



CITY OF
BEDFORD **SEPTEMBER 2023**

Senior Center
2400 School Ln.
817-952-2326

BEDFORD SENIOR CENTER

ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	<p>Follow Us On Facebook For current information on Senior Center programs. facebook.com/BedfordParksandRecreation</p>			1	3
4 <i>CLOSED FOR HOLIDAY</i>	5 6-7:30 p.m. Talent Show <i>Must Register</i>	6 10 a.m. You Can Paint \$10 "Bird of Paradise" <i>Must Register</i>	7	8 11:30 a.m.-12:30 p.m. Senior Lunch <i>Must Register</i> 6-8 p.m. Wine & Dine \$5 <i>Must Register</i>	10 2 - 5 p.m. Grandparents Day Celebration: A Grand Afternoon <i>Must Register</i>
11 10 a.m. Senior BINGO <i>Must Register</i> 6 p.m. Senior Dance \$6 Pete & Patti Bedford Center YMCA Senior Center closes at 4 p.m.	12	13 11:30 a.m.-12:30 p.m. Ice Cream Social <i>Must Register</i>	14 6-9 p.m. Dinner and a Movie \$5 - Screening "Walk the Line" <i>Must Register</i>	15	17
18 12-1 p.m. Mystery Meal Monday \$5 <i>Must Register</i> 1-4 p.m. Movie Monday "TBD" <i>Must Register</i>	19	20 6-7:30 p.m. Senior BINGO Night <i>Must Register</i>	21	22 9 a.m.-1 p.m. HEB Senior Center Games @ Euleess Senior Center <i>Must Register</i>	24
25 10 a.m. Senior BINGO <i>Must Register</i> 7 p.m. Senior Dance \$6 Michael Cote Bedford Center YMCA Senior Center closes at 4 p.m.	26	27	28	29	

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 the old YMCA 3524 Central Drive</p> <p>Bedford Senior Center 2400 School Ln. 817-952-2326</p>

