



BEDFORD SENIORS CLUB NEWSLETTER

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"We are all a great deal luckier that we realize, we usually get what we want – or near enough." -Roald Dahl

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, February 28: Chili & Baked Potato Bar

Registration deadline Friday, February 23.

Wednesday, March 13: Corned Beef Sandwich, Chips, Pickle

Registration deadline Friday, March 8.

Wednesday, March 27: Swedish Meatballs over Noodles

Registration deadline Friday, March 22.

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

FEBRUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 2/12/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		14  Senior Lunch 12:00pm Game Room & Party Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	15 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	16 Strength & Core 10:45am Friday Flick 1:00pm "Till"
19  CLOSED HAPPY <i>President's</i> DAY	20 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm	21 Skee-ball 9:30am  LUNCH AND LEARN 12:00pm Chair Yoga 5:30pm	22 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	23 Strength & Core 10:45am Friday Flick 1:00pm "Pinocchio" <i>Deadline for 2/28 lunch</i>
26 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	27 Strength & Balance 10:30am Healing Arts 1:00pm <u>No Binge Watchers</u> Stretch & Recovery 6:00pm	28 Tax appointments  Senior Lunch 12:00pm Bingo 1:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	29 Tax appointments UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	<u>SATURDAYS</u> <i>Gentle Yoga 9:00am February 17, 24</i>



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



MARCH

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 2/12/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SATURDAYS</u> Gentle Yoga 9:00am March 2, 9, 16</p>	<p><u>Lunch & Show</u> TownHall & Funny Girl Saturday, March 9 Board bus 10:15am</p>			<p>1 Strength & Core 10:45am Silver Screen 1:00pm "Willy Wonka & the Chocolate Factory"</p>
<p>4 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Upcycle Sewing 6:30pm</p>	<p>5 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm</p>	<p>6 Skeeball Optional 9:30am  LUNCH AND LEARN 12:00pm Get Crafty 2:00pm Chair Yoga 5:30pm</p>	<p>7 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Silver Screen 1:00pm "Wonka" Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm</p>	<p>8 Strength & Core 10:45am Silver Screen 1:00pm "Wonka" <i>Deadline for 3/13 lunch</i></p>
<p>11 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Upcycle Sewing 6:30pm</p>	<p>12 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm ALZ Warning Sign 6:30pm</p>	<p>13  Senior Lunch 12:00pm w/ Irish Folk Music Book Club 2:00pm Chair Yoga 5:30pm</p>	<p>14 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm</p>	<p>15 Strength & Core 10:45am Silver Screen 1:00pm "Weird: Al Yankovic Story"</p>
<p>18 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No Local Motion</u> Upcycle Sewing 6:30pm</p>	<p>19 Primary Elections  Billiards 3:00pm</p>	<p>20 Skeeball Playoffs & Potluck Lunch 10:00am Chair Yoga 5:30pm</p>	<p>21 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm</p>	<p>22 Strength & Core 10:45am Silver Screen 1:00pm "Miracle Club" <i>Deadline for 3/27 lunch</i></p>
<p>25 Westside Market 9:45am Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Upcycle Sewing 6:30pm</p>	<p>26 Strength & Balance 10:30am Taco & Trivia 11:30am Binge Watchers 1:00pm Billiards 3:00pm <u>No Stretch & Recovery</u></p>	<p>27  Senior Lunch 12:00pm Country Musical Bingo 1:00pm Sparkling Portraits 2:00pm <u>No Chair Yoga</u></p>	<p>28 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Silver Screen 1:00pm "Family Plan" <u>No Barre Above</u></p>	<p>29  <i>We will be Closed for Easter Weekend</i></p>

IN MEMORIAM



JEAN L. VASQUEZ

(nee Fiore) age 75 of Bedford passed away January 21, 2024. Dedicated Wife to her deceased husband Richard; beloved daughter of the late Peter J. Fiore and Rose Fiore (nee Liotta); loving sister of Rose Rambacher (Don) and Ann Shock (Joe) dear aunt of Michele Dodds-Nalley (Doug) Richard Mazanec (Claudine) and Donny Rambacher (Caitlin): great-aunt of Benjamin, Nicholas, Charles, Sydney, Anthony, and Maeve. Jean was adventurous, spiritual, loving, social, generous and humble. She was devout in her faith, loved to travel (hated flying), was a sister at the local Fraternal Order of Eagles, crocheted a mountain of beautiful blankets, and collected smiley face paraphernalia. Jean spent almost 30 years working for the Lubrizol Corporation in Wickliffe. She hated the commute but loved all the people and made many lifelong

friends there. Jean showed much love to her family and friends, expecting nothing in return. Jean was always there when anyone needed her (even if she wasn't feeling well). Mrs. PAC (an affectionate nickname) is now reunited with her husband, Rick (aka PAC MAN). She endured much suffering the past several years due to health issues but her light was always burning bright for those she loved. Services were handled by Ferfolia Funeral Home.

RECREATION PROGRAMS

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.

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

Grandparent Class with UH

NEW! This course is designed to prepare grandparents for new baby's arrival! Grandparents can refresh their baby safety skills by learning newborn care, safe sleep, childproofing, child passenger safety, and infant hands-only CPR. By the end of the course, attendees will be updated on the latest trends in childcare, health, and safety.

Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, May 18

Time: 10:00am-12:00pm

Fee: Free, pre-registration required

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.

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



RECREATION PROGRAMS

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



Westside Market Excursion

Monday, March 25

Join us for a visit to the West Side Market! It's Cleveland's oldest public market and is home to 100 vendors offering meats, seafood, fruits, vegetables, baked goods, dairy, flowers, ready-to-eat foods, spices and nuts.

We will board the bus at 9:45am by the pavilion and leave Ellenwood Center at 10:00am. Lunch on your own. We will board the bus to leave at 1:30pm and depart at 1:45pm. Estimated return is 2:15pm. We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations. Registration for Bedford Club Members is now open. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning March 4. Limit of 2 guests max. Space is limited.

Free for registered Bedford Senior Club members / \$10 for non-members



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

Eggstravaganza Egg Decorating III — Wednesday, March 6

Faux Terrazzo Wooden Tray – Wednesday, April 3

TBA – Wednesday, May 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. 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

- **Love Pop** —Wednesday, February 28
- **Shy Bunny**—Wednesday, March 27
- **Blue Moon** —Wednesday, April 24



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, February 16, 23, March 1, 8, 15, 22

Time: 10:45 am – 11:30 am

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

Bedford Senior Club Members are free and must register in advance

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, February 13, 20, 27, March 5, 12, 26 (No class 3/19)

Time: 10:30 am – 11:30 am

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

Bedford Senior Club Members are free and must register in advance

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, February 14, 21, 28, March 6, 13, 20

Time: 5:30 pm – 6:30 pm

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

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

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, February 13, 20, 27, March 5, 12

Time: 6:00 pm - 7:00 pm

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

Bedford Senior Club Members are free and must register in advance

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, February 15, 22, 29, March 7, 14, 21

Time: 6:00 pm - 7:00 pm

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

Bedford Senior Club Members are free and must register in advance

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, February 17, 24, March 2, 9, 16

Time: 9:00 am - 10:00 am

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

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Tai Chi

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

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Dates: Fridays, April 19, 26, May 3, 10, 17

Time: 5:30 pm - 6:15 pm

Fee: \$55 Resident/\$65 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

Dollars & Sense: Legal & Financial Workshops with Baron Law

These workshops are presented by Baron Law LLC. Attorney Dan A. Baron focuses his practice in the areas of estate planning and elder law. Mr. Baron is a member of the Ohio Bar Association, Cleveland Metropolitan Bar Association and Elder Counsel. Dan is a published author and creator of Dollars and Sense® magazine. For 2019, 2020, and 2021 he was nominated by his professional peers as Ohio's Super Lawyer, rising star and is the 2024 "Best Lawyer, One to Watch".

Don't go Broke in a Nursing Home

Medicare only covers the first 100 days and the average yearly cost of a nursing home is \$111,936.00. Learn the essential asset protection planning tools through this workshop to shield what you've spent a lifetime trying to build. Through various elder law planning strategies, attendees will learn about Medicaid Asset Protection Trusts, LTC. Program includes a complimentary meal of turkey or ham and cheddar wrap, chips, cookie, bag of chocolates and drink. Vegetarian meal available upon request. insurance, Veterans benefits, and more.

Location: Ellenwood Center Room 1

Dates: Tuesday, April 3

Time: 12:00 pm - 1:30 pm

Fee: Free; pre-registration required



RECREATION PROGRAMS

Taco & Trivia Tuesday

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

Dates: Tuesday, March 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

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, March 11, April 8, May 6, 1:30pm-3:00pm in Ellenwood Room 3
- **Weekly Toddler/Preschool Play Group:** Tuesdays 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
- **Total Solar Eclipse Family Program:** Saturday, March 23, 12:30pm-3:30pm at Ellenwood Center
- **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, February 26, March 4, 11, 25, April 1, 8, 15, 22, 29, May 6, 13, 20 (No class 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

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, March 1: Willy Wonka & the Chocolate Factory (1971)

Willy Wonka & the Chocolate Factory is a 1971 American musical fantasy film directed by Mel Stuart from a screenplay by Roald Dahl, based on his 1964 novel *Charlie and the Chocolate Factory*. It stars Gene Wilder as candymaker Willy Wonka. The film tells the story of a poor child named Charlie Bucket (Peter Ostrum) who, upon finding a Golden Ticket in a chocolate bar, wins the chance to visit Willy Wonka's chocolate factory along with four other children from around the world. Rated G. 1 hour, 40 mins



Thursday, March 7 & Friday, March 8: Wonka (2023) 2 Showings!

Based on the extraordinary character at the center of *Charlie and the Chocolate Factory*, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. Rated PG-13. 1 hour, 56 mins



Friday, March 15: Weird: The Al Yankovic Story (2022)

Daniel Radcliffe is "Weird Al" Yankovic in the unexaggerated true story that explores every facet of Yankovic's life, from his meteoric rise to fame with early hits like 'Eat It' and 'Like a Surgeon' to his torrid celebrity love affairs and famously depraved lifestyle. Rated PG-13. 1 hours, 48 mins



Friday, March 22: The Miracle Club (2023)

Set in 1967, *THE MIRACLE CLUB* is a heartwarming film that follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, who have one tantalizing dream: to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. When the chance to win presents itself, the women seize it. However, just before their trip, their old friend Chrissie (Laura Linney) arrives in Ballygar for her mother's funeral, dampening their good mood and well-laid plans. The women secure tickets and set out on the journey that they hope will change their lives, with Chrissie, a skeptical traveler, joining in place of her mother. Rated PG-13. 1 hour, 31 mins



RECREATION PROGRAMS

Thursday, March 28: The Family Plan (2023)

Dan Morgan (Mark Wahlberg) loves his quiet suburban life as a devoted husband, father of three and successful car salesman. But that's only half the story. Decades earlier, he was an elite government assassin tasked with eliminating the world's deadliest threats. When enemies from his past track him down, Dan packs his unsuspecting wife (Michelle Monaghan), angsty teen daughter, pro-gamer teen son and adorable 10-month-old baby into their minivan and takes off on an impromptu cross-country road trip to Las Vegas. Determined to protect his family -- while treating them to the vacation of a lifetime -- Dan must put his long-dormant skills into action, without revealing his true identity. Rated PG-13. 1 hour, 58 mins



There is still space available for these upcoming flicks:

Friday, February 16: Till (2022)

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

Healthy Joints & Strong Bones: Preventing Knee and Hip Pain

NEW! Join us for an enlightening medical talk that delves into the intricate world of joint health, specifically focusing on knees and hips. Gain insights into the common causes of knee and hip pain and proactive measures to prevent the need for surgery, emphasizing the crucial role of metabolic bone health in the context of osteoporosis and arthritis.

Presenter: Dr. Yianni Apostolakos, MD, MPH with University Hospitals. Dr. Apostolakos specializes in Orthopedic Sports Medicine and Orthopedic Shoulder Surgery.

Location: Ellenwood Center Room 4

Date: Monday, April 15

Time: 6:30 pm – 7:30pm

Fee: Free, pre-registration required



RECREATION PROGRAMS

Shelf Indulgence Book Club

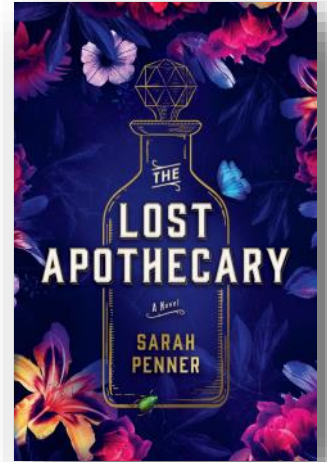
Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, March 13: “The Lost Apothecary” by Sarah Penner

“A forgotten history. A secret network of women. A legacy of poison and revenge. Welcome to The Lost Apothecary... Hidden in the depths of eighteenth-century London, a secret apothecary shop caters to an unusual kind of clientele. Women across the city whisper of a mysterious figure named Nella who sells well-disguised poisons to use against the oppressive men in their lives. But the apothecary's fate is jeopardized when her newest patron, a precocious twelve-year-old, makes a fatal mistake, sparking a string of consequences that echo through the centuries.”

Location: Ellenwood Center Room 1

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



Binge Watchers Club

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

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 20 — Episodes 3 & 4

March 5 — Episodes 5 & 6

February 27 — SKIP THIS DATE

March 12 — Episodes 7 & 8



The Crown—Season 4

The fourth season spans 1979–1990, during Margaret Thatcher's 11-year premiership. Lady Diana Spencer is introduced early in the series. Events depicted include the wedding of Prince Charles and Lady Diana Spencer, their 1983 tour of Australia and New Zealand, the Falklands War, Michael Fagan's break-in at Buckingham Palace, Lord Mountbatten's funeral, the Princess of Wales's appearance at the Barnardo's Champion Children Awards, and at the end of the series, Thatcher's departure from office, as well as the marital difficulties of Charles and Diana.

March 19 — SKIP THIS DATE

April 2 — Episodes 3 & 4

April 16 — Episodes 7 & 8

March 26 — Episodes 1 & 2

April 9 — Episodes 5 & 6

April 23 — Episodes 9 & 10

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.

Total Solar Eclipse of 2024

April 8, 2024 will mark the first time in many years that a Total Solar Eclipse is visible in northeast Ohio. Learn about important times and best places to view this once-in-a-lifetime event. Also, we will talk about safety precautions in seeing a solar eclipse. Every attendee will receive a pair of safe shade direct sun viewing glasses for the upcoming event! Lunch menu: Chicken with creamy sun-dried tomato sauce, mashed potatoes, vegetables and dark chocolate eclipse cake. Presentation by Carl Quatraro with Speaking on Q.

Date: Wednesday, March 6

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members

\$15 for non-members



SAVE THE DATES! Details forthcoming...

Stephen King & Shawshank Redemption—April 17

The Unknown Story of Doris Day — May 1

The Inside Story of Larry Doby —June 5



RECREATION PROGRAMS

Total Solar Eclipse Family Program

Enjoy an insightful presentation into the science of solar eclipses; exploring the alignment of the Sun, Moon, and Earth that leads to these awe-inspiring occurrences. Through stunning visuals and animations, we will illustrate the various stages of the eclipse, from the initial partial phases to the dramatic moment of totality. We will also review safety precautions in seeing a solar eclipse.



Every attendee will receive a pair of safe shade direct sun viewing glasses for the upcoming Total Solar Eclipse event on April 8, 2024! To enhance the experience, each family will have the exciting opportunity to craft their very own cardboard viewers too! Light refreshments will be served.

Location: Ellenwood Center Gym

Date: Saturday, March 23

Time: 1:00 pm – 3:00pm

Fee: Registration is free however this is a ticketed event with limited space and supplies.

Resident registration starts February 1. Non-Resident registration starts March 1.

Presentation by Carl Quatraro with Speaking on Q. We are also hoping to secure a representative from NASA to join us for this program. This program is a collaboration with the City of Bedford, Bedford Branch of Cuyahoga County Public Library and Friends of the Bedford Library.

Total Solar Eclipse Ellenwood Backyard Watch Party

Monday, April 8, 2:00pm-4:00pm

Gather under the open sky and witness an awe-inspiring phenomenon of a total solar eclipse at our outdoor watch party! Bring a chair/blanket and setup in the grass behind Ellenwood Center in Archibald Willard Park and Pavilion. Capture this once-in-a-lifetime experience with friends and neighbors. Open to the public. First come, first served lawn seating and parking.

VIP—Reserved Indoor Seating

Registered participants will have reserved indoor seating and refreshments (wrap, chips, drink) inside the Ellenwood gym. We will broadcast the event on our screen. Participants will also have access to exit to the backyard for outdoor viewing.

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



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.

City of Bedford Newsletter

February 2024



Important Dates

◆ **Council Meeting**

February 5
7:00 p.m.

◆ **Presidents' Day -
City Hall Closed**

February 19

◆ **Council Meeting**

February 20
7:00 p.m.



Presidents' Day

City Hall will be closed on Monday, February 19 in observance of Presidents' 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.

Power Outages

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

Animal Warden

The Animal Warden can be contacted by calling the non-emergency police number 440-232-1234.

Water Department Survey

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

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



City of Bedford Council Members

Mayor Stanley C. Koci

440-735-6518

Ward 1 Councilwoman Sandy Spinks

440-735-6517

Ward 2 Councilman Steve Salvi

440-735-6516

Ward 3 Councilman Victor Fluharty

440-735-6519

Ward 4 Councilman Frank Smith Jr.

440-735-6526

Ward 5 Councilman Jeff Asbury

440-735-6527

Ward 6 Councilman Tony Longino

440-735-6528

Clerk of Council Tracy Simons

440-735-6510

Prescription Drug Drop Box

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



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 17 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, March 28: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

March Title: "Deception: A Novel by Stacey Abrams, under her pen name Selena Montgomery"

Battle for the Ballot

Thursday, March 07: 7:00pm - 8:00pm

Bedford Branch - Meeting Room

There is no complete record of the brave, often unmated women who fought for their right to vote and finally triumphed in 1920. Learn about a band of women who dedicated themselves to the public interest and grew into an organization that won the respect and confidence of the nation. This program will tell the story behind the Cleveland women who advocated for suffrage and went on to help establish the League of Women Voters.

Excel Basics

Friday, March 08: 10:00am - 1:00pm

Bedford Branch - Meeting Room

This session will introduce spreadsheets using Microsoft Excel. Topics covered include entering data, using autofill and performing calculations using formulas and functions. Prerequisite: Word Basics or experience using Excel.

iPhone 101

Saturday, March 23: 10:00am - 12:00pm

Bedford Branch - Meeting Room

Get to know your iPhone better in this introductory class. Your iPhone is a state-of-the-art 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 Friday, February 23 at 9:00am.*

Mindfulness Meditation

Saturday, April 06: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

In this welcoming and supportive environment, you'll be introduced to the practice of mindfulness and guided through simple breathing techniques. Learn how to quiet your mind, reduce stress, and cultivate a sense of present-moment awareness. No prior experience is needed—just an open mind and a willingness to explore. *Registration opens on Monday, March 4 at 9:00am.*



Volunteer at



Cuyahoga County Public Library



Help kids with homework at the Student Success Center at the Bedford library!

We need
volunteers for our Student
Success Center, open now
through May 9th. Children in
grades K - 8 attend to get help
with homework. We are open
Monday - Thursday 4:00 - 6:30.
Volunteer on your schedule!

Apply at:
cuyahogalibrary.org/volunteer

Questions? Contact volunteer
coordinator Nicole Beleske at
nbeleske@cuyahogalibrary.org
or call us at (440) 439-4997





You Don't Have to be Irish to be Lucky!
Reverse Raffle
and Raffle Drawing



Saturday, March 16, 2024

Ellenwood Center • 124 Ellenwood Ave. • Bedford OH 44146

Doors Open **5:00 pm** • Dinner by Sirna's **6:00 pm** • Drawing After Dinner

Hors d'oeuvres • **B.Y.O.B.** (water & wash provided)

\$60 Dinner and One Reverse Raffle Ticket

\$100 Two Dinners and One Reverse Raffle Ticket

TICKETS (440) 232-0796



Nearly one in four households in Cuyahoga County have no internet access. Cuyahoga County and our partners are working to bridge the digital divide.



Connecting the Unconnected

Free Computers for Eligible Seniors

Are you a Cuyahoga County resident age 60 or older without a computer? Are you low-income or receiving government assistance? You may be eligible for a free computer through this program, designed to help low-income residents bridge the digital divide.

How It Works:

- 1** Visit pcsforpeople.org/ohio to check your eligibility and register for a computer. Check your email for follow-up instructions!
- 2** Pick up your computer at a participating local library near you
- 3** Read over the "resource card" that comes with your computer to learn how to obtain an internet connection, and where to find help in learning to use your computer.
- 4** Enjoy being connected!



Click Here or Scan the QR Code for a Tutorial Video

Questions?

cuyahoga@pcsforpeople.org
or 216-777-4441 (leave a message)



NEED HELP? DIAL 2-1-1

- Food Assistance
- Housing Assistance & Shelters
- Employment Help
- Heating & Utility Help
- Abuse Prevention
- Elder Care
- Mental Health Services
- Substance Abuse Help
- Becoming a Foster Parent
- Where to Get Medical Help
- Earned Income Tax Credit (EITC)
- Disaster Services



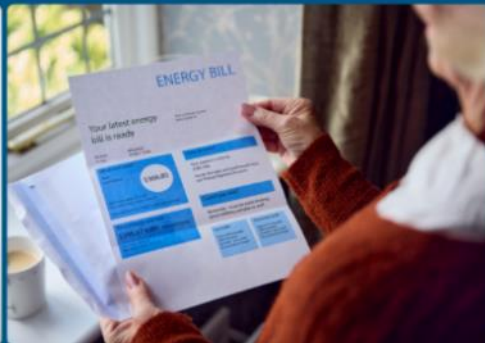
Free & Confidential
Dial 2-1-1
(1-800-899-1471)



Stay Warm This Winter with help from DSAS!

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

We can provide application assistance to eligible households.



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

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





Cuyahoga County
Consumer Affairs
consumeraffairs.cuyahogacounty.us

SCAM
SQUAD
216-443-SCAM (7226)

Protect Yourself Against Utility Shutoff Scams

During this winter season, protect yourself against utility shut off scams. The Cuyahoga County Scam Squad, a financial fraud task force, unites nonprofits, social service agencies, and local, state and federal law enforcement in the fight against scams. Scams are a pervasive threat, and scammers employ various tactics to appear legitimate.

Scammers posing as electric company employees are calling, texting, and even going door to door threatening Cuyahoga County residents with immediate utilities shutoffs if they don't pay.

How to protect yourself:

- Don't panic. Utilities don't make surprise calls about shut offs. They will always mail or email formal disconnection notices.
- Be skeptical of the Caller ID. Scammers may spoof their numbers or use the name of your utility company.
- Disconnections are not scheduled at night, weekends, or without a written warning.
- Know that scammers ask you to pay with retail gift cards, Bitcoin, or reloadable cards (like MoneyPak). Utilities don't accept these payments, but scammers use them because they're hard to trace. Retail gift cards can be quickly laundered by scammers once numbers are provided, and Bitcoin payments can't be reversed.
- Never give any account or personal information to someone who calls or knocks on your door. Do not show your bill to solicitors. Utility companies will not offer you discounts and then ask for personal information.
- If you're worried about your account, contact your utility using the number from your bill.

If you encounter any suspicious activity, taking swift action to report scams can be your first line of defense. Your actions can make a difference! Let's work together to stay one step ahead of scammers. You can make reports of potential scams online at <http://cuyahogacounty.gov/consumeraffairs> or by phone, by calling 216-443-SCAM (7226).

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



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



5 TIPS

to help you stay
motivated
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1 Find ways to fit exercise into your day.
You are more likely to get moving if exercise is a convenient part of your day.



2 Do activities you enjoy to make it more fun.
Be creative and try something new!



3 Make it social.
Find a virtual “exercise buddy” to help keep you going and provide emotional support.



4 If there’s a break in your routine, get back on track.
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5 Keep track of your progress.
Make an exercise plan and don’t forget to reward yourself when you reach your goals.



POULTRY

Slow Cooker Avocado Lime Chicken Soup



SERVES
10 • ¾ cup per serving



PREP TIME
10 minutes



COOK TIME
3 hours on high or
6 hours on low



TOTAL TIME
3 hours and 10 minutes or
6 hours and 10 minutes



Ingredients

- 1 pound boneless, skinless chicken breasts, all visible fat discarded
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 6 cups low-sodium chicken broth
- 1 cup jarred salsa verde
- 2 tablespoons fresh ginger, minced
- 2 teaspoons jarred garlic
- 1 medium fresh avocado, halved, pitted, peeled and chopped
- 2 green onions (about ¼ cup), sliced on a diagonal
- ¼ cup fresh chopped cilantro leaves
- 2 tablespoons lime juice

Directions

1. Season the chicken with the chili powder and cumin. Place in a slow cooker.
2. Add the broth, salsa verde, ginger and garlic. Cook for 3 hours on high or 6 hours on low.
3. Remove the chicken from the slow cooker. Using two forks, shred the chicken.
4. Return the chicken to the slow cooker. Stir in the avocado, green onions, cilantro and lime juice.

Nutrition Analysis (per serving)

Calories	110
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	35 mg
Sodium	220 mg
Carbohydrates	6 g
Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	0 g
Protein	14 g

Dietary Exchanges

1 vegetable, 2 lean meat

This recipe from Fresh Avocados — Love One Today® is an American Heart Association Heart-Check Certified Recipe.



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

SOME NOTABLE & WACKY MARCH DATES

- 3/1 – Zero Discrimination Day
- 3/2 – Read Across America Day
- 3/3 – World Wildlife Day
- 3/5 – Employee Appreciation Day
- 3/6 – National Oreo Day
- 3/7 – National Cereal Day
- 3/8 – International Women’s Day
- 3/11 – World Kidney Day
- 3/12 – World Sleep Day
- 3/14 – National Pi Day, Daylight Savings Begins
- 3/15 – Consumer Rights Day
- 3/16 – Freedom of Information Day
- 3/17 – St. Patrick’s Day
- 3/19 – St. Joseph Day, Red Nose Day
- 3/20 – First Day of Spring, International Day of Happiness
- 3/21 – World Poetry Day
- 3/22 – World Water Day
- 3/23 – World Meteorology Day, National Puppy Day
- 3/24 – World Tuberculosis Day
- 3/25 – International Waffle Day
- 3/27 – Passover Begins, World Theatre Day
- 3/28 – Palm Sunday
- 3/29 – Vietnam War Veterans Day
- 3/30 – National Doctor Day, World Bipolar Day
- 3/31 – International Transgender Day of Visibility

DID YOU KNOW?

- Women's History Month
- Deaf History Month
- National Craft Month
- Optimism Month
- Honor Society Awareness Month
- National Foreign Language Month
- Irish American Heritage Month
- National Ethics Month
- Expanding Girls' Horizons in Science and Engineering
- Bleeding Disorders Awareness Month
- National Cheerleader Safety Month
- National Kidney Month
- National Nutrition Month
- National Colorectal Cancer Awareness Month
- Save Your Vision & Workplace Eye Wellness Month
- Problem Gambling Awareness Month

The spotlight is on these causes for a single week in March:

- Read an E-Book Week (second week)
- National Bubble Week (second week)
- Celebrate Your Name Week (second week)
- Act Happy Week (starts on third Monday)
- International Brain Awareness Week (third week)
- World Folklore Tales and Fables Week (fourth week)
- National Poison Prevention Week (fourth week)
- Tsunami Preparedness Week (fourth week)
- Act Happy Week (starts on third Monday)



SENIOR HUMOR & MORE — *SUBMITTED BY OUR SENIORS*

What did the leprechaun say when the video game ended? Game clover!

What do you call a fake Irish stone? A sham-rock!

Why do most people wear shamrocks on St. Patrick's Day? Because you can't wear real rocks... they are too heavy!

Why is St. Patrick's Day a frog's favorite holiday? Because they already wear green!

What should you say to a runner in the St. Patrick's Day marathon? Irish you luck!

Where will you always find gold? In the dictionary!

Why do leprechauns hate running? They'd rather jig than jog!

What is a leprechaun's favorite cereal? Lucky Charms, of course!

Who was St. Patrick's favorite superhero? Green Lantern.

Why can't Irish golfers ever end a game? They refuse to leave the green.

Why do leprechauns enjoy recycling? Because they like to go green!

What baseball position do leprechauns play? Shortstop!

Why do you never want to iron a four-leaf-clover? Because you don't want to press your luck!

What is Irish and sits on the back porch? Paddy O'Furniture!

What did one Irish ghost say to the other Irish ghost? Top O' the moaning to you!

What did the leprechauns use to get to the moon? A sham-rocket!

What do they call an Irish jig at McDonald's? Shamrock Shake!

What kind of coin did the leprechaun put in the vending machine? A lepre-coin!

When is an Irish Potato not an Irish Potato? When it's a FRENCH fry!

What kind of music do leprechauns like to listen to? Shamrock 'n' roll!

What kind of spells do leprechaun witches cast? Lucky Charms!

Why is it impossible to ask a leprechaun to borrow money? They are always a little short!

How can you tell when an Irish person is in a good mood? They are Dublin over with laughter!

What type of bow can't be tied? A rainbow!

What does a leprechaun call a happy man wearing green? A jolly green giant!

Why do leprechauns love to garden? They have green thumbs!

Why did the leprechaun get the job as a secretary? They were good at shorthand!

How is a good friend like a four-leaf clover? They're hard to find and lucky to have

What do leprechauns love to barbecue? Short ribs!

How can you spot a jealous leprechaun? He'll be green with envy

What do you call a fake diamond in Ireland? A sham-rock

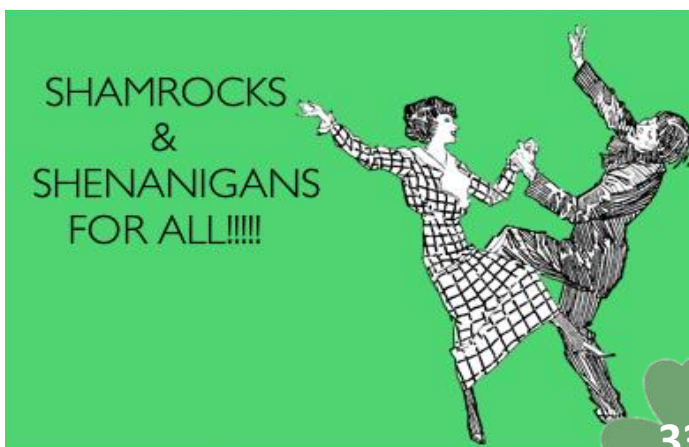
What do you call a leprechaun who gets sent to jail? Answer: A lepre-con

Knock, knock! Who's there? Irish. Irish who? Irish you a happy St. Patrick's Day!

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

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?



St Patrick's Maze

You are a tourist on vacation in Ireland! Start at the Giant's Causeway and work your way across Ireland to the island of Skellig Michael.

Climb the basalt columns of the Giant's Causeway. Legends claim that it was built by the giant Finn MacCool.

Visit the Slieve Mountains! St Patrick lived near the mountains as a teen. He was brought to Ireland as a slave and worked there as a shepherd.

See the Cliffs of Moher which stretch for 5 miles and reach a height of 700 feet!

Visit the monastery on the island of Skellig Michael and you might recognize some scenes from Star Wars: The Force Awakens!

Giant's Causeway

Slieve Mountain

National Leprechaun Museum

Cliffs of Moher

Blarney Stone

Learn about the mythical side of Ireland at the National Leprechaun Museum in Dublin.

Skellig Michael

Kiss the Blarney Stone at Blarney Castle and get the "gift of the gab!"

The Puzzle Den <http://www.teacherspayteachers.com/Store/The-Puzzle-Den> © 2018 Leslie Vrolyk

St Patrick's Double Trouble

Cross out any letter that appears twice in each grid. The remaining letters will spell out a word related to St Patrick's Day.

Grid 1

S	L	D	O	E
G	A	O	I	R
D	B	E	G	B
R	F	N	C	L
U	F	C	U	T

The hidden word is _____.



Grid 2

N	L	P	Z	V
A	Y	M	E	O
N	Z	T	R	Y
O	I	E	L	M
C	S	V	S	K

The hidden word is _____.



Grid 3

O	H	S	J	I
M	R	T	P	M
E	P	T	H	L
Q	J	A	S	K
K	N	D	Q	O

The hidden word is _____.

Grid 4

F	M	J	H	S
L	N	B	C	M
A	H	G	I	J
I	C	F	K	B
G	O	L	O	E

The hidden word is _____.

St Patrick's Hidden Words

The goal of this puzzle is to find the words hidden in the shaded squares leading down. To accomplish this you must fill in the grid with the names of the pictures shown below. When you are done, use the hidden words to fill in the facts at the bottom of the page.

12 illustrations are provided for the puzzle:

- 1. Rabbit
- 2. House
- 3. Glasses
- 4. Drum
- 5. Wheelbarrow
- 6. Pepper
- 7. Crayon
- 8. Ghost
- 9. Printer
- 10. Shamrock
- 11. Bed
- 12. Castle

The _____ is a slab of limestone rock built into the battlements of Blarney Castle in Ireland. Legend has it that if you kiss this stone, you will gain the ability to speak convincingly (or gain the "gift of the gab"). But the stone lies in a very hard to reach niche of the castle. In order to kiss the stone you will have to lie on your back with your head dangling over the ledge! This is one of the biggest tourist attractions in Ireland.

The Double Trouble letter/illustration puzzle was created by The Puzzle Page © 2018 and is available.

St Patrick's Word Search

Carefully circle each word you find in the grid. When you're done, transfer the unused letters into the blanks below, from top to bottom and left to right, and you will find an old Irish Blessing!

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

Word Bank

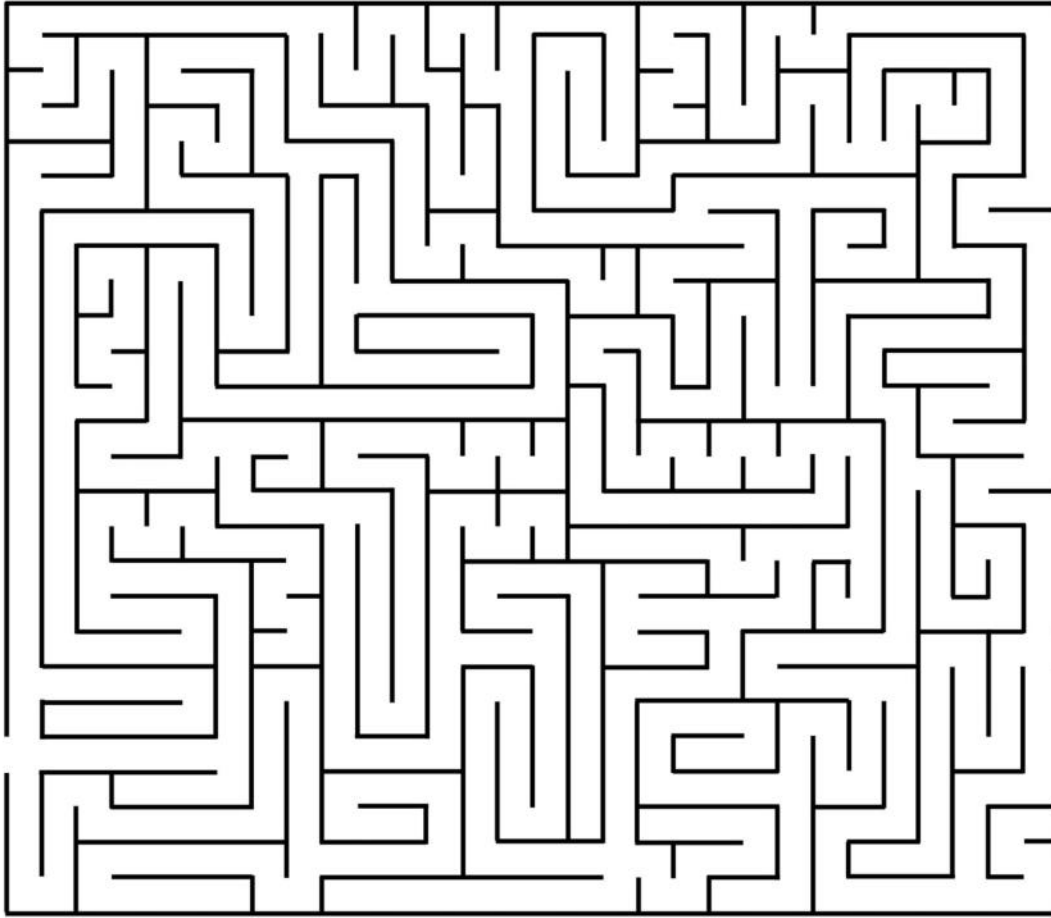
Catholic
 corned beef
 festival
 green
 Ireland
 Irish stew
 March
 Patrick
 parade
 patron saint
 pinch
 shamrock
 snakes

One old Irish Blessings says:

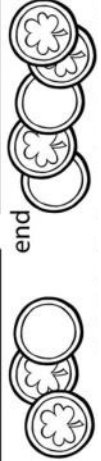
St Patrick's Maze

Find a path through the maze to the pile of gold coins at the end!

start



end



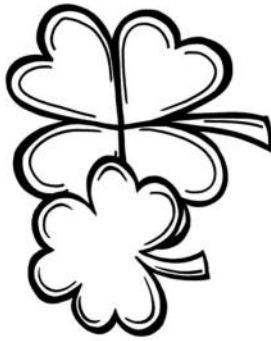
PUZZLES

St Patrick's Word Sudoku

Solve these puzzles the same way you would a standard Sudoku puzzle, but instead of numbers, these puzzles have letters. Place one letter in each empty cell so that every row, every column and every 2x3 box contains one of each letter. The title of the puzzle contains the letters you will use to fill the grid.

	L	O	V	E	
E		R		L	O
	O		R		L
L			O		E
R	E		L		
		L		R	V

CLOVER



GOLDEN



	G	O	L	D	
N		D			O
G				D	L
				E	
L				E	G
D					N

St Patrick's Picto-Crossword

Write the names of each picture in the crossword puzzle grid.

1 Ireland

2 Hand

3 March

4 Rainbow

5 Shamrock

6 Harp

7 Gold

8 Clover

9 Leprechaun

10 Coins

11 Leprechaun

12 Jacket

13 Snake

14 Green

15 Leprechaun

16 Leaf

17 Pot

18 Potato

16 down

13 down

13 across

16 across

There was an old man of Dunbrodie,
Who taught little wicks to drink tea,
For the sake, 'tis said, 'tis true,
To eat porridge or rice,
So my friends you must let them go free.

ANSWERS

C	L	O	V	E	R
E	V	R	C	L	O
V	O	E	R	C	L
L	R	C	O	V	E
R	E	V	L	O	C
O	C	L	E	R	V
E	G	O	L	D	N
N	L	D	G	E	O
G	E	N	D	O	L
O	D	L	E	N	G
L	N	E	O	G	D
D	O	G	N	L	E

LEPRECHAUN

- (1) pen
- (2) nap
- (3) hula
- (4) clap
- (5) learn
- (6) lance
- (7) clean
- (8) cheep
- (9) launch
- (10) cereal

1 RAINBOW
2 HARP
3 MARCH
4 RAINBOW
5 LEPRECHAUN
6 HARP
7 POTATO
8 LIMERICK
9 SAINT
10 CHAUN
11 PARADE
12 SEVENTEEN
13 POTATO
14 LIMERICK
15 SAINT

One old Irish Blessings says:

M A Y T H E H I N G E S
O F O U R
F R I E N D S H I P
N E V E R G R O W
R U S T Y !

1 RAINBOW
2 HARP
3 MARCH
4 RAINBOW
5 LEPRECHAUN
6 HARP
7 POTATO
8 LIMERICK
9 SAINT
10 CHAUN
11 PARADE
12 SEVENTEEN
13 POTATO
14 LIMERICK
15 SAINT

Grid 2
The hidden word is Patrick

Patrick

Grid 4
The hidden word is snake

snake

Grid 1
The hidden word is Saint

Saint

Grid 3
The hidden word is Ireland

Ireland



FEBRUARY BIRTHDAYS

Marchell Adams
Joan Berger
Annette Black
Charlotte Burge
Bernie Chmura
Claudette Cole
Ruth Durand
Betsy Findley
Joy Freda
Barb Hirko
Sharon James

Michael Kado
Joseph Kensicki
Judith Kobus
Marilyn Koci
Carolyn Kucia
Jeanette McCarthy
Barbara McDaniel
Nettie Mcdermot
Dorothy Mulh
James O'Neill
Rochelle Petak

Dale Praznik
Martha Reynard
Lynn Richardson
Sheila Richardson
Sampson Shaw Jr.
Robert Sanson
Sandy Spinks
Barb Spencer
Gemma Telling

FEBRUARY 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

Jeanette Churak-Miller
Beverly Frazier
Brenda Kelly
Carol Ann Millin-Mangino

Christine Mohnasky
James O'Neill
Allen Potoma
Eleanor Starnoni

Anthony Quick
Harry Werner
Sheila Werner

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