

SENIOR HAPPENINGS AT THE SQUARE

DECEMBER 2011

Happy Holidays!

VOLUME 13, ISSUE 3



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SENIOR CENTER CLOSINGS LISTED BELOW

Saturday, December 3rd

Friday, December 23rd through Monday, December 26th

SHORTENED HOURS ON:

Saturday, December 31st 11:30am–3:30pm

REGISTRATION BEGINS ON TUESDAY, NOVEMBER 22ND

CHRISTMAS DANCE (2ND SATURDAY DANCE)

Saturday, December 10

7:00-9:30pm

Join your friends at the Frisco Senior Center for another wonderful Country & Western Dance! Enjoy the music of **Dallas City Limits** and dance the night Away! Whether you want to 2-step, line dance, or just want to sit and listen to the great country rhythms, there's a spot for you! Light refreshments provided by Bravo Health and Aetna. Don't miss out – tickets go on sale November 22.

SONGS OF THE SEASON CONCERT

Tuesday, December 20

6:00-6:30pm Refreshments 6:30-8:00pm Concert

Don't miss this wonderful annual holiday show! The Frisco Chorale will perform beautiful songs of the season guaranteed to put you in a festive spirit, and our own Golden Notes Singers will open the show with some of your favorite holiday tunes. The concert begins at 6:30pm, but prior to the show we will offer some tasty treats! No sign-up necessary.

HOLIDAY BIRTHDAY POTLUCK & ADVISORY COUNCIL ELECTIONS

Thursday, December 8

11:30am-1:30pm

Don't Forget to Bring A Potluck Dish!

Join us as we celebrate the holiday season and honor those with a birthday during the month of December. Rena & Carl Steelman of United Financial Services will provide turkey and ham for all - seniors are asked to bring food to share (no desserts, please). The birthday cake and ice cream is sponsored by Kroger. Our very own Golden Notes Singers will provide musical entertainment with a Christmas theme. This popular luncheon is open to everyone – not just those celebrating a birthday! Please sign up by Tues., December 6.

Advisory Council elections will take place during our Holiday Birthday Potluck event. If you are unable to attend and wish to cast your vote as an "absentee" prior to this date, you may obtain a ballot and place it in the ballot box near the front counter. Please keep in mind that absentee voting ends Friday, December 2nd.



SENIOR CENTER AT FRISCO SQUARE

FACILITY INFORMATION

WELCOME



The Senior Center at Frisco Square offers a wide variety of fun and educational programs. Our facility features a peaceful, sunlit library; a game room with tables for cards and a cozy seating area with a 50-inch rear projection television; a magnificent state-of-the-art fitness center with something for everyone's fitness needs; a spacious multi-purpose room, commercial kitchen, and "help yourself to beverages and snacks" galley; a computer room with Internet access and printer; a health room; a conference room; the Heritage Room which is designed for card-playing groups, dining, and coffee clutches; a wooden floor aerobics and dance studio which includes a bar and mirrored walls; a lovely craft room; and last, but certainly not least, a billiards and table tennis game room. However, we have been told our most outstanding attribute is how at ease folks feel when they first walk in the doors. Between the ambiance of the Center, the welcoming staff, and the friendliest group of Seniors you would ever want to meet, you'll find it a new home away from home.

MEMBERSHIP

It's easy to become a member. Just fill out one of our Participant Information forms. The Senior Center at Frisco Square recreational facility is open to all adults who meet the minimum age requirement of 50. For City of Frisco residents, there is no membership fee. For those folks who reside outside of the City limits, there is a small annual membership fee.

TRANSPORTATION

Transportation to and from the Center is provided Monday through Friday for Frisco residents. You must make reservations by 1pm the business day before. For patrons who reside in West Frisco, the pickup is generally between 7:30 and 9:15am. Folks living in East Frisco will usually be picked up between 9:15 and 10am. There are two return trips—1pm and 3:30pm.

DAILY MEALS AT THE FRIENDSHIP CAFÉ

Every weekday a nutritious and delicious lunch is served restaurant-style by a smiling Friendship Café representative at a beautifully-decorated table at the Center. Reservations must be made by 1pm the business day before. Everyone is asked to give a donation of \$5 per meal. However, no one is denied a meal due to the inability to pay. Come and join us for lunch and meet some new friends! If you are interested in home-delivered meals through the Meals On Wheels program, please call the Collin County Committee on Aging at 972-562-6996 x123 to apply.

**SENIOR CENTER AT
FRISCO SQUARE
6670 MOORE STREET
FRISCO, TX 75034
972-292-6550**

WWW.FRISCOFUN.ORG

HOURS OF OPERATION

Monday, Wednesday, & Friday
7:30am—4:30pm

Tuesday & Thursday
7:30am—8:30pm

Saturday
11:30am—8:30pm

SENIOR CENTER STAFF

Leslie Penland
Senior Center Supervisor

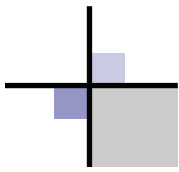
April Morey
Tracy Spino
Senior Adult Programmers

Cyndie Farabaugh
Julia Feldman
Senior Recreation Leaders

Karen Caldwell
Barbara Felty
Sarah Mylcraine
Senior Recreation Aides

Harold Nelms
Ernie Shewbrooks
Senior Drivers

"Between the ambiance of the Center, the welcoming staff, and the friendliest group of Seniors you would ever want to meet, you'll find it a new home away from home."



Activities



BINGO PRIZE AND LUNCH

Tuesday, December 20

10:30am-12:30pm

Everyone loves Bingo! Come and enjoy the fun, prizes and lunch. Lunch is graciously provided by the Conservatory of Plano and prizes by Bravo Health and Chateau of McKinney. We can only accept the **first 105 registrations** for bingo and lunch, so please sign up by Friday, December 16.

CENTENNIAL CHECKUPS

Wednesday, December 14

9:00am-11:00am



Centennial Medical Center is back for their quarterly program. They will be providing free blood pressure, blood sugar (glucose), and cholesterol screenings. Sign up at the front desk to participate - the number of folks they can test is limited and this is a popular program.

CLASSIC READERS BOOK CLUB

Wednesday, December 21

10:00-11:00am

The Classic Readers Book Discussion Group will meet in the Senior Center Library to discuss favorite Christmas books. Join us to talk about Christmas-themed books that you have enjoyed and sip a cup of wassail. Everyone is welcome to join us as we discuss holiday reading. Join Mary Garner, Adult Services Librarian, on the 3rd Wednesday of every month for Classic Readers Book Club in our Senior Center library. If you plan to attend, please sign up by Monday, December 19.

COMPUTER HELP

Mondays, 9:00am-Noon

Our computer instructor will gladly provide one-on-one help with anything you wish to learn. Simply register with the front desk for your one-hour time slot. You may only sign up every other week.



FACIALS, FOOT AND TABLE MASSAGES (SPA DAY)

Tuesday, December 6

10:00am-12:15pm

Donna Wilmeth will provide these fabulous services here at the Senior Center. She gives a wonderful facial for only \$15. You may also enjoy a soothing foot massage for the same price. The fee for table massage is \$1 per minute (15 minutes minimum). Please sign up by Saturday, December 3.

FREE HEARING CHECKS – AMERICAN HEARING LABS

Tuesday, December 27

12:00-2:00pm

Audiologist Nancy Smith of American Hearing Labs will be here to provide FREE hearing checks for our seniors. Minimal ear wax removal offered (more intensive removal will require referral). Appointment availability is limited, so please sign up by Thursday, December 22.

FREE MONTHLY BLOOD PRESSURE CHECKS

PIGA PRIMARY CARE ASSOCIATES

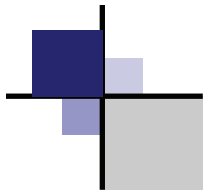
Friday, December 9

10:30-11:30am

Dr. Jonathan Piga, of Piga Primary Care Associates, will be here at the Senior Center on the 2nd Friday of every month to provide free blood pressure checks for our members. Please sign up outside the Health Room (next to the front desk) on that morning.



Please be sure to call and cancel your registration as soon as possible when you are unable to attend any program, class or special event for which you have signed up.



Activities



ACTIVITIES CONTINUED

FREE PRESCRIPTION CHECK

BAYLOR MEDICAL CENTER PHARMACY SERVICES

Tuesday, December 13 12:30pm-2:00pm or Thursday, December 15 10:30am-Noon

If you have questions about how or when to take your medications, or about your dosage, bag up your prescription bottles and bring them to the Senior Center on the 2nd Tuesday or 3rd Thursday of the month (one morning and one afternoon). Bob Blanford, Director of Pharmacy Services at Baylor, will be here to provide FREE prescription checks. Please sign up outside the Health Room on that day.

GOLDEN NOTES SINGERS

Every Wednesday

12:30-2:00pm

The Golden Notes Singers practice each Wednesday afternoon and the group is open to anyone who enjoys singing. They perform at various community events throughout the year. Come join the singers, or feel free to sit back and listen to the music as they practice. No sign up necessary.

NO REHEARSAL ON DECEMBER 7TH, 21ST, 28TH, or Jan 4th. December 14 will be Holiday Party.

GRIEF SUPPORT GROUP

RENI PARKER, L.P.C.

Tuesday, December 20

1:00-2:00pm

Grief can encompass so much in our lives, resulting from the death of a loved one (even a beloved pet), home relocation, job loss, retirement, illness, care giving, divorce, or trauma. The grief support group meets on the 3rd Tuesday of every month, in our library, and is led by Reni Parker, a Licensed Professional Counselor and founder of **My Guiding Light Counseling** in Frisco. Please sign up at the front desk.

HAIRSTYLING BY SANDY MATA

Wednesday, December 14

10:00am-1:00pm

Fee: \$10 (cash preferred)

Sandy Mata will be here to provide haircuts and simple styling for our seniors. Schedule your appointment at the front desk today! Texas Class A Barber, License #64726.



LIFE LINE SCREENING

Tuesday, December 13

9:00am – 4:00pm



Do you have high cholesterol or high blood pressure or a family history of cardiovascular disease? If you answer “yes” to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build-up in your carotid arteries, the main arteries that carry blood to the brain, and offers other similar tests that check for related vascular disease. The screenings will be held at the Frisco Senior Center facility on December 13th, but **please call 1-888-653-6441 to pre-register.**

LIVING WITH ADULT CHILDREN: The Upside/The Downside

Thursday, December 1

10:30-Noon

If you are one of the 4 plus million seniors living with an adult child, or anticipating such a move, then you know this can be a complicated and stressful arrangement. In addition, most adult children don't have a clue about the extent to which you feel uprooted and disoriented from your past. This presentation by Milo Benningfield, Ph.D. examines the joys and challenges of living with an adult child. In addition, it will explore common land mines in this type of living arrangement and present ways to effectively diffuse them.



Activities



ACTIVITIES CONTINUED

MEDICARE FUNDING FOR THE FUTURE

Monday, December 5

COPELAND GROUP

10:30-11:30am

Chris Renfro of Copeland Insurance Group returns to provide a comedic, in-depth look into Medicare funding and the future impact of the Baby Boomer generation. If you would like insight into how current legislation will affect your future, be sure to join us on this date! Light refreshments will be provided. Please sign up by Friday, December 2.

MEDICARE PART D ENROLLMENT CLINIC

Thursday, December 1

AREA AGENCY ON AGING

10:30am-2:30pm



Medicare beneficiaries will be assisted by benefits counselors with Part D drug plan comparisons, who will also provide information on Extra Help and Medicare Savings Programs. Each participant must reserve a 30-minute time slot per person. Please bring your Medicare Card and a list of your prescriptions, including the name of the medication and the dosage. Call or sign up at the front desk to schedule your appointment and pick up a worksheet.

MYSTERY BOOK CLUB

Friday, December 16

10:00-11:00am

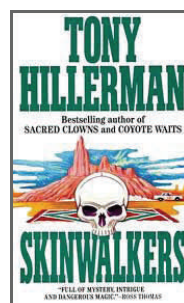
The Mystery Book Club is led by James and Carol Puckett. Even if you have not read the selected book prior to the group sessions, you are welcome to join in! Please sign up by Thursday, December 15.

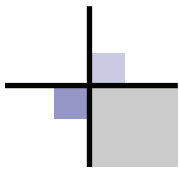
BOOK #1: IN THE BLEAK MIDWINTER Author: Julia Spencer-Fleming

In this debut novel, a riveting page-turner from start to finish, born-and-bred Virginian Clare Ferguson, newly ordained priest of St. Alban's Episcopal Church in the small upstate New York town of Millers Kill, is faced with not only an early December snowstorm and the bitter cold of her first Northern winter but also a conservative vestry, who apparently expended all their daring on hiring her, a female priest. When a baby is left on the church doorstep with a note designating that he be given to two of her parishioners, Clare calls in police chief Russ Van Alstyne. The foundling case quickly becomes an investigation into murder that will shatter the lives of members of her congregation, challenge her own feelings and faith and threaten her life. With a cast readers will hope to meet again, this fast-paced plot keeps the guess work going until the very end. The vivid setting descriptions will bring plenty of shivers, but the real strength of this stellar first is the focus on the mystery, which will delight traditional fans. *In the Bleak Midwinter* is one of the most outstanding Malice Domestic winners the contest has seen.

BOOK #2: SKINWALKERS Author: Tony Hillerman

Skinwalkers is a mystery novel that takes you deep inside the Navajo culture and folklore. Joe Leaphorn and Jim Chee of the tribal police work together, trying to solve crimes that resist logic. There are no clues to three homicides or to the attempted murder of Chee. Leaphorn thinks a "skinwalker," or witch, could have attacked the victims, all adherents of shamanism, as they are otherwise unrelated. The skinwalkers represent a schism between witchcraft and the traditional Navajo Way. A second attempt on Chee bolsters Leaphorn's suspicion since Chee is an aspiring shaman. The story gathers momentum and tension mounts as the partners get closer to the moment when the murderer comes into the open, and the tragic reason for the crimes becomes painfully clear. It will keep you on the edge of your seat and amaze you with unexpected twists. The level of suspense remains high throughout the novel, and the writing is lively and extremely descriptive.





Activities



ACTIVITIES CONTINUED

NURSING HOME ABUSE & NEGLECT

Thursday, December 1

10:00-Noon

Douglas Crewse, Licensed Private Investigator and Certified Fraud Examiner, will be here to talk about nursing home abuse and neglect. Understand the red flags to look for to prevent your loved ones from being exposed to this type of devastating situation. Whether you plan on placing a loved one in a nursing home, or if you are the caregiver of a loved one in your home, you will learn ways to create a safer environment. Registered seniors may invite an adult family member to attend this presentation with them. Please sign up by Tuesday, November 29.

SENIOR EMPLOYMENT SOURCE – RESUMES THAT GET RESULTS

Wednesday, December 28

10:00-11:00am

The Senior Source's Employment Program Director, Claire Turner, returns to the Senior Center to discuss successful resumes and how the mature worker can showcase their experience and background to create a competitive resume. Sign up by Monday, December 26.

SENIOR MOVIE DAY – “FOUR CHRISTMASSES” (Released in 2008)*

Monday, December 19

1:00-3:15pm

Until now, Brad and Kate had always managed to avoid spending Christmas with their family by escaping to exotic lands to enjoy heavenly vacations. But when they arrive at the airport this year, all of the flights have been canceled. Even worse, a television news crew interviews them, revealing to their family where they are. This year, there's no way out and no excuses! Brad's father is waiting for them at his house. So is Kate's mother...and Brad's mother and Kate's father. Four family Christmases, all in the same day! Brad and Kate expect the worse... and they won't be disappointed! This delightful comedy stars Vince Vaughn, Reese Witherspoon, Robert Duvall, Cissy Spacek and Jon Voight.



*This film is Rated PG-13. Popcorn and soda provided. Please sign up by December 16. **Cost: FREE**

THIRD THURSDAY HEALTH CHAT

CENTENNIAL MEDICAL CENTER

Thursday, December 15

12:30-1:30pm

Physicians of various specialties on staff at Centennial Medical Center are here at our Senior Center facility on the 3rd Thursday of each month to provide information on a variety of subjects. Please sign up for this program at the front desk by Tuesday, December 13.



VFW MEETING

Thursday, December 1

7:00-8:00pm

Attention all Veterans! Frisco's group is conducting their monthly meetings at the Senior Center on the **1st Thursday evening of every month**. The VFW Post 8273 is open to all veterans who have served in foreign wars. If you're a veteran of a foreign war, come join us and meet your comrades. Be sure to bring a copy of your DD214 to the first meeting you attend. No sign up is necessary.

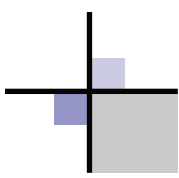


WHISTLE STOP TOUR – KEEPING YOUR INDEPENDENCE

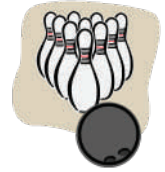
Friday, December 2

10:30-11:30am

"Whistle Stop Tour" is a year-long program, highlighting resources and information available to seniors here in the City of Frisco and presented by representatives of several senior living facilities. A light snack will be provided and a door prize given out. Please sign up by Thursday, December 1.



Activities



ACTIVITIES CONTINUED

Wii BOWLING

FRIDAYS 10:30am-Noon

Location: Multipurpose Room

Come and try out our Wii Bowling games every Friday morning and qualify for regional bowling tournaments with other senior center groups. **PLEASE NOTE THAT THERE WILL BE NO WII BOWLING ON NOVEMBER 25TH OR DECEMBER 23RD, DUE TO THE HOLIDAYS!** Sponsored by Chris & Lisa Renfro of the Copeland Group.

REQUEST FOR REFUND

A Refund Request form must be received at least seven (7) days prior to the start of the session in order for a refund to be issued. A 20% processing fee will be assessed on all refund requests. To receive a refund for medical reasons, written documentation from a physician's office must be submitted within 72 hours of the first missed class. For more information, please read our Refund/Transfer Request form or Trip Policy form, available at the front desk.

Art Classes



CERAMIC CORNER – Small Mother of Pearl Christmas Tree

Join Bettie Ferrier in the Craft Room for another fun project. Create your very own ceramic work of art to keep for yourself or give as a gift for to a friend or loved one. All supplies included. **See display case for example.** Sign up by Tuesday, November 29.

Th 12/1 & 12/8

9:30-11:30am

Instructor: Bettie Ferrier

Cost: \$12 for one (1)

Min/Max: 1 students/5 students

OIL PAINTING WITH LOU ANN

Lou Ann Bower has over 40 years of experience designing and painting with both watercolor and oil. During this four-session oil painting class, students will be introduced to the basics of color, form, perspective, and technique to complete an inspiring painting. Students may paint along with the instructor, who will demonstrate a painting each class. Intermediate students may wish to bring their own subject matter, such as still life or landscape photos. Classes are informal and created to be fun for everyone while learning. A supply list will be available at the front desk for students to pick up and purchase supplies. Please sign up by Wednesday, November 30.

Th 12/1-12/22

1:30-4:00pm

Instructor: Lou Ann Bower

Fee: \$65 (supplies not included)

Min/Max: 4/8 students

WATERCOLOR WITH LOU ANN

Lou Ann Bower has over 40 years of experience designing and painting with both watercolor and oil. During this four-session class, students will be introduced to the basics of color, form, perspective, and technique to complete an inspiring painting. Each student will work on the same paintings along with the instructor. Intermediate students may wish to bring their own subject material, such as still life or landscape photos. Classes are informal and created to be fun for everyone while learning. A supply list will be available at the front desk for students to pick up and purchase supplies. Please sign up by December 5.

Tu 12/6-12/27

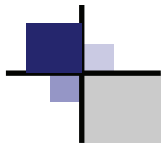
9:30am-Noon

Instructor: Lou Ann Bower

Fee: \$65 (supplies not included)

Min/Max: 4/8 students





Classes

ART CLASSES CONTINUED

YOU CAN OIL PAINT A MASTERPIECE!

Even if you've never held a paint brush or can't draw a straight line, you will be amazed at the beautiful oil painting you can create in one lesson! Beginners learn basics of color mixing, brushstrokes and perspective while completing a landscape or seascape in this fun and easy class. All Supplies are provided. Be sure to bring an old shirt to wear. Sign up by Tuesday, December 13.

F 12/16 9:30am-Noon
Scene: "Winter Wonderland" Instructor: Susan Rogers
Fee: \$35 each class (all supplies included) Min/Max: 6 students/20 students



YOU CAN WATERCOLOR!

Imagine the fun you can have learning to paint with the beautiful medium of watercolor under the patient guidance of a professional artist! Learn color mixing, use of transparency, perspective drawing, and more. **Each class you complete a finished masterpiece which you'll be proud to frame and display!** All art supplies are provided. Be sure to bring an old shirt to wear. Please sign up by Tuesday, December 6.

F 12/9 10:00am-Noon
Scene: "Winter at the Cabin" Instructor: Susan Rogers
Fee: \$35 each class (all supplies included) Min/Max: 6 students/20 students

Dance Classes



DANCE CLASS – SINGLE TIME SWING

No partner necessary. Learn some of the most versatile dances around. Nice tempos and very do-able! *Discount offered for couples.* Four 1-hour lessons. **Please sign up by Monday, December 5.**

Wed 12/7-12/28 1:30-2:30pm
Instructor: Lisa Holt Cost: \$45 single or \$55 couple Min/Max: 5/20 students

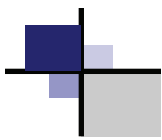
Enrichment Classes

AARP DRIVER SAFETY - 2012

Local seniors may complete this four-hour session at our facility. This refresher course is the nation's first and largest Senior Driver Improvement class designed especially for adults age 50 and older. Completion of this class may qualify you for an insurance discount but not for dismissal of a traffic violation. Sign up by Thursday, January 19.

Sat 1/21 Noon-4:00pm Instructor: TBA
Fee: \$12 for AARP Members/\$14 for Non-Members (paid to instructor) Min/Max: 15/25 students





Fitness

IN CELEBRATION OF THE HOLIDAYS WE WILL NOT HAVE FITNESS CLASSES FROM DEC 23 THROUGH JAN 3.

WE NOW HAVE 2 OPTIONS TO PAY FOR CLASSES. YOU CAN CHOOSE THE MONTHLY FITNESS PASS FOR \$35 OR JUST PAY A DROP-IN FEE OF \$6 FOR EACH CLASS YOU ATTEND.

THE SENIOR FITNESS PASS INCLUDES: STRENGTH, CORE, & BALANCE, SC&B CONDITIONING, PILATES AND YOGA (EXCLUDES THE FOLLOWING PROGRAMS: THE EAT CLEAN CLASS, RESTRUCTURE YOUR STRUCTURE, PERSONAL TRAINING, AND TAI CHI).

COUNTRY LINE DANCING EXERCISE – VIDEO LESSONS

Come learn and practice some country line dancing songs. This is a great time to increase your cardiovascular health, as well as your mental coordination. You'll meet new friends and have a ball! The class will be held in the aerobics and dance studio. **No need to sign up** – just drop in and let the fun begin.

F **Weekly** **11:30am-12:30pm**
Instructor: VIDEO **Cost: FREE**

CHAIR EXERCISE—FREE

Do you want to keep flexible and moving, but can't take the impact of aerobics? Come and participate in chair exercise at the Center. This is a free exercise class and ideal for seniors of any age.

M/W/F **Weekly** **9:30-10am**

FITNESS EQUIPMENT ORIENTATION—FREE

This initial orientation will familiarize you with the equipment, as well as give you a hands-on experience so you are comfortable using the fitness room independently. Sign up today!

W **12/14** **1:00-2:00pm**
Instructor: Tracy Spino **Maximum: 6 students**

LOW IMPACT AEROBICS—FREE

Get up and get moving with your pals at the Senior Center. We have lots of videos to choose from and you can switch them regularly so you'll always get a total body workout.

M & F **Weekly** **8:00-9:00am**

PILATES

The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilate's exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

M/W/F **Weekly** **9:00-10:00am**
Instructor: Sheauny Mackenzie



PERSONAL TRAINING

Kerry Stallo is our Senior Center's certified personal trainer. She comes with extensive experience and certifications focused on the more "mature" adult. Whether you are interested in gaining back strength, increasing your balance and flexibility or losing some weight and body fat, she will develop a *plan* and will help you get maximum results in the minimum amount of time. If you are interested in working with a trainer, please call Tracy Spino 972-292-6554 for details on availability and costs.





Fitness



FITNESS CONTINUED

STRENGTH, CORE, AND BALANCE

This energizing class will develop strong, lean muscles while creating a more efficient core and possibly looser fitting clothes! There are three levels (beginner, intermediate, and advanced). The class is designed to progress clients based on their current fitness level to ensure continued results while minimizing injuries. We will use chairs, mats, hand weights, resistance bands, and stability balls. This is an extremely popular class which has produced some fabulous results.

M/W/F Weekly 9:00-10:00am OR 10:15-11:15am
Instructor: Tracy Spino Min/Max: 5 students/22 students



STRENGTH, CORE & BALANCE—CONDITIONING

This energizing class will develop strong, lean muscles while creating a more efficient core and possibly looser fitting clothes! There are three levels (beginner, intermediate, and advanced). The class is designed to progress clients based on their current fitness level to ensure continued results while minimizing injuries. We will use chairs, mats, hand weights, resistance bands, and stability balls. This is an extremely popular class which has produced some fabulous results. Tuesday and Thursday classes will add some aerobics with the weights. Sign up today!

Tu/Th Weekly 9:15-10:15am
Instructor: Michelle Thompson Min/Max: 5 /22 students

TAI CHI FOR ARTHRITIS Fee: \$80 for a 10-class punch card or \$9 drop-in fee

Exercise does **NOT** have to hurt to be effective. Reduce your risk of falling, increase your balance, develop core strength, improve posture, and diminish pain. Learn to relax your muscles, relieve tension and quiet your mind for greater concentration. Excellent for joint rehabilitation, but even those without health problems will benefit greatly. Come take control of your own health. Challenge your body, stimulate your mind, and embrace your spirit. For newcomers, **your first class is free!** **NOTE: No class 11/23, 12/21, or 12/28.**

W Weekly 12:15-1:15pm Instructor: Chris and Fayne Bouguyon

YOGA FOR YOUTH

This class will provide you with all the physical postures to help create a strong, lean body as well as achieve that mental-spiritual connection. Yoga for Youth will incorporate breathing, movement and relaxation techniques which are critical as we grow in years. If you are new to yoga this class will teach you the basic moves yet still provide a challenge to those who are more advanced.

Tu/Th Weekly 10:30—11:30am Instructor: Salena Quinlan
Wed Weekly 8:00—8:50am Instructor: Salena Quinlan



SENIOR SWIM AND FIT AGES: 50+ LOCATION: FRISCO ATHLETIC CENTER— INDOOR POOL

This course enhances flexibility, cardiovascular and muscular endurance. Participants in this class will work with Certified Instructors to improve their water skills and stroke technique while building their endurance to achieve a more effective all over body workout. Each week participants will increase their workout in distance and intensity based on each participant's level. Class will be divided into experience levels (beginner, intermediate, advanced) on the first day. **REGISTRATION BEGINS ON DECEMBER 5TH FOR RESIDENTS AND DECEMBER 7TH FOR NON-RESIDENTS AT THE SENIOR CENTER OR THE FAC. NO TRANSPORTATION PROVIDED. For more info contact the Frisco Athletic Center at 972-292-6600.**

18358 Tu/Th 1/31-2/23 8:00-8:35 am
18359 Tu/Th 1/31-2/23 8:45-9:20 am
18360 Tu/Th 2/28-3/29 8:00-8:35 am *NO CLASS THE WEEK OF 03/12 TO 03/18
18361 Tu/Th 2/28-3/29 8:45-9:20 am *NO CLASS THE WEEK OF 03/12 TO 03/18
18362 Tu/Th 4/3-4/26 8:00-8:35 am
18363 Tu/Th 4/3-4/26 8:45-9:20 am

Fee: \$56 (Res) \$61 (Non Res)

18356 Tu/Th 1/10-1/26 8:00-8:35 am
18357 Tu/Th 1/10-1/26 8:45-9:20 am

Fee: \$42 (Res) \$47 (Non Res)





Trips



MEET AND EAT: EDOKO

FEE: \$3 (BRING MONEY FOR LUNCH)

We will eat at Edoko Sushi and Robata translated as "around the fireplace." This ancient Japanese custom of cooking in a charcoal-fired hearth is a new twist in Japanese cuisine to Frisco, TX. The menu consists of hot and cold dishes, sushi rolls, bento boxes and stir-fry's. Please sign up by Friday, December 9.

THURSDAY, DEC 15

11:00AM-1:00PM

OLD RED COURTHOUSE

FEE: \$18 (BRING MONEY FOR LUNCH)

Built in 1892, the beautifully restored Old Red Courthouse contains some of Dallas County's most fascinating historical artifacts. There is a special exhibit gallery and four permanent galleries filled with artifacts, rare photographs, 41 touch-screens and 4 mini-theatres. Inside the museum we will see Spanky McFarland's pants, Tom Landry's fedora and J.R. Ewing's hat, a Lancaster Dragoon pistol c. 1862 and a "roaring twenties" wedding dress. Lunch will be at YO Ranch Steakhouse. Please reserve your spot by Monday, December 12.

TUESDAY, JAN 24

8:30AM-3:00PM

AMERICAN AIRLINES CENTER TOUR

FEE: \$10.00 (BRING MONEY FOR LUNCH)

The American Airlines Tour will give you the opportunity to go behind the scenes and get an insider's view of the inner workings of this fast paced industry. The tour is educational and interactive. We begin in the bowl where we will learn about the building logistics and event conversion. We will then go to the event level, the press box, luxury suite and party room and other facilities in the building. We will have lunch following the tour at Victory Tavern. Please reserve your seat on the bus no later than, December 12.

TUESDAY, JAN 10

9:30AM-3:00PM

RIVERDANCE AT MUSIC HALL AT FAIR PARK

FEE: \$65 MAKE SURE YOU EAT BEFORE WE GO

Riverdance is hosting its farewell tour at the Verizon Theatre this year. *Riverdance* is the theatrical show consisting of traditional Irish step-dancing, known for its rapid leg movements while body and arms are kept largely stationary. *Riverdance* is, in essence, the story of the Irish culture and of the Irish immigration to America. This will be a spectacular performance, please reserve your seat no later than, Wed., January 4.

WEDNESDAY, FEB 8

12:15PM-5:00PM

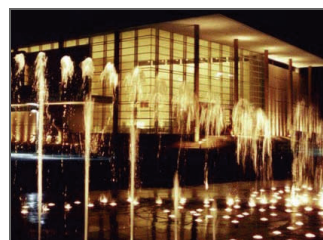
I HEARD THAT!-EISEMANN

FEE: \$50 MAKE SURE YOU EAT BEFORE WE GO

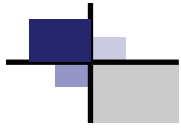
The creators of Greater Tuna, Jaston Williams, Joe Sears and Ed Howard are bringing their new play, I Heard That! to the Eisemann Center. Sears and Williams will play over 20 different characters and they use the entire world as the target for their satirical comedy. We will laugh as they act out testy marriages gone postal, political hacks for the next crazy issue, totalitarian dictators maxing out their credit cards, and many more. Please register by Monday, January 9.

THURSDAY, FEB 23

12:45PM-5:00PM



Please be aware that all trips occur on the Senior Center vehicle and begin and end at the Senior Center unless otherwise noted, and please remember you must provide your own transportation to and from the Senior Center for all trips.



Trips Reminder

Newspaper, Newspaper!
fee: \$3 (bring money for lunch)

Thursday, Dec 1
8:15 am-Noon

Dallas Heritage Village- Senior Day
fee: \$20 (Box lunch included)

Thursday, December 8
9:00am-2:00pm

CELTIC THUNDER CHRISTMAS
LOWER LEVEL (\$65) 4 TICKETS LEFT

SATURDAY, DECEMBER 17
5:15PM-11:00PM

Programmers Corner

“Did You Know...?”

“We should give as we would receive, cheerfully, quickly, and without hesitation; for there is no grace in a benefit that sticks to the fingers.” Roman Philosopher Lucius Annaeus Seneca

As we begin to turn our thoughts toward the coming holidays, we should be mindful of what it truly means to “give.” With the department stores advertising Christmas earlier and earlier each year, it is much too easy for us to get caught up in the hustle and bustle of shopping for gifts and eagerly anticipating what we ourselves may receive. “How much should I spend on so-and-so?” “Why should I give him something when he never remembers me?” “Will she remember to give me a gift?” Several years ago my eldest son and his wife started a wonderful tradition where we all agree not to buy gifts for each other, but to seek out instead opportunities to give to others less fortunate. In fact, when we do give to a charity, we give in someone else’s name. The best gifts are sometimes the ones that aren’t neatly wrapped and tied with a bow. And while we’re on that subject, let me say “thank you” to each and every one of you for giving to me the gift of your smiles and laughter – that is truly priceless to me and will be cherished year after year!

~ April

Christmas gift suggestions

A Poem by Oren Arnold

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To all, charity.
- To every child, a good example.
- To yourself, respect.



SPOTLIGHT ON FRISCO SENIORS -



DEBBIE CARROLL-BOYCE WINS MS. SENIOR AMERICA CROWN AT ANNUAL NATIONAL PAGEANT

Debbie Carroll-Boyce of Frisco, Texas was named the 2011 Ms. Senior America at the annual Ms. Senior America Pageant held in Atlantic City, New Jersey. Ms. Carroll-Boyce wowed the judges with her beauty, poise and grace, along with her singing and dancing to “Stuff Like That There” from the Bette Midler movie, “For the Boys.” Debbie’s list of volunteer work and community involvements are extensive and include volunteering her time tutoring students, being an active member of the community in her hometown of Frisco, Texas, being named the “Most Positive Principal” by the Power of Positive Student Organization, taking the first school in her community to receive the United States national “Blue Ribbon” recognition at the White House in Washington, DC while she was still an active principal, being a wonderful mother and so much more. In her professional life prior to her current profession of Realtor for Ebby Halliday Real Estate, Debbie was an educator for 31 years which included 17 years as an elementary school principal and 14 years as a middle and high school teacher and counselor. Debbie earned a Bachelors’ Degree in Communications from the University of Texas at Arlington and a Master’s Degree in Education/Counseling and Mid Management Administration from Texas Women’s University.

The philosophy behind the Texas chapter and the national organization Senior America is the belief that seniors are the foundation of America and one of our most valuable treasures. Seniors help the younger generation build self-esteem, knowledge, experience, and resources to continue building a better society for the future. “These are not simply beauty pageants for women that are 60+, these pageants re-define senior women in the 21st Century”, according to Mary Frances Hansen, Director of the 2011 Ms. Texas Senior America Pageant. “The Pageants are about inner beauty; these women are dynamic and talented in every way. Our goal is to encourage seniors to embrace life and foster a positive attitude about aging. We strive to enrich and empower senior women as our pageant contestants represent the positive image of aging.” The four components of the Ms. Senior America Pageant judging were: philosophy of life, personal interviews with the judges, evening gown competition, and talent.

Congratulations, Debbie!



*From Your
Advisory Council*



- * Our fundraiser, Hot Dog Day, was a great success in 2011. The event will resume early in 2012, so read the newsletter for the future date. Keep in mind how helpful it is to everyone to sign up early.
- * Senior Center T-shirts are available for purchase (\$12) and sales have been good. The Advisory Council actually needed to place a second order of shirts due to their popularity. These shirts are made in the USA and all profits benefit our senior center. Get your shirt today or purchase one for a holiday gift.

Another gift idea is the Public Art Prints. These prints are a reproduction of the Frisco art hanging throughout the center. Inquire at the front desk for more information on how you can purchase the print of your choice. They are impressive!

Our very own Golden Notes Singers will perform at the Holiday Potluck in December. You won't want to miss hearing the beautiful sounds and songs of the season. Come out and support our choir.

Advisory Council Elections – Six Council representatives will be leaving the board at the end of 2011. Our annual election to fill the positions will be in November and December. Early Voting will occur between Monday, November 21 – Friday, December 2. Election Day will be Thursday, December 8 with the announcement of the new council members being given at the Holiday Party Potluck that day. Here are the nominees. Photos will be placed on the Center's bulletin board and on the ballots for better recognition.

Jan Agin
Lana Lewallen
Cindy Ziemba

Carlo Farris
Bob Tevebaugh

Bunny Edwards
Dan Vaughan

Habib Khan
Brenda Whitley

Sandy Mazak,
President



GAME TIMES



Rummikub

Mondays
10:30am—Noon
Wednesdays
1—4pm

Five Crowns

Mondays
1—3pm
Saturdays
4—6pm

Bridge (Party Bridge)

Mondays and Fridays
1—4pm

Pokeno

Tuesdays
10:30am—1pm

Hand & Pony

Tuesdays
1—4pm

Skipbo

Wednesdays
10:30am—Noon

Mah Jongg

Thursdays and Fridays
1—4pm

Pinochle

Thursdays
1—4pm

Dominoes (84)

Tuesdays and Saturdays
5—8pm

Mexican Train Dominoes

Fridays
1—4pm

Senior Game Night (Play ANY Game!)







Saturdays
4—8pm

**Dance the night away w/
DALLAS CITY LIMITS on
Saturday, December 10th
7 – 9:30pm**

DECEMBER 2011

Newspaper, DMN Trip	Thurs., Dec. 1	8:15am – 12:00pm
Dallas Heritage Village	Thurs., Dec. 8	9:00am – 2:00pm
Meet & Eat: Edoko	Thurs., Dec. 15	11:00am – 1:00pm
Celtic Thunder Christmas	Sat., Dec. 17	5:15pm – 11:00pm
Old Red Courthouse	Tues., Jan. 24	8:30am – 3:00pm
Riverdance Fair Park	Wed., Feb. 8	12:15pm-5:00pm
I Heard That – Eisemann	Thurs., Feb 23	12:45pm-5:00pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center Closings</p> <p>Saturday, December 3 Friday, December 23 Saturday, December 24 Monday, December 26</p> <p>Hours Change Saturday, December 31 11:30am – 3:30pm</p>	<p>Christmas Stocking Donations Nov. 21 – Dec. 6</p> 		<p>1 8:15 - 12:00 Newspaper Trip</p> <p>9:15 - 10:15 SCB Conditioning</p> <p>9:30 - 11:30 Ceramic Corner</p> <p>10:00 - 12:00 Nursing Home Abuse</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>10:30 - 12:00 Living w/ Adult Children</p> <p>10:30 - 2:30 Medicare Part D Clinic</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Pinochle</p> <p>1:30 - 4:00 Oil Paint w/Lou Ann</p> <p>7:00 - 8:00 VFW Meeting</p> 	<p>2 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 11:30 Whistle Stop Tour</p> <p>10:30 - 12:00 Wii Bowling</p> <p>11:30 - 12:30 Country Line</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Bridge</p>
<p>5 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 12:00 Computer Help</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:00 - 11:00 Advisory Council</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 11:30 Medicare Funding</p> <p>10:30 - 12:00 Rummikub</p> <p>1:00 - 3:00 Five Crowns</p> <p>1:00 - 4:00 Bridge</p>	<p>6 9:15 - 10:15 SCB Conditioning</p> <p>9:30 - 12:00 Watercolor w/Lou Ann</p> <p>10:00 - 12:15 Spa Day</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>10:30 - 1:00 Pokeno</p> <p>1:00 - 4:00 Hand & Pony</p> <p>5:00 - 8:00 Dominoes</p>	<p>7 8:00 - 8:50 Yoga for Youth</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:00 - 10:00 Pilates</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 12:00 Skipbo</p> <p>12:15 - 1:15 Tai Chi</p> <p>1:00 - 4:00 Basics of Bridge</p> <p>1:00 - 4:00 Rummikub</p> <p>1:30 - 2:30 Dance Class</p>	<p>8 9:00 - 2:00 Dallas Heritage Village</p> <p>9:15 - 10:15 SCB Conditioning</p> <p>9:30 - 11:30 Ceramic Corner</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>11:30 - 1:30 Bday Potluck & Election</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Pinochle</p> <p>1:30 - 4:00 Oil Paint w/Lou Ann</p> 	<p>9 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:00 - 12:00 You Can Watercolor!</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 11:30 Blood Pressure Checks</p> <p>10:30 - 12:00 Wii Bowling</p> <p>11:30 - 12:30 Country Line</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Bridge</p>
<p>12 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 12:00 Computer Help</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 12:00 Rummikub</p> <p>1:00 - 3:00 Five Crowns</p> <p>1:00 - 4:00 Bridge</p>	<p>13 9:00 - 4:00 Life Line Screening</p> <p>9:15 - 10:15 SCB Conditioning</p> <p>9:30 - 12:00 Watercolor w/Lou Ann</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>10:30 - 1:00 Pokeno</p> <p>12:30 - 2:00 Prescription Check</p> <p>1:00 - 4:00 Hand & Pony</p> <p>5:00 - 8:00 Dominoes</p>	<p>14 8:00 - 8:50 Yoga for Youth</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 11:00 Centennial Checkups</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:00 - 1:00 Hairstyles by Sandy</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 12:00 Skipbo</p> <p>12:15 - 1:15 Tai Chi</p> <p>12:30 - 2:00 Golden Notes Party</p> <p>1:00 - 2:00 Equip. Orientation</p> <p>1:00 - 4:00 Rummikub</p> <p>1:30 - 2:30 Dance Class</p>	<p>15 9:15 - 10:15 SCB Conditioning</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>10:30 - 12:00 Prescription Check</p> <p>11:00 - 1:00 Meet & Eat</p> <p>12:30 - 1:30 Health Chat</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Pinochle</p> <p>1:30 - 4:00 Oil Paint w/Lou Ann</p> 	<p>16 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:30 - 10:00 Chair Exercise</p> <p>9:30 - 12:00 You Can Oil Paint!</p> <p>10:00 - 11:00 Mystery Book Club</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 12:00 Wii Bowling</p> <p>11:30 - 12:30 Country Line</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Bridge</p>
<p>19 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:00 - 10:00 Pilates</p> <p>9:00 - 12:00 Computer Help</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 12:00 Rummikub</p> <p>11:00 - 12:00 Kitchen Committee</p> <p>1:00 - 3:00 Five Crowns</p> <p>1:00 - 3:15 Movie Day</p> <p>1:00 - 4:00 Bridge</p>	<p>20 9:15 - 10:15 SCB Conditioning</p> <p>9:30 - 12:00 Watercolor w/Lou Ann</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>10:30 - 1:00 Pokeno</p> <p>10:30 - 12:30 Bingo</p> <p>1:00 - 2:00 Grief Support Group</p> <p>1:00 - 4:00 Hand & Pony</p> <p>5:00 - 8:00 Dominoes</p> <p>6:00 - 8:00 Songs of the Season</p>	<p>21 8:00 - 8:50 Yoga for Youth</p> <p>9:00 - 10:00 Strength/Core</p> <p>9:00 - 10:00 Pilates</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:00 - 11:00 Classic Book Club</p> <p>10:15 - 11:15 Strength/Core</p> <p>10:30 - 12:00 Skipbo</p> <p>1:00 - 4:00 Rummikub</p> <p>1:30 - 2:30 Dance Class</p>	<p>22 9:15 - 10:15 SCB Conditioning</p> <p>10:30 - 11:30 Yoga for Youth</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Pinochle</p> <p>1:30 - 4:00 Oil Paint w/Lou Ann</p>	<p>23 Senior Center is Closed</p> 
<p>26 Senior Center is Closed</p> 	<p>27 9:30 - 12:00 Watercolor w/Lou Ann</p> <p>10:30 - 1:00 Pokeno</p> <p>12:00 - 2:00 Free Hearing Checks</p> <p>1:00 - 4:00 Hand & Pony</p> <p>5:00 - 8:00 Dominoes</p>	<p>28 9:30 - 10:00 Chair Exercise</p> <p>10:00 - 11:00 Senior Employment</p> <p>10:30 - 12:00 Skipbo</p> <p>1:00 - 4:00 Rummikub</p> <p>1:30 - 2:30 Dance Class</p>	<p>29 1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Pinochle</p>	<p>30 8:00 - 9:00 Free Aerobics VIDEO</p> <p>9:30 - 10:00 Chair Exercise</p> <p>10:30 - 12:00 Wii Bowling</p> <p>11:30 - 12:30 Country Line</p> <p>1:00 - 4:00 Mah Jongg</p> <p>1:00 - 4:00 Bridge</p>