



SENIOR CENTER

RICHARDSON, TEXAS

820 W. Arapaho Rd.
972-744-7800

Mon.-Thur. 8 a.m.-8 p.m.
Friday 8 a.m.-4 p.m.

Saturday 8 a.m.-1 p.m.
Closed Sunday



Adults ages 50 and older are welcome. Unfortunately, the Center is not licensed to provide the services of an Adult Care facility. The Center requires that all participants take full responsibility of their own physical care and hygiene. Those needing assistance, or who lack the ability to navigate a wheelchair or walker independently, can be accompanied by a caregiver/assistant. Your understanding and cooperation are appreciated.
Membership required for all classes, unless noted.

TECHNOLOGY WORKSHOPS

Mature Adult Tech Training Workshops Wednesdays at 2:30 p.m.

Mature Adult Tech Trainer Daphne Lee will host trainings on the following topics. Cost: \$10/class. **Only 15 spots available!** Membership not required. You will need to know your Apple ID (e-mail address) and password or your Android/Google ID (e-mail address) when you come to class.

- **March 11, Navigating the Apple iCloud**
Discover how iCloud keeps your photos, contacts and files secure. We'll guide you through enabling syncing, browsing iCloud Drive in Files and accessing your cloud content on any device so you stay connected and organized.
- **March 18, Apple Watch**
Get hands-on with your Apple Watch. Learn how to read notifications, track steps, monitor heart rate, use emergency features and customize your watch face to fit your needs and daily routine.
- **March 25, Apple iPhone Updates Including Apple's new Password Vault**
Stay current with iPhone software updates and discover Apple's new Password Vault in this welcoming class. You'll learn to check for updates, install enhancements, set up secure password management and gain confidence protecting your accounts.

LANGUAGE

American Sign Language

6-week session begins April 14. Cost: \$52.
Instructor: Honey McDermott

- Intermediate, Tuesdays, 5 p.m.
- Advanced, Tuesdays, 6 p.m.
- Beginner, Tuesdays, 7 p.m.

German

6-week session. Cost: \$52. Instructor: Alexandra Walker

- Beginner 2 - April 20, Mondays, 4 p.m.
- Intermediate - April 20, Mondays, 5:15 p.m.

6-week session. Cost: \$52. Instructor: Mary Beth Sibley

- Beginner - April 14, Tuesdays, 2 p.m.

Japanese

6-week session. Cost: \$52. Instructor: Reeta Braggs

- Japanese 2 (This class is a continuation of Beginner Japanese) March 2, Mondays, 6 p.m.

Spanish

6-week sessions. Cost: \$52. Instructor: Carol Rodriguez

- Beginner 1 - March 5, Thursdays, 10 a.m.
- Beginner 2 - March 5, Thursdays, 11:15 a.m.
- Intermediate - March 5, Thursdays, 1 p.m.
- Advanced - March 5, Thursdays, 2:15 p.m.

WORKSHOPS

Cooking Well Exploring Cultures Workshops

Saturday, March 7, 14, 21 and April 4, 10 a.m.

This is a four-session, hands-on, cooking series consisting of lessons on the food preparation of Ethiopian, Thai, Lebanese and Korean cultures. The program aims to improve the health knowledge and confidence level of participants for cooking and trying diverse foods. Cost: \$40. Instructor: Liz Espie. No membership required.

"Don't Click That Link" A Practical Guide to Cybersecurity

Saturday, March 28, 10:30 a.m.

Learn how to recognize scams, protect your passwords and stay safe online. This practical, easy-to-understand class will help you feel confident using e-mail, social media and the internet without fear. No technical background required. Cost: Free. Membership is required.

Guided Painting Workshop

Saturday, April 11, 10 a.m.

Celebrate spring with our cheerful spring bunny painting class. This fun and relaxing session is perfect for all skill levels, with step-by-step guidance provided. Come enjoy a creative morning and leave with a finished painting that's full of springtime charm. Cost: \$20. Supply fee: \$15 due to instructor day of class. Instructor: Thressa Sweat. No membership required.

GAMES

Mondays

- 9:30 a.m. Mah Jongg

Tuesdays

- 11 a.m. Cribbage

Wednesdays

- 9:30 a.m. Duplicate Bridge
- 1 p.m. Brain Games
- 5 p.m. Table Tennis
- 6 p.m. Chess Club

Thursdays

- 9:30 a.m. Canasta
- 10 a.m. Musical Bingo. 2nd Thursday "42"
- 1 p.m. Bingo. 3rd Thursday
- 2 p.m. Table Tennis
- 5 p.m. Table Tennis

Fridays

- 9:30 a.m. Canasta
- 9:30 a.m. Duplicate Bridge
- 10 a.m. Party Bridge
- Noon Pool Tournaments. Registration, 11 a.m.
- 1 p.m. Bunco

Beginner American Mah Jongg | March 2, noon

Learn the basics including identifying game tiles, rules of play, selecting a hand, reading the card and playing. Purchase your card separately. The 2025 Mah Jongg card can be purchased from the National Mah Jongg League. Fee: \$45/four classes. Instructor: Susan Machendrie.

Pocket Billiards Class

One-hour classes are open to individual students or two-student class maximum. Beginner to advanced skill levels are welcome. 972-744-7800 for appointment. Cost: \$10/class

CREATIVE ARTS

Mondays

- 9 a.m. Ceramics Class. Cost: \$40 (4 classes) plus supplies.
- 11:30 a.m. Beginner Oil Painting. Cost: \$20/class or \$65/mo.
- 5:30 p.m. Beginner Watercolor. Cost: \$18/class or \$68/mo.

Tuesdays

- 10 a.m. Needlework
- 10 a.m. Watercolor. Cost: \$20/class
- 3:30 p.m. Tatting

Wednesdays

- 11 a.m. Drop Everything & Read. (Book Club) Last Wednesday
- 11 a.m. Quilt Hugs. Must have your own sewing machine and know how to sew. You will work on charity projects only.

Thursdays

- 10 a.m. Basic Acrylic Painting. Cost: \$17/class or \$60/mo.
- 11 a.m. Fun with Oils. Cost: \$85/month
- 1 p.m. Crochet. Cost: \$5/class

Fridays

- 9 a.m. Plano American Sewing Guild Community 1st Fridays (No meeting in December)
- 10 a.m. Photo Art Club. 2nd and 4th Fridays

DANCE AND MUSIC

Mondays

- 1 p.m. Ukulele Afternoon Group
- 1 p.m. Intermediate Dance Class Cost: \$70/month per couple or \$50/month individual for four weeks
- 6 p.m. ADD Plus Square Dance on 1st, 3rd and 5th Cost: \$50/quarter or \$10/Drop-In

Tuesdays

- 9 a.m. Group Guitar 1 \$75/6 week course. Next course starts April 14
- 9:30 a.m. Beginner Line Dance \$12/month.
- 10:45 a.m. Improver Line Dance \$12/month.
- 1 p.m. Absolute Beginner Line Dance \$12/month.
- 1 p.m. Beginner Dance Class \$70/month couple or \$50/month individual for 4 weeks

Wednesdays

- 9 a.m. Group Guitar 2 \$75/6 week course. This class is a continuation for students who were enrolled in Group Guitar 1. Next course starts April 15.
- 10:15 a.m. Group Guitar 3 \$125/6 week course. Class is a continuation for students who were enrolled in Group Guitar 2. Next course starts April 15

Thursdays

- 1-3 p.m. Kings of Swing 1st Thursday (No membership required) Cost: Free

Fridays

- 11:45 a.m. Tap Dancing Class \$8/class.
- 1 p.m. Low Improver Line Dance. \$4/class (No class on the 3rd Fri.)
- 7:30 p.m. Texas Reelers Square Dance 1st and 3rd Fridays. Cost: \$8

Saturdays

- 10 a.m. Beginner Line Dance. \$3/class.
- 7 p.m. The Richardson Senior Dance Cost: \$5/person
March 7, Freight Liner (C/W)
March 14, Doc Gibbs
March 28, Just Jazz
- 7:30 p.m. Rebel Rousers Square Dance 3rd Sat. \$7/person

DISCUSSIONS

1st and 3rd Thursday | Friendship and Conversation Corner

Are you looking to meet and connect with people? Friendship and Conversation Corner is a discussion group aimed at dispelling and combating loneliness. We will tell stories about our lives and focus on improving our abilities to share wholeheartedly. We connect better when we bring our best selves, open up and develop generosity, empathy and respect. 10 a.m. Cost: Free. No membership required.

1st Thursday | Stroke Caregivers Support Group

Support group to those taking care of loved ones with a long-term disability. All are welcome. Meetings are held from 11 a.m.-12:30 p.m. Cost: Free. No membership required.

2nd Wednesday | Let's Talk Military

Join fellow retired service members for this informal time of reminiscing and camaraderie. 10 a.m. Cost: Free. No membership required.

Feb. 2 | The Richardson Red Hatters

The Richardson Red Hatters welcome all women to put on their red hats and have some fun. Bring a lunch or purchase from concession. Monday at 1 p.m. No membership required.

SERVICES

Transportation Service

For residents 50 and over. Operates Monday-Thursday from 8 a.m.-3:30 p.m. Rides within Richardson are 50 cents each way. For doctor's appointments, reservations begin 3 p.m. Thursday. General transportation reservations begin Friday at 8:30 a.m. prior to the week you need service. Call 972-744-7805.

2nd Thursday | Free Notary Services

Free to those 50 and older. From 9-11 a.m. Sponsored by Visiting Angels.

March 11 and 25 | Chair Massage provided by Trinity Massage Therapy

Twenty-minute chair massage by a licensed massage therapist, for \$30. From 9 a.m.-1 p.m. Every other Wednesday. Call 972-744-7800 to make an appointment.

April 21 | Graff: Foot, Ankle & Wound Care Mobile Podiatry Clinic

Graff: Foot, Ankle & Wound Care will be bringing its comprehensive podiatry and wound care mobile clinic to the Richardson Senior Center. Call 972-403-7733 to schedule an appointment or for more information.

March 9 | AARP Driver Safety

Available through AARP, this course could be used to decrease your insurance rate. Please pay the instructor directly, \$25 for non-AARP members, \$20 for AARP members. Check or exact cash required. Bring driver's license and AARP card. Noon-4:15 p.m. Membership not required. Call 972-744-7800 to register.

Additional Resources

- First Richardson Helpers - 972-996-0160
- The Network Seniors' Net - 972-234-8880
- Plus 50 Programs at Richland College - 972-238-6972
- Senior Bowling League - 972-865-9613
- Senior Golf League - 972-955-2543 or 214-707-2625
- Volunteer Opportunities - 214-525-6168

FITNESS

- Mondays**
- 9:15 a.m. **Chair Yoga** - Yoga performed in or using a chair. \$7/class
 - 10 a.m. **Intermediate Strength Training (Fit for Life)** \$30/four classes or \$8/class. Dumbbells, resistance band required
 - 10 a.m. **Tai Chi Meditation** - Meditation through gentle movements. \$7/class.
 - 11 a.m. **Just Pilates** - There will be emphasis on control, precision, and mindfulness in every movement. Floor mat required. \$40/4 classes.
 - 11:30 a.m. **Beginner Strength Training (Fit for Life)** \$30/four classes. Dumbbells, resistance band required.
 - 1 p.m. **Fall Prevention Circuit Training** - Improve your coordination, leg strength, posture and ankle mobility. \$8/daily fee.
 - 5 p.m. **Use It or Lose It!** - Improve your posture, mobility, circulation and more. \$30/four classes or \$8/class. Yoga mat required.
- Tuesdays**
- 8:15 a.m. **Aerobic Exercise** - Cardio exercise. \$3/class
 - 9:30 a.m. **Hatha Yoga** - Yoga poses and breathing techniques. \$5/class. Yoga mat required
 - 11:30 a.m. **Senior Boxing** - \$40/four classes, \$12/class
 - 1 p.m. **Drum Cardio** - Exercise using stability ball and drumstick. Cost: \$25/four classes or \$7/class
 - 5:30 p.m. **Gentle Flow Yoga** - For those new to yoga. \$7/class. Yoga mat required
 - 6:15 p.m. **Zumba Gold Toning** - Dance fitness with toning sticks. \$25/four classes or \$7/class
- Wednesdays**
- 10 a.m. **Intermediate Strength Training (Fit for Life)** *See Monday*
 - 11:30 a.m. **Beginner Strength Training (Fit for Life)** *See Monday*
 - 5:30 p.m. **Chair Yoga** - *See Monday*
- Thursdays**
- 8:15 a.m. **Aerobic Exercise** - *See Tuesday*
 - 9:30 a.m. **Hatha Yoga** - *See Tuesday*
 - 10 a.m. **Tai Chi Qigong** - This practice puts an emphasis on purposeful movements and standing skills to help prevent falls. \$8/class
 - 11:30 a.m. **Ballet Class** - Includes barre, limited center, and variations with simplified ballet choreography. All levels welcome. \$8/class.
 - 5:30 p.m. **Drum Cardio Evening** - Exercise using stability ball and drumsticks. \$25/four classes or \$7/class
- Fridays**
- 8:45 a.m. **Chair Yoga and Therapy Balls** - Practice yoga with the chair and include therapy balls for body awareness and massage. \$7/class
 - 9 a.m. **Gentle Flow Yoga** - *See Tuesday*
 - 10:15 a.m. **Aikido** - A form of Martial Art that uses a staff to increase balance, coordination and memory. \$30/4 classes or \$8/daily.
 - 10:30 a.m. **Zumba Gold** - Lower-intensity dance style fitness. \$25/four classes or \$7/class
 - 11:30 a.m. **Senior Boxing** - \$40/four classes, \$12/class
 - 1 p.m. **Use It or Lose It!** - *See Monday*
- Saturdays**
- 8:15 a.m. **Your Best Version Boot Camp** - Guided total body workouts. \$40/four classes or \$15/class. Hand weights and a mat required
 - 8:30 a.m. **Morning Renewal Exercise Class** - This gentle class loosens stiff joints, improves balance and builds strength. Leave feeling steadier and more energized, not tired. No floorwork. Cost: \$8/class. Free preview class on March 28. Must sign up.
 - 9:15 a.m. **Drum Cardio** - Exercise using stability ball and drumsticks. Cost: \$25/four classes or \$7/class.
- Personal Trainer**
Sessions are designed to help increase cardiovascular endurance, strength, flexibility and balance. Sessions held in a private room. Trainer: Elaine Hosage. \$60/session. Six-session commitment.
- Fitness Room Orientation | March 16**
Not sure how to use the equipment? This consultation gives you a quick overview of how to use the weight machines and cardio equipment. Call 972-744-7800. 1 p.m. Cost: Free.
- Private Boxing Sessions**
Improve your balance, strength and coordination with one-on-one boxing sessions designed for seniors. These private sessions offer a safe and effective way to get a full-body workout, boosting cardiovascular health and mental sharpness while building muscle and improving hand-eye coordination, and learning basic techniques of boxing. Each workout is customized to your fitness level, with non-contact exercises that can be adapted for any mobility. Trainer: David Kasindi, former Texas Champion with TEF Boxing. \$225/3 sessions.

EVENTS



Entertainment and Events

- **March 5, 1 p.m.** King of Swing
- **March 12, Noon** Movie Matinee
- **March 16, 1:30 p.m.** Ukulele Sing-along
- **March 17, 1 p.m.** Jazzland Band
- **March 19, 2 p.m.** Bingo
- **March 23, 1:30 p.m.** Town North Concert Band
- **March 26, 1 p.m.** Fashion Show with the Bag Lady
- **March 30-31** Building Closed for Deep Cleaning



NEW! Morning Renewal Exercise Class
Wake up your body and make the rest of your day easier. This gentle class loosens stiff joints, improves balance and builds strength. No floorwork, no high impact and no fast choreography. Free preview class Saturday, March 28. Must register.
Cost: \$8/daily. Free preview class Saturday, March 28. Must register

S M T W T F S
SATURDAYS 8:30 AM



NEW! Acrylic Painting
Express yourself and your creativity. This class will teach the basics of acrylic painting and color mixing. All supplies are included. All levels are welcome.
Cost: \$60/four classes or \$17/daily. Instructor: Rebecca Archuleta.

S M T W T F S
THURSDAYS MARCH 10:00 AM



Cooking Well Exploring Cultures
March 7, 14, 21 and April 4, 10 a.m.
This is a four-session, hands-on, cooking series consisting of lessons on the food preparation of Ethiopian, Thai, Lebanese and Korean cultures. The program aims to improve the health knowledge and confidence level of participants for cooking and trying diverse foods.
Cost: \$40. Instructor: Liz Espie. No membership required.

S M T W T F S
SATURDAY VARIOUS DATES



NEW! Beginner Oil Painting
Learn brushwork, color theory, composition and the foundation of creating beautiful oil paintings. All supplies are included.
Cost: \$65/four classes or \$20/daily. Instructor: Rebecca Archuleta.

S M T W T F S
MONDAYS MARCH 11:30 AM



Guided Painting Workshop
Celebrate spring with our cheerful spring bunny painting class. This fun and relaxing session is perfect for all skill levels, with step-by-step guidance provided.
Cost: \$20. Supply fee: \$15 due to instructor day of class. Instructor: Thessa Sweat. No membership required.

S M T W T F S
SATURDAY APRIL 11 10:00 AM



Fitness Room Orientation
Not sure how to use the equipment? This consultation gives you a quick overview of how to use the weight machines and cardio equipment.
Cost: Free. Call 972-744-7800 for more information.

S M T W T F S
MONDAY MARCH 16 1:00 PM

EVENTS Call 972-744-7800 to register/RSVP for events or purchase tickets.

Eating for Energy after 50: Sponsored by Simply Well with Steph
Tuesday, March 3, 10 a.m.

Stephanie Baggett, a Nutrition Therapy and Restorative Wellness Practitioner, will discuss how nutrition influences energy, metabolism and vitality with age. Free. No membership required. Must register to attend.

Skincare after 50: Sponsored by Lisa Stengal
Tuesday, March 10, 10 a.m.

Whether you're a skincare minimalist or you have a bathroom cabinet that looks like a pharmacy, you'll walk away with simple, effective tricks to keep your skin looking as vibrant as your social calendar. Free. No membership required. Must register to attend.

TRIPS

Out to Lunch Bunch
Tuesday, March 10, Spring Creek BBQ Richardson

Bush Library and Bubba's "Cook Country"
Wednesday, March 29, 9 a.m.
Joins us for a trip to the George W. Bush Museum and lunch at Bubba's "Cook Country." Cost: \$29 plus money for lunch. Nonrefundable. ***Extensive Walking

Know your Limits Walking Key: *Little Walking, **Some Walking, *Extensive Walking**

Islands of New England
Oct. 1-8, 2026
For more information visit <https://gateway.gocollette.com/link/133766>

ROBIN'S NEST CRAFT STORE



For those special gifts, shop at the Robin's Nest Craft Store located inside the Senior Center. Stop by, browse and admire the handmade crafts that are made by our older adult patrons.

Open to the Public Monday-Friday 10 a.m.-1 p.m.

820 W. Arapaho Rd.