

FRETZ FALL 2005 SENIOR ACTIVITY SCHEDULE

SEPTEMBER

SHOPPING AT IKEA IN FRISCO

Friday, September 16, 2005

Time: 10 a.m. – 2:30 p.m.

Cost: \$4.00 (Transportation)

Come with a group and see the 310,000 sq ft store. The store has thousands of household items. The group will have lunch in the Swedish bistro and taste their cuisine. (Lunch on your own)

Deadline: September 12, 2005

BACK TO SCHOOL LUNCHEON

Friday, September 23, 2005

Time: 11:30 a.m. – 1:00 p.m.

Cost: \$7.00

Come and enjoy good food and companionship and learn about “Solving the Property Tax Headache”

Learn about a Texas tax code that is a virtual secret.

Reservations by Wed. Sept. 20, 2005

FARMERS MARKET AND LUNCH

Wednesday, September 28, 2005

Time: 9:30 a.m. – 2:00 p.m.

Cost: \$13.00 Lunch / Transportation

Let's have a repeat performance. Come with us to get your fall fresh fruit, vegetables and flowers at the downtown farmers market. Bring your appetite, will be going to lunch again at Ole Whiskers.

Deadline September 21, 2005

LUNCHEON AT TOWN VILLAGE

Friday, September 30, 2005

Time: 11:00 a.m. – 1:30 p.m.

Cost: Free

Come learn about Town Village and have a wonderful lunch. Meet new people and enjoy a day out.

Deadline September 21, 2005

INYENGAR YOGA

Day / Time: Tuesday - 9:30-10:45 a.m.

Thursday – 3:00-4:15 p.m.

Cost: \$7.00 / class or \$45.00 / 8 classes

Instructor: Linda Porter 214-240-9993

Session: Ongoing

OCTOBER

STATE FAIR OF TEXAS

Thursday, October 6, 2005

Time: 9:30 a.m. – 2:00 p.m.

Cost: \$5.00 transportation

Celebrate the State Fair of Texas with all the seniors by going to the exhibits and having a famous Fletchers Corny Dog. Limited transportation. **Deadline September 29, 2005**

AARP DEFENSIVE DRIVING

October 12th and 14th

Day /Time: Wed. and Friday – 9:00 a.m.– 1:00 p.m.

Cost: \$10.00

Become a better driver through education while getting an insurance discount.

Age 50+

Register by calling (214) 670-6203

EL CENTRO CHEF'S SCHOOL LUNCH

Thursday, October 13, 2005

Time: 10:00 a.m. – 2:00 p.m.

Cost: \$20.00 (Transportation & Lunch)

El Centro's chef school is 34 years old and one of the best in the United States. Come and enjoy American Regional cuisine. Call early for reservations. Limited transportation.

Deadline October 4, 2005

AUTUMN LUNCHEON

Friday, October 21, 2005

Time: 11:30 a.m. – 1:00 p.m.

Cost: \$7.00

Come and enjoy good food and the companionship with others. Celebrate the time of year by wearing your favorite fall sweater. A personal shopper from Nordstrom will be at the lunch to hold a fashion seminar and have samples of the latest fall fashions. She will also show us the do's and don'ts of shoes, hosiery and accessories and the best way to organize your closet. There will be an opportunity for questions and answers regarding style choices specific to individuals.

Deadline October 14, 2005

NOVEMBER

"LET'S GO TO CORCICANA, TEXAS"

Friday, November 4, 2005

Time: 9:00 a.m. – 4:00 p.m.

Cost: \$25.00 (transportation with 25+ people)

Cost: \$15.00 (van with 9+ people)

A day of shopping at Vanity Fair Outlet, Collins Street Bakery, Russell Stover Candy Factory &

Candle & Gift Shop. Get your Christmas shopping done early and have a great time.
Deadline October 28, 2005

CULINARY ART INSTITUTE FOR LUNCH

Friday, November 11, 2005

Time: 10:30 a.m. – 1:00 p.m.

Cost: \$4.00 (transportation)

Try out a new place with cuisine. The culinary art institute has a restaurant that is teaching students to be chefs and other professionals in the area of food management. A menu will be at the recreation center in October for you to make a selection; payment at the time is required. Space is limited so call early.

Deadline November 4, 2005

THANKSGIVING LUNCHEON

Friday, November 18, 2005

Time: Noon – 2:00 p.m.

Cost: \$8.00

Come and celebrate the fall season with Fretz staff. Traditional Thanksgiving meal with all the trimmings will be served. Surprise entertainment will perform. Come and enjoy the good times.

Deadline November 11, 2005

ARTREACH / MAILING

MAILING LIST

To be placed on the current newsletter mailing list, please come to Fretz Park or mail us your current address and phone information. **The annual cost is \$2.00 per person. (January – December)**

ARTREACH

ARTREACH is a program that provides FREE tickets for arts & cultural events that take place in the metroplex throughout the year. **The annual cost is \$2.00 per person with a current park and recreation ID. ID's will be required to obtain tickets. (January – December)**

DECEMBER

THE GAYLORD TEXAN GRAPEVINE/ ICE EXHIBIT AND LUNCH

December 2, 2005

Time: 10:00 a.m. – 2:00 p.m.

Cost: \$47.00 – Transportation / Lunch at River
Walk Café / Hot chocolate

Be the first to experience **ICE!!!!** The hand-carved holiday ice exhibit created with more than two million pounds of ice!!!! Have a cup of Hot Chocolate and tour the retail shops at the hotel.

Deadline with payment by October 26, 2005

WATERTOWER THEATRE "THE SANTALAND DIARIES" AND DINNER

Thursday, December 8, 2005

Time: 4:15 p.m. – 8:30 p.m.

Cost: \$17.00 (transportation and ticket 10+)

Follow the adventures of an out-of-work thirty-something actor who decides to become a Macy's elf during the holiday crunch. (Adult language)

Before the show we will go to dinner at a near by restaurant.

Deadline for Tickets September 21, 2005

MISTLETOE AND HOLLY LUNCHEON

Friday, December 16, 2005

Time: 11:30 a.m. – 1:00 p.m.

Cost: \$8.00

Join us & celebrate the season. Dee Alford will be our speaker on "How to Survive Christmas".

The lunch will consist of a Traditional Christmas feast. Come and enjoy the fellowship and the great door prizes. **Deadline December 9, 2005**

SENIOR EXERCISE

MORNING EXERCISE

Come get fit with us!!! A great strengthening, stretching and resistance class performed to music. Session: On going

Gupta& Chizeck – 214-670-6203 Monday / Friday

S. Aguilar- 214-670-6203 Wednesday

Day / Time: Mon.-Wed.-Fri. – 9:00 – 10:00a.m.

Cost: \$10.00 / Month or

\$1.00 / class (punch card \$1)

SENIOR FITNESS EXERCISE CLASS

Come get fit with us on Tuesday and Thursday!!! The class will let you use every muscle you have from your head to your toes, even your mind.

Instructor: Paula Lagergren and Jodi Commers

Day: Tuesday / Thursday

Time: 9:00 a.m. – 10:00 a.m.

Cost: \$1.00 / Class

Session: Ongoing

Fretz Recreation Center
6950 Beltline Road
Dallas, Texas 75254

CITY OF DALLAS
PARK & RECREATION ID CARD FEES

ID – Youth age 6-11	\$1.00
ID – Youth age 12-17	\$5.00
ID – Adult age 18-62	\$15.00
ID – Senior age 63 +	\$10.00
ID – Non-resident	\$25.00
ID – Day Pass	\$5.00

RECREATION CENTER STAFF

Center Manager:

Robert Harder - rharder@mail.ci.dallas.tx.us

Program Supervisor:

Georgie Ann Davis - Gadavis@mail.ci.dallas.tx.us

Program Specialist:

Cecil Smith - Ctsmith@mail.ci.dallas.tx.us

Fretz After-School Time:

Vacant - TBA

Part-Time Specialist:

Hillery McEntee - hmcentee@mail.ci.dallas.tx.us

HOURS OF OPERATION

Monday	9:00 a.m. – 6:00 p.m.
Tuesday	9:00 a.m. – 9:30 p.m.
Wednesday	9:00 a.m. – 7:30 p.m.
Thursday	9:00 a.m. – 10:00 p.m.
Friday	9:00 a.m. – 6:00 p.m.
Saturday	11:00 a.m. – 3:00 p.m.
Sunday	CLOSED

IMPORTANT PHONE NUMBERS

Fretz Park Library	214-670-6420
Fretz Park Tennis Center	214-670-6620

Fretz Park Swimming Pool	214-670-6464
Building Reservations	214-670-8748
Picnic Reservations	214-670-8747
ARTREACH	214-827-1025
Volunteer Center of Dallas	214-821-8711
North Dallas Chamber Soccer	214-361-5345
Dallas North Soccer Association	972-480-8860
Send A Kid To Camp Hotline	214-671-0217
Richardson Senior Center	972-231-4798

RECREATION CENTERS

Campbell Green Center	214-670-6314
Walnut Hill Center	214-670-7112
Churchill Center	214-670-6477
Marcus Center	214-670-6599
Lake Highlands Center	214-670-7794
Willie B. Johnson Center	214-670-6182
Timberglen Center	972-306-1090

WWW.FRETZPARK.COM