



Harker Heights Senior Recreation Program

September 2024 Newsletter

Harker Heights Senior Recreation
Recreation Center, 307 Miller's Crossing

www.harkerheights.gov/parksandrec
254-953-5683 nbroemer@harkerheights.gov

Message from Harker Heights Senior Program Manager

Hello everyone,

Please note that both Rec Center & Activities Center will be closed on Monday, Sept. 2, in observance of Labor Day. Join us on Thursday, Sept. 5, to learn about composting from the Bell County Master Gardener's. Celebrate National Grandparents Day a day early with us on Saturday, Sept. 7 for Grand Day @ the HH Rec Center. Registration opens on Sept. 3 for our Lunch & Learn session on Friday, Sept. 20, where we'll discuss the ABCs of Medicare. Enjoy a fun day on Thursday, Sept. 19, with Bingo and a Ladies Night Out at Joe's Italian Restaurant. Interested in services for seniors in the local area? Don't miss the Senior Expo on Tuesday, Sept. 24, from 8 am to 1 pm at the Cadence Bank Center in Belton. The event will feature numerous vendors, health checks, entertainment, and free giveaways. Our staff will have a booth, and we'll offer registration for seniors to ride the Parks bus starting Sept. 10. You can register for events by calling 254.953.5683 or by visiting the Rec Center in person. Be sure to check out the rest of the newsletter for more details on these and other activities. Looking forward to seeing you at the Rec Center!

Thank you,

Nichole Broemer

Recreation Center &
Senior Program
Manager

Did You Know?






- The word September comes from the Latin word *septem* meaning "seven."
- The Roman calendar was only 10 months long and September was the 7th month of the year.
- National Cheese Pizza Day is on Sept. 5.
- Heritage Month is from Sept. 15 - Oct. 15.
- Bruce Springsteen was born on Sept. 23.
- National Coffee Day is on Sept. 29.



The Harker Heights Recreation Center & Activities Center will be **CLOSED** Sat. Aug. 31 - Mon., Sept. 2, 2024 Labor Day Weekend. Regular business hours will resume Tues., Sept. 3, 2024.

Denoa G. 09/01	Selista D. 09/06	Diane S. 09/12	Georgia L. 09/18	Emy N. 09/25
James A. 09/02	Sheryl R. 09/07	Denise B. 09/14	Wilfred R. 09/18	Mary E. 09/26
Naeemah P. 09/02	Hilda G. 09/09	Robert C. 09/14	Josette O. 09/21	DeCarla G. 09/26
Catherine B. 09/03	Gabriele G. 09/10	Danny A. 09/15	Scott Z. 09/21	Sandy Z. 09/26
Jean B. 09/04	Shirley C. 09/11	Donna H. 09/16	Patricia C. 09/22	Juan D. 09/27
Linda W. 09/04	Yvonne B. 09/12	Jerry S. 09/16	Pamela H. 09/22	Chong Y. 09/28
Angela C. 09/05	Emily H. 09/12	Lynn W. 09/16	Queen S. C. 09/23	
Hwa Sara G. 09/05	Ahava M. 09/12	James D. 09/17	Joan F. 09/23	
Elaine (Elli) H. 09/05	Mary P. 09/12	William G. 09/18	Virgil W. 09/23	

If your name is missing on the birthday list, we do not have you renewed for 2024.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 11 am-12:30 pm Armchair Travelers 2 pm-4 pm Ping Pong</p>	<p>4</p> <p>10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco</p>	<p>5</p> <p>9:30 am-10:30 am Stretchercise 11 am-12:45 pm Active Seniors 1 pm-4 pm Canasta 6 pm-7:30 pm GES: Composting, Activities Center</p> 	<p>6</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball 5:30 pm-8 pm Pickleball (Non-Res. Fee required)</p>	<p>7</p> <p>2 pm - 4 pm Grand Day @ the HH Rec Center</p> 
<p>9</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball</p>	<p>10</p> <p>9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 11 am-12:30 pm Armchair Travelers 2 pm-4 pm Ping Pong</p>	<p>11</p> <p>10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco</p>	<p>12</p> <p>9:30 am-10:30 am Stretchercise 11 am-12:45 pm Active Seniors 1 pm-4 pm Canasta</p>	<p>13</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball 5:30 pm-8 pm Pickleball (Non-Res. Fee required)</p>	<p>14</p>
<p>16</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball</p>	<p>17</p> <p>9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 11 am-12:30 pm Armchair Travelers 2 pm-4 pm Ping Pong</p> 	<p>18</p> <p>10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco</p>	<p>19</p> <p>9:30 am-10:30 am Stretchercise 11 am-12:45 pm Active Seniors 1 pm-2:30 pm BINGO 1 pm-4 pm Canasta 5 pm-7 pm LADIES NIGHT OUT, Ladies Night Out, Joe's Italian, HH</p> 	<p>20</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 11:45 am-1:30 pm Lunch & Learn 12 pm-1:45 pm Granny Basketball 5:30 pm-8 pm Pickleball (Non-Res. Fee required)</p> 	<p>21</p>
<p>23</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball</p>	<p>24</p> <p>8 am-1 pm Senior Exo, Belton 9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 11 am-12:30 pm Armchair Travelers 2 pm-4 pm Ping Pong</p>	<p>25</p> <p>10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco</p>	<p>26</p> <p>9:30 am-10:30 am Stretchercise 11 am-12:45 pm Active Seniors 1 pm-4 pm Canasta</p>	<p>27</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball 5:30 pm-8 pm Pickleball (Non-Res. Fee required)</p>	<p>28</p>
<p>30</p> <p>9 am-11:30 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball</p>	<p>All activities held at the Recreation Center, 307 Miller's Crossing unless noted otherwise.</p>				



Active Seniors

Thursdays | 11 am - 12:45 pm

Harker Heights Recreation Center, 307 Miller's Crossing

Active Seniors (50+) are invited to PLAY a variety of recreational activities and games. Each month will be a new activity to keep you moving and having fun.

A great opportunity to exercise and socialize with friends.

For more info, email nbroemer@harkerheights.gov or call 254-953-5683.

September's Activity:

Pickleball



Garden Education Series

Composting for the Homeowner

Thursday, September 5, 2024 / 6 pm—7:30 pm

FREE / Activities Center, 400 Indian Trail

Learn from the Bell County Master Gardener's about composting.

If you need help registering, please contact kgomez@harkerheights.gov

or call 254-953-5465.

Registration is encouraged, walk-ins are welcome!

Grand Day @ the HH Rec Center

Celebrate Grandparents Day Early!

Saturday, Sept. 7, 2024 / 2 pm - 4 pm / FREE
Harker Heights Recreation Center, 307 Miller's Crossing

Grandparents are invited to bring their grandchild, great grandchild, and/or V.I.P. for fun activities, games, and more.

RSVP deadline September 4, 2024

To sign up call 254-953-5683, online at <https://secure.rec1.com/TX/harker-heights-tx/catalog> or visit the Harker Heights Rec Center. Let us know how many will attend and age of child.



Harker Heights
Senior Recreation
Program



Harker Heights
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13th Annual Bell County Senior Expo

Tuesday, September 24, 2024 / 8 am - 1 pm
Cadence Bank Center, 301 W. Loop 121, Belton, TX 76513
FREE Event



For more info, email nbroemer@harkerheights.gov or call 254-953-5683.

Need a ride? Join us on the Parks small bus to the Expo. Limited space! Sign up for the bus opens on Tuesday, September 10 at 8 am in person at the Rec Center. Bus will leave at 8:15 am on Tuesday, September 24. Bring money for food purchase at the Expo.



Harker Heights
Senior Recreation
Program



Thursday, September 19, 2024
1 pm - 2:30 pm
Harker Heights Recreation Center
307 Miller's Crossing

For more info, email nbroemer@harkerheights.gov or call 254-953-5683.

Sponsor:
 UnitedHealthcare



Thursday, September 19, 2024 5:00 pm

Location: Joe's Italian Restaurant

2330 Verna Lee Blvd. #110, Harker Heights, TX 76548

Join others for food and conversation! Each attendee is responsible for purchasing their own supper. Registration is required.

Sign up in person at the Harker Heights Recreation Center, 307 Miller's Crossing.

For more info, email nbroemer@harkerheights.gov or call 254-953-5683.



LADIES NIGHT OUT

Stewart C. Meyer Harker Heights Public Library 2024 Book Discussion Club

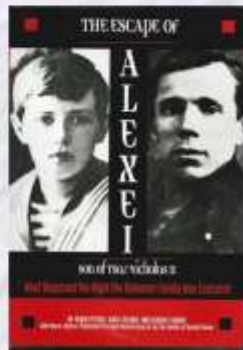
Join our book discussion club for adults! Enjoy a lively discussion in person at the Library and/or online!

Third Thursday of each month at 6:30 pm!

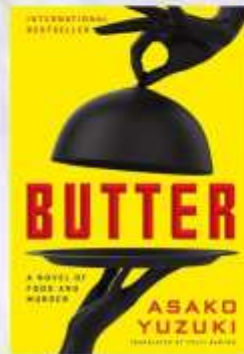
Just e-mail lyoungblood@harkerheights.gov for an invitation to our virtual meeting!



Thursday, July 18



Thursday, August 15



Thursday, September 19



Thursday, October 17



LUNCH & LEARN

Friday, September 20, 2024 11:45 am - 1:30 pm

Topic: ABC of Medicare

Presenter: Amy Sargent, UnitedHealthcare

Harker Heights Recreation Center, 307 Miller's Crossing

FREE Lunch

Space is limited; pre-registration required. / Registration opens Sept. 3, 2024

Pre-register by calling 254-953-5657 or in person at the Recreation Center.

For more info, email nbroemer@harkerheights.gov or call 254-953-5683.

Lunch Sponsor:
 UnitedHealthcare



**FREE
EVENT**

FOR SENIORS & FRIENDS

**SEPT 24TH
8 AM - 1 PM**

HUNDREDS OF
**DOOR
PRIZES
& GIVEAWAYS**



CADENCE BANK CENTER - 301 W LOOP 121, BELTON

Sponsored by, Supported by & this event would not continue to grow and help so many seniors without:



**FALL COMMUNITY
Garage Sale!**

**SATURDAY
OCTOBER 5, 2024
7:00 AM - 5:00 PM**

**REGISTRATION
OPENING SOON!**



**Harker Heights
Parks & Recreation**

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