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Getting Ready to Welcome Seniors Back!

Plans are underway to safely re-open Ellenwood Center to seniors in July. Our focus will be on the safety of all participants and staff.

In-person programming for seniors will kickoff in July with the Cleveland Indians bus trip on Friday, July 9. You can find additional information regarding the bus trip on page 4.

Senior Club Grab & Go Lunch will be different in July. Please read carefully!! Grab your lunch and join your friends outside at the Archibald Willard Park Pavilion at Ellenwood Center.

For Senior Club members whose last name begins with the letter A through L, lunch is on Wednesday, July 14. For Senior Club members whose last name begins with the letter M through Z, lunch is on Wednesday, July 28. Registration for both dates begins on Tuesday, July 6.

- A-L - Wednesday, July 14 (registration deadline July 9)
- M-Z - Wednesday, July 28 (registration deadline July 23)



SENIOR CLUB UPDATE



DRIVE THRU TIME: 11:30 am - 12:00 pm

2 BBQ Chicken Leg Quarters
with Mac & Cheese

Last Names A - L - Wednesday, July 14
Registration Deadline July 9

Last Names M - Z - Wednesday, July 28
Registration Deadline July 23

Boxed lunches will be available for drive-thru pickup at Ellenwood Center in the east parking lot (closest to baseball field). Please remain in your car. Reserve your meal online or call 440-735-6570 during the registration dates. Available for Bedford Senior Club Members only. Must register by deadline.

Menu subject to change.

Look what's new

While Ellenwood Center has been closed we've been busy!



New exterior and interior doors have been installed at the west entrance of Ellenwood Center including a new Nature Stone floor.



SENIOR CLUB UPDATE

Look what's new

While Ellenwood Center has been closed we've been busy!



The gymnasium has a fresh coat of paint along with new round top tables.



Touchless entries have been added to both the east and west entrances



Room 4 has been updated with new paint, flooring, air conditioning, and a kitchenette!



IN MEMORIAM

ANNE T. SEMAN

(nee Tkach), age 99, formerly of Bedford. Beloved wife of the late John; loving mother of John (Linda), Gerry (Gary) Poling, late Jan (James) Popadak and late Bernice (late Terry) Cooper; dearest grandmother of John, Troy, Lance, Mary, Tammy, Rachael, Nicole, Jim, Zac, Scott, Beth and Cheryl; dear great grandmother of 19; sister of the late Margaret Lepri. Anne was a Girl Scout Leader, member of the Bedford Seniors and St. Mary Isabella Guild, and a volunteer for the Bedford Hospital Guild. Services were handled by St. John Funeral Home.



TRAVEL NEWS

MICK GONGOS—TOUR DIRECTOR

Cleveland Indians vs. Kansas City Royals: Friday, July 9



Cost \$60. Club seats. Food and soft drinks are included; alcohol is on your own.

Leave Ellenwood at 5:30 p.m.

Return after the game and fireworks.

40 seats are reserved. We will be traveling on Barons Bus Line with UV lighting system. Masks are encouraged, but are not required if you are vaccinated. The same protocol applies for Progressive Field.

Come and root for the INDIANS for possibly the last year they are known by this name. I will be wearing my Chief Wahoo shirt to show my pride. Limited seats still available. Call Mick Gongos at 216-587-5935 for more information and to register.



BEDFORD MUNICIPAL POOL

It is our intention to safely open the Bedford Outdoor Municipal Pool this summer for open swim only. Passes are currently available to Bedford residents for purchase online at bedfordoh.gov/aquatics/. Passes can also be purchased in person once the pool opens on **Wednesday, June 16**. Residents must purchase a pass to enter the pool.

Open Swim Days and Times

Wednesday through Sunday* 1:00 p.m. - 7:00 p.m.

Adult Only Swim 12:00 p.m.- 1:00 p.m.

Learn-To-Swim, Aquasize, Swim Team, and other programs are not being offered at this time.

Season Pass Fees (Must be a Bedford resident)

Individual \$40

Senior \$20

Household \$100** **2 adults/2 children or 1 adult/3 children

\$15 per additional child (Children 2 and under are free)

Children under the age of 13 must be accompanied by an adult. Government mandates will be followed when opening the pool which could include reduced capacity and/or limited time blocks.

****Dates, days, times, and fees are subject to change***



RECREATION PROGRAMS

Sunshine Grab & Go for Seniors

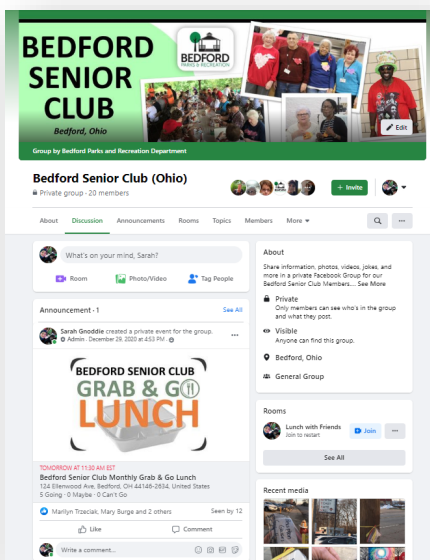
Register for a free bag of sunshine! Our Sunshine Bags will include a craft and instructions. Check the week for drive-thru pickup times. If you cannot make a pickup time, please arrange a curbside appointment with Recreation staff. These bags are free to Bedford Senior Club members; registration is required.

July Sunshine: Wooden Wind Chimes & Apple Bird Feeder

Drive-Thru Pick-up on Tuesday, July 13: 11:00-11:30am or at July Grab & Go Lunch

August Sunshine: Compass Paracord Keychain & Foil Leaf Mosaics

Drive-Thru Pick-up on Tuesday, August 10: 11:00-11:30am or at August Grab & Go Lunch



Are you on Facebook?

Share information, photos, videos, jokes, and more in a private group for our Bedford Senior Club Members.

Request to join!

facebook.com/groups/bedfordseniorclub



NEWS FROM THE CITY OF BEDFORD

Chipper Service

Chipper service will be the weeks of June 7, July 5, August 2, September 6 and October 4, 2021. 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.

Bedford/Bedford Heights 4th of July Parade

Due to the COVID-19 health emergency, the Bedford and Bedford Heights 4th of July Parade has not been confirmed. We are reviewing the Ohio Department of Health Director's order to determine if we can safely hold this event, as well as exploring options of alternate ways to celebrate our Independence and Community. The City of Bedford will post updates regarding the event on our website and social media.

Community Shred Day

The City of Bedford will be hosting two shred days this year, Saturday, June 12 and Saturday, September 25 from 9:00 a.m. to 12:00 p.m. at Bedford City Hall. These free events will provide community members with a safe and secure resource to shred their documents. In order for us to limit personal contact and help keep the event safe, we ask that you please place your documents to be shredded in the trunk of your car and stay inside your vehicle during the drop-off of your documents.

Exterior Residential Permit Fees Waived

During the month of June, the City's Building Department will be waiving the residential building permit fees associated with exterior improvements for owner occupied single family dwellings! Those wishing to tackle some much needed exterior home improvements will still need to obtain the required approvals and associated permits during this opportunity. The contractors must still be registered with the City. Should you have any questions, contact the Building Department at 440-735-6530.



Open Burning

The Bedford Fire Department has developed the following guidelines regarding recreational fires and/or the use of fire pits and similar products:

- The location of any recreational fire shall not be less than 50 feet from a structure; including house, garage, shed, etc.
- The material used for burning shall be considered a “clean fuel”, such as seasoned dry firewood.
- All fires must constantly be attended until the fire is completely extinguished. At least one on-site fire extinguishing method (i.e. garden hose, dirt, sand, etc.) shall be available for immediate use.
- Fires over 3 feet in diameter are considered bonfires and must have prior approval from the Fire Department.
- Even if all the above criteria are met, fires that are offensive or objectionable to your neighbors due to smoke or odor emissions must be extinguished immediately.

Friendly Reminders

Garbage can be placed out the evening prior to pick up after 6:00 p.m., or the morning of pick up before 7:00 a.m. All cans must be removed within 12 hours after trash collection.

If you take your dog for walks, you must clean up after the dog (even in the park).

As a reminder to all residents and property owners, please maintain the front, back and side yard areas of your property by cutting the grass, removing weeds and trimming all trees and shrubs as needed on a regular basis. (Bedford Codified Ordinances 1341.19, 1341.18) It is especially important to make sure all trees and shrubs are trimmed to provide a clear and unobstructed view of traffic from all directions and to protect pedestrians using sidewalks. Your cooperation is greatly appreciated to help us keep our neighborhoods safe, clean and visually attractive.





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

Intro to Chakra Meditation—Virtual

Wednesday, June 16th, 2021, 10:00AM

Jan Webber will lead a guided meditation that seeks to clear blocked chakras and harness the power of these energy centers located throughout the body.

A meeting link will be emailed to registered participants approximately one hour prior to the start of the program. Staff will be available for help with connecting to Zoom and technical issues beginning 15 minutes prior to the program. You will need a device with audio and/or video and an internet connection to join. If you have questions about this program, please contact a librarian at the Southeast Branch at 440-439-4997. **MUST REGISTER**

Greater Cleveland Food Bank Distribution

Wednesday, June 16th, 2021, 1:30PM-3:30PM

GCFB mobile pantry will distribute fresh produce -rain, snow or shine -on a first come, first served basis.

African American Authors Book Group— Virtual

Thursday, June 24th 2021, 7:00PM

Join us for a lively and thoughtful discussion of a feature article by Christian Wallace “The Jackie Robinson of Rodeo” Texas Monthly June 22, 2018. Reprint at Pocket Worthy www.getpocket.com

https://getpocket.com/explore/item/the-jackie-robinson-of-rodeo?utm_source=pocket-newtab

We will also discuss “The Lesser-Known History of African-American Cowboys One” in four cowboys was black. So why aren’t they more present in popular culture? Article by Katie Nodjimbadem SMITHSONIANMAG.COM FEBRUARY 13, 2017, The link to this article below.

<https://www.smithsonianmag.com/history/lesser-known-history-african-american-cowboys-180962144/>

and “Meet the Cowboys of Compton” Interviews by COURTNEY ELLZEY and THE EDITORS

<https://magazinec.com/culture/meet-the-cowboys-of-compton/>

A meeting link will be emailed to registered participants approximately one hour prior to the start of the program.

Southeast Adult Book Discussion— Virtual

Wednesday, June 30th 2021, 2:00PM

Join us for a thoughtful discussion on “An American Marriage” by Tayari Jones. This stirring love story is a profoundly insightful look into the hearts and minds of three people who are at once bound and separated by forces beyond their control. An American Marriage is a masterpiece of storytelling, an intimate look deep into the souls of people who must reckon with the past while moving forward--with hope and pain--into the future.

A meeting link will be emailed to registered participants approximately 1 hour prior to the start of the program.





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

Other virtual programs being offered through-out CCPL....

Aging in Place

Saturday, June 12 / 10:00 am—11:00 am (South Euclid-Lyndhurst Branch)

Tuesday, June 15 / 7:00 pm—8:00 pm (Olmsted Falls Branch)

Monday, June 28 / 7:00 pm—8:00 pm (Brooklyn Branch)

Laughter, the Best Medicine

Tuesday, June 15 / 2:00 pm—2:30 pm (Parma Heights Branch)

Promote Healthy Gut Bacteria and Boost Immunity

Wednesday, June 16 / 10:00 am—11:00 am (Strongsville Branch)

Cleveland Buckeyes: Cleveland's Overlooked Champions

Wednesday, June 16 / 7:00 pm—8:00 pm (Warrensville Heights Branch)

Saturday, June 19 / 2:00 pm—3:00 pm (Brook Park Branch)

Thursday, July 8 / 7:00 pm—8:00 pm (Middleburg Heights Branch)

Intro to Mindfulness

Wednesday, June 17 / 2:00 pm—3:00 pm (Mayfield Branch) *8 week series

D-Day

Wednesday, June 17 / 7:00 pm—8:00 pm (Chagrin Falls Branch)

Juneteeth Celebration

Saturday, June 19 / 1:00 pm—3:00 pm (Warrensville Heights Branch)

One Hit Wonders

Wednesday, June 21 / 7:00 pm—8:00 pm (North Royalton Branch)

Best Cartoons of WWII

Tuesday, June 22 / 11:00 am—12:00 pm (Gates Mills Branch)

Saturday, July 10 / 2:00 pm—3:00 pm (South Euclid-Lyndhurst Branch)

Ray Chapman and the 1920 Cleveland Indians

Thursday, June 24 / 7:00 pm—8:00 pm (Brecksville Branch)

Cleveland's Rock and Roll Venues

Saturday, June 26 / 2:00 pm—3:00 pm (Independence Branch)

Out of Rushmore's Shadow

Tuesday, June 29 / 7:00 pm—8:00 pm (Strongsville Branch)

Eat with Your Head

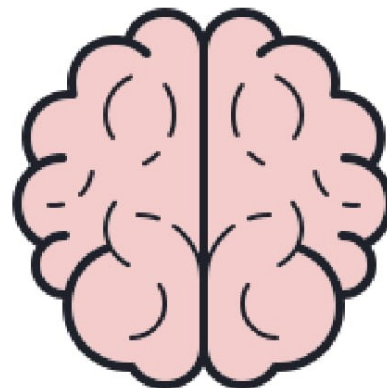
Wednesday, June 30 / 7:00 pm—8:00 pm (North Olmsted Branch)



Healthy Aging

No matter how old you are, we are all going through the process of aging. Learning how to age in a healthy way can help us to live longer, happier lives while continuing to do the things we love.

If you think you may be too young to be concerned with aging, think again. According to the American Heart Association, the brain starts showing signs of cognitive decline when we enter our 20's. Fortunately, researchers have found that there are 6 key pillars to brain health. If we work on each one we can help our brains stay healthy as we age.



6 Pillars of Brain Health

1. **Movement.** Those who exercise regularly, have lower risk for developing Alzheimer's disease.
2. **Food.** As we age, our brains are exposed to harmful stressors that damage stress through a process known as oxidation. Eating nutritious foods rich with antioxidants can help fight of oxidation in our cells.
3. **Medical Health.** All types of medical issues, including Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking increase your risk for dementia. Getting control over your health and reducing these risks can help you reduce the likelihood of Alzheimer's disease.
4. **Stress and Sleep.** Sleep and other restorative processes like meditation and stress management help to boost your immune system, gives your energy and improves your mood. Sleep is also thought to reduce abnormal protein buildup in our brains that has been associated with Alzheimer's disease.
5. **Mental Fitness.** Exercising your brain is just as important as exercising your body. Mental exercises may help you improve brain functioning and cell growth, reducing your risk for dementia.
6. **Social Interaction.** Being active socially can help protect you from memory loss. Engage in conversation, volunteer, or talk with your pets. All of these activities can help stimulate your brain and reduce your rate of mental decline.

Source: <https://healthybrains.org/pillars/>

Excerpt from Monthly Newsletter by The Fedeli Group



All About Alzheimer's Disease

June is also Alzheimer's disease and dementia awareness month. Often, Alzheimer's disease and dementia are mistaken as interchangeable labels for the same disease. However, there are important differences between general dementia and Alzheimer's Disease. Dementia is an overall term for symptoms including difficulty with memories, language, problem solving, and other thinking skills. Dementia has a variety of causes. Alzheimer's disease is one of the many causes of dementia.

Although Alzheimer's disease was discovered over 100 years ago, we still do not completely understand the causes and progression of this disease.

What We Know

Risk Factor: Age is the number one risk factor for Alzheimer's disease. For a majority of people, symptoms appear after age 65.

Genes linked to Alzheimer's: There are two genes that researchers have identified that are directly linked to Alzheimer's disease. One reduces your risk for Alzheimer's and the other increases your risk.

Behavioral Factors: Researchers and physicians have determined that the choices we make everyday can affect our risk for Alzheimer's disease. For example, consuming a diet rich in nutritious foods, exercising, sleeping well, and getting plenty of socialization can all help to prevent Alzheimer's disease.

Socioeconomic Factors: Your education level, income, and address all help to predict your risk for Alzheimer's disease. Race plays a role as well. African Americans are 2x as likely as Caucasians to develop Alzheimer's and Hispanics are 1.5x as likely.

What We Don't Know

Cause: Researchers have not determined what triggers the beginning stages of Alzheimer's.

How the genes work: While scientists have found that this disease is the result of not just one gene but actually dozens of genes and the interactions that occur between them, what they have not figured out is why these genes cause Alzheimer's or how their processes work.

A medicine: There is no therapy to slow or cure Alzheimer's. Some medicines have been found to help with symptoms, but only briefly. In fact, 99 percent of Alzheimer's drug trials fail.



Source: https://www.alz.org/alzheimer_s_dementia



Excerpt from Monthly Newsletter by The Fedeli Group

Monthly Challenge

Play Cards

One way to ward off Alzheimer's disease is to keep your mind active. A great way to do that is to play games. While some apps and devices are touted as 'brain games' they may actually do more harm than good. Instead, try playing one of the oldest 'brain games' out there-- Cards!

In a study done at the University of Wisconsin-Madison, researchers found that playing card games (and board games) helped people maintain their mental acuity. Playing these games is also associated with an increase in volume in several regions of the brain most often affected by Alzheimer's disease.

Here are a few card games that help you build memory, strategy and attentiveness

- Bridge
- Go Fish
- Gin Rummy
- Poker
- Blackjack
- Solitaire

SMART GOAL: Play some type of card game at least three times each week.

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Remember that you don't need to have a partner to play all card games, but if you do find an opponent the social interaction between you both will also positively impact your brain.



Recipe of the Month

Sheet Pan Chipotle Lime Shrimp

Ingredients:

- 1-1/2 pounds baby red potatoes, cut into 3/4-inch cubes
- 2 tablespoons extra virgin olive oil
- 3/4 teaspoon sea salt, divided
- 3 medium limes
- 1 teaspoon ground chipotle pepper
- 1/2 pound fresh asparagus, trimmed
- 1/2 pound Broccolini or broccoli, cut into small florets
- 1 pound uncooked shrimp (16-20 per pound), peeled and deveined
- 2 tablespoons minced fresh cilantro

Instructions:

1. Preheat oven to 400°. Place potatoes in a greased 15x10x1-in. baking pan; drizzle with olive oil. Sprinkle with 1/4 teaspoon sea salt; stir to combine. Bake 30 minutes.
2. Meanwhile, squeeze 1/3 cup juice from limes, reserving fruit. Combine lime juice, melted butter, chipotle and remaining sea salt.
3. Remove sheet pan from oven; stir potatoes. Arrange asparagus, Broccolini, shrimp and reserved limes on top of potatoes. Pour lime juice mixture over vegetables and shrimp.
4. Bake until shrimp turn pink and vegetables are tender, about 10 minutes longer. Sprinkle with cilantro.

Recipe adapted from: <https://www.tasteofhome.com/recipes/sheet-pan-chipotle-lime-shrimp-bake/>



Excerpt from Monthly Newsletter by The Fedeli Group



NEED HELP?

DIAL 2-1-1



Food Assistance



Mental Health Services



Housing Assistance & Shelters



Substance Abuse Help



Employment Help



Becoming a Foster Parent



Heating & Utility Help



Where to Get Medical Help



Abuse Prevention



Earned Income Tax Credit (EITC)



Elder Care



Disaster Services

2-1-1TM
Get Connected. Get Answers.

Free & Confidential
Dial 2-1-1
(1-800-899-1471)

United Way
GREATER CLEVELAND



Ohio Older Adult Falls Prevention Coalition Presents the:

Fall Prevention Virtual Symposium

Join us for a virtual symposium for health professionals,
health educators and injury prevention advocates.

SAVE THE DATE

Friday, August 20, 2021

Registration will open in mid - June.

Questions? Contact: Eleanor Garrison • (614) 273-1400 • eg@garrisonevents.com



**OHIO INJURY PREVENTION
PARTNERSHIP**

Older Adults Falls Prevention Coalition

This training opportunity was made possible by the Ohio Department of Health with funding from
CDC-Preventative Health and Health Services Block Grant (1 NB01OT009358-01-00).



Free Risk Assessments

At UH Bedford Medical Center we have made it our mission to have every patient screened on time, every time. We have implemented comprehensive, convenient and effective programs to screen patients who meet recommended guidelines. Our team follows established protocols and advocates for regular screenings to help to prevent or detect diseases and treat patients early to save lives.

Each patient is assessed for risk factors so that the appropriate screening recommendations can be made.

Available screenings include:

- Breast cancer
- Cardiovascular disease
- Cervical cancer
- Colon cancer
- Lung cancer
- Osteoporosis
- Sleep apnea
- Stroke risk

To schedule your free risk assessment, call **440-735-2559**.

Multi-Specialty Clinic
UH Bedford
Medical Office Building
88 Center Road, Suite 210
Bedford, Ohio 44146



Do you want to Age Well and Be Well? Join the Club

Club Benefits

- Education and Support Groups
- Social Opportunities
- Access to online of emailed monthly calendar
- University Hospitals cafeteria discounts

If you are age 55 or older and would like to join the club, register online at www.uhhospitals.org/agewell or call **1-844-312-LIFE (5433)**



Understanding Medicare Preventive Benefits

Do you know the services you are entitled to under your Medicare benefits?

- “Welcome to Medicare” Visit
- Preventive & screening services
- Yearly Wellness Visit
- Routine physical exam checkups
- Other Covered Preventive Services

For more information, or to receive the Understanding Preventive Care for Medicare brochure, call **440-735-2550**



HEAP

Home Energy Assistance Program



Do you need assistance with home energy costs?

Ohio's Home Energy Assistance Program (HEAP) can help you manage your utility bills throughout the year

Call our intake line for application assistance
216-420-6700



Development Services Agency



Western Reserve Area Agency on Aging

This program is made possible by a grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging.



Cuyahoga County Together We Thrive

Division of Senior and Adult Services



RESOURCE NETWORK
Cuyahoga County, OH

Free Classes for Older Adult Caregivers & Recipients of Care

Digital Essentials



Begins June 15th
Register now at
seniorplanet.org/caregiving

SENIOR PLANET
FROM AARP





It's OK if you struggle with mental and emotional health.

And, it's OK to ask for help.

Ohio's CareLine is available 24/7 and is staffed with licensed behavioral health professionals.

1-800-720-9616



Ohio | Department of Health



Stay Safe. Stay Healthy.
If you are not fully vaccinated, wear a mask. Thank You.

#IN THIS TOGETHER 
Ohio



MIKE DEWINE
GOVERNOR OF OHIO

Ohio | Department of Health



SUMMER ONE-LINERS

What do you call a snowman on Spring Break? A puddle

Why did the robot go on summer vacation: He needed to recharge his batteries

Why did the summer school teacher wear sunglasses? Because her class was so bright

What do you call a dog on the beach in the summer? A hot dog!

What do you call a Frenchman wearing summer beach sandals? Phillipe Phloppe.

What did the pig say at the beach on a hot summer's day? I'm bacon!

How do men exercise at the beach? By sucking in their stomach every time they see a bikini.

My friend went for a job interview at a sun cream factory but didn't get it. He's going to reapply.

What did the air conditioning unit say to its owner? I'm your biggest fan.

What do you call six weeks of rain in Scotland? Summer!

What's the best day to go to the beach? SUN day!

Where did the sheep go on vacation? The Baa-hamas!

What's brown, hairy and wears sunglasses? A coconut on vacation!

AN UNUSUAL FISHING STORY

I went fishing this morning, but after a short time I ran out of worms. Then I saw a cottonmouth with a frog in his mouth. Frogs are good bass bait. Knowing the snake couldn't bite me with the frog in his mouth, I grabbed him right behind the head, took the frog, and put it in my bait bucket.

Now the dilemma was how to release the snake without getting bit. So, I grabbed my bottle of whiskey and poured a little whiskey in its mouth. His eyes rolled back, he went limp. I released him into the lake without incident and carried on fishing using the frog.

A little later, I felt a nudge on my foot. There was that same snake with two more frogs in his mouth. Life is good in Oklahoma.



HOW I GOT AN OSTRICH

A man walked into a restaurant with a full-grown ostrich behind him. The waitress asked them for their orders. The man said, "A hamburger, fries and a coke." She turned to the ostrich. "What's yours?" she asked the ostrich. "I'll have the same," said the ostrich. A short time later the waitress returned with the order. "That will be \$9.40, please." And the man reached into his pocket and pulled out the exact change for payment.

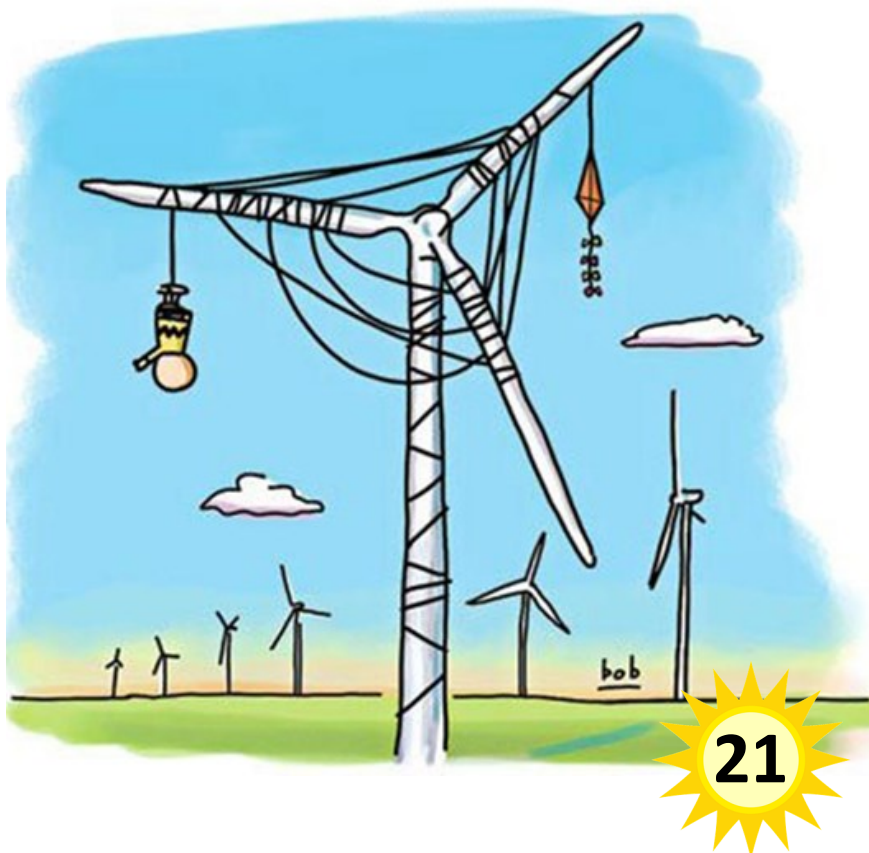
The next day, the man and the ostrich came again and the man said, "A hamburger, fries and a coke." The ostrich said, "I'll have the same." Again the man reached into his pocket and paid with exact change.

This becomes routine until the two entered again. "The usual?" asked the waitress. "No, this is Friday night, so I will have a steak, baked potato and a salad," said the man. "Same," said the ostrich. Shortly the waitress brought the order and said, "That will be \$32.62." Once again the man pulled the exact change out of his pocket and placed it on the table.

The waitress could not hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change in your pocket every time?" "Well," said the man, "several years ago I was cleaning the attic and found an old lamp. When I rubbed it, a Genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant!" said the waitress. "Most people would ask for a million dollars or something, but you'll always be as rich as you want for as long as you live!" "That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," said the man.

The waitress asked, "What's with the ostrich?" The man sighed, paused and answered, "My second wish was for a tall chick with long legs who agrees with everything I say."



FATHER'S DAY HUMOR

Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse says to the second guy, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!"

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man is groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"

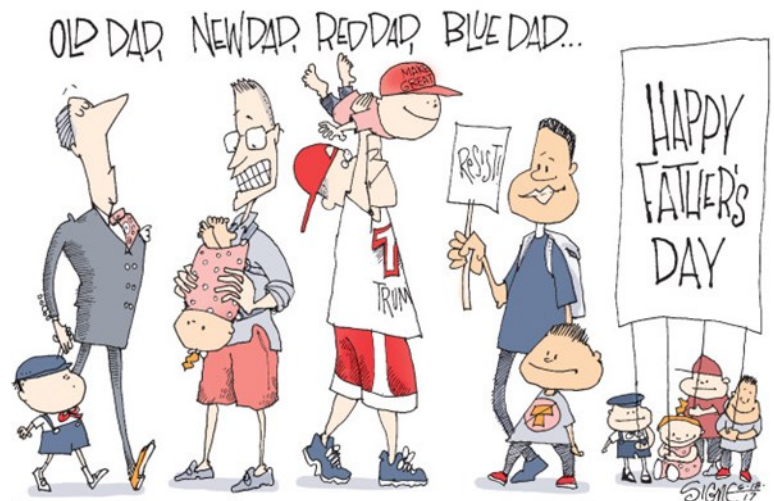
"Dad, are bugs good to eat?" asked the boy.

"Let's not talk about such things at the dinner table, son," his father replied.

After dinner the father inquired, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone."

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were. "Daddy, if the tigers got out and ate you up..." "Yes, son?" the father asked, ready to console him. "...Which bus would I take home?"



MARRIAGE AND THE HEREAFTER

An elderly couple were on a cruise and it was really stormy. They were standing on the back of the boat watching the moon, when a wave came up and washed the old woman overboard.

They searched for days and couldn't find her, so the captain sent the old man back to shore with the promise that he would notify him as soon as they found something.

Three weeks went by and finally the old man got a fax from the boat. It read: "Sir, sorry to inform you, we found your wife dead at the bottom of the ocean. We hauled her up to the deck and attached to her arm was an oyster and in it was a pearl worth \$50,000. Please advise."

THE TRAFFIC SIGN

Farmer John lived on a quiet rural highway. But, as time went by, the traffic slowly built up at an alarming rate. The traffic was so heavy and so fast that his chickens were being run over at a rate of three to six a day.

So one day Farmer John called the sheriff's office and said, "You've got to do something about all of these people driving so fast and killing all of my chickens." "What do you want me to do?" asked the sheriff.

"I don't care, just do something about those crazy drivers!" So the next day he had the county workers go out and erected a sign that said: SLOW: SCHOOL CROSSING

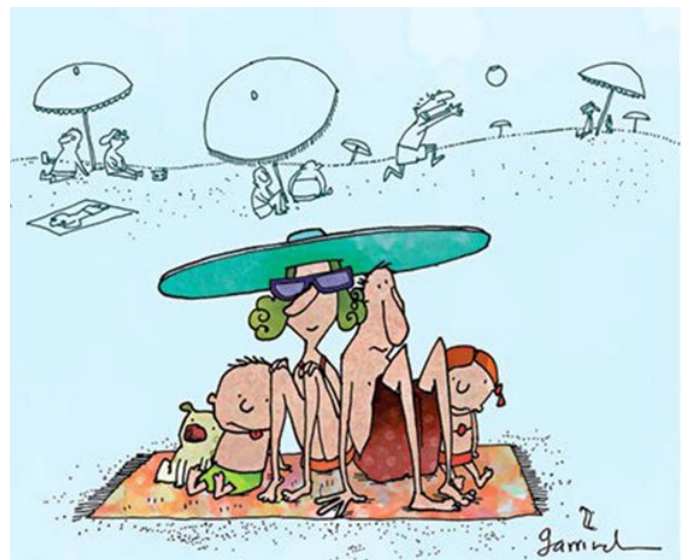
Three days later Farmer John called the sheriff and said, "You've got to do something about these drivers. The 'school crossing' sign seems to make them go even faster." So, again, the sheriff sends out the county workers and they put up a new sign: SLOW: CHILDREN AT PLAY

That really made the drivers speed up even faster. So Farmer John called and called and called every day for three weeks. Finally, he asked the sheriff, "Your signs are doing no good. Can I put up my own sign?"

The sheriff told him, "Sure thing, put up your own sign." He was going to let the Farmer John do just about anything in order to get him to stop calling everyday to complain. The sheriff got no more calls from Farmer John.

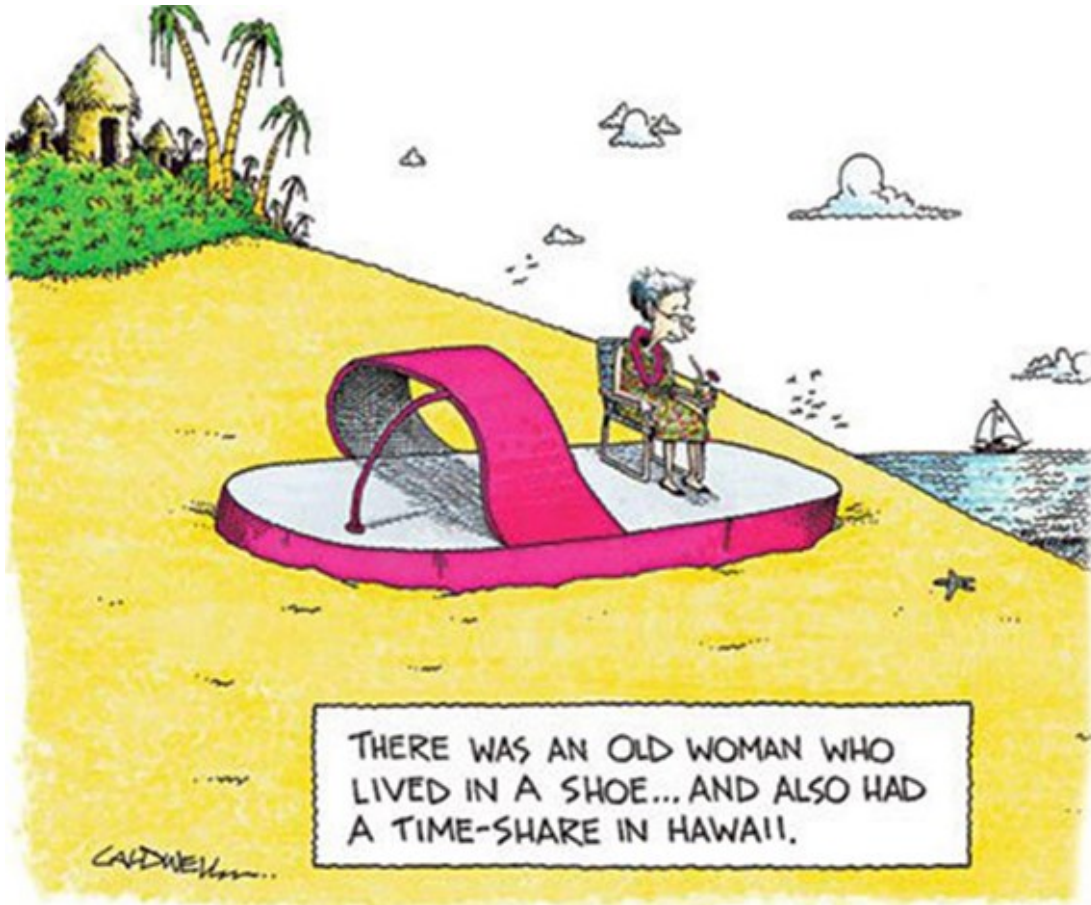
Three weeks later, curiosity go the best of the sheriff and he decided to give Farmer John a call. "How's the ! problem with those drivers? Did you put up your sign?" "Oh, I sure did. And not one chicken has been killed since then. I've got to go. I'm very busy." He hung up the phone.

The sheriff was really curious now and he thought to himself, "I'd better go out there and take a look at that sign... It might be something that WE could use to slow down drivers..." So the sheriff drove out to Farmer John's house, and his jaw dropped the moment he saw the sign. It was spray-painted on a sheet of wood:



NUDIST COLONY

Go slow and watch out for chicks!!



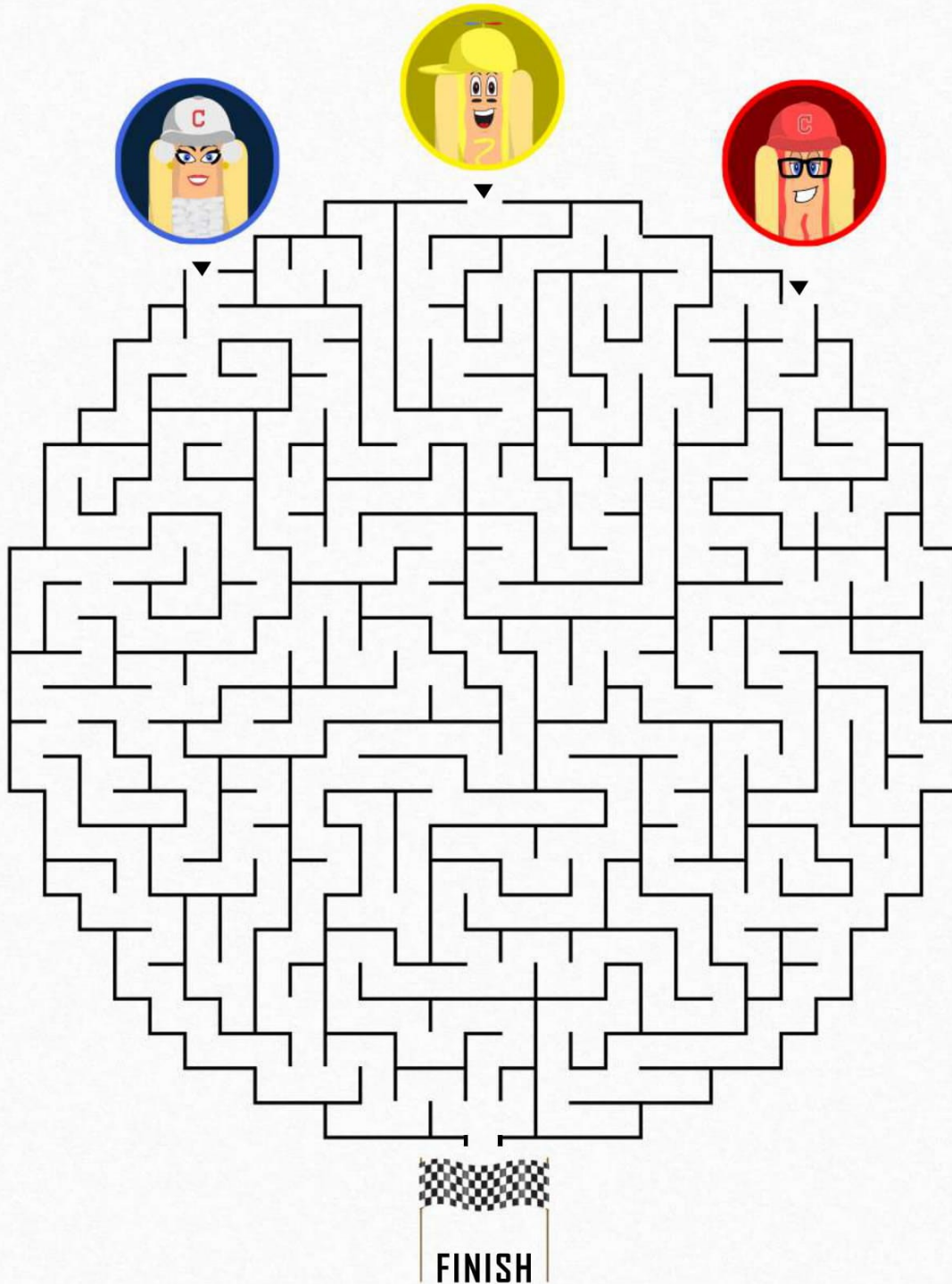
"Relax. He could just be looking for fun."



"And now I just step back and let the grilling process destroy any nutritional value it might have had."

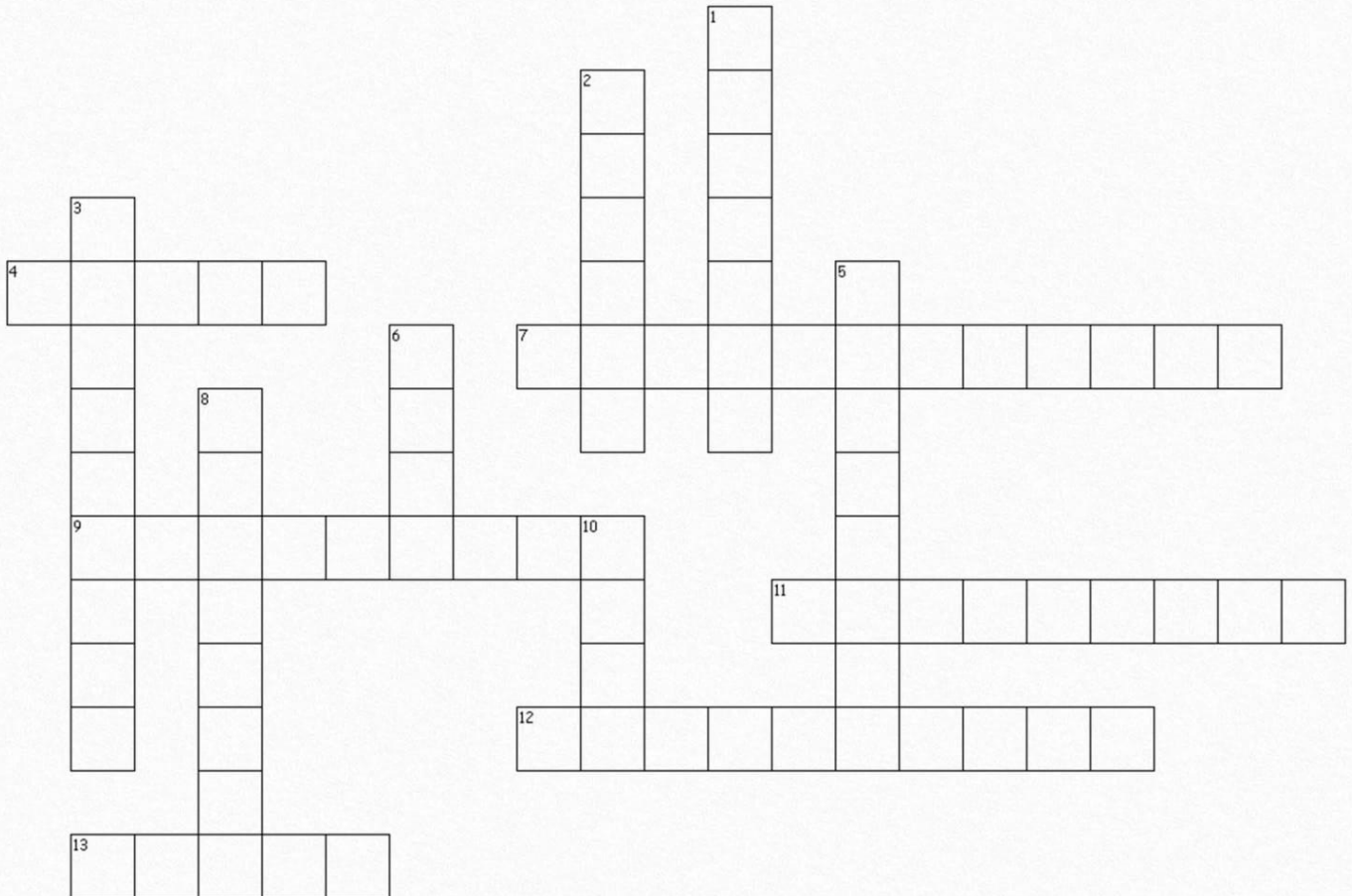
HOT DOG DERBY MAZE

Choose your favorite hot dog and help them win the race!
(Print multiple copies and start at the same time to compete with friends.)



CROSSWORD PUZZLE

Use the hints below to fill in all of the blocks in the puzzle



Across

- 4. When a player makes a mistake on defense
- 7. The favorite pitch of Jose Ramirez
- 9. When a pitcher throws three strikes against a batter
- 11. These go off after an Indians home run and after the game
- 12. A defensive play that results in two outs
- 13. Former Indians first baseman who was inducted into the Baseball Hall of Fame in 2018

Down

- 1. The position that Roberto Perez plays
- 2. A popular ballpark food (they also race during every home game)
- 3. The name for a home run when the bases are loaded
- 5. Mike Clevinger's nickname
- 6. The number of innings played in a baseball game
- 8. Pitcher who won the Roberto Clemente Award and AL Comeback Player of the Year in 2019
- 10. The manager for the Indians

MAD LIBS

Choose a word for each part of speech listed below. On the next two pages, fill in the blanks in the story with the words you wrote down here. Then read your fun story out loud!

1) Adjective: _____

2) Plural noun: _____

3) Noun: _____

4) Ballpark food: _____

5) Beverage: _____

6) Verb: _____

7) Adverb: _____

8) Indians player: _____

9) Indians player: _____

10) Indians player: _____

11) Verb ending in -ing: _____

12) Adjective: _____

13) Time of year: _____

14) Verb: _____

15) Your name: _____

16) Place: _____

17) Noun: _____

18) Food: _____

19) Ballpark snack: _____

20) Adverb: _____

21) Verb: _____

22) Verb: _____

23) Verb: _____

24) MLB team name: _____

25) Verb: _____

26) Number: _____

27) Number: _____

28) Number: _____

29) Adjective: _____

30) Place: _____

MAD LIBS

Use the words you listed on page 4 to fill in your story below.

“AT THE BALLPARK”

Tell us why Progressive Field is your favorite place to be.

One of the 1) _____ things to do in Cleveland is going to an Indians game. You can go to the Progressive Field Team Shop and get cool gear like 2) _____ and a 3) _____ .

There are also plenty of concession stands where you can enjoy 4) _____ and grab your favorite cold 5) _____ .

You can 6) _____ 7) _____ by the dugout, in The Corner bar, or right behind home plate. It’s also the best place to see 8) _____ hit a home run, 9) _____ strike out the side and 10) _____ make a

11) _____ catch. Progressive Field is definitely one of the

12) _____ places to be in the 13) _____ .

MAD LIBS

Use the words you listed on page 4 to fill in your story below.

“TAKE ME OUT TO THE BALLGAME”

Write your own version of “Take Me Out to the Ballgame.”

14) _____ 15) _____ out to the 16) _____,
take me out with the 17) _____.

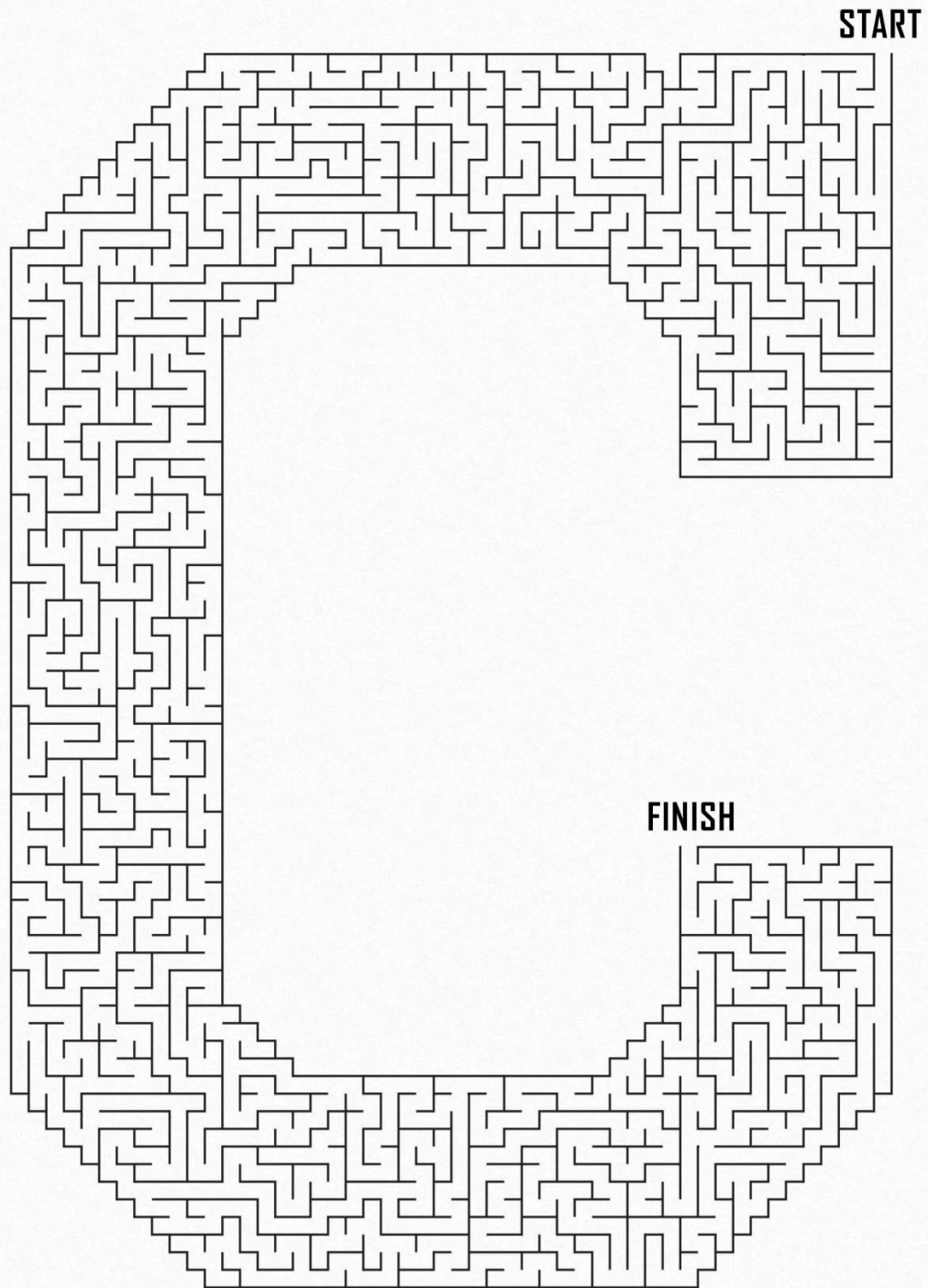
Buy me some 18) _____ and 19) _____,
I don't care if I 20) _____ get back.

Let me 21) _____ 22) _____ 23) _____
for the 24) _____. If they don't 25) _____
it's a shame.

For it's 26) _____ 27) _____ 28) _____
strikes, you're out, at the 29) _____ 30) _____.

BLOCK C MAZE

Try to go from start to finish in this tough maze.



WORD SCRAMBLE

Can you unscramble the following baseball terms?

1) CRIMEAAN EEGLUA

2) DBEEBBAHOL

3) WNOCPROSOET

4) DAINTEGSEDE TIHTER

5) BEEEDDORAHLU

6) EARXT SNNNIIG

7) DAGNR MLSA

8) ROAMJ ULAGEE SEALABLB

9) TANNAOLI GEELAU

10) DRSIEL

11) TKOUETSRI

12) TICWSH-RIETHHT

CRYPTOGRAM

The bottom section contains a secret phrase. Each letter has a corresponding number. Fill in the letters above their corresponding number to solve the puzzle.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			26	10		24				14	23				12		16					1		13	

__ __ E __ E __ R __ __ E P L __ Y E R __ __ __ __ K
 22 2 10 8 10 22 16 6 4 10 12 23 5 13 10 16 8 22 7 7 14

__ __ __ E __ W __ R D __ L __ __ __ __ E __ __ __ __ .
 2 7 20 10 5 1 5 16 26 8 23 5 8 22 8 10 5 8 7 11

__ R __ __ __ __ __ __ __ L __ __ D __ R W __ __ __ __ __
 25 16 5 11 15 6 8 15 7 23 6 11 26 7 16 1 7 11 2 6 8

__ E __ __ __ D G __ L D G L __ __ E __ W __ R D .
 8 10 15 7 11 26 24 7 23 26 24 23 7 3 10 5 1 5 16 26

R __ __ E R __ __ P E R E __ W __ __ __ G __ L D
 16 7 4 10 16 22 7 12 10 16 10 19 1 7 11 5 24 7 23 26

G L __ __ E __ __ D __ __ E D E __ E __ __ __ E
 24 23 7 3 10 5 11 26 22 2 10 26 10 25 10 11 8 6 3 10

P L __ Y E R __ __ __ __ E Y E __ R __ W __ R D .
 12 23 5 13 10 16 7 25 22 2 10 13 10 5 16 5 1 5 16 26

__ __ R L __ __ __ __ __ __ __ __ __ W __ __ __
 15 5 16 23 7 8 8 5 11 22 5 11 5 1 7 11 5

__ __ L __ E R __ L __ G G E R __ R __ P __ Y __ __ D
 8 6 23 3 10 16 8 23 9 24 24 10 16 22 16 7 12 2 13 5 11 26

__ __ R L __ __ __ __ R R __ __ __ __ E __ R __ E D __ __ E
 15 5 16 23 7 8 15 5 16 16 5 8 15 7 10 5 16 11 10 26 22 2 10

R __ __ E R __ __ __ L E __ E __ __ E __ W __ R D .
 16 7 4 10 16 22 7 15 23 10 20 10 11 22 10 5 1 5 16 26

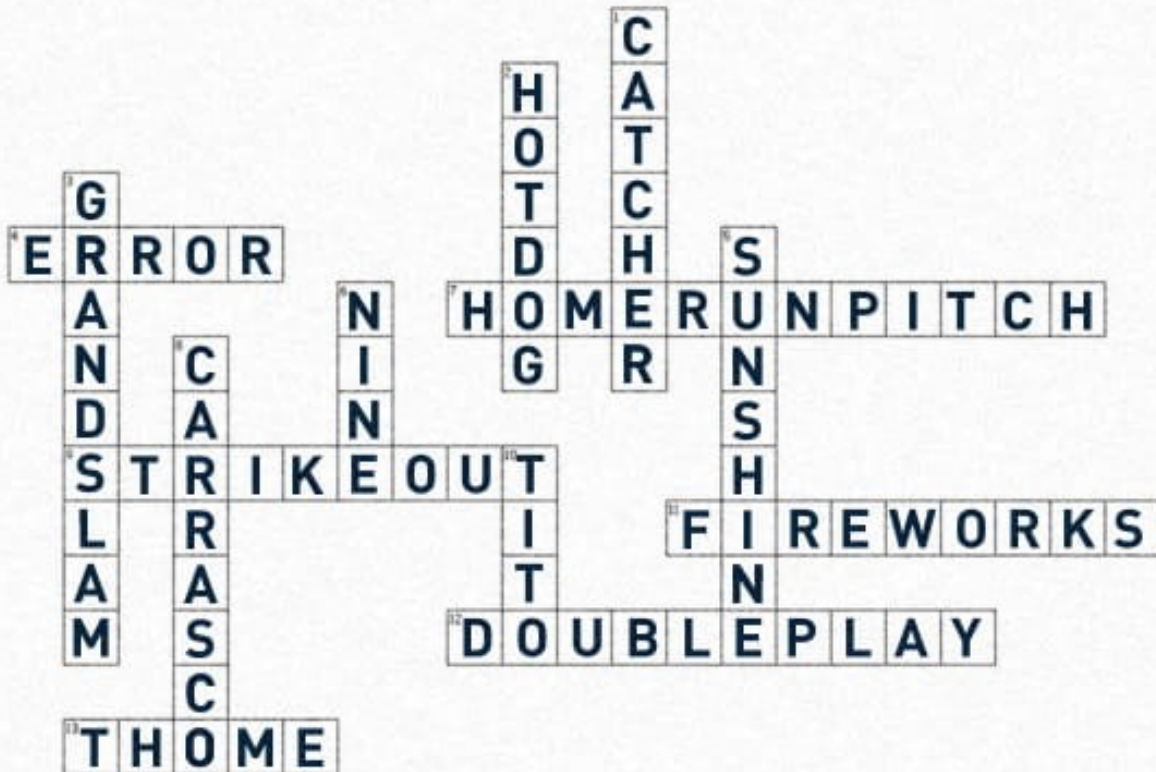
PUZZLES

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5	4	15	26	10	25	24	2	6	-	14	23	20	11	7	12	-	16	8	22	9	3	1	-	13	19

WORD SCRAMBLE

- | | |
|----------------------|--------------------------|
| 1) AMERICAN LEAGUE | 7) GRAND SLAM |
| 2) BOBBLEHEAD | 8) MAJOR LEAGUE BASEBALL |
| 3) COOPERSTOWN | 9) NATIONAL LEAGUE |
| 4) DESIGNATED HITTER | 10) SLIDER |
| 5) DOUBLEHEADER | 11) STRIKEOUT |
| 6) EXTRA INNINGS | 12) SWITCH-HITTER |



BIRTHDAYS

John Bartko	Mike Garvin	Geri Michaels
Mary Ann Bornaschella	Stephanie Hoey	John Moore
Connie Bryant	Carol Kindle	Debbie Pacanovsky
George Chimienti	Karla Mahoney	Barbara Shellko

ANNIVERSARIES

Jim & Carol Kindle celebrated 51 years on June 5th
Jerry & Sandy Gill celebrated 24 years on June 6th
Tom & Geneva Sheppard celebrated 63 years on June 7th

NEW MEMBERS

Theresa Ananea	Rita Hudia	Anne Price
Claudette Cole	Sherrae Landrum	Valerie Warren
Shirley Grays	Frank Lucas	

CONTACT YOUR OFFICERS

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VICE PRESIDENT	MARILYN TRZECIAK	(216) 548-8283
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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