

Senior Center SNAPS



MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

Hurst Residents **\$20 per year**
 \$5 day pass

Non-Residents **\$80 per year**
 \$10 day pass



Thank You!

- Artisan Theater
- Accuquest Hearing
- Brown & Freeman
- Busy B's Bakery
- Custom Fit Insurance
- Donut Plaza
- Educate DFW
- Edward Jones, Adam Davenport
- First Hurst Donuts
- Gotta Go Tours
- Heritage Village Residences
- Hurst Plaza Nursing & Rehabilitation
- Lion Hospice
- Meadowood At the Vinyards
- Mid-Cities Pharmacy
- Reliant Solutions
- Shield Awards & Promotions
- Smile Donuts
- Kreigh & Carol Valkenaar

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Coordinator
Laura Gore	Senior Secretary
Linda Provence	Asst. Activ. Coordinator
Ron Beall	Part-Time Attendant
Diana Conway	Part-Time Attendant
Ellen Fennell	Part-Time Attendant
Gayle Stevens	Part-Time Attendant

New Classes

Join the Fun!

January 2016
 Vol. 8 Issue 2



Hurst Senior Activities Center
 700 Heritage Circle
 Hurst, Texas 76053
 817.788.7710
www.hursttx.gov/hscac

Operating Hours:
 Monday-Wednesday, 7 am - 7 pm
 Thursday, 7 am - 9 pm
 Friday, 7 am - 7 pm
 Closed Saturday & Sunday

SENIOR PIPELINE TIDINGS...

Author: Maurine LeCocq, HSAC Journalist

Another year is upon us! What resolutions have you made for 2016? Have you broken them yet? Every year, since we joined the HSAC, I have been amazed at the wonderful events and activities that Activities Coordinator, Michelle Varley, and the Staff have come up with. Every year just seems to get better. I see lots of smiles, laughter and excitement is always in the air, many friendships have been formed. We are such a caring community.

The Hurst Police and Fire Departments now carry quilts, made by our HSAC quilters, in their vehicles to be given to children who have been traumatized by circumstances beyond their control. They also are making backpack bags for the social workers to give out to the more than 700 homeless children in the HEB school system. Inside these backpack bags are important personal items donated by members of the Senior Center such as small soaps, deodorant, toothpaste, comb and hairbrush, etc. The Aircraft and Helicopter Science Group provided aviation programs in area schools and Boy Scout troops encouraging engineering, math, science and vocational careers. The Happy Hatters of Hurst collected donations of clothing and some household items for the Battered Women's Foundation. We also collected donations of food and newspapers for the Animal Shelter. Our knitters, crocheters, and knot-a-lot ladies have made prayer shawls and lap blankets for members who were ill, sad, or had lost a loved one. 2015 was the year we really reached out to our members and the community.

We will have a Memorial Service on January 14, 2016, at 11:00 A.M. This has been an extremely meaningful time for all of us to remember and honor HSAC members who passed on last year, and for those of us who have lost family members to come together and honor them as well. Friends and family members are welcome to attend. It promises to be an even more meaningful service this year. It is especially important that all of our HSAC members who have passed be recognized so that their picture can be included in the slide presentation. Only HSAC member's pictures will be included in the slide presentation. Tell one of the front desk attendants you would like to place your loved one's information on the list for the Memorial Service by January 8, 2016 so that an ornament can be made. They will need the name of your loved one, your name, and your relationship. All names will be read out loud during the time of remembrance.

Have you ever heard of digital artbooks (aka virtual museum artbooks)? Can you imagine the possibility of viewing precious works of art hanging on the walls of such prestigious art museums as The Getty, The Kimbell, The Meadows at SMU, and The Met without actually being there? It's a new concept to me. We are all in for a special treat which promises to be a unique experience on January 22, 2016. . .For Love & Art. This is a program that brings the Art Experience to those with limited mobility, through partnership with ten Art Museums. Take a moment and put this on your calendar because you **really** won't want to miss this presentation.

It is usually pretty cold by the end of January. On Friday, January 26, 2016 you are invited to attend Soup and Socks for Seniors. Bring a pair of socks to be donated to homebound and isolated seniors. In exchange for the socks you will get a nice hot cup of soup. This program is organized by Home Care Assistance Fort Worth, a provider of live-in and hourly in-home care. The socks are distributed through local health care and transportation providers that serve seniors in their homes.

There are many solutions inside The Senior Pipeline to help prevent you from breaking those New Year's Resolutions! Be sure to check the calendar and schedule to determine which classes, seminars, games, groups, programs, and special events you want to attend. Then add them to your calendar so you don't miss anything.

It's A New Year. . .Let's Keep Active!

OPEN ACTIVITIES

Games

"42"

Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Billiard's Room

Open Daily

Novice Play

Tues. & Thur. 5:00 pm - 7:00 pm

Bunco

2nd Mon. 1:00 pm - 3:00 pm

Chicken Foot

Tue. & Fri. 1:00 pm - 3:00 pm

Duplicate Bridge

Tue. & Thur. 12:30 pm - 4:30 pm

Hand & Foot Canasta

Tues. & Thur. 2:00 pm - 5:00 pm

Mah Jongg

Monday 2:00 pm - 4:00 pm
Wednesday 10:00 am - 12:00 pm

Mexican Train

Monday & Wednesday 1:00 pm - 3:00 pm

Ping Pong

Wednesdays 9:00 pm - 12:00 pm
Fridays 10:15 am - 12:15 pm

Party Bridge

Tue. & Thur. 9:00 am - 12:00 pm
Fridays 10:00 am - 12:00 pm

Learn a New Game

Tuesdays 10:00 am - 12:00 pm

Puzzles

Check the library for the latest jigsaw puzzle

Scrabble

Wednesdays 1:00 pm - 3:00 pm

Wii Play

Monday & Wednesday 4:00 pm - 6:00 pm

Exercise & Fitness

Walking Group (14 laps make a mile!)

Work Out on Your Own With one of our available Exercise DVD's

(See the front desk for room and video access.)

Choose From:

Qigong

Richard Simmons - Disco Sweat

Richard Simmons - Silver Foxes

Richard Simmons - Sweatin' to the Oldies

Tai Chi for Beginners

Texercise

Walk Away the Pounds

Yoga for Beginners

Yoga for the Lower Back

Arts, Crafts & Misc.

Ceramics* & Wine Bottles*

Tue. & Thur. 9:00 am - 2:00 pm

Coupon Clique

Tue. & Thur. 9:00 am - 12:00 pm

Glass Fusion*

2nd Tue. 2:00 pm & 3rd Thur. 6:00 pm

Knot-a-Lot

Wednesdays 1:00 pm - 4:00 pm

Quilting

Tuesdays 1:00 pm - 5:00 pm

* With the exception of Ceramics, Wine Bottles & Glass Fusion, open activities generally do not require a fee.

SOCIAL PROGRAMS

MONTHLY DANCES All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out!

POTLUCK BINGO! (95002 5/75/MP) Thursday, January 7, 6:00pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Chili & Cornbread) drinks and prizes. Please sign up in advance. **FREE!**

MOVIE & MUNCHIES (95001 5/75/MP) Friday, January 8, 1:00pm Join us as we offer a current movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is "**Big Eyes**." The true story of painter Margaret Kean's life in obscurity while her husband gleaned the notoriety for being the face of her work. Directed by Tim Burton and starring Amy Adams. Rated PG-13. Please sign up in advance.

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, January 13, 2:00pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. Please sign up. **FREE!** Sponsored by The Landing at Watermere.

BREAKFAST CLUB (95015 10/50/MPN) Thursday, January 14, 8:30pm Wake up and get up to the Senior Center for a hearty breakfast. Enjoy fresh made waffles, sausage links, juice, and coffee. Fresh fruit sponsored by Connect Hearing.

HAPPY HATTER'S MEETING (95040 1/75/MPN) Friday, January 15, 11:00am-1:00pm Hostesses of the month Faith Waligora and Mary Wismann invite you to beat those winter blues and join this fun group of women for a Soup Tasting and Coloring Contest! Color pencils, crayons and markers will be provided. All you need to do is bring soup to share with the group and your favorite color book. Details of the contest will be revealed at the meeting. Wear a red hat! \$2 "Hatters' Fund" donation can be paid at meeting. Please sign up at the front desk.

BINGO IN THE AFTERNOON (95058 5/75/MP) Wednesday, January 20, 2:00pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Reliant Post Acute Care. **FREE!**

WHAT'S FOR LUNCH (95096 6/50/MPN) Thursday, January 28, 11:30am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only \$3 per person. This month's main menu item is "Ham & Green Bean Casserole." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

CAFÉ EXCHANGE (94062 1/30/SA) Mondays & Fridays, 10:00am - 1:00pm What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair and a cup of coffee and join us in Studio A. (Please note that due to class schedule conflict the Café Exchange will meet on the North side of the Multi-purpose room on the 2nd Monday each month.)

NEWCOMERS CONNECTION (94005 1/15/Conf) Friday, January 15, 2:00 pm. Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you learn your way around, meet new people and find things to do! Please sign up so we know to expect you. Free!

SPECIAL EVENTS



MEMORIAL SERVICE (94034U 5/100/MPS) Thursday, January 14, 11:00am A special time of remembrance has been planned to honor loved ones that were lost in 2015. Come light a candle to show gratitude for the life they lived and for the time that was shared with them. Please make the front desk aware of anyone that should be remembered at this service. An ornament will be made in their honor and their name read as part of the service. Those that had Senior Center Memberships will also be included in a slideshow. Friends and family are welcome. We kindly request that you register if you plan to attend so that we can ensure adequate seating.

LUNCH & LEARN: Senior Care Options (94014U 6/30/MPN) Thursday, January 21, 11:30am Understanding the different senior living options is an important step when determining that it's time for a move. Whether it's because you no longer want to hassle with household chores or supportive services needed to remain independent. Come learn about the different care and living options currently available. A pizza Lunch will be provided. Space is limited, so please sign up in advance. Sponsored by: Always Best Care & Keller Oaks Nursing and Rehabilitation. **FREE!**



FOR LOVE & ART (95034U 10/300/MP) Friday, January 22, 1:00pm

For Love & Art is a non-profit organization that brings museum collections and the art experience to you. Treasures from great American Art Museums are shared through virtual Museum Artbooks and Artbook Videos. Come enjoy the video of these inspiring and uplifting images from the collections of museums such as The Metropolitan Museum of Art, The National Gallery of Art, The J. Paul Getty Museum, and others. A light snack and beverage will be provided. **FREE!**

COLLETTE TOURS PRESENTS (95043U 1/30/CRC) Thursday, January 28, 10:00am Thinking about making travel plans this year? Join Collette Tours representative Chris Keith as he presents two fabulous tours that you will not want to miss! Hit Europe this summer with the "Spotlight on London" tour departing June 22, 2016. Early booking discount for London ends 12/23/15. And while we are just getting through the 2015 holiday season, it's not too early to start thinking ahead to 2017 as we have a great itinerary put together for the "Southern California New Year's Celebration" featuring the Tournament of Roses Parade. Brochures available at the front desk. Reservations are now open for these tours, so book NOW!



SOUP & SOCKS FOR SENIORS (95097U

1/300/MP) Friday, January 29, 12:00pm Help to warm the feet of local homebound and isolated seniors by bringing a pair of new socks (men or women sizes) to be distributed to those in need from our community. Complimentary soup provided to all sock contributors. Sponsored in part by, Homecare Assistance and Lakewood Village. Please sign up in advance. **FREE!**

COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room. Use of the Computer Resource Center is **FREE!**

Private Computer Lessons (93005 1/1/Comp) **By Appointment** Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. **\$5 for a 30 minute session.** Multiple sessions may be purchased at one time. Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

iPad and iPhone (93042 1/16/Comp) **Fridays, 9:30 am-10:30 am** Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. Instructor: Fannette Welton. **FREE!**

Computer Club (93035 1/16/Comp) **Mondays, 1:00 pm—2:30 pm** Come and join Sailor Dave for 1.5 hours of computing fun. Bring your questions, problems, laptops, phones, tablets and anything else you might want to work on. Any level of expertise is welcome, from learning how to check email, learning how to "Google" something, or figuring out Cloud questions and more. Bring your problems and questions and we'll dig in, find answers, work together, and sometimes tell stories about things we've learned or done. Instructor: Dave Thompson. **FREE!**

Get Your Pics (lobby) Tuesdays, January 12 & 26, 2:00 pm Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive . **FREE!**

E-mail Only (93027 1/5/Comp) Tuesdays, 9:00 am - 10:00 am This class features a new topic each week for those new to Yahoo Mail. Instructor: Cecil Kearney. **FREE!**

- Week 1– Write email & attach pictures
- Week 2– Read email and save pictures
- Week 3– Organize with folders and filters
- Week 4– Options and making changes

Windows 10 (93004 1/8/Comp) Tuesdays, 10:15 am - 11:15 am Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. **Free!**

- Week 1– Do what you did before Windows 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

Intermediate Computers (93016 1/5/Comp) Tuesdays, 11:30 am-12:30 pm New topic each week for those ready to increase their computer skills. Class limit 5. Instructor: Cecil Kearney

- Week 1– Intermediate E-mail
- Week 2– Intermediate MS Word
- Week 3– Intermediate Searching
- Week 4– Back up your data

Google Apps (93018 1/8/Comp) Wednesdays, 9:00 am - 10:00 am Learn about the free Google applications in the "cloud", which are compatible and can replace Microsoft applications, which you must pay extra for. We'll learn about Google Docs (compatible with and can replace Microsoft Word), Sheets (like Microsoft Excel), and Google Photos. Bring your Google email address and any files you might want to put in the cloud or convert. We'll have a Chromebook or two to play with also. Instructor: Dave Thompson. **FREE!**

CREATIVE ARTS

Crafty Corner I (91049 1/8/SA) Thursday, January 7th, 2:30 pm. Canvas wall art. Instructor: Diana Conway. Class Fee \$5; Supply fee \$15.

Bead Mania I (91048 1/8/CRB) Thursday, January 14, 2:30 pm. Gemstone necklace and earring set. Instructor: Diana Conway. Class fee \$5; Supply fee \$15.

Bead Mania II (91056 1/8/SA) Thursday, January 21, 2:00 pm. Wrap bracelet (equal to 5 bracelets.) Instructor: Diana Conway. Class fee: \$5; Supply fee \$15.

Crafty Corner II (91057 1/10/CRB) Thursday, January 28, 2:30 pm. Spinning organizer. Instructor: Diana Conway. Class fee \$5; Supply fee \$15.

Jewelry Repair (91026 1/8/SA) 4th Monday of each month, 1:00 pm—2:00 pm bring your broken costume jewelry to be repaired. We can replace broken clasps, restring beads, and do other minor repairs. For questions concerning the possibility of jewelry repair, see Diana Conway. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs.

Ceramics (91001 1/25/SA) Tuesdays & Thursdays, 9:00 am - 2:00 pm. Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

Wine Bottles (91054 1/25/SA) Tuesdays & Thursdays, 9:00 am - 2:00 pm. Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion (91092 1/10/CRB) 3rd Thursday at 6:00 pm. Use your own materials. Participants are required to have taken the Glass Fusion class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

Simple Sewing Repairs (91009 1/8/SB) 2nd & 4th Friday of each month at 3:00 pm Need a button sewn on, a hem repaired or other minor sewing done? Diana Cubillos will be available to offer assistance in getting the mending done. Please sign up so she knows to expect a repair. **FREE!**

"Knot-a-Lot"(Open 1/25/SB) Wednesdays, 2:00 pm—4:00 pm Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**



Caring Covers Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

CREATIVE ARTS

Art Addicts (91002 1/16/CRB) Mondays, 9:00 am - 11:00 Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest. Class Room B has been reserved just for you! Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent. No instructor. **FREE!**

Multi-Media Painting (91101 1/16/CRB) Mondays, 12:15 pm - 4:00 pm Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

Art with Arlene (91025 1/16/SA) Monday, January 11, 9:30 am - 12:00 pm Join art teacher Arlene Taylor for this special once a month workshop. Each month an art style will be selected. This month's style is "Still Life." You choose between watercolor or pastels. Instructor: Arlene Taylor. Class Fee: \$15; Supply fee: \$5 (Due to instructor on day of class.)

You Can Paint with Oils (91074 6/15/SA) Friday, January 29, 9:30 am - 12:30 pm Painting title: "Snow Scene on the Farm." Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Beginners learn basics of color mixing, brush strokes and perspective while completing a detailed landscape or seascape under the patient guidance of award winning "Teachers of the Year, Susan & Robert Garden, founders of the Robert Garden School of Art. All art supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Class fee \$15; Supply fee \$18.

Quilter's Choice (91024 1/8/SB) Mondays 10:00 am—1:00 pm This month pick your pattern. Instructor will have patterns available for you to choose from or bring one of your own. Instructor: Jan Cook. \$25 monthly fee.

Quilter's Lab (91078 1/12/SB) Tuesdays 10:00 am—1:00 pm Instructor assistance with your project. Instructor: Jan Cook. \$25 monthly fee.

Beginner Quilt Making (91047 1/12/SB) Wednesdays 10:00 am—1:00 pm You do not have to make a bed size quilt to be a quilter! Come learn all the basics of quilting. Project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

Quilter's Block of the Week (91003 1/12/SB) Tuesdays, 1:00 pm - 3:00 pm Join this group of quilting fanatics as they work on a block each week. Pattern is a 1/2 inch square triangle and you will need to make 25 squares total. Bring your own materials and sewing machine. There is no instruction provided, so you must have prior quilting experience/knowledge. For more information contact Jan Cook. Class is **FREE!**

Writing Group (94064 1/15/CRB) Thursdays, 10:00 - 12:00 pm Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen. \$15/mo.

Glass Fusion Lessons (91073 1/10/CRB) Wednesday, January 27, 9:30 am Learn to cut glass and more as you create a pendant for a necklace. Limit 2 pieces per class (\$5 additional piece). All supplies provided. Instructor: Diana Conway. Class fee \$15.

FUN & GAMES & GROUPS

Billard's Corner Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 8/12/BIL)** January 6, 2:00 - 4:00 pm Sponsor: Nations Insurance Solutions. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL)** January 8, 11:00 am - 4:00 pm Sponsor: Adam Davenport, Edward Jones. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies 7/14/BIL)** January 20, 11:00am - 2:00 pm **FREE!**
- **9-Ball Singles Tournament (95029 8/24/BIL)** January 29, 11:00am—4:00 pm. Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Texas Hold'em Tournament (95007 1/40/MPN) Wednesday, January 27, 2:00 pm - 4:00 pm Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Sponsored by: Mike Smith, Custom Fit Insurance.

Bunco (95092 5/30/MPN) Friday, January 29, 1:00 pm Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

Music & Song (95035 5/100/MPN) Mondays 2:15 - 4:00 pm Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **Free!**

- 1st Mondays join Christie from Heritage Village Residences!
- 2nd & 4th Mondays join Michelle for hits from the decades!
- 3rd Monday join Linda Provence for all your old and new favorites!

Texas Hold'em Practice (94012 1/16/CRC) 3rd Tuesday each month, 10:00 am - 11:00 am Want to learn how to play poker? Feeling a little rusty and want a refresher on the rules? Come brush up, practice or learn how to play! Instructor: Terry Mesler. **FREE!**

Dominoes/84 Lessons (94009 1/16/CRB) 2nd Tuesday each month, 10:00 am - 12:00 pm Learn to play a new game! Come learn to play this fun trump & trick variation of the popular forty-two dominoes game. Instructor: Don White. **FREE!**

42 Player Luncheon (94048 5/30/SA) Wednesday, January 20, 12:30 pm Once a quarter, the 42 players are going to meet for a potluck luncheon. Each player is asked to bring a dish to share. Plates, napkins, utensils, cups, and beverages will be provided. Please sign up at the front desk.

Book Club (94078 1/20/Conf) Monday, January 18, 3:00 pm This month we will discuss "The Spiral Staircase" by Karen Armstrong and also "Black Eyed Susan" by Julia Heaberlin. The new book to read will be "Go Set a Watchman" by Harper Lee and it will be discussed in our February meeting. Facilitator: Elaine Wicker. **FREE!**

Aircraft & Helicopter Science Group (95031 1/16/CRB) 1st Thursday, 2:00 - 4:00 pm Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math, and vocational careers. Facilitator: Bob Shultz. **FREE!**

Grief Support (94036 1/20/CRA) 4th Thursday of each month at 10:00 am Come for healing and support. Sponsored by Lion Hospice, Dr. Joanne Pryor-Carter, ED.D. LPC. **FREE!**

FITNESS/HEALTH/WELLNESS

Fitness Room Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

Fitness Orientation is offered every Friday at 1 pm and the 2nd & 4th Tuesday of each month at 6 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room. Seasoned members are always welcome to attend if they have questions or need a refresher on the use of the equipment. We do ask that you register due to space limitations in the Fitness Room.

Personal Training Personal trainers, Gerald Campbell and Rosy Pritchett, are available to assist you in reaching your individual health and fitness goals. They will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. Please specify your trainer preference when paying for your session. **\$35/hr**

Fit Start I Exercise Class Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063 5/30/MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$10/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10/ 4 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$10/4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10/4 classes**

Fit Start II Exercise Class This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$10/4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$10/4 classes**

Zumba Gold Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for \$20 for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Tuesdays (92003 5/30/MPN)** 10:15 am - 11:00 am Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 pm Instructor: Kalyn Worthey

Hawaiian Dance (92047 1/20/MPN) **Wednesdays, 11:00 am - 12:30 pm** This class will provide instruction on rhythm combined with hula basics and songs. A variety of traditional Hawaiian dances will be learned in preparation for the class performance at our Annual Luau in August. Instructor may occasionally include brief history lessons about Hawaii as part of the class. Instructor: Stephanie Mahelona. **Free!**

Tai Chi (92049 3/20/MPN) **Wednesdays 9:00 am - 10:00 am** Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

EDUCATION & SEMINARS

Blood Pressure Checks (Front Lobby) 1st Wednesday each month, 10:00 am - 11:00 am Come by the front lobby and get your blood pressure checked. Sponsored by: Hurst Plaza Nursing & Rehabilitation.

Medicare Q & A (Front Lobby) Thursday, January 28, 10:00 am - 11:00 am The Medicare program is made up of several "parts" that offer various benefits, including hospital insurance (Part A), medical insurance for doctors' services (Part B), and prescription drug coverage (Part D). Stop by and visit with representative Celia Neyra, Nations Insurance Solutions about eligibility, options, and plans.

Edward Jones Presents: Social Security (94040 1/24/Conf) 2nd Friday each month at 10:00 am Come and learn strategies to maximize your social security benefits. Also learn about some of the recent changes and how they may affect you, as well as what key concerns to address now. Adam is offering a complementary review of your retirement income projections & insurances, and there will be a door prize drawing! Please sign up in advance so we are sure to have enough space. Instr: Adam Davenport. **FREE!**

Educate DFW: Taxes in Your Retirement (94001 1/20/Conf) Tuesday, January 12, 1:00 pm - 2:00 pm Retirees generally have many sources of income from Social Security, pensions, rentals, taxable brokerage accounts, tax-free Roth accounts, saving accounts, bonds and more. They all need to be monitored carefully so you can avoid paying high taxes. After 70 ½ RMD's enter the picture. Come learn a bit about how to minimize your taxes after you retire. Instructor: Angela Tvedten. **FREE!**

Ask A Pharmacist (94087 1/16/Conf) 3rd Wednesday of each month at 10:00 am Weight Loss! Over the counter supplements and prescriptions to help you attain your perfect weight. Our pharmacist will discuss different items that assist with losing weight for a new you! Sponsored by Mid-Cities Pharmacy. **FREE!**

Accuquest Hearing Center (Front Lobby) Will be here the **1st Tuesday** of each month to offer maintenance on your hearing instruments. Get your hearing aids cleaned, batteries changed or just get a general inspection to make sure they are in good working order. No need to sign up. Free!

Matter of Balance (94020 10/20/MPN) Tuesdays, January 19 - March 8, 10:00 am - 12:00 pm Award winning program designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise. Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Sponsored by Tarrant County Public Health. Please sign up in advance. **FREE!**

Trusts and Wills (94088 1/16/Conf) Wednesday, January 13, 10:00 am Come for this discussion on the reasons you might consider having a living trust. In addition, we will cover other important documents you may need to protect you and your loved ones now and in the future. Sponsored by Nations Insurance Solutions. **FREE!**

History of Aviation (94030 1/20/CRB) 3rd Wednesday of each month, 2:00 to 4:00 pm William Wait will present the 834 Air Division monitoring of C-130s, C-7s, and C-123s during Vietnam in 1971. This will focus on Tan Son Nhut Air Base logistical support. Please sign up at the front desk.

Hearing Screenings with Connect Hearing (94027 1/25/Conference) 2nd Thursday of each month, 9:00 am - 10:00 am Are you concerned that you or a loved one are experiencing hearing loss? Connect Hearing will be here to answer your questions and conduct free hearing screenings. Get the basic facts on hearing loss signs, causes, and treatments so you can better understand this common problem.

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 ^{3/15/HVR}) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 ^{3/15/HVR}) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 ^{3/15/HVR}) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 ^{3/15/HVR}) \$5/month**

Purchase a 5 class Punch Card (92075) for \$20. Choose your day and time. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.

WATER WELLNESS If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 10:05 am - 10:45 am (92071 ^{3/15/HVR})**

AQUA PARTY FUN Do you like to move it and groove it? Come have fun in our low-impact aqua class that is perfect for any fitness level. We will be using the water and various resistance tools to help you improve your muscle tone, and strength. Swimming skills are not required. Instructor: Behka Hartmann

- **Thursdays, 10:05 am - 10:45 am (92072 ^{3/15/HVR})**

WORK IT IN WATER Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 ^{3/15/HVR})**
- **Thursdays, 11:05 am - 11:45 am (92074 ^{3/15/HVR})**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Aqua Party Fun	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

FITNESS/HEALTH/WELLNESS

Line Dancing Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginners Line Dance (92054 ^{5/50/MP})** Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055 ^{5/50/MP})** Thursdays, 1:45 pm - 2:30 pm

Strengthen On Your Mat (92061 ^{5/30/MPS}) Fridays 10:00 - 11:00 am. Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Instructor: Rosy Pritchett. Classes are \$2.50 each, payable at the beginning of each month. **\$10/4 classes**

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 ^{3/25/MPS}) Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Michelle Varley. **FREE!**
- **Chair Yoga (92053 ^{3/25/MPS}) Tuesdays, 3:45 - 4:45 pm** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Instructor: Michelle Varley. **FREE!**
- **Yoga Therapy (92052 ^{3/15/MPS}) Mondays, 1:00 pm - 2:00 pm** Yoga Therapy is the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month. **\$16/4 classes.**
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS}) Thursday, January 21, 3:00 pm - 4:30 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**
- **Yoga Private Sessions** By appointment. Sign up at front desk. **\$35/hr.**

Chair Massage & Reflexology (PoS) Mondays & Wednesdays 10:00 am - 11:00 am Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

Health Talk (94056 ^{1/25/SA}) 2nd Wednesday each month at 1:00 pm Why do some people live long, healthy, and happy lives, while others struggle with dementia, heart disease, and depression? Learn how to protect yourself from those outcomes based on the latest research on health, longevity and happiness. Sponsored by: Wellmed Medical Group. **FREE!**

JANUARY 2016

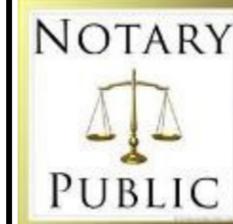
Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you signed up in December for the Artisan Theater's "Forever Plaid," tickets will be ready for pick up Monday, January 4th.</p>		<p>See "Open Activities" for additional continuous classes and programs</p>		<p>SENIOR CENTER CLOSED</p> 
<p>8:00 SIGN UPS BEGIN 9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Massage & Reflexology 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I</p> <p style="text-align: right;">4</p>	<p>8:00 Accuquest Hearing 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab 10:15 Windows 10 10:15 ZUMBA Gold 11:30 Intermediate Computer 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p> <p style="text-align: right;">5</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Blood Pressure Checks 10:15 ZUMBA Gold 11:00 Hawaiian Dance 2:00 Ladies Powder Puff Pool 5:45 Fit Start I</p> <p style="text-align: right;">6</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 2:30 Crafty Corner I 6:00 Potluck Bingo 7:30 Night at the Artisan</p> <p style="text-align: right;">7</p>	<p>9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Edward Jones Presents 10:00 Café Exchange 11:00 8-Ball Singles Tournament 1:00 Fitness Orientation (92028) 1:00 Movie and Munchies 3:00 Simple Sewing Repairs</p> <p style="text-align: right;">8</p>
<p>9:00 Fit Start II 9:00 Art Addicts 9:30 Art with Arlene 10:00 Quilter's Choice 10:00 Massage & Reflexology 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I</p> <p style="text-align: right;">11</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab 10:00 Dominoes 84 Lessons 10:15 Windows 10 10:15 ZUMBA Gold 11:30 Intermediate Computer 1:00 Quilter's Block of the Week 1:00 Educate DFW 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92025)</p> <p style="text-align: right;">12</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Wills & Trusts 10:15 ZUMBA Gold 11:00 Hawaiian Dance 1:00 Health Talk 2:00 Birthday Party 5:45 Fit Start I</p> <p style="text-align: right;">13</p>	<p>8:30 Breakfast Club 9:00 Hearing Screenings 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 11:00 Memorial Service 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania I 7:00 Dance - Now & Then</p> <p style="text-align: right;">14</p>	<p>9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Happy Hatters 1:00 Fitness Orientation (92029) 2:00 Newcomers Connection</p> <p style="text-align: right;">15</p>
<p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Massage & Reflexology 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 3:00 Book Club 5:45 Fit Start I</p> <p style="text-align: right;">18</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Matter of Balance Wrkshp 10:00 Texas Hold'em Practice 10:15 Windows 10 10:00 Quilter's Lab 10:15 ZUMBA Gold 11:30 Intermediate Computer 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p> <p style="text-align: right;">19</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Ask A Pharmacist 10:15 ZUMBA Gold 11:00 Hawaiian Dance 11:00 Mixed Doubles Pool 12:30 42 Player Luncheon 2:00 History of Aviation 2:00 Bingo In The Afternoon 5:45 Fit Start I</p> <p style="text-align: right;">20</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 11:00 Lunch & Learn: Sr Care 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Bead Mania II 3:00 Relax, Renew, Restore 6:00 Glass Fusion (open)</p> <p style="text-align: right;">21</p>	<p>9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 1:00 Fitness Orientation (92030) 1:00 For Love & Art 3:00 Simple Sewing Repairs</p> <p style="text-align: right;">22</p>
<p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Massage & Reflexology 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 1:00 Jewelry Repair 2:15 Music & Song 5:45 Fit Start I</p> <p style="text-align: right;">25</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Matter of Balance Wrkshp 10:15 Windows 10 10:00 Quilter's Lab 10:15 ZUMBA Gold 11:30 Intermediate Computer 1:00 Quilter's Block of the Week 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92026)</p> <p style="text-align: right;">26</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 9:30 Glass Fusion Lessons 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Hawaiian Dance 2:00 TX Hold'em Tournament 5:45 Fit Start I</p> <p style="text-align: right;">27</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Medicare Q&A 10:00 Grief Support 10:00 Writing Group 10:00 Collette Tours Presents 11:30 What's for Lunch? 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Crafty Corner II 7:00 Dance - Pete & Patti</p> <p style="text-align: right;">28</p>	<p>9:30 iPad/iPhone 9:30 You Can Paint With Oils 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 9-Ball Singles Tournament 12:00 Soup & Socks for Seniors 1:00 Fitness Orientation (92031) 1:00 Bunco</p> <p style="text-align: right;">29</p>

"A Quick Bite"
Tuesdays
Only
\$5

*A cup of the Soup of the Day,
Select your entrée, choice of the
special of the day or a sandwich,
and a dessert.*

Upcoming Entrée Menu

- Jan 5: Loaded Baked Potato
- Jan 12: Frito Pie
- Jan 19: Chef Salad
- Jan 26: Mexican Chicken



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center

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