



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

February 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

Edward Jones

Protecting your Wealth from Long Term Care Expenses- Feb. 19, from 10:00 a.m.-11:30 a.m. Please sign up with staff or call 817-952-2326 to register.

Social Security Seminar

Marie with Care N Care will be here to guide you through all that is Social Security. 10:00 a.m. – 11:30 a.m. Monday, February 3. Please sign up with staff or call 817-952-2326 to register.

A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an evidence-based, award winning program designed to manage falls and increase activity. This is an 8 week series. February 3, 10, 17, 24. March 2, 9, 23, 30. 9:30 a.m.-11:30 a.m. Sign up with staff or call 817-952-2326 to register. **Must have a minimum of 8 to have this class.**

Yoga for Senior's

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

Fraud Waste and Abuse

Marie with Care N Care will be here to talk about Medicare fraud, waste and abuse. Monday, February 24 from 10:00 a.m.-11:30 a.m. Please sign up with staff or call 817-952-2326 to register.

Free Dance Lessons

Dance lessons are February 17, and 24 at 6:00 p.m. The dance lesson will be the Bolero.

Bingo

Free Bingo and light refreshments! Monday, February 3, at 6:00 p.m. Please sign-up with staff or call 817-952-2326 to register.

Valentine's Dance

Valentine's Dance will be February 10, at 6:00 p.m. **You must have a ticket to get in. Tickets are sold on a first come first serve basis.** Cost is \$12.00 per person for dinner and dance. **Dance Only is \$10.00.** Texas Roadhouse will be the caterer. Menu will be steak, mashed potato, green beans roll and cheesecake for dessert. Doors open at 5:30 p.m. **You must have a ticket to get in.**

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>8:00 a.m.-5:00 p.m.-Ceramics & Pool 9:30 a.m. – China Painting 9:30 a.m.-A Matter of Balance 10:00 a.m.-Social Security Seminar 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</p>	<p style="text-align: right;">4</p> <p>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</p>	<p style="text-align: right;">5</p> <p>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</p>
<p style="text-align: right;">10</p> <p>8:00 a.m.-5:00 p.m.-Ceramics & Pool 9:30 a.m. – China Painting 9:30 a.m.-A Matter of Balance 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.- Valentine’s Dinner 7:00 p.m.-Dance- Doc Gibbs-Valentine’s</p>	<p style="text-align: right;">11</p> <p>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</p>	<p style="text-align: right;">12</p> <p>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</p>
<p style="text-align: right;">17</p> <p>8:00 a.m.-5:00 p.m.-Ceramics & Pool 9:30 a.m. – China Painting 9:30 a.m.-A Matter of Balance 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- 7:00 p.m.-Dance- Pete & Patti</p>	<p style="text-align: right;">18</p> <p>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</p>	<p style="text-align: right;">19</p> <p>8:00 a.m.-Ceramics & Pool 9:00 a.m.-Exercise 10:00 a.m.-Long Term Care Expenses 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</p>
<p style="text-align: right;">24</p> <p>8:00 a.m.-5:00 p.m.-Ceramics & Pool 9:30 a.m. – China Painting 9:30 a.m.-A Matter of Balance 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- 7:00 p.m.-Dance-Larry Funchess-Montana</p>	<p style="text-align: right;">25</p> <p>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</p>	<p style="text-align: right;">26</p> <p>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</p>

THURSDAY	FRIDAY	
		<p style="text-align: center;">Dances Feb. 10-Doc Gibbs-Valentines Feb. 17-Pete & Patti Feb. 24-Larry Funchess-Montana</p>
<p style="text-align: right;">6</p> <p>8:00 a.m.-Ceramics & Pool 8:00 a.m.- Quilting 9:00 a.m.- Exercise 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;">7</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;">13</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;">14</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;">20</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;">21</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;">Class Highlights 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;">27</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;">28</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>	

Bedford Senior Center Valentine's Dance!

DINNER AND DANCE

February 10, 2020

DOORS OPEN AT 5:30 pm

PRESENTING DOC GIBBS BAND

DINNER 6:00 PM/ DANCE 7:00 PM

\$12.00 EACH FOR DINNER AND DANCE

\$10.00 EACH FOR DANCE ONLY

DANCE ONLY ENTRANCE TIME 7:00 PM

TICKET MUST BE PURCHASED IN ADVANCE

ALL TICKETS WILL BE RESERVED SEATING

SEATING IS LIMITED!

MENU:

*STEAK, MASHED POTATO, GREEN BEANS, AND
ROLL*

