

## Message from Harker Heights Senior Program Manager

Hello All,

As the summer wraps up, school starts on Aug. 14 this year. Please be safe in the school zones and neighborhoods. We have only two Fridays left for Senior Swim which ends on Aug. 11. Celebrate National Farmers Market Week on Aug. 12 by visiting the Farmers Market and picking up some giveaways while supplies last. The Bell County Master Gardeners will share information on drip irrigation this month for Garden Education Series. For Ladies Night Out, the ladies will try the new restaurant Chuy's in Harker Heights which is next to Sam's Club. Mark your calendar for two exciting events in Sept. On Sept. 9, we will celebrate grandparents and grandkids at Grand Day @ Rec Center. RSVP deadline is now through Sept. 4. Watch out for more info in next month's newsletter about the 2023 Senior Expo in Belton. The expo is on Tues. Sept. 26 from 8:30 am-1 pm and provides many vendors, health checks, entertainment, and free giveaways for seniors. Staff will have a booth and we will have sign up starting Sept. 12 for seniors to ride the Parks bus. Enjoy your time with family before the summer ends and school starts.

Best Regards,

Nichole Broemer

Recreation Center & Senior Program Manager



## August's Quotes

"Live in the sunshine. Swim in the sea. Drink in the wild air." – Ralph Waldo Emerson





"Breathe the sweetness that hovers in August." – Denise Levertov

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."  
– Mother Teresa



Lorette T.	08/01	Mike C.	08/08	Stan P.	08/13	Jere K.	08/18	Anouschka H.	08/28
Elke K.	08/01	Frances K.	08/08	Jose L.	08/14	Carol C.	08/19	Ramona M.	08/28
Ileasa B.	08/02	Vivian P.	08/08	Mary T.	08/16	Cindy R.	08/20	Annie J.	08/28
Robin R.	08/03	Lynn S.	08/09	Rhonda M.	08/16	Hilda A.	08/20	Milsa N.	08/28
Larry R.	08/05	Robert T.	08/09	Janice T.	08/17	Randy B.	08/21	Michael A.	08/29
Keith G.	08/05	Janet B.	08/09	Alicia C.	08/17	Jan T.	08/23	Ginger B.	08/29
Sharron P.	08/05	Julia B.	08/09	Monika P.	08/17	June W.	08/24	Phillip S.	08/30
Michael O.	08/06	Lynn S.	08/09	Diane C.	08/17	Diane F.	08/25	Semone M.	08/31
Leonita S.	08/06	Silvia M.	08/11	Linda C.	08/17	Scott H.	08/25		
Rosemary B.	08/06	Robert W.	08/11	Laura Z.	08/18	Maria M.	08/26		
Frank A.	08/07	Hellen S.	08/12	Melvina H.	08/18	Elsa M.	08/26		
Joseph L.	08/07	Lillie R.	08/13	Brenda P.	08/18	Doyle D.	08/28		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	9:30 am-10:30 am Stretchercise 11 am-12 :30 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-4 pm Canasta	9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball 12 pm-1 pm Senior Swim	9 am-1 pm Farmers Market 
7	8	9	10	11	12
9 am-11:45 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	9:30 am-10:30 am Stretchercise 11 am-12:30 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-4 pm Canasta	9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball 12 pm-1 pm Senior Swim	9 am-1 pm Farmers Market 
14	15	16	17	18	19
9 am-11:45 am Pickleball (Non-Res. Fee required) 12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	9:30 am-10:30 am Stretchercise 11 am-12:30 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, Chuy's, Harker Heights	9 am-11:45 am Pickleball (Non-Res. Fee required) 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	9 am-1 pm Farmers Market 
21	22	23	24	25	26
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28	29	30	31		
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	9:30 am-10:30 am Stretchercise 10 am-11 am Beg. Line Dancing 11 am-12 pm Adv. Beg. Line Dancing 1 pm-3 pm Spades 2 pm-4 pm Ping Pong	10 am-12 pm Watercolor (\$5 per class) 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	9:30 am-10:30 am Stretchercise 11 am-12:30 pm Lifelong Learning 12 pm-1:45 pm Senior P.E. 1 pm-4 pm Canasta		





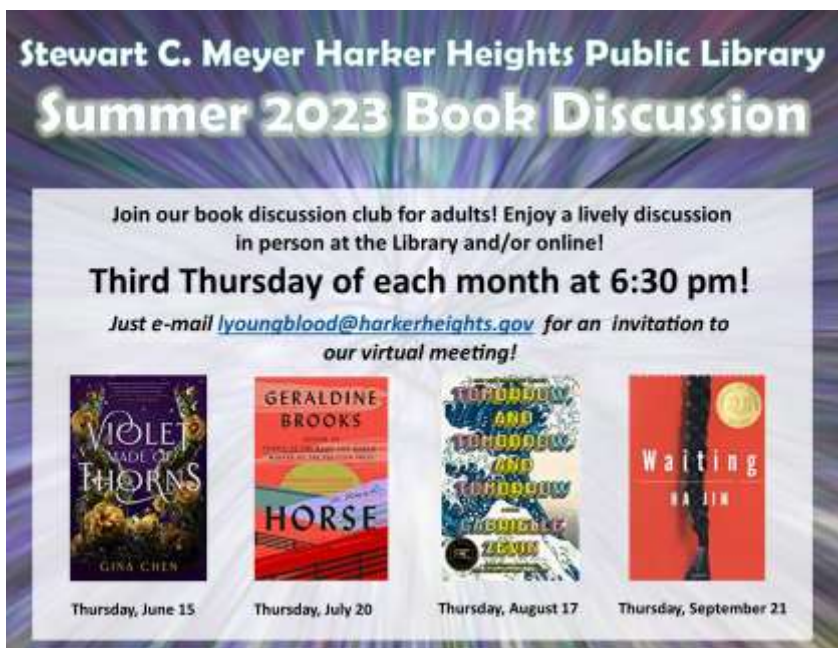
## SENIOR SWIM

Free for Seniors(50+)

Last Day: Aug. 11

Every Friday from 12 pm-1 pm  
(except on days swim lesson has a make up or pool closed)

Current Senior Program  
Membership Check In Card  
required. Make sure to get a new  
card with current expiration date.



### Garden Education Series

#### Drip Irrigation

Thursday, August 31, 2023

6 pm-7:30 pm

**FREE; Register: August 7-30, 2023**

**Activities Center, 400 Indian Trail**

Learn from the Bell County Master  
Gardener's about Drip Irrigation.

Registration is encouraged.





**Harker Heights**  
Senior Recreation  
Program

# BINGO

**Thursday, August 17, 2023 | 1 pm - 2:30 pm**

**HH Rec Center, 307 Miller's Crossing**

For more info, email [nbroemer@harkerheights.gov](mailto:nbroemer@harkerheights.gov) or call 254-953-5683.



## LADIES NIGHT OUT

**Thursday, August 17, 2023**

**5:00 pm**

**Location: Chuy's Tex-Mex**

**700 W. Central Texas Expwy., Harker Heights, TX 76548**

Join others for Tex-Mex 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 Rec Center.

For more info, email [nbroemer@harkerheights.gov](mailto:nbroemer@harkerheights.gov) or call 254-953-5683.



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## Crafty Connection

**Monday, August 28, 2023    2 pm - 4 pm    HH Rec Center, 307 Miller's Crossing**

For more info, email  
[nbroemer@harkerheights.gov](mailto:nbroemer@harkerheights.gov) or  
call 254-953-5683.

Bring a craft project you are working at home.  
Don't have one...don't worry, craft projects will  
be available.



**Harker Heights**  
Senior Recreation  
Program

## 9 Grand Day @ Rec Center

**Sept. 9, 2023 / 2:30 pm - 4:30 pm**

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

Celebrate National Grandparents Day at the Rec Center.  
Bring your grandchild, great grandchild, and/or V.I.P. for fun  
activities, games, and more.

RSVP deadline September 4, 2023 by calling 254-953-5683 or sign up at the Rec Center. Let us know how many will attend and age of child.