

# Rowlett

On the Water. On the Move.

A Monthly Message From Mayor Todd Gottel - October, 2016

## Calling All Seniors!

Folks, I wanted to spend a little time this month on the extremely robust menu of programming our City offers just for Rowlett Seniors! Growing this program has been an important objective for the Parks and Recreation Department over the past few years, and I encourage every one of you to take advantage of the opportunities offered. We've strategically taken the journey with the Senior Advisory Board to learn about priorities, successes and unmet needs to identify the services, programs and infrastructure that may best support our community's older adults, so that this and future generations of Rowlett Seniors are well served. From field trips to fitness, from fellowship to food...the options are diverse and varied in an effort to appeal to many interests and offer lots of ways for Seniors to not only stay socially connected with each other, but perhaps make new friends as well!

These days, most older Americans are confident about their ability to maintain a high quality of life, and those who are focused on taking care of their health are the most optimistic. In fact, I recently read a statistic that stated nearly two-thirds of optimistic Seniors had set one or more specific goals to manage their health in the past 12 months. But as I myself am discovering, maintaining good health as we age requires being proactive, especially for people with chronic health conditions. That's why I'm encouraging everyone to check out the Senior fitness programming, led by the energetic and engaging Jill Beam, at the Rowlett Community Centre. We are so fortunate here in Rowlett to have very low-cost opportunities to help Seniors stay healthy, and with free transportation to and from the RCC and the Rowlett Library, there's no excuse not to check it out!

Finally, I would encourage everyone to consider becoming involved with your local government, whether by volunteering to tutor ESL or GED at the Library, joining the Senior Advisory Board or just attending our City Council meetings to stay informed. The Rowlett community recognizes and values the knowledge and experiences amassed over a lifetime and will greatly appreciate the contribution YOU can make to our hometown by sharing them!

  
Mayor Todd Gottel



*I had a GREAT time at this year's National Night Out...28 neighborhoods participated!*

## *Recreation Leader, Senior Services*

### *Jill Beam*

It is impossible to NOT have a great time when Jill is in the room. A native Texan, she grew up in Oak Cliff and graduated from Carter High and Dallas Baptist College. Jill was part of the City of Dallas Parks and Rec team for 28 years before retiring and joining Rowlett and we are SO lucky to have her!



*“Life has no remote, so get up and change it!”*

A ball of energy, Jill also taught tap and jazz dance for DISD students. In fact, she is a certified Jazzercise Instructor and has been instructing classes since 1980. She currently teaches Junior Jazzercise to children, K-5, four times a week. Jill also taps weekly throughout the metroplex with the well known Class Act Tap Company.

Not enough for you yet? Jill does public speaking, plays flute in the Mesquite Symphonic Band, and teaches Sunday School at her church. She has performed in the Spectacular Senior Follies for the past five years, where she was in the dance ensemble and a Follies Show Girl.

OK, as if all of that isn't enough to get you to come on down to the RCC and try some of her fun programming? Jill is the reigning Ms. Texas Senior America, 2015-2016. Having been the pageant director from 2012-2014, she couldn't wait until she turned 60 years young so she could

compete. She even went to Atlantic City to compete in Ms. Senior America, where she made it to the top 10!

*“I am very passionate about fitness. I think it's really important that Senior adults remain active, just 15 minutes of exercise per day can add to our longevity!”*



### *Senior Day Trips*

Doesn't get better than a day with Jill! Hop on the DART Light Rail for a day at the State Fair of Texas, hop on a bus for a trip to the Winstar Casino, a tour of the Fort Worth Stockyards or visit one of the many area museums...a different day trip is offered each month.

### *Fitness Fun!*

Jill also leads a variety of super fun fitness classes sure to keep you fit and make you smile!

### *Get Energized with Jill*

Get that heart pumping with low impact aerobic exercise that includes dance moves, toning, and stretching done to current hits.

### *Line Dancing*

Learn the latest line dance steps and moves, all the while enhancing coordination, balance and mental fitness.

### *Beginning Tap Dancing*

Learn basic tap dance steps and strengthen your sense of rhythm, coordination and mental fitness!

### *Walking Club*

Get outdoors and enjoy the natural beauty of Pecan Grove Park as the group walks the trails. An easy, low impact way to stimulate heart health and get fit.

### *Group Personal Training*

Want to rev up your metabolism? Enjoy this targeted muscle training, which utilizes weights, exercubes, and mats to build muscle tone, balance, posture, flexibility and stamina.





## ***Discounted RCC Memberships for Seniors***

Did you know that the Rowlett Community Centre offers Seniors discounted annual memberships? Available to everyone 60 years and better!

***Activity membership - \$5 for residents and \$10 for non-residents***  
***Full membership - \$10 for residents and \$144 for non-residents***

Activity memberships include participation in the many free programs and access to the walking track. Full memberships include access to the entire facility, including a fitness area, basketball gyms, racquetball courts, game room and all of the free programs.

Call 972-412-6170 or visit [www.rowlett.com/parksandrec](http://www.rowlett.com/parksandrec) to join TODAY!

## ***Fitness and Exercise Classes***

***A wide variety of Senior fitness programming is offered – there's something for all fitness levels!***

### ***PACE (People with Arthritis Can Exercise)***

Keep joints flexible, muscles strong and help reduce the pain and stiffness associated with arthritis. The routines use gentle range-of-motion movements that are suitable for every fitness level.

### ***Senior Fitness Fun***

20 minutes of low impact aerobics, hand-eye coordination exercises, flexibility training and relaxation movements guaranteed to loosen up stiff joints, get that heart pumping and even cause you to sweat a little.

### ***SAIL (Stay Active In Life)***

Improve strength, balance and fitness with fun routines set to music.

### ***Senior Stretch***

A marvelous, motivating movement class focusing on stretching and strengthening the major muscle groups and joints of the body. Emphasis is on breathing, balancing, and flexibility training utilizing stretchy bands and chair or mat exercises.

## ***Come to the RCC for Food, Fun and Fellowship!***

***Monthly Pot Luck Lunch Social*** - a different theme every month on the second Thursday, bring a side dish to share!

***Monthly Lunch Around Town*** – great opportunity to meet new people and visit with long-time friends, all while experiencing the Rowlett restaurant scene.

***Baked Goods*** – delivered every Tuesday, donated by Tom Thumb.

***Coffee & Donuts*** – 8:30-10:00am every Tuesday, fresh donuts provided by Rowlett Donuts.

***Texas Hold 'Em*** - 1st, 2nd & 3rd Wednesday & 4th Thursday of each month from 9:00-11:00am. Come to play and/or learn the game, be sure to wear your poker face.

***Birthday Social Luncheon*** - celebrate birthdays and anniversaries with free food and drinks on the 1st Wednesday of each month from 11:30am-12:30pm.

***Table Games*** - come together to play assorted games or just to socialize.

***Canasta*** – play the 3rd Wednesday of each month at 11:30am.

***Bridge*** – play every Thursday, 9:45am-3:00pm.

***Lake Ray Hubbard Wood Carvers*** - 9:00am – 2:00pm on the last Saturday of each month, tool kits and beginner projects are provided. All skill levels are welcome to attend!

***Rowlett Photography Club*** – members are amateur and professional, beginner and seasoned pros. Share the hobby of photography and pick up a few tips along the way! Meeting dates vary, check the club's Facebook page for info.

***Coming soon: Monthly book discussion in partnership with the Rowlett Library!***

## ***Health and Wellness***

### ***Senior Health Checks***

Free service provided by the Rowlett Fire Department, firefighters are available to take blood pressure and blood sugar readings on the second Tuesday of each month from 8:30-9:30am.

### ***Senior Healthcare Seminars/Lunch***

Held on the third Tuesday of each month, important health and independent living topics are addressed.



## **Rowlett Senior Shuttle**

### ***FREE Senior Transportation to and from the Rowlett Community Centre and the Rowlett Library!***

The City of Rowlett partners with STAR Transit to provide Senior members of the Rowlett Community Centre free round-trip transportation to the Community Centre and the Rowlett Library! To qualify for this free service, passengers must be 60 years old or older, reside in the Rowlett city limits and have a current membership to the Rowlett Community Centre or have a program receipt. Senior (60 years and up) Individual Community Centre Membership only costs \$10.00 annually and provides access to all Rowlett Community Centre standard facility amenities and all free Senior programs. Seniors wishing to go to the Library will need to show their Library Card.



#### **Bus schedule:**

Monday	12:00 pm – 3:00 pm
Tuesday	8:30 am – 11:30 am
Wednesday	9:00 am – 12:00 pm
Thursday	9:00 am – 12:00 pm
Friday	12:00 pm – 3:00 pm

For more information or to make reservations, call 877-631-5278 and press 5 (A dedicated agent takes calls Monday – Friday, 10:00 am – 2:00 pm), or visit [www.STARtransit.org](http://www.STARtransit.org).



## **Senior Advisory Board**

### ***Find solutions to the issues that affect YOU!***

Another way to get involved is to serve on the Senior Advisory Board! They review, discuss and present items and recommendations to the City Council for all aspects of Senior Citizen living in Rowlett. The Board plays an integral part in helping with Senior programming. Duties and responsibilities of the Board include providing participation by local Senior Citizens in municipal government and to routinely report to the City Council the conditions and needs of Seniors within the community. The Senior Advisory Board meets the third Monday of each month and these meetings are open to the public if you would like to attend and check one out!



## **DID YOU KNOW?**

### ***Technology Assistance is Available at the Library!***

Keeping up with today's technologies is an important way to stay connected with the people we love and world around us! Understanding how to *use* those new technologies can be a challenge, though. Well, the Rowlett Library offers FREE one-on-one sessions to help you get the most from your computer and personal devices such as cell phones or tablets. Two 30 minute sessions are available every Friday for reservation, contact Information Systems Administrator Phil Barott at 972-412-6161 or [pbarott@rowlett.com](mailto:pbarott@rowlett.com).

## **FINAL NOTE...**

### ***A fond farewell to the Rowlett Sachse Scanner social media pages.***

I wanted to say a quick "thank-you" to Blake Margolis, the young man who, at age 15, established the popular Rowlett Sachse Scanner pages. Over the course of three years, he has dedicated countless hours to keeping interested Rowlett citizens up to date with police and fire activity in our community. Whether it was letting residents know why sirens were going off in their neighborhood or giving commuters updates on accident delays, Blake was careful not to post residents' personal information or to post about medical calls. He was also very respectful of emergency crews while taking photos on the scene, never interfering or getting in the way. In addition, he has been a staunch supporter of our Public Safety personnel, namely the Rowlett Police and Fire Rescue Departments. Blake recently shuttered the doors of his page to concentrate on his education and future and I sincerely wish him the best in all of his future endeavors... somehow I don't think this is the last we'll be hearing of him!

