HAPPENING THIS MONTH:
July 11
Ham Orchards
July 18
Coffee with a Cop
July 19
The Happy Feet
July 25
Candytopia

REGISTRATION FOR JUNE EVENTS AND CLASSES
BEGIN JUNE 17

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SENIOR CENTER INFORMATION

200 S. Jefferson St., Irving, TX 75060
Phone: (972) 721-2496 | Fax: (972) 721-3744 | Website: CityOfIrving.org/Heritage

SENIOR CENTER
Hours of Operation
8 a.m. to 9 p.m. Mon, Thurs and Fri
8 a.m. to 10 p.m. Tuesday
8 a.m. to 5 p.m. Wednesday
9 a.m. to 1 p.m. Saturday
Closed Sunday

AQUATIC CENTER
(972) 721-7310
50-up Swim Hours
Monday-Friday: 8 to 11:30 a.m.
Monday Night: 5:30 to 9 p.m.
Seniors are welcome to swim during public swim hours.

SENIOR CENTER LIBRARY
Mon: 11:30 a.m.—6 p.m.; 8—8:45 p.m.
Tues: 8—10 a.m.; 3:30—9:45 p.m.
Wed: 8—9:30 a.m.; 11 a.m.—4:45 p.m.
Thurs: 8 a.m.—6 p.m.
Fri: 11:30 a.m.—8:45 p.m.
Sat: 9 a.m.—12:45 p.m.

STAFF

ANN GILLESPIE
Supervisor
MARIA ROJAS
Senior Recreation Specialist
PAT DAVENPORT
Recreation Specialist
ANDREA DIAZ
Recreation Specialist
T.J. FRIEDEL
Recreation Specialist
KIARA BROWN
Part-time Recreation Specialist

MAKENZIE ROMERO
Staff Assistant
JAMIE DRAPER
Senior Office Assistant
CECIELE RODRIGUES
Part-time Office Assistant
CAROL ARIETTI
Part-time Office Assistant
RAY WEBB
Part-time Driver
ELI ROBLES
Part-time Driver
CAROLINA RAMIREZ
Part-time Driver

KEITH GRIFFIS
Part-time Driver
KAY TOMPKINS
Part-time Kitchen Aide
EVA CLAYTON
Part-time Kitchen Aide
MIKE CASTILLO
Custodian
EVELIA GONZALES
Part-time Custodian
FRANK WILLIAMS
Part-time Custodian

2019 ADVISORY COUNCIL

JERRY TURNER
President
TBA
1st Vice President
PATSY MCMURRAY
2nd Vice President
JOEL KENNEMER
Secretary
CAROL HINRICHS
Director
MARY MCINTIRE
Director

WILLIE FAYE RICHARDSON
Director
JOSIE HUSTED
Alternate Director
DULA BROCK
Alternate Director
BETTY BASQUEZ
Alternate Director
JANET WALL
Advisor to the Council
JAMES STEWART
Park Board

The Advisory council meets the second Monday of the month from 1 to 2:30 p.m. in the ballroom.
Guests may attend the Heritage Senior Center meetings under these guidelines: Any discussion by a guest must be placed on the agenda at least one week prior to the meeting, unless otherwise authorized. Any open discussion by a guest shall not exceed six minutes. Also as this council is not subject to the State of Texas Open Meetings Act, the council reserves the right to close a portion, or all, of any meeting from the general membership population to discuss matters of a sensitive or private nature.
Lulu is such a blessing to the volunteer staff here at the Heritage Senior Center. She is dependable, kind, and always willing to go above and beyond her assistance with assigning lunch tickets. Thank you for all you do!

**LULU SANTOS**

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**Dentistry of Las Colinas**

**Byron L. Mitchell, DDS**

**(972) 717-1100**

– Creating Irving Smiles for over 27 years! –

**25% Senior Discount** OR **$250 off any crown, partial or full denture**
(neither discount valid with PPO or discount dental plans)

Ask about our convenient Care Credit financing!

**$59 Emergency/Toothache Exam & X-Rays**

**New Patient Special $59**

Initial Exam, Cleaning & Necessary X-Rays (Excludes gum disease)

FOR NEW PATIENTS ONLY WITHOUT INSURANCE

We accept all major credit cards
dentistryoflascolinas.com • 4040 N. MacArthur Blvd., Suite 206 • Irving, Texas 75038

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**Gifts, Jewelry and Handmade Treasures**

Monday-Friday
9 a.m. to 4:30 p.m.

For more information, call
Pat Davenport (972) 721-7313
In order to become a member* of the Heritage Senior Center and take advantage of the wonderful events and classes, one must be 50 and older and provide two proofs of residency. (current state photo ID and bill, statement or anything showing your name and current address.) For corporate memberships proof of work residency through address on paystub and a photo ID.

*Dedicated Caregivers and/or guardians (under 50) who are assisting in the care of an HSC member are welcome and may accompany the member as their helper, but they cannot participate in activities and classes/fitness, billiards room or trips. Basic information and emergency information will be required from the caregiver.

** Irving Resident: $10 annually
** Non resident: $30 annually
** Corporate membership: $25 annually for those 50-up and working within Irving city limits.

** Under 50 Pass: $5 annually to participate in eligible classes and registration form.
** Member-for-a-Day Pass: $3 per day
** Fitness Room Day Pass: $8 per day

DALLAS AREA AGENCY ON AGING

LUNCH PROGRAM
For seniors 60-up suggested donations of $1 or more are appreciated. For seniors under 60, lunch is $6.25. Lunch is served at 11:30 a.m. Monday through Friday. Tickets are available from 9:10 a.m. to 11:25 a.m. or until gone. Membership is not required to take part in the lunch program, but participants will be required to fill out an intake form at the front desk in order to be eligible. The lunch program is sponsored by the City of Irving, Dallas Area Agency on Aging and the Texas Department of Health and Human Services.

TRANSPORTATION
The Heritage Senior Center offers morning transportation to and from qualifying members homes, Monday through Friday, free of charge. Must be 60-up without any means of transportation including DART. Complete an application form at the front desk. Availability is limited. Facility Use Card Ordinance 25-1.4 requires all patrons, 12 and older who attend any recreation facility, to purchase a photo ID card. This is included in the membership application.

AQUATIC CENTER
The Heritage Aquatic Center is open to the public and membership is not required. Anyone 50-up may swim for free and participate during all senior and public swim hours. See schedule or call (972) 721-7310.
We’ll have a biscuit and gravy breakfast courtesy of our friends from West Fork! We’ll also have a fruit dessert (pie or cobbler) with ice cream! We’ll honor America with the music of Danny Romo, who will do a concert of patriotic music! You can participate in some fun activities while you’re taking a break from dancing! Sign the Declaration of Independence or take a picture with Uncle Sam! Sign-up is required, register today in the Heritage office by 4 p.m. July 1st!
## AT-A-GLANCE: ON-GOING CLASSES

### MONDAY
- **8:45 a.m.** Aerobics
- **9:30 a.m.** Texercise Classic*
- **10 a.m.** Tai Chi for Arthritis/Balance
- **10 a.m.** Fit 4 Life
- **10 a.m.** ESL*
- **10:45 a.m.** Qi Gong Art of Relaxation
- **10:45 a.m.** Assisted Chair Yoga
- **10:15 a.m.** 42 (Domino)*
- **12:30 p.m.** Beginner Bridge*
- **2:00 p.m.** The Lively Steppers*
- **5:30 p.m.** Zumba Gold
- **6 p.m.** Yoga
- **6 p.m.** Bingo*
- **6/7 p.m.** Hula/Hula Part B
- **7 p.m.** Heritage Singers (2nd and 4th Mon.)*

### TUESDAY
- **8:20 a.m.** Stretch and Tone
- **9 a.m.** Woodcarving*
- **10 a.m.** Gospel Singing*
- **10 a.m.** Advanced Computer Group*
- **12:15 p.m.** 42 (Dominos)*
- **12:30 p.m.** Hand and Foot*
- **1:00 p.m.** Busy Fingers Quilting Club*
- **6 p.m.** Aerobics
- **6:30 p.m.** Ceramics
- **7 p.m.** Tuesday Night Dance

### WEDNESDAY
- **8:45 a.m.** Aerobics
- **9:30 a.m.** History by the Slice
- **9:30 a.m.** Texercise*
- **10 a.m.** Blood Pressure Screening (3rd Wed.)*
- **10 a.m.** Nutrition 101 (2nd Thurs.)*
- **10 a.m.** Tai Chi for Arthritis and Fall Prevention
- **10 a.m.** ESL (English as Second Language)*
- **10:45 AM** Qi Gong the Art of Relaxation
- **10:45 AM** Assisted Chair Yoga
- **Noon** Yoga
- **1 p.m.** Line Dance
- **1:30 p.m.** Open Jam Session*

### THURSDAY
- **8:20 a.m.** Stretch and Tone
- **10 a.m.** Bingo
- **12:15 p.m.** 42 (Domino)*
- **12:30 p.m.** Hand and Foot*
- **12:30 p.m.** Intermediate Bridge*
- **1 p.m.** Beginning Tap
- **1 p.m.** Fitness Room Orientation (2nd and 4th Thurs. Appt. only)*
- **2:45 p.m.** Intermediate Tap Dance
- **6 p.m.** Aerobics
- **6 p.m.** Bunko
- **7 p.m.** Book Club (3rd Thurs.)*
- **7 p.m.** Writing Club (no meeting on 3rd Thurs.)*

### FRIDAY
- **8:45 a.m.** Aerobics
- **9 a.m.** Ceramics
- **9 a.m.** Mah Jongg*
- **10 a.m.** Fit 4 Life
- **10 a.m.** Investor’s Information Exchange*
- **Noon** Canasta*
- **1 p.m.** The Spanish Club*
- **5:30 p.m.** Texas Hold’em (2nd and 4th Fri.)
- **5:30 p.m.** Zumba Gold

### SATURDAY
- **9:30 a.m.** Yoga

*Free activity with current membership
July is Park and Recreation Month!
Join us in the ballroom
Tuesday, July 16
10 to 11:15 a.m.
For fun and games! We will have
ping pong, Jenga and board games.
Come and get your game on!
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<td>The 3G Experience</td>
<td>Dallas World Aquarium</td>
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<td>Numerology</td>
<td>Parks and Recreation Celebration</td>
<td>Breakfast at the Heritage</td>
<td>Coffee with a Cop</td>
<td>The Happy Feet</td>
<td>DART Meeting</td>
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<td>6 to 7 p.m.</td>
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<td>Lunch Bunch @ Lockhart BBQ</td>
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<tr>
<td>Registration for August activities!</td>
<td>Cooper Street Antique Mall &amp; Tea Room</td>
<td>Paint ’N Sip</td>
<td>Candytopia</td>
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<td>Carter Eye Center 9:30 a.m. to 12:30 p.m.</td>
<td>9:30 a.m. to 2:30 p.m.</td>
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<td>Live, Laugh, Learn 9 a.m. to 4 p.m.</td>
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<td>Marinara Chicken</td>
<td>Smoked Sausage</td>
<td>Independence Day</td>
<td>Hamburger Patty ~</td>
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<td>Meatballs ~</td>
<td>Black-eyed Peas</td>
<td>Chili Cheese Dog</td>
<td>Sliced Cheese</td>
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<td>Lemon Herb Pasta</td>
<td>Country Vegetables</td>
<td>Coleslaw</td>
<td>Lettuce and Tomato</td>
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<td>Peas and Carrots</td>
<td>Corn Muffin</td>
<td>Baked Beans</td>
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<td>Breadstick</td>
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<tr>
<td>Beef Spanish Rice</td>
<td>Shredded BBQ Pork *</td>
<td>Oven Fried Chicken Thigh</td>
<td>Beef Hot Dog</td>
<td>Margarita Chicken</td>
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<td>Chuckwagon Corn</td>
<td>Macaroni and Cheese</td>
<td>Scalloped Potatoes</td>
<td>Baked Beans</td>
<td>Pinto Beans</td>
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<td>Cauliflower</td>
<td>Medley Cabbage</td>
<td>Braised Carrots</td>
<td>Coleslaw</td>
<td>Zucchini and Tomatoes</td>
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<td>Sugar Cookie</td>
<td>Fresh Orange</td>
<td>Frosting Birthday Cake</td>
<td>Spiced Pineapple Tidbits</td>
<td>Banana Pudding</td>
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<td>BBQ Pork Rib Patty *~</td>
<td>Beef Spaghetti with Meatballs</td>
<td>Honey Glazed Turkey</td>
<td>Chicken Alfredo</td>
<td>Hamburger Patty ~</td>
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<td>Parsley Rice</td>
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<td>Italian Green Beans</td>
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<td>Turkey Pot Pie</td>
<td>Creole Beef ~</td>
<td>Oven Fried Chicken Thigh</td>
<td>Christmas in July</td>
<td>Pork Carintas*</td>
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<td>Broccoli</td>
<td>Cajun Rice</td>
<td>Mashed Spiced Yams</td>
<td>Turkey Breast with Gravy</td>
<td>Charro Beans</td>
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<td>Country Tomatoes</td>
<td>Mixed Greens</td>
<td>Spring Vegetable</td>
<td>Rosemary Potatoes</td>
<td>Beef Braised Carrots</td>
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<td>Dinner Roll</td>
<td>Wheat Bread</td>
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<td>Cheesy Brussels Sprouts</td>
<td>Flour Tortilla</td>
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<td>Parmesan Chicken ~</td>
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<td>Macaroni and Cheese</td>
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BOOK CLUB
7 to 8 p.m. Thursday, July 18 | Free
Meets 3rd Thursday in the HSC library. 50-up only.
The wonderful Britney Cossey will be the leader for this interesting and entertaining group.
July selection is:
“Eleanor Oliphant Is Completely Fine” By Gail Honeyman

INVESTOR’S INFORMATION EXCHANGE
10 to 11:30 a.m. Fridays | Free
Meets in the computer lab. 50-up only. Discussion group concerning the DOW and investment markets.

HISTORY BY THE SLICE
9:30 to 11 a.m. Wednesdays | Free
Meets in the Library. 50-up only. Explore the past and exercise your mind.

THE SPANISH CLUB
1 to 2:30 p.m. Fridays | Free
Meets in the ballroom. 50-up only. Come practice your Spanish skills in a group setting while discussing different topics.

WRITING AND YOU
7 p.m. Thursdays (does not meet on 3rd Thurs.) Free
Meets in the Craft Room. 50-up only.
First Thursday: Techniques of writing; Learn the basics and get some tips and tricks of writing.
Second Thursday: Creative Writing Circle—Bring four double-spaced pages of current work and get feedback. 10 minute limit for each writer. This is discussion, not criticism, all writing is welcome.
Fourth Thursday: Writer’s Forum; Discussions on topics related to writing such as publishing and/or work from well-known authors. Share samples of your writing. Guest speakers will be hosted.

ADVANCED COMPUTER CLUB
10 to 11:30 a.m. Tuesdays | Free
Meets in the computer lab. 50-up only. Tips and techniques for computer users to help you stay on top of skills.

“TECHNOLOGY SATURDAY”
10 to 11 a.m. Saturday, July 20
FREE! Smartphone and Tablet Apps: Review of common Apps (texting and photography included), installing and uninstalling apps, configuring home screens, Wi-Fi utilization and more. Android, iOS (Apple) and Windows operating systems. Ed’s regular one-on-one assistance for portable devices will now only be available by appointment only. Contact Ed at (214) 498-5353.

ESL: ENGLISH AS A SECOND LANGUAGE
10 to 11:30 a.m.
Mondays and Wednesdays
FREE! 50+ only. Join Instructor Len Wheeler for free English as a Second Language classes. Meets in Room C. Registration required.
Did you know that the ancient science of numerology can help you reveal your life path? Numerology is the study of the letters in, names, and ideas. In this class we will be using your date of birth and birth name to reveal who you are, your deepest values, and the challenges you may have to face. Please leave your name and the date of the birth up front at sign ups. Deadline to sign up is July 8.

Tuesday, July 23
5 to 7 p.m.
$7 supplies included

In the Dining Room
The Heritage Senior Center will be hosting another Paint n’ Sip! Let your inner Picasso thrive while being led by a professional painter. We will have fun refreshments for sipping during this unforgettable event. All supplies are included. Space is limited. Sign up by July 16.
AEROBICS - MORNING CLASSES
8:45 to 9:45 a.m.
Mondays, Wednesdays & Fridays
Meets in ballroom.
$15 per month. 50-up only.
Join aerobics instructor Barbara Garrett for an energetic and fun workout. Beginner to advanced.

AEROBICS - EVENING CLASSES
6 to 7 p.m.
Tuesdays and Thursdays
Meets in Room A and B
$15 per month. Open to 18-up.

TEXERCISE
9:30 to 10:30 a.m.
Mondays and Wednesdays
Room A & B
Light fitness activity and health discussions. FREE

STRETCH AND TONE
8:20 to 9:30 a.m.
Tuesdays and Thursdays
Meets in ballroom. $5 per month. 50-up only. Tone and flex muscles in this low-impact class to help improve movement and balance standing, sitting or lying on the floor.

YOGA
6 to 7 p.m. Mondays
Meets in Library
Noon to 1 p.m. Wednesdays
Meets in Room A/B
9:30 to 10:30 a.m. Saturdays
Meets in Room A/B

ASSISTED CHAIR YOGA
Mondays & Wednesdays
10:45 to 11:45 a.m.
Meets in Room A/B.
$8 per class/ $35 for the month

TAI CHI FOR ARTHRITIS/FALL PREVENTION
10 to 10:40 a.m.
Mondays and Wednesdays

QI GONG AND THE ART OF RELAXATION
10:45 to 11:20 a.m.
Mondays and Wednesdays
Meets in the ballroom.
$5 per month for both Tai Chi and Qi Gong. 50-up only. Dave Moore will guide through balance and stability, not only for the physical self but for the mindful self as well.

FIT 4 LIFE
10 to 11 a.m.
Mondays and Fridays
Meets in A/B and Ballroom.
$35 per month. Open to 18-up
Join personal trainer and health coach Joy Reed where she will be focusing on joint stability, mobility, flexibility, posture, balance, conditioning and core strength.

ZUMBA GOLD
5:30 to 6:30 p.m.
Mondays and Fridays
Meets in Ballroom.
$25 per month or $5 per class. Open to 18-up.
Instructor Chris Francis is back and ready to start the year off right with this fun and upbeat exercise class!

WALKING CLUB
8 to 9 a.m.
Mondays, Wednesdays, and Fridays
FREE! We will walk from Heritage to Centennial Park, for a minimum of one hour. (weather permitting) *MR

FITNESS ROOM MEMBERSHIPS
One Month: $7.50
Three Months: $17.50
Six Months: $27.50
One Year: $50.00
50-up only

FITNESS ROOM ORIENTATIONS
FREE by appointment only
Andrea Diaz—(972) 721-7314
Kiara Brown—(972) 721-7315 (evenings only)
TJ Friedel—(972) 721-7315
National Avocado Day Celebration

Wednesday, July 31
10 a.m.
FREE
Ripe for the picking, enjoy this delicious super fruit and join in on the celebration of National Avocado Day alongside Maria and Andrea. We will be demonstrating a few delicious recipes using avocados and sharing with you nutritional facts about this super fruit! Space is limited. Must register by July 24.

Thursday, July 18
9 to 10 a.m.
Please come join the Irving Police Department for coffee and dialogue session. Coffee is on the house and there is no agenda, simply a chance to get to know your officers.

We will help you have cavity free teeth and healthy gums!
- Dentures
- Implant Specialist
- Senior Citizen Discount
- Financing Available

$800 Off Implant/Crown
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We serve as an extension of Irving families in the care of their loved ones.
Call us soon to schedule a tour!

Serving mind, body and spirit.

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806

MacArthur Hills
Exceptional Assisted Living and Memory Care
1295 Kinwest Parkway • Irving, 75063
469-521-1123 • www.MacArthurHills.com

For ad info. call 1-800-950-9952 • www.4lpi.com
Heritage Senior Center, Irving, TX
E 4C 05-1177
GAMES

All games free for HSC members 50-up

BUNKO
Thursdays | 6 to 8:30 p.m.
Meets in the dining room. $8 per month. Two gift cards awarded as door prizes each week. Join a great group of people playing this fast game of dice. Bring a refreshment to share and have some fun.

CANASTA
Fridays | Noon to 5 p.m.
Meets in Room B & C. FREE!

MAH JONGG
Fridays | 10 a.m. to 2 p.m.
Meets in the Library. FREE
$1 for instruction booklet.
Learn this fun game from Asia. No experience is necessary and an instruction booklet is available.

HAND AND FOOT
Tuesdays and Thursdays | 1 to 4 p.m.
Meets in the dining room.
FREE! This is a card game that is similar to canasta. Come learn to play.

HSC BILLIARDS CLUB
Annual Membership—$35
Billiards Club members get exclusive playing days on

14 July 12 and 26
Sign up between
5:30 to 6:15 p.m.
Play begins at 6:20 p.m.
$3 per person.
Lessons at 5 p.m. for beginners. Must be a current member to play. Games are self-deal; six tables of eight or nine players each. Prizes awarded. Players must abide by rules set by HSC rules are subject to change. Feel free to bring your favorite dish to share!

42 DOMINOES
Mondays, Tuesdays and Thursdays
12:30 p.m. | Official Play
Rules apply, winners advance to head table at start of new rounds.
3 to 3:30 p.m. | Informal Play
Strictly for fun, no advancing to head table. Meets in the dining room. FREE!

BINGO
Mondays | 6 to 7 p.m.
Please bring: a dish to share and two prizes. Meets in the dining room.
Thursday | 10 to 11:15 a.m.
$1 Prizes given. Meets in the ballroom.

BEGINNER BRIDGE
Mondays | 12:30 to 4:40 p.m.
Room C. Call Grace at (214) 770-5599.

INTERMEDIATE BRIDGE
Thursdays | 12:30 to 4:40 p.m.
Room B. Call Jan at (972) 922-3349

TEXAS HOLD’EM

July 12 and 26
Sign up between
5:30 to 6:15 p.m.
Play begins at 6:20 p.m.
$3 per person.
This social event will give members a chance to get to know one another at the center. These fun icebreaker activities are sure to get you mingling and making new friends. Light refreshments will be served.

Must have 10 signed up by Thursday, July 11 in order for the event to make.
INTERMEDIATE TAP DANCE
2:45 to 3:45 p.m. Thursdays
$30 per month.
Meets in the ballroom. 50-up only.
Angela Gafford has years of experience dancing and teaching this fun class.

BEGINNING TAP DANCE
1 to 2 p.m. Thursdays | Free
In the Ballroom. 50-up only.
Ever watch tap dancers and want to do that? Teacher Mary Weyant will teach you the basics. It is fun and great exercise.

GOSPEL SINGING
10 to 11:15 a.m. Tuesdays
Meets in room A/B. Free 50-up only.
Sing along and stretch the lungs or sit back and enjoy!

HERITAGE SINGERS
7 to 8:30 p.m.
2nd & 4th Mondays
Meets in the ballroom.
$10 annual registration fee. 50-up only. Ready for great performances and new challenges? For more information contact Pat Davenport at (972) 721-7313.
*Open Auditions for Heritage Singers Monday, July 1 from 6:30 to 7 p.m.*

GUITAR LESSONS
4 to 5 p.m. Thursdays
$10 per month
Musician Bill Bierschwale will bring his guitar skills to Heritage and teach you how to play! You must provide your own guitar. Contact Pat Davenport in the front office for names of places to purchase an inexpensive guitar. Register in the office today!

HULA
6 to 7 p.m. Mondays
Meets in Room A/B
$25 per month 18-up welcome

HULA PART B
7 to 8 p.m. Mondays
Meets in Room A/B.
$25 per month for Hula students.
$35 per month for non hula.
Grace Evangelista brings these native Polynesian art forms for fellowship and exercise.

LINE DANCE
1 to 3:45 p.m. Wednesdays
Meets in the ballroom
$20 per month $6 per class. 50-up only. Love to dance but it is hard to find a partner? Come have good exercise, good fun and good company. Beginning and advanced will be divided.

OPEN JAM SESSION
1:30 - 3:30 p.m. Wednesdays
Calling all musicians, singers, and those who love music! Bring your favorite instrument if you’d like to play or just come and listen. No cover charge for this fun afternoon of music and song!
ARTS AND CRAFTS

CERAMICS
6:30 to 9:30 p.m. Tuesdays
9:00 a.m. to Noon Fridays
$15 for one class. $25 for both. 18-up.
Beverley Gasperac will help one create a ceramic masterpiece then take it home to enjoy with friends and family. Meets in the Craft Room.

BUSY FINGERS QUILTING CLUB
1 to 3 p.m. Tuesdays | FREE
The Busy Fingers Quilting Club is searching for a new leader. Have experience quilting and sewing and are interested in leading this group? Contact Pat Davenport at (972) 721-7313 or pdavenport@cityofirving.org

WOOD CARVING
9 to 11 a.m. Tuesdays | Free
Meets in the craft room. 50-up only.
Come join a great group of carvers share their techniques. Wonderful talent and great conversation is sure to keep attendees coming. Great for beginners and advanced carvers alike.

PHOTOGRAPHY WORKSHOP—OUTDOOR PORTRAITS
9 to 11 a.m. | Thursday, July 11 | $7
Meets in the library. 50-up only.
Sharpen your photography skills in this hands on workshop. We’ll meet in the library for the first part of class then be going outdoors to demonstrate and photograph outdoors. Be sure and bring your camera charged and ready to shoot.
Must have 5 registered by July 3rd when registration closes.

DIY COASTAL FLOWER POT
1 to 2:30 p.m. | Wednesday, July 31 | $10
Meets in the craft room. 50-up only.
Decorate your own terra cotta flower pot perfect for the summer. We will provide the pot and the coastal decorative items you’ll need to create it. Feel free to bring any seashells or treasures from the beach you may have that are special to you to customize it even more.
Must have 5 by July 20th when registration closes. Space is limited.
TRIPS

THE 3G EXPERIENCE—GRUB, GIFT, AND GARB **
Tuesday, July 9 | 11 a.m. to 2:30 p.m. | $10 plus lunch
Your inaugural experience will be a western themed excursion to Hoffbrau Steak and Grill House in Haltom City. To get the most out of your experience it is suggested that you wear a Western or Texas themed outfit. Prior to boarding the stagecoach, you will be given a little gift fitting the occasion. In your seat you find a little history lesson pertaining to our adventure. You’re darn tootin’ we’ll be documenting the occasion so you’ll have the opportunity to pose for the camera before hitting the trail back to the Irving station. Must have 10 registered by July 1st when registration closes. Space is limited. *TJ

HAM ORCHARDS ***
Thursday, July 11 | 9 a.m. to 4:30 p.m. | $10 plus lunch & spending
We will shop for fresh peaches, fruit, veggies, homemade fudge and peach ice cream. You may bring a sack lunch or have BBQ at their pavilion. Lots of walking, space is limited. Must have 10 registered by July 5. *MR

DALLAS WORLD AQUARIUM ***
Wednesday, July 10 | 8:15 a.m. to 5 p.m. | $25 plus spending
Come out and enjoy the Dallas World Aquarium and Zoo! Enjoy the upper rainforest themed level, and head down to the lower level that houses 10 featured tanks with sea life from around the world. DWA offers education on endangered species while enjoying the exciting exhibits they have to offer. Must have 8 registered by July 3rd. Space is limited. *KB

LUNCH BUNCH @ LOCKHART BBQ ***
Wednesday, July 17 | 11 a.m. to 3 p.m. | $5 plus lunch and spending
The brisket, sausage, ribs and other meats are smoked over Texas post oak. Updated versions of classic southern sides and some Schmidt family favorites round out the menu. Check out the website for more information. Dress comfortably will be doing some shopping around local stores after lunch. www.lockhartsmovehouse.com
Must have 10 registered by July 10. *AD
COOPER STREET ANTIQUE MALL AND LUNCH AT TIN TULIP TEA ROOM ***
Tuesday, July 23 | 9:30 a.m. to 2:30 p.m. | $5 plus lunch & spending
Enjoy a day of shopping at the largest antique store in Arlington with over 53,000 square feet of antiques, collectibles and treasure displayed in over 200 booths. After a little shopping we will enjoy lunch at the Tin Tulip Tea Room. Space is limited. Lots of walking. Must have 10 registered by July 18. *MR

CANDYTOPIA ***
Thursday, July 25 | 5:30 to 9 p.m. | $30 plus spending
This traveling limited time engagement has made its way to Dallas for all candy lovers to enjoy! Candytopia is a 14 room museum “of confectionary bliss”. Attendees receive 9 candy samples including chocolate truffles and bags of gummy bears. Eat before and come prepared for dessert! Must have 10 registered by July 18. *KB

LIVE, LAUGH, AND LEARN **
Tuesday, July 30 | 9 a.m. to 4 p.m. | $35
Celebration magazine will once again host a fun day of food, friends, and great speakers! Transportation, a continental breakfast, lunch and snacks are included. Rosemary Rumbley, Scott Murray, Al Fike, and Dave Lieber will inspire you and make you laugh with their insights on life! Meals, snacks and all day entertainment! Don’t miss out on it, sign up today! *PD

Registration for all trips start at 8 a.m. the 3rd Monday of each month in person and on-line for current members. Registration closing dates will vary for each trip, depending on number needed, purchased tickets, please refer to the newsletter for all details.
1. Must be a current HSC Member when registering for trips.
2. Members may only sign themselves up for trips.
3. Payment due upon registration.
4. Due to high demand of HSC trips it is suggested that all members limit themselves to signing up for no more than half of the trips offered each month.
5. No refunds or credits unless the trip does not make or if a cancellation is made by HSC.
6. HSC reserves the right to prohibit any individual from participating in outings.
7. All participants must have their own transportation to and from HSC.
8. Trip Participants must note departure and return times and plan accordingly. It is advised to not take trips if transportation is not confirmed to and from HSC.
9. Please note times of departure and return may not be exact due to unpredictable circumstances such as weather, traffic, vehicle issues, etc.
10. Always note the amount of walking for each trip.
The 3G Experience

In an effort to offer something new to our monthly trips we are going to try something different the next few months. It’s going to be called the 3G Experience. The three G’s stand for Grub (food), Gift, and Garb (suggested attire). It will be a fun and exciting thing to look forward to and plan with your friends. The trip will have a different theme and destination each month. The theme will determine the location, the suggested attire, the history lesson and the type of gift you will receive as a part of our adventure. Although it is not required for you to dress in theme, we will be taking pictures of you and your friends and looking the part will make it all the more fun. The first trip will be this month and have a western theme so come along and be a cowgirl or boy for a day. We’ll learn some western lingo, go to a western themed restaurant, take fun pictures of you and your friends and eat some good food.

Health Education Workshop
Sleep & Relaxation

Thursday, July 11
6:30 to 8 p.m.
$5
Learn about the benefits of relaxation and proper sleep. Get tips on how to achieve both!

Friday, July 5 and 19
7 to 8 p.m.
Rooms A,B,C
$10 per month
Come out and learn Salsa and Line Dance! Mike Garland teaches 4 different types of Salsa and 60 line dances! Mike holds the title as Texas State Dance Champion of ‘84. During his extensive dancing career he has been on Soul Train, American Band Stand, and Good Day America. Look for Mike this month on the Ellen DeGeneres show! Maximum enrollment of 20.
FOR YOUR INFORMATION

SENIOR ASSISTANCE NUMBERS

AARP OFFICE (TOLL FREE)
(866) 554-5377

AGING INFORMATION HOTLINE
211

BAYLOR SENIOR HEALTH CENTER
(972) 487-5444

BETTER BUSINESS BUREAU
(214) 220-2000

DALLAS AREA AGENCY ON AGING
(214) 871-5065

DART PARATRANSIT
(214) 515-7272

FOOD STAMPS
(800) 500-4266

LEGAL AID OF NORTHWEST TEXAS
(888) 529-5277

MEALS ON WHEELS
(214) 689-2639

MEDICARE
(800) 633-4227

MENTAL HEALTH HOTLINE
(866) 615-8700

NURSING HOME OMBUDSMAN
(214) 823-5700

OFFICE OF SENIOR AFFAIRS
(214) 670-5227

PARKLAND HEALTH CENTER
(214) 266-0700

SENIOR SOURCE IN DFW AREA
(214) 823-5700

SOCIAL SECURITY ADMINISTRATION
(800) 772-1213

VETERANS SERVICE OFFICER
(214) 819-1886

WIDOWED PERSONS SERVICE
(214) 358-4155

DrugWatch.com/Seniors/
DrugWatch.com/Vaccines/Flu/
DealHack.com/Blog/Senior-Discounts-Guide

THHS AGING SERVICES
(800) 889-8595

MESOTHELIOMA GUIDE
(407) 613-2052

MesotheliomaGuide.com/Mesothelioma/

DONATIONS

IISD Pierce Early Childhood

- Kleenex tissue
- 20 count gallon zip lock bags
- 24 count crayon boxes
- 8 count Crayola markers
- Adult size backpack—no rolling backpacks

Friday at the Movies

Friday, July 12 | 10 to 11:45 a.m.
“Mama Mia Here We Go Again”
Starring Maryl Streep, Amanda Seyfried, Lilly James, Pierce Brosnan, Colin Firth, Stellan Skarsgard, Cher, Andy Garcia, Julie Walters, and Christine Baranski.
Enjoy seeing new releases on our big screen. Register at the front desk today!
From the Podium
(In the dining room)

TODAY’S WORK FORCE
July 9 | Tuesday | 9 to 11 a.m. | FREE
Searching for employment is much different than it was 10 or 15 years ago. Today’s World of Work seminar is the first step to finding employment as an adult 50+. Join us to get equipped with the tools and resources you need to transform your job search and learn about the newest opportunity: Career Quest 50! You must register in the office to attend, sign up today!

NUTRITION 101: CONGESTIVE HEART FAILURE
July 9 | Tuesday | 11:15 a.m. | FREE

SCAMS: HOW SCAMMERS USE TECHNOLOGY/PROTECT YOURSELF
July 23 | Tuesday | 10 to 11 a.m. | FREE
Senior citizens are often targets, and subsequently fall victim, to various internet schemes that coax them into providing their Personal Identifiable Information (PII) or pay money for fake services. Join Eric Yancy of the City of Irving Information Technology office and learn how to identify these scams and protect yourself. You must register in the office to attend, sign up today!

FREE BENEFITS INFORMATION
Wednesdays- August 7 and Oct 2
8:30-11:30 am | HSC Clinic
Get the information you need about benefits that can help you live a better life! Free Senior Benefits Information one on one sessions provided by AdVance Senior Options.

Monday, July 22
9:30 a.m. to 12:30 p.m.
We will provide free vision and cataract screenings. This is an opportunity for you to experience why Carter Eye Center is called the leader in Eye Care!
*NO Appointments Needed*

DART Paratransit Users Meeting
Saturday, July 20
10 a.m. to Noon
The meeting is open to customers with disabilities who use DART’s paratransit program and fixed route services. Attendees will have the opportunity to share feedback with officials from DART’s Mobility Management Services and MV transportation officials will share information on plans related to the provided services.
RESOURCES AND SERVICES

BLOOD PRESSURE SCREENINGS
3rd Wednesday of each month with Northgate Plaza Nursing and Rehabilitation
10 to 11 a.m. in the clinic.
On a first-come first-serve basis.

FAMILY SUPPORT AND COUNSELING SUSAN HIEGEL, LPC
$12 per hour
Have a problem? Need help? Need to talk?
Bring questions and/or problems and search for answers.
Individual sessions available by appointment only on Thursdays. Call in advance for appointments at (214) 850-4439. Registration and payment is through the counselor.
A 24-hour notice is required or appointment will be charged. Payment required prior to appointment.

55 ALIVE DEFENSIVE DRIVING COURSE
No classes being held in June or July
12:30 to 4:30 p.m.
Meets in the library. $15 for AARP members. $20 for non-AARP members. Call instructor Larry Craig to register at (972) 790-6925.

PHOTOCOPIES
$0.25 per copy. Maximum of 10 copies. (If staff time allows).

NOTARY SERVICE PAT DAVENPORT
$5 with appointment (preferred). $15 walk-ins. If witnesses are required, must be provided.

PAN (PEOPLE AND NUTRITION) PROGRAM
Friday, July 5 | 8:30 to 10:30 a.m.
Distribution is the first Friday of each month. Must be at least 60 years of age and provide proof of income, age and residency. Come prepared to carry the box. For more information, call (214) 367-3123.

MEDICARE ASSISTANCE AND BENEFITS COUNSELING
July 10 | 9 a.m. to Noon | FREE
First come, first serve. Please call 2-1-1 for immediate Medicare Assistance.

CONNECT HEARING
TBA
9:30 to 11:30 a.m. | FREE
Connect Hearing will be performing hearing screenings in the clinic at the Heritage Senior Center. First come, first served. Screening is FREE. (No obligation after screening.) For more information, call (972) 252-9360 or visit Connect Hearing.com

CHAIR MASSAGE
NANCY STEPHENS, LMT
Therapist available beginning at 9 a.m. Thursday and Friday. Call ahead for appointment. Walk-ups welcome. Ages 50-up and members have priority. 15 minutes for $10. $1 each additional minute.
Now offering foot massage! $1 per minute.
Come and enjoy a well deserved, soothing chair or foot massage. Feel the stress and pain melt away and rejuvenate the mind, body and spirit. To make an appointment, call (469) 644-2937.

HAND AND FOOT REFLEXOLOGY
DONNA MCKENZIE, LMT
Mondays | 10 a.m. to 1 p.m.
20 min for $15. $1 each additional minute. Ages 50-up have priority. Promotes overall wellness, relaxation and rejuvenation and can help overcome many health concerns. (469) 236-9825 To schedule an appointment today.
TUNICA - Casino Capital of the South & MEMPHIS - Home of the Blues

INcredible Price Includes

- Motorcoach transportation
- 4 nights lodging
- 8 meals: 4 breakfasts and 4 dinners
- Admission to the TUNICA MUSEUM
- GUIDED TOUR OF MEMPHIS ROCK N’ SOUL MUSEUM
- And much more

$420*

5 Days 4 Nights
Per Person, Double Occupancy
(Mon—Fri)
September 16—20, 2019

Departure: Irving, TX @ 8 a.m.

For day to day details, travel insurance packages, and more information, please stop by the front desk of the Heritage Senior Center for a flyer.

For Information & Reservations Contact:

Andrea Diaz (972) 721-7314

37th Annual Ms. Mature Irving Pageant

Friday, October 4
7 to 10 p.m. FREE

This is our 37th year, how incredible! The contestants are getting ready and it will be a great show! This year we welcome Andrea Diaz, Maria Rojas, and T.J. Friedel to the pageant coordinating team with Pat Davenport! There’s nothing like being there in person to cheer for your favorite contestants, the energy is electric! Join us in the Carpenter Theater to find out who will win the crown! Free admission, you WANT to be there! Call Pat Davenport at (972) 721-7313 for more information.

Friday, Aug. 30
6 to 8:30 p.m.
Members: $10
Non-members: $12

Feeling lucky? Take a chance and join us for an evening of fun, live entertainment, refreshments, prizes and more. Please register by Monday, Aug. 19. Space is limited.