

PLANO SENIOR RECREATION CENTER

TRENDSETTER

PROVIDING A RICH VARIETY OF RECREATIONAL, EDUCATIONAL, WELLNESS, VOLUNTEER AND SOCIAL OPPORTUNITIES FOR ADULTS 50 & OLDER LIVING IN OR OUTSIDE PLANO.



SEPTEMBER 2018

HAPPY • HEALTHY • HAVING FUN

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Dressing the part for the July 31st dance with Tim the D.J., playing 60's & 70's music!



NEW TRIPS!

Transportation is provided on trips.
All trips leave from
Oak Point Park Nature & Retreat Center,
5901 Los Rios Blvd. in Plano 75074.

The Magic of Mexico-NEW

#13494

Thursday, September 13

4:45pm-9:00pm

\$9



The Dallas Symphony Orchestra will celebrate the beautiful diversity, warmth and cultural richness of Mexico by choreographing inspiring works of classical music to stunning imagery by Westwater Arts. We'll dine at El Fenix on McKinney Avenue in Dallas before the concert. Bring money for supper.

DIY Pumpkin Succulent Decor-NEW

#11237

Tuesday, September 18

9:15am-2pm

\$25

We'll go to the Texas Discovery Gardens at Fair Park to learn how to use succulents and mini pumpkins to create simple seasonal decorations. In this hands-on workshop (all materials supplied), you will make your own mini pumpkin with pizzazz. Afterwards, we'll enjoy lunch at Pecan Lodge in Deep Ellum! Bring money for some excellent Texas BBQ!

Tyler Rose Garden-NEW

#11286

Thursday, October 18

8:30am-4:30pm

\$45

We're traveling on a Lone Star Coach to dine at the Potpourri House. Plan to spend time in their wonderful gift shop! Then we'll go to the Rose Garden Center for the Rose Show, an exquisite display of over 7,000 rose blooms. See the 66th Palette of Roses Art Show, too! Bring money for shopping. Wear comfortable shoes!

Titanic Exhibit in Waco-NEW

#11260

Wednesday, October 24

8:30am-4:30pm

\$55

We're traveling on a Lone Star Coach to Waco. We'll eat at George's Restaurant as soon as we arrive. Then we'll go to Baylor University's Mayborn Museum to see 'Titanic: The Artifact Exhibition.' The exhibit features more than 150 authentic artifacts recovered from the ocean floor along with room re-creations and personal stories. Fee covers transportation, the Mayborn Museum and Titanic exhibit. Bring money for lunch and shopping. Wear comfortable shoes and a watch.

"Annie"-NEW

#13513

Thursday, December 13

4:45pm-11:15pm

\$45

Join us for this wonderful musical at the Sherman Community Players Main Stage in Sherman! We will dine at the Durning House in Van Alstyne before the show. Fee covers dinner, the musical and transportation.



ADDITIONAL OPPORTUNITIES

The Vocal Seniority

Thursdays, 2:30pm-3:30pm

In Studio E at

Oak Point Recreation Center

All voices are welcome! The group currently needs a backup pianist. Please contact Betty Westbrook if you can help, (972) 747-7070.



Writer's Critique & Discussion

Meets the 2nd & 4th Monday

1pm-3pm

Gladys Harrington Public Library

Writers come together to share, critique and learn in a positive atmosphere.

DANCES

DANCES FOR ADULTS 50 & OLDER

Tuesdays, 7pm-9:15pm

\$5 per person

Enjoy These Bands!

- 9/4 - **Neon Moon** - Country/Western
- 9/11 - **Doc Gibbs** - Variety/Ballroom
- 9/18 - **City Lights** - Country/Western
- 9/25 - **Frisco Jazz Band** - Variety/Ballroom

Variety dress code: Dressy casual

Country/Western dress code: Western attire

No shorts.

Tuesday dances are held at
CELEBRATION EVENT CENTER
2165 W. Park Blvd., 75075

while the Plano Senior Recreation Center is being renovated. Celebration is on the northwest corner of W. Park Blvd and Custer Rd.

“Thank you” to Jennifer Taylor and Sunrise Senior Living of Plano for the delicious snacks at the August 7th dance!



MEETINGS

DAZZLIN' DARLINS

By Queen Sandi Goldbach

We are headed for lots of fun again this month! I will email details of each get-together and ask for your RSVP.

Friday, 9/14 at 11:30am - Birthday Party at Outback Steakhouse, Plano.

Tuesday, 9/18 at 10:00am - Scavenger “Hoot” and lunch at Town East Mall in Mesquite.

Saturday, 9/29 at 12noon - Shawnee Trail Cowboy Day at the Frisco Heritage Center.

PLANO CHAPTER OF AARP

By Donna Bening

Join us on Friday, September 14, 1-3pm at Solstice Senior Living, 1940 W. Spring Creek Pkwy in Plano. We will learn how to receive short-term or long-term home health care or help with tasks at home when needed. With Congress back in session working on public policy issues, what will our representatives accomplish? Contact representatives with your requests for their consideration before October, the start of the new fiscal year. Find your representative by visiting the League of Women Voters website, <https://www.lwvcollin.org/elected-officials>. AARP supports no cuts in Medicare and Social Security. See the chapter website <https://planoaarp.webs.com> or contact president Jim Hitt at (469) 682-8975.

WELLNESS CENTER FOR OLDER ADULTS



Wellness Center for
Older Adults
(972) 953-7669

ARE YOU OVER 55 AND LIVE IN COLLIN COUNTY?
Join one of our Monthly Programs!

Health Services

Blood Pressure Checks
Foot and Ear Care
Low-cost lab work
Medication Management

Counseling Services

Mental Health
Caregiver Support
Benefits Counseling

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Monthly Programs

Need A Will?

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Single - from \$500 Married - from \$800

Probate from \$800 + Court Costs

Wanda Smith Law, PLLC

972-836-9091

Home Bound? Small travel fee to most of Collin County.

Monday, September 24, 4pm-8pm join us at **Carpenter Park Recreation Center**, 6701 Coit Road, for an open house in celebration of the Plano Parks & Recreation Department's 50 years in service. This free event will offer health and wellness screenings and information, class demonstrations, free refreshments, personal trainer assessments, give-a-ways, and more.




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Registration for activities is accepted on a first-come, first-served basis. To prevent cancellations due to low enrollment, please register at least one week prior to the activity start date. Refunds cannot be granted on non-recoverable costs for programs and trips. Registrations will receive a full refund, though, if an activity is cancelled due to low enrollment.



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