



BEDFORD SENIORS CLUB NEWSLETTER

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“Love doesn't make the world go round. Love is what makes the ride worthwhile.”
— Franklin P. Jones

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 22: Chicken Marsala, Mashed Potatoes, Green Beans

Registration deadline Friday, January 17

Wednesday, February 12: Spaghetti with Meatballs, Side Salad, Roll

Registration deadline Friday, February 7

Wednesday, February 26: Chili & Baked Potato Bar

Registration deadline Friday, February 21

A vegetarian option is available.

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







(440) 735-6570

JANUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 1/7/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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 9:45am 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 	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 9:45am 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"



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.

FEBRUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 1/7/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	4 Strength & Balance 10:30am <u>No Binge Watchers</u> Billiards Open 2:00pm Sunset Yoga 6:00pm	5 <u>No Wii Bowling</u> Get Crafty 2:00pm Chair Yoga 5:30pm	6 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	7 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Hidden Figures" <i>Deadline for 2/12 lunch</i>
10 Line Dancing 10:30am SOUPer Bowl 11:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	11 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	12  Senior Lunch 12:00pm Word Games & Game Room 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	13 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm SNEAK PEAK! Silver Screen 1:00pm "Wicked" Barre Above 6:00pm	14 Strength & Core 10:45am Peddling 12:00pm ENCORE! Silver Screen 1:00pm "Wicked" 
17  	18 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	19 Wii Bowling 9:45am Medicare Help 10am-3pm  12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	20 UH Walking Club 9:30am Reach w/ Rhythm 11:00am UH Cooking Demo 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	21 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Six Triple Eight" <i>Deadline for 2/26 lunch</i>
24 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	25 Strength & Balance 10:30am Taco & Trivia 11:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	26  Senior Lunch 12:00pm Elvis Musical Bingo 1:00pm Chair Yoga 5:30pm	27 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	28 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Just Mercy"

IN MEMORIAM

ROBB S. STRAZEK

of Bedford passed away on November 28, 2024. Father of Corey, Sydney and Simone; loving son of the late Gerald and Kathleen (nee Janus); brother of Brian; cherished grandson of the late Stephen and the late Pauline.



RAY CAMMA, SR.

a proud Veteran, age 94, formerly of Bedford, passed away peacefully on December 13, 2024. He was the beloved husband of the late Elvera “Ellie” Camma, with whom he shared 67 beautiful years of marriage. Ray was the devoted and proud father of Cindy Camma and Raymond Camma, Jr. (Anita); cherished grandfather of Raymond, III (Margaret), Vinny (Emily), and Dominic Camma; proud great-grandfather of Raymond Camma, IV; and dear brother of Albert Camma (wife Becky, loving ex-wife Sherry).

A true family man, Ray’s greatest joy was spending time with his loved ones. He adored Ellie’s cooking and looked forward to every meal they shared together. His devotion to Ellie was unmatched—Ray brought Ellie a single rose every Saturday night throughout their marriage, a gesture of love he never missed. Ray was a barber for over 50 years, and his shop was much more than a place for haircuts. It was a place to hang out, tell stories and talk sports - camaraderie thrived. Ray’s wit, warmth, and storytelling turned every visit and family event into a cherished memory. Ray was also a lifelong bowler who bowled an 800 series and a few 279’s (superbowl of bowling). Another huge accomplishment was that he donated over 7 gallons of blood to the Red Cross over his lifetime. A lifelong Cleveland sports fan, Ray especially loved the Cleveland Indians. He was also a steadfast supporter of his son Raymond’s football coaching career, eagerly discussing every play and strategy while celebrating both victories and challenges. Ray will be deeply missed every day by his family and friends. Arrangements by Ferfolia Funeral Home.

JOHN “JACK” E. HIRKO

devoted husband of Barbara (nee Ortman) for 53 years; beloved father of Jennifer Seelig (John), Jeffrey, Joe and Jessica Bihari (Daniel); dearest grandfather of Rebecca Hirko and Noah, Nolan and Natalie Bihari.



CINDY CHIMIENTI

Cindy recently passed away and arrangements are not available at this time.

Heartfelt condolences to her husband George, sister-in-law Sue, and her many friends in the Club.



RECREATION PROGRAMS

We have new additions to the Game Room and Gym... Shuffleboard Bowling Machine and permanent Pickleball lines!

These additions were made possible with grant funding from the Cuyahoga County Division of Senior and Adult Services and the Ohio Healthy Aging Grant.

The Game Room is also stocked with board games, puzzles, a skeeball machine, a shuffleboard table, and a billiards table with a ping pong conversion top. This room is available to be reserved by Club members during regular weekday business hours based upon facility and staff availability. Please contact Ellenwood office to setup a time to play!



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

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

Cooking Demonstration & Nutrition with University Hospitals

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

Location: Ellenwood Center Room 4

Date: Thursday, February 20

Time: 12:00 pm - 1:00 pm

Fee: Free

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

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



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

Scented Fabric Heart Sachets — Wednesday, February 5

Geometric Paper Collage — Wednesday, March 5

TBA — Wednesday, April 2



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



Elephant Ear — Wednesday, January 15

Sunset Palm Tree — Wednesday, February 19

Cherry Blossom — Wednesday, March 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 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 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 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 15, 22, 29, February 5, 12, 19, 26, March 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 *...Class is full and on a waitlist*

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

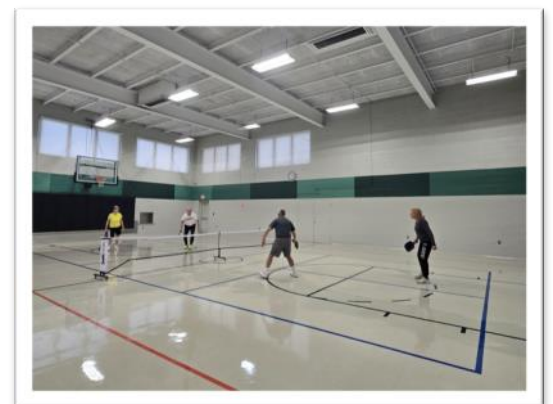
Pickleball Open Play & Billiards Open Play

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

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 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

Medicare Help

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

Mike will be having walk-in and appointments slots to answer your Medicare questions and concerns at Ellenwood Center in Room 2 on Wednesday, February 19 from 10:00am to 3:00pm. Contact Medicare Mike directly at 440-804-5995. TheMedicareShopper.Com .

Strength & Balance

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

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gym

Dates: Tuesdays, January 14, 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25

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, January 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28,

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

Taco & Trivia Tuesday

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

Dates: Tuesday, February 25 & Tuesday, March 25

Time: 11:30 am – 1:00 pm

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

Upcycle & Sew: Drop-In Sewing Workshops

Join us for a fun and creative drop-in sewing class where you can mend and repair clothes, transform ordinary t-shirts into unique items like tote bags and pillows, or work on a sewing project of your choice! Whether you're upcycling old clothes or learning to measure and cut a simple pattern, this class is perfect for all skill levels. Lisa Barham from SAFY of Cleveland will guide you through basic machine sewing, mending, and repairs. Bring your own fabric, or pattern, or choose from our limited selection. Sewing machines are available to share, or feel free to bring your own.

Instructor: Lisa Barham, SAFY of Cleveland

Location: Ellenwood Center Room 1/3

Dates: Mondays, January 13, 27, February 3, 10, 24, March 3, 10, 17, 24, 31 (No class 1/20, 2/17)

Time: 6:00pm-8:00pm

Fee: Free, pre-registration preferred

Senior Volunteer Crew

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

We are currently looking for volunteers for:

- **Sweetheart Ball: Daddy/Daughter Dance:** Friday, February 21, 5:30pm-9:00pm in Ellenwood Gym
- **Family Karaoke Night:** Friday, March 14, 5:00pm-9:30pm in Ellenwood Gym
- **Easter Egg Hunt:** Saturday in April TBA, 9:00am-10:30am at Bedford High School Stadium
- **Light Up The Night: Mother/Son Dance:** Friday, April 11, 5:30pm-9:00pm in Ellenwood Gym

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

RECREATION PROGRAMS

Silver Screen Seniors

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

Friday, February 7: Hidden Figures (2016)

Three brilliant African American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. Rated PG. 2 hours, 7 mins.



Thursday, February 13 & Friday, February 14: Wicked (2024)

TWO SHOWINGS! *Wicked, the untold story of the witches of Oz, stars Emmy, Grammy and Tony winning powerhouse Cynthia Erivo (Harriet, Broadway's The Color Purple) as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Grammy-winning, multi-platinum recording artist and global superstar Ariana Grande as Glinda, a popular young woman, gilded by privilege and ambition, who has yet to discover her true heart. The two meet as students at Shiz University in the fantastical Land of Oz and forge an unlikely but profound friendship. Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads and their lives take very different paths. Glinda's unflinching desire for popularity sees her seduced by power, while Elphaba's determination to remain true to herself, and to those around her, will have unexpected and shocking consequences on her future. Their extraordinary adventures in Oz will ultimately see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West. Rated PG. 2 hours, 40 mins.*



Friday, February 21: The Six Triple Eight (2024)

The Six Triple Eight is inspired by the first and only Women's Army Corps unit of color to serve overseas in WWII. Despite facing racism and sexism -- and grueling working conditions -- they were committed to serving their country with honor and distinction. Given an extraordinary mission and united in their determination, these unsung heroes delivered hope and shattered barriers. Rated PG-13. 2 hours, 7 mins.



Friday, February 28: Just Mercy (2020)

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life. Rated PG-13. 2 hours, 16 mins.



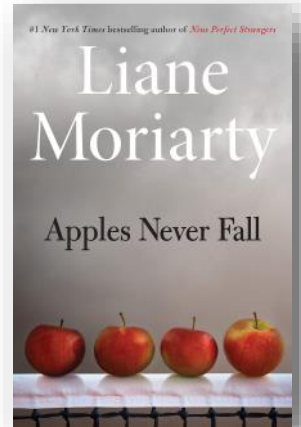
RECREATION PROGRAMS

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, February 12: *Apple Never Fall* by Liane Moriarty

If your mother was missing, would you tell the police? Even if the most obvious suspect was your father. This is the dilemma facing the four grown Delaney siblings. The Delaneys are fixtures in their community. The parents, Stan and Joy, are the envy of all of their friends. They're killers on the tennis court, and off it their chemistry is palpable. But after fifty years of marriage, they've finally sold their famed tennis academy and are ready to start what should be the golden years of their lives. So why are Stan and Joy so miserable?



The four Delaney children—Amy, Logan, Troy, and Brooke—were tennis stars in their own right, yet as their father will tell you, none of them had what it took to go all the way. But that's okay, now that they're all successful grown-ups and there is the wonderful possibility of grandchildren on the horizon.

One night a stranger named Savannah knocks on Stan and Joy's door, bleeding after a fight with her boyfriend. The Delaneys are more than happy to give her the small kindness she sorely needs. If only that was all she wanted. Later, when Joy goes missing, and Savannah is nowhere to be found, the police question the one person who remains: Stan. But for someone who claims to be innocent, he, like many spouses, seems to have a lot to hide. Two of the Delaney children think their father is innocent, two are not so sure—but as the two sides square off against each other in perhaps their biggest match ever, all of the Delaneys will start to reexamine their shared family history in a very new light.

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 4

January 21 — Episodes 1-4

January 28 — Episodes 5-8

February 11 — Episodes 9-13
(Skip February 4)

The Handmaid's Tale Season 1

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

February 18 — Episodes 1-2

March 4 — Episodes 5-6

March 18 — Episodes 9-10

February 25 — Episodes 3-4

March 11 — Episodes 7-8

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.

Breaking the Color Barrier: The Legacy of Larry Doby

When Larry Doby signed with the Cleveland Indians in July 1947, he became the second African-American player in Major League Baseball and the first in the American League. Although Doby played on some of the greatest Indians teams of all time, his achievements were often overshadowed by Jackie Robinson, who broke MLB's color barrier on April 15, 1947. As a result, Doby's struggles and triumphs have often been less recognized beyond Cleveland.

This program will explore Doby's life and legacy, the role Cleveland played in integrating baseball, and how Bill Veeck, the Indians' owner and team president at the time, selected Doby from a pool of talented Negro Leagues players to integrate the team. Presented by the Western Reserve Historical Society.

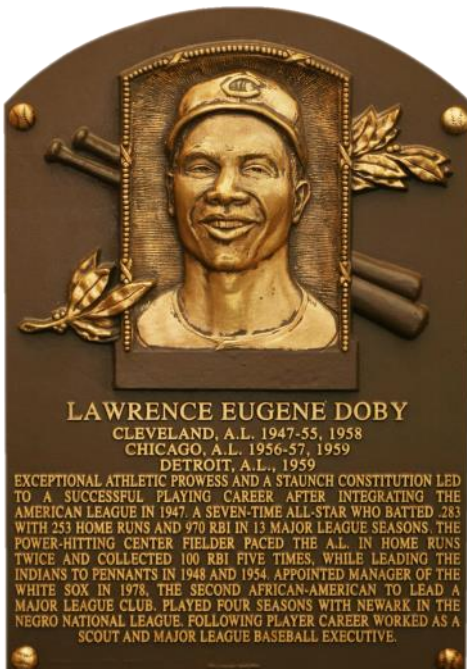
Wear your Cleveland Baseball gear and join us for a lunch of ballpark favorites: all-you-can-eat hot dogs, soft pretzels, chips or Cracker Jacks, and ice cream.

Date: Wednesday, February 19

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

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

AARP Tax-Aide

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

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

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

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

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

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



City of Bedford Newsletter

January 2025

Martin Luther King Jr. Day

City Hall will be closed on Monday, January 20 in observance of Martin Luther King Jr. Day. There will be no change in refuse pick-up.

Water Department Survey

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

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.

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



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

Holiday Lights Display

The City of Bedford's Holiday Lights in the Historic District of Downtown Bedford will be on display until January 6, 2025.



Community Transportation Service

The Parks and Recreation Department offers a door-to-door transportation service for Bedford Residents, provided by a third party, Senior Transportation Connection. Service is available for senior citizens 60 years of age and older and can be used for medical appointments and errands such as banking, grocery shopping, etc. Service is not available to residents in nursing, assisted living or retirement facilities. Wheelchair accessible transportation is available. Boundary lines for all trips are: north - UH Ahuja Medical Center; south - Northfield Plaza; east - City of Solon; west - Cleveland Clinic Independence.

Transportation service operates: Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per roundtrip is required. An application must be on file with the Parks & Recreation Department prior to service.

For more information call 440-735-6570 or email recreation@bedfordoh.gov.



Important Dates

- ◆ **New Year's – City Hall Closed**
January 1
- ◆ **Council Meeting**
January 6
7:00 p.m.
- ◆ **Martin Luther King Jr. Day– City Hall Closed**
January 20
- ◆ **Council Meeting**
January 21
7:00 p.m.



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.

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 15 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, February 27: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

February Title : What It Takes To Heal: How Transforming Ourselves Can Change The

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.

Digital Navigator at Bedford

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

Bedford Branch

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

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

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

Introduction to Hand Sewing

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

Bedford Branch - Meeting Room

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

Beeswax Candles

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

Bedford Branch - Meeting Room

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



HONORING DR. MARTIN LUTHER KING JR.
JANUARY 20, 2025

Martin Luther King Jr. Day Activities in Northeast Ohio

Martin Luther King Jr. Day at the Cleveland Museum of Natural History. Enjoy free general admission, connect with scientists, take part in hands-on activities and more. 10 a.m., 1 Wade Oval Dr., Cleveland, cmnh.org

MLK Day Free Admission to the Rock and Roll Hall of Fame. Join the Rock & Roll Hall of Fame on Monday, January 20 in celebration of Dr. Martin Luther King Jr.'s life and legacy. Become inspired to find your voice and do your part to contribute to a more equitable world, just as artists have done throughout history through their music. Timed ticket reservations required.

2025 MLK Day at the Cleveland Botanical Gardens. Enjoy free Admission to Cleveland Botanical Garden on MLK Jr. Day! Visitors are invited to explore our exotic glasshouses and play in our Perennial Playspace from 10:00am-5:00pm. Be sure to stop by our tree cookie activity table from 11 a.m.-2 p.m. to make a craft you can take home, participate in a community art project, and learn about how to access more benefits from plants and trees. 10 a.m. -5 p.m. holdenfg.org

Free Admission to the Cleveland History Center for MLK Day. Western Reserve Historical Society (WRHS) celebrates the history, spirit, and life of Rev. Dr. Martin Luther King, Jr. one of America's greatest heroes of social justice and equality. In honor of this occasion, admission to the museum is free. 10 a.m. – 4 p.m. wrhs.org/plan-your-visit/history-center/

Martin Luther King Jr. Day Celebration at the Cleveland Museum of Art. The Cleveland Museum of Art opens its doors for a free daylong celebration honoring Martin Luther King Jr. Explore how the moving passages of Dr. King's writings and speeches shed light on the museum's collection and create a work of art inspired by his legacy. clevelandart.org/events/martin-luther-king-jr-day-celebration-0#

MLK Free Community Day. Enjoy performances by The Cleveland Orchestra and the Cleveland Orchestra Youth Orchestra. 1 p.m. Severance Hall, 11001 Euclid Ave., Cleveland, clevelandorchestra.com

MLK Day at the Akron Zoo. Enjoy free admission for all guests in honor of Dr. King. 11 a.m.-4 p.m. Akron Zoo, 505 Euclid Ave., Akron, akronzoo.com

Martin Luther King Jr. Day at the Akron Art Museum. Celebrate Dr. King's legacy with free admission. 11 a.m.-5 p.m. Akron Art Museum, 1 S. High St., Akron, akronartmuseum.org

MLK Day Celebration. Free to attend. 11 a.m.-5 p.m. Maltz Museum of Jewish Heritage, 2929 Richmond Road, Beachwood, maltzmuseum.org

List from Northeast Ohio Parent magazine

DENIM & Bling

Valentine's Day Party Fling!

SATURDAY

February
15
2025

Ellenwood Center
1:00 pm – 3:00 pm
124 Ellenwood Ave.
Bedford, 44146

First 75 seniors to reserve seats by
Friday, January 31, 2025 can attend.
Email your acceptance to pPhillips@bedfordschools.org
or call 440/439-4377.

No RSVP's can be accepted after that date.

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 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





Electric Portable Space Heater Safety

When the weather turns cold, it can bring a chill into our homes. Portable space heaters have become a popular way to supplement central heating or heat one room. If you plan to use portable electric space heaters, make sure to follow these tips and recommendations:

HEATER CHECKLIST

- Purchase a heater with the seal of a qualified testing laboratory.
- Keep the heater at least 3 feet (1 metre) away from anything that can burn, including people.
- Choose a heater with a thermostat and overheat protection.
- Place the heater on a solid, flat surface.
- Make sure your heater has an auto shut-off to turn the heater off if it tips over.
- Keep space heaters out of the way of foot traffic. Never block an exit.
- Keep children away from the space heater.
- Plug the heater directly into the wall outlet. Never use an extension cord.
- Space heaters should be turned off and unplugged when you leave the room or go to bed.

Types of electric space heaters

Oil or water-filled radiator

Heated oil or water travels through the heater.

Fan-forced heater

A fan blows warm air over metal coils.

Ceramic heater

Air is warmed over a ceramic heating element.

Infrared heaters

Heat is created by infrared bulbs.

Fact

Two in five deaths in space heater fires involve portable electric space heaters.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards

Cold Weather Tips for Animals



- **RECOGNIZE the SIGNS**
 - If your pet is shivering, whining, anxious, or unusually slow, they are at risk of hypothermia
- **PROVIDE SHELTER** and dry bedding for large animals
- **PROVIDE SHELTER for PETS**
 - Bring all pets indoors
 - Ensure there is plenty of food and water
 - Ensure antifreeze is out of reach
 - Check under and around your vehicle before leaving as wild/stray animals may try to stay warm there



FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.

Other signs include:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness



HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.



Signs & Symptoms

Adults:

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy



If a person's temperature is below 95° get medical attention immediately.

PROPERTY VALUATION COMPLAINT FILING PORTAL NOW OPEN

Ways to File:

- ONLINE - cuyahogacounty.gov/bor
- MAIL
- FAX - (216) 443-8282
- IN PERSON

ADDRESS: 2079 EAST NINTH STREET
SECOND FLOOR
CLEVELAND, OHIO 44115

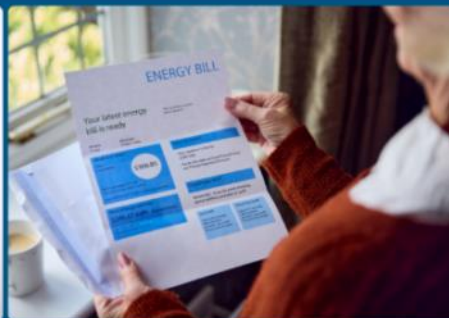


Property owners who wish to contest their property valuation can file a formal complaint with the Board of Revision. The claim must give evidence that supports a different fair market value for the property.

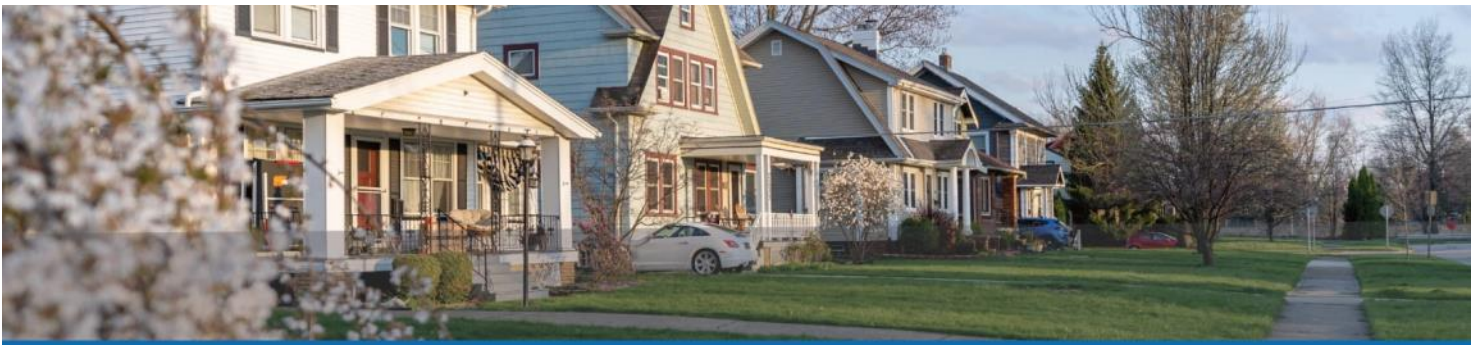
Stay Warm This Winter with help from DSAS!

Ohio's Home Energy Assistance Winter Crisis Program may be able to assist in paying your winter heating costs.

We can provide application assistance to eligible households.



**Call our Connection Center for Assistance
216-420-6700**



The Treasurer's Office is here to help!

Taxpayer Assistance Program

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

To qualify for direct assistance, you must:

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



The \$10,000 must be used for:

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

Cuyahoga County Treasurer's Office

 216-443-7400, Option 1

 treascomment@cuyahogacounty.us

 cuyahogacounty.gov

CHN Housing Partners

 chnhousingpartners.org

 2999 Payne Avenue Suite 134
Cleveland



HOW TO CONTROL CHOLESTEROL



UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

heart.org/cholesterol

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

HDL level + LDL level + 1/5th of triglyceride level = total cholesterol level.



TRACK LEVELS



A health care professional can measure your blood cholesterol and help you understand what the levels mean in context of your overall heart health..



Track your cholesterol levels over time and take steps to reduce high cholesterol.

Check your heart disease risk with the [Check. Change. Control. Calculator.](#)

Learn more at heart.org/life



TIPS FOR SUCCESS



EAT SMART

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

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



MOVE MORE

Physical activity helps improve cholesterol levels.



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.



NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.



TAKE MEDICATION AS DIRECTED

Your health care professional may prescribe statins or other medications to control your cholesterol levels.

SIMPLE CHICKEN POT PIE



Calories
366 Per Serving



Protein
38g Per Serving



Fiber
4g Per Serving



Simple Cooking with Heart brings you this classic American comfort food recipe that is so easy and delicious, you may never pick the frozen version again.

It is bursting with colorful veggies and tender chicken; plus it's much lower in sodium and fat than the packaged variety.

Ingredients:



Servings: 4

- 1 lb. boneless, skinless **chicken tenderloins** (all visible fat discarded, cut into 1-inch cubes)
- 1 small **Idaho potato** (about 3/4 cup), peeled, cut into bite-size pieces
- 2 clove minced, fresh **garlic**
- or 2 tsp. jarred, minced **garlic**
- 3/4 cup frozen **peas** (thawed)
- 1/2 small **onion** (chopped)
- 3/4 cup chopped **carrots** (2 small carrots)
- 1 cup fresh **corn**, cut off cob (about one ear)
- or 8 oz. canned, no-salt-added **corn**
- 1/2 cup **celery** (about 2 stalks), chopped
- 1/2 cup low-sodium **chicken broth**
- 1/2 tsp. dried, salt-free **Italian blend herbs**
- 1/4 cup **skim milk**
- 1 1/2 cup fat-free, **plain Greek yogurt**
- 1 tsp. **extra virgin olive oil**
- 7.5 oz. canned, low-fat 10-count refrigerated **butter milk biscuits** (try to look for whole wheat)
- non-stick **Cooking spray**

Directions:

- 1** Preheat oven to 350° F.
- 2** Place chicken in medium saucepot and fill about halfway with water (enough to completely cover chicken). Bring to a boil, cover and reduce heat to a simmer and cook about 20 minutes. Remove from water, cool slightly and dice into bite size pieces cover and place in refrigerator. (Can be prepared a day ahead.)
- 3** In a medium saucepot, place potato pieces in cold water, turn heat on high and bring to a boil. Boil potatoes until fork tender, about 20 minutes. Remove from water and set aside.
- 4** Heat olive oil in a large saucepot, over medium low heat. Add garlic, peas, onion, carrots, corn, and celery. Cook, stirring frequently, for 5 minutes. Add chicken broth and herbs and continue cooking for 5-7 more minutes, until most of cooking liquid has been absorbed.
- 5** In a medium mixing bowl, stir together milk, yogurt, chicken and potatoes. Add yogurt mixture to hot vegetable mixture and remove from heat.
- 6** Keep biscuits cold until ready to use. Cut 5 biscuits into small 1/2 inch cubes.
- 7** Place mixture in a 9 x 9 baking dish coated with cooking spray. Scatter biscuit pieces, evenly spaced, over top of pot pie mixture.
- 8** Bake for about 20 minutes, or until biscuit dough is golden brown.

FEBRUARY HOLIDAYS

DATE	HOLIDAY
1	National Dark Chocolate Day
2	National Tater Tot Day
3	National Bubble Gum Day
4	National Thank a Mailman Day
5	World Nutella Day
6	National Frozen Yogurt Day
7	National Fettucine Alfredo Day
8	National Kite-Flying Day
9	National Pizza Day
10	National Umbrella Day
11	National Make a Friend Day
12	Super Chicken Wing Day
13	National Cheddar Day
14	Valentine's Day
15	World Hippo Day

DATE	HOLIDAY
16	National Almond Day
17	Random Acts of Kindness Day
18	Thumb Appreciation Day
19	National Chocolate Mint Day
20	National Love Your Pet Day
21	National Sticky Bun Day
22	Play More Cards Day
23	National Chili Day
24	National Skip the Straw Day
25	Let's All Eat Right Day
26	Tell a Fairy Tell Day
27	National Pokemon Day
28	National Science Day
29	National Frog Leg's Day

Funny Love Quotes About Love & Relationships

Ladies, if a man says he will fix it, he will. There is no need to remind him every 6 months about it.

By all means marry. If you get a good wife, you'll be happy. If you get a bad one, you'll become a philosopher.
~ *Socrates*

Relationships are like a walk in the park. Jurassic Park.

If your significant other is mad at you put a cape on them and say "Now you're super mad!".

When a woman says "What?" It's not because she didn't hear you, she's giving you a chance to change what you said.

Behind every angry woman stands a man who has absolutely no idea what he did wrong.

The four most important words in any marriage: "I'll do the dishes".

A good marriage is like a casserole, only those responsible for it really know what goes in it.

Love at first sight is possible, but it pays to take a second look.

Love is like an hourglass, with the heart filling up as the brain empties. ~ *Jules Renard*

Women are meant to be loved, not to be understood. ~ *Oscar Wilde*

People who throw kisses are hopelessly lazy. ~ *Bob Hope*

There are only three things women need in life: food, water, and compliments. ~ *Chris Rock*

Love is a lot like a backache, it doesn't show up on X-rays, but you know it's there. ~ *George Burns*

All you need is love. But a little chocolate now and then doesn't hurt. ~ *Charles M. Schulz*

Before you marry a person, you should first make them use a computer with slow Internet service to see who they really are. ~ *Will Ferrell*

A successful relationship requires falling in love many times, always with the same person. ~ *Mignon McLaughlin*

A kiss without a mustache is like an egg without salt. ~ *Spanish Proverb*

Gravitation is not responsible for people falling in love. ~ *Albert Einstein*

If you love them in the morning with their eyes full of crust; if you love them at night with their hair full of rollers, chances are, you're in love. ~ *Miles Davis*

Valentine One-Liners

What do you write in a slug's Valentine's Day card?" Be my Valen-slime!

What did the paper clip say to the magnet? "I find you very attractive."

What did the stamp say to the envelope on Valentine's Day? "I'm stuck on you!"

Why didn't the skeleton want to send any Valentine's Day cards? His heart wasn't in it.

Why did the sheriff lock up their valentine? She stole their heart.

What do you call two birds in love? Tweethearts!

How can you tell when a squirrel is in love? It goes nuts!

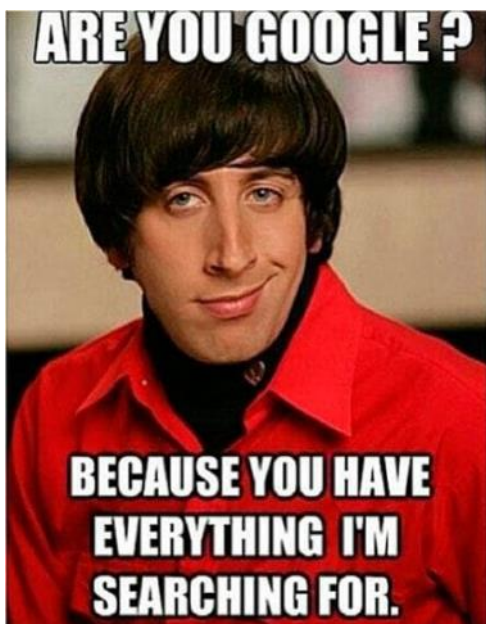
What did the calculator say to the pencil? "You can count on me."

How did the telephone propose to his girlfriend? He gave her a ring!

What did one oar tell the other oar? "This is so row-mantic!"

What did the light bulb say to the other light bulb? "You light my world up."

How can you get arrested on Valentine's Day? "For stealing someone's heart."



BetterLife FÜN

A Gift For Our Feathered Friends

Birdseed Ornaments

Make these fun birdseed ornaments with your kids this holiday season. They're SO EASY and will look beautiful hanging on the tree outside your window (makes 12).

MATERIALS

- 2 ½ cups birdseed (songbird mix suggested)
- 2 packages unflavored gelatin (2 tbsp total)
- 2 tbsp corn syrup
- 1 cup water
- 12 holiday cookie cutters
- 3 drinking straws cut into 2" long pieces
- twine

INSTRUCTIONS

- Add ½ cup cold water to a large bowl.
- Pour the 2 packages of unflavored gelatin on top of the water.
- Add ½ cup boiling water to the gelatin mixture and stir until the gelatin is completely dissolved.
- Add the corn syrup and stir until combined.
- Add the birdseed and mix well.
- Place the bowl in the refrigerator for about 10 minutes until the liquid firms up enough that it won't leak out from under the cookie cutters.
- Set your cookie cutters onto a parchment-lined baking sheet and fill them with spoonfuls of the birdseed mixture. Using the back of the spoon, press down the birdseed mixture firmly to fill in all the gaps. Fill the cookie cutters to the top.
- Press the drinking straw into each of the shapes leaving at least ½" of space between the hole and the edge of the shape.



- Place the ornaments in the refrigerator overnight.
- To remove the cookie cutters, gently pull the metal away from the edges on all sides, then gently push the birdseed ornament out of the cookie cutters and pull the straws out.
- Thread a piece of twine through the hole and tie the ends in a knot.
- Hang the birdseed ornaments from tree branches, leaving room nearby for the birds to perch on while eating.



























NOTES

When you place the mixture in the refrigerator, right after you've added the gelatin to the birdseed, make sure you don't keep it in the fridge for too long. If any of the gelatin "breaks" when you stir it, you need to microwave the whole bowl to melt it and try again. The birdseed/gelatin mixture needs to be thickened slightly in the fridge until it has the consistency of a thick syrup. If the gelatin is set more than that before you spoon it into the cookie cutters, the ornaments can become crumbly. Make sure it's set enough so that it doesn't leak out from under the cookie cutters. **Have fun watching the birds!**

Source: onelittleproject.com/birdseed-ornaments

PRESIDENTS' DAY! CRACK THE CODE

President's Day is observed on the third Monday in February. Use the CODE CLUES to identify the letters for each word to uncover the names of a few U.S. Presidents.

												
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. Grant _____

2. Carter _____

VALENTINE'S DAY

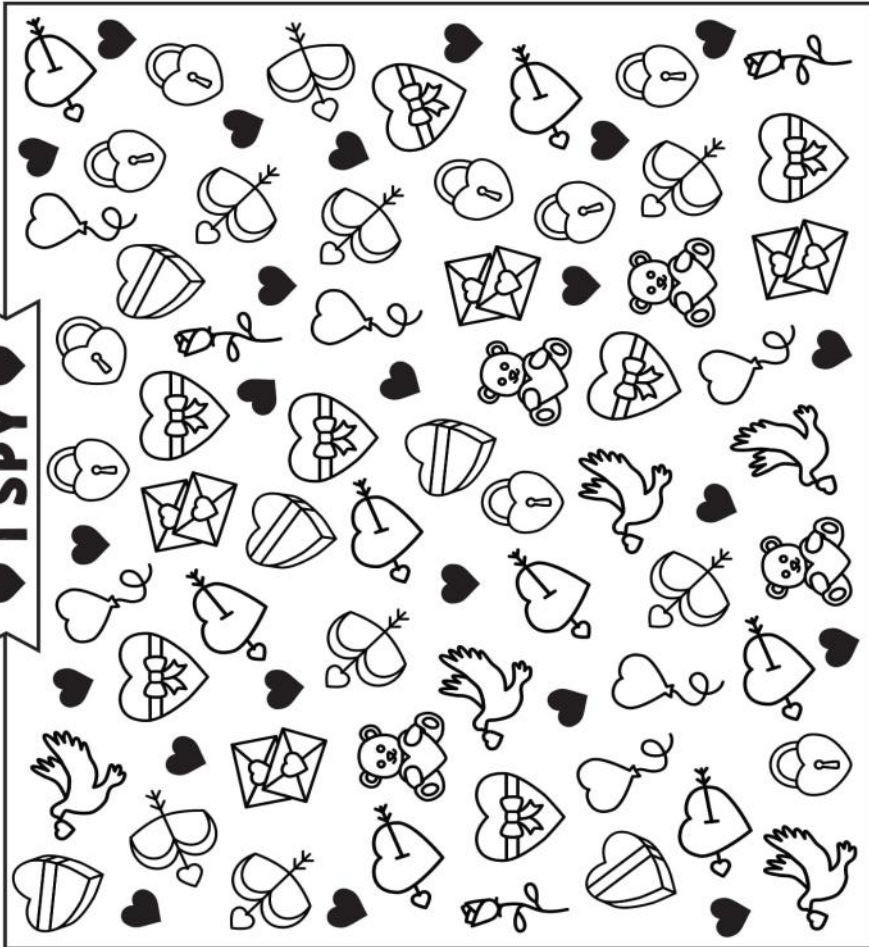
WORD SCRAMBLE

1. MARDIER _____
2. QUTBOUE _____
3. OOLTCCHEA _____
4. PDU CI _____
5. WRSLEFO _____
6. AETRH _____
7. NORMCEA _____
8. WREHTTESAE _____
9. ELYNATEIN _____
10. OESRS _____
11. GHU _____
12. LEVO _____



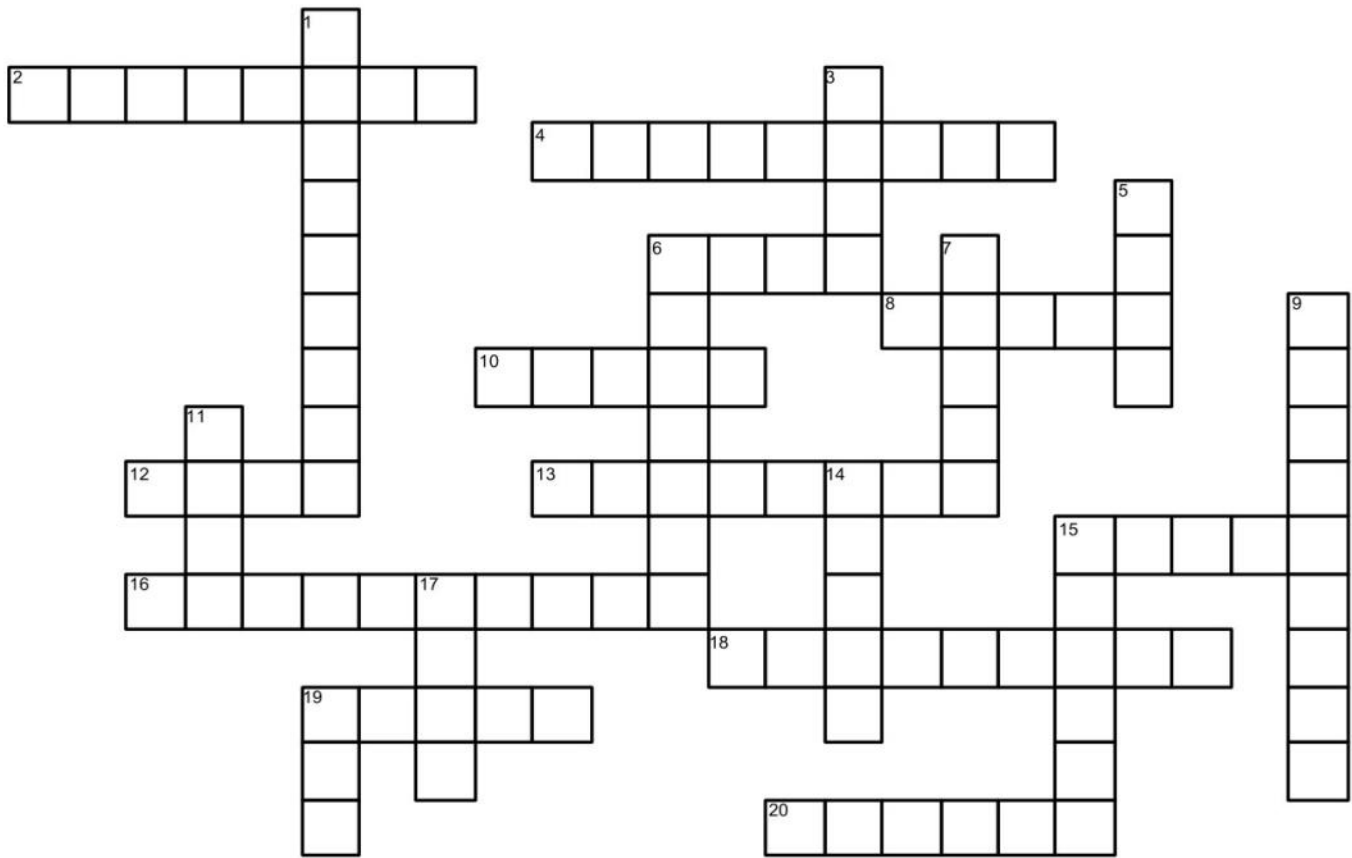
VALENTINE'S DAY

I SPY



- | | |
|--|-------|
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |

Valentine's Day Crossword Fun



ACROSS

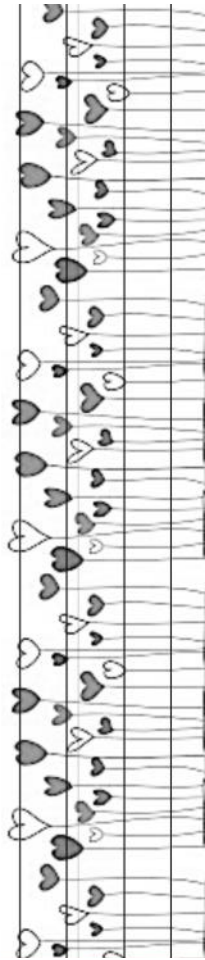
- 2 A piece of jewelry worn around one's neck.
- 4 _____ and girlfriend.
- 6 "Be _____."
- 8 School children often exchange these on Valentine's Day.
- 10 He shoots invisible arrows to make people fall in love.
- 12 The most popular flower for Valentine's Day.
- 13 Valentine's Day falls on _____ 14.
- 15 "_____ Valentine's Day!"
- 16 A safe place to store jewelry. (Two words.)
- 18 My friend gave me heart-shaped box full of _____.
- 19 Bees make this substance, which is also a nickname for someone who is loved.
- 20 St. Valentine is known as the patron saint of _____.

DOWN

- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXOX," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "I _____ you."
- 14 Bow and _____.
- 15 Children may read and eat candy _____.
- 17 A man usually gives a woman a _____ when he asks her to marry him.
- 19 In "XOXOXOX," an O represents this action.

VALENTINE'S SUDOKU

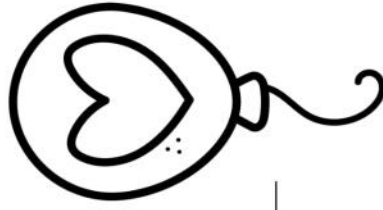
					9			
	5		7		9	6	4	
4			2		6			5
5				2				9
							2	
	1							6
	9							
						3		
			9	6	2			
							7	



PUZZLES

VALENTINE'S DAY! UNSCRAMBLE THE WORDS

February 14th is an awesome day! It's Valentine's Day, which is wonderful day to show your loved ones how much you care. After you've unscrambled each word, write the circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!



1. yacnd _____
2. rabrefyu _____
3. theras _____
4. snerfphidi _____
5. wolfres _____
6. stigf _____
7. staleneinv _____
8. dcpui _____
9. teasethrew _____
10. thocaloce _____
11. dre sores _____



What do you call a very small Valentine?

3 7 9 5 10 1 - 6 8 4 2

HOW MANY WORDS CAN YOU MAKE FROM

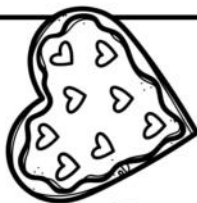
VALENTINE'S DAY



Using each letter only once, see how many different words you can make out of "VALENTINE'S DAY." Write down as many words as you can on the lines below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____

BE MY VALENTINE! 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.



SUPER BOWL SUNDAY! WORD SEARCH

The Super Bowl is takes place each February. The first game was held in 1967 when Green Bay played against Kansas City. Green Bay won that first game. Hidden below are 18 other winners.

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

- WORD BANK**
- Patriots
 - Rams
 - Buccaneers
 - Chiefs
 - Eagles
 - Broncos
 - Seahawks
 - Ravens
 - Giants
 - Packers
 - Saints
 - Steelers
 - Bears
 - Colts
 - Cowboys
 - Raiders
 - Commanders
 - Jets



©Shelly Rees

ANSWERS

NECKLACE
LENTIN
BOYFRIEND
MINE
CUPID
FEBRUARY
JEWELRYBOX
HONEY
LOVERS
CHOCOLATE
HAPPY
TEDEAR

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

JANUARY BIRTHDAYS

Diane Astalos
Rhonda Benford-Elliott
Bruce Berger
Miranda Bernabei
Kristen Boyesen
Carolyn Cannon
Ken Chizik
Kathy Chmura
Frederick Davis
Jeff Demartine
Lynn Eppich
Carl Femc
Cynthia Gainer
Becki Gisser

Sandra Hahn
Barbara Hanzel
Paula Jesse
Denise Jones
Brenda Kelly
Roseann Kisner
Karen Kundla
Lodean Lockett-Turner
Yolanda Magby
Carole Mazanec
Pamela Parker
Jean Rusher
Holly Schwartz
Bob Spinks

Jerry Steward
Patricia Steward
Carol Stover
Vickie Taylor
Frank Thome
Pat Tyukodi
Michael Umbower
Merlene Vilt
Martha Walton
Valerie Warren
Patricia Wenckus
Lena Williams
Ted Wonderly
Stella Witowski

JANUARY ANNIVERSARIES

Robert & Debbie Johnson

24 years on January 22nd

*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

Lisa Deredita
Lauren Hogue-Lehman

Earnestine Sanders

Cathy Slezak

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570

recreation@bedfordoh.gov

