

# Senior Recreation Center & Senior Pool

2020 Spring Calendar • January-April



**1400 S. College St. McKinney, TX 75069**

McKINNEY PARKS &  
**RECREATION**

*Offering recreation opportunities to adults  
50 and over*  
[www.McKinneyParks.org](http://www.McKinneyParks.org)

## Senior Recreation Center

972-547-7491

### Operation Hours

**Monday** 8:30 am-5:00 pm  
**Tuesday** 8:30 am-8:00 pm  
**Wednesday** 8:30 am-5:00 pm  
**Thursday** 8:30 am-8:00 pm  
**Friday** 8:30 am-5:00 pm  
**Saturday** Closed  
**Sunday** Closed

## Senior Pool

972-547-7497

### Operation Hours

**Monday** 6:30 am-9:00 pm  
**Tuesday** 6:30 am-9:00 pm  
**Wednesday** 6:30 am-9:00 pm  
**Thursday** 6:30 am-9:00 pm  
**Friday** 6:30 am-1:00 pm  
**Saturday** 8:00 am-12:00 pm  
**Sunday** 1:00 pm-4:00 pm

## Holiday Closures

The McKinney Senior Recreation Center and Senior Pool will be closed in observance of the following holidays:

### New Year's Day

Wednesday, January 1

### Martin Luther King, Jr. Day

Monday, January 21

## Senior Recreation Center Full Time Staff

## Senior Pool Full Time Staff

Laura Cegelski	Center Supervisor	Natalia Robalik	Aquatic Supervisor
Calie Willis	Asst. Center Supervisor	Joshua Stevenson	Asst. Aquatic Supervisor
Jessica Couch	Recreation Coordinator	Zach Tekavec	Asst. Aquatic Supervisor
Stephanie Albertini	Customer Service Rep.	Griffin White	Aquatics Pool Manager
Rudy Gallardo	Custodian		

## Table of Contents

## Spring Season Highlights

Page 1	Senior Recreation Center	Jan 15	The Perot Museum Trip
Page 2	Lunch Program & Resources	Jan 24	Chinese New Year Celebration
Page 3	Classes	Jan 31	National Hot Chocolate Day
Page 4	Creative Arts	Feb 4	Valentine's Card Making
Page 5	Dance	Feb 17	Grandparents Trip
Page 6	Fitness & Games	Feb 28	AARP DriverTEK Workshop
Page 8	Get Fit Program	Mar 13	Dallas Quilt Show Trip
Page 9	Special Events	Mar 18	Container Gardening Class
Page 10	Sports	Mar 24	Aqua Egg Hunt
Page 11	Support Services	Mar 27	Senior Services Fair
Page 12	Trips	Apr 1	Dallas Blooms Trip
Page 14	Wellness	Apr 15	Volunteer Appreciation
Page 15	Open Swim	Apr 20-24	Branson Show Trip
Page 16	Water Exercise	Apr 24	AARP DriverTEK Workshop

# Senior Recreation Center

## Member Passes

## Guest Passes

### Annual Pass

Resident	\$5/Year
Non-resident	\$10/Year

### Day Pass

Guest Over 50	\$5/Day
Guest Under 50	\$5/Day

### Membership Age Requirement

Adults 50 years of age and over.

### Guest Age Requirement

Anyone 5 years of age and over.

### Membership Passes & Application

Registering for McKinney Senior Recreation Center membership includes filling out a membership application, taking a picture and obtaining a membership card. Unless otherwise stated, participation in programs and use of services and equipment requires a current McKinney Senior Recreation Center membership or a day pass.

### Daily Passes & Participation

Registering for a McKinney Senior Recreation Center day pass includes filling out a daily pass application, taking a picture and obtaining a day pass. Guests must accompany a member of the McKinney Senior Recreation Center. Guests may participate in activities with the exception of fitness classes and the fitness room.

### Check-In

All those who enter, visit and/or use the McKinney Senior Recreation Center **MUST** check in at the front desk.

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All those who enter, visit and/or use the McKinney Senior Recreation Center **MUST** check in at the front desk.

## Visitors

The McKinney Senior Recreation Center welcomes visitors who are considering joining the center and tour the facility. Please stop by the front desk to sign in the guest book and obtain a visitor's pass. Visitors are not permitted to participate in any MSRC activity, including the fitness room.

## Scholarship Program

The City of McKinney Parks and Recreation Department offers a scholarship program to McKinney residents. Forms are available at the front desk for those who request financial assistance for activity or class participation. The scholarship is available for the direct cost of the program and excludes trips, special events and supply fees. A scholarship form must be filled out and approved by the McKinney Senior Recreation Center supervisor prior to class registration.

# Senior Recreation Center

## Lunch Program

Provided by:  
Collin County Committee on Aging

The Collin County Committee on Aging serves hot, complete and nutritious meals including an entrée and beverage at the McKinney Senior Recreation Center.

- Meals are served at 11:00 am, Monday-Friday
- \$6.00 is charged for ages 50-59
- \$5.50 is the suggested donation for ages 60+

**SIGN-UP:** Initial paperwork is required. Participants must reserve meals one day in advance by calling Linda Brown at (972) 547-7491 Monday-Friday between 8:30-11:30 am.

## Sponsors

Thank you to our sponsors for providing programs, services and resources to the members of the McKinney Senior Recreation Center!

Alzheimer's Association of Greater Dallas  
Craig Ranch Chiropractic  
Hearing Services of McKinney  
Legend of McKinney  
North Central Texas Area Agency on Aging  
Redbud Place Assisted Living  
The Chateau  
United Financial Services  
Wellness Center for Older Adults

These sponsors provide year-round support for McKinney Senior Recreation Center programs.

## Resources

### Library and Videos

Books, audio books and DVD movies are available for members to borrow for free or at no charge. Library materials are checked out on the honor system.

### Computer, Printer and Wi-Fi Access

Four internet-accessible computers and a printer/copy machine are available in the Library. The MSRC has laptops that are available for use while at the center. The laptops can be checked out at the front desk. Wi-Fi access is available for devices with wireless connectivity for no charge. No password required.

## Refunds

- No refunds will be issued for any program costing \$8 or less
- Programs costing \$9 or more will be refunded IF the activity is sold out AND the vacancy can be filled from the waitlist. If the vacancy cannot be filled a refund will not be issued.
- If a program is cancelled by the McKinney Senior Recreation Center a full refund will be issued.

# Classes

## AARP DRIVER'S SAFETY COURSE

Learn how to use your car's safety features, how to adjust for age-related changes in vision, hearing, reaction time and more. This class may qualify for an insurance discount. This course cannot be used to dismiss a ticket.

**Fee:** \$15/AARP Members\*  
 \$20/Non-AARP Members\*  
 \*Checks only, Payable to AARP

**Registration:** Registration Required

Day	Time	Date(s)
F	8:30am-1:30pm	Jan 24
F	8:30am-1:30pm	Mar 13

## AARP SMART DRIVERTek WORKSHOP

Learn about blind spot detection systems, front collision warning systems and more in this workshop specifically created by AARP to teach adults 50 and over about the latest vehicle technologies.

**Fee:** Free  
**Registration:** Registration Required

Day	Time	Date(s)
F	9:30am-11:00am	Feb 28
F	9:30am-11:00pm	Apr 24

## BEGINNER COMPUTER CLASSES

Beginner level computer classes to become more comfortable with general computer use while learning the basics of several applications.

**Fee:** Free  
**Registration:** Registration Required

Day	Time	Date(s)
Th	7:00pm-8:00pm	Jan 9
Th	7:00pm-8:00pm	Jan 23
Th	7:00pm-8:00pm	Feb 6
Th	7:00pm-8:00pm	Feb 20
Th	7:00pm-8:00pm	Mar 5
Th	7:00pm-8:00pm	Mar 19
Th	7:00pm-8:00pm	Apr 9
Th	7:00pm-8:00pm	Apr 23

## BOOK CLUB

Join this monthly club to discover new books and rediscover old favorites. The book club will meet once a month on the first Friday to discuss the month's book choice.

**Fee:** Free  
**Registration:** Drop-in Only  
**Instructor:** Tami Sutcliffe

Day	Time	Date(s)
F	2:00pm-4:00pm	Jan 3
<i>Mrs. Queen Takes the Train by William Kuhn</i>		

F	2:00pm-4:00pm	Feb 7
<i>Surely You're Joking Mr. Feynman by Richard Feynman</i>		

F	2:00pm-4:00pm	Mar 6
<i>The Book Thief by Markus Zusak</i>		

F	2:00pm-4:00pm	Apr 3
<i>Grandma Gatewood's Walk by Ben Montgomery</i>		

## MENTAL AEROBICS

Mental Aerobics is a variety of word games, puzzles and activities to stimulate mental activity. Research shows that keeping brain cells active improves efficiency.

**Fee:** Free  
**Registration:** Drop-in Only  
**Sponsor:** Wellesley Center for Older Adults

Day	Time	Date(s)
Th	7:00pm-8:00pm	Jan 10
Th	7:00pm-8:00pm	Jan 24
Th	7:00pm-8:00pm	Feb 7
Th	7:00pm-8:00pm	Feb 21
Th	7:00pm-8:00pm	Mar 7
Th	7:00pm-8:00pm	Mar 21
Th	7:00pm-8:00pm	Apr 4
Th	7:00pm-8:00pm	Apr 18

CANCELLED

# Classes

# Creative Arts

## NEW MEMBER ORIENTATION

New Member Orientation helps new members learn more about the programs and people at the Senior Recreation Center.

**Fee:** Free

**Registration:** Registration Required

Day	Time	Date(s)
Tu	10:00am-11:00am	Jan 7
Tu	10:00am-11:00am	Jan 21
Tu	10:00am-11:00am	Feb 4
Tu	10:00am-11:00am	Feb 18
Tu	10:00am-11:00am	Mar 3
Tu	10:00am-11:00am	Mar 17
Tu	10:00am-11:00am	Apr 7
Tu	10:00am-11:00am	Apr 21

# Creative Arts

## HAND SEWING

A drop-in group for members to bring their own hand stitching, crocheting and knitting projects to work on weekly.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	8:30am-12:00pm	Year Round

## QUILTING

A drop-in group where members can work on and share their own self-directed project. Group projects are occasionally available.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Th	8:30am-12:00pm	Year Round

## MACHINE EMBROIDERY

Learn the secrets of your embroidery machine as you bring dream projects to life with the help of a personal sewing coach. This class will also teach you how to use computer embroidery software to enhance designs, create quilt labels, monograms and so much more. Participants are responsible for bringing and setting up their own embroidery machines and any related supplies.

**Fee:** \$5/Residents, \$6/Non-residents

**Registration:** Registration Required

Day	Time	Date(s)
F	9:00am-4:00pm	Jan 17
F	9:00am-4:00pm	Feb 7
F	9:00am-4:00pm	Feb 21
F	9:00am-4:00pm	Mar 6
F	9:00am-4:00pm	Mar 20
F	9:00am-4:00pm	Apr 3
F	9:00am-4:00pm	Apr 17



## YOU CAN PAINT

Participants will learn the basics of color mixing, brushstrokes and perspective while completing a detailed work of art.

All art supplies are provided. Be sure to wear old clothes.

**Fee:** \$16/Residents, \$17/Non-residents

**Supply Fee:** \$20 payable by cash or check to instructor the day of the class

**Registration:** Advanced Registration Required

**Registration Deadline:** Wednesday Prior to Class

**Instructor:** Robert Garden

Day	Time	Date(s)
F	1:30pm-4:30pm	Jan 24
F	1:30pm-4:30pm	Feb 14
F	1:30pm-4:30pm	Mar 13
F	1:30pm-4:30pm	Apr 10

# Creative Arts

## PAINT EXPRESSIONS

Enjoy the company of fellow artists and friends while working on your own self-directed projects. Bring your own supplies and projects.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	1:00pm-3:00pm	Year Round

## WOODCARVING

Start with the very basics and work your way up to creating amazing masterpieces!

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
F	8:30am-12:00pm	Year Round

# Dance

## BEGINNER LINE DANCE

Learn the steps to many popular line dances.

**Fee:** Free

**Registration:** Drop-in Only

**Instructor:** Gail Donaldson

Day	Time	Date(s)
M	3:55pm-4:55pm	Year Round

## COUNTRY AFTERNOON DANCE

Meet new people, get a little exercise and enjoy an afternoon of great music and socializing in a relaxed atmosphere.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
M	1:00pm-3:30pm	Year Round

# Dance

## EVENING DANCE

Live music, refreshments and plenty of country and western dancing!

**Fee:** \$5/person at the Door

**Registration:** Drop-in Only

Day	Time	Date(s)
F	7:00pm-9:30pm	Jan 3
Band: City Lights Band		
F	7:00pm-9:30pm	Feb 7
Band: Danny Romo Band		
F	7:00pm-9:30pm	Mar 6
Band: Rough Riders		
F	7:00pm-9:30pm	Apr 3
Band: City Lights Band		

# Fitness

## DISCO WALKING

Walk, dance or strut at your own pace to disco favorites. Disco Walking meets in the mornings as a way to get up and walk while staying in the comfort of the indoors.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	8:30am-9:15am	Year Round
Th	8:30am-9:15am	Year Round

## PERSONAL TRAINING

Get 1-on-1 fitness instruction and advice with personal training appointments at the McKinney Senior Recreation Center. For appointments and fees contact Victoria Chase: 214-477-8404.





# Fitness

# Games

## FITNESS ROOM

The Fitness Room is open to members of the McKinney Senior Recreation Center during operational hours. The Fitness Room contains various exercise machines, free weights, equipment and cable TV. Be sure to bring your own ear buds/headphones for watching TV!

## FITNESS ROOM ORIENTATION

Dr. Troy Allam, with Craig Ranch Chiropractic, teaches how to safely use all of the equipment in the fitness room.

**Fee:** Free

**Registration:** Registration Required

**Instructor:** Dr. Troy Allam, DC

**Sponsor:** Craig Ranch Chiropractic

Day	Time	Date(s)
W	12:30pm-1:30pm	Feb 5
W	12:30pm-1:30pm	Mar 4
W	12:30pm-1:30pm	Apr 1

# Games

## Bingo

### BINGO NIGHT

Cash prizes are based on the number of players in attendance and will vary each session.

**Fee:** \$2 per person for two cards

**Registration:** Drop-in Only

Day	Time	Date(s)
Th	6:00pm-7:00pm*	Jan 30
Th	6:00pm-7:00pm*	Feb 27
Th	6:00pm-7:00pm*	Mar 26
Th	6:00pm-7:00pm*	Apr 30

\*Players must be present five minutes before start time

## CASH BINGO

Cash prizes are based on the number of players in attendance and will vary each session.

**Fee:** \$1 per person for two cards

**Registration:** Drop-in Only

Day	Time	Date(s)
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W 10:00am-11:00am\* Year Round

\*Players must be present five minutes before start time

## TREASURE BINGO

Play for a variety of cakes and trinkets.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
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M 10:00am-11:00am\* Year Round

\*Players must be present five minutes before start time

## Bridge

### BEGINNER BRIDGE LESSONS

Bridge Lesson time is 1:00-1:30 pm, then join the Bridge games at 1:30 pm to learn as you play with assistance from the instructor.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
-----	------	---------

Th 1:00pm-4:00pm Year Round

### DUPLICATE BRIDGE

Duplicate Bridge is a widely played variation of bridge. Players must have a partner.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
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M 10:00am-2:00pm Year Round

# Games

## Bridge

### PARTY BRIDGE

Party bridge is a trick taking card game that uses a standard deck of cards.

**Fee:** Free

**Registration:** Drop-in Only

Players do not need a partner

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
M	11:00am-2:30pm	Year Round

## Card Games

### HAND AND FOOT

A card game similar to canasta.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
Tu	12:00pm-5:00pm	Year Round

### RECREATIONAL POKER

Spend the afternoon having non-gambling fun.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
F	1:00pm-4:45pm	Year Round

## Dominoes

### MEXICAN TRAIN DOMINOES

The goal of Mexican Train is to be the first player to play all of their dominoes by forming number chains.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
W	1:00pm-4:45pm	Year Round

## Dominoes

### 42 DOMINOES

42 is a domino game similar to Bridge.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
M	11:00am-4:30pm	Year Round
Th	12:00pm-5:00pm*	Year Round

\*Group meets at 11:00 am the second Thursday of the month

## Other Games

### BUNCO

A dice game that requires players to roll for sets of multiples.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
Tu	6:00pm-7:30pm*	Year Round
F	9:30am-11:30am*	Year Round

\*Players must be present five minutes before start time

### CHESS

Play a friendly game of chess.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
F	2:00pm-4:45pm	Year Round

### MAH JONG

A tile game similar to the card game Rummy.

**Fee:** Free

**Registration:** Drop-in Only

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
W	1:30pm-4:45pm	Year Round

# Get Fit Program

## GET FIT SENIOR FITNESS PROGRAM

Get Fit classes are designed to meet the wellness needs of adults 50+. You may purchase a Get Fit Pass to participate in the following exercise classes.

The first time you participate in a Get Fit class you will receive a free visit. Be sure to let the front desk staff know it is your first time!

## GET FIT PASSES\*

Single Drop-in	\$4
8 Visit	\$25
12 Visit	\$35
16 Visit	\$43
*Passes expire 1 year from purchase date	

## BEGINNER YOGA

Balance your body, mind and spirit by developing strength, stamina, coordination and flexibility. Adaptations can be made for those with special needs.

**Fee:** Get Fit Pass Required  
**Registration:** Drop-in Only  
**Instructor:** Bob Gellar

Day	Time	Date(s)
Tu	6:30pm-7:30pm	Year Round
Th	6:15pm-7:15pm	Year Round

## CHAIR YOGA

This beginner chair exercise class is based on the yoga principles of gentle movements, breathing and relaxation techniques. The soothing stretches improve range of motion and increase flexibility.

**Fee:** Get Fit Pass Required  
**Registration:** Drop-in Only  
**Instructor:** Bridget Maglic

Day	Time	Date(s)
M	9:30am-10:15am	Year Round
W	9:30am-10:15am	Year Round

## YOGA LITE

For those who are ready to move from chair yoga to mat yoga. This class focuses on flexibility, strength, stamina and good balance.

**Fee:** Get Fit Pass Required  
**Registration:** Drop-in Only  
**Instructor:** Bridget Maglic

Day	Time	Date(s)
Tu	11:30am-12:30pm	Year Round

## CARDIO STRENGTH

A low-impact fusion class designed for seniors that includes cardiovascular, flexibility and strengthening segments for all levels of fitness.

**Fee:** Get Fit Pass Required  
**Registration:** Drop-in Only  
**Instructor:** Maria Davila

Day	Time	Date(s)
Tu	3:30pm-4:30pm	Year Round
Th	3:00pm-4:00pm	Year Round

## HEALTHY START

Overall low impact workout consisting of 20 minutes of simple cardio workout, 20 minutes of resistance training with stretch bands and 20 minutes of stretching, relaxation and flexibility exercises.

**Fee:** Get Fit Pass Required  
**Registration:** Drop-in Only  
**Instructor:** Victoria Chase

Day	Time	Date(s)
Tu	9:45am-10:45am	Year Round
Th	9:45am-10:45am	Year Round

## ZUMBA GOLD

Zumba Gold is a dance program designed for senior adults that combines Latin and international music with dance to make exercise fun.

**Fee:** Get Fit Pass Required  
**Registration:** Drop-in Only  
**Instructor:** Maria Davila

Day	Time	Date(s)
W	1:30pm-2:15pm	Year Round
F	1:30pm-2:15pm	Year Round

# Special Events

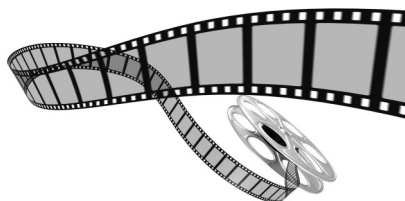
## MOVIE MATINEE

Enjoy popcorn, soda and candy while watching a movie on the "big screen!"

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
W	1:00pm-4:00pm	Jan 29
Th	9:00am-12:00pm	Jan 30
Tolkien		
W	1:00pm-4:00pm	Feb 26
Th	9:00am-12:00pm	Feb 27
Grand-Daddy Day Care		
W	1:00pm-4:00pm	Mar 25
Th	9:00am-12:00pm	Mar 26
Mary Poppins Returns		
W	1:00pm-4:00pm	Apr 29
Th	9:00am-12:00pm	Apr 30
The Mercy		



## CHINESE NEW YEAR CELEBRATION

Celebrate the Chinese New Year by learning to make paper cranes.

**Fee:** Free

**Registration:** Drop-in only

Day	Time	Date(s)
F	9:30am-10:30am	Jan 24

## NATIONAL HOT CHOCOLATE DAY

Enjoy a cup full of hot chocolate and all the toppings to celebrate!

**Fee:** Free

**Registration:** Drop-in only

Day	Time	Date(s)
F	All Day	Jan 31

## VALENTINE CARD MAKING

Make your own Valentine's cards to give to your family and friends.

**Fee:** \$7/Resident, \$8/Non-resident

**Registration:** Registration Required

**Registration Deadline:** January 31

Day	Time	Date(s)
Tu	10:30am-11:30am	Feb 4



## CONTAINER GARDENING

A hands-on class that teaches the basics of starting a container garden, which is perfect for apartment balconies, patios and other small spaces. Class fee includes materials to create one container garden.

**Fee:** \$15/Residents, \$16/Non-residents

**Registration:** Registration Required

**Registration Deadline:** March 16

Day	Time	Date(s)
W	10:30am-11:30am	Mar 18

## AQUA EGG HUNT

Participate in an hourly floating egg hunt after water exercise classes and open swim sessions. Each plastic egg contains a prize!

**Fee:** Free

**Registration:** Drop-in only

Day	Time	Date(s)
Tu	All Day	Mar 24

# Special Events

# Sports

## SENIOR SERVICES FAIR

Get to know Collin County businesses and vendors that provide services and housing options for seniors. Vendors will include assisted living facilities, senior living facilities, legal services and other businesses.

**Fee:** Free

**Registration:** Drop-in only

Day	Time	Date(s)
F	8:30am-12:30pm	Mar 27

## VOLUNTEER APPRECIATION EVENT

The Senior Recreation Center has the best volunteers in the game! Help celebrate the amazing Senior Recreation Center volunteers with a morning full of games, breakfast and fun!

**Fee:** \$2/Residents\*, \$3/Non-residents\*

\*Fee is waived for volunteers

**Registration:** Registration Required

**Registration Deadline:** April 13

Day	Time	Date(s)
W	9:00am-11:00am	Apr 15



## LIVING MEMOIRS

McKinney High School creative writing students will interview participants about their favorite life stories. The students will turn the interviews into a hard copy for participants and their families to keep for a lifetime! **More details will be released in March.**

**Fee:** No Fee

**Registration:** Registration Required

## CHAIR VOLLEYBALL

More fun than you can stand—while sitting!

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Th	11:30am-1:30pm	Year Round

## PICKLE BALL

Pickle ball is a paddle sport that combines elements of badminton, tennis and table tennis.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	3:00pm-4:30pm	Year Round
W	11:30am-1:15pm	Year Round

## PING PONG

Stop in for a friendly game, or two, of ping pong. Equipment is available for checkout at the front desk.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	2:00pm-2:45pm	Year Round
Th	2:00pm-2:45pm	Year Round

## POOL TOURNAMENTS

Blind draw, single elimination 8-ball tournaments. Limit of 28 players per tournament.

**Fee:** \$1/Resident, \$2/Non-resident

**Registration:** Registration Required

Day	Time	Date(s)
Tu	11:00am start time	Jan 7
Tu	11:00am start time	Jan 21
Tu	11:00am start time	Feb 4
Tu	11:00am start time	Feb 18
Tu	11:00am start time	Mar 3
Tu	11:00am start time	Mar 17
Tu	11:00am start time	Apr 7
Tu	11:00am start time	Apr 21

# Support Services

## ALZHEIMER'S ASSOC. MEMORY CAFÉ

A socialization program led by the Alzheimer's Association of Greater Dallas for individuals with Alzheimer's disease or dementia and their caretakers.

**Fee:** Free

**Registration:** Drop-in Only

**Sponsor:** Alzheimer's Association of Greater Dallas

Day	Time	Date(s)
W	10:30am-12:00pm	Jan 8
W	10:30am-12:00pm	Feb 12
W	10:30am-12:00pm	Mar 11
W	10:30am-12:00pm	Apr 8

## BENEFITS COUNSELING

Get one-on-one help with your questions about Medicare, Medicaid, Medigap insurance, Medicaid Nursing Home Care and other types of benefits. Appointments are 30 minutes.

**Fee:** Free

**Registration:** Registration Required

**Instructor:** Mary Jane Frank or Jim Phelan

**Sponsor:** Area Agency on Aging of North Central Texas

Day	Time	Date(s)
Tu	9:30am-11:00am	Jan 14
W	9:30am-11:00am	Jan 22
Tu	9:30am-11:00am	Feb 11
W	9:30am-11:00am	Feb 26
Tu	9:30am-11:00am	Mar 10
W	9:30am-11:00am	Mar 25
Tu	9:30am-11:00am	Apr 14
W	9:30am-11:00am	Apr 22

## COUNSELING APPOINTMENTS

Appointments for individuals and caretakers are available. Register by calling 972-547-7669 and request an appointment in McKinney.

**Fee:** Free

**Registration:** Registration Required

Day	Time	Date(s)
M	2:00pm-4:50pm*	Year Round

\*50-minute appointments

## CARETAKER SUPPORT GROUP

Fellowship, socialization, education and support for those who are caring for an individual with an impairment or disability.

**Fee:** Free

**Registration:** Drop-in Only

**Instructor:** Ann Chinloy, LCSW

**Sponsor:** Wellness Center for Older Adults

Day	Time	Date(s)
W	1:30pm-3:00pm	Jan 8
W	1:30pm-3:00pm	Feb 12
W	1:30pm-3:00pm	Mar 11
W	1:30pm-3:00pm	Apr 8

# Trips

## TRIP PHYSICAL ACTIVITY LEVEL

### EASY:



Mostly sitting with short walking intervals\*

### MODERATE:



Longer walking intervals with possible stairs and uneven terrain/sidewalks\*

### HIGH:



Extensive walking with possible stairs and uneven terrain/sidewalks\*

\*This is a generalization for trips

Please contact the front desk prior to registration for any questions about the activity level for trips.

## IMPORTANT TRIP INFORMATION

- Registration fee includes transportation and ticket when applicable.
- Please bring money for your own meal and other personal expenses.
- For special accommodations, including special bus seating and wheelchair or walker accommodations, please contact the front desk.

# Trips

## Breakfast Bunch

### POOR RICHARD'S CAFE

Poor Richard's Café is the oldest restaurant in Plano.

**Fee:** \$3/Member, \$8/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** January 24

Day	Time	Date(s)
Tu	9:00am-11:30am	Jan 28

### SNUG ON THE SQUARE

Snug On The Square is a funky, daytime coffeehouse featuring coffee and classic café meals in Downtown McKinney.

**Fee:** \$3/Member, \$8/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** March 27

Day	Time	Date(s)
Tu	9:00am-11:30am	Mar 31

### LAYERED

Layered is a coffee and bakery in Downtown McKinney that serves elevated café fare and pastries.

**Fee:** \$3/Member, \$8/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** April 24

Day	Time	Date(s)
Tu	9:00am-11:30am	Apr 28

## Lunch Bunch

### HUNGRY BELLY

Hungry Belly is a casual Asian restaurant near Lower Greenville.

**Fee:** \$5/Member, \$10/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** January 7

Day	Time	Date(s)
Th	10:00am-2:00pm	Jan 9

### LOCAL YOCAL BBQ & GRILL

A new lunch spot near downtown McKinney, Local Yocal serves sophisticated Texas barbeque and southern favorites.

**Fee:** \$5/Member, \$10/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** February 10

Day	Time	Date(s)
Th	10:00am-2:00pm	Feb 13

### IDA CLAIRE

Located in Dallas, Ida Claire restaurant serves upscale and modern takes on Southern favorites.

**Fee:** \$5/Member, \$10/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** March 10

Day	Time	Date(s)
Th	10:00am-2:00pm	Mar 12

### THE BOILING SPOT

The Boiling Spot in Plano specializes in Creole and Cajun favorites served in an easy-going nautical atmosphere.

**Fee:** \$5/Member, \$10/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** April 7

Day	Time	Date(s)
Th	10:00am-2:00pm	Apr 9

## Day Trips

### THE PEROT MUSEUM OF NATURAL SCIENCE AND HISTORY

The Perot Museum of Natural Science and History contains hands-on exhibits to inspire the inner scientist in everyone. Lunch will be at the café in the museum.

**Fee:** \$25/Member, \$30/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** January 8

Day	Time	Date(s)
W	9:00am-4:30pm	Jan 15

# Trips

## Day Trips

### VIP TOUR OF THE STAR

Experience the Dallas Cowboys' offsite training facility by touring The Ford Center, Nike Star Walk, War Room, Super Bowl Memorabilia Station and more. Lunch will be at Cane Rosso.

**Fee:** \$35/Member, \$40/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** January 27

Day	Time	Date(s)
M	9:30am-3:30pm	Feb 10

### GRANDPARENTS TRIP DALLAS WORLD AQUARIUM

Bring your grandkids to make Spring Break memories at the Dallas World Aquarium. Lunch will be at the restaurant of your choice at the aquarium. Open to ages 5 and over.

**Child Fee (Ages 12 & Under):** \$20/Person  
**Adult Fee (Ages 13-49):** \$30/Person  
**Senior Fee (Ages 50 and over):** \$26/Member  
 \$31/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** February 10

Day	Time	Date(s)
M	9:30am-4:30pm	Feb 17

### DALLAS QUILT SHOW

The Dallas Quilt Show will be held at Dallas Market Hall with a theme of "Double Vision." Lunch will be on your own at Dallas Market Hall.

**Fee:** \$15/Member, \$20/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** March 6

Day	Time	Date(s)
F	9:00am-4:00pm	Mar 13

### DALLAS BLOOMS

Dallas Blooms Festival showcases over 500,000 blooming spring bulbs and other spectacular floral displays at the Dallas Arboretum and Botanical Garden. Lunch will be on your own at the Arboretum Cafes.

**Fee:** \$20/Member, \$25/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** March 25

Day	Time	Date(s)
W	10:00am-4:30pm	Apr 1

### AFRICAN AMERICAN MUSEUM

The African American Museum in Dallas has an extensive collection of African American artistic, cultural and historical materials. Lunch will be at Gator's.

**Fee:** \$10/Member, \$15/Non-member  
**Registration:** Advanced Registration Required  
**Registration Deadline:** April 23

Day	Time	Date(s)
Th	10:00am-4:30pm	Apr 30

## Extended Trips

### BRANSON SHOW EXTRAVAGANZA

Getaway for five days and four nights to Branson, Missouri! This trip includes admission into seven shows, four nights of lodging, motor coach transportation, and eight meals.

**Fee:** \$599/Person for Double Occupancy\*  
 \$734/Person for Single Occupancy\*  
 \*\$75 Deposit Due at Initial Registration  
**Registration:** Advanced Registration Required

Day	Date(s)
M-F	Apr 20-24



# Wellness

## HEARING SCREENINGS

Drop in for a free hearing screening once a month with Hearing Services of McKinney.

**Fee:** Free

**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	10:00am-11:00am	Jan 14
Tu	10:00am-11:00am	Feb 11
Tu	10:00am-11:00am	Mar 10
Tu	10:00am-11:00am	Apr 14

## COMPUTERIZED NERVE SCREENING

This test will give you information about your nervous system and muscles.

**Fee:** Free

**Registration:** Registration Required

**Instructor:** Dr. Troy Allam, DC

**Sponsor:** Craig Ranch Chiropractic

Day	Time	Date(s)
M	12:30pm-1:30pm*	Feb 3
M	12:30pm-1:30pm*	Apr 6

\*10-minute appointments

## FOOT CARE CLINIC

A registered nurse with the Wellness Center for Older Adults will provide foot care.

Important Information:

- Participants must be an MSRC member
- Fees must be paid with exact cash or check, payable to the nurse on the day of your appointment
- Medicare & Medicaid are not accepted

**Fee:** \$15/Member

**Registration:** Registration Required

**Sponsor:** Wellness Center for Older Adults

Day	Time	Date(s)
W	8:30am-11:00am*	Feb 12
W	8:30am-11:00am*	Mar 11
W	8:30am-11:00am*	Apr 8

\*30-minute appointments

## PREVENTATIVE HEALTH CARE CLINICS

Various lab work, screenings, health education and other services provided by the Wellness Center for Older Adults.

Day	Time	Date(s)
W	8:30am-12:30pm	Jan 22
W	8:30am-12:30pm	Feb 26
W	8:30am-12:30pm	Mar 25
W	8:30am-12:30pm	Apr 22

### Lab Work & Screening Appointments:

8:30-9:30 am, 15-minute appointments

### Toe Nail/Foot Care Appointments:

9:30 am-12:30 pm, 30-minute appointments

- Registration Required
- Must be an MSRC member
- Fees must be paid with exact cash or check, payable to the nurse on the day of your appointment.
- Medicare & Medicaid are not accepted.

### Lab Work Fee Chart

**\$10 LAB FEE** for each appointment, *plus* the fee for each of these services you request:

*Hemoglobin A1c (Diabetics)	\$32
*Comprehensive Metabolic Panel	\$10
*Lipid Panel (Cholesterol)	\$14
Thyroid (TSH)	\$12
CBC & DIFF	\$7
Prostate Specific AG (PSA)	\$23
Liver Panel	\$8

**NO LAB FEE** required for these services:

*Glucose Check	Free
Blood Pressure	Free

\*Fasting Required

### Toe Nail/Foot Care Fee Chart

Toe Nail & Foot Care Clinic	\$15
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# Senior Pool

## Open Swim

### OPEN SWIM PASSES

Single Pass		Family Pass	
Single Drop-in	\$1.75	2 Members	\$110.00
15 Visit	\$20.00	3 Members	\$160.00
30 Visit	\$35.00	4+ Members	\$170.00
1 Year	\$75.00		

### OPEN SWIM

Water walking, lap swimming and exercise all at your own pace.

**Fee:** Open Swim Pass Required

**Registration:** Drop-in Only

Day	Time	Date(s)		
M	6:30am-9:00am	11:30am-1:00pm	7:30pm-9:00pm	Year Round
Tu	6:30am-9:00am	11:30am-1:00pm*	7:30pm-9:00pm	Year Round
W	6:30am-9:00am	11:30am-1:00pm	7:30pm-9:00pm	Year Round
Th	6:30am-9:00am	11:30am-1:00pm*	7:30pm-9:00pm	Year Round
F	6:30am-9:00am	11:30am-1:00pm		Year Round
S	9:00am-12:00pm			Year Round

\*Open Swim is free for members of the McKinney Senior Recreation Center

## Water Exercise

A Water Exercise Pass is required to participate in all McKinney Senior Pool water exercise classes.



Represents Class Intensity Level

### WATER EXERCISE PASSES

Resident Pass Fees		Non-Resident Pass Fees	
Single Drop-in	\$4	Single Drop-in	\$4
8 Visit	\$28	8 Visit	\$29
12 Visit	\$39	12 Visit	\$41
16 Visit	\$48	16 Visit	\$50

# Water Exercise

## AQUA H.U.G.S.

Develop basic water walking exercise skills while improving balance, muscle strength and endurance. This class is a great start for new water exercisers, including those with arthritis, fibromyalgia, multiple sclerosis and other conditions that impact activities of daily living.



**Fee:** Water Exercise Pass Required  
**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	2:00pm-3:00pm	Year Round
Th	2:00pm-3:00pm	Year Round
S	9:00am-10:00am	Year Round

## AQUAFLEX

Enjoy a balanced workout with all components of fitness aerobic training. This low impact, moderate cardio class increases strength, improves flexibility and stabilizes balance.



**Fee:** Water Exercise Pass Required  
**Registration:** Drop-in Only

Day	Time	Date(s)
F	10:30am-11:30am	Year Round

## HYDROTRAINING

Learn a balanced workout with all of the components of aerobic training. Concentrating on endurance, aerobics and flexibility using water resistance, these classes provide a safe atmosphere of resistance for cardio conditioning.



**Fee:** Water Exercise Pass Required  
**Registration:** Drop-in Only

Day	Time	Date(s)
M	9:15am-10:15am	Year Round
M	10:30am-11:30am	Year Round
Tu	9:15am-10:15am	Year Round
W	9:15am-10:15am	Year Round
Th	9:15am-10:15am	Year Round
F	9:15am-10:15am	Year Round
S	8:00am-9:00am	Year Round

## AQUA L.Y.M.B.S.

Build cardiovascular and muscular strength with this low-impact class consisting of water walking, dance steps, and yoga poses. This is a great start for beginner water exercisers and those with arthritis, fibromyalgia, multiple sclerosis and other conditions that impact daily life.



**Fee:** Water Exercise Pass Required  
**Registration:** Drop-in Only

Day	Time	Date(s)
M	10:30am-11:30am	Year Round
W	10:30am-11:30am	Year Round

## HYDROFITNESS

Build cardiovascular and muscular strength, endurance, flexibility and balance using a variety of exercises and equipment.



**Fee:** Water Exercise Pass Required  
**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	10:30am-11:30am	Year Round
Tu	1:00pm-2:00pm	Year Round
Th	10:30am-11:30am	Year Round
Th	1:00pm-2:00pm	Year Round

## SYNCHRONIZED SWIMMING

The McKinney Mermaids are an award winning senior Synchronized Swimming team. If you are interested in joining the McKinney Mermaids or want to learn more about synchronized swimming, this class will teach the basic principles of synchronized swimming.



**Fee:** Water Exercise Pass Required  
**Registration:** Drop-in Only

Day	Time	Date(s)
Tu	3:00pm-4:00pm	Year Round
Th	3:00pm-4:00pm	Year Round

Collin County Transit consists of three different subsidized taxi voucher programs that provide efficient transit options for residents of participating MUTD cities including Celina, Lowry Crossing, McKinney, Melissa, and Princeton.

### Program Information

- Monday – Friday 6 a.m. – 6 p.m.
- Saturday 8 a.m. – 6 p.m.
- Trips provided within Collin County

### How to Apply

- You can apply via email, fax, mail, or online
- Visit [CollinCountyTransit.com](http://CollinCountyTransit.com) for complete details

### Passenger Qualifications

- You must be a resident of one of the participating cities (Celina, Lowry Crossing, McKinney, Melissa, and Princeton) to participate in any of the following programs:

#### **Older Adult Program**

- Must be 65 years of age or older

#### **Individuals with Disabilities Program**

- Must meet at least one of the program disability qualifications

#### **Low Income Pilot Program**

- Program provided for 12 months and up to 100 participants based on availability of funds
- Must have an annual household income (before taxes) at the required program amounts based on the U.S. Federal Poverty Guidelines

### Cost

Fares are based on the published meter rates, including:

- \$2.25 boarding fee for customer, plus \$2 for each additional passenger
- Mileage charged at \$1.80 per mile
- Every \$1 you load on the debit card is matched by Collin County Transit 3:1 up to a value of \$400 each month

**\$20 Taxi Trip**

\$5 =  
Customer  
Funds



\$15 =  
Collin County  
Transit Funds