

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 to pumping. Exercises include dance moves, toning and stretching. Join this fun and energizing class. Tue/Th 8:30Am

Drumba*

Low impacts standing aerobics combined with chair exercise used to stretch and strengthen all muscles and joints. Stretchy bands, weights and simple dance moves 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

The is class includes standing and chair exercises, stretchy band and weights will be used during class. While working out to music you will stretch and strengthen your entire body. Lots of fun will be had. 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 strengthen major muscles groups. You will also focus on breathing, balance and flexibly. Please bring a yoga mat. Join us on 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. 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. M/T/W/TH/F 8:15am, walking track.



Rowlett Senior Times

October is Packed With Activities!

Coming in October we're looking to get our banquet rooms back opened after this construction. To help celebrate the reopening we will be having our Senior Halloween Party! (Oct 28th) Costumes are encouraged to show off those holiday spirits. We will have Pumpkin Painting Decorating, Fun Table games, spook-tacular treats for all. In order to get in on all of this fun you MUST REGISTER at the RCC front desk. Also this month join the Senior Advisory Board for a Senior Seminar about How to use your Medicare Plan (Oct 12). For a schedule of all current programs and schedule look out for our calendar in the RCC or online www.rowlett.com/Seniors

Hours of Operation

Monday-Friday

6AM-9PM

Saturday

8AM-9PM

Sunday

12-6PM

Join the Excitement! 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 or call the Community Centre at 972-412-6170

Ongoing Activities

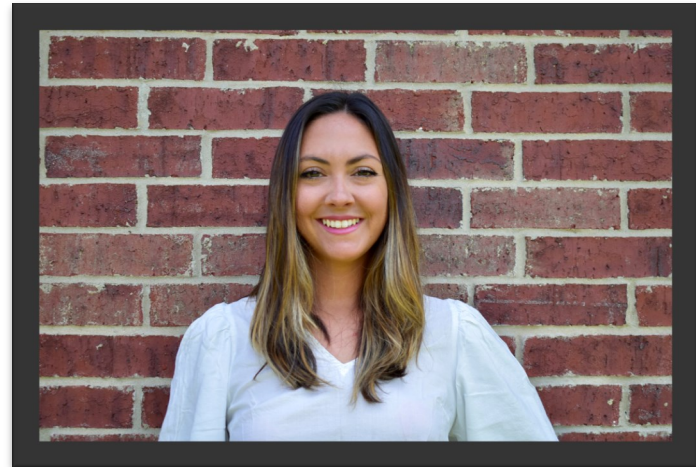
Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart. And plenty of activities cost little or no money. Join us for some of our Ongoing Activities.

<p>By The Time You're Eighty Years Old You've Learned Everything. You Only Have To Remember It. George Burns</p>	Bingo	Health Checks	<p>Senior Advisory Board Seminars: Oct 12th : How to Use Your Medicare Plan</p>
	Birthday Social Luncheon	Out to Lunch Bunch	
	Book Club	Texas Hold'em	
	Chair Volleyball	The Writing Salon	

Employee Spotlight:

Pam Vierus

Special Events/Marketing



Coming into the employee spotlight for the very first time is Pam! Pam is Our newest face here at the Rowlett Community Centre, you'll surely see here out and about organizing all your favorite Events that happen throughout Rowlett!

Q: What do you like to do for fun?

A: I like spending time with my family, go hiking on the local trails round the city, I enjoy reading a good book and some yoga to round out my day

Q: What is a hidden talent you have?

A: I'm completely bilingual with Spanish and English , But I can also make the best homemade Cinnamon Rolls from scratch.

Q: What is your favorite part of Rowlett

A: the Environment and community we work for is always so welcoming and nice, I've heard so many compliments from local residents about our Parks and Recreation Department , they make this job fulfilling and pleasant .

SENIOR FIELD TRIPS

Senior Field Trips—This month at the RCC we have 2 fun packed field trips. First off, on OCTOBER 7th, the first 20 seniors that register at the front desk will get to go to The State Fair of Texas for FREE! Otherwise standard admission for a senior is \$10 at the fair. We will be riding the DART train from Rowlett Station all the way to Fair Park. Later on this month on OCTOBER 19th we are taking the first 10 Seniors that register with the front desk to the Dallas Arboretum to see their beautiful fall displays. We will be taking the Van down to the Arboretum . Space is limited on both these great trips so sign up today!

Upcoming Field trips—this upcoming November the RCC has a trip planned to the Dallas Museum of Art on Tuesday NOVEMBER 16th. We will be taking the van down to the museum at 10am that morning and we will return around 3pm that afternoon.

Also coming next month keep a look out for our annual THANKSGIVING FEAST. Join us the Thursday before thanksgiving for a celebration surrounded by all your RCC friends and family. We will provide the main course but please bring some of your holiday favorites to share with everyone.

ROWLETT RIDDLES

Q1: What goes up but never comes down?

Q2.: What 's something always in front of you but cannot be seen?

Q3: What five letter word becomes shorter when you add two letters?

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

A1 : Your Age "E" | A2 : The Future | A3: Short