



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

December 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

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, Dec. 15, 2016 at 6:00p.m., for a light dinner and learn all about Ankylosing Spondylitis, a form of spinal 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.

Holiday Luncheon

Mark your calendars now! Our Holiday 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. Also we are asking that you bring some canned goods for our charity N.E.E.D. Sign-up sheet is on the front desk.

Thursday Evening Dance

Michael Piland is organizing a dance here on Thursday, Dec. 1, 2016 at 7:00p.m. \$12.00 per person. Light refreshments and door prizes. Dress is business casual. Dance host for unescorted ladies. Band will be the Russ Dorsey Band. Tables seat 8 and reservations are available. For more info call 817-880-5752.

Closed for Christmas!

The Center will **close** at 12:00p.m. on Thursday Dec. 22, 2016 and be **closed** on Friday, Dec. 23, 2016, and Monday, Dec. 26, 2016 in observance of Christmas.



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">5</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;">6</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;">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 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then-Christmas Dance</p>	<p style="text-align: right;">13</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;">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 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 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 style="text-align: center;">Senior Center Closed</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 & 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;">1</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am - Pinochle 10am-Duplicate Bridge 1pm- Dominoes 7pm – Michael Piland Dance-Russ Dorsey Band</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">2</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 style="text-align: center;">Dec. 5 - Pete & Patti Dec. 12 – Now & Then-Christmas Dec. 19 - Bill G Trio Dec. 26 – NO DANCE-CLOSED</p>
<p style="text-align: right;">8</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am - Pinochle 10am- “42” 10am-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">Holiday Luncheon At Noon</p>	<p style="text-align: center;"><u>NARFE</u> December 14 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;">15</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;">16</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;">22</p> <p>8am-Ceramics 8am- Pool, Quilting 8am-Duplicate Bridge 10am - Pinochle 10am- “42”</p> <p style="text-align: center;">Closed at noon</p>	<p style="text-align: right;">23</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: right;">29</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am - Pinochle 10am- “42” 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p style="text-align: right;">30</p> <p>8am-Ceramics 9am- All Media Art Class 12pm- Tai Chi 1pm-4pm - Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>

*We're thinking of you
this time of year,
wishing you happiness, joy and cheer.*

*May all your days
be warm and bright,
and your nights enhanced
by holiday light.*

*Enjoy your delectable holiday foods,
as parties and gifts
create holiday moods.*

*Favorite people play
a meaningful part,
while treasured rituals
warm your heart.*

*You are special to us in many ways,
So we wish you Happy Holidays!*

-- Cathy, Rhonda, Janet and Dale