



BEDFORD SENIORS CLUB NEWSLETTER

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*"Life is like riding a bicycle. To keep your balance, you must keep moving."
-Albert Einstein*

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, April 24: Breaded Pork Chops, Mashed Potatoes, Vegetables

Registration deadline Friday, April 19.

Wednesday, May 8: Wiener Schnitzel, Mashed Potatoes, Vegetables

Registration deadline Friday, May 3.

Wednesday, May 22: Chicken Salad Wrap, Chips, Pickle

Registration deadline Friday, May 17.

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 3/12/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10  Senior Lunch 12:00pm w/ BSCD Jazz Bands Book Club 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	11 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	12 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "Waitress"
15 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Upcycle Sewing 6:30pm Healthy Joints 6:30pm	16 Strength & Balance 10:30am Binge Watchers 1:00pm AARP Smart Driver 1:00pm Stretch & Recovery 6:00pm	17  12:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	19 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "Greatest Night in Pop" Tai Chi 5:30pm <i>Deadline for 4/24 lunch</i>
22 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm Managing Money 6:30pm	23 Strength & Balance 10:30am Taco & Trivia 11:30am Binge Watchers 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm	24  Senior Lunch 12:00pm Bingo 1:00pm Sparkling Portraits 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm	25 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Mind Challenge 1:00pm <u>No Pickleball</u> Barre Above 6:00pm	26 Strength & Core 10:45am Modified Peddling 12:00pm Silver Screen 1:00pm "The Color Purple" Tai Chi 5:30pm
29 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	30 Strength & Balance 10:30am Relax-O-Doodles 1:00pm Billiards 3:00pm Stretch & Recovery 6:00pm			<u>SATURDAYS</u> <i>Gentle Yoga 9:00am April 13, 20, 27</i>



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 4/9/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SATURDAYS</u></p> <p><i>Gentle Yoga 9:00am May 4, 11, 18</i></p> <p><i>UH Grandparent Class May 18 10:00am</i></p>		<p>1</p> <p>Shuffleboard 10:00am 12:00pm</p> <p> LUNCH AND LEARN</p> <p>Get Crafty 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm</p>	<p>2</p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Mind Challenge 1:00pm <i>No Pickleball</i></p> <p>Barre Above 6:00pm</p>	<p>3</p> <p>Strength & Core 10:45am</p> <p>Silver Screen 1:00pm "Pillow Talk" Tai Chi 5:30pm</p> <p><i>Deadline for 5/8 lunch</i></p>
<p>6</p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm</p> <p>Local Motion 6:00pm</p>	<p>7</p> <p>Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm Billiards 3:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>8</p> <p>Getting Your House in Order 10:30am</p> <p> Senior Lunch 12:00pm</p> <p>British Invasion Musical Bingo 1:00pm Book Club 2:00pm Rock Choir 4:00pm Chair Yoga 5:30pm</p>	<p>9</p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Mind Challenge 1:00 pm</p> <p><i>No Pickleball</i></p> <p>Barre Above 6:00pm</p>	<p>10</p> <p>Strength & Core 10:45am Cardio Drumming 12:00pm</p> <p>Silver Screen 1:00pm "Mission Impossible"</p> <p>Tai Chi 5:30pm</p>
<p>13</p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm</p> <p>Local Motion 6:00pm</p>	<p>14</p> <p>Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm Billiards 3:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>15</p> <p>Shuffleboard 9:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Chair Yoga 5:30pm</p>	<p>16</p> <p>UH Walking Club 9:30am Mind Challenge 9:30am</p> <p>Reach w/ Rhythm 11:00am</p> <p><i>No Pickleball</i></p> <p>Barre Above 6:00pm</p>	<p>17</p> <p><i>No Strength & Core</i></p> <p>Cardio Drumming 12:00pm Silver Screen 1:00pm "One Life"</p> <p>Tai Chi 5:50pm <i>Deadline for 5/22 lunch</i></p>
<p>20</p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm</p> <p>Local Motion 6:00pm</p>	<p>21</p> <p><i>No Strength & Balance</i></p> <p>Binge Watchers 1:00pm Billiards 3:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>22</p> <p> Senior Lunch 12:00pm w/ Piano Entertainment</p> <p>Sparkling Portraits 2:00pm Chair Yoga 5:30pm</p>	<p>23</p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm</p>	<p>24</p> <p><i>No Strength & Core</i></p> <p>Cardio Drumming 12:00pm</p> <p>Silver Screen 1:00pm "Mean Girls"</p>
<p>27</p> 	<p>28</p> <p><i>No Strength & Balance</i></p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Binge Watchers 1:00pm Billiards 3:00pm</p> <p>Stretch & Recovery 6:00pm</p>	<p>29</p> <p>Shuffleboard 9:30am</p> <p>Chair Yoga 5:30pm</p>	<p>30</p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Barre Above 6:00pm</p>	<p>31</p> <p><i>No Strength & Core</i></p> <p>Cardio Drumming 12:00pm</p> <p>Silver Screen 1:00pm Viewer's Choice TBA</p>

IN MEMORIAM

John Jerome Bartko

age 88 of Bedford, Ohio passed away Wednesday, April 3, 2024. He was the beloved husband of the late Mary Lillian (nee Behlke); dear father of Deborah Krol, Denise Mummery, Donna Gardner and Carl (Anita) Bartko; loving grandfather of Jeff Krol, Mike (Kathy) Krol, Heather (Marco) Hill, Colen (Angela) Crayden, Craig Crayden, Amanda Crayden, and Kyle Bartko and great grandfather of Iyanna, Emrey, Annaya, Tobin and Hudson; dearest brother of Barbara (Jim) Faus, Judy (Doug-deceased) Matz, Dennis (Mary) Bartko and the late Audrey(Gene) Mathias and Dolores (Jerry) Hyatt; cousin of Jean Ellen Fine. John loved dancing, fishing, traveling, and bowling. He was a member of the Bedford Seniors, Bedford Eagles, Hungarian Club, 50 plus Club, Cleveland Polka Association and the Solo-No-More Club. Friends will be received 4-7PM THURSDAY, APRIL 11, 2024 at Johnson-Romito Funeral Home, 521 Broadway Ave., Bedford, Ohio where prayers will be held 10:30 AM Friday, April 12, 2024 followed by Mass of Christian Burial at 11:00 AM at St. Martin of Tours Catholic Church, 14600 Turney Road, Maple Heights, Ohio 44137. Burial All Saints Cemetery.



Condolences to Paul & Betsy Gilmore on the passing of their daughter Alice Marie Leslie

RECREATION PROGRAMS

Healing Arts Workshops

Healing Arts Workshops provide a creative outlet for the grief of a loved one. No art experience is necessary. Space is limited.

Art for Relaxation: Relax-O-Doodles

NEW! Doodling is usually done while your mind is concentrating on something else like talking on the phone or daydreaming. In this workshop, you will create a “conscious” doodle as a meditative practice to give your mind a rest from your grief.

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

Location: Ellenwood Center Room 1

Date: Tuesday, April 30

Time: 1:00 pm – 2:30 pm

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



RECREATION PROGRAMS

We have a new addition to Room 2 Game Room... a brand new Table Shuffleboard!

This addition was made possible with grant funding from the Cuyahoga County Division of Senior and Adult Services and the Board of Developmental Disabilities. The table will be used for adaptive game nights and day-use by Senior Club members.

The Game Room is stocked with board games, puzzles and includes a billiards table with a ping pong table conversation top and a retro Skee-ball machine to be enjoyed by all users.

This room is available to be reserved by Club members during regular weekday business hours based upon facility and staff availability. Please contact Ellenwood office to setup a time to play!



Table Shuffleboard League

10 Team Limit. Join our Table Shuffleboard League for a chance to compete with friends, make new connections, and enjoy the camaraderie of this classic game. Played on a smooth, elongated table, participants strategically slide weighted pucks into scoring zones at the opposite end to earn points. Whether you're a seasoned player or a newcomer, everyone is welcome to join the fun—no prior experience required! We're accepting both 2-person teams and individual players seeking partners.

Location: Ellenwood Center – Room 2

Dates: First & Third (and Fifth) Wednesday of each month

Time: 9:30 am - 11:30 am

Beginning: Wednesday, May 1 (Estimated end date September 18)

MAY 1—Practice and team formation. Come between 10:00am-11:30am

Fee: Free; Bedford Senior Club Members only



RECREATION PROGRAMS

Billiards Basics: Learn How to Play Pool

NEW! Beginners will learn the rules and etiquette of the game, proper stance and grip, and the essential techniques for accurate aiming and controlled shots. Through hands-on practice and friendly guidance, beginners will gain confidence in handling the cue, understanding ball trajectories, and executing basic shots. Intermediate level players will learn how to plan shots, control the cue ball, and anticipate opponent moves. Equipment provided during class. Class size is limited. Additional time slots may be added to accommodate more participants.

Instructor: Tony Love, Kool Pool & Chess Club owner and two-time National Champion

Older Adults ages 50+

Location: Ellenwood Center Room 2

Session 2 Dates: Tuesdays, April 23, 30, May 7, 14, 21, 28

Time: 3:00 pm – 4:00 pm

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

Bedford Senior Club Members are free and must register in advance

Cardio Drumming

NEW! 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. Limit 12 participants.

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Room 4

Date: Friday, May 10, 17, 24, 31

Time: 12:00 pm—1:00 pm

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

Bedford Senior Club Members are free and must register in advance

Healthy Joints & Strong Bones: Preventing Knee and Hip Pain

NEW! Join us for an enlightening medical talk that delves into the intricate world of joint health, specifically focusing on knees and hips. Gain insights into the common causes of knee and hip pain and proactive measures to prevent the need for surgery, emphasizing the crucial role of metabolic bone health in the context of osteoporosis and arthritis.

Presenter: Dr. Yianni Apostolakos, MD, MPH with University Hospitals. Dr. Apostolakos specializes in Orthopedic Sports Medicine and Orthopedic Shoulder Surgery.

Location: Ellenwood Center Room 4

Date: Monday, April 15

Time: 6:30 pm – 7:30pm

Fee: Free, pre-registration required



RECREATION PROGRAMS

Managing Money: A Caregiver's Guide to Finances

NEW! Caregivers: How much do you know about managing money? This free program by the Alzheimer's Association will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support. Light refreshments will be provided.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Monday, April 22 ****Date Rescheduled****

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

Getting Your House in Order

NEW! Getting our houses in order is a gift we give our loved ones and a way to leave a lasting legacy. Information and resources will be provided regarding:

- Courageous Conversations: talking about our wishes
- Advance care directives and why we need them: Durable Power of Attorney for Healthcare, Living Will, Organ Donation Designation
- Hospice and palliative care... is there a difference?
- What comes next? What should we expect?

Facilitated by: Heidi Barham with Hospice of the Western Reserve

Location: Ellenwood Center Room 4

Date: Wednesday, May 8

Time: 10:30 am—11:30 am

Fee: Free

Grandparent Class with UH

NEW! This course is designed to prepare grandparents for new baby's arrival! Grandparents can refresh their baby safety skills by learning newborn care, safe sleep, childproofing, child passenger safety, and infant hands-only CPR. By the end of the course, attendees will be updated on the latest trends in childcare, health, and safety.

Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, May 18

Time: 10:00am-12:00pm

Fee: Free, pre-registration required



RECREATION PROGRAMS

Taco & Trivia Tuesday

NEW! Join us for a taco bar and play trivia to keep our minds sharp and gear up for The Mind Challenge in May!

Dates: Tuesday, Tuesday, April 23

Time: 11:30 am – 1:00 pm

Fee: Free to Bedford Senior Club Members

Mind Challenge

IT'S BACK! Mind Challenge for The New Majority® is a regional trivia competition for the active 50 years and over community to compete for prizes, money for our Senior program and bragging rights.

Bedford Parks & Recreation will sponsor one or more teams to represent our senior program. Teams consist of 4-6 players. Our team(s) will be in the “Central” division, competing against other communities such as Bedford Heights, Maple Heights, and Warrensville Heights. To advance to the next round, our team(s) must finish in the top 50% of competing teams in the region.

Team Formation and Practice Round:

Thursday, April 25, 1:00pm at Ellenwood Center Gym

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Thursday, May 2, 1:00pm at Ellenwood Center Gym

Central Region Play - Thursday, May 9, 1:00pm at Ellenwood Center Gym

Additional dates if our team(s) advances.

Regardless if our team advances, we will host the next round on Thursday, May 16 at 9:30am.

Program Fee: Free



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



Memory Scrapbook – Wednesday, May 1

****Bring personal memorabilia. i.e. photos, letters/notes, ticket stubs, etc.**

Save the Date! Craft TBA — Wednesday, June 5

Save the Date! Craft TBA – Wednesday, July 3

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



• **Blue Moon** —Wednesday, April 24

• **Teal Flower** —Wednesday, May 22

• **Dancing Fireflies**—Wednesday, June 26 **rescheduled*



RECREATION PROGRAMS

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

Spring Session Dates: Fridays, April 12, 19, 26, May 3, 10

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

Chair Yoga Serenity

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

Spring Session Dates: Wednesdays, April 10, 17, 24, May 1, 8, 15, 22, 29

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

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 Room 4

Dates: Mondays, April 15, 22, 29, May 6, 13, 20 (No class 5/27)

Time: 6:00 pm - 6:45 pm

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

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Pickleball Open Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot.

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

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

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 Gymnasium

Spring Session Dates: Tuesdays, April 16, 23, 30, May 7, 14

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

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 Room 9

Spring Session Dates: Thursdays, April 11, 18, 25, May 2, 9, 16, 23, 30

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

RECREATION PROGRAMS

Stretch & Recovery

Embark on a journey of self-care and restoration. Experience a soothing and rejuvenating class designed to help you unwind, release tension, and promote overall well-being. The class combines static and dynamic stretching and breathwork to enhance flexibility, alleviate muscle tightness, improve range of motion and promote a deep sense of calm. Suitable for individuals of all fitness levels. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4 or Room 9

Spring Session Dates: Tuesdays, April 16, 23, 30, May 7, 14, 21, 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

Gentle Yoga Flow

This class is an invitation to slow down, unwind, and explore the rejuvenating benefits of yoga through a series of gentle, flowing movements, breath awareness, and mindful relaxation. This program promotes flexibility, balance, and a sense of inner calm. Suitable for everyone, including beginners, seniors, or those recovering from injury. 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

Spring Session Dates: Saturdays, April 13, 20, 27, May 4, 11, 18

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

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 Gym

Dates: Fridays, April 19, 26, May 3, 10, 17

Time: 5:30 pm - 6:15 pm

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

Bedford Senior Club Members are free and must register in advance



Golden Rock Choir

NEW! Join our new, dynamic senior glee club that proves that the spirit of rock 'n' roll knows no age limit! Participants will sing and unleash a musical time capsule of classic rock hits from the 1960s and 1970s. Singing improves memory and cognitive function and releases endorphins to improve your mood! **YOU CAN STILL CAN JOIN!**

Instructor: Musician Sheela Das, lead vocalist, SATO rock band and Ohio Arts Council roster teaching artist.

Location: Ellenwood Room 1

Dates: Wednesdays, April 3, 10, 17, 24, May 1, 8 **Revised dates and time**

Time: 4:00 pm - 5:00 pm

Fee: \$30 Resident/\$40 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

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):** Mondays, April 15, May 6, June 3
1:30pm-3:00pm in Ellenwood Room 3
- **Ronald McDonald Pop-Tab Delivery**— Date TBA. Limited spots; priority given to top volunteers.

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

RECREATION PROGRAMS

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, May 3: Pillow Talk (1959)

Playboy songwriter Brad Allen's (Rock Hudson) succession of romances annoys his neighbor, interior designer Jan Morrow (Doris Day), who shares a telephone party line with him and hears all his breezy routines. After Jan unsuccessfully lodges a complaint against him, Brad sets about to seduce her in the guise of a sincere and upstanding Texas rancher. When mutual friend Jonathan (Tony Randall) discovers that his best friend is moving in on the girl he desires, however, sparks fly. Not rated. 1 hour, 43 mins.



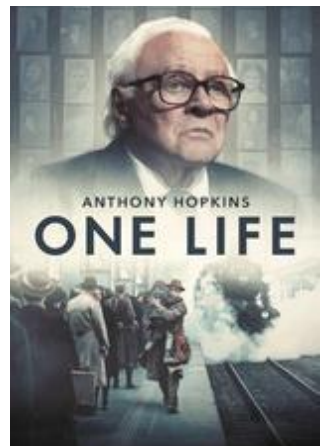
Friday, May 10: Mission Impossible Dead Reckoning Part I (2023)

In *Mission: Impossible - Dead Reckoning Part One*, Ethan Hunt (Tom Cruise) and his IMF team embark on their most dangerous mission yet: To track down a terrifying new weapon that threatens all of humanity before it falls into the wrong hands. With control of the future and the fate of the world at stake, and dark forces from Ethan's past closing in, a deadly race around the globe begins. Confronted by a mysterious, all-powerful enemy, Ethan is forced to consider that nothing can matter more than his mission -- not even the lives of those he cares about most. Rated PG-13. 2 hours, 43 mins.



Friday, May 17: One Life (2023)

Based on the book *If It's Not Impossible...: The Life of Sir Nicholas Winton* by Barbara Winton, *ONE LIFE* tells the incredible, emotional true story of Nicholas 'Nicky' Winton (Johnny Flynn), a young London broker who visits Prague in December 1938. In a race against time, Winton convinces Trevor Chadwick (Alex Sharp) and Doreen Warriner (Romola Garai) of the British Committee for Refugees in Czechoslovakia to rescue hundreds of predominantly Jewish children before Nazi occupation closes the borders. Fifty years later, Nicky (Anthony Hopkins) is haunted by the fate of the children he wasn't able to bring to safety in England. It's not until the BBC show "That's Life!" re-introduces him to some of those he helped rescue that he finally begins to come to terms with the guilt and grief he carried -- all the while skyrocketing from anonymity to a national hero. Rated PG. 1 hour, 49 mins.



Friday, May 24: Mean Girls (2024)

From the comedic mind of Tina Fey comes a new twist on the modern classic, *MEAN GIRLS*. New student Cady Heron (Angourie Rice) is welcomed into the top of the social food chain by the elite group of popular girls called "The Plastics," ruled by the conniving queen bee Regina George (Reneé Rapp) and her minions Gretchen (Bebe Wood) and Karen (Avantika). However, when Cady makes the major misstep of falling for Regina's ex-boyfriend Aaron Samuels (Christopher Briney), she finds herself prey in Regina's crosshairs. As Cady sets to take down the group's apex predator with the help of her outcast friends Janis (Auli'i Cravalho) and Damian (Jaquel Spivey), she must learn how to stay true to herself while navigating the most cutthroat jungle of all: high school. Rated PG-13. 1 hour, 52 mins.



Friday, May 31: VIEWER'S CHOICE! Accepting Requests! Movie TBA

There is still space available for these upcoming flicks:

Friday, April 12: *Waitress the Musical* (2023)

Friday, April 19: *The Greatest Night in Pop* (2024)

Friday, April 26: *The Color Purple* (2023)

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!*

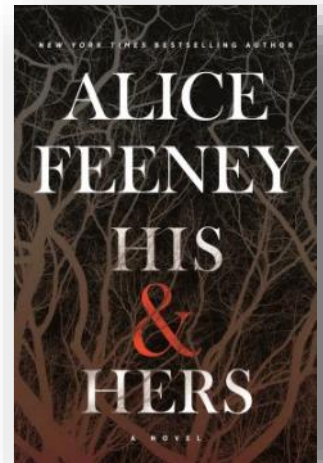
Wednesday, May 8: "His & Hers" by Alice Feeney

"When a woman is murdered in Blackdown, a quintessentially British village, news anchor Anna Andrews is reluctant to cover the case. Detective Jack Harper is suspicious of her involvement, until he becomes a suspect in his own murder investigation.

Someone isn't telling the truth, and some secrets are worth killing to keep. His & Hers is a twisty, smart, psychological thriller. A gripping tale of suspense, told by expertly-drawn narrators that will keep readers guessing until the very end."

Location: Ellenwood Center Room 1

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



Binge Watchers Club

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.

Dates: Tuesdays Time: 1:00 pm Location: Ellenwood Center Room 1

Julia—Season 2

In France, Julia butts heads with Simca while working on volume two of their cookbook. In Boston, Alice faces pressure to find the network's next hit. After failing to see eye-to-eye with Simca, Julia proposes a culinary showdown. Meanwhile, Alice and Avis each face new romantic possibilities.

May 7 — Episodes 1 & 2

May 14 — Episodes 3 & 4

May 21— Episodes 5 & 6

May 28— Episodes 7 & 8



The Crown —Season 5

The Crown traces the reign of Queen Elizabeth II from her wedding in 1947 through to the early 21st century. The fifth season spans 1991–1997, during the premiership of John Major. Events depicted include Elizabeth's annus horribilis in 1992, Diana's Panorama interview, the separation and divorce of Prince Charles and Diana, Elizabeth's state visit to Russia, use of Prince Philip's DNA to identify the remains of the Romanov family, the decommissioning of Britannia, the handover of Hong Kong, and Major's departure from office and the beginning of Tony Blair's premiership.

June 11 — Episodes 1 & 2

June 18 — Episodes 3 & 4

June 25 — Episodes 5 & 6

July 2 — Episodes 7 & 8

July 9 — Episodes 9 & 10

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 Unknown Story of Doris Day

Join us as we uncover the layers of Doris Day's life beyond the glitz and glamour of the Hollywood spotlight. Learn the true story of her turbulent life masked by a gorgeous smile. Topics include her childhood, four marriages, motherhood and even a connection to the Manson murders! Doris Day – Doris Day shared many of her favorite recipes over the years to various magazines and Hollywood cookbooks. Sirna's will recreate Doris Day's Paprika Steaks, German Potato Salad and lemon cake. Presentation by Susan Cannavino from Presentations with Pizzazz.



Date: Wednesday, May 1
Time: 12:00 pm - 1:30 pm
Location: Ellenwood Center Gym
Fee: Free to Bedford Senior Club members
\$15 for non-members



The movie "PILLOW TALK" will be shown on Friday, May 3.
Register and save your seat!

SAVE THE DATES! Details forthcoming...

10 Cent Beer Night — June 5 *topic change*

Homes & Lifestyles of the Rich & Famous — July 3



DAY TRIPS for SENIORS



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

Lunch and a Show

Back to the Future at Playhouse Square
Saturday, June 29, 2024

Winner of the 2022 Olivier Award for Best New Musical, four WhatsOnStage Awards, including Best New Musical, and the Broadway World Award for Best New Musical, Back to the Future: The Musical is adapted for the stage by the iconic film's creators Bob Gale (Back to the Future trilogy) and Robert Zemeckis (Forrest Gump) and directed by the Tony Award-winner John Rando with original music by multi-Grammy winners Alan Silvestri (Avengers: Endgame) and Glen Ballard (Michael Jackson's "Man in the Mirror"), alongside hit songs from the movie including "The Power of Love," "Johnny B. Goode," "Earth Angel," and "Back in Time."



When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown, he accidentally changes the course of history. Now he's in a race against time to fix the present, escape the past, and send himself... back to the future. When Back to the Future hits 88mph, it'll change musical theatre history forever.

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 10:15am by the pavilion and leave Ellenwood Center at 10:30am. Lunch on your own at TownHall. Followed by theatre performance starting at 1:30pm. Runtime including intermission is 2 hours and 35 minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 5:00pm. Please contact the Parks & Recreation Department if you need special travel accommodations.

Our theatre tickets are lower level, Orchestra C (regularly priced \$94). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 40 ticket limit; don't delay! Registration for Bedford Club Members begins March 15. Non-Club members may only be registered by Bedford Club Members beginning April 15. Registration deadline May 1.

\$65 Bedford Senior Club members / \$70 for non-members



What's in the works...?

- ◆ **b.a. Sweetie Candy Company**—June 2024
- ◆ **Casino Trip**—July/August 2024
- ◆ **Cleveland Guardians vs. Houston Astros**
Saturday, September 28, 2024 at Progressive Field.
Evening game with Fireworks and Dollar Dogs!



City of Bedford Newsletter

April 2024

Sign Up
to receive your
BEDFORDNEWS
electronically!

www.bedfordoh.gov

Important Dates

- ◆ **Council Meeting**
April 1
7:00 p.m.
- ◆ **Total Solar Eclipse**
April 8
2:00 p.m.-4:30 p.m.
- ◆ **Council Meeting**
April 15
7:00 p.m.
- ◆ **Wards 1 & 6 Meeting**
April 22
7:00 p.m.
- ◆ **Wards 3 & 4 Meeting**
April 29
7:00 p.m.
- ◆ **Wards 2 & 5 Meeting**
May 13
7:00 p.m.

Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, **April 15-19** and **April 22-26**, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**NO AFTER HOURS DROP OFF**); CPU's, monitors, keyboards, tablets, software and cell phones.

Bedford residents only, no businesses.

Household Hazardous Waste Round-up



The following can be dropped off at the Service Garage, 100 Solon Road, **April 15-19** and **April 22-26**, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**NO AFTER HOURS DROP OFF**); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil– adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury.

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

NO LATEX PAINT ACCEPTED, (Remove lid, add drying agent such as kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash.

Bedford residents only, no businesses.

Bedford City Schools Foundation

Bedford City Schools Foundation will be hosting their Night at the Races on Saturday, April 27, 2024, from 6:00 p.m.-10:00 p.m. Cost for this event is \$50 per person. For further details scan the QR code below or visit www.bedfordfoundation.net/Events.



City of Bedford Ward Meetings

The City of Bedford will be hosting community ward meetings on April 22, April 29 and May 13. Each meeting will take place in Council Chambers at Bedford City Hall beginning at 7:00 p.m. This is an excellent opportunity to meet and talk to your elected officials and the City Administration.

The schedule for the meetings are as follows:

- Wards 1 & 6 April 22**
- Wards 3 & 4: April 29**
- Wards 2 & 5: May 13**

If you are unsure which ward you live in, please call 440.232.1600

Chipper Service

Chipper service will be the weeks of April 1, May 6, June 3, July 1, August 5, September 3 and October 7, 2024.

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.

UNACCEPTABLE - rose bushes, grape vines, pricker bushes, firewood, fence post, wood pallets or wood with nails or screws (these items need to be placed in trash bag or bundled and put out for weekly trash collection). Railroad ties and stumps have to be hauled away at homeowner's expense.

City of Bedford Newsletter

April 2024

Garden Club Plant Sale

The Bedford Garden Club Plant Sale will be Friday, May 17 from 2:30 p.m. to 7:00 p.m. and Saturday, May 18 from 10:00 a.m. to 2:00 p.m. at the Ellenwood Recreation Center, 124 Ellenwood Avenue, in Bedford.

An assortment of perennials, annuals, herbs and vegetables will be made available. Funds raised at the Annual Plant Sale goes towards supporting many civic gardens in Bedford. The Garden Club also provides educational speakers at monthly meetings in which the public is invited.

The next meeting is Thursday, April 18 at 7:00 p.m. at Ellenwood Center. Maggie Kimble, certified aromatherapist, will be speaking on the topic of essential oils and how to use them safely. Refreshments will be served.

Community Shred Day

The City of Bedford will be hosting two shred days this year, Saturday, May 18 and Saturday, September 7 from 9:00 a.m. to 12:00 p.m. at Bedford City Hall. These free events will provide community members with a safe and secure resource to shred their documents.

Grant funding for shredding event provided by the Cuyahoga County Solid Waste Management District.



Cuyahoga County
SOLID WASTE DISTRICT
CuyahogaRecycles.org

The Division of Senior and Adult Services
Presents: Minority Health Month

BETTER HEALTH THROUGH BETTER UNDERSTANDING A CONVERSATION WITH DR. GREGORY HALL



DR. GREGORY HALL

Internal Medicine Physician

Board President of the Cuyahoga County Board of Health
Associate Clinical Professor at CWRU's School of Medicine
Associate Professor at Northeast Ohio Medical University

WEDNESDAY, APRIL 17

12 PM - 1PM

VIRTUAL VIA DSAS FACEBOOK PAGE

Join us to learn essential knowledge for preventing diseases, promote healthy habits, highlight healthcare providers and resources, shed light on health disparities among Ohio's minority populations compared to non-minorities, and strengthen community support to improve minority health.

CITY OF BEDFORD

2024 LANDSCAPE CONTRACTOR LIST

Last Revised 3/26/2024

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- Price depends on lawn size
- Spring and fall cleanup available

Dobbs Landscaping and Plowing
(216) 780-1346

- Senior Discount Offered
- Price depends on lawn size

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

- Senior Discount Offered
- Price depends on lawn size

Gales Landscaping
(216) 315-5216

- Senior Discount Offered
- Price depends on lawn size

Green's Lawn Service
(216) 507-0045
(216) 632-2285

- Senior Discount Offered
- Price depends on lawn size
- Spring and fall cleanup available

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

- 20% Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available

Lockett's Landscaping
(833) 562-5388
(216) 357-8033
marc@lockettlandscaping.com
loketcutit@yahoo.com

- Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available
- Spring and fall cleanup available

Pro-Mow Landscaping
(440) 439-4456
(216) 276-3399 call/text

- Senior Discount Offered
- Price depends on lawn size
- Tree removal

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- Price depends on lawn size & difficulty
- One-time cuts and seasonal contracts
- Spring cleanup available

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

The City of Bedford does not recommend the landscapers included on this list. This list is being provided as a courtesy. Landscapers 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.

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 15 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, May 30: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

May Title: Chameleon: A Back Box Thriller by Remi Adeleke

Digital Navigator at Bedford

Mon-Wed, April 22-24: 9:30am - 6:00pm

Bedford Branch

Tues-Wed, May 28-29 9:30am - 6:00pm

Cuyahoga County Public Library's Digital Navigators service offers one-on-one assistance to help you – or someone you know – connect to the internet, get a device, set up a telehealth appointment and more.

PowerPoint Basics

Friday, May 10: 10:00am - 1:00pm

Bedford Branch - Meeting Room

Geared toward the beginner, this class offers an overview of Microsoft PowerPoint, a software program for designing creative presentations and slideshows. Create a simple presentation and learn how to add text, images and transitions to slides. Prerequisite: Word Basics or some experience using PowerPoint

Geometric Paper Collage

Saturday, May 18: 11:00am - 1:00pm

Bedford Branch - Meeting Room

In this beginner-friendly class, combine diamond-shaped collage elements to create exquisite multicolored stars. Experiment with different colors and paper varieties to make your own patchwork stars, and then bring them together to create a harmonious piece of artwork. *Registration opens on Monday, April 15, 2024 at 9:00am.*

Tai Chi: Sun Style Tai Chi

Saturdays, June 1, 8, 15, 22: 11:00am - 12:00pm

Bedford Branch - Meeting Room

Ever feel like stress is holding you hostage? Want to ditch anxiety, boost flexibility, and find balance (literally and figuratively)? Then Sun Style Tai Chi might be your perfect match! This introductory class is your gateway to a gentle yet powerful practice. Reduce anxiety, melt away tension, and move with grace – all while strengthening your body and mind. Suitable for all adults at any fitness levels. Please wear loose clothing and comfortable shoes. While generally safe, it's always a good idea to consult your doctor before starting any new exercise program. *Registration opens on Wednesday, May 1, 2024 at 9:00am*



Food Distribution

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.



Dates & Locations

BEDFORD BRANCH

Wednesday, April 17, May 15
1:30 – 3:30 PM

BROOK PARK BRANCH

Wednesday, April 24, May 22
2 – 3:30 PM

BROOKLYN BRANCH

Monday, April 8, May 13
10:30 AM – 12 PM

GARFIELD HEIGHTS BRANCH

Wednesday, April 3, May 1
11 AM – 1 PM

MAPLE HEIGHTS BRANCH

Tuesday, April 9, May 14
10 AM – 12 PM

PARMA HEIGHTS BRANCH

Wednesday, April 17, May 15
10 AM – 12 PM

PARMA-SNOW BRANCH

Tuesday, March 5, April 2, May 7
3:30 – 5 PM

SOUTH EUCLID-LYNDHURST BRANCH

Tuesday, March 26, April 23, May 28
12 – 2 PM

WARRENSVILLE HEIGHTS BRANCH

Thursday, March 14, April 11, May 9
1:30 – 3 PM

Cuyahoga
County
Public
Library



Greater Cleveland
Food Bank



cuyahogalibrary.org





Department of
Aging



FREE

LEGAL HELPLINE

Legal Assistance Referrals for Older Adults

Did you know Ohio is one of only 20 states with a free legal helpline for older adults?

Referring older adults to Ohio's Legal Helpline is an important first step that helps extend limited legal assistance resources. Ohio's Legal Helpline, operated by Pro Seniors, provides 30 minutes of free legal information, advice, and referral on any civil matter for residents of Ohio age 60 and over, regardless of income or resources. If more extensive assistance is needed, the helpline will refer consumers to another legal assistance provider or a private attorney in the consumer's area.

How does the Legal Helpline work?

1. Call the Legal Helpline.
2. An Intake Specialist will gather the following information: name, address, demographics, phone number, and the legal question or problem.

The information provided enables the Legal Helpline attorney to quickly focus on answering questions and discussing options within the 30 minute appointment.
4. The Intake Specialist will schedule a telephone appointment with you and a Legal Helpline attorney.
5. The Legal Helpline attorney will call the consumer during the scheduled appointment time.



Most common legal issues for older adults in Ohio:

- Access to benefits such as Medicare, Medicaid, Social Security, Veterans benefits, food assistance, and subsidized housing;
- Medicare and Medicaid eligibility, enrollment, changes, termination, and appeals;
- Medicaid estate recovery;
- Consumer debt due to health care costs;
- Rental housing including issues related to rent, eviction, security deposits, utilities, and conditions of property;
- Home ownership including issues related to foreclosure, predatory lending, and reverse mortgages;
- Consumer protection from fraud and financial exploitation;
- Planning for the costs of long-term services and supports; and,
- Advance directives and supportive decision-making.

aging.ohio.gov

Call the Legal Helpline: 513-345-4160 or 800-488-6070

Telephone appointments are available
Monday through Friday from 8:30 a.m. to 4:30 p.m.

AT-A-GLANCE: TORNADO

Tornado Watch: *Tornado possible. Be prepared.* Weather conditions favor thunderstorms capable of producing tornadoes at this location on the map.

Tornado Warning: *Tornado expected! Seek Shelter.* A tornado is occurring or will shortly at this location on the map.



Prepare for...

- ✔ **Be Weather-Ready:** Check the forecast regularly, and listen to local news or a NOAA Weather Radio
- ✔ **Sign Up for Notifications:** www.READYNOTIFY.US
- ✔ **Create and Practice Your Plan:** Pick a safe room such as a basement, storm cellar, or an interior room on the lowest floor with no windows

During a...

- ✔ **Stay Weather-Ready:** Continue to listen to local news or a NOAA Weather Radio
- ✔ **At Your House:** If in a tornado warning go to your safe room. Don't forget pets if time allows
- ✔ **At Work/School:** Proceed to your tornado shelter location quickly and calmly. Stay away from windows and do not go to large open rooms such as cafeterias, gyms, or auditoriums
- ✔ **Outside:** Seek shelter inside a sturdy building immediately. Sheds, storage facilities, mobile homes, and tents are **NOT** safe.
- ✔ **In a vehicle:** Being in a vehicle during a tornado is **NOT** safe. If possible, drive to the closest shelter otherwise abandon your car and seek shelter in a low-lying area such as a ditch or ravine.



After a...

- ✔ **Stay Informed:** Continue to listen to local news or a NOAA Weather Radio
- ✔ **Contact Family/Loved Ones:** Text messages or social media are more reliable forms of communication than phone calls
- ✔ **Assess the Damage:** Contact local authorities if you see power lines down. Stay out of damaged buildings. Be aware of insurance scammers if your property has been damaged
- ✔ **Help Your Neighbor:** If you come across people that are injured and you are properly trained, provide first aid to victims if needed until emergency response teams arrive



Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.gov



@CuyahogaOEM



Facebook.com/CuyahogaOEM



Bedford City Schools Foundation

presents

Night at the Races

A Community Event

Supporting Scholarships for Bedford Graduates

Come bet on your favorite horses!

Door Prizes ~ Cash Bar

Saturday, April 27, 2024 [6-10 PM]

Winking Lizard

25200 Miles Road, Bedford Heights

Cost: \$50/person - includes Entrance

and heavy Hors d'oeuvres

Sponsor a race and get your name printed &

announced-Only \$100.00

Buy a horse and name it for \$10.00

Derby Hat Contest

Prize for the best decorated Derby Hat

Online Registration available at

www.bedfordfoundation.net/Events

For more info contact:

Ed Blount - edward.blount@sbcglobal.net

Trish Duncan - tduncan@bedfordschools.org



Heskett Middle School Instrumental Spring Concert

Tuesday, April 23, 2024 6:30 PM - 8:30 PM

Bedford High School Auditorium

Heskett Choral Spring Concert

Thursday, April 25, 2024 6:30 PM - 8:30 PM

Heskett Middle School Auditorium

Bedford High School Instrumental Spring Concert

Wednesday, April 24, 2024 7:00 PM - 9:00 PM

Bedford High School Auditorium

Bedford High School Choral Spring Concert

Wednesday, May 15, 2024 7:00 PM - 8:00 PM

Bedford High School Auditorium





Protect Your SNAP Benefits

There has been an increase in Supplemental Nutrition Assistance Program (SNAP) electronic benefits theft in recent weeks.

Please take steps to keep your SNAP benefits safe.

Cuyahoga Job and Family Services (CJFS) would like to warn recipients of food, medical and cash benefits to be careful when responding to calls and texts from people regarding county-issued benefits.

Customers who receive Supplemental Nutrition Assistance Program (SNAP), Medicaid and Ohio Works First (OWF) benefits will sometimes receive case updates via text message or automated phone message, however CJFS will never send you a request to sign up for a bank account or request you log in or create a bank account.

If you receive a text message that you believe is suspicious, take a screen shot and make a report to the Cuyahoga County Public Assistance Fraud Hotline at 216-987-6950. You can also find more information online on the county's Reporting Suspected Public Assistance Fraud site.

Tips for Keeping Your Benefits Safe:

- CJFS and the Ohio Department of Job and Family Services will never ask you to provide login details for your bank or require you to set up any third-party bank accounts.
- Cuyahoga Job and Family Services will never visit you in-person at your home to ask you about your case or for any other information.
- If you have an Electronic Benefits Transfer (EBT) Card, please DO NOT share your PIN with anyone and update/change your PIN regularly. You can change your PIN by logging into your online account at <https://www.connectebt.com> for SNAP or <https://www.goprogram.com/goedcrecipient/> for cash cards. You can also call 1-866-386-3071 for SNAP or 1-855-926-2105 for cash cards and follow the prompts to change your PIN.
- You should never share information about your EBT or EPPIC card in response to a text message.

Baby Boomers

AND FOOD SAFETY



About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.

What May Make You Sick?

Here's a look at some of the most common food pathogens that affect older adults and where they're found:

E. COLI O157:H7



Undercooked ground beef, unpasteurized milk and juices, contaminated raw fruits and vegetables, and water

Person-to-person contact

CAMPYLOBACTER



Unpasteurized (raw) milk

Raw or undercooked meat, poultry or shellfish

Untreated or contaminated water

SALMONELLA



Raw or undercooked eggs, poultry or meat

Unpasteurized (raw) milk or juice

Cheese and seafood

Fresh fruits and vegetables

Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?

Medication side effects (like a weakened immune system)

Changes in functioning of organs like liver and kidneys

Underlying chronic conditions (such as diabetes or kidney disease)

Age-related changes to GI tract



Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:

When in doubt, throw it out.



"SELL BY" DATE: Buy the product before this date. It is safe to eat after this date.



BEST IF USED BY/USE-BY: This is the last date recommended for best flavor or quality.



Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

To learn more visit www.fsis.usda.gov and search "product dating."

Foods to Avoid



SOFT CHEESES made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)



RAW OR UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD



UNPASTEURIZED (raw) MILK



RAW SPROUTS



UNWASHED FRESH VEGETABLES



HOT DOGS, DELI MEATS AND LUNCHEON MEATS that have not been heated to steaming hot



PATES – unpasteurized/refrigerated pates

Safety Tips

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. *With all foods, follow these tips:*



CLEAN: Clean surfaces, utensils and hands with soap and warm water.



SEPARATE: Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.



COOK: Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.



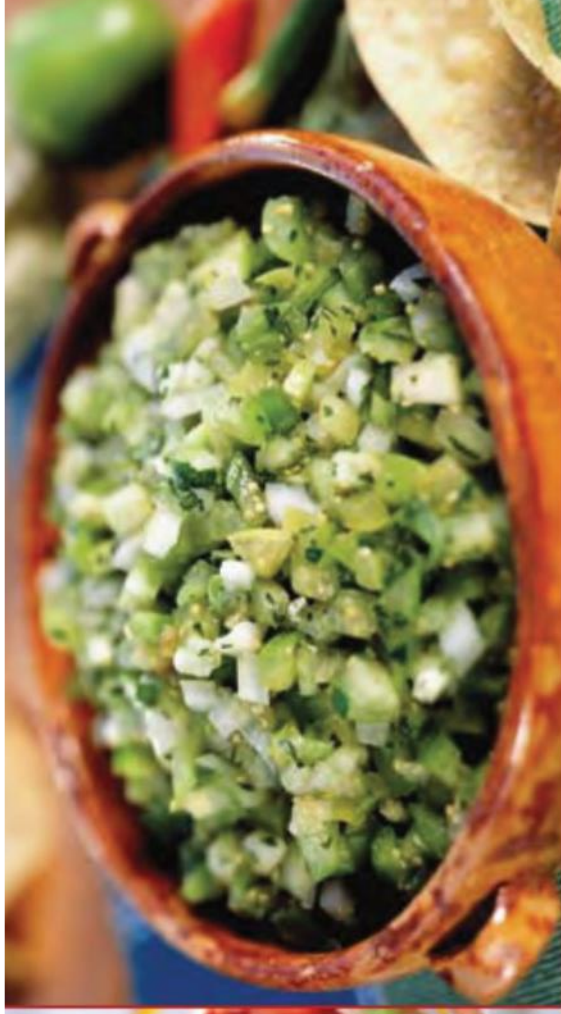
CHILL: Chill raw and prepared foods promptly if not consuming after cooking.



For more food safety tips, go to [FoodSafety.gov](http://www.FoodSafety.gov)

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

ADDITIONAL SOURCE
<http://www.cdc.gov/features/dsfoodborneestimates/>



Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

Nutrition information per serving: Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

½ cup per serving.

Prep time: 20 minutes

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Nutrition information per serving: Calories 38, Carbohydrate 9 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg

Mexican Rice



Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 (14½-ounce) can 33% less sodium chicken broth
- 1 cup white rice
- ¾ cup chopped tomatoes
- ½ teaspoon chili powder
- ¼ teaspoon salt
- 1 cup frozen corn, thawed
- 1 cup frozen pea and carrot blend, thawed

Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.



Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

*Recipes from: Kaiser Permanente Northern California
"Champions for Change: Healthy Latino Recipes"*



JOKES & MORE! SUBMITTED BY OUR SENIORS

Reader's Digest's Best Spring Jokes <https://www.rd.com/article/spring-jokes/>

Why are waterbeds so bouncy? They're filled with spring water.

Does February march? No, but April may!

Which month of the year is the shortest? May. It only has three letters.

What can you find in the middle of April and March but not at the beginning or end of either? The letter R!

Why is Yoda such a good gardener? He has a green thumb.

What did the dirt say to the rain? You'd better cut it out, or my name will be mud!

When is the best time to wash your Slinky? During spring cleaning.

The bed store is having a spring sale. Unfortunately, the rest of the beds are still full price.

What do gardeners wear on their legs? Garden hose.

How can you tell the weather's getting warmer? There's a spring in people's steps.

What do you call an emergency in spring? May Day.

Why is the letter A like a flower? Because a B comes after it!

How do you plant a kiss in spring? With two lips.

When is it impossible to plant flowers? When you haven't botany.

What did the seed say to the flower? OK, bloomer!

Why couldn't the little flower ride a bike? It didn't have any petals.

How do brand-new spring flowers greet each other? "Hey, bud!"

I just opened a flower shop. Business is blooming.

What's the best flower for a boy to give on Mother's Day? A son-flower.

Did you hear about the flower who went on a date with another flower? It's a budding romance.

How can you tell spring flowers are friendly? They always have new buds.

Should I plant flowers in April? May as well!

What type of flower do you plant in the dark? A light bulb.

What's the best way to create a bouncy pool? By adding spring water!

Why did the farmer bury his money? To make his soil rich.

Why was the bee mad? You'd be mad, too, if someone stole your honey and nectar.

Did you hear the one about the gardener who couldn't wait for spring? He was so excited, he wet his plants!

Which superhero likes spring the best? Robin.

Which month is the politest when asking questions? The month of May.

How do bees brush their hair? With honeycombs.

What did the tree say during springtime? "Well, this is a re-leaf!"

Did you hear about the flowers that died and then came back to life? It must have been reincarnation.

Did you see that all the snow and ice are melting? Yes, I thaw!

Who is an herb's favorite singer? Elvis Parsley!

In all of spring, it can rain cats and dogs, but when does it rain monkeys? In Ape-ril.



JOKES & MORE! SUBMITTED BY OUR SENIORS

Gardening Jokes To Brighten Your Day

- * Sad but true... Hard work doesn't harm anyone, but I do not want to take any chances.
- * The only way to ensure rain is to give the garden a good soaking.
- * Weeds grow at precisely the rate you pull them out.
- * Nothing ever looks like it does on the seed packet.
- * Autumn follows summer, winter follows autumn, drought follows planting.
- * However bare the lawn, grass will appear in the cracks between the patio paving stones.
- * When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The real meaning of plant catalog terminology:

- * "A favorite of birds" means to avoid planting near cars, sidewalks, or clotheslines.
- * "Grows more beautiful each year" means "Looks like roadkill for the foreseeable future."
- * "Zone 5 with protection" is a variation on the phrase "Russian roulette."
- * "May require support" means your daughter's engineering degree will finally pay off.
- * "Moisture-loving" plants are ideal for landscaping all your bogs and swamps.
- * "Carefree" refers more to the plant's attitude than to your workload.
- * "Vigorous" is code for "has a Napoleonic compulsion to take over the world."
- * Knee: a device for finding rocks in your garden.
- * "Annuals" mean disappointment once a year.
- * Hardy plant: really means "hearty" to wildlife and a wholesome meal.

Gardening One-Liners:

- * Why do potatoes make good detectives? Because they keep their eyes peeled.
- * What do you get if you divide the circumference of a pumpkin by its diameter? Pumpkin pi.
- * How do you lead a horse to water? With lots of carrots.
- * Why do cowboys always die with their boots on? So they won't stub their toes when they kick the bucket.
- * What do you call a stolen yam? A hot potato.
- * What is a weed? A plant that has mastered every survival skill except for learning how to grow in rows."
- * What flower does everyone have on their face? Tulips
- * What vegetable can tie your stomach in knots? String beans.
- * "What did the carrot say to the wheat? Lettuce rest, I'm feeling beet."



JOKES & MORE! SUBMITTED BY OUR SENIORS

Cinco De Mayo

Cinco de Mayo is one of the most well-known Mexican holidays in America, but not many Americans know what the day is about. Some people even confuse it with Mexico's Independence Day. Cinco de Mayo is only a minor holiday in most of the country. It is celebrated mainly in the Mexican state of Puebla. But for many Mexican Americans, Cinco de Mayo has become an important celebration of cultural pride.



Remembering History: What Happened on May 5th?

In the late 1800s, Mexico was in big trouble. The treasury was nearly bankrupt after fifteen years of civil war and two years fighting the United States. The country owed money to many European countries. The new President of Mexico — a Zapotec man named Benito Juárez — had to halt the debt payments because there was no money to complete them. Angry with Juárez's decision, Britain, Spain, and France sent troops to Veracruz, Mexico. They demanded the money owed to them. Luckily, President Juárez was able to reach an agreement with Britain and Spain. But Emperor Napoleon III of France refused to talk and settle the debts. He saw this as an opportunity to grow his empire. He soon sent troops to claim Mexican land for France. This forced President Juárez into a war that Mexico was not prepared for: the Franco-Mexican War. President Juárez quickly rounded up a ragtag army of 2,000 men. They were led by Texas-born General Ignacio Zaragoza. The army moved to the small town of Puebla de Los Angeles in the Mexican state of Puebla. The soldiers secured the town and waited for the French to arrive.

From dawn until dusk on May 5, 1862, the battle raged. After three unsuccessful attacks, the French were surrounded by Mexican soldiers. They attacked after the French ran out of ammunition, or bullets. The Mexican army won, and the French retreated from the battlefield with almost 500 of their soldiers killed. On the other side, fewer than 100 of the Mexican soldiers had been lost. The Battle of Puebla was seen as a great success. It boosted the spirits of the Mexican resistance movement. Despite the challenges they faced, the Mexican troops had achieved a small but inspiring victory against a strong European power. The Franco-Mexican War finally ended in 1867 when President Juárez's forces drove the French out of Mexico.

How is Cinco de Mayo Celebrated Today?

Many Mexican American communities throw parties, parades, and festivals to celebrate Cinco de Mayo. Mariachi and other Mexican folk bands play music, and baile folklórico dancers often perform. These events highlight parts of Mexican culture that come from Puebla, like the colorful skirt-and blouse style of clothing called China poblana or the spice-and-chocolate dish called mole poblano. Some of the largest Cinco de Mayo festivals are held in Los Angeles, Chicago, and Houston.

Over the past fifty years, Cinco de Mayo has spread from Mexican American communities across the United States. The holiday has introduced Mexican culture to a wider audience. Many students learn about the holiday in school and through public festivals. People with and without Mexican heritage look forward to Cinco de Mayo as a day to celebrate Mexican food, music, clothing, and other traditions.

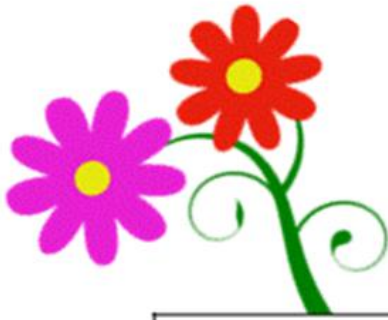
Excerpt from: <https://tea4avcastro.tea.state.tx.us/thl/G6ELAR.W5.L3.celebrating-cinco-de-mayo.pdf>

WHAT DO YOU MEME?

Spring Time...

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





Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

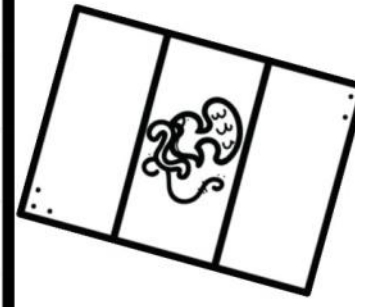
GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



CINCO DE MAYO WORD SEARCH

Directions: Read the words found in the word bank. Find each one of them in the puzzle below and circle them.



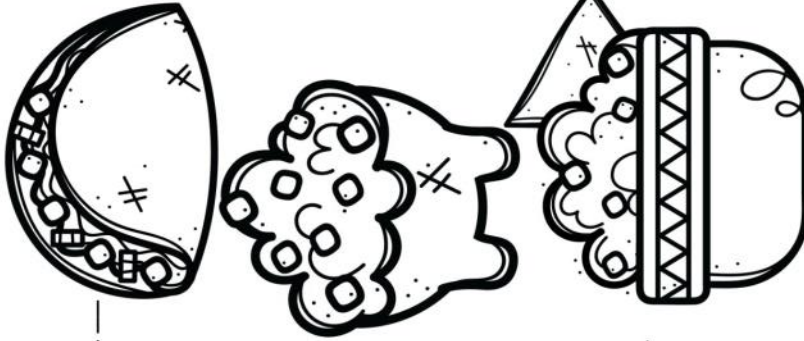
Word Bank

- | | | | |
|-----------|----------|----------|---------|
| five | cinco | triumph | trunfo |
| May | mayo | military | militar |
| celebrate | celebrar | party | fiesta |
| battle | batalla | parade | desfile |
| culture | cultura | Mexico | |
| victory | victoria | France | |

MEXICAN FOOD

Unscramble

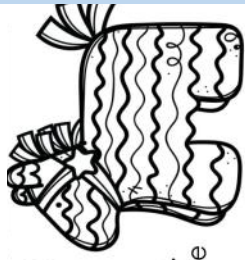
Directions: Unscramble the letters to create a word associated with Mexican food. Write each circled letter at the bottom using the corresponding numbers to find the answer to the question below.



1. chanchimiga ○
2. soncah ○
3. alsas ○
4. acto ○
5. itajaf ○
6. rrbuofti ○
7. taiuqto ○
8. moelcagua ○
9. adaenlich ○
10. qudillesala ○

CINCO DE MAYO

Sudoku



Directions: Place one letter into each empty box. Each row, column, and box 3 x 2 must contain the letters **F-I-E-S-T-A** exactly once.

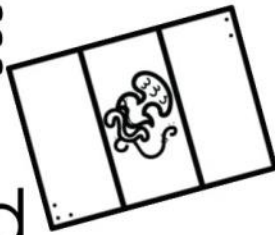
I				E	F	
	E	T				A
	I	S				E
T		E			A	S
	A			T		F
E		F		A	S	

What Tex-Mex food is good at math?

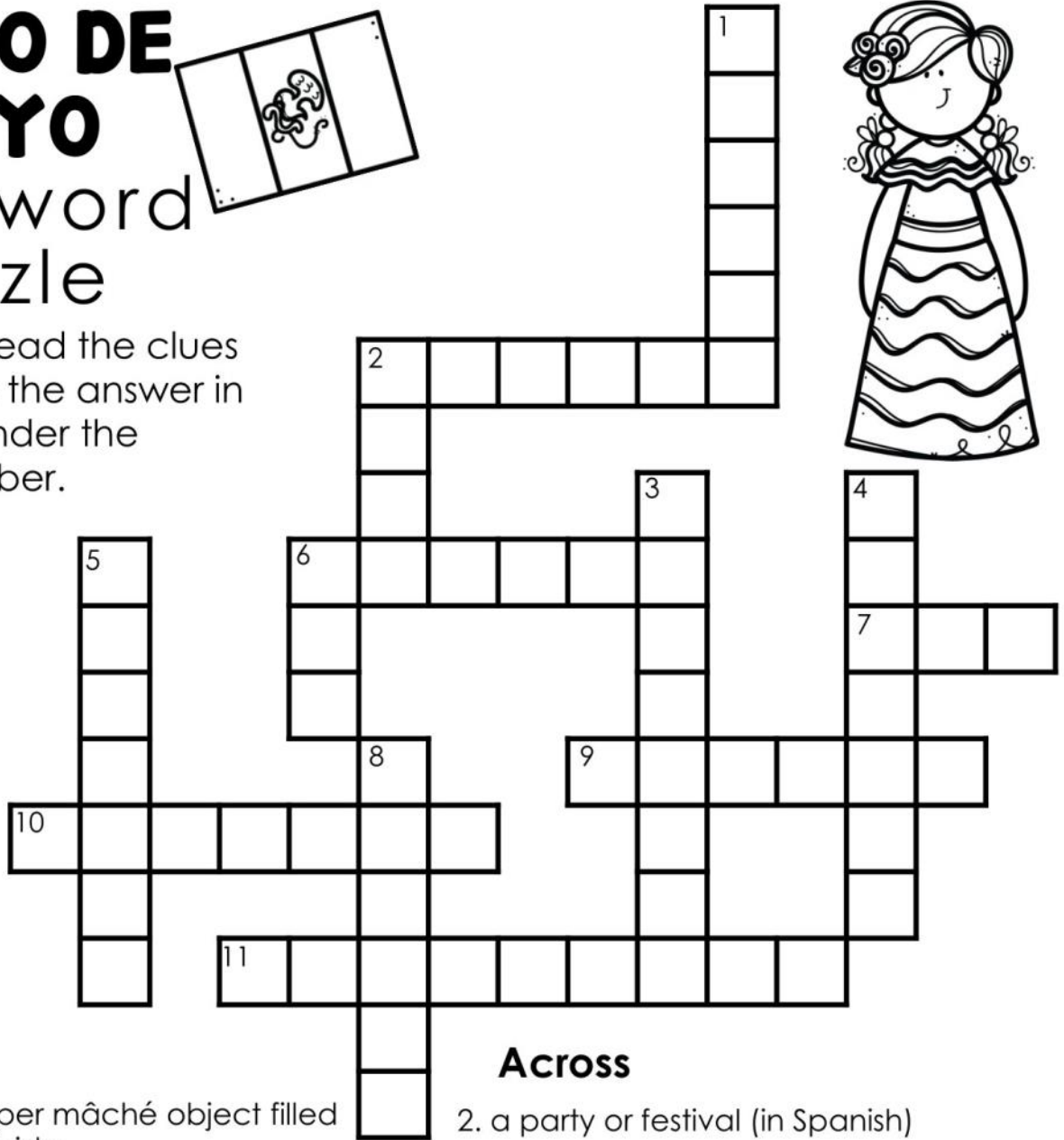
 6 2 1 9 7 8 5 10 4 3

CINCO DE MAYO

Crossword Puzzle



Directions: Read the clues below. Write the answer in the puzzle under the correct number.



Down

1. a hollow paper mâché object filled with treats inside
2. cinco (in English)
3. a large brimmed hat that plays an important part in the traditional Mexican Hat Dance
4. musical instruments filled with beans, beads, or pebbles that are usually played in pairs
5. the act of defeating an enemy
6. mayo (in English)
8. a public procession

Across

2. a party or festival (in Spanish)
6. Cinco de Mayo originated in the country of ____.
7. The main colors on the Mexican flag are green, white, and ____.
9. The country that was defeated in the Battle of Puebla which started on May 5th, 1862.
10. a day when people do not work in honor of a person or an event
11. a dip in which the main ingredient is avocado first developed in Mexico

PUZZLES & MORE

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

Sudoku puzzles require you to find the missing numbers in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

You can't just add any numbers, though. There are rules that making solving the puzzle challenging.

A number can only occur once in a row, column, or square.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!

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

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

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

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

ANSWER KEYS

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

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

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

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

I	S	A	E	F	T
F	E	T	S	I	A
A	I	S	F	T	E
T	F	E	I	A	S
S	A	I	T	E	F
E	T	F	A	S	I

c h i m i c h a n g a

n a c h o s

s a l s a

t a c o

f a j i t a

b u r r i t o

t a q u i t o

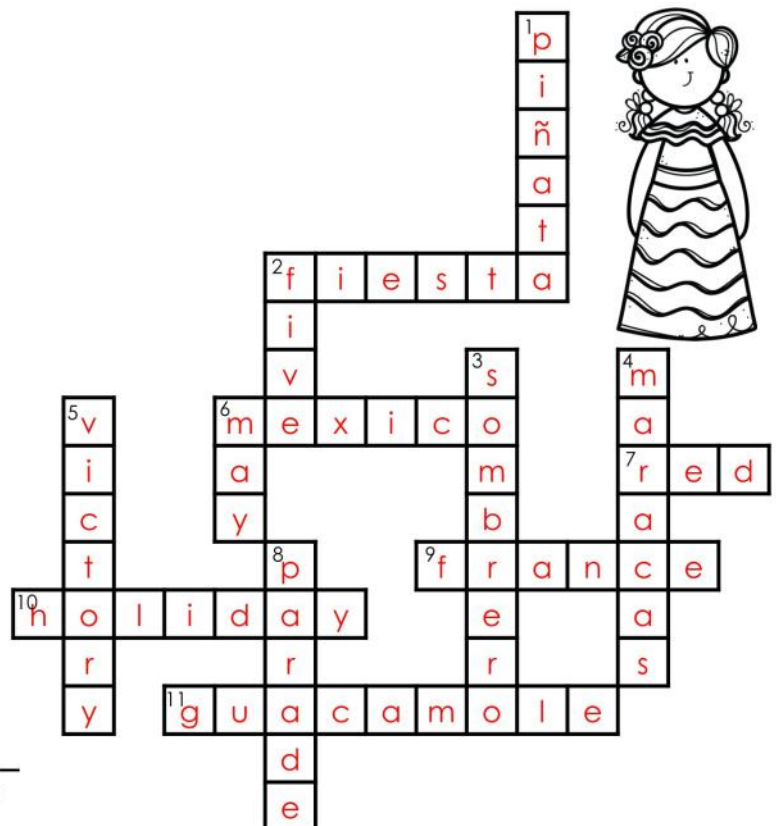
g u a c a m o l e

e n c h i l a d a

q u e s a d i l l a

What Tex-Mex food is good at math?

i n c h - i l a d a s
6 2 1 9 - 7 8 5 10 4 3



APRIL BIRTHDAYS

Joy Arnold
Rick Backo
Kathy Baker
Vera Blakely
Marcella Boyd
Kathy Brown
Eva Carter
Kathleen Churak
William Darr
Karol Demartine
Abraham Douglas
Vivian Freeman
Sabrina Future
Evelyn Glenn
Kristi Hathaway
Kenneth Hudak
Edgar Jacobs

Trish Karabowicz
Bruce Keene
Betty Keys
Christine Kotowski
Elizabeth Lee
Erin Lucas
Joan Marks
Theresa Martin
Victoria Michalek
John Myers
Jerry Oldenburg
David Popovich
Anne Price
Mary Reed
Richard Ressler
Pamela Shaw
Cathy Skalak

Julianna Sliwinski
Joanna Smith
Bobbie Snedden
Rhonda St. Clair
Delbra Swain
Chris Sweet
Helen Taylor
Joan Thomas
Charlotte Umbower
Marilyn Urban
Dorothy Whye
Veronica White
Jackie Williams
Sara Williams

APRIL ANNIVERSARIES

No anniversaries this month

We publish and celebrate anniversary dates with members who have previously given that information. If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date. Please contact the Recreation Office if you wish to have your anniversary date recognized in the Mini News.

NEW MEMBERS

Debra Aldhizer
Ken Chizik
Nellie Chizik
Joseph De Wees
Renee De Wees
Evelyn Glenn

James Jeffers
Bruce Keene
Stephanie Keitt
Betty Keys
William Manning, Jr.
James Ruzska

Sharron Sankovich
Antoya Stovall-Leonard
Holly Schwartz
Tom Sweet
Vickie Taylor
Julia Weakland

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recreation@bedfordoh.gov