



BEDFORD SENIORS CLUB NEWSLETTER



Calendar	2-3
Rec Programs	4-12
Day Trips	13-16
City News	17
Summer Concerts	18
City Events	19
Library Programs	20
Resources	21-28
Monthly Recipes	29
Nutrition Facts	30
Jokes & More	31-33
Puzzles	34-39
Member Highlights	40



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

Senior Club Lunches

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

Wednesday, July 24: Sirna Burger, Chips, Pickles

Registration deadline Friday, July 19.

Wednesday, August 14: Fried Boneless Chicken Thigh, Mashed Potatoes, Coleslaw

Registration deadline Friday, August 9.

Wednesday, August 28: Italian Wrap, Chips, Fruit

Registration deadline Friday, August 23.

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 7/8/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10  Senior Lunch 12:00pm Backyard Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	11 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm Barre Above 6:00pm	12 Strength & Core 10:45am Aqua Exercise 11:00am & 12:00pm Silver Screen 1:00pm "The Fall Guy"
15 Line Dancing 10:30am IBM Skills 12:00pm Knitting 1:00pm Local Motion 6:00pm	16 Strength & Balance 10:30am <u>No Binge Watchers</u> Billiards Open Play 2:00pm Pickleball Open Play 6:30pm, 7:30pm	17 Shuffleboard 9:30am Tower City & Casino outing 11:20am Chair Yoga 5:30pm	18 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm Barre Above 6:00pm	19 Strength & Core 10:45am Aqua Exercise 11:00am & 12:00pm Silver Screen 1:00pm "Priscilla" <i>Deadline for 7/24 lunch</i>
22 Line Dancing 10:30am IBM Skills 12:00pm Knitting 1:00pm Local Motion 6:00pm	23 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards Open Play 2:00pm	24  Senior Lunch 12:00pm Summer Hits Musical Bingo 1:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	25 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm Barre Above 6:00pm	26 Strength & Core 10:45am Aqua Exercise 11:00am & 12:00pm Silver Screen 1:00pm "Ghostbusters"
29 Line Dancing 10:30am Knitting 1:00pm Local Motion 6:00pm	30 <u>No Strength & Balance</u> Binge Watchers 1:00pm Billiards Open Play 2:00pm	31 Shuffleboard 9:30am Chair Yoga 5:30pm		SATURDAYS <i>Yoga in the Park 9:00am July 13, 20, 27</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 7/9/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SATURDAYS</u> <i>Yoga in the Park 9:00am</i> <i>August 3, 10, 17, 24</i>			1 UH Walking Club 9:30am Gentle Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm Barre Above 6:00pm	2 <u><i>No Strength & Core</i></u> Aqua Exercise 11:00am & 12:00pm Silver Screen 1:00pm "Forrest Gump"
5 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	6 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards Open Play 2:00pm	7 Shuffleboard 9:30am  12:00pm Get Crafty 2:00pm	8 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	9 Strength & Core 10:45am Aqua Exercise 11:00am & 12:00pm Silver Screen 1:00pm "Summer Camp" <i>Deadline for 8/14 lunch</i>
12 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	13 Strength & Balance 10:30am <u><i>No Binge Watchers</i></u> Billiards Open Play 2:00pm	14  Senior Lunch 12:00pm Word Games 1:00pm Book Club 2:00pm	15 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	16 Fresh Fork 10:00am Strength & Core 10:45am Cardio Drumming 12:00pm Silver Screen 1:00pm "Iron Claw"
19 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	20 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards Open Play 2:00pm	21 Shuffleboard 9:30am Sparkling Portraits 2:00pm	22 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	23 Strength & Core 10:45am Cardio Drumming 12:00pm Silver Screen 1:00pm "Ordinary Angels" <i>Deadline for 8/28 lunch</i>
26 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	27 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards Open Play 2:00pm	28 Healthy Brain 10:30am  Senior Lunch 12:00pm Bingo 1:00pm	29 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	30 Strength & Core 10:45am Cardio Drumming 12:00pm Silver Screen 1:00pm "Godzilla x Kong"

RECREATION PROGRAMS

Healthy Living for Brain and Body

NEW! This program is designed to offer you research-based recommendations about taking care of our brains and our bodies in order to age as well as possible. This program is intended for healthy individuals of any age who are looking for ways to age well.

Topics covered will include:

- Identify the reasons for taking care of yourself as you age.
- List strategies to age well in the following areas: Cognitive activity; Physical health and exercise; Diet and nutrition and Social engagement.
- Make you own plan for healthy aging using the Healthy Habits for a Healthier You workbook.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Wednesday, August 28

Time: 10:30 am - 11:30 am

Fee: Free, pre-registration required

TIES Teaching Institute for Excellence in STEM

NEW! Join us for a special hour-long session where TIES Teaching Institute for Excellence in STEM will introduce senior citizens to IBM SkillsBuild. In this interactive and engaging session, learners will gain valuable skills in online safety, artificial intelligence (AI), digital literacy, and more. The activities are designed to be both fun and informative, providing a great opportunity to explore new technologies and enhance your digital skills. Don't miss out on this chance to learn something new and exciting with TIES!

Location: Ellenwood Center Room 1

Date: Mondays, July 15, 22

Time: 12:00 pm—1:00 pm

Fee: Free

Billiards Open Play

Gather for 2-hours of fun and friendly competition. Players must rotate play. Limited to 8 players. **Be sure to check the Senior Event Calendar or online for our Open Play days and times. Reservations are highly recommended.**

Location: Ellenwood Center Room 2

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

**Instructor Tony Love will be visiting during our Open Play dates in July & August!*



RECREATION PROGRAMS

Fresh Fork Market—Farmers' Market

SPECIAL GRANT FUNDING! Join us for a pop-up market from our local farmers, hosted by Fresh Fork Market. Registered participants will receive a pre-assembled bundle of seasonal veggies and eggs. Like the weather, we can't predict exactly what will be in the "farm share," but the way the season is trending we expect sweet onions, tomatoes, cantaloupe, zucchini, and even sweet corn. In addition to the vegetable selection, participants can select from a mobile market featuring frozen meats, farmstead cheeses, dairy, grains and cereals, and extra fruits and veggies. Eat healthy and go on a culinary adventure with Fresh Fork Market and the City of Bedford! Bundles are valued over \$50. This pop-up program is made possible through the Healthy Aging Grant from Cuyahoga County and Ohio Department of Aging.



Location: Ellenwood Center West Parking Lot & Pavilion

Date: Friday, August 16

Time: 10:00am - 12:00pm

Free to Bedford Senior Club members only.

Registration opens July 15 and closes on August 9. Must be registered; no extras will be ordered. Limited to 100 registrants.

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

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:

Board of Developmental Disabilities Power-Up Event: Thursday, August 29

Meet at Ellenwood Center and take Senior Van to SAW Maple Heights to host activities for Adults with Special Needs and promote our Center and adaptive programming. Boarding van at 8:50am and leaving Ellenwood at 9:00am. Event ends at noon, return in afternoon.

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

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



Resin Coasters – Wednesday, August 7

Stencil Art Canvas Tote — Wednesday, September 4

Pumpkin Art – Wednesday, October 2

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



- **Liberty Fireworks** —Wednesday, July 24 **rescheduled*
- **Guitar Sunset** —Wednesday, August 21
- **Hello Fall Wagon** —Wednesday, September 18

RECREATION PROGRAMS

Barre Above®

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

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, July 11, 18, 25, August 1, 8, 15, 22, 29

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

NEW DAYTIME SUMMER SESSION! 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 Gym

Dates: Thursdays, July 11, 18, 25, August 1

Time: 11:00 am - 12:00 pm

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

Bedford Senior Club Members are free and must register in advance

Yoga in the Park

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

Instructor: Julionne Brown-Little, certified instructor

Dates: Saturdays, July 13, 20, 27, August 3, 10, 17, 24, 31

Time: 9:00 am - 10:00 am

Location: Archibald Willard Park

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

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Room 4 *Different room location during summer*

Dates: Tuesdays, July 16, 23, August 6, 13, 20, 27 (no class 7/30)

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, July 12, 19, 26, August 9, 16, 23, 30 (no class 8/2)

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

Painting in the Park

Join Melinda with So-So Artsy for outdoor painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies and apron included. Outdoor Class only; will take place at Ellenwood Center Pavilion. Bring your own water bottle.

Instructor: Melinda, So-So Artsy

Beach Life

Date: Tuesday, July 16

Palm Swag

Date: Tuesday, August 6

Time: 6:00 pm – 8:00 pm

Location: Ellenwood Center Pavilion

Fee: \$25 per painter

...more dates and paintings coming soon!



RECREATION PROGRAMS

Local Motion with Jaki

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers. Pre-registration required; please register by Monday afternoon.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, July 15, 22, 29, August 5, 12, 19, 26

Time: 6:00 pm - 6:45 pm

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

Bedford Senior Club Members are free and must register in advance

Chair Yoga 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

Dates: Wednesdays, July 10, 17, 24, 31 (No classes in August)

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

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

**Instructor Rich Abston will be visiting our Open Play dates in July & August!*

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released at our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center. Members who would like to receive the Senior News by mail, please call our office monthly to request it.

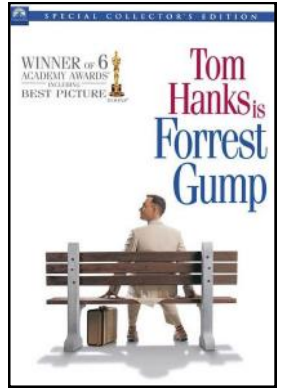
RECREATION PROGRAMS

Silver Screen Seniors

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

Friday, August 2: Forrest Gump (1994) 30th Anniversary!

Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny (Robin Wright). Rated PG-13. 2 hours, 22 mins.



Friday, August 9: Summer Camp (2024)

Summer Camp tells the story of Nora (Diane Keaton), Ginny (Kathy Bates), and Mary (Alfre Woodard), who have been best friends since being inseparable at summer camp. As the years have passed, they've seen each other less and less, so when the chance to reunite for a summer camp reunion arises, they all take it, some begrudgingly and others excitedly. Each of their lives might not be where they'd imagined, but one thing is for sure -- Nora, Ginny, and Mary need each other, and summer camp reminds them why. Rated PG-13. 1 hour, 36 mins.



Friday, August 16: The Iron Claw (2023)

The true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980s. Through tragedy and triumph, under the shadow of their domineering father and coach, the brothers seek larger-than-life immortality on the biggest stage in sports. Rated R for drug use, language, some sexuality and violence. 2 hours, 12 mins.



Friday, August 23: Ordinary Angels (2024)

Based on a remarkable true story, ORDINARY ANGELS centers on Sharon Steves (Hilary Swank), a fierce but struggling hairdresser in small-town Kentucky who discovers a renewed sense of purpose when she meets Ed Schmitt (Alan Ritchson), a widower working hard to make ends meet for his two daughters. With his youngest daughter waiting for a liver transplant, Sharon sets her mind to helping the family and will move mountains to do it. What unfolds is the inspiring tale of faith, everyday miracles, and ordinary angels. Rated PG. 1 hour, 56 mins.



Friday, August 30: Godzilla x Kong: The New Empire (2024)

This latest entry in the Monsterverse franchise follows up the explosive showdown of Godzilla vs. Kong with an all-new cinematic adventure, pitting the almighty Kong and the fearsome Godzilla against a colossal undiscovered threat hidden within our world, challenging their very existence -- and our own. The epic new film will delve further into the histories of these Titans, their origins, and the mysteries of Skull Island and beyond, while uncovering the mythic battle that helped forge these extraordinary beings and tied them to humankind forever. Rated PG-13. 1 hour, 55 mins.



RECREATION PROGRAMS

Shelf Indulgence Book Club

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

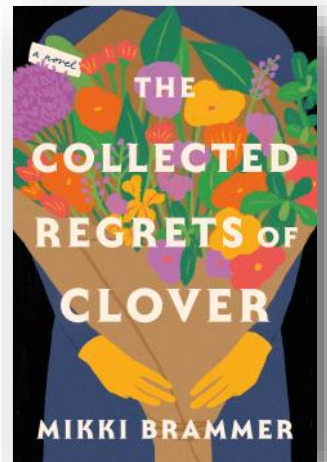
Wednesday, August 14: “The Collected Regrets of Clover” by Mikki Brammer

What’s the point of giving someone a beautiful death if you can’t give yourself a beautiful life?

From the day she watched her kindergarten teacher drop dead during a dramatic telling of Peter Rabbit, Clover Brooks has felt a stronger connection with the dying than she has with the living. After the beloved grandfather who raised her dies alone while she is traveling, Clover becomes a death doula in New York City, dedicating her life to ushering people peacefully through their end-of-life process.

Clover spends so much time with the dying that she has no life of her own, until the final wishes of a feisty old woman send Clover on a road trip to uncover a forgotten love story—and perhaps, her own happy ending. As she finds herself struggling to navigate the uncharted roads of romance and friendship, Clover is forced to examine what she really wants, and whether she’ll have the courage to go after it.

Probing, clever, and hopeful, The Collected Regrets of Clover is perfect for readers of The Midnight Library and Eleanor Oliphant is Completely Fine as it turns the normally taboo subject of death into a reason to celebrate life.



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: 1:00 pm

The Crown—Season 6

The sixth and final season is set from 1997 to 2005, during the premiership of Tony Blair. Events depicted include the death of Diana, Princess of Wales, the Golden Jubilee of Elizabeth II, the deaths of Princess Margaret and Queen Elizabeth The Queen Mother, the early relationship of Prince William and Kate Middleton, and the wedding of Prince Charles and Camilla Parker Bowles.

August 20 — Episodes 1 & 2
August 27 — Episodes 3, & 4
September 3 — Episodes 5 & 6

September 10 — Episodes 7 & 8
September 17 — 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 Air Laboratory of the World: Cleveland's Air Races

Between 1929 and 1949, except for a hiatus during World War II, Cleveland hosted the National Air Races, an extraordinary spectacle meant to showcase new developments in aviation technology. In this program, hear stories of the different races that occurred, the bold and brave pilots who performed death-defying stunts, and the benefits for the city of Cleveland and its new municipal airport. Until planes grew too powerful to safely race over the densely populated areas of Northeast Ohio, the achievements of these yearly events reflected the quickly changing social and political realities of their time. Enjoy our August Aviation Adventure BBQ wings, coleslaw, mac and cheese and buttermilk angel wings for dessert. Presented by the Western Reserve Historical Society.

Date: Wednesday, August 7

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members

\$15 for non-members



SAVE THE DATES! Details forthcoming...

Katharine Hepburn—September 4

Vampire Talk—October 16

Last of the Romanovs—November 20



Sweets Galore: An Excursion to B.A. Sweeties and Malley's Chocolates Thursday, September 5

NEW! Join us for a delightful field trip to B.A. Sweeties and Malley's Chocolates, where sweetness and fun await! B.A. Sweeties is one of the largest candy stores in the country that offers a vast selection of candies, chocolates, and nostalgic treats. B.A. Sweeties also features a fun mini-golf course themed around candy and treats. Enjoy a round of mini-golf with your friends, navigating through colorful, candy-inspired obstacles for a sweet twist on the classic game. We'll head to Malley's Chocolates, a beloved local chocolatier known for its premium chocolates and unique creations. Lunch location is Hooley Pub & Kitchen. This field trip promises an unforgettable experience filled with tasty treats and plenty of sweet memories. Transportation and mini-golf admission included. Treats and lunch on your own.



We will board the bus at 10:00am by the pavilion and leave Ellenwood Center at 10:15am. Return time 4:30pm. We will be riding a school bus provided by Bedford City Schools. Please note that this trip requires mild-moderate walking and extended standing. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them. Please contact the Parks & Recreation Department if you need special travel accommodations.

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

Registration for Bedford Club Members begins July 15. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1. Limit of 2 guests max. Registration deadline August 31.

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

Price is Right Live at Playhouse Square Thursday, September 19

The Price Is Right Live™ is the hit interactive stage show that gives eligible individuals the chance to hear their names called and "Come On Down" to win. Prizes may include appliances, vacations, and possibly a new car! Play classic games just like on television's longest-running and most popular gameshow...from Plinko™ to Cliffhangers™ to The Big Wheel™ and even the fabulous Showcase. Playing to near-sold-out audiences for over 20 years, the Price Is Right Live™ has entertained millions of guests and given away more than 15 million dollars in cash and prizes. If you're a fan of The Price Is Right™ on TV, you'll no doubt love this exciting, live (non-televised), on-stage version of the show!

WANT TO PLAY? To register for the chance to be a contestant, visit the registration area at or near the venue box office up to 3 hours prior to show time. For complete rules & regulations, including eligibility requirements, visit or call the box office.

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 3:45pm by the pavilion and leave Ellenwood Center at 4:00pm. Dinner on your own at TownHall. Followed by show starting at 7:00pm. Runtime is 90-minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 9:30pm. 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.

Fee: \$60 Bedford Senior Club member/\$70 for non-member

Registration for Bedford Club Members begins July 15. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1. Limit of 2 guests max. Registration deadline August 16. No refunds after the deadline.



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

Baseball Game: Cleveland Guardians vs. Houston Astros **Saturday, September 28 at Progressive Field**

Join us for exciting night out to watch our Cleveland Guardians take on the Houston Astros at Progressive Field in downtown Cleveland. First pitch is at 6:10pm. Being the last home series of the regular season, we are in for a treat of promotions! It is Fan Appreciation Night and attendees can buy Sugardale Dollar Dogs or pre-game in the District with \$2 Coors Light. Fans will receive a 2025 Schedule Poster and enjoy a post-game Fireworks display!



We will board the bus at 4:00pm by the pavilion and leave Ellenwood Center at 4:15pm. We will return after the game and fireworks, approximately 10:15pm. We will be riding a school bus provided by Bedford City Schools. Please note that this trip requires mild-moderate walking, stairs and extended standing. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them.



Price includes one game ticket and transportation. Our tickets are in the lower level in section 130 on the first base/right field side. Food on your own. Our group has a 40 ticket limit.

Fee: \$40 Bedford Senior Club member/\$45 for non-member

Registration for Bedford Club Members begins July 1. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1. Limit of 2 guests max. Registration deadline August 23. No refunds after the deadline.



DAY TRIPS for SENIORS



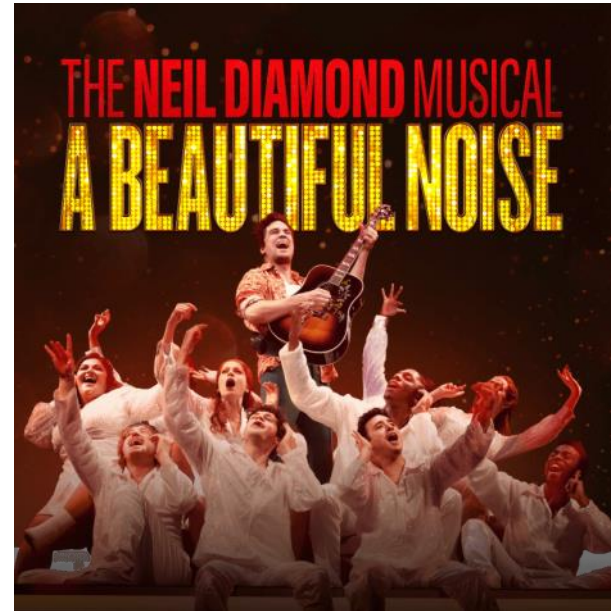
Register online: bedfordoh.myrec.com
Register by phone: (440) 735-6570
Register in person: Ellenwood Center
124 Ellenwood Ave
Bedford, OH 44146

Lunch and a Show

A Beautiful Noise at Playhouse Square

Thursday, October 17, 2024

Created in collaboration with Neil Diamond himself, A BEAUTIFUL NOISE is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy® Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway-and head out on the road across America. A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL is an inspiring, exhilarating, energy-filled musical memoir, that tells the untold true story of how America's greatest hitmaker became a star, set to the songs that defined his career.



DON'T HESITATE! THE MAIN FLOOR ON THIS SHOW IS ALMOST COMPLETELY SOLD OUT!

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 15 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. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them.

Our theatre tickets are lower level, Orchestra C (regularly priced \$94). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 40 ticket limit.

Fee: \$55 Bedford Senior Club member/\$65 for non-member

Registration for Bedford Club Members begins July 1. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1. Limit of 2 guests max. Registration deadline September 1. No refunds after the deadline.



Presented by: Mayor Stan Koci and City Manager Mike Mallis

Ellenwood Center, 124 Ellenwood Avenue, Bedford

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

Please register/RSVP by Wednesday, August 22, 2024

Reservations are only required if you are purchasing lunch.



should be included in your normal refuse/recycling collection as long as they adhere to the regular collection criteria. PLEASE comply with placing such items out the night before your refuse/recycling collection day. Any items left out earlier could be subject to a citation.



CITY OF BEDFORD

SUMMER

2024

CONCERT SERIES

Bedford Commons
730 Broadway Ave



JUN 12

BRIAN PAPESH PARTY BAND

ROCK, COUNTRY, POLKA HITS

JUL 10

HERB WILBORN, JR. & HIS BAND

INTERNATIONAL RECORDING JAZZ ARTIST/FLAUTIST

JUL 17
RESCHEDULED

TYRONE'S BLUES SINSATION

CLASSIC ROCK, BLUES, SOUTHERN ROCK, MOTOWN

JUL 24

TWEED

IRISH FOLK & CONTEMPORARY

AUG 7

JUL BIG GREEN

POP, HIP-HOP, ROCK

AUG 21

RISK FACTOR

ROCK, POP, COUNTRY HITS

Bands Perform 7:00PM-9:00PM

PRESENTED BY

CITY OF BEDFORD

BEDFORD PARKS & RECREATION



CITY OF BEDFORD – 2024 EVENTS

May 27 Mon.	Memorial Day Parade & Ceremonies 10:15 a.m.	Mike Guyer / 440-773-2835 mguyer@msn.com
June 2 Sunday	Ice Cream Social 1:00 p.m. - 5:00 p.m. Car Show	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
June 7-9 Fri.-Sun.	Bedford Historical Society Strawberry Festival.	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
July 4 Thursday	4th of July Parade 10:00 a.m. - Columbus Road	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
July 12 Fri.	Family Movie Night at Bedford Commons	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov
July 19-21 Fri.-Sun.	Bedford Rotary Rib Festival	Chris Bulanda / 216-338-7124 chrisb@berwyntech.net www.bedfordohiorotary.org
August 10 Sat.	Bedford Historical Society Flea Market 9:00 a.m. - 4:00 p.m.	Chris Sweet / 440-439-7470 cms1776@hotmail.com
August 16-18 Fri.-Sun.	Cleveland Pagan Pride	Matthew Stewart / 440-439-4372 clevelandpaganpride@yahoo.com
September 28 Sat.	City of Bedford Children's Fall Fest 10:00 a.m. - 1:00 p.m.	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
November 27 Wed.	Tree Lighting Ceremony 6:00 p.m.	Bedford City Hall 440-232-1600

THE CITY OF BEDFORD'S SUMMER CONCERT SERIES

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

June 12 July 10 August 7
June 26 July 24 August 21
(Dates are subject to change)

440-735-6570 / recreation@bedfordoh.gov

COMMUNITY SHRED DAYS
Saturday, May 18 & September 7
9:00 a.m.—12:00 p.m.
Bedford City Hall Parking Lot

COMMUNITY GARAGE SALE
September 14th
9:00 a.m.—4:00 p.m.

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

Afternoon Book Discussion—SEE PAGE 11 FOR DETAILS!

Location: Ellenwood Center Room 1

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

African American Authors Book Group— In-Person or Virtual

Thursday, August 29: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

August Title: Finding Home Again By Brenda Jackson

Mobile Pantry - Free, fresh produce distribution

Wednesday, July 17: 1:30pm - 3:30pm

Bedford Branch—Parking Lot

Wednesday, August 21: 1:30pm - 3:30pm

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

Digital Navigator at Bedford

Mon-Wed, August 19-21 9:30am - 6:00pm

Bedford Branch

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.

Computer Basics

Friday, August 9: 2:00pm - 4:00pm

Bedford Branch - Meeting Room

Internet Basics

Friday, August 23: 10:00am - 12:00pm

Bedford Branch - Meeting Room

Prerequisite: Computers Basics or experience using a mouse. Registration opens July 22 at 9:00am.

10 Warning Signs of Alzheimer's & Dementia

Thursday, August 22: 7:00pm - 8:00pm

Bedford Branch - Meeting Room

Learn about recognizing common signs of the disease, approaching someone about memory concerns, knowing the importance of early detection and benefits of a diagnosis, considering possible tests and assessments for the diagnostic process, and discovering Alzheimer's Association resources. Registration opens July 22 at 9:00am.

DIY Sewing Herbal Sachets

Saturday, September 14: 11:00am - 1:00pm

Bedford Branch - Meeting Room

Using provided sewing machines and materials, learn how to craft a DIY herbal sachet. With herbs such as lavender, eucalyptus, and cedar chips, making a wonderful smelling sachet is easy and a perfect opportunity to work on your sewing skills. Registration opens August 12 at 9:00am.



To provide more older Ohioans convenient access to fresh fruits, vegetables, herbs, and honey, the Ohio Department of Aging (ODA) is modernizing the Senior Farmers Market Nutrition Program (SFMNP) for 2024 and beyond. Many eligible Ohioans ages 60 and older will now have the choice to use a mobile application or a physical card to obtain nutritious produce at farmers markets across the state.

ODA is partnering with Homegrown Benefits to build and maintain the new SFMNP app. Ohioans can download the “Homegrown Benefits – for eFMNP” app on the Apple Store as well as the Google Play store. The Homegrown Benefits website will also allow Ohioans to manage their SFMNP accounts.

All qualifying Ohioans receive \$50 each year to be used at farmers markets throughout the state. Traditionally, participants received their benefits in the form of printed coupons in units of \$5. Through the new app-based model, participants can use their benefits in any increment they choose, creating more flexibility and giving more power to older Ohioans.

To be eligible for the program, Ohioans must be 60 or older and earn less than 185% of the federal poverty level.

Ohioans can now apply for the program online at **Aging.Ohio.gov/SFMNP**. Ohioans must re-apply every year to continue receiving benefits.



Movie on the Square

Friday, July 12

Bedford Commons
730 Broadway Ave.

Pre-Show activities at 6:30pm

Meet Poppy & Branch, Games, Crafts, Music

Movie starts at 8:30pm

Bring a blanket Snacks available for purchase

FREE Family Event & Parking

Please leave pets at home. No smoking or vaping.

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

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

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



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

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





Cuyahoga County
Consumer Affairs
consumeraffairs.cuyahogacounty.us



Scams that Take Aim at Seniors

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

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

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

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

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

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

Health Care Scams. Telephone call or mailing telling you about free trial offer services or products that claim to prevent, treat or cure diseases or other health conditions, but are not proven safe and effective for those uses. If not cancelled, will automatically bill you monthly. Other scams have been callers claiming to be from Medicare or Social Security asking to verify your personal information and social security number.



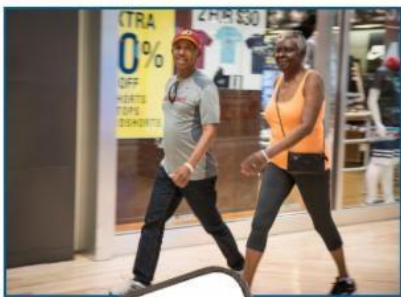


Cuyahoga County
Together We Thrive

Beat the Heat

Division of Senior and Adult Services

**Don't sweat it this summer ...
use these tips to keep your cool all season long!**



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



NEED HELP WITH MEDICARE COSTS?

All assistance is free and confidential!

**CONTACT US
216.420.6700**

There are programs that may be able to help you afford the costs of your Medicare health care and prescription medications.

- **The Medicare Savings Programs help pay for your monthly Part B premium.**
- **The Medicare Part D Extra Help program (sometimes called the Low-Income Subsidy or LIS) helps pay for your Medicare drug coverage.**

**Medicare costs can add up.
Let Us Help!**

216.420.6700 | dsas.cuyahogacounty.us



**Cuyahoga County
Division of Senior and Adult Services**



The Division of Senior and Adult Services Information Services unit is an Aging and Disability Resource Center, partnering with the Western Reserve Area Agency on Aging, to assist seniors 60 years of age and older, and adults with disabilities, to identify potential benefits and services that support and preserve their independence, including Medicare Savings Programs.



SOUTHEAST CLERGY *Meals on Wheels*

Charity Poker Tournament to benefit Meals On Wheels!

6pm on Saturday July 20th, 2024. Registration at door starts at 5pm



You and your friends are invited to the Texas Hold'em tournament on July 20th. *Please help us spread the word!*

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

Tournament starts at 6pm

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

Entry Fee \$50 at the door

- Includes water & coffee (Food & other drinks will be sold)
- \$2000 in chips

Seats (players) are limited to 100

Over \$2500 in Prize Money *if all seats are filled*

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

Registration info

- 5:00 PM – 6:00 PM at the door
- Pre-register before July 10th & get \$500 bonus chips!

Pre-register online at www.bedfordohiorotary.org or

email chrisb@berwynnatech.net with player info

**Bedford City Schools Foundation
32nd Annual Golf Outing
Supporting Scholarships
Friday, August 9th
Shawnee Golf Course
18753 Egbert Rd., Walton Hills Hills**

Registration at 8:30AM

Shotgun Starts 10:00AM

Cost \$150 per person

**(includes lunch, dinner, green fees,
cart, driving range, 2 drink tickets)**

MULTIPLE WAYS TO REGISTER:

(1) Pay securely online

<https://www.bedfordfoundation.net/events>

(2) Use online form and mail to:

Bedford Bd of Education 475 Northfield Rd

(3) Forms available at:

Sirna's Cafe 795 Broadway Ave.



Bedford Historical Society Speaker Series presents

"More Movies from the Vault"

*Once again we open our vaults to share some unseen gems
of life in Bedford. Some are amateur home movies and
some are professional.*

See! Fire Department Footage

See! BHS Class of 1950 Dance & Picnic

See! Jack & Heintz Employees at Work

and so much MORE!



Friday July 12, 2024 7:00pm

**The Community Room in the lower
level of the Old Church on the Commons,
750 Broadway Ave, Bedford, Ohio**

This event is free. Refreshments served.

Donations accepted.



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



**NATIONAL
ENDOWMENT
FOR THE
HUMANITIES**

*This program has been made possible in part by
the National Endowment for the Humanities:
Democracy demands wisdom.*

OHIO HUMANITIES
Sharing stories. Sparking conversations. Inspiring ideas.

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



Greek Cucumber Walnut Bites

 **SERVES**
6 • 3 “bites”
per serving

 **PREP TIME**
17 minutes

 **COOK TIME**
8 minutes

 **TOTAL TIME**
25 minutes



Ingredients

- ½ cup walnuts, chopped, divided (8 tablespoons)
- 1 English cucumber, ends trimmed (about 14 ounces)
- ½ cup roasted red pepper hummus
- ¼ cup reduced-fat crumbled feta cheese
- 5 cherry tomatoes, quartered

Directions

1. Preheat the oven to 350°F. Arrange the walnuts evenly on a small baking sheet. Bake for 8 minutes, or until toasted, checking frequently.
2. Slice the cucumber crosswise into 18 slices (each about ¾-inch thick). Using a small spoon, gently scoop out and discard the center of each cucumber slice, leaving the bottom and sides intact.
3. In a small bowl, stir together 6 tablespoons walnuts and the hummus. Spoon the walnut-hummus mixture into each cucumber slice. Top with the remaining 2 tablespoons of walnuts, feta and tomatoes.

Nutrition Analysis (per serving)

Calories	130
Total Fat	11.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	6 g
Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	0 g
Protein	5 g

Dietary Exchanges

1 vegetable, ½ lean meat, 2 fat



Physical Activity

Physical activity is important for your health and you should look for ways to be active often. It is never too late to start a new activity routine.

Experience the Benefits of Physical Activity



Your Physical Activity Goal

The Center for Disease Control and Prevention (CDC) recommends at least **150 minutes (30 minutes, 5 days a week)** of physical activity each week.

If you have chronic health conditions that make it difficult to be physical activity, try to be as active as you can. Aim to do activities that help to keep your muscles strong at least 2 times each week. This can also improve your balance.



Strengthen your muscles and maintain your balance and coordination. This can reduce your risk of falls and help keep you safe at home.



Good for your mental health and has been shown to reduce pain, depression, and levels of stress and anxiety.



Helps to prevent weight gain.



Manages, or may prevent certain chronic health problems like diabetes and heart disease.



Improves your sleep.



Supports recovery from injury or surgery.

Talk with your health care provider before you start a new physical activity or exercise plan.

It is important to find activities you enjoy, but that you can do safely. Your doctor may be able to refer you to a physical therapist or personal trainer to learn about more activities you can do at home.



JOKES & MORE! SUBMITTED BY OUR SENIORS

More Summer One-Liners

What did the ocean say to the beach? Nothing. It just waved.
Why aren't lobsters generous? Because they're shellfish
Where do birds stay when they go on vacation? Someplace cheep.
Did you hear about the ice cream truck accident? It crashed on a rocky road.
Did you hear about the dog who wears a swimsuit? Apparently, it looks quite fetching.
Why don't seashells take baths? Because they wash up on the beach.
What do you get when you cross an elephant and a fish? Swimming trunks.
What happens when ice cream gets angry? It has a meltdown.
Did you hear about the sunflower that was excited for summer? It wet its plants.
Where do boats go when they're sick? To the dock.
What do you call an anxious mosquito? A jitterbug.
What did the tree say when summer finally arrived? What a re-leaf.
What can cause dry skin after being in a swimming pool? A towel.
What sits on the seabed and has anxiety? A nervous wreck.
Why did the whale blush? It saw the ocean's bottom.
What kind of sandals do frogs wear? Open-toad.
Why do bananas wear sunscreen? Because they peel.
Why did the watch go on vacation? To unwind.
How do celebrities stay cool in the summer? They have many fans.
Why didn't the sun go to college? It already had a million degrees.
Why is the ocean so clean? It has mer-maids.
What kind of scientists avoid the sun? Paleontologists.
Did you hear about the killer whale that learned to play the flute? He wanted to be in the orca-stra.
Why don't insects get sick? They have anty-bodies.
Have you ever been camping? It's in tents.
What do fish use to buy groceries? Sand dollars.

Knock, Knock!

Knock, knock! *Who's there?* S'more. *S'more who?* S'more jokes on the way.
Knock, knock! *Who's there?* Ken. *Ken who?* Ken you take me to the beach?
Knock, knock! *Who's there?* Alotta. *Alotta who?* Alotta sunshine is what you can expect in the summertime.
Knock, knock! *Who's there?* Anita. *Anita who?* Anita put on sunscreen so I don't get burned.
Knock, knock! *Who's there?* Ketchup. *Ketchup who?* I'll ketchup with you in the fall.
Knock, knock! *Who's there?* Teddy. *Teddy who?* Teddy is the first day of summer.
Knock, knock! *Who's there?* Sia. *Sia who?* Sia at the beach.
Knock, knock! *Who's there?* Some bunny. *Some bunny who?* Some bunny who can't wait to go on vacation.
Knock, knock! *Who's there?* Harmony. *Harmony who?* Harmony days until summer?
Knock, knock! *Who's there?* Noah. *Noah who?* Noah good place to get sunglasses?
Knock, knock! *Who's there?* Wren. *Wren who?* Wren are we going to the pool?
Knock, knock! *Who's there?* Jewel. *Jewel who?* Jewel be happy to know that summer's finally here.
Knock, knock! *Who's there?* Ice cream. *Ice cream who?* Ice cream whenever I see a mosquito.
Knock, knock! *Who's there?* Will. *Will who?* Will you tell me if it looks like I'm getting a tan?
Knock, knock! *Who's there?* Hike. *Hike who?* I didn't know you wrote poetry.

AUGUST HOLIDAYS

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

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

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

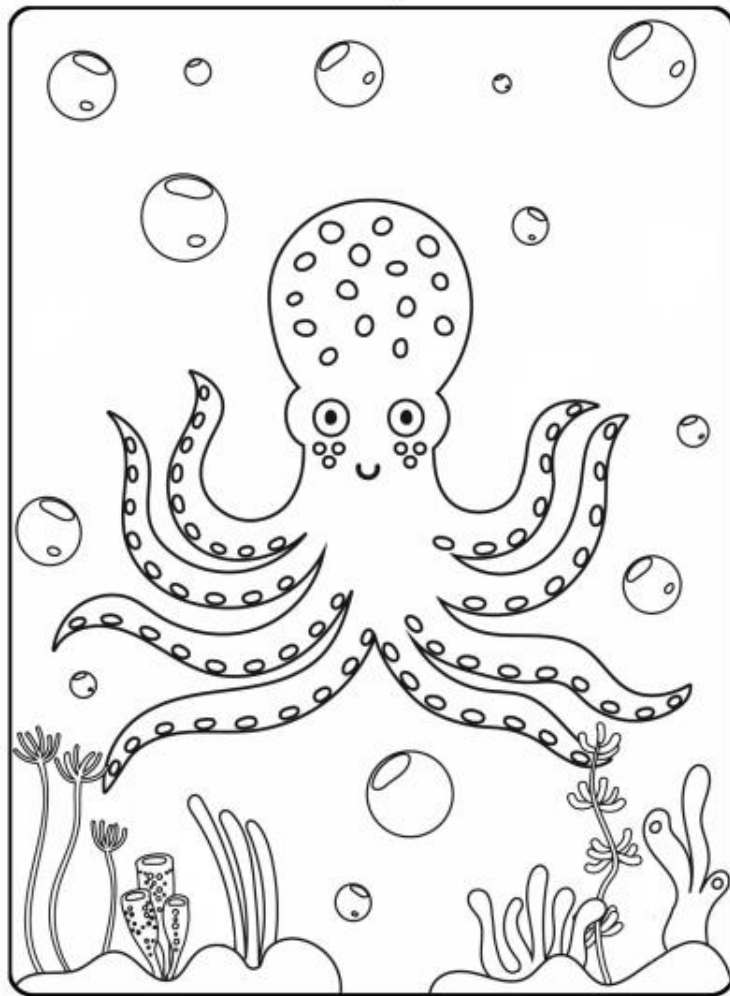
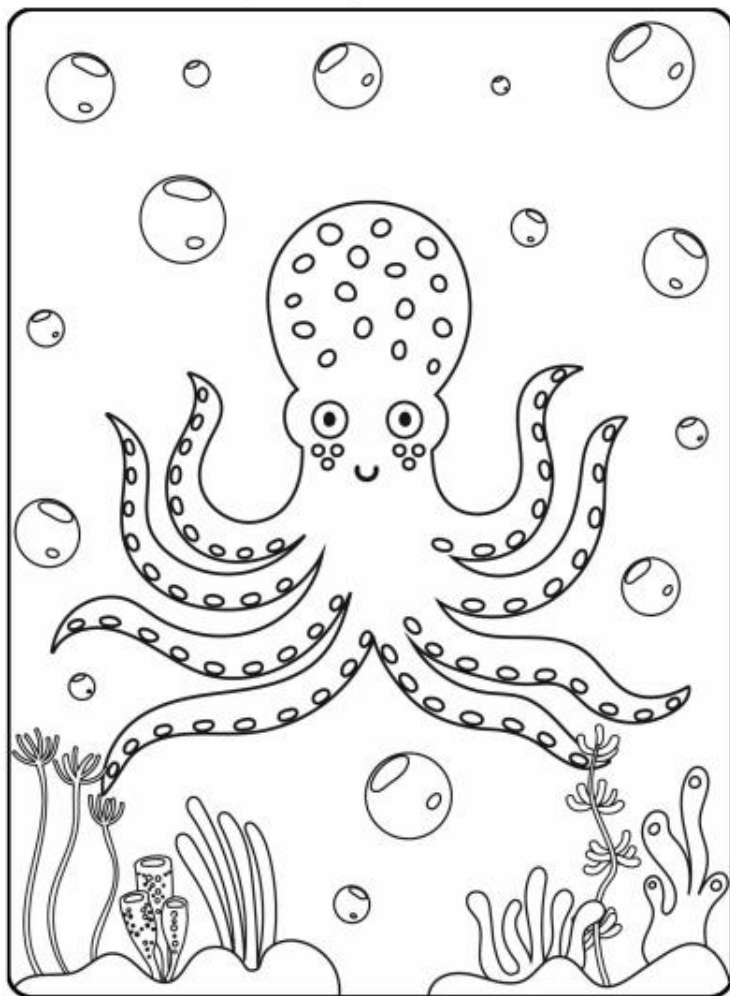
An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

WHAT DO YOU MEME?



SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Sudoku 5

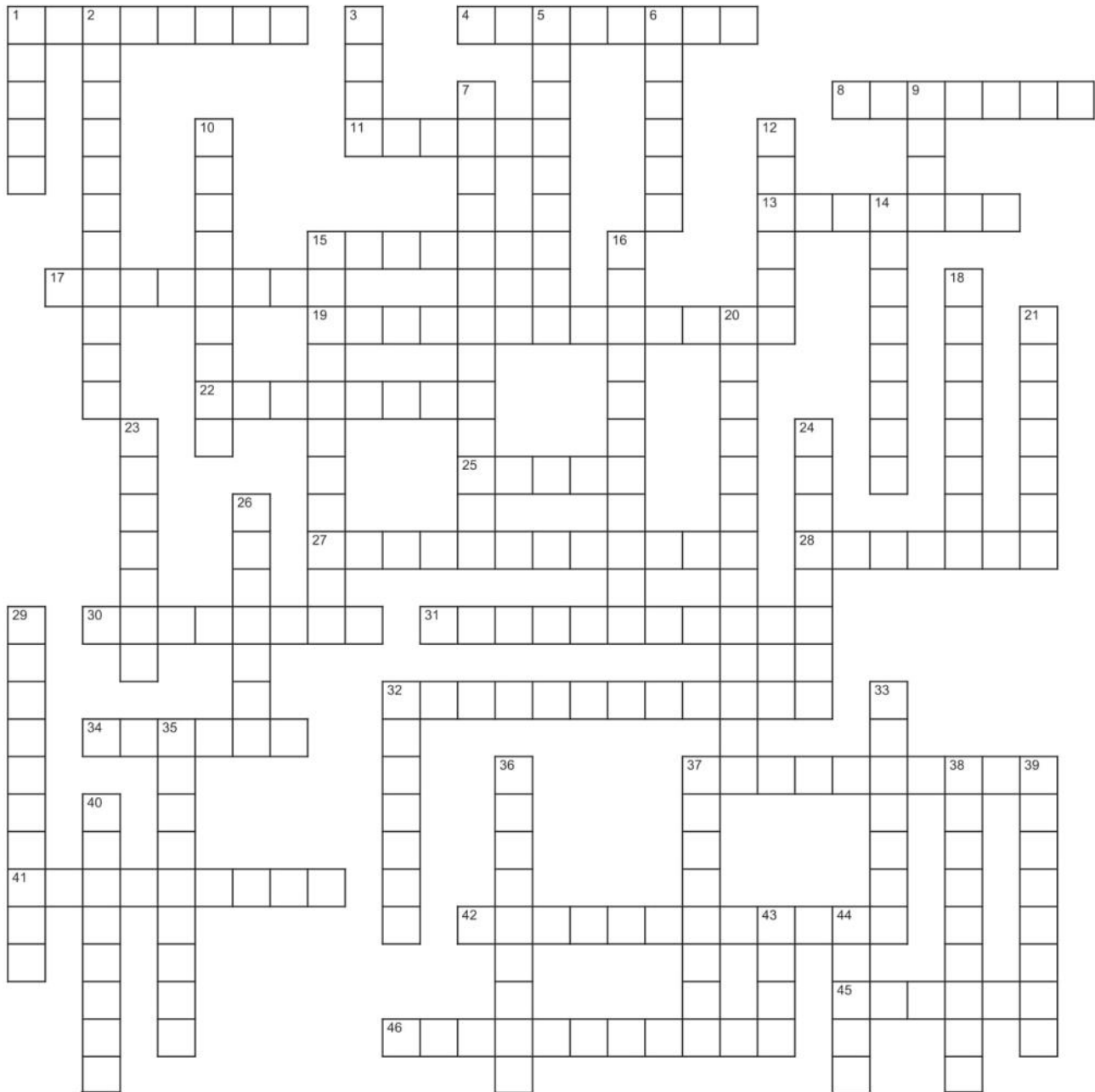
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	6		3					
					9		5	
4			2			8		
2		6						1
1	4		8			5		
5			4			3		
		9		2				

Sudoku 6

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

PUZZLES & MORE

US State Nicknames



Across

1. Great Lakes State
4. Sooner State
8. Equality or Cowboy State
11. Aloha State
13. Green Mountain State
15. Treasure State
17. Show Me State
19. Palmetto State
22. Prairie State
25. Lone Star State
27. Keystone State
28. Yellowhammer State
30. Old Dominion State

Down

31. Peace Garden State
32. Granite State
34. Sunflower State
37. Golden State
41. Volunteer State
42. Mountain State
45. Last Frontier
46. Mount Rushmore State

Across

6. Beaver State
7. Bay State
9. Buckeye State
10. Badger State
12. Silver State
14. Old Line State
15. Magnolia State
16. Ocean State
18. Cornhusker State
20. Tar Heel State
21. Grand Canyon State
23. Peach State
24. First State
26. Hoosier State

Down

29. Evergreen State
32. Empire State
33. Sunshine State
35. Land of Enchantment
36. North Star State
37. Centennial State
38. Garden State
39. Natural State
40. Bluegrass State
43. Hawkeye State
44. Gem State

SUMMER BEACH BALL

M A Z E

FINISH

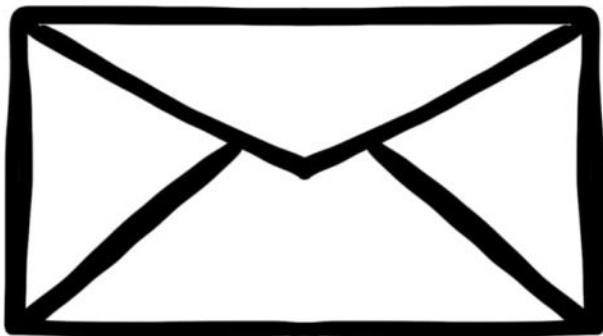


ZIP CODES of the U.S.

NUMBER SEARCH

July 1st is Zip Code Day! Zip codes are assigned to each city to help mail get to where it's supposed to go. Hidden below are 18 zip codes for the most populated cities in the United States. Can you find all the hidden codes?

ZIP CODE BANK*	
10001 (New York, NY)	94088 (San Jose, CA)
90001 (Los Angeles, CA)	73301 (Austin, TX)
60007 (Chicago, IL)	32034 (Jacksonville, FL)
77001 (Houston, TX)	76006 (Fort Worth, TX)
85001 (Phoenix, AZ)	43004 (Columbus, OH)
19019 (Philadelphia, PA)	28105 (Charlotte, NC)
78015 (San Antonio, TX)	46077 (Indianapolis, IN)
22400 (San Diego, CA)	94016 (San Francisco, CA)
75001 (Dallas, TX)	98101 (Seattle, WA)



4	4	7	1	0	0	5	7
3	6	7	9	9	8	1	1
7	6	0	3	4	2	0	0
7	9	0	7	2	2	8	0
3	4	1	1	7	2	7	0
3	5	7	9	0	0	0	1
0	2	3	2	0	3	4	0
1	0	8	0	8	1	1	0
7	0	6	1	0	4	9	5
2	4	3	0	0	4	9	8
7	2	7	1	0	5	5	2
4	2	3	8	5	6	8	8
0	9	8	1	0	1	7	4
7	7	9	6	0	4	9	4
4	3	4	5	5	0	0	2

*Because these cities have such high populations, they have multiple zip codes. Only the first one for each city was used in the puzzle.

THE CORNIEST STATES

UNSCRAMBLE THE WORDS

July is National Corn Month! Below you find 11 states that are the highest growers of corn. After you've unscrambled each state, write the circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!

1. tornh katdoa _____

2. smuriso

3. scinowins _____

4. annaidi _____

5. slolinii _____

6. branskea _____

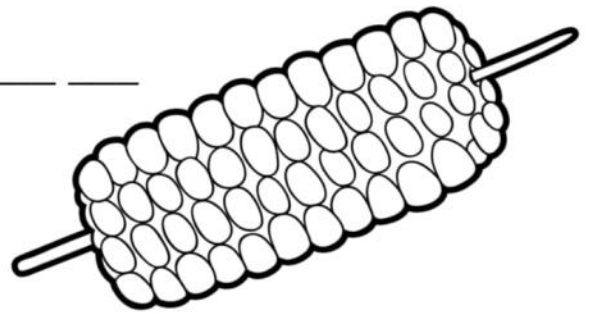
7. sasank _____

8. waio _____

9. samintneo _____

10. hostu adokat _____

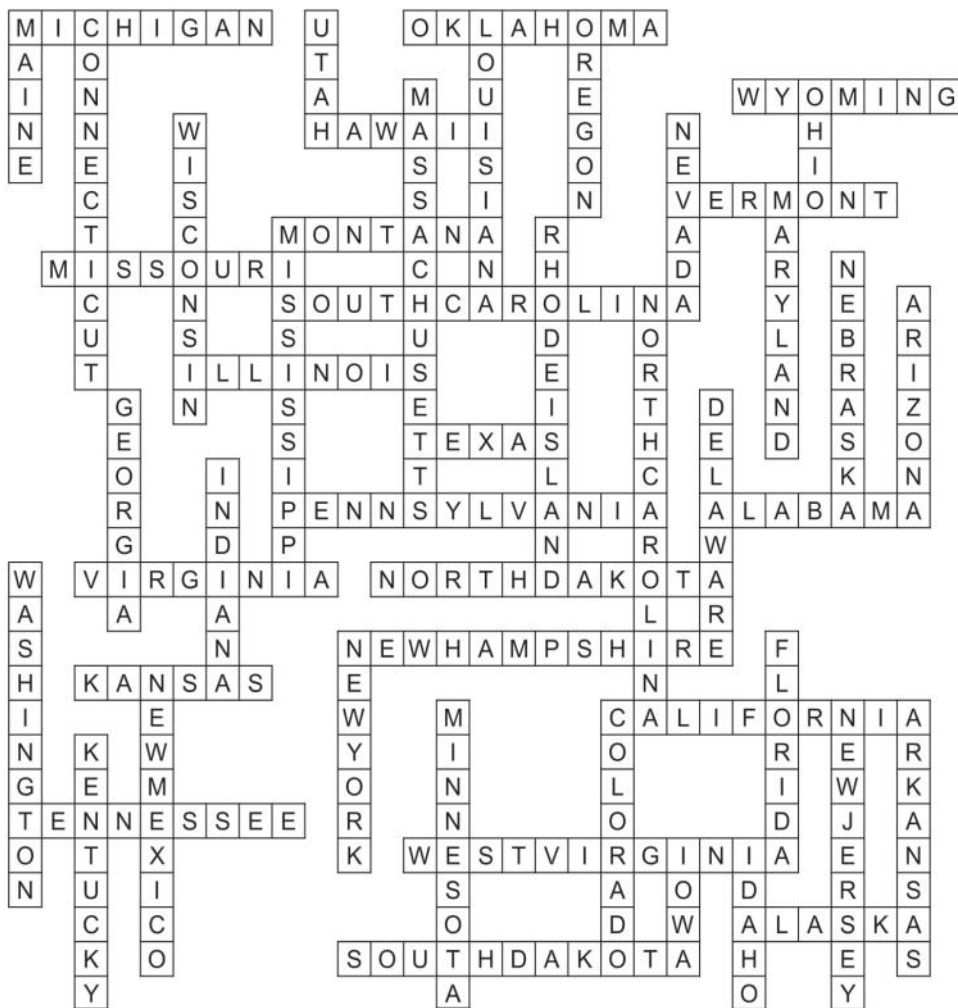
11. ihoo _____



What do you call corn that's been frightened?

5 3 1 9 8 2 9 4 3 10 1 7 !

ANSWERS

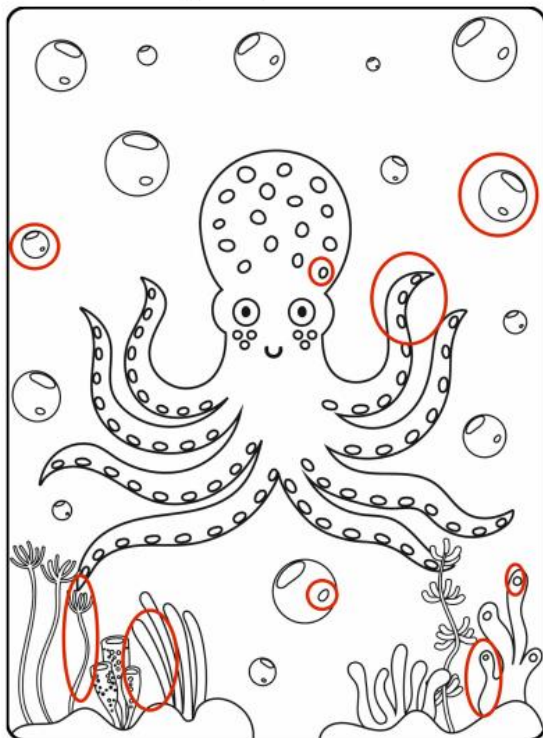


Sudoku 5 Solution

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

Sudoku 6 Solution

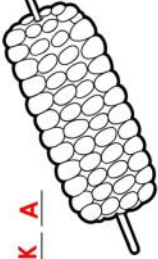
1	7	6	4	8	2	3	9	5
2	5	8	1	3	9	6	4	7
4	3	9	6	7	5	2	1	8
5	9	2	7	6	4	1	8	3
8	6	4	3	2	1	5	7	9
7	1	3	5	9	8	4	2	6
9	8	5	2	1	3	7	6	4
3	2	7	8	4	6	9	5	1
6	4	1	9	5	7	8	3	2

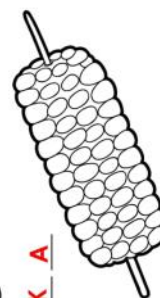


THE CORNIEST STATES

UNSCRAMBLE THE WORDS

ANSWER KEY

1. tornh katdoan N O R T H D A K O T A
2. smuriso M I S S O U R I
3. scinowins W I S C O N S I N
4. annaidi I N D I A N A
5. slolinii I L L I N O I S
6. branskea N E B R A S K A
7. sasank K A N S A S
8. waio I O W A
9. samintneo M I N N E S O T A
10. hostu adokat S O U T H D A K O T A
11. ihoo O H I O
- 



What do you call corn that's been frightened?

$$\begin{array}{r} 53198294 \\ \hline \text{S C R E A M E D} \\ \hline 31017 \\ \hline \text{C O R N I} \end{array}$$

JULY BIRTHDAYS

Kathy Adler
Patricia Allen
Leroy Baker
Greg Brown
Karen Calta
Fredrick Cale
Pamela Coleman
Eileen Davis
Marie Dixon
Robert Dorazewski
Linda Felder
Brenda Flask

Terence Galinski
Joe Garganta
John Gilliam
Lynda Green
Patti Kukoleck
Tim Marks
Marilyn McMiller
Deborah McMillon
Barbara Mcquiston
Carol Ann Millin-Mangino
Christine Mohnasky
Ingrid Morton

Laura Mulh
Daniel Orchard
Shirley Pashall
Laverne Raimer
Sharron Sankovich
Linda Smith
Karen Szarka
Paul Tabler
Rolita Tabler
Grace Vana
Don Wertz
Janice Young

JUNE ANNIVERSARIES

John & Debbie Pacanovsky celebrating 51 years on July 7th

Joan & Tim Marks celebrating 30 years on July 9th

Mick & Amy Gongs are celebrating 50 years on July 26th

Marilyn & Stan Koci celebrating 55 years on July 26th

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

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

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

NEW MEMBERS

Tina Addison
Pamela Coleman
Cynthia Jones
Karen Murphy

Linda Smith
Patricia Storey
Sharon Thomas
Annette Tolbert

Douglas Waltman
Kimberly Whitted

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov