

Senior Center SNAPS



the SENIOR PIPELINE

AUGUST 2016

Get Active and Get Involved!

-
- Annual Luau & Member Mixer
- Ask a Pharmacist
- Retirement Talk
- Registration for the 2016 Craft & Holiday Market Begins

Check out the calendar for new events and programs!



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

Get Connected with



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

By: Maurine LeCocq, HSAC Journalist

Here come those ladies in Red Hats again! It's Celebration Time. . .their 5th Anniversary. . .and they're ready to party!



Believe me when I say these ladies love to party, visit new places, have new experiences, play games, and eat, eat, eat. **Whether it's a pot luck at HSAC, lunch at the Garden Restaurant at the Fort Worth Botanical Gardens with a tour of the Japanese Gardens afterwards, a trip to Clark's Garden in Mineral Wells and enjoying sack lunches following a delightful tour of the Gardens, or the wonderful Lady Bug Picnic that the Red Hats put on to honor all the women of the Senior Center. Believe me. . .you haven't lived until you have attended their Annual Death By Chocolate Luncheon!** And they **love** to shop. These ladies have a happy, joyful, fun time together. Friendships have been formed. They look out for each other, care for each other **and support each other. There's lots of laughter.**

Members of the Happy Hatters of Hurst will celebrate their 5th Anniversary at HSAC on Friday, August 12th at 11 AM with a luncheon. Be sure to wear your Red Hats, purple outfits, and your name tags. This promises to be a **fun event you won't forget!**

Thank You!

- Artisan Theater
- Brookdale Senior Living
- Brown & Freeman
- **Busy B's Bakery**
- City of Hurst Fire Department
- CoreBenefits
- Custom Fit Insurance
- Donut Plaza
- Educate DFW
- Edward Jones, Adam Davenport
- First Hurst Donut
- Heartland
- Heritage Village Residences
- Humana
- Hurst Plaza
- Meadowood At the Vinyards
- Mid-Cities Pharmacy
- Nations Insurance
- North Hills Hospital
- Parkwood Retirement
- Shield Awards & Promotions
- Smile Donuts
- Tarrant County Health
- Tender Heart Home Health
- Kreigh & Carol Valkenaar
- Walgreen's

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 |
| Gayle Stevens | 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

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!

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.

POTLUCK BINGO! (95002 5/75/MP) **Thursday, August 4, 6:00 pm** Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Assorted Casseroles) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) **Friday, August 5, 1:00pm.** Join us as we offer a current movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is "Aloha." A disgraced military defense contractor (Bradley Cooper) is rehired by an old boss to oversee the launch of a weapons satellite in Hawaii. Upon his arrival he reconnects with an old love (Rachel McAdams) but finds himself becoming increasingly attracted to an Air Force pilot (Emma Stone) assigned to watch over him. Rated PG-13. Please sign up in advance.

BREAKFAST CLUB (95015 10/50/MPN) **Thursday, August 11, 8:30am** Wake up and get up to the Senior Center for a hearty breakfast. Enjoy breakfast enchiladas and burritos, fresh fruit, juice, and coffee. Fresh fruit sponsored by Golden Outlook. **\$3 per person.**

BIRTHDAY PARTY (95006 6/75/MPN) **Wednesday, August 10, 2:00pm** Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. Please sign up. **FREE!** Sponsored by Tenderheart Home Health.

Happy Hatters' Meeting (95040 1/75/MPN) **Friday, August 12, 2016, 11:00am.** The Happy Hatters of Hurst are celebrating their 5th Anniversary! All Hatters are invited to attend our celebration. Lunch will be provided along with fun, games and prizes. HHH history questions will be asked. Study your directories. Please wear red hats, purple attire & name badges. \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

NEWCOMERS CONNECTION (94005 1/15/Conf) **Friday, August 12, 2:15pm.** 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, August 17, 2:00pm.** Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Hurst Plaza Nursing & Rehabilitation. **FREE!**

WHAT'S FOR LUNCH (95096 6/50/MPN) **Thursday, August 25, 11:30am** Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is **only \$3** per person. This month's main menu item is "Sloppy Joe Casserole." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

SPECIAL EVENTS



FROZEN FRIDAYS (95023H 5/150/MP) **Fridays, July 1 - August 26, 3:00 pm — 3:30 pm** The much anticipated Frozen Friday is back! Stop by the multi-purpose room kitchen window this summer at 3 pm for a **FREE!** frozen treat every Friday. Treats will vary and sugar free options will be available upon request. (Please note that due to the Member Mixer, Frozen Friday is canceled on 8/19.)

CRAFT & HOLIDAY MARKET EXHIBITOR REGISTRATION (91093H 1/75/MP) Exhibitor registration begins Monday, August 1, 8:00 am for Hurst Senior Center Members. Open registration begins August 15, 7:00 am. Registration forms will be available at the front desk on July 25. Craft & Holiday Market is Friday, October 21, 9 am—6 pm.

EAT SMART, LIVE STRONG: HEALTH & NUTRITION WORKSHOP (94010H 10/30/MPN) **Three Mondays, August 8, 15 & 22, 10:00 am - 11:00 am.** Get a fresh start to a healthier you! Join Tiffany from Tarrant County Health for LIVE cooking demonstrations. Learn how to make a healthy version of Beef Goulash and a Fruit Salad that everyone will enjoy. Free samples and recipes for all attendees. Attend all 3 classes and receive a FREE cooking gadget! There is a class minimum that must be met, so please register in advance in order to ensure class makes. **FREE!**

NIGHT AT THE ARTISAN (95005H 30/30 Artisan Theatre) The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "Starlight Express" for Wednesday, August 10, 7:30 pm (doors open at 7 pm.) One of the liveliest rock/pop scores in Broadway history, it tells the story of Rusty the Steam Train, and his underdog attempting to defeat his rivals Greaseball and Electra (and maybe get the attention of pretty first-class coach, Pearl, along the way)! **It's a thrilling chase around and through the audience as a dozen trains race to decide who wins the title of the "Fastest Engine in the World!"** 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 Monday, August 1. Tickets will be available for pick up on Monday, August 8.



MEMBER MIXER - HAWAIIAN STYLE (95039H 1/350/MP) **Friday, August 19, 1:00 - 3:00 pm** You are invited to our 7th Annual Summer Party. Put on your tropical attire and plan to spend the afternoon at the Senior Center enjoying a festive Hawaiian atmosphere, entertainment, food and fun! Catch up with old friends and meet some new ones. Please RSVP by August 12th. **FREE!** Sponsors include: Brookdale Senior Living, Parkwood Retirement, Walgreens.

SELF-DEFENSE FOR SENIORS (95091H 1/15/MPN) **Wednesday, August 31, 2:00 pm** Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Class will include lecture as well as hands on training. Taught in a relaxed and fun environment by instructor David Scott who holds a Black Belt in Karate. Free!

COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. 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.

Computer Club (93035) 1/16/Comp Instructor Dave Thompson is taking vacation. Look for the class to return in September.

iPad and iPhone (93042) 1/16/Comp **Fridays, 2:00 pm - 3:00 pm** Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. Instructor: Fannette Welton. (Class canceled 8/5 & 8/19.) **FREE!**

Get Your Pics (lobby) **Tuesdays, August 9 & 23, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

Windows 10 (93004) 1/16/Comp **Tuesdays, 10:00 am - 12:00 pm** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. (Please note there is not a class 8/2.) **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

Facebook for Desktop Computers (93041) 1/16/Comp **Friday, August 5, 11:00 am - 12:00 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: Emily Johnson. **FREE!**

Genealogy Club (93014) 1/16/Comp **Friday, August 5, 10:00 am - 11:00 am** 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!**

Android Phone Basics (93030) 1/16/Comp **Wednesday, August 10, 3:00 pm - 4:00 pm** Class will help users develop a general understanding of their device. If you need assistance with setting up email or other accounts- please bring user name and password information with you to the class. Instructor: Anthony Ochoco. **FREE!**

More Android Phone (93023) 1/16/Comp **Wednesday, August 24, 3:00 pm - 4:00 pm** Do you feel like you have a general understanding of how to use your device but want to learn how to really maximize your investment? This is the class for you. Instructor: Anthony Ochoco. **FREE!**

CREATIVE ARTS



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.**

Floral Arranging (91050) 1/8/SA **Thursday, August 11, 4:00 pm.** Mesh and silk flower wreath. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Bead Mania I (91048) 1/8/CRB **Thursday, August 18, 2:00 pm.** Two hole bead bracelet. Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

HSAC Crafting (91094) 1/25/SA **The last Wednesday of the month at 11:00 am and Thursdays, 12:00 pm - 2:00 pm** 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, August 25, 2:30 pm.** Large bead and leather earring and necklace set. Instructor: Diana Conway. Class fee: \$5; Supply fee \$16.

Jewelry Repair (91026) 1/8/SA **Monday, August 22, 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, August 31, 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 **2nd Tuesday at 2:00 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.

Call for Display Case Contributors

Each month we come up with a theme for the display case in the West Hall and ask our members to contribute by allowing us to showcase their personal collections and/or items that go with the theme.



For the month of August, we will be featuring Hawaiian and Beach inspired memorabilia and collectibles in honor of our Member Mixer on the 19th.

Items should be clearly labeled with name and phone number. You can bring your items to the front desk July 25-29. Items will be on display August 1-26. Please plan to pick your items up during the last week of the month.

CREATIVE ARTS

Art Addicts (91002 ^{1/16/CRB}) Mondays, 9:00 am - 11:00 am and Fridays 10:00 am - 3:00 pm 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, August 5, 1:00 pm - 4:00 pm Painting title: "Destin's Emerald Coast." 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 ^{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!**

"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!**

Simple Sewing Repairs (91009 ^{1/8/SB}) August 12 & 26, 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!**

FUN & GAMES & GROUPS

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

- **Ladies Powder Puff Pool (95079 ^{8/12/BIL}) August 3, 2:00 - 4:00 pm FREE!**
- **8-Ball Tournament/Singles (95078 ^{8/24/BIL}) August 12, 11:00 - 4:00 pm** Sponsor: The Wellington. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men. 95042/Ladies ^{7/14/BIL}) August 17, 11:00 am - 2:00 pm FREE!**
- **9-Ball Singles Tournament (95029 ^{8/24/BIL}) August 26, 11:00 am - 4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Spanish Club (94004 ^{1/20/CRB}) Wednesdays, 11:00 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. Facilitators: Don Kersey, Harry Kier, David Hyland. **FREE!**

Bunco (95092 ^{5/30/MPN}) Thursday, August 25, 3:00 pm Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Sue Brown, Brown & Freeman, LLC. **FREE!**

Texas Hold'em Tournament (95007 ^{1/40/MPN}) Wednesday, August 24, 2:00 pm - 4:00 pm Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Sponsored by: Mike Smith, Custom Fit Insurance.

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!**

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 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 ^{1/20/Conf}) Monday, August 15, 3:00 p.m. This month we will discuss "No Place Like Home" by Mary Higgins Clark. The new book to read will be "Circling the Sun" by Sarah Ward and it will be discussed in our September meeting. Facilitator: Elaine Wicker. **FREE!**

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

- **Marbles & Jokers (94073 ^{1/16/MPN})** 2nd Thursday each month, 10:00 am - 12:00 pm A fast-paced strategic game that will keep you entertained for hours! Similar to Parcheesi or Sorry® but your fate is in the cards you hold. Your cards control how many spaces you move. Some move you forward, while others move you back. Others allow you to split your move between two men. Holding a Joker gives you an advantage to move Home quickly while sending your opponent back to Start. Just when you think you may be close to winning, someone can play a Joker and send you packing! It's a race around the board to be the first player or team to get all 5 men into Home...but you'll need a bit of strategy and a lot of luck to win! Instructor: Jean Freeman.
- **Texas Hold'em Practice (94012 ^{1/16/MPN})** 3rd Tuesday each month, 10:00 am - 12:00 pm Instructor: Terry Mesler.
- **Samba Canasta Lessons (94019 ^{1/16/Game Room})** 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 (92020; 92041;92042;92043) 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 **\$12.50/ 5 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/ 5 classes**
- **Wednesdays (92062 5/30/MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$12.50/ 5 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10/ 4 classes**

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

- **Mondays (92051 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$12.50/ 5 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$12.50/ 5 classes**

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

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

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:

- Monday, August 1, 10:00 am - 11:00 am with Mike Smith, Custom Fit Insurance.
- Thursday August 18, 9:00 am - 11:00 am with Bridgette Williams, Humana.
- Thursday, August 25, 10:00 am - 11:00 am with Celia Neyra, Nations Insurance Solutions.

Hor d'oeuvres with Educate DFW: All About Annuities (94001 1/50/MPN) Tuesday, August 9, 5:30 pm Join Angela Tvedten for some light snacks as she answers the question, "Annuities... are they good or are they bad? Things have changed a lot in the last few years. Come learn all about annuities so you can decide for yourself. Topics to be covered include:

- What is an annuity?
- How does it work?
- What are the different types?
- Are there tax benefits to annuities?

Insurance Happy Hour (94039 1/30/SA) Friday, August 12, 2:00 - 3:00 pm Come join us to make sure you have all your ducks in a row and to be able to pass this knowledge onto your loved ones! We will learn what steps to take and what items we need in place in the event of the unexpected. Sponsored by Stephanie Knudson, CoreBenefits. **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, August 17, 2:00 - 4:00 pm Bob Shultz will present the History of Boeing Aircraft Company from inception to today. Please sign up at the front desk. **FREE!**

Edward Jones Presents (94040 1/24/Conf) 2nd Friday each month at 10:00 am. Come learn about Life Insurance. What kinds there are and how they can be used as a great financial strategy. There will be a drawing for a prize and Adam Davenport will be available for specific questions after class. **FREE!**

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

Health Talk (94056 1/25/SA) Wednesday, August 10, 1:00 pm What people do before a disaster or emergency can make a dramatic difference in their ability to cope with and recover from it. Learn what steps you can take to be prepared. You will also learn about the Hurst Ambulance Subscription Service. Sponsored by: Hurst Fire Department. **FREE!**

Prepare for Open Enrollment (94015 1/16/Conf) Friday, August 26, 10:00 am Fall Open Enrollment is the time of year when you can change your Medicare coverage. You can do this by joining a new Medicare Advantage Plan or by joining a new stand-alone prescription drug plan (PDP). You can also switch to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage Plan during this time. Join Mike Smith, Custom Fit Insurance, to find out what you need to know to prepare for open enrollment and to choose what is right for you. **FREE!**

Retirement Planning Made Simple (95044 1/16/Conf) Wednesday, August 31, 1:00 pm If you've ever wondered what to do first? How/where do I get my health insurance? Can I still get long term care? Can I still get tax free income? Can I still continue to grow my money risk free? Should I sell my home/rent it/gift it? We will help answer some of these questions and more. Sponsored by Nations Insurance Solutions. **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 & 92076) 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})**
- **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})**

Monday	Tuesday	Wednesday	Thursday	Friday
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. (Please note: Intermediate class canceled on 8/18.)

- **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

Party Dance (92045 ^{3/50/MP}) **Wednesdays, 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. **FREE!**

Strengthen On Your Mat (92061 ^{5/30/MPS}) Fridays 10:00 am - 11:00 am. 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: 8/26.) Instructor: Rosy Pritchett **\$7.50/3 classes**

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

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: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga (92053 ^{3/25/MPS})** **Tuesdays, 3:45 - 4:45 pm** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Yoga Therapy (92052 ^{3/15/MPS})** **Mondays, 1:00 pm - 2:00 pm** Yoga Therapy is the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month. **\$20/5 classes.**
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS})** **Monday, August 29, 10:30 am–12:00 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**

Monday

8:00 Sign Ups Begin
 9:00 Fit Start II
 9:00 Art Addicts
 10:00 Quilter's Choice
 10:00 Café Exchange
10:00 Medicare Counseling
 12:15 Multi-Media Painting
1:00 Yoga Therapy
 2:15 Music & Song
 5:45 Fit Start I

1

Tuesday

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
10:00 Quilter's Lab
~~10:00 Windows 10~~
 10:30 ZUMBA Gold
1:00 Quilter's Block of the Week
 2:30 Hatha Yoga
 3:45 Chair Yoga

2

Wednesday

9:00 Tai Chi
 9:00 Fit Start II
 10:00 Beginner Quilt Making
10:00 Blood Pressure Checks
 10:00 Samba Canasta Lessons
 10:15 ZUMBA Gold
 11:00 Spanish Club
 11:15 Party Dance
2:00 Ladies Powder Puff Pool
 5:45 Fit Start I

3

Thursday

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
 10:00 Writing Group
 10:30 Ageless Grace
12:00 HSAC Crafting
 1:00 Beg. Line Dancing
 1:45 Inter. Line Dancing
 2:00 Aircraft & Helicopter
6:00 Potluck Bingo

4

Friday

10:00 Strengthen On Mat
 10:00 Café Exchange
 10:00 Art Addicts
10:00 Genealogy Club
11:00 Facebook for Desktop
 1:00 Fitness Orientation (92027)
1:00 You Can Paint With Oils
1:00 Movie and Munchies
 2:00 iPad/iPhone
3:00 Frozen Friday

5

9:00 Fit Start II
 9:00 Art Addicts
 10:00 Quilter's Choice
10:00 Eat Smart, Live Strong
 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

8

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
 10:00 Quilter's Lab
10:00 Windows 10
 10:30 ZUMBA Gold
1:00 Quilter's Block of the Week
2:00 Get Your Pics
 2:00 Glass Fusion
 2:30 Hatha Yoga
 3:45 Chair Yoga
5:30 Educate DFW & Hors d'oeuvres
 6:00 Fitness Orientation (92025)

9

9:00 Tai Chi
 9:00 Fit Start II
 10:00 Beginner Quilt Making
 10:00 Samba Canasta Lessons
 10:15 ZUMBA Gold
 11:00 Spanish Club
 11:15 Party Dance
1:00 Health Talk
2:00 Birthday Party
3:00 Android Phones Basics
 5:45 Fit Start I
7:30 Night at the Artisan

10

8:30 Breakfast Club
 9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
10:00 Marbles & Jokers
 10:00 Writing Group
 10:30 Ageless Grace
12:00 HSAC Crafting
 1:00 Beg. Line Dancing
 1:45 Inter. Line Dancing
 4:00 Floral Arranging
7:00 Dance - Classic Country

11

10:00 Strengthen On Mat
10:00 Edward Jones Presents
 10:00 Café Exchange
 10:00 Art Addicts
11:00 Happy Hatters Meeting
 11:00 8-Ball Singles Tournament
 1:00 Fitness Orientation (92028)
 2:00 iPad/iPhone
2:00 Insurance Happy Hour
2:15 Newcomers Connection
 3:00 Simple Sewing Repairs
3:00 Frozen Friday

12

9:00 Fit Start II
 9:00 Art Addicts
 10:00 Quilter's Choice
10:00 Eat Smart, Live Strong
 10:00 Café Exchange
 12:15 Multi-Media Painting
1:00 Yoga Therapy
 2:15 Music & Song
3:00 Book Club
 5:45 Fit Start I

15

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
 10:00 Quilter's Lab
10:00 Windows 10
 10:00 Texas Hold'em Practice
 10:30 ZUMBA Gold
1:00 Quilter's Block of the Week
 2:30 Hatha Yoga
 3:45 Chair Yoga

16

9:00 Tai Chi
 9:00 Fit Start II
 10:00 Beginner Quilt Making
 10:00 Samba Canasta Lessons
 10:15 ZUMBA Gold
 11:00 Mixed Doubles Pool
 11:00 Spanish Club
 11:15 Party Dance
 2:00 History of Aviation
2:00 Bingo In The Afternoon
 5:45 Fit Start I

17

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
9:00 Humana
 10:00 Writing Group
 10:30 Ageless Grace
12:00 HSAC Crafting
 1:00 Beg. Line Dancing
 1:45 Inter. Line Dancing
 2:00 Bead Mania I

18

10:00 Strengthen On Mat
 10:00 Café Exchange
 10:00 Art Addicts
 1:00 Fitness Orientation (92029)
 2:00 iPad/iPhone
 3:00 Frozen Friday

19

**1:00—3:00
 MEMBER MIXER
 Hawaiian Style**

9:00 Fit Start II
 9:00 Art Addicts
 10:00 Quilter's Choice
 10:00 Café Exchange
10:00 Eat Smart, Live Strong
 12:15 Multi-Media Painting
 1:00 Yoga Therapy
~~1:00 Computer Club~~
1:00 Jewelry Repair
 2:15 Music & Song
 5:45 Fit Start I

22

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
 10:00 Quilter's Lab
10:00 Windows 10
 10:30 ZUMBA Gold
1:00 Quilter's Block of the Week
2:00 Get Your Pics
 2:30 Hatha Yoga
 3:45 Chair Yoga
 6:00 Fitness Orientation (92026)

23

9:00 Tai Chi
 9:00 Fit Start II
 10:00 Beginner Quilt Making
 10:15 ZUMBA Gold
 10:00 Samba Canasta Lessons
 11:00 Spanish Club
 11:15 Party Dance
2:00 Texas Hold'em Tournament
3:00 More Android Phones
 5:45 Fit Start I

24

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
 10:00 Writing Group
 10:00 Medicare Q&A
 10:30 Ageless Grace
11:30 What's For Lunch
12:00 HSAC Crafting
 1:00 Beg. Line Dancing
 1:45 Inter. Line Dancing
 2:30 Bead Mania II
3:00 BUNCO
7:00 Dance - Pete & Patti

25

10:00 Strengthen On Mat
 10:00 Café Exchange
 10:00 Art Addicts
10:00 Prepare for Enrollment
 11:00 9-Ball Singles Tournament
 1:00 Fitness Orientation (92030)
 2:00 iPad/iPhone
 3:00 Simple Sewing Repairs
3:00 Frozen Friday

26

9:00 Fit Start II
 9:00 Art Addicts
 10:00 Quilter's Choice
 10:00 Café Exchange
10:30 Relax, Renew, Restore
 12:15 Multi-Media Painting
1:00 Yoga Therapy
 2:15 Music & Song
 5:45 Fit Start I

29

9:00 Fit Start I
 9:00 Ceramics & Wine Bottles
 10:00 Quilter's Lab
10:00 Windows 10
 10:30 ZUMBA Gold
1:00 Quilter's Block of the Week
 2:30 Hatha Yoga
 3:45 Chair Yoga

30

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 HSAC Crafting
 11:00 Spanish Club
 11:15 Party Dance
1:00 Retirement Plan Made Simple
2:00 Self Defense for Seniors
 5:45 Fit Start I

31

**MASSAGE &
 REFLEXOLOGY**

**Wednesdays
 10:00 am—11:00 am
 By Appointment**

**See
 "Open Activities"
 for additional continuous
 classes and programs.**

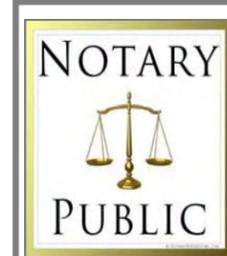
"A Quick Bite"
Tuesdays at Noon
Only \$5

You choose your main entrée..
 All meals come with a cup of
 soup, and a dessert.
 See front desk for menu.

Place your order and pay at the
 front desk by 10 am on Tuesday.
 Pick up orders noon to 1 pm.

Upcoming Entrée Menu

- August 2: Baked Potato**
- August 9: Enchiladas**
- August 16: Chef Salad**
- August 23: Sweet & Sour Chicken**
- August 30: Chicken Tetrazzini**



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!**

