

December Birthday Lunch

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

Sponsored by Silverado Hospice

Wednesday, December 7

11:30 am

New Year's Eve Party

Come and toast in the New Year with famed speaker, author, Rose-Mary Rumbley
New Year's Resolutions and why we make them!

Friday, December 30

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

December 2016

Book Club at the RCC

Rowlett Library Presents-Wednesday,
December 7-1:00 pm

Rowlett Senior Advisory Board Seminar

Tuesday, December 13-10:00 am

Holiday Bowl

Meet at Bowl A Rama for an afternoon of bowling
5021 Lakeview Parkway
Thursday, December 15-1:00pm

A Day of Shopping at Northpark Mall

Lunch and shopping at the famous, Northpark Mall
Tuesday, December 20-10:00am departure

SCOR Seminar

Senior Citizens of Rowlett present a health seminar
Tuesday, December 20-10:00 am

The RCC will be closed Monday, December 26 and Monday,
January 2 for the holidays!
Merry Christmas & Happy New Year!

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/
parksandrec

**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.	Stretch and strengthen the major muscle groups. \$10/mth
Wed & Fri 9:30am	Thursday 9:30am	FREE 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-1:00pm

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, December 27

Islamorado Fish Company-Bass Pro Shop Garland
5001 Bass Pro Drive-Garland, TX



Holiday 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, December 8 -Ugly Christmas Sweater Contest
Ham-Special Entertainment-Rowlett Rockettes



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