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HAPPY THANKSGIVING!

INSPIRATIONAL THOUGHTS

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

-John F. Kennedy

ELECTED OFFICERS FOR 2020

Congratulations to our elected officers for next year:

President: Mary Burge

Vice-President: Marilyn Trzeciak

Secretary: Karla Mahoney

Treasurer: Bobbie Snedden

BAKING CONTEST WINNERS

Winners of the October 23 Fall-Themed Dessert Contest:

First place: Dorothy Muhl with her Pumpkin Torte

Second place: Lynn Grabowski with her Goey Peanut Butter Bars

Third place: Violet Covington with her Spider Cookies

Congratulations to all our winners and thanks to everyone who brought in a dessert. They all were delicious!!

MANY THANKS...

Thanks to Rich Moore for the Tasty Treats crossword puzzle and to Karla Mahoney for submitting a story for this month's mini news.



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

Friday, November 15th Flick: **YESTERDAY**

Jack Malik was just another struggling songwriter... but that was yesterday. After a mysterious blackout, Jack (Himesh Patel) discovers he is the only person on earth who remembers The Beatles! As he rockets to fame by passing off the Fab Four's songs as his own, Jack risks losing Ellie (Lily James) – the one person who has loved him and believed in him from the start. Before the door to his old life closes forever, Jack must decide if all he needs is love, after all. Kate McKinnon and Ed Sheeran also star in this romantic rock 'n' roll comedy from Academy Award-winning director Danny Boyle and Academy Award-nominated screenwriter Richard Curtis.



Upcoming films: *A Christmas Story, The Art of Racing in the Rain, Judy, The Irishman*

Tree Lighting Ceremony

The City of Bedford's annual Tree Lighting Ceremony at the Bedford Commons will be held on Wednesday, November 27 at 6:00 p.m. sharp. The Bedford Firefighters Local 1683 will again be providing refreshments, and Santa Claus will be stopping down to join us as we celebrate the beginning of the holiday season.

Aging Mastery Program

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 on Tuesdays beginning January 14, 2020, 1:00 p.m.- 2:30 p.m. 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 wellbeing, 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. To register, call the Parks & Recreation Department at 440-735-6570.

Upcoming programs for the grandkids...

Youth Basketball ♦ Winter Break Camp ♦ Indoor Soccer ♦ Open Gym



NEWS FROM THE CITY OF BEDFORD

Wood & Felt Flower Sign

Make festive wood holiday sign with felt-flowers. Add a seasonal message as well. Maximum of 12 participants.

To register, call Ellenwood Center at (440) 735-6570.

Ellenwood Center – Room 4

Thursday, December 12, 2:00 pm – 3:30 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
November 4, 18, 25 (no walking 11/11)
December 2, 9, 16, 23, 30
LOCATION: Ellenwood Center
FEE: Free!

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

All-Occasions Greeting Cards Collection Drive

The St. Jude's Ranch for Children recycles used greeting cards and creates new holiday and all-occasion greeting cards. Recycled cards are then sold to support programs and services for abused, neglected and homeless children, young adults and families. St. Jude's Ranch current effort is to provide teens with life and work skills.

Donation Instructions: Please neatly cut the front of the card off. Be sure the backside of the front of the card is clear of any writing and markings. We cannot accept Hallmark, Disney or American Greeting cards. Please drop off your cards to Sarah at the Ellenwood office.



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.

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



NEWS FROM THE CITY OF BEDFORD

CITY OF BEDFORD 2019-2020 SNOW PLOW LIST

Last Revised 10/25/19

Pro-Mow Landscaping	(440) 439-4456	Senior Discount Offered \$15.00-\$20.00 per push Sidewalk additional fee
Lockett's Landscaping	(216) 357-8033	Senior Discount Offered \$30.00 per push 10% off with contract
Jim Westfall	(440) 232-0544	Senior Discount Offered \$21.00 and up per push depending on driveway length Sidewalk additional fee
Robert Zipp	(216) 816-4941	Senior Discount Offered \$18.00 per push Sidewalk additional fee
Chambers' Home Improvement	(216) 534-0912	Senior Discount Offered \$20.00 per push for seniors \$25.00 per push Salt additional fee Discounts with seasonal contracts
Daniel Bridgeforth	(440) 521-2298	Senior Discount Offered \$200.00 with contract *Limited spots available*
Willie Charles Brooks	(216) 978-8803	Senior Discount Offered Price depending on driveway length *Weekend Plow only*
Shane Westfall	(216) 905-6578	Senior Discount Offered Price depending on driveway length and snow height

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



PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY



Cuyahoga County
Public Library

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

Family Fun Night

Wednesdays, November 20, December 18, January 15 / 7:00pm-8:30pm

Join us for fun activities the whole family can enjoy. Spend time together and relax. Registration required.

Afternoon Book Discussion

Wednesday, January 8 / 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. No December Title. January Title: The Flood Girls by Richard Fifield

New Year, New You, New Skills

Saturday, January 18 / 10:00am-12:00pm

Learn how to access quality, authoritative online learning for free. Certificates are available for some online classes. Come meet Lynda.com. With Lynda.com you can learn music production, 3D modeling, coding, grant writing, technical writing and so much more! Registration required.

Puzzlepalozza

Wednesday, January 29 / 7:00pm-8:00pm

Come in to enjoy jigsaw puzzles, crosswords and other ways to celebrate National Puzzle Day!

Computer Basics

Thursday, January 30 / 10:00am-1:00pm

Learn the basics about computing devices, including identifying hardware, using a mouse and keyboard and navigating the desktop environment. Computer settings, file management and mobile devices will also be discussed. Prerequisite: none. Registration required.

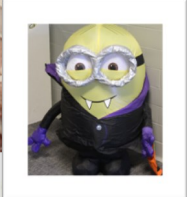
African American Authors Book Group

Thursday, January 30 / 7:00pm-8:30pm

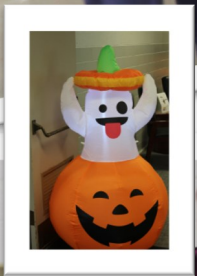
African American Authors Book Group meets the last Thursday of the month. The books are available one month before the book discussion date. No December Title. January Title: Trailblazer : A Pioneering Journalist's Fight to Make the Media Look More Like America / Dorothy Butler Gilliam.



PHOTOS OF OUR SENIORS



PHOTOS OF OUR SENIORS



NOTABLE & WACKY NOVEMBER DATES

- 11/1 - All Saints Day, World Vegan Day, National Author's Day
- 11/2 - All Souls (Day of the Dead), Deviled Egg Day, Book Lover's Day
- 11/2 – Daylight Savings Time Ends
- 11/3 – Housewives Day, Sandwich Day
- 11/4 – King Tut Day (really?), Check Your Blood Pressure Day
- 11/5 – Bonfire Night, Gunpowder Day, Guy Fawkes Day, U.S. General Election Day
- 11/7 – Bittersweet Chocolate with Almonds Day, Men Make Dinner Day (first Thursday of the month)
- 11/8 – Cook Something Bold Day, Dunce Day
- 11/9 – Chaos Never Dies Day (you've got that right!)
- 10/10 – Forget-Me-Not Day, USMC Day
- 11/11 - Remembrance Day, Armistice Day, Poppy Day & Veterans Day
- 11/13 – Caregiver Appreciation Day, Sadie Hawkins Day, World Kindness Day (we sure need more of that)
- 11/14 – Operating Room Nurse Day, World Diabetes Day
- 11/15 – America Recycles Day, Clean Your Refrigerator Day (hopefully this is not only once per year)
- 11/16 – Button Day, International Tolerance Day, National Fast Food Day (I thought this was every day?)
- 11/17 – Homemade Bread Day, Take A Hike Day, World Peace Day
- 11/19 - The Gettysburg Address by President Lincoln (1863)
- 11/20 – Absurdity Day, Beautiful Day, Universal Children's Day
- 11/21 – False Confession Day, World Hello Day, Great American Smokeout (third Thursday in November)
- 11/22 – President Kennedy assassinated (1963)
- 11/23 – National Cashew Day, National Espresso Day, National Adoption Day
- 11/26 – Shopping Reminder Day
- 11/28 – Thanksgiving (eat, drink and be thankful)
- 11/29 – Black Friday, Square Dance Day, You're Welcome Day
- 11/30 – St. Andrews Day (patron saint of Scotland), Small Business Saturday





American Indian Heritage Day in United States

Celebrated on the Friday after Thanksgiving. Maryland even has a state holiday in honor of American Indian Heritage Day.

Native Americans are the descendants of the indigenous, people who inhabited what we call USA (and Canada) before the European settlers arrived starting with Columbus.

American Indian Heritage Day fosters the relationship between the United States government and the Native American governments. This special day also honor the achievements of Native Americans to the United States of America.

Native Americans have made significant contributions to the United States in agriculture, medicine, music, language and art. Furthermore, Native Americans have distinguished themselves as inventors, entrepreneurs and spiritual leaders.

How American Indian Heritage Day is Celebrated

Schools use this Friday to educate students about the history and achievements of Native Americans by providing classroom instructions and activities. Adults commemorate this day by organizing events that celebrate the culture, traditions, and languages of Native Americans.

A Native American Myth

A Native American myth says that the sun and moon are a chieftain and his wife and that the stars are their children. The sun loves to catch and eat his children, so they flee from the sky whenever he appears. The moon plays happily with the stars while the sun is sleeping. However, each month, she turns her face to one side and darkens it [as the moon wanes] to mourn the children that the sun succeeded in catching.



Thanksgiving Alphabet

T ... Turkeys, table-spreads, being together,
H ... Happiness and homes to protect us from all weather,
A ... Aunts and uncles, a reunion in Fall,
N ... Nieces and nephews, family members all.
K ... Kind-hearted kin coming over for dinner,
S ... Surely you'll have fun, but you won't get thinner,
G ... Gourds and pumpkins, mouths open wide,
I ... Indians and Pilgrims we remember with pride,
V ... Very special times-there could even be snow,
I ... Imagine what it was like at Plymouth long ago,
N ... Never forget how the settlers led the way,
G ... Giving thanks and blessing this special day.

The Turkey Trot

Five little turkeys standing at the door,
One waddled off, and then there were four.
Four little turkeys sitting near a tree,
One waddled off, and then there were three.
Three little turkeys with nothing to do,
One waddled off, and then there were two.
Two little turkeys in the morning sun,
One waddled off, and then there was one.
One little turkey better run away,
For soon it will be Thanksgiving Day.

If You're Ever in Yellowstone

submitted by Karen Wertz

There are 700 plus grizzly bears in greater Yellowstone Park alone! Should you be visiting and spot one, fight your instinct to run. Instead, walk away slowly and avoid eye contact. If he heads towards you, make yourself look at large as possible (hold up a coat, stand on a rock, etc.). If he charges, speak in low tones so that the bear can recognize that you're a human. If he proceeds to attack, play dead.



The Turkey - A Most Difficult Bird to Cook

Louise was away from home on Thanksgiving Day for the first time and she was missing her home and family desperately. Louise decided to cook a turkey herself, just like her Mum used to, so that she could feel closer to her family.

Louise returned home for the celebrations and recounted her experience to her Mum saying, 'Mum. it was so difficult to eat the turkey.'

'Why was that, dear' asked Mum in a concerned way, 'was it not cooked properly?'

'How would I know?' responded Louise, 'it wouldn't sit still.'

Another Problem Thanksgiving Turkey

Sarah new young bride calls her mother in tears. She sobs, 'Richard doesn't appreciate what I do for him.'

'Now, now,' her mother comforted, 'I am sure it was all just a misunderstanding.'

'No, mother, you don't understand. I bought a frozen turkey roll and he yelled and screamed at me about the price.'

'Well, the nerve of that lousy cheapskate,' says her mum. 'Those turkey rolls are only a few dollars.'

'No, mother it wasn't the price of the turkey. It was the airplane ticket.' "Airplane ticket...." What did you need an airplane ticket for?'

'Well mother, when I went to fix it, I looked at the directions on the package and it said "Prepare from a frozen state," so I flew to Alaska.'

Burglar Scared by Parrot – submitted by Karla Mahoney

A burglar breaks into a house. While he is emptying out the jewelry box, he hears a voice cry, "God can see you!" The burglar looks around and finds only a parrot. Relieved, he says, "So what if God can see me. You're just a bird." "God can see you," the bird squawks again, "and God is a pit bull."



Top Ten Thanksgiving Trivia Statements

The first Thanksgiving celebration in 1621 lasted for three days, it included not only food, but also games. Furthermore, the Pilgrims gave thanks for the bountiful harvest with the Wampanoag Indians.

Pulling the "wishbone" is an ageless tradition at Thanksgiving (and Christmas). Two people pull the turkey's breastbone apart, only the person who has the larger piece of bone is allowed to make a wish.

A full-grown turkey has over 3,000 feathers. Guy's aunty once counted them!

Firkee is the Native American name for this tasty bird. Firkee sounds a bit like turkey.

When a Tom turkey [male turkey] gobbles, it can be heard from as far away as a mile. In fact, only the Tom turkeys gobble, female turkeys make a clucking or clicking sound.

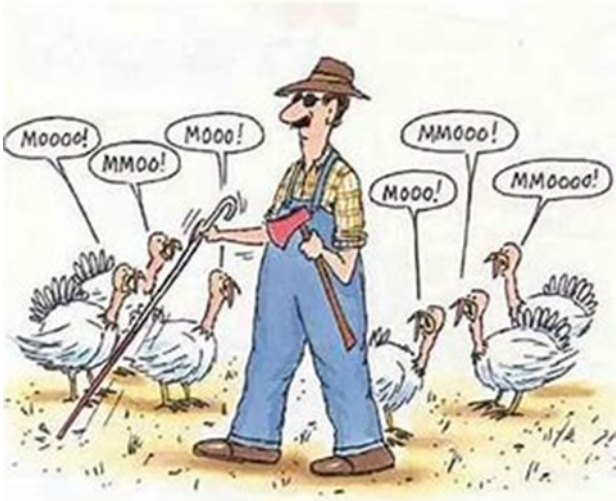
Puritans from the Mayflower used to drink beer. This was probably weak 'boy's beer' and safer to drink than transporting water on a ship.

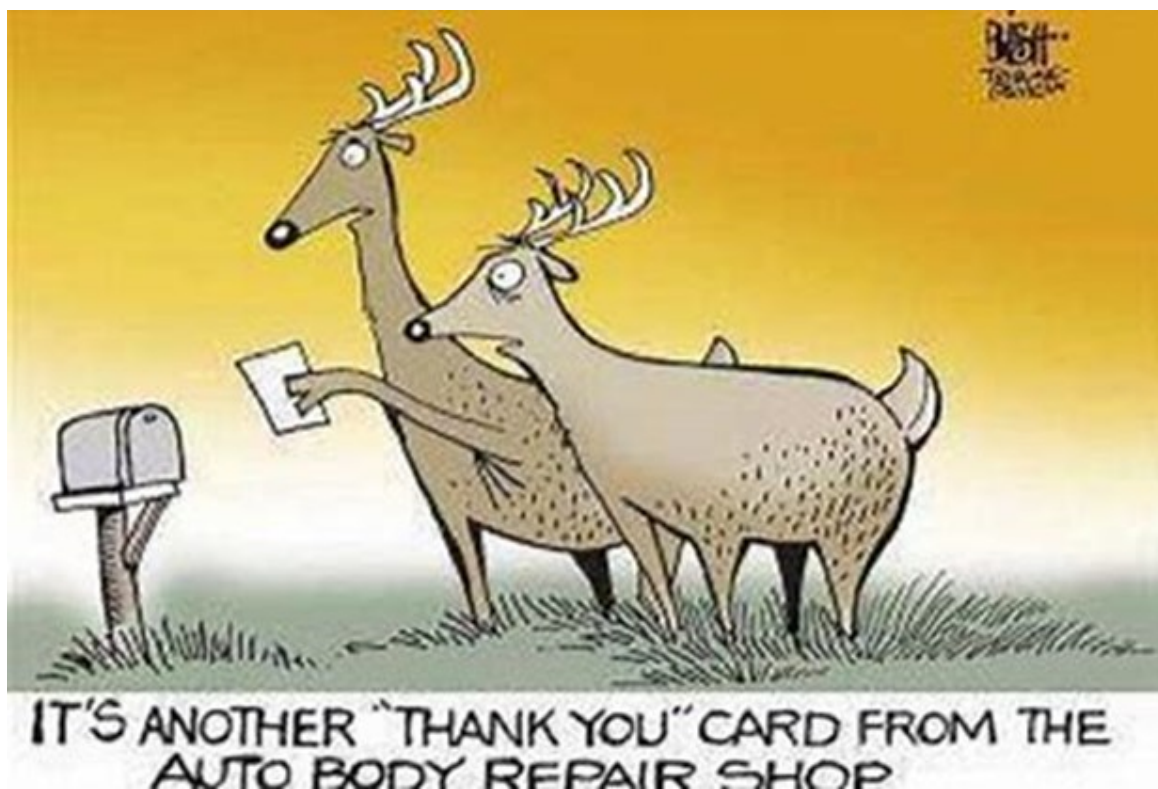
Thanksgiving Day is celebrated on the fourth Thursday in November in the United States. Thanksgiving Day is celebrated on the second Monday in October in Canada.

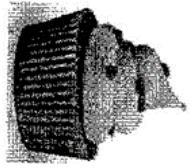
Benjamin Franklin, proposed that the turkey should become the official bird of the United States. Turkeys now look jealously at the protected rights given to the Bald Eagle when they won the Official USA Bird status.

87% of Americans eat turkey on Thanksgiving according to the National Turkey Federation. During a year the average American eats 17 pounds of turkey, that's the weight of a decent sized bird.

Sorry to burst the bubble, but the Pilgrims on the first thanksgiving ate deer and not turkey.

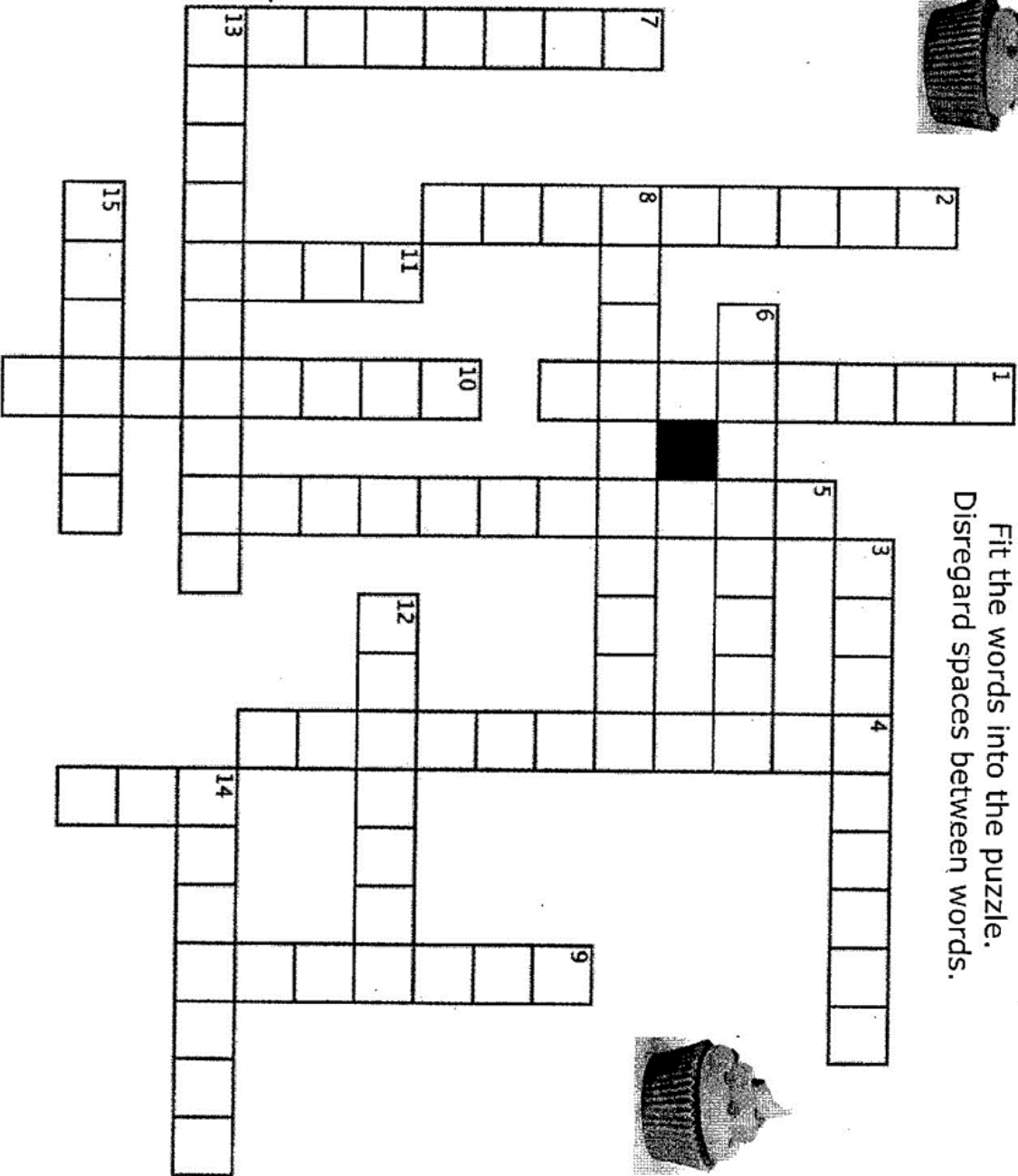






Tasty Treats

Fit the words into the puzzle.
Disregard spaces between words.



- PIE
- TART
- GELATO
- CUSTARD
- PUDDING
- SHERBET
- BROWNIES
- CUPCAKES
- ICE CREAM
- MACAROON
- DOUGHNUTS
- SPICE CAKE
- CHEESECAKE
- SHORTBREAD
- BAKED ALASKA
- GINGERBREAD



Thanksgiving Word Search



Challenging

H L E A V E S O X A W T L I O X N Z P K
 V J W L F E A S T M C E D Q T L A E F L
 Y H O O E Z N P Z E D T N I H Y C I E Y
 C A N K D D N Z L N R K Y I A E E P S C
 L S D S Z Q U E J A H Y C E N X P J R X
 S O B I D F B T D W V L I Y K T R X E Q
 I Q T W L R A I I V O Y M R F R B U B V
 K R E H A O T L N T Y B H O U C U Y M M
 D E I T A I H O L U A G T F L Y I T E Y
 S W I B O N Q V E P G R V K N N J S V C
 A O H N R Y K N R H E Y G E E D U V O Q
 N L W Z S J O S E P L O M A S S T R N Y
 K F T E F B G L G I M J Y I S I N V F M
 P Y G F H Y B N M I N Q Y H O M E U O M
 L A N S I B I A S T V O R A C L D Y E I
 H M I G O F F O G Y X I J C V R Z M Q R
 X W Y G F C Q W S D W E N I X B J T G G
 F M T U Z H T U O M Y L P G G B R X J L
 Z C T E L I S E I R R E B N A R C R M I
 R S L W V T H G D X U A N I K P M U P P

CELEBRATION
 FALL
 GOBBLE
 HOME
 NOVEMBER
 PILGRIM
 STUFFING
 TRADITION
 WISHBONE

CORN
 FAMILY
 GRATITUDE
 LEAVES
 PECAN
 PLYMOUTH
 THANKFULNESS
 TURKEY

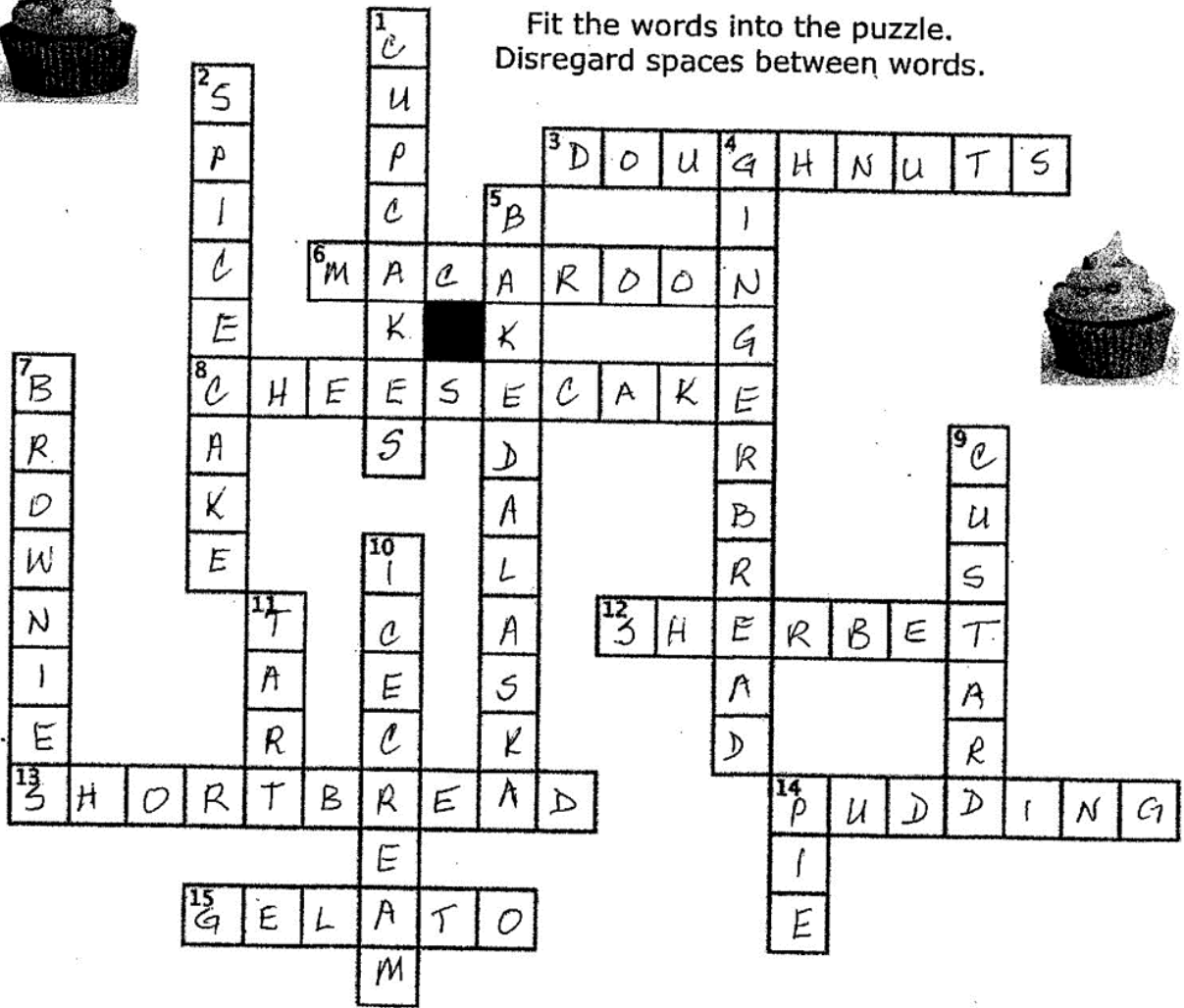
CRANBERRIES
 FEAST
 HOLIDAY
 MAYFLOWER
 PIE
 PUMPKIN
 THANKSGIVING
 VOYAGE



ANSWERS

Tasty Treats

Fit the words into the puzzle.
Disregard spaces between words.



November 1st:
National Eat Your Kid's
Halloween
Candy After
They Go To Bed
Day.



someecards
user card



OCTOBER BIRTHDAYS

Mary Alexander - a young "97"
Mary Burge
Judith Green

Jim Kindle
Lois Lowe
Loretta Navratil

Denise Planinsek
Marilyn Trzeciak

ANNIVERSARIES

No anniversaries this month

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

GOLDEN PEOPLE

Virginia Anderson & Mary Burge

NEW MEMBERS

Rosemarie Bobbs
Joy Freda

Diane Simpson

Guests: Marian Agofton & Susie Brown

CONTACT YOUR OFFICERS

PRESIDENT	MARY BURGE	(440) 232-8868
VICE PRESIDENT	SHARON SIMMONS	(440) 786-7536
SECRETARY	KARLA MAHONEY	(440) 439-5388
TRAVEL	MICK GONGOS	(216) 587-5935
HOSPITALITY	CAROL KINDLE/LORETTA NAVRATIL	(440) 439-6964
TREASURER	BOBBIE SNEDDEN	(440) 232-2241
REFRESHMENT	JOANN HARWOOD	(440) 781-8350
BIRTHDAY NAME TAGS	AMY GONGOS/MARILYN TRZECIAK	
CHAPLAIN	VIVIAN FREEMAN	
SUNSHINE	ROSANNE MANDICH	(216) 256-4966
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