

the senior pipeline



AUGUST 2019

Member Mixer

Free Yoga Night

See, Hear & Connect Forum



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

Just came in the house after availing myself of the wonderful gift that Mother Nature provided us with overnight. "What gift?", you ask? Why the opportunity to exercise, of course! All the wind and rain last night made the trees, shrubs, plants, and grass go into a delightfully satisfied shake, rattle, and roll-type dance. It only took me 1 ½ hours to pick up all the branches, twigs, clumps of leaves, snap them into the appropriate size for the trash cans, and drag the trash cans out to the street. Bet I've actually exercised an inch off my waist from all that bending, twisting, etc. NOT! There's got to be a better, cooler, more fun way to exercise.

This solution entails a trip to the cool Sr. Center where we see our friends and enjoy doing things with them. On August 29, 2019 there will be a special FREE Yoga Night from 5-8 PM. This will be an excellent opportunity for all of us to observe and/or (preferably) participate in a series of mini-classes utilizing what is currently being taught at HSAC. We will also be able to experience new forms of yoga like Yin Yoga.

My husband, Andy has enjoyed doing yoga since he first tried it at HSAC. I asked him what it was that kept him going back to the classes. His first response, "It helps you relax." Everyone I know that does yoga says the same thing. You put your body in positions you don't normally do in everyday life which helps you stretch a variety of muscles. He stressed the importance of listening to the detailed instructions the instructors give, as they demonstrate, so you can be aware of the parts of the body it will benefit. One of the things he appreciates at HSAC is that the instructors make sure your body is in the correct position for each yoga pose. There are a multitude of yoga poses which means there is something for everyone at whatever level they are at.

Another aspect of yoga is meditation which adds to the overall relaxation one experiences by the end of the class. What a great opportunity this event is for us to observe, try, and participate in during this FREE Yoga Night. You know the old saying, "Try it. You'll like it." One just never knows unless they check it out.

There's a bonus too. This FREE Yoga Night event will include some yoga inspired snacks. The evening will end with a Restorative Yoga Class, bedtime tea, and cookies. Michelle tells me, "Everyone can go home, crawl into bed, and get a great night of rest!" Put it on your calendar now so you don't forget! Be sure to sign up so they know how many to expect and plan for.

On the Cover

Take a break this summer and head to the Senior Center for the social event of the year. It's time for the Summer Member Mixer, August 16th, 1pm-3pm.



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

August 6
Chicken Tetrazzini

August 13
Strawberry Chicken Salad

August 20
Baked Potato

August 27
Manicotti Italian 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

92012 (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

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 // 8/13 & 8/27 // FREE

Oodles of Doodles

Doodling is defined as the drawing of pictures or patterns while you are thinking about something else. Have you ever wondered if there was a hidden meaning behind your doodle? Come learn what your doodles can tell you about your mood, stress level, personality and more. **Instructor: Vicki McCleery**

94091 (1/16/COMP)

1:00-2:00PM // 8/28 // FREE



Health & Nutrition

Come learn about nutrition, and common health issues from a registered Nurse and Health Coach. Topics will vary each month

Instructor: Reshma Asrani

94044 (1/30/Comp)

1:00-2:00PM // 8/6 // FREE

History of Aviation

Each month a different aviation topic is presented and discussed. This month the group will be taking a tour of the Air Tractor facility in Olney, Texas. Museum fee will need to be paid at the door. Please e-mail: bobshultz7@earthlink.net if you have questions. **Instructor: Bob Shultz**

94030 (1/16/CRB)

9:00AM-5:30PM // 8/07 // Museum Fee

Medicare Q & A

Celia Neyra, Nations Insurance Solutions

94015 (1/20/Conf)

10:00-11:00AM // 8/7 // FREE

American Sign Language

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

STAP

Specialize Telecommunications Assistance Program (STAP) provides free specialized equipment devices for senior citizens, and children and adults with disabilities. STAP is funded by the Texas Universal Fund. The program has some eligibility requirements. 1). The applicant must reside in the State of Texas and; 2). The applicant must have a limiting condition that interferes with the use of or the accessibility to the phone. (i.e.---hearing, vision loss, dementia, strokes, and other mobility impairments). There are many devices offered: Amplified phones (land lines or cellular,) tablets, and/or speech generating devices to name a few. Come to this presentation to learn more about the program. **Sponsored by: Assistive Technology Unlimited.**

94076 (1/16/Comp)

1:00PM // 8/13 // 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 // 8/15 // FREE



It's Just Coffee

There is nothing sold and no cost to attend this retirement educational workshop to help you prepare for a steady retirement in a changing world. If you are retired or near retirement, own an investment savings account, and enjoy learning, this is the right class for you. Sponsored by Retirement Education Center **Instructor: Carson Graves**

94084 (5/16/COMP)
1:00-2:00PM // 8/20 // FREE

Medicare Counseling

Mike Smith, Custom Fit Insurance
Registration not required (Front Lobby)
9:00-10:00AM // 8/05 // FREE

AARP Driver Safety Training

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

94049 (1/20/SA)
8:30AM-1:15PM // 8/30 //

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 // 8/16 // FREE

Ask a Pharmacist

Learn about current trending topics related to drugs, health and wellness. Presented by Mid-Cities Pharmacy.

94087 (1/40/SA)
10:00-11:00AM // 8/21 // 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 // 8/09 // 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: In Pieces by Sally Field.
- Read: Where the Crawdads Sing by Delia Owens.

94078 (1/20/Conf)
3:00-4:00PM // 8/19 // 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: No Bake Recipe

95094 (1/20/SB)
11:00AM-12:00PM // 8/23 // FREE

Bunco

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

95092 (5/30/MPN)
3:00 - 4:30PM // 8/22 // 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 // 8/09 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 8/21 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 8/23 // \$3 per person

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 // 8/14 // FREE

"42" Player Luncheon

Each player is asked to bring a dish for the Potluck Luncheon to share.

Plates, napkins, utensils, cups and beverages will be provided.

Please sign up at the front desk.

Coordinators: Doris Hill, Lamar Milner, Bea Rake

94048 (5/45/MPN)

Noon // 8/21 // 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 // 8/06 // FREE

Sponsor: Mike Smith, Custom Fit Insurance

95007 (1/15/CRB)

2:00-4:00PM // 8/28 // FREE

Karaoke & Music

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

95035 (5/100/MPN)

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



Movies & Munchies

Movie Title: The Upside (PG-13)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. The Upside is a heartfelt comedy about a recently paroled ex-convict who strikes up an unusual and unlikely friendship with a paralyzed billionaire. Stars Bryan Cranston, Kevin Hart and Nicole Kidman. Registration opens July 19th. Please sign up in advance.

95001 (5/75/MPN)

1:00PM // 8/02 // \$3 per person

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. **Sponsored by Birona Aswand, Premier Tours Global.**

95058 (5/75/MP)

2:00-3:30PM // 8/21 // FREE

Birthday Party

Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center members. If it's your birthday month, we won't know if you don't sign up! **Sponsored by Claudia Garcia, Blue Cross Blue Shield.**

95006 (6/75/MPN)

2:00PM // 8/14 // 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!

August 8 - 92nd Roadhouse Band

August 22 - Classic Country



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: Barbecue Chicken Thighs

95002 (5/100/MP)

6:00-8:30PM // 8/01 // FREE

Happy Hatter's Meeting

Hostesses Mary Fridge and Alice Hunter have planned a trip to The Gracie Lane Boutique Mall with lunch at the Rose Garden Tea Room. Meet at the Senior Center for a short meeting and then carpool to the destination. Please wear your red hat, purple attire, walking shoes and name badge. A \$2 "Hatters' Fund" donation is appreciated. Please sign up at the front desk at the beginning of the month so we know you're coming!

95040 (5/30/SA)

10:00AM-3:00PM // 8/09 // FREE

Social Dance Lessons for Beginners

August lessons will be Country Western with each week learning basics of a different dance. Try this class to see if you want to continue with lessons. Covered will be Waltz, Two Step, Three Step and Swing. After the last lesson of the month we all go to lunch together so a great chance to make friends!

Instructor: Barbara Albright

Class will meet at Barbara's Studio on 8/16 and 8/30.

92056 (5/50/MP)

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

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 // 8/08 // \$4

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: Waffles & Sausage Links

95015 (5/50/MPN)

8:30-9:00AM // 8/22 // \$4



August 2019

Monday

Tuesday

Wednesday

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.

<p>5 9:00 Medicare Counseling 10:00 Quilter's Choice 10:00 Café Exchng 12:15 Multi-Media</p> <p>Painting 2:15 Karaoke & Music</p>	<p>6 9:00 Woodcarving 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>7 10:00 Beg. Quilting 10:00 Medicare Q&A 11:00 Spanish Club 2:00 History of Aviation 2:00 Knot-a-Lot</p>
<p>12 10:00 Quilter's Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke &</p> <p>Music 6:00 Fitness Orientation (DVD)</p>	<p>13 9:00 Woodcarving 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 1:00 STAP 2:00 Get Your Pics 2:30 Bead Mania I</p>	<p>14 10:00 Beg. Quilting 11:00 Spanish Club 2:00 Ladies 8-Ball 2:00 Birthday Party 2:00 Knot-a-lot</p>
<p>19 10:00 Nellie's Closet 10:00 Quilter's Choice 10:00 Café Exchng 12:15 Multi-Media</p> <p>Painting 2:15 Karaoke & Music 3:00 Book Club</p>	<p>20 9:00 Woodcarving 10:00 HSAC Crafting 10:00 Windows 10 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles</p> <p>2:00 It's Just Coffee 2:30 Floral Arrang.</p>	<p>21 10:00 Beg. Quilting 10:00 Ask a Pharmacist 11:00 Spanish Club 11:00 Partner Pool 12:00 42 Luncheon</p> <p>2:00 Bingo in the Afternoon 2:00 Knot-a-lot</p>
<p>26 10:00 Quilter's Choice 10:00 Café Exchng 12:15 Multi-Media Painting 12:30 Jewelry</p> <p>Repair 1:00 Computer Squad 2:15 Karaoke & Music</p>	<p>27 9:00 Woodcarving 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 Bead Mania II</p>	<p>28 10:00 Beg. Quilting 11:00 Spanish Club 1:00 Oodles Doodles 2:00 Knot-a-lot 2:00 TX Hold'em</p>

Thursday

Friday

<p>1</p> <p>10:00 Writing Group 1:00 Ceramics & Wine Bottles 1:00 Bottle Painting</p> <p>3:30 Restorative Yoga 6:00 Potluck Bingo</p>	<p>2</p> <p>9:30 You Can Paint With Oils 10:00 Café Exchng 11:15 Social Dance 1:00 Movies & Munchies</p> <p>3:30 Frozen Friday</p>
<p>8</p> <p>9:30 Empty Bowls 10:00 Writing Group 11:30 What's for Lunch 1:00 Ceramics & Wine Bottles</p> <p>1:00 Bottle Painting 6:30 Painting w/a Punch 7:00 Dance: 92nd Roadhouse</p>	<p>9</p> <p>10:00 Café Exchng 10:00 Happy Hatter 11:00 8-Ball Single Tournament 11:15 Social Dance</p> <p>1:00 Glass Fusion 2:15 Newcomer's Connection 3:30 Frozen Friday</p>
<p>15</p> <p>10:00 Coloring Therapy 10:00 Writing Group 1:00 Ceramics & Wine Bottles</p> <p>1:00 Bottle Painting 2:00 Nutrition&You</p>	<p>16 EARLY REGISTRATION OPENS 8AM</p> <p>10:00 Edward Jones Presents 10:00 Café Exchng 11:15 Social Dance (Studio)</p> <p>1:00 Member Mixer 3:30 Frozen Friday</p>
<p>22</p> <p>8:30 Breakfast Club 9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles 1:00 Bottle Paintng</p> <p>3:00 Bunco 6:00 Fitness Orient (DVD) 7:00 Dance: Classic Country</p>	<p>23</p> <p>10:00 Café Exchng 11:00 Creative Culinary Club 11:00 9-Ball Singles Tournament 11:15 Social Dance</p> <p>3:30 Frozen Friday</p>
<p>29</p> <p>10:00 Writing Group 1:00 Ceramics & Wine Bottles 1:00 Bottle Painting</p> <p>5:00 Free YOGA Night</p>	<p>30</p> <p>8:30 AARP Driver Trng 8:30 See, Hear and Connect Forum 10:00 Café Exchange 11:15 Social Dance (Studio) 3:30 Frozen Friday</p>

Announcements

Chair Massage

Wednesdays, 3 - 5pm

Therapist: Leticia Duenas

\$1 per minute; By Appointment

Notary Public

Need something notarized? The Senior Center has notaries on staff. We do recommended 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 for a free frozen treat while supplies last! Treats are provided by local businesses. This month's sponsors are: Wellmed, Back in Motion Chiropractic, Heritage Village Residences, Keller Oaks Nursing & Rehabilitation, Tricia Spurrier, KW Realty.

Frozen Friday is cancelled for 8/16.

95023 (5/130/MPN)

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

Member Mixer

Beat the heat and come enjoy the cool of the Senior Center for our annual Summer Member Mixer! Wear your beach party attire, be entertained by the Nostalgics Band, and take advantage of a picnic inspired small bite buffet. There will be photo opportunities sponsored by Walgreen's, door prizes, Hula Hoop Contest, and more! Be sure to register in advance. A current HSAC membership is required.

95039 (5/300/MP)

1:00-3:00PM // 8/16 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "The Ark" for Monday, September 9th, 7:30 pm (doors open at 7 pm.) A fresh take on a familiar tale, it's the story of how one family learns to brave life's rough waters by sticking together. Michael McLean, the renowned composer of more than 20 best-selling albums, gives us an incredibly uplifting score, ranging from pop to gospel. With songs that'll have you dancing in the "isles," and one of the most adventurous stories ever told, The Ark proves that, just like the waters, the depth of human emotion knows no bounds. 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 8/27 - 9/9.

95005 (3/80/Artisan Theater)
7:30PM // 9/09 // \$10

See, Hear & Connect Forum

According to a study by the National Council on Aging, declining hearing and lifetime mild hearing loss have emotional and social consequences for all ages, but can have significant impact for older persons. Come to this forum and learn about things you can do to improve and enhance how you live and deal with hearing loss and also learn about programs and devices designed for the deaf and hard of hearing.

Forum will feature guest speakers from New Life Deaf Fellowship and the Fort Worth Chapter of Hearing Loss Association of America. Ideas and personal experiences will be shared through a panel discussion that includes Senior Center members, persons from the deaf community and advocates for deaf awareness. There will be also be some fun interactive sessions that incorporate gestures and the use of sign language. Complimentary lunch is included. Pre-registration is required.

94043 (5/50/MPN)
8:30AM-4:00PM // 8/30 // FREE

Free Yoga Night

Celebrate the end of summer with a night of FREE yoga! The evening will feature a variety of styles of yoga. Come try one or try them all. You will leave feeling renewed, refreshed, and relaxed. Instructors: Debbie Melchiorre, Cindy Russell, and Michelle Varley.

- 5:00 Meditation
- 5:30 Gentle Yoga
- 6:00 Slow Flow Yoga
- 6:30 Break
- 6:45 Yin Yoga
- 7:15 Restorative Yoga
- 8:00 Tea & Cookies

92034 (5/50/MP)
5:00-8:30pm // 8/29 // FREE

Nellie's Closet

Convenient shopping right here at HSAC. Get your fall wardrobe ready with Nellie's Closet. All forms of payment accepted.

Front Lobby
10:00AM-3:00PM // 8/19 //



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 // 8/08 // \$6 per bowl

91007 (1/25/SA)

9:30AM-12:30PM // 8/22 // \$6 per bowl

Bottle Painting

Help us paint bottles for our upcycle project for this year's Craft & Holiday Market. The Senior Center provides all the supplies, we just need YOU to paint some bottles! **Instructor:**

Linda Rea/Kim Bouse

91076 (1/25/CRB)

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

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 July 31st 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

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. **Instructor: Susan Garden**

Painting Title: Calla Lily on Black Canvas with Acrylic

91074 (6/15/SA)

9:30AM-12:30PM // 8/02 // \$15 registration
\$20 supply fee payable to instructor

Registration for this class opens on July 19th.

Glass Fusion

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

Instructor: Diana Conway

91073 (1/10/CRB)

Lessons // By Appt // \$15 & 2 piece limit

Once you have taken a lesson, bring your own supplies and make items to be fired. Center and staff are not responsible for outcome of pieces.

91092 (1/10/SA)

Open // By Appt // \$1 for 2 pieces

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 // 8/26 // \$5

Bead Mania I

Make a Peridot Bracelet and earring set. **Instructor: Diana Conway**

91048 (1/8/CRB)

2:30PM // 8/13 // \$5 registration fee;
\$12 supply fee payable to instructor

Bead Mania II

Create a leaf lariat necklace and earring set. **Instructor: Diana Conway**

91056 (1/8/CRB)

2:30PM // 8/27 // \$5 registration fee;
\$12 supply fee payable to instructor

Floral Arranging

Celebrate summer with a beachy floral arrangement. **Instructor: Diana Conway**

91050 (1/8/CRB)

2:30PM // 8/20 // \$5 registration fee;
\$20 supply fee payable to instructor

Painting with a Punch

Bring yourself and a friend (or friends). Be prepared for an evening of creativity, relaxation, and fun! You will leave with a painting you will be proud to show off or gift to friends and relatives. Class is limited so sign up early. **Instructor: Victoria Pedersen**

91071 (1/24/SA)

6:30-8:30PM // 8/08 // \$15 registration;
\$20 supply fee payable to instructor

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 // 8/15 // FREE

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

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 // 8/07 // FREE
92028 // 8/14 // FREE
92029 // 8/21 // FREE
92030 // 8/28 // FREE

Instructor: DVD

92025 (1/15/SA)
6:00-6:30PM // 8/12 // FREE
92026 (1/15/SA)
6:00-6:30PM // 8/22 // 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**

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
Class cancelled 8/29

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

Class cancelled 8/16

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

Class cancelled on 8/16.

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

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 // 8/01 // 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 4:00 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

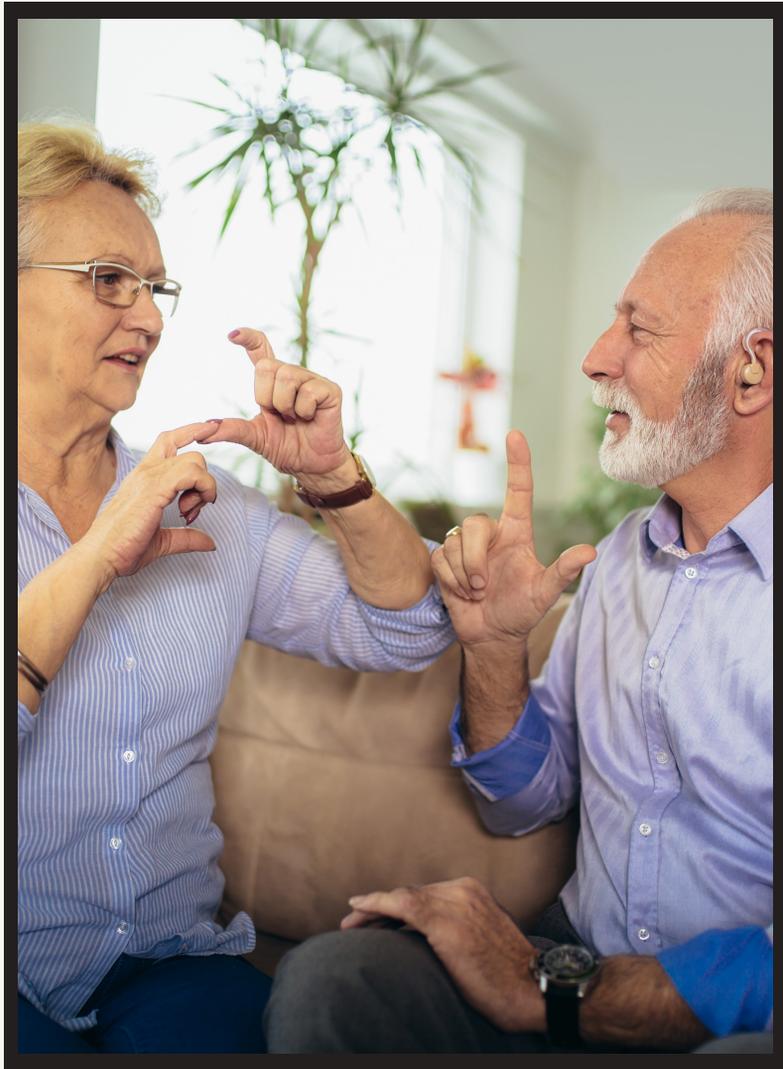
Water noodles and kick boards are available for your use. Please return the equipment to the designated area when you are through using it. Inflatable flotation devices are prohibited. Lifeguard is on duty. Class fees are waived for Renew Active members.

92069 (3/15/HVR)

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

92070 (3/15/HVR)

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



SEE, HEAR & CONNECT

Friday, August 30th

8:30 am - 4:00 pm

According to a study by the National Council on Aging, declining hearing and lifetime mild hearing loss have emotional and social consequences for all ages, but can have significant impact for older persons. Come to this forum and learn about things you can do to improve and enhance how you live and deal with hearing loss and also learn about programs and devices designed for the deaf and hard of hearing.

Session Schedule

8:30 Meet & Greet Coffee

9:00 Introduction

9:15 Cary Terry, President of Hearing Loss Association of America, Fort Worth Chapter

10:15 Break

10:30 Josh Bonjour, Pastor of New Life Deaf Fellowship

11:15 Kaleidoscope of Experiences (Panel)

12:15 Lunch

1:00 Fun Interaction: Gestures

2:00 Fun Interaction: Signs

3:00 Break

3:30 Frozen Friday!

Free FORUM

**Registration is
REQUIRED**



700 Heritage Cr.
Hurst, TX 76053
817.788.7710

Interpreters and screen captioning provided.

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

August 13 • 2:00-3:00PM

August 27 • 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 // 8/26 // 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

August 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>



Get Connected with

