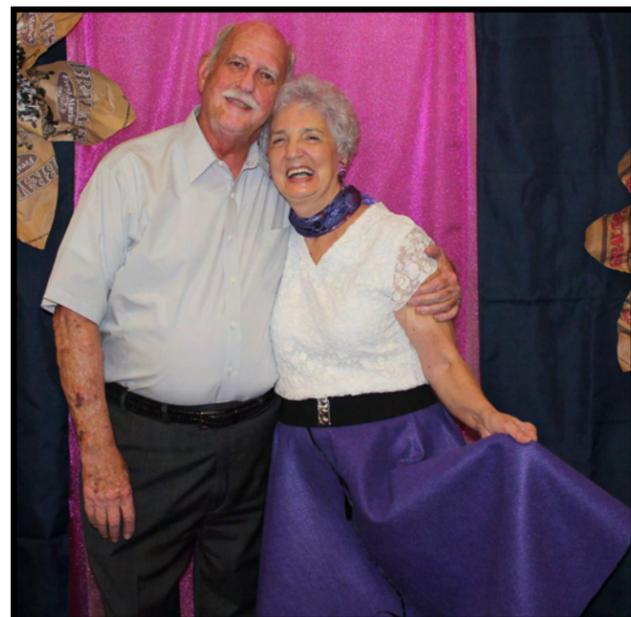


Senior Center SNAPS



the SENIOR PIPELINE

SEPTEMBER 2016

Get Active and Get Involved!

Check out the calendar for new events and programs!

-
- HVP: Salsa-n-Salsa
- AARP Driver Safety Training
- Happy Hatters Museum Outing
- For Love & Art
- Ball Room Dance Lessons
- Vaccination Clinic



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 CON - KC FONTS



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!

- Always Best Care
- Artisan Theater
- Brown & Freeman
- Busy B's Bakery
- Core Benefits
- Custom Fit Insurance
- Donut Plaza
- Educate DFW
- Edward Jones, Adam Davenport
- First Hurst Donut
- Heartland
- Heritage Village Residences
- Humana
- Hurst Plaza
- Keller Oaks
- Meadowood at the Vineyards
- Mid-Cities Pharmacy
- Nations Insurance
- North Hills Hospital
- Riverside Inn
- Shield Awards & Promotions
- Smile Donuts
- Tarrant County Health
- Tender Heart Home Health
- Kreigh & Carol Valkenaar
- Walgreen's
- What's Poppin' Texas

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

By: Maurine LeCocq, HSAC Journalist

Did you know that last year there were several hundred students in the H.E.B. School District that are considered homeless? These children are not in the physical custody of their parents or legal guardians. Some are living in an informal placement with relatives. Some live in very transitory living arrangements. Homeless students can be found in *any* grade in our schools.

Sandy Sparks, a retired teacher from L.D. Bell High School and a participant in the **quilter's group**, discussed this problem with the HSAC Quilters about a year ago. That conversation resulted in their decision to take on a new project. . .making backpacks for some of the homeless children. Linda Manning, the official material cutter, cut out 75 backpacks that quilters sewed up and completed. These very special ladies decided to make this an on-going project. Kudos to quilters Adelle Claruss, Jan Cook, Dora Gainer, Sharon Lambert, Jeanne Livingston, Linda Manning, Phyllis Murphy, Sandy Sparks, and Janet Van Donk.

In conjunction with this project HSAC has been collecting basic personal hygiene care items that these students do not have readily available, but really need, for these backpacks. Items like hand soap, toothbrushes and toothpaste, shampoo, combs, hair brushes and hair spray. The older boys and girls need razors, shaving cream, and deodorant. The older girls need personal feminine products.

Two baskets were placed on a table in the lobby for these donations. Kudos to you wonderful HSAC members who have been diligently placing personal items, that the homeless students do not have, in these baskets. The 2016-2017 school year began August 22nd. Since this will be an on-going project, please consider donating whatever items you can provide for these homeless students. You are making a big difference in **these children's lives.**

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 KC FONTS 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 KC FONTS CRAFTS KC FONTS MISC KC FONTS

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.

WHAT'S FOR LUNCH (95096 6/50/MPN) **Thursday, September 8, 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 "Mozzarella Chicken." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

HAPPY HATTERS' MEETING (95040 1/75/MPN) **Friday, September 9, 2016, 9:00am.** Hostess of the month Reva Willes invites you to join this fun group of women for a tour of the Christian Art Museum and lunch at Gloria's Latin Cuisine. We will meet at the Senior Center and then carpool to our destination. Please 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, September 9, 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!**

BIRTHDAY PARTY (95006 6/75/MPN) **Wednesday, September 14, 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 Always Best Care & Keller Oaks.

POTLUCK BINGO! (95002 5/75/MP) **Thursday, September 15, 6:00pm** Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Pasta Salad) drinks and prizes. Please sign up in advance. **FREE!**

BREAKFAST CLUB (95015 10/50/MPN) **Thursday, September 22, 8:30am** Wake up and get up to the Senior Center for a hearty breakfast. Enjoy biscuits & sausage gravy, fresh fruit, juice, and coffee. **\$3 per person.**

BINGO IN THE AFTERNOON (95058 5/75/MP) **Wednesday, September 21, 2:00pm.** Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Riverside Inn. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) **Friday, September 23, 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 "Elsa and Fred," the story of two people who at the end of the road, discover that it's never too late to love and make dreams come true. Starring Shirley McClain and Christopher Plummer. Rated PG-13. Please sign up in advance.

SPECIAL EVENTS

HERITAGE VILLAGE PRESENTS: SALSA-N-SALSA (Heritage Village Park) **Thursday, September 1, 6:00-8:00 pm.** This fun family event is back for the fourth year! Bring a lawn chair or blanket and come enjoy an outdoor concert by the salsa band, Havana NRG at 7:00 pm. Work on your dance moves before the concert with free salsa lessons at 6:00 pm. While **you're enjoying the music of Havana NRG, refresh with a glass of agua fresca provided free of charge** by the Hurst Public Library and check out the Latin food vendors onsite with items for purchase.

NIGHT AT THE ARTISAN (95005I 30/50/Artisan Theater) The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "Rodgers & Hammerstein's State Fair" for Wednesday, September 28, 7:30 pm (doors open at 7 pm.) This story is about the Frake family as they leave their farm for three days of adventure at the annual State Fair. Mom and Dad set their sights on blue ribbons, while their son and daughter find romance. Sign up early as seats go fast. Once reservations are closed, we encourage you to put your name on the wait list. You must provide your own transportation to the theater. Tickets will be available for pick up on Monday, September 26.

BALLROOM DANCE LESSONS (92056I 10/40/MPN) **Fridays, September 9 - November 11, 11:00 am** We are so excited to bring this dance opportunity to the Hurst Senior Activities Center. **Mark & Susan O'Brien** are seasoned dancers and instructors. They have performed throughout the metroplex, the Texas State Fair, Oklahoma Follies and other venues. They will be bringing this special 8 week class series to the HSAC. Lessons are free of charge, but you must be a member of the Senior Center in order to participate. (Sept. 30 class canceled)

FOR LOVE & ART (95034I 10/300/MP) **Thursday, September 15, 11:00 am** For Love & Art is a non-profit organization that brings museum collections and the art experience to you. Treasures from great American Art Museums are shared through virtual Museum Art Books and Art Book Videos. Come enjoy the video of these inspiring and uplifting images from the collections of museums such as The Metropolitan Museum of Art, The National Gallery of Art, The J. Paul Getty Museum, and others. A light snack and beverage will be provided. **FREE!**

ZUMBA & SALSA DANCE PARTY (95072I 1/100/MPN) **Wednesday, September 21, 11:00 am - 1 :00 pm** Come celebrate Mexican Independence Day with the Wednesday Zumba Gold & Party Dance Classes. Enjoy a performance by the class, join in on some dance lessons yourself, listen to some lively music and share in some festive food. Please sign up if you plan to attend! **FREE!**

VACCINATION CLINIC (95049I 1/75/MPN) **Thursday, September 29, 9:00 – Noon** Get immunized here! Registered pharmacists will be administering vaccines including influenza, pneumonia, shingles and tetanus. Remember to bring both your medical and prescription insurance cards. \$0 out of pocket expense, based upon your insurance coverage. It is highly recommended that you schedule an appointment time, however, it is not required and walk ins are welcome. Sponsored by Mid-Cities Pharmacy.

FAMILY VARIETY SHOW (95018I 1/300/MP) **Friday, September 30, 4:00 pm – 5:00 pm.** Come enjoy The Family Variety Show by performers Kenden Dean and Cast. These talented performers will make you laugh with some improve, engage you in the drama with a scene from one of their plays, bring you up on stage to help in a life-size puppet show, or move you with a musical performance or poem. Seating is limited, so reserve your seat **NOW** at the front desk! **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}) Look for the class to return in October.

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. Instr.: Fannette Welton. **FREE!**

Genealogy Club (93014 ^{1/16/Comp}) **Friday, September 23, 10:00 am - 11:30 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!**

Windows 10 (93004 ^{1/16/Comp}) **Tuesdays, 10:00 am - 11:00 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

Applications Introduction (93022 ^{1/8/Comp}) **Tuesdays, 11:15 am - 12:15 pm** Come to this class that features a different topic each week. Learn the basics of MS Word and MS Excel. Just in time for the holidays the last two weeks of each month will focus on creating digital cards. Bring a thumb drive with you to save your work. Instructor: Cecil Kearney. **FREE!**

Android Phone Basics (93030 ^{1/16/Comp}) **Wednesday, September 14, 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!**

- placing and receiving phone calls
- sending text messages
- adding and updating contacts
- connecting to Bluetooth devices
- utilizing the camera
- connecting your device to a Wi-Fi network

More On Android Phones (93023 ^{1/16/Comp}) **Wednesday, September 28, 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!**

- Security options
- syncing your social media accounts
- capturing screenshots
- transferring and backing up files

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.

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.

Floral Arranging (91050 ^{1/8/SA}) **Thursday, September 8, 2:30 pm.** Sunflower swag for front door. Instr: Diana Conway. Class Fee \$5; Supply fee \$16.

Bead Mania I (91048 ^{1/8/CRB}) **Thursday, September 15, 2:30 pm.** Mosaic Pendant Necklace . Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

Bead Mania II (91056 ^{1/8/SA}) **Thursday, September 22, 2:30 pm.** Come make this Double Ladder-Stitch Bracelet! Instr: Diana Conway. Class fee: \$5; Supply fee \$8.

Jewelry Repair (91026 ^{1/8/SA}) **Monday, September 26, 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, September 28, 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 September, we will be featuring sports memorabilia. Items should be clearly labeled with name and phone number. September items will be on display September 1 - 30. 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 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.

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 month.

You Can Paint with Oils (91074 ^{6/15/SA}) Friday, September 16, 9:30 am - 12:30 pm Painting title: "Into the Dreamy Woods in Watercolor." 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. Instructor fee \$15; Supply fee \$18.

Quilter's Choice (91024 ^{1/12/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 ^{1/6/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}) September 9 & 23, 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

Get Your Pics (lobby) Tuesday, September 13 & 27, 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 ^{8/12/BIL}) September 7, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 ^{8/24/BIL}) September 9, 11:00 - 4:00 pm** Sponsor: Heartland Bedford. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies ^{7/14/BIL}) September 21, 11:00 am - 2:00 pm** Sponsor: Heartland Bedford. **FREE!**
- **9-Ball Singles Tournament (95029 ^{8/24/BIL}) September 30, 11:00 am - 4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Book Club (94078 ^{1/20/Conf}) Monday, September 19, 3:00 pm This month we will discuss "Circling the Sun" by Sarah Ward. The new book to read will be "The Invention of Wings" by Sue Monk and it will be discussed in our October meeting. Facilitator: Elaine Wicker. **FREE!**

Texas Hold'em Tournament (95007 ^{1/40/MPN}) Wednesday, September 28, 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!**

Bunco (95092 ^{5/30/MPN}) Thursday, September 22, 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!**

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!**

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/CRC})** 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.

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!**

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. (David will be out of town September 16—October 3. No appointments on 9/21 & 9/28, please.)

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 **\$7.50/ 3 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**
- **Wednesdays (92062 5/30/MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$10.00/ 4 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.

- **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 **\$10.00/ 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

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. Class canceled 9/21 & 9/28. Instructor: David Hyland. **FREE!**

EDUCATION & SEMINARS

Medicare Q & A (Front Lobby) Thursday, September 29, 10—11 am The Medicare program is made up of several "parts" that offer various benefits, hospital ins (Part A), medical ins for doctors' services (Part B), and prescription drug coverage (Part D). Sponsored by: Nations Insurance Solutions.

Medicare Seminar (94032 5/25/CRC) **Thursday, September 15, 10:00 am** Learn about Medicare plan options, 2017 Medicare updates and how to apply for extra help on prescriptions. Complimentary refreshments. Sponsored by Humana. Free!

History of Aviation (94030 1/20/CRB) **Wednesday, September 21, 2:00 - 4:00 pm** Bob Shultz will present Harrier Aircraft with LTV's "Rapid Site" landing pad. Pad could withstand 3,000 degree temperature and was developed in 1964 to 1967. Why can't we use it on F-35B today? **FREE!**

Widows/Widowers What's Next? (94081 1/16/CR) **Thursday, September 8, 10:00 am** Questions and Answers. How long should I wait to make those hard decisions? What's priority? Who do you trust? Sponsored by: Celia Neyra, Nations Insurance. **FREE!**

AARP Driver Safety Program(94049 1/20/CRC) **Tuesday, September 6, 9:00 am - 2:00 pm** Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check. Bring your driver's license. Please note that class will be going through lunch and we offer "A Quick Bite" for \$5. separately. Space limited. Registration opens 8/18. Instructor: John Chreno.

Health Talk (94056 1/25/SA) **Wednesday, September 14, 1:00 pm** Learn about stroke prevention from this leader in health care delivery systems. Sponsored by: North Hills Hospital. **FREE!**

Edward Jones Presents (94040 1/24/Conf) **2nd Friday each month at 10:00 am.** Come learn about Long Term Care Insurance and alternatives. 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. Sponsored by Walgreens on Precinct Line. **FREE!**

Self Defense For Seniors (95091 1/15/MPN) **Monday, September 12, 10:00 am** 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!**

Dinner With Educate DFW : Taxes, Retirement and RMD's (94001 1/50/MPN) **Thursday, September 29, 6:00 pm** Join Angela Tvedten for a complimentary dinner while you learn valuable financial information as you approach retirement. The IRS will soon want your IRA! Baby boomers who own a traditional IRA, 401(k) or other tax deferred account will soon have to face taking their required minimum distributions (RMD's). Come prepared to get answers to your questions. **FREE!**

Matter Of Balance (94020 10/20/MPN) **Tuesdays, September 20 - November 8, 10:00 am - 12:00 pm** Designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Sponsored by Tarrant County Public Health. Please sign up in advance. **FREE!**

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 3/15/HVR) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 3/15/HVR) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 3/15/HVR) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 3/15/HVR) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 3/15/HVR) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 3/15/HVR) \$5/month**

Purchase a 5 class Punch Card (92075 & 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	WEDNES	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.

- **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!** (No class on 9/21).

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. 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 aging 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. **\$12.50/5 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. **\$12.00/3 classes.**
- **Relax, Renew & Restore Yoga Workshop (92060 3/8/MPS) Monday, September 26, 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**

September

2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>See "Open Activities" for additional continuous classes and programs.</p>	<p>MASSAGE & REFLEXOLOGY</p> <p>Wednesdays 10:00 am—11:00 am By Appointment (No appointments for September 21 & 28)</p>	<p>Craft and Holiday Market</p> <p>Registration forms are available at the front desk. Craft & Holiday Market is Friday, October 21, 9 am—6 pm.</p>
<p>CLOSED</p> 	<p>5</p> <p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 AARP Driver Safety 10:00 Quilter's Lab 10:00 Windows 10 10:30 ZUMBA Gold 11:15 Applications Intro 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p>	<p>7</p> <p>9:00 Tai Chi 9:00 Fit Start II 10:00 Blood Pressure Checks 10:00 Beginner Quilt Making 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</p>
<p>12</p> <p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Self Defense Seniors 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I</p>	<p>13</p> <p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 Windows 10 10:30 ZUMBA Gold 11:15 Applications Intro 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 6:00 Fitness Orientation (92025)</p>	<p>14</p> <p>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 Phone Basics 5:45 Fit Start I</p>
<p>19</p> <p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 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</p>	<p>20</p> <p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 A Matter of Balance 10:00 Quilter's Lab 10:00 Texas Hold'em Practice 10:00 Windows 10 10:30 ZUMBA Gold 11:15 Applications Intro 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga</p>	<p>21</p> <p>9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 Ask a Pharmacist 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Mixed Doubles Pool 11:00 Spanish Club 11:00 Zumba & Salsa Dance Party 11:15 Party Dance 2:00 History of Aviation 2:00 Bingo In The Afternoon 5:45 Fit Start I</p>
<p>26</p> <p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 1:00 Jewelry Repair 2:15 Music & Song 5:45 Fit Start I</p>	<p>27</p> <p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 A Matter of Balance 10:00 Quilter's Lab 10:00 Windows 10 10:30 ZUMBA Gold 11:15 Applications Intro 1:00 Quilter's Block of the Week 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92026)</p>	<p>28</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 HSAC Crafting 11:00 Spanish Club 11:15 Party Dance 2:00 Texas Hold'em Tournament 3:00 More On Android Phones 5:45 Fit Start I 7:30 Night at the Artisan</p>

<p>8:00 Sign Ups Begin 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 HVP: Salsa n Salsa</p>	<p>1</p> <p>10:00 Strengthen On Mat 10:00 Art Addicts 10:00 Café Exchange 1:00 Fitness Orientation (92027) 2:00 iPad/iPhone</p>
<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Marbles & Jokers 10:00 Writing Group 10:00 Widows/Widowers 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 Floral Arranging 7:00 Dance - Doc Gibbs</p>	<p>8</p> <p>9:00 Happy Hatters Meeting 10:00 Strengthen On Mat 10:00 Edward Jones Presents 10:00 Café Exchange 10:00 Art Addicts 11:00 Ballroom Dance Lessons 11:00 8-Ball Singles Tournament 1:00 Fitness Orientation (92028) 2:00 iPad/iPhone 2:15 Newcomers Connection 3:00 Simple Sewing Repairs</p>
<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Medicare Seminar 10:00 Writing Group 10:30 Ageless Grace 11:00 For Love & Art 12:00 HSAC Crafting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania I 6:00 Potluck Bingo</p>	<p>15</p> <p>9:30 You Can Paint w/Oils 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Ballroom Dance Lessons 1:00 Fitness Orientation (92029) 2:00 iPad/iPhone</p>
<p>8:30 Breakfast Club 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 2:30 Bead Mania II 3:00 Bunco 7:00 Dance - Classic Country</p>	<p>22</p> <p>10:00 Strengthen On Mat 10:00 Genealogy Club 10:00 Café Exchange 10:00 Art Addicts 11:00 Ballroom Dance Lessons 1:00 Fitness Orientation (92030) 1:00 Movies and Munchies 2:00 iPad/iPhone 3:00 Simple Sewing Repairs</p>
<p>9:00 Fit Start I 9:00 Vaccination Clinic 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:00 Medicare Q & A 12:00 HSAC Crafting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 6:00 Dinner With Educate DFW</p>	<p>29</p> <p>10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 9-Ball Singles Tournament 11:00 Ballroom Dance Lessons 1:00 Fitness Orientation (92031) 2:00 iPad/iPhone 4:00 Family Variety Show</p>

"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

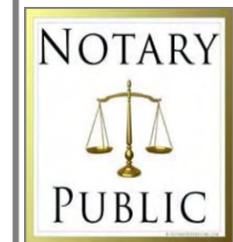
Upcoming Entrée Menu

September 6: Baked Potato

September 13: King Ranch Chicken

September 20: Oriental Chicken Salad

September 27: French Bread Pizza



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