

## 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 Gym B

### Drumba\*

Low impact standing aerobics combined with rhythm and movement used to strengthen all muscles and joints. We use yoga balls, drumsticks and simple dance moves to improve coordination and keep the whole body fit.

Mon/Wed 8am Aerobics room

### 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 stretching and exercise your hand and fingers as well as muscles and joints for the entire body. Join us on Wed at 9:30am, Classroom C

### SAIL

This Chair based class is done to music and designed to improve your strength, balance and overall fitness for seniors. Be warned this class is full of fun and laughs. Join us on M/W/F at 11am, Aerobics Room

### Senior Fitness Fun

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 flexibility. 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

### 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

## Summer is Finally Here!

### Hours of Operation

Monday-Friday  
6AM-9PM

Saturday  
8AM-9PM

Sunday  
12-6PM

We're returning this month with some old favorite programs like our Murder Mystery Series (**June 22nd**) "**Crusing for Murder!**". All hands on deck for this thrilling edition of Night of Mystery! Cruise on in with your fellow seniors for a night of excellent dinner, fun, and Mystery Be sure to join us for our monthly **Out to Lunch Bunch** on **June 28th** starting at 11:30 located at **Sammie Lou's**.(8120 Lakeview Pkwy) Our Farmers Market (Thursdays 5:30-8:30p) is continuing thru the end of July, be sure to stop by for all your farm fresh produce. 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

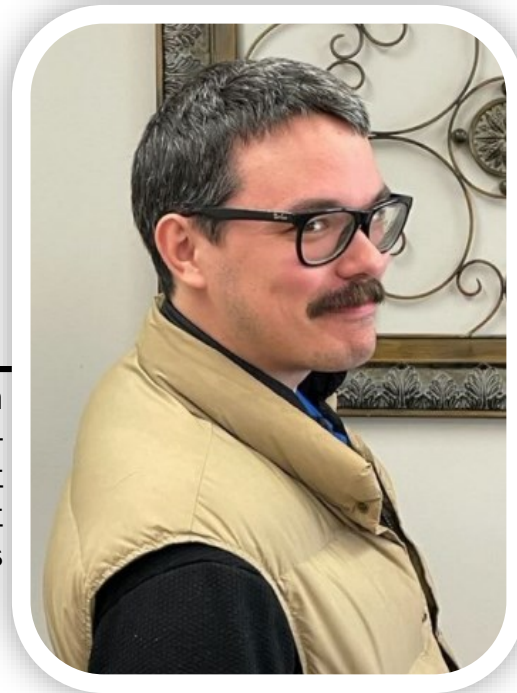
Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart. And plenty of activities cost little or no money. Join us for some of our Ongoing Activities.

<p><b>By The Time You're Eighty Years Old You've Learned Everything. You Only Have To Remember It.</b> <b>George Burns</b></p>	Bingo	Health Checks	Field Trips
	Birthday Social Luncheon	Out to Lunch Bunch	
	Book Club	Texas Hold'em	
	Chair Volleyball	The Writing Salon	
			Bridge

### Employee Spotlight:

**Matt Yates**

**Recreation Specialist**



Coming into the employee spotlight this month is Matt! Maggie is one of our newest staff members at the Rowlett Community Centre. Matt joined our team in April of 2022 and has been at the front desk to welcome all the friendly faces into the Community Centre.

Q: What do you like to do for fun?

A: Reading, riding my bike around Greenville , and cooking meals at home

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

A: Portugal , to go see the largest waves in the world and enjoy one of a kind beaches.

Q: What is your favorite part of Rowlett

A: The public library and main St. downtown is such a lovely area to sit and read.

## PROGRAMS / SENIOR FIELD TRIPS

The Rowlett Community Centre Seniors are continuing the wonderful field trips we've been going on the past couple of months.

The next field trip is to the 36th Annual **Taste of Dallas Food Festival**. Enjoy some of the finest food from over 75 of the best restaurants and vendors Dallas has to offer. From 12-3 all beverages will be half priced as well! Admission does not include food and drink so be sure to bring a Debit/Credit card since this event is cashless.

-Cost \$15 leave by 11 and leave when everyone feels full and happy.

### Brand New Programs!

Beginning this month join Senior Citizens of Rowlett (SCOR) for a brand new social Pancake Breakfast. Every 3rd Friday of the month we will be hosting, cooking, and serving pancakes with syrup, sausage or bacon, and fresh fruit. [\$5 - 9:30A, Fri 17th]

Brand new this month as well is " **A Fresh Start to a Healthier You!**" this nutrition program is held at our Community centre and focuses on how we can make healthier, safer and more cost effective choices with our food. Starts [June17th @1:30P- Free -register with front desk.]

## ROWLETT RIDDLES

Q1: I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Q2.: What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

Q3: What English word has three consecutive double letters?

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

A1: A Map | A2: the letter "R" | A3: Bookkeeper