



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

January 2019

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.
Bedford, TX 76021
817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Monday-Friday
8 a.m. – 5 p.m.

Center Phone Numbers

Cathy Haskell, Manager
817-952-2329

Rhonda Karnes-Scott
817-952-2320

Dale Dawson
817-952-2328

Mary Massey
817-952-2326

Finding Purpose in Your Later Years

Come join motivational speaker Joseph Cartwright on how to find direction in your life. Monday January 21, at 10:00 a.m. Please sign up with staff or call 817-952-2326 to register.

Cooking Matters

Learn about nutrition and how to make a healthy snack. You even get to sample the food! This class has a minimum of 10 participants or it will be cancelled. Monday, January 14, at 10:00 a.m. Please sign up with staff or call 817-952-2326 to register.

New Primary Care Physician

Need a new primary care physician? Come learn about Dr. Melanie Vettimattam. She is board certified in family medicine and is currently accepting new patients. Her specialty is USMD Senior Care. This is a lunch and learn so make sure you sign up ahead of time! January 28 from 11:00 a.m. to 12:00 p.m. Sign up with staff or call 817-952-2326 to register.

Dance Lessons

Dance lessons for January will be the Waltz 6:00 p.m. - 6:45 p.m. Dance Lessons are only on Mondays that there is a dance. Come learn the Waltz!

Bingo

Free Bingo and light refreshments! Monday, January 7, from 6:00 p.m. – 7:30 p.m. Please sign up with staff or call 817-952-2326 to register.

The Staff would like to thank each one of you for your generosity and kindnesses shown to us during the Holiday Season! We hope that the New Year will be full of fun, laughter, and good health for all!

Don't forget we will be closed for New Year's Day on Tuesday, January 1.



| MONDAY | TUESDAY | WEDNESDAY |
|--|---|---|
|  | 1 Closed for New Year's Day | 2 8:00 a.m.--Ceramics & Pool 9:00 a.m.-Exercise 1:00 p.m. Dominoes 1:00 p.m.-2:00 p.m.-Int. Line Dance 2:00 p.m.-3:00 p.m.- Adv. Line Dance 2:00 p.m.- Guitar Jam Session |
| 7 8:00 a.m.--Ceramics & Pool 9:00 a.m.-China Painting 1:00 p.m.- Dominoes 1:00 p.m.-2:30 p.m. Beg. Line Dancing 2:30 p.m.-Tai Chi 6:00 p.m.-Bingo | 8 8:00 a.m.-5:00 p.m.-Ceramics & Pool 8:00 a.m. Quilting 9:00 a.m.-Exercise 9:00 a.m.- Needlecraft 10:00 a.m.-Party Bridge 10: a.m.- Pinochle 12:30pm- Duplicate Bridge 1:00 p.m.- Dominoes | 9 8:00 a.m.--Ceramics & Pool 9:00 a.m.-Exercise 1:00 p.m. Dominoes 1:00 p.m.-2:00 p.m.-Int. Line Dance 2:00 p.m.-3:00 p.m.- Adv. Line Dance 1:30 p.m.- Guitar Jam Session |
| 14 8:00 a.m.--Ceramics & Pool 10:00 a.m.-Cooking Matters 1:00 p.m.- Dominoes 1:00 p.m.-2:30 p.m. Beg. Line Dancing 2:30 p.m.-Tai Chi 6:00 p.m. Fictional Writing 6:00 p.m.- 6:45 p.m. Dance Lessons 7:00 p.m.- 9:15 p.m. Dance- Pete & Patti | 15 8:00 a.m.-5:00 p.m.-Ceramics & Pool 8:00 a.m. Quilting 9:00 a.m.-Exercise 9:00 a.m.- Needlecraft 10:00 a.m.-Party Bridge 10:00 a.m.- Pinochle 12:30pm- Duplicate Bridge 1:00 p.m.- Dominoes | 16 8:00 a.m.--Ceramics & Pool 9:00 a.m.- Exercise 1:00 p.m.- Dominoes 1:00 p.m.-2:00 p.m.-Int. Line Dance 2:00 p.m.-3:00 p.m.- Adv. Line Dance 1:30 p.m.- Guitar Jam Session |
| 21 8:00 a.m.--Ceramics & Pool 9:00 a.m.-China Painting 10:00 a.m.-Finding Purpose in Later Years 1:00 p.m.- Dominoes 1:00 p.m.-2:30 p.m. Beg. Line Dancing 2:30 p.m.-Tai Chi 6:00 p.m. Fictional Writing 6:00 p.m.- 6:45 p.m. Dance Lessons 7:00 p.m.- 9:15 p.m. Dance- Diamond Duo | 18 8:00 a.m.-5pm-Ceramics & Pool 8:00 a.m.-Quilting 9:00 a.m.-Exercise 9:00 a.m.- Needlecraft 10:00 a.m.-Party Bridge 10:00 a.m.- Pinochle 12:30 p.m.- Duplicate Bridge 1:00 p.m.- Dominoes | 19 8:00 a.m.--Ceramics & Pool 9:00 a.m.- Exercise 1:00 p.m.- Dominoes 1:00 p.m.-2:00 p.m.-Int. Line Dance 2:00 p.m.-3:00 p.m.- Adv. Line Dance 1:30 p.m.- Guitar Jam Session |
| 28 8:00 a.m.--Ceramics & Pool 9:00 a.m.- China Painting 9:00 a.m.- Exercise 11:00 a.m. Dr. Vettimatten-Lunch N learn 1:00 p.m.- Dominoes 1:00 p.m.- 2:30 p.m. Beg. Line Dancing 2:30 p.m. Tai Chi 6:00 p.m. Fictional Writing 6:00 p.m. – 6:45 Dance Lessons 7:00 p.m.- 9:15 Dance- Doc Gibbs | 29 8:00 a.m.-5pm-Ceramics & Pool 8:00 a.m.-Quilting 9:00 a.m.-Exercise 9:00 a.m.- Needlecraft 10:00 a.m.-Party Bridge 10:00 a.m.- Pinochle 12:30 p.m.- Duplicate Bridge 1:00 p.m.- Dominoes | 30 8:00 a.m.--Ceramics & Pool 9:00 a.m.- Exercise 1:00 p.m.- Dominoes 1:00 p.m.-2:00 p.m.-Int. Line Dance 2:00 p.m.-3:00 p.m.- Adv. Line Dance 1:30 p.m.- Guitar Jam Session |

| THURSDAY | FRIDAY | |
|---|---|---|
| <p style="text-align: right;">3</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 8:00 a.m.-Blood Pressure Checks 9:00 a.m.- Exercise 10:00 a.m. Party Bridge 10:00 a.m.- Pinochle 12:30 a.m.-Duplicate Bridge 1:00 p.m.- Dominoes 1:00 p.m.- Mah Jong</p> | <p style="text-align: right;">4</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- All Media Art Class 12:00 p.m.- Tai Chi 1:00 p.m.- Dominoes 1:00 p.m.-Adult Coloring 1:30 p.m.- Guitar Jam Session</p> | <p style="text-align: center;"><u>Dances</u> January 14-Pete & Patti January 21-Diamond Duo January 28-Doc Gibbs</p> |
| <p style="text-align: right;">10</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m. Party Bridge 10:00 a.m.- Pinochle 12:30 a.m.-Duplicate Bridge 1:00 p.m.- Dominoes 1:00 p.m.- Mah Jong</p> | <p style="text-align: right;">11</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- All Media Art Class 12:00 p.m.- Tai Chi 1:00 p.m.- Dominoes 1:00 p.m.-Adult Coloring 1:30 p.m.- Guitar Jam Session</p> | <p style="text-align: center;"><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p> |
| <p style="text-align: right;">17</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 8:00 a.m.-Blood Pressure Checks 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m. Party Bridge 10:00 a.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1:00 p.m.- Dominoes 1:00 p.m.- Mah Jong</p> | <p style="text-align: right;">18</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- All Media Art Class 12:00 p.m.- Tai Chi 1:00 p.m.- Dominoes 1:00 p.m.-Adult Coloring 1:30 p.m.- Guitar Jam Session</p> | <p style="text-align: center;">Calendar by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p> |
| <p style="text-align: right;">24</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.-. Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m. Party Bridge 10:00 p.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1:00 p.m.- Dominoes 1:00 p.m.-Mah Jong</p> | <p style="text-align: right;">25</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- All Media Art Class 12:00 p.m.- Tai Chi 1:00 p.m.- Dominoes 1:00 p.m.-Adult Coloring 1:30 p.m.- Guitar Jam Session</p> | <p style="text-align: center;"><u>Class Highlights</u> Looking for Mah Jong players. Will teach if necessary.</p> |
| <p style="text-align: right;">31</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.-. Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m. Party Bridge 10:00 p.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1:00 p.m.- Dominoes 1:00 p.m.-Mah Jong</p> | | |

January Highlights

**January 7-Free Bingo
6:00 p.m.**

**January 14-Cooking Matters 10:00
a.m.**

**January 21- Finding Purpose in your
Later Years 10:00a.m.**

**January 28-New Senior Care Dr.
Lunch n Learn**

**Please sign up with staff or call
817-952-2326 to register**