

THE SENIOR CONNECTION

LEWISVILLE SENIOR ACTIVITY CENTER

JANUARY & FEBRUARY 2010

JANUARY 2010



NEW YEAR'S LUNCHEON

- Monday January 4th at 12pm. Cost is \$2 per person. Join us for corn-bread and black-eyed peas. Please bring a potluck dessert or salad.
- Special musical presentation by "One-Step" Blue Grass Band. Special countdown to the New Year. SPONSORED BY PRAIRIE ESTATES



WELLNESS WEEK

- Monday January 11th-Friday January 15th. FREE. There will be free wellness classes, free seminars, free testing and more. Prizes will be awarded. See page 5 for more information.
- SPONSORED BY HEARTHSTONE ASSISTED LIVING



TALENT SHOW

- Monday January 25th at 1pm. Free to attend. No registration is required. Desserts and snacks will be provided.
- Talent Show participants are needed. See Carrie for more details.
- SPONSORED BY CORINTHIANS RETIREMENT COMMUNITY

FEBRUARY 2010



2010 AARP TAX-AIDE

- Each Monday (February 1st-April 12th) from 9am to 6pm.
- Phone in registration can be done 1 week in advance starting at 8:30am.
- Call 972-219-5050 to make a reservation.
- Phone in registration is open to all Senior Center Members.
- Be sure to bring your W-2, I.D., Deductions, Credits, etc...



VALENTINE'S BREAKFAST

- Friday February 12 at 9am. Cost is \$2 per person.
- The Stage Hams will be debuting a new play after the breakfast.
- SPONSORED BY PRAIRIE ESTATES

→ **WEDNESDAY MARCH 17th ST. PATRICK'S LUNCH PARTY** ←
FRIDAY APRIL 30th SENIOR HEALTH FAIR

REGISTRATION INFORMATION

Lewisville Residents: Monday December 28th at 9am
Non residents of Lewisville: Tuesday December 29th at 9am
 After initial registration times, registration is open.
 For questions call the Lewisville Senior Center at 972-219-5050.



LEWISVILLE
 Deep Roots. Broad Wings. Bright Future.

JANUARY SPECIAL EVENTS

FIRST FRIDAY DANCE

Friday January 8th from 7pm to 9:30pm Cost is \$5 per person. The band will be High Caliber (Variety). Free dance lessons beginning at 6:30pm.

SPONSORED BY SPECIALTY MEDICAL SALES.

JANUARY AARP MEETING

Friday January 8th at 1:30pm. Everyone is invited to attend. We will have a program "Car Facts". A video presented by Sadot Alcocer of Star Car Wash.

HEALTH CARE HEARING EDUCATION

Monday January 11th from 11:30am to 12:30pm. Free hearing tests, free batteries, clean hearing aids, etc...No registration required. SPONSORED BY AMERICAN HEARING LABS

MLK REMEMBRANCE LUNCHEON

Friday January 15th at 11:30am. Cost is \$2 per person. Join us as we remember Dr. Martin Luther King and his legacy. We will be watching his famous "I have a dream" speech. Please bring a healthy dessert. Please register at the front desk.

LUNCH & LEARN FINANCIAL SEMINAR

Tuesday January 19th at 10:30am. Please call to reserve seats by Friday January 15th. Come & learn about financial opportunities, including investment planning, estate planning, & others. Register at the front desk. SPONSORED BY UNITED FINANCIAL SERVICES

WANT TO MAINTAIN YOUR INDEPENDENCE?

Sign up for this "maintaining your independence" seminar on Thursday January 21st at 11:30am. There will be a free BBQ Lunch and door prizes. GeriMed Inc, Golden Heritage Home Health and Hospice, Visiting Physicians and Veterans Services, have combined efforts to increase your awareness of options of assistance to maintain your independence as long as possible. Please register at the front desk.

CHILI COOK OFF

Friday January 22nd at 11:30am. Cost is \$2 per person or FREE if you are entering a chili (Chili must be Crockpot size). Pre-register with the staff if you are entering a chili in the contest. Prizes will be awarded for 1st & 2nd place. SPONSORED BY SUMMIT SENIOR LIVING

AARP DEFENSIVE DRIVING CLASS

Tuesday January 26th from 12:30pm to 4:30pm. Class may reduce insurance, but not sufficient for ticket removal. Cost is \$14 (\$12 for AARP members). Register at the front desk.

BIRTHDAY BREAKFAST

Friday January 29th at 9am. Cost is \$2 per person. Join us as we honor January Birthdays. We will be having biscuits & gravy. SPONSORED BY EVERGREEN AT LEWISVILLE

JANUARY TEXAS HOLD'EM TOURNAMENT

Friday January 29th at 1pm. FREE. Prizes for 1st, 2nd & 3rd. 2010 will feature a point system to decide a yearly winner. SPONSORED BY PROVIDENCE VILLAGE OF DENTON

FEBRUARY SPECIAL EVENTS

GROUNDHOG DAY LUNCH

Tuesday February 2nd at 11am. Cost is \$2 per person. Join us as we gather to honor Puxatany Phil the world greatest weatherman. Bring a potluck salad or dessert.

FIRST FRIDAY DANCE

Friday February 5th from 7pm to 9:30pm Cost is \$5 per person. The band will be Gary Lee (Ballroom). Free dance lessons beginning at 6:30pm.

SPONSORED BY PROVIDENCE VILLAGE OF DENTON

HEALTH CARE HEARING EDUCATION

Monday February 8th from 11:30am to 12:30pm. Free hearing tests, free batteries, clean hearing aids, etc...No registration required. SPONSORED BY AMERICAN HEARING LABS

FEBRUARY AARP MEETING

Friday February 12 at 1:30pm. The February meeting (Abe Lincoln's birthday) will be Presidential Trivia BINGO by Sheree Stacy.

PRESIDENT'S DAY PIZZA PARTY

Monday February 15th at 12pm. Cost is \$2 per person. Join us as we honor all the U.S. Presidents with games, fun and pizza. SPONSORED BY EVERGREEN AT LEWISVILLE

AARP DEFENSIVE DRIVING CLASS

Tuesday February 16th from 12:30pm to 4:30pm. Class may reduce insurance, but not sufficient for ticket removal. Cost is \$14 (\$12 for AARP members). Register at the front desk.

HOBO LUNCHEON

Friday February 19th at 11:30am. Cost is \$2 per person. Join us in your favorite Hobo wardrobe for hot beef stew. Prizes will be awarded for best costume.

BIRTHDAY BREAKFAST

Friday February 26th at 9am. Cost is \$2 per person. Join us as we honor February Birthdays. SPONSORED BY PRAIRIE ESTATES

FEBRUARY TEXAS HOLD'EM TOURNAMENT

Friday February 26th at 1pm. FREE. Prizes for 1st, 2nd and 3rd. 2010 we will be using a point system to decide yearly winners. SPONSORED BY SPECIALTY MEDICAL SALES



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Prairie Estates in Frisco

Prairie Estates is a 180-bed, 24-hour skilled nursing center located in Frisco, Texas. It is conveniently located near Frisco Lakes, an adult active community on Lake Lewisville, and close to everything you call home. The moment you pass through its dramatic entrance, you sense Prairie Estates is more than a traditional nursing home or assisted living facility. It feels more like a resort hotel.

For more information call **214-705-9108**.



Special thanks to Sterling Health Plans for sponsoring the Thanksgiving Luncheon and United Financial Services for sponsoring the Men Make Lunch Day.





This is a new program that is a week long emphasis on all aspects of wellness. Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.

Wellness Week will be from Monday January 11th-Friday January 15th.

It will consist of classes, seminar, and activities that you can attend for FREE!

Seniors can earn 1 point per class. There are four different groups:

- *Hunky-dory Class: Earn 1-5 points and get a free water bottle.*
- *Fit as a Fiddle Class: Earn 6-10 points and get a free water bottle AND a free pedometer (used for tracking walking distances).*
- *In the Pink Class: Earn 11-15 points and get a free water bottle AND a free pedometer AND a free T-shirt.*
- *Fine and Dandy Class: Earn 16+ points and get a free water bottle AND a free pedometer AND a free T-shirt AND a chance to win great prizes and a \$50 Sprouts gift card.*

There will be more information to come out in early 2010!

ARTS AND CRAFTS + SPECIAL INTERESTS

CERAMICS

This class is for beginners through advanced. Meets every Tuesday at 9am. For more information call Auldene Hope at 940-269-0065. Cost is \$22 per month.

NEEDLEWORKS GROUP

Group meets at 11am on the 2nd and 4th Thursday of each month. January meeting will be on the 14th and 28th. February meeting will be on 11th and 25th.

READING AND WRITING CLUB

Meets on Monday January 11th and Monday February 8th at 1pm. Free to attend.

MAKE IT TAKE IT

This class is designed for assorted art projects that you take home. Cost is \$2 per class. Meets on Monday January 25th at 10am and February 15th at 10am.

BLOOD PRESSURE CHECKS

Mondays January 25th & February 22nd at 9am. Conducted by Lewisville Fire Dept.

SPANISH CLASS

Conversational Spanish: Mondays at 1pm.

BENEFITS COUNSELING

Medicaid, Medicare and other benefits questions will be answered. Make plans to attend Monday January 11th & Monday February 8th from 10am to 12pm. Conducted by Cheryl Hughes LBSW. No appt necessary and no charges for services.

MANICURES: \$8

NAIL CLIPPINGS: \$5

Meets every Wednesday from 10:30am to 12:30pm. Appointments are required. Please register at the front desk. Conducted by Sharon Beeson. Men Welcomed!

ALZHEIMER'S ASSOCIATION CAREGIVER'S SUPPORT GROUP

Meets January 7th and 21st. February 4th and 18th at 10:30am.

SING A LONG

Sing A Long meets every Thursday at 1pm. Come and sing the old time favorites.

COLLECTORS CLUB

Will meet on Tuesday January 5th and Tuesday February 2nd at 10am. This is open to anyone with an interest in coin collecting, stamp collecting or general memorabilia. Feel free to bring your collectables in for viewings.



JANUARY T-SHIRT PAINTING CLASS

Friday January 15th at 1pm. \$10 per person, per class. Cost includes paint, brushes, and patterns. Each student will need to furnish a t-shirt (pre-washed).

FEBRUARY T-SHIRT PAINTING CLASS

Friday February 19th at 1pm. \$10 per person, per class. Cost includes paint, brushes, and patterns. Each student will need to furnish a t-shirt (pre-washed).

CARDS, GAMES AND OTHERS

MONDAYS

BINGO —>10am. Cards are \$1 each with cash prizes. No cards sold after 10am.

MONDAY MADNESS —>12pm. Various card games including Rummy & More.

DUPLICATE BRIDGE —> 12pm. Contact staff for more information.

TUESDAYS

DOMINOES—>12pm. Join us for this classic game with friendly competition.

HAND AND FOOT—>12:30pm. This game is fun to play and similar to canasta.

PARTY BRIDGE —> 6pm. Join us for Party Bridge, no partner is required.

WEDNESDAYS

DUPLICATE BRIDGE —>12:15pm. Contact staff for more information.

BUNCO —>12:30pm. Bring \$2 for this fun game of dice.

PINOCHLE —> 9am. This group plays double deck format.

THURSDAYS

BINGO —>10am. Cards are \$1 each with cash prizes. No cards sold after 10am

RUMMY & MORE—>11:30am. Various card games including Rummy & More.

GAME NIGHT —>4:30pm. Join us for Hand & Foot, Dominoes & 42. Potluck dinner break at 5:30pm.

FRIDAYS

PINOCHLE —> 9am. This group plays double deck format.

EXTENDED GETAWAYS (More Trips on Page 13)

OBERRAMMERGAU GERMANY (SEPTEMBER 2010)

Join us for the 2010 Passion Play in Oberammergau, Germany. See Staff for availability.

SPAIN CLASS TOUR

Join us as we tour Spain. March 14th-March 23rd 2010. Cost is \$3379 (double), \$4029 (single) & \$3349 (triple). See staff for availability.

SMOKEY MOUNTAINS “ SHOW TRIP”

Join us as we travel to the Smokey Mountains on Diamond tours motor coach Sunday July 18th to Saturday July 24th 2010. Trip includes transportation, lodging (4 nights in the Smokies), guided tour of the Great Smoky Mountains National Park and six shows; Joseph and the Amazing Technicolor Dreamcoat, The Temptations Revue, The Smith Family Show, and the Black Bear Jamboree in the evening. As well as 2 morning shows Patty Waszak and The Blackwood Breakfast variety Show. Also included is free time in historic downtown Gatlinburg. Plus you will ride the famous Delta Flatboats inside the Opry land Hotel in Nashville, TN. Cost is \$575 for double and \$755 for single. Trip insurance is available for additional cost of \$45 for double and \$69 for single. Deposit is \$75 plus insurance to sign-up and the final balance is due May 12th 2010. This is a popular trip, so sign up early.

SENIOR TRAVEL CLUB

Meets the last Monday of each month at 3pm. This is a chance for Seniors to provide input on future extended & overnight trips, & monthly trip ideas. January 25th & February 22nd.



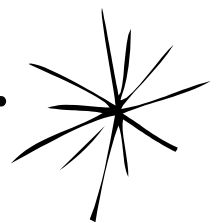
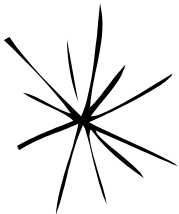
The staff at the Senior Center would like to thank everyone who brought in pictures and other memorabilia for our Wall of Veterans.



Baby Boomer Expo 2009
Special thanks to our sponsors, especially our presenting sponsor **Autumn Leaves**



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Mon	Tue	Wed	Thu	Fri
January 2010				
CLOSED				
<p>10am Bingo</p> <p>10:30am Chair Class</p> <p>11:30am SPAN Lunch</p> <p>12pm New Year's Lunch</p> <p>12pm Monday Madness</p> <p>12pm Duplicate Bridge</p> <p>1pm Conversational Spanish</p> <p>3pm Advisory Board Meeting</p>	<p>9am PACERS</p> <p>9am Ceramics</p> <p>10am Collectors Club</p> <p>11:30am SPAN Lunch</p> <p>12pm Dominos</p> <p>12:30pm Hand & Foot</p> <p>6pm Aerobics, Bridge</p>	<p>9am Pinochle</p> <p>9:15am Yoga</p> <p>9:30 Shop and Lunch Trip</p> <p>10:30am Manicures</p> <p>11:30am SPAN Lunch</p> <p>12:15pm Duplicate Bridge</p> <p>12:30pm Bunco</p> <p>5:30pm Zumba</p>	<p>9am PACERS</p> <p>10am Bingo</p> <p>10:30am Caregivers Group</p> <p>11:30am SPAN Lunch</p> <p>11:30am Rummy & More</p> <p>1pm Sing A Long</p> <p>4:30pm Game Night</p> <p>5:30pm Intro to Computers</p> <p>6pm Aerobics</p>	<p>9am Pinochle</p> <p>10am Volleyball Meeting</p> <p>10:30am Wii Bowling</p> <p>11am Stage Hams Practice</p> <p>11:30am SPAN Lunch</p> <p>1pm Pinochle</p> <p>1:30pm AARP Meeting</p> <p>7pm First Friday Dance</p>
<p>10am Bingo</p> <p>10am Benefits Counseling</p> <p>10:30am Chair Class</p> <p>11:30am SPAN Lunch</p> <p>11:30am Free Hearing Test</p> <p>12pm Monday Madness</p> <p>12pm Duplicate Bridge</p> <p>1pm Reading & Writing Club</p> <p>1pm Conversational Spanish</p> <p>WELLNESS WEEK STARTS</p>	<p>9am PACERS</p> <p>9am Ceramics</p> <p>9:15am Museum of Science and History Trip</p> <p>11:30am SPAN Lunch</p> <p>12pm Dominos</p> <p>12:30pm Hand & Foot</p> <p>6pm Aerobics, Bridge</p>	<p>9am Pinochle</p> <p>9:15am Yoga</p> <p>10:30am Manicures</p> <p>11:30am SPAN Lunch</p> <p>12:15pm Duplicate Bridge</p> <p>12:30pm Bunco</p> <p>5:30pm Zumba</p> <p><i>Stage Hams performing at Frisco Senior Center</i></p>	<p>9am PACERS</p> <p>10am Bingo</p> <p>11am Needleworks</p> <p>11:30am SPAN Lunch</p> <p>11:30am Rummy & More</p> <p>1pm Sing A Long</p> <p>4:30pm Game Night</p> <p>5:30pm Intro to Computers</p> <p>6pm Aerobics</p>	<p>9am Pinochle</p> <p>10:30am Wii Bowling</p> <p>11am Stage Hams Practice</p> <p>11:30am MLK Luncheon</p> <p>1pm Pinochle</p> <p>1pm T-Shirt Painting</p>
<p>18</p> <p>CLOSED</p>	<p>9am PACERS</p> <p>9am Ceramics</p> <p>10:30am United Financial Seminar</p> <p>11:30am SPAN Lunch</p> <p>12pm Dominos</p> <p>12:30pm Hand & Foot</p> <p>6pm Aerobics, Bridge</p>	<p>9am Pinochle</p> <p>9am Internet and Email Class</p> <p>9:15am Yoga</p> <p>10:30am Manicures</p> <p>11am Lunch on the Go</p> <p>11:30am SPAN Lunch</p> <p>12:15pm Duplicate Bridge</p> <p>12:30pm Bunco</p> <p>5:30pm Zumba</p>	<p>9am PACERS</p> <p>10am Bingo</p> <p>10:30am Caregivers Group</p> <p>11:30am SPAN Lunch</p> <p>11:30am Rummy & More</p> <p>11:30am Maintaining Your Independence Seminar</p> <p>1pm Sing A Long</p> <p>4:30pm Game Night</p> <p>5:30pm Intro to Computers</p> <p>6pm Aerobics</p>	<p>9am Pinochle</p> <p>10:30am Wii Bowling</p> <p>11am Stage Hams Practice</p> <p>11:30am Chili Cook Off</p> <p>1pm Pinochle</p>
<p>9am Blood Pressure Checks</p> <p>10am Bingo</p> <p>10:30am Chair Class</p> <p>11:30am SPAN Lunch</p> <p>12pm Monday Madness</p> <p>12pm Duplicate Bridge</p> <p>1pm Conversational Spanish</p> <p>1pm Talent Show</p> <p>3pm Travel Club- vCanada trip</p>	<p>9am PACERS</p> <p>9am Ceramics</p> <p>9:30am Overnight Choctaw leaves</p> <p>11:30am SPAN Lunch</p> <p>12pm Dominos</p> <p>12:30pm Hand & Foot</p> <p>12:30pm AARP Driving Class</p> <p>6pm Aerobics, Bridge</p>	<p>9am Pinochle</p> <p>9am Internet and Email</p> <p>9:15am Yoga</p> <p>10:30am Manicures</p> <p>11:30am SPAN Lunch</p> <p>12:15pm Duplicate Bridge</p> <p>12:30pm Bunco</p> <p>5:30pm Zumba</p>	<p>9am PACERS</p> <p>10am Bingo</p> <p>11am Needleworks</p> <p>11:30am SPAN Lunch</p> <p>11:30am Rummy & More</p> <p>1pm Sing A Long</p> <p>4:30pm Game Night</p> <p>5:30pm Intro to Computers</p> <p>6pm Aerobics</p>	<p>9am Pinochle</p> <p>9am Birthday Breakfast</p> <p>10:30am Wii Bowling</p> <p>11am Stage Hams Practice</p> <p>1pm Pinochle</p> <p>1pm Texas Hold'em</p>

February 2010

Mon	Tue	Wed	Thu	Fri
<p>9am Tax Aide 10am Bingo 10:30am Chair Class 11:30am SPAN Lunch 12pm Monday Madness 12pm Duplicate Bridge 1pm Conversational Spanish 3pm Advisory Board Meeting</p>	<p>9am PACERS 9am Ceramics 10am Collectors Club 11am Groundhog Lunch 11:30am SPAN Lunch 12pm Dominos 12:30pm Hand & Foot 6pm Aerobics, Bridge</p>	<p>9am Pinochle 9am Internet and Email 9:15am Yoga 9:45am Sixth Floor Museum Tour 10:30am Manicures 11:30am SPAN Lunch 12:15pm Duplicate Bridge 12:30pm Bunco 5:30pm Zumba</p>	<p>9am PACERS 10am Bingo 10:30am Caregivers Group 11:30am SPAN Lunch 11:30am Rummy & More 1pm Sing A Long 4:30pm Game Night 5:30pm Intro to Windows 6pm Aerobics</p>	<p>9am Pinochle 10:30am Wii Bowling 11am Stage Hams Practice 11:30am SPAN Lunch 1pm Pinochle 7pm First Friday Dance</p>
<p>9am Tax Aide 10am Bingo 10am Benefits Counseling 10:30am Chair Class 11:30am SPAN Lunch 11:30am Free Hearing Test 12pm Monday Madness 12pm Duplicate Bridge 1pm Conversational Spanish 1pm Reading and Writing Club</p>	<p>9am PACERS 9am Ceramics 11:30am SPAN Lunch 12pm Dominos 12:30pm Hand & Foot 5pm Dinner on the Go 6pm Aerobics, Bridge</p>	<p>9am Pinochle 9am Internet and Email 9:15am Yoga 10:30am Manicures 11:30am SPAN Lunch 12:15pm Duplicate Bridge 12:30pm Bunco 5:30pm Zumba</p>	<p>9am PACERS 10am Bingo 11am Needleworks 11:30am SPAN Lunch 11:30am Rummy & More 1pm Sing A Long 4:30pm Game Night 5:30pm Intro to Windows 6pm Aerobics</p>	<p>9am Pinochle 9am Valentine's Breakfast 9:30am Wii Bowling 11:30am SPAN Lunch 1pm Pinochle 1:30pm AARP Meeting</p>
<p>9am Tax Aide 10am Bingo 10am Make It Take It 10:30am Chair Class 11:30am SPAN Lunch 12pm President's Day Pizza 12pm Monday Madness 12pm Duplicate Bridge 1pm Conversational Spanish</p>	<p>8am Choctaw 9am PACERS 9am Ceramics 11:30am SPAN Lunch 12pm Dominos 12:30pm Hand & Foot 12:30pm AARP Driving Class 6pm Aerobics, Bridge</p>	<p>9am Pinochle 9:15am Yoga 9:45am Winspear Opera Tour 10:30am Manicures 11:30am SPAN Lunch 12:15pm Duplicate Bridge 12:30pm Bunco 5:30pm Zumba</p>	<p>9am PACERS 10am Bingo 10:30am Caregivers Group 11:30am SPAN Lunch 11:30am Rummy & More 1pm Sing A Long 4:30pm Game Night 5:30pm Intro to Windows 6pm Aerobics</p>	<p>9am Pinochle 10:30am Wii Bowling 11:30am Hobo Luncheon 1pm Pinochle 1pm T-shirt Painting Class</p>
<p>9am Blood Pressure Checks 9am Tax Aide 10am Bingo 10:30am Chair Class 11:30am SPAN Lunch 12pm Monday Madness 12pm Duplicate Bridge 1pm Conversational Spanish</p>	<p>9am PACERS 9am Ceramics 11:30am SPAN Lunch 12pm Dominos 12:30pm Hand & Foot 6m Aerobics, Bridge</p>	<p>9am Pinochle 9:15am Yoga 10:30am Manicures 11am Red Hats Trip 11:30am SPAN Lunch 12:15pm Duplicate Bridge 12:30pm Bunco 5:30pm Zumba</p>	<p>9am PACERS 10am Bingo 11am Needleworks 11:30am SPAN Lunch 11:30am Rummy & More 1pm Sing A Long 4:30pm Game Night 5:30pm Intro to Windows 6pm Aerobics</p>	<p>9am Pinochle 9am Birthday Breakfast 10:30am Wii Bowling 1pm Pinochle 1pm Texas Hold'em</p>

JANUARY TRIPS

SHOP AND LUNCH: STONEBRIAR MALL IN FRISCO



Wednesday January 6th from 9:30am to 3pm. Cost is \$7 per person. Join us for a day of shopping, eating and returning some of those holiday gifts at Stonebriar Mall. Stores include Macy's, JC Penney, Dillard's and more! Walking distance to Sam Moon! Lunch on your own.

MUSEUM OF SCIENCE & HISTORY AND PANETARIUM



Tuesday January 12th from 9:15am to 3pm. Cost is \$18 per person. Visit the newest jewel in Ft. Worth's Cultural District and experience innovative learning studios, interactive exhibits, and an all digital Noble Planetarium! Lunch on your own at the museum.

LUNCH ON THE GO: CARRABBA'S ITALIAN GRILL



Wednesday January 20th from 11am to 2pm. Cost is \$7 per person. Carrabba's serves fresh, flavorful Italian dishes prepared from the finest ingredients sourced from around the world. Space is limited.

OVERNIGHT CHOCTAW






Tuesday January 26th through Wednesday January 27th. We have room for 11 doubles and 1 single. Cost is \$60 for per person for double and \$120 for a single room. Price includes 2 buffet tickets and \$10 match play for each day. Depart Lewisville 9:30am on Tuesday January 26th and return approximately 4pm Wednesday. Space is limited, so register early.

Please Note that the arrival and return times are subject to change. For your safety, please stay with the group!

Trip cost listed covers transportation and/or admission fees only. All other costs are to be covered by trip patron. The City of Lewisville requires a \$3 surcharge fee on all refunds. The City of Lewisville & Lewisville Senior Center reserves the right to determine refunds based on actual out-of-pocket expenses not refunded to us by the vendor. Should trips be cancelled by the City of Lewisville or venue all funds will be refunded. Copies of the refund policy are available at the front desk.

Look for the Stars! Stars next to each trip to determine the amount of walking involved.

- Minimal amount of walking 
- Amount of walking is up to you 
- Large amount of walking 

FEBRUARY TRIPS

TOUR OF SIXTH FLOOR MUSEUM



Wednesday February 3rd from 9:45am to 2:30pm. Cost is \$21 per person. People of all ages seeking information and understanding about the assassination of President John F. Kennedy. The Museum is housed on the sixth & seventh floors of the former Texas School Book Depository. Lunch on your own at RJ Mexican Cuisine. Space is limited.

DINNER ON THE GO: KINCAID'S HAMBURGERS



Tuesday February 9th from 5pm to 7:30pm. Cost is \$7 per person. Join us for the newest location in Southlake. Kincaid's have been voted the best Hamburger in Tarrant County!

CHOCTAW CASINO



Tuesday February 16th from 8am to 5pm. Cost is \$3 per person. Be sure to register early for our trip to the Casino. Choctaw offers \$10 casino cash, \$10 bingo credit, \$10 blackjack credit and \$5 food credit. Be sure to bring your ID & use your player's card. Space is limited. Coupon is subject to change. Space is limited.

WINSPEAR OPERA HOUSE TOUR



Wednesday February 17th from 9:45am to 3pm. Cost is \$10 per person. A tour of the new Winspear Opera House and Wylie Theatre in Dallas! We will also visit the Trammell & Margaret Crow Asian Museum where galleries are dedicated to the arts and cultures of China, Japan, India & Southeast Asia. Lunch on your own at Sonny Bryan's BBQ.

RED HATS



Wednesday February 24th from 11am to 3pm. Cost is \$7 per person. Nee Nee's Tea Room and Antiques. Located in historic downtown Plano. Come and enjoy delicious soups, salads, quiches, sandwiches! Make sure to save room for their homemade desserts. And be prepared to shop as this tearoom is located inside of Cobwebs Antiques!

SWISS HIGHLIGHTS NOVEMBER 2nd-9th 2010

After arriving in Switzerland you will go to Montreux located on the shores of Lake Geneva to begin a six night stay. Tour highlights include Geneva City, United Nations Building, 12th century Chateau De Chillon, and much more. Cost is \$3159 for double and \$3,859 for single which includes trip insurance. Deposit of \$750 per person is due with reservation form. Final payment is due August 16, 2010. For information pick up a information flyer or call Teresa Milam at 972-219-5051.

CANADA'S ATLANTIC COAST

& NEW ENGLAND TRIP AUGUST 12th-AUGUST 21st 2010

Cruise the Atlantic enchanted coastline of New England and Canada. Cruise leaves from Bar Harbor and comes back to Baltimore, Maryland with Royal Caribbean Cruise lines. Deposit of \$645 (includes trip insurance and assigned cabin). Balance is due May 3rd 2010. Inside Cabin Category N is \$2,034; Category M is \$2,094. Outside Cabin Category I is 2,239; Category F is \$2,339. Balcony Cabin Category D2 is \$3,189. For information pick up a information flyer or call Teresa Milam at 972-219-5051. Please include all special requests when booking to better accommodate your requests.

COMPUTER CLASSES

Intro to Computers *Thursday January 7th-28th* *5:30pm-7:30pm* *\$10*
 This class will teach basic computer skills, start up and shut down, introduction to computer hardware and software, using a mouse and keyboard and much more.

Intro to Windows *Thursday February 4th-25th* *5:30pm-7:30pm* *\$10*
 This class will cover the basics of getting started using a computer. Learn how to adjust settings, Windows help, learning the accessories and more. This is an advanced version of the Intro to Computers Class

Internet and Email *Wednesday January 20th-February 10th 9am-11am* *\$10*
 Learn how to use the Internet, accessing and searching for information on any topic. Class will also discuss setting up email accounts and how to send and receive emails.

HEALTH AND WELLNESS

EXERCISE CLASSES

Classes are FREE for current YMCA members, otherwise you need to pay.

MONDAYS	Chair Class	10:30am-11:30am	\$8 a month
TUESDAYS & THURSDAYS	PACERS	9am-9:45am	\$10 a month
TUESDAYS & THURSDAYS	Evening Aerobics	6pm-7pm	\$10 a month
WEDNESDAYS	Yoga	9:15am-10am	\$10 a month

PICKLEBALL

First United Methodist Church Monday, Tuesday & Thursday from 1pm-4pm.
 Memorial Park Recreation Center Monday, Wednesday 1pm-4pm & Tuesday 6pm-9pm.

WII BOWLING

Wii bowling is a great way to exercise and have fun at the same time. Meets on Fridays and is free. Check page 10-11 for January & February times.

ZUMBA DANCE CLASS **NEW**

Is a fusion of Latin & International music that creates a dynamic, exciting, & effective fitness system. This 8 week class will meet on Wednesday evening from 5:30pm-6:30pm. Cost is \$20 for the 8 week class.

SENIOR VOLLEYBALL

If you are interested in playing Senior Volleyball, then attend the meeting on January 8th at 10am at Memorial Park Rec Center.

SENIOR BOWLING LEAGUE

It will run 8 weeks from the 1st Friday in February through the end of March. The time is 1:00 at AMF Lanes on Main Street in Lewisville. The cost is \$4 per week and includes 2 games of bowling, shoes, and the bookwork.

REGISTRATION FORM

JANUARY SPECIAL EVENTS

1/4 New Years Lunch	\$2
1/15 MLK Luncheon	\$2
1/15 T-Shirt Painting	\$10
1/22 Chili Cook Off	FREE/\$2
1/29 Birthday Breakfast	\$2

HEALTHY AGING/EXERCISE

Chair Class	\$8 monthly
PACERS	\$10 monthly
Evening Aerobics	\$10 monthly
Yoga	\$10 monthly
Zumba	\$20 for Jan-Feb

COMPUTER CLASS

Intro to Computers	\$10
Intro to Windows	\$10
Internet and Email	\$10

TRIPS

1/6 Shop and Lunch	\$7
1/12 Museum of Science and History	\$18
1/20 Lunch on the Go	\$7
1/26-1/27 Overnight Choctaw	\$60/\$120

FEBRUARY SPECIAL EVENTS

2/2 Groundhog Day Lunch	\$2
2/12 Valentine's Breakfast	\$2
2/15 President's Day Pizza	\$2
2/19 Hobo Luncheon	\$2
2/19 T-Shirt Painting	\$10
2/26 Birthday Breakfast	\$2

HEALTHY AGING/EXERCISE

Chair Class	\$8 monthly
PACERS	\$10 monthly
Evening Aerobics	\$10 monthly
Yoga	\$10 monthly

TRIPS

2/3 Sixth Floor Museum	\$21
2/9 Dinner on the Go	\$7
2/16 Choctaw Casino	\$3
2/17 Winspear Opera	\$10
2/24 Red Hats	\$7

EXTENDED TRIPS

SPAIN CLASS TOUR

March 14-March 23, 2010. Cost is \$3379 (double occupancy), \$4029 (single occupancy) and/or \$3349 (triple occupancy). Final payment due January 14th.

SWISS HIGHLIGHTS NOVEMBER 2nd-9th 2010

Cost is \$3159 for double and \$3,859 for single which includes trip insurance. Deposit is \$750 per person is due with reservation form. Final payment is due August 16, 2010.

CANADA & NEW ENGLAND TRIP AUGUST 12th-AUGUST 21st 2010

Inside Cabin Category N is \$2,034; Category M is \$2,094. Outside Cabin Category I is 2,239; Category F is \$2,339. Balcony Cabin Category D2 is \$3,189.

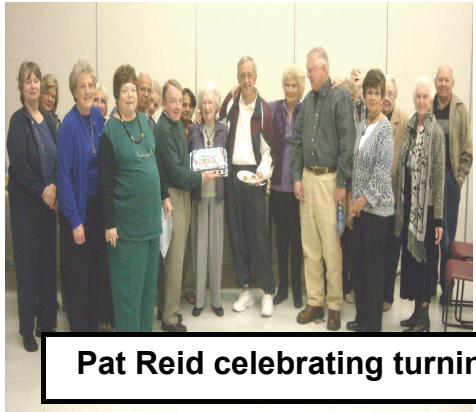
SMOKEY MOUNTAINS "SHOW TRIP"

Cost is \$575 for double and \$755 for single. Deposit is \$75 plus insurance to sign-up and the final balance is due May 12th 2010.

NAME _____ PHONE NUMBER _____

REGISTRATION INFORMATION

After initial registration times, registration is open. Residence is determined by the address where you reside. Please circle, highlight, or indicate in some way the items that you would like to sign up for. This will make it easier for the person registering you. Please do not make your check out until a staff person has confirmed the availability of the classes/activities/trips that you are requesting. Be sure and put your name and phone number on your registration form.



Pat Reid celebrating turning 90 in style!



The City of Lewisville Senior Activity Center is open to all participants 50 years and older. We think the operative word in our name is "activities," and there are lots of them here for you to enjoy. There is no charge to join the center and all you have to do is fill out a participation form. The Senior Center is located at 1950A South Valley Parkway, (corner of Corporate and Valley Parkway.) The phone number is 972-219-5050. Hours of operation are Monday, Wednesday, and Friday 8 am - 5 pm and Tuesday and Thursday 8 am - 9 pm.

MEALS

SPAN lunches are served at 11:30 am; you must sign up 24 hours in advance. Meals are \$1.50 for 60 and over and \$3.50 for those under 60 years of age. Meals on Wheels volunteer drivers are always needed, see Ruth for more information.

SENIOR CENTER STAFF

- Teresa Milam Center Supervisor
- Jeff White Recreation Specialist
- Carrie Lewis Recreation Specialist
- Bill Shull Bus Driver/Recreation Leader
- Juanita Albert Recreation Leader
- Gary Helms Recreation Leader
- Judy Gromatzky Recreation Leader
- Sandra Schultz Recreation Leader

KITCHEN CREW (SPAN) 972-219-5054

- Ruth Tidwell Site Manager
- Susan Arnold Asst. Manager

ADVERTISING INFORMATION AND RATES NEWSLETTER SUBSCRIPTION \$5 ANNUALLY. CALL 972-219-5052