



BEDFORD SENIORS CLUB NEWSLETTER

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Senior Club Lunches

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

Wednesday, October 22: Halloween Tacos & Costume Party

Registration deadline Friday, October 17 or until all seats fill

Wednesday, November 12: Thanksgiving Themed Lunch Turkey, Mashed Potatoes, Stuffing, Corn, Pumpkin Pie

Registration deadline Friday, November 7 or until all seats fill

A vegetarian option is available.

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









(440) 735-6570



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 10/7/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SATURDAYS Energizing Yoga October 11, 18 (No class 10/25) 9:00am</p>		<p>8</p>  Senior Lunch 12:00pm Bingo 1:00pm Book Club 2:00pm <u>No Step Aerobics</u>	<p>9</p> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Get Crafty 2:00pm Barre Above 6:00pm	<p>10</p> Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Beetlejuice Beetlejuice" Tai Chi 5:30pm Karaoke Night 6:00pm
<p>13</p> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	<p>14</p> Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sign Language 5:30pm Sunset Yoga 6:00pm	<p>15</p> Skee-ball 9:30am Medicare Help 10am-3pm Alzheimer's 10:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Step Aerobics 5:30pm	<p>16</p> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	<p>17</p> Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Sharksplotation" Tai Chi 5:30pm <i>Deadline for 9/24 lunch</i>
<p>20</p> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	<p>21</p> Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Get Crafty 2:00pm Sign Language 5:30pm Sunset Yoga 6:00pm	<p>22</p>  Senior Lunch 12:00pm Halloween Party 1:00pm Wear a costume! Step Aerobics 5:30pm	<p>23</p> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Get Crafty 2:00pm Barre Above 6:00pm	<p>24</p> <u>No Strength & Core</u> <u>No Drum or Peddling</u> Silver Screen 1:00pm "Superman" <u>No Tai Chi</u>
<p>27</p> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	<p>28</p> Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Sign Language 5:30pm Sunset Yoga 6:00pm	<p>29</p> Skee-ball 9:30am Step Aerobics 5:30pm	<p>30</p> UH Walking Club 9:30am UH Cooking 10:00am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	<p>31</p>  Wear a costume to class! Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Rocky Horror Picture" <i>Trick-or-Treat 6pm-8pm Pass out candy!</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 10/7/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Cybersecurity 1:00pm Chair Yoga 4:00pm Sewing 6:00pm <u>No Local Motion</u>	4  Binge Watchers 2:00pm Billiards Open 2:00pm Sign Language 5:30pm <u>No Strength & Balance</u> <u>No Sunset Yoga</u>	5 Skee-ball 9:30am Medicare Help 10am-3pm  12:00pm Get Crafty 2:00pm Step Aerobics 5:30pm Cybersecurity 6:00pm	6 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	7 Veteran Brunch 10:30am Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Freaky Friday" Tai Chi 5:30pm Deadline for 11/12 lunch
10 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Cybersecurity 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	11 	12  Senior Lunch 12:00pm Entertainment 1:00pm Book Club 2:00pm Step Aerobics 5:30pm Cybersecurity 6:00pm	13 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Get Crafty 2:00pm Barre Above 6:00pm	14 Strength & Core 10:45am Peddling 12:00pm Silver Screen 1:00pm "Freakier Friday" Tai Chi 5:30pm
17 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Cybersecurity 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm	18 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Get Crafty 2:00pm Sign Language 5:30pm Sunset Yoga 6:00pm	19 Skee-ball Playoffs & Potluck 10:00am Sparkling Portraits 2:00pm Step Aerobics 5:30pm Cybersecurity 6:00pm	20 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm	21 Strength & Core 10:45am Cardio Drum 12:00pm Silver Screen 1:00pm "Three Identical Strangers" Tai Chi 5:30pm
24 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Card Club 1:00pm Cybersecurity 1:00pm Chair Yoga 4:00pm Local Motion 6:00pm Sewing 6:00pm <u>No Chair Yoga</u>	25 <u>No Strength & Balance</u> <u>No Binge Watchers</u> <u>No Sign Language</u> Friendsgiving 11:30am Bingo 1:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	26  Tree Lighting Ceremony at the Square	27 	28 
31 Same as Nov 24 minus Cybersecurity		PLAYHOUSE SQUARE Saturday, Nov. 15 Board Bus at 10:15am		SATURDAYS Energizing Yoga November 1, 8, 15, 9:00am

SENIOR SPOTLIGHT

Proof that adventure doesn't retire—Louise Novak got her first tattoo in honor of her late husband Rich. Age is just a number; love is forever.



RECREATION PROGRAMS

Veterans Day Brunch – Presented by Home Instead

NEW! Join us for a special Veterans Day Brunch honoring the brave men and women who have served our country. Presented by Home Instead, this event is a heartfelt thank-you to our veterans for their service and sacrifice. Enjoy a delicious brunch, meaningful conversation, and a time of recognition and community. Limited to 120 participants.

Location: Ellenwood Center Gym

Date: Friday, November 7

Time: 10:30 am – 12:30 pm (Doors open at 10:00 am)

Fee: Free to veterans and guest; Registration required.

Bedford Resident registrations opens October 13.

Non-Resident registrations opens October 27.



Home Instead provides safe and consistent care for your loved one as they age, delivered at home with both comfort and transparency.

Home Instead
7650 1st Pl Suite H, Building B
Oakwood Village, OH 44146



RECREATION PROGRAMS

10 Warning Signs of Alzheimer's Disease

NEW! This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to the doctor.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Wednesday, October 15

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 25

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

Fee: Free to Bedford Senior Club Members

Cybersecurity Basics

NEW! Learn how to stay safe and protect your information online in this practical 4-session series. We'll cover the essentials of everyday cybersecurity and give you tools you can put into action right away. Topics include protecting your devices and smart settings, recognizing scams and online fraud, securing your passwords and password managers and safe browsing the web with confidence. No prior technical knowledge is required—just bring your curiosity and your questions!

Instructor: Heather Rhoades, Digital Content Extraordinaire

Location: Ellenwood Center Room 1 or 4

Daytime Session Dates: Mondays, November 3, 10, 17, 24

Daytime Session Time: 1:00 pm – 2:30 pm

Evening Session Dates: Wednesdays, November 5, 12, 19, December 3 (No class 11/26)

Evening Session Time: 6:00 pm – 7:30 pm

Fee: Free, pre-registration preferred



RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

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

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3



Craft w/ Rachel: Pumpkin Garland — Thursday, October 9, 2:00 pm – 4:00 pm

Craft w/ Tina: Glass Mosaics — Tuesday, October 21, 12:00 pm – 2:00 pm

Craft w/ Rachel: TBA — Thursday, October 23, 2:00 pm – 4:00 pm

Craft w/ Library: Fall Leaf Bowls — Wednesday, November 5, 2:00 pm – 4:00 pm

Craft w/ Rachel: TBA — Thursday, November 13, 2:00 pm – 4:00 pm

Craft w/ Tina: Weaving Pot Holder/Hot Pad — Tuesday, November 18, 12:00 pm – 2:00 pm

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

Over the Moon—Wednesday, October 15

Grinchy Tricks—Wednesday, November 19

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

RECREATION PROGRAMS

Family Karaoke Night

NEW! Bring the family for an evening of fun, music, and food! A family-friendly environment with supportive vibes, whether you're a karaoke pro, first-timer or just a spectator. Over 70,000 song choices for all ages and music tastes. Attendees receive 2-slices of pizza, bag of chips, cookies and drink.

Location: Ellenwood Center Gym

Date: Friday, October 10

Time: 6:00 pm – 9:00 pm

Fee: \$5 Resident/\$7 Non-Resident Pre-Registration required. Registration will not be accepted at the door. Bedford Senior Club Members are free and must register in advance

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.

Knitting Connection: Community Giving Project

Join our Community Giving Project this winter season by knitting mittens, scarves and hats to help others stay warm through a “Mitten Fence.” Beginners and experienced knitters are welcome. Needles, yarn and patterns will be supplied. Last winter we supplied 113 pairs of gloves/ mittens, 156 hats, and 129 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

Time: 1:00 pm – 3:00 pm



Starting November 26 at 5:00pm, the mitten fence on Broadway Avenue in Downtown Bedford will be open for donations. If you'd like to donate, please hang new or clean, gently used mittens, gloves, hats and scarves in a sealed bag on the fence, between Spirit Apotheosis and Gionino's Pizzeria. Donations also accepted at Ellenwood Center or Broadway Cyclery.



RECREATION PROGRAMS

Joker's Wild Card Club

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

Location: Ellenwood Center Room 3

Date: Mondays, October 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15

Time: 1:00 pm—3:00 pm

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

Chair Yoga Flow

NEW DAY & 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, October 13, 20, 27, November 3, 10, 17, December 1, 8, 15 (No class 11/24)

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

Step Aerobics, Cardio Drumming & Modified Pedaling are full with waiting lists! Please let us know if you are not coming to a program.

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, October 13, 20, 27, November 10, 17, 24, December 1, 8 (No class 11/3)

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

Beginner American Sign Language (ASL)

NEW! This engaging 3-part course introduces students to the fundamentals of American Sign Language (ASL). Participants will learn the alphabet, numbers, essential vocabulary, and everyday phrases while practicing both expressive (signing) and receptive (understanding) skills. Through guided practice and group activities, students will build confidence in fingerspelling and conversational signing. By the end of the course, participants will be able to engage in basic communication with individuals who are nonverbal or hearing impaired. This class is geared for adults and older children.

Part 1: Alphabet, Numbers, Fingerspell, Family, Common Phrases

Remaining Dates: Tuesdays, October 14, 21

Part 2: Colors, Clothes, Food, Animals, Questions, Common Phases

Dates: Tuesdays, October 28, November 4, 18, December 2 (No class 11/11, 11/25)

Part 3: Questions, Time, Opposites, Expressions, Conversations

Dates: Tuesdays, January 13, 20, 27, February 3

Instructor: Yvonne Williams

Location: Ellenwood Center Room 3

Time: 5:30 pm – 6:30 pm

Fee per session: \$30 Bedford Resident/\$40 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 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, Oct. 14, 21, 28, November 18, December 2, 9, 16 (No class 11/4, 11/11, 11/25)

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, Oct. 10, 17, 31, November 7, 14, 21, December 5, 12 (No class 10/24, 11/28)

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, Oct. 9, 16, 23, 30, November 6, 13, 20, December 4, 11, 18 (No class 11/27)

Time: 11:00 am – 12:00 pm

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

RECREATION PROGRAMS

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 10, 17, November 7, 14, 21, December 12 (No class 10/24, 10/31, 11/28, 12/5)

Time: 5:30 pm - 6:15 pm

Fee: \$65 Resident/\$75 Non-Resident

Bedford Senior Club Members are free and must register in advance

Barre Above®

Experience a dynamic and empowering workout that combines elements of Pilates, yoga, and dance strength training. Elevate your fitness routine and sculpt your body in a motivating group fitness class. Suitable for participants of all fitness levels; the class is designed to be adaptable, allowing you to progress at your own pace. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, October 9, 16, 23, 30, November 6, 13, 20, December 4, 11 (No class 11/27)

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, October 11, 18, November 1, 8, 15, December 6, 13 (No class 10/25, 11/22, 11/29)

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



RECREATION PROGRAMS

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

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

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, October 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15

Time: 6:00pm-8:00pm

Fee: Free, pre-registration preferred

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, October 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15

Time: 10:30 am - 11:30 am

Location: Ellenwood Center Gymnasium

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



RECREATION PROGRAMS

Medicare Help

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

Mike will be having walk-in and appointments slots to answer your Medicare questions and concerns at Ellenwood Center in Room 1 on Wednesday, November 5 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:

- **Trick or Treat Street Volunteers:** Saturday, October 25, 9:30am-12:30pm at Ellenwood Center. Indoor event. Wear volunteer shirt or costume.
- **Veteran's Brunch Volunteer:** Friday, November 7, 9:15am-1:00pm at Ellenwood Center
- **LEAP (Adults w/ Special Needs) Cavs Watch Party Volunteer:** Friday, November 21, 5:30pm-10:30pm at Ellenwood Center

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.

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



RECREATION PROGRAMS

Senior Transportation Connection

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

Boundary lines for all trips are:

North - UH Ahuja Medical Center
East - City of Solon

South - Northfield Plaza
West - Cleveland Clinic Independence

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



The City of Bedford is pleased to announce a partnership with CARE Leadership Partners. CARE, which stands for Communities Assisting Residential Elders, is a volunteer-supported collaborative organization, under the fiscal umbrella of Community Partnership on Aging (communitypartnershiponaging.org). CARE supports seniors in ten area communities, now including Bedford!

CARE helps seniors ages 60 and over maintain their independence and dignity by providing assistance with home and property projects, enabling them to age in place comfortably. Services include yard care, minor painting and repairs, exterior cleaning, home organizing, safety support and more, all completed by dedicated volunteers from diverse backgrounds. CARE does not provide mowing, snow removal, or certain other services.

To receive services, seniors must become a member; however, membership costs are assessed on a case-by-case basis with many recipients receiving services free of charge. To become a member, a volunteer, or for more information call CARE at 216-970-0599.

RECREATION PROGRAMS

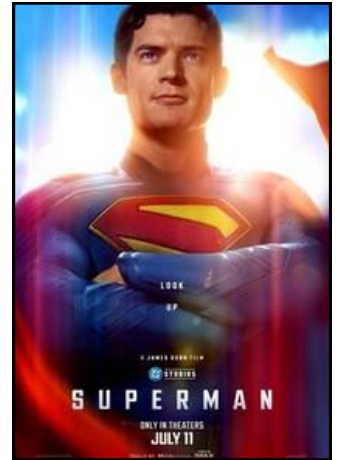
Silver Screen Seniors

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.

Added another showing...

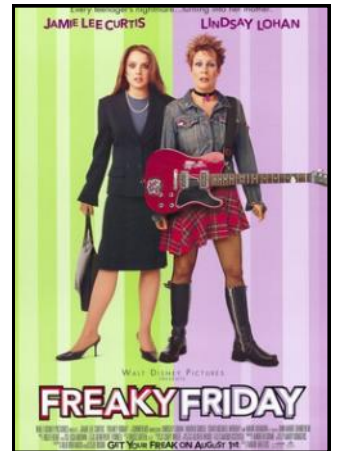
Thursday, October 23: Superman (2025)

When Superman gets drawn into conflicts at home and abroad, his actions are questioned, giving tech billionaire Lex Luthor the opportunity to get the Man of Steel out of the way for good. Will intrepid reporter Lois Lane and Superman's four-legged companion, Krypto, be able to help him before it's too late? Rated PG-13. 2 hours, 9 mins.



Friday, November 7: Freaky Friday (2003)

Single mother Tess Coleman (Jamie Lee Curtis) and her teenage daughter Anna (Lindsay Lohan) couldn't be more different, and it is driving them both insane. After receiving cryptic fortunes at a Chinese restaurant, the two wake up the next day to discover that they have somehow switched bodies. Unable to switch back, they are forced to masquerade as one another until a solution can be found. In the process, they develop a new sense of respect and understanding for one another. Rated PG. 1 hour, 37 mins.



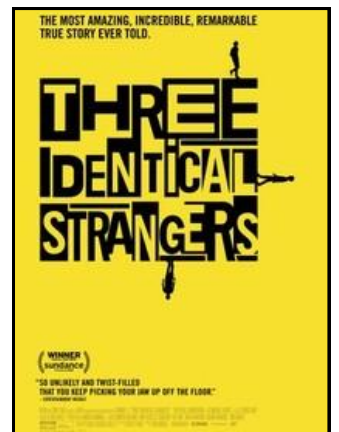
Friday, November 14: Freakier Friday (2025)

Years after Tess and Anna endured an identity crisis, Anna now has a daughter of her own and a soon-to-be stepdaughter. As they navigate the myriad challenges that come when two families merge, Tess and Anna discover lightning might indeed strike twice. Rated PG. 1 hour, 50 mins.



Friday, November 21: Three Identical Strangers (2018)

Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation but also unearths an unimaginable secret that has radical repercussions. PG-13 1 hour, 36 mins.



RECREATION PROGRAMS

Shelf Indulgence Book Club

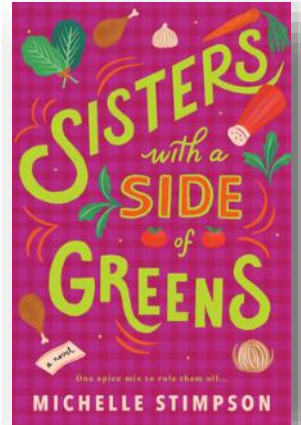
Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of CCPL. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, November 12: *Sisters with a Side of Greens* by Michelle Stimpson

Goodreads: *"Two strong-willed sisters fight their way to forgiveness in this feel-good Southern fiction, for fans of Terry McMillan and KJ Dell'Antonia's The Chicken Sisters. Rose Tillman and her sister Marvinna Nash haven't spoken in decades—not since Rose sent Marvinna \$40 to register their business, and Marvinna used that money for her own personal purposes. Now retired, Rose wants to open the restaurant they'd once dreamed of. But, to her horror, Rose realizes she's forgotten their mother's secret spice mix recipe, known to only one other person in the world.*

With no other option, Rose embarks on a two-hour drive to Marvinna's house back in Fork City, TX. Marvinna has her own version of what caused their falling out, and it's a far cry from what Rose recalls. Marvinna, skeptical and still indignant, but incurably polite, figures she'll give Rose a chance to speak her piece, before closing the door in her face.

As the sisters fight their way to forgiveness, they unpack their complicated past, form an unexpected alliance with a young mother-to-be, and reconnect through the tantalizing aroma of chicken dinners that hold the power to heal—or divide—a community. In a tale rich with Southern charm, Rose and Marvinna discover, through fussing, laughter, and tears, that the secret ingredient to a bright future might just be found in facing who they are today—and in forgiving the past to embrace a second chance at sisterhood."



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 4 TV-MA.

October 14 — Episodes 1-2

October 21—Episodes 3-4

October 28—Episodes 5-6

November 4—Episodes 7-8

November 11—closed

November 18—Episodes 9-10



The Toys That Made Us

For some people, the favorite memories from their childhoods are playing with toys, some of which become iconic through the years as multiple generations of people play with the venerable playthings. This series takes a look at some of America's greatest toy franchises, including the people and companies that created them, telling the stories of the rise -- and, sometimes, fall -- of the billion-dollar creations.

December 2 — Star Wars & Barbie December 16 — My Little Pony & Professional Wrestling

December 9 — LEGO & Hello Kitty

RECREATION PROGRAMS



**LUNCH
AND LEARN**
WITH **BEDFORD**
PARKS & RECREATION

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

Dwight D. Eisenhower: Honor and Country

Step into the remarkable life of President Dwight D. Eisenhower — a man whose story spans from humble beginnings in Kansas to becoming a five-star general, Supreme Commander of Allied Forces in World War II, and the 34th President of the United States. Discover his deep sense of duty and patriotism, his enduring romance with Mamie, and his love for golf as a welcome escape from the pressures of leadership. This engaging presentation will explore Eisenhower's legacy of service, his steady hand during turbulent times, and the personal passions that shaped the man behind the public figure. Presented by Susan Cannovino, Presentations with Pizzazz.



In tribute to Eisenhower's Kansas roots and his favorite food, we'll serve a hearty beef stew accompanied by egg noodles, roll, and our own take on Mamie Eisenhower's famous Million-Dollar Fudge.

Date: Wednesday, November 5

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...

"Cleveland Holiday Traditions" —Wednesday, December 3

"Superman in Cleveland" —Wednesday, January 21



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: (440) 735-6570

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

A Christmas Story House & Westside Market Monday, December 15, 2025

Step back in time and relive one of America's most beloved holiday film classics with a tour of the A Christmas Story House in Cleveland! Explore the iconic home where Ralphie, the leg lamp, and the Red Ryder BB gun came to life. The guided experience will share behind-the-scenes stories, movie memorabilia, and a chance to see sets recreated exactly as they appeared in the film. Afterward, we'll head to the historic West Side Market, Cleveland's oldest publicly owned market, where you can wander through aisles of fresh produce, meats, baked goods, spices, and international foods. Enjoy time to shop and eat!



We will be riding a school bus provided by Bedford City Schools. Board the school bus at 9:45am by the pavilion and leave Ellenwood Center at 10:00am. Tour starts at 10:45am, then we will head to Westside Market. Lunch on your own. We will board the bus to leave at 2:00pm and depart at 2:15pm. Estimated return is 2:45pm. We will be riding a school bus provided by Bedford City Schools. 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. 30 ticket limit.



Additional information about the accessibility at a Christmas Story House & Museum:

The House: Accessibility ramps provides access to the first floor only.

The Gift Shop: Fully accessible as a single-story building.

Optional add-on: Stay at Ellenwood Center after the trip and watch the movie *A Christmas Story*! Snacks included.

Fee: \$20 Bedford Senior Club member/\$30 for non-member

Registration for Bedford Club Members opens on Monday, October 6 at 10:00am. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning Monday, November 3 at 10:00am. Limit of 2 guests max. Registration deadline November 21. No refunds after the deadline.



City of Bedford Newsletter

October 2025



Sign Up

to receive your

BEDFORDNEWS

electronically!

www.bedfordoh.gov

Important Dates

- ◆ **Senior Health & Wellness Fair**
October 1
10:00 a.m.-1:00 p.m.
- ◆ **Council Meeting**
October 7
7:00 p.m.
- ◆ **Council Meeting**
October 20
7:00 p.m.
- ◆ **Trick-or-Treat Street**
October 25
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 6, 2025. 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.

Animal Warden

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

Election Day



Election Day is Tuesday, November 4 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.

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.

Children's Fall Festival

Bedford's annual Children's Fall Festival will take place on Saturday, October 4, from 10:00 a.m. to 1:00 p.m. at Bedford Square, located at 730 Broadway Ave. Families are invited to join in a fun-filled day celebrating the fall season with a variety of activities for children, including games, hunting for the perfect pumpkin in the pumpkin patch, dancing, singing along to music, and much more. It's a great opportunity to enjoy quality time together and make lasting memories right here in Bedford.



Trick-or-Treating

Trick-or-Treating will be held on Friday, 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.

City of Bedford Master Plan Update

The City of Bedford is updating its Master Plan! A master plan outlines a community's long-term vision for development, redevelopment and land use, and serves as a roadmap for growth aligned with community goals. Work on the update just began and will continue throughout 2026. There will be numerous points within the process to share your thoughts which will shape the final document.

Details on public meetings and online surveys will be shared on Bedford's social media, Bedford's website and County Planning Commission website at

<https://www.countyplanning.us/projects/bedford-master-plan/>.

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 16 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 30: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

October Title: *Take the Long Way Home* by Rochelle Alers

Digital Navigator at Bedford

Thursday, November 13 & Saturday, November 15: 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.

Emotional Freedom Technique

Saturday, October 18: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

E.F.T. or EMOTIONAL FREEDOM TECHNIQUE: This program will teach you the simple process of tapping on pressure points on the body to relieve mental, emotional and physical issues.

Triple P Presents: Mealtimes - Holiday Meals... Without the Mealtime Meltdowns

Thursday, October 23: 7:00pm - 8:00pm

Bedford Branch

Parents will learn strategies to increase food variety, manage mealtimes, and create a personalized family mealtime plan with the holidays in mind.

Word Basics

Friday, November 14: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Learn Microsoft Word using tools such as entering and formatting text, copying, pasting, saving and printing. Prerequisite: Computer Basics or equivalent experience. Registration opens on Monday, October 13 2025 at 9:00am.



Food Distribution

Fall 2025

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free food to those in need on select dates on a first-come, first-served basis, while supplies last, weather permitting.



Dates & Locations

BEDFORD BRANCH

Wednesday, September 17
1:30 – 3:30 PM

BROOK PARK BRANCH

Wednesdays, September 24,
October 22 / 2 – 3:30 PM

BROOKLYN BRANCH

Mondays, September 8,
October 6 / 10:30 AM – 12 PM

GARFIELD HEIGHTS BRANCH

Wednesdays, September 3,
October 1, November 5
11 AM – 1 PM

MAPLE HEIGHTS BRANCH

Tuesday, September 9
10:30 AM – 12 PM

PARMA HEIGHTS BRANCH

Wednesday, September 17
10 AM – 12 PM

PARMA-SNOW BRANCH

Tuesdays, September 2,
October 7, November 4
3:30 – 5 PM

SOUTH EUCLID-LYNDBURST BRANCH

Tuesdays, September 23,
October 28, November 25
12 – 2 PM

WARRENSVILLE HEIGHTS BRANCH

Thursdays, September 11,
October 9, November 13
1:30 – 3 PM

Cuyahoga
County
Public
Library



Greater Cleveland
Food Bank



cuyahogalibrary.org



Your Official Election Information

November 4, 2025 General Election

Important Election Information

General Election

- We have moved! The Drop Box and operations are now located at **1803 Superior Ave., Cleveland, OH 44114**.
- If you choose to Vote-by-Mail for this election, check the "November General Election" box on the application. An application must be submitted for each election.
- For important election updates, follow us on Social Media @CuyahogaBoE or visit **boe.cuyahogacounty.gov**.

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 **boe.cuyahogacounty.gov** or by calling **216-443-VOTE (8683)**. The deadline to return an application is **Tuesday, October 28th**.
- 2 Beginning **Tuesday, October 7th** 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 3rd**.
- * Use the **Track Your Vote-by-Mail Ballot** tool on our website to track your ballot throughout the process!



Early Voting at the BOE

New Location!

1803 Superior Avenue in Cleveland!

Voting dates and hours below:



Board's New Administrative Office!

The Board of Elections is now located at **1803 Superior Avenue, Cleveland OH 44114**. Learn where to park, location of the drop box, and more at **boe.cuyahogacounty.gov**

Weekdays*	October 7-24**	8:00 a.m. to 5:00 p.m.
Monday	October 27	7:30 a.m. to 7:30 p.m.
Tuesday	October 28	7:30 a.m. to 8:30 p.m.
Weekdays*	October 29-31	7:30 a.m. to 7:30 p.m.
Saturday	November 1	8:00 a.m. to 4:00 p.m.
Sunday	November 2	1:00 p.m. to 5:00 p.m.

Weekdays denotes Monday through Friday

Closed **Monday, October 13th in observance of Columbus Day.
Tuesday, October 28th - Vote-by-Mail application return deadline



CUYAHOGA COUNTY
BOARD OF ELECTIONS

1803 Superior Avenue
Cleveland, OH 44114

NONPROFIT
U.S. POSTAGE
PAID
CLEVELAND, OHIO
PERMIT NO. 3452

Your current
precinct and polling
location will be
located here.

Voting on Election Day

Your polling location is: (su lugar de votación es:)

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)



For up-to-date information on the Election, visit boe.cuyahogacounty.gov

- General Election
- Accessible voting options for individuals with disabilities



BOE 1050_08.12.25



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.



Department of
Insurance

Senior Health Insurance
Information Program

Medicare OPEN ENROLLMENT Checklist

PLAN AHEAD FOR A SUCCESSFUL OPEN ENROLLMENT PERIOD

KNOW YOUR COVERAGE. Know your current coverage; benefits, out-of-pocket costs, etc.

REVIEW YOUR ANNUAL NOTICE OF CHANGE (ANOC). Plans will share important details prior to open enrollment. Review this document carefully each year.

REVIEW PLAN OPTIONS ON MEDICARE.GOV. Know all possible costs, benefits, and limitations on usage in plans.

KNOW THE DATES. If you need or want to change your plan, enrollment must be completed by 12/7.

YOU'RE NOT ALONE. OSHIIP is here to help you with in-person and virtual education and counseling, webinars, Open Enrollment events, and more.

800-686-1578

Medicare Open Enrollment

Each year from Oct. 15 through Dec. 7 you can update or switch your Medicare drug plan and/or your Medicare Advantage plan. Your new coverage will begin Jan. 1 of the next year.

GET YOUR MEDICARE HEALTH
COVERAGE IN ONE OF TWO WAYS.
YOUR COSTS WILL VARY DEPENDING
ON YOUR PLAN, COVERAGE, AND
THE SERVICES YOU USE.

OPTION 1

OR

OPTION 2

Original Medicare

Part A (Hospital) &
Part B (Medical)

+

Secondary Insurance

Group Health
Insurance, MedSup,
or Medicaid

+

Rx Coverage,
Part D, or Creditable
Coverage

Medicare Advantage Part C

1. Hospitalization
2. Medical
3. Rx (MA-PD)

Scan for more
information



Ohio Senior Health Insurance
Information Program (OSHIIP)

800-686-1578



Department of
Insurance

Senior Health Insurance
Information Program



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean



Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK



Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

Thickest part of breast

Innermost part of wing

Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit Pregunteleakaren.gov for questions in Spanish.



Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.



- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards





American Heart Association.
Healthy for Good™

DID YOU KNOW?

These six popular foods can add high levels of sodium to your diet.

As part of a healthy dietary pattern that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, red meat and processed red meats, refined carbohydrates, and sugary drinks, the American Heart Association recommends 2,300 milligrams (mgs) or less a day of sodium.*



Daily suggested sodium referenced below is based on 2,300 mgs/day recommendation:



BREADS & ROLLS

Some foods that you might eat throughout the day, such as bread, can add up to a lot of sodium even though each serving may not seem high in sodium.

1



PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

2



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

4



SOUP

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than a third of your daily recommended intake. Check the labels to find lower sodium varieties.

5



BURRITOS & TACOS

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.

6



Compare labels whenever possible and choose options with the lower amounts of added sugars, sodium and saturated fat and no trans fat and look out for the Heart-Check mark, a simple tool to help you eat smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern, including sodium.

*Also, remember serving size makes a difference. Eating double the serving size means you are eating double the sodium. 1,500 mg/d for those who are sensitive to sodium and /or at high risk for hypertension.

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Makes 4 servings; 1 cup per serving
Per serving: 136 Calories; 0.5 g Saturated Fat; 215 mg Sodium



INGREDIENTS

- ☐ 1 16-ounce package frozen mixed bell peppers strips (may be labeled stir-fry mix)
- ☐ 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- ☐ 1 14.5-ounce can fat-free, low-sodium chicken broth
- ☐ ½ 15.5-ounce can no-salt-added navy beans, rinsed and drained
- ☐ 3 tablespoons chopped fresh basil leaves
- ☐ 2 tablespoons chopped fresh parsley
- ☐ 1 tablespoon balsamic vinegar
- ☐ ½ teaspoon dried oregano, crumbled
- ☐ 1 medium garlic clove, minced
- ☐ ⅛ to ¼ teaspoon crushed red pepper flakes
- ☐ 1 tablespoon olive oil (extra virgin preferred)
- ☐ ¼ teaspoon salt

DIRECTIONS

1. In a food processor or blender, process the bell peppers, tomatoes with liquid, broth, beans, basil, parsley, vinegar, oregano, garlic, and red pepper flakes until slightly chunky or smooth. Pour into a large saucepan.
2. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 20 minutes, or until the flavors are blended. Remove from the heat.
3. Stir in the oil and salt. Ladle into soup bowls.

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NOVEMBER HOLIDAYS

DATE	HOLIDAY	DATE	HOLIDAY
1	National Author's Day	16	National Button Day
2	Look for Circles Day	17	National Hiking Day
3	National Sandwich Day	18	Apple Cider Day
4	National Candy Day	19	National Play Monopoly Day
5	American Football Day	20	National Peanut Butter Fudge Day
6	National Nachos Day	21	World Hello Day
7	National Hug a Bear Day (Teddy bears, that is!)	22	Love Your Freckles Day
8	STEM/STEAM Day	23	National Cashew Day
9	National Fried Chicken Sandwich Day	24	National Sardines Day
10	Area Code Day	25	National Parfait Day
11	Veterans Day	26	National Cake Day
12	National Pizza with the Works Except Anchovies Day	27	Turtle Adoption Day
13	World Kindness Day	28	National French Toast Day
14	National Pickle Day	29	National Day of Giving
15	I Love to Write Day	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 because they are just simply cheesy.

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

MY FAMILY TOLD ME TO
STOP TELLING
THANKSGIVING JOKES...BUT I
COULDN'T QUIT COLD
TURKEY.



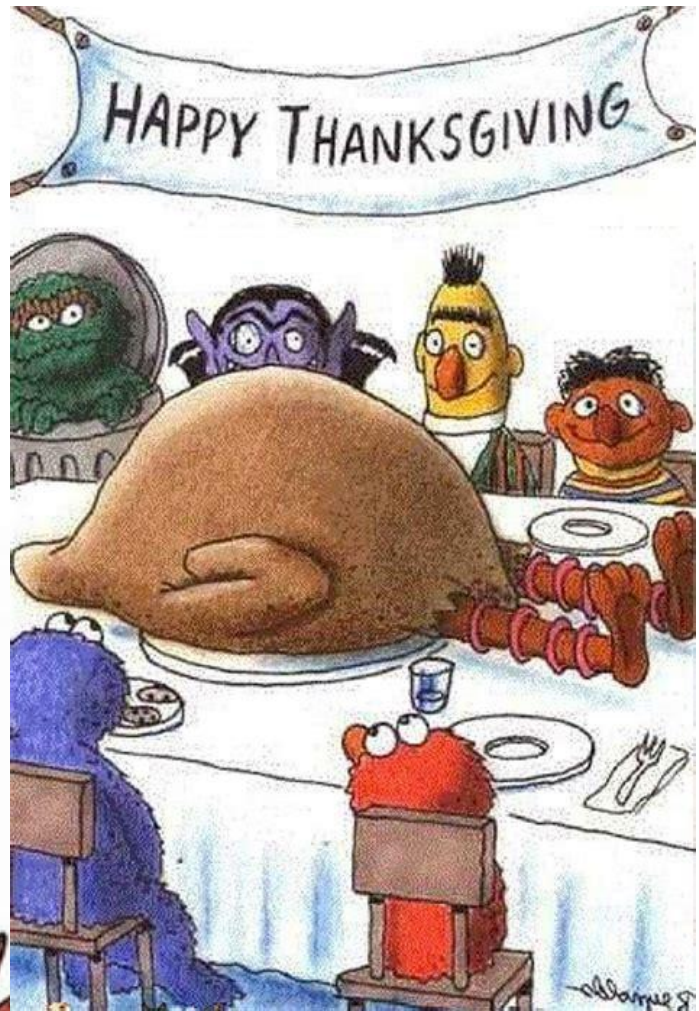
An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

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!

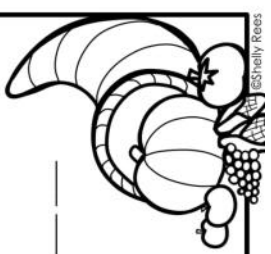
UNSCRAMBLE THE WORDS

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. nimpkup 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



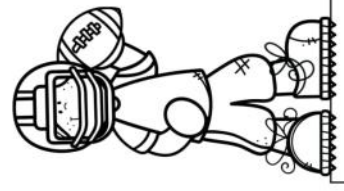
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FOOTBALL FANATICS!

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

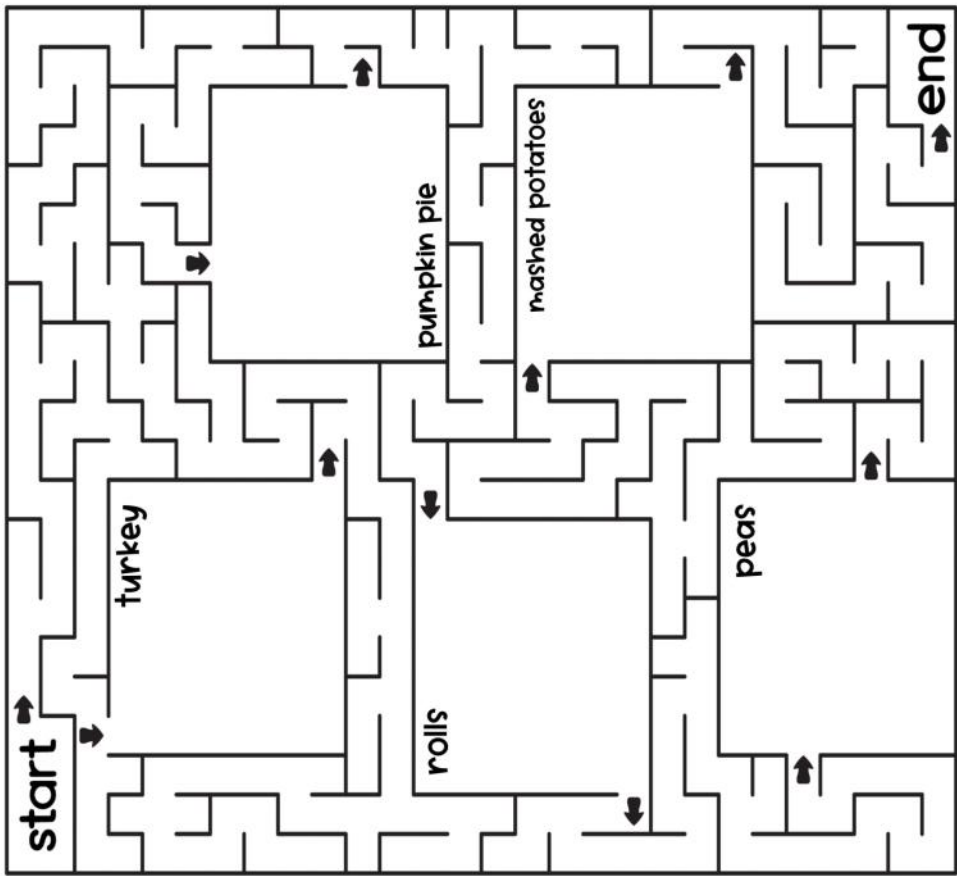
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PUZZLES

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.



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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	

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

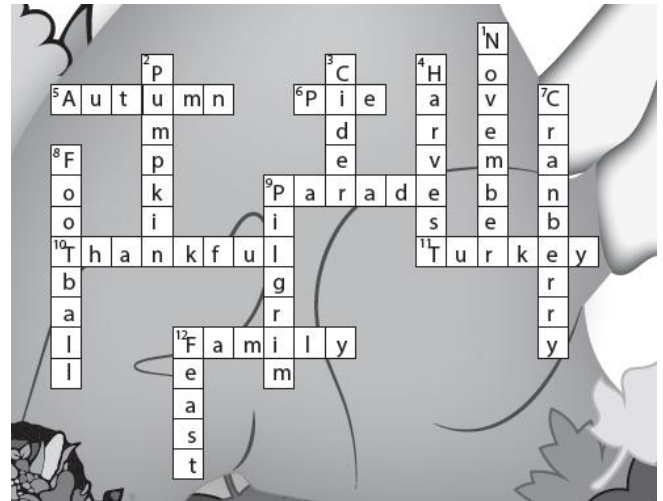
1. cieonrbetla _____ 9. nTgsankgvihi _____
2. sapootet _____ 10. oruicconpa _____
3. inclstsoo _____ 11. gialpnnt _____
4. umolhtPy _____ 12. ltrstese _____
5. Nverombe _____ 13. eiaerbcsnrr _____
6. ofrwlMaye _____ 14. etneelsmtt _____
7. gdaeurtti _____ 15. lPisgrmi _____
8. ationrdtti _____ 16. uunmta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

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

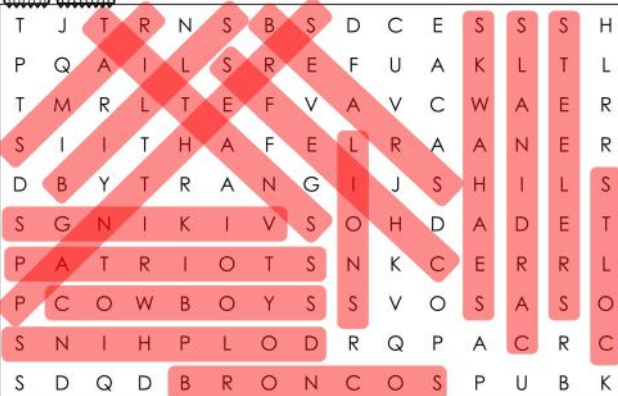
ANSWER KEY



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**



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**
- retuyk **T U R K E Y**
- nerdni lolrs **D I N N E R R O L L S**
- tinfugf **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	Denise Goodlet	Sarah Pillar
Cassandra Marie Alexander	Terri Green	Denise Planinsek
Gloria Allen	Marion Grier	Frank Smith
Leslie Ballachino	Wayne Halterman	Marilyn Spiewak
Greg Barnett	James Hammons	Barbara Tapocsi
Nettie Bloodworth	Betty Howard	Beverly Taylor
Queola Brooks	Fran Kern	Gwen Taylor
Calvin Brown	David Kilby	Thomas Taylor
Mary Burge	Jim Kindle	Sharon Thomas
Jeff Capps	Carol Kirsch	Marilyn Trzeciak
Toni Carr	Lois Lowe	Judy Weakland
Ida Douglas	Frank Lucas	David Yarish
Kenneth Gavanditti	Linda Macgillivray	
Deborah Gierlicki	Cheryl Maxey-Yates	

OCTOBER ANNIVERSARIES

Don & Karen Wertz

40 years on October 26th

We publish and celebrate anniversary dates with members who have previously given that information.

If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date.

Please contact the Recreation Office if you wish to have your anniversary date recognized in the monthly Newsletter.

NEW MEMBERS

Clifford Carr	Mary Lipovan	Mary Stafford
Toni Carr	Janet Perito	Carolyn Stephens
Celie Hill	Patricia A. Poole	Howard Strowder
Bernice King	Patricia Ragland	Tricia Wilms
Joseph Kotva	Barbara Spenik	

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov