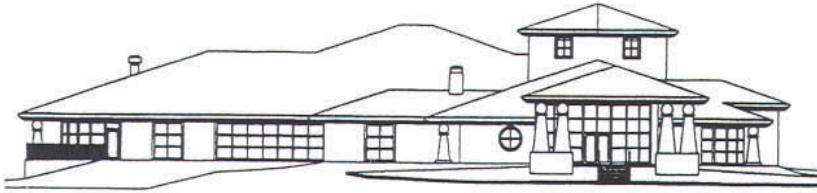


PLANO SENIOR CEN-

TER



...nal, wellness, volunteer and
...ving in or outside Plano.

**WESTERN HOEDOWN
THURSDAY, OCTOBER 13
6-8PM**

**LONE STAR BALLROOM
COST: \$6**

Join us for an evening of fun at the Western Hoedown. Prepare your palate for a delicious meal of barbecue beef, beans, coleslaw, beverage and dessert. We have "rounded up" a few crazy games and some fine entertainment to complete the evening. Pre-registration is required.

**ACCESS THE SENIOR CENTER NEWSLETTER ONLINE AT
www.planoparks.org IN THE DOWNLOAD CENTER.**



**FALL MUSIC SERIES
SECOND WEDNESDAYS
1-2PM**

**LONE STAR A
COST: FREE**

- 9/14 **Diane Meyrat-Trio**
"Potpourri of Rose Songs"
- 10/12 **Chris Dempsey**
Guitar & Singing
- 11/9 **Joyce Kahle**
Sing-Along
- 12/14 **Golden Serenaders**
Christmas Program



Starting in September the Senior Center will host a Fall Music Series featuring live entertainment.

THE PUZZLER PAGE

One letter stands for another. Single letters, apostrophes, the length and formation of the words are all hints.

LOOK ON THE BRIGHT SIDE

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		Y						I					E												

N ' C C I ' .
 M B E X Y N P R S Y H T D S I X D B O S N
 I C I N
 D F I G S R S Y H T D S I X U H K K S E S M

ANAGRAMS

See how many of the following anagrams you can figure out.
Sometimes a word can be rearranged into two words or more.

nuts = _____ tire = _____ = _____ regal = _____ = _____ = _____
 over = _____ tops = _____ = _____ = _____ = _____
 pals = _____ = _____ tuna = _____ pans = _____ = _____ = _____
 palm = _____ vase = _____
 races = _____ = _____ = _____
 tide = _____ = _____ = _____ range = _____

ALPHA-SPELLS

Alpha-Spells are words whose letters appear in alphabetical order. Your job is to put the letters into the word's original order.

d e e i m n r t _____
 a a e g m n r _____
 a e f n s t _____
 e g h h i t _____
 d i i p s t t u y _____
 a d f i n n o o t u _____
 c c d n o o r t u _____
 h m n o p s y y _____
 e i n o q s t u _____
 a e e r r s t u _____



ON THE INSIDE

Additional Opportunities.....	p.10
At Your Service.....	p.10
Bowling.....	p.8
Bridge.....	p.8
Calendar.....	p.2
Classes.....	p.7&8
Computers.....	p.7
Dance.....	p.5
Fitness.....	p.8
Golf.....	p.6
The Geriatric Wellness Center.....	p.11
Meetings.....	p.4
Ongoing Activities.....	p.5&6
The Puzzler Page.....	p.3
Special Events.....	p.1&4
Trips.....	p.5&7
Yellow Rose Gift Shop.....	p.5

Individuals are responsible for making informed decisions regarding the products, programs and services in this newsletter. The City of Plano does not endorse outside products or services presented.

MORE SPECIAL EVENTS

MULTI-CITY PROJECT

Wednesday, September 21, 10am at the Senior Center. Dr. Robbie Robinson will provide an overview of the extraordinary Arts of Collin County multi-city project. Allen, Frisco, Plano, and soon to join Fairview, are cosponsoring the development of a 130-acre arts and festival park near the intersection of S.H.121 and Custer Road. An array of arts-related venues are planned to be built in phases. The first phase is a Bass or Meyerson-sized, multi-purpose performance hall showcasing not only local arts like the Plano Symphony and Chamberlain Ballet, but also Broadway traveling shows, a gallery and arts educational programming. The arts will be more convenient and affordable for *all* of us. Come see a PowerPoint presentation with photos of the site and drawings of the theater.

NEWCOMER'S TEA

Monday, September 12, 1-2:30pm in Lone Star B. This tea is an opportunity for you to meet Senior Center staff and instructors, and to find out about upcoming programs, activities and trips. Also, learn about the Senior Center Council and what it does, and about volunteer opportunities at the Center. It is FREE.



AUGUST BIRTHDAYS

Everyone is invited to this free birthday party Thursday, August 4, 12:30pm! We'll have live music, optional dancing, cake and fun. We'll cut the cake at 1pm. September birthdays will be celebrated Thursday, September 1.



PANCAKE AND FRENCH TOAST BREAKFAST

Friday, September 23, 8:30-10:30am in Lone Star C. Sponsored by the Senior Center Council. We'll have sausage and bacon, too! No walk-ins will be accepted. Pre-registration is required. Don't miss out!

MEETINGS

AARP SCHEDULE

Board meeting on Tuesday, August 2, 9am at the Senior Center. On Wednesday, August 24, 1pm, Dr. Loren Miller will talk about 'Proposed Texas Constitutional Amendments.'

AMITY CLUB

Every second and fourth Monday from 1-2:30pm in Lone Star D.

PACESETTERS CLUB

No meeting or "lunch out" in August. Enjoy the summer and we'll meet again Wednesday, September 7 at 12:30pm.

PLANO SENIOR CENTER COUNCIL, INC.

The Council promotes the interests and well-being of senior adults who attend the Plano Senior Center. The Council discusses issues and concerns and acts in an advisory capacity to the City of Plano Senior Center staff. Membership is open to all persons 55 and older, served by the Plano Senior Center.

RED HAT HONEYS

By Mary Carneal

General meeting at the Senior Center will be on Tuesday, August 16 at Noon. Bring a cold, covered-dish—salad, sandwiches or dessert. We will have a great program by professionals from Mary Kay Cosmetics. We can *all* be more beautiful, can't we?

SENIOR CITIZENS ADVISORY BOARD

Your connection to the City of Plano government. Bring your concerns and suggestions on issues pertaining to senior citizens to board meetings. Meetings are held the first Thursday of every month, 6:30-8pm at the Senior Center in the Art Room. The next meeting will be Thursday, August 4.

FACTS ABOUT AUGUST

- The sardonyx and peridot are the gems for August.
- The poppy and gladiolus are the flowers for the month.
- Francis Scott Key, author of "The Star-Spangled Banner," was born August 1, 1779.

**THE KNITTERS' & CROCHETERS'
DONATIONS IN JUNE:**



18 blankets to the Children's Advocacy Center of Collin County;
72 blankets, 124 caps, one pair of booties, one poncho and one sweater to Parkland Hospital of Dallas; and six blankets and 10 pairs of slippers to Life Care Center of Plano.

DANCE, DANCE, DANCE!

**DANCES FOR THOSE 50 AND OLDER
TUESDAY NIGHTS
7-9:15PM
ADMISSION IS \$5**

Suggested dress code: gentlemen-tie, ladies-dressy. The dances are fun and a great way to meet people!

August bands:

- 2 - Southern Pride: Country/Western
- 9 - Charlie Patteson
- 16 - Mike Drake
- 23 - Doc Gibbs
- 30 - Vicho Vicencio



**TEA DANCE
THURSDAY AFTERNOONS
12:30-2PM
ADMISSION IS FREE**

Dance or just sit and listen to Plano's Kings of Swing in Lone Star A. On the second Thursday of every month Collin Oaks Guest Home serves refreshments at 12:30pm. Preston Place Retirement Center provides refreshments on the third Thursday.

Parking across the street by Outback Steakhouse is allowable if our parking lot is full during the day, e.g. on Thursdays during the Tea Dance.

DANCE CLASS

Registration begins Saturday, August 20 for this Dance class.

HULA HONEYS

Hula dancing is fun and gentle exercise for mind and body.
61493 Tuesdays 1-1:50pm 9/6 15 Dougherty \$6

ONGOING ACTIVI-

Lone Star C is open for cards and games:
Mondays, 9am-12:15pm;

Tuesdays, 9am-5pm;
except for the first Tuesday

Thursdays, 9am-5pm.

Reservations are not needed. Groups larger than 25 must make prior arrangements.



SHOPPING

Monday, August 8
9:45-11:30am

We'll go to **Super Wal-Mart**, which has a grocery, pharmacy, vision and photo centers, clothing, jewelry, books and other items for the home and garden. If you depend on others for transportation, this is a good chance to get some shopping done. **Sign up in the front office by Noon the Friday before. We need a minimum of four people.**

'42'

Every Tuesday and Friday
1-4pm
Lone Star D

Potluck dinner and games the fourth Thursday of each month, 4:30-9pm in the Dining Room and Lone Star C.

BINGO!

Every Wednesday 10:15-11:45am
Every Saturday 1:30-3:15pm.
\$1/card.

CREATIVE WRITING

First and Third Wednesdays
12-1pm
Lone Star D

Join us as we write and share the stories of our recollections.

**YELLOW ROSE GIFT SHOP
Handcrafted from the Heart**

The Yellow Rose has lovely gift items all crafted by our talented senior consignors. If you are an artist or crafter who would like to sell your wares in our shop, please call (972) 941-7155.
Open Monday through Friday, 10am-4pm

ONGOING ACTIVITIES

FITNESS & BILLIARDS ROOMS

The **Fitness Room** contains treadmills, stationary bicycles, a multi-station machine, benches and free weights. The **Billiards Room** contains two standard-size pool tables. There is no charge. To use the Fitness Room, please sign a waiver of liability form.

FRIDAY AFTERNOON GET TOGETHER 12:30-4pm every Friday.

Enjoy bridge, "42" and other games in the Lone Star Room. No partner required.

GAME GANG! TUESDAY AND THURSDAY NIGHTS IN THE DINING ROOM

Tuesdays and Thursdays, 6:15-9pm. Come play Canasta, Mexican Train, Spite & Malice, Skipbo, Polish Poker, Michigan Poker, Kings in the Corner, Spinners, 3-13, Phase 10, 7-UP, Hearts, 31, or bring *your* favorite and teach the group.

PLANO SENIOR MEN'S GOLF ASSOCIATION

August tournaments: Monday the 8th and 22nd at Pecan Hollow Golf Course. Approximately two days after each tournament, the results are posted on the bulletin board at Pecan Hollow. For information on how to join the Senior Men's Golf Association, call Gary Going at (972) 964-6953.

KNITTERS AND CROCHETERS

Please join us on Fridays at 10am in Lone Star Room C!

LIBRARY

The Senior Center Library offers a wide selection of materials and a growing selection of large-print books. Books on tape are also available. Try the Optelec ClearView magnifier if you'd like to read something right in our library. Check out for books is done on the Honor System.

LUNCH OPTIONS

Visit the **Senior Center Snack Bar** for a sandwich, Monday through Friday, 11am-12:30pm. Operated by trained volunteers, the Snack Bar is a much appreciated service offering a variety of lunch options for as little as \$1!

The **Collin County Committee on Aging Nutrition Program** serves lunch at the Senior Center beginning at 11:45am every Monday through

Friday. Suggested donation is \$3 for those 60 and over. Make reservations at least 24 hours in advance by calling Willie Ann Nelson, Nutrition Site Manager, (972) 941-7155. The lunch program also provides transportation. To reach the Collin County Committee on Aging for Meals on Wheels call (972) 562-4275.

SING-ALONG WITH THE GOLDEN SERENADERS

Every Thursday from 2-3pm in Lone Star A. Mina Daffinee directs. All voices are welcome. The only requirement is your love for singing. This group performs at area assisted-living facilities and nursing homes. Transportation is provided for performances.

"To sing is an expression of your being, a being which is becoming." ~Maria Callas~

MOVIES ARE BACK!

Thursdays at 6:30pm

Fridays at 1pm

August movies:

4-5 Meet the Fockers (PG-13, Comedy, 2004) starring Ben Stiller—1 hour 56 minutes

After being given the third degree by his girlfriend's father, Greg Focker now faces the even more embarrassing task of introducing his parents.

11-12 National Treasure (PG, Adventure, 2004) starring Nicolas Cage—2 hour 11 minutes

As Gates-family legend has it, George Washington, Thomas Jefferson and Benjamin Franklin hid a massive cache of gold during the time of the Revolutionary War and left clues as to its whereabouts in the original drafts of the Constitution and the Declaration of Independence. Gates sets out to crack the code to find the fortune.

18-19 Coach Carter (PG-13, Drama, 2005) starring Samuel L. Jackson—2 hours 16 minutes

The true-life story of a coach who tries to teach his players that there's more to life than basketball.

25-26 Something the Lord Made (NR, Drama, 2004) starring Alan Rickman—1 hour 50 minutes

Based on a true story. The chief surgeon at Johns Hopkins University makes the acquaintance of Vivien, a carpenter working at the university. He discovers Vivien is a man of keen intelligence who has a great interest in medicine. Vivien lacks the financial resources to obtain a medical degree. The surgeon takes him on as his lab assistant and together they develop a technique to correct a common congenital heart defect in children.

CLASSES

How to Read the Activity/Course Information

EXAMPLE:



ELDER PLANNING WORKSHOP & LUNCHEON II
56970 Monday 10:30am-1pm 8/1 1 Steelman \$5

The title of the course is **ELDER PLANNING WORKSHOP & LUNCHEON II**. The course number is 56970, and it meets at the Senior Center on Monday from 10:30am-1pm, begins 8/1, meets 1 time, the instructor is Steelman, and the fee for this course is \$5.

FALL REGISTRATION FOR RESIDENTS BEGINS AT 8AM SATURDAY, AUGUST 20

3 WAYS TO REGISTER:

1. You are the first in line when you are online. Internet Registration is the fastest method. Go to www.planoparks.org and click on Leisure Online. When registration begins, 750 people (or Internet connections) are allowed at one time. After the first 30 minutes, the demand subsides, allowing quick and easy access to the site.

Be sure to get a Family PIN and Individual ID by calling any Plano recreation center prior to the first day of registration. Have your Family PIN, Individual ID, course numbers and credit card information ready when you logon.

2. You can also register by telephone. This method is a little slower than Internet Registration. We have 16 phone lines available. The automated system requires your Family PIN and Individual ID numbers for everyone you wish to register. Have your course numbers and credit card information handy when you call. Peak demand usually subsides after the first hour.

3. Residents may register in person at any of our recreation centers. This is the slowest option.

See Your Parks And Recreation Leisure Catalog For Details On Classes And Trips.

BUSINESS

ELDER PLANNING WORKSHOP & LUNCHEON II
Learn how to protect your assets against nursing home attachments without purchasing expensive long-term care insurance.
56970 Monday 10:30am-1pm 8/1 1 Steelman \$5

COMPUTERS

SeniorNet is a non-profit organization established to help individuals, 50 and over, learn computer skills in a comfortable learning environment. Experience stress-free instruction at the Senior Center, in small classes, among peer students in classes taught by senior volunteer instructors and coaches. Visit the Web site, www.seniornet.org. The annual membership fee is \$40/year per person. Textbook and class fees are extra. See your *Leisure* catalog for details on the following Fall courses: **Computer Genealogy, Digital Photoshop Studio, Excel, File Management, Intro. to the Internet, Intro. to Computers, Keyboarding and Word Processing.**

CRAFTS & FINE ARTS

EVENING ELEGANCE-NEW

Make special-occasion jewelry pieces, using fine jewelry designs for inspiration. Bring color swatches or pictures of that special outfit for color and neckline design information. Bring beads to class. Beads and other usable items can be purchased at local arts and crafts stores. Tools will be provided.

59206 Thursdays 10-11:30am 8/4 2 Bartlett \$30

OIL PAINTING WITH LOU ANN

58712 Fridays 9am-Noon 8/5 4 Bower \$55

PENCIL ART

58233 Wednesdays 10am-Noon 8/3 4 Belle \$65

SEASIDE SHIMMER-NEW

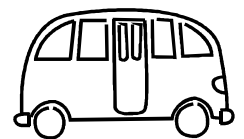
Capture the colors of the ocean in a three-piece jewelry ensemble. Combine various sizes, shapes and colors of blues from turquoise to aquamarine with pearls, glass, shells and more; or use the neutral color of sand, bleached sea shells and sea glass. Bring beads to class. Beads and other usable items can be purchased at local arts and crafts stores. Tools will be provided.

59208 Thursdays 10-11:30am 8/18 2 Bartlett \$30

TRIPS

AUGUST

- 1 Fish on Fire
- 3 Movie of the Month
- 12 Watertower Theater: Cabaret
- 16 Dallas Holocaust Museum



SEPTEMBER

- 17 Texas Country Reporter Fall Fest-New
- 19 Matilde's Tex-Mex Buffet-New
- 29 Comanche Peak & Dinosaur Valley-New

ETC.

THE SENIOR BOOK CLUB

This group of book lovers gathers for stimulating discussion and book talk presented by a librarian from the Plano Public Library System.

57912 Tuesday 1-2pm 8/16 1 Staff FREE

FITNESS

ABS, HIPS & THIGHS

58829 Mondays 11-11:50am 8/1 5 Brady \$20

CARDIO COMBO

58656 Wednesdays 9-9:50am 8/3 4 Harrison \$17

CIRCUIT TRAINING FOR SENIORS (BEG)

58825 Mondays 10-10:50am 8/1 5 Brady \$20

COME WALK WITH ME!

Join at any time during the session.

58358 Wednesdays 9-10am 6/1 12 Perry FREE

GENTLE AEROBICS

58836 Thursdays 10-10:50am 8/4 5 Brady \$20

PILATES FOR SENIORS

58838 Thursdays 11-11:50am 8/4 5 Brady \$20

SCULPT-N-STRETCH

58532 Wednesdays 10-10:50am 8/3 4 Harrison \$17

SENIOR CHALLENGE

58832 Tuesdays 10-10:50am 8/2 5 Brady \$20

SENIOR WEIGHT TRAINING

58834 Tuesdays 11-11:50am 8/2 5 Brady \$20

WEIGHT TRAINING

58449 Thursdays 9-9:50am 8/4 4 Dunkin \$16

YOGA FOR SENIORS (BEG)

58840 Tuesdays 10:45am-12pm 8/2 4 Abrams \$21

YOGA FOR SENIORS (EXP)

58843 Tuesdays 9:25-10:40am 8/2 4 Abrams \$21

YOGALATES FOR ADULTS 55+

Feel energized, strong and relaxed with this flowing mixture of yoga and Pilates exercises for beginners. Personalized exercise modifications for each individual are encouraged and welcome.

58665 Wednesdays 11-11:50am 8/3 4 Harrison \$17

Regular exercise—such as walking—is an important part of a healthy lifestyle. Not only can it help you achieve a healthy weight, but it also can:

- Tone your muscles
- Boost your cardiovascular endurance
- Help reduce stress and tension
- Increase your energy level
- Help reduce the risk of high blood pressure

Check with your doctor before beginning any exercise program.

BOWLING NEWS: A NEW SEASON WILL START ON TUESDAY, SEPTEMBER 6

By Roy Taylor

The Plano Super Bowl at 2521 Avenue K has given us a special rate of \$3.25 for three practice games each Tuesday at 9:15am through August to encourage anyone 50 years of age or older to get ready for the new season! It's



not necessary to be a member of the Swinging Seniors league. We hope you will join us! There will be an organizational meeting at the Plano Super Bowl on Tuesday, August 30 at 12pm. All members and anyone wishing to join are encouraged to attend. For more information call Roy Taylor, (972) 964-3125.

BRIDGE BUSINESS

Friday Afternoon Bridge

Regular bridge is played each Friday from 12:30-3pm. No partner required. High scorers in June:

3 – Marian Pollock, Nina Walkins, Frank Anderson

10 – Eddie Salvo, Betty Baxter, Loretta Hudspeth

17 – Gloria Chadbourn, Coe Sweeney, Liz Lye

24 – Joy Althouse, Sanford Sams, Carmen Alvas

Marathon Bridge

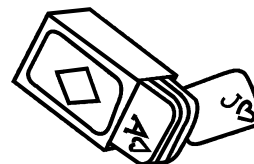
Next meeting will be Monday, August 15, 1pm. You may call Roberta Gee, (972) 437-2915, to get your name on the substitute list.

Monday Duplicate

This month's meetings are August 8 and 22 at 12:30pm. Call Dot Gebauer, (972) 596-3528, or Cecil West, (972) 618-2365, for information and to reserve space for you and a partner.

Tuesday Duplicate

Group meets the first Tuesday of each month at 12:30pm using the Howell Movement. If interested, call Betty Huggins, (972) 422-8288.



Thank you Plano Star Courier for donating a complimentary four-month subscription to June Bridge winner Eddie Salvo!

HELPFUL CONTACT INFORMATION:

AARP Texas:

(866) 227-7443 (toll-free)

Assistance Center of Collin County Information and Referral:

900 East 18th Street
(972) 422-1850

Animal Services:

(972) 769-4360

Auto Registration:

920 East Park Boulevard
(972) 881-3010

Dallas Area Rapid Transit:

(214) 979-1111

Dallas Morning News:

(214) 745-8383

Driver License:

2109 West Parker Road, Suite 224
(On the northwest corner of Parker and Custer)
(972) 867-4221

Emergency:

911

Main Post Office, Plano:

(972) 423-4260

Plano Chamber of Commerce:

1200 East 15th Street
(972) 424-7547

City of Plano:

(972) 941-7000

Plano Senior Center:

(972) 941-7155

Plano Star Courier:

(972) 424-6565

Public Safety for Non-Emergency:

Fire (972) 941-7159
Police (972) 424-5678

Social Security:

2414 West University, Suite 115, McKinney
(972) 562-1055

Volunteer Center of Plano:

(972) 422-1050

Water, Sewer and Garbage Collection:

(972) 941-7105

THANK YOU FOR PROVIDING FOR OUR INDEPENDENCE DAY PARTY!

SECURE HORIZONS provided chips, pretzels,
baked beans and volunteer help;

**COREY CURRENT WITH HERITAGE TRUST
SERVICES** provided the hot dogs;

McDONALD'S provided all of the apple pies!

Merci

ANSWERS TO PAGE 3 LOOK ON THE BRIGHT SIDE

*Don't cry because it's over, smile because it
happened.*

ANAGRAMS

nuts = stun
over = rove
pals = slap = laps
palm = lamp
races = scare = cares = acres
tide = diet = edit = tied
tire = tier = rite
tops = pots = stop = spot = post
tuna = aunt
vase = save
range = anger
regal = glare = large = lager
pans = snap = naps = span

ALPHA-SPELLS

deeeimnrt = determine
aaegmnr = manager
aefnst = fasten
eghhit = height
diipsttuy = stupidity
adfinnootu = foundation
ccdnoortu = conductor
hmnopsyy = symphony
einoqstu = question
aeerrstu = treasure



ADDITIONAL OPPORTUNITIES

AARP DRIVER SAFETY COURSE

Save on your auto insurance, reducing your rates by 10 percent for three years! It is not necessary to be a member of AARP to participate. Classes are offered at the Senior Center each month. This month, classes will be held Saturdays, August 6 and 13, 1-5pm and Thursday and Friday, August 18 and 19, 8:30am-12:30pm. The course consists of two 4-hour sessions. To register, call or visit the Center, (972) 941-7155. Cost is \$10 payable at first class meeting. Participants must be 50 years of age or older. This course is not good for traffic citations.

CITY OF PLANO VOLUNTEER PROGRAM

If you are looking for a volunteer opportunity in city government, call Robin Popik, Supervisor, (972)941-7114.

SENIOR CENTER VOLUNTEERS

Volunteers are needed for the Snack Bar, Library, Gift Shop and as Greeters. If interested, please fill out a volunteer form at the front desk.

HERITAGE TRUST SERVICES *Specializing in Living Trusts*

- Why would I want a living trust?
- Is a living will the same as a living trust?
- If I have a living trust, do I still need a will?
- How can a living trust save estate taxes?
- What is probate?
- Should I consider a corporate trustee?
- What does a successor trustee do?

Get answers to these questions and more!

Call for your consultation, (214) 558-7581
coreycurrent1@yahoo.com

•508 W. Lookout Dr., Ste. 14 #10
Richardson, TX 75080•

COREY CURRENT

AT YOUR SERVICE

"Are You O.K.?"

A SAFETY AND SECURITY SERVICE

The City of Plano Public Safety Communications Department has designed a service to give Plano seniors a greater feeling of security by providing them with a daily telephone call to check on their well-being. For more information, please call (972) 941-7900. This service is free of charge.

COPY MACHINE

A copy machine is available in the lobby. Copies are 5¢ each for the first 10 copies. All others are 10¢ each. Your Senior Center Council maintains this machine.



SMILES & FRIENDSHIP

The Senior Center Council sends cards to seniors when they are ill, etc. If you know someone who is ill, please leave a message at the front desk, so they can be remembered.

TRANSPORTATION

For Transportation for the Disabled, access DART at www.dart.org/paratransit.asp. For information concerning transportation to Senior Center activities, please call (972) 941-7155. The Senior Center does not provide transportation from assisted living, nursing facilities and retirement housing where activities and transportation are provided.

Senior Trans is available for other locations. The City of Plano, in agreement with Collin County Committee On Aging, has expanded transportation services for persons 60 and older who have no other means of transportation, reside within the Plano Independent School District limits, and are able to board a van or bus with little or no assistance (with the exception of wheelchair passengers). Pick-up and drop-off must be within the Plano service area. No service is provided to nursing homes or assisted living facilities. Service is Monday through Friday between 8:30am-3:30pm. A second route service is offered during peak hours on Monday, Wednesday and Friday from 7:30am-2:30pm. Posted hours are for the first pick up and the last drop off. Service will not be provided most holidays. Reservations must be made 48 hours in advance with Collin County Committee on Aging, (972) 562-4275, 6am-3pm. The user participation fee is 50¢ per person per one-way trip.

PLANO SENIOR CENTER

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

Plano Senior Center cannot be responsible for personal items left at the Senior Center or supervision of patrons after facility closing hours.

THE GERIATRIC WELLNESS CENTER

GERIATRIC WELLNESS CENTER OF COLLIN COUNTY

401 West 16th Street, Suite 600

Plano, Texas 75075

(972) 941-7335

Office Hours: Monday - Friday, 9am-5pm



The goal of the Wellness Center is to promote senior citizens' health through the services of a geriatric nurse practitioner and social worker/counselor. The social worker is available to counsel older adults and their caregivers who may have emotional concerns or problems and to provide referral to services. The geriatric nurse practitioner offers physical exams and lab tests to screen for health problems, as well as maintenance visits such as foot care and ear cleaning. The Wellness Center also teaches about health conditions and medications, holds support groups and lends durable medical equipment. Friendly visitor volunteers are provided as well.

Denise Draper, Program Specialist

Janis Krendick, Adult/Geriatric Nurse Practitioner

Elizabeth Kent, Social Worker/Volunteer Coordinator

Diane Williams, Counselor/Social Worker

ALZHEIMER'S SUPPORT GROUP

Thursday, August 25, 4-5:30pm. Sponsored by the Alzheimer's Association. We meet at the Young at Heart Adult Daycare Center (inside Victoria Gardens) to share information and offer support for those caring for a loved one with Alzheimer's Disease. The Young at Heart Center is located east of Highway 75 at 310 South Jupiter in Allen (between Bethany and Main Street). During the meeting, Young at Heart provides free care for loved ones for Allen support group participants only. Please call Freida Kawar, RN, (972) 390-8796 to reserve respite care.

Should you be unable to attend the Young at Heart support group at this time, please call Elizabeth Kent, (972) 941-7335.

ATRIUM HEALTH SCREENING

On the second Thursday of each month, join us in the Atrium for an ever-changing array of free screenings offered by the nurse and community resources. This month will be ear checks.

BENEFITS COUNSELING (Medicare/Social Security, etc.)

Tuesdays by appointment. Individual Benefits Counseling is offered at the Center on a scheduled basis. Call for an appointment, (972) 941-7335.

BLOOD PRESSURE CHECKS

Thursday, August 4, 10am-Noon. We will check blood pressures in the Atrium. No appointment is necessary.

CAREGIVER'S SUPPORT GROUP

Tuesday, August 16, 6:30-8:30pm. All caregivers are welcome to attend a monthly support group which meets on the third Tuesday at the Plano Senior Center.

DIABETES Q & A

Thursday, August 18, 1:30-3:30pm in the Community Room on the Mezzanine level of Central Market, 320 Coit Road. A Healthy Living Specialist will answer your questions. There will be free refreshments and a store tour. RSVP by Monday, August 15, (972) 941-7335.

DIABETIC SUPPORT GROUP

Monday, August 15, 1-2:30pm. This group meets the third Monday of each month and focuses on diabetic education and management.

GRIEF SUPPORT GROUP

Wednesday, August 3, 1-2:30pm in Classroom B. For those who have suffered the loss of a family member, friend or loved one. Meets on the first Wednesday of each month.

HEARING LOSS SUPPORT GROUP

Wednesday, August 17, 1-2:30pm. This group is for those who are hearing challenged. Co-sponsored by the Deaf Action Center and the Geriatric Wellness Center of Collin County. Facilitated by Esther Kelly, Hard of Hearing Specialist.

LIVING WITH LOW VISION

Thursday, August 25, 10-11:30am in Classrooms B/C. We welcome you and your family members.

MENTAL AEROBICS

Each Thursday, Noon-1pm in the Art Room. We meet for a mental exercise class that is stimulating and fun! Come join us and try it. USE IT OR LOSE IT!

NURSE'S CLOSET

The Wellness Center offers free lending of durable medical equipment such as canes, walkers, potties, etc. We have a great need for additional wheelchairs, bath benches and canes at this time. We welcome your donations.

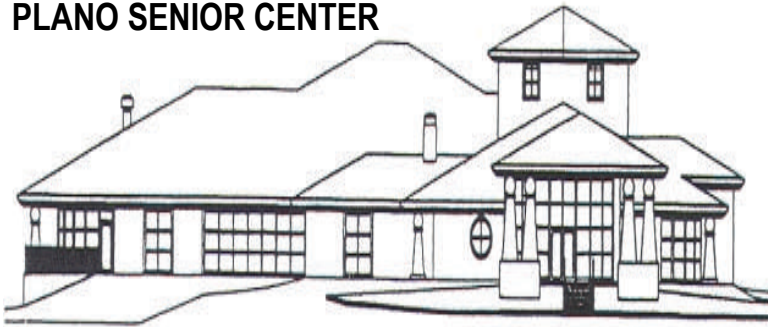
VOLUNTEERS NEEDED to aid frail seniors after hospital discharge from the Medical Center of McKinney. Volunteers will provide practical, non-medical support for a couple of hours a week for 6 to 8 weeks. Training and ongoing support provided. Call Elizabeth Kent for details, (972) 941-7335.



City of Plano
Senior Center
401 West 16th Street
P.O. Box 860358
Plano, Texas 75086-0358
(972) 941-7155



PLANO SENIOR CENTER



CENTER HOURS

8am to 5pm on Monday, Wednesday and Friday

8am to 9pm on Tuesday and Thursday

1pm to 5pm on Saturday

The Plano Senior Center Newsletter can be mailed monthly to you for \$5/year. To subscribe, please stop by the front desk or call the Senior Center, (972) 941-7155. Cash, checks, VISA, MasterCard and Discover are accepted. Make checks payable to City of Plano.

SENIOR SERVICES STAFF

Dell Kaplan, Supervisor
Sara Deats, Recreation Coordinator
Pam Perry, Recreation Coordinator
J.T. Trujillo, Recreation Aide
Angela Boudoin, Recreation Aide
Lawrence Pero, Recreation Attendant
Carolyn Bowers, Secretary
Jim Hitt, Van/Bus Driver
Clifford Armstead, Van/Bus Driver

SENIOR CENTER COUNCIL

Wayne Whitney, President
Joyce Brown, Vice President
Heili Herndon, Treasurer
Priscilla Smith, Secretary
Rita Batson
Eunice Boyles
Jim Gleason
Bob Griffis
Sandy Whitney
Sandi Goldbach, Advisor to President

PARKS & RECREATION PLANNING BOARD

Guy Wormald, Chairman
Karen Bellessa
Mary Long
Bill Neukrantz
Frances Ngoh
Jim Norton
Susan Plonka
Don Wendell, Director of Parks & Recreation