



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

October 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

Carter Eye Care

Carter Eye Care will be here Monday the 10th from 10am-1pm to check for cataracts. Please sign up with staff or call 817-952-2326.

Psoriatic Arthritis Light Dinner Workshop

Come learn about psoriatic arthritis and enjoy a light dinner. Oct. 13th at 6pm. Please sign up with staff or call 817-952-2326.

Silver Ridge Assisted Living Lunch and Learn

Come find out what Silver Ridge Assisted Living and Memory Care has to offer and enjoy a free lunch. Oct. 17th 10:30am to 12pm. Please sign up with staff members or call 817-952-2326.

Neptune Society

Come learn what the Neptune Society has to offer in the way of cremation. Refreshments will be served. Oct. 20th at 6pm. Please sign up with staff members or call 817-952-2326.

Winstar Trip

We have planned another trip for October 12, 2016. For those of you that have already signed up we will be leaving at 8am sharp on Oct. 12th. Please be here by 7:45am so that we can get everyone signed in. We will call you the day before just as a reminder. Looking forward to having fun!

Bingo

We wont be having Bingo until after the first of the year due to upcoming special Halloween dance and holidays.

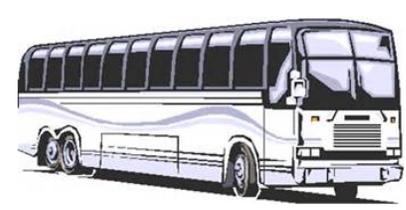
Flu Shots

Albertsons will be here Oct. 6, 2016, 10am to 12pm for flu shots. Be sure to bring your ID and Medicare cards. Please sign up with staff or call 817-952-2326.

Line Dancing

No line dancing on the 10th or the 12th. The instructors will be on vacation.



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</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-Pete & Patti-Dance</p>	<p style="text-align: right;">4</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;">5</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;">10</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10am-1p.-Carter Eye Care Cataract Check 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance-CANCELLED 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Doc Gibbs-Dance</p>	<p style="text-align: right;">11</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;">12</p> <p>8am-Ceramics & Pool 10am-NARFE 1pm-Dominoes 1pm-2pm-Int. Line Dance-CANCELLED 2pm-3pm- Adv. Line Dance-CANCELLED 2pm- Guitar Jam Session</p>
<p style="text-align: right;">17</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10:30am-Assisted living lunch N Learn 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;">18</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;">19</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;">24</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;">25</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;">26</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;">31</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 and Then- Halloween Dance</p>	 <p style="text-align: center; font-size: small;">© Can Stock Photo - csp7292282</p>	

<p style="text-align: center;"><u>THURSDAY</u></p> <p style="text-align: right;">6</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 10am-Flu Shots 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;">7</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;">Oct. 3rd-Pete & Patti Oct.10th-Doc Gibbs Oct.17th- Bill G Trio Oct. 24th- Russ Dorsey Oct. 31th- Now & Then-Halloween</p> <p style="text-align: center;"><u>Dance Lessons</u> Oct. is the Merengue</p>
<p style="text-align: right;">13</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am-“42” 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Soriatic Arthritis-Light Dinner</p>	<p style="text-align: right;">14</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> October 12th – 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;">20</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 6pm- Neptune Society-Snacks</p>	<p style="text-align: right;">21</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;">27</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;">28</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>

Halloween Dance

Monday, October 31, 2016

6:00p.m. - 9:30p.m.

\$6.00 per person

Wear your Halloween Costume!!
Win a Prize!!
Refreshments!!

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