



BEDFORD SENIORS CLUB NEWSLETTER

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“
“What if today, we were just grateful for everything?”
 — Charlie Brown

Senior Club Lunches

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

Wednesday, October 23: Halloween Tacos & Costume Party

Registration deadline Friday, October 18

Wednesday, November 13: Thanksgiving Themed Lunch Turkey, Mashed Potatoes, Stuffing, Corn, Pumpkin Pie

Registration deadline Friday, November 8

A vegetarian option is available.

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



(440) 735-6570



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 9/10/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9 Senior Lunch 12:00pm Magic Show 1:00pm Book Club 2:00pm <u>No Chair Yoga</u> ALZ Workshop 6:30pm	10 UH Walking Club 9:30am <u>No Reach w/ Rhythm</u> Pickleball Lessons 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	11 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Death on the Nile" Tai Chi 5:30pm
14 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	15 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	16 Wii Bowling 9:30am Medicare Scams 10:30am LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	17 UH Walking Club 9:30am Playhouse Outing 10:15am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	18 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Jim Henson Idea Man" <u>No Tai Chi</u> Deadline for 10/23 lunch
21 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	22 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	23 Senior Lunch 12:00pm Costume Party 1:00pm Chair Yoga 5:30pm	24 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lessons 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	25 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Haunting in Venice" Tai Chi 5:30pm
28 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Sewing 6:00pm	29 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	30 Wii Bowling 9:30am Lunch & Bingo 12:00pm Chair Yoga 5:30pm	31 HAPPY HALLOWEEN UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball League 1:30pm makeups	SATURDAYS Energizing Yoga October 12, 26 9:00am (No class 10/19) RIP



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

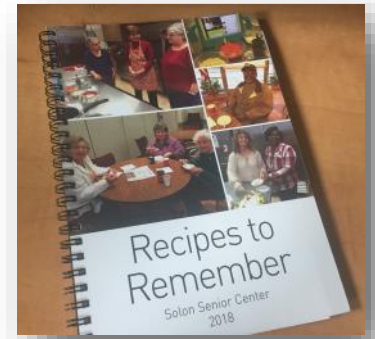
as of 10/8/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SATURDAYS Energizing Yoga November 2, 9, 16, 23 9:00am (No class 11/30)</p>			<p>1 Strength & Core 10:45am Peddling 12:00pm</p> <p>Silver Screen 1:00pm "Twister" Tai Chi 5:30pm</p>
<p>4 Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm</p> <p><u>No Local Motion</u> Sewing 6:00pm</p>	<p>5</p>  <p><u>No Programs</u></p>	<p>6 Wii Bowling 9:30am Get Crafty 2:00pm Chair Yoga 5:30pm</p>	<p>7 UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Lessons 12:30pm Pickleball League 1:30pm</p> <p>Barre Above 6:00pm</p>	<p>8 Strength & Core 10:45am Cardio Drum 12:00pm</p> <p>Silver Screen 1:00pm "Twisters" Tai Chi 5:30pm Deadline for 11/13 lunch</p>
	<p>12 Strength & Balance 10:30am</p> <p>Binge Watchers 2:00pm Billiards Open 2:00pm</p> <p>Sunset Yoga 6:00pm</p>	<p>13 SCAMO Bingo 10:30am</p>  <p>Senior Lunch 12:00pm</p> <p>Jazz Entertainment 1:00pm Book Club 2:00pm</p> <p>Chair Yoga 5:30pm</p>	<p>14 UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Lessons 12:30pm Pickleball League 1:30pm</p> <p>Barre Above 6:00pm</p>	<p>15 Strength & Core 10:45am</p> <p>Fresh Fork Market 10:00am-12:00pm</p> <p>Peddling 12:00pm Silver Screen 1:00pm "Hidden Life of Trees"</p> <p>Tai Chi 5:30pm</p>
<p>18 Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm</p> <p>Local Motion 6:00pm Sewing 6:00pm</p>	<p>19 Strength & Balance 10:30am</p> <p>Binge Watchers 2:00pm Billiards Open 2:00pm</p> <p>Sunset Yoga 6:00pm</p>	<p>20 Wii Bowling 9:30am</p>  <p>12:00pm</p> <p>Sparkling Portraits 2:00pm</p> <p>Chair Yoga 5:30pm</p>	<p>21 UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Lessons 12:30pm Pickleball League 1:30pm</p> <p>Barre Above 6:00pm</p>	<p>22 Strength & Core 10:45am Cardio Drum 12:00pm</p> <p>Silver Screen 1:00pm "The Holdovers"</p>
<p>25 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm</p> <p>Local Motion 6:00pm Sewing 6:00pm</p>	<p>26 Strength & Balance 10:30am Friendsgiving 11:30am Bingo 1:00pm Binge Watchers 2:00pm Billiards Open 2:00pm</p>	<p>27</p>  <p>Tree Lighting Ceremony at the Square</p>	<p>28</p> <p><i>Closed</i> for <i>Thanksgiving</i></p>	<p>29</p> 

RECREATION PROGRAMS

Timeless Tastes: Recipes with History

NEW! "Timeless Tastes" is a creative aging program designed to connect senior participants' family history and stories with recipes that represent those memories. Participants can share their favorite family recipes in our print collection with or without photos and story. Participants can choose to record video interviews of their family recipe and choose to record a cooking demonstration in our kitchen! For more information and to register for this program, contact Bedford Parks & Recreation. Individual planning/video segments will be by appointment with Natalie from Digital Mosaic.



UPDATE: Book compilation and design has started! Hurry and turn in your recipes! Stories and photos are encouraged. Also, film sessions are being scheduled over the next few weeks (October 15, 22, 25). Don't miss out on this incredible history project! Contact Natalie directly at 216-570-0955 and natbauman@sbcglobal.net with questions and to setup your video (or audio only) appointment.

Protecting Personal Information, Detecting Fraud, and Avoiding Medicare Scams

NEW! Join the Ohio Senior Medicare Patrol for an informative session on safeguarding your personal information, identifying signs of medical identity theft, and recognizing current Medicare scams. Learn effective strategies for securing your data, detecting if your medical identity has been compromised, and understanding the latest scams targeting Medicare beneficiaries. The program will also cover how and where to report suspicious claims and seek assistance.

Presented by: Lisa H. Dalga, Outreach Specialist for Ohio SMP

Location: Ellenwood Center Room 4

Date: Wednesday, October 16

Time: 10:30 am – 11:30 am

Fee: Free; pre-registration preferred

Friendsgiving Potluck Lunch

ANNUAL EVENT! Bring a dish to share and join other members for a casual meal and great conversation. Beverages provided. Eat, socialize and be thankful! Limited to 50 participants; walk-ins available if space allows.

Location: Ellenwood Center Room 4

Date: Tuesday, November 26

Time: 11:30 am – 1:00 pm (Stay & Play Bingo afterwards from 1:00-2:00pm)

Fee: Free to Bedford Senior Club Members



RECREATION PROGRAMS

Fresh Fork Market—Farmers' Market

SPECIAL ADDITIONAL FUNDING! Join us for a pop-up market from our local farmers, hosted by Fresh Fork Market. Registered participants will receive a pre-assembled Thanksgiving bundle with half of a turkey (frozen breast, drum, thigh, wing), pint of homemade gravy, dried bread crumbs, sweet potatoes, onion, garlic, carrots, broccoli (or another cruciferous veggie), acorn squash and apples.



Eat healthy and go on a culinary adventure with Fresh Fork Market and the City of Bedford! Bundles are valued over \$75. This pop-up program was made possible through the Healthy Aging Grant from Cuyahoga County and Ohio Department of Aging.

NEW! Additional items will be available for purchase during the market; such as meats, eggs, dairy (like whipping cream and milk), butter, extra produce, flours, and more.

Location: Ellenwood Center Gym

Date: Friday, November 15

Time: 10:00am - 12:00pm

Free to Bedford Senior Club members only.

Registration opens October 15 and closes on November 6. Must be registered; no extras will be ordered. Limited to 100 registrants. One bundle per household.

**Food must be picked up during time slot, food will not be held or stored.*

Westside Market Excursion

Monday, December 16

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



We will board the bus at 9:45am by the pavilion and leave Ellenwood Center at 10:00am. Lunch on your own. We will board the bus to leave at 1:15pm and depart at 1:30pm. Estimated return is 2:00pm. We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations.

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

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

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

Etched Glass Giving Plates – Wednesday, November 6
String Christmas Tree — Wednesday, December 4



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



Cat Tales —Wednesday, October 16

Peacock Feather —Wednesday, November 20

Gingerbread House —Wednesday, December 18



RECREATION PROGRAMS

SCAM-O Bingo

NEW! Join the Cuyahoga County Department of Consumer Affairs for a few rounds of Scamo, a bingo-style game that lets you have fun and win prizes while learning about scams. Drop-ins welcome if space permits.

Date: Wednesday, November 13

Time: 10:30 am - 11:30 am

Location: Ellenwood Center Room 4

Fee: Free

Beginner Pickleball Lessons

Pickleball is a fun sport that combines traditional elements of tennis with a wiffle-style ball and paddle on a smaller court. Players will learn the fundamental rules, basic skills and court positioning for singles and doubles play. Equipment provided during class.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Fall Session 2 Dates: Thursdays, November 7, 14, 21, December 5 (No games 11/28)

Time: 12:30 pm - 1:30 pm

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

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.



RECREATION PROGRAMS

Senior Volunteer Crew

Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer!

We are currently looking for volunteers for:

Monthly Preschool Art (Story & Seasonal Craft): Select Mondays, October 21, November 25, December 16, 1:45pm-3:00pm in Ellenwood Room 3

Trick or Treat Street Volunteer: Saturday, October 19

Meet at Ellenwood Center at 9:00am. Help setup/cleanup, welcome table, work stations/pass out candy. Event ends at 12:15pm

Toddler/Preschool Play Group Volunteer: Tuesdays beginning October 22 through December 17 (except 11/5) 11:45am-1:45pm in Ellenwood Gym.

Winter Dance for Teens & Adults with Special Needs: Friday, December 13, 5:00pm-9:30pm in Ellenwood Gym and classrooms. Help setup/cleanup, refreshments, work photo station.

Breakfast with Santa Volunteer: Saturday, December 14, 9:00am-1:00pm in Ellenwood Gym. Help setup/cleanup, welcome table, assist children with crafts, serve breakfast.

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.

Tai Chi

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

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4

Dates: Fridays, October 11, 25, November 1, 8, 15 (No class 10/18)

Time: 5:30 pm - 6:15 pm

Fee: \$50 Resident/\$60 Non-Resident

Bedford Senior Club Members are free and must register in advance



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, October 10, 17, 24, November 7, 14, 21, December 5, 12, 19

(No class 10/31, 11/28)

Time: 6:00 pm - 7:00 pm

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

Bedford Senior Club Members are free and must register in advance

Energizing Morning Yoga

NEW! Invigorate your body and mind, setting a positive tone for the day ahead. Classes includes 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.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, October 12, 26, November 2, 9, 16, 23, December 7, 14 (No class 10/19, 11/30)

Time: 9:00 am - 10:00 am

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

Bedford Senior Club Members are free and must register in advance

Sunset Serenity Yoga

NEW! 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. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Dates: Tuesdays, October 15, 22, 29, November 12, 19, December 3, 10, 17

(No class 11/5, 11/26)

Time: 6:00 pm - 7:00 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

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 instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gym

Dates: Tuesdays, October 15, 22, 29, November 12, 19, 26, December 3, 10, 17 (No class 11/5)

Time: 10:30 am – 11:30 am

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

Bedford Senior Club Members are free and must register in advance

Strength & Core

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

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, October 11, 18, 25, November 1, 8, 15, 22, December 6, 13, 20 (No class 11/29)

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

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

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

Dates: Mondays, October 14, 21, 28, November 18, 25, December 2, 9, 16 (No class 11/4, 11/11)

Time: 6:00 pm - 6:45 pm

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

Bedford Senior Club Members are free and must register in advance

Reach with Rhythm Workout

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

Instructor: Patty Haw

Dates: Thursdays, October 17, 24, 31, November 7, 14, 21, December 5, 12, 19

(No class 10/10, 11/28, 12/26)

Time: 11:00 am – 12:00 pm

Location: Ellenwood Gymnasium

Fee: \$3 per class for non-members or register for the entire session for \$75

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

Dates: Wednesdays, October 16, 23, 30, November 6, 13, 20, December 4, 11, 18

(No class 10/9, 11/27)

Time: 5:30 pm - 6:30 pm

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

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Cardio Drumming

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

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Gym or Room 4

Dates: Select Fridays, October 11, 25, November 8, 22, December 13

Time: 12:00 pm—1:00 pm

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

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.

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Gym or Room 4

Dates: Select Fridays, October 18, November 1, 15, December 6, 20

Time: 12:00 pm—1:00 pm

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

Bedford Senior Club Members are free and must register in advance

Knitting & Crochet Connection

Connect with others and knit for a good cause! Beginners and experienced knitters are welcome. Learn tricks and tips from fellow knitters. Needles, yarn and patterns available.

WE ARE GEARING UP FOR THE MITTEN FENCE AGAIN! Last winter we supplied 43 pairs of gloves, 109 hats, and 91 scarves to the community! Many of these items were handmade with love by one of our Senior Club members.

Location: Ellenwood Center Room 1

Dates: Mondays (No class on 11/11)

Time: 1:00 pm – 3:00 pm

Fee: Free

**Attention all Senior Club Members!
We are looking for donations of yarn,
knitting needles and crochet hooks.**



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, November 1: Twister (1996)

During the approach of the most powerful storm in decades, university professor Dr. Jo Harding (Helen Hunt) and an underfunded team of students prepare the prototype for Dorothy, a ground-breaking tornado data-gathering device conceived by her estranged husband, Bill (Bill Paxton). When Harding tells Bill that Dorothy is ready for testing -- and that their privately funded rival Dr. Jonas Miller (Cary Elwes) has stolen the idea and built his own -- Bill rejoins the team for one last mission. Rated PG-13. 1 hour, 54 mins.

Friday, November 8: Twisters (2024)

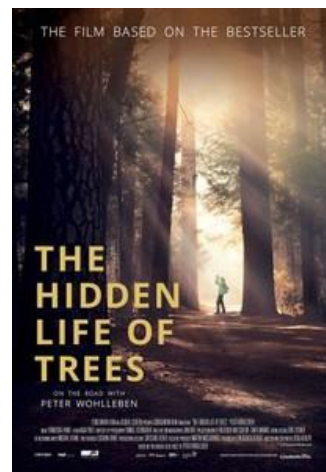
Daisy Edgar-Jones stars as Kate Cooper, a former storm chaser haunted by a devastating encounter with a tornado during her college years who now studies storm patterns on screens safely in New York City. She is lured back to the open plains by her friend, Javi (Golden Globe nominee Anthony Ramos, In the Heights) to test a groundbreaking new tracking system. There, she crosses paths with Tyler Owens (Glen Powell), the charming and reckless social-media superstar who thrives on posting his storm-chasing adventures with his raucous crew, the more dangerous the better. As storm season intensifies, terrifying phenomena never seen before are unleashed, and Kate, Tyler and their competing teams find themselves squarely in the paths of multiple storm systems converging over central Oklahoma in the fight of their lives. Rated PG-13. 2 hours, 2 mins.

Friday, November 15: The Hidden Life of Trees (2020)

Branching off of his bestselling book, renowned forester and writer Peter Wohlleben guides us through his most precious ideas and understanding of how trees work in this enlightening documentary. Presenting ecological, biological and academic expertise with matter of fact candor, Peter inspires us to really see the forest for the trees. Traveling through Germany, Poland, Sweden and Vancouver, Peter discusses, debates and explains the amazing process of life, death and regeneration he has observed in the woodland, and the amazing scientific mechanisms behind these wonders of which we are too often blissfully unaware. A walk in the woods will never be the same. Rated PG. 1 hour, 40 mins.

Friday, November 22: The Holdovers (2023)

From acclaimed director Alexander Payne, THE HOLDOVERS follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them -- a damaged, brainy troublemaker (newcomer Dominic Sessa) -- and with the school's head cook, who has just lost a son in Vietnam (Da'Vine Joy Randolph). Rated R for Language, Drug Use, Mild Sexual Content. 2 hours, 13 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 Cuyahoga County Public Library. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, November 13: *The Invisible Life of Addie LaRue* by V. E. Schwab

France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets.

Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world.

But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.

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 ***NOTE TIME CHANGE**

Grace & Frankie Season 1

For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and want to get married. As everything around the ladies is coming apart, the only thing they can really rely on is each other. This Netflix original re-teams Jane Fonda and Lily Tomlin as Grace and Frankie, respectively, bringing their chemistry to the small screen. Also starring Martin Sheen and Sam Waterston.

October 15 — Episodes 1-4

October 29 — Episodes 9-13

October 22 — Episodes 5-8



Grace & Frankie Season 2

The second season of this acclaimed comedy series brings more laughs and surprises as Grace and Frankie tackle the challenges of family and relationships — while driving each other crazy on a regular basis!

November 12 — Episodes 1-4

November 26 — Episodes 9-13

November 19 — Episodes 5-8

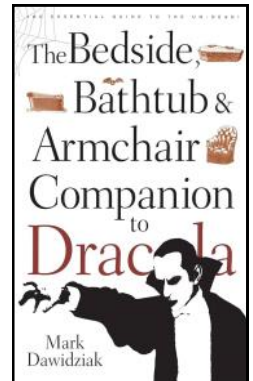
RECREATION PROGRAMS



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

The Vampire Talk: An Hour with Count Dracula

Step into the shadows and explore the enigmatic world of Count Dracula, the modern vampire craze, and the timeless allure of the undead. Join renowned vampire authority Mark Dawidziak, author of acclaimed works like *The Night Stalker Companion* and *The Bedside, Bathtub & Armchair Companion to Dracula*, as he unveils the secrets of the night. Dawidziak, who also teaches the captivating Vampires on Film and Television course at Kent State University, will lead you through a dark journey with highlights from his own collection—rare and eerie items from his personal crypt. Sink your fangs into Transylvanian Goulash (Hungarian goulash with tender chunks of beef, onions, and red bell peppers in a paprika-spiced tomato sauce), roll and Blood Red Velvet Cake.



Date: Wednesday, October 16

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

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

The Last of the Romanovs



Step into the final, fateful chapter of one of history's most iconic royal families. This compelling presentation unveils the lives of Nicholas II, the last Tsar of Russia, his beloved wife Alexandra, their four daughters—including the enigmatic Anastasia—and their son Alexei. Experience the intrigue and mystery surrounding Rasputin, whose influence hastened the empire's collapse. Set against the backdrop of war and revolution, this story is a powerful blend of romance, treachery, mysticism, and the heartbreaking fall of an empire. Discover a tale of love, loyalty, and

ultimate sacrifice as the Romanov dynasty meets its tragic end. Lunch will be a Russian cuisine: Pelmeni (pork/beef dumplings) with butter and herbs, cabbage slaw and a Russian Tea Biscuit for dessert. Presented by Susan Cannavino with Presentations with Pizzazz.

Date: Wednesday, November 20

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

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

DAY TRIPS for SENIORS



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

Wheeling Island Casino & Oglebay Festival of Lights Thursday, December 5

Enjoy a fun-filled day in Wheeling, West Virginia! Press your luck at Wheeling Island Casino with more than 1,100 machines of various themes, betting capabilities and chances to win, plus table games including, craps, blackjack, roulette and more! Each player will earn 2,500 points loaded onto their Lucky North Club Card upon earning 50 points one time at any one (1) slot machine. Points may be redeemed as free play or food valued at up to \$25 or a combination of both totaling \$25. Points do not expire and may be used at a later time. Group incentives are subject to change. A valid ID is required to enter the Casino and to receive a Lucky North Player card.



In the evening, we will take a breathtaking drive through Oglebay Festival of Lights! This dazzling display features millions of twinkling lights and over 90 lighted attractions spread across 300 acres.



Meals will be on your own. Pack your own snacks and drinks for bus ride. Food available at casino food court and restaurants.

Transportation will be a charter bus through Barons Bus Lines. Board the bus at 9:00am by the pavilion and leave Ellenwood Center at 9:15am. Estimated return is 10:30pm. Please contact the Parks & Recreation Department if you need special travel accommodations. 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.



\$35 Bedford Senior Club members / \$50 for non-members

BRING YOUR VALID DRIVER'S LICENSE/STATE ID

Registration for Bedford Club Members begins October 15. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning November 15. All guests must be adults 21+ and have a valid ID. Limit of 2 guests max. Space is limited. Deadline to register is November 22. No refunds after deadline.



City of Bedford Newsletter

October 2024

Important Dates

- ◆ **Senior Health & Wellness Fair**
October 2
10:00 a.m.-1:00 p.m.
- ◆ **Council Meeting**
October 7
7:00 p.m.
- ◆ **Council Meeting**
October 21
7:00 p.m.
- ◆ **Trick-or-Treat Street**
October 19
10:00 a.m.-12:00 p.m.
*MUST PRE-REGISTER
- ◆ **Trick-or-Treat**
October 31
6:00 p.m.-8:00 p.m.



Chipper Service

Chipper service will be the week of October 7, 2024. This will be the last pick up for the year.

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.

Place branches on tree lawn with cut end facing the street. Branches cannot be larger than 10 inches in diameter. Leave limbs as long as possible for continuous feed into the chipper.

Limbs exceeding 10 inches in diameter, or less than 3 feet in length will not be picked up.

RX Drug Drop Box Program

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

Animal Warden

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



Trick-or-Treating

Trick-or-Treating will be held on Thursday, October 31 from 6:00 p.m. - 8:00 p.m. in the City of Bedford. Those that do not wish to participate in Trick-or-Treat, please turn your front light off. Trick-or-Treat brings significant pedestrian traffic throughout Bedford's neighborhoods, so please be mindful of that fact and watch out for children.

The Police Department requests to not drive next to your children as they are trick or treating. It impedes the flow of traffic and makes it more dangerous for the children.

Leaf Collection



The Service Department begins leaf collection the middle of October every year and continues until all leaves are picked up. Leaf pick up is only done in the fall, there is no leaf pick up in the spring. The city is divided into four sections and continuous rounds of each section will be made. Rake leaves to the tree lawn, do not rake them into the street, this blocks our storm system.

Do not call the Service Department for pick up, we will do continuous sweeps of the city until all leaves are picked up. Please be mindful of street parking during leaf season. If a car is parked in front of a leaf pile, workers won't be able to collect the leaves.

Election Day



Election Day is Tuesday, November 5 the polls are open from 6:30 a.m. to 7:30 p.m.

To confirm your voting location visit www.443vote.us or call 216-443-VOTE. Voters are reminded to bring identification.

Flag Retirement Collection Box

The City of Bedford is pleased to provide a solution for the proper retirement of worn, torn, and tattered flags. A flag collection box is available in the city hall parking lot at 165 Center Road.



JUST IN CASE... We included last year's list for Snow Plow contractors. We will be confirming details with previous/new providers this month.

The City of Bedford is not recommending any of the snow plow contractors/companies included on this list. This list is being provided as a courtesy. Contractors can be added to this list by contacting the Bedford Parks & Recreation Department. Any action you take upon the information on this list is strictly at your own risk and the City of Bedford will not be liable for any losses or damages in connection with the use of this list.

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

CITY OF BEDFORD

2023-2024 SNOW PLOW LIST

Last Revised 11/6/2023

Chambers' Home Improvement
(216) 534-0912
chim@contractor.net

- Senior Discount Offered
- \$27.00 per push for seniors
- \$35.00 per push
- Salt additional fee
- Discounts with seasonal contracts

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- \$25.00 and up per push for seniors
- \$30.00 and up per push
- Price depending on driveway length and snow height
- Salt additional fee
- V-plow truck for narrow driveway

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

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

Dobbs Landscaping and Plowing
(216) 780-1346
(216) 906-7003

- Senior Discount Offered
- Price depending on driveway length and snow height
- Salt additional fee

Gales Landscaping
(216) 315-5216

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

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

- Senior Discount Offered
- \$30 per push for seniors
- Sidewalk additional fee
- Price increase for 4" or more snow in driveway

Pro-Mow Landscaping
(216) 276-3399 *call this phone first
(440) 439-4456

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Smaller truck available for narrow driveway

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- \$25.00 and up per push depending on driveway length/width
- Sidewalk additional fee

Shane Westfall
(216) 905-6578

- Senior Discount Offered
 - Price depending on driveway length and snow height
-

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, October 31: 7:00pm - 8:30pm (No Book Group in November & December)

Bedford Branch - Meeting Room, Bedford Branch Zoom

October Title: Once In A Lifetime by Mary Monroe

"What's the Deal With Dead Man's Curve?"

Saturday, November 02: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Learn the answers to the questions native Clevelanders and newcomers have about the city, questions like: Why is Dead Man's Curve so badly designed? Why is Burke Lakefront Airport still open? What makes Shaker Heights so great? There is a story behind everything in Cleveland and this program delivers them all. Presented by author and Cleveland native Jim Sweeney.

Understanding Healthcare Decisions

Saturday, November 16: 10:00am - 11:00am

Bedford Branch - Meeting Room

Learn what happens when you can't make your own health care decisions. Understand differences between healthcare power of attorney, living will and DNR documents. Additionally, an ethicist from the center will speak on what happens during an ethics consultation service at Cleveland Clinic. Healthcare power of attorney forms and other literature will be available. Presented by Network for Connecting Communities & Bioethics from Cleveland Clinic.

Internet Basics

Friday, November 22: 10:00am - 12:00pm

Bedford Branch - Meeting Room

Learn how to use web browsers and search engines to navigate the internet. This class will also discuss how to stay secure while searching for and submitting information online. Prerequisite: Computers Basics or experience using a mouse. Registration opens on Monday, October 21 2024 at 9:00am.

Classes start promptly! We cannot hold seats for attendees who arrive after an in-person class has started. Anyone not on the registration list will be given an available seat on a first-come, first-served basis.

Upcycled Greeting Cards

Saturday, November 23: 11:00am - 12:00pm

Bedford Branch - Meeting Room

Repurpose greeting cards into handy gift boxes just in time for the holiday season. Registration opens on Wednesday, October 23 2024 at 9:00am.

Wood Slice Holiday Decorations

Saturday, December 07: 2:00pm - 3:30pm

Bedford Branch - Meeting Room

We will transform simple wood slices into painted holiday decorations. All materials are provided, so just bring your imagination! Registration opens on Monday, November 4 2024 at 9:00am.



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS

www.ftc.gov

Some things to know this Medicare Open Enrollment Period

If you have Medicare, Open Enrollment — which runs from October 15 through December 7 — is when you can make changes to your health and prescription drug plans.

Leading up to and during this time, you might see lots (and lots, and lots) of ads, and get lots (and lots, and lots) of phone calls about Medicare Advantage plans. Medicare Advantage plans are offered by private companies, and can differ from original Medicare when it comes to key things like in-network coverage, out of pocket costs, and referral policies for specialists.

There'll be some changes to Medicare drug coverage coming in 2025. So as you review and compare your options this Open Enrollment Period:

Confirm what you're really getting. If you're thinking about changing your coverage to or from a Medicare Advantage plan, don't just take an ad, agent, or broker's word for it when it comes to the details. Call the plan directly, check its website, or call 1-800-MEDICARE: Will your primary doctor, or other doctors you see, be in-network? Will your costs (including copayments) change? Will your prescriptions be covered? Will you need prior authorizations to get the care you need?

Keep records. If you talked to an agent or broker about a plan and what it covers, keep track of who you talked to, when you talked, and what they told you. Ask for a written description of the plan's terms. If it turns out the plan isn't what they promised, the more information you have, the better.

Get help comparing Medicare costs, coverage, and plans. Start with the State Health Insurance Assistance Programs (SHIPs) in all U.S. states and territories. And, as always, find unbiased information about your coverage options at Medicare.gov and 1-800-MEDICARE.

If you think you made the wrong plan choice because an agent, broker, or ad gave you misleading information, call 1-800-MEDICARE. Tell them what happened and they'll share what options you have. Then tell the FTC: ReportFraud.ftc.gov.



AT-A-GLANCE: PET PREPAREDNESS

If you are like millions of animal owners county-wide, your pet is an important member of your household. Unfortunately, animals are also affected by disaster. Here are some year-round safety tips to prepare your pet for emergencies and some suggestions in case you have to evacuate with your pet.

Make a Plan

- Have an evacuation plan for your pets. Know a safe place to take your pets before a disaster or emergency occurs. Many public shelters and hotels do not allow pets.
- Develop a buddy system. Plan with neighbors, friends, or relative to make sure that someone is available to care for or evacuate your pets if you cannot.
- Have your pet's identification on them. Keep your address and phone number up-to-date and include contact information for an emergency contact outside your immediate area. Microchip your pet as a backup.
- If you have **Large Animals**: Pets such as horses, goats, pigs, etc. require special consideration when preparing for a disaster. Below are some additional tips to remember when preparing for a disaster if you own large animals.

Build a Kit

Just as you do with your family's disaster kit, with your pet's kit, think first about the basics for survival, such as food and water. Consider making two kits, larger kit for sheltering in place and a lightweight version if you must evacuate.

- | | |
|--|--|
| <ul style="list-style-type: none"><input type="checkbox"/> Water & water bowl (enough water for several days)<input type="checkbox"/> Food (At least three days' worth in a waterproof container)<input type="checkbox"/> First Aid Kit<input type="checkbox"/> Collar with ID tag and harness or leash.<input type="checkbox"/> Copies of the pet's registration information and other relevant documents in weatherproof containers and electronic copies.<input type="checkbox"/> Travel bag, crate, or sturdy carrier | <ul style="list-style-type: none"><input type="checkbox"/> Grooming items: pet shampoo, conditioner, and other items.<input type="checkbox"/> Sanitation needs. Such as pet litter, litter box, newspapers, paper towels, plastic trash bags, and household chlorine bleach.<input type="checkbox"/> Picture of you and your pet and documentation of ownership.<input type="checkbox"/> Toys, treats, bedding, or other items to help reduce stress. |
|--|--|



Your Official Election Information

November 5, 2024 Presidential General Election

Important Election Information

Presidential General Election

Check your mailbox!

- The Ohio Secretary of State will be mailing Vote-by-Mail applications to all registered voters beginning in early September. Use this application, or request one from our website.

Beat the crowds!

- Early In-Person voting begins **Tuesday, October 8th**, at [2925 Euclid Avenue](#). Visit our website for free parking options.

Voting Before Election Day

Vote-by-Mail

All voters can vote from home!

Avoid the lines, take your time to research what is on your ballot, all from the comfort of your home.



Voting from home is easy!

- 1 Submit a ballot application to vote from home. You can print or request a ballot application online at [443vote.us](#) or by calling **216-443-VOTE (8683)**. The deadline to return an application is **Tuesday, October 29th**.
 - 2 Beginning **Tuesday, October 8th** we will mail your ballot and a return envelope.
 - 3 Vote and return your signed ballot envelope before Election Day. Postmark deadline is **Monday, November 4th**.
- * Use the **Track Your Vote-by-Mail Ballot** tool on our website to track your ballot throughout the process!

Early Voting at the Board of Elections

Located at 2925 Euclid Avenue in Cleveland.

Voting dates and hours below:



Weekdays*	Oct. 8 - 18	8:00 a.m. to 5:00 p.m.
Weekdays*	Oct. 21 - 25	8:00 a.m. to 6:00 p.m.
Saturday	Oct. 26	8:00 a.m. to 4:00 p.m.
Sunday	Oct. 27	1:00 p.m. to 5:00 p.m.
Monday	Oct. 28	7:30 a.m. to 7:30 p.m.
Tuesday	Oct. 29	7:30 a.m. to 8:30 p.m.
Weekdays*	Oct. 30 - Nov. 1	7:30 a.m. to 7:30 p.m.
Saturday	Nov. 2	8:00 a.m. to 4:00 p.m.
Sunday	Nov. 3	1:00 p.m. to 5:00 p.m.

Weekdays denotes Monday through Friday

Become an Election Day Poll Worker!

Earn **\$220 or more** while serving your community and seeing democracy in action. Learn more and sign up today at our website, [443vote.us](#)



CUYAHOGA COUNTY
BOARD OF ELECTIONS

On The Ballot:

Candidates:

US President
US Senate
US Congress (House of Representatives)

Ohio State Senate
Ohio Statehouse

Cuyahoga County Prosecutor
Cuyahoga County Council
(even numbered districts only)

Ohio Supreme Court
8th District Court of Appeals
Cuyahoga County Common Pleas Court

Highland Hills City Council
Cleveland Heights City Council
South Euclid Charter Review Commission

Issues:

State Issue
County Issue
Municipal Issues
School Issues

Voting on Election Day

Voting hours: Your polling location will be open on Election Day from 6:30 a.m. to 7:30 p.m.

What ID should I bring?

Acceptable forms of unexpired photo ID:

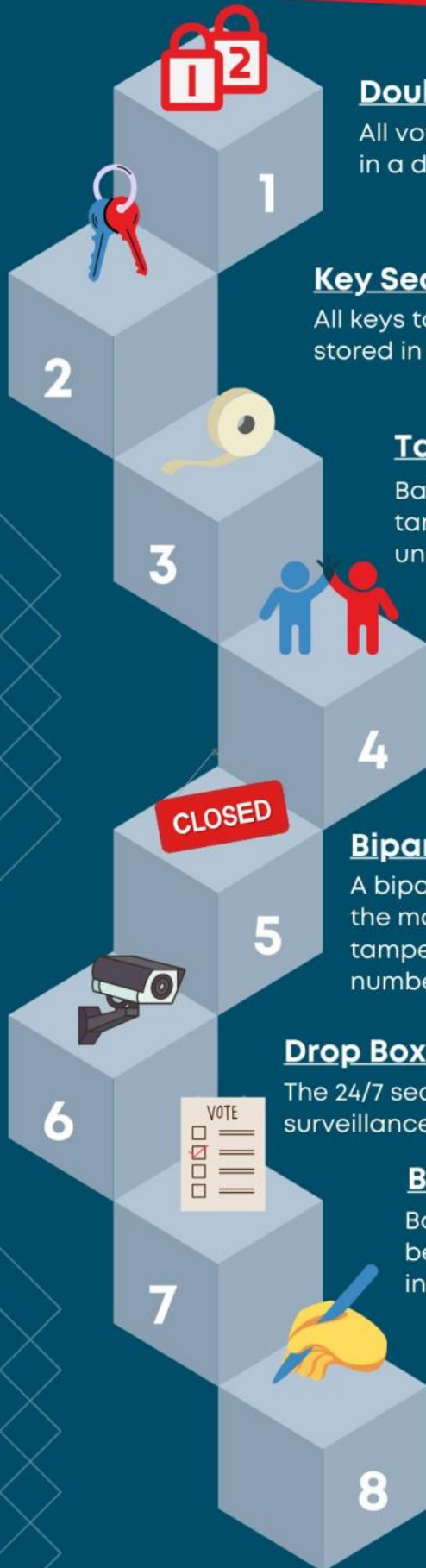


- ✓ Ohio Driver License, State ID Card, or Interim ID from the Bureau of Motor Vehicles
- ✓ A U.S. passport or passport card
- ✓ A U.S. Military ID card, Ohio National Guard ID card, or U.S. Department of Veterans Affairs ID card (that includes the voter's name and photograph)

Visit [443vote.us](#) for more info on:

- Presidential General Election
- Accessible voting options for individuals with disabilities





Double-locked Room

All voted ballots are stored securely in a double-locked room.

Key Security

All keys to rooms and storage are stored in a double-lock box.

Tamper-evident Tape

Ballot scanners are sealed with tamper-evident tape featuring unique serial numbers.

Bipartisan Morning Security Check

A bipartisan team verifies the ballot scanner's security tape and ensures the votes are unaltered each morning before voting begins.

Bipartisan Nightly Close

A bipartisan team closes the ballot scanners, verifies the morning's tamper serial numbers, replaces the tamper tape with new ones, and logs the new serial number and total votes cast in the logbook.

Drop Box Surveillance

The 24/7 secure ballot Drop Box is under video surveillance.

Ballots

Ballot paper is stored in locked file drawers beneath printer stations, with the main stock kept in a secure ballot room.

Signature Books

Signature books used to verify the precinct voters live in are stored in the ballot room when not in use by staff.

TOPIC 8 HIGHLIGHTS

SECURE POLLING LOCATIONS

1 BALLOT PROTECTION

SECURE STORAGE FOR BALLOTS AND VOTING EQUIPMENT IS IMPLEMENTED, INCLUDING LOCK BOXES AND TAMPER-EVIDENT SEALS.

2 CHAIN OF CUSTODY

STRICT CHAIN-OF-CUSTODY PROTOCOLS ARE FOLLOWED WHEN HANDLING BALLOTS, ENSURING THAT THEY ARE SECURED FROM THE TIME OF COLLECTION TO THE FINAL COUNT.

3 TRAINING FOR POLL WORKERS

POLL WORKERS RECEIVE DETAILED TRAINING ON SECURITY PROTOCOLS, EMERGENCY RESPONSE, AND VOTER ASSISTANCE, ENSURING A SMOOTH AND SAFE OPERATION.

4 ACCESS CONTROL

ONLY AUTHORIZED POLL WORKERS AND OBSERVERS ARE ALLOWED IN SPECIFIC AREAS, MINIMIZING THE RISK OF TAMPERING OR INTERFERENCE.

5 EMERGENCY PREPAREDNESS

CONTINGENCY PLANS ARE IN PLACE FOR EMERGENCIES, SUCH AS POWER OUTAGES, INCLEMENT WEATHER, OR THREATS, TO MAINTAIN UNINTERRUPTED VOTING.



BCSD COMMUNITY RESOURCE ROOM

475 Northfield Rd
Bedford, OH

South entrance
off Berwyn Dr
440-439-4510



The CRR is available to ALL BCSD community members.
To schedule a visit - speak with any of our social workers:

Amy Roberts

aroberts1@bedfordschools.org

ValSheka Ballou

vballou@bedfordschools.org

Tim Zuercher

tzuercher@bedfordschools.org

Rondale Reid

rreid@bedfordschools.org

The Bedford City School District's Distinguished Alumni Hall of Fame Nomination Form



All nominations must be completed
and submitted by October 30, 2024
Visit this QR Code Above



Nominate Bearcat
Alumni for The Bedford
City School
District's Distinguished Hall of
Fame.

Nominees are Bearcats that have
made a significant impact on the
community and the school's
history and legacy serving as an
inspiration to
current and future students.



DAYLIGHT SAVING TIME INFO

Sunday, November 3, 2024 at 2:00 am

- Set Your Clocks Back an Hour.
- Check Smoke Detector Batteries.



Cleveland Walk to End Alzheimer's®

Saturday, October 19, 2024
Cleveland Metroparks Zoo

Join DSAS in the fight against ALZ!
Register to walk with Team DSAS FORGET-ME-NOTS
and donate to the cause.



Western Reserve Area Agency on Aging

Senior Wellness Expo

FREE

FREE

Great Northern Mall

Thur., Oct., 24th ♦ 9:00 am - 1:00 pm

Food Court Area / Near Dick's Sporting Goods

9:00 am FREE Continental Breakfast & Bingo

FREE Health Screenings

Blood Pressure ♦ Glucose ♦ Cholesterol

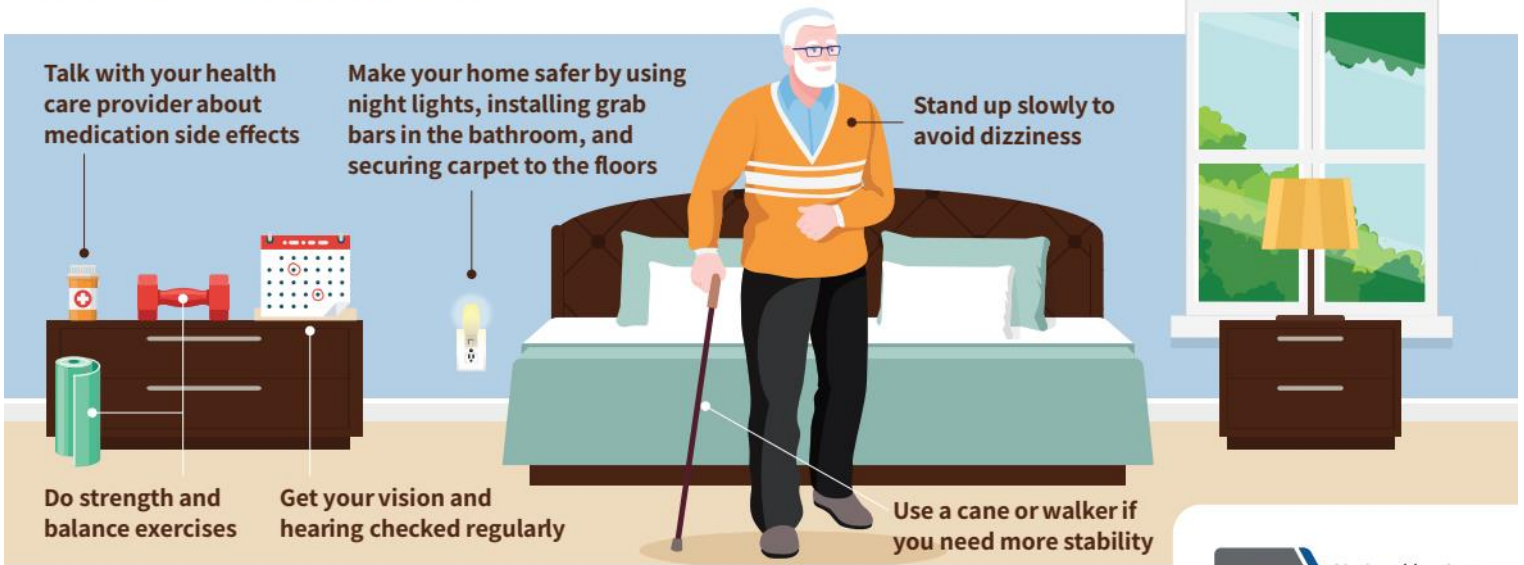
Presentations ♦ Flu Shots ♦ Covid Shots ♦ Vendor Tables

Please be sure to bring your insurance card

No registration required. For more information, contact WRAAA at 216-727-2629

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



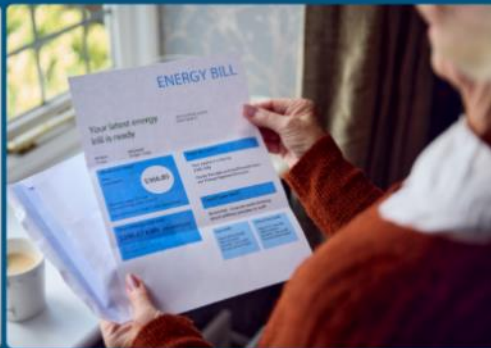
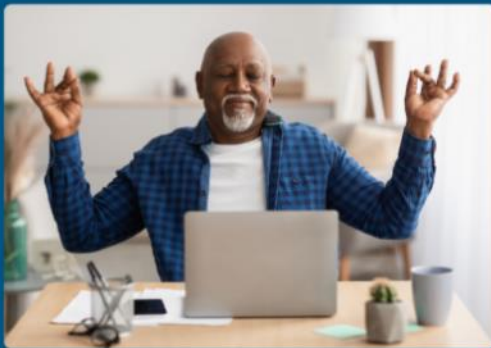
Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Stay Warm This Winter with help from DSAS!

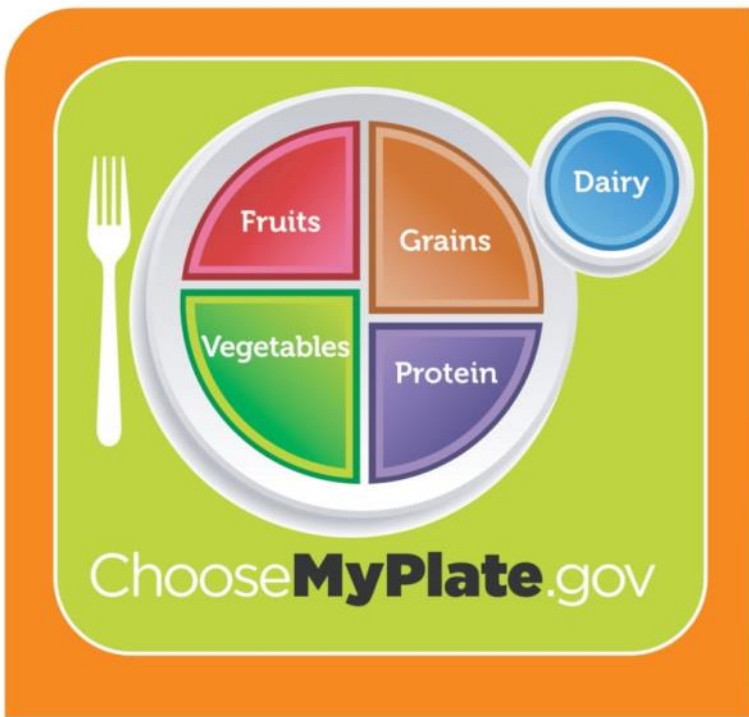
Ohio's Home Energy Assistance Winter Crisis Program may be able to assist in paying your winter heating costs.

We can provide application assistance to eligible households.



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





Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups. foods, try to plan your meals to include a variety of foods.



Fruits

FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



Vegetables

VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).



Protein

VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



Grains

MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are “enriched” with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



Dairy

MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1 ½ ounces of hard cheese.



Vegetable Gratin

YIELD: 9 SERVINGS

SERVING SIZE: 1 CUP

INGREDIENTS

- 2 medium zucchinis, sliced
- 3 russet potatoes, sliced
- 3 large tomatoes, sliced
- 1 eggplant, sliced
- 4 tablespoons flour
- 1 teaspoon cooking oil
- 2 cups low-fat milk
- ½ cup parmesan cheese
- Salt and pepper to taste



DIRECTIONS

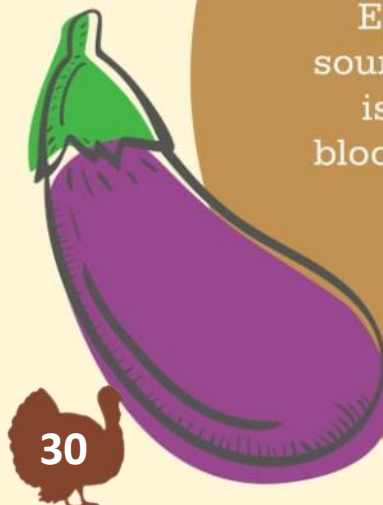
1. Preheat oven to 350° F
2. Spray a large casserole dish with oil or cooking oil spray
3. Place sliced ingredients in rows alternating between sliced zucchini, potatoes, tomatoes, and eggplant
4. Sprinkle with flour, salt, and pepper and set aside
5. In a small pan, heat milk over low heat
6. Pour warmed milk over dish and then top with parmesan cheese
7. Bake at 350° F for one hour

Nutrition Facts	
Amount Per Serving	
Calories	176
	% Daily Value*
Total Fat 5 g	7 %
Saturated Fat 2 g	10 %
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 213 mg	9 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Total Sugars 8 g	
Includes - Added Sugars	
Protein 8 g	17 %
Vitamin D 1 µg	5 %
Calcium 194 mg	19 %
Iron 1 mg	7 %
Potassium 785 mg	17 %
*Percent Daily Values are based on a 2,000 calorie diet.	

Healthy Tip



Eggplant is a great source of copper, which is important in red blood cell development.



NOVEMBER HOLIDAYS

DATE

HOLIDAY

- 1 National Author's Day
- 2 Look for Circles Day
- 3 National Sandwich Day
- 4 National Candy Day
- 5 American Football Day
- 6 National Nachos Day
- 7 National Hug a Bear Day
(Teddy bears, that is!)
- 8 STEM/STEAM Day
- 9 National Fried Chicken
Sandwich Day
- 10 Area Code Day
- 11 Veterans Day
- 12 National Pizza with the Works
Except Anchovies Day
- 13 World Kindness Day
- 14 National Pickle Day
- 15 I Love to Write Day

DATE

HOLIDAY

- 16 National Button Day
- 17 National Hiking Day
- 18 Apple Cider Day
- 19 National Play Monopoly
Day
- 20 National Peanut Butter
Fudge Day
- 21 World Hello Day
- 22 Love Your Freckles Day
- 23 National Cashew Day
- 24 National Sardines Day
- 25 National Parfait Day
- 26 National Cake Day
- 27 Turtle Adoption Day
- 28 National French Toast Day
- 29 National Day of Giving
- 30 National Mason Jar Day

JOKES & MORE! SUBMITTED BY OUR SENIORS



What is a Dad Joke?

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

Why did the police arrest the turkey? They suspected it of fowl play

Knock Knock. Whose There? Arthur. Arthur Who? Arthur any leftovers?

What role do the green beans play in Thanksgiving dinner? The case-role

If April shows bring May flowers, what do May flowers bring? Pilgrims

Why did the turkey play the drums in the band? Because he already had drum sticks!

What Thanksgiving treat is the most popular at the kids’ table? Crayon-berry sauce

Which side of turkey has the most feathers? The outside

What kind of music did the pilgrims like? Plymouth Rock

Why do pilgrims pants keep falling down?

Because their belt buckles are on their hats!

What does Dracula call Thanksgiving? Fangs-Giving

What do you call a turkey when it’s full? Stuffed!

What do you call a turkey the day after Thanksgiving?

Lucky!

How do you unlock a door on Thanksgiving? With a tur-key

Why did the turkey cross the road? To prove he wasn’t chicken



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?



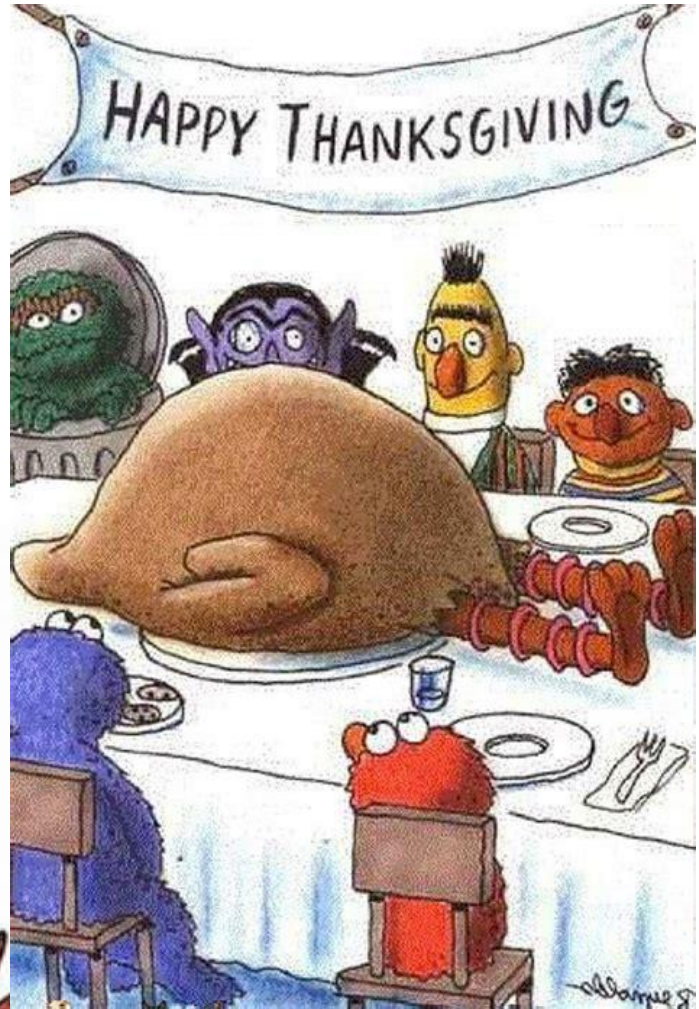
Thanksgiving Alphabet

T ... Turkeys, table-spreads, being together,
H ... Happiness and homes to protect us from all weather,
A ... Aunts and uncles, a reunion in Fall,
N ... Nieces and nephews, family members all.
K ... Kind-hearted kin coming over for dinner,
S ... Surely you'll have fun, but you won't get thinner,
G ... Gourds and pumpkins, mouths open wide,
I ... Indians and Pilgrims we remember with pride,
V ... Very special times-there could even be snow,
I ... Imagine what it was like at Plymouth long ago,
N ... Never forget how the settlers led the way,
G ... Giving thanks and blessing this special day.



The Turkey Trot

Five little turkeys standing at the door,
One waddled off, and then there were four.
Four little turkeys sitting near a tree,
One waddled off, and then there were three.
Three little turkeys with nothing to do,
One waddled off, and then there were two.
Two little turkeys in the morning sun,
One waddled off, and then there was one.
One little turkey better run away,
For soon it will be Thanksgiving Day.



HAPPY THANKSGIVING



cross

- 5. Leafy season
- 6. Hot Apple _____
- 9. Marching band
- 10. Gratitude
- 11. Gobble Gobble
- 12. Loved ones

Down

- 1. Eleventh month
- 2. Round squash
- 3. Hot apple _____
- 4. Gathering the planted produce
- 7. Berry sauce
- 8. Played with a pigskin
- 9. Arrived on the Mayflower
- 12. Lots of food



TURKEY DAY DINNER!

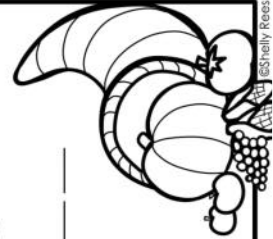
UNSCRAMBLE THE WORDS

The fourth Thursday in November is America's Thanksgiving Day! Many people love this holiday for the delicious foods that are served. A few of those foods have been scrambled up below. After you've unscrambled the foods, write each circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!

1. vayrg _____
2. tapsoteo _____ ○ _____
3. nimkpup ipe _____ ○ _____
4. retyuk ○ _____
5. nerdni lolrs ○ _____
6. tinfugf _____ ○ _____
7. sasroceels _____ ○ _____
8. shaqus _____ ○ _____
9. palep prisc _____ ○ _____
10. raincreebrs _____ ○ _____
11. spae & norc _____ ○ _____

Which side of the turkey has the most feathers?

4 8 7 11 3 6 2 10 5 9 _____!



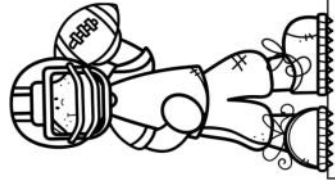
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FOOTBALL FANATICS!

FIND THE WORDS



November 5th is American Football Day! There are 32 professional football teams in the NFL. See if you can find some of them hidden in the puzzle (horizontally, vertically, and diagonally) using the clues. Check or fill in a circle when you find a word that fits that category.



FIND AND CIRCLE:

8 National Football Conference Teams ○○○○

8 American Football Conference Teams ○○○○

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

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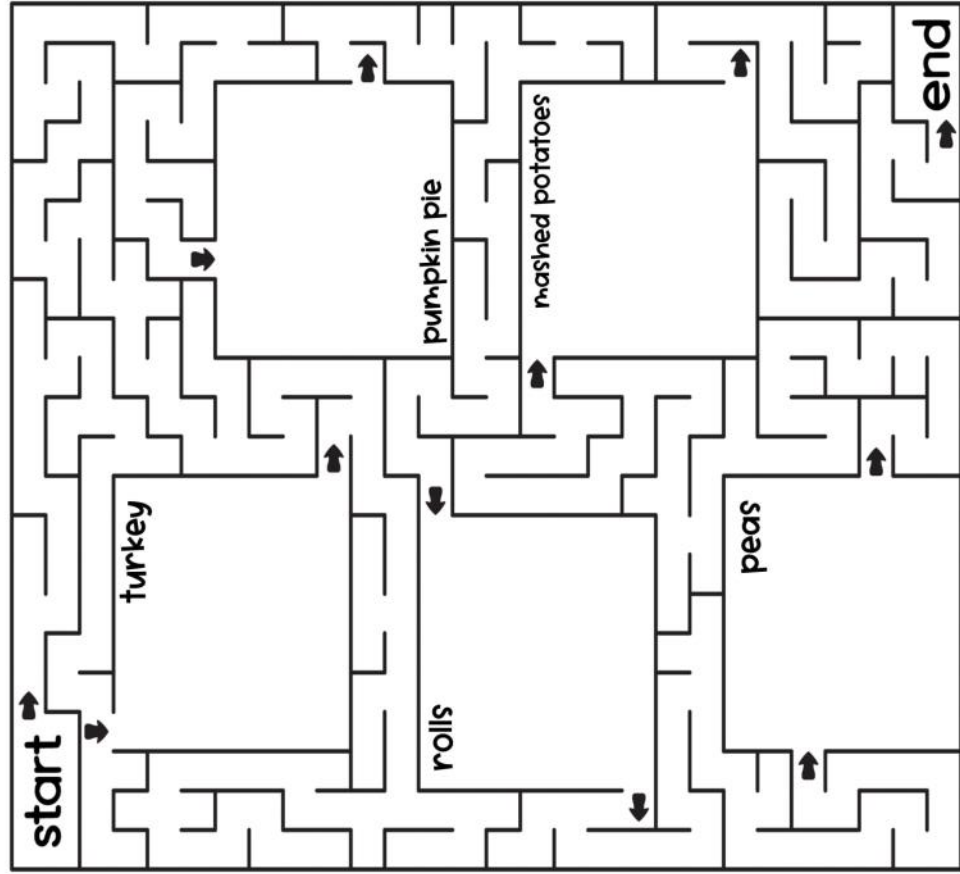
PUZZLES

THANKSGIVING DINNER



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.



©Steeley Rees

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

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



PUZZLES

Thanksgiving Word Shapes

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

- | | | | | | |
|--------------|-----------|-------------|------------|-----------|----------|
| Thanksgiving | colonists | apple pie | November | Plymouth | planting |
| potatoes | Mayflower | settlers | cornucopia | tradition | Pilgrims |
| cranberries | gratitude | celebration | settlement | autumn | religion |

Thanksgiving Word Scrambles

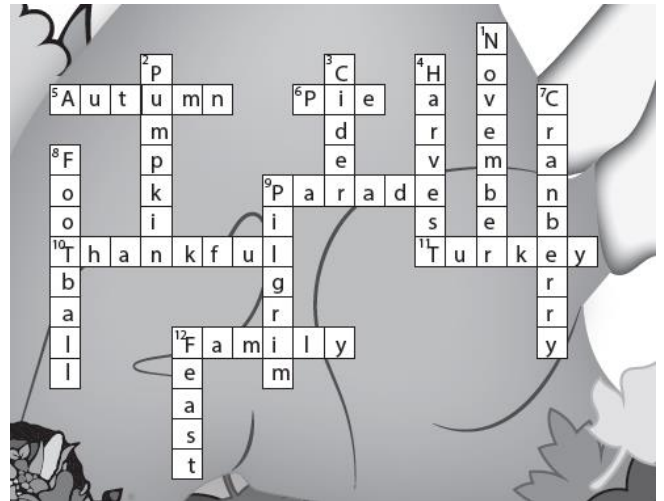
1. cieonrbetla _____
2. sapootet _____
3. inclstsoo _____
4. umolhtPy _____
5. Nverombe _____
6. ofrwlMaye _____
7. gdaeurtti _____
8. ationrdtti _____
9. nTgsankgyihi _____
10. oruicconpa _____
11. gialpnnt _____
12. ltrstese _____
13. eiaerbcnsrrr _____
14. etneelsmftt _____
15. lPisgrmi _____
16. uunmta _____

- | | | | |
|-----------|--------------|------------|-----------|
| potatoes | Thanksgiving | Mayflower | colonists |
| tradition | celebration | settlement | planting |
| settlers | cranberries | Pilgrims | gratitude |
| November | cornucopia | Plymouth | autumn |

ANSWER KEY

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

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



FOOTBALL FANATICS! FIND THE WORDS

ANSWER KEY



FIND AND CIRCLE:

8 NFC teams: **CARDINALS, PANTHERS, COWBOYS, BEARS, LIONS, RAMS, VIKINGS, SEAHAWKS**

8 AFC teams: **PATRIOTS, TITANS, STEELERS, DOLPHINS, CHIEFS, COLTS, BILLS, BRONCOS**

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

TURKEY DAY DINNER!

UNSCRAMBLE THE WORDS ANSWER KEY

- vayrg **G R A V Y**
- tapsoteo **P O T A T O E S**
- nimkpup ipe **P U M P K I N P I E**
- retyuk **T U R K E Y**
- nerdni lolrs **D I N N E R R O L L S**
- tinsugf **S T U F F I N G**
- sasroceels **C A S S E R O L E S**
- shaqus **S Q U A S H**
- palep prisc **A P P L E C R I S P**
- raincreebrs **C R A N B E R R I E S**
- spae & norc **P E A S & C O R N**

Which side of the turkey has the most feathers?

T H E O U T S I D E !
4 8 7 11 3 6 2 10 5 9



DIAL 2.1.1 to get connected to local resources.



Bill Payment Assistance



Disaster Services



Education



Employment & Financial Support



Food



Health Care



Personal & Household Items



Transportation

OCTOBER BIRTHDAYS

Suzanne Acevedo	Marion Grier	Sarah Pillar
Cassandra Marie Alexander	Wayne Halterman	Denise Planinsek
Leslie Ballachino	James Hammons	Frank Smith
Greg Barnett	Betty Howard	Marilyn Spiewak
Nettie Bloodworth	Fran Kern	Barbara Tapocsi
Queola Brooks	David Kilby	Beverly Taylor
Calvin Brown	Jim Kindle	Gwen Taylor
Mary Burge	Carol Kirsch	Thomas Taylor
Jeff Capps	Lois Lowe	Sharon Thomas
Ida Douglas	Frank Lucas	Marilyn Trzeciak
Deborah Gierlicki	Linda Macgillivray	Judy Weakland
Denise Goodlet	Cheryl Maxey-Yates	David Yarish
Terri Green	Loretta Navratil	

OCTOBER ANNIVERSARIES

Jack & Barb Hirko	52 years on October 16 th
George & Cindy Chimenti	44 years on October 18 th
Don & Karen Wertz	39 years on October 26 th

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

Cynthia Anderson	Sondra Gissentaner	Amy Rizzo
Anita Demitro	James Hensley	Reginald Ware
Francine Edwards	David Jesse	Shorita Young
Carolyn Erby	Carol Kirsch	Yvette Zeigler

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(440) 735-6570



recreation@bedfordoh.gov