

Silver Hearts Newsletter

Newsletter for Older Adults

October, November & December 2016



The mission is to enrich the lives of Angleton's seniors by providing opportunities for socialization, entertainment, education, exercise, and travel.

Senior Birthday Bash Pictures

Just a reminder, please don't come in until 7:00am for trip signups.

Just a few pictures from our Silver Heart Senior Birthday Bash.



Senior Commission Members

- Bonnie Church
- Bridgett Norris
- Sara McDaniel
- Roger Collins
- Mike O'Neil

Council Liaison

Bonnie McDaniel

Senior Program Coordinators

Pat Ashchenbeck

Travelers Club

WE NEED your ideas.....Do you enjoy going on the senior trips or have great ideas of places you would like to go? Bring in your brochures, newspaper articles, or any information you have on trip suggestions to the Travelers Club meetings held quarterly at the Recreation Center. There is no registration necessary and the club is open to those 55+ who share the interest of traveling.

Registration for quarterly trips opens the mornings of Travelers Club meetings. Seniors are registered on a first come, first serve basis and must do so in person.

Next quarter sign ups and meeting

Special Wednesday signup December, 14 2016

Sign up for Jan, Feb, & March 2017 trips at 8am

Travelers Club Meeting at 10am in Room 2

At the Angleton Recreation Center



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***SILVER HEARTS TRIPS* ...Trips for Older Adults** **Safe, affordable, and fun!**

October 13 & 14, 2016 Thursday & Friday—Margaritaville Casino & Rose Garden, Shreveport, LA

On this trip we will go to Shreveport, LA. We will visit the Gardens of the American Rose Center and see all the roses in bloom. Then it's off the casino! There is also a Bass Pro Shop and a outlet mall next to the casino for those of you who would like to do some shopping for the holidays. We will also get a \$10 credit on a players card when we check in to hotel.

Openings:	18
Leave Center:	9:00am(Thursday October 13th)
Return to Center	7:00pm(Friday October 14th)
Fee:	\$63 shared room (Add \$40 for single)
Meal:	Each person is responsible for their own meals.

October 18, 2016 Tuesday—Senior Day at the Fair. Angleton, TX

Come with us to the fair. There will be a special table set up for Angleton Rec Center. They will be serving donuts and coffee in the morning, then later lunch will be provided. You can also visit all the exhibits and vendors.

Openings:	22
Leaving Center:	8:00am
Return to Center:	2:00pm
Fee:	\$0
Meal:	Meal is provided.

October 25, 2016 Tuesday—St Francis Wolf Sanctuary Montgomery, TX

On this trip we will go the Montgomery TX and visit the St Francis Wolf sanctuary. The sanctuary is dedicated to the rescue and caring of non-releasable wolves and wolfdogs. They don't buy, sell or breed any of the animals. They provide an abundance of loving and compassionate care to all the animals. We will stop after and have dinner. **Closed toe shoes are recommended.**

Openings:	22
Leaving the Center:	12:30pm
Returning to the Center:	8:30pm
Fee:	\$ 16
Meal:	Each person is responsible for their own meal.

October 30, 2016 Sunday—Play in Wharton. "Knock Em Dead"

On this trip we will see a play called "Knock 'Em Dead". It is a comedy murder mystery, where there will be a different ending every night. It takes place at Vinnie's Belly Laugh Club, where 5 contestants show up for a talent contest. When Vinnie turns up dead they are all suspects. You will grill them to figure out the murderer. We will eat dinner after the show.

Openings:	22
Leave Center:	1:00 pm
Return to Center	8:30 pm
Fee:	\$18
Meal:	Each person is responsible for their own meal.

November 7, 2016 Monday—St Arnold's Brewery Houston, TX

On this trip we will go to St. Arnold's Brewery in Houston for a behind the scenes tour of the brewery. We will start off with lunch at the brewery and then take the tour. After the tour you will have the option to taste several varieties of the beers. **Closed toe shoes are required for the tour.**

Openings:	22
Leaving the Center:	10:15am
Returning to Center:	4:00pm
Fee:	\$3 without tasting or \$13 with tasting.
Meal:	Each person is responsible for their own meal.

November 14 & 15, 2016 Monday & Tuesday—Rockport/Fulton. Whooping Crane Boat Tour

Join us on this trip to the Rockport/Fulton area where we will visit the Fulton Mansion on Monday before we go to the hotel. Then on Tuesday morning we will take a boat out to see the whooping cranes.

Openings:	18
Leaving the Center:	10:00am (Monday November 14th)
Returning to Center:	6:30pm (Tuesday November 15th)
Fee:	\$120 Shared room (Add \$57 for single)
Meal:	Each person is responsible for their own meals.

November 26, 2016 Saturday—Home for the Holidays Gift Market. Galveston, TX

On this trip we will go to the Moody Gardens Convention Center for the Home for the Holidays gift market so you can get started on your holiday shopping. **Everyone will pay their own way in. \$6.00.**

Openings:	22
Leaving the Center:	9:00am
Returning to the Center:	4:00pm
Fee:	\$3
Meal:	Each person is responsible for their own meal.

December 3, 2016 Saturday—Dickens on the Strand, Galveston TX.

Join us as we celebrate Christmas traditions in 19th century Victorian style. We will go take a stroll around the festival where we will see carolers, roving musicians, jugglers, and lots of vendors selling food and crafts.

Openings:	22
Leaving the Center:	9:00am
Return to Center:	5:00pm
Fee:	\$16
Meal:	Each person is responsible for their own meal.

December 8, 2016 Thursday—Moody Gardens Festival of Lights and Ice Sculptures.

Come with us to Moody Garden to see the beautiful Christmas lights and the new Ice Sculpture exhibit called "A Caribbean Christmas". In between the ice sculptures and the lights we will enjoy a holiday buffet dinner. Everything is included in the price, including taxes and tip at the buffet.

Openings:	22
Leaving the Center:	3:00pm
Return to Center	9:00pm
Fee:	\$43
Meal:	Dinner is included.

NOTE: A gas surcharge has been added on all our trips. The fee is based on the number of miles in a trip and the number of people that can sign up for a trip.

Prices are based on the number of participants in the group. We are required to purchase some tickets in advance, therefore once you have registered, there will be no refund unless someone is able to take your place.

There is a minimum requirement of 8 people per trip.

Participants must be independent or have a caregiver sign up to attend the trip as a guardian. Meals are not provided unless specifically stated in the description of the trip.

SENIOR WEDNESDAY'S

Every Wednesday we invite you to join us for cards, dominos, puzzles, crafts, bingo and to socialize over lunch. EVERYTHING IS FREE, so join us for the entire day or drop in for a little while.

Brown bag lunches are provided during the Wednesday program, but we ask you to pre-register for it at the Recreation Center by the Tuesday before the program.

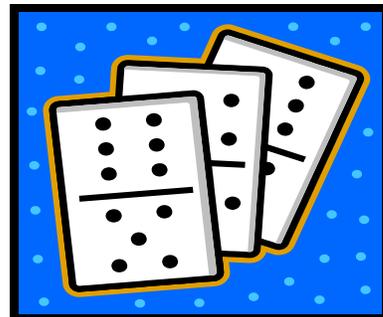
Wednesday Schedule

8:30AM "42" or Table Games (Rm1)

10:15 AM Pat's Crafts (Rm. 2)

11:45AM Brown Bag Lunch (see menu)

12:45PM Bingo



Pat's Craft

Each week Pat will feature a different craft project or hobby.

Equipment will be provided with the exception of your personal items such as pictures.

LUNCH AND BINGO SCHEDULE

1st Wednesday Birthday Party!

Ham or Turkey Sandwiches, chips and birthday cake.

2nd Cheese Day

Grilled Cheese or Quesadillas.

3rd Wednesday Fruit Bingo!

Tuna or Chicken Salad & chips. Bingo prizes will be fresh or canned fruit depending on the time of year.

4th Wednesday Texas "T" Day!

Chefs choice. We will have an extra prize for the first winner of Texas "T"

5th Wednesday Pizza: Pizza

EXERCISE CLASS



Fitness Classes

The Angleton Rec Center offers a lot of fitness classes that are geared for Seniors.

We offer Aqua Fitness, Resistance Silver, Yoga, Body

Blast Silver, and TRX Silver. We also offer other classes such as Lunch Bootcamp, Zumba, Cardio Club-N-Sculpt and we now have Pilates. All the classes we offer can be done at your own pace.

Special Class Swing dancing lessons, starting September 14th for 4 classes only. See flyer for specific dates.



The classes are offered at various times during the day. Please check out fitness schedule for times of all our classes

LUNCH BUNCH



The Angleton Recreation "Lunch Bunch" crew is made of Seniors who enjoy good company and trying new food. The group will meet at the Recreation Center once a month and then travel to local restaurants and review them. Each person will fill out a review on food quality, service and attitude, and ambiance and cleanliness. Pre-registration required. **Menus available upon request. Must sign waiver form to participate. Restaurants subject to change without advanced notice.**

List of recently visit Restaurants:

Antonio's Pizza & More, Deer Park

Food Quality	14% Above Average 79% Excellent
Service & Attitude	0 % Above Average 100% Excellent
Ambiance & Cleanliness	0 % Above Average 100% Excellent

Stomp Burger, Bacliff

Food Quality	% Above Average % Excellent
Service & Attitude	% Above Average % Excellent
Ambiance & Cleanliness	% Above Average % Excellent

Bubba's Seafood, San Leon

Food Quality	20% Above Average 80% Excellent
Service and Attitude	10% Above Average 85% Excellent
Ambiance and Cleanliness	15% Above Average 80% Excellent

New Locations:

- Oct 7,** Leave center at 10:00 am
Greek Brothers, El Campo
- Nov 4,** Leave center at 10:00 am
Stomp Burger's Bacliff
- Dec 2,** Leave Center 10:15am
BB's Café, Pearland



Walgreen will be at the Recreation Center on Wednesday September 28th from 9am to 11am to give flu

shots. No appointment is necessary, just remember your Medicare or insurance card.

JOIN US FOR OUR "TRADITIONAL" CHRISTMAS CELEBRATION



Annual Silver Hearts Christmas Party



Wednesday December 7, 2016

9:00am-1:00pm

At the Angleton Recreation Center

Join us for entertainment, music, great food, great friends and lots of games. This is a free event, but you must pre-register at the Angleton Recreation Center. Signups start October 3, 2016

ANGLETON PARKS & RECREATION



1601 North Valderas
Angleton, Texas 77515

979-549-0410 option 5

www.angleton.tx.us

Recreation Center Hours

Monday—Friday
4:45 am—9:00 pm
Saturday
8:00 am—9:00 pm
Sunday
1:00 pm—6:00 pm

Pool Hours

Monday—Friday
5:45 am—10:00 am
12:00 pm—7 pm
Saturday
8:00 am—7:00 pm
Sunday
1:00 pm—6:00 pm



Join us on Facebook for the latest
Recreation Center news and updates

Program Registration

Register for Parks and Recreation activities at the Angleton Recreation Center, 1601 North Valderas, during regular business hours. You do not need to register for Wednesday Senior program, but we need to know one day in advance if you are eating lunch.

Some Senior programs require registration paperwork. These forms must be completed and returned with appropriate fees before participating in any Parks and Recreation program. All program fees are regulated according to the cost of the instructor, supplies, and minimum class enrollment.

Wait List

If the class/activity you desire has already filled, staff will place you on our waiting list. If an opening becomes available, staff will notify you. Program openings will be filled on a first-come first served basis.

Registration Fees

Fees may be paid by cash, check or credit cards at the time of registration. Any returned checks will be subject to a \$30 charge.

Cancelations Policy

All programs must have a minimum number of participants in order to be conducted. If a program does not meet this minimum by registration deadline, the class may be cancelled or revised within 48 hours prior to program starting date.

Refunds

Programs/Activities: Due to the cost of supplies, staffing, and prepayment of activities, refunds or transfers will not be given unless a doctor's note stating they were unable to participate, or unless there is someone on the waiting list who is able to take your place.

1. A \$10 processing fee will be charged for all refund checks issued.
2. A program may be prorated or forfeited depending upon date of request and program guidelines.
3. All request for refunds will be reviewed by management.
4. Refunds will be given as a credit on account or check processed. No cash refunds. Any refund over \$100 cannot be given as credit instead a check will be issued, minus a \$10 processing fee.
5. Processed refunds will be mailed and could take up to 3 weeks.