

## 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

## Bloom into the Best You!

### Hours of Operation

Monday-Friday  
6AM-9PM

Saturday  
8AM-9PM

Sunday  
12-6PM

Our spring has finally sprung here at the RCC! We're returning this month with some old favorite programs like Our Murder Mystery Series (Apr. 20). We are also going on some last minute field trips to Canton (Apr 1 & 29) as well as to Choctaw Casino in Durant Oklahoma (Apr 15) . Parks & Rec are also bringing the fun to downtown Rowlett, Our Lunch on the Lawn event (Mondays 11a-2p) and our Farmers Market (Thursdays 5:30-8:30p) are continuing the entire month of April. So there's plenty to do! 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	<p>Field Trips</p> <p>Bridge</p>
	Birthday Social Luncheon	Out to Lunch Bunch	
	Book Club	Texas Hold'em	
	Chair Volleyball	The Writing Salon	

### Employee Spotlight:

**Maggie Guzman**

**Recreation Leader II**



Coming into the employee spotlight this month is Maggie! Maggie is our newest staff member at the Rowlett Community Centre. Maggie joined our team in February 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: I enjoy reading a nice book , Watching true crime documentaries and running in my free time.

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

A: Paris , I've always liked the arts and culture that come from that historic city

Q: What is your favorite part of Rowlett

A: I enjoy the environment of approachable , friendly people no matter where in Rowlett you are.

## 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.

Our next big outing this month is to Globe Life Park and attend a Texas Rangers Baseball game. The game is on April 28th at 1pm against the Houston Astros. This is a wonderful opportunity to see the brand new Globe Life Park (and air conditioned), and with this season being the 50th anniversary of the Texas Rangers there's no better time to go watch a baseball game.

-Cost \$30 leave by 11 and leave when everyone feels ready.

Also making a long awaited return is a senior trip up to Durant, Oklahoma to visit the Choctaw casino and resort.

We are only doing a day trip up to the casino leaving at 9am in the morning and leaving the casino no later than 3pm . Seniors are allowed to enjoy the casino and resort to their hearts content .[\$20]

Additionally this month we return to Canton for the worlds biggest flea market. The RCC seniors are scheduled to go on April 1st & April 29th to shop till they drop and visit all the small business owners that Flock to Canton [\$10 leaves 9am-4pm]

### ROWLETT RIDDLES

Q1: Which Building has the most stories?

Q2.: Forward I am heavy, backwards I am Not , what am i?

Q3: What tastes better than it smells?

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

A1: The library | A2: A Ton | A3: your Tongue