

# the senior pipeline



SEPTEMBER 2019

Matter of Balance

Fall Prevention Fair

Vaccination Clinic

HURST SENIOR  
ACTIVITIES CENTER

700  
HERITAGE  
CIRCLE



## 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](http://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**

# the senior pipeline

## Senior Pipeline Tidings

By: Maurine LeCocq, HSAC Journalist

How many of you are aware that September is National Senior Center Month? I wasn't. But, let me tell you, I really like this year's theme. . . "The Key To Aging Well"! From personal observation, it seems to me that HSAC has been doing a superb job of providing a multitude of opportunities for us to fulfill this theme. . . if we choose to avail ourselves of them.

I wondered how much HSAC has increased these opportunities over the years. Looking over the 2011 October issue of the Sr. Pipeline (which contained my very first article) and the August 2019 issue, it is obvious that HSAC has definitely increased our opportunities for "Aging Well". The seven page issue in 2011 offered 66 opportunities, while the 24 page, 2019 issue offers us 137 opportunities to "Age Well". We now have access to year-round indoor swimming, more physical fitness classes (with newer equipment), many new clubs, and groups. Also many guest speakers and various special entertainment events.

September is also National Fall Prevention Month. HSAC will be hosting a special Fall Prevention Awareness Fair on Friday, September 20, 2019 from 2:00 pm - to 4:30 pm. So many parts of our body can contribute to a fall if they are even just a tad bit off balance. The older we get the greater our risks. It's worth spending 2 ½ hours doing some of the screenings and assessments that will be offered, as well as informative presentations and demonstrations.

A couple of weeks ago I stopped at an Estate Sale. Out in the garage was a wealth of assistive devices waiting for new owners. Three wheel chairs. . . one was motorized, several different kinds of walkers, and a couple of canes. Several years ago while recovering from surgery for a torn cartilage in my knee the doctor ordered a walker. I would pick it up and set it down ahead of me, take a couple of steps, and repeat the procedure. Then came double knee replacements for both me and Andy. These required new walkers with wheels on them, which was so much easier. Andy's spine doctor ordered a rollator when his back became extremely painful if he walked any distance. Improvements to make our lives safer are always happening.

Don't miss this important event on September 20th! Oh, I almost forgot. . . there will also be refreshments. See ya'll there!

## On the Cover

It's National Senior Center month! Celebrate the Hurst Senior Activities Center by sharing your HSAC story on Facebook: <https://www.facebook.com/HurstSeniorActivitiesCenter>



## 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

#### September 3

Salsa Chicken Rice Casserole

#### September 10

Strawberry Chicken Salad

#### September 17

Baked Potato

#### September 24

Napa Garden Salad

## In This Issue

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

## Games

### "42"

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

### Billiard's Room

See calendar for organized games. Open daily.

### Chicken Foot

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

### 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

### Ginasta

1:00 - 5:00PM // T // CRC

### 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

3:00PM - 5:30PM // TH // 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

## History of Aviation

Each month a different aviation topic is presented and discussed. This month Ted Stranczek will make a presentation on aviation from a general and business perspective. Questions? Please e-mail: bobshultz7@earthlink.net.

**Instructor: Bob Shultz**

94030 (1/16/CRB)

2:00-4:00PM // 9/4 // 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 // 9/19 // FREE



## Foundation For Finance (F3E)

Making Sense Out of Social Security Strategies: Social security is key in your retirement. It's a once in a lifetime decision! Make sure you know all of your options. **Instructor:**

**Angela Winstead**

- Strategies to maximize benefits.
- The current state of the system... What does it mean to you?
- How continuing to work will impact your benefits.
- How to coordinate your benefits with your spouse.

94001 (5/16/COMP)

10:00-11:00AM // 9/12 // FREE

## Self-Defense for Seniors

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

95093 (1/20/MPS)

10:00-11:30AM // 9/10&9/24 // FREE

## American Sign Language

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

This month the course will focus on signing brief sentences used to meet and communicate with other persons, basic fingerspelling and numbers, common non-manual gesturing, exchanging personal opinions and The Deaf Community #1. **Instructor: Carolyn Stem**

94008 (7/15/CONF)

10:00-11:30PM // W // \$15mo

## Medicare Q & A

Celia Neyra, Nations Insurance Solutions

94015 (1/20/Conf)

10:00-11:00AM // 9/4 // FREE

## Quilt Raffle

**TICKETS ARE \$1 EACH OR 6 FOR \$5.00**

This queen-sized (99 x 99) Religious Sampler cotton quilt with polyester batting was hand-stitched by Elaine Woodard in 2002. Tickets go on sale September 1st and will continue through November 7th. Drawing will be held during the Cake & Punch Reception, celebrating HSAC's 10th Anniversary. All proceeds benefit HSAC.



## A Matter of Balance

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Award winning program designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise.

Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Please sign up in advance.

**Sponsored by: Sixty & Better**

**Registration opens August 16th**

94020 (10/20/MPN)

9:00-11:00AM // TH // FREE

## WebTrac Training

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Do you dislike waiting in line? Prefer to sign up for classes at your leisure? Let us help you learn your way around our online registration system. Please be sure to have the Front Desk create your user ID and password before coming to class.

**Instructor: Michelle Varley**

93038 (1/16/COMP)

8:00-9:00AM // 9/3 // FREE

93039 (1/16/COMP)

9:30-10:00AM // 9/20 // FREE

93040 (1/16/COMP)

11:30AM-Noon // 9/25 // FREE

## Edward Jones Presents

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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 // 9/20 // FREE

## Ask a Pharmacist

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

94087 (1/40/SA)

10:00-11:00AM // 9/18 // FREE



## Newcomer's Connection

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

94005 (1/15/Conf)  
2:15PM // 9/13 // 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: Where the Crawdads Sing by Delia Owens.
- Read: The Good Neighbor: The life and work of Fred Rogers by Maxwell King.

94078 (1/20/Conf)  
3:00-4:00PM // 9/16 // 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: International Recipes

95094 (1/20/SB)  
11:00AM-12:00PM // 9/20 // FREE

## Bunco

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

95092 (5/30/CRA)  
3:00 - 4:30PM // 9/26 // FREE

## Billiard's Corner

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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 // 9/13 // \$3 per person

### Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 9/18 // FREE

### 9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 9/27 // \$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 // 9/11 // FREE

## Woodcarving Group

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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

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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

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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 // 9/3 // FREE

**Sponsor: Mike Smith, Custom Fit Insurance**

95007 (1/15/CRB)

2:00-4:00PM // 9/25 // FREE

## Karaoke & Music

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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: David Wiggins.**

95035 (5/100/MPN)

2:15-4:15PM // M // 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 Laura Nelson, Neptune Society.**

95006 (6/75/MPN)  
2:00 - 3:00PM // 9/11 // FREE

## Potluck Bingo

Join us for an evening of really good food and lots of fun! Bring a side dish or dessert to share. The Senior Center provides the main entree, drinks and prizes.

Main Entree: Spaghetti with Meat Sauce  
95002 (5/100/MP)  
6:00-8:30PM // 9/19 // FREE

## Power of Attorney

Power of attorney allows someone you trust to make decisions on your behalf if you're not able to make them on your own. In this interactive workshop, you will have the opportunity to prepare medical and financial power of attorney and leave with fully executed documents. **Sponsored by Celia Neyra, Nations Insurance Solutions.**

94088 (5/25/COMP)  
1:00-2:00PM // 9/3 // 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!

September 12 - Doc Gibbs

September 26 - Randy Tatarevich Band



## 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 Lemon Tree Family Salons.**

95058 (5/75/MP)  
2:00-3:30PM // 9/18 // FREE

## Happy Hatter's Meeting

We are headed to Weatherford for our September meeting. Hostess is Hazel Zak. Meet at the Senior Center then we will carpool to Lake Weatherford. A pizza lunch will be provided, bring your own drink. Please wear your red hat, purple attire 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!

**Coordinator: Derinda Peyton**

95040 (5/30/SA)

10:00AM-3:00PM // 9/13 // FREE

## Social Dance Lessons for Beginners

This month we will be doing waltz and showing and explaining the differences in ballroom and country waltz. Join us for a fun month!

**Instructor: Barbara Albright**

Class will meet at Barbara's Studio on 9/20.

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 // CANCELLED // \$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: Breakfast Casseroles

95015 (5/50/MPN)

8:30-9:00AM // 9/27 // \$4



# September 2019

## Monday

## Tuesday

## Wednesday

<p><b>2</b></p> 	<p><b>3</b></p> <p><b>8:00</b> WebTrac Training  <b>9:00</b> Woodcarving  <b>9:30</b> TX Hold'em  <b>10:00</b> HSAC Crafting  <b>10:00</b> Windows 10</p> <p><b>10:00</b> Quilter's Lab  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>1:00</b> Power of Attorney</p>	<p><b>4</b></p> <p><b>10:00</b> American Sign Language  <b>10:00</b> Beg. Quilting  <b>10:00</b> Medicare Q&amp;A  <b>11:00</b> Spanish Club  <b>1:00</b> Beginner iPad/iPhone</p> <p><b>2:00</b> History of Aviation  <b>2:00</b> Knot-a-Lot</p>
<p><b>9</b></p> <p><b>10:00</b> Quilter's Choice  <b>10:00</b> Café Exchng  <b>9:30</b> iPad/iPhone  <b>12:15</b> Multi-Media Painting  <b>2:15</b> Karaoke &amp;</p> <p>Music  <b>3:00</b> Getting to Know Basics  <b>6:00</b> Fitness (DVD)  <b>7:30</b> Night at the Artisan</p>	<p><b>10</b></p> <p><b>9:00</b> Woodcarving  <b>10:00</b> HSAC Crafting  <b>10:00</b> Windows 10  <b>10:00</b> Quilter's Lab  <b>10:00</b> Self Defense for Seniors</p> <p><b>1:00</b> Ceramics &amp; Wine Bottles  <b>2:00</b> Get Your Pics  <b>2:30</b> Bead Mania I</p>	<p><b>11</b></p> <p><b>10:00</b> American Sign Language  <b>10:00</b> Beg. Quilting  <b>11:00</b> Spanish Club  <b>1:00</b> Beginner iPad/iPhone  <b>2:00</b> Ladies 8-Ball</p> <p><b>2:00</b> Birthday Party  <b>2:00</b> Knot-a-lot</p>
<p><b>16</b></p> <p><b>10:00</b> Quilter's Choice  <b>10:00</b> Café Exchng  <b>9:30</b> iPad/iPhone  <b>12:15</b> Multi-Media Painting</p> <p><b>2:15</b> Karaoke &amp; Music  <b>3:00</b> Book Club  <b>3:00</b> Getting to Know Basics</p>	<p><b>17</b></p> <p><b>9:00</b> Woodcarving  <b>10:00</b> HSAC Crafting  <b>10:00</b> Windows 10  <b>10:00</b> Quilter's Lab  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>2:30</b> Floral Arrang.</p>	<p><b>18</b></p> <p><b>10:00</b> American Sign Language  <b>10:00</b> Beg. Quilting  <b>10:00</b> Ask a Pharmacist  <b>11:00</b> Spanish Club  <b>11:00</b> Partner Pool</p> <p><b>12:00</b> ZUMBA &amp; Salsa Dance  <b>1:00</b> Beginner iPad/iPhone  <b>2:00</b> Bingo in the Afternoon  <b>2:00</b> Knot-a-lot</p>
<p><b>23</b></p> <p><b>10:00</b> Quilter's Choice  <b>10:00</b> Café Exchng  <b>9:30</b> iPad/iPhone  <b>12:15</b> Multi-Media Painting  <b>12:30</b> Jewelry Rep</p> <p><b>1:00</b> Computer Squad  <b>2:15</b> Karaoke &amp; Music  <b>3:00</b> Getting to Know Basics</p>	<p><b>24</b></p> <p><b>9:00</b> Woodcarving  <b>10:00</b> HSAC Crafting  <b>10:00</b> Windows 10  <b>10:00</b> Self Defense for Seniors  <b>10:00</b> Quilter's Lab</p> <p><b>1:00</b> Ceramics &amp; Wine Bottles  <b>2:00</b> Get Your Pics  <b>2:30</b> Bead Mania II</p>	<p><b>25</b></p> <p><b>10:00</b> American Sign Language  <b>10:00</b> Beg. Quilting  <b>11:00</b> Spanish Club  <b>11:30</b> WebTrac Training</p> <p><b>1:00</b> Beginner iPad/iPhone  <b>2:00</b> Knot-a-lot  <b>2:00</b> TX Hold'em</p>
<p><b>30</b></p> <p><b>10:00</b> Quilter's Choice  <b>10:00</b> Café Exchng  <b>9:30</b> iPad/iPhone  <b>12:15</b> Multi-Media Painting</p> <p><b>2:15</b> Karaoke &amp; Music  <b>3:00</b> Getting to Know Basics</p>		

## Thursday

## Friday

<p><b>5</b></p> <p><b>9:00</b> A Matter of Balance <b>10:00</b> Writing Group <b>1:00</b> Ceramics &amp; Wine Bottles</p> <p><b>6:00 HVP: Salsa Y Salsa</b></p>	<p><b>6</b></p> <p><b>10:00</b> Café Exchng <b>11:15</b> Social Dance <b>1:00</b> Movies &amp; Munchies <b>3:30</b> Restorative Yoga</p>
<p><b>12</b></p> <p><b>9:00</b> A Matter of Balance <b>9:30</b> Empty Bowls <b>10:00</b> Writing Group <b>10:00</b> Foundation for Finance <b>11:30</b> What's Lunch</p> <p><b>1:00</b> Ceramics &amp; Wine Bottles <b>6:30</b> Painting w/a Punch <b>7:00</b> Dance: Doc Gibbs</p>	<p><b>13</b></p> <p><b>10:00</b> Café Exchng <b>10:00</b> Happy Hatter <b>11:00</b> 8-Ball Single Tournament <b>11:15</b> Social Dance</p> <p><b>2:15</b> Newcomer's Connection</p>
<p><b>19</b></p> <p><b>9:00</b> A Matter of Balance <b>10:00</b> Coloring Therapy <b>10:00</b> Writing Group</p> <p><b>1:00</b> Ceramics &amp; Wine Bottles <b>2:00</b> Nutrition&amp;You <b>6:00</b> Potluck Bingo</p>	<p><b>20</b> EARLY REGISTRATION OPENS 8AM</p> <p><b>9:30</b> WebTrac Training <b>9:30</b> You Can Paint With Oils <b>10:00</b> Edward Jones Presents <b>10:00</b> Café Exchng</p> <p><b>11:00</b> Creative Culinary Club <b>11:15</b> Social Dance (Studio) <b>2:00</b> Fall Prevention Fair (94089)</p>
<p><b>26</b></p> <p><b>9:00</b> A Matter of Balance <b>9:30</b> Empty Bowls <b>10:00</b> Writing Group <b>1:00</b> Ceramics &amp; Wine Bottles <b>3:00</b> Bunco</p> <p><b>6:00</b> Fitness (DVD) Orientation <b>7:00</b> Dance: Randy Tatarevich Band</p>	<p><b>27</b></p> <p><b>8:30</b> Breakfast Club <b>9:00</b> Vaccination Clinic <b>10:00</b> Café Exchng <b>11:00</b> 9-Ball Singles Tournament</p> <p><b>11:15</b> Social Dance</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

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 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



## Movies & Munchies

Movie Title: The Professor & The Madman (R)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. The life of Professor James Murray is portrayed as he begins work on compiling words for the first edition of the Oxford English Dictionary in the mid-19th century. As he led the overseeing committee, the professor received over 10,000 entries from one source in particular - a patient at Broadmoor Criminal Lunatic Asylum, Dr William Minor. Registration opens August 16th.

95001 (5/75/MPN)

1:00PM // 9/6 // \$3 per person

## Salsa y Salsa

Salsa y Salsa gives City of Hurst citizens a taste of Hispanic Heritage with this free outdoor event. Bring a lawn chair or blanket, and come enjoy an outdoor concert featuring the salsa band Havana NRG at 7 p.m. Work on your dance moves before the concert with free salsa lessons at 6 p.m. While enjoying the music of Havana NRG, grab your free jar of Mrs. Renfro's salsa, and refresh yourself with a glass of agua fresca. If you work up an appetite, there will be free snacks available provided by Abuelo's!

Heritage Village Park

6:00-8:00PM // 9/5 // FREE

## Night at the Artisan

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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 // 9/9 // \$10

## ZUMBA & Salsa Dance Party

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Please join the ZUMBA Gold class and instructors Kalyn Worthy and Rosy Pritchett for a lively party full of dancing, food, and fun! The ZUMBA Gold class will perform some of their Latin inspired exercise dances and Rosy will share some Hispanic cultural dances while getting you on your feet to learn Salsa and other dance moves. A light buffet of Tex-Mex appetizers will be served along with desserts provided by the ZUMBA Gold dance class.

95072 (5/50/MPN)  
12:00-1:30PM // 9/18 // FREE

## Falls Prevention Awareness Fair

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See page 22 for details on this informative event.

Mid-Cities Pharmacy will be hosting a Medication Review in conjunction with the Falls Prevention Awareness Fair. Bring your list of medications in for a trained professional to perform a comprehensive evaluation. Each participant will receive a printed report to share with their doctor. An appointment time is recommended. Please see the Front Desk.

94089 (1/200/MPN)  
2:00-4:30PM // 9/20 // FREE

## Vaccination Clinic

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Get immunized here! Registered pharmacist will be administering vaccines including influenza, pneumonia, shingles and tetanus. Remember to bring both your medical and prescription insurance cards. \$0 out of pocket expense, based upon your insurance coverage. Most insurance is accepted. It is highly recommended that you schedule an appointment time. Pneumonia, shingles, and tetanus vaccines require pre-approval and special storage, therefore, you **MUST** pre-register to receive these vaccines.

Please let the Front Desk Attendant know which vaccines you wish to receive when making your appointment. Sponsored by Mid-Cities Pharmacy.

95049 (5/75/Front Lobby & Conf)  
9:00-Noon // 9/27 //



## 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 your know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

## 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

## Ceramics

Bring your own supplies. Greenware available for purchase with limited availability. Instructor will offer guidance and assistance as needed. Pieces fired on site.

**Instructor: Carol Scoville**

91001 (1/25/SA) - Open Ceramics  
1:00-5:00PM // TTH // \$5 fee per month

Please note the following special ceramic class offerings for September. Brushes and paint provided. Registration begins 8/16.

91005 (1/25/SA) - Square Plate  
1:00-5:00PM // 9/10 & 9/12 // \$5 class fee  
\$10 supply fee due to instructor

91006 (1/25/SA) - Garden Gazing Ball  
1:00-5:00PM // 9/17 & 9/19 // \$5 class fee  
\$7 supply fee due to instructor

91004 (1/25/SA) - Gourd  
1:00-5:00PM // 9/24 & 9/26 // \$5 class  
\$10 supply fee due to instructor

## 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 // Cancelled //

91007 (1/25/SA)  
9:30AM-12:30PM // 9/26 // \$6 per bowl

## 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 August 28th 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: Some Kind of Wonderful Poinsettia**

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

## 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

## 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: Italian Villa in Sunflower Field**



91074 (6/15/SA)  
9:30AM-12:30PM // 9/20 // \$15 registration  
\$20 supply fee payable to instructor

## Glass Fusion

Learn to cut glass and more as you create a pendant for a necklace.  
**Instructor: Diana Conway**

91073 (1/10/CRB) - Glass Fusion Lessons  
By Appt // 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 Glass Fusion  
By Appt // 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 // 9/23 // \$5

## Bead Mania I

Make a chunky charm bracelet with matching earrings. **Instructor: Diana Conway**

91048 (1/8/CRB)  
2:30PM // 9/10 // \$5 registration fee;  
\$10 supply fee payable to instructor

## Bead Mania II

Create a long pearl and gemstone necklace and earring set.  
**Instructor: Diana Conway**

91056 (1/8/CRB)  
2:30PM // 9/24 // \$5 registration fee;  
\$15 supply fee payable to instructor

## Floral Arranging

Celebrate Fall with an Autumn Scarecrow wreath for your front door. **Instructor: Diana Conway**

91050 (1/8/CRB)  
2:30PM // 9/17 // \$5 registration fee;  
\$25 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 // 9/12 // \$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 // 9/19 // 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 // 9/04 // FREE  
92028 // 9/11 // FREE  
92029 // 9/18 // FREE  
92030 // 9/25 // FREE

**Instructor: DVD**

92025 (1/15/SA)  
6:00-6:30PM // 9/09 // FREE  
92026 (1/15/SA)  
6:00-6:30PM // 9/26 // 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 free 6-month follow up assessment so you can see your progress. **Instructor: Rosy Pritchett**

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

## 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

## 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

## Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for beginners of all fitness levels featuring easy-to follow Zumba®

choreography that focuses on balance, range of motion and coordination. *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

## 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

## 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

## 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**

**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**

**Instructor: Rosy Pritchett**

92046 (3/25/MPs)

4:30-5:15PM // M // \$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. Class includes stretching, yoga poses and chant. Expect to move from the floor to standing postures throughout class.

**Instructor: Cheri Nelson**

92033 (3/30/MPS)

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

## 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**

**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**

**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 // 9/06 // Class fee \$5

## Group Fitness Schedule

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

3<sup>rd</sup> Annual HEB

# FALLS PREVENTION

## Awareness Fair

**DOOR PRIZES &  
GIVE AWAYS  
GALORE**

Date: Friday,  
September 20th, 2019

Time:

2:00pm-4:30pm

Location:

Hurst Senior Activities Center  
700 Heritage Circle, Hurst, TX  
817-788-7710

Registration Required:

Hurst Ctr Members call/see  
front desk & ALL others call  
817-226-8862 by Fri., 9/13

Falls are the most common cause of injuries and hospital admissions. Every year, 208 million nonfatal falls among older adults were treated in emergency departments and more than 800,000 of these patients were hospitalized.

Falls are **NOT** part of the natural aging process and are largely

**PREVENTABLE !!**

### FREE FALLS PREVENTION FAIR

- Assistive Device Expo
- Balance Screening
- Blood Pressure Screening
- Blood Sugar Screening
- Falls Efficacy Scale Assessment
- Fall Risk Assessments
- Home Safety Assessment
- Vision Screening
- Fall Prevention Presentation
- A Matter of Balance Demonstration
- Refreshments & MORE.....



## 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**

**September 10 • 2:00-3:00PM**

**September 24 • 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.

## 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

## 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 // 9/23 // FREE

## Getting to Know Basic Applications in Windows

Class will introduce Word, Excel, PowerPoint, and file management.

**Instructor: Fannette Welton**

93007 (1/16/Comp)

3:00-4:00PM // M // 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

## September 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>

