



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

May 2019

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Fri.

8 a.m. – 5 p.m.

Center Phone Numbers

Rhonda Karnes-Scott

817-952-2320

Mary Massey

817-952-2325

Dale Dawson

817-952-2328

Bingo

No Bingo for May. Next Bingo will be June 3 at 6:00 p.m. Please sign up with staff or call 817-952-2326 to register.

Carter Eye Center

Carter Eye Center will be here with the Mobile Unit to do Free screenings for cataracts. May 20, from 10:00 a.m. to 1:00 p.m. Please sign up with staff or call 817-952-2326 to register.

Wednesday Walking Club

It's time to walk! We will meet at the senior center and walk around our beautifully renovated park. Come get your exercise while enjoying each other's company. This is every Wednesday from 8:00 a.m.- 9:00 a.m. until it gets too hot outside.

Closing

We will be CLOSED on Monday, May 27 for Memorial Day.

Art Show and Sale

Please come to our yearly Art Show and Sale! May 3, - June 6 with art reception being on May 10 at 10:15 a.m. You may view the art Monday – Friday from 8:00 a.m. - 4:30 p.m. If you like what you see you may purchase it!

Dance Lessons

No dance lessons for May. Keep an eye on the newsletters for more information. Sorry for the inconvenience!

Warthen Dermatology

Warthen Dermatology will be here to educate you on "Signs and Symptoms" of skin cancer. May 20, from 10:00 a.m.- 11:00 a.m. Light snacks and goodie bags. Please sign up with staff or call 817-952-2326 to register.



MONDAY	TUESDAY	WEDNESDAY
		<p style="text-align: right;">1</p> <p>8 a.m.-Ceramics & Pool 8 a.m. – Walking Club 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;">6</p> <p>8 a.m.-Ceramics & Pool 9 a.m. – China Painting 1 p.m.-Dominoes 1 p.m.- Beg. Line Dance 2:30 p.m.- Tai Chi 6p.m.- Fictional Writing 7p.m.-Dance-Pete & Patti</p>	<p style="text-align: right;">7</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- Quilting 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;">8</p> <p>8 a.m.-Ceramics & Pool 8 a.m. – Walking Club 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;">13</p> <p>8 a.m.-Ceramics & Pool 9 a.m. – China Painting 1 p.m.-Dominoes 1 p.m.-Beg. Line Dance 2:30 p.m.- Tai Chi 6p.m.- Fictional Writing 7 p.m.-Dance- Now & Then</p>	<p style="text-align: right;">14</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- 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;">15</p> <p>8 a.m.-Ceramics & Pool 8 a.m. – Walking Club 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;">20</p> <p>8 a.m.- Ceramics & Pool 9 a.m. – China Painting 10 a.m.-Carter Eye Center 10 a.m.-Warthen Dermatology 1p.m.-Dominoes 1p.m.-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 6p.m.-Fictional Writing 7 p.m.-Dance-Doc Gibbs</p>	<p style="text-align: right;">21</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- 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;">22</p> <p>8 a.m.-Ceramics & Pool 8 a.m. – Walking Club 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;">27</p> <p>Closed for Memorial Day</p>	<p style="text-align: right;">28</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- 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;">29</p> <p>8 a.m.-Ceramics & Pool 8 a.m. – Walking Club 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;">2</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- Quilting 9 a.m.- Exercise 10 a.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.- Mah Jong</p>	<p style="text-align: right;">3</p> <p>8 a.m.-Ceramics & Pool 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>	<p style="text-align: center;">Dances May 6-Pete & Patti May 13-Now & Then May 20-Doc Gibbs</p>
<p style="text-align: right;">9</p> <p>8 a.m.-Ceramics & Pool 8 a.m.-, Quilting 9 a.m.- Exercise 9:45 a.m. – “42” 10 a.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.- Mah Jong</p>	<p style="text-align: right;">10</p> <p>8 a.m.-Ceramics & Pool 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>	<p style="text-align: center;">“42” Players Needed! Come join the group on <u>Thursdays at 9:45 a.m.</u></p>
<p style="text-align: right;">16</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- Quilting 9 a.m.- Exercise 9:45 a.m. – “42” 10 a.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong</p>	<p style="text-align: right;">17</p> <p>8 a.m.-Ceramics & Pool 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 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;">23</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- Quilting 9 a.m.- Exercise 9:45 a.m. – “42” 10 a.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong</p>	<p style="text-align: right;">24</p> <p>8 a.m.-Ceramics & Pool 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>	<p style="text-align: center;">Class Highlights Come to our many seminars and workshops. They are free!</p>
<p style="text-align: right;">30</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- Quilting 9 a.m.- Exercise 9:45 a.m. – “42” 10 a.m. - Pinochle 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong</p>	<p style="text-align: right;">31</p> <p>8 a.m.-Ceramics & Pool 9 a.m.- Multi-Media Arts and Crafts 12 p.m.- Tai Chi 1 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>	

Monthly Highlights

Carter Eye Center – May 13, 10:00 a.m. – 1:00 p.m.-Screening for cataracts.

Warthen Dermatology-Signs and Symptoms of Skin Cancer- May 20, 10:00 a.m.- 11:00 a.m.

Art Show and Sale- May 3 – June 6- 8:00 a.m.- 4:30 p.m.

Closing:

May 27, Closed for Memorial Day

Please sign up for all seminars with staff or call 817-952-2326 to register.