

the senior pipeline



September 2020

New Virtual Programs
Frozen Friday Drive-Thru
Puzzle Exchange



HURST SENIOR
ACTIVITIES CENTER

700
HERITAGE
CIRCLE

Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on Facebook:
[@HurstSeniorActivitiesCenter](https://www.facebook.com/HurstSeniorActivitiesCenter)

September 2020

Monday

Tuesday

Wednesday

	<p>1</p> <p>1:00 Chair Yoga (Virtual only)</p>	<p>2</p> <p>12:00 Fun & Fitness for 55+ (Virtual Only)</p>
<p>7</p> <p>9:00 Fun & Fitness for 55+ (Virtual only)</p> <p>City Offices Closed for Holiday</p>	<p>8</p> <p>1:00 Chair Yoga (Virtual only)</p>	<p>9</p> <p>10:00 LifeGift Organ Donation Webinar 12:00 Fun & Fitness for 55+ (Virtual Only)</p>
<p>14</p> <p>9:00 Fun & Fitness for 55+ (Virtual only)</p>	<p>15</p> <p>11:00 Mind Fit Webinar 1:00 Chair Yoga (Virtual only)</p>	<p>16</p> <p>12:00 Fun & Fitness for 55+ (Virtual Only)</p>
<p>21</p> <p>9:00 Fun & Fitness for 55+ (Virtual only)</p>	<p>22</p> <p>10:00 Ask a Pharmacist: Boost Your Immunity 1:00 Chair Yoga (Virtual only)</p>	<p>23</p> <p>12:00 Fun & Fitness for 55+ (Virtual Only)</p>
<p>28</p> <p>9:00 Fun & Fitness for 55+ (Virtual only)</p>	<p>29</p> <p>1:00 Chair Yoga (Virtual only)</p>	<p>30</p> <p>12:00 Fun & Fitness for 55+ (Virtual Only)</p>

Senior Pipeline Tidings by Linda Rea

We may not be back face to face, but we are excited to start getting together virtually!

Many of us have lived long enough to see many things in our lives, good and bad. However, I don't think we have ever experienced anything like the past few months. 2020 has definitely been a different kind of year and has presented us with great challenge. I want to commend you all for your patience, resilience, and perseverance during these trying times. Our Senior Center won't look like it did before March 13th when we closed. Rest assured, eventually it will. In the meantime, we celebrate the opportunity to be with you as we navigate the "New Normal".

While a re-opening date is yet to be determined we will begin offering enhanced virtual programming September 1. Please see the calendar for days and times that you can participate in group exercise, webinars and other activities. These programs will be brought to you via Zoom meetings. If you are not familiar with Zoom, we will help you! Just give us a call and we will walk you through how to "Join a meeting".

We hope you will all accompany us as we launch into this virtual phase of re-opening. As a staff, we have missed your smiling faces, great story telling and boisterous, joyful laughter. In short, we are ready to have you back, but for now, we will have to be together virtually.

Thursday

Friday

3

11:00 Coloring Therapy (Virtual only)
5:30 Yoga with Debbie (Virtual only)

4

8:30 Walk Across Texas Group Walk

10

11:00 Coloring Therapy (Virtual only)
1:00 Ask a Pharmacist: PPE 101
5:30 Yoga with Debbie (Virtual only)

11

8:30 Walk Across Texas Group Walk

17

11:00 Coloring Therapy (Virtual only)
5:30 Yoga with Debbie (Virtual only)

18

8:30 Walk Across Texas Group Walk

24

11:00 Coloring Therapy (Virtual only)
5:30 Yoga with Debbie (Virtual only)

25

8:30 Walk Across Texas Group Walk
2:00 Frozen Friday Drive-Thru A
2:30 Frozen Friday Drive-Thru B



PUZZLE EXCHANGE

Got puzzles you have worked and want to trade? Bring your puzzle to the Senior Center and exchange it for a different one. Exchange hours 10a—3pm

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Program Descriptions

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.

Instructor: Rosy Pritchett
92090 // W // 12 - 12:45p
92091 // M // 9 - 9:45a

Ask A Pharmacist

Session 1: PPE 101 Open discussion on masks, gloves, and sanitizers so you can understand the differences and know which is best for you.

Instructor: Aemad Aslam
94097 // TH 09/10 // 1 - 1:30p

Session 2: Boost Your Immunity
Learn about 4 regular supplements to take to boost your immune system against COVID-19

Instructor: Aemad Aslam
94098 // T 09/22 // 10 - 10:30a

Yoga with Debbie

Class focuses on core strengthening, balance, increased range of motion and flexibility through seated and standing poses. Class will meet via Facebook Live.

Instructor: Debbie Melchiorre
92093 // TH // 5:30 - 6:30p

Chair Yoga

Yoga with modifications. While seated on chairs, students will do twists, hip stretches, forward bends, mild backbends and other poses. Keep a water bottle near.

Instructor: Debbie Melchiorre
92092 // T // 1 - 1:45p

Coloring Therapy

Let's get together via Zoom and color adult style. Need supplies? Contact the Senior Center.

Instructor: Michelle Varley
91099 // TH // 11a - 12p

Mind Fit Webinar

Attend this Zoom meeting hosted by Home Care Assistance to learn how to keep your brain young and healthy.

Instructor: Dave Parks
94096 // T 09/15 // 11a - 12p

LifeGift Organ Donation Webinar

Want to know more about organ and tissue donation?

Instructor: Kristina Ruiz-Healy
94095 // W 09/09 // 10 - 11a

Frozen Friday Drive-Thru

Missed Frozen Friday this summer. Here is your chance to drive-thru for a FREE frozen treat! Please sign up for one of the two times offered to help us with traffic control and social distancing, wear a mask and stay in your car at all times.

Sponsored By: Dave Parks, Home Care Assistance
95100 // F 09/25 // 2 - 2:30p
95101 // F 09/25 // 2:30 - 3p

COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom. A meeting ID and password are required in order to participate. To receive the meeting ID and password, please register for each class online or by calling the Hurst Senior Center at (817) 788-7710.

All classes are FREE! Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering these classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of class registration or by calling the Senior Center.