

Senior Center SNAPS

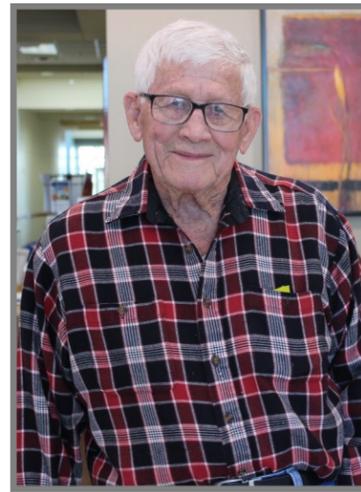
the SENIOR PIPELINE

APRIL
2016

Get Active and Get Involved!

Check out the calendar for new events and programs!

- Document Shredding
- Collette Tours Presents
- Animal Shelter Drive
- Stroke Prevention
- HVP: Concert in the Park
- It's a Girl Thing



Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.
 Thursday 7 a.m. - 9 p.m.
 Friday 7 a.m. - 7 p.m.
 Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

www.hursttx.gov/hsac



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>

SENIOR PIPELINE TIDINGS

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 | • Humana |
| • Brandy Austin Law Firm | • Hurst Plaza |
| • Brown & Freeman | • Lexington Place |
| • Busy B's Bakery | • Lion Hospice |
| • Connect Hearing | • Martha's Senior Gourmet |
| • Custom Fit Insurance | • Meadowood At the Vinyards |
| • Donut Plaza | • Mid-Cities Pharmacy |
| • Educate DFW | • Nations Insurance |
| • Edward Jones, Adam Davenport | • Parkwood Retirement |
| • First Hurst Donuts | • Shield Awards & Promotions |
| • Gotta Go Tours | • Smile Donuts |
| • Grace Hospice | • Tenderheart Home Health |
| • Heartland Bedford | • Kreigh & Carol Valkenaar |
| • Heritage Village Residences | |

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 |

Author: Maurine LeCocq, HSAC Journalist

***Sleek, big and small.
 Curly, soft, smooth, wiry hair.
 They bark and growl, meow and hiss.
 They all share one desire.
 They need and want a home.***

I recently visited the Hurst Animal Shelter to get my "puppy fix". I love animals but at our ages my husband feels it is no longer wise to have a pet. . .too much chance for trips and falls resulting in broken bones. The Hurst Animal Shelter has a small room where people can sit and interact with potential adoption candidates of their choice. While these animals wait for someone to adopt them, there are many needs. **Items needed include:**

-  High efficiency liquid laundry, soap, bleach, and liquid dish soap
-  Dry/wet dog and cat food, and treats
-  Non-scoopable cat litter
-  Cat and dog collars of all sizes
-  Cat and dog toys
-  Kongs
-  Blankets
-  Kuranda Pet Bed (can be ordered on-line. carol@kuranda.com) or call [800-494-7122](tel:800-494-7122). It will be shipped to the shelter in your name.

They CAN NOT Use

- Sheets or pillows
- Anything filled with feathers
- Used collars or leashes

HSAC will be having a supply drive for the Hurst Animal Shelter the week of April 11-15. Your donations will be greatly appreciated by these homeless animals and the people there that faithfully care for them.

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

Canasta

Wednesdays 10:00 am - 12:00 pm

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

Health & Exercise

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

Connect Hearing

(94027V 1/25/Conference)

2nd Thursday of each month

9:00 am - 10:00 am

Get a FREE hearing screening and the basic facts on hearing loss signs, causes, and treatments so you can better understand this common problem.

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! Refreshment Sponsor: Lexington Place and Gotta Go Tours by Patti.

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

MOVIES & MUNCHIES (95001 5/75/MPN) Friday, April 15, 1:00 pm. Join us as we offer a current movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is "The Imitation Game." Benedict Cumberbatch stars as Alan Turing, the brilliant UK mathematician and computer scientist who helped the Allies secure victory in World War II by cracking the German enigma code. Rated PG-13. Please sign up in advance.

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

BREAKFAST CLUB (95015 10/50/MPN) Thursday, April 14, 8:30pm Wake up and get up to the Senior Center for a hearty breakfast. Enjoy a fresh made waffle, sausage patty, juice, and coffee. Fresh fruit sponsored by Connect Hearing. **\$3 per person.**

HAPPY HATTERS MEETING (95040 1/75/MPN) Friday, April 8, 10:00am Hostess of the month Helen Robertson invites you to join this fun group of women for a trip to the Omni Theater Fort Worth! We will meet at the Senior Center and then carpool to the destination. We will begin with lunch at the Montgomery St. Restaurant and then go to the theater. Tickets for the theater are \$7 and can be purchased at the door. 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 and can reservations for lunch accordingly!

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

WHAT'S FOR LUNCH (95096 6/50/MPN) Thursday, April 28, 11:30am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only \$3 per person. This month's main menu item is "Lasagna." 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, April 8, 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



COLLETTE TOURS PRESENTS (95043X 1/30/CRC) Thursday, April 7, 10:00am Thinking about making travel plans? Join Collette Tours representative Chris Keith as he presents two fabulous tours that you will not want to miss! Hit Europe this fall with the "Spotlight on London" tour departing October 5, 2016. Early booking discount for London ends 4/29/16.

It's not too early to start thinking ahead to 2017 as we have a great itinerary put together for the "Southern California New Year's Celebration" featuring the Tournament of Roses Parade. Early booking discount for this tour ends July 23. Brochures available at the front desk. Reservations are now open for these tours, so book NOW!

DOCUMENT SHREDDING Friday, April 22, 10 am - 12 pm Start your spring cleaning by bringing all those unwanted documents and files to the Senior Center to be shredded and securely recycled by First Shred. **FREE!**



NIGHT AT THE ARTISAN (95005X 30/30/Artisan Theater) The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "Bye Bye Birdie" for Wednesday, April 20, 7:30 pm (doors open at 7 pm.) This musical

was inspired by the drafting of Elvis Presley into the Army in the 50's. Rock-n-Roll star "Conrad Birdie" is drafted into the army. Before going overseas, he is to go on the Ed Sullivan Show, where he will give one lucky girl from his fan club a real "last kiss."! Sign up early as seats go fast. Once reservations are closed, we encourage you to put your name on the wait list in the event of cancellations. You must provide your own transportation to the theater. Tickets will be available for pick up on Monday, April 18.

HERITAGE VILLAGE PRESENTS: CONCERT IN THE PARK (Heritage Village Park) Friday, April 29, 7:00pm Gather up the family, a picnic dinner and blanket or lawn chairs and take in the music of the Northeast Orchestra at Heritage Village Park. **FREE!**



WOMEN'S EVENT: It's a Girl Thing! (95045X/Fashion Show; 95026X/Buffer Stations 20/300/MP) Friday, April 29, 10:00am

Ladies, come enjoy shopping, a fashion show, a variety of mini buffet stations and more. Fashion show is facilitated by Taylor Marie's Mobile Fashions. Vendor booths will be open 10 am—12:30 pm; mini buffet stations will open at 11:30—12:15; Fashion show will begin at 12:30. Fashion show is **FREE!** You must purchase tickets for the mini

buffet stations. 5 stations, \$1 per ticket/station.

WINSTAR CASINO TRIP (95016X 45/56/bus) Wednesday, May 4, 8:00am - 6 pm It's time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. Registration opens April 1 and will close April 29. You must sign up in advance. Please plan to arrive early for departure as the bus will leave

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 no class on April 15.) Instructor: Fannette Welton. **FREE!**

Computer Club (93035 ^{1/16/Comp}) **Monday April 4 & 18, 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, April 5 & 19, 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, April 13 & 27, 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, April 7, 2:30 pm.** Fairy Garden. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Bead Mania I (91048 ^{1/8/CRB}) **Thursday, April 14, 2:30 pm.** "Diamond" necklace with pendant. Instructor: Diana Conway. Class fee \$5; Supply fee \$15.

Bead Mania II (91056 ^{1/8/SA}) **Thursday, April 21, 2:00 pm.** Beaded Ceiling Fan Pull. Instructor: Diana Conway. Class fee: \$5; Supply fee \$10.

Crafty Corner II (91057 ^{1/10/CRB}) **Thursday, April 28, 2:30 pm.** Microwave Hot Baker. Sewing experience is required. Instructor: Diana Conway. Class fee \$5; Supply fee \$8.

Basics of Calligraphy (91075 ^{1/10/CRB}) **Wednesday, April 13, 10 am – 12 pm** This class will introduce students to the art of calligraphy or serve as a review for intermediate students. Learn the tools for lettering and how to use them properly, with an emphasis on understanding pen angle, stroke sequence and spacing. 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.

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

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}) **April 8 & 22, 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, April 15, 9:30 am - 12:30 pm Painting title: "Bluebonnets Up Close with Cowboy Hat." 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!**

Jewelry Repair (91026 1/8/SA) April 25, 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) April 27, 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.

FUN & GAMES & GROUPS

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

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

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

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

Music & Song (95035 5/100/MPN) Mondays 2:15 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, April 6 & 20, 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 and customs Please sign up so we can ensure enough class room space. **FREE!**

Book Club (94078 1/20/Conf) Monday, April 18, 3:00 p.m. This month we will discuss "The Nightingale" by Kristin Hannah. The new book to read will be "In Bitter Chill" by Sarah Ward and it will be discussed in our May 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!**

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

Learn a New Game! Please sign up so instructors can plan properly. No experience necessary. All lessons are free!

- **Pinochle Lessons (94065 1/16/CRC) 1st Tuesday each month, 10:00 am - 12:00 pm.** Instructor: Raymond Friesen.
- **Canasta Lessons (94019 1/16/Game Room) Wednesdays 10:00 am - 11:00 am** Instructor: Barbara Brown.
- **Texas Hold'em Practice (94012 1/16/CRC) 3rd Tuesday each month, 10:00 am - 12:00 pm** Instructor: Terry Mesler.

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

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

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

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

- **Tuesdays (92003 5/30/MPN)** 10:30 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, April 21, 9 am—11 am with Bridgette Williams, Humana.
- Thursday, April 28, 10 am—11 am with Celia Neyra, Nations Insurance Solutions.

Educate DFW: The Hidden Dangers of Your Retirement (94001 1/20/Conf) Tuesday, April 12, 1:00 pm - 2:00 pm. Most Americans will need some type of long-term care service in their later years, women need care longer than men. Knowledge is power. Join us for a class full of information so you can make the choice that's BEST for YOU!! Instructor: Angela Tveden. **FREE!**

Health Talk (94056 1/25/SA) Wednesday, April 13, 1:00 pm Learn to stay healthy and informed from this leader in health care delivery systems through a discussion of up to date medical information and resources. Sponsored by: Wellmed Medical Group. **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, April 20, 2:00 to 4:00 pm Bob Shultz will present Bell Helicopter Company. This takes from inception, early helicopters, Vietnam era, today's, and tomorrows. Their headquarters is located in Hurst, Texas. Please sign up at the front desk.

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!**

Edward Jones Presents: "Will I Have Enough Money to Last Through Retirement?" Part II (94040 1/24/Conf) 2nd Friday each month at 10:00 am. Come learn if your investments, tax strategies, RMD's, etc. are set correctly to maximize your income. Opportunity for specific questions will be available after class. Adam is offering a complimentary 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!**

Emergency Preparedness and Response (95106 6/75/MPN) Thursday, April 14, 10:00am - 11:00am Do you know what to do in the event of an emergency? The Hurst Fire Department will help you get prepared and ready to respond. Learn tips on making and maintaining your own personal emergency kit and how to develop a family emergency plan. Also learn about The Hurst Community Emergency Response Team (CERT) training program. Hosted by: The Happy Hatters of Hurst. **FREE!**

ABC's of Medicare (94058 1/16/Conf) Wednesday, April 6, 1:00 pm Learn about different parts of Medicare, their program coverage, benefits and costs. Sponsored by Nations Insurance Solutions. **FREE!**

Stroke Prevention (94066 1/25/MPN) Friday, April 22, 11:00 am Stroke Coordinator, Jodi Webster, from North Hills Hospital will be here to present the risk factors, recognition and prevention of stroke. Please sign up for this informative presentation. **FREE!**

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!**

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 \$12.50/5 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.

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}) Thursday, April 21, 3:00 pm - 4:30 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**
- **Yoga Private Sessions** By appointment. Sign up at front desk. **\$35/hr.**

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
See "Open Activities" for additional continuous classes and programs.	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.		Donations are being accepted For the Hurst Animal Shelter April 11-15 See inside the Senior Pipeline for List of needed items.	8:00 SIGN UPS BEGIN 8:00 Winstar Trip Reservations 8:00 Artisan Theater Reservations 9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 1:00 Fitness Orientation (92027)
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 9:00 E-mail Only 10:00 Health for Me 10:00 Pinochle Lessons 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	9:00 Tai Chi 9:00 Fit Start II 10:00 Blood Pressure Checks 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Canasta Lessons 10:15 ZUMBA Gold 11:00 Hawaiian Dance 11:30 Conversational Spanish 1:00 ABC's of Medicare 2:00 Ladies Powder Puff Pool 4:00 Strengthen on Mat 5:45 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:00 Collette Tours Presents 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 2:30 Crafty Corner I 6:00 Potluck Bingo	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Happy Hatters 10:00 Edward Jones Presents 10:00 Café Exchange 11:00 8-Ball Singles Tournament 1:00 Fitness Orientation (92028) 2:15 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 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 Health for Me 10:00 Quilter's Lab 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Educate DFW 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92025)	9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Canasta Lessons 10:00 Basics of Calligraphy 10:15 ZUMBA Gold 11:00 Hawaiian Dance 1:00 Health Talk 2:00 Birthday Party 4:00 Strengthen on Mat 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 Emergency Preparedness 10:00 Writing Group 10:30 Ageless Grace 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 Café Exchange 9:30 You Can Paint w/Oils 1:00 Fitness Orientation (92029) 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 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 Health for Me 10:00 Texas Hold'em Practice 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	9:00 Tai Chi 9:00 Fit Start II 10:00 Ask a Pharmacist 10:00 Canasta Lessons 10:15 ZUMBA Gold 11:00 Hawaiian Dance 11:00 Mixed Doubles Pool 11:30 Conversational Spanish 12:30 42 Player Luncheon 2:00 History of Aviation 2:00 Bingo In The Afternoon 4:00 Strengthen on Mat 5:45 Fit Start I 7:30 Night at the Artisan	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 II 3:00 Relax, Renew, Restore 6:00 Glass Fusion (open)	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange Document Shredding 10:00-12:00 11:00 Stroke Prevention 1:00 Fitness Orientation (92030) 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 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 Health for Me 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 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 Beginner Quilt Making 10:00 Canasta Lessons 10:00 Massage & Reflexology 10:15 ZUMBA Gold 11:00 HSAC Crafting 11:00 Hawaiian Dance 2:00 TX Hold'em Tournament 4:00 Strengthen on Mat 5:45 Fit Start I	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 Crafty Corner II 7:00 Dance - Now & Then	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 9-Ball Singles Tournament Women's Event: It's Girl Thing 10:00-1:00 1:00 Fitness Orientation (92031) 1:00 Bunco 7:00 HVP: Concert in the Park

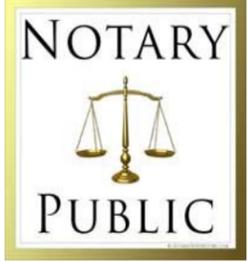
"A Quick Bite"
Tuesdays
Only
\$5

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

- April 5: Loaded Baked Potato
- April 12: Parmesan Chicken
- April 19: Oriental Chicken Salad
- April 26: Chicken and Biscuits



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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