

BEDFORD SENIORS CLUB NEWSLETTER



IN THIS ISSUE

Calendar	2-3
Membership Info	4
Rec Programs	5-14
Day Trips	15
City News	16-17
Snow Plow List	18
Library Programs	19
Resources	20-23
Monthly Recipe	24
Monthly Nutrition	25-26
Jokes & More	27-33
Puzzles	34-39
Member Highlights	40



***NEW FORMAT* Grab & Go**

Boxed lunches will be available for walk-in pickup inside of Ellenwood Center. Park in either parking lot and walk into the building. Pickup will be between 11:30am-12:00pm.

***NEW FORMAT* Sit & Stay**

Enjoy the company of other Club members and enjoy a hot meal served through our kitchen line. Meals and beverages will be served after a brief meeting at 12:00pm. Special social activities are planned every luncheon at 1:00 pm (See Calendar for activities).

Reserve your meal online or call 440-735-6570 during the registration dates. **Please indicate during registration if you would like a GRAB & GO or SIT & STAY meal.** Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

Wednesday, January 11

Swedish Meatballs over Noodles

Registration begins on January 1. Registration deadline Friday, January 6.

Wednesday, January 25

Rigatoni & Meatballs with Roll





Registration begins on January 1. Registration deadline Friday, January 20.

A vegetarian option is available

Please indicate during registration if you prefer a vegetarian substitution



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SATURDAYS</u> <i>Gentle Yoga 9:00am December 17</i>		14  Senior Lunch 11:30am Karaoke 12:30pm Book Club 2:00pm	15 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Special Flick 1:00pm "A Christmas Story" Barre Above 6:30pm	16 Friday Flick 1:00pm "Empire of Dreams: Star Wars Trilogy" Tai Chi 5:50pm
19 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Learn to Knit 1:00pm Local Motion 6:45pm	20 Strength & Balance 10:30am Coffee & Convo 1:00pm *Cookie Swap* *NEW* Encore Viewing Tuesday Flick 1:00pm "A Christmas Story Christmas"	21 Shuffleboard 9:30am Christmas Musical Bingo 12:30pm Sparkling Portraits 2:00pm	22 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Thursday Flick 1:00pm "Home Sweet Home Alone"	23 
26 	27 Coloring & Chocolate 11:00am Coffee & Convo 1:00pm	28 Noon Years Party & Potluck 11:00am *NEW* Flick 1:00pm "Spirited"	29 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Thursday Flick 1:00pm "Four Christmases"	30 



University Hospitals
Center for Lifelong Health

AGE WELL.

Be Well.

A representative from University Hospitals will be present during senior lunches offering blood pressure checks and other health information.



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED <i>for New Years</i>	3 Strength & Balance 10:30am Coffee & Convo 1:00pm	4 Shuffleboard 10:00am Playoffs & Lunch Get Crafty 2:00pm	5 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm	6 Strength & Core 10:30am Friday Flick 1:00pm "Big" <i>Deadline for 1/11 lunch</i>
9 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	10 Strength & Balance 10:30am Coffee & Convo 1:00pm	11  Senior Lunch 11:30am Bingo 1:00pm Book Club 2:00pm	12 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	13 Strength & Core 10:30am Friday Flick 1:00pm "Mrs. Harris Goes to Paris"
16 CLOSED 	17 Strength & Balance 10:30am Coffee & Convo 1:00pm	18 Shuffleboard 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm	19 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	20 Strength & Core 10:30am Friday Flick 1:00pm "John Lewis Good Trouble" <i>Deadline for 1/25 lunch</i>
23 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	24 Strength & Balance 10:30am Coffee & Convo 1:00pm *Cookie Swap*	25  Senior Lunch 11:30am Fun & Games 1:00pm Volunteer St. Jude Card Cutting 2:00pm	26 Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	27 Strength & Core 10:30am Coloring & Chocolate 11:00am Friday Flick 1:00pm "Minions: Rise of Gru"
30 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	31 Strength & Balance 10:30am Coffee & Convo 1:00pm			

MEMBERSHIP RENEWAL UPDATE

Your senior club membership will automatically be renewed for 2023. No further action on your part is necessary to renew your membership.

If you have had a change in your phone number, emergency contact or would like to add your email address to our mailing list, please contact our office at 440-735-6570 or email recreation@bedfordoh.gov to update your information.

Invite your Bedford friends and neighbors ages 60+ to join the Club! Have them give us a call to join.

Have a happy and healthy New Year!



NEWSLETTER INFORMATION

The monthly Senior Newsletter is available starting the second Wednesday of the month— released just in time for our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center.

New in 2023, we will be emailing a copy of the newsletter to all Club Members who have an email on file. If you do not receive email receipts when you are registered for programs, we do not have your email address. Please call us at 440-735-6570 or email recreation@bedfordoh.gov to provide us with your email address and any additional contact information.

Members who would like to receive the Senior News by mail, please call our office monthly to request it.



RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

NEW! Keep an eye on the calendar for special Stay & Play activities that will be held after our lunches. Pre-registration preferred; drop-ins welcome if space permits.

Noon Years Party & Potluck

NEW! No plans to ring in the new year? Or perhaps, staying up until midnight is way past your bedtime. Celebrate the New Year with other Club Members! Bring an appetizer to share. We will provide the party gear and sparkling grape juice to “cheers” to a new year! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Gymnasium

Date: Wednesday, December 28

Time: 11:00 am – 1:00 pm

Fee: Free to Bedford Senior Club Members

Coffee, Cookies & Conversation *Cookie Swap*

NEW! We have a weekly Tuesday Drop-in where Club members gather for coffee, cookies and conversations in the Senior Room. However, on Tuesday, December 20, we will host a special Cookie Swap! A cookie swap is where each guest brings in a few dozen cookies to share and swaps with others. You only bake one recipe and get to enjoy a variety of other cookies. Discover new-to-you cookie recipes and spend a delicious afternoon with other Club members.

Location: Ellenwood Center Room2

Date: Tuesday, December 20

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

Coloring and Chocolate

Come 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. Pre-registration recommended. Drop-ins welcome if space permits.

Location: Ellenwood Center Room 2

Dates: select dates - see Senior Event Calendar

Time: 11:00 am – 12:00 pm

Fee: Free to Bedford Senior Club Members



RECREATION PROGRAMS

Knitting Connection

NEW! Connect with others and knit for a good cause! Join Bedford Downtown Alliance's Community Giving Project this winter season by knitting mittens, scarves and hats to help others stay warm through a "Mitten Fence". Beginners and experienced knitters are welcome. Learn tricks and tips from fellow knitters. We will also have experienced knitters, Laura and Michele from the Broadway Cyclery attend periodically to guide you on your knitting projects. Needles, yarn and patterns will be supplied. Coffee, tea and snacks too! Accepting supply donations.

Location: Ellenwood Center Room 2

Dates: Mondays, December 19, January 9, 23, 30, February 6, 13, 27

(No class on 12/26, 1/2, 1/16, 2/20)

Time: 1:00 pm – 3:00 pm

Fee: Free



RECREATION PROGRAMS

Barre Above®

Barre Above® is fusing the best of Pilates, yoga 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! Bring a yoga mat or borrow from the instructor.

Instructor: Julionne Brown-Little, certified instructor

Winter Session 1 Dates: Thursdays, January 12, 19, 26, February 2, 9, 16

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Room 3 or Room 7

Fee: \$54 Resident/\$66 Non-resident

Bedford Senior Club Members are free and must register in advance



Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Tuesdays, January 3, 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28

Time: 10:30 am – 11:30 am

Fee: Free to Bedford Senior Club Members/\$80 for non-members

Strength & Core

NEW! Strength and core is an intermediate class programmed to develop overall body strength. Participants will use a variety of equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed. Bring your own equipment or borrow from instructor.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Winter Session Dates: Fridays, January 6, 13, 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24

Time: 10:30 am – 11:15 am

Fee: Free to Bedford Senior Club Members/\$75 for non-members

RECREATION PROGRAMS

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Bedford Senior Club members only. Limited to 12 participants; registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm



Glass Gem Suncatchers – Wednesday, January 4

Conversation Heart Cookie Decorating – Wednesday, February 1

Decoupage Photo Frame – Wednesday, March 1

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

- **Oh, Christmas Tree** —Wednesday, December 21
- **Red Bird** —Wednesday, January 18
- **Mouse Love** —Wednesday, February 15



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 Golden Age of Shopping

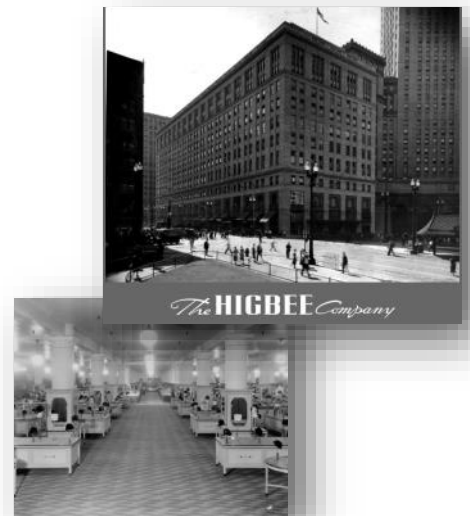
Explore the heyday of Cleveland's most glamorous department stores. From small grocers to giant palaces, companies like Higbee's, the May Company, and Halle Brothers grew with the city and came to define Cleveland's fashion and shopping for decades. Try Sirna's rendition of the Higbee's Special Sandwich: "Swiss cheese, Canadian bacon, white meat of chicken, Russian dressing and garnish of tomato and sliced egg" served with shoestring potatoes. Dessert choice is vanilla ice cream or Root Beer float. Presented by the Western Reserve Historical Society. Registration deadline is January 13.

Date: Wednesday, January 18

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

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



The Extraordinary Life of Martin Luther King Jr.

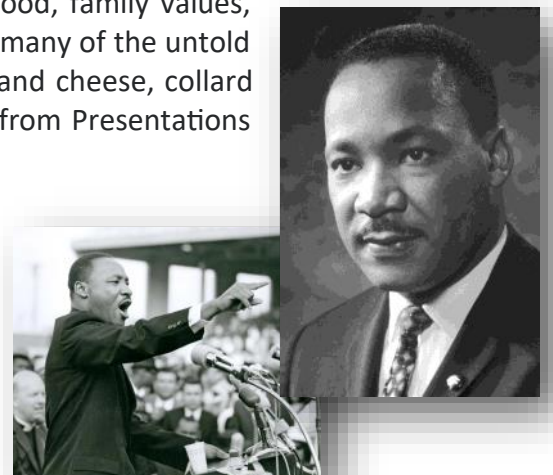
This unique perspective deals with this courageous leader's childhood, family values, adult relationships, and career. Attendees will be surprised to learn many of the untold stories. Lunch will be Dr. King's favorite foods: fried chicken, mac and cheese, collard greens and a slice of pecan pie. Presentation by Susan Cannavino from Presentations with Pizzazz. Registration deadline is January 27.

Date: Wednesday, February 1

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

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



RECREATION PROGRAMS

Friday Flicks

Join us for a weekly film. Light snacks and refreshments provided. Registration preferred. Drop-ins welcome if space permits. Free to Bedford seniors. Movies start at 1:00 pm in Ellenwood Center – Room 2

Friday, January 6: Big (1988)

After a wish turns 12-year-old Josh Baskin (David Moscow) into a 30-year-old man (Tom Hanks), he heads to New York City and gets a low-level job at MacMillen Toy Company. A chance encounter with the owner (Robert Loggia) of the company leads to a promotion testing new toys. Soon a fellow employee, Susan Lawrence (Elizabeth Perkins), takes a romantic interest in Josh. However, the pressure of living as an adult begins to overwhelm him, and he longs to return to his simple, former life as a boy.

Friday, January 13: Mrs. Harris Goes to Paris (1988)

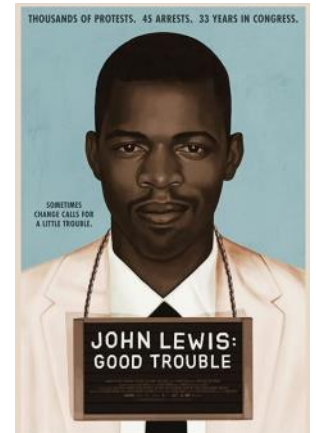
In partnership with the House of Dior, MRS. HARRIS GOES TO PARIS tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

Friday, January 20: John Lewis Good Trouble (1988)

The film explores Georgia representative's, 60-plus years of social activism and legislative action on civil rights, voting rights, gun control, health care reform, and immigration.

Friday, January 27: Minions: The Rise of Gru (2022)

Long before he becomes the master of evil, Gru is just a 12-year-old boy in 1970s suburbia, plotting to take over the world from his basement. When the infamous supervillain group, the Vicious 6, ousts their leader, Gru attempts to join their ranks but soon finds himself the mortal enemy of the apex of evil. With Gru on the run, the Minions attempt to learn martial arts to help save him, and Gru discovers that even bad guys need a little help from their friends. Packed with the franchise's signature subversive humor, Minions: The Rise of Gru features more thrilling action than any Despicable Me film ever before!



RECREATION PROGRAMS

There is still space available for these upcoming Friday Flicks:

Thursday, December 15: A Christmas Story (1983)

Friday, December 16: Empire of Dreams, Star Wars Trilogy (2004)

ENCORE ADDED Tuesday, December 20: A Christmas Story Christmas (2022)

Thursday, December 22: Home Sweet Home Alone (2021)

Thursday, December 29: Four Christmases (2008)

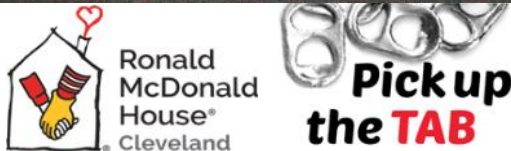
JUST ADDED Wednesday, December 28 : Spirited (2022)

A musical version of the classic Christmas story by Charles Dickens. A miserly man who treats everyone around him with terrible selfishness finds himself on a fantastical adventure into the three phases of time: past, present, and future, in order to discover how he ended up so miserable and alone. Starring Will Ferrell and Ryan Reynolds



Aluminum Tabs Collection

The Ronald McDonald House of Cleveland recycles aluminum pull tabs from any container (soda pop, soup, pet food, etc.). The proceeds from the recycling helps support the families that stay at RMH by providing meals and items for families, assistance in emergencies, and giving families special moments. Members of our Bedford Senior Club visited the Ronald McDonald House Charities of Northeast Ohio last month to donate 70 pounds of pull tabs that were collected the past 3 years. We were given a tour of the first floor amenities and learned more about the amazing work



the charity does for children and families. We are starting another collection! Please drop off your pull tabs at the Ellenwood Center.

All-Occasions Greeting Card 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.



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. Pre-registration preferred; drop-ins welcome if space permits. 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 Senior Club Members and registered Cuyahoga County senior participants.

UH Walking Club

Join neighbors for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul. Call UH Age Well Be Well at 440-735-2559 to register.

Location: Ellenwood Center Archibald Willard Pavilion (walking inside in inclement weather)

Dates: Thursdays - December 15, 22

Time: 9:30 am – 10:30 am

Senior Volunteer Crew

NEW! Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer!

We are currently looking for volunteers for: Knitting/Crochet/Embroidery/Quilting, Special Event Helpers for various senior programs and community events, card-cutting for our Greeting Card Collection Drive, Gym Monitors for Preschool Play... etc. You tell us! Share your talent and hobbies with others!

Contact Sarah at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.



RECREATION PROGRAMS

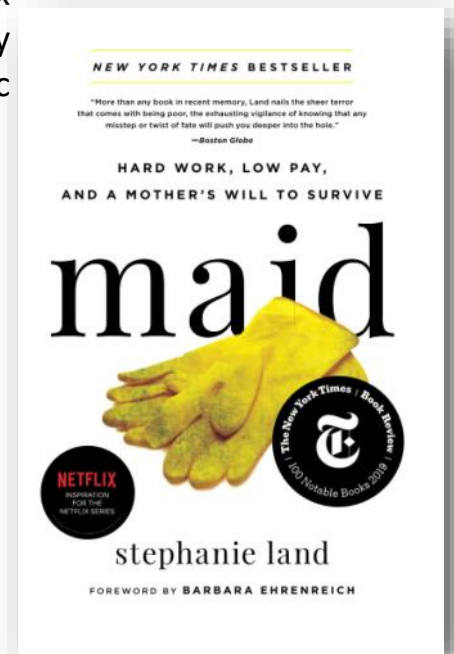
Shelf Indulgence Book Club

NEW! Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

January 11: “Maid: Hard Work, Low Pay, and a Mother’s Will to Survive” by Stephanie Land

At 28, Stephanie Land’s plans of breaking free from the roots of her hometown in the Pacific Northwest to chase her dreams of attending a university and becoming a writer, were cut short when a summer fling turned into an unexpected pregnancy. She turned to housekeeping to make ends meet, and with a tenacious grip on her dream to provide her daughter the very best life possible, Stephanie worked days and took classes online to earn a college degree, and began to write relentlessly.

Maid explores the underbelly of upper-middle class America and the reality of what it’s like to be in service to them. “I’d become a nameless ghost,” Stephanie writes about her relationship with her clients, many of whom do not know her from any other cleaner, but who she learns plenty about. As she begins to discover more about her clients’ lives-their sadness and love, too-she begins to find hope in her own path. Her writing as a journalist gives voice to the “servant” worker, and those pursuing the American Dream from below the poverty line. Maid is Stephanie’s story, but it’s not her alone.



Location: Ellenwood Center Room 2

Dates: Second Wednesday of the month

Time: 2:00 pm – 3:00 pm

Fee: Free

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. Pre-registration required. Space is limited to 30 participants.

Instructor: Patty Haw

Location: Ellenwood Center Gymnasium

Dates: Weekly on Thursdays



RECREATION PROGRAMS

Pickleball Open Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot. Check the Senior Event Calendar for Open Play days and times.

Location: Ellenwood Center Gymnasium

Fee: Free to Senior Club Members / \$3 per class for non-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

Location: Ellenwood Center Room 4

Winter Session Dates: Mondays, January 9, 23, 30, February 6, 13, 27, March 6, 13, 20, 27
(No class 1/16, 1/20)

Fee: \$6 per participant per class or register for the entire session for \$50

Bedford Senior Club Members are free and must register in advance

Wii Bowling League

We are looking for new and veteran Wii bowlers to play in our winter/spring league. Match-ups will be played mornings on the first and third Wednesday of the month at Ellenwood Center. We are accepting 2-person teams or individuals looking for a partner. No prior bowling experience is needed.

Location: Ellenwood Center – Room 2

Dates: First & Third Wednesday of each month

Time: 9:30 am - 11:30 am

Beginning: February 1

Fee: Free to Bedford Senior Club members



DAY TRIPS for SENIORS



Lunch and a Show

The Tina Turner Musical at Playhouse Square Saturday, May 13, 2023



An uplifting comeback story like no other, TINA - THE TINA TURNER MUSICAL is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards® and her live shows have been seen by millions with more concert tickets sold than any other solo performer in music history.

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 10:15am by the pavilion and leave Ellenwood Center at 10:30am. Lunch on your own at Hofbräuhaus Cleveland. Followed by theatre performance starting at 1:30pm. Runtime including intermission is 2 hours and 45 minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 5:00pm.

Please contact the Parks & Recreation Department if you need special travel accommodations. Our theatre tickets are lower level, Orchestra C (regularly priced \$70). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 40 ticket limit; don't delay! Registration for Bedford Club Members begins January 1. Non-Club members may register beginning March 1. Registration deadline March 31.

\$55 Bedford Senior Club members / \$60 for non-members

Cleveland Monsters Hockey Game Saturday, April 1, 2023



Join us for the Cleveland Monsters and Hersey Bears matchup at Rocket Mortgage Fieldhouse on Saturday, April 1st. Do not miss out on this fast-paced, action packed ice hockey game! Enjoy Sully the mascot and fun entertainment and music between periods and time-outs. If we meet our ticket sales goal, one lucky Senior Club attendee will be able to ride atop one of the Monsters' Zambonis during the first intermission!

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 4:15pm by the pavilion and leave Ellenwood Center at 4:30pm. Estimated return is 9:00pm.

Please contact the Parks & Recreation Department if you need special travel accommodations. Our tickets are lower level, section 122 (regularly priced \$44). Price includes one ticket and transportation. Food on your own. 40 ticket limit; don't delay! Registration for Bedford Club Members begins January 1. Non-Club members may register beginning February 1. Deadline to register is February 28.

\$35 Bedford Senior Club members / \$40 for non-members

NEWS FROM THE CITY OF BEDFORD



Holiday Lights Display

The City of Bedford's Holiday Lights in the Historic District of Downtown Bedford will be on display until January 8th, 2023. You can view the virtual holiday lighting ceremony at: <https://www.youtube.com/CityofBedfordOH>

City Council Meetings

Meetings are in-person and open to the public. First and third Monday evenings starting at 8:00 pm at Bedford City Hall. Upcoming Council Meetings: December 19, January 3, 17

To watch the meeting live or to view previous meetings, visit the City of Bedford City Council Meeting YouTube Channel. <https://www.youtube.com/CityofBedfordOH>.



Southeast Clergy Meals on Wheels is in immediate need of volunteers to assist with delivery of shelf-stable food to seniors in need. Deliveries are within a 3-4 mile radius of the Meals on Wheels facility on Northfield Road. Deliveries can be made at times convenient for volunteers. If interested, email Dinah Mouat dinah.mouat@gmail.com or call 440-439-0302.



Sign Up
to receive your
BEDFORDNEWS
electronically!
▶ www.bedfordoh.gov

Important Dates

◆ **Council Meeting**
December 5
8:00 p.m.

◆ **Council Meeting**
December 19
8:00 p.m.

◆ **Christmas –
City Hall Closed**
December 23 & 26

◆ **New Year's –
City Hall Closed**
December 30 &
January 2

◆ **Council Meeting**
January 3
8:00 p.m.



Holiday Trash Pick up

There will be no change in trash collection for the Christmas or New Year's weeks.

City of Bedford Newsletter

December 2022

Snow Removal

❄ When snow accumulation exceeds two inches, a parking ban is put into effect. No parking on any city streets. It is the property owner's responsibility to clear snow from the sidewalk.

Additionally, we request that residents clear fire hydrants in front of their homes. When having your driveway and sidewalks cleared of snow, all snow is to remain on your property.

City Hall Closings

City Hall will be closed on Friday, December 23 and Monday, December 26 in observance of the Christmas Holiday, as well as Friday, December 30 and Monday, January 2 in observance of New Year's.

There will be no change in trash collection for the Christmas or New Year's weeks.

Animal Warden

The Animal Warden can be contacted by calling the non-emergency police number 440-232-1234.

Power Outages

When experiencing a loss of power call 1-888-544-4877 (1-888-LIGHTSS) to report outages.

Prescription Drug Drop Box

A drug Pill Drop Box, supplied by the County, has been permanently installed in the lobby of the Bedford Police Department. Anyone with expired or unused prescription pills can dispose of their medication in the Pill Drop Box 24/7. PILLS ONLY. No needles or liquids.



Water Department Survey

The City of Bedford needs your help to complete an Ohio EPA mandatory inventory of all water service line pipes connected to the public system.

Check your home for lead pipes, then complete our online survey and tell us what you find. Visit bedfordoh.gov/service-line-material-survey for more information or scan the QR code below to get started.



Prevent Frozen Water Pipes During Winter

As the temperatures drop the risk for frozen pipes increases. Here are some tips to help prevent problems:

- Keep your thermostat at 55 degrees or above, even when you are away.
- Keep doors and windows closed and well insulated.
- Caulk cracks to prevent cold air from entering your home.
- Remove hoses and shut spigots from inside – drain if possible.
- Use pipe insulation wherever possible.
- During extreme temperatures run a trickle of water from your hot and cold faucets. The cost of the water is much less expensive than repairing broken pipes.
- Open cabinet doors to circulate warmer room air around pipes.
- Always keep your main service line shutoff valve clear and accessible. You may need to quickly shut the water off to minimize damage from burst piping.
- When thawing frozen lines never use open flame. Carefully use a hair dryer on the lowest setting and DO NOT get it wet.

Chambers' Home Improvement
(216) 534-0912
chim@contractor.net

- Senior Discount Offered
- \$27.00 per push for seniors
- \$35.00 per push
- Salt additional fee
- Discounts with seasonal contracts

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- \$25.00 and up per push for seniors
- \$30.00 and up per push
- Price depending on driveway length and snow height
- Salt additional fee
- V-plow truck for narrow driveway

Do-It Right Landscaping & Design
(216) 218-1340

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

Dobbs Landscaping and Plowing
(216) 780-1346

- Senior Discount Offered
- Price depending on driveway length and snow height

Gales Landscaping
(216) 315-5216

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

Just Like Mine Landscaping
(440) 622-4001
shaker329@gmail.com

- Senior Discount Offered
- \$30 per push for seniors
- Sidewalk additional fee
- Price increase for 4" or more snow in driveway

Pro-Mow Landscaping
(440) 439-4456

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Smaller truck available for narrow driveway

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- \$25.00 and up per push depending on driveway length
- Sidewalk additional fee

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

The City of Bedford is not recommending any of the snow plow contractors/companies included on this list. This list is being provided as a courtesy. Contractors 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—SEE PAGE 13 FOR DETAILS!

Location: Ellenwood Center Room 2

Dates: Second Wednesday of the month Time: 2:00 pm – 3:00 pm

African American Authors Book Group— In-Person or Virtual

Thursday, January 26: 7:00pm - 8:30pm

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

January Title: Bird Brother : A Falconer's Journey and the Healing Power of Wildlife /
Rodney Stotts, with Kate Pipkin

Bedford Film Discussion - Life as a House

Saturday, December 17: 11:00am - 12:30pm

Bedford Branch - Bedford Branch Zoom 1, Meeting Room

Be sure to watch the film before attending the program. You can access the film using our Kanopy streaming service available for FREE with your library card.

Join us for a discussion of the film Life As A House (2001). "After being diagnosed with terminal cancer, a divorced man takes custody of his contemptuous teenage son, for whom quality time means doing drugs, engaging in small-time prostitution and avoiding his dying father. In his last chance to fulfill one of his life's dreams, the dad, who is an architect, begins to rebuild an old house."

iPhone 101

Saturday, January 21: 10:00am - 12:00pm Bedford Branch - Meeting Room

Your iPhone is a state-of-the-art, versatile device that can make calls, send texts, browse the web, take photos and so much more. Learn the basics, as well as some of the lesser-known built-in features that can make organizing your life a little easier. Registration opens on Monday, December 19 2022 at 9:00am.

Word 1

Friday, January 27: 10:00am - 1:00pm Bedford Branch - Meeting Room

The Library offers FREE tech training classes that cover digital literacy basics, Windows, Microsoft Office programs, digital imaging and cloud computing

Coloring and Cocoa

Saturday, January 28: 11:00am - 12:30pm Bedford Branch - Meeting Room (84)

Beat those winter blues and come relax with us, by enjoying some Adult Coloring while warming up with Hot Cocoa!!!

Cuyahoga County Senior and Adult Services Advisory Board 2022 Annual Meeting

Livable Cuyahoga On the Path Forward



Robin Swoboda
Host



Emily Muttillio
Keynote Address



Natasha Pietrocola
DSAS Interim Administrator



Bill Hebble
Advisory Board Chair



Janet Keeler
Board Vice-Chair

February 3, 2023
11 am – 12:15 pm



Cuyahoga County
Division of Senior and Adult Services

dsas.cuyahogacounty.us

SAVE THE DATE! The Cuyahoga County Division Senior and Adult Services will hold its Advisory Board 2022 Annual Meeting on Friday, February 3, 2023, from 11 a.m. to 12:15 p.m., hosted by TV personality Robin Swoboda. Join DSAS to hear about all the progress made over the past year, helping older adults continue to age successfully and to learn about our vision for 'Livable Cuyahoga's Path Forward.' The event is free! Registration will open in January 2023.

SHAKE THE HABIT!

Salt helps keep our roads, driveways and sidewalks safer in slippery weather, but our salt habit is bad for the health of our streams, rivers and lakes.

More salt doesn't equal more melting. One 12-oz coffee mug is enough for 10 sidewalk squares or 250 sq ft!





Cuyahoga County
Together We Thrive

| Division of Senior and Adult Services

Heating Assistance Now Available

The Ohio Department of Development and the Division of Senior and Adult Services wants to remind senior citizens in Ohio that assistance is available to help with their home energy bills. **The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.** Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs.



Senior citizens may contact DSAS' Connection Center to be connected with skilled agency staff who can assist with assembling the required documents and completing their HEAP application. Seniors may also visit www.energyhelp.ohio.gov to apply online or to download a copy of the application.

The following documents will be required to apply for assistance:

- Most recent utility bills

- A list of all household members (including birth dates and Social Security numbers)

- Proof of income for the past 30 days for all household members (12 months for certain income types)

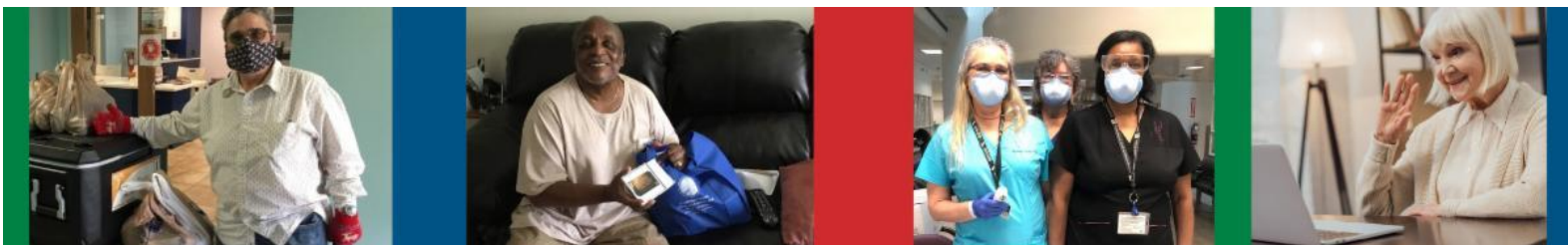
- Proof of U.S. citizenship or legal residency for all household members

- Proof of disability (if applicable)

Applications for the HEAP program must be received by May 31, 2023.

HEAP benefits are applied to an individual's energy bill after January 1st.

Questions about HEAP? Please contact the DSAS Information Services Unit, at 216-420-6700. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.





FIGHT FLU

DON'T LET IT STOP YOU.

**IT'S NATIONAL INFLUENZA
VACCINATION WEEK**

#FIGHT FLU



***National Influenza
Vaccination Week is your
reminder that there's still
time to get a flu shot.***

Adults 65 years and older make up the majority of flu hospitalizations and deaths. A flu shot is the best protection. Talk to a health care provider about getting one of three preferred flu shots, if available.

<https://bit.ly/3ykmnqS>

Three easy ways to find an updated bivalent COVID-19 booster:

- Search vaccines.gov
- Text your zip code to 438829
- Call 1-800-232-0233



You can mix vaccine brands. You can receive a different brand updated bivalent COVID-19 booster than you received for your primary series.

COVID-19 VACCINATION CARD

- ☒ 1st Primary vaccine
- ☒ 2nd Primary vaccine
- ☒ Either updated bivalent booster



cdc.gov/coronavirus

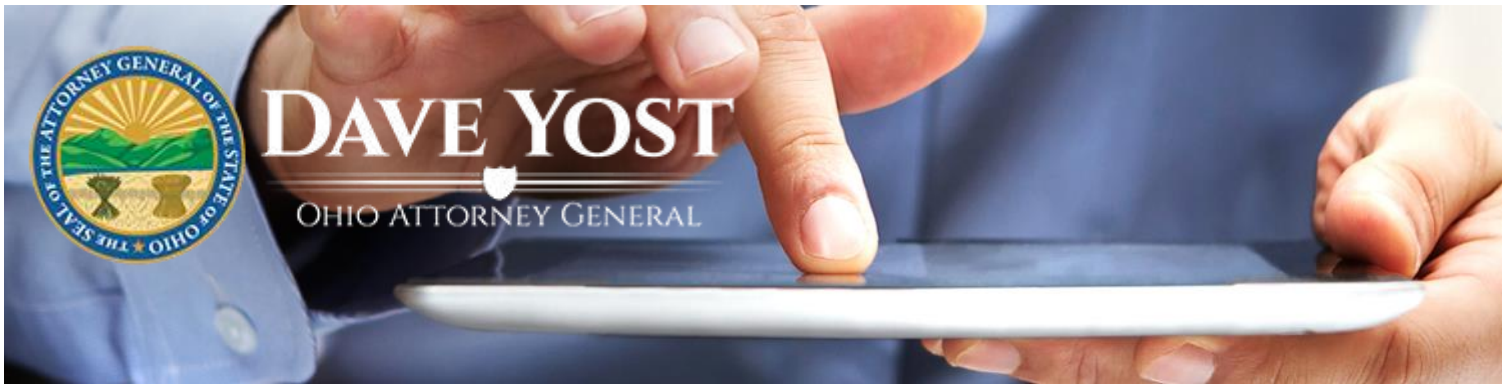
NCIRD 2022/11/10-302



cdc.gov/coronavirus

NCIRD 2022/11/10-304





How to handle scam text messages

Throughout the United States, the Federal Trade Commission says, \$131 million was reported lost in 2021 to frauds originating via text messages – a practice known as “smishing.” In 6% of the 377,840 total cases, complainants said they lost money, with a median loss of \$1,000.

Smishing occurs when scammers send a text message that purports to be from a legitimate business or organization. The message might instruct you to click on a link to confirm or input your account information. The text might even falsely claim that you have purchased a product or service costing hundreds of dollars, and it might include a sense of urgency, suggesting that your account will be suspended or that you’ll be charged for an item if you don’t act immediately. By entering your username and password using the sham link on an impostor webpage, you open the door for a scammer to steal your personal information and gain access to your account.

Smishing scams rely on various prompts to trick their victims. For example, texts might say that an unknown package is ready to be tracked, that your bank is closing your account or denying access to your debit card, that you’ve won a prize or that you need to confirm the purchase of a product.

Here are some ways to avoid being victimized by scam text messages:

- Check your related accounts first before clicking on a link. If you receive an unusual text or email claiming to be from a trusted business or organization, do not click on the link in the message. Check your accounts through websites or phone numbers that you have verified to make sure your accounts are intact and that you have not purchased any unwanted items. Something to look for: Often a fake link contains a slight misspelling or differs slightly in other ways from the legitimate website.
- Never call back an unknown number. Use the information on the company’s official website and not a number listed in an unexpected text.
- Don’t pay a stranger with a gift card. If you are asked to pay with a gift card, it’s a scam.
- Don’t give remote access to someone who contacts you unexpectedly. The contact might claim to be from a government office, computer repair company or popular online store. Remote access to your computer or other electronic devices gives scammers easy access to your personal and financial information, such as your bank account. They might claim to be refunding your money but instead try to steal it.

If you receive an unwanted text message claiming to be from a business, there are four ways to follow up:

- Report it to the Ohio Attorney General’s Office at www.OhioProtects.org.
- Report it on the messaging app you use. Look for the option to report junk or spam.
- Forward the message to 7726 (SPAM).
- Report it to the FTC at ReportFraud.ftc.gov.

Consumers who suspect a scam or an unfair business practice should contact the Ohio Attorney General’s Office at www.OhioProtects.org or 800-282-0515.

Roasted Rosemary Root Vegetables

YIELD: 9 SERVINGS

SERVING SIZE: 1 CUP

INGREDIENTS

About 3 pounds of assorted root vegetables

Choose from: carrots, potatoes, parsnips, turnips, onions, beets, radishes, rutabagas, ginger, yams

2 tablespoons vegetable oil

Salt & pepper to taste

OPTIONAL SEASONINGS

Rosemary, thyme

DIRECTIONS

1. Preheat oven to 425° F
2. Wash vegetables and cut into thick pieces (about 2 inches in size)
3. Mix the cut vegetables together with oil, salt, and pepper
4. Place mixture in a baking dish
5. Bake for 60 minutes, **stirring every 20 minutes**
6. Garnish with rosemary, thyme



Healthy Tip



Root vegetables contain many minerals found in soil, such as nitrates, which have been shown to decrease blood pressure.

Nutrition Facts

Amount Per Serving

Calories

121

	% Daily Value*
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 310 mg	13 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 5 g	18 %
Total Sugars 6 g	
Includes - Added Sugars	
Protein 2 g	4 %
Vitamin D 0 µg	0 %
Calcium 44 mg	4 %
Iron 1 mg	5 %
Potassium 601 mg	13 %

*Percent Daily Values are based on a 2,000 calorie diet.

* This nutrition information reflects using 1/3 a pound of each of the ten root vegetables listed in the recipe. Using different root vegetables, or a different amount can change the calorie and nutrient content.





BAD VS BETTER

Choose Healthy Fats

Fat in your diet (dietary fat) is an essential nutrient for your body. It gives you energy and helps your body and brain function. Fat can help your body absorb certain nutrients and make important hormones, too. It also helps to protect your organs and keeps your body warm.

Four Types of Dietary Fat

Bad Fats

1. Saturated Fats

Limited to less than 10 percent of calories each day.

2. Trans Fats

Avoid completely



Better Fats

Should make up 20 to 35 percent of the food you eat each day (about 44 to 77 grams each day)

3. Monounsaturated Fats

- ♥ AVOCADO
- ♥ OIL-BASED SALAD DRESSING
- ♥ PEANUT BUTTER
- ♥ NUTS (ALMONDS, HAZELNUTS, PEANUTS)
- ♥ OLIVES
- ♥ SEEDS (PUMPKIN, SESAME)
- ♥ VEGETABLE OILS (CANOLA, OLIVE, PEANUT)



4. Polyunsaturated Fats

- ♥ FISH (HERRING, SALMON, TROUT, TUNA)
- ♥ OIL-BASED SALAD DRESSING
- ♥ NUTS (PINE NUTS, WALNUTS)
- ♥ SEEDS (FLAX, PUMPKIN, SUNFLOWER)
- ♥ VEGETABLE OILS (CORN, SOYBEAN, SUNFLOWER)

Healthy Fats

Your body needs fat to stay well nourished, but it is important to choose healthy fats most often. Bad fats tend to be solid at room temperature (butter) and should be limited in your diet. Better fats tend to be liquid at room temperature (vegetable or seed oils) and are the better choice.

Eating foods with fat is part of a healthy diet. But you should try to choose foods that provide good fats and balance the diet you eat. All types of dietary fats are high in calories and if eaten in excess, can lead to weight gain.



Do you know how to swap bad fats for better fats?

See the next page to learn more!

Look at Nutrition Label for Fat.

Look at the nutrition label to identify the type of dietary fat in a food item. You may only see saturated and trans fat listed. This is a good way to identify sources of bad fats and foods you should avoid or limit. To lower the amount of bad fat you eat, try to limit eating desserts and sweet snacks. These foods are higher in bad fats. When choosing dairy (milk, yogurt, and cheese) select low-fat or fat-free options.



SWAP Bad Fats for Better Fats

LIMIT/AVOID:

Cooking with Butter or Lard



CHOOSE:

Healthy Oils:
Olive, Peanut,
Avocado, and Canola

Full-fat Cheese on Salads



Avocado, Nuts,
or Seeds for
Salad Toppings

Bacon, Breakfast Meat, Fatty Cuts of Red Meat



Fatty Fish
(Salmon, Tuna)

Cooking Fried Food



Bake Your Food

HOLIDAY CANDLES

WHAT IS ADVENT?

Advent originates from the Latin word meaning “coming.” It is the beginning of the Christian church year and commences on the nearest Sunday to St. Andrew’s Day. It is a time which enables people to prepare for Christmas. Advent ends with Christmas.

Advent symbols include an evergreen wreath which represents the eternity of God and encircles 4 candles. The evergreen wreath is chosen as the base because it represents that God is the foundation of all that is good. Green is the color that represents hope and new life.



The first two purple candles represents hope and love respectively. The third candle which is pink/rose symbolizes joy. The fourth and last purple candle symbolizes peace. The light of the candles signifies the light of Christ to mankind.

Many Advent wreaths also have a white candle in the center to symbolize the arrival of **Christmastide**, sometimes known as the "**Christ candle**." It is lit on Christmas Eve or Christmas Day. The Christ candle is colored white because this is the traditional festive color in the Western Church.

WHAT IS KWANZAA?

Kwanzaa is a 7-day cultural holiday observed from December 26 to January 1 every year. It was created by Dr. Maulana Karenga in 1966, to study the seven principles of African heritage. Through the seven principals, participants honor their heritage as people of African descent.

Kwanzaa celebrates the seven principals by using colored candles in a lampstand. The three red candles to the left of the middle candle represent unity, self-determination and collective work and responsibility.

The middle candle is black and represents cooperative economics.

The three green candles to the right of the middle candle represent purpose, creativity and faith.



HOLIDAY CANDLES

WHAT IS HANUKKAH?

It is a Jewish festival commemorating when the Maccabean Jews regained control of Jerusalem from the Seleucid Empire in 175 BC and rededicated the Temple. According to the Talmud, the Temple was purified and the wicks of the menorah miraculously burned for eight days, even though there was only enough sacred oil for one day's lighting.

Hanukkah, which means “dedication” in Hebrew. It begins on the 25th of Kislev on the Hebrew calendar and usually falls in November or December. It is often called the Festival of Lights and the holiday is celebrated for 8 days and nights.

The festival is observed by lighting the candles of a candelabrum with nine branches, called a menorah. One branch is typically placed above or below the others and its candle is used to light the other eight candles.

Other Hanukkah festivities include singing special songs, reciting special prayers, playing the game of dreidel and eating oil-based foods, such as latkes, dairy foods and sufganiyot - round jelly donuts deep fried and filled with jam or custard and topped with powdered sugar.



A HANUKKAH BLESSING

Colorful candles burning bright, each lit on eight very special nights. Just as Hanukkah candles are lighted one by one from a single flame, So the tale of the miracle is passed from one man to another, from One house to another, and to the whole House of Israel throughout The Generations. ~ Judah L Magnes ~

INSPIRATIONAL QUOTE OF THE MONTH

Remember this December that LOVE weights more than GOLD.

SOMETHING TO THINK ABOUT

The things you do for yourself are gone when you are gone,
But the things you do for others remain as your legacy.

MIRROR IMAGE

On Christmas Eve, Nathan thought it would be nice to buy his wife a nice gift for Christmas. Always short of money, he thought long and hard about what his present should be. Unable to decide, he went to the local department store and asked the sales clerk to show him some perfume. Every bottle Nathan was shown was too expensive and he became really agitated. Finally, he asked the sales clerk to show him something really cheap and she handed him a mirror.

CHRISTMAS GIFT SUGGESTIONS

To your enemy, forgiveness
To an opponent, tolerance
To a friend, your heart
To all, charity
To every child, a good example
To yourself, respect.

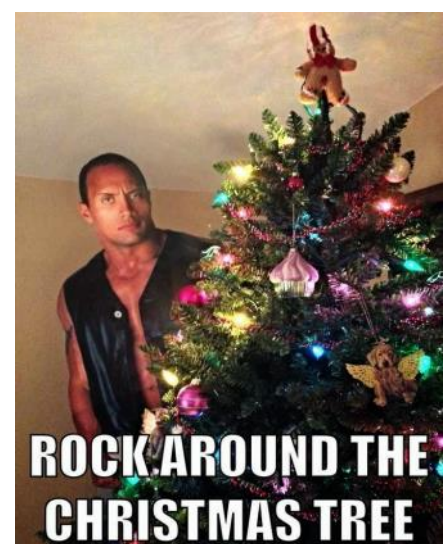
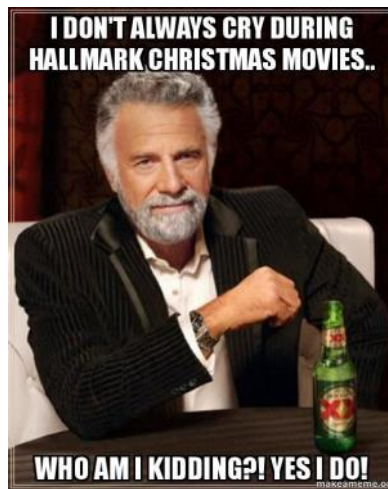
THE 4 STAGES OF LIFE

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You dress up as Santa Claus
4. You look like Santa Claus



An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

WHAT DO YOU MEME?



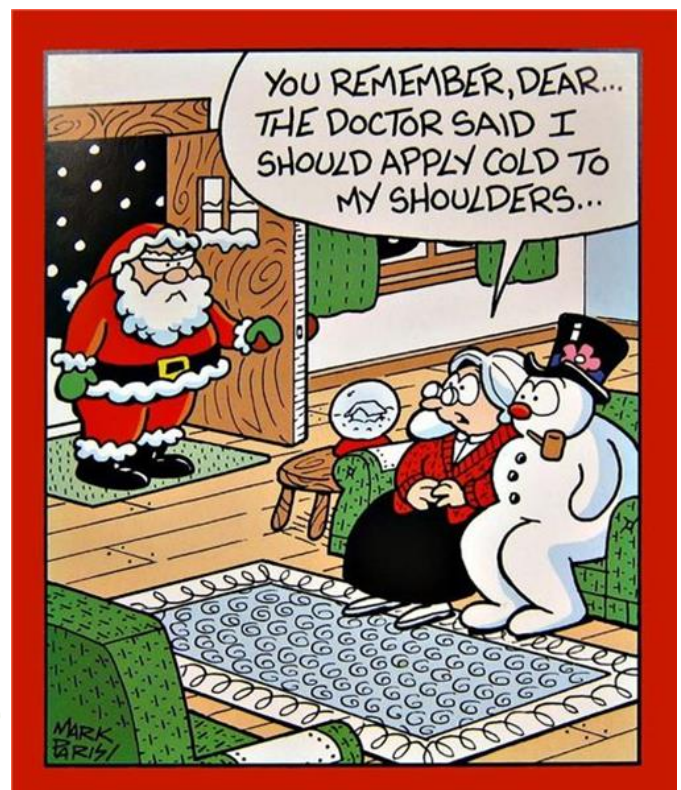
SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

CORNY CHRISTMAS JINGLES – reprinted from Boys Life Magazine

What does Christmas have to do with a cat lost in the desert? They both have sandy claws.
What's a good time for Santa to come down the chimney? Anytime!
What is a bird's favorite Christmas story? The Finch Who Stole Christmas.
What do you call a shark that delivers toys at Christmas? "Santa Jaws!"
What are you giving Mom and Dad for Christmas? A list of everything I want!
Did you know Santa had only eight reindeer last Christmas? Comet stayed home to clean the sink.
What do road crews use at the North Pole? Snow cones!
What do elves do after school? Their gnome work!
Why did Rudolph get a bad report card? Because he went down in history.
What nationality is Santa Claus? North Polish.
What's the difference between Santa's reindeer and a knight? One slays the dragon, and the other's draggin' the sleigh.
What do fish sing during winter? Christmas corals.
What is a Christmas tree's favorite candy? Ornamints.
What do you get when you eat Christmas ornaments? Tinsel-itis!
Why was Santa's little helper depressed? Because he had low elf esteem!
What do you call an elf who sings? A wrapper!
Why is Christmas just like your job? You do all the work and the fat guy with the suit gets all the credit.
Why is Santa so jolly? Because he knows where all the naughty girls live.
What's the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has Noel.
What do you call people who are afraid of Santa Claus? Claustrophobic.
Why the Christmas tree can't stand up? It doesn't have legs.
What do you call an obnoxious reindeer? RUDEolph.



31



Reindeer's Story at Christmas

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl.

We should have known... ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost.



How They Forecast a Cold Winter

One day in early September the chief of a Native American tribe was asked by his tribal elders if the winter of 2011/12 was going to be cold or mild. The chief asked his medicine man, but he too had lost touch with the reading signs from the natural world around the Great Lakes. In truth, neither of them had idea about how to predict the coming winter. However, the chief decided to take a modern approach, and the chief rang the National Weather Service in Gaylord Michigan. Yes, it is going to be a cold winter,' the meteorological officer told the chief.



Consequently, he went back to his tribe and told the men to collect plenty of firewood. A fortnight later the chief called the Weather Service and asked for an update. 'Are you still forecasting a cold winter?' he asked. 'Yes, very cold', the weather officer told him. As a result of this brief conversation the chief went back to the tribe and told his people to collect every bit of wood they could find. A month later the chief called the National Weather Service once more and asked about the coming winter. 'Yes,' he was told, 'it is going to be one of the coldest winters ever.' 'How can you be so sure?' the chief asked. The weatherman replied: 'Because the Native Americans of the Great Lakes are collecting wood like crazy.'



CHRISTMAS TREE TRIVIA

1. Where did the Christmas tree originate?
2. In which century was the Christmas tree first used?
3. Where are most Christmas trees grown?
4. What were the first artificial Christmas trees made from?
5. When do most Americans put up a Christmas tree?

CHRISTMAS STORY MOVIE TRIVIA

1. When did "A Christmas Story" take place?
2. What is the bully's name?
3. What Christmas song does the Parker family sing while driving?
4. What is the fragile package that arrives at the Parker home?
5. Who was Ralph's younger brother?
6. What radio show does Ralphie listen to?
7. What is the secret message Ralphie gets with his decoder pin?
8. What street is the Parker's house on?



WHO WRONG THE SONG AULD LANGE SYNE?

Robert Burns wrote the traditional New Year song "Auld Lang Syne", although not all the lyrics were written by Robert Burns. The song is considered more of a collection of verses from various places. Written in the late 1700's, the song was not intended to be associated with any holiday.

Although Auld Lang Syne is commonly sung in countries around the world during the New Year, the song originated in Scotland. The song was made popular in the United States by band leader Guy Lombardo, who had his band play it just after midnight on New Year's Eve in 1929.



- ANSWERS TO CHRISTMAS TREE TRIVIA
1. Europe
 2. 16th
 3. Tree Farms
 4. Goose Feathers
 5. The weekend after Thanksgiving
 6. Little Orphan Annie
 7. Drink Your Ovaltine
 8. Cleveland Street
- ANSWERS TO CHRISTMAS STORY MOVIE TRIVIA
1. 1940s
 2. Scott Farkus
 3. Jingle Bells
 4. A lamp
 5. Randy
 6. Little Orphan Annie
 7. Drink Your Ovaltine
 8. Cleveland Street



CHRISTMAS WORD SEARCH



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

BELLS
CANDLES
CANDY CANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTH POLE
REINDEER

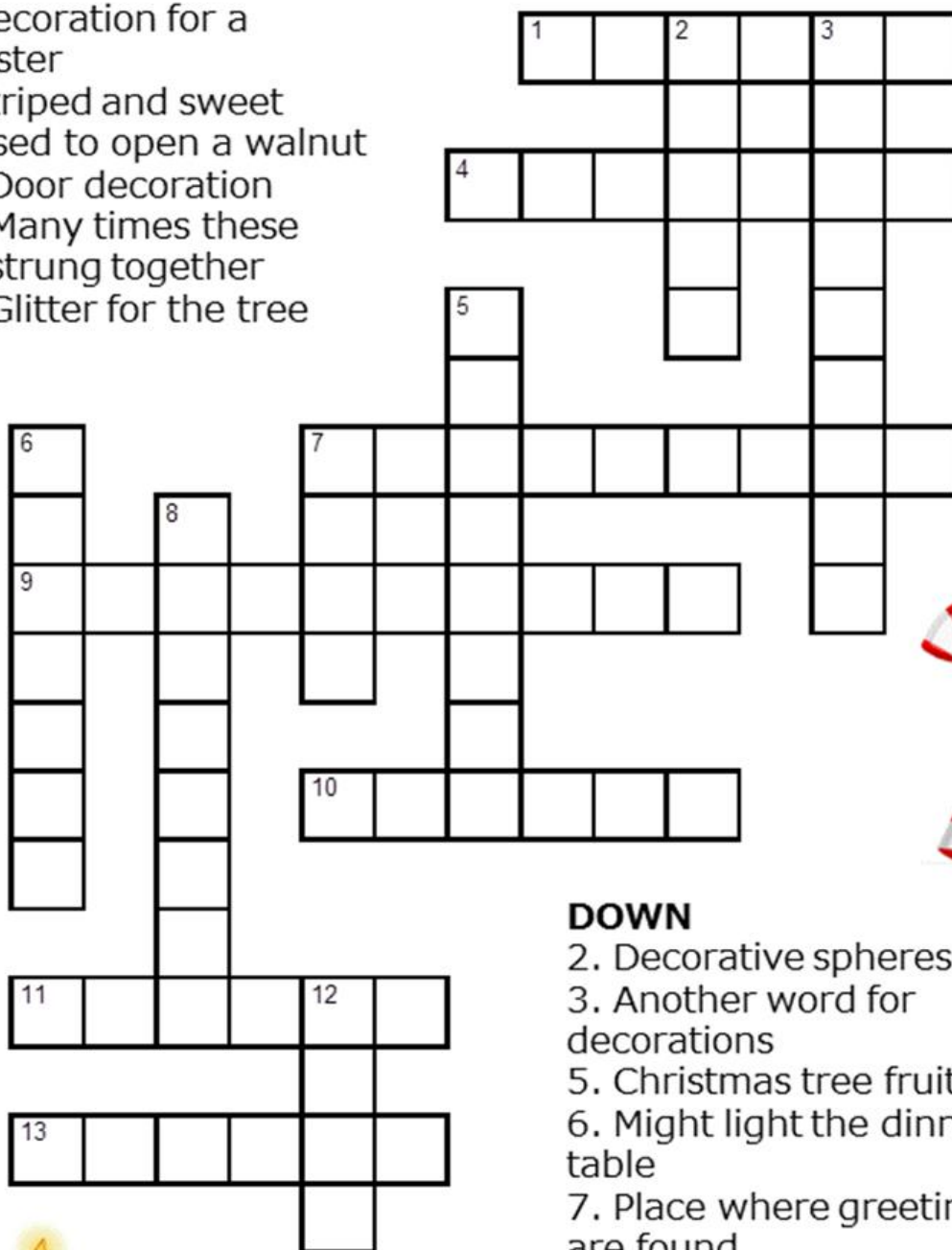




Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



REINDEER SUDOKU

		E			
		M			X
L			B		
	B				M
		L			
			M		E

BLIXEM

				R	
	S				
	H		E		
				A	
R					S
	A	E		H	

DASHER



DANCER

	C				
N			D		
C					N
E	D				
A	E			C	D

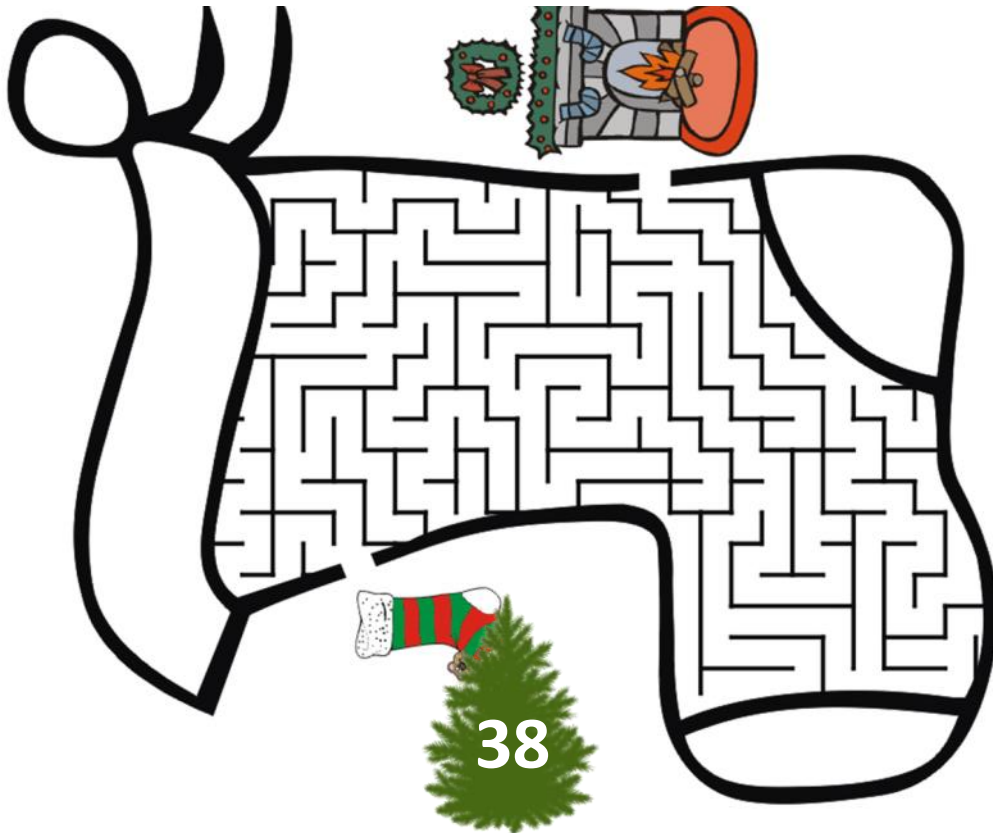
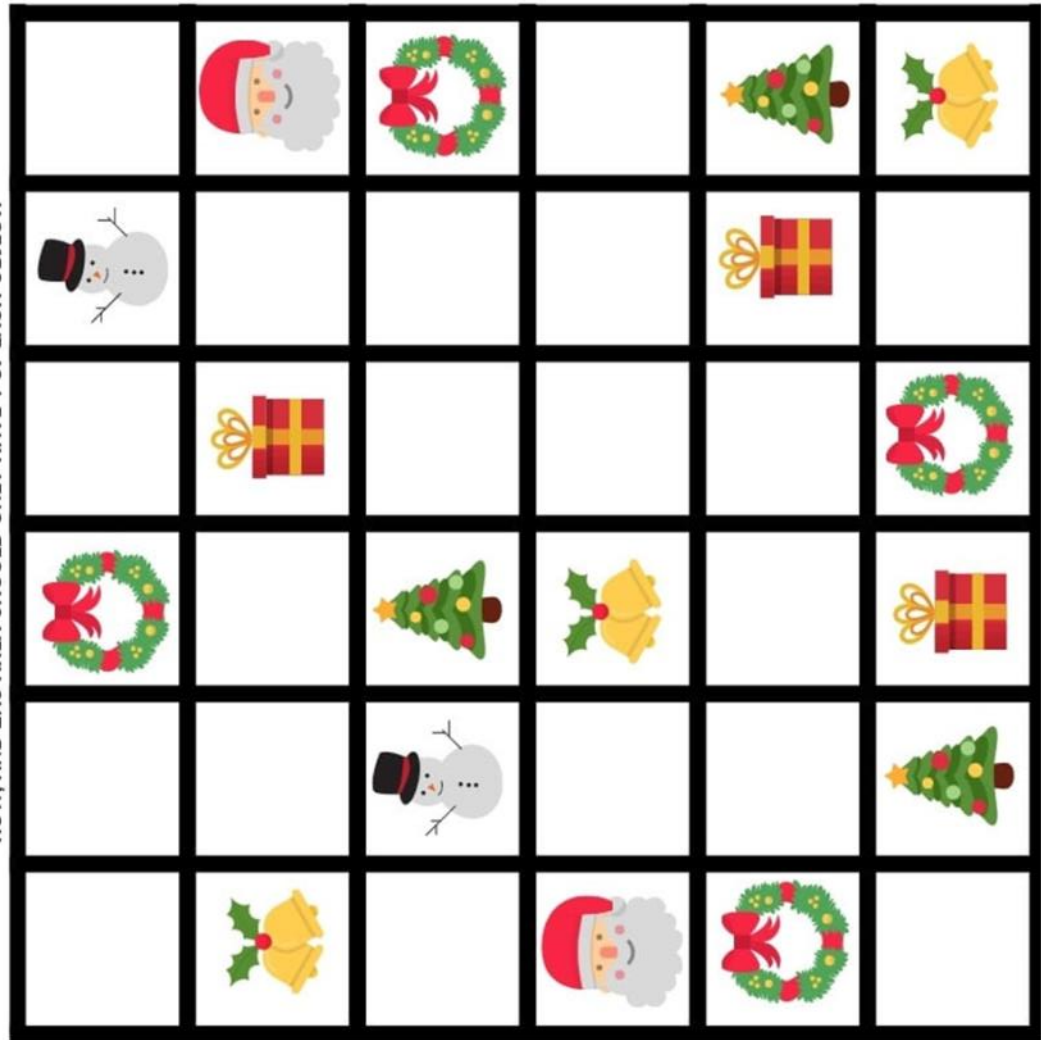
SLEIGH

S					
	G	I	S		
				S	
G			H		
				L	E
			G		



Christmas Sudoku

COMPLETE THE PUZZLE USING THE CHRISTMAS OBJECTS. EACH COLUMN, ROW, AND 2X3 AREA SHOULD ONLY HAVE 1 OF EACH OBJECT.



ANSWERS



Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table



Copyright © Kim:

B	X	E	I	M	L
I	L	M	E	B	X
L	M	X	B	E	I
E	B	I	L	X	M
M	E	L	X	I	B
X	I	B	M	L	E

H	E	D	S	R	A
A	S	R	H	D	E
D	H	A	E	S	R
E	R	S	D	A	H
R	D	H	A	E	S
S	A	E	R	H	D

R	C	D	A	N	E
N	A	E	D	R	C
C	R	A	E	D	N
E	D	N	C	A	R
D	N	C	R	E	A
A	E	R	N	C	D

S	H	E	L	G	I
L	G	I	S	E	H
I	L	H	E	S	G
G	E	S	H	I	L
H	S	G	I	L	E
E	I	L	G	H	S

Christmas Acrostic Scramble - Answer Key
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 Christmas phrase written downwards.

T I N S E L	←	SILENT
B E L L	←	LEBE
S T A R	←	RATS
G O O S E	←	OSOG
R U D O L P H	←	PROLUHD
R E I N D E E R	←	REDRINEE
F E S T I V E	←	VIFTEES
A N G E L	←	LAGEN
C A R D	←	DACR
M E R R Y	←	RYMRE
S L E I G H	←	GLESHI
M I S T L E T O E	←	STOLEMITE
H O L I D A Y	←	DAILYOH
S A N T A	←	NASTA
L I G H T S	←	GLITHS
S A C K	←	CASK

The hidden message is **SEASON'S GREETINGS**

DECEMBER BIRTHDAYS

Virginia Anderson
Susan Bordeaux
Raymond Camma
Keith Collins
Patricia Garee
Maxine Garrison
Paul Gilmore
Jack Hirko

Charlotte Kotmel
Edmund Kotowski
Dina Mouat
Sandra Ressler
Brenda Ross
Tim Schwab
Dot Schwende
Mary Jane Senft

Lee Szymkowski
Tom Taylor
Donald Thompson
Antionette Waltman
Treavie Wimbush
Patricia Wright-Ramon

ANNIVERSARIES

Wayne & Carol Urban 37 years on December 14th

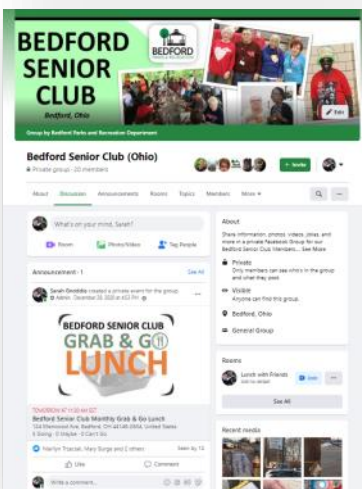
*We publish and celebrate anniversary dates with members who have previously given that information.
If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date.
Please contact the Recreation Office if you wish to have your anniversary date recognized in the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

NEW MEMBERS

Richard Backo
Wanda Lukerson
Mary Macko
David Marshall

Marilyn Mcmillar
Susan Mennefee
Martha Reynard
Marilynn Schroeter

Delbra Swain
Patricia Wenckus



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