

the senior pipeline



MARCH 2020

BISD Adventures in Art Show

Business Expo

Grand Family Picnic



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

Spring Break is just around the corner, folks. What are you going to do to entertain the grandkids over Spring Break this year? It's always a challenge to plan things for them if you have them the entire week while parents are working; especially if you are dealing with multiple ages.

We don't have to go far from home to find fun activities. A trip to Chisholm Park offers fishing, the ducks and other birds, a hiking trail, great playground equipment, and lots of open space to play Frisbee, catch, etc. If they are lucky and catch a fish you can use one of the outdoor grills to prepare lunch or dinner. If they aren't, and you are so inclined, you can grill hot dogs or hamburgers while the grandkids are playing on the playground equipment nearby. Afterwards the cooled down coals are perfect for some S'Mores.

One of the best Spring Break activities the kids always look forward to is the Grand Family Picnic in the park in front of HSAC. The last couple of years In-and-Out Burger has donated free box lunches which is a special treat for everyone who gets there early enough to receive one. Inflatable slides, a bounce house, a picnic lunch, being able to run around outdoors with other kiddos, a free cupcake, and musical entertainment are all available.

One great thing about this event is it is fun for all ages. If your grandkids are now grown up you can still attend and enjoy watching all the youngsters running around, or just sitting visiting with your HSAC friends while you wait for this year's entertainment to begin.

This year's entertainment, Satellite, a modern party band, promises to be very special. Be sure to mark March 11, 2020 on your calendar now so you don't miss this exciting Annual Event.

On the Cover

Dr. Michael Ganschow with Back in Motion Family Chiropractic a vendor at the HSAC Business Health & Benefits Expo.



Membership Information

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

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

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

Senior Center Membership Fees:

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

the senior pipeline

Lunch Program

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

The lunch program policies and details are as follows:

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

Upcoming Entrée Menu

March 3

King Ranch Casserole
Potato Soup

March 10

Baked Potato
Chicken & Wild Rice Soup

March 17

Chef Salad
Irish Stew

March 24

Lasagna
Tomato Bisque Soup

March 31

Dani's Taco Salad
Chicken Tortilla Soup

In This Issue

Open Activities.....	5	Social Programs & Special Events.....	14-15
Education & Workshops & Technology.....	6-7	Creative Arts	16-17
Fun & Games & Groups.....	8-9	Exercise & Fitness.....	18-20
Social Programs & Special Events.....	10-11	Aquatics.....	21
Calendar	12-13	Education & Workshops & Technology.....	23

Games

"42"

1:00 - 4:00PM // MWF // Game Room

Billiard's Room

See calendar for organized games. Open daily.

Chicken Foot

1:00 - 3:00PM // TF // MPN

Canasta

Tuesdays Hand & Foot

10:00AM - 4:00PM // T // CRA

2:00 - 5:00PM // T // MPN

2:00 - 5:00PM // TH // CRC

Wednesdays Samba

10:00AM - 1:00PM // W // CRC

Pinochle

1:00 - 5:00PM // MW // CRA

Marbles & Jokers

Lessons available.

10:00AM - Noon // TH // CRC

1:00 - 3:00PM // F // CRA

Mah Jongg

Lessons available.

2:00 - 4:00PM // M // CRC

10:00AM - Noon // W // Game Room

Ping Pong

9:00AM - Noon // WF // CRA

Party Bridge

8:00AM - Noon // TTH // Game Room

10:00AM - Noon // F // Game Room

Duplicate Bridge

12:30 - 4:00PM // TTH // Game Room

Ginasta

1:00 - 5:00PM // T // CRC

Rummikub

1:00 - 3:00PM // WTH // CRA

Scrabble

1:00 - 3:00PM // W // CRC

Health & Exercise

Chair Volleyball

92012 (1/40/MPN)

10:15AM - 12:30PM // MW // MPN

3:00PM - 5:00PM // TH // MPN

Walking Group

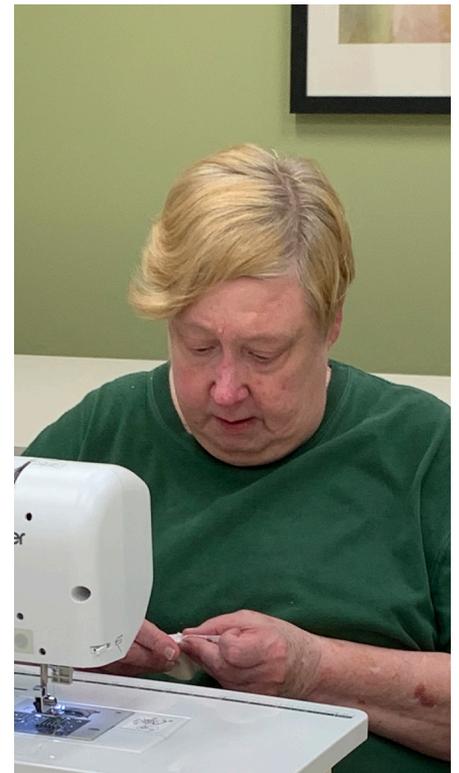
14 laps make a mile!

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 Q&A

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 03/03 // FREE

Why Do I Need A Will?

Many people do not think they need a Will (or they just refuse to give it any thought). They are not aware of all the reasons a Probate Court proceeding might be required when they die, and they do not realize the problems and unnecessary expense that can result if they do not have at least a simple Will. This presentation will reveal why a Will is important in Texas, as well as the many problems that can be avoided by having a Will. **Instructor: Dean Owen, Attorney**

94088 (1/30/SA)

10:00-11:00AM // W 03/18 // FREE

Online Registration Help

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

Registration is not required

8:00-9:00AM // M 03/02 // FREE

Medicare Q&A and More

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

94015 (1/15/Conf)

10:00-11:00AM // W 03/04 // FREE

History of Aviation

Eric Walden will be presenting (1) Today's Drones and Ubanias, (2) followed by today's legislation, and (3) Federal Aviation's Agency's ability to control Drones and Ubanias. Instructor: Bob Shultz;

94030 (1/16/CRB)

2:00-4:00PM // W 03/04 // FREE

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/MPN)

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

Smart DriverTEK Workshop

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

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

Instructor: Raymond Schecter

94049 (5/35/COMP)

1:00-2:30PM // T 03/17 // 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 03/19 // FREE

Hearing Aid Checks

Hearing aids need special care to work correctly. Your hearing aid will work better and last longer if you take care of it. Stop by for a free hearing aid check sponsored by Miracle Ear.

Registration not required (Front Lobby)
10:00-11:00AM // TH 03/05 // FREE

WebTrac Training

Do you dislike waiting in line? Prefer to sign up for classes at your leisure? Let us help you learn your way around our online registration system. Please be sure to have the Front Desk create your user ID and password before coming to class.

Instructor: Michelle Varley

93038 (1/16/COMP)
9:00-9:30AM // F 03/27 // 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 03/10 & 0324 // FREE

Chronic Pain Management

Come to this FREE workshop on chronic pain self-management. This interactive program includes group discussion with a focus on:

- Dealing with frustration, weakness, pain and loneliness
- Exercises that help you feel better longer
- Medicine and using it right
- How to tell family, friends and doctors what you feel
- What to eat; Making good, healthy choices

Tarrant County Public Health

94070 (10/20/SB)
1:00-3:00PM // TH // FREE

Class meets for 6-weeks beginning March 19 - April 23.



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 cheese as an ingredient

95094 (1/20/SB)

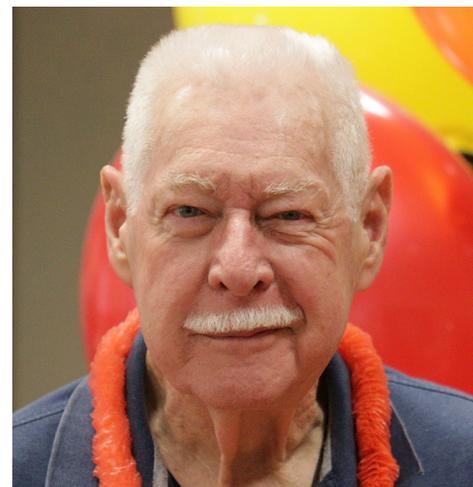
11:00AM-12:00PM // F 03/27 // FREE

Bunco

Fun, social dice game that requires no skill, but lots of luck. Sponsor: Brown & Freeman.

95092 (5/30/CRA)

3:00 - 4:30PM // Th 03/26 // FREE



Newcomer's Connection

Are you new to the Senior Center? Want to get involved? Have questions about our programs? Come to this overview of all HSAC has to offer. **Instructor: Staff**

94005 (1/15/Conf)

2:15PM // F 03/06 // 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: Anne of Green Gables by L.M. Montgomery
- Read: Defending Jacob by William Landay

94078 (1/20/Conf)

3:00-4:00PM // M 03/16 // 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 03/13 // \$3 per person

Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // W 03/18 // FREE

9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // F 03/27 // \$3 per person

Ladies 8-Ball Gathering

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

95079 (2/8/BIL)

2:00-4:00PM // W 03/04 // 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 03/03 // FREE

95007 (5/40/MPN)

2:00-4:00PM // W 03/25 // 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! **Sponsor: Safer Senior Life, Blythe Williamson.**

95006 (6/75/MPN)

2:00 - 3:00PM // W 03/11 // FREE

Monthly Dances

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

Dance the night away or just listen to some fabulous music! Open to seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out!

March 12 - Pete & Patti

March 26 - Randy Tatarevich Band



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: Shepard's Pie

95002 (5/100/MP)

6:00-8:30PM // TH 03/05 // FREE

Bingo in the Afternoon

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

95058 (5/75/MP)

2:00-3:30PM // W 03/18 // 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: Breakfast Tacos

95015 (5/50/MPN)

8:30-9:00AM // F 03/13 // \$4

Happy Hatter's Meeting

Hostess Judy Brown has planned a fun outing to the CR Smith Museum. Meet at the Senior Center for a brief meeting, then the group will head to the Museum, followed by lunch at Raven's Grille Restaurant inside the Texas Star Golf Course Clubhouse. Tickets to the Museum are \$6, payable at the door. 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)

10:00-2:00PM // F 03/13 // FREE

Movie & Munchies

Movie Title: The Iron Lady (PG-13)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. In her twilight years, former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her late husband, Denis (Jim Broadbent). Daughter of a Grantham grocer, she successfully broke through a double-paned glass ceiling of gender and class. Thatcher became the first female prime minister of the United Kingdom and remained as such for 11 consecutive years, until declining popularity forced her to resign.

95001 (5/75/MPN)

1:00PM // F 03/06 // \$3 per person

Artist Call

All members of HSAC are asked to contribute their artwork to our exhibit. We will accept sculptures, impressionist art, watercolor postcards, posters, modern art installations, and many more! All art must be clearly labeled on the back of each piece with first name, last name, and phone number. Artists are encouraged to bring their own easel for display purposes. Limit of 3 large items and 2 small items per artist. Artist can offer their work for sale. Art must be clearly labeled on the FRONT with the artists contact information.

Art Show Coordinators: Elaine Wicker;
Michelle Varley

Exhibit Dates: April 1 - April 30, 2020

Exhibit Set Up: March 31, 9am - 5pm

Exhibit Take Down: May 1, 9am - 5pm



March 2020

Monday

Tuesday

Wednesday

<p>2</p> <p>8:00 Online Registration Help 10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke</p>	<p>3</p> <p>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 11:00 Skin Cancer Talk 1:00 Ceramics & Wine Bottles 4:30 Adventures in Art Reception</p>	<p>4</p> <p>10:00 Beg. Quilting 10:00 Medicare Q&A 11:00 Spanish Club 12:30 Social Dance Practice 2:00 Knot-a-lot 2:00 History of Aviation 2:00 Ladies 8-Ball</p>
<p>9</p> <p>10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke 7:30 Night at the Artisan</p>	<p>10</p> <p>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 6:00 Fitness (DVD) Orientation</p>	<p>11</p> <p>9:30 Empty Bowls 10:00 Beg. Quilting 11:00 Spanish Club 11:00 Grand Family Picnic 12:30 Social Dance Practice 2:00 Knot-a-lot 2:00 Birthday Party</p>
<p>16</p> <p>10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke 3:00 Book Club</p>	<p>17 Show us Your Green!</p> <p>9:00 Woodcarving 9:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 1:00 AARP Drivers TEK Workshop</p>	<p>18</p> <p>10:00 Why Do I Need a Will? 10:00 Beg. Quilting 11:00 Spanish Club 11:00 Partner Pool 12:30 Social Dance Practice 2:00 Knot-a-lot 2:00 Bingo in the Afternoon</p>
<p>23</p> <p>10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 12:30 Jewelry Rep 1:00 Computer Squad 2:15 Karaoke</p>	<p>24</p> <p>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</p>	<p>25</p> <p>10:00 Beg. Quilting 11:00 Spanish Club 12:30 Social Dance Practice 1:00 Make & Take 2:00 Knot-a-lot 2:00 TX Hold'em Tournament</p>
<p>30</p> <p>10:00 Quilter Choice 10:00 Café Exchng 12:15 Multi-Media Painting 2:15 Karaoke</p>	<p>31</p> <p>9:00 Woodcarving 9:00 HSAC Crafting 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles</p>	 <p>BISD Art Shows</p> <p>Adventures in Art Exhibit March 3 - 6, 2020</p>

Thursday

Friday

<p>5</p> <p>10:00 Writing Group 10:00 Free Hearing Aid Checks 11:00 A Fresh Start to a Healthier You 12:00 Multi-Media Painting</p> <p>1:00 Ceramics & Wine Bottles 2:00 Photography 101 6:00 Potluck Bingo</p>	<p>6</p> <p>10:00 Café Exchng 11:30 Social Dance 1:00 Movie & Munchies 2:15 Newcomer's Connection</p> <p>3:30 Restorative Yoga</p>
<p>12</p> <p>10:00 Writing Group 11:00 A Fresh Start to a Healthier You 12:00 Multi-Media Painting 1:00 Ceramics & Wine Bottles</p> <p>2:00 Photography 101 7:00 Dance: Pete & Patti</p>	<p>13</p> <p>8:30 Breakfast Club 10:00 Café Exchng 10:00 Happy Hatter's Meeting 11:00 8-Ball Single Tournament</p> <p>11:30 Social Dance</p>
<p>19</p> <p>10:00 Writing Group 10:00 Coloring Therapy 10:00 Ask a Pharmacist 12:00 Multi-Media Painting</p> <p>1:00 Ceramics & Wine Bottles 1:00 Chronic Pain Management 2:00 Photography 101</p>	<p>20 <i>EARLY REGISTRATION OPENS 8AM</i></p> <p>9:30 You Can Paint with Oils 10:00 Café Exchng</p> <p>11:30 Social Dance (Meet at Studio)</p> <p>Business, Health & Benefits Expo 10:00am - 12:00pm</p>
<p>26</p> <p>9:30 Empty Bowls 10:00 Writing Group 12:00 Multi-Media Painting 1:00 Ceramics & Wine Bottles</p> <p>1:00 Chronic Pain Management 2:00 Photography 101 3:00 Bunco 7:00 Dance: Randy Tatarevich Band</p>	<p>27</p> <p>9:00 Web Trac Training 10:00 Café Exchng 11:00 9-Ball Singles Tournament 11:00 Culinary Club</p> <p>11:30 Social Dance</p>
<p>Hurst Public Library Genealogy Workshop Thursday, March 12, 2020 3:00 - 5:00pm</p> <p><i>(Contact the Library for details)</i></p>	

Announcements

Chair Massage

Wednesdays, 3 - 5pm

Therapist: Leticia Duenas

\$1 per minute; By Appointment

Notary Public

Need something notarized? The Senior Center has notaries on staff. We do recommend that you call and make an appointment. Notary service is FREE to Senior Center members.

Blood Pressure Checks

Blood pressure checks are available the first Thursday of each month from 10-11 a.m. Sponsored by Right at Home.

Fax Service

The Senior Center can fax your documents. Please complete a fax cover page. Fax service is only .10 cents per page.

Print Copies

Need a copy made or to print a document from our computer resource center? Printing is only .10 cents per page.



Cafe Exchange

Join this enthusiastic and engaged group of individuals who enjoy sharing thoughts, ideas, stories, and conversation. Please note that meeting space may change based on other programs.

94062 (1/50/SA)

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

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 //

Show Us Your Green!

Happy St. Patrick's Day! Let's see who can wear the most green in honor of this Irish holiday. Wear your green and stop by the Front Desk to get your picture made. All wearers of green will receive a complimentary treat!

Registration is not required

7:00AM-7:00PM // T 03/17 // 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

Grand Family Picnic

Join us during spring break for some fun in the park at Heritage Village Park in front of the Hurst Senior Activities Center! This event begins at 11 a.m. with free games, activities, and a touch-a-truck exhibit. Our friends at In-N-Out Burger will be serving the first 800 participants in line a FREE box lunch! You can also enjoy a complimentary treat courtesy of the City of Hurst. Then, at noon, rock out to a live performance from modern party band, Satellite. Bring your lawn chairs or a blanket and don't miss out on this outdoor event for the whole family! Hosted by: City of Hurst Community Services Department.

Registration is not required
11:00-2:00PM // W 03/11 // 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:

March • Teapots

April • HSAC Art Show

May • Wedding Photos

BISD Adventures in Art

HSAC will be hosting the BISD district art show, Adventures in Art. The exhibit features the work of special needs students and will be on display March 3 - 6. Plan to meet the artist and the teachers at the come and go reception on Tuesday, March 3. Light refreshments will be served.

91104 (5/150/MPN)
4:30-6:00PM // T 03/03 // FREE

Skin Cancer Talk

Learn about the different types of skin cancer, how to look for possible cancerous spots, treatment options and types of MOHS skin cancer surgery. Attendees will receive a "goodie" bag full of skin-care products. Sponsored by: Warthan Dermatology MOHS Skin Cancer Surgery Center.

94056 (3/25/COMP)
11:00-Noon // T 03/03 // 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 // W 03/11 // \$6 per bowl;
\$5 paint supply fee

91007 (2/25/SA)
9:30AM-12:30PM // TH 03/26 // \$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 02/26 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: Little Lonestar

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: Alamo at Sunrise



91074 (6/15/SA)

9:30AM-12:00PM // F 03/20 // \$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 03/23 // \$5

Bead Mania I

Come make a cobalt tile bead bracelet. **Instructor: Diana Conway**

91048 (2/8/CRB)

2:30PM // T 03/10 // \$5 registration fee; \$10 supply fee payable to instructor

Bead Mania II

Come make a green/blue bead & loop necklace and earring set.

Instructor: Diana Conway

91056 (2/8/CRB)

2:30PM // T 03/24 // \$5 registration fee; \$15 supply fee payable to instructor

Make & Take

Come to this guided craft making class. All supplies are provided and everyone will leave with a finished product. **Instructor: Catherine Moreno, Humana.**

Project: Glass Magnet Set

91037 (1/12/SB)

1:00-3:00PM // W 03/25 // FREE

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 03/19 // FREE

Multi-Media Painting

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

Instructor: Victoria Pedersen

91101 (1/16/CRB)

12:15-4:00PM // M // \$25 per month

91027 (1/16/CRB)

12:00-4:00PM // TH // \$25 per month

Fitness Room

Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you must wear closed-toed shoes with rubber soles and backs (no slip-ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

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 03/04 // FREE

92028 // W 03/11 // FREE

92029 // W 03/18 // FREE

92030 // W 03/25 // FREE

Instructor: DVD

92025 (1/15/SA)

6:00-6:30PM // T 03/10 // FREE

92026 (1/15/SA)

By Appt // By Appt // FREE

Personal Training

Personal trainers **Rosy Pritchett** and **Andrea McKnight** are available to assist you in reaching your individual health and fitness goals. They will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Please specify trainer preference. Appointments are scheduled directly with the trainer.

Rosy Pritchett: 92020, 92041

\$40 per hour

Andrea McKnight: 92004, 92005

\$40 per hour

Back, Shoulders & Balance

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

92046 (3/25/MPS)

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

Classic Fitness

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. *Class fees are waived for SilverSneakers, Renew Active, and Silver& Fit members.*

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. **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 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. **Instructor: Rosy Pritchett**

92061 (3/25/MPN)

10:15AM // F // \$3 per class

No class on 3/20 due to Expo

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. First half of class is seated, second half is standing. Class focusses on core strengthening, standing poses, increased range of motion and flexibility. **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)

3:30-5:00PM // F 03/06 // Class fee \$5

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Classic Fitness 9:00 Silver & Fit Excel 10:00 SS Splash 10:15 Kundalini Yoga 10:15 Chair Volleyball 11:00 SS Splash 1:00 Gentle Yoga 4:30 Back, Shoulders & Balance	9:00 Fit Start 10:00 Water Wellness 11:00 SS Splash 12:00 Cardio Fitness 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 Classic Fitness	8:00 Classic Fitness 9:00 Silver & Fit Excel 9:00 Tai Chi 10:00 SS Splash 10:15 ZUMBA Gold 10:15 Chair Volleyball 11:00 SS Splash 1:00 Yoga Fitness 1:00 Fitness Orientation 2:15 Meditation 4:00 Non-Contact Boxing	9:00 Fit Start 10:00 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.

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

700 HERITAGE CR. HURST 76053 817.788.7710

Business, Health & Benefits Expo



Connect with local businesses and service providers

**FRIDAY, MARCH 20, 2020
10 AM - 12 PM
HURST SENIOR ACTIVITIES CENTER**

The Hurst Senior Activities Center is pleased to host this annual Expo event for the senior adult community . We hope you will take this opportunity to gather useful information and to meet service and product providers you need.

95062 (1/400/MP)

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

March 10 • 2:00-3:00PM

March 24 • 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

Photography 101

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

93010 (1/6/Comp)

2:00-3:30PM // TH // 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**

Class begins March 10th.

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

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 03/23 // FREE



the senior pipeline

March 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>

