



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

February 2019

## Bedford Senior Activity Center

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

[www.bedfordtx.gov/senior/](http://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

## Free Karaoke

Come join us for some Karaoke! Monday, February 4, from 6:00 p.m.- 7:30 p.m. Refreshments will be served. Please sign-up with staff or call 817-952-2326 to register.

## Cooking Matters

Tarrant Area Food Bank will be here to teach you how to make healthy snacks. You even get to sample the snacks! This class has a minimum of 10 participants or it will be cancelled. Monday, February 11, 10:00 a.m. to 12:00 p.m. You must sign-up with staff or call 817-952-2326 to register.

## Psoriatic Arthritis Lunch N Learn

Abbvie will be here to speak about Psoriatic Arthritis. Come learn all there is to learn about this form of Arthritis. Lunch will be served, so please sign-up with staff or call 817-952-2326 to register. Monday February 25, from 11:00 a.m. – 12:00 p.m.

## Valentine Dance

Monday, February 11, 2019. Come enjoy dinner and dancing! \$10 per person (tickets must be purchased ahead of time). Dinner will be served promptly at 6:00 p.m. with the dance starting at 7:00 p.m. Dinner is catered by Texas Roadhouse and the entrée will be steak. The band will be Pete & Patti.



## Dance Lessons

Dance lessons for February will be the Intermediate 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! Thursday, February 7, 6:00 p.m. – 7:30 p.m. Please sign-up with staff or call 817-952-2326 to register.

## Genex DNA Testing

DNA testing to see if you are at risk for cancer. Also, will test to see how different medications Works in your body, as well as what side Effects are likely to occur. Just bring your Medicare card. Please sign up with staff or call 817-952-2326 to register. Thurs. Feb. 7 from 6:00 p.m. to 7:00 p.m. Tue., Feb. 26 from 9:30 a.m. to 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;"><b>4</b></p> <p>8:00 a.m.-Ceramics &amp; 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.-Fictional Writing            6:00 p.m.-Karaoke</p>	<p style="text-align: right;"><b>5</b></p> <p>8:00 a.m.-Ceramics &amp; 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</p>	<p style="text-align: right;"><b>6</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            9:00 a.m.-Exercise            11:00 a.m.-Tai Chi            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</p>
<p style="text-align: right;"><b>11</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            9:00 a.m.-China Painting            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.- 9:15 p.m. - Pete &amp; Patti –Valentines Dance            NO DANCE LESSONS</p>	<p style="text-align: right;"><b>12</b></p> <p>8:00 a.m.-Ceramics &amp; 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</p>	<p style="text-align: right;"><b>13</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            9:00 a.m.- Exercise            11:00 a.m.-Tai Chi            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</p>
<p style="text-align: right;"><b>18</b></p> <p>8:00 a.m.-Ceramics &amp; 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. Fictional Writing            6:00 p.m.- 6:45 p.m. Dance Lessons            7:00 p.m.- 9:15 p.m. Dance- High Caliber</p>	<p style="text-align: right;"><b>19</b></p> <p>8:00 a.m.-Ceramics &amp; 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</p>	<p style="text-align: right;"><b>20</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            9:00 a.m.- Exercise            11:00a.m.-Tai Chi            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</p>
<p style="text-align: right;"><b>25</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            9:00 a.m.- China Painting            11:00 a.m. Psoriatic Arthritis-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</p>	<p style="text-align: right;"><b>26</b></p> <p>8:00 a.m.-Ceramics &amp; 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</p>	<p style="text-align: right;"><b>27</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            9:00 a.m.- Exercise            11:00 a.m.-Tai Chi            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</p>

THURSDAY	FRIDAY	
	<p style="text-align: right;"><b>1</b></p> <p>8:00 a.m.-Ceramics &amp; 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>            Feb. 11-Pete &amp; Patti -Valentine            Feb. 18-High Caliber            Feb. 25-Doc Gibbs</p>
<p style="text-align: right;"><b>7</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            8:00 a.m.- Quilting            8:30 a.m.-Blood Pressure Checks            9:00 a.m.- Exercise            10:00 a.m.- Pinochle            12:30 p.m.-Duplicate Bridge            1:00 p.m.- Dominoes            1:00 p.m.- Mah Jong            6:00 p.m.-Bingo</p>	<p style="text-align: right;"><b>8</b></p> <p>8:00 a.m.-Ceramics &amp; 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>            1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays            8:30am to 10:30am</p>
<p style="text-align: right;"><b>14</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            8:00 a.m.- Quilting            9:00 a.m.- Exercise            9:45 a.m.- "42"            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;"><b>15</b></p> <p>8:00 a.m.-Ceramics &amp; 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: <a href="mailto:rhonda.karnes-scott@bedfordtx.gov">rhonda.karnes-scott@bedfordtx.gov</a>            Please give me your full name in email.</p>
<p style="text-align: right;"><b>21</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            8:00 a.m.-. Quilting            8:30 a.m.-Blood Pressure Checks            9:00 a.m.- Exercise            9:45 a.m.- "42"            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;"><b>22</b></p> <p>8:00 a.m.-Ceramics &amp; 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;"><b>28</b></p> <p>8:00 a.m.-Ceramics &amp; Pool            8:00 a.m.-. Quilting            9:00 a.m.- Exercise            9:45 a.m.- "42"            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: center;"><u>BINGO</u>  <u>THURSDAY</u>  <u>FEBRUARY 7</u>  <u>6:00P.M.</u></p> <p style="text-align: center;"><u>FREE!!</u>  <u>PRIZES!!</u>  <u>REFRESHMENTS!!</u></p>

*Happy  
Valentine's  
Day*

***Valentine Dinner & Dance  
Monday, February 11, 2019***

***6:00p.m. – 9:15p.m.***

***(Dinner will be served promptly at 6:00p.m.)***

***\$10.00 per person***

***Must purchase tickets in advance.***

***Enjoy the music of  
Pete & Patti***