

# May 2015

## The Bedford Bulletin

Phone 817-952-2326 Bedford Senior Activity Center

2817 R.D. Hurt Pkwy. Bedford, TX 76021

[www.bedfordtx.gov/senior/](http://www.bedfordtx.gov/senior/)

### Dates To Remember

- 10- Mothers Day
- 11- Kaner "Living with Diabetes"
- 12- Defensive Driving
- 16 -Armed Forces Day
- 18- Kaner "Osteoporosis"
- 21- Bingo
- 25- Memorial Day-CENTER CLOSED
- 25- Water Aerobics

### Bingo Night

Bingo Night will be Thursday, May 21st from 6-7:30 pm. As always, we ask that you sign up ahead of time.

### Two Steps, One Sticker

Beginning March 1, 2015, the State will stop issuing vehicle inspection stickers. After this, in order to register your vehicle, you will be required to pass a vehicle inspection not more than 90 days prior to the date your registration expires. After passing an inspection, the inspection station will update your electronic inspection record with the results and issue you a paper vehicle inspection report. When you go to register your vehicle, your inspection will be verified electronically to determine if your vehicle is eligible for registration at that time. Transitioning to this new process will require every vehicle's inspection and registration to expire at the same time. In order to do this in the first year you will be allowed to register your vehicle if your vehicle inspection is valid the day you register. TxDMV is working with DPS and TCEQ on the implementation of this program, and once program details are finalized, that information will be made available to the public. At this time, additional information about the program can be found on the TxDMV website at [www.txdmv.gov](http://www.txdmv.gov). Simply select the "Two Steps, One Sticker" heading from the Motorists tab at the top of the homepage to access the content.

### Menacing Mosquitoes: An Awareness Program

Join us Monday June 8<sup>th</sup>, 2014 at 10:00am at the Senior Center. Mosquito season is fast approaching it's not just their itchy bites but the potential of you and your family contracting the West Nile Virus. Join Jerry Laverty, City of Bedford's Environmental Supervisor and Nina M. Dacko, MS, Tarrant County Public Health Vector Control Supervisor as they present the 4 D's; information which can contribute to your safety and the interruption of the mosquito's life cycle. Please RSVP Jerry Laverty at 817-952-2258.

### New Class Starting!!

Are you wanting to learn to sew? Interested in: Sewing Basics, Serging, Quilt Blocks, Free Motion Quilting. We will begin having classes in May. Please sign up with Janet, Rhonda, or Cathy so we know if we have enough interest to schedule a class!

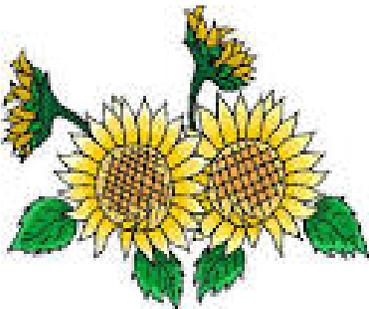
### Annual Art Show

The Annual Art Show here at the Senior Center will begin on May 4<sup>th</sup>, 2014. Please come on by and look at the wonderful works of art. Join us on May 8<sup>th</sup> at 10:30am for a Reception with refreshments. Art will remain up throughout the month of May.

### Water Aerobics at Central Park Pool

May 25<sup>th</sup>-Aug 21, 2015 \$30 ( for entire summer session) Mon, Wed, Fri. 10:00am-11:00am . Instructor will be Millie Park. Register at BRAC.

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MONDAY	TUESDAY	WEDNESDAY
		
<p style="text-align: right;">4</p> <p>8am-5pm – Ceramics              8am-noon – Pool              1pm – Dominoes              1-2:30 pm – Beg. Line Dance              2:30pm – Tai Chi              7pm – Dance – Pete &amp; Patti</p>	<p style="text-align: right;">5</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;">6</p> <p>8am-5pm – Ceramics &amp; Pool              9am-1pm – China Painting              9am- Exercise              1pm – Dominoes              1-2pm – Int. Line Dance              2-3pm – Adv. Line Dance              2pm – Guitar Jam Session</p>
<p style="text-align: right;">11</p> <p>8am-5pm – Ceramics              8am-noon – Pool              10am-12pm- Kaner “Living with Diabetes”              1pm – Dominoes              1-2:30 pm – Beg. Line Dance              2:30pm – Tai Chi              7pm – Dance –Now &amp; Then</p>	<p style="text-align: right;">12</p> <p>8am-5pm – Ceramics              8am – Pool, Quilting, “84”              9am – Exercise              9am – Needlecraft              10am –Pinochle              12:30pm – Duplicate Bridge              1pm – Dominoes              6pm-Defensive Driving</p>	<p style="text-align: right;">13</p> <p>8am-5pm – Ceramics &amp; Pool              9am-1pm – China Painting              10am-NARFE              1pm – Dominoes              1-2pm – Int. Line Dance              2-3pm – Adv. Line Dance              2pm – Guitar Jam Session</p>
<p style="text-align: right;">18</p> <p>8am-5pm – Ceramics              8am-noon – Pool              11:15am-12:15pm- Kaner “Osteoporosis”              1pm – Dominoes              1-2:30 pm – Beg. Line Dance              2:30pm – Tai Chi              7pm – Dance – Bill G Trio</p>	<p style="text-align: right;">19</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;">20</p> <p>8am-5pm – Ceramics &amp; Pool              9am-1pm – China Painting              9am – Exercise              1pm – Dominoes              1-2pm – Int. Line Dance              2-3pm – Adv. Line Dance              2pm – Guitar Jam Session</p>
<p style="text-align: right;">25</p> <p><b>CLOSED              MEMORIAL              DAY</b></p>	<p style="text-align: right;">26</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;">27</p> <p>8am-5pm – Ceramics &amp; Pool              9am-1pm – China Painting              9am – Exercise              1pm – Dominoes              1-2pm – Int. Line Dance              2-3pm – Adv. Line Dance              2pm – Guitar Jam Session</p>

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THURSDAY	FRIDAY	CENTER PHONE NUMBERS
	1 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting NO Tai Chi 1pm – Dominoes 1pm- Hobbyist 1:30pm – Guitar Jam Session	Cathy Haskell, Manager 817-952-2329 Rhonda Karnes-Scott: 817-952-2320 Janet O’Dell: 817-952-2325 Dale Dawson: 817-952-2328   <hr style="border-top: 1px dashed black;"/> <b><u>Dances</u></b>  May 4th Pete & Patti  May 11th Now & Then  May 18th Bill G Trio  May 25th No Dance Memorial Day  <hr style="border-top: 1px dashed black;"/> <b><u>NARFE</u></b> Wednesday, May 13th  <b><u>Blood Pressure Checks</u></b> 1 <sup>st</sup> Thursday & 3 <sup>rd</sup> Thursday
7 8am-5pm – Ceramics 8am – Pool, Quilting 8:30am-10:30am- Blood Pressure 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm-Mahjong	8 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session	
14 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am –Pinochle 10am-12pm- “42” 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm-Mahjong	15 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1pm- Hobbyist 1:30pm – Guitar Jam Session	
21 8am-5pm – Ceramics 8am – Pool, Quilting 8:30am-10:30am- Blood Pressure 9am – Exercise 10am –Pinochle 10am-12pm-“42” 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- mahjong 6pm-Bingo	22 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session	
28 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am-12pm- “42” 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- Mahjong	29 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1pm- Hobbyist 1:30pm – Guitar Jam Session	

## *Living a Life That Matters*

*Ready or not, someday it will all come to an end. There will be no more sunrise, no minutes, hours or days. All the things you collected, whether treasured or forgotten, will pass to someone else. Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you owed. Your grudges, resentments, frustrations, and jealousies will finally disappear.*

*So too, your hopes, ambitions, plans and to-do lists will expire. The wins and losses that once seemed so important will fade away. At the end, it won't matter where you came from, or on what side of the tracks you lived. It won't matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant. So what will matter? How will the value of your days be measured? What will matter is not what you bought, but what you built. What will matter is not what you got, but what you gave. What will matter is not your success, but your significance. What will matter is not what you learned but what you taught. What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example. What will matter is not your competence, but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone. What will matter is not your memories, but the memories that live in those who loved you.*

*Living a life that matters doesn't happen by accident. It's not a matter of circumstance, but of choice. We should always be willing to ask, what difference can my life make in what really matters?*