

Bedford Bulletin July 2015

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

Main # 817-952-2326

www.bedfordtx.gov/senior/

Dates To Remember

- 4- Independence Day
- 6-CENTER CLOSED
- 7-Defensive Driving
- 8- NARFE
- 13- Clear Captions Lunch n Learn
- 21-Bingo
- 27- Kaner Medical-Nutrition



Bingo Night

Bingo Night will be Tuesday, July 21st from 6-7:30 pm. As always, we ask that you sign up ahead of time. Please sign up with Janet, Rhonda or Cathy or call 817-952-2326.

Clear Captions Lunch n Learn

Come learn how to get your FREE Clear Captions Phone and have lunch! Have trouble hearing when on the phone? Clear Captions has a phone that allows you to view what the other person is saying. They will show you how to get one for free! July 13, 2015 from 11:00am to 12:00pm. Please sign up with Janet, Rhonda or Cathy. Or call 817-952-2326.

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

Book Club

Anyone interested in participating in a Book Club? If interested please let us know. Book Club would be on Thursday from 6:00pm to 7:00pm here at the Senior Center.

Kaner Medical

Kaner Medical will be here talking about proper nutrition. July 27, 2015 from 10:00am to 11:00am. Please 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!!

Defensive Driving

Class is July 7 from 6:00p.m.-10:00p.m. AARP members \$15, all others \$20. Please call to sign up. 817-952-2326



MONDAY	TUESDAY	WEDNESDAY
		<p style="text-align: right;">1</p> <p>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</p>
<p style="text-align: right;">6</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: right;">7</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;">8</p> <p>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</p>
<p style="text-align: right;">13</p> <p>8am-5pm – Ceramics 8am-noon – Pool 11:00 am- Clear Captions Lunch N Learn 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Pete & Patti</p>	<p style="text-align: right;">14</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;">15</p> <p>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</p>
<p style="text-align: right;">20</p> <p>8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Bill G Trio</p>	<p style="text-align: right;">21</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 style="text-align: right;">22</p> <p>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</p>
<p style="text-align: right;">27</p> <p>8am-5pm – Ceramics 8am-noon – Pool 10am- Kaner Medical Nutrition 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Russ Dorsey</p>	<p style="text-align: right;">28</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;">29</p> <p>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</p>

THURSDAY	FRIDAY
2	3
8am-5pm – Ceramics 8am – Pool, Quilting 8:30- Blood Pressure Checks 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- Mah Jong 6:15pm-Yoga	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
9	10
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- Mah Jong 6:15pm-Yoga	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
16	17
8am-5pm – Ceramics 8am – Pool, Quilting 8:30- Blood Pressure Checks 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- Mah Jong 6:15pm-Yoga	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
23	24
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- Mah Jong 6:15pm- Yoga	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
30	31
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 2pm- Mah Jong 6:15pm-Yoga	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session

CENTER PHONE NUMBERS
 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



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Dances

July 6th
 CLOSED-NO DANCE

July 13th
 Pete & Patti

July 20th
 Bill G Trio

July 27th
 Russ Dorsey

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NARFE

Wednesday, July 8, 2015

Blood Pressure Checks

1st &
 3rd Thursday



Some people call me Old Glory, others call me the Star Spangled Banner, but whatever they call me, I am your Flag. The Flag of the United States of America. Something has been bothering me, so I thought I might talk it over with you, because it is about you and me.

I remember some time ago people lined up both sides of the street to watch the parade and naturally I was leading every parade, proudly waving in the breeze. When your daddy saw me coming, he immediately removed his hat and placed it over his heart.....remember? And you, I remember you, standing there straight as a soldier. You didn't have a hat, but you were giving the right salute. Remember little sister, not to be outdone, she was saluting the same as you with her right hand over her heart.....remember?

What happened? I'm still the same old flag. Oh, I have a few more stars since you were a boy. A lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to. When I come down your street you just stand there with your hands in your pockets and I may get a small glance, and then you look away. Then I see the children running around and shouting.....they don't seem to know who I am.....I saw one man take off his hat then look around. He didn't see anybody else with theirs off so he quickly put his back on. Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been?.....Anzio, Guadalcanal, Korea, and Vietnam. Take a look at the Memorial Honor Rolls sometime, of those who never came back to keep the Republic free.....one nation under God.....When you salute, you are actually saluting them. Well, it won't be long until I'll be coming down your street again. So when you see me, stand straight, place your right hand over your heart.....and I'll salute you by waving back.....and I'll know that.....

YOU REMEMBERED!