

## Fitness and Dance Classes

Punch Cards: Fitness and dance classes with an asterisk (\*) require a Punch Card. Punch Cards:\$25 for 20 Classes or Drop In \$3.

### Get Energized with Jill

Low impact aerobics that will get your heart pumping. Exercises include dance moves, toning and stretching. Join this fun and energizing class. Tue/Th 8:30Am

### Drumba\*

Low impact standing aerobics combined with chair exercise used to stretch and strengthen all muscles and joints. Stretchy bands, weights and simple dance moves are taught to improve coordination and keep your entire body fit. Mon/Wed 8am

### PACE (People with Arthritis Can Exercise)

This class includes standing and chair exercises to help develop and keep joints flexible, muscles strong and help to reduce pain and stiffness associated with arthritis. Warm up with stretchy bands and exercise your hand and fingers as well as muscles and joints for the entire body. Join us on Wed at 9:30am, Classroom A

### SAIL

This class is done to music and designed to improve your strength, balance and overall fitness for seniors. Join us on M/F at 11am, Aerobics Room

### Senior Fit

This class includes standing/chair exercises, stretchy band and weights will be used during class. While working out to music you will stretch and strengthen your entire body. Join us on T/TH at 9:30am, Aerobics Room.

### Senior Stretch (Senior Yoga)\*

This class is designed to fit your individual needs with easy Hatha Yoga, while focusing on stretching and strengthening major muscle groups. You will also focus on breathing, balance and flexibly. Please bring a yoga mat. Join us M/F 9:30am, Classroom A.

### Tap Dancing\*

Learn and practice basic tap dance steps that dancers at any level can do. Participants are not required to bring tap shoes but hard sole shoes are recommended . This dance class will have you practicing balance, timing, and coordination. Mondays at 12pm in Aerobics room

### Line Dancing

Learn the latest in line dance steps and moves. Dancers will learn easy to follow dance steps that will strengthen your coordination, balance and rhythm. Class occurs every 2nd and 4th Sunday 4pm Aerobics Room

### Walking Club

Easy way to get fit and meet new friends all while enjoying the great outdoors. Participants can chart their walking progress. Walks take place on the RCC walking track or when weather is nice they will walk the trails behind the RCC. M/T/W/TH/F 8:15am, walking track.



# Rowlett Senior Times

## Hours of Operation

Monday-Friday  
6AM-9PM

Saturday  
8AM-9PM

Sunday  
12-6PM

## The Holidays Are HERE!

Some of us can't believe that the end of the year is already here. Here, at the Parks and Recreation Department, it's one of our favorite times of year. We are proud to announce the return of our "12 Days of Christmas" events on Main st. Starting November 30th we will host a different Christmas themed event in our HEATED event tent on Main st. in front of City Hall. For the complete list of all "12 Days of Christmas" events visit the Parks and Recreation tab on Rowlett.com. For a schedule of all current programs and schedule look out for our calendar in the RCC or online [www.rowlett.com/Seniors](http://www.rowlett.com/Seniors)

## Join the Excitement! Rowlett Community Centre Memberships!

Become a member or renew your membership.

Rowlett Community Centre is available for Rowlett Residents and Non-Residents. Rowlett Residents may receive the resident membership rate by presenting two forms of identification establishing Rowlett residency.

**Annual Membership** are valid for one year from date of purchase.

**Monthly Membership** are valid for 30 days from date of purchase.

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**Annual Senior Membership (60 plus):** Resident \$10 includes all senior programs. Non-Resident membership \$144. Program fees will apply when noted.

**Senior Activities Only membership** includes table games bridge, Texas hold'em, bingo and walking track.

**Drop in and Replacement Card** :A \$5 daily drop-in fee will be assessed when the membership card is not presented. Replacement cards may be purchased for \$5.

Please present your membership card at the front desk each time you visit the facility.

For more information and for facility policies. Please visit [www.rowlett.com/RCC](http://www.rowlett.com/RCC) or call the Community Centre at 972-412-6170

## Ongoing Activities

Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart. And plenty of activities cost little or no money. Join us for some of our Ongoing Activities.

**By The Time You're Eighty Years Old You've Learned Everything. You Only Have To Remember It. George Burns**

Bingo	Health Checks	
Birthday Social Luncheon	Out to Lunch Bunch	
Book Club	Texas Hold'em	
Chair Volleyball	The Writing Salon	

### Employee Spotlight:

**Raehgan Shaw**

**Athletics Programmer**



Coming into the employee spotlight this month is Raehgan! Raehgan has been with us here at the Rowlett Community Centre for over 2 years! Come see one of our many Youth/Athletic League games, you're guaranteed to run in to Raehgan out there.

Q: What do you like to do for fun?

A: Sleeping and Traveling

Q: Where would you go on vacation if you could go anywhere?

A: I've always wanted to see Spain especially Barcelona.

Q: What is your favorite part of Rowlett

A: My favorite part of Rowlett would have to be the RCC. I love coming in and helping the kids of the community play the sports they love.

## PROGRAMS / SENIOR FIELD TRIPS

Upcoming Field trips—this December is PACKED with field trips

- Canton Flea Market—Dec 2nd
- Allen Outlet Mall—Dec 3rd
- North Park Mall— Dec 10th
- Grapevine Mills Mall Dec 17th

Prairie Lights—Dec 14th leave by 5PM arrive back to Rowlett by 10PM

We are very excited to return to our Christmas shopping trips as well as the Grand Prairie Lights. Sign ups for these trips being 1 month before the trip date so sign up ASAP.

In addition to the multiple field trips this month we also have a brand new program this month.

The "Night of Mystery" series. These are a selection of themed murder mystery dinners where you can piece together the clues to find out which one of your fellow guests are a murder!

It's all in good fun and absolutely everyone who is registered will be involved. There are even prizes for those clever enough to solve the case!

Register before FRIDAY, DEC 10th - \$15

### ROWLETT RIDDLES

Q1: What belongs to you, yet everyone else uses?

Q2.: What invention lets you look right through a wall?

Q3: What runs around the whole yard without moving?

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6		4	8	5		7	
	4						5
		9		8		4	
2							7
		7		2	8	5	4
				1			7
1	2		5			3	

A: Your Name | A2 : A Window | A3: the Fence