



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

AUGUST 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 **August 18, 2016.**
6:00p.m. to 7:30p.m. Free Food,
Prizes and Fun! Please sign up
with any staff or call 817-952-
2326.



Once a Month Thursday Night Dance Lessons

Come learn the Bolero on Thursday August 4, 2016 at 6p.m. \$5.00 for 1 hour. \$10.00 for 2 hours. Must be age 50 or above.

Dance Lessons

Monday dance lesson is the Bolero. 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.

Tarrant County Health Dept. Diabetes Workshop

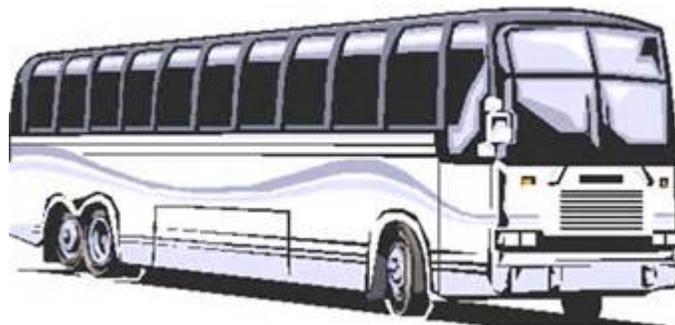
Come learn about Diabetes. August 11th and August 25th from 6:00p.m. to 7:30p.m. Sign up with any staff member or call 817-952-2326.

Craft Class?

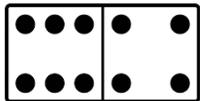
If you are interested in getting a craft class together let the staff know. We already have a teacher interested in teaching it. Please sign up with staff or call 817-952-2326.

Winstar Trip

We have planned another trip for October 12, 2016. We are taking a bigger bus so I want to start signing people up as quickly as possible so that we can fill it by deadline which is Sept. 21, 2016 or as soon as it fills up. You must come in and fill out a release form and pay your \$20.00 to reserve your seat. The bus holds 56 and does have a restroom.



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">1</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 6:00pm-Pete & Patti-Dance</p>	<p style="text-align: right;">2</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;">3</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;">8</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 6:00pm-Doc Gibbs-Dance</p>	<p style="text-align: right;">9</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am- Needlecraft 9am- Exercise 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">10</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;">15</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 6:00pm-Bill G Trio-Dance</p>	<p style="text-align: right;">16</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am- Needlecraft 9am- Exercise 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">17</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;">22</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-Now & Then-Dance</p>	<p style="text-align: right;">23</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;">24</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;">29</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-Russ Dorsey-Dance</p>	<p style="text-align: right;">30</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;">31</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: right; font-size: 24pt;">4</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; font-size: 24pt;">5</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 style="text-align: center;">August 1-Pete & Patti August 8-Doc Gibbs August 15-Bill G Trio August 22-Now & Then August 29-Russ Dorsey</p>
<p style="text-align: right; font-size: 24pt;">11</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Diabetes Workshop</p>	<p style="text-align: right; font-size: 24pt;">12</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> August 10 – 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; font-size: 24pt;">18</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am – Blood Pressure Check 9am- Exercise 10am-Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6:p.m.-Bingo</p>	<p style="text-align: right; font-size: 24pt;">19</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; font-size: 24pt;">25</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 5:30pm-Diabetes Workshop</p>	<p style="text-align: right; font-size: 24pt;">26</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> Check out our FREE workshops! Many topics to choose from.</p>
		<p style="text-align: center;"><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>

Join us on our next trip to Winstar!!

October 12, 2016
\$20.00 per person
(must be paid by
September 21, 2016)



Sign-up now
with any
staff member!



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