



Harker Heights Senior Recreation Program

September 2026 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,

As we head into September, there's a lot happening at the Rec Center. Please note that the center will be closed on Monday, September 7, in observance of Labor Day. But don't worry - September is packed with exciting programs to get involved! In this issue, you will find Active Seniors returns after taking a break for the summer and information about a free concert in the park on September 4. You will also find information on the registration date for our upcoming Lunch & Learn Medicare session, fun events like Bingo and Ladies Night Out, and the Bell County Senior Expo happening later this month. There will be a bus available if you need a ride to the Senior Expo. The center has added an additional day for Pickleball on Wednesdays from 9a-11:30a. We hope to see you soon at the Rec Center!

Best Regards,

Nichole Broemer

Recreation Center & Senior Program Manager



Did You Know?

- **Titanic Found:** Oceanographer Robert Ballard located the deep-sea wreck of the Titanic on Sept. 1, 1985.
- **National Cheese Pizza Day:** Enjoy a slice on Sept. 5.
- **The Concorde:** The supersonic jet made its first transatlantic crossing on Sept. 23, 1973.
- **First U.S. Newspaper:** *Publick Occurrences Both Forreign and Domestick* printed its first (and last) issue in Boston on Sept. 25, 1690.
- **September:** Where summer ends and fall begins. Unless you're in Texas.....
- **Famous Birthdays:**
Conwat Twitty (9/1/1933), Terry Bradshaw (9/2/1948), Jesse James (9/5/1847), Gloria Gaynor (9/7/1949), King Richard I (9/8/1157), Colonel Sanders 9/9/1890), Jesse Owens (9/12/1913), Walter Reed (9/13/1851), William Howard Taft (9/15/1857), Stephen King (9/21/1947), Johnny Appleseed (9/26/1774)

Peggy J.	09/01	Jocelyn P.	09/05	Yvonne B.	09/12	Gary C.	09/18	Mary E.	09/26
Jeff C.	09/01	Debbie B.	09/07	Ahava M.	09/12	Wilfred R.	09/18	Ginger H.	09/27
Andre J.	09/01	Sheryl R.	09/07	Nenita C.	09/13	Rebecca A.	09/19	Victoria W.	09/28
William C.	09/01	Hilda G.	09/09	Denise B.	09/14	Marion P.	09/20	Wanda B.	09/30
Jeannie W.	09/02	Susana G.	09/09	Patricia R.	09/15	Josette O.	09/21	Socorro H.	09/30
Mary V.	09/03	Gabriele G.	09/10	Samuel D.	09/15	Scott Z.	09/21		
Judy P.	09/03	Amy B.	09/10	Donna H.	09/16	Pamela H.	09/22		
Catherine B.	09/03	Shirley C.	09/11	Lynn W.	09/16	Karlene B.	09/24		
Elli H.	09/05	Felix G.	09/11	Cris L.	09/17	Ann M.	09/25		
Hwa Sara G.	09/05	Emily H.	09/12	Steven T.	09/18	Jeannie F.	09/25		

If your name is missing
on the birthday list,
please renew your
membership.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	9:30a-10:30a Stretchercise 10a-11a Beg. Line Dancing 11a-12p Adv. Beg. Line Dancing 11a-12:30p Armchair Travelers 1p-4p Mahjong 2p-4p Ping Pong	9a-11:30a Pickleball* 10a-12p Dive into Watercolor 10a-2p Scrabble 12p-3p Pinochle 1p-4p Bunco	9:30a-10:30a Stretchercise 11a-12:45p Active Seniors 1p-4p Canasta	9a-11:30a Pickleball* 10a-2p Scrabble 12p-1p Granny Basketball 12p-3p Pinochle 6p-8p First Fridays Music Series, Carl Levin Park 	
7	8	9	10	11	12
CLOSED 	9:30a-10:30a Stretchercise 10a-11a Beg. Line Dancing 11a-12p Adv. Beg. Line Dancing 11a-12:30p Armchair Travelers 1p-4p Mahjong 2p-4p Ping Pong	9a-11:30a Pickleball* 10a-12p Dive into Watercolor 10a-2p Scrabble 12p-3p Pinochle 1p-4p Bunco	9:30a-10:30a Stretchercise 11a-12:45p Active Seniors 1p-4p Canasta	9a-11:30a Pickleball* 10a-2p Scrabble 12p-1:45p Granny Basketball 12p-3p Pinochle	
14	15	16	17	18	19
9a-11:30a Pickleball* 12p-1:45p Granny Basketball 12p-3p Pinochle	9:30a-10:30a Stretchercise 10a-11a Beg. Line Dancing 11a-12p Adv. Beg. Line Dancing 11a-12:30p Armchair Travelers 1p-4p Mahjong 2p-4p Ping Pong 	9a-11:30a Pickleball* 10a-12p Dive into Watercolor 10a-2p Scrabble 12p-3p Pinochle 1p-4p Bunco	9:30a-10:30a Stretchercise 11a-12:45p Active Seniors 1p-2:30p BINGO 1p-4p Canasta 5p-7p Ladies Night Out, Taqueria Mexico, Harker Heights 	9a-11:30a Pickleball* 10a-2p Scrabble 12p-1:45p Granny Basketball 12p-3p Pinochle 	11:30a Book Discussion Club, Public Library
21	22	23	24	25	26
9a-11:30a Pickleball* 12p-1:45p Granny Basketball 12p-3p Pinochle	8a-1p Bell County Senior Expo, Belton 9:30a-10:30a Stretchercise 10a-11a Beg. Line Dancing 11a-12p Adv. Beg. Line Dancing 11a-12:30p Armchair Travelers 1p-4p Mahjong 2p-4p Ping Pong	9a-11:30a Pickleball* 10a-12p Dive into Watercolor 10a-2p Scrabble 12p-3p Pinochle 1p-4p Bunco	9:30a-10:30a Stretchercise 11a-12:45p Active Seniors 1p-4p Canasta	9a-11:30a Pickleball* 10a-2p Scrabble 12p-1:45p Granny Basketball 12p-3p Pinochle	
28	29	30	All activities held at the Recreation Center, 307 Miller's Crossing, unless noted otherwise. * Pickleball (Non-Res. Fee required)		
9a-11:30a Pickleball* 11:45a-1p Lunch & Learn 12p-1:45p Granny Basketball 12p-3p Pinochle 	9:30a-10:30a Stretchercise 10a-11a Beg. Line Dancing 11a-12p Adv. Beg. Line Dancing 11a-12:30p Armchair Travelers 1p-4p Mahjong 2p-4p Ping Pong	9a-11:30a Pickleball* 10a-12p Dive into Watercolor 10a-2p Scrabble 12p-3p Pinochle 1p-4p Bunco			



Harker Heights
Senior Recreation
Program

Stretchercise

Tuesdays & Thursdays | 9:30 am - 10:30 am

Harker Heights Recreation Center, 307 Miller's Crossing

Get moving! This fun, feel-good class, done with background music, blends standing and seated stretches to boost your strength, balance, coordination, and flexibility. After stretching, enjoy a refreshing 2 mile-aerobic walk to energize your heart and lungs. It's a great way to stay active and may even help lower your risk of falls.

Please check with your physician before starting any exercise program.



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

Dive into Watercolor with Tanja

Wednesdays | 10 am - 12 pm

HH Rec Center, 307 Miller's Crossing

\$10 fee per class visit | Instructor: Tanja Joseph



Harker Heights
Senior Recreation
Program



Watercolor image by instructor Tanja Joseph

Dive into and learn about watercolor with instructor Tanja.

A small amount of basic starter supplies will be provided. A list of additional supplies will be available to continue with future classes. Follow along sketches will be provided each class or you can create your own free hand painting. Senior check in card required; register and pay per time you come to class.

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



Harker Heights
Senior Recreation
Program

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**





LIVE MUSIC
FOOD TRUCKS
ARTISAN VENDORS

GOOD MUSIC, GOOD FOOD,
Great Community.



2026 MUSIC LINEUP



SEPT. 4

THE SPAZMATICS



OCT. 2

ROSE SHORT



NOV. 6

EMILY GIMBLE



FIRST FRIDAYS:
MAY-JUNE & SEPT-NOV



CARL LEVIN PARK
AMPHITHEATER
400 MILLER'S CROSSING

FREE
ADMISSION

6:00 PM – 8:00 PM



Harker
Heights
The Bright Side of Central Texas



254-953-5657



EVENTS@HARKERHEIGHTS.GOV



@HARKERHEIGHTSTX



Harker Heights Recreation Center

CLOSED Labor Day

Monday, September 7, 2026

The center will resume normal business hours on September 8, 2026.



Harker Heights
Parks & Recreation
Creating Community



Harker Heights
Senior Recreation
Program

BINGO



Sponsor:



Thursday, September 17, 2026 | 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.



Harker Heights
Senior Recreation
Program



**LADIES
NIGHT OUT**

Ladies Night Out

Thursday, September 17, 2026 | 5 pm

Location: Taqueria Mexico

526 E. FM 2410 Rd., Harker Heights, TX 76548

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

Stewart C. Meyer Harker Heights Public Library Book Discussion Club

**Tess of the
D'Urbervilles
by Thomas Hardy**



Saturday, September 19th, 2026 11:30AM

Enjoy a lively discussion in-person at the library or online!
Just email halcorn@harkerheights.gov if you would like an invitation
to our virtual meeting!



Harker Heights
Senior Recreation
Program



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

15th Annual Bell County Senior Expo

Tuesday, September 22, 2026 / 8 am - 1 pm
Huntington Bank Expo, 301 W. Loop 121, Belton, TX 76513
FREE Event

Need a ride? Join us on the Parks small bus to the Expo. Limited space!
Sign up for the bus opens on Wednesday, September 9 at 9 am.
Bus will leave at 8:15 am on Tuesday, September 23.
Bring money for food purchase at the Expo.

Celebrating TEXAS
16th Annual
Bell County Senior Expo

SEPTEMBER 22, 2026
HUNTINGTON BANK EXPO ★ BELTON 8 AM - 1 PM

Interactive Aid Displays Ask the Expert Touch-a-Truck CarFit Checkup Health Checks Vision Screening Dementia Empathy Experience

Join us for a day of free health screenings, interactive aid displays, "ASK THE EXPERT" and resources designed for seniors. Explore EMS Touch-a-Truck, CarFit vehicle safety checks, vision screenings, and the Dementia Empathy Experience, and much, much more!

AdventHealth Meta Baylor Scott & White Medical Center UnitedHealthcare
ONCOR Seton Medical Center Harker Heights ClearSky gentiva CareAge HomeCare
Integrity Visiting Angels Cornerstone Gardens CENTEX Our Hospice House

LUNCH & LEARN



Harker Heights
Senior Recreation
Program



Lunch Sponsor:

Amy Sargent
UnitedHealthcare

Monday, September 28, 2026 / 11:45 am - 1 pm

Registration opens: September 14, 2026 / Space is limited; pre-registration required.

Topic: What's New With Medicare

Guest Speaker: Amy Sargent, UnitedHealthcare

FREE Lunch / Harker Heights Recreation Center, 307 Miller's Crossing

Pre-register starting Sept. 14th by calling 254-953-5657 or in person at the Rec Center.

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

**HARKER HEIGHTS
FALL 2026 COMMUNITY GARAGE SALE
OCTOBER 3, 2026
7 AM - 5 PM**

SCAN TO REGISTER



<https://bit.ly/4gKADwJ>



Questions:
events@harkerheights.com

**MAP REGISTRATION
IS NOW OPEN
SEPT. 1 - SEPT. 17**

★ HARKER HEIGHTS, TEXAS ★



GRANNY *Basketball* ★ LEAGUE ★

WOMEN
50+
WELCOME!

Stay Active. Have Fun. Make Friends.

ABOUT US

The Granny Basketball League is a fun, friendly league for women 50 and over who love the game and want to stay active! Great people, great games, and lots of laughs.



FOR WOMEN
50 AND OVER



STAY ACTIVE
& HEALTHY



BUILD FRIENDSHIPS
& COMMUNITY



FUN, RESPECTFUL
COMPETITION

DETAILS

- ★ Games are played in Harker Heights as well as travel locations.
- ★ The season runs January to August.
- ★ Weeknight games
- ★ All skill levels welcome!
- ★ Positive, encouraging environment

**COME BE PART OF
SOMETHING SPECIAL!**



PLEASE CONTACT HARKER HEIGHTS REC CENTER
for information on the league.
254-953-5657



307 Millers Crossing
Harker Heights, Texas



★★ *A gentle game for women of a certain age.* ★★