

Sam Johnson Recreation Center for Adults 50+

401 West 16th Street, Plano, TX 75075

972.941.7155

HOURS OF OPERATION

Closing procedures begin 15 minutes prior to closing.



planoparks.org



RECREATION CENTER HOURS

Mon, Wed & Fri	8 a.m. - 8 p.m.
Tue & Thu	8 a.m. - 9 p.m.
Saturday	8 a.m. - Noon
Sunday	Closed



ENTERING THE FACILITY

Conveniently located in Harrington Park and near the Chisholm Trail, the Sam Johnson Recreation Center for Adults 50+ (formerly known as the Plano Senior Recreation Center) has been serving the community since 1984.

You must check in and present your membership card at the front desk each time you visit the center. If you do not have a membership card, another form of photo ID will be required to verify your membership. You may only enter the recreation center five (5) times without your membership card. Replacement membership cards are \$2.

**EVERYONE ENTERING THE FACILITY
MUST HAVE A MEMBERSHIP OR BE
ATTENDING A CLASS.**

ANNUAL MEMBERSHIPS

Before purchasing a membership, you must provide proof of residency. Memberships to Sam Johnson Recreation Center can only be used at SJC. Adults 50 years of age and older may use their general Plano recreation center membership at SJC.

SJC Membership	Plano Residents	Non-Resident
Adult (50+ yrs)	\$15	\$25

Fitness Room

The Fitness Room contains a stretching area, treadmills, AMTs, elliptical machines, recumbent bikes, 12 individual weight machines, and free weights.

The Billiards Room has two standard-size pool tables.

Lunch at the Gazebo Café

Monday through Friday
11 a.m. - 12:30 p.m.

Located in SJC and operated by trained volunteers, the Gazebo Café offers lunch options for as little as \$2. No reservations.

Recreation Registration Opportunities

A variety of daytime and evening registration opportunities are available for Adults 50+. Please see Plano Recreation Online at planoparks.org for a listing of classes, special events and day trips. Pre-registration is necessary. See staff for additional information.

Monthly TrendSetter Newsletter

Posted online at samjohnsonrecreationcenter.org and available in print at all City of Plano facilities, the TrendSetter includes ongoing activities offered at SJC and additional opportunities besides those listed in the Plano Recreation Catalog.

Facility Room Rental

Contact center staff to assist you with SJC room rentals.

ACTIVITIES



Dances for Adults 50+

Tuesdays, 7 p.m. - 9:15 p.m.

\$5

No reservations

1st & 3rd - Country & Western

2nd & 4th - Variety

Kings of Swing

Thursdays

12:30 p.m. - 2 p.m.

Free with membership

Come dance or just sit and listen!

Art Therapy

Mondays

10 a.m. - 11 a.m.

Free with membership

Art Therapy is designed exclusively to focus on positive emotions, personal control and a sense of meaning. The benefits include relieving stress, improving dexterity, mindfulness, eye/hand coordination, and mood.

Bocce Ball/Lawn Bowling

Thursdays

8:30 a.m. - 10 a.m.

Free with membership

North-side lawn, weather permitting

Reading the break of a hill on the lawn, lagging for distance and accuracy, and bumping an opponent's ball away from the target is the fun of Bocce Ball.

No experience necessary. Please join us!

The Vocal Seniority

Meets Thursdays at 2:30 p.m.

Free with membership

All voices are welcome!

This group performs at assisted-living facilities and nursing homes in the area. Members want you to join them for fun, fellowship, and song! Transportation is provided for performances. If new to the group, call first to see if they're practicing at SJC or out performing.

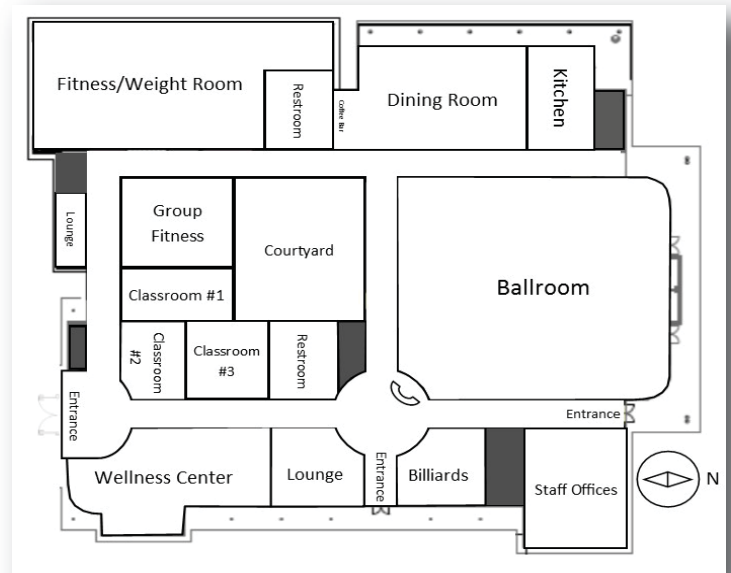
Writers Critique & Discussion Group

Meets the 2nd and 4th Monday of each month

1 p.m. - 2 p.m.

Free with membership

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



CITY ORDINANCE

Article I. Sec.15-4. Activities allowed with a permit or facility-use agreement. It shall be unlawful for any person to conduct any commercial or business activities of any kind for which: any participation or admission fee is charged or revenue is otherwise derived; or, distributing commercial promotional materials or advertising.



The Plano Parks & Recreation Department actively seeks and supports participation by persons with disabilities in recreational programs and services. Please call us so we will know how to serve you better.