



# BEDFORD SENIORS CLUB NEWSLETTER

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## **GOODBYE to Grab & Go** **HELLO to new friends at SIT & STAY**

Effective April 2023, all meals served through the Bedford Senior Club will be in-person at Ellenwood Center. Traditionally the Bedford Senior Club has met in-person and enjoyed meals together at Ellenwood. During the COVID-19 pandemic, when congregate meals were not possible, the Parks & Recreation Department offered drive-thru and then grab and go options as a way of continuing to serve our seniors. The drive-thru and grab and go options were not intended to be permanent, and given that our county funding and our mission are intended to maximize in-person programs and meals, we are moving away from the grab and go option. We hope you join us for our congregate meals and our many in-person programs moving forward. Feel free to contact us with any questions.

Doors open at 11:30am. 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. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

### **Wednesday, April 12**

***Chicken Marsala, Mashed Potatoes, Green Beans***

Registration opens on March 27. Registration deadline Friday, April 7.

### **Wednesday, April 26**

***Sirna Burger & Pasta Salad***

Registration opens on March 27. Registration deadline Friday, April 21.

***A vegetarian option is available.***



*Please indicate during registration if you prefer a vegetarian substitution*



**(440) 735-6570**

# MARCH

## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SATURDAYS</b> Gentle Yoga 9:00am March 18, 25</p>		<p><b>8</b></p>  Senior Lunch 11:30am/12:00pm Bingo 1:00pm Book Club 2:00pm	<p><b>9</b></p> 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	<p><b>10</b></p> Strength & Core 10:30am Friday Flick 1:00pm "Glass Onion..." Tai Chi 5:50pm
<p><b>13</b></p> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<p><b>14</b></p> Strength & Balance 10:30am Grief Recovery Intro 12:00pm Coffee & Convo 1:00pm	<p><b>15</b></p> Wii Bowling 9:30am Lunch & Listen 12:30pm Sparkling Portraits 2:00pm	<p><b>16</b></p> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	<p><b>17</b></p> Strength & Core 10:30am Friday Flick 1:00pm "Older Than Irish" Tai Chi 5:50pm <i>Deadline for 3/22 lunch</i>
<p><b>20</b></p> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<p><b>21</b></p> Strength & Balance 10:30am Coffee & Convo 1:00pm	<p><b>22</b></p>  Senior Lunch 11:30am/12:00pm Middle & High School Jazz Performance 12:45pm Tax Appointments	<p><b>23</b></p> 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 Tax Appointments	<p><b>24</b></p> Strength & Core 10:30am Friday Flick 1:00pm "Fatherhood" Tai Chi 5:50pm
<p><b>27</b></p> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<p><b>28</b></p> Strength & Balance 10:30am Taco & Trivia 11:30am Grief Recovery 1:00pm	<p><b>29</b></p> Wii Bowling 9:30am Intro to CPR/AED 1:00pm	<p><b>30</b></p> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Art w/ Purpose 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm	<p><b>31</b></p> Coloring & Chocolate 11:00am Friday Flick 1:00pm "Black Adam" Tai Chi 5:50pm



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

# APRIL

## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<b>4</b> Strength & Balance 10:30am AARP Drivers 1:00pm Grief Recovery 1:00pm STEAM Stars 6:00pm	<b>5</b> Wii Bowling 9:30am Get Crafty 2:00pm	<b>6</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Art w/ Purpose 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Throwback Flick 1:00pm "Titanic" *3½ hr movie Barre Above 6:30pm	 Deadline for 4/12 lunch
<b>10</b> Line Dancing 10:30am Cooking Demo 12:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<b>11</b> Strength & Balance 10:30am AARP Drivers 1:00pm Grief Recovery 1:00pm STEAM Stars 6:00pm	<b>12</b>  Senior Lunch 12:00pm Musical Disco Bingo 1:00pm Book Club 2:00pm	<b>13</b> UH Walking Club 9:30am Art w/ Purpose 12:00pm Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Barre Above 6:30pm	<b>14</b> Strength & Core 10:30am Friday Flick 1:00pm "80 For Brady" Deadline for 4/19 lunch
<b>17</b> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<b>18</b> Strength & Balance 10:30am Grief Recovery 1:00pm STEAM Stars 6:00pm Estate Planning 6:30pm	<b>19</b> Wii Bowling 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm	<b>20</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Art w/ Purpose 12:00pm Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Barre Above 6:30pm	<b>21</b> Strength & Core 10:30am Friday Flick 1:00pm "I Wanna Dance With Somebody" Tai Chi 5:50pm Deadline for 4/26 lunch
<b>24</b> Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	<b>25</b> Strength & Balance 10:30am Taco & Trivia 11:30am Grief Recovery 1:00pm STEAM Stars 6:00pm	<b>26</b>  Senior Lunch 12:00pm Dice Games 1:00pm 	<b>27</b> UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Barre Above 6:30pm	<b>28</b> Strength & Core 10:30am Coloring & Chocolate 11:00am Friday Flick 1:00pm "A Man Called Otto" Tai Chi 5:50pm
<b>ASK ABOUT OUR EGG HUNT FOR KIDS ON SATURDAY, APRIL 1st</b>			<b>SATURDAYS</b> Creative Writing 12:00pm April 1	<b>SATURDAYS</b> Gentle Yoga 9:00am April 15, 22, 29



# 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. Registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm

**Egg Extravaganza** – Wednesday, April 5

**Mandala Garden Rocks** – Wednesday, May 3

**Alcohol Ink Coasters** – Wednesday, June 7



## 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. 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

- **Flamboyance** —Wednesday, March 15
- **Cherry Blossom Moon** —Wednesday, April 19
- **Santa Cruz** —Wednesday, May 17

# RECREATION PROGRAMS

## Knitting Connection

**NEW!** Connect with others and knit for a good cause! 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 to Bedford Senior Club members who participate. Accepting supply donations.

Location: Ellenwood Center Room 1

Dates: Mondays (No class on 5/29)

Time: 1:00 pm – 3:00 pm

Fee: Free

**Attention all Senior Club Members!  
We are looking for donations of yarn,  
knitting needles and crochet hooks.  
We are making scarves and blankets  
for local charities and hospitals.**



## Cooking Demo with UH

**NEW!** This cooking demonstration will be about preparing healthy meals and using healthy ingredients. Participants will be able to eat the meals prepared by Chef Tony and his Team. Food provided by UH. Registration deadline is April 3.

Instructor: Chef Tony, the Culinary Director for UH

Location: Ellenwood Center Room 4

Date: Monday, April 10

Time: 12:00pm-1:00pm

Fee: Free to community members



# 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. Registration required.

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

Location: Ellenwood Center Room 3

\*NEW DATES\*: Thursdays — March 9, 23, 30, April 6, 13, 20

Time: 12:00 pm – 1:30 pm

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

Looking for  
more friends  
to join!

## 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

Spring Session Dates: Fridays, April 21, 28, May 5, 12, 19

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

## 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. Registration required.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, April 14, 21, 28, May 5, 12 (no class 5/19, 5/26)

Time: 10:30 am – 11:15 am

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



# 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 1

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. Registration required.

Date: Wednesday, March 15

Time: 12:30 pm - 2:00 pm

Location: Ellenwood Center Gymnasium

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

**We are looking for one more person to join Wii Bowling League**



# 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

## Mind Challenge

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

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



The start dates for team formation rounds are scheduled for middle/end of April. Regional competitions are scheduled to take place starting early May. To advance to the next round, our team(s) must finish in the top 50% of competing teams in the region. In addition, the top scoring team from each city will automatically advance; this keeps all the cities alive for a few rounds. The Fact Finding Four and Mind Challenge Championship will take place in June. Specific dates and times are forthcoming.

Fee: Free

### **Informational Meeting and Team Formation:**

Thursday, May 11, 9:30am at Ellenwood Center Gym

### **Mind Challenge Competition Dates, Times & Locations:**

Central Region Play - Thursday, May 18, 1:00pm at Ellenwood Center Gym

Central Region Play - Thursday, May 25, 1:00pm at Ellenwood Center Gym

If our team(s) advances:

Elevated Eleven - Wednesday, June 7 9:30am at Ellenwood Center Gym

Fact Finding Four - Tuesday, June 13 9:30am or 1:00pm at Middleburg Heights

Finals - Wednesday, June 14 11:00am at Middleburg Heights



# 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

Spring Session Dates: Thursdays, April 6, 13, 20, 27, May 4, 11, 18, 25

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Gymnasium

Fee: \$72 Resident/\$88 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

Remaining Winter Session Dates: Mondays, February 6, 13, 27, March 6, 13, 20, 27

Spring Session Dates: Mondays, April 3, 10, 17, 24, May 1, 8, 15, 22

Fee: \$6 per participant per class or register for the entire Spring session for \$40

Bedford Senior Club Members are free and must register in advance

# RECREATION PROGRAMS

## Creative Writing Workshops

Join creative writer, teacher, and director of Writing Blooms, Jamie Cole, to discover innovative and imaginative writing techniques. Ms. Cole infuses fun in her educational writing activities and is excited about the opportunity to share her creative writing strategies with writers of all levels. Beginners welcome! *Each class needs a minimum of 5 participants.*

Location: Ellenwood Center Room 1

Fee per class: \$15 Bedford Resident/\$20 Non-Resident

Bedford Senior Club Members are free and must register in advance

## Writing From the Heart Series: Wedding Vows

Are you looking for the right words to help you say I DO? Well, Let Writing Blooms help YOU! This class is great for the person looking to propose, the newly engaged couple or the couple looking to renew their wedding vows.

Date: Saturday, April 1

Time: 12:00pm-2:00pm

## Writing From the Heart Series: Family Writing

When written, Words are Forever! In this class, create momentos of love, appreciation and admiration for the special people in your life. This is a family class that is just in time to celebrate Mother's Day and Father's Day. Grandparents, we would love to see you there with your grandchildren too!

Date: Saturday, May 6

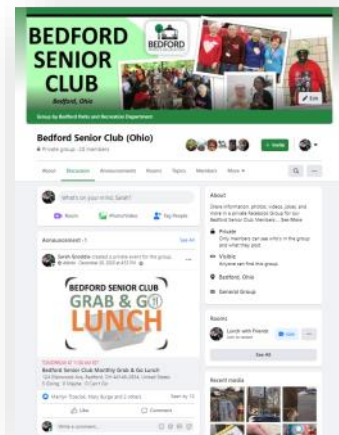
Time: 10:00am-12:00pm

## 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](https://www.facebook.com/groups/bedfordseniorclub)



# 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 31: Black Adam (2022)

Nearly 5,000 years after he was bestowed with the almighty powers of the ancient gods--and imprisoned just as quickly--Black Adam (Dwayne Johnson) is freed from his earthly tomb, ready to unleash his unique form of justice on the modern world.

### Thursday, April 6: Titanic (1997)

**25th Anniversary!** James Cameron's "Titanic" is an epic, action-packed romance set against the ill-fated maiden voyage of the R.M.S. Titanic; the pride and joy of the White Star Line and, at the time, the largest moving object ever built. She was the most luxurious liner of her era -- the "ship of dreams" -- which ultimately carried over 1,500 people to their death in the ice cold waters of the North Atlantic in the early hours of April 15, 1912. **PLEASE NOTE: The runtime on this movie is 3 hours and 16 minutes. We will include an intermission roughly halfway thru the movie.**

### Friday, April 14: 80 for Brady (2023)

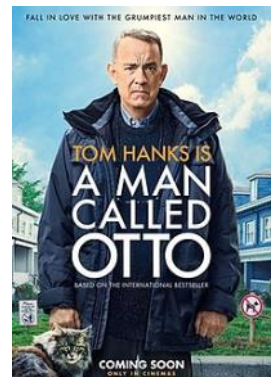
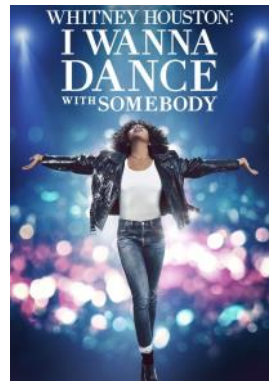
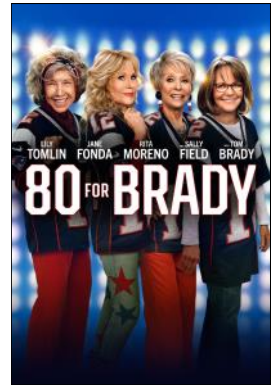
80 FOR BRADY is inspired by the true story of four lifelong best friends (Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field) living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play.

### Friday, April 21: Whitney Houston: I Wanna Dance with Somebody (2023)

Whitney Houston: I Wanna Dance With Somebody is a powerful and triumphant celebration of the incomparable Whitney Houston. Directed by Kasi Lemmons and produced by legendary music executive Clive Davis and starring Naomi Ackie, the film is a no-holds-barred portrait of the complex and multifaceted woman behind The Voice. From New Jersey choir girl to one of the best-selling and most awarded recording artists of all time, audiences are taken on an inspirational, poignant—and so emotional—journey through Houston's trailblazing life and career, with show-stopping performances and a soundtrack of the icon's most beloved hits as you've never heard them before.

### Friday, April 28: A Man Called Otto (2022)

Based on the comical and moving New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbors. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unexpected friendship that will turn his world upside-down.





# 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 1

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 Art: Mondays, March 13 & April 17 1:30pm-3:00pm
- Secondhand Sports Swap: Saturday, March 18 9:30am-12:30pm
- Easter Egg Hunt: Saturday, April 1 9:30am-10:30am
- Mother/Son Dance: Friday, April 14 5:30pm-8:30pm

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.



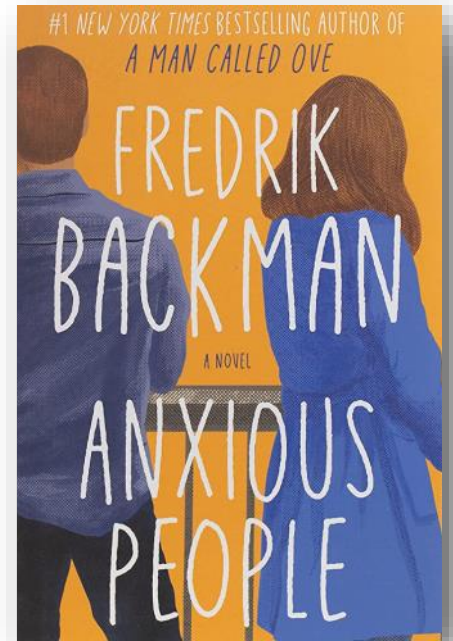
# RECREATION PROGRAMS

## 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, April 12: “Anxious People” by Fredrick Blackman

*"Looking at real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can't fix their own marriage. There's a wealthy bank director who has been too busy to care about anyone else and a young couple who are about to have their first child but can't seem to agree on anything, from where they want to live to how they met in the first place. Add to the mix an eighty-seven-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face, a flustered but still-ready-to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world. Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. None of them is entirely who they appear to be. And all of them—the bank robber included—desperately crave some sort of rescue. As the authorities and the media surround the premises these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next"*



Location: Ellenwood Center Room 1

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 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: African American 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: Tuesdays, April 4, 11, 18, 25

Time: 6:00 pm - 7:00 pm

Fee: Free! Pre-registration required. Limited space available.



# 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 Four Stooges - Larry, Curly, Moe and Shemp

The tale of this comedy team whose popularity has not faded after 85 years. A brief history of each Stogie will be presented before we view some of their most popular skits. Lunch will be meatloaf, mashed potatoes, mixed vegetables and pie (served on a plate, not to the face). Presentation by Carl Quatraro with Speaking on Q.



Date: Wednesday, April 19

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

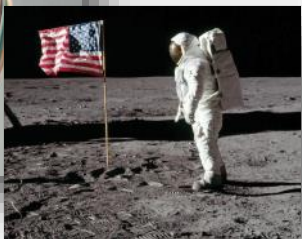
Fee: Free to Bedford Senior Club members  
\$15 for non-members

## ***SAVE THE DATES! Details forthcoming...***

***The Personal Life of Grace Kelly — Wednesday, May 3***

***The Race to the Moon — Wednesday, June 21***

***The Story of Euclid Beach Park — Wednesday, July 19***





**LAST CALL**

# 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. **Registration deadline March 15.**

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



# TAX PREPARATION ASSISTANCE

## WHEN

**March 22, 2023 10am-3pm &  
March 23, 2023 4pm-7pm**

***Appointment only***

## WHERE

**Ellenwood Center**

124 Ellenwood Ave., Bedford, OH

Assistance is available to those who qualify, by appointment only. Assistance provided for State and Federal returns. Space is limited. To Register for one of our appointment times please call the Bedford Parks & Recreation Department beginning February 13, 2023 9:00 AM (440) 735-6570.



## FREE SERVICE TO THOSE WHO QUALIFY

In order to qualify you **MUST:**

- Be a Bedford Resident
- Earn less than 60k per year
- No Rental Income
- No business loss filings or paid

## REQUIRED DOCUMENTS:

Photo ID, Social Security Cards, All 2022 W2s & 1099s, direct deposit info, childcare expense documents

## MADE POSSIBLE BY:

The Cuyahoga EITC Coalition  
CHN Housing Partners  
The City of Bedford  
Bedford Parks and Recreation Department



# 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: March 20, April 3, 17

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

## No Spring Leaf Collection

Please note that there will be NO leaf collection during the spring season. If you have leaves, please bag them and put that out with your trash collection on your designated day.

## Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 17-21 and April 24-28, Monday through Friday between 8:00 a.m. and 3:00 p.m. (NO AFTER HOURS DROP OFF); CPU's, monitors, keyboards, tablets, software and cell phones.

Bedford residents only, no businesses.

## Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 17-21 and April 24-28, Monday through Friday between 8:00 a.m. and 3:00 p.m. (NO AFTER HOURS DROP OFF); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury.

CFL – Compact or tube fluorescent bulbs are not accepted in our round up. NO LATEX PAINT ACCEPTED, (Remove lid, add drying agent such as kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash. Bedford residents only, no businesses.

## Friendly Reminder

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

Your cooperation is greatly appreciated to help us keep our neighborhoods safe, clean and visually attractive.





# CITY OF BEDFORD

## 2023 LANDSCAPE CONTRACTOR LIST

*Last Revised 3/7/2023*

**Dobbs Landscaping and Plowing**  
**(216) 780-1346**

- Senior Discount Offered
- Price depends on lawn size

**Gales Landscaping**  
**(216) 315-5216**

- Senior Discount Offered
- Price depends on lawn size

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

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

**Lockett's Landscaping**  
**(833) 562-5388**  
**(216) 357-8033**  
**marc@lockettlandscaping.com**

- Senior Discount Offered
- Price depends on lawn size

**Pro-Mow Landscaping**  
**(440) 439-4456**  
**(216) 276-3399**

- Senior Discount Offered
- Price depends on lawn size

**Jim Westfall**  
**(440) 232-0544**

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

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

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

***Please note: We anticipate adding more providers on this list. These providers confirmed by our print deadline. A revised list will be included in next month's newsletter.***



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 14 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, March 30: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom 1

March Title: It's Not All Downhill from Here by Terry McMillan

**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. Must register.

**Scam BINGO**

Thursday, March 23: 7:00pm - 8:00pm                      Bedford Branch - Meeting Room

Learn about common consumer scams from a representative of the Cuyahoga County Department of Consumer Affairs and have fun playing SCAMO (Scam Bingo).

**Houseplant Swap**

Saturday, April 01: 10:00am - 11:00am                      Bedford Branch - Meeting Room

Get together with other plant-lovers to trade plants, cuttings and knowledge

**Google Apps**

Friday, April 14: 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, March 13 2023 at 9:00am

**Spice Up Your Life - Garam Masala**

Saturday, April 29: 10:30am - 12:30pm                      Bedford Branch - Meeting Room

Learn about spices and spice blending through an exploration of Garam Masala, a spice blend originating from India. Registration opens on Monday, March 27 2023 at 9:00am



# Food Distribution

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



## Dates & Locations

### **BEDFORD BRANCH**

Wednesdays, April 19,  
May 17 / 1:30 – 3:30 PM

### **BROOK PARK BRANCH**

Wednesdays, March 29, April 26,  
May 24 / 2 – 3:30 PM

### **BROOKLYN BRANCH**

Mondays, March 13, April 10,  
May 8 / 12 – 1:30 PM

### **GARFIELD HEIGHTS BRANCH**

Wednesdays, March 1, April 5,  
May 3 / 11 AM – 1 PM

### **MAPLE HEIGHTS BRANCH**

Tuesdays, March 14, April 11,  
May 9 / 10 AM – 12 PM

### **PARMA HEIGHTS BRANCH**

Wednesdays, March 15, April 19,  
May 17 / 10 AM – 12 PM

### **PARMA-SNOW BRANCH**

Tuesdays, April 4, May 2 / 3:30 – 5 PM

### **SOUTH EUCLID-LYNDHURST BRANCH**

Tuesdays, March 28, April 25,  
May 23 / 11 AM – 1 PM

### **WARRENSVILLE HEIGHTS BRANCH**

Thursdays, March 9, April 13,  
May 11 / 1:30 – 3 PM





**Bedford Historical Society  
Presents Our Annual**

G131078

**Reverse Raffle  
&  
Basket Raffle**

G131078

**A Bright New Look at Our History**

**Saturday March 18, 2023  
Ellenwood Center  
124 Ellenwood Ave.  
Bedford, Ohio 44146**

**Doors open at 5pm for Basket Raffle and hors d'oeuvres**

**Dinner at 6pm catered by Sirna's - BYOB, Water & Soda provided**

**Reverse Raffle & Basket Raffle drawing after dinner**

**Dinner and one Reverse Raffle Ticket - \$60.00**

**Two Dinners and one Reverse Raffle Ticket - \$100.00**

**Basket Raffle Tickets - \$1.00 each, 6 for \$5.00, \$10 for an arms length**

**CALL 440-232-0796 FOR MORE INFORMATION**





***Once On This Island — a musical performance by Bedford High School students***

From the Tony Award-winning songwriting team of Lynn Ahrens and Stephen Flaherty (Seussical, Ragtime), this highly original and theatrical Caribbean adaptation of the popular fairy tale, *The Little Mermaid*, garnered eight Tony nominations for its Broadway run, including Best Musical, Book and Score.

It is based on the 1985 novel *My Love, My Love; or, The Peasant Girl* by Rosa Guy, a Caribbean-set retelling of Hans Christian Andersen's fairy tale *The Little Mermaid*. It concerns a peasant girl in the French Antilles who falls in love with a rich boy and makes a deal with the gods to save his life.

**Purchase tickets at: <https://bhsathletics.org/event-tickets>**





**CHN**  
**Housing Capital™**

*an affiliate of CHN Housing Partners.™*



# Home Repair Loan

Up to **\$20,000**  
for eligible homeowners

Home repair loan will be provided as a 0% deferred second mortgage payable upon resale of the home.

## Eligible Homeowners

Eligible homeowners will have incomes at or below 120% AMI for the county, and will be current on their real estate taxes or currently in a payment plan with the county.

## Eligible Homes

Eligible homes are located in communities within Cuyahoga County and are single-family and owner-occupied.

## Eligible Repairs

Examples of repairs may include: roofs, porches, gutters, HVAC, plumbing, electrical, walks and driveways.

# Apply Now

[chnhousingcapital.org/homerepair](http://chnhousingcapital.org/homerepair)

2999 Payne Ave. Ste 134  
Cleveland, Ohio 44114

855-764-LOAN (5626)  
NMLS #1798137





Nearly one in four households in Cuyahoga County have no internet access. Cuyahoga County and our partners are working to bridge the digital divide.



# Connecting the Unconnected

## Free Computers for Eligible Seniors

Are you a Cuyahoga County resident age 60 or older without a computer? Are you low-income or receiving government assistance? You may be eligible for a free computer through this program, designed to help low-income residents bridge the digital divide.

### How It Works:

- 1** Visit [pcsforpeople.org/ohio](http://pcsforpeople.org/ohio) to check your eligibility and register for a computer. Check your email for follow-up instructions!
- 2** Pick up your computer at a participating local library near you
- 3** Read over the "resource card" that comes with your computer to learn how to obtain an internet connection, and where to find help in learning to use your computer.
- 4** Enjoy being connected!



Click Here or Scan the QR Code for a Tutorial Video

### Questions?

[cuyahoga@pcsforpeople.org](mailto:cuyahoga@pcsforpeople.org)  
or 216-777-4441 (leave a message)



**Bedford City Schools Foundation**

**presents**

# **Night at the Races**

A Community Event

**Supporting Scholarships for Graduates**

**Come bet on your favorite horses!**

**Door Prizes**

**Saturday, April 29th, 2023 6 - 10 PM**

**Winking Lizard**

**25200 Miles Road, Bedford Heights**

**Cost: \$50/person - includes Entrance  
and heavy Hors d'oeuvres**

**Cash Bar**

**Sponsor a race gets your name printed &  
announced- Only \$50.00**

**Buy a horse and name it for \$10.00**

**Derby Hat Contest**

**Prize for the best decorated Derby Hat**

Online Registration available at  
[www.bedfordfoundation.net/Events](http://www.bedfordfoundation.net/Events)

**For more info contact:**

**Doug Thomas - [douginator2006@gmail.com](mailto:douginator2006@gmail.com)**

**Trish Duncan - [tduncan@bedfordschools.org](mailto:tduncan@bedfordschools.org)**





## BREAKFAST

# Banana Bread Overnight Oats



**SERVES**  
4 • 1 container  
per serving



**PREP TIME**  
15 minutes



**COOK TIME**  
0 minutes



**TOTAL TIME**  
15 minutes



### Ingredients

- |   |                              |   |                            |
|---|------------------------------|---|----------------------------|
| 3 | ripe bananas, sliced         | 1 | tablespoon maple syrup     |
| 3 | cups fat-free milk           | 1 | tablespoon ground cinnamon |
| 2 | cups old-fashioned oats      | 1 | teaspoon vanilla           |
| ¾ | cup chopped walnuts, divided | ½ | teaspoon salt              |

### Directions

1. Put the bananas in a large container with a lid. Using a potato masher or a fork, mash them until smooth.
2. Add the milk, oats, half the walnuts, maple syrup, cinnamon, vanilla and salt. Combine thoroughly. Refrigerate, covered, overnight.
3. To serve, divide the oat mixture into four serving dishes, such as Mason jars or glass containers with lids. Top each serving with the remaining chopped walnuts. The overnight oats will last up to 5 days covered in the refrigerator. The oats will continue to soften the longer they sit.

### Nutrition Analysis (per serving)

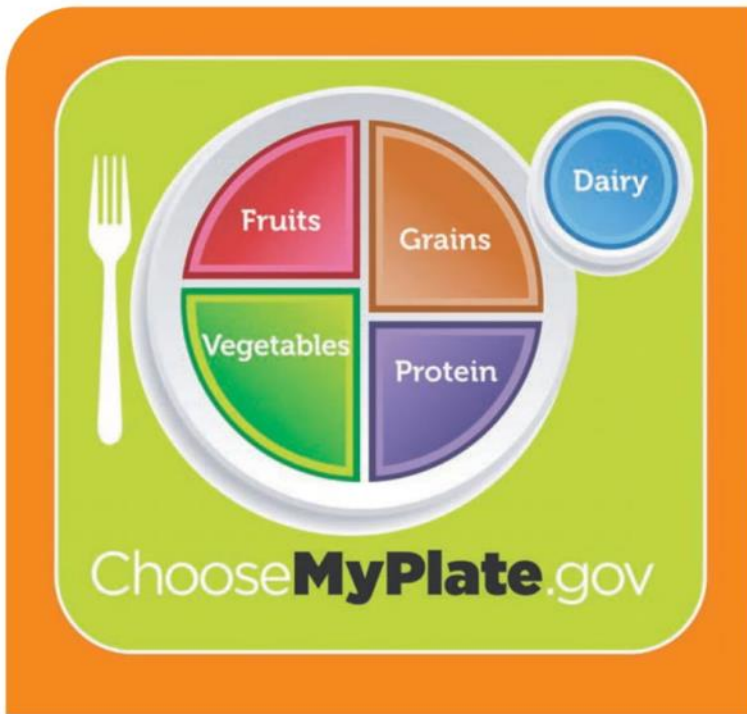
Calories	458
Total Fat	15.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	10.0 g
Monounsaturated Fat	2.0 g
Cholesterol	3 mg
Sodium	370 mg
Carbohydrates	63 g
Fiber	8 g
Total Sugars	23 g
Includes Added Sugars	4 g
Protein	15 g

### Dietary Exchanges

1½ fruit, 1½ starch, 1 low-fat milk,  
1 lean meat, 2 fat

*This recipe from California Walnuts is an American Heart Association Heart-Check Certified Recipe.*





# Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups. foods, try to plan your meals to include a variety of foods.



## Fruits

### FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



## Vegetables

### VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).



## Protein

### VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



## Grains

### MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are “enriched” with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



## Dairy

### MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1 ½ ounces of hard cheese.



# FORGETFULNESS:

## Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild forgetfulness**



**serious memory problems**

like Alzheimer's disease?

### See what's typical and what's not:

#### NORMAL AGING

- ▶ Making a bad decision once in a while
- ▶ Missing a monthly payment
- ▶ Forgetting which day it is and remembering later
- ▶ Sometimes forgetting which word to use
- ▶ Losing things from time to time



#### ALZHEIMER'S DISEASE

- ▶ Making poor judgments and decisions a lot of the time
- ▶ Problems taking care of monthly bills
- ▶ Losing track of the date or time of year
- ▶ Trouble having a conversation
- ▶ Misplacing things often and being unable to find them



Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Talk with your doctor if you notice you have more serious memory problems than normal.



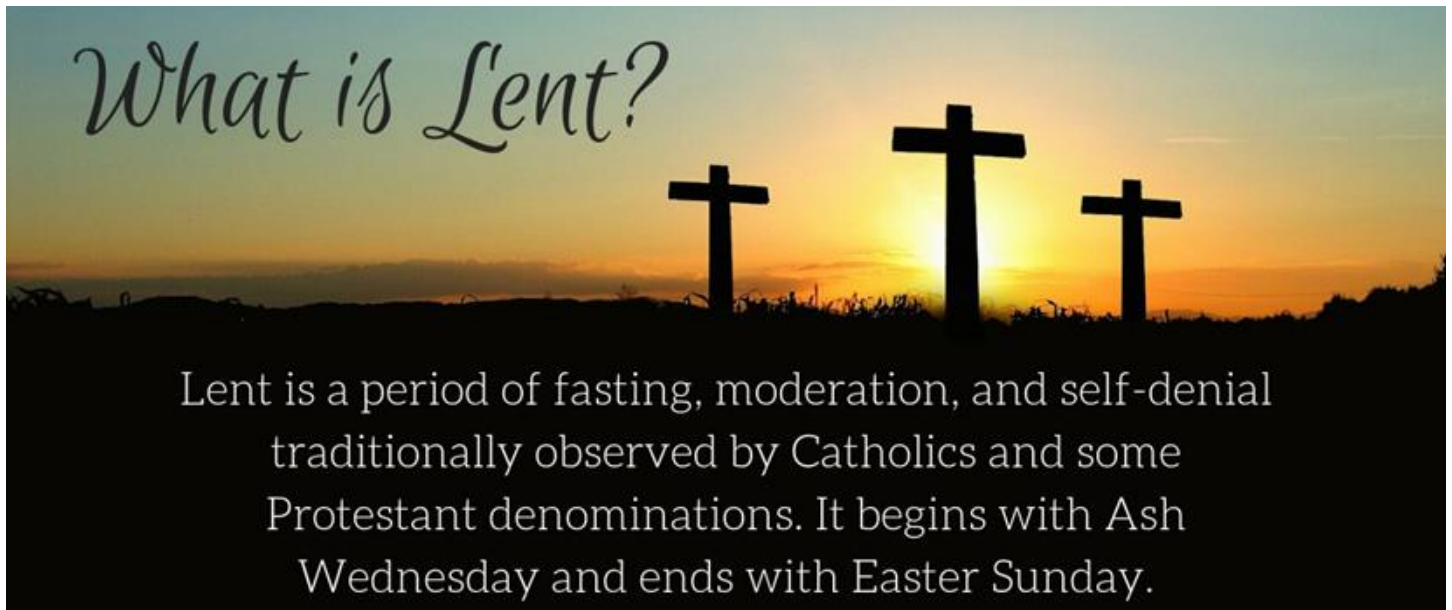


## INSPIRATIONAL THOUGHT

*You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth.* -William W. Purkey

## THOUGHTS TO PONDER

*The only person you are destined to become is the person you decide to be.* -Ralph Waldo Emerson



## LENTEN LAUGHS

Why can't muggers catch Catholics during Lent? They fast.

Did you know Sean Connery used to save the egg shells from pancake day and paint them to use for egg hunts at Easter? It was an egg shell lent idea

I gave up cleaning the dryer filter... ...for lent.

It's almost Lent again - The time when 9 out of 10 Catholics go "Ok, it's time to pretend I'm fully committed to this whole 'being Catholic' thing."

There's a joke in there somewhere about keeping the Lent in VaLENTine's... ...but I gave up trying to find it.

I lent a friend of mine \$10,000 for plastic surgery Now I don't know what he looks like.

I'm giving up negativity for lent. We'll see how long that lasts.

I'm giving up self control for lent. It's going to be so hard!

I asked my friend what he gave up for lent... He said Christianity.

Moderation is a very good thing! It's so good, in fact, that I've given it up for Lent.

When is the best time to run a marathon? During Lent. That's when you fast.



# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

## SOME NOTABLE & WACKY MARCH DATES

- 3/1 – Zero Discrimination Day
- 3/2 – Read Across America Day
- 3/3 – World Wildlife Day
- 3/5 – Employee Appreciation Day
- 3/6 – National Oreo Day
- 3/7 – National Cereal Day
- 3/8 – International Women’s Day
- 3/11 – World Kidney Day
- 3/12 – World Sleep Day
- 3/14 – National Pi Day, Daylight Savings Begins
- 3/15 – Consumer Rights Day
- 3/16 – Freedom of Information Day
- 3/17 – St. Patrick’s Day
- 3/19 – St. Joseph Day, Red Nose Day
- 3/20 – First Day of Spring, International Day of Happiness
- 3/21 – World Poetry Day
- 3/22 – World Water Day
- 3/23 – World Meteorology Day, National Puppy Day
- 3/24 – World Tuberculosis Day
- 3/25 – International Waffle Day
- 3/27 – Passover Begins, World Theatre Day
- 3/28 – Palm Sunday
- 3/29 – Vietnam War Veterans Day
- 3/30 – National Doctor Day, World Bipolar Day
- 3/31 – International Transgender Day of Visibility

## DID YOU KNOW?

- Women's History Month
- Deaf History Month
- National Craft Month
- Optimism Month
- Honor Society Awareness Month
- National Foreign Language Month
- Irish American Heritage Month
- National Ethics Month
- Expanding Girls' Horizons in Science and Engineering
- Bleeding Disorders Awareness Month
- National Cheerleader Safety Month
- National Kidney Month
- National Nutrition Month
- National Colorectal Cancer Awareness Month
- Save Your Vision & Workplace Eye Wellness Month
- Problem Gambling Awareness Month

## The spotlight is on these causes for a single week in March:

- Read an E-Book Week (second week)
- National Bubble Week (second week)
- Celebrate Your Name Week (second week)
- Act Happy Week (starts on third Monday)
- International Brain Awareness Week (third week)
- World Folklore Tales and Fables Week (fourth week)
- National Poison Prevention Week (fourth week)
- Tsunami Preparedness Week (fourth week)
- Act Happy Week (starts on third Monday)

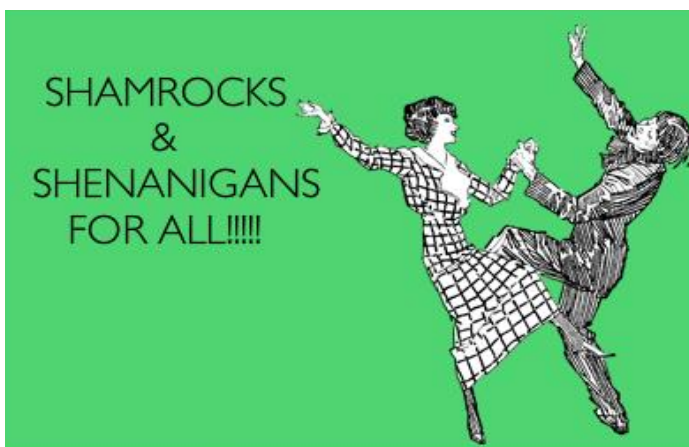




# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

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?





# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

## WHO WAS ST. PATRICK ANYWAY?



St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all of his prevalence in culture, namely the holiday is held on the day of his death that bears his name. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling.

St. Patrick was born in Britain—not Ireland—to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. At the age of 16, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity.

During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian. He escaped and returned to Britain, but began to dream of converting the Irish people to Christianity. After his ordination as a priest, he was sent to Ireland with a dual mission: to minister to Christians already living in Ireland and to begin to convert the Irish.

## IRISH HUMOR

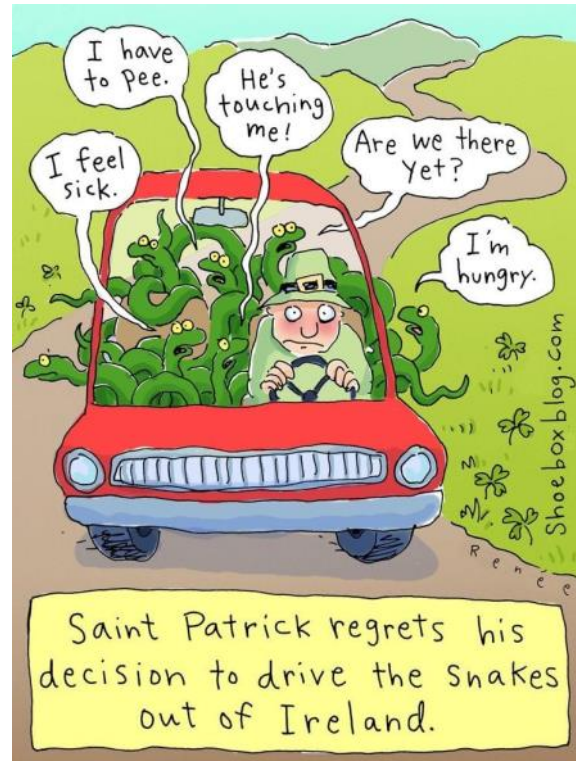
What did Saint Patrick say when he drove all the snakes out of Ireland? "Everyone got seat belts on back there?"

Why do people wear shamrocks on St. Patrick's Day? 'Cause real rocks are too heavy!

What's big and purple and lies next to Ireland? Grape Britain!

Why did St. Patrick drive all the snakes out of Ireland? Airplanes weren't invented yet.

How can you tell if a potato is not from Ireland? When it's a French fry.



## The Priest & The Bus Driver

A priest and a bus driver both died and went to Heaven at the same time. They get to the pearly gates where Pope St. Peter greets them. He motions to the priest, and they both hop in a jeep and go out the back door. There are about 50 acres of rolling hills with a little cottage on the knoll.

St. Peter turns to the priest and says "This will be yours for eternity. A perfect little cottage, right next to lovely pond, a lush little garden, and a library full of books."

The priest says, "Thank you so much. This I shall enjoy!" St. Peter drops off the priest, goes back to the pearly gates and motions to the bus driver.

They hop in a stretch limo and go out the front door. There are about 500 acres of land, with mountains and lakes and rivers. There is a huge 200-room castle on one of the mountains, and a wishing well that makes wishes come true. St. Peter says "This will be yours for eternity. You can live in that castle with servants to wait on you hand and foot, and you can have everything you want."

The bus driver looks at St. Peter and says "Well, now, don't think I'm not grateful, but why am I getting so much more than the priest?"

St. Peter just laughs and says "You brought more souls to Heaven! When the priest preached, everyone fell asleep. When you drove your bus, people prayed!"

## Water Into Wine

An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?" "Just water," says the priest, fingers crossed. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "Good Lord! He's done it again!"





 ST. PATRICK'S DAY WORD SEARCH 

c i r e l a n d s i p  
 j s w e u m a r c h t  
 p f p a c u h s d a r  
 f a o i k a c p s r a  
 a o t u y h e a h t i  
 l e p r r e c h a u n  
 u m a a i t r r m w b  
 i e r r o c e s r x o  
 r r a s d l k p o t w  
 i a d g g o l d c h n  
 s l e a r v l l k t d  
 h d s c h e s a i n t  
 k w e e r r e f r i e  
 h c g o h o l n t f k

Irish  
 Emerald  
 Clover  
 Lucky'  
 Ireland

Parade  
 Leprechaun  
 Patrick  
 Gold  
 Rainbow

Pot  
 Shamrock  
 Green  
 Saint  
 March



ST. PATRICK'S DAY CROSSWORD PUZZLE

The crossword puzzle grid consists of 13 numbered starting points for words:

- 1: Down, 10 cells
- 2: Down, 2 cells
- 3: Down, 2 cells
- 4: Across, 5 cells
- 5: Across, 3 cells
- 6: Across, 2 cells
- 7: Across, 6 cells
- 8: Down, 2 cells
- 9: Across, 8 cells
- 10: Down, 2 cells
- 11: Across, 6 cells
- 12: Across, 5 cells
- 13: Across, 5 cells

**Across**

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make \_\_\_\_\_
- 13. from Ireland

**Down**

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf \_\_\_\_\_

# Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S					T
		O		S	
	T	R	P		
	P				U
					O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

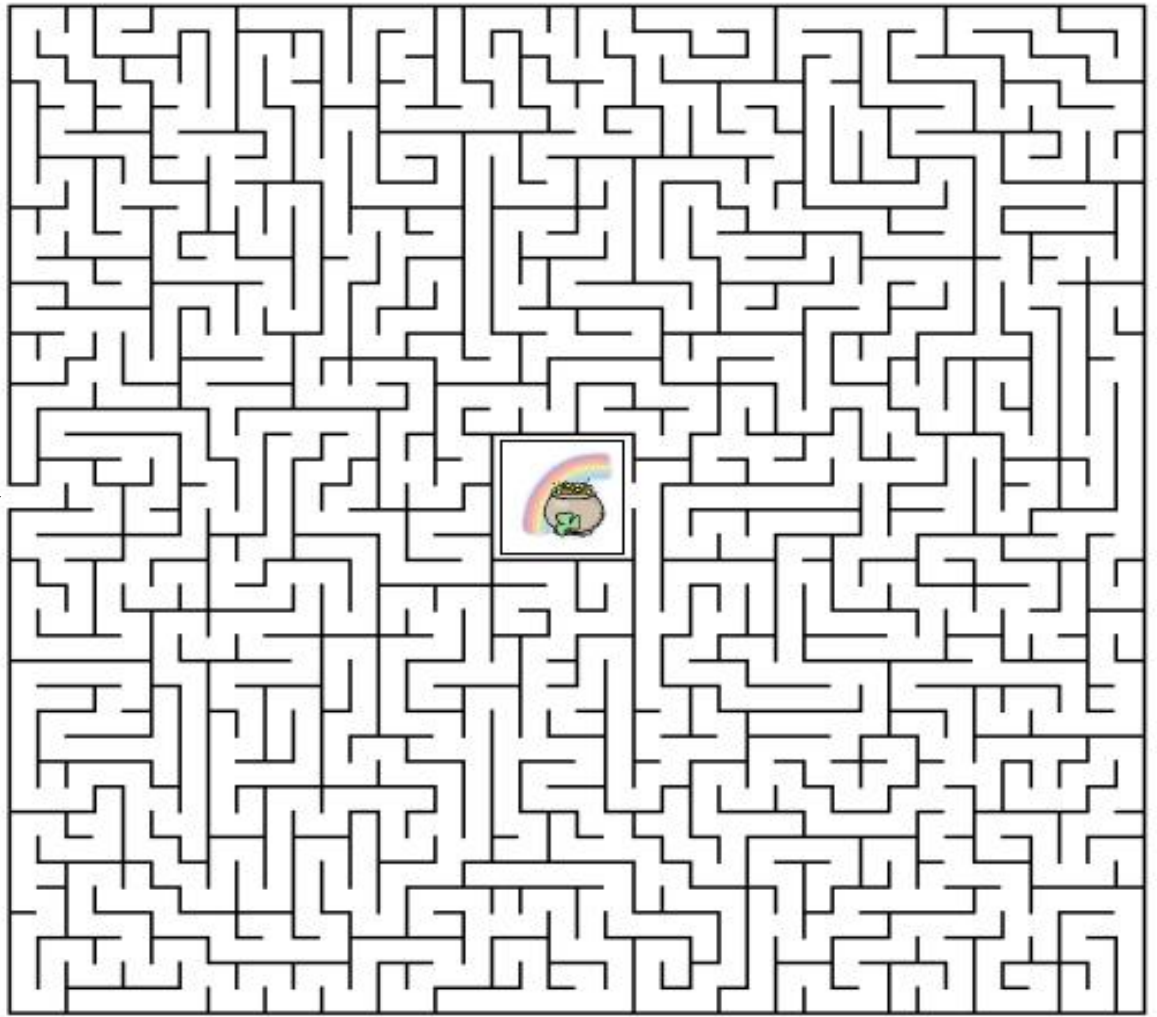
	C			U	G	L		
		K	S	L		U		
U		N				I		
						K	C	
L					K	I		
K		U					S	
					C	L		I
C	U	I	K		L	S		
			G		N		U	

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
I				L	S



# PUZZLES



## ANSWER KEY

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K



## MARCH BIRTHDAYS

Sharon Adams  
Elaine Allen  
Margaret Bigler  
Willie Brown  
Therese Capps  
Alforniece Chambliss  
Star Cormack  
Arlene Elder  
Charlotte Fleming  
Caroljean Foss  
Grace Gockowski

Amy Gongos  
Michael Ikner  
Barbara Jarvis  
Kenneth Kucia  
Floyd Lard  
Mary Lograsso  
Sandra Mansell  
Louise Novak  
Betty Pauley  
Everette Payne  
Marcedus Prince

Tom Ramsay  
Mike Rothacker  
Wilbur Simpson  
Chuck St. John  
Pat Taylor  
Marcia Turpin  
Wayne Urban  
Karen Wertz

## 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

Sherida Collins  
Ruth Durand  
Sandra Hahn  
Deloris Hancock  
Kristi Hathaway  
Yvonne Hines

Rosemary Oldenburg  
Pamela Parker  
Paul Table  
Rolita Table  
Lena Williams  
Josephine Woods

## CONTACT BEDFORD PARKS & RECREATION

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