



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

March 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, Mar. 17, 2016, 6pm-
7:30pm Please sign up with staff
member or call 817-952-2326

Ageless Grace Exercise Workshop

Free workshop on exercise. 21
simple tools that come naturally.
They not only stimulate the body,
but initiate a mind-body link that
can positively affect attitude and
increase cognitive function.
Thurs. Mar. 10, 2016 6:00pm.

AARP Defensive Driving

AARP members \$15 non members \$20. Please sign up with staff
member or call 817-952-2326. Tues. Mar. 8, 2016. 6:00pm

Dance Lessons

March dance is the Cha-Cha. 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.

Chronic Condition Self-Management Workshop

Learn better ways to live healthy with asthma, arthritis,
congestive heart failure, fibromyalgia, diabetes, heart disease,
COPD, or to take care of someone who has a chronic condition.
Free sessions meet once a week for 6 weeks. No new
participants after the 2nd week. Mar. 14, 2016. 9:30a.m. to
12:00p.m. Please sign up with a staff member or call 817-952-
2326.

Shingles Workshop

Minyards will be here to speak about Shingles. Refreshments
will be served. Please sign up with staff member or call 817-952-
2326. Mar. 24, 2016. 6:00 p.m.

Closed for Good Friday

The Senior Center will be closed Mar. 25, 2016 for Good Friday.

Walking Program

Walking program to start in April. Stayed tuned for dates and
times.



MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</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;">2</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">7</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-Dance</p>	<p style="text-align: right;">8</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm-Defensive Driving</p>	<p style="text-align: right;">9</p> <p>8am-Ceramics & Pool 10am-Narfe 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">14</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 9:30am-Chronic Condition 1st session 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 6:00pm-Doc Gibbs</p>	<p style="text-align: right;">15</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Ageless Grace 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">16</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">21</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 9:30am-Chronic Condition 2nd session 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Bill G Trio-Easter Dance</p>	<p style="text-align: right;">22</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;">23</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">28</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 9:30-Chronic Condition 3rd session 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then-Dance</p>	<p style="text-align: right;">29</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;">30</p> <p>8am-Ceramics & Pool 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: right;">3</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">4</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>DANCES</u></p> <p style="text-align: center;">Mar. 7-Pete & Patti Mar. 14-Doc Gibbs Mar. 21- Bill G Trio-Easter Dance Mar. 28-Now & Then</p>
<p style="text-align: right;">10</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Ageless Grace Exercise Workshop</p>	<p style="text-align: right;">11</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> March 9 – 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;">17</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Bingo</p>	<p style="text-align: right;">18</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;">24</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Shingles Workshop</p>	<p style="text-align: center;">Closed Good Friday</p>	<p style="text-align: center;"><u>Class Highlights</u> Check out our FREE workshops! Many topics to choose from.</p>
<p style="text-align: right;">31</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong</p>		<p style="text-align: center;"><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>

Evaluating Health Information on the Internet

The Internet is a valuable source of health information, but some websites contain information that may be biased, inaccurate, or even harmful to your health. The following questions may be useful to consider when you look at a health-related Web site.

Who is responsible for the content? Is it a branch of the government, a university, a health organization, a hospital or a business?

Is the purpose and goal of the sponsoring organization clearly stated and is there a way to contact the sponsor for more information or to verify information presented?

Because health information gets outdated so quickly, does the Web site post the source and date for the information?

Here are some Web sites that provide accurate and useful health information:

www.healthfinder.gov

This award-winning government Web site provides information on a variety of health topics.

www.medlineplus.gov

This Web site, from NIH, can provide valuable help when looking for specific information about medications.

www.cdc.gov

Centers for Disease Control and Prevention (CDC) links to health statistics, travelers' health guides, information on diseases and health topics. There is a Spanish-language version of their Web site.

www.nia.nih.gov

This Web site, National Institute on Aging, lists a variety of publications pertaining to health and links to various informative sites, including NIHSeniorHealth.gov, an easy-to-use Web site featuring basic health and wellness information for older adults.

Remember: Information that you find on the Internet doesn't replace your doctor's advice. Your doctor is the best person to answer questions about your personal health. If you read something on the Internet that doesn't agree with what your doctor has told you, ask him or her about it.

Visit your local library if you don't have an Internet connection at home.

Sources: National Institute on Aging (www.nia.nih.gov) / MedlinePlus (www.medlineplus.gov)