



WELCOME HANDBOOK

Hurst Senior Citizens Activities Center

www.ci.hurst.tx.us

WELCOME TO YOUR HOME AWAY FROM HOME

The Hurst Senior Citizens Activities Center opened on November 9, 2009. Our 27,500 square foot state-of-the-art facility offers a wide variety of arts and crafts, educational, leisure and fitness programs. We feature a 2,500 square foot fitness room complete with elliptical machines, treadmills and a circuit series. In addition to our fitness room, our café is a great place to enjoy a fresh cup of coffee, pastries, and conversations with new friends. Our game room is perfect for playing bridge, 42, pinochle, and dominos, just to name a few. Our multi-purpose room features a large, wood dance floor and seating for 300 guests. We offer two dances a month on the 2nd and 4th Thursday nights. If you are wanting more we also offer zumba gold, line dancing, Tai Chi, Yoga and various video led exercises such as Texercise and Silver Foxes. You don't want to miss our Movies and Munchies Friday. During our monthly movie, sit back and enjoy it with a wonderful snack! Other amenities include our computer lab, billiards room, arts and crafts studios, and library.



Hours of Operation

Monday 8 am - 5 pm
Tuesday 8 am - 5 pm
Wednesday 8 am - 5 pm
Thursday 8 am - 9 pm
Friday 8 am - 5 pm
Closed Saturday & Sunday

MEMBERSHIP GUIDELINES

It's easy to become a member! Just come in and complete our Member Information Form and be sure to bring your valid Drivers License or Texas Identification Card reflecting your current address. The Hurst Senior Citizens Activities Center is open to all adults ages 55 and over. For City of Hurst residents, the annual membership fee is \$20. For non-residents, the annual membership fee is \$80.

700 Heritage Circle
Hurst, Texas 76053
Phone: 817.788.7710
Fax: 817.590.2659

HURST SENIOR CITIZENS ACTIVITIES CENTER

The friendliest group of seniors you would ever want to meet, you'll find at your new home way from home.

THE 'WRITTEN' TOUR

FITNESS ROOM

Our 2,500 square foot fitness room is equipped with state of the art fitness equipment. Enjoy circuit training, free weights, and cardio including elliptical machines, recumbent bikes, rowing machines and treadmills.

Make sure to take advantage of the instructor led classes such as Yoga and Zumba Gold or video led classes such as Texercise, Silver Foxes and Disco Sweat. We also have a weekly fitness orientation with our Personal Trainer to help you better understand the equipment. If unsure about any of our equipment, please see a staff member. We are always available to assist you.



CAFÉ

We serve fresh coffee and pastries daily! Additionally, vending machines are available in the café. It's a great place to meet new friends and relax after a workout or class!

MULTI-PURPOSE ROOM

This 5,700 square foot room with a wood dance floor hosts many events, such as bingo, movies, concerts, parties, line dancing, exercise classes, and dances. It features two large projection screens and a wonderful audio/visual system.



RESTROOMS

The restrooms are across the hallway from the multi-purpose room. In addition to the men's and women's restrooms, a family restroom is available.

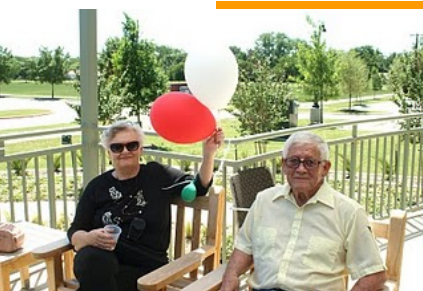
COMPUTER LAB

We have sixteen computer stations open to our members for personal use. We also offer a variety of instructor led classes to advance your skill level and learn something new.



OUTDOOR PATIO

The beautiful, covered patio overlooks Hurst Community Park. Relax and enjoy the views or go for a walk in the park. When the weather is nice, we have parties on the patio!



THE 'WRITTEN' TOUR



BILLIARDS ROOM

Stop in for a game of pool! We offer two billiards tables for daily open play, as well as occasional pool tournaments.



CLASSROOMS

Our two classrooms are set up for instructional classes, art classes, jewelry classes, craft classes and seminars. All of our rooms are equipped with LCD television for your enjoyment.



WELLNESS ROOM

In this room equipped with a medical exam table, we offer monthly blood pressure checks, wellness classes and seminars related to health and wellness.



ARTS & CRAFTS STUDIO B

In this studio, we provide a quilting rack and sewing machine. We offer quilting classes for all skill levels. The Knot a Lot group meets here to make items for charity and work on a variety of projects.



THE GAME ROOM

Whether you want to play cards, dominoes, chess, bridge, pinochle or board games, this room is just for you.



ARTS & CRAFTS STUDIO A

This room is for our ceramics, jewelry making, and other craft classes. With a ceramics instructor on site and our two kilns, you have the pleasure of learning a new talent and completing your own masterpiece!



THE LIBRARY

Our library is fully stocked with current magazines and a wide assortment of books. In the cooler months, warm up next to our fireplace and enjoy working on our jigsaw puzzles. If you are interested in borrowing any of the magazines or books, simply take them home and bring the items back when you are finished. If you are making a book or magazine donation, please drop them off at front desk. We appreciate your donations of gently used books and current magazines.

PROGRAM INFORMATION AND REGISTRATION

THE SENIOR PIPELINE

To make sure you do not miss a thing, pick up our monthly calendar, *The Senior Pipeline*. *The Senior Pipeline* details all of our special events, activities, and classes. The calendar is available the last week of the prior month. You may pick it up at the Center or view it online at www.ci.hurst.tx.us (click on City Services then Senior Center and Services)



PROGRAM REGISTRATION

Registration for our monthly programs begins, in person only, at 9 am on the first business day of each month. When a fee is involved, we accept cash, checks or credit cards.

VOLUNTEERS



Volunteers are a valuable resource and play a key role in the Center's operations by helping with events and programs. Volunteering offers you a chance to get to know your community, utilize unused skills or gain new ones, and meet people with similar interests. We appreciate all the hard work of our volunteers! Anyone who wishes to volunteer at the Senior Center must complete an application and go through a brief selection process. Please see a staff member for additional information.

SENIOR CENTER POLICES

Member Sign-in

Please hand us your membership card when you enter the facility so we can scan your card. You do not need to scan it when you leave the facility. If you lose your card, there is a \$5 replacement fee.

Bulletin Boards

All bulletin boards and display areas are maintained only by Center staff. If you would like to place something on one of the bulletin boards, you must first get approval from the Senior Center Director who will put it on display for a period of time.

Grandkids

While we love them, we ask that you leave them at home. From time to time, an activity such as Movie with Grandkids is offered and it is the perfect time to see a great movie together, have popcorn, and show your grandchildren where you come and have fun. We appreciate your understanding and cooperation.

SENIOR CENTER ETIQUETTE

Southern hospitality is honored at the Senior Center. Please assist us in maintaining our neighborly atmosphere. If you see someone new, extend them a friendly greeting. You might offer to have a cup of coffee with them or invite them to sit at your table during one of our programs. And please introduce them to other seniors. Remember how it was during your first visit?

Help us care for your Center. Please throw trash away in the proper containers, clean up spills or bring them to the attention of a staff member. If you notice any maintenance items which require attention, please inform a staff member. Thank you!

It is a pleasure for our staff to serve you and make your visit with us a pleasurable one. We strive to exceed your expectations in our programs and services. Our wonderful members and volunteers make The Hurst Senior Center inviting and truly your home away from home.