



BEDFORD SENIORS CLUB NEWSLETTER

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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.

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, February 8

Breaded Pork Chops & Sweet Potatoes

Registration begins on January 30. Registration deadline Friday, February 3.

Wednesday, February 22

Cabbage & Noodles

Registration begins on January 30. Registration deadline Friday, February 17.





A vegetarian option is available

Please indicate during registration if you prefer a vegetarian substitution



JANUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11  Senior Lunch 11:30am/12:00pm 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  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	25  Senior Lunch 11:30am/12:00pm 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			



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

FEBRUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  12:00pm Get Crafty 2:00pm <i>*No Wii Bowling Today*</i> <i>*Schedule change*</i>	2 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Art w/ Purpose 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	3 Strength & Core 10:30am Friday Flick 1:00pm "Moulin Rouge" <i>Deadline for 2/8 lunch</i>
6 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	7 Strength & Balance 10:30am Coffee & Convo 1:00pm	8  Senior Lunch 11:30am/12:00pm Love Song Musical Bingo 1:00pm Book Club 2:00pm	9 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	10 Strength & Core 10:30am Friday Flick 1:00pm "Ticket to Paradise"
13 Line Dancing 10:30am SOUPer Bowl 11:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	14 Strength & Balance 10:30am Coffee & Convo 1:00pm	15 Wii Bowling 9:30am  12:00pm Sparkling Portraits 2:00pm	16 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Art w/ Purpose 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	17 Strength & Core 10:30am Friday Flick 1:00pm "Citizen's Ashe" Tai Chi 5:50pm <i>Deadline for 2/22 lunch</i>
20 	21 Strength & Balance 10:30am Coffee & Convo 1:00pm	22  Senior Lunch 11:30am/12:00pm Fun & Games 1:00pm Volunteer St. Jude Card Cutting 2:00pm	23 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	24 Strength & Core 10:30am Coloring & Chocolate 11:00am Friday Flick 1:00pm "Top Gun Maverick" Tai Chi 5:50pm
27 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	28 Strength & Balance 10:30am Coffee & Convo 1:00pm			

IN MEMORIAM



ELVEZRA (ELLIE) CAMMA

(nee Branco), age 89, formerly of Bedford, sadly passed away on January 6. Beloved wife of Raymond; loving mother of Cindy Camma and Raymond (Anita) Camma; dearest grandmother of Raymond (Margaret), Vincent and Dominic Camma; dear sister of Doris (late Bernie) Rickelman, late Arthur (Marilyn) Branco, and Joseph (late Kathy) Branco. Ellie was a wonderful mother who was always there when we needed her. She loved her family and took the best care of our dad throughout their 67-year marriage. Ellie was a great cook, who loved to spend all her free time in the kitchen - especially baking cookies. She made everything special - especially holidays and birthdays; she also had many lifetime friends and was a well-loved member of our extended family. We will miss her terribly. MASS OF CHRISTIAN BURIAL WILL TAKE PLACE ON SATURDAY, JANUARY 14 AT OUR LADY OF HOPE CHURCH AT 11 A.M., where friends will be received from 10 A.M. until time of Mass. Interment at Ohio Western Reserve National Cemetery at a later date. Services by St. John Funeral Home.

JUDITH GREEN

Judy passed away on January 8, 2023. Services are not scheduled at this time. Judy will be cremated and a Celebration of Life will be planned later this Spring.

We give our deepest condolences to her husband and Club member George, her daughter and Club member Terri and the Green family and friends.



RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

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.

Art With a Purpose for Seniors

NEW! Senior participants will focus on an art element/technique that is inspired by historical artists. We will explore printmaking, collage, drawing and more. Participants will be guided through creating a piece of art based on their own creativity and inspiration. This Art program is foundational and great for all levels, especially beginners! Each class sequentially builds and some projects take multiple sessions to complete; attending each class is encouraged.

Instructor: Tina Stradiot, homeschool art instructor and long-time resident of Bedford

Location: Ellenwood Center Room 3

Dates: First & Third Thursdays — February 2, 16, March 2, 16, April 6, 20, May 4

Time: 12:00 pm – 1:30 pm

Fee: Free to Bedford Senior Club Members/\$25 for non-members

Introduction to CPR and Breathing Emergencies

NEW! Learn and practice critical lifesaving skills that will prepare you to recognize and care for breathing and cardiac emergencies involving adults and children. Participants will learn the basic skills for Adult & Pediatric CPR (cardiopulmonary resuscitation) and how to use an AED (Automated External Defibrillator). This class includes lecture, videos and hands-on use of mannequins to practice skills. This class is not for certification. Limit of 12 participants.

Instructor: Sarah Gnoddie, Recreation Coordinator and American Red Cross Instructor

Location: Ellenwood Center Room 2

Dates: Wednesday, March 29

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

Tai Chi

Learn basic movements and techniques to increase energy level, improve balance and coordination, and build leg and core strength. Through training in these exercises, you will be stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Winter Session Dates: Fridays, February 17, 24, March 3, 10, 17, 24, 31

Location: Ellenwood Center Gym

Time: 5:50 pm - 6:35 pm

Fee: \$77 Resident/ \$84 Non-Resident

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Grief Recovery

NEW! Join us for an introductory presentation and weekly workshops for residents and their loved ones who may have experienced all forms of losses including faith, death, health, unemployment, trust, divorce, safety, etc.

Instructor: Danyell Goggans, Licensed Psychotherapist contracted through University Hospitals

Location: Ellenwood Center Room 4

Fee: Free

Introduction Presentation

Date: Tuesday, March 14

Time: 12:00 pm – 1:00pm

Recovery Workshop

Dates: Tuesdays, March 28, April 4, 11, 18, 25, May 9, 16, 23 (No class 5/2)

Time: 1:00 pm – 2:30pm

Participants are not obligated to attend all sessions

Lunch & Listen: Lyrical Songs of the Irish

NEW! Elise Panehal shares Celtic culture, accompanying her songs with piano and folk harp. The poetic lyrics paint the picture of how the Irish came to America. 60 minute performance.

Lunch will be an Irish Themed Meal: Shepherd's pie, roll and dessert

Registration opens February 1. Registration deadline is March 10. Doors open at 12:00pm with lunch being served at 12:30pm. The performance will start at 1:00pm.

Date: Wednesday, March 15, 2023

Time: 12:30 pm - 2:00 pm

Location: Ellenwood Center Gymnasium

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

AARP Smart Driver Course

NEW! The AARP Smart Driver Course is the nation's first and largest driver safety course designed especially for drivers age 50+. The course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road.



During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment.

Topics include:

- *Maintaining proper following distance
- *Minimizing the effect of dangerous blind spots
- *Limiting driver distractions such as eating, smoking, and cell phone use
- *Properly using safety belts, air bags, and all car features
- *Effects of medications on driving
- *Maintaining physical flexibility
- *Monitoring the driving skills and capabilities of yourself and others

Although the course is geared toward drivers 50+, it can be taken by licensed drivers of all ages, and there are no tests. Participants may be eligible to receive a discount on their auto insurance premiums; contact your insurance company or agent for more details.

Participants must attend both sessions to receive the AARP Smart Driver certificate. Registration opens February 1, 2023.

Instructor: April Dugan, AARP instructor

Location: Ellenwood Center Room 4

Dates: Tuesdays, April 4 & April 11

Time: 1:00 pm - 3:00pm

Fee: \$25 per participant

Bedford Senior Club Members are free and must register in advance



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



Conversation Heart Cookie Decorating – Wednesday, February 1
Decoupage Photo Frame – Wednesday, March 1
Egg Extravaganza – Wednesday, April 5

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

- **Red Bird** —Wednesday, January 18
- **Mouse Love** —Wednesday, February 15
- **Flamboyance** —Wednesday, March 15



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, January 23, 30, February 6, 13, 27

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

Time: 1:00 pm – 3:00 pm

Fee: Free

SOUPer Bowl I

Celebrate the NFL's Super Bowl LVII (57) with our own competition... SOUPer Bowl I (1)!! Bring a soup or chili to share and cast your vote for your favorite! We will provide the bowls and spoons! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 4

Date: Monday, February 13

Time: 11:30 am – 1:00 pm

Fee: Free to Bedford Senior Club Members

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~~ *Now starting February 15

Fee: Free to Bedford Senior Club members

Gentle Yoga

Returns in mid-March. Stay tuned!



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



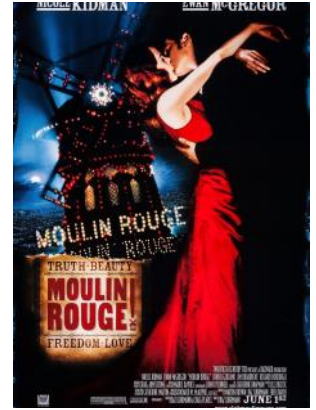
RECREATION PROGRAMS

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, February 3: Moulin Rouge (2001)

A celebration of love and creative inspiration takes place in the infamous, gaudy and glamorous Parisian nightclub, at the cusp of the 20th century. A young poet (Ewan McGregor), who is plunged into the heady world of Moulin Rouge, begins a passionate affair with the club's most notorious and beautiful star (Nicole Kidman).



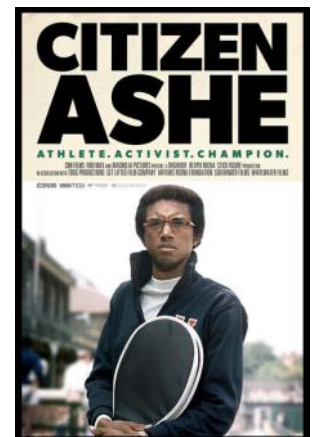
Friday, February 10: Ticket to Paradise (2022)

Academy Award® winners George Clooney and Julia Roberts reunite on the big screen as exes who find themselves on a shared mission to stop their lovestruck daughter from making the same mistake they once made. From Working Title, Smokehouse Pictures and Red Om Films, Ticket to Paradise is a romantic comedy about the sweet surprise of second chances.



Friday, February 17: Citizen's Ashe (2021)

Directors Rex Miller and Sam Pollard explore the enduring legacy of tennis great and humanitarian Arthur Ashe in a feature documentary as elegant, meaningful, and poignant as the life he lived. Ashe's widow, brother, friends from his childhood in Richmond to his Grand Slam tournament playing and coaching days, as well as confidantes that nurtured his personal evolution from sports legend to global activist, describe the key events that shaped Ashe's quiet determination to 'use what he had to do what he could.'



Friday, February 24: Top Gun Maverick (2022)

After more than thirty years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. When he finds himself training a detachment of Top Gun graduates for a specialized mission the likes of which no living pilot has ever seen, Maverick encounters Lt. Bradley Bradshaw (Miles Teller), call sign: "Rooster," the son of Maverick's late friend and Radar Intercept Officer Lt. Nick Bradshaw, aka "Goose". Facing an uncertain future and confronting the ghosts of his past, Maverick is drawn into a confrontation with his own deepest fears, culminating in a mission that demands the ultimate sacrifice from those who will be chosen to fly it.



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:

- Preschool Play: Tuesdays, January 17 thru March 14 9:45am-11:15am
- Preschool Art: Mondays, January 23 & February 13 1:30pm-3:00pm
- Daddy/Daughter Dance: Friday, February 10 5:30pm-8:30pm
- St. Jude Card Cutting: Wednesday, January 25 2:00pm-4:00pm
- Secondhand Sports Swap: Saturday, March 18 9:30am-12:30pm

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.



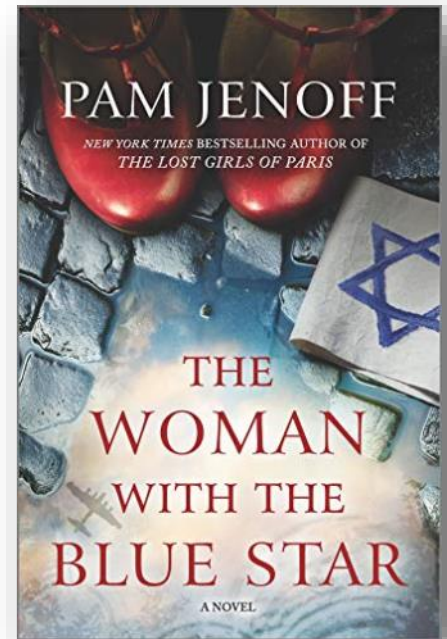
RECREATION PROGRAMS

Shelf Indulgence Book Club

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!*

February 8: “The Woman with the Blue Star” by Pam Jenoff

"1942. Sadie Gault is eighteen and living with her parents in the Kraków Ghetto during World War II. When the Nazis liquidate the ghetto, Sadie and her pregnant mother are forced to seek refuge in the perilous tunnels beneath the city. One day Sadie looks up through a grate and sees a girl about her own age buying flowers. Ella Stepanek is an affluent Polish girl living a life of relative ease with her stepmother, who has developed close alliances with the occupying Germans. While on an errand in the market, she catches a glimpse of something moving beneath a grate in the street. Upon closer inspection, she realizes it's a girl hiding. Ella begins to aid Sadie and the two become close, but as the dangers of the war worsen, their lives are set on a collision course that will test them in the face of overwhelming odds. Inspired by incredible true stories, *The Woman with the Blue Star* is an unforgettable testament to the power of friendship and the extraordinary strength of the human will to survive."



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

Time: 11:00 am – 12:00 pm



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 23, 30, February 6, 13, 27, March 6, 13, 20, 27
(No class 1/16, 2/20)

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

Senior Transportation Connection

The City offers door-to-door transportation service for Bedford Residents 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. A wheelchair accessible van is available. Boundary lines for all trips are: north - South Pointe Hospital; south - Northfield Plaza; east - City of Solon; west - Marymount Hospital.

Transportation service provided by Senior Transportation Connection which operates: Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per roundtrip is required. For more information call 440-735-6570. An application must be on file with the Parks & Recreation Department prior to service.



RECREATION PROGRAMS

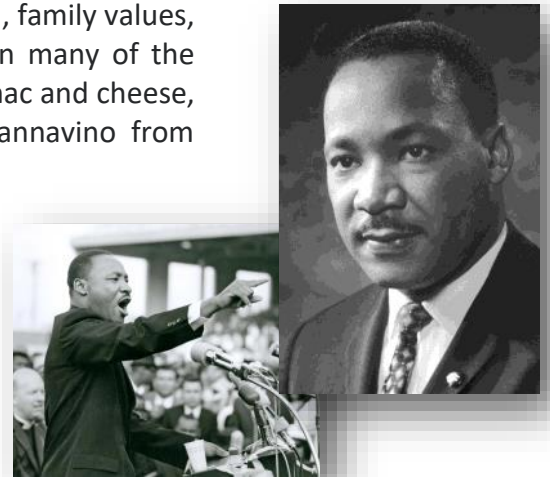


Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30 pm. Doors open at 11:30 am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration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

The 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



The Making of "The Princess Bride"

A comedy? A love story? A witty satire? An adventure story? All of these? Here is the story of how The Princess Bride became a fan favorite by becoming a film for any audience. "True love is the greatest thing, in the world-except for a nice MLT – mutton, lettuce and tomato sandwich, where the mutton is nice and lean and the tomato is ripe." For lunch, we will have Miracle Max's MLT, chips, fruit salad and Impressive Clergyman's Tru Wuv Twuffles. Presentation by Carl Quatraro with Speaking on Q. Registration deadline is February 10.

Date: Wednesday, February 15
Time: 12:00 pm - 1:30 pm
Location: Ellenwood Center Gymnasium
Fee: Free to Bedford Senior Club members
\$15 for non-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



TAX PREPARATION ASSISTANCE

AARP Tax Aide

Online tax assistance from AARP Foundation Tax Aide is available year-round to answer your tax questions. For more information on tax aide services please contact AARP at 888-687-2277 or email taxaide@aarp.org.

EITC Coalition Tax Preparation Assistance

The Cuyahoga County Earned Income Tax Credit Coalition offers in-person drop off and virtual tax preparation assistance at no charge for individuals and families who qualify on an income basis. To schedule an appointment visit www.refundohio.org or call 216-293-7200. EITC Coalition strongly recommends scheduling appointments online.

The tax preparation process may vary depending on the tax site. At select sites you will give your documents to a preparer and you will wait in your car or a designated room while it is being prepared. Other sites may ask you to return at a designated day and time to pick up and sign your tax return. The in-person drop off locations are listed below. Please note that walk-ins are not permitted.

- Asian Services in Action (ASIA) located at 3631 Perkins Ave., Suite 2A-W Cleveland OH 44114
- Burten Bell Carr (BBC) located at 7201 Kinsman Rd., Cleveland OH 44104
- Clark Branch of Dollar Bank located at 3115 W 25th Street. Cleveland OH 44109 (at W25th and Clark)
- CHN Housing Partners located at 2999 Payne Ave., Cleveland, OH 44114 - Drop Off Site Only
- ESOP located at 11890 Fairhill Rd., Cleveland OH 44120
- Famicos Foundation located at 1325 Ansel Road, Cleveland, OH 44106
- Gordon Square located at 6516 Detroit Ave., Cleveland OH 44102 (In the Capitol Theatre arcade building at W65th and Detroit)
- Mt. Pleasant County Building, serving Southeast Cleveland and Southeast Suburbs in Cuyahoga County located at 13815 Kinsman Rd., Cleveland OH 44120
- Notre Dame College located at 1857 South Green Rd., South Euclid OH 44121
- Parma Snow Library located at 2121 Snow Rd., Parma OH 44134
- Step Forward located at 1801 Superior Ave., 4th floor, Cleveland OH 44114 TO SCHEDULE AN APPOINTMENT AT THIS LOCATION CALL, 216-858-1781
- Stephanie Tubbs Jones Health Center, part of The Cleveland Clinic, located at 13944 Euclid Ave., East Cleveland OH 44112

Call the United Way of Greater Cleveland Hotline at 2-1-1

2-1-1 Community Resource Navigation Specialists can help individuals find programs that offer services like tax preparation, financial and credit counseling, and assistance with filing consumer complaints.

NEWS FROM THE CITY OF BEDFORD

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: January 17, February 6, 21

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>.

Snow Removal

When snow accumulations exceed 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.

Power Outages

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

Martin Luther King Jr. Day

City Hall will be closed on Monday, January 16 in observance of Martin Luther King Jr. Day. There will be no change in refuse pick -up.



CHECK YOUR WATER SERVICE LINE FOR LEAD

Water mains are not made of lead; however, the water service line that carries the water from the main in the street to your home could be. Homeowners' service lines may be made of lead, copper, galvanized steel, or plastic. Please assess your **WATER** service line where it enters your home, typically in the basement, near your water meter.



QUESTIONS?

Contact the City of Bedford Water Department at (440) 735-6588.

ACTION REQUIRED:

DETERMINE YOUR SERVICE LINE MATERIAL

YOU WILL NEED:

- Key or Coin
- Magnet

WHAT TO DO:



LEAD PIPE:

A magnet will not stick to lead pipe. If the scratched area is a shiny silver and flakes off, the service line is lead.



COPPER PIPE:

A magnet will not stick to copper pipe. If the scratched area is a copper color, like a penny, the service line is copper.



GALVANIZED PIPE:

A magnet will stick to galvanized pipe. A scratch test is not needed. If you do scratch the pipe, it will remain a dull gray.



FINAL STEP:

Scan the QR code above to record your assessment or visit bedfordoh.gov/service-line-material-survey



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

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

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

Paper Quilling Valentine

Saturday, February 04: 11:00am - 1:00pm

Bedford Branch - Meeting Room

Say "I love you" to your Valentine with a handmade quilled Valentine's Day card.

Explore the Art of Alma Thomas

Saturday, February 18: 11:00am - 12:00pm

Bedford Branch - Meeting Room

Learn about artist Alma Thomas and paint abstract concentric circles. Registration opens on Monday, January 16 2023 at 9:00am.

Excel 1 - Adults

Friday, February 24: 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. Registration opens on Monday, January 23 2023 at 9:00am.

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

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.'



Every household in the US is once again eligible to order 4 free at-home COVID-19 rapid tests. Just visit www.covid.gov/tests



How to Safely Use Mobile Payment Apps and Services

Online payment systems or apps like Zelle, Venmo, and CashApp let you quickly send and receive money. If you link the service to your bank account or debit card, it's almost like handing someone cash. Be sure you know who you're sending money to. Once you send money, it's nearly impossible to get it back.



AVOID SENDING MONEY TO A SCAMMER



Don't click on links in an unexpected email, text message, or direct message that asks you to send money. Don't give any personal or sensitive information like your username, PIN, or password.



Confirm that you know the person you're sending money to.



When sending to someone you know, **double-check their information** before you hit send.

PROTECT YOUR ACCOUNTS



Use multi-factor authentication. This means you need two or more credentials to get into your account: your password plus something else like an authentication code or fingerprint.



Never share your credentials, like a verification code you get via text or authentication app.



Set up alerts in the payment app to get transaction notifications outside of the app environment, such as via email or text.



Regularly check your payment app and bank accounts to make sure no unauthorized payments have been sent from or accepted by your account.

Paid a Scammer Through a Payment App?

- ➔ Report it to the payment app or service and ask to reverse the transfer.
- ➔ Tell your financial institution.
- ➔ Report it to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov).

Learn more at [ftc.gov/paymentapps](https://www.ftc.gov/paymentapps) and [aba.com/consumers](https://www.aba.com/consumers)



SOUTHEAST CLERGY

Meals On Wheels



45 years of service to
the 44146 community

c/o South Haven UCC,
415 Northfield Road, Bedford, Ohio
440-439-0302

www.seclergymealsonwheels.org

Client Services

Who does Meals On Wheels serve?

Residents within the boundaries of the cities of Bedford, Bedford Hts., Walton Hills and Oakwood, who are temporarily or chronically disabled, chronically ill, handicapped or homebound may qualify. A representative may contact each applicant to determine that person's eligibility.

Pay-as-you-go service

Meals On Wheels delivers hot meals from 11 a.m. to noon daily (Monday - Friday) to clients of any age who need our service. Our meals include an entree, vegetables, bread/butter, 1/2-pint of milk, fresh or canned fruit or juice. We provide an extra meal for the weekend like homemade soup and sandwich or salad and dessert when available. Cost is \$4.00 per week billed monthly to the recipient or their family. Arrangements can be made for special diets: reflux, low salt, renal diets, and more purchased from University Hospital - Bedford Medical Center. Cost is \$4 per meal. A sandwich can be added for \$1.50 each.



Senior service partnerships:

Age 60 and over who qualify, will be placed on a waiting list for free Title III meals as spaces become available, in cooperation with **Maple Hts. Senior Center** or **Rose Center for Aging Well**, delivered by SE Clergy Meals' volunteers. Our meals are nutritionally balanced, following the guide-lines of the Western Reserve Department of Aging, and are approved for all seniors, including those with diabetes. A social worker must assess the needs of each recipient for inclusion in these programs.



How do you apply for Meals On Wheels?

If you are interested in becoming a recipient of our Meals, you or an interested friend or relative can call Dinah Moutat at 440-439-0302 to apply.



Do our recipients enjoy their Meals On Wheels?

You bet they do! For many persons on our program, Meals On Wheels has made it possible for them

to remain in the familiar surroundings of their own homes when they became unable to adequately shop and cook for themselves.

Who operates our program?

There are dedicated volunteers in every aspect of our program. Meals are delivered to the kitchen of South Haven United Church of Christ. Home deliveries are made by carefully routed one or two-person teams. As long as you require a meal, our staff of over 55 volunteers is dedicated to bringing it to you.



For our pet owners

Acknowledging the loneliness of many of our clients and their need for companionship, we have begun a program that will assist them in keeping and maintaining their pets.



How is Meals On Wheels funded?

Southeast Clergy's Meals On Wheels Program is NOT funded by any government agency. Our Program is dependent upon grants and donations from individuals, groups and area restaurants to help subsidize the cost for needy clients. Low income clients are requested to pay what they can and additional costs are subsidized by our Meals on Wheels Angel Fund.

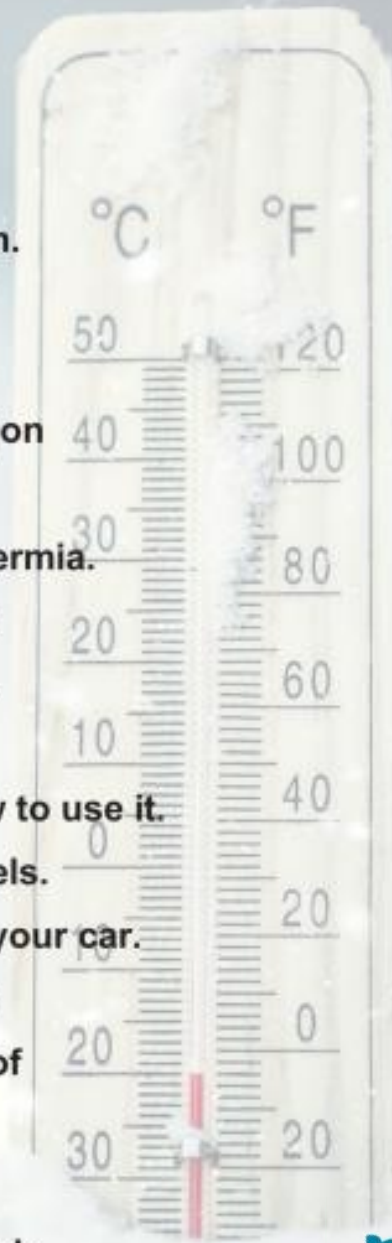




Be Prepared for Winter Weather

**Don't let the harsh winter weather take you by surprise.
Use these tips to be prepared!**

- Dress in layers, both indoors and outdoors.
- Keep active with indoor activities like mall walking.
- Eat well and stay hydrated.
- Take your vitamins and get your annual flu vaccination.
- Stock up on non-perishable food, medications and necessities.
- Use caution on steps and sidewalks to avoid slipping on ice.
- When working outdoors, sweating can lead to hypothermia.
- Get your furnace checked and serviced by a qualified
- Winterize your home by caulking doors and windows.
- Don't forget to insulate exterior pipes and attics.
- Find your home's water supply shut off and know how to use it.
- Check your vehicle's wipers, tires, lights and fluid levels.
- Maintain a full tank of gas, ice scraper and blanket in your car.
- If you take a trip, travel by daylight and with a partner.
- If you use a space heater, make sure it has three feet of clearance.
- Protect against fire by buying a fire extinguisher.
- The strain of shoveling snow could cause a heart attack.





Put a **FREEZE** on Winter Fires

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!

 <p>Half of all home heating fires occur in December, January and February.</p>	 <p>1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.</p>	 <p>Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
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 <p>Keep portable generators outside, away from windows, and as far away from your home as possible.</p>	 <p>Install and test carbon monoxide alarms at least once a month.</p>	 <p>Plug only 1 heat-producing appliance (like a space heater) into an electrical outlet at a time.</p>
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 <p>Have a qualified professional clean and inspect your chimney and vents every year.</p>	 <p>Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.</p>
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APPETIZER

Sweet Potato Nachos



 **SERVES**
6

 **COOK TIME**
20 minutes

 **COST PER SERVING**
about \$1.56

 **TOTAL TIME**
30 minutes

 **PREP TIME**
10 minutes

Ingredients

Cooking spray

- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into ¼-inch thick rounds
- 1 tablespoon olive oil
- 1½ teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder

- ⅓ cup no-salt-added black beans, rinsed and drained
- ⅓ cup low-fat shredded Cheddar cheese
- ⅓ cup chopped tomato (1 medium Italian plum [Roma] tomato) or ⅓ cup canned no-salt-added diced tomatoes, rinsed and drained
- ⅓ cup chopped avocado

Directions

1. Preheat the oven to 425°F.
2. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
3. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
4. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
5. Remove the pans from the oven. Sprinkle the beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until the Cheddar melts.
6. Sprinkle with the tomato and avocado.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



American Heart Association®
Healthy for Good™

Nutrition Analysis (per serving)

Calories	209
Total Fat	5.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.0 g
Cholesterol	5 mg
Sodium	194 mg
Carbohydrates	34 g
Fiber	6 g
Sugars	7 g
Protein	6 g

Dietary Exchanges

2½ starch, 3 lean meat





Drink To Your Health

Your body, including your heart, kidneys, and blood needs water each day to function. Fluids keep your body hydrated and working well.

TIPS to Drink More Water

- 1 CARRY A WATER BOTTLE WITH YOU AND REFILL IT OFTEN**
- 2 CHOOSE WATER OVER OTHER BEVERAGES**
- 3 ADD FRESH FRUIT OR HERBS (LEMON, LIME, RASPBERRIES, MINT) TO ADD A HINT OF FLAVOR TO YOUR WATER.**

refreshing!

Water Helps Your Body...

- ◆ Feel full and keep your hunger cues on track.
- ◆ Keep a normal body temperature.
- ◆ Protect your joints.
- ◆ Get rid of waste through urination, sweating, and bowel movements.
- ◆ Protect your spinal cord and other sensitive tissues.



Are you staying hydrated?

See the next page to learn more!

Stay Hydrated Not Dehydrated

Drinking fluid during the day can help you decrease your risk of dehydration. Dehydration can lead to confusion, body weakness, and constipation. As we age, the amount of water in our body decreases. An older adult has less water to lose before becoming dehydrated.

Try to drink about 10 cups of fluid each day, unless you are told otherwise by your health care provider.

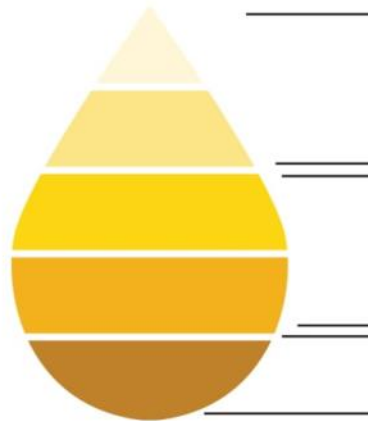
Drink
10



Look at the color of your urine – a pale yellow color may indicate that you are well hydrated.

Urine that is dark yellow or amber in color can mean that you are dehydrated and you need to increase your water intake.

Drink fluids during the day and increase your fluid intake when you exercise and when you are sick. You may need to increase your fluid intake when it is hot outside, too.



Hydrated
Drinking enough fluid

Mildly Dehydrated
Start to increase fluid intake

Dehydrated
Drink more fluid

Talk to your health care provider or dietitian about your fluid needs and how to meet them each day.

Choose the Best Drinks to Meet Your Fluid Needs



Choose Water First for Thirst

Most of your fluid needs are met by water and other beverages you drink. You can get some fluid through foods you eat, especially foods with high water content, such as fruits and vegetables.

Other Healthy Beverage Choices:

- ◆ Low or no-calorie beverages
- ◆ Plain coffee or tea
- ◆ Low-fat or fat-free milk and milk alternatives
- ◆ 100% fruit or vegetable juice



INSPIRATIONAL THOUGHT

New Year. New beginnings. New resolutions. As you embrace a whole new year, be grateful for what you have achieved and set new goals for yet another year. Every year, people set resolutions but very few follow through with them. This year, remember to set realistic long-term, short-term goals that you can easily follow without taking a step back. Continue to follow your dreams and ambitions, discover new things and meet new people.

IT'S JANUARY

"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute they lengthen out. It takes some weeks before we become aware of the change. It is imperceptible even as the growth of a child, as you watch it day by day, until the moment comes when with a start of delighted surprise we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour."

"January is the quietest month in the garden. ... But just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the pure rainfall while microorganisms convert tilled-under fodder into usable nutrients for the next crop of plants. The feasting earthworms tunnel along, aerating the soil and preparing it to welcome the seeds and bare roots to come."



"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

"Ruler of new beginnings, gates and doors, the first hour of the day, the first day of the month, and the first month of the year, the Roman god Janus gave January its name. He was pictured as two-headed (both heads bearded) and situated so that one head looked forward into the new year while the other took a retrospective view. Janus also presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety, where new beginnings and new resolutions could be forged, just as the New Year is a time for new objectives and renewed commitments to long-term goals."

WINTER ONE-LINERS

- What do you get from sitting on the ice too long? Polaroids!
- What did one snowman say to the other snowman? Can you smell carrot?
- What often falls at the North Pole but never gets hurt? Snow
- What's an ig? A snow house without a loo!
- Why did Frosty the snowman want a divorce? Because he thought his wife was a flake.
- What time is it when little white flakes fall past the classroom window? Snow and Tell.
- What is a mountains favorite type of candy? Snow caps.
- What is it called when a snowman has a temper tantrum? A meltdown!
- What do you call a snowman with a six pack? An abdominal snowman.
- What do you call a snowman that tells tall tales? A snow-fake!
- What do you get when you cross a snowman and a vampire? Frostbite.
- Why do seals swim in saltwater? Because pepper water makes them sneeze!
- What do you call a snowman party? A snowball.
- What did the snowman eat? Icebergs with chilifce sauce.
- What eight letters can you find in water from the Arctic Ocean? H to O! (H2O)
- What do you call a gangster snowman? Froze-T
- Which side of an Arctic Tern has the most feathers? The outside!
- What do snowmen eat for breakfast? Frosted Flakes!
- How does a snowman get around? He rides an icicle!
- Who is Frosty's favorite Aunt? Aunt Artica!
- What do you call a penguin in the Sahara desert? Lost.
- What vegetable was forbidden on the ships of Arctic explorers? Leeks!
- What did the snowman and his wife put over their baby's crib? A snowmobile!
- What do Snowmen call their offspring? Chill-dren.
- What do you call an old snowman? Water.
- Why didn't the tourist in the Arctic get any sleep? He plugged his electric blanket into the toaster by mistake – and kept popping out of bed all night!
- If the sun shines while it's snowing, what should you look for? Snowbows.
- What did one Greenland Shark say to the other? "Say, good lookin'... didn't I meet you last night at the feeding frenzy?"
- Why did the farmer only wear one boot to town? He heard there would be a 50% chance of snow!



...WINTER ONE-LINERS continued

- What sort of cakes do snowmen like? The ones with thick icing!
- How do you find Will Smith in the snow? You look for Fresh Prints!
- What is the favorite Mexican food of snowman? Brrrr – itos.
- What kind of money snowmen use in the North Pole? Cold cash!
- What did the snowman order at Wendy's? A Frosty.
- What did the seal say when it swam into a concrete wall? "Dam!"
- What do women use to stay young looking in the Arctic? Cold cream.
- Why was the snowman sad? Cause he had a meltdown.
- What happened when the snowgirl had a fight with the snowboy? She gave him the cold shoulder.
- How do you prevent a Summer cold? Catch it in the Winter!
- How do snowmen greet each other? Ice to meet you!
- What do you sing at a snowman's birthday party? Freeze a jolly good fellow!
- Who are Frosty's parents? Mom and Pop-Sicle!
- What sort of ball doesn't bounce? A snowball!
- What do you call a slow skier? A slopepoke!
- What did the snowman order at the fast food restaurant? An ice burger extra cheese.
- What's a good winter tip? Never catch snowflakes on your tongue until all the birds have flown south for the winter.
- What can you catch in the winter with your eyes closed? A cold.
- What do you call a reindeer with no eyes? I have no eye deer.
- What does a Snowman take when he gets sick? A chill pill.
- What did the detective in the Arctic say to the suspect? "Where were you on the night of September to March?"
- What noise wakes you up at the North Pole around March 18? The crack of dawn!

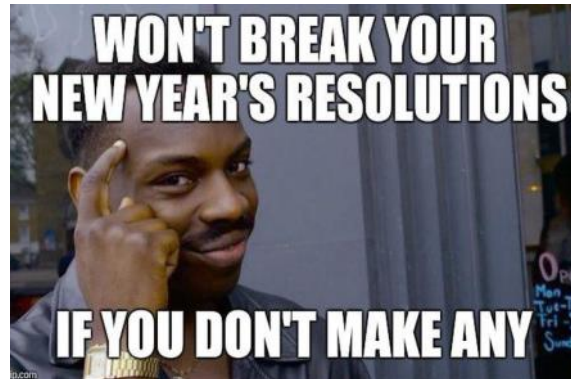


- If you live in an igloo, what's the worst thing about global warming? No privacy!
- What do you call a snowman in July? A puddle.
- What did the walrus say when it was late? "I would have been here sooner, but my iceberg hit a ship."
- What did the icy Arctic road say to the truck? "Want to go for a spin?"
- What do you use to catch an Arctic hare? A hare net!
- What did the tree say after a long winter? What a re-leaf.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

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?



NEW YEAR WORD SEARCH

BALL	COUNTDOWN	FIREWORKS	HAT	YEAR
CELEBRATE	DECEMBER	HAPPY	KISS	HORNS
CONFETTI	EVE	GAMES	JANUARY	MUSIC
CLOCK	DANCING	HOURLASS	MIDNIGHT	RESOLUTION

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

WINTER BOGGLE WORD PUZZLE

Directions: Link the letters together to make words. Each word must be at least 3 letters. You can link letters across, down, backwards and diagonally. There are at least 8 words that are associated with the Winter season. Write your words below. Score each word as follows:

- 3 letter word - 1 point
- 4 letter word - 2 points
- 5 letter word - 3 points
- 6 letters or more - 5 points

Winter words - 2 bonus points each

B	O	S	C	A
D	L	O	T	H
F	R	U	A	P
E	I	R	Y	E
C	S	K	A	T

Word List

In each pair of words, the first word ends with the same letter as starts the second word. Fill in all the linked word pairs using the picture clues, then use the numbers above the boxes to fill in the coded word at the bottom of the page.

11

4

10

6

2

13

7

5

8

9

1

3

12

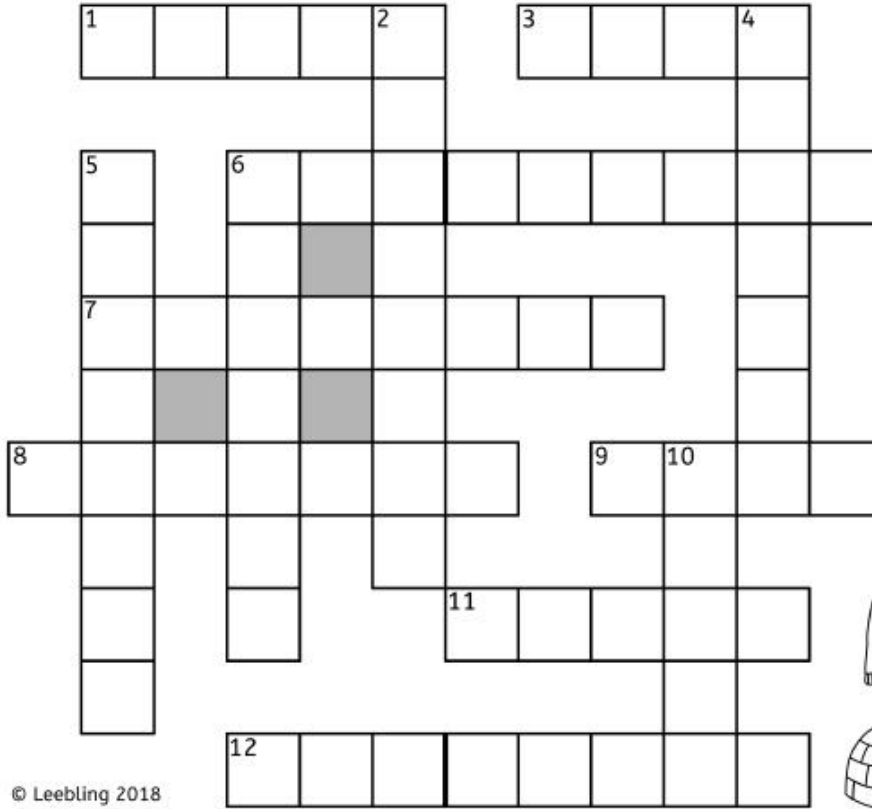
1 2 3 4 5 6 7 8 9 10 11 12 13

PUZZLES

It's a crossword and a word scramble all in one puzzle! Unscramble the letters in each clue to make a winter word and then fill in the crossword. The pictures show all the words used but not in the right order.

Winter Cross Scramble

- | Across | Down |
|-----------------------|-------------|
| 1. KSCOS | 2. DINELSGD |
| 3. SISK | 4. REETAWS |
| 6. TIKSCEESA
(3,6) | 5. FAMFURES |
| 7. DINREREE | 6. SCELICI |
| 8. GRUNCIL | 10. GOLIO |
| 9. RIFE | |
| 11. LUQIT | |
| 12. CHOCATOO
(3,5) | |



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Sudoku 6x6

Puzzle #1

2			6		5
		6		1	2
	5	1			3
3		4			6
	3	5			1
		2		3	4

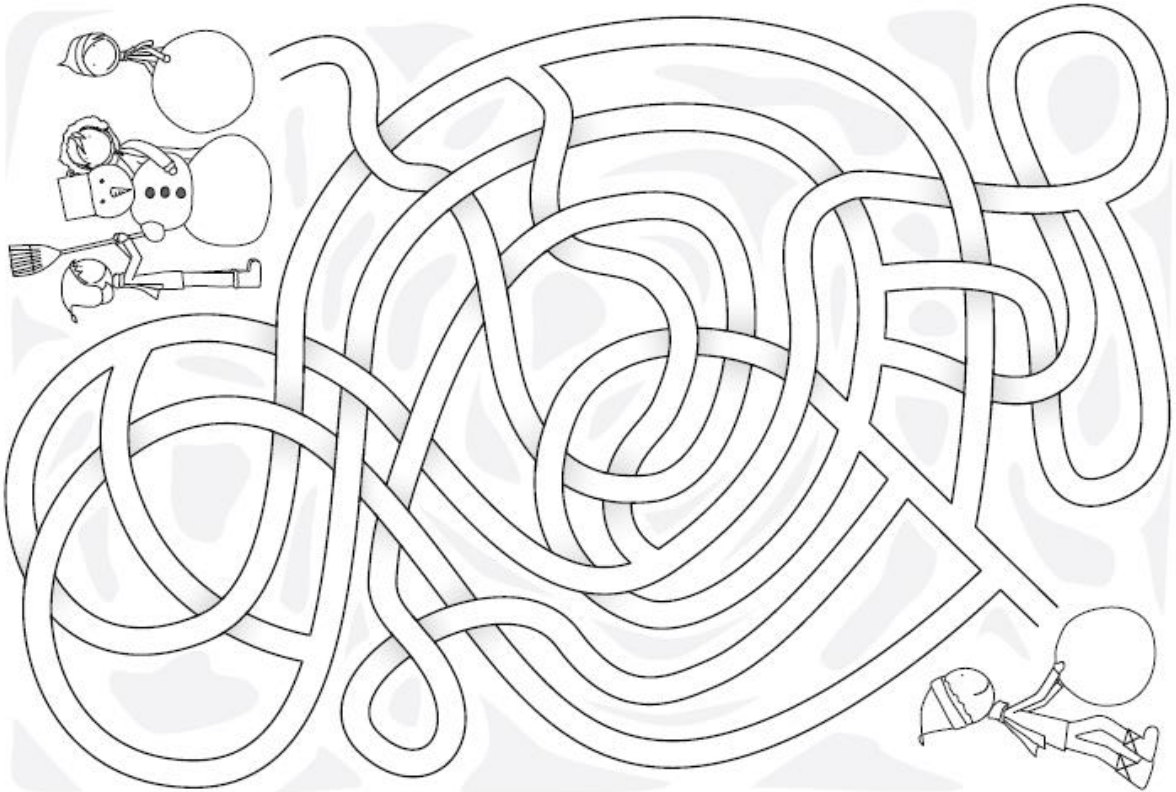
Puzzle #2

		3	5		6
4	5		2		
2		4	6		
		1	3		4
	1			3	5
3	4				2



PUZZLES

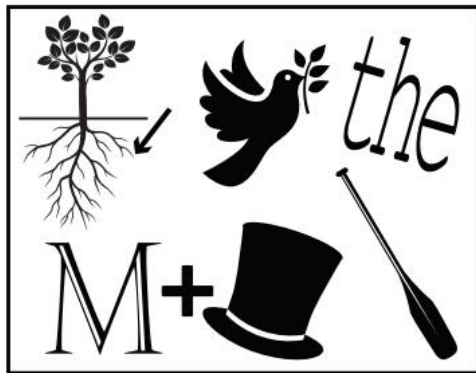
DRAW ALONG THE PATH FROM THE BOY TO HIS FRIENDS.



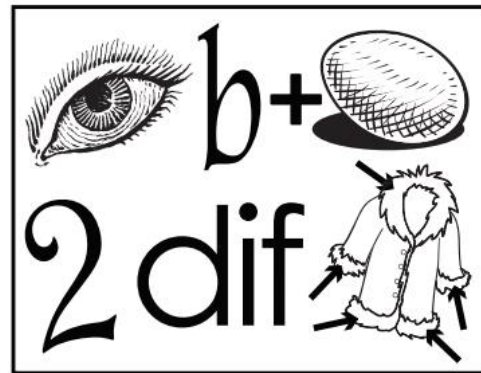
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Concentration Puzzles

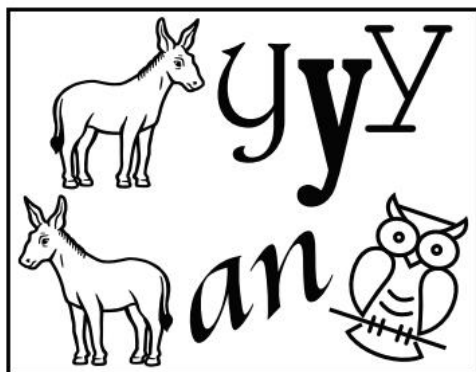
Use the visual clues in the puzzle to figure out what it says.



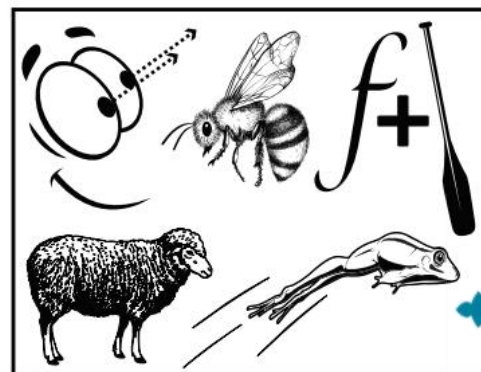
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

ANSWER KEY

Winter Linkword Code Answer Key

IGLOO (11, 4)
 ICICLE (10, 6) SCARF
 SNOW (2) WIND
 SKATING (13, 7) GLOVES
 BOOTS (5, 8) SLED
 FIRE (9) ARMS (1) MUFFS
 SOCKS (3, 12) SHOVEL
 SNOWBALL (1, 2, 3, 4, 5, 6, 7, 8) FIGHT (9, 10, 11, 12, 13)

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Winter Cross Scramble Answer Key

Across: 1. KSCOS, 2. DINELSGD, 3. SISK, 4. REETAWS, 5. FAMFURES, 6. TIKSCEESA (3,6), 7. DINRERE, 8. GRUNCIL, 9. RIFE, 10. GOLIO, 11. LUQIT, 12. CHOCATOO (3,5)

Down: 1. S, 2. S, 3. S, 4. S, 5. E, 6. I, 7. R, 8. C, 9. L, 10. F, 11. G, 12. I, 13. N, 14. D, 15. D, 16. E, 17. E, 18. R, 19. S, 20. L, 21. W, 22. A, 23. T, 24. E, 25. R, 26. E, 27. G, 28. I, 29. L, 30. T, 31. O, 32. C, 33. C, 34. O, 35. A, 36. H, 37. O, 38. T, 39. C, 40. C, 41. O, 42. A

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Solution #1

2	1	3	6	4	5
5	4	6	3	1	2
6	5	1	4	2	3
3	2	4	1	5	6
4	3	5	2	6	1
1	6	2	5	3	4

Solution #2

1	2	3	5	4	6
4	5	6	2	1	3
2	3	4	6	5	1
5	6	1	3	2	4
6	1	2	4	3	5
3	4	5	1	6	2

Concentration Puzzle

(solutions)

Puzzle #1 Root of the matter

Puzzle #2 I beg to differ.

Puzzle #3 As wise as an owl

Puzzle #4 Look before you leap.



JANUARY BIRTHDAYS

Diane Astalos
Rhonda Benford-Elliott
Bruce Berger
Kristen Boyesen
Kathy Chmura
Jeff Demartine
Carl Femc
Cynthia Gainer

Becki Gisser
Lucille Gillespie
Barbara Hanzel
Roseann Kisner
Karen Kundla
Yolanda Magby
Carole Mazanec
Jean Rusher

John Rutherford
Bob Spinks
Jerry Steward
Patricia Steward
Carol Stover
Frank Thome
Pat Tyukodi
Michael Umbower

Valerie Warren
Patricia Wenckus
Ted Wonderly
Stella Witowski

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 the Recreation Office if you wish to have your anniversary date recognized in the Mini News.

NEW MEMBERS

Kim Charleston
Arlene Elder

Wally Genutis
Ronna Hardy

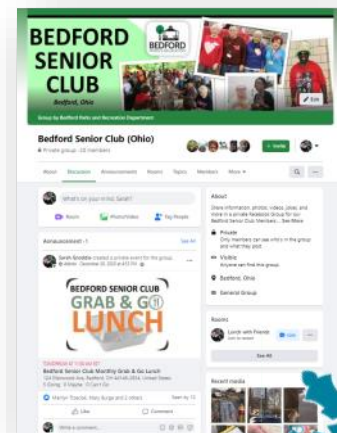
Debra Maxwell
Shirley Twohey

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



Medication Safety for Older Adults

Use this form to record your prescription and non-prescription medicines, vitamins and supplements. Bring it to every doctor appointment. Share the location of this with a trusted family member or friend.

Medicine I take	Why I take it	How much I take	How often I take	When I take it	Who told me to take it and when
Ex: Lisinopril	Ex: Blood Pressure	Ex: 20 mg	Ex: Daily	Ex: Bedtime	Ex: Dr. Davis, 9-1-17

