

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
- Brandy Austin Law Firm
- 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
- Grace Hospice
- Heartland Bedford
- Heritage Village Residences
- Humana
- Hurst Plaza
- Nursing & Rehabilitation
- Lexington Place
- Lion Hospice
- Martha's Senior Gourmet
- Meadowood At the Vinyards
- Mid-Cities Pharmacy
- Nations Insurance
- Parkwood Retirement
- Shield Awards & Promotions
- Smile Donuts
- Tenderheart Home Health
- 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 |



March 2016
 Vol. 8 Issue 4



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

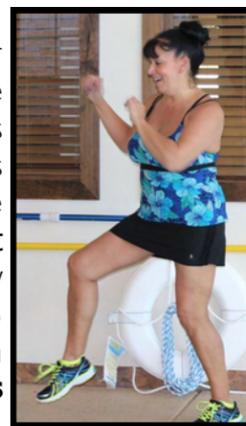
Can you imagine going back to school part-time, and holding a full-time responsible job at our ages? Just think. . . Working eight hours a day, five days a week (and doing an exceptional job at it), making time to attend classes on-line, finding time to do your homework, preparing for exams, and going somewhere to take them? One of our HSAC staff members has been doing just that!

CONGRATULATIONS to Michelle Varley who received her Bachelor of Arts and Sciences Degree in Health Care Management from Dallas Baptist University on December 18, 2015. Michelle's husband, Kelly Varley, also graduated the same day from DBU with a BAS in Interdisciplinary Studies of Computer Science and Business. Great job you two!



We have all benefited from the wonderful programs and activities offered here at the Senior Center. Let me introduce you to a little known program the Senior Center has. One way we can all ease some of our aches and pains is by checking out the Aquatics classes; maybe participating in Water Wellness and/or Work It In Water classes held in the indoor, heated pool at the Heritage Village Apartments across the parking lot. HSAC member, Mary Foote told me her doctor encouraged her to try her exercises in water because it is easier on the body. She told me that she recently tried both classes and decided to do Work It In Water because, "She (Behka Hartmann, swim instructor) **really works us.**" Mary also goes during the Unstructured Water Time to do her physical therapy exercises. She said only two or three people have been swimming laps when she was there. Mary also said, "I believe the Aquatics Program is one of the best kept secrets of the Senior Center."

The Water Wellness class helps ease arthritis, tight sore joints, lower back pain, improves muscle strength and posture. It even helps balance problems. This is a gentler workout in the water. Work It In Water helps improve cardio strength, endurance, and muscle tone. It also helps balance. Aqua Party Fun is a low impact class to help improve muscle tone and strength. The classes use Aqua weights, noodles and kick boards. **Don't worry, you don't have to know how to swim to participate.** The pool is only four feet deep. Classes are small; attendance is limited to 15 students. Instructor Behka Hartmann said she thinks there is a concern about a place to change clothes. **"There is a restroom where swimmers can change their clothes."**



With the frequently changing weather this time of year, attendance in any of the classes would be extremely beneficial to anyone who has arthritic problems that seem to be worse in the winter. Check the schedule and visit the classes that you feel will benefit you. You can purchase a five (5) class Punch Card for \$20 and use it, when it is convenient for you, for any Senior Center aquatics class you want to try out or attend.

The HSAC Health and Business Exposition will be held on March 31, 2016, and promises to be more extensive this year. Several screenings have been scheduled including eyes, hearing, spine, and balance with the potential of others as well. There will be many booths with lots of up-to-date health care information as well as hand-outs. Check inside The Senior Pipeline for the time and more information. **You won't regret attending this special event.**

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

THANK YOU!

The "Quilting Ladies" would like to express their sincere gratitude for the generosity given by the Senior Center Members. An overwhelming response for children in need was seen through the contributions to the toiletry supply drive, fabric and chording donations and monetary gifts for other needed items so that homeless students could receive a personal back pack of necessities.

* 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, March 3, 6:00pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Roasted Turkey) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) 1st Friday of each month at 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 "All Is Lost." Tense adventure drama about a man (Robert Redford) who must fight for survival after being shipwrecked at sea. Rated PG-13. Please sign up in advance. Sponsored by Heartland Bedford.

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, March 9, 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 Parkwood Retirement.

BREAKFAST CLUB (95015 10/50/MPN) Thursday, March 10, 8:30pm Wake up and get up to the Senior Center for a hearty breakfast. Enjoy a variety of breakfast casseroles, juice, and coffee. Fresh fruit sponsored by Connect Hearing. **\$3 per person.**

HAPPY HATTERS MEETING (95040 1/75/MPN) Friday, March 11, 11:00am Hostesses of the month Roberta McHam, Emma Lozano, and Miriam Ward invite you to join this fun group of women for a St. Patrick's themed luncheon! Bring a dish to share...**GREEN FOOD ONLY!** Get your face painted by Jeannie Zabel and we'll wrap the luncheon up with everyone's favorite game...**BINGO!** Please bring a **GREEN**, desirable, unwrapped (new or used) gift for the Bingo prize table. Dress in **GREEN** and wear your **GREEN** 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, March 16, 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 Martha's Senior Gourmet. **FREE!**

WHAT'S FOR LUNCH (95096 6/50/MPN) Thursday, March 24, 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 "Beefy Onion Bake." 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, March 11, 2:15 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

NIGHT AT THE ARTISAN (95005W 4/30/Artisan Theater) The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's play "Big Fish" for Thursday, March 3, 7:30 pm (doors open at 7 pm). Reservations are based on first come, first served availability. You must provide your own transportation to the theater. Tickets may be picked up at time of registration.



ADVENTURES IN ART EXHIBIT March 8 - 11 Come enjoy the artwork created by BISD's special needs students. Plan to meet the students and the teachers on Tuesday, March 8 at a special come and go reception 4:30 pm - 6:00 pm. Sponsored by BISD.



HERITAGE VILLAGE PRESENTS THE GRAND FAMILY PICNIC (Heritage Village Park) Wednesday, March 16, 11:00 am - 2:00 pm Pack a picnic lunch and lawn chairs or a blanket and come enjoy this outdoor event for the whole family! The fun in the park begins at 11:00 a.m. with free games and activities. The entertainment continues with a performance by Vocal Trash at noon. After you've enjoyed your picnic lunch, have a complimentary cupcake courtesy of the City of Hurst. No need to sign up.



DANCE WORKSHOP (92059W 1/50/MP) Wednesday, March 30, 2:00 pm - 3:20 pm Movers Unlimited, the TCC Northeast Campus dance company is excited to bring this dance workshop to the Senior Center. These pre-professional level students are experienced in a wide array of dance styles. Join them for some line dancing, partner dancing and more. Partners are not needed and all levels of dance enthusiast are welcome. Please sign up in advance so the students can best prepare for the class instruction. **FREE!**



BUSINESS, HEALTH & BENEFITS EXPO (95062W 1/300/MPN) Thursday, March 31, 10:00 am - 12:00 pm Get to know local businesses and the service and products they provide. Receive healthy living tips, educational information, opportunities for community involvement and take advantage of fitness demonstrations and mini workshops. A variety of free screenings will be available

including hearing, glucose, cataract, balance and spinal assessments, and more. Door prizes to be given away throughout the event. For this special event only, invite your friends that are 55+. **FREE!**

HEARING SCREENINGS WITH CONNECT HEARING (94027W 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. (Please note class is canceled for March 11.) Instructor: Fannette Welton. **FREE!**

Computer Club (93035 ^{1/16/Comp}) Monday, March 7 & 21, 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, March 15 & 22, 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}) Wednesday, March 2, 16 & 30, 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, March 10, 2:30 pm. Handmade charms made from clay. Instructor: Diana Conway. Class Fee \$5; Supply fee \$5.

Bead Mania I (91048 ^{1/8/CRB}) Thursday, March 17, 2:00 pm. Graduated bead necklace. Instructor: Diana Conway. Class fee \$5; Supply fee \$15.

Bead Mania II (91056 ^{1/8/SA}) Thursday, March 24, 2:30 pm. Crystal loop bracelet. Instructor: Diana Conway. Class fee: \$5; Supply fee \$12.

Crafty Corner II (91057 ^{1/10/CRB}) Thursday, March 31, 2:30 pm. Wood & fabric cross plank. Instructor: Diana Conway. Class fee \$5; Supply fee \$20.

Jewelry Repair (91026 ^{1/8/SA}) March 21, 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}) March 23, 11:00 am 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.

Glass Fusion Lessons (91073 ^{1/10/CRB}) Wednesday, March 23, 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}) March 11 & 18, 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.

You Can Paint with Oils (91074 6/15/SA) Friday, March 11, 9:30 am - 12:30 pm Painting title: "Spring Landscape with Redbud Trees." 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 am - 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, March 9, 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) March 2, 2:00 pm - 4:00 pm** Sponsor: Grace Hospice. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL) March 11, 11:00 am - 4:00 pm** Sponsor: Grace Hospice. **\$3/pp.**
- **Ladies 9-Ball Lessons (94053 2/8/BIL) March 14, 9:30 am—11:30 am.** Instructors: Ron Beall & Terry Maughan. Please sign up in advance. **Free!**
- **Mixed Doubles Pool (95086/Men. 95042/Ladies 7/14/BIL) March 16, 11:00am - 2:00 pm** Sponsor: Brandy Austin Law Firm. **FREE!**
- **9-Ball Singles Tournament (95029 8/24/BIL) March 18, 11:00 am—4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Texas Hold'em Tournament (95007 1/40/MPN) Wednesday, March 23, 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, March 18, 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, March 9 & 23, 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!**

Dominoes/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, March 21, 3:00 p.m. This month we will discuss "Delicious" by Ruth Richi. The new book to read will be "The Nightingale" by Kristin Hannah and it will be discussed in our April 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.**

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.

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 **\$12.50/ 5 classes**
- **Wednesdays (92062 5/30/MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$12.50/ 5 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10/4 classes** (Please note class on 3/31 is canceled.)

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 **\$12.50/5 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!**

EDUCATION & SEMINARS

Blood Pressure Checks (Front Lobby) 1st Wednesday each month, 10:00-11:00 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:

- Thursday, March 17, 9 am—11 am with Bridgette Williams, Humana.
- Thursday, March 24, 10 am—11 am with Celia Neyra, Nations Insurance Solutions.

Educate DFW: The Hidden Dangers of Your Retirement (94001 1/20/Conf) Tuesday, March 8, 1:00 pm - 2:00 pm. You are more than likely going to live longer than you think! If you are 60 years old, the day you started working, most people planned to be in retirement about ten years. Today, you can expect a retirement that's two to three times longer...at least. It would be difficult to overemphasize the ramifications of longevity. Managing it may require more savings, perhaps a different kind of growth, and certainly a lot more careful planning to make your money last. Whether you will receive Social Security or another pension, they remain a key component in retirement planning for most. This is a vital piece of retirement income. It is important to learn how to maximize your benefits and organize all of your assets to get optimal income. Come join us for a fun and information packed class about you and your money! Instructor: Angela Tveden. **FREE!**

Health Talk: Infection Prevention (94056 1/25/SA) March 9, 1:00 pm Sepsis (blood poisoning) is a life threatening illness caused by your bodies response to infection. Dorie Bennett, ICU Clinical Nurse Leader at North Hills Hospital will bring an informative session on prevention of sepsis and staph infections. Sponsored by North Hills Hospital. **FREE!**

Edward Jones Presents: Annuities and Insurance Part II (94040 1/24/Conf) 2nd Friday each month at 10:00 am. Come learn about annuities and insurance strategies/uses. How they are set correctly to maximize your income and minimize taxes. An opportunity for specific questions will be available after class. 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. Instructor: Adam Davenport. **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, March 16, 2:00 to 4:00 pm Bob Shultz will present American Eurocopter and now Air Bus Helicopter Company. This is an exciting history of creative design, world competition, and future of the World's Largest annual sales of helicopters. 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.

Health for Me (94071 8/25/CRB) Tuesdays, March 29 - May 3, 10:00 am - 12:30 pm Take control of your health! Learn better ways to live with chronic conditions like heart disease, diabetes, asthma and arthritis and get insights on how to better take care of someone who has a chronic disease. This six-week self-management program was developed by Stanford and is taught by a trained instructor. Must commit to attending all classes. Sponsored by Tarrant County Health. **Free!**

- Live better with high blood pressure, heart disease, diabetes, arthritis and other chronic conditions.
- Develop skills to cope with your condition
- Improve energy levels and reduce pain
- Learn to make the best choices for your condition and lifestyle.

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

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!**

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 Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. *(Please note class on Wednesday, 3/30 is canceled.)*

- **Wednesdays (92057 ^{5/30/MPS})** 4:00 pm, Instructor: Rosy Pritchett **\$10/4 classes**
- **Fridays (92061 ^{5/30/MPS})** 10:00 am, Instructor: Rosy Pritchett **\$7.50/3 classes**

Ageless Grace (92007 ^{5/30/MPS}) Thursdays, 10:30 am - 11:15 am Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for ageing youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are \$2.50 each, payable at the beginning of each month. \$10/4 classes. Try your first class for free. *(Please note class canceled 3/31.)*

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/Jackie Lea. **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/Jackie Lea. **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}) Friday, March 4, 11:00 am - 12:30 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.**

March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>See "Open Activities" for additional continuous classes and programs.</p> <p>Please Check In Each Time You Arrive!</p>	<p>8:00 SIGN UPS BEGIN</p> <p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 Email Only 10:00 Matter of Balance Wrkshp 10:00 Quilter's Lab 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</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 4:00 Strengthen on Mat 5:45 Fit Start I</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 6:00 Potluck Bingo 7:30 Night at the Artisan</p>	<p>9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Relax, Renew, Restore 1:00 Fitness Orientation (92028) 1:00 Movie and Munchies</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 5:45 Fit Start I</p> <p><i>BISD Adventures in Art Exhibit All this week!</i></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 Quilter's Lab 10:00 Dominoes 42 Lessons 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 1:00 Educate DFW 2:30 Hatha Yoga 3:45 Chair Yoga 4:30 BISD Artist Reception</p>	<p>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 11:30 Conversational Spanish 1:00 Health Talk 2:00 Birthday Party 4:00 Strengthen on Mat 5:45 Fit Start I</p>	<p>8:30 Breakfast Club 9:00 Hearing Screenings 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Crafty Corner I 7:00 Dance - Bill G Band</p>	<p>9:30 iPad/iPhone 9:30 You Can Paint w/Oils 10:00 Strengthen On Mat 10:00 Edward Jones Presents 10:00 Café Exchange 11:00 8-Ball Singles Tournament 11:00 Happy Hatters 1:00 Fitness Orientation (92029) 2:15 Newcomers Connection 3:00 Simple Sewing Repairs</p>
<p>9:00 Fit Start II 9:00 Art Addicts 9:30 Ladies 9-Ball Lessons 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>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Texas Hold'em Practice 10:00 Quilter's Lab 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 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 (92025)</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Hawaiian Dance 11:00 Mixed Doubles Pool 11:00 HVP: Grand Family Picnic 2:00 History of Aviation 2:00 Bingo In The Afternoon 4:00 Strengthen on Mat 5:45 Fit Start I</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 Medicare Counseling 10:00 Writing Group 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Bead Mania I 6:00 Glass Fusion (open)</p>	<p>9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 9-Ball Singles Tournament 1:00 Fitness Orientation (92030) 1:00 Bunco 3:00 Simple Sewing Repairs</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 3:00 Book Club 5:45 Fit Start I</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 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>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 9:30 Glass Fusion Lessons 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 HSAC Crafting 11:00 Hawaiian Dance 11:30 Conversational Spanish 2:00 TX Hold'em Tournament 4:00 Strengthen on Mat 5:45 Fit Start I</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Grief Support 10:00 Medicare Q&A 10:00 Writing Group 10:30 Ageless Grace 11:30 What's for Lunch? 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II 7:00 Dance - Pete & Patti</p>	<p>Senior Center Closed For Holiday</p>
<p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Massage & Reflexology 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Hawaiian Dance 2:00 Dance Workshop w/TCC 4:00 Strengthen on Mat 5:45 Fit Start I</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 am - 12:00 pm Business, Health & Benefits Expo</p>	<p>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>

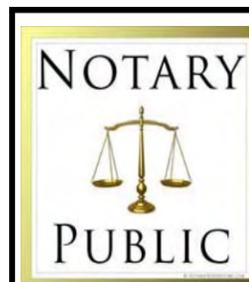
"A Quick Bite"
Tuesdays
Only
\$5

*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

- March 1: Loaded Baked Potato
- March 8: Jambalaya
- March 15: Chicken Spaghetti
- March 22: French Bread Pizza
- March 29: Taco Salad



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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