



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

**JUNE 2016**

## **Bedford Senior Activity Center**

2817 R.D. Hurt Pkwy.  
Bedford, TX 76021  
817-952-2326

[www.bedfordtx.gov/senior/](http://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 June 16, 2016, 6pm-  
7:30pm Please sign up with staff  
member or call 817-952-2326

### **"Heart Smart" Workshop**

Come learn how to take care of  
your heart. June 9, 2016 6:00pm.  
Please sign up with staff or call  
817-952-2326.

### **Once a Month Thursday Night Dance Lessons**

Come learn the Three-Step on Thursday June 5, 2016 at 6p.m.  
\$5.00 for 1 hour. \$10.00 for 2 hours. Must be age 50 or above.

### **Dance Lessons**

June dance is the Three-Step. 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.

### **Dementia**

Come learn about dementia and have a light meal. June 13, 2016  
10:00am. Please sign up with staff or call 817-952-2326.

### **Medicare Workshop**

Come have your questions answered about Medicare. Light  
breakfast will be served. June 6, 2016, 10:00am. Please sign up  
with staff or call 817-952-2326.

### **Wrap up Walking Program**

We will be ending our walking program. Please bring your walking  
logs so we can see who the winner is! 10:00am June 1, 2016.

### **Tarrant Area Food Bank @ the Store**

Come learn how to shop on a budget. We will be shopping at  
Kroger, Wednesday, June 15 2016, beginning at 11:00am.  
Everyone will meet at the store at 2109 Harwood Rd, Bedford Tx.  
76102. Everyone that chooses to take part in the challenge will  
receive a \$10 gift card to be used to buy food for a healthy meal at  
Kroger. Please sign up with staff or call 817-952-2326.

### **Cooking Matters**

Tarrant Area Food Bank will be here to teach you how to prepare a  
healthy meal on a budget. All materials and food will be provided.  
We must have a minimum of 8 and maximum of 20 participants.  
June 23 and 30 at 5:30. Please sign up with staff or call 817-952-  
2326.

MONDAY	TUESDAY	WEDNESDAY
		<p style="text-align: right;"><b>1</b></p> <p>8am-Ceramics &amp; Pool  1pm-Dominoes  1pm-2pm-Int. Line Dance  10am-End Walking Program  2pm-3pm- Adv. Line Dance  2pm- Guitar Jam Session</p>
<p style="text-align: right;"><b>6</b></p> <p>8am-5pm-Ceramics  8am-noon-Pool  9am-China Painting  10am-Medicare Workshop  1pm-Dominoes  1pm-2:30pm- Beg. Line Dance  2:30pm- Tai Chi  5:30pm-6:30pm-Dance Lessons  7:00pm-Pete &amp; Patti-Dance</p>	<p style="text-align: right;"><b>7</b></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;"><b>8</b></p> <p>8am-Ceramics &amp; 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;"><b>13</b></p> <p>8am-5pm-Ceramics  8am-noon-Pool  9am-China Painting  10am-Dementia Workshop  1pm-Dominoes  1pm-2:30pm- Beg. Line Dance  2:30pm- Tai Chi  5:30pm-6:30pm-Dance Lessons  6:00pm-Doc Gibbs-Dance</p>	<p style="text-align: right;"><b>14</b></p> <p>8am-5pm-Ceramics  8am-Pool, Quilting, "84"  9am- Needlecraft  9am- Exercise  10am- Pinochle  12:30pm- Duplicate Bridge  1pm- Dominoes</p>	<p style="text-align: right;"><b>15</b></p> <p>8am-Ceramics &amp; Pool  1pm-Dominoes  1pm-2pm-Int. Line Dance  2pm-3pm- Adv. Line Dance  2pm- Guitar Jam Session</p>
<p style="text-align: right;"><b>20</b></p> <p>8am-5pm-Ceramics  8am-noon-Pool  9am-China Painting  10:00-Medicare Workshop  1pm-Dominoes  1pm-2:30pm- Beg. Line Dance  2:30pm- Tai Chi  5:30pm-6:30pm-Dance Lessons  7:00pm-Bill G Trio-Dance</p>	<p style="text-align: right;"><b>21</b></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;"><b>22</b></p> <p>8am-Ceramics &amp; Pool  10:30-Tai Chie Presentation  1pm-Dominoes  1pm-2pm-Int. Line Dance  2pm-3pm- Adv. Line Dance  2pm- Guitar Jam Session</p>
<p style="text-align: right;"><b>27</b></p> <p>8am-5pm-Ceramics  8am-noon-Pool  9am-China Painting  10:00-Medicare Workshop  1pm-Dominoes  1pm-2:30pm- Beg. Line Dance  2:30pm- Tai Chi  5:30pm-6:30pm-Dance Lessons  7:00pm-Now &amp; Then-Dance</p>	<p style="text-align: right;"><b>28</b></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;"><b>29</b></p> <p>8am-Ceramics &amp; Pool  10:30-Tai Chie Presentation  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;">2</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Dance Lessons</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">3</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>DANCES</u></p> <p>June 6-Pete &amp; Patti June 13-Doc Gibbs June 20-Bill G Trio June 27-Now &amp; Then</p>
<p style="text-align: right;">9</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Heart Smart Workshop</p>	<p style="text-align: right;">10</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>NARFE</u> May 8 – 10am</p> <p style="text-align: center;"><u>Blood Pressure Checks</u> 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays 8:30am to 10:30am</p>
<p style="text-align: right;">16</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm- Bingo</p>	<p style="text-align: right;">17</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>Would you like schedule and newsletter updates by email? Email me at: <a href="mailto:rhonda.karnes-scott@bedfordtx.gov">rhonda.karnes-scott@bedfordtx.gov</a> Please give me your full name in email.</p>
<p style="text-align: right;">23</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 5:30pm-Cooking Matters</p>	<p style="text-align: right;">24</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>Class Highlights</u> Check out our FREE workshops! Many topics to choose from.</p>
<p style="text-align: right;">30</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 5:30pm- Cooking Matters</p>		<p style="text-align: center;"><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>

# We're Going to Winstar!!

July 6, 2016

\$20.00 per person

(must be paid by June 22, 2016)



Sign-up now  
with any  
staff member!



BEDFORDFUN.COM

