

the senior pipeline



FEBRUARY 2020

Global Premier Tours Presents
Spud & a Show
Fresh Start to a Healthier You



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**

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

When did you last think about meeting, then dating, your spouse? What did you do on your dates? What made this person stand out above all the others? Trust me, it's fun to take that trip back down Memory Lane! Let me share a few of our memories to get you started.

The Young Adult Group at the church Andy was attending invited the Young Adult Group from the church I grew up in to join them for an evening. Andy was part of a hilarious skit that he had done with his fraternity in college. I was very shy then, but made an extra effort to go up and tell him how much I enjoyed it. Andy was full of energy, enthusiasm, curiosity and vitality like I had never seen. In my eyes he was bigger than life. I had never known anyone quite like him.

Our first date was to a dance. We enjoyed dancing together. Enroute to and from the dance we discovered we also loved singing. We sang wherever we went. Andy has had a beautiful voice ever since I've known him. We have always sung in church choirs. Many people told us that they have never known a person his age who still sings so beautifully. Music is an integral part of our lives. We sang in churches in England, Scotland, and a pub in Ireland while on a choir tour.

We love the outdoors! We snow skied, water-skied, ice skated, fished, hiked, camped, traveled a lot. Having a family enhanced the love we shared together and with our children.

We loved traveling! Before Kids we flew to London, picked up an MGB and spent six weeks driving around Europe, sight-seeing (made friends with a bunch of singing German students on a Rhine River trip), visiting family, hiking and camping in the Swiss Mountains with a friend, We have taken cruises with friends. We always enjoyed the dancing, entertainment, and shore excursions. Andy did a lot of traveling when he worked and whenever possible the boys and I joined him. We had so much fun together as a couple and as a family.

We are now considered Senior Citizens but that doesn't mean our lives stop, thanks to HSAC! We have taken classes, danced, played games, taken educational trips, enriched our lives, and made a lot of friends. We've even been able to bring our adult children and grandchildren to HSAC for special family events. Andy was able to participate in exercise classes he had never had time to do before, and I realized a life-long dream of having a by-line (here in the Sr. Pipeline... Thanks Michelle Varley and Linda Rae).

On the Cover

Join us for the Valentine Dance with the Bill G Band on Thursday, February 13th at 7:00 pm. Only \$6 per person payable at the door.

Life doesn't have to end just because we've become Senior Teenagers. It's just changed a bit.

As we age health issues creep upon us, unexpectedly, that we never anticipated. Eventually our lives may change a lot but we don't have to stop! We changed our routine. Though my love can no longer sing in the choir or attend church, our temporary minister gives me a copy of his sermons. I borrowed a hymnal from the church for his room and we worship together. We still sing together and say our nightly prayers over the phone. We used to go out to dinner to celebrate our anniversary. This year I was able to turn the small living room, where he is, into our own private restaurant with the help of the staff and Cheddars Restaurant. I even brought the bride and groom from our wedding cake, It was the centerpiece. To us traditions are important. We celebrated 59 years together, with sparkling grape juice in our crystal goblets, ate our favorite meal on our best china with chocolate, chocolate truffle cupcakes (yes, he's a chocoholic). Afterward he was able to take his nap: happy and content with his world. I put a small Christmas tree up in his room before Christmas. We've enjoyed remembering the places they represent from past trips.

It seems like yesterday that I met my love and my world changed forever. I went from being a very timid, shy, insecure girl to learning not to be afraid to explore dreams, to suggest possibilities to others that actually became reality. All of this happened because of the man I love.

I challenge you to make the time this February (the month of love) to take your own trip down Memory Lane. HAPPY VALENTINE'S DAY!



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

February 4

Chicken Spaghetti
Minestrone Soup

February 11

Asian Chicken Salad
Corn Chowder Soup

February 18

Baked Potato
Ham & Bean Soup

February 25

Impossible Quiche
Chicken & Wild Rice 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 Social Security, Retirement Income Planning, or anything regarding any products they own such as annuities, life insurance, mutual funds, etc. Come to this Q&A session to get answers to your questions.

Representative: Carson Graves.

94035 (1/12/Conf)

10:00-11:00AM // T 02/04 // FREE

History of Aviation

Guest speaker Bill Wait will be presenting the History and Aircraft of Bell Helicopter – The Early Years, 1940 to 1970. This presentation covers the early experimental helicopters, the successful Model 47 and other designs as well as some designs that were not so successful, the move to Hurst will also be discussed. The presentation covers the legendary Huey and it's gunship derivative the Cobra.

Instructor: Bob Shultz;

Presenter: Bill Wait

94030 (1/16/CRB)

2:00-4:00PM // W 02/05 // FREE

Basic Awareness for Seniors

Strength to protect oneself comes from an awareness of surroundings, a fearless presence, and an understanding of your capabilities. Come for this one-hour crash course on awareness and basic defensive and getaway moves. Learn to avoid situations that may promote crime; gain an understanding of situational awareness; and how to use de-escalation techniques. **Instructor:**

David Scott

95091 (1/15/MPS)

10:00-11:00AM // T 02/18 // 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 02/11&02/25 // 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 02/05 // FREE

Medicare 101: Turning 65

Sponsored by: Nations Insurance Solutions

94058 (1/30/SA)

10:00-11:00AM // W 02/26 // 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)

6:30-8:30PM // TH 02/27 // 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 // TH 02/20 // FREE

Medicare Counseling

Mike Smith, Custom Fit Insurance

Registration not required (Front Lobby)

9:00-10:00AM // M 02/03 // 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 02/21 // FREE

Hearing 101

Join us for a complimentary class to discuss your hearing needs, implications of hearing loss, communication strategies, and treatment options! Registration opens January 17th. **Sponsored by: North Hills Hearing and Balance Center**

94085 (1/25/COMP)

11:00-Noon // TH 02/06 // 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: Use nuts as an ingredient

95094 (1/20/SB)

11:00AM-12:00PM // F 02/21 // 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 02/27 // 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 02/07 // 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: Me Before You by Jojo Moyes
- Read: Anne of Green Gables by L.M. Montgomery

94078 (1/20/Conf)

3:00-4:00PM // M 02/17 // 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 // 02/12 // 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 02/14 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // W 02/19 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // F 02/28 // \$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 02/05 // 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 02/04 // FREE

95007 (5/40/MPN)

2:00-4:00PM // W 02/26 // 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!

95006 (6/75/MPN)

2:00 - 3:00PM // W 02/12 // 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!

February 13 - Bill G Band

February 27 - 92nd Roadhouse Band

Bingo in the Afternoon

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

95058 (5/75/MP)

2:00-3:30PM // W 02/19 // FREE



Potluck Bingo

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

Main Entree: Meatloaf

95002 (5/100/MP)

6:00-8:30PM // TH 02/06 // 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: Waffles & Sausage Patties

95015 (5/50/MPN)

8:30-9:00AM // F 02/14 // \$4

Happy Hatter's Meeting

Hostesses Laura Glidden & Pauline Prasad invite all Happy Hatter members to the Simplicity Tea Room for lunch followed by shopping at the Lone Star Antique Mall in Haltom City. Please RSVP by February 12 to reserve your spot to celebrate Valentine's Day. Wear your 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 02/14 // FREE

Movies & Munchies

Movie Title: Can You Ever Forgive Me? (R)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. Lee Israel is a frustrated, hard-drinking author who can barely afford to pay her rent or bills in 1990s New York. Desperate for money, Israel soon hatches a scheme to forge letters by famous writers and sell them to bookstores and collectors. When the dealers start to catch on, Lee recruits a dubious friend to help her continue her self-destructive cycle of trickery and deceit. Starring Melissa McCarthy.

95001 (5/75/MPN)

1:00PM // F 02/07 // \$3 per person

Spud & a Show

Movie Title: The One I Wrote for You (PG)

Join us for a loaded baked potato bar and movie. The One I Wrote for You tells the heartwarming story of Ben Cantor, a talented, 30-something songwriter and musician who gets a once-in-a-lifetime opportunity to finally hit it big when his precocious ten-year old daughter secretly enters him into a Reality TV show songwriting contest. As he struggles through his doubts and overcomes formidable opponents in the competition, Ben's journey captures the hearts of millions of viewers touching all those who follow his rise to stardom, fall from grace, and eventual return to what matters most: his family.

95033 (5/100/MPN)

6:00PM // TH 02/20 // \$3 per person



February 2020

Monday

Tuesday

Wednesday

3 8:00 Online Registration Help 9:00 Medicare Counseling 9:30 iPad/iPhone- 10:00 Quilter Choice 10:00 Café Exchn 12:15 Multi-Media Painting 2:15 Karaoke	4 9:00 Woodcarving 9:00 HSAC Crafting 9:30 TX Hold'em 10:00 Retirement Education Q&A 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 6:00 Fitness (DVD) Orientation	5 10:00 Beg. Quilting 10:00 Medicare Q&A 11:00 Spanish Club 12:30 Social Dance Practice 1:00 Beginner iPad/iPhone- 2:00 Knot-a-lot 2:00 History of Aviation 2:00 Ladies 8-Ball 3:00 Meet Rebecca Barcarcel
10 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchn 12:15 Multi-Media Painting 2:15 Karaoke	11 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 Floral Arranging	12 10:00 Beg. Quilting 10:00 DIY Raspberry 11:00 Spanish Club 12:00 42 Luncheon 12:30 Social Dance-Practice 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 Birthday Party
17 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchn 12:15 Multi-Media Painting 2:15 Karaoke 3:00 Book Club	18 9:00 Woodcarving 9:00 HSAC Crafting 10:00 Basic Awareness 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 2:30 Bead Mania I	19 10:00 Beg. Quilting 11:00 Spanish Club 1:00 Beginner iPad/iPhone 11:00 Partner Pool 12:30 Social Dance Practice 2:00 Knot-a-lot 2:00 Bingo in the Afternoon
24 9:30 iPad/iPhone 10:00 Quilter Choice 10:00 Café Exchn 12:15 Multi-Media Painting 12:30 Jewelry Rep 1:00 Computer Squad 2:15 Karaoke	25 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 3:30 Mardi Gras in the Lobby	26 10:00 Medicare 101: Turning 65 10:00 Beg. Quilting 11:00 Spanish Club 12:30 Social Dance Practice 1:00 Beginner iPad/iPhone 2:00 Knot-a-lot 2:00 TX Hold'em Tournament

Thursday

Friday

6 10:00 Writing Group 10:00 Global Premier Tours Presents 11:00 Hearing 101 1:00 Ceramics & Wine Bottles 6:00 Potluck Bingo	7 10:00 Café Exchng 11:30 Social Dance 1:00 Movies & Munchies 2:15 Newcomer's Connection 3:30 Restorative Yoga		
13 9:30 Empty Bowls 10:00 Writing Group 1:00 Ceramics & Wine Bottles 6:30 Painting with a Punch 7:00 Dance: Bill G Band	14 8:30 Breakfast Club 10:00 Café Exchng 10:30 Happy Hatter 11:00 8-Ball Single Tournament 11:30 Social Dance		
20 10:00 Writing Group 10:00 Coloring Therapy 10:00 Ask a Pharmacist 1:00 Ceramics & Wine Bottles 6:00 Spud & a Show	21 <i>EARLY REGISTRATION OPENS 8AM</i> 9:00 Web Trac Training 9:30 You Can Paint with Oils 10:00 Café Exchng 11:00 Culinary Club 11:30 Social Dance		
27 9:30 Empty Bowls 10:00 Writing Group 11:00 A Fresh Start to a Healthier You 1:00 Ceramics & Wine Bottles 3:00 Bunco 6:30 Maximizing Social Security 7:00 Dance: 92nd Roadhouse Band	28 10:00 Café Exchng 11:00 9-Ball Singles Tournament 11:30 Social Dance		

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

Mardi Gras in the Lobby

Join us for a Mardi Gras Reception in the front lobby. King Cake and Punch will be served as well as lots of free beads!

95084 (1/75/Front Lobby)
3:30PM-4:00PM // T 02/25 // FREE

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: Three Step

92056 (5/50/MP)
11:30-12:30PM // F // \$20 per person

Please note that class meets most Wednesdays for additional practice. See June Johnson for details.

12:30-1:30PM // W //

Global Premier Tours Presents

Pack your bags and get ready to go! Premier Global Tours has a variety of trips lined up whether you are looking to go for a day, a weekend, a week or beyond.

Presenter: Birona Aswand, Premier Global Tours.

94055 (1/35/SA)
10:00-11:00AM // TH 02/06 // FREE

Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "Suessical". Now one of the most performed shows in America, Seussical is a fantastical, magical, musical extravaganza! Tony winners, Lynn Ahrens and Stephen Flaherty (Lucky Stiff, My Favorite Year, Once on This Island, Ragtime), have lovingly brought to life all of our favorite Dr. Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, lazy Mayzie and a little boy with a big imagination - Jojo. The colorful characters transport us from the Jungle of Nool to the Circus McGurkus to the invisible world of the Whos. 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 02/25 - 03/09.

95005 (3/80/Artisan Theater)
7:30PM // M 03/09 // \$15

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 // M 02/03 // FREE

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 some of the upcoming themes:

February

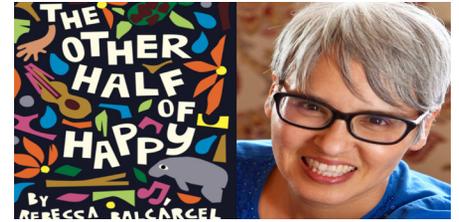
Special Exhibit of handmade cars and trucks by A.C. Gerdes

March • Teapots

April • HSAC Art Show



Meet Rebecca Barcarcel



Jumpstart your creativity in this session by author, Rebecca Balcárcel. Learn about her journey to publication and enjoy writing exercises on metaphor. She'll read excerpts from her newly published novel, THE OTHER HALF OF HAPPY, and reveal the underlying magic of figurative language. Use these techniques to capture memories, entertain loved ones, or write a book of your own!

Rebecca Balcárcel is the author of THE OTHER HALF OF HAPPY, a novel that School Library Journal calls "a must-have for all library collections." She is also a poet and essayist with over 40 pieces in literary journals. She serves the students of Tarrant County College as Associate Professor of English and loves popcorn.

Instructor: Rebecca Barcarcel

95057 (1/30/SA)
3:00-4:00PM // W 02/05 // 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 // TH 02/13 // \$6 per bowl; \$5 paint supply fee

91007 (2/25/SA)
9:30AM-12:30PM // TH 02/27 // \$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 29 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: Half Dome in the Mist



91074 (6/15/SA)
9:30AM-12:00PM // F 02/21 // \$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 02/24 // \$5

Bead Mania I

Come make a beautiful double diamond Valentine bracelet.

Instructor: Diana Conway

91048 (2/8/CRB)
2:30PM // T 02/18 // \$5 registration fee;
\$10 supply fee payable to instructor

Bead Mania II

Come make a beadcap and fancy bead necklace and earring set.

Instructor: Diana Conway

91056 (2/8/CRB)
2:30PM // T 02/25 // \$5 registration fee;
\$15 supply fee payable to instructor

Floral Arranging

Celebrate Valentine's Day with a pretty arrangement of fresh carnations and tulips! **Instructor: Diana Conway**

91050 (2/8/CRB)
2:30PM // T 02/11 // \$5 registration fee;
\$18 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 02/20 // 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 02/13 // \$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 02/05 // FREE

92028 // W 02/12 // FREE

92029 // W 02/19 // FREE

92030 // W 02/26 // FREE

Instructor: DVD

92025 (1/15/SA)

6:00-6:30PM // T 02/04 // 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 Peterson

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

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)

9:00AM // M // \$3 per class

92050 (5/30/MPS)

9:00AM // 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)

9:00AM // T // \$3 per class

92058 (5/30/MPS)

9:00AM // 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)

9:00AM // 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)

12:00PM // 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/MPN)

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)

10:15AM // 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)

1:00PM // 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)

10:00AM // 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)

10:15AM // 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)

1:00PM // 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)

3:30-4:30PM // F 02/07 // 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 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

Free
Classes!

A *Fresh Start* to a **Healthier You!**

Creating Safe and Healthier Meals

Learn the importance of food safety

Balancing Your Day

Learn how to plan meals as a way to lower stress and eat healthier

Save More at the Grocery Store

Learn different techniques and strategies to use in order to stretch food dollars

LIVE *Cooking Demos*

For additional information or questions regarding this program, please contact

Tiffany Lankford

(817)884-1294 or

tiffany.lankford@ag.tamu.edu



BETTER LIVING
FOR TEXANS

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A Fresh Start to a Healthier You

Series of three lessons designed to get a fresh start to a healthier you! Join Tiffany from Texas A&M AgriLife Extension Service for LIVE cooking demonstrations and more. Learn how to develop healthy eating patterns, read labels, ensure food safety, meal planning, and incorporate physical activity as part of a healthy lifestyle. There is a class minimum that must be met, so please register in advance in order to ensure class makes. FREE!

94042 (10/25/SA)

11:00AM-Noon // TH 02/27; 03/05; 03/12 // FREE

Get Your Pics

See a picture and want a copy? Benny Rasberry will be in the front lobby to assist you and copy pictures to your flash drive.

Tuesday

February 11 • 2:00-3:00PM

February 25 • 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 02/24 // 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 // CANCELLED

iPad and iPhone

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

Class focus:

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

93042 (1/16/Comp)

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

Class cancelled 2/3.

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)

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

Class cancelled 2/5.



the senior pipeline

February 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>



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