

# THE CENTER UPDATE

March 2014

Cathy Haskell, Senior Center Manager

817-952-2326

## **Dates To Remember**

Mar. 4 – Mardi Gras  
Mar. 5 – Ash Wednesday  
Mar. 9 – Daylight Savings  
Mar. 13– World Kidney Day  
Mar. 17 – St Patrick’s Day  
Mar. 21- Beauty and the Beast  
Mar. 29—Chunk your Junk

## **Bingo Night**

Bingo Night will be Thursday, March 20<sup>th</sup> from 6-7:30 pm. As always, we ask that you sign up ahead of time.

## **Daylight Savings Time**

Don’t forget to **SPRING FORWARD** as Daylight Savings begins Sunday March 9<sup>th</sup>. Forward clocks 1 hour beginning at 2 am.



## **St. Patrick’s Day Dance**

Monday March 17, 2014 we will hold a St. Patrick’s Day Dance!! Come enjoy the music of Bill G Band.

**Chunk Your Junk:** Let the Beautification Commission help you spring clean by providing an easy opportunity to get rid of your junk, trash, shrubs, and general household items. This event **DOES NOT** accept household hazardous waste. *This event is for Bedford residents only, no commercial vendors or business please.*

## **Beauty and the Beast Performance**

Complimentary Senior Citizen Performance at Covenant Christian Academy invites you to save the date March 21, 2014 at 2 pm. Reservations required call 817-281-4333 ext. 222.

## **Water Aerobics at Central Park Pool**

May 26<sup>th</sup>-Aug 29, 2014  
\$30 ( for entire summer session ) Mon, Wed, Fri. Please Register at the BRAC.  
Instructor will be Millie Park.  
Rule in the Pool!!

## **Chronic Disease Self Management Workshop**

Learn better ways to live healthy with asthma, arthritis, congestive heart failure, fibromyalgia, diabetes, heart disease, COPD, or take care of someone who has a chronic condition. Information session Mon. 10<sup>th</sup> @ 10:00am. Workshop begin Mondays. 17<sup>th</sup> – April 21. 9:30am-noon.

The Center Update – Bedford Senior Activity Center  
 March 2013

MONDAY	TUESDAY	WEDNESDAY
3 8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Gary Lee	4 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	5 8am-5pm – Ceramics & Pool 8:30-10:30am – Blood Pressure 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
10 8am-5pm – Ceramics 8am-noon – Pool 10:00-Chronic Disease Self Management 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Pete & Patti	11 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle, 12:30pm – Duplicate Bridge 1pm – Dominoes	12 8am-5pm – Ceramics & Pool 9am-1pm – China Painting 10am – NARFE 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
17 8am-5pm – Ceramics 8am-noon – Pool 9:30-noon-Chronic Disease Self Management 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Bill G Band St Patrick’s Day Dance	18 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	19 8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
24 8am-5pm – Ceramics 8am-noon – Pool 9:30-noon-Chronic Disease Self Management 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Russ Dorsey	25 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	26 8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
31 8am-5pm – Ceramics 8am-noon – Pool 9:30-noon-Chronic Disease Self Management 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Doc Gibbs		

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THURSDAY	FRIDAY
6	7
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
13	14
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
20	21
8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30am – Blood Pressure 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
27	28
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session

**CENTER PHONE NUMBERS**

Cathy Haskell, Manager  
 817-952-2329  
 Rhonda Karnes-Scott: 817-952-2320  
 Betty Hartman: 817-952-2325  
 Dale Dawson: 817-952-2328



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**Dances**

**March 3**  
 Gary Lee

**March 10**  
 Pete & Patti

**March 17**  
 Bill G Band  
 St. Patrick's Day

**March 24**  
 Russ Dorsey

**March 31**  
 Doc Gibbs

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**NARFE**

Wednesday, March 12<sup>th</sup>

**Blood Pressure Checks**

1<sup>st</sup> Wednesday &  
 3<sup>rd</sup> Thursday

## Bedford Senior Activity Center

### “St. Patrick’s Day Dance”

**Monday March 17, 2014**

**7:00pm - 9:30pm**

**Refreshments Will Be Served**

**Dance to the Music of**

**Bill G Band**

### Irish Blessing

May the Irish hills caress you.  
May her lakes and rivers bless you.  
May the luck of the Irish enfold you.  
May the blessings of Saint Patrick behold you.

