

the senior pipeline



OCTOBER 2019

Dogtoberfest

Craft & Holiday Market

AARP Smart DriverTEK



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

Autumn has arrived! What memories does the word autumn evoke for you. Cooler weather, football games, the beautiful colors of the leaves as the temperatures eventually drop toward winter when they finally fall. When we were teenagers in Detroit we would gather the leaves from our yard at the curb on the street, wrap potatoes in aluminum foil, and put them in the pile of leaves, then toss a lit match on the pile. We'd sit around our fire, talk, sing camp songs, plan Halloween Pranks to be played on the neighbors, discuss our chances of winning the coming football game, and enjoy our smoked potato before going home. Can't do that here! Burn Ban!!!

We Senior Teenagers have our own fun things to do during Autumn and some are not that different than they were 60-70-or 80 years ago. Football is huge in the H.E.B. area. We Senior Teenagers in the HEB School District can be up in those bleachers yelling our lungs out, cheering our favorite team free of charge if we are 65 or older. All you have to do is go to the District's Main Office on Central (In front of Pennington Field's parking lot), show them your ID, sign a simple form, and they will give you an Encore Pass which you can use forever.

Autumn at HSAC is filled with excitement as we anticipate the Annual Craft and Holiday Market. Back in August Michelle told me that over 90 vendor spaces had already been taken and they had begun a wait list. This brings to mind the fun of wandering around and looking at all the wares the talented crafters have brought, and finding the perfect gifts for family and friends. There are so many wonderful options: jewelry, clothing, Halloween and Christmas decorations, paintings, quilted items, teas, spices, and more. Yummy snacks made by some of the staff and brought in by vendors are available. Best of all is the opportunity to see everybody in the same place, and share our enthusiasm over our purchases with our friends. This event is something we all look forward to, and enjoy. Get out your calendars and mark the date: Friday, October 18, 2019 from 9:00 AM to 6:00 PM.

The Annual Craft and Holiday Market is our biggest money maker of the year. We benefit from the end result, so make it a point to tell all of your friends about the wonderful holiday shopping opportunity they will be missing if they don't attend on Friday, October 18, 2019.

On the Cover

Make plans to attend the Craft & Holiday Market! Friday, October 18th, 9:00am - 6:00pm. Over 90 vendor booths, silent auction, concessions, and more!



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

October 1
Baked Mac & Cheese

October 8
Taco Salad

October 15
Baked Potato

October 22
Kale & Chicken Salad

October 29
Baked Sweet & Sour Chicken

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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 // 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

Eric Walden will present the history of the OH-6 as well as its roll in Vietnam War. Dick Pricer will present the Experimental Aircraft Association (EAA) that just celebrated their 50th anniversary in Oshkosh. The Airshow is a week-long gathering of all types of aircraft with over 10,000 aircraft represented (antique, vintage, general aviation, warbirds, Boeing, and Airbus) and up to 700,000 people attending. **Instructor: Bob Shultz**

94030 (1/16/CRB)

2:00-4:00PM // 10/2 // 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 // 10/8 and 10/22 // FREE



Basic Awareness for Seniors

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

95091 (1/15/MPS)

10:00-11:00AM // 10/15 // FREE

A Matter of Balance

Award winning program designed to manage falls and increase activity levels. Classes are already underway and no new registrations are allowed, but watch for the class to be offered again in the Spring of 2020. **Sponsored by: Sixty & Better**

No class on 10/17.

94020 (10/20/MPN)

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

American Sign Language

Introduction to American Sign Language (ASL) using conversational methods. Covers the basics: vocabulary, grammatical usage, and culturally appropriate behavior in communicating with persons with hearing loss.

For the month of October the course will focus on signing basic sentences, asking basic questions and making requests including some simple instructions and learning common gestures. Included in the basic vocabulary will be Halloween themed sign language.

Class minimum must be met for class to make. Registration will open on 9/20. Please register early to ensure the class is not cancelled.

Instructor: Carolyn Stem

94008 (7/15/CONF)

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

Class is cancelled for October 9th.

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.



Wellmed Dr. Health Talk

Dr. Melanie Vettimattam has started her practice in Bedford and is accepting new patients! Come meet the doctor and learn about healthy aging. **Sponsored by: Wellmed.**

94056 (5/30/SA)
1:00-2:00PM // 10/23 // FREE

Lunch & Learn

Join Cigna Healthspring representative, Linda Thompson, for a pizza lunch and health insurance benefits check up! Come learn about benefits senior adults often qualify for, but don't utilize. You must register in advance to attend.

94014 (5/100/MPN)
11:30AM-12:30PM // 10/10 // FREE

Smart DriverTEK Workshop

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

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

94049 (5/35/COMP)
1:00-2:30PM // 10/15 // FREE

Edward Jones Presents

Topics vary each month including investments, insurance, planning for retirement and other areas related to your financial well-being. The group may also delve into other topics such as world news, technology advancements or local area eateries. **Instructor: Adam Davenport**

94040 (1/24/Conf)
10:00AM // 10/11 // 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 // 10/16 // 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: Five Ingredients or less.

95094 (1/20/SB)
11:00AM-12:00PM // 10/11 // 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 // 10/24 // 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 // 10/11 // 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: *The Good Neighbor: The life and work of Fred Rogers* by Maxwell King.
- Read: *The Tattooist of Auschwitz* by Heather Morris.

94078 (1/20/Conf)
3:00-4:00PM // 10/14 // 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 // 10/11 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 10/16 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 10/25 // \$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 // 10/9 // 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 // 10/16 // 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

No class on 10/17.

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 // 10/1 // FREE

Sponsor: Mike Smith, Custom Fit Insurance

95007 (1/15/CRB)

2:00-4:00PM // 10/23 // 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: David Wiggins.**

95035 (5/100/MPN)

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

Widowed Persons Brunch

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

95081 (1/16/CRC)

11:00AM-12:00PM // 10/7 // 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 Lemon Tree Family Salon**

95006 (6/75/MPN)
2:00 - 3:00PM // 10/9 // FREE

Lunch & Tour of Parkwood Healthcare

Join the Parkwood team for a tour of their healthcare facility and learn about their services and the variety of care options they offer. Transportation provided by Parkwood. Their community bus will pick you up at the Senior Center and bring you back. Lunch will be included at the destination. Advance registration is required. Limit of 12.

94052 (2/12/OFF SITE)
11:00AM - 1:30PM // 10/17 // FREE

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 Woodridge Health & Rehab**

95058 (5/75/MP)
2:00-3:30PM // 10/16 // 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!

October 10 - 92nd Roadhouse Band

October 24 - "Costume Contest" and music by Pete & Patti

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

95015 (5/50/MPN)
8:30-9:00AM // 10/25 // \$4



Happy Hatter's Meeting

Hostess Helen Robertson has planned a fun day at the Elite Toy Museum in Haltom City followed by lunch at Ernie's Seafood. Museum admission is FREE! Meet at the Senior Center and we will carpool to the destination. 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 & OFF SITE)
10:00AM-3:00PM // 10/11 // FREE

Social Dance Practice

The dance instructor is out on leave, but that does not mean you can stop dancing! Couples are welcome to come and use the dance floor to practice the social dance lessons they have learned. **Instructor: On leave; No class 10/18**

92056 (5/50/MP)
11:15AM-12:15PM // F // FREE

Vaccination Follow Up

Did you make an appointment for a follow up from our vaccination clinic last month? Mid-Cities Pharmacy will be in the Front Lobby for those follow up appointments. Sponsored by Mid-Cities Pharmacy.

95049 (5/75/Front Lobby & Conf)
10:00-11:30AM // 10/11 // Bring Insurance

Masquerade Potluck Bingo

Celebrate All Hallows' Eve by coming to the Senior Center, wearing your favorite mask or costume, and join us for an evening of BINGO and Monster Mash! Bring a side dish or dessert to share. The Senior Center provides the main entree, drinks and prizes.

Main Entree: Spaghetti & Meatballs
95002 (5/100/MP)
6:00-8:30PM // 10/31 // FREE

World View Dance Performance

Come watch as this group of teenagers performs various waltz's. The audience will be invited to join them at the end of the program.

95013 (5/75/MP)
2:00-4:00PM // 10/25 // FREE



October 2019

Monday

Tuesday

Wednesday

		1 9:00 Woodcarving 9:30 TX Hold'em 10:00 HSAC Crafting 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles			2 10:00 Medicare Q&A 10:00 American Sign Language 10:00 Beg. Quilting 11:00 Spanish Club 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 History of Aviation
7 10:00 Quilter's Choice 10:00 Café Exchng 9:30 iPad/iPhone 11:00 Widowed Person Brunch 12:15 Multi-Media Painting 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics 6:00 Humana Mtg		8 9:00 Woodcarving 10:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Self Defense for Seniors 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 6:00 Fitness (DVD) Orientation		9 10:00 American Sign Language 10:00 Beg. Quilting 10:00 Medicare Supplements 11:00 Spanish Club 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 Ladies 8-Ball 2:00 Birthday Party 3:00 Care-n-Care	
14 10:00 Quilter's Choice 10:00 Café Exchng 10:00 United Hlthcr 9:30 iPad/iPhone 12:15 Multi-Media Painting 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics 3:00 Book Club		15 9:00 Woodcarving 10:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Basic Aware 10:00 Medicare Enrollment Kick Off 12:30 Humana Mtg 1:00 Ceramics & Wine Bottles 1:00 Smart DriverTEK 2:30 Bead Mania I 2:30 Care-n-Care 4:30 Aetna Mtg		16 10:00 American Sign Language 10:00 Beg. Quilting 10:00 Ask a Pharmacist 11:00 Spanish Club 11:00 Partner Pool 12:00 42 Luncheon 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 Bingo in the Afternoon	
21 10:00 Quilter's Choice 10:00 Café Exchng 10:00 United Hlthcr 9:30 iPad/iPhone 12:15 Multi-Media Painting 1:00 Humana Mtg. 2:15 Karaoke 3:00 Getting to Know Basics 3:00 Medicare Kiosk		22 9:00 Woodcarving 10:00 Care-n-Care 10:00 HSAC Crafting 10:00 Self Defense for Seniors 10:00 Quilter's Lab 1:00 Medicare Q&A 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:00 DIY Raspberry Pi 2:30 Floral Arrang.		23 10:00 American Sign Language 10:00 Beg. Quilting 11:00 Spanish Club 1:00 Beginner iPad/iPhone 1:00 Wellmed Dr. Health Talk 2:00 Knot-a-lot 2:00 TX Hold'em	
28 10:00 Quilter's Choice 10:00 Café Exchng 10:00 United Hlthcr 9:30 iPad/iPhone 12:15 Multi-Media 12:30 Jewelry Rep 1:00 Computer Sqd 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics 7:30 Night at the Artisan		29 9:00 Woodcarving 10:00 Medicare Q&A 10:00 HSAC Crafting 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles 2:30 Bead Mania II		30 10:00 American Sign Language 10:00 Beg. Quilting 10:00 Care-n-Care 11:00 Spanish Club 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot	

Thursday

Friday

<p>3</p> <p>9:00 A Matter of Balance 10:00 Writing Group</p> <p>1:00 Ceramics 2:00 Photography 5:00 Dogtoberfest</p> <p>10:30 - 11:30 SilverSneakers Balance Builder & Member Enrollment Event</p>	<p>4</p> <p>8:30 - 1:30 Empowering Seniors</p> <p>10:00 Café Exchng 11:15 Social Dance 1:00 Movies & Munchies</p>
<p>10</p> <p>9:00 A Matter of Balance 9:30 Empty Bowls 10:00 Writing Group 10:00 Coloring Therapy 11:30 Lunch & Learn</p> <p>1:00 Ceramics & Wine Bottles 2:00 Photography 6:30 Painting w/a Punch 7:00 Dance: 92nd Roadhouse Band</p>	<p>11</p> <p>10:00 Café Exchng 10:00 Happy Hatter 10:00 Edward Jones 11:00 8-Ball Single Tournament 10:00 Vaccination Follow Up</p> <p>11:00 Culinary Club 11:15 Social Dance 2:15 Newcomer's Connection 2:30 Restorative Yoga</p>
<p>17</p> <p><i>All regularly scheduled classes are cancelled for today and tomorrow due to the Craft & Holiday Market, unless specifically noted below:</i></p> <p>11:00 Lunch & Tour of Parkwood 2:00 Photography</p>	<p>18 <i>EARLY REGISTRATION OPENS 8AM</i></p> <p>Craft & Holiday Market 9:00 am - 6:00 pm</p>
<p>24</p> <p>9:00 A Matter of Balance 9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles</p> <p>2:00 Photography 3:00 Bunco 6:00 United Hltcr 7:00 Dance and Costume Contest: Pete & Patti</p>	<p>25</p> <p>8:30 Breakfast Club 9:30 You Can Paint with Oils 10:00 Café Exchng 11:00 9-Ball Singles Tournament</p> <p>11:15 Social Dance 2:00 World View Dance Performance</p>
<p>31</p> <p>9:00 A Matter of Balance 10:00 Writing Group 1:00 Ceramics & Wine Bottles</p> <p>6:00 Masquerade Potluck Bingo</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 recommend that you call and make an appointment. 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: Big Eyes (PG-13)
Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. "Big Eyes" is a drama about the awakening of painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s. Starring Amy Adams. Registration opens September 20th.

95001 (5/75/MPN)
1:00PM // 10/4 // \$3 per person

Dogtoberfest

The City of Hurst invites you to Dogtoberfest, a festival for people and their canine companions. Heritage Village Presents partners with local businesses that specialize in providing services for your furry friend to create a pop-up marketplace with educational information and giveaways. This exciting event is for the whole family and includes a pet-friendly photo booth and free treats. Pet owners are encouraged to dress their dogs for the event for a chance to win a prize.

Heritage Village Park
5:00-7:00PM // 10/3 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "The Hunchback of Notre Dame". The musical begins as the bells of Notre Dame sound through the famed cathedral in fifteenth-century Paris. Quasimodo, the deformed bell-ringer who longs to be "Out There," observes all of Paris reveling in the Feast of Fools. Held captive by his devious caretaker, the archdeacon Dom Claude Frollo, he escapes for the day and joins the boisterous crowd, only to be treated cruelly by all but the beautiful gypsy, Esmeralda. Quasimodo isn't the only one captivated by her free spirit, though - the handsome Captain Phoebus and Frollo are equally enthralled. As the three vie for her attention, Frollo embarks on a mission to destroy the gypsies - and it's up to Quasimodo to save them all. 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 10/22 - 10/28.

95005 (3/80/Artisan Theater)
7:30PM // 10/28 // \$10

Medicare Open Enrollment Month

It is annual enrollment time! Throughout this month, we will have representatives, events and materials available to assist you with getting the information you need to determine eligibility, choose plans and coverage, understand benefits, and more.

Medicare Supplement Plans

Medicare Supplement, or Medigap, insurance plans fill in "gaps" in basic benefits left behind by original Medicare, Part A and Part B, such as deductibles, coinsurance, and copayments. A Medicare Supplement plan might be able to save you money. **Agent: Mike Smith, Custom Fit Insurance.**

94057 (1/30/SA)

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

Medicare Enrollment Kick Off

Representatives from the various supplement insurance providers will host information booths so you can get all your questions answered.

Hosted by Agent: Celia Neyra, Nations Insurance Solutions.

94038 (1/100/MPN)

10:00AM-12:00PM // 10/15 //

Community Meetings by Golden Outlook

Agent: Marie Veneralle

Registration is not required (1/15/Conf)

6:00-7:00PM // 10/7 // Humana

3:00-4:00PM // 10/9 // Care-n-Care

10:00-11:00AM // 10/14 // United Healthcare

12:30-1:30PM // 10/15 // Humana

2:30-3:30PM // 10/15 // Care-n-Care

4:30-5:30PM // 10/15 // Aetna

Medicare Q&A

Celia Neyra, Nations Insurance Solutions

94015 (1/20/Conf)

10:00-11:00AM // 10/2 //

1:00-2:00PM // 10/22 //

10:00-11:00AM // 10/29 //

Stop by the Golden Outlook Medicare Kiosk on Mondays! See calendar for times of operation.

10:00-11:00AM // 10/21 // United Healthcare

1:00-2:00PM // 10/21 // Humana

10:00-11:00AM // 10/22 // Care-n-Care

6:00-7:00PM // 10/24 // United Healthcare

10:00-11:00AM // 10/28 // United Healthcare

10:00-11:00AM // 10/30 // Care-n-Care



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

No class on 10/17.

91001 (1/25/SA) - Open Ceramics
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

No class on 10/17.

91054 (1/25/SA)
1:00-5:00PM // TTH // \$5 fee per month

Empty Bowls

Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the Tarrant Area Foodbank's Empty Soup Bowls Program. **Instructor:**

Diana Conway

91003 (1/25/SA)
9:30AM-12:30PM // 10/10 // \$6 per bowl

91007 (1/25/SA)
9:30AM-12:30PM // 10/24 // \$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 September 25 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: Happy Trails Missouri Star Quilt

91024 (1/12/SB)
10:00AM-1:00PM // M // \$25 per month

Quilter's Lab

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

91078 (1/12/SB)
10:00AM-1:00PM // T // \$25 per month

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: Harvest Moon



91074 (6/15/SA)
9:30AM-12:30PM // 10/25// \$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 // 10/28 // \$5

Bead Mania I

Make a sterling silver and crystal bracelet and earring set.
Instructor: Diana Conway

91048 (1/8/CRB)
2:30PM // 10/15 // \$5 registration fee;
\$12 supply fee payable to instructor

Bead Mania II

Make a beautiful natural color necklace and earring set.
Instructor: Diana Conway

91056 (1/8/CRB)
2:30PM // 10/29 // \$5 registration fee;
\$12 supply fee payable to instructor

Floral Arranging

Celebrate Fall with a cute, fresh, fall flower arrangement. **Instructor: Diana Conway**

91050 (1/8/CRB)
2:30PM // 10/22 // \$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 // 10/10 // \$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 // 10/10 // 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. Bring your own supplies. **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

CANCELLATION NOTICE

ALL group fitness classes are cancelled on 10/17 & 10/18 due to the Craft & Holiday Market. This includes:

- Fit Start
- Ageless Grace
- All Line Dance classes
- Chair Volleyball
- Classic Fitness
- Strengthen on Your Mat

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 // 10/02 // FREE
92028 // 10/09 // FREE
92029 // 10/16 // FREE
92030 // 10/23 // FREE
92031 // 10/30 // FREE

Instructor: DVD

92025 (1/15/SA)
6:00-6:30PM // 10/8 // FREE
92026 (1/15/SA)
By Appt // By Appt // 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)

11:00-11:45AM // 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)

10:15-11:05AM // 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)

2:30-4:00PM // 10/11 // 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 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 11:00 Ageless Grace 11:00 SS Splash 12:30 Beginner Line Dance 1:00 Improver Line Dance 1:45 Intermed. Line Dance 3:00 Chair Volleyball 5:00 Classic Fitness	10:00 Unstructured Swim 10:15 Strengthen on Mat 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)

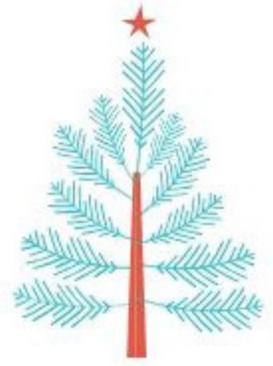
10:00-10:55AM // F // \$5 per month

92070 (3/15/HVR)

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

Aquatics Special Notice

Please note that Aquatics classes are NOT effected by the Craft & Holiday Market and will meet at their usual time and place on 10/17 & 10/18.



HURST SENIOR ACTIVITIES CENTER

CRAFT & HOLIDAY MARKET

Find everything you need from decor to treats

FRIDAY, OCTOBER 18, 2019

9 AM TO 6 PM

700 HERITAGE CIR., HURST, TX 76053

Buy from local artists, craftsmen, and businesses

Silent Auction benefiting HSAC

Concessions, Bake Sale, and 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

October 8 • 2:00-3:00PM

October 22 • 2:00-3:00PM

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.

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

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

Photography 101

If you enjoy using your SLR digital camera but want to know more about how to use it and get better results, then perhaps our Photography 101 class will give you the added knowledge and skills you want and need. Four weekly sessions are planned, each one lasting 60-90 minutes starting on October 3. Learn about good composition and storytelling with your camera. Learn how to master all those dozens of controls and settings it has, and how to correct exposure errors in your computer. And finally, how to organize your photos like the pros. Please bring your camera manual and camera to each session. **Instructor: Jack Schroeder**

93010 (1/6/COMP)

2:00-3:30PM // 10/3; 10/10; 10/17; 10/24 // FREE

DIY Raspberry Pi Group

The Raspberry Pi is a small computer that can do lots of things. You plug it into a monitor and attach a keyboard and mouse. Come to this group formation meeting as we determine projects, needed supplies and the future direction of the group. **Instructor: Harry Kier**

93002 (1/16/Comp)

2:00-3:00PM // 10/22 // 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; Terri Mason**

93035 (1/16/COMP)

1:00-2:30PM // 10/28 // 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



the senior pipeline

October 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>

