

# *June 2015*

## *The Bedford Bulletin*

*Phone 817-952-2326 Bedford Senior Center*

*2817 R.D. Hurt Pkwy. Bedford, TX 76148*

*www.bedfordtx.gov/senior/*

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### **Dates To Remember**

1-Home Safety Lunch n Learn  
8- Menacing Mosquito Program  
15-Living with Diabetes Workshop  
16- Bingo  
22-Avoiding Medicare Fraud

### **Bingo Night**

Bingo Night will be Tuesday, June 16, 2015 from 6-7:30 pm. As always, we ask that you sign up ahead of time. Please call to sign up 817-952-2326.

### **Lunch N Learn**

ACG will be here talking about home safety. This is a FREE workshop and lunch will be served. Monday June 1, 2015 from 11:00am to 12:00pm. Please sign up ahead of time with Janet, Rhonda or Cathy or call 817-952-2326.

### **Menacing Mosquito's: An Awareness Program**

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. Monday June 8, 2015 10:00a.m. Please call to sign up 817-952-2326 or 817-952-2258.

### **"Living with Diabetes Workshop"**

Kaner Medical Group will be here talking about living with diabetes. Monday June 15, 2015 from 10:00a.m. to 11:00a.m. Please call to sign up with Janet, Rhonda or Cathy or call 817-952-2326.

### **"Avoiding Medicare Fraud Workshop"**

Come learn about how to avoid medicare fraud. June 22, 2015 from 11:00a.m. to 12:00p.m. Sign up ahead of time with Janet, Rhonda or Cathy or call 817-952-2326.

### **Extended Center Hours**

The Senior Center will be open from 8:00a.m. to 8:00p.m. every Thursday beginning in June. Watch for updates on activities and workshops.

### **New Intermediate Bridge Lessons**

Know basic Bridge but want to step up to Intermediate? Class starts on Thursdays beginning June 11, 2015 from 10:45am to 12:00pm and goes for 10 Thursdays. Sign up with Janet, Rhonda or Cathy or call 817-952-2326.

### **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!!

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MONDAY	TUESDAY	WEDNESDAY
1	2	3
<p>8am-5pm – Ceramics 8am-5pm – Pool 11am-12pm-Home Safety Lunch n Learn 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Pete &amp; Patti</p>	<p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</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>
8	9	10
<p>8am-5pm – Ceramics 8am-5pm – Pool 10:00a.m.-Menacing Mosquito’s 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Now &amp; Then</p>	<p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</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>
15	16	17
<p>8am-5pm – Ceramics 8am-5pm – Pool 10am-11am-Living with Diabetes Workshop 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Bill G Trio</p>	<p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 6pm- Bingo</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>
22	23	24
<p>8am-5pm – Ceramics 8am-5pm – Pool 11am-12pm-Avoiding Medicare Fraud Workshop 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Russ Dorsey</p>	<p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</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>
29	30	
<p>8am-5pm – Ceramics 8am-5pm – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Doc Gibbs</p>	<p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	

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THURSDAY	FRIDAY	CENTER PHONE NUMBERS
<p style="text-align: right;">4</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30- Blood Pressure 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm-4pm-Mah Jong</p>	<p style="text-align: right;">5</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1pm-5pm-Hobbyist 1:30pm – Guitar Jam Session</p>	<p><b>Center Phone Numbers</b></p> <p>Main # 817-952-2326 Cathy Haskell, Manager 817-952-2329 Rhonda Karnes-Scott: 817-952-2320 Janet O’Dell: 817-952-2325 Dale Dawson: 817-952-2328</p>
<p style="text-align: right;">11</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm-4pm- Mah Jong</p>	<p style="text-align: right;">12</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> </div>
<p style="text-align: right;">18</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30am – Blood Pressure 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm-4pm-Mah Jong</p>	<p style="text-align: right;">19</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1pm-5pm-Hobbyist 1:30pm – Guitar Jam Session</p>	<p style="text-align: center;"><b>June 1st</b> Pete &amp; Patti</p> <p style="text-align: center;"><b>June 8th</b> Now and Then</p> <p style="text-align: center;"><b>June 15th</b> Bill G Trio</p> <p style="text-align: center;"><b>June 22nd</b> Russ Dorsey</p>
<p style="text-align: right;">25</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm-4pm-Mah Jong</p>	<p style="text-align: right;">26</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: center;"><b>June 29<sup>th</sup></b> Doc Gibbs</p> <p style="text-align: center;">.</p> <p>.....</p>
<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>	<p style="text-align: center;"><b><u>NARFE</u></b> Wednesday, June 10th</p> <p style="text-align: center;"><b><u>Blood Pressure Checks</u></b> 1<sup>st</sup> Thursday &amp; 3<sup>rd</sup> Thursday</p>

## **SENIOR YOGA CLASSES!**

**WHERE: Bedford Senior Center**

**WHEN: Thursday-6:15pm-7:15pm  
Saturday-10:00am-11:00am**

**COST: \$40.00 for 4-week program**

**This is for one class a week. If you are interested in attending both sessions each week, there is a discounted price.**

**You must provide your own yoga mat.**

**Sign-up with Janet, Rhonda or Cathy. Payment is expected at the time you enroll.**

**Class begins June 4, 2015.**



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