

ROANOKE COMMUNITY/SENIOR CENTER

GENERAL INFORMATION

Address:

312 S Walnut Street
Roanoke, Texas 76262

Hours:

Monday-Friday 8AM-5PM

Phone:

817-491-6060

Email:

CommunityCenterInfo@roanoketexas.com

Recreation Specialist-Seniors:

Renee Frizzell



THE ROANOKE
COMMUNITY/SENIOR
CENTER WILL BE
CLOSED FOR THE
FOLLOWING
HOLIDAYS:

Labor Day

Monday, September 6

Veterans Day

Thursday, November 11

Thanksgiving

Thursday, November 25 and Friday,
November 26

Christmas

Thursday, December 23 and Friday,
December 24

New Year's Eve

Friday, December 31

*Do we have your
current information?*

It is important that we have your current contact information so we can communicate with you at the appropriate times, including reminder calls, refunds and more. Next time you come in please stop by the center to confirm your information: PHONE NUMBER, ADDRESS, EMAIL ADDRESS and EMERGENCY CONTACT

REGISTRATION PROCESS

NEW registration process will be starting. All activities, classes, trips and events require registration. After registering, you will receive a confirmation, which you will need to keep as a reminder. All programs with a fee must be paid for in full at registration. Be sure to register early as many programs have limited space! Call 817-491-6060 or email CommunityCenterInfo@roanoketexas.com

TRANSPORTATION

Transportation to the Roanoke Community/Senior Center is provided to Roanoke residents residing inside the Span's Service area and will transport to any location in Denton County. For more information regarding rates and routes please contact Span office at 940-382-1900.

VOLUNTEER OPPORTUNITIES

If you would like to head up a program, start a new activity or want to help out, please stop by the office to fill out a volunteer application. The staff appreciates all that our volunteers do!

COMMUNITY/SENIOR CENTER REFUND POLICY

REFUND

Customer service is our top priority, and it is strongly encouraged you are aware of the following guidelines before registering for a program or trip. If you are not satisfied with a class, program or trip, please let staff know immediately so the situation can be remedied.

FULL REFUNDS

Full refunds will be given only if participation is not possible due to class, program or trip cancellation or a change in day, time or location initiated by staff. Refunds will not be subject to administrative charges.

PARTIAL REFUNDS

Partial refunds will be given if:

Participation is cancelled after the class starts due to unusual circumstances (e.g. sickness or injury). The refund will be prorated minus charges for furnished supplies. All partial refunds will be subject to a \$10 administrative fee.

Participation is cancelled regardless of reason with notification of five (5) or more calendar days before the class/program starts. (See Trip Refund Policy Exception)

Participation in any class is cancelled with less than five (5) calendar days' notice, and a vacancy is filled prior to the start of program.

NO REFUNDS

No refunds will be given if participation is cancelled with notification less than five (5) calendar days before the class, program or trip start.

TRIP REFUND

All trips are nonrefundable. Purchasing nonrefundable tickets is a common occurrence with day trips. If you cancel your registration regardless of time, a refund will be issued only in the event that your spot can be filled.

TRAVEL TRIPS AND TOURS

Activity Level: All of our trips feature Activity Level icons as guides to the type of itinerary and level of challenge you can expect to encounter while travelling with us. If you have concerns about the activity level please do not hesitate to ask staff before registering.



EASY
Generally light walking



MODERATE
Longer walking intervals with possible stairs and uneven terrain/sidewalks



ACTIVE (High) Good physical health recommended. Extensive walking/standing with possible stairs and uneven terrain/sidewalks

Important Trip Information:

1. Please arrive 15 minutes before printed departure time. We will leave on time!
2. Departure and Return times are approximate and subject to change.
3. Registration fee includes transportation and ticket fee when applicable.
4. Bring monies for your lunch and other personal expenses.
5. Special accommodations for travel, please contact staff.

Top O'Hill Terrace

Beulah Adams Marshall bought land here along the Bankhead Highway in the early 1920s and opened a tea room, hosting teas and serving dinners to Dallas and Fort Worth patrons. In the late 1920s, Fred and Mary Browning purchased the property and shortly began converting the facilities into a casino, adding an escape tunnel and secret room for hiding the gambling paraphernalia during raids. Today, the Arlington Baptist University continues to use the site, which retains many of its original structures and features a statue of Norris by noted Sculptor Pompeo Coppini. Lunch: Sam's Catfish.

Date: Friday, September 24



Time: 9:15AM-3PM

Fee: R \$25 NR \$27

Activity #:6720.109

Dallas Arboretum

Autumn is upon us and we are excited to be able to travel to the Dallas Arboretum to see 90,000 pumpkins, gourds and squash. The pumpkins are hauled in from the pumpkin capital of Texas, Floydada. This year, the space is transformed into Bugtopia! The display will come alive with larger-than-life insect topiaries, fascinatingly bugged-out pumpkin houses. Please bring monies for your lunch (on your own) and other personal expenses.



Date: Friday, October 8

Time: 9AM-3PM

Fee: R \$25 NR \$27

Activity #:6720.110

Dallas Fire Fighters Museum

The Fire Station at Fair Park, which now houses the Dallas Firefighter's Museum, was built in 1907. It originally held a hose wagon, five horse stalls, and a hook and ladder truck. Originally working out of the Station were 12 firefighters and 5 horses. It was the first horse hospital for the Department. The Fire Department phased out horses in 1926. Please bring monies for your lunch and other personal expenses.



Date: Friday, November 5

Time: 9AM-3PM

Fee: R \$20 NR \$22

Activity #:6720.111

The Gift of Christmas

The Gift of Christmas is a Prestonwood tradition and has become one of the highlights of the Christmas season, with thousands of guest attending every year. This visually stunning multimedia event is complete with special effects, a nearly 1,000 member cast and choir, live orchestra, flying angels and much more. The program will keep you fully engaged for a powerful 90 minute, the perfect length for everyone to enjoy. It is awe-inspiring presentation of the true gift of Christmas and experience not to be missed!

Date: Sunday, December 12 (tentative depending on tickets)

Time: 2:30-6:30PM (tentative depending on tickets)

Fee: TBA

Activity #:6720.112



LEARNING

AARP Driver Safety Program

Learn defensive driving techniques, new traffic laws and rules of the road to help keep you safe on the roads and reduce your overall maintenance. This course may reduce the cost of your auto insurance; however, is not sufficient for dismissal of a ticket. Payment is made at time of class. Please call 817-491-6060 or email CommunityCenterInfo@roanoketexas.com to make a reservation.

Instructor: AARP Certified Instructor

Date: Friday, January 21 (Subject to Change per AARP)

Time: 9AM-1PM

Fee: \$20 AARP Member, \$25 Non-Member (checks are payable to AARP)

Activity #:6430.101

The ABCD's of Medicare

Suzi McAlpine will explain the basics about Medicare Parts A, B, C and D and navigating the Medicare Maze!

Date: Tuesday, September 28

Time: 10:30AM

Fee: Free

Activity #:6431.101



SENIOR ACTIVITIES

CREATIVE

Painted Rocks

The point of this class is to sprinkle kindness around your community. We will simply paint a rock that might spark joy and brighten someone's entire day. They can be any size or shape, as big or small as you like and very detailed or very simple! Once you create one, the idea is to leave it somewhere for another person to find and enjoy. We will start our Rock Garden here at the Community/Senior Center. All supplies included.

Instructor: RCSC Staff

Date: Thursday, November 18

Time: 1-3PM

Fee: \$2

Activity #:6400.101

Watercolor Doodle

Unleash your creativity with a watercolor painting session by Twist Squiggle and Doodle. You will create a one of a kind 11x15 watercolor work of art. The image is on the watercolor paper and ready to paint. This session is approximately 1.5 hours.

Instructor: Charlotte Samuel

Date: Monday, November 22

Time: 11:30AM-1:30PM

Fee: \$15

Activity #:6401.101

Date: Monday, December 20

Time: 11:30AM-1:30PM

Fee: \$15

Activity #:6402.101

Embroidered Greeting Cards

If you like embroidery and like making your own greeting cards, or even if you have never combined embroidery and paper crafts this class is for you. You will learn the techniques to make a card for a friend, family or just about anyone you would like to send a card to. Supply list available when registering.

Volunteer Led: Clarice

Date: Thursday, October 7

Time: 10AM-12PM

Fee: \$Free

Activity #:6403.101



FITNESS AND WELLNESS

Tai Chi Yang Style

Yang Style is gentle and slow moving to provide increased balance, improved flexibility, and stress reduction. No experience necessary and suitable for those with limited range of motion.

Instructor: Lowell Johnson

Day: Mondays

Time: 9-9:50AM

Fee: FREE

Activity #:

6210.109 September 13-27

6210.110 October 4-25

6210.111 November 1-29

6210.112 December 6-27

Total Fit

This class is a full body fitness class that elevates the heart rate through focused mobility, range of motion, strength training, and cardio. This low impact class is perfect for anyone, no matter age or skill level.

Instructor: Meghan Powell

Day: Tuesdays

Time: 9-9:50AM

Fee: FREE

Activity #:

6211.109 September 7-28

6211.110 October 5-26

6211.111 November 2-30

6211.112 December 7-28

Eccentric Stretch and Tone

This class is a dynamic workout suitable for all fitness levels, combining stretching and strengthening, engaging every muscle and joint. This class will increase flexibility and mobility for a healthy, toned, and pain-free body. Incorporates standing, mat workout and chair (as needed).

Instructor: Rebekah Congos

Day: Thursdays

Time: 9-9:50AM

Fee: FREE

Activity #:

6212.109 September 2-31

6212.110 October 7-28

6212.111 November 4-25 (no class on 11 and 25)

6212.112 December 2-30 (no class on 23)

HEALTH FOCUS

Stick it to the Flu and Pneumonia Clinic

Get your seasonal flu and pneumonia shot from an immunization certified Walgreen Pharmacist. Please bring Medicare Part B and ID. No appointment is necessary.

Date: Wednesday, October 6

Time: 11AM-1PM

Fee: FREE with Medicare Part B

Activity #: 6140.101

DANCING/MUSIC

Absolute Beginner Line Dancing

If you have absolutely no previous dance experience, this class is for you. Routines will contain a short sequence of easy steps (Standing Steps, such as touches, sways, heel steps, toe struts, heel struts, kicks, stomps, etc.). Traveling Steps will move forward and backwards or sideways. You will learn popular dances such as the Electric Slide, the Cupid Shuffle, and the Hustle.

The Absolute Beginner class is for the student who has never line danced before or who is still learning the basic terminology and dance steps. Leather shoes, boots or tennis shoes with shoe socks are required.

Day: Thursdays

Time: 10-10:50AM

Fee: Free

Activity #:

6420.109 September 9-31

6420.110 October 7-28

6420.111 November 4-25 (no class on 11 and 25)

6420.112 December 2-30 (no class on 23)

Pickin' and Grinnin'

The Pickin' & Grinnin' is very unique group. Everyone is welcome, to join in singing or playing a compatible instrument. An audience gathers and many spend an evening of free entertainment. The group usually has 12-20 players that play country, bluegrass, gospel and oldies. There are several singers, including some that occasionally join in from the audience. The group never knows who will show up and there is no set performance. The Pickin' & Grinnin' performs weekly on Thursdays from 7-9PM. Everyone is welcome to come.

Day: Thursdays

Time: 7-9PM

Fee: Free



GAMES AND SUCH

Games and Such is a time for all to enjoy! If you have a group playing on a regular basis, remember to welcome new faces to your game during the times posted. Want to start a new group. Please call: 817-491-6060 or email: CommunityCenterInfo@roanoketexas.com
Total Fit

Party Bridge

Join us for this laidback, friendly and welcoming weekly game of bridge. This is a perfect game to meet new people and get back into the swing of playing bridge. All abilities are welcome.

Date: Tuesdays

Time: 12:30-4PM

Fee: FREE

Hand and Foot Canasta

Hand and Foot is a popular variation from the rummy type game of Canasta. Hand and Foot uses about 5 or 6 decks of standard playing cards and is played with 2-6 players. The objective of Hand and Foot is to be the first to get rid of all of your cards and for your team to have the most points.

Instructor: Volunteer Led

Date: Mondays/Wednesdays/Fridays

Time: 9AM-12PM

Fee: Free

LUNCH PROGRAM

Come to Lunch with Metroport Meals on Wheels

The weekly luncheons at the Community/Senior Center are provided in partnership with Metroport Meals On Wheels. This program offers a great social opportunity for the active adults age 55 and older. All active adults are invited to attend regardless of their city of residence. Meals are prepacked until further notice. Monthly menu are available online or at the front desk. Reservations are required by Monday at NOON the week of the luncheon or sooner. You may call 817-491-6060 or email CommunityCenterInfo@roanoketexas.com. Togo lunches are available with inside pick-up

Day: Wednesdays

BINGO: 2nd and 4th Wednesday

Time: 12PM

Fee: \$5 per meal