



BEDFORD SENIORS CLUB NEWSLETTER

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"We are all a great deal luckier that we realize, we usually get what we want – or near enough." -Roald Dahl

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. Menu subject to change.

Wednesday, February 26: Chili & Baked Potato Bar

Registration deadline Friday, February 21

Wednesday, March 12: Corned Beef Sandwich, Chips, Pickle

WEAR GREEN! Registration deadline Friday, March 7.

Wednesday, March 26: Swedish Meatballs over Noodles

Registration deadline Friday, March 21.

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.*








(440) 735-6570

FEBRUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 2/11/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12  Senior Lunch 12:00pm Word Games & Game Room 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	13 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm SNEAK PEAK! Silver Screen 1:00pm "Wicked" Barre Above 6:00pm	14 Strength & Core 10:45am Peddling 12:00pm ENCORE! Silver Screen 1:00pm "Wicked" 
17 CLOSED 	18 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	19 Wii Bowling 9:45am Medicare Help 10am-3pm  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	20 UH Walking Club 9:30am Reach w/ Rhythm 11:00am UH Cooking Demo 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm SECOND ENCORE! Silver Screen 1:00pm "Wicked" Barre Above 6:00pm	21 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Six Triple Eight" <i>Deadline for 2/26 lunch</i>
24 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	25 Strength & Balance 10:30am Taco & Trivia 11:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	26 Property Tax Assistance 10:30am  Senior Lunch 12:00pm Elvis Musical Bingo 1:00pm Chair Yoga 5:30pm	27 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	28 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Just Mercy"



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.

MARCH

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 2/11/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	4 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	5 Wii Bowling 9:45am Medicare Help 10am-3pm  LUNCH AND LEARN 12:00pm Get Crafty 2:00pm Chair Yoga 5:30pm	6 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	7 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "The Karate Kid" Tai Chi 5:30pm <i>Deadline for 3/12 lunch</i>
10 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	11 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	12  Senior Lunch 12:00pm Irish Folk Music by Custy & McNamara 12:45pm Book Club 2:00pm Chair Yoga 5:30pm	13 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	14 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Conclave" Tai Chi 5:30pm
17 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	18 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm <u>No Sunset Yoga</u> <i>Community TownHall regarding UH property @ Ellenwood 6:30pm</i>	19 Wii Bowling 9:45am Sparkling Portraits 2:00pm Chair Yoga 5:30pm	20 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball League 1:30pm <u>No Barre Above</u>	21 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Martha" Tai Chi 5:30pm <i>Deadline for 3/26 lunch</i>
24/31 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	25 Strength & Balance 10:30am Taco & Trivia 11:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	26 Sepsis Lecture 10:30am  Senior Lunch 12:00pm Bingo 1:00pm Chair Yoga 5:30pm	27 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	28 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "White Bird" Tai Chi 5:30pm
<u>SATURDAYS</u> <i>Energizing Morning Yoga is back on Saturdays starting March 29 at 9:00am</i>				

RECREATION PROGRAMS

Cooking Demonstration & Nutrition with University Hospitals

NEW! University Hospitals Bedford Wellness Center presents a heart healthy cooking demonstration featuring a Registered Dietitian and Executive Chef, showing you how to create delicious, nutrient-packed, heart healthy meals in no time! Discover how to blend fresh ingredients, bold flavors, and simple techniques to whip up dishes that are both healthy and satisfying. Whether you're short on time or seeking inspiration, this demo will prove that healthy eating can be quick, flavorful, and anything but bland!

Location: Ellenwood Center Room 4

Date: Thursday, February 20

Time: 12:00 pm - 1:00 pm

Fee: Free

Property Tax Assistance Program

NEW! Learn more about Cuyahoga County's TAP (Taxpayer Assistance Program), eligibility and application. We will also be sharing information about other resources and programs that may help homeowners manage their property taxes and support aging in place.

TAP is for Cuyahoga County residents age 70 or older who have an active certified tax delinquency on their home and a household income of less than \$70,000 per year and other criteria. Qualifying residents can receive up to \$10,000 in a one-time financial assist with paying delinquent and current property taxes. <https://cuyahogacounty.gov/treasury/property-tax-assistance-program>

Presented by Victoria Berry, Cuyahoga County Delinquent Tax Outreach Manager.

Location: Ellenwood Center Room 4

Date: Wednesday, February 26

Time: 10:30 am - 11:30 am

Fee: Free, pre-registration required

Healthy Living for the Brain and Body

NEW! This program offers science-based recommendations about taking care of our brains and bodies. While there are currently no proven methods to prevent cognitive decline or dementia, research has shown that we can take action to reduce our risk of developing it and help maintain or potentially improve overall health.

Lunch will be provided, please indicate if you need a vegetarian option. Menu: Rascal House

Wraps (chicken, Italian, veggie) and salad

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Wednesday, April 16

Time: 12:00 pm - 2:00 pm

Fee: Free, pre-registration required for lunch



RECREATION PROGRAMS

Understanding Sleep: Improving Rest and Addressing Sleep Disorders

NEW! A good night's sleep can be elusive for many reasons. Poor sleep affects our mood, cognitive function, and overall physical health. Throughout our lives, sleeping patterns change in response to both personal and environmental factors. Medical conditions such as Parkinson's disease and PTSD can significantly impact sleep quality. Join JoAnne for an insightful discussion on the mechanics of sleep, along with practical strategies for identifying and treating insomnia and obstructive sleep apnea. Presentation by Home Instead® Cleveland East.

Presented by Home Instead® Cleveland East.

Location: Ellenwood Center Room 4

Date: Wednesday, April 23

Time: 10:30 am - 11:30 am

Fee: Free; pre-registration required

Intro to AI-Generated Art & Video: DALL-E & Sora for Beginners

NEW! Discover the exciting world of AI-generated creativity in this beginner-friendly class! Learn how to use DALL-E to create stunning images from simple text prompts and explore Sora, OpenAI's powerful AI video generator. We'll cover the basics of crafting effective prompts, understanding AI-generated visuals, and practical applications for personal and professional projects. No prior experience is needed—just bring your curiosity and imagination! Bring your own smart device or laptop to use. We also have a limited amount of chromebooks to share.

Instructor: Heather Rhoades, Digital Content Extraordinaire

Location: Ellenwood Center Room 1

Evening Date & Time: Wednesday, April 23, 6:30 pm – 8:00 pm

Daytime Date & Time: Thursday, April 24, 1:00 pm – 2:30 pm

Fee: Free; pre-registration preferred

Painting w/ So-So Artsy

Join Melinda with So-So Artsy for canvas painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies included. This program is for adults & older teens unless indicated otherwise.

Instructor: Melinda, So-So Artsy

Location: Ellenwood Center Room 3

Date: Select Tuesdays—check online/office

Time: 6:00 pm - 8:00 pm

Fee: \$25 per painting; \$45 per porch leaner



RECREATION PROGRAMS

AARP Downsizing & Decluttering

NEW! If you're ready to tackle unwanted items in your home, join us for AARP's Downsizing and Decluttering program. Discover helpful organizing tips and learn how simplifying your space can lead to a happier, less stressed, and more productive life.

At this free event, you'll explore:

How to begin your decluttering and organizing journey

Practical strategies for simplifying your space

The positive impact better organization can have on your daily life

Don't miss this opportunity to start your path to a more organized, stress-free lifestyle!

Presented by AARP

Location: Ellenwood Center Room 4

Date: Tuesday, April 22

Time: 6:00 pm - 7:00 pm

Fee: Free, pre-registration required

Climate Change & Single-Use Plastics: Make a DIY T-Shirt Bag

NEW! Discover the connection between single-use plastics and climate change in this engaging presentation. Learn about:

- An overview of climate change and its impact on Northeast Ohio and the Great Lakes.
- A brief history of plastics and how their entire life cycle contributes to climate change.
- Practical actions you can take to address this growing issue.

Following the presentation, take part in a hands-on workshop to create no-sew reusable bags from old t-shirts. Bring your own unused, stained, or unwanted t-shirt, or use one provided during the workshop.

Presented by Katharyne Starinsky, Program Officer from the Cuyahoga County Department of Sustainability.

Location: Ellenwood Center Room 4

Date: Tuesday, April 29

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required



RECREATION PROGRAMS

Sepsis: It's About Time

NEW! This community education program raises awareness about sepsis, a life-threatening response to infection that can lead to organ failure, amputations, and death. Through real-life stories, statistics, and expert insights, participants will learn how to recognize the signs of sepsis, understand who is at risk, and explore strategies for early detection and treatment. With up to 80% of sepsis deaths preventable through timely intervention, this program empowers individuals to take action and save lives. There will also be a presentation on Obstructive Sleep Apnea and the risk of stroke and other diseases affecting overall health and your well-being. Learn about the benefits of CPAP treatment in reducing health risks, and alternative therapies available for managing the condition.

Presented by Cleveland Clinic Marymount Hospital: Maria Sokol, MPH, RN, SQPE 1 Sepsis Team; Dr. A. Romeo Craciun, Medical Director of Stroke; Renee Wheaton, BSN, RN, Stroke Coordinator/SQPE Specialist II

Location: Ellenwood Center Room 4

Date: Wednesday, March 26, 2025

Time: 10:30 am – 11:30 am

Fee: Free

Home Repair Workshops

NEW! We are partnering with Home Repair Resource Center to provide Bedford residents with valuable skills and knowledge to tackle common household repairs. Home Repair Resource Center provides instruction, tools, and resources that enable homeowners to repair and maintain their own homes economically. Home Repair Resource Center also offers a Tool Library of 7-day rentals of over 1000 tools for a \$25 yearly fee! To learn more about the Tool Library, visit: <https://hrrc-ch.org/>.

Presented by Home Repair Resource Center

Location: Ellenwood Center Room 4

Time: 7:00 pm – 8:30 pm

Fee per Workshop: \$5 Resident/\$8 Non-Resident

Power Tools 101— Tuesday, March 11

Participants will learn the fundamentals of using power tools safely and effectively, empowering them to take on a wide range of projects.

Plumbing Basics — Tuesday, April 8

Students learn the essentials of plumbing maintenance, including fixing leaks, unclogging drains, and replacing fixtures.



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. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm

Geometric Paper Collage — Wednesday, March 5

Paper Dahlia Flowers — Wednesday, April 2

Craft TBA— Wednesday, May 7

BONUS! April Craft with Tina — **Ukrainian Pysanky Eggs**

Thursday, April 17 3:00 pm—5:00 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



Sunset Palm Tree — Wednesday, February 19

Cherry Blossom — Wednesday, March 19

Fiesta Fiesta — Wednesday, April 16



RECREATION PROGRAMS

Taco & Trivia Tuesday

NEW! Join us for a taco bar and play trivia to keep our minds sharp and gear up for The Mind Challenge in May!

Dates: Tuesday, February 25 & Tuesday, March 25

Time: 11:30 am – 1:00 pm

Fee: Free to Bedford Senior Club Members; must pre-register

Mind Challenge

IT'S BACK! Mind Challenge for The New Majority® is a regional trivia competition for the active 50 years and over community to compete for prizes, money for our Senior program and bragging rights.

Bedford Parks & Recreation will sponsor one or more teams to represent our senior program. Teams consist of 4-6 players. Our team(s) will be in the “Central” division, competing against other communities such as Bedford Heights, Maple Heights, and Warrensville Heights. To advance to the next round, our team(s) must finish in the top 50% of competing teams in the region.

Team Formation and Practice Round:

Monday, April 28, 9:30am at Bedford Heights Community Center

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Monday, May 12, 1:00pm at Bedford Heights Community Center

Additional dates if our team(s) advances.

Program Fee: Free



RECREATION PROGRAMS

Aluminum Tabs Collection

The Ronald McDonald House of Cleveland recycles aluminum pull tabs from any container (soda pop, soup, pet food, etc.). The proceeds from the recycling helps support the families that stay at RMH by providing meals and items for families, assistance in emergencies, and giving families special moments. Members of our Bedford Senior Club visited the Ronald McDonald House Charities of Northeast Ohio in November of 2022 and donated over 70 pounds of pull tabs. We have been collecting again and gearing up to enter the 2025 Pull Tab Palooza! Please drop off your pull tabs at the Ellenwood Center.



Ronald
McDonald
House®
Cleveland



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. Pre-registration required; please register by Monday afternoon.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, February 24, March 3, 10, 17, 24, 31, April 7, 14, 21, 28

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

Tai Chi

Learn basic movements and techniques to increase energy level, improve balance and coordination, and build leg and core strength. Through training in these exercises, you will be stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4

Dates: Fridays, March 7, 14, 21, 28, April 4, 25, May 2, 16 (No class 4/11, 4/18, 5/9)

Time: 5:30 pm - 6:15 pm

Fee: \$65 Resident/\$75 Non-Resident

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

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. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Dates: Tuesdays, February 18, 25, March 4, 11, 25, April 1, 8, 15, 22, 29 (No class 3/18)

Time: 6:00 pm - 7:00 pm

Location: Ellenwood Center Room 4

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

Bedford Senior Club Members are free and must register in advance

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 Room 9 (upstairs) or Gym after basketball season

Dates: Thursdays, February 13, 20, 27, March 6, 13, 27, April 3, 10, 24 (No class 3/20, 4/17)

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

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

Cardio Drumming ...*Class is full and on a waitlist*

Beginner Pickleball Lessons

Pickleball is a fun sport that combines traditional elements of tennis with a wiffle-style ball and paddle on a smaller court. Players will learn the fundamental rules, basic skills and court positioning for singles and doubles play. Equipment provided during class.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session 1 Dates: Thursdays, March 6, 13, 20, 27

Spring Session 2 Dates: Thursdays, April 3, 10, 17, 24

Time: 12:30 pm – 1:30 pm

Fee per session: Free to Bedford Senior Club members/\$20 for non-members per session

Co-Ed Pickleball League

NEW! Paddle up and join the excitement of our intermediate Pickleball League! This league is perfect for players who have advanced from beginner status and are looking for more challenging and strategic matchups. Enjoy friendly competition through rotational team play in a fun and welcoming atmosphere.

Facilitator: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session 1 Dates: Thursdays, March 6, 13, 20, 27

Spring Session 2 Dates: Thursdays, May 1, 8, 15, 22

Time: 1:30 pm – 3:30 pm

Fee per session: Free to Bedford Senior Club members /\$20 for non-members per session

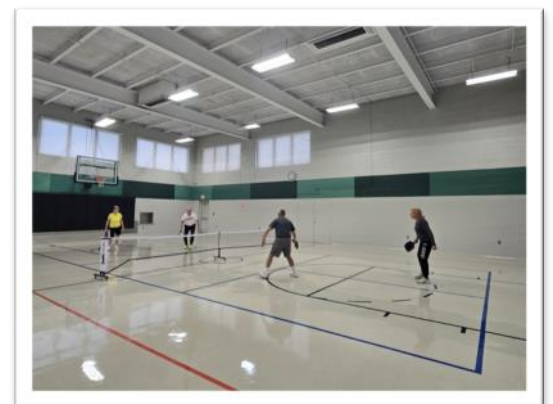
Pickleball Open Play & Billiards Open Play

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. Reservations are highly recommended.

Location: Ellenwood Center Gymnasium & Room 2

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



RECREATION PROGRAMS

Chair Yoga Flow

Embark on a journey of gentle movement and relaxation. Seated comfortably in a chair or using it as a prop, participants will experience the rejuvenating effects of yoga postures, stretches, and breathwork in a supportive and inclusive environment. The nature of this class ensures that individuals with varying physical abilities can comfortably participate. Bring a yoga mat. Yoga blocks and bands can be borrowed from instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Dates: Wednesdays, February 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23, 30 (No class 4/2)

Time: 5:30 pm - 6:30 pm

Fee per class: \$9 Bedford Resident/\$10 Non-Resident

Bedford Senior Club Members are free and must register in advance

Pedal Power: Modified Peddling *...only a few spots left!*

Pedal Power, a modified peddling 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: Kim Fennell, Rec2Connect

Location: Ellenwood Center Gym or Room 4

Dates: Select Fridays, January 17, 31, February 14, 28, March 14, 28

Time: 12:00 pm—1:00 pm

Fee: \$40 Bedford Resident/\$50 Non-Resident

Bedford Senior Club Members are free and must register in advance

Energizing Morning Yoga

Invigorate your body and mind, setting a positive tone for the day ahead. Classes include a series of energizing poses, stretches, and breathwork techniques aimed at boosting your energy levels, improving flexibility, and enhancing mental clarity. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat. Pre-registration required. Instructor: Julionne Brown-Little, certified instructor

Dates: Saturdays, March 29, April 5, 12, 26, May 3, 10, 17 (No class 4/19)

Time: 9:00 am - 10:00 am

Location: Ellenwood Center Room 4

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

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

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 43 pairs of gloves, 109 hats, and 91 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



The mitten fence on Broadway Avenue in Downtown Bedford is 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.

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
Instructor: Patty Haw

Dates: Thursdays, February 13, 20, 27, March 6, 13, 20, 27, April 3, 10, 17, 24
Time: 11:00 am – 12:00 pm
Location: Ellenwood Gymnasium
Fee: \$3 per class for non-members or register for the entire session for \$75
Bedford Senior Club Members are free and must register in advance

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released at our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center. Members who would like to receive the Senior News by mail, please call our office monthly to request it.



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 2 on Wednesday, February 19 & Wednesday, March 5 from 10:00am to 3:00pm. Contact Medicare Mike directly at 440-804-5995. TheMedicareShopper.Com.

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 instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gym

Dates: Tuesdays, February 18, 25, March 4, 11, 18, 25, April 1, 8, 15, 22, 29

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, February 14, 21, 28, March 7, 14, 21, 28, April 4, 11, 25 (No class 4/18)

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



RECREATION PROGRAMS

Senior Transportation Connection

The City offers door-to-door transportation service for Bedford Residents 60 years of age and older that can be used for medical appointments and errands such as banking, grocery shopping, etc. Wheelchair accessible vans are available. Service is not available to residents in nursing homes, assisted living or retirement facilities.

Boundary lines for all trips are:

North - UH Ahuja Medical Center

South - Northfield Plaza

East - City of Solon

West - Cleveland Clinic Independence

Transportation service is provided by Senior Transportation Connection which operates Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per roundtrip is required. For more information call 440-735-6570. An application must be on file with the Parks & Recreation Department prior to service.

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:

- **Sweetheart Ball: Daddy/Daughter Dance:** Friday, February 21, 5:30pm-9:00pm in Ellenwood Gym
- **Family Karaoke Night:** Friday, March 14, 5:00pm-9:30pm in Ellenwood Gym
- **Card Cutting from Donations:** Monday, April 7, 1:00pm-3:00pm in Ellenwood Room 1
- **Light Up The Night: Mother/Son Dance:** Friday, April 11, 5:30pm-9:00pm in Ellenwood Gym
- **Easter Egg Hunt:** Saturday in April 12, 9:00am-10:30am at Bedford High School Stadium
- **Dropping off Pull-Tabs to Ronald McDonald House:** TBA in May for Pull-A-Palooza!

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.



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

***ADDED SHOWING* Thursday, February 20: Wicked (2024)**

Friday, March 7: The Karate Kid (1984)

Daniel (Ralph Macchio) moves to Southern California with his mother, Lucille (Randee Heller), but quickly finds himself the target of a group of bullies who study karate at the Cobra Kai dojo. Fortunately, Daniel befriends Mr. Miyagi (Noriyuki "Pat" Morita), an unassuming repairman who just happens to be a martial arts master himself. Miyagi takes Daniel under his wing, training him in a more compassionate form of karate and preparing him to compete against the brutal Cobra Kai. Rated PG. 2 hours, 6 mins.

Friday, March 14: Conclave (2024)

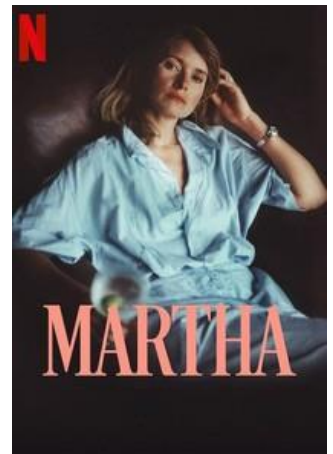
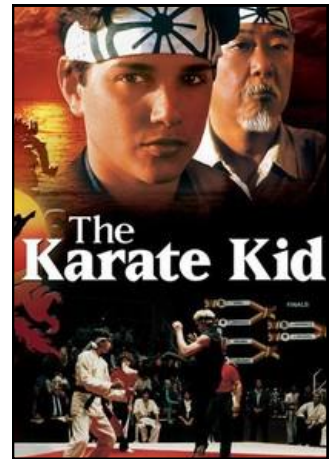
CONCLAVE follows one of the world's most secretive and ancient events -- selecting the new Pope. Cardinal Lawrence (Ralph Fiennes) is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic Church's most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake, secrets which could shake the foundations of the Church. Rated PG. 2 hours, 0 mins.

Friday, March 21: Martha (2024)

This definitive documentary on Martha Stewart pulls back the curtain on one of America's greatest self-made icons, from her start as a teenage model to her stint as a Wall Street stockbroker to her reign as the grand dame of entertaining and good taste. Directed by R.J. Cutler (Elton John: Never Too Late, Billie Eilish: The World's a Little Blurry, The September Issue), Martha draws on hundreds of hours of intimate interviews with Stewart and those from her inner circle, along with Stewart's private archives of diaries, letters, and never-seen-before footage. The film illuminates Stewart's upbringing in a working-class family, compels us to reconsider the scandal that sent her to prison, and heralds her post-prison reinvention as the original influencer who's still captivating new generations of fans. Not Rated. 1 hour, 53 mins.

Friday, March 28: White Bird (2024)

From the best-selling author of Wonder, the book that sparked a movement to "choose kind," comes the inspirational next chapter. In White Bird: A Wonder Story, we follow Julian (Bryce Gheisar), who has struggled to belong ever since he was expelled from his former school for his treatment of Auggie Pullman. To transform his life, Julian's grandmother (Helen Mirren) finally reveals to Julian her own story of courage -- during her youth in Nazi-occupied France, a boy shelters her from mortal danger. They find first love in a stunning, magical world of their own creation, while the boy's mother (Gillian Anderson) risks everything to keep her safe. From director Marc Forster (Finding Neverland and Christopher Robin), screenwriter Mark Bomback, and based on R.J. Palacio's book, White Bird: A Wonder Story, like Wonder before it, is an uplifting movie about how one act of kindness can live on forever. Rated PG. 2 hours, 0 mins.



RECREATION PROGRAMS

Shelf Indulgence Book Club

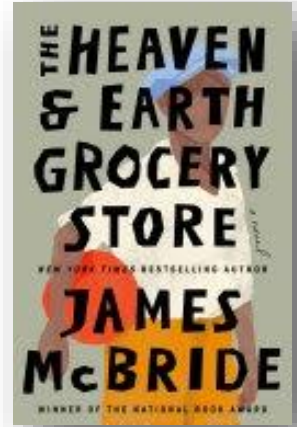
Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of CCPL. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, March 12: *The Heaven and Earth Grocery Store* by James McBride

In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new housing development, the last thing they expected to uncover was a human skeleton. Who the skeleton was and how it got buried there were just two of the long-held secrets that had been kept for decades by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side, sharing ambitions and sorrows.

Chicken Hill was where Moshe and Chona Ludlow lived when Chona ran the Heaven & Earth Grocery Store, which served the neighborhood's quirky collection of blacks and European immigrants, helped by her husband, Moshe, a Romanian-born theater owner who integrated the town's first dance hall. When the state came looking for a deaf black child, claiming that the boy needed to be institutionalized, Chicken Hill's residents—roused by Chona's kindness and the courage of a local black worker named Nate Timblin—banded together to keep the boy safe.

As the novel unfolds, it becomes clear how much the people of Chicken Hill have to struggle to survive at the margins of white Christian America and how damaging bigotry, hypocrisy, and deceit can be to a community. When the truth is revealed about the skeleton, the boy, and the part the town's establishment played in both, McBride shows that it is love and community—heaven and earth—that ultimately sustain us.



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 Handmaid's Tale Season 1

Based on the best-selling novel by Margaret Atwood, this series is set in Gilead, a totalitarian society in what used to be part of the United States. Gilead is ruled by a fundamentalist regime that treats women as property of the state, and is faced with environmental disasters and a plummeting birth rate. In a desperate attempt to repopulate a devastated world, the few remaining fertile women are forced into sexual servitude. One of these women, Offred, is determined to survive the terrifying world she lives in, and find the daughter that was taken from her. TV- MA.

February 18 — Episodes 1-2

March 4 — Episodes 5-6

March 18 — Episodes 9-10

February 25 — Episodes 3-4

March 11 — Episodes 7-8

Grace & Frankie Season 5

March 25 — Episodes 1-4

April 1 — Episodes 5-8

April 8 — Episodes 9-13

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.

The Incredible Life of Dorothy Fuldheim

Discover the captivating story of Dorothy Fuldheim, a trailblazing Cleveland journalist often called the "First Lady of Television News." This presentation will delve into her extraordinary career, from her groundbreaking interviews with historical figures to her bold commentary that broke barriers in a male-dominated industry. Beyond her professional achievements, we'll also explore the lesser-known facets of her life, as revealed through her personal memoir. Hear stories of resilience, ambition, and the determination that defined her legacy. Presented by Susan Cannavino with Presentations with Pizzazz.

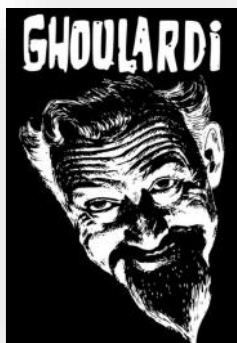
Celebrate Dorothy's Cleveland legacy with a lunch featuring unique staple dishes that reflect its cultural diversity and local favorites! Enjoy pierogies, mac and cheese, mixed vegetables and a sweet treat with Malley's Pretzel Crunch Bar.

Date: Wednesday, March 5

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...

Ghoulardi: Cleveland's King of Cool—Wednesday, April 2

C'mon CAVS 50+ Years of Memories—Wednesday, May 7



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com
Register by phone: (440) 735-6570
Register in person: Ellenwood Center
124 Ellenwood Ave
Bedford, OH 44146

Lunch and a Show: Shucked at Playhouse Square Saturday, May 3, 2025

We're All Ears! Winner of two Drama Desk Awards! After an a-maize-ing premiere at Broadway's Nederlander Theatre, the heartwarming story is heading on a national tour! With Nashville's top songwriting talents from Tony winner Robert Horn, in collaboration with Brandy Clark and Shane McAnally, this musical offers a kernel of joy in these divided times, exploring how opening up to people and ideas we are wary of can be a beautiful process, uniting us in our similarities, not our differences.

Shucked follows the story of Maizy and Beau, a couple residing in Cob County. They face a setback in their plans to get married when the corn, crucial for the economic vitality of their rural town, starts withering. In response, Maizy embarks on a journey to seek assistance from an expert in Tampa...but things take an unexpected turn. Set to be a delightful crowd-pleaser full of corny jokes, folksy storytelling, and an instant-classic soundtrack, don't miss your chance to reap the rewards of Shucked!

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 10:15am by the pavilion and leave Ellenwood Center at 10:30am. Lunch on your own at Becky's or TownHall; to be determined. Followed by theatre performance starting at 1:30pm. Runtime including intermission is 2 hours and 15 minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 5:00pm. Please contact the Parks & Recreation Department if you need special travel accommodations. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them. Our theatre tickets are lower level, Orchestra C (regularly priced \$94). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 30 ticket limit; don't delay!

Fee: \$60 Bedford Senior Club member/\$70 for non-member

Registration for Bedford Club Members begins February 18. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning March 10. Limit of 2 guests max. Registration deadline March 21. No refunds after the deadline.



ENDORSED BY OUR OFFICIAL
STALKS-PERSON REBA McENTIRE

**BROADWAY'S
CORNIEST HIT
IS STALKIN'
AMERICA!**

shucked
THE TONY AWARD®-WINNING MUSICAL COMEDY

SENIOR DAY TRIPS

Westside Market Excursion

Monday, April 14

Join us for a visit to the West Side Market! It's Cleveland's oldest public market and is home to 100 vendors offering meats, seafood, fruits, vegetables, baked goods, dairy, flowers, ready-to-eat foods, spices and nuts.



We will board the bus at 9:45am by the pavilion and leave Ellenwood Center at 10:00am. Lunch on your own. We will board the bus to leave at 1:15pm and depart at 1:30pm. Estimated return is 2:00pm. We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations.

Free for registered Bedford Senior Club members / \$10 for non-members

Registration for Bedford Club Members opens on February 18. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning March 18. Limit of 2 guests max. Space is limited.



What else are we researching and/or planning...?

Trips and timeframes subject to change.

Rock & Roll Hall of Fame

June 2025

Lunch & Show: "Hamilton" at Playhouse Square

July 2, 2025 (info coming soon...money due in April)

Tower City & Casino Trip

August 2025

Cleveland Guardians vs. Houston Astros

Saturday, September 27, 2025 at Progressive Field



TAX PREPARATION ASSISTANCE

Ellenwood Center currently is not scheduled to host tax assistance. Our team will continue to explore options that may be available to the community.

AARP Tax-Aide

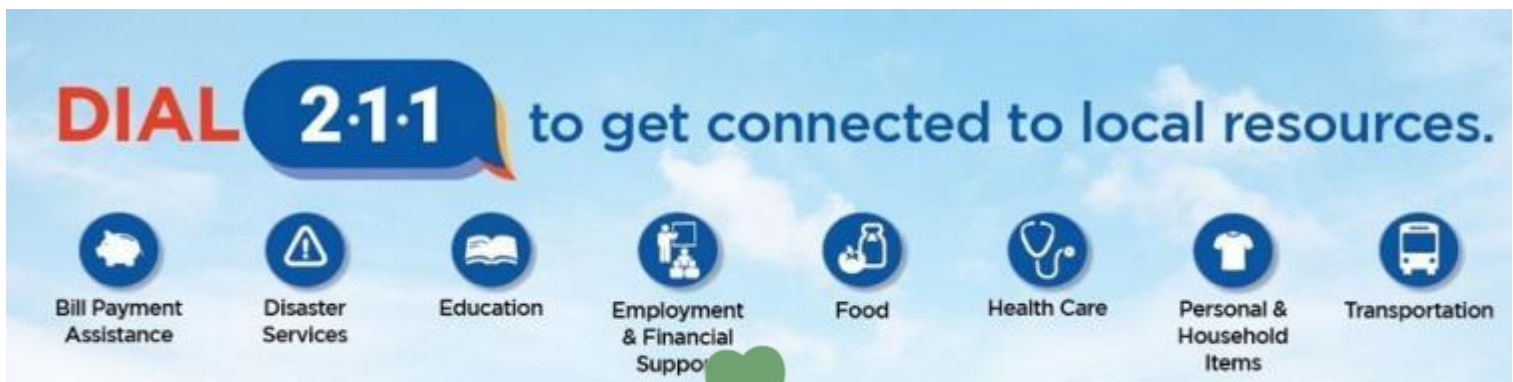
The Maple Heights Senior Center and Bedford Heights Community Center are offering free tax services through AARP Tax-Aide for local residents. Be sure to call these centers directly and as early as possible to schedule an appointment, as spots will fill quickly! You may need to pick up a tax packet before your appointment. Remember to bring all required documents and your driver's license/state ID to your appointment.

- **Maple Heights Senior Center:** Appointments are available on Mondays, starting February 3. Call **216-587-5481** to schedule.
- **Bedford Heights Community Center:** Appointments are available on Tuesdays, starting in February. (Start date to be announced.) Call **440-786-3290** to schedule.

Online tax assistance is also available year-round from AARP Foundation Tax-Aide to answer your tax questions. For more information, contact AARP at **888-687-2277** or email taxaide@aarp.org.

Call the United Way of Greater Cleveland Hotline at 2-1-1

2-1-1 Community Resource Navigation Specialists can help individuals find programs that offer services like tax preparation, financial and credit counseling, and assistance with filing consumer





City of Bedford Newsletter

February 2025

Sign Up
to receive your
BEDFORDNEWS
electronically!

www.bedfordoh.gov

Important Dates

◆ **Council Meeting**
February 3
7:00 p.m.

◆ **Presidents' Day -
City Hall Closed**
February 17

◆ **Council Meeting**
February 18
7:00 p.m.

Presidents' Day

City Hall will be closed on Monday, February 17 in observance of Presidents' Day. There will be no change in refuse pick-up.

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.

City of Bedford Council Members

Mayor Stanley C. Koci
440-735-6518

Ward 1 Councilwoman Sandy Spinks
440-735-6517

Ward 2 Councilman Steve Salvi
440-735-6516

Ward 3 Councilman Victor Fluharty
440-735-6519

Ward 4 Councilman Frank Smith Jr.
440-735-6526

Ward 5 Councilman Jeff Asbury
440-735-6527

Ward 6 Councilman Tony Longino
440-735-6528

Clerk of Council Tracy Simons
440-735-6510

Council meetings are the 1st and 3rd Monday of the month. June through August there is a summer session schedule posted. All council meetings are open to the public and held in the Council Chambers at Bedford City Hall.

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.

Power Outages

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

Water Department Survey

The City of Bedford needs your help to complete an Ohio EPA mandatory inventory of all water service line pipes connected to the public system.

Check your home for lead pipes, then complete our online survey and tell us what you find. Visit bedfordoh.gov/service-line-material-survey for more information or scan the QR code below to get started.



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.



WWW.BEDFORDOH.GOV

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 depending on driveway length/width
- Sidewalk additional fee

Shane Westfall
(216) 905-6578

- 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, March 27: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

March Title: Sisters With A Side of Greens by Michelle Stimpson

Digital Navigator at Bedford

Monday, February 17: 9:30am - 6:00pm

Bedford Branch

Tuesday, February 18: 9:30am - 6:00pm

Wednesday, December 18: 9:30am - 6:00pm

Cuyahoga County Public Library's Digital Navigators service offers one-on-one assistance to help you – or someone you know – connect to the internet, get a device, set up a telehealth appointment and more. Call 216.749.9420 to make an appointment.

Native Bee House Workshop

Monday, March 03: 7:00pm - 8:00pm

Bedford Branch

Join us to construct a bee house to attract these vital pollinators to your garden. Presented by Tinkers Creek Watershed Partners. Participants will learn about the importance of Ohio's native bees as pollinators while building their own bee house to give our local cavity-nesting bees more habitat. This workshop will also cover native pollinator plants, with native seed mixes provided so that participants can plant their own pollinator garden!

Introduction to Hand Sewing

Saturday, March 08: 11:00am - 12:30pm

Bedford Branch - Meeting Room

Local costume designer Jaclyn Renee Vogel will teach you the basic hand-sewing techniques you need to know to mend your clothing at home. Students will be provided with a needle, thread, and fabric. Instructions will be 1 hour with an additional 30 minutes for anyone who wants to keep practicing stitches. *Registration opens on Monday, February 10 2025 at 9:00am.*

Beeswax Candles

Saturday, March 22: 2:00pm - 3:30pm

Bedford Branch - Meeting Room

In this class, participants will learn how to make rolled beeswax candles. Celebrate the return of Spring with light. Learn how to sustainably make candles out of beeswax sheets. *Registration opens on Monday, February 24 2025 at 9:00am.*



Office of Emergency Management



Cuyahoga County
Together We Thrive

At-A-Glance

ReadyNotify

ReadyNotify is a mass notification system used to notify citizens, residents, and businesses of emergency situations, non-emergency events and provide information about necessary actions.

What is ReadyNotify?

ReadyNotify is a mass notification system used by Cuyahoga County and participating municipalities to issue emergency notifications to the public.

ReadyNotify is primarily used for emergency notifications when rapid and accurate information is essential for your immediate safety; however you may choose to be notified of general Cuyahoga County Government News.

What Type of Information is Required to Register?

Participation in the ReadyNotify Program is voluntary. A valid email and phone number will be needed to sign-up. During the registration process we will ask you to give us information about yourself such as your address, your primary language, and if you require any special assistance during an emergency event. Only information indicated with a star* is required.

**Register Now for
ReadyNotify**



How Do I Register?

To register please go to the link: ReadyNotify.CuyahogaCounty.us

What Type of Notifications Will I receive?

You can expect to receive notifications about:

- Emergency Events
- Cuyahoga County Government News
- Cuyahoga County Building Closures
- Water Boil Alerts
- Safety Messages
- Other Information

How Will I Receive Messages?

When you sign-up in the system, you will receive emails as well as have the opportunity to choose how you want to receive additional messages. Additional messages can be delivered in the following ways:

- Cell Phone (Voice)
- Home Phone (Voice)
- Work Phone (Voice)
- SMS/Text Messaging
- Email
- Fax

Did You Know?

Having redundant sources of emergency notifications on mobile devices will ensure you get the right message during an emergency.



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us



@CuyahogaOEM
Facebook.com/CuyahogaOEM



SCAM SQUAD



Cuyahoga County Consumer Affairs
216-443-7035
cuyahogacounty.gov/consumeraffairs



Cleveland Department of Aging
216-664-2833
clevelandohio.gov/aging



Ohio Attorney General
1-800-282-0515
ohioattorneygeneral.gov



Federal Trade Commission
1-877-382-4357
reportfraud.ftc.gov



Better Business Bureau
216-241-7678
bbb.org



Cuyahoga County Senior & Adult Services
216-420-6700
hhs.cuyahogacounty.gov/dsas

HANG UP IF...

- Caller threatens to arrest you or freeze your accounts
- Caller insists you pay right away to fix a problem
- Caller asks for remote access to your computer

216-443-SCAM (7226)
cuyahogacounty.gov/scamsquad

ENERGY ASSISTANCE

Home Energy Assistance Winter Crisis Program

helps income eligible Ohioans who are

- threatened with disconnection,
- have been disconnected,
- need to establish new service,
- need to pay to transfer service,
- have PIPP default or need to pay first PIPP,
- or have 25% (or less) supply of bulk fuel in their tank maintain their utility service.



Visit development.ohio.gov



Department of Development





The Treasurer's Office is here to help!

Taxpayer Assistance Program

A **\$10,000** one-time financial assist is available to qualifying residents who are struggling with property taxes.

To qualify for direct assistance, you must:

- Maintain a primary residence in Cuyahoga County with an active certified tax delinquency
- Be the primary or joint owner
- Be aged 70 years or greater
- Have a household income of less than \$70,000 per year
- Establish a delinquent tax payment contract for any remaining delinquency
- Participate in the Easy Pay installment payment program for future taxes
- Participate in housing counseling services with CHN Housing Partners, including a counseling session, completion of a budget, and demonstration of on-going ability to pay



The \$10,000 must be used for:

- Payment of certified delinquent property taxes
- Payment of late property taxes
- Payment of current property taxes
- Payment of foreclosure fees and court costs related to a pre-existing foreclosure
- Satisfaction of pre-existing tax lien certificates

Cuyahoga County Treasurer's Office



216-443-7400, Option 1



treascomment@cuyahogacounty.us



cuyahogacounty.gov

CHN Housing Partners



chnhousingpartners.org



2999 Payne Avenue Suite 134
Cleveland



Board of Revision Formal Tax Complaint Workshops



Join Us to Learn about

- The formal complaint process
- How to file a property valuation complaint
- How to prepare for your hearing

Informational Meetings 6 pm - 8 pm

Wednesday, February 5

Cuyahoga County Public Library – North Olmsted
24703 Lorain Road

Wednesday, February 19

Cuyahoga County Public Library – Beachwood
25501 Shaker Boulevard

Wednesday, March 5

Cuyahoga County Public Library – Parma Powers
6996 Powers Boulevard

Wednesday, March 19

Cuyahoga County Public Library – Strongsville
18700 Westwood Drive



cuyahogacounty.gov/bor



★ CELEBRITY ROAST ★

Bedford's Own & Cleveland's Own

RETIRED FOX8 NEWS ANCHOR

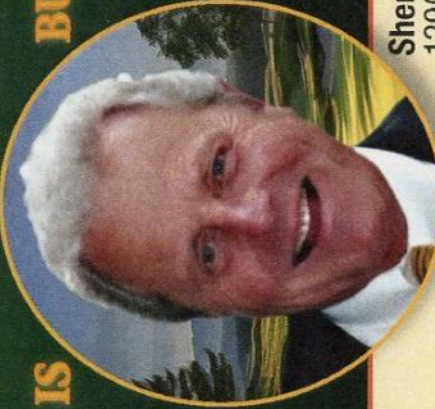
TIM TAYLOR

A STAR IS

BURNED



SPINKS BUSINESS GRAPHICS
SPINKS@AMERITECH.NET



Virgil Dominic
RETIRED LEGENDARY TV8
NEWS DIRECTOR AND
GENERAL MANAGER



Robin Swoboda
FMR. TV8 NEWS ANCHOR
CO-HOST OF RETIREMENT
SOLUTIONS W/BILL SMITH



Denise Dufala
RETIRED TV8
NEWS ANCHOR



Carl Monday
LEGENDARY FOX8
I-TEAM REPORTER



Sandy Lesko
RETIRED TV8 NEWS
ANCHOR/REPORTER



Loree Vick
RETIRED TV8
NEWS ANCHOR



Dick Russ
RETIRED TV8 NEWS
ANCHOR/REPORTER



John Telich
RETIRED FOX8
SPORTS ANCHOR



Jimmy Malone
RET. CO-STAR, WMJI'S
"LANNIGAN & MALONE"



Tony Rizzo
FMR. FOX8 SPORTS
ANCHOR, HOST OF ESPN
850'S "REALLY BIG SHOW"



John Rinaldi
FOX8'S "BIG CHUCK
& LIL' JOHN SHOW"



Kelly O'Donnell
NBC SR. WHITE HOUSE
CORRESPONDENT



Vince Cellini
FMR. FOX8 SPORTS
ANCHOR, CURRENT GOLF
CHANNEL ANCHOR



David Moss
FOX8 - HOST OF
"NEW DAY CLEVELAND"



Joe Benny
FORMER FOX8 NEWS
PRODUCER



Lynn Zele
FMR. TV8 NEWS
PRODUCER, SPECIAL
EVENTS



Bob Reid
RET. BEDFORD POLICE
CHIEF, CITY MGR &
COUNTY SHERIFF
TIM'S GOLF NEMESIS



Sherwood Forest Party Ctr
12900 Tinkers Creek Rd.
Valley View, OH 44125

M.C.: Kevin Salver, Ret. TV8
VP Promotion & Programming

MAKE YOUR RESERVATIONS NOW:
eventsatsherwoodforest.com



March 29, 2025
LIMITED tickets on sale
February 1, 2025

NO TICKET SALES AT DOOR

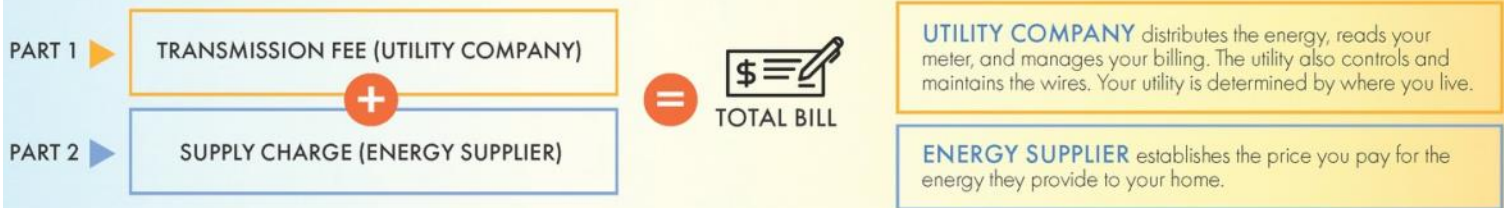
\$100 PER PERSON

All proceeds go to the Bedford Historical Society. Thank you for your generous support!



HOW TO READ YOUR ENERGY BILL

IN OHIO, UTILITY BILLS ARE SPLIT INTO TWO PARTS.



ELECTRIC

AEP OHIO (ELECTRIC)

Current AEP Ohio Charges	
Tariff 820 - Residential Service 06/27/18 Service Delivery Identifier:	
Transmission Service	\$ 0.00
Distribution Service	
Customer Charge	
Retail Stability Rider	
Deferred Asset Phase-In Rider	
Phase-In Recovery Rider	
Power Purchase Agreement Rider	
Current Electric Charges	\$ 0.00

Current NextEra Energy Services Ohio LLC Charges (855-667-3201)	
Supplier Account Number -	
Service Delivery	
Energy Charge	
Current Supplier Balance Due	\$ 0.00

NATURAL GAS

ENBRIDGE GAS OHIO

Current Charges	
Enbridge Gas Ohio Distribution Charges	
Basic Service Charge	\$00.00
Tax Savings Credit	0.00 CR
Gross Receipts Tax (4.6044%)	0.00
Total Enbridge Gas Ohio Charges	\$00.00
For questions about Enbridge Gas Ohio charges, call us at 1-800-362-7557.	
Total AGG NOPEC NEXTERA ENERGY	0.00
For questions about gas supply costs, contact AGG NOPEC NEXTERA ENERGY SERVICES (acct# XXXXXXXXXX) at 855-667-3201 or 20455 State Hwy 249, Suite 200 Houston, TX 77070 855-nopec01 or nopec.org.	

COLUMBIA GAS OF OHIO

Detail Charges	
Fixed Monthly Delivery Charge	\$00.00
Infrastructure Replacement Program Rider	\$0.00
Infrastructure Development Rider	\$0.00
Usage Based Charges	\$0.00
Delivery - Columbia Gas of Ohio	+\$00.00
Gross Receipts Tax @ 4.987%	\$00.00
Taxes & Fees	+\$0.00
Customer CHOICE Program	
Gas Supply Cost Incl Sales Tax	\$0.00
Supply - Nextera Energy Services (Nopec)	+\$0.00
Total Current Utility Charges	\$00.00

ILLUMINATING COMPANY (ELECTRIC)

Charges From The Illuminating Company	
Customer Number:	
Rate: Residential Service CE-RSD	
Customer Charge	0.00
Distribution Related Component	00.00
Cost Recovery Charges	00.00
Current Consumption Bill Charges	000.00

Charges From NOPEC - NextEra Energy Services Ohio	
31320 Solon Road, Suite 20, Solon, OH 44139 Customer Service: 1-855-667-3201 Account Number: XXXXXXXXXX Rate: GEN-GXXX	
Please note: Your Certified Retail Electric Service Provider has changed your supply rate.	
Billing Period: Dec 16, 2017 to Jan 17, 2018	
Basic Charge	1,574 KWH x 0.00000 \$00.00
Total NOPEC - NextEra Energy Services Ohio Charges	\$00.00



LEARN MORE

NOPEC is a governmental energy aggregation that combines the buying power of 240 Ohio communities to negotiate competitively priced electricity and natural gas.

VISIT NOPEC.ORG

or call our 24/7 Customer Care Center at

855-667-3201

for more information and to check NOPEC's rates.

Visit the NOPEC

ENERGY SAVINGS CENTER

for tips on how to reduce your energy usage
and save money on your electric bill.

nopec.org



HOW TO MANAGE BLOOD PRESSURE

✓ UNDERSTAND READINGS

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

Blood pressure is typically recorded as two numbers, written as a ratio like this:



117
76

Read as "117 over 76" millimeters of mercury.

SYSTOLIC

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120 -129	and	80
High Blood Pressure (Hypertension) Stage 1	130 -139	or	80 -89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/ or	Higher than 120

✓ TRACK LEVELS



A diagnosis of high blood pressure must be confirmed with a health care professional. Any unusually low blood pressure readings should also be evaluated.

Health care professionals can take blood pressure readings and provide recommendations.

Learn more at heart.org/life 33



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels.



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure.



NO NICOTINE


Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.





SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.

TURKEY SLIDERS WITH AVOCADO, MUSHROOMS, AND SWISS CHEESE

 Calories
470 Per Serving

 Protein
45g Per Serving

 Fiber
8g Per Serving



These mini turkey burgers just melt in your mouth thanks to gooey cheese, warm mushrooms, and creamy avocado.

Ingredients:



Servings: 4 Serving Size: 2 sliders

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 lbs ground, skinless **turkey breast**
- 1/4 tsp salt
- 1 cup sliced brown (crimini) **mushrooms**
- 8 slices low-fat **Swiss cheese**
- 4 small **avocados** (mashed with a fork)
- 1 medium **tomato**, cut into 8 slices (about 1/4-inch thick)

Directions:

- 1** Preheat the oven to 450°F.
- 2** Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- 3** Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
- 4** Heat a large nonstick skillet or griddle pan over medium-high heat.
- 5** Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
- 6** Transfer the patties to the bottoms of the buns.
- 7** In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- 8** Spoon the mushrooms onto each patty. Top with the Swiss cheese.
- 9** Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
- 10** Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
- 11** Using four short skewers, pierce two sliders with each skewer. Serve immediately.

MARCH HOLIDAYS

DATE	HOLIDAY	DATE	HOLIDAY
1	National Peanut Butter Lover's Day	16	National Panda Day
2	National Egg McMuffin Day	17	St. Patrick's Day
3	National Day of Unplugging	18	National Corn Dog Day
4	National Hug a G.I. Day	19	National Let's Laugh Day
5	National Cheese Doodle Day	20	International Day of Happiness
6	National Dentist's Day	21	National Crunchy Taco Day
7	Alexander Graham Bell Day	22	National Goof Off Day
8	International Women's Day	23	Cuddly Kitten Day
9	Popcorn Lover's Day	24	National Chocolate Covered Raisin Day
10	International Bagpipe Day	25	International Waffle Day
11	National Oatmeal Nut Waffle Day	26	Live Long and Prosper Day
12	National Plant a Flower Day	27	International Scribble Day
13	National Napping Day	28	Eat an Eskimo Pie Day
14	National Pi Day	29	World Piano Day
15	Buzzards Day	30	National Pencil Day
		31	Manatee Appreciation Day



SENIOR HUMOR & MORE — *SUBMITTED BY OUR SENIORS*

What did the leprechaun say when the video game ended? Game clover!

What do you call a fake Irish stone? A sham-rock!

Why do most people wear shamrocks on St. Patrick's Day? Because you can't wear real rocks... they are too heavy!

Why is St. Patrick's Day a frog's favorite holiday? Because they already wear green!

What should you say to a runner in the St. Patrick's Day marathon? Irish you luck!

Where will you always find gold? In the dictionary!

Why do leprechauns hate running? They'd rather jig than jog!

What is a leprechaun's favorite cereal? Lucky Charms, of course!

Who was St. Patrick's favorite superhero? Green Lantern.

Why can't Irish golfers ever end a game? They refuse to leave the green.

Why do leprechauns enjoy recycling? Because they like to go green!

What baseball position do leprechauns play? Shortstop!

Why do you never want to iron a four-leaf-clover? Because you don't want to press your luck!

What is Irish and sits on the back porch? Paddy O'Furniture!

What did one Irish ghost say to the other Irish ghost? Top O' the moaning to you!

What did the leprechauns use to get to the moon? A sham-rocket!

What do they call an Irish jig at McDonald's? Shamrock Shake!

What kind of coin did the leprechaun put in the vending machine? A lepre-coin!

When is an Irish Potato not an Irish Potato? When it's a FRENCH fry!

What kind of music do leprechauns like to listen to? Shamrock 'n' roll!

What kind of spells do leprechaun witches cast? Lucky Charms!

Why is it impossible to ask a leprechaun to borrow money? They are always a little short!

How can you tell when an Irish person is in a good mood? They are Dublin over with laughter!

What type of bow can't be tied? A rainbow!

What does a leprechaun call a happy man wearing green? A jolly green giant!

Why do leprechauns love to garden? They have green thumbs!

Why did the leprechaun get the job as a secretary? They were good at shorthand!

How is a good friend like a four-leaf clover? They're hard to find and lucky to have

What do leprechauns love to barbecue? Short ribs!

How can you spot a jealous leprechaun? He'll be green with envy

What do you call a fake diamond in Ireland? A sham-rock

What do you call a leprechaun who gets sent to jail? Answer: A lepre-con

Knock, knock! Who's there? Irish. Irish who? Irish you a happy St. Patrick's Day!

St Patrick's Maze

You are a tourist on vacation in Ireland! Start at the Giant's Causeway and work your way across Ireland to the island of Skellig Michael.

Climb the basalt columns of the Giant's Causeway. Legends claim that it was built by the giant Finn MacCool.

Visit the Slieve Mountains! St Patrick lived near the mountains as a teen. He was brought to Ireland as a slave and worked there as a shepherd.

See the Cliffs of Moher which stretch for 5 miles and reach a height of 700 feet!

Visit the monastery on the island of Skellig Michael and you might recognize some scenes from Star Wars: The Force Awakens!

Giant's Causeway

Slieve Mountain

National Leprechaun Museum

Cliffs of Moher

Blarney Stone

Learn about the mythical side of Ireland at the National Leprechaun Museum in Dublin.

Kiss the Blarney Stone at Blarney Castle and get the "gift of the gab!"

Skellig Michael

The Puzzle Den <http://www.teacherspayteachers.com/Store/The-Puzzle-Den> © 2018 Leslie Vrolyk

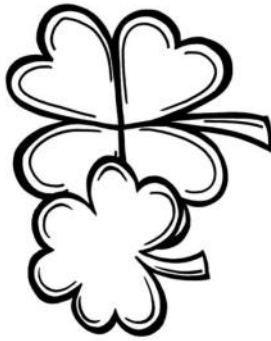
PUZZLES

St Patrick's Word Sudoku

Solve these puzzles the same way you would a standard Sudoku puzzle, but instead of numbers, these puzzles have letters. Place one letter in each empty cell so that every row, every column and every 2x3 box contains one of each letter. The title of the puzzle contains the letters you will use to fill the grid.

	L	O	V	E	
E		R		L	O
	O		R		L
L			O		E
R	E		L		
		L		R	V

CLOVER



GOLDEN



	G	O	L	D	
N		D			O
G				D	L
				E	
L				E	G
D					N

St Patrick's Picto-Crossword

Write the names of each picture in the crossword puzzle grid.

1 Ireland

2 Hand

3 March

4 Rainbow

5 Shamrock

6 Harp

7 Gold

8 Shamrock

9 Leprechaun

10 Coins

11 Leprechaun

12 Jacket

13 Snake

14 Green

15 Leprechaun

16 Leaf

17 Pot

18 Potato

16 down

13 down

13 across

16 across

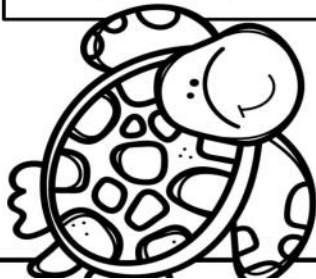
There was an old man of Dunbrody,
Who taught little, wick to drink tea,
For the sake, 'o' eat more,
Is not proper or nice,
So my friends you must let them go free.

The Puzzle Dan <http://www.teacherspayteachers.com/store/The-Puzzle-Dan> © 2013 Leslie Vothak

CELEBRATE GREEN!

FIND THE WORDS

Since St. Patrick's Day is March 17th, let's celebrate all things green! Can you find all the hidden green items (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 green vegetables



5 green fruits



5 green animals



5 shades of green



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

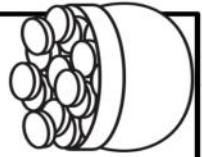
ST. PATRICK'S DAY!

Unscramble the words

March 17th is St. Patrick's Day! St. Patrick has been celebrated for over 1,000 years in Ireland and for about 400 years in the United States. After you've unscrambled each word, write the circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!



- leedhg _____ ○ _____
- beatcreel ○ _____
- ts. trakpic ○ _____
- crashmok _____ ○ _____
- bonawri ○ _____
- dearspa _____ ○ _____
- dogo cluk _____ ○ _____
- napechurel _____ ○ _____
- reclov _____ ○ _____
- learndi _____ ○ _____
- pto fo glod _____

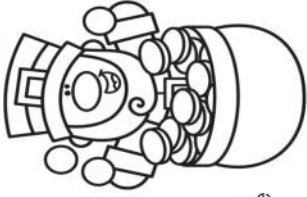


What is a leprechaun's favorite type of music?

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

LUCK OF THE IRISH

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.

START ↑

rainbow

gold coins

leprechaun

shamrock

pot of gold

lucky hat

FINISH ↑

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MARCH MADNESS

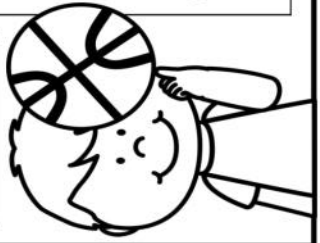
WORD SEARCH



March Madness is that time of year when the NCAA men's and women's college basketball tournaments are held. You'll find 8 women's teams and 8 men's teams hidden below. Can you find them all?

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

- WORD BANK**
- Cardinal
 - Lady Bears
 - Fighting Irish
 - Huskies
 - Aggies
 - Volunteers
 - Terrapins
 - Raiders
 - Jayhawks
 - Blue Devils
 - Bulldogs
 - Wildcats
 - Razorbacks
 - Tigers
 - Wolverines
 - Spartans



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ANSWERS

C	L	O	V	E	R
E	V	R	C	L	O
V	O	E	R	C	L
L	R	C	O	V	E
R	E	V	L	O	C
O	C	L	E	R	V

E	G	O	L	D	N
N	L	D	G	E	O
G	E	N	D	O	L
O	D	L	E	N	G
L	N	E	O	G	D
D	O	G	N	L	E



ST. PATRICK'S DAY!

Unscramble the Words

ANSWER KEY

- leedng L E G E N D
- beatcreel C E L E B R A T E
- ts. trakpic S T P A T R I C K
- crashmok S H A M R O C K
- bonawri R A I N B O W
- dearspa P A R A D E S
- dogo cluk G O O D L U C K
- napechurel L E P R E C H A U N
- reclov C L O V E R
- learndi I R E L A N D
- pto fo glod P O T O F G O L D

What is a leprechaun's favorite type of music?

S H A M R O C K N R O L L

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



CELEBRATE GREEN!

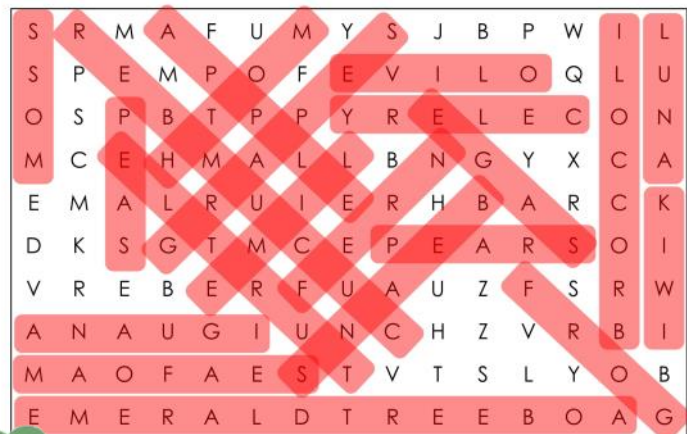
FIND THE WORDS



ANSWER KEY

FIND AND CIRCLE:

- 5 vegetables: PEAS, BEANS, CELERY, CUCUMBER, BROCCOLI
- 5 fruits: GRAPES, PEARS, APPLE, KIWI, LIME
- 5 animals: IGUANA, TURTLE, EMERALD TREE BOA, FROG, LUNA MOTH
- 5 green: OLIVE, MOSS, FERN, SEAFOAM, SAGE



FEBRUARY BIRTHDAYS

Marchell Adams
Joan Berger
Annette Black
Charlotte Burge
Bernie Chmura
Claudette Cole
Ruth Durand
Betsy Findley
Joy Freda
Terri Golden
Maggie Hofstetter
Sharon James
Michael Kado
Stephanie Keitt

Joseph Kensicki
Judith Kobus
Marilyn Koci
Carolyn Kucia
Mike Ligas
Leanne Long
Jeanette McCarthy
Barbara McDaniel
Nettie Mcdermott
Dorothy Mulh
Karen Murphy
James O'Neill
Edward Payne
Ken Peiper

Rochelle Petak
Dale Praznik
Martha Reynard
Lynn Richardson
Sheila Richardson
Sampson Shaw Jr.
Robert Sanson
Sandy Spinks
Barb Spencer
Arla Stadden
Patricia Storey
Gemma Telling
Debbie Van Houten
Kimberly Whitted

FEBRUARY ANNIVERSARIES

No anniversaries this month

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

Charles Bohnak, Jr.
Margaret Bohnak
Bobby Davis
Vanetta Davis

Jacqueline Haskin
Carmeleen Kustala
Daniel Mcquistion
Ken Peiper

Louella Robinson
Jeff Slezak
Debbie Van Houten
Tom Van Houten

CONTACT BEDFORD PARKS & RECREATION

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