

# Sam Johnson Recreation Center for Adults 50+

401 West 16th Street, Plano, TX 75075

972.941.7155

## HOURS OF OPERATION

*Closing procedures begin 15 minutes prior to closing.*



planoparks.org



## RECREATION CENTER HOURS

Mon, Wed & Fri	8 a.m. - 8 p.m.
Tue & Thu	8 a.m. - 9 p.m.
Saturday	8 a.m. - Noon
Sunday	Closed



## ENTERING THE FACILITY

Conveniently located in Harrington Park and near the Chisholm Trail, the Sam Johnson Recreation Center for Adults 50+ (formerly known as the Plano Senior Recreation Center) has been serving the community since 1984.

You must check in and present your membership card at the front desk each time you visit the center. If you do not have a membership card, another form of photo ID will be required to verify your membership. You may only enter the recreation center five (5) times without your membership card. Replacement membership cards are \$2.

**EVERYONE ENTERING THE FACILITY  
MUST HAVE A MEMBERSHIP OR BE  
ATTENDING A CLASS.**

## ANNUAL MEMBERSHIPS

Before purchasing a membership, you must provide proof of residency. Memberships to Sam Johnson Recreation Center can only be used at SJC. Adults 50 years of age and older may use their general Plano recreation center membership at SJC.

SJC Membership	Plano Residents	Non-Resident
Adult (50+ yrs)	\$15	\$25

### Fitness Room

The Fitness Room contains a stretching area, treadmills, AMTs, elliptical machines, recumbent bikes, 12 individual weight machines, and free weights.

**The Billiards Room** has two standard-size pool tables.

### Lunch at the Gazebo Café

Monday through Friday  
11 a.m. - 12:30 p.m.

Located in SJC and operated by trained volunteers, the Gazebo Café offers lunch options for as little as \$2. No reservations.

### Recreation Registration Opportunities

A variety of daytime and evening registration opportunities are available for Adults 50+. Please see Plano Recreation Online at [planoparks.org](http://planoparks.org) for a listing of classes, special events and day trips. Pre-registration is necessary. See staff for additional information.

### Monthly TrendSetter Newsletter

Posted online at [samjohnsonrecreationcenter.org](http://samjohnsonrecreationcenter.org) and available in print at all City of Plano facilities, the TrendSetter includes ongoing activities offered at SJC and additional opportunities besides those listed in the Plano Recreation Catalog.

### Facility Room Rental

Contact center staff to assist you with SJC room rentals.

## ACTIVITIES



### Dances for Adults 50+

Tuesdays, 7 p.m. - 9:15 p.m.

\$5

No reservations

1st & 3rd - Country & Western

2nd & 4th - Variety

### Kings of Swing

Thursdays (except the first Thurs. of the month)

12:30 p.m. - 2 p.m.

Free with membership

Come dance or just sit and listen!

### Art Therapy

Mondays

10 a.m. - 11 a.m.

Free with membership

Art Therapy is designed exclusively to focus on positive emotions, personal control and a sense of meaning. The benefits include relieving stress, improving dexterity, mindfulness, eye/hand coordination, and mood.

### Bocce Ball/Lawn Bowling

Thursdays

8:30 a.m. - 10 a.m.

Free with membership

North-side lawn, weather permitting

Reading the break of a hill on the lawn, lagging for distance and accuracy, and bumping an opponent's ball away from the target is the fun of Bocce Ball.

No experience necessary. Please join us!

### Open Play Games

Mondays, 8 a.m.- 7:30 p.m.

Tuesdays, 8 a.m. - 4:30 p.m.

Wednesdays, 8 a.m. - Noon & 3 p.m. - 7:30 p.m.

Thursdays, 8 a.m. - 5 p.m.

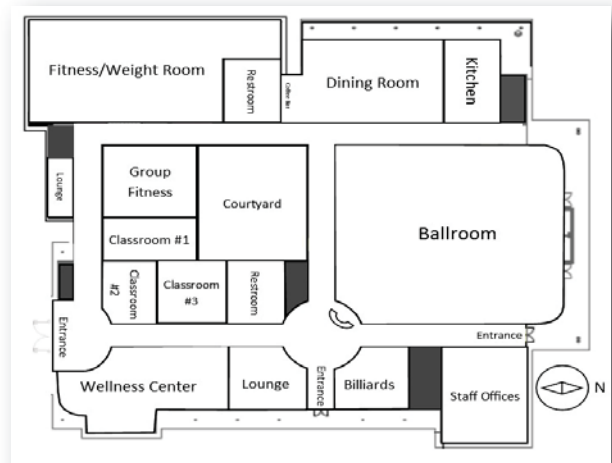
Fridays, 8 a.m. - 7:30 p.m.

Mah Jongg, Pinochle, Bridge, Canasta, etc. can be played in Lone Star C except when there is a special event. Call for availability.



972-953-7669

The mission of the Wellness Center for Older Adults is to "help older adults achieve their highest level of physical, mental, and spiritual well-being." This is accomplished through fundamental programming across three areas of service; preventive health services, mental health (counseling), and social supportive services. The Wellness Center is strategically located within the Sam Johnson Recreation Center. Our office is open Monday-Friday 9 a.m. to 4 p.m. Please stop by or call us at 972-953-7669 to learn more about our specific services.



### CITY ORDINANCE

Article I. Sec.15-4. Activities allowed with a permit or facility-use agreement. It shall be unlawful for any person to conduct any commercial or business activities of any kind for which: any participation or admission fee is charged or revenue is otherwise derived; or, distributing commercial promotional materials or advertising.



*The Plano Parks & Recreation Department actively seeks and supports participation by persons with disabilities in recreational programs and services. Please call us so we will know how to serve you better.*