

the senior pipeline

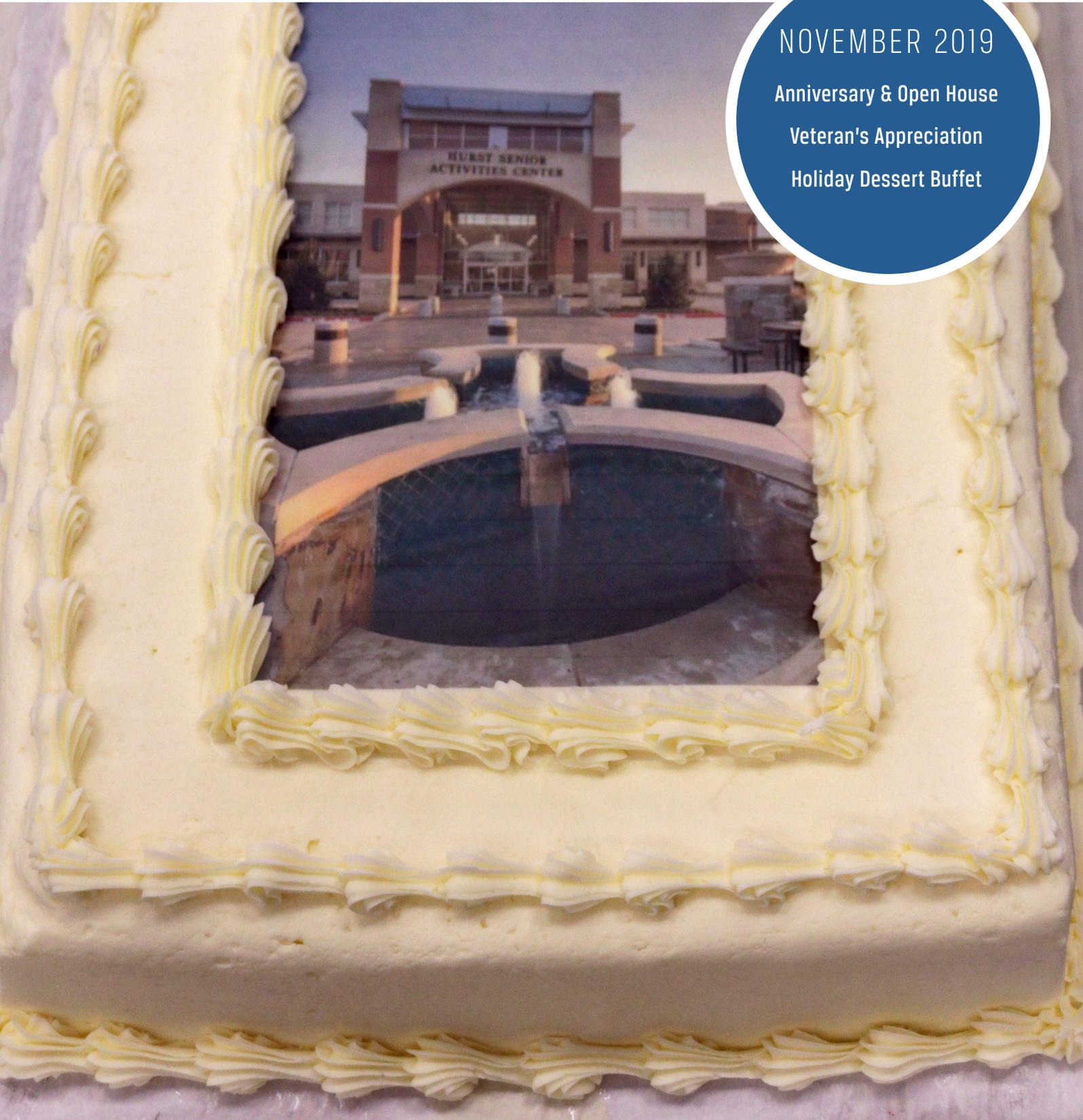


NOVEMBER 2019

Anniversary & Open House

Veteran's Appreciation

Holiday Dessert Buffet



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, Elaine Wicker, and Kim Bouse

Senior Center Staff

HSAC Director: **Linda Rea**

Activities Supervisor: **Michelle Varley**

Administrative Assistant: **Laura Gore**

Activities Assistant: **Linda Provence**

Building Maintenance: **Araceli Ramon**

Front Desk Attendants:

Diana Conway **Gayle Stevens**
Tammy McDonald **David Wiggins**
Jorji Northrop

the senior pipeline

Senior Pipeline Tidings

By: Maurine LeCocq, HSAC Journalist

Did you ever wonder how many people signed up for membership to HSAC on the day it officially opened? I called Linda Rea, our HSAC Director, whose response surprised me. "Actually there was pre-registration at the Hurst Recreation Center before we opened. By the first day the membership was 525 when we opened and 815 at the end of that day." What a great beginning! And we are still going strong with 2,000+ current members.

We all know how much we have been benefiting by coming to HSAC. Have you ever thought about HSAC's outreach to the community? Actually, we members have been doing a lot of things for our community in many different ways. Think about it, we have table(s) set up on the east side of the lobby for various donations throughout the year. I was amazed how many different items have been made and donated throughout the years and think it's time for us to see what all we have done for our community in the past 10 years.

Our Quilters have made backpacks for homeless children and we have donated personal items as well as school supplies inside those backpacks. They made beautiful quilted blankets for the police and firemen to carry in their vehicles. These are given to children that they have rescued from whatever frightening event they have just experienced. They have made bibs and pillow cases for people living in nursing homes. HSAC members have donated money and appropriate material for these projects.

Happy Hatters collected personal and household items to be distributed to battered women who had moved out of an unsafe environment and were moving on with their lives. This was a dual benefit to everyone! We all got to get rid of "stuff" we didn't know what to do with, and they so desperately needed everything we donated.

Tarrant Area Food Bank's Empty Soup Bowls Program participants appreciate the soup bowls that some of our member's paint and donate to them. Through the Soups & Socks event in January, donated socks are given to the Veterans Services MHMR of Tarrant County.

Some of our Members participate in the Citizen's On Patrol Program which helps the police department in their efforts to keep us safe. Others volunteer their time in the office and at events.

Continued on next page...

On the Cover

HSAC is 10 years old! Celebrate our Anniversary by attending the Cake & Punch Reception on November 7, 2019 at 1:00 pm.

There are HSAC members who have trained at the Hurst Citizen's Fire Academy and give back by helping out at the Annual Fire Department Steak Dinners and the Fire Department's Open House

It isn't just people that benefit from HSAC. Our furry, four legged friends at the Hurst Animal Shelter love the newspapers, towels and blankets, bags and cans of food they receive from HSAC members.

When the minds that joined together to fulfill their dream of a Senior Center for the citizens of Hurst, I doubt any of them had any idea how much benefit their initial efforts would eventually provide to the community. So, not only should we celebrate the 10th Anniversary of HSAC, I'm thinking we should also celebrate the dreamers and organizers who created HSAC. Thank you, each and every one of you, for your foresight and efforts. You did well for your community!!!

While we are being thankful, November 11th is Veteran's Day. I would like us to honor all our members who are Veterans, for the time you gave to your Military Service, whichever branch it was. Many of you put your lives on the line to protect people in other parts of our world, as well as protecting America. Thank you for your sacrifices. Thanksgiving is just around the corner. As you gather to celebrate with family and friends this year I ask you to give thanks to all those who have been and are currently in the service.

Back to the 10th Anniversary Celebration! On Thursday, November 7th, HSAC will be having a Cake and Punch Reception at 1:00 p.m. Henry Wilson, our Mayor, will draw the winning Quilt Raffle ticket. Don't forget to purchase your tickets and mark your calendars as we celebrate 10 years together!



Membership Information

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

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

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

Senior Center Membership Fees:

- Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents - \$80 per membership year. (Equivalent of about \$6.67 per month.)
- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit, Renew Active or SilverSneakers program.
- In order to receive the Hurst resident rate, please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

the senior pipeline

Lunch Program

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

The lunch program policies and details are as follows:

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

Upcoming Entrée Menu

November 5

Mexican Lasagna

November 12

Chef Salad

November 19

Baked Potato

November 26

Bruschetta Chicken Bake

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

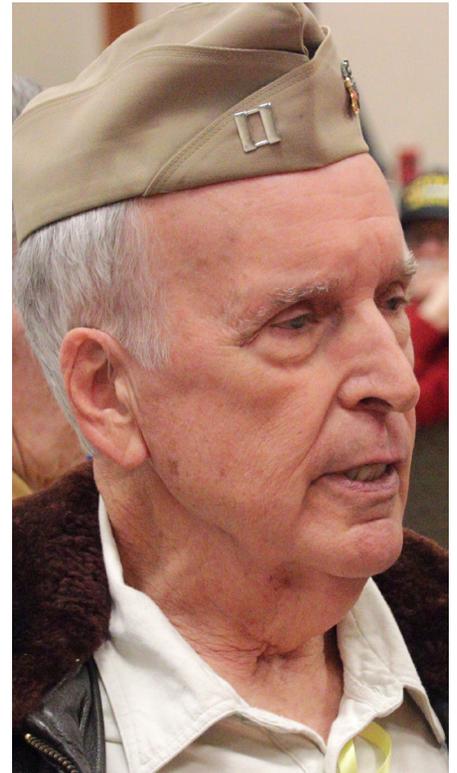
14 laps make a mile!

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)

On break until January

Quilting

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

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

History of Aviation

Taking a trip to C.R. Smith Air Museum, 4601 Texas Highway 360, Fort Worth, Texas to see the complete history of American Airlines. This is one of the best air museums anywhere. The admission ticket for Senior Citizens is \$6.00. Please sign up.

Instructor: Bob Shultz

94030 (1/16/CRB)

2:00-4:00PM // 11/6 // FREE

Retirement Education Kiosk

We provide a "one stop" resource for Seniors and Retirees seeking financial advice by offering FREE, personalized information regarding updated retirement changes
Representative: Carson Graves

Registration is not required (Front Lobby)

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



Silver Haired Legislature

Every two years, the Texas Legislature convenes to conduct State business. Many legislative issues involve the senior citizens of Texas. In 1985, the Texas Legislature authorized the establishment of the Texas Silver-Haired Legislature (TSHL) to advocate for seniors 60 and over. The purpose of the TSHL is to provide an avenue through which older citizens may serve as a resource to elected officials, as well as public and private organizations and agencies that work with senior citizens. In preparation for the 2021 Texas Legislative Session, TSHL is conducting town hall meetings in an effort to identify issues that should be considered by the Texas State Legislature during their upcoming legislative session.

95019 (5/35/SA)

10:00-11:00AM // 11/07 // FREE

Health for Me Tool Kit

Receive this free tool kit for chronic disease self-management. Program is designed for anyone at risk for, or living with a chronic illness such as diabetes, anxiety, or high blood pressure. Tool kit includes: Self test, tip sheets, "Living a Healthy Life with Chronic Disease" book, relaxation CD, and exercise CD. This program is grant funded and requires completion of paperwork.

Sponsored by: Tarrant County Public Health

94071 (10/24/SA)

1:00-2:00PM // 11/6 & 11/13 & 11/20 // 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.



WebTrac Training

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)

10:00-10:30AM // 11/22 // FREE

TCCC Dental Hygiene Class

Learn about oral health, play a trivia game, receive free samples and snacks, and help these students get an "A"! Presented by TCC Dental Hygiene Program Students.

94059 (1/40/SA)

10:00-11:00AM // 11/01 // FREE

AARP Driver Training

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

Instructor: John Chreno

94049 (1/20/SA)

9:00AM-2:00PM // 11/13 //

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 // 11/20 // FREE

Self-Defense for Seniors

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

95093 (1/20/MPS)

10:00-11:30AM // 11/12 and 11/26 // FREE



Creative Culinary Club

Do you love cooking? Do you enjoy trying new recipes? If so, then join the Creative Culinary Club. Participants are asked to bring a covered dish that will serve a minimum of 12 and is related to the topic of the month. Make sure that you bring a copy of the recipe with you to share. **Coordinator: Tammy McDonald**

Food of the Month: Low Calorie

95094 (1/20/SB)
11:00AM-12:00PM // 11/15 // 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 // 11/21 // FREE

Newcomer's Connection

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

94005 (1/15/Conf)
2:15PM // 11/8 // 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

Class cancelled 11/27.

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 Tattooist of Auschwitz by Heather Morris.
- Read: Catching Christmas by Terri Blackstock

94078 (1/20/Conf)
3:00-4:00PM // 11/18 // 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 // 11/08 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 11/20 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 11/22 // \$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 // 11/13 // FREE

Woodcarving Group

All are welcome to come to the Woodcarving Group! Beginning projects and handouts will be provided for those who are learning. Instruction and opportunity to try carving knives and safety equipment will be also available. If you are already carving and would like a group to carve with, bring your projects and share them with us. We will have tips on carving roughouts and finishing your projects as well.

Instructor: Mike Donnelly

91058 (1/24/SA)

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

Writing Group

When you were young, did you write poems for the school paper or to a pen pal? What a difference there is between our childhoods and the childhoods today. Have you ever wished your parents and grandparents had left a written record of their childhoods? We'll help you write stories only you can write. Your children will be grateful; enjoy awaking that sleeping talent.

Instructor: Victoria Pedersen

94064 (1/15/CRB)

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

Texas Hold'em Tournaments

Put your best poker face on and join us! Winners are recorded for the Play Off Game at the end of the year.

Coordinator: Terry Mesler

94012 (5/40/MPN)

9:30-11:30AM // 11/5 // FREE

Sponsor: Mike Smith, Custom Fit Insurance

95007 (5/40/MPN)

2:00-4:00PM // 11/6 // FREE

Please note this Tournament is earlier in the month due to the Thanksgiving holiday.

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.**

Karaoke is cancelled 11/11 due to Veteran's Program.

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 Heritage Village Residences**

95006 (6/75/MPN)

2:00 - 3:00PM // 11/13 // FREE

Monthly Dances

All seniors 55+ welcome! // 7:00-9:15PM // 2nd and 4th Thursday // \$6 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!

Please note: Effective November 1, 2019, dance fee will be \$6 per person.

November 14 - 92nd Roadhouse Band

November 28 - Senior Center is closed for Thanksgiving



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: Pancakes & Sausage

95015 (5/50/MPN)

8:00-9:00AM // 11/27 // \$4

Bingo in the Afternoon

Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance.

95058 (5/75/MP)

2:00-3:30PM // 11/20 // 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: Turkey & Dressing Casserole

95002 (5/100/MP)

6:00-8:30PM // 11/07 // FREE

Happy Hatter's Meeting

Queen Derinda Peyton and the Happy Hatter Board Members invite you to join them for their annual planning meeting. Bring a covered dish to share and your ideas for outings and meetings for next year. The meat will be furnished by the Hatter Fund. 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)
12:00-2:00PM // 11/08 // 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.

Class is asked to use only the South side of the multi-purpose room on 11/8.

No class 11/22

92056 (5/50/MP)
11:15-12:15PM // 11/07 // FREE

Movie in the Park

The City of Hurst invites you to come enjoy the fall weather with a family movie night in the park! Featured film will be Aladdin. Bring a lawn chair or blanket and a drink, and we'll supply the free popcorn!

Heritage Village Park
7:00-9:00PM // 11/01 // FREE

Thanksgiving Dessert Buffet

Don't miss out on this dessert extravaganza! Desserts are provided by the Center and through the support of sponsors, but members are invited to contribute desserts as well. Diabetic friendly options will be available. Enjoy hot apple cider or cranberry punch as you indulge in a variety of tasty confections. Please let the front desk know if you plan on bringing a dessert for this annual holiday event.

95008 (6/75/MPN)
2:00 - 3:00PM // 11/22 // FREE



November 2019

Monday

Tuesday

Wednesday

| 4 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchng 9:00 Medicare Counseling 12:15 Multi-Media Painting 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics 5:00 United Hlthcr | 5 9:00 Woodcarving 9:30 TX Hold'em 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles 6:00 Fitness (DVD) Orientation | 6 10:00 Beg. Quilting 10:00 Medicare Q&A 10:00 Retirement Education Kiosk 11:00 Spanish Club 1:00 Beginner iPad/iPhone 1:00 Health for Me Tool Kit 2:00 Knot-a-lot 2:00 History of Aviation 2:00 TX Hold'em |
|--|--|--|
| 11 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchng 10:00 VA Benefits 12:15 Multi-Media Painting 1:00 Aetna Meeting 3:00 Medicare Kiosk 2:00 Veteran's Appreciation Event 2:15 Karaoke 3:00 Getting to Know Basics | 12 9:00 Woodcarving 10:00 Quilter's Lab 10:00 Self Defense for Seniors 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania I | 13 9:00 AARP Driver Training iPad/iPhone 10:00 Beg. Quilting 10:00 DIY Raspberry Pi 11:00 Spanish Club 1:00 Beginner 1:00 Health for Me Tool Kit 2:00 Knot-a-lot 2:00 Ladies 8-Ball 2:00 Birthday Party |
| 18 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchng 12:15 Multi-Media Painting 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics 3:00 Book Club | 19 9:00 Woodcarving 10:00 Quilter's Lab 10:00 Medicare Q&A 1:00 Ceramics & Wine Bottles 2:30 Floral Arrang. | 20 10:00 Beg. Quilting 10:00 Ask a Pharmacist 11:00 Spanish Club 11:00 Partner Pool 11:00 Medicare Donut Hole 1:00 Beginner iPad/iPhone 1:00 Health for Me Tool Kit 2:00 Knot-a-lot 2:00 Bingo in the Afternoon |
| 25 9:30 iPad/iPhone 10:00 Quilter's Choice 10:00 Café Exchng 12:15 Multi-Media Painting 12:30 Jewelry Rep 1:00 Computer Sqd 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics | 26 9:00 Woodcarving 10:00 Quilter's Lab 10:00 Self Defense for Seniors 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania II | 27 <i>Close at Noon</i> 8:00 Breakfast Club 10:00 Beg. Quilting 11:00 Spanish Club 12:00 Senior Center Closed Please see pg. 18 for Group Fitness class cancellations. |

Thursday

Friday

| | |
|--|---|
| | <p>1</p> <p>10:00 Café Exchng 10:00 TCC Dental Hygiene Class 11:15 Social Dance 1:00 Movies & Munchies</p> <p>7:00 Movie in the Park (Aladdin)</p> |
| <p>7 <i>HSAC Anniversary & Open House</i></p> <p>10:00 Writing Group 10:00 Silver Haired Legislature 11:00 Medicare B 1:00 Ceramics & Wine Bottles</p> <p>1:00 Cake & Punch Reception 6:00 Potluck Bingo 6:00 Humana Mtg</p> | <p>8</p> <p>10:00 Café Exchng 11:00 8-Ball Single Tournament 11:15 Social Dance 12:00 Happy Hatter</p> <p>2:00 United Hlthcr 2:15 Newcomer's Connection 3:00 Restorative Yoga</p> |
| <p>14</p> <p>9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles 6:00 Care-n-Care 6:30 Painting w/a Punch</p> <p>7:00 Dance: 92nd Roadhouse Band</p> | <p>15</p> <p>10:00 Café Exchng 11:00 Culinary Club 11:15 Social Dance</p> |
| <p>21</p> <p>9:30 Empty Bowls 10:00 Writing Group 10:00 Coloring Therapy 1:00 Ceramics & Wine Bottles</p> <p>3:00 Bunco</p> | <p>22 <i>EARLY REGISTRATION OPENS 8AM</i></p> <p>10:00 Web Trac Training 9:30 You Can Paint with Oils 10:00 Café Exchng</p> <p>11:00 9-Ball Singles Tournament 11:15 Social Dance 2:00 Thanksgiving Dessert Buffet</p> |
| <p>28 <i>Closed for Holiday</i></p>  <p>THANKSGIVING</p> | <p>29 <i>Closed for Holiday</i></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: A Little Chaos (R)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. "A Little Chaos" is a romantic drama following Sabine (Kate Winslet), a talented landscape designer, who is building a garden at Versailles for King Louis XIV (Alan Rickman). Sabine struggles with class barriers as she becomes romantically entangled with the court's renowned landscape artist, André Le Nôtre (Matthias Schoenaerts). Registration opens October 18th.

95001 (5/75/MPN)

1:00PM // 11/01 // \$3 per person

Veteran's Appreciation

Join us as we honor our Veterans for their service to our country. Pick up a yellow ribbon from the front desk and wear it throughout the day. Veterans please wear your military hat, medals, etc. Enjoy complimentary cookies and punch, and a short program as we celebrate our Veterans on this special day!

95047 (3/200/MPN)

2:00-3:00PM // 11/11 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "Elf the Musical". Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh realities that his father is on the naughty list and his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. 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 12/09 - 12/16.

95005 (3/80/Artisan Theater)
7:30PM // 12/16 // \$10

Medicare Open Enrollment

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 Q&A

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)

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

Medicare Q&A and More

Agent: Celia Neyra, Nations Insurance Solutions.

Registration is not required (1/15/Conf)

10:00-11:00AM // 11/06 // Have questions about Medicare, plans, billing, Drs, dental, vision or hearing? We can help.

10:00-11:00AM // 11/07 // Want to save \$50 on your Medicare Part B? Let us show you how.

10:00AM-11:00AM // 11/11 // How can Medicare work with you and your VA benefits.

10:00-11:00AM // 11/19 // Have any Medicare questions? Still not sure of your benefits and how they work? We can help.

11:00AM-12:00PM // 11/20 // Stuck in the donut hole? Come have donuts with us and find out how we can help.

Community Meetings by Golden Outlook

Agent: Marie Veneralle

Registration is not required (1/15/Conf)

5:00-6:00PM // 11/4 // United Healthcare

6:00-7:00PM // 11/7 // Humana

2:00-3:00PM // 11/8 // United Healthcare

1:00-2:00PM // 11/11 // Aetna

6:00-7:00PM // 11/14 // Care-n-Care

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



Caring Covers

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

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

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

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

Please note that effective Nov. 1, a \$5 paint supply fee will be due per class.

91003 (1/25/SA)
9:30AM-12:30PM // 11/14 // \$6 per bowl; \$5 paint supply fee

91007 (1/25/SA)
9:30AM-12:30PM // 11/21 // \$6 per bowl; \$5 paint supply fee

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 October 30 at 1pm. **Instructor: Jan Cook**

Class cancelled 11/27.

91047 (1/6/SB)
10:00AM-2:00PM // 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: 3-D Pinwheel mini class

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: Purple Irises



91074 (6/15/SA)
9:30AM-12:30PM // 11/22 // \$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 // 11/25 // \$5

Bead Mania I

Make a copper metal bracelet.
Instructor: Diana Conway

91048 (1/8/CRB)
2:30PM // 11/12 // \$5 registration fee;
\$10 supply fee payable to instructor

Bead Mania II

Make a multi-chain patina necklace and earring set. **Instructor: Diana Conway**

91056 (1/8/CRB)
2:30PM // 11/26 // \$5 registration fee;
\$12 supply fee payable to instructor

Floral Arranging

Make a Christmas wreath for your front door. **Instructor: Diana Conway**

91050 (1/8/CRB)
2:30PM // 11/19 // \$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 // 11/14 // \$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 // 11/21 // 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

Cancelled on November 7:

- Ageless Grace
- All Line Dance classes
- Chair Volleyball

Cancelled on November 27:

- Tai Chi
- Zumba Gold
- Chair Volleyball

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 // 11/06 // FREE

92028 // 11/13 // FREE

92029 // 11/20 // FREE

Instructor: DVD

92025 (1/15/SA)

6:00-6:30PM // 11/5 // 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

Tai Chi

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

92049 (3/25/MPN)

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

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

Meditation

Meditation keeps minds healthy and engaged, so that we age gracefully & with dignity. **Instructor: Debbie Melchiorre**

92037 (3/25/MPS)

2:00-2:30PM // 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)

3:00-4:30PM // 11/08 // 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 2:00 Meditation 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 Class Cancellation

Please note that ALL Aquatics classes are cancelled the week of Thanksgiving (November 25-29). Classes will resume Monday, December 2.

PLEASE JOIN US
FOR OUR CAKE &
PUNCH RECEPTION

Hurst Senior Activities Center

THURSDAY
7 NOV 2019
1:00 PM



700 HERITAGE VILLAGE CR.
HURST, TX 76053
817.788.7710

10 years

2009
TO
2019

Cake & Punch Reception

City dignitaries will present a brief message and our Line Dance Class will share their talents. Everyone that attends the reception will be entered to win prizes that will be drawn at the conclusion of the reception (must be present to win.)

95075 (1/300/MP)

1:00-2:00PM // 11/07 // FREE

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

November 12 • 2:00-3:00PM

November 26 • 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

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 // 11/25 // FREE

DIY Raspberry Pi Group

Join this hobby computer club where we tinker with single board computers, Linux operating systems, programming languages, and more. **Instructor: Harry Kier**

93002 (1/16/Comp)

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

Beginner iPad and iPhone

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

93030 (1/16/Comp)

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

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

November 2019

Check out the calendar for new events and programs.

Operating hours:

Monday - Wednesday 7 a.m.-7 p.m.

Thursday 7 a.m.-9 p.m.

Friday 7 a.m.-7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, TX 76053

<http://hursttx.gov/hsac>



Get Connected with

