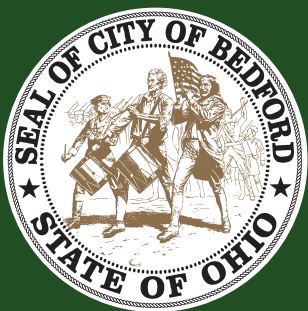


BEDFORD

PARKS & RECREATION



*Serving
Youth
Adults
Seniors*

2024 FALL PROGRAM GUIDE

City Council

Stanley C. Koci, Mayor
Sandy Spinks, Ward 1
Steve Salvi, Ward 2
Victor Fluharty, Ward 3
Frank Smith Jr., Ward 4
Jeff Asbury, Ward 5
Anthony Longino, Ward 6

City Manager

Michael S. Mallis

Finance Director

Jennifer Howland

Parks and Recreation Director

Michael Callahan



Bedford Parks & Recreation Dept.

124 Ellenwood Avenue
440-735-6570

recreation@bedfordoh.gov

Monday through Friday
8:00 am to 4:30 pm

3 Easy Ways to Register

On-line at bedfordoh.myrec.com

Create your household profile. Pay using Discover, MasterCard, Visa or American Express.

In Person

Stop in Ellenwood Center Monday through Friday from 8:00 am to 4:30 pm. Pay using credit, debit, cash or check.

Phone 440-735-6570

Call the Parks & Recreation Department and our friendly staff will be happy to process your registration. Pay using Discover, MasterCard, Visa or American Express.



Check out the City's website at www.bedfordoh.gov for the latest information and newsletters



@BedfordRecreation



@BedfordRec



@BedfordOHRec

SPECIAL EVENTS

Dates, times, and fees are subject to change without notice.

Children's Fall Festival

Saturday, September 28

Bedford Commons – 730 Broadway Ave.

10:00 am – 1:00 pm

Families are invited to the City of Bedford's Annual Children's Fall Festival on the Square, where a host of **FREE** fall-themed activities await! Hunt for the perfect pumpkin in our patch, enjoy fun games, dance to lively music, sing along, and much more. Don't miss this festive celebration of fall!

Senior Health & Wellness Fair

Wednesday, October 2

Ellenwood Center

10:00 am – 1:00 pm

Flu and Covid Shots/Boosters (Pfizer) will be available by appointment. Scheduled vaccine participants can receive \$5 per shot loaded onto their Giant Eagle Advantage Card! Walk-ins are permitted if space and supplies are available. Register online or call 440-735-6570 to setup your vaccination appointment and for more information. Vaccines are usually covered at 100% by most insurance providers. Bring your ID, insurance card and Giant Eagle card to your appointment.

In addition, there will be free health screenings – glucose, cholesterol, blood pressure, hearing and more! Several community partners and service providers will be in attendance.

Trick-or-Treat Street

Saturday, October 19

Ellenwood Center

Children ages infant-12 will trick-or-treat through various stations inside Ellenwood Center. Registered children receive a pumpkin and a Halloween craft to go. Hayrides will be available!

Time: Register for a specific time slot between 10:00 am – 12:00 pm

Fee: \$5 Bedford resident child ages 0-12/\$8 Non-Resident child. Adult supervision required.

Registration will not be accepted on the day of the event. Space is limited. Resident registration opens October 1. Non-Resident registration opens October 15.

We will offer special time slots starting at 12:00pm for teens and adults with special needs. Non-participating caregivers are welcome to attend and are not required to register. Space is limited.

Tree Lighting Ceremony

Wednesday, November 27

Bedford Commons – 730 Broadway Ave.

Get into the holiday spirit the night before Thanksgiving by attending the time-honored tradition of the City of Bedford's Annual Tree Lighting Ceremony at Bedford Commons on Wednesday, November 27! There will be an ice-carving demonstration from 4:30 pm to 5:30 pm. Then, at 6:00 pm sharp, watch as the holiday lights come alive, illuminating the Square in a dazzling display! Enjoy free refreshments served by the Bedford Firefighters Local 1683, and don't miss a special visit with Santa Claus at the train depot.



Breakfast with Santa & Friends

Saturday, December 14

Ellenwood Center Gym

Celebrate the magic of the season and join us for Breakfast with Santa at Ellenwood Center. Enjoy a buffet breakfast and visit Santa Claus. Meet Olaf and the Grinch too! We will have activity stations to write a letter to Santa, make reindeer food and holiday crafts.

Buffet Menu: Build-Your-Own pancake bar (including chocolate chips, strawberry topping, blueberry topping, whipped cream and sprinkles), sausage, bacon and pastries. Beverages included.

All guests must be pre-registered. Registration will not be accepted on the day of the event. Space is limited. Resident registration opens November 1. Non-Resident registration opens December 1.

Time: 9:30 am – 10:30am or 11:00 am – 12:00 pm

Fee: \$10 for children ages 3-11

\$15 for adults and children ages 12 and older

Children ages 2 and under are **FREE**

YOUTH PROGRAMS

Parent & Child Open Gym Play

This program builds your child's gross motor, creativity, spatial awareness and coordination through play and movement. Meet other local parents and share ideas and support. This program is led by a volunteer and/or parents. **Ages: 18 mo – 4 years**

Location: Ellenwood Center Gym

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

Time: 12:00 pm – 1:30 pm

Fee: FREE

Little Artists

Little Artists is a fun, creative experience for your preschooler to learn about color, shapes, and texture while experimenting with various art materials. Each monthly class will have a story and special seasonal project. Dress to get messy! All supplies included. **Ages 3-5.**

Fall Theme – Monday, September 30

Halloween Theme – Monday, October 21

Thanksgiving Theme – Monday, November 25

Gingerbread Theme – Monday, December 16

Instructor: Recreation Staff and/or Senior Club volunteers

Location: Ellenwood Center Room 3

Time: 2:00 pm – 2:45 pm

Fee per class: FREE for Resident/\$5 Non-Resident

Foil Fencing

Learn the fundamentals of foil fencing. Fencing improves hand-eye coordination, agility, dexterity, and stamina, as well as develops social skills and manners. Class includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics, techniques and bouting. All equipment is provided during class. **Ages 8 and older.**

Instructor: Tom Nagy, Head Coach ON TARGET Fencing Team, Member of USFA

Location: Ellenwood Center Room 4

Dates: Fridays, October 4, 11, 25, November 1, 8, 15 (No class 10/18)

Time: 6:30 pm – 8:00 pm

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

Chess Club

Participants will learn basic rules and principles, tactical themes, and checkmate patterns in a supportive setting. Sessions will include interactive lectures, supervised open play and problem-solving exercises. Chess sets and worksheets are provided, players of all abilities welcome. **Grades K-8.**



Instructor: Staff from Progress with Chess, Cleveland area's premier chess teaching organization

Location: Ellenwood Center Room 3

Dates: Mondays, September 30, October 7, 14, 21, 28, November 4, 18, 25, December 2, 9 (No class 11/11)

Time: 4:00 pm – 5:00 pm

Fee: \$20 Resident/\$30 Non-Resident

Level-Up Legends: Video Game Club

Calling all young gamers in Grades 3-6 to join our club where we will engage in friendly competitions and develop valuable gaming and social skills. Foster teamwork and camaraderie through cooperative gaming experiences! This club is designed to be a positive and inclusive space where young gamers of any level can connect and learn from each other. We will rotate play on Nintendo Switches and Roblox. No equipment is required in order to join. **Grades 3-6.**

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 1

Fall Session 1 Dates: Thursdays, September 19, 26, October 3, 10, 17, 24

Fall Session 2 Dates: Thursdays, November 7, 14, 21, December 5, 12, 19 (No class 11/28)

Time: 5:30 pm – 6:45 pm

Fee per Session: \$15 Resident/\$20 Non-Resident

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

Location: Ellenwood Center Room 2

GRADES 4+

Dates: Tuesdays, October 1, 8, 15, 22, 29, November 12, 19, 26, December 3, 10 (No class 11/5)

Time: 4:15 pm – 5:15 pm

Fee: \$30 Resident/\$40 Non-Resident

ADULTS & TEENS

Location: Ellenwood Center Room 2

Session 1 Dates: Tuesdays, October 1, 8, 15, 22, 29

Session 2 Dates: Tuesdays, November 12, 19, 26, December 3, 10

Time: 5:30 pm – 6:30 pm

Fee per session: \$25 Resident/\$35 Non-Resident

Manners Matter: Etiquette for Kids

NEW! Join Cleveland's own etiquette expert, Catherine Holloway, for a fun and engaging program on everyday etiquette! Your child will learn essential skills such as proper introductions, poise and posture, character building, and kindness, along with table manners and dining etiquette. Please inform us of any food allergies. Don't forget to bring your smiles to class! **Grades 2+.**

Instructor: Catherine Holloway

Location: Ellenwood Center Room 1

Dates: Tuesday, November 12

Time: 4:00 pm – 6:30 pm

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

Exploring STEAM Workshops

NEW! Step into the world of endless possibilities with our Exploring STEAM workshops! These workshops are designed to inspire curiosity, foster creativity, and ignite a passion for learning in the fields of Science, Technology, Engineering, Arts, and Mathematics (STEAM). Each workshop encourages critical thinking, problem-solving, and collaboration on an exciting project. All sessions are hands-on and do not require previous coding or circuit experience.

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 3

Grades K-2 Time: 6:00 pm – 7:00 pm

Grades 3-6 Time: 6:00 pm – 7:30 pm

Fee per Workshop: \$5 Resident/\$7 Non-Resident

WORKSHOPS FOR GRADES 3-6

HALLOWEEN BAG

Date: Wednesday, October 16

Design your Own Halloween Candy bag that you can keep and take with you trick or treating this Halloween.

VIDEO GAME CODING

Date: Wednesday, November 6

Make your own playable video game using code and online tools using SCRATCH. Then challenge your friends to play your own video game creations.

LIGHT-UP HOLIDAY CARD AND CIRCUITS

Date: Wednesday, December 11

Make a Light-Up Holiday greeting card and explore the basics of circuits, conductivity and electricity to interact with physical items.

WORKSHOPS FOR GRADES K-2

BASIC CIRCUITS

Date: Wednesday, September 18

Explore the basics concepts of Circuits and electronics in a fun and hands-on way using Snap Circuits and Makey Makeys.

LIGHT-UP HALLOWEEN CARD

Date: Wednesday, October 23

Make a Fun “spooky” Light-Up Halloween greeting card and explore the basics of circuits, conductivity and electricity.

3D DESIGN

Date: Wednesday, November 13

Learn the basics of 3D Design using CAD software and design your own unique personalized item that you can pickup later and keep. This session will use a keyboard and mouse, parents are strongly encouraged to assist.



So-So Artsy Kids

NEW PROJECTS! Each month we will explore an art medium that is inspired by the season/holiday. Students will be guided through creating a piece of art and expand their creativity.

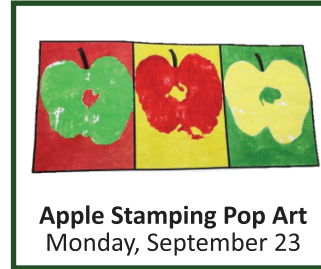
Grades K - 5

Instructor: Melinda, So-So Artsy

Location: Ellenwood Center Room 3

Time: 6:00 pm – 7:15 pm

Fee per class: \$12 Resident/\$14 Non-Resident



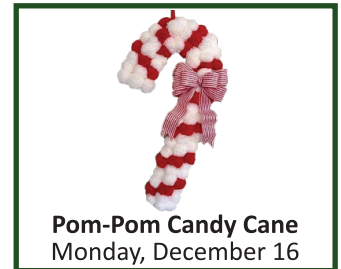
Apple Stamping Pop Art
Monday, September 23



3D Paper Pumpkins
Monday, October 14



Bubble Painting Corn Wreath
Monday, November 25



Pom-Pom Candy Cane
Monday, December 16

Art Explorers

Each month in Art Explorers we will explore an art element, technique and medium that is inspired by the season, an artist or culture. Students will be guided through creating a piece of art and expand their creativity. Techniques covered may include printing, painting, textiles, collage, drawing and more! **Grades K-5**

Instructor: Tina Stradiot, home school art instructor

Location: Ellenwood Center Room 10

Dates: Select Thursdays – October 17, November 21, December 12

Time: 6:00 pm – 7:30 pm

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

Block It Out

NEW! From blocking out distractions to mastering self-defense techniques, kids are guided through sessions by Two Tigers Kung Fu instructor Robert Fleming. This program promotes resiliency, confidence and the skills and strategies to protect yourself. **Ages 6+.**

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4

Dates: Fridays, November 8, 15, 25

Time: 4:15 pm – 5:15 pm

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

Check out our website for more information on Learn to Skate lessons at Chagrin Valley Roller Rink.

YOUTH SPORTS



The mission of the Bearcat Sports programs is to teach, develop, organize, manage, and offer youth players the opportunity to learn the fundamental skills of a variety of sports while instilling life-lessons and values such as character, teamwork, discipline, respect and sportsmanship.

BEARCAT Flag Football Clinic

NEW! Flag football is an exciting and fun introduction to the sport for children in grades K-5. This program emphasizes teamwork, sportsmanship, understanding the rules, and skill development, including passing, catching, running, flag-pulling, and basic offensive and defensive strategies. This clinic is designed to cater to both beginners and those with some experience in the sport. Cleats and mouth guards are recommended but not required. In the event of inclement weather, the program may be moved indoors or cancelled. Be sure to opt-in for text and email notifications. Registration deadline is Friday, September 27.

Instructor: Bedford Parks & Recreation Staff

Location: Ellenwood Center Ballfield

Dates: Tuesdays, October 1, 8, 15, 22, 29, November 12 (No class 11/5)

Grades K-2 Time: 6:00 pm – 6:50 pm

Grades 3-5 Time: 7:00 pm – 8:00 pm

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

Afterschool Open Gym Basketball

Registered participants can sharpen their basketball skills and enjoy friendly pickup games with peers in a welcoming, non-competitive environment for all skill levels. Space is limited. Be sure to change into basketball shoes to keep the court clean and safe.

Location: Ellenwood Center Gym

Time: 4:00 pm – 5:15 pm

Register online or in-person with a parent. Must register for the entire session. Daily drop-ins not accepted. No Refunds. Dates, times, and fees are subject to change without notice.

Grades 4 - 6

Dates: Thursdays, September 19 – December 5 (No gym 11/28)

Fee: \$15 Resident/\$20 Non-Resident

Grades 7 - 9

Dates: Mondays & Wednesdays, September 16 – December 4 (No gym 11/11, 11/27)

Fee: \$30 Resident/\$40 Non-Resident



Several of our youth enrichment activities, sports clinics and day camps offerings are eligible services for reimbursement! Please contact the Parks & Recreation office with additional questions.

ACE Provider ID: 203211



Bear Cub Basketball

This is a 8-week instructional basketball program for children in Pre-K (must be 4 years old) and Kindergarten. Players are taught the basics of dribbling, passing, shooting; as well as, basic offense and defense. Players will then apply what they learned in fun, non-competitive games. Times may vary based on enrollment. Bear Cub Basketball will use a 7-ft basket.

Registration Deadline December 6.

Location: Ellenwood Center Gym

Dates: Wednesday evenings starting January 8, 2025

Times: 5:45 pm – 6:35 pm or 6:45 pm – 7:35 pm

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

Jr. Cavs Basketball for Grades 1-2

Players will participate in group instruction on Tuesdays and games on Thursdays. Players will be placed on teams based on skill levels. First four weeks of season will consist of group practices on Tuesday and Thursday. Beginning week four, practice on Tuesday and games on Thursday. Games will play in a 5x5 format. Grades 1-2 will use an 8-foot basket and 27.5 sized basketball. **Registration Deadline December 6.**

Location: Ellenwood Center Gym

Dates: Tuesday and Thursday evenings beginning January 7, 2025

Times: 5:45 pm – 6:40 pm or 6:45 pm – 7:40 pm

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

Jr. Cavs Basketball for Grades 3-6

Players will participate in group instruction the first 3 weeks. Following group instruction players will be placed on teams based on skill levels. Players will then participate in a 6-week season in a 5x5 league format. Please note that special requests for team assignments will be limited. May have optional weekday evening practices at Ellenwood Center. Grades 3-6 will use a 10-foot basket and a 28.5 sized basketball. **Registration Deadline December 6.**

Location: Heskett Middle School Gym or Ellenwood Center Gym

Dates: Saturday mornings beginning January 4, 2025

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

Jr Cavs Divisions may vary based on registration. Each player receives a Jr Cavs reversible jersey and two (2) Cavs ticket/voucher with the opportunity for family and friends to purchase additional Cavs game tickets. Registration accepted after the deadline may be accepted based on availability and may be subject to a \$15 late fee.

YOUTH CAMPS

Winter Break Camp

Bedford Parks & Recreation is offering 5 days of fun at our Winter Break Camp! You'll enjoy activities such as sports, games, arts & crafts and special guests. Campers must bring lunch each day, dress for scheduled activities, and bring extra warm clothes for outdoors. Don't be left out in the cold, limited to 24 participants per day. This program is for children currently in Grades K-5. Registration opens October 1st for Bedford Residents. Registration opens November 1st for Non-Residents.

Grades: K-5

Location: Ellenwood Center

Dates: Monday, December 23
Friday, December 27
Monday, December 30
Thursday, January 2
Friday, January 3

Time: 9:00 am – 4:00 pm *Extended Care Available for additional fee*

Fee: Bedford Resident \$20 per day/Non-Resident \$30 per day
Before Camp Care 7:00 am – 9:00 am \$5 per day
After Camp Care 4:00 pm – 6:00 pm \$5 per day

Note: Extended care must have a minimum of 6 pre-registered participants

TEEN PROGRAMS

Babysitting Class with UH

This course is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor led class is filled with fun games, demonstrations, and role-playing exercises. Topics include learning how to change a diaper, BEST routines for babysitters, and when to call a backup adult or 911. **Ages 11 – 14.**

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

Location: Ellenwood Center Room 1

Date: Saturday, November 2

Time: 10:00 am – 12:00 pm

Fee: Free, pre-registration required

Upcycle & Sew: Drop-In Sewing Workshops

NEW! Join us for a fun and creative drop-in sewing class where you can mend and repair clothes, transform ordinary t-shirts into unique items like tote bags and pillows, or work on a sewing project of your choice! Whether you're upcycling old clothes or learning to measure and cut a simple pattern, this class is perfect for all skill levels. Lisa Barham from SAFY of Cleveland will guide you through basic machine sewing, mending, and repairs. Bring your own fabric, pattern, or choose from our limited selection. Sewing machines are available to share or feel free to bring your own.

Sewing machines are available to share or feel free to bring your own.

Ages: 12+ & Adults

Instructor: Lisa Barham, SAFY of Cleveland

Location: Ellenwood Center Room 1/3

Dates: Mondays, September 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 18, 25, December 2, 9, 16 (No class 11/11)

Time: 6:00 pm – 8:00 pm

Fee: Free, pre-registration preferred



YES Club - Youth Engaged in Service

The YES (Youth Engaged in Service) Club provides opportunities for Grades 6-12 students to contribute and give back to the community. Volunteers are needed for Bedford Parks & Recreation and City of Bedford special events and program activities. All community service through the YES Club will be documented and available for members to obtain a printable record for high school, college, or job application usage.

This is an unpaid, volunteer position. Limited volunteers will be accepted. Interested volunteers must fill out an application and will be interviewed. Please contact our office for more information.

STEM Bootcamp with TIES

Join our exciting STEM Bootcamp led by TIES Teaching Institute for Excellence in STEM. Discover the wonders of science, technology, engineering, and math through hands-on experiments, innovative projects, and engaging challenges. Experienced instructors will guide participants on a journey of exploration and discovery, developing critical thinking skills and a love for learning. Unlock your potential and embark on an unforgettable STEM adventure!

Grades: 5 – 10

Instructor: TIES Teaching Institute for Excellence instructor

Location: Ellenwood Center Room 3

Dates: Tuesdays, October 1, 8, 15, 22

Time: 4:00 pm – 5:00 pm

Fee: Free, pre-registration required

ADULT SPORTS

Adult Basketball

We are pleased to offer an adult basketball program this fall that will take place in a pickup format, led by contracted facilitators. The program is limited to the first 12 registered participants. Participants must register for the entire 7-week session. The gym will only be open to pre-registered participants (no day-of registration, no guests or spectators).

Facilitator: Justin Mitchell

Location: Ellenwood Center Gym

Thursdays: October 3, 10, 17, 24, November 7, 14, 21 (No gym 10/31)

Fee: \$40 Resident/\$50 Non-Resident

Pickleball Rotational 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. Schedule is posted monthly and is subject to change. Limit of 6 players per time slot.

Location: Ellenwood Center Gymnasium

Dates: See online calendar for availability.

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

Beginner Pickleball Lessons

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

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Fall Session 1 Dates: Thursdays, October 3, 10, 17, 24

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

Time: 12:30 pm – 1:30 pm

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

ADULT PROGRAMS

Intro to ChatGPT: Making Life Better with AI

NEW! Artificial Intelligence, known as AI, is like having a super-smart robotic friend capable of performing tasks that typically require a human brain. One of these smart robots is ChatGPT, developed by OpenAI. Participants will learn what ChatGPT is, how it operates, and the various ways it can be integrated into daily life, such as writing letters, making resumes or helping with homework. Witness ChatGPT in action with fun and practical demos and learn how AI can help you be more creative and productive. This program caters to both tech enthusiasts and those with a curiosity about AI. Bring your own smart device or laptop to use. We also have a limited amount of chromebooks to share.

Instructor: Heather Rhoades, Digital Content Extraordinaire

Location: Ellenwood Center Room 1

Daytime Program: Thursday, September 26, 12:30 pm – 2:00 pm

Evening Program: Wednesday, October 2, 6:30 pm – 8:00 pm

Fee: Free, pre-registration preferred

Local Motion with Jaki: Cardio Line Dancing

POPULAR! This upbeat program will have you sweating and smiling as you enjoy a fun cardio workout to a mix of club and urban dance beats. Whether you're a beginner or an experienced dancer, you'll love the energy and excitement of this dance party!

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, September 9, 16, 23, 30, October 7, 14, 21, 28,

November 18, 25, December 2, 9, 16 (No class 11/4, 11/11)

Time: 6:00 pm – 6:45 pm

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

Fee for entire session: \$55 Resident/\$65 Non-Resident

Bedford Senior Club Members are free and must register in advance

Sunset Serenity Yoga

NEW! This program offers a calming and restorative practice designed to help you unwind and reflect as the day transitions into evening. It includes gentle, slow-paced poses and stretches that focus on releasing tension and promoting relaxation. The session concludes with deep relaxation and meditation to help you find inner peace, making it an ideal way to end your day. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym or Room 4

Dates: Tuesdays, September 10, 17, 24, October 1, 8, 15, 22, 29,

November 12, 19, December 3, 10, 17 (No class 11/5, 11/26)

Time: 6:00 pm – 7:00 pm

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

Fee for entire session: \$95 Resident/\$105 Non-Resident

Bedford Senior Club Members are free and must register in advance

Barre Above®

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

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym or Room 4/9

Dates: Thursdays, September 12, 19, 26, October 3, 10, 17, 24, November

7, 14, 21, December 5, 12, 19 (No class 10/31, 11/28)

Time: 6:00 pm – 7:00 pm

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

Fee for entire session: \$95 Resident/\$105 Non-Resident

Bedford Senior Club Members are free and must register in advance

Energizing Morning Yoga

NEW! Invigorate your body and mind, setting a positive tone for the day ahead. Classes include a series of energizing poses, stretches, and breathwork techniques aimed at boosting your energy levels, improving flexibility, and enhancing mental clarity. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, September 14, 21, 28, October 5, 12, 26, November 2, 9, 16, 23, December 7, 14 (No class 10/19, 11/30)

Time: 9:00 am – 10:00 am

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

Fee for entire session: \$85 Resident/\$95 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. Train to be stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers

Kung Fu Academy

Location: Ellenwood Center Room 4

Dates: Fridays, October 4, 11, 25, November 1, 8, 15 (No class 10/18)

Time: 5:30 pm – 6:15 pm

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

Bedford Senior Club Members are free and must register in advance



Chair Yoga Flow

Embark on a journey of gentle movement and relaxation. Seated comfortably in a chair or using it as a prop, participants will experience the rejuvenating effects of yoga postures, stretches, and breathwork in a supportive and inclusive environment. The nature of this class ensures that individuals with varying physical abilities can comfortably participate. Bring a yoga mat. Yoga blocks and bands can be borrowed from the instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

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

November 6, 13, 20, December 4, 11, 18 (No class 10/9, 11/27)

Time: 5:30 pm – 6:30 pm

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

Fee for entire session: \$95 Resident/\$105 Non-Resident

Bedford Senior Club Members are free and must register in advance

Aging Parents and Dementia Conversations

NEW! Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Wednesday, October 9

Time: 6:30 pm – 7:30 pm

Fee: Free, pre-registration preferred

Painting w/ So-So Artsy

Join Melinda with So-So Artsy for canvas painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies included. This program is for adults & older teens unless indicated otherwise.



Instructor: Melinda, So-So Artsy

Location: Ellenwood Center Room 3

Time: 6:00 pm – 8:00 pm

Fee: \$25 per painting; \$45 per porch leaner







IBM SkillsBuild Training Program for Adults & Teens

NEW! The IBM SkillsBuild Program, sponsored by IBM and administered by TIES (Teaching Institute for Excellence in STEM), offers FREE virtual training in Information Technology (IT). This online platform empowers adult and teen learners to develop and enhance IT skills that align with the demands of the high-tech industry. The platform offers more than 1,000 courses in 20 languages on cybersecurity, data analysis, cloud computing, coding, and other technical disciplines, in addition to workplace skills. Participants can select their own learning paths and progress at their own pace. Take advantage of this opportunity to earn valuable credentials in technology and workplace skills!

To access the program, visit: <https://tinyurl.com/IBMskills-Bedford> or scan the QR code using a mobile device. You will need to create an account with SkillBuild with your email or login through your Google or LinkedIn account. Choose an ADULT or YOUTH 13+ Channel.



 <p>Experiential Learn coding with scratch! 30 mins 🏠 154</p>	 <p>Digital Credential Cybersecurity Fundamentals 🕒 6 Hours 🏠 76,945</p>
 <p>Experiential Create your own games through Roblox Studio... 1 hr 🏠 149</p>	 <p>Digital Credential Working in a Digital World: Professional... 🕒 Hours 🏠 29,666</p>

SENIOR PROGRAMS

Bedford Senior Club

The City of Bedford Parks & Recreation Department offers a wide variety of recreation and education programs and activities for those 60 years of age and older. Our goal is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, and life-long learning. Activities include congregate meals, exercise and fitness, crafts, movies, trips, and more. Must be a Bedford resident to join. There is no membership fee.

Senior Newsletter: Newsletters are published the second Wednesday of each month and distributed at the first congregate lunch of the month. The newsletter provides information on programs and activities, City wide information, senior interest stories, recipes, puzzles, games, and more. The Newsletter is also available at Ellenwood Center. Pick up your copy today!

Programs: Check our monthly newsletter for a listing of programs that are **FREE** to Bedford Senior Club members. Some of our popular activities are:

- Senior Line Dancing (weekly class)
- Get Crafty (monthly craft class)
- Shelf Indulgence Book Club (monthly book club)
- Reach With Rhythm Workout (weekly chair aerobics)
- Sparkling Portraits (monthly non-alcoholic Sip and Paint class)
- Strength & Balance (weekly sitting and standing workout)
- Lunch & Learn (monthly lunch with a presentation)
- Silver Screen Seniors (weekly movies)
- Games & Leagues: Skeeball, Table Shuffleboard, Billiards, Wii Bowling
- Senior Day Trips (bi-monthly)
- Special Guests and more!

Congregate Meals: Lunches are scheduled for the second and fourth Wednesday of the month in January through October and only the second Wednesday of the month in November and December. Reserve your meal online or call 440-735-6570 during the advertised registration dates in Senior Newsletter. Meals are free and available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change. Please indicate during registration if you prefer a vegetarian option. Keep an eye on the calendar for special Entertainment or Stay & Play activities that will be held after our bi-monthly lunches.

Human Services: A licensed social worker is available to residents who need services and/or information.

Senior Transportation Connection

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

Boundary lines for all trips are:

- North - UH Ahuja Medical Center
- South - Northfield Plaza
- East - City of Solon
- West - Marymount Hospital

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

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! Contact our office 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.

City of Bedford Health Needs Assessment

The City of Bedford is partnering with Kent State University's College of Public Health (CPH) to conduct a Community Health Needs Assessment survey targeted to older adults in Cuyahoga County and Northeast Ohio. The Consortium is comprised of over 20 senior centers, senior living, and aging agencies. This assessment aims to describe the needs of the older adult population in Cuyahoga County and provide senior centers and aging services data that can help meet our short- and long-term goals of providing and maintaining services for our diverse older adult population. Through evaluation and analysis, the Consortium will offer guidance through a comprehensive analytical report that outlines current and long-term Senior Center facility needs specific to the county and its desire to achieve and maintain services and spaces that promote equity, inclusivity, and growth.

For more information, please call our office at 440-735-6570 or contact Steve Paciorek, Ph.D., at spaciorek@brecksville.oh.us. To access the survey, type the following link into your search browser: bit.ly/seniorcentersurvey or scan the QR code below using a mobile device. Please complete the survey by October 1, 2024.



Timeless Tastes: Recipes with History

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

This amazing program is made possible through the Healthy Aging Grant from Cuyahoga County and Ohio Department of Aging. Don't miss out!

Protecting Personal Information, Detecting Fraud, and Avoiding Medicare Scams

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

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

Location: Ellenwood Center Room 4

Date: Wednesday, October 16

Time: 10:30 am – 11:30 am

Fee: Free; pre-registration preferred

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

Strength & Core

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

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, September 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 22, December 6, 13, 20, (No class 11/29)

Time: 10:45 am – 11:30 am

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

Bedford Senior Club Members are free and must register in advance

LUNCH & LEARN SERIES

Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30 pm. Doors open at 11:30 am. 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. More information and lunch menus are available online or inquire with Recreation office.



Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

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

Vampire Talk: An Hour with Count Dracula
Wednesday, October 16

The Last of the Romanovs
Wednesday, November 20

Glory Days of the 1964 Cleveland Browns
Wednesday, December 4

LOOKING AHEAD...

1/15/25

**Eighty Years of Remembrance:
Honoring the Liberation of Auschwitz**

2/19/25

**Breaking the Color Barrier:
The Legacy of Larry Doby**

ADAPTIVE RECREATION

Programs listed in this section are activities designed for individuals with physical, sensory or developmental disabilities. People of all abilities are welcome to register.



Bedford Parks & Recreation is excited to announce special needs programming and inclusion support to our community. With grant funding from **Cuyahoga County Board of Developmental Disabilities**, we are able to offer free and affordable opportunities at Ellenwood Center and reduce the registration fees for adult Bedford residents who register for our hosted programs and with our cooperative partners. Everyone – regardless of ability – should have access to and be equal participants in all aspects of community life. Bedford Parks & Recreation is a proud participant of Cuyahoga County Board of DD's **ALL means ALL** community initiative.

Canvas Painting (Adaptive)

Melinda from So-So Artsy will give step-by-step instructions to create a beautiful painting. All supplies included. No experience required. This will be creative and fun! **Ages 13+**

Location: Ellenwood Center Room 3
Time: 6:00 pm – 8:00 pm
Fee: \$5 Resident/\$10 Non-Resident



Colorful Leaves
Monday, November 4



Gingerbread House
Wednesday, December 18

Line Dancing (Adaptive)

NEW! Join Jaki for an exhilarating line dancing experience! Whether you're a beginner or an experienced dancer, this fun and dynamic program will get your heart pumping with a variety of energizing line dances. Enjoy a great cardio workout while dancing in a supportive and inclusive environment. **Ages 15+**

Instructor: Jaki Ward
Location: Ellenwood Center Gymnasium
Dates: Mondays, September 23, 30, October 7, 14, 21, 28
Time: 7:00 pm – 8:00 pm
Fee: \$15 Resident/\$30 Non-Resident

Video Gaming (Adaptive)

NEW! Hang out and enjoy non-competitive weekly video game play on Nintendo Switch game systems and tablets with rotating game offerings geared for an adaptive audience. **Ages 15+**

Instructor: Matt Skvasik, STEAM and technology instructor
Location: Ellenwood Center Room 1
Dates: Thursdays, September 26, October 3, 10, 17, 24
Time: 7:00 pm – 8:00 pm
Fee: \$10 Resident/\$25 Non-Resident

Jacobs Ladder Special Needs Fitness (Adaptive)

Experience a 60-minute exercise class packed with stretching, planking, and calisthenics like jumping jacks, squats, lunges, and push-ups. Engage in fun and effective drills using weighted balls, resistance bands, agility tools, and fitness ropes. Don't forget to bring a water bottle and a yoga mat or towel. **Ages 15+**

Instructors: Boxing and fitness instructors from Jacob's Ladder Fitness
Location: Ellenwood Center Gym
Dates: Mondays, November 18, 25, December 2, 9, 16
Time: 7:00 pm – 8:00 pm
Fee: \$10 Resident/\$25 Non-Resident

SAVE THE DATE!

The evening of Friday, December 13, we will be co-hosting a winter dance with LEAP for older teens and adults with disabilities. Check our website in late fall for more details!

Please check our website for additional program opportunities and reduced pricing with our partners at LEAP, Solon Blue Ribbon, Mayfield Village and Orange Community Education & Recreation.



HELP WANTED:

Bedford Parks & Recreation hires part-time seasonal positions throughout the year in various areas including sports, grounds, camps and adaptive programming.

For current openings, check the city's website, www.bedfordoh.gov

Applications are available online or at Ellenwood Center. It is never too early to apply to be a summer lifeguard!

RENTAL INFORMATION

Ellenwood Center

Ellenwood Center has a gymnasium with a warming kitchen, a multi-purpose room, and several classrooms. Residents 25 years and older may apply to rent the Center. The resident permit holder must be present the duration of the event. To request use of the Center the resident must complete an application. Applications are accepted no more than 6 months in advance of the event date. Applications and Rental Rules and Regulations for use of Ellenwood Center are available at the Parks & Recreation Department and online at www.bedfordoh.gov

The City reserves the right to require police security for any event at the applicant's expense. All events offering alcohol and/or expect 75 people or more require police security. Payment shall be made directly to police security. *Bedford Police Department Non-Emergency Phone Number: 440-232-1234.*

Rental and Deposit – Ellenwood Center is available for rent Saturdays 11:00 am to 11:00 pm, and Sundays 11:00 am to 10:00 pm with a minimum rental of 3 hours. A deposit to hold the date is due within 5 business days of application approval. The required deposit is equivalent to one hour of rental time plus a maintenance fee. The deposit goes toward the total cost to rent the Center. The balance of the rental fee is due no later than one month prior to the event. Applications may be submitted no more than 6-months in advance of the event date.

Gymnasium

Maximum seating capacity - 150
Deposit - \$150
Rental Fee - \$75 per hour (includes use of the warming kitchen)
Maintenance Fee - \$75 per event

Multi-purpose Room (Room 4)

Maximum seating capacity - 50
Deposit - \$120
Rental Fee - \$60 per hour
Maintenance Fee - \$60 per event

Archibald Willard Park Pavilion

Archibald Willard Park Pavilion at Ellenwood Center has one open air pavilion with two sections available for rent from May 1 - September 30. When not rented, the pavilion can be used on a first come, first served basis. Pavilion rental hours are 9:00 am - dusk. The pavilion must be vacated at dusk. Each side has enough seating for approximately 70 people.

Residents 25 years and older may apply to rent the Pavilion. The resident permit holder must be present the duration of the event. To request use of the Pavilion the resident must submit a completed application to the Parks & Recreation Department. Proof of residency required.

APPLICATIONS ARE ACCEPTED MARCH 1

Fee: \$25 for 4-hours or \$50 for the day per section. All fees are due at the time the application is approved. The date will not be secured until fees are paid in full. Rentals are subject to availability.

Grilling is permitted only on the grills provided. Renter must provide their own grilling supplies; i.e. charcoal, lighter fluid, etc. Grills are for use by pavilion users only during the period of rental. No personal grills permitted.

THE FOLLOWING IS PROHIBITED:

- Inflatable structures/games
- Rock walls and/or other portable climbing structures
- Pets
- Fireworks
- Smoking, vaping, drugs and alcohol
- Use of profane or abusive language
- Gambling, raffles and other games of chance
- Selling, soliciting or peddling any item/article regardless of value

Concurrent Use – The City of Bedford reserves the right to allow the concurrent use of other areas of Archibald Willard Park and/or Ellenwood Center not being used by applicant. *There are other pavilions located throughout Bedford Parks; however, these pavilions cannot be reserved. These pavilions are occupied on a first come, first served basis.*

Rental Applications & Rental Rules & Regulations available at Ellenwood Center or on-line at www.bedfordoh.gov

GENERAL INFORMATION

Bedford Resident: A resident must live in the City of Bedford. Proof of residency may be required at the time of registration. Other General Information including Policy and Procedures of the Parks & Recreation Department are available online at www.bedfordoh.gov

Dates, times, fees, and locations are subject to change without notice. Programs may have a minimum or maximum and may be cancelled or postponed based on enrollment.



TRICK-OR-TREATING FOR THE CITY OF BEDFORD WILL TAKE PLACE ON HALLOWEEN NIGHT Thursday, October 31, 6:00 pm – 8:00 pm

Trick-or-Treat night brings increased pedestrian traffic to Bedford's neighborhoods, so please be extra cautious and watch out for our children. Neighbors that do not wish to participate, simply turn off your front light to let trick-or-treaters know to skip your home.

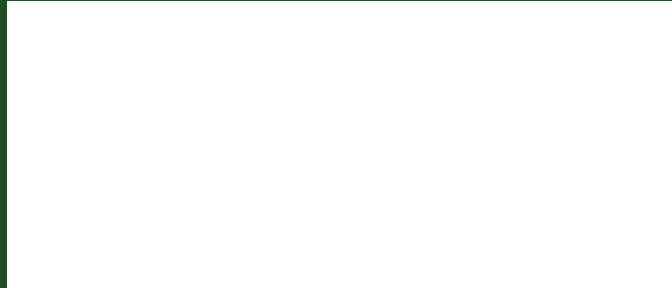
Parents, please ensure your child's costume is visible after dark by incorporating reflective tape or glow sticks. Trick-or-treat in groups and always accompany younger children to keep them safe. Use crosswalks and look both ways before crossing the street. Avoid crossing between parked cars, where visibility is limited. Please do not drive next to your children as they are trick-or-treating; this impedes the flow of traffic and makes it more dangerous for the children.

Be safe and HAVE FUN!

BEDFORD PARKS & RECREATION

124 Ellenwood Avenue
Bedford, Ohio 44146

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BEDFORD
PARKS & RECREATION

TRICK OR TREAT STREET

Saturday
19TH
OCTOBER

PRE-REGISTRATION REQUIRED

More info on page 2

Time slots starting at 10 am



 REGISTER HERE

To register and view our full listing of programs

bedfordoh.myrec.com

Registration can also be completed by phone at 440-735-6570

Or in-person at Ellenwood Center (M-F 8:00 am-4:30 pm).

Questions? Contact the Bedford Parks & Recreation Department

Dates, times, fees subject to change without notification