

SENIORS IN MOTION

The Tyler Senior Center offers an array of classes and activities to meet the needs and interests of senior's active lifestyles. From billiards and oil painting to line dancing and Mah Jongg, we have it all.

The Center is managed by the Tyler Parks and Recreation Department and is open from 8 a.m. to 5 p.m. Monday through Friday. The facility is also available, by reservation, for Saturday rentals.

Enjoy dancing? Make plans to attend the Center's Friday night dances, featuring great dance tunes performed by live bands from 7 to 9:30 p.m. Special "theme dances" are held monthly and security is provided, all for just \$5. So why wait? Join us and enjoy. Be sure to check our newsletter for a complete list of activities.



FIND NEW FRIENDS AT THE TYLER SENIOR CENTER

WEEKLY ACTIVITIES

Mondays

11 a.m. Bodyworks
12:30 to 4 p.m. Bridge Club

Tuesdays

9 a.m. Crochet
10 a.m. Oil Painting
11 a.m. Range of Motion
11:30 a.m. Clogging
Noon Mah Jongg
12:30 p.m. Advanced Line Dancing
1:30 p.m. Beginner Line Dancing

Wednesdays

11 a.m. Bodyworks
12:30 to 4 p.m. Bridge Club

Thursdays

11 a.m. Range of Motion
Noon Garden Valley Singers
12:30 p.m. Advanced Line Dancing
1 p.m. Oil Painting
1:30 p.m. Beginner Line Dancing

Fridays

11 a.m. Bodyworks
Noon to 4 p.m. "42" Club
7 to 9:30 p.m. Friday Night Dance (\$5)

DID YOU KNOW?

No membership fee is required to enjoy the Tyler Senior Center.

TYLER SENIOR CENTER



The Tyler Senior Center is a place to get active, have fun and make new friends through activities, classes and more.

Visit us today!

TYLER SENIOR CENTER

1915 Garden Valley Road

Tyler, Texas

(903) 597-0781

www.TylerParksandRec.com



MONTHLY ACTIVITIES

GET UP, GET GOING

Enhance your balance and strength through one of our daily exercise classes.

We offer versions of the popular Texercise program, sanctioned by the state of Texas, and other fitness options such as Line Dancing, Clogging and a workout room for no fee.

First and Third Tuesday of the Month:
1:30 p.m. Bingo

Last Thursday
of the Month:
10:30 a.m.
Blood pressure
and glucose
checks



VOLUNTEER

Got a little extra time on your hands?
Volunteer at the Tyler Senior Center.

We are always looking for people to help lead or start classes and help with our events. To learn more, contact Center Supervisor Kay Odom at (903) 597-0781.

OTHER SERVICES

Dine with Us – Meals on Wheels serves lunch daily at 11:30 a.m. at the Center for a suggested donation of \$3 for seniors.

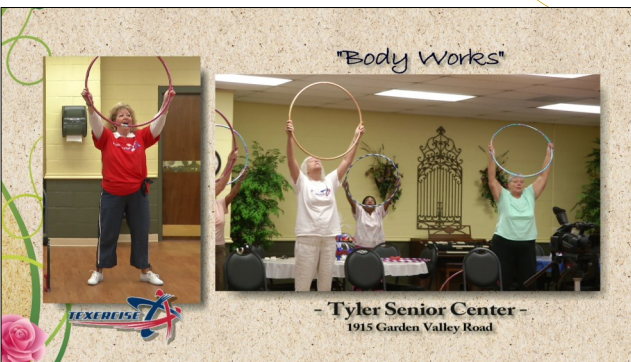
Need a Ride? Taxi Cab and minibus transportation are available to seniors for a minimal charge. For details please call: (903) 592-3232 about Taxi Cab Service or (903) 753-2958 for the Minibus.

Saturday Rentals – Plan your next gathering at the Tyler Senior Center. It's ideal for senior birthday parties and other occasions honoring seniors. A \$150 refundable deposit is required. Rental rates are \$120 for four hours. For details, call (903) 597-0781.

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Tyler, Texas
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You can also catch Texercise on Suddenlink Channel 3 daily at 10 a.m. and 3 p.m. or online at www.TylerSeniorCenter.com before visiting us!