



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. Limit 144 members per lunch. Menu subject to change.

Wednesday, March 25: Swedish Meatballs over Noodles & Side Salad

Registration deadline Friday, March 20 or until all seats fill

Wednesday, April 8: Rigatoni with Meatballs, Salad, Roll

Registration deadline Thursday, April 2 or until all seats fill

Wednesday, April 22: Breaded Pork Chops, Mashed Potatoes, Mixed Vegetables

Registration deadline Friday, April 17 or until all seats fill

A vegetarian option is available.

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



(440) 735-6570

MARCH

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 3/10/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11  Senior Lunch 12:00pm Live Irish Music 12:45pm Book Club 2:00pm <u>No Step Aerobics</u>	12 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Get Crafty 2:00pm Barre Above 6:00pm	13 Strength/Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Wake Up Dead Man; Knives Out" Speaker Series 7:00pm
16 Chronic Disease 10:00am Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No Chair Yoga</u> Local Motion 6:00pm Sewing 6:00pm	17 Strength/Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm <u>No Sign Language</u> Sunset Yoga 6:00pm 	18 Shuffleboard 9:30am Healthy Kidneys 10:30am Medicare Help 10am-3pm  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm <u>No Step Aerobics</u>	19 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm, 2:30pm Barre Above 6:00pm	20 Strength/Core 10:45am Pedaling 12:00pm Silver Screen 1:00pm "Roofman" Tai Chi 5:30pm
23 Chronic Disease 10:00am Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No Chair Yoga</u> Local Motion 6:00pm Sewing 6:00pm	24 <u>No Strength/Balance</u> Coffee & Convo 10:00am Binge Watchers 2:00pm Billiards Open 2:00pm <u>No Sign Language</u> Sunset Yoga 6:00pm	25 Arthritis & Joint Pain 10:30am  Senior Lunch 12:00pm Bingo 1:00pm Listening Party 2:15pm <u>No Step Aerobics</u>	26 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Healthy Living 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Get Crafty 2:00pm Barre Above 6:00pm	27 Strength/Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Regretting You" Tai Chi 5:30pm
30 West Side Market 9:45am Chronic Disease 10:00am Line Dancing 10:30am Get Crafty 12:30pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No Chair Yoga</u> Local Motion 6:00pm Sewing 6:00pm	31 Strength/Balance 10:30am Taco & Trivia 11:30am Binge Watchers 2:00pm Billiards Open 2:00pm <u>No Sign Language</u> <u>No Sunset Yoga</u>			



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 3/9/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shuffleboard 9:30am Lunch & Listen 12:00pm Get Crafty 2:00pm	2 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm, 2:30pm Silver Screen 1:00pm "Bridget Jones' Baby" <u>No Barre Above</u>	3 
6 Chronic Disease 10:00am Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Local Motion 6:00pm Sewing 6:00pm	7 Strength/Balance 10:30am Chair Volleyball 12:30pm Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	8  Senior Lunch 12:00pm Bingo 1:00pm Book Club 2:00pm	9 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm, 2:30pm Barre Above 6:00pm	10 Strength/Core 10:45am Pedaling 12:00pm Silver Screen 1:00pm "Mad About the Boy"
13 Chronic Disease 10:00am Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Local Motion 6:00pm Sewing 6:00pm	14 Strength/Balance 10:30am Chair Volleyball 12:30pm Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	15 Shuffleboard 9:30am Live Your Life 10:30am Medicare Help 10am-2pm  12:00pm Sparkling Portraits 2:00pm	16 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	17 Mind Challenge 9:30am Strength/Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Springsteen" Tai Chi 5:30pm
20 Chronic Disease 10:00am Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Local Motion 6:00pm Sewing 6:00pm	21 Strength/Balance 10:30am Chair Volleyball 12:30pm Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	22 Coffee & Convo 10:00am  Senior Lunch 12:00pm Pokeno 1:00pm	23 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	24 Mind Challenge 9:30am Strength/Core 10:45am Pedaling 12:00pm Silver Screen 1:00pm "Merrily We Roll Along" Tai Chi 5:30pm
27 Line Dancing 10:30am Get Crafty 12:30pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Local Motion 6:00pm Sewing 6:00pm	28 Strength/Balance 10:30am Chair Volleyball 12:30pm Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	29 Shuffleboard 9:30am Medicare Mike Lunch & Bingo 12:00pm	30 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm, 2:30pm Barre Above 6:00pm	

RECREATION PROGRAMS

Listening Party featuring Jeff Capps

SPECIAL! Join us for a relaxed afternoon of music by Club Member Jeff Capps. Jeff will share selections from his newest original recordings! Jeff's music blends classic rock and a folky, acoustic feel. Think Journey and the Eagles! All songs are original and created using a mix of computer production and live instrumentation. Come enjoy the music, hear the stories behind the songs, and share your feedback! Light refreshments will be served.

Date: Wednesday, March 25

Time: 2:15 pm – 3:30 pm

Location: Ellenwood Room 4

Fee: Free



Lunch & Listen: Jazz with the Students

RECENTLY ADDED! Seniors are invited to enjoy a delicious lunch of pizza and salad while connecting with students from Heskett Middle School and Bedford High School. After lunch, sit back and relax as the talented young musicians take the stage for a special jazz performance. Don't miss this wonderful afternoon of food, music, and intergenerational fun!

Lunch menu: Pizza, salad, and ice cream treat!

Date: Wednesday, April 1

Time: 12:00pm-1:30pm (Doors open at 11:30am)

Location: Ellenwood Center Gymnasium

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

Doc Talk: Arthritis & Joint Pain with Archwell Health

NEW! Join us for an informative discussion on arthritis and joint pain, including common causes, symptoms, and ways to manage discomfort. Dr. George Wolfe from ArchWell Health will share helpful insights and answer general questions about maintaining joint health and staying active.

Presented by Dr. George Wolfe with Archwell Health

Location: Ellenwood Center Room 4

Date: Wednesday, March 25

Time: 10:30 am—11:30 am

Fee: Free; pre-registration required.



RECREATION PROGRAMS

Healthy Habits for Kidney Health with American Kidney Fund

NEW! This presentation shares easy, everyday healthy lifestyle tips that help protect kidney health. It also raises awareness that March is National Kidney Month and highlights why caring for your kidneys is important.

Presented by Elizabeth Oldham with American Kidney Fund

Location: Ellenwood Center Room 4

Date: Wednesday, March 18

Time: 10:30 am—11:30 am

Fee: Free; pre-registration required.

Chronic Disease Self-Management

NEW! Join a No-Charge Chronic Disease Self-Management (CDSM) workshop. You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health.

Presented by Fairhill Partners.

Location: Ellenwood Room 1

Dates: Mondays, March 16, 23, 30, April 6, 13, 20 (please attend all sessions)

Time: 10:00 am—12:30 pm

Fee: Free. Pre-registration required Limited to 15 participants.

Chair Volleyball

NEW! Chair Volleyball is an adapted, seated version of volleyball designed for seniors or individuals with limited mobility, promoting cardiovascular health, flexibility, and socialization. No prior volleyball experience is required, and is intended to reduce stress and boost self-esteem and confidence in individuals who are not able to play standard volleyball.

Instructor: Bedford Parks & Recreation Staff

Location: Ellenwood Center-Gym

Dates: Tuesdays, April 7, 14, 21, 28, May 12, 19, 26 (No class 5/5)

Time: 12:30 pm - 2:00 pm

Fee: Free for Bedford Senior Club members



RECREATION PROGRAMS

Understanding PACE: A Care Option for Older Adults and Their Families

Are you or a loved one looking for support to remain living safely at home? This workshop introduces the Program of All-Inclusive Care for the Elderly (PACE), a comprehensive care option designed specifically for adults age 55 and older who may need extra support. Participants and family members will learn how PACE brings together medical care, therapy, prescriptions, transportation, and social services into one coordinated program. We will discuss who qualifies, what services are included, and how PACE can help older adults maintain independence while giving families peace of mind.

Learn How PACE Supports Independence: Understand how PACE helps older adults continue living safely in their own homes and communities.

- Understand Eligibility and Enrollment: Identify who qualifies for PACE and how the enrollment process works.
- Explore Services and Family Support: Recognize the full range of services provided and how PACE supports both participants and their caregivers.

Presented by McGregor PACE

Location: Ellenwood Center Room 4

Date: Wednesday, April 15

Time: 10:30 am—11:30 am

Fee: Free; pre-registration required.

Lunch & Bingo with Medicare Mike

Join us for a pizza lunch and play BINGO with Medicare Mike! Prizes include special giveaways and gift cards!

Facilitator: Michael Gold with The Medicare Shopper

Location: Ellenwood Center Room 4

Date: Wednesday, April 29

Time: 12:00pm - 1:30pm

Fee: Free; pre-registration required.



RECREATION PROGRAMS

Healthy Living for the Brain and Body Workshop with Lunch

NEW! For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Light lunch included: salad, half wrap, and water.

Presented by the Alzheimer's Association

Location: Ellenwood Room 4

Date: Thursday, March 26

Time: 12:00 pm - 1:30 pm

Fee: Free; must be registered. Limited to 40 participants.

Joker's Wild Card Club

IT'S BACK! Join fellow card enthusiasts for a fun and social afternoon playing classic favorites like Spades, Euchre, Poker, Pinochle or dealer's choice! Whether you're a seasoned player or new to the games, this club offers friendly competition, laughter, and plenty of opportunities to connect with others. Bring your best strategy—or just come for the camaraderie! Facilitated by two of our own Club Jokers, Leroy B. and Paul G!

Location: Ellenwood Center Room 3 or Room 2

Date: Mondays, April 6, 13, 20, 27, May 4, 11, 18 (No class 5/25)

Time: 1:00 pm—3:00 pm

Fee: Free; Senior Club Members may bring a guest if space allows.

Coffee, Cookies & Conversation

Drop-in and join your fellow Club members in for coffee, cookies and conversations in the Senior Room. Registration encouraged.

Location: Ellenwood Room Room 1 or 3

Date/Time: select dates - see Senior Event Calendar

Fee: Free to Bedford Senior Club Members



RECREATION PROGRAMS

Mental Health and Emotional Wellness for Older Adults and Their Families

NEW! Emotional well-being is just as important as physical health, especially as we age. This workshop is designed for older adults and family members who want to better understand mental health, recognize early warning signs, and learn practical ways to support emotional wellness. We will discuss common concerns such as depression, anxiety, grief, memory changes, and loneliness, and provide clear, easy-to-understand guidance on when and how to seek help. Participants will leave with tools to strengthen communication, reduce stigma, and build supportive environments that promote dignity, connection, and quality of life.

Recognize Signs and Symptoms: Identify common mental health concerns in older adults and understand when professional support may be needed.

- Learn Practical Coping Strategies: Explore everyday techniques that support emotional wellness, including stress management, social connection, and healthy routines.
- Support One Another Effectively: Understand how family members and caregivers can provide encouragement, communicate openly, and access community resources for additional support.

Presented by McGregor PACE

Location: Ellenwood Center Room 4

Date: Wednesday, May 13

Time: 10:30 am—11:30 am

Fee: Free; pre-registration required.

Beat the Stress: Creating a Stress-free Lifestyle

NEW! Tips on living a stress-free life to improve health outcomes and quality of life.

Presented by the Alzheimer's Association

Location: Ellenwood Room 4

Date: Wednesday, May 27

Time: 10:30 am - 11:30 am

Fee: Free; pre-registration preferred. Limited to 40 participants.



RECREATION PROGRAMS

Taco & Trivia

NEW! Join us for a monthly taco bar and play trivia to keep our minds sharp and gear up for The Mind Challenge in May! You must register each month.

Location: Ellenwood Center Room 4

Dates: Last Tuesday of the month - March 31

Time: 11:30 am – 1:30 pm

Fee: Free to Bedford Senior Club Members

Mind Challenge

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, Warrensville Heights and Garfield Heights.

Fee: Free

***UPDATE: We are entering 3 teams...
Only 3 more player spots available!***

Team Formation and Practice Round:

Friday, April 17, 9:30am at Bedford Hts Community Center, 5615 Perkins Rd. in Bedford Hts.

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Friday, April 24, May 1, 8, 15, at 9:30am at Bedford Hts Community Center.

If our team advances:

Elevated Ten: Friday, May 22, 9:30am at Bedford Hts;

Semi-Finals: Wednesday, May 27 9:30am at Independence Civic Center

Finals: Wednesday, May 27 1:00pm at Independence Civic Center



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. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3



Craft w/ Rachel: TBA— Thursday, March 12, 2:00 pm – 4:00 pm

Craft w/ Rachel: Watercolor Part 3 — Thursday, March 26, 2:00 pm – 4:00 pm

Craft w/ Tina: Pysanky Eggs — Monday, March 30, 12:30 pm – 2:30 pm *Note time change*

Craft w/ Sarah: Monstera Printmaking — Wednesday, April 1, 2:00 pm – 4:00 pm

Craft w/ Tina: Block Printing — Monday, April 27, 12:30 pm – 2:30 pm *Note time change*

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

Bowtie Bunny—Wednesday, March 18

Spring Flowers—Wednesday, April 15

PAINTING/CRAFT GUIDELINES: *Art classes have limited space and supplies, and often fill quickly. Walk-ins are only permitted if a registered participant does not arrive within the first 10 minutes of class. Priority for available spots will be given to individuals on the waitlist who are present. Admission of additional participants is at the discretion of the instructor and/or Recreation staff. Please follow all instructions provided by the instructor and use only the supplies allocated to you. We ask that everyone treats each other with kindness and respect. Failure to follow these guidelines may result in suspension from craft programs.*

RECREATION PROGRAMS

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released at our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center. Members who would like to receive the Senior News by mail, please call our office monthly to request it.

Pickleball Open Play & Billiards Open Play

Register for fun and friendly competition and rotational play. Bring your own equipment or borrow from Ellenwood. Space is limited per session.

Be sure to check the Senior Event Calendar or online for our Open Play days and times.

Reservations are highly recommended.

Location: Ellenwood Center Gymnasium & Room 2

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

Co-Ed Pickleball League

NEW! Paddle up and join the excitement of our intermediate Pickleball League! This league is perfect for players who have advanced from beginner status and are looking for more challenging and strategic matchups. Enjoy friendly competition through rotational team play in a fun and welcoming atmosphere.

Facilitator: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session 1 Dates: Thursdays, March 19, 26, April 2, 9

Spring Session 2 Dates: Thursdays, April 30, May 7, 14, 21

Time: 1:30 pm – 3:30 pm

Fee per session: Free to Bedford Senior Club members / \$20 for non-members per session

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 - 10:30am

Fee: Free



RECREATION PROGRAMS

Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from Ellenwood office. All other equipment will be provided. Space limited to 20 participants per class.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Tuesdays, March 17, 31, April 7, 14, 21, 28, May 12, 19, 26 (No class 3/24, 5/5)

Time: 10:30 am – 11:30 am

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

Bedford Senior Club Members are free and must register in advance

Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use various equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, March 13, 20, 27, April 10, 17, 24, May 1, 15, 22, 29 (No class 4/3, 5/8)

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

Upcycle & Sew: Drop-In Sewing Workshops

Join us for a fun and creative drop-in sewing class where you can mend and repair clothes, transform ordinary t-shirts into unique items like tote bags and pillows, or work on a sewing project of your choice! Whether you're upcycling old clothes or learning to measure and cut a simple pattern, this class is perfect for all skill levels. Lisa Barham from SAFY of Cleveland will guide you through basic machine sewing, mending, and repairs. Bring your own fabric, or pattern, or choose from our limited selection. Sewing machines are available to share, or feel free to bring your own. Ages 12+ & Adults

Instructor: Lisa Barham, SAFY of Cleveland

Location: Ellenwood Center Room 1/3

Dates: Mondays, March 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18

Time: 6:00pm-8:00pm

Fee: Free, pre-registration preferred



RECREATION PROGRAMS

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 Gym

Dates: Thursdays, March 12, 19, 26, April 9, 16, 23, 30, May 7, 14, 21, 28 (No class 4/2)

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

Sunset Serenity Yoga

This program offers a calming and restorative practice designed to help you unwind and reflect as the day transitions into evening. It includes gentle, slow-paced poses and stretches that focus on releasing tension and promoting relaxation. The session concludes with deep relaxation and meditation to help you find inner peace, making it an ideal way to end your day. The class is adaptable to various fitness levels, 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: Tuesdays, March 17, 24, April 7, 14, 21, 28, May 12, 19, 26 (No class 3/31, 5/5)

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

Senior Line Dancing

Join this lively and welcoming group of seniors every Monday at the Ellenwood Recreation Center for fun, fitness, and friendship! Under the upbeat guidance of volunteer instructor Jeanne Stainbrook, participants enjoy easy-to-follow line dances that promote coordination, balance, and light cardiovascular exercise. Whether you're a seasoned dancer or stepping onto the floor for the first time, this class offers a joyful way to stay active and connect with others.

Dates: Mondays, March 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18 (No class 5/25)

Time: 10:30 am - 11:30 am

Location: Ellenwood Center Gymnasium

Fee: Bedford Senior Club Members are free and must register in advance.



RECREATION PROGRAMS

Cardio Drumming

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: Kate Natalie, Rec2Connect

Location: Ellenwood Center Room 4 or Gym

Dates: Select Fridays — March 13, 27, April 17, May 1, 15, 29

Time: 12:00 pm—1:00 pm

Bedford Senior Club Members are free and must register in advance

Pedal Power: Modified Pedaling

Pedal Power, a modified pedaling 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: Kate Natalie, Rec2Connect

Location: Ellenwood Center Room 4 or Gym

Dates: Select Fridays — March 20, April 10, 24, May 8, 22

Time: 12:00 pm—1:00 pm

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.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4

Dates: Fridays, March 20, 27, April 17, 24, May 1, 8 (No class 4/3, 4/10)

Time: 5:30 pm - 6:15 pm

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

Register for the entire session and save! Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Medicare Help

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

Mike will be having walk-in and appointments slots to answer your Medicare questions and concerns at Ellenwood Center in Room 1 on March 18 from 10:00am to 3:00pm. Contact Medicare Mike directly at 440-804-5995.

TheMedicareShopper.Com

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:

- **Fill Easter Eggs:** Monday, March 16, 1:00pm-3:00pm at Ellenwood Center Room 3
- **Accessibility and the Ballot Program** for adults with special needs and caregivers. Serve guests snacks and assist with program. Friday, March 20, 9:00am-12:30pm at Ellenwood Center
- **Family Bingo Night:** Serve guests food/snacks and assist with program. Friday, March 20, 5:15pm-9:15pm at Ellenwood Center
- **Easter Egg Hunt:** Saturday, March 28, 9:15am-10:30am at Bedford High School Stadium
- **Knitting Night at Bedford Library:** Wednesday, April 8, 7:00pm-8:30pm at Bedford Library
- **Mother/Son Dance Volunteer:** Friday, April 10, 5:30pm-9:30pm at Ellenwood Center
- **Knitting Night at Bedford Library:** Wednesday, May 6, 7:00pm-8:30pm at Bedford Library

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

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.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, March 16, 23, 30, April 6, 13, 20, 27, May 11, 18 (No class 5/4, 5/25)

Time: 6:00 pm - 6:45 pm

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

Bedford Senior Club Members are free and must register in advance

Reach with Rhythm Workout

Class is full and on a waitlist.

Energizing Morning Yoga

We will not have Saturday Morning Yoga in January and February.

PROGRAM CANCELLATIONS

Beginner American Sign Language, Cardio Charge Step Aerobics & Chair Yoga Flow

Due to our instructor handling a personal family matter, these classes have all been cancelled this spring. Our intention is to bring these programs back in Fall 2026 or sooner if possible. Stay tuned for updates in the coming months.



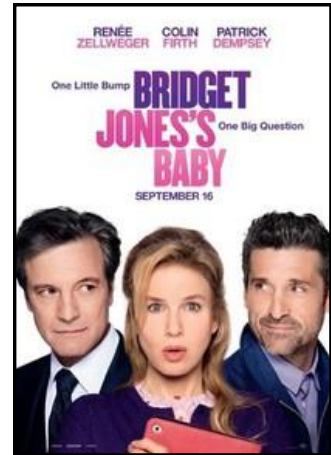
RECREATION PROGRAMS

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.

Thursday, April 2: *Bridget Jones's Baby* (2016)

Breaking up with Mark Darcy (Colin Firth) leaves Bridget Jones (Renée Zellweger) over 40 and single again. Feeling that she has everything under control, Jones decides to focus on her career as a top news producer. Suddenly, her love life comes back from the dead when she meets a dashing and handsome American named Jack (Patrick Dempsey). Things couldn't be better, until Bridget discovers that she is pregnant. Now, the befuddled mom-to-be must figure out if the proud papa is Mark or Jack. Rated R for strong language, sexual content/references and brief nudity. 2 hours, 1 min.



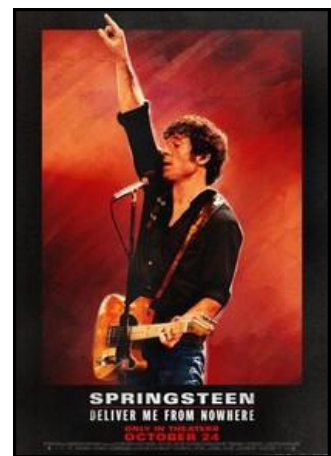
Friday, April 10: *Bridget Jones: Mad About the Boy* (2025)

After jumping back into the dating pool, single mother Bridget Jones finds herself caught between a younger man and her son's science teacher. Rated R for strong language and sexual content/references . 2 hours, 10 mins.



Friday, April 17: *Springsteen Deliver Me from Nowhere* (2025)

From 20th Century Studios, "Deliver Me from Nowhere" chronicles the making of Bruce Springsteen's 1982 "Nebraska" album. Recorded on a 4-track recorder in Springsteen's New Jersey bedroom, the album marked a pivotal time in his life and is considered one of his most enduring works--a raw, haunted acoustic record populated by lost souls searching for a reason to believe. Rated PG-13. 1 hour, 59 mins.



Friday, April 24: *Merrily We Roll Along* (2025)

Spanning three decades, MERRILY WE ROLL ALONG charts the turbulent relationship between composer Franklin Shepard and his two lifelong friends -- writer Mary and lyricist and playwright Charley. Originally produced on Broadway in 1981, then becoming an inventive cult classic ahead of its time, the musical features some of Stephen Sondheim's most celebrated and personal songs. The 2023-2024 Broadway production, directed by Maria Friedman, redefined the show for a new era, bringing Stephen Sondheim's intricate score and George Furth's book to vivid life with extraordinary depth and clarity. MERRILY WE ROLL ALONG shattered the Hudson Theatre's house record on Broadway, solidifying its place as a landmark event in Broadway history. The critically acclaimed production won the 2024 Tony Awards for Best Revival of a Musical, Best Performance by an Actor in a Leading Role in a Musical, Best Performance by an Actor in a Featured Role in a Musical and Best Orchestrations. Additionally, in London, MERRILY WE ROLL ALONG garnered the most five-star reviews in West-End history. Rated PG-13. 2 hours, 30 mins.



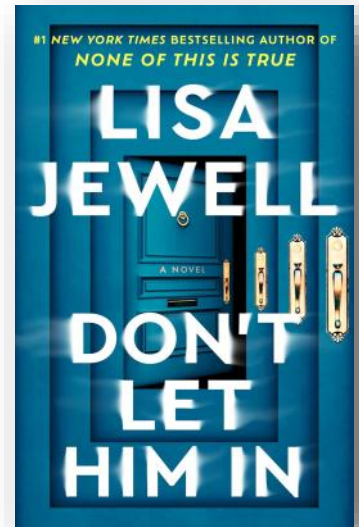
RECREATION PROGRAMS

Shelf Indulgence Book Club

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

Wednesday, April 8: *Don't Let Him In* by Lisa Jewell

Goodreads: *“Three women are connected by one man in this kaleidoscopic thriller. He’s the perfect man. It’s a perfect lie. Nina Swann is intrigued when she received a condolence card from Nick Radcliffe, an old friend of her late husband, who is looking to connect after her husband’s unexpected death. Nick is a man of substance and good taste. He has a smile that could melt the coldest heart and a knack for putting others at ease. But to Nina’s adult daughter, Ash, Nick seems too slick, too polished, too good to be true. Without telling her mother, Ash begins digging into Nick’s past. What she finds is more than unsettling...*



Martha is a florist living in a neighboring town with her infant daughter and her devoted husband, Alistair. But lately, Alistair has been traveling more and more frequently for work, disappearing for days at a time. When Martha questions him about his frequent absences, he always has a legitimate explanation, but Martha can’t share the feeling that something isn’t right.

Nina, Martha, and Ash are on a collision course with a shocking truth that is far darker than anyone could have imagined. And all three are about to wish they had heeded the same warning: Don’t let him in. But the past won’t stay buried forever. “

Location: Ellenwood Center Room 1

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

Binge Watchers

Spend your afternoon binge watching your favorite on-demand series or discover something new! Stay afterwards and discuss your theories and thoughts. It's like a book club for binge watchers! Snacks will be provided.

Location: Ellenwood Center Room 1

Dates: Tuesdays Time: 2:00 pm

Only Murders in the Building Season 2

March 24 —Episodes 1-4

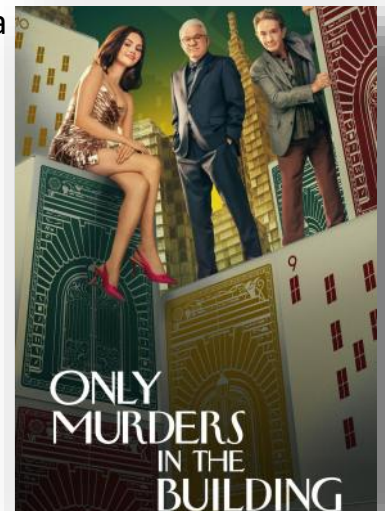
April 7—Episodes 8-10

March 31 —Episodes 5-7

Man On the Inside Season 2

April 14 —Episodes 1-4

April 21—Episodes 5-8



RECREATION PROGRAMS



LUNCH AND LEARN WITH BEDFORD PARKS & RECREATION

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.

Derby Days: America's Greatest Race

Journey through the fast-paced history of the Kentucky Derby—America's longest-running sporting event. We'll explore how horse racing first captured the nation's imagination, how the Derby was created, and how it grew over the decades through breeding innovations, cultural shifts, and unforgettable competition. Along the way, you'll meet the remarkable African American jockeys and trainers who dominated the early Derbies, as well as the bold personalities, famous horses, and dramatic moments that shaped the race's legacy. We'll finish with a look at the modern Derby—what has changed, what traditions endure, and why it remains "the most exciting two minutes in sports." To add to the Derby-day spirit, guests are encouraged to wear their fanciest, flashiest, or most creative hats! For lunch, enjoy a Kentucky Hot Brown Casserole (turkey, bacon, tomatoes, bread, and a creamy cheese sauce), salad, and a Kentucky Derby Pie & Cookie Bar—a delicious treat that tastes like a chocolate chip cookie and pecan pie combined! Presented by Western Reserve Historical Society.



Date: Wednesday, April 15

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...

Jackie Kennedy: Style, Strength, and a Lasting Legacy

Wednesday, May 6

The Articles of Confederation: America's First Government

Wednesday, June 3



TAX PREPARATION ASSISTANCE

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

AARP Tax-Aide

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

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

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

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

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

DIAL 2.1.1 to get connected to local resources.

- Bill Payment Assistance
- Disaster Services
- Education
- Employment & Financial Support
- Food
- Health Care
- Personal & Household Items
- Transportation



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: The Great Gatsby at Playhouse Square Saturday, June 27, 2026

THE PARTY'S ROARING IN CLEVELAND! THE GREAT GATSBY is a "Broadway extravaganza that explodes with life and energy" (Entertainment Weekly). Based on the classic American novel by F. Scott Fitzgerald, the Tony Award®-winning new musical is an unforgettable journey of love, wealth and tragedy that brings the Roaring Twenties to life on stage. Directed by Marc Bruni (Beautiful: The Carole King Musical), this story of extravagance and longing features choreography by Dominique Kelley (So You Think You Can Dance), a book by Kait Kerrigan (The Mad Ones) and a jazz- and pop-influenced original score by Jason Howland (Little Women) and Nathan Tysen (Paradise Square).

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 Becky's or TownHall; to be determined. Followed by theatre performance starting at 1:30pm. Runtime including intermission is 2 hours and 30 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. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them. Our theatre tickets are lower level, Orchestra C (regularly priced \$119). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 30 ticket limit; don't delay!

Fee: \$80 Bedford Senior Club member/\$90 for non-member

Registration for Bedford Club Members opens March 15. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning April 15. Limit of 2 guests max. Registration deadline May 8. No refunds after the deadline.

**THE GREAT
GATSBY**
A NEW MUSICAL

SENIOR DAY TRIPS

Westside Market Excursion

Monday, March 30

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 1:15pm and depart at 1:30pm. Estimated return is 2:00pm. We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations.



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

Registration for Bedford Club Members opens on February 16. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning March 1. Limit of 2 guests max. Space is limited.

What else are we researching and/or planning...?

Trips and timeframes subject to change.



Titanic Artifact Exhibition & Great Lakes Science Center

Show only: "Lion King" at Playhouse Square

Thursday, July 30, 2026 (registration starts in April)

Tower City & Casino Trip

August 2026 (registration starts in May)

Cleveland Guardians vs. Athletics

Saturday, September 19, 2026 at Progressive Field
(registration starts in June)





Bedford Celebrates America 250: Special Speaker Series

Join the Bedford Historical Society, in collaboration with the City of Bedford, for a special America 250 Speaker Series hosted at Ellenwood Center. This program features premiere topics and distinguished guests highlighting America's 250th birthday and the important role Bedford and Northeast Ohio have played in our nation's history. Light refreshments will be served.

Location: Ellenwood Center Gym, 124 Ellenwood Ave.

Time: Doors open 6:30pm; Presentation starts 7:00pm

Fee: FREE! Reserve a seat. Walk-ins welcome if space permits.

Donations accepted for Bedford Historical Society.

Cleveland: The Car Capital of the World

Date: Friday, March 13, 2026

Presented by Western Reserve Historical Society

At the turn of the twentieth century, Cleveland stood at the forefront of the American automobile revolution, earning its reputation as the *Car Capital of the World*. Long before Detroit rose to prominence, Cleveland and the Western Reserve were home to dozens of innovative automobile manufacturers whose ideas and engineering helped shape the future of transportation. Supported by a powerful industrial base, a highly skilled workforce, and a culture of invention, the city became a natural center for early automotive experimentation and production. This presentation takes audiences on a ride through Cleveland's automotive golden age, uncovering a remarkable array of locally built vehicles that defined performance, reliability, and engineering excellence. From luxury automobiles to groundbreaking commercial vehicles, Cleveland-made cars traveled roads across the nation and around the world, leaving a lasting imprint on American industry and innovation.



Archibald Willard and *The Spirit of '76*

Date: Friday, May 8, 2026

Presented by Mary Manning, Western Reserve Historical Society

This program examines the life and legacy of Archibald Willard, the Bedford-born artist behind the iconic painting *The Spirit of '76*. First exhibited during the nation's Centennial celebration in 1875, the painting emerged as a powerful symbol of American patriotism, resilience, and unity. Depicting the determination of Revolutionary War musicians, the work resonated deeply with a country still recovering from the Civil War and helped shape how generations would remember the nation's founding. Widely reproduced in textbooks, posters, popular culture, and proudly featured as the City of Bedford's official logo, *The Spirit of '76* demonstrates the enduring influence of art on national identity. The program also traces Willard's artistic journey and his strong connection to Bedford, where he was born and spent much of his life. Celebrated as one of the city's most significant historical figures, Willard's legacy is preserved through local landmarks, commemorations, and lasting community pride. Through art, history, and local heritage, this program connects a world-renowned image to the hometown that inspired it, illustrating how Bedford's story is woven into the broader American experience.

Declaration 250: Commitment Renewed

Date: Friday, June 5, 2026

Presented by Lake Erie Heritage Foundation

In 2026, the United States will commemorate the 250th anniversary of its founding through Declaration 250: America's Commitment Renewed, a national observance focused on the moment the Declaration of Independence became a binding act. While July 4, 1776, marks the document's adoption, August 2, 1776, marks the day when the signers placed their names upon it. That act transformed revolutionary ideals into personal commitment. By signing the Declaration, the founders committed an act of treason against the British Crown, knowingly pledging their lives, fortunes, and sacred honor to the cause of independence. On August 1 and 2, 2026, Americans will be invited to take part in a National Signing Ceremony in Put-in-Bay, at the Perry's Victory & International Peace Memorial—a site that uniquely connects the defense of American independence with the enduring pursuit of peace. Overlooking Lake Erie, the memorial stands as a powerful symbol of sacrifice, unity, and international cooperation. Ohio's role in this commemoration is both intentional and fitting. Throughout American history, the state has quietly provided leadership, industry, and military strength at critical moments. Declaration 250 places Ohio at the heart of the nation's 250-year story.

Camp Cleveland: Civil War Training Ground

Date: Friday, August 14, 2026

Presented by Kit Whipple, author of "*Cleveland's Colorful Characters*"

This program explores the remarkable and often overlooked history of Camp Cleveland, the largest Civil War training ground in Ohio. Located in what is today Cleveland's Tremont neighborhood, Camp Cleveland played a critical role in the Union war effort and left a lasting imprint on both the city's landscape and its historical legacy. During the Civil War, Camp Cleveland served multiple functions essential to the conflict. Thousands of Union soldiers trained on its grounds before heading south to battle, while a large military hospital cared for wounded and sick troops returning from the front. The site also operated as a Confederate prisoner-of-war camp, adding another complex layer to its history. Camp Cleveland stands as a site of national significance—where training, healing, hardship, and history converged during one of the most defining periods in American history.

The Bedford Historical Society will host the following Friday Speaker Series topics on the following dates in the Community Room in the lower level of the Old Church on the Bedford Commons, 750 Broadway Avenue.

April 10 – Ruth Wintermute: A Look at the Life of a Female Teacher at Bedford HS 1927-1940

September 11 – Grandma Moses, American Primitive Artist: A Life of Simple Beauty

October 9 – Old Time Bedford Residents

November 13 – The Making of *It's a Wonderful Life*



City of Bedford Newsletter

March 2026



Important Dates

- ◆ **Council Meeting**
March 2
7:00 p.m.
- ◆ **Council Meeting**
March 16
7:00 p.m.
- ◆ **Ward Meeting -
Wards 1, 5 & 6**
March 30
6:30 p.m. - 9:00 p.m.



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).

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

Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 13-17 and April 20-24 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 13-17 and April 20-24 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

BOARDS AND COMMISSIONS MEMBERS NEEDED

Any Bedford resident interested in serving on a Board or Commission should send a resume and letter stating which Board or Commission you are interested in and a brief background on yourself to Tracy Simons, CMC, Clerk of Council tsimons@bedfordoh.gov.

The following Boards and Commissions have vacancies:

- Planning Commission has one (1) opening
- The Board of Building Standards and Appeals has two (2) openings

All resumes and letters from interested residents are kept on file in case we have an opening.

City of Bedford Ward Meetings

The City of Bedford will be hosting community ward meetings on March 30, April 13 and April 28. Each meeting will take place in Council Chambers at Bedford City Hall beginning at 6:30 p.m. This is an excellent opportunity to meet and talk to your elected officials and the City Administration.

CITY OF BEDFORD MASTER PLAN

Join us to learn more about the Master Plan and share your vision for Bedford's future.

WHERE: Bedford City Hall, 165 Center Road

WHEN: Tuesday, February 24, 6:30-8:30 pm

A presentation will be given at the start of the meeting but members of the public are encouraged to stop by any time to share their thoughts and ideas.



TAKE THE SURVEY!

Scan the QR code below or visit surveymonkey.com/r/BedfordVisioning to tell us your thoughts.

Paper copies can be found at Bedford City Hall, Ellenwood Center, and the Bedford Library if preferred.



Complete the survey by February 28th

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 18 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

Bedford Branch - Meeting Room, Bedford Branch Zoom Time: 7:00pm - 8:30pm

Thursday, March 26: *Harlem Rhapsody: A Novel* by Victoria Christopher Murray

Thursday, April 30: *We Refuse: A Forceful History of Black Resistance* by Kellie Carter Jackson

Word Basics

Friday, March 27: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Learn Microsoft Word using tools such as entering and formatting text, copying, pasting, saving and printing. Prerequisite: Computer Basics or equivalent experience.

DIY Resin Bookmarks

Saturday, April 11: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Create a handy bookmark with Epoxy Resin.

Excel Basics

Friday, April 24: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Learn the essentials of Excel. Topics include entering data, using autofill and performing calculations using basic formulas and functions. Prerequisite: Computer Basics or equivalent experience. Registration opens on Tuesday, March 24 at 9:00am.

Understanding the School-to-Prison Pipeline

Thursday, May 14: 7:00pm - 8:00pm

Bedford Branch - Meeting Room

Learn the root causes behind this economic phenomenon that disproportionately affects marginalized communities. Registration opens on Tuesday, April 14 at 9:00am.

Online Investment Resources Through the Library

Saturday, May 16: 11:00am - 12:00pm

Bedford Branch - Meeting Room

Did you know the library has resources that will help you make the best decisions on what companies and mutual funds to invest in? Registration opens on Thursday, April 16 at 9:00am.



THE **COZY** COLLECTIVE



WEDNESDAYS

**MARCH 11TH
APRIL 8TH
MAY 6TH**

TIME

**7PM-
8:30PM**

A RELAXED SPACE FOR THOSE WHO LIKE TO KEEP THEIR HANDS BUSY: KNITTING, CROCHETING, EMBROIDERY, OR ANYTHING FABRIC-RELATED.



**CUYAHOGA COUNTY PUBLIC LIBRARY
BEDFORD BRANCH**

70 COLUMBUS ROAD
BEDFORD, OH



MAY 2026 PRIMARY ELECTION

IMPORTANT DATES!

06 APRIL

VOTER REGISTRATION DEADLINE 9:00 PM

07 APRIL

EARLY VOTING BEGINS (ABSENTEE & IN-PERSON)

28 APRIL

ABSENTEE BALLOT REQUEST DEADLINE 8:30 PM

05 MAY

PRIMARY ELECTION 6:30 AM TO 7:30 PM

For more information, visit boe.cuyahogacounty.gov

Bedford High School



IN THE HEIGHTS

BEDFORD HIGH SCHOOL MUSICAL



MARCH 13 ★ 7:30 PM
MARCH 14 ★ 7:30 PM
MARCH 15 ★ 2:30 PM

Paciencia y Fe

TICKETS \$15
Student Price \$10
4 and under free



PG13 - for some language and suggestive references.

 **2026** Musical Production

Ten Steps to Smartphone Security

Smartphones continue to grow in popularity and are now as powerful and functional as many computers. It is important to protect your smartphone just like you protect your computer as mobile cybersecurity threats are growing. These mobile security tips can help you reduce the risk of exposure to mobile security threats:

- 1. Set PINs and passwords.** To prevent unauthorized access to your phone, set a password or Personal Identification Number (PIN) on your phone's home screen as a first line of defense in case your phone is lost or stolen. When possible, use a different password for each of your important log-ins (email, banking, personal sites, etc.). You should configure your phone to automatically lock after five minutes or less when your phone is idle, as well as use the SIM password capability available on most smartphones.
- 2. Do not modify your smartphone's security settings.** Do not alter security settings for convenience. Tampering with your phone's factory settings, jailbreaking, or rooting your phone undermines the built-in security features offered by your wireless service and smartphone, while making it more susceptible to an attack.
- 3. Backup and secure your data.** You should backup all of the data stored on your phone – such as your contacts, documents, and photos. These files can be stored on your computer, on a removal storage card, or in the cloud. This will allow you to conveniently restore the information to your phone should it be lost, stolen, or otherwise erased.
- 4. Only install apps from trusted sources.** Before downloading an app, conduct research to ensure the app is legitimate. Checking the legitimacy of an app may include such thing as: checking reviews, confirming the legitimacy of the app store, and comparing the app sponsor's official website with the app store link to confirm consistency. Many apps from untrusted sources contain malware that once installed can steal information, install viruses, and cause harm to your phone's contents. There are also apps that warn you if any security risks exist on your phone.
- 5. Understand app permissions before accepting them.** You should be cautious about granting applications access to personal information on your phone or otherwise letting the application have access to perform functions on your phone. Make sure to also check the privacy settings for each app before installing.
- 6. Install security apps that enable remote location and wiping.** An important security feature widely available on smartphones, either by default or as an app, is the ability to remotely locate and erase all of the data stored on your phone, even if the phone's GPS is off. In the case that you misplace your phone, some applications can activate a loud alarm, even if your phone is on silent. These apps can also help you locate and recover your phone when lost. Visit [CTIA](#) for a full list of anti-theft protection apps.
- 7. Accept updates and patches to your smartphone's software.** You should keep your phone's operating system software up-to-date by enabling automatic updates or accepting updates when prompted from your service provider, operating system provider, device manufacturer, or application provider. By keeping your operating system current, you reduce the risk of exposure to cyber threats.
- 8. Be smart on open Wi-Fi networks.** When you access a Wi-Fi network that is open to the public, your phone can be an easy target of cybercriminals. You should limit your use of public hotspots and instead use protected Wi-Fi from a network operator you trust or mobile wireless connection to reduce your risk of exposure, especially when accessing personal or sensitive information. Always be aware when clicking web links and be particularly cautious if you are asked to enter account or log-in information.
- 9. Wipe data on your old phone before you donate, resell, or recycle it.** Your smartphone contains personal data you want to keep private when you dispose your old phone. To protect your privacy, completely erase data off of your phone and reset the phone to its initial factory settings. Then, [donate, resell, recycle](#), or otherwise properly dispose of your phone.
- 10. Report a stolen smartphone.** The major wireless service providers, in coordination with the FCC, have established a stolen phone database. If your phone is stolen, you should report the theft to your local law enforcement authorities and then register the stolen phone with your wireless provider. This will provide notice to all the major wireless service providers that the phone has been stolen and will allow for remote "bricking" of the phone so that it cannot be activated on any wireless network without your permission.

For more information and resources on mobile and cybersecurity, visit www.fcc.gov and the Department of Homeland Security's Stop.Think.Connect.™ Campaign at www.dhs.gov/stophinkconnect.



WIN A \$25 GIFTCARD



THE BEDFORD TRIBUNE NEEDS YOU!!

GET ENTERED TO **WIN A \$25 GIFTCARD** FOR
EACH ARTICLE YOU SUBMIT EVERY MONTH.

NO WRITING EXPERIENCE REQUIRED!
WE WILL TRAIN YOU



CONTACT US:

editor@bedfordohio.org | (440) 862-1890

Read The Bedford Tribune at www.bedfordohio.org



Looking to take control of your finances but not sure where to start?

Our financial education workshops are tailored to help adults make informed decisions with confidence. From recognizing scams and planning for the future to managing credit, debt, and budgeting, we're here to guide you every step of the way. Let us help you build a secure financial future with practical tips and expert advice!

Our five-part series is offered every month in the following sessions:

1. RECOGNIZING AND AVOIDING ELDER FINANCIAL ABUSE, SCAMS AND FRAUD

Learn to recognize factors of abuse, report abuses and scams, and guard yourself from identity theft

2. PREPARING FOR THE FUTURE

Learn to prepare an estate plan/advance directives and plan for unexpected life events

3. BUDGETING, GOAL SETTING AND SAVING

Explore tools to manage your money, identify personal goals, and develop a plan to budget and save.



4. TAKING CONTROL OF CREDIT AND DEBIT



Explore tools and resources to get out of debt, manage your payments, and understand credit/what influences it

5. BENEFITTING FROM BENEFITS

Learn about the different types of benefits available and discover what benefits you qualify for.

Benjamin Rose is a HUD-approved housing and financial counseling agency.



For more information and to see when workshops are being offered, call (216) 791-8000 or visit our website.



Easy Ways to... Choose Colors of Good Health

Eat a variety of fruits and vegetables to keep your body strong!

RED	YELLOW/ ORANGE	GREEN	BLUE/ PURPLE	WHITE/ BROWN
<p>FRUITS Apples Cherries Cranberries Grapefruit* Grapes Raspberries Strawberries Watermelon</p> <p>VEGETABLES Beets Potatoes Radishes Rhubarb Peppers</p>	<p>FRUITS Apricots Cantaloupe Mangoes* Nectarines Oranges* Papayas* Peaches Pineapples* Lemons*</p> <p>VEGETABLES Butternut squash Carrots Pumpkin Rutabaga Summer squash Sweet corn Sweet potatoes</p>	<p>FRUITS Apples Avocados* Grapes Honeydew melon Kiwifruit* Limes*</p> <p>VEGETABLES Broccoli Brussels sprouts Okra Peppers Peas Spinach String beans Zucchini</p>	<p>FRUITS Blackberries Blueberries Black currants Dried plums Elderberries Grapes Plums Raisins</p> <p>VEGETABLES Black beans Cabbage Eggplant Peppers Potatoes</p>	<p>FRUITS Bananas* Pears Dates* Nectarines Peaches</p> <p>VEGETABLES Cauliflower Garlic Mushrooms Onions Parsnips Potatoes Turnips</p>

*Usually not available at farmers markets in New York State.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)
For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets."
For healthy recipes, visit [isyfruitveggies.org](https://www.isyfruitveggies.org).



Just Say Yes
to Fruits and
Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-N, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



Banana Bread Overnight Oats



SERVES
4 • 1 container
per serving



PREP TIME
15 minutes



COOK TIME
0 minutes



TOTAL TIME
15 minutes



Ingredients

- | | |
|--------------------------------|------------------------------|
| 3 ripe bananas, sliced | 1 tablespoon maple syrup |
| 3 cups fat-free milk | 1 tablespoon ground cinnamon |
| 2 cups old-fashioned oats | 1 teaspoon vanilla |
| ¾ cup chopped walnuts, divided | ½ teaspoon salt |

Directions

- Put the bananas in a large container with a lid. Using a potato masher or a fork, mash them until smooth.
- Add the milk, oats, half the walnuts, maple syrup, cinnamon, vanilla and salt. Combine thoroughly. Refrigerate, covered, overnight.
- To serve, divide the oat mixture into four serving dishes, such as Mason jars or glass containers with lids. Top each serving with the remaining chopped walnuts. The overnight oats will last up to 5 days covered in the refrigerator. The oats will continue to soften the longer they sit.

Nutrition Analysis (per serving)

Calories	458
Total Fat	15.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	10.0 g
Monounsaturated Fat	2.0 g
Cholesterol	3 mg
Sodium	370 mg
Carbohydrates	63 g
Fiber	8 g
Total Sugars	23 g
Includes Added Sugars	4 g
Protein	15 g

Dietary Exchanges

1½ fruit, 1½ starch, 1 low-fat milk, 1 lean meat, 2 fat

This recipe from California Walnuts is an American Heart Association Heart-Check Certified Recipe.

APRIL HOLIDAYS

DATE

HOLIDAY

- | | |
|----|------------------------------|
| 1 | April Fool's Day |
| 2 | National Ferret Day |
| 3 | National Find a Rainbow Day |
| 4 | International Carrot Day |
| 5 | National Deep Dish Pizza Day |
| 6 | National Pajama Day |
| 7 | National No Housework Day |
| 8 | National Zoo Lovers Day |
| 9 | National Unicorn Day |
| 10 | National Siblings Day |
| 11 | National Pet Day |
| 12 | National Only Child Day |
| 13 | National Scrabble Day |
| 14 | National Pecan Day |
| 15 | Titanic Remembrance Day |

DATE

HOLIDAY

- | | |
|----|--------------------------------|
| 16 | National Librarian Day |
| 17 | National Kickball Day |
| 18 | National Animal Crackers Day |
| 19 | National Banana Day |
| 20 | National High Five Day |
| 21 | Keep Off the Grass Day |
| 22 | Earth Day |
| 23 | National Picnic Day |
| 24 | National Pigs in a Blanket Day |
| 25 | National Telephone Day |
| 26 | National Pretzel Day |
| 27 | National Tell a Story Day |
| 28 | National Arbor Day |
| 29 | Save the Frogs Day |
| 30 | National Bugs Bunny Day |

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.

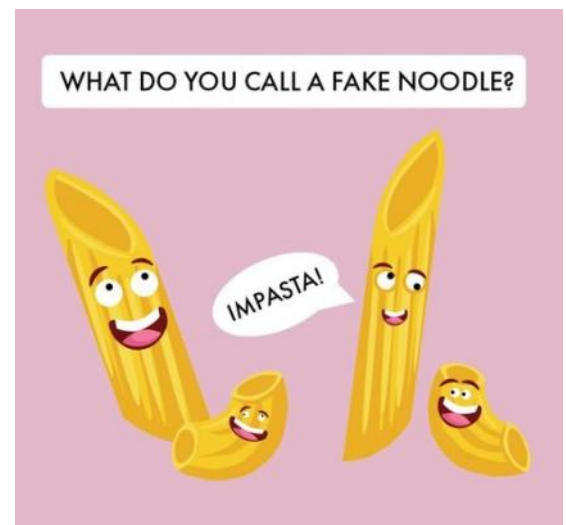
Imagine if you walked into a bar and there was a long line of people waiting to take a swing at you. That's the punch line.

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!



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.



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.

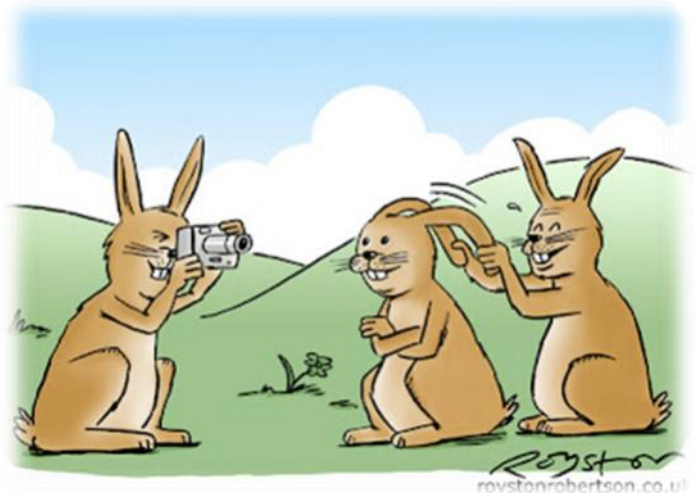
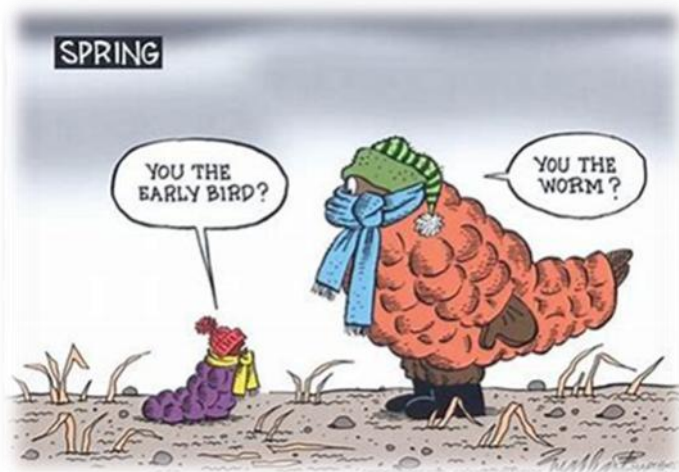
Everyone needs a friend who is all ears.

There's no such thing as too much candy.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

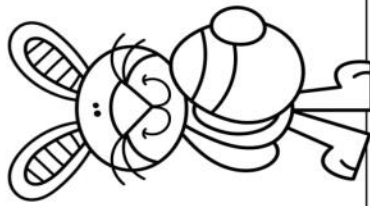
Some body parts should be floppy.



EASTER FUN!

FIND THE WORDS

Oftentimes Easter falls in April, but it can also fall in March. Can you find all the various items that relate to this wonderful holiday (hidden horizontally, vertically, and diagonally) using the clues? Check off or fill in a circle when you find a word that fits that category.

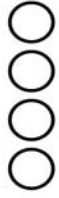


FIND AND CIRCLE:

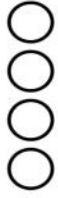
5 Easter egg related words



4 Easter animals



4 Easter treats



3 April flowers



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

BOOK GENRES

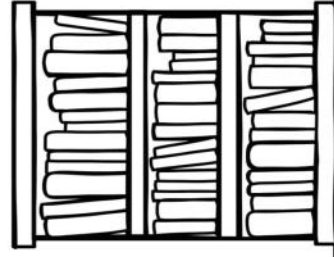
UNSCRAMBLE THE WORDS

April is National Literature Month! After you've unscrambled each type of reading genre, write the circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!

1. pigharc lenvo
2. tafyasn
3. arfyi late
4. yestrym
5. gripahoby
6. vannedretu
7. noonfintic
8. thymlogyo
9. toyper
10. ruhom
11. roleflok

What is Bigfoot's favorite book?

8 6 3 10 4 1 11 7 2 9 5



PUZZLES

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



ANSWERS

BOOK GENRES

UNSCRAMBLE THE WORDS

ANSWER KEY

1. pigharc lenvo **G R A P H I C N O V E L**
2. tafyasn **F A N T A S Y**
3. arfyi late **F A I R Y T A L E**
4. yestrym **M Y S T E R Y**
5. gripahoby **B I O G R A P H Y**
6. vanedretu **A D V E N T U R E**
7. noonfintic **N O N F I C T I O N**
8. thymlogyo **M Y T H O L O G Y**
9. toyper **P O E T R Y**
10. ruhom **H U M O R**
11. roleflok **F O L K L O R E**

What is Bigfoot's favorite book?

H A I R Y P O T T E R !

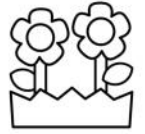
8 6 3 10 4 1 11 7 2 9 5



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EASTER FUN!

FIND THE WORDS



ANSWER KEY



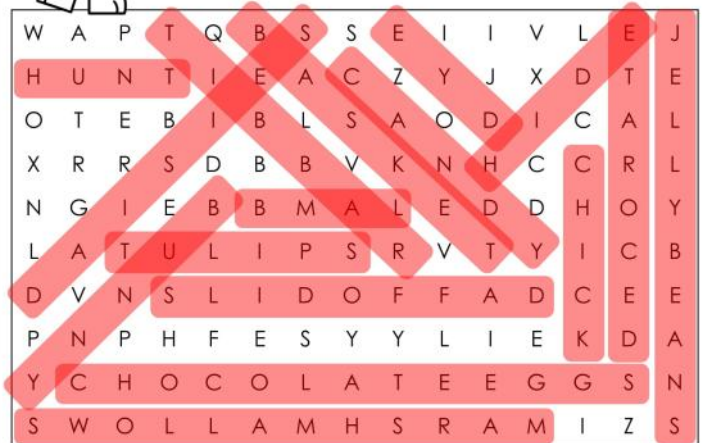
FIND AND CIRCLE:

5 egg words: **DYE, DECORATE, HIDE, HUNT, BASKET**

4 animals: **CHICK, BUNNY, LAMB, RABBIT**

4 treats: **CHOCOLATE EGGS, CANDY, JELLY BEANS, MARSHMALLOWS**

3 flowers: **DAFFODILS, DAISIES, TULIPS**



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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	Caroljean Foss	Mary Lograsso	Gwendolyn Wiles
Elaine Allen	Ronald Future	Sandra Mansell	Harry Werner
Lorrie Ballard	Marilyn Gibson	Judy Mauser	Karen Wertz
Margaret Bigler	Amy Gongos	Louise Novak	Martha William
Georgia Brewer	Wilbert Green	Betty Pauley	Tanya Wright
Willie Brown	Jacqueline Haskin	Marcedus Prince	
Therese Capps	James Hensley	Tom Ramsay	
Alforniece Chambliss	Karin Holesovsky	Harvelin Roberts	
Rachel Chew	Michael Ikner	Mike Rothacker	
Jeanette Churak-Miller	Thresa Jackson	James Ruszka	
Star Cormack	Barbara Jarvis	Claudia Senderak	
Lisa Deredita	Sylvia Johnson	Wilbur Simpson	
Joseph Dewees	Bernice King	Cathy Slezak	
Priscilla Dupre	Kenneth Kucia	Chuck St. John	
Joseph Duvall	Robert Kusek	Tom Sweet	
Arlene Elder	Floyd Lard	Pat Taylor	
Charlotte Fleming	Dan Lipowski	Marcia Turpin	

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 monthly Newsletter.

NEW MEMBERS

Georgia Brewer
Stacy Leonhardt

Deirdre Vodanoff

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov