

the senior pipeline



OCTOBER 2024

Be Well, Live Well
Series

Craft & Holiday
Market

Talk & Treat



the senior pipeline

CONTACT INFORMATION

700 Heritage Circle
Hurst, TX 76053
817.788.7710

SOCIAL MEDIA CONNECTION

Stay up to date on current happenings, find pictures of recent events, and more!

Follow us, like us, and share us:
@HurstSeniorActivitiesCenter

REGISTRATION POLICY

You must have an active HSAC membership or day pass to register for classes. Fees are due at the time of registration. Early registration starts on the fourth Friday of the month. Save time and register on our webpage, hursttx.gov/hsac. Ask the front desk staff to activate your account today!

HSAC AMBASSADORS

Debbie Allen Bobby Grigsby
Vicki Jones Linda Provence
Elaine Wicker Harriett Wright
Doris Young

HSAC STAFF

Manager: Lauren Snyder
Supervisor: Amanda Starnes
Coordinator: Laura Gore
Building Maintenance: Araceli Ramon

Front Desk Attendants:

Colleen Christy Deborah Hawk
Lori Henry Denise Malone
Paula Noble Jorji Northrup
Theresa Sibley

On the Cover

Mary & Janice

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Did You Know?

Print Copies

Need a copy made or to print a document from our computer resource center? **Print service cost is \$1 for 10 pages or less.**

Notary Public

Need something notarized? The HSAC has notaries on staff. **Please call to make an appointment and indicate if you need witnesses present.**

Notary service is FREE to members.

On Fridays, we wear hats!

Any hat (or wig!)
just for fun!

Join Mayor Wilson
on Friday mornings for
coffee & conversation
in the café!

Monday, Tuesday, Wednesday, Friday: 7:00 a.m. - 5:00 p.m.
Thursday: 7:00 a.m. - 9:00 p.m.
Saturday & Sunday: Closed

Membership Information

The Hurst Senior Activities Center is open to seniors only, ages 55 and over.

- We require a membership to use the HSAC amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership is valid for one year and must be renewed annually. Membership under a supplement plan expires on 12/31 of the current year.
- Membership includes access to the Hurst Recreation Center, many free classes, programs and activities, and use of our state-of-the-art fitness room. Please note that some classes and programs may require nominal fees.

Senior Activities Center Membership Fees:

Hurst Residents 55-64 : \$50 annual membership

Hurst Residents 65+ : \$30 annual membership

Non-residents 55-64 : \$150 annual membership

Non-residents 65+ : \$90 annual membership

- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit, Renew Active or SilverSneakers program.
- Please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease, and your photo ID as proof of residency to receive the Hurst resident rate.

"A Quick Bite"

Grab a friend, and stop by the HSAC for "A Quick Bite!" For \$5, you get a choice of the daily entrée or sandwich with a bag of chips and a pickle. All lunches come with a dessert. The lunch program policies and details are as follows:

- A Quick Bite registration is now available online! Check with the front desk to ensure your online account is activated. Staff will call before the meal date to complete your menu selection card. Calling in to register is also available starting at 9:00 a.m. on Early Registration Day. Phone registrations are only taken for A Quick Bite and must be paid by card at the time of registration. Reminder: You may only register those in your household account.
- Registration can be made any time before 10 a.m. on "A Quick Bite" Tuesday, while supplies last. Reservations are not accepted after 10 a.m. No exceptions.
- Kitchen staff and volunteers cannot take payments. **No refunds or rain checks for lunches will be issued on meal date.**
- We encourage you to eat the meal on the premises. However, taking food home from HSAC is done at your own risk. Unfortunately, to-go boxes are not available.
- Lunches are available for pick-up on "A Quick Bite" Tuesdays between 12 - 1 p.m. Lunches not picked up by 1 p.m. are discarded. Unfortunately, we cannot hold personal food items in the kitchen refrigerators due to health code policies.

October 8: Scalloped Potatoes & Ham (91011)

October 22: Manicotti Italian Casserole (91012)

Sandwich (91013)

Sandwich (91014)

MEMBER SPOTLIGHT



Melany Galvan

OCTOBER 2024

Below is an excerpt from the nominator:

“Melany brings positivity to the center every time she comes in. She is kind and welcoming to all she sees. Each day when she enters the fitness room, she calls out, “hello all of you beautiful people!” That puts a smile on everyone’s face. She is a model member with a bright outlook. She likes to make people smile, as you can tell from her photo!”

**Way to go Melany!
Thank you for being an exceptional HSAC member!**

Submit your nomination to the front desk today!

OPEN ACTIVITIES

- • • • • • • • • • • • • •
- *Are you interested in learning a game or getting a group together for a new game?*
- *Ask the front desk about our Game Interest List, and we can get you in contact with others interested.*
- • • • • • • • • • • • • •



Dan, Jean, Rita, Jane, Dee, & Judy

Games

"42"

1 - 4 p.m. | MWF | Game Room

Billiard's Room

See calendar for organized games.
Open daily.

Canasta

2 - 5 p.m. | TH | CRA

Hand & Foot

10 a.m. - 4 p.m. | T | CRA

Samba

10 a.m. - 1 p.m. | W | CRC

Chicken Foot

12 - 3 p.m. | F | CRC

Chinese Mah Jong

1 - 3 p.m. | F | CRC

Duplicate Bridge

12 - 4 p.m. | TTH | Game Room

Ginasta

1 - 4:30 p.m. | T | CRC

Mah Jong

Lessons available.

2 - 4 p.m. | M | CRC

10 a.m. - Noon | W | Game Room

Marbles & Jokers

Lessons available.

10 a.m. - Noon | TH | CRC

1 - 3 p.m. | F | CRA

Party Bridge

8 a.m. - Noon | TTH | Game Room

10 a.m. - Noon | F | Game Room

Ping Pong

9 a.m. - Noon | WF | CRA

Pinochle

1 - 5 p.m. | TH | CRA

Rummikub

1 - 3 p.m. | WTH | CRA

Arts & Crafts

Art Addicts

9:15 a.m. - 1 p.m. | F | CRB

Book Club



Each month we meet to discuss a book we have all read and share our opinions,

likes, and dislikes. **Coordinator: Elizabeth Meador**

- Discuss: "Remarkably Bright Creatures" by Shelby Van Pelt
- Read: "Hector and the Search for Happiness" by Francois Lelord

94078 (Conference Room)
3 - 4 p.m. | M 10/14 | FREE

Woodcarving

All are welcome to come to the Woodcarving Group! We provide beginning projects and handouts for those who are learning. Instruction and opportunities to try carving knives and safety equipment are available. If you are already carving and would like a group to carve with, bring your projects and share them with us. We will have tips on carving roughouts and finishing your projects as well.

Instructor: Mike Donnelly

91058 (Studio A)
9 a.m. - 12:30 p.m. | T | FREE

Writing Club

Join this group to collaborate with other writers, share written pieces, and get writing topics mapped out. **Coordinator: Diana**

Geiger

94064 (Classroom B)
10 a.m. - 12 p.m. | TH | FREE

*No class 10/17

Social Dance Lessons

Learn various social dance styles for couples. We STRONGLY urge you to sign up with a partner.

Instructor: Barbara Albright

92056 (Multi-Purpose Room)
11:30 a.m. - 12:30 p.m. | F | \$20 per person

*Class at Barbara's Studio 10/18

Happy Hatters' Meeting

Come join the Red Hat senior ladies group called: Happy Hatters in Hurst. Once a month the ladies from the Happy Hatters get together to have some fun and fellowship while enjoying an outing and lunch. The only requirements are a RED Hat, purple attire, and a desire to meet new friends. We meet the 2nd Friday of every month at 10:30 a.m. at the Senior Activities Center. We look forward to you joining us for fun and friendship. Please sign up at the front desk or online so we know you are coming. A \$2 donation to the Hatter Fund is appreciated.

Coordinator: Derinda Peyton

95040 (Studio A)
10:30 a.m. - 1 p.m. | F 10/11 | FREE

Billiards Corner

Please sign up to play in these organized games. *Max amount of players per tournament is 20.*

Coordinator: Michael Terlesky

Partners' Pool Tournament

95086

10 a.m. - 3 p.m. | T 10/3 | \$2

8-Ball Singles Tournament

95078

10 a.m. - 7 p.m. | TH 10/10 | \$4

Sponsor: Mike Smith, Custom Fit Insurance

9-Ball Singles Tournament

95029

10 a.m. - 7 p.m. | TH 10/17 | \$4

Sponsor: Mike Smith, Custom Fit Insurance

10-Ball Singles Tournament

95077

10 a.m. - 7 p.m. | TH 10/24 | \$4

Bingo in the Afternoon

Join us for an exciting afternoon of B-I-N-G-O! We provide light refreshments and beverages, and you provide the enthusiasm! Please sign up in advance.

Coordinators: Linda Provence & Vicki Jones

95057 (Multi-Purpose Room North)

2 - 3:30 p.m. | W 10/9 | FREE

95058 (Multi-Purpose Room North)

2 - 3:30 p.m. | W 10/23 | FREE



Yvonne with a Royal Flush

Chair Volleyball

Join us for fun and laughs! It's a great way to get some exercise in too! **Coordinators: Yvonne Blackard & Tanne Worrell**

92012 (Multi-Purpose Room North)

9 a.m. - 12 p.m. | MW | FREE

Karaoke

Music is therapy for the heart and soul. Join this group for a fun, light-hearted afternoon that will lift your spirits.

Coordinator: Paula Noble

95035 (Multi-Purpose Room North)

3 - 4:30 p.m. | T | FREE



Texas Hold'em

Put your best poker face on and join us! We track the winners for the Play-Off Game at the end of the year.

94012 (Multi-Purpose Room North)

9:30 - 11:30 a.m. | T 10/1 | FREE

95007 (Multi-Purpose Room North)

2 - 4 p.m. | W 10/16 | FREE

Sponsor: Mike Smith, Custom Fit Insurance



HSAC
Appreciation

Friday, November 8
1:30 p.m.

The graphic features a blue background with small yellow stars. On either side of the central text are two balloons: one teal with a white zigzag pattern and one yellow with a white zigzag pattern. The number '15' is written in black on the yellow balloon.



VETERANS
DAY Salute

MONDAY, NOVEMBER 11
2:00 - 3:00 P.M.

The graphic features a light blue background. On the left, there is a stylized illustration of five blue silhouettes of men in military uniforms standing in a line. Behind them is a stylized American flag with red and white stripes and a blue field with white stars.



Thanksgiving
Dessert
Buffet

Tuesday, November 19
2:00 - 3:30 p.m.

The graphic features a yellow background on the left with the event title and date. On the right, there is a photograph of a variety of Thanksgiving desserts, including several cookies, a pecan pie, and a pumpkin pie, arranged on a table with decorative corn cobs.

Android How-To

This class covers the basic functions and tips and tricks of Android devices.



Instructor: Terri Mason

93031 (Computer Lab)
2:30 - 3:30 p.m. | M | FREE

Be Well, Live Well Series

Join Sanci for this program with a focus on nutrition and healthy aging, including a cardio drumming exercise! **Instructor: Sanci Hall, Texas A&M Agrilife Extension**

94020 (Conference Room)
11 a.m. - 12 p.m. | T | FREE

Computer Basics

Join this class to learn the basic functions of the computer. Topics covered include adjusting settings, internet browsing, email, apps, and more. Questions welcome! **Instructor: Terri Mason**

93035 (Computer Lab)
2:30 - 3:30 p.m. | W | FREE



Join Sanci Hall, Tarrant County BLT Extension Agent and Texas A&M AgriLife Extension in a **5-Part Senior Nutrition Series**

Be Well, Live Well:

A program on healthy aging with a cardio drumming physical activity during each session.

Where: Hurst Senior Center
700 Heritage Cir, Hurst, TX 76053

Tuesday
Oct 1, 8, 15, 22, 29, 2024
Time: 11:00 am - 12:00 pm

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

Be Independent, Eat Well

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

Be Able, Read the Label

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

Be Safe, Eat Safe

Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

Be Creative, Plan Meals

Find solutions to eating alone and learn how to plan meals for small households.

Be Fit, Move More

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.



BETTER LIVING FOR TEXANS

Questions? Contact
Sanci Hall
sanci.hall@ag.tamu.edu
817-884-1297
817-884-1945

Intermediate Sign Language

For those who are interested in honing their skills beyond the beginner level. The use of sign language is also a great hand exercise for those looking to improve fine motor skills and arthritis. **Instructor: Cindy Russell**

94008 (Conference Room)
1 - 1:45 p.m. | T | FREE

Private Computer Lessons

For more detailed help and instruction on smart phones or computers, one-on-one lessons are available by request.

Instructor: Terri Mason

93005 (Computer Lab)
By appointment | FREE

October 2024

Monday

Tuesday

Wednesday

	<p>1</p> <p>9:00 BOOM Mind</p> <p>9:00 Woodcarving</p> <p>9:30 Texas Hold'em</p> <p>10:00 Quilter's Choice</p> <p>11:00 Be Well Live Well</p>	<p>12:00 Chair Stretch</p> <p>1:00 Ceramics Club</p> <p>1:00 Sign Language</p> <p>2:00 Crafty Corner</p> <p>2:00 Hatha Flow</p> <p>3:00 Karaoke</p>	<p>2</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fitness Circuit</p> <p>10:00 Fit Start</p> <p>11:00 Classic Fitness</p> <p>12:00 Chair Yoga</p> <p>12:00 Creative Clay</p> <p>1:00 Knot-a-Lot</p> <p>1:00 Yoga Fitness</p> <p>2:30 Computer Basics</p> <p>3:30 Tai Chi</p>
<p>7</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fit Start</p> <p>10:00 Classic Fitness</p> <p>10:00 Quilter's Choice</p> <p>1:00 Clay Escape</p> <p>1:00 Yoga Fitness</p> <p>2:30 Android How-To</p>	<p>8</p> <p>9:00 BOOM Mind</p> <p>9:00 Woodcarving</p> <p>10:00 Quilter's Choice</p> <p>12:00 Chair Stretch</p> <p>11:00 Be Well Live Well</p> <p>12:00 Quick Bite</p> <p>1:00 Ceramics Club</p> <p>1:00 Sign Language</p> <p>2:00 Ornament of the Month</p> <p>2:00 Hatha Flow</p> <p>3:00 Karaoke</p>	<p>9</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fitness Circuit</p> <p>10:00 Fit Start</p> <p>11:00 Classic Fitness</p> <p>12:00 Chair Yoga</p> <p>12:00 Creative Clay</p> <p>1:00 Knot-a-Lot</p> <p>1:00 Yoga Fitness</p> <p>2:00 Bingo</p> <p>2:30 Computer Basics</p> <p>3:30 Tai Chi</p>	
<p>14</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fit Start</p> <p>10:00 Classic Fitness</p> <p>10:00 Quilter's Choice</p> <p>1:00 Clay Escape</p> <p>1:00 Yoga Fitness</p> <p>2:30 Android How-To</p> <p>3:00 Book Club</p>	<p>15</p> <p>9:00 BOOM Mind</p> <p>9:00 Woodcarving</p> <p>10:00 Quilter's Choice</p> <p>11:00 Be Well Live Well</p> <p>12:00 Chair Stretch</p> <p>12:00 Rainbow Cones Truck</p> <p>1:00 Ceramics Club</p> <p>1:00 Sign Language</p> <p>2:00 Hatha Flow</p> <p>3:00 Karaoke</p>	<p>16</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fitness Circuit</p> <p>10:00 Fit Start</p> <p>11:00 Classic Fitness</p> <p>12:00 Chair Yoga</p> <p>12:00 Creative Clay</p> <p>1:00 Knot-a-Lot</p> <p>1:00 Yoga Fitness</p> <p>2:00 Texas Hold'em</p> <p>2:30 Computer Basics</p> <p>3:30 Tai Chi</p>	
<p>21</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fit Start</p> <p>10:00 Classic Fitness</p> <p>10:00 Quilter's Choice</p> <p>1:00 Clay Escape</p> <p>1:00 Yoga Fitness</p> <p>2:30 Android How-To</p>	<p>22</p> <p>9:00 BOOM Mind</p> <p>9:00 Woodcarving</p> <p>10:00 Quilter's Choice</p> <p>11:00 Be Well Live Well</p> <p>12:00 Chair Stretch</p> <p>12:00 Quick Bite</p> <p>1:00 Ceramics Club</p> <p>1:00 Sign Language</p> <p>2:00 Glass Fusion</p> <p>2:00 Hatha Flow</p> <p>3:00 Karaoke</p>	<p>23</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fitness Circuit</p> <p>10:00 Fit Start</p> <p>11:00 Classic Fitness</p> <p>12:00 Chair Yoga</p> <p>12:00 Creative Clay</p> <p>1:00 Knot-a-Lot</p> <p>1:00 Yoga Fitness</p> <p>2:00 Bingo</p> <p>2:30 Computer Basics</p> <p>3:30 Tai Chi</p>	
<p>28</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fit Start</p> <p>10:00 Classic Fitness</p> <p>10:00 Quilter's Choice</p> <p>1:00 Clay Escape</p> <p>1:00 Yoga Fitness</p> <p>2:30 Android How-To</p>	<p>29</p> <p>9:00 BOOM Mind</p> <p>9:00 Woodcarving</p> <p>10:00 Quilter's Choice</p> <p>11:00 Be Well Live Well</p> <p>12:00 Chair Stretch</p> <p>12:00 Chair Stretch</p> <p>1:00 Ceramics Club</p> <p>1:00 Sign Language</p> <p>2:00 Bead Mania</p> <p>2:00 Hatha Flow</p> <p>3:00 Karaoke</p>	<p>30</p> <p>9:00 Chair Volleyball</p> <p>9:00 Fitness Circuit</p> <p>10:00 Fit Start</p> <p>11:00 Classic Fitness</p> <p>12:00 Chair Yoga</p> <p>12:00 Creative Clay</p> <p>1:00 Knot-a-Lot</p> <p>1:00 Yoga Fitness</p> <p>2:30 Computer Basics</p> <p>3:30 Tai Chi</p>	

of time for activities listed on the calendar!
on Friday, October 25.

Sponsors

Thursday

Friday

<p>3 9:30 Strong & Stable 10:00 Writing Club 10:00 Partners Tournament 10:30 Ageless Grace</p> <p>1:00 Ceramics Club 1:00 Line Dancing 3:00 Night Owl Crafters</p>	<p>4 9:00 Strengthen on the Mat 10:00 Zumba Gold 11:30 Social Dance Lessons</p> <p>1:00 Movies & Munchies</p>
<p>10 9:30 Strong & Stable 10:00 Writing Club 10:00 8-Ball Tournament 10:00 Oakmont Make & Take</p> <p>10:30 Ageless Grace 1:00 Ceramics Club 1:00 Line Dancing 3:00 Night Owl Crafters 6:30 Social Dance</p>	<p>11 9:00 Strengthen on the Mat 10:00 Zumba Gold 10:30 Happy Hatters Mtg</p> <p>11:30 Social Dance Lessons</p>
<p>17 9:30 Strong & Stable 10:00 9-Ball Tournament 10:00 Coloring Therapy 10:00 Writing Club</p> <p>10:30 Ageless Grace 1:00 Ceramics Club 1:00 Line Dancing 3:00 Night Owl Crafters</p>	<p>18 CRAFT & HOLIDAY MARKET 9 a.m. - 5 p.m. *No Classes*</p>
<p>24 9:30 Strong & Stable 10:00 10-Ball Tournament 10:00 Writing Club 10:30 Ageless Grace</p> <p>1:00 Ceramics Club 1:00 Line Dancing 3:00 Night Owl Crafters</p>	<p>25 EARLY REGISTRATION OPENS 8 A.M. 9:00 Strengthen on the Mat 10:00 Zumba Gold 11:30 Social Dance Lessons</p>
<p>31 9:30 Strong & Stable 9:30 You Can Paint with Oils 10:00 Writing Club 10:30 Ageless Grace</p> <p>1:00 Ceramics Club 1:00 Line Dancing 1:00 Talk & Treat 3:00 Night Owl Crafters 6:30 Halloween Dance</p>	<p>Think Green! Please help us be environmentally conscious and cost-effective by being conservative in the number of Senior Pipelines you take.</p>



Birthday Giveaway



We want to celebrate you! Starting on the second Monday of each month, you can stop by the front desk for a birthday gift from HSAC. Birthdays verified at the time of registration.

95006 | October birthdays | 10/14

Dance Nights

Dance the night away or listen to some fabulous music! Open to seniors 55 and over; membership is not required. Invite your friends to join you for an evening out!

Social Dance:

6:30 – 8:30 p.m. | October 10 | \$5/person

Music by: Back Beats

Halloween Dance:

6:30 – 8:30 p.m. | October 31 | \$5/person

Music by: Pete & Patti

Costumes encouraged!

Next Month:

Social Dance | November 14

Movies & Munchies

Movie: Young Frankenstein | Run time: 1hr 46 m

Respected medical lecturer Dr. Frederick Frankenstein (Gene Wilder) learns that he has inherited his infamous grandfather's estate in Transylvania. Arriving at the castle, Dr. Frankenstein soon begins to recreate his grandfather's experiments with the help of servants Igor (Marty Feldman), Inga (Teri Garr) and the fearsome Frau Blücher (Cloris Leachman). After he creates his own monster (Peter Boyle), new complications ensue with the arrival of the doctor's fiancée, Elizabeth (Madeline Kahn).

Join us as we offer a movie with "munchies" - freshly popped popcorn and drinks.

Have a movie suggestion? Place your movie recommendation in the Movies & Munchies suggestion box on the table in the front lobby.

95001 (Multi-Purpose Room)

1 - 3 p.m. | F 10/4 | \$3

The Original Rainbow Cone Truck

Help us welcome The Original Rainbow Cone to Hurst as they visit HSAC in their ice cream truck!

Coming from Chicago, IL, in business since 1926, they have recently begun their nationwide expansion and are set to open a location here in October. Come out to get a free sample and get to know them!

Outside the front of HSAC

12 - 2 p.m. | T 10/15



Talk & Treat

HSAC invites you to Talk & Treat to celebrate Halloween!

Try your luck for a treat while talking with local organizations about the services and resources they offer. Take a walk through the lobby and hallways of HSAC, stopping by each vendor booth for some trick or treating!

Canned Food Drive:

Bring a canned food item on Thursday to donate to a local food pantry and be entered in a drawing to win a gift basket from HSAC, including a FREE membership and more!

Donations not accepted before Thursday. If you donate five or more canned food items, your name is added again. If you come dressed in costume, you receive another entry into the drawing!

No registration required

1 - 3 p.m. | TH 10/31 | FREE



CRAFT & HOLIDAY MARKET

FRIDAY, OCTOBER 18, 2024
9:00 A.M. - 5:00 P.M.

FREE to the public!
Gifts, home décor, jewelry, and more!
Concessions available for purchase.

A decorative banner for a market event. At the top, a string of colorful bunting flags in shades of green, orange, and red hangs across the width. Below the flags, several autumn leaves in various colors (red, orange, yellow, green) are scattered around the text. At the bottom corners, there are illustrations of shopping bags: a yellow and orange bag on the left, and a green and red bag on the right. The background is a light green color.

Bead Mania

Join Diana to create this unique 5-in-1 wrap bracelet or necklace.



\$15 supply fee

for the necklace paid to the instructor on the day of class.

Earrings available upon request for \$4. **Instructor: Diana Conway**

91048 (Classroom B)

2 - 4 p.m. | T 10/29 | \$6

Ceramics Club

Bring your own supplies. Greenware available for purchase with limited availability. Instructor will offer guidance and assistance as needed. Pieces fired on site. Returning students only, by instructor approval. **Instructor: Carol Scoville**

91001 (Studio A)

1 - 4 p.m. | TTH | \$8 fee per month

*No class 10/17

*No firing from 10/22 to 11/4

Coloring Therapy

Adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus, and bring about mindfulness. We provide all supplies. **Sponsor: Marie Veneralle, Advance Senior Options**

91018 (Studio B)

10 - 11 a.m. | TH 10/17 | FREE

Bottle Slumping

Drop off cleaned and prepped pieces to be fired on Mondays.



Instructions on prepping pieces can be picked up in Studio A. There is a \$3 per piece firing fee.

Clay Escape

Join Carol for fun working with clay. This is a hands-on class. Tools for class use are provided.



Extra embellishments for individual pieces are not provided. \$20 supply fee paid to the instructor on the day of class. **Instructor: Carol Scoville**

91002 (Studio A)

1 - 4 p.m. | M | \$6 fee per month

*No class 10/28

Crafty Corner

Join Diana in making a wooden lady scarecrow or snowlady.



Supply fee of \$8 paid to the instructor on the day of class. **Instructor: Diana Conway**

91049 (Classroom B)

2 - 3:30 p.m. | T 10/1 | \$6



Carol, Suzie, & Kaleen

Knot-a-Lot

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 come "knot" among friends. Yarn donations are always needed for the Caring Covers that the "Knotters" make.

Coordinator: Debbie Allen

91098 (Studio B)

1 - 4 p.m. | W | FREE

Creative Clay

Love to paint? Design a bowl, ornament, or spoon rest to keep or give as a gift! \$6



fee per bowl paid to the front desk. \$4 fee per spoon rest or soap dish, and \$2 fee per ornament paid to the instructor on the day of class. **Instructor: Diana Conway**

91003 (Studio A)

12 - 4 p.m. | W | \$6

Glass Fusion

Learn how to melt and cut glass to create unique pieces. This month



features a sunflower or Christmas glass. Supply fee of \$8 per per pendant paid to instructor on the day of class. **Instructor: Diana Conway**

91092 (Classroom B)

2 - 3:30 p.m. | T 10/22 | \$6

Caring Covers

Our members are like a close-knit family. When one of our members is sick, or has lost a loved one, 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, or grieving, so that we can share a "Caring Cover" with them.

Night Owl Crafters

Let's get creative! Join Diana to create a variety of crafts to be sold at the HSAC's



Annual Craft & Holiday Market. This class is free and materials are provided; or bring your own supplies/projects. **Instructor: Diana Conway**

**No class 10/17, 10/24, 10/31*

91094 (Classroom C)
3 - 8 p.m. | TH | FREE

Oakmont Make & Take



Join Oakmont to create a unique DIY craft. All supplies provided.

Sponsor: Oakmont Guest Care Center

91037 (Studio A)
10 - 11:30 a.m. | TH 10/10 | FREE

Ornament of the Month

Each month we create a different ornament. This month is an up-cycled book page ornament. Supply fee of \$5 per ornament due to the instructor on the day of class. **Instructor: Diana Conway**



91051 (Classroom B)
2 - 3 p.m. | T 10/8 | \$6

Quilter's Choice

Class designed for advanced quilters. Bring your own supplies and projects to work on among fellow quilters. **Coordinator: Linda Manning**

91024 (Studio B)
10 a.m. - 1 p.m. | M | FREE

91078 (Studio B)
10 a.m. - 1 p.m. | T | FREE

You Can Paint with Oils

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 the basics of color mixing, brushstrokes, and perspective



while completing a detailed landscape or seascape under the patient guidance of award-winning "Teacher of the Year" Susan Garden, co-founder of the Robert Garden School of Art. All art supplies, canvas, paints brushes, easel, and detailed lesson plan are provided for a **\$20 fee** payable to instructor at each class. Bring paper towels and wear old clothes. No refunds will be issued within 24 hours of the class.

Instructor: Susan Garden

"Moonlight on Maui Beach"

91074 (Studio A)
9:30 a.m. - 12:15 p.m. | TH 10/31 | \$15

Fitness Room

Our fitness room comes equipped with the latest resistance equipment, free weights, and cardio machines. You must wear closed-toed shoes with rubber soles and backs (no slip-ons) when using the fitness room for your protection. Please limit equipment use to 30 minutes at a time.

Fitness orientations available on Wednesdays at 9:30 a.m.



Personal Training



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. Please pay for sessions at the front desk. Appointments are scheduled directly with the trainer.

\$45 per 45 minute session or \$170 for four sessions
92004

Ageless Grace

Ageless Grace is a program that works on all five functions of the brain and the 21 primary physical skills we need for aging youthfully. We designed the class so that almost anyone of any age, ability, body type, size, or physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. **Class fees are waived for Silver & Fit members.**

Instructor: V'Ann Giuffre

92007 (Multi-Purpose Room South)
10:30 - 11:15 a.m. | TH | \$4 per class

*No class 10/17

BOOM Mind

We combined the best from yoga and Pilates into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength, and balance. **Class fees are waived for Silver Sneakers members.**

Instructor: Lauri Krumm

92089 (Multi-Purpose Room South)
9 - 9:45 a.m. | T | \$4 per class

Chair Stretch

This gentle class works the joints and muscles to increase flexibility, strength, balance, and circulation. The class will include seated postures, standing postures (using a chair for support if needed), and optional floor work. Workout is suitable for all levels. **Class fees are waived for Renew Active members.**

Instructor: Cindy Russell

92015 (Multi-Purpose Room South)
12 - 12:45 p.m. | T | \$4 per class

Chair Yoga

Chair yoga is a general term for practices that modify yoga poses 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. While seated on chairs, students can do twists, hip stretches, forward bends, and mild backbends. **Instructor: Cindy Russell**

92053 (Multi-Purpose Room South)
12 - 12:50 p.m. | W | \$4 per class

Classic Fitness

Have fun and move to the music through various exercises designed to increase muscular strength, range of movement, and activities for daily living. A chair is available if needed for seated or standing support. **Class fees are waived for SilverSneakers, Renew Active, and Silver & Fit members.**

Instructor: Wendy Compagnone

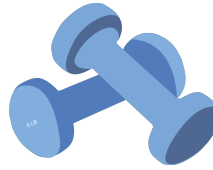
92008 (Multi-Purpose Room South)
10 - 10:50 a.m. | M | \$4 per class

Instructor: Lauri Krumm

92009 (Multi-Purpose Room South)
11 - 11:50 a.m. | W | \$4 per class

Fit Start II

This higher-intensity exercise class is designed for those ready to take their fitness to the next level. Students must be able to get on the floor and back up. Please bring an exercise mat and water bottle to class.



Instructor: Wendy Compagnone

92036 (Multi-Purpose Room South)
9 - 9:50 a.m. | M | \$4 per class

Instructor: Lauri Krumm

92058 (Multi-Purpose Room South)
10 - 10:50 a.m. | W | \$4 per class

Fitness Circuit

Work your way through multiple exercise stations focused on balance, agility, strength, endurance, coordination, and mental acuity. This class is for everyone but particularly beneficial for Parkinson's patients. **Class fees are waived for Renew Active members.**

Instructor: Lauri Krumm

92057 (Multi-Purpose Room South)
9 - 9:45 a.m. | W | \$4 per class

Hatha Flow

A mind-body class that emphasizes breathing while moving through standing, seated, or reclining postures that create a flowing sequence. Students will learn Sun Salutations with modifications for every level. Benefits include increased range of movement, flexibility, mobility, improved stamina and endurance, reduced joint inflammation, lower levels of stress and anxiety, improved states of relaxation, mental clarity, focus, and well-being. Participants should be able to get down and up from the floor without assistance. Class is open to all levels, including beginners! **Class fees are waived for Renew Active members.**

Instructor: Debbie Melchiorre

92035 (Multi-Purpose Room South)
2 - 3 p.m. | T | \$4 per class

Line Dancing

Studies have shown dancing to help in areas of memory, balance, cardiovascular, and vertigo. You don't need a partner, and we teach lessons using all genres of music.

Instructor: June Johnson

92044 (Multi-Purpose Room)
1 - 2:45 p.m. | TH | FREE

*No class 10/17

Strengthen on Your Mat

Core strengthening class that combines pilates, basic exercise moves, and yoga. **Class fees are waived for Renew Active members.**

Instructor: Lauri Krumm

92061 (Multi-Purpose Room South)

9 - 9:50 a.m. | F | \$4 per class

*No class 10/18

Strong & Stable

This yoga-inspired class will focus on balance, stability, strength, flexibility, and stamina through standing, seated, and reclining postures on the mat. Breathing techniques will enhance well-being and reduce stress. Participants should be able to get down and up from the floor. Bring water and a mat, or borrow one from us.

Instructor: Lauri Krumm

92018 (Multi-Purpose Room South)

9:30 - 10:15 a.m. | TH | \$4 per class

*No class 10/17

Tai Chi

A Chinese slow, meditative exercise system designed for relaxation, balance, and health. **Class fees are waived for Renew Active members.**

Instructor: Chot Pham

92049 (Multi-Purpose Room South)

3:30 - 4:30 p.m. | W | \$4 per class

WALKT^oBER

Walk across America with us! All you need to do is walk through the month of October and keep track of your distance or time. Walk 20 or more days during October to receive a prize.

This program is free for all Hurst Residents, Recreation Center, & Senior Activities Center members. Track your walking on a calendar provided by the HSAC, located in a file box in the lobby for you to access whenever you are here. Whether outside, in one of our facilities, on a treadmill, or on the ground - participants can log wherever they walk!

Sign up with the front desk and receive your October calendar!

Yoga Fitness (with Chair)

Participants complete seated in a chair and standing yoga poses with the help of the chair. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints.

Class fees are waived for SilverSneakers, Renew Active, and Silver & Fit members.

Instructor: Debbie Melchiorre

92040 (Multi-Purpose Room South)

1 - 2 p.m. | M | \$4 per class

92043 (Multi-Purpose Room South)

1 - 2 p.m. | W | \$4 per class

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for beginners of all fitness levels featuring easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. **Class fee is waived for SilverSneakers, Renew Active, and Silver & Fit members.**

Instructor: Janet Haynie

92001 (Multi-Purpose Room South)

10 - 10:45 a.m. | F | \$4 per class

*No class 10/18



the senior pipeline

October 2024

Check out the calendar for events and programs.

Operating Hours:

Monday, Tuesday, Wednesday, & Friday: 7:00 a.m. - 5:00 p.m.

Thursday:
7:00 a.m. - 9:00 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center
700 Heritage Circle
Hurst, TX 76053
hursttx.gov/hsac

**Congratulations
to team Hurst for
winning the
HEB Senior Center
Games of 2024!
Thank you to all
who attended!**