

the senior pipeline



JANUARY 2020

Memorial Service

Spotlight on Tuscany

Soup & Socks for Seniors



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: hurstx.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**

Assistant Activities Coordinator: **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

Well, the holidays are just about behind us! Many of us tried really hard to stay within the budget with our gifting. . .some of us were unable to resist that particular item that would be perfect but took a little more out of our pocketbook than we intended. Most of us overate. Some of us over imbibed. The good news is it's the New Year of 2020. Now we can get back into the old routine that's normal for us.

January is the time we look forward to returning to HSAC to lower that inch we gained eating, partying, eating, imbibing, eating. Oh my. . .many of us had such a great time over the holidays! Now we are all anxious to get back where we were before all that fun happened, and catch up on how the holidays were for our HSAC friends.

First things first. If you haven't already done this, get out the plastic baggies, plastic storage containers, that Sharpie marker, and set them on your kitchen counter. Pull out one leftover from the refrigerator, identify the size container or bag you need, mark the container with your marker and put it in the freezer. (If it's too old chuck it so you don't begin the new year with food poisoning.) Continue on with the rest of the safe leftovers. Just think, you will be able to enjoy leftovers later when you don't feel like cooking.

Second on your to do list is to head over to HSAC. Register for the fun (or not so fun, whichever way you look at it) things you really need to do to get rid of that extra weight and or inches before Valentine's Day?, Easter?, Summer?. Whatever goal you want to set. Many of us impatiently want ASAP.

Me thinks it's time to look for that different kind of fun that will help us. Check the inside of this magazine to determine what kind of exercise classes you think you would like to attend. By the way, Rosey is offering a Fitness Assessment class which would be a good way to begin. Think about it!

Soup and Socks is a return event this year. Don't forget the Annual Memorial Service. It's a very special, beautiful, and meaningful way to remember and honor our HSAC members who moved to their heavenly homes in 2019.

Don't forget your favorite classes and activities. Check out the Sr. Pipeline to make sure their times and locations haven't changed. You might also find something new, interesting, or educational that you think you'd really enjoy as well.

It's never too late to make resolutions! Why not add more healthy exercise, educational classes, and fun activities at HSAC to the top of your list? It's a great way to assure you will have a Happy New Year.

On the Cover

Darlene Gray was the lucky winner of the Quilt Raffle. Proceeds from the sale of the raffle tickets directly benefitted the Senior Center. Just over \$350 was raised.



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

January 7

- Chicken Poppyseed Casserole
- Silky Gingered Zucchini Soup

January 14

- Chicken & Broccoli Pasta
- Chicken Noodle Soup

January 21

- Baked Potato
- Vegetable Beef Soup

January 28

- Italian Meatball Casserole
- Tomato Bisque Soup

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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)

9:00AM - 12:00PM // T // Studio A

Quilting

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

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

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 // W 01/08 // FREE

History of Aviation

This month's presentation will focus on the NASA Stratospheric Observatory For Infrared Astronomy Aircraft (SOFIA), Boeing 747-SP. Discussion will include astronomy missions, aircraft tour, and pictures taken of various infrared objects in space. This is a unique combination of aircraft and astronomy.

- This program will focus on the SOFIA flying from New Zealand over Anarctic searching space with its 8 feet and 2 inch Infrared telescope.
- With this telescope it can see further into space than Ground based telescopes. Sites stars and planets unidentified before.

Instructor: Bob Shultz

94030 (1/16/CRB)
 2:00-4:00PM // W 01/08 // FREE

Fitness Assessment Workshop

In a group setting, you will learn about a series of tests that can be used to assess your current fitness level for strength, endurance, and flexibility. Each test will be explained and what you can do to improve your fitness level.

92047 (1/25/COMP)
 11:00-12:00PM // F 01/10 // FREE

Online Registration Help

Come down to the Computer Resource Center on registration morning and we will walk you through registering for January classes online. You must have a WebTrac user ID and password.

Registration is not required
 8:00-9:00AM // TH 01/02 // FREE

Maximizing Social Security

This course provides a fundamental working knowledge of the Social Security program as it applies to retirement planning. The materials cover the history of Social Security, how to qualify for benefits, spousal benefits, widow & widower benefits, taxation of benefits, working while you receive benefits, issues involved in claiming benefits early, and strategies to maximize your benefits while developing an income stream in retirement. Tuition fee is waived for this class and participants will receive a complimentary workbook. Please sign up early in order to ensure the class minimum is met. Sponsored by Retirement Education Center

Instructor: Carson Graves

94084 (10/25/COMP)
 10:00-12:00PM // W 01/29 // FREE





Ask The Pharmacist

Weight Loss 101: Dietary Supplements and Prescriptions for weight loss. With the new year, many set new years' resolutions, one being weight loss. Did you know that some medications have a common unwanted side effect: weight gain? Our pharmacist will discuss this unwanted side effects of some commonly prescribed medications. He will also talk about the various dietary supplements and prescriptions that are commonly used for weight loss, their pros and cons, and what to ask your doctor in case you are looking to lose a few extra pounds. Sponsored by MidCities Pharmacy.

94087 (1/40/SA)
10:00-11:00AM // TH 01/16 // 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: Michelle Varley
93038 (1/16/COMP)
9:00-9:30AM // F 01/17 // 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 // T 01/14 & 01/28 // FREE

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 // W 01/08 // 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: Soup & Stew

95094 (1/20/SB)
11:00AM-12:00PM // F 01/17 // 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 // Th 01/23 // 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 // F 01/03 // FREE

Spanish Club

Hola! ¿Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. All are welcome!

Coordinator: Jo Ann Morgan

94004 (1/20/CRB)
11:00AM-12:00PM // W // FREE

Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes.

Coordinator: Tammy McDonald

- Discuss: Becoming by Michelle Obama
- Read: Me Before You by Jojo Moyes

94078 (1/20/Conf)
3:00-4:00PM // M 01/20 // 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 // F 1/10 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // W 01/15 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // F 1/24 // \$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 // W 01/08 // 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 // T 01/07 // FREE

95007 (5/40/MPN)

2:00-4:00PM // W 01/29 // FREE

Sponsor: Mike Smith, Custom Fit Insurance

Karaoke & Music

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

95035 (5/100/MPN)

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



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 Heartis Senior Care**

95006 (6/75/MPN)

2:00 - 3:00PM // W 01/15 // 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.

January 9 - Randy Tatarevich Band

January 23 - Pete & Patti



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: Baked Ham

95002 (5/100/MP)

6:00-8:30PM // TH 01/02 // 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 // W 01/22 // FREE

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.

Main Entree: Scrambled Eggs, Gravy & Biscuits

95015 (5/50/MPN)

8:30-9:00AM // F 01/10 // \$4

Happy Hatter's Meeting

Queen Derinda will host the meeting this month. Four (4) favorite homemade soups will be provided; members will bring side dishes and dessert for our lunch. Afterwards coloring books and colors will be furnished by Jo Ann Morgan for this cold and chilly January meeting. If you have something you would like to color, bring it too. Wear your warm red & purple attire and name badge! Please sign up so we know how many are coming. \$2 donation to the Hatter Fund is appreciated.

Coordinator: Derinda Peyton

95040 (5/30/SA)

10:30-2:00PM // F 01/10 // FREE

Movies & Munchies

Movie Title: On the Basis of Sex (PG-13)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a ground-breaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination

95001 (5/75/MPN)

1:00PM // F 01/03 // \$3 per person

Social Dance Lessons for Beginners

Learn various social dance styles for couples. You are STRONGLY urged to sign up with a partner. Instructor: Barbara Albright

Dance of the Month: Country Waltz

Please note that class will meet at Barbara's Studio on 01/17 and 01/31.

92056 (5/50/MP)

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



January 2020

Monday

Tuesday

Wednesday

		1 <i>Closed for Holiday</i> 
6 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 11:00 Widowed Persons Brunch 12:15 Multi-Media Painting 2:15 Karaoke	7 9:00 Woodcarving 9:00 HSAC Crafting 9:30 TX Hold'em 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 6:00 Fitness (DVD) Orientation	8 10:00 Beg. Quilting 10:00 Medicare Q&A 10:00 Retirement Education Kiosk 10:00 DIY Raspberry Pi 11:00 Spanish Club 1:30 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 History of Aviation 2:00 Ladies 8-Ball
13 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke	14 9:00 Woodcarving 9:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Windows 10 10:00 Self Defense for Seniors 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania I	15 10:00 Beg. Quilting 11:00 Spanish Club 11:00 Partner Pool 1:30 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 Birthday Party
20 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke 3:00 Book Club	21 9:00 Woodcarving 9:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 2:30 Floral Arranging	22 10:00 Beg. Quilting 11:00 Spanish Club 1:30 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 Bingo in the Afternoon
27 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 12:30 Jewelry Rep 1:00 Computer Squad 2:15 Karaoke 7:30 Night at the Artisan	28 9:00 Woodcarving 9:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Windows 10 10:00 Self Defense for Seniors 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania II	29 10:00 Beg. Quilting 10:00 Maximizing Social Security 11:00 Spanish Club 1:30 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 TX Hold'em Tournament

Thursday

Friday

<p>2</p> <p>8:00 Online Registration Help 10:00 Writing Group 1:00 Ceramics & Wine Bottles</p> <p>6:00 Potluck Bingo</p>	<p>3</p> <p>10:00 Café Exchng 11:15 Social Dance 1:00 Movies & Munchies 2:15 Newcomer's Connection</p> <p>3:00 Restorative Yoga</p>
<p>9</p> <p>9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles</p> <p>6:30 Painting with a Punch 7:00 Dance: Randy Tateravich Band</p>	<p>10</p> <p>8:30 Breakfast Club 10:00 Café Exchng 10:30 Happy Hatter 11:00 Fitness Assessment Workshop</p> <p>11:00 8-Ball Single Tournament 11:15 Social Dance</p>
<p>16</p> <p>10:00 Writing Group 10:00 Coloring Therapy 10:00 Ask a Pharmacist</p> <p>1:00 Ceramics & Wine Bottles</p>	<p>17 <i>EARLY REGISTRATION OPENS 8AM</i></p> <p>9:00 Web Trac Training 10:00 Café Exchng 11:00 Culinary Club 11:15 Social Dance (Meet at Studio)</p> <p>1:00 Memorial Service</p>
<p>23</p> <p>9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles 3:00 Bunco</p> <p>7:00 Dance: Pete & Patti</p>	<p>24</p> <p>9:30 You Can Paint with Oils 10:00 Café Exchng 11:00 9-Ball Singles Tournament 11:15 Social Dance</p>
<p>30</p> <p>10:00 Writing Group 11:00 Spotlight on Tuscany with Collette Tours</p> <p>1:00 Ceramics & Wine Bottles</p>	<p>31</p> <p>10:00 Café Exchng 11:15 Social Dance (Meet at Studio) 12:00 Soup & Socks for Seniors</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.

94062 (1/50/SA)

10:00AM-1:00PM // MF // FREE

Widowed Persons Brunch

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

95081 (1/16/CRC)

11:00AM-12:00PM // M 01/06 // FREE

Spotlight on Tuscany with Collette Tours

Have you dreamed of going to Italy? Now is the time! Come to this special travel presentation to hear all the details of this fabulous tour planned for February 24th - March 4th of 2021. Highlights of the tour include Florence, Pisa, Winery, Cheese Farm and more! Join Michelle as we Explore TUSCANY!

95043 (1/35/SA)

11:00AM-12:00PM // TH 01/30 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "Always... Patsy Cline". This show is more than a tribute to the legendary country singer who died tragically at age 30 in a plane crash in 1963. The show is based on a true story about Cline's friendship with a fan from Houston named Louise Seger, who befriended the star in a Texas honky-tonk in 1961, and continued a correspondence with Cline until her death.

The musical play, complete with down home country humor, true emotion and even some audience participation, includes many of Patsy' unforgettable hits...27 songs in all. Discounted ticket price is \$15 (regular ticket price is \$26!) 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 01/21 - 01/27.

95005 (3/80/Artisan Theater)
7:30PM // M 01/27 // \$15

Soup & Socks for Seniors

Help to warm the feet of Seniors and Veterans in need by bringing a pair of new socks (men or women sizes) to be distributed through MHMR of Tarrant County and area nursing care facilities. Members are welcome to bring a guest to this event, but they must be 55+, and bring a pair of socks. Please let the Front Desk know if you plan to bring a guest. Complimentary soup, cornbread, and dessert provided to all sock contributors.

95097 (3/200/MP)
12:00PM // F 01/31 // NEW pair of socks

On Display

Each month we feature a collection or exhibit in the display case in the West Hall. All members are invited to participate. Here are the themes for the first quarter of 2020.

January • Dolls

February

Special Exhibit of handmade cars and trucks by A.C. Gerdes

March • HSAC Art Show

Memorial Service

A special time of remembrance has been planned to honor loved ones that were lost in 2019. Come light a candle to show gratitude for the life they lived and for the time that was shared with them. Please make the front desk aware of anyone that should be remembered at this service. An ornament will be made in their honor and their name read as part of the service. Those that had Senior Center memberships will also be included in a slide show. Friends and family are welcome. We kindly request that you register if you plan to attend so that we can ensure adequate seating.

94034 (3/100/MPS)
1:00-2:00PM // F 01/17 // FREE





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

91003 (2/25/SA)
9:30AM-12:30PM // 01/09 // \$6 per bowl;
\$5 paint supply fee

91007 (2/25/SA)
9:30AM-12:30PM // 01/23 // \$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 January 18 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: Irish Chain Quilt
91024 (1/12/SB)
10:00AM-1:00PM // M // \$25 per month

Quilter's Lab

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

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

You Can Paint with Oils

Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. **Instructor: Susan Garden**

Painting Title: Misty Dawn in the Snow



91074 (6/15/SA)
9:30AM-12:00PM // F 01/24 // \$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 (2/8/SA)
12:30-2:00PM // M 01/27 // \$5

Bead Mania I

Make a teardrop and silver bracelet. **Instructor: Diana Conway**

91048 (2/8/CRB)
2:30PM // T 01/14 // \$5 registration fee;
\$10 supply fee payable to instructor

Bead Mania II

Make a winter white necklace and earring set. **Instructor: Diana Conway**

91056 (2/8/CRB)
2:30PM // T 01/28 // \$5 registration fee;
\$15 supply fee payable to instructor

Floral Arranging

Make a fresh winter arrangement to brighten a chilly winter day. **Instructor: Diana Conway**

91050 (2/8/CRB)
2:30PM // T 01/21 // \$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 // TH 01/16 // 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

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 // TH 01/09 // \$15 registration
\$20 supply fee payable to instructor

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 // \$3 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 // W 01/08 // FREE

92028 // W 01/15 // FREE

92029 // W 01/22 // FREE

92030 // W 01/29 // FREE

Instructor: DVD

92025 (1/15/SA)

6:00-6:30PM // T 01/07 // FREE

92026 (1/15/SA)

By Appt // By Appt // FREE

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**

Pritchett

92046 (3/25/MPS)

4:30-5:15PM // M // \$3 per class

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 // \$3 per class

Instructor: Debbie Melchoirre

92010 (5/30/MPS)

5:00PM // T // \$3 per class

Instructor: Rosy Pritchett

92009 (5/30/MPS)

8:00AM // W // \$3 per class

Instructor: Debbie Melchoirre

92011 (5/30/MPS)

5:00PM // TH // \$3 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 // \$3 per class

92050 (5/30/MPS)

9:00-9:50AM // W // \$3 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 // \$3 per class

92058 (5/30/MPS)

9:00-10:00AM // TH // \$3 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 // \$3 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 // \$3 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 // \$3 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

Yin Yoga

A slow paced style of yoga where you hold passive poses for 3-5 minutes. Yin targets the deep connective tissues of the body (vs. the superficial tissues), the fascia that covers the muscles, and helps to maintain flexibility in the joints. Poses are primarily done on the floor. **Instructor: Naomi Murphy**

92038 (3/15/MPS)

10:05-10:50AM // TH // \$3 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 // \$3 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 // F 01/03 // 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 10:05 Yin Yoga 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.

92079 (3/17/HVR) Instructor: Rosy Pritchett
10:00-10:45AM // M // \$4 per class

92077 (3/17/HVR) Instructor: Rosy Pritchett
11:00-11:45AM // M // \$4 per class

92015 (3/17/HVR) Instr.: Andrea McKnight
11:00-11:45AM // T // \$4 per class

92080 (3/17/HVR) Instructor: Rosy Pritchett
10:00-10:45AM // W // \$4 per class

92078 (3/17/HVR) Instructor: Rosy Pritchett
11:00-11:45AM // W // \$4 per class

92016 (3/17/HVR) Instr.: Andrea McKnight
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

CANCELLATION NOTICE

Cancelled on January 2-3:

- All Aquatics

Cancelled on January 31:

- Strengthen on Your Mat



SPOTLIGHT ON TUSCANY

9 DAYS | 10 MEALS

JOIN US FOR A PRESENTATION

THURSDAY, JANUARY 30, 2020 | 11:00 AM

**Hurst Senior Activity Center,
700 Heritage Cir Hurst, Texas, 76053**

RSVP OR FOR MORE INFORMATION CONTACT: **MICHELLE VARLEY**
817.788.7712 | MVARLEY@HURSTTX.GOV

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

January 14 • 2:00-3:00PM

January 28 • 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 // M 01/27 // FREE

Windows 10

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

93004 (1/16/Comp)

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

Week 1 - Do what you did before Wind 10

Week 2 - New and fun stuff on the tiles

Week 3 - More to do on the Start Screen

Week 4 - Fun with new search program

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 // W 01/08 // FREE

iPad and iPhone

Each month come learn a new skill on your iPad or iPhone. **Instructor: Fannette Welton**

Class focus:

- January - Pictures
- February - Contacts & Address Book
- March - Text Messages
- April - Internet

93042 (1/16/Comp)

9:30-10:30AM // M // FREE

Beginner iPad and iPhone

Are you new to using an iPhone or iPad? Come learn how to use your device. Each month is a repeat.

Instructor: Fannette Welton

93030 (1/16/Comp)

1:30-2:30PM // W // FREE



the senior pipeline

January 2020

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>

