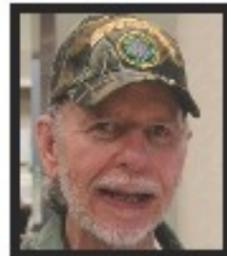


Senior Center SNAPS



the SENIOR PIPELINE

JANUARY 2019

Get Active and Get Involved!

Check out the calendar for new events and programs!

-
- Jim Bratcher Studio Art Night at the Artisan
- Elvis Movie Marathon
- Memorial Service
- Spud & a Show
- Lunch & Tour at Atria



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



SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Adults age 55 & over.

- **Hurst Residents** \$20 per year
\$ 5 day pass
- **Non-Residents** \$80 per year
\$10 day pass
- 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 by United Healthcare, or SilverSneakers program. Contact your insurance provider or ask a Front Desk Attendant for more information.
- In order to receive the Hurst resident rate please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

Senior Center Advisory Board

Gerald Grieser - Chair
Joan Stinnett - Vice Chair

Doris Young	Barbara Albright
Bob Hampton	Marie Perry
Marcy Davis	
John Smith	
Durwood Foote	

Senior Center Staff

Linda Rea	Director
Michelle Varley	Supervisor
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Diana Conway	Front Desk Attendant
Tammy McDonald	Front Desk Attendant
Jorji Northrop	Front Desk Attendant
Gayle Stevens	Front Desk Attendant
David Wiggins	Front Desk Attendant

By: Maurine LeCocq, HSAC Journalist

We are about to embark upon a New Year. What will unfold during the year 2019 will depend upon the leaders of the World. However, we can't, as citizens, allow this responsibility to remain on their shoulders alone. We must stand up and assist them in their burdens. As this New Year arrives we should all make resolutions to be better citizens, follow the Golden Rule, and work towards, "Peace on Earth, Good Will Toward Men." We should let this word 'Men' mean all of the men, women, and children of the world not just white, black, red, or yellow but all colors. God created us equal.

None of us can comprehend with any real knowledge what this year, 2019, will bring; but we can all hope, pray, and do our part. I ask God to give us guidance as we continue our efforts toward peace. I ask for guidance that our children and their children may reap the reward of open minds given them by their parents and grandparents.

Men left the Old World and came to the New World (America) to find peace of mind, freedom of speech, and equality. They still come to America. Those in the Old World depend upon us for strength and help. Let us never forget to reach out to that extended hand asking for help. Let us extend our hand strongly; so that the words, "God Bless America" may continue to ring out loud, clear, and strong always.



SOCIAL PROGRAMS & SPECIAL EVENTS

BIRTHDAY PARTY 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. *If it's your birthday month, we won't know if you don't sign up!*

95006 (5/50/MPN) Sponsored By: Encompass Health Inpatient Rehabilitation
2:00-3:00PM // W 1/9 // Free

NIGHT AT THE ARTISAN The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's latest show. Once reservations are closed, we encourage you to put your name on the wait list. You must provide your own transportation to the theater. Set in turn-of-the-century New York City, Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a band of teenaged "newsies." When titans of publishing raise distribution prices at the newsboys' expense, Jack rallies newsies from across the city to strike against the unfair conditions and fight for what's right!

95005A (30/80/Artisan Theater) Show Title: Newsies Ticket pick up: 1/15
7:30-9:30PM // M 1/28 // \$10 (regular ticket price is \$22!)

ELVIS MOVIE MARATHON In honor of the "Kings" birthday, come enjoy one of his classic movies. A variety of titles will be shown and popcorn will be provided throughout the day. Movies will begin every two hours. A list of movies and show times will be available at the front desk. Look for the movies to be playing in the multi-purpose room or the conference room depending on other activities.

No sign up required

7:00AM-7:00PM // T 1/8 // Free

SPUD & A SHOW Get out of the house and come enjoy a loaded baked potato bar and a classic movie. Please sign up in advance so we can prepare accordingly. Featured presentation will be "Planes, Trains, Automobiles" starring Steve Martin and John Candy.

95033A (5/100/MP) Sponsored By:
5:30-8:30PM // TH 1/17 // \$3

WILLS, TRUSTS, AND PROBATE What do you know about wills, trusts and probate? Attorney Jason Amon will be here to explain.

94088A (5/20/Conf) Sponsor: Celia Neyra, Nations Insurance Solutions
1:00PM-2:00PM // T 1/15 // FREE

MEMORIAL SERVICE A special time of remembrance has been planned to honor loved ones that were lost in 2018. Come light a candle to show gratitude for the life they lived and for the time that was shared with them. Please make the front desk aware of anyone that should be remembered at this service. An ornament will be made in their honor and their name read as part of the service. Those that had senior Center Memberships will also be included in a slide show. Friends and family are welcome. We kindly request that you register if you plan to attend so that we can ensure adequate seating.

94034A (5/100/MPN)
1:30-2:30PM // F 1/18 // FREE

LUNCH AND TOUR Atria at Hometown is inviting you to come enjoy lunch and take a tour of their facility. Bus will pick you up from the Senior Center. Space is limited.

94052A (5/30/Offsite) Sponsor: Rosanna Briscoe, Atria at Hometown
11:00AM-1:00PM // W 1/30 // FREE

SOCIAL PROGRAMS & SPECIAL EVENTS

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 per person** 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 hosts and light refreshments. Invite your friends to join you for an evening out!

Featured Band: 92nd Roadhouse

7:00-9:15PM // TH 1/10 // \$5 per person, registration is not required

Featured Band: Pete 'n Patti

7:00-9:15PM // TH 1/24 // \$5 per person, registration is not required

POTLUCK BINGO Join us for an evening of really good food and lots of fun! Bring a side dish or dessert to share. The Senior Center provides the main entrée drinks and prizes.

95002 (5/100/MPN) Main Entrée: Chili

6:00-8:30PM // TH 1/3 // Free

MOVIES & MUNCHIES Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. After an accident in 1937 magically makes Adaline Bowman ageless, she never allows herself to get close to anyone who might reveal her secret. In the years to come a chance encounter with charismatic philanthropist Ellis Jones reignites her passion for life and romance. When a weekend with his parents threatens to uncover the truth, Adaline makes a decision that will change her life forever.

95001 (5/75/MPN) Movie Title: Age of Adeline Rating: PG13

1:00-3:30PM // F 1/4 // \$3

HAPPY HATTER'S MEETING Mary Wismann will host our meeting this month. Soup, sandwiches and dessert with a movie is our theme for this cold and chilly January meeting. Sandwiches furnished, bring your favorite soup and/or dessert. The movie is a surprise. Wear your red hat, warm purple attire, and name badge! Please sign up at the front desk at the beginning of the month so we know you're coming!

95040 (5/30/MPN) Coordinator: Derinda Peyton

12:30-2:00PM // F 1/11 // \$2 donation to the Hatter Fund at meeting

BINGO IN THE AFTERNOON Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance.

95058 (5/100/MPN) Sponsored By:

2:00-3:30PM // W 1/16 // Free

WHAT'S FOR LUNCH Come to the Senior Center each month on the 2nd Thursday for lunch! Menu varies but will always include a main entrée, side dish, and dessert.

95096 (5/75/MPN)

11:30AM-12:30PM // TH 1/10 // \$4

BREAKFAST CLUB Wake up and get up to the Senior Center for a hearty breakfast! Each month features a different breakfast entrée, from a fresh made Belgian waffle to gravy and biscuits or tasty breakfast enchiladas. Breakfast is served with juice, coffee, and fresh fruit. Check the Senior Pipeline for the breakfast entrée of the month.

95015 (3/50/MPN)

8:30 - 9:30AM // TH // 01/24// \$4

OPEN ACTIVITIES

Games

"42" (Game Room)

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

Billiard's Room

Open Daily

See calendar for organized games

Chicken Foot

Tue. & Fri. 1:00 (CRC) pm - 3:00 pm

Canasta

Tuesdays Hand & Foot (CRA) 10:00am-4:00
Tuesdays (MPN) 2:00 pm - 5:00 pm
Wednesdays Samba (CRC) 10 am - 1:00 pm
Thursdays (Class Room C) 2:00 pm - 5:00 pm

Duplicate Bridge (Game Room)

Tue. & Thur. 12:30 pm - 4:00 pm

Euchre (Class Room A)

Mondays 10:00 am - 12:00 pm

Marbles & Jokers (Lessons Available)

Thursdays (CRC) 10:00 am - 12:00 pm
Fridays (CRA) 1:00 pm - 3:00 pm

Mah Jongg (Lessons Available)

Monday (Class Room C) 2:00 pm - 4:00 pm
Wednesday (Game Room) 10:00 am - 12:00 pm

Mexican Train

Mondays (CRA) 1:00 pm - 3:00 pm

Ping Pong (Class Room A)

Wed. & Fri. 9:00 am - 12:00 pm

Party Bridge (Game Room)

Tue. & Thur. 9:00 am - 12:00 pm
Fridays 10:00 am - 12:00 pm

Pinochle

Mondays (Class Room A) 8:00 am - 12:00 pm
Wednesdays (MPN) 8:00 am - 12:00 pm

Rummikub (CRC)

Wednesday & Thursday 1:00 pm - 3:00 pm

Scrabble

Wednesdays (CRC) 1:00 pm - 3:00 pm

Health & Exercise

Chair Volleyball

(Multi-Purpose Room North)
Wednesdays 10:15 am - 12:30 pm

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 videos)

Wii Play

(Studio A)

Monday & Wednesday 4:00 pm - 6:00 pm

Arts, Crafts & Misc.

Aircraft & Helicopter Group

(Class Room B)

1st Wednesday 2:00 pm - 4:00 pm

Art Addicts

(Class Room B)

Thursdays 6:00 pm - 8:45 pm

Fridays 10:00 am - 3:00 pm

Coupon Clique

(Cafe)

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

Get Your Pics

(Front Lobby)

Pictures will be downloaded onto a USB
drive that you provide.

2nd & 4th Tuesday

2:00 pm - 3:00 pm

Quilting

(Studio B)

Mon. Tues. & Wed. 1:00 pm - 5:00 pm

Fridays 9:00 am—1:00 pm

EDUCATION & WORKSHOPS & SEMINARS

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. No food or drinks are allowed. Should you need to use a computer while a class is going on, please use a machine at the back of the room.

Private Computer Lessons Get specific help with your computer problem. 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.** Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

93005 (1/1/Comp) Instructor: Volunteer
By Appointment // M-F // \$5

iPad and iPhone No experience necessary. Bring your iPad, iPhone and questions to class.

93042(1/16/Comp) Instruct: Fannette Welton
1:00-2:00PM // T // Free

Windows 10 For those new or transitioning to Windows 10. Lessons are displayed on the projector screen for you to follow. Please bring your laptop with you to class.

- 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

93004(1/16/Comp) Instructor: Cecil Kearney
10:00-11:00AM // T // Free

American Sign Language 1A Introduction to American Sign Language (ASL) using conversational methods. Covers basic vocabulary, basic grammatical usage, and culturally appropriate behavior within the deaf community. The FOCUS of this ASL 1A course will be on signing brief sentences used to meet and communicate with other persons, basic fingerspelling and numbers, exchanging personal opinions and The Deaf Community #1.

Class begins January 10th
94008 (2/30/COMP) Instructor: Carolyn Stem
10:00-11:30AM // TH 4wks // \$15mo

Health Talk Learn to stay healthy and informed from this leader in health care delivery systems through a discussion of up to date medical information and resources. Presented by Encompass Health & Rehabilitation.

94056(1/25/SA) Instructor: Christina Mauldin
1:00-2:00PM // W 1/9 // Free

Basic Awareness for Seniors Come for this one-hour crash course on awareness, defensive and getaway moves for the senior.

95091 (1/15/MPS) Instructor: David Scott
10:00-11:00AM // T 1/15 // Free

Edward Jones Presents Come to this open forum discussion with Adam Davenport. This month "Investing 101, Cost, and Should I Do It Myself". Topics vary each month including investments, insurance, planning for retirement and other areas related to your financial well-being. Sponsor: Edward Jones

94040(1/16/Conf) Instruct: Adam Davenport
10:00-11:00AM // F 1/18 // Free

Nutrition & You Start the new year off right by starting with YOU! Come learn about nutrition and what your body needs to fuel your energy and keep you ready for all day activity.

94010 (1/30/Comp) Instructor: Rosy Pritchett
2:00-3:00PM // F 1/25 // Free

Ask A Pharmacist Learn about current trending topics related to drugs, health and wellness from one of our Hurst Pharmacists. Presented by Mid-Cities Pharmacy.

94087 (1/40/SA) Instructor: Aemad Aslam
10:00-11:00AM // W 1/16 // Free

A Study on Leadership Join Carl Edwards for this monthly class and learn how you can better relationships and yourself. Different topic each month.

94091 (1/15/MPS) Sponsor: Bionix Hearing
10:00-11:00AM // T 1/22 // Free

EXERCISE & FITNESS



Self-Defense for Seniors Learn quick, easy to use movements for self-defense with a little CANE-FOO just for fun.

95093 (1/20/MPS) Instructor: David Scott
10:00-11:30AM // T 1/8 & 22 // Free

Tai Chi Chinese system of slow meditative exercise designed for relaxation, balance, and health.

92049 (3/25/MPN) Instructor: Chot Pham
9:00-9:50AM // W // Free

Weekly Weigh In Make 2019 the year you achieve your weight goals by making a weekly weigh in part of your weight loss or maintenance journey.

92014 (1/30/Conf) Instruct: Rosy Pritchett
11:00-11:30AM // F // Free

AQUATICS

UNSTRUCTURED WATER TIME Water noodles and kick boards are available for your use, please return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

92069 (3/15/HVR) Lifeguard on duty
10:00-10:55AM // F // \$5 per month

92070 (3/15/HVR) Lifeguard on duty
11:00-11:55AM // F // \$5 per month

Water Wellness (3/17/HVR) 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.

92071 (3/17/HVR) Off the Deep End Aquatics
10:00-10:45AM // T // \$4 per class

92072 (3/17/HVR) Off the Deep End Aquatics
10:00-10:45AM // TH // \$4 per class

SilverSneakers SPLASH Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination. **\$4.00 per class payable at the beginning of the month.** SilverSneakers Members receive priority enrollment and class fee is waived. Instructor: Rosy Pritchett.

92079 (3/17/HVR) Instructor: Rosy Pritchett
10:00-10:45AM // M // \$4 per class

92077 (3/17/HVR) Instructor: Rosy Pritchett
11:00-11:45AM // M // \$4 per class

92015 (3/17/HVR) Instructor: Rosy Pritchett
11:00-11:45AM // T // \$4 per class

92080 (3/17/HVR) Instructor: Rosy Pritchett
10:00-10:45AM // W // \$4 per class

92078 (3/17/HVR) Instructor: Rosy Pritchett
11:00-11:45AM // W // \$4 per class

92016 (3/17/HVR) Instructor: Rosy Pritchett
11:00-11:45AM // TH // \$4 per class

EXERCISE & FITNESS

Strengthen On Your Mat Core strengthening class that combines pilates, basic exercise moves, and yoga.

92061 (5/30/MPS) Instructor: Rosy Pritchett
10:00-11:00AM // F // \$2.50 per class

Kundalini Yoga This fun, challenging class wakes up the energy centers in your body. Through the use of movement, breath and meditation, you connect to your core energy and let go of what no longer serves you. This class includes stretching, yoga poses, and chant.

92033 (3/30/MPS) Instructor: Cheri Nelson
10:15-11:15AM // M // Free

Gentle Yoga Gentle yoga incorporates 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. Students should be able to get up and down from the floor on their own.

92052 (5/15/MPS) Instructor: Jaime Goldstein
1:00-2:00PM // M // \$4 per class

Restorative Yoga 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. You must be able to get up and down from the floor on your own.

92060 (5/15/MPS) Instructor: Michelle Varley
3:30-5:00PM // F 1/4 // \$5

Hatha Yoga 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.

92035(5/30/MPS) Instructr: Jaime Goldstein
2:30-3:30PM // T // Free

Chair Yoga The use of modifications allows yoga to be 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.

92053(5/30/MPS) Instructr: Jaime Goldstein
3:45-4:45PM // T // Free

SilverSneakers Yoga Participants will complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints. *SilverSneakers members receive priority enrollment and fees are waived for class.*

92040 (5/30/MPS) Instructor: D. Melchiorre
12:30-1:30PM // W // \$2.50 per class

Yoga Nidra Come enjoy the "yogi's sleep." Guided relaxation that leaves you feeling as if you have had a long afternoon nap! You are taken through a rotation of consciousness where you find a calm and relaxed state allowing your body and mind to rest and restore. Class is done on a mat on the ground with props to make you completely comfortable.

92032 (5/25/MPS) Instructor: Lisa Womack
3:30-4:45PM // F 1/18 // \$5

FUN & GAMES & GROUPS

Newcomer's Connection Are you new to the Senior Center? Want to get involved? Have questions about our programs? Join the HSAC staff as they help you get started.

94005 (1/15/Conf) Instructor: Gayle Stevens
2:15-3:15PM // F 1/11 // Free

Book Club Each month we meet to discuss a book we have all read, share our opinions and likes and dislikes.

- Discuss: The All-girl Filling Stations Last Reunion: A Novel by Fannie Flagg
- Read: Hidden Figures by Margot Lee Shetterly

94078 (1/20/Conf) Instructor: T. McDonald
3:00-4:00PM // M 1/21 // Free

Spanish Club 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 usage. All are welcome! No class on 1/2

94004 (1/20/CRB) Coordinator: Joann Morgan
11:00-12:00PM // W // Free

Creative Culinary Club Do you love cooking and trying new recipes? If so, then join the Creative Culinary Club. Participants are asked to bring a covered dish that will serve a minimum of 12 and is related to the topic of the month. Make sure that you bring a copy of the recipe with you to share.

Food Topic: Soups & Stews
95094 (1/20/SB) Coordinator: T. McDonald
11:00-12:00PM // F 1/18 // Free

History of Aviation The "B-58 Hustler". The presentation was obtained by Ed Johnson. The DVD features Jimmy Stewart, Retired Brig. General presenting 7 world speed records.

94030 (1/16/CRB) Coordinator: Bob Shultz
2:00-4:00PM // W 1/16 // Free

CAFÉ EXCHANGE Join this enthusiastic and engaged group of individuals who enjoy sharing thoughts, ideas, stories, and conversation. Meeting space subject to change

94062 (1/50/SA) Coordinator: Jerry Gunter
10:00AM-1:00PM // M & F // Free

Billiards' Corner Please sign up to play in these organized games.

8-Ball Tournament with Light Lunch
95078 (8/24/BIL) Coordinator: M. Terlesky
11:00AM-4:00PM // F 1/11 // \$3

Partner Pool
95086 (8/14/BIL) Coordinator: M. Terlesky
11:00AM-2:00PM // W 1/16 // Free

9-Ball Tournament with Light Lunch
95029 (8/24/BIL) Coordinator: M. Terlesky
11:00AM-4:00PM // F 1/25 // \$3

Texas Hold'em Tournaments Put your best poker face on and join us! Light refreshments provided at 4th Wednesday game. Winners are recorded for the Play Off Game at the end of the year.

94012 (1/40/MPN) Coordinator: Terry Mesler
9:30-11:30AM // TH 1/3 // Free

Sponsored by Custom Fit Insurance
95007 (1/40/MPN) Coordinator: Mike Smith
2:00-4:00PM // W 1/23 // Free

Bunco Fun, social dice game that requires no skill, but lots of luck. Sponsor: Brown & Freeman

95092 (4/40/MPN) Coordinator: Sue Brown
3:00-4:00PM // TH 1/24 // Free

Karaoke & Music Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. We use a variety of media including guitars, keyboard, and karaoke.

95035 (5/100/MPN) Coordinator: Staff/Volun
2:15-4:15PM // M // Free

Widowed Person Brunch Gain support by being with others that have experienced loss while you connect with peers to share stories and develop friendships. A light assortment of finger foods is provided.

95081 (1/16/CRC) Sponsor: Celia Neyra, Nations Insurance Solutions
10:00-11:00AM // M 1/7 // Free



ARTS & CRAFTS

Writing Group When you were young, did you write poems for the school paper or to a pen pal? What a difference there is between our childhoods and the childhoods today. Have you ever wished your parents and grandparents had left a written record of their childhoods? We'll help you write stories only you can write. Your children will be grateful; enjoy awaking that sleeping talent.

94064 (1/15/CRB) Instructor: V. Pedersen
10:00-12:00PM // TH // \$15 mo

Glass Fusion Lessons Learn to cut glass and more as you create a pendant for a necklace. Supplies provided. Class fee covers two pieces, \$5 per additional piece.

91073 (1/10/CRB) Instructor: Diana Conway
9:30-10:30AM // T 1/8 // \$15

Glass Fusion (Open) Use your own materials. *Participants are required to have taken the Glass Fusion Lessons class at least once.* Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month.

91092 (1/10/SA) Instructor: Diana Conway
1:00-2:00PM // F 1/11 // \$5 mo

Bead Mania I Double strand bracelet. Supply fee due to instructor at beginning of class \$12.

91048 (1/8/CRB) Instructor: Diana Conway
2:30-3:30PM // T 1/15 // \$5

Bead Mania II Mixed bead necklace. Supply fee \$15

91056 (1/8/CRB) Instructor: Diana Conway
2:30-3:30PM // T 1/22 // \$5

Floral Arranging Create a fresh winter arrangement. Supply Fee due to instructor at beginning of class \$20.

91050 (1/8/CRB) Instructor: Diana Conway
2:30-3:30PM // T 1/22 // \$5

Multi-Media Painting Classes on the use of watercolor, pastels, acrylic, and oil painting. Instructor will also guide in creating Steampunk designs using paints, recycled, and repurposed materials.

91101 (1/16/CRB) Instructor: V. Pedersen
12:15-4:00PM // M // \$25 mo

91027 (1/16/CRB) Instructor: V. Pedersen
12:00-3:00PM // TH // \$25 mo

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. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Supply fee due to instructor at beginning of class \$20 (cash only). Painting title: Midwest Snow Scene.

91074 (6/15/SA) Instructor: Susan Garden
9:30-12:30PM // F 1/25 // \$15

Jim Bratcher Studio Art Come and learn with a pro! Texas artist Jim Bratcher has won numerous awards and been featured in art shows throughout the state. Class is designed to meet individual preferences and styles. Students can choose their medium and be guided in their work by the instructor. Graphite drawing, watercolor, oil, pastel, and others are all welcome. Bring your own supplies. Initial class will focus on charcoal drawing. Charcoal pencils will be provided.

91025 (3/25/SA) Instructor: Jim Bratcher
6:00 - 8:00PM // TH 1/10 // \$18

Coloring Therapy Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Sponsor: Golden Outlook Insurance

91018 (1/25/SB) Instructor: Marie Veneralle
10:00-11:00AM // TH 1/17 // Free

EXERCISE & FITNESS

Fit Start Exercise Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Encompasses movements to strengthen the upper body and core, increase flexibility, and improve cardio health and stamina.

92036 (5/30/MPS) Instructor: Jerri Worl
9:00-10:00AM // T // \$2.50 per class

92058 (5/30/MPS) Instructor: Jerri Worl
9:00-10:00AM // TH // \$2.50 per class

Non-Contact Boxing A great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. Class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate.

92057 (5/20/MPS) Instructor: Rosy Pritchett
4:00-4:45PM // W // \$2.50 per class

92064 (5/20/MPS) Instructor: Rosy Pritchett
9:00-9:45AM // F // \$2.50 per class

Back, Shoulders & Balance You will work to gain muscular strength, increase muscle tone and stretch with purpose in your back, shoulders and areas of balance. Expect to improve your ability to get out of bed, get out of a chair, maintain your posture and alleviate back muscle pain.

92046 (5/30/MPS) Instructor: Rosy Pritchett
4:30-5:15PM // M // \$2.50 per class

Ageless Grace Ageless Grace is a program that works on all 5 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. *Class fee waived for Silver & Fit members.*

92007 (5/30/MPS) Instructor: V'Ann Giuffre
10:30-11:15AM // TH // \$2.50 per class



Zumba Gold Latin inspired fitness dance classes featuring high energy. Fun way to experience a great cardio workout! *Class fee is waived for SilverSneakers and Silver & Fit members.*

92002 (5/30/MPS) Instructor: Kalyn Worthey
10:15-11:00AM // W // \$4 per class

Line Dancing Studies have 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.

Beginner Line Dance (for NEW students)
92044 (5/30/MP) Instructor: Barbara Albright
12:30-1:00PM // TH // Free

Improver Line Dance (some experience)
92054 (5/30/MP) Instructor: Barbara Albright
1:00-1:45PM // TH // Free

Intermediate Line Dance (experienced)
92055 (5/30/MP) Instructor: Barbara Albright
1:45-2:30PM // TH // Free

Social Dance Lessons For Beginners
Expect to learn various social dance styles for couples. Class will not be prorated. You are *STRONGLY* encouraged to sign up with a partner.

92056 (5/30/MP) Instructor: Barbara Albright
11:15-12:15PM // F // \$20 for month

EXERCISE & FITNESS

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 We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room. Personal trainer Rosy Pritchett will guide you through the use of the equipment to ensure your safety.

1:00-1:45PM Instructor: Rosy Pritchett

92027 (1/15/FC) // W 1/2 // Free
92028 (1/15/FC) // W 1/9 // Free
92029 (1/15/FC) // W 1/16 // Free
92030 (1/15/FC) // W 1/23 // Free
92031 (1/15/FC) // W 1/30 // Free

6:00-6:30PM Instructor: DVD

92025 (1/15/FC) // M 1/7 // Free
92026 (1/15/FC) // F 1/25 // Free

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. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer.

92020;92041;92042 Instructor: Rosy Pritchett
One-Hour Session // \$40

Fitness Assessment Personal Trainer Rosy Pritchett is here to help you get started on a personal fitness program. This 20 minute evaluation will assess five components: cardiovascular, muscular strength, muscular endurance, flexibility, and body composition. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. Includes a free 6-month follow up assessment so you can see your progress.

92019 Instructor: Rosy Pritchett
20 Minute Session // \$10 // By Appt

SilverSneakers Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. *SilverSneakers members receive priority enrollment and class fees are waived.*

92008 (5/30/MPS) Instructor: Rosy Pritchett
8:00-8:50AM // M // \$2.50 per class

92010(5/30/MPS) Instructor: D. Melchiorre
5:00-5:50PM // T // \$2.50 per class

92009 (5/30/MPS) Instructor: Rosy Pritchett
8:00-8:50AM // W // \$2.50 per class

92011(5/30/MPS) Instructor: D. Melchiorre
5:00-5:50PM // TH // \$2.50 per class

SilverSneakers Cardio Are you ready for a more intense workout than SilverSneakers Classic? Try this safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength, plus cardio endurance. *SilverSneakers members receive priority enrollment and class fees are waived.*

92013 (5/30/MPS) Instructor: Rosy Pritchett
12:10-1:00PM // T // \$2.50 per class

Silver & Fit Excel This 50 minute class is designed for athletic older adults who are looking for a challenging workout to take them to the next level of fitness. Class will include floor and standing exercises. Please bring an exercise mat and a bottle of water with you. *Class fee is waived for Silver & Fit members.*

92051 (5/30/MPS) Instructor: Rosy Pritchett
9:00-9:50AM // M // \$2.50 per class

92050 (5/30/MPS) Instructor: Rosy Pritchett
9:00-9:50AM // W // \$2.50 per class

ARTS & CRAFTS



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 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.

91098 (1/25/SB) Coordinator: Volunteer
2:00 - 4:00PM // W // Free

Quilter's Choice A new pattern is selected on a bi-monthly basis. This month we will begin the "Kaleidoscope" quilt. Experiment with color and contrast in your fabric selection. See instructor for details.

91024 (1/12/SB) Instructor: Jan Cook
10:00AM - 1:00PM // M // \$25 mo

Quilter's Lab Sometimes your quilt project doesn't go as planned. Come to this class to get instructor assistance with your project.

91078 (1/12/SB) Instructor: Jan Cook
10:00AM - 1:00PM // T // \$25 mo

Beginner Quilt Making Come learn all the basics of quilting. Small project finished in a month! Students must bring their own machine to the Center and should know the basic use of their machine.

91047 (1/6/SB) Instructor: Jan Cook
10:00AM - 1:00PM // W // \$25 mo

Woodcarving Group The HSAC has started a new Woodcarving Group! Beginning projects and handouts will be provided for those who are learning. Instruction and opportunity to try carving knives and safety equipment will be also 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.

91058 (1/16/CRB) Instructor: Mike Donnelly
9:00AM - 12:30PM // T // Free

Jewelry Repair Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. \$5 repair fee for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs.

91026 (1/8/SA) Instructor: Diana Conway
12:30-2:00PM // M 1/28 // \$5

Empty Bowls 2019 Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the "Tarrant Area Foodbank's Empty Soup Bowls 2019". Bowls are \$5 each.

91003 (1/15/SA) Instructor: Diana Conway
9:30AM-12:30PM // TH 1/10 // \$5 each

91007 (1/15/SA) Instructor: Diana Conway
9:30AM-12:30PM // TH 1/24 // \$5 each

Ceramics Bring your own supplies. Greenware available for purchase from instructor. Pieces are fired onsite. \$5 fee due at the beginning of each month.

91001 (1/25/SA) Instructor: Debbie Smith
1:00-5:00PM // T & TH // \$5 mo

Wine Bottles 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. \$5 fee due at beginning of each month.

91054 (1/25/SA) Instructor: Debbie Smith
1:00-5:00PM // T & TH // \$5 mo

January 2019

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Senior Center is Closed 1</p> 	<p>SIGN UPS 2 8:00 SilverSneakers Classic 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:00 Medicare Q&A 10:15 ZUMBA Gold 11:00 Spanish Club 12:30 SilverSneakers Yoga 1:00 Fitness Orientation (92027) 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start 9:30 Texas Hold'em Tourn 3 10:00 Writing Group 10:30 Ageless Grace 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 SilverSneakers Classic 6:00 Potluck Bingo</p>	<p>9:00 Non-Contact Boxing 4 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Weekly Weigh In 11:15 Social Dance Lesson 1:00 Movies & Munchies 3:30 Restorative Yoga</p>
<p>8:00 SilverSneakers Classic 7 9:00 Silver & Fit Excel 10:00 Widowed Person Brunch 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder&Balance 6:00 Fitness Orient DVD (92025)</p>	<p>7:00 Elvis Movie Marathon 8 9:00 Fit Start 9:00 Wood Carving Group 10:00 Windows 10 9:30 Glass Fusion Lessons 10:00 Self Defense for Seniors 10:00 Quilter's Lab 12:10 SilverSneakers Cardio 1:00 iPhone iPad 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p>8:00 SilverSneakers Classic 9 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 12:30 SilverSneakers Yoga 1:00 Fitness Orientation (92028) 1:00 Health Talk 2:00 Birthday Party 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start 10 9:30 Empty Bowls 10:00 American Sign Language 10:00 Writing Group 10:30 Ageless Grace 11:30 What's for Lunch 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 SilverSneakers Classic 6:00 Jim Bratcher Studio Art 7:00 Dance: 92nd Roadhouse</p>	<p>9:00 Non-Contact Boxing 11 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Weekly Weigh In 11:00 8-Ball Singles Tournament 11:15 Social Dance Lessons 12:30 Happy Hatters 1:00 Glass Fusion (Open) 2:15 Newcomer's Connection</p>
<p>8:00 SilverSneakers Classic 14 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder&Balance</p>	<p>9:00 Fit Start 15 9:00 Wood Carving Group 10:00 Windows 10 10:00 Quilter's Lab 10:00 Basic Awareness 12:10 SilverSneakers Cardio 1:00 Wills & Trusts 1:00 iPhone iPad 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga 2:30 Bead Mania I 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p>8:00 SilverSneakers Classic 16 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:00 Ask A Pharmacist 10:15 ZUMBA Gold 11:00 Spanish Club 11:00 Partner Pool 12:30 SilverSneakers Yoga 1:00 Fitness Orientation (92029) 2:00 Bingo In The Afternoon 2:00 History of Aviation 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start 17 10:00 Coloring Therapy 10:00 Writing Group 10:00 American Sign Language 10:30 Ageless Grace 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 SilverSneakers Classic 5:30 Spud & a Show</p>	<p>8:00 Early Registration 18 9:00 Non-Contact Boxing 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Edward Jones Presents 11:00 Weekly Weigh In 11:00 Creative Culinary Club 11:15 Social Dance Lesson 1:30 Memorial Service 3:30 Yoga Nidra</p>
<p>8:00 SilverSneakers Classic 21 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke & Music 3:00 Book Club 4:30 Back Shoulder&Balance</p>	<p>9:00 Fit Start 22 9:00 Wood Carving Group 10:00 Windows 10 10:00 A Study on Leadership 10:00 Self Defense for Seniors 10:00 Quilter's Lab 12:10 SilverSneakers Cardio 1:00 iPhone iPad 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Floral Arranging 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p>8:00 SilverSneakers Classic 23 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 12:30 SilverSneakers Yoga 1:00 Fitness Orientation (92030) 2:00 TX Hold'em Tournament 4:00 Non-Contact Boxing</p>	<p>8:30 Breakfast Club 24 9:00 Fit Start 9:30 Empty Bowls 10:00 Writing Group 10:00 American Sign Language 10:30 Ageless Grace 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 3:00 Bunco 5:00 SilverSneakers Classic 7:00 Dance: Pete & Patti</p>	<p>9:00 Non-Contact Boxing 25 9:30 You Can Paint w/Oils 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Weekly Weigh In 11:00 9-Ball Tournament 11:15 Social Dance Lesson 2:00 Nutrition and You 6:00 Fitness Orient DVD (92026)</p>
<p>8:00 SilverSneakers Classic 28 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 12:30 Jewelry Repair 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder&Balance 7:30 Night at the Artisan</p>	<p>9:00 Fit Start 29 9:00 Wood Carving Group 10:00 Windows 10 10:00 Quilter's Lab 12:10 SilverSneakers Cardio 1:00 iPhone iPad 1:00 Ceramics & Wine Bottles 2:30 Bead Mania II 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p>8:00 SilverSneakers Classic 30 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Lunch/Tour Atria Hometown 11:00 Spanish Club 12:30 SilverSneakers Yoga 1:00 Fitness Orientation (92031) 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start 31 10:00 Writing Group 10:00 American Sign Language 10:30 Ageless Grace 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 SilverSneakers Classic</p>	<p>Blood Pressure Checks 1st Thursday each month 10:00 am—11:00 am Sponsored by Right at Home</p>

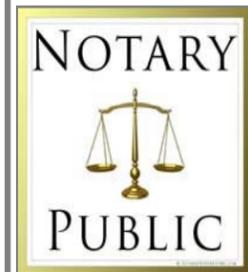
"A Quick Bite"
Tuesdays at Noon
Only \$5

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. Pick up orders noon to 12:30 pm.

Upcoming Entrée Menu

- January 1: Closed
- January 8: Chicken Broccoli Pasta
- January 15: Baked Potato
- January 22: Italian Meatball Casserol
- January 29: Chef Salad



Need something notarized? The Senior Center offers free notary services. We do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center Members.

Chair Massage
 By Leticia Duenas

Thursdays 7 pm—9 pm
 Fridays 10 am—12 pm

By appointment. \$1/per min.

