

## IN THIS ISSUE

Calendar	2-3
Rec Programs	4-13
City News	14-15
Snow Plow List	16
Library Programs	17
Historical Society	18
Resources	19-23
Monthly Recipe	24
Monthly Nutrition	25
Jokes & More	26-29
Puzzles	30-37
Member Highlights	38



### Grab & Go or Sit & Stay

Boxed lunches will be available for walk-in pickup inside of Ellenwood Center. Park in either parking lot and walk into the building. You may either take your lunch to go or stay and enjoy the company of other Club members. Beverages will be served. Special social activities are planned every luncheon at 1:00 pm (See Calendar for activities).

Reserve your meal online or call 440-735-6570 during the registration dates. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

**Wednesday, December 14**

***Christmas Themed Lunch***

**Serving & Pickup Time: 11:30 am - 12:00 pm**

Registration begins on December 1. Registration deadline Friday, December 9.

**A vegetarian option is available!**

Please indicate during registration if you prefer a veggie wrap substitution served with the listed side.





## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>9</b>  Senior Lunch 11:30am  Bingo 1:00pm  Book Club 2:00pm	<b>10</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am  Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm  (Friday) Flick 1:00pm "Where the Crawdads Sing"  Barre Above 6:30pm	<b>11</b>  <p style="text-align: center;">WE WILL BE CLOSED ON <b>VETERANS DAY</b></p> <p style="text-align: center;">..........</p>
<b>14</b>  Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Local Motion 6:45pm	<b>15</b>  Strength & Balance 10:30am  Coffee & Convo 1:00pm	<b>16</b>  Shuffleboard 9:30am  Friendsgiving 11:30am  Sparkling Portraits 2:00pm	<b>17</b>  UH Walking Club 9:30am  Reach w/ Rhythm 11:00am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Barre Above 6:30pm	<b>18</b>  Stroke & Prevention Lunch Lesson 11:30am  Friday Flick 1:00pm "Elvis"  Tai Chi 5:50pm
<b>21</b>  Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Learn to Knit 1:00pm Local Motion 6:45pm	<b>22</b>  Coloring & Chocolate 11:00am  Coffee & Convo 1:00pm	<b>23</b>   6:00pm	<b>24</b>  <p style="text-align: center;"><i><b>Closed</b></i>  <i>for</i>  <b>Thanksgiving</b></p>	<b>25</b>  
<b>28</b>  Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Learn to Knit 1:00pm Local Motion 6:45pm	<b>29</b>  Strength & Balance 10:30am  Coffee & Convo 1:00pm	<b>30</b>  Shuffleboard 9:30am  Volunteer Ronald McDonald Outing 12:00pm		<p style="text-align: center;"><b>SATURDAYS</b>            Gentle Yoga 9:00am            November 12, 19             Creative Writing 10:00am            November 12</p>



## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b><u>SATURDAYS</u></b></p> <p><i>Gentle Yoga 9:00am December 3, 10, 17</i></p> <p><i>Creative Writing 10:00am December 3</i></p>		<p><b>1</b></p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Barre Above 6:30pm</p>	<p><b>2</b></p> <p>Friday Flick 1:00pm "Elf"</p> <p>Tai Chi 5:50pm</p>
<p><b>5</b></p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Learn to Knit 1:00pm Local Motion 6:45pm</p>	<p><b>6</b></p> <p>Strength &amp; Balance 10:30am</p> <p>Coffee &amp; Convo 1:00pm</p>	<p><b>7</b></p> <p>Shuffleboard 9:30am</p> <p> 12:00pm</p> <p>Get Crafty 2:00pm</p>	<p><b>8</b></p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Barre Above 6:30pm</p>	<p><b>9</b></p> <p>Friday Flick 1:00pm "A Christmas Story Christmas"</p> <p>Tai Chi 5:50pm</p> <p><i>Deadline for 12/14 lunch</i></p>
<p><b>12</b></p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Learn to Knit 1:00pm Local Motion 6:45pm</p>	<p><b>13</b></p> <p>Strength &amp; Balance 10:30am</p> <p>Coffee &amp; Convo 1:00pm</p>	<p><b>14</b></p> <p> Senior Lunch 11:30am</p> <p>Karaoke 12:30pm</p> <p>Book Club 2:00pm</p>	<p><b>15</b></p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Special Flick 1:00pm "A Christmas Story"</p> <p>Barre Above 6:30pm</p>	<p><b>16</b></p> <p>Friday Flick 1:00pm "Empire of Dreams: Star Wars Trilogy"</p> <p>Tai Chi 5:50pm</p>
<p><b>19</b></p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Learn to Knit 1:00pm Local Motion 6:45pm</p>	<p><b>20</b></p> <p>Strength &amp; Balance 10:30am</p> <p>Coffee &amp; Convo 1:00pm *Cookie Swap*</p>	<p><b>21</b></p> <p>Shuffleboard 9:30am</p> <p>Christmas Musical Bingo 12:30pm</p> <p>Sparkling Portraits 2:00pm</p>	<p><b>22</b></p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Thursday Flick 1:00pm "Home Sweet Home Alone"</p>	<p><b>23</b></p> <p></p>
<p><b>26</b></p> <p></p>	<p><b>27</b></p> <p>Coloring &amp; Chocolate 11:00am</p> <p>Coffee &amp; Convo 1:00pm</p>	<p><b>28</b></p> <p>Noon Years Party &amp; Potluck 11:00am</p>	<p><b>29</b></p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Thursday Flick 1:00pm "Four Christmases"</p>	<p><b>30</b></p> <p></p>

# RECREATION PROGRAMS

## Stay & Play: Post-Lunch Activity

**NEW!** 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.

## Noon Years Party & Potluck

**NEW!** 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! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Gymnasium

Date: Wednesday, December 28

Time: 11:00 am – 1:00 pm

Fee: Free to Bedford Senior Club Members

## Coffee, Cookies & Conversation \*Cookie Swap\*

**NEW!** We have a weekly Tuesday Drop-in where Club members gather for coffee, cookies and conversations in the Senior Room. However, on Tuesday, December 20, we will host a special 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 afternoon with other Club members.

Location: Ellenwood Center Room2

Date: Tuesday, December 20

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

## Coloring and Chocolate

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

Location: Ellenwood Center Room 2

Dates: select dates - see Senior Event Calendar

Time: 11:00 am – 12:00 pm

Fee: Free to Bedford Senior Club Members



# RECREATION PROGRAMS

## Learn to Knit: Community Giving Project

**NEW!** Join Bedford Downtown Alliance's 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. We will have experienced knitters, Laura and Michele from the Broadway Cyclery, present at the first 3 dates to teach and guide you on your knitting projects. Needles, yarn and patterns will be supplied.

Location: Ellenwood Center Room 2

Dates: Mondays, November 21, 28, December 5, 12, 19

Time: 1:00 pm – 3:00 pm

Fee: Free



# RECREATION PROGRAMS

## Gentle Yoga

This class incorporates yoga postures, gentle movement sequences, breath work, and guided relaxation to support increased awareness and mindfulness of the breath and body. Great for beginners, all levels welcome. Those with limited mobility can do yoga from a seated position and/or standing with chair support. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Session 3 Dates: Saturdays— December 3, 10, 17

Time: 9:00 am - 10:00 am

Fee: \$27 Bedford Resident/\$33 Non-Resident

Bedford Senior Club Members are free and must register in advance

## Tai Chi

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

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Session 2 Dates: Fridays, November 18, December 2, 9, 16 (No class 11/25)

Time: 5:50 pm - 6:35 pm

Fee: \$44 Bedford Resident/ \$54 Non-Resident

Bedford Senior Club Members are free and must register in advance

## Senior Line Dancing

This lively group of seniors meets every Monday to get a little exercise and to socialize. This activity is free to all resident seniors. Pre-registration preferred; drop-ins welcome if space permits. Space is limited to 30 participants.

Volunteer Instructor: Jeanne Stainbrook

Location: Ellenwood Center Gymnasium

Dates: Weekly on Mondays

Time: 10:30 am – 11:30 am

Fee: Free to Senior Club Members and registered Cuyahoga County senior participants.



# RECREATION PROGRAMS

## Barre Above®

Barre Above® is fusing the best of Pilates, yoga and elements of dance strengthening exercises. Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and help you feel more confident in your fitness. Take your fitness to new heights!

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gymnasium

Dates: Thursdays, December 1, 8, 15

Time: 6:30 pm - 7:30 pm

Fee: \$27 Bedford Resident/ \$33 Non-Resident

Bedford Senior Club Members are free and must register in advance



## Strength & Balance

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

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Room 4

Fall Session 3 Dates: November 29, December 6, 13, 20

Time: 10:30 am – 11:30 am

Fee: Free to Bedford Senior Club Members/\$35 for non-members

## 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 - November 3, 10, 17

Time: 9:30 am – 10:30 am



# RECREATION PROGRAMS

## 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. Limited to 12 participants; registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm



**Alcohol Ink Stamped Ornaments** – Wednesday, December 7

**Glass Gem Suncatchers** – Wednesday, January 4

**Conversation Heart Cookie Decorating** – Wednesday, February 1

## 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. Limited to 12 participants; registration required.

Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members

- **Thankful Box**—Wednesday, November 16
- **Oh, Christmas Tree** —Wednesday, December 21
- **Red Bird** —Wednesday, January 18





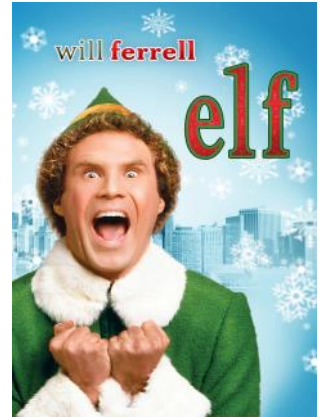
# RECREATION PROGRAMS

## Friday Flicks

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 2

### Friday, December 2: Elf (2003)

*Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, this is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results.*



### Friday, December 9: A Christmas Story Christmas (2022)

*The family comedy "A Christmas Story Christmas" is the long-awaited follow-up to annual holiday favorite, "A Christmas Story." This time, Ralphie is all grown up and must deal with Christmas and all that comes with it... as a dad. Peter Billingsley returns to the role that has made kids of all ages anticipate Christmas morning like no other.*



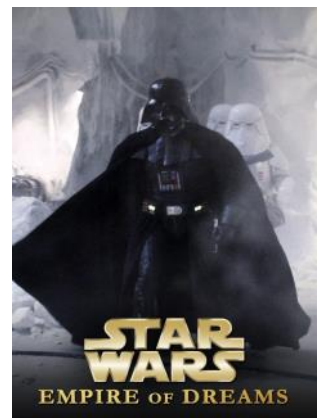
### SPECIAL FLICK: Thursday, December 15: A Christmas Story (1983)

*Based on the humorous writings of author Jean Shepherd, this beloved holiday movie follows the wintry exploits of youngster Ralphie Parker (Peter Billingsley), who spends most of his time dodging a bully (Zack Ward) and dreaming of his ideal Christmas gift, a "Red Ryder air rifle." Frequently at odds with his cranky dad (Darren McGavin) but comforted by his doting mother (Melinda Dillon), Ralphie struggles to make it to Christmas Day with his glasses and his hopes intact.*



### Friday, December 16: Empire of Dreams, Star Wars Trilogy (2004)

*An in-depth making of documentary about the original Star Wars trilogy, covering the productions of the three films and their impact on popular culture.*



# RECREATION PROGRAMS

## Thursday, December 22: Home Sweet Home Alone (2021)

*\*Note, this film will be shown on a Thursday. We are closed on Friday for Holiday. Max Mercer is a mischievous and resourceful young boy who has been left behind while his family is in Japan for the holidays. So when a married couple attempting to retrieve a priceless heirloom set their sights on the Mercer family's home, it is up to Max to protect it from the trespassers... and he will do whatever it takes to keep them out. Hilarious hijinks of epic proportions ensue, but despite the absolute chaos, Max comes to realize that there really is no place like home sweet home.*



## Thursday, December 29: Four Christmases (2008)

*\*Note, this film will be shown on a Thursday. We are closed on Friday for Holiday. When their plans for an exotic vacation fall apart, unmarried couple Brad (Vince Vaughn) and Kate (Reese Witherspoon) must spend Christmas Day trudging around to a quartet of family get-togethers. While Brad counts the hours till he can escape the onslaught of crazy relatives, Kate begins to wonder about her own choices and ponders whether her family members are so crazy after all.*



*There is still space available for these upcoming Friday Flicks:  
November 18: Elvis*

## Senior Volunteer Crew

**NEW!** 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: Knitting/Crochet/Embroidery/Quilting, Special Event Helpers for various senior programs and community events, card-cutting for our Greeting Card Collection Drive, Gym Monitors for Preschool Play, deliver pop-tabs to Ronald McDonald House... etc. You tell us! Share your talent and hobbies with others!

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.



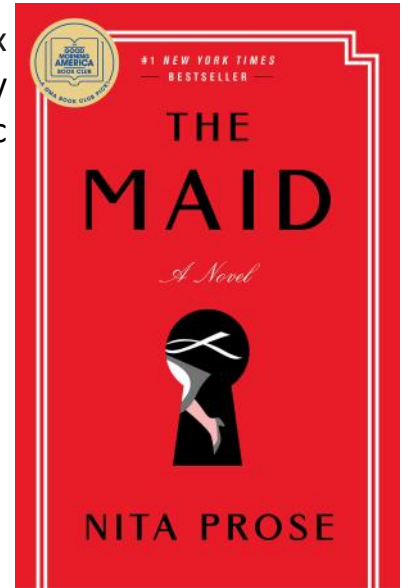
# RECREATION PROGRAMS

## Shelf Indulgence Book Club

**NEW!** 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 Cuyahoga County Public Library. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

### December 14: “The Maid” by Nita Prose

*“Molly Dunn is not like everyone else. She struggles with social skills and interprets people literally. Since her Gran died a few months ago, twenty-five-year-old Molly has had to navigate life's complexities all by herself. No matter-- she throws herself with gusto into her work as a hotel maid. Her unique character, along with her obsessive love of cleaning and proper etiquette, make her an ideal fit for the job. But Molly's orderly life is turned on its head the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself very dead in his bed. Before she knows what's happening, Molly's odd demeanor has the police targeting her as their lead suspect and she finds herself in a web of subtext and nuance she has no idea how to untangle. Fortunately for Molly, a medley of friends she didn't realize she had refuses to let her be charged with murder--but will they be able to discover the real killer before it's too late?”*



Location: Ellenwood Center Room 2

Dates: Second Wednesday of the month

Time: 2:00 pm – 3:00 pm

Fee: Free

## 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. Pre-registration required. Space is limited to 30 participants.

Instructor: Patty Haw

Location: Ellenwood Center Gymnasium

Dates: Weekly on Thursdays

Time: 11:00 am – 12:00 pm

Fee: Free to Senior Club Members and registered Cuyahoga County senior participants.

\$3 per class for non-members or register for the entire Fall session for \$35



# RECREATION PROGRAMS

## Pickleball Open Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot. Check the Senior Event Calendar for Open Play days and times.

Location: Ellenwood Center Gymnasium

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



## Local Motion with Jaki: Aerobic Line Dancing

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

Instructor: Jaki Ward

Location: Ellenwood Center Gymnasium

Fall Session 2 Dates: Mondays, November 7, 14, 21, 28, December 5, 12, 19

Time: 6:45 pm - 7:45 pm

Fee: Bedford Resident \$35 / Non-Resident \$45

Bedford Senior Club Members are free and must register in advance

## Creative Writing Workshop

Join creative writer, teacher, and director of Writing Blooms, Jamie Cole, to discover innovative and imaginative writing techniques. Ms. Cole infuses fun in her educational writing activities and is excited about the opportunity to share her creative writing strategies with writers of all levels. Beginners welcome! *Each class needs a minimum of 5 participants.*

Location: Ellenwood Center Room 1

Fee per class: \$15 Bedford Resident/\$20 Non-Resident

Bedford Senior Club Members are free and must register in advance

## People watch the WRITE way!

In this workshop, learn how people watching and eavesdropping can be the catalyst for a great story.

Date: Saturday, December 3

Time: 10:00 am - 12:00 pm



## RECREATION PROGRAMS



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

### The Making of “A Christmas Story”

From Red Ryder to the Leg Lamp, here is the story of this how Christmas favorite was made from director Bob Clark’s first idea in 1968 to the upcoming sequel in 2022. Show us how the little piggies eat and enjoy a delicious lunch of roasted pork, mashed potatoes, green beans and dessert. Presentation by Carl Quatraro with Speaking on Q.

Date: Wednesday, December 7

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members

\$15 for non-members

**WE WILL ALSO SHOW THIS FILM ON  
THURSDAY, DECEMBER 15 AT 1:00PM  
REGISTER TO RESERVE A SEAT!**



### SAVE THE DATE! DETAILS & REGISTRATION FORTHCOMING...

*The Golden Age of Shopping—Wednesday, January 18, 2023*

*Martin Luther King: The Private Man Behind The Public Dream —Wednesday, February 1, 2023*

*The Making of “The Princess Bride”—Wednesday, February 15, 2023*

*The Personal Life of Josephine Baker —Wednesday, March 1, 2023*



# NEWS FROM THE CITY OF BEDFORD

## City Council Meetings

Meetings are in-person and open to the public. First and third Monday evenings starting at 8:00 pm at Bedford City Hall. Upcoming Council Meetings: November 21, December 5, 19

To watch the meeting live or to view previous meetings, visit the City of Bedford City Council Meeting YouTube Channel. <https://www.youtube.com/CityofBedfordOH>.

## Leaf Collection

The Service Department began leaf collection and it will continue until all leaves are picked up. Leaf pick up is only done in the fall, there is no leaf pick up in the spring. The city is divided into four sections and continuous rounds of each section will be made.

Rake leaves to the tree lawn, do not rake them into the street, this blocks our storm system. Do not call the Service Department for pick up, we will do continuous sweeps of the city until all leaves are picked up. Please be considerate of parking on the street during leaf season. Workers are not able to pick up leaves if there is a car parked in front of a pile. If you still have limbs on the tree lawn, they will not be picked up, do not mix them with leaves, they can be cut up and placed in the trash for disposal.

## Veteran Day Ceremony

The annual Veterans Day Ceremony is Friday, November 11, 2022 at 11:00 a.m. at Veterans Park in downtown Bedford followed by another short ceremony at the Bedford Cemetery on Broadway. The Bedford Veterans Memorial Day Committee sponsors the Ceremony. The Bedford VFW Post 1082 will raise the flag. Veterans are invited to share their service experiences.

## 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.

**City Hall will be closed on the following dates:** November 11, 24, 25  
December 23, 26, 30  
January 2



# NEWS FROM THE CITY OF BEDFORD



## Tree Lighting

The City of Bedford's annual Tree Lighting Ceremony at the Bedford Commons will be held on Wednesday, November 23 at 6:00 p.m. sharp. This year there will be an ice-carving demonstration on the square before the tree lighting from 4:30 pm - 5:30 pm. The Bedford Firefighters Local 1683 will again be providing refreshments, and Santa Claus will be stopping down to join us as we celebrate the beginning of the holiday season. Hope to see you there!

## RX Drug Drop Box Program

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. Prescription opiates are often the gateway to heroin addiction. Prescription opiates are commonly found in many medicine cabinets. It is vital that old prescriptions be properly disposed to keep one's family safe. Pills left unattended in a bathroom or medicine cabinet can be easily taken and misused. Please utilize Cuyahoga County's Rx Drug Drop Box Program to keep your loved ones safe.



**Bedford T-Shirts are now available for purchase at Ellenwood Center during regular office hours**

**Shirts are \$20.00 and available in sizes S – 2XL. Designed by CLE Clothing Company**



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

- Senior Discount Offered
- \$27.00 per push for seniors
- \$35.00 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
- Salt additional fee
- 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**

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

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

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

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

- Senior Discount Offered
- \$30 per push for seniors
- Sidewalk additional fee
- Price increase for 4" or more snow in driveway

**Pro-Mow Landscaping**  
**(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
- 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 is not recommending any of the snow plow contractors/companies included on this list. This list is being provided as a courtesy. Contractors can be added to this list by contacting the Bedford Parks & Recreation Department. Any action you take upon the information on this list is strictly at your own risk and the City of Bedford will not be liable for any losses or damages in connection with 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 11 FOR DETAILS!**

Location: Ellenwood Center Room 2

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

**African American Authors Book Group— In-Person or Virtual**

Thursday, January 26: 7:00pm - 8:30pm

Bedford Branch - Meeting Room (70), Bedford Branch Zoom 1

January Title: Bird Brother : A Falconer's Journey and the Healing Power of Wildlife /  
Rodney Stotts, with Kate Pipkin

**Greeting Cards and Cocoa - for Adults**

Thursday, December 01: 7:00pm - 8:00pm

Bedford Branch - Meeting Room (84)

Join us for holiday card creation, hot cocoa, and creativity with other crafters.

**Bedford Film Discussion - Life as a House**

Saturday, December 17: 11:00am - 12:30pm

Bedford Branch - Bedford Branch Zoom 1, Meeting Room (84)

Be sure to watch the film before attending the program. You can access the film using our Kanopy streaming service available for FREE with your library card.

Join us for a discussion of the film Life As A House (2001). "After being diagnosed with terminal cancer, a divorced man takes custody of his contemptuous teenage son, for whom quality time means doing drugs, engaging in small-time prostitution and avoiding his dying father. In his last chance to fulfill one of his life's dreams, the dad, who is an architect, begins to rebuild an old house."

**iPhone 101 - Adults**

Saturday, January 21: 10:00am - 12:00pm

Bedford Branch - Meeting Room (84)

Your iPhone is a state-of-the-art, versatile device that can make calls, send texts, browse the web, take photos and so much more. Learn the basics, as well as some of the lesser-known built-in features that can make organizing your life a little easier. Registration opens on Monday, December 19 2022 at 9:00am.



## NEWS FROM BEDFORD HISTORICAL SOCIETY

The Museum Store will have a Christmas open house during the Tree Lighting Ceremony on the square on Wednesday, November 23. The museum store will be open from 6:00 p.m. - 8:00 p.m. For more information call 440-232-0796 or visit [www.BedfordOhiohistory.org](http://www.BedfordOhiohistory.org).



Christkindl Market  
Saturday, December 10, 2022  
11:00 am - 4:00 pm  
Bedford Historical Museum Gift Shop  
30 S. Park

The Christkindl Market originated in Germany hundreds of years ago as a street Market, held sometime during the 4 weeks of Advent. Nowadays, Christkindl Markets are held all over the world.

Local artists will be bringing their creations to our Museum to sell, just like they did many, many years ago in Germany. One of our own Senior Club members & Local artist, Tom Ramsey will be selling some of his creations.





# Over 60? Struggling to meet basic needs?



YOU MAY BE ELIGIBLE FOR PUBLIC BENEFITS  
YOU ARE NOT RECEIVING!

HOUSEHOLD  
SIZE

GROSS MONTHLY  
INCOME



\$1,869\*



\$2,518\*



\$3,167\*



\$3,816\*

Is your income over these guidelines?  
We can help you find pantries and hot meals.

\*Effective 10/01/2022- 09/30/2023

Ohio

Direction Card

5150 0123 4501 2345

OHIO CARDHOLDER



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# 216-738-2067

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for information regarding  
SNAP (food stamps)  
applications, food pantries,  
free produce and hot meals.

Scan this QR  
Code with  
your phone's  
camera for  
more info!



Greater Cleveland  
Food Bank

GreaterClevelandFoodBank.org

*This project has been funded at least in part with Federal funds from the USDA. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.*

# Gift cards are for *gifts*.

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



[ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)

Did Spectrum or another provider call with an offer to lower your monthly TV, cable, or internet bill in exchange for a pre-payment or fee? It wasn't them. It was a scammer, and you're not alone. This year, the FTC has gotten thousands of reports — including many from older adults — about scammers pretending to be Spectrum to try to trick people out of their money or personal information. Here's how the scam often works: You get a phone call, recorded message, or text with an offer to lower your monthly payments. The caller — or the person who picks up when you call the number they give you — says you need to “prepay” part of your bill to qualify. They tell you to pay using gift cards because they're partnering with a company for a promotion, and to call them back with the gift card number. Once you do, they collect that and other personal information over the phone. If you get a call like this, here are a few things to know:

- **Never give out your personal, account, or payment information to someone who contacts you out of the blue and demands it.** Hang up. It's a scam.
- **Don't trust caller ID.** Scammers can fake caller ID so it shows a company's name or phone number. And never call back a number from a recorded message or listed in an unexpected email or text.

**Don't pay for anything with a gift card.** Gift cards are for gifts. If anyone tells you to pay with a gift card, or to buy gift cards for anything other than a gift, it's a scam. You'll lose your money, and you won't be able to get it back.

For more information on these types of scams, visit [ftc.gov/imposters](https://www.ftc.gov/imposters). And if you spot this, or any scam, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

Thanks to the Center for Elder Law and Justice for sharing reports about this scam through the FTC's Community Advocate Center (CAC). This program helps groups that provide free or low-cost legal services with reporting fraud and other bad practices on behalf of their clients. For more information about the Community Advocate Center, visit [ReportFraud.ftc.gov/community](https://www.ftc.gov/ReportFraud/community).

BEDFORD  
DOWNTOWN  
ALLIANCE

# Wine Fundraiser

NOVEMBER 23  
AT BROADWAY & N. PARK  
5:30PM-6:30PM

\$5 per ticket

Only 100 tickets will be sold for a  
chance to win a bottle of fine wine

*Cash app will be available*

Proceeds to benefit the Bedford's  
Shop With A Cop program

WINES DONATED BY: MAGNA WINE BOUTIQUE,  
GOURMAND'S, THE BUTCHER'S PANTRY,  
SPENNATO'S AND MORE!

*supported by*



*Gardening*  
FROM HOME



Bedford City Schools Foundation  
presents

# *Holly Ball 2022*

## *Annual Silent Auction*

Free registration at <https://bcsf.cbo.io>

**Opening Sunday, November 27, 2022 at Noon  
thru Friday, December 2, 2022 Closing at 9 PM**



Join us for a cocktail party to benefit and celebrate The Treehouse on 12/9 from 6-8 PM. Drinks and light appetizers will be served and there will be a 50/50 raffle and raffle items -- perfect for gifting!!

<https://tinyurl.com/TreehouseFundraiser>

Suggestion admission donation of playgroup supplies.



JINGLE  
and  
MINGLE

DEC 9 | 6-8 PM

A HOLIDAY COCKTAIL PARTY TO SUPPORT OUR  
PROGRAMS & SERVICES



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
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- Completely confidential



**Contact us today at  
216-420-6700**

**to see what benefit programs  
you may be eligible for!**



[dsas.cuyahogacounty.us](http://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.



# fall

## Vegetable Gratin

YIELD: 9 SERVINGS

SERVING SIZE: 1 CUP

### INGREDIENTS

- 2 medium zucchinis, sliced
- 3 russet potatoes, sliced
- 3 large tomatoes, sliced
- 1 eggplant, sliced
- 4 tablespoons flour
- 1 teaspoon cooking oil
- 2 cups low-fat milk
- ½ cup parmesan cheese
- Salt and pepper to taste

### DIRECTIONS

1. Preheat oven to 350° F
2. Spray a large casserole dish with oil or cooking oil spray
3. Place sliced ingredients in rows alternating between sliced zucchini, potatoes, tomatoes, and eggplant
4. Sprinkle with flour, salt, and pepper and set aside
5. In a small pan, heat milk over low heat
6. Pour warmed milk over dish and then top with parmesan cheese
7. Bake at 350° F for one hour



### Nutrition Facts

Amount Per Serving

**Calories** 176

% Daily Value\*

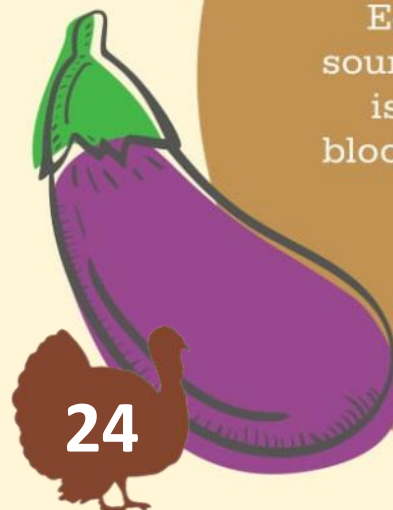
<b>Total Fat</b> 5 g	7 %
Saturated Fat 2 g	10 %
Trans Fat 0 g	
<b>Cholesterol</b> 8 mg	3 %
<b>Sodium</b> 213 mg	9 %
<b>Total Carbohydrate</b> 27 g	9 %
Dietary Fiber 4 g	16 %
Total Sugars 8 g	
Includes - Added Sugars	
<b>Protein</b> 8 g	17 %
Vitamin D 1 µg	5 %
Calcium 194 mg	19 %
Iron 1 mg	7 %
Potassium 785 mg	17 %

\*Percent Daily Values are based on a 2,000 calorie diet.

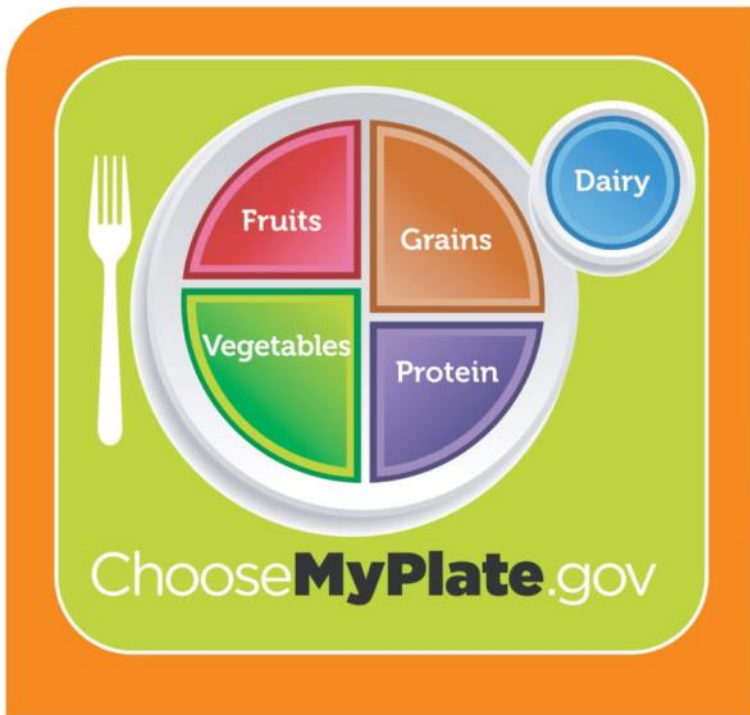
### Healthy Tip



Eggplant is a great source of copper, which is important in red blood cell development.







# Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups. foods, try to plan your meals to include a variety of foods.



## Fruits

### FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



## Vegetables

### VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).



## Protein

### VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



## Grains

### MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are “enriched” with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



## Dairy

### MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1 ½ ounces of hard cheese.





## What is a Dad Joke?

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

Why did the police arrest the turkey? They suspected it of fowl play

Knock Knock. Whose There? Arthur. Arthur Who? Arthur any leftovers?

What role do the green beans play in Thanksgiving dinner? The case-role

If April shows bring May flowers, what do May flowers bring? Pilgrims

Why did the turkey play the drums in the band? Because he already had drum sticks!

What Thanksgiving treat is the most popular at the kids’ table? Crayon-berry sauce

Which side of turkey has the most feathers? The outside

What kind of music did the pilgrims like? Plymouth Rock

Why do pilgrims pants keep falling down?  
Because their belt buckles are on their hats!

What does Dracula call Thanksgiving? Fangs-Giving

What do you call a turkey when it’s full? Stuffed!

What do you call a turkey the day after Thanksgiving?  
Lucky!

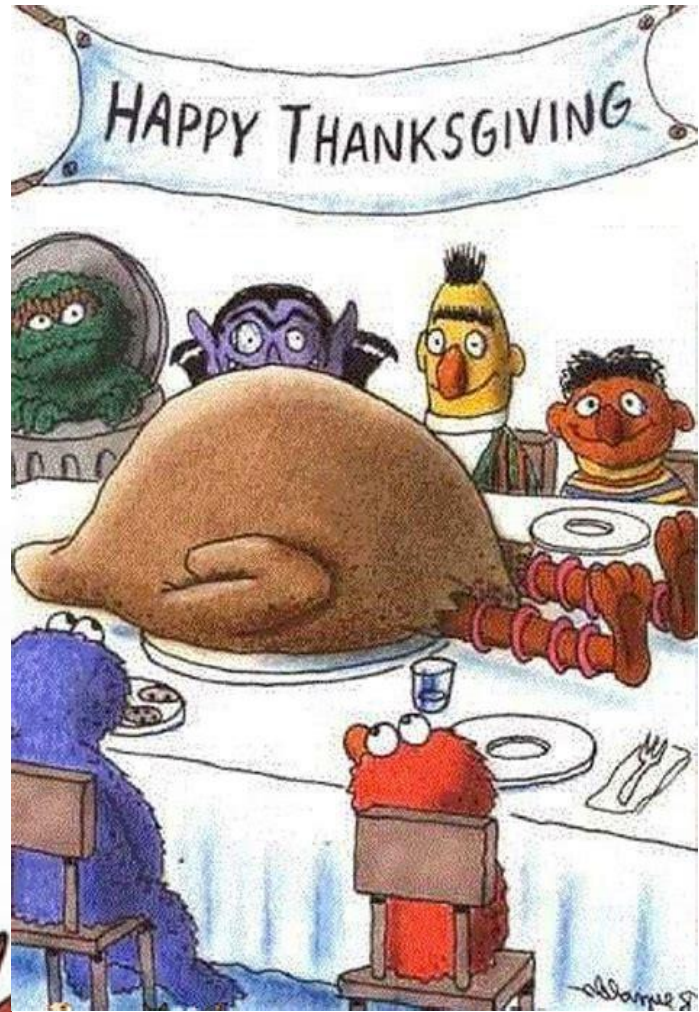
How do you unlock a door on Thanksgiving? With a tur-key

Why did the turkey cross the road? To prove he wasn’t chicken



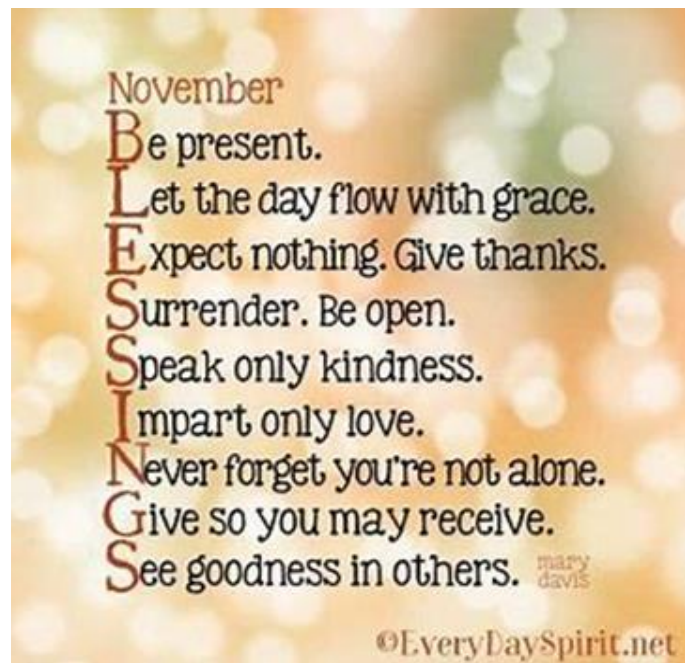
### Thanksgiving Alphabet

T ... Turkeys, table-spreads, being together,  
H ... Happiness and homes to protect us from all weather,  
A ... Aunts and uncles, a reunion in Fall,  
N ... Nieces and nephews, family members all.  
K ... Kind-hearted kin coming over for dinner,  
S ... Surely you'll have fun, but you won't get thinner,  
G ... Gourds and pumpkins, mouths open wide,  
I ... Indians and Pilgrims we remember with pride,  
V ... Very special times-there could even be snow,  
I ... Imagine what it was like at Plymouth long ago,  
N ... Never forget how the settlers led the way,  
G ... Giving thanks and blessing this special day.



### The Turkey Trot

Five little turkeys standing at the door,  
One waddled off, and then there were four.  
Four little turkeys sitting near a tree,  
One waddled off, and then there were three.  
Three little turkeys with nothing to do,  
One waddled off, and then there were two.  
Two little turkeys in the morning sun,  
One waddled off, and then there was one.  
One little turkey better run away,  
For soon it will be Thanksgiving Day.



An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

# WHAT DO YOU MEME?





## FUN FACTS ABOUT

# NOVEMBER



### November Birthdays

- Birthstone: Topaz
- Flower: Chrysanthemum
- Zodiac Signs: Scorpio & Sagittarius

### How to Celebrate November

- No-Shave November (Men's Health Awareness)
- National Adoption Awareness Month
- National Pepper Month
- Aviation History Month
- Peanut Butter Lovers Month

### Important Dates

- Daylight Savings Time Ends November 6th
- Election Day is Tuesday, November 8th
- Veteran's Day is Friday, November 11th
- Thanksgiving Day is Thursday, November 24th
- AMP Office will be closed 11/24 & 11/25



### Did You Know?

President Abraham Lincoln declared the final Thursday in November as the national day of Thanksgiving. Congress made Thanksgiving Day an official national holiday in 1941.

Sources: [grablists.com](http://grablists.com) | [history.com](http://history.com) | [nationaldaycalendar.com](http://nationaldaycalendar.com)





# Thanksgiving Word Search

Challenging



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

CELEBRATION  
 FALL  
 GOBBLE  
 HOME  
 NOVEMBER  
 PILGRIM  
 STUFFING  
 TRADITION  
 WISHBONE

CORN  
 FAMILY  
 GRATITUDE  
 LEAVES  
 PECAN  
 PLYMOUTH  
 THANKFULNESS  
 TURKEY

CRANBERRIES  
 FEAST  
 HOLIDAY  
 MAYFLOWER  
 PIE  
 PUMPKIN  
 THANKSGIVING  
 VOYAGE



# Thanksgiving Word Scrambles

1. cieonrbetla \_\_\_\_\_

9. nTgsankgvihi \_\_\_\_\_

2. sapootet \_\_\_\_\_

10. oruicconpa \_\_\_\_\_

3. inclstsoo \_\_\_\_\_

11. gialpnnt \_\_\_\_\_

4. umolhtPy \_\_\_\_\_

12. ltrstese \_\_\_\_\_

5. Nverombe \_\_\_\_\_

13. eiaerbcnrr \_\_\_\_\_

6. ofrwlMaye \_\_\_\_\_

14. etneelsmtt \_\_\_\_\_

7. gdaeurtti \_\_\_\_\_

15. lPisgrmi \_\_\_\_\_

8. ationrdti \_\_\_\_\_

16. uunmta \_\_\_\_\_

potatoes

Thanksgiving

Mayflower

colonists

tradition

celebration

settlement

planting

settlers

cranberries

Pilgrims

gratitude

November

cornucopia

Plymouth

autumn

# PUZZLES

## What's for Thanksgiving Dinner?



Mr. Kennedy is going to fix Thanksgiving dinner for his four children; Quang, Zoe, Bruce and Megan. Each child wants a different type of meat and vegetable. Use the clues below to help Mr. Kennedy prepare the Thanksgiving meal.

1. The child who asked for ham also asked for corn.
2. Quang and Zoe do not care for poultry, but Bruce does.
3. Megan loves turkey, but not mashed potatoes.
4. Bruce does not like green beans nor does he like vegetables that aren't sweet.
5. Quang is allergic to mashed potatoes and green beans.

	Ham	Turkey	Chicken	Beef Ribs	Mashed Potatoes	Sweet Potatoes	Green Beans	Corn
Quang								
Zoe								
Bruce								
Megan								



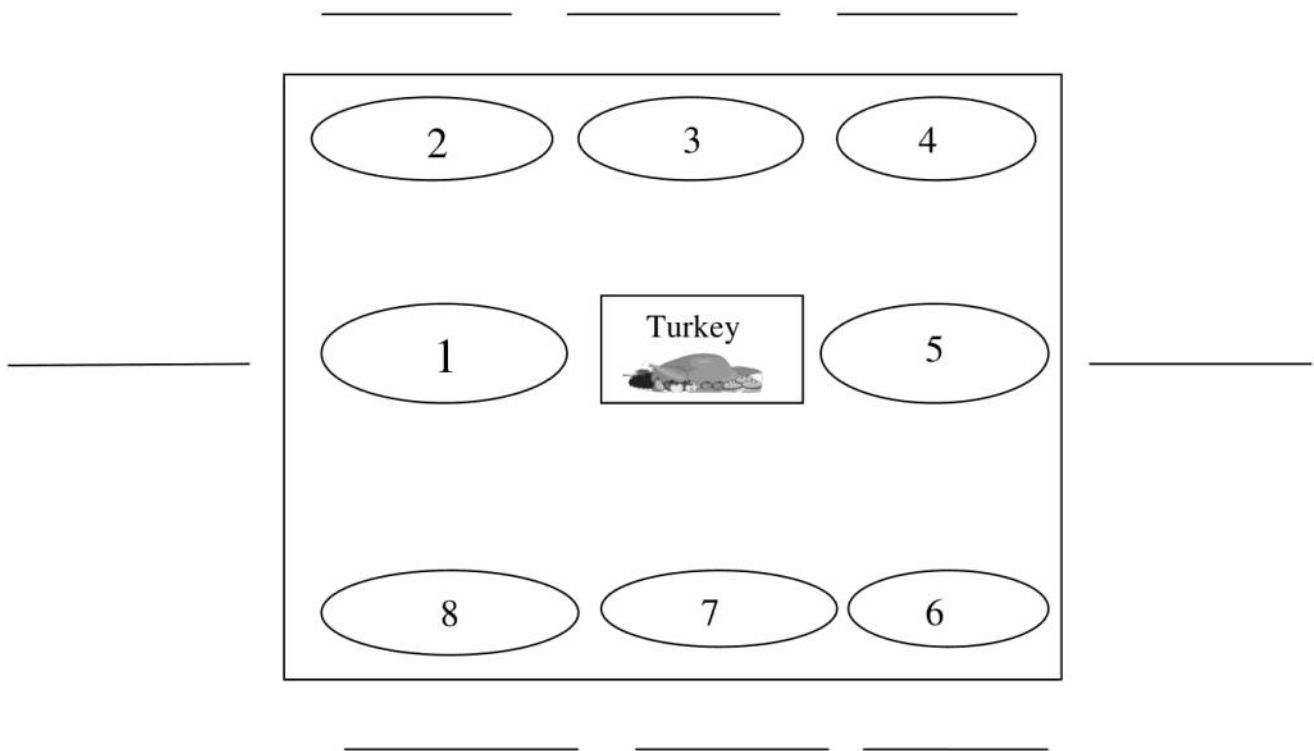


# Holiday Seating Chart

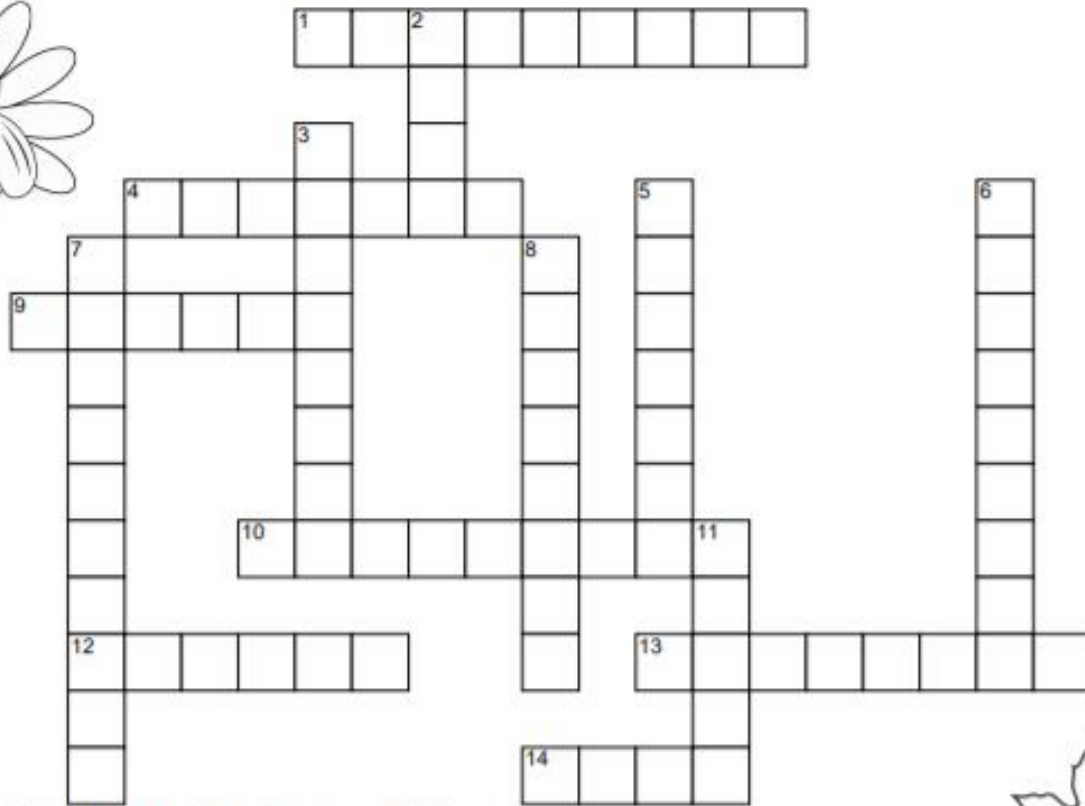


The Reyes family is all together for a tasty Thanksgiving dinner. Your mother asked you to create a seating chart to show everyone where to sit. Use the clues your mother gave you below to figure out where everyone should be seated.

1. Dad and Mom always sit at each end of the table with Dad closest to the turkey so that he can show off his carving skills.
2. Grandma and Grandpa Reyes sit on either side Mom in case they need some help.
3. Erika is to Dad's left.
4. You, Thomas, will sit in the middle on one side of the table.
5. Your sisters including Hailey, all sit on one side of the table and your brother Nick sits across from them.
6. Females all sit across from males at the table.



# Thanksgiving Crossword Puzzle



© 2017 | Real Life at Home - <https://www.reallifeathome.com>



## ACROSS

- 1 This is the Native American tribe that was at the first Thanksgiving with the Pilgrims
- 4 Thanksgiving is also celebrated in Canada, but they do it in this month
- 9 Macy's has a famous one each year in New York on Thanksgiving
- 10 Each year, the \_\_\_\_\_ pardons a turkey and spares it from being eaten
- 12 Benjamin Franklin wanted this popular Thanksgiving bird to be the national bird of the United States
- 13 Massachusetts Governor William \_\_\_\_\_ planned a festival to celebrate a good harvest (the first Thanksgiving) in 1621
- 14 Sarah Josepha \_\_\_\_\_ wrote letters for 17 years trying to convince a president to make Thanksgiving a national holiday

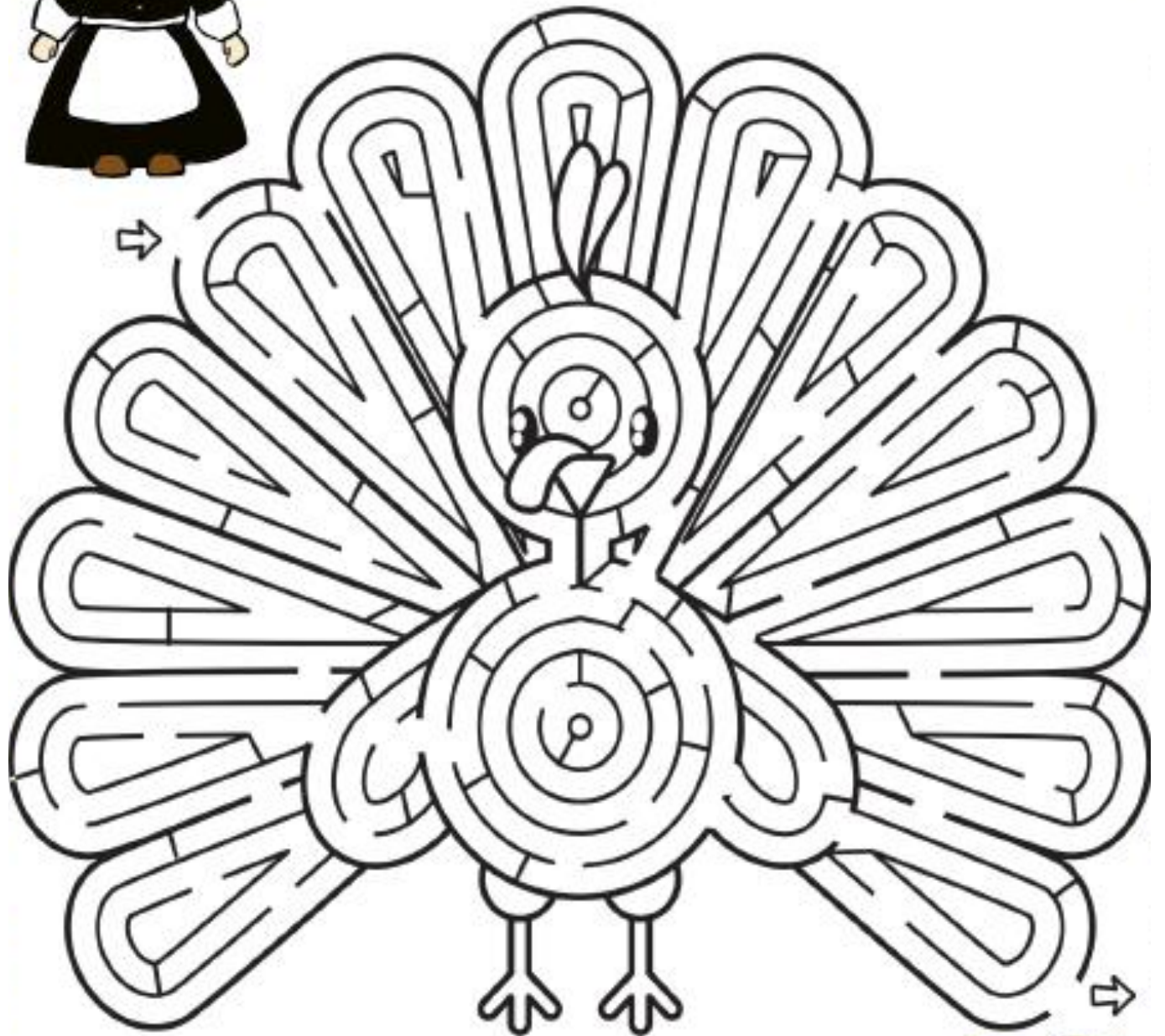
## DOWN

- 2 This gender of turkey is the only one that makes a gobble sound
- 3 Thanksgiving in the United States is in this month
- 5 This president declared a national day of thanksgiving in 1863
- 6 The Pilgrims came to America on this ship
- 7 Even though he didn't make Thanksgiving a national holiday, he was the first president to issue a proclamation for a day of public thanksgiving in 1789
- 8 Thanksgiving in the United States is always on this day of the week
- 11 This is how many days the first Thanksgiving celebration lasted

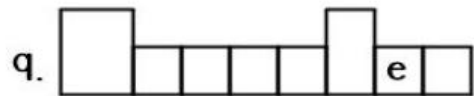
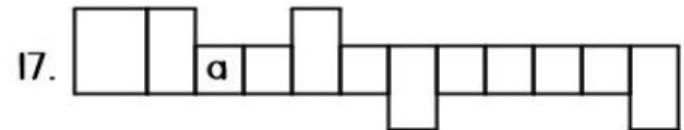
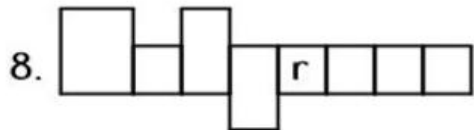
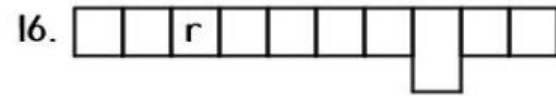
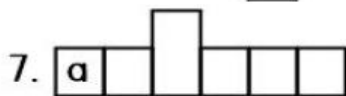
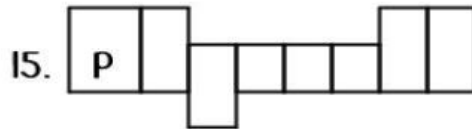
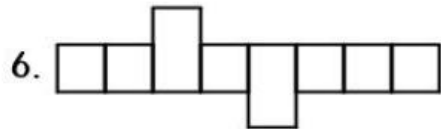
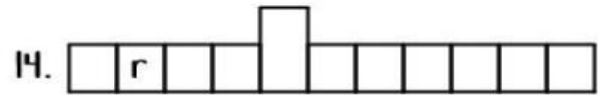
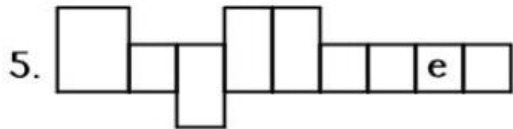
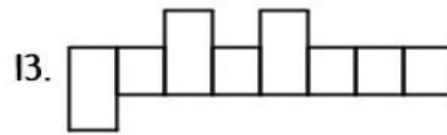
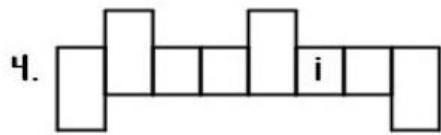
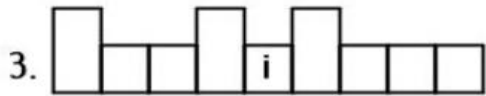
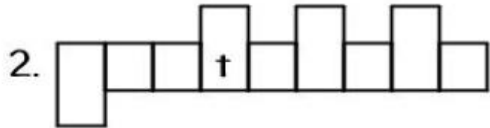
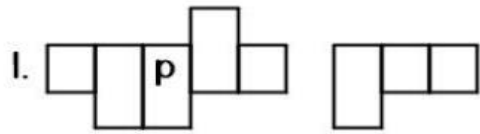




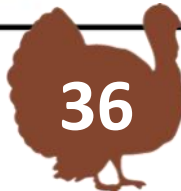
Help the Pilgrim find her turkey!



# Thanksgiving Word Shapes



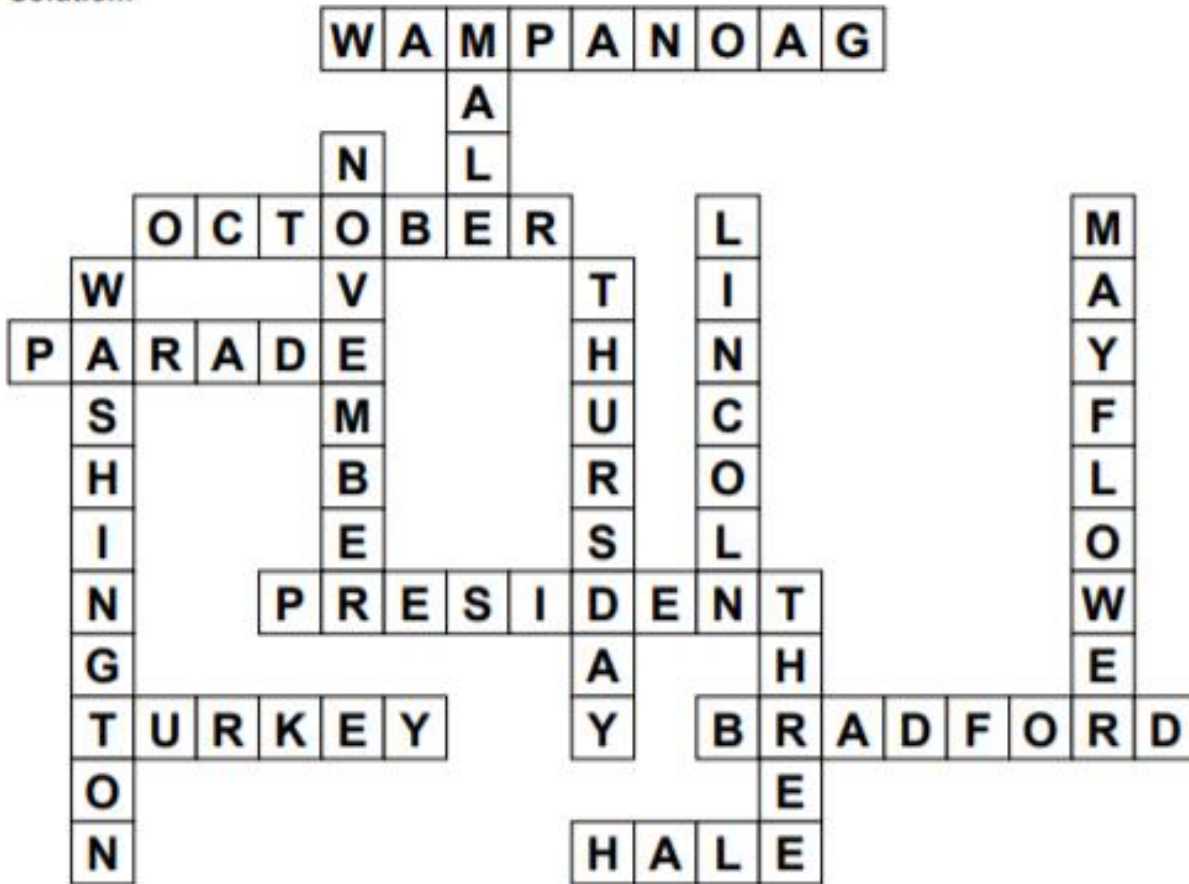
- |              |           |             |            |           |          |
|--------------|-----------|-------------|------------|-----------|----------|
| Thanksgiving | colonists | apple pie   | November   | Plymouth  | planting |
| potatoes     | Mayflower | settlers    | cornucopia | tradition | Pilgrims |
| cranberries  | gratitude | celebration | settlement | autumn    | religion |



# ANSWERS

## Thanksgiving Crossword Puzzle

Solution:



### Holiday Seating Chart (clockwise)

Erika, Hailey, Grandma, Mom, Grandpa, Thomas, Nick , Dad

### What's For Thanksgiving Dinner?

Quang: Ham and Corn

Zoe: Beef Ribs and Mashed Potatoes

Bruce: Chicken and Sweet Potatoes

Megan: Turkey and Green Beans



## NOVEMBER BIRTHDAYS

Barbara Bonk  
Rhonda Garganta  
Mick Gongos  
Lynn Grabowski  
Eugene Hill  
Ralph Jackson

Peggy Jones  
Victoria Klonowski  
David Lindsay  
Mary Lini  
David Madden  
Richard Moore

Joanna Telzrow  
Ralph Waugh  
Vera Waugh  
Rosemarie Wetzel  
Maryann Yarish

## ANNIVERSARIES

*No anniversaries this month*

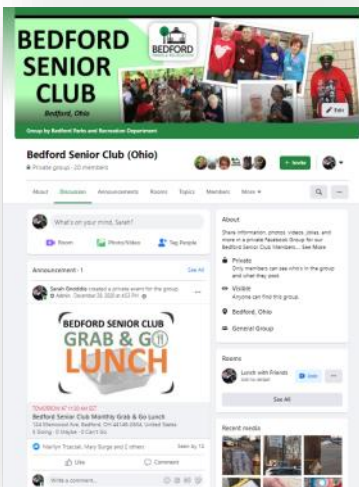
*We publish and celebrate anniversary dates with members who have previously given that information. If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date. Please contact the Recreation Office if you wish to have your anniversary date recognized in the Mini News.*

## NEW MEMBERS

Leslie Ballachino  
Barbara Denk  
Marion Grier  
Karen Madden

Charles Mowery  
Gail Oden  
Thomas Ramsay  
Ivy Smith

Barbara Tapocsi  
Milton White



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