

# Senior Center SNAPS



# the SENIOR PIPELINE

JUNE 2016

Get Active and Get Involved!



*Check out the calendar for new events and programs!*

- Happy Hatters: Tour of DFW Terminal D
- Men's BBQ Luncheon
- Ice Cream Social
- Balance Screenings
- Line Dance Party



### 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](http://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**

Author: Maurine LeCocq, HSAC Journalist

It's bigger, better, colorful, and cheerful. Expect a fun filled day at the new Chisholm Aquatic's Center!

All Hurst Senior citizens will really enjoy the 3 ½ foot deep River Pool. Entry is easily accessible by stairs and one walk-in area. If you are 65+ you can enjoy the Aquatic's Center for free. Adult Water Aerobics classes for ages 16+ will be available for \$28 for a two week class. Scheduled free Senior Water Time is available from 7:30-8:15 AM on Tuesdays and Thursdays; but you must register in advance at the Hurst Recreation Center.

The Activity Pool looks like so much fun with its huge turtle watching over the little people. Lots of things are available for them to turn, pull and play with, including the short yellow tube and orange open slides. A large bucket drops water onto a roof that sprays them while they play.

The huge orange, yellow and blue slides promise a rapid descent from the top of the Slide Tower to the splash pool below. The 12' 6" deep Diving Pool has two regulation size diving boards.

The only things they saved from the old Chisholm Aquatic Center were the three covered pavilions. Everything else is brand new; including a huge covered pavilion that can handle 250 people. You can bring your own food and drinks or purchase available snacks and drinks from the Concession.

I strongly advise you to read your new "Where We Live" Hurst, Texas magazine. Read pages 54-61 to learn all about the new Aquatic Center Rules and Regulations. They are there for everyone's safety!

Safety is a big concern. Besides the lifeguards in their stations above the water, lifeguards will be on the ground to prevent accidents and injuries.

## Thank You!

- Artisan Theater
- Baylor Scott & White
- Brown & Freeman
- Busy B's Bakery
- Chateau of Wildbriar Lake
- Custom Fit Insurance
- Donut Plaza
- Educate DFW
- Edward Jones, Adam Davenport
- First Hurst Donut
- Heartland
- Heritage Village Residences
- Humana
- Hurst Plaza
- Lexington Place
- Lion Hospice
- Martha's Senior Gourmet
- Meadowood At the Vinyards
- Mid-Cities Pharmacy
- Nations Insurance
- North Hills Hospital
- Right at Home
- Shield Awards & Promotions
- Smile Donuts
- Tarrant County Health
- Tender Heart Home Health
- Kreigh & Carol Valkenaar

## Senior Center Staff

- |                 |                          |
|-----------------|--------------------------|
| Linda Rea       | Director                 |
| Michelle Varley | Activities Coordinator   |
| Laura Gore      | Administrative Asst.     |
| Linda Provence  | Asst. Activ. Coordinator |
| Ron Beall       | Part-Time Attendant      |
| Diana Conway    | Part-Time Attendant      |
| Tammy McDonald  | Part-Time Attendant      |
| Anthony Ochoco  | Part-Time Attendant      |

# 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

### 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

## 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 Sponsors: Martha's Senior Gourmet.

**POTLUCK BINGO! (95002 5/75/MP)** Thursday, June 2, 6:00 pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Chicken Spaghetti) drinks and prizes. Please sign up in advance. **FREE!**

**MOVIES & MUNCHIES (95001 5/75/MPN)** Friday, June 3, 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 "Saving Mr. Banks." The story of how Walt Disney courted P.L. Travers into letting him option the rights to Mary Poppins. Starring Tom Hanks, Emma Thompson and Colin Farrell. Walt Disney promises his adoring daughters that he will bring their favorite fictional nanny to the big screen. Little does he realize what a difficult endeavor it will be. Rated PG-13. Please sign up in advance. Sponsored by The Whole Estate.

**BREAKFAST CLUB (95015 10/50/MPN)** Thursday, June 9, 8:30 am Wake up and get up to the Senior Center for a hearty breakfast. Enjoy fresh made waffles with fruit and other toppings, sausage links, juice, and coffee. Special guest Police Chief Moore will join us! **\$3 per person.**

**BIRTHDAY PARTY (95006 6/75/MPN)** Wednesday, June 8, 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 Heritage House of Keller.

**HAPPY HATTERS MEETING (95040 1/75/MPN)** Friday, June 10, 9:00 am Hostess of the month Mary Wismann invites you to join this fun group of women for a tour of the DFW Airport Terminal D Art Exhibit and lunch at Spring Creek BBQ! We will meet at the Senior Center and then carpool to our destination. Wear your red hat and name badge! \$2 "Hatters' Fund" donation appreciated. Tour is free, but reservations are required. Please sign up at the front desk so we know you're coming!

**NEWCOMERS CONNECTION (94005 1/15/Conf)** Friday, June 10, 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!**

**BINGO IN THE AFTERNOON (95058 5/75/MP)** Wednesday, June 15, 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 Lexington Place. **FREE!**

**WHAT'S FOR LUNCH (95096 6/50/MPN)** Thursday, June 23, 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 "Parmesan Chicken." 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.

## SPECIAL EVENTS

**NIGHT AT THE ARTISAN (95005Z 30/30 Artisan Theatre)** The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "Chitty Chitty Bang Bang" for Wednesday, June 15, 7:30 pm (doors open at 7 pm.) Here comes a fantastic musical adventure with an out-of-this-world car that flies through the air and sails the seas. Based on the beloved 1968 film version of Ian Fleming's children's book, and featuring an unforgettable score by the Sherman Brothers (Mary Poppins), Chitty Chitty Bang Bang is one family-friendly blockbuster. 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. Reservations open Wednesday, June 1. Tickets will be available for pick up on Monday, June 13.

**CarFit Check (94017Z 6/24/Parking Lot)** Friday, June 3, 8:00 am - 2:00 pm. CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A team of trained technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. CarFit checks are **FREE** and take approximately 20 minutes to complete. You must schedule an appointment and sign up at the front desk. Sponsored by Baylor Scott & White and TxDot. **FREE!**

**Q&A WITH POLICE CHIEF MOORE (95069Z 5/100/MP)** Thursday, June 9, 9:30 am - 10:30 am. Chief Moore will be joining us for Breakfast Club and then review the 2015 Hurst Police Annual Report. He will also share information about current programs, neighborhood concerns and other issues pertinent to Hurst citizens. Plenty of time will be allowed for open discussion so bring your questions. Be sure to sign up for both Breakfast Club & Q&A.

**MEN'S LUNCHEON & POKER (Lunch/95028Z; Poker/95025Z 5/50/MPN)** Friday, June 17, 12:00 pm- 3:00 pm. Attention all men of the Senior Center! Join us for a fabulous BBQ lunch featuring smoked brisket, baked beans, potato salad and a special dessert. Lunch is \$4. Please sign up in advance. Following lunch join in on some classic Dealer's Choice Poker. No charge for poker playing, but please register so we are sure to recruit enough dealers.



**ICE CREAM SOCIAL (95030Z 5/150/MP)** Friday, June 24, 2:00 pm - 3:00 pm. It's time again for this summer favorite event. A variety of area businesses will be here to tempt your taste buds with their flavor of creamy goodness. Be prepared to try your old favorites as well as test some unique new flavors. Be sure to sign up early! **FREE!**

**MEDICATION BROWN BAG EVENT (95094Z 1/14/CR)** Wednesday, June 29, 1:00 pm- 3:00 pm. Bring all of your current medications in a "brown bag" and learn about their common uses, side-effects, and interactions with other medications. This includes: prescription medications, over-the-counter medicines, herbal medicines, vitamins and supplements. A pharmacist will go over them with you to: Review what you are taking; Make sure you are taking them right; and See if you can take fewer medicines. Appointment is recommended but not required. Brown bag review provided by the new Neighborhood Walmart Pharmacy located at the corner of Precinct Line Rd and West Pipeline. **FREE!**

**LINE DANCE PARTY (5/100/MP)** Thursday, June 30, 7:00-9:00 pm. Come on out to the Senior Center for an evening of just line dancing! Invite your friends to join in on the fun. Our Line Dance Party is open to the public and membership is not required. Barbara Albright and company will facilitate the music and dancing. No reservations or advanced sign up necessary. \$5 payable at the door. Light Refreshments will be served.

# 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. Please be sure that you sign up for the class if you plan to attend. 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.

**Facebook for Desktop Computers (93041 1/16/Comp)** **Friday, June 17, 2:30 pm - 3:30 pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, blocks others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Staff/Volunteer. **FREE!**

**Genealogy Club (93014 1/16/Comp)** **Friday, June 17, 1:00 pm - 2:30 pm** Bring your questions, research experience and other knowledge and share with the group. Instructor will be available to assist and will touch on the basics of some of the top free and paid genealogy websites to add to your family tree or preserve documents and photos to share with family and friends. Visit Ancestry.com, Find A Grave, and FamilySearch.org, among others. Instructor: Emily Johnson. **FREE!**

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

**E-mail Only (93027 1/16/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 1/16/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 Wind 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 1/16/Comp)** **Tuesdays, 11:30 am-12:30 pm** New topic each week for those ready to increase their computer skills. Instructor: Cecil Kearney

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

**Computer Club (93035 1/16/Comp)** **Monday June 13 & 27, 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!**

# CREATIVE ARTS

**Floral Arranging (91050 1/8/SA)** **Thursday, June 9, 2:30 pm. Floral Arranging.** How to make simple boutonniere and corsages. Instructor: Diana Conway. Class Fee \$5; Supply fee \$10.

**Bead Mania I (91048 1/8/CRB)** **Thursday, June 16, 2:00 pm.** Magnifying Necklace. Instructor: Diana Conway. Class fee \$5; Supply fee \$20.

**HSAC Crafting (91094 1/25/CRB)** **June 22, 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.

**Bead Mania II (91056 1/8/SA)** **Thursday, June 23, 2:30 pm.** Segmented Bracelet. Instructor: Diana Conway. Class fee: \$5; Supply fee \$8.

**Jewelry Repair (91026 1/8/SA)** **June 27, 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.

**Glass Fusion Lessons (91073 1/10/CRB)** **Wednesday, June 29, 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)** **June 10 & 24, 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!**



**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

## CREATIVE ARTS

**Art Addicts (91002 <sup>1/16/CRB</sup>) 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 <sup>1/16/CRB</sup>) 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 <sup>6/15/SA</sup>) Friday, June 10, 1:00 pm - 4:00 pm** Painting title: "Lavender Fields of Provence." 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 "Teacher 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. Instructor fee \$15; Supply fee \$18.

**Writing Group (94064 <sup>1/15/CRB</sup>) 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 <sup>1/8/SB</sup>) 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 <sup>1/12/SB</sup>) Tuesdays 10:00 am—1:00 pm** Instructor assistance with your project. Instructor: Jan Cook. \$25 monthly fee.

**Beginner Quilt Making (91047 <sup>1/12/SB</sup>) 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 <sup>1/12/SB</sup>) 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!**

**"Knot-a-Lot"(Open <sup>1/25/SB</sup>) 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!**

## FUN & GAMES & GROUPS

**Get Your Pics (lobby) Tuesdays, 14 & 28, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive . **FREE!**

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

- **Ladies Powder Puff Pool (95079 <sup>8/12/BIL</sup>) June 1, 2:00 pm - 4:00 pm** Sponsor: Chateau on Wildbriar Lake. **FREE!**
- **8-Ball Tournament/Singles (95078 <sup>8/24/BIL</sup>) June 10, 11:00 am - 4:00 pm** Sponsor: Tender Heart Home Health Care **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies <sup>7/14/BIL</sup>) June 15, 11:00 am - 2:00 pm** Sponsor: Right At Home. **FREE!**
- **9-Ball Singles Tournament (95029 <sup>8/24/BIL</sup>) June 24, 11:00 am—4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

**Spanish Club (94004 <sup>1/20/CRB</sup>) Wednesdays, 11:30 am** Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary and usage. Facilitated by class members. **FREE!**

**Bunco (95092 <sup>5/30/MPN</sup>) Thursday, June 23, 3:00 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

**Texas Hold'em Tournament (95007 <sup>1/40/MPN</sup>) Wednesday, June 22, 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.

**Music & Song (95035 <sup>5/100/MPN</sup>) 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 Carol Bradley for Karaoke and requests!
- 2nd & 4th Mondays join Michelle for hits from the decades!
- 3rd Monday join Linda Provence for all your old and new favorites!

**Book Club (94078 <sup>1/20/Conf</sup>) Monday, June 20, 3:00 p.m.** This month we will discuss "The Glass Castle" by Jeannette Walls. The new book to read will be "The Raven" by James Haley and it will be discussed in our July meeting. Facilitator: Elaine Wicker. **FREE!**

**Aircraft & Helicopter Science Group (95031 <sup>1/16/CRB</sup>) 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!**

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

- **Texas Hold'em Practice (94012 <sup>1/16/MPN</sup>)** 3rd Tuesday each month, 10:00 am - 12:00 pm Instructor: Terry Mesler.
- **Samba Canasta Lessons (94019 <sup>1/16/Game Room</sup>)** Wednesdays 10:00 am - 11:00 am Instructor: Barbara Brown.

# 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) 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 **\$12.50/ 5 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/ 5 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. (Gerald will be on vacation 6/6 & 6/8 so a DVD of him teaching class will be used during his absence. There will be no charge for the DVD held class.)

- **Mondays (92051 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$7.50/ 3 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 (Canceled 6/7) Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 pm Instructor: Kalyn Worthey

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

# EDUCATION & SEMINARS

**Blood Pressure Checks (Front Lobby) 1st Wednesday each month, 10:00-11:00 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 June 16, 9 am - 11 am with Bridgette Williams, Humana.
- Thursday, June 30, 10 am - 11 am with Celia Neyra, Nations Insurance Solutions.

**Health Talk (94056 1/25/SA) Wednesday, June 8, 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: North Hills Hospital. **Free!**

**Aztec History (94054 1/16/Conf) Thursday, June 9, 2:00- 3:30 pm.** Join amateur historian Pete Moreno as he shares his personal research on the history of the Aztecs through discussion, lecture and video commentary. **FREE!**

**IRS and Other Scams Presentation by the Hurst Police Department (95081 1/100/MPN) Monday, June 13, 10:00 am.** The IRS is urging consumers to be on guard. A new email scam has emerged that is targeting taxpayers. People are still being taken advantage of through phone scams, identity theft, fake charities and other schemes. Join Detective J. Hobbs, Hurst Police Department as he shares information on the most recent scams, what is happening in our area and what you can do to not fall victim to fraud. **FREE!**

**Edward Jones Presents (94040 1/24/Conf) 2nd Friday each month at 10:00 am.** "How do elections and a high market affect me, and what do my investments cost me?" Come learn about investing fundamentals, what moves to make, and address concerns you might have. There will be a drawing for a prize and Adam Davenport will be available for specific questions after class. **FREE!**

**Ask A Pharmacist: Seven Steps to Healthy Legs (94087 1/16/Conf) 3rd Wednesday of each month at 10:00 am** Are your legs swollen? Have leg cramps? Are they worse at night? Varicose veins? Poor circulation? Travel or sit often? Learn about current trends, drugs, and products to keep your legs healthy and looking well. Instructor: Aemad Aslam. Sponsored by Mid-Cities Pharmacy. **FREE!**

**History of Aviation (94030 1/20/CRB) Wednesday, June 15, 2:00 - 4:00 pm** Bob Shultz will present "Fly Girls" which the story of World War II Women's Air Force Service Pilots. They were trained and stationed in Sweetwater, Texas. President Roosevelt did not want women to fly combat. This is the story of what they did and their heroism. Please sign up at the front desk. **FREE!**

**Matter of Balance (94020Y 10/20/MPN) Tuesdays, May 24 - July 12, 10:00 am - 12:00 pm.** Class enrollment has already begun. If you are interested in participating, please check with instructor before enrolling. Award winning program designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise. Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Sponsored by Tarrant County Public Health. **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 <sup>3/15/HVR</sup>) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 <sup>3/15/HVR</sup>) \$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 <sup>3/15/HVR</sup>)**
- **Thursdays, 10:05 am - 10:45 am (92072 <sup>3/15/HVR</sup>)**

**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 <sup>3/15/HVR</sup>)**
- **Thursdays, 11:05 am - 11:45 am (92074 <sup>3/15/HVR</sup>)**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

# FITNESS/HEALTH/WELLNESS

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

- **Beginners Line Dance (92054 <sup>5/50/MP</sup>) Thursdays, 1:00 pm - 1:45 pm**
- **Intermediate Line Dance (92055 <sup>5/50/MP</sup>) Thursdays, 1:45 pm - 2:30 pm**

**Party Dance (92045 <sup>3/50/MP</sup>) Fridays, 11:15 am – 12:00 pm** Get your heart pumping while learning a variety of dances including salsa, tango, ball room and other partner dances as well as line dances and more. Instructor: Rosy Pritchett. (Please note class canceled 6/10.) **FREE!**

**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 cancellations: 6/8 & 6/10.)

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

**Ageless Grace (92007 <sup>5/30/MPS</sup>) 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. (Class on 6/23 is CANCELLED.) **\$10/4 classes.**

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

- **Hatha Yoga (92035 <sup>3/25/MPS</sup>) 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: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga (92053 <sup>3/25/MPS</sup>) 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: Debbie Melchiorre/Michelle Varley **FREE!**
- **Yoga Therapy (92052 <sup>3/15/MPS</sup>) 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 <sup>3/8/MPS</sup>) Thursday, June 16, 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**

<i>Monday</i>	<i>Tuesday</i> See	<i>Wednesday</i>
<p><b>Class schedules are subject to change. Please check with the front desk for class changes or cancellations.</b></p>	<p><b>"Open Activities" for additional continuous classes and programs.</b></p> <p><b>Sign Ups Begin!</b> <b>JUNE 1</b> <b>8:30 am</b></p>	<p><b>1</b></p> <p>9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making <b>10:00 Blood Pressure Checks</b> 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Hawaiian Dance <b>11:30 Spanish Club</b> <b>2:00 Ladies Powder Puff Pool</b> 4:00 Strengthen on Mat 5:45 Fit Start I</p>
<p><b>6</b></p> <p>9:00 Fit Start II - DVD 9:00 Art Addicts 10:00 Quilter's Choice <b>10:00 Café Exchange</b> 12:15 Multi-Media Painting <b>1:00 Yoga Therapy</b> 2:15 Music &amp; Song 5:45 Fit Start I</p>	<p><b>7</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab <b>10:00 Matter of Balance</b> 10:15 Windows 10 <del>10:30 ZUMBA Gold</del> 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p>	<p><b>8</b></p> <p>9:00 Tai Chi 9:00 Fit Start II - DVD 10:00 Beginner Quilt Making <b>10:00 Samba Canasta Lessons</b> 10:15 ZUMBA Gold 11:00 Hawaiian Dance <b>11:30 Spanish Club</b> <b>1:00 Health Talk</b> <b>2:00 Birthday Party</b> <del>4:00 Strengthen on Mat</del> 5:45 Fit Start I</p>
<p><b>13</b></p> <p>9:00 Fit Start II 9:00 Art Addicts <b>10:00 Quilter's Choice</b> 10:00 Café Exchange <b>10:00 IRS &amp; Other Scams</b> 12:15 Multi-Media Painting <b>1:00 Yoga Therapy</b> <b>1:00 Computer Club</b> 2:15 Music &amp; Song 5:45 Fit Start I</p>	<p><b>14</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab <b>10:00 Matter of Balance</b> 10:15 Windows 10 <b>10:30 ZUMBA Gold</b> 11:30 Intermediate Computers 1:00 Quilter's Block of the Week <b>2:00 Get Your Pics</b> 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92025)</p>	<p><b>15</b></p> <p>9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:15 ZUMBA Gold <b>10:00 Ask A Pharmacist</b> 10:00 Samba Canasta Lessons 11:00 Hawaiian Dance <b>11:30 Spanish Club</b> 11:00 Mixed Doubles Pool 2:00 History of Aviation <b>2:00 Bingo In The Afternoon</b> 4:00 Strengthen on Mat 5:45 Fit Start I <b>7:30 Night at the Artisan</b></p>
<p><b>20</b></p> <p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice <b>10:00 Café Exchange</b> 12:15 Multi-Media Painting <b>1:00 Yoga Therapy</b> 2:15 Music &amp; Song <b>3:00 Book Club</b> 5:45 Fit Start I</p>	<p><b>21</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 9:00 E-mail Only <b>10:00 Texas Hold'em Practice</b> 10:00 Quilter's Lab <b>10:00 Matter of Balance</b> 10:15 Windows 10 <b>10:30 ZUMBA Gold</b> 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p>	<p><b>22</b></p> <p>9:00 Tai Chi 9:00 Fit Start II 10:00 Samba Canasta Lessons 10:00 Beginner Quilt Making 10:15 ZUMBA Gold <b>11:00 HSAC Crafting</b> 11:00 Hawaiian Dance <b>2:00 Texas Hold'em Tournament</b> 4:00 Strengthen on Mat 5:45 Fit Start I</p>
<p><b>27</b></p> <p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice <b>10:00 Café Exchange</b> 12:15 Multi-Media Painting <b>1:00 Yoga Therapy</b> <b>1:00 Computer Club</b> <b>1:00 Jewelry Repair</b> 2:15 Music &amp; Song 5:45 Fit Start I</p>	<p><b>28</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab <b>10:00 Matter of Balance</b> 10:15 Windows 10 <b>10:30 ZUMBA Gold</b> 11:30 Intermediate Computers 1:00 Quilter's Block of the Week <b>2:00 Get Your Pics</b> 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92026)</p>	<p><b>29</b></p> <p>9:00 Tai Chi 9:00 Fit Start II 9:30 Glass Fusion Lessons 10:00 Samba Canasta Lessons 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Hawaiian Dance <b>11:30 Spanish Club</b> <b>1:00 Medication Brown Bag</b> 4:00 Strengthen on Mat 5:45 Fit Start I</p>

<i>Thursday</i>	<i>Friday</i>
<p><b>2</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 10:00 Writing Group <b>10:30 Ageless Grace</b> 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing <b>2:00 Aircraft &amp; Helicopter</b> <b>6:00 Potluck Bingo</b></p>	<p><b>3</b></p> <p><b>8:00 CarFit Check</b> <b>9:30 iPad/iPhone</b> 10:00 Strengthen On Mat <b>10:00 Café Exchange</b> <b>11:15 Party Dance</b> 12:00 Fitness Orientation (92027) <b>1:00 Movie and Munchies</b></p>
<p><b>9</b></p> <p><b>8:30 Breakfast Club</b> <b>9:30 Q&amp;A with Chief Moore</b> 9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 10:00 Writing Group <b>10:30 Ageless Grace</b> 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing <b>2:00 Aztec History</b> 2:30 Floral Arranging <b>7:00 Dance - Doc Gibbs Band</b></p>	<p><b>10</b></p> <p><b>9:00 Happy Hatters</b> 9:30 iPad/iPhone <del>10:00 Strengthen On Mat</del> <b>10:00 Edward Jones Presents</b> <b>10:00 Café Exchange</b> 11:00 8-Ball Singles Tournament <del>11:15 Party Dance</del> 1:00 Fitness Orientation (92028) <b>1:00 You Can Paint With Oils</b> <b>2:15 Newcomers Connection</b> 3:00 Simple Sewing Repairs</p>
<p><b>16</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles <b>9:00 Humana</b> 10:00 Writing Group <b>10:30 Ageless Grace</b> 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Bead Mania I <b>3:00 Relax, Renew, Restore</b> 6:00 Glass Fusion</p>	<p><b>17</b></p> <p><b>9:30 iPad/iPhone</b> 10:00 Strengthen On Mat <b>10:00 Café Exchange</b> 11:15 Party Dance <b>12:00 Men's Lunch &amp; Poker</b> 1:00 Fitness Orientation (92029) <b>1:00 Genealogy Club</b> <b>2:30 Facebook for Desktop</b></p>
<p><b>23</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles 10:00 Writing Group <del>10:30 Ageless Grace</del> <b>11:30 What's for Lunch</b> 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II <b>3:00 Bunco</b> <b>7:00 Dance - Pete 'n Patti</b></p>	<p><b>24</b></p> <p><b>9:30 iPad/iPhone</b> 10:00 Strengthen On Mat <b>10:00 Café Exchange</b> 11:00 9-Ball Singles Tournament <b>11:15 Party Dance</b> 1:00 Fitness Orientation (92030) <b>2:00 Ice Cream Social</b> 3:00 Simple Sewing Repairs</p>
<p><b>30</b></p> <p>9:00 Fit Start I 9:00 Ceramics &amp; Wine Bottles <b>10:00 Medicare Q &amp; A</b> 10:00 Writing Group <b>10:30 Ageless Grace</b> 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing <b>7:00 Line Dance Party</b></p>	<p><b>MASSAGE &amp; REFLEXOLOGY</b></p> <p><b>Wednesdays</b></p> <p><b>10:00 am—11:00 am</b> <b>By Appointment</b></p>

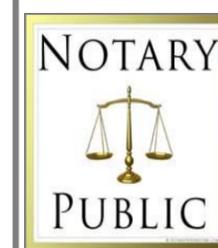
"A Quick Bite"  
Tuesdays  
Only  
\$5

*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

- June 7: Baked Potato
- June 14: Mexican Cornbread
- June 21: Strawberry Chicken Salad
- June 28: Meatball Stroganoff



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.

### Document Scanning

Need a document scanned so you have it in a digital format? Ask the front desk about this free service for our members. Limit of 10 pages. You must have an email address or provide a thumb drive. **FREE!**

