



Harker Heights Senior Recreation Program

February 2023 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 All,

February is a month of leaders...celebrating our nation's leaders on Presidents Day and our heart that leads us on Valentine's and other days. We will be offering two programs on alternate months; Lunch & Learn on odd number months with Crafty Connection the even number months. Bring a craft you are working on, enjoy coffee, and great company on Feb. 27. If you don't have a craft; no worries, we will have a craft at the center. We will be offering Ping Pong: Table Tennis every Tuesday from 2 pm - 4 pm. Did you enjoy games you played when you were a kid? Come to Senior P.E., learn fun games or share a game. Check out the new Adaptive Chair Yoga prices. Make sure to bring a friend, date, or spouse to the Senior Sweetheart Dance on Sat., Feb. 11 from 1 pm - 3 pm. Sign up now for some fun and dancing the afternoon away.

Best Regards,

Nichole Broemer

Recreation Center & Senior Program Manager



Betty S.	02/01
Edward H.	02/03
Demetra H.	02/03
Christine O.	02/03
Chris H.	02/03
John H.	02/03
Joann S.	02/05
Lucile W.	02/06
James A.	02/08
Susan H.	02/08
Jane M.	02/09
Kathryn C.	02/09
Elizabeth K.	02/11
Laurel R.	02/12
Joaquin T.	02/13
William B.	02/17
Ruth O.	02/17
Eric U.	02/18
Sharon O.	02/20
Shirley M.	02/20
Wayne Z.	02/22
Christine W.	02/24
Leonard C.	02/24
Digna H.	02/24
Margot S.	02/25
Tami W.	02/25
Daniel S.	02/26
Herbert B.	02/27
Norma G.	02/27
Linda S.	02/28

February's Quotes

"Nobody has ever measured, even poets, how much a heart can hold." —
Zelda Fitzgerald

"Yesterday is not ours to recover, but tomorrow is ours to win or lose." —
Lyndon B. Johnson

Senior Membership Renewal

Seniors (50+) can renew or become a member of the Senior Recreation program in person or by going online through our Civic Rec portal. Once registration is completed the participant will receive a Senior Rec check in card. All participants will need to have a check in card to participate in Senior programs. The card will assist with accurate counts for attendance records.
Please renew by February 28, 2023.

How to renew or become a member:

- Visit the Harker Heights Recreation Center, 307 Miller's Crossing
- Visit Civic Rec online at <https://secure.rec1.com/TX/harker-heights-tx/catalog> and set up an account (to receive your check in card you will need to visit the Recreation Center)



Bad Weather Procedure




As the cold weather roles in we have been getting questions about weather closings and delays. The Harker Heights Senior Recreation Program will follow KISD closings & delays. If KISD is closed or delayed the Senior Recreation Program classes will be closed/canceled or delayed. Check your local news station for updates.

If your name is missing on the birthday list, we do not have you renewed for 2022.

Happy
VALENTINE'S
DAY



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 am-12 pm Watercolor 10 am-12 pm Diabetes Class 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	2 9:30 am-10:30 am Stretchercise 11 am-12 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-4 pm Canasta	3 9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	4
6 9 am-11:45 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	7 9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beginner Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	8 10 am-12 pm Watercolor 10 am-12 pm Diabetes Class 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	9 9:30 am-10:30 am Stretchercise 11 am-12 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-4 pm Canasta	10 9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	11 1 pm - 3 pm Senior Sweetheart Dance, Activities Center
13 9 am-11:45 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	14 9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beginner Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong 	15 10 am-12 pm Watercolor 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	16 9:30 am-10:30 am Stretchercise 11 am-12 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-2:30 pm BINGO 1 pm-4 pm Canasta 5 pm Ladies Night Out, TBD 	17 9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	18 
20 CLOSED  	21 9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beginner Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	22 10 am-12 pm Watercolor 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	23 9:30 am-10:30 am Stretchercise 11 am-12 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-4 pm Canasta	24 9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	25
27 9 am-11:45 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball 2 pm-4 pm Crafty Connection	28 9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beginner Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	All activities held at the Recreation Center, 307 Miller's Crossing unless noted otherwise.			

GO Heights Hike

6pm-7:30pm | Dana Peak Park |

2.1.23

Meet at the 90 degree turn
before the gatehouse



New
Rates

Adaptive Chair Yoga



Mondays, 10 am - 11 am

\$8 per class / \$5 Senior (50+) per class

Max. 10 participants per class

Ages: Adult 18+

Recreation Center, 307 Miller's Crossing

Instructor: Jenny Lawson

Certified RYT 200 in Hatha & Flow

Adaptive Chair Yoga is one of the gentlest forms of yoga. It is accessible to everyone, in all bodies. Adaptive Chair Yoga centers around using a chair, wheelchair, or other mobility device to bring a practice to you. Helping to promote accessible practices to your mind and body.

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



Ping Pong

Table Tennis

Tuesdays, 2 pm - 4 pm

HH Rec Center

307 Miller's Crossing

NEW

Starts Feb. 7

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



Ages
50+

Seniors Sweethearts Dance

Saturday, February 11, 2023 | 1 pm - 3 pm | Activities Center
400 Indian Trail



Harker Heights
Senior Recreation
Program

Register Today!



BINGO!

Thursday, February 16

1 pm - 2:30 pm

HH Rec Center

307 Miller's Crossing

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



Harker Heights
Senior Recreation
Program



LADIES NIGHT OUT

Thursday, Feb. 16

5:00 pm

Restaurant: TBD

Join others for good food and conversation!
Each attendee is responsible for purchasing their own supper.
Registration is required. Call 254-953-5683 or sign up in
person at the HH Recreation Center to register.



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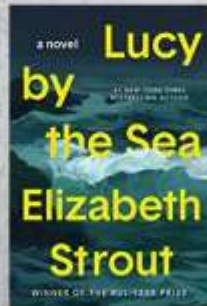
Stewart C. Meyer Harker Heights Public Library

Book Discussion Club

Meet with us in-person at the Library or virtually the third Thursday of each month at 6:30 pm for a lively discussion of the month's book!



January 19, 2023



February 16, 2023



March 16, 2023



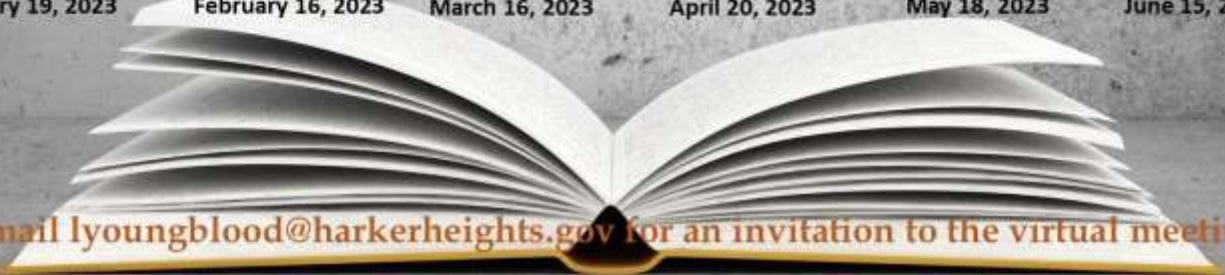
April 20, 2023



May 18, 2023



June 15, 2023



E-mail lyoungblood@harkerheights.gov for an invitation to the virtual meetings.

FAMILY FRIENDLY EVENT

HARKER HEIGHTS OUTDOOR & SCIENCE EXPO

2023



FEBRUARY 18TH
9AM-1PM



HARKER HEIGHTS ACTIVITIES CENTER
400 INDIAN TRAIL

HANDS-ON LEARNING - GARDENING RESOURCES -
OUTDOOR EDUCATION & MORE!



The Harker Heights Recreation
Center & Activities Center



CLOSED

Monday, February 20, 2023

Presidents Day

The centers will resume normal
business hours on Feb. 21, 2023.

Crafty Connection

Monday, February 27, 2023

2 pm - 4 pm

HH Rec Center, 307 Miller's Crossing

Bring a craft project you are working at home.

Don't have one...don't worry, craft projects will be available.

For more info, email
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or call 254-953-5683.



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