



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

March 2019

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Mary Massey

817-952-2325

Dale Dawson

817-952-2328

Bingo

Free Bingo! Come join us for bingo, fun and prizes! March 4 at 6:00 p.m. Refreshments will be served. Please sign up with staff or call 817-952-2326 to register.

Mind Fit Series

Just like the body, the brain can show signs of aging over time. Join us for a fun and informative 4 part series, led by Certified Senior Advisor Dave Parks owner of Home Care Assistance. In this Mind Fit series, you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program. March 4, 11, 18, 25 at 10:00 a.m.. Please sign up with staff or call 817-952-2326

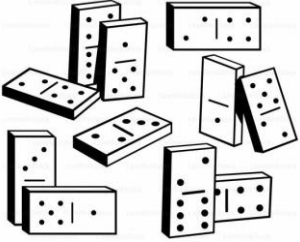
Defensive Driving

AARP Defensive Driving Class will be on Tuesday, March 12, at 6:00 p.m. AARP members cost is \$15 and non-members cost is \$20. Payment in form of check at time of class. Sign up with staff or call 817-952-2326 to register.

Dance Lessons

FREE Dance Lessons! The dance will be Beginners Rumba. March 11, 18, 25 at 6:00 p.m. No charge at this time!



MONDAY	TUESDAY	WEDNESDAY
		
<p style="text-align: right;">4</p> <p>8 a.m.-Ceramics 8 a.m.-Pool 9 a.m. – China Painting 10 a.m.-Mind Fit Series 1 p.m.-Dominoes 1 p.m.-- Beg. Line Dance 2:30 p.m.- Tai Chi 6 p.m.-Bingo</p>	<p style="text-align: right;">5</p> <p>8 a.m.-Ceramics 8 a.m.-Pool, Quilting 9 a.m.- Needlecraft 9 a.m.-Exercise 9 a.m.- Needlecraft 10a a.m.-.Party Bridge 10 a.m.- Pinochle 12:30 p.m.- Duplicate Bridge 1 p.m.- Dominoes</p>	<p style="text-align: right;">6</p> <p>8 a.m.-Ceramics & Pool 9 a.m.-Exercise 10:30 a.m.-Tai Chi 1 p.m.-Dominoes 1 p.m.-Int. Line Dance 2 p.m.- Adv. Line Dance 2 p.m.- Guitar Jam Session</p>
<p style="text-align: right;">11</p> <p>8 a.m.-Ceramics 8 a.m.-Pool 9 a.m. – China Painting 10 a.m.-Mind Fit Series 1 p.m.-Dominoes 1 p.m.-Beg. Line Dance 2:30 p.m.- Tai Chi 6 p.m.-Dance Lessons 7 p.m.-Dance- Pete & Patti</p>	<p style="text-align: right;">12</p> <p>8 a.m.-Ceramics 8 a.m.-Pool, Quilting 9 a.m.-Exercise 9 a.m.- Needlecraft 10 a.m.-Party Bridge 10 a.m.- Pinochle 12:30 p.m.- Duplicate Bridge 1 p.m.- Dominoes 6 p.m.-Defensive Driving</p>	<p style="text-align: right;">13</p> <p>8 a.m.-Ceramics & Pool 9 a.m.-Exercise 10:30 a.m.-Tai Chi 1 p.m.-Dominoes 1 p.m.-Int. Line Dance 2 p.m.- Adv. Line Dance 2 p.m.- Guitar Jam Session</p>
<p style="text-align: right;">18</p> <p>8 a.m.- Ceramics 8 a.m.- Pool 9 a.m. – China Painting 10 a.m.-Mind Fit Series 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 6 p.m.-Dance Lessons 7 p.m.-Dance-Michael Cote</p>	<p style="text-align: right;">19</p> <p>8 a.m.-Ceramics 8 a.m.-Pool, Quilting 9 a.m.-Exercise 9 a.m.- Needlecraft 10 a.m.-Party Bridge 10 a.m.- Pinochle 12:30 p.m.- Duplicate Bridge 1 p.m.- Dominoes</p>	<p style="text-align: right;">20</p> <p>8 a.m.-Ceramics & Pool 9 a.m.-Exercise 10:30 a.m.-Tai Chi 1 p.m.-Dominoes 1 p.m.-Int. Line Dance 2 p.m.- Adv. Line Dance 2 p.m.- Guitar Jam Session</p>
<p style="text-align: right;">25</p> <p>8 a.m.-Ceramics 8 a.m.--Pool 9 a.m. – China Painting 10 a.m.-Mind Fit Series 1 p.m.-Dominoes 1 p.m.-Beg. Line Dance 2:30 p.m.- Tai Chi 6 p.m.-Dance Lessons 7 p.m.-Dance-Doc Gibbs</p>	<p style="text-align: right;">26</p> <p>8 a.m.-Ceramics 8 a.m.-Pool, Quilting 9 a.m.-Exercise 9 am- Needlecraft 10 a.m.-Party Bridge 10 a.m.- Pinochle 12:30 p.m.- Duplicate Bridge 1 p.m.- Dominoes</p>	<p style="text-align: right;">27</p> <p>8 a.m.-Ceramics & Pool 9 a.m.-Exercise 10:30 a.m.-Tai Chi 1 p.m.-Dominoes 1 p.m.-Int. Line Dance 2 p.m.- Adv. Line Dance 2 p.m.- Guitar Jam Session</p>

<u>THURSDAY</u>	<u>FRIDAY</u>	
	<p style="text-align: right;">1</p> <p>8 a.m.-Ceramics 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.-Adult Coloring 1 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>	<p style="text-align: center;"><u>Dances</u> March 11-Pete & Patti March 18-Michael Cote March 25-Doc Gibbs</p>
<p style="text-align: right;">7</p> <p>8 a.m.-Ceramics 8 a.m.- Pool, Quilting 8:30am-Blood Pressure Checks 9 a.m.- Exercise 10 a.m. - Pinochle 10am-Party Bridge 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.- Mah Jong</p>	<p style="text-align: right;">8</p> <p>8 a.m.-Ceramics 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1 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;">14</p> <p>8 a.m.-Ceramics 8 a.m.- Pool, Quilting 9 a.m.- Exercise 10 a.m.-Party Bridge 10 a.m. - Pinochle 9:45 a.m.- "42" 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong</p>	<p style="text-align: right;">15</p> <p>8 a.m.-Ceramics 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m. – Adult Coloring 1 p.m.- Dominoes 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;">21</p> <p>8 a.m. -Ceramics 8 a.m.- Pool, Quilting 8:30 a.m.-Blood Pressure Checks 9am- Exercise 10 a.m.-Party Bridge 10 a.m. - Pinochle 9:45 a.m.- "42" 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong</p>	<p style="text-align: right;">22</p> <p>8 a.m.-Ceramics 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1 p.m.-Adult Coloring 1:30 p.m.- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u> Come to our many seminars and workshops. They are free!</p>
<p style="text-align: right;">28</p> <p>8 a.m.-Ceramics 8 a.m.- Pool, Quilting 9 a.m.- Exercise 10 a.m.-Party Bridge 10 a.m. - Pinochle 9:45 a.m.- "42" 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong</p>	<p style="text-align: right;">29</p> <p>8 a.m.-Ceramics 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1 p.m.-Adult Coloring 1:30 p.m.- Guitar Jam Session</p>	

Coming Events for March

Bingo-Monday, March 4 at 6:00 p.m. Please sign up with staff or call 817-952-2320 to register.

Mind Fit Series-Mondays, March 4, 11, 18, and 25 at 10:00 a.m. Please sign up with staff or call 817-952-2326 to register.

Defensive Driving-Tuesday, March 12 at 6:00 p.m. Please sign up with staff or call 817-952-2326 to register.

Dance Lessons- Mondays, March 11, 18, and 25 at 6:00 p.m.