

THE CENTER UPDATE

October 2013

Cathy Haskell, Senior Center Manager

817-952-2326

Dates To Remember

October 4 – Empowering Seniors
October 5 – Artsfest
October 7 – Cremation & Funeral Planning
October 16 – Cotton Candy Day
October 28 – Balance & Fall Screening
October 30 – Bingo Night

Empowering Seniors

The Empowering Seniors Expo in Bedford will be hosted at Campus West across from Trinity High School. The Expo will be Friday, October 4th from 8:30am – 1:30pm. This event is free, but requires preregistration to receive lunch. Registration forms are available at the front desk of the Senior Center.

Artsfest

This year the Bedford Artsfest will be held on Saturday, October 5th from 10am – 5pm at the Bedford Boys Ranch. Come join us for the annual craft sale in the park. Parking and admission is free, but be sure to bring cash for your favorite art & food.

Cremation & Funeral Planning

Bertha Hurels will be presenting a seminar on planning your funeral and cremation arrangements. This seminar will be held Monday, October 7th at 11am. Lunch will be provided to preregistered guests. To register call 817-952-2326 or stop by the front desk.

Cotton Candy Day

Help us celebrate the State Fair by enjoying some classic fair food! Come join us Wednesday, October 16th at 11am for Cotton Candy and a good time.

Balance & Fall Screening

The Riata Therapy group will be holding a balance and fall prevention screening at the Senior Center on Monday, October 28th from 9am – 12pm. They will have information about staying healthy as you age and how to improve balance.

Bingo Night

Bingo Night will be Wednesday, October 30th from 6-7:30pm. There will be a costume contest to celebrate Halloween, so be sure to wear your favorite costume. Prizes will be awarded to best costume and most creative. Admission is any canned good or non-perishable food item. (All donations will be sent to N.E.E.D.) Registration is required. Stop by the front desk or call 817-952-2326 to register

Veterans Fair

The 2013 Veterans Fair will be hosted by U.S. Congressman Kenny Marchant at the Grapevine Faith High School on Saturday, November 2nd from 10am – 1pm. The fair will include information on benefits and services, Lunch, current programs and games. For more information visit <http://marchant.house.gov/veteransfair/>

The Center Update – Bedford Senior Activity Center
October 2013

MONDAY	TUESDAY	WEDNESDAY
	1	2
	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics & Pool 8:30-10:30am – Blood Pressure 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar
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 – Party Bridge, 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
14	15	16
8am-5pm – Ceramics 8am-noon – Pool 10am – AARP 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Doc Gibbs	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, 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
21	22	23
8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Pete & Patti	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, 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
28	29	30
8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Russ Dorsey “Halloween”	8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, 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 6-7:30pm – Bingo Night

The Center Update – Bedford Senior Activity Center
 October 2013

THURSDAY	FRIDAY
3	4
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
10	11
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
17	18
8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30am – Blood Pressure 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
24	25
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
31	
8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes	

CENTER PHONE NUMBERS

Cathy Haskell, Manager
 817-952-2329
 Jared Blake: 817-952-2320
 Betty Youngman: 817-952-2325
 Dale Dawson: 817-952-2328



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Dances

October 7
 Gary Lee

October 14
 Doc Gibbs

October 21
 Pete & Patti

October 28
 Russ Dorsey
 “Halloween”

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AARP

Monday, October 14th

NARFE

Wednesday, October 9th

Blood Pressure Checks

1st Wednesday &
 3rd Thursday

The Center Update – Bedford Senior Activity Center
October 2013

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you will ever need** ♥

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- ♥ Physical Therapy
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- ♥ PT/INR In Home Testing
- ♥ Wound Vac
- ♥ Pain Management Program



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FREE CONSULTATION! 817-633-2273 • 866-391-5273 - Toll free
Medicare | Private Insurance • www.hcrhomehealth.com
Services Available 24/7 in DFW and Surrounding Areas

Bedford Senior Activity Center
2000 Forest Ridge
Bedford, TX 76021