



BEDFORD SENIORS CLUB NEWSLETTER

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"The weather just went from 90 to 55 like it saw a state trooper." -Unknown

Senior Club Lunches

Bedford Senior Club members are invited to a congregate lunch on the 2nd and 4th Wednesday of the month (except November and December). Doors open at 11:30am. Meals and beverages will be served after a brief meeting at 12:00pm. Special social activities are planned every luncheon at 1:00pm (See Calendar for activities). Reserve your meal online or call 440-735-6570 before the registration deadline. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change. Limited to 144.

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

**Wednesday, September 10: Meatloaf, Mashed Potatoes,
Seasonal Vegetable**

Registration deadline Friday, September 5.

**Wednesday, September 24: Stuffed Shells with Meatballs and
Side Salad**

Registration deadline Friday, September 19.

A vegetarian option is available.

Please indicate during registration if you prefer a vegetarian substitution.




(440) 735-6570





CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 8/11/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SATURDAYS</u> <i>Yoga in the Park 9:00am August 16</i> 		13  Senior Lunch 12:00pm Bingo 1:00pm Book Club 2:00pm <u>Sparkling Portraits cancelled</u>	14 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	22 ELLENWOOD CLOSED
25 ELLENWOOD CLOSED	26 ELLENWOOD CLOSED	27 ELLENWOOD CLOSED Lunch @ Commons 11:00am 	28 ELLENWOOD CLOSED	29 ELLENWOOD CLOSED <i>Reopening on Tuesday, September 2</i>



University Hospitals
Center for Lifelong Health

AGE WELL.
Be Well.

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



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 8/12/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  LABOR DAY	2 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	3 Skee-ball 10:00am Medicare Help 10am-3pm  12:00pm Get Crafty 2:00pm	4 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	5 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Matilda Musical" <i>Deadline for 9/10 lunch</i>
8 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	9 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	10 Balance/Fall 10:30am  Senior Lunch 12:00pm Beatles Bingo 1:00pm Book Club 2:00pm	11 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm Zoo Trip loads 6:00pm	12 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Karate Kid Legends"
15 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	16 <u>No Strength & Balance</u> <i>*State of the City* 12:00pm</i> Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	17 Skee-ball 10:00am Sparkling Portraits 2:00pm Step Aerobics 5:30pm	18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm <u>No Barre Above</u>	19 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Penguin Lessons" <i>Deadline for 9/24 lunch</i>
22 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	23 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm <u>No Sunset Yoga</u>	24  Senior Lunch 12:00pm Pokeno 1:00pm Step Aerobics 5:30pm	25 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm <u>No Barre Above</u>	26 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Life of Chuck"
29 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm <u>No Chair Yoga</u> <u>No Sewing</u> Local Motion 6:00pm	30 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm		SATURDAYS Energizing Yoga Sept 6, 13 (No class 9/20, 9/27) 9:00am	Guardians Game Outing Sat. Sept 27 Bus loads 4:00pm 

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**. You can use your meal ticket with only ONE food truck. Additional menu items available for purchase.

Dine & Dash Mobile Kitchen *Choose one sandwich, side and drink.*

Sandwich options: Cheeseburger, BLT, Grilled Chicken, BBQ Western, Chicken Club, Philly Cheese Steak, Gyro, etc.

Side options: French Fries, Onion Rings, Waffle Fries, Mozzarella Sticks, Jalapeno Poppers

Drink options: Water, Pop, Coffee

-OR-

Just Like Mama's Mobile Food Truck *Choose one Salad/Alfredo entrée and drink*

Entree options: Grilled Chicken Salad, Chicken Alfredo, Shrimp Alfredo, Chicken & Shrimp Alfredo, Alfredo (plain).

Drink options: Juice, Water, Pop

HOW DO I GET MY TICKET? Check-in will be at the Recreation Table next to the gazebo on the dance pad. 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. Limited to the first 120 pre-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.

RECREATION PROGRAMS

Ellenwood Center Temporary Closure for Renovations

We're excited to share that Ellenwood Center will be undergoing several much-needed renovations to improve our facility for the community. Beginning August 14, the center will be temporarily closed while we complete the following upgrades:

- Replacement of the gym roof
- Resurfacing of the east parking lot (baseball field side)
- Renovation of Room 3
- Kitchen improvements and deep cleaning throughout the building

During this time, our building will be closed and we will be operating with limited office staff. You may call and leave a message at 440-735-6570 or email us at recreation@bedfordoh.gov. We appreciate your patience — a staff member will respond within two business days. We can't wait to welcome you back to a refreshed and improved space! Our anticipated reopening date will be Tuesday, September 2.

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, September 8, 15, 22, 29, October 6, 13, 20, 27 (No class 9/1)

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.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, September 8, 15, 22, 29, October 6, 13, 20, 27 (No class 9/1)

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

RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

Keep an eye on the calendar for special Stay & Play activities that will be held after our lunches. Pre-registration preferred; drop-ins welcome if space permits.

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm



September Craft: Japanese Kimekomi Balls — Wednesday, September 3

October Craft: Fall Leaf Bowls — Wednesday, October 1

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

~~Starry Eve—Wednesday, August 13~~ **CANCELLED**

Great Pumpkin—Wednesday, September 17

Over the Moon—Wednesday, October 15

RECREATION PROGRAMS

Cardio Charge: Step Aerobics

NEW! A high-energy cardio workout using a raised platform (step) to perform choreographed movements set to music. This fun, rhythm-based class helps improve cardiovascular endurance, coordination, and lower-body strength while burning calories. Suitable for all fitness levels with options to adjust step height and intensity. Space limited to 14 participants.

Instructor: Yvonne Williams

Location: Ellenwood Center Room 4

Dates: Wednesdays, September 17, 24, October 15, 22, 29 (No class 10/1, 10/8)

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

Chair Yoga Flow

NEW DATE & TIME! 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

Dates: Mondays, September 15, 22, October 13, 20, 27 (No class 9/29, 10/6)

Time: 4:00 pm - 5:00 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



RECREATION PROGRAMS

Balance and Falls Education Class

NEW! Falls are the leading cause of fatal and non-fatal injuries in people ages 65 and older. Bring your family and friends to: Discuss the importance of balance and home safety. Learn and discuss your balance concerns with trained professionals. Test your balance skills with standardized balance measures. Learn about new balance programs offered by Cleveland Clinic South Pointe Hospital. Resources and handouts will be provided for safety and prevention of falls/injuries.

Presented by: Kerstin Schultz, PTA and Emma Marchal & Judy Mitchell-Loeb, PTs from South Pointe Outpatient Rehabilitation

Location: Ellenwood Center Room 4

Date: Wednesday, September 10

Time: 10:30 am—11:30 am

Fee: Free

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. Space is limited.

Instructor: Kate Natalie, Rec2Connect

Location: Ellenwood Center Room 4 or Gym

Dates: Select Fridays - September 5, 19, October 3, 17, November 7, 21, December 12

Time: 12:00 pm—1:00 pm

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

Pedal Power: Modified Peddling

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

Instructor: Kate Natalie, Rec2Connect

Location: Ellenwood Center Room 4 or Gym

Dates: Select Fridays - September 12, 26, October 10, 31, November 14, December 5, 19

Time: 12:00 pm—1:00 pm

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



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, September 2, 9, 23, 30, October 7, 14, 21, 28 (No class 9/16)

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, September 5, 12, 19, 26, October 3, 10, 17, 31 (No class 10/24)

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

Reach with Rhythm Workout

Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low-impact chair aerobics aiming to stretch, strengthen, and tone your muscles. Space is limited to 30 participants.

Instructor: Patty Haw

Location: Ellenwood Gymnasium

Dates: Thursdays, September 4, 11, 18, 25, October 2, 9, 16, 23, 30

Time: 11:00 am – 12:00 pm

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

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, September 4, 11, October 2, 9, 16, 23, 30 (No class 9/18, 9/25)

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

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

Location: Ellenwood Center Room 4

Dates: Saturdays, September 6, 13, October 4, 11, 18 (No class 9/20, 9/27, 10/25)

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, September , 9, 16, 30, October 7, 14, 21, 28 (No class 9/23)

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

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

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

Fall Co-Ed Pickleball League

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

Dates: Thursdays, October 2, 9, 16, 23

Time: 1:30 p m—3:30 pm

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

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, September 8, 15, 22, October 6, 13, 20, 27 (No class 9/1, 9/29)

Time: 6:00pm-8:00pm

Fee: Free, pre-registration preferred

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 or Room 2 on Wednesdays, September 3 and October 15 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:

- **Friends of the Bedford Library Ice Cream Social:** Wednesday, August 20, 6:00pm-9:00pm at Bedford Library
- **Senior Luncheon Food Truck Check-in Table:** Wednesday, August 27, 10:45am-12:15pm at Bedford Commons
- **Helper/Ambassador for Senior Health & Wellness Fair:** Wednesday, October 1, 9:00am-1:30pm at Ellenwood Center
- **Children's Fall Fest Volunteers:** Saturday, October 4, 9:15am-1:15pm

Contact Sarah at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released 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.

RECREATION PROGRAMS

Silver Screen Seniors

Join us for a weekly film. Light snacks and refreshments provided. Registration preferred. Drop-ins welcome if space permits. Free to Bedford seniors. Movies start at 1:00 pm in Ellenwood Center Room 1.

Friday, September 5: Matilda the Musical (2022)

An extraordinary girl with a sharp mind and vivid imagination takes a daring stand to change her story -- with miraculous results. Rated PG. 1 hour, 57 mins.



Friday, September 12: Karate Kid Legends (2025)

Karate Kid: Legends unites the iconic martial arts masters of one of the most beloved film franchises of all time to tell a completely new story full of action and heart. When kung fu prodigy Li Fong (Ben Wang) relocates to New York City with his mother to attend a prestigious new school, he finds solace in a new friendship with a classmate and her father. But his newfound peace is short-lived after he attracts unwanted attention from a formidable local karate champion. Driven by a desire to defend himself, Li embarks on a journey to enter the ultimate karate competition. Guided by the wisdom of his kung fu teacher, Mr. Han (Jackie Chan), and the legendary Karate Kid, Daniel LaRusso (Ralph Macchio), Li merges their unique styles to prepare for an epic martial arts showdown. Rated PG-13. 1 hour, 34 mins.



Friday, September 19: The Penguin Lessons (2024)

Inspired by the true story of a disillusioned Englishman who went to work in a school in Argentina in 1976. Expecting an easy ride, Tom discovers a divided nation and a class of unteachable students. However, after he rescues a penguin from an oil-slicked beach, his life is turned upside-down. Rated PG-13. 1 hour, 50 mins.



Friday, September 26: The Life of Chuck (2025)

From childhood to adulthood, Charles "Chuck" Krantz experiences the wonder of love, the heartbreak of loss, and the multitudes contained in all of us. Rated R for strong language. 1 hour, 50 mins.



RECREATION PROGRAMS

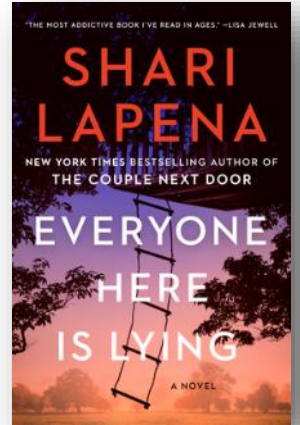
Shelf Indulgence Book Club

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, September 10:

***Everyone Here Is Lying* by Shari Lapena**

Goodreads: *"The most addictive book I've read in ages—so slick and disquieting and clever. Just brilliant."* —Lisa Jewell, #1 New York Times bestselling author of *The Family Remains*



Welcome to Stanhope. A safe neighborhood. A place for families. William Wooler is a family man, on the surface. But he's been having an affair, an affair that ended horribly this afternoon at a motel up the road. So when he returns to his house, devastated and angry, to find his difficult nine-year-old daughter, Avery, unexpectedly home from school, William loses his temper.

Hours later, Avery's family declares her missing. Suddenly Stanhope doesn't feel so safe. And William isn't the only one on his street who's hiding a lie. As witnesses come forward with information that may or may not be true, Avery's neighbors become increasingly unhinged. Who took Avery Wooler? Nothing will prepare you for the truth.

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.

September 2 — Episodes 11-13

Grace & Frankie Season 7 TV- MA.

September 9 — Episodes 1-4

September 16—Episodes 5-8

September 23—Episodes 9-12

September 30—Episodes 13-16



RECREATION PROGRAMS



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

Audrey Hepburn: Grace, Style, and Humanitarian Legacy

Join us for an inspiring look at the life and career of Audrey Hepburn — the beloved actress, fashion icon, and humanitarian. From her unforgettable performances in classics like *Breakfast at Tiffany's* and *Roman Holiday* to her tireless work as a UNICEF Goodwill Ambassador, Hepburn's legacy continues to captivate and inspire. Explore Audrey's journey from wartime Europe to Hollywood stardom, her timeless influence on style, and her profound dedication to helping children in need. Presented by Susan Cannavino, Presentations with Pizzazz.



Drawing inspiration from her years living in Italy — where she fell in love with fresh, seasonal cooking — we'll serve a menu featuring one of her personal favorites, Spaghetti al Pomodoro (slightly sweet tasting tomato sauce served over al dente pasta), paired with Green Bean Amandine, bread, and a decadent chocolate dessert.

Date: Wednesday, September 3

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...

"Things that Bump in the Night" —Wednesday, October 15

"Dwight D. Eisenhower: Honor and Country" —Wednesday, November 5

DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**
124 Ellenwood Ave

Asian Lantern Festival at Cleveland Metropark Zoo

Thursday, September 11

Experience the wonder of Cleveland Metroparks Zoo illuminated after dark, featuring live acrobatic performances every hour on the Fifth Third Bank Stage and a variety of culturally inspired cuisine available for purchase at the MetroHealth Asian Food Market.



*Highlights include a four-story-tall hydrangea and butterfly tree, walk-through tunnels and uniquely themed areas including Animals of the Nile as well as ocean creatures, botanical gardens and more. **This event is rain or shine. Dress for the weather, no rainchecks.***

We will board the bus at 6:00pm by the pavilion and leave Ellenwood Center at 6:15pm. Dinner on your own (or eat before you go). We will board the bus to leave at 9:15pm and depart at 9:30pm. Estimated return is 10:00pm. We will be riding a school bus provided by Bedford City Schools. Please note that this trip requires substantial walking and extended standing. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them.

\$20 for Bedford Senior Club member/\$25 for non-member

Registration for Bedford Club Members opens August 13 at 2:00pm. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 27. Limit of 2 guests max. Registration deadline is September 3. No refunds after the deadline. Ticket limit is 30.

****NOTE**** *Due to Ellenwood Center being closed for renovations and deep cleaning, registration for this trip will only be available online or by phone. Credit card payment only.*



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**
124 Ellenwood Ave

Lunch and a Show: Six at Playhouse Square Saturday, November 15, 2025

From Tudor Queens to Pop Icons, the SIX wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a Euphoric Celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over!

The New York Times says SIX "TOTALLY RULES!" (Critic's Pick) and The Washington Post hails SIX as "Exactly the kind of energizing, inspirational illumination this town aches for!" The SIX: LIVE ON OPENING NIGHT Broadway album debuted at Number 1 on the Billboard cast album charts and surpassed one billion streams worldwide!

AUDIENCE ADVISORY: SIX includes flashing lights, strobe effects, theatrical haze and loud music throughout.

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. Followed by theatre performance starting at 1:30pm. Runtime is 90 minutes with no intermission. We will depart immediately after show and head back to Ellenwood. Estimated return is 4:00pm. 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 \$94). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 30 ticket limit.

Fee: \$75 Bedford Senior Club member/\$85 for non-member

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



Bedford State of the City Address

Tuesday, September 16, 2025

Presented by: Mayor Stan Koci and City Manager Mike Mallis



Doors Open at 11:30 a.m.

Lunch at 12:00 p.m.

State of the City Address at 12:30 p.m.

Ellenwood Center, 124 Ellenwood Avenue, Bedford

Menu: Breaded Chicken, Roasted Pork, Pasta with Marinara Sauce, Mashed Potatoes, Green Beans, Salad, Dessert, Coffee and Iced Tea

Fee: \$16.00 per person

Register online, in-person at Ellenwood Center Monday-Friday 8:00am-4:30pm, or by phone at 440-735-6570. Please register/RSVP by September 10.

State of the City without lunch is free and open to the public. Reservations are only required if you are purchasing lunch.



Senior Health & Wellness Fair

Wednesday, October 1

Ellenwood Center 10:00am-1:00pm

Free Health Screenings - Glucose, Cholesterol, Blood Pressure, Vision, Hearing and more! Flu and Covid Shots/Boosters available by appointment. Walk-ins are permitted if space and supplies are available. Details forthcoming.

We are excited to also host the University Hospitals Mobile Health Unit for 3-D Mammograms screenings in our west parking lot on this date with extended times. To schedule an appointment, please call UH Mobile Coordinator directly at 216-896-1768.

Screening mammograms and vaccines are usually covered at 100% by most insurance providers.

Bring your ID and insurance card to your appointment.



UH Mobile Health Screenings Program

Bringing Advanced Screenings to You

The University Hospitals Mobile Health Unit will be on-site to provide advanced 3-D mammograms on:

124 Ellenwood Ave, Bedford, OH 44146
October 1, 2025 8:30am-2:30pm

For more information or to schedule your 3-D mammogram, contact the event coordinator.

Event coordinator name:

Nicole Edwards

Event coordinator contact info:

216-896-1768

Breast Cancer & Mammography Fast Facts

- One in eight women will be diagnosed with breast cancer in her lifetime.
- When breast cancer is found early, the survival rate is nearly 100%.*
- Experts recommend that women begin annual mammography screenings at age 40.
- 3-D mammograms (tomosynthesis) increase the detection of invasive cancer by 41% and decrease call-backs by 15%.
- Screening mammograms are usually covered at 100% by most insurance providers.

*The five-year relative survival rate of women with localized stage of breast cancer is close to 100 percent. Source: American Cancer Society

Additional screenings that may be offered include:

- Blood pressure
- Cholesterol and glucose blood tests

Screenings offered will vary based on your organization's preference. Contact the event coordinator for more information about what will be available at your screening event.



University Hospitals

The Science of Health. The Art of Compassion.



City of Bedford Newsletter

August 2025

Sign Up
to receive your
BEDFORDNEWS
electronically!
www.bedfordoh.gov

Important Dates

- ◆ **Summer Concert Series– Old School**
July 30
7:00 p.m. - 9:00 p.m.
- ◆ **Council Meeting**
August 4
7:00 p.m.
- ◆ **Bedford Historical Society Flea Market**
August 9
9:00 a.m. - 4:00 p.m.
- ◆ **Summer Concert Series– Risk Factor**
August 13
7:00 p.m. - 9:00 p.m.
- ◆ **Cleveland Pagan Pride**
August 15-17
- ◆ **Saturday Drop off for Round-ups**
August 23
9:00 a.m. - 12:00 p.m.

Chipper Service

Chipper service will be the weeks of 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.

Community Garage Sale

The City of Bedford is once again having a City-wide garage sale on Saturday, September 13 2025 from 9:00 a.m. to 4:00 p.m. If you are planning to have a garage sale, please visit the City of Bedford Building Department during the hours of 8:00 a.m. – 4:00 p.m. Monday through Friday to fill out an application or visit www.bedfordoh.gov to fill out the application online. A full list of participating addresses will be provided the Wednesday prior to the sale.

Those participating, please do not leave unsold items on the curb. Items you wish to discard should be included in your normal refuse/recycling collection as long as they adhere to the regular collection criteria. PLEASE comply with placing such items out the night before your refuse/recycling collection day. Any items left out earlier could be subject to a citation. recycling collection as long as they adhere to the regular collection criteria.



Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, **August 11 - 15 and August 18 - August 22**, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**no after hours drop off**); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury. **NO LATEX PAINT ACCEPTED.**

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

Bedford residents only, no businesses.

Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, **August 11 - 15 and August 18 - August 22**, 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.

There will be a Saturday drop off date for Household Hazardous Waste and the Computer Round-Up open to residents on Saturday, August 23, from 9:00 a.m. to 12:00 p.m.

Community Shred Day

The City of Bedford will be hosting a shred day on Saturday, September 13 from 9:00 a.m. to 12:00 p.m. at Bedford City Hall.

Grant funding provided by the Cuyahoga County Solid Waste District.



Cuyahoga County
SOLID WASTE DISTRICT
CuyahogaRecycles.org



CITY OF BEDFORD – 2025 EVENTS

May 26 Mon.	Memorial Day Parade & Ceremonies 10:15 a.m.	Mike Guyer / 440-773-2835 mguyer@msn.com
June 13-15 Fri.-Sun.	Bedford Historical Society Strawberry Festival	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
July 4 Friday	4th of July Parade 10:00 a.m. - Columbus Road	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
July 11 Fri.	Family Movie Night at Bedford Commons	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov
July 18-20 Fri.-Sun.	Bedford Rotary Rib Festival	Chris Bulanda / 216-338-7124 chrisb@berwyntech.net www.bedfordohiorotary.org
August 9 Sat.	Bedford Historical Society Flea Market 9:00 a.m. - 4:00 p.m.	Chris Sweet / 440-439-7470 cms1776@hotmail.com
August 15-17 Fri.-Sun.	Cleveland Pagan Pride	Matthew Stewart / 440-439-4372 clevelandpaganpride@yahoo.com
September 13 Sat.	Community Garage Sale 9:00 a.m. - 4:00 p.m. City Wide	Bedford City Hall 440-735-6530 www.bedfordoh.gov
October 4 Sat.	City of Bedford Children's Fall Fest 10:00 a.m. - 1:00 p.m.	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
November 26 Wed.	Tree Lighting Ceremony 6:00 p.m.	Bedford City Hall 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 July 16 August 13
(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

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 14 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, August 28: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

August Title : I Am Ayah : The Way Home by Donna Hill. This contemporary novel explores the historic free Black communities on Long Island.

Mobile Pantry - Free, fresh produce distribution

Wednesday, August 20 & September 17: 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.

The Korean War, 1950 – 1953

Wednesday, September 03: 7:00pm - 8:00pm

Bedford Branch

Eighty years after the end of the Korean War, American troops are still stationed in South Korea while North Korea remains a dark and threatening presence in Asia. This presentation will examine the role the United States played in the Korean War (1950 – 1953) and how that conflict set the stage for eight decades of American military presence in Asia.

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

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

Bedford Branch

Discover the mysteries of ancient Egypt in this hands-on class by the Cleveland Museum of Art.

Excel Basics

Friday, September 12: 10:00am - 1:00pm

Bedford Branch

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.

Digital Navigator at Bedford

Monday, September 22 & Tuesday, September 23: 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.

Geode Skull Craft

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

Bedford Branch

Beyond the Basic Boo: Craft a Crystal-Encrusted Halloween Geode Skull. *Registration opens on Monday, August 25 at 9:00am*



Cuyahoga County
Together We Thrive

Office of Emergency Management

At-A-Glance

ReadyNotify

ReadyNotify is a mass notification system used to notify citizens, residents and businesses of emergency situations, non-emergency events and provide information about necessary actions.

What is ReadyNotify?

ReadyNotify is a mass notification system used by Cuyahoga County and participating municipalities to issue emergency notifications to the public.

ReadyNotify is primarily used for emergency notifications when rapid and accurate information is essential for your immediate safety; however you may choose to be notified of general Cuyahoga County Government News as well.

What Type of Information is Required to Register?

Participation in the ReadyNotify Program is **voluntary**. A valid email and phone number will be needed to sign-up. During the registration process we will ask you to give us information about yourself such as your address, your primary language, and if you require any special assistance during an emergency event.

Register Now for
ReadyNotify



How Do I Register?

To register go to: readynotify.us

What Type of Notifications Will I receive?

You can expect to receive notifications about:

- Emergency Events
- Cuyahoga County Government News
- Cuyahoga County Building Closures
- Water Boil Alerts
- Safety Messages
- Other Information

How Will I Receive Messages?

When you sign-up in the system, you will receive emails as well as have the opportunity to choose how you want to receive additional messages. Additional messages can be delivered in the following ways:

- Cell Phone (Voice)
- Home Phone (Voice)
- Work Phone (Voice)
- SMS/Text Messaging
- Email
- Mobile App
- TDD Transmission

Did You Know?

Having redundant sources of emergency notifications on mobile devices will ensure you get the right message during an emergency,



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us



@CuyahogaOEM
Facebook.com/CuyahogaOEM

COMMUNITY MICROCHIP & LICENSING CLINIC

hosted by Cuyahoga County Animal Shelter

Sunday, August 24th, 2025



Open to residents of
Garfield Hts. • Maple Hts.
Warrensville
Bedford • Bedford Hts.



while supplies last!

PACKAGE 1

Microchip your dog

✓ No Charge

With a
microchip, you
can put out an
alert if your dog
goes missing!

OR

PACKAGE 2

Microchip your dog &
have proof of 2025 dog license

✓ No Charge
✓ Microchip
✓ 1 month of flea &
tick prevention
✓ CCAS Logo'd Bag

OR

PACKAGE 3

Microchip your dog & get your
2025 dog license!

✓ **BEST VALUE! \$20**
✓ Microchip
✓ 2025 Dog license
(exp. 1/31/2026)
✓ 'Martinagale' (no
slip collar & leash)
✓ 1 month of flea &
tick prevention
✓ CCAS Logo'd Bag

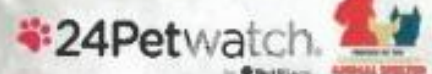
Rain of Shine
Cash or Credit/Debit only

Please bring your
license or State ID
and
have your dog(s)
on a leash

Fastest way to get
your dog home!

TIME: 9am – 12pm
EMAIL: infoccas@cuyahogacounty.gov
PHONE: 216-525-PUPS (7877)
WEBSITE: www.cuyahogadogs.com
LOCATION: Cuyahoga County Animal Shelter
9500 Sweet Valley Dr.
Valley View, OH 44125

Proudly sponsored by





Bedford Historical Society
Speaker Series presents

The History of Ohio's Underground Railroad " A Theological Tug of War"

with Herbert Addison Burns

Hear about opposing Biblical views of Pro Slavery vs Anti-Slavery in connection with Ohio's Underground Railroad Movement.



Herbert Addison Burns is a native of Cleveland, Ohio, and most recently serving as a historical instructor at Tri-C Community College Encore Program where he teaches the history of Ohio's Underground Railroad. Prior to this time, he served as president of the Friends of the Warrensville Hts Library. For 25 years Mr. Burns has been an educator teaching and tutoring Social Studies, Reading, and Personal Development. A firm supporter and a sound believer in the authenticity of Black History, Mr. Burns is a member of the African American Study of Life and History founded by the founding father of Black History, the late Carter G. Woodson. Mr. Burns is a graduate of Kent State University with a bachelor's degree in International Studies and has taught on many aspects of the Underground Railroad in Ohio. Its history is all around us. Mr. Burns has conducted five years of extensive research on the history of Ohio's Underground Railroad. As a narrator and producer, he has three audio books to his credit - The History of Cleveland's Underground Railroad, The History of the Oberlin-Wellington Rescue and The Court of Abomination.

Note that this presentation is on a Thursday and not our normal Friday night.

Thursday Sept. 11, 2025 7:00pm

The Community Room

in the lower level of the Old Church on the Commons,

750 Broadway Ave, Bedford, Ohio

This event is free. Refreshments served.

Donations accepted.



cuyahoga
arts & culture
strengthening community

"The Bedford Historical Society Speaker Series is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture."

"Any views, findings, conclusions or recommendations expressed in this program, do not necessarily represent those of Cuyahoga Arts & Culture or The Bedford Historical Society."



Cuyahoga County
Together We Thrive

Office of Emergency Management

At-A-Glance Build A Kit

One of the cornerstones of Preparedness is having the supplies you need when you need them. FEMA recommends a basic kit, but a personal preparedness kit can include anything you want or need. Keep it portable and only essential items. Below are suggestions and recommendations.

A Good Preparedness Kit for your home should contain....

- Water: one gallon per day per person
- Food: Non-Perishable
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First Aid Kit
- Prescription Medications and glasses
- Signal Whistle
- Dust Mask
- Personal Sanitation Items
- Wrench or pliers to turn off utilities
- Can Opener for food (if kit contains canned food)
- Local Maps

*Extra batteries for your kit are recommended

A Good Preparedness Kit for your automobile should contain....

- Jumper cables
- Flashlights and extra batteries.
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- Water for each person and pet in your car
- AM/FM radio to listen to traffic reports and emergency messages
- Cat litter or sand for better tire traction
- Shovel and ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Blankets or sleeping bags

A Good Preparedness Kit for your pet should contain...

- Food: 3 days in an adequate container
- Water: 3 days worth
- Medicines and Medical Records
- First Aid Kit: Talk to your veterinarian about what your pet needs
- Collar with ID tag, harness, or leash
- Crate or other Pet Carrier
- Sanitation: Litter, newspaper, and items to clean up messes
- A picture of you and your pet together:
 - A picture of both of you can help with the reunification process
- Familiar items, such as toys. These can help reduce stress

Also consider...

- A fully-charged cell phone and phone charger
- Important family documents
- Flares or reflective triangle
- Baby formula and diapers if you have a small child
- Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us



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Facebook.com/CuyahogaOEM

SCAM ALERT



Securing today
and tomorrow

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.

If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to **increase your Social Security benefit**
- Tries to gain your trust by providing **fake “documentation,” false “evidence,” or the name of a real government official**



...it is a scam!

Do not give scammers money or personal information – Ignore Them!

Protect yourself and others from Social Security-related scams

- **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the SSA Office of the Inspector General (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- **Get up-to-date information.** Follow SSA OIG on Twitter @TheSSAOIG and Facebook @SSA Office of the Inspector General for the latest information on Social Security-related scams. Visit the Federal Trade Commission for information on other government scams.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit oig.ssa.gov/scam for more information. Please also share with your friends and family.

HOMEMADE FROZEN YOGURT POPS WITH PEACHES



Calories
66 Per Serving



Protein
3g Per Serving



Fiber
2g Per Serving



Two cups of chopped fresh or frozen fruit can be subbed for the peaches, so you can constantly experiment with these refreshing popsicles from the Simple Cooking with Heart program.

Ingredients:



Serving: 6



16 oz. packaged, plain,
no-sugar-added, frozen, sliced,
thawed **peaches** (divided, no
sauce added)



1 cup fat-free, **plain yogurt**



1 Tbsp. **honey**

Directions:

1

In the bowl of a food processor, add 1 ½ cups thawed peaches from bag, yogurt, and honey. Process about 1 minute until mixture turns into a puree. (Alternatively, add ingredients into a bowl and puree with an immersion blender.)

2

Transfer puree to a bowl or large liquid measuring cup with a spout for easy pouring. Chop remaining peaches into bite-sized pieces and add into the bowl, along with any lingering peach liquid from the bag.

3

Divide mixture among popsicle molds, filling each one almost to the top. Place in the freezer overnight.

4

To remove from molds, hold under warm water until popsicle can be easily pulled free.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

To build resilience: :

- ☐ Develop healthy physical habits.
- ☐ Take time for yourself each day.
- ☐ Look at problems from different angles. Learn from your mistakes.
- ☐ Practice gratitude.
- ☐ Explore your beliefs about the meaning and purpose of life.
- ☐ Tap into social connections and community.



REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Build a social support network.
- ☐ Set priorities.
- ☐ Show compassion for yourself.
- ☐ Try relaxation methods.
- ☐ Seek help.



GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

- ☐ Go to bed and get up each day at the same time.
- ☐ Sleep in a dark, quiet place.
- ☐ Exercise daily.
- ☐ Limit the use of electronics.
- ☐ Relax before bedtime.
- ☐ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ☐ Consult a health care professional if you have ongoing sleep problems.



BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

To be more mindful:

- ☐ Take some deep breaths in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- ☐ Enjoy a stroll, notice the sights around you.
- ☐ Practice mindful eating. Be aware of each bite and when you're full.
- ☐ Be aware of your body. Do a mental scan, bring your attention to how each part feels.
- ☐ Find mindfulness resources, including online programs.



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:

- ☐ Take care of yourself.
- ☐ Talk to a caring friend.
- ☐ Try not to make any major changes right away.
- ☐ Join a grief support group.
- ☐ Consider professional support.
- ☐ Talk to your doctor if you're having trouble with everyday activities.
- ☐ Be patient. Mourning takes time.



STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build healthy support systems:

- ☐ Build strong relationships with your kids.
- ☐ Get active and share good habits with family and friends.
- ☐ If you're a family caregiver, ask for help from others.
- ☐ Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- ☐ Take a class to learn something new.
- ☐ Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- ☐ Travel to different places and meet new people.

Fall One-Liners

What do farmers wear under their shirt when they're cold? A har-vest.

How do trees get on the Internet? They just log on.

Why shouldn't you tell a secret in a cornfield? Because the corn has ears.

How do you fix a broken pumpkin? With a pumpkin patch!

What is it called when a tree takes some time off? Paid leaf.

Why does Humpty Dumpty love autumn so much? Because he had a great fall.

Why did the pumpkin lose the boxing match? He let his gourd down.

What do lumberjacks shout at the start of fall? Sep-timberrrrrr!

Why do trees hate going to school in the fall? Because they're easily stumped.

What's the best band to listen to in autumn? The Spice Girls

What did the leaf say to the other leaf? I'm falling for you.

Why do birds fly south for the fall? Because it's quicker than walking.

Why did the tree decide to start taking art classes? She wanted to branch out.

What's the biggest fall phenomenon in Australia? The Great Barrier Leaf.

Why are trees so carefree and easy going? Because every fall, they let loose.

Why did the scarecrow win a Nobel Prize? He was outstanding in his field.

What do the leaves say before they hibernate? Rake me up when September ends.

What happens when winter arrives? Autumn leaves.

Why did the Jack-o'-lantern look after the pie? They were pump-kin.

What is it called when a tree doesn't think it's autumn? Disbe-leaf.

Why is autumn the proudest season? It's fall of it.

Why are apples so bad in interrogations? They always crumble.

How do leaves get from place to place? Autumn-mobiles.

What is worse than finding a worm in your apple? Finding half of a worm!

What is the cutest season? Aww-tumn.

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi.

How are you supposed to talk in the apple library? With your in-cider voice.

What's an elephant's favorite vegetable? Squash.

Who helps the little pumpkins cross the road when they go to school? The traffic gourd!

Why did the apple pie cry? Its peelings were hurt!

Why did the lions move at the end of summer? Because the pride goeth before the fall!

What is a scarecrow's favorite fruit? Straw-berries.

What's James Bond's favorite hot drink? Pumpkin spy-ce latte.

What room are ghosts not allowed to enter? The living room.

What did the ground say when fall came? Well that's a re-leaf.

What time of year do people get injured the most? In the fall.

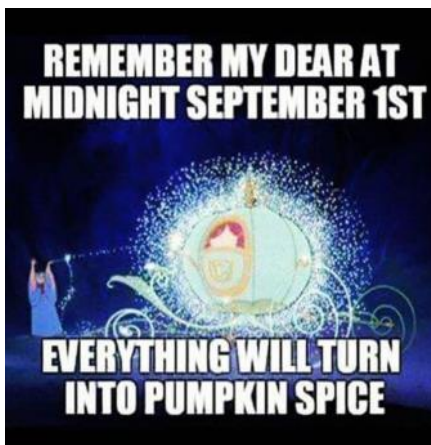
JOKES & MORE! SUBMITTED BY OUR SENIORS

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

WHAT DO YOU MEME?



Me on August 31 vs. me on September 1:



SEPTEMBER HOLIDAYS

DATE

HOLIDAY

- | | |
|----|-----------------------------|
| 1 | American Chess Day |
| 2 | World Coconut Day |
| 3 | International Bacon Day |
| 4 | Eat an Extra Dessert Day |
| 5 | National Cheese Pizza Day |
| 6 | National Read a Book Day |
| 7 | Buy a Book Day |
| 8 | Star Trek Day |
| 9 | Teddy Bear Day |
| 10 | National TV Dinner Day |
| 11 | Hug Your Hound Day |
| 12 | National Video Games Day |
| 13 | International Chocolate Day |
| 14 | National Coloring Day |
| 15 | National Cheese Toast Day |

DATE

HOLIDAY

- | | |
|----|-----------------------------------|
| 16 | Collect Rocks Day |
| 17 | Constitution Day |
| 18 | National Respect Day |
| 19 | Talk Like a Pirate Day |
| 20 | National String Cheese Day |
| 21 | International Day of Peace |
| 22 | Hobbit Day |
| 23 | Redhead Appreciation Day |
| 24 | National Punctuation Day |
| 25 | National Lobster Day |
| 26 | National Chimichanga Day |
| 27 | National Scarf Day |
| 28 | National Strawberry Cream Pie Day |
| 29 | National Coffee Day |
| 30 | Save the Koala Day |

PUZZLES & MORE



Solve each Sudoku puzzle!

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

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

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

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

AN APPLE A DAY! WORD SEARCH



September 17th is "Eat an Apple Day". There are more than 60 types of apples grown today! Can you find some of those types hidden below?

WORD BANK

Empire
Fuji
Cripps
Macintosh
Granny
Smith
Gala
Honeycrisp
Red
Delicious
Jonagold
Braeburn
Envy
Jazz
Rome
Cortland
Rave



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

BREAKFAST DAY!

FIND THE WORDS 3



September 26th is Better Breakfast Day! What delicious breakfast foods will you find hidden below? Find the hidden words in the puzzle (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:

4 breakfast meats

4 ways to cook eggs

4 breakfast juices

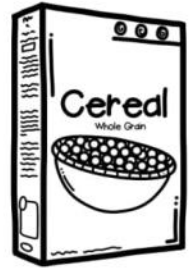
3 fruits

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

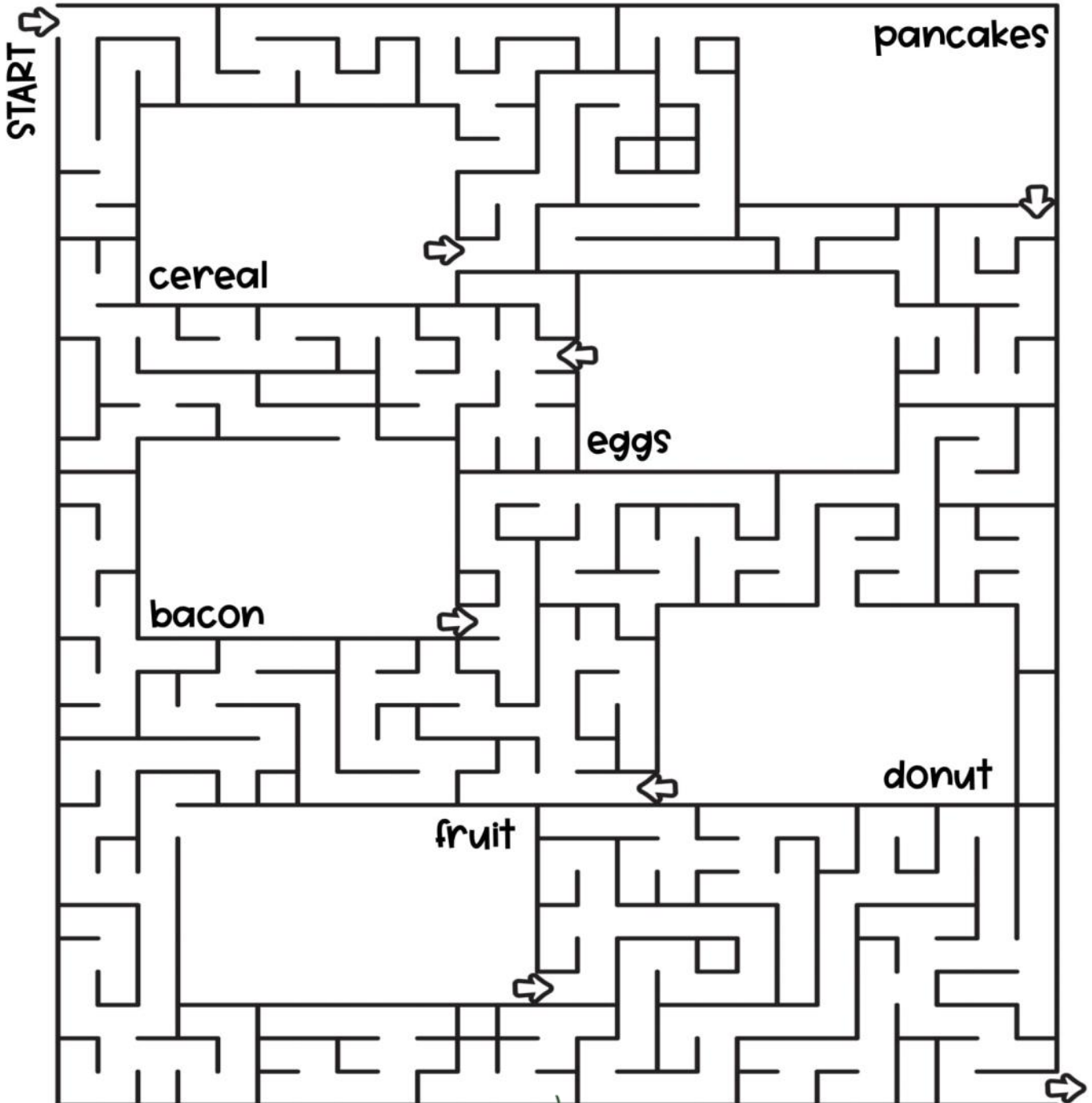
E	D	C	D	M	K	P	P	N	S	S	N	C	F	B
S	P	E	V	A	F	V	O	P	C	O	W	W	C	O
E	T	L	H	H	I	L	J	R	C	H	W	I	O	I
I	A	E	P	C	E	G	A	A	D	E	I	R	F	L
R	O	P	A	M	A	M	B	A	N	A	N	A	S	E
R	R	E	P	K	B	O	S	A	U	S	A	G	E	D
E	A	V	P	L	M	G	P	I	M	D	J	Z	K	H
B	N	Y	E	A	E	Y	R	R	E	B	N	A	R	C
F	G	D	L	G	R	U	B	M	H	O	L	S	W	W
C	E	X	I	S	S	G	D	V	W	D	Y	F	J	L

BREAKFAST TIME!

SOLVE AND DRAW



Directions: Start at the beginning and solve the maze. Stop each time you come to a box and draw the item written there. Continue until the entire maze is solved.




FINISH

CONSTITUTION DAY!

UNSCRAMBLE THE WORDS

September 17th is Constitution Day! We celebrate this day because the Constitution is such an important document for the citizens of our country. It explains how our government is set up. All the scrambled words below have something to do with this important document. After you've unscrambled them, write each circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!



1. alsw _____
2. mepruse _____
3. medoerfs _____
4. lactisroh _____
5. nervogentm _____
6. libl fo trisgh _____
7. amberpel _____
8. morpatint _____
9. manndemest _____
10. ew het opplee _____
11. ticlarse _____
- 

What dance was very popular in 1776?

$$\frac{6}{8} \frac{3}{10} \frac{7}{2} \frac{8}{8} - \frac{9}{1} \frac{5}{4} \frac{11}{1}$$

ANSWERS

BREAKFAST DAY! FIND THE WORDS 3



ANSWER KEY



FIND AND CIRCLE:

4 breakfast meats: **HAM, BACON, SAUSAGE, STEAK**

4 ways to cook eggs: **BOILED, SCRAMBLED, FRIED, POACHED**

4 breakfast juices: **APPLE, ORANGE, GRAPE, CRANBERRY**

3 fruits: **BERRIES, MELON, BANANAS**



CONSTITUTION DAY! UNSCRAMBLE THE WORDS

ANSWER KEY



1. alsw **L A W S**
2. mepruse **S U P R E M E**
3. medoerfs **F R E E D O M S**
4. lactisroh **H I S T O R I C A L**
5. nervogentm **G O V E R N M E N T**
6. libl fo trisgh **B I L L O F R I G H T S**
7. amberpel **P R E A M B L E**
8. morpatint **I M P O R T A N T**
9. manndemest **A M E N D M E N T S**
10. ew het opplee **W E T H E P E O P L E**
11. ticlarse **A R T I C L E S**

What dance was very popular in 1776?

I N D E P E N - D A N C E !
6 8 3 10 7 2 8 9 1 5 4 11

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

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

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

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

AUGUST BIRTHDAYS

Tina Addison	Gloria Griffin	Georgian Lenchak	Thomas Sheppard
Tonia Bardlabon	George Hanus	Kathy Lipowski	Esther Steckle
Alvin Battaglia	Bernadette Hayes	Nancy Lograsso	Deana Thieman
Charles Bohnak Jr.	Lauren Hogue-Lehman	David McCandless	Ceola Travis-McDowell
Glendadenise Brock-Meredith	Rita Hudia	Daniel Mcquistion	Leisa Vassar Warner
Leslie Chamberlin	Pollyann Johnson	Edwina Moore-Jones	Linda Walker
Sherida Collins	Robert W. Johnson	Elaine Morris	Tim Walker
Bobby Davis	Mary Jones	Joyce Moore	Jay Watson
Vanetta Davis	Nancy Jones-Brown	James Nehas	Paula Yorkievitz
Anita Demitro	Charlotte Kimble	Marilyn Nicolo	Denise Zingale
Karen DeVaughn	Ralph Kobus	Gail Oden	
Diana Dorko	Jeraldine Kee-Dean	Cathy Parker	
Vic Fluharty	Ralph Kobus	Paul Perry	
Sandra Frazer	Stan Koci	Joan Pletka	
Karen Gilliam	Eva Labuski	Michael Rossman	
Grace Gockowski	Reva Latten	Marilyn Schroeter	
Shirley Grays	Terron Lee	Mitchell Shelton	
	Mary Lemire	Geneva Sheppard	

AUGUST ANNIVERSARIES

Jeff & Therese Capps celebrated 32 years on August 6th

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

**Leslie Chamberlin
Leshea Scott**

**Herbert Short
Bryan Snedden**

**Edmund Zaharewicz
Kathleen Zaharewicz**

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov