

the senior pipeline



JULY 2019

Summer Fun with Grandkids

Frozen Fridays

Smart DriveTEK Workshop



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**

Building Maintenance: **Araceli Garcia Bello**

Front Desk Attendants:

Diana Conway

Gayle Stevens

Tammy McDonald

David Wiggins

Jorji Northrop

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Senior Pipeline Tidings

By: Maurine LeCocq, HSAC Journalist

How do you dress on holidays? I always try to wear red, white, and blue on Memorial Day, the 4th of July, and Labor Day. On Memorial Day I went to the grocery store and, as the sales clerk was checking me out she smiled and said, "It's nice to see someone else acknowledging the holiday. She too was wearing red, white and blue. We looked at all the people shopping. She shook her head, "Nobody pays much attention to it anymore do they?" Within our visual sight, at that moment, we were the only two people in the store acknowledging our holiday by what we were wearing. Food for thought!

Another thought I'd like to share. HSAC has a multitude of exceptionally great educational opportunities, which many of us have taken advantage of at one time or another. One such opportunity is provided regularly, but in such a tasteful manner that nobody is guilted into the thought that they must do this immediately. It's so easy to think, "We aren't ready for that yet. We'll do it a little later." Procrastination can catch you when you least expect it.

Over the years Senior Living Facilities have come to HSAC and provided desserts, discretely placing their brochures on each table at various meals, participated in the Business Expo to answer questions, or provided prizes for an event. They even offer to come to HSAC and pick up members who are interested in a tour of their facility, and have lunch. I wonder how many of us have actually taken any of them up on their offer? I know some have. We certainly have enjoyed their desserts! Those who have won their prizes were delighted to receive them. I personally was one of those who thought, "Oh, we don't need to worry about that yet. We'll do it a little later." Procrastination can catch you when you least expect it.

Oops! That thought put us in a skillet with eggs that made us scramble frantically. Fortunately, the writer in me made me sit down and compile my dream list of what I really wanted in a Senior Living Facility (if I REALLY had to leave my home! Oh gosh.) Primary was to stay close to our family here in HEB. At least we were able to locate a place that fulfilled many of my dreams and the needs that Andy had. I won't go any further into this other than to say that being so unprepared is something unnatural to our personal natures and we goofed. Fortunately we were lucky! Our sons were patient, loving, caring and incredibly helpful.

I hope that you will pay attention and make the effort to take advantage of these opportunities so you will have some idea of what you want to do when it becomes difficult to remain in your home for whatever reason(s). It's a gift that can help you be prepared, when the time comes, for that next step in your life's journey.

On the Cover

Break out the poodle skirts and pedal pushers! It's time for our summer Sock Hop. Join us on Thursday, July 25th at 7 pm for this annual dance with music by Pete & Patti.



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.

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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

July 2
Scalloped Potatoes with Ham

July 9
Watermelon Salad

July 16
Baked Potato

July 23
Strawberry Chicken Salad

July 30
Chicken Cordon Bleu Casserole

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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

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

Wednesdays Samba

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

8:00AM - Noon // TTH // Game Room

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

Duplicate Bridge

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

Rummikub

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

Scrabble

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

Health & Exercise

Chair Volleyball

94012 (1/40/MPN)

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

91094 (1/20/SA)

10:00AM - Noon // T // Studio A

Quilting

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

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

American Sign Language

The ASL class will be taking a break for the summer. Look for a special event, "Deaf Immersion Day" in August. ASL classes will resume on Thursdays in September. **Instructor: Carolyn Stem**

94008 (7/15/Conf; Comp on 3rd TH)
10:00-12:00PM // TH // \$15mo

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 // 7/9 & 7/23 // FREE

Health & Nutrition

Come learn about nutrition, and common health issues from a registered Nurse and Health Coach. Topics will vary each month. For July, join us for a roundtable discussion of what to eat.

Instructor: Reshma Asrani

94044 (1/30/Comp)
1:00-2:00PM // 7/2 // FREE

CPR Training (Non-Certified)

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life. With a hands-on learning emphasis, this abbreviated course will give you the skills necessary to give CPR. This course is discounted and does NOT include certification. **Instructor:**

Gerald Campbell

94072 (1/16/SA)
2:00-3:30PM // 7/19 // \$12.50

Medicare Q & A

Celia Neyra, Nations Insurance Solutions

94015 (1/20/Conf)
10:00-11:00AM // 7/3 // 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 // 7/19 // FREE

Nutrition & You

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

Instructor: Rosy Pritchett

94010 (1/25/Comp)
2:00-3:00PM // 7/18 // FREE





Aging in Place

Aging in place means being able to live in the home of your choice for as long as you are able, while being able to get any assistance you require as your needs change. Come for an open discussion about things you should consider and plans you should make now to ensure you are able to maintain the quality of life you desire. Sponsored by Century 21 Mike Bowman, Inc. **Instructor: Michelle Carrasco**

94083 (5/16/COMP)
1:00-2:00PM // 7/30 // FREE

Basic Awareness for Seniors

Come for this one-hour crash course on awareness and basic defensive and getaway moves. **Instructor: David Scott**

95091 (1/15/MPS)
10:00-11:00AM // 7/16 // FREE

History of Aviation

This month we will be taking a tour of the American Airlines CR Smith Museum. Admission cost is \$6.00 per person payable at the museum entrance. Carpooling from the Senior Center will be available. Please e-mail: bobshultz7@earthlink.net if you plan to come. **Instructor: Bob Shultz**

94030 (1/16/CRB)
2:00-4:00PM // 7/3 // FREE

Panel of Experts in Geriatric Care

Come gain a better understanding of the variety of care options available through an open forum panel of experts. Don't wait until you are in a crisis to try and figure out where you should go or what you should do. Now is the time to be pro-active about your future care and to be a part of the decision making process for your care in the event of an unexpected healthcare need. Sponsored by: Asana Hospice & Palliative Care; Legends Eulless Skilled Nursing & Rehab; Home Care Assistance; Senior Living Specialists; Bridgeway Home Health; Elmcroft Assisted Living & Memory Care.

94003 (1/30/MPN)
1:00-2:00PM // 7/26 // 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: Use Red, White, or Blue ingredients

95094 (1/20/SB)

11:00AM-12:00PM // 7/19 // FREE

Bunco

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

95092 (5/30/MPN)

3:00PM // 7/25 // 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 // 7/12 // 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: Jo Ann 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: Commonwealth by Ann Patchett.
- Read: In Pieces by Sally Field.

94078 (1/20/Conf)

3:00-4:00PM // 7/15 // 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 // 7/12 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 7/17 // FREE

9-Ball Singles Tournament

It's National Parks & Rec Month!

Invite a friend to join you for the tournament. Membership is waived for this one-time event, but pre-registration is required. Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 7/26 // FREE

Ladies 8-Ball Gathering

Ladies only! Come play a few games one on one. Everyone will play a game before they play a second time. **Coordinator: Faith Waligora**

95079 (2/8/BIL)

2:00-4:00PM // 7/10 // 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

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

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 // 7/2 // FREE

Sponsor: Mike Smith, Custom Fit Insurance

95007 (1/15/CRB)

2:00-4:00PM // 7/24 // FREE

Karaoke & Music

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

Varley

95035 (5/100/MPN)

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

Widowed Persons Brunch

Gain support by being with others that have experienced loss while you connect with peers to share stories and develop friendships. A light assortment of finger foods will be provided. **Coordinator: Celia Neyra, Nations Insurance Solutions.**

95081 (1/16/CRC)

11:00AM-12:00PM // 7/1 // FREE



Movies & Munchies

Movie Title: Stan & Ollie (PG)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. Laurel and Hardy -- the world's greatest comedy team -- face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can't quite shake the past as long-buried tension and Hardy's failing health start to threaten their precious partnership. Registration opens June 21st. Please sign up in advance.

95001 (5/75/MPN)

1:00PM // 7/5 // \$3 per person

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 Marie Veneralle, Golden Outlook.**

95006 (6/75/MPN)

2:00PM // 7/10 // FREE

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!

July 11 - Bill G Band

July 25 - SOCK HOP with Pete & Patti



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

Happy Hatter's Meeting

Join hostess Teresina Pedrero for a fun afternoon as the Hatter's celebrate the 4th of July with food and Picture Bingo. Bring a cold salad or appetizer to share with the group. Dessert and iced tea are furnished. "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, White and Blue** attire, name badge, and bring your directory & HHH bag.

95040 (5/30/SA)

12:30-2:30PM // 7/12 // FREE

Potluck Bingo

Due to the 4th of July holiday, we will not be hosting Potluck Bingo.

Main Entree:

95002 (5/100/MP)

6:00-8:30PM // CLOSED // 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 // 7/11 // \$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 // 7/17 // 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: Sausage Breakfast Tacos

95015 (5/50/MPN)

8:30-9:00AM // 7/25 // \$4



JULY 2019

Monday

Tuesday

Wednesday

<p>1</p> <p>9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 11:00 Widowed Person Brunch 12:15 Multi-Media Painting</p> <p>2:15 Karaoke & Music</p>	<p>2</p> <p>9:00 Woodcarving Group 9:30 TX Hold'em 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab</p> <p>1:00 Ceramics & Wine Bottles 1:00 Health & Nutrition</p>	<p>3</p> <p>10:00 Beg. Quilting 10:00 Medicare Q&A 11:00 Spanish Club 12:00 Summer Fun with Your Grandkids</p> <p>1:00 Begin iPad iPhone 2:00 History of Aviation 2:00 Knot-a-Lot</p>
<p>8</p> <p>9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 2:15 Karaoke & Music</p> <p>6:00 Fitness Orientation (DVD)</p>	<p>9</p> <p>9:00 Woodcarving Group 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab 10:00 Self Defense for Seniors</p> <p>1:00 Ceramics & Wine Bottles 2:00 Get Your Pics</p>	<p>10</p> <p>10:00 Beg. Quilting 11:00 Spanish Club 1:00 Begin iPad iPhone 2:00 Ladies 8-Ball 2:00 Birthday Party</p> <p>2:00 Knot-a-lot</p>
<p>15</p> <p>9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 2:15 Karaoke & Music</p> <p>3:00 Book Club</p>	<p>16</p> <p>9:00 Woodcarving Group 10:00 Basic Awareness 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab</p> <p>1:00 Ceramics & Wine Bottles 1:00 Smart DriverTEK Workshop 2:30 Bead Mania I</p>	<p>17</p> <p>10:00 Beg. Quilting 11:00 Spanish Club 11:00 Partner Pool 1:00 Begin iPad iPhone</p> <p>2:00 Bingo in the Afternoon 2:00 Knot-a-lot</p>
<p>22</p> <p>9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 12:30 Jewelry Repair</p> <p>1:00 Computer Squad 2:15 Karaoke & Music</p>	<p>23</p> <p>9:00 Woodcarving Group 10:00 HSAC Crafting 10:00 Windows 10 10:00 Self Defense for Seniors 10:00 Quilter's Lab</p> <p>1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Floral Arranging</p>	<p>24</p> <p>10:00 Beg. Quilting 11:00 Spanish Club 1:00 Begin iPad iPhone 2:00 Knot-a-lot 2:00 TX Hold'em</p>
<p>29</p> <p>9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 2:15 Karaoke & Music</p> <p>7:30 Night at the Artisan</p>	<p>30</p> <p>9:00 Woodcarving Group 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles</p> <p>1:00 Aging in Place 2:30 Bead Mania II</p>	<p>31</p> <p>10:00 Beginner Quilting 11:00 Spanish Club 1:00 Begin iPad iPhone 2:00 Knot-a-lot</p>

Thursday

Friday

<p>4</p> <p style="color: #c00000; font-size: 1.2em;">Closed for 4th of July</p>	<p>5</p> <p>10:00 Café Exchange 11:15 Social Dance 1:00 Movies & Munchies 3:30 Frozen Friday</p>
<p>11</p> <p>9:30 Empty Bowls 10:00 Writing Group 11:30 What's for Lunch 1:00 Ceramics & Wine Bottles 1:00 Art Journaling</p> <p>7:00 Dance: Bill G Band</p>	<p>12</p> <p>10:00 Café Exchange 11:00 8-Ball Singles Tournament 11:15 Social Dance 12:30 Happy Hatters 1:00 Glass Fusion</p> <p>2:15 Newcomer's Connection 3:30 Frozen Friday</p>
<p>18</p> <p>10:00 Coloring Therapy 10:00 Writing Group 1:00 Art Journaling 1:00 Ceramics & Wine Bottles 2:00 Nutrition & You</p> <p>5:30 GAME ON! 6:00 Fitness Orient (DVD)</p>	<p>19 EARLY REGISTRATION OPENS 8AM</p> <p>9:30 You Can Paint With Oils 10:00 Edward Jones Presents 10:00 Café Exchange 11:00 Creative Culinary Club</p> <p>11:15 Social Dance 2:00 CPR Training 3:30 Frozen Friday</p>
<p>25</p> <p>8:30 Breakfast Club 9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles 1:00 Art Journaling</p> <p>3:00 Bunco 7:00 Sock Hop: Pete & Patti</p>	<p>26</p> <p>10:00 Café Exchange 11:00 9-Ball Singles Tournament 11:15 Social Dance 1:00 Panel of Experts in Geriatric Care</p> <p>3:30 Restorative Yoga 3:30 Frozen Friday</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.

Announcements

Chair Massage

Massage Therapist Leticia Duenas will be returning in August 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



Frozen Friday

Nothing cools you off like a frozen treat on a hot summer afternoon! Stop by the Senior Center on Fridays during July and August free frozen treat while supplies last! Treats are provided by local businesses. This month's sponsors are: Lemon Tree Salon; Woodridge Health; Premier Tours Global; Heritage Village Residences. In honor of National Parks & Recreation month, you can ask a friend to join you on July 12th.

95023 (5/130/MPN)

3:30-4:00PM // F // FREE

Game On!

Join us and get your Game On! as we celebrate National Parks & Recreation month with a variety game night. Bring a snack to share and your favorite card, board or other games. The Senior Center will have the Wii set up for bowling, tennis, and golf. Keep your cheeks in the chair and play some Chair Volleyball. The Billiards Room is open and we'll have the Ping Pong table set up. Membership is not required for this special event, but you must register to attend.

95067 (5/250/MP)

5:30-8:30PM // 7/18 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "You Can't Take It With You" for Monday, July 29, 7:30 pm (doors open at 7 pm.) Grandpa Vanderhof and his wacky family, the Sycamores, have been happily living their zany lives in his house by Columbia University in New York for many years. This family (and their friends) are a madcap group of eccentrics, marching to the beat of their own drum, with pride and joy. Things like stress, jobs, and paying taxes to the government are for other people, not for them! But when practical young Alice Sycamore becomes engaged to her company's Vice President Tony Kirby, the Vanderhof/Sycamore clan must straighten up to meet the new in-laws. 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 7/16.

95005 (3/80/Artisan Theater)
7:30PM // 7/29 // \$10

Summer Fun with Your Grandkids

Bring your grandkids to the Senior Center for two hours of fun activities including a pizza lunch, chair volleyball, craft station, art project that will benefit the Senior Center, and an ice cream sundae bar. You must register in advance. Registration will open June 21st.

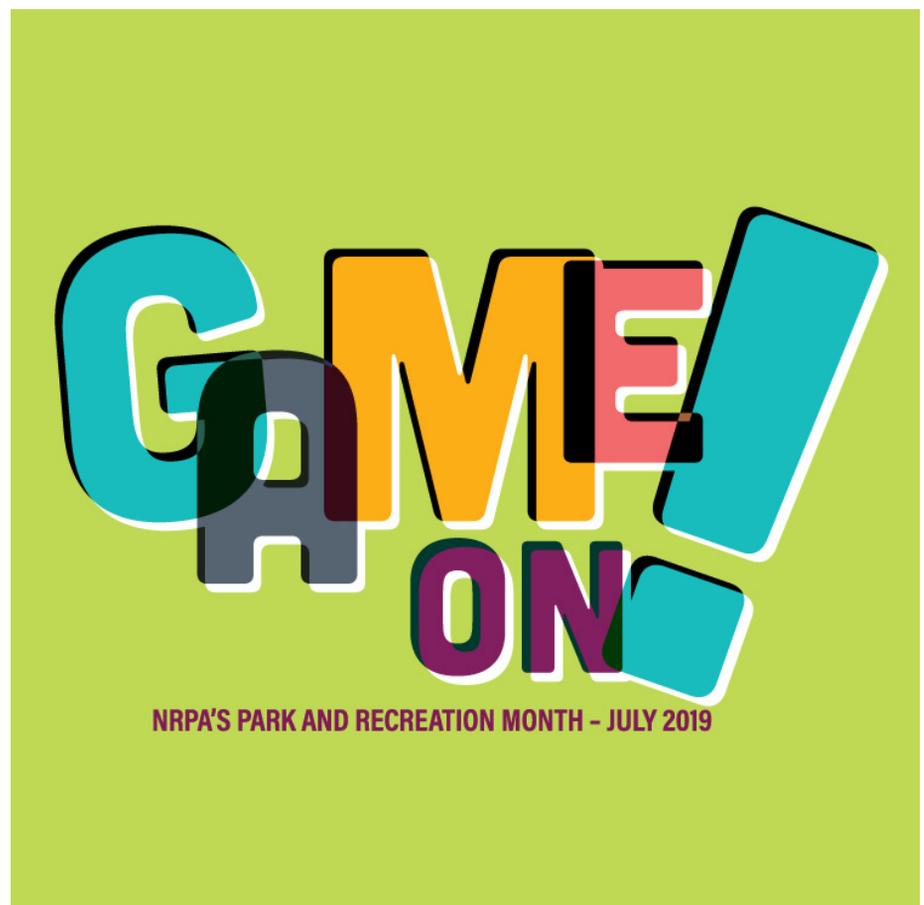
95090 (5/75/MP)
12:00-2:00PM // 7/3 // \$5 per person

Smart DriverTEK Workshop

Come to this FREE 90-minute AARP workshop. Expect to learn:

- How to utilize the latest high-tech safety features in your current car.
- What technology to look for when shopping for a new car.
- The safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and much more!

94049 (5/35/COMP)
1:00-2:30PM // 7/16 // 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 with limited availability. Pieces fired onsite.

Instructor: Carol Scoville

91001 (1/25/SA)

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

Wine Bottles

Bring your own bottle(s) to be melted into a spoon rest, cheese tray, or other serving dish.

Instructor: Carol Scoville

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

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 // 7/11 // \$6 per bowl

91007 (1/25/SA)

9:30AM-12:30PM // 7/25 // \$6 per bowl

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 // 7/22 // \$5

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)

By Appt // By Appt // \$15

Beginner Quilt Making

Come learn all the basics of quilting. Students must bring their own machine to the Center and should know the basic use of their machine. Please plan to attend an orientation class on June 26th at 1pm. **Instructor: Jan Cook**

91047 (1/6/SB)

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

Quilter's Choice

Class designed for advanced quilters. A new pattern is selected on a bi-monthly basis. **Instructor: Jan Cook**

Project of the month: Quilt of Valor

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

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

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: Cloudscape Over the Gulf

91074 (6/15/SA)

9:30AM-12:30PM // 7/19 // \$15

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 // 7/18 // FREE

Bead Mania I

Learn how to make a leaf bracelet. Supply fee due to instructor at beginning of class \$10. **Instructor: Diana Conway**

91048 (1/8/CRB)

2:30PM // 7/16 // \$5

Bead Mania II

Create a peacock colored necklace and earring set. Supply fee due to instructor at beginning of class \$12. **Instructor: Diana Conway**

91056 (1/8/CRB)

2:30PM // 7/30 // \$5

Floral Arranging

Make a contemporary silk flower arrangement. Supply fee due to instructor at beginning of class \$20. **Instructor: Diana Conway**

91050 (1/8/CRB)

2:30PM // 7/23 // \$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 // 7/12 // \$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 // 7/3 // FREE
92028 // 7/10 // FREE
92029 // 7/17 // FREE
92030 // 7/24 // FREE
92031 // 7/31 // FREE

Instructor: DVD

92025 (1/15/SA)
6:00-6:30PM // 7/8 // FREE
92026 (1/15/SA)
6:00-6:30PM // 7/18 // FREE

Fitness Assessment

Personal trainer will 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. Appointments are scheduled directly with the trainer. Includes a fee 6-month follow up assessment so you can see your progress. **Instructor: Rosy Pritchett**

92019
20 Minute Session // By Appt // \$10

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**

Class cancelled on 7/3.

92002 (3/30/MPS)
10:15-11:00AM // W // \$4 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, and 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

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

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

Instructor: Debbie Melchiorre

Class cancelled on 7/3

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 // 7/26 // Class fee \$5

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Classic Fitness 9:00 Silver & Fit Excel 10:00 SS Splash 10:15 Kundalini Yoga 10:15 Chair Volleyball 11:00 SS Splash 1:00 Gentle Yoga 4:30 Back, Shoulders & Balance	9:00 Fit Start 10:00 Water Wellness 10:15 Chair Dance 11:00 SS Splash 12:00 Cardio Fitness 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness	8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 SS Splash 10:15 ZUMBA Gold 10:15 Chair Volleyball 11:00 SS Splash 1:00 Yoga Fitness 1:00 Fitness Orientation 4:30 Non-Contact Boxing	9:00 Fit Start 10:00 Water Wellness 10:30 Ageless Grace 11:00 SS Splash 12:30 Beginner Line Dance 1:00 Improver Line Dance 1:45 Intermed. Line Dance 5:00 Classic Fitness	9:00 Non-Contact Boxing 10:00 Unstructured Swim 10:00 Strengthen on Mat 11:00 Weekly Weigh In 11:00 Unstructured Swim

Aquatics

SilverSneakers SPLASH

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. 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

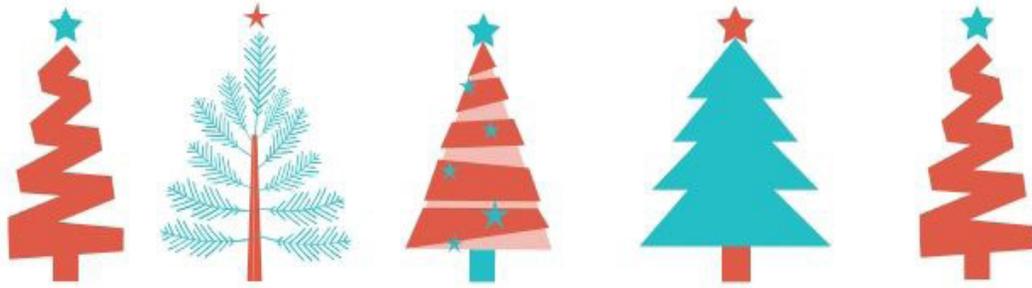
Water noodles and kick boards are available for your use. Please return the equipment to the designated area when you are through using it. Inflatable flotation devices are prohibited. Lifeguard is on duty. Class fees are waived for Renew Active members.

92069 (3/15/HVR)

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

92070 (3/15/HVR)

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



VENDOR CALL FOR HSAC CRAFT & HOLIDAY MARKET

**REGISTRATION OPENS JULY 19, 2019
SEE THE FRONT DESK
FOR REGISTRATION FORM**

Market Date:
Friday, October 18, 2019
9am - 6pm

**700 Heritage Cr., Hurst, TX 76053
For event inquiries, call (817) 788.7710 or email
mvarley@hursttx.gov**

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

July 9 • 2:00-3:00PM

July 23 • 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 // 7/22 // 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

Week 4 - Fun with new search program





the senior pipeline

JULY 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>



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