



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

**December 2015**

## **Bedford Senior Activity Center**

2817 R.D. Hurt Pkwy.  
Bedford, TX 76021  
817-952-2326

[www.bedfordtx.gov/senior/](http://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 Cancelled for December**

Due to the busy Holiday season we will not have Bingo in December.

## **Christmas Dance**

Monday December 14, 2015 from 7:00pm to 9:15pm. \$6.00 per person. Live band and light refreshments. Come dance the night away!

## **FREE Hearing Test**

Connect Hearing will be here to do FREE hearing tests. Thursday December 3, 2015 from 9:00am to 10:30am.

## **Dance Lessons**

December dance is the Tango. 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. Because of the holidays there will be NO Dance Lessons on Monday December 28, 2015 and no Dance.

## **Closings for December**

Wednesday December 23, 2015-Closing at noon.

Thursday December 24, 2015-Closed

Friday December 25, 2015-Closed

## **"A Matter of Balance" Free Workshop**

Join this free award-winning evidence-based program designed to manage falls and increase activity levels. You will learn how to reduce fall hazards in your home. How to increase your strength and balance. How to improve your overall health through increased activity. Please sign up with staff or call 817-952-2326. January 11, 2016 from 10:00am to 12:00pm.



MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;"><b>2</b></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;"><b>3</b></p> <p>8am-Ceramics &amp; Pool  9am-1pm-China Painting  9am-Free Hearing Test  1pm-Dominoes  1pm-2pm-Int. Line Dance  2pm-3pm- Adv. Line Dance  2pm- Guitar Jam Session</p>
<p style="text-align: right;"><b>7</b></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 &amp; Patti</p>	<p style="text-align: right;"><b>8</b></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;"><b>9</b></p> <p>8am-Ceramics &amp; 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;"><b>14</b></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-Doc Gibbs-Christmas Dance</p>	<p style="text-align: right;"><b>15</b></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;"><b>16</b></p> <p>8am-Ceramics &amp; 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;"><b>21</b></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-Bill G Trio</p>	<p style="text-align: right;"><b>22</b></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;"><b>23</b></p> <p>8am-Ceramics &amp; Pool  9am-12pm-China Painting  9am- Exercise</p> <p style="text-align: center; font-size: 24pt;"><b>Closed at noon</b></p>
<p style="text-align: right;"><b>28</b></p> <p>8am-5pm-Ceramics  8am-noon-Pool  1pm-Dominoes  1pm-2:30pm- Beg. Line Dance  2:30pm- Tai Chi  NO DANCE LESSONS  NO DANCE</p>	<p style="text-align: right;"><b>29</b></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;"><b>30</b></p> <p>8am-Ceramics &amp; 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;"><b><u>THURSDAY</u></b></p> <p style="text-align: right;"><b>3</b></p> <p>8am-Ceramics        8am- Pool, Quilting        8:30am-Blood Pressure Checks        9am- Exercise        12:30-Duplicate Bridge        1pm- Dominoes        2pm- Mah Jong</p>	<p style="text-align: center;"><b><u>FRIDAY</u></b></p> <p style="text-align: right;"><b>4</b></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;"><b><u>DANCES</u></b></p> <p style="text-align: center;">December 7-Pete &amp; Patti        December 14-Doc Gibbs-Christmas        December 21- Bill G Trio        December 28-NO DANCE</p>
<p style="text-align: right;"><b>10</b></p> <p>8am-Ceramics        8am- Pool, Quilting        9am- Exercise        10am- "42"        12:30-Duplicate Bridge        1pm- Dominoes        2pm- Mah Jong</p>	<p style="text-align: right;"><b>11</b></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;"><b><u>NARFE</u></b></p> <p style="text-align: center;"><b>NO MEETING</b></p> <p style="text-align: center;"><b><u>Blood Pressure Checks</u></b>        1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays        8:30am to 10:30am</p>
<p style="text-align: right;"><b>17</b></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</p>	<p style="text-align: right;"><b>18</b></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>Would you like schedule and newsletter updates by email? Email me at: <a href="mailto:rhonda.karnes-scott@bedfordtx.gov">rhonda.karnes-scott@bedfordtx.gov</a>        Please give me your full name in email.</p>
<p style="text-align: right;"><b>24</b></p> <p style="text-align: center;"><b>CLOSED FOR Christmas Eve</b></p>	<p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><b>CLOSED for Christmas</b></p>	<p style="text-align: center;"><b><u>Class Highlights</u></b>        We could use a few more people for the <u>Dance Lessons</u> class. Cost is \$5.00 per person per class. Singles and couples welcome! December is the Tango. Come join in the fun!</p>
<p style="text-align: right;"><b>31</b></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</p>		<p style="text-align: center;"><b><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></b></p>



# Christmas Dance

**Come dance to the music of**

**Doc Gibbs**

**December 14 – 7:00p.m.**

**\$6.00 per person**

**Refreshments served**

**Come get your “Jingle” on!!**