



CALENDAR ADVISORY

For Immediate Release
Tuesday, December 29, 2015

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City of Lancaster January 2016 Activities, Programs and Special Events

Lancaster, TX – The City of Lancaster invites you to stay connected with us! “LIKE” us on Facebook ([Facebook.com/CityofLancasterTX](https://www.facebook.com/CityofLancasterTX)), follow us on Twitter, ([Twitter.com/Lancaster_TX](https://twitter.com/Lancaster_TX)) and register for the Lancaster Live, weekly e-mail subscription that includes upcoming events and valuable information. To sign up for the Lancaster Live and to view more upcoming events, visit us online at www.lancaster-tx.com.

The following City of Lancaster upcoming activities, programs, and special events are listed as a quick reference guide:

<u>DATE</u>	<u>CITY-WIDE</u>	<u>RECREATION CENTER</u>	<u>LIBRARY</u>	<u>SENIOR LIFE CENTER</u>
Friday, January 1, 2016	City Offices Closed	City Offices Closed	City Offices Closed	City Offices Closed
Saturday, January 2, 2016		<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Open Swim • Yoga • Zumba • DancerSize • Dancing from the Soul 	<ul style="list-style-type: none"> • Family Story Time • Book a Librarian – Tech Help 	
Sunday, January 3, 2016				
Monday, January 4, 2016	<ul style="list-style-type: none"> • Educator Appreciation Breakfast, Recreation Center • School Out/Day Camp, Recreation Center 	<ul style="list-style-type: none"> • Move Your Body/Youth Dance Combo • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul 	<ul style="list-style-type: none"> • Genealogy Research Assistance 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men’s Power Hour • Bid Whiz, Spades, Chicken Foot, and Chess • The Walking Club

		<ul style="list-style-type: none"> • Pickleball • Evening Water Aerobics • S.A.F.E. Day Camp • Evening Fitness Swim • Jr. Mavs 		<ul style="list-style-type: none"> • Water Exercise • PuzzleRama • Movie Madness • Sports, Games, and Board Mania
Tuesday, January 5, 2016	<ul style="list-style-type: none"> • School Out/Day Camp, Recreation Center 	<ul style="list-style-type: none"> • Fitness Swim • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Youth Karate • Zumba • Lonestar Danceline • Cycling Class • Tutu's and Taps • Kid Zumba • Pickleball • Evening Water Aerobics • S.A.F.E. Day Camp 	<ul style="list-style-type: none"> • Toddler Time • Book a Librarian – Tech Help • Lancaster Genealogical Society Meeting 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Dallas County Health and Human Services Wellness Clinic • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot, and Chess • Senior Sizzle Life Steppers • Computer Class • Water Exercise • Reading is FUN • Sewing and Quilting • Movie Madness • Sports, Games, and Board Mania
Wednesday, January 6, 2016		<ul style="list-style-type: none"> • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Lonestar Danceline • Yoga • Swing Out • Pickleball • Evening Water Aerobics • Evening Fitness Swim • Jr. Mavs 	<ul style="list-style-type: none"> • Family Story Time • Book a Librarian – Tech Help 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men's Power Hour • The Walking Club • Water Exercise • Bid Whiz, Spades, Chicken Foot, and Chess • Harmonizers • Movie Madness • Sports, Games, and Board Mania
Thursday,		<ul style="list-style-type: none"> • Swim Lessons 	<ul style="list-style-type: none"> • Book a Librarian 	<ul style="list-style-type: none"> • News, Movies,

<p>January 7, 2016</p>		<ul style="list-style-type: none"> • Youth Karate • Zumba • Cycling Class • Parent and Child Zumba • Pickleball • Evening Water Aerobics • Fitness Swim • Lonestar Danceline • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Dive in Movie 	<ul style="list-style-type: none"> – Tech Help • Teen Club – Game Night 	<p>and Reading Lounge</p> <ul style="list-style-type: none"> • Creative Card Making • Computer Class • Senior Sizzle Life Steppers • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot and Chess • Reading is FUN • Sewing and Quilting • Movie Madness • Sports, Games, and Board Mania
<p>Friday, January 8, 2016</p>		<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Zumba • Winter Basketball Begins 	<ul style="list-style-type: none"> • Pinterest Recipes for Christmas 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Jewelry Making • Bid Whiz, Spades, Chicken Foot, and Chess • BINGO • Movie Madness • Sports, Games, and Board Mania
<p>Saturday, January 9, 2016</p>		<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Open Swim • Yoga • Zumba • DancerSize • Dancing from the Soul • Winter Basketball 	<ul style="list-style-type: none"> • Family Story Time • Book a Librarian – Tech Help 	
<p>Sunday, January 10, 2016</p>				
<p>Monday, January 11, 2016</p>		<ul style="list-style-type: none"> • Move Your Body/Youth Dance Combo • Parent/Tot Swim Lessons • Semi 		<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men's Power Hour • Bid Whiz,

		<ul style="list-style-type: none"> Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Pickleball • Evening Water Aerobics • Jr. Mavs • Swim Team Practice • Evening Fitness Swim 		<ul style="list-style-type: none"> Spades, Chicken Foot, and Chess • Water Exercise • The Walking Club • PuzzleRama • Movie Madness • Sports, Games, and Board Mania
Tuesday, January 12, 2016		<ul style="list-style-type: none"> • Fitness Swim • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Youth Karate • Lonestar Danceline • Zumba • Cycling Class • Kid Zumba • Pickleball • Evening Water Aerobics 	<ul style="list-style-type: none"> • Toddler Time • Book a Librarian – Tech Help • Veteran Computer Class 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot, and Chess • Senior Sizzle Life Steppers • Computer Class • Reading is FUN • Sewing and Quilting • Movie Madness • Sports, Games, and Board Mania
Wednesday, January 13, 2016		<ul style="list-style-type: none"> • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Lonestar Danceline • Swing Out • Yoga • Pickleball • Evening Water Aerobics • Jr. Mavs • Swim Team Practice • Evening Fitness 	<ul style="list-style-type: none"> • Word Basics • Family Story Time • Book a Librarian – Tech Help 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men's Power Hour • The Walking Club • Bid Whiz, Spades, Chicken Foot, and Chess • Harmonizers • Movie Madness • Sports, Games, and Board Mania

		Swim		
Thursday, January 14, 2016	Mayor State of the City Address (11:30AM, Rec Center)	<ul style="list-style-type: none"> • Fitness Swim • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Youth Karate • Zumba • Lonestar Danceline • Cycling Class • Parent and Child Zumba • Pickleball • Evening Water Aerobics 	<ul style="list-style-type: none"> • Book a Librarian – Tech Help • Adult Colorist Society 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Creative Card Making • Computer Class • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot, and Chess • Senior Sizzle Life Center Steppers • Reading is FUN • Sewing and Quilting • Movie Madness • Sports, Games, and Board Mania
Friday, January 15, 2016		<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Zumba • Winter Basketball 	<ul style="list-style-type: none"> • Word Basics 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Jewelry Making • Bid Whiz, Spades, Chicken Foot, and Chess • BINGO • Movie Madness • Sports, Games, and Board Mania
Saturday, January 16, 2016	• MLK Parade	<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Open Swim • Yoga • Zumba • DancerSize • Dancing from the Soul • Winter Basketball • Zumbathon 	<ul style="list-style-type: none"> • Family Story Time • Book a Librarian – Tech Help 	
Sunday, January 17, 2016				
Monday,	City Offices Closed	• Move Your	• Genealogy	• News, Movies,

<p>January 18, 2016</p>		<p>Body/Youth Dance Combo</p> <ul style="list-style-type: none"> • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Pickleball • Evening Water Aerobics • Jr. Mavs • Swim Team Practice • Evening Fitness Swim 	<p>Research Assistance</p>	<p>and Reading Lounge</p> <ul style="list-style-type: none"> • Men's Power Hour • Bid Whiz, Spades, Chicken Foot, and Chess • Water Exercise • The Walking Club • PuzzleRama • Movie Madness • Sports, Games, and Board Mania
<p>Tuesday, January 19, 2016</p>		<ul style="list-style-type: none"> • Fitness Swim • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Youth Karate • Zumba • Lonestar Danceline • Cycling Class • Kid Zumba • Tutu's and Taps • Pickleball • Evening Water Aerobics 	<ul style="list-style-type: none"> • Toddler Time • Book a Librarian – Tech Help 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot, and Chess • Senior Sizzle Life Center Steppers • Computer Class • Reading is FUN • Sewing and Quilting • Movie Madness • Sports, Games, and Board Mania
<p>Wednesday, January 20, 2016</p>		<ul style="list-style-type: none"> • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Pickleball • Swing Out • Lonestar Danceline • Evening Water 	<ul style="list-style-type: none"> • PowerPoint Basics • Family Story Time • Book a Librarian – Tech Help 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men's Power Hour • The Walking Club • Bid Whiz, Spades, Chicken Foot, and Chess • Harmonizers • Senior Groom and Glamour

		<ul style="list-style-type: none"> Aerobics Jr. Mavs Swim Team Practice Evening Fitness Swim 		<ul style="list-style-type: none"> Day Movie Madness Sports, Games, and Board Mania
Thursday, January 21, 2016		<ul style="list-style-type: none"> Fitness Swim Morning Water Aerobics Fitness Swim (Mid-day) Swim Lessons Youth Karate Zumba Lonestar Danceline Cycling Class Parent and Child Zumba Pickleball Evening Water Aerobics 	<ul style="list-style-type: none"> Teen Club Movie Night - Disney Book a Librarian – Tech Help 	<ul style="list-style-type: none"> News, Movies, and Reading Lounge Creative Card Making Computer Class Knitting and Crochet Class Bid Whiz, Spades, Chicken Foot, and Chess Senior Sizzle Life Center Steppers Reading is FUN Sewing and Quilting Movie Madness Sports, Games, and Board Mania
Friday, January 22, 2016		<ul style="list-style-type: none"> Morning Water Aerobics Fitness Swim Zumba Winter Basketball 	<ul style="list-style-type: none"> Word Basics 	<ul style="list-style-type: none"> News, Movies, and Reading Lounge Jewelry Making Bid Whiz, Spades, Chicken Foot, and Chess BINGO Movie Madness Sports, Games, and Board Mania
Saturday, January 23, 2016		<ul style="list-style-type: none"> Morning Water Aerobics Fitness Swim Open Swim Yoga Zumba DancerSize Dancing from the Soul Winter Basketball 	<ul style="list-style-type: none"> Family Story Time Book a Librarian – Tech Help 	

Sunday, January 24, 2016				
Monday, January 25, 2016		<ul style="list-style-type: none"> • Move Your Body/Youth Dance Combo • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Pickleball • Evening Water Aerobics • Jr. Mavs • Swim Team Practice • Evening Fitness Swim 	<ul style="list-style-type: none"> • Genealogy Research Assistance 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men's Power Hour • Bid Whiz, Spades, Chicken Foot, and Chess • Water Exercise • The Walking Club • PuzzleRama • Movie Madness • Sports, Games, and Board Mania
Tuesday, January 26, 2016		<ul style="list-style-type: none"> • Fitness Swim • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Youth Karate • Zumba • Lonestar Danceline • Cycling Class • Kid Zumba • Tutu's and Taps • Pickleball • Evening Water Aerobics 	<ul style="list-style-type: none"> • Toddler Time • Book a Librarian – Tech Help 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot, and Chess • Senior Sizzle Life Center Steppers • Computer Class • Reading is FUN • Sewing and Quilting • Movie Madness • Sports, Games, and Board Mania
Wednesday, January 27, 2016		<ul style="list-style-type: none"> • Parent/Tot Swim Lessons • Semi Private/Adult Swim Lessons • Zumba • Dancing from the Soul • Pickleball • Swing Out 	<ul style="list-style-type: none"> • PowerPoint Basics • Family Story Time • Book a Librarian – Tech Help • Social Media Class - Facebook 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Men's Power Hour • The Walking Club • Bid Whiz, Spades, Chicken Foot, and Chess

		<ul style="list-style-type: none"> • Lonestar Danceline • Evening Water Aerobics • Jr. Mavs • Swim Team Practice • Evening Fitness Swim 		<ul style="list-style-type: none"> • Harmonizers • Senior Groom and Glamour Day • Movie Madness Sports, Games, and Board Mania
Thursday, January 28, 2016		<ul style="list-style-type: none"> • Fitness Swim • Morning Water Aerobics • Fitness Swim (Mid-day) • Swim Lessons • Youth Karate • Zumba • Lonestar Danceline • Cycling Class • Parent and Child Zumba • Pickleball • Evening Water Aerobics 	<ul style="list-style-type: none"> • Adult Anime Night • Book a Librarian – Tech Help 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Creative Card Making • Computer Class • Senior Sizzle Life Center Steppers • Knitting and Crochet Class • Bid Whiz, Spades, Chicken Foot, and Chess • Reading is FUN • Sewing and Quilting • Movie Madness Sports, Games, and Board Mania
Friday, January 29, 2016		<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Zumba • Winter Basketball 	<ul style="list-style-type: none"> • Computer Basics • Social Media – Google+ 	<ul style="list-style-type: none"> • News, Movies, and Reading Lounge • Jewelry Making • Bid Whiz, Spades, Chicken Foot, and Chess • BINGO • Movie Madness Sports, Games, and Board Mania
Saturday, January 30, 2016	<ul style="list-style-type: none"> • Spring Athletic Registration Event, Recreation Center 	<ul style="list-style-type: none"> • Morning Water Aerobics • Fitness Swim • Open Swim • Yoga • Zumba • DancerSize 	<ul style="list-style-type: none"> • Family Story Time • Book a Librarian – Tech Help 	

		• Dancing from the Soul		
Sunday, January 31, 2016				

DRAFT

City of Lancaster January 2016 Activities, Programs and Special Events

The following events are free, open to the public, and considered **citywide** and/or highlighted events:

Educator Appreciation Breakfast

- Monday, January 4, 2016, 7:30 a.m. – 8:30 a.m., Recreation Center

School Out/Day Camp

- Monday – Tuesday, January 4 – 5, 2016, 7:30 a.m. – 6:30 p.m., Recreation Center

Spring Athletic Registration Event

- Saturday, January 30, 2016, 12:00 Noon – 3:00 p.m., TBD

The **Lancaster Recreation Center** coordinates the following activities, programs, and events:

Adventure of a Lifetime S.A.F.E. Afterschool Program Registration is Open

(Grades K – 8th) Our after school program is back. Open to youth Age 5-13 Child must be enrolled in a public or private school, kindergarten through 8th grade, the after school program is an excellent resource for working parents. Sign up in person at the Lancaster Recreation Center. Birth Certificate and an active Recreation ID Card are required. For additional information contact the Lancaster Recreation Center at 972-218-3700.

- **Monday - Friday, 3:30 p.m. - 6:30 p.m.** **\$85 per week for first child,
\$70 per week for second child**

Body Pump – Self Pace Program for Adults

Body Pump is a conditioning and weight training, self-paced program using stationary weight equipment and a variety of exercises for each weight station. Free with Fitness Atrium membership.

- **Monday – Friday, 8:00 a.m.** **Free with Fitness Atrium
Membership**

Cycling Class (18 and Up)

This Indoor cycling class can increase energy, cardiovascular fitness and improve lower body strength. Depending on how fast you pedal and the amount of resistance you have on the bike, your heart and lungs will benefit.

- **Tuesday and Thursday, 6:30 p.m. – 7:15 p.m.** **\$30 a per month**

DancerSize for Adults

DancerSize is a line dance exercise class that allows you to dance your way through a fulfilling cardio workout.

- **Saturday, 9:15 a.m. - 10:15 a.m.** **\$25 per month, \$8 drop-in**

Evening Fitness Swim

- **Monday and Wednesday, 6:30 p.m. – 8:30 p.m.** **\$15 per month Resident
\$20 per month Non-Resident
\$3 Drop in**

Fitness Atrium Orientation

This orientation will teach you the basics of using fitness equipment in a safe and proper manner to minimize injuries. State of the art equipment, multiple televisions and locker rooms make it easy to fit in a workout.

- **Monday - Thursday, 9:00 a.m. – 6:00 p.m.** **\$20 per month Resident
\$25 per month Non-Resident
Annual Pass, \$160 per year
Resident
\$200 per year Non-Resident**

Fitness/Lap Swim

Swim for fitness during the mornings, afternoon or evenings.

- **Monday – Friday, 6:30 a.m. – 8:30 a.m. and
10:00 a.m. – 12:00 Noon** **\$15 per month Resident
\$20 per month Non-Resident**
- **Monday and Wednesday, 6:30 p.m. – 8:30 p.m.** **Drop in, \$3 Resident**
- **Saturday, 10:00 a.m. – 11:45 a.m.** **Drop in, \$5 Non Resident**

Group Swim

We offer a special daily swim time for children who are home schooled and for day care groups. You must register in advance to attend. For more information, contact the Recreation Center at 972-218-3700.

- **Monday – Friday, 10:00 a.m. – 12:00 Noon** **Admission \$3 per swimmer**

Hip Hop Dance “Dancing from the SOUL” (Age 4 - 18)

Come and join this high-energy dance class for youth while increasing your rhythm and flexibility skills.

- **Monday, 7:30 p.m. – 8:30 p.m.** **\$30 per month**
- **Wednesday, 6:00 p.m. – 7:00 p.m.**
- **Saturday, 10:00 a.m. – 12:00 Noon**

Lonestar Danceline

Basic training in Hip-Hop, Majorette, Stands, and conditioning for Age 5-17. Danceline introduction to all styles, drills, studio and boot camp - Come prepared to work it out with Lonestar Danceline.

- **Tuesday, Wednesday, and Thursday** **\$30 per month**
5:30 p.m.-8:30 p.m.

Morning Water Aerobics

Have you ever noticed how challenging it is to walk through a swimming pool? The resistance provided by water makes it a great exercise course for all fitness levels. It is low-impact yet increases stamina and strength.

- **Monday – Friday, 9:00 a.m. – 10:00 a.m.** **\$30 per month, \$5 drop in**
- **Saturday, 9:00 a.m. – 9:45 a.m.** **\$12 per month; \$5 drop in**

Move Your Body/Youth Dance Combo (Age 6 - 16)

Learn several different styles of dance! Youth will learn techniques of lyrical jazz, hip-hop and ballet moves, with a focus on leading healthy and active Lifestyles.

- **Monday, 5:15 p.m. Beginners Class** **\$30 per month**
- **Monday, 6:15 p.m. Advance Class**

Open Swim

The pool is open for use by the public and monitored by a friendly, experienced and certified staff of Lifeguards.

- **Saturday, 12:00 Noon – 5:00 p.m.** **Admission, \$5 Resident**
\$7 Non Resident

Parent/Tot Swim Lessons

Both parent and child will be in the pool, while developing the child's comfort level in the water - Basic aquatic safety training provided in preparation for formal lessons.

- **Monday and Wednesday, 5:30 p.m. – 6:15 p.m.** **\$30 per session**

Personal Fitness Program Assessments

Recreation Center members receive a free fitness assessment that covers strength and endurance, flexibility, balance, blood pressure, BMI and fat count. Once that is determined, individuals receive a workout plan to help give a solid beginning to living a healthy and active Lifestyle; this is an eight week program.

- **Monday - Thursday, 10:00 a.m. – 5:00 p.m.** **Free with Recreation ID Card**

Pickleball

A racquet sport that combines elements of badminton, tennis and table tennis - Paddles and balls provided.

- **Monday - Thursday, 10:00 a.m. – 2:00 p.m.** **Free with Recreation ID card**

Power Hour Power Walk

Make the most of your lunch hour! For those looking for a low-impact option, join others to power walk at our climate-controlled, indoor walking track.

- **Monday – Friday, 12:00 Noon – 1:00 p.m.** **Free with Recreation ID card**

Semi Private/Adult Swim Lessons

Formal swim lessons, which include a water safety education program, as governed by the American Red Cross.

- **Monday and Wednesday, 6:30 p.m. – 7:15 p.m.** **\$50 per session**

Swim Lessons

Formal swim lessons, which include a water safety education program, as governed by American Red Cross.

- **Tuesday and Thursday, 5:30 p.m. – 6:15 p.m., and 6:30 p.m. – 7:15 p.m.** **\$30 per Session**

Tutu's and Tap (Age 3 - 5)

Tots love to dance! Introduce your child to ballet, tap rhythms and games to improve their coordination and confidence.

- **Tuesday, 5:15 p.m. - 6:15 p.m.** **\$30 per month**

Yoga Basics

This class will promote the union of your mind, body and spirit. Participants will learn deep breathing and relaxation techniques; connecting the mind and body together for overall health and wellbeing.

- **Wednesday, 6:30 p.m. – 7:30 p.m.** **\$35 per month (One Class)**
- **Saturday, 1:00 p.m. – 2:00 p.m.** **\$50 per month, (Both classes)**
\$7 drop in

Youth Karate (Age 4 - 16)

Karate provides physical fitness, self-defense training, Life discipline and effective martial arts training.

- **Tuesday and Thursday, 5:30 p.m. - 6:30 p.m., and 6:30 p.m. - 7:30 p.m.** **\$40 per month**

Zumba Fitness for Adults

Zumba is a fitness class that blends upbeat world rhythms with easy-to-follow choreography for a total body workout that feels like a celebration.

- **Monday, Wednesday and Friday mornings 8:00 a.m. – 9:00 a.m.** **\$25 per month**
- **Monday, Tuesday, and Thursday evenings 6:00 p.m. – 7:00 p.m.** **\$25 per month**
- **Saturday mornings 8:00 a.m. – 9:00 a.m.** **\$15 per month**
- **Tuesday evenings (Child and Parent Zumba) 5:30 p.m. – 5:55 p.m.** **\$15 per month**
- **Thursday evenings (Kid Zumba) 5:30 p.m. – 5:55 p.m.** **\$10 per month**

The Lancaster Recreation Center is located at 1700 Veterans Memorial Parkway. For further information and directions, please call (972) 218-3700.

The **Lancaster Veterans Memorial Library** coordinates the following activities, programs, and events:

Adult Anime Night

Anime night for adults! If you enjoyed anime as a member of the teen club, you can still come to the adult group. Watch an anime film and talk to other anime enthusiasts about your favorite anime and manga series.

- **Fourth Thursday of each month, 6:30 p.m.**

Adult Colorists Society

Enjoy the relaxing hobby of coloring with fellow enthusiasts.

- **Second Thursday of each month, 6:30 p.m.**

Book a Librarian – Tech Help!

Need help with a computer problem, but cannot make it to class? Book your appointment with one of our Librarian – Tech Help today. Participants must make all appointments 72 hours in advance. For more information, call the Library Information Desk at 972-227-1080.

- **Tuesday, Wednesday, and Thursday, 1:00 p.m. – 4:00 p.m.**
- **Saturday, 9:00 a.m. – 11:00 a.m.**

Computer Classes for Adults

Topics vary, but most classes are on an introductory level.

- **Wednesday and Friday, 10:30 a.m.**

Family Story Time

For all children and their families - Join us for singing, dancing, crafts, and of course stories!

- **Wednesday, 4:00 p.m.**
- **Saturday, 1:00 p.m.**

Jr. Search Skills Classes for Military Veterans

Get tips for creating resumes, performing online job searches, and related topics.

- **First Tuesday of each month, 6:30 p.m.**

Teen Club

All youth Age 11-18 are welcome to enjoy movies, crafts, games, and fun.

- **First and Third Thursday of each month, 5:00 p.m. – 7:00 p.m.**

Toddler Time

Especially for children under the age of four, listen to stories, sing, dance, play, and make take homes craft!

- **Tuesday, 10:30 a.m.**

These events are free of charge and open to the public. The Library is located at 1600 Veterans Memorial Parkway. For further information and directions, please call (972) 227-1080.

The **Lancaster Senior LIFE Center** coordinates the following activities, classes, programs, and events:

BINGO

Engage in a fun game of matching numbers on a card, until someone yells BINGO and (wins)! A variety of unique, practical and colorful prizes awaits the winners!

- **Friday, 1:00 p.m.**

Cost is \$0.25 per card

Computer Class

Enjoy computer classes for members with a patient computer instructor. Instructional classes will range from beginners, intermediates to advanced learners in a comfortable environment.

- **Tuesday and Thursday, 10:30 a.m.**

FREE

Congregate Meal Program

Ensures a nutritious meal for senior participants Age 60 years of age and older. It is free and senior participants do not have to be a member of the Lancaster Senior LIFE Center. Participants must complete an intake form and nutrition assessment *prior* to participating in the Congregate Meal Program. This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services.

- **Monday - Friday, 12:00 Noon - 1:00 p.m.**

Senior participants Age 50-59 can purchase the nutritious meal for a fee of \$7.00

Creative Card Making Class

Learn to make your very own personal greeting cards. All is required is your own and unique creativity and inspiration. The sky is the limit on what you can create from just paper and rubber stamps.

- **Thursday, 10:00 a.m.**

Cost is \$1.00 per card

Harmonizers

Come and join the majestic and musical voices which are delightful to all those that listen. The Harmonizers welcome all members who want to spread the universal language and love of music. The Harmonizers will occasionally perform at City events.

- **Wednesday, 1:30 p.m.**

FREE

Jewelry Making Class

Bring your own materials to this class and learn how to make the latest jewelry designs, or repair damaged jewelry. The purchase of a jewelry kit is not necessary. One will be provided for you. No experience is required. Bring your imagination to create unique and exquisite designs.

- **Friday, 10:30 a.m.**

FREE

Knitting and Crochet Class

Come and enjoy the lively company of other members, designing hats, sweaters, blankets, scarfs, etc. through the art of steel and yarn. This class is open to all, beginners, intermediates and advanced members.

- **Tuesday and Thursday, 10:00 a.m.**

FREE

Legal Clinic with Judge Valencia Nash, JP Court 1 – 2, Dallas County

This is the place and time to get your legal questions answered. Family Law. Personal Injury. Criminal Law. Quality of Life and Cultural Services, Lancaster Senior Life Center, 240 Veterans Memorial Parkway.

- **Tuesday, January 26, 2016**

FREE

Men's Power Hour

Nothing compares with fellowship with the fellows who come together to discuss and engage in conversations which are important to men specifically. Weekly topics vary leading to very lively discussion. Open to men of all Age.

- **Monday and Wednesday, 10:00 a.m. FREE**

PuzzleRama

Are you good at "putting the pieces" together? If so, come and do so with a group of engaging and analytical seniors.

- **Monday, 1:00 p.m. FREE**

Reading is FUN

Popularity at its best! Readers are leaders and Reading is FUN. This is a wonderful opportunity to read and learn, as well as share stories that have become movies or television series. The group at large will determine the reading material and program. Come, share, engage and be empowered.

- **Tuesday and Thursday, 1:00 p.m. FREE**

Senior Groom and Glamour Day

A day set aside for members to be treated as "golden" and pampered. Services include: facials; women and men haircuts, eyelash tabbing for women, artificial eyelash strips for women, eyebrow and lip waxing; manicures and pedicures (men and women); nail art (hand drawn only, no jewels or rhinestones, etc.), shampoo and styles. Seating is extremely limited. Sign up required.

- **First and Fourth Wednesday, 1:30 p.m. FREE**

Senior Recreation Day at the Recreation Center

Low impact water exercises and aerobics, and the physical exercise of Pickleball and the Walking Club.

- **Third Wednesday of each month, 10:30 a.m. FREE**

Senior Sizzle Life Center Steppers

Come join us as we sizzle to Zumba, line dance, and low impact energetic dance routines.

- **Tuesday and Thursday, 11:00 a.m. FREE**

Sewing and Quilting Class

Bring your own materials and enjoy conversation, assistance with technique and the company of fellow craftsman, a quilting horse is provided. Participants regularly create items to donate to area hospitals and care facilities.

- **Tuesday and Thursday, 1:00 p.m. FREE**

The Walking Club

Get healthy and fit through walking and low-impact exercise. The Lancaster Senior LIFE Center participants will be transported to the Lancaster Parks and Recreation Center to walk indoors. The Walking Club is growing in numbers weekly. Walking is the simplest form of exercise to keep your heart, mind, body and soul healthy.

- **Monday and Wednesday, 10:30 a.m. FREE**

Water Exercise Class

A great class for all fitness levels, with a focus on balance, and more flexibility for stressed joints. A very comfortable workout! Class meets every third Wednesday of the month at 10:30 a.m. Transportation will be provided from the Senior LIFE Center to the Lancaster Parks and Recreation Center.

- **Third Wednesday of each month, 10:30 a.m. FREE**

The Senior Life Center is located at 240 Veterans Memorial Parkway. For further information and directions, please call (972) 218-3780.

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