



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 24: Chicken Marsala, Rice, Green Beans

Registration deadline Friday, January 19.

Wednesday, February 14: Pierogies, Mac & Cheese

Registration deadline Friday, February 9.

Wednesday, February 28: Chili & Baked Potato Bar

Registration deadline Friday, February 23.

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.*

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 1/16/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10  Senior Lunch 12:00pm Game Room & LCR 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	11 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm (class will be on 2nd floor)	12 Strength & Core 10:45am Friday Flick 1:00pm "Barbie" <u>Wear Pink!</u>
15 CLOSED 	16 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm	17 Skeeball 9:30am Chair Yoga 5:30pm	18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	19 Strength & Core 10:45am Coloring & Cocoa 11:00am Friday Flick 1:00pm "Judy Bloom Forever" Deadline for 1/24lunch
22 <u>No AM Line Dancing</u> Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No crochet class</u> Local Motion 6:00pm	23 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm	24  Senior Lunch 12:00pm Pokeno Bingo 1:00pm Chair Yoga 5:30pm	25 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	26 Strength & Core 10:45am Friday Flick 1:00pm "Are You There God?"
29 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No crochet class</u> Local Motion 6:00pm	30 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm	31 Skeeball 9:30am  12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	SATURDAYS Gentle Yoga 9:00am January 13, 20 (no class 1/27)	



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 1/9/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SATURDAYS</u></p> <p><i>Gentle Yoga 9:00am February 3, 10, 17, 24</i></p>			<p>1 UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open 12:30pm Pickleball League 1:30pm</p> <p>Barre Above 6:00pm</p>	<p>2 Strength & Core 10:45am</p> <p>Friday Flick 1:00pm "Indiana Jones Raiders of the Lost Ark"</p>
<p>5 Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm</p> <p>Local Motion 6:00pm</p>	<p>6 Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>7 Skeeball 9:30am</p> <p>Get Crafty 2:00pm</p> <p>Chair Yoga 5:30pm</p>	<p>8 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 6:00pm</p>	<p>9 Strength & Core 10:45am</p> <p>Friday Flick 1:00pm "Indiana Jones Dial of Destiny"</p> <p><i>Deadline for 2/14 lunch</i></p>
<p>12 Line Dancing 10:30am Souper Bowl 11:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm Chocolate Dipping 1:00pm</p> <p>Local Motion 6:00pm</p>	<p>13 Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>14</p> <p> Senior Lunch 12:00pm</p> <p>Game Room & Party Games 1:00pm</p> <p>Book Club 2:00pm</p> <p>Chair Yoga 5:30pm</p>	<p>15 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 6:00pm</p>	<p>16 Strength & Core 10:45am</p> <p>Friday Flick 1:00pm "Till"</p>
<p>19</p> <p>CLOSED</p> <p>HAPPY <i>President's</i> DAY</p>	<p>20 Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>21 Skeeball 9:30am</p> <p> LUNCH AND LEARN 12:00pm</p> <p>Chair Yoga 5:30pm</p>	<p>22 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 6:00pm</p>	<p>23 Strength & Core 10:45am</p> <p>Friday Flick 1:00pm "Pinnocchio"</p> <p><i>Deadline for 2/28 lunch</i></p>
<p>26 Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm</p> <p>Local Motion 6:00pm</p>	<p>27 Strength & Balance 10:30am</p> <p>Healing Arts 1:00pm <u>No Binge Watchers</u></p> <p>Stretch & Recovery 6:00pm</p>	<p>28 <u>Tax appointments</u></p> <p> Senior Lunch 12:00pm</p> <p>Bingo 1:00pm Sparkling Portraits 2:00pm</p> <p>Chair Yoga 5:30pm</p>	<p>29 <u>Tax appointments</u></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 6:00pm</p>	

RECREATION PROGRAMS

We have a new addition to Room 2 Game Room... a Billiards Table with a conversion Ping Pong top!

This addition was made possible with grant funding from the Cuyahoga County Division of Senior and Adult Services and the Board of Developmental Disabilities. The table will be used for adaptive game nights and day-use by Senior Club members.

The Game Room has been stocked with board games, puzzles and a Skee-ball machine to be enjoyed by all users.

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! A formal drop-in schedule will be made in the coming months based upon availability of interested players.



Billiards Basics: Learn How to Play Pool

NEW! Beginners will learn the rules and etiquette of the game, proper stance and grip, and the essential techniques for accurate aiming and controlled shots. Through hands-on practice and friendly guidance, beginners will gain confidence in handling the cue, understanding ball trajectories, and executing basic shots. Intermediate level players will learn how to plan shots, control the cue ball, and anticipate opponent moves. Equipment provided during class. Class size is limited. Additional time slots may be added to accommodate more participants.

Instructor: Tony Love, Kool Pool & Chess Club owner and two-time National Champion

Older Adults ages 50+

Location: Ellenwood Center Room 2

Session 1 Dates: Tuesdays, March 5, 12, 19, 26, April 2, 9

Session 2 Dates: Tuesdays, April 23, 30, May 7, 14, 21, 28

Time: 3:00 pm – 4:00 pm

Fee per Session: \$55 Resident/\$65 Non-Resident

Bedford Senior Club Members are free and must register in advance

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

Heart Wreath — Wednesday, February 7

Eggstravaganza Egg Decorating III — Wednesday, March 6

TBA — Wednesday, April 3



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

- **Lovely Night** —Wednesday, January 31—DATE CHANGE
- **Love Pop** —Wednesday, February 28
- **Shy Bunny**—Wednesday, March 27

RECREATION PROGRAMS

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

Winter Session Dates: Fridays, January 12, 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22

Time: 10:45 am – 11:30 am

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

Winter Session Fee: \$55 Resident/\$65 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 instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Winter Session Dates: Tuesdays, January 9, 16, 23, 30, February 6, 13, 20, 27, March 5, 12

Time: 10:30 am – 11:30 am

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

Winter Session Fee: \$50 Resident/\$60 Non-Resident

Bedford Senior Club Members are free and must register in advance

Chair Yoga Serenity

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

Winter Session Dates: Wednesdays, January 10, 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20

Time: 5:30 pm – 6:30 pm

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

Fee for entire Winter session: \$80 Resident/\$90 Non-Resident

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Stretch & Recovery

Embark on a journey of self-care and restoration. Experience a soothing and rejuvenating class designed to help you unwind, release tension, and promote overall well-being. The class combines static and dynamic stretching and breathwork to enhance flexibility, alleviate muscle tightness, improve range of motion and promote a deep sense of calm. Suitable for individuals of all fitness levels. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4 or Room 9

Dates: Tuesdays, January 9, 16, 23, 30, February 6, 13, 20, 27, March 5, 12

Time: 6:00 pm - 7:00 pm

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

Fee for entire Winter session: \$90 Resident/\$100 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

Dates: Thursdays, January 11, 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21

Time: 6:00 pm - 7:00 pm

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

Fee for entire Winter session: \$85 Resident/\$95 Non-Resident

Bedford Senior Club Members are free and must register in advance

Gentle Yoga Flow

This class is an invitation to slow down, unwind, and explore the rejuvenating benefits of yoga through a series of gentle, flowing movements, breath awareness, and mindful relaxation. This program promotes flexibility, balance, and a sense of inner calm. Suitable for everyone, including beginners, seniors, or those recovering from injury. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, January 13, 20, February 3, 10, 17, 24, March 2, 9, 16 (No class 1/27)

Time: 9:00 am - 10:00 am

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

Fee for entire Winter session: \$75 Resident/\$85 Non-Resident

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Upcycling Sewing Class

NEW! Learn how to transform ordinary t-shirts into unique and stylish pieces, such as tote bags, pillows or even a blanket! This class not only teaches valuable sewing skills but also promotes sustainable and mindful crafting by giving new life to clothing that might otherwise go unused. Participants are encouraged to bring their own t-shirts, limited fabric will be provided. Sewing machines are available to share.

Ages: 12+ & Adults

Instructor: Lisa Barham, SAFY of Ohio

Location: Ellenwood Center Room 1 or 3

Dates: March 4, 11, 18, 25, April 1, 8

Time: 6:30 pm - 8:00 pm

Fee: Free, pre-registration required

Golden Rock Choir

NEW! Join our new, dynamic senior glee club that proves that the spirit of rock 'n' roll knows no age limit! Participants will sing and unleash a musical time capsule of classic rock hits from the 1960s and 1970s. Singing improves memory and cognitive function and releases endorphins to improve your mood! We will "rock the house" with a performance for family and friends on Ellenwood Center's stage on Wednesday, May 29 at 6:00pm.

Ages 55+

Instructor: Musician Sheela Das, lead vocalist, SATO rock band and Ohio Arts Council roster teaching artist.

Location: Ellenwood Room 1

Dates: Wednesdays, April 3, 10, 17, 24, May 1, 8, 15, 22, 29

Time: 4:00 pm - 5:30 pm

Fee: \$45 Resident/\$55 Non-Resident

Bedford Senior Club Members are free and must register in advance

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.

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

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



RECREATION PROGRAMS

SOUPer Bowl

Celebrate the NFL's Super Bowl LVIII (58) with our own competition... Bedford Senior Club SOUPer Bowl II (2). 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 12

Time: 11:30am - 1:00pm

Fee: Free

Taco & Trivia Tuesday

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

Dates: Tuesday, March 26 & Tuesday, April 23

Time: 11:30 am – 1:00 pm

Fee: Free to Bedford Senior Club Members

Mind Challenge

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

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

Team Formation and Practice Round:

Thursday, April 25, 1:00pm at Ellenwood Center Gym

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Thursday, May 2, 1:00pm at Ellenwood Center Gym

Central Region Play - May 9, 1:00pm at Ellenwood Center Gym

Additional dates if our team(s) advances.

Program Fee: Free



RECREATION PROGRAMS

AARP Smart Driver Course

NEW! The AARP Smart Driver Course is the nation's first and largest driver safety course designed especially for drivers age 50+. The course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road.



During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment.

Topics include:

- Maintaining proper following distance
- Minimizing the effect of dangerous blind spots
- Limiting driver distractions such as eating, smoking, and cell phone use
- Properly using safety belts, air bags, and all car features
- Effects of medications on driving
- Maintaining physical flexibility
- Monitoring the driving skills and capabilities of yourself and others

Although the course is geared toward drivers 50+, it can be taken by licensed drivers of all ages, and there are no tests. Participants may be eligible to receive a discount on their auto insurance premiums; contact your insurance company or agent for more details. Participants must attend both sessions to receive the AARP Smart Driver certificate.

Instructor: April Dugan

Location: Ellenwood Center Room 4

Dates: Tuesdays, April 9 & April 16

Time: 1:00 pm - 3:00pm

Fee: \$25 per participant

Bedford Senior Club Members are free and must register in advance

Registration opens on February 1. Limited to 24 students.

RECREATION PROGRAMS

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

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:

- **Monthly Preschool Art (Story & Seasonal Craft):** Mondays, January 29, February 12, March 11, April 8, May 6, 1:30pm-3:00pm in Ellenwood Room 3
- **Weekly Toddler/Preschool Play Group:** Tuesdays beginning February 13 through April 9 (except 3/19) 11:45am-1:45pm in Ellenwood Gym
- **Sweetheart Ball: Daddy/Daughter Dance:** Friday, February 16, 5:30pm-9:00pm in Ellenwood Gym
- **Spring Fling Special Needs Dance:** Friday, March 22, 5:00pm-9:30pm in Ellenwood Gym
- **Easter Egg Hunt:** Saturday, March 23, 9:00am-10:30am at Bedford High School Stadium
- **Light Up The Night: Mother/Son Dance:** Friday, April 12, 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.

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released just in time for 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

10 Warning Signs of Alzheimer's

NEW! Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Light refreshments will be provided.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 1

Date: Tuesday, March 12

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

Managing Money: A Caregiver's Guide to Finances

NEW! Caregivers: How much do you know about managing money? This free program by the Alzheimer's Association will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support. Light refreshments will be provided.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Monday, April 8

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

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 Room 4

Dates: Mondays, January 8, 22, 29, February 5, 12, 26, March 4, 11, 25, April 1, 8, 15, 22, 29, May 6, 13, 20 (No class 1/15, 2/19, 3/18)

Time: 6:00 pm - 6:45 pm

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

Fee for entire session: \$85 Resident/\$95 Non-Resident

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Healing Arts Workshops

Healing Arts Workshops provide a creative outlet for the grief of a loved one. These workshops are for grief recovery and not a crafting program. Space is very limited. No art experience is necessary.

Love Notes Jewelry

NEW! Write Valentines Day notes to your loved one on the back of strips of painted muslin, roll them up, and make these “beads” into a pin, bracelet, necklace, or rear-view window hanger. Only you will know that your piece of jewelry contains secret messages!
Instructor: Mollie Borgione, Board Certified Art Therapist from Western Reserve Grief Service
Location: Ellenwood Center Room 1

Date: Tuesday, February 27

Time: 1:00 pm – 2:30 pm

This program is free and is for Bedford Senior Club Members only. Must register in advance.

Art for Relaxation: Relax-O-Doodles

NEW! Doodling is usually done while your mind is concentrating on something else like talking on the phone or daydreaming. In this workshop, you will create a “conscious” doodle as a meditative practice to give your mind a rest from your grief.
Instructor: Mollie Borgione, Board Certified Art Therapist from Western Reserve Grief Services
Location: Ellenwood Center Room 1

Date: Tuesday, April 30

Time: 1:00 pm – 2:30 pm

This program is free and is for Bedford Senior Club Members only. Must register in advance.

Chocolate Dipping

NEW! Enjoy an indulgent experience in Chocolate Dipping. Perfect for anyone looking to add a touch of sweetness to their Valentine's Day celebration, this hands-on class will guide you through the art of crafting delectable chocolate treats, such as chocolate covered strawberries, pretzels and more!

Facilitated by: Susan Sutton & Judith Mack with Devoted Health & Corrine Jackson with Dedicated Senior Medical Center

Location: Ellenwood Center Room 4

Date: Monday, February 12

Time: 1:00 pm—2:30 pm

Fee: Free

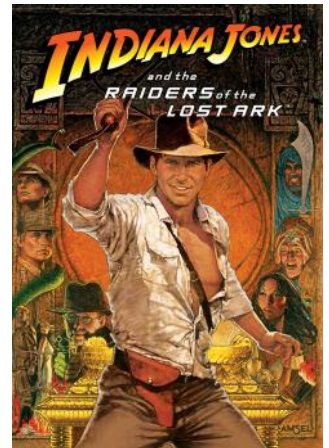
RECREATION PROGRAMS

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 2: Indiana Jones and the Raiders of the Lost Ark (1981)

It's 1936, and archeologist Dr. Indiana Jones (Harrison Ford) is tasked by U.S. Army Intelligence to help locate a legendary ancient power, the Ark of Covenant, which is believed to still hold the Ten Commandments. Unfortunately, Hitler's agents are also after the ark. In a race against the clock, Indy and his friends are whisked away on a journey across the world in a thrilling adventure. Directed by Steven Spielberg and featuring an iconic score by John Williams, this first installment of the "Indiana Jones" franchise was the winner of four Academy Awards, including Best Effects. Rated PG. 1 hour, 55 mins



Friday, February 9: Indiana Jones and the Dial of Destiny (2023)

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA. Rated PG -13. 2 hours, 24 mins

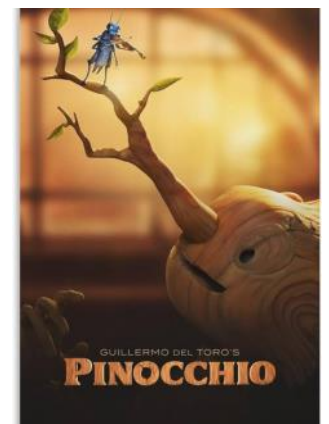
Friday, February 16: Till (2022)

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett Till, who, in 1955, was brutally lynched while visiting his cousins in Mississippi. In Mamie's poignant journey of grief turned to action, we see the universal power of a mother's ability to change the world. Rated PG-13. 2 hours, 10 mins



Friday, February 23: Guillermo del Toro's Pinocchio (2022)

Academy Award®-winning director Guillermo del Toro and award-winning, stop-motion legend Mark Gustafson reimagine the classic Carlo Collodi tale of the fabled wooden boy with a whimsical tour de force that finds Pinocchio on an enchanted adventure that transcends worlds and reveals the life-giving power of love. Rated PG. 1 hour, 57 mins



There is still space available for these upcoming flicks:

Friday, January 19: Judy Bloom Forever (2023)

Friday, January 26: Are You There God? It's Me, Margaret (2023)

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

Wednesday, February 14: “The First Ladies” by Marie Benedict & Victoria Christopher Murray

“A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune—an unlikely friendship that changed the world, from the New York Times bestselling authors of the book The Personal Librarian.”

The daughter of formerly enslaved parents, Mary McLeod Bethune refuses to back down as white supremacists attempt to thwart her work. She marches on as an activist and an educator, and as her reputation grows she becomes a celebrity, revered by titans of business and recognized by U.S. Presidents. Eleanor Roosevelt herself is awestruck and eager to make her acquaintance. Initially drawn together because of their shared belief in women's rights and the power of education, Mary and Eleanor become fast friends confiding their secrets, hopes and dreams—and holding each other's hands through tragedy and triumph.”



Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month

Time: 2:00 pm – 3:30 pm

Binge Watchers Club

NEW! 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.

Dates: Tuesdays Time: 1:00 pm

Location: Ellenwood Center Room 1

The Crown - Season 3

January 16 — Episodes 3 & 4

January 23 — Episodes 5 & 6

January 30 — Episodes 7 & 8

February 6 — Episodes 9 & 10

Julia - Season 1

Inspired by Julia Child's extraordinary life and her long-running television series, “The French Chef,” which pioneered the modern cooking show. This HBO MAX comedy drama series is about Child's dreams and aspirations to ensure that every housewife has access to her wonderful recipes. Child has shown the world that a housewife like her has the power to influence the lives of others and portray her talent to the world without any hint of hesitation. The period drama set in the 1960s, the series explores a pivotal time in American history – the emergence of public television as a new social institution, feminism and the women's movement, the nature of celebrity and America's cultural evolution.

February 13 — Episodes 1 & 2

February 20 — Episodes 3 & 4

February 27 — SKIP THIS DATE

March 5 — Episodes 5 & 6

March 12 — 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.

The Evolution of L-O-V-E & Traditions

Step into the enchanting world of romance as we embark on a journey through time, exploring the captivating history of St. Valentine and the profound evolution of love. In this presentation, we will unravel the stories, myths, and cultural influences that have shaped our understanding of love. We will serve one of Valentine's Day popular dinners: Spaghetti carbonara, salad, breadstick and a slice of strawberry cheesecake. Presentation by the Largely Literary Theater Company.

Date: Wednesday, February 21

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members

\$15 for non-members



There is limited space available for the Wednesday, January 31 Lunch & Learn on the JFK Assassination; Searching for the Truth 60 Years Later. Register ASAP!



SAVE THE DATES! Details forthcoming...

Upcoming Total Solar Eclipse — March 6

Shawshank Redemption—April 17

RECREATION PROGRAMS



Lunch and a Show

Funny Girl at Playhouse Square

Saturday, March 9, 2024

The sensational Broadway revival dazzles with celebrated classic songs, including “Don’t Rain On My Parade,” “I’m the Greatest Star,” and “People.” This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she’d never be a star, but then something funny happened—she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway.

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 10:15am by the pavilion and leave Ellenwood Center at 10:30am. Lunch on your own at TownHall. Followed by theatre performance starting at 1:30pm. Runtime including intermission is 2 hours and 50 minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 5:00pm.

Please contact the Parks & Recreation Department if you need special travel accommodations. Our theatre tickets are lower level, Orchestra C (regularly priced \$70). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 40 ticket limit; don’t delay! Registration for Bedford Club Members begins January 1. Non-Club members may only be registered by Bedford Club Members beginning February 1. Registration deadline February 16.

\$55 Bedford Senior Club members / \$60 for non-members

Senior Transportation Connection

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 - Marymount Hospital. 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.

TAX PREPARATION ASSISTANCE

Tax Assistance

NEW! Free Tax Assistance for State and Federal returns is available to Bedford residents who qualify. Limited appointments are available at Ellenwood Center on Wednesday, February 28 & Thursday, February 29. This program is offered through a partnership with the Cuyahoga County EITC (Earned Income Tax Credit) Coalition.

In order to qualify you **MUST**:

1. Be a Bedford Resident (non-residents may register beginning February 19 space permitting)
2. Earn less than 64k per year
3. No Rental Income
4. No business loss filings or paid employees

List of Documents to Bring:

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

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

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

AARP Tax Aide

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

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

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



Sign Up
to receive your
BEDFORDNEWS
electronically!

▶ www.bedfordoh.gov

Important Dates

- ◆ **New Year's – City Hall Closed**
January 1– 2
- ◆ **Council Meeting**
January 3
7:00 p.m.
- ◆ **Martin Luther King Jr. Day– City Hall Closed**
January 15
- ◆ **Council Meeting**
January 16
7:00 p.m.



City of Bedford Newsletter

January 2024

Martin Luther King Jr. Day

City Hall will be closed on Monday, January 15 in observance of Martin Luther King Jr. Day. There will be no change in refuse pick-up.

Snow Removal

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

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 8, 2024.



NOPEC

NOPEC will hold their Standard Program Price steady December through May 2024. During a period when the Standard Service Offer (SSO) pricing for CEI, Ohio Edison and AEP Ohio has been and will remain about 9.5 to 12 cents/kWh through May 2024, NOPEC has committed to holding their low pricing steady for their customers. For more information, and to view other pricing options, visit nopec.org/electric.

Bedford Historic District Connectivity Plan Update

The City of Bedford, in partnership with Northeast Ohio Areawide Coordinating Agency (NOACA), is continuing to gather community input for the City of Bedford's Historic District Connectivity Plan. The City is looking to improve all modes of travel specifically bicycle, pedestrian, and transit connectivity to and from Downtown Bedford to surrounding neighborhoods and assets. Draft recommendations have been developed to improve bike and pedestrian safety and to expand trail and sidewalk connections within the study area. We need public feedback on these recommendations.

How to take the survey:

1. Scan the QR Code with your smart phone camera.
2. Or go to Bedford Historic District Connectivity Plan webpage at <https://bedfordoh.gov/bedford-historic-downtown-connectivity-plan/> and select Second Public Meeting Survey link.
3. Or go to City Hall (165 Center Road) and pick up a paper copy in the lobby.

Survey responses due by January 19, 2024. Join us for the next public meeting on Tuesday, February 13 at 6:00 p.m. at Ellenwood Recreation Center.



Happy New Year!

WWW.BEDFORDOH.GOV

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
(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

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
(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 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 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 29: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

February Title: Better Living Through Birding by Christian Cooper

Digital Navigators

Monday, February 5: 9:30am - 6:00pm

Bedford Branch

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

Saturday, February 10: 9:30am - 1:30pm

CCPL's Digital Navigators service offers one-on-one assistance to help you connect to the internet, get a device, set up a telehealth appointment and more. Call 216.749.9420 to make an appointment.

Word Basics

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

Bedford Branch - Meeting Room

Learn how to enter and format text and images, change line spacing, and copy and paste in Microsoft Word. Saving and printing tips will also be discussed. Prerequisite: Experience using a mouse or Computer Basics

Eclipse Over Cleveland

Saturday, February 24: 11:00am - 12:00pm

Bedford Branch - Meeting Room

A total eclipse of the sun will occur over Ohio on Monday, April 8, 2024, during which Cleveland and all of Cuyahoga County will experience about 3 minutes and 50 seconds of totality. This is the first such eclipse over Ohio since 1806, when Cleveland was just a tiny frontier settlement at the mouth of the Cuyahoga. We have much to understand and appreciate about this rare and special natural phenomenon, and we will also address misconceptions about eclipses and eye safety. Learn some eclipse facts in this colorful, illustrated program.

Fresh & Flavorful: The Clean Eating Blueprint

Saturday, March 2, 9, 16: 10:00am - 12:00pm

Bedford Branch - Meeting Room

Join us for an exciting cooking class "Fresh & Flavorful: The Clean Eating Blueprint", where we will show you how to transform your meals into healthy delicious masterpieces! 3-Part Series. Discover the secrets of clean eating and learn how to use fresh, nutritious ingredients to create flavorful dishes that will leave you feeling energized and satisfied. Don't miss this opportunity to elevate your cooking skills and embark on a journey towards a healthier, more vibrant you! Presented by Chef Tynisa Roubideaux of Food with a Purpose.

Food Distribution

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



Dates & Locations

Parma-Snow Branch

Tuesdays, November 7, December 5, January 9, February 6, March 5 / 3:30 - 5 PM

Warrensville Heights Branch

Thursdays, November 9, December 14, January 11, February 8, March 14 / 1:30 - 3 PM

South Euclid-Lyndhurst Branch

Tuesdays, November 28, December 26, January 23, February 27, March 26 / 12 - 2 PM



Are you on Facebook?

Share information, photos, videos, jokes, and more in a private group for our Bedford Senior Club Members.

Request to join!

facebook.com/groups/bedfordseniorclub

Meals On Wheels



45 years of service to the 44146 community

c/o South Haven UCC,
415 Northfield Road, Bedford, Ohio
440-439-0302
www.seclergymealsonwheels.org

Client Services

Who does Meals On Wheels serve?

Residents within the boundaries of the cities of Bedford, Bedford Hts., Walton Hills and Oakwood, who are temporarily or chronically disabled, chronically ill, handicapped or homebound may qualify. A representative may contact each applicant to determine that person's eligibility.

Pay-as-you-go service

Meals On Wheels delivers hot meals from 11 a.m. to noon daily (Monday - Friday) to clients of any age who need our service. Our meals include an entree, vegetables, bread/butter, 1/2-pint of milk, fresh or canned fruit or juice. We provide an extra meal for the weekend like homemade soup and sandwich or salad and dessert when available. Cost is \$4.00 per week billed monthly to the recipient or their family. Arrangements can be made for special diets: reflux, low salt, renal diets, and more purchased from University Hospital - Bedford Medical Center. Cost is \$4 per meal. A sandwich can be added for \$1.50 each.



Senior service partnerships:

Age 60 and over who qualify, will be placed on a waiting list for free Title III meals as spaces become available, in cooperation with **Maple Hts. Senior Center or Rose Center for Aging Well**, delivered by SE Clergy Meals' volunteers. Our meals are nutritionally balanced, following the guide-lines of the Western Reserve Department of Aging, and are approved for all seniors, including those with diabetes. A social worker must assess the needs of each recipient for inclusion in these programs.



How do you apply for Meals On Wheels?

If you are interested in becoming a recipient of our Meals, you or an interested friend or relative can call Dinah Mouat at 440-439-0302 to apply.



Do our recipients enjoy their Meals On Wheels?

You bet they do! For many persons on our program, Meals On Wheels has made it possible for them

to remain in the familiar surroundings of their own homes when they became unable to adequately shop and cook for themselves.

Who operates our program?

There are dedicated volunteers in every aspect of our program. Meals are delivered to the kitchen of South Haven United Church of Christ. Home deliveries are made by carefully routed one or two-person teams. As long as you require a meal, our staff of over 55 volunteers is dedicated to bringing it to you.



For our pet owners

Acknowledging the loneliness of many of our clients and their need for companionship, we have begun a program that will assist them in keeping and maintaining their pets.



How is Meals On Wheels funded?

Southeast Clergy's Meals On Wheels Program is NOT funded by any government agency. Our Program is dependent upon grants and donations from individuals, groups and area restaurants to help subsidize the cost for needy clients. Low income clients



are requested to pay what they can and additional costs are subsidized by our Meals on Wheels Angel Fund.



Western Reserve Historical Society



Martin Luther King, Jr. Day

Cleveland History Center is open and free to all from 10am-4pm on MLK Day, January 15, 2024. Rides on the Euclid Beach Park Grand Carousel and guided tours of the Hay-McKinney Mansion are available for \$3 each.

Monday, January 15, 2024 10:00 am to 4:00 pm

FREE Museum Admission—Western Reserve Historical Society

10825 East Boulevard, Cleveland, Ohio 44106 P h: (216) 721-5722

Guests are welcome to explore all Cleveland History Center museum galleries. We will offer a curated experience guide that leads through stories of Black History told throughout the Cleveland History Center. Pop-Up guided tours will be available at scheduled times. The curated experience and tours will include:

- Cleveland Starts Here® sponsored by the Jack, Joseph and Morton Mandel Foundation
- Sisters: Portraits of Women Religious from St. Adalbert / Our Lady of the Blessed Sacrament Roman Catholic Church and School and St. Agnes / Our Lady of Fatima Roman Catholic Church
- Upper Crawford Gallery – Garrett Morgan and Alonzo Wright
- Women and Politics | Empowered to Vote, Empowered to Lead
- Robert P. Madison: A Lifetime of Design
- Art Installations in Community History Galleries

The WRHS Library team and volunteers will welcome guests and offer:

- Free 5 generation Pedigree Charts to start documenting your family history.
- Research assistance with beginning a family history research project.
- Research assistance on intermediate and advanced family history research projects.

The CHC Museum Store will offer a Pop-Up Shop in the Crawford Rotunda selling discounted books and souvenirs. Snacks and Beverages will be available for purchase.

How to Safely Use Mobile Payment Apps and Services

Online payment systems or apps like Zelle, Venmo, and CashApp let you quickly send and receive money. If you link the service to your bank account or debit card, it's almost like handing someone cash. Be sure you know who you're sending money to. Once you send money, it's nearly impossible to get it back.



AVOID SENDING MONEY TO A SCAMMER



Don't click on links in an unexpected email, text message, or direct message that asks you to send money. Don't give any personal or sensitive information like your username, PIN, or password.



Confirm that you know the person you're sending money to.



When sending to someone you know, **double-check their information** before you hit send.

PROTECT YOUR ACCOUNTS



Use multi-factor authentication. This means you need two or more credentials to get into your account: your password plus something else like an authentication code or fingerprint.



Never share your credentials, like a verification code you get via text or authentication app.



Set up alerts in the payment app to get transaction notifications outside of the app environment, such as via email or text.



Regularly check your payment app and bank accounts to make sure no unauthorized payments have been sent from or accepted by your account.

Paid a Scammer Through a Payment App?

- ➔ Report it to the payment app or service and ask to reverse the transfer.
- ➔ Tell your financial institution.
- ➔ Report it to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).

Learn more at [ftc.gov/paymentapps](https://www.ftc.gov/paymentapps) and [aba.com/consumers](https://www.aba.com/consumers)





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



• **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.



Manage Your Property Tax Bill

1



Pay Online by Electronic Check



Mail-in payment to the Treasury Department



Avoid long lines and pay taxes at any KeyBank location or dropbox station at any Cuyahoga County auto title office



In-person payment by visiting the Treasury Department

2



Delinquent Tax Payment Plan

Learn how to avoid serious consequences of delinquency



Homestead Tax Exemption Program

See if you qualify for a reduction of your property taxes



EasyPay Program

Spread tax payments across the whole year with monthly auto-withdrawals

3



If you're a senior citizen having difficulty meeting your expenses, call the county Division of Senior and Adult Services (216) 420.6700



If you're planning to purchase a home, find out if the property's tax bill might change due to a pending tax value revision case

Property taxes are due by February 15, 2024

Payment options:

In
Person

By Mail

By
Phone

Online



Cuyahoga County

Property Valuation Complaint Filing is OPEN

Property owners wishing to contest a property value can do so now online or by mail.

Complaints will be accepted with the County's Board of Revision now through April 1, 2024, at 11:59 p.m. EST.



BORinfo@cuyahogacounty.us

Life is Sweet... with these Easy Sugar Swaps!



If you're cutting back on added sugars or calories, try these swaps to get the sweet taste you love:

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbecue sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



Tea and Coffee

Swap sugars (including honey and agave syrup) for a no-calorie sweetener. One packet adds about the same sweetness as two teaspoons of sugar — and typically saves you more than 25 calories.

NO-CALORIE SWEETENER



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Get recipes and more tips at
HEART.ORG/RECIPES



The American Heart Association recommends cutting back on added sugars. Using low- and no-calorie sweeteners is one option that may help in an overall healthy diet. Foods and beverages containing low- and no-calorie sweeteners can be included in a healthy eating plan, as long as the calories they save are not added back as a reward or compensation. The FDA has determined that certain low- and no-calorie sweeteners, such as sucralose, are safe.

It's important to eat an overall healthy dietary pattern that **includes** a variety of fruits and vegetables, whole grains, beans and legumes, fish, skinless poultry, nuts and seeds, and fat-free/low-fat dairy products; and **limits** sodium, saturated fat, red meat and added sugars.

Beef Chili

 **SERVES**
4 • 1½ cups per serving

 **PREP TIME**
5 minutes

 **COOK TIME**
35 minutes

 **TOTAL TIME**
40 minutes



Ingredients

- 1 pound 96% lean ground beef
- 1 15.5-ounce can reduced-sodium black beans, rinsed and drained
- 1 14.5-ounce can unsalted beef broth
- 1 14.5-ounce can unsalted diced tomatoes
- 1 4-ounce can green chilies or jalapeño peppers
- 2 tablespoons chili powder

Directions

1. Heat a large nonstick skillet over medium heat until hot. Add the ground beef. Cook for 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off the drippings.
2. Stir in the beans, broth, tomatoes, green chilies and chili powder. Bring to a boil. Reduce the heat. Simmer, covered, for 20 minutes to develop flavors, stirring occasionally.

Nutrition Analysis (per serving)

Calories	305
Total Fat	6.5 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	76 mg
Sodium	500 mg
Carbohydrates	27 g
Fiber	11 g
Total Sugars	5 g
Includes Added Sugars	0 g
Protein	34 g

Dietary Exchanges

1½ starch, 1 vegetable, 4 lean meat

INSPIRATIONAL QUOTE OF THE MONTH

Be not afraid of life. Believe that life is worth living, and your belief will help create that fact.
-William James

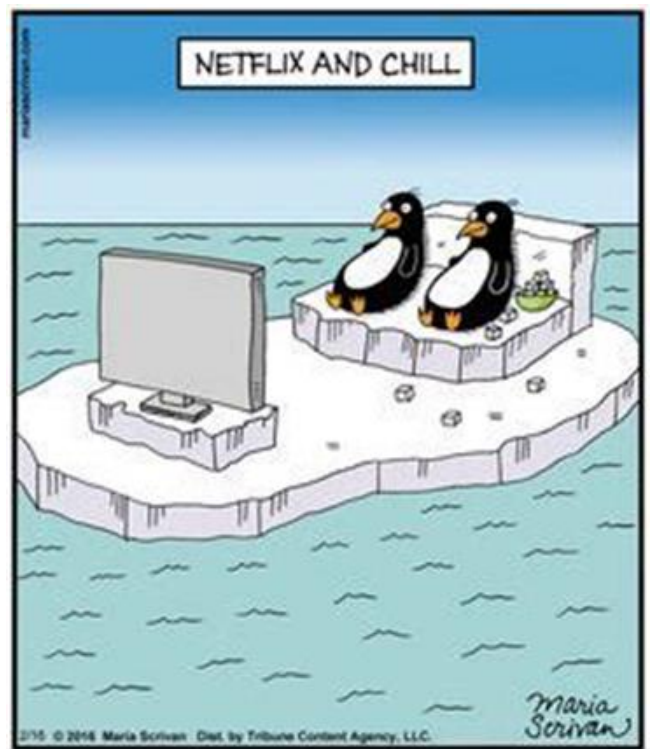
THOUGHT FOR THE DAY

Whoever loves much, performs much, and can accomplish much, and what is done in love is done well.
-Vincent Van Gogh

THE MONTH OF FEBRUARY IS NOTED FOR...

- | | |
|-----------------------------|---|
| American Heart Month | An Affair to Remember Month |
| Black History Month | Canned Food Month |
| Creative Romance Month | Great American Pie Month |
| National Bird Feeding Month | National Cherry Month |
| National Grapefruit Month | National Children’s Dental Health Month |
| National Weddings Month | Spunky Old Broads Month |

The third week is noted for: International Flirting Week



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

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."

6 THINGS YOU DIDN'T KNOW ABOUT VALENTINE'S DAY

Valentine's Day is more than just a Hallmark holiday. The celebration of love actually dates back to Ancient Rome. Here are 6 Valentine's Day facts worth sharing.

1) The heart shaped boxes of chocolates were introduced in 1861. They were created by Richard Cadbury. His father John founded the Cadbury Confectionery Company. Richard eventually started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates in 1861. Today, over 36 million are sold every year.

2) Conversation candy started out as medical lozenges. In 1847, Boston pharmacist, Oliver Chase, invented a machine that simplified the lozenge production process. It also resulted in the first candy-making machine. Oliver soon shifted his focus from making lozenges to candy. He founded the New England Confectionery Company or Necco. The lozenges became what we now call Necco wafers. In 1866, Oliver's brother started printing messages onto them. By 1902, Necco began manufacturing heart-shaped candies. That's when the conversation hearts were officially born. Today, about 8 billion are produced a year.

3) The holiday generates billions of dollars. Consumers spend an estimated \$19.6 billion for the holiday. \$1.8 billion is spent on candy alone, according to the National Retail Federation. It's no surprise that jewelry is the most popular Valentine gift. A whopping \$4.7 billion is spent on rings, necklaces and more.

4) Gifting your pet is normal. In 2020, Americans spent \$751.3 million on their furry friends. Research shows 27.6 million households gave Valentine's gifts to their dogs. Meanwhile, 17.1 million households purchased presents for their cats.

5) Galentine's day is a real thing. The made-up holiday first appeared on the TV show "Parks and Recreation." Since 2010, spending on Valentine's Day gifts for friends has tripled. It's gone from \$737 million to a whopping \$2.1 billion.

6) Millions of Valentine's cards are purchased every year. Americans exchange around 145 million of them according to Hallmark. The greeting card company introduced their first Valentine's Day card in 1913.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

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*

Love is not having to hold in your farts anymore.

The secret of a happy marriage remains a secret. ~ *Henry Youngman*

VALENTINE'S DAY

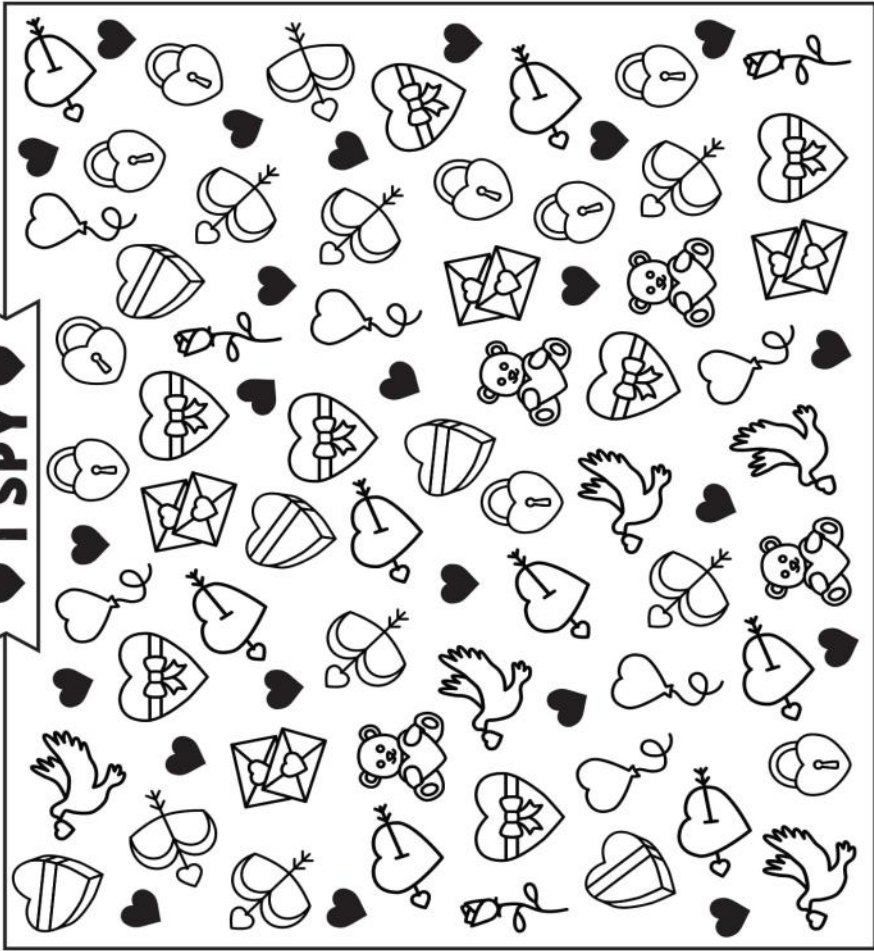
WORD SCRAMBLE

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



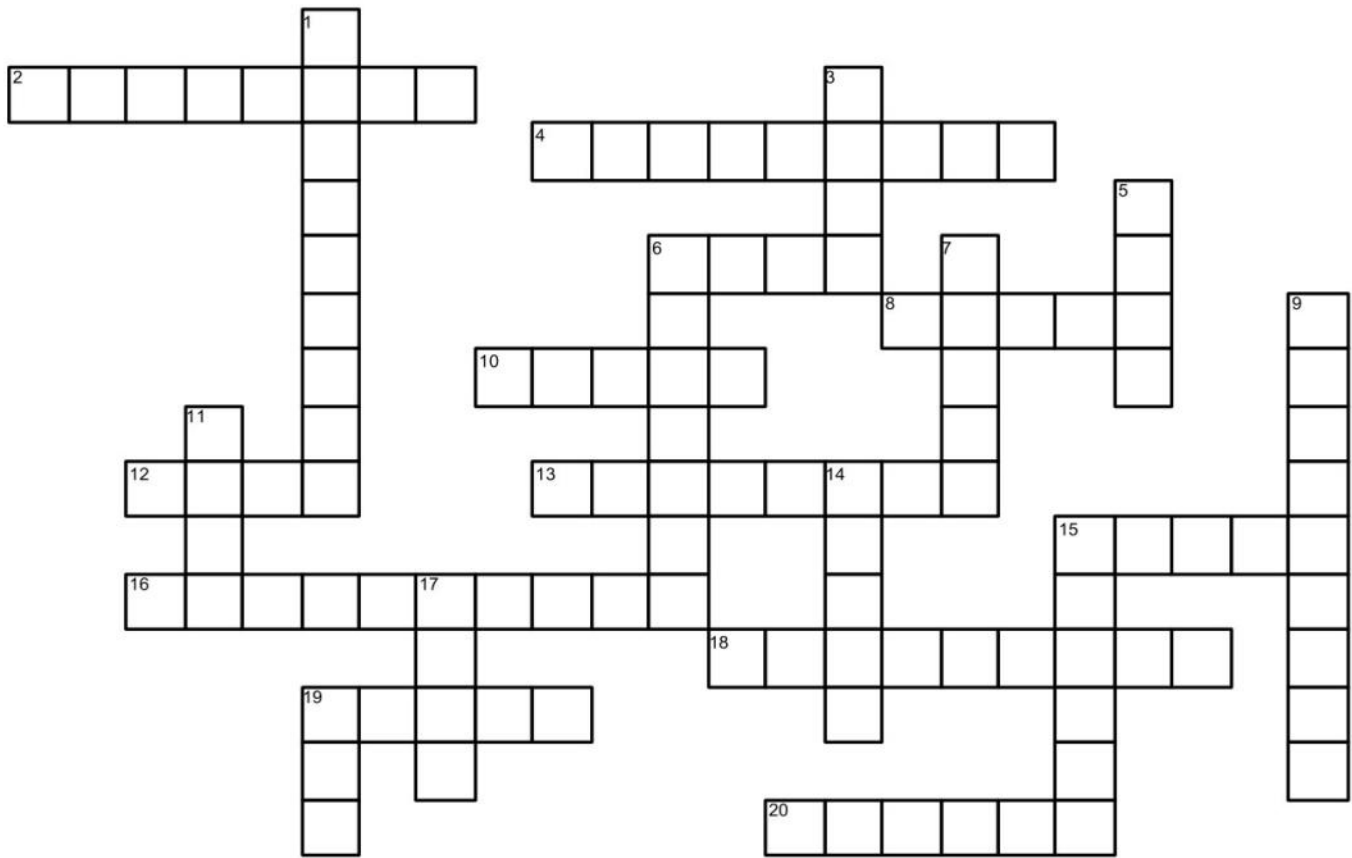
VALENTINE'S DAY

I SPY



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

Valentine's Day Crossword Fun



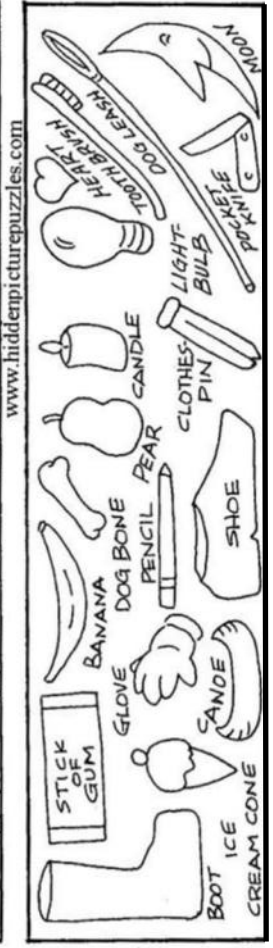
ACROSS

- 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

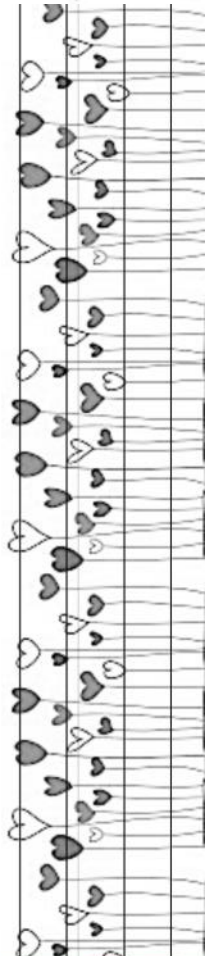
- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXOX," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "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.

Hidden Picture Puzzle: Valentine's Day



VALENTINE'S SUDOKU

		9						
	9	0	4			2	0	
		9	0					3
			0					
	7		2		2		9	0
2	1							7
	5							
		4						
	5							
				1	9			
						7		
							9	0
								7



HOW MANY WORDS CAN YOU MAKE FROM

VALENTINE'S DAY



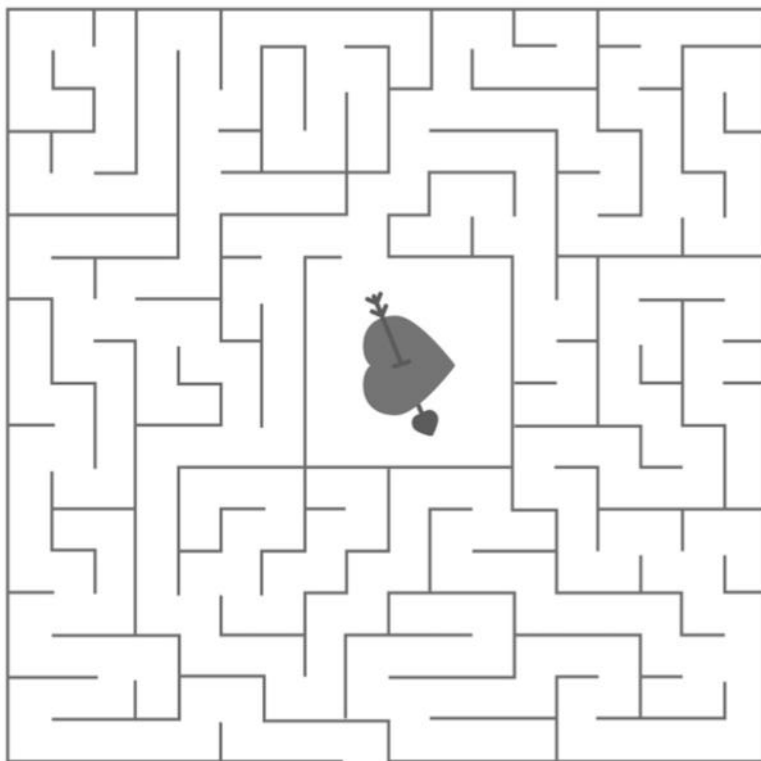
Using each letter only once, see how many different words you can make out of "VALENTINE'S DAY." Write down as many words as you can on the lines below.

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. _____

VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

Happy Valentine's Day!



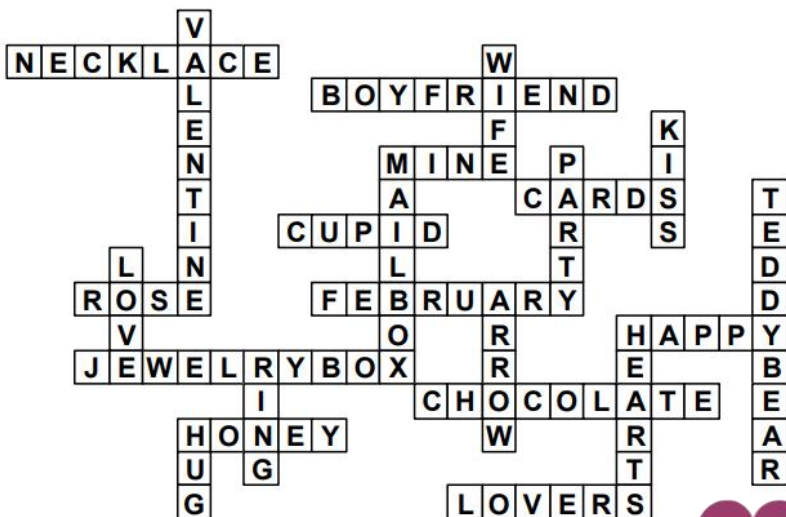
START
HERE

Valentine's Day WORD SEARCH

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

- BOUQUET
- FEBRUARY
- LETTER
- POEM
- BOW
- FRIENDS
- LOVE
- ROMANCE
- SWEET
- ST VALENTINE
- CANDLE
- GIFT
- LOVEBIRDS
- ROSES
- TREATS
- TEDDY BEAR
- CUDDLE
- HUGS
- MAILBOX
- SMOOTH

ANSWERS



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
Kathy Chmura
Frederick Davis
Jeff Demartine
Lynn Eppich
Carl Femc
Cynthia Gainer
Becki Gisser
Lucille Gillepsie

Sandra Hahn
Barbara Hanzel
Denise Jones
Roseann Kisner
Karen Kundla
Lodean Lockett-Turner
Yolanda Magby
Carole Mazanec
Pamela Parker
Jean Rusher
Bob Spinks
Jerry Steward
Patricia Steward

Carol Stover
Frank Thome
Pat Tyukodi
Michael Umbower
Merlene Vilt
Valerie Warren
Patricia Wenckus
Lena Williams
Ted Wonderly
Stella Witowski

JANUARY 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

Beverly Smosny



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