

The Bedford Bulletin

October 2014

Phone 817-952-2326 Bedford Senior Center
2817 R.D. Hurt Pkwy. Bedford, Texas 76021

Dates To Remember

- 1-World Vegetarian Day
- 3- Empowering Seniors
- 8 –NARFE
- 11- Craft Sale
- 13- Columbus Day
- 16- Bingo
- 22- National Nut Day
- 24- United Nations Day
- 31- Halloween**

Bingo Night

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

Craft Sale

Saturday October 11, 2014
Bedford Senior Center 9am-3pm
Booth is \$5.00 per 6ft table for members and \$ 10.00 per 6ft table for non-members. Only handmade items for sale. Must be age 50+ to sell. See Rhonda to sign up.

Empowering Seniors Conference

6th Annual Conference for Seniors
Where: First Baptist Church Eules
Campus West 205 N. Industrial
Bedford, TX. 76021
When: Friday October 3, 2014
8:30 a.m. to 2:00 p.m.
Free healthcare screenings.
Free seminars.
Free food booths with tasty samples of a variety of foods.
Free entertainment.
Bingo.
Promotional samples.
If you would like a free lunch you must register ahead of time.
Registration forms are available in information center where you pick up the newsletter.

The Bedford Bulletin – Bedford Senior Activity Center
 October 2014

MONDAY	TUESDAY	WEDNESDAY
		<p style="text-align: right;">1</p> 8am-5pm – Ceramics & Pool 8:30am-10:30am-Blood Pressure 9am-1pm – China Painting 9am- Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
<p style="text-align: right;">6</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 style="text-align: right;">7</p> 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<p style="text-align: right;">8</p> 8am-5pm – Ceramics & Pool 9am-1pm – China Painting 10-NARFE 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar Jam Session
<p style="text-align: right;">13</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 style="text-align: right;">14</p> 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<p style="text-align: right;">15</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 style="text-align: right;">20</p> 8am-5pm – Ceramics 8am-noon – Pool 8am- Police Anti Fraud 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance –Bill G Band	<p style="text-align: right;">21</p> 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<p style="text-align: right;">22</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 style="text-align: right;">27</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 style="text-align: right;">28</p> 8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am –Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<p style="text-align: right;">29</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

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THURSDAY	FRIDAY
2	3
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
9	10
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
16	17
8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30- 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
23	24
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
30	31
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

CENTER PHONE NUMBERS

Main # 817-952-2326
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

Oct. 6th
 Gary Lee

Oct. 13th
 Classic Country

Oct. 20th
 Bill G Band

Oct. 27th
 Russ Dorsey
 “Halloween Dance”

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NARFE

Wednesday October 8, 2014

Blood Pressure Checks

1st Wednesday &
 3rd Thursday



Join us for a Halloween Theme
Dance on October 27, 2014

7:00P.m.-9:15P.m.

\$6.00 per person

Come dressed as your favorite
ghoul or goblin and enter the
costume contest!