

# *The Bedford Bulletin*

*Phone 817-952-2326 Bedford Senior Center*

*2817 R.D. Hurt Pkwy. Bedford, Texas 76021*

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## **Dates To Remember**

- 4- Independence Day- CLOSED
- 9- NARFE
- 14-Standing Guard Seminar
- 15- Defensive Driving
- 17-Bingo
- 21-Stress and a Healthier Life
- 24-DNA Testing
- 28- Urogynecology Program

## **Bingo Night**

Bingo Night will be Thursday, July 17th from 6-7:30 pm. As always, we ask that you sign up ahead of time. Please call to sign up 817-952-2326.



## **Stress and How to Live a Healthier Life.**

Presented by Dr. Curtis Begin Chiropractor  
Monday July 21, 2014 at 9:00 m. Free presentation and snacks. Sign up with Rhonda, Betty, or Cathy.

## **DNA Testing For Prescription Medicines**

Coeus Medical Solutions will be here July 24, 2014 at 10:00 a.m. to conduct DNA Testing that is covered by Medicare. This test tells you if your prescription medicines are right for you. Please bring your Medicare card. Results will be sent to your doctor. Refreshments will be served. Sign up with Rhonda, Betty, or Cathy.

**Please be reminded that children are not allowed during activities here at the Senior Center.**

## **Jury Duty Scam**

### **Whats Happening:**

Tarrant County citizens are being contacted by phone in a growing jury scam. The caller informs the citizen that they failed to report for jury duty and there's a warrant for their arrest with a fine being assessed upwards to \$4,000. The caller then allows the citizen to pay their fine over the phone to avoid being arrested.

Do not give the caller any personal information about yourself. Write down the phone number the person is calling from. Contact your local police department to file a complaint.

## **Urogynecology**

Program on Female Pelvic Medicine. Subject covering Incontinence, Prolapse, Over Active Bladder, Pain etc. July 28, 2014 at 11:00a.m. Please sign up with Rhonda, Betty or Cathy.

## **Standing Guard-Seminar**

Edward Jones Investments to present the Seminar Standing Guard: Protect what you've worked for. July 14, 2014 at 10:00am Please sign up with Rhonda, Betty, or Cathy.

## **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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 July 2014

MONDAY	TUESDAY	WEDNESDAY
7	1	2
	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	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
7	8	9
8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Gary Lee	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	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
14	15	16
8am-5pm – Ceramics 8am-noon – Pool 10:00 am- Standing Guard Seminar 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance -Classic Country	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	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
21	22	23
8am-5pm – Ceramics 8am-noon – Pool 9am-Stress and Healthier Life 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Bill G Band	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes
28	29	30
8am-5pm – Ceramics 8am-noon – Pool 11:00 am-Urogynecology 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Russ Dorsey	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes

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THURSDAY	FRIDAY
3	4
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	CLOSED
10	11
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – 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
17	18
8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30am – Blood Pressure 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 6pm- Bingo	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
24	25
8am-5pm – Ceramics 8am – Pool, Quilting 10:00-DNA Testing 9am – Exercise 10am – 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
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**CENTER PHONE NUMBERS**

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



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**Dances**

**July 7th**  
 Gary Lee

**July 14th**  
 Classic Country

**July 21st**  
 Bill G Band

**July 28th**  
 Russ Dorsey

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**NARFE**

Wednesday, July 9, 2014

**Blood Pressure Checks**

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

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July 2014



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# EMERITUS

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*— at Eden Estates —*

**Our Family is Committed to Yours.**

***Retirement and Assisted Living***

**1997 Forest Ridge**

**Bedford, Texas 76021**

**817-267-2488**