Williamson County Parks & Recreation

Senior Programs

An Activity Guide for People Ages 55 and Up

DEC 2015/JAN & FEB 2016 WINTER 2016

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Program Highlights

- **Belle Meade Plantation tour and lunch in December**
- **Hatch Show Print tour in January**
- **Nashville Symphony Coffee & Classics in February**
- **AND MUCH MORE!!!**

See all the exciting things going on at WCPR through social media!

www.facebook.com/WilliamsonCountyParksAndRecreation

www.twitter.com/wc_parksandrec

www.pinterest.com/wcpr

Senior program information is always available online at http://www.wcparksandrec.com/seniors-therapeutics/seniors-new.

Staff & Facility Information

Traci Hamby, CTRS, Senior & Therapeutics Administrator
(615) 790-5719 x2021, tracih@williamson-tn.org

Franklin Recreation Complex

1120 Hillsboro Road
Franklin, TN 37064
(615) 790-5719

Staff:

Lindsey Wood, CTRS
Assistant Senior & Therapeutics Administrator and Senior Coordinator
x2025, lindseyw@williamson-tn.org

Jayne McFadden, CTRS
Therapeutics Coordinator
x2033, jaynem@williamson-tn.org

Levi Griego
Therapeutics Aide

Longview Recreation Complex

2909 Commonwealth Drive
Spring Hill, TN 37174
(615) 302-0971

Staff:

Rebecca Fulcher
Senior Coordinator
x2218, rebeccaf@williamson-tn.org

Stacey Long
Therapeutics Aide

Nolensville Recreation Complex

7250 Nolensville Road
Nolensville, TN 37135
(615) 786-0200

Staff:

Krista Hollis, CTRS
Senior & Therapeutics Coordinator
x2421, kristah@williamson-tn.org

To register for a program or trip you can go ONLINE to www.wcparksandrec.com or stop by one of the facilities listed above to register IN PERSON.

"It ain't over till it's over."

Yogi Berra

Policy & Procedure Information

ATTENTION: PLEASE REVIEW THE INFORMATION ON THIS PAGE SINCE MANY OF OUR POLICIES AND PROCEDURES HAVE CHANGED.

REGISTRATION INFORMATION:

- Registration for programs/trips is available ONLINE at www.wcparksandrec.com, IN PERSON, or BY PHONE. Voice-mail registrations will NOT be accepted.
- Registration will open at 9am for ONLINE or IN PERSON and at 10am for BY PHONE. Registration will begin on the listed registration start date for programs/trips. Dates for registration are included in the activity descriptions.
- Payment is due WITH ONLINE OR IN PERSON registration to secure a spot for a program/trip. Payment is due within 5 days for BY PHONE registration. Registration is on a first come, first served basis.
- Some programs/trips have limited enrollment. If a program/trip closes due to maximum enrollment, names will automatically be put on a waiting list. Participants will be contacted if additional space becomes available.

PAYMENT INFORMATION:

- Payment is due WITH ONLINE or IN PERSON registration to secure a spot for a program/trip. Payment is due within 5 days for BY PHONE registration.
- Cash and check payments can be made IN PERSON at our Franklin, Longview, or Nolensville facility.
- Credit card payments will ONLY be accepted ONLINE or at the FRONT DESK KIOSK at our Franklin, Longview, or Nolensville facility. A small, nonrefundable processing fee is collected for all credit card transactions.

ONLINE, IN PERSON, or BY PHONE registration is available at the following locations, depending on the location of your desired program. All trip registration will need to go through Franklin Recreation Complex.

Franklin Recreation Complex	Longview Recreation Complex	Nolensville Recreation Complex
1120 Hillsboro Road	2909 Commonwealth Drive	7250 Nolensville Road
Franklin, TN 37064	Spring Hill, TN 37174	Nolensville, TN 37135

TRIP CANCELLATION POLICY: Refunds by check or credits to accounts are available through the last day of registration. After the final registration date, most trips are nonrefundable unless your spot can be filled. Processing fees are non-refundable. Please allow a minimum of 2-3 weeks for refunds by check.

PROGRAM CANCELLATION POLICY: Refunds by check or credits to accounts can be requested up to 24 hours before the program. After that point, most programs are nonrefundable unless your spot can be filled by someone off the waiting list. Please remember to call the facility where you registered. Processing fees are non-refundable. Please allow a minimum of 2-3 weeks for refunds by check.

WAITING LISTS FOR TRIPS AND PROGRAMS: We offer a waiting list for trips and applicable programs at each facility. If you are unable to attend a trip or program, please contact the Senior Coordinator at the facility where you registered and a WCPR staff will try to fill your spot with the next person on the waiting list. We ask that you do not take it upon yourself to fill a spot, so that everyone who has called in has a change to participate.

PLEASE NOTE: While the Parks and Recreation Department makes every effort to ensure that all information provided regarding our programs and facilities is listed as accurately as possible, please understand that we reserve the right to make necessary changes to the benefit of our patrons and the operation of our department.

If you would like help setting up an account in our NEW REGISTRATION software please contact Lindsey Wood, Assistant SR/TR Administrator, at (615) 790-5719 x2025 or lindseyw@williamson-tn.org.

Online Registration Information

- Online Registration Codes will be listed with ALL activities that require registration. You can use these codes to quickly and easily find your desired program online at www.wcparksandrec.com.
- If you would like help setting up an account in our NEW REGISTRATION software please contact Lindsey Wood, Assistant SR/TR Administrator, at (615) 790-5719 x2025 or lindseyw@williamson-tn.org.

Computer Series for Seniors

WCPR is pleased to announce that we are hosting another series of computer classes for adults 55 and up.

This 4 week series will be on Fridays from 10-11:30am starting February 26th.

These classes will incorporate how to use Apple devices, such as the iPhone and iPad, and introductions to common websites Ancestry.com, Facebook, and Pinterest. This computer series will take place at the Williamson County Library at 1314 Columbia Avenue, Franklin, TN 37064. **You can sign up for the full 4 week series (online registration code: 5792)** or for individual classes (online registration codes listed below). Specific topics for each date are listed below. Instructors: Williamson County Library Personnel.

This is a FREE event, but registration is REQUIRED. **Registration opens January 4th** and the deadline for registration is listed below with each date.

Code	Date	Topic	Reg. Deadline
5793	2/26	i101	2/23
5794	3/4	Intro to Ancestry.com	3/1
5795	3/11	Facebook Profiles	3/8
5796	3/18	Intro to Pinterest	3/15

All classes are Fridays from 10-11:30am.

To register ONLINE go to www.wcparksandrec.com and use the online registration codes listed above OR you can register IN PERSON at the front desk of the Franklin Recreation Complex (1120 Hillsboro Road).

Senior Day Trips

December:

Belle Meade Plantation

Your visit to Belle Meade Plantation will include a tour led by a trained and costumed guide through the plantation's beautiful Greek-Revival mansion commissioned by John Harding in 1845. Your tour also includes access to Belle Meade's many other historic buildings on the plantation grounds including a dairy, horse stable, carriage house, mausoleum, gardens, and a log cabin. After you've completed your tour of the house and grounds, a free wine tasting at our winery and lunch at the Carriage House awaits. The lunch will include a mixed green salad, sweet potato biscuits, carved turkey breast, yellow squash bake, ambrosia salad, and fudge pie. The cost of the trip ($52) includes transportation, tour of the house and grounds, complimentary wine tasting, and lunch. Registration is REQUIRED.

Date Wednesday, December 2nd
Registration 10/12-11/13 or until full
Price $52 per person (All Inclusive)
Online Registration Code 5660

Time Franklin pick up 10am return by 2pm
Longview pick up 9am return by 3pm
Nolensville pick up 9:45am return by 2pm

January:

Hatch Show Print Tour

The tour of legendary Hatch Show Print will engage your senses: Listen to the presses crank as you learn more about the history of Hatch Show Print, see the brilliantly colored posters that put the shop on the map in the last century and compare them with the posters printed today for your favorite entertainers, handle some of the tools of the trade and smell the ink as you pull your own keepsake print in our print shop-within-a-print shop Space for Design. Following the tour, lunch will be Dutch treat at Hattie B's Hot Chicken. The cost of the trip ($30) includes transportation and admission to Hatch Show Print. Registration is REQUIRED.

Date Wednesday, January 27th
Registration 12/1-1/20 or until full
Price $30 per person (lunch Dutch treat)
Online Registration Code 5662

Time Franklin pick up 10:15am return by 2:30pm
Longview pick up 9:15am return by 3:30pm
Nolensville pick up10:15am return by 2:30pm

ATTENTION: ALL transportation times are TENTATIVE!
Exact pick up and drop off times will be given to registered patrons 72 hours prior to the scheduled event.

Senior Day Trips cont.

FEBRUARY:

Nashville Symphony Coffee & Classics

Back by popular demand! Please join our trip to the beautiful Schermerhorn Symphony Center. Enjoy a morning listening to Mussorgsky/Ravel's Pictures at an Exhibition. We begin with free coffee and pastries at the Schermerhorn and then we will be entertained by the talents of the Nashville Symphony. Don't miss this opportunity to experience this classic! Registration is REQUIRED.

Date Friday, February 19th
Registration 12/1-1/15 or until full
Time Franklin pick up 8:30am return by 12pm
Longview pick up 7:30am return by 1pm
Nolensville pick up 8:30am return by 12pm
Price $50 per person (coffee/pastries included)
Online Registration Code 5663

LOCAL TRIP TO DOWNTOWN FRANKLIN IN JANUARY:

Williamson County Archives & Museum & Merridee's Breadbasket

The Williamson County Archives & Museum includes a showcase of Williamson County history beginning with Native American artifacts, long hunters, the formation of the county, partitioning of the Town of Franklin, and further on until present day. Please join us for a visit to the museum and then we will WALK 0.3 mile (appx. 2 blocks) to Merridee's Breadbasket for lunch (Dutch treat). We will meet at the Franklin Recreation Complex and ride Franklin Transit to the museum and back from Merridee's Breadbasket. The cost of the trip ($5) includes transportation. Registration is REQUIRED.

Date Thursday, January 14th
Registration 12/1-1/7 or until full
Time Franklin pick up 9:15am return by 1:45pm
Price $5 (lunch Dutch treat)
Online Registration Code 5670

TO REGISTER FOR A TRIP:

- **ONLINE at www.wcparksandrec.com (use code listed with event)**
- **IN PERSON at our Franklin, Longview, or Nolensville facility**
- **BY PHONE to (615) 790-5719 x2010 (Franklin front desk)***

When you register BY PHONE you will indicate whether you want transportation out of Franklin, Longview, or Nolensville.

Depending on the trip, transportation is available to/from our Franklin, Longview, and Nolensville facilities. All transportation times listed are tentative. Exact pick up and drop off times will be given to registered patrons 72 hours prior to the scheduled event.
Please see page 2 and 3 of this newsletter for registration information.

Senior Programs at Franklin Complex

1120 Hillsboro Road, Franklin, TN 37064

Potluck & Bingo

Please join us for our monthly bingo and potluck lunch. We provide the entrée and drinks and ask that you bring a side dish and/or dessert to share with the whole group. After the meal, try you luck at bingo to win a prize. ***For our December potluck we will have a Holiday Party & gift exchange (instead of Bingo), so please bring a $5-$8 gift to exchange.*** *Don't miss the fun. Registration is REQUIRED. This is a FREE event!*

Online Code	Date	Time	Registration
5568	Monday, December 14*	12-2pm	11/16-12/9
	** We will have a Holiday Party (instead of Bingo), please bring a $5-$8 gift to exchange.*		
5569	Monday, January 11	12-2pm	11/16-1/6
5570	Monday, February 8	12-2pm	11/16-2/3

Senior Bowling

Franklin Family Entertainment Center (FFEC), located at 1200 Lakeview Drive, Franklin, TN 37067, sets aside morning times each week and provides a discounted rate for seniors. Please contact the FFEC for specific dates and details at 615-790-2695.

If you would like to be added to the Franklin Senior Email list please contact Lindsey Wood at lindseyw@williamson-tn.org or (615) 790-5719 x2025.

Senior Fitness at Franklin Complex

1120 Hillsboro Road, Franklin, TN 37064

Aqua Stretch & Move (formerly Aquamotion)

Gentle water-based workout designed to stretch and tone the body and ease joint pain due to injury or arthritis while focusing on proper technique and improving flexibility. No registration required.

Mon, Wed, & Fri Ongoing (skip 12/25, 1/1, 1/18, 2/15) 8:15-9:00am $2.00 (55+) $3.00 (under 54)

Power Tools

Maximize your total body workout in Power Tools! Increasing muscle strength and endurance, elements of cardio, core strengthening, and balance training, are all components of this class. Our fun and friendly atmosphere provides a total body workout for active boomers. No registration required.

Instructor: Nancy Rieves

Mon, Wed, & Fri Ongoing (skip 12/21-1/1, 1/18, 2/15) 2:00-3:00pm $3.00 per class

SilverSneakers® Classic

Join us for strength training, movement, brain stimulation, and fun! This class is focused on the 55 and older population who need benefits of a "less strenuous" workout. Chairs provide stability for the "balance challenged" participant. No floor work. No registration required. Instructor: Nancy Rieves

Mon, Wed, & Fri Ongoing (skip 12/21-1/1, 1/18, 2/15) 1:00-1:45pm FREE for Silver Sneakers members / $3.00 per class for non-members

SilverSneakers® Yoga

Come join us to improve joint range of movement, strength, and balance—and RELAX! Learn safe moves and breathing exercises to reduce stress and improve mental clarity. No registration required.

Instructor: Leslie Roberts

Tues & Thurs Ongoing (skip 12/22, 12/24, 12/29) 12:30-1:30pm FREE for Silver Sneakers members / $3.00 per class for non-members

Training Wheels

Learn to ride our new Schwin cycles in a safe and inspiring atmosphere. Enjoy a 30 minute class for 55 and over, free from traffic woes, or someone's pet. Excellent for building lower body strength and blasting calories! No registration required. Instructor: Nancy Rieves

Tues & Thurs Ongoing (skip 12/21-1/1) 10:30-11:00am $4.00 per class

Information available about our NEW Discounted Monthly Senior Fitness Pass on page 16.

Senior Programs at Longview Complex

2909 Commonwealth Drive, Spring Hill, TN 37174

Potluck & Bingo

Please join us for our monthly bingo and potluck lunch. We provide the entrée and drinks and ask that you bring a side dish and/or dessert to share with the whole group. After the meal, try you luck at bingo to win a prize. ***For our December potluck we will have a Holiday Party & gift exchange (instead of Bingo), so please bring a $5-$8 gift to exchange.*** *Don't miss the fun. Registration is REQUIRED. This is a FREE event!*

Online Code	Date	Time	Registration
5581	Tuesday, December 8	12-2pm	11/10-12/7
* We will have a Holiday Party (instead of Bingo), please bring a $5-$8 gift to exchange.			
5812	Tuesday, January 12	12-2pm	12/8-1/11
5813	Tuesday, February 9	12-2pm	1/1-2/8

Wii Bowling

Ready to Bowl? Come and enjoy the fun and social time of our Wii bowling league. No experience necessary but it is a 10 week commitment an we ask that you have the availability to participate the majority of the time. Registration is REQUIRED (online registration code 5840).

Registration Dates: 1/4-1/14

Thursdays from Jan. 14-Mar. 17

10am-12pm Free

If you would like to be added to the Longview Senior Email list please contact Rebecca Fulcher at rebeccaf@williamson-tn.org or (615) 302-0971 x2218.

Senior Fitness at Longview Complex

2909 Commonwealth Drive, Spring Hill, TN 37174

Senior Yoga

This class geared towards older adults will focus on balance, strength and flexibility. By encouraging our bodies to remain flexible and active, we can be engaged mentally and physically while working to achieve overall wellness. No registration required. Instructor: Leslie Roberts

Mon & Wed	**Ongoing (skip 1/18, 2/15)**	**12:30-1:30pm**	**$3.00**

Power Up!

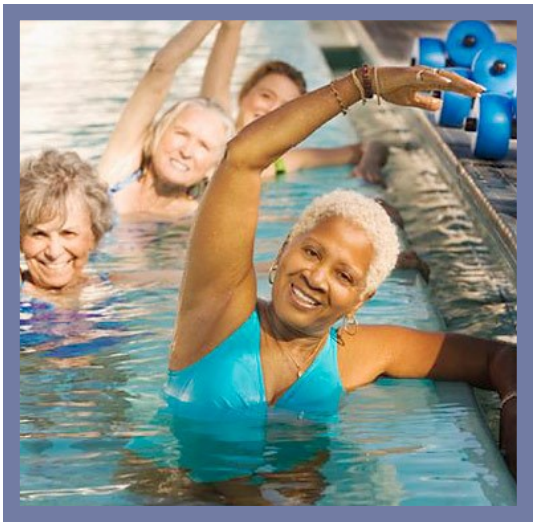
Medium to high intensity water-based workout using both shallow and deep water approaches with resistant tools. No registration required.

Mon & Fri	**Ongoing (skip 12/25, 1/1, 1/18, 2/15)**	**10:00-11:00am**	**$2.00 (55+)** **$3.00 (under 54)**

Aqua Stretch & Move (formerly Aquamotion)

Gentle water-based workout designed to stretch and tone the body and ease joint pain due to injury or arthritis while focusing on proper technique and improving flexibility. No registration required.

Tues & Thurs	**Ongoing (skip 12/24)**	**1:00-2:00pm**	**$2.00 (55+)** **$3.00 (under 54)**



Information available about our NEW Discounted Monthly Senior Fitness Pass on page 16.

Senior Programs at Nolensville

7250 Nolensville Road, Nolensville, TN 37135

Potluck & Bingo

Please join us for our monthly bingo and potluck lunch. We provide the entrée and drinks and ask that you bring a side dish and/or dessert to share with the whole group. After the meal, try you luck at bingo to win a prize. ***For our December potluck we will have a Holiday Party & gift exchange (instead of Bingo), so please bring a $5-$8 gift to exchange.*** *Don't miss the fun. Registration is REQUIRED. This is a FREE event!*

Online Code	Date	Time	Registration
5801	Wednesday, December 9	12-2pm	11/18-12/7
	* We will have a Holiday Party (instead of Bingo), please bring a $5-$8 gift to exchange.		
5799	Wednesday, January 13	12-2pm	12/9-1/11
5800	Wednesday, February 10	12-2pm	1/13-2/8

Social Club

Now on a new day and time! *We invite you and your friends to come out and enjoy the afternoon with us. You may bring in your own games, cards and activities or you can just use ours! We have various cards, games and puzzles available to you. Feel free to bring a sack lunch and drink with you but dessert and coffee is on us! If you aren't up for playing games, then feel free to stop in for a cup of coffee! Registration is REQUIRED. This is a FREE event!*

Online Code	Date	Time	Registration
5802	Wednesday, December 16	12-2pm	11/19-12/15
5803	Wednesday, January 20	12-2pm	12/17-1/19
5804	Wednesday, February 17	12-2pm	1/21-2/16

Senior Fitness at Nolensville

7250 Nolensville Road, Nolensville, TN 37135

Senior Yoga

This class geared towards older adults will focus on balance, strength and flexibility. By encouraging our bodies to remain flexible, active and mindful, we can be engaged mentally, and physically and spiritually. No registration required. Instructor: Karen Dunne on Tue & Thur. & Julie Smith on Wed.

Tues & Thurs	**Ongoing (skip 12/24)**	**10:30-11:30am**	**$3.00**
Wed	**Ongoing**	**11am-12pm**	**$3.00**

Senior Fit Fun & Active (SFFA)

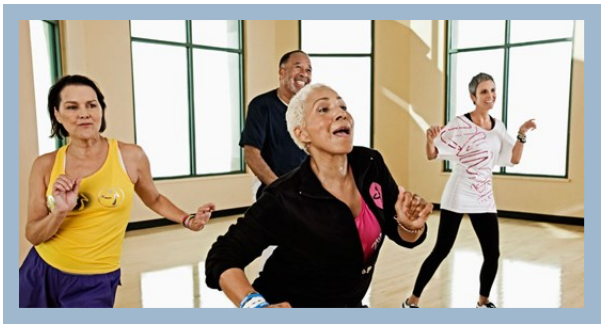
Get moving with this creative, energetic, choreographed to music exercise class. You can stand or sit; you may love to exercise or love to think about exercising...that is ok! Have fun moving, marching, stretching & practicing your balance. Hand held weights are used for resistance, a smile is shared for encouragement & fun cognitive exercises will stimulate and sharpen your mind. The class is designed for all fitness and skill levels. We will focus on strengthening muscles, increasing flexibility, balance and movement. No registration required. Instructor: Pamela Hagens

Tues & Thurs	**Ongoing (skip 12/24)**	**11:40am-12:40pm**	**$3.00**

Zumba Gold

Zumba Gold® takes the popular Latin-dance inspired workout of Zumba®, and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. This easy-to-follow choreography will help build cardiovascular health by challenging the heart and working out the muscles of the hips, legs and arms. No registration required. Instructor: Heather Dabbs

Mon & Fri	**Ongoing (skip 12/25, 1/1, 1/18, 2/15)**	**10:50-11:50am**	**$3.00**



If you would like to be added to the Nolensville Senior Email list please contact Krista Hollis at kristah@williamson-tn.org or (615) 786-0200 x2421.

WILLIAMSON COUNTY PARKS & RECREATION

SENIOR HEALTH SERIES

LIVING WELL WITH CHRONIC CONDITIONS

PRESENTED BY WC HEALTH DEPARTMENT PERSONNEL

WCPR is pleased to announce that we are partnering with the Williamson County Health Department to bring our seniors a 6 week health series.

THIS 6 WEEK SERIES WILL BE ON FRIDAYS FROM 10AM-12PM STARTING JANUARY 8TH.

Workshop Dates are January 8, 15, 22, & 29 and February 5 & 12.

Register between Dec. 14 and Jan. 5 ONLINE at www.wcparksandrec.com with registration code 5797 OR IN PERSON at the Franklin Recreation Complex.

Living Well with Chronic Conditions is a six-week workshop developed by Stanford University that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring about. All participants will receive a FREE resource book. Light, healthy refreshments, coffee, and water will be available at each class. When you register for this event you are registering for ALL 6 weeks. Registration is REQUIRED because space is limited. This is a FREE event! **To register, go ONLINE to www.wcparksandrec.com and use the online registration code 5797 OR register IN PERSON at the Franklin Recreation Complex at 1120 Hillsboro Road, Franklin, TN 37064.**

If you attend all 6 classes your name will be put in a drawing for a FREE WCPR Senior Fitness Pass for 1 month!

ALL CLASSES WILL HELD AT THE FRANKLIN RECREATION COMPLEX AT 1120 HILLSBORO ROAD, FRANKLIN, TN 37064.

Williamson County Parks and Recreation is proud to partner with

Healthways SilverSneakers® Fitness

SilverSneakers strives to promote the overall well-being of older adults by making a positive impact on their day-to-day lives.

Amenity use and ongoing fitness classes at Williamson County Parks and Recreation facilities are now offered to SilverSneakers members!

Available at the following locations:

Fairview Recreation Complex
2714 Fairview Blvd.W, Fairview

Franklin Recreation Complex
1120 Hillsboro Road, Franklin

Longview Recreation Center
2909 Commonwealth Drive, Spring Hill

Williamson County Indoor Sports Complex
920 Heritage Way, Brentwood

Williamson County Recreation Complex at Nolensville
7250 Nolensville Road, Nolensville

WILLIAMSON COUNTY PARKS & RECREATION
wcparksandrec.com

Get fit your way™!

SilverSneakers® is a registered trademark of Healthways, Inc.

HEALTHWAYS SilverSneakers® FITNESS
silversneakers.com

Discounted Monthly

SENIOR FITNESS PASS

Seniors (55+), get your Discounted Monthly Senior Fitness Pass today for $30! Annual Pass holders can purchase this pass for $25.

PASS INCLUDES INDOOR AMENITY USE AT ALL PRIMARY RECREATION FACILITIES, ACCESS TO SENIOR LAND-BASED FITNESS CLASSES, GROUP FITNESS CLASSES AND AQUA FITNESS CLASSES.

For additional information on facilities, amenities and class options visit www.wcparksandrec.com.

Pass sales begin July 1, 2015.
To purchase this pass, visit the front desk.

Williamson County Parks & Recreation

WILLIAMSON COUNTY PARKS & RECREATION

All information is also on our website at…
http://www.wcparksandrec.com/seniors-therapeutics/seniors-new.

COME JOIN THE FUN!