



# BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

March 2020

## **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 Main**

**817-952-2326**

Rhonda Karnes-Scott

817-952-2320

Mary Massey

817-952-2325

Dale Dawson

817-952-2328

## **AARP Defensive Driving**

AARP Defensive Driving March 10, from 6:00 p.m. to 10:00 p.m.  
AARP members \$15.00. Non-members \$ 20.00 in form of a check.  
Please sign up with staff or call 817-952-2326 to register.

## **Diabetes Q & A**

Ashley Roberts, a Certified Nursing Assistant, will be here to answer question about diabetes. Topics will include, identifying diabetic wounds, ways to increase blood sugar if needed, ways to eat healthy, and more. Bring your questions! March 16, from 10:30 a.m. to 12:00 p.m. Please sign up with staff or call 817-952-2320 to register.

## **Chronic Pain Self-Management**

This is a 6 week workshop. This workshop helps participants and their support person deal with the on going issues associated with chronic pain. Mondays, April 6, 13, 20, 27 and May 4, 11. 9:30 a.m. to 11:30 a.m. Sign up with staff or call 817-952-2326 to register.

## **Yoga for Senior's**

Yoga will continue, every Friday in March. 11:00 a.m. to 12:00 p.m. Teacher takes donations. Bring your own mat, use our chairs if needed. Please call for more info! 817-952-2326

## **AAA Roadside Assistance**

Rose will be here to offer AAA Roadside Memberships at a substantial discount to employees and Senior Center members. March 19, 11:00 a.m. to 12:15 p.m.

## **Free Dance Lessons**

Dance lessons are March 9, 16, 23, and 30 at 6:00 p.m. The dance lesson will be the West Coast Swing.

## **Bingo**

Free Bingo and light refreshments! Monday, March 2, at 6:00 p.m. Please sign-up with staff or call 817-952-2326 to register.

## **Dances**

Don't forget about our dances! Live bands and refreshments all for only \$6.00 per person! Dances in March are as follows: March 9, 16, 23, 30. Start time is 7:00 p.m. Come get your exercise and have fun doing it!

| MONDAY   | TUESDAY  | WEDNESDAY   |
|--|--|---|
| <p style="text-align: right;"><b>2</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           9:30 a.m. – China Painting<br/>           9:30 a.m.-A Matter of Balance<br/>           1:00 p.m.-Dominoes<br/>           1:00 p.m.- Beg. Line Dance<br/>           2:30 p.m.- Tai Chi<br/>           6:00 p.m.-Fiction Writing<br/>           6:00 p.m.-Bingo</p>  | <p style="text-align: right;"><b>3</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           8:00 a.m.-Quilting<br/>           9:00 a.m.-Exercise<br/>           9:00 a.m.- Needlecraft<br/>           10:00 a.m.-Party Bridge<br/>           10:00 a.m.- Pinochle<br/>           12:00 p.m.- Dominos<br/>           12:30 p.m.- Duplicate Bridge</p>   | <p style="text-align: right;"><b>4</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/>           9:00 a.m.-Exercise<br/>           11:30 a.m.- Tai Chi<br/>           12:00 p.m.- Dominoes<br/>           1:00 p.m.-Int. Line Dance<br/>           2:00 p.m.- Adv. Line Dance<br/>           1:30 p.m.- Guitar Jam Session</p>  |
| <p style="text-align: right;"><b>9</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           9:30 a.m. – China Painting<br/>           9:30 a.m.-A Matter of Balance<br/>           1:00 p.m.-Dominoes<br/>           1:00 p.m.- Beg. Line Dance<br/>           2:30 p.m.- Tai Chi<br/>           6:00 p.m.-Fiction Writing<br/>           6:00 p.m.-Dance Lessons<br/>           7:00 p.m.-Dance- Pete &amp; Patti</p> | <p style="text-align: right;"><b>10</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           8:00 a.m.-Quilting<br/>           9:00 a.m.-Exercise<br/>           9:00 a.m.- Needlecraft<br/>           10:00 a.m.-Party Bridge<br/>           10:00 a.m.- Pinochle<br/>           12:00 p.m.- Dominos<br/>           12:30 p.m.- Duplicate Bridge<br/>           6:00 p.m.-Defensive Driving</p> | <p style="text-align: right;"><b>11</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/>           9:00 a.m.-Exercise<br/>           11:30 a.m.- Tai Chi<br/>           12:00 p.m.- Dominoes<br/>           1:00 p.m.-Int. Line Dance<br/>           2:00 p.m.- Adv. Line Dance<br/>           1:30 p.m.- Guitar Jam Session</p> |
| <p style="text-align: right;"><b>16</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           9:30 a.m. – China Painting<br/>           10:30 a.m.-Diabetes Q &amp; A<br/>           1:00 p.m.-Dominoes<br/>           1:00 p.m.- Beg. Line Dance<br/>           2:30 p.m.- Tai Chi<br/>           6:00 p.m.-Fiction Writing<br/>           6:00 p.m.- Dance Lessons<br/>           7:00 p.m.-Dance- Michael Cote</p>   | <p style="text-align: right;"><b>17</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           8:00 a.m.-Quilting<br/>           9:00 a.m.-Exercise<br/>           9:00 a.m.- Needlecraft<br/>           10:00 a.m.-Party Bridge<br/>           10:00 a.m.- Pinochle<br/>           12:00 p.m.- Dominos<br/>           12:30 p.m.- Duplicate Bridge</p>  | <p style="text-align: right;"><b>18</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/>           9:00 a.m.-Exercise<br/>           11:30 a.m.- Tai Chi<br/>           12:00 p.m.- Dominoes<br/>           1:00 p.m.-Int. Line Dance<br/>           2:00 p.m.- Adv. Line Dance<br/>           1:30 p.m.- Guitar Jam Session</p> |
| <p style="text-align: right;"><b>23</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           9:30 a.m. – China Painting<br/>           9:30 a.m.-A Matter of Balance<br/>           1:00 p.m.-Dominoes<br/>           1:00 p.m.- Beg. Line Dance<br/>           2:30 p.m.- Tai Chi<br/>           6:00 p.m.-Fiction Writing<br/>           6:00 p.m.-Dance Lessons<br/>           7:00 p.m.-Dance- Now &amp; Then</p>  | <p style="text-align: right;"><b>24</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           8:00 a.m.-Quilting<br/>           9:00 a.m.-Exercise<br/>           9:00 a.m.- Needlecraft<br/>           10:00 a.m.-Party Bridge<br/>           10:00 a.m.- Pinochle<br/>           12:00 p.m.- Dominos<br/>           12:30 p.m.- Duplicate Bridge</p>  | <p style="text-align: right;"><b>25</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/>           9:00 a.m.-Exercise<br/>           11:30 a.m.- Tai Chi<br/>           12:00 p.m.- Dominoes<br/>           1:00 p.m.-Int. Line Dance<br/>           2:00 p.m.- Adv. Line Dance<br/>           1:30 p.m.- Guitar Jam Session</p> |
| <p style="text-align: right;"><b>30</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           9:30 a.m. – China Painting<br/>           9:30 a.m.-A Matter of Balance<br/>           1:00 p.m.-Dominoes<br/>           1:00 p.m.- Beg. Line Dance<br/>           2:30 p.m.- Tai Chi<br/>           6:00 p.m.-Fiction Writing<br/>           6:00 p.m.-Dance Lessons<br/>           7:00 p.m.-Dance- Doc Gibbs</p>       | <p style="text-align: right;"><b>31</b></p> <p>8:00 a.m.- Ceramics &amp; Pool<br/>           8:00 a.m.-Quilting<br/>           9:00 a.m.-Exercise<br/>           9:00 a.m.- Needlecraft<br/>           10:00 a.m.-Party Bridge<br/>           10:00 a.m.- Pinochle<br/>           12:00 p.m.- Dominos<br/>           12:30 p.m.- Duplicate Bridge</p>  |   |

| THURSDAY  | FRIDAY   |   |
|---|--|---|
| <p style="text-align: right;"><b>5</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 8:00 a.m.- Quilting<br/> 9:00 a.m.- Exercise<br/> 9:45 a.m.-“42”<br/> 10:00 a.m.- Pinochle<br/> 12:00 p.m.- Dominos<br/> 12:30 p.m.-Duplicate Bridge<br/> 1:00 p.m.- Mah Jong</p>                                | <p style="text-align: right;"><b>6</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 9:00 a.m.- Multi-Media Arts and Crafts<br/> 12:00 p.m.- Tai Chi<br/> 12:00 p.m.- Dominoes<br/> 1:30 p.m.- Guitar Jam Session</p>  | <p style="text-align: center;"><b>Dances</b><br/> <b>March 9-Pete &amp; Patti</b><br/> <b>March 16-Michael Cote</b><br/> <b>March 23-Now &amp; Then</b><br/> <b>March 30-Doc Gibbs</b></p>                    |
| <p style="text-align: right;"><b>12</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 8:00 a.m.- Quilting<br/> 9:00 a.m.- Exercise<br/> 10:00 a.m.- Pinochle<br/> 12:00 p.m.- Dominos<br/> 12:30 p.m.-Duplicate Bridge<br/> 1:00 p.m.- Mah Jong</p>   | <p style="text-align: right;"><b>13</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 9:00 a.m.- Multi-Media Arts and Crafts<br/> 12:00 p.m.- Tai Chi<br/> 12:00 p.m.- Dominoes<br/> 1:30 p.m.- Guitar Jam Session</p> |   |
| <p style="text-align: right;"><b>19</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 8:00 a.m.- Quilting<br/> 9:00 a.m.- Exercise<br/> 9:45 a.m.- “42”<br/> 10:00 a.m.- Pinochle<br/> 11:00 a.m.-AAA Roadside<br/> 12:00 p.m.- Dominos<br/> 12:30 p.m.-Duplicate Bridge<br/> 1:00 p.m.- Mah Jong</p> | <p style="text-align: right;"><b>20</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 9:00 a.m.- Multi-Media Arts and Crafts<br/> 12:00 p.m.- Tai Chi<br/> 12:00 p.m.- Dominoes<br/> 1:30 p.m.- Guitar Jam Session</p> | <p style="text-align: center;">Calendar by email?<br/> Email me at: <a href="mailto:rhonda.karnes-scott@bedfordtx.gov">rhonda.karnes-scott@bedfordtx.gov</a><br/> Please give me your full name in email.</p> |
| <p style="text-align: right;"><b>26</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 8:00 a.m.- Quilting<br/> 9:00 a.m.- Exercise<br/> 9:45 a.m.- “42”<br/> 10:00 a.m.- Pinochle<br/> 12:00 p.m.- Dominos<br/> 12:30 p.m.-Duplicate Bridge<br/> 1:00 p.m.- Mah Jong</p>                              | <p style="text-align: right;"><b>27</b></p> <p>8:00 a.m.-Ceramics &amp; Pool<br/> 9:00 a.m.- Multi-Media Arts and Crafts<br/> 12:00 p.m.- Tai Chi<br/> 12:00 p.m.- Dominoes<br/> 1:30 p.m.- Guitar Jam Session</p> | <p style="text-align: center;"><b>Class Highlights</b><br/> <b>Looking for Pinochle players. Come join the game! Tuesday's and Thursday's 10:00 a.m.-12:00 p.m.</b></p>                                       |
|   |    |   |



**Daylight Savings Time  
will begin on March 8,  
2020.**

*So lets Spring  
Forward!*