

ACTIVE

ADDISON



*Winter 2023
Spring 2024*



Introduction

A great reason to live in Addison is the Addison Athletic Club. The Athletic Club offers a wide variety of recreational, health, fitness, and athletic programs for Addison residents only. We have about 3,600 members with about 400 participating on our busiest days, and we offer special programs and events for all ages.

This *Addison Active Guide* runs from December 1, 2023 – May 31, 2024. Please register in advance for all activities in person at the Addison Athletic Club front desk.

3900 Beltway Drive
Addison, TX 75001

FACILITY HOURS

Monday – Thursday	5:30am – 10:00pm
Friday	5:30am – 8:00pm
Saturday	8:00am – 8:00pm
Sunday	1:00pm – 6:00pm

HOLIDAY CLOSURES

- Christmas Holiday
Sunday, December 24, 2023
Monday, December 25, 2023
- New Year's Day
Monday, January 1, 2024
- MLK Jr. Day
Monday, January 15, 2024
- Memorial Day
Monday, May 27, 2024

STAFF LIST

Janna Tidwell	Director of Parks and Recreation
Pat White	Assistant Director of Recreation
Deena Israel	Recreation Manager
Anna Weir	Fitness Supervisor
Mari Garcia	Recreation Member Services Supervisor
Rachel Wagner	Recreation Supervisor
Luis Ibarra	Recreation Coordinator
Dustin Kemp	Recreation Assistant
Elijah Davis	Recreation Assistant
Brayan Cervantes	Recreation Assistant
Lexxy Shelton	Recreation Assistant
Pasquale Bleggi	Recreation Assistant
Joshua Brown	Recreation Assistant
Miana Rosario	Childcare Assistant
Patty Green	Childcare Assistant
Ty Davis	Custodian

FACILITY AMENITIES

LifeFitness Weight Circuit	Elliptical Trainers	Tennis/Pickleball Courts
Free Zone Training Room	4 Private Suites/Family	Outdoor Trails
Hammer Strength Weight Circuit	Restrooms	Two Racquetball Courts
Group X TRX Room	Sauna	Aerobics Studio
Dumbbells	Steam Room	Multipurpose Room
Indoor Track	Hot Tub	Children's Activity Center
Treadmills	Indoor Swimming Pool	Seasonal Outdoor Swimming Pool
Electronic Bikes	Gymnasium	

Active Addison is published twice a year by the Town of Addison Parks and Recreation Department. Any questions, letters to the editors, or other comments regarding this publication should be emailed to Pat White, Assistant Director of Recreation at pwhite@addisontx.gov.

EXPLORE *The AAC!*

SEE ALL OUR AMENITIES THAT YOU CAN CHECK OUT AT THE ADDISON ATHLETIC CLUB FRONT DESK!

- Ping Pong
- Wallyball
- Racquetball Equipment
- Pickleball Paddles
- Boxing Gloves (15+)
- Tennis Racquets

For the amenities below, please email Rachel at rwagner@addisontx.gov

- Nintendo Switch*
- Meta Quest 2 VR Headset*
- Gaga Pit*

*Space/Time permitting depends on availability. Limit 1 hour per reservation.

CONTACT INFORMATION

📍 3900 Beltway Dr, Addison 75001

☎ 972-450-7048

🌐 www.addisontexas.net



COURT RESERVATIONS: PICKLEBALL, RACQUETBALL AND TENNIS COURTS

Court reservations can be made up to 3 days in advance by calling 972-450-7048 or online. Please call before noon for same-day reservations. Reservations are for one and a half hours and no back-to-back reservations will be made. The court is available on a first come, first served basis when there is no reservation. Reservations can be made online. If you do not have an online account, stop by the front desk to sign up.

The tennis and pickleball gates have an individual access code. To get your individual access code, contact our front desk at 972-450-7048.

REFUND POLICY

A full refund will only be made if the reservation is cancelled at least 5 business days prior to the class, program, or trip. Please call the front desk or come in to cancel. An exact number of registrants is needed to pre-purchase supplies, schedule staff, arrange transportation, and make reservations. Please register in advance to avoid higher fees. Same day registration for programs fee will go up in double in price.

In cases where the program fee includes the prices of a non-refundable ticket, refunds can only be made if reservations are cancelled at least 5 business days prior to the program and the AAC is able to enroll another participant to take their place.

Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case-to-case basis.

CHILDREN'S ACTIVITY CENTER

Ages: 3 months – 7 years old

Monday – Saturday: 9:00am – 1:00pm

Monday – Thursday: 4:00pm – 8:00pm

Sunday: CLOSED

The Children's Activity Center is available to members of the Addison Athletic Club and their children/dependents. You must remain on the premises of the Addison Athletic Club, or the tennis/pickleball courts.

Reservations are recommended and can be made up to 3 days in advance. Infants, 3 – 12 months, must make a reservation at least the day before.

Please remember:

- Each child must have a registration form on file prior to, or on, their first visit. Forms can be found at the front desk or CAC desk.
- Each child must, also, have an AAC membership card.
- \$1 per child, per visit. Proof of receipt is required when you sign in.
- A \$10, 15-visit, punch pass can be purchased.
- Visits are limited to a consecutive 2-hour maximum per day.

MEMBERSHIP INFORMATION

To get a membership you will need:

1. Your valid Texas Driver's License or Texas Identification Card with current Addison address
2. A secondary proof of residency (examples below):
 - a. Vehicle insurance
 - b. Voter registration
 - c. Utility bill
 - d. Bank document
3. Apartment residents must provide a leasing office verification form. They are located at your apartment's leasing office. One name per form is allowed, and all names must be on the lease.
4. \$10 for a one-time processing fee
Memberships can be valid for as long as you reside in Addison, but they expire annually and there is no fee for renewal.

Fitness Classes

BOXING CARDIO

This 60-minute class will give you a great cardio and strength workout. Begin with 15-minute calisthenics, then 3-minute rounds that include basic boxing combinations following a 1-minute active rest. The last 15-minutes is a wrap up of exercises focusing on your core and floor work to help you cool down. **Basketball Gym**

YOGA, HEALTH & VITALITY

A fun, eclectic yoga practice designed to rejuvenate the body, quiet the mind, and cool the emotions. Increase strength, flexibility and vitality, while reducing stress, tension, and anxiety. Emphasis is on alignment and safety. No yoga experience is necessary. Everyone 15 and up is welcomed. **2nd Floor Aerobics Studio**

CRANK IT UP FITNESS

Looking for a fun way to exercise? All fitness levels are invited to join! This class includes everything: cardio, weights, core training, and a relaxing stretch. Class includes intervals combined with active recovery designed to train the body for improved performance and calorie burning. **Basketball Gym**

SENIOR MODIFIED FITNESS

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Meet some new friends and get fit together safely with great instruction. This class is designed for ages 50+. **2nd Floor Aerobics Studio**

SENIOR DANCE FITNESS

Bored with the treadmill? Need a new way to stay in shape? Try out senior dance fitness. There is absolutely no experience required to take class. This class is designed for those 50 and older. **2nd Floor Aerobics Studio**

BALANCE CLASS

Has your doctor suggested strength training for balance or are you just trying to be proactive with your fitness? The exercises in this class will focus on the lower body, core, and ankles.

2nd Floor Aerobics Studio

SPIN

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers. **2nd Floor Aerobics Studio**

TOTAL BODY

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes are split into two parts; join us for one half, or both! **2nd Floor Aerobics Studio**

Motivated Mondays

6:15am – 7:00am (Strength)

7:00am – 7:45am (Cardio)

Wednesday

8:00am – 9:00am (Stretch)

9:00am – 9:15am (Flex)

TABATA

Tabata is a fun and innovative HIIT workout with a two-to-one work-to-rest ratio. It is designed to elevate your heart rate to an anaerobic zone and give the body a short window to recover. By pushing your body into the anaerobic zone, you burn more calories both during and after your workout. **Free Zone 1**



Fitness Classes, cont...

POWER HOUR

If you are looking for a class to even out your workout schedule, join us for Power Hour! This bootcamp-style high intensity class is full of muscle toning and heart racing interval training.
2nd Floor Aerobics Studio

CORE VINYASA YOGA

This dynamic class will improve your strength, flexibility, muscle tone, and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind. **2nd Floor Aerobics Studio**

GROUP FITNESS CLASS SCHEDULE

Schedule subject to change. Current class schedules are posted on our website.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TOTAL BODY Aerobics Studio 6:15 - 7:45 AM	CRANK IT UP FITNESS Basketball Gym 8 - 9 AM	TOTAL BODY Aerobics Studio 8 - 9:15 AM	CRANK IT UP FITNESS Basketball Gym 8 - 9 AM	YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	POWER HOUR Aerobics Studio 9 - 10 AM
BALANCE Aerobics Studio 8 - 8:45 AM	SENIOR MODIFIED FITNESS Aerobics Studio 8:30 - 9:30 AM	YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	SENIOR MODIFIED FITNESS Aerobics Studio 8:30 - 9:30 AM	TABATA Free Zones 12 - 1 PM	SUNDAY
YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	SENIOR MODIFIED FITNESS Aerobics Studio 9:30 - 10:30 AM	SENIOR DANCE FITNESS Aerobics Studio 11:15 - 12:15 PM	SENIOR MODIFIED FITNESS Aerobics Studio 9:30 - 10:30 AM	BOXING CARDIO Basketball Gym 1:15 - 2:15 PM	
SENIOR DANCE FITNESS Aerobics Studio 11:15 - 12:15 PM	SPIN Aerobics Studio 12 - 1 PM	BOXING CARDIO Basketball Gym 12 - 1 PM	SPIN Aerobics Studio 12 - 1 PM		
PURE PILATES Aerobics Studio 6 - 7 PM	CORE VINYASA YOGA Aerobics Studio 6 - 7 PM	POWER HOUR Aerobics Studio 6 - 7 PM	CORE VINYASA YOGA Aerobics Studio 6 - 7 PM		

Group Fitness Class pricing

\$4 drop-in fee per class

\$40 for 15-class punch pass

\$75 for 3 month unlimited punch pass

50% discount for those 50+

Addison Outdoors

AO POP-UP: INTRO TO CAMPING

You're invited to learn more about camping with Addison Outdoors! Join us at Addison Circle Park where we will set up tents and learn how to explore the outdoors. This Earth Day event will teach you some fundamentals for camping. Register at the front desk, and please bring your own tent.

Monday April 22, 2024 4:00pm – 6:00pm Addison Circle Park Free

AO POP-UP PLAY

Enjoy lawn games and the beautiful outdoors at parks around Town.

Tuesday March 12, 2024 4:00pm – 6:45pm Les Lacs Park Free

Tuesday May 21, 2024 4:00pm – 6:45pm Towne Park Free

AO POP-UP YOGA

Join us for a FREE outdoor yoga program Addison Circle Park! This is a perfect way to get outside and enjoy the park! We will have limited mats available if you need to rent one out.

Saturday March 9, 2024 10:00am – 11:00am Addison Circle Park Free

Saturday April 13, 2024 10:00am – 11:00am Addison Circle Park Free

Saturday May 18, 2024 10:00am – 11:00am Addison Circle Park Free



Adult Programs

40+ HALF-COURT BASKETBALL

Whether you're like Kareem or haven't laced up since grade school, join us in the basketball gym for 40+ half-court pickup basketball.

Thursday Ongoing 6:00pm – 8:00pm Basketball Gym

ADULT PICKUP BASKETBALL

Ages: 15+

Join us in the basketball gym for full-court pickup basketball.

Monday Ongoing 6:00pm – 8:00pm Basketball Gym

Wednesday Ongoing 6:00pm – 8:00pm Basketball Gym

Saturday Ongoing 10:00am – 12:00pm Basketball Gym

COLLEGE BOWL PICKS 2024

Choose which team will win bowl games! Follow along on our Facebook page for more information! Email your bowl picks to Luis at libarra@addisontx.gov.

Friday December 1, 2023 Free Due Friday, December 15

CPR/AED TRAINING

Get CPR/AED certified and learn how to help when it is needed most. This two-hour class will teach you how to respond to and prepare for emergencies. Participants will earn a CPR/AED certification that is good for two years.

Saturday December 16, 2023 8:30am – 10:30am Multipurpose Room \$25

Saturday April 20, 2024 8:30am – 10:30am Multipurpose Room \$25

BLISSFUL SOUND EXPERIENCE

Ages: 15+

Sound is our vitamin of the airways. Recline, relax, and let the sound waves gently wash away worries, stress, and anxiety. Crystal Singing Bowls and Chimes are played to create a vibrational healing experience that will leave you feeling refreshed and rejuvenated. Space is limited, please register at the front desk. Fee should be paid in cash to the instructor at the time of the event.

Friday February 9, 2024 6:00pm – 7:15pm Multipurpose Room \$20

MARCH MADNESS BRACKET SHOWDOWN

Do you have what it takes to become the AAC March Madness Champion? Register today and fill out your NCAA Official bracket in order to be crowned this year's bracket champion! In order to play, you will need to fill out a bracket by choosing who you think will win the entire tournament. Email your bracket to Luis at libarra@addisontx.gov. Limit 1 bracket per participant. Due Wednesday, March 20, 2024.



Adult Programs, cont...

UNDERSTANDING AND PREPARING FOR SEVERE WEATHER WORKSHOP

Dan Henry from FOX 4 Weather Team will be discussing how people can better prepare for severe weather-at home, at the office, and on the road. Participants will learn how to look for Mother Nature's warnings signs, learn basics of weather radar, and become familiarized with various sources for weather forecast and warnings. Severe Winter Weather will be December workshops and Severe Spring Weather for March workshops.

Wednesday	December 13, 2023	11:00am - 12:00pm	Multipurpose Room	\$10
Saturday	December 16, 2023	10:00am - 11:00am	Multipurpose Room	\$10
Wednesday	March 6, 2024	11:00am - 12:00pm	Multipurpose Room	\$10
Saturday	March 9, 2024	10:00am - 11:00am	Multipurpose Room	\$10

GALENTINE'S DAY BOUQUET MAKING

Celebrate with your mini-me, best friends, sister, aunt, grandma, whoever! Create your own floral bouquet and nosh on light refreshments. The cost is per bouquet. Pre-registration is strongly recommended to ensure we have enough supplies for everyone.

Tuesday	February 13, 2024	6:00pm – 7:00pm	Multipurpose Room	\$15
---------	-------------------	-----------------	-------------------	------

GOLF RANGE SOCIAL

Meet us at the golf range and show off your skills! We will meet at the Highlands Performance Golf Center. Registration will include a 45-ball bucket for yourself.

Tuesday	April 30, 2024	6:00pm – 7:00pm	Highlands Performance Golf Center	\$10
---------	----------------	-----------------	-----------------------------------	------

MYBODEE SCAN

MyBodee Scan is a high-resolution body composition test that is more accurate than hand measurements. Simply stand on the platform, and the scanner will capture millions of data points that measure circumferences, predict body composition, and help indicate long-term health risks and benefits. Each session includes body scan, scan review, and coaching from a qualified fitness professional. This service can only be booked through mybodeescan.com/mbsaac-booking. Sessions cost \$30 for an individual, and \$50 for two people.

Saturday	January 13, 2024	8:00am – 12:00pm	Upstairs Library	\$30/\$50
Saturday	April 13, 2024	8:00am – 12:00pm	Upstairs Library	\$30/\$50

VALENTINE'S DAY COOKIE DECORATING

Are you looking for a date night or a fun time with your family? Join us for this fun cookie decorating program where participants will decorate sugar cookies with a variety of frostings and sprinkles. Pre-registration is strongly encouraged to ensure we have enough for everyone.

Monday	February 12, 2024	7:00pm – 8:00pm	Multipurpose Room	\$5
--------	-------------------	-----------------	-------------------	-----

Adult Programs

PICKLEBALL CO-ED INDOOR TOURNAMENT

Ages: 18+

This indoor tournament will be an open-mixed doubles, double-elimination style. Participants will receive a T-shirt and guaranteed 2 matches. Only one team member will need to register. Teams must have one male and one female, with at least 1 teammate being an active Addison Athletic Club member. For more information, contact Luis at libarra@addisontx.gov.

Saturday February 24, 2024 8:30am – 4:30-pm Basketball Gym \$35/team

PICKLEBALL COMPETITIVE CO-ED DOUBLES LEAGUE, SPRING 2024

Ages: 18+

This sport combines badminton, tennis, and table tennis. The Addison Pickleball league strives to promote sportsmanship, competition, community involvement, and health and fitness in a recreational setting. This league will be geared towards a more competitive player. Registration is per team, and once that is done, please email Luis Ibarra at libarra@addisontx.gov with your team name and teammate. At least one person must be an Addison Athletic Club member.

Intermediate Level

Monday April 1, 2024 – May 28, 2024 6:00pm – 9:00pm Outdoor Pickleball Courts \$20/team

Competitive Level

Wednesday April 3, 2024 – May 29, 2024 6:00pm – 9:00pm Outdoor Pickleball Courts \$20/team



KidScene Programs

TEEN FITNESS ORIENTATION

Ages: 13 – 17 years

This orientation teaches teens how to work out safely and effectively at the Athletic Club. Participants will learn basic muscle anatomy, exercise concepts and guidelines, gym etiquette, and safety practices. Teens 13 -14 years of age who complete this orientation successfully will be allowed to use fitness amenities usually limited to those 15 and older. You are only required to sign up for one orientation.

Thursday	December 28, 2023	9:00am – 11:30am	Multipurpose Room	Free
Wednesday	February 21, 2024	4:00pm – 5:30pm	Multipurpose Room	Free
Monday	March 11, 2024	9:00am – 11:30am	Multipurpose Room	Free

PARENT/TOT KIDDIE COVE

Ages: 6 months – 5 years

Join us on Saturday mornings for exciting activities! We'll have different stations set up around the room for everyone to enjoy with crafts, musical instruments, and more! Registration is required, so stop by the front desk, or give us a call today!

Saturdays	January 6 – 27, 2024	9:00am – 10:00am	Multipurpose Room	Free
-----------	----------------------	------------------	-------------------	------

SUPER SMASH BROS TOURNAMENT

Ages: 6 – 12 years

A new challenger approaches! Join us for a friendly, recreational competition of Super Smash Bros Ultimate. Come face off against other players and their chosen fighter in a single-elimination tournament. Registration is required.

Saturday	January 20, 2024	11:00am – 12:30pm	Multipurpose Room	\$5
----------	------------------	-------------------	-------------------	-----

TEEN NIGHT – GATSPLAT

Ages: 11 – 15 years

Bring your best paintball skills for this exciting evening! We'll head off to GatSplat in Lewisville for low-impact paintball after enjoying dinner together.

Friday	February 9, 2024	5:30pm – 9:30pm	AAC Lobby	\$45
--------	------------------	-----------------	-----------	------

POKÉMON CLUB

Ages: 6 – 12 years

Meet to play and talk Pokémon with other Jr. trainers! Participants can bring their own cards, games, and action figures. Jr. trainers will build crafts, play trivia, watch Pokémon videos and learn more about the world of Pokémon. Sign up today!

Tuesday	March 26, 2024	6:00pm – 7:00pm	Multipurpose Room	Free
Tuesday	April 16, 2024	6:00pm – 7:00pm	Multipurpose Room	Free
Tuesday	May 14, 2024	6:00pm – 7:00pm	Multipurpose Room	Free

KidScene Programs, cont...

SKYHAWKS SPORTS CAMP

Skyhawks Multi-Sport program is designed to introduce young athletes to a variety of different sports in one setting. For this program, they will combine 2-3 sports into one fun-filled class. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the program, your child will walk away with the knowledge of new sports along with vital life lessons such as respect, teamwork, and self-discipline.

Tiny Hawks (3 – 5 years)

Mondays April 8 – 29, 2024 5:00pm – 5:40pm Les Lacs Pavilion \$75

Skyhawks Main (6 – 12 years)

Mondays April 8 – 29, 2024 6:00pm – 7:00pm Les Lacs Pavilion \$75

FRIDAY NIGHT TEEN NIGHT

Ages: 11 – 15 years

Hey teens! Come hang out at the AAC for a much-needed study break. Enjoy pizza and ice cream along with our VR headsets, Nintendo Switch, and more! Pre-registration is strongly recommended so we can have enough food for everyone.

Friday May 3, 2024 7:00pm – 9:00pm Multipurpose Room \$5

TEDDY BEAR PICNIC

Grab your lovey and enjoy a mid-morning picnic at Les Lacs Park under the pavilion! RSVP is required to Rachel Wagner at rwagner@addisontx.gov.

Wednesday May 15, 2024 10:00am – 11:00am Les Lacs Park Pavilion Free



ADDISON PARKS & RECREATION

SPRING *Break*

MARCH 11 - 15

**8:00am
to
5:00pm**

\$125
**Ages:
6 - 12**

***Limited
Spots!***

Monday: EVO Entertainment

Tuesday: Carnival Day @ the AAC

Wednesday: Fort Worth Stockyards & Scavenger Hunt

Thursday: Movie Day @ the AAC

Friday: Sports Day @ the AAC

Stop by the Athletic Club front desk to register!

Addison Athletic Club Teen Space

Amenities

Check out @ the front the Nintendo Switch -OR- Oculus Quest 2**

Half-court basketball, Thursdays
4-6pm, or when open

Racquetball, table tennis, &
foosball equipment

Teen Fitness Orientation (13-14 yr)
Dec 28 @ 9am
Feb 21 @ 5pm
Mar 11 @ 9am

Gaga Ball**

**Email Rachel (rwagner@addisontx.gov) to reserve a time.

Register at the front desk for upcoming programs!

Questions? Call the front desk at 972-450-7048.

Programs

Super Smash Bros Tourney
Jan 20 @ 11am
\$5

Teen Night - GatSplat Indoor
Paintball
Feb 9 @ 5:30pm
\$45

Friday Night Teen Night
May 3, 7-9pm
\$5

Group Fitness Classes (15+)
*Drop-in fee, or punch pass
required

ADDISON BOOK CLUB

We would love to have you join the Addison Book Club! For more information, check out the flyer at the front desk or give Deena Israel a call at 972-450-7048. The Book Club list is available at the front desk, as well.

Monday 1st Monday of the Month 7:00pm – 8:15pm Upstairs Library Free

AGELESS GRACE & BODY CLASS

This class is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fire up and develop neural pathways. It is designed to be practiced seated to stimulate the FIVE primary functions of the brain (strategic planning, memory recall, analytical thinking, creativity, and imagination, and kinesthetic learning) by doing familiar movements or creating new ways to do an activity that is already familiar.

Monday Ongoing 10:30am – 11:00am Upstairs Library Free

SENIOR BINGO

Come have fun playing bingo! Win gift cards and prizes. We will provide a small snack, so you just need to bring your luck!

Thursday	December 21, 2023	12:00pm – 1:00pm	Multipurpose Room	\$5
Thursday	January 18, 2024	12:00pm – 1:00pm	Multipurpose Room	\$5
Thursday	February 15, 2024	12:00pm – 1:00pm	Multipurpose Room	\$5
Thursday	March 21, 2024	12:00pm – 1:00pm	Multipurpose Room	\$5
Thursday	April 18, 2024	12:00pm – 1:00pm	Multipurpose Room	\$5
Thursday	May 16, 2024	12:00pm – 1:00pm	Multipurpose Room	\$5

CANASTA WEDNESDAYS

This rummy-like card game is played with partners and is free to attend! Whether you're new to the game or not, don't miss out.

Wednesday Ongoing 2:00pm – 4:00pm Downstairs Lobby Free



Seniors, cont...

MONTHLY SENIOR SOCIALS

Sign up at the front desk for our monthly senior socials. Come meet some new friends and see some old ones! We will be serving refreshments.

December Holiday Party

Friday	December 15, 2023	11:00am – 12:00pm	Multipurpose Room	Free
--------	-------------------	-------------------	-------------------	------

National Popcorn Day

Friday	January 19, 2024	1:00pm – 2:00pm	Multipurpose Room	Free
--------	------------------	-----------------	-------------------	------

Valentine's Day Party

Wednesday	February 14, 2024	11:00am – 12:00pm	Multipurpose Room	Free
-----------	-------------------	-------------------	-------------------	------

Senior Egg Hunt

Wednesday	March 27, 2024	11:00am – 12:00pm	Multipurpose Room	Free
-----------	----------------	-------------------	-------------------	------

National Pretzel Day

Friday	April 26, 2024	1:00pm – 2:00pm	Multipurpose Room	Free
--------	----------------	-----------------	-------------------	------

Mother's Day Tea

Friday	May 10, 2024	11:00am – 12:00pm	Multipurpose Room	Free
--------	--------------	-------------------	-------------------	------

SENIOR TECHNOLOGY SUPPORT HOUR

One of our very own Town Employees from our IT department will be volunteering one-hour a month to help our senior community with questions they may have with their phones, tablets, or smart watches. If you are having problems or questions with any of these devices, come ask Scott Bronson questions and see if he can help solve your tech question.

Tuesday	December 5, 2023	10:30am – 11:30am	Multipurpose Room	Free
---------	------------------	-------------------	-------------------	------

Tuesday	January 2, 2024	10:30am – 11:30am	Multipurpose Room	Free
---------	-----------------	-------------------	-------------------	------

Tuesday	February 6, 2024	10:30am – 11:30am	Multipurpose Room	Free
---------	------------------	-------------------	-------------------	------

Tuesday	March 5, 2024	10:30am – 11:30am	Multipurpose Room	Free
---------	---------------	-------------------	-------------------	------

Tuesday	April 2, 2024	10:30am – 11:30am	Multipurpose Room	Free
---------	---------------	-------------------	-------------------	------

Tuesday	May 7, 2024	10:30am – 11:30am	Multipurpose Room	Free
---------	-------------	-------------------	-------------------	------

BASS PERFORMANCE HALL TRIP – THE NUTCRACKER

Sign up for this beloved holiday tradition performed by the Texas Ballet Theatre. The show will last around 2 hours. Sign up to reserve your ticket. We will be leaving the Addison Athletic Club and return after the show.

Saturday	December 9, 2024	12:00pm – 5:00pm	AAC Lobby	\$47
----------	------------------	------------------	-----------	------

SENIOR WINSTAR CASINO TRIP

Are you feeling lucky? Come along and ride with us to Winstar Casino in Oklahoma and let's put your luck to the test. Enjoy a day of fun, games, fellowship, entertainment, food, and more! Register at the front desk.

Friday	February 23, 2024	8:30am – 3:30pm	AAC Lobby	\$5
--------	-------------------	-----------------	-----------	-----

Seniors, cont...

COLLETE TRAVEL MEETING – EUROPEAN CHRISTMAS MARKET 2024

Collete special travel presentation for your next adventure in December 2024! Come to the meeting and learn about this selected trip. A representative from Collete will be present to answer questions. Brochures are available for the front desk. The dates for this trip will be December 9 – 17, 2024.

Monday March 4, 2024 10:00am – 11:00am Multipurpose Room Free

LUNCH & LEARN – OUTSMART THE SCAMMERS

Come learn about how to spot certain red flags that may indicate a fraudulent encounter, learn about resources individuals can turn to in an event they or a loved one is targeted, and learn steps you can take now to help protect against scammers. Lunch will be served. Please register at the front desk to reserve a spot.

Wednesday January 17, 2024 12:00pm – 1:00pm Upstairs Library Free

LUNCH & LEARN – FOUNDATIONS OF INVESTING

The foundation of investing is an educational program for people who are either new to investing or need a refresher. Participants will learn: importance of developing a strategy, the impact of asset allocation and inflation on your long-term goals. Light lunch will be served. Please register at the front desk to reserve a spot.

Wednesday April 17, 2024 12:00pm – 1:00pm Upstairs Library Free

THE STAR IN FRISCO & LUNCH TRIP

Sign up to take a guided tour of The Star in Frisco. Go behind the scenes and explore a day in the life of a Dallas Cowboy. We will enjoy the new virtual interactive experience with Mr. Jones. After the tour we will head out to the Star District for some lunch.

Thursday April 11, 2024 9:30am – 3:30pm AAC Lobby \$40

LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather, catch up, and have a good meal. We will meet at the restaurant at 11:00am, but you must register at the front desk. You will be required to pay for your own lunch.

Monday February 26, 2024 11:00am – 12:00pm Benihana Addison

Monday March 25, 2024 11:00am – 12:00pm Lefty's

Monday April 22, 2024 11:00am – 12:00pm Postino Addison

SUPPER CLUB

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather, catch up, and have a good meal! We will meet at the restaurant at 4:30pm, but registration at the front desk is required. Dinner will be your responsibility.

Monday January 22, 2024 4:30pm Oak'd BBQ Addison

Monday May 20, 2024 4:30pm Zoli's NY Pizza



12 DAYS OF CHRISTMAS

JOIN THE ADDISON ATHLETIC CLUB TO CELEBRATE THE HOLIDAYS!

DECEMBER 1ST
STAFF CHRISTMAS SWEATER CONTEST - WHOSE YOUR FAVE?

DECEMBER 2ND
GRAB A CANDY CANE FROM THE FRONT DESK

DECEMBER 3RD
HOLIDAY IN THE PARK* PRESENTED BY SPECIAL EVENTS
RSVP TBA

DECEMBER 4TH
DECORATE A SNOWMAN

DECEMBER 5TH
HOT CHOCOLATE BAR @ THE CLUB

DECEMBER 6TH
DECORATE A STOCKING

DECEMBER 7TH
GRAB -N- GO HOLIDAY SNACK BAR

DECEMBER 8TH
HOLIDAY COLORING SHEETS

DECEMBER 9TH
FROSTY & FRIENDS PANCAKE BREAKFAST
FREE
8:30AM - 9:30AM

DECEMBER 10TH
SNAP A SELFIE WITH THE AAC TREE IN THE LOBBY

DECEMBER 11TH
DECORATE YOUR OWN ORNAMENT

DECEMBER 12TH
LETTERS TO SANTA

Pre-registration is recommended, but not required. All craft activities will be available between 9:00am - 7:00pm.

*Check the Town of Addison website for more information on Holiday in the Park.



ADDISON PARKS & RECREATION

EASTER EGGSTRAVAGANZA

SATURDAY

March 28rd

9:30am - 11:00am

Egg Hunt Times:

0 - 23 Months: 9:45am

2 - 4 Years: 10:00am

5 - 7 Years: 10:15am

8 & Older: 10:30am

FREE!

**LES LACS PARK
3901 BELTWAY DR**



**Pictures
with the
Easter
Bunny!**



**BYOB -
Bring your
own
basket**



**Inflatable
Slide &
lawn
games**



**Questions or interested in volunteering?
Call the Addison Athletic Club at 972-450-7048**



CALL FOR VOLUNTEERS



The Town of Addison is seeking volunteers for:

- Special Events
- Office and administrative work
- Park Cleanups
- and more!



VOLUNTEERS@ADDISONTX.GOV

972-450-2874

WWW.ADDISONTXAS.NET/VOLUNTEERS



★ EST. 1979 ★
NATIONAL FITNESS CAMPAIGN
FITNESS COURT

NFC FITNESS COURT

AT VITRUVIAN PARK

7 MOVEMENTS
MADE FOR ALL FITNESS LEVELS
DIGITAL COACH IN YOUR POCKET

CHECK IN, LEARN THE MOVES, DO THE WORKOUT IN THE FREE APP



FITNESS COURT



Accessible from **Vitruvian Way** and **Vitruvian Trail**

