

Senior Center SNAPS

New Classes

Join the Fun!



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**
- Connect Hearing
- 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
- Parkwood Retirement
- Reliant Post Acute Care
- Riverside Inn at Fossil Creek
- Shield Awards & Promotions
- Smile Donuts
- Sunrise Home Health
- Tender Heart
- Kreigh & Carol Valkenaar



February 2016
 Vol. 8 Issue 3



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

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

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

Put on your thinking caps. Do you remember the days when your sons and/or daughters first went to elementary school? I know I was so anxious to hear how their days went and progressed over that first year. How about your grandchildren?

I have had the awesome privilege of sharing pick-up responsibility of my grandchildren from elementary, junior high, and high school. The HEB school district has a great release procedure. Kindergarteners are released at 2:45, first graders and up at 3:00. Junior high kids are released at 3:15, and the high school students at 4:00. **There's just enough time so I can race like a maniac from one school to the next. I always try to get to the elementary school at least 45 minutes early so I can get a parking spot in the teacher's parking lot right outside the door my grandson comes out.** This is my personal time. I read, or write, think, look at the clouds, pray and listen to music.

What fun it is to watch the kindergarteners and first graders come out of school with their classes. That first day they were all quiet as they followed their teachers to their designated location to wait, anxiously looking for Mom, Dad, or Grandparents. Nowadays, they come out those doors chattering, skipping, and/or hollering. **School's out and they are ready to get on with their day! That 'noise' is music to my ears!** Even more beautiful are the songs my grandson sings as we head over to the Jr. High School. **He's a happy camper** most of the time.

Atmosphere at the Jr. High is quieter. Students come out of the building talking with their friends. The band kids come out the band hall carrying their instruments in one hand and school books in the other, or in backpacks. The Jr. High persona is a little more subdued when my grandson enters the car after placing his instrument case in the trunk. That black saxophone case is a reminder of the practicing he must do to learn his music. Sometimes his greeting is a grunt. Other days are filled with shared happy experiences. Though he enjoys listening to music, singing is not his thing.

There is not the urgent rush off campus at the high school. These young people saunter out the buildings, stop and chat with friends, gather in groups and talk a while, then wander to their cars and trucks to get to their next destination. . . home, games, work, the library, etc. The kids in the band hang out together. **They aren't hard to identify** because of their black instrument cases. By this time the music is a part of their lives; in some cases their souls. **This year my granddaughter drives and we don't need to pick her up from school.** I miss her turning the radio on and singing along with her favorites and her happy chatter, as we drive to her house. She dropped band this year but performs in the Color Guard with the Marching **Band at her high school's football games.** Watching her **you can see that she "feels" that music.** Music and performing have always been a part of her life.

Many of us went through that learning period. **Some of us didn't but we still enjoyed** all that music we heard on the juke box, the radio, the records. We sang along with the music, danced to some of it, listened to it, and dreamed. As a result, music became an integral part of our lives. Oh my, those were such happy days! The good news is we can always return to that time when we hear that music.

Al Nelson began his music career in Midland, Texas. He is a spectacular entertainer who has performed for us before. **His repertoire covers music from our time (the 50's through the 70's) and** he pays tribute to Roy Orbison, Paul McCartney (of the Beatles), and Elvis Presley. The exciting news is that Al Nelson will be coming to entertain us again on Thursday, February 18, 2016 at 4:00 pm. Put this date on your calendars. **You really don't want to miss this opportunity to enjoy his program. I sure don't. In fact, I'm going to make** sure the other Grandmother picks up the boys from school that afternoon.

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, February 4, 6:00pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Hoppin' John's) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) 1st Friday of each month. Join us as we offer a current movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is "St. Vincent." Bill Murray stars as a crusty old man who ends up caring for the son of his new neighbor. Although he's a cynic who gambles, drinks, and frequents clubs, Vincent turns out to be exactly the mentor the 12-year-old needs as the young one adjusts to his parents' divorce, and life at a new school. Rated PG-13. Sponsored by Tender Heart Home Health. Please sign up in advance.

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, February 10, 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 Reliant Post Acute Care.

BREAKFAST CLUB (95015 10/50/MPN) Thursday, February 11, 8:30pm Wake up and get up to the Senior Center for a hearty breakfast. Enjoy sausage gravy, biscuits, scrambled eggs, juice, and coffee. Fresh fruit sponsored by Connect Hearing. **\$3 per person.**

HAPPY HATTERS MEETING (95040 1/75/MPN) Friday, February 12, 1:00pm Hostess of the month Judy George invites you to join this fun group of women for a Death by Chocolate event! Special guest Ruth Winkler will be here with a hands on cake decorating demonstration. Don't worry...there will be plenty of chocolate! Wear your red hat and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

BINGO IN THE AFTERNOON (95058 5/75/MP) Wednesday, February 17, 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 Riverside Inn at Fossil Creek. **FREE!**

WHAT'S FOR LUNCH (95096 6/50/MPN) Thursday, February 25, 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 "Creamy Chicken Spaghetti." 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.

NEWCOMERS CONNECTION (94005 1/15/Conf) Friday, January 12, 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!

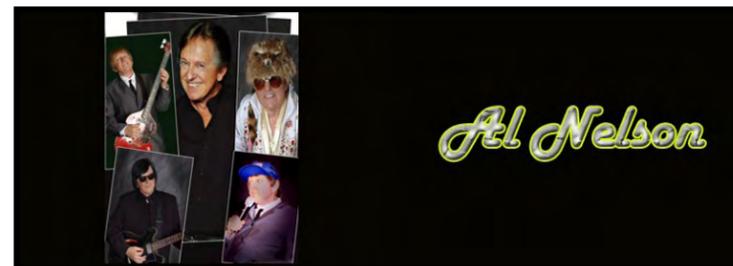
SPECIAL EVENTS



GOTTA GO TOURS PRESENTS (94055V 4/30/SA) Wednesday, February 3, 11:00 am Thinking about doing some traveling? Come join Pattie Harrell, owner of Gotta Go Tours by Pattie as she shares information about two upcoming tours, Alaska and Arkansas, as well as other tours and destinations both locally and abroad. Please sign up so we have enough seating. Brochures on upcoming travel opportunities are available at the front desk.



AARP DRIVER SAFETY PROGRAM (94049V 1/20/CRB) Friday, February 5, 8:15am - 12:45 pm Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Space is limited. Sign up at the front desk. Instructor: John Chreno.



AL NELSON SHOW (95076V 20/350/MP) Thursday, February 18, 4:00 pm - 5:00 pm. Audiences all over the country have given Al Nelson standing ovations many times over for his amazing showmanship and vocal talents. His presentation of the hits spanning the 50's through the 70's incorporates audience participation, comedy and high energy choreography. Join the Senior Center as we welcome Al Nelson for an afternoon of LIVE entertainment! **FREE!**



OPEN CARRY LAW (95069V 1/125/MPN) Friday, February 19, 10 am As you may be aware, on January 1, the state of Texas "open-carry" law went into effect allowing licensed gun owners to visibly carry a handgun in most public places. Join Hurst's Assistant Police Chief, Richard Winstanley, as he addresses topics that concern anyone with a handgun license and answers questions about aspects of the new law that pertain to those that are curious or interested. Please sign up in advance so we are sure to have enough seating.

HEARING SCREENINGS WITH CONNECT HEARING (94027V 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.

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, February 9 & 23, 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}) **Tuesday, 9:00 am - 10:30 am February 16 & 23** This class features a new topic each week for those new to Yahoo Mail. Instructor: Cecil Kearney. (Please note Cecil is out on vacation and there are no classes the first two weeks of the month.) **FREE!**

Session 1

- Write email & attach pictures
- Read email and save pictures

Session 2

- Organize with folders and filters
- Options and making changes

Windows 10 (93004 ^{1/5/Comp}) **Tuesday, 10:45 am - 12:30 pm February 16 & 23** 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. (Please note Cecil is out on vacation and there are no classes the first two weeks of the month.) **Free!**

Session 1

- Do what you did before Windows 10
- New and fun stuff on the tiles

Session 2

- More to do on the Start Screen
- Fun with new search program

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

Bead Mania I (91048 ^{1/8/CRB}) **Thursday, February 11, 2:30 pm.** Pink Crystal Heart Necklace and earring set. Instructor: Diana Conway. Class fee \$5; Supply fee \$15.

Bead Mania II (91056 ^{1/8/SA}) **Thursday, February 18, 2:00 pm.** Elastic Ladder Bracelet. Instructor: Diana Conway. Class fee: \$5; Supply fee \$10.

Crafty Corner I (91049 ^{1/8/SA}) **Thursday, February 25, 2:30 pm.** Light bulb hanging vase. Instructor: Diana Conway. Class Fee \$5; Supply fee \$8.

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.

HSAC Crafting (91094 ^{1/25/CRB}) **The last Wednesday of each month, 11:00am,**

join Diana as she begins work on creating fun and easy items to be sold at the 2016 Craft & Holiday Market. All items are made from donated materials and proceeds from the sell of these items benefit the Senior Center. Bring your ideas. All supplies are provided.



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.

Glass Fusion Lessons (91073 ^{1/10/CRB}) **Wednesday, February 24, 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.

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!**

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.

You Can Paint with Oils (91074 6/15/SA) Friday, February 19, 9:30 am - 12:30 pm Painting title: "Moonlight Waves." 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.

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.

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!**

Basics of Calligraphy (91075 1/10/CRB) Wednesday, February 10, 10 am - 12 pm This class will introduce students to the art of calligraphy or serve as a review for intermediate students. Students will learn the tools for lettering and how to use them properly. Specific instruction will be given on the Foundational Hand with emphasis on understanding pen angle, stroke sequence and spacing. Students will leave with a good understanding of how the letters are formed enabling them to continue to practice and improve. You'll create a one-of-a-kind alphabet in a modern calligraphy style and develop a set of skills for bringing a persuasive, personal script to any personal project. Please bring a pencil and a basic black calligraphy pen of your choice. Instructor: Betty Lambert. Class fee: \$20.

FUN & GAMES & GROUPS

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

- **Ladies Powder Puff Pool (95079 8/12/BIL) February 3, 2:00 pm - 4:00 pm** Sponsor: Accuquest Hearing. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL) February 12, 11:00 am - 4:00 pm** Sponsor: Sunrise Home Health. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies 7/14/BIL) February 17, 11:00am - 2:00 pm** Sponsor: Parkwood Retirement. **FREE!**
- **8-Ball Doubles Tournament (95029 8/24/BIL) February 26, 11:00 am—4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Texas Hold'em Tournament (95007 1/40/MPN) Wednesday, February 24, 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, February 26, 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 pm - 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!

Conversational Spanish (94004 1/20/CRB) Wednesday, February 3 & 17, 11:30 am - 12:45 pm. Looking for a way to practice your Spanish speaking skills? Come to this class with instructor Gloria Castillo, a native of Mexico. She will provide topics and engage you in conversation and also share about her culture, customs and more. Please be sure to sign up so we can ensure enough class room space. **FREE!**

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!**

Domines/42 Lessons (94009 1/16/CRB) 2nd Tuesday each month, 10:00 am - 12:00 pm. Come learn to play this card like game using dominoes with the twist that a domino can be two suits at once. This is what makes 42 such a challenging and entertaining game. Other variations of this game such as 84 may also be taught depending on class participants. No experience necessary. Instructor: Don White. **FREE!**

Book Club (94078 1/20/Conf) Monday, February 15, 3:00 p.m. This month we will discuss "Go Set a Watchman" by Harper Lee. The new book to read will be "Delicious" by Ruth Richi and it will be discussed in our March 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 **\$12.50/ 5 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 **\$12.50/5 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)** 10:30 am - 11:15 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 Counseling & Q & A (Front Lobby) 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 a representative:

- Monday, February 1, 10 am—11 am with Mike Smith, Custom Fit Insurance
- Thursday, February 25, 10 am—11 am with Celia Neyra, Nations Insurance Solutions.

Educate DFW: Making Sense out of Social Security (94001 1/20/Conf) Tuesday, February 9, 1:00pm - 2:00pm.

Understanding when and from where you will receive your income is the foundation of a successful retirement. An important part of retirement planning is understanding Social Security benefits. Come learn about:

- Strategies to maximize your benefits.
- The current state of the Social Security system...What does it mean to you?
- How continuing to work will impact your Social Security Benefit.
- How to coordinate Social Security benefits with your spouse.
- How your Social Security affects your taxes.
- How Required Minimum Distributions can really mess things up.
- How to coordinate your benefits with your other sources of retirement income.
- **It's not just 62, Full Retirement age and 70!**

The rules are different for singles, couples, widows/widowers, divorcées, and disabled dependents. Even a seemingly small decision can add many dollars to the checks you'll receive over your lifetime. Early benefits could be a BIG mistake. Instructor: Angela Tveden. **FREE!**

Edward Jones Presents: Annuities & Income Options (94040 1/24/Conf) 2nd Friday each month at 10:00 am. Come learn about Annuities and other income options to provide better income than the current low CD and Savings rates. Get a free review of your annuity or find out if they are a good option for you. Adam Davenport will be available after the class for specific questions. Please sign up in advance so we are sure to have enough space. A door prize drawing will be held at the conclusion of class. Instructor: Adam Davenport. **FREE!**

Ask A Pharmacist (94087 1/16/Conf) 3rd Wednesday of each month at 10:00 am Learn about current trending topics related to drugs, health and wellness from one of our Hurst pharmacists. Sponsored by Mid-Cities Pharmacy. **FREE!**

Social Security Q&A (94079 1/20/Conf) Friday, February 19, 11:00 am You contributed to social security over your lifetime and you are entitled to reap the benefits. By attending this seminar, you will save endless hours of research on Social Security and learn how to utilize strategies to maximize your social security benefits. Sponsored by Nations Insurance Solutions.

History of Aviation (94030 1/20/CRB) Wednesday, February 17, 2:00 to 4:00 P.M. Bob Shultz will present Air Tractor. This agricultural airplane company is located in Olney, Texas. An exciting inspiring story of Leland Snow and his amazing record of going from nothing to number one Agricultural Aircraft Company in the World. Please sign up at the front desk.

Matter of Balance (94020 10/20/MPN) Tuesdays, January 19 - March 8, 10:00 am - 12:00 pm Registration is closed, but classes continue for those already enrolled. Sponsored by Tarrant County Public Health. Please sign up in advance. **FREE!**

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. **\$20/5 classes.**
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS})** **Friday, February 26, 2:30 pm - 4:00 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: Wireless Emergency Alerts (94056 ^{1/25/SA}) **2nd Wednesday each month at 1:00 pm** Come learn all about Wireless Emergency Alerts (WEA). Learn who sends them, what they mean, why they are important, how to start receiving them, what you should do when you receive them and more. Presenters will also discuss rendering aid - what to do and what not to do. Sponsored by the Hurst Fire Department.

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 SIGN UPS BEGIN 9:00 Fit Start I 9:00 Art Addicts 10:00 Medicare Counseling 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	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Matter of Balance Wrkshp 10:00 Quilter's Lab 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	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 11:00 Gotta Go Tours Presents 10:15 ZUMBA Gold 11:00 Hawaiian Dance 11:30 Conversational Spanish 2:00 Ladies Powder Puff Pool 5:45 Fit Start I	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 6:00 Potluck Bingo	8:15 AARP Driver Safety 9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 1:00 Fitness Orientation (92028) 1:00 Movie and Munchies
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	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Matter of Balance Wrkshp 10:00 Quilter's Lab 10:00 Dominoes 84 Lessons 10:30 ZUMBA Gold 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) Get Your Mardi Gras Beads!!!	9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Basics of Calligraphy 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Hawaiian Dance 1:00 Health Talk 2:00 Birthday Party 5:45 Fit Start I	8:30 Breakfast Club 9:00 Hearing Screenings 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania I 7:00 Dance - Doc Gibbs	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 Happy Hatters 1:00 Fitness Orientation (92029) 2:00 Newcomers Connection 3:00 Simple Sewing Repairs
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	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 10:00 Quilter's Lab 10:30 ZUMBA Gold 10:45 Windows 10 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	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 11:30 Conversational Spanish 2:00 History of Aviation 2:00 Bingo In The Afternoon 5:45 Fit Start I	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 Bead Mania II 4:00 Al Nelson Show 6:00 Glass Fusion (open)	9:30 iPad/iPhone 9:30 You Can Paint With Oils 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Open Carry Law 11:00 Social Security Q&A 1:00 Fitness Orientation (92030)
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	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Matter of Balance Wrkshp 10:00 Quilter's Lab 10:30 ZUMBA Gold 10:45 Windows 10 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)	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 HSAC Crafting 11:00 Hawaiian Dance 2:00 TX Hold'em Tournament 5:45 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Medicare Q&A 10:00 Grief Support 10:00 Writing Group 11:30 What's for Lunch? 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Crafty Corner I 7:00 Dance - Classic Country	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 8-Ball Doubles Tournament 1:00 Fitness Orientation (92031) 1:00 Bunco 2:30 Relax, Renew, Restore 3:00 Simple Sewing Repairs
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 style="text-align: center;">See "Open Activities" for additional continuous classes and programs.</p> <p style="text-align: center;">Please Check In Each Time You Arrive!</p>		<p style="text-align: center;">Class schedules are subject to change. Please check your enrollment receipt for current class information or check with the front desk for class changes or cancellations.</p>

"A Quick Bite"
Tuesdays
Only
\$5

*You choose your main entrée.
See front desk for available
options.*

*All meals come with a cup of
soup, and a dessert.*

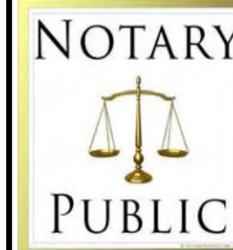
Upcoming Entrée Menu

Feb 2: Loaded Baked Potato

Feb 9: King Ranch Casserole

Feb 16: Chef Salad

Feb 23: Quiche



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 members.

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