



Pacesetters



[Dinner Tour-Trinity Groves Dallas Bites](#)

Type: Standard Activity
Location: Trip to Trinity Grove Area
Fee: Standard charge: \$50.00
Thu, March 19, 2015

Ages: 50 and up
Follow your appetite and sample must-try foods from restaurants and specialty establishments throughout the all new Trinity Groves Area in Dallas located by the new Margaret Hunt Hill Bridge. We will take a charter bus from the Addison Athletic Club and we will have a tour guide explain the food and area.

4:30pm to 8pm Fri, March 20, 2015 F Hermes, Deena

[Austin Overnight Trip-Share](#)

Type: Standard Activity
Location: Location unspecified
Fee: Standard charge: \$170.00
1 Week Session
Thu, April 16 - Fri, April 17

Ages: 50 and up
Enjoy an overnight trip to Austin, Texas. We will enjoy history tours, good food and museums. We will meet at the Addison Athletic Club and take a charter bus. Come learn all about the wonderful town of Austin and its uniqueness. Price \$170 share room.

8am to 8pm Thu, April 16 - Fri, April 17 Th F Hermes, Deena

[Austin Overnight Trip-Single](#)

Type: Standard Activity
Location: Charter Trip to Austin
Fee: Standard charge: \$220.00
1 Week Session
Thu, April 16 - Fri, April 17

Ages: 50 and up
Enjoy an overnight trip to Austin, Texas. We will enjoy history tours, good food and museums. We will meet at the Addison Athletic Club and take a charter bus. Come learn all about the wonderful town of Austin and its uniqueness. Price \$220 single person room

8am to 8pm Thu, April 16 - Fri, April 17 Th F Hermes, Deena

[Beading](#)

Type: Standard Activity
Location: Conference Room Second Floor at Athletic Club
Fee: Free
3 Week Session
Wed, March 11 - Wed, May 13

Ages: 50 and up
On the 2nd Wednesday of every month come join the jewelry beading group. The group meets upstairs in the conference room. Bring your own supplies, and let's be creative together.
Dates: 3/11, 4/8, 5/13.

1pm to 4pm Wed, March 11 - Wed, May 13 W Hermes, Deena

[Birthday Bash](#)

Type: Standard Activity
Location: Multipurpose Room - Full Room at Athletic Club
Fee: Free
3 Week Session
Fri, March 13 - Fri, May 8

Ages: 50 and up
Everyone loves birthday parties! Come celebrate all the spring birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! Come and celebrate! Everyone is invited, so it's going to be a party!

10:30am to 11:30am Fri, March 13 - Fri, May 8 F Hermes, Deena

[Chogaflow](#)

Type: Standard Activity
Location: Aerobics Studio at Athletic Club
Fee: Standard charge: \$7.00
13 Week Session
Wed, March 4 - Wed, May 27

Ages: 50 and up
Chogaflow is a unique chair yoga practice, done both seated and standing, integrating breath with movement. You will enjoy the many benefits of a traditional yoga practice without ever having your knees touch the floor. Join Valerie Rogers, the creator of Chogaflow, as she guides you through a fun, easy-to-follow, safe journey of self exploration. Experience increased vitality, strength, flexibility, and balance. Modifications are offered. Pay instructor. Fee: \$7

11am to 12:10pm Wed, March 4 - Wed, May 27 W Rogers, Valerie

Mothers Day Tea Party

Type: Standard Activity
Location: Multipurpose Room - Full Room at Athletic Club
Fee: Free
Fri, May 8, 2015

Ages: Any
Celebrate all moms at the Mother's Day tea party. Tea is a fashionable and trendy way to carve out some meaningful time with friends. It provides a refined retreat where we can connect with others and appreciate some quality time together. You are asked to bring yummy treats to share and a fashionable hat to wear. Some examples of treats might be scones, fruit salad, cucumber and cream cheese sandwiches, egg salad sandwiches, chicken salad sandwiches or a variety of desserts. The tea will be provided. If you have any questions please feel free to ask Deena. Fee: Free bring a dish

Noon to 1:30pm Fri, May 8, 2015 F Hermes, Deena

Pancake Breakfast

Type: Standard Activity
Location: Multipurpose Room - Full Room at Athletic Club
Fee: Free
Fri, March 27, 2015

Ages: 50 and up
Take time out and enjoy a pancake breakfast prepared personally by the Addison Athletic Club staff. Bring your friends and meet new ones during this wonderful time. Please register at the front desk for your spot! Fee: Free

8am to 10am Fri, March 27, 2015 F Hermes, Deena

Pickleball

Type: Standard Activity
Location: Basketball Gym - Full Court at Athletic Club
Fee: Free
13 Week Session
Mon, March 2 - Thu, May 28

Ages: 50 and up
What do you get when you combine badminton, tennis, and ping-pong? These are the ingredients for the sport known as pickleball. Come have fun and learn the game. Anyone can play this game! You don't have to be strong. You don't have to be quick. You don't have to be tall. You don't have to be athletic or good at other sports. You don't need a powerful stroke because this game is not about power but of shot placement and accuracy. If you don't move very well then pickleball doubles is ideal for you. Fee: free

10am to Noon Mon, March 2 - Thu, May 28 M-F Hermes, Deena

Senior Dance Fitness

Type: Standard Activity
Location: Aerobics Studio at Athletic Club
Fee: Please Call for Fee Information
13 Week Session
Tue, March 3 - Thu, May 28

Ages: 50 and up
Bored with the treadmill? Need a new way to stay in shape? Then try out senior dance fitness. No experience required to take class. Fee: \$2/aerobics pass

10:45am to 11:45am Tue, March 3 - Thu, May 28 Tu Th Lyon, Kay-Lynn

Senior Techie Q&A

Type: Standard Activity
Location: Multipurpose Room - Full Room at Athletic Club
Fee: Free
13 Week Session
Thu, March 5 - Thu, May 28

Ages: 50 and up
Bring all your phone, computer, camera questions to this Q/A and get your questions answered for free.

1pm to 2pm Thu, March 5 - Thu, May 28 Th

Trivia Cafe

Type: Standard Activity
Location: Multipurpose Room - Full Room at Athletic Club
Fee: Standard charge: \$5.00
3 Week Session
Tue, March 10 - Tue, May 12

Ages: 50 and up
Come enjoy trivia and lunch.

11:30am to 12:30pm Tue, March 10 - Tue, May 12 Tu Hermes, Deena

Walking Club

Type: Standard Activity
Location: Front Desk #1 at Athletic Club
Fee: Free
13 Week Session
Mon, March 2 - Wed, May 27

Ages: 50 and up
Walking is so easy to do and great for your health. Meet Mondays and Wednesdays in the lobby of the Addison Athletic Club and we will walk together around the neighborhood.

8:30am to 9:30am Mon, March 2 - Wed, May 27 M W Hermes, Deena

[Dunn Bros Coffee](#)

Type: Standard Activity

Location: Location Dunn Bros. Coffee Shop

Fee: Free

3 Week Session

Wed, March 4 - Wed, May 6

Ages: 50 and up

Every first Wednesday of the month come visit Dunn Bros. Coffee House and enjoy a special speaker from the Town of Addison. Can't wait to see you there! Dates: 3/4, 4/1, 5/6.

10:30am to 11:30am

Wed, March 4 - Wed, May 6 W

Hermes, Deena

[Fit to be a Senior](#)

Type: Standard Activity

Location: Aerobics Studio at Athletic Club

Fee: Free

13 Week Session

Tue, March 3 - Thu, May 28

Ages: 50 and up

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Come try out this group class and meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

9:30am to 10:30am

Tue, March 3 - Thu, May 28 Tu Th

Suh, Minok

[Fit to be a Senior](#)

Type: Standard Activity

Location: Aerobics Studio at Athletic Club

Fee: Free

13 Week Session

Tue, March 3 - Thu, May 28

Ages: 50 and up

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Come try out this group class and meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

8:30am to 9:30am

Tue, March 3 - Thu, May 28 Tu Th

Suh, Minok

[Horse Country Tour and Lunch](#)

Type: Standard Activity

Location: Horse Country Tour Trip

Fee: Standard charge: \$30.00

Sat, May 9, 2015

Ages: 50 and up

Behind-the-scenes tours. You'll wind your way through the beautiful North Texas Horse Country aboard a luxury Motorcoach. The guided tour visits two premier horse ranches, includes lunch and gives the visitor an up close and personal look at the equine industry. Fee \$30

9am to 4pm Sat, May 9, 2015

Sa

Hermes, Deena

[How to Play Bridge](#)

Type: Standard Activity

Location: Conference Room Second Floor at Athletic Club

Fee: Please Call for Fee Information

13 Week Session

Tue, March 3 - Tue, May 26

Ages: 50 and up

Come learn how to play bridge. Play bridge while you learn. The instructor will collect the money. \$20 per session.

1pm to 3pm

Tue, March 3 - Tue, May 26 Tu

Patterson, Randy

[Lunch Bunch-La Comida](#)

Type: Standard Activity

Location: La Comida-Village on the Parkway

Fee: Please Call for Fee Information

Wed, April 15, 2015

Ages: 50 and up

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 and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location.

11:30am to 1:30pm

Wed, April 15, 2015

W

Hermes, Deena

[Lunch Bunch-Taco Boraacho](#)

Type: Standard Activity

Location: Taco Boraacho-Addison Circle Area

Fee: Please Call for Fee Information

Wed, May 20, 2015

Ages: 50 and up

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 and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location. *Please sign up at the front desk.

11:30am to 1:30pm

Wed, May 20, 2015

W

Hermes, Deena

[Lunch Bunch-VertsKehap](#)

Type: Standard Activity

Location: VertsKebab-Village on the Parkway

Fee: Please Call for Fee Information

Wed, March 18, 2015

Ages: 50 and up

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 and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location. *Please sign up at the front desk.

11:30am to 1:30pm

Wed, March 18, 2015

W

Hermes, Deena