



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

July 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

Free Bingo

Bingo will be Monday, July 1 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.

How to Outsmart Scammers

James Park from Edward Jones will be here doing a Lunch N Learn on how to outsmart scammers. A light lunch will be served. July 22, from 11:00 a.m. to 12:00 p.m. Please sign up with staff or call 817-952-2326 to register.

July Closing

We will be closed on July 4th and will re-open on Friday the 5th.

Dementia and Alzheimer's

Brookdale Oak Hollow will be here to discuss Dementia and Alzheimer's. Please sign up with staff or call 817-952-2326. Monday July 15 from 10:00 a.m. to 11:00 a.m.

Karaoke

Carol Ann Bradley will be here on Thursday, July 25, from 5:30 p.m. to 7:30 p.m. Light refreshments will be served. Come be a superstar! Please sign up with staff or call 817-952-2326 to register.

Learn a Game Day

Come learn how to play Pinochle, "42" or Mah Jong. Pinochle starts at 10:00 a.m., "42" starts at 9:45 a.m., Mah Jong starts at 1:00 p.m. Thursday, July 18.

Dance Lessons

Dance lessons for July will be the East Coast Swing. Lessons are FREE and will begin at 6:00 p.m. on July 8, 15, 22, and 29.

Carter Eye Center

Come get a FREE screening for cataracts. July 8, 2019 from 10:00 a.m. to 1:00 p.m. 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 9 a.m. – China Painting 1 p.m.-Dominoes 1 p.m.- Beg. Line Dance 2:30 p.m.- Tai Chi 6 p.m.- Fictional Writing 6 p.m.-Bingo</p>	<p style="text-align: right;">2</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;">3</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;">8</p> <p>8 a.m.-Ceramics & Pool 9 a.m. – China Painting 10 a.m.-1 p.m.-Carter Eye Center 1 p.m.-Dominoes 1 p.m.- Beg. Line Dance 2:30 p.m.- Tai Chi 6 p.m.- Fictional Writing 6 p.m.- Dance Lessons 7 p.m.-Dance –Pete & Patti</p>	<p style="text-align: right;">9</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;">10</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;">15</p> <p>8 a.m.-Ceramics & Pool 9 a.m. – China Painting 10 a.m.-Dementia Seminar 1 p.m.-Dominoes 1 p.m.-Beg. Line Dance 2:30 p.m.- Tai Chi 6 p.m.- Fictional Writing 6 p.m.-Dance Lessons 7 p.m.-Dance- Diamond Duo</p>	<p style="text-align: right;">16</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;">17</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;">22</p> <p>8 a.m.- Ceramics & Pool 9 a.m. – China Painting 11 a.m.-How to Out Smart Scammers 1p.m.-Dominoes 1p.m.-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 6 p.m.-Fictional Writing 6 p.m.-Dance Lessons 7 p.m.-Dance-High Caliber</p>	<p style="text-align: right;">23</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;">24</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;">29</p> <p>8 a.m.- Ceramics & 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 style="text-align: right;">30</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;">31</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;">4</p> <p style="text-align: center;">Closed for July 4th</p>	<p style="text-align: right;">5</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;"><u>Dances</u> July 8-Pete & Patti July 15-Diamond Duo July 22 –High Caliber July 29-Doc Gibbs</p>
<p style="text-align: right;">11</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;">12</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;"><u>“42” Players Needed!</u> <u>Come join the group on</u> <u>Thursdays at 9:45 a.m.</u></p>
<p style="text-align: right;">18</p> <p>8 a.m.-Ceramics & Pool 8 a.m.- Quilting 9 a.m.- Exercise 9:45 a.m. – “42”-Learn a Game Day 10 a.m. – Pinochle- Learn a Game Day 12:30 p.m.-Duplicate Bridge 1 p.m.- Dominoes 1 p.m.-Mah Jong- Learn a Game Day</p>	<p style="text-align: right;">19</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;">25</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 5:30 p.m.-Karaoke</p>	<p style="text-align: right;">26</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;"><u>Class Highlights</u> Come to our many seminars and workshops. They are free!</p>

Monthly Highlights

Free Bingo- July 1, 6:00 p.m.*

Carter Eye Center- July 8, 10:00 a.m.-1:00
p.m. *

Dementia and Alzheimer's- July 15, 10:00
a.m. – 11:00 a.m.*

Learn a Game Day- July 18

How to out smart scammers Lunch N Learn-
July 22, 11:00 a.m. – 12:00 p.m.*

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