



BEDFORD SENIORS CLUB NEWSLETTER

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(440) 735-6570



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, March 8

Corned Beef Sandwich, Chips & Pickle

Registration begins on February 27. Registration deadline Friday, March 3.

*****The return of the Great Green Dessert Contest! Those who STAY can bring a green dessert for judging and sharing with other members!*****

Wednesday, March 22

Chili with Crackers & Baked Potato

Registration begins on February 27. Registration deadline Friday, March 17.




*****Those who STAY will have a Chili & Potato Bar with an assortment of delicious toppings!***

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
		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			



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
SATURDAYS Gentle Yoga 9:00am March 18, 25		1 Wii Bowling 9:30am  12:00pm Get Crafty 2:00pm STEAM Stars 6:00pm	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 "The Princess Bride" Tai Chi 5:50pm <i>Deadline for 3/8 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 Bingo 1:00pm Book Club 2:00pm STEAM Stars 6:00pm	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 "Glass Onion..." Tai Chi 5:50pm
13 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	14 Strength & Balance 10:30am Grief Recovery Intro 12:00pm Coffee & Convo 1:00pm	15 Wii Bowling 9:30am Lunch & Listen 12:30pm Sparkling Portraits 2:00pm STEAM Stars 6:00pm	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 "Older Than Irish" Tai Chi 5:50pm <i>Deadline for 3/22 lunch</i>
20 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	21 Strength & Balance 10:30am Coffee & Convo 1:00pm	22  Senior Lunch 11:30am/12:00pm Middle & High School Jazz Performance 12:45pm	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 Friday Flick 1:00pm "Fatherhood" 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 Taco & Trivia 11:30am Grief Recovery 1:00pm	29 Wii Bowling 9:30am Intro to CPR/AED 1:00pm	30 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	31 Strength & Core 10:30am Coloring & Chocolate 11:00am Friday Flick 1:00pm Viewer's Choice TBA Tai Chi 5:50pm

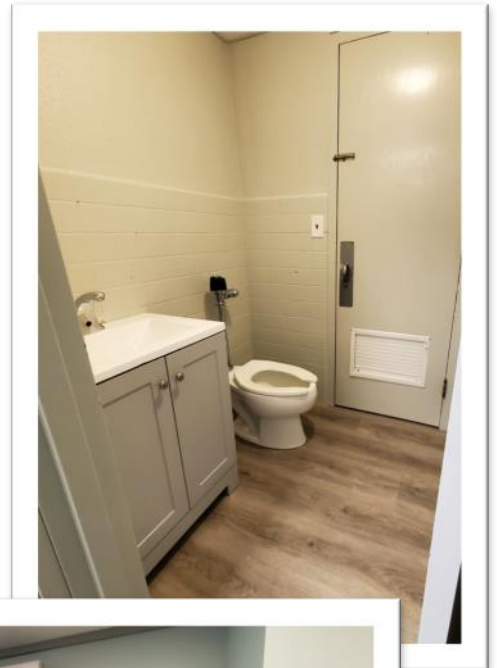
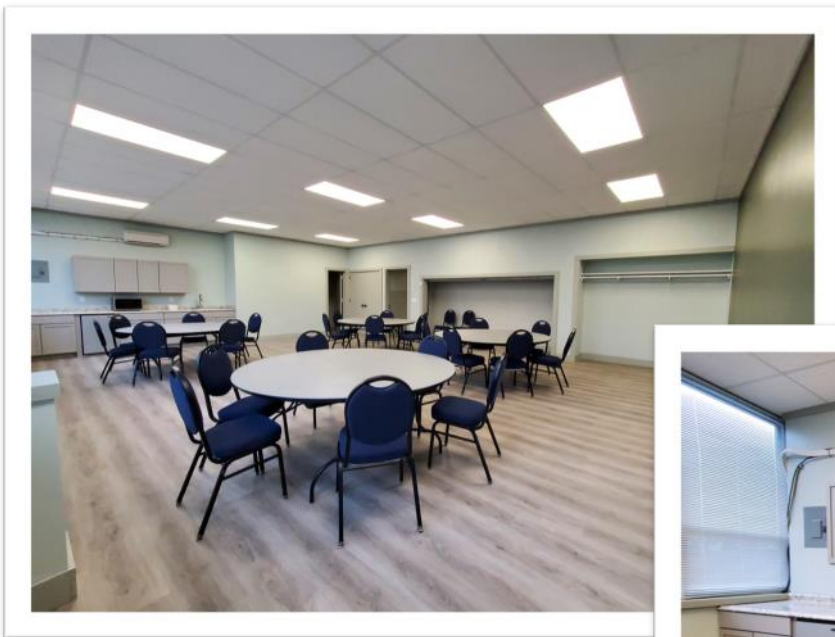
CONDOLENCES

Condolences to Club member Virginia Anderson on the passing of her son on January 12th.



RENOVATED ROOM FOR SENIOR PROGRAMS

Be sure to check out our newly renovated Room #1. Many senior programs will now be scheduled in this room! There is even a mini-refrigerator, microwave and small bathroom!



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.

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

Decoupage Photo Frame – Wednesday, March 1

Egg Extravaganza – Wednesday, April 5

Mandala Garden Rocks – Wednesday, May 3



Sparkling Portraits

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



Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third Wednesday of the month

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

- **Mouse Love** —Wednesday, February 15
- **Flamboyance** —Wednesday, March 15
- **Cherry Blossom Moon** —Wednesday, April 19

RECREATION PROGRAMS

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

Looking for
more friends
to join!

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 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

Taco & Trivia Tuesday

NEW! Join us for a taco bar and play trivia to keep our minds sharp and gear up for The Mind Challenge in May!

Dates: Tuesday, March 28 & Tuesday, April 25

Time: 11:30 am – 1:00 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

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 (No class on 2/20)

Time: 1:00 pm – 3:00 pm

Fee: Free

SOUPer Bowl I

NEW! 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 15

Fee: Free to Bedford Senior Club members

Looking for
more friends
to join!

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 2 Dates: Thursdays, February 23, March 2, 9, 16, 23

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Room 9

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

Bedford Senior Club Members are free and must register in advance



Gentle Yoga

This class incorporates yoga postures, gentle movement sequences, breath work, and meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system. Those with limited mobility can do yoga from a seated position and/or standing with chair support. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, March 18, 25, April 15, 22, 29, May 6, 13, 20 (No class 4/1, 4/8)

Time: 9:00 am - 10:00 am

Fee: \$10 per participant per class or register for the entire session for \$70

Bedford Senior Club Members are free and must register in advance

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, February 6, 13, 27, March 6, 13, 20, 27 (No class 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

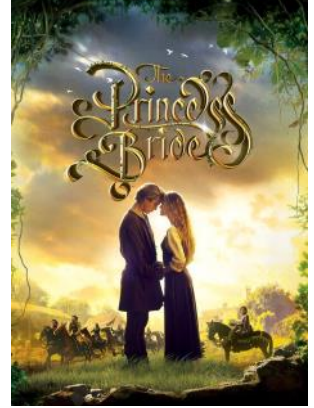
RECREATION PROGRAMS

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, March 3: The Princess Bride (1987)

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. Based on the William Goldman novel "The Princess Bride" which earned its own loyal audience.



Friday, March 10: Glass Onion: A Knives Out Mystery (2022)

Benoit Blanc returns to peel back the layers in a new Rian Johnson whodunit. This fresh adventure finds the intrepid detective at a lavish private estate on a Greek island, but how and why he comes to be there is only the first of many puzzles. Blanc soon meets a distinctly disparate group of friends gathering at the invitation of billionaire Miles Bron for their yearly reunion. Among those on the guest list are Miles' former business partner Andi Brand, current Connecticut governor Claire Debella, cutting-edge scientist Lionel Toussaint, fashion designer and former model Birdie Jay and her conscientious assistant Peg, and influencer Duke Cody and his sidekick girlfriend Whiskey. As in all the best murder mysteries, each character harbors their own secrets, lies and motivations. When someone turns up dead, everyone is a suspect.



Friday, March 17: Older Than Ireland (2015)

This landmark documentary tells a unique living history of Ireland - one seen through the eyes of 30 Irish centenarians. The film explores each centenarian's journey, from their birth at the dawn of Irish independence to their life in modern day Ireland. Each has witnessed a century of immense social, political and technological change, and provide a unique perspective on the meaning of life.



Friday, March 24: Fatherhood (2021)

In this heartwarming, funny and emotional true story, Kevin Hart stars as a widower taking on one of the toughest jobs in the world: fatherhood.



Friday, March 31: Viewer's Choice! Taking requests. To be announced!

RECREATION PROGRAMS

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

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: weekly on Thursday mornings

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 now thru March 14 9:45am-11:15am
- Daddy/Daughter Dance: Friday, February 10 6:00pm-9:00pm
- Preschool Art: Mondays, February 13 & March 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.

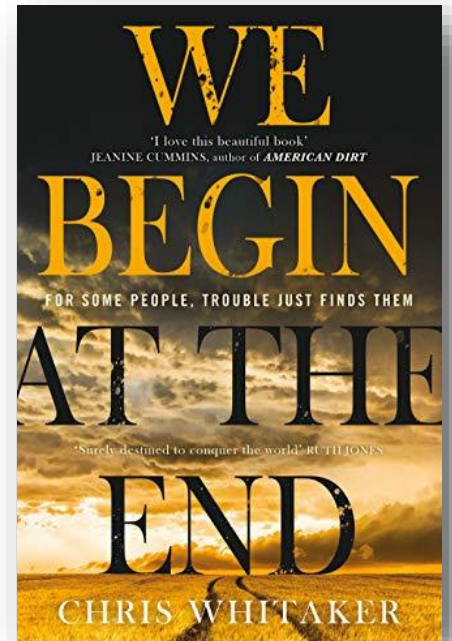
RECREATION PROGRAMS

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!*

Wednesday, March 8: “We Begin at the End” by Chris Whitaker

“Thirty years ago, a teenage Vincent King was sent to prison. But now, he's served his sentence and is returning to his hometown. The hometown where his childhood best friend, Walk, is now the chief of police. The town where his childhood sweetheart, Star Radley, still lives. The same Star Radley whose sister he killed. Duchess, Star's daughter, is a self-proclaimed outlaw. She needs to be. Who else is going to take care of her and her five-year-old brother? Star is still dazzling, still beautiful, but she hasn't shined as bright since Vincent was sent away. Too often it's Duchess and Walk who are the ones taking care of her. But when Duchess exacts her own vigilante revenge, she will set into motion a series of events that threatens not only her own family, but everyone she grows close to. A crime thriller that will break your heart and a literary novel with a mystery at its core, *We Begin at the End* unforgettably examines how the choices we make can nudge us into the dangerous ground between good and evil.”



Location: Ellenwood Center Room 2

Dates: Second Wednesday of the month

Time: 2:00 pm – 3:00 pm

Fee: Free

Monthly Newsletter

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.

Members who have an email on file will also receive the newsletter electronically. 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 updated contact information.

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

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

Pickleball Lessons

Pickleball is a fun sport that combines traditional elements of tennis with a wiffle-style ball and paddle on a smaller court. Players will learn the fundamental rules, basic skills and court positioning for singles and doubles play. Paddles and balls are provided. Participants must register in advance.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session Dates: Thursdays, April 13, 20, 27, May 4

Beginner/Intermediate Time: 12:30 pm - 2:00 pm

Intermediate/Advance Time: 2:00 pm - 3:30 pm

Fee: Free to Bedford Senior Club members / \$20 for non-members per session



Foundational Estate Planning

Having a basic will does not avoid probate. Moreover, relying on just a basic will is only one element of the many estate planning tools that every family should have in place. This workshop takes a hands-on approach to learn about the following foundational estate planning musts:

- *Pour-over Will
- *Healthcare POA
- *Financial POA
- *Guardianship
- *Trusts
- *IPAA
- *Living Will
- *Executorship

Workshop includes light meal. Deadline to register is April 11.

Location: Ellenwood Center Room 4

Dates: Tuesday, April 18

Time: 6:30 pm - 8:00 pm

Fee: Free

Making History Series: Women STEAM Stars

Each week learn about pioneers in Science, Technology, Engineering, Art or Math and then work collaboratively on a hands-on experiment or project inspired by these makers' discoveries.

Intergenerational program for Grades 2+ & Adults

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 4

Dates: Wednesdays, March 1, 8, 15

Time: 6:00 pm –7:00 pm

Fee: \$15 per person/Free to Bedford Senior Club members

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.

Women in History: Victoria Woodhull & Josephine Baker

Kick off Women's History Month with historical presentations on Josephine Baker and Victoria Woodhull. We will dive briefly into the life of Josephine Baker, an American-born French dancer, singer and the first black woman to star in a major motion picture film in 1927. Our presentation will highlight the life of Victoria Woodhull (an Ohio native), the first woman to run for President in 1872 and a leader of the women's suffrage movement. During women's suffrage, recipes in cookbooks, pamphlets, and suffragist newspapers often had themed names that blended homemade recipes with a side of activism. For lunch, we will enjoy "Spaghetti a la Suffragette" with a side salad, roll and "Pie for a Doubting Husband". Presentation by Susan Cannavino from Presentations with Pizzazz. Registration deadline is February 24.

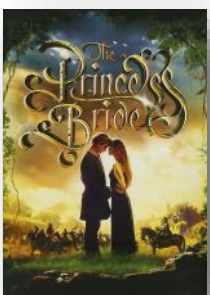
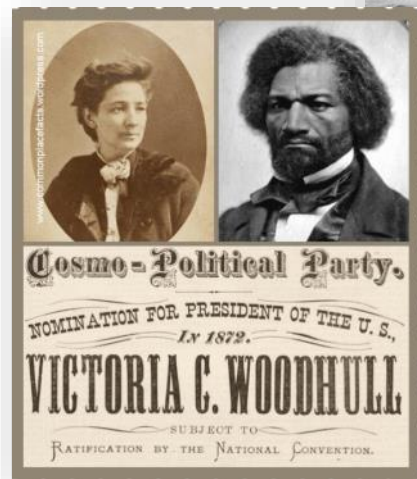
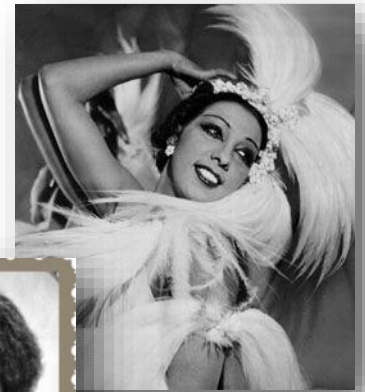
Date: Wednesday, March 1

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members

\$15 for non-members



We still have a few open spaces remaining for The Making of "The Princess Bride" Lunch and Learn on Wednesday, February 15. Registration deadline is February 10.

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: February 21(Tuesday due to holiday), March 6, 20

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>.

Power Outages


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

Presidents' Day

City Hall will be closed on Monday, February 20 in observance of Presidents' Day. There will be no change in refuse pick -up.


Regional Income Tax Agency (RITA)

RITA will begin administering income tax for the City of Bedford. If you have questions regarding the City of Bedford income tax, please contact RITA's customer service representatives at 800-860-748 or the Bedford Tax Department at 440-735-6505.



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 1

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

African American Authors Book Group— In-Person or Virtual

Thursday, January 23: 7:00pm - 8:30pm

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

February Title: South to America : A Journey Below the Mason-Dixon to Understand the Soul of a Nation / Imani Perry

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.

The Impact of the Great Migration on Cleveland

Saturday, March 04: 11:00am - 12:00pm Bedford Branch - Meeting Room

Learn about the factors that influenced the Great Migration and its impact on Cleveland in the 20th century.

Digital Navigator Appointments at Bedford Library

Monday, March 06: 9:30am - 4:30pm Bedford Branch

Tuesday, March 07: 9:30am - 6:00pm

Wednesday, March 08: 9:30am - 4:30pm

Cuyahoga County Public Library's Digital Navigators service offers one-on-one assistance to help you – or someone you know – connect to the internet, get a device, set up a telehealth appointment and more. Call us at 216.749.9420 to make an appointment.

PowerPoint 1

Friday, March 10: 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 Friday, February 10 2023 at 9:00am.

Beginning Crochet: Crochet Dishcloth

Saturday, March 11: 10:00am - 12:00pm Bedford Branch - Meeting Room

Crochet dishcloth is a quick and easy project that even a novice can make and use.

Registration opens on Saturday, February 11 2023 at 9:00am.



Online Dating Scams

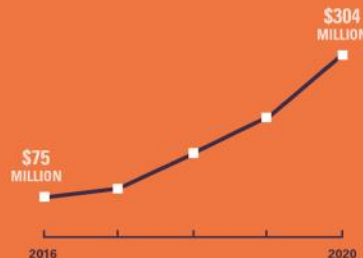
Has an online love interest asked you for money?

☒ **That's a scam.**

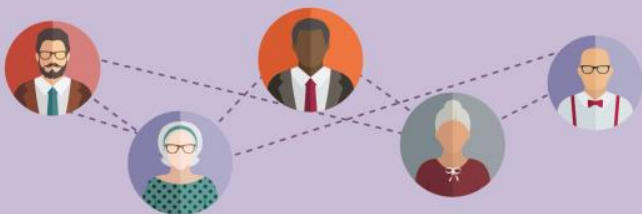
COSTLIEST SCAM

**REPORTED
TO THE FTC
IN 2020**

\$304
million lost



**REPORTED
MONEY LOSSES
INCREASED 4X
SINCE 2016**



Scammers know millions of people use online dating sites. They are there, too, hiding behind fake profiles.

Signs of a Scam



Professes love quickly.
Claims to be overseas for business or military service.



Asks for money, and lures you off the dating site.



Claims to need money — for emergencies, hospital bills, or travel. Plans to visit, but can't because of an emergency.



What to do

1

Slow down — and talk to someone you trust. Don't let a scammer rush you.

2

Never transfer money from your bank account, buy gift cards, or wire money to an online love interest. You won't get it back.

3

Contact your bank right away if you think you've sent money to a scammer.

4

Report your experience to:

- The online dating site
- Federal Trade Commission:
ReportFraud.ftc.gov

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



 **ABA
FOUNDATION**



Manage Your Property Tax Bill

1



Payment Options



Pay Online by
Electronic Check



Mail-in payment
to the Treasury
Department



Avoid long lines and pay
taxes at any KeyBank
location or dropbox
station at any Cuyahoga
County auto title office



In-person payment
by visiting the
Treasury
Department

2



Payment Programs



Delinquent Tax Payment Plan

Learn how to avoid
serious consequences
of delinquency



Homestead Tax Exemption Program

See if you qualify
for a reduction of
your property taxes



EasyPay Program

Spread tax
payments across the
whole year with
monthly
auto-withdrawals

3



Helpful Resources



If you're a senior citizen having
difficulty meeting your expenses, call
the county Division of Senior and Adult
Services (216) 420.6700



If you're planning to purchase a home,
find out if the property's tax bill might
change due to a pending tax value
revision case

NEED HELP?

DIAL 2-1-1



Food Assistance



Mental Health Services



Housing Assistance & Shelters



Substance Abuse Help



Employment Help



Becoming a Foster Parent



Heating & Utility Help



Where to Get Medical Help



Abuse Prevention



Earned Income Tax Credit (EITC)



Elder Care



Disaster Services



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





Cuyahoga County
Together We Thrive

| Division of Senior and Adult Services



HEAP Winter Crisis Program Helps Income Eligible Households

Winter weather is here and cold temperatures will likely stick around. It is important to keep your home warm this winter, so that you can stay safe. **The Home Energy Assistance Winter Crisis Program opened November 1, 2022 and will run through March 31, 2023.** Assistance is available to help income eligible households that need assistance maintaining their utility service.

The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills. This benefit is applied directly to customer's utility or bulk fuel bill, and can help manage the costs of heating their home. Those who are facing disconnection, have been disconnected, need to establish new service or have less than a 25 percent supply of bulk fuel in their tank are encouraged to apply for the program.

Both homeowners and renters are eligible for assistance. Visit www.energyhelp.ohio.gov to apply online or to download a copy of the application. Individuals will need to have copies of the following documents to include with their application 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.

For more information about the HEAP Winter Crisis Program **please contact the DSAS Connection Center at 216-420-6700.**

SOUTHEAST CLERGY *Meals On Wheels*

Volunteer

About our volunteers

Our volunteers make all the difference. We wear masks, social distance and follow the guidance of the CDC. We require all our volunteers vaccinated to help reduce the spread of COVID and encourage our clients to follow suit.

There are a few requirements to be a Meals on Wheels volunteer.

- Commitment – a vow to be reliable, showing up for your assigned route, unless you've requested a sub in advance.
- Compassion – a genuine caring for our recipients,
- Trustworthiness – a respect for our most needy clients. Volunteers will also undergo a background check by Bedford Police, paid for by our program.

How do you become a volunteer?

If you'd like to volunteer, please call Dinah Mouat at 440-439-0302. We'll set you up for a "training run", pair you with a partner, if need be, and you'll be off and running. You can drive, hop, help in the kitchen or with our pet program.

Need more information?

If you'd like a representative from Meals On Wheels to speak to your organization, or for any other questions, please call 440-439-0302 for assistance.



*45 years of service to
the 44146 community*

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

Like to help but can't volunteer?

Make a donation.

If you'd like to make a tax deductible contribution, you can send your donation to Southeast Clergy Meals on Wheels, 415 Northfield Road, Bedford, OH 44146, or call Dinah Mouat at 440-439-0302. She can also assist you in making a memorial gift, or a bequest in your will to ensure the continuation of our service. SE Clergy Meals on Wheels is a registered, non-profit 501(c)3 organization in the state of Ohio.

Southeast Clergy Meals On Wheels is an all volunteer, ecumenical service, sponsored by the Southeast Clergy Council. This service began on March 29, 1976 and is directed by a Board of Volunteers.

Our administrator is **Dinah Mouat**, at 440-439-0302. Our Supervisor of Food Service is **Terri White**, 440-232-5754. The Meals On Wheels kitchen is in operation from 9:00 am until 2:00 pm Monday through Fridays.





Cuyahoga County
Together We Thrive

Office of Emergency Management

At-A-Glance

ReadyNotify

ReadyNotify is a mass notification system used to notify citizens, residents and businesses of emergency situations, non-emergency events and provide information about necessary actions.

What is ReadyNotify?

ReadyNotify is a mass notification system used by Cuyahoga County and participating municipalities to issue emergency notifications to the public.

ReadyNotify is primarily used for emergency notifications when rapid and accurate information is essential for your immediate safety; however you may choose to be notified of general Cuyahoga County Government News as well.

What Type of Information is Required to Register?

Participation in the ReadyNotify Program is **voluntary**. A valid email and phone number will be needed to sign-up. During the registration process we will ask you to give us information about yourself such as your address, your primary language, and if you require any special assistance during an emergency event.

Register Now for
ReadyNotify



How Do I Register?

To register go to: readynotify.us

What Type of Notifications Will I receive?

You can expect to receive notifications about:

- Emergency Events
- Cuyahoga County Government News
- Cuyahoga County Building Closures
- Water Boil Alerts
- Safety Messages
- Other Information

How Will I Receive Messages?

When you sign-up in the system, you will receive emails as well as have the opportunity to choose how you want to receive additional messages. Additional messages can be delivered in the following ways:

- Cell Phone (Voice)
- Home Phone (Voice)
- Work Phone (Voice)
- SMS/Text Messaging
- Email
- Mobile App
- TDD Transmission

Did You Know?

Having redundant sources of emergency notifications on mobile devices will ensure you get the right message during an emergency,



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us



@CuyahogaOEM
[Facebook.com/CuyahogaOEM](https://www.facebook.com/CuyahogaOEM)

MEATS

Beef Chili



SERVES

4 • 1½ cups per serving



PREP TIME

5 minutes



COOK TIME

35 minutes



TOTAL TIME

40 minutes



Ingredients

- 1 pound 96% lean ground beef
- 1 15.5-ounce can reduced-sodium black beans, rinsed and drained
- 1 14.5-ounce can unsalted beef broth
- 1 14.5-ounce can unsalted diced tomatoes
- 1 4-ounce can green chilies or jalapeño peppers
- 2 tablespoons chili powder

Directions

1. Heat a large nonstick skillet over medium heat until hot. Add the ground beef. Cook for 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off the drippings.
2. Stir in the beans, broth, tomatoes, green chilies and chili powder. Bring to a boil. Reduce the heat. Simmer, covered, for 20 minutes to develop flavors, stirring occasionally.

Nutrition Analysis (per serving)

Calories	305
Total Fat	6.5 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	76 mg
Sodium	500 mg
Carbohydrates	27 g
Fiber	11 g
Total Sugars	5 g
Includes Added Sugars	0 g
Protein	34 g

Dietary Exchanges

1½ starch, 1 vegetable, 4 lean meat



Life is Sweet... with these Easy Sugar Swaps!

If you're cutting back on added sugars or calories, try these swaps to get the sweet taste you love:

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbecue sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Get recipes and more tips at
HEART.ORG/RECIPES

Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



Tea and Coffee

Swap sugars (including honey and agave syrup) for a no-calorie sweetener. One packet adds about the same sweetness as two teaspoons of sugar — and typically saves you more than 25 calories.

NO-CALORIE SWEETENER



The American Heart Association recommends cutting back on added sugars. Using low- and no-calorie sweeteners is one option that may help in an overall healthy diet. Foods and beverages containing low- and no-calorie sweeteners can be included in a healthy eating plan, as long as the calories they save are not added back as a reward or compensation. The FDA has determined that certain low- and no-calorie sweeteners, such as sucralose, are safe.

It's important to eat an overall healthy dietary pattern that **includes** a variety of fruits and vegetables, whole grains, beans and legumes, fish, skinless poultry, nuts and seeds, and fat-free/low-fat dairy products; and **limits** sodium, saturated fat, red meat and added sugars.

5 TIPS

to help you stay
motivated
to **exercise**

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:



1

Find ways to fit exercise into your day.
You are more likely to get moving if exercise is a convenient part of your day.



2

Do activities you enjoy to make it more fun.
Be creative and try something new!



3

Make it social.
Find a virtual “exercise buddy” to help keep you going and provide emotional support.



4

If there's a break in your routine, get back on track.
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

Keep track of your progress.
Make an exercise plan and don't forget to reward yourself when you reach your goals.



INSPIRATIONAL QUOTE OF THE MONTH

Be not afraid of life. Believe that life is worth living, and your belief will help create that fact.
-William James

THOUGHT FOR THE DAY

Whoever loves much, performs much, and can accomplish much, and what is done in love is done well.
-Vincent Van Gogh

THE MONTH OF FEBRUARY IS NOTED FOR...

American Heart Month

Black History Month

Creative Romance Month

National Bird Feeding Month

National Grapefruit Month

National Weddings Month

An Affair to Remember Month

Canned Food Month

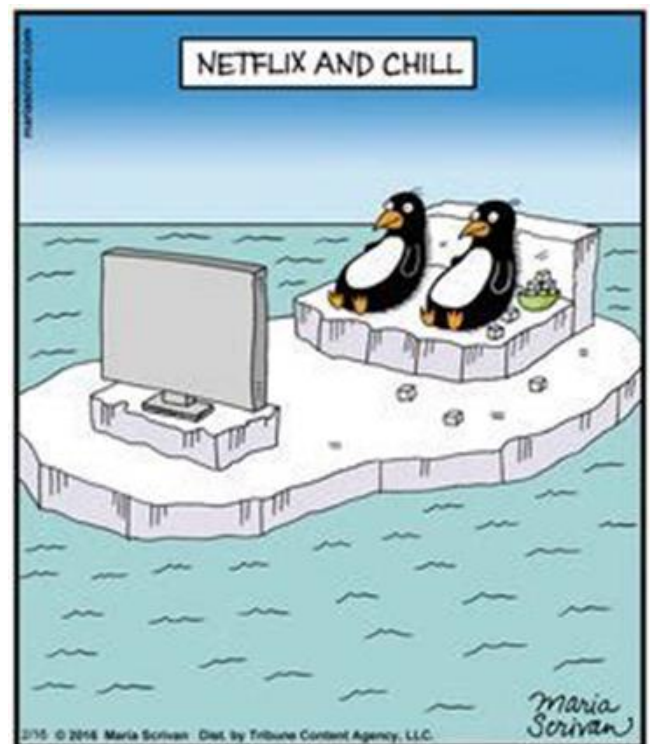
Great American Pie Month

National Cherry Month

National Children's Dental Health Month

Spunky Old Broads Month

The third week is noted for: International Flirting Week



SENIOR HUMOR & MORE — *SUBMITTED BY OUR SENIORS*

VALENTINE ONE-LINERS:

What do you write in a slug's Valentine's Day card?" Be my Valen-slime!
What did the paper clip say to the magnet? "I find you very attractive."
What did the stamp say to the envelope on Valentine's Day? "I'm stuck on you!"
Why didn't the skeleton want to send any Valentine's Day cards? His heart wasn't in it.
Why did the sheriff lock up their valentine? She stole their heart.
What do you call two birds in love? Tweethearts!
How can you tell when a squirrel is in love? It goes nuts!
What did the calculator say to the pencil? "You can count on me."
How did the telephone propose to his girlfriend? He gave her a ring!
What did one oar tell the other oar? "This is so row-mantic!"
What did the light bulb say to the other light bulb? "You light my world up."
How can you get arrested on Valentine's Day? "For stealing someone's heart."

6 THINGS YOU DIDN'T KNOW ABOUT VALENTINE'S DAY

Valentine's Day is more than just a Hallmark holiday. The celebration of love actually dates back to Ancient Rome. Here are 6 Valentine's Day facts worth sharing.

1) The heart shaped boxes of chocolates were introduced in 1861. They were created by Richard Cadbury. His father John founded the Cadbury Confectionery Company. Richard eventually started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates in 1861. Today, over 36 million are sold every year.

2) Conversation candy started out as medical lozenges. In 1847, Boston pharmacist, Oliver Chase, invented a machine that simplified the lozenge production process. It also resulted in the first candy-making machine. Oliver soon shifted his focus from making lozenges to candy. He founded the New England Confectionery Company or Necco. The lozenges became what we now call Necco wafers. In 1866, Oliver's brother started printing messages onto them. By 1902, Necco began manufacturing heart-shaped candies. That's when the conversation hearts were officially born. Today, about 8 billion are produced a year.

3) The holiday generates billions of dollars. Consumers spend an estimated \$19.6 billion for the holiday. \$1.8 billion is spent on candy alone, according to the National Retail Federation. It's no surprise that jewelry is the most popular Valentine gift. A whopping \$4.7 billion is spent on rings, necklaces and more.

4) Gifting your pet is normal. In 2020, Americans spent \$751.3 million on their furry friends. Research shows 27.6 million households gave Valentine's gifts to their dogs. Meanwhile, 17.1 million households purchased presents for their cats.

5) Galentine's day is a real thing. The made-up holiday first appeared on the TV show "Parks and Recreation." Since 2010, spending on Valentine's Day gifts for friends has tripled. It's gone from \$737 million to a whopping \$2.1 billion.

6) Millions of Valentine's cards are purchased every year. Americans exchange around 145 million of them according to Hallmark. The greeting card company introduced their first Valentine's Day card in 1913.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

FUNNY LOVE QUOTES ABOUT LOVE & RELATIONSHIPS

Ladies, if a man says he will fix it, he will. There is no need to remind him every 6 months about it.

By all means marry. If you get a good wife, you'll be happy. If you get a bad one, you'll become a philosopher.
~ *Socrates*

Relationships are like a walk in the park. Jurassic Park.

If your significant other is mad at you put a cape on them and say "Now you're super mad!".

When a woman says "What?" It's not because she didn't hear you, she's giving you a chance to change what you said.

Behind every angry woman stands a man who has absolutely no idea what he did wrong.

The four most important words in any marriage: "I'll do the dishes".

A good marriage is like a casserole, only those responsible for it really know what goes in it.

Love at first sight is possible, but it pays to take a second look.

Love is like an hourglass, with the heart filling up as the brain empties. ~ *Jules Renard*

Women are meant to be loved, not to be understood. ~ *Oscar Wilde*

People who throw kisses are hopelessly lazy. ~ *Bob Hope*

There are only three things women need in life: food, water, and compliments. ~ *Chris Rock*

Love is a lot like a backache, it doesn't show up on X-rays, but you know it's there. ~ *George Burns*

All you need is love. But a little chocolate now and then doesn't hurt. ~ *Charles M. Schulz*

Before you marry a person, you should first make them use a computer with slow Internet service to see who they really are. ~ *Will Ferrell*

A successful relationship requires falling in love many times, always with the same person. ~ *Mignon McLaughlin*

A kiss without a mustache is like an egg without salt. ~ *Spanish Proverb*

Gravitation is not responsible for people falling in love. ~ *Albert Einstein*

If you love them in the morning with their eyes full of crust; if you love them at night with their hair full of rollers, chances are, you're in love. ~ *Miles Davis*

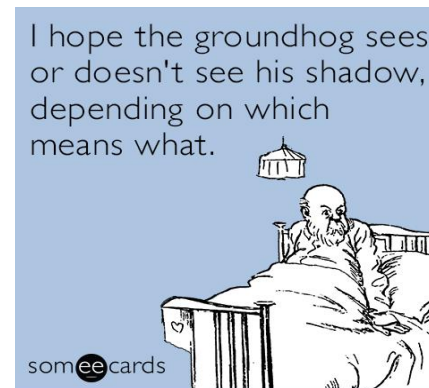
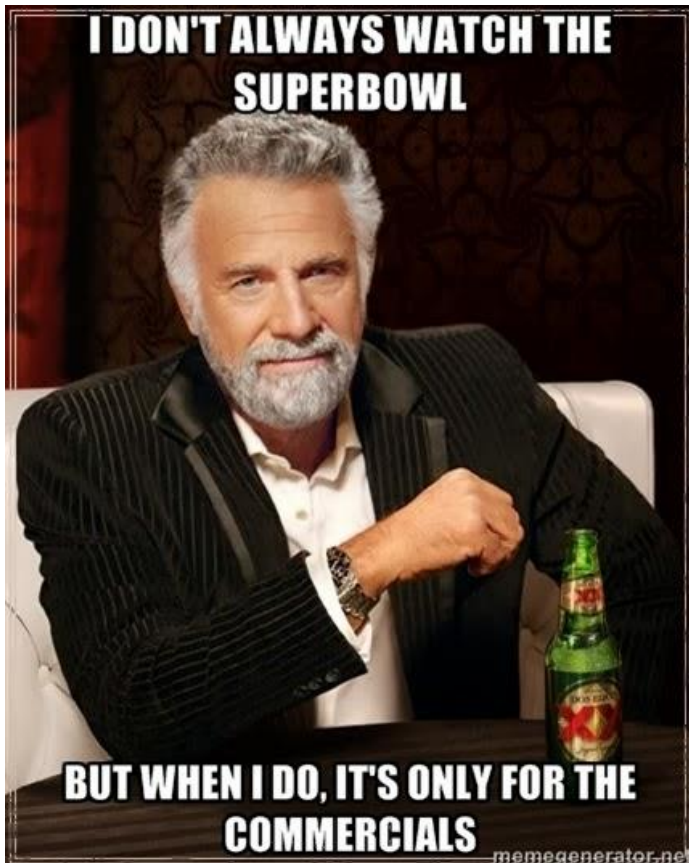
Love is not having to hold in your farts anymore.

The secret of a happy marriage remains a secret. ~ *Henry Youngman*

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?



VALENTINE'S DAY

WORD SCRAMBLE

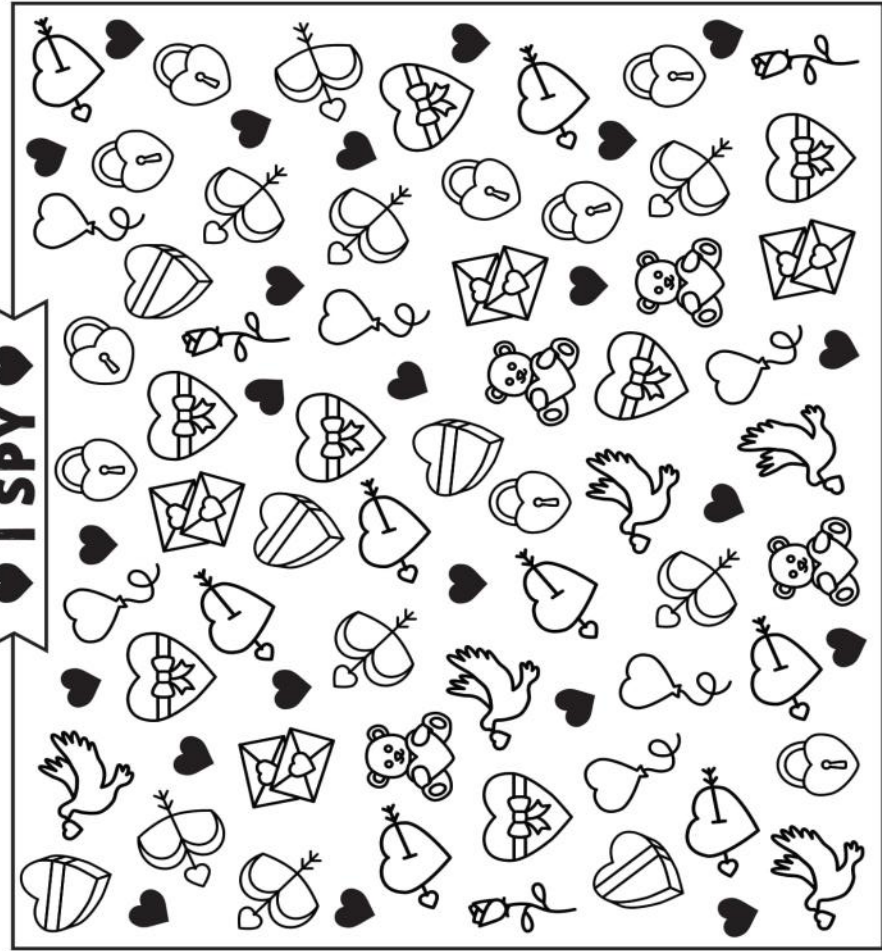
- MARDIER
- QUTBOUE
- OOLTCHEA
- PDUCI
- WRSLEFO
- AETRH
- NORMCEA
- WREHTTESAE
- ELVNATEIN
- OESRS
- GHU
- LEVO



DOWNLOAD MORE FREE PRINTABLES AT WWW.PISANDPAINT.COM

VALENTINE'S DAY

I SPY



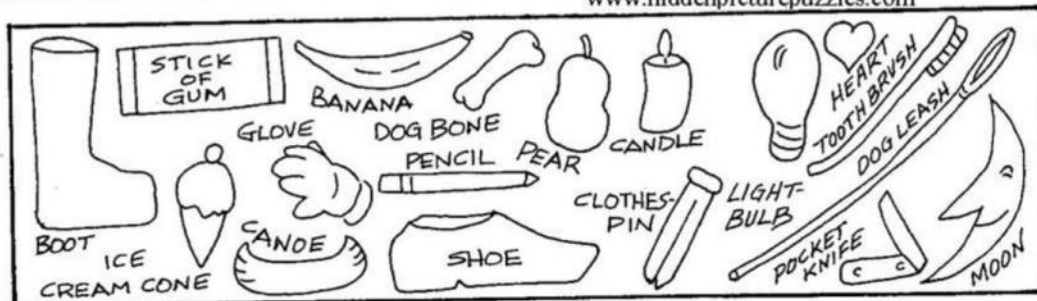
	_____		_____
	_____		_____
	_____		_____

DOWNLOAD MORE FREE PRINTABLES AT WWW.PISANDPAINT.COM

Hidden Picture Puzzle: Valentine's Day



www.hiddenpicturepuzzles.com



HOW MANY WORDS CAN YOU MAKE FROM

VALENTINE'S DAY



Using each letter only once, see how many different words you can make out of "VALENTINE'S DAY." Write down as many words as you can on the lines below.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

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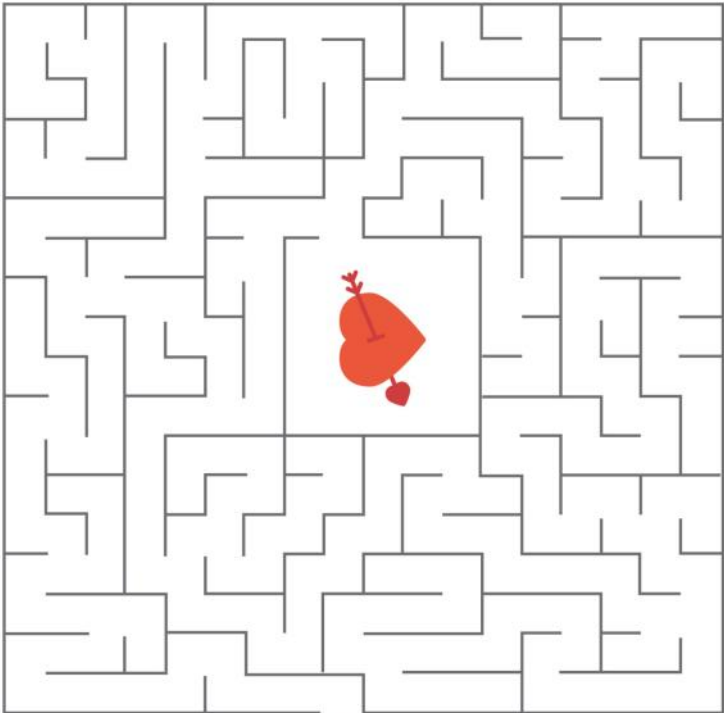
29. _____

30. _____

VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

Happy Valentine's Day!



START
HERE

Valentine's Day WORD SEARCH

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

BOUQUET
 FEBRUARY
 LETTER
 POEM

BOW
 FRIENDS
 LOVE
 ROMANCE
 SWEET
 ST VALENTINE

CANDLE
 GIFT
 LOVEBIRDS
 ROSES
 TREATS
 TEDDY BEAR

CUDDLE
 HUGS
 MAILBOX
 SMOOCH

FEBRUARY BIRTHDAYS

Marchell Adams
Joan Berger
Annette Black
Bernie Chmura
Claudette Cole
Betsy Findley
Joy Freda

Barb Hirko
Robert Johnson
Michael Kado
Joseph Kensicki
Judith Kobus
Marilyn Koci
Carolyn Kucia

Jeanette McCarthy
Barbara McDaniel
Dorothy Mulh
Rochelle Petak
Dale Praznik
Martha Reynard
Lynn Richardson

Sandy Spinks
Barb Spencer
Gemma Telling

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

Corinda Allen
Kathy Baker
Leroy Baker
Miranda Bernabei
Vera Blakely
Dorothy Chappell
Julianne Diederich
Terron Lee
Chris Lemke
Theresa Martin
Carl Miller
Karla Miller
Joseph Michalek
Victoria Michalek

Ingrid Morton
Jerry Oldenburg
Everette Payne
Lynn Richardson
Robert Richardson
Marilyn Spiewak
Mary Ellen Spoto
Allen Ward

