

# the senior pipeline



APRIL 2020

AARP Driver Safety Training

Talent Show

Document Shredding



***HSAC IS CLOSED UNTIL APRIL 20th***

## 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](http://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

Do you ever think back to the time you were in elementary, high school or college? Many of us went from elementary directly into high school because junior high school had not been part of the education system back then. Was there a teacher, instructor, or mentor who made a special impression on you in a way that inspired you to work harder or change your behavior? Did you ever have an educator go above and beyond what they were required to do that made an impact on you. . . maybe on your life?

Our son is a Special Education Jr High teacher. One of his many hobbies is juggling. I imagine at some point or other during class he began juggling something. One of his students asked him if he would teach him how to juggle, which he is doing. The student's parent sent our son a thank you note telling him how much she appreciated him spending this extra time with her child. She felt it was helping her child's attitude and attention. Soon more students wanted to learn how to juggle so our son is now sponsoring a juggling group at school and trying to figure out how to go about getting a grant to help provide the equipment the students will each need.

Will these kids look back on their lives when they've grown up and remember his name. Possibly. . . maybe some will. Juggling requires a lot of eye-hand coordination and full attention which some of these kids may need in class.

Fortunately, we Senior Teenagers at HSAC have already learned the alphabet, math, history, science, music, etc., etc. We know we can still explore new things and increase our knowledge because HSAC is making that possible. The gift given by the staff is that if there is something we'd like to learn they listen. Though it might not happen tomorrow, it frequently shows up later on. Our staff is very conscientious about hiring qualified educators and instructors. I think we all can agree that each of our instructors is really awesome!

The week of April 27th, 2020 is being designated as Instructor Appreciation Week at HSAC. Please take some time this week to "Show and Tell" each of our instructors how much we appreciate them. Whatever you want to do as an individual, or a class, will be appreciated by your instructors. Just let's make sure that we let them all know we appreciate them.

## On the Cover

FREE!! Drive through Document Shredding for Senior Center members, Friday, April 17th, 1-3pm.



## 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

**April 7**

Chicken Pot Pie  
Chicken Noodle Soup

**April 14**

Orzo Veggie Salad with Chicken  
Broccoli Cheese Soup

**April 21**

Baked Potato Bar  
Chicken & Sausage Gumbo

**April 28**

Taco Cornbread Casserole  
Vegetable Beef 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 //

92003 (1/40/MPN)

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

### 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

## Wills, Trusts & Nursing Home Asset Protection Workshop

At this workshop, expect to learn:

- The Advantages and Disadvantages of Wills and Living Trusts.
- How to plan before you need Long Term Care or Medicaid qualification to help pay for nursing home expenses which are over \$5k per month locally.
- Learn how to protect your home and other assets from devastating nursing home expenses. You don't have to be destitute to qualify for Medicaid
- How probate works and how you can avoid probate altogether.
- How to protect your beneficiaries from losing their inheritance to creditors, divorce, government claims, and lawsuits.
- How to distribute your estate to the people you choose.
- How to address the needs of each of your beneficiaries now and how to adjust to their changing needs after you die.
- How to avoid guardianship proceedings if you become incapacitated or disabled.

**Sponsor: McGee Law Firm**

94088 (1/30/SA)

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

## 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 get answers to your questions. **Representative: Carson Graves.**

94035 (1/12/Conf)

10:00-11:00AM // T 04/07 // 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 04/01 // FREE

## History of Aviation

The Pteranodons, the flying reptile, that flew 60,000,000 to 220,000,000 years ago. This unique creature could fly up to altitudes of 10,000 feet and non-stop range of 25,000 miles. Come learn about this incredible flying animal. **Instructor: Bob Shultz**

94030 (1/16/CRB)

2:00-4:00PM // W 04/01 // FREE

## Wellmed Health Talk

Learn to stay healthy and informed from this leader in health care delivery systems through up to date medical information and resources. Complimentary Panera Bread breakfast included. Pre-registration is required.

94056 (5/25/SA)

9:00 - 10:00AM // W 04/01 // 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 04/21 // 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 04/14 & 04/28 // FREE



## Rehab Therapy

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Learn about the three disciplines of therapy: physical, occupational and speech therapy and the benefits they offer. Presented by: Tamara Martin, Director of Christian Care Outpatient Therapy Center.

94093 (1/30/SA)

1:00-2:00PM // W 04/08 // FREE

## Online Registration Help

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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 // W 04/01 // FREE

## Wills & Trusts

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Probate is the formal legal process that gives recognition to a will and appoints the executor or personal representative who will administer the estate and distribute assets to the intended beneficiaries. Come learn what you need to know to ensure your estate is in order. Sponsored by Nations Insurance Solutions.

94090 (1/40/SA)

11:00AM-12:00PM // TH 04/09 // FREE

## Ask a Pharmacist

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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 04/16 // FREE

## Chronic Pain Management

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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: Pasta

95094 (1/20/SB)

11:00AM-12:00PM // F 04/24 // 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 04/23 // 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 04/03 // FREE

## Spanish Club

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

**Coordinator: Jo Ann Morgan**

94004 (1/20/CRB)

11:00AM-12:00PM // W // FREE

## Book Club

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

**Coordinator: Tammy McDonald**

- Discuss: Defending Jacob by William Landay
- Read: The Moment of Lift: How Empowering Women Changes the World by Melinda Gates

94078 (1/20/Conf)

3:00-4:00PM // M 04/20 // 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 // W 04/15 // FREE

## Billiard's Corner

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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 04/03 // \$3 per person

### Partner Pool

Partners to be determined.

95086 (7/14/BIL)

11:00AM-2:00PM // W 04/15 // FREE

### 9-Ball Singles Tournament

Light lunch provided.

95029 (8/24/BIL)

11:00AM-4:00PM // F 04/24 // \$3 per person

### Ladies 8-Ball Gathering

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

95079 (2/8/BIL)

2:00-4:00PM // W 04/01 // FREE

## Woodcarving Group

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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

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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

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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 04/07 // FREE

95007 (5/40/MPN)

2:00-4:00PM // W 04/22 // FREE

### Sponsor: Mike Smith, Custom Fit Insurance

## Karaoke & Music

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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

Please note that on 4/13 regular Karaoke is cancelled so that we may have a Talent Show Rehearsal. All participants are encouraged to attend.



## 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!

April 9 - Nostalgies

April 23 - Classic Country

## 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. **Sponsor: Marie Verneralle, Golden Outlook.**

95058 (5/75/MP)

2:00-3:30PM // W 04/15 // 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: Beef Stroganoff

95002 (5/100/MP)

6:00-8:30PM // TH 04/02 // 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: Tricia Spurrier Group, Keller Williams**

95006 (6/75/MPN)

2:00 - 3:00PM // W 04/08 // FREE

## Widowed Persons Brunch

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

95081 (1/16/CRC)

10:00-11:00AM // M 04/06 // 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 Links

95015 (5/50/MPN)

8:30-9:00AM // F 04/24 // \$4

## Happy Hatter's Meeting

Please note that this meeting is on the 1st Friday of the Month. Hostess Hazel Zak has planned a Spring Welcome with a trip to the Fort Worth Botanic Garden and butterfly exhibit tour. We'll start with lunch at Romano's Macaroni Grill followed by the tour of the Gardens. Garden entrance fee is \$10 per person. 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 04/03 //

## Movie & Munchies

Movie Title: Me Before You (PG-13)

Join us as we offer a movie with "munchies" – including popcorn, drinks and a snack. Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

95001 (5/75/MPN)

1:00PM // F 04/03 // \$3 per person

## AARP Driver Training Workshop

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

**Instructor: John Chreno**

94049 (5/12/Conf)

8:30AM-12:30PM // W 04/08 // FREE



## Monday

## Tuesday

## Wednesday

<p><b>Instructor Appreciation Week is April 27 - May 1</b></p> <p>Members are encouraged to share their appreciation of our HSAC instructors!</p> <p><b>ALL INSTRUCTORS should stop by the Front Desk sometime during the week to receive a token of HSAC's appreciation.</b></p>		<p><b>1</b></p> <p><b>8:00</b> Online-Registration Help  <b>10:00</b> Beg. Quilting  <b>9:00</b> Wellmed-Health Talk  <b>10:00</b> Medicare Q&amp;A  <b>11:00</b> Spanish Club  <b>12:30</b> Social Dance-Practice  <b>2:00</b> Knot-a-lot  <b>2:00</b> History of Aviation  <b>2:00</b> Ladies 8-Ball</p>
<p><b>6</b></p> <p><b>10:00</b> Widowed Persons Brunch  <b>10:00</b> Quilter Choice  <b>10:00</b> Café Exchng  <b>12:15</b> Multi-Media Painting  <b>2:15</b> Karaoke</p>	<p><b>7</b></p> <p><b>9:00</b> Woodcarving  <b>9:00</b> HSAC Crafting  <b>9:30</b> TX Hold'em  <b>10:00</b> Retirement-Education Q&amp;A  <b>10:00</b> Quilter's Lab  <b>10:00</b> Windows 10  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>6:00</b> Fitness (DVD) Orientation</p>	<p><b>8</b></p> <p><b>8:30</b> AARP Driver Training  <b>10:00</b> Beg. Quilting  <b>11:00</b> Spanish Club  <b>12:30</b> Social Dance-Practice  <b>1:00</b> Rehab Therapy  <b>2:00</b> Knot-a-lot  <b>2:00</b> Birthday Party</p>
<p><b>13</b></p> <p><b>10:00</b> Quilter Choice  <b>10:00</b> Café Exchng  <b>12:15</b> Multi-Media Painting  <b>2:15</b> Talent Show- Rehearsal (Karaoke Canceled)</p>	<p><b>14</b></p> <p><b>9:00</b> Woodcarving  <b>9:00</b> HSAC Crafting  <b>10:00</b> Quilter's Lab  <b>10:00</b> Windows 10  <b>10:00</b> Self Defense for Seniors  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>2:00</b> Get Your Pics  <b>2:30</b> Bead Mania I</p>	<p><b>15</b></p> <p><b>10:00</b> Beg. Quilting  <b>11:00</b> Spanish Club  <b>11:00</b> Partner Pool  <b>12:00</b> 42-Player Luncheon  <b>12:30</b> Social Dance-Practice  <b>2:00</b> Knot-a-lot  <b>2:00</b> Bingo in the Afternoon</p>
<p><b>20</b></p> <p><b>10:00</b> Quilter Choice  <b>10:00</b> Café Exchng  <b>12:15</b> Multi-Media Painting  <b>2:15</b> Karaoke  <b>3:00</b> Book Club</p>	<p><b>21</b></p> <p><b>9:00</b> Woodcarving  <b>9:00</b> HSAC Crafting  <b>10:00</b> Quilter's Lab  <b>10:00</b> Windows 10  <b>10:00</b> Basic Awareness  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>2:30</b> Floral Arranging</p>	<p><b>22</b></p> <p><b>10:00</b> Beg. Quilting  <b>11:00</b> Spanish Club  <b>12:30</b> Social Dance Practice  <b>1:00</b> Make &amp; Take  <b>2:00</b> Knot-a-lot  <b>2:00</b> TX Hold'em Tournament</p>
<p><b>27</b></p> <p><b>10:00</b> Quilter Choice  <b>10:00</b> Café Exchng  <b>12:15</b> Multi-Media Painting  <b>12:30</b> Jewelry Rep  <b>1:00</b> Computer Squad  <b>2:15</b> Karaoke  <b>7:30</b> Night at the Artisan</p>	<p><b>28</b></p> <p><b>9:00</b> Woodcarving  <b>9:00</b> HSAC Crafting  <b>10:00</b> Quilter's Lab  <b>10:00</b> Windows 10  <b>10:00</b> Self Defense for Seniors  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>2:00</b> Get Your Pics  <b>2:30</b> Bead Mania II</p>	<p><b>29</b></p> <p><b>10:00</b> Beg. Quilting  <b>11:00</b> Spanish Club  <b>12:30</b> Social Dance Practice  <b>2:00</b> Knot-a-lot  <b>3:00</b> Meet Rebecca Barcarcel</p>

## Thursday

## Friday

<p><b>2</b></p> <p><b>10:00</b> Wills, Trusts, &amp; Nursing Homes  <b>10:00</b> Writing Group  <b>12:00</b> Multi-Media—Painting  <b>1:00</b> Ceramics &amp; Wine Bottles</p> <p><b>1:00</b> Chronic Pain Management  <b>6:00</b> Potluck Bingo</p>	<p><b>3</b></p> <p><b>10:00</b> Café Exchng  <b>10:00</b> Happy Hatter's Meeting  <b>11:00</b> 8-Ball Single Tournament  <b>11:30</b> Social Dance</p> <p><b>1:00</b> Movie &amp; Munchies  <b>2:15</b> Newcomer's Connection  <b>3:30</b> Restorative Yoga</p>
<p><b>9</b></p> <p><b>9:30</b> Empty Bowls  <b>10:00</b> Writing Group  <b>11:00</b> Wills &amp; Trusts  <b>12:00</b> Multi-Media—Painting  <b>1:00</b> Ceramics &amp; Wine Bottles</p> <p><b>1:00</b> Chronic Pain Management  <b>7:00</b> Dance: Nostalgics</p>	<p><b>10</b> <b>HSAC IS CLOSED</b></p>  <p><i>Good Friday</i></p>
<p><b>16</b></p> <p><b>10:00</b> Writing Group  <b>10:00</b> Coloring Therapy  <b>10:00</b> Ask a Pharmacist  <b>12:00</b> Multi-Media—Painting</p> <p><b>1:00</b> Ceramics &amp; Wine Bottles  <b>1:00</b> Chronic Pain Management  <b>6:00</b> Talent Show</p>	<p><b>17</b> <i>EARLY REGISTRATION OPENS 8AM</i></p> <p><b>9:00</b> Web Trac Training  <b>10:00</b> Café Exchng  <b>11:30</b> Social Dance</p> <p><b>1:00</b> Document Shredding</p>
<p><b>23</b></p> <p><b>9:30</b> Empty Bowls  <b>10:00</b> Writing Group  <b>12:00</b> Multi-Media Painting  <b>1:00</b> Ceramics &amp; Wine Bottles</p> <p><b>1:00</b> Chronic Pain Management  <b>3:00</b> Bunco  <b>7:00</b> Dance: Classic Country</p>	<p><b>24</b></p> <p><b>8:30</b> Breakfast Club  <b>9:30</b> You Can Paint with Oils  <b>10:00</b> Café Exchng  <b>11:00</b> 9-Ball Singles Tournament</p> <p><b>11:00</b> Culinary Club  <b>11:30</b> Social Dance  <b>7:00</b> Concert in the Park</p>
<p><b>30</b></p> <p><b>10:00</b> Writing Group  <b>12:00</b> Multi-Media Painting  <b>1:00</b> Ceramics &amp; Wine Bottles  <b>6:00</b> Restorative Yoga</p>	<p><i>Heritage Village Presents</i></p> <p><b>FREE!</b></p> <p><i>Concert in the Park  Friday, April 24th  7:00 pm—8:00 pm</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: Two 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 //

## Document Shredding

Start your spring cleaning by clearing out your old files. Bring your papers and documents to the Senior Center to be shredded. All shredded material is securely recycled. By participating you will save trees, water, landfill space, oil and electricity!

Registration is not required

1:00-3:00PM // F 04/17 // FREE

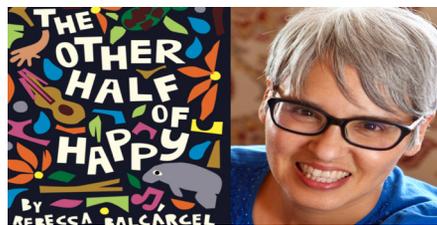
## Night at the Artisan

The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "The Music Man". The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize - this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall. 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 04/23 - 04/27.

95005 (3/80/Artisan Theater)  
7:30PM // M 04/27 // \$15



## 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 04/29 // FREE

## Talent Show

Come enjoy the talents of our very own HSAC members. You may find yourself surprised by the creative, artistic and other abilities of those that you interact with everyday! Want to be in the show? Contact Linda Provence to be included in the program. Talent Show participants are asked to attend the rehearsal on 4/13 at 2:15pm. **Sponsor: Hurst Plaza Nursing & Rehabilitation**

95027 (5/130/MP)  
6:00-8:00PM // TH 04/16 // 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:

- April • HSAC Art Show
- May • Wedding Photos
- June • Stock Cars & Kiddie Cars Collection by Tom Wicker
- July • Vacation Photos



## 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 04/09 // \$6 per bowl; \$5 paint supply fee

91007 (2/25/SA)  
9:30AM-12:30PM // TH 04/23 // \$6 per bowl; \$5 paint supply fee

## Beginner Quilt Making

Come learn all the basics of quilting. Students must bring their own machine to the Center and should know the basic use of their machine. Please plan to attend an orientation class on 03/26 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

## Floral Arranging

Decorate your front door with a Doggie/Cat Wreath to celebrate the arrival of Spring! **Instructor: Diana Conway**

91050 (2/8/CRB)  
2:30PM // T 04/21 // \$5 registration fee; \$25 supply fee payable to instructor

## You Can Paint with Oils

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

**Painting Title: Honolulu Beach**



91074 (6/15/SA)  
9:30AM-12:00PM // F 04/24 // \$15  
registration \$20 supply fee payable to instructor

## Glass Fusion

Learn to cut glass and more as you create a pendant for a necklace.

**Instructor: Diana Conway**

91073 (1/10/CRB) - Glass Fusion Lessons  
By Appt // By Appt // \$15 & 2 piece limit

Once you have taken a lesson, bring your own supplies and make items to be fired. Center and staff are not responsible for outcome of pieces.

91092 (1/10/SA) - Open Glass Fusion  
By Appt // By Appt // \$1 for 2 pieces

## Jewelry Repair

Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. \$5 repair fee for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. **Instructor: Diana Conway**

91026 (2/8/SA)  
12:30-2:00PM // M 04/27 // \$5

## Bead Mania I

Celebrate Spring and Easter with a glass pearl and crystal bracelet and earrings. **Instructor: Diana Conway**

91048 (2/8/CRB)  
2:30PM // T 04/14 // \$5 registration fee;  
\$10 supply fee payable to instructor

## Bead Mania II

Come make a sherbet colored necklace set and earring set.

**Instructor: Diana Conway**

91056 (2/8/CRB)  
2:30PM // T 04/28 // \$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: Tissue Jar**  
91037 (1/12/SB)  
1:00-3:00PM // W 04/22 // 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 04/16 // FREE

## Multi-Media Painting

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

**Instructor: Victoria Pedersen**

91101 (1/16/CRB)  
12:15-4:00PM // M // \$25 per month  
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 04/01 // FREE

92028 // W 04/08 // FREE

92029 // W 04/15 // FREE

92030 // W 04/22 // FREE

92031 // W 04/29 // FREE

**Instructor: DVD**

92025 (1/15/SA)

6:00-6:30PM // T 04/07 // 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. 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. 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 04/03 // Class fee \$5

92039 (3/14/MPS)

6:00-7:30PM // TH 04/30 // Class fee \$5

## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00</b> Classic Fitness <b>9:00</b> Silver & Fit Excel <b>10:00</b> SS Splash <b>10:15</b> Kundalini Yoga <b>10:15</b> Chair Volleyball <b>11:00</b> SS Splash <b>1:00</b> Gentle Yoga <b>4:30</b> Back, Shoulders & Balance	<b>9:00</b> Fit Start <b>10:00</b> Water Wellness <b>11:00</b> SS Splash <b>12:00</b> Cardio Fitness <b>2:30</b> Hatha Yoga <b>3:45</b> Chair Yoga <b>5:00</b> Classic Fitness	<b>8:00</b> Classic Fitness <b>9:00</b> Silver & Fit Excel <b>9:00</b> Tai Chi <b>10:00</b> SS Splash <b>10:15</b> ZUMBA Gold <b>10:15</b> Chair Volleyball <b>11:00</b> SS Splash <b>1:00</b> Yoga Fitness <b>1:00</b> Fitness Orientation <b>2:15</b> Meditation <b>4:00</b> Non-Contact Boxing	<b>9:00</b> Fit Start <b>10:00</b> Yin Yoga <b>10:00</b> Water Wellness <b>11:00</b> Ageless Grace <b>11:00</b> SS Splash <b>12:30</b> Beginner Line Dance <b>1:00</b> Improver Line Dance <b>1:45</b> Intermed. Line Dance <b>3:00</b> Chair Volleyball <b>5:00</b> Classic Fitness	<b>10:00</b> Unstructured Swim <b>10:15</b> Strengthen on Mat <b>11:00</b> 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



**THURSDAY, APRIL 16th, 6:00-8:00 PM**

**HURST SENIOR CENTER WILL HAVE OUR  
1st TALENT SHOW!**

**SONGS, JOKES, MAGIC, DANCE, KARATE,  
HULA-HOOP, POEMS, JUGGLING, PLAY  
INSTRUMENT, YO-YO TRICKS, LIP-SYNC,  
ETC, ETC, ETC**

**PLEASE SEE LINDA PROVENCE**

## 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**

**April 14 • 2:00-3:00PM**

**April 28 • 2:00-3:00PM**

## Computer Resource Center

The Computer Resource Center is always open during regular operating hours for members. Check in at the front desk to obtain an access key. No food or drinks are allowed.

## Private Computer Lessons

Get help with your computer problems. Instructor may vary depending on topic or area of training. Limited assistance is available for laptops and other devices. Sign up at the front desk and an instructor will contact you.

93005 (1/1/Comp)

By appointment // \$5 / 30 minute lesson

## 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 04/17 // FREE

## 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 04/27 // FREE

## Windows 10

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

93004 (1/16/Comp)

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

**Week 1** - Do what you did before Wind 10

**Week 2** - New and fun stuff on the tiles

**Week 3** - More to do on the Start Screen

**Week 4** - Fun with new search program



# the senior pipeline

## April 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  
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