

THE CENTER UPDATE

November 2013

Cathy Haskell, Senior Center Manager

817-952-2326

Dates To Remember

- November 3 – Daylight Saving Time ends
- November 4 – Golden Equity seminar
- November 13 – Bingo Night
- November 19 – Defensive Driving
- November 22 – Thanksgiving Luncheon

Golden Equity Mortgage

This month Golden Equity will be hosting a seminar on Monday, November 4th at 10am. Helen Martin with Golden Equity will be giving a seminar on Reverse mortgages and purchasing a home. Preregister by phone 817-952-2326 or stopping by the front desk.

A Matter of Balance Classes

Starting January 6th the Senior Center will be hosting a class on balance and flexibility. Classes will be Mondays from 9:30 – 11:30am for eight weeks. Sign up now to reserve your spot. This class is provided at no cost to members, but space is limited. Preregister now to reserve your spot!

Bingo Night

Bingo Night will be Wednesday, November 13th from 6-7:30pm. Join us this month for a turkey themed bingo night. 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.

Holiday Closing

The Senior Center will be closed November 28-29 in observance of the Thanksgiving holiday.

Thanksgiving Luncheon

It's that time of year again! The annual Thanksgiving Luncheon will be held on Friday, November 22nd at 12pm. The Senior Center will be catering a full Thanksgiving feast. It is free to attend, but you may bring your favorite dessert for the sweets table. Preregistration is required by the 15th to attend. To register stop by the front desk or call 817-952-2326.

Thanksgiving Word Search

```

I S B L E T R F N Q C L S P R
U S B F U D F E C G A X A P E
T H U R S D A Y W E R C W Z B
Z Y K T G H X R I O W Z W A M
D E F S E M Y P A P L Y R H E
Y B I A O P K O D P G F Q P V
B M C E E T Y L I M A F Y H O
M P D F B K Y X P N N L S A N
S E I R R E B N A R C E L R M
T U B L Q P L T S V O P H V M
T L A N G C G K J T V I M E S
M N R Y M R W B A W W L K S V
I N A T J X I T K A S T J T V
C E M O E R O M K U P H Z Y T
L E Z E Q P I N S T Y Z Q J I

```

Happy Thanksgiving!

Find these Thanksgiving words in the puzzle!
(Words can be horizontal, vertical, backwards, or diagonal.)

CRANBERRIES
FAMILY
FEAST
HARVEST
MAYFLOWER
NOVEMBER

PARADE
PIE
PILGRIM
POTATOES
THURSDAY
TURKEY

The Center Update – Bedford Senior Activity Center
November 2013

MONDAY	TUESDAY	WEDNESDAY
4	5	6
8am-5pm – Ceramics 8am-noon – Pool 10am – Golden Equity 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 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
11	12	13
8am-5pm – Ceramics 8am-noon – Pool 10am – AARP 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Bill G Band “Black & White” Dance	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 6-7:30pm – Bingo Night
18	19	20
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 6pm – Defensive Driving	8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar
25	26	27
8am-5pm – Ceramics 8am-noon – Pool 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 – 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

The Center Update – Bedford Senior Activity Center
November 2013

THURSDAY	FRIDAY	CENTER PHONE NUMBERS
	<p style="text-align: right;">1</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar</p>	<p>Cathy Haskell, Manager 817-952-2329 Jared Blake: 817-952-2320 Betty Youngman: 817-952-2325 Dale Dawson: 817-952-2328</p> 
<p style="text-align: right;">7</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p style="text-align: right;">8</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar</p>	<p style="text-align: center;">.....</p> <p style="text-align: center;"><u>Dances</u></p> <p style="text-align: center;">November 4 Gary Lee</p> <p style="text-align: center;">November 11 Bill G Band “Black & White”</p> <p style="text-align: center;">November 18 Pete & Patti</p> <p style="text-align: center;">November 25 Russ Dorsey</p>
<p style="text-align: right;">14</p> <p>8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise, Chess 10am – Party Bridge, Pinochle 10am-12pm – “42” 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p style="text-align: right;">15</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar</p>	<p style="text-align: center;">.....</p> <p style="text-align: center;"><u>AARP</u> Monday, November 11th</p> <p style="text-align: center;"><u>NARFE</u> Wednesday, November 13th</p>
<p style="text-align: right;">21</p> <p>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</p>	<p style="text-align: right;">22</p> <p>8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Thanksgiving Luncheon 1pm – Dominoes</p>	<p style="text-align: center;"><u>Blood Pressure Checks</u> 1st Wednesday & 3rd Thursday</p>
<p style="text-align: right;">28</p> <p>Senior Center Closed</p>	<p style="text-align: right;">29</p> <p>Senior Center Closed</p>	

The Center Update – Bedford Senior Activity Center
November 2013

Experience the Lifestyle of Eden Estates!

Wonderful opportunities abound for the senior lifestyle of your choice at Eden Estates. Enjoy stimulating pursuits or just relax ~ it's your choice!

Stop in today for a tour and see why Eden Estates is the Premier Community of Choice for Retirement and Assisted Living

817-267-2488

www.emeritus.com



EDEN ESTATES

Senior Living

1997 Forest Ridge Drive
Bedford, TX 76021