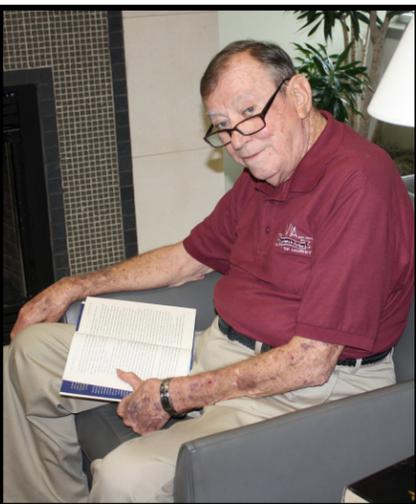


Senior Center SNAPS



Thank You!

- 1st Donuts
- Anderson Audiology
- Busy B Bakery
- Dancing Rivers Grapevine
- Empower Brokerage
- Franklin Park Retirement
- Gotta Go Tours by Patti
- Hurst Plaza Nursing & Rehabilitation
- Lexington Place
- Lion Hospice
- North Hills Hospital
- Regency at North Richland Hills
- Smile Donuts

Upcoming Events

- Document Shredding
- Concert in the Park
- Robot Surgery Center Tour
- Switzerland Trip Departure
- Tour West Texas

(details in the April *Senior Pipeline* or see staff for more info)

Visit Randy Foster's blog at: <http://stardustbyrandy.blogspot.com/>
Cecil Kearney's Hurst Senior Center blog at: <http://hursttech.blogspot.com/>

New Classes

Join the Fun!

SP

The Senior Pipeline

March 2013
Vol. 4 Issue 4

Check out the Calendar for
NEW events and programs!

Get Active and Get Involved!



Senior Pipeline Tidings...

By: Maurine LeCocq, Senior Center Journalist

Have you ever looked inside the kitchen at the Senior Center? Seriously, take a minute to really look through the window in the Café and you will see lots of shiny chrome and stainless steel. It always sparkles, even when

someone is busy preparing coffee, donuts, Tuesday's Quick Bite Lunches, the monthly Breakfast Club, Movies & Munchies, Pot Luck Dinner and Bingo, Cornbread and Black-eye Peas, Chili Cook-off, and any of the

other wonderful events that the staff concocts that include food of some sort for the rest of us.

We frequently see the staff in the kitchen preparing food. Have you noticed the other people that are helping the staff prepare the food for us, helping serve that food and cleaning up afterwards? Those other people helping out in the kitchen are members of the Senior Center who volunteer their time so the rest of us can enjoy the food for whatever event we plan to attend. That's one of the



reasons they ask us to sign up at the beginning of the month, so they will know how much food they need to prepare.

Our current list of Kitchen Volunteers include: Kim Bouse, Janet Cook, Bonnie Doss, Dani Fatheree, Doris Hill, Christine Nabors, Derinda Peyton, Tom Picarello,

Koree Pollock, Bea Rake, Shirley Richardson, Pat Smith, Jane Stiles and Lillian Uzzell. Next time you see one of these volunteers, be sure to tell them how much you appreciate all they do for the rest of us.

Being a volunteer in the kitchen requires special training. Every so often a Food Handler's Class is offered for those people who would like to volunteer to help in the kitchen. You must be willing to make a definite commitment for this volunteering job because it requires a Food Handler's License. The Food Handler's License Class is typically held in March, July and November. If you have an interest in doing this, please ask Michelle or Linda Rea about it to determine whether this is something you would like to do and how you can get involved.

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**

Operating Hours:
Monday-Wednesday, 7 am - 7 pm
Thursday, 7 am - 9 pm
Friday, 7 am - 7 pm
Closed Saturday & Sunday

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Coordinator
Laura Gore	Senior Secretary
Linda Provence	Asst. Activ. Coordinator
Ron Beall	Part -Time Attendant
Diana Conway	Part -Time Attendant
Barbara Humphreys	Part- Time Attendant
Elaine Wicker	Part -Time Attendant

Hurst Senior Citizens Activities Center
700 Heritage Circle
Hurst, Texas 76053
817.788.7710

Open Activities

Fun-n-Games

"42"

Mon. & Wed. & Fri. 1:00 - 4:00 pm

Chicken Foot

Tue. & Fri. 1:00 pm - 3:00 pm

Duplicate Bridge

Tue. & Thur. 12:30 - 4:30 pm

Hand & Foot Canasta

Tues. & Thur. 10:00 - 12:00 pm

Mah Jongg

Mondays 2:00 pm - 4:00 pm
Wednesdays 10:00 - 12:00 am

Party Bridge

(Lessons for Beginners on Tuesdays)
Tue. & Thur. 9:00 - 11:00 am
Mondays 2:00 - 4:00 pm

Pinochle

Tue. & Thur. 10:00 - 4:30 pm

Ping Pong

Wednesdays 12:00 - 2:00 pm

Billiard's Room

Tables open during regular Senior Center hours

Special Billard Room Times

Member Organized Play
Mon. & Thur. 8:00 - 12:00 pm

Novice Play

Tues. & Thur. 5:00 pm - 7:00 pm

Tournaments (sign up required)
See calendar for schedule

Puzzles

Check the library for the latest jigsaw puzzle

Skip Bo

Mondays 2:00 - 4:00 pm

Wii Play

Fridays 3:00 pm - 4:00 pm

Exercise & Fitness

Walking Group (14 laps make a mile!)

Tai Chi for Arthritis (DVD)

Mondays 9:00 am - 10:00 am

Yoga for Beginners (DVD)

Mondays 11:00 am - 11:30 am

Richard Simmons - Sweatin' to the Oldies (DVD)

Mondays & Wednesdays 1:00 pm - 2:00 pm

Texercise (DVD)

Tue. & Thur. 10:00 - 11:00 am

Richard Simmons - Silver Foxes (DVD)

Tue. & Thur. 11:00 am - 12:00 pm

Walk Away the Pounds (DVD)

Wednesdays 6:00 - 6:45 pm
Fridays 1:00 - 1:45 pm

Yoga for Weight Management (DVD)

Fridays 9:45 - 10:15am

Richard Simmons - Disco Sweat (DVD)

Fridays 11:00 am - 12:00 pm

Qigong (DVD)

Fridays 5:30 pm - 6:30 pm

Arts, Crafts & Misc.

Ceramics & Wine Bottles*

Tue. & Thur. 9:00 - 1:00 pm

Coupon Clique

Tue. & Thur. 9:00 - 12:00 pm

Open Glass Fusion*

2nd Tue. 2:00 pm & 3rd Thur. 6:00 pm

Knot-a-Lot

Wednesdays 2:00 - 4:00 pm

Open 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.

Monthly Social and Special Events



DANCES - Join us on the 2nd & 4th Thursday nights of the month at 7 pm in the Multipurpose Room for a great night out! Come to dance the night away or just listen to some fabulous music! Live Band and light refreshments. Dances are **\$5** at the door and open to Seniors from all over the Metroplex. Invite your friends!

March 14 **Variety Dance - Gary Lee Orchestra**

March 28 **Country Dance - Pete & Patti**

HEALTH & BENEFITS FAIR (95062M 1/300/MP) **Monday, March 4, 1 pm** Please plan to attend this informative and fun Health & Benefits Fair coordinated by the TCU Nursing Students. A variety of community businesses and healthcare providers have been invited that specifically service senior needs. Please sign up. **FREE!**

IDENTITY THEFT & SCAMS (95081M 1/75/MPN) **Tuesday, March 5, 11 am** Officer Bell from the Hurst Police Department will be here to share recent scams that have occurred locally and how to protect yourself from them and other forms of identity theft. Enjoy a complimentary cup of soup following the presentation or you are also invited to purchase "A Quick Bite" meal at a special price of \$4 (regularly \$5). Presentation is **FREE!**. Meals must be purchased at the front desk prior to 11 am.

MOVIE & MUNCHIES (95001M 5/75/MP) **Friday, March 8, 1:00 pm** Once a month (typically the 1st Friday) we offer a current movie with "munchies" - including popcorn, drinks, and a snack for only **\$3**. This month's feature is "The Bucket List", starring Jack Nicholson and Morgan Freeman. This dramedy is about two terminally ill men who escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Sign up in advance so we will have enough refreshments.



BIRTHDAY PARTY (95006M 5/75/MPN)

Wednesday, March 13, 3:00 pm Come 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 at the front desk. **FREE!** Sponsored by Hurst Plaza Nursing & Rehabilitation.

BREAKFAST CLUB (95015M 10/50/MP) **Friday, March 22, 8:30 am** Wake up and get up to the Senior Center for a hearty breakfast. Enjoy fresh made sausage gravy and biscuits, scrambled eggs, juice and coffee. Fresh fruit sponsored by Dancing Rivers Grapevine. Seating limited. **\$3 per person.**

GRAN-FAMILY PICNIC (95080M outdoors) **Wednesday, March 13, 11:00 am - 1:00 pm** Invite all your friends and family for a fun day at Heritage Village Park located in front of the Senior Center hosted by the City of Hurst. Bring a blanket and a picnic lunch and enjoy this special event featuring outdoor games and activities for the kids and entertainment by Vocal Stomp. Free cupcakes for all attendees provided by Franklin Park Retirement. Event is **FREE!** Senior Center members are asked to sign up, but anyone is welcome to attend.

CREATIVE ARTS

Basic Drawing (91088M 3/12/CRB) **Mondays, March 4 - 25, 9 am - 10 am** Learn basic drawing techniques. Bring your own sketchbook and pencils. Instructor: Arlene Taylor, \$30/mo.

Continuing Drawing (91025M 3/12/CRB) **Mondays, March 4 - 25, 10 am - 12 pm** Class for those with basic experience. Bring your own sketchbook and pencils. Instructor: Arlene Taylor, \$30/mo.

Glass Fusion (91073M 1/10/CRB) **Wednesday, March 6, 1 pm** Learn to cut glass and more as you create a pendant for a necklace. Limit 2 pieces per class (\$5 each for additional piece). \$15 class fee.

Jewelry Making (91095M 1/10/CRB) **Thursday, March 7, 6 pm.** Long strand necklace with seed beads and crystals. Instructor fee \$5; Supply fee \$8.

Bead Mania I (91048M 1/10/CRB) **Monday, March 11, 2:30 pm** Repair & Repurpose Jewelry. Have broken jewelry or something you don't wear anymore, but love the beads? Bring it and we will rework them into useful and beautiful jewelry. Instructor: Diana Conway. Instructor fee \$5.

Crafty Corner I (91049M 1/10/CRB) **Monday, March 18, 2:30 pm** Make a gift for yourself or a grandchild with a stylized letter embellished with silk flowers. Instructor: Diana Conway. Supplies provided. Instructor fee \$5. Supply fee \$8.

Crafting for HSAC (91094M 1/10/CRB) **Friday March 15, 10 am** Join the staff as they work to create quick and easy items to sell at the 2013 Craft & Holiday Market. Proceeds from the sell of the items will benefit the Senior Center.

Bead Mania II (91056M 1/10/CRB) **Monday, March 25, 2:30 pm** 1/2 charm bracelet and 1/2 crystal bracelet. Come make this unusual bracelet that uses charms, crystals and bling to make something truly unique. Instructor: Diana Conway. Supplies provided. Instructor fee \$5; Supply fee \$12.

You Can Paint with Oils (91074M 6/15/SA) **Friday, March 22, 9:30 am - 12:30 pm** Paint a "Romantic Courtyard with Hanging Bougainvilleas" in one inspiring lesson. Instructor: S. Gardens. Supplies provided. \$15 instructor fee, \$18 supply fee.

Watercolor Lessons (91097M 2/10/CRB) **Tuesdays, March 5 - 26, 1 pm** Learn to paint using watercolors. Supply list provided. Instructor: Victoria Pedersen \$30/mo.

March is National Quilt Month

Be sure and take a walk around the Senior Activities Center to see all the beautiful quilts on display through March 29.

Quilter's Choice (91024M 1/10/SB) **Mondays 10 am - 1 pm** Project of the month: Bunny Parade. Supply list provided the first day of class. Instructor: M. Leatherwood \$25/ mo.

Quilter's Lab (91078M 1/10/SB) **Tuesdays 10 am - 1 pm** Instructor assistance w/your project. Instructor: J. Cook. \$25/mo.

Beginner Quilt Making (91047M 1/10/SB) **Wednesdays 10 am - 1 pm** Learn to quilt with "Bright Beginnings" pattern. Instructor: Jan Cook. \$25 per month.

Wine Bottles (91054M 1/20/SA) **Tuesdays & Thursdays from 9 am to 1 pm.** Bring your own bottle(s), then decide if you want to make a serving tray, lamp, or both. Lamps require a \$3 cutting fee and a light kit. Bring your own light kit or purchase one through the instructor. Decals available at an additional charge. Instructor: D. Smith \$5 monthly fee.

Open Ceramics (91001M 1/20/SA) **Tues. & Thurs. from 9 am to 1 pm.** Bring your own ceramics supplies. Kilns on site. Instructor: D. Smith \$5 monthly fee.

Open Glass Fusion (91092M 1/10/CRB) **2nd Tue. at 2 pm & 3rd Thur. at 6 pm.** Staff facilitated use of the Senior Center jewelry kilns. Use your own materials. Participants are required to have taken the Glass Fusion class at least once. The Senior Center and/or staff is not responsible for outcome of fired pieces. \$5 monthly fee.

FUN, GAMES & GROUPS



Potluck BINGO! (95002M 5/75/MP) **Thursday, March 7, 6 pm** Bring a side dish or dessert to share with the group. The Senior Center provides the main entrée (Swedish Meatballs), drinks and prizes. **FREE!**



Billard's Corner

Must sign up to play in organized games.

- **9-Ball Tournament/Singles (95078M 8/24/BIL)** **Friday, March 8, 11:00 am** Sign up early. \$3 per person.
- **8-Ball Tournament/Doubles (95029M 8/16/BIL)** **Friday, March 22, 11:00 am** Sign up early. \$3 per person. Prizes and refreshments sponsored by Hurst Plaza Nursing & Rehabilitation.
- **Ladies Powder Puff Pool (95079M 8/16/BIL)** **Wednesday, March 27, 2:00 pm** Join Barbara Humphreys for a fun afternoon of friendly, semi-competitive play just between girls. No prizes, just bragging rights! **FREE!**

Aircraft & Helicopter Science Group (95031M 1/30/CRB) **Thursday, March 7 & 21, 2 - 3 pm** Join Bob Shultz and this group interested in promoting science and math in public schools. **FREE!**

Sing-a-Long (94043L 1/30/SA) **March 4, 3:00 pm** Come sing to good old country and rock'n roll songs. Lyrics on screen. **FREE!**

Grief Support (94036M 1/15/CRA) **Thursday, March 28, 10 am** This group for those dealing with the loss of a loved one meets once a month, every 4th Friday. Sponsored by Lion Hospice and facilitated by Dr. Joanne Pryor-Carter, LPC.

Red Hat Society (95040M 1/75/MP) **Friday, March 1, 8 am** Join "The Happy Hatters of Hurst" for a trip to Canton. Deluxe Motorcoach transportation provided for just \$46 p/p. Ask a friend to join you. Membership to Senior Center or to Red Hats is not required. \$2 donation for the "Hatter's Fund" can be paid at meeting check in. Wear comfortable shoes and your red hat!

Bingo in the Afternoon (95058M 5/75/MP) **Wednesday, March 20, 2 pm** Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Prizes sponsored by United Healthcare. **FREE!**

Volunteers We are always looking for people to teach classes; share a talent or expertise; start a new game group; set up, keep up and clean up around the Center and more. Hours are based on your availability. Volunteer opportunities are listed in the Volunteer binder located at the front desk or you can be added to our monthly e-mail group. Contact Michelle Varley or Linda Provence to get involved.

Caring Covers Our Senior Center members are like a close-knit family. So when one of our members is sick, has lost a loved one or is just having a rough time of it, we want to reach out to them. Our Knot-a-Lot group wants to share their "knotted" creations with those that need to know someone cares. Please advise the front desk staff if you know of a fellow member that is in the hospital, grieving or feeling down, so that a "Caring Cover" prayer shawl can be shared with them.

EDUCATION/SEMINARS/TRAVEL

BP Check 1st Wednesday of the month, 10:00 - 11:00 am Stop by the front lobby and get your blood pressure checked by a licensed nurse and visit with Shelly Cone, Marketing Representative for Hurst Plaza Nursing & Rehab. **FREE!**

Anderson Audiology 4th Friday of the month, 10:00 - 11:00 am Ask questions, get answers and have your hearing aid batteries changed. Sponsored by Anderson Audiology.

Writing Group (94064K 1/15/CRB) **Fridays, March 8 - May 3, 10 -12 pm** Creating poetry, short stories and novels; rewriting and editing. Understanding copyright laws and plagiarism. Do you need an illustrator and/or agent? Marketing, publishing? Bring pen/pencil, paper, eraser and imagination! Feel free to drop in and see what we have going on. **\$30** for 8-week session. Instructor: Victoria Pedersen

Genealogy (94033M 1/16/LC) **Monday, March 11, 2:00 pm** Tresa Tatyrek will present how to find records and information through local repositories, Dallas & Grapevine Public Libraries and Fort Worth Archives. Class will meet in the computer learning center. Please sign up so we are sure to have enough seats available. **FREE!**

Dr.'s Health Talk (94056M 1/25/SA) **Wednesday, March 13, 2 pm** Come hear our guest physician from North Hills Hospital present how nutrition and vitamins affect your overall health and how important they are in keeping your body functioning properly. **FREE!**

Collette Tours Presents (95043M 1/300/SA) **Thursday, March 14, 2:00 pm** Join Collette Tours and return to times gone by during your unforgettable tour of the amazing Emerald Isle. A representative will be here to answer all your questions and share the details of this fabulous trip to Ireland. We will begin taking reservations following the presentation.

Lunch & Learn (94026M 1/25/MPN) **Friday, March 15, 12 pm** Come enjoy a free mini-sub sandwich from Subway while you attend this Smart Nutrition Workshop presented by Elevation Health. Lunch is **FREE!**, but registration is required.

History of Aircraft (94030M 1/20/CRB) **Wednesday, March 20, 2 pm** Join Bob Shultz for this overview of the 21 Air Museums in Northeast Texas. Topics include scope of the air museums, displays, aviation history and specific aircraft and helicopters that are on exhibit. **FREE!** In addition to the regular presentation, you are invited to take a tour of the Vought Restoration Center in Grand Prairie on **March 19**. Those interested in going need to meet at the Hurst Senior Center at 9:15 am. You must provide in advance the following to Bob by Feb. 19: written document with your name, statement of U.S. citizenship, address, age, phone number and any titles. To RSVP contact Bob via e-mail at bobshultz7@earthlink.net.

Supplements & Healthy Aging (94045M 1/25/MPN) **Wednesday, March 20, 10:30 am** A representative from the Vitamin Shoppe will be here to share information on vitamins, supplements and more. **FREE!**

Job Search Q&A (94041M 1/25/CRA) **Thursday, March 21, 7 pm** Need a job, but you don't know where to start or how to look? Miste Anders-Clemons from Workforce Solutions Tarrant County will be here to answer all the questions you were afraid to ask and to offer some career development ideas. Please sign up in advance. **FREE!**

FITNESS/HEALTH/WELLNESS

Open Fitness Fitness room with all the latest equipment for your workouts. For your protection, you must wear closed toed shoes with rubber soles when using the fitness room. Please limit equipment use to 30 minutes at a time. Orientation required before use. See calendar for orientation schedule.

DVD Exercise Classes Join friends and come to these **FREE** DVD led classes with staff participation. See the "Open Activities" schedule for days and times. Be sure to check out the new times for Yoga classes as well as our two new DVD series, **Richard Simmons "Sweatin' to the Oldies"** and **"Tai Chi for Arthritis"**. Registration is not required.

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation & meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Bring a yoga mat.

- **Hatha Yoga (92035M 3/25/MPS)** Tuesdays, 2:30 - 3:30. Instructor: Janet Swain. **FREE!**
- **Yoga Therapy (92052M 3/15/MPS)** Tuesdays, 5:45 pm. Instr: G. Shelton. **\$16/4 classes.**

Line Dancing Join Instructor Barbara Albright on Thursdays for **FREE** dance classes.

- **Beginners Line Dance (92054M 5/30/MP)** **1 - 1:45 pm** - Entry level line dancing class.
- **Intermediate Line Dance (92055LM 5/30/MP)** **1:45 - 2:30 pm** - Some experience is good.

Couple Dance (92056M 4/30/MP) Fri., 3/8, 10 am Learn a variety of partner dances. **FREE!**

Zumba Gold (92001M 5/30/MP) Mon's & Wed's, 10:00 - 10:45 am. Latin inspired fitness dance class designed specifically for seniors. **\$40/10 sessions** (within 6 months).

Hawaiian Dance Lessons (92047M 1/20/MPN) Wednesdays, 11 am. Class includes a variety of traditional Hawaiian dances and brief history lessons about Hawaii. Class members can participate in our annual Luau event in August. Instructor: Stephanie Mahelona. **FREE!**

Belly Dance Lessons (92046M 5/20/MPN) Tuesdays, 1:15 pm. Instructor: Candi Miller. **\$10/4 classes.**

Tai Chi (92049M 3/20/MP) Wednesdays 9:00 - 9:55 am. Chinese system of slow meditative physical exercise designed for relaxation, balance and health. Instructor: David Hyland. **FREE!**

Fit Start I Exercise Class Tuesdays (**92036M 5/30/MPS**), Thursdays (**92058M 5/30/MPS**), 9 am & Wednesdays (**92063M 5/30/MPS**), 5:45 pm. 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. **Tue's \$10/4 classes; Wed's \$10/4 classes; Thur's \$10/4 classes.**

Fit Start II Exercise Class (92050M 5/30/MPS) Wed.'s, 9 am. 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. **\$10/4 classes.**

Personal Training Interested in getting personal training? See Gerald Campbell. **\$35/hr.**

Chair Massage (PoS), Wednesdays 10 am - 11 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.

COMPUTER CLASSES

Computer Lab Tuesdays, 9 - 10 am. You have taken all these classes and you try to use what you learned, but something isn't working. This is the place for you! Instructor available to assist with topics from the classes offered at the Senior Center. There will be no specific class instruction. We are just here to help you apply what you have learned. Sign up not required. **FREE!**

Email Only (93027M 1/5/LC) Tuesdays, 10 - 11 am Class features a new topic each week for those new to Yahoo mail. Class limit 5. Instructor: Cecil Kearney. **FREE!**

- Email 101 - Set up; Compose Mail
- Email 102 - Tabs; Folders; Buttons; Contacts
- Email 103 - Options; Themes
- Email 104 - Folders; Filters; Signature

Intermediate Computers (93016M 1/5/LC) Tuesdays, 11:15 am - 12:15 pm New topic each week for those ready to increase their computer skills. Limit 5. Must have completed Beginning Computers class. Instructor: Cecil Kearney. **FREE!**

- Week 1 - Intermediate E-mail
- Week 2 - Intermediate MS Word
- Week 3 - Intermediate Searching
- Week 4 - Create a Family History Blog

File Management (93026M 1/16/LC) Tuesday, March 5 & 12, 2 pm Files and Folders: The Good, Bad and Ugly. Learn the essentials to organizing your stuff on your PC instead of having an electronic shoebox. Find out about the ins and outs of files and folders and Windows Explorer. Instructor: Michael Gamble **FREE!**

Privacy & Security (93034M 1/16/LC) Tuesday, March 19 & 26, 2 pm Learn the essentials of using a PC safely with a healthy dose of paranoia. Minimize your exposure to viruses, fraud, etc. Instructor: Michael Gamble **FREE!**

Get to Know a Computer (93017M 1/8/LC) Wednesdays, 10 - 11 am Class is for those who have never used a computer before. Become familiar with the mouse, keyboard and basic functions of using a computer. Instructor: Laura Gore. Class limit 10. **FREE!**



Introduction to Microsoft Word (93024M 1/16/LC) Tuesdays, 4 - 5 pm (No class 3/12.) This class will help you understand the basics of a word processing program. You will learn how to format text, add pictures and clip art and much more. A flash drive will be helpful for saving your files for work at home. Mac users are welcome. Instructor: Fannette Welton. Class limit 16. **FREE!**

Intermediate Microsoft Word (93025M 1/16/LC) Thursdays, 2:30 - 3:30 pm (No class 3/14.) This class will focus on tables, columns, headers, footers and page breaks. Some experience with Word is desirable. A flash drive will be helpful for saving your files for work at home. Mac users are welcome. Instructor: Fannette Welton. Class limit 16. **FREE!**

Joys of Going Digital (93021M 1/16/LC) Fridays 9 - 10 am (No class 3/15 or 3/29.) Each of these classes will help you gain confidence in technology and enable you to converse with your grandchildren and others. Instructor: Fannette Welton. Class limit 16. **FREE!**

- March 8: Getting the most out of an iPod or MP3 player
- March 15: Class canceled
- March 22: Basics of iPad technology
- March 29: Senior Center closed

March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
See "Open Activities" for additional continuous classes & programs	Please Check In Each Time You Arrive!			8:30 Sign-ups Canton Day Trip Departs 8:00 Red Hat Meeting 10:00 Writing Group 1:00 Fitness Orientation (92027)
9:00 Tai Chi—DVD 9:00 Basic Drawing 10:00 Continuing Drawing 10:00 Quilter's Choice 10:00 ZUMBA Gold 1:00 Health Fair 3:00 Sing-a-Long	9:00 Fit Start I 9:00 Computer Lab 10:00 Quilter's Lab 10:00 Email 11:00 Identity Theft & Scams 11:15 Intermed. Computers 1:00 Watercolor Paint Lessons 1:15 Belly Dance 2:00 File Management 2:30 Hatha Yoga 4:00 Intro to Microsoft Word 5:45 Yoga Therapy 6:00 Fitness Orientation (92025)	9:00 Tai Chi—Free 9:00 Fit Start II 10:00 Blood Pressure Checks 10:00 Chair Massage 10:00 ZUMBA Gold 10:00 Beg. Quilt Making 10:00 Get to Know a Computer 11:00 Hawaiian Dance Lessons 1:00 Glass Fusion 5:45 Fit Start I	9:00 Fit Start I 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 2:30 Inter. Microsoft Word 6:00 Potluck Bingo 6:00 Jewelry Making	9:00 Joys of Going Digital 10:00 Writing Group 10:00 Couples Dance Class 11:00 9-Ball Tournament 1:00 Fitness Orientation (92028) 1:00 Movies & Munchies
9:00 Tai Chi—DVD 9:00 Basic Drawing 10:00 Continuing Drawing 10:00 Quilter's Choice 10:00 ZUMBA Gold 2:00 Genealogy 2:30 Bead Mania I	9:00 Fit Start I 9:00 Computer Lab 10:00 Quilter's Lab 10:00 Email 11:15 Intermed. Computers 1:00 Watercolor Paint Lessons 1:15 Belly Dance 2:00 File Management 4:00 Intro MS Word - Canceled 5:45 Yoga Therapy	9:00 Tai Chi—Free 9:00 Fit Start II 10:00 ZUMBA Gold 10:00 Chair Massage 10:00 Beg. Quilt Making 10:00 Get to Know a Computer 11:00 Hawaiian Dance Lessons 11:00 Gran-Family Picnic 2:00 Dr.'s Health Talk 3:00 Birthday Party 5:45 Fit Start I	9:00 Fit Start I 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Collette Tours Presents 2:30 Inter. MS Word - Canceled 7:00 Dance - Variety	9:00 Joys of Digital - Canceled 10:00 Writing Group 10:00 Crafting for HSAC 12:00 Lunch & Learn 1:00 Fitness Orientation (92029)
9:00 Tai Chi—DVD 9:00 Basic Drawing 10:00 Continuing Drawing 10:00 Quilter's Choice 10:00 ZUMBA Gold 2:30 Crafty Corner I	9:00 Fit Start I 9:00 Computer Lab 10:00 Quilter's Lab 10:00 Email 11:15 Intermed. Computers 1:00 Watercolor Paint Lessons 1:15 Belly Dance 2:00 Privacy & Security 2:30 Hatha Yoga 5:45 Yoga Therapy 4:00 Intro to Microsoft Word 6:00 Fitness Orientation (92026)	9:00 Tai Chi—Free 9:00 Fit Start II 10:00 ZUMBA Gold 10:00 Chair Massage 10:00 Beg. Quilt Making 10:00 Get to Know a Computer 10:30 Supplements & Aging 11:00 Hawaiian Dance Lessons 2:00 History of Aircraft 2:00 Bingo in the Afternoon 5:45 Fit Start I	9:00 Fit Start I 1:00 Beg. Line Dance 1:45 Inter. Line Dance 2:00 Aircraft & Helicopter 2:30 Inter. Microsoft Word 7:00 Job Search Q & A	9:00 Joys of Going Digital 8:30 Breakfast Club 9:30 You Can Paint 10:00 Anderson Audiology 10:00 Writing Group 11:00 8-Ball Tournament 1:00 Fitness Orientation (92030)
9:00 Tai Chi—DVD 9:00 Basic Drawing 10:00 Continuing Drawing 10:00 ZUMBA Gold 10:00 Quilter's Choice 2:30 Bead Mania II	9:00 Fit Start I 9:00 Computer Lab 10:00 Quilter's Lab 10:00 Email 11:15 Intermed. Computers 1:15 Belly Dance 1:00 Watercolor Paint Lessons 2:00 Privacy & Security 2:30 Hatha Yoga 4:00 Intro to Microsoft Word 5:45 Yoga Therapy	9:00 Tai Chi—Free 9:00 Fit Start II 10:00 ZUMBA Gold 10:00 Chair Massage 10:00 Beg. Quilt Making 10:00 Get to Know a Computer 11:00 Hawaiian Dance Lessons 2:00 Ladies Powder Puff Pool 5:45 Fit Start I	9:00 Fit Start I 10:00 Grief Support 1:00 Beg. Line Dance 1:45 Inter. Line Dance 2:30 Inter. Microsoft Word 7:00 Dance - Country	CLOSED For Holiday



Come to the Senior Center
On
Tuesdays
for

"A Quick Bite"

For only
\$5

A cup of the Soup of the Day.
You select your sandwich, sides,
condiments and dessert.

Place your order with the
front desk
all day Mondays starting at 7 am
through Tuesday at 10 am.

Pick your order up in the
Multi-Purpose room on Tuesday

Tuesday, March 5 be-

Special Lunch Price

tween noon **\$4** and 1 pm.