

the senior pipeline



DECEMBER 2019

Holiday Breakfast Bash

Christmas with Grandkids

Blackeyed Peas & Cornbread



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

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Senior Pipeline Tidings

By: Maurine LeCocq, HSAC Journalist

Peace on Earth is hard to find when you listen to or view the electronic news media reporting the latest antics of our leaders, riots, innocent people being killed no matter where they happen to be which reminds us no one is safe, no matter where they "think" and "feel" is the safest place to be. Printed news reports relay the same messages.

As the holidays approach, I'm inclined to think a lot of us are shaking our heads and reaching inwardly to grasp the true meaning of Christmas. Then something very special can happen which brings everything clearly into focus.

The week before Halloween the Assisted Living Facility where my husband lives had a Halloween Party which included all family members (meaning children of all ages). The party room was decorated to the hilt. Food and drink were abundant. Balloons were everywhere. Residents in wheelchairs lined one wall, other residents in wheelchairs and walkers sat with family members at tables.

At first there was a feeling of sadness, but children have a way of brightening up the world and it wasn't long before balloons on the floor were picked up and bounced back and forth between them. Residents and other family members smiled tolerantly for a few minutes. Then my youngest grandson, wearing a skeleton costume, gently tossed a balloon at a lady who I knew rarely smiled. She bounced it back to him. He gently punched it to another resident, then others. The looks of anticipation were almost naked as I watched the scene. He returned to the lady and all of a sudden there was a smile on her face. As they continued their game, her eyes began glittering, and she laughed. Christmas came in October for that lady, as well as many of the other residents and family members. My grandson became Santa Claus. What a gift he gave to these innocent elderly residents and their families.

Once treats had been consumed music was turned on. One of the more mobile residents hopped up, left his walker, and began stomping his feet and smiling happily. One of the staff members danced slowly with a resident. Children, family members and a Staff member began doing a country western line dance. The room glowed with smiles galore. It was a very happy, special party that became a special Christmas gift to all in October.

I hope that each of you finds a special, and meaningful gift for yourselves this year as the season approaches.

On the Cover

Celebrate Christmas with Your Grandkids on Friday, December 20th at 1:00 pm. Santa will be here for photo opportunities, event includes seasonal refreshments and activities.



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

December 3
King Ranch Casserole

December 10
Asian Salad

December 17
Baked Potato

December 31
Join us for Blackeyed Peas & Cornbread & a Movie
Only \$3

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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 - 5:00PM // 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

Celebrate the holidays with a SUPER CHRISTMAS PARTY in aviation style. Party theme: Elf's making children's Christmas items for Santa Claus and loading the aircraft, helicopter or drone. You pick the aircraft, helicopter, or drone! At the last minute Santa Claus got sick and the Elves and Mrs. Santa Claus have to make the Christmas delivery! What do you need to do? Wear your elf's or Mrs. Santa Claus outfit, make one Christmas Gift for a boys or girls, present this to the group, and explain what you did to be the best Elf or Mrs. Santa Claus. You can bring a child, grandchild, or youngster with you to the party. Christmas cake, ice cream and sodas will be provided. Please sign up in advance. **Instructor: Bob Shultz**

94030 (1/16/CRB)

2:00-4:00PM // 12/04 // FREE

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

Medicare Q&A and More

Have questions about Medicare, plans, billing, Drs, dental, vision or hearing? We can help. **Agent: Celia Neyra, Nations Insurance Solutions.**

94015 (1/15/Conf)

10:00-11:00AM // 12/04 // 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 // 12/04 // FREE

Healthy Together Lunch & Learn by Cigna

Join Cigna Healthspring representative, Linda Thompson, for lunch and a discussion on depression. Depression is an illness that causes you to feel sad, lose interest in activities that you've always enjoyed, withdraw from others, and have little energy. It's different from normal feelings of sadness, grief, or low energy. Come learn about the causes, symptoms and treatments for depression. Enjoy a complimentary sandwich lunch following the presentation. You must register in advance to attend.

94014 (5/30/SA)

10:00AM-11:00AM // 12/05 // FREE





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: Laura Gore

93038 (1/16/COMP)

9:00-9:30AM // 12/20 // FREE

Ugly Christmas Sweater Contest

Wear your ugly Christmas sweater to the Senior Center on December 2nd and get your picture taken next to the Christmas tree. Pictures will be posted and members can vote on the "ugliest" sweater through Thursday, December 12th. Ugly Sweater winner will be announced at the Christmas Breakfast Bash on December 13th. The event will kick off the beginning of Christmas cookies and cider in the lobby.

See Front Desk attendant to get your picture taken.

All Day // 12/2 // 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 // 12/10 // 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 // 12/18 // FREE



Newcomer's Connection

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

94005 (1/15/Conf)
2:15PM // 12/27 // 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. All former and current book club members are welcome to attend our Christmas Party! Plan to bring a snack to share, as well as a wrapped used book for a book exchange. **Coordinator: Tammy McDonald**

- Discuss: Catching Christmas by Terri Blackstock
- Read: Becoming by Michelle Obama

94078 (1/20/Conf)
3:00-4:00PM // 12/16 // 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: Holiday Recipe

95094 (1/20/SB)
11:00AM-12:00PM // 12/27 // 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 // 12/19 // 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 // 12/13 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // 12/18 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // 12/27 // \$3 per person

Ladies 8-Ball Gathering

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

95079 (2/8/BIL)

2:00-4:00PM // 12/04 // 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 // 12/18 // 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 // 12/03 // FREE

Texas Hold'em Playoff: We've been keeping score all year, now it's time for the best of the best to compete. See the board at the Front desk to find out if you qualify to play. Pizza provided for play off participants.

Sponsor: Mike Smith, Custom Fit Insurance

95007 (5/40/MPN)

3:00-5:00PM // 12/11 // 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.**

Special Christmas Edition of Karaoke on December 16!

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 Blue Cross Blue Shield**

95006 (6/75/MPN)

2:00 - 2:30PM // 12/11 // 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.

December 12 - Nobles of Note

December 26 - Cancelled



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: Meatballs

95002 (5/100/MP)

6:00-8:30PM // 12/05 // 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.

95058 (5/75/MP)

2:00-3:30PM // 12/18 // 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.

Please note that class is cancelled on 12/13 & 12/20 due to other activities in the multi-purpose room.

92056 (5/50/MP)

11:15-12:15PM // F // FREE

Happy Hatter's Meeting

Join hostess Teresina Pedrero for an afternoon of Mexican Bingo and good food. Please bring a dish to share, the main entrée will be provided. 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/MPN)

12:30-3:00PM // 12/13 // FREE

Movies & Munchies

Movie Title: Green Book (PG-13)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation. Registration opens November 22nd.

95001 (5/75/MPN)

1:00PM // 12/06 // \$3 per person

Spud & a Show

Movie Title: Miracle on 34th Street (PG)

Join us for a Christmas movie favorite and loaded baked potato bar. In this Christmas classic, an old man going by the name of Kris Kringle fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity. Registration opens November 22nd.

95033 (5/100/MPN)

6:00PM // 12/19 // \$3 per person



December 2019

Monday

Tuesday

Wednesday

<p>2</p> <p>9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 1:00 Medicare Kiosk</p> <p>2:15 Karaoke 3:00 Getting to Know Basics</p>	<p>3 <i>UGLY CHRISTMAS SWEATER CONTEST</i></p> <p>9:00 Woodcarving 9:30 TX Hold'em 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles</p> <p>6:00 Fitness (DVD) Orientation</p>	<p>4</p> <p>10:00 Beg. Quilting 10:00 Medicare Q&A 10:00 Retirement Education Kiosk 11:00 Spanish Club</p> <p>1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 History of Aviation 2:00 Ladies 8-Ball</p>
<p>9</p> <p>9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting</p> <p>12:30 Tamale Making Demo 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics</p>	<p>10</p> <p>9:00 Woodcarving 10:00 Quilter's Lab 10:00 Windows 10 10:00 Self Defense for Seniors</p> <p>1:00 Ceramics & Wine Bottles 1:00 Donna Park Choir 2:00 Get Your Pics 2:30 Bead Mania I</p>	<p>11</p> <p>10:00 Beg. Quilting 10:00 DIY Raspberry Pi 11:00 Spanish Club 1:00 Beginner iPad/iPhone</p> <p>2:00 Knot-a-lot 2:00 Birthday Party 3:00 TX Hold'em Playoff Tournament</p>
<p>16</p> <p>9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 1:00 Medicare Kiosk</p> <p>2:15 Christmas Karaoke 3:00 Getting to Know Basics 3:00 Book Club 7:30 Night at the Artisan</p>	<p>17</p> <p>9:00 Woodcarving 10:00 Quilter's Lab 10:00 Windows 10</p> <p>1:00 Ceramics & Wine Bottles 2:30 Bead Mania II</p>	<p>18</p> <p>9:30 Suzuki String Concert 10:00 Beg. Quilting 10:00 Ask a Pharmacist 11:00 Spanish Club 11:00 Partner Pool</p> <p>12:00 42 Player Luncheon 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 Bingo in the Afternoon</p>
<p>23</p> <p>9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng</p> <p><i>12:00 SENIOR CENTER CLOSED</i></p>	<p>24 <i>Closed for Holiday</i></p> 	<p>25 <i>Closed for Holiday</i></p> <p><i>Merry Christmas</i></p>
<p>30</p> <p>9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting</p> <p>12:30 Jewelry Rep 1:00 Medicare Kiosk 2:15 Karaoke 3:00 Getting to Know Basics</p>	<p>31</p> <p>9:00 Woodcarving 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles</p> <p>12:00 Blackeyed Peas, Cornbread & a Movie 6:00 Senior Center Closed</p>	

Thursday

Friday

<p>5</p> <p>10:00 Writing Group 10:00 Healthy Together Lunch & Learn</p> <p>11:00 Ceramics & Wine Bottles 6:00 Potluck Bingo</p>	<p>6</p> <p>10:00 Café Exchng 11:15 Social Dance 1:00 Movies & Munchies 2:30 Crafty Corner I</p> <p>3:00 Restorative Yoga 6:00 Harrison Lane Student Choir</p>
<p>12</p> <p>9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles</p> <p>7:00 Dance: Nobles of Note</p>	<p>13</p> <p>9:00 Holiday Breakfast Bash 10:00 Colleyville Elem. Choir 10:00 Café Exchng 11:00 8-Ball Single Tournament</p> <p>11:00 You Can Paint with Oils 11:15 Social Dance 12:30 Happy Hatter</p>
<p>19</p> <p>9:30 Empty Bowls 10:00 Writing Group 10:00 Coloring Therapy 1:00 Ceramics & Wine Bottles</p> <p>2:30 Floral Arranging 3:00 Bunco 6:00 Spud & A Show</p>	<p>20 <i>EARLY REGISTRATION OPENS 8AM</i></p> <p>9:00 Web Trac Training 10:00 Café Exchng 11:15 Social Dance</p> <p>1:00 Christmas with Grandkids</p>
<p>26</p> <p>10:00 Writing Group 1:00 Ceramics & Wine Bottles 7:00 Dance is CANCELLED</p>	<p>27</p> <p>10:00 Café Exchng 11:00 9-Ball Singles Tournament 11:00 Culinary Club</p> <p>11:15 Social Dance 2:15 Newcomer's Connection</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

Student Choir Concerts

Get in the holiday spirit by coming out and enjoying Christmas music performed by students from area schools.

Donna Park Elementary

95024 (1/100/MPN)

1:00-1:30PM // 12/10 // FREE

Harrison Lane Elementary

95009 (1/100/MPN)

6:00-6:30PM // 12/06 // FREE

Colleyville Elementary

95018 (1/100/MPN)

10:00-10:30AM // 12/13 // FREE

Suzuki String Concert

95022 (1/100/MPN)

9:30-10:15AM // 12/18 // FREE

Tamale Making Demo

Sign up early for this annual Senior Center tradition with members Jose & Josie Calvillo. Learn how to prepare authentic Mexican tamales from beginning to end. Each participant will receive hands on experience that includes filling, rolling and steaming of the tamales. You will also receive the recipe, ½ dozen tamales to take with you, and tasting samples during demonstration. Space is limited, sign up opens November 22nd.

94016 (3/20/MPN)

12:30-2:00PM // 12/09 // \$5 per person

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

Holiday Breakfast Bash

Enjoy a festive morning of Christmas tradition and fare including a waffle station, an assorted fruit and pastry station, a selection of egg entrees, a variety of breakfast meats along with fresh coffee and juice. While you dine enjoy a painting demo by Susan Garden (painting will be raffled off at the conclusion of the Bash), and Christmas Caroling with Tina Thompson. Complimentary holiday photo opportunities with Santa will be available. Breakfast will be served 9am–9:45am and entertainment will begin at 10am.

95052 (6/150/MP)

9:00 - 11:00AM // 12/13 // \$5 per person

Christmas with Your Grandkids

Bring your grandkids to the Senior Center for an afternoon of holiday fun. Get family pictures made with Santa, play some Bingo, make a holiday craft and enjoy a cup of hot cocoa and afternoon snack while we watch a classic holiday cartoon. We will wrap up the afternoon with everyone creating their own decorated Christmas Tree treat.

95011 (6/75/MP)

1:00 - 3:00PM // 12/20 // \$5 per person

Blackeyed Peas, Cornbread & a Movie

Get ready for the New Year by taking part in this Southern tradition and eat your lucky black-eyed peas! Enjoy the movie "Oceans 11 (1960)" while you dine. Danny Ocean (Frank Sinatra) calls on some of his World War II buddies -- including Jimmy Foster (Peter Lawford), Sam Harmon (Dean Martin) and Josh Howard (Sammy Davis Jr.) -- to pull off an elaborate New Year's Eve heist at five casinos in Las Vegas. Eleven members of Danny's crew come together to pull off a perfect robbery, but they suffer a series of setbacks when Duke Santos (Cesar Romero), a former gangster, tries to thwart Ocean's plans to disappear with the money.

95054 (6/100/MP)

12:00 - 3:00PM // 12/31 // \$3 per person





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
Class cancelled on 12/26.

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
Class cancelled on 12/26.

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 // 12/12 // \$6 per bowl;
\$5 paint supply fee

91007 (1/25/SA)
9:30AM-12:30PM // 12/19 // \$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**

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: Barn Quilt Sign

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

Class cancelled 12/23.

Quilter's Lab

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

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

Crafty Corner I

Make three Christmas ornaments for your tree. **Instructor: Diana Conway**

91049 (1/8/CRB)
2:30PM // 12/06 // \$5 registration fee;
\$5 supply fee payable to instructor

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: Christmas Snow Scene



91074 (6/15/SA)
11:00AM-2:00PM // 12/13 // \$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 // 12/30 // \$5

Bead Mania I

Make a double ladder bracelet.
Instructor: Diana Conway

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

Bead Mania II

Make an elegant pearl necklace and earring set for holiday festivities.
Instructor: Diana Conway

91056 (1/8/CRB)
2:30PM // 12/17 // \$5 registration fee;
\$15 supply fee payable to instructor

Floral Arranging

Create a fresh greenery and flower centerpiece for Christmas dinner table. **Instructor: Diana Conway**

91050 (1/8/CRB)
2:30PM // 12/19 // \$5 registration fee;
\$25 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 // 12/19 // FREE

Multi-Media Painting

Classes on the use of watercolor, pastels, acrylic, and oil painting. Instructor will also guide in creating Steampunk designs using paints, recycled, and repurposed materials. Bring your own supplies.

Instructor: Victoria Pedersen

91101 (1/16/CRB)
12:15-4:00PM // M // \$25 per month

Class cancelled on 12/23.

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.

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

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 // 12/04 // FREE

92028 // 12/11 // FREE

92029 // 12/18 // FREE

Instructor: DVD

92025 (1/15/SA)

6:00-6:30PM // 12/03 // FREE

92026 (1/15/SA)

By Appt // By Appt // FREE

CANCELLATION NOTICE

Cancelled on December 13:

- Strengthen on Your Mat

Cancelled on December 18:

- Tai Chi
- Chair Volleyball (15 minute delay start)

Cancelled on December 23:

- Chair Volleyball
- Gentle Yoga
- Back Shoulders & Balance

Cancelled on December 26:

- Classic Fitness

Cancelled on December 31:

- Cardio Fitness
- Hatha Yoga
- Chair Yoga
- Classic Fitness

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

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.*

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**

92052 (3/15/MPS)

1:00-2:00PM // M // \$4 per class

Back, Shoulders & Balance

You will work to gain muscular strength, increase muscle tone and stretch with purpose in your back, shoulders and areas of balance. Expect to improve your ability to get out of bed, get out of a chair, maintain your posture and alleviate back muscle pain. **Instructor: Rosy Pritchett**

92046 (3/25/MPs)

4:30-5:15PM // M // \$2.50 per class

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**

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/CRC)

2:15-2:45PM // 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 // 12/06 // 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 2:15 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 Christmas & New Year's (December 23-January 3). Classes will resume Monday, January 6.



Hurst Senior Activities Center

CANNED FOOD DRIVE

All Donations Will Go to NEED East

DONATIONS ACCEPTED:
NOVEMBER 22 TO DECEMBER 20, 2019
700 HERITAGE CR. HURST, TX 76053

For more inquiries about donations please see Linda Rea, Director Hurst Senior Activities Center.

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

December 10 • 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

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 // 12/11 // 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

Class Cancelled 12/23.

Windows 10

Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. Please bring your laptop with you to class. **Instructor: Cecil Kearney**

93004 (1/16/Comp)

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

Week 1 - Do what you did before Wind 10

Week 2 - New and fun stuff on the tiles

Week 3 - More to do on the Start Screen

Week 4 - Fun with new search program

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



the senior pipeline

December 2019

Check out the calendar for new events and programs.

Operating hours:

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

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

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

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, TX 76053

<http://hursttx.gov/hsac>



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