



ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 9-10 a.m. Donuts & Coffee <i>Must Register</i>	3	4	5
7 6 p.m. Senior Formal Dance \$15 Doc Gibbs Bedford Center YMCA Senior Center closes at 4 p.m.	8	9 10 a.m. You Can Paint \$10 "Fall Tree on the Lake" <i>Must Register</i>	10	11 Noon-1 p.m. Senior Self Defense <i>Must Register</i>	12
14 10 a.m. Senior BINGO <i>Must Register</i> 12-1 p.m. Mystery Meal Monday \$5 <i>Must Register</i>	15 6-7:30 p.m. Sip & Snack <i>Must Register</i>	16 10-11 a.m. Senior Estate Planning <i>Must Register</i>	17	18 11:30 a.m.-12:30 p.m. Sack Lunch Social <i>Must Register</i>	19
21 11:30 a.m.-12:30 p.m. Birthday Bash- July & August <i>Must Register</i> 7 p.m. Senior Dance \$6 Charlie Carey Bedford Center YMCA Senior Center closes at 4 p.m.	22 6-7:30 p.m. Karaoke Night <i>Must Register</i>	23 6-7:30 p.m. Senior BINGO Night <i>Must Register</i>	24	25	26
28 10 a.m. Senior BINGO & Breakfast <i>Must Register</i> 1-4 p.m. Movie Monday "Elvis" <i>Must Register</i>	29	30	31 6-9 p.m. Dinner and a Movie \$5 - Screening "80 for Brady" <i>Must Register</i>	Follow Us On Facebook For current information on Senior Center programs. facebook.com/BedfordParksandRecreation	

DAILY ACTIVITIES

MONDAY 8 a.m.-5 p.m. <small>(4 p.m. closure on dance days)</small>	TUESDAY 8 a.m.-5 p.m.	WEDNESDAY 8 a.m.-5 p.m.	THURSDAY 8 a.m.-5 p.m.	FRIDAY 8 a.m.-5 p.m.
<p>9-10 a.m. Gentle Yoga Room B (Instructor Led)</p> <p>10:30-11:30 a.m. Tai Chi Room B (Video Led)</p> <p>1-4 p.m. Mah Jongg Room C</p>	<p>8-11:30 a.m. Billiards Room A</p> <p>8 a.m.-12 p.m. Quilting Room D</p> <p>9-10 a.m. Get Fit Class Room B (Video Led)</p> <p>9 a.m.-12 p.m. Pinochle Room C</p> <p>10-11 a.m. Zumba Gold (Instructor Led)</p> <p>10 a.m.-12 p.m. Mexican Train Room B</p> <p>10 a.m.-12 p.m. Mah Jongg Room B</p> <p>12:30-4 p.m. Duplicate Bridge Rooms B & C</p> <p>12:30-4 p.m. Multi-media Art Room D</p>	<p>9-10 a.m. Line Dancing Beginner 2 (Instructor Led)</p> <p>9-10 a.m. Get Fit Class Room B (Video Led)</p> <p>9:30 a.m.-12:30 p.m. Hand & Foot Canasta Room C</p> <p>10:30-11:30 a.m. Tai Chi Room B (Video Led)</p> <p>10 a.m.-2 p.m. Ceramics Room D</p> <p>1:30-4 p.m. Guitar Jam Rooms B & C</p> <p>2:30-4 p.m. Scrapbooking Room D</p>	<p>8-11:30 a.m. Billiards Room A</p> <p>8 a.m.-12 p.m. Quilting Room D</p> <p>9-10 a.m. Gentle Yoga Room B (Instructor Led)</p> <p>9 a.m.-12 p.m. Pinochle Room C</p> <p>10-11 a.m. Sit and Fit (Instructor Led)</p> <p>12:30-4 p.m. Duplicate Bridge Rooms B & C</p> <p>1-3 p.m. Fiction Writing Room D</p>	<p>9-10 a.m. Line Dancing Beginner 1 (Instructor Led)</p> <p>10 a.m.-12 p.m. Euchre Room C</p> <p>10 a.m.-2 p.m. Ceramics Room D</p> <p>10:30-11:30 a.m. Tai Chi Room B (Video Led)</p> <p>1:30-4 p.m. Guitar Jam Rooms B & C</p> <p>2:30-4 p.m. Crafty Cards Room D</p> <p>Located at Old YMCA 3524 Central Drive</p> <p>Bedford Senior Center 2400 School Ln. 817-952-2326</p>

