SAVE THE DATE

FALL/WINTER REGISTRATION AUGUST 8, 9 AM

JULY IS NATIONAL PARK AND REC MONTH

Since 1985, Americans have celebrated July as National Park and Recreation Month. Check out the wide variety of July-only activities ranging from health and wellness to nature and community spirit.

Taste Test Tuesdays
Name brand or generic? Cast your vote in a blind study of top food brands in the test kitchen.
Senior Recreation Center
Ages: 55 Yrs +
July 3, 10, 17, 24, and 31
11 AM - 12 PM
Registration Required

Porch Pops
Enjoy free popsicles from Steel City Pops, every Friday.
Senior Recreation Center
Ages: 55 Yrs +
July 6, 13, 20, & and 27
12 - 1:30 PM or until we run out
Registration Required

Mystery Science Theater
Enjoy back-to-back science themed movies with friends. Grab a bag of complimentary popcorn and break for a slice of pizza at lunch.
Senior Recreation Center
Ages: 55 Yrs +
July 10 - Back to the Future I & II
July 24 - Flubber & Honey I Shrunk the Kids
10 AM - 3 PM
Registration Required

Funology
Discover your inner mad scientist as you make fun creations to take home.
Senior Recreation Center
Ages: 55 Yrs +
July 5 - Popped Bubble Art
July 12 - Galaxy Stress Bottles
July 19 - Crystal Garden
July 26 - Flubber
1 - 2 PM
Registration Required

Talent Discovery
Enjoy an afternoon discovering the talents of your peers, or show off a few of your own during an open mic talent show. Performances limited to four minutes.
Senior Recreation Center
Ages: 55 Yrs +
July 31
1 - 3 PM
Registration Required

A Senior Rec Center ID is required to participate in all Park and Rec Month activities.
**Special Events**

**Dinner Double Feature**

Senior Recreation Center
Ages: 55 Yrs +
Su 7/28 4 - 8:30 PM $5 8609

**Celebration Luncheon**
Happy birthday to you, and you, and you. Give and get celebratory wishes during this long-standing Wylie tradition. Enjoy a delicious lunch followed by a delectable dessert. Eat, talk, laugh and stick around for a chance to win one of the many door prizes. Register by Monday prior to event.

Senior Recreation Center
Ages: 55 Yrs +
F 7/20 11:30 AM - 1 PM No Charge 8648

**Group Exercise**
Participate in a fit and fun low-impact workout. This unique curriculum accommodates the needs of people that have trouble standing on the floor to exercise. The combination of resistance bands, arm weights, and chair exercise keep you engaged and feeling great. Wear athletic clothes and tennis shoes. No class 5/18 and 5/28.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Joyce McGaughey
M W F 5:2 - 5:30 8 - 9 AM No Charge
M W F 5:2 - 5:30 9:30 - 10:30 AM No Charge
A Senior Rec Center ID is required to participate. Seating on a first come, first served basis.

**Library Trip**
Dust off your library card. Join your fellow book lovers for a trip to Wylie’s Smith Public Library. You will have time to scan the shelves for the latest additions or check out an old favorite. A minimum of four riders required. Registration required.

Senior Recreation Center
Ages: 65 Yrs +
W 7/25 12:30 - 1:30 PM No Charge 8652
W 7/25 12:30 - 1:30 PM No Charge 8653

**OPEN PLAY**

**Join in the Fun.**
**Open Games, Group Exercise, Ping Pong, Fitness Room, Bingo, Wii Games, and More.**

**Awesome Experts**

**Lupe Kuharsky** offers wreath making. Lupe is a former educator and administrator for Mesquite ISD and has been a member of the Senior Recreation Center since 2012. She was inspired to start crafting wreaths after a trip to the Tulsa Technology Center for 12 years. She has been a member of the Senior Recreation Center since 2012. She was inspired to start crafting wreaths after a trip to the Tulsa Technology Center for 12 years.

**Kate Philippi** teaches Basic Floral Design and Gardening. She has been an active member of the Senior Recreation Center for two years. Kate started in the floral industry in 1973. She studied floral design and earned her Retail Transworld Delivery master design certification. She has owned four flower shops in Tulsa, Oklahoma, and taught floral design at the Tulsa Technology Center for 12 years.

**Senior Services**

**MOW Congregate Lunch**
Meals on Wheels Collin County provides a nutritious lunch for seniors at the Senior Rec Center. Call or sign up with Senior Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals. See Senior Rec Center front desk staff for registration forms and monthly menu.

Senior Recreation Center
Ages: 60 Yrs +
M - F 11:30 AM - 1:30 PM No Charge

**Store Trip**
You do the shopping and we will do the driving. Every first and third Tuesday the bus picks you up from your home and takes the group to run typical shopping errands. Usual stops may include Walmart, Dollar Tree, and the bank. Bring money for lunch and shopping.

Senior Recreation Center
Ages: 65 Yrs +
Tu 7/3 10 AM - 2 PM No Charge 8645
Tu 7/17 10 AM - 2 PM No Charge 8646

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Senior Recreation Center
Ages: 55 Yrs +
W 7/21 12:30 - 1:30 PM No Charge 8652
W 7/25 12:30 - 1:30 PM No Charge 8653

**WISD Gold Card Program**
Join the Wylie Independent School District’s Gold Card program and enjoy free admission to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district. A Senior Rec Center bus provides transportation to select events throughout the year. See Senior Rec Center front desk staff for registration forms.

Senior Recreation Center
Ages: 65 Yrs +

**North Central Texas Area Agency on Aging**
The Area Agency on Aging has a new way to help you with healthcare, drug, food, and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs:
- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief, or respite care You may qualify if you have limited income and qualify for Medicare or have a disability. Call 1-800-272-3921, ext. 7364 or 7687, or email benefits@nctcog.org.

**Collin County Rides Program**
Collin County Rides Program is a Dart operated taxi subsidy service available to qualifying residents of Allen, Wylie, and Fairview who need to travel anywhere within Collin County or to the Dart Rowlett train station. You may qualify if you are 65 years of age or older or have a disability. For more information about how to apply and pricing, call Dart’s Certification office at 214-828-6717 or visit www.dart.org/rides.
HOW DO I GET ON THE BUS PICK UP LIST?
Bus pick up to and from Wylie Senior Rec Center is available M-W-F for Wylie Residents. See front desk staff to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?
Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?
Cancellation must be made 24 hours prior to the scheduled start time. Notify a Wylie Recreation staff person. Refer to the Activity Menu for more information on Senior Rec Center Refunds.

Senior Rec Center ID
Senior Rec Center IDs are available at no charge for ages 55 + at Wylie Senior Rec Center. Gain access to Open Play activities. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

Weekly Activities

FAQs

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TRIPS LET’S GO!

HOURS & LOCATION
800 Thomas Street - 100
972-516-6349
MONDAY - FRIDAY
8 am - 4 pm
SATURDAY
9 am - 3 pm
SUNDAY
1 - 5 pm

Mesquite Rodeo
Yeehaw! Grab your cowboy hat and get in touch with your country roots at the Resistol Arena. Watch bull riding, barrel racing, bronc riding, steer wrestling, and more from climate-controlled reserved seats next to the bull chutes. Bring money for dinner.
Ages: 55 Yrs +
6:30 - 10:30 PM
$25
8477

Southfork Ranch Tour
Who shot J.R.? Relive the hit 80’s TV show, “Dallas” and tour the Ewing Mansion. Take in the sprawling ranch land and stop at the memorabilia museum and gift shop. See the gun that shot J.R., Lucy’s wedding dress, the Dallas Family Tree, Jock’s Lincoln Continental, and more. Bring money for lunch.
Ages: 55 Yrs +
10:30 AM - 2 PM
$15
8478

Texas Fire Museum
Not all heroes wear capes. During a docent-led tour, discover the history of fighting fires and its evolution over time. Take a close look at a collection of hand-drawn, horse-drawn, and motorized fire apparatuses. Learn about the unique process used in the restoration and preservation of the equipment. Bring money for lunch.
Ages: 55 Yrs +
9 AM - 2 PM
$5
8479

Chow Critics
Foodies unite. Join your fellow food lovers and expand your palate by trying all the best restaurants around town. Enjoy anything from Chinese food to fried chicken, and top it off with a sweet treat. Bring money for lunch and dessert at the restaurant.
Ages: 55 Yrs +
11 AM - 2 PM
No Charge
8658

QUESTIONS ABOUT TRIPS?
CONTACT WYLIE SENIOR REC STAFF,
RECREATION@WYLIETEXAS.GOV
OR 972-516-6349. REGISTER PER PERSON.
BRING AT LEAST $12 FOR LUNCH.

AWESOME EXPERTS

MATT KRUSE offers woodworking and Texas Hold ‘Em instruction. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman and card dealer. Matt is an experienced woodcrafter who can build anything from cabinetry to decorative furnishings. Matt perfected his woodworking and whittling skills while growing up on the family farm. He loves to teach others the trade.

PAM LITTLE leads the Rock On class at Wylie Senior Recreation Center. She has been part of the Senior Recreation Center team since 2016 and strongly believes in expressing yourself through art. Her love for crafting began when she was a Brownie in Girl Scouts and has grown into a full-time hobby in her adult life. Pam is a patient leader and enjoys engaging with her students in new crafting projects.

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Wreath Making
Deck out your door. Create a beautiful wreath using various types of flowers, ribbon, and decor. Learn how to select and place stems and color for a balanced and whimsical look. Take it home or surprise a friend with a unique handmade gift. All supplies provided.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Lupe Kuharsky
Tu 7/24 10:45 AM - 11:45 AM $3 8570
Tu 7/24 1:30 PM - 2:30 PM $3 8571

Basic Floral Design
Learn the ins and outs of floral design from a professional florist. Go through the step-by-step process of floral design. Learn the basic design elements and principles, and create a beautiful project for your home. Put together various types of floral arrangements, including corsage, and round arrangements. All supplies provided.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Kate Philippi
Tu 7/10 9:30 AM - 11:30 AM $5 8547
Tu 7/24 1:30 PM - 3:30 PM $5 8548

Gardening
Embrace your green thumb. Learn and share gardening tips while socializing with friends and getting some fresh air.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Kate Philippi
W 7/11 8:30 - 9:30 AM $3 8500

Card Making
NEW
Think outside the card store. Learn how to create your own cards by embellishing paper with stamps, stickers, folds, fonts, and more. Get one-on-one help from the instructor as you craft two unique, personalized cards for friends and family. All supplies provided.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Angela Daniel
Tu 7/12 10 - 11 AM $3 8831

Woodworking
Release your inner craftsman. Learn basic techniques of woodworking as you progress at your own pace. Transform wood into beautiful pieces for you to take home or give to friends and family. Each month features a new project for you to nail, glue, and paint to perfection. All supplies provided.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Matt Kruse
F 7/6 - 7/27 1:30 - 2:30 PM No Charge 8506

Texas Hold ‘Em
Time to practice your poker face. Expand your skills or learn new techniques. Try your luck with the house dealer and learn when to bet, raise, call, or fold in this popular card game. Play friendly wagers, antes, and double downs for bragging rights.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Matthew Kruse
W 7/2 - 7/30 10 AM - 12 PM No Charge 8510

Zumba Fitness
Join the party and be a part of the Zumba movement. This aerobic fitness program with Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair. All dance levels welcome. Wear athletic clothes and tennis shoes.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Lori Jaynes
Tu 7/3 7:30 - 8:30 PM $5 8619
Tu 7/10 7:30 - 8:30 PM $5 8620
Tu 7/17 7:30 - 8:30 PM $5 8621
Tu 7/24 7:30 - 8:30 PM $5 8622

Chair Yoga
Namaste. Improve your mind, balance, flexibility, and strength during a low-impact, easy-to-follow cardio workout that incorporates a DVD with live instruction. With the aid of a chair, resistance training, and stretching, learn to relax your mind and body, promoting active mindfulness and meditation. Wear athletic clothes and tennis shoes.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Cindy Risteen
Sa 7/7 - 7/28 10 - 10:45 AM No Charge 8353

Golden Tai Chi
Unite your mind and body. Combine tai chi moves and qigong exercise during a whole-body workout that leaves you feeling relaxed and energized. With the help of an easy-to-follow DVD and live instruction, improve your mobility, balance, strength, and flexibility. Exercise while sitting or standing. All ability levels welcome. Wear athletic clothes and tennis shoes.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Cindy Risteen
Sa 7/7 - 7/28 11 AM - 12 PM No Charge 8357

Fitness Orientation
Join us in the fitness room for a tutorial on the basics of machine use and care from Senior Recreation Center staff. Get your questions answered to improve daily workouts.

Senior Recreation Center
Ages: 55+ Yrs
Instructor: Staff PARD
W 7/11 10:45 - 11 AM No Charge
W 7/25 10:45 - 11 AM No Charge

Stay healthy and fit in a safe, clean and accessible environment. Wylie Senior Rec Center offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, Inflight Fitness Vanguard Multi Gym, stair climber, exercise balls, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie’s Community Park located outside the Senior Rec Center. Fitness area is available during business hours.
AWESOME EXPERTS

ANGELA DANIEL teaches Creative Confections. She has been working for the Recreation Department since 2010 and at the Senior Recreation Center since 2016. Angela loves sharing her creativity and recipes with those around her. She has many great memories of cooking and baking with her grandmother, mother, and children. Her favorite quote is, “The fondest memories happen while gathered around the table.”

JOYCE MCGAUGHKEY teaches group exercise at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her enthusiasm and determination to help her peers be fit and live a healthy life.

CINDY RISTEEN teaches Chair Yoga. She has been part of the Senior Rec team since 2015 and firmly believes that maintaining a strong core is important to senior health. Cindy strives to lead participants toward improved physical and mental health. She enjoys working with seniors and hopes to brighten the day of everyone with whom she interacts.

LORI JAYNES teaches Zumba Fitness. She considers herself a late bloomer in the exercise world, but believes it is never too late to begin a healthy lifestyle. Lori began working for the Senior Recreation Center in 2016, and received her Zumba Basic certification in 2017 in order to share her passion for dance with her seniors. Lori's goal is to get you moving and show that exercise should be about having fun.

Crochet
Get hooked. Chain, slip stitch, and double crochet your next craft project. Learn the basic steps of crochet while experimenting with a variety of color schemes and textures. Take home a great handmade project and the skills to make many more. All supplies provided.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Michelle Stone

Beginner
M & Tu 12:30 - 1:30 PM  No Charge  8547

Intermediate
M & Tu 1:30 - 2 PM  No Charge  8585

Rock On
#WylieRocks. Join in the painted rock craze that combines creative time with friends and social media to brighten a stranger’s day. Paint, place, and track your rocks as they embark on an expedition to spread cheer around local parks and trails. All supplies provided.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Pam Little

Tu & Th 12:30 - 2 PM  No Charge  8612

Genealogy
Curious about your family history? Find out if your ancestors fought in the Revolutionary War, traveled overseas to get here, and how they provided for family. Improve your research skills at your own pace. Explore preservation techniques, ethnic studies, and more.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Robert Stokes

W & Th 12-2 PM  No Charge  8926

Third Monday Book Bunch
Social networking and a good book. No batteries required. Immerse yourself in a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group based on group discussion and interest.

Senior Recreation Center
Ages: 55 Yrs +
Instructor: Donna Shirley

The Dry by Jane Harper
M 7/16 12:15 - 1:15 PM  No Charge  8518

AWESOME EXPERTS

ROBERT STOKES teaches Genealogy. Robert has been researching his family history since 1997. He started out as an English teacher and eventually became an assistant principal for Dallas ISD. He has been interviewed by Time Magazine and Readers Digest for his study of family history. Robert also teaches his Genealogy courses at The Mansions of Wylie and for the City of Sachse.

DONNA SHIRLEY with the Smith Public Library heads the Third Monday Book Bunch. She has been with the library since 2003. Donna earned her Bachelor of Arts in Liberal Studies at Oklahoma Christian University and received a Master of Library Science from Oklahoma University. While she enjoys reading nonfiction and many other genres, she is especially fond of British mysteries and horror.

MICHELLE STONE teaches Crochet. Michelle has been working at the Senior Recreation Center since 2010. She has been crocheting since she was a teenager and continues to learn new stitches to bring to her students. Michelle enjoys sharing what she has learned with others and loves seeing the joy on students’ faces when they understand a concept or master a new skill.

JENNIFER HOLLIEN offers craft instruction. Jennifer has always enjoyed crafting with her children’s vacation bible school and family birthday parties. She has helped the Senior Recreation Center with holiday craft projects and decorating for parties and lunches for many years. Jennifer enjoys helping others expand their creative expression through Craft Corner projects.
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<td>10 AM Texas Hold 'Em</td>
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Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. Registration must be completed prior to participation.
July is the seventh month of the year (between June and August) in the Julian and Gregorian Calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honour of Roman general Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis, being the fifth month of the 10-month calendar. It is on average the warmest month in most of the Northern Hemisphere, where it is the second month of summer, and the coldest month in much of the