

# Senior Center SNAPS

*HAPPY BIRTHDAY!*



**ATTENTION**  
 The East Parking Lot will be closed Wednesday, March 13th due to the Grand Family Picnic  
 The West Parking Lot will be available for Senior Center Parking.

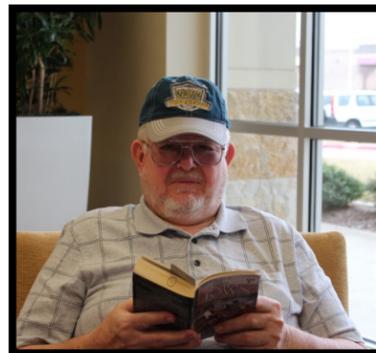
# the SENIOR PIPELINE

MARCH 2019

**Get Active and Get Involved!**

- .....
- HVP Presents: Grand Family Picnic
- Adventures In Art Exhibit
- Mardi Gras in the Lobby
- Shopping with Nellie's Closet
- Business, Health & Benefits Expo
- Carter Bloodcare Blood Drive

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



### Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.  
 Thursday 7 a.m. - 9 p.m.  
 Friday 7 a.m. - 7 p.m.  
 Closed Saturday & Sunday

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

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



*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	Elaine Wicker
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

The day may have been cloudy but the HSAC Conference Room was bright and cheerful, even though it was very silent most of the time. Facial expressions exhibited a variety of emotions (concentration, happiness, frustration, joy, self-satisfaction). Students were practicing the new language they are learning. Some fingers moved slow, others a little faster. None had yet achieved the speed with which instructor Carolyn Stem was "Speaking" to them with her fingers; but then she's been teaching American Sign Language (ASL) since 1972. She taught at community colleges and universities, as well as high school students attending community colleges for accelerated programs.

ASL is an exciting new class at HSAC.. My visit was on the last day of class in January. These students have learned a lot in one month and are enjoying the experience. It was contagious. While observing them, I found myself trying to sign. A sheet of paper with the signing alphabet and numbers came home with me and I'm working on learning how to spell my name. ASL is fun and challenging. It opens up a whole new world for those of us who are hard of hearing, deaf, or have a deaf family member. How fortunate we are to be able to participate in a class like this. Since most of us spend time at HSAC, it is possible for students to practice with fellow classmates throughout the week. What a gift.

The good news is that there are 12 monthly mini-courses. Each course runs three or four weeks. These mini-courses are independent of each other so missing a segment, for whatever reason, will not cause the student to fall behind in this program.

You can still sign up for a class at any time. If the class is full, it's important to sign up on the wait list because space may open up. Who knows, if enough people sign up on a wait list, they might decide to create a second class.

If you are missing parts of conversations you are not alone. There are many of us at HSAC with this problem. This American Sign Language class is something you may want to participate in. Consider giving it a try.

# SOCIAL PROGRAMS & SPECIAL EVENTS

**CAFÉ EXCHANGE** Join this enthusiastic and engaged group of individuals who enjoy sharing thoughts, ideas, stories, and conversation. Please note that meeting space may change based upon other programming needs throughout the year.

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

**NIGHT AT THE ARTISAN** The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "Annie Get Your Gun" for Monday, March 18, 7:30 pm (doors open at 7 pm.) Ticket reservations opened February 1<sup>st</sup>. Reservations will close on Friday, March 1<sup>st</sup> or whenever the Senior Center no longer has seats available, whichever comes first. **Discounted ticket price is \$10 (regular ticket price is \$22!)** Once reservations are closed, we encourage you to put your name on the wait list. You must provide your own transportation to the theater.

95005C (30/80/Artisan Theater) Show Title: Annie Get Your Gun Ticket pick up: 3/5.  
**7:30-9:30PM // M 3/18 // \$10 (regular ticket price is \$22!)**

**AARP DRIVER SAFETY PROGRAM** Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Space is limited.

94049C (1/20/SA) Instructor: John Chreno  
**8:30AM - 1:15PM // F 3/1 // AARP members \$15; non-members \$20**

**MARDI GRAS IN THE LOBBY** Join us for a Mardi Gras Reception in the front lobby. King Cake and Punch will be served as well as lots of free beads!

95085C (5/80/Lobby) Sponsor: Catherine Moreno, Humana  
**1:30-2:30PM // T 3/5 // FREE**

**ADVENTURES IN ART EXHIBIT** Come enjoy the artwork created by BISD's special needs students. Plan to meet the students and the teachers. Light refreshments served. Art work will be on display through Friday, March 8th.

91104 (5/200/MPN) Sponsor: Birdville ISD Art Department  
**4:30-6:30PM // T 3/5 // FREE**

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

94088C (5/20/COMP) Sponsor: McGee Law Firm  
**1:00PM-2:00PM // T 3/19 // FREE**

**NELLIE'S CLOSET** Come to the Senior Center to find the perfect Spring outfit! Nellie's closet will be set up in the multi-purpose room so you can shop from the comfort of HSAC.

**10:00AM - 3:00PM // M // 03/25// All forms of payment accepted**

**BUSINESS, HEALTH & BENEFITS EXPO** Get to know local businesses and the service and products they provide. Receive healthy living tips, screenings, opportunities for community involvement and more. Door prizes to be given away throughout event. Event is open to the public, so invite your friends age 55+ to attend. Carter Blood Center blood drive 9am—1 pm.

95062C (5/400/MP)  
**10:00AM - 12:00PM // TH // 03/28// FREE**

# SOCIAL PROGRAMS & SPECIAL EVENTS

**MONTHLY DANCES** All Seniors 55+ are Welcome! Invite your friends and 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! Senior Center membership is not required. Our dances feature a live band, dance hosts and light refreshments.

Featured Band: Doc Gibbs

**7:00-9:15PM // TH 3/14 // \$5 per person, registration is not required**

Featured Band: Randy Tatarevich

**7:00-9:15PM // TH 3/28 // \$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: Shepard's Pie

**6:00-8:30PM // TH 3/7 // Free**

**MOVIES & MUNCHIES** Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. The *Sense of an Ending* tells of a man who becomes haunted by his past and is presented with a mysterious legacy that causes him to rethink his current situation in life.

95001 (5/75/MPN) Movie Title: "The Sense of an Ending" Rating: PG13

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

**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: Heritage Village Residences

**2:00-3:00PM // W 3/13 // Free**

**HAPPY HATTER'S MEETING** We will be celebrating St. Patrick's Day. Hostesses are Barbara Turley & Betty Tanner. Bring an Irish themed food item to share. We will enjoy lots of fun, laughter and fellowship. Please wear your red hat, purple attire and name badge!

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

**12:00-2:00PM // F 03/08 // \$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: Brookdale

**2:00-3:30PM // W 3/20 // Free**

**WHAT'S FOR LUNCH** Come to the Senior Center each month on the 2<sup>nd</sup> 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 3/14 // \$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, served with juice, coffee, and fresh fruit.

95015C (3/50/MPN) Entrée: Fresh made Waffles

**8:30 - 9:30AM // F // 03/22 // \$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 (CRC) 2:00 pm - 5:00 pm

### Duplicate Bridge (Game Room)

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

### 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)

3rd Wednesday 2:00 pm - 4:00 pm

### Art Addicts

(Class Room B)

Mondays 9:00 am - 11:00 am

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**



**Computer Squad** Join our tech volunteers in a casual setting as they help HSAC members with both big and little

problems related to computer usage. Instructors, one-on-one or with presentations, share knowledge on just about any computer or Internet topic. Learn new computer skills so you can become a more confident computer user.

93035(1/16/Comp)  
Instructor: Dave Thompson & Jack Schroeder  
**1:00-2:30PM // M 3/11 & 3/25 // Free**

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

93042(1/16/Comp) Instruct: Fannette Welton  
**9:45-10:45AM // M // 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**

**Photography 101** If you enjoy using your SLR digital camera but want to know more about how to use it and get better results, then perhaps our Photography 101 class will give you the added knowledge and skills you want and need. Four weekly sessions are planned, each one lasting 60-90 minutes starting on March 8. Learn about good composition and storytelling with your camera; how to master all those dozens of controls and settings; how to correct exposure errors in your computer; how to organize your photos like the pros.

93010(1/16/Comp) Instructor:Jack Schroeder  
**1:00-2:30PM // F // Free**

**Health Talk** Warthan Dermatology will talk about the different types of skin cancer, how to look for possible cancerous spots, and what the next steps would be to get treated. They are a MOHS skin cancer surgery center. Cookies and a "goodie" bag full of skin-care products will be provided.

94056(1/25/SA)  
Sponsor: Warthan Dermatology  
**10:00-11:00AM // W 3/13 // Free**

**Edward Jones Presents: Making Sense of Annuities** Topics vary each month including investments, insurance, planning for retirement and other areas related to your financial well-being. The group may also delve into other topics such as world news, technology advancements or local area eateries. Sponsored by: Edward Jones

94040(1/16/Conf) Instruct: Adam Davenport  
**10:00-11:00AM // F 3/15 // 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 3/20 // Free**

**Nutrition & You** Come learn about nutrition and what your body needs to fuel your energy and keep you ready for all day activity. Topics vary each month.

94010 (1/30/MPN) Instructor: Rosy Pritchett  
**2:00-3:00PM // F 3/22 // 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 3/12&26 // 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/WHall) 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. *Class fees are waived for Renew Active members.*

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** 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.*

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: Debbie Melchiorre  
**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 3/29 // \$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)  
Instructor: 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)  
Instructor: Jaime Goldstein  
**3:45-4:45PM // T // Free**

**Yoga Fitness** 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. *Class fees are waived for SilverSneakers, Renew Active & Silver&Fit members.*

92040 (5/30/MPS)  
Instructor: Debbie Melchiorre  
**1:00-2:00PM // W // \$2.50 per class**



## FUN & GAMES & GROUPS

**American Sign Language 1C** 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 1C course will be on employment, travel, calendar signs, and basic fingerspelling and numbers, ways of exchanging comments and The Deaf Community #3.

Please note class will not meet on 3/28 due to the Expo.

94008 (7/15/COMP) Instructor: Carolyn Stem  
**10:00-12:00PM // TH 3wks // \$15mo**

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

- Discuss: *The Stranger In The Woods: the extraordinary story of the last true hermit* by Michael Finkel
- Read: "Love You More", by Lisa Gardner.

94078 (1/20/Conf) Instructor: T. McDonald  
**3:00-4:00PM // M 3/18 // 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!

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.

95094 (1/20/SB) Coordinator: T. McDonald  
Topic of the Month: Put something green in it  
**11:00-12:00PM // F 3/15 // Free**

### **Billiards' Corner**

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

**Partner Pool**  
95086 (8/14/BIL) Coordinator: M. Terlesky  
**11:00AM-2:00PM // W 3/20 // Free**

**9-Ball Tournament with Light Lunch**  
95029 (8/24/BIL) Coordinator: M. Terlesky  
**11:00AM-4:00PM // F 3/22 // \$3**

**Texas Hold'em Tournaments** Put your best poker face on and join us! Winners are recorded for the Play Off Game at the end of the year.

94012 (1/40/MPN) Coordinator: Terry Mesler  
**9:30AM-11:30AM // T 3/5 // Free**

Sponsored by Custom Fit Insurance  
95007 (1/40/MPN) Coordinator: Mike Smith  
**2:00PM-4:00PM // W 3/27 // Free**

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

95092 (4/40/MPN) Coordinator: Sue Brown  
**3:00AM-4:30PM // TH 3/28 // 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.

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

**History of Aviation** A presentation of how Donald Douglas and William E. Boeing started and ran their commercial and military aircraft companies from origin to mid World War II.

94030 (1/16/CRB) Coordinator: Bob Shultz  
**2:00-4:00PM // W 3/6 // Free**

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

94005 (1/15/Conf) Staff: Gayle Stevens  
**2:15PM-3:15PM // F 3/8 // Free**

## CREATIVE ARTS

**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/SA) Instructor: Diana Conway  
**9:30-10:30AM // T 3/12 // \$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 3/8 // \$5 mo**

**Bead Mania I** Make an emerald bracelet to celebrate St. Patrick's Day. Supply fee due to instructor at beginning of class \$10.

91048 (1/8/CRB) Instructor: Diana Conway  
**2:30-3:30PM // T 3/12 // \$5**

**Bead Mania II** Spring necklace and earring set. Supply fee due to instructor at beginning of class \$15.

91056 (1/8/CRB) Instructor: Diana Conway  
**2:30-3:30PM // T 3/26 // \$5**

**Floral Arranging** Celebrate the arrival of Spring with a wreath for your front door. Supply Fee due to instructor at beginning of class \$20.

91050 (1/8/CRB) Instructor: Diana Conway  
**2:30-3:30PM // T 3/19 // \$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: Old Barn with Wildflowers

91074 (6/15/SA) Instructor: Susan Garden  
**9:30-12:30PM // F 3/22 // \$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. This month instruction will be given on the charcoal drawing of a barn and windmill scene. Participants need to bring their own charcoal pencils. Instructor will furnish a started drawing for each class member. Please sign up in advance.

91025 (3/18/SA) Instructor: Jim Bratcher  
**6:00PM - 8:00PM // TH 3/14 // \$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 3/21 // 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.

*Please note class cancelled on 3/28.*

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.*

*Please note class cancelled on 3/28.*

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)  
*Please note class cancelled on 3/28.*

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 **MUST** sign up with a partner.

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

## 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 3/6 // Free  
92028 (1/15/FC) // W 3/13 // Free  
92029 (1/15/FC) // W 3/20 // Free  
92030 (1/15/FC) // W 3/27 // Free

**6:00-6:30PM** Instructor: DVD  
92025 (1/15/SA) // M 3/4 // Free  
92026 (1/15/SA) // F 3/22 // 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**

**Classic Fitness** 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. *Class fees are waived for SilverSneakers, Renew Active & Silver&Fit members.*

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**

**Cardio Fitness** Are you ready for a more intense workout than Classic Fitness? 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. *Class fees are waived for SilverSneakers, Renew Active & Silver&Fit members..*

92013 (5/30/MPS) Instructor: Rosy Pritchett  
**12:00-12:50PM // 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. *Silver & Fit members receive priority enrollment and class fees are waived.*

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**

## 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 they can receive a "Caring Cover".

**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  
**2:00PM - 4:00PM // W // Free**

**Quilter's Choice** A new pattern is selected on a bi-monthly basis. This month we will begin the "Sew Kind of Wonderful" 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 3/25 // \$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 3/7 // \$5 each**

91007 (1/15/SA) Instructor: Diana Conway  
**9:30AM-12:30PM // T 3/26 // \$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  
**1:00PM-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  
**1:00PM-5:00PM // T & TH // \$5 mo**

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CARTER BLOODCARE BLOOD DRIVE</b></p> <p><b>Thursday, March 28th</b> 9:00 am—1 :00 pm</p>	<p><b>BISD Adventures in Art Exhibit</b></p> <p><b>March 4th—March 8th</b></p>	<p><i>Heritage Village Presents</i> <b>Grand Family Picnic</b> Wednesday, March 13th 11:00 am—2:00 pm</p> <p><i>Event will feature kid friendly activities, live entertainment, FREE In &amp; Out Burger meals and more!</i></p>	<p><b>Blood Pressure Checks</b> <b>1st Thursday each month</b></p> <p><b>10:00 am—11:00 am</b> <b>Sponsored by</b> <b>Right at Home</b></p>	<p><b>SIGN UPS</b> <b>8:30 AARP Driver Safety</b> 9:00 Non-Contact Boxing 10:00 Strengthen On Mat 10:00 Café Exchange <b>11:00 Weekly Weigh In</b> 11:15 Social Dance Lesson <b>1:00 Movies &amp; Munchies</b></p>
<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel <b>9:45 iPad/iPhone</b> 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 &amp; Music 4:30 Back Shoulder&amp;Balance 6:00 Fitness Orient DVD (92025)</p>	<p>9:00 Fit Start 9:00 Wood Carving Group <b>9:30 TX Hold'em</b> 10:00 Windows 10 10:00 Quilter's Lab <b>12:00 Cardio Fitness</b> 1:00 Ceramics &amp; Wine Bottles <b>1:30 Mardi Gras in the Lobby</b> 2:30 Hatha Yoga 3:45 Chair Yoga <b>4:30 Adventures in Art Reception</b> 5:00 Classic Fitness</p>	<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making <b>10:00 Medicare Q&amp;A</b> (94015) 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Yoga Fitness 1:00 Fitness Orientation (92027) 2:00 History of Aviation 2:00 Knot-a-Lot 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start 9:30 Empty Bowls 2019 10:00 American Sign Language 10:00 Writing Group 10:30 Ageless Grace 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness <b>6:00 Potluck Bingo</b></p>	<p>9:00 Non-Contact Boxing 10:00 Strengthen On Mat 10:00 Café Exchange <b>11:00 Weekly Weigh In</b> 11:00 8-Ball Singles Tournament 11:15 Social Dance <b>12:00 Happy Hatters</b> <b>1:00 Photography 101</b> 1:00 Glass Fusion (Open) 2:15 Newcomer's Connection</p>
<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel <b>9:45 iPad/iPhone</b> 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting <b>1:00 Computer Squad</b> 1:00 Gentle Yoga 2:15 Karaoke &amp; Music 4:30 Back Shoulder&amp;Balance</p>	<p>9:00 Fit Start 9:00 Wood Carving Group 9:30 Glass Fusion Lessons 10:00 Windows 10 10:00 Quilter's Lab 10:00 Self Defense for Seniors <b>12:00 Cardio Fitness</b> 1:00 Ceramics &amp; Wine Bottles <b>2:00 Get Your Pics</b> 2:30 Hatha Yoga <b>2:30 Bead Mania I</b> 3:45 Chair Yoga 5:00 Classic Fitness</p>	<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making <b>10:00 Health Talk</b> <b>11:00 Grand Family Picnic</b> 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Yoga Fitness 1:00 Fitness Orientation (92028) <b>2:00 Birthday Party</b> 2:00 Knot-a-Lot 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start 10:00 Writing Group 10:00 American Sign Language 10:30 Ageless Grace <b>11:30 What's for Lunch</b> 12:00 Multi-Media Painting 12:30 Beginner Line Dance 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness <b>6:00 Jim Bratcher Studio Art</b> <b>7:00 Dance: Doc Gibbs</b></p>	<p><b>8:00 Early Registration</b> Staff available To assist with online registration! 9am—1 pm 9:00 Non-Contact Boxing 10:00 Strengthen On Mat 10:00 Café Exchange <b>10:00 Edward Jones Presents</b> <b>11:00 Weekly Weigh In</b> <b>11:00 Creative Culinary Club</b> 11:15 Social Dance Lesson <b>1:00 Photography 101</b></p>
<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel <b>9:45 iPad/iPhone</b> 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 &amp; Music <b>3:00 Book Club</b> 4:30 Back Shoulder&amp;Balance <b>7:30 Night at the Artisan</b></p>	<p>9:00 Fit Start 9:00 Wood Carving Group 10:00 Windows 10 10:00 Quilter's Lab <b>12:00 Cardio Fitness</b> <b>1:00 Wills, Trusts, &amp; Probate</b> 1:00 Ceramics &amp; Wine Bottles 2:30 Hatha Yoga <b>2:30 Floral Arranging</b> 3:45 Chair Yoga 5:00 Classic Fitness</p>	<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making <b>10:00 Ask A Pharmacist</b> 10:15 ZUMBA Gold 11:00 Spanish Club 11:00 Partner Pool 1:00 Yoga Fitness 1:00 Fitness Orientation (92029) <b>2:00 Bingo In The Afternoon</b> 2:00 Knot-a-Lot 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start <b>10:00 Coloring Therapy</b> 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 &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness</p>	<p><b>8:30 Breakfast Club</b> 9:00 Non-Contact Boxing <b>9:30 You Can Paint w/Oils</b> 10:00 Strengthen On Mat 10:00 Café Exchange <b>11:00 Weekly Weigh In</b> <b>11:00 9-Ball Tournament</b> 11:15 Social Dance Lesson <b>1:00 Photography 101</b> <b>2:00 Nutrition and You</b> 6:00 Fitness Orient DVD (92026)</p>
<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel <b>9:45 iPad/iPhone</b></p> <p><b>10:00 AM - 3:00 PM</b> <b>Nellies Closet</b></p> <p>10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 12:30 Jewelry Repair <b>1:00 Computer Squad</b> 1:00 Gentle Yoga 2:15 Karaoke &amp; Music 4:30 Back Shoulder&amp;Balance</p>	<p>9:00 Fit Start 9:00 Wood Carving Group <b>9:30 Empty Bowls 2019</b> 10:00 Windows 10 10:00 Quilter's Lab 10:00 Self Defense for Seniors <b>12:00 Cardio Fitness</b> 1:00 Ceramics &amp; Wine Bottles <b>2:00 Get Your Pics</b> <b>2:30 Bead Mania II</b> 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness</p>	<p>8:00 Classic Fitness 9:00 Silver &amp; Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Yoga Fitness 1:00 Fitness Orientation (92030) <b>2:00 TX Hold'em Tournament</b> 2:00 Knot-a-Lot 4:00 Non-Contact Boxing</p>	<p>9:00 Fit Start <b>10:00—12:00</b> <b>Business, Health &amp; Benefits Expo</b> <b>9:00 - 1:00 Carter Blood Drive</b> 10:00 Writing Group <del>10:00 American Sign Language</del> <del>10:30 Ageless Grace</del> 12:00 Multi-Media Painting <del>12:30 Beginner Line Dance</del> 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing <b>3:00 Bunco</b> 5:00 Classic Fitness <b>7:00 Dance: Randy Tatarevich</b></p>	<p>9:00 Non-Contact Boxing 10:00 Strengthen On Mat 10:00 Café Exchange <b>11:00 Weekly Weigh In</b> 11:15 Social Dance Lesson <b>1:00 Photography 101</b> 3:30 Restorative Yoga</p>

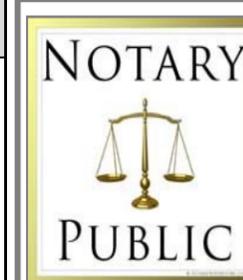
## "A Quick Bite" Tuesdays at Noon Only \$5

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

- March 5: King Ranch Casserole
- March 12: Taco Salad
- March 19: Baked Potato
- March 26: Lasagna



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

Mondays 2 pm—4 pm  
Wednesdays 10 am—12 pm  
By appointment. \$1/per min.

