

# Allen Senior Recreation Center



December 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Operation Hours:</b> M/W/F 7am-5pm T/Th 7am-8pm Saturday 8am-1pm</p> <p>Last updated: 11/3/09</p> <p>Schedule subject to change.</p>	<p><b>1</b> 8:45-9:45 Silver Sneakers 10-12 Chess Club 10:30-12:15 Karaoke 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand &amp; Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 3-4 Line Dance* 4-7 Card Party*</p>	<p><b>2</b> 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Skip Bo 10-2:30 South Fork Trip* 10 Yoga-CANCELLED 10:30-11:30 Open Exercise 12:30-2:30 Dance to the Disc 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi*</p>	<p><b>3</b> 8:30-9:30 Walking Club* 9:30-12 Bridge Club 9:30-10:30 Line Dance* 10-12 Wii Play* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo</p>	<p><b>4</b> 9:30-10:30 AFEP 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 10:30-11:30 Farkle Lessons* 10-1 Nativity Trip* 12:30-4 Open Crafts 1-4 Social Bridge</p> <p>City of Allen Christmas Tree Lighting</p>	<p><b>5</b> <b>Open 8am-1pm</b> 9-10:15 Yoga-NEW* (Use Greenville &amp; St. Mary to access building in a.m.)</p> <p>City of Allen Rudolph Run</p>
<p><b>7</b> 9-10 Blood Pressure/ Glucose 10-12 Foot Care* 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-11:30 Skin Care* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-4 Open Crafts 12:30-2:00 Bus Rider Outing* 2-3 Tai Chi* 2-3:30 Piano Classes*</p>	<p><b>8</b> 8:45-9:45 Silver Sneakers 10-12 Chess Club 10-11 Medicare* 10:45 St Jude 10:30-12:15 Karaoke 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand &amp; Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 3-4 Line Dance* 5-7 Cash Bingo</p>	<p><b>9</b> <u>CANCELLED: AFEP, Open Exercise, Dance to the Disc</u> 9-10 Collectors Club 10-11 Skip Bo (Dining Room) 10-11 NEW-Yoga-Living Well* <b>11-12:30 Christmas Lunch*</b> 12:30-3 Decorative Painting* 1-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi *</p>	<p><b>10</b> 8:30-9:30 Walking Club* 9:30-10:30 Line Dance* 9:30-12 Bridge Club 10-11 Grief During Holidays* 10-12 Wii Play* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo</p>	<p><b>11</b> 9:30-10:30 AFEP 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons* 10:30-2 Mah Jongg-Dining/Classroom 12:30-2 Open Crafts 1-2 Social Bridge-Classroom</p> <p><b>CLOSED TODAY:</b> <u>MultiPurpose ABC at 11:30am</u> <u>Dining Room at 2pm</u> <u>Classroom at 2pm</u> <u>Craft Room at 2pm</u></p>	<p><b>12</b> <b>Open 8am-1pm</b> 9-10:15 Yoga*</p>
<p><b>14</b> 10-3:30 ICE @ Gaylord* 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-12 Computer Talk* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-4 Open Crafts 2-3 Tai Chi * 2-3:30 Piano Classes*</p>	<p><b>15</b> 8:45-9:45 Silver Sneakers 10-12 Chess Club 10:30-12:15 Karaoke 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand &amp; Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 3-4 Line Dance* 4-7 Card Party*</p>	<p><b>16</b> 9:30-10:30 AFEP 10:30-11:30 Open Exercise 9-10 Collectors Club 10-11 Skip Bo 10-11 Yoga-Living Well* 10:00-11:30 Music w/ Murray* 10:30-11:30 Resource Hour 12:30-3 Decorative Painting* 12:30-2:30 Dance to the Disc 12:30-2:30 Pinochle 12:30-1:30 Sudoku w/ Murray* 1-4 "Social" Bridge 2-3 Tai Chi*</p>	<p><b>17</b> 8:30-9:30 Walking Club* 9:30-10:30 Line Dance* 9:30-12 Bridge Club 10-12 Wii Play* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo 5-8 Bridge</p>	<p><b>18</b> 7:30-9:30 Birthday Breakfast 9:30-10:30 AFEP 10:30-11:30 Floral Design* 10:30-11:30 Farkle Lessons* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-4 Open Crafts 1-4 Social Bridge</p>	<p><b>19</b> <b>Open 8am-1pm</b> 9-10:15 Yoga*</p>
<p><b>21</b> 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-4 Open Crafts</p>	<p><b>22</b> 8:45-9:45 Silver Sneakers 10-12 Chess Club 10:30-12:15 Karaoke 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand &amp; Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 3-4 Line Dance* 5-7 Cash Bingo</p>	<p><b>23</b> 9-10 Collectors Club 9:30 AFEP— CANCELLED 10-11 Skip Bo 10:30-11:30 Open Exercise 12:30-2:30 Dance to the Disc 12:30-2:30 Pinochle 1-4 "Social" Bridge</p>	<p><b>24</b> <b>CLOSED</b></p>	<p><b>25</b> <b>CLOSED</b></p>	<p><b>26</b> <b>CLOSED</b></p>
<p><b>28</b> 9:30 AFEP— CANCELLED 9:30-12:30 Ceramics* 10:30-12 Computer Talk* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-4 Open Crafts</p>	<p><b>29</b> 8:45-9:45 Silver Sneakers 10-12 Chess Club 10:30-12:15 Karaoke 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand &amp; Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 3-4 Line Dance*</p>	<p><b>30</b> 9-10 Collectors Club 9:30 AFEP— CANCELLED 10-11 Skip Bo 10:30-11:30 Open Exercise 12:30-2:30 Dance to the Disc 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge</p>	<p><b>31</b> <b>10-12:30 New Years' Eve Party*</b> 12:30-2:30 Mexican Train CANCELLED: Line Dance, Bridge Club &amp; Cash Bingo, Inter Line Dance</p> <p>**CLOSE at 6pm Tonight**</p>	<p><b>1</b> <b>CLOSED</b> New Year's Day (Open Saturday, Jan 2)</p>	<p>Allen Senior Recreation Center 451 St Mary Dr. Allen, Texas 75002 214-509-4820 www.allenparks.org</p> <p>All activities with an asterisk * require pre-registration.</p>