



BEDFORD SENIORS CLUB MINI NEWS

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Grab & Go or Stay

LUNCHES NOW AVAILABLE TWICE A MONTH FOR EVERYONE!

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.

Once you receive your meal; if you wish to stay please find a parking spot and safely enter Ellenwood Center where you'll have the opportunity to eat and have great conversation with fellow Club members. Beverages will be served.

Wednesday, May 11

Sirna Burger (fixings on the side) & Pasta Salad

Drive-thru time: 11:30 am - 12:00 pm

Registration begins on Monday, May 2

Registration Deadline Friday, May 6

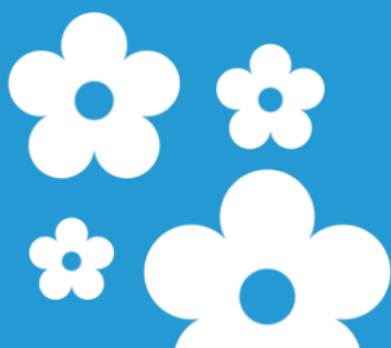
Wednesday, May 25

Wiener Schnitzel (fried pork) & Mashed Potatoes with Gravy

Drive-thru time: 11:30 am - 12:00 pm





Registration begins on Monday, May 2

Registration Deadline Friday, May 20










CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		13  Senior Lunch 11:30am Pound Fitness 6:30pm	14 Reach w/ Rhythm 11:00am Pickleball Play 1:00pm Pickleball Play 2:00pm Pickleball Play 3:00pm Barre Above 6:30pm Barre Above DEMO 7:45pm	15 CLOSED 
18 Line Dancing 10:30am Card Club 1:00pm Local Motion 6:45pm	19 Coffee & Convo 1:00pm	20 Skee-ball League 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Pound Fitness 6:30pm	21 Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm Barre Above 6:30pm	22 Friday Flick 1:00pm "Jungle Cruise" <i>Deadline for 4/27 lunch</i>
25 Line Dancing 10:30am Card Club 1:00pm Local Motion 6:45pm	26 Coffee & Convo 1:00pm	27  Senior Lunch 11:30am Pound Fitness 6:30pm	28 Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm Barre Above 6:30pm	29 Chocolate & Coloring 11:00am *New Time* Friday Flick 1:00pm "American Underdog"



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Line Dancing 10:30am Card Club 1:00pm	3  *	4 Skee-ball League 9:30am Get Crafty 2:00pm Pound Fitness 6:30pm	5 Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm Barre Above 6:30pm	6 Friday Flick 1:00pm "Three Amigos" <i>Deadline for 5/11 lunch</i>
9 Line Dancing 10:30am Card Club 1:00pm Local Motion 6:45pm	10 Coffee & Convo 1:00pm	11  Senior Lunch 11:30am SCAMO Bingo 1:00pm Pound Fitness 6:30pm	12 Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm Barre Above 6:30pm	13 Friday Flick 1:00pm "King Richard"
16 Line Dancing 10:30am Card Club 1:00pm Local Motion 6:45pm	17 Coffee & Convo 1:00pm	18 Skee-ball League 9:30am Sparkling Portraits 2:00pm Pound Fitness 6:30pm	19 Reach w/ Rhythm 11:00am Pickleball Play 1:00pm Pickleball Play 2:00pm Pickleball Play 3:00pm Barre Above 6:30pm	20 Mind Challenge 9:00am Team Formation Friday Flick 1:00pm "West Side Story" <i>Deadline for 5/25 lunch</i>
23 Line Dancing 10:30am Card Club 1:00pm Local Motion 6:45pm	24 Coffee & Convo 1:00pm	25  Senior Lunch 11:30am Pound Fitness 6:30pm	26 Reach w/ Rhythm 11:00am Pickleball Play 1:00pm Pickleball Play 2:00pm Pickleball Play 3:00pm	27 Chocolate & Coloring 11:00am *New Time* Mind Challenge 1:00pm Regional Play
30 CLOSED FOR MEMORIAL DAY 	31 Coffee & Convo 1:00pm			

RECREATION PROGRAMS

Senior Line Dancing

This lively group of seniors meets every Monday to get a little exercise and to socialize. This activity is free to all resident seniors. Space is limited to 30 participants.

Volunteer Instructor: Jeanne Stainbrook

Location: Ellenwood Center Gymnasium

Dates: Weekly on Mondays

Time: 10:30 am – 11:30 am

Fee: Free to Bedford Resident Seniors

Card Club Mondays

Play cards and socialize with other Club members. Playing cards can provide mental stimulation as well as improve hand and finger dexterity! Register for the season. Drop-ins welcome if space permits. Limited to 12 participants. Guests welcome; must attend with Club member and have information on file with office. *Example of Games: Rummy, Poker, Pinochle, Euchre, Bridge, Black Jack*

Location: Ellenwood Room Center 2

Dates: Weekly on Mondays

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

Local Motion with Jaki: Aerobic Line Dancing

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers.

Instructor: Jaki Ward

Spring Session 2

Dates: Mondays, May 9, 16, 23, June 6 (no class 5/30)

Time: 6:45 pm - 7:45 pm

Location: Ellenwood Center Gymnasium

Fee: Bedford Resident \$25 / Non-Resident \$30

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Coffee, Cookies & Conversation

Join your fellow Club members for coffee, cookies and conversations in the Senior Room. Refreshments provided. Limited to 12 participants; registration encouraged. Drop-ins welcome if space permits.

Location: Ellenwood Room Center 2
Dates: Weekly on Tuesdays
Time: 1:00 pm - 3:00 pm
Fee: Free to Bedford Senior Club Members

SCAMO Bingo

Join the Cuyahoga County Department of Consumer Affairs for a few rounds of Scamo, a bingo-style game that lets you have fun and win prizes while learning about scams. Limited to 30 participants; registration encouraged. Drop-ins welcome if space permits.

Date: Wednesday, May 11
Time: 1:00 pm - 2:00 pm
Location: Ellenwood Center Gymnasium
Fee: Free to Bedford residents

Coloring & Chocolate

Join us for a relaxing hour of coloring and chocolate snacks. Coloring reduces anxiety, creates focus, and fosters mindfulness. Color away stress and visit with friends. All materials and snacks are provided. Registration limited to 12 participants; pre-registration recommended. Drop-ins welcome if space permits.

Location: Ellenwood Room Center 2
Dates: Last Friday of the month - April 29, May 27
Time: 11:00 am – 12:00 pm **TIME CHANGE**
Fee: Free to Bedford Senior Club Members



RECREATION PROGRAMS

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Bedford Senior Club members only. Limited to 12 participants; registration required.

Aromatherapy Dough – Wednesday, May 4, 2:00 pm - Ellenwood Ctr Room 3

Rainbow Macramé Keychain – Wednesday, June 1, 2:00 pm - Ellenwood Ctr Room 3

Sparkling Portraits

Follow step-by-step directions to create a seasonal canvas painting inspired while sipping sparkling grape juice. No experience required. Free to Bedford Senior Club Members. Limited to 12 participants; registration required.

Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members

- **Bunny Crossing** – Wednesday, April 20
- **Up, Up & Away** – Wednesday, May 18



RECREATION PROGRAMS

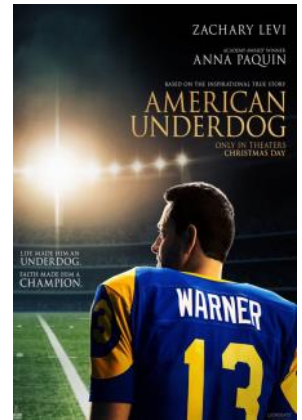
Friday Flicks

Join us for a weekly film. Light snacks and refreshments provided. Limited to 12 participants; registration required. Free to Bedford resident seniors.

Movies start at 1:00 pm in Ellenwood Center – Room 2

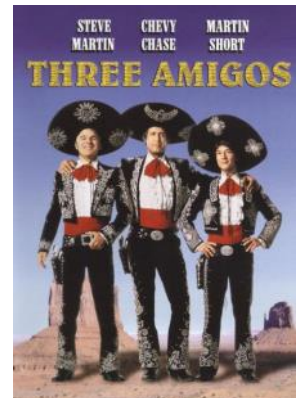
April 29: American Underdog

American Underdog tells the inspirational true story of Kurt Warner (Zachary Levi), who went from a stockboy at a grocery store to a two-time NFL MVP, Super Bowl champion, and Hall of Fame quarterback. The film centers on Warner's unique story and years of challenges and setbacks that could have derailed his aspirations to become an NFL player -- but just when his dreams seemed all but out of reach, it is only with the support of his wife, Brenda (Anna Paquin) and the encouragement of his family, coaches, and teammates that Warner perseveres and finds the strength to show the world the champion that he already is.



May 6: Three Amigos (1986)

Three cowboy movie stars from the silent era -- Dusty Bottoms (Chevy Chase), Lucky Day (Steve Martin) and Ned Nederlander (Martin Short) -- are fired when one of their movies bombs. In what seems to be a career-saving offer, young Mexican woman Carmen (Patrice Martinez) offers them a high-paying gig in her village. The three jump at the opportunity, expecting to do their typical act, but Carmen believes they are really heroes and asks them to rid her village of bad guy El Guapo (Alfonso Arau).



May 13: King Richard

Armed with a clear vision and a brazen 78-page plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Training on Compton, California's neglected tennis courts--rain or shine--the girls are shaped by their father's unyielding commitment and their mother's balanced perspective and keen intuition, defying the seemingly insurmountable odds and prevailing expectations laid before them. Based on the true story that will inspire the world, "King Richard" follows the uplifting journey of a family whose unwavering resolve and unconditional belief ultimately delivers two of the world's greatest sports legends.



May 20: West Side Story (2021)

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.



RECREATION PROGRAMS

POUND® Fitness

Instead of listening to music, become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, a lightweight drumstick specifically for exercising, POUND® fitness transforms drumming into an incredible workout. POUND® is designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! The workout is easily modifiable; all abilities welcome. Bring your own Ripstix® or borrow from the instructor.

Instructor: Julionne Brown-Little, certified instructor

Spring Session 2

Dates: Wednesdays, April 27, May 4, 11, 18, 25

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Room 4

Fee: \$45 Bedford Resident/\$55 Non-Resident

Bedford Senior Club Members are free and must register in advance



Barre Above®

Barre Above® is fusing the best of pilates, yoga, aerobics, and elements of dance strengthening exercises. Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and help you feel more confident in your fitness. Take your fitness to new heights!

Instructor: Julionne Brown-Little, certified instructor

Spring Session 2

Dates: Thursdays, April 28, May 5, 12, 19

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Gymnasium

Fee: \$36 Bedford Resident/\$44 Non-Resident

Bedford Senior Club Members are free and must register in advance



Want to try it out first? Register for a free 30-minute demo class.

Thursday, April 14 7:45 pm



RECREATION PROGRAMS



Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30 pm. Doors open at 11:30 am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. Menu is subject to change.

The History of Cleveland Baseball

Cleveland Baseball has a long history that started before the American League franchise that started in 1901. This program will cover the National League Cleveland Spiders and then the American League team and their five names since 1901. Also, we'll see the three sites where Cleveland Baseball called home and the American League team's logos and records since 1901. Register to join our "club seats" which includes all you can eat hot dogs! You will also get cracker jacks (or chips) and a soft pretzel! Attendees who dress in Cleveland Baseball gear can be entered into a drawing to win a Cleveland Guardians prize pack and a free ticket to our annual outing! Presentation by Carl Quatraro. Registration deadline May 27.



Date: Wednesday, June 1

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

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

SAVE THE DATE... DETAILS & REGISTRATION FORTHCOMING

The Songs Lennon and McCartney Gave Away—Wednesday, July 6

The Mistresses and Mrs. of John F. Kennedy—Wednesday, August 31





NORTHEAST OHIO MIND CHALLENGE *for the New Majority*

Mind Challenge For The New Majority® is a regional trivia competition for the active 50 years and over community to compete for prizes, money for our Senior program and bragging rights.

Bedford Parks & Recreation will sponsor one or more teams to represent our senior program. Teams consist of 4-6 players. Our team(s) will be in the "Central" division, competing against other communities such as Bedford Heights, Maple Heights and Garfield Heights.

We will have an **Informational Meeting and Team Formation on Friday, May 20 9:00am at Ellenwood Center in Room 4.** Please contact the Recreation office at 440-735-6570 with questions and to register for this meeting. Free to participate.

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Friday, May 27 1:00pm at Warrensville Hts

Central Region Play - Friday, June 3 1:00pm at Warrensville Hts

To advance to the next round, our team(s) must finish in the top 50% of competing teams in the region.

If our team(s) advances:

Elevated Eight - Thursday, June 9 9:30am at Warrenville Hts

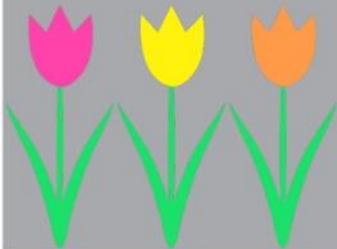
Fact Finding Four - Tuesday, June 14 9:30am at TBA

Finals - Wednesday, June 15 11:00am at TBA



Important Dates

- ◆ **Council Meeting**
April 4
8:00 p.m.
- ◆ **Good Friday -
City Hall Closed**
April 15
- ◆ **Council Meeting**
April 18
8:00 p.m.
- ◆ **Saturday Drop off for
Round-ups**
April 23
9:00 a.m.– 12:00 p.m.



City of Bedford Newsletter

April 2022

Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 18-22 and April 25-29, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**NO AFTER HOURS DROP OFF**); CPU's, monitors, keyboards, tablets, software and cell phones.

Bedford residents only, no businesses.

Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 18-22 and April 25-29, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**NO AFTER HOURS DROP OFF**); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury.

CFL – Compact or tube fluorescent bulbs are **not accepted** in our round up.

NO LATEX PAINT ACCEPTED, (Remove lid, add drying agent such as kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash.

Bedford residents only, no businesses.

There will be a Saturday drop off date for Household Hazardous Waste and the Computer Round-Up open to residents on Saturday, April 23 from 9:00 a.m. to 12:00 p.m.



Chipper Service

Chipper service will be the weeks of April 4, May 2, June 6, July 5, August 1, September 6 and October 3, 2022.

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. Branches cannot be larger than 10 inches in diameter. Leave limbs as long as possible for continuous feed into the chipper.

Limbs exceeding 10 inches in diameter, or less than 3 feet in length will not be picked up.

UNACCEPTABLE - rose bushes, grape vines, pricker bushes, firewood, fence post, wood pallets or wood with nails or screws (these items need to be placed in trash bag or bundled and put out for weekly trash collection). Railroad ties and stumps have to be hauled away at homeowner's expense.

Service Department Summer Employment

The City is accepting applications for part-time summer employment for the Service Department. Job duties include street repair, grass cutting, and landscaping. Applications for the Service Department can be obtained at Bedford Service Department, 120 Solon Rd., Monday through Friday between 8:00 a.m. and 3:30 p.m. Starting Rate is \$12.00 per hour. Valid drivers license desired.

Bedford Community Garden

Bedford Community Garden, located behind Central Primary School, is constantly growing. If you are interested in joining this group call Lisa Wiggins at 216-548-1175 or email ldwolfe@ameritech.net



City of Bedford Newsletter

April 2022

Important Dates

- ◆ **Council Meeting**
April 4
8:00 p.m.
- ◆ **Good Friday -
City Hall Closed**
April 15
- ◆ **Council Meeting**
April 18
8:00 p.m.
- ◆ **Saturday Drop off for
Round-ups**
April 23
9:00 a.m.– 12:00 p.m.

Community Shred Day

The City of Bedford will be hosting two shred days this year, Saturday, May 14 and Saturday, September 17 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. Grant funding for shredding event provided by the Cuyahoga County Solid Waste Management District.



Utility Protection

Utility lines are an integral part of your home, and as your home ages, so do exterior utility lines such as water, sewer, gas and electric. Many homeowner insurance policies, local utility companies and private companies offer additional utility line protection plans at a minimal monthly cost. This may help cover the cost of repair bills. Check with your local utility company or insurance agent, to see what is available.

Kindergarten Registration

The Bedford City School District kindergarten registration is open for children in the district that will be turning 5 years old on or before August 1, 2022.

Parents will need to pre-register online for a face-to-face appointment with a District Registrar.

Visit www.bedford.k12.oh.us for more information.



Community Transportation Service

The Parks and Recreation Department offers a door-to-door transportation service for Bedford Residents, provided by a third party, Senior Transportation Connection. Service is available for senior citizens 60 years of age and older and disabled persons over the age of 18 and can be used for medical appointments and errands such as banking, grocery shopping, etc. Service is not available to residents in nursing, assisted living or retirement facilities. Wheelchair accessible transportation is available. Boundary lines for all trips are: north - UH Ahuja Medical Center; south - Northfield Plaza; east - City of Solon; west - Marymount Hospital.

Transportation service operates: Monday through Friday 8:00 a.m. to 4:30 p.m. A fee of \$2 per roundtrip is required. An application must be on file with the Parks & Recreation Department prior to service.

For more information call 440-735-6570 or email recreation@bedfordoh.gov.

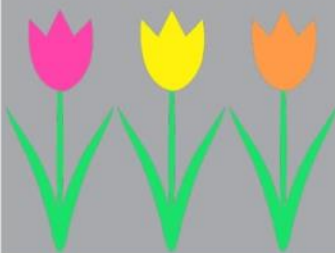
News from The Bedford Historical Society

The Bedford Historical Society's Spring Speaker Series will begin on April 8th with speaker, Pam Grey representing Friends of Ohio Barns. She will discuss the mission of the organization and reveal the importance of preserving Ohio's timber frame barns, their restoration & repurposing.

For more details visit bedfordohiohistory.org, the Bedford Historical Society Facebook page, call 440-232-0796 or email museum@bedfordohiohistory.org.

Spring is in the air at The Museum Store. Freshen your home decor and stuff your Easter baskets with the new arrivals. New store hours are Tuesday through Friday 10:00 a.m. - 2:00 p.m.. Every 2nd Saturday of the month from 10:00 a.m. -2:00 p.m. Come for a breath of fresh air!

New Museum hours: Tuesday and Thursday 10:00 a.m.- 4:00 p.m., Every 2nd Saturday from 10:00 a.m.- 2:00 p.m.



CITY OF BEDFORD

2022 LANDSCAPE LIST FOR SENIORS

Last Revised 3/8/2022

Chambers' Home Improvement

(216) 534-0912

chim@contractor.net

- Senior Discount Offered
- Price depends on lawn size
- Discounts with seasonal contracts

Anthony Coleman

(216) 205-8960

- Senior Discount Offered
- Price depends on lawn size
- Fall and spring cleanup available

Gales Landscaping

(216) 315-5216

- Senior Discount Offered
- Price depends on lawn size

Just Like Mine Landscaping

(440) 622-4001

shaker329@gmail.com

- 20% Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available

Lockett's Landscaping

(833) 562-5388

(216) 357-8033

marc@lockettslandscaping.com

- Senior Discount Offered
- Price depends on lawn size

Pro-Mow Landscaping

(440) 439-4456

(216) 276-3399

- Senior Discount Offered
- Price depends on lawn size

Jim Westfall

(440) 232-0544

- Senior Discount Offered
- Price depends on lawn size & difficulty
- One-time cuts and seasonal contracts
- Spring cleanup available

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

The City of Bedford is not recommending any of the landscapers included on this list. This list is being provided as a courtesy. Landscapers can be added to this list by contacting the Bedford Parks & Recreation Department. Any action you take upon the information on this list is strictly at your own risk and the City of Bedford will not be liable for any losses or damages in connection with the use of this list.

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

Afternoon Book Discussion - "Nine Perfect Strangers" By Liane Moriarty

Wednesday, April 27: 2:00pm - 3:00pm

Bedford Branch - Meeting Room (70)

Join us for a lively and thoughtful discussion of Nine Perfect Strangers By Liane Moriarty. This event will be held in person.

African American Authors Book Group— In-Person or Virtual

Thursday, April 28: 7:00pm - 8:30pm

Bedford Branch - Meeting Room (70), Bedford Branch Zoom 1

African American Authors Book Group All Adults Are Welcome

April Title : Libertie : A Novel / Kaitlyn Greenidge. Inspired by the life of the first Black woman doctor in New York State.

Virtual programs being offered through-out CCPL...

Theodore Roosevelt: A Remarkable Conservationist

Thursday, April 14: 2:00pm - 3:00pm

Virtual - Middleburg Heights Branch Zoom

In honor of Earth Day, learn about Theodore Roosevelt's life and conservation legacy.

Bodacious 80's Trivia

Monday, April 18: 7:00pm - 8:30pm

Virtual - Fairview Park Branch Zoom

Introduction to Windows 11

Wednesday, April 20: 10:00am - 11:00am

Virtual

Learn how to use the newest operating system for PCs, tablets and phones in this interactive, hands-on class. Explore new features, including the redesigned start menu, Microsoft Edge and OneDrive.



Virtual programs being offered through-out CCPL...

Genealogy Tracers

Saturday, April 23: 10:00am - 12:30pm

Virtual - Warrenville Heights Branch Zoom

Learn ways to search the mysteries of your ancestors.

Guided Chakra Meditation

Wednesday, April 27: 7:00pm - 8:00pm

Virtual - Chagrin Falls Branch Zoom

Jan Webber of Holistic Life Solutions will lead a guided chakra meditation session. Beginners and experienced meditators all welcome.

Rust Belt Mall Walker

Thursday, April 28: 3:00pm - 4:00pm

Virtual - Olmsted Falls Branch Zoom

Writer, documentary photographer, and Akron, Ohio native Jessica Anshutz shares her photographic journey into the emptying (and empty) malls of America's Rust Belt.

LinkedIn Learning with Lynda.com

Thursday, April 28: 7:00pm - 8:00pm

Virtual - Brooklyn Branch Zoom

LinkedIn Learning with Lynda.com is a database that has thousands of classes. Learn just about anything 24/7. This class will provide an overview with how to find a class create a playlist and master a subject.

AsiaTown - The rise of a neighborhood

Monday, May 02: 7:00pm - 8:30pm

Virtual - Orange Branch Zoom

AsiaTown is a unique and vibrant Cleveland neighborhood, offering cultural events and artistic destinations; business and dining districts; and a close, connected residential community.

Genealogy for Beginners

Wednesday, May 04: 7:00pm - 8:30pm

Virtual - Garfield Heights Branch Zoom

Learn the basics of genealogical research and explore the library's subscription databases and other websites that will help get you started on your genealogical journey.

Star Wars Trivia - May the 4th Be With You

Wednesday, May 04: 7:00pm - 8:00pm

Virtual - Brooklyn Branch Zoom 1

Come join us and test your knowledge of Star Wars. Are you the Jedi Master of Star Wars Trivia? For all ages.

Enjoying Our Digital Collection

Thursday, May 05: 7:00pm - 8:30pm

Virtual - Brecksville Branch Zoom

Interested in knowing how to make the most of our digital offerings? We'll go over CCPL's amazing Digital Collection including ebooks, emagazine, evideos and more!

Cut the Cord

Thursday, May 12: 7:00pm - 8:30pm

Virtual - Brooklyn Branch Zoom

Are you thinking about cutting the cable cord? Learn about streaming library resources and other streaming platforms to learn how to watch what you want, when you want.



Food Distribution

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free food to those in need on select dates on a first-come, first-served basis, while supplies last.



Dates & Locations

BEDFORD BRANCH

70 Columbus Road
Bedford, OH 44146
Wednesdays, April 20, May 18
1:30 – 3:30 p.m.

GARFIELD HEIGHTS BRANCH

5409 Turney Road
Garfield Heights, OH 44125
Wednesdays, April 6, May 4
11 a.m. – 1 p.m.

PARMA-SNOW BRANCH

2121 Snow Road
Parma, OH 44134
Tuesdays, April 5, May 3
3:30 – 5 p.m.

BROOK PARK BRANCH

6155 Engle Road
Brook Park, OH 44142
Wednesdays, March 23, April 27
May 25 / 2 – 3:30 p.m.

MAPLE HEIGHTS BRANCH

5225 Library Lane
Maple Heights, OH 44137
Tuesdays, March 8, April 12, May 10
10 a.m. – 12 p.m.

SOUTH EUCLID-LYNDHURST BRANCH

1876 South Green Road
South Euclid, OH 44121
Tuesdays, April 26, May 24
10 a.m. – 1 p.m.

BROOKLYN BRANCH

4480 Ridge Road
Brooklyn, OH 44144
Mondays, March 14, April 11, May 9
11 a.m. – 12:30 p.m.

PARMA HEIGHTS BRANCH

6206 Pearl Road
Parma Heights, OH 44130
Wednesdays, March 16, April 20
May 18 / 10 a.m. – 12 p.m.

WARRENSVILLE HEIGHTS BRANCH

4415 Northfield Road
Warrensville Heights, OH 44128
Thursdays, March 10, April 14,
May 12 / 1:30 – 3 p.m.

Cuyahoga
County
Public
Library



Greater Cleveland
Food Bank



Event



Limit the Litter.

Use Reusable Bags.

#BYOBAGS

ANNUAL GOLF

20 22

OUTING

Friday, August 5th, 2022

Shawnee Golf Course
Bedford OH

MARK YOUR CALENDER

Supporting Bedford Graduates with Scholarships

Order free at-home Covid tests at COVIDtests.gov and get them mailed to you.



Just provide your name and address.
You can get up to four tests per address.



Are you a caregiver of a family member with Alzheimer's disease or dementia? Have you recently entered the role, or have they recently enrolled in a care facility?

If so, you may be interested in participating in our research study, which is looking at caregiver stress and health. Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Study, please call us at 216.368.8848 or email caregiver@case.edu.



FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY

SCAN ME



Bedford Band/Orchestra Community Performance



**APRIL 22,
5-6 PM AND
6:30-7:30 P.M
RAIN DATE:
APRIL 29,
SAME TIMES.**

**MEMBERS OF THE BHS
ORCHESTRA, CHAMBER GROUPS,
JAZZ ENSEMBLE,
MARCHING/CONCERT
PERCUSSION**

**THE PERFORMANCE WILL RAISE
FUNDS FOR MARCHING BAND
UNIFORM REPLACEMENT**

Bedford Square, outside.
Donation tables will be set up.





SPECIAL RECYCLING DROP-OFF

The following items can be dropped off for recycling at the Solid Waste District. Collection bins are located in the building vestibule. Large quantities from businesses cannot be accepted.



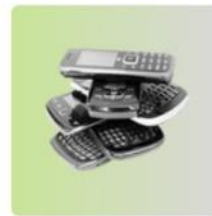
Campaign Signs

Corrugated plastic, plastic film and paper signs plus metal stands.



CDs, DVDs & Cases

Compact discs (CDs), compact discs - recordable (CD-Rs), compact discs - rewritable (CD-RWs), digital video discs (DVDs), Blu-ray discs, 3.5" and 5.25" floppy disks, zip and jazz disks plus jewel/media cases.



Cell Phones & Handheld Electronics

Cell phones, mobile devices, computer equipment and peripherals, tablets and handheld electronics. No TVs.



Holiday Lights

Strings of lights, power strips and power cords. No trees, bags or boxes.



VHS/Cassette Tapes & Cases

Video home system (VHS), audio cassette tapes, digital audio tape (DAT), digital linear tape (DLT), beta and digibeta.



PakTech Ring Carriers & Handles

Durable plastic 6-pack rings, also known as PakTech ring carriers and handles.



Small Appliances

Empty, clean, working or non-working items. No glass. Must be under 10 lbs. Hair dryers, small portable heaters, toasters, blenders, small kitchen appliances, small fans, curling irons. No Freon appliances (A/C units, dehumidifiers).

4750 East 131 Street, Garfield Heights, 44105

Monday - Friday: 8:30 a.m. - 4:30 p.m.

Closed on federal holidays.

 (216) 443-3749

 swdinfo@cuyahogacounty.us





IMPROVING YOUR SLEEP

One way to improve your sleep is to create a relaxing ambience in your bedroom. Check the following aspects of your bedroom to ensure the most sleep-positive environment.

“

Crafting a soothing room is a first step in improving your sleep, but it isn't going to cure your problems.

Visuals. Although it is often overlooked, your bedroom should be clean and organized. Visual clutter can generate stress, which is known to prevent quality sleep. A messy room may reinforce the feeling of having unresolved tasks. It can generate anxious feelings that can make it harder to relax your mind when you want to fall asleep.

Noise. Keeping the noise down is important for your sleep as well. If you can't remove nearby sources of noise, consider adding a fan or white noise machine to your room.

Bedding. Your bed should be comfortable and welcoming. Look for bedding that feels nice and maintains a relaxing temperature during the night.

Room Temperature. Most research supports sleeping in a cooler room that is around 65 degrees.

Mattress. It's also important to choose a good mattress and pillow to reduce aches and pains.

Aromatics. For a final touch, try to use light scents, such as lavender. Pleasant aromas can help create a calming environment that promotes rest.

Crafting a soothing room is a first step in improving your sleep, but it isn't going to cure your problems. If you are struggling with sleep issues, you might need to address your sleep routine. Talk with your primary care provider if you feel that your sleep problems are affecting your health.

Source: [SleepFoundation.org](https://www.sleepfoundation.org), [WebMD.com](https://www.webmd.com), [MayoClinic.org](https://www.mayoclinic.org)

Excerpt from Monthly Newsletter by The Fedeli Group





Be Smart with Salt

Your body needs a small amount of sodium (“salt”) to work well, but too much salt can be bad for you. Most people consume more salt than their body needs.

Health Risks of High Salt Intake

- 1 HIGH BLOOD PRESSURE
- 2 HEART DISEASE
- 3 STROKE
- 4 OBESITY
- 5 DIABETES



LOWER Your Salt Intake

- ▼ Unless told otherwise by your health care provider, limit your salt intake to no more than 1 teaspoon (2300 milligrams) each day.
- ▼ Processed and pre-packaged foods and snacks tend to be higher in salt. Try to limit the amount of processed/packaged foods that you eat.
- ▼ Choose fresh fruits and vegetables as low-salt options for snacks.
- ▼ Avoid adding salt to your meals. Instead, try fresh herbs and salt-free spices to add flavor to food.
- ▼ Rinse salt-containing foods, such as canned beans, tuna, and vegetables, before you eat them. This can help remove excess salt.
- ▼ Make your own food at home. This is the easiest way to control the amount of salt that you eat.
- ▼ Limit fast-food and do not use table salt when eating out.

Find Salt (Sodium) on the Nutrition Label

Look for the word **“sodium”** on the nutrition label to identify the amount of salt in a packaged food.

The nutrition label will always list “salt” as “sodium”.

Look at the **“% Daily Value”**. If the sodium is **5% or less**, the food is low in sodium per serving. If the sodium is **20% or higher**, the food is high in sodium per serving and it should be limited.



Look for the term **“salt/sodium-free”** or **“very low sodium”** on canned, frozen, or other packaged food to choose foods that are low in salt.

RECIPE OF THE MONTH



Veggie & Hummus Sandwich

01 Prep: Mash the avocado, slice the bell peppers and cucumber, and shred the carrots.

02 Make the sandwich: Spread one slice of bread with hummus and the other with avocado. Fill the sandwich with greens, bell pepper, cucumber and carrot.

03 To serve: Slice in half and serve.

Ingredients:

- 2 slices whole-grain bread
- 3 Tablespoons of hummus
- 1/4 avocado, mashed
- 1/2 cup mixed salad greens
- 1/4 medium red bell pepper, sliced
- 1/4 cup sliced cucumber
- 1/4 cup shredded carrot



Scan for Nutritional Information
and more!

Excerpt from Monthly Newsletter by The Fedeli Group



JOKES & MORE! SUBMITTED BY OUR SENIORS



What is a Dad Joke?

A "Dad Joke" is a short, one-liner joke or pun that is usually corny and predictable. These inoffensive jokes are stereotypically told by fathers among family. Some of the jokes are actually funny; and some are only funny because they are just simply cheesy.

Did you hear about the restaurant on the moon? Great food, no atmosphere.

What does a house wear? Address.

Why aren't Greeks morning people? Because dawn is tough on Greece.

Where do you learn to make a banana split? Sundae School.

What kind of music do balloons hate? Pop!

What do you call an alligator in a vest? An investigator.

How does a computer get drunk? It takes screenshots.

What do you call a pony with a sore throat? A little hoarse.

Why do melons have weddings? Because they cantaloupe.

Parallel lines have so much in common. It's really too bad they'll never meet

What do you call a cow in an earthquake? A milkshake.

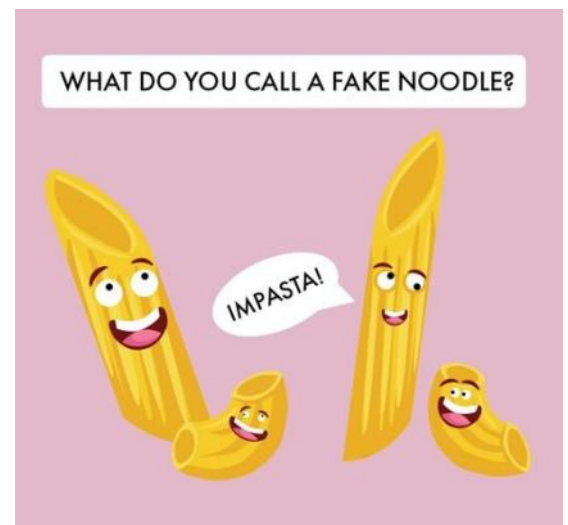
Imagine if you walked into a bar and there was a long line of people waiting to take a swing at you. That's the punch line.

Why is it a bad idea to iron your four-leaf clover? Cause you shouldn't press your luck.

What rock group has four men that don't sing? Mount Rushmore.

When I was a kid, my mother told me I could be anyone I wanted to be. Turns out, identity theft is a crime.

Why did the invisible man turn down the job offer? He couldn't see himself doing it!



JOKES & MORE! SUBMITTED BY OUR SENIORS

EASTER ON-LINERS (you've probably heard before)

Why did the Easter Bunny hide the egg? Because it was a little chicken.

How do you catch the Easter Bunny? Hide in the bushes and make a noise like a carrot.

What do you call a dumb bunny? A hare brain.

What's the best way to catch a unique rabbit? You 'nique up on him.

How many hairs in a rabbit's tail? None, they're all on the outside.

What do you call a line of rabbits walking backwards? A receding hareline.

How do you know carrots are good for your eyes? Have you ever seen a rabbit with glasses?

How are rabbits like calculators? They both multiply really fast.

How can you tell which rabbits are the oldest in a group? Just look for the gray hares.

What do you call a rabbit who tells good jokes? A funny bunny.

What is a rabbit's favorite dance? The Bunny Hop of course.

What would you call the Easter Bunny if he married a chicken? The first Rabbit to lay an egg.

What do you get when you pour hot water down a rabbit hole? A Hot Cross bunny.

How does the Easter Bunny stay fit? EGG-xercise and HARE-robics!

Where does the Easter bunny get his eggs? From an egg-plant.

Six Things About Life I Learned from the Easter Bunny:

Don't put all of your eggs in one basket.

Everyone needs a friend who is all ears.

There's no such thing as too much candy.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

Some body parts should be floppy.



Spring Word Search

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



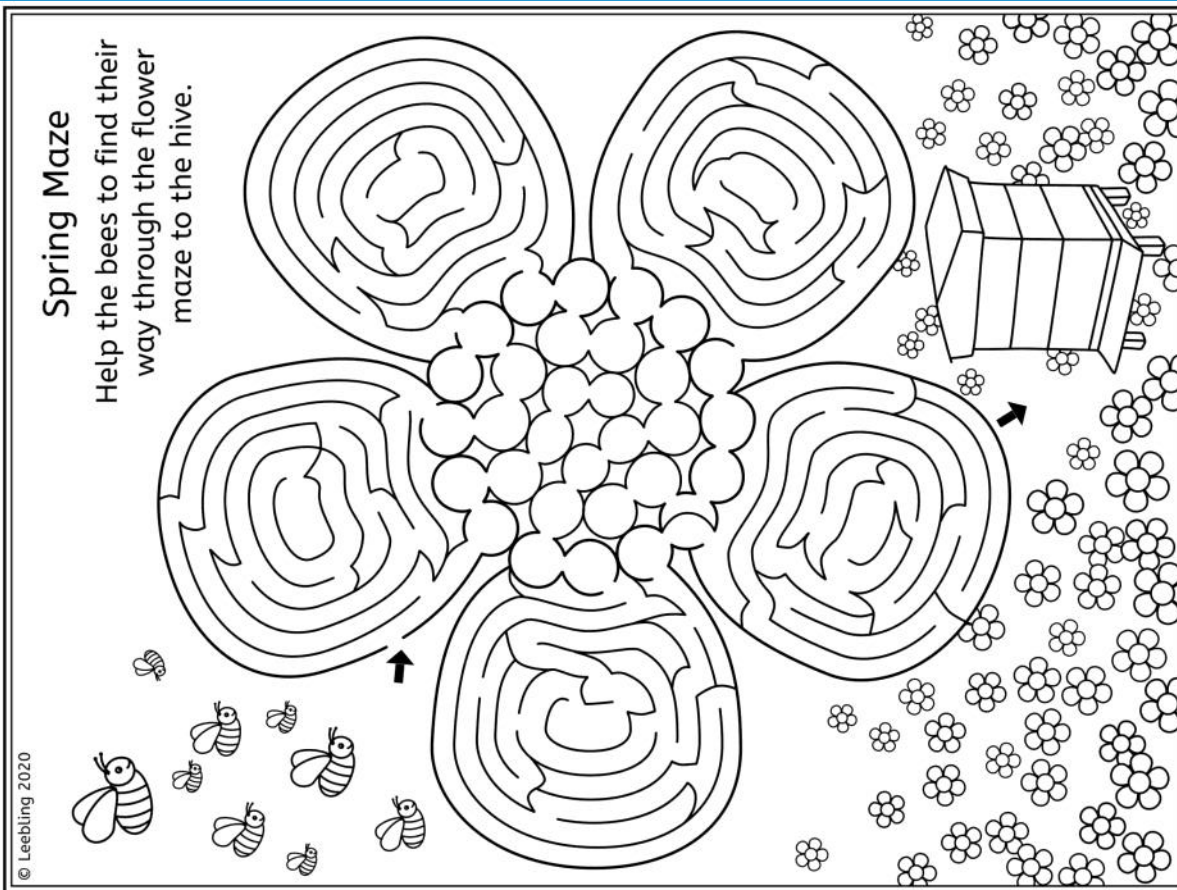
APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA



PUZZLES & MORE



Spring Acrostic Scramble
It's an acrostic and a word scramble all in one puzzle! Solve the scrambled letters on the right and fill in the boxes across the page on the left to reveal the spring words written downwards.

The hidden words are _____

© Leebing 2020

Spring Crossword

ACROSS

1. Slug with a shell
3. Baby cat
5. Plant growing where it is not wanted
7. Fourth month of the year
8. Plant seeds
9. Gentle winds
11. Head gear for wet weather
12. Bird with a red breast
14. Brightly colored arc in the sky
16. Baby birds hatch out of these
17. Hen
19. A home built by birds from twigs
21. Outdoor meal
23. Annoying insect
24. Woolly farm animal
26. Grassy field, often with 26 across
27. Bloom

DOWN

1. Juicy red fruit
2. Green part of a tree
4. Melt (of snow)
5. Container with a spout used to give liquid to plants in dry weather (8,3)
6. Putting in the ground to grow
10. Light falls of rain
13. Third month of the year
15. Rabbit
18. A toy flown in the air on windy days at the end of a long string
20. Tall woody plant
22. Farm animal that gives milk
23. Young horse
24. Small grain that germinates to grow into a plant
25. Container to grow a plant in

© Leebling 2020

PUZZLES & MORE

6		3	2		1			
9	1				6			
		7		4	3			6
			3					
	7	1						4
	9					8	7	
					4	6		
2					7		5	
1				5				9

6	4	3		7				
8	1				4	9		
		9		8				
	3				5		2	
			1	9			6	
		6						9
2	8							
				6		2		
				5		1	4	

		9				1		8
	1			2				
				6	8			2
		3		5	7			
		2	3					5
		8				4		
							7	
	4					3	1	9
6				4	9			

	1	6					2	
							5	9
2	3			6		1		
7		2		8			1	
					6		4	
				7	5			
		5				7	6	
	8	7			3			
		1					8	2



ANSWER KEYS

Spring Crossword - Answer Key

1 S N A I L										2 L										3 K I T T E N									
T										5 W E E D										6 P									
R										A										7 A P R I L									
A										T										8 S O W									
9 B R E E Z E S										10 S										N									
E										11 R A I N H A T																			
12 R O B I N										13 M										O									
R										14 R A I N										15 B O W									
Y										G										16 E G G S									
17 C H I C K E N										R																			
18 K										A										19 N E S T									
21 P I C N I C										22 C										23 F L Y									
T										O										24 S H E E P									
26 M E A D O W										A										E									
27 F L O W E R										D										T									

ACROSS

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- Farm animal that gives milk
- Young horse
- Small grain that germinates to grow into a plant
- Container to grow a plant in

© Leebing 2020

SOLUTIONS

6	4	3	2	9	1	5	8	7
9	1	5	7	8	6	2	3	4
8	2	7	5	4	3	1	9	6
4	8	2	3	7	5	9	6	1
5	7	1	8	6	9	3	4	2
3	9	6	4	1	2	8	7	5
7	5	8	9	2	4	6	1	3
2	6	9	1	3	7	4	5	8
1	3	4	6	5	8	7	2	9

6	4	3	9	7	1	5	8	2
8	1	5	3	2	4	9	7	6
7	2	9	5	8	6	3	1	4
9	3	8	6	4	5	7	2	1
4	5	2	1	9	7	8	6	3
1	7	6	8	3	2	4	5	9
2	8	4	7	1	3	6	9	5
5	9	1	4	6	8	2	3	7
3	6	7	2	5	9	1	4	8

5	2	9	4	7	3	1	6	8
8	1	6	9	2	5	7	4	3
3	7	4	1	6	8	5	9	2
4	6	3	8	5	7	9	2	1
7	9	2	3	1	4	8	5	6
1	5	8	6	9	2	4	3	7
9	8	5	2	3	1	6	7	4
2	4	7	5	8	6	3	1	9
6	3	1	7	4	9	2	8	5

5	1	6	7	4	9	3	2	8
8	7	4	1	3	2	6	5	9
2	3	9	5	6	8	1	7	4
7	6	2	3	8	4	9	1	5
9	5	3	2	1	6	8	4	7
1	4	8	9	7	5	2	3	6
4	2	5	8	9	1	7	6	3
6	8	7	4	2	3	5	9	1
3	9	1	6	5	7	4	8	2

APRIL BIRTHDAYS

Kathy Brown
Charles Cala
Eva Carter
Kathleen Churak
William Darr
Karol Demartine

Vivian Freeman
Edgar Jacobs
Sandy Jurich
Trish Karabowicz
Elizabeth Lee
Erin Lucas

Joan Marks
Arlene Pellillo
Anne Price
Cathy Skalak
Bobbie Snedden
Helen Taylor

Charlotte Umbower
Marilyn Urban
Dorothy Whye

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 contact Karen Wertz if you wish to have your anniversary date recognized in the Mini News.

NEW MEMBERS

Paulette Brown-Childs
Jeffrey & Therese Capps
Alforniece Chambliss
William & Elizabeth Darr
Robert Dorazewski
William & Deborah Francis
Marilyn Koci

Patti Kukoleck
Floyd Lard
David Madden
Barbara McDaniel
Mildred Migliorini
Marcedus Prince
Donald & Cathy Skalak

Frank Smith
Esther Steckle
Wanda Stevens
Beverly Taylor
Cindi Terry
Janice Young

CONTACT YOUR OFFICERS

PRESIDENT

MARY BURGE

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VICE PRESIDENT

MARILYN TRZECIAK

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SECRETARY

KARLA MAHONEY

(440) 439-5388

TRAVEL

MICK GONGOS

(216) 587-5935

TREASURER

BOBBIE SNEDDEN

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SUNSHINE

ROSANNE MANDICH

(216) 256-4966

SENIOR MINI NEWS

KAREN WERTZ

(440) 552-4183

RECREATION DEPARTMENT

(440) 735-6570





**SENIOR NETWORK
 SPRING WELLNESS LUNCHEON**

Holiday Inn / 6001 Rockside Road / Independence

Friday, May 13, 2022

Educational Presentation / Light Luncheon / Entertainment/Raffle Prizes

Vendor Booths: 10 - 11 a.m. / Event: 11 a.m. - 2:30 p.m.

Ticket Lottery Instructions - *Please read carefully.*

This event is offered to area seniors at no charge. Tickets are required due to limited space; drop-ins will not be admitted. The ticket lottery form must be received no later than Friday, April 22, 2022. If your name is selected in the drawing, you will be notified where to pick up your tickets. If your entry is not selected, you will not be notified. All tickets are distributed this way.

One entry per person please. Please print all information requested - entries that cannot be read will be disqualified. **Return this form in one of the following ways:**

- **Email to: deborah.zupkovich@uhhospitals.org**
- **Return to the senior center where you received this form**
- **Drop off in the box at the front entrance desk of UH Bedford Medical Center**

-----Cut here retain top portion and return bottom half-----

Yes, I would like to be entered into the lottery drawing for the Senior Network Spring Wellness Luncheon on Friday, May 13, 2022 at the Holiday Inn in Independence. Chances of winning will depend on the number of entries received. Deadline for all entries is Friday, April 22, 2022. Entries received after this date will not be included in the drawing.

CHOOSE: one ticket or two tickets (two ticket maximum per entry)

Name: _____

Address: _____

City, Zip Code: _____

Email Address: _____

Phone Number: _____

If I am not in the database for the **Age Well. Be Well. Club**, please use the above information to send me the calendar of events as they become available.