

Keep Irving Beautiful Newsletter

Heritage Senior Center

This month our spotlight is on our seniors, specifically the wide variety of activities offered at the Heritage Senior Center (HSC) in downtown Irving. Built in 2003, the 40,000 square-foot state-of-the-art facility features numerous amenities, including an aquatic center, art room, ballroom, billiards room, classrooms, computer lab, courtyard, fitness room, gift shop, library and a unique art collection featuring . As they say at the center, getting older doesn't mean you have to slow down, especially when there are so many fun and creative activities to help seniors stay active. Their schedule is filled with field trips, workshops, dances, fitness classes, guest speakers and much more. The monthly "Heritage Herald" keeps everyone apprised of the opportunities offered at the center. One of the most anticipated programs is the "Ms. Mature Irving" pageant, a celebration of the beauty of the spirit of our senior women. It began in 1982,



Seniors in Irving are fortunate to have this lovely facility, the Heritage Senior Center, where they can gather with friends, take classes in a wide variety of subjects, and keep physically fit.

and most recently crowned Ora Reid as the new Ms. Mature on October 2.

The HSC also offers its members assistance with a variety of needs, such as transportation, tax preparation and counseling on social security, as well as a daily meal program for a nominal fee through the Dallas Area Agency on Aging. They are an excellent resource for information on the

challenges that seniors might face, and provide links to many helpful state and national organizations on their city webpage: www.cityofirving.org. Center Supervisor Ann Gillespie, Senior Recreation Specialist Vicki Miller or any of their staff will also be happy to help if you just give them a call at (972) 721-2496.

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Did You Know?

Recycling/conservation tips this month come from the Earth 911 website, and are all about an energy-efficient home. Did you know you can save both money and energy by using:

- Energy Star appliances
- Programmable thermostats
- Dual-flush toilets
- Energy-efficient window shades
- Tankless water heaters
- Front-loading washing machines and dryers with moisture sensors

www.earth911.com is the a great source for leading a greener lifestyle. Check them out!

An Event-Filled October

October is usually full of activities for KIB, and this year was no exception. We partnered with the VHA family of companies for their 13th annual Community Day, with a paint project at the Senter Park pool on October 13. KIB visited North Lake College twice, first with a lunch on October 12 with the Phi Theta Kappas to thank them for their service at the Trash Bash, then at a celebration of North Lake's recent victory in the national "RecycleMania" competition on the 22nd. Another community partner, the Irving Family YMCA, held its Fall Festival on October 23, where KIB had a table with prize wheel, and made it a green event by providing recycling. On October 28, Service

Learning students came to the KIB office and painted the board room. And each year in October, KIB Board and staff perform the Litter Index, where we drive the same route, assess the amount of litter seen, and compare it to previous years. The good news: Litter is down 36% from the first time we performed the survey in 2001.

We told you it was a busy month! To find out what's coming up next at KIB, just scan the QR code on the right, or go to:



www.keepingirvingbeautiful.org.



Among the KIB events in October were a visit to the Phi Theta Kappa general meeting, above, and VHA's annual Community Day, below.

