[24919](#), M/W, 10/3-10/31, 10-11AM, \$12

## BEGINNER LINE DANCE

This class is a combination of Beginners and High Beginners (students with a few months of experience)! New dances are instructed weekly, going overstep directions. Instructor: Nikki Simpson

[24231](#), W, 9/7-9/28, 4-4:50PM, \$26

[24231](#), W, 10/5-10/26, 4-4:50PM, \$26

## BEGINNER TAI CHI FOR ARTHRITIS & FALL PREVENTION

Tai Chi helps improve balance, which reduces the risk of falls. Other benefits include improving relaxation, vitality, posture, and improved immune system. Class limit of ten registrants and each class builds upon the previous one. Instructor: Kim Mathis from the Area Agency on Aging. Class is sponsored by a grant.

[24929](#), T/TH, 9/13-11/15, 11AM-12PM, FREE

## CHAIR VOLLEYBALL

More fun than you can stand-while seated! Chair volleyball is great for upper-body mobility, reflexes, hand-eye coordination, and endurance, but more importantly, it's FUN and there are always a few laughs! The game is played with a beach ball and net.

[24236](#), W/F: 9/2-9/30, W: 11AM-12PM, F: 9-11AM, FREE

[24236](#), W/F: 10/5-10/28, W: 11AM-12PM, F: 9-11AM, FREE

\*NO CLASS 10/14

## CHAIR YOGA

Everyone can enjoy this gentle yoga that will move the body through seated and standing yoga poses and stretches. Flexibility, balance, and range of movement will be increased. Restorative breathing and meditation practice will take place at the end of each class. Instructor: Tess Thompson

[24241](#), T, 9/6-9/27, 11AM-12PM, \$23 (4 CLASSES)

[24241](#), T, 10/4-10/25, 11AM-12PM, \$23 (4 CLASSES)

## EVENING YOGA

Join us in the evening to practice slow-flow style, Vinyasa yoga with a calm and peaceful state of moving meditation. Flow yoga links breath and movement while increasing wellness. All levels welcome. Modifications are shown for different abilities. Instructor: Sarita Pai

[24374](#), T, 9/6-9/27, 5:30-6:30PM, \$18 (3 CLASSES)\*

[24374](#), T, 10/4-10/25, 5:30-6:30PM, \$23 (4 CLASSES)

\*NO CLASS 9/20

## EVENING PILATES

Join us for a mind-body exercise which will promote good posture, increase flexibility, and improve balance. Build core strength and help create lean strong muscles without adding bulk. Instructor: Sarita Pai

[24379](#), TH, 9/1-9/29, 5:30-6:15PM, \$23 (4 CLASSES)\*

[24379](#), TH, 10/6-10/27, 5:30-6:15PM, \$23 (4 CLASSES)

\*NO CLASS 9/22

### **GENTLE FLOW YOGA**

This yoga class will teach Vinyasa style, slow flow yoga, joining yoga postures together with the breath and body movement, to develop a stronger mind-body connection. A mat is required, and a yoga block and small pillow are recommended. Instructor: Tess Thompson

[24246](#), T, 9/6-9/27, 10-11AM, \$23 (4 CLASSES)  
[24246](#), T, 10/4-10/25, 10-11AM, \$23 (4 CLASSES)

### **LINE DANCING - IMPROVER/INTERMEDIATE**

For the experienced line dancers who know the names of step moves. Learn new dances on Tuesdays and practice on Thursdays. Current to popular line dances taught to Country Western, Blues, Jazz, Salsa and Hip Hop. Volunteer: Gail Donaldson.

[24262](#), T/TH, 9/1-9/27\*, 12:30-1:30PM, \$14  
[24262](#), T/TH, 10/4-10/27, 12:30-1:30PM, \$14  
\*NO CLASS 9/29

### **GROW STRONGER TOGETHER**

Progressive strength training program that incorporates core and major muscle groups through stretching and balance practice. Hand weights, bands, balls, and chairs provided for assistance, while mat work on the floor is optional. Instructor: Tess Thompson

[24252](#), T/TH, 9/1-9/29, 9-10AM, \$48 (9 CLASSES)  
[24252](#), T/TH, 10/6-10/27, 9-10AM, \$38 (7 CLASSES)

### **RESTORATIVE YOGA**

Restorative yoga is for everyone who desires to learn a few gentle yoga poses and breathing techniques to achieve deep relaxation, increased flexibility, balance and stress reduction. A yoga mat is required. Yoga props such as bolsters, blankets, blocks, and straps may be used, but are not required.

Instructor: Tess Thompson  
[24270](#), TH, 9/1-9/29, 10:10-11AM, \$28 (5 CLASSES)  
[24270](#), TH, 10/6-10/27, 10:10-11AM, \$23 (4 CLASSES)

### **SILVER SNEAKERS**

Increase cardiovascular and muscular endurance with this high-energy circuit workout. Use handheld weights, elastic tubing, and a ball to increase upper-body strength. The multi-level, equipment-based workout is alternated with non-impact aerobics. Instructor: BJ Jordan. No online registration, please register in person at the front desk.

[24282](#), M, 9/12-9/26, 1-1:45 PM, \$9.75  
[24291](#), T, 9/6-9/27, 1-1:45 PM, \$13  
[24296](#), TH, 9/1-9/22, 1-1:45 PM, \$13  
\*NO CLASS ON 9/29  
[24283](#), M, 10/3-10/31, 1-1:45PM, \$16.25  
[24292](#), T, 10/4-10/25, 1-1:45PM, \$13  
[24295](#), TH, 10/6-10/27, 1-1:45PM, \$13



## **FITNESS ORIENTATION**

Join Dr. Troy Allam from Craig Ranch Chiropractic for an Orientation on the ASRC fitness equipment. Learn safety, exercise, and health tips. This is recommended for members new to our fitness room.

[24933](#), TH, 9/15, 11AM-12PM, FREE  
[24933](#), TH, 10/20, 11AM-12PM, FREE

### TAI CHI - INTERMEDIATE

Tai Chi and Qigong are ideal for seniors. These low-impact exercises calm the mind and improve overall wellness, balance, muscle strength, coordination and flexibility.

Instructor: Charles Pruett

[24257, M/W, 9/7-9/28, 11AM-12PM, \\$12](#)

[24257, M/W, 10/3-10/31, 11AM-12PM, \\$12](#)

### ZUMBA GOLD

ZUMBA® Gold is a fun fitness program based on Latin and international dance styles with lower-intensity, easy-to-follow choreography focusing on balance, range of motion and coordination. No dance experience required. All levels welcome. Instructor: Taralee Neve

[24367, W/F, 9/2-9/30, 9:30-10:30AM, \\$57](#)

[24367, W/F, 10/5-10/28, 9:30-10:30AM, \\$45](#)

\*NO CLASS 10/14

### TRIKE GROUP RIDES

Familiarize yourself with the trikes and the trails as you join volunteers Jim and Liz on an exciting group adventure! Make sure to bring sunscreen, sunglasses, and water! Must pass the Trike Skills 101 to ride along. No Online registration: register in person or by phone.

[24904, TH, 9/1, 9/15, 9/29, 8:30-10:30AM, FREE](#)

[24904, TH, 10/6-10/27, 8:30-10:30AM, FREE](#)

## GET TRIKE READY! TRIKE SKILLS 101

Trike Skills 101 is composed of parking lot drills to learn basics. You will learn the correct way to start and stop, simple maneuvering techniques, signaling and more.

Once you have passed Trike Skills 101 you may reserve your next adventure at the front desk. No online registration: register in person or by phone.



[24878, T, 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 8AM OR 9AM, FREE](#)

Trikes have a 240lb weight limit. Closed toed flat sole shoes are required to ride. All classes and checkouts are subject to cancellation at staff's discretion due to inclement weather conditions.

# OPEN GAME PLAY

Open Game Play is a time for all members to enjoy! If you have an established group who plays on a regular basis, please remember to welcome new faces to your game during the times posted for Open Game Play. Staff are happy to add new times and games.

**The Center reserves the right to make room adjustments before, during or after scheduled game play for Center or City Programs.**



## MONDAY

9:30AM-5PM | MAH JONGG



## TUESDAY

12-3PM | HAND & FOOT  
1-3PM | BUNCO  
1:30-4:30 | POKER



## WEDNESDAY

11:30AM-3PM | PARTY BRIDGE  
12-3PM | PINOCHLE

## THURSDAY

12-3PM | MEXICAN TRAIN  
2-5PM | BID WHIST

Want to start a  
new Open Game  
Play group?

Stop by the Front Desk!

## FRIDAY

9:30AM-5PM | MAH JONGG

## 🔍 DO WE HAVE YOUR CURRENT INFORMATION? 🔍

It is important that we have your current contact information so we can communicate with you at the appropriate times, including reminder calls, refunds and more. Next time you come to ASRC, please stop by the Front Desk to confirm your:

**PHONE NUMBER, ADDRESS, EMAIL ADDRESS & EMERGENCY CONTACT**

# VOLUNTEER

There are so many ways to get involved while giving back at the Center! Check out the below opportunities to see if you would be interested in serving our community or in the facility:



AREA	DAY	TIME
BEVERAGE BAR	MONDAY-FRIDAY	9-11AM, 11AM-1PM
CLASS FACILITATOR	SCHEDULED	SCHEDULED
FRONT DESK	MONDAY-FRIDAY	8-10AM, 10AM-12PM, 1-3PM
KITCHEN/LUNCH	MONDAY-FRIDAY	10:45AM-1PM
LIBRARY	MONDAY-FRIDAY	ANYTIME
SPECIAL EVENTS	VARIES	VARIES



## Ready to Apply?

Visit [LifeInAllen.org/GetInvolved](https://LifeInAllen.org/GetInvolved), click or scan the QR code to the left with your phone's camera. Contact Shelby Griffin, Program Supervisor, at [sgriffin@cityofallen.org](mailto:sgriffin@cityofallen.org) or 214.509.4824 if you have any questions.



## Sunshine Services

**Do you know of a member that needs cheer due to a death or illness? Whether it's for you or another ASRC member that is celebrating a landmark birthday or anniversary, there is a service to send those a special greeting card. Please stop by the front desk to enter the person and the occasion to receive a card from the ASRC.**

# HELPFUL LINKS

**Allen Senior Recreation Center is for persons 50 years of age and older, including their spouses. A variety of programs, trips, special events, activities and classes are offered at low-cost or free. Membership to the Center is only \$5 a year for residents and \$24 a year for non-residents. Resident rates include City of Allen citizens and employees working for businesses, corporations or organizations in the City of Allen. Proof of residency requires both a current water bill and driver's license. Proof of employment in Allen requires a recent paycheck stub.**

## GUEST POLICY

Daily admission for non-members is \$5 per visit.

## DAILY LUNCH

Lunch is served Monday–Friday at 12PM for \$4 or \$5 per person. Reservations must be received by 9:30AM. Lunch menus, including lunch policies are available at the front desk. Complimentary coffee and tea are available to members every day in the dining room.

## LIBRARY

A large selection of hardback novels are available in the library. Members may borrow books on the honor system. Donations of hardback novels are accepted, but due to storage limitations, Reader's Digest volumes cannot be accepted.

## TRANSPORTATION

Transportation is provided to and from the Center for Allen residents who do not have their own transportation. Please see a staff member at the front desk for more information and how to make reservations.

## FITNESS ROOM

The fitness room is open to all members on a first come, first served basis. Rules are posted on the fitness room door. Proper shoes required. Treadmills, bikes, ellipticals and weight machines are available.

## ASSUMPTION OF RISK

By registering for a class, there is an assumption of risk by the participant. Allen Parks and Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. In the event of a serious accident or illness, it is City policy to contact the City of Allen Fire Department Emergency Services to perform first aid and, when necessary, recommend transport to a hospital. Emergency contacts on file will be contacted as soon as the situation allows.

## REFUNDS

Customer service is our top priority, and it is strongly encouraged you are aware of the following guidelines before registering for a program or trip. If you are not satisfied with a class, please let staff know immediately so the situation can be remedied.

## FULL REFUNDS

Full refunds will be given only if participation is not possible due to class/trip cancellation or a change in day, time or location initiated by staff. Refunds will not be subject to administrative charges.

## TICKETED TRIP REFUNDS

1. Purchasing non-refundable tickets is a common occurrence with day trips. If you cancel your registration, five (5) calendar days before the trip date, a refund will be issued only in the event that your spot can be filled.
2. Extended trip refund policy varies for each trip. See specific trip information for details.

## NO REFUNDS

No refunds will be given if participation is canceled with notification less than five (5) calendar days before the class or trip starts and we are unable to fill that vacancy.

## ALLEN SENIOR RECREATION CENTER STAFF

**CENTER SUPERVISOR**  
Julie Olles

**PROGRAM SUPERVISOR**  
Shelby Griffin

**RECREATION SPECIALIST II**  
James Price  
Laurie Thode  
Rick Brewer

**RECREATION SPECIALIST I**  
Cathy Horn  
Dee Romero  
Liz King  
Tom Anderson

## SENIOR ADVISORY COMMITTEE

Bruce Howard  
Clarence Carter  
Darlene Zumo  
Les Velez  
Mary Ann Cooper  
Terrie Jones  
Rotating Parks Board Member

HOLLAND



TUSCANY



MEMPHIS



# EXTENDED TRAVEL

SEE PAGE 6 FOR UPCOMING ADVENTURES



# Around THE Center

