

# Senior Center SNAPS

# the SENIOR PIPELINE

MAY 2019

Get Active and Get Involved!

- 
- Travel Presentation
- Get Online with Social Security
- Dr. Tang Makes House Calls
- Instructor Appreciation
- What is Mid-Cities Care Corp?
- HVP: Summer Kick-Off

*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



# 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: Alton Bostick, HSAC Writing Group

### Never Wanted a White Rose

When I was a child my mother knew everything. She was always there when I had a hurt. She answered the million questions I asked her each day. In fact, she could answer any question and was the final authority. She taught me all the things I needed to know. If mother said so that was it. My love, trust and faith in her were all absolute.

My mother was also my greatest encourager. She was always sure that I could do it, that the very next try would work. Mom knew without a doubt that I had no limitations. And she would love me all the days of my life. Mother simply thought I could do no wrong. Mother's Day was big at our house, In addition to the gifts we made or bought for her, we wore a rose to church. My mother, sister and I wore red roses because our mothers were living but, my dad wore a white rose for his mother who died when he was eight. Even in his nineties you could hear the love in his voice when he spoke of her. He always saw her through eight year old eyes.

I never wanted a white rose.

As the years went by and I became an adult, married and raised children of my own, I came to understand that my mother was not perfect, though I never loved her less for her shortcomings. I realized she did not have all the answers, that her faith and love for me were seen through a mother's eyes and born of a mother's heart. Her one room rural Mississippi education and her value programming from the early nineteen hundreds, tens and twenties were filled with intolerances and some prejudices that she had to struggle to overcome. In fact she never forgave my dad's vote for "a Catholic" president

This year for the nineteenth year my sister and I will have to wear the White Rose in loving memory of our mother who taught us a value system that has served us for over eight and a half decades.

I hope you're still able to wear a Red Rose. If not I hope your mother earned a White Rose from you.

# SOCIAL PROGRAMS & SPECIAL EVENTS

**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.) Reservations for the Senior Center discounted tickets closed on April 19th. 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!)**

**MOVIES & MUNCHIES** Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack. The Front Runner follows the rise and fall of Senator Hart, who captured the imagination of young voters and was considered the overwhelming front runner for the 1988 Democratic presidential nomination when his campaign was sidelined by the story of an extramarital relationship with Donna Rice. As tabloid journalism and political journalism merged for the first time, Senator Hart was forced to drop out of the race - events that left a profound and lasting impact on American politics and the world stage.

95001 (5/75/MPN) Movie Title: "The Front Runner" Rating: R (language; sexual reference)  
**1:00-3:30PM // F 5/3 // \$3**

**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. Classes are already underway. Please check with the Front Desk for late registration.

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

**TRAVEL PRESENTATION** Pack your bags and get ready to go! Premier Global Tours has a variety of trips lined up whether you are looking to go for a day, a weekend, a week or beyond.

94055 (5/50/SA) Presenter: Birona Aswand, Premier Global Tours  
**1:00 - 2:00PM // W 5/1 // Free**

**INSTRUCTOR APPRECIATION** HSAC is so fortunate to have such a great group of instructors to teach, lead, and inspire HSAC members through the many classes offered each month. Please join the staff as we show our appreciation on May 14th with a special edition of our Tuesday lunch program "A Quick Bite." HSAC Members are welcome to attend the lunch by registering in advance. Instructors will receive a special invitation and will need to RSVP for their complimentary meal.

POS Transaction—A Quick Bite (5/125/MPN)  
**12:00 - 1:00PM // T 5/14 // \$5** (Fee waived for instructors only)

**SILVERSNEAKERS OPEN HOUSE** Come meet your Tivity Health representative. James Reese will be here to answer any questions about your SilverSneakers benefits and our facility amenities. If you have a friend that is not a member of HSAC, invite them to come take a tour.

Registration is not required  
**8:30 - 10:30AM // W 5/8 // Free**

**HERITAGE VILLAGE PRESENTS (HVP) SUMMER KICK OFF** Bring a picnic dinner and enjoy a live performance by the band Electric Circus at 6:30pm. Other event activities include the Touch a Truck Exhibit, bounce house, complimentary ice cream, photo booth, and more.

Event location: Heritage Village Park Registration is not required  
**6:00 - 8:00PM // TH 5/30 // 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: Randy Tatarevich Band

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

Featured Band: Classic Country

**7:00-9:15PM // TH 5/23 // \$5 per person, pre-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 Ham

**6:00-8:30PM // TH 5/2 // 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: Back in Motion

**2:00-3:00PM // W 5/8 // Free**

**HAPPY HATTER'S MEETING** Hostess: Reva Willes. We will meet at the senior center for a short meeting then car pool to Chandor Gardens in Weatherford, \$5 admission; lunch will be at Rosa Café. Wear your red hat, purple attire, walking shoes, name badge, bring your directory & HHH bag! Be sure to sign up early. Registration opens April 18th.

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

**10:00AM-2:00PM // F 5/10 // \$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: Woodbridge Health & Rehabilitation at Grapevine

**2:00-3:30PM // W 5/15 // 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 5/9 // \$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: Belgian Waffles

**8:30 - 9:30AM // TH 5/23 // \$4**

**ONLINE WITH SOCIAL SECURITY** Come learn what you can do online with Social Security. Receive information on the advantages and benefits of creating an secure online account including electronic deposits which give you access to funds faster and safer.

94079 (3/30/COMP) Presenter: Kathy Shaw, US Social Security Office

**1:30 - 2:30PM // T 5/7 // 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 & Wednesdays 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 A)

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 5/13 // 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 4 wks // Free**

**American Sign Language 1E** Introduction to American Sign Language (ASL) using conversational methods. Covers basic vocabulary, basic grammatical usage, and culturally appropriate behavior within the deaf community.

For the month of May the course will focus on various groups of animals, grocery shopping and monetary signs. Also included are basic fingerspelling and numbers, ways of exchanging comments and The Deaf Community #5.

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 5/17 // Free**

**Foundation 4 Finance** Do you know the three keys to a successful retirement and investment plan? Learning how to avoid unnecessary mistakes be the best investment you can make! If you own a traditional IRA, SEP, Simple IRA, 401(k), 403(b) or 457, you owe it to yourself-and your family- to attend this class.

94001 (5/16/COMP) Sponsor: Angela Tvdten  
**10:00-11:00AM // TH 5/9 // FREE**

**Dr. Tang Makes Housecalls** Come learn what to expect from concierge medicine. Dr. Tang is a mobile M.D. with over 20 years of experience as a doctor of Internal and Emergency Medicine.

94058 (1/30/SA) Instructor: Dr. Mary Tang  
**1:00-2:00PM // T 5/21 // 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 5/15 // Free**

## EXERCISE & FITNESS



**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 5/24 // 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 5/3 // \$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**

**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**

## FUN & GAMES & GROUPS

**Lunch & Learn** Come learn about short term and long term care options. Enjoy a complimentary pizza lunch following the presentation. Sponsored by Amerilife.

94014 (1/30/MPN)  
Coordinator: Clifton Dillender  
**12:30-1:30PM // W 5/29 // Free**

**What is Mid-Cities Care Corp?** Come learn more about this local non-profit organization that works to preserve the independence and well being of seniors in NE Tarrant County.

94026 (1/30/MPN) Presenter: Jane Nauman  
**1:30-2:30PM // W 5/22 // Free**

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

- Discuss: Brooklyn by Tom Toibin.
- Read: The Curious Charms of Arthur Pepper by Phaedra Patrick.

94078 (1/20/Conf) Instructor: T. McDonald  
**3:00-4:00PM // M 5/20 // 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: Brunch  
**11:00-12:00PM // F 5/17 // 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**

### Billiards' Corner

**8-Ball Tournament with Light Lunch**  
95078 (8/24/BIL) Coordinator: M. Terlesky  
**11:00AM-4:00PM // F 5/10 // \$3**

**Partner Pool**  
95086 (8/14/BIL) Coordinator: M. Terlesky  
**11:00AM-2:00PM // W 5/15 // Free**

**9-Ball Tournament with Light Lunch**  
95029 (8/24/BIL) Coordinator: M. Terlesky  
**11:00AM-4:00PM // F 5/24 // \$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 5/7 // Free**

Sponsored by Custom Fit Insurance  
95007 (1/40/MPN) Coordinator: Mike Smith  
**2:00PM-4:00PM // W 5/22 // Free**

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

95092 (4/40/MPN) Coordinator: Sue Brown  
**3:00-4:30PM // TH 5/23 // Free**

**History of Aviation** Bill Wait will present the history and current status of one of the most important military aircraft ever used by the US Military. Come find out what aircraft this is.

94030 (1/16/CRB) Coordinator: Bob Shultz  
**2:00-4:00PM // W 5/1 // 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 5/10 // Free**

**Café Exchange** Join this 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**

## 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 // By Appt // \$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 5/10 // \$5 mo**

**Bead Mania I** Make a cool curvy bracelet and earring set. Supply fee due to instructor at beginning of class \$10.

91048 (1/8/CRB) Instructor: Diana Conway  
**2:30-3:30PM // T 5/7 // \$5**

**Floral Arranging** Learn to make a corsage for Mothers Day. Supply Fee due to instructor at beginning of class \$10.

91050 (1/8/CRB) Instructor: Diana Conway  
**2:30-3:30PM // F 5/10 // \$5**

**Bead Mania II** Make a cute dangle for a ceiling fan or your car rear view mirror. Supply fee due to instructor at beginning of class \$10.

91056 (1/8/CRB) Instructor: Diana Conway  
**2:30-3:30PM // T 5/21 // \$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: Hummingbird at Hibiscus in Watercolor

91074 (6/15/SA) Instructor: Susan Garden  
**9:30-12:30PM // F 5/10 // \$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: Architectural Design  
91025 (3/18/SA) Instructor: Jim Bratcher  
**6:00PM – 8:00PM // TH 5/9 // \$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.

91018 (1/25/SB) Instructor: Marie Veneralle  
**10:00-11:00AM // TH 5/16 // 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**

**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.*

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.

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

**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 5/14 & 28 // Free**

## 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 5/1 // Free

92028 (1/15/FC) // W 5/8 // Free

92029 (1/15/FC) // W 5/15 // Free

92030 (1/15/FC) // W 5/22 // Free

92031 (1/15/FC) // W 5/29 // Free

**6:00-6:30PM** Instructor: DVD

92025 (1/15/SA) // M 5/13 // Free

92026 (1/15/SA) // F 5/24 // 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.*

*Please note: Class cancelled on 5/14 so Rosy can attend the Instructor Appreciation Luncheon. We hope you will make plans to join her.*

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 continue 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 5/13 // \$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 5/16 // \$5 each**

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

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p><b>Blood Pressure Checks 1st Thursday each month</b></p> <p><b>10:00 am—11:00 am</b><br/>Sponsored by<br/>Right at Home</p>  | <p>Have questions about Medicare or Supplemental Insurance Plans?</p> <p>Representatives will be here to help:</p> <p><b>Celia Neyra,</b><br/>Nations Insurance Solutions<br/>Wednesday, May 1, 10am</p> <p><b>Mike Smith</b><br/>Custom Fit Insurance<br/>Monday, May 6, 9am</p>  | <p>8:00 Classic Fitness<br/>9:00 Silver &amp; Fit Excel<br/>9:00 Tai Chi<br/>10:00 Beginner Quilt Making<br/><b>10:00 Medicare Q&amp;A</b> (94015)<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/><b>1:00 Travel Presentation</b><br/>1:00 Yoga Fitness<br/>1:00 Fitness Orientation (92027)<br/>2:00 History of Aviation<br/>2:00 Knot-a-Lot<br/>4:00 Non-Contact Boxing</p> <p><b>1</b></p> | <p>9:00 Fit Start<br/>10:00 American Sign Language<br/>10:00 Writing Group<br/>10:30 Ageless Grace<br/>12:30 Beginner Line Dance<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Improver Line Dancing<br/>1:45 Intermediate Line Dancing<br/>5:00 Classic Fitness<br/><b>6:00 Potluck Bingo</b></p> <p><b>2</b></p>   | <p>9:00 Non-Contact Boxing<br/>10:00 Strengthen On Mat<br/>10:00 Café Exchange<br/><b>11:00 Weekly Weigh In</b><br/>11:15 Social Dance Lesson<br/><b>1:00 Movies &amp; Munchies</b><br/><b>3:30 Restorative Yoga</b></p> <p><b>3</b></p>   |
| <p>8:00 Classic Fitness<br/><b>9:00 Be Well, Live Well</b><br/><b>9:00 Medicare Counseling</b><br/>9:00 Silver &amp; Fit Excel<br/><b>9:45 iPad/iPhone</b><br/>10:00 Quilter's Choice<br/>10:00 Café Exchange<br/>10:15 Kundalini Yoga<br/>12:15 Multi-Media Painting<br/>1:00 Gentle Yoga<br/>2:15 Karaoke &amp; Music<br/>4:30 Back Shoulder&amp;Balance<br/><b>7:00 Night at the Artisan</b></p> <p><b>6</b></p>                     | <p>9:00 Fit Start<br/>9:00 Wood Carving Group<br/><b>9:30 TX Hold'em</b><br/>10:00 Windows 10<br/>10:00 Quilter's Lab<br/><b>10:15 Chair Dance</b><br/><b>12:00 Cardio Fitness</b><br/>1:00 Ceramics &amp; Wine Bottles<br/><b>1:00 Online with Social Security</b><br/>2:30 Hatha Yoga<br/><b>2:30 Bead Mania I</b><br/>3:45 Chair Yoga<br/>5:00 Classic Fitness</p> <p><b>7</b></p>            | <p><b>SilverSneakers Open House</b></p> <p>8:00 Classic Fitness<br/>9:00 Silver &amp; Fit Excel<br/>9:00 Tai Chi<br/>10:00 Beginner Quilt Making<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>1:00 Yoga Fitness<br/>1:00 Fitness Orientation (92028)<br/><b>2:00 Birthday Party</b><br/>2:00 Knot-a-Lot<br/>4:00 Non-Contact Boxing</p> <p><b>8</b></p>                                     | <p>9:00 Fit Start<br/>10:00 Writing Group<br/><b>10:00 Foundation 4 Finance</b><br/>10:00 American Sign Language<br/>10:30 Ageless Grace<br/><b>11:30 What's for Lunch</b><br/>12:30 Beginner Line Dance<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Improver Line Dancing<br/>1:45 Intermediate Line Dancing<br/>5:00 Classic Fitness<br/><b>6:00 Jim Bratcher Studio Art</b><br/><b>7:00 Dance: Randy Tatarevich</b></p> <p><b>9</b></p> | <p>9:00 Non-Contact Boxing<br/><b>9:30 You Can Paint w/Oils</b><br/>10:00 Strengthen On Mat<br/><b>10:00 Happy Hatters</b><br/>10:00 Café Exchange<br/><b>11:00 Weekly Weigh In</b><br/>11:00 8-Ball Singles Tournament<br/>11:15 Social Dance Lessons<br/>1:00 Glass Fusion (Open)<br/>2:15 Newcomer's Connection<br/><b>2:30 Floral Arranging</b></p> <p><b>10</b></p> |
| <p>8:00 Classic Fitness<br/><b>9:00 Be Well, Live Well</b><br/>9:00 Silver &amp; Fit Excel<br/><b>9:45 iPad/iPhone</b><br/>10:00 Quilter's Choice<br/>10:00 Café Exchange<br/>10:15 Kundalini Yoga<br/>12:15 Multi-Media Painting<br/>12:30 Jewelry Repair<br/><b>1:00 Computer Squad</b><br/>1:00 Gentle Yoga<br/>2:15 Karaoke &amp; Music<br/>4:30 Back Shoulder&amp;Balance<br/>6:00 Fitness Orient DVD (92025)</p> <p><b>13</b></p> | <p>9:00 Fit Start<br/>9:00 Wood Carving Group<br/>10:00 Windows 10<br/>10:00 Quilter's Lab<br/>10:00 Self Defense for Seniors<br/><b>10:15 Chair Dance</b><br/><b>12:00 Instructor Appreciation</b><br/><del>12:00 Cardio Fitness</del><br/>1:00 Ceramics &amp; Wine Bottles<br/><b>2:00 Get Your Pics</b><br/>2:30 Hatha Yoga<br/>3:45 Chair Yoga<br/>5:00 Classic Fitness</p> <p><b>14</b></p> | <p>8:00 Classic Fitness<br/>9:00 Silver &amp; Fit Excel<br/>9:00 Tai Chi<br/>10:00 Beginner Quilt Making<br/><b>10:00 Ask A Pharmacist</b><br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>11:00 Partner Pool<br/>1:00 Yoga Fitness<br/>1:00 Fitness Orientation (92029)<br/><b>2:00 Bingo In The Afternoon</b><br/>2:00 Knot-a-Lot<br/>4:00 Non-Contact Boxing</p> <p><b>15</b></p>           | <p>9:00 Fit Start<br/><b>9:30 Empty Bowls 2019</b><br/><b>10:00 Coloring Therapy</b><br/>10:00 Writing Group<br/>10:00 American Sign Language<br/>10:30 Ageless Grace<br/>12:30 Beginner Line Dance<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Improver Line Dancing<br/>1:45 Intermediate Line Dancing<br/>5:00 Classic Fitness</p> <p><b>16</b></p>   | <p><b>8:00 Early Registration</b><br/>9:00 Non-Contact Boxing<br/>10:00 Strengthen On Mat<br/><b>10:00 Edward Jones Presents</b><br/>10:00 Café Exchange<br/><b>11:00 Weekly Weigh In</b><br/><b>11:00 Creative Culinary Club</b><br/>11:15 Social Dance Lessons</p> <p><b>17</b></p>  |
| <p>8:00 Classic Fitness<br/><b>9:00 Be Well, Live Well</b><br/>9:00 Silver &amp; Fit Excel<br/><b>9:45 iPad/iPhone</b><br/>10:00 Quilter's Choice<br/>10:00 Café Exchange<br/>10:15 Kundalini Yoga<br/>12:15 Multi-Media Painting<br/>1:00 Gentle Yoga<br/>2:15 Karaoke &amp; Music<br/><b>3:00 Book Club</b><br/>4:30 Back Shoulder&amp;Balance</p> <p><b>20</b></p>   | <p>9:00 Fit Start<br/>9:00 Wood Carving Group<br/>10:00 Windows 10<br/>10:00 Quilter's Lab<br/><b>10:15 Chair Dance</b><br/><b>12:00 Cardio Fitness</b><br/><b>1:00 Dr. Tang Makes Housecalls</b><br/>1:00 Ceramics &amp; Wine Bottles<br/>2:30 Hatha Yoga<br/><b>2:30 Bead Mania II</b><br/>3:45 Chair Yoga<br/>5:00 Classic Fitness</p> <p><b>21</b></p>                                       | <p>8:00 Classic Fitness<br/>9:00 Silver &amp; Fit Excel<br/>9:00 Tai Chi<br/>10:00 Beginner Quilt Making<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>1:00 Yoga Fitness<br/>1:00 Fitness Orientation (92030)<br/><b>1:30 What is Mid-Cities Care Corp?</b><br/><b>2:00 TX Hold'em Tournament</b><br/>2:00 Knot-a-Lot<br/>4:00 Non-Contact Boxing</p> <p><b>22</b></p>                       | <p><b>8:30 Breakfast Club</b><br/>9:00 Fit Start<br/>10:00 Writing Group<br/>10:00 American Sign Language<br/>10:30 Ageless Grace<br/>12:30 Beginner Line Dance<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Improver Line Dancing<br/>1:45 Intermediate Line Dancing<br/><b>3:00 Bunco</b><br/>5:00 Classic Fitness<br/><b>7:00 Dance: Classic Country</b></p> <p><b>23</b></p>  | <p>9:00 Non-Contact Boxing<br/>10:00 Strengthen On Mat<br/>10:00 Café Exchange<br/><b>11:00 Weekly Weigh In</b><br/><b>11:00 9-Ball Tournament</b><br/>11:15 Social Dance Lessons<br/><b>2:00 Nutrition and You</b><br/>6:00 Fitness Orient DVD (92026)</p> <p><b>24</b></p>   |
| <p><b>Hurst Senior Center</b><br/>Closed for Holiday</p> <p><b>27</b></p>   | <p>9:00 Fit Start<br/>9:00 Wood Carving Group<br/>10:00 Windows 10<br/>10:00 Quilter's Lab<br/>10:00 Self Defense for Seniors<br/><b>10:15 Chair Dance</b><br/><b>12:00 Cardio Fitness</b><br/>1:00 Ceramics &amp; Wine Bottles<br/><b>2:00 Get Your Pics</b><br/>2:30 Hatha Yoga<br/>3:45 Chair Yoga<br/>5:00 Classic Fitness</p> <p><b>28</b></p>  | <p>8:00 Classic Fitness<br/>9:00 Silver &amp; Fit Excel<br/>9:00 Tai Chi<br/>10:00 Beginner Quilt Making<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>1:00 Yoga Fitness<br/>1:00 Fitness Orientation (92031)<br/>2:00 Knot-a-Lot<br/>4:00 Non-Contact Boxing</p> <p><b>29</b></p>   | <p>9:00 Fit Start<br/>9:30 Empty Bowls 2019<br/>10:00 Writing Group<br/>10:00 American Sign Language<br/>10:30 Ageless Grace<br/>12:30 Beginner Line Dance<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Improver Line Dancing<br/>1:45 Intermediate Line Dancing<br/>5:00 Classic Fitness<br/><b>6:00 HVP: Summer Kickoff</b></p> <p><b>30</b></p>  | <p>9:00 Non-Contact Boxing<br/>10:00 Strengthen On Mat<br/>10:00 Café Exchange<br/><b>11:00 Weekly Weigh In</b><br/>11:15 Social Dance Lessons</p> <p><b>31</b></p>  |

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

*If you choose your main entrée..  
All meals come with a cup of  
soup, and a dessert.  
See front desk for menu.*

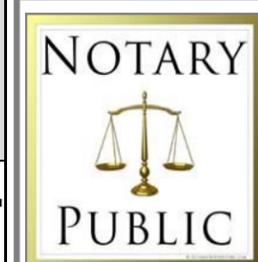
**Upcoming Entrée Menu**

May 7: Parmesan Chicken Bake

May 14: Sampler Salad

May 21: Baked Potato

May 28: Chili Mac



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.**

