

The Bedford Bulletin August 2014

Phone 817-952-2326 Bedford Senior Center

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

Dates To Remember

3- International Friendship Day
13- NARFE
13- Left Handers Day
21- Bingo

Bingo Night

Bingo Night will be Thursday, August 21st from 6-7:30 pm. As always, we ask that you sign up ahead of time. Please call to sign up 817-952-2326.



Bedford Blues and BBQ Festival

City of Bedford's trademark 3 day event is August 29th – August 31st. Award winning BBQ and legendary musicians. Location is 1951 L. Don Dodson Dr., Bedford, Texas

Flu Shots in September

Flu shots will now be given on September 2, 2014. 9:00am-noon. Please bring your Medicare card.

Heat Emergencies

Heat illnesses are easily preventable in hot weather. Children, **Elderly**, and obese people have a higher risk of developing heat stroke. People taking certain medications or drinking alcohol also have a higher risk.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause brain damage, organ failure and even death.

Prevention: Wear loose fitting, lightweight clothing in hot weather. Rest frequently and seek shade when possible. Avoid exercise outside during hot or humid weather. Drink plenty of fluids every day. Be especially careful to avoid overheating. Be careful of hot cars in the summer.

Aloha Luau Dance

Join us for a Luau Dance! August 18, 2014 7:00p.m.-9:30p.m. with live music to be the Bill G Band. Cost is \$6.00 per person. Come dressed in your best Aloha outfit!

Defensive Driving

Class is Sept. 16th 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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August 2014

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 –Gary Lee</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 & Pool 8:30am-10:30am-Blood Pressure 9am-1pm – China Painting 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 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance -Classic Country</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</p>	<p style="text-align: right;">13</p> <p>8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am – Exercise 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 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Bill G Band “Luau”</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 & 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>8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Russ Dorsey</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 & 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
	1 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
7 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	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 12:30pm – Duplicate Bridge 1pm – Dominoes	15 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar Jam Session
21 8am-5pm – Ceramics 8am – Pool, Quilting 8:30am-10:30am Blood Pressure 9am – Exercise 10am – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes 6:00pm-7:30pm 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 – Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	29 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm- Guitar Jam Session

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

August 4th
Gary Lee

August 11th
Classic Country

August 18th
Bill G Band

August 25th
Russ Dorsey

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NARFE

Wednesday, August 13, 2014

Blood Pressure Checks

1st Wednesday &
3rd Thursday

**Join us for a Luau Dance!
August 18, 2014 7:00p.m.-
9:30p.m.**

**Bedford Senior Center
Live music will be the Bill
G Band and we will have
light refreshments. Dress
in your best Aloha wear!**

