THE HERITAGE HERALD

NOVEMBER 2021

HAPPENING THIS MONTH:

Nov. 4 | Breakfast Bingo

Nov. 18 | Pooches on the Patio

Nov. 19 | Coffee with the Crew

Nov. 24 | Thanksgiving Celebration

REGISTRATION FOR NOVEMBER EVENTS AND CLASSES BEGINS MONDAY, OCT. 18.

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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

HERITAGE SENIOR CENTER

8 a.m. to 9 p.m.	Monday, Thursday, Friday
8 a.m. to 10 p.m.	Tuesday
8 a.m. to 5 p.m.	Wednesday
Closed	Saturday and Sunday

HERITAGE AQUATIC CENTER

(972) 721-7310 | CityofIrving.org/Aquatics

7:30 a.m. to 12:15 p.m.	Monday, Wednesday, Friday	18-up
5 to 8:30 p.m.	Tuesday, Thursday	All Ages
1 to 5 p.m.	Saturday	All Ages

HERITAGE SENIOR CENTER STAFF

ANN GILLESPIE
Supervisor

MARIA ROJAS
Lead Recreation Coordinator

PAT DAVENPORT
ANDREA DIAZ
T.J. FRIEDEL
Recreation Specialists

DAVID MARTINEZ
Part-time Recreation Specialist

MAKENZIE ROMERO
JAMIE DRAPER
Administrative Assistants

CECIELE RODRIGUES
CAMIE ROCK
Part-time Administrative Assistants

CAROLINA RAMIREZ
DONALD DUFFY
RAY WEBB
Drivers

KAY TOMPKINS
BARBARA LLOYD
Kitchen

MIKE CASTILLO
EVELIA GONZALES
FRANK WILLIAMS
Custodial Services

JOSEPH MOSES
Parks and Recreation Director

AMY KINKADE
Parks and Recreation
Assistant Director

2021 ADVISORY COUNCIL

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WILLIE FAYE RICHARDSON
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OLIVIA NOVELO ABREU
Alternate Directors

JANET WALL
Advisor to the Council

TIM FOOKS
Park Board Liaison

The Advisory Council meets from 1 to 2:30 p.m. the second Monday of the month in the Heritage Senior Center 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.

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.

VOLUNTEERS OF THE MONTH

FAYE RICHARDSON

Thanksgiving Celebration

Wednesday, Nov. 24
10 to 11:30 a.m.
Free
Location: Ballroom

Celebrate the Thanksgiving holiday with music and a delicious Thanksgiving meal at the Heritage Senior Center. A $1 donation is suggested for participants ages 60 and older. Guests younger than age 60 will be charged $6.25 for the meal. Registration required.

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BECOME A MEMBER

To become a member* of the Heritage Senior Center, patrons must be at least 50 years old and provide proof of residency. Two forms of identification are required including a valid state photo ID, plus a utility bill, billing statement or other document showing name and current address. For corporate memberships, an employee photo ID and paystub with an Irving address are acceptable proof of work residency.

**Dedicated caregivers and/or guardians of HSC members may accompany a member but cannot participate in activities, including classes, fitness and billiards rooms or special events. Basic and emergency information is required from the caregiver.*

MEMBERSHIP PLANS

Irving Resident: $10 annually
Nonresident: $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 ages 60 and older, suggested donations of $1 or more are appreciated. For seniors younger than 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 all are distributed. Membership is not required to take part in the lunch program, but participants are required to fill out an intake form at the front desk 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.

HERITAGE AQUATIC CENTER

The Heritage Aquatic Center is open to the public; membership is not required. Residents ages 50 and older may swim for free and participate during senior and public swim hours. See schedule at CityofIrving.org/Aquatics or call (972) 721-7310.

TRANSPORTATION

The Heritage Senior Center offers morning transportation to and from qualifying members' homes, Monday through Friday. Riders must be at least 60 years old, without any means of transportation including DART. This service is free of charge and has limited availability. Complete an application form at the front desk.

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 Heritage Senior Center membership.*

Heritage Craft Sale

Thursday-Saturday, Nov. 4-6
9 a.m. to 7 p.m. Nov. 4-5
9 a.m. to 3 p.m. Nov. 6
Free and open to the public

Interested vendors can pick up an application at the front desk of the Heritage Senior Center. For more Information, call Pat Davenport at (972) 721-7313 or pdavenport@cityofirving.org. Space is limited.

The IRVING ARCHIVES & MUSEUM is an exciting 22,000 square foot museum!

DISCOVER
Irving's history and culture are presented in a dynamic and immersive new exhibit, The Irving Story. Nationally traveling exhibitions and temporary displays change frequently – there is always something different to see.

INVENT
The first museum in Texas to feature a Smithsonian Spark!Lab where young visitors and their families step into the role of inventor in a hands-on interactive laboratory.

SHOP
Unique Irving souvenirs, toys, books, and handcrafted and Texas-sourced merchandise.

RESEARCH
The Irving Archives includes documents, photographs, maps, films,oral histories, and artifacts. Available for exploration and research by appointment.

LEARN
Find out about other sites and places to visit in Irving, including our three other museums!

SPARK!LAB
Smithsonian

ARCHIVES MUSEUM

Irving Archives & Museum

801 W. Irving Blvd. Irving, TX 75060
972-721-3700
IrvingArchivesAndMuseum.com

AT-A-GLANCE: ONGOING CLASSES

**Free for members 50 years and older.*

MONDAY

8:45 a.m.	Walking Club
8:45 a.m.	Aerobics
9 a.m.	Stretch and Tone I*
10 a.m.	Stretch and Tone II*
12:30 p.m.	42 (Dominoes)*
6 p.m.	Bingo*
7 p.m.	Heritage Singers (2nd, 3rd, 4th Mon.)*

TUESDAY

8:30 a.m.	Senior Chair Cardio
9:45 a.m.	Beginner Tai Chi and Qi Gong
9 a.m.	Woodcarving*
10 a.m.	Gospel Singing*
10 a.m.	Computer Club*
10:40 a.m.	Intermediate Tai Chi and Qi Gong
11 a.m.	Hula
12:30 p.m.	42 (Dominoes)*
1 p.m.	Hand and Foot*
3 p.m.	Radio Plays*
6 p.m.	Ceramics
7 p.m.	Tuesday Night Dance

WEDNESDAY

8:45 a.m.	Walking Club
8:45 a.m.	Aerobics
9 a.m.	Stretch and Tone I*
10 a.m.	Stretch and Tone II*
10 a.m.	Nutrition 101 (2nd Wed.)*

THURSDAY

8:30 a.m.	Senior Chair Cardio
9:45 a.m.	Beginner Tai Chi and Qi Gong
10 a.m.	Bingo
10:40 a.m.	Intermediate Tai Chi and Qi Gong
12:30 p.m.	42 (Dominoes)*
1 p.m.	Hand and Foot*
6 p.m.	Bunco
7 p.m.	Book Club (3rd Thurs.)*
7 p.m.	Writing Club (no meeting on 3rd Thurs.)*

FRIDAY

8:45 a.m.	Walking Club
8:45 a.m.	Aerobics
9 a.m.	Ceramics
9 a.m.	Stretch and Tone I*
10 a.m.	Stretch and Tone II*
10 a.m.	Mah Jongg*
Noon	Canasta*
1 p.m.	The Spanish Club*
1 p.m.	Essential Touch
1 p.m.	Open Studio*
6:20 p.m.	Texas Hold 'Em (2nd and 4th Fri.)

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NOVEMBER EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Heritage Craft Sale 9 a.m. to 7 p.m. Breakfast Bingo 10 to 11 a.m. $2 Fee	5 PAN Program 8:30 to 10:30 a.m. Heritage Craft Sale 9 a.m. to 7 p.m.	6 Heritage Craft Sale 9 a.m. to 3 p.m.
8 Technology Monday 10:30 to 11:30 a.m. Free	9 Nash Farm 9:30 a.m. to 2:30 p.m. $10 Fee	10	11 Veteran's Day Rock Painting 101 1:30 to 2:30 p.m. $3 Fee	12	13
15 Registration for December classes and programs begins	16	17 Lunch Bunch at Asian Lava Grill 11 a.m. to 2 p.m. $5 Fee	18 Choctaw Casino 7:30 a.m. to 6 p.m. $20 Fee DIY Candles 1:30 to 3 p.m. $5 Fee	19 Coffee with the Crew 8:15 to 9 a.m. Free	20
22	23 Monthly Photography Workshop 1:30 to 2:30 p.m. $3 Fee	24 Thanksgiving Celebration 10 to 11:30 a.m. Free	25 **HSC Closed** 	26 **HSC Closed**	27
29	30 3G Experience: Dressed to Kill 10:30 a.m. to 2 p.m. $10 Fee				

NOVEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Beef~ Brown Gravy Delmonico Potatoes Mixed Vegetables Wheat Bread Animal Crackers Milk	2 Queso Chicken Cilantro Lime Tomato Rice # Fiesta Vegetables Texas Bread Oreo Cookies Milk	3 Glazed Ham* Lima Beans Mixed Greens Corn Muffin Fresh Apple Milk Margarine	4 Turkey Pasta Bolognese Country Tomatoes Green Beans Texas Bread Oatmeal Cream Cookie Milk	5 Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
8 Alfredo Chicken Meatballs~ Parsley Penne Pasta Herbed Brussels Sprouts Wheat Bread Chocolate Pie Parfait Milk	9 Turkey Rice Casserole Broccoli Sliced Carrots Wheat Bread Oatmeal Raisin Cookie Milk	10 Meatloaf~ Brown Gravy Scalloped Potatoes Herbed Green Beans Dinner Roll Zee Zee Birthday Bar Milk	11 Three Cheese Ziti Whole Kernel Corn Country Tomatoes Wheat Bread Fresh Orange Milk	12 Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Hot Applesauce Milk Mustard and Ketchup
15 Mexican Beef Casserole Spanish Rice Green Beans Wheat Bread Graham Crackers Milk	16 Breaded Chicken~ Mashed Spiced Yams Country Vegetables Wheat Bread Sugar Cookie Milk Barbeque Sauce	17 Ham and Pinto Beans* Confetti Rice Medley Cabbage Corn Muffin Fresh Apple Milk Margarine	18 Honey Mustard Chicken Twice Whipped Potatoes Peas and Carrots Wheat Bread Nutty Buddy Bar Milk	19 Green Chile Hamburger# Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup
22 Shredded BBQ Pork* Macaroni and Cheese Medley Cabbage Hamburger Bun Orange Gelatin w/ Pineapple Milk	23 Cajun Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Oatmeal Raisin Cookie Milk	24 **Thanksgiving** Turkey Breast w/Gravy Cornbread Dressing Green Beans Almondine Dinner Roll Pumpkin Pudding Milk Cranberry Sauce	25 **HSC Closed** 	26 **HSC Closed**
29 Smoked Sausage* Scalloped Potatoes Garden Vegetables Hot Dog Bun Raisins Milk	30 Marinara Chicken Pesto Penne Pasta# Italian Vegetables Texas Bread Chocolate Chip Cookie Milk			Contains Peanuts * Contains Pork ~ Entrée Contains Soy # New Menu Item

ARTS AND CRAFTS

All arts and craft classes are open to HSC members ages 50 and older.

CERAMICS

6 to 9 p.m. | Tuesday
9 a.m. to Noon | Friday
$15/one class; $25/both
Location: Craft Room
Beverley Gasperac will help participants create a ceramic masterpiece to take home and enjoy with friends and family.

WOOD CARVING

9 to 11 a.m. | Tuesday | Free
Location: Craft Room
Join this creative group of carvers who share their skills and techniques. Wonderful talent and great conversation is sure to keep attendees coming. Great for beginners and advanced carvers alike.

OPEN STUDIO

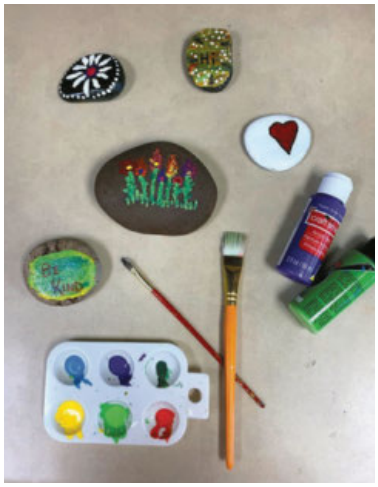
1 to 5 p.m. | Friday | Free
Location: Craft Room
Members can enjoy free time in the studio to work on personal arts and crafts projects. This is a great opportunity to share ideas, socialize and collaborate with fellow artists.

DIY CANDLES

1:30 to 3 p.m. | Thursday, Nov. 18 | $5 Fee
Location: Craft Room
Learn how to make your own candles. Materials are provided.

ROCK PAINTING 101

1:30 to 2:30 p.m. | Thursday, Nov. 11 | $3 Fee
Location: Craft Room
Learn how easy it is to paint rocks that are cute and inspirational with very little artistic ability. Bring your own smooth rock; paint materials are provided.



INTRO TO GOLF: ACT 2

Wednesday, Nov. 10, 17, 24
9 to 10:30 a.m.
Fee: $10 mo. (plus $5 range fee)
Location: HSC Courtyard and Irving Golf Club

This class focuses on chipping and driving the ball. The first two classes will meet by the putting green at the Heritage Senior Center courtyard, and the final two classes will be held at The Irving Golf Club. Equipment and transportation are provided.

BRAIN BOOTCAMP

Friday | Nov. 5, 12, 19
2 to 3:30 p.m.
Free
Location: Dining Room

Join us and exercise your most important organ by engaging in a variety of enrichment activities, games and puzzles.

CASINO

Wednesdays, Fridays & Saturdays
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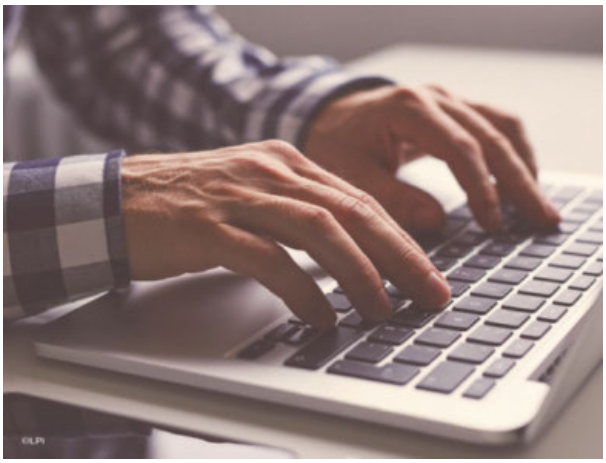
EDUCATIONAL

All educational classes are free for HSC members ages 50 and older.



COMPUTER CLUB

10 to 11:30 a.m. | Tuesday | Free
Location: Computer Lab
Learn tips and techniques to help you improve your computer skills. Registration required.

BEGINNING COMPUTER CLASS

1:30 to 3:30 p.m. | Tuesday | Free
Location: Computer Lab
New to computers? Need help? Allow instructors Richard Koslowski and Dorothy Mussler to guide you through the basics. Registration required.

TECHNOLOGY MONDAYS

10 to 11 a.m. | Monday, Nov. 8 | Free
Location: Computer Lab
Review common smartphone and tablet applications including texting and photography. Learn how to install and uninstall apps, configure home screens, set up and use Wi-Fi and more. Android, iOS (Apple) and Windows operating systems are welcome.

One-on-one assistance for portable devices is now available by appointment only. Contact Instructor Ed Sanders at (214) 498-5353.

THERE'S NOTHING LIKE A GREAT BOOK CLUB

7 to 8 p.m. | Thursday, Nov. 18 | Free
Location: Library
Britney Cossey from the Irving Public Library leads this interesting and entertaining book club. October's novel is "There There" by Tommy Orange. Join a great discussion about the novel and the author. Registration required.

THE SPANISH CLUB

1 to 2:30 p.m. | Friday | Free
Location: Meets on Zoom until further notice
Practice your Spanish skills in a group setting while discussing different topics. For meeting information, email Tom Trotter at tomtrotter@aol.com.

WRITING AND YOU

7 p.m. | Thursday (No class on 3rd Thu.) | Free
Location: Craft Room
This group is for writers to share their work and get inspired. Come prepared with four double-spaced pages of written material and gather feedback from the group. There will be a nine-minute limit for each writer who wishes to share. Discussion is designed to be helpful, not critical. All forms of writing are welcome! Registration required.

Coffee with the Crew

Friday | Nov. 19

8:30 - 9 a.m

Heritage Senior Center
200 S. Jefferson St.

Location: Library

Join the Heritage crew for a cup of coffee and conversation. This is an opportunity to catch up, talk to peers or learn something from a guest speaker.

LET'S PLAY *Irving* PARKS & RECREATION

CityofIrving.org/Parks

FITNESS

All fitness classes are for HSC members ages 50 and older.

AEROBICS

8:45 to 9:45 a.m. | Monday, Wednesday, Friday | $15 mo.
Location: Ballroom
Join aerobics instructor Barbara Garrett for an energetic and fun workout. Beginner to advanced levels are welcome.

STRETCH AND TONE I

9 to 10 a.m. | Monday, Wednesday, Friday | Free
Location: Room A/B
Light fitness activity and health discussions for participants. Registration required; limited seating of 10.

STRETCH AND TONE II

10 to 11 a.m. | Monday, Wednesday, Friday | Free
Location: Ballroom
Light fitness activity and health discussions for participants. Registration required; limited seating of 20.

SENIOR CHAIR CARDIO

8:30 to 9 a.m. | Tuesday, Thursday | Free
Location: Ballroom
Build physical endurance and strengthen the heart.

WALKING CLUB

8:45 to 9:45 a.m. | Monday, Wednesday, Friday | Free
Location: Meets in front lobby
The group walks for a minimum of one hour from the Senior Center to Centennial Park, weather permitting. Monthly registration required to attend.

YOGA

Yoga classes will resume in Jan. 2022.

BEGINNER TAI CHI AND QI GONG

9:45 to 10:30 a.m. | Tuesday, Thursday | $10 mo.
Location: Ballroom

INTERMEDIATE TAI CHI AND QI GONG

10:40 to 11:30 a.m. | Tuesday, Thursday | $20 mo.
Location: Ballroom

BEGINNER PICKLEBALL

9:30 to 10:30 a.m. | Tuesday | Free
Location: Ballroom

ADVANCED PICKLEBALL

10:30 to 11:30 a.m. | Tuesday | Free
Location: Ballroom

BALANCE AND AGILITY

6 to 7 p.m. | Thursday | $10 mo.
Location: Ballroom
Learn simple and basic moves to improve fine motor skills. Participants will learn simple techniques to aid in everyday activities that require balance.

FITNESS ROOM MEMBERSHIP

One Month: $7.50
Three Months: $17.50
Six Months: $27.50
One Year: $50

FITNESS ROOM ORIENTATION

FREE, by appointment only.
Call TJ Friedel at (972) 721-7315.

Essential Touch

1 to 4 p.m.
Friday, Nov. 5, 12, 19
$10 for 10 minutes

Experience a full hand massage complete with essential oils and relaxing massage techniques. To schedule an appointment, call Andrea at (972) 721-7314.

STRENGTH TRAINING WITH DAVID

NEW STRENGTH TRAINING CLASS FOCUSING ON UPPER BODY, CORE AND LOWER BODY EXERCISES.

5:30 to 6:30 p.m.
Monday, Nov. 1, 8, 15, 22, 29
$5 Fee
Location: Room C

Sign up for a class that focuses on the principles of strength training and structured workouts for the whole body.

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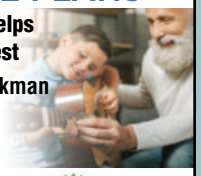

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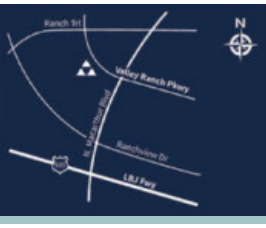

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TheRemington-VR.com

GAMES

All games are free for HSC members ages 50 and older.

42 DOMINOES

Monday, Tuesday and Thursday

Location: Dining Room

Official Play: 12:30 p.m.

Rules apply. Winners advance to head table at start of new rounds.

Informal Play: 3 to 3:30 p.m.

Strictly for fun; no advancing to head table.

BINGO

6 to 7 p.m. | Monday | Free

Location: Dining Room

Participants requested to bring a dish to share and two prizes.

10 to 11:15 a.m. | Thursday | $1

Location: Ballroom

Prizes given.

BUNCO

6 to 8:30 p.m. | Thursday | $8 mo.

Location: Dining Room

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

Noon to 5 p.m. | Friday

Location: Room B/C

Texas Hold 'Em Poker

6:20 p.m. | Friday, Nov. 12

Location: Dining Room

Registration: 5:45 to 6:15 p.m.

$3 per person | HSC Members only

Games are self-deal; six tables of eight or nine players each. Prizes awarded. Players must abide by rules set by HSC, which are subject to change.

MAH JONGG

10 a.m. to 2 p.m. | Friday

Location: Library

$1 for instruction booklet.

Learn this fun game from Asia. No experience is necessary, and an instruction booklet is available.

HAND AND FOOT

1 to 4 p.m. | Tuesday, Thursday

Location: Dining Room

Learn to play this card game which is similar to Canasta.

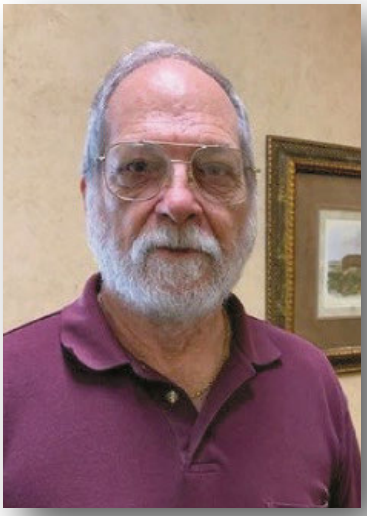
BRIDGE

Beginner and Intermediate Bridge will resume in 2022.

HSC BILLIARDS CLUB

$35 Annual Membership

Billiards Club members get exclusive playing days on Monday, Wednesday and Friday, as well as free billiards tournaments. All HSC members are welcome to play on Tuesday and Thursday for free.



Congratulations Gunnar Biering on winning the September Billiards Tournament!

MUSIC AND DANCE

All music and dance classes are open to HSC members ages 50 and older.

GOSPEL SINGING

10 to 11:15 a.m. | Tuesday | Free
Location: Room A/B
Sing along and stretch the lungs, or sit back and enjoy!

HERITAGE SINGERS

7 to 8 p.m. | Monday (except first Monday of the month)
$10 annual registration fee
Location: Ballroom
This choir for men and women ages 50 and older sings a variety of music from pop to standards. The choir performs at the Heritage Senior Center, retirement communities and local nursing homes.

OPEN AUDITIONS FOR HERITAGE SINGERS

6 to 7 p.m. | Monday, Nov. 1
Audition over the phone! Prepare to join this wonderful ensemble, and you'll be ready to sing when we resume rehearsals. Call Pat Davenport at (972) 721-7313.

RADIO PLAYS

3 to 4 p.m. | Tuesday | Free
Location: Ballroom
We read through vintage radio show scripts from the '30s, '40s and '50s. No acting skill required; just be ready to have fun.

PICKIN' 'N' GRINNIN'

Pickin' N' Grinnin' music group will resume in Jan. 2022.

HULA

11 a.m. to noon | Tuesday | $25 mo.
Location: Room A/B
Join professional Hula dancer and teacher Grace Evangelista. Grace has been teaching and performing in the DFW area for over 20 years and she runs her own professional dance troupe performing all over the state.

TRIPS

Register at the Heritage Senior Center front desk or online at CityofIrving.org/IrvingRec.

NASH FARM ***

9:30 a.m. to 2:30 p.m. | Tuesday, Nov. 9 | $10 (plus lunch and spending money)
Register by Tuesday, Nov. 2.

Learn about the history of Grapevine and Texas by visiting Nash Farm, the oldest farmstead in Tarrant County. Participants will gain insight into the way the Nash family and other local settlers lived by engaging in educational exhibits and hands-on activities. After the tour, the group will have lunch and shop along Grapevine's Main Street. Wear comfortable shoes; lots of walking. *MR

LUNCH BUNCH AT ASIAN LAVA GRILL **

11 a.m. to 2 p.m. | Wednesday, Nov. 17 | $5 (plus lunch)
Register by Wednesday, Nov. 10.

Enjoy a taste of Asia at the Asian Lava Grill in Euless. The restaurant features a variety of Thai and Japanese cuisine but is best-known for its sushi and hibachi grill. For more information and to view the menu, visit lavaasiangrill.site.*AD

CHOCTAW CASINO **

7:30 a.m. to 6 p.m. | Thursday, Nov. 18 | $20 (plus spending money)
Register by Thursday, Nov. 11.

Participants will depart from the Heritage Senior Center parking lot at 7:30 a.m. and return around 6 p.m. Attendees are required to be a Choctaw card holder or register upon arrival. *AD

3G EXPERIENCE: DRESSED TO KILL *

10:30 a.m. to 2 p.m. | Tuesday, Nov. 30 | $10 (plus lunch and spending money)
Register by Tuesday, Nov. 23.

Dress your best to venture out for handmade Italian food and exemplary service at Lamberti's Ristorante and Wine Bar. Members will be challenged to solve the mystery of who committed murder at the bar. No jeans or athletic attire please. *TJF

WALKING KEY FOR TRIPS
*** Some Walking | ** Moderate Walking | *** Mostly Walking**

Trip registration opens at 8 a.m. the third Monday of each month. Registration deadlines vary; refer to the event descriptions for details.

1. Must be a current HSC member at registration.
2. Members can only register themselves for trips.
3. Payment due upon registration.
4. No refunds or credits, unless the trip is cancelled by the HSC.
5. Due to high demand of HSC trips, it is suggested that members limit registration to no more than half of the trips offered each month.
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. It is advised to refrain from trips if transportation is not confirmed to and from HSC.
8. Trip participants should note scheduled departure and return times and plan accordingly.
9. Scheduled times of departure and return are subject to change due to unpredictable circumstances, such as weather, traffic, vehicle issues, etc.
10. Always be prepared for the amount of walking on each trip.

Pooches on the Patio

Thursday, Nov. 18
9:30 to 11:15 a.m.

Heritage Senior Center members are invited to bring their dogs to the HSC courtyard for treats, refreshments and pet vendors. All dogs must be up-to-date on their vaccinations and kept on a leash at all times. Enter through Delaware Street gates. All members welcome.

2022 ADVISORY COUNCIL ELECTIONS

10:30 a.m.
Tuesday, Nov. 2
Location: HSC Dining Room

Members may nominate anyone, including those who are currently serving. All persons nominated must be present or have another member serve as their proxy. Want to know what it takes to be an Advisory Council member? Stop by the HSC front desk for more information.

Monthly Photography Workshop

Tuesday, Nov. 23
1:30 to 2:30 p.m.
$3 Fee
Location: HSC Library

Learn how to shoot portraits in this month's workshop. Participants will learn how to take better pictures of people just in time for the holidays. Bring your camera or phone; no experience necessary.

IN MEMORIAM

Neil W. Post
2/25/1940—8/23/2021

Linda G. Boylson
7/22/1944—11/2/2020

Pete Moreno
1/18/1932—5/2021

Troy Rice
11/12/1931—5/14/2020

James Randon
3/2/1948—1/30/2021

Dennis Riise
5/13/1937—5/1/2020

Billie Ruth Dixon
8/4/1933 – 7/26/2021

Cecil Turner
6/27/1932—2020

Mark Long
6/6/1952— 2020

Connie Burden
7/28/1940—8/18/2021

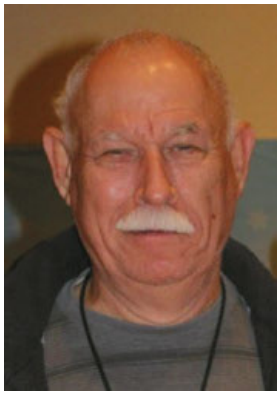
Lloyd Robnett
10/28/1941—9/6/2021

Hermelinda Cantu
4/26/1941—7/13/2020

John Golden
8/9/1933-7/29/2020

Esmerelda Garcia
1/12/1949-9/9/2020

IN MEMORIAM CONT.



Oral “Keith” Griffis
2/2/1951—3/7/2021

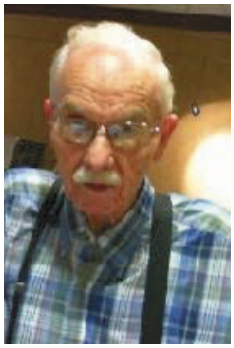
Mack Kincer
8/11/1936—9/20/2021

Margarita Rodarte
2/5/1942—7/31/2020

Bob Silver
1/3/1936—8/11/2021

Robert Brown
3/7/1942 – 7/7/2020

Sylvia Herrington
5/25/1950—1/2/2020



Dr. Clay Gilbert
5/8/1933– 2/5/1921

Richard Reilly
7/20/1931—12/2020

Wanda Riddle
11/26/1944 – 8/5/2021

Joel Blackwell
8/21/1926—2/7/2021

Bill Hall
6/20/1937— 2021

Vita Garcia
3/25/1938-5/1/2020

Jane Dixon
8/31/1927—9/29/2021

Sandra Muzyka
11/14/1941-9/18/2021

MORE INFORMATION

FROM THE PODIUM

Caption Call Technology Program
10 to 11 a.m. | Friday, Nov. 5 | Free
Register by Friday, Oct. 29
Minimum 5 participants

Caption Call is a revolutionary telephone available to individuals with hearing loss. By using voice-to-text and speech recognition, phone calls are more accessible to the hearing impaired. Learn how this product works directly from Caption Call staff. Heritage membership is required to register.

Call Pat Davenport at (972) 721-7313 for more information.

Medicare Fraud: How to Protect Yourself
10 to 11 a.m. | Wednesday, Nov. 10 | Free
Register by Wednesday, Nov. 3
Minimum 5 participants

Medicare errors, abuse and fraud cost everyone! Learn how to protect yourself and others. Texas Senior Medicare Patrol (SMP) and the RSVP Program at The Senior Source are in partnership to help end Medicare fraud. Join our guest from The Senior Source to learn more.

Call Pat Davenport at (972) 721-7313 for more information.

Defensive Driving with AARP

12:30 to 4:30 p.m. | TBA
Location: Heritage Senior Center Library
$15 for AARP members; $20 for non-AARP members.
To register, call Larry Craig (972) 790-6925.

Notary Service with Pat Davenport

$5 with appointment (preferred); $15 walk-in
If witnesses are required, they must be provided by the person requesting notary service.

Family Support and Counseling by Susan Hiegel, LPC

$12 per hour
Location: Heritage Senior Center Clinic
Individual sessions available by appointment on Thursdays. To schedule an appointment, call Susan at (214) 850-4439. Registration and payment is through the counselor. A 24-hour cancellation notice is required or appointment will be charged. Payment is required prior to appointment.

Benefits Counseling

Wednesday, Nov. 3, 10, 17, 24 | 9 a.m. to Noon | Free
Thursday, Nov. 11 | Noon to 3 p.m. | Free
Thursday, Nov. 4 | 9 a.m. to Noon | Free
Location: Heritage Senior Center Clinic

Counselors will be available to answer questions on various benefits such as Medicare and Social Security. First-come, first-served. No appointment necessary. For more information, call Pat Davenport (972) 721-7313.

RESOURCES FOR SENIORS

PEOPLE AND NUTRITION (PAN) PROGRAM

8:30 to 10:30 a.m.
Friday, Nov. 5

Drive-up to receive a box of food.
Must be at least 60 years of age and provide proof of income, age and residency.

Distribution is the first Friday of each month. For more information, call **(214) 367-3123**.

November Donation Drive

Benefiting HSC members in need

- Brand-new canned food
- Non-perishable snacks
- Soap
- Lotion
- Socks
- Deodorant
- Washcloths
- Toothbrushes

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 (DAAA)	(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
People and Nutrition Program (PAN)	(214) 358-8700
Parkland Health Center	(214) 266-0700
Senior Source in DFW Area	(214) 823-5700
Social Security Administration	(800) 772-1213
Veterans Service Office	(214) 819-1886
Widowed Persons Service	(214) 358-4155
Texas Health and Human Aging Services	(800) 889-8595

DrugWatch.com/Seniors/
DealHack.com/Blog/Senior-Discounts-Guide
MemoryCare.com
MesotheliomaHub.com

FUN TIMES AT HERITAGE SENIOR CENTER