

# *June 2014*

## *The Bedford Bulletin*

*Phone 817-952-2326 Bedford Senior Center*

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### **Dates To Remember**

- 9- Menacing Mosquito Program
- 14- Flag Day
- 15- Fathers Day
- 16-United Healthcare Ice Cream Social
- 18-International Picnic Day
- 19- Bingo

### **Bingo Night**

Bingo Night will be Thursday, June 19th from 6-7:30 pm. As always, we ask that you sign up ahead of time. Please call to sign up 817-952-2326.

### **Widowed Persons Service WPS of Tarrant County**

WHO ARE WE? Men and Women who have been widowed and are seeking support and guidance from other widowed persons who have had similar experiences.

WHAT IS OUR PUPOSE? To aid bereaved men and women to adjust more effectively to the loss of a spouse through death and to build a new life.

WHAT DO WE DO? We conduct grief support Sessions through out the year led by WPS trained Volunteers. To help widowed socialize in a safe environment, we host breakfasts, lunches, dinners, bowling and game nights.

**For more information call 817-551-2922 or visit our website [www.wpstc.org](http://www.wpstc.org)**

### **Menacing Mosquitos: An Awareness Program**

Join us Monday June 9, 2014 at 10:00am at the Senior Center. City of Bedford and Public Works Stormwater Crew will present the 4 D's, Dress, Deet, Dusk and Dawn to help in the prevention of West Nile Virus. Learn ways to interrupt the mosquito's life cycle. Don't miss out on this important and informative program,.

### **Ice Cream Social**

United Healthcare is sponsoring an Ice Cream Social on June 16, 2014 at 11:30am. Come eat with us!

### **Urogynecology**

Program on Female Pelvic Medicine. Subject covering Incontinence, Prolapse, Over Active Bladder, Pain etc. July 28, 2014 at 11:00a.m.

### **Standing Guard-Seminar**

Edward Jones Investments to present the Seminar Standing Guard: Protect what you've worked for. July 14, 2014 at 10:00am

### **Reminder: Dance Every Monday**

Don't forget we have a Dance EVERY Monday Night 7:00p.m.-9:30p.m. with live band and refreshments. Cost is \$6.00 per person. Come dance with us!!

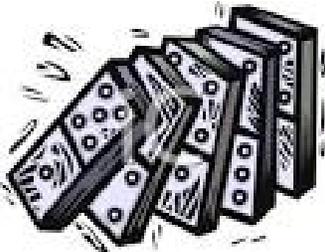
### **Defensive Driving**

Class is July 15 from 6:00p.m.-10:00p.m. AARP members \$15 all others \$20. Please call to sign up. 817-952-2326.

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MONDAY	TUESDAY	WEDNESDAY
2 8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Gary Lee	3 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	4 8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am- Exercise 8:30-10:30- Blood Pressure Checks 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
9 8am-5pm – Ceramics 8am-noon – Pool 10:00a.m.-Menacing Mosquitos 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Classic Country	10 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	11 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
16 8am-5pm – Ceramics 8am-noon – Pool 11:30am - UHC Ice Cream Social 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Bill G Band	17 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	18 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
23 8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Russ Dorsey	24 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	25 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
30 8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Pete & Patti		

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THURSDAY	FRIDAY	CENTER PHONE NUMBERS
<p style="text-align: right;">5</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p style="text-align: right;">6</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session</p>	<p><b>Cathy Haskell, Manager</b> 817-952-2329 <b>Rhonda Karnes-Scott: 817-952-2320</b> <b>Betty Youngman: 817-952-2325</b> <b>Dale Dawson: 817-952-2328</b></p>
<p style="text-align: right;">12</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p style="text-align: right;">13</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session</p>	<div style="text-align: center;">  <p>.....</p> <p><b><u>Dances</u></b></p> <p><b>June 2nd</b> Gary Lee</p> <p><b>June 9th</b> Classic Country</p> <p><b>June 16th</b> Bill G Band</p> <p><b>June 23rd</b> Russ Dorsey</p> <p><b>June 30<sup>th</sup></b> Pete &amp; Patti</p> <p>.....</p> <p><b><u>NARFE</u></b> Wednesday, June 11th</p> <p><b><u>Blood Pressure Checks</u></b> 1<sup>st</sup> Wednesday &amp; 3<sup>rd</sup> Thursday</p> </div>
<p style="text-align: right;">19</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30am – Blood Pressure 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 6pm- Bingo</p>	<p style="text-align: right;">20</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session</p>	
<p style="text-align: right;">26</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p style="text-align: right;">27</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session</p>	
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# EMERITUS

— *at Eden Estates* —

**Our Family is Committed to Yours.**

***Retirement and Assisted Living***

**1997 Forest Ridge**

**Bedford, Texas 76021**

**817-267-2488**