



BEDFORD SENIORS CLUB NEWSLETTER

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"On April Fools Day, believe nothing, trust no one, just like any other day."
 –Unknown

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, March 27: Swedish Meatballs over Noodles

Registration deadline Friday, March 22.

Wednesday, April 10: Rigatoni with Meatballs, Salad, Roll

Registration deadline Friday, April 5.

Wednesday, April 24: Breaded Pork Chops, Mashed Potatoes, Vegetables

Registration deadline Friday, April 19.

A vegetarian option is available.

Please indicate during registration if you prefer a vegetarian substitution







(440) 735-6570

MARCH

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 2/28/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SATURDAYS</u> Gentle Yoga 9:00am March 16 (No class 3/23, 3/30)</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 <i>Primary Election</i>  Healing Arts 1:00pm 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>



University Hospitals
Center for Lifelong Health

AGE WELL.
Be Well.

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





CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 3/12/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm <u>No Upcycle Sewing</u>	2 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm	3 Do Go Broke in Nursing Home 12:00pm Get Crafty 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	4 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	5 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "Shawshank Redemption" Deadline for 4/10 lunch
8  Line Dancing 10:30am Knitting 1:00pm <u>No Pickleball</u> Eclipse Party 2:00pm Local Motion 6:00pm Upcycle Sewing 6:30pm	9 Strength & Balance 10:30am Binge Watchers 1:00pm AARP Smart Driver 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm	10  Senior Lunch 12:00pm w/ BSCD Jazz Bands Book Club 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	11 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	12 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "Waitress"
15 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Upcycle Sewing 6:30pm Healthy Joints 6:30pm	16 Strength & Balance 10:30am Binge Watchers 1:00pm AARP Smart Driver 1:00pm Stretch & Recovery 6:00pm	17  LUNCH AND LEARN 12:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	19 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "Greatest Night in Pop" Tai Chi 5:30pm Deadline for 4/24 lunch
22 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Managing Money 6:30pm	23 Strength & Balance 10:30am Taco & Trivia 11:30am Binge Watchers 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm	24  Senior Lunch 12:00pm Bingo 1:00pm Sparkling Portraits 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	25 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Mind Challenge 1:00pm <u>No Pickleball</u> Barre Above 6:00pm	26 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "The Color Purple" Tai Chi 5:30pm
29 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	30 Strength & Balance 10:30am Relax-O-Doodles 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm			<u>SATURDAYS</u> Gentle Yoga 9:00am April 6, 13, 20, 27

IN MEMORIAM



CAROLE ANN PITTIS

(nee Hannafus), born September 10, 1936 in Shelby, OH, to the late Ernest F. and Florence I. (nee Pry) Hannafus, went to be with her Lord and Savior on Tuesday, February 13, 2024. Beloved wife of nearly 60 years to the late Jerry Pittis; loving mother of Todd (Mary), Brad (Julie) and Laura (Ray) Orlosky; cherished grandmother of Carla, Amanda, Caelie, and Shelby and great-grandmother of Kori, Carlee, Kennedi, Jerrold, Cooper, and Maevyn; dear sister to Ruth (Don) Bolles, Pam Blankenhorn, Mary Lee Barr, and the late Rita Yore; and caring aunt to many nieces and nephews. Carole was a 1954 graduate of Shelby High School and in 1958 graduated from The Ohio State University. A longtime resident of Bedford, OH, Carole became a teacher for the Bedford City Schools in 1960, teaching 2nd grade at Glendale

Elementary, 5th Grade at Central Elementary and 5th grade at Aurora Intermediate School. She retired in 1993. Carole was a member of Parkside Church. She enjoyed family gatherings, calligraphy, being a member of the Bedford Garden Club, flower gardening, rock collecting, avid Ohio State Buckeye fan, Cleveland baseball, and traveling with Jerry and their friends. In lieu of flowers, memorial contributions can be made to Parkside Church. Arrangements by Johnson-Romito Funeral Home.

LUCILLE GILLESPIE

Lucille Gillespie, age 102, passed away on March 7, 2024. Funeral service will be held on Friday, March 15th 2024 at 9:00 AM and at 9:30 AM at the St. Phillips Episcopal Church (1130 Mercer Ave, Akron, OH 44320). Arrangements by Calhoun Funeral Home.



TAX PREPARATION ASSISTANCE

AARP Tax Aide

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

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

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

RECREATION PROGRAMS

Total Solar Eclipse Ellenwood Backyard Watch Party

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

ONCE IN A LIFETIME! 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

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

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

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, March 19 ****Date Rescheduled** 3 spots still available!**

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.

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

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 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

Faux Terrazzo Wooden Tray – Wednesday, April 3

Memory Scrapbook – Wednesday, May 1

****Bring personal memorabilia. i.e. photos, letters/notes, ticket stubs, etc.**

TBA — Wednesday, June 5



Sparkling Portraits

Follow step-by-step directions to create a seasonal canvas painting inspired while sipping sparkling grape juice. No experience required. Free to Bedford Senior Club Members. Registration required.



Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third or Fourth Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members



- **Shy Bunny**—Wednesday, March 27
- **Blue Moon** —Wednesday, April 24
- **Teal Flower** —Wednesday, May 22



RECREATION PROGRAMS

Pedal Power: Modified Peddling

NEW! Pedal Power, a modified peddling class, is a seated, low impact exercise class focusing on overall body strengthening and cardiovascular health. Enjoy the benefits of riding a bike from the comfort of your chair while engaging in a variety of upper body exercises to improve core stability, upper and lower body strengthening, and endurance.

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Room 4

Date: Friday, April 5, 12, 19, 26

Time: 12:00 pm—1:00 pm

Fee: \$20 Resident/\$25 Non-Resident

Bedford Senior Club Members are free and must register in advance

Cardio Drumming

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

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Room 4

Date: Friday, May 10, 17, 24, 31

Time: 12:00 pm—1:00 pm

Fee: \$20 Resident/\$25 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

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

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

Spring Session Dates: Fridays, April 5, 12, 19, 26, May 3, 10, 17

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

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

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

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

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, March 25, April 1, 8, 15, 22, 29, May 6, 13, 20 (No class 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



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

Spring Session Dates: Tuesdays, April 2, 9, 16, 23, 30, May 7, 14, 21, 28

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

Spring Session Dates: Saturdays, April 6, 13, 20, 27, May 4, 11, 18

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

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



RECREATION PROGRAMS

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

NEW! 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: Wednesday, April 3

Time: 12:00 pm - 1:30 pm

Fee: Free; pre-registration required—**Deadline to register is March 28!**

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 22 ****Date Rescheduled****

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

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

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 3 or 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.

Getting Your House in Order

NEW! Getting our houses in order is a gift we give our loved ones and a way to leave a lasting legacy. Information and resources will be provided regarding:

- Courageous Conversations: talking about our wishes
- Advance care directives and why we need them: Durable Power of Attorney for Healthcare, Living Will, Organ Donation Designation
- Hospice and palliative care... is there a difference?
- What comes next? What should we expect?

Facilitated by: Heidi Barham with Hospice of the Western Reserve

Location: Ellenwood Center Room 4

Date: Wednesday, May 8

Time: 10:30 am—11:30 am

Fee: Free



RECREATION PROGRAMS

Table Shuffleboard League

10 Team Limit. Join our Table Shuffleboard League for a chance to compete with friends, make new connections, and enjoy the camaraderie of this classic game. Played on a smooth, elongated table, participants strategically slide weighted pucks into scoring zones at the opposite end to earn points. Whether you're a seasoned player or a newcomer, everyone is welcome to join the fun—no prior experience required! We're accepting both 2-person teams and individual players seeking partners.

Location: Ellenwood Center – Room 2

Dates: First & Third (and Fifth) Wednesday of each month

Time: 9:30 am - 11:30 am

Beginning: Wednesday, May 1 (Estimated end date September 18)

Fee: Free; Bedford Senior Club Members only

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, 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
- **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.



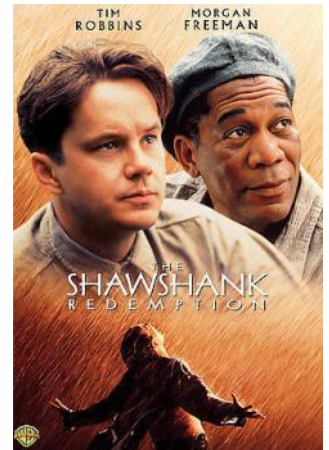
RECREATION PROGRAMS

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

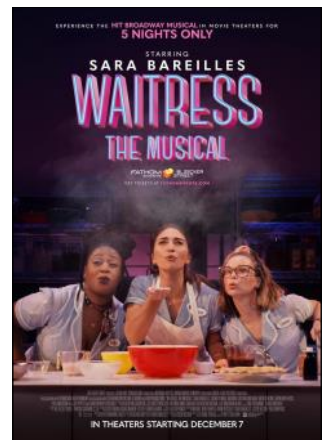
Friday, April 5: Shawshank Redemption (1994)

Andy Dufresne (Tim Robbins) is sentenced to two consecutive life terms in prison for the murders of his wife and her lover and is sentenced to a tough prison. However, only Andy knows he didn't commit the crimes. While there, he forms a friendship with Red (Morgan Freeman), experiences brutality of prison life, adapts, helps the warden, etc., all in 19 years. Rated R (Prison Violence|Language). 2 hours, 22 mins.



Friday, April 12: Waitress the Musical (2023)

Waitress: The Musical brings the Tony-nominated, Broadway phenomenon to the big screen. Featuring composer-lyricist Sara Bareilles as Jenna Hunterston, a waitress and expert pie maker stuck in a small town and a loveless marriage. When a baking contest in a nearby county offers her a chance at escape, Jenna fights to reclaim a long-forgotten part of herself. Through the support of her fellow waitresses and an unexpected romance, Jenna begins to find the courage to take a long-abandoned dream off the shelf. Waitress celebrates the power of friendship, dreams, the family we choose and the beauty of a well-baked pie. Not Rated. 2 hours, 24 mins.



Friday, April 19: The Greatest Night in Pop (2024)

On January 25, 1985, dozens of the biggest names in music convened at a studio in Los Angeles, checked their egos at the door and recorded a song to benefit African famine relief that would alter global pop culture history. The Greatest Night in Pop chronicles the massive undertaking to assemble the world's most impressive supergroup in a world before cell phones and email. That group of artists -- led by the song's co-writers and two of the most significant musicians of the 20th century -- Michael Jackson and Lionel Richie -- came from different worlds but united to record "We Are the World." Featuring never-before-seen footage, the film details the early planning stages, including the writing sessions with Richie and Jackson, and goes inside the famed Henson Studios where "We Are the World" was recorded. Many of the artists who were there that legendary evening -- Richie, Bruce Springsteen, Smokey Robinson, Cyndi Lauper, Kenny Loggins, Dionne Warwick, and Huey Lewis -- reminisce alongside musicians, engineers, and production crew about one of the most storied nights in music history. Rated PG-13. 1 hour, 36 mins.



Friday, April 26: The Color Purple (2023)

A story of love and resilience based on the novel and the Broadway musical, THE COLOR PURPLE is a decades-spanning tale of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood. Rated PG-13. 2 hours, 21 mins.



There is still space available for these upcoming flicks:

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

Friday, March 28: Family Plan (2023)

RECREATION PROGRAMS

Shelf Indulgence Book Club

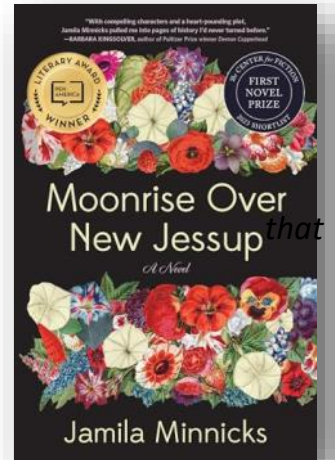
Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, April 10: “Moonrise Over New Jessup” by Jamila Minnicks

"Based on the history of the many Black towns and settlements established across the country, Jamila Minnicks's heartfelt and riveting debut is both a celebration of Black joy and a timely examination of the opposing viewpoints attended desegregation in America. Winner of the PEN/Bellwether Prize for Socially Engaged Fiction."

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

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 26 — Episodes 1 & 2

April 2 — Episodes 3 & 4

April 9 — Episodes 5 & 6

April 16 — Episodes 7 & 8

April 23 — Episodes 9 & 10



Julia—Season 2

In France, Julia butts heads with Simca while working on volume two of their cookbook. In Boston, Alice faces pressure to find the network's next hit. After failing to see eye-to-eye with Simca, Julia proposes a culinary showdown. Meanwhile, Alice and Avis each face new romantic possibilities.

May 7 — Episodes 1 & 2

May 14 — Episodes 3 & 4

May 21 — Episodes 5 & 6

May 28 — Episodes 7 & 8

RECREATION PROGRAMS

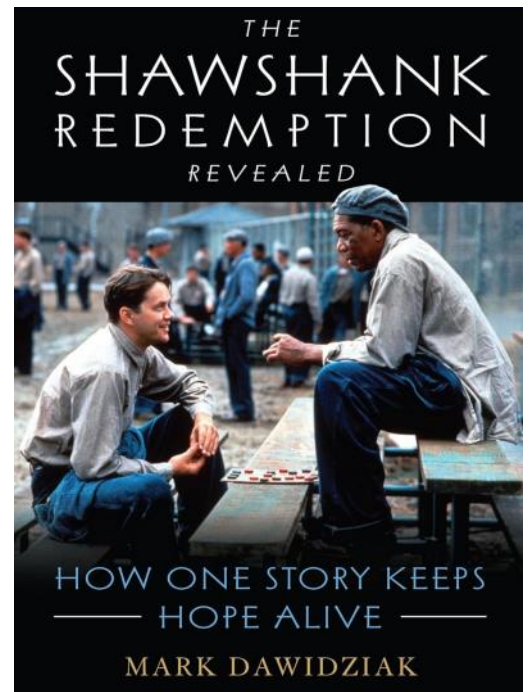


Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30pm. Doors open at 11:30am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is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

Stephen King and the Shawshank Redemption

"The Shawshank Redemption Revealed," author and Largely Literary co-founder Mark Dawidziak presents a program based on his 2019 book. Filmed in Ohio and starring Tim Robbins and Morgan Freeman, "The Shawshank Redemption" has risen in popularity since its release in 1994, reaching No. 1 on IMDB's list of most-loved movies. Dawidziak conducted more than 70 interviews for the book, talking to King, Darabont, Robbins and Freeman, as well as extras, supporting players and behind-the-scenes talent. Within the confines of Shawshank State Penitentiary, food becomes a means of normalcy amidst an otherwise oppressive and dehumanizing environment. Inmates (attendees) will be served a mystery meat with gravy (meatloaf), a slop of mashed potatoes and a mix of vegetables from previous meals with a slice of white bread. Water and coffee only. No dessert. No soda. You can only eat with a spork, no sharp utensils.

Date: Wednesday, April 17
Time: 12:00 pm - 1:30 pm
Location: Ellenwood Center Gym
Fee: Free to Bedford Senior Club members
\$15 for non-members



**MOVIE WILL BE SHOWN ON
FRIDAY, APRIL 5
REGISTER & SAVE A SEAT!**

SAVE THE DATES! Details forthcoming...

**The Unknown Story of Doris Day — May 1
10 Cent Beer Night — June 5 *topic change***



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com
Register by phone: (440) 735-6570
Register in person: Ellenwood Center
124 Ellenwood Ave
Bedford, OH 44146

Lunch and a Show

Back to the Future at Playhouse Square
Saturday, June 29, 2024



Winner of the 2022 Olivier Award for Best New Musical, four WhatsOnStage Awards, including Best New Musical, and the Broadway World Award for Best New Musical, Back to the Future: The Musical is adapted for the stage by the iconic film's creators Bob Gale (Back to the Future trilogy) and Robert Zemeckis (Forrest Gump) and directed by the Tony Award-winner John Rando with original music by multi-Grammy winners Alan Silvestri (Avengers: Endgame) and Glen Ballard (Michael Jackson's "Man in the Mirror"), alongside hit songs from the movie including "The Power of Love," "Johnny B. Goode," "Earth Angel," and "Back in Time."

When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown, he accidentally changes the course of history. Now he's in a race against time to fix the present, escape the past, and send himself... back to the future. When Back to the Future hits 88mph, it'll change musical theatre history forever.

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 35 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 \$94). 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 March 15. Non-Club members may only be registered by Bedford Club Members beginning April 15. Registration deadline May 1.

\$65 Bedford Senior Club members / \$70 for non-members



See page 8 for Westside Market Trip

Details coming soon for...

*Cleveland Guardians Game
Casino Trip*



City of Bedford Newsletter

March 2024

Garden Club Plant Sale

The Bedford Garden Club Plant Sale will be Friday, May 17 and Saturday, May 18 at Ellenwood Recreation Center, 124 Ellenwood Avenue. Times to be announced at a later date.

An assortment of perennials, annuals, herbs, and vegetables that are all reasonably priced along with free gardening advice.

Join us for our first meeting in 2024 on March 21st at 6:30 p.m. in Room 4 at Ellenwood Recreation Center. Light refreshments will be served.

Water Department Online Billing

Residents can conveniently view and pay their water bills online by visiting: <https://bedfordoh.gov/departments/water-department/>.

Simply click on "View or Pay Your Bill" and follow the instructions to sign up using details from your current statement. **Please note:** opting for email billing means you will no longer receive a printed bill via mail.

News from The Bedford Historical Society

Bedford Historical Society Annual Reverse Raffle, will be held on Saturday March 16 at Ellenwood Center, 124 Ellenwood Avenue. Doors open at 5:00 p.m., dinner at 6:00 p.m., Catered by Sirna's. BYOB, wash provided. \$60 dinner 1 ticket, \$100 2 dinners 1 ticket. For more information about this event call 440-232-0796.

Come Celebrate Dr. Seuss's 120th Birthday! This event will be held on Saturday, March 2, 10:00 a.m.- 2:00 p.m. at the Old Church on the Square Community Room, 730 Broadway Avenue. Craft table, games, Dr. Seuss Book Reading and more! For more information about this event call 440-232-0796.



Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 15-19 and April 22-26 Monday through Friday between 8:00 a.m. and 3:00 p.m. **(NO AFTER HOURS DROP OFF)**; CPU's, monitors, keyboards, tablets, software and cell phones.

Bedford residents only, no businesses.

Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 15-19 and April 22-26 Monday through Friday between 8:00 a.m. and 3:00 p.m. **(NO AFTER HOURS DROP OFF)**; Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury.

CFL – Compact or tube fluorescent bulbs are **not accepted** in our round up.

NO LATEX PAINT ACCEPTED, (Remove lid, add drying agent such as kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash.

Bedford residents only, no businesses.

Friendly Reminder

As a reminder to all residents and property owners, please maintain the front, back and side yard areas of your property by cutting the grass, removing weeds and trimming all trees and shrubs as needed on a regular basis (Bedford Codified Ordinances 1341.19, 1341.18). It is especially important to make sure all trees and shrubs are trimmed to provide a clear and unobstructed view of traffic from all directions and to protect pedestrians using sidewalks.

Your cooperation is greatly appreciated to help us keep our neighborhoods safe, clean and visually attractive.

Important Dates

- ◆ **Council Meeting**
March 4
7:00 p.m.
- ◆ **Council Meeting**
March 18
7:00 p.m.
- ◆ **Good Friday -
City Hall Closed**
March 29



CITY OF BEDFORD

2024 LANDSCAPE CONTRACTOR LIST

Last Revised 2/29/2024

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- Price depends on lawn size
- Spring and fall cleanup available

Dobbs Landscaping and Plowing
(216) 780-1346

- Senior Discount Offered
- Price depends on lawn size

Do-It Right Landscaping & Design
(216) 218-1340

- Senior Discount Offered
- Price depends on lawn size

Gales Landscaping
(216) 315-5216

- Senior Discount Offered
- Price depends on lawn size

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

- 20% Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available

Lockett's Landscaping
(833) 562-5388
(216) 357-8033
marc@lokettslandscaping.com
loketcutit@yahoo.com

- Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available
- Spring and fall cleanup available

Pro-Mow Landscaping
(440) 439-4456
(216) 276-3399 call/text

- Senior Discount Offered
- Price depends on lawn size
- Tree removal

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- Price depends on lawn size & difficulty
- One-time cuts and seasonal contracts
- Spring cleanup available

Provider list and prices are subject to change during season – always confirm pricing with Provider

The City of Bedford does not recommend the landscapers included on this list. This list is being provided as a courtesy. Landscapers 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 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, April 25: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

April Title: The Nigerwife: A Novel by Vanessa Walters

Navigate Wellness Online

Wednesday, April 10: 11:00am - 12:00pm

Bedford Branch - Meeting Room

No one should be at a disadvantage in achieving good health if we can prevent it. University Hospitals is committed to ensuring that all community members can access and utilize the internet and digital health tools to manage their well-being. The goal is to empower patients to lead healthy, fulfilling lives and thrive in their communities.

Was the “Rip Van Winkle” Story an Alien Abduction Account?

Thursday, April 18: 7:00pm - 8:00pm

Bedford Branch - Meeting Room

Many UFO researchers have suggested that Washington Irving’s story “Rip Van Winkle” was a colonial era alien abduction account based on the “lost time” aspect. Journalist Cheryl Costa decided to conduct her own research and discovered a startling trail of facts. *Registration opens on Monday, March 18 2024 at 9:00am*

Digital Navigator at Bedford

Mon-Wed, April 22-24: 9:30am - 6:00pm

Bedford Branch

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

Hypertufa Garden Pot

Saturday, April 27: 2:00pm - 4:00pm

Bedford Branch - Meeting Room

Learn to make a hypertufa garden pot. In this program, you’ll see a live demonstration of the hypertufa mixing process, then use the mixture to create a pot for your home garden. *Registration opens on Monday, March 25 2024 at 9:00am*

Modern Macrame Dreamcatcher

Saturday, May 11: 11:00am - 1:00pm

Bedford Branch - Meeting Room

Discover the art of contemporary macrame as you learn to weave, knot, and create a dreamcatcher that blends traditional techniques with a modern twist. This is a perfect project for a beginner. All materials will be provided. *Registration opens on Monday, April 8 2024 at 9:00am*



Experience a Solar Eclipse



Credit: S. Habbal, M. Druckmüller and P. Aniol

WHAT IS A SOLAR ECLIPSE?

A solar eclipse happens when the Moon moves between the Sun and Earth, casting a shadow on Earth, fully or partially blocking the Sun's light in some areas. There are different types of solar eclipses.

Total Solar Eclipse

For a total solar eclipse to take place, the Sun, Moon, and Earth must be in a direct line. The people who see the total eclipse are in the center of the Moon's shadow when it hits Earth. The sky will become very dark, as if it were night. Weather permitting, people in the path of a total solar eclipse can see the Sun's corona, the outer atmosphere of the Sun. A total solar eclipse is the only type of solar eclipse where viewers can watch without their eclipse glasses – and they can only remove them when the Moon is completely blocking the Sun.

Annular Solar Eclipse

An annular eclipse happens when the Moon is lined up between the Sun and Earth, but at its farthest point from Earth. Because the Moon is farther away from Earth, it seems smaller. It does not block the entire view of the Sun. The Moon in front of the Sun will look like a dark disk on top of a larger, bright disk. This creates what looks like a ring around the Moon.

Known as a hybrid eclipse, sometimes an eclipse can shift between annular and total as the Moon's shadow moves across Earth's surface.

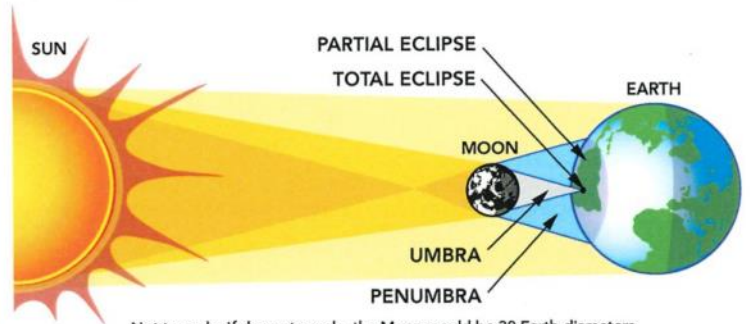
Partial Solar Eclipse

This happens when the Sun, Moon and Earth are not exactly lined up. The Sun will appear to have a dark shadow on only part of its surface. During a total or annular solar eclipse, people outside the Moon's inner shadow see a partial solar eclipse.



Credit: Maria Hladiuk

TOTAL SOLAR ECLIPSE



Not to scale: If drawn to scale, the Moon would be 30 Earth diameters away from Earth. The Sun would be 400 times that distance.



Credit: Rick Frenberg, TravelQuest International and Wilderness Travel

In this series of stills from 2013, the eclipse sequence runs from right to left. The center image shows totality; on either side are the 2nd contact (right) and 3rd contact (left) diamond rings that mark the beginning and end of totality respectively.



WHERE TO WATCH

Find a nice, clear spot with a good view of the sky.



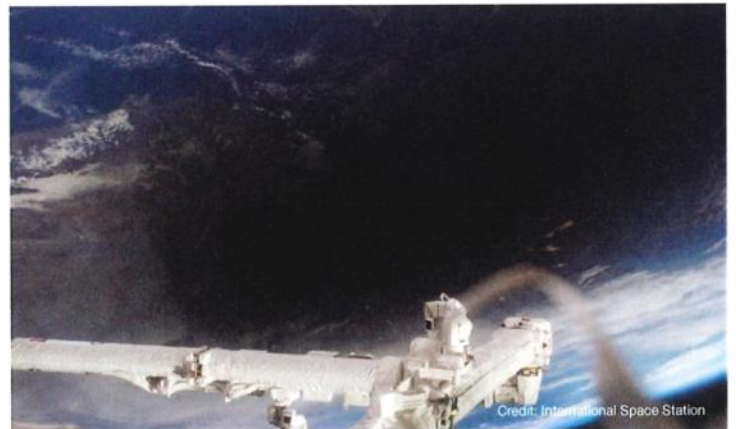
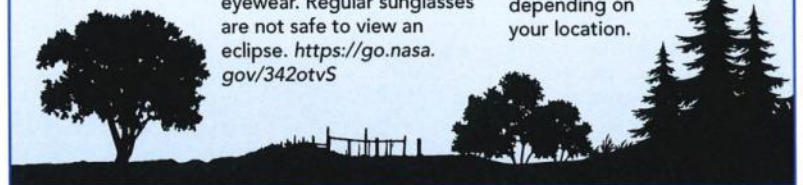
HOW TO WATCH

You can see the Sun and an eclipse with special eclipse or solar viewing glasses. NEVER look directly at the Sun without appropriate eyewear. Regular sunglasses are not safe to view an eclipse. <https://go.nasa.gov/342otv5>



HOW LONG WILL IT LAST

A total eclipse, when the Sun is completely blocked by the Moon, will last up to a few minutes, depending on your location.



Credit: International Space Station

This photo taken from the International Space Station shows the Moon's umbra, or inner, shadow during the total solar eclipse of March 29, 2006.

SAFELY observing THE SUN

WARNING! Never look directly at the Sun without proper eye protection. You can **seriously** injure your eyes.



Check with local science museums, schools and astronomy clubs for eclipse glasses—or purchase an ISO 12312-2 compliant pair of these special shades! Always inspect your solar filter before use. If scratched or damaged, discard it.



View the eclipse with special eclipse glasses.



Regular sunglasses are not safe to view the eclipse.

BUILD A SOLAR VIEWER

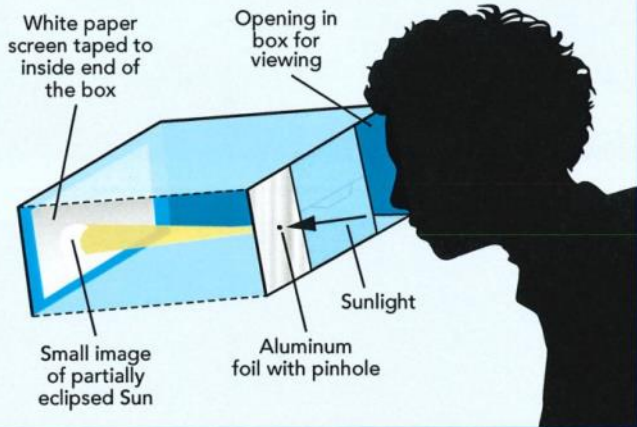
Create an inexpensive but functional, safe solar viewer with just plywood, lenses, rubber bands, paper and popsicle sticks! <https://go.nasa.gov/3yxoA0T>

MAKE YOUR OWN ECLIPSE PROJECTOR

You can make this simple eclipse projector with almost any cardboard box, paper, tape and foil.

The longer the distance from the pinhole to screen, the larger the image of the Sun will be.

NEVER look directly at the Sun without appropriate eyewear.



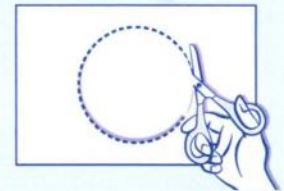
DRAW THE CORONA

Long before there were cameras or telescopes, eclipse watchers recorded what they saw in the sky in words, drawings, and paintings. You can have fun creating your own picture of a solar eclipse with chalk and paper! You can do this activity before an eclipse to predict what you'll see, or after to record what you saw.

First, trace a large circle template on stiff paper.



Carefully cut out the circle.



Place the template on dark paper and hold or tape it down. Draw a thick circle or lines of chalk around the template a few times — it doesn't need to be neat!



Holding the template in place, smudge the chalk away from the center of the circle using a finger to create the corona of the Sun.



When you are done smudging, remove the circle template and add words, pictures, or fun designs.



You've made total solar eclipse art!



The whole family can get involved in learning about eclipses! Morgan (age 5) and Chelsea (age 2) drew these dazzling coronas.

ECLIPSES IN THE UNITED STATES: The next solar eclipses that cross the United States are on Saturday, October 14, 2023 (Annular Solar Eclipse) and Monday, April 8, 2024 (Total Solar Eclipse).

For more on eclipses: <http://www.nasa.gov/eclipse>

This product is supported by NASA under cooperative agreement number NNH15ZDA004C.





Cuyahoga County

Division of Children and Family Services
Community Newsletter

Supplemental Nutrition Assistance Program (SNAP) Recertification Interview Requirement Update



The SNAP recertification interview will be returning February 2024. Ohio was operating under a waiver for SNAP by the US Department of Agriculture (USDA) Food and Nutrition Services (FNS). What this means is the SNAP recertification interview **will now be required**.

Updated Procedures

Effective March 1, 2024, Cuyahoga County Job and Family Services will resume conducting an interview at recertification prior to approving SNAP benefits. Customers must also submit a JFS 07204 "Request to Reapply for Cash Assistance, SNAP and/or Child Care" form (or equivalent in the Ohio Benefits Self-Service portal) in addition to completing the recertification interview.

There are a variety of ways to return your completed JFS 07204:

Online: benefits.ohio.gov

Email: Take a digital picture of the completed form. (A picture of each page is required.) and email it as an attachment to CJFSDocs@jfs.ohio.gov

Fax: 216-987-7700

Mail: 1641 Payne Ave., Cleveland, OH 44114

Phone: Customers may call the eligibility contact center at 1-844-640-OHIO (6446) to complete the SNAP recertification over the phone. Select the telephone option to Renew Snap Benefits.

Drop box: Drop the documents off at the secure drop-box at any of these sites:

Virgil E Brown - 1641 Payne Ave, Cleveland, OH 44114

Westshore - 9830 Lorain Ave. Cleveland, OH 44102

Quincy Place - 8111 Quincy Ave, Cleveland, OH 44104

Jane Edna Hunter - 3955 Euclid Ave, Cleveland, OH 44115

Mt. Pleasant - 13815 Kinsman Rd, Cleveland, OH 44120

CAN INDEPENDENT VOTERS VOTE IN THE PRIMARY? YES!

OHIO IS A
"PARTIALLY OPEN
PRIMARY STATE"

THAT
MEANS

Any registered voter can vote, but they have to choose to vote either a Republican or Democratic ballot.

EVEN IF
YOU ARE
INDEPENDENT

Because Independent candidates don't have primary elections---- only Republicans and Democrats do.

ALL VOTERS NEED AN UNEXPIRED PHOTO ID TO VOTE IN PERSON

ACCEPTED	NOT ACCEPTED
OHIO DRIVER'S LICENSE	BIRTH CERTIFICATE
OHIO STATE ID ISSUED BY THE BMV	COLLEGE ID
US PASSPORT OR PASSPORT CARD	UTILITY BILLS
US MILITARY ID CARD	BANK STATEMENTS
OHIO NATIONAL GUARD ID CARD	PAYCHECKS
US DEPARTMENT OF VETERANS AFFAIRS ID CARD	GOVERNMENT DOCUMENTS

MYTH

I can drop my Vote-by-Mail ballot off at my polling location or library.

FACT

Voters CANNOT return Vote-by-Mail ballots to their polling location or a library on Election Day.

Vote-by-Mail ballots will only be accepted if they are:

- 1.) Dropped off in-person at the Board of Elections by 7:30 p.m. on Election Day; or
- 2.) Postmarked by the day before the Election and received by the Board of Elections within 4 days after Election Day.

MYTH

Voting machines can be hacked because they are connected to the internet.

FACT

Voting machines are NEVER connected to the internet.

Ohio Law prohibits any unit in the entire state from being connected to the internet EVER.



Bedford City Schools Foundation

presents

Night at the Races

A Community Event

Supporting Scholarships for Bedford Graduates

Come bet on your favorite horses!

Door Prizes ~ Cash Bar

Saturday, April 27, 2024 [6-10 PM]

Winking Lizard

25200 Miles Road, Bedford Heights

Cost: \$50/person - includes Entrance
and heavy Hors d'oeuvres

**Sponsor a race and get your name printed &
announced-Only \$100.00**

Buy a horse and name it for \$10.00

Derby Hat Contest

Prize for the best decorated Derby Hat

Online Registration available at

www.bedfordfoundation.net/Events

For more info contact:

**Ed Blount - edward.blount@sbcglobal.net
Trish Duncan - tduncan@bedfordschools.org**



FEDERAL TRADE COMMISSION CONSUMER ADVICE

Are you really the lucky winner? Spot the prize scams.

Say you hear or read the words: "You've won!" What will you do with your winnings? Who wouldn't be excited to win a prize, sweepstakes, or lottery? But...did you actually win? And how do you know?

Sweepstakes, prize, and lottery frauds are among the top scams people report to the FTC. These scams usually start with a call or message that says you're a winner. (A lie.) They say to get the so-called prize you have to send money or click somewhere to give your information. Don't. The most recent FTC data shows people reported losing \$301 million to this type of fraud. That's an average loss of \$907 per person.

But there are also legitimate contests and prizes that follow the law and give real prizes. So how do you know the difference?

One question to consider is: did you enter the sweepstakes or play the lottery? If not, you absolutely didn't win. And here are other ways to spot and avoid prize scams:

Don't pay to get a prize. Real prizes are free. Anyone who asks you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, is a scammer. Stop and walk away.

Don't give your financial information. There is absolutely no reason to ever give your bank account or credit card number to claim a prize. If anyone asks for it, it's a scam.

Don't give your personal information. Scammers hope you'll click on links that will take your personal information or download malware on your device. Delete the message without clicking on the links and don't respond.

Never pay to
get a prize.
That's a scam.

ftc.gov/fakeprizes



FEDERAL TRADE
COMMISSION

#FTCTopFrauds

ReportFraud.ftc.gov



Be Smart with Salt

Your body needs a small amount of sodium (“salt”) to work well, but too much salt can be bad for you. Most people consume more salt than their body needs.

LOWER Your Salt Intake

- ▼ Unless told otherwise by your health care provider, limit your salt intake to no more than 1 teaspoon (2300 milligrams) each day.
- ▼ Processed and pre-packaged foods and snacks tend to be higher in salt. Try to limit the amount of processed/packaged foods that you eat.
- ▼ Choose fresh fruits and vegetables as low-salt options for snacks.
- ▼ Avoid adding salt to your meals. Instead, try fresh herbs and salt-free spices to add flavor to food.
- ▼ Rinse salt-containing foods, such as canned beans, tuna, and vegetables, before you eat them. This can help remove excess salt.
- ▼ Make your own food at home. This is the easiest way to control the amount of salt that you eat.
- ▼ Limit fast-food and do not use table salt when eating out.

Health Risks of High Salt Intake

- 1 HIGH BLOOD PRESSURE
- 2 HEART DISEASE
- 3 STROKE
- 4 OBESITY
- 5 DIABETES

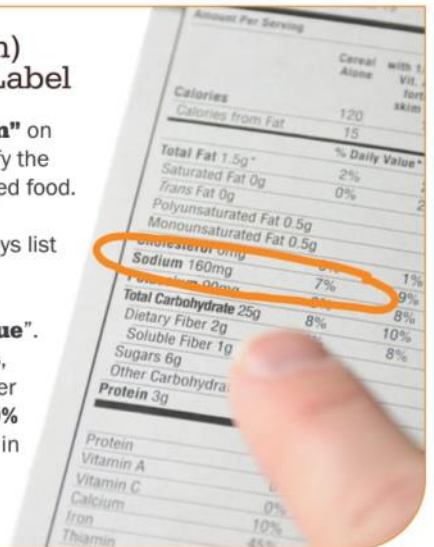


Find Salt (Sodium) on the Nutrition Label

Look for the word **“sodium”** on the nutrition label to identify the amount of salt in a packaged food.

The nutrition label will always list “salt” as “sodium”.

Look at the **“% Daily Value”**. If the sodium is **5% or less**, the food is low in sodium per serving. If the sodium is **20% or higher**, the food is high in sodium per serving and it should be limited.



Look for the term **“salt/sodium-free”** or **“very low sodium”** on **canned, frozen, or other packaged food** to choose foods that are low in salt.

Veg Out Pizza

 **SERVES**
4 • 2 slices per serving

 **PREP TIME**
15 minutes

 **COOK TIME**
13–16 minutes

 **TOTAL TIME**
28–31 minutes



Ingredients

- 1 cauliflower pizza crust
- ½ cup pizza sauce
- 1 cup cherry tomatoes, halved
- 1 cup mushrooms, halved
- ½ red bell pepper, thinly sliced
- ½ green bell pepper, thinly sliced
- ½ cup crumbled fat-free feta cheese
- Handful fresh basil, chopped
- 1 tablespoon balsamic vinegar

Directions

1. Preheat the oven to 425°F.
2. Remove the crust from all packaging. Place the crust on a clean work surface.
3. Spread the pizza sauce evenly over the crust.
4. Top with the tomatoes, mushrooms, both bell peppers, feta and basil. Drizzle with the vinegar.
5. Bake for 13 to 16 minutes.

Nutrition Analysis (per serving)

Calories	210
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
Cholesterol	18 mg
Sodium	585 mg
Carbohydrates	31 g
Fiber	2 g
Total Sugars	7 g
Includes Added Sugars	2 g
Protein	11 g

Dietary Exchanges

3 vegetable, 1 lean meat



JOKES & MORE! SUBMITTED BY OUR SENIORS



What is a Dad Joke?

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

Did you hear about the restaurant on the moon? Great food, no atmosphere.

What does a house wear? Address.

Why aren't Greeks morning people? Because dawn is tough on Greece.

Where do you learn to make a banana split? Sundae School.

What kind of music do balloons hate? Pop!

What do you call an alligator in a vest? An investigator.

How does a computer get drunk? It takes screenshots.

What do you call a pony with a sore throat? A little hoarse.

Why do melons have weddings? Because they cantaloupe.

Parallel lines have so much in common. It's really too bad they'll never meet

What do you call a cow in an earthquake? A milkshake.

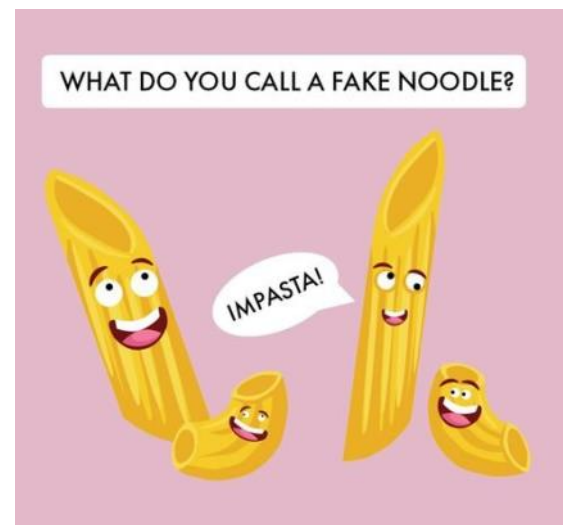
Imagine if you walked into a bar and there was a long line of people waiting to take a swing at you. That's the punch line.

Why is it a bad idea to iron your four-leaf clover? Cause you shouldn't press your luck.

What rock group has four men that don't sing? Mount Rushmore.

When I was a kid, my mother told me I could be anyone I wanted to be. Turns out, identity theft is a crime.

Why did the invisible man turn down the job offer? He couldn't see himself doing it!



JOKES & MORE! SUBMITTED BY OUR SENIORS

EASTER ONE-LINERS (you've probably heard before)

Why did the Easter Bunny hide the egg? Because it was a little chicken.

How do you catch the Easter Bunny? Hide in the bushes and make a noise like a carrot.

What do you call a dumb bunny? A hare brain.

What's the best way to catch a unique rabbit? You 'nique up on him.

How many hairs in a rabbit's tail? None, they're all on the outside.

What do you call a line of rabbits walking backwards? A receding hareline.

How do you know carrots are good for your eyes? Have you ever seen a rabbit with glasses?

How are rabbits like calculators? They both multiply really fast.

How can you tell which rabbits are the oldest in a group? Just look for the gray hares.

What do you call a rabbit who tells good jokes? A funny bunny.

What is a rabbit's favorite dance? The Bunny Hop of course.

What would you call the Easter Bunny if he married a chicken? The first Rabbit to lay an egg.

What do you get when you pour hot water down a rabbit hole? A Hot Cross bunny.

How does the Easter Bunny stay fit? EGG-xercise and HARE-robics!

Where does the Easter bunny get his eggs? From an egg-plant.

Six Things About Life I Learned from the Easter Bunny:

Don't put all of your eggs in one basket.

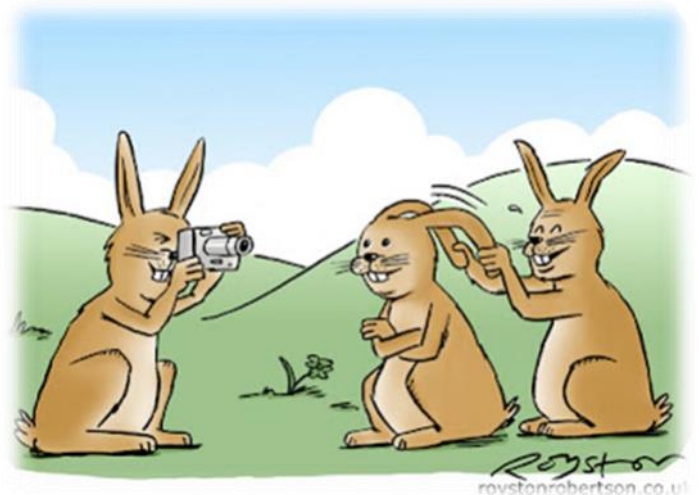
Everyone needs a friend who is all ears.

There's no such thing as too much candy.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

Some body parts should be floppy.



WHAT DO YOU MEME?

Daylight Savings Time...

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.



Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA



PUZZLES & MORE

Spring Maze

Help the bees to find their way through the flower maze to the hive.

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Spring Acrostic Scramble

It's an acrostic and a word scramble all in one puzzle! Solve the acrostic by filling in the boxes across the page on the right and fill in the boxes across the page on the left to reveal the spring words written downwards.

	KHICC	SNUESNIH	FALE	TRUPSO	TORO	YABB	BIRTAB	GINDCULK	STOMPOC	NOESSA	SARGS	MOLOB	MALB

The hidden words are _____

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PUZZLES & MORE

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

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

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

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

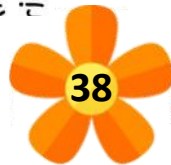


Spring Boggled Puzzle

Boggled puzzles are very easy to play. You need to find as many 3 or more letter words as you can. You form words by starting anywhere on the grid and moving to adjoining letters. You can move horizontally, vertically and diagonally in any direction. Write down your words and score as follows:

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 5 points
- 8 or more letters = 6 points

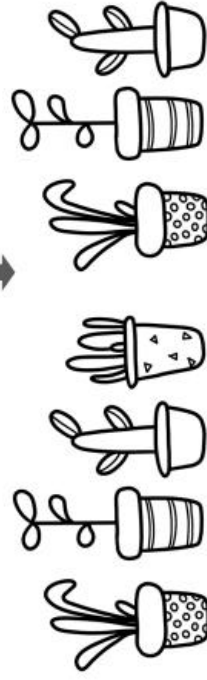
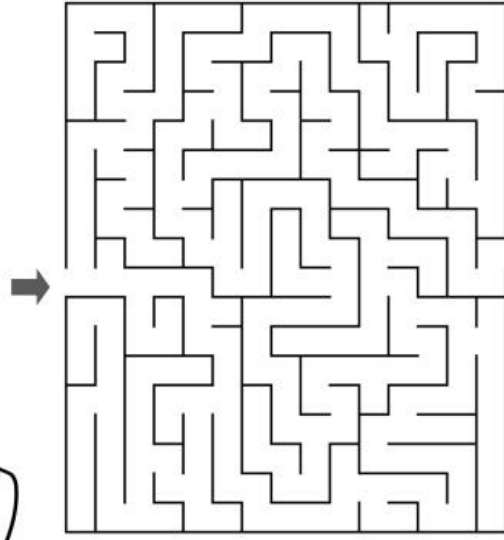
Any Spring related words get double points! Why not Challenge your friends?



N	E	I	G
A	P	R	N
S	E	O	L
C	L	W	F



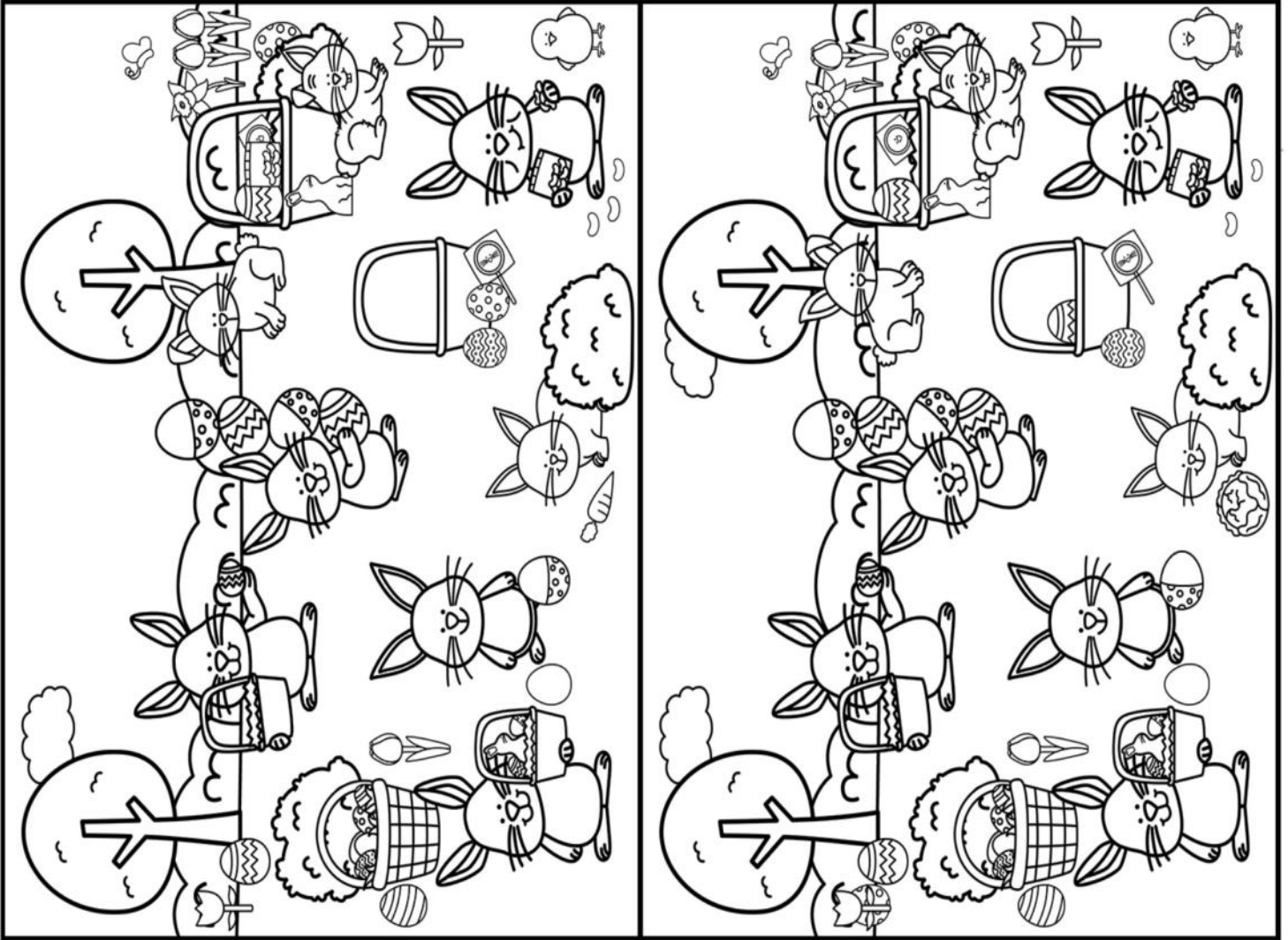
Can you find the way through the maze to water the plants?



My Points

PUZZLES

Find 10 differences between the pictures.



SOLUTIONS

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

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

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

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

MARCH BIRTHDAYS

Sharon Adams
Elaine Allen
Margaret Bigler
Willie Brown
Therese Capps
Alforniece Chambliss
Jeanette Churak-Miller
Star Cormack
Arlene Elder
Charlotte Fleming
Caroljean Foss
Ronald Future
Marilyn Gibson
Amy Gongos

Wilbert Green
Michael Ikner
Thresa Jackson
Barbara Jarvis
Sylvia Johnson
Kenneth Kucia
Obert Kusek
Floyd Lard
Dan Lipowski
Mary Lograsso
Sandra Mansell
Louise Novak
Betty Pauley
Everette Payne

Marcedus Prince
Tom Ramsay
Harvelin Roberts
Mike Rothacker
Wilbur Simpson
Chuck St. John
Pat Taylor
Marcia Turpin
Wayne Urban
Gwendolyn Wiles
Harry Werner
Karen Wertz
Martha William
Tanya Wright

MARCH 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

Joy Arnold
Diana Dorko
Mike Ligas
Leanne Long

Louise Masad
Susan Morefield
John Myers
Patricia Sirna

Joanna Smith
Arla Stadden
Tom Trojan

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