



124 ELLENWOOD AVE • BEDFORD, OH 44146

BEDFORD SENIORS CLUB NEWSLETTER

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"Cheers to a new year and another chance for us to get it right."

• Oprah Winfrey

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Senior Club Lunches

Bedford Senior Club members are invited to a congregate lunch on the 2nd and 4th Wednesday of the month (except November and December). Doors open at 11:30am. Meals and beverages will be served after a brief meeting at 12:00pm. Special social activities are planned every luncheon at 1:00pm (See Calendar for activities). Reserve your meal online or call 440-735-6570 before the registration deadline. Available for Bedford Senior Club Members only. Must register by deadline. Limit 144 members per lunch. Menu subject to change.

Wednesday, January 14: Grilled Pork Chop, Mashed Potatoes, Mixed Vegetables

Registration deadline Friday, January 9 or until all seats fill

Wednesday, January 28: Chicken Marsala, Mashed Potatoes, Green Beans

Registration deadline Friday, January 23 or until all seats fill

A vegetarian option is available.

*Please indicate during registration if you prefer a vegetarian substitution
All program dates, times, fees, and menus are subject to change without notification.*



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 12/10/25

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| | | 10 Winter Safety 10:00am  Senior Lunch 12:00pm Karaoke 1:00pm Book Club 2:00pm Step Aerobics 5:30pm | 11 UH Walking Club 9:30am Reach w/ Rhythm 11:00am <u>No Pickleball</u> Holiday Film 1:00pm "Red One" Get Crafty 2:00pm Barre Above 6:00pm | 12 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Swift Eras Tour" Tai Chi 5:30pm |
| 15 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm | 16 Strength & Balance 10:30am Gift Wrap Drop-In 11:00am *JUST ADDED* Get Crafty 12:00pm Binge Watchers 2:00pm Billiards Open 2:00pm | 17 Christmas Musical Bingo & Cookie Swap 12:00pm Sparkling Portraits 2:00pm Step Aerobics 5:30pm | 18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am *in Room 4* Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Holiday Film 1:00pm "Best Xmas Pageant" Barre Above 6:00pm | 19 Cocoa & Color 10:30am Pedaling 12:00pm Silver Screen 1:00pm "Spencer" |
| 22 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm | 23 Cocoa & Color 10:30am Holiday Film 1:00pm "Hot Frosty" Billiards Open 2:00pm | 24  | 25  | 26 |
| 29 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm | 30 Noon Years 11:00am Holiday Film 1:00pm "Merry Little Ex-Mas" Billiards Open 2:00pm | 31  | CHRISTMAS STORY HOUSE & WESTSIDE MARKET Monday, December 15 Board Bus at 9:45am | SATURDAY Energizing Yoga December 13 9:00am |



University Hospitals
Center for Lifelong Health

AGE WELL.

Be Well.

A representative from University Hospitals will be present during senior lunches offering blood pressure checks and other health information.



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 12/9/25

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| | | | 1 CLOSED <i>for New Years</i> | 2 Cocoa & Color 10:30am Silver Screen 1:00pm "Superman" |
| 5 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm | 6 Coffee & Convo 10:00am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm | 7 Pack-A-Lunch Bunch 12:00pm Get Crafty 2:00pm | 8 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Get Crafty 2:00pm Barre Above 6:00pm | 9 Cocoa & Color 10:30am Pedaling 12:00pm Silver Screen 1:00pm "F1 The Movie" |
| 12 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Local Motion 6:00pm | 13 Strength/Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm | 14  Senior Lunch 12:00pm Bingo 1:00pm Book Club 2:00pm | 15 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm | 16 Cocoa & Color 10:30am Strength/Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Super/Man Christopher Reeves" |
| 19  CLOSED | 20 Strength/Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm | 21 Shuffleboard 10am Medicare Help 10am-3pm  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm | 22 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Get Crafty 2:00pm Barre Above 6:00pm | 23 Cocoa & Color 10:30am Strength/Core 10:45am Pedaling 12:00pm Silver Screen 1:00pm "The Friend" |
| 26 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Local Motion 6:00pm | 27 Strength/Balance 10:30am Taco & Trivia 11:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm | 28 Calisthenics Cerebellum Workshop 10:30  Senior Lunch 12:00pm Pokeno 1:00pm | 29 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm | 30 Cocoa & Color 10:30am Strength/Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "War With Grandpa" |

IN MEMORIAM



VICTORIA MICHALEK

age 84, was born on April 5, 1941, to Ansel and Ruth Rosa in Toledo, Ohio. Vickie died peacefully December 3, 2025. She was married to her loving husband, Joseph, for over 62 years. Mother of 5, Joseph, Ruth (Albert) Bremser, Susan (Donald) Wood, Joan (deceased), Mark (Diana). Blessed with 8 grandchildren and 1 great-grandson. Sister of the late Rosemary Drake. Vickie was a music graduate of Mary Manse College (played violin), an LPN for over 30 years, an artist and crafter. She participated in many craft events where she was known for her personalized ornaments, also enjoyed doing watercolor and oil paintings. A celebration of Vickie's life will be held at a later date. Donations suggested to the Bedford, Ohio Historical Society or charity of choice.

DINAH KATHERINE HOWEY-MOUAT

(nee Schultz) passed away on November 27, 2025, in Bedford, Ohio. Born on December 7, 1946, in Cleveland to Glenn and William Schultz, Dinah was instilled with a deep commitment to social justice. She brought that compassion and determination to her work for the past 15 years as the Director of Southeast Clergy Meals on Wheels in Bedford, ensuring that hundreds of elderly and disabled community members received warm, nutritious meals. Dinah spent most of her notable career as an advertising executive, co-founding the firm H2N Design. For her leadership in the field, she was inducted into the Graphic Arts Council of Cleveland's Hall of Distinction. She is survived by her husband Donald Mouat; daughter Noelle Howey (Christopher Healy); stepson Douglas Mouat (Susan); grandchildren Bryn & Dashiell Healy, Ryan & Alex Mouat, and Sophia Mouat; and sister Rose Christianson. A celebration of Dinah's life will be held at a later date. The family requests donations be sent to SE Clergy Meals on Wheels c/o South Haven United Church of Christ, 415 Northfield Road, Bedford, Ohio 44146.



IN MEMORIAM



JEFF ALLEN ASBURY

Loving husband of Kelley (nee Nemeth); cherished father of Shannon Asbury (Jordan Wagner), Sean Asbury, and Connor Asbury; adored grandfather of Cameron and Zachary. Jeff is the son of the late John and Carol Asbury and the brother of the late John Asbury (Heather). He leaves behind friends, family, and nephews Daniel (Sherrie) and Jeff, Joshua, Andrew, and niece Gabriella.

Known to everyone simply as Jeff or Asbury, though those he cherished most called him Dad or Papa — passed away on November 14, 2025, at 60 years young. Born on May 10, 1965, to John and Carol Asbury, Jeff grew up in the community that shaped him and that he would one day proudly serve.

Jeff lived his life with unwavering devotion — to his family, his hometown, and the values he stood for. In recent years, he served the City of Bedford as a councilman, a role he held with deep gratitude. In earlier years, he served as an auxiliary officer for the same community he loved so fiercely. Whether in public service or in the quiet moments at home, Jeff embodied strength, loyalty, and love.

To those who truly knew him, Jeff was unforgettable — strong, kind, caring, intelligent, loyal, charismatic, funny, honest, bold, fiercely protective, full of pride, and wonderfully stubborn. He was unapologetically himself every single day of his life. As a husband, father, and especially as a grandfather, he was simply the best.

Jeff found joy in life's honest, simple pleasures: a glass of bourbon by a summer fire with his heavy metal music turned up just right, the smell of a perfectly smoked hunk of meat shared with his family, a game of catch, and most of all, the laughter of his grandchildren. Being a grandfather brought him a happiness that words barely touch; Cameron and Zachary were the lights of his life.

Jeff leaves behind his wife of 40 years, Kelley (Nemeth) Asbury, the love of his life, his best friend, and his steadfast partner in all things. He is survived by his children: daughter Shannon Asbury and her partner Jordan Wagner with his treasured grandchildren Cameron and Zachary; as well as his sons Sean Asbury and Connor Asbury. He is preceded in death by his brother, John.

His legacy lives on in the values he carried so naturally: loyalty, strength, bravery, and kindness. Jeff was a bold and undeniable force — someone who made others feel valued, supported, and truly seen and loved. His impact will continue in the community he served and, above all, in the family who loved him beyond measure. He leaves us with the lesson he lived each and every day: Be unapologetically you.

As we honor his life, we hold close these words sung by the late, great Ozzy Osbourne:
"Though I know we must be parted, As sure as stars are in the sky, I'm gonna see you when it comes to glory. And I'll see you, I'll see you on the other side. Yes I'll see you, I'll see you on the other side."

Private family services were held.



MEMBERSHIP RENEWAL UPDATE

Your Senior Club membership will automatically renew for 2026.

Members who joined prior to the implementation of our County grant's documentation requirements for proof of age and residency may need to provide additional information. During audits, if we find that you are missing required documentation, we will contact you directly. Please note that if the necessary documents are not provided within 30 days of notification, your membership will expire.

Additionally, if you have recently changed your phone number, updated your emergency contact information, or would like to receive text notifications for cancellations, closures, and registration receipts, please contact our office to update your details. You can reach us at 440-735-6570 or via email at recreation@bedfordoh.gov.

LIMITED EDITION BEDFORD HOLIDAY SHIRT

Christmas in Bedford shirts now available at the Bedford Historical Society Museum Store!

These iconic landmarks are timeless and ready for Christmas with Santa Claus in the Gazebo.

Shirts are \$20 each and all sizes from small to 3XL are available. All proceeds from the sale of these shirts benefit the Bedford Historical Society.

Museum Hours:

Mondays are closed
Tuesdays and Thursdays 10am-4pm
Wednesdays and Fridays 10am-2pm
Every second Saturday of the month 10am-2pm

Please call the Museum at 440-232-0796 with questions.



RECREATION PROGRAMS

Holiday Giftwrap Drop-In

JUST ADDED! Get into the holiday spirit at our festive drop-in wrapping session! Bring your presents, fancy paper and ribbons or use from our supply stash. We'll provide scissors and tape. Enjoy holiday music, light refreshments, and good company while you wrap your gifts in a fun, festive atmosphere.

Location: Ellenwood Center Room 4

Date: Tuesday, December 16

Time: 11:00 am—2:00 pm

Fee: Free to Bedford Senior Club Members

Coffee, Cookies & Conversation

IT'S BACK! Drop-in and join your fellow Club members in for coffee, cookies and conversations in the Senior Room. Registration encouraged.

Location: Ellenwood Room Center 1

Date/Time: select dates - see Senior Event Calendar

Fee: Free to Bedford Senior Club Members

Pack-A-Lunch Bunch

NEW! Bring your favorite lunch and join this easygoing lunchtime meetup in the Senior Room. The Pack-a-Lunch Bunch is all about good company, light conversation, and a relaxed place to enjoy a meal together.

Location: Ellenwood Room Center 1

Dates: Select dates as scheduled

Time: 12:00 pm – 2:00 pm

Fee: Free to Bedford Senior Club Members. Guests permitted if spaces allows.

Noon Years Party & Potluck

POPULAR! No plans to ring in the new year? Or perhaps, staying up until midnight is way past your bedtime. Celebrate the New Year with other Club Members! Bring an appetizer to share. We will provide the party gear and sparkling grape juice to "cheers" to a new year! Pre-registration required; walk-ins available if space allows.

Location: Ellenwood Center Room 4

Date: Tuesday, December 30

Time: 11:00 am – 2:00 pm

Fee: Free to Bedford Senior Club Members

RECREATION PROGRAMS

Calisthenics for the Cerebellum with Home Instead

NEW! Discover how simple, intentional movements can do more than build muscle — they can boost your brain! In this fun and interactive talk, we'll explore how the cerebellum — the part of the brain that helps with coordination, balance, and focus — benefits from physical activity and mindful movement.

You'll learn easy, everyday exercises that support mental clarity, reduce stress, and improve overall well-being. Whether you're a caregiver, healthcare professional, or just looking to feel more connected mind and body, this session will leave you feeling refreshed, centered, and inspired to move with purpose.

Presented by Home Instead Oakwood Village

Location: Ellenwood Center Room 4

Date: Wednesday, January 28

Time: 10:30 am—11:30 am

Fee: Free; pre-registration preferred

SOUPer Bowl IV

ANNUAL FAVORITE! Celebrate the NFL's Super Bowl LX (60) with our own competition... SOUPer Bowl IV (4)! Bring a soup or chili to share and cast your vote for your favorite! We will provide the bowls and spoons! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 4

Date: Monday, February 9

Time: 11:30 am—1:00 pm

Fee: Free to Bedford Senior Club Members

Taco & Trivia

NEW! Join us for a monthly taco bar and play trivia to keep our minds sharp and gear up for The Mind Challenge in May! You must register each month.

Location: Ellenwood Center Room 4

Dates: Last Tuesday of the month - January 27, February 24, March 31

Time: 11:30 am – 1:30 pm

Fee: Free to Bedford Senior Club Members



RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

Keep an eye on the calendar for special Stay & Play activities that will be held after our lunches. Pre-registration preferred; drop-ins welcome if space permits.

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3



Craft w/ Tina: Angel Sculpture — Tuesday, December 16, 12:00 pm – 2:00 pm

Craft w/ Mary: Winter Snow-Globe — Wednesday, January 7, 2:00 pm – 4:00 pm

Craft w/ Rachel: TBA — Thursday, January 8, 2:00 pm – 4:00 pm

Craft w/ Rachel: Watercolor Part 1 — Thursday, January 22, 2:00 pm – 4:00 pm

Craft w/ Rachel: Heart String Art — Wednesday, February 4, 2:00 pm – 4:00 pm

Sparkling Portraits

Follow step-by-step directions to create a seasonal canvas painting inspired while sipping sparkling grape juice. No experience required. Free to Bedford Senior Club Members. Registration required.



Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third or Fourth Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members

Three Wine—Wednesday, December 17

Grinchy Tricks—Wednesday, January 21

PAINTING/CRAFT GUIDELINES: Art classes have limited space and supplies, and often fill quickly. Walk-ins are only permitted if a registered participant does not arrive within the first 10 minutes of class. Priority for available spots will be given to individuals on the waitlist who are present. Admission of additional participants is at the discretion of the instructor and/or Recreation staff. Please follow all instructions provided by the instructor and use only the supplies allocated to you. We ask that everyone treats each other with kindness and respect. Failure to follow these guidelines may result in suspension from craft programs.

RECREATION PROGRAMS

Cocoa, Color & Craft

Come join us for a relaxing hour of designing ornaments, coloring and hot chocolate! Coloring reduces anxiety, creates focus, and fosters mindfulness. Craft away stress and visit with friends. All materials and refreshments are provided.

Location: Ellenwood Center Room 1

Dates: select dates - see Senior Event Calendar Time: 10:30 am – 12:00 pm

Fee: Free to Bedford Senior Club Members

All-Occasions Greeting Card Collection Drive

The St. Jude's Ranch for Children recycles used greeting cards and creates new holiday and all-occasion greeting cards. Recycled cards are then sold to support programs and services for abused, neglected and homeless children, young adults and families. St. Jude's Ranch current effort is to provide teens with life and work skills.



Donation Instructions: Please neatly cut and collect the front of greeting cards. Be sure the backside of the front of the card is clear of any writing and markings. We cannot accept Hallmark, Disney or American Greeting cards. Please drop off your cards to Ellenwood office.

Knitting Connection: Community Giving Project



Join our Community Giving Project this winter season by knitting mittens, scarves and hats to help others stay warm through a "Mitten Fence." Beginners and experienced knitters are welcome. Needles, yarn and patterns will be supplied. Last winter we supplied 113 pairs of gloves/ mittens, 156 hats, and 129 scarves to the community! Many of these items were handmade with love by one of our Senior Club members.

Location: Ellenwood Center Room 1

Dates: Mondays Time: 1:00 pm – 3:00 pm

Fee: Free



RECREATION PROGRAMS

Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from Ellenwood office. All other equipment will be provided. Space limited to 20 participants per class.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Tuesdays, December 16, January 13, 20, 27 (No class 12/23, 12/30, 1/6)

Time: 10:30 am – 11:30 am

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use various equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, December 12, January 16, 23, 30 (No class 12/19, 12/26, 1/2, 1/9)

Time: 10:45 am – 11:30 am

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Reach with Rhythm Workout

Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low-impact chair aerobics aiming to stretch, strengthen, and tone your muscles. Space is limited to 30 participants.

Instructor: Patty Haw

Location: Ellenwood Gymnasium

Dates: Thursdays, December 11, 18 (room 4), January 8, 15, 22, 29 (No class 12/25, 1/1)

Time: 11:00 am – 12:00 pm

Fee: Free to Senior Club Members / \$3 per class for non-members



RECREATION PROGRAMS

Barre Above®

Experience a dynamic and empowering workout that combines elements of Pilates, yoga, and dance strength training. Elevate your fitness routine and sculpt your body in a motivating group fitness class. Suitable for participants of all fitness levels; the class is designed to be adaptable, allowing you to progress at your own pace. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, December 11, January 8, 15, 22, 29, February 5, 12, 19, 26

(No class 12/18, 12/25, 1/1) Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance

Sunset Serenity Yoga

This program offers a calming and restorative practice designed to help you unwind and reflect as the day transitions into evening. It includes gentle, slow-paced poses and stretches that focus on releasing tension and promoting relaxation. The session concludes with deep relaxation and meditation to help you find inner peace, making it an ideal way to end your day. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Tuesdays, January 6, 13, 20, 27, February 3, 10, 17, 24

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance

Senior Line Dancing

Join this lively and welcoming group of seniors every Monday at the Ellenwood Recreation Center for fun, fitness, and friendship! Under the upbeat guidance of volunteer instructor Jeanne Stainbrook, participants enjoy easy-to-follow line dances that promote coordination, balance, and light cardiovascular exercise. Whether you're a seasoned dancer or stepping onto the floor for the first time, this class offers a joyful way to stay active and connect with others.

Dates: Mondays, December 15, January 5, 12, 26, February 2, 9, 23

(No class 12/22, 12/29, 1/19, 2/16) Time: 10:30 am - 11:30 am

Location: Ellenwood Center Gymnasium

Fee: Bedford Senior Club Members are free and must register in advance.



RECREATION PROGRAMS

Local Motion with Jaki

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, December 15, January 12, 26, February 2, 9, 23

(No class 12/22, 12/29, 1/5, 1/19, 2/16)

Time: 6:00 pm - 6:45 pm

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Beginner American Sign Language (ASL)

NEW! This engaging 3-part course introduces students to the fundamentals of American Sign Language (ASL). Participants will learn the alphabet, numbers, essential vocabulary, and everyday phrases while practicing both expressive (signing) and receptive (understanding) skills. Through guided practice and group activities, students will build confidence in fingerspelling and conversational signing. By the end of the course, participants will be able to engage in basic communication with individuals who are nonverbal or hearing impaired. This class is geared for adults and older children.

Part 1: Alphabet, Numbers, Fingerspell, Family, Common Phrases

Dates: Tuesdays, February 17, 24, March 3, 10

REVISED DATES

Part 2: Colors, Clothes, Food, Animals, Questions, Common Phrases

Dates: Tuesdays, March 24, April 7, 14, 21 (No class 3/31)

REVISED DATES

Part 3: Questions, Time, Opposites, Expressions, Conversations

Dates: Tuesdays, April 28, May 5, 12, 19

REVISED DATES

Instructor: Yvonne Williams

Location: Ellenwood Center Room 3

Time: 5:30 pm – 6:30 pm

Fee per session: \$30 Bedford Resident/\$40 Non-Resident

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Medicare Help

Michael Gold (aka Medicare Mike) is an independent insurance agent specializing in Medicare Solutions. He designs plans with a focus on low costs, and proper benefit structure, which he combines with personalized insurance advice aimed at helping his clients make better-informed decisions. Mike works with the major insurance companies; such as: Aetna, Anthem, Humana, Devoted, Cigna, Caresource, United Health, Zing, Summa, Aultcare and Medical Mutual.

Mike will be having walk-in and appointments slots to answer your Medicare questions and concerns at Ellenwood Center in Room 1 on Wednesday, January 21 and February 18 from 10:00am to 3:00pm. Contact Medicare Mike directly at 440-804-5995.

TheMedicareShopper.Com

Senior Volunteer Crew

Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer!

We are currently looking for volunteers for:

- **Family Build Volunteer—Cardboard Gingerbread Houses:** Friday, December 19, 5:30pm-9:00pm at Ellenwood Center
- **Daddy/Daughter Dance Volunteer:** Friday, February 20, 5:30pm-9:30pm at Ellenwood Center
- **Knitting Night at Bedford Library:** Friday, March 11, 7:00pm-8:30pm at Bedford Library
- **Mother/Son Dance Volunteer:** Friday, April 10, 5:30pm-9:30pm at Ellenwood Center

Contact Sarah at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.

Pickleball Open Play & Billiards Open Play

Register for fun and friendly competition and rotational play. Bring your own equipment or borrow from Ellenwood. Space is limited per session.

Be sure to check the Senior Event Calendar or online for our Open Play days and times.



RECREATION PROGRAMS

Table Shuffleboard League

10 Team Limit. Join our Table Shuffleboard League for a chance to compete with friends, make new connections, and enjoy the camaraderie of this classic game. Played on a smooth, elongated table, participants strategically slide weighted pucks into scoring zones at the opposite end to earn points. Whether you're a seasoned player or a newcomer, everyone is welcome to join the fun—no prior experience required! We're accepting both 2-person teams and individual players seeking partners. If there is an interest for more teams, we may include games on odd Friday mornings.

Location: Ellenwood Center – Room 2

Dates: First & Third (and Fifth) Wednesday of each month

Time: 9:30 am - 11:30 am

Rules Review and Practice Date: Wednesday, January 21 at 10:00am and 11:00am

League Play Beginning: Wednesday, February 18 (Estimated end date June 17)

Fee: Free; Bedford Senior Club Members only

Cardio Drumming

Cardio Drumming is an engaging and low impact full body workout that focuses on movement and drumming to the rhythm of music that promotes cardiovascular health. The instructor will lead you through choreographed movements and drumming hits focusing on core stability, upper and lower body strengthening, endurance, and improved range of motion and balance.

Instructor: Kate Natalie, Rec2Connect

Location: Ellenwood Center Room 4 or Gym

Dates: Select Fridays - January 16, 30, February 13, 27

Time: 12:00 pm—1:00 pm

Bedford Senior Club Members are free and must register in advance

Pedal Power: Modified Pedaling

Pedal Power, a modified pedaling class, is a seated, low impact exercise class focusing on overall body strengthening and cardiovascular health. Enjoy the benefits of riding a bike from the comfort of your chair while engaging in a variety of upper body exercises to improve core stability, upper and lower body strengthening, and endurance.

Instructor: Kate Natalie, Rec2Connect

Location: Ellenwood Center Room 4 or Gym

Dates: Select Fridays—January 9, 23, February 6, 20

Time: 12:00 pm—1:00 pm

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Energizing Morning Yoga

We will not have Saturday Morning Yoga in January and February.

Chair Yoga Flow & Cardio Charge Step Aerobics

Will return in February 2026!

Tai Chi

Will return in Spring 2026!

Upcycle & Sew

2026 dates have yet to be confirmed. Stay tuned!

Joker's Wild Card Club

NEW! Join fellow card enthusiasts for a fun and social afternoon playing classic favorites like Spades, Euchre, Poker, Pinochle or dealer's choice! Whether you're a seasoned player or new to the games, this club offers friendly competition, laughter, and plenty of opportunities to connect with others. Bring your best strategy—or just come for the camaraderie! Facilitated by two of our own Club Jokers, Leroy B. and Paul G!

Location: Ellenwood Center Room 3

Date: Mondays, December 15, 22, 29, January 5, 12, 26, February 2, 9, 23 (No class 1/19, 2/16)

Time: 1:00 pm—3:00 pm

Fee: Free; Senior Club Members may bring a guest if space allows.

UH Walking Club

Join neighbors for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul. Call UH Age Well Be Well at 440-735-2559 to register.

Location: Ellenwood Center Archibald Willard Pavilion
(walking inside in inclement weather)

Dates: Thursdays

Time: 9:30 am – 10:30 am

Fee: Free



AGE WELL.
Be Well.

RECREATION PROGRAMS

Silver Screen Seniors

Join us for a weekly film. Light snacks and refreshments provided. Registration preferred. Drop-ins welcome if space permits. Free to Bedford seniors. Movies start at 1:00 pm in Ellenwood Center Room 1.

Friday, January 2: Superman (1978)

Just before the destruction of the planet Krypton, scientist Jor-El (Marlon Brando) sends his infant son Kal-El on a spaceship to Earth. Raised by kindly farmers Jonathan (Glenn Ford) and Martha Kent (Phyllis Thaxter), young Clark (Christopher Reeve) discovers the source of his superhuman powers and moves to Metropolis to fight evil. As Superman, he battles the villainous Lex Luthor (Gene Hackman), while, as novice reporter Clark Kent, he attempts to woo co-worker Lois Lane (Margot Kidder). Rated PG. 2 hour, 23 mins.



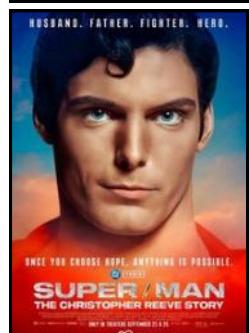
Friday, January 9: FORMULA 1 The Movie (2025)

Dubbed "the greatest that never was," Sonny Hayes (Brad Pitt) was FORMULA 1's most promising phenom of the 1990s until an accident on the track nearly ended his career. Thirty years later, he's a nomadic racer-for-hire when he's approached by his former teammate Ruben Cervantes (Javier Bardem), owner of a struggling FORMULA 1 team that is on the verge of collapse. Ruben convinces Sonny to come back to FORMULA 1 for one last shot at saving the team and being the best in the world. He'll drive alongside Joshua Pearce (Damson Idris), the team's hotshot rookie intent on setting his own pace. But as the engines roar, Sonny's past catches up with him and he finds that in FORMULA 1, your teammate is your fiercest competition--and the road to redemption is not something you can travel alone. Rated PG-13. 2 hours, 35 mins.



Friday, January 16: Super/Man The Christopher Reeve Story (2024)

The story of Christopher Reeve is an astonishing rise from unknown actor to iconic movie star, and his definitive portrayal of Clark Kent/Superman set the benchmark for the superhero cinematic universes that dominate cinema today. Reeve portrayed the Man of Steel in four Superman films and played dozens of other roles that displayed his talent and range as an actor, before being injured in a near-fatal horse-riding accident in 1995 that left him paralyzed from the neck down. After becoming a quadriplegic, he became a charismatic leader and activist in the quest to find a cure for spinal cord injuries, as well as a passionate advocate for disability rights and care -- all while continuing his career in cinema in front of and behind the camera and dedicating himself to his beloved family. Rated PG-13. 1 hours, 44 mins.



Friday, January 23: The Friend (2025)

In The Friend, writer and teacher Iris (Naomi Watts) finds her comfortable, solitary New York life thrown into disarray after her closest friend and mentor (Bill Murray) dies suddenly and bequeaths her his beloved 150 lb. Great Dane. The regal yet intractable beast, named Apollo, immediately creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones, his looming presence constantly reminding her of her friend's problematic choices in both life and death. Yet as Iris finds herself unexpectedly bonding with the animal, she begins to come to terms with her past, her lost friend, and her own creative inner life. Rated R for strong language, drug/alcohol reference and mature themes. 2 hours, 3 mins.



Friday, January 30: The War With Grandpa (2020)

Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two. Rated PG. 1 hour, 34 mins.



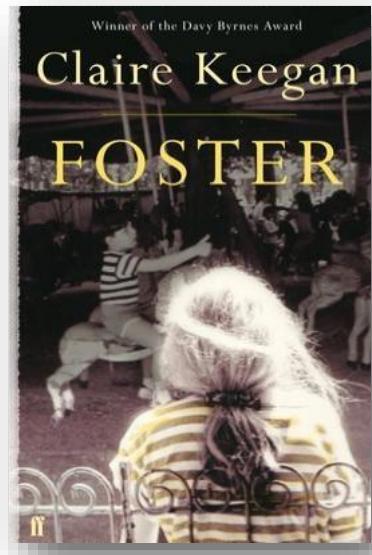
RECREATION PROGRAMS

Shelf Indulgence Book Club

Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of CCPL. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, January 14: *Foster* by Claire Keegan

Goodreads: “*A small girl is sent to live with foster parents on a farm in rural Ireland, without knowing when she will return home. In the strangers' house, she finds a warmth and affection she has not known before and slowly begins to blossom in their care. And then a secret is revealed and suddenly, she realizes how fragile her idyll is.*



Winner of the Davy Byrnes Memorial Prize, *Foster* is now published in a revised and expanded version. Beautiful, sad and eerie, it is a story of astonishing emotional depth, showcasing Claire Keegan's great accomplishment and talent.”

Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month

Time: 2:00 pm – 3:30 pm

Binge Watchers

Spend your afternoon binge watching your favorite on-demand series or discover something new! Stay afterwards and discuss your theories and thoughts. It's like a book club for binge watchers! Snacks will be provided.

Location: Ellenwood Center Room 1

Dates: Tuesdays

Time: 2:00 pm

The Toys That Made Us

December 16 — My Little Pony & Professional Wrestling



The Handmaid's Tale Season 5

TV- MA.

January 6—Episodes 1-2

January 27—Episodes 7-8

January 13—Episodes 3-4

February 3—Episodes 9-10

January 20—Episodes 5-6

Only Murders in the Building Season 2

...Up Next!



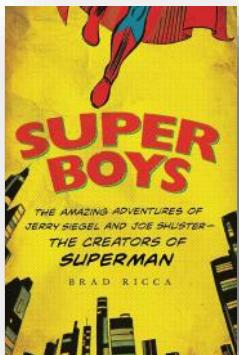
RECREATION PROGRAMS



Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30pm. Doors open at 11:30am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. Menu is subject to change.

Superman: Cleveland's Original Hero

With the recent release of the new Superman movie, filmed right here in Cleveland, this program explores the extraordinary story of how two local teenagers, Jerry Siegel and Joe Shuster, created the world's first and most influential costumed superhero. Discover the many ways Cleveland shaped Superman in his earliest days: Who inspired the original Lois Lane? Where did the suit's design come from? Did Siegel and Shuster truly lose the rights to their own character?



Join us as Brad Ricca, lifelong Clevelander and author of the award-winning biography *Super Boys: The Amazing Adventures of Jerry Siegel and Joe Shuster – the Creators of Superman*, uncovers the surprising truths behind the Man of Steel's origins. Brad Ricca is the award-winning author of seven books, with work appearing in *The Washington Post*, *LitHub*, and *Book Riot*, as well as in documentaries on the History Channel and AMC.

Lunch includes Clark Kent's favorite food, Ma Kent's Beef Bourguignon (French beef stew), roll and a colorful, nostalgic dessert: Superman ice cream!

Date: Wednesday, January 21

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members/\$15 for non-members



Save the Date...

“Carl and Louis Stokes: From Projects to Politics” —Wednesday, February 18





Sign Up
to receive your
BEDFORD NEWS
electronically!
▶ www.bedfordoh.gov

Important Dates



◆ Council Meeting

December 1
7:00 p.m.

◆ Council Meeting

December 15
7:00 p.m.

◆ Christmas— City Hall Closed

December 24-25

◆ New Year's – City Hall Closed

December 31 &
January 1



City of Bedford Newsletter

December 2025

City Hall Closings

City Hall will be closed on Wednesday, December 24 and Thursday, December 25 in observance of the Christmas Holiday, as well as Wednesday, December 31 and Thursday, January 1 in observance of New Year's.

Power Outages

When experiencing a loss of power call 1-888-544-4877 (1-888-LIGHTSS) to report outages.

Prescription Drug Drop Box

A drug Pill Drop Box, supplied by the County, has been permanently installed in the lobby of the Bedford Police Department. Anyone with expired or unused prescription pills can dispose of their medication in the Pill Drop Box 24/7. **PILLS ONLY.** No needles or liquids.

Snow Removal



When snow accumulation exceeds two inches, a parking ban is put into effect. No parking on any city streets. It is the property owner's responsibility to clear snow from the sidewalk.

Additionally, we request that residents clear fire hydrants in front of their homes. When having your driveway and sidewalks cleared of snow, all snow is to remain on your property.

Holiday Lights Display



The City of Bedford's Holiday Lights in the Historic District of Downtown Bedford will be on display until January 5, 2026.

Hat, Scarf and Glove Drive



Starting November 26, the mitten fence on Broadway Avenue in Downtown Bedford will be open for donations. If you'd like to donate, please hang new or clean, gently used mittens, gloves, hats and scarves in a sealed bag on the fence, between Spirit Apotheosis and Gionino's Pizzeria. Donations also accepted at Ellenwood Center or Broadway Cyclery. Thank you for your generosity!



Winter Driving Safety

Winter weather can make roads unpredictable, so take a moment to prepare before heading out. Check your tires, battery, wipers, and lights, and keep your gas tank at least half full. Carry a small emergency kit with a blanket, flashlight, ice scraper, and snacks.

On the road, slow down, increase your following distance, and make smooth, controlled movements to avoid skidding. Check weather and road conditions before traveling, and delay trips if conditions are severe.

A little preparation goes a long way—stay safe and drive smart this winter!



Chambers' Home Improvement
(216) 534-0912
chim@contractor.net

- Senior Discount Offered
- \$30.00 per push for seniors
- \$40.00 per push
- Salt additional fee
- Discounts with seasonal contracts

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- \$25.00 and up per push for seniors
- \$30.00 and up per push
- Price depending on driveway length and snow height
- V-plow truck for narrow driveway

Do-It Right Landscaping & Design
(216) 218-1340

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

Dobbs Landscaping and Plowing
(216) 780-1346
(216) 906-7003

- Senior Discount Offered
- Price depending on driveway length and snow height
- Salt additional fee

Gales Landscaping
(216) 315-5216

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

Pro-Mow Landscaping
(216) 276-3399 *call this phone first
(440) 439-4456

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Smaller truck available for narrow driveway

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- \$25.00 and up per push for seniors depending on driveway length/width and snow height
- Sidewalk additional fee
- Discounts with seasonal contracts

Shane Westfall
(216) 905-6578

- Senior Discount Offered
- Price depending on driveway length and snow height

Turf Kings Property Management
(216) 645-3108

- Senior Discount Offered
- Price depending on driveway length and snow height

Provider list and prices are subject to change during season – always confirm pricing with Provider

The City of Bedford does not endorse or recommend any of the snow plow contractors/companies included on this list; it is provided strictly as a courtesy. Contractors may request to be added to this list by contacting the Bedford Parks & Recreation Department. Any actions you take based on the information provided are at your own risk, and the City of Bedford is not liable for any losses or damages that may arise from the use of this list.



The Bedford Branch is located at 70 Columbus Road.

For more information or to register for a program, please call (440) 439-4997

Afternoon Book Discussion—SEE PAGE 18 FOR DETAILS!

Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month Time: 2:00 pm – 3:30 pm

African American Authors Book Group— In-Person or Virtual

Thursday, January 29: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

January Title: *Lovely One: A Memoir* by Ketanji Brown Jackson (No meeting in Dec)

Whispers from the Past

Monday, January 05: 6:30pm - 8:00pm

Bedford Branch - Meeting Room

Discover the fascinating tales beneath the surface of this local resting place.

Cyber-Smart: Protecting Yourself Against Digital Threats

Thursday, January 08: 7:00pm - 8:00pm

Bedford Branch - Meeting Room

In this one-hour workshop, you'll learn practical ways to protect your personal information.

Computer Basics

Friday, January 23: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Learn the basics about computing devices, using a mouse and keyboard, and navigating the desktop environment.

Computer settings and mobile devices will also be discussed. No prerequisites.

Registration opens on Monday, December 22 2025 at 9:00am.

Cleveland Neighborhood Taverns: A Pub Crawl Through History

Saturday, January 24: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Discover the local stories that live in some of Cleveland's well-loved watering holes.

Mindful Breathing, Gentle Movement

Saturday, January 31: 11:00am - 12:00pm

Bedford Branch

Take time for yourself with breath and movement to reduce stress and restore calm. The practice will include movement between chair and floor, with modifications offered. Bring a yoga mat or towel.

Registration opens on Monday, December 29 2025 at 9:00am.





Put a **FREEZE** on Winter Fires

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!



Half of all home heating fires occur in December, January and February.



1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.



Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.



Keep portable generators outside, away from windows, and as far away from your home as possible.



Install and test carbon monoxide alarms at least once a month.



Plug only 1 heat-producing appliance (like a space heater) into an electrical outlet at a time.



Have a qualified professional clean and inspect your chimney and vents every year.



Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.



FEMA



U.S. Fire Administration



NFPA

For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.

WINTER WEATHER AT-A-GLANCE

KNOW THE TERMS:

Winter Storm **WARNING**:

Issued when hazardous winter weather in the form of heavy snow, freezing rain, or sleet is **imminent or occurring**. Warnings are usually issued 12 to 24 hours before the winter storm is expected to begin.

Winter Storm **WATCH**:

Issued when there is a **possibility** of blizzard, heavy snow, freezing rain, or sleet. Watches are usually issued 12 to 48 hours before the winter storm is expected to begin.

Winter Storm **ADVISORY**:

Issued when accumulations of snow, freezing rain, or sleet will **cause significant inconveniences** and, if caution is not exercised, could lead to life-threatening situations.

PREPARE FOR WINTER WEATHER:

At Home:



Prepare your home for the cold with insulation, caulking, and weather stripping.



Gather supplies such as food, water, flashlights, and a battery-operated radio in case you need to stay home for several days without power.



Prevent pipes from freezing by leaving kitchen and bathroom cabinets open. Keep faucets fed by exposed pipes running at a slow drip.

In Your Vehicle:



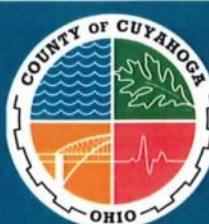
Do not go out in a winter storm unless it is necessary. If you do go out, let someone know your planned route and expected departure and arrival times.



Keep supplies such as food, water, warm clothes, and sand in your car in case you get stuck. Keep a full gas tank.



If you get stuck stay in your vehicle. Crack the windows to avoid carbon monoxide poisoning. Turn on the dome light or tie a bright colored cloth to your car so you are visible to rescuers.



Cuyahoga County Office of Emergency Management

P: 216-443-5700 | ema@cuyahogacounty.gov

@CuyahogaOEM

Facebook.com/CuyahogaOEM

@ccemergencymanagement



Install and test carbon monoxide (CO) alarms at least once a month.

CO is called the "invisible killer" because it's a colorless, odorless, poisonous gas. Breathing in CO at high levels can be fatal.



Carbon Monoxide Poisoning Symptoms

Common symptoms can be described as being flu-like. The only way to know CO levels in your home is by installing CO alarms.



Upset stomach.



Vomiting.



Headache.



Chest pain.



Dizziness.



Confusion.



Weakness.



Department of
Health





Don't let scammers get in the way of your holiday shopping

As the holiday season approaches, it seems like there are more and more fake shopping sites. The ads on social media show expensive products like electric scooters, designer bags, and other popular toys and gifts at unbelievably low prices. Many of these bogus sites use photos and logos the scammers steal from legitimate businesses, but they won't send you authentic products. If you're wondering how to avoid these phony offers, there are a few ways to help you detect them.

Unusually low prices are a sign of a scam. Don't click on ads that advertise a product at a very low price when you know it's usually a very expensive item. Clicking the link in the ad could take you to a scammy site that takes your money and sends you something that looks totally different from what was advertised...or send you nothing at all.

To protect yourself while shopping online.

- Do some research. Especially before you buy from an unfamiliar seller, search online for the name of the seller plus words like "review," "complaint," or "scam." See what others say about their experience with the seller.
- Check the terms of the sale. Look at the price, other charges, their refund policy, who pays for return shipping, and if there's a restocking fee.
- Pay by credit card, whenever possible. Credit cards offer more protections, and give you the option to dispute charges if what you get isn't what you ordered, or you get nothing at all.
- Never buy from online sellers who demand you pay with gift cards, wire transfers, payment apps, or cryptocurrency. Only scammers tell you to pay that way.

Did you have a problem while shopping online? First, contact the seller and try to work it out. If that doesn't work, contact the company you used to make the payment to dispute the charges. If they can't help, tell the FTC at ReportFraud.ftc.gov.

Protect yourself when shopping online:



Pay by credit card



Check out the company



Keep records



Learn more: ftc.gov/OnlineShopping



LOW COST TIPS TO KEEP YOUR HOME WARM



- Try applying inexpensive window insulation kits to create an airtight seal around windows
- Apply weather stripping or caulk to gaps around door and windows
- Keep curtains closed at night to stop heat from escaping
- Close doors and vents in rooms you aren't using
- Place a rolled towel at the bottom of doors to block drafts



DIAL 2-1-1 to get connected to local resources.



Bill Payment Assistance



Disaster Services



Education



Employment & Financial Support



Food



Health Care



Personal & Household Items



Transportation

Come Join
The Bedford Historical Society's
Christkindl Mart
&

The Purr-Fect Place Resale Shoppe's
Open House
For a Christmas Shopping Event

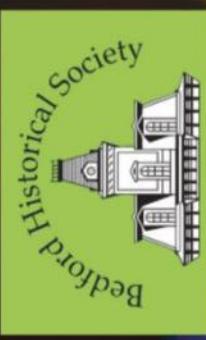
Saturday December 13th, 2025

11:00am - 4:00pm

Buy local Art
Meet the Artisans
Find Unique Gifts & Collectibles
Get some Christmas Decor

Refreshments available to sip & nosh while you shop

The Purr-Fect Place
Resale Shoppe
715 Broadway Ave.
Bedford, Ohio 44146
(440) 232-9124



Join us:
Free! Food, Crafts, live music!

COMMUNITY CHRISTMAS OPEN HOUSE

Sunday December 14
12:30-3:30 pm

Bedford Baptist Church

24 E. Grace street Bedford, Ohio
★

Bedford High School Cosmetology

Menu of Services

Hours: 10:45 am – 2:00 pm Wednesday – Friday | Appointment Line: 440/439-4754

Cuts & Styles

Haircuts include: shampoo, blow-dry and style

| | |
|---|---------|
| Ladies cuts | \$10.00 |
| Men's cuts | \$10.00 |
| Kid's cuts | \$5.00 |
| Updo/Formal style | \$9.00 |
| Ponytail updo | \$20.00 |
| Natural hair services (twists, braids, etc.) | \$35.00 |
| Shampoo & Style | \$20.00 |
| Add-ons: | |
| Keratin treatment | \$5.00 |
| Deep conditioning | \$5.00 |
| Balayage and Ombre coloring | \$15.00 |

Nails

| | |
|---------------|-------------|
| Manicure | \$10.00 |
| Pedicure | \$25.00 |
| Polish Change | \$3.00 |
| Nail Art | \$1.00/nail |

Color & Perms

Includes: blow-dry and style

| | |
|---------------------|------------|
| Full Color | \$15-20.00 |
| Color Retouch | \$15.00 |
| Half Foil Highlight | \$30.00 |
| Perms | \$30.00 |
| Relaxer: Virgin | \$45.00 |
| Relaxer: Retouch | \$35.00 |
| Bleach: Virgin | \$45.00 |
| Bleach: Retouch | \$35.00 |

Spa

| | |
|-----------------------------|-----------|
| Facials | \$10.00 |
| Spa Facial | \$15.00 |
| Deep cleansing facial | \$15.00 |
| Waxing (lip, chin, brow) | \$6.00/ea |
| Eye brow wax | \$5.00 |
| Eye brow arch | \$3.00 |

Walk-ins are always welcome, but not guaranteed.

Gift cards are for *gifts*.

If anyone tells you
to **pay** with a gift
card, it's a scam.



GIFT CARD

\$



ReportFraud.ftc.gov

YOUR MEDICARE CARD

DOES NOT EXPIRE

and there is NOT a

\$10,000 FINE

for using an "expired" card.

This is a **SCAM!**



Medicare Number/Número de Medicare

1EG4-TE5-MK72

Entitled to/Con derecho a

**HOSPITAL (PART A)
MEDICAL (PART B)**

Coverage starts/Cobertura empieza

03-01-2016

03-01-2016



Preventing Medicare Fraud

SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

800.293.4767

proseniors.org/ohio-smp

PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ years old*



The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

Sources: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>
J Acad Nutr Diet. 2013 Dec; 113(12): 1610-1619.

Plants foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

| PLANT PROTEIN | 18g per serving | 17g boiled, 1 cup | 15g cooked, 1 cup | 6g 1 oz | 5g cooked, 1 cup | 5g 1 medium | 5g boiled, 1 cup |
|------------------------------|---|---|---|--|---|---|---|
| ADVANTAGES | | | | | | | |
| • Fiber |  |  |  |  |  |  |  |
| • Phytonutrients | | | | | | | |
| • Vitamins & minerals | | | | | | | |
| • Low or healthy fat profile | | | | | | | |
| • No cholesterol | | | | | | | |
| ANIMAL PROTEIN | 6g per serving | 20g cooked, 3 oz | 25g cooked, 3 oz | 25g cooked, 3 oz | | | |
| DISADVANTAGES | | | | | | | |
| • Cholesterol |  |  |  |  | | | |
| • Saturated fat | | | | | | | |
| • No fiber | | | | | | | |
| • Higher in calories | | | | | | | |

Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database

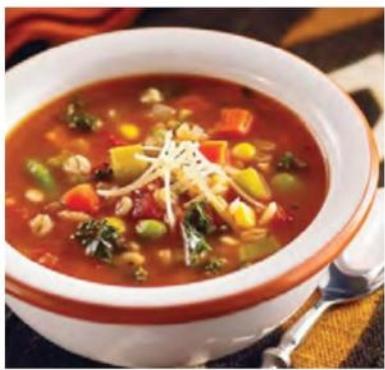
The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine. lifestylemedicine.org

Designed by Enrich Creative.

Vegetable-Barley Soup

Makes 4 servings; 1½ cups per serving

Per serving: 115 Calories; 0.5 g Saturated Fat; 71 mg Sodium



INGREDIENTS

- Cooking spray
- 1 teaspoon olive oil
- ½ medium onion, chopped
- ½ medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1½ cups frozen mixed vegetables
- 1½ cups fat-free, low-sodium vegetable broth
- 1 cup chopped kale
- ½ cup water
- ¼ cup uncooked quick-cooking barley
- ½ teaspoon dried basil, crumbled
- ½ teaspoon dried oregano, crumbled
- ⅛ teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

DIRECTIONS

1. Lightly spray a large Dutch oven or large soup pot with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat for about 3 minutes or until the onion is soft, stirring frequently. Stir in the garlic. Cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is tender.
2. Ladle the soup into bowls. Sprinkle with the Parmesan.

Cook's Tip: Look for bags of washed and chopped kale in the produce section of your supermarket.

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JANUARY HOLIDAYS

DATE**HOLIDAY**

| | |
|----|--------------------------------|
| 1 | Polar Bear Plunge Day |
| 2 | National Cream Puff Day |
| 3 | Fruitcake Toss Day |
| 4 | National Trivia Day |
| 5 | National Bird Day |
| 6 | National Bean Day |
| 7 | National Bobblehead Day |
| 8 | National Bubble Bath Day |
| 9 | National Clean Your Desk Day |
| 10 | National Save the Eagles Day |
| 11 | National Take the Stairs Day |
| 12 | National Youth Day |
| 13 | Make Your Dreams Come True Day |
| 14 | National Dress Up Your Pet Day |
| 15 | National Hat Day |

DATE**HOLIDAY**

| | |
|----|-----------------------------|
| 16 | Appreciate a Dragon Day |
| 17 | Kid Inventors' Day |
| 18 | National Thesaurus Day |
| 19 | National Popcorn Day |
| 20 | National Cheese Lover's Day |
| 21 | National Granola Bar Day |
| 22 | National Polka Dot Day |
| 23 | National Pie Day |
| 24 | National Peanut Butter Day |
| 25 | Opposite Day |
| 26 | National Peanut Brittle Day |
| 27 | National Fun at Work Day |
| 28 | National Lego Day |
| 29 | National Puzzle Day |
| 30 | National Croissant Day |
| 31 | National Hot Chocolate Day |

Winter One-Liners

What do you get from sitting on the ice too long? Polaroids!

What did one snowman say to the other snowman? Can you smell carrot?

What often falls at the North Pole but never gets hurt? Snow

What's an ig? A snow house without a loo!

Why did Frosty the snowman want a divorce? Because he thought his wife was a flake.

What time is it when little white flakes fall past the classroom window? Snow and Tell.

What is a mountains favorite type of candy? Snow caps.

What is it called when a snowman has a temper tantrum? A meltdown!

What do you call a snowman with a six pack? An abdominal snowman.

What do you call a snowman that tells tall tales? A snow-fake!

What do you get when you cross a snowman and a vampire? Frostbite.

Why do seals swim in saltwater? Because pepper water makes them sneeze!

What do you call a snowman party? A snowball.

What did the snowman eat? Icebergs with chilifice sauce.

What eight letters can you find in water from the Arctic Ocean? H to O! (H2O)

What do you call a gangster snowman? Froze-T

Which side of an Arctic Tern has the most feathers? The outside!

What do snowmen eat for breakfast? Frosted Flakes!

How does a snowman get around? He rides an icicle!

Who is Frosty's favorite Aunt? Aunt Artica!

What do you call a penguin in the Sahara desert? Lost.

What vegetable was forbidden on the ships of Arctic explorers? Leeks!

What did the snowman and his wife put over their baby's crib? A snowmobile!

What do Snowmen call their offspring? Chill-dren.

What do you call an old snowman? Water.

Why didn't the tourist in the Arctic get any sleep? He plugged his electric blanket into the toaster by mistake – and kept popping out of bed all night!

If the sun shines while it's snowing, what should you look for? Snowbows.

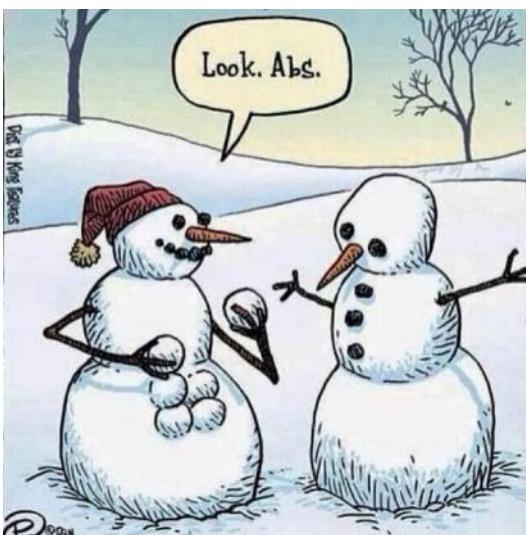
What did one Greenland Shark say to the other? "Say, good lookin'... didn't I meet you last night at the feeding frenzy?"

Why did the farmer only wear one boot to town? He heard there would be a 50% chance of snow!



....Winter One-Liners continued

What sort of cakes do snowmen like? The ones with thick icing!
How do you find Will Smith in the snow? You look for Fresh Prints!
What is the favorite Mexican food of snowman? Brrrr – itos.
What kind of money snowmen use in the North Pole? Cold cash!
What did the snowman order at Wendy's? A Frosty.
What did the seal say when it swam into a concrete wall? "Dam!"
What do women use to stay young looking in the Arctic? Cold cream.
Why was the snowman sad? Cause he had a meltdown.
What happened when the snowgirl had a fight with the snowboy? She gave him the cold shoulder.
How do you prevent a Summer cold? Catch it in the Winter!
How do snowmen greet each other? Ice to meet you!
What do you sing at a snowman's birthday party? Freeze a jolly good fellow!
Who are Frosty's parents? Mom and Pop-Sicle!
What sort of ball doesn't bounce? A snowball!
What do you call a slow skier? A slopepoke!
What did the snowman order at the fast food restaurant? An ice burger extra cheese.
What's a good winter tip? Never catch snowflakes on your tongue until all the birds have flown south for the winter.
What can you catch in the winter with your eyes closed? A cold.
What do you call a reindeer with no eyes? I have no eye deer.
What does a Snowman take when he gets sick? A chill pill.
What did the detective in the Arctic say to the suspect? "Where were you on the night of September to March?"
What noise wakes you up at the North Pole around March 18? The crack of dawn!



If you live in an igloo, what's the worst thing about global warming? No privacy!
What do you call a snowman in July? A puddle.
What did the walrus say when it was late? "I would have been here sooner, but my iceberg hit a ship."
What did the icy Arctic road say to the truck? "Want to go for a spin?"
What do you use to catch an Arctic hare? A hare net!
What did the tree say after a long winter? What a re-leaf.

PUZZLES

PERFECT PENGUINS

CRACK THE CODE

January 20th is National Penguin Day! Use the CODE CLUES to identify the letters for each word to uncover different types of penguins.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | |
| A | B | C | D | E | F | G | H | I | J | K | L | M |
| | | | | | | | | | | | | |
| N | O | P | Q | R | S | T | U | V | W | X | Y | Z |

1.

2.

3.

4.

5.

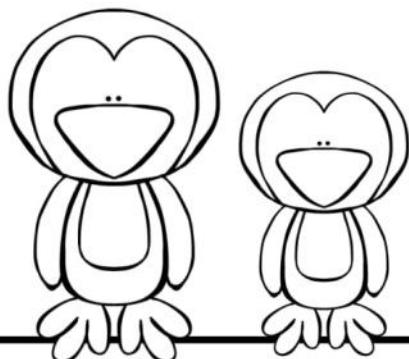
6.

7.

8.

9.

10.



REVERSE TIME!

Draw the code clues:

1. king _____

2. royal _____

PUZZLES

WINTER BOGGLE WORD PUZZLE

Directions: Link the letters together to make words. Each word must be at least 3 letters. You can link letters across, down, backwards and diagonally. There are at least 8 words that are associated with the Winter season. Write your words below. Score each word as follows:

| | | | | |
|---|---|---|---|---|
| B | O | S | C | A |
| D | L | O | T | H |
| F | R | U | A | P |
| E | I | R | Y | E |
| C | S | K | A | T |

Winter words - 2 bonus points each

- 3 letter word - 1 point
- 4 letter word - 2 points
- 5 letter word - 3 points
- 6 letters or more - 5 points

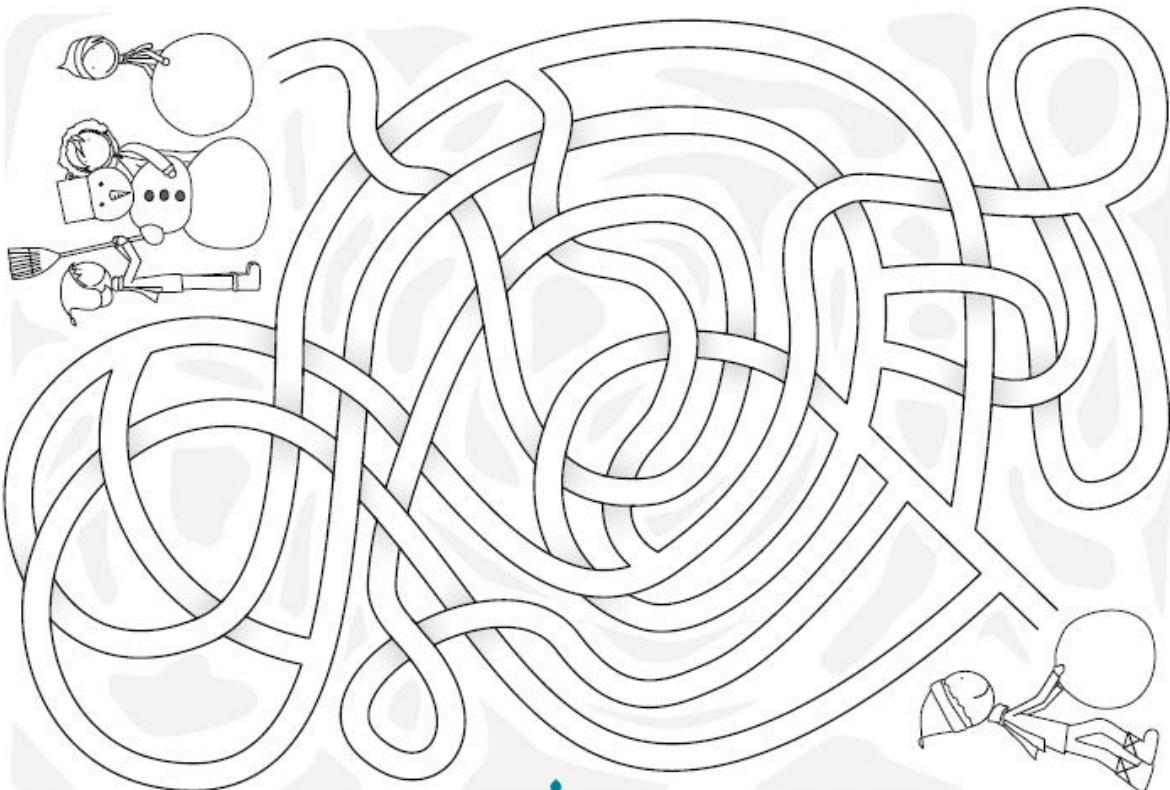
5 letter word - 3 points

6 letters or more - 5 point

Winter words - 2 bonus points each

Word List

DRAW ALONG THE PATH FROM THE BOY TO HIS FRIENDS.



PUZZLES

OH YAY! IT'S PIE DAY!

UNSCRAMBLE THE WORDS

January 23rd is an awesome day! It's National Pie Day! After you've unscrambled each type of pie, write each circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!



1. rueblerby

2. nipkmup

3. exdim rebry

4. melon

5. yecrhr

6. noctcuo merca

7. bratswryre

8. crabblkyer

9. eky mile

10. twesse oattop

11. cheap



What kind of pie has a short temper?

6 5 7 6 1 8 2 11 4 10 2 9 3 1

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Puzzle #1

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 2 | | | | 6 | | | 5 |
| | | | 6 | | 1 | 2 | |
| | 5 | 1 | | | | 3 | |
| 3 | | 4 | | | 6 | | |
| | 3 | 5 | | | 1 | | |
| | | 2 | | 3 | 4 | | |

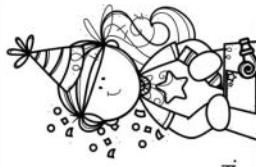
Puzzle #2

| | | | | | | |
|---|---|--|---|---|---|---|
| | | | 3 | | | 6 |
| 4 | 5 | | | 2 | | |
| 2 | | | 4 | 6 | | |
| | | | 1 | 3 | | 4 |
| 3 | 4 | | | 3 | 5 | |
| | | | | | 2 | |

PUZZLES

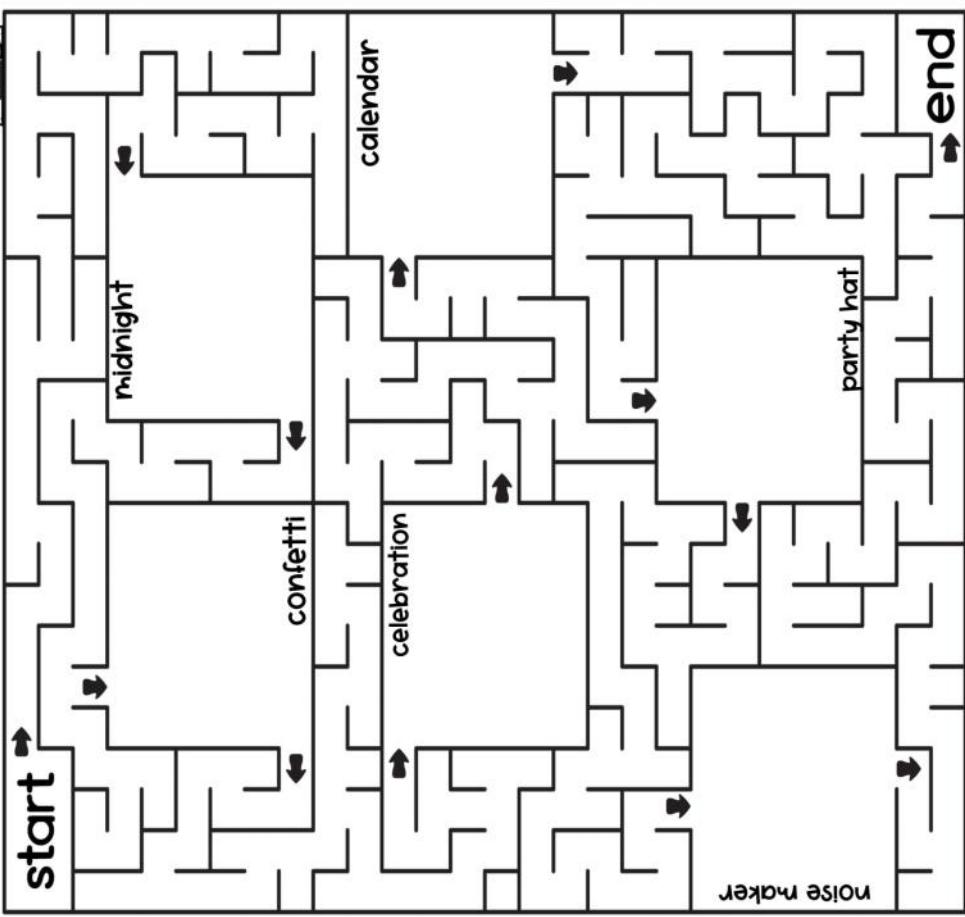
SO MANY HOBBIES... WORD SEARCH

January is National Hobby Month! What hobbies do you enjoy doing? How do you spend your free time? Hidden below are 18 different hobbies. See if you can find them all!

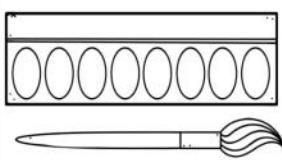


A HAPPY NEW YEAR SOLVE AND DRAW

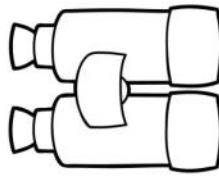
Directions: Start at the beginning and solve the maze. Stop each time you come to a box and draw the item written there. Continue until the entire maze is solved.



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| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | W | C | R | G | L | S | S | G | S | S | D |
| C | K | R | V | S | E | Y | A | N | C | E | O |
| T | O | G | I | W | O | R | F | I | U | L | S |
| K | H | O | I | T | D | I | O | T | L | Z | M |
| I | R | N | K | E | I | G | R | N | P | Z | N |
| M | G | O | N | — | N | N | I | — | T | U | U |
| C | U | — | W | — | N | P | G | A | I | P | M |
| G | N | S | T | D | N | G | A | P | N | F | G |
| G | T | L | I | S | O | K | M | E | G | G | C |
| I | E | X | N | C | W | O | I | G | O | Y | H |
| F | M | N | H | D | R | A | W | — | N | G | E |
| Y | H | P | A | R | G | O | T | O | H | P | S |
| A | S | T | R | O | N | O | M | Y | C | L | S |
| G | N | I | R | E | E | T | N | U | H | I | N |
| S | T | R | A | L | A | I | T | R | A | M | G |



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PUZZLES

HAPPY NEW YEAR! FIND THE WORDS



Every year on January 1st we celebrate the start of a new year. This is when people ring in the new year with friends & family, and decide to make some changes. Can you find all the hidden words (horizontally, vertically, and diagonally) using the clues? Check off or fill in a circle when you find a word that fits that category.



FIND AND CIRCLE:

5 decorations:



3 noise making objects: fire __, __, __



Out with the __, in with the __



Something people make at the start of a new year:



| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | I | F | X | N | I | B | L | S | F | K | Q | L | S | Z |
| N | L | T | J | C | O | Y | T | N | I | L | T | H | R | C |
| F | H | O | T | X | P | R | I | Q | R | T | A | Z | E | R |
| H | S | C | L | E | E | X | U | Z | E | T | E | D | L | W |
| O | O | N | M | A | F | R | T | V | S | M | Z | V | K | E |
| I | U | R | M | U | S | N | O | O | L | L | A | B | R | N |
| S | Y | E | N | J | Y | C | O | L | X | G | X | I | A | H |
| L | R | E | Q | S | R | E | K | C | A | R | C | R | P | J |
| S | F | I | R | E | W | O | R | K | S | H | Y | W | S | Q |
| R | E | S | O | L | U | T | I | O | N | S | P | B | O | A |

DECEMBER BIRTHDAYS

| | | |
|--------------------------|---------------------------|-------------------------------|
| Virginia Anderson | Janet Jones | Mary Jane Senft |
| Ricky Bleiweiss | Charlotte Kotmel | Mary Stafford |
| Susan Bordeaux | Edmund Kotowski | Antoya Stovall-Leonard |
| Angela Bornino | Debra Maxwell | Lee Szymkowski |
| Dorothy Chappell | June McCandless | Tom Taylor |
| Keith Collins | Shirley McCoy | Donald Thompson |
| Mary Duber | Joseph Michalek | Antionette Waltman |
| Linda Fradette | Susan Morefield | Kevin Warner |
| Connie Freeman | Robert Morrison | Sheila Werner |
| Patricia Garee | Josephine Pribanic | Willie Faye Wilson |
| Maxine Garrison | Desiree Primm | Treavie Wimbush |
| Tamela Gavanditti | Anthony Quick | Janet Withers |
| Wally Genutis | Patricia Ragland | Patricia Wright-Ramon |
| Paul Gilmore | Brenda Ross | |
| Deloris Hancock | Dot Schwende | |

DECEMBER ANNIVERSARIES

No anniversaries were submitted for December

We publish and celebrate anniversary dates with members who have previously given that information.

If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date. Please contact the Recreation Office if you wish to have your anniversary date recognized in the monthly Newsletter.

NEW MEMBERS

Annie Alexander
Birvina Barclay
Gladys Reed

Sheryl Sabat
Robin Thomas

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov

Medication Safety for Older Adults

Use this form to record your prescription and non-prescription medicines, vitamins and supplements. Bring it to every doctor appointment. Share the location of this with a trusted family member or friend.