

the senior pipeline



JUNE 2019

Men's Luncheon

Ice Cream Social

Chat with the Chief



Contact Information

700 Heritage Circle
Hurst, TX 76053
817-788-7710

The Social Media Connection

Did you know that the Hurst Senior Activities Center is now on Facebook? Stay up to date on current happenings, find pictures of recent events and more! Follow us, like us and share us: @HurstSeniorActivitiesCenter

Registration Policy

Registration is required for most scheduled classes, activities and programs. Registration opens the first business day of each month at 8 a.m. and continues throughout the month. You must have an active Senior Center membership or day pass in order to register for classes. Any applicable fees must be paid at time of registration unless otherwise noted. Save time and register online by visiting the Senior Center website: hursttx.gov/hsac. To get started with online registration, you will need to visit the Senior Center to activate your account.

Senior Center Advisory Board

Chair: **Gerald Grieser**

Vice Chair: **Joan Stinnett**

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

Senior Center Staff

HSAC Director: **Linda Rea**

Activities Supervisor: **Michelle Varley**

Administrative Assistant: **Laura Gore**

Activities Assistant: **Linda Provence**

Front Desk Attendants:

Diana Conway

Tammy McDonald

Jorji Northrop

Gayle Stevens

David Wiggins

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Senior Pipeline Tidings

Life Lessons from Dad

Dad grew up in the sand hills of Nebraska. He quit school in 8th grade to help support his family, but he developed a keen awareness of his surroundings and listened when others talked. He was also well read. Dad was a sensitive man who understood feelings as well as logic. He loved sentimental cards at holidays, or cards that conveyed, "Hi, I'm thinking about you and miss you." Then tears would slide down his cheeks. The lesson was you needed both brains and heart for a balanced life.

In Nebraska, dad went to school with and had Native American friends. He was curious about their ways and embraced many of their cultural ideas, like spirituality, becoming one with the planet, and not trying to dominate or control everything. He was an environmentalist and preservationist and believed in living harmoniously alongside his neighbors. Live and let live.

From dad, I learned to be observant about my environment, respect and tolerance for cultures different from my own, and curiosity about things I did not understand. I also learned that sometimes other people had ideas better than mine and I could accept those ideas which worked for the benefit of myself and others.

Dad loved animals and valued them. One of his jobs was a route man, picking up cream and eggs from farmers for the local coop. When I "rode the route" with him, he would show and tell me about the carp (koi fish) in the big stone tanks, put there by the farmers to keep the cattle water clean. One farmer had a pet crow that I liked to feed. Dad showed me how to hold the corn in the palm of my hand instead of between my fingers so the crow could eat the grain easily and wouldn't peck my fingers. (He was a patient man.) We had dogs and cats and even though we lived in town we raised baby chicks. He told us how to care for them and when they were big enough to live outside, he built pens and shelter for them. We went to zoos and listened to the coyotes howl at night.

Dad taught me many things, intentionally or by just the way he lived. When we went on vacation, I shared driving duties with him and learned to read maps. He didn't waste energy getting upset. He lived the Serenity Prayer. And when his body was nothing but a skeleton from the ravages of COPD, he continued to mow lawns and till gardens until he could no longer stand -- you keep on keeping on until you can't.

— Victoria Pedersen, HSAC Member and Instructor

On the Cover

Save the date for Friday, June 28th at 2 pm for our Annual Ice Cream Social. Look for Adam Davenport, Edward Jones Financial Advisor, to bring another creamy batch of homemade vanilla!



Membership Information

Monday, Tuesday, Wednesday, Friday: 7:00AM-7:00PM // Thursday: 7:00AM-9:00PM

The Hurst Senior Activities Center is open to seniors only, ages 55 and over.

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership is valid for one year and must be renewed annually.
- Membership includes many free classes, programs and activities, use of our state-of-the-art fitness room and access to aquatics programs. Please note that some classes and programs may require nominal fees.

Senior Center Membership Fees:

- Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents - \$80 per membership year. (Equivalent of about \$6.67 per month.)
- 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 or SilverSneakers program.
- 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.

the senior pipeline

Lunch Program

The Senior Center offers a weekly meal program called "A Quick Bite." On Tuesdays, for only \$5, you get a cup of the soup of the day, your choice of the entrée of the day or a sandwich with a bag of chips and a pickle. All lunches come with a dessert. Grab a friend, and stop by the Senior Center for "A Quick Bite!"

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 a.m. No exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To-go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 12:30 p.m. Lunches not picked up by 12:30 p.m. must be discarded.

Upcoming Entrée Menu

June 4
Meatball Stroganoff

June 11
Strawberry, Chicken and Mixed Greens Salad

June 18
Baked Potato

June 25
Pesto Chicken Florentine

In This Issue

Open Activities.....	5	Social Programs & Special Events.....	14-15
Education & Workshops & Technology.....	6-7	Creative Arts	16-17
Fun & Games & Groups.....	8-9	Exercise & Fitness.....	18-20
Social Programs & Special Events.....	10-11	Aquatics.....	21
Calendar	12-13	Education & Workshops & Technology.....	23

Games

"42"

1:00 - 4:00PM // MWF // Game Room

Billiard's Room

See calendar for organized games. Open daily.

Chicken Foot

1:00 - 3:00PM // TF // CRC

Canasta

Tuesdays Hand & Foot

10:00AM - 4:00PM // T // CRA

2:00 - 5:00PM // T // MPN

Wednesdays Samba

10:00AM - 1:00PM // W // CRC

2:00 - 5:00PM // TH // CRC

Pinochle

1:00 - 5:00PM // MW // CRA

Marbles & Jokers

Lessons available.

10:00AM - Noon // TH // CRC

1:00 - 3:00PM // F // CRA

Mah Jongg

Lessons available.

2:00 - 4:00PM // M // CRC

10:00AM - Noon // W // Game Room

Ping Pong

9:00AM - Noon // WF // CRA

Party Bridge

9:00AM - Noon // TTH // Game Room

10:00AM - Noon // F // Game Room

Duplicate Bridge

12:30 - 4:00PM // TTH // Game Room

Rummikub

1:00 - 3:00PM // TH // CRA

Scrabble

1:00 - 3:00PM // W // CRC

Health & Exercise

Chair Volleyball

10:15AM - 12:30PM // MW // MPN

Walking Group

14 laps make a mile!

Work Out on Your Own

Individual workout with one of our available exercise DVDs. See front desk for room and videos.

Wii Play

4:00 - 6:00PM // MW // Studio A



Arts, Crafts & Misc

Aircraft & Helicopter Group

2:00 - 4:00PM // 3rd Wednesday // CRB

Coupon Clique

9:00AM - Noon // TTH // Cafe

Art Addicts

9:00 - 11:00AM // M // CRB

6:00 - 8:45PM // TH // CRB

10:00AM - 3:00PM // F // CRB

HSAC Crafting

10:00AM - Noon // T // CRB

Quilting

1:00 - 5:00PM // MTW // Studio B

9:00AM - 1:00PM // F // Studio B

American Sign Language

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 June the course will focus on sharing information about recent activities, time signs, ways of making requests and simple instructions. We will also cover basic fingerspelling and numbers, and discuss The Deaf Community #6. **Instructor: Carolyn Stem**

94008 (7/15/Conf; Comp on 3rd TH)
10:00-11:30AM // TH // \$15mo

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.

Instructor: Rosy Pritchett

94010 (1/25/Comp)
2:00-3:00PM // 6/20 // FREE

Self-Defense for Seniors

Learn quick, easy to use movements for self-defense with a little CANE-FOO just for fun. **Instructor: David Scott**

95093 (1/20/MPS)
10:00-11:30AM // 6/11&25 // FREE

Health & Nutrition

Come learn about nutrition, and common health issues from a registered Nurse and Health Coach. Topics will vary each month. This month we will discuss hypertension: What are the causes, how does it affect your heart and can you prevent its effect on your body?

Instructor: Reshma Asrani

94044 (1/30/Comp)
1:00-2:00PM // 6/4 // FREE

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. **Instructor: Adam Davenport**

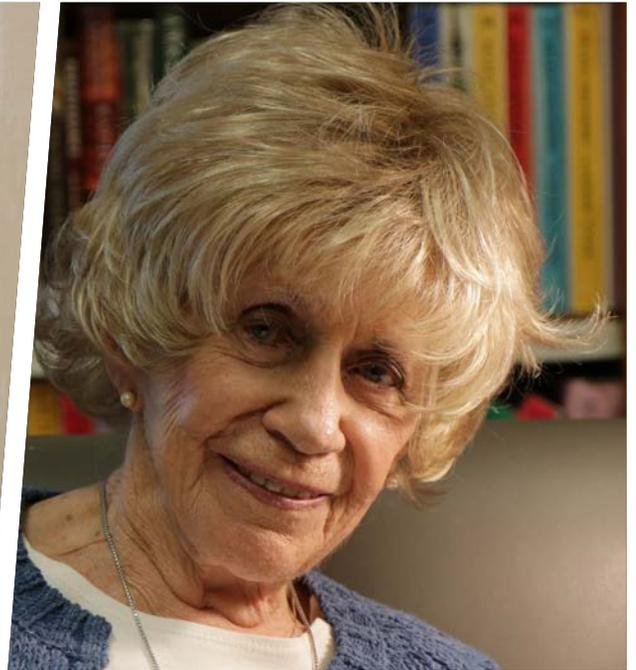
94040 (1/24/Conf)
10:00AM // 6/21 // FREE

Medicare Q & A

Celia Neyra, Nations Insurance Solutions

94015 (1/20/Conf)
10:00-11:00AM // 6/5 // FREE





Foundation 4 Finance

Did you know that in 2010, the average cost of long term care for retirees in America was \$6,235 per month? Being prepared is key to a successful retirement, which is why in our Long Term Care class we will be discussing some startling statistics about long term care.

- Your options for coverage
- How to use life insurance to offset the cost
- How Medicare and healthcare will work with your long term plan
- Benefits for your family and yourself

Instructor: Angela Tvdten

94001 (5/16/COMP)

10:00-11:00AM // 6/13 // FREE

History of Aviation

This program will be Bill Waits selection of the best aircraft and helicopter ever built. Come share your idea of your favorite\best aircraft or helicopter.

Also, we will sign-up for a trip to Air Tractor in Olney, Texas. We have been their three times and it is the best tour that I have had in any aircraft company. Please e-mail bobshultz7@earthlink.net if you plan to come. **Instructor: Bob Shultz**

94030 (1/16/CRB)

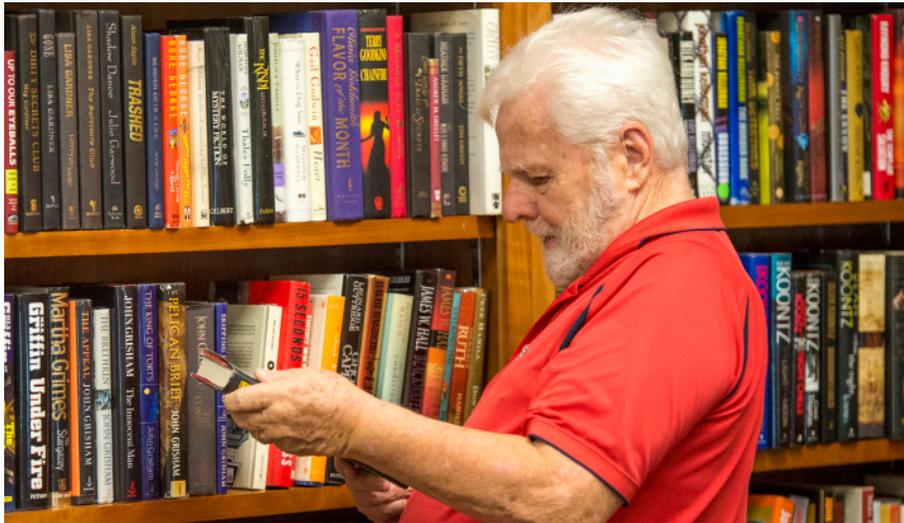
2:00-4:00PM // 6/5 // FREE

Financial Talk with Tena Burrell

Aging in Place: The Financials of Caregiving. If you are or may become a caregiver to a loved one, there is a distinct possibility they will want to stay in their - or your - home for as long as possible. Along with emotional and psychological costs come the financial ones, many of which can be eased with the right kind of knowledge and planning. **Instructor: Tena Burrell**

94002 (1/30/COMP)

1:00-2:00PM // 6/18 // FREE



Newcomer's Connection

Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you.

94005 (1/15/Conf)
2:15PM // 6/14 // 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!

Coordinator: Joann Morgan

94004 (1/20/CRB)
11:00AM-12:00PM // W // FREE

Book Club

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

Coordinator: Tammy McDonald

- Discuss: *The Curious Charms of Arthur Pepper* by Phaedra Patrick.
- Read: *Commonwealth* by Ann Patchett.

94078 (1/20/Conf)
3:00-4:00PM // 6/17 // FREE

Creative Culinary Club

Do you love cooking? Do you enjoy 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. **Coordinator: Tammy McDonald**

Food of the Month: Salads

95094 (1/20/SB)
11:00AM-12:00PM // 6/21 // FREE



Billiard's Corner

Please sign up to play in these organized games. **Coordinator: Michael Terlesky**

8-Ball Tournament/Singles

Light lunch provided.

95078 (8/24/BIL)

11:00AM-4:00PM // 6/14 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 6/19

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 6/28 // \$3 per person

"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.

Please sign up at the front desk.

Coordinators: Doris Hill, Lamar Milner, Bea Rake

94048 (5/45/MPN)

Noon // 6/12 // FREE

Bunco

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

95092 (5/30/MPN)

3:00PM // 6/27 // FREE

Karaoke & Music

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

95035 (5/100/MPN)

2:15-4:15PM // M // FREE

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.

Instructor: Mike Donnelly

91058 (1/24/SA)

9:00AM-12:30PM // T // FREE

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.

Coordinator: Terry Mesler

94012 (5/40/MPN)

9:30-11:30AM // 6/4 // FREE

Sponsor: Mike Smith, Custom Fit

Insurance

95007 (1/15/CRB)

2:00-4:00PM // 6/26 // FREE

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.

Instructor: Victoria Pedersen

94064 (1/15/CRB)

10:00AM-Noon // TH // Class fee \$15



Movies & Munchies

The Catcher was a Spy

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. In the midst of World War II, major league catcher Moe Berg (Paul Rudd) is drafted to join a new team: the Office of Strategic Services (the precursor to the CIA). No ordinary ballplayer, the erudite, Jewish Ivy League graduate speaks nine languages and is a regular guest on a popular TV quiz show. Despite his celebrity, Berg is an enigma - a closeted gay man with a knack for keeping secrets. The novice spy is quickly trained and sent into the field to stop German scientist Werner Heisenberg before he can build an atomic bomb for the Nazis. Please sign up in advance.

95001 (5/75/MPN)

1:00PM // 6/7 // \$3 per person

Monthly Dances

All seniors 55+ welcome! // 7:00-9:15PM // 2nd and 4th Thursday // \$5 per person at the door

Dance the night away or just listen to some fabulous music! Open to seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out!

June 13 - *Doc Gibbs*

June 27 - *Now 'n Then*



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! **Sponsored by Bertha Hurels, Dignity Memorial**

95006 (6/75/MPN)

2:00PM // 6/12 // FREE

Happy Hatter's Meeting

Join hostesses JoAnn Morgan & Derinda Peyton in studio A for lunch and to make a headband to wear this summer. Bring scissors, glue guns, accessories, and other supplies you might want to use to decorate your headband. Bring chips and dips to share, plus \$5 for sandwiches from Jersey Mike's. "Sign up" at the front desk at the first of the month. A \$2 donation to the Hatters Fund at meeting is appreciated. Wear your Red Hat attire, name badge, and bring your directory & HHH bag.

95040 (5/30/SA)
12:30PM-3:00PM // 6/14 // FREE

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 entree, drinks and prizes.

Main Entree: Pasta Salad
95002 (5/100/MP)
6:00-8:30PM // 6/6 // 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 entree, side dish, and dessert.

95096 (5/50/MPN)
11:30AM-12:30PM // 6/13 // \$4

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 (5/75/MP)
2:00-3:30PM // 6/19 // FREE

Breakfast Club

Wake up and get up to the Senior Center for a hearty breakfast! Each month features a different breakfast entree, from a fresh made Belgian waffle to gravy and biscuits or tasty breakfast enchiladas, served with juice coffee and more.

Entree: Belgian Waffles
95015 (5/50/MPN)
8:30-9:00AM // 6/17 // \$4



JUNE 2019

Monday

Tuesday

Wednesday

<p>3</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 10:15 Chair Volleyball</p> <p>12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder & Balance</p>	<p>4</p> <p>9:00 Fit Start 9:00 Woodcarving Group 9:30 TX Hold'em 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab 10:15 Chair Dance</p> <p>12:00 Cardio Fitness 1:00 Ceramics & Wine Bottles 1:00 Health & Nutrition 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness</p>	<p>5</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilting 10:00 Medicare Q&A 10:15 ZUMBA Gold 10:15 Chair Volleyball 11:00 Spanish Club</p> <p>1:00 Fitness Orientation 1:00 Yoga Fitness 1:00 Begin iPad/iPhone 2:00 History of Aviation 2:00 Knot-a-Lot 4:00 Non-Contact Boxing</p>
<p>10</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 10:15 Chair Volleyball 12:15 Multi-Media Painting</p> <p>1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder & Balance 6:00 Fitness Orientation (DVD)</p>	<p>11</p> <p>9:00 Fit Start 9:00 Woodcarving Group 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab 10:00 Self Defense for Seniors 10:15 Chair Dance</p> <p>12:00 Cardio Fitness 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</p>	<p>12</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilting 10:15 ZUMBA Gold 10:15 Chair Volleyball 11:00 Spanish Club 12:00 42 Player Luncheon</p> <p>1:00 Fitness Orientation 1:00 Yoga Fitness 1:00 Begin iPad/iPhone 2:00 Birthday Party 2:00 Knot-a-lot 4:00 Non-Contact Boxing</p>
<p>17</p> <p>8:00 Classic Fitness 8:30 Breakfast Club 9:00 Chat with the Chief 9:00 Silver & Fit Excel 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 10:15 Chair Volleyball</p> <p>12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke & Music 3:00 Book Club 4:30 Back Shoulder & Balance</p>	<p>18</p> <p>9:00 Fit Start 9:00 Woodcarving Group 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab 10:15 Chair Dance 12:00 Cardio Fitness</p> <p>1:00 Ceramics & Wine Bottles 1:00 Financial Talk with Tena Burrell 2:30 Floral Arranging 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness</p>	<p>19</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilting 10:15 ZUMBA Gold 10:15 Chair Volleyball 11:00 Spanish Club 11:00 Partner Pool</p> <p>1:00 Yoga Fitness 1:00 Begin iPad/iPhone 1:00 Fitness Orientation 2:00 Bingo in the Afternoon 2:00 Knot-a-lot 4:00 Non-Contact Boxing</p>
<p>24</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 10:15 Kundalini Yoga 10:15 Chair Volleyball 12:15 Multi-Media Painting</p> <p>12:30 Jewelry Repair 1:00 Computer Squad 1:00 Gentle Yoga 2:15 Karaoke & Music 4:30 Back Shoulder & Balance 7:30 Night at the Artisan</p>	<p>25</p> <p>9:00 Fit Start 9:00 Woodcarving Group 10:00 HSAC Crafting 10:00 Windows 10 10:00 Self Defense for Seniors 10:00 Quilter's Lab 10:15 Chair Dance</p> <p>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</p>	<p>26</p> <p>8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 Beginner Quilting 10:15 ZUMBA Gold 10:15 Chair Volleyball 11:00 Spanish Club 1:00 Fitness Orientation</p> <p>1:00 Yoga Fitness 1:00 Begin iPad/iPhone 2:00 Knot-a-lot 2:00 TX Hold'em 4:00 Non-Contact Boxing</p>

Think Green

It costs an average of \$2.50 per copy to print this brochure. We want you to have one! Please help us be environmentally conscious and cost effective by being conservative in the number of copies you take.

Thursday

Friday

<p>6</p> <p>9:00 Fit Start 10:00 Writing Group 10:00 ASL 10:30 Ageless Grace 12:30 Beginner Line Dance 1:00 Art Journaling</p> <p>1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness 6:00 Potluck Bingo</p>	<p>7</p> <p>8:00 Carfit (By Appt) 9:00 Non-Contact Boxing 10:00 Strengthen on Mat 10:00 Café Exchange 11:00 Weekly Weigh In</p> <p>11:15 Social Dance Lessons 1:00 Movies & Munchies 3:30 Restorative Yoga</p>
<p>13</p> <p>9:00 Fit Start 9:30 Empty Bowls 10:00 Writing Group 10:00 ASL 10:00 Foundation 4 Fin. 10:30 Ageless Grace 11:30 What's for Lunch 12:30 Beginner Line Dance</p> <p>1:00 Ceramics & Wine Bottles 1:00 Art Journaling 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 5:00 Classic Fitness 7:00 Dance: Doc Gibbs</p>	<p>14</p> <p>9:00 Non-Contact Boxing 10:00 Strengthen on Mat 10:00 Café Exchange 11:00 Weekly Weigh In 11:00 8-Ball Singles Tournament 11:15 Social Dance (Studio)</p> <p>12:00 Men's Luncheon 12:30 Happy Hatters 1:00 Glass Fusion 2:15 Newcomer's Connection</p>
<p>20</p> <p>9:00 Fit Start 10:00 Coloring Therapy 10:00 ASL 10:00 Writing Group 10:30 Ageless Grace 12:30 Beginner Line Dance 1:00 Art Journaling 1:00 Ceramics & Wine Bottles</p> <p>1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 2:00 Nutrition & You 5:00 Classic Fitness 6:00 Fitness Orient.</p>	<p>21</p> <p>8:00 EARLY REGISTRATION 9:00 Non-Contact Boxing 9:30 You Can Paint With Oils 10:00 Strengthen on Mat 10:00 Edward Jones Presents 10:00 Café Exchange</p> <p>11:00 Creative Culinary Club 11:00 Weekly Weigh In 11:15 Social Dance</p>
<p>27</p> <p>9:00 Fit Start 9:30 Empty Bowls 10:00 ASL 10:00 Writing Group 10:30 Ageless Grace 12:30 Beginner Line Dance 1:00 Ceramics & Wine Bottles 1:00 Art Journaling</p> <p>1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 3:00 Bunco 5:00 Classic Fitness 7:00 Dance: Now 'n Then</p>	<p>28</p> <p>9:00 Non-Contact Boxing (CRA) 10:00 Strengthen on Mat (CRA) 10:00 Café Exchange 11:00 Weekly Weigh In 11:00 9-Ball Singles Tournament</p> <p>11:15 Social Dance (Studio) 2:00 Ice Cream Social</p>

Announcements

Chair Massage

Massage Therapist Leticia Duenas will be returning in July with a new schedule. By appointment only. \$1 per minute.

Notary Public

Need something notarized? The Senior Center has notaries on staff. We do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

Blood Pressure Checks

Blood pressure checks are available the first Thursday of each month from 10-11 a.m. Sponsored by Right at Home.

Fax Service

The Senior Center can fax your documents. Please complete a fax cover page. Fax service is only .10 cents per page.

Print Copies

Need a copy made or to print a document from our computer resource center? Printing is only .10 cents per page.



Cafe 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 on other programs. **Coordinator:**
Jerry Gunter

94062 (1/50/SA)

10:00AM-1:00PM // MF // FREE

Chat with the Chief

Chief Niekamp will review the Hurst Police Annual Report and share information about current programs, neighborhood concerns and other issues pertinent to Hurst citizens. Plenty of time will be allowed for open discussion so bring your questions. Come a little early and join us for breakfast. Breakfast will be served at 8:30AM is only \$4. Please register in advance.

95069 (5/100/MPN)

9:00-10:00AM // 6/17 // FREE

Ice Cream Social

I scream, you scream, we all scream for ice cream! Come to the Senior Center for this annual favorite event. The ice cream is sponsored and served by local business and service providers. Each ice cream station features a different flavor from homemade to Blue Bell. Sample them all or just get a bowl of your favorite!

95030 (5/250/MP)

2:00-3:00PM // 6/28 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "Joseph and the Amazing Technicolor Dream Coat" for Monday, June 24, 7:30 pm (doors open at 7 pm.) Told entirely through song with the help of a main character Narrator, the musical follows preferred son Joseph. After being sold into slavery by his brothers, he ingratiates himself with Egyptian noble Potiphar, but ends up in jail after refusing the amorous advances of Potiphar's wife. While imprisoned, Joseph discovers his ability to interpret dreams, and he soon finds himself in front of the mighty but troubled, Elvis-inspired, Pharaoh. Joseph's solution to Egypt's famine elevates him to Pharaoh's right-hand man and reunites him with his family. 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. Tickets will be available for pick up on 6/11.

95005 (3/80/Artisan Theater)
7:30PM // 6/24 // \$10

CarFit

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A team of trained technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. CarFit checks are FREE and take approximately 20 minutes to complete. You must schedule an appointment and sign up at the front desk. Sponsored by Baylor Scott & White and TxDot.

94017 (5/20/Parking Lot)
8:00AM-2:00PM // 6/7 // FREE
Appointment Required

Men's Luncheon & Dealer's Choice Poker

Attention all men of the Senior Center! Join us for a fabulous smoked brisket luncheon, complete with delicious sides and dessert. Lunch is \$5. Please sign up in advance. Door prizes will be given away at conclusion of lunch. Special thank you to Mike Smith of Custom Fit Insurance for sponsoring the prizes and to Bruce Cloyd for smoking the brisket!

Following lunch join in on some classic Dealer's Choice Poker. No charge for poker playing, but please register so we are sure to recruit enough dealers.

Luncheon: 95028 (1/50/MPN)
Noon-1:00PM // 6/14 // \$5 per person

Poker: 95025 (1/50/MPN)
1:00-3:00PM // 6/14 // FREE





Caring Covers

Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

Ceramics

Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite.

Instructor: Debbie Smith

91001 (1/25/SA)

1:00-5:00PM // TTH // \$5 fee per month

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. Please sign up at front desk. **Instructor: Debbie Smith**

91054 (1/25/SA)

1:00-5:00PM // TTH // \$5 fee per month

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)

2:00-4:00PM // W // FREE

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. **Instructor: Jan Cook**

91047 (1/6/SB)

10:00AM-1:00PM // W // \$25 per month

Quilter's Choice

A new pattern is selected on a bi-monthly basis. **Instructor: Jan Cook**

Project of the month: Heart Quilt

91024 (1/12/SB)

10:00AM-1:00PM // M // \$25 per month

Quilter's Lab

Instructor assistance with your project. **Instructor Jan Cook**

91078 (1/12/SB)

10:00AM-1:00PM // T // \$25 per month

Empty Bowls

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 Program. **Instructor:**

Diana Conway

91003 (1/25/SA)

9:30AM-12:30PM // 6/13 // \$6 per bowl

91007 (1/25/SA)

9:30AM-12:30PM // 6/27 // \$6 per bowl

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). **Instructor: Susan Garden**

Painting Title: Alpine Vista with Palette Knife

91074 (6/15/SA)

9:30AM-12:30PM // 6/21 // \$15

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.

Instructor: Victoria Pedersen

91101 (1/16/CRB)

12:15-4:00PM // M // \$25 per month

Glass Fusion Lessons

Learn to cut glass and more as you create a pendant for a necklace.

Two piece limit per class. \$5 per additional piece. Supplies provided.

Instructor: Diana Conway

91073 (1/10/CRB)

9:30AM // By Appt // Class fee \$15

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. **Instructor: Diana Conway**

91026 (1/8/SA)

12:30-2:00PM // 6/24 // \$5

Coloring Therapy

Coloring books are no longer just for kids. 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: Marie Veneralle, Golden Outlook Insurance.**

91018 (1/6/SB)

10:00AM-Noon // 6/20 // FREE

Bead Mania I

Make a unique fashion watch bracelet. Supply fee due to instructor at beginning of class \$12.

Instructor: Diana Conway

91048 (1/8/CRB)

2:30PM // 6/11 // \$5

Bead Mania II

Make a bright and colorful summer necklace with matching earrings.

Supply fee due to instructor at beginning of class \$15. **Instructor:**

Diana Conway

91056 (1/8/SA)

2:30PM // 6/25 // \$5

Floral Arranging

Make a patriotic wreath to celebrate our independence. Supply fee due to instructor at beginning of class \$20. **Instructor: Diana Conway**

91050 (1/8/CRB)

2:30PM // 6/18 // \$5

Art Journaling

Discover your creative spirit with Art Journaling. An art journal is a visual diary; it combines elements of writing, drawing, painting, collage, and more to express yourself. This includes your everyday life, as well as your bigger hopes, dreams, and fears. A single page will often fuse words and illustrations to offer a look at what's going on inside your head. No experience necessary. This group is for learning techniques and sharing ideas. Limited supplies will be available to help you begin your own journal. You are encouraged to bring some of your favorite materials. **Coordinator: Debra Donnelly**

91055 (1/20/CRB)

1:00-5:00PM // TH // FREE

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.

Instructor: Diana Conway

91092 (1/10/SA)

1:00PM // 6/14 // \$5 monthly fee

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.

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
\$40 per hour

Weekly Weigh In

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

Instructor: Rosy Pritchett

92014 (1/30/WHall)
11:00-11:30AM // F // FREE

Fitness Orientation

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

Instructor: Rosy Pritchett

Wednesdays 1:00-1:45PM (1/15/FC)
92027 // 6/5 // FREE
92028 // 6/12 // FREE
92029 // 6/19 // FREE
92030 // 6/26 // FREE

Instructor: DVD

92025 (1/15/SA)
6:00-6:30PM // 6/10 // FREE
92026 (1/15/SA)
6:00-6:30PM // 6/20 // FREE

Silver & Fit Excel

This 50 minute class is designed for athletic older adults who are looking for a challenging workout to take them to the next level of fitness.

Class will include floor and standing exercises. Please bring an exercise mat and a bottle of water with you.

Class fee is waived for Silver & Fit members. See front desk for details.

Instructor: Rosy Pritchett

92051 (5/30/MPS)
9:00-9:50AM // M // \$2.50 per class
92050 (5/30/MPS)
9:00-9:50AM // W // \$2.50 per class



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.* Class length: 50 minutes.

Instructor: Rosy Pritchett

92008 (5/30/MPS)
8:00AM // M // \$2.50 per class

Instructor: Debbie Melchoirre

92010 (5/30/MPS)
5:00PM // T // \$2.50 per class

Instructor: Rosy Pritchett

92009 (5/30/MPS)
8:00AM // W // \$2.50 per class

Instructor: Debbie Melchoirre

92011 (5/30/MPS)
5:00PM // TH // \$2.50 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. **Instructor: Barbara Albright**

Beginner Line Dance

92044 (5/30/MP)

12:30-1:00PM // TH // FREE

Improver Line Dance

92054 (5/30/MP)

1:00-1:45PM // TH // FREE

Intermediate Line Dance

92055 (5/30/MP)

1:45-2:30PM // TH // FREE

Social Dance Lessons for Beginners

Learn various social dance styles for couples. You are STRONGLY urged to sign up with a partner. **Instructor: Barbara Albright**

92056 (5/50/MP)

11:15AM-12:15PM // F // \$20 per person

Zumba Gold

Latin inspired fitness dance class featuring high energy for a fun cardio workout! *Class fee is waived for SilverSneakers and Silver & Fit members.* **Instructor: Kalyn**

Worthey

92002 (3/30/MPS)

10:15-11:00AM // W // \$4 per class

Fit Start

Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Class fee payable at the beginning of each month.

Instructor: Andrea McKnight

92036 (5/30/MPS)

9:00-10:00AM // T // \$2.50 per class

92058 (5/30/MPS)

9:00-10:00AM // TH // \$2.50 per class

Chair Dance

Learn tap, ballet, and other dance styles all from a chair. Great way to incorporate some low-impact cardio as part of a healthy lifestyle. *Class fee is waived for SilverSneakers, Renew Active and Silver & Fit members.* **Instructor: Sherri**

Longino

92003 (3/30/MPS)

10:15-11:00AM // T // \$2.50 per class

Non-Contact Boxing

Great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. **Instructor:**

Rosy Pritchett

92057 (5/20/MPS)

4:00-4:45PM // W // \$2.50 per class

92064 (5/20/MPS)

9:00-9:45AM // F // \$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.* **Instructor:**

Rosy Pritchett

92013 (3/25/MPS)

12:00-12:50PM // T // \$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 payable at the beginning of each month. *Class fees are waived for Silver& Fit members.*

Instructor: V'Ann Giuffre

92007 (5/30/MPS)

10:30-11:15AM // TH // \$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. This class includes stretching, yoga poses and chant. **Instructor: Cheri Nelson**

92033 (3/30/MPS)

10:15-11:15AM // M // FREE

Gentle Yoga

Gentle yoga incorporates Yoga techniques and helps 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. **Instructor: Debbie Melchiorre**

92052 (3/15/MPS)

1:00-2:00PM // M // \$4 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. **Instructor: Rosy Pritchett**

92046 (3/25/MPS)

4:30-5:15PM // M // \$2.50 per class

Strengthen on Your Mat

Core strengthening class that combines pilates, basic exercise moves and yoga. Class fee payable at the beginning of each month.

Instructor: Rosy Pritchett

92061 (3/25/MPN)

10:00-11:00AM // F // \$2.50 per class

Chair Yoga

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who can not 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. **Instructor: Cindy Russell**

92053 (3/30/MPS)

3:45-4:45PM // T // FREE

Tai Chi

Chinese system of slow meditative exercise designed for relaxation, balance, and health. **Instructor: Chot Pham**

92049 (3/25/MPN)

9:00-9:50AM // W // 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.

Instructor: Cindy Russell

92035 (3/250/MPS)

2:30-3:30PM // T // FREE

Yoga Fitness

Participants complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints. SilverSneakers members receive priority enrollment and fees are waived for class. Class fee payable at the beginning of the month. **Instructor: Debbie Melchiorre**

92040 (3/30/MPS)

1:00-2:00PM // W // \$2.50 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.

Instructor: Michelle Varley

92060 (3/14/MPS)

3:30-5:00PM // 6/7 // Class fee \$5

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. Class fee payable at the beginning of the month. SilverSneakers Members receive priority enrollment and class fee is waived. **Instructor: Rosy Pritchett**

92079 (3/17/HVR)

10:00-10:45AM // M // \$4 per class

92077 (3/17/HVR)

11:00-11:45AM // M // \$4 per class

92015 (3/17/HVR)

11:00-11:45AM // T // \$4 per class

92080 (3/17/HVR)

10:00-10:45AM // W // \$4 per class

92078 (3/17/HVR)

11:00-11:45AM // W // \$4 per class

92016 (3/17/HVR)

11:00-11:45AM // TH // \$4 per class



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. Class fee payable at the beginning of the month. **Instructor: Off the Deep End Aquatics**

92071 (3/17/HVR)

10:00-10:45AM // T // \$4 per class

92072 (3/17/HVR)

10:00-10:45AM // TH // \$4 per class

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 flotation devices are prohibited.

92069 (3/15/HVR)

10:00-10:55AM // F // \$5 per month

92070 (3/15/HVR)

11:00-11:55AM // F // \$5 per month



HURST SENIOR ACTIVITIES CENTER
700 HERITAGE CIRCLE, HURST, TX 76053

ICE CREAM SOCIAL

FREE! Event for persons 55+

FRIDAY, JUNE 28TH
2:00 PM - 3:00 PM

Event will feature over 30 ice cream stations with a variety of flavors for you to taste. Ice cream is sponsored by local business and service providers. You must have a valid membership to attend.

Get Your Pics

See a picture and want a copy? Benny Rasberry will be in the front lobby to assist you and copy pictures to your flash drive.

Tuesday

JUNE 11 • 2:00-3:00PM

JUNE 25 • 2:00-3:00PM

Private Computer Lessons

Get help with your computer problems. Instructor may vary depending on topic or area of training. Limited assistance is available for laptops and other devices. Sign up at the front desk and an instructor will contact you..

93005 (1/1/Comp)

By appointment // \$5 / 30 minute lesson

Computer Resource Center

The Computer Resource Center is always open during regular operating hours for members. Check in at the front desk to obtain an access key. No food or drinks are allowed.

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. Class is taught through instructors, one-on-one, or with presentations. Knowledge is shared on just about any computer or internet topic. Learn new computer skills so you can become a more confident computer user. **Instructor: Dave Thompson & Jack Schroeder**

93035 (1/16/COMP)

1:00-2:30PM // 6/24 // FREE

Beginner iPad and iPhone

New to iPad and iPhone? Come learn some tricks to make things easier. **Instructor: Fannette Welton**

93030 (1/16/Comp)

1:00-2:00PM // W // FREE

iPad and iPhone

No experience necessary. Bring your iPad and iPhone and questions to class. **Instructor: Fannette Welton**

93042 (1/16/Comp)

9:30-10:30AM // M // FREE

Windows 10

Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. Please bring your laptop with you to class. **Instructor: Cecil Kearney**

93004 (1/16/Comp)

10:00-11:00AM // T // FREE

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 and fun with new search program





the senior pipeline

JUNE 2019

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, TX 76053
<http://hursttx.gov/hsac>

