



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

JULY 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

Bingo will be **CANCELLED** this month.

We will be CLOSED on the 4th of July.



Once a Month Thursday Night Dance Lessons

Come learn the Rumba on Thursday July 7, 2016 at 6p.m. \$5.00 for 1 hour. \$10.00 for 2 hours. Must be age 50 or above.

Dance Lessons

Monday dance is the Rumba. 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.

AARP Defensive Driving Class

Defensive Driving is on Tuesday July 12, 2016 from 6:00p.m.-10:00p.m. AARP Members cost is \$15.00 and Non members cost is \$20.00.

A Matter of Balance

This class is 8 weeks long and begins on Monday July 11, 2016 at 10:00a.m. Come learn how to improve your balance and well being. Please sign up with staff member or call at 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. July 14th, 21st, and 28th at 5:30. Please sign up with staff or call 817-952-2326.



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">4</p> <p style="text-align: center;">CLOSED 4TH OF JULY No Dance</p>	<p style="text-align: right;">5</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">6</p> <p>8am-Ceramics & Pool 8am-Winstar 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 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 6:00pm-Pete & Patti-Dance</p>	<p style="text-align: right;">12</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am- Needlecraft 9am- Exercise 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm-Defensive Driving</p>	<p style="text-align: right;">13</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;">18</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance 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;">19</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">20</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;">25</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-A Matter of Balance 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;">26</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">27</p> <p>8am-Ceramics & 8am Dominos 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>8am-Ceramics 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>July 4-Closed-No Dance July 11-Pete & Patti July 18-Bill G Trio July 25-Now & Then</p>
<p style="text-align: right;">7</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: right;">8</p> <p>8am-Ceramics 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>NARFE</u></p> <p style="text-align: center;">July 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-Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 5:30pm-Cooking Matters</p>	<p style="text-align: right;">15</p> <p>8am-Ceramics 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: 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 8:30-Blood Pressure Check 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;">22</p> <p>8am-Ceramics 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u></p> <p>Check out our FREE workshops! Many topics to choose from.</p>
<p style="text-align: right;">28</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;">29</p> <p>8am-Ceramics 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>

July 11 -
Aug. 29

A Matter of **BALANCE**

Are you concerned
about falls?

Interested in improving your
balance, strength & flexibility?

Attend this 8-week class to
improve your overall health
through increased activity.

Monday mornings

10:00a.m. - 12:00p.m.

Call: 817-952-2326 to register



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