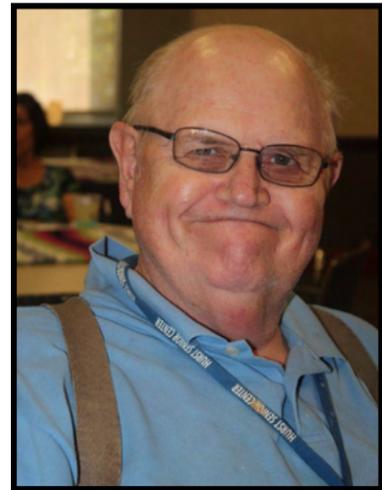


# Senior Center SNAPS

HAPPY BIRTHDAY!



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>

# the SENIOR PIPELINE

NOVEMBER  
2016

Get Active and Get Involved!

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

- 7th Anniversary & Open House
- HVP: Movie in the Park
- Veteran's Appreciation
- Thanksgiving Dessert Buffet
- Holiday Crafting Classes



### Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

[www.hursttx.gov/hsac](http://www.hursttx.gov/hsac)



# 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!

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

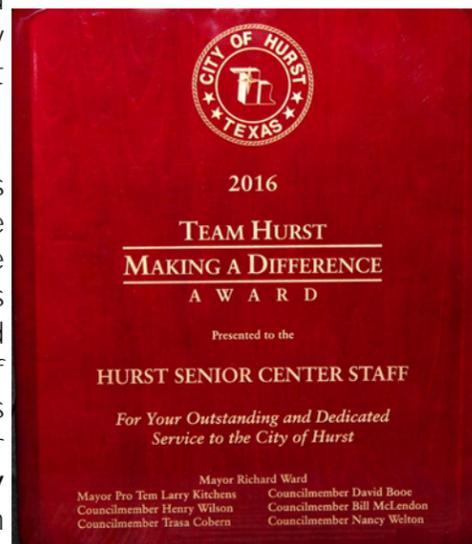
## Senior Center Staff

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

By: Maurine LeCocq, HSAC Journalist

With a huge grin on her face Linda Rea said, "This is a **REALLY** big deal!" Have you noticed all the smiles on the faces of the HSAC staff lately? They are really excited; and have every reason to be excited.

The week of September 19<sup>th</sup>, the City of Hurst presented the "Making a Difference Award" to the Hurst Senior Activities Center staff for "Your Outstanding and Dedicated Service To The City of Hurst." This award is presented to a different core group in the city every year. Linda Rea, the HSAC Director, told me that they were not expecting this award, which makes it even more exciting. She said she is very proud of the staff she has hired for HSAC. "They do an excellent job!"



We know about the excellent job our staff is doing because we are daily, weekly, monthly and yearly reaping the multiple benefits and results of their efforts. It seems to me that they are always busy making sure we have an incredible amount of interesting, unusual, educational, fun activities and events throughout the year.

It's hard to believe that on Monday, November 7<sup>th</sup> HSAC will be celebrating its seventh year. With these special staff members, we are always assured of the continuity of learning and social opportunities that interest all of us and keep us coming back for more.

It's nice to see that "our" staff has received acknowledgement

# 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! **Only one dance November 10th, due to Thanksgiving.**

**POTLUCK BINGO! (95002 5/75/MP)** Thursday, November 3, 6:00pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Turkey and Dressing Casserole) drinks and prizes. Please sign up in advance. **FREE!**

**HAPPY HATTERS' MEETING (95040 1/75/MPN)** Friday, November 4, 2016, 11:00am. Co-Queen Derinda Peyton and the Happy Hatter Committee Chairs invite you to join this fun group of women for a covered dish lunch and planning meeting! Bring a dish to share, your date book and your ideas for things to do in 2017. Main entree (rotisserie chicken) will be provided by the Hatters' Fund. 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!

**MOVIES & MUNCHIES (95001 5/75/MPN)** Friday, November 4, 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 "Fishes 'n Loaves: Heaven Sent", Rated PG. When his parish closes, a big-hearted California preacher is dispatched to a church in tiny Eufala, Arizona (pop. 4521), a land of rodeos, square dances, lovestruck goats, and amateur musicals. Can Pastor Randy (Patrick Muldoon) and his loved ones keep their sanity long enough to inspire a community that's gone astray? Please sign up in advance.

**BIRTHDAY PARTY (95006 6/75/MPN)** Wednesday, November 9, 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 Heartland Bedford. **FREE!**

**BREAKFAST CLUB (95015 10/50/MPN)** Thursday, November 10, 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.**

**NEWCOMERS CONNECTION (94005 1/15/Conf)** Friday, November 11, 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, November 16, 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 Tender Heart Home Health. **FREE!**

**NIGHT AT THE ARTISAN (95005 30/50/Artisan Theater)** The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "Scrooge the Musical" for Wednesday, November 16, 7:30 pm (doors open at 7 pm.) The story of a stingy, bitter old man named Ebenezer Scrooge, who is transformed into a gentler, kindlier person after visits by the ghost of his former partner, and the ghosts of Christmas Past, Present, and Yet to Come. 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, November 14.

## SPECIAL EVENTS

**HERITAGE VILLAGE PRESENTS: A MOVIE IN THE PARK, Friday, November 4, 7:00-9:00 pm** Come enjoy the fall weather with a family night in the park featuring the film "Beauty & The Beast" as it celebrates it's 25th year anniversary. You bring a lawn chair or blanket and a drink, and we'll supply the free popcorn and candy! You may also enter to win our raffle drawing for a movie prize package. Event is open to the public of all ages. No reservations required. **FREE!**

**ORAL HYGIENE HEALTH (94059K 1/25/SA)** Friday, November 4, 3:30 pm Learn how to care for your current oral health needs with demonstrations, resources and aids from TCC Dental Hygiene Clinic. There will be a raffle for door prizes and goody bags. **FREE!**

**ANNIVERSARY AND OPEN HOUSE (95075K 1/300MP)** Monday, November 7 Invite your friends and family to come and tour the Senior Center as we celebrate our 7th Anniversary. Door prize drawings (you must have a valid membership to enter), throughout the day. Please plan on attending our **Cake and Punch Reception at 1:00 pm**. The Mayor will present a brief message and our Line Dance Class will share their talents. Everyone that attends the reception will be entered to win door prizes that will be drawn at the conclusion of the reception (must be present to win.) **FREE!**

**MANAGING STRESS & PREVENTING BURNOUT (94011K 3/100/MPN)** Thursday, November 10, 9:30 am Stress is inevitable . . . some negative **and** some positive! We cannot escape it!! But don't stress-out till you burnout! Instead, come learn to accept and handle stress in a positive way that works for you in a fun, interactive **and** stress-free session. **FREE!**



**VETERAN APPRECIATION (95047K 1/100/MPN)** Friday, November 11, 2:00 – 3:00 pm Join us as we honor our Veterans for their service to our country. Pick up a yellow ribbon from the front desk and wear it throughout the day. Veterans please wear your military hat, medals, etc. Enjoy complimentary cookies and punch, and a short program in the multi purpose room as we celebrate our Veterans on this special day. Please sign up. **FREE!**

**COLLETTE TOURS PRESENTS (95043K 1/30/CRC)** Thursday, November 17, 10:00 am Thinking about making travel plans for 2017? Join Collette Tours representative Chris Keith as he presents tours that you will not want to miss! Check out the Collette tours catalog for all their available tours. Featured tour highlight will be the Pacific Northwest & California tour departing August 27, 2017. Get the early booking discount until February 27, 2017. Brochures available at the front desk. Reservations are now open for these tours, so book NOW!

**THANKSGIVING DESSERT BUFFET (95008K 1/300/MPN)** Friday, November 18, 2:00 pm. Don't miss out on this dessert extravaganza! Desserts are provided by the Center and through the support of sponsors, but members are invited to contribute desserts as well. Diabetic friendly options will be available. Enjoy hot apple cider or cranberry punch as you indulge in a variety of tasty confections. Please let the front desk know if you plan on bringing a dessert for this annual holiday event. Please sign up in advance if you plan to attend. **FREE!**

# COMPUTER RESOURCE CENTER

**Computer Resource Center** The Computer Resource Center is FREE and 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.

**Private Computer Lessons (93005 <sup>1/1/Comp</sup>)** **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 <sup>1/16/Comp</sup>)** **2nd & 4th Mondays, November 14 & 28, 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!**

**Facebook for Desktop Computers (93041 <sup>1/16/Comp</sup>)** **Wednesday November 16, 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!**

**Get Your Pics (lobby) Tuesdays, November 8 & 22, 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 <sup>1/16/Comp</sup>)** Wednesday, November 9, 3:00 pm - 4:00 pm
- **Samsung Phone (93023 <sup>1/16/Comp</sup>)** Wednesday, November 30, 3:00 -4:00 pm

**Windows 10 (93004 <sup>1/16/Comp</sup>)** **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 <sup>1/8/Comp</sup>)** **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!**

**Internet-Based Genealogy(93014 <sup>1/16/Comp</sup>)** **Friday, November 4, 10:00 am - 11:30 am** 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. This is computer-based genealogy research using top free websites. **Basic computer skills are highly recommended.** Instructor: Emily Johnson. **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.

**Bead Mania I (91048 <sup>1/8/CRB</sup>)** **Thursday, November 10, 2:30 pm.** Beaded Charm Bracelet. Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

**Bead Mania II (91056 <sup>1/8/SA</sup>)** **Thursday, November 17, 2:30 pm.** Come make this two-three strand necklace. Instructor: Diana Conway. Class fee: \$5; Supply fee \$15.

**Floral Arranging (91050 <sup>1/8/SA</sup>)** **Tuesday, November 29, 2:30 pm.** Come enjoy making a festive Christmas Wreath. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

**Jewelry Repair (91026 <sup>1/8/SA</sup>)** **Monday, November 28, 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.

**Pastels (91027 <sup>1/16/CRB</sup>)** **Thursdays, November 3-24, 1:00-5:00 pm.** Students need to bring pastels, narrow charcoal vine, floor easel, and newspaper. Contact instructor for paper specifications. Instructor: Victoria Pederson. \$40/month.

**Please be sure to check the calendar for class cancellations.**

**Glass Fusion Lessons (91073 <sup>1/10/CRB</sup>)** **Wednesday, November 30, 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 <sup>1/25/SA</sup>)** **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 <sup>1/25/SA</sup>)** **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 <sup>1/10/CRB</sup>)** **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 November, we will be featuring rock collections. Items should be clearly labeled with name and phone number. November items will be on display November 1-30. 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.

- **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, November 11, 9:30 am - 12:30 pm** Painting title: "Grand Tetons with a Palette Knife" 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.

**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) Friday, November 11 & 18, 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) Wednesday, November 2, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL) Friday, November 11, 11:00 - 4:00 pm** Sponsor: Home Instead and Bridgeway Home Health. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies 7/14/BIL) Wednesday, November 16, 11:00 am - 2:00 pm** Sponsor: H & R Block. **FREE!**
- **9-Ball Singles Tournament (95029 8/24/BIL) Friday, November 18, 11:00 am - 4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

**Book Club (94078 1/20/Conf) Monday, November 21, 3:00 pm** This month we will discuss "The Silent Boy" by Andrew Taylor. The new book to read will be "Underground Railroad" by Colson Whitehead and will be discussed in our December meeting. Facilitator: Elaine Wicker. **FREE!**

**Texas Hold'em Tournament (95007 1/40/MPN) Wednesday, November 30, 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. **FREE!** 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!**

**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/CRA)** 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. Sign up!

# 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.

**Personal Training (92020; 92041; 92042; 92043)** Personal trainer, Rosy Pritchett, is available to assist you in reaching your individual health and fitness goals. She 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.

**CPR Training (94072 1/8/SA) Wednesday, November 30, 1:00 - 3:30 pm** Class includes hands on instruction in CPR and training on how to use an AED. Participants will receive a book and AHA certification card. Instructor: Gerald Campbell. Instructor fee: \$25; Optional Supply Fee: \$12.

**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 **\$10.00/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/ 5 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 **\$7.50/ 3 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: Rosy Pritchett **\$10.00/ 4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 AM, Instructor: Rosy Pritchett **\$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) Wed. 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. **FREE!**

**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, November 7, 10 am—11 am with Mike Smith, Custom Fit Insurance.
- Thursday, November 17, 10 am—11 am with Celia Neyra, Nations Insurance Solutions.

**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, November 9, 1:00-2:00 pm** Dr. Mark Hammonds from Texas Healthcare will be here for a special Q&A session. Come prepared for open discussion on your senior health concerns. Sponsored by Wellmed Medical Group. **FREE**

**History of Aviation (94030 1/20/CRB) Wednesday, November 16, 2:00 - 4:00 pm.** Bob Shultz will present Stratospheric Observatory For Infrared Astronomy, NASA's Boeing 747-SP from the proposal stage, negotiation, award, and operational. This aircraft has an 8 feet and 2 inch infrared telescope that can reach deeper into space than normal optical telescopes. **FREE!**

**Grief Workshop (94036 1/20/Conference) Thursdays, November 10 & 17, 10:00 am** Dr. Joanne Pryor-Carter, Ed.D.LPC. Invites to come share and discuss: Navigating The Holidays; Families And Grief; Healing Grief Rituals; Selfcare; and Finding Hope For The Future. Sponsor: Lion Hospice. **FREE!**

**Edward Jones Presents: Estate Planning Continued (94040 1/24/Conf) 2nd Friday each month at 10:00 am.** Come learn many strategies for RMDs, tax free income, and more. There will be a drawing for a prize and Adam Davenport will be available for specific questions after class. **FREE.**

**Ask A Pharmacist, Help! I Am Getting Sick! (94087 1/16/Conf) 3rd Wednesday of each month at 10:00am.** How to stay healthy for the holidays! We will talk about natural ways and products to help you fight off infections. We will talk about several supplements, natural products, and essential oils to use for immune system assistance. Sponsored by Aemad Aslam, Mid-Cities Pharmacy. **FREE!**

**Matter Of Balance (94020 10/20/MPN) Tuesdays, November 1 & 8, 10:00 am - 12:00 pm** Designed to manage falls and increase activity levels. Sponsored by Tarrant County Public Health. Please sign up. **FREE!**

**Hor d'oeuvres with Educate DFW: Charitable Giving (94001 1/50/MPN) Thursday, November 17, 5:30 pm** Join Angela Tvedten for some light snacks as she discusses charitable giving. Topics to be covered include:

- Tax ramification to families and estates
- Using charitable trusts or charitable strategies for planned giving
- Learn how you could receive payments back for your lifetime
- Save on your current income taxes
- Benefits to you and your family

**Better Health for Seniors: Good Eats (94063 1/80/MPN) Thursday, November 3, 10:00 am—11:00 am** Scott Dobbs, Director of Wellness for Lakewood Village Health Care Center will help you get ready for the holiday meals while still allowing you to indulge...the healthy way. Learn tips to make traditional recipes better for you. Get guidelines on better choices and how to avoid the pitfalls of holiday gatherings and the food that comes with them. **Free!**

# AQUATICS CLASSES

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

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

**Purchase a 5 class Punch Card (92075 & 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 <sup>3/15/HVR</sup>)**
- **Thursdays, 10:05 am - 10:45 am (92072 <sup>3/15/HVR</sup>)**

**WORK IT IN WATER** Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 <sup>3/15/HVR</sup>)**
- **Thursdays, 11:05 am - 11:45 am (92074 <sup>3/15/HVR</sup>)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Senior Center Pool Use Hours</b> <b>10:00 - 12:00</b>				
<b>10:00 - 10:55</b> Unstructured Water Time	<b>10:05 - 10:45</b> Water Wellness	<b>10:00 - 10:55</b> Unstructured Water Time	<b>10:05 - 10:45</b> Water Wellness	<b>10:00 - 10:55</b> Unstructured Water Time
<b>11:00 - 11:55</b> Unstructured Water Time	<b>11:05 - 11:45</b> Work It In Water	<b>11:00 - 11:55</b> Unstructured Water Time	<b>11:05 - 11:45</b> Work It In Water	<b>11:00 - 11:55</b> Unstructured Water Time

# FITNESS/HEALTH/WELLNESS

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

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

**Party Dance (92045 <sup>3/50/MP</sup>)** **Fridays, 11:00 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 <sup>5/30/MPS</sup>)** **Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for 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.**

**Strengthen On Your Mat (92061 <sup>5/30/MPS</sup>)** **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**

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

- **Hatha Yoga (92035 <sup>3/25/MPS</sup>)** **Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga** 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 <sup>3/25/MPS</sup>) 3:45 - 4:45 pm** Instr: Debbie Melchiorre. **FREE!**
  - 2nd & 4th Tuesdays (92053 <sup>3/25/MPS</sup>) 3:45 - 4:45 pm** Instr: Michelle Varley. **FREE!**
  - Thursdays (92046 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Rosy Pritchett. **\$7.50/3 classes**

• **Yoga Therapy (92052 <sup>3/15/MPS</sup>)** **Mondays, 1:00 pm - 2:00 pm** Yoga Therapy is the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month. **\$16.00/4 classes.**

• **Relax, Renew & Restore Yoga Workshop (92060 <sup>3/8/MPS</sup>)** **Wednesday, November 30, 3:00-4:30 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**

# November 2016

## Monday

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

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 Fitness Orientation (92027)  
1:00 Cake & Punch Reception  
1:00 Yoga Therapy  
2:15 Music & Song  
5:00 Fit Start I

**7th Anniversary & Open House**

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 (92028)  
1:00 Computer Club  
2:15 Music & Song  
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 Fitness Orientation (92029)  
3:00 Book Club  
2:15 Music & Song  
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 Fitness Orientation (92030)  
1:00 Jewelry Repair  
2:15 Music & Song  
5:00 Fit Start I

## Tuesday

8:00 Sign Ups Begin  
9:00 Fit Start I  
9:00 Ceramics & Wine Bottles  
~~10:00 Windows 10~~  
10:00 Quilter's Lab  
10:00 A Matter of Balance  
10:30 ZUMBA Gold  
~~11:15 Applications Intro~~  
2:30 Hatha Yoga  
3:45 Chair Yoga

9:00 Fit Start I  
9:00 Ceramics & Wine Bottles  
10:00 Windows 10  
10:00 Quilter's Lab  
10:00 A Matter of Balance  
11:15 Applications Intro  
10:30 ZUMBA Gold  
2:00 Get Your Pics  
2:30 Hatha Yoga  
3:45 Chair Yoga

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  
11:15 Applications Intro  
2:30 Hatha Yoga  
3:45 Chair Yoga

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  
2:00 Get Your Pics  
2:30 Hatha Yoga  
3:45 Chair Yoga

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  
2:30 Hatha Yoga  
2:30 Floral Arranging  
3:45 Chair Yoga

## Wednesday

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  
2:00 Ladies Powder Puff Pool  
5:00 Fit Start I

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  
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 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  
2:00 History of Aviation  
2:00 Bingo In The Afternoon  
3:00 Facebook for Desktop  
5:00 Fit Start I  
7:00 Night at the Artisan

9:00 Tai Chi  
9:00 Fit Start II  
10:00 Samba Canasta Lessons  
10:00 Beginner Quilt Making  
10:15 ZUMBA Gold  
11:00 Spanish Club

**Close at Noon**

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 Spanish Club  
1:00 CPR Training  
2:00 Texas Hold'em Tournament  
3:00 Relax, Renew, Restore  
3:00 Android Phone Basic: Samsung  
5:00 Fit Start I  
6:00 Fitness Orientation (92026)

## Thursday

9:00 Fit Start I  
9:00 Ceramics & Wine Bottles  
10:00 Writing Group  
10:00 Better Health for Senior  
~~10:00 Grief Workshop~~  
10:30 Ageless Grace  
1:00 Beg. Line Dancing  
1:45 Inter. Line Dancing  
2:00 Aircraft & Helicopter  
3:45 Chair Yoga  
6:00 Art Addicts  
6:00 Potluck Bingo

8:30 Breakfast Club  
9:00 Fit Start I  
9:00 Ceramics & Wine Bottles  
9:30 Managing Stress  
10:00 Marbles & Jokers Lessons  
10:00 Writing Group  
10:00 Grief Workshop  
10:30 Ageless Grace  
1:00 Beg. Line Dancing  
1:45 Inter. Line Dancing  
2:30 Bead Mania I  
3:45 Chair Yoga  
6:00 Art Addicts  
7:00 Dance - Bill G Band

9:00 Fit Start I  
9:00 Ceramics & Wine Bottles  
10:00 Writing Group  
10:00 Grief Workshop  
10:00 Collette Tours Presents  
10:00 Medicare Q&A  
10:30 Ageless Grace  
1:00 Beg. Line Dancing  
1:45 Inter. Line Dancing  
2:30 Bead Mania II  
3:45 Chair Yoga  
5:30 Educate DFW  
6:00 Art Addicts



**MASSAGE & REFLEXOLOGY**

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

## Friday

10:00 Strengthen On Mat  
10:00 Art Addicts  
10:00 Internet Based Genealogy  
10:00 Café Exchange  
11:00 Happy Hatters  
11:00 Party Dance  
1:00 Movies and Munchies  
3:30 Oral Hygiene Health  
7:00 HVP: Movie In The Park

9:30 You Can Paint w/Oils  
10:00 Strengthen On Mat  
10:00 Edward Jones Presents  
10:00 Café Exchange  
10:00 Art Addicts  
11:00 8-Ball Singles Tournament  
11:00 Party Dance  
2:00 Veterans Appreciation  
2:15 Newcomers Connection  
~~3:00 Simple Sewing Repairs~~

10:00 Strengthen On Mat  
10:00 Café Exchange  
10:00 Art Addicts  
11:00 9-Ball Singles Tournament  
11:00 Party Dance  
2:00 Thanksgiving Desserts  
~~3:00 Simple Sewing Repairs~~

**Closed for Thanksgiving**

**MASSAGE & REFLEXOLOGY**

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

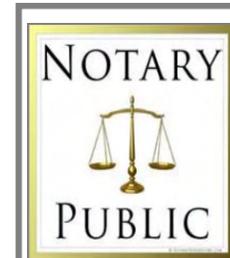
### "A Quick Bite" Tuesdays at Noon Only \$5

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

- November 1: Baked Potato
- November 8: Chicken Pot Pie
- November 15: Chef Salad
- November 22: Tortilla Chicken Cassrl
- November 29: Manicotti Italian Cassrl



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!**

