

Allen Senior Recreation Center

March 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-3 Stitchin' Time 1-4 AARP Tax Returns 2-3 Tai Chi* 2-3:30 Piano Classes*	2 8:45-9:45 Silver Sneakers 9:30-4 Choctaw* 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:45-4 Karaoke 1:30-3:30 Modeling Club 3-4 Line Dance* 5-7 Card Party*	3 9-10 Collectors Club 9:30-10:30 AFEP 10:30-11:30 Open Exercise 10-11 NEW-Morning Yoga* 10:30-12 Pain Free Seminar* 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi *	4 9:30-10:30 Line Dance* 9:30-12 Bridge Club 12:30-2:30 Wii Play* 10:30-11:30 Self Defense* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo	5 7:30-9:30 Birthday Breakfast 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons* 10:30-3 Mah Jongg 11-12 Feel Great Seminar* 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc	6 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga-NEW* 9:30-11:30 Chess Lessons*
8 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-12 Computer Talk* 10:30-11:30 March into Spring* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-3 Stitchin' Time 1-4 AARP Tax Returns 2-3 Tai Chi* 2-3:30 Piano Classes*	9 8:45-9:45 Silver Sneakers 9-4 Fort Worth Museum Trip* 10-12 Chess Club 10:45 St Jude 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Cash Bingo	10 9-10 Collectors Club 9:30-10:30 AFEP 10:30-11:30 Open Exercise 10-11 Morning Yoga* 10-11:30 Music w/ Murray* 11-12 L&L Home Care Network* 12:30-3 Decorative Painting* 12:30-1:30 Sudoku w/ Murray* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi *	11 9:30-10:30 Line Dance* 9:30-12 Bridge Club 10 Heart Healthy* 12:30-2:30 Wii Play* 10:30-11:30 Self Defense* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo	12 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons* 10:30-3 Mah Jongg 11-12 Retirement Planning* 12:30-2 Bus Rider Outing* 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc	13 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga* 9:30-11:30 Chess Lessons*
15 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-5 AARP Safe Driving* 12:30-3 Stitchin' Time 1-4 AARP Tax Returns 2-3 Tai Chi * 2-3:30 Piano Classes*	16 8:45-9:45 Silver Sneakers 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance-CANCELLED* 5-7 Card Party (Classrooms)*	17 9-10 Collectors Club 9:30 AFEP - <i>Cancelled</i> 10:30 Open Exercise - <i>Cancelled</i> 10-11 Morning Yoga* 11-1 St Patrick's Day Party* 12:30-3 Decorative Painting* 1-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi*	18 9:30-10:30 Line Dance* 9:30-12 Bridge Club 12:30-2:30 Wii Play* 10:30-11:30 Self Defense* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo 5-8 Bridge	19 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons* 10:30-3 Mah Jongg 11-12 Secrets of Gardener* 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc	20 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga* 9:30-11:30 Chess Lessons*
22 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 11-12 Green Card* 12:30-3 Stitchin' Time 12:30-1:30 Dr Allam Screening* 1-4 AARP Tax Returns 1-2 Genealogy Club* 2-3 Tai Chi * 2-3:30 Piano Classes*	23 8:45-9:45 Silver Sneakers 9:30-2:30 Dallas Blooms Trip* 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Cash Bingo	24 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Morning Yoga* 10:30-11:30 Open Exercise 11-12 Dr. Lavery L&L* 12:30-1:30 Fitness Orientation* 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi *	25 9:30-10:30 Line Dance* 9:30-12 Bridge Club 10:30-11:30 Self Defense* 12:30-2:30 Wii Play* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo	26 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons* 10:30-3 Mah Jongg 11-12 Senior Select Screening 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc	27 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga* 9:30-11:30 Chess Lessons*
29 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 10:30-11:30 Say Cheese* 11 Branson Pre-Trip* 12:30-3 Stitchin' Time 1-4 AARP Tax Returns 2-3 Tai Chi *	30 8:45-9:45 Silver Sneakers 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Card Party*	31 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Morning Yoga* 10:30-11:30 Know What To Do* 10:30-11:30 Open Exercise 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi *	<u>Operation Hours:</u> M/W/F 7am-5pm T/Th 7am-8pm Saturday 8am-1pm Last updated: 2/1/10	Allen Senior Recreation Center 451 St Mary Dr. Allen, Texas 75002 214-509-4820 www.allenparks.org	All activities with an asterisk * require pre-registration. Schedule subject to change.

Allen Senior Recreation Center



April 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Allen Senior Recreation Center 451 St Mary Dr. Allen, Texas 75002 214-509-4820 www.allenparks.org</p>	<p><u>Operation Hours:</u> M/W/F 7am-5pm T/Th 7am-8pm Saturday 8am-1pm Last updated: 2/1/10</p>	<p>All activities with an asterisk * require pre-registration.</p> <p>Schedule subject to change.</p>	<p>1 9:30-10:30 Line Dance* 9:30-12 Bridge Club 12:30-2:30 Wii Play* 10:30-11:30 Self Defense* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo</p>	<p>2 7:30-9:30 Birthday Breakfast 9:30-10:30 AFEP 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc</p>	<p>3 Open 8am-1pm 8-12 Open Crafts 9- Yoga-CANCELLED*</p>
<p>5 9-10 Blood Pressure Checks 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:00-12:00 Foot Care* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-3 Stitchin' Time 1-4 AARP Tax Returns 2-3 Tai Chi* 2-3:30 Piano Classes*</p>	<p>6 8:45-9:45 Silver Sneakers 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Card Party*</p>	<p>7 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Morning Yoga-NEW* 10:30-11:30 Open Exercise 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi *</p>	<p>8 9:30-10:30 Line Dance* 9:30-12 Bridge Club 12:30-2:30 Wii Play* 10-11 Phone Assistance* 10:30-11:30 Self Defense* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo</p>	<p>9 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons 10:30-3 Mah Jongg 11-12 Senior Select L&L* 12:30-2 Bus Rider Outing* 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc</p>	<p>10 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga-NEW* 9:30-11:30 Chess Lessons*</p>
<p>12 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 12:30-3 Stitchin' Time 1-4 AARP Tax Returns 2-3 Tai Chi * 2-3:30 Piano Classes*</p> <p>BRANSON TRIP April 12-16</p>	<p>13 8:45-9:45 Silver Sneakers 10-12 Chess Club 10:45 St Jude 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Cash Bingo</p>	<p>14 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Morning Yoga* 10:30-11:30 Open Exercise 12:30-3 Decorative Painting* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi*</p>	<p>15 9:30-10:30 Line Dance* 9:30-12 Bridge Club 12:30-2:30 Wii Play* 10:30-11:30 Self Defense* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo 5-8 Bridge</p>	<p>16 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 10:30-11:30 Farkle Lessons 11-12 Edward Jones* 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc</p>	<p>17 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga* 9:30-11:30 Chess Lessons*</p>
<p>19 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30-11:30 Thank Goodness* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-3 Stitchin' Time 2-3 Tai Chi * 2-3:30 Piano Classes*</p> <p>Volunteer Week!</p>	<p>20 8:30-3:30 Dallas Cowboy Trip* 8:45-9:45 Silver Sneakers 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Card Party*</p>	<p>21 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Morning Yoga* 10-11:30 Music w/ Murray* 10:30-11:30 Open Exercise 12:30-3 Decorative Painting* 12:30-1:30 Sudoku w/ Murray* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi*</p>	<p>22 9:30-10:30 Line Dance* 9:30-12 Bridge Club 12:30 Wii Play-cancelled* 10:30-11:30 Self Defense* 11-1 Volunteer Lunch* (By Invitation) 12:30 Inter. Line Dance-cancelled* 12:30-2:30 Mexican Train 5-7 Cash Bingo</p>	<p>23 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Medicare* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons 10:30-3 Mah Jongg 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc</p>	<p>24 Open 8am-1pm 8-12 Open Crafts 9-10:15 Yoga* 9:30-11:30 Chess Lessons*</p>
<p>26 9:30-10:30 AFEP 9:30-12:30 Ceramics* 10:30 Belmont Trip* 10:30-12 Computer Talk* 10:30-11:30 Open Exercise 10:30-3 Mah Jongg 12:30-3 Stitchin' Time 1-2 Genealogy Club* 2-3 Tai Chi * 2-3:30 Piano Classes*</p>	<p>27 8:45-9:45 Silver Sneakers 10-12 Chess Club 12:30-1:15 Inter. Line Dance* 12:30-2:30 "42", Hand & Foot 12:30-1:30 Sing Along Time 1:30-3:30 Modeling Club 1:45-4 Karaoke 3-4 Line Dance* 5-7 Cash Bingo</p>	<p>28 9-10 Collectors Club 9:30-10:30 AFEP 10-11 Morning Yoga* 10:30-11:30 Open Exercise 10:30-11:30 Resource Hour* 12:30-3 Decorative Painting* 12:30-1:30 Fitness Orientation* 12:30-2:30 Pinochle 1-4 "Social" Bridge 2-3 Tai Chi*</p>	<p>29 8-4 Canton Trade Days Trip* 9:30-10:30 Line Dance* 9:30-12 Bridge Club 10-11:30 Garden Club* 12:30-2:30 Wii Play* 12:30-1:15 Inter. Line Dance* 12:30-2:30 Mexican Train 5-7 Cash Bingo</p>	<p>30 9:30-10:30 AFEP 9:30-11:30 Bridge Lessons* 10:30-11:30 Open Exercise 10:30-11:30 Farkle Lessons 10:30-11:30 Floral Class* 10:30-3 Mah Jongg 12:30-4 Open Crafts 1-4 Social Bridge 1-3 Dance to the Disc</p>	