



BEDFORD SENIORS CLUB NEWSLETTER

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“Cheers to a new year and another chance for us to get it right.”
– Oprah Winfrey

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, January 8: Stuffed Cabbage, Mashed Potatoes

Registration deadline Friday, January 3

Wednesday, January 22: Chicken Marsala, Mashed Potatoes, Green Beans

Registration deadline Friday, January 17

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



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 11/22/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11 Cocoa & Color 10:30am Senior Lunch 12:00pm Karaoke 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	12 UH Walking Club 9:30am Reach w/ Rhythm 11:00am <u>No Pickleball</u> Holiday Film 1:00pm "Klaus" Barre Above 6:00pm	13 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "It Ends With Us"
16 Westside 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	17 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	18 Wii Bowling 9:30am Christmas Musical Bingo & Swap 12:30pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	19 UH Walking Club 9:30am Cocoa & Color 10:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Holiday Film 1:00pm "Journey to Bethlehem" Barre Above 6:00pm	20 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Twas the Fight Before Christmas"
23 Cocoa & Color 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm	24 	25 	26	27 Cocoa & Color 10:30am Silver Screen 1:00pm "A Family Affair"
30 Noon Years 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm	31 CLOSED for New Years		SATURDAYS Energizing Yoga December 7, 14 9:00am	*Please note our gym schedule may change due to floor maintenance*



University Hospitals
Center for Lifelong Health





AGE WELL.
Be Well.

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



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 12/10/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED for <i>New Years</i>	2 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Get Crafty 1:00pm	3 Cocoa & Color 10:30am Silver Screen 1:00pm "Bridget Jones's Diary" <i>Deadline for 1/8 lunch</i>
6 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	7 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	8  Senior Lunch 12:00pm Card Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	9 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	10 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Fly Me to the Moon"
13 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	14 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	15 Wii Bowling 9:30am Medicare Help 10am-3pm  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	16 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	17 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Zone of Interest" <i>Deadline for 1/22 lunch</i>
20 CLOSED  MARTIN LUTHER KING DAY	21 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	22 Cocoa & Color 10:30am  Senior Lunch 12:00pm Bingo 1:00pm Chair Yoga 5:30pm	23 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	24 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Poor Things"
27 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	28 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	29 Wii Bowling 9:30am Alzheimer's/Dementia Workshop 12:00pm Chair Yoga 5:30pm	30 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	31 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "The Wild Robot"

MEMBERSHIP RENEWAL UPDATE

Your Senior Club membership will automatically renew for 2025. However, some members who joined prior to the implementation of our County grant's documentation requirements for proof of age and residency may need to provide additional information.

We will be reviewing our records over the next several weeks. If we find that you are missing required documentation, we will contact you directly. Please note that if the necessary documents are not provided within 30 days of notification, your membership will expire. We kindly ask that you refrain from inquiring about your account during this process. Rest assured, we will reach out to you prior to the County's next visit if action is needed on your part.

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

RECREATION PROGRAMS

Christmas Musical Bingo & Cookie Swap

Join us for coffee and Christmas Musical Bingo! We will have festive and yummy prizes for winners! We will also host a Cookie Swap! A cookie swap is where each guest brings in a few dozen cookies to share and swaps with others. You only bake one recipe and get to enjoy a variety of other cookies. Discover new-to-you cookie recipes and spend a delicious and fun afternoon with other Club members. Bringing cookies are encouraged but not required to participate.

Location: Ellenwood Center Room 4

Date: Wednesday, December 18

Time: 12:30pm - 2:00pm

Fee: Free to Bedford Senior Club Members

Noon Years Party & Potluck

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

Location: Ellenwood Center Room 4

Date: Monday, December 30

Time: 11:00 am – 2:00 pm

Fee: Free to Bedford Senior Club Members

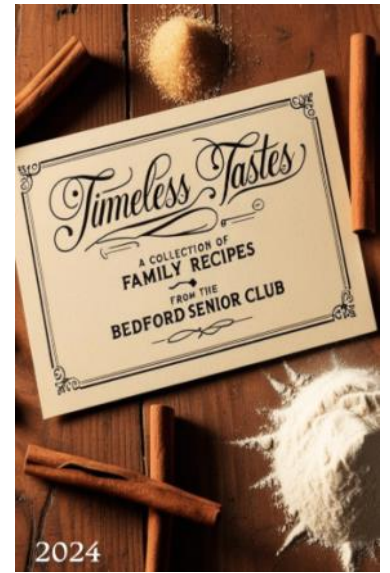


RECREATION PROGRAMS

Timeless Tastes: Recipes with History

UPDATE! For those that pre-ordered a cookbook, the price is **\$15 per book**. Each contributor to the book will receive one complimentary book. Invoices have been emailed and can also be printed upon request. Payment deadline has been extended and is due by December 16. If payment is not received, your book is subject to being sold on a first come, first serve basis. Cookbooks will be available to pickup at Ellenwood Center the week of December 16th. Exact date and time is to be determined. Texts/Emails will be sent when books are in stock and available.

We will have a very limited number of books available to be sold. We will sell extra book copies for \$20 per book once in stock. We are not accepting reservations or online orders at this time.



Cocoa, Color & Craft

Come join us for a relaxing hour of designing ornaments, coloring and hot chocolate! Coloring reduces anxiety, creates focus, and fosters mindfulness. Craft away stress and visit with friends. All materials and refreshments are provided. Pre-registration recommended. Drop-ins welcome if space permits.

Location: Ellenwood Center Room 1

Dates: select dates - see Senior Event Calendar

Time: 10:30 am – 12:00 pm

Fee: Free to Bedford Senior Club Members

SOUPer Bowl

TRADITION! Celebrate the NFL's Super Bowl LIX (59) with our own competition... SOUPer Bowl III (3)!! Bring a soup or chili to share and cast your vote for your favorite! We will provide the bowls and spoons! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 1 or 4

Date: Monday, February 10

Time: 11:30am - 1:00pm

Fee: Free



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



***JUST ADDED* Craft with Mary! Make a Winter Terrarium**

Special Date & Time: Thursday, January 2, 1:00pm-3:00pm - Limited space!

Scented Fabric Heart Sachets — Wednesday, February 5

Geometric Paper Collage — Wednesday, March 5

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



Gingerbread House — Wednesday, December 18

Elephant Ear — Wednesday, January 15

Sunset Palm Tree — Wednesday, February 19



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.



All-Occasions Greeting Card Collection Drive

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



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

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, January 6, 13, 27, February 3, 10, 24 (No class 1/20, 2/17)

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



RECREATION PROGRAMS

Energizing Morning Yoga

We will not have Saturday Morning Yoga in January and February

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, January 7, 14, 21, 28, February 4, 11, 18, 25

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) ***Note location change***

Dates: Thursdays, January 9, 16, 23, 30, February 6, 13, 20, 27

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



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, January 8, 15, 22, 29, February 5, 12, 19, 26

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

Cardio Drumming

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

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Gym or Room 4

Dates: Select Fridays, January 10, 24, February 7, 21, March 7, 21

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

Pedal Power: Modified Peddling

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



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, January 9, 16, 23, 30, February 6, 13, 20, 27

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

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

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, January 15 and Wednesday, February 19 from 10:00am to 3:00pm. Contact Medicare Mike directly at 440-804-5995. TheMedicareShopper.Com

Understanding Alzheimer's and Dementia

NEW! Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources. 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 Gym

Date: Wednesday, January 29

Time: 12:00 pm - 2:00 pm

Fee: Free, pre-registration required for lunch



RECREATION PROGRAMS

Strength & Balance

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

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gym

Dates: Tuesdays, December 17, January 7, 14, 21, 28 (No class 12/24, 12/31)

Time: 10:30 am – 11:30 am

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

Bedford Senior Club Members are free and must register in advance

Strength & Core

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

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, December 13, 20, January 10, 17, 24, 31 (No class 12/27, 1/3)

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



HOLIDAY SHOPPING ALERT!

Bedford T-Shirts and Mugs are available for purchase at Ellenwood Center during regular office hours.

**Shirts are \$20.00 and available in sizes S – 2XL
Mugs are \$10.00**

We accept cash, check and credit card.

***Once these items are gone—THEY ARE GONE!
The City will not be placing another...***



RECREATION PROGRAMS

Silver Screen Seniors

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

Friday, January 3: *Bridget Jones's Diary* (2001)

At the start of the New Year, 32-year-old Bridget (Renée Zellweger) decides it's time to take control of her life -- and start keeping a diary. Now, the most provocative, erotic and hysterical book on her bedside table is the one she's writing. With a taste for adventure, and an opinion on every subject - from exercise to men to food to love and everything in between - she's turning the page on a whole new life. Rated R (moderate use of strong language and some explicit sexual content). 1 hour, 32 mins.

Friday, January 10: *Fly Me to the Moon* (2024)

Starring Scarlett Johansson and Channing Tatum, Fly Me To The Moon is a sharp, stylish romantic comedy set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing. Brought in to fix NASA's public image, sparks fly in all directions as marketing maven Kelly Jones (Johansson) wreaks havoc on launch director Cole Davis's (Tatum) already difficult task. When the White House deems the mission too important to fail, the countdown truly begins... Rated PG-13. 1 hour, 37 mins.

Friday, January 17: *The Zone of Interest* (2023)

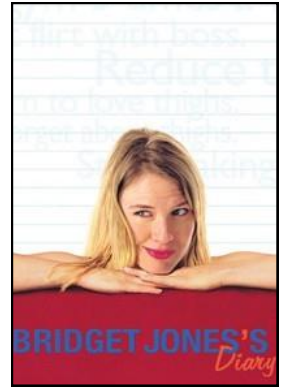
The commandant of Auschwitz, Rudolf Höss, and his wife Hedwig, strive to build a dream life for their family in a house and garden next to the camp. Rated PG-13. 1 hour, 46 mins.

Friday, January 24: *Poor Things* (2024)

From filmmaker Yorgos Lanthimos and producer Emma Stone comes the incredible tale and fantastical evolution of Bella Baxter (Stone), a young woman brought back to life by the brilliant and unorthodox scientist Dr. Godwin Baxter (Willem Dafoe). Under Baxter's protection, Bella is eager to learn. Hungry for the worldliness she is lacking, Bella runs off with Duncan Wedderburn (Mark Ruffalo), a slick and debauched lawyer, on a whirlwind adventure across the continents. Free from the prejudices of her times, Bella grows steadfast in her purpose to stand for equality and liberation. Rated R (Violence, Nudity, Sex, Language). 2 hours, 21 mins.

Friday, January 31: *The Wild Robot* (2024)

The epic adventure follows the journey of a robot--ROZZUM unit 7134, "Roz" for short -- that is shipwrecked on an uninhabited island and must learn to adapt to the harsh surroundings, gradually building relationships with the animals on the island and becoming the adoptive parent of an orphaned gosling. Rated PG. 1 hour, 42 mins.



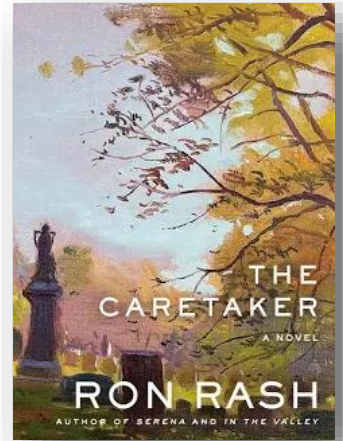
RECREATION PROGRAMS

Shelf Indulgence Book Club

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

Wednesday, January 8: *The Caretaker* by Ron Rash

*Told against the backdrop of the Korean War as a small Appalachian town sends its sons to battle, *The Caretaker* by award-winning author Ron Rash, is a breathtaking love story and a searing examination of the acts we seek to justify in the name of duty, family, honor, and love.*



It's 1951 in Blowing Rock, North Carolina. Blackburn Gant, his life irrevocably altered by a childhood case of polio, seems condemned to spend his life among the dead as the sole caretaker of a hilltop cemetery. It suits his withdrawn personality, and the inexplicable occurrences that happen from time to time rattle him less than interaction with the living. But when his best and only friend, the kind but impulsive Jacob Lampton, is conscripted to serve overseas, Blackburn is charged with caring for Jacob's wife, Naomi, as well. Sixteen-year-old Naomi Clare is an outcast in Blowing Rock, an outsider, poor and uneducated, who works as a seasonal maid in the town's most elegant hotel. When Naomi elopes with Jacob a few months after her arrival, the marriage scandalizes the community, most of all his wealthy parents who disinherit him. Shunned by the townsfolk for their differences and equally fearful that Jacob may never come home, Blackburn and Naomi grow closer and closer until a shattering development derails numerous lives.

*A tender examination of male friendship and rivalry as well as a riveting, page-turning novel of familial devotion, *The Caretaker* brilliantly depicts the human capacity for delusion and destruction all too often justified as acts of love.*

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

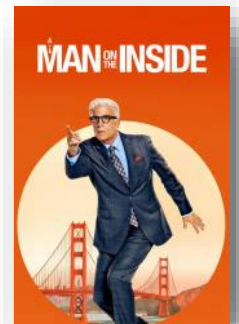
Dates: Tuesdays Time: 2:00 pm

A Man on the Inside Season 1

Charles, a retired man, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a nursing home. Starring Ted Danson.

January 7 — Episodes 1-4

January 14 — Episodes 5-8



Grace & Frankie Season 4

The second season of this acclaimed comedy series brings more laughs and surprises as Grace and Frankie tackle the challenges of family and relationships — while driving each other crazy on a regular basis!

January 21 — Episodes 1-4

January 28 — Episodes 5-8

February 4 — 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.

Eighty Years of Remembrance: Honoring the Liberation of Auschwitz

Over a million people—primarily Jews, but also Poles, Roma, Soviet prisoners of war, and individuals of other nationalities—were murdered in the Nazi camp of Auschwitz during World War II. On January 27, 1945, Soviet forces liberated the camp, freeing thousands of remaining prisoners and marking the end of a horrific chapter of genocide, torture, and persecution. As we commemorate the 80th anniversary of Auschwitz's liberation, we reflect on the profound impact this event had on the history of the Holocaust, World War II, and our understanding of war and human rights. Auschwitz serves as a powerful reminder of the atrocities of the past and the enduring need to stand against hatred and oppression. Presented by the Western Reserve Historical Society.

In observance of International Holocaust Remembrance Day (January 27), we will offer a simple, respectful meal, emphasizing themes of reflection and remembrance. The menu includes:

- Matzo Ball Soup: A dish rooted in Jewish tradition, with matzo symbolizing resilience and the hardships endured.
- Challah: This braided bread represents community, tradition, and the sanctity of shared meals.
- Latkes (Potato Pancakes): Potatoes were a staple food during the Holocaust, symbolizing survival and resourcefulness.

To maintain the solemnity of the occasion, only coffee and water will be served as beverages. Through this humble meal, we honor the memory of those who suffered and perished, and we reaffirm our commitment to remember their stories and lessons.

Date: Wednesday, January 15

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

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



TAX PREPARATION ASSISTANCE

There is no update at this time on whether Ellenwood Center will have Tax Assistance.

AARP Tax Aide

Online tax assistance from AARP Foundation Tax Aide is available year-round to answer your tax questions. For more information on tax aide services please 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 complaints.

NEWS FROM THE CITY OF BEDFORD



Holiday Lights Display

The City of Bedford's Holiday Lights in the Historic District of Downtown Bedford will be on display until January 5th, 2025. You can view the virtual holiday lighting ceremony at: <https://www.youtube.com/CityofBedfordOH>





City of Bedford Newsletter

December 2024

City Hall Closings

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

If your regular trash collection is on Wednesday, it will be delayed by one day during the Christmas and New Year's weeks.

Power Outages

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

Prescription Drug Drop Box

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

Snow Removal



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

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

Prevent Frozen Water Pipes During Winter

As the temperatures drop the risk for frozen pipes increases. Here are some tips to help prevent problems:

- Keep your thermostat at 55 degrees or above, even when you are away.
- Keep doors and windows closed and well insulated.
- Caulk cracks to prevent cold air from entering your home.
- Remove hoses and shut spigots from inside – drain if possible.
- Use pipe insulation wherever possible.
- During extreme temperatures run a trickle of water from your hot and cold faucets. The cost of the water is much less expensive than repairing broken pipes.
- Open cabinet doors to circulate warmer room air around pipes.
- Always keep your main service line shutoff valve clear and accessible. You may need to quickly shut the water off to minimize damage from burst piping.
- When thawing frozen lines never use open flame. Carefully use a hair dryer on the lowest setting and DO NOT get it wet.



Sign Up to receive your **BEDFORDNEWS** electronically!
www.bedfordoh.gov

Important Dates



◆ **Council Meeting**
December 2
7:00 p.m.

◆ **Council Meeting**
December 16
7:00 p.m.

◆ **Christmas—
City Hall Closed**
December 24-25

◆ **New Year's —
City Hall Closed**
December 31 &
January 1



The Bedford City Schools Foundation
SILENT AUCTION
ONLINE BIDDING OPENS
Saturday, December 14 at 6:00 PM and
closes promptly at 6:00 PM, Thursday, December 19
Go to: <https://bcfsa24.cbo.io>

HOLLY BALL
Friday, December 20, 2024
6:30 PM - 11:30 PM
Sherwood Forest Event Center
12900 Tinkers Creek Road - Valley View, Ohio 44125
Elegant Buffet / Open Bar / 75" TV Raffle / Wagon of Cheer / Music & Dancing
\$60 Per Person
RESERVATIONS: Go to bedfordfoundation.net
RSVP Deadline: December 13, 2024

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 14 FOR DETAILS!

Location: Ellenwood Center Room 1

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

African American Authors Book Group— In-Person or Virtual

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

Bedford Branch - Meeting Room, Bedford Branch Zoom

January Title: *Sharks Don't Sink: Adventures of a Rogue Shark Scientist* by: Jasmin Graham

Digital Navigator at Bedford

Monday, December 16: 9:30am - 6:00pm

Bedford Branch

Tuesday, December 17: 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.

Revisit the Richfield Coliseum, 1974-1994

Saturday, December 21: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Celebrate the 50th anniversary of the opening of the Richfield Coliseum. Remember the first event with Frank Sinatra, the Miracle of Richfield, the Cleveland Force, rock 'n' roll concerts, Ali vs. Wepner and the circuses. We'll view rare videos and audio clips. Prizes and a few surprises! Presented by local historian Gerry Nemeth.

Civil War Camp Cleveland & Cleveland Ghost Stories - with author Kit Whipple

Wednesday, January 22: 2:00pm - 3:30pm

Bedford Branch - Activity Room

Being the largest Civil War training grounds in Ohio, Camp Cleveland – located in the current-day Tremont area – has a fascinating history. Join local historian and medium Kit Whipple to learn about its training camp, hospital and Confederate POW camp.

Word Basics

Friday, January 24: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Learn how to enter and format text and images, change line spacing, and copy and paste in Microsoft Word. Saving and printing tips will also be discussed. Prerequisite: Experience using a mouse or Computer Basics. Registration opens on Monday, December 16, 2024 at 9:00am.



Food Distribution

Winter 2024-2025

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

PARMA-SNOW BRANCH

Tuesdays, December 3, January 7, February 4 / 3:30 – 5 PM

SOUTH EUCLID-LYNDHURST BRANCH

Tuesdays, January 28, February 25 / 12 – 2 PM

WARRENSVILLE HEIGHTS BRANCH

Thursdays, December 12, January 9, February 13 / 1:30 – 3 PM

Cuyahoga
County
Public
Library



Greater Cleveland
Food Bank

cuyahogalibrary.org



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

BEDFORD, OHIO CHURCHES WELCOME
YOU TO COME MAKE NEW MEMORIES
WITH US AT



THE FIRST EVER
COOKIE CRAWL

Hosted by:

Bedford Baptist Church 24 E. Grace St.
Bedford Church of the Nazarene 365 Center Rd.
Church of Christ at Center Road 264 Center Rd.
Father Dan's Food Pantry 79 Center Rd.
Hope United Methodist Church 79 Center Rd.
Meals on Wheels located at South Haven Church
415 Northfield Rd.



DEC. 15, 2024
2-4 PM

TICKETS \$10/16 AND UP
FAMILY TICKETS \$30
ALL PROCEEDS GOING TO
THE LOCAL MEALS ON
WHEELS

Tickets can be purchased at all locations listed above or by
calling Bret Johnson @ 419-265-0509



Cuyahoga County
Division of Senior and Adult Services



Matching you with the benefits you deserve

Our trained staff can help identify available benefits services and resources to improve the health and economic security of older adults



- Meet with one of our trained program officers
- Search for benefit programs you may be eligible for
- Free service can save you money
- Completely confidential



Contact us today at

216-420-6700

to see what benefit programs you may be eligible for!



dsas.cuyahogacounty.us • 216-420-6700

This program is made possible by a grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging.

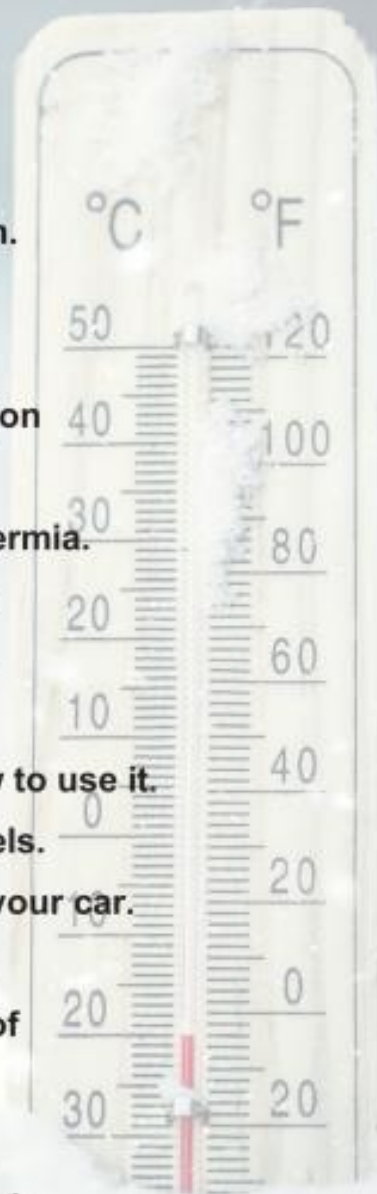




Be Prepared for Winter Weather

**Don't let the harsh winter weather take you by surprise.
Use these tips to be prepared!**

- Dress in layers, both indoors and outdoors.
- Keep active with indoor activities like mall walking.
- Eat well and stay hydrated.
- Take your vitamins and get your annual flu vaccination.
- Stock up on non-perishable food, medications and necessities.
- Use caution on steps and sidewalks to avoid slipping on ice.
- When working outdoors, sweating can lead to hypothermia.
- Get your furnace checked and serviced by a qualified professional.
- Winterize your home by caulking doors and windows.
- Don't forget to insulate exterior pipes and attics.
- Find your home's water supply shut off and know how to use it.
- Check your vehicle's wipers, tires, lights and fluid levels.
- Maintain a full tank of gas, ice scraper and blanket in your car.
- If you take a trip, travel by daylight and with a partner.
- If you use a space heater, make sure it has three feet of clearance.
- Protect against fire by buying a fire extinguisher.
- The strain of shoveling snow could cause a heart attack.





Put a

FREEZE

on Winter Fires

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



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



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



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



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



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



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



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



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



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



Eat Safe Food after a Power Outage



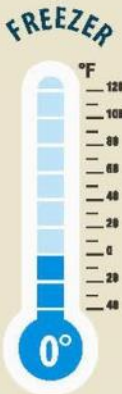
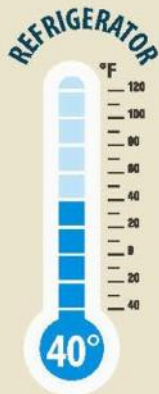
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

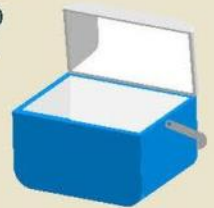


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP Refrigerator & Freezer Doors **CLOSED**



4 Hours in a Refrigerator



48 Hours in a **FULL** Freezer



24 Hours in a **HALF-FULL** Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety



CASE WESTERN RESERVE UNIVERSITY

A Study of Alzheimer’s Disease & Genetics in African Americans

Black people are almost twice as likely to have Alzheimer’s Disease (**AD**) than white people. Yet, we are less likely to join *or be asked to join* most research studies. Dr. Jonathan Haines and his team at Case Western Reserve University are looking for the genetic factors that may play a part in this health disparity, and you can help!



This **global** research study is looking for the following people:

- **African Americans with memory loss (like dementia) or AD. AND African Americans 60+ who do not have memory loss.**
- **Families with >1 living person who has memory loss or AD.**
- **Anyone with memory loss who is younger than 60 years old.**



Joining and sharing this study will help researchers around the world in the fight against **AD**. You’d do a 2 hour interview on your memory, health, and family history and then a small blood draw in the comfort of your home. At the end, you’ll get a gift card! For more details or to join this study, please contact anyone on our team.



GABBY
gcb27
@case.edu
216-368-0786



PARIS
ptp14
@case.edu
216-368-2089



SARA
sek67
@case.edu
216-368-4693



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

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

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

To protect yourself while shopping online.

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

Did you have a problem while shopping online? First, contact the seller and try to work it out. If that doesn't work, contact the company you used to make the payment to dispute the charges. If they can't help, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).

Protect yourself when shopping online:

- ✓ Pay by credit card
- ✓ Check out the company
- ✓ Keep records



Learn more: ftc.gov/OnlineShopping

HIGH HEATING BILLS? HEAP CAN HELP!

Home Energy Assistance Program (HEAP)

Households at or below 175% of the federal income level (see chart) may receive a credit once per winter heating season towards their primary heating source—electric, natural gas, or bulk fuel.

Three ways to apply until May 31, 2025:

- ▶ Online at www.energyhelp.ohio.gov
- ▶ Appointment with your local Energy Assistance Provider (community action agency)
- ▶ Mail in an Energy Assistance application from www.energyhelp.ohio.gov

2024-2025 Income Guidelines	
Size of household*	Total Gross Annual Household Income
	175%
1	\$26,355
2	\$35,770
3	\$45,185
4	\$54,600
5	\$64,015

* For families/households with more than 5 persons, please contact your local Energy Assistance Provider.

***For more utility assistance information visit:
www.occ.ohio.gov/utilityassistance***



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

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





HOW TO MANAGE WEIGHT



KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.

REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you gauge how much physical activity you get.



LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. Optimal BMI is less than 25 but less than 18.5 is considered underweight. You can calculate your BMI online or see your health care professional.



TIPS FOR SUCCESS



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.



GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health.



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.



GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care professional.

Learn more at heart.org/lifes8

Vegetable-Barley Soup

Makes 4 servings; 1¼ cups per serving
Per serving: 115 Calories; 0.5 g Saturated Fat; 71 mg Sodium



INGREDIENTS

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

DIRECTIONS

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

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

JANUARY HOLIDAYS

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

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



Winter One-Liners

- What do you get from sitting on the ice too long? Polaroids!
- What did one snowman say to the other snowman? Can you smell carrot?
- What often falls at the North Pole but never gets hurt? Snow
- What's an ig? A snow house without a loo!
- Why did Frosty the snowman want a divorce? Because he thought his wife was a flake.
- What time is it when little white flakes fall past the classroom window? Snow and Tell.
- What is a mountains favorite type of candy? Snow caps.
- What is it called when a snowman has a temper tantrum? A meltdown!
- What do you call a snowman with a six pack? An abdominal snowman.
- What do you call a snowman that tells tall tales? A snow-fake!
- What do you get when you cross a snowman and a vampire? Frostbite.
- Why do seals swim in saltwater? Because pepper water makes them sneeze!
- What do you call a snowman party? A snowball.
- What did the snowman eat? Icebergs with chilifce sauce.
- What eight letters can you find in water from the Arctic Ocean? H to O! (H2O)
- What do you call a gangster snowman? Froze-T
- Which side of an Arctic Tern has the most feathers? The outside!
- What do snowmen eat for breakfast? Frosted Flakes!
- How does a snowman get around? He rides an icicle!
- Who is Frosty's favorite Aunt? Aunt Artica!
- What do you call a penguin in the Sahara desert? Lost.
- What vegetable was forbidden on the ships of Arctic explorers? Leeks!
- What did the snowman and his wife put over their baby's crib? A snowmobile!
- What do Snowmen call their offspring? Chill-dren.
- What do you call an old snowman? Water.
- Why didn't the tourist in the Arctic get any sleep? He plugged his electric blanket into the toaster by mistake – and kept popping out of bed all night!
- If the sun shines while it's snowing, what should you look for? Snowbows.
- What did one Greenland Shark say to the other? "Say, good lookin'... didn't I meet you last night at the feeding frenzy?"
- Why did the farmer only wear one boot to town? He heard there would be a 50% chance of snow!



...Winter One-Liners continued

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




















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

PERFECT PENGUINS

CRACK THE CODE

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

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

1. 

2. 

3. 

4. 

5. 

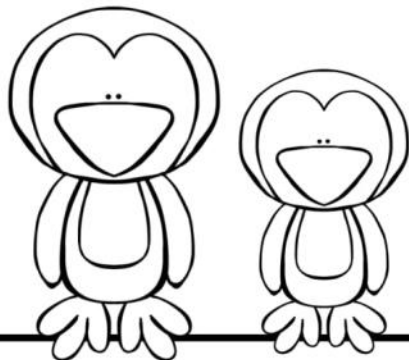
6. 

7. 

8. 

9. 

10. 



REVERSE TIME!

Draw the code clues:

1. king _____

2. royal _____



WINTER BOGGLE WORD PUZZLE

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

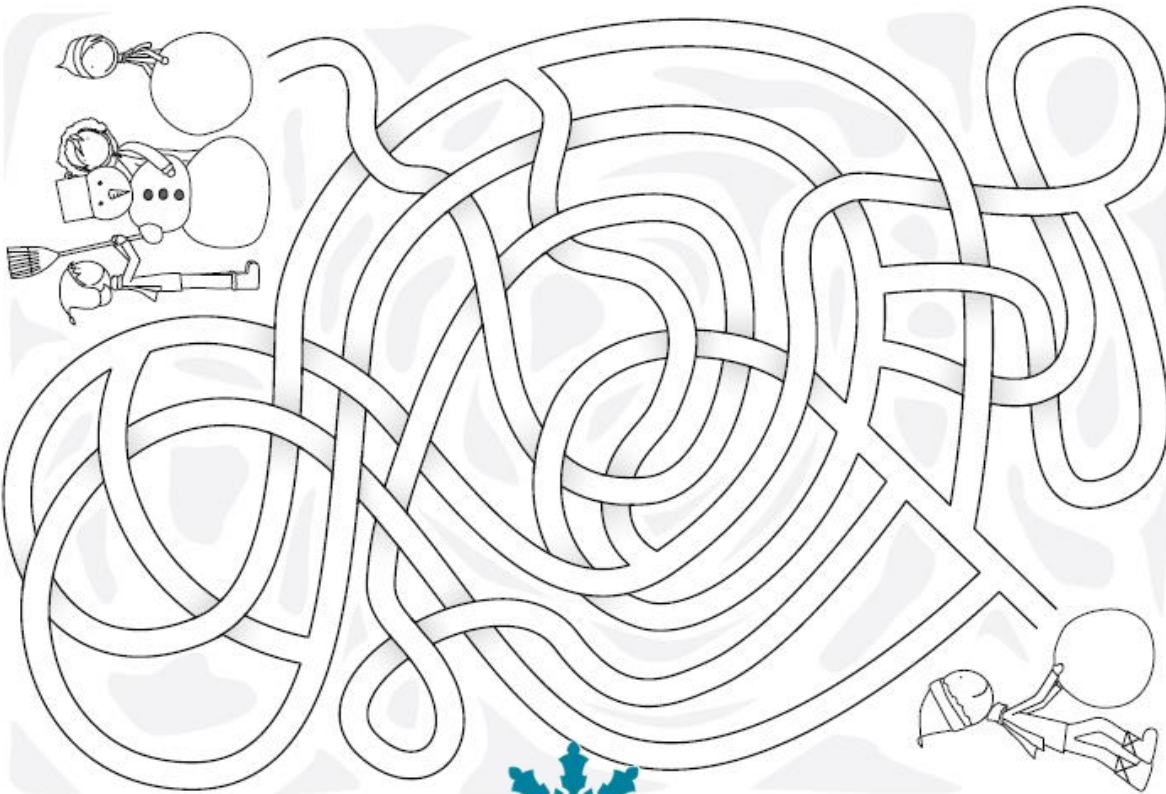
- 3 letter word - 1 point
- 4 letter word - 2 points
- 5 letter word - 3 points
- 6 letters or more - 5 points

Winter words - 2 bonus points each

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

Word List

DRAW ALONG THE PATH FROM THE BOY TO HIS FRIENDS.



OH YAY! IT'S PIE DAY! UNSCRAMBLE THE WORDS

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



1. rueblerby ○ _____

2. nipkmup ○ _____

3. exdim rebry ○ _____



4. melon ○ _____

5. yecrhr ○ _____

6. noctcuo merca ○ _____

7. bratswryre ○ _____

8. crabblyker ○ _____

9. eky mile ○ _____

10. twese oattop ○ _____



11. cheap ○ _____

What kind of pie has a short temper?

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

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Puzzle #1

2			6		5
		6		1	2
	5	1			3
3		4			6
	3	5			1
		2		3	4

Puzzle #2

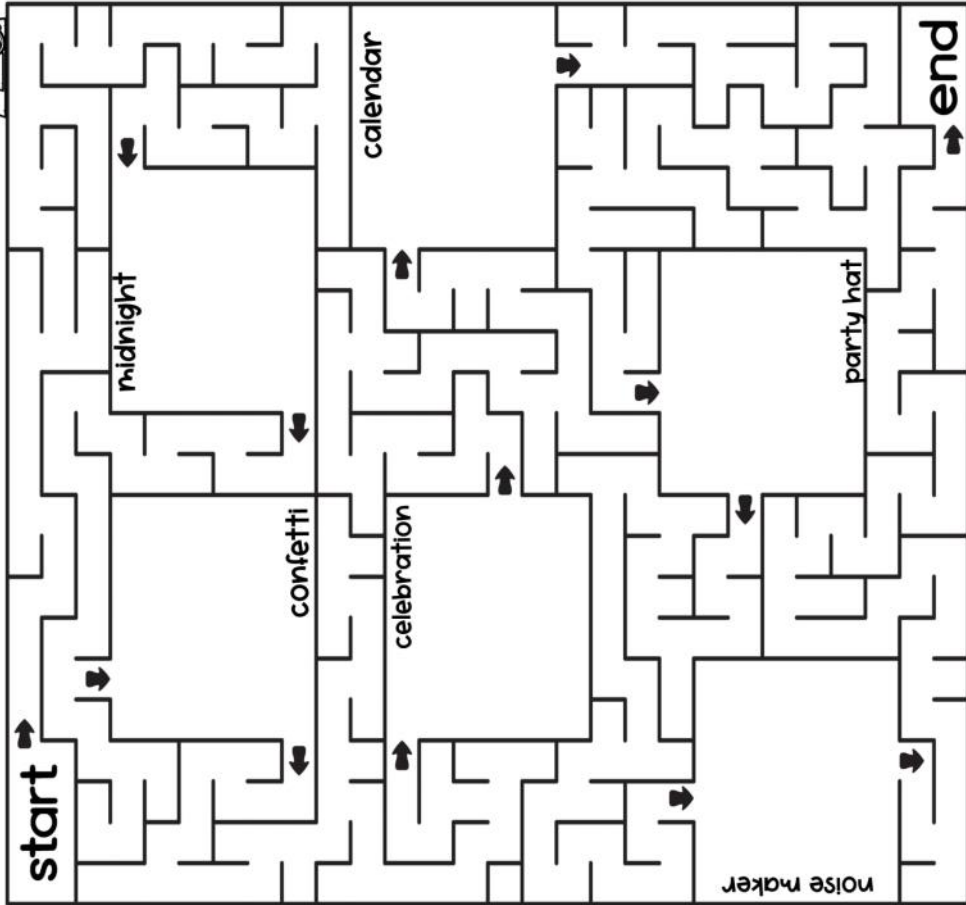
		3	5		6
4	5		2		
2		4	6		
		1	3		4
	1			3	5
3	4				2



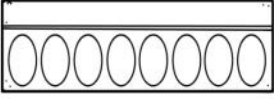
A HAPPY NEW YEAR SOLVE AND DRAW



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



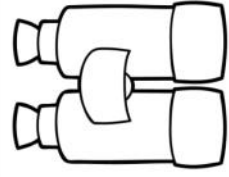
SO MANY HOBBIES... WORD SEARCH



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

WORD BANK

- origami
- gardening
- volunteering
- woodwork
- painting
- feltting
- drawing
- writing
- chess
- photography
- birdwatching
- cooking
- sculpting
- sewing
- marital arts
- puzzles
- astronomy
- music



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

HAPPY NEW YEAR!

FIND THE WORDS



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



FIND AND CIRCLE:

5 decorations:



3 noise making objects: fire __, __, __



Out with the ____, in with the ____



Something people make at the start of a new year:



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

OH YAY! IT'S PIE DAY!

UNSCRAMBLE THE WORDS

ANSWER KEY

- rueblerby **B L U E B E R R Y** 
- nipkmup **P U M P K I N**
- exdim rebry **M I X E D B E R R Y**
- melon **L E M O N** 
- yechr **C H E R R Y**
- noctcuo merca **C O C O N U T C R E A M**
- bratswryre **S T R A W B E R R Y**
- crabblyker **B L A C K B E R R Y**
- eky mile **K E Y L I M E**
- twese oattop **S W E E T P O T A T O**
- cheap **P E A C H** 

What kind of pie has a short temper?

A C R A B A P P L E P I E!
6 5 7 6 1 8 2 11 4 10 2 9 3

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HAPPY NEW YEAR!

FIND THE WORDS



ANSWER KEY



FIND AND CIRCLE:

5 decorations: **HATS, STREAMERS, BALLOONS, CONFETTI, SPARKLERS**

3 noise making objects: **FIREWORKS, HORNS, FIRE CRACKERS**

Out with the **OLD** in with the **NEW**

Something people make: **RESOLUTIONS**

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

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Solution #1

2	1	3	6	4	5
5	4	6	3	1	2
6	5	1	4	2	3
3	2	4	1	5	6
4	3	5	2	6	1
1	6	2	5	3	4

Solution #2

1	2	3	5	4	6
4	5	6	2	1	3
2	3	4	6	5	1
5	6	1	3	2	4
6	1	2	4	3	5
3	4	5	1	6	2

PERFECT PENGUINS

CRACK THE CODE

ANSWER KEY

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

- CRESTED**
- ROCKHOPPER**
- MACARONI**
- EMPEROR**
- GALAPAGOS**
- GENTOO**
- HUMBOLDT**
- CHINSTRAP**
- MAGELLANIC**
- AFRICAN**



REVERSE TIME!

Draw the code clues:

- king
- royal

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DECEMBER BIRTHDAYS

Virginia Anderson
Ricky Bleiweiss
Susan Bordeaux
Angela Bornino
Raymond Camma
Dorothy Chappell
Keith Collins
Mary Duber
Connie Freeman
Patricia Garee
Maxine Garrison
Wally Genutis
Paul Gilmore
Deloris Hancock

Jack Hirko
Janet Jones
Charlotte Kotmel
Edmund Kotowski
Debra Maxwell
Shirley McCoy
Joseph Michalek
Susan Morefield
Robert Morrison
Dina Mouat
Josephine Pribanic
Desiree Primm
Anthony Quick
Brenda Ross

Tim Schwab
Dot Schwende
Mary Jane Senft
Antoya Stovall-Leonard
Lee Szymkowski
Tom Taylor
Donald Thompson
Antionette Waltman
Kevin Warner
Sheila Werner
Willie Faye Wilson
Treavie Wimbush
Patricia Wright-Ramon

DECEMBER ANNIVERSARIES

Wayne & Carol Urban 39 years on December 14th

*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

Priscilla Dupre
Terri Golden
Karin Holesovsky

Nancy Lee Kapsandy
James Nehas
Marylou Nehas

Erik Nelson
Ronald Pribanic

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov

Medication Safety for Older Adults

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

Medicine I take	Why I take it	How much I take	How often I take	When I take it	Who told me to take it and when
<i>Ex: Lisinopril</i>	<i>Ex: Blood Pressure</i>	<i>Ex: 20 mg</i>	<i>Ex: Daily</i>	<i>Ex: Bedtime</i>	<i>Ex: Dr. Davis, 9-1-17</i>



Department of Aging

Fostering sound public policy, research, and initiatives that benefit older Ohioans.
246 N High St / 1st Fl ■ Columbus, OH 43215 ■ 1-800-266-4346 ■ www.aging.ohio.gov