

Senior Center SNAPS



the SENIOR PIPELINE

DECEMBER 2016

Get Active and Get Involved!

Check out the calendar for new events and programs!

- Tamale Making Demo
- Christmas Brunch & Caroling
- Christmas with the Grandkids
- Texas Hold'em Playoffs
- Holiday Dance
- Blackeyed Peas & Cornbread



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

Thank You!

- Best Donuts
- Brookdale Senior Living
- Brown & Freeman
- **Busy B's Bakery**
- Custom Fit Insurance, Mike Smith
- Donut Plaza
- Educate DFW
- Edward Jones, Adam Davenport
- First Hurst Donut
- Gotta Go Tours
- Heartland Bedford
- Heritage Village Residences
- Hurst Plaza
- Keller Oaks
- Lexington Place
- Meadowood at the Vineyards
- Mid-Cities Pharmacy
- Nations Insurance
- Parkwood Retirement
- Riverside Inn
- Shield Awards & Promotions
- Smile Donuts
- Tarrant County Public Health
- Kreigh & Carol Valkenaar
- **What's Poppin Tx**

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Supervisor
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Debbie Broseh	Part-Time Attendant
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

I'd like to share an expensive learning experience that happened to me recently. Andy and I went to Trinity's first football game of the season, at Pennington Field, to watch our granddaughter who is a member of the band's Color Guard. There was time to get a Band T-Shirt that I liked. I removed my wallet from my purse and took it with me, purchased a T-Shirt, went to the restroom, set the wallet on top of the dispenser before changing into my new T-Shirt, rushed out of the restroom and arrived at my seat just in time to participate in the National Anthem.

The next morning I discovered my wallet was not in my purse. Panic! We immediately reported it to the Bedford Police Dept. We called our bank and Credit Card Company. I was dreading having to renew my driver's license.

In the early afternoon an off-duty police officer, who had worked at the game the night before, rang our doorbell. She said, "Someone found your wallet in the restroom and turned it into the stadium box office." Before she left the stadium she saw it and decided to bring it to me the next day, rather than making me wait all weekend. She said, "There is no money in it." She was right. Someone removed the bills, but they left the coins and everything else intact.

We are heading into the Christmas season when we will all be out shopping more frequently. The lesson I learned is it's easy to get distracted. We always need to pay close attention to where we place our wallet and our money. Stay aware of your surroundings and don't let the stress and chaos of the holidays get you distracted.

Wishing you all the very best of this Holiday Season!

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 10:00 am - 12:00 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! **December 8th, "Pete & Patti". December 22nd is our Holiday Dance, "Nobles of Note"!** (Sixteen piece Shriners' Orchestra)

MOVIES & MUNCHIES (95001 5/75/MPN) Friday, December 2, 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 the original "Miracle on 34th Street" starring Maureen O'Hara, John Payne and young Natalie Wood. When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing. Please sign up in advance.

HAPPY HATTERS' MEETING (95040 1/75/MPS) Thursday, December 8, 9:30 a.m. Hostess of the month Mary Wismann invites you to join this fun group of women for the Happy Hatters' Christmas Party. We will have a short meeting and a \$10 gift card (wrapped) exchange at the Center. We will then carpool to Willhoites in Grapevine for lunch at 11:15, and then journey on to The Gaylord Texan to enjoy the beautiful Christmas decorations. 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, December 9, 2:15pm. Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you learn your way around, meet new people and find things to do! Please sign up so we know to expect you. **FREE!**

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, December 14, 2:00pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. Please sign up. Sponsored by Heartland Bedford. **FREE!**

HOLIDAY POTLUCK BINGO! (95002 5/75/MP) Thursday, December 15, 12:00pm Due to hectic holiday schedules, we will be having a lunch time Potluck Bingo this month instead of our usual evening meal. Join us for this special version of Holiday Potluck Bingo! Bring a side dish or dessert to share. The Senior Center provides the main entree (Baked Ham), drinks and prizes. Please sign up in advance. **FREE!**

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

SPECIAL EVENTS

NIGHT AT THE ARTISAN (95005L 30/50/Artisan Theater) The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "Nonsense" for Thursday, January 5, 7:30 pm (doors open at 7 pm.) The Little Sisters of Hoboken have a problem: How to raise the money to bury the Sisters from their order who died in a freak poisoning accident at the convent. It's time for a fund raising talent show - and the nuns are the talent ... well, sort of. A laugh-out-loud show that's full of fun for everyone. The first show in the main stage season for 2017! 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 Thursday, December 29. **FREE!**



TAMALE MAKING DEMONSTRATION (94016L 5/20/MPN) Monday, December 5, 11:00 am Sign up early for this annual Senior Center tradition with members Jose & Josie Calvillo. Learn how to prepare authentic Mexican tamales from beginning to end including the making of the filling to rolling and steaming. Each participant will receive hands on experience, the recipe, 1/2 dozen tamales, and tasting samples during demonstration. \$4 per person. Space is limited, so sign up early.

MUSIC FOR THE HOLIDAYS CHOIR CONCERTS Come enjoy the sounds of children's voices as they sing and share the spirit of Christmas with us. The students have to work hard and maintain exemplary conduct in order to have the privilege of coming to sing for us. Please show your support and encourage their continued good behavior by coming to hear them perform. Please sign up so we are sure to have enough seating. **FREE!**

- **Colleyville Elementary School (95010L 6/100/MPN)** Friday, December 9, 10:30 am
- **Donna Park Elementary School (95024L 6/100/MPN)** Monday, December 12, 1:30 pm



HOLIDAY BREAKFAST BASH (95052L 10/100/MPN) Friday, December 16, 9 :00 am Enjoy a festive morning of Christmas tradition and fare including a crepe station sponsored by Lexington place, an assorted fruit and pastry table, egg casseroles, a variety of meats along with fresh coffee and juice. While you dine you will be entertained by the trumpet and vocal sounds of Bill Clark, then work off some calories with the Zumba Gold class.

Complimentary holiday photo opportunities with Santa will be available. Breakfast is **\$5 per person**. Space is limited, sign up early!

GRANDKIDS CHRISTMAS LUNCH AND ACTIVITIES (95011L 1/50/MP) Monday, December 19, 11:00 am - 1:30 pm. Bring your grandkids to the Senior Center for mid-day holiday fun. Get family pictures made with Santa, make a holiday craft and enjoy a Christmas inspired lunch with kid-friendly foods while we watch a classic holiday cartoon. We will conclude the activities with everyone creating their own decorated sweet confection. **\$5 per person** (includes photographs, craft, lunch and treat decorating.)



BLACK-EYED PEAS & CORNBREAD (95054L 1/300/MP) Thursday, December 29, 6:00 pm. Get ready for the New Year by taking part in this Southern tradition and eat your lucky black-eyed peas! Enjoy the movie classic "It's a Wonderful Life" while you dine. Sign up in advance so we are sure to have enough "luck" and cornbread for everyone! **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 ^{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 Monday, December 12, 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 ^{1/16/Comp}) **Wednesday December 21, 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, December 13 & 27, 2:00 pm Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

iPad and iPhone (93042 ^{1/16/Comp}) **Fridays, December 2, 9, & 16, 9:30 am - 10:30 am.** Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. (Class canceled 12/30.) Instructor: Fannette Welton. Free!

Windows 10 (93004 ^{1/16/Comp}) **Tuesdays, 10:00 am - 11:00 am** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Free!

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

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

Internet-Based Genealogy (93014 ^{1/16/Comp}) **Friday, December 2, 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.

"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!**

Bead Mania I (91048 ^{1/8/CRB}) **Tuesday, December 6, 2:30 pm.** Christmas necklace, bracelet and earring set. Instructor: Diana Conway. Class fee \$5; Supply fee \$18.

Bead Mania II (91056 ^{1/8/SA}) **Tuesday, December 13, 2:30 pm.** Come make this extra long beaded necklace. Instr: Diana Conway. Class fee: \$5; Supply fee \$15.

Floral Arranging (91050 ^{1/8/SA}) **Thursday, December 22, 2:30 pm.** Make a Christmas Centerpiece with fresh flowers and Christmas greenery. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Jewelry Repair (91026 ^{1/8/SA}) **Monday, December 12, 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, December 28, 9:30 am.** Learn to cut glass and more as you create a pendant for a necklace. Limit 2 pieces per class (\$5 additional piece). All supplies provided. Instructor: Diana Conway. Class fee \$15.

Ceramics (91001 ^{1/25/SA}) **Tuesdays & Thursdays, 9:00 am - 2:00 pm.** Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

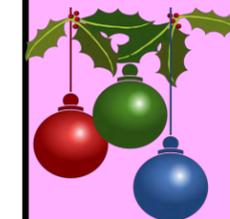
Wine Bottles (91054 ^{1/25/SA}) **Tuesdays & Thursdays, 9:00 am - 2:00 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion (91092 ^{1/10/CRB}) **2nd Tuesday at 1:00 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 December, we will be featuring unusual Christmas ornaments. Items should be clearly labeled with name and phone number.

December items will be on display December 1-29. 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? 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)
- **Fridays, 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.

You Can Paint with Oils (91074 6/15/SA)
Friday, December 9, 9:30 a.m - 12:30 p.m. Painting title: "Cabin in the Snowy Woods" 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..

Pastel Painting (91027 1/16/CRB)
Thursdays, December 1-29, 1:00-5:00 pm. Do you have a passion for pastels? Whatever your preference: posies, puppies or portraits - come and explore the techniques with us; create vibrant full-of-life paintings. See instructor for a list of supplies. See you at the easel! Instructor: Victoria Pedersen. \$40/month.

Quilter's Choice (91024 1/12/SB) Mondays 10:00 am—1:00 pm This month we will work on our Christmas projects. See instructor for project idea if you don't already have one started. 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.

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.

Holiday Food with Gayle (91011 1/6/SB) Wednesday, December 14, 10:00 am—11:00 am Join Gayle for this fun, easy class on how to make fast, delectable snacks and things for those unexpected guests. Receive recipes and helpful hints for things that may help you during your holiday preparations. Class fee \$2.

Bows & Tags (91069 1/15/SA) Tuesday, December 6, 2:00 pm Make your holiday packages extra special! Come learn how to make the perfect Christmas bow. Practice ribbon will be available, but bring your own ribbon to match your wrapping paper. Supplies for making gift tags will be out to make easy gift giving identifiers. Instructor: Gayle Stevens. **FREE!**

FUN & GAMES & GROUPS

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

- **Ladies Powder Puff Pool (95079 8/12/BIL)** Cancelled for December, but will resume in January.
- **8-Ball Tournament/Singles (95078 8/24/BIL) Friday, December 9, 11:00 - 4:00 pm** Sponsor: Home Instead and Bridgeway Home Health. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies 7/14/BIL)** Cancelled for December, but will resume in January.
- **9-Ball Singles Tournament (95029 8/24/BIL) Friday, December 16, 11:00 am - 4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

~~**Book Club (94078 1/20/Conf) Monday, December 19, 3:00 pm**~~—This month we will discuss "Underground Railroad" by Colson Whitehead. The new book to read will be "Mrs. Lincoln's Dressmaker" by Jennifer Chiaverini and will be discussed in our January meeting. Facilitator: Elaine Wicker. **FREE!**

Texas Hold'em Play Offs (95007 1/18/MPN) Wednesday, December 7, 2:00 - 4:00 We have been keeping score all year and now it's time for our Playoff Tournament. Eighteen of the best Poker Faces will compete for the title of Champion. Tournament players will enjoy complimentary pizza. Other snacks and drinks will be provided for anyone that wants to watch the tournament. Names of those eligible for the play offs will be posted by December 1. Sponsored by Mike Smith, Custom Fit Insurance. **FREE!**

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! (Please note that Music & Song may have a delayed start on 12/12 due to children's choir.) **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/CRC)** Please see "Open Activities" for weekly game days/times. Instructor will be available on the 2nd Thursday each month to assist those new to the game. Only persons needing lessons should sign up. 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!

"42" PLAYER CHRISTMAS LUNCHEON (94048 5/30/SA) Wednesday, December 21, 12:30 pm. Once a quarter, the "42" players meet for a potluck luncheon. Come enjoy this Christmas Luncheon with your "42" friends! 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 so we know you're coming.

Bunco (95092 5/30/MPN) Thursday, December 22, 3:00 pm Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

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. **\$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, December 7, 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 **\$7.50/ 3 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:00 pm, Instructor: Rosy Pritchett **\$10.00/ 4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/ 5 classes**

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

- **Mondays (92051 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$7.50/ 3 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 AM, Instructor: Rosy Pritchett **\$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) 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 Thursday each month, 10:00-11:00 am Come by the front lobby and get your blood pressure checked. Sponsored by: Visiting Angels. **FREE!**

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

Aircraft & Helicopter Science Group (95031 1/16/CRB) 1st Wednesday, 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, December 14, 1:00-2:00 pm. Nutrition: watching calories for the holidays and setting resolutions and goals for the new year and helpful resources to achieve your goals. Sponsored by: North Hills Hospital. **FREE**

Medicare Advantage (94032 5/20/Conf) Friday, December 2, 10:00 am–11:00 am Learn about Medicare plan options and 2017 Medicare updates. Information on area plans will be available. Sponsored by Celia Neyra Nations Insurance. **FREE!**

Essential Oil Workshop: Holiday Make & Take (94082 1/25/SA) Friday, December 16, 1:00 pm Com join us for a Christmas Make & take and learn about ideas for the Christmas season using essential oils. Make & Take items: Christmas Spirit Room Spray, Peppermint Pain Cream. Participants will take home a free Christmas spirit essential oil sachet. Instructor: Patricia Maniscalco/Jackye Pritchett. Class is free. Supply fee of \$5 due (cash only) to instructor at time of class.

Edward Jones Presents: NEW DOL LAW About IRA's (94040 1/24/Conf) Friday, December 9, 10:00 am. Come learn about the new DOL ruling and how it affects IRAs and you. It goes into affect April 2017 with significant changes. We will also discuss end of year tax strategies and ideas. There will be a drawing for a prize and Adam Davenport will be available for specific questions after class. **FREE.**

Ask A Pharmacist (94087 1/16/Conf) 3rd Wednesday of each month at 10:00am. Are you concerned about the hidden side effects of common medications? Are you taking a statin? Metformin? Nexium? Prilosec? Have diabetes? Do you take antibiotics regularly? The pharmacist will talk about some of the most common medications and some of their hidden side effects; how to avoid it and fix it. Don't let your medications secretly damage you in other ways. Instructor: Aemad Aslam Sponsored by Mid-Cities Pharmacy. **FREE!**

Hearing Presentation & Screening (94027 1/16/Conf) Tuesday, December 6, 11:00 am Come for a question and answer time and hear a brief presentation hearing devices. Following the presentation, Zounds Hearing will be available for screenings to test for hearing loss and for hearing aid cleanings. Please sign up so the audiologist knows how many to expect and can make appointments if needed. Sponsored by: Zounds Hearing. Free!

Grief Workshop (94036 1/20/Conference) Thursdays, December 1 and 8, 10:00 am Come share and discuss: Navigating The Holidays; Families And Grief; Healing Grief Rituals; Selfcare; and Finding Hope For The Future. **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, December 21, 2:00 - 4:00 pm. Bob Shultz will present Santa Claus method of delivering Christmas Gifts using fixed wing aircraft, drones, and helicopter for this year and tomorrow. This includes the attendees bring their own concept of delivery via picture or model. **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}) **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 ^{5/30/MPS}) **Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are \$2.50 each, payable at the beginning of each month. **\$12.50/5 classes.**

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**

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 ^{3/25/MPS}) 3:45 - 4:45 pm** Instr: Debbie Melchiorre. **FREE!**
 - 2nd & 4th Tuesdays (92053 ^{3/25/MPS}) 3:45 - 4:45 pm** Instr: Michelle Varley. **FREE!**
 - Thursdays (92046 ^{3/30/MPS}) 3:45 - 4:45 pm** Instr: Rosy Pritchett. **\$12.50/5 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. **\$8.00/2 classes.**

• **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS})** **Wednesday, December 28, 2:00-3:30 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**

December 2016

Monday

Tuesday

Wednesday

Thursday

Friday

<p>See "Open Activities" for additional continuous classes and programs.</p>	<p>MASSAGE & REFLEXOLOGY</p> <p>Wednesdays 10:00 am—11:00 am By Appointment</p>	<p>SIGN UP! Registration for December Classes & Activities and Night At The Artisan Begins Thursday, December 1, 8:00 am</p>
<p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 11:00 Tamale Making Demo 12:15 Multi-Media Painting 1:00 Fitness Orientation (92027) 1:00 Yoga Therapy 2:15 Music & Song 5:00 Fit Start I</p> <p style="text-align: right;">5</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Windows 10 10:00 Quilter's Lab 10:30 ZUMBA Gold 11:00 Hearing Screening 11:15 Applications Intro 2:00 Bows & Tags 2:30 Bead Mania I 2:30 Hatha Yoga 3:45 Chair Yoga</p> <p style="text-align: right;">6</p>	<p>9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 CPR Training 2:00 Ladies Powder Puff Pool 2:00 Texas Hold'em Playoffs 2:00 Aircraft & Helicopter 5:00 Fit Start I</p> <p style="text-align: right;">7</p>
<p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Fitness Orientation (92028) 1:00 Computer Club 1:00 Jewelry Repair 1:30 Donna Park Choir 2:30 Music & Song 5:00 Fit Start I</p> <p style="text-align: right;">12</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Windows 10 10:00 Quilter's Lab 11:15 Applications Intro 10:30 ZUMBA Gold 2:00 Get Your Pics 1:00 Glass Fusion (Open) 2:30 Bead Mania II 2:30 Hatha Yoga 3:45 Chair Yoga</p> <p style="text-align: right;">13</p>	<p>9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 Samba Canasta Lessons 10:00 Holiday Food w/Gayle 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Health Talk 2:00 Birthday Party 5:00 Fit Start I 6:00 Fitness Orientation (92025)</p> <p style="text-align: right;">14</p>
<p>9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 11:00 Grandkids Christmas 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</p> <p style="text-align: right;">19</p>	<p>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</p> <p style="text-align: right;">20</p>	<p>9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 Ask a Pharmacist 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Mixed Doubles Pool 11:00 Spanish Club 12:30 42 Player Christmas Lunch 2:00 History of Aviation 2:00 Bingo In The Afternoon 3:00 Facebook for Desktop 5:00 Fit Start I</p> <p style="text-align: right;">21</p>
<p style="text-align: center;"></p> <p style="text-align: right;">26</p>	<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 Windows 10 10:30 ZUMBA Gold 11:15 Applications Intro 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga</p> <p style="text-align: right;">27</p>	<p>9:00 Tai Chi 9:00 Fit Start II 9:30 Glass Fusion Lessons 10:00 Samba Canasta Lessons 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 2:00 Relax, Renew, Restore 5:00 Fit Start I 6:00 Fitness Orientation (92026)</p> <p style="text-align: right;">28</p>

<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Blood Pressure Checks 10:00 Writing Group 10:00 Grief Workshop 10:30 Ageless Grace 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts</p> <p style="text-align: right;">1</p>	<p>9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Art Addicts 10:00 Internet Genealogy 10:00 Medicare Advantage 10:00 Café Exchange 11:00 Party Dance 1:00 Movies and Munchies</p> <p style="text-align: right;">2</p>
<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:30 Happy Hatters 10:00 Marbles & Jokers Lessons 10:00 Writing Group 10:00 Grief Workshop 10:30 Ageless Grace 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 7:00 Dance - Pete & Patti</p> <p style="text-align: right;">8</p>	<p>9:30 iPad/iPhone 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 10:30 Colleyville Elem. Choir 11:00 8-Ball Singles Tournament 11:00 Party Dance 2:15 Newcomers Connection</p> <p style="text-align: right;">9</p>
<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 12:00 Holiday Potluck Bingo 1:00 Beg. Line Dancing 1:00 Pastel Painting 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts</p> <p style="text-align: right;">15</p>	<p>9:30 iPad/iPhone 9:00 Holiday Breakfast Bash 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 9-Ball Singles Tournament 11:00 Party Dance 1:00 Essential Oils Workshop</p> <p style="text-align: right;">16</p>
<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Floral Arranging 3:00 Bunco 3:45 Chair Yoga 6:00 Art Addicts 7:00 Holiday Dance</p> <p style="text-align: right;">22</p>	<p style="text-align: center;"></p> <p style="text-align: right;">23</p>
<p>9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:00 Medicare Q&A 10:30 Ageless Grace 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 6:00 Peas, Cornbread & Movie</p> <p style="text-align: right;">29</p>	<p>9:30 iPad/iPhone 10:00 Art Addicts 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Party Dance 11:00 Unstruct. Swim—Cancelled</p> <p style="text-align: right;">30</p> <p style="text-align: center;">Close At Noon</p>

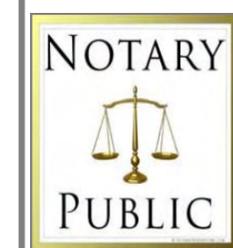
"A Quick Bite" Tuesdays at Noon Only \$5

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

- December 6: Baked Potato
- December 13: Hobo Stew
- December 20: Chili Mac
- December 27: Ham Casserole



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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have it in a digital
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this free service for
our members. Limit of 10
pages. You must have an email
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