



Message from Harker Heights Senior Program Manager

Hello All,

School has started and the weather is getting cooler. We are excited to offer Grand Day @ Rec Center for National Grandparents Day on Saturday, September 10 from 2:30 pm-4:30 pm. What a perfect time to show your grandchildren where you spend your days while they are in school. Active Seniors are invited to join in some fun activities during the Senior PE on Thursdays. Lifelong Learning started a new video series on "Turning Points in Modern History". If you are a avid book reader you may want to join the Library's book discussion group. I have included the book list for the Fall.

Best Regards,

Nichole Broemer

Recreation Center & Senior Program Manager



Carolyn C.	9/1
William C.	9/1
James A.	9/2
Catherine B.	9/3
Linda W.	9/4
Hwa Sara G.	9/5
Elaine (Elli) H.	9/5
Jackie S.	9/6
Debra G.	9/7
Sheryl R.	9/7
Cheryle S.	9/7
Kerry M.	9/9
Hilda G.	9/9
Juanita D.	9/10
Janet A.	9/11
Douglas S.	9/11
Yvonne B.	9/12
Emily H.	9/12
Ahava M.	9/12
Anita P.	9/12
Patricia R.	9/15
Arlene M.	9/16
Ann E.	9/16
Debora G.	9/16
Donna H.	9/16
Kelly S.	9/16
Georgia L.	9/18
Wilfred R.	9/18
Barbara R.	9/18
ELIAS S.	9/18
Shirley S.	9/18
Carol P.	9/20
Scott Z.	9/21
Kerry F.	9/21
Vernese S.	9/21
Maureen L.	9/24
Emy N.	9/25
Samuel T.	9/25
Mary H.	9/26
Valetha A.	9/28











**The Harker Heights Recreation Center
& Activities Center will be**

CLOSED

**Monday, September 5, 2022 in
observance of Labor Day.**

**Regular business hours will resume
Tuesday, September 6, 2022.**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities held at the Recreation Center, 307 Miller's Crossing unless noted otherwise.					
			1 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	2 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	3 9 am-1 pm HH Farmers Market, City Hall 
5 CLOSED 	6 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	7 10 am-12 pm Watercolor 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	8 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	9 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	10 9 am-1 pm HH Farmers Market, City Hall  2:30 pm- 4:30 pm Grand Day @ Rec Center 
12 10 am-11 am Adaptive Chair Yoga  12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	13 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	14 10 am-12 pm Watercolor 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	15 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 Yank Sing, Killeen 	16 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	17 9 am-1 pm HH Farmers Market, City Hall 
19 10 am-11 am Adaptive Chair Yoga  12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	20 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	21 10 am-12 pm Watercolor 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	22 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	23 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	24 9 am-1 pm HH Farmers Market, City Hall 
26 10 am-11 am Adaptive Chair Yoga  12 pm-3 pm Pinochle 12 pm-1:45 pm Granny Basketball	27 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	28 10 am-12 pm Watercolor 10 am-2 pm Scrabble 12 pm-3 pm Pinochle 1 pm-4 pm Bunco	29 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	30 10 am-2 pm Scrabble 12 pm-1:45 pm Granny Basketball	

Grand Day @ Rec Center



Sept. 10, 2022 / 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 2, 2022

Call 254-953-5683 or sign up at Rec Center

Let us know how many will attend and age of child.



Adaptive Chair Yoga

Mondays, 10 am - 11 am

Starting June 13 (No classes on June 20, July 4, July 11)

\$12 per class

\$10 Senior (55+) 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.






Harker Heights Senior Recreation Program

B I N G O

Thursday, September 15, 2022
1:00 pm - 2:30 pm
Harker Heights Recreation 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, September 15, 2022
5:00 pm
Yank Sing Chinese Buffet
1705 E. Central Texas Expy
Killeen, TX 76541

Join with 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 Harker Heights Recreation Center to register.

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



Senior P.E.

Thursdays, 12:00 pm - 1:45 pm
Harker Heights Recreation Center
307 Miller's Crossing

Active Seniors (50+) are invited to PLAY
a variety of old & new recreational activities.



Harker Heights
Senior Recreation
Program

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



Harker Heights
Senior Recreation
Program

LIFELONG LEARNING



Topic: Turning Points in Modern History



Thursdays

11:00 am - 12:00 pm

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

Join us as we watch a video series
on special historic events.



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

Stewart C. Meyer Harker Heights Public Library

Fall 2022 Book Discussion

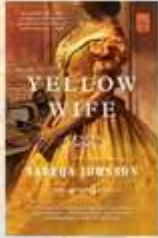
Join our book discussion club for adults! Enjoy a lively discussion
in person at the Library and/or online!

Third Thursday of each month at 6:30 pm!

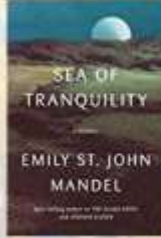
Just e-mail lyoungblood@harkerheights.gov for an invitation to
our virtual meeting!



Thursday, September 15



Thursday, October 20



Thursday, November 17



Thursday, December 15



2022 Bell County Senior Expo

Tuesday, September 27, 2022 8:30 am - 12:00 pm

Bell County Expo Center, 301 W. Loop 121, Belton, TX 76513

For more info: Kimberly at 512-540-6875

No Pressure-Info only 95 Vendors Entertainment Speakers

Door Prizes HD TV Giveaway



HARKER HEIGHTS CITY HALL FARMERS MARKET

SATURDAY MORNINGS 9AM - 1PM
MAY - OCTOBER
305 MILLER'S CROSSING
HH CITY HALL



Harker Heights
Parks & Recreation
Escorting Community

254-953-5657



FREE Classes for Family Caregivers Powerful Tools for Caregivers™

Offered by the Area Agency on Aging of Central Texas

***Master the Tools to Make a Difficult Tasks
More Manageable.***

Topics will include:

- Taking care of YOU!
- Stress Reduction.
- Communication with family and friends.
- Mastering difficult decisions.
- When to embrace change.

Where:

**Sammons Community Center
2220 W Ave. D
Temple, TX**

When:

**Wednesday Mornings
9:00 AM-10:30 AM
September 7, 14, 21, 28, October
5 & 12th**

**RSVP Required:
254-770-2330**



FREE A Matter of Balance

Senior Fall Prevention Classes

Offered by the Area Agency on Aging of Central Texas



Topics will include:

- Understanding your fears.
- Staying active through easy exercises.
- Learning to communicate with family & health care teams.
- Making safety improvements at home.
- Delaying complications
- Changing "Fall-ty" Habits

Where:

Central Texas Council of Governments

2180 N. Main Street, Belton TX

When:

Thursday afternoons

2:00 PM – 4 PM

**September 1,8,15,29 October 6,
13, 20 ending on 27th**

**RSVP Required:
254-770-2330 Theresa Mireles**

