



# BEDFORD SENIORS CLUB NEWSLETTER

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**(440) 735-6570**



*"On April Fools Day, believe nothing, trust no one, just like any other day."*  
—Unknown

## 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, March 26: Swedish Meatballs over Noodles**

Registration deadline Friday, March 21.

### **Wednesday, April 9: Breaded Pork Chops, Mashed Potatoes, Vegetables**

Registration deadline Friday, April 4.

### **Wednesday, April 23: Sirna Burger, Chips, Pickles**

Registration deadline Friday, April 18.

***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.*

# MARCH

## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 3/6/25

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



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 3/11/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Strength & Balance 10:30am  Binge Watchers 2:00pm Billiards Open 2:00pm  Sunset Yoga 6:00pm	<b>2</b> Wii Bowling 9:45am Medicare Help 10am-3pm   LUNCH AND LEARN 12:00pm Get Crafty 2:00pm <u>No Chair Yoga</u>	<b>3</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball Open Play 1:30pm, 2:30pm Get Crafty 2:00pm Barre Above 6:00pm	<b>4</b> Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Jackie"  Tai Chi 5:30pm <i>Deadline for 4/9 lunch</i>
<b>7</b> Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm  Local Motion 6:00pm <u>No Sewing</u>	<b>8</b> Strength & Balance 10:30am  Binge Watchers 2:00pm Billiards Open 2:00pm  Sunset Yoga 6:00pm	<b>9</b>  Senior Lunch 12:00pm Bingo 1:00pm  Book Club 2:00pm Chair Yoga 5:30pm	<b>10</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball Open Play 1:30pm, 2:30pm Sneak Peak 1:00pm "Complete Unknown" Barre Above 6:00pm	<b>11</b> Strength & Core 10:45am  Peddling 12:00pm Silver Screen 1:00pm "Complete Unknown"  <u>No Tai Chi</u>
<b>14</b> West Side Market 9:45am Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm  Local Motion 6:00pm Sewing 6:00pm	<b>15</b> Strength & Balance 10:30am  Binge Watchers 2:00pm Billiards Open 2:00pm  Sunset Yoga 6:00pm	<b>16</b> Wii Bowling 9:45am  Healthy Brain ALZ Workshop 12:00pm Sparkling Portraits 2:00pm  Chair Yoga 5:30pm	<b>17</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball Open Play 1:30pm, 2:30pm Silver Screen 1:00pm "Apollo 13 Survival" Get Crafty 3:00pm <u>No Barre Above</u>	<b>18</b>  <i>Deadline for 4/23 lunch</i>
<b>21</b> Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm  Local Motion 6:00pm Sewing 6:00pm	<b>22</b> Strength & Balance 10:30am  Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm Downsize/Declutter 6:00pm	<b>23</b> Understand Sleep 10:30am   Senior Lunch 12:00pm Fall Prevent Bingo 1:00pm  Chair Yoga 5:30pm AI Art/Video 6:30pm	<b>24</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am  Pickleball Lessons 12:30pm AI Art/Video 1:00pm Pickleball Open Play 1:30pm, 2:30pm Barre Above 6:00pm	<b>25</b> Strength & Core 10:45am  Peddling 12:00pm Silver Screen 1:00pm "Juror #2"  Tai Chi 5:30pm
<b>28</b> Mind Challenge 9:30am Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm  Local Motion 6:00pm Sewing 6:00pm	<b>29</b> Strength & Balance 10:30am  Binge Watchers 2:00pm Billiards Open 2:00pm  Sunset Yoga 6:00pm Climate Change 6:30pm	<b>30</b> Wii Bowling Playoffs & Potluck   Chair Yoga 5:30pm		<b>SATURDAYS</b> <i>Energizing Yoga 9:00am            April 5, 26            (No class 4/12, 4/19)</i>

## IN MEMORIAM



### **RICHARD A. MOORE SR**

age 96 of Bedford passed away on Friday, February 14, 2025. Beloved husband of the late Betty (nee Saybel); loving father of Kathleen (Tom) Sabo, Patricia Sirna and the late Richard Moore Jr; dearest pappap of Thomas (Kristie) Sabo, Lindsey Sirna and Amanda Sabo and great grandfather of 6; dear brother of Susan Menges and the following deceased Paul T. Moore, Mavis Walker, Mary Lou Hammersley, and William F. Moore; longtime companion of the late Ruby Rhoad. Veteran of the U.S. Army Korean conflict. Richard was a retired auto worker at Ford Walton Hills Stamping Plant. He was a longtime member and volunteer at St. Mary Church in Bedford. Richard was also a member of the Bedford Eagles and the Northfield VFW. The family expresses their gratitude to the staff at the

Light of Hearts Villa for their gracious care and devoted service. Funeral services and burial will be at a later date. In lieu of flowers, contributions to Light of Hearts Villa are recommended. Arrangements by St. John's Funeral Home.

### **STELLA WITOWSKI**

Stella recently passed away and a memorial service will be announced later this spring/early summer.

Heartfelt condolences to her family and many friends in the Club.



## RECREATION PROGRAMS

### **Lunch & Listen: Jazz with the Students**

**RECENTLY ADDED!** Seniors are invited to enjoy a delicious lunch of pizza and salad while connecting with students from Heskett Middle School and Bedford High School. After lunch, sit back and relax as the talented young musicians take the stage for a special jazz performance. Don't miss this wonderful afternoon of food, music, and intergenerational fun!

Date: Wednesday, March 19

**\*\*Time: 11:00 am – 1:00 pm (Doors open at 10:30 am)**

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members or \$10 for non-members



# RECREATION PROGRAMS

## Cash Explosion Watch Party & Potluck

**SPECIAL!** Join us for an exciting Watch Party as we cheer on our very own Senior Club member, Frank Lucas, on the Ohio Lottery Cash Explosion show! It's going to be a fun-filled evening of excitement, anticipation, and good company. Bring your favorite dish to share for a delicious potluck and root for Frank as he takes the spotlight! Don't miss out on this special event—let's show Frank our support! Space is limited.

Date: Saturday, March 29

Time: 6:30 pm – 8:30 pm

Location: Ellenwood Center Room 4

Fee: Free. Bring a dish to share. Bedford Senior Club members only.



## 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

## 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 staff

Location: Ellenwood Center Room 4

Date: Wednesday, March 26, 2025

Time: 10:30 am – 11:30 am

Fee: Free



# 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 preferred



# 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



**Paper Dahlia Flowers** — Wednesday, April 2

**Craft TBA**— Wednesday, May 7

**Craft TBA**— Wednesday, June 4

**BONUS CRAFTS!** Limited spots!

**Craft with Rachel — Bunny Treat Bag**—Thursday, April 3, 2:00 pm—4:00 pm

**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 (\*\*\$30 for porch leaner)

**Cherry Blossom** — Wednesday, March 19

**Fiesta Fiesta** — Wednesday, April 16

**\*\*Patriotic Porch Leaner** — Wednesday, May 21





# 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, 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

## 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, March 17, 24, 31, April 7, 14, 21, 28, May 12, 19 (No class 5/5/)

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 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

## 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, March 12, 19, 26, April 9, 16, 23, 30, May 7, 14, 21, 28 (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



# 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, March 25, April 1, 8, 15, 22, 29, May 13, 20, 27 (No class 3/18, 5/6)

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, March 13, 27, April 3, 10, 24, May 1, 8, 15, 22, 29 (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

*These are classes are currently full...*

Cardio Drumming, Modified Peddling, Beginner Pickleball Lessons  
Strength & Balance

***Add yourself to the waitlist—we can call you when folks withdraw/cancel!***

## Skeeball League

Join our Skeeball League and compete with your friends and make new friends along the way. You don't have to be skilled to have a great time! Skee-Ball is an arcade game that is played by rolling a ball up an inclined lane and over a "ball-hop" hump that jumps the ball into bullseye rings. Players will roll 3 games and keep their top 2 scores. There is also fun bonus games to add points to your weekly total. We are looking for new and veteran skeeballers to play in our fall/winter league. We are accepting 2-person teams or individuals looking for a partner. No prior experience is needed.

Location: Ellenwood Center – Room 2

Dates: First & Third (and Fifth) Wednesday of each month beginning May 7

Time: 9:30 am - 12:00 pm

Fee: Free; Bedford Senior Club members only

## 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 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

## 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, March 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

## 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, 26, May 3, 10, 17 (No class 4/12, 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

## 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, March 14, 21, 28, April 4, 11, 25, May 2, 9, 16, 23, 30 (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

## 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, April 2 & Wednesday, May 7 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 Karaoke Night:** Friday, March 14, 5:00pm-9:30pm in Ellenwood Gym— **FULL**
- **Fill 2,000 Easter Eggs with Candy/Trinkets:** Monday, March 31, 1:00pm-4:00pm in Ellenwood Room 1
- **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 **FULL**
- **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.

## 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.



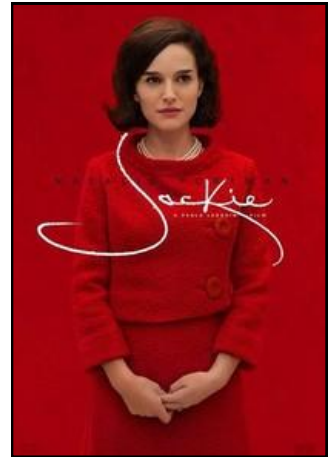
# RECREATION PROGRAMS

## 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, April 4: Jackie (2017)

*After her husband's assassination, Jackie Kennedy's (Natalie Portman) world is completely shattered. Traumatized and reeling with grief, over the course of the next week she must confront the unimaginable: consoling their two young children, vacating the home she painstakingly restored, and planning her husband's funeral. Jackie quickly realizes that the next seven days will determine how history will define her husband's legacy - and how she herself will be remembered. Rated R primarily due to its graphic depiction of the assassination of JFK, alongside some strong language. 2 hours, 6 mins.*



### Two Showings! Thursday, April 10 & Friday, April 11: A Complete Unknown (2024)

*New York, 1961. Against the backdrop of a vibrant music scene and tumultuous cultural upheaval, an enigmatic 19-year-old from Minnesota arrives with his guitar and revolutionary talent, destined to change the course of American music. He forges intimate relationships with music icons of Greenwich Village on his meteoric rise, culminating in a groundbreaking and controversial performance that reverberates worldwide. Timothée Chalamet stars and sings as Bob Dylan in James Mangold's A COMPLETE UNKNOWN, the electric true story behind the rise of one of the most iconic singer-songwriters in history. Rated R for Profanity, Drug/Alcohol Use, and Sex. 2 hours, 21 mins.*



### Thursday, April 17: Apollo 13 Survival (2024)

*Just nine months after Neil Armstrong's historic moon landing, NASA faced the greatest crisis in its history. On the night of April 13th 1970, a catastrophic explosion rocked the Apollo 13 spacecraft, stranding three astronauts halfway to the moon. Within a few hours, the primary oxygen and power supply would be gone, setting the stage for one of the great survival stories in human history. What unfolded over the next four days was a rescue mission like no other; a knife-edge, life-or-death drama, broadcast in real time to the watching world. Not Rated. 1 hour, 38 mins.*



### Friday, April 25: Juror #2 (2024)

*"Juror #2" follows family man Justin Kemp (Nicholas Hoult) who, while serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma... one he could use to sway the jury verdict and potentially convict--or free--the accused killer. Rated PG-13. 1 hour, 54 mins.*



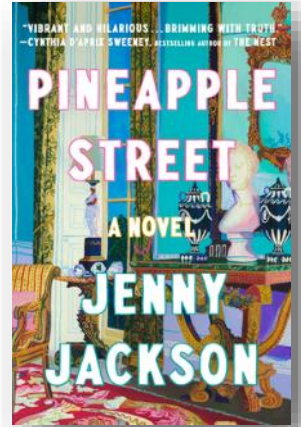
# RECREATION PROGRAMS

## 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, April 9: Pineapple Street by Jenny Jackson

*Darley, the eldest daughter in the well-connected, old money Stockton family, followed her heart, trading her job and her inheritance for motherhood but giving up far too much in the process; Sasha, a middle-class New England girl, has married into the Brooklyn Heights family, and finds herself cast as the arriviste outsider; and Georgiana, the baby of the family, has fallen in love with someone she can't have and must decide what kind of person she wants to be.*



*Shot through with the indulgent pleasures of life among New York's one-percenters, Pineapple Street is an addictive, escapist novel that sparkles with wit. Full of recognizable, lovable—if fallible—characters, it's about the peculiar unknowability of someone else's family, the miles between the haves and have-nots, and the insanity of first love—all wrapped in a deliciously funny, sharply observed debut of family, love, and class.*

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



### Grace & Frankie Season 5

March 25 — Episodes 1-4

April 1 — Episodes 5-8

April 8 — Episodes 9-13

### Only Murders in the Building Season 1

*Three strangers (Steve Martin, Martin Short, and Selena Gomez) share an obsession with true crime and suddenly find themselves wrapped up in one. When a grisly death occurs inside their exclusive Upper West Side apartment building, the trio suspects murder and employs their precise knowledge of true crime to investigate the truth. Perhaps even more explosive are the lies they tell one another. Soon, the endangered trio comes to realize a killer might be living among them as they race to decipher the mounting clues before it's too late. Comedy, Suspense, Drama. TV-MA*

April 15 — Episodes 1-3

April 22 — Episodes 4-7

April 29 — Episodes 8-10





## RECREATION PROGRAMS

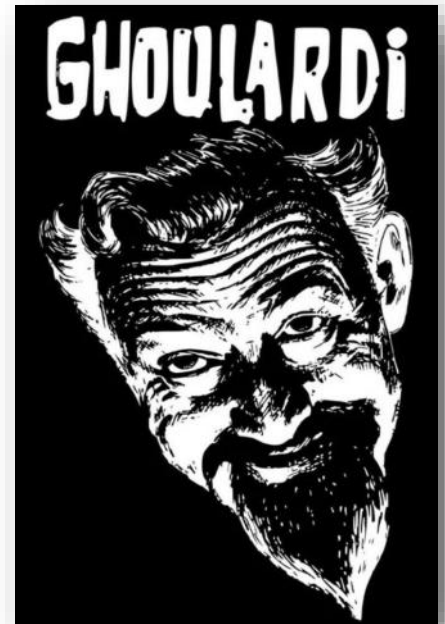


**LUNCH**  
**AND LEARN**  
WITH **BEDFORD**  
PARKS & RECREATION

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.

### Ghoulardi—The King of Cool

Dive into the fascinating world of Cleveland's legendary 1960s TV icon, Ghoulardi! Ghoulardi captured the hearts of audiences with his wild antics, witty humor, and offbeat charm. Explore the unforgettable moments of Ghoulardi's show, his love for cult classic films and quirky songs, and the man behind the mask—Ernie Anderson. Discover how Ghoulardi's larger-than-life persona shaped a unique cultural legacy and how his influence carried on even after his days on TV. And of course, no Ghoulardi gathering would be complete without a nod to his favorite food; his wife's Saturday night New England supper of frankfurters, beans, and cornbread. Bring your appetite for knowledge (and a few laughs) as we talk about everything Ghoulardi—from the films he showcased to his personal life after the show. As Ghoulardi himself would say: "Hey Group - Cool It, Stay Sick, Turn Blue!"



**Date: Wednesday, April 2**

**Time: 12:00 pm - 1:30 pm**

**Location: Ellenwood Center Gym**

#### ***Save the Date...***

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

*Sound & Soul: Celebrating Black Music Month —Wednesday, June 4*



# DAY TRIPS for SENIORS



Register online: [bedfordoh.myrec.com](http://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 is open. 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

# DAY TRIPS for SENIORS



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

## Show & Dinner: Hamilton at Playhouse Square Wednesday, July 2

*A revolutionary story of passion, unstoppable ambition, and the dawn of a new nation.*

*HAMILTON is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, HAMILTON has had a profound impact on culture, politics, and education. HAMILTON features book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler, and musical supervision and orchestrations by Alex Lacamoire. In addition to its 11 Tony Awards, it has won Grammy®, Olivier Awards, the Pulitzer Prize for Drama, and an unprecedented special citation from the Kennedy Center Honors.*

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 11:30am by the pavilion and leave Ellenwood Center at 11:45am. Theatre performance starting at 1:30pm. Runtime including intermission is 2 hours and 15 minutes. We will depart immediately after show and head to dinner on your own at TBA restaurant in Independence area. Estimated return is 7:00pm. 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 \$107). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 40 ticket limit; don't delay!

**Fee: \$70 Bedford Senior Club member/\$80 for non-member**

*Registration for Bedford Club Members is open. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning April 1. Limit of 2 guests max. Registration deadline April 11. No refunds after the deadline.*



# 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 is open for Bedford Club Members. 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

**Tower City & Casino Trip**

August 2025

**Cleveland Guardians vs. Houston Astros**

Saturday, September 27, 2025 at Progressive Field



# TAX PREPARATION ASSISTANCE

## Tax Assistance at Ellenwood Center

Tax season doesn't have to be overwhelming or expensive. With the Cuyahoga EITC Coalition, eligible individuals can get their taxes prepared and filed for free! IRS-certified tax professionals will ensure you receive the maximum refund possible, with no hidden fees. Plus, you'll receive expert support every step of the way. Why pay to file when you can do it for free? Get started today and make tax season stress-free!

**Free Tax Assistance for State and Federal returns is available to Bedford residents who qualify. Limited appointments are available at Ellenwood Center on Tuesday, March 18 between the hours of 10:00am-4:00pm.**

### In order to qualify you MUST:

1. Be a Bedford Resident (non-residents may register beginning March 13 space permitting)
2. Earn less than 67k per year
3. No Rental Income
4. No business loss filings or paid employees

### List of Documents to Bring:

1. Photo ID: Driver License, Passport, Government-Issue Photo ID
2. Social Security Cards for every person that will be listed on return (including children) or ITINS
3. All tax documents that have been received for the tax year (including but not limited to: W-2, 1095-A, 1098-T, 1098-E, 1099-R, 1099-INT, 1099-DIV, 1099-MISC, 1099-SSA, 1099-B)
4. Records for any other income
5. Last Year's Tax Return (if possible)
6. Bank account and routing number if using direct deposit to receive tax refund
7. If taxpayer has childcare expenses, need documentation of the amount paid, address of facility, and provider's Federal EIN number or provider's SSN
8. Identity Protection PIN if the IRS has assigned one to you
9. Retirement contributions
10. State and local taxes you've paid.
11. Mortgage statements and property tax bills
12. College tuition and student loan statements
13. Receipts for charitable donations
14. Medical and dental bills
15. Records for supplies used as an educator

**Failure to bring all required documentation with you to your appointment will delay the processing time and possibly forfeit your appointment.**

**To schedule an appointment, please register online or call the Bedford Parks & Recreation Department at (440) 735-6570. No walk-ins are accepted; you must have an appointment.**



# TAX PREPARATION ASSISTANCE

## 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](mailto: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 complaints.



The poster features a red header with the Cuyahoga County Fiscal Office logo and the text 'Cuyahoga County Fiscal Office' and 'Great Estates Program'. Below the header is an illustration of three people sitting at a table with a laptop, representing an informational session. The text 'Informational sessions Free and open to the public' is written in blue. At the bottom, there is a QR code and the text 'Register to join us!' and 'Visit [cuyahogacounty.gov/greatestates](http://cuyahogacounty.gov/greatestates)'.

### **Bedford Heights**

Wednesday, March 12, 2025 (6PM to 8PM)  
Bedford Heights Community Center  
5615 Perkins Road  
Bedford Heights, OH 44146

### **Beachwood**

Wednesday, April 16, 2025 (6PM to 8PM)  
Beachwood Community Center  
25325 Fairmount Blvd.  
Beachwood, OH 44122

**There will be staff on hand to assist with completing a Transfer on Death affidavit for your home and record it onsite!**



# City of Bedford Newsletter

## March 2025

Sign Up  
to receive your  
**BEDFORD NEWS**  
electronically!

[www.bedfordoh.gov](http://www.bedfordoh.gov)

### Important Dates

#### ◆ Council Meeting

March 3  
7:00 p.m.

#### ◆ Council Meeting

March 17  
7:00 p.m.

#### ◆ Town Hall

-at Ellenwood Center  
March 18  
6:30 p.m.

### Ready Notify

ReadyNotify is a mass notification system used by Cuyahoga County and participating municipalities to issue emergency notification 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 as well.

#### How to Register?

To register go to:

[www.cuyahogacounty.us/ready/readynotify/readynotify](http://www.cuyahogacounty.us/ready/readynotify/readynotify)

For any questions, please contact the Cuyahoga County Office of Emergency Management at 216-443-5700.



### Friendly Reminder

As a reminder to all residents and property owners, please maintain the front, back and side yard areas of your property by cutting the grass, removing weeds and trimming all trees and shrubs as needed on a regular basis (Bedford Codified Ordinances 1341.19, 1341.18). It is especially important to make sure all trees and shrubs are trimmed to provide a clear and unobstructed view of traffic from all directions and to protect pedestrians using sidewalks.

Your cooperation is greatly appreciated to help us keep our neighborhoods safe, clean and visually attractive.



### Town Hall Meeting

Join Mayor Koci, Bedford Councilmembers and Administration team to learn more about the future of the former UH Bedford site at a Town Hall on Tuesday March 18 at 6:30 pm at Ellenwood center gym.

### Computer Round-up

The following can be dropped of at the Service Garage, 100 Solon Road, April 14-18 and April 21-25 Monday through Friday between 8:00 a.m. and 3:00 p.m. **(NO AFTER HOURS DROP OFF)**; CPU's, monitors, keyboards, tablets, software and cell phones.

**Bedford residents only, no businesses.**

### Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 14-18 and April 21-25 Monday through Friday between 8:00 a.m. and 3:00 p.m. **(NO AFTER HOURS DROP OFF)**; Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury.

CFL – Compact or tube fluorescent bulbs are **not accepted** in our round up.

**NO LATEX PAINT ACCEPTED**, (Remove lid, add drying agent such as kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash.

**Bedford residents only, no businesses.**

### News from The Bedford Garden Club

The history of The Bedford Garden Club will be presented by Jeanne Sapir on Thursday, March 20 at 7:00 p.m. at the Ellenwood Recreation Center, 124 Ellenwood - Room 4. Refreshments will be served and the public is invited to attend. Plans are underway for the Annual Plant Sale in May.



# CITY OF BEDFORD

## 2025 LANDSCAPE CONTRACTOR LIST

*Last Revised 3/11/2025*

**Anthony Coleman**  
**(216) 205-8960**

- Senior Discount Offered
- Price depends on lawn size
- Spring and fall cleanup available

**Dobbs Landscaping and Plowing**  
**(216) 780-1346**

- Senior Discount Offered
- Price depends on lawn size

**Gales Landscaping**  
**(216) 315-5216**

- Senior Discount Offered
- Price depends on lawn size

**Green's Lawn Service**  
**(216) 507-0045**  
**(216) 632-2285**

- Senior Discount Offered
- Price depends on lawn size
- Spring and fall cleanup available

**Just Like Mine Landscaping**  
**(440) 622-4001**  
**shaker329@gmail.com**

- 20% Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available

**Pro-Mow Landscaping**  
**(440) 439-4456**  
**(216) 276-3399 call/text**

- Senior Discount Offered
- Price depends on lawn size
- Tree removal

**Turf Kings Property Management**  
**(216) 645-3108**

- Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available
- Spring and fall cleanup available

**Jim Westfall**  
**(440) 232-0544**

- Senior Discount Offered
- Price depends on lawn size & difficulty
- One-time cuts and seasonal contracts
- Spring cleanup available

**\*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 landscape 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.*







SERVING GREATER CLEVELAND MUNICIPALITIES SINCE 2016

# WHY A CARE MEMBERSHIP IS FOR YOU!



## What You Will Receive

CARE helps seniors maintain their independence and dignity by providing assistance with home and property projects, enabling them to age in place comfortably.



## CARE Member Benefits

Access a variety of services through a one year period, including general information, guidance, and support from our partner city social workers and CARE staff.



## Who CARE Serves

Home owners 60 and older living in the following cities:

- |                     |                    |
|---------------------|--------------------|
| ✓ Bedford           | ✓ Mayfield Heights |
| ✓ Cleveland Heights | ✓ Mayfield Village |
| ✓ Highland Heights  | ✓ Richmond Heights |
| ✓ Lyndhurst         | ✓ Solon            |
| ✓ Maple Heights     | ✓ South Euclid     |



## Volunteer Support

Dedicated volunteers from diverse backgrounds working together to complete projects and bringing a wide range of skills and abilities.



## Needs-based Services

- Yard care
- Minor painting & repairs
- Exterior Cleaning
- Home organizing
- Safety Support

\*We do not provide mowing, snow removal, electrical, plumbing, gutter cleaning, housekeeping or services requiring a professional or the use of a ladder.



## Income-eligible, No Cost Services Available

All are welcome to participate. Costs are assessed on a case by case basis. Currently, 85% of members receive services free of charge.

TO BECOME A MEMBER, CALL 216-970-0599

1370 Victory Drive, South Euclid, OH 44121

216-970-0599

careneo.org

\*CARE is supported by foundations, donations and membership fees\*

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 16 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, April 24: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

April Title: *The American Queen: A Novel* by Vanessa Miller

**Digital Navigator at Bedford**

Monday-Wednesday, April 21-23: 9:30am - 6:00pm

Bedford Branch

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.

**Excel Basics**

Friday, March 28: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Learn the essentials of Excel, topics include entering data, using autofill, and performing calculations using basic formulas and functions. Prerequisite: Computer Basics or equivalent experience.

**Greeting Card Design with Canva**

Friday, April 18: 11:00am - 1:00pm

Bedford Branch - Meeting Room

Learn how to create and customize your own greeting card using the online graphic design tool, Canva. Designs will be printed and applied during the program, giving you a completed card to take home! Registration opens on Monday, March 17 at 9:00am. Basic computer skills required.

**Google Apps Basics**

Friday, May 09: 10:00am - 12:00pm

Bedford Branch - Meeting Room

Explore Google's web-based apps: Docs, Sheets & Slides. Organize files in the cloud using Google Drive. Prerequisite: Computer Basics or equivalent experience. Preferred: Google account with password. Registration opens on Monday, April 7 at 9:00am.

**Black Barbie: Documentary Screening and Discussion**

Monday, May 19: 6:00pm - 8:00pm

Bedford Branch - Meeting Room

Tracing the origin of the first Black Barbie doll to the filmmaker's aunt, who asked why Barbie couldn't look like her, this "Black Barbie: A Documentary" explores her quest for representation and diversity. Enjoy this fascinating documentary and take part in a post-screening discussion.

# Food Distribution

Spring 2025

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free food to those in need on select dates on a first-come, first-served basis, while supplies last, weather permitting.



## Dates & Locations

### BEDFORD BRANCH

Wednesdays, April 16, May 21  
1:30 – 3:30 PM

### BROOK PARK BRANCH

Wednesdays, March 26,  
April 23, May 28 / 2 – 3:30 PM

### BROOKLYN BRANCH

Mondays, April 14, May 12  
10:30 AM – 12 PM

### GARFIELD HEIGHTS BRANCH

Wednesdays, April 2, May 7  
11 AM – 1 PM

### MAPLE HEIGHTS BRANCH

Tuesdays, April 8, May 13  
10 AM – 12 PM

### PARMA HEIGHTS BRANCH

Wednesdays, April 16, May 21  
10 AM – 12 PM

### PARMA-SNOW BRANCH

Tuesdays, March 4, April 1,  
May 6 / 3:30 – 5 PM

### SOUTH EUCLID-LYNDHURST BRANCH

Tuesdays, March 25, April 22,  
May 27 / 12 – 2 PM

### WARRENSVILLE HEIGHTS BRANCH

Thursdays, March 13, April 10,  
May 8 / 1:30 – 3 PM

Cuyahoga  
County  
Public  
Library



Greater Cleveland  
Food Bank



[cuyahogalibrary.org](http://cuyahogalibrary.org)



# Protect Your SNAP EBT Benefits Don't Be Scammed!



## Helpful Tips:



1. Download the **ConnectEBT app** from your app store to Lock and Unlock your SNAP benefits. This app can also be used to change your PIN
2. Never share your EBT card number or PIN. Cuyahoga Job and Family Services will not request this information

## How Do I Protect My EBT Card?



1. Access or create your ConnectEBT account please visit: [connectebt.com](https://connectebt.com) or scan the QR code above
2. Create a ConnectEBT account to lock/unlock your EBT card
3. Change your PIN regularly (before your load date)

## What Should I Do If I Think My Benefits Were Stolen?



For more information on how to report suspected stolen SNAP EBT benefits or information on how to complete the JFS 07011 form (available in multiple languages) please visit our website: <https://bit.ly/SNAPCardTips>



Department of Health and Human Services  
Cuyahoga Job and Family Services





## Home Repairs for Older Adults in Cuyahoga and Lorain Counties

WRAAA NailsIt! & WRAAA Works

### WRAAA Nails It

Many seniors in Cuyahoga County cannot handle home repairs on their own or afford necessary health, safety, and accessibility improvements. The WRAAA Nails It program is addressing this need by providing essential repairs and modifications. This program prioritizes practical updates like installing grab bars, toilet rails, ADA-compliant toilets, accessible showers, stair rails, and single window replacements.

These improvements help seniors and adults with disabilities live comfortably, safely, and often independently in their homes. These simple changes make a significant difference for the most vulnerable members of the community.

#### Eligibility Requirements:

- Must be a Cuyahoga County resident
- Must own and live in the home
- Must be age 60 or older, or an adult living with a physical disability
- Must be at a low to moderate income level

**For more information or to apply:** Call (216)-453-8359 or email [NailsIt@areaagingsolutions.org](mailto:NailsIt@areaagingsolutions.org)  
Funded by Cuyahoga County ARPA funds.

### WRAAA Works

Many seniors in Cuyahoga and Lorain Counties cannot handle home repairs on their own or afford necessary health, safety, and accessibility improvements. The WRAAA WORKS program is addressing this need by providing essential repairs and modifications. This program prioritizes practical updates like installing grab bars, toilet rails, ADA-compliant toilets, accessible showers, stair rails, and single window replacements.

These improvements help seniors and adults with disabilities live comfortably, safely, and often independently in their homes. These simple changes make a significant difference for the most vulnerable members of the community.

#### Eligibility Requirements:

- Must be a Cuyahoga or Lorain County resident
- Must own and live in the home
- Must be age 60 or older, or an adult living with a physical disability
- Must be at a low to moderate income level

**For more information or to apply:** Call (216)-453-8359 or email [Works@areaagingsolutions.org](mailto:Works@areaagingsolutions.org)  
Funded by U.S. DHHS- Administration for Community Living



VOTE CUYAHOGA COUNTY BOARD OF ELECTIONS

**MAY 2025  
PRIMARY ELECTION**

**IMPORTANT DATES!**

<b>April 7th</b>	Voter Registration Deadline   9:00PM
<b>April 8th</b>	Early Voting Begins (Absentee & In-Person)
<b>April 29th</b>	Absentee Ballot Request Deadline   8:30PM
<b>May 5th</b>	Absentee Ballot U.S. Postmark Deadline
<b>May 6th</b>	Primary Election   6:30AM to 7:30PM

For more information, visit [boe.cuyahogacounty.gov](http://boe.cuyahogacounty.gov)

**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



# DEMENTIA SUPPORT GROUP



April 2nd, 2025  
1PM -2PM

7650 First Place,  
Bldg. B. Ste. H  
Oakwood Village,  
Ohio 44146

Are you the support system for a loved one with dementia? Please join us for an evening of empowerment, as we come together to enjoy supportive community, dementia resources and meaningful conversation.

You're not alone!

If you are interested in attending or have any questions Please call  
**440.914.1400**

Guest are welcome!



[homeinstead.com/116](https://homeinstead.com/116)

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GARFIELD HEIGHTS HIGH SCHOOL  
THEATRE DEPARTMENT PROUDLY PRESENTS...



# SIX

THE MUSICAL

TEEN EDITION

Free Senior Citizen Preview Performance!  
Thursday April 3 10am

SIX THE MUSICAL™ SIX™ and SIX purple and gold logo® are trademarks and registered trademarks of Ex-Wives Ltd., used under license, all rights reserved.

AT THE GARFIELD HEIGHTS CENTER FOR THE PERFORMING ARTS

Center for the Performing Arts at Garfield Heights High School  
4900 Turney Road Garfield Heights, Ohio 44125





# HOW TO MANAGE BLOOD SUGAR

## ✓ UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise

### GLUCOSE INSULIN

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

*In Type 2 diabetes, glucose builds up in the blood instead of going into cells because:*

The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



## ✓ TRACK LEVELS

Health care professionals can take blood glucose readings and provide recommendations. If you're diagnosed with Type 2 diabetes, you will need to monitor your blood sugar level regularly.

Visit [KnowDiabetesbyHeart.org](https://www.heart.org/knownothing) to learn how to manage your risk for heart disease and stroke if you have diabetes.

Fasting Blood Glucose	Diagnosis	What It Means
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (impaired fasting glucose)	At increased risk of developing diabetes.
126 mg/dl or higher	Diabetes Mellitus (Type 2 diabetes)	At increased risk of heart disease or stroke.



## 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

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it.



### MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes





### NO NICOTINE

Smoking, vaping, exposure to secondhand smoke or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage.

Learn more at [heart.org/lifes8](https://www.heart.org/lifes8)

# CINNAMON SWEET TORTILLA CHIPS WITH FRUIT SALSA

 Calories  
66 Per Serving

 Protein  
1g Per Serving

 Fiber  
2g Per Serving



The tropical flavor of the fruit salsa teams well with the crunchy texture of cinnamon sweetened tortilla chips.

## Ingredients:



Servings: 8 Serving Size: 6

- Cooking spray
- 2 tablespoons olive oil
- 12 drops cinnamon-flavored liquid stevia sweetener
- ½ packet stevia sweetener packet (organic or natural) or ¼ teaspoon stevia sweetener (organic or natural)
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 8 6-inch corn tortillas, each cut into 6 wedges
- 1 medium orange, peeled and diced
- ½ cup diced mango (½ of a medium mango)
- 1 medium kiwifruit, peeled and diced
- ¼ cup pineapple tidbits, canned in their own juice, drained
- ¼ cup diced strawberries (about 2 large)
- 1 tablespoon chopped cilantro
- 1 teaspoon grated lime zest
- 2 squeezes tropical punch-flavored stevia water enhancer

## Directions:

- 1 Preheat oven to 400°F. Lightly spray a large baking sheet with cooking spray.
- 2 In a small bowl, stir together the oil, cinnamon-flavored liquid stevia sweetener, stevia sweetener, cinnamon, and salt.
- 3 Place half of the tortilla wedges in a medium bowl. Drizzle half of the oil mixture over the wedges. Repeat with the remaining tortilla wedges and oil mixture. Using a spoon or clean hands, toss the wedges with the oil mixture.
- 4 Arrange the wedges in a single layer on the baking sheet. Bake for 5 to 7 minutes. Using a spoon or clean hands, toss the wedges with the oil mixture.
- 5 Remove the baking sheet from the oven. Turn over the wedges. Bake for 5 to 7 minutes, or until the wedges are golden brown and crisp. Let cool for 10 minutes.
- 6 Meanwhile, in a small bowl, stir together the orange, mango, kiwifruit, pineapple, strawberries, cilantro, lime zest, and tropical punch-flavored stevia water enhancer. Serve with the tortilla chips.

# APRIL HOLIDAYS

## DATE

## HOLIDAY

- |    |                              |
|----|------------------------------|
| 1  | April Fool's Day             |
| 2  | National Ferret Day          |
| 3  | National Find a Rainbow Day  |
| 4  | International Carrot Day     |
| 5  | National Deep Dish Pizza Day |
| 6  | National Pajama Day          |
| 7  | National No Housework Day    |
| 8  | National Zoo Lovers Day      |
| 9  | National Unicorn Day         |
| 10 | National Siblings Day        |
| 11 | National Pet Day             |
| 12 | National Only Child Day      |
| 13 | National Scrabble Day        |
| 14 | National Pecan Day           |
| 15 | Titanic Remembrance Day      |

## DATE

## HOLIDAY

- |    |                                |
|----|--------------------------------|
| 16 | National Librarian Day         |
| 17 | National Kickball Day          |
| 18 | National Animal Crackers Day   |
| 19 | National Banana Day            |
| 20 | National High Five Day         |
| 21 | Keep Off the Grass Day         |
| 22 | Earth Day                      |
| 23 | National Picnic Day            |
| 24 | National Pigs in a Blanket Day |
| 25 | National Telephone Day         |
| 26 | National Pretzel Day           |
| 27 | National Tell a Story Day      |
| 28 | National Arbor Day             |
| 29 | Save the Frogs Day             |
| 30 | National Bugs Bunny Day        |

# JOKES & MORE! SUBMITTED BY OUR SENIORS



## What is a Dad Joke?

A "Dad Joke" is a short, one-liner joke or pun that is usually corny and predictable. These inoffensive jokes are stereotypically told by fathers among family. Some of the jokes are actually funny; and some are only funny because they are just simply cheesy.

Did you hear about the restaurant on the moon? Great food, no atmosphere.

What does a house wear? Address.

Why aren't Greeks morning people? Because dawn is tough on Greece.

Where do you learn to make a banana split? Sundae School.

What kind of music do balloons hate? Pop!

What do you call an alligator in a vest? An investigator.

How does a computer get drunk? It takes screenshots.

What do you call a pony with a sore throat? A little hoarse.

Why do melons have weddings? Because they cantaloupe.

Parallel lines have so much in common. It's really too bad they'll never meet

What do you call a cow in an earthquake? A milkshake.

Imagine if you walked into a bar and there was a long line of people waiting to take a swing at you. That's the punch line.

Why is it a bad idea to iron your four-leaf clover? Cause you shouldn't press your luck.

What rock group has four men that don't sing? Mount Rushmore.

When I was a kid, my mother told me I could be anyone I wanted to be. Turns out, identity theft is a crime.

Why did the invisible man turn down the job offer? He couldn't see himself doing it!



# JOKES & MORE! SUBMITTED BY OUR SENIORS

## EASTER ONE-LINERS (you've probably heard before)

Why did the Easter Bunny hide the egg? Because it was a little chicken.

How do you catch the Easter Bunny? Hide in the bushes and make a noise like a carrot.

What do you call a dumb bunny? A hare brain.

What's the best way to catch a unique rabbit? You 'nique up on him.

How many hairs in a rabbit's tail? None, they're all on the outside.

What do you call a line of rabbits walking backwards? A receding hareline.

How do you know carrots are good for your eyes? Have you ever seen a rabbit with glasses?

How are rabbits like calculators? They both multiply really fast.

How can you tell which rabbits are the oldest in a group? Just look for the gray hares.

What do you call a rabbit who tells good jokes? A funny bunny.

What is a rabbit's favorite dance? The Bunny Hop of course.

What would you call the Easter Bunny if he married a chicken? The first Rabbit to lay an egg.

What do you get when you pour hot water down a rabbit hole? A Hot Cross bunny.

How does the Easter Bunny stay fit? EGG-xercise and HARE-robics!

Where does the Easter bunny get his eggs? From an egg-plant.

## Six Things About Life I Learned from the Easter Bunny:

Don't put all of your eggs in one basket.

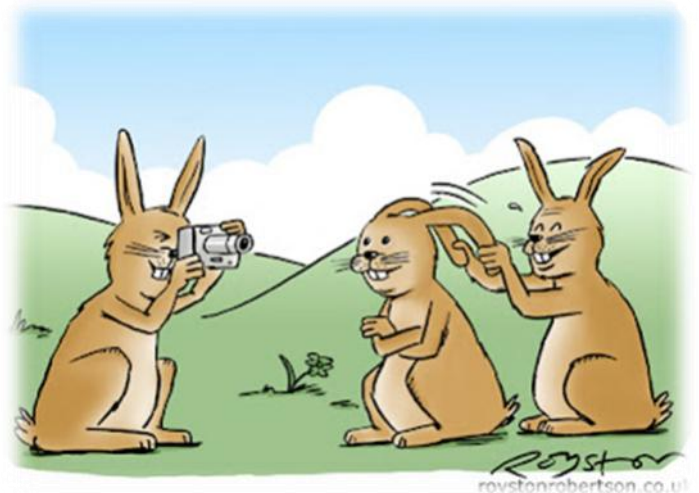
Everyone needs a friend who is all ears.

There's no such thing as too much candy.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

Some body parts should be floppy.



# PUZZLES

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

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

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

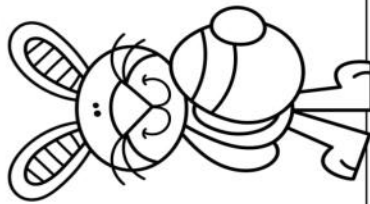
	1	6					2	
							5	9
2	3			6		1		
7		2		8			1	
					6		4	
				7	5			
		5				7	6	
	8	7			3			
		1					8	2



# EASTER FUN!

## FIND THE WORDS

Oftentimes Easter falls in April, but it can also fall in March. Can you find all the various items that relate to this wonderful holiday (hidden 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 Easter egg related words



4 Easter animals



4 Easter treats



3 April flowers



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

# BOOK GENRES

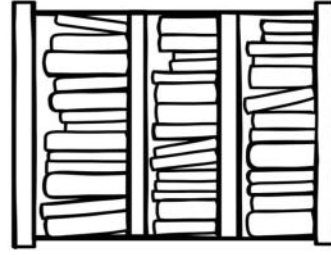
## UNSCRAMBLE THE WORDS

April is National Literature Month! After you've unscrambled each type of reading genre, write the circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!

1. pigharc lenvo
2. tafyasn
3. arfyi late
4. yestrym
5. gripahoby
6. vannedretu
7. noonfintic
8. thymlogyo
9. toyper
10. ruhom
11. roleflok

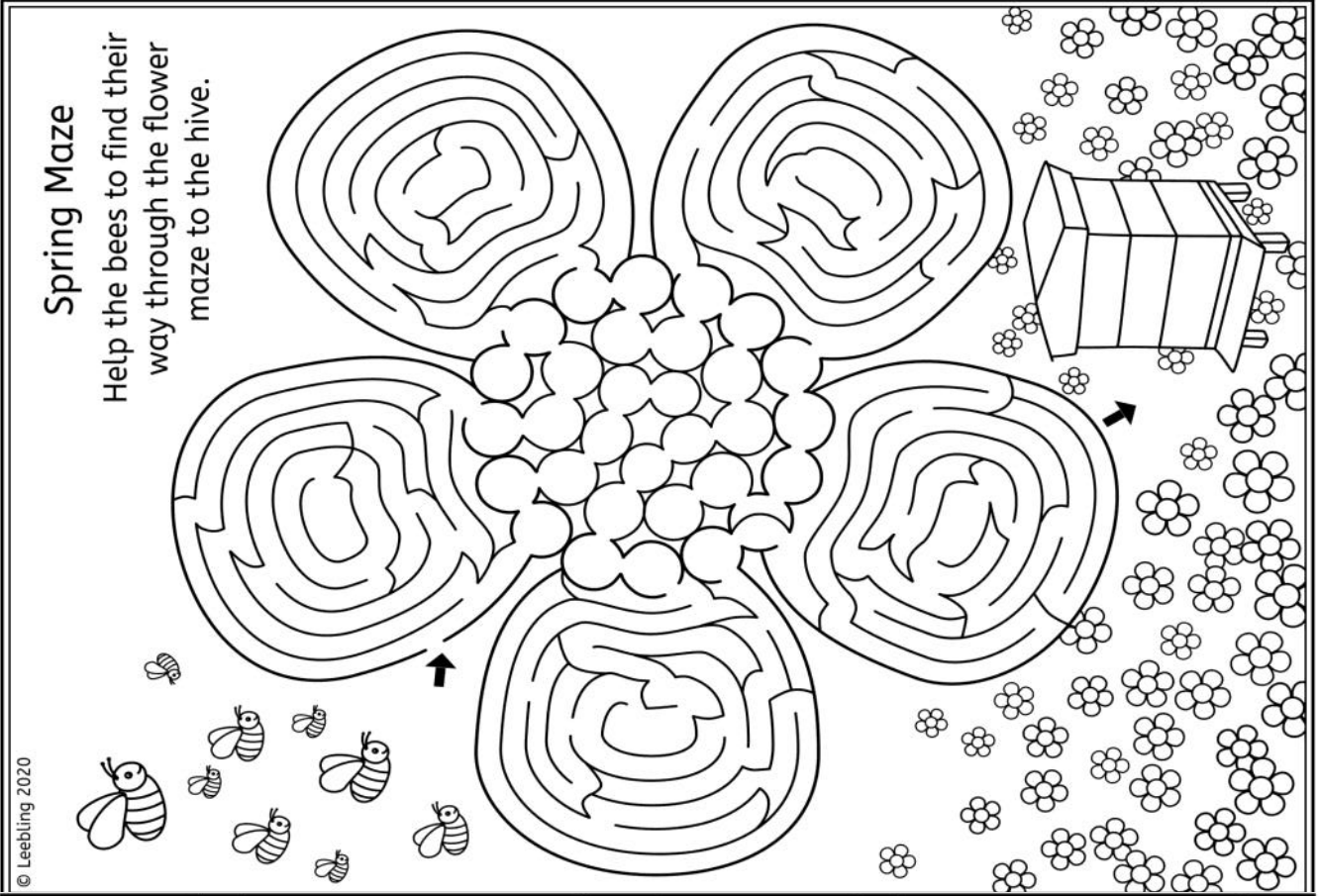
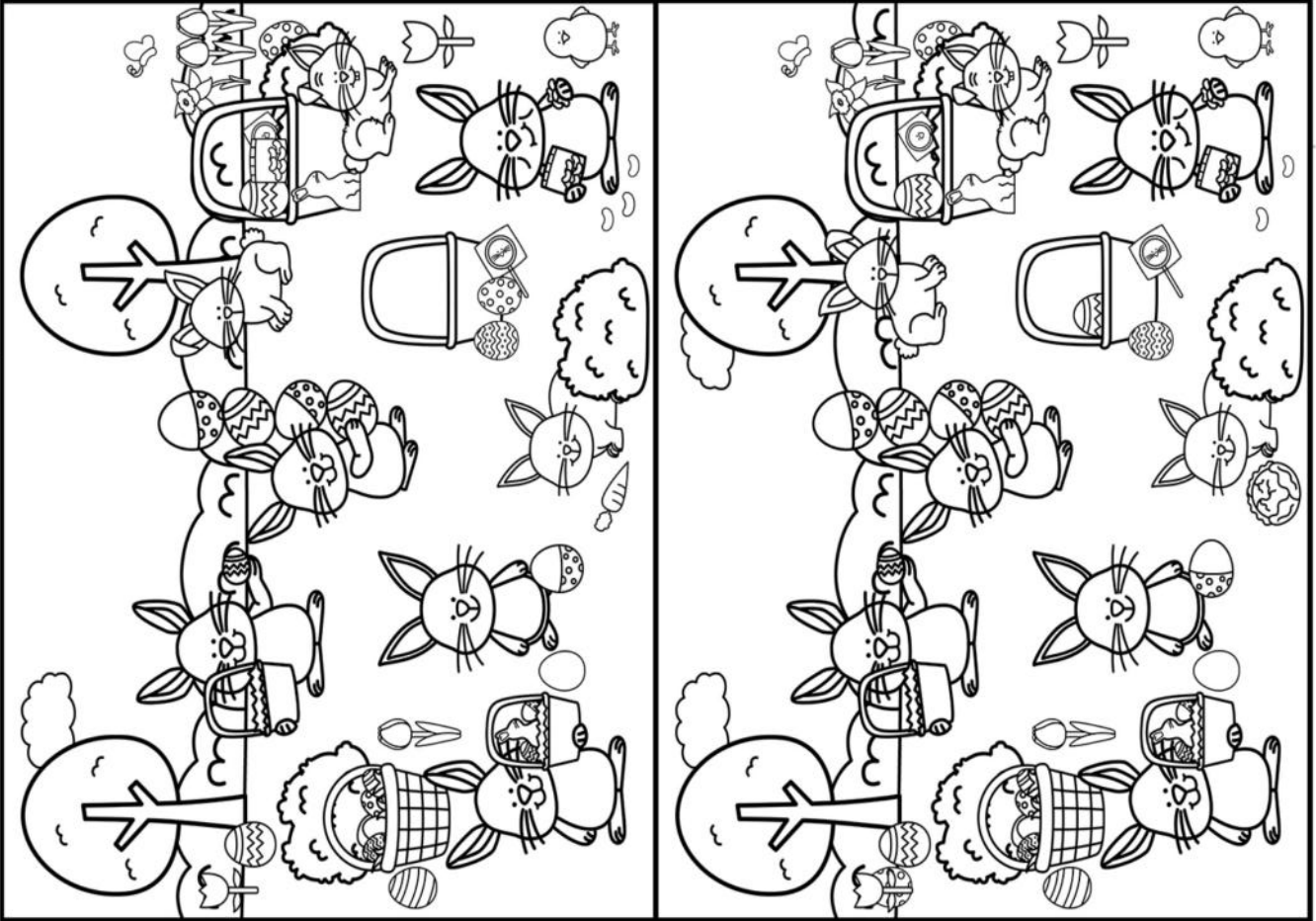
**What is Bigfoot's favorite book?**

8 6 3 10 4 1 11 7 2 9 5



# PUZZLES

Find 10 differences between the pictures.





# ANSWERS

## BOOK GENRES

UNSCRAMBLE THE WORDS

### ANSWER KEY

1. pigharc lenvo **G R A P H I C N O V E L**
2. tafyasn **F A N T A S Y**
3. arfyi late **F A I R Y T A L E**
4. yestrym **M Y S T E R Y**
5. gripahoby **B I O G R A P H Y**
6. vanedretu **A D V E N T U R E**
7. noonfintic **N O N F I C T I O N**
8. thymlogyo **M Y T H O L O G Y**
9. toyper **P O E T R Y**
10. ruhom **H U M O R**
11. roleflok **F O L K L O R E**

What is Bigfoot's favorite book?

**H A I R Y P O T T E R !**

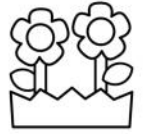
8 6 3 10 4 1 11 7 2 9 5



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## EASTER FUN!

FIND THE WORDS



### ANSWER KEY



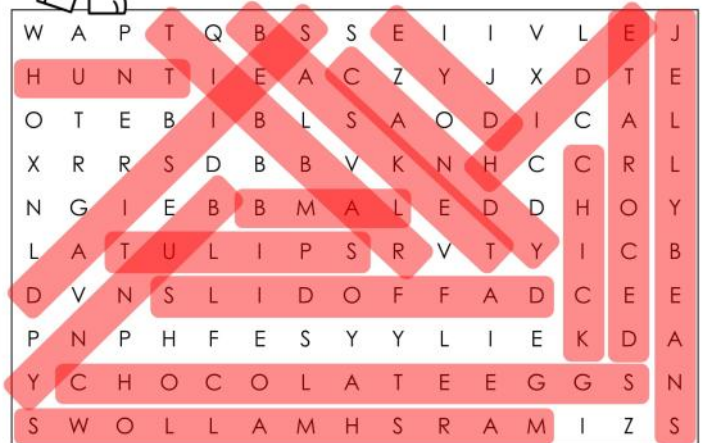
#### FIND AND CIRCLE:

5 egg words: **DYE, DECORATE, HIDE, HUNT, BASKET**

4 animals: **CHICK, BUNNY, LAMB, RABBIT**

4 treats: **CHOCOLATE EGGS, CANDY, JELLY BEANS, MARSHMALLOWS**

3 flowers: **DAFFODILS, DAISIES, TULIPS**



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## SOLUTIONS

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

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

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

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

## MARCH BIRTHDAYS

Sharon Adams	Caroljean Foss	Dan Lipowski	Pat Taylor
Elaine Allen	Ronald Future	Mary Lograsso	Marcia Turpin
Margaret Bigler	Marilyn Gibson	Sandra Mansell	Wayne Urban
Willie Brown	Amy Gongos	Louise Novak	Gwendolyn Wiles
Therese Capps	Wilbert Green	Betty Pauley	Harry Werner
Alforniece Chambliss	Jacqueline Haskin	Everette Payne	Karen Wertz
Rachel Chew	James Hensley	Marcedus Prince	Martha William
Jeanette Churak-Miller	Karin Holesovsky	Tom Ramsay	Tanya Wright
Star Cormack	Michael Ikner	Harvelin Roberts	
Lisa Deredita	Thresa Jackson	Mike Rothacker	
Joseph Dewees	Barbara Jarvis	James Ruzska	
Priscilla Dupre	Sylvia Johnson	Wilbur Simpson	
Joseph Duvall	Kenneth Kucia	Cathy Slezak	
Arlene Elder	Robert Kusek	Chuck St. John	
Charlotte Fleming	Floyd Lard	Tom Sweet	

## MARCH 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

Karen Bova	Tamela Gavanditti	Lorraine Lessick
Glendadenise Brock-Meredith	Lucy Gholston	Annie Mcpherson
Crystal Duvall	Denise Gibson	Pamela Urquhart
Joseph Duvall	Georgette Hillenbrand	Annie Williams
Sandy Feest	Sharon Hughes	Eric Williams
Linda Fradette	Kathleen Jones	
Kenneth Gavanditti	Mary Jones	

## CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov