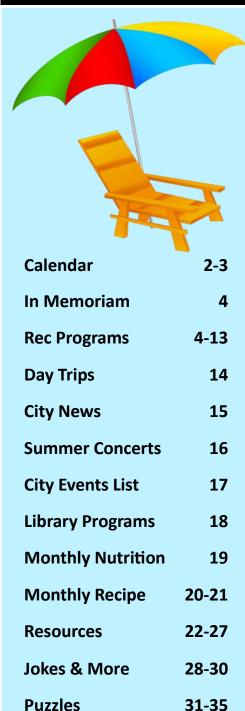


BEDFORD SENIORS CLUB NEWSLETTER



Member Highlights

(440) 735-6570

36



"Some of the best memories are made in flip-flops." -Kellie Elmore, author

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. Limited to 144.

Wednesday, July 23: Fried Bologna Sandwich, Chips, Pickles
Registration deadline Friday, July 18.

Wednesday, August 13: Fried Boneless Chicken Thigh, Mashed Potatoes, Coleslaw

Registration deadline Friday, August 8.

ONE DAY ONLY Wednesday, August 27
Location change to Bedford Commons. See Page 4 for details!

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.



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 7/8/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Senior Lunch 12:00pm Outdoor Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	10 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	11 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Here"
14 Healing Arts 10:00am Line Dancing 10:30am No Pickleball Knitting 1:00pm Local Motion 6:00pm	Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	Skeeball 9:30am LUNCH 12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	18 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Audrey's Children" Deadline for 7/23 lunch
No Senior Line Dance No Pickleball Knitting 1:00pm Local Motion 6:00pm	Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	Senior Lunch 12:00pm Bingo 1:00pm Chair Yoga 5:30pm	24 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "A Real Pain"
28 Line Dancing 10:30am No Pickleball Knitting 1:00pm Local Motion 6:00pm	No Strength & Balance Binge Watchers 2:00pm Billiards Open 2:00pm	30 Skeeball 9:30am Funeral Planning 12:00pm No Chair Yoga	31 UH Walking Club 9:30am No Gentle Yoga Pickleball Open Play 12:30pm, 1:30pm, 2:30pm No Barre Above	SATURDAYS Yoga in the Park 9:00am July 12, 19, 26 (no class 7/5)





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 7/8/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SATURDAYS Yoga in the Park 9:00am August 9, 16 (no class 8/2)			1 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Happy Gilmore"
4 Line Dancing 10:30am No Pickleball Knitting 1:00pm Local Motion 6:00pm	Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	Skeeball 9:30am LUNCH 12:00pm Get Crafty 2:00pm	7 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Silver Screen 2:00pm "Jaws" Barre Above 6:00pm	8 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Happy Gilmore 2"
11 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm No Local Motion	Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm	Senior Lunch 12:00pm Bingo 1:00pm Book Club 2:00pm Sparkling Portraits 3:00pm	ELLENWOOD CLOSED Tower City/Casino Trip 11:00am-4:15pm	15 ELLENWOOD CLOSED
18 ELLENWOOD CLOSED	19 ELLENWOOD CLOSED	20 ELLENWOOD CLOSED	21 ELLENWOOD CLOSED	ELLENWOOD CLOSED
25 ELLENWOOD CLOSED	26 ELLENWOOD CLOSED	ELLENWOOD CLOSED Lunch @ Commons 11:00am	28 ELLENWOOD CLOSED	ELLENWOOD CLOSED Reopening on Tuesday, September 2

IN MEMORIAM



WAYNE M. URBAN

born on March 24, 1951, in East Cleveland, OH, to the late Dorothy Rose (Kracker) Urban and Rudolph Steve Urban. He lived and grew up in Macedonia, OH. He graduated from Nordonia High School and went on to earn a Bachelor of Business Administration degree in Accounting from Kent State University in December 1973. Wayne was a career accountant, controller, and Chief Financial Officer.

He was the loving husband of Carol (Green) Urban. Cherished father of Kimberly Rue Payne (Kenny) and Eric Urban (Stephanie), and proud stepfather of Robert Webb, Richard Webb (Julie), Cheryl Lambert (Steve), and Cindy Webb (Mark). Beloved brother of Donna Palur

(Robert, deceased) (Norm), Mark Urban (Sue), Craig Urban (deceased) (Jeanette), Terrance Urban (deceased), and Renell Manesh (Ali). He also leaves behind many dear nieces, nephews, cousins, and in-laws who will miss him greatly. Wayne passed away peacefully on June 29, 2025, at Akron General Hospital. While Alzheimer's disease was taking away his memories, he continued to hold on to his "funny man" attitude and his love of family, especially his 11 grandchildren and 9 great-grandchildren. To them, he was known as "the tickle monster." He loved seeing them smile and laugh so very much. It always was his goal, each time he would see them, to make them laugh and giggle no matter what the circumstances were. Wayne was so very proud of his accomplishments in being a career CFO, also involved heavily in Bedford PTA and Bedford Rotary for many years. He loved being near the water whether fishing or swimming in the ocean in Myrtle Beach; he loved traveling to see new places, he loved playing pranks especially on family, making jokes, and he loved his ice cream and candy, he was always looking for the "good stuff."

Burial was held privately at Sunset Memorial Park. Wayne's Celebration of Life will be held at a later date. In lieu of donations, please use the link on Wayne's obituary to plant a tree in his name, or if you prefer, donations can be made to Cleveland Clinic Hospice Care.

RECREATION PROGRAMS

Bedford Senior Luncheon for Wednesday, August 27

ONE DAY ONLY! Due to the renovations taking place at Ellenwood Center, our luncheon will be held at the Bedford Commons, 730 Broadway Ave. Pre-registered Bedford Senior Club members can receive a **FREE food truck meal ticket** (food trucks will be announced at a later date). <u>You can</u> use your meal ticket with only ONE food truck. Additional menu items available for purchase.

Senior Club Members may check-in for their ticket between 11:00AM-12:15PM. Tickets will not be distributed after 12:15PM. You may redeem your ticket until 1PM. Check-in will be at the Recreation Table next to the gazebo on the dance pad. Limited to the first 100 registered Senior Club Members. Limited outdoor seating; bring a chair. We will also have indoor seating available at the former Nature Stone building at 15 North Park (next to the Bedford Falls Café).

Please be courteous and leave the parking spots closest to the Square available for our seniors with mobility challenges. We will be running a shuttle from the Municipal Parking Lot to the Square every 10-15-minutes, starting at 11:00AM and the last shuttle at 1:00PM. The shuttle pickup location will be between Gionino's and Spirit Apotheosis, formerly Bedford Floral Shoppe.



Peace of Mind: Funeral Preplanning

NEW! Planning ahead can bring peace of mind to you and your loved ones. Busch-Romito Funeral Homes will cover the benefits of funeral preplanning, how it can ease the burden on your family, and steps you can take to ensure your wishes are respected. Topics covered include:

Common reasons for preplanning

- How preplanning can ease the burden on your family during a time of loss
- Key things to know about funeral policies
- · What we do at the funeral home during services and why
- The different types of funeral services and their unique features
- Financial planning for funeral services
- What happens if someone passes away far from home

Whether you're looking for guidance or simply want to learn more, this workshop will provide valuable information in a relaxed and supportive environment. A box lunch will be provided during this workshop, courtesy of Busch-Romito Funeral Homes.

Location: Ellenwood Center Room 4

Date: Wednesday, July 30 Time: 12:00 pm – 1:30 pm

Fee: Free; pre-registration required

Healing Arts Workshop: Inside and Out

NEW! Masks have been used in many cultures for a variety of reasons for thousands of years. We also wear invisible masks every day, especially when we are grieving. We may present one face to the world but feel very differently inside. Participants will explore these ideas and create their own mask. Space is limited.

Instructor: Mollie Borgione, Board Certified Art Therapist from Western Reserve Grief Services

Location: Ellenwood Center Room 3

Date: Monday, July 14

Time: 10:00 am - 11:30 am

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

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



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

August Craft TBA — Wednesday, August 6
September Craft TBA — Wednesday, September 3



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.

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

Sunset —Wednesday, July 16
Starry Eve—Wednesday, August 13 3:00pm *DIFFERENT TIME*
Great Pumpkin—Wednesday, September 17



Energizing Morning Yoga

Invigorate your body and mind, setting a positive tone for the day ahead. Classes include a series of energizing poses, stretches, and breathwork techniques aimed at boosting your energy levels, improving flexibility, and enhancing mental clarity. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat. Pre-registration required. Instructor: Julionne Brown-Little, certified instructor

*Summer Weekday Dates: Thursdays, July 10, 17, 24, August 7 (No Class 7/31)

*Summer Time: 11:00 am - 12:00 pm Location: Ellenwood Center Room 4

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

Bedford Senior Club Members are free and must register in advance

Yoga in the Park

Enjoy the peace and serenity of a yoga class at Archibald Willard Park (behind Ellenwood Center). Yoga is a combination of body movements, breathing, and mental relaxation. Strengthen your body, relieve stress and increase your flexibility. Classes are for adults and teens ages 14+ and designed for all fitness levels. Classes may be canceled due to inclement weather or wet grounds. Be sure to opt-in for text and email alerts. A minimum of 6 participants is required to run this program. Bring a yoga mat and water bottle. Preregistration required.

Instructor: Julionne Brown-Little, certified instructor

Dates: Saturdays, July 12, 19, 26, August 9, 16 (No class 8/2)

Time: 9:00 am - 10:00 am

Location: Archibald Willard Park

Fee per class: \$5 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Senior Line Dancing

This lively group of seniors, led by volunteer instructor Jeanne Stainbrook, meets every Monday at Ellenwood Recreation Center to get a little exercise and to socialize.

Dates: Mondays, July 7, 14, 28, August 4, 11 (No class 7/21)

Time: 10:30 am - 11:30 am

Location: Ellenwood Center Gymnasium

Fee: 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 Gym

Summer Dates: Mondays, July 14, 21, 28, August 4

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

Chair Yoga Flow

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

Summer Dates: Wednesdays, July 9, 16, 23 (No class 7/30)

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

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

Fee: Free





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

Summer Dates: Tuesdays, July 15, 22, August 5, 12 (No class 7/29)

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 (Summer in Room 4 or outside) Summer Dates: Fridays, July 11, 18, August 8, (No class 7/25, 8/1, 8/15)

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

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

Summer Dates: Thursdays, July 10, 17, 24, August 7 (No class 7/31, 8/14)

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



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, July 18: Audrey's Children (2024)

AUDREY'S CHILDREN tells the untold true story of visionary British physician Dr. Audrey Evans, who burst onto the scene in 1969 as the first female Chief of Oncology at the world-renowned Children's Hospital of Philadelphia. Battling sexism, medical conventions, and the subterfuge of her peers, Evans developed the first Neuroblastoma Staging System, co-founded the first Ronald McDonald House for families of patients, and, ultimately, impacted the lives of millions of children and families around the world. Rated PG. 1 hour, 50 mins.

Friday, July 25: A Real Pain (2024)

Mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) reunite for a tour through Poland to honor their beloved grandmother. The adventure takes a turn when the odd-couple's old tensions resurface against the backdrop of their family history. Rated R for strong language and drugs/drinking. 1 hour, 29 mins.

Friday, August 1: Happy Gilmore (1996)

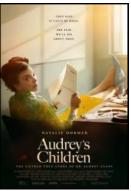
All Happy Gilmore (Adam Sandler) has ever wanted is to be a professional hockey player. But he soon discovers he may actually have a talent for playing an entirely different sport: golf. When his grandmother (Frances Bay) learns she is about to lose her home, Happy joins a golf tournament to try and win enough money to buy it for her. With his powerful driving skills and foulmouthed attitude, Happy becomes an unlikely golf hero -- much to the chagrin of the well-mannered golf professionals. Rated PG-13. 1 hour, 32 mins.

50TH ANNIVERSARY —Thursday, August 7: Jaws (1975)

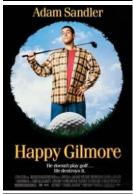
When a young woman is killed by a shark while skinny-dipping near the New England tourist town of Amity Island, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and grizzled ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs. nature. Rated PG. 2 hours, 4 mins. **This movie will show at 2:00pm after the Lunch and Learn**

Friday, August 8: Happy Gilmore 2 (2025)

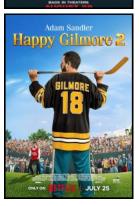
It's been almost 30 years since we last saw Happy Gilmore, the long-driving hero who won the Tour Championship in 1996. Now we finally get to catch up with him in a new sequel that comes to Netflix July 25. Joining the film alongside Sandler are original Happy Gilmore stars Julie Bowen, Ben Stiller, and Christopher McDonald and brand-new co-star Benito Antonio Martínez Ocasio (aka Bad Bunny), daughters Sadie and Sunny Sandler, and Blake Clark. Some professional golfers have joined the roster, too, including John Daly, Paige Spiranac, Rory McIlroy, Scottie Scheffler, Bryson DeChambeau, Brooks Koepka, Justin Thomas, and Will Zalatoris. Rated PG-13. Runtime not available.











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, August 13: Before the Coffee Gets Cold by Toshikazu Kawagucki

Goodreads: What would you change if you could go back in time? In a small back alley in Tokyo, there is a café which has been serving carefully brewed coffee for more than one hundred years. But this coffee shop offers its customers a unique experience: the chance to travel back in time.



In *Before the Coffee Gets Cold*, we meet four visitors, each of whom is hoping to make use of the café's time-travelling offer, in order to: confront the man who left them, receive a letter from their husband whose memory has been taken by early onset Alzheimer's, to see their sister one last time, and to meet the daughter they never got the chance to know.

But the journey into the past does not come without risks: customers must sit in a particular seat, they cannot leave the café, and finally, they must return to the present before the coffee gets cold...

Toshikazu Kawaguchi's beautiful, moving story explores the age-old question: what would you change if you could travel back in time? More importantly, who would you want to meet, maybe for one last time?

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

The Handmaid's Tale Season 3 TV-MA.

July 15 — Episodes 1-2 August 5 — Episodes 9-11
July 22 — Episodes 3-5 August 12 — Episodes 12-13

July 29 — Episodes 6-8



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

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.

Senior Transportation Connection

The City offers door-to-door transportation service for Bedford Residents 60 years of age and older that can be used for medical appointments and errands such as banking, grocery shopping, etc. Wheelchair accessible vans are available. Service is not available to residents in nursing homes, assisted living or retirement facilities.

Boundary lines for all trips are:

North - UH Ahuja Medical Center

South - Northfield Plaza

East - City of Solon

West - Cleveland Clinic Independence

Transportation service is provided by Senior Transportation Connection which operates Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per roundtrip is required. For more information call 440-735-6570. An application must be on file with the Parks & Recreation Department prior to service.



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.

JAWS-50 Years of Terror

Are you still afraid to go back in the water? Join us as we dive into the legendary film that changed the course of cinema and continues to haunt us 50 years later. Released in the summer of 1975, Jaws became a cultural phenomenon, terrifying moviegoers with its relentless shark and leaving a lasting impact on the thriller and horror genres. But the story behind the film is just as captivating as the movie itself. Explore the making of Jaws, the iconic performances from its cast, the groundbreaking special effects, and the real-life inspiration for the terrifying shark. Discover how Jaws turned a simple beach movie into a blockbuster that would keep audiences out of the water for generations.

To set the scene, lunch will feature a themed menu inspired by the film: Roast beef (a nod to the fishermen's Christmas roast bait), mashed potatoes, hearty New England clam chowder (evoking the movie's coastal setting), and Quint's favorite—saltine crackers.

Date: Wednesday, August 6 Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members/\$15 for non-members





Save the Date...

"Audrey Hepburn"—Wednesday, September 3
"Things that Bump in the Night" —Wednesday, October 15





Register online: **bedfordoh.myrec.com**

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**

124 Ellenwood Ave

Tower City Center & JACK Cleveland Casino Thursday, August 14

Spend the day in downtown Cleveland with a blend of gaming excitement and leisurely enjoyment. Try your luck at JACK Casino with various games like slots, blackjack, and poker. Take a stroll through Tower City Center and explore the shops and attractions housed within the historic building. Seven Chefs Buffet (inside JACKS) offers a lunch special of \$7.77 on Thursdays or enjoy one of the other eateries within Tower City.



We will board the bus at 11:00am by the pavilion and leave Ellenwood Center at 11:15am.Lunch on your own. We will board the bus to leave at 3:30pm and depart at 3:45pm. Estimated return is 4:15pm. We will be riding a school bus provided by Bedford City Schools. Please note that this trip requires mild-moderate walking, stairs and extended standing. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them.

REMINDER ELLENWOOD CENTER IS CLOSED DUE TO RENOVATIONS. Parking will only be available in the west lot by the pavilion. There will only be access to a porta-potty before/after your trip.

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

Registration for Bedford Club Members opens July 15 at 10:00am. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1 at 10:00am. Limit of 2 guests max. Registration deadline August 8. No refunds after the deadline.

What is upcoming...? Trips and timeframes subject to change.

- Guardians Game September 27, 2025—Currently SOLD OUT and on Waitlist
- Majestic Meadows Alpacas & Boutique early/mid October
- Lunch & Show "Six" November 15, 2025—Registration opens September 15
- Christmas Story House & West Side Market—early December





Important Dates

- Summer Concert Series— The Talkbox Band July 2 7:00 p.m. - 9:00 p.m.
- **♦ July 4th**City Hall Closed
- July 4th Parade
 July 4
 10:00 a.m.
- Council Meeting
 July 7
 7:00 p.m.
- Summer Concert Series— Herb Wilborn, Jr. July 9 7:00 p.m. - 9:00 p.m.
- Family Movie Night
 July 11
 6:30 p.m.
- Summer Concert
 Series-Jul Big Green
 July 16
 7:00 p.m. 9:00 p.m.
- Rotary Rib Festival
 July 18-20
- Summer Concert
 Series- Tweed
 July 30
 7:00 p.m. 9:00 p.m.

City of Bedford Newsletter July 2025

Bedford/Bedford Heights 4th of July Parade

The Cities of Bedford and Bedford Heights are excited to host the 40th Annual Independence Day Parade on Friday, July 4th, starting at 10:00 a.m. The parade will begin at the intersection of Columbus and Washington Streets, travel east along Columbus Road, and conclude at Bedford Heights City Hall on Perkins Road.

As we prepare for this year's 4th of July Parade, it's important to remember that safety must come first. Parades are a time for celebration, but they also involve moving vehicles, large crowds, and distractions—all of which can pose risks if we're not careful.

We're asking all participants, families, and spectators to help make this year's event safe and enjoyable for everyone

Let's all enjoy a safe, respectful, and festive 4th of July together!



Friendly Good Neighbor Reminders:

- Do not blow grass clippings and leaves into the street. The debris clogs catch basins and sewers. Grass clippings and leaves crate a hazard for motorcycles.
- Parking is not allowed on Bedford streets between the hours of 3:00 a.m. and 6:00 a.m. If you must park in the street, call the Police Department non-emergency number at 440-232-1234.

Garden Club Bedford Beauties

Get your garden gloves ready — it's time to show off your green thumb! The Bedford Garden Club is on the hunt for the most stunning front yards in the City of Bedford.

Judging Dates: Monday, July 21 – Sunday, July 27 Front yards will be judged on: Beauty- Creativity- Design- Effort -Absolutely NO artificial flowers or greens!

Nominate a Yard! Spotted a show-stopping yard? Nominate it! You can even nominate your own yard, and businesses are welcome to apply too!

Send your nominations to:
Paula St. John — pnreed@msn.com

Let's celebrate the gardens that make Bedford beautiful!

Chipper Service

Chipper service will be the weeks of July 7, August 4, September 1 and October 6, 2025.

All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month.





THE TALKBOX BAND

JUL 2 JOE WALSH/PETER FRAMPTON/STEELY DAN TRIBUTE BAND & 1970'S HITS

JUL 9
RESCHEDULED

HERB WILBORN, JR. & HIS BAND

INTERNATIONAL RECORDING JAZZ ARTIST/FLAUTIST

JUL 16

JUL BIG GREEN

POP, HIP-HOP, ROCK

JUL 30

TWEED

PLEASE NOTE THIS CONCERT WILL BE CHANGING

IRISH FOLK & CONTEMPORARY/CLASSIC HITS

AUG 13

RISK FACTOR

ROCK, POP, COUNTRY HITS

PRESENTED BY

Bands Perform 7:00PM-9:00PM

Y OF BEDFORD BEDFORD PARKS & RECREATION



<u>CITY OF BEDFORD – 2025 EVENTS</u>

May 26	Memorial Day Parade & Ceremonies	Mike Guyer / 440-773-2835
Mon.	10:15 a.m.	mguyer@msn.com
June 13-15	Bedford Historical Society Strawberry Festival	Betsy Lee / 216-536-0093
FriSun.		georgesmom25@yahoo.com
July 4	4th of July Parade	Bedford City Hall / 440-735-6502
Friday	10:00 a.m Columbus Road	azgrabik@bedfordoh.gov
July 11	Family Movie Night	Parks & Recreation / 440-735-6570
Fri.	at Bedford Commons	recreation@bedfordoh.gov
		Chris Bulanda / 216-338-7124
July 18-20	Bedford Rotary Rib Festival	chrisb@berwyntech.net
FriSun.		www.bedfordohiorotary.org
August 9	Bedford Historical Society Flea Market	Chris Sweet / 440-439-7470
Sat.	9:00 a.m 4:00 p.m.	cms1776@hotmail.com
August 15-17	Cleveland Pagan Pride	Matthew Stewart / 440-439-4372
FriSun.		clevelandpaganpride@yahoo.com
	Community Garage Sale	Bedford City Hall
September 13	9:00 a.m 4:00 p.m.	440-735-6530
Sat.	City Wide	www.bedfordoh.gov
October 4	City of Bedford Children's Fall Fest	Bedford City Hall / 440-735-6502
Sat.	10:00 a.m 1:00 p.m.	azgrabik@bedfordoh.gov
November 26	Tree Lighting Ceremony	Bedford City Hall
Wed.	6:00 p.m.	440-232-1600

THE CITY OF BEDFORD'S SUMMER CONCERT SERIES

Bedford Commons Wednesday Evenings 7:00 p.m. - 9:00 p.m.

June 4

July 2

July 30

June 18

August 13

July 16 Au (Dates are subject to change)

440-735-6570 / recreation@bedfordoh.gov

COMMUNITY SHRED DAYS

Bedford City Hall Parking Lot

Saturday, May 17 & September 13 9:00 a.m.—12:00 p.m. Bedford City Hall Parking Lot

www.bedfordoh.gov

Visit www.bedfordoh.gov for updated information



Cuyahoga County **Public Library**



The Bedford Branch is located at 70 Columbus Road. For more information or to register for a program, please call (440) 439-4997

Afternoon Book Discussion—SEE PAGE 11 FOR DETAILS!

Location: Ellenwood Center Room 1

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

African American Authors Book Group— In-Person or Virtual

Thursday, July 31: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

July Title: Praisesong for the Kitchen Ghosts Stories & Recipes from Five Generations of Black

Appalachian Country Cooks By: Crystal Wilkinson

Mobile Pantry - Free, fresh produce distribution

Wednesday, July 16 & August 20: 1:30pm - 3:30pm Bedford Branch Parking Lot

CCPL is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need. This event will be held rain or shine. Each family will receive 3 pre-packaged boxes of dairy, meat, and/or produce for free, loaded into their vehicle trunk. First come, first-served basis, adults of any age, zip code, income level. Each vehicle can have up to 4 "families" (such as if single seniors are riding together). Vehicles preferred over walk-ups, for safety reasons.

Digital Navigator at Bedford

Monday, July 28 & Tuesday, July 29: 12:00pm - 4:30pm Bedford Branch

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

Internet Basics

Friday, August 08: 9:30am - 11:30am

Bedford Branch

Learn how to use web browsers and search engines to navigate the internet. Also learn how to stay secure while being online. Prerequisite: Computer Basics or experience using a mouse. *Registration opens on Monday, July 7 2025 at 9:00am*

Healthy Living for Your Brain and Body

Friday, August 08: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Learn about the connection between mind and body and how to foster both for healthy aging. *Registration opens on Monday, July 7 2025 at 9:00am*

Art to Go: Life, Death, and the Afterlife in Ancient Egypt

Tuesday, September 09: 1:00pm - 2:00pm

Bedford Branch - Meeting Room (84)

Discover the mysteries of ancient Egypt in this hands-on class by the Cleveland Museum of Art. *Registration opens on Monday, August 11 2025 at 9:00am.*





HOW TO EAT BETTER



CREATE A HEALTHY EATING PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.



vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.









sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.









trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).

✓ READ NUTRITION LABELS



Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

Learn more at heart.org/lifes8





Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



The American Heart Association has hundreds of heart-healthy recipes to choose from.



Broccoli Cheese Egg

Scramble

Serves 4

Ingredients

Cooking spray

- 1½ cups finely chopped fresh or frozen broccoli florets, thawed if frozen
- 1/4 cup water
- 8 extra-large egg whites or 11/4 cups egg white substitute

- ½ cup fat-free milk
- ½ teaspoon pepper (freshly ground preferred)
- 1/4 cup shredded fat-free Cheddar cheese
- 2 whole-wheat English muffins (lowest sodium available)

Directions

- Lightly spray a large skillet with cooking spray. Heat over mediumhigh heat. Cook the broccoli and water for 4 to 5 minutes, or until the broccoli is tender. Remove from the heat. Transfer the broccoli to a dish. Using paper towels, wipe the skillet clean.
- In a large bowl, whisk together the egg whites, milk, and pepper until combined.
- Meanwhile, lightly spray the skillet with cooking spray. Heat over medium-high heat. Pour in the egg white mixture. Cook for 2 to 3 minutes, or until almost firm, stirring constantly with a spatula. Stir in the broccoli and Cheddar. Remove from the heat.
- Just before serving, split and toast each English muffin. Transfer to plates. Spoon the egg mixture onto the muffins.



Add Color Swap: Broccoli isn't the only vegetable that can be used in this recipe. Red bell peppers, green beans, and zucchini also work well. Just chop the vegetables finely so they'll cook for the same amount of time.



Cook's Tip: Substitute corn tortillas for the English muffins to turn this dish into breakfast tacos. You can even cook 1 chopped tomato and 1 chopped fresh jalapeño with the broccoli to give the filling a Mexican flair.



Cook's Tip on Scrambled
Eggs: The secret to perfectly
cooked scrambled eggs
is removing them from the
heat just before they're fully
cooked. The heat they've
retained will continue to cook
them for another minute.

NUTRITION ANALYSIS	Per serving
Calories	139
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	338 mg
Carbohydrates	
Fiber	3 g
Sugars	5 g
Protein	15 g
Dietary Exchanges: 2 lear	meat, 2 starch







Charity Poker Tournament to benefit Student Scholarship Programs!

5pm on Saturday July 19th, 2025. Registration at door starts at 4pm

You and your friends are invited to the Texas Hold'em tournament on July 19th. Please help us spread the word!

The tournament takes place on the Bedford Commons during the Rotary Ribfest, 750 Broadway Avenue, Bedford Ohio 44146

Tournament starts at 5pm

For info and to Pre-Register go to www.bedfordohiorotary.org

Entry Fee: \$50 at the door

* 4Pm-5pm at the door

Registration info

Includes Refreshments (Water & Coffee).

\$2000 in chips!

* Pre-Register before July 10 & get \$500 bonus chips!

Seats (players) are limited to 100

Over \$2500 in Prize Monday if all seats are filled

Two \$20 rebuy/Add-on anytime in first hour for additional \$2000 in chips

or email chrisb@berwyntech.net with player info

Sign up online at www.bedfordohiorotary.org



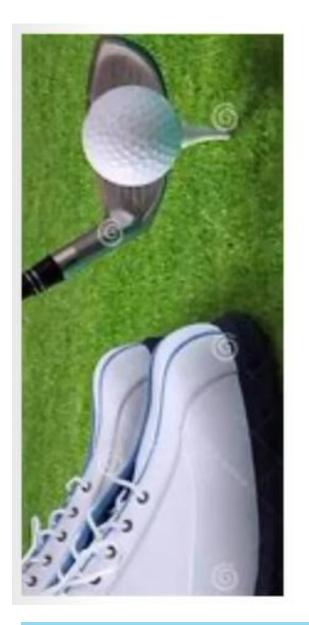
Bedford Public Square -Free Admission-

For the Benefit of
The BEDFORD HISTORICAL
SOCIETY

Come Sell Your Items!

Flea Market open: 9am-4pm
Advance Reservation Price:10 foot space \$20
Day of Sale Arrivals:10 foot space \$25
Please make sure your items are family friendly

Any questions? Call Chris Sweet 440-439-7470



Bedford City Schools Foundation ANNUAL GOLF OUTING

Friday, August 8, 2025 Shawnee Golf Course - Egbert Rd - Bedford, OH 8:30am Registration - 10:00am Shotgun Start \$150/pp - 4 Person Scramble (Singles Welcome) (incl: lunch, dinner, green fees, cart, driving range, 2 drink tickets)

\$125 - Hole Sponsorship (prominently displayed) Registration DEADLINE: July 26th

Register Online: bedfordfoundation.net

Send Check: BCSF 475 Northfield Rd, Bedford 44146

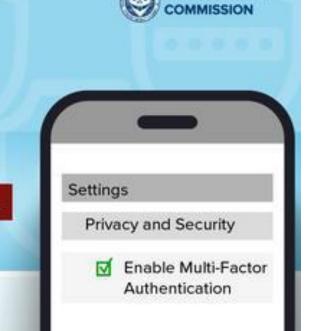
Are you on social media?

Check your privacy settings.

Use multi-factor authentication.

Protect your information.

Learn more at ftc.gov/YourPrivacy



The Division of Senior and Adult Services Clinical Programs

Flexible and affordable in-home care programming that supports aging in your residence

residents 60 years of age and over and 18 -59 with a disability

- Case Management
- Home Delivered Meals
- Homemaking Services
- Personal Care
- Skilled Nursing Services
- Medical Transportation
- Emergency Response Devices
- Laundry Services

CONTACT CLINICAL PROGRAMS
216.420.6700 | hhs.cuyahogacounty.gov/dsas
Monday - Friday 8:30 am - 4:30 pm



Make a real difference in someone's life, become a *Meals* on *Wheels* volunteer

Southeast Clergy Meals on Wheels Program urges you to join our team of volunteers. You can drive, hop, or do both, or help in the kitchen. Donate one hour each week from 11am to noon, to deliver meals to our clients in Oakwood, Bedford, Bedford Hts., or Walton Hills. Can't commit to a regular route each week, then become a substitute to fill in when you can.

Monday through Friday, our hot meals are picked up at the South Haven UCC at 415 Northfield Road (next door to Bedford High School) ready for delivery to anyone who is unable to shop and/or prepare adequate meals for themselves (such as senior, convalescent, handicapped, chronically or temporarily ill persons.) Our service enables clients to maintain or resume independent living in their own homes.



Consider joining more than 55 volunteers who make a difference. For details call 440-439-0302

Southeast Clergy Meals On Wheels • Serving our community for over 40 years.









Scams that Take Aim at Seniors

The telephone and mail are still the best way for a scammer to reach Ohioans. Con artists will change the type of scam, but what these criminals are after is always the same, your money or identity. Here are some scams you should beware of:

Grandparent scam. Telephone call from a con artist posing as your grandchild or family member in trouble and asks you to wire money, use pre-paid call or other method of getting cash out of you. DO NOT SEND MONEY it is a scam. Call a family member to verify if someone is in trouble.

Sweepstakes/Foreign Lotteries. Telephone call or mailing telling you won money for being a shopper at local store, good taxpayer, or it was a lottery winning. The catch, you have to pay to collect any winnings. DO NOT SEND MONEY it is a scam. Legitimate sweepstakes are free and require NO up-front money. Foreign lotteries are illegal so if you want to win a lottery, go to your local store and buy a ticket.

Phony Charities. Telephone call or mailing asking for your donation. Before you give, check the charity out to see if registered. Many fraudulent organizations will use similar sounding names or send mailing making it appear you agreed to a donation amount.

Free Meal Solicitations. Receive a mailing telling you stop by for a free meal, that's great but remember it is to get you there to buy their product or service, it is a sales pitch. DO NOT FEEL OBLIGATED TO BUY just because you ate. Collect the information and tell them you will research before agreeing to any purchase, a free lunch or dinner is not the place to make financial decisions.

Fake Debt Collectors. Telephone call from a phony debt collector who will use scare tactics such as telling you will be arrest for not paying the debt, your accounts will be frozen or shut off, or they will take your car and other possessions. NEVER provide or confirm any bank or credit account information or other personal information over the telephone unless you initiated the call. Ask the caller for the company name, address and telephone number and you will call them back after researching it. If they refuse, hang up and report it.





Cuyahoga County Together We Thrive

Beat the He

Division of Senior and Adult Services

Don't sweat it this summer ...

use these tips to keep your cool all season long!



- Stay in air-conditioned buildings as much as possible
- If your home does not have air-conditioning, visit a mall or library
- Do not rely on a fan as your main cooling source
- Drink more water than usual and do not wait until you are thirsty
- If your doctor limits your fluid intake, ask how much you should drink
- Keep your house cool by not using the stove or oven
- Wear loose, lightweight, light-colored clothing
- Cool down with showers, baths, ice packs or wet towels
- Do not engage in strenuous activities and get plenty of rest
- Protect yourself from the sun with a hat, sunglasses, and sunscreen
- Avoid hot and heavy meals, as they can overheat your body
- Know the symptoms of heat-related illnesses and how to treat them
- Provide plenty of fresh water and shade for your pets
- Check the news for heat advisories or sign up for weather text alerts
- Have a "Beat the Heat Buddy" and check in twice a day
- Limit your outdoor activity to morning and evening hours
- Do not leave children or pets in a hot car for any length of time
- Take precautions if you have heart disease or high blood pressure
- Seek care for heat-related symptoms like cramps or nausea
- Visit DSAS' website to find a list of County "Cooling Stations"





AUGUST HOLIDAYS

DATE	HOLIDAY
1	National Mountain Climbing Day
2	National Ice Cream Sandwich Day
3	National Watermelon Day
4	National Chocolate Chip Cookie Day
5	Work Like a Dog Day
6	Wiggle Your Toes Day
7	Friendship Day
8	International Cat Day
9	Book Lovers' Day
10	National S'mores Day
11	Play in the Sand Day
12	Middle Child Day
13	Left Handers' Day
14	National Wiffleball Day
15	Relaxation Day

DATE	HOLIDAY
16	National Roller Coaster Day
17	National #2 Pencil Day
18	Bad Poetry Day
19	Aviation Day
20	National Honeybee Awareness Day
21	National Senior Citizens Day
22	National Tooth Fairy Day
23	Buttered Corn Day
24	National Waffle Day
25	National Banana Split Day
26	National Dog Day
27	Just Because Day
28	National Bow Tie Day
29	National Lemon Juice Day
30	Frankenstein Day
31	National Eat Outside Day

More Summer One-Liners

What did the ocean say to the beach? Nothing. It just waved.

Why aren't lobsters generous? Because they're shellfish

Where do birds stay when they go on vacation? Someplace cheep.

Did you hear about the ice cream truck accident? It crashed on a rocky road.

Did you hear about the dog who wears a swimsuit? Apparently, it looks quite fetching.

Why don't seashells take baths? Because they wash up on the beach.

What do you get when you cross an elephant and a fish? Swimming trunks.

What happens when ice cream gets angry? It has a meltdown.

Did you hear about the sunflower that was excited for summer? It wet its plants.

Where do boats go when they're sick? To the dock.

What do you call an anxious mosquito? A jitterbug.

What did the tree say when summer finally arrived? What a re-leaf.

What can cause dry skin after being in a swimming pool? A towel.

What sits on the seabed and has anxiety? A nervous wreck.

Why did the whale blush? It saw the ocean's bottom.

What kind of sandals do frogs wear? Open-toad.

Why do bananas wear sunscreen? Because they peel.

Why did the watch go on vacation? To unwind.

How do celebrities stay cool in the summer? They have many fans.

Why didn't the sun go to college? It already had a million degrees.

Why is the ocean so clean? It has mer-maids.

What kind of scientists avoid the sun? Paleontologists.

Did you hear about the killer whale that learned to play the flute? He wanted to be in the orca-stra.

Why don't insects get sick? They have anty-bodies.

Have you ever been camping? It's in tents.

What do fish use to buy groceries? Sand dollars.

Knock, Knock!

Knock, knock! Who's there? S'more. S'more who? S'more jokes on the way.

Knock, knock! Who's there? Ken. Ken who? Ken you take me to the beach?

Knock, knock! Who's there? Alotta who? Alotta sunshine is what you can expect in the summertime.

Knock, knock! Who's there? Anita. Anita who? Anita put on sunscreen so I don't get burned.

Knock, knock! Who's there? Ketchup. Ketchup who? I'll ketchup with you in the fall.

Knock, knock! Who's there? Teddy. Teddy who? Teddy is the first day of summer.

Knock, knock! Who's there? Sia. Sia who? Sia at the beach.

Knock, knock! Who's there? Some bunny. Some bunny who? Some bunny who can't wait to go on vacation.

Knock, knock! Who's there? Harmony. Harmony who? Harmony days until summer?

Knock, knock! Who's there? Noah. Noah who? Noah good place to get sunglasses?

Knock, knock! Who's there? Wren. Wren who? Wren are we going to the pool?

Knock, knock! Who's there? Jewel. Jewel who? Jewel be happy to know that summer's finally here.

Knock, knock! Who's there? Ice cream. Ice cream who? Ice cream whenever I see a mosquito.

Knock, knock! Who's there? Will. Will who? Will you tell me if it looks like I'm getting a tan?

Knock, knock! Who's there? Hike. Hike who? I didn't know you wrote poetry.

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

WHAT DO YOU MENT TO YOU WHAT DO YOU



















HISTORY of COOKIES

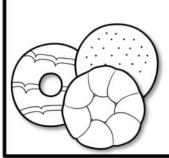
WORD SEARCH



Directions: Find and circle each word from the word bank in the word search below!

WC	ORD	BA	NK

favorite chocolate chip cookie delicious Ruth Wakefield chef homemade round creamy Toll House Massachusetts recipe bakeries August fourth peanut



butter

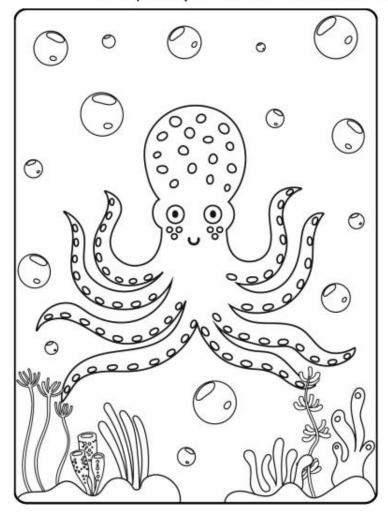
cocoa

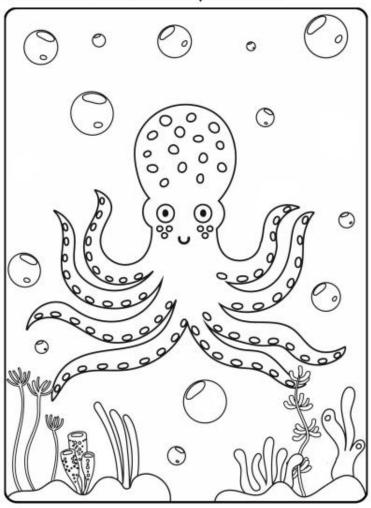
happiness

circle each word from the word bank in the word search below!											V!
R	D	Н	R	Χ	С	G	Е	F	٧	T	С
U	0	W	F	0	R	Р	Е	R	U	U	Н
S	R	U	0	1	Ţ	Н	Е	С	0	Ν	0
Т	Z	K	Ν	С	С	T	L	Z	Ε	Α	С
Т	l	Ĭ	Е	D	Т	F	I	Q	Z	Е	0
E	С	R	Н	U	L	U	Е	В	Е	Р	L
S	R	D	В	T	٧	Q	Е	R	С	F	Α
U	Е	L	Е	S	U	0	Н	L	L	0	Т
Н	Α	Е	Р	Н	0	R	Q	Ν	٧	G	Е
С	M	Ī	Н	0	M	Е	M	Α	D	Е	С
Α	Υ	F	Υ	F	Ν	Е	Χ	٧	S	Р	Н
S	T	Е	F	Α	٧	0	R	1	T	Е	1
S	С	K	В	Α	K	Е	R	ĺ	Е	S	Р
Α	Н	Α	Р	Р	I	Ν	Е	S	S	K	Μ
M	K	W	С	0	С	0	Α	Z	F	T	G
Н	T	R	U	0	F	T	S	U	G	U	Α
S	U	0	Į,	С	I	L	Е	D	L	Z	٧

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?





Sudoku 5

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

Sudoku 6

	85	6	4	85	2		9	85
2	5	200			20 20		4	100
	5 3 9			7				8
	9					1		
8			3	2			200	700
	1		3				2	
	200			1	3		6	4
	2	7			6			700
						8		





ANSWERS

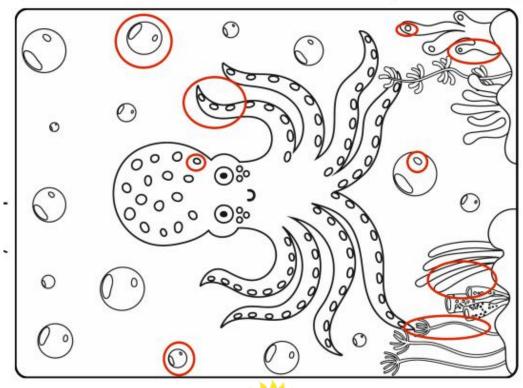


Sudoku 5 Solution

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

Sudoku 6 Solution

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



JULY BIRTHDAYS

Jan Abbott
Kathy Adler
Patricia Allen
Leroy Baker
Greg Brown
Karen Calta
Fredrick Cale
Pamela Coleman
Eileen Davis
Marie Dixon
Robert Dorazewski
Samuel Erby

Linda Felder
Terence Galinski
Joe Garganta
Denise Gibson
John Gilliam
Sondra Gissentaner
Lynda Green
Georgette Hillenbrand
Patti Kukoleck
Denise Madden
Tim Marks

Marilyn McMiller
Deborah McMillon
Barbara Mcquiston
Carol Ann MillinMangino
Christine Mohnasky
Ingrid Morton
Laura Mulh
Daniel Orchard
Shirley Pashall
Ronald Pribanic
Gail Price

Laverne Raimer
Amy Rizzo
Sharron Sankovich
Linda Smith
Karen Szarka
Paul Tabler
Rolita Tabler
Grace Vana
Don Wertz
Kathleen Ziemba

JULY ANNIVERSARIES

John & Debbie Pacanovsky celebrating 52 years on July 7th
Joan & Tim Marks celebrating 31 years on July 9th
Mick & Amy Gongos are celebrating 51 years on July 26th
Marilyn & Stan Koci celebrating 56 years on July 26th

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

Lisa Carter
Diane Dibianca
Irene Gunn

Jeffrey Milani Tina Patton Lindy Schroeter

Kenneth Sharkey Kimberly Vincent-Trimble

Kathleen Ziemba

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov