



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

September 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 **September 15, 2016**. 6:00p.m. to 7:30p.m. Free Food, Prizes and Fun! Please sign up with any staff or call 817-952-2326.

Bow Dazzling Benefit

We are having a Bow Making Party for this charity. Bow Dazzling is a charity that makes headbands and bows for girls undergoing treatment for cancer and other serious illnesses. They will provide all the supplies and will show us how to put together. Tuesday September 6, 2016 from 9:30am to 12:00pm.

Home Safety Lunch and Learn

Come learn about home safety and have a light lunch. Monday Sept. 12, 2016. 11am-12pm Please sign up with staff or call 817-952-2326.

Defensive Driving

AARP Defensive Driving \$15 for members \$20 for non members. Tuesday Sept. 13, 2016. 6pm-10pm. Please sign up with staff or call 817-952-2326.

Healthy Living for your Brain

Alzheimers Assoc. will be here Sept. 19, 2016. 10am-11am. Please sign up with staff or call 817-952-2326.

Dementia Workshop and Light Dinner

Come learn about Dementia and have a light dinner. Sept. 22, 2016. 6pm. Please sign up with staff or call 817-952-2326.

Medicare 101

Come learn about Medicare. Sept. 26, 2016. 10am-11am. Please sign up with staff or call 817-952-2326.

Tarrant County Health Dept. Diabetes Workshop

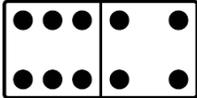
Come learn about Diabetes. Sept. 1st and Sept. 8th from 6:00p.m. to 7:30p.m. Sign up with any staff member or call 817-952-2326.

Craft Class

We are starting a New Craft Class. Sept.14, 2016. 9:30am. Come and see what we will be doing! 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;">5</p> <p>CLOSED FOR LABOR DAY NO DANCE</p>	<p style="text-align: right;">6</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;">7</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;">12</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 11am-Home Safety Workshop 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;">13</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;">14</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;">19</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-Healthy Living for your Brain 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;">20</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;">21</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;">26</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-Medicare 101 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;">27</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;">28</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>1</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 6pm-Diabetes Workshop</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">2</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>Sept. 5-CLOSED-NO DANCE Sept. 12-Pete & Patti Sept. 19-Bill G Trio Sept. 26-Now & Then</p> <p style="text-align: center;"><u>Dance Lessons</u> Sept. is the Cha Cha</p>
<p style="text-align: right;">8</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;">9</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> September 14 – 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;">15</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>16</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;">22</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Dementia</p>	<p>23</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: right;">29</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: right;">30</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>

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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