



City of Bedford Newsletter

October 2019

Important Dates

- ◆ **First Friday Around the World**
October 4
- ◆ **Bedford Tree Planting**
October 5
9:00 a.m. - 11:00 a.m.
- ◆ **Children's Fall Fest**
October 5
10:00 a.m. - 1:00 p.m.
- ◆ **Council Meeting**
October 7
8:00 p.m.
- ◆ **Council Meeting**
October 21
8:00 p.m.
- ◆ **Halloween Party**
October 26
10:00 a.m.
- ◆ **Trick or Treat**
October 31
6:00 p.m. - 8:00 p.m.



Chipper Service

Chipper service will be the week of October 7. All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month. Place branches on tree lawn with cut end facing the street or with the flow of traffic.

Children's Fall Festival



Bedford's annual Children's Fall Festival event will be held on Saturday, October 5 from 10:00 a.m. to 1:00 p.m. at the Bedford Square, 730 Broadway Avenue. Children and their families are invited to enjoy a variety of activities including face painting, hunting for a pumpkin in the pumpkin patch, dancing and singing along to music and so much more!

Come on out and enjoy some family fun right here in Bedford!

Volunteer Opportunities

If you are a retiree or simply someone who wants to give back to the community we have an opportunity for you.

UH Bedford Medical Center is looking for volunteers. You can make a difference by contacting our volunteer department at 440-735-4774 or going on-line and search UH Bedford Medical Center Volunteers to start filling out your application.

Whether it's patient comfort, helping patients and families to their appointments, delivering the mail, clerical work or if you are a veteran that would like to visit other veterans, we can find a spot for you. We ask that you donate 4 hours, two days a week.

Enhance the quality of life in your community by volunteering at UH Bedford Medical Center. We look forward to hearing from you.



Trick or Treat Safety Tips

- Adults should accompany smaller children. Children who are old enough to trick-or-treat without an adult should stay in a group.
- Driving next to your children as they are trick or treating is not allowed. It impedes the flow of traffic and makes things more dangerous for the children.
- Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves. Make sure that they have a cell phone.
- Look both ways before crossing the street and cross at street corners. Do not run between parked cars or across lawns and yards where ornaments, furniture or clotheslines present dangers.
- Instruct your child to never go into the home of a stranger or get into their car. Explain why this is not a good idea and what to do if someone approaches them and tries to talk to them.
- Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- Remind children not to eat any candy before coming home. Parents should carefully examine all treats for signs of tampering, and discard anything not sealed or in its original packaging.

Save the Date

Christmas in Bedford Falls

IT'S A WONDERFUL LIFE

ALONG BROADWAY IN HISTORIC DOWNTOWN BEDFORD
SATURDAY, DECEMBER 14, 2019

12:00 pm to 4:00 pm

www.ChristmasInBedfordFalls.com



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Senior Health Fair

Save the date! Wednesday, October 16, 9:00 a.m. - 11:00 a.m. at Ellenwood Center. The Parks & Recreation Department is partnering with University Hospitals for this event. The Health Fair will include flu shots, B/P, glucose, cholesterol screenings, lung capacity, and you will also have an opportunity to talk to a pharmacist and dietitian.

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. To register for this free program, visit the Parks & Recreation Department page at www.bedfordoh.gov or register in person at Ellenwood Center.

Junior Cavaliers Basketball

The Parks & Recreation Department is pleased to announce a partnership with the Cleveland Cavaliers, bringing the Junior Cavaliers Basketball Program here to Bedford. Registration for the winter season has begun, registration deadline is December 1. Games to be played on Saturdays beginning in January. Check our website for additional information at www.bedfordoh.gov.

University Hospitals Walking Club

Put on your walking shoes and join the Age Well Be Well Walking Club every Monday, 9:30 a.m. - 10:00 a.m. Beginning October 7 - December 30. Take a few laps around the gym at Ellenwood Center. 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 for this free program, call UH Bedford Medical Center (440) 735-4739.

Senior Drop-in Programs

- **Line Dancing**
Ellenwood Center – Gym
Mondays 10:30 a.m. to 12:00 p.m.
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 a.m. to 12:00 p.m.
Fee: \$1.00 per person/per class
- **Friday Flicks**
Popcorn and snacks included
Ellenwood Center – Room 2
Third Friday of each month
Movie starts at 10:15 a.m.
Beginning: September 20
Free to Bedford Resident Seniors

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.