



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

**August 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**

Rhonda Karnes-Scott

817-952-2320

Mary Massey

817-952-2325

Dale Dawson

817-952-2328

## **Warthen Dermatology**

Warthen Dermatology will be here on Monday, August 5, from 11:00 a.m. to 12:00 p.m. Signs and Symptoms of skin cancer. Please sign up with staff or call 817-952-2326 to register.

## **Dances**

Come get your exercise and have fun doing it! We have dances 3 Mondays a month. Please stop by to get the schedule of dances or call 817-952-2326 for more information.

## **AAA**

Rose will be here with AAA Roadside to talk about a discounted rate for Senior's. Come see if this is a good fit for you! August 12, from 10:00 a.m.- 11:00 a.m. Please sign up with staff or call 817-952-2326 to register.

## **Cigna**

Linda Thompson, Benefits Advisor for Cigna will be here to do a Benefits Checkup. This will be a Lunch N Learn. Monday, August 19, 11:00 a.m. – 12:00 p.m. Please sign up with staff or call 817-952-2326 to register.

**Don't forget we will be closed for Labor Day on Monday September 2<sup>nd</sup>.**

## **Dance Lessons**

Dance lessons for August will be the Two Step 6:00 p.m.- 6:45 p.m. Dance Lessons are only on Mondays that there is a dance. Come learn the Two Step!

## **Bingo**

Free Bingo and light refreshments! Monday August 5, at 6:00 p.m. Please sign-up with staff or call 817-952-2326 to register.



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;"><b>5</b></p> <p>8:00 a.m.-5:00 p.m.-Ceramics &amp; Pool  9:30 a.m. – China Painting  11:00 a.m.- Warthen Dermatology  1:00 p.m.-Dominoes  1:00 p.m.- Beg. Line Dance  2:30 p.m.- Tai Chi  6:00 p.m.-Fictional Writing  6:00 p.m.-7:30p.m. - Bingo</p>	<p style="text-align: right;"><b>6</b></p> <p>8:00 a.m.-5:00 p.m.-Ceramics &amp; Pool  9:00 a.m.-Exercise  9 :00 a.m.- Needlecraft  10:00 a.m.-Party Bridge  10: a.m.- Pinochle  12:30pm- Duplicate Bridge  12:00 p.m.- Dominoes</p>	<p style="text-align: right;"><b>7</b></p> <p>8:00 a.m.--Ceramics &amp; Pool  9:00 a.m.-Exercise  12:00 p.m.- Dominoes  1:00 p.m.-Senior Phase Next Meeting  1:30 p.m.- Guitar Jam Session</p>
<p style="text-align: right;"><b>12</b></p> <p>8:00 a.m.-5:00 p.m.-Ceramics &amp; Pool  9:30 a.m. – China Painting  10:00 a.m.-AAA Roadside  12:00 p.m.-Dominoes  1:00 p.m.- Beg. Line Dance  2:30 p.m.- Tai Chi  6:00 p.m.-Fictional Writing  6:00 p.m.-Dance Lessons  7:00 p.m.-Dance- Pete &amp; Patti</p>	<p style="text-align: right;"><b>13</b></p> <p>8:00 a.m.-5:00 p.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  12:00 p.m.- Dominoes</p>	<p style="text-align: right;"><b>14</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.-Exercise  12:00 p.m.- Dominoes  1:00 p.m.-Int. Line Dance  2:00 p.m.- Adv. Line Dance  1:30 p.m.- Guitar Jam Session</p>
<p style="text-align: right;"><b>19</b></p> <p>8:00 a.m.-5:00 p.m.-Ceramics &amp; Pool  9:30 a.m. – China Painting  11:00 a.m.-Cigna Benefits Lunch N Learn  1:00 p.m.-Dominoes  1:00 p.m.- Beg. Line Dance  2:30 p.m.- Tai Chi  6:00 p.m.-Fictional Writing  6:00 p.m.-Dance Lessons  7:00 p.m.-Dance- High Caliber</p>	<p style="text-align: right;"><b>20</b></p> <p>8:00 a.m.-5:00 p.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  12:00 p.m.- Dominoes</p>	<p style="text-align: right;"><b>21</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.-Exercise  12:00 p.m.- Dominoes  1:00 p.m.-Int. Line Dance  2:00 p.m.- Adv. Line Dance  1:30 p.m.- Guitar Jam Session</p>
<p style="text-align: right;"><b>26</b></p> <p>8:00 a.m.-5:00 p.m.-Ceramics &amp; Pool  9:30 a.m. – China Painting  1:00 p.m.-Dominoes  1:00 p.m.- Beg. Line Dance  2:30 p.m.- Tai Chi  6:00 p.m.-Fictional Writing  6:00 p.m.--Dance Lessons  7:00 p.m.-Dance-Doc Gibbs</p>	<p style="text-align: right;"><b>27</b></p> <p>8:00 a.m.-5:00 p.m.-Ceramics &amp; Pool  8:00 am-Quilt  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  12:00 p.m.- Dominoes</p>	<p style="text-align: right;"><b>28</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.-Exercise  12:00 p.m.- Dominoes  1:00 p.m.-Int. Line Dance  2:00 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  8:00 a.m.- Quilting  9 :00 a.m.- Exercise  10:00 a.m. - Pinochle  12:30 p.m.-Duplicate Bridge  12:00 p.m.- Dominoes  1:00 p.m.- Mah Jong</p>	<p style="text-align: right;"><b>2</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.- Multi-Media Arts and Crafts  12:00 p.m.- Tai Chi  12:00 p.m.- Dominoes  1:30 p.m.- Guitar Jam Session</p>	<p style="text-align: center;"><u>Dances</u></p> <p style="text-align: center;">August 12-Pete &amp; Patti  August 19-High Caliber  August 26 -Doc Gibbs</p>
<p style="text-align: right;"><b>8</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:a.m.- Pinochle  12:30 p.m.-Duplicate Bridge  12:00 p.m.- Dominoes  1:00 p.m.- Mah Jong</p>	<p style="text-align: right;"><b>9</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.- Multi-Media Arts and Crafts  12:00 p.m.- Tai Chi  12:00 p.m.- Dominoes  1:30 p.m.- Guitar Jam Session</p>	
<p style="text-align: right;"><b>15</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  12:00 p.m.- Dominoes  1:00 p.m.- Mah Jong</p>	<p style="text-align: right;"><b>16</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.- Multi-Media Arts and Crafts  12:00 p.m.- Tai Chi  12:00 p.m.- Dominoes  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>22</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:a.m.- Pinochle  12:30 p.m.-Duplicate Bridge  12:00 p.m.- Dominoes  1:00 p.m.- Mah Jong</p>	<p style="text-align: right;"><b>23</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.- Multi-Media Arts and Crafts  12:00 p.m.- Tai Chi  12:00 p.m.- Dominoes  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>29</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:a.m.- Pinochle  12:30 p.m.-Duplicate Bridge  12:00 p.m.- Dominoes  1:00 p.m.- Mah Jong</p>	<p style="text-align: right;"><b>30</b></p> <p>8:00 a.m.-Ceramics &amp; Pool  9:00 a.m.- Multi-Media Arts and Crafts  12:00 p.m.- Tai Chi  12:00 p.m.- Dominoes  1:30 p.m.- Guitar Jam Session</p>	

# **Monthly Highlights**

**Dances**- \$6 per person, live band and refreshments. See schedule on page 3, for specific dates or call 817-952-2326 for more information.

**Warthen Dermatology**- Signs and Symptoms of skin cancer. 11:00 a.m.- 12:00 p.m. Monday August 5.

**AAA Roadside**- Discounted Roadside for Senior's. Monday, August 12, 10:00 a.m.-11:00 a.m.

**Cigna Health Spring**- Linda Thompson will be here to go over different Benefits options. This is a lunch n learn. Monday August 19, 11:00 a.m.- 12:00 p.m.