



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.

- **June 10, Getting the Most Out of Your Online Shopping Subscriptions**
Discover how to access fast shipping, exclusive deals, streaming services, e-books and more. Maximize your membership and enjoy the countless benefits of being an Amazon Prime, Walmart+ and Instacart subscriber.
- **June 17, Artificial Intelligence (AI): From ChatGPT and Beyond**
Discover the fascinating world of Artificial Intelligence (AI) and learn how it impacts our lives, from virtual assistants to recommendation systems.
- **June 24, Stay Connected with Family & Friends on Facebook**
Discover how to post updates, share photos, comment, send messages and safely manage your privacy. Build confidence using Facebook to stay in touch, enjoy meaningful conversations, celebrate life moments and stay informed with the people who matter most.

LANGUAGE

American Sign Language

6-week session begins TBA. 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 - June 8, Mondays, 4 p.m.
- Intermediate - June 8, Mondays, 5:15 p.m.

Spanish

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

- Beginner 1 - July 23, Thursdays, 10 a.m.
- Beginner 2 - July 23, Thursdays, 11:15 a.m.
- Intermediate - July 23, Thursdays, 1 p.m.
- Advanced - July 23, Thursdays, 2:15 p.m.

WORKSHOPS

Terrarium Workshop

Saturday, June 13, 10 a.m.

Get ready for a hands-on, creative experience where you'll design a miniature ecosystem. During the workshop, you are guided step-by-step through building your own terrarium and share tips on plant care, maintenance and propagation in an approachable, engaging way. Everyone leaves with a completed terrarium, a couple goodies and the knowledge to care for it at home. Cost: \$27 plus \$25 supply fee due the day of class. Instructor: Soil & Solitude. No membership required.

"Sand and Sugar" Cookie Decorating Workshop

Saturday, June 27, 9 a.m. - Must sign up by Tuesday, June 23

Join us for our "Sand and Sugar" cookie decorating workshop, a fun and beginner-friendly class where you'll decorate six summer-themed cookies while learning the fundamentals of royal icing decorating. Cost: \$50 plus \$15 supply fee due the day of class. Instructor: Kayla Jimenez.

"Christmas in July" Cookie Decorating Workshop

Saturday, July 25, 9 a.m. - Must sign up by Tuesday, July 21

Who says you have to wait until December for Christmas Cookies? Celebrate the season early at our festive "Christmas in July" cookie decorating workshop. In this beginner-friendly class you'll decorate six adorable holiday-themed cookies while learning the fundamentals of royal icing decorating. Cost: \$50 plus \$15 supply fee.



GAMES

Mondays

- 9:30 a.m. Mah Jongg
- 11:30 a.m. "King of the Hill" Pool Tournament (every second Monday, June 8)

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 Dual Elimination Pool Tournaments. Registration, 11 a.m.
- 1 p.m. Bunco

Beginner American Mah Jongg

Monday, Aug. 3, Noon

Learn the basics including identifying game tiles, rules of play, how to read the Mah Jongg card, select a hand and develop playing strategies. Participants will practice by playing as they learn. Cost: \$55 for four classes (nonrefundable; no make-up classes). Additional cost: \$15 payable to the instructor on the first day for your 2026 Mah Jongg card. 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/four classes plus supplies.
- 11:30 a.m. Beginner Oil Painting. Cost: \$20/class or \$65/four classes
- 5:30 p.m. Beginner Watercolor. \$18/class or \$68/four classes

Tuesdays

- 10 a.m. Needlework
- 10 a.m. Watercolor. \$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. \$17/class or \$60/four classes
- 11 a.m. Fun with Oils. \$85/four classes
- 1 p.m. Crochet. \$5/class

Fridays

- 9 a.m. Plano American Sewing Guild Community 1st Fridays
- 10 a.m. Photo Art Club. 2nd and 4th Fridays

DANCE AND MUSIC

Mondays

- 1 p.m. Ukulele Afternoon Group No walk-ins permitted
- 1 p.m. Intermediate Dance Class \$70/month per couple or \$50/month individual for four weeks
- 6 p.m. ADD Plus Square Dance on 1st, 3rd and 5th \$50/quarter or \$10/Drop-In

Tuesdays

- 9 a.m. Group Guitar 1 \$75/six classes
- 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 June 3.
- 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 June 3.

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. \$8

Saturdays

- 10 a.m. Beginner Line Dance \$3/class.
- 7 p.m. The Richardson Senior Dance \$5/person
June 6, Uptown Drifters C/W
June 13, Doc Gibbs
June 27, Dave Tanner
- 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.

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.

Aug. 3 | 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.

June 10 and 24 | 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.

June 29 | 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.

July 13 | 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. No membership 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
 - 9:30 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. Required equipment: Floor mat. \$40/four classes or \$12/ class.
 - 1 p.m. **Fall Prevention Circuit Training** - Improve your coordination, leg strength, posture and ankle mobility. \$8/class.
 - 2:15 p.m. **Fall Prevention Plus** - Builds on the Fall Prevention Class improving your coordination, leg strength, posture and ankle mobility. \$8/ class.
 - 5 p.m. **Use It or Lose It!** - Improve your posture, mobility, circulation and more. \$30/four classes or \$8/class. Required equipment: Yoga mat.
- Tuesdays**
- 8:15 a.m. **Aerobic Exercise** - Cardio exercise. \$3/class
 - 9:30 a.m. **Hatha Yoga** - Yoga poses and breathing techniques. \$5/class. Required equipment: Yoga mat.
 - 11:30 a.m. **Senior Boxing** - \$40/four classes or \$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. Required equipment: Yoga mat.
 - 6:15 p.m. **Zumba Gold Toning** - Dance fitness with toning sticks. \$25/four classes or \$7/class
- Wednesdays**
- 9:30 a.m. **Intermediate Strength Training (Fit for Life)** \$40/four classes or \$12/class. Required equipment: Dumbbells and resistance band.
 - 10:45 a.m. **Beginner Strength Training (Fit for Life)** \$40/four classes or \$12/class. Required equipment: Dumbbells and resistance band.
 - 2:15 p.m. **Upper Body Strength** - Focusing on upper body and improving posture using dumbbells. Required equipment: mat and weights. \$8/class.
 - 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.
 - 6 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/four classes or \$8/class.
 - 10:30 a.m. **Zumba Gold** - Lower-intensity dance style fitness. \$25/four classes or \$7/class
- Saturdays**
- 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. \$8/ class.
 - 9:15 a.m. **Drum Cardio** - Exercise using stability ball and drumsticks. \$25/four classes or \$7/class.
- Senior Boxing** - \$40/four classes, \$12/class
Use It or Lose It! - See Monday
Ultimate Stretch and Core - Emphasizes flexibility, core conditioning and joint mobility. Mat required. \$8/class.
- Fitness Room Orientation | June 15**
 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 specifically 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, focusing on your progress in a supportive, one-on-one environment. Trainer: David Kasindi, Former Texas Champion with TEF Boxing. \$225/three sessions.


EVENTS

Entertainment and Events



- June 3, 6 p.m. "Midnight Masquerade" Prom
- June 4, 1 p.m. Kings of Swing
- June 18, 2 p.m. Bingo
- June 22, 1:30 p.m. Town North Band Concert
- June 29, 1:30 p.m. Ukulele Group Patriotic Tunes

Terrarium Workshop



During the workshop, you are guided step-by-step through building your own terrarium and share tips on plant care, maintenance and propagations in an approachable, engaging way. Everyone leaves with a completed terrarium, a couple goodies and the knowledge to make one at home.

SATURDAY JUNE 13 10:00AM

Fee: \$27 plus \$25 supply fee due the day of class. Instructor: Soil & Solitude. No membership required.

"Sand & Sugar" Cookie Decorating Workshop




This is a fun and beginner-friendly class where you'll decorate six summer-themed cookies while learning the fundamentals of royal icing decorating. In this two-hour hands-on experience, you'll practice piping, flooding and adding detailed finishing touches.

SATURDAY JUNE 27 9:00AM

Fee: \$50 plus \$15 supply fee due the day of class. Instructor: Kayla Jimenez. Deadline to sign up is Tuesday, June 23.

NEW! Fall Prevention Circuit Training Plus




Mondays, 2:15 p.m.

This circuit-style class builds on the Fall Prevention class, with participants moving through stations at their own pace. Exercises focus on strength, balance and functional movement, with the addition of guided floorwork to build confidence getting up and down. Modifications are offered for each fitness level.

MONDAYS 2:15 PM

Fee: \$8/daily

NEW! Upper Body Strength




Wednesdays, 2:15 p.m.

This class focuses on building upper-body strength and improving posture using dumbbells. Participants work through a structured routine. There will be some floor work. Suitable for a range of fitness levels. Participants bring a mat and weights.

WEDNESDAY 2:15 PM

Fee: \$8 daily.

NEW! Ultimate Stretch and Core




Fridays, 2:30 p.m.

This class emphasizes flexibility, core conditioning and joint mobility through guided stretching while standing, seated and lying on the floor. Designed to reduce stiffness and improve overall mobility.

FRIDAYS 2:30 PM

Fee: \$8 daily. Participants bring a mat.

NEW! Guitar 1



Tuesdays, 9 a.m.

Come learn how to play guitar at the Senior Center. No prior experience needed. You'll learn fingerpicking, strumming and even how to play a few songs.

TUESDAYS 9:00AM

Fee: \$75/six classes

EVENTS

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

Care with Clarity: Navigating Hospice, Caregiving and Long-Term Care Sponsored by: NY Life Insurance
Tuesday, June 2, 10 a.m.
 Join our expert panel for an eye-opening conversation designed to bring clarity and confidence to some of life's most important decisions. Learn what hospice truly is—and isn't—and how it supports both individuals and families during critical moments. Explore the 10 most common caregiving experiences with GeriScope so you can plan ahead and stay in control. Free. No membership required. Must register to attend.

Brain Health - Sponsored by: Alzheimer's Association
Tuesday, June 9, 10 a.m.
 Learn about important brain health statistics, recognize early warning signs and discover 10 simple habits you can adopt to keep your brain healthy and strong. Free. No membership required. Must register to attend.

General Safety Tips —Sponsored by: Richardson Police Department
Tuesday, June 16, 10 a.m.
 The Richardson Police Department will cover home safety, situational awareness and general scams that you should be aware of. Free. No membership required. Must register to attend.

TRIPS

Frontiers of Flight Museum and Lunch
Monday, June 22, 10 a.m.
 The museum features an extensive collection of aviation history artifacts and vehicles. It focuses on the history of aviation and space exploration with an emphasis on the role of the Dallas/Ft. Worth area. We will leave the Senior Center at 9:30 a.m. Cost: \$18 plus money for lunch at Celebration Restaurant. ***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/1337766>

Discover California Dreamin': Monterey, Yosemite and Napa
April 12-19, 2027
 For more information, visit <https://gateway.gocollette.com/link/1433142>

American Cowboy Country
Aug. 31-Sept. 7, 2027
 For more information, visit <https://gateway.gocollette.com/link/1432618>