



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

January 2016

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

Bingo

Come join us for FREE Bingo.

Prizes and refreshments.

Thursday Jan. 21, 2016, 6pm-

7:30pm Please sign up with staff

member or call 817-952-2326

Good Eats Workshop

(Evening)

Free workshop on nutrition.

Thursday Jan. 14, 2016, 6pm.

Please sign up with staff member

or call 817-952-2326.

Clear Captions Lunch N Learn

Come see how to get a FREE caption phone and have lunch! If you are hard of hearing this would be a wonderful phone to have, it types the words the caller is saying so you can read as you listen.

Dance Lessons

January dance is the Jitterbug. Singles and couples welcome.

Must be age 50 or above. Monday evenings 5:30pm-6:30pm.

\$5.00 per person per lesson. Then stay for our Monday night dance only \$6.00 per person.

Closings for January

January 1 we will be closed for New Years Day.

"A Matter of Balance" Free Workshop

Join this free award-winning evidence-based program designed to manage falls and increase activity levels. You will learn how to reduce fall hazards in your home, how to increase your strength and balance, and how to improve your overall health through increased activity.

Please sign up with staff or call 817-952-2326. This is an 8-week class, beginning January 11, 2016. Class will be 10:00am to 12:00pm.

China Painting Class time Change

Beginning January 1, 2016, China Painting will be on Monday morning at 9:00am.

Maturity in Motion Workshop (Evening)

FREE Workshop on how to stay in motion as you age. January 28, 2016 6pm.

AARP Defensive Driving Class

Tuesday, January 12. 6pm – 10pm. You must register ahead of time. Please speak with a staff member or call 817-952-2326.

Thank you!

Thank you for your generosity shown to the staff during the Holiday season! It is our pleasure to serve you throughout the year!

MONDAY	TUESDAY	WEDNESDAY
		
<p style="text-align: right;">4</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti</p>	<p style="text-align: right;">5</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">6</p> <p>8am-Ceramics & Pool 9am - Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">11</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Doc Gibbs</p>	<p style="text-align: right;">12</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm – 55 Alive Defensive Driving</p>	<p style="text-align: right;">13</p> <p>8am-Ceramics & Pool 9am-Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">18</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 11am-Clear Captions Lunch N Learn 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Bill G Trio</p>	<p style="text-align: right;">19</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">20</p> <p>8am-Ceramics & Pool 9am-Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">25</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then</p>	<p style="text-align: right;">26</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">27</p> <p>8am-Ceramics & Pool 9am-Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>

<p style="text-align: center;"><u>THURSDAY</u></p> 	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">1</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: center;"><u>DANCES</u></p> <p>Jan. 4-Pete & Patti Jan. 11-Doc Gibbs Jan. 18- Bill G Trio Jan 25-Now & Then</p>
<p style="text-align: right;">7</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am – Blood Pressure Checks 9am- Exercise 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p style="text-align: right;">8</p> <p>8am-Ceramics 8am- “84” 9am- All Media Painting 12pm- Tai Chi 1pm-4pm-Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>NARFE</u></p> <p style="text-align: center;">January 13 – 10am</p> <p style="text-align: center;"><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p>
<p style="text-align: right;">14</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm-Good Eats Workshop</p>	<p style="text-align: right;">15</p> <p>8am-Ceramics 8am- “84” 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p>Would you like schedule and newsletter updates by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>
<p style="text-align: right;">21</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm-730pm-Bingo</p>	<p style="text-align: right;">22</p> <p>8am-Ceramics 8am- “84” 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u></p> <p>We could use a few more people for the <u>Dance Lessons</u> class. Cost is \$5.00 per person per class. Singles and couples welcome! January is the Jitterbug. Come join in the fun!</p>
<p style="text-align: right;">28</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm-Maturity in Motion Workshop</p>	<p style="text-align: right;">29</p> <p>8am-Ceramics 8am- “84” 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>



Happy
New Year!

We look forward to what
the New Year holds.

Happy New Year to you
and yours!