

JANUARY/FEBRUARY 2025

center link

YOUR CONNECTION TO ALLEN SENIOR RECREATION CENTER



inside

- Fitness
- Wellness Seminars
- Entertainment
- ...and More!

HAPPY NEW YEAR 2025

One more year filled with sweet memories
and cheerful times has passed.

The Allen Senior Recreation Center staff
would like to wish you and your family
a very Happy New Year!

HOLIDAY FACILITY CLOSURES

CLOSED DEC. 24 - 25
CLOSING AT 5PM, TUESDAY, DEC. 31
CLOSED WEDNESDAY, JAN. 1

center-link

YOUR CONNECTION TO
ALLEN SENIOR RECREATION CENTER

MONTHLY HIGHLIGHTS

- Jan 9 Kalamaki Eatery/Buc-cces Day Trip
- Jan 16 Luncheon Tour of Parkview Allen
- Jan 30 Choctaw Casino Day Trip
- Jan 31 Touchdown Chili Throw Down
- Feb 14 Valentine's Day Dance Party w/ AHS
- Feb 19 Diabetes Prevention
- Feb 20 Luncheon Tour of Legacy Willow Bend

FACILITY CLOSURES

- Jan 1 New Years Day
- Jan 20 MLK Day

ALLEN SENIOR RECREATION CENTER

451 St. Mary Drive
Allen, Texas 75002

CONTACT

214.509.4820 | LifeInAllen.org

HOURS OF OPERATION

Mon, Wed, Fri: 7AM-5PM
Tue, Thurs: 7AM-7PM
Meal Services: Noon



TABLE OF CONTENTS

PAGE



Travel Link



Learning Link



Creative Link



Common Link



Active Link



Open Game Play



Volunteer Link



Helpful Links



ON THE COVER

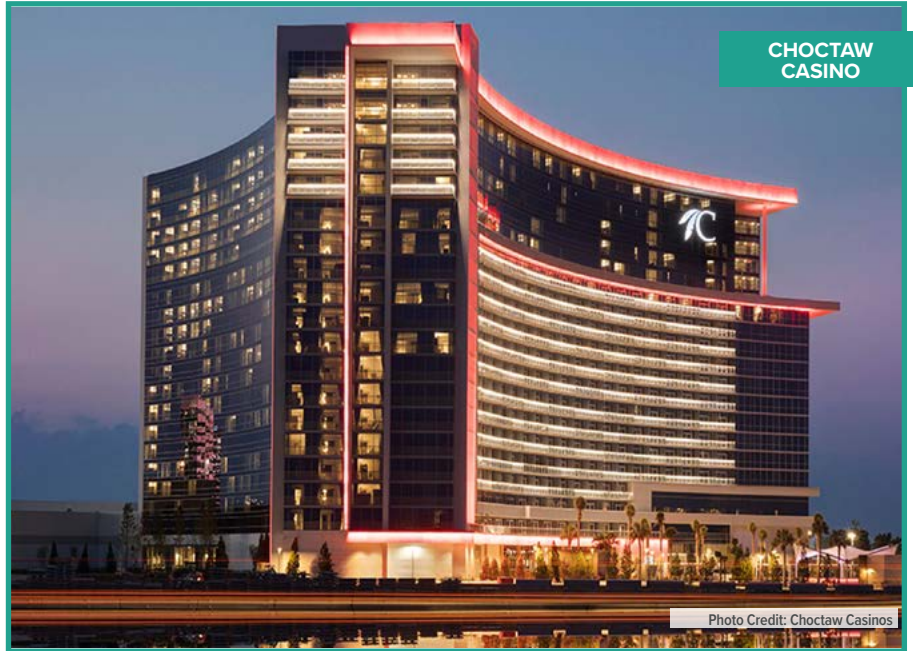
Allen Senior Recreation Center Walking Group members enjoying a beautiful morning stroll.



TRAVEL REMINDERS

- ◆ **Please do not park in the handicap spaces while on a trip.**
- ◆ **Those who can easily walk, please try parking at the east or west parking lots across the street at Allen Heritage Village. This will increase the number of parking spaces for members attending the Center.**
- ◆ *Arrive 20 minutes before the printed departure time. The bus leaves on time.*
- ◆ *Return times are approximate for traffic and unforeseen situations.*
- ◆ *Those who return late to the bus may forfeit future trip privileges.*
- ◆ *You must travel round-trip on the bus to participate in the trips.*

TRAVEL*



CHOCTAW CASINO DAY TRIP ●●●

Calling all winners! We have a feeling there are a lot of you. We're off to the casino. The only thing needed for this outing is cash, luck and a big bag to bring back your winnings in.

[34079, TH, 1/30 8:30AM-4:00PM, \\$22](#)

***ALL TRAVEL IS NOW REGISTERING ONLINE!**

TRIP LEGEND



EASY

Generally light walking



MODERATE

Able to stand or walk for longer periods without assistance



ACTIVE

Lots of walking, good physical health recommended



TICKETED TRIP

Trip requires a pre-ordered ticket; refunds not available.

LUNCHEON TOUR OF PARKVIEW ALLEN ●●

Are you considering living in an Independent Living Facility or know of someone who may need a little assistance or socialization in their day? Parkview Allen is offering you a lovely luncheon and tour to discover what senior living can do for you. Discover the benefits!

[34061](#), TH, 1/16, 12:45-2:45PM, \$5

LUNCHEON TOUR OF LEGACY WILLOW BEND ●●

Housing options vary as we age due to our needs. Legacy of Willow Bend is continuing care retirement community that offers all levels of care including independent living, assisted living, memory support, and skilled nursing (rehab/long term nursing care). The Legacy can meet many of the housing and care needs that you or someone in your life may need because of a variety of life circumstances or personal choice. The Legacy is a Lifecare Community meaning they offer “Care For Life” for its members. Enjoy a lovely luncheon and tour to discover what senior living can do for you.

[34073](#), TH, 2/20, 11AM-1:30PM, \$5



Photo Credit: A Place for Mom



FOOD BREAK



KALAMAKI EATERY / BUC-EE'S

Kalamaki Eatery brings the authentic flavors of Greek souvlaki and gyros to Texas, inspired by the quick, laid-back cuisine of Greece's islands. Rooted in firsthand experiences from Mykonos, it offers a true taste of Greece right here at home. On the return trip to ASRC, we will stop at Buc-ee's for a short shopping spree.

[34080](#), TH, 1/9 10:45AM-1:30PM, \$5

LEARNING

TEXAS A&M
AGRILIFE



PIANO LESSONS*

Piano instruction for all levels, beginner to advanced. Piano playing enhances both physical and mental health. Lessons are 30 minutes with one student per lesson. Instructor: Bonnie Harrison.

No online registration: register in person at the front desk.

[T, 1/7-1/28 11AM-3PM, \\$63, \(4 LESSONS\)](#)

[W, 1/8-1/29 11AM-3PM, \\$63, \(4 LESSONS\)](#)

[TH, 1/2-1/30, 11AM-3PM, \\$78, \(5 LESSONS\)](#)

[NO CLASS 1/1](#)

[T, 2/4-2/25, 11AM-3PM, \\$63 \(4 LESSONS\)](#)

[W, 2/5-2/26, 11AM-3PM, \\$63 \(4 LESSONS\)](#)

[TH, 2/6-2/27, 11AM-3PM, \\$63 \(4 LESSONS\)](#)

MENTAL AEROBICS

This class is designed to help you maintain your cognition and brain health, which can lower your risk of dementia and help with increased functional independence. Enjoy this group as you practice brain exercises. This group is sponsored by Michelle and Heather with The Legacy at Home.

[33116, T, 1/14 & 1/28, 11-11:45AM, FREE](#)

[33117, T, 2/11 & 2/25, 11-11:45AM, FREE](#)

INTRODUCTION TO THE ALZHEIMER'S ASSOCIATION

The Alzheimer's Association will be here to discuss their educational and health resources including: statistics, risk factors, warning signs and healthy brain habits. Alzheimer's is increasing worldwide and is the most common type of Dementia. Take this opportunity to get educated on how this resource can be of benefit to you and your loved ones.

[34054, T, 1/7, 10-11AM, FREE](#)

MENTAL AEROBICS-WHY?

Discover the importance of 'saving your brain' in this engaging class. Designed for adults 50+, it offers strategies to combat stagnation with mental challenges, brain games, and new skill development. Based on current research, Mental Aerobics provides evidence-based exercises to keep your mind sharp and inspired.

[34095, T, 2/18, 2:30-3:30PM, FREE](#)

KEEPING YOURSELF CYBER SAFE

Don't be the victim of cyber-crime. Learn about today's threats and how to protect against them on your computer, on your phone and on social media. By attending this class, you will leave feeling an enhanced level of security fitness.

[32402, W, 1/8, 10-11AM, FREE](#)

STEP UP SCALE DOWN WITH TX A&M AGRILIFE

Step Up Scale Down is a twelve week weight loss class helping you to loose weight healthfully. Healthful weight loss through food, life style choices and exercise will be addressed. Research shows it takes time to make habits become ingrained and thus the class lasts for a duration of time so that you can internalize a healthful routine. Twelve weeks of on going attendance is required.

[34060, TH, 1/9-3/27, 9AM-10AM, FREE](#)

ELDER FRAUD: IT'S A MATTER OF PERSONALITY

Learn why certain behaviors make people more vulnerable to divulging sensitive information or giving away their money. By attending this class, you will learn why your own temperament can influence the way you interact with information. The examples and exercises provided will allow you to walk away feeling more secure about your activities on the phone and on your computer.

[32392, W, 1/15, 10-11AM, FREE](#)

DISCOVERING YOUR "LIVING WELL" FACTOR

Our mission at The Wellness Center for Older Adults is to help seniors achieve their highest level of physical, mental, and spiritual well-being. Learn about services provided and the stages of adult development experienced with aging. Models and tools that promote health & wellness will be reviewed to define and practice your own Living Well Factor.

[34009, T, 1/21, 1-2:30PM, FREE](#)

IT'S A MATTER OF BALANCE

Can you control a fall? Can you decrease your chances of falling both when out and at home? This class will teach you tools to increase your safety and increase your balance, mobility and flexibility. Learn how to keep the balance in your life! This class is grant funded and requires you attend all eight sessions!

[34058, W, 1/22-3/12, 8:30-10:30AM, FREE](#)

ELDER LAW ESTATE PLANNING

Do you have plans for your legacy? Health, property and family future needs can leave us feeling overwhelmed at times. Lawyer Alan Murray is here to answer questions you may have about POA, Advanced Directives and Estate Planning. Bring your questions and leave feeling more secure about your future.

[34059, W, 1/29, 1-2PM, FREE](#)

PAIN MANAGEMENT SOLUTIONS

Pain, whether acute or chronic, can negatively affect every aspect of your life. Dr. David can give the tools to fight back against the frustration and fatigue you may be feeling as you deal with your pain. Pain management can set you free to begin living the life you are suppose to live. Dr. David's presentation might be just what the "doctor ordered" for you to find a pain solution.

[34081, T, 2/4, 11AM-12PM, FREE](#)

PHONE TECHNOLOGY WITH ZAENA

Zaena returns to share and guide you through your cell phone questions. In this class you will learn how to navigate: WIFI settings, maps and directions, notifications, back up data and explore built in apps.

[34070, T, 2/4, 5:30-6:30PM, FREE](#)



Luncheon Tour Of Legacy Willow Bend

Enjoy a luncheon and tour at Legacy of Willow Bend, a Lifecare Community offering senior living options from independent living to skilled nursing. Discover how 'Care For Life' can meet your needs or those of a loved one.

[34073, TH, 2/20, 11AM-1:30PM, \\$5](#)

PHARMACEUTICAL AND HERBAL TREATMENTS FOR MEMORY

There are many treatments for memory issues, both medicinal and non pharmaceutical, i.e. herbs. Both may offer the benefit of improved cognition and results can vary person by person. Reshma Patel, PharmD, is here to discuss current medical interventions versus the numerous alternative herbal treatments you may have heard of.

[34068, W, 2/12, 1-2PM, FREE](#)

DIABETES PREVENTION

Diabetes can be prevented through our food choices, exercise and many other lifestyle choices. You will learn how to navigate these choices safely with advice from Linda with TX A&M Agri Life. Food samples provided.

[34069, W, 2/19, 11AM-12PM, \\$2](#)

VALENTINE'S DAY DANCE PARTY WITH ALLEN HIGH SCHOOL



Love is in the air this February at ASRC! Join us for a fun DJ'd dance, sponsored by Daisha with WellMed and lunch from Griswold Healthcare Choices. Whether you dance or just enjoy the vibes, Cupid promises a day filled with friendship and joy!

[34072, F, 2/14, 12-2PM, \\$3](#)

LUNCHEON TOUR OF PARKVIEW ALLEN



Are you considering living in an Independent Living Facility or know of someone who may need a little assistance or socialization in their day? Parkview Allen is offering you a lovely luncheon and tour to discover what senior living can do for you. Discover the benefits!

[34061, TH, 1/16, 12:45-2:45PM, \\$5](#)

Diabetes Prevention

Diabetes can be prevented through our food choices, exercise and many other lifestyle choices. You will learn how to navigate these choices safely with advice from Linda with TX A&M Agri Life. Food samples provided.

[34069](#), W, 2/19, 11AM-12PM, \$2



NEW CLASSES AT JOE FARMER RECREATION CENTER

Joe Farmer Recreation Center is home to brand new crafty and creative classes that everyone can love!

Get to speaking with Conversational French,
[33493](#), F, 1/10-2/4, 5:30-6:30PM, JFRC Member: \$100/
Non-Member: \$140
[33494](#), F, 2/21-4/4, 5:30-6:30PM, JFRC Member: \$100/
Non-Member: \$140

or handknit the coziest blanket,
[33379](#), S, 1/25, 10:30AM-1:30PM, JFRC Member: \$40/
Non-Member: \$56



CREATIVE

CERAMICS



CERAMICS

Create beautiful ceramic pieces. Open to all beginners and more advanced students. Supply list is available when the student comes to the craft room. All first-time ceramic students will receive a set of free class tools. Instructor: Sara Cantlon

[33973](#), T, 1/7-1/28, 9AM-12PM, \$35

[33972](#), T, 2/4-2/25, 9AM-12PM, \$35

WATERCOLOR DOODLE

Unleash your creativity with a watercolor painting session by Twist Squiggle and Doodle. You will create a one of a kind 11x15 watercolor work of art. The image is on the watercolor paper and ready to paint. This session is approximately 1.5 hours. Instructor: Charlotte Samuel

[33964](#), F, 1/3, 2-3:30PM, \$20

[33962](#), F, 2/7, 2-3:30PM, \$20

PASSING HATS

For over five years, ASRC members have knitted hats for cancer patients who are undergoing cancer treatment at local hospitals. Stop by the Dining Room every third Tuesday to pick up donated yarn to make more hats while dropping off completed hats. Facilitator: Cynthia Rogers

T, 1/21, 9:45-10:30AM, FREE

T, 2/18, 9:45-10:30AM, FREE

QUILTING CLUB

Bring a quilting project and share information, fun, and friendship. Facilitator: Ruth Meyers

[29729](#), W, 1/15 & 1/29, 12:30-4PM, FREE

[29730](#), W, 2/5 & 2/19, 12:30-4PM, FREE

STITCHIN' TIME

Bring any kind of handwork project such as crochet, knit, embroidery or cross stitch. Enjoy fellowship and fun while working on projects. Led by all who come!

M, 1/3-1/27, 12:30-3PM, FREE

(NO GROUP 1/20)

M, 2/3-2/24 12:30-3PM, FREE

CRAFTY THINGS WITH JCK

Let your imagination soar at our Crafty Things class with JCK. Melinda and Peggy along with all the awesome interns will be creating monthly themed masterpieces. See the front desk for examples. Supplies Provided.

[33965](#), M, 1/13, 10AM-12PM, \$2

[33966](#), M, 2/10, 10AM-12PM, \$2



COMMON

CASH BINGO



VETERANS GROUP

Calling all Veterans! This group meets monthly to discuss Veterans issues and confidentiality is required. Come and learn about Veterans issues while meeting fellow service members. Facilitator: Geno Marascio.

[33106](#), F, 1/3 & 1/17, 11AM-12PM, FREE
[33107](#), F, 2/7 & 2/21, 11AM-12PM, FREE

VETERAN SUPPORT GROUP

ASRC welcomes a new group for Veterans, their families, and friends. This group is led by Kenny Thomas, General Manager of the PTSD Foundation Of America, DFW. This group focuses on personal PTSD issues and/ or those who know someone experiencing PTSD. The group offers complete confidentiality and non-judgmental friendship.

[34002](#), F, 1/10 & 1/24, 11AM-12PM, FREE
[34006](#), F, 2/14 & 2/28, 11AM-12PM, FREE

CAREGIVER SUPPORT GROUP

Nora, MSW, from the Wellness Center is here to support you in everything that is entailed with caregiving. From the emotional toll, to physical exhaustion, to moments of sheer joy, there are others who are sharing your experience. Find friendship, community and proven resources to help keep you healthy while you navigate this life path before, during and after. This group will meet monthly and can be attended as needed.

[34035](#), T, 1/21, 2:30-3:30PM, FREE
[34036](#), T, 2/18, 2:30-3:30PM, FREE

COLLECTORS CLUB

For collectors of coins, stamps, currency, memorabilia, autographs, or anything else. Come to talk about a personal collection or to see what others have brought. FREE appraisals if needed. Facilitator: Richard Loudermilk

[W, 1/8-1/29, 9-10AM, FREE](#)
[\(NO GROUP 1/1\)](#)
[W, 2/5-2/26, 9-10AM, FREE](#)

BOOK CLUB

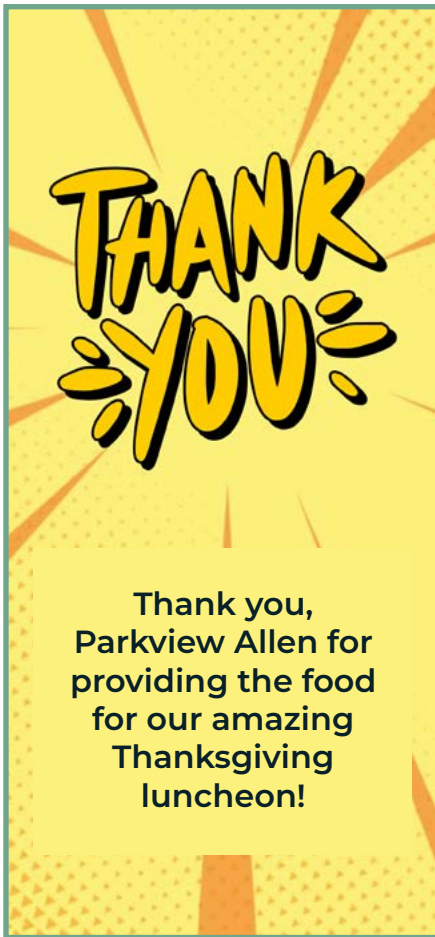
Would you like to start a new hobby, make new friends, discover a new topic, do something great for your brain, have intellectual, fun and stirring conversations? With all these possibilities, who could say "No?" The Allen Public Library will be leading us on this new adventure, and we welcome you!

[33102](#), W, 2/5, 2-3PM, FREE

UKULELE GROUP

This group is all about enjoying the ukulele and having fun with people who share affection for this wonderful instrument. Come join a friendly and welcoming group who would be delighted if you join them. Bring your own ukulele or use one of the loaners. Led by those who come!

[33713](#), TH, 1/2-1/30, 10:30-12PM, FREE
[33714](#), TH, 2/6-2/27, 10:30-12PM, FREE



BIBLE STUDY

Meet fellow members to discuss the Bible in an open and welcoming environment. Enjoy this non-denominational gathering for fun and fellowship. Facilitator: Nabeel Sarah

[34047](#), TH, 1/2-1/30, 12:30-2PM, FREE
[34046](#), TH, 2/6-2/27, 12:30-2PM, FREE

GUITAR GROUP

Come join Brent's Guitar Circle. Take turns sharing your favorite guitar songs and strum along with others. BYOG (Bring Your Own Guitar) If you need a little help, come a little early.

[33230](#), W, 1/8-1/29, 1-3PM, FREE
[33231](#), W, 2/5-2/26 1-3PM, FREE

ONSITE JEWELRY REPAIR WITH JEWELERS LISA & TOBY

Do you have necklace with a broken clasp? Or a ring that needs sizing? Maybe you have earrings that need to be converted from clasp to pierced. Is that watch sitting on your dresser with nothing to do? Let Toby and Lisa bring your jewelry back to life and put it back where it should be, on you! Supply fee will vary based on service provided.

NO REPAIR IN JANUARY-MLK JR. FACILITY CLOSURE
[34050](#), M, 2/17, 11:15AM-12PM, (SUPPLY FEE VARIES)

GENEALOGY CLUB

Members of this club enjoy tracing their roots. Join experienced genealogists and beginners alike, new members are welcomed anytime. Facilitator: Stacy Stanislav

[33111](#), M, 1/27, 1-2PM, FREE
[33112](#), M, 2/24, 1-2PM, FREE

CASH BINGO

Play Bingo every Tuesday from 2-4PM. Card purchases are \$1 each with a maximum of 6 cards and starts at 1:15PM promptly. Membership is required to participate. Win up to \$10!

T, 2-4 PM, FREE
NO BINGO 12/24

VALENTINE'S DAY DANCE PARTY WITH ALLEN HIGH SCHOOL

February is the month of love and Cupid's arrow has hit hard at ASRC! In celebration of friendship, fun and frivolity, we are having a DJ'd dance and you are invited! The DJ is being provided by Daisha with WellMed. Lunch is being provided by Griswold Healthcare Choices.

Dancing is not required but Cupid is promising that love will be in the air for all those who attend!

[34072](#), F, 2/14, 12-2PM, \$3

TOUCHDOWN CHILI THROW DOWN

Join us for a members-only Chili Cook-Off! Compete with your best chili recipe for trophies in 'Most Unique' and 'Judge Favorite' categories. Enjoy a fun social hour with corn hole, music, and chili tasting.

Bring your chili, ready to serve by 2 PM (include ingredients/allergen info if possible). Wear your favorite team's gear—Super Bowl pick or all-time fave—and we'll supply the bowls, utensils, and root beer!

[34062](#), F, 1/31, 2-3:30PM, FREE

ACTIVE



WALKING GROUP



GET FIT! – NEW

✔ DROP IN

A complete mix of low impact aerobics, strength conditioning and stretching with an emphasis on balance. Adaptations will be offered for different ability levels. Led by an Advanced Personal Trainer with specialized education in Function Fitness along with Parkinson's Regeneration Training. This class is a fit for everyone! Instructor: Victoria Chase

[33977](#), M, 1/6-1/27 12:30-1:30PM, \$15

[33978](#), F, 1/3-1/31, 9-10AM, \$23

NO CLASS 1/20

[33980](#), M, 2/3-2/24, 12:30-1:30PM, \$19

[33981](#), F, 2/7-2/28, 9-10AM, \$19

ARTHRITIS:

✔ DROP IN

GET MOVIN!

Feel more energized by participating in this low-to-moderate intensity fitness class that improves strength, endurance, flexibility, and balance. This class will benefit those experiencing arthritis, chronic joint/muscle pain, limited or painful movement by reducing pain and stiffness and will help in improving abilities to do daily tasks.

[33989](#), M/W, 1/6-1/29, 9-10AM, \$12

[33990](#), M/W, 1/6-1/29, 10-11AM, \$12

[33991](#), M/W, 2/3-2/26, 9-10AM, \$12

[33992](#), M/W, 2/3-2/26, 10-11AM, \$12

BEGINNER

✔ DROP IN

TAI CHI

Tai Chi and Qigong are ideal for seniors. These low-impact exercises calm the mind and improve overall wellness, balance, muscle strength, coordination and flexibility. Instructor: Lani Gossett

[33264](#), M, 1/6-1/27, 11AM-12PM, \$6

[33265](#), M, 2/3-2/24, 11AM-12PM, \$6

BEGINNER LINE

✔ DROP IN

DANCE

Rock your world with FUN EASY EXERCISE! Line dancing enhances cognitive abilities, improves cardio/pulmonary functions, increases metabolism, helps weight control, is FUN, elevates your mood, relieves stress, boosts self-esteem, is FUN, and increases bone density. Give it a try! No experience necessary. Instructor: Nikki Simpson

[33998](#), W, 1/8-1/29, 4-4:50PM, \$26

NO CLASS 1/1

[33999](#), W, 2/5-2/26 4-4:50PM, \$26

CHAIR VOLLEYBALL

More fun than you can stand—while seated! Chair volleyball is great for upper-body mobility, reflexes, hand-eye coordination, and endurance, but more importantly, it's FUN and there are always a few laughs! The game is played with a beach ball and net.

[33225](#), W/F, 1/3-1/31, W: 11AM-12PM,

F: 10:30AM-12PM, FREE

(NO CLASS 1/1)

[33226](#), W/F, 2/5-2/28, W: 11AM-12PM,

F: 10:30AM-12PM, FREE

Grab & Go

First Come First Served
in the Lobby

8:30 a.m. - 9:30 a.m.

MONDAY

JANUARY 13

WITH BANKERS LIFE INSURANCE

TUESDAY

FEBRUARY 18

WITH DISCOVERY VILLAGE



IT'S A MATTER OF **BALANCE**

Can you control a fall? Can you decrease your chances of falling both when out and at home? This class will teach you tools to increase your safety and increase your balance, mobility and flexibility. Learn how to keep the balance in your life! This class is grant funded and requires you attend all 8 sessions.

[34058](#), W, 1/22 - 3/12, 8:30-10:30AM, FREE





The new LIFE Guide is here!

Check out all of the newest and coolest classes and camps happening around Allen for the Winter and Spring seasons. Get crafty with art classes or get moving with active camps.

View it all at:
LifeinAllen.org/Guide

CHAIR YOGA

✔ DROP IN

Great beginner class! Participants will learn how to bring together breath, body, and mind in slow and relaxing yoga movements and poses. Increase strength, flexibility, and balance while using a chair for assistance. Various meditation practices will be included at the end of each class. Instructor: Tess Thompson

[34005](#), T, 1/7-1/28, 11:10AM-12PM, \$23

[34007](#), TH, 1/2-1/30, 11:10AM-12PM, \$28

[34010](#), T, 1/4-1/25, 11:10AM-12PM, \$23

[34011](#), TH, 2/6-2/27, 11:10AM-12PM, \$23

FITNESS

ORIENTATION

Join Dr. Troy Allam from Craig Ranch Chiropractic for an Orientation on the fitness equipment. Learn safety, and health tips. This is recommended for members new to our fitness room.

[33220](#), TH, 1/16, 11AM-12PM, FREE

[33221](#), TH, 2/20, 11AM-12PM, FREE

GENTLE FLOW YOGA

✔ DROP IN

This yoga class will teach Vinyasa style, slow flow yoga, joining yoga postures together with the breath and body movement, to develop a stronger mind-body connection. A mat is required, and a yoga block and small pillow are recommended. Instructor: Tess Thompson

[34019](#), T, 1/7-1/28, 10:05-10:55AM, \$23

[34020](#), T, 2/4-2/25, 10:05-10:55AM, \$23

GROW STRONGER TOGETHER

✔ DROP IN

Strength training program that incorporates core and major muscle groups while seated, standing, and on the floor mat. Resistance bands, dumbbells, balls, and body weight will be used to achieve increased muscle strength. Bring a mat. Instructor: Tess Thompson.

[34083](#), T, 1/7-1/28, 9-9:50AM, \$23

[34084](#), TH, 1/2-1/30, 9-9:50AM, \$28

[34086](#), T, 2/4-2/25, 9-9:50AM, \$23

[34087](#), TH, 2/6-2/27, 9-9:50AM, \$23

HIGH BEGINNER/ IMPROVER LINE DANCING

✔ DROP IN

Just one step up from Beginner, this class is for those who want a little more. We rock, we country, we rumba, we waltz, but most of all, we have FUN! Please note: This is not a Beginner class. Students should have some form of dance or music experience. Weekly video links provided.

Instructor: Nikki Simpson

[34029](#), M, 1/6-1/27, 4-4:50PM, \$20.25

(NO CLASS 1/20)

[34030](#), M, 2/3-2/24, 4-4:50PM, \$26

IMPROVER/INTERMEDIATE LINE DANCING

For the experienced line dancers who know the names of step moves. Learn new dances on Tuesdays and practice on Thursdays. Current to popular line dances taught to Country Western, Blues, Jazz, Salsa and Hip Hop. Volunteer: Gail Donaldson

[34024](#), T/TH, 1/7-1/30, 12:30-1:30PM, \$14
(NO CLASS 1/2)

[34025](#), T/TH, 2/4-2/27, 12:30-1:30PM, \$14

RESTORATIVE YOGA



Restorative yoga is for everyone who desires to learn a few gentle yoga poses and breathing techniques to achieve deep relaxation, increased flexibility, balance and stress reduction. A yoga mat is required. Yoga props such as bolsters, blankets, blocks, and straps may be used, but are not required.

Instructor: Tess Thompson

[33269](#), TH, 1/2-1/30 10:05-10:55AM, \$28

[33270](#), TH, 2/6-2/27, 10:05-10:55AM, \$23

TAI CHI - INTERMEDIATE



Tai Chi and Qigong are ideal for seniors. These low-impact exercises calm the mind and improve overall wellness, balance, coordination and flexibility. Instructor: Charles Pruett

[33259](#), M/W, 1/6-1/29, 11AM-12PM, \$12
(NO CLASS 1/20)

[33260](#), M/W, 2/3-2/26 11AM-12PM, \$12

SILVER SNEAKERS

Increase cardiovascular and muscular endurance with this high-energy circuit workout. Use handheld weights, elastic tubing, and a ball to increase upper-body strength. The multi-level, equipment-based workout is alternated with non-impact aerobics. Instructor: BJ Jordan

[34098](#), M, 1/6-1/27, 1-1:45PM, \$9.75
(NO CLASS 1/20)

[34099](#), T, 1/7-1/28, 1-1:45PM, \$13

[34100](#), TH, 01/2-1/30, 1-1:45PM, \$16.25

[34102](#), M, 2/3-2/24, 1-1:45PM, \$13

[34103](#), T, 2/4-2/25, 1-1:45PM, \$13

[34104](#), TH, 2/6-2/27, 1-1:45PM, \$13

ZUMBA® GOLD



ZUMBA® Gold is a fun fitness program based on Latin and international dance styles with lower-intensity, easy-to-follow choreography focusing on balance, range of motion and coordination. No dance experience required and all levels welcome. Instructor: Taralee Neve

[33254](#), W/F, 1/3-1/31, 9-10AM, \$57
(NO CLASS 1/1)

[33255](#), W/F, 2/5-2/28, 9-10AM, \$51

Wii BOWLING GROUP



We are dusting off the controllers and getting the bowlers back together. Join us for some strikes, spares, gutter balls and good times! It may just be right up your alley! Facilitator: Doug & Jan Bergesen

[33215](#), W, 1/8-1/29, 3-4:30PM, FREE

[33216](#), W, 2/5-2/26, 3-4:30PM, FREE

(NO CLASS 1/1)

WALKING GROUP- STRC TRACK

With the colder months, let's take our walk to STRC track. You must walk in and leave the building with Dee to avoid guest pass fees. Meet at ASRC at 7AM We will use the van to bus over from ASRC leaving at 720AM. Designated dates and times only.

Bring a water bottle, appropriate walking shoes and light hand weights (optional). Facilitators: Kathy Evan, Erma Cook.

[34056](#), TH, 1/23, 7:20AM-8:30AM, FREE

[34057](#), TH, 2/20, 7:20AM-8:30AM, FREE

TRIKE SKILLS 101

Trike Skills 101 is composed of parking lot drills to learn basic trike skills. You will learn the correct way to start and stop on the trike, simple maneuvering techniques, signaling and more. Once you have passed Trike Skills 101 you may begin reserving your next adventure at the front desk.

PAUSED DUE TO WEATHER

TRIKE GROUP RIDES

Familiarize yourself with the trikes and the trails as you join volunteers Al, Scott and Laura on an exciting group adventure! Make sure to bring sunscreen, sunglasses, and water! Must pass the Trike Skills 101 to ride along.

PAUSED DUE TO WEATHER

OPEN GAME PLAY

Open Game Play is a time for all members to enjoy! If you have an established group who plays on a regular basis, please remember to welcome new faces to your game during the times posted for Open Game Play. Staff are happy to add new times and games.

The Center reserves the right to make room adjustments before, during or after scheduled game play for Center or City Programs.



MONDAY

9:30AM-5PM | MAH JONGG



TUESDAY

12-3PM | HAND & FOOT
1-3PM | BUNCO
1:30-4:30 | POKER



WEDNESDAY

12-3PM | PINOCHLE

THURSDAY

12-3PM | MEXICAN TRAIN
2-5PM | BID WHIST
4:30-6:30PM | BUNCO

Want to start a
new Open Game
Play group?

Stop by the Front Desk!

FRIDAY

9:30AM-5PM | MAH JONGG



New: Senior and Disabled Mobility Service for residents of Allen and Fairview

Denton County Transportation Authority (DCTA), is now the service provider for Collin County Rides, a transit service for Allen and Fairview residents who are 65 and older or have a qualifying disability. To apply for service as a Collin County Rides customer, [please click here to apply online.](#)

The DCTA Collin County Rides service features a dedicated fleet of standard and wheelchair-accessible minivans to transport Allen and Fairview residents where they need and want to go within Collin County on an appointment basis.



VOLUNTEER

There are so many ways to get involved while giving back at the Center! Check out the below opportunities to see if you would be interested in serving our community or in the facility:



AREA	DAY	TIME
BEVERAGE BAR	MONDAY-FRIDAY	9-11AM, 11AM-1PM
CLASS FACILITATOR	SCHEDULED	SCHEDULED
FRONT DESK	MONDAY-FRIDAY	8-10AM, 10AM-12PM, 1-3PM
KITCHEN/LUNCH	MONDAY-FRIDAY	10:45AM-1PM
LIBRARY	MONDAY-FRIDAY	ANYTIME
SPECIAL EVENTS	VARIES	VARIES



READY TO APPLY?

Visit LifeInAllen.org/GetInvolved, click or scan the QR code to the left with your phone's camera. Contact Courtney Wilson, Program Supervisor, at Courtney.Wilson@cityofallen.org or 214.509.4822 if you have any questions.



Outside Walking Group

Senior Steppers

Group/partner walking can benefit with cardio, joint and mental health.
Thursdays, weather permitting.
No registration required.
Facilitators: Kathy Evans and Erma Cook

7:30 a.m. - Beginner - Intermediate Walkers
Feet hit the pavement promptly at 7:30 a.m. - no waiting

HELPFUL LINKS

Allen Senior Recreation Center is for persons 60 years of age and older, including their spouses. A variety of programs, trips, special events, activities and classes are offered at low-cost or free. Membership to the Center is only \$5 a year for residents and \$24 a year for non-residents. Resident rates include City of Allen citizens and employees working for businesses, corporations or organizations in the City of Allen. Acceptable proof of residency requires one of the following: driver's license, car insurance, voter registration card, or current utility bill. Proof of employment in Allen requires a recent paycheck stub.

GUEST POLICY

Daily admission for non-members is \$5 per visit.

DAILY LUNCH

Lunch is served Monday–Friday at 12PM for \$4 or \$5 per person. Reservations must be received by 9:30AM. Lunch menus, including lunch policies are available at the front desk. Complimentary coffee and tea are available to members every day in the dining room.

LIBRARY

A large selection of hardback novels are available in the library. Members may borrow books on the honor system. Donations of hardback novels are accepted, but due to storage limitations, Reader's Digest volumes cannot be accepted.

TRANSPORTATION

Transportation is provided to and from the Center for Allen residents who do not have their own transportation. Please see a staff member at the front desk for more information and how to make reservations.

FITNESS ROOM

The fitness room is open to all members on a first come, first served basis. Rules are posted on the fitness room door. Proper shoes required. Treadmills, bikes, ellipticals and weight machines are available.

ASSUMPTION OF RISK

By registering for a class, there is an assumption of risk by the participant. Allen Parks and Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. In the event of a serious accident or illness, it is City policy to contact the City of Allen Fire Department Emergency Services to perform first aid and, when necessary, recommend transport to a hospital. Emergency contacts on file will be contacted as soon as the situation allows.

REFUNDS

Customer service is our top priority, and it is strongly encouraged you are aware of the following guidelines before registering for a program or trip. If you are not satisfied with a class, please let staff know immediately so the situation can be remedied.

FULL REFUNDS

Full refunds will be given only if participation is not possible due to class/trip cancellation or a change in day, time or location initiated by staff. Refunds will not be subject to administrative charges.

TICKETED TRIP REFUNDS

1. Purchasing non-refundable tickets is a common occurrence with day trips. If you cancel your registration, five (5) calendar days before the trip date, a refund will be issued only in the event that your spot can be filled.
2. Extended trip refund policy varies for each trip. See specific trip information for details.

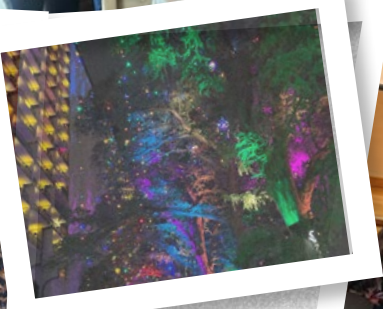
*ASRC CLASSES ARE SUBJECT TO CHANGE.

*MEMBERSHIP CODE OF CONDUCT

The Following Code of Conduct is applicable to all who visit or participate in Center programs, services and activities. As a member, participant or guest, you agree to: Understand that the center is a controlled access facility. All persons entering the facility must have a membership, day pass, participate in a fee for service/registration-based recreation program, special event, or facility rental.

1. Behave in a courteous and respectful manner that does not interfere with another person's enjoyment of the facility or programs.
2. Refrain from behavior, dress or language that is abusive, threatening, or disruptive to others.
3. Respect personal belongings of others and Center property. Destruction or defacement of City property including litter is prohibited.
4. Responsibly secure your own personal belongings. The city is not responsible for lost or stolen items.
5. Act honestly. Sharing membership cards is considered theft of service and falsifying membership forms is considered forgery. It is also your responsibility to notify staff in a timely manner of any address, phone number or household changes.
6. Keep the Center a substance-free environment and immediately report all alcohol, tobacco, e-cigarette, and illegal drug use.
7. Photography or videotaping of individuals or images in the facility is not permitted without prior department consent.
8. Refrain from soliciting individuals in the Center for personal business or agencies without prior approval from the facility management. This includes but is not limited to posting flyers, business cards and advertising materials. Private or group instruction of any type is not permitted unless contracted through the center.
9. Follow all written rules and guidelines as well as verbal directions by staff.

The center staff are authorized to enforce this Code of Conduct. Failure to comply with this Code of Conduct may result in the suspension and/or revocation of your facility privileges and forfeiture of paid fees.



Around THE Center

