

Senior Center SNAPS

the SENIOR PIPELINE

APRIL 2019

Get Active and Get Involved!



Check out the calendar for new events and programs!

- Document Shredding
- Widowers Brunch
- Organization & Design
- Ladies Fashion Event
- Concert in the Park
- Be Well, Live Well



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



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

Gerald Grieser - Chair
Joan Stinnett - Vice Chair

Doris Young	Marie Perry
Bob Hampton	Elaine Wicker
Marcy Davis	
Durwood Foote	
Barbara Albright	

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 may have to rewrite that old song, "Though April Showers Bring May Flowers. . ." etc. All this climate change activity has confused the horticultural lives in this part of the world. Things that don't bloom until April popped up looking somewhat confused. Bluebonnets in February? I wonder what Mother Nature has in store for us this April. Showers, heat wave, snow? Oh gosh, please not snow!

I remember Easter Sunday in 1961. All the ladies in church were decked out in flowery summer dresses. Mine was sleeveless with a thin matching jacket. It had been a warm Spring and the flower gardens outside the Conservatory, shown in the newspaper, were spectacular. We planned a picnic lunch at Belle Isle after church with my parents. (For all you non-Michiganders, that's an island in the Detroit River.) The morning was gray and cold but we decided we could still eat our lunch at a covered picnic table, then go inside, wander around and enjoy the indoor plants. As the car slowed to a stop in the parking lot, snowflakes began dancing down from the sky. We ate our "wonderful" picnic lunch with chattering teeth inside the car, heater going full blast on high, and decided Plan B was a good idea - go home. By the time we finished eating the ground was covered and snow was accumulating. Poor flowers didn't have a chance that Easter Sunday! I guess they didn't get the message from that old groundhog that year. So much for showing off our new Easter outfits. But. . .

Here it is 2019 and we have another chance to exhibit our new Easter outfits. Ladies, HSAC is making it even easier for us. On Friday, April 5th, our Ladies Fashion Show will be hosted by Southern Way Boutique. Stacy's Beautiful Boutique will be set up in the lobby for shopping. Lunch will be catered by Carrabba's Italian Grill. This event is always fun and a great opportunity to get a head start on our new Easter outfit; or acquire fun, new addition(s) to our Spring and Summer wardrobe.

This year Hurst's free Eggstravaganza will be held on Saturday, April 23, 2019 at the Hurst Community Park. It's a fun event for our grandchildren, ages 12 and under. Besides hunting Easter eggs, they can have their pictures taken with Mr. Bunny, have their faces painted, enjoy the petting zoo, and a pony ride.

Happy Easter!

SOCIAL PROGRAMS & SPECIAL EVENTS

WIDOWED PERSONS 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) Sponsored By: Celia Neyra, Nations Insurance Solutions
11:00-12:00AM // M 4/1 // Free

NIGHT AT THE ARTISAN The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "Zorro the Musical" for Monday, May 6, 7:30 pm (doors open at 7 pm.) Zorro the Musical retells the dramatic tale of a romantic hero with spectacular sword-fighting and incredible magic - all set to the famous red-hot Gipsy King beat brought to the stage with the authentic colors of traditional flamenco. 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.

95005E (30/80/Artisan Theater) Show Title: Zorro the Musical Ticket pick up: 4/23
7:30-9:30PM // M 5/6 // \$10 (regular ticket price is \$22!)

LADIES LUNCHEON & FASHION SHOW It's all about the girls today! Fashion show is facilitated by The Southern Way Boutique. Shop the featured fashions after the show! Stacy with You Look Beautiful Boutique and Avon will be set up in the front lobby so you can shop for accessories and other items all day. Fashion show is FREE! Luncheon is catered by Carrabba's Italian Grill (Chicken Marsala, pasta, salad and iced tea) is \$5 per person. Reservations must be made in advance. Lunch starts at 11:15, Fashion Show at 12:15 p.m. Registration opens March 15th.

95045 (5/125/MP)
11:00AM - 1:00PM // F // 4/5 // \$5 for lunch

BE WELL, LIVE WELL is a series of five lessons designed to get a fresh start to a healthier you! Join Tiffany from Texas A&M AgriLife Extension Service for LIVE cooking demonstrations and more. Learn how to develop healthy eating patterns, read labels, ensure food safety, meal planning, and incorporate physical activity as part of a healthy lifestyle. There is a class minimum that must be met, so please register in advance in order to ensure the class makes.

94042 (8/25/MPN) Sponsored by: Texas A&M AgriLife Extension
9:00-10:00AM // M 4/22-5/20 // 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.

95033 (5/125/MP) Featured Movie: The Old Man & The Gun, starring Robert Redford
5:30PM - 8:30PM // TH // 04/18 // \$3

DOCUMENT SHREDDING Start your spring cleaning by bringing all those unwanted documents and files to the Senior Center to be shredded and securely recycled by Shred IT. Drive through service, just pull your car up and staff or volunteers will help with unloading.

10:00AM - 12:00PM // F // 04/26 // 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: 92nd Roadhouse Band

7:00-9:15PM // TH 4/11// \$5 per person, registration is not required

Featured Band: Bill G Band

7:00-9:15PM // TH 4/25 // \$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: Baked Chicken Thighs

6:00-8:30PM // TH 4/4 // Free

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: USMD & Wellmed

2:00-3:00PM // W 4/10 // Free

HAPPY HATTER'S MEETING *** Saturday 13th @ 10AM *** Hostess: Alice Hunter. We will meet on the back porch at the senior center for a short meeting then car pool to Nash Farm in Grapevine; lunch will be at Gloria's Restaurant in Colleyville off Hwy 26. Wear your red hat, purple attire, walking shoes, name badge, bring your directory & HHH bag! Be sure to sign up by the first of the month.

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

10:00AM-1:00PM // SAT 4/13 // \$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: Golden Outlook, Marie Veneralle

2:00-3:30PM // W 4/17// 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 4/11 // \$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 more.

95015 (3/50/MPN) Entrée: Ham & Eggs

8:30 - 9:30AM // TH // 04/25// \$4

CAFÉ EXCHANGE Join this enthusiastic and engaged group of individuals who enjoy sharing thoughts, ideas, stories, and conversation. Please note meeting space may change.

94062 (1/50/SA) Coordinator: Jerry Gunter

10:00AM-1:00PM // M & F // Free

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

Pinochle (Class Room A)

Mondays 1:00 pm - 5:00 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 (Class Room C)

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

Scrabble (Class Room C)

Wednesdays 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

HSAC Crafting

(Class Room B)

Tuesdays 10:00 am - 12:00 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 4/8 & 4/22 // Free

iPad and iPhone No experience necessary. Bring your iPad, iPhone and questions to class. *No class 4/8.*

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 4 wks // Free

American Sign Language 1D Introduction to American Sign Language (ASL) using conversational methods. Covers basic vocabulary, basic grammatical usage, and culturally appropriate behavior within the deaf community. This month the course will focus on social activities and events as well as ways of describing appearances and characteristics of persons. Also included are basic fingerspelling and numbers, ways of exchanging comments and The Deaf Community #4.

94008 (7/15/Conf) Instructor: Carolyn Stem
10:00-11:30AM // TH // \$15mo

Edward Jones Presents 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 4/12 // Free

Foundation 4 Finance Learn to make sense out of Social Security strategies. Social security is key in your retirement. It's a once in a lifetime decision! Make sure you know all of your options.

94001 (5/16/COMP) Sponsor: Angela Tvdten
10:00-11:00AM // TH 4/11 // 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 4/26 // Free

Organization & Design Professional organizer Lori Peniston will share ideas on organizing, interior design and how to downsize. You will also receive some great tips to get your space more functional. Lori will also do brief discussion of the book, STUFF - compulsive hoarding and a way out! Get ready to Transform your SPACE - Transform your Life!

94041 (1/30/COMP)
Sponsor: Disaster 2 Design
1:00-2:00PM // T 4/9 // 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 4/9 & 23 // 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

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 4/12 // \$5



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

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

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 4/16 // Free

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

- Discuss: Love You More by Lisa Gardner.
- Read: Brooklyn by Tom Toibin.

94078 (1/20/Conf) Instructor: T. McDonald
3:00-4:00PM // M 4/15 // 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: Use an egg in the recipe
11:00-12:00PM // F 4/12 // 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

42 Player Luncheon Each player is asked to bring a dish for the Potluck Luncheon to share. Plates, napkins, utensils, cups, and beverages will be provided.

94048 (5/50/MPN)
12:00-1:00PM // W 4/17 // Free

Billiards' Corner

8-Ball Tournament with Light Lunch
95078 (8/24/BIL) Coordinator: M. Terlesky
11:00AM-4:00PM // F 4/12 // \$3

Partner Pool
95086 (8/14/BIL) Coordinator: M. Terlesky
11:00AM-2:00PM // W 4/17 // Free

9-Ball Tournament with Light Lunch
95029 (8/24/BIL) Coordinator: M. Terlesky
11:00AM-4:00PM // F 4/26 // \$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 4/2 // Free

Sponsored by Custom Fit Insurance
95007 (1/40/MPN) Coordinator: Mike Smith
2:00PM-4:00PM // W 4/24 // 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 4/25 // Free

History of Aviation Discussion of the Donald Douglas, William E. Boeing, and Dutch Kindelbegers' contribution to American aviation. This will begin with how the three started and ran their commercial and military companies from mid World War II to 1970. No cost to attend!

94030 (1/16/CRB) Coordinator: Bob Shultz
2:00-4:00PM // W 4/3 // 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 4/12 // 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 4/2 // \$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 4/12 // \$5 mo

Bead Mania I Celebrate Spring and Easter with a bracelet and earring set. Supply fee due to instructor at beginning of class \$12.

91048 (1/8/CRB) Instructor: Diana Conway
2:30-3:30PM // T 4/9 // \$5

Floral Arranging Celebrate Easter with a springy fresh flower arrangement. Supply Fee due to instructor at beginning of class \$20.

91050 (1/8/CRB) Instructor: Diana Conway
2:30-3:30PM // T 4/16 // \$5

Bead Mania II Come make an eye-catching purple crystal pendant 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 4/23 // \$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

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: Magnificent Magnolia

91074 (6/15/SA) Instructor: Susan Garden
9:30-12:30PM // F 4/26 // \$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. Participants need to bring their own supplies, including paper, pencils, a straight edge ruler and charcoal. Instructor will have limited supplies available for students to borrow.

Class Theme: Wolves
91025 (3/18/SA) Instructor: Jim Bratcher
6:00PM – 8:00PM // TH 4/11 // \$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.

91018 (1/25/SB)
10:00-11:00AM // TH 4/18 // 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: Andrea McKnight
9:00-10:00AM // T // \$2.50 per class

92058 (5/30/MPS)
Instructor: Andrea McKnight
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
Class will NOT meet on 4/5.

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

Chair Dance Learn tap, ballet, and other dance styles. All dancing and choreography is done from a chair. This is a great way to incorporate some low-impact cardio as part of a healthy lifestyle. *Class fees are waived for SilverSneakers, Renew Active & Silver&Fit members.*

Class will NOT meet on 4/23.

92003 (5/30/MPS) Instructor: Sherri Longino
10:15-11:00AM // T // \$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 **MUST** sign up with a partner.

Class will meet at Barbara's Studio on 4/5.

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 4/3 // Free
92028 (1/15/FC) // W 4/10 // Free
92029 (1/15/FC) // W 4/17 // Free
92030 (1/15/FC) // W 4/24 // Free

6:00-6:30PM Instructor: DVD
92025 (1/15/SA) // M 4/8 // Free
92026 (1/15/SA) // F 4/26 // 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

Fabric Cutting for BISD Art HELP! the art teachers getting ready for a special class project. Fabric and cutting tools are provided. We just need your hands!

91070 (1/20/SB) Instructor: Gayle Stevens
10:00AM - 12:00PM // TH // Free

Quilter's Choice A new pattern is selected on a bi-monthly basis. This month we will begin the "Seminole Patchwork" quilt. 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 Everyone is welcome to the 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/SA) 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 4/22 // \$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 4/4 // \$5 each

91007 (1/15/SA) Instructor: Diana Conway
9:30AM-12:30PM // TH 4/18 // \$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

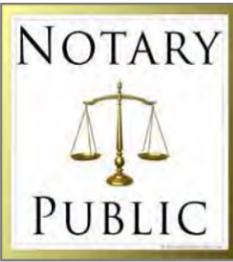
April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
SIGN UPS 8:00 Classic Fitness 9:00 Silver & Fit Excel 9:45 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 11:00 Widowed Person Brunch 12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder&Balance	9:00 Fit Start 9:00 Wood Carving Group 9:30 Glass Fusion Lessons 9:30 TX Hold'em 10:15 Chair Dance 10:00 Quilter's Lab 12:00 Cardio Fitness 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness	8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:00 Medicare Q&A (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	9:00 Fit Start 9:30 Empty Bowls 2019 10:00 American Sign Language 10:00 Fabric Cutting BISS 10:00 Writing Group 10:30 Ageless Grace 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness 6:00 Potluck Bingo	9:00 Non-Contact Boxing 10:00 Strengthen On Mat (CRA) 10:00 Café Exchange 11:00 Weekly Weigh In 11:15 Social Dance Lesson (Studio) Ladies Luncheon & Fashion Show 11:00am—1:00pm
8:00 Classic Fitness 9:00 Silver & Fit Excel 9:45 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 1:00 Computer Squad 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder&Balance 6:00 Fitness Orient DVD (92025)	9:00 Fit Start 9:00 Wood Carving Group 10:15 Chair Dance 10:00 Windows 10 10:00 Quilter's Lab 10:00 Self Defense for Seniors 12:00 Cardio Fitness 1:00 Organization & Design 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania I 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness	8:00 Classic Fitness 9:00 Silver & 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 (92028) 2:00 Birthday Party 2:00 Knot-a-Lot 4:00 Non-Contact Boxing	9:00 Fit Start 10:00 Writing Group 10:00 Foundation 4 Finance 10:00 American Sign Language 10:00 Fabric Cutting BISS 10:30 Ageless Grace 11:30 What's for Lunch 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness 6:00 Jim Bratcher Studio Art 7:00 Dance: 92nd Roadhouse	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 Lessons 1:00 Glass Fusion (Open) 2:15 Newcomer's Connection 3:30 Restorative Yoga ** Happy Hatters will meet on Saturday, 4/13 at 10:00 am **
8:00 Classic Fitness 9:00 Silver & Fit Excel 9:45 iPad/iPhone 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	9:00 Fit Start 9:00 Wood Carving Group 10:00 Basic Awareness 10:00 Windows 10 10:15 Chair Dance 10:00 Quilter's Lab 12:00 Cardio Fitness 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga 2:30 Floral Arranging 3:45 Chair Yoga 5:00 Classic Fitness	8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 11:00 Partner Pool 12:00 42 Player Luncheon 1:00 Yoga Fitness 1:00 Fitness Orientation (92029) 2:00 Bingo In The Afternoon 2:00 Knot-a-Lot 4:00 Non-Contact Boxing	8:00 Early Registration 9:00 Fit Start 9:30 Empty Bowls 2019 10:00 Coloring Therapy 10:00 Writing Group 10:00 Fabric Cutting BISS 10:00 American Sign Language 10:30 Ageless Grace 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness 5:30 Spud & a Show	9:00 Non-Contact Boxing 9:30 You Can Paint w/Oils 10:00 Strengthen On Mat DOCUMENT SHREDDING 10:00—12:00 10:00 Café Exchange 11:00 Weekly Weigh In 11:00 9-Ball Tournament 11:15 Social Dance Lessons 2:00 Nutrition and You 6:00 Fitness Orient DVD (92026)
8:00 Classic Fitness 9:00 Be Well, Live Well 9:00 Silver & Fit Excel 9:45 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 12:15 Multi-Media Painting 12:30 Jewelry Repair 1:00 Computer Squad 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder&Balance	9:00 Fit Start 9:00 Wood Carving Group 10:00 Windows 10 10:15 Chair Dance 10:00 Quilter's Lab 10:00 Self Defense for Seniors 12:00 Cardio Fitness 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania II 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness	8:00 Classic Fitness 9:00 Silver & 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) 2:00 TX Hold'em Tournament 2:00 Knot-a-Lot 4:00 Non-Contact Boxing	8:30 Breakfast Club 9:00 Fit Start 10:00 Writing Group 10:00 American Sign Language 10:00 Fabric Cutting BISS 10:30 Ageless Grace 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 Classic Fitness 7:00 Dance: Bill G Band	9:00 Non-Contact Boxing 9:30 You Can Paint w/Oils 10:00 Strengthen On Mat DOCUMENT SHREDDING 10:00—12:00 10:00 Café Exchange 11:00 Weekly Weigh In 11:00 9-Ball Tournament 11:15 Social Dance Lessons 2:00 Nutrition and You 6:00 Fitness Orient DVD (92026)
8:00 Classic Fitness 9:00 Be Well, Live Well 9:00 Silver & Fit Excel 9:45 iPad/iPhone 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	9:00 Fit Start 9:00 Wood Carving Group 10:00 Windows 10 10:15 Chair Dance 10:00 Quilter's Lab 12:00 Cardio Fitness 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness		Blood Pressure Checks 1st Thursday each month 10:00 am—11:00 am Sponsored by Right at Home	Heritage Village Presents FREE! Concert in the Park Friday, April 26th 7:00 pm—8:00 pm

"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.*

Upcoming Entrée Menu
April 2: Chicken Pot Pie
April 9: Orzo Veg Salad With Chicken
April 16: Baked Potato
April 23: Taco Cornbread Casserole
April 30: Baked Spaghetti



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.

