



# WALKING CLUB

WEDNESDAYS 8:00A.M. - 9:00A.M.



# DEFENSIVE DRIVING

TUESDAY, JUNE 11 6:00 P.M. - 10:00 P.M.



# SELF DEFENSE FOR SENIORS

MONDAY, JUNE 17 10:00 A.M. - 11:00 A.M.



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

**June 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**

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

## **Free Bingo**

Bingo will be June 3 at 6:00 p.m. Come join in for fun, prizes and a few laughs! Please sign up with staff or call 817-952-2326 to register.

## **ABCD's of Medicare**

Come enjoy this seminar on Medicare and have a light breakfast. Ameri Life will be hosting. 10:00 a.m. – 11:00 a.m. Monday June 3. 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.

## **Defensive Driving**

AARP members \$15 non-members \$20 in form of a check, to be paid at time of class. Tuesday June 11, from 6:00 p.m. to 10:00 p.m. Please sign up with staff or call 817-952-2326 to register.



## **Dance Lessons**

Dance lessons for June will be the Tango. Lessons are FREE and will begin at 6:00 p.m. on June 10, 17, 24.

## **Self Defense for Seniors**

Tom from Self Defense 4 U will be here to teach you how to escape certain grab attacks such as, wrist grab and shirt grab. Using weapons such as, keys or pens to defend yourself. Learning how to keep your distance to avoid attacks. Monday June 17, from 10:00 a.m.\_ 11:00 a.m. Please sign up with staff or call 817-952-2326 to register.



MONDAY	TUESDAY	WEDNESDAY
	<p align="center"><b>Party Bridge Players Needed!</b>  <b>Come join in on the fun!</b>  <b>Tuesdays at 10:00 a.m.</b></p>	
<p align="right"><b>3</b></p> <p>8 a.m.-Ceramics &amp; Pool  9 a.m. – China Painting  10 a.m.-ABCD'S of Medicare  1 p.m.-Dominoes  1 p.m.- Beg. Line Dance  2:30 p.m.- Tai Chi  6p.m.- Fictional Writing  6 p.m.-Bingo</p>	<p align="right"><b>4</b></p> <p>8 a.m.-Ceramics &amp; 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 align="right"><b>5</b></p> <p>8 a.m.-Ceramics &amp; 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 align="right"><b>10</b></p> <p>8 a.m.-Ceramics &amp; 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- Pete &amp; Patti</p>	<p align="right"><b>11</b></p> <p>8 a.m.-Ceramics &amp; 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  6 p.m.- Defensive Driving</p>	<p align="right"><b>12</b></p> <p>8 a.m.-Ceramics &amp; 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 align="right"><b>17</b></p> <p>8 a.m.- Ceramics &amp; Pool  9 a.m. – China Painting  10 a.m.-Self Defense for Seniors  1p.m.-Dominoes  1p.m.-2:30pm- Beg. Line Dance  2:30pm- Tai Chi  6p.m.-Fictional Writing  7 p.m.-Dance-Now &amp; Then</p>	<p align="right"><b>18</b></p> <p>8 a.m.-Ceramics &amp; 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 align="right"><b>19</b></p> <p>8 a.m.-Ceramics &amp; 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 align="right"><b>24</b></p> <p>8 a.m.- Ceramics &amp; Pool  9 a.m. – China Painting  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 align="right"><b>25</b></p> <p>8 a.m.-Ceramics &amp; 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 align="right"><b>26</b></p> <p>8 a.m.-Ceramics &amp; 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>

**THURSDAY**

**FRIDAY**



**Pinochle Player needed, will teach!  
Tuesday and Thursdays  
At 10:00 a.m. Come learn with  
us!**

**Dances**  
June 10-Pete & Patti  
June 17-Now & Then  
June 24 -Doc Gibbs

**6**

**7**

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

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

**“42” Players Needed!**  
**Come join the group on**  
**Thursdays at 9:45 a.m.**

**13**

**14**

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

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

**Calendar by email?**  
**Email me at: [rhonda.karnes-scott@bedfordtx.gov](mailto:rhonda.karnes-scott@bedfordtx.gov)**  
**Please give me your full name in email.**

**20**

**21**

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

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

**Class Highlights**  
**Come to our many seminars and workshops. They are free!**

**27**

**28**

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

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

# Monthly Highlights

Ameri Life- ABCD's of Medicare-Light

Breakfast- June 3, 10:00 a.m. – 11:00 a.m.\*

Self Defense for Seniors- June 17, 10:00 a.m.-  
11:00 a.m.\*

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

Defensive Driving- June 11, 6:00 p.m.-  
10:00p.m.\*

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