



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

October 2015

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

Free Bingo Night

October 15, 2015 from 6pm-7:30pm. Sign up with staff or call 817-952-2326.

New Line Dancing Class

Thursday evenings 6:00pm to 7:30pm. \$5.00 per week. Not for beginners. Must have some experience. Ages 50 and up. No line dance on 3rd Thursday of the month.

Shingles Workshop

Come learn all there is to know about Shingles. FREE workshop on October 12, 2015 from 11:00am to 12:00pm. Please sign up with staff member or call 817-952-2326.

AccuQuest Hearing Center

Accu Quest Hearing Center will be here October 26, 2015 from 10:00am to 12:00pm. They will be doing FREE hearing tests. Come get yours checked out! Please sign up with staff member or call 817-952-2326.

Want to travel?

A trip presentation will be made October 19, 2015 from 11:30am to 12:15pm. Come see what great trips there are to choose from!

Dance Lessons

October is RUMBA month! 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.

Winstar Trip

Next Winstar trip will be Wednesday November 18, 2015 provided we get the bus filled up in time. Please sign up with Rhonda or Janet. \$20.00 cash or check per person.

Halloween Dance

Come dressed in costume and join in on the Costume Contest! Fun, prizes and refreshments all for only \$6.00 per person. Monday October 26, 2015 from 7:00pm to 9:15pm.

Medicare Workshop

Free medicare workshop. Come see what has changed! Wednesday Oct. 21, 2015 at 10:00am. Please sign up with staff member or call 817-952-2326.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">5</p> <p>8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti</p>	<p style="text-align: right;">6</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;">7</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 9am-Exercise 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 11:00am-12:00pm-Shingles Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then</p>	<p style="text-align: right;">13</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;">14</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 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 11:30am-12:15pm-Trip Presentation 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Bill G Trio</p>	<p style="text-align: right;">20</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;">21</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 10am-Free Medicare Workshop 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 10am-12pm-AccuQuest-Free Hearing Test 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Russ Dorsey Band-Halloween Dance</p>	<p style="text-align: right;">27</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;">28</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 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;">1</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">2</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;">Oct. 5-Pet & Patti Oct. 12-Now & Then Oct. 19-Bill G Trio Oct. 26-Russ Dorsey- Halloween Dance</p>
<p style="text-align: right;">8</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: right;">9</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>NARFE</u> Wednesday October 14, 2015</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 Checks 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm-Bingo</p>	<p style="text-align: right;">16</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;">22</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: right;">23</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u> We could use a few more people for the <u>Dance Lessons</u> class. October is learn the Rumba! Cost is \$5.00 per person per class. Singles and couples welcome! Come join in the fun!</p>
<p style="text-align: right;">29</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: right;">30</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p><u>Tai Chi</u> needs more participants! Asian form of low impact exercise. Meets Mondays at 2:30pm and Fridays at 12:00pm.</p> <p>Join the Low Impact <u>Linedancing</u> class every Thursday Evening from 6:00-7:30 except for 3rd Thursday. \$5.00 per person per class. This is an Intermediate Class.</p>

Winstar Trip!



Next trip is Wednesday November 18, 2015.

Please sign up with Rhonda or Janet. \$20.00 per person. Sign up soon so we can book the bus!