



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

January 2020

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.
Bedford, TX 76021
817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Monday-Friday
8 a.m. – 5 p.m.

Center Phone Numbers Main

817-952-2326

Rhonda Karnes-Scott

817-952-2320

Mary Massey

817-952-2325

Dale Dawson

817-952-2328

Dances

Come get your exercise and have fun doing it! \$6 per person includes live band and refreshments! Please stop by to get the schedule of dances or call 817-952-2326 for more information.

Self Defense for Senior's

Tom with Self Defense for U, will be here to show you some self - defense moves. Come learn how to defend yourself! Monday, January 13, from 10:30 a.m.-11:30 a.m. Please sign up with staff or call 817-952-2326 to register.

Disability Rights of Texas

Casey with Disability Rights of Texas will be here to answer questions about disability. Monday, January 27, from 10:00 a.m. – 11:30 a.m. Please sign up with staff or call 817-952-2326 to register

Yoga for Senior's

Instructor Tarka will be here every Friday in January for Senior Yoga. Bring your own mat. This instructor will be taking donations. Every Friday in January from 11:00 a.m.-12:00 p.m. Please sign up with staff or call 817-952-2326 to register.

Closings for January

We will be closed on Wednesday January 1, New Year's Day.

Free Dance Lessons

Dance lessons will resume on January 13 at 6:00 p.m. The dance lesson will be the Bolero.

Bingo

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



MONDAY	TUESDAY	WEDNESDAY
		1 Closed for New Year's Day
6 8:00 a.m.-5:00 p.m.-Ceramics & 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.-Fiction Writing 6:00 p.m.-Bingo	7 8:00 a.m.-5:00 p.m.-Ceramics & 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 12:00 p.m.- Dominos 12:30 p.m.- Duplicate Bridge	8 8:00 a.m.-Ceramics & Pool 9:00 a.m.-Exercise 10:30 a.m.- Tai Chi 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
13 8:00 a.m.-5:00 p.m.-Ceramics & Pool 9:30 a.m. – China Painting 10:30 a.m.-Self Defense for Senior's 1:00 p.m.-Dominoes 1:00 p.m.- Beg. Line Dance 2:30 p.m.- Tai Chi 6:00 p.m.-Fiction Writing 6:00 p.m.-Dance Lessons-Bolero 7:00 p.m.-Dance- Pete & Patti	14 8:00 a.m.-5:00 p.m.-Ceramics & 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 12:00 p.m.- Dominos 12:30 p.m.- Duplicate Bridge	15 8:00 a.m.-Ceramics & Pool 9:00 a.m.-Exercise 10:30 a.m.- Tai Chi 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
20 8:00 a.m.-5:00 p.m.-Ceramics & 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.-Fiction Writing 6:00 p.m.-Dance Lessons-Bolero 7:00 p.m.-Dance- Larry Funchess- Montana	21 8:00 a.m.-5:00 p.m.-Ceramics & 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 12:00 p.m.- Dominos 12:30 p.m.- Duplicate Bridge	22 8:00 a.m.-Ceramics & Pool 9:00 a.m.-Exercise 10:30 a.m.- Tai Chi 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
27 8:00 a.m.-5:00 p.m.-Ceramics & Pool 9:30 a.m. – China Painting 10:00 a.m.-Disability Rights of Texas 1:00 p.m.-Dominoes 1:00 p.m.- Beg. Line Dance 2:30 p.m.- Tai Chi 7:00 p.m.-Dance-Doc Gibbs 6:00 p.m.-Fiction Writing 6:00 p.m.-Dance Lessons-Bolero 7:00 p.m.-Dance-Doc Gibbs	28 8:00 a.m.-5:00 p.m.-Ceramics & 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 12:00 p.m.- Dominos 12:30 p.m.- Duplicate Bridge	29 8:00 a.m.-Ceramics & Pool 9:00 a.m.-Exercise 10:30 a.m.- Tai Chi 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

THURSDAY	FRIDAY		
<p style="text-align: right;">2</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 10:00 a.m.- Pinochle 10:00 a.m.-Duplicate Bridge 12:00 p.m.- Dominos 1:00 p.m.- Mah Jong</p>	<p style="text-align: right;">3</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- Multi-Media Arts and Crafts 11:00 a.m.-Yoga 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> January 13-Pete & Patti January 20-Larry Funchess Montan January 27 -Doc Gibbs</p>	
<p style="text-align: right;">9</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m.- Pinochle 10:00 a.m.-Duplicate Bridge 12:00 p.m.- Dominos 1:00 p.m.- Mah Jong</p>	<p style="text-align: right;">10</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- Multi-Media Arts and Crafts 11:00 a.m.-Yoga 12:00 p.m.- Tai Chi 12:00 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>		
<p style="text-align: right;">16</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m.- Pinochle 12:00 p.m.- Dominos 12:30 p.m.-Duplicate Bridge 1:00 p.m.- Mah Jong</p>	<p style="text-align: right;">17</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- Multi-Media Arts and Crafts 11:00 a.m.-Yoga 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: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>	
<p style="text-align: right;">23</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m.- Pinochle 12:00 p.m.- Dominos 12:30 p.m.-Duplicate Bridge 1:00 p.m.- Mah Jong</p>	<p style="text-align: right;">24</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- Multi-Media Arts and Crafts 11:00 a.m.-Yoga 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 Pinochle players. Come join the game! Tuesday's and Thursday's 10:00 a.m.-12:00 p.m.</p>	
<p style="text-align: right;">30</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 9:45 a.m.- "42" 10:00 a.m.- Pinochle 12:00 p.m.- Dominos 12:30 p.m.-Duplicate Bridge 1:00 p.m.- Mah Jong</p>	<p style="text-align: right;">31</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.- Multi-Media Arts and Crafts 11:00 a.m.-Yoga 12:00 p.m.- Tai Chi 12:00 p.m.- Dominoes 1:30 p.m.- Guitar Jam Session</p>		



Here's wishing you a year of health, wealth, and
happiness!

With gratitude for your continued friendship and support, we wish
you a wonderful New Year!

Dale,
Rhonda, and
Mary