

November Birthday Lunch

Come celebrate November birthdays and enjoy food, friends, fellowship!
Please sign up!

Wednesday, November 2

11:30 am

Movie Afternoon

Come and enjoy the movie, "Paper Moon" and hear Rose-Mary Rumbley, who played the part of Aunt Billie, tell about the filming of this movie!

Wednesday, November 23

1:00 pm

Lake Ray Hubbard Wood Carvers

The Wood Carvers meet the last Saturday of each month from 9am to 2pm at the RCC. Tool kits and beginner projects are provided if you would like to try. All levels are welcome to attend.

DID YOU KNOW???

*Monday through Friday from 8:00am to 12:00pm in Gym A at the Rowlett Community Centre you can play Pickleball!

*STAR TRANSIT-Schedule your ride to the RCC by calling 877-631-5278 Press 5-Monday through Friday, 10:00am-2:00pm

www.rowlett.com/parksandrec



SENIOR NEWS AND EVENTS

November 2016

Book Club

Rowlett Library Presents-Wednesday,
November 2-10:00 am

Rowlett Senior Advisory Board Seminar

Your tax dollars at work-presented by Garland ISD
Tuesday, November 8-10:00 am

VitalComm Therapies Seminar

Using Technology, Thursday, November 10-10:00 am

Seminar-NYS Home Health Breakfast

Learn about home health care and what NYS has to offer
Monday, November 14-9:00 am

SCOR Seminar

Senior Citizens of Rowlett present a health seminar
Tuesday, November 15-10:00 am

Walgreen's Flu Shots-Free to Seniors on Medicare

Tuesday, November 22-8:00-8:30 am

Trip to Waxahachie

Learn about Waxahachie, with Rose-Mary Rumbley
Wednesday, November 30-9:00 am
\$20

The RCC will be closed Thursday, November 24
and Friday November 25, for the Thanksgiving
Holiday!
Gobble Gobble!

Rowlett Community
Centre
5300 Main
Rowlett, TX 75088

972-412-6170

Hours of Operation:

Mon-Fri
6:00am-9:00pm

Saturday
8:00am-9:00pm

Sunday
12:00-6:00pm

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rowlett.com/
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Don't forget to
pre-register for
programs!!!

FITNESS/DANCE CLASSES

Open to all seniors with RCC Membership

| PACE | FITNESS FUN | SAIL | SENIOR STRETCH |
|--|---|---|--|
| People with arthritis can exercise. FREE | Loosen up those stiff joints and get that heart pumping! FREE | <u>STAY ACTIVE FOR LIFE</u> Improve strength, balance and fitness. FREE | Stretch and strengthen the major muscle groups. \$10/mth |
| Wed & Fri 9:30am | Thursday 9:30am | Tues 9:30am | Mon 9:30am |

Ongoing Special Programs!

Baked Goods provided by Tom Thumb on Tuesdays 8:30am

Senior Health Blood Pressure Check 2nd Tuesdays 8:30-9:30am

Bingo- Every Tuesday at 8:30am-Donuts & Coffee

Get Energized with Jill-low impact aerobic program
Monday/Wednesday-10:30am

Rowlett Ramblers Walking Club-get fit/have fun
Monday-Friday-8:15am (meet in the lobby)

Line Dancing-learn the latest steps in line dancing
Friday-10:30am

Personal Training-Rev up your metabolism!
2nd, 3rd & 4th Wednesdays-11:30am-12:00pm

Tap Dance-it's never too late to learn how to tap!
Thursday-10:30am

Beg. Tap-Learn the basics of tap dancing-Monday-11:30am

LUNCH AROUND TOWN

Meet with seniors at local restaurants on the fourth Tuesday of the month at 11:30am! This is a great opportunity to meet new people or just socialize with friends!

Tuesday, November 22
Valentino's at their new location!
4301 Lakeview Parkway



Pot Luck Lunch Social

Join us for a monthly Pot Luck Social at the RCC. Lunch will be held on the second Thursday of the month at 11:30 AM. Please bring a side dish to share.

Thursday, November 10
Pizza



ONGOING PROGRAMS

MONDAY

COFFEE FUN
Monday 8:30am

TABLE GAMES
Snack provided every Monday
11:30am-4:00pm

TUESDAY

COFFEE AND DONUTS
8:30-10:00am

SENIOR HEALTH CHECK
2nd Tuesday of the month 8:30am

WEDNESDAY

TEXAS HOLD 'EM
9:00-11:00am

CANASTA
3rd Wednesday 10:00am

THURSDAY

BRIDGE

Call Ann Etheredge
972-240-1205
9:00am-3:00pm

FRIDAY

TABLE GAMES 11:30am-4:00pm

November 2016 RCC Senior Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|---|---|--|--|-----------------------------------|
| | | 1 Walking Club 8:15 am Coffee & Donuts 8:15 am Bingo 8:30 am SAIL 9:30 am | 2 Walking Club 8:15 am Poker 9:00am PACE 9:30 am Get Energized 10:30 am Birthday Party 11:30 am Book Club 1:00 pm | 3 Walking Club 8:15 am Fitness for Seniors 9:30 am Bridge 10:00 am Tap Dancing 10:30 am | 4 Walking Club 8:15 am PACE 9:30 am Line Dancing 10:30 am Table Games 11:30 am | 5 |
| 6 | 7 Walking Club 8:15 am Senior Coffee 8:15 am SCOR Bingo 8:30 am Senior Stretch 9:30 am Get Energized 10:30 am Table Games 11:30 am Beg. Tap 11:30 am | 8 Walking Club 8:15 am Coffee & Donuts 8:15 am Blood Pressure 8:30 am Bingo 8:30 am SAIL 9:30 am SAB Seminar 10:00 am | 9 Walking Club 8:15 am Poker 8:30 am PACE 9:30 am Get Energized 10:30 am Personal Training 11:30 am | 10 Walking Club 8:15 am Fitness For Seniors 9:30 am Bridge 10:00 am Seminar 10:00am Potluck-Pizza 11:30 am Tap Dancing 1:00 pm* | 11 Walking Club 8:15 am PACE 9:30 am Table Games 11:30 am Veteran's Day Ceremony 11:00 am (Jill Out) | 12 |
| 13 | 14 Walking Club 8:15 am Senior Coffee 8:30 am Seminar 9:00 am Senior Stretch 9:30 am Get Energized 10:30 am Table Games 11:30 am Beg. Tap 11:30 am | 15 Walking Club 8:15 am Coffee & Donuts 8:15am Bingo 8:30am SAIL Exercise 9:30 am SCOR Seminar 10:00 am | 16 Walking Club 8:15 am Poker 9:00 am PACE 9:30 am Get Energized 10:30 am Personal Training 11:30 am Canasta 11:30 am | 17 Walking Club 8:15 am Fitness For Seniors 9:30 am Bridge 10:00 am Tap Dancing 10:30 am | 18 Walking Club 8:15 am PACE 9:30 am Line Dancing 10:30 am Table Games 11:30 am | 19 |
| 20 | 21 Walking Club 8:15 am Senior Coffee 8:30 am Senior Stretch 9:30 am Get Energized 10:30 am Table Games 11:30 am Beg Tap 11:30 am | 22 Flu Shots 8:00 am Walking Club 8:15 am Coffee & Donuts 8:15 am Bingo 8:30 am SAIL 9:30 am Out to Lunch-Valentino's 11:30 am | 23 Walking Club 8:15 am PACE 9:30 am Get Energized 10:30 am Personal Training 11:30 am Afternoon Movie 1:00 pm | 24 RCC Closed Happy Thanksgiving | 25 RCC Closed Happy Thanksgiving | 26 Wood Carvers 9:00 am |
| 27 | 28 Walking Club 8:15 am Senior Coffee 8:30 am Senior Stretch 9:30 am Get Energized 10:30 am Table Games 11:30 am Beg. Tap 11:30 am | 29 Walking Club 8:15 am Coffee & Donuts 8:15 am Bingo 8:30 am SAIL Exercise 9:30 am | 30 Walking Club 8:15 am Waxahachie Trip 9:00 am Poker 9:00 am PACE 9:30 am Get Energized 10:30 am | For more information, contact jbeam@rowlett.com You may also visit Rowlett.com or www.rowlett.com/parksandrec Or call 972-463-3948 | | |

