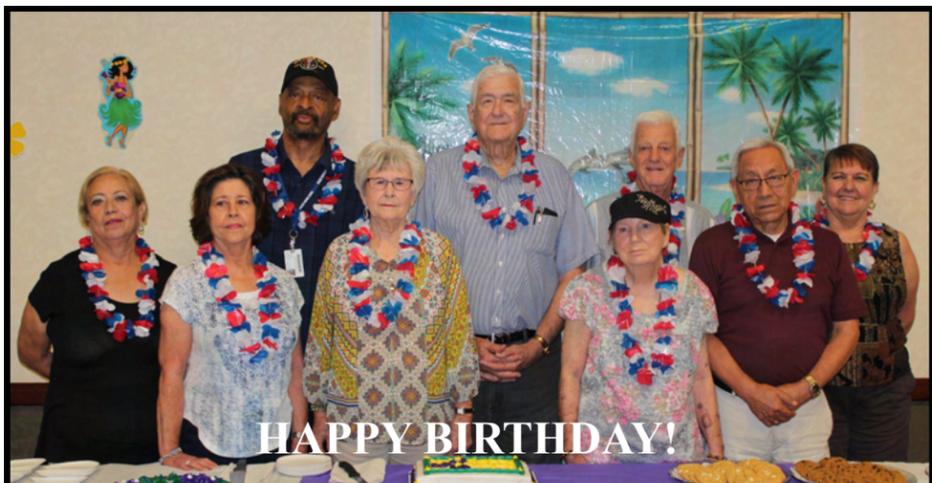


Senior Center SNAPS



the SENIOR PIPELINE

OCTOBER 2016

Get Active and Get Involved!

Check out the calendar for new events and programs!

-
- Craft & Holiday Market
- HVP: Dogtoberfest
- Health Talk: Hurst Fire Dept.
- Texas Hold'em Tournament
- Changing Your Electric Provider
- What's for Lunch



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

He always has a smile on his face. He encourages us to do what we can to keep our body healthy. As a result of his cheerful encouragement many of us have come to realize the importance of exercise to the well-being of our body and our health. Most important of all is that he makes exercise fun!



Gerald Campbell has been our fitness trainer and exercise leader for many years. He decided to retire a couple of years ago; **however, it didn't take long for him to decide it wasn't the right time for him to retire.** We all benefited from his decision to return to HSAC and were thrilled to have Gerald back in the Fitness Center. Unfortunately for us, Gerald has decided that it is now really time to retire. His official last day will be Monday, October 31st. Make it a point when you see him to tell him goodbye and wish him success in the next **step in his life's journey...retirement.**

Rosy Pritchett is a familiar face around here. She is a personal trainer and has been teaching Fit Start I classes, Zumba Gold, and Party Dance for some time at HSAC. **She has agreed to step into Gerald's shoes** in the Fitness Center. How fortunate we are to have someone who is so familiar with all that goes on in the Fitness Center, as well as all the special programs we have available, to help us improve and maintain our health and strength.

If you haven't had the time, or inclination, to attend any of these classes or explored using the equipment in the Fitness Center, now is the time to get started. Tone those muscles, strengthen your body so you will have more energy, look and feel better for the holidays!

Thank You!

- Best Donuts
- Brookdale Senior Living
- Brown & Freeman
- Busy B's Bakery
- Custom Fit Insurance
- Donut Plaza
- Educate DFW
- Edward Jones, Adam Davenport
- First Hurst Donut
- Gotta Go Tours
- Heartland Bedf
- Heritage Village Residences
- Hurst Fire Dept.
- Hurst Plaza
- Keller Oaks
- Lexington Place
- Meadowood at the Vineyards
- Mid Cities Pharm
- Nations Insurance
- North Hills Hosp
- Parkwood Retirement
- RH Rehab/Health
- Riverside Inn
- Shield Awards & Promotions
- Smile Donuts
- Tarrant County Health
- Toe-Tal Foot
- Kreigh & Carol Valkenaar
- 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 |
| 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

Marbles & Jokers

Thursdays 10:00 am - 12:00 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

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!

POTLUCK BINGO! (95002 5/75/MPN) Thursday,

October 6, 6:00pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Polish Sausage & Sauerkraut) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) Friday,

October 7, 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 "Enough Said." Eva (Julia Louis-Dreyfus), a divorced single parent, seems generally happy but dreads her daughter's departure for college. Unexpectedly, Eva begins a romance with Albert (James Gandolfini), a nice man with whom she has much in common. Rated PG-13. Please sign up in advance.

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, October 12, 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. Sponsored by Chateau on Wildbriar Lake. **FREE!**

BREAKFAST CLUB (95015 10/50/MPN) Thursday, October 13, 8:30am Wake up and get up to the Senior Center for a hearty breakfast. Enjoy fresh made waffles, sausage links, fresh fruit, juice, and coffee. **\$3 per person.**

HAPPY HATTERS' MEETING (95040 1/75/MPN) Friday, October 14, 2016, 9:00am. Hostess of the month Jeannie Zabel invites you to join this fun group of women for a trip to the Japanese Gardens and then for lunch at The Gardens Restaurant! We will meet at the Senior Center for a brief meeting, then carpool to our destination. Admission to the Gardens is \$5.00 per person. Please wear your red hat, purple attire and name badge! \$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, October 14, 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/MPN) Wednesday, October 19, 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 6/80/MPN) Thursday, October 27, 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 "Chicken Burritos." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

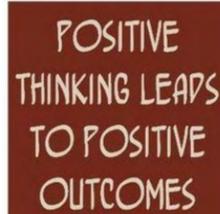


Plan to attend our **COSTUME DANCE** **October 27, 7 pm**

Featuring music by
Pete & Patti
Costume Contest
Sponsored by
Mike Smith,
Custom Fit Insurance
Solutions and Gotta Go
Tours by Patty

SPECIAL EVENTS

HERITAGE VILLAGE PRESENTS: Dogtoberfest (Heritage Village Park) **Thursday, October 6, 4:30—6:30 pm** Calling all pet lovers! The City of Hurst would like to invite you to Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include inflatables and activities, a vendor marketplace, food sales, obedience and agility demonstrations, and a DJ. The City of Hurst will be providing free treats for people and dogs!



THE "ABC" RECIPE FOR POSITIVE OUTCOMES (94069J 5/75/MPN) Tuesday, October 11, 5:30 pm - 6:30 pm Come and enjoy a fun and interactive session on how our **A**ttitude, **B**ehavior and **C**ommunication affects us and those around us. You will have an enjoyable time and receive some positive information from the facilitator who has many years of experience serving others. Instructor: Chuck Wiley. **FREE!**

HOW TO CHANGE YOUR RETAIL ELECTRIC PROVIDER (94031J 1/50/MPN) Tuesday, October 18, 1:00 pm - 2:00 pm Confused or unsure about changing electric providers? Come learn how to check rates, compare offers and see how easy it is to make a switch in electric providers. Michele Gregg with The Texas Department of Public Utilities will share details of their unbiased website that is full of information and makes changing providers a simple process. **FREE!**



LUNCH AND TOUR OF PARKWOOD RETIREMENT COMMUNITY (94052J 1/12/Off Site) Thursday, October 20, 11:00 am - 1:30 pm Curious about retirement community living? Join Parkwood team when they bring the Parkwood Retirement Bus to the Senior Center to pick up guests for a tour of their beautiful community. Lunch will be included at the destination. Sign up, limit of 12! **FREE!**

CRAFT & HOLIDAY MARKET Friday, October 21, 9:00 am - 6:00 pm The buzzing of holiday shopping begins today! Beat the chaos of the mall and come to the Senior Center to get all of your holiday shopping done early. Over 70 crafters and exhibitors are ready and waiting with fun, unique and inspiring items. Credit cards accepted on a per vendor basis. The Craft & Holiday Market is open to the public, so be sure to invite all your friends and family to come to the Senior Center and shop with us! Our café will be open with special treats for sale including popcorn, sodas and ice cream floats!

DRUG SAFETY SEMINAR (94057J 3/30/SA) Wednesday, October 26, 10:00 am— 11:00 am. Join UNT Health Science students for this informative seminar on drug safety. Learn about the differences of Over-the-Counter (OTC) and prescription drugs. Gain an understanding of the storage and safe use of OTC drugs with an emphasis on the *Drug Facts* label, dosing precautions, and how to keep young children safe around these easily accessible medications in the home. You will also learn about their GenerationRx program which promotes public awareness of prescription medication abuse. You will have an opportunity to participate in the "Pill vs. Candy" game, which shows how similar they can be. **FREE!**



MASQUERADE BINGO/MUSIC PARTY (95046J 10/75/MPN) Monday, October 31, 2:30 pm—3:30 Celebrate All Hallows' Eve by coming to the Senior Center wearing your favorite mask and joining us for a Masquerade Bingo/Music Party. We'll enjoy some light refreshments, mix and mingle with friends, play some Bingo and have a little Halloween music. Please be sure to sign up! **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} **2nd & 4th Mondays, October 10 & 24, 1:00 pm - 2:30 pm** Join this informal class with a relaxed atmosphere where questions are encouraged. Learn new skills without fear; expand on what you already know; socialize with peers who share your interest in technology; and share your skills and knowledge with others. Instructor: Dave Thompson. **FREE!**

Get Your Pics (lobby) **Tuesday, October 11 & 25, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

Android Phone Basics 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!**

- **LG Phone (93030)** ^{1/16/Comp} Wednesday, October 12, 3:00 pm - 4:00 pm
- **Samsung Phone (93023)** ^{1/16/Comp} Wednesday, October 26, 3:00 pm - 4:00 pm

Genealogy Club (93014) ^{1/16/Comp} **Friday, October 14, 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!**

Facebook for Desktop Computers (93041) ^{1/16/Comp} **Wednesday October 19, 3:00 pm - 4:00 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: 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.

HSAC Crafting (91094) ^{1/25/SA} **October 6 & 13 at 11:00 am and Thursdays, 12:00 pm - 2:00 pm** Join Diana as she works 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, October 13, 2:30 pm.** Wood & Flower Welcome Wreath. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Bead Mania I (91048) ^{1/8/CRB} **Thursday, October 6, 2:30 pm.** Beaded Watch. Instructor: Diana Conway. Class fee \$5; Supply fee \$15.

Bead Mania II (91056) ^{1/8/SA} **Thursday, October 27, 2:30 pm.** Come make this Pendant necklace using Pebeo Paints. Instructor: Diana Conway. Class fee: \$5; Supply fee \$10.

Jewelry Repair (91026) ^{1/8/SA} **Monday, October 24, 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, October 26, 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 October, we will be featuring dogs because of "Dogtoberfest". Items should be clearly labeled with name and phone number. October items will be on display Oct. 1 - 31. Please pick your items up during the last week of the month.

CREATIVE ARTS

Art Addicts 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. **FREE!**

- **Mondays, 9:00 am - 11:00 am** (91002 1/16/CRB)
- **Thursdays, 6:00 pm - 8:45 pm** (91004 1/16/CRB)
- **Friday, 10:00 am - 3:00 pm** (91005 1/16/CRB)

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, October 14, 9:30 am - 12:30 pm
Painting title: "Aspen Wood" 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.

Quilter's Choice (91024 1/12/SB) Mondays 10:00 am—1:00 pm This month we will do a block a week from Eleanor Burns Book "Quilter's Almanac." See instructor for supplies. 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) October 14 & 28, 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) October 5, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL) October 14, 11:00 - 4:00 pm** Sponsor: Adam Davenport/Edward Jones. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men. 95042/Ladies 7/14/BIL) October 19, 11:00 am - 2:00 pm** Sponsor: Heritage Village Residences. **FREE!**
- **9-Ball Singles Tournament (95029 8/24/BIL) October 28, 11:00 am - 4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Book Club (94078 1/20/Conf) Monday, October 17, 3:00 pm This month we will discuss "The Invention of Wings" by Sue Monk. The new book to read will be "The Silent Boy" by Andrew Taylor and will be discussed in our November meeting. Facilitator: Elaine Wicker. **FREE!**

42 Player Luncheon (94048 5/30/SA) Wednesday, October 19, 12:30 pm. Once a quarter, the 42 players are going to meet for a potluck luncheon. Each player is asked to bring a dish to share. Plates, napkins, utensils, cups, and beverages will be provided. Please sign up at the front desk.

Texas Hold'em Tournament (95007 1/40/MPN) Wednesday, October 26, 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.

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, October 27, 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 & 4th 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.

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.

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 Monday at 1 pm and the 2nd & 4th Wednesday 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)** 5:00 pm, Instructor: Rosy Pritchett **\$12.50/ 5 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:00 pm, Instructor: Rosy Pritchett **\$10.00/ 4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 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 **\$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. Instructor: David Hyland. **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. Instructor: Rosy Pritchett **\$7.50/3 classes**

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. **FREE!**

Aircraft & Helicopter Science Group (95031 1/16/CRB) 1st Thursday, 2:00 - 4:00 pm Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers. Facilitator: Bob Shultz. **FREE!**

Health Talk (94056 (1/25/SA) Wednesday, October 12, 1:00-2:00 pm How to Have Healthy Holidays and Avoid Holiday Trauma. Sponsored by the Hurst Fire Department. **FREE!**

Medicare Advantage (94032 5/20/Conf) Monday, October 17, 10:00 am Learn about Medicare plan options and 2017 Medicare updates. Information on area plans will be available. Sponsored by Celia Neyra Nations Insurance. **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, October 19, 2:00 - 4:00 pm Bob Shultz will present the latest look at our famous Air Tractor aircraft including agriculture, fire fighting, armed aircraft, and drones. This creative company is located at Olney, Texas. The presentation will include the present and future aircraft. **FREE!**

Medicare Q & A (Front Lobby) Thursday, October 27, 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. **FREE!**

Grief Support (94036 1/20/Conference) 4th Thursday each month at 10:00 am Come for healing and support. Sponsored by Lion Hospice, Dr. Joanne Pryor-Carter, Ed.D.LPC. **FREE!**

Edward Jones Presents: Estate Planning Continued (94040 1/24/Conf)Friday, October 14, 10:00 am Learn key Estate strategies, tax efficiency, and proper investing for your heirs. 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) Wednesday, October 19, 10:00 am DIABETES 101! The pharmacist will discuss 5 tips and tricks to have when you or someone you know has diabetes. Also, we will discuss which diabetes blood monitor to consider. Sponsored by Aemad Aslam, Mid-Cities Pharmacy. **FREE!**

Matter Of Balance (94020 10/20/MPN) Tuesdays, October 4 - 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!**

Educate DFW: Social Security (94001 1/16/Conf) Tuesday, October 11, 1:00 pm Instructor: Angela Tvedten **FREE!**

- Strategies to maximize your Social Security benefits.
- The current state of the Social Security system...What does it mean to you?
- How continuing to work will impact your Social Security Benefit.
- How to coordinate Social Security benefits with your spouse.
- How your Social Security affects your taxes.
- How Required Minimum Distributions can really mess things up.
- How to coordinate your benefits with your other sources of retirement income.

Self Defense For Seniors (95091 1/15/MPN) Thursday, October 27, 5:30 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!**

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.

- **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!**

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. **\$7.50/3 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** 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.
 - 1st & 3rd Tuesdays (92053 ^{3/30/MPS}) 3:45 - 4:45 pm** Instr: Debbie Melchiorre. **FREE!**
 - 2nd & 4th Tuesdays (92053 ^{3/30/MPS}) 3:45 - 4:45 pm** Instr: Michelle Varley. **FREE!**
 - Thursdays (92051 ^{3/30/MPS}) 3:45 - 4:45 pm** Instr: Rosy Pritchett. \$7.50/3 classes
- **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, October 10, 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**

Please be sure to check the calendar for class cancellations.

Monday	Tuesday	Wednesday
8:00 Sign Ups Begin 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 Fitness Orientation (92027) 1:00 Yoga Therapy 2:15 Music & Song 5:00 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 A Matter of Balance 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	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 5:00 Fit Start I
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 Fitness Orientation (92028) 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:00 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 A Matter of Balance 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 1:00 Educate DFW 2:00 Get Your Pics 2:00 Glass Fusion 2:30 Hatha Yoga 3:45 Chair Yoga 5:30 The ABC's Recipe Positive	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: LG 5:00 Fit Start I 6:00 Fitness Orientation (92025)
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Medicare Advantage 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Fitness Orientation (92029) 2:15 Music & Song 3:00 Book Club 5:00 Fit Start I	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 10:30 ZUMBA Gold 1:00 How to Change Your Electric 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	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 11:15 Party Dance 12:30 42 Player Luncheon 2:00 Bingo In The Afternoon 3:00 Facebook for Desktop 5:00 Fit Start I
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 Jewelry Repair 1:00 Computer Club 1:00 Fitness Orientation (92030) 2:15 Music & Song 5:00 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 A Matter of Balance 10:00 Quilter's Lab 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	9:00 Tai Chi 9:00 Fit Start II 9:30 Glass Fusion Lessons 10:00 Samba Canasta Lessons 10:00 Beginner Quilt Making 10:00 Drug Safety Seminar 10:15 ZUMBA Gold 11:00 Spanish Club 11:15 Party Dance 2:00 Texas Hold'em Tournament 3:00 Android Phone Basic: Samsung 5:00 Fit Start I 6:00 Fitness Orientation (92026)
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 Fitness Orientation (92031) 2:15 Music & Song 2:30 Masquerade Bingo Party 5:00 Fit Start I		<p style="text-align: center;">MASSAGE & REFLEXOLOGY</p> <p style="text-align: center;">Wednesdays 10:00 am—11:00 am By Appointment</p>

Thursday	Friday
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 2:30 Bead Mania I 3:45 Chair Yoga 4:30 HVP: Dogtobefest 6:00 Potluck Bingo	10:00 Strengthen On Mat 10:00 Art Addicts 10:00 Café Exchange 1:00 Movies and Munchies
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 2:30 Floral Arranging 3:45 Chair Yoga 7:00 Dance - Now & Then	9:00 Happy Hatters 9:30 You Can Paint w/Oils 10:00 Strengthen On Mat 10:00 Genealogy Club 10:00 Edward Jones Presents 10:00 Café Exchange 10:00 Art Addicts 11:00 8-Ball Singles Tournament 2:15 Newcomers Connection 3:00 Simple Sewing Repairs
9:00 Fit Start I 10:00 Writing Group 11:00 Parkwood Tour <u>Class Cancellations for Today:</u> 9:00 Ceramics & Wine Bottles 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 3:00 Craft & Holiday Market Vendor Set Up	10:00 Strengthen On Mat <p style="text-align: center;">CRAFT & HOLIDAY MARKET</p> <p style="text-align: center;">9:00 AM—6:00 PM</p> <p style="text-align: center;">Open to Public!</p>
9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:00 Medicare Q & A 10:00 Grief Support 10:00 Marbles & Jokers 10:30 Ageless Grace 11:30 What's For Lunch 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II 3:00 Bunco 3:45 Chair Yoga 5:30 Self Defense Seniors 7:00 Dance - Pete & Patti	10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 9-Ball Sngls Tournament 3:00 Simple Sewing Repairs
<p style="text-align: center;">See "Open Activities" for additional continuous classes and programs.</p>	

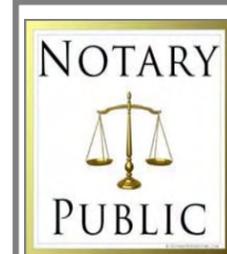
"A Quick Bite" Tuesdays at Noon Only \$5

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

Place your order and pay at the front desk by 10 am on Tuesday.

Upcoming Entrée Menu

- October 4: Baked Potato
- October 11: Italian Meatloaf
- October 18: Dorito Taco Salad
- October 25: Hamburger Stuffed French Bread



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

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