October 2019



BEDFORD SENIORS CLUB



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HAPPY HALLOWEEN!

INSPIRATIONAL THOUGHTS

Life is too short. Grudges are a waste of perfect happiness. Laugh when you can, apologize when you should and let go of what you can't change. -Unknown

BAKING CONTEST

Fall themed baking contest at the October 23 meeting. Bring your favorite fall recipe to share!

MANY THANKS...

Many thanks to Rich Moore for the October crossword puzzle and Lee Szymkowski, Karla Mahoney and Pat Tyukodi for submitting stories and jokes for this month's mini news.

Thanks also to Mick Gongos for updates on travel news and Jack Hirko for submitting interesting photographs of our events every month. A special thanks to Sarah Gnoddie who adds news from the Recreation Dept and Library and then formats and prints out our monthly Mini News!

Working together we make our club's mini news the best!!!

MORE FACTS ABOUT OUR SENIOR CLUB

During the year, a number of bus trips are planned to various places – casinos, plays, restaurants, baseball games – just to name a few. The cost varies depending on the event. As always, reservations are a must and no refunds are issued after a certain date. Upcoming travel events are announced at every meeting and published in the monthly Mini News.

At the second meeting in June (4th Wednesday), the club has a themed picnic at the Ellenwood pavilion, complete with a Mr. Chicken dinner, games and prizes. In the fall, more exciting things are happening in the Club. During the first and second meetings in September, nominations for President, Vice President, Secretary and Treasurer are accepted and the ballot is set for voting at the first meeting of October.

In September, dues for the coming year can be paid by members to the Club Treasurer. Dues for the coming year need to be paid by members no later than the second meeting (4th Wednesday) of October. Members will receive a ticket to the Christmas party when their dues are paid for the coming year.

October is a special month for the Club, in that the annual election of officers is held at the first meeting of the month (2nd Wednesday). Elected officers serve for a term of one year from January 1st through December 31st.

At the second meeting of October (4th Wednesday), a Fall-themed dessert contest is held and prizes given out for first, second & third place. Entertainment is usually provided and members can come in costume if they prefer. No prizes are given out for costumes.

On the second Wednesday of November, a traditional Thanksgiving dinner is served after the business meeting. There is no meeting on the fourth Wednesday of November so members can be with their families for Thanksgiving.

On the second Wednesday of December, we have an elegant catered Christmas dinner with entertainment and gifts. The gym is decorated by our hospitality team and everything is very festive. There is no meeting on the fourth Wednesday of December so members can be with their families for Christmas. Upon arrival to the Christmas party, members must show the ticket they received when they paid their dues. The ticket is put in a drawing for prizes and gifts after dinner.

During the week, the Rec Center is open and the Senior Room is available for seniors to play Skee Ball, play cards or board games with a group of friends, a quiet place to read, watch TV, a movie or just hang out. We are very blessed to have Ellenwood Recreation Center as a place to meet. Membership in the Senior Club is not required for use of the Senior Room. It is open to all Bedford seniors 55 years old and older.



TRAVEL NEWS

MICK GONGOS—TOUR DIRECTOR

Oglebay, West Virginia — Wednesday, November 20

Boarding bus at 9:15am, leave Ellenwood at 9:30am. We will be stopping on our way for a quick bite to eat on your own, possibly McDonalds. We will go to the glass museum and the Good Will Zoo Winter Fantasy. Buffet dinner at the Wilson Lodge. After dinner we will board the bus and drive through the Christmas light show. Return to Ellenwood approximately 10:30pm. Cost \$65. Bus, admissions, tax, and gratuity included. Sign-ups will end November 1st.

Cleveland Monsters Hockey — Are you interested?

There is a chance of going to a Cleveland Monsters hockey game. Let me know if there is any interest in going maybe in January or February. Center ice tickets are \$35 plus bus expense.

Thanks to everyone who came on our trips this year. If you have any ideas for next year, write them down and we'll see what we can do.

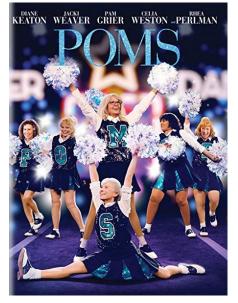
NEWS FROM THE CITY OF BEDFORD

Friday Flicks

Popcorn and snacks included. Movie starts at 10:15 am Ellenwood Center – Room 2 Third Friday of each month Fee: Free to Bedford Resident Seniors

On Friday, October 18th we will be showing POMS

From the studio that brought you Bad Moms and the producer of Book Club comes an uplifting comedy about a woman who starts a cheerleading squad at a retirement community. Starring Academy Award winner Diane Keaton, Academy Award nominee Jacki Weaver, Pam Grier, Celia Weston, and Rhea Perlman, Poms is a "heartfelt and hilarious" story that proves it's never too late to follow your dreams.





NEWS FROM THE CITY OF BEDFORD

LED Tea Light Candle Book Folding

Turn a recycle book into a LED tea light candle holder. Keep your creation for yourself or give as a gift. Book provided. Maximum of 12 participants. To register, call Ellenwood Center at (440) 735-6570. Ellenwood Center – Room 2 Tuesday, November 12, 10:00 am-12:00 pm

Free to Bedford Resident Seniors, pre-registration required





Coming in January of 2020 is the Northeast Ohio Mind Challenge. There will be teams from senior centers and local municipalities competing in a trivia challenge representing four regions of Northeast Ohio. Bedford will be competing in the Southwest Region with 8 other communities including Bedford Heights, Garfield Heights, Seven Hills, and Broadview Heights.

All participating cities will hold competitions to establish teams. Our competition will be held on **Thursday, January 23, 2020 at Ellenwood Center at 1:00 pm**. Snacks and beverages will be served. There will be a maximum of six players per team with no limit to the number of Bedford teams we can enter.

Regional Competitions will be held in February and later months. To advance to the next round, our team(s) must finish in the top 50% of competing teams in the region. In addition, the top scoring team from each city will automatically advance; this keeps all the cities alive for a few rounds. The Fact Finding Four and Mind Challenge Championship will take place in May.

Last year, Mentor received \$2,500 prize money and each of the team members received prizes from the Hard Rock Rocksino.

If you are interested in registering for this program, please call (440) 735-6570.



NEWS FROM THE CITY OF BEDFORD

University Hospitals Walking Club

Put on your walking shoes and join the Age Well Be Well Walking Club every Monday. Take a few laps around the gym at Ellenwood Center, our new walking location. Please bring a pair of indoor walking shoes that are appropriate for the gym floor. New walkers will receive a complimentary T-shirt upon sign up.

To register, call UH Bedford Medical Center at (440) 735-4739.

DATES: Mondays, 9:30 am - 10:00 am October 7, 14, 21, 28 November 4, 18, 25 (no walking 11/11) December 2, 9, 16, 23, 30 LOCATION: Ellenwood Center FEE: Free!

Senior Health Fair

Wednesday, October 16 - 9:00 am to 11:00 am Celebrate wellness at our event at Ellenwood Center, featuring:

- B/P, glucose, cholesterol screenings
- Lung capacity
- Talk with the pharmacist
- Flu shots
- Talk with the dietitian

Sponsored by UH, Bedford Parks & Recreation, and the City of Bedford

Line Dancing

Ellenwood Center – Gym Mondays 10:30 am to 12:00 pm Fee: Free to Bedford Resident Seniors

Reach with Rhythm Workout

Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low impact chair aerobics aiming to stretch, strengthen, and tone your muscles. Ellenwood Center – Gym Thursdays 11:00 am to 12:00 pm Fee: \$1.00 per person/per class



NEWS FROM THE CITY OF BEDFORD

Senior Transportation

Effective Monday, September 16, 2019 the City of Bedford contracted with Senior Transportation Connection (STC) to provide transportation to our older adult residents 60 years of age and older.

STC is a not-for-profit organization that partners with communities and other organizations throughout Cuyahoga County to provide door-to-door service. STC has more than a decade of experience so you're in good hands when you board their vehicles. More than 14,000 people use STC and their drivers cover over 1,000,000 miles a year.

New riders must submit a completed STC application to the Parks & Recreation Department prior to scheduling their first trip. Applications are available at the Parks & Recreation Department. If you have any questions contact the Parks & Recreation Department at 440-735-6570.

Annual Kids Halloween Party

The Bedford Parks & Recreation Halloween Party will take place on Saturday, October 26 at 10:00 a.m. at Ellenwood Center. Children and grandchildren of Bedford residents only are invited to join for this family, fun event. Activities include Trick or Treat Street, costume contest, photo corner, coloring contest, and more. Donuts and cider will be served. Sign up in advance and avoid the line at the door.

Halloween Trick-or-Treating is on Thursday, October 31st from 6:00-8:00pm. We hope you turn on your front porch light, pass out treats and help continue this fun tradition for our local youth! Treats can be pieces of candy or small non-food items like stickers, pencils, spider rings and temporary tattoos.

How To Recycle in Cuyahoga County: Back to the Basics

Recycling contamination happens when well intended recyclers mistakenly put the wrong items into their recycling. Here in Cuyahoga County, the best way to avoid recycling contamination in your curbside recycling is to recycle only these five core items: **CANS**: Empty and rinse. **CARTONS**: Empty and rinse. Replace the cap - it's too small to be recycled by itself! **GLASS BOTTLES & JARS**: Empty and rinse. **PAPER & BOXES**: Flatten cardboard items, like cereal boxes, to save space. **PLASTIC BOTTLES & JUGS**: Empty and rinse. Replace the cap. Place these items loose – not bagged – in your recycling bin or cart. All items should be empty, clean and dry. Plastic bottles and jugs includes items with an opening or neck that is narrower than the body.



Aging Mastery Program®

Join the adventure!



The Benjamin Rose Institute on Aging with support from the Anthem Foundation will be running the Aging Mastery Program® from the National Council on Aging at:

Ellenwood Center 124 Ellenwood Ave. Bedford, Ohio 44146

Tuesdays & Thursdays 1:00-2:30 PM Beginning January 14, 2020

The 6-week Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors to promote improved health, and overall well-being.

By participating in this program, you will:

- Make and maintain small but important changes in your health behaviors, financial well-being, and social engagement.
- Get incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

LIMITED SPACE - SIGN UP NOW!









Please RSVP to Bedford Parks & Recreation at (440) 735-6570 or <u>recreation@bedfordoh.gov</u> if you are interested.

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The Bedford Historical Society & Museum

Presents

A Showcase of Historic Quilts: Not your Grandmother's Quilt... Or is it?

Friday, November 8 @ 7:00 pm

Old Church on the Commons 750 Broadway Avenue, Bedford, OH Lower Community Hall Admission: \$10.00 per person

Dee Hart, award winning quilter and certified instructor will speak on quilting history and how quilts have changed through time.

Saturday, November 9 @ 10:00 am - 4:00 pm:

Quilt showcase in the Town Hall; lap quilting demonstration; children and adult activities throughout the day. Admission Saturday: FREE Donations gratefully accepted

750 Broadway Avenue, Bedford, OH

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PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY



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

SPOOKTACULAR Saturday

Saturday, October 26 / 2:00pm

Children in Grades K-5. Come join us for an hour of spooktacular fun, games, and activities.

Excel 1

Thursday, October 31 / 10:00am-1:00pm

This session will introduce spreadsheets using Microsoft Excel. Topics covered include entering data, using autofill and performing calculations using formulas and functions. Registration required.

African American Authors Book Group

Thursday, October 31 / 7:00pm-8:30pm

African American Authors Book Group meets the last Thursday of the month. The books are available one month before the book discussion date. October Title: The Deepest Well: Healing the Long-Term Effects of Childhood Adversity/ Nadine Burke Harris M.D.

Macramé 101—Feather Wall Hanging

Saturday, November 2 / 10:00am-12:00pm

Learn to make a beautiful feather wall hanging using simple square knots. These would make a perfect handmade gift, or keep for yourself. All Supplies will be provided. Registration required.

Afternoon Book Discussion

Wednesday, November 6 / 1:30pm-3:00pm

Join us for great conversation on the first Wednesday afternoon of each month. Books will be available one month before the discussion. November title: The Gown: A Novel of the Royal Wedding by Jennifer Robson

Internet Basics

Friday, November 8 / 10:00am-1:00pm

Learn how to use web browsers and search engines to navigate the internet. This class will also discuss how to stay secure while searching for and submitting information online. Prerequisite: Computers Basics or experience using a mouse. Registration required.



PHOTOS OF OUR SENIORS



NOTABLE & WACKY OCTOBER DATES

- 10/1 International Coffee Day, International Day for the Elderly, National Homemade Cookies Day
- 10/4 National Golf Day, World Smile Day
- 10/5 Do Something Nice Day, World Teacher's Day
- 10/6 Mad Hatter Day, Oktoberfest in Germany ends (date varies), Physician Assistant Day
- 10/7 Bald and Free Day wonder who that applies to???
- 10/8 Yom Kippur, date varies
- 10/9 Emergency Nurses Day, Fire Prevention Day, Moldy Cheese Day (Yukk!!)
- 10/10 National Newspaper Carrier Day, National Angel Food Day
- 10/11 It's My Party Day, National Fossil Day (date varies), World Egg Day
- 10/12 Cookbook Launch Day, Old Farmer's Day, Moment of Frustration Day, National Gumbo Day
- 10/13 International Skeptics Day
- 10/14 Columbus Day (second Monday of the month), National Dessert Day (I really like that one!!)
- 10/16 Bosses Day, Dictionary Day
- 10/17 National Pasta Day
- 10/18 No Beard Day
- 10/19 Evaluate Yourself Day ??? Also Sweetest Day (third Saturday of the month)
- 10/21 Babbling Day ??? Also Count Your Buttons Day & National Pumpkin Cheesecake Day
- 10/22 National Nut Day which kinds???
- 10/23 National Mole Day what about the chipmunks, mice & squirrels?
- 10/24 National Bologna Day, United Nations Day
- 10/25 Frankenstein Friday (last Friday in October), World Pasta Day
- 10/26 Make a Difference Day (fourth Saturday of the month) Neighbors helping neighbors
- 10/27 Navy Day & Mother-In-Law Day (fourth Sunday in October)
- 10/28 National Plush Animal Lover's Day
- 10/29 Hermit Day
- 10/30 National Candy Corn Day, Mischief Night
- 10/31 Carve a Pumpkin Day, Halloween





RECIPES — SUBMITTED BY OUR SENIORS

Easy Apple Pie Cinnamon Rolls Recipe

Hmmm – what could be better than the smell of baked apple pie with cinnamon - just perfect for cooler summer/fall evenings or mornings.

Ingredients

- 1 tube of refrigerated cinnamon rolls
- 1 apple (Granny Smith or Golden Delicious)
- 1 tsp cinnamon
- 1 tbsp brown sugar
- 1 tsp vanilla extract
- 1/2 tsp lime (or lemon) juice

Instructions

Preheat oven to 375 degrees. Dice a peeled apple and mix with cinnamon, brown sugar, vanilla, and lime juice until evenly coated. Open the tube of



cinnamon rolls. Roll each out or press out with fingers until you have a flat disc. Set the icing aside for later.

Spray a muffin tin with nonstick cooking spray, then push a cinnamon roll into each cup – make sure to press around the sides so they form their own cups! Add a generous spoon full of apples to each one.

Bake at 375 for 10 minutes. Once done, drizzle with icing that was set aside from the cinnamon rolls. Serve warm & enjoy!!

If you have any favorite recipes you would like to share, please give to Karen Wertz to insert into the Mini News.

OCTOBER NIGHT SKY reprinted from Country Living Magazine—October, 2019



Look for the Hunter's Moon (another name for October's full moon) on October 13th. It's also called Travel Moon, Dying Grass Moon, Blood Moon, or Sanguine Moon. Every three years it's also called the Harvest Moon.

Long celebrated as a harbinger of good food fortune, the Algonquin Native Americans once used its nocturnal glow to hunt and prepare for the colder months ahead. Since the harvesters had reaped the fields, hunters could easily see the fattened deer and other animals that came out to glean (and the foxes that came out to prey on them).



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

Stairway to Heaven

A redhead, brunette and blonde were on their way to Heaven.

God told them the stairway to Heaven was 1000 steps, and on every 5th step He'd tell them a joke. But, they must not laugh or else they couldn't enter heaven.

The brunette went first and started laughing on the 65th step, so she could not enter Heaven. The redhead went next and started laughing on the 320th step, so she could not enter Heaven either.

Then, it was the blonde's turn. When she got to the 999th step, she started laughing.

"Why are you laughing?" God asked. "I didn't tell a joke."

"I know," the blonde replied. "I just got the first one."

Things My Mother Taught Me – submitted by Karla Mahoney

My mother taught me to APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside – I just finished cleaning!"

My mother taught me RELIGION. "You'd better pray that will come out of the carpet!"

My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident!"

My mother taught me IRONY. "Keep laughing and I'll give you something to cry about!"

My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper!"

For a Laugh – submitted by Lee Szymkowski As I was getting into bed, she said, "You're drunk". I said, "How do you know?" She replied, "You live next door!"

Self checkout should include an employee discount!



"I think this means no candy."



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

TRICK OR TREATING JOKES FOR HALLOWEEN:

What do hockey players say on Halloween? Hat trick or treat!
What do you call a lycanthrope who gets lost while trick or treating? A where-wolf.
Why is Superman's costume so tight fitting? Because it's a size "S"
What do ghosts give out to trick or treaters? Booberries.
Where do werewolves store the candy they get from trick or treating? In a were-house
What do witches put on to go trick or treating? Mas-scare-a
When do ghosts like to go trick or treating? In the moaning.
How do you stop vampires from trick or treating at your house? Play the song "You Are My Sunshine" on the stereo.
Which monster dances when he goes trick or treating? The boogieman

What do owls say when they go trick or treating? Happy Owl-ween!

Why didn't the skeleton go trick or treating? Because he had no "body" to go with.

Which type of pants do ghosts wear to trick or treat? Boo-Jeans.

What do you give a trick or treating skeleton? Spare ribs

Where do you find the spookiest Halloween candy to give trick or treaters? At the ghost-ery store In which U.S. city do werewolves like to go trick or treating? Howllywood, California

Which candy do vampire's hope for when trick or treating? Suckers!

What does Tweety Bird say on Halloween? Twick or Tweet

What makes trick or treating with twin witches so challenging? You never know which witch is which!

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Who did Frankenstein go trick or treating with? His ghoul friend





SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

DARN, I MISSED THIS ONE reprinted from Country Living Magazine – July/August, 2019

Smokey the Bear celebrated his 75th birthday on August 9, 2019. Since 1944, the U.S. Forest Service's icon has been spreading his fire-prevention message via posters, radio spots, postage stamps, and even his very own song, released in 1952.

Smokey the Bear's message was developed during World War II. There was concern over the possibility of enemy incendiary shell attacks off the west coast that could cause raging wildfires in the western forests. The most experienced firefighters were overseas in the war, so Smokey's awareness message rang out to the American public and over the years, became one of the most successful ad campaigns of all time.



FUN FACTS ABOUT CANDY CORN reprinted from Country Living Magazine – October, 2019



Per the National Confectioners Association, the sugary corn kernels – popular with the agrarian-minded society- were invented in the 1880s by George Renninger of Philadelphia's Wunderle Candy Co. In 1898, Illinois-based Goelitz Confectionery Co. (now the Jelly Belly Candy Co.) brought it to the masses with a rooster logo. Brach's, now the nation's biggest candy corn distributor, got into the game in 1904.

When the Goelitz Confectionary Company first produced candy corn, it was called "Chicken Feed". The boxes were illustrated with a colorful rooster logo and a tag line that read, "Something Worth Crowing For."

As wartime sugar rations lifted and the suburbs expanded in the 1950's, trick-or-treating became a true national pastime. Goelitz swapped its bulk-quantity distribution for more manageable individual bags. The 1940's. a wooden bucket with handle held up to 30 pounds of candy.

You don't have to wait for Halloween to indulge in the mellow crème candies. Celebrate National Candy Corn Day on October 30th. More than 17,000 tons of candy corn are produced each year. Candy corn is one of the better-for-you-candies of the Halloween season. It contains roughly 28 grams of sugar and only 140 calories per heaping handful – and it's fat free!!

In 1950, the price of candy corn was just 25 cents per pound and is made primarily from sugar, corn syrup, confectioner's wax, artificial coloring and binders.

It has a long shelf life. Once the package is opened, store candy corn in a covered container away from heat and light at room temperature; it should last 6 months. If unopened, packaged candy corn could last 9 months.

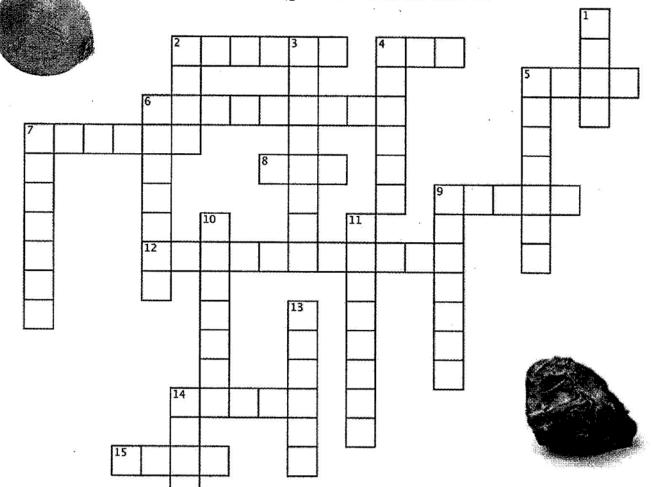
The tricolor treat remains popular, with an estimated 9 billion pieces manufactured each year.



PUZZLES

"O" Is for October

Use the clues to fill in the crossword. All answers begin with the letter with *O*.



ACROSS

- 2. West coast state
- 4. Bird of prey
- 5. Type of gemstone
- 6. Boston Pops, for one
- 7. Workplace
- 8. Hardwood tree
- 9. Hollywood award
- 12. Eye doctor
- 14. Root vegetable
- 15. Not closed



DOWN

- 1. Track shape
- 2. Shrek, for example
- 3. ____ COURSE (BOOT CAMP TRAINING)
- 4. Fortune teller
- 5. Rural area of Australia
- 6. Geometrical shape
- 7. Breakfast choice
- 9. Large bird
- 10. Footstool
- 11. The first one (NOT ONE LIKE IT)
- 13. Citrus fruit
- 14. Popular cookie



Fall Word Search

Ν	F	J	W	L	٧	W	Ν	т	н	Ρ	z	Ρ	F	L	D	Α
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v	Х	т	υ	Q	κ	w	Е	Y	z	Α	L	G	Ρ	Α	Α	Ν
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Е	Ρ	Q	L	в	κ	С	U	Ν	Y	κ		J	w	0	D	0
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0	z	В	Ρ	н	s	Y	L	L	I	н	С	S	0	Z	Х	L
м	G	Ν	Т	v	1	G	s	κ	Ν	Α	н	т	С	С	J	Α
A	0	С	т	0	в	Е	R	Α	U	Е	L	Α	в	Y	Α	н
Т	н	U	0	А	Т	w	0	R	С	Е	R	Α	С	S	М	Α
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ACORN APPLE AUTUMN CHESTNUTS CHILLY CIDER COBWEB FALL FOOTBALL GOURD HALLOWEEN HARVEST HAY BALE HAYRIDE LEAVES MAIZE NOVEMBER NUTS OCTOBER PUMPKIN

QUILT RAKE SCARECROW SEPTEMBER SLEET THANKSGIVING



PUZZLES

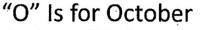


Football Terms Word Search

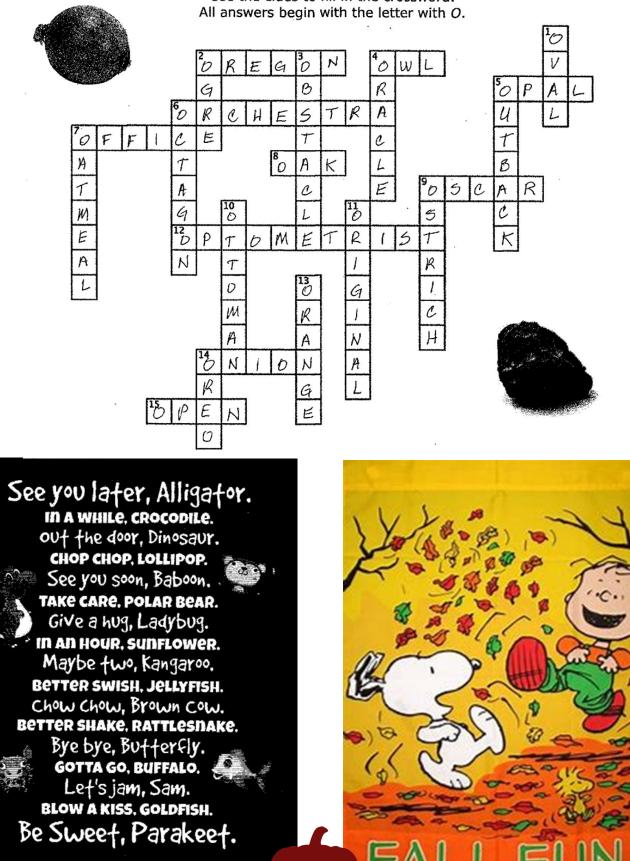
W	I	D	E	R	E	С	E	I	v	E	R	E	т	U	R	N
Q	U	A	R	т	E	R	В	A	С	K	F	I	E	L	D	E
P	т	I	G	H	Т	E	N	D	G	U	A	R	D	S	P	s
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BACKFIELD FIELD GOAL INTERCEPTION RUSHING CENTER FULLBACK KICKOFF SACK CORNERBACK FUMBLE LINEBACKER SAFETY DOWN GUARD OFFENSIVE LINE SNAP DRIVE HALFBACK PUNT SPECIAL TEAMS END ZONE HAND OFF QUARTERBACK TACKLE EXTRA POINT RED ZONE TIGHT END HUDDLE RETURN FAIR CATCH INCOMPLETION WIDE RECEIVER 18

ANSWERS



Use the clues to fill in the crossword.



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SEPTEMBER BIRTHDAYS

Alice Furmanek George Green JoAnn Harwood Debbie Johnson Bob Kundla Roseanne Mandich Menka Oldenburg Madeline Vartorella

ANNIVERSARIES

Jack & Barb Hirko George & Cindy Chimienti Don & Karen Wertz 47 years on October 16th 39 years on October 18th 34 years on October 26th

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

GOLDEN PEOPLE

William Brown & Jack Hirko

NEW MEMBERS

Maureen Gnoddie

CONTACT YOUR OFFICERS

PRESIDENT	MARY BURGE	(440) 232-8868
VICE PRESIDENT	SHARON SIMMONS	(440) 786-7536
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