

Support & Wellness

Fall 2019 • September-December

Memory Café

A socialization program led by the Alzheimer's Association of Greater Dallas for individuals with Alzheimer's disease or dementia and their caretakers.

Fee: No Fee

Registration: Drop-in Only

Instructor: Connie Peters

Sponsor: Alzheimer's Association of Greater Dallas

Day	Date	Time
Wednesday	September 11	10:30 am-12:00 pm
Wednesday	October 9	10:30 am-12:00 pm
Wednesday	November 13	10:30 am-12:00 pm
Wednesday	December 11	10:30 am-12:00 pm



Caretaker Support Group

Fellowship, socialization, education and support for those who are caring for an individual with an impairment or disability.

Fee: No Fee

Registration: Drop-in Only

Instructor: Ann Chinloy, LCSW

Sponsor: Wellness Center for Older Adults

Day	Date	Time
Wednesday	September 11	1:30-3:00 pm
Wednesday	October 9	1:30-3:00 pm
Wednesday	November 13	1:30-3:00 pm
Wednesday	December 11	1:30-3:00 pm



Wellness Center for Older Adults



McKinney Senior Recreation Center
 1400 S. College St. • (972)547-7491
 Offering recreation opportunities to adults 50 and over
www.McKinneyParks.org

Hearing Screenings

Drop by for a free hearing screening once a month.

Fee: No Fee

Registration: Drop-in Only

Day	Date	Time
Tuesday	September 10	10:00-11:00 am
Tuesday	October 8	10:00-11:00 am
Tuesday	November 12	10:00-11:00 am
Tuesday	December 10	10:00-11:00 am

Computerized Nerve Screenings

This test will give you information about your nervous system and muscles.

Fee: No Fee

Registration: Registration Required

Instructor: Dr. Troy Allam, DC

Sponsor: Craig Ranch Chiropractic

Day	Date	Time
Monday	October 7	12:30-1:30 pm*
Monday	December 2	12:30-1:30 pm*

*10-minute appointments



Craig Ranch Chiropractic

Counseling Appointments

Counseling appointments for individuals and caretakers are available at the McKinney Senior Recreation Center.

Fee: No Fee

Registration: Register by Calling (972)953-7669*

*Request an appointment in McKinney

Day	Time
Mondays	1:00-4:50 pm*

*50-minute appointments

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Benefits Counseling

Get one-on-one help with your questions about Medicare, Medicaid, Social Security, Medigap insurance, Medicaid Nursing Home Care and other types of benefits.

Fee: No Fee

Registration: Registration Required

Instructor: Mary Jane Frank or Jim Phelan

Sponsor: Area Agency on Aging of North Central Texas

Day	Date	Time
Tuesday	September 10	9:30-11:00 am*
Wednesday	September 18	9:30-11:00 am*
Tuesday	October 8	9:30-11:00 am*
Wednesday	October 16	9:30-11:00 am*
Tuesday	November 12	9:30-11:00 am*
Wednesday	November 20	9:30-11:00 am*
Tuesday	December 10	9:30-11:00 am*
Wednesday	December 18	9:30-11:00 am*

*30-minute appointments



Blood Pressure Machine & Scale

A weight scale and an electronic blood pressure machine are located near the fitness center for members to use for free during hours of operation.

Preventative Health Care Clinics

Various lab work, screenings, health education and other services provided by the Wellness Center for Older Adults.

Appointment dates:

Wednesday, September 25

Wednesday, October 23

Wednesday, November 27

Wednesday, December 11

Lab Work & Screening Appointments:

8:30-8:45 am, 15-minute appointments

Toe Nail/Foot Care Appointments:

9:00 am-12:30 pm, 30-minute appointments

- Registration Required
- Must be an MSRC member
- Fees must be paid with exact cash or check, payable to the nurse on the day of your appointment.
- Medicare & Medicaid are not accepted.

Lab Work Fee Chart

\$10 LAB FEE for each appointment, plus the fee for each of these services you request:

*Hemoglobin A1c (Diabetics)	\$32
*Comprehensive Metabolic Panel	\$10
*Lipid Panel (Cholesterol)	\$14
Thyroid (TSH)	\$12
CBC & DIFF	\$7
Prostate Specific AG (PSA)	\$23
Liver Panel	\$8

NO LAB FEE required for these services:

*Glucose Check	Free
Blood Pressure	Free

*Fasting Required

Toe Nail/Foot Care Fee Chart

Toe Nail & Foot Care Clinic	\$15
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