



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

November 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

Evening Dance Class

The first Thursday of each month we have dance lessons taught by Michael Piland. You have the choice of 1-hour or 2-hour lessons. The cost is \$5.00 per hour. This month Michael will be teaching the "Progressive Double Two-Step".

Closed for Veterans Day!

The Center will be **closed** on Friday, Nov. 11, 2016, in observance of Veterans Day.

Defensive Driving

November 15, 2016

6:00pm- 10:00pm.

AARP members-\$15.00. Non-members-\$20.00.

Cash or Check at time of class.

Please sign up with staff member.

Dance Lessons

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.

Light Dinner and Seminar

Join us Thursday, November 10, at 6:00p.m., for a light dinner and learn all about Rheumatoid Arthritis. Learn to identify the symptoms and challenges—and what you can do about them. There is no charge, but please sign-up ahead of time.

Christmas Luncheon

Mark your calendars now! Our Christmas Luncheon will be Friday, December 9 at 12:00p.m. The Center will once again provide the meal, but you need to sign-up ahead of time so we can have a head count. Look for the sign-up sheet soon!

A Thanksgiving Blessing.....

Let us pray silently together, each one of us,
according to our individual beliefs.

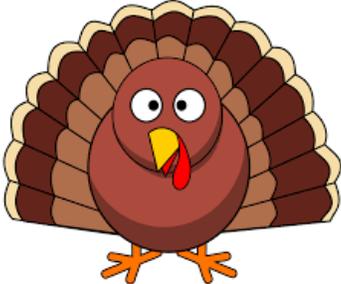
Let us offer thanks for our food and the blessings
of fellowship around us.

Let us be a source of hope for those in need,
and contentment for those who are lonely.

Let the feelings of kindness, and a well directed, yet
gentle spirit always be reflected in our actions.

Amen

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</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;">2</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;">7</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</p>	<p style="text-align: right;">8</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;">9</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;">14</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-Doc Gibbs</p>	<p style="text-align: right;">15</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm – Defensive Driving</p>	<p style="text-align: right;">16</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;">21</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-Bill G Trio</p>	<p style="text-align: right;">22</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;">23</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;">28</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</p>	<p style="text-align: right;">29</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;">30</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: center;"><u>THURSDAY</u></p> <p style="text-align: right;">3</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am - Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm – Dance Lessons</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">4</p> <p>8am-Ceramics 9am- All Media Art Class 12pm- Tai Chi 1pm-4pm - Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>DANCES</u></p> <p>Nov. 7 - Pete & Patti Nov. 14 – Doc Gibbs Nov. 21 - Bill G Trio Nov 28 – Now & Then</p>
<p style="text-align: right;">10</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am - Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6pm – Rheumatoid Arthritis – Light Dinner</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Veteran’s Day</p> <p style="text-align: center;">Senior Center Closed</p>	<p style="text-align: center;"><u>NARFE</u> November 9 10:00am</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;">17</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am - Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p style="text-align: right;">18</p> <p>8am-Ceramics 9am- All Media Art Class 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;">24</p> <p style="text-align: center;">Thanksgiving</p> <p style="text-align: center;">Senior Center Closed</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">Senior Center Closed</p>	<p style="text-align: center;"><u>Class Highlights</u></p> <p>Is there a budding artist in you that has been buried far too long? Come check out our All Media Art Class on Friday mornings and see if you can’t bring out that talent that is deep inside you!</p>
	<p style="text-align: center;">Happy Thanksgiving!!</p> 	<p><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>



On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "The Great War".

Commemorated as Armistice Day beginning the following year. November 11th became a legal federal holiday in the U.S. in 1938. In the aftermath of WWII and the Korean War, Armistice Day became Veterans Day.



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