



BEDFORD SENIORS CLUB NEWSLETTER

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(440) 735-6570



*"Hello, April. Please, be a month of rebirth, regrowth, and renewal."
- Unknown*

Next Month's Senior Club Lunches

Effective April 2023, all meals served through the Bedford Senior Club will be in-person at Ellenwood Center. 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, May 10

Chicken Salad, Chips & Pickle

Registration deadline Friday, May 5.

Wednesday, May 24

Wiener Schnitzel (fried pork) & Mashed Potatoes with Gravy





Registration deadline Friday, May 19.

A vegetarian option is available.

All program dates, times, fees, and menus are subject to change without notification.

APRIL

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12  Senior Lunch 12:00pm Musical Disco Bingo 1:00pm Book Club 2:00pm	13 UH Walking Club 9:30am Art w/ Purpose 12:00pm Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Barre Above 6:30pm	14 Strength & Core 10:30am Friday Flick 1:00pm "80 For Brady" <i>Deadline for 4/19 lunch</i>
17 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	18 Strength & Balance 10:30am Grief Recovery 1:00pm STEAM Stars 6:00pm Estate Planning 6:30pm	19 Wii Bowling 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm	20 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Art w/ Purpose 12:00pm Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Encore Flick 2:00pm "80 For Brady" Barre Above 6:30pm	21 Strength & Core 10:30am Friday Flick 1:00pm "I Wanna Dance With Somebody" Tai Chi 5:50pm <i>Deadline for 4/26 lunch</i>
24 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	25 Strength & Balance 10:30am Taco & Trivia 11:30am Grief Recovery 1:00pm STEAM Stars 6:00pm	26  Senior Lunch 12:00pm Dice Games 1:00pm 	27 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Sneak Peak 1:00pm "A Man Called Otto" Barre Above 6:30pm	28 Strength & Core 10:30am Coloring & Chocolate 11:00am Friday Flick 1:00pm "A Man Called Otto" Tai Chi 5:50pm
				SATURDAYS Gentle Yoga 9:00am April 15, 22, 29



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
1 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	2  * * * * *	3 Wii Bowling 9:30am  12:00pm Get Crafty 2:00pm	4 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Star Wars Flick 1:00pm Barre Above 6:30pm	5 Strength & Core 10:30am Friday Flick 1:00pm "Major League" Tai Chi 5:50pm <i>Deadline for 5/10 lunch</i>
8 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	9 Strength & Balance 10:30am Grief Recovery 1:00pm	10  Senior Lunch 12:00pm Paying Online 1:00pm Bingo 1:00pm Book Club 2:00pm	11 UH Walking Club 9:30am Mind Challenge 9:30am Reach w/ Rhythm 11:00am Barre Above 6:30pm	12 Strength & Core 10:30am Friday Flick 1:00pm "Puss in Boots Last Wish" Tai Chi 5:50pm
15 Line Dancing 10:30am Lunch & Listen 12:30pm <i>*No Pickleball Today*</i> Knitting 1:00pm Local Motion 6:45pm	16 Strength & Balance 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Grief Recovery 1:00pm	17 Wii Bowling 9:30am Paying Online 1:00pm Sparkling Portraits 2:00pm	18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Mind Challenge 1:00 pm Barre Above 6:30pm	19 Friday Flick 1:00pm "The Woman King" Tai Chi 5:50pm <i>Deadline for 5/24 lunch</i>
22 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:45pm	23 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Grief Recovery 1:00pm	24  Senior Lunch 12:00pm Paying Online 1:00pm Word Games 1:00pm	25 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Mind Challenge 1:00 pm Barre Above 6:30pm	26 Coloring & Chocolate 11:00am Friday Flick 1:00pm "Everything Everywhere All At Once"
29 	30 Strength & Balance 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Binge Watchers 1:00pm	31 Wii Bowling 9:30am	SATURDAYS Creative Writing 12:00pm May 6	
		SATURDAYS Gentle Yoga 9:00am May 6, 13, 20		

IN MEMORIAM



Sandra Jean Ressler

(nee Streilein) age 79 of Bedford, Ohio passed away Wednesday, March 15, 2023. She was the beloved wife of Richard Ressler, dear mother of Kevin (Vanessa) Ressler and Paul Ressler, loving grandmother of Leilani and Makayla, daughter-in-law of 20 years Eugenia Uter and sister-in-law of Barbara Weinzimmer. A service was held on March 20 at the Gospel House Church.

In lieu of flowers the family wishes memorials be made to Valley Save a Pet www.valleysaveapet.org or to The Gospel House Church www.thegospelhouse.com. Arrangements by Johnson-Romito Funeral Home Bedford Ohio.

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.**



RECREATION PROGRAMS

Paying Online

NEW! More and more apps like Venmo, Zelle, PayPal and Cash App are replacing the way friends exchange funds and small businesses get paid. Over three sessions we'll review how these money transfer apps work. Participants will need to sign a waiver acknowledging that Gigalearn does not provide financial or security advice.

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 1

Dates: Wednesdays, May 10, 17, 24

Time: 1:00 pm – 2:00 pm

Fee: Free to Bedford Senior Club Members/\$45 for non-members

Lunch & Listen: Elvis Tribute

NEW! Elvis Tribute Artist Frank Worley is native to the greater Cleveland area's west side where his education excelled in theater and music performance. KINGtinued was created in 2010 to tribute Elvis' live performances and continue the King's legacy. KINGtinued specializes in Elvis in concert style re-enactments from '68 Comeback to '77 In Concert. No lip syncing here; it's all real vocals to professional backing tracks of live in concert versions of Elvis' stage shows. 90 minute performance.

Lunch will be one of Elvis' Favorite Meals: Chicken-Fried Steak and Gravy with mashed potatoes, green beans and dessert. Registration deadline is May 10 or until all seats are sold. Doors open at 12:15pm with lunch being served at 12:30pm. The performance will start at 1:00pm.

Date: Monday, May 15

Time: 12:30 pm - 2:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members

\$15 for non-members



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

Mandala Garden Rocks – Wednesday, May 3

Alcohol Ink Coasters – Wednesday, June 7

Mosaic Style Canvas Painting – Wednesday, July 5



Sparkling Portraits

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



Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

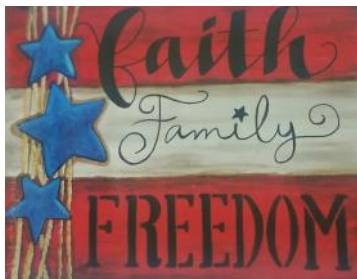
Time: Painting starts at 2:00 pm

Third Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members

- **Cherry Blossom Moon** —Wednesday, April 19
- **Santa Cruz** —Wednesday, May 17
- **Faith, Family & Freedom** —Wednesday, June 21



RECREATION PROGRAMS

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

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, April 25

Time: 11:30 am – 1:00 pm

Fee: Free to Bedford Senior Club Members



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



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

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

Binge Watchers Club

NEW! Spend your afternoon binge watching your favorite on-demand series or discover something new! Stay afterwards and discuss your theories and thoughts. It's like a book club for binge watchers! Snacks will be provided.

Grease: Rise of the Pink Ladies

School is back in session at Rydell High! Paramount+'s musical comedy series *Grease: Rise of the Pink Ladies* takes fans of the original movie back to Danny Zuko and Sandy Olsson's old stomping grounds—four years before they ever met. But, fear not, *Grease* fans... Even though the show is a prequel to the 1978 film, there are plenty of references to the classic.

Dates: Tuesdays

May 30 - Episodes 1 & 2; June 6 - Episodes 3 & 4

June 13 - Episodes 5 & 6; June 20 - Episodes 7 & 8

June 27 - Episodes 9 & 10

Time: 1:00 pm

Location: Ellenwood Center Room 1



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 1

Thursday, May 4: **Rogue One: A Star Wars Story (2016)**

***SPECIAL STAR WARS DAY! May the Fourth Be With You!** Former scientist Galen Erso lives on a farm with his wife and young daughter, Jyn. His peaceful existence comes crashing down when the evil Orson Krennic takes him away from his beloved family. Many years later, Galen becomes the Empire's lead engineer for the most powerful weapon in the galaxy, the Death Star. Knowing that her father holds the key to its destruction, Jyn joins forces with a spy and other resistance fighters to steal the space station's plans for the Rebel Alliance.

Friday, May 5: **Major League (1989)**

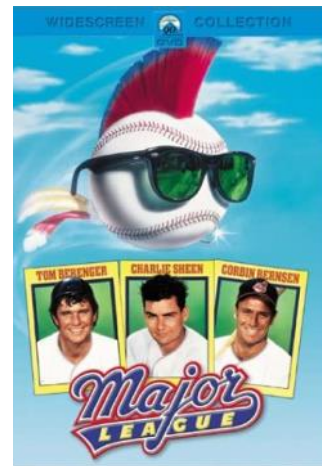
The new owner of the Cleveland Indians, former showgirl Rachel Phelps (Margaret Whitton), has a sweetheart deal to move the team to Miami. But to break the lease with the city of Cleveland, ticket sales have to plummet. So Phelps hires the most incompetent players available, including near-blind pitcher Rick Vaughn (Charlie Sheen) and injury-prone catcher Jake Taylor (Tom Berenger). But her villainous tactics accidentally foster a can-do team spirit, turning the Indians into potential winners. **Please note that this movie is Rated-R for language and partial nudity.**

Friday, May 12: **Puss in Boots Last Wish (2023)**

Everyone's favorite leche-loving, swashbuckling, fear-defying feline, Puss in Boots, returns in a new adventure from the Shrek universe as the daring outlaw discovers that his passion for peril and disregard for safety have taken their toll. Puss has burned through eight of his nine lives, though he lost count along the way. Getting those lives back will send Puss in Boots into the Black Forest to find the mythical Wishing Star on his grandest quest yet. With only one life left, Puss will have to humble himself and ask for help from his former partner and nemesis: Kitty Softpaws. They are joined in their journey by a chatty and cheerful mutt named Perro. Together, our trio of heroes will need to stay one step ahead of the fairytale realm's craftiest crooks including Goldilocks and the Three Bears.

Friday, May 19: **The Woman King (2022)**

The Woman King is the remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s with skills and a fierceness unlike anything the world has ever seen. Inspired by true events, The Woman King follows the emotionally epic journey of General Nanisca (Oscar®-winner Viola Davis) as she trains the next generation of recruits and readies them for battle against an enemy determined to destroy their way of life. Some things are worth fighting for...



RECREATION PROGRAMS

Friday, May 26: **Everything Everywhere All At Once (2022)**

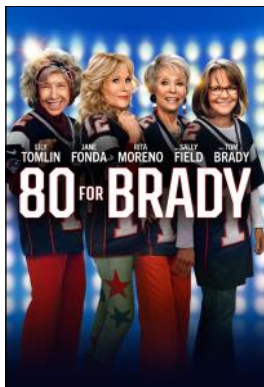
A hilarious and big-hearted sci-fi action adventure about an exhausted Chinese American woman (Michelle Yeoh) who can't seem to finish her taxes and is swept up in an insane adventure across the multiverse. Winner of 7 Academy Awards including Best Picture, Best Actress, Best Supporting Actress and Best Supporting Actor.

Please note that this movie is Rated-R for strong language and violence.

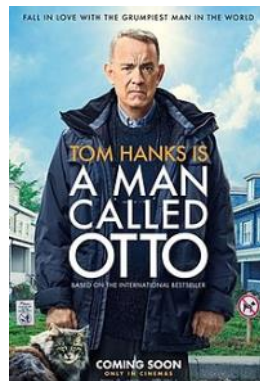


Added Movie Showings

These movies are so popular—we added a second showing!



**Thursday, April 20
2:00pm
Ellenwood Room 1**



**Thursday, April 27
1:00pm
Ellenwood Room 1**

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.*

Writing From the Heart Series: Family Writing

When written, Words are Forever! In this class, create mementos 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

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

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

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:

- Mother/Son Dance: Friday, April 14 5:30pm-8:30pm
- Character Breakfast: Saturday, May 20 8:00am-1:00pm

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.

**Buy the official Bedford Mug
designed by CLE Clothing Company**

\$10.00

**Available for purchase at Ellenwood Center
during regular business hours**



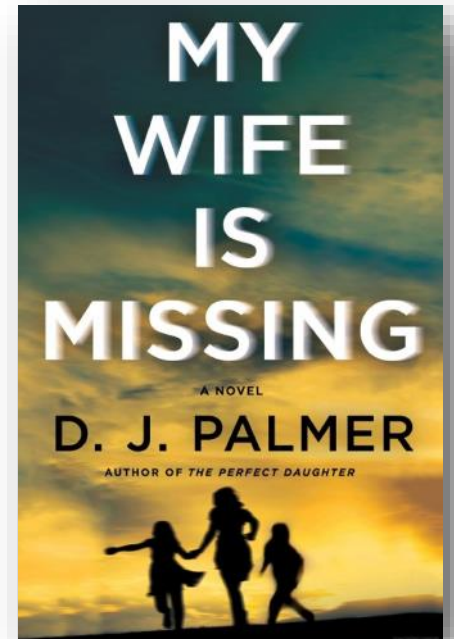
RECREATION PROGRAMS

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, May 10: "My Wife is Missing" by DJ Palmer

"A family vacation turns into a nightmare for Michael Hart when he discovers his wife and two children have disappeared from their New York City hotel room. Horrified, he fears they've been kidnapped. Michael's frantic search to find them takes a shocking turn when he discovers that his wife, Natalie, appears to have left quite willingly, taking their children with her. The police want to know why, and so does Michael. But there may be a reason why Natalie ran, something Michael can't tell the police--the truth about his past. While untangling his deceptions might be the key to locating Natalie, Michael knows it could also be his undoing. To find his wife, he must now turn to the one person capable of exposing all that he's been hiding. Natalie thinks she has Michael all figured out and has hatched a plan to escape from him permanently. One detail, though, threatens to derail her efforts: sleep--or more accurately, the lack of it. Since the moment the shocking revelations about her husband came to light, Natalie's insomnia has worsened to the point that she now suffers from delusions. Are her fears about Michael valid--or a symptom of her condition? With her children's lives at risk, the stakes for Natalie could not be higher. On her own, running low on energy and resources, avoiding increasingly close calls with Michael--who is on the hunt and closing in fast--Natalie needs someone to turn to for help. But who can she trust when she can't even trust herself?"



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



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 Personal Life of Grace Kelly

Join us to learn about this woman whose image exudes beauty, strength and gracefulness, even today. Grace Kelly's private life makes her roles in movies look pale in comparison. Kelly retired from acting at age 26 to marry Prince Rainier of Monaco and begin her duties as a princess. A Monacan inspired lunch of Porchetta (stuffed pork), gnocchi's, seasonal vegetable and dessert will be served. Presentation by Susan Cannavino from Presentations with Pizzazz.

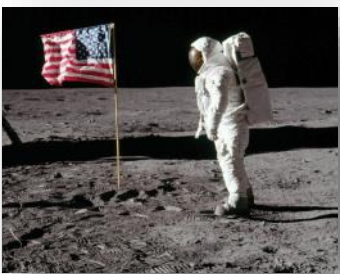
Date: Wednesday, May 3

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 Race to the Moon — Wednesday, June 21

The Story of Euclid Beach Park — Wednesday, July 19

The Rocky Colavito Story — Wednesday, August 16

DAY TRIPS for SENIORS



Rivers Casino Pittsburgh Tuesday, June 20, 2023

Play, have fun, and win a jackpot on one of the exciting slots or live-action table games at Rivers Casino in Pittsburgh, Pennsylvania! There is a wide selection of table games and slots, everything from penny games up to big bills. Even progressive slots and video poker. Trip includes \$20 Free Slot Play, \$5 food credit and gratuity for driver.



We will board the bus at 8:45am by the pavilion and leave Ellenwood Center at 9:00am. We will arrive at the casino at 11:00am and will board the bus to leave at 4:45pm and depart at 5:00pm. Estimated return is 7:15pm.

Transportation will be a charter bus through Barons Bus Lines. Please contact the Parks & Recreation Department if you need special travel accommodations. 50 ticket limit; don't delay! Registration for Bedford Club Members begins May 1. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning June 1. All guests must be adults 21+. Limit of 2 guests max. Space is limited.

\$25 Bedford Senior Club members / \$35 for non-members



Details coming soon for...

*Cleveland Guardians Game
West Side Market Excursion
Geneva Winery Tour*





City of Bedford Newsletter

April 2023

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

Important Dates

- ◆ **Council Meeting**
April 3
8:00 p.m.
- ◆ **Good Friday -
City Hall Closed**
April 7
- ◆ **Council Meeting**
April 17
8:00 p.m.
- ◆ **Wards 1 & 3 Meeting**
April 24
7:00 p.m.– 9:00 p.m.
- ◆ **Wards 2 & 4 Meeting**
May 8
7:00 p.m.– 9:00 p.m.
- ◆ **Wards 5 & 6 Meeting**
May 22
7:00 p.m.– 9:00 p.m.

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.

Bedford Downtown Alliance Chocolate Walk

The Bedford Downtown Alliance will be hosting the 5th Annual Bedford Downtown Chocolate Walk on Saturday, May 13th.

Event information can be found at bedforddowntown.org or follow the BDA on Facebook and Instagram.



Garden Club Plant Sale

The Bedford Garden Club Plant Sale will be Friday, May 19 from 1:00 p.m. to 7:00 p.m. and Saturday, May 20 from 10:00 a.m. to 2:00 p.m. at the Ellenwood Recreation Center, 124 Ellenwood Avenue, in Bedford. There will be Perennials, annuals, herbs, vegetables reasonably priced and free gardening advice! Garden club members will receive a 10% discount on purchases.

Sign up at the membership table during the sale or join us at our next meetings on Thursday, April 20 and May 18 at 7:00 p.m. at Ellenwood Recreation Center. Annual membership dues: \$15 Single - \$20 Family. Join us for refreshments and speakers.



Chipper Service

Chipper service will be the weeks of April 3, May 1, June 5, July 3, August 7, September 4 and October 2, 2023.

All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month.

Place branches on tree lawn with cut end facing the street. Branches cannot be larger than 10 inches in diameter. Leave limbs as long as possible for continuous feed into the chipper.

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

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





City of Bedford Newsletter

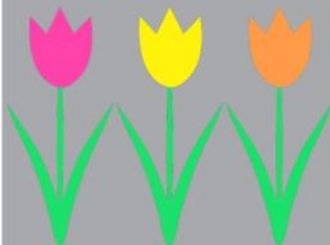
April 2023

Sign Up
to receive your
BEDFORDNEWS
electronically!

www.bedfordoh.gov

Important Dates

- ◆ **Council Meeting**
April 3
8:00 p.m.
- ◆ **Good Friday -
City Hall Closed**
April 7
- ◆ **Council Meeting**
April 17
8:00 p.m.
- ◆ **Wards 1 & 3 Meeting**
April 24
7:00 p.m.– 9:00 p.m.
- ◆ **Wards 2 & 4 Meeting**
May 8
7:00 p.m.– 9:00 p.m.
- ◆ **Wards 5 & 6 Meeting**
May 22



Community Shred Day

The City of Bedford will be hosting two shred days this year, Saturday, May 13 and Saturday, September 9 from 9:00 a.m. to 12:00 p.m. at Bedford City Hall. These free events will provide community members with a safe and secure resource to shred their documents.

Grant funding for shredding event provided by the Cuyahoga County Solid Waste Management District.



City of Bedford Ward Meetings

The City of Bedford will be hosting community ward meetings on April 24, May 8 and May 22. Each meeting will take place in Council Chambers at Bedford City Hall beginning at 7:00 p.m. Present at the meetings will be Mayor Stan Koci, ward council representatives and City Manager Michael Mallis.

The schedule for the meetings are as follows:

- Wards 1 & 3: April 24**
- Wards 2 & 4: May 8**
- Wards 5 & 6: May 22**

If you are unsure which ward you live in, please call 440.232.1600

Council Meeting Information

City Council Agendas can be accessed on the webpages below. You are also able to submit comments through the bedfordspeaks website.

- Agendas and Minutes visit: www.bedfordoh.gov
- Agendas and Minutes visit: <https://bedfordoh.primegov.com/public/portal>
- Agendas, Minutes, and to submit a comment, visit: www.bedfordspeaks.org

Bearcat Youth Baseball

Boys and girls ages 5-15. Weeknights beginning in June; weather permitting. Participants receive a game shirt and hat. The number of registered participants at any age group will determine the program format. In the event that participation numbers do not allow for multiple teams in each age group, the Parks & Recreation Department will run the program in a camp/clinic format with instruction from Rookie Sports Club, LLC.

**\$55 Resident/\$65 Non-Resident .
Registration Deadline for Youth Baseball -
April 7.**



Character Breakfast

Join the Bedford Parks and Recreation Department on Saturday, May 20 to meet and greet your favorite characters, such as Mickey Mouse, Winnie the Pooh, Elmo and more at our Character Breakfast! Families will enjoy an all-you-can-eat pancake breakfast with sausage, bacon and pastries. Children are encouraged to come dressed in costume! **All guests must be pre-registered.** Space is limited. **Bedford Residents Only.**

- Breakfast Session 1: 9:00 a.m. -10:30 a.m.
- Breakfast Session 2: 11:00 a.m.-12:30 p.m.

Fee: \$6 for resident children ages 3-11
\$10 for adults and children ages 12 and older
Children ages 2 and under are free

**Any questions or to register visit
bedfordoh.myrec.com or call 440-735-6570.**

Bedford Historical Society

Join the Bedford Historical Society for the April Speaker Series. Bedford Art and Bedford Artist's, Rick Backo will lead us through the artistic talent that is here in Bedford along with his own beautiful art. Friday, April 14th at 7:00 p.m. at the Community Center at the Old Church on the Square. Refreshments provided. This event is free. Donations accepted.

For additional details call 440-232-0796.



CITY OF BEDFORD

2023 LANDSCAPE CONTRACTOR LIST

Last Revised 4/11/2023

Anthony Coleman
(216) 205-8960

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

Dobbs Landscaping and Plowing
(216) 780-1346

- Senior Discount Offered
- Price depends on lawn size

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

- 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.

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, April 27: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom 1

April Title: On the Corner of Hope and Main / Beverly Jenkins

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. Must register in advance.

Practical Home Preparedness

Saturday, May 06: 11:00am - 12:30pm

Bedford Branch - Meeting Room

Learn about some basic techniques and skills to protect your family and prepare for emergencies you may encounter at home. Must register in advance.

Excel 2

Friday, May 12: 10:00am - 12:00pm

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. Must register in advance.

Painted Garden Rocks

Saturday, May 13: 10:30am - 12:00pm

Bedford Branch - Meeting Room

Join us to learn the meditative and creative art of painting rocks. Must register in advance.

Pour Painting Pots

Saturday, May 20: 10:30am - 12:30pm

Bedford Branch - Meeting Room

Explore the fun art technique of pouring acrylic. Registration opens on Monday, April 17 at 9:00am.

Jigsaw Puzzle Competition

Monday, June 05: 7:00pm - 8:15pm

Bedford Branch - Meeting Room

Calling all jigsaw puzzle enthusiasts! Learn about the history of your favorite hobby and take part in a puzzle competition with friends.

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

Cuyahoga
County
Public
Library



Greater Cleveland
Food Bank



cuyahogalibrary.org





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

For more info contact:

Doug Thomas - douginator2006@gmail.com

Trish Duncan - tduncan@bedfordschools.org



Heskett Middle School Instrumental Spring Concert

Tuesday, April 25, 2023 6:30 PM - 7:30 PM

Bedford High School Auditorium

Bedford High School Instrumental Spring Concert

Wednesday, April 26, 2023 7:00 PM - 9:00 PM

Bedford High School Auditorium

Heskett Choral Spring Concert

Thursday, April 27, 2023 6:30 PM - 7:30 PM

Bedford High School Auditorium

Bedford High School Choral Spring Concert

Wednesday, May 3, 2023 6:00 PM - 8:00 PM

Bedford High School Auditorium



**Limit the
Litter.**

**Use
Reusable
Bags.**

#BYOBAGS



Join NOPEC to learn about Natural Gas
and Electric Aggregation Programs

2023 Informational Meeting Schedule

Virtual Meetings

April 18

10:00 to 11:00 am

April 22

2:00 to 3:00 pm

April 27

7:00 to 8:00 pm

www.nopec.org/InfoMeetings

In-person Meetings

April 17 - 4:00 to 5:00 pm

Macedonia City Hall
Community Room
9691 Valley View Rd.
Macedonia, OH

April 20 - 6:00 to 7:00 pm

Warrensville Heights City Hall
Council Chambers
4743 Richmond Rd.
Warrensville Heights, OH

April 18 - 12:00 to 1:00 pm

Mahoning County Library
East Branch
430 Early Rd.
Youngstown, OH

April 25 - 4:00 to 5:00 pm

Bainbridge Township
Townhall
17826 Chillicothe Rd
Chagrin Falls, OH

April 18 - 3:00 to 4:00 pm

Elyria Public Library
Central Branch
211 Second St.
Elyria, OH

April 25 - 5:30 to 6:30 pm

Parma City Hall
Council Chambers
6611 Ridge Rd.
Parma, OH

April 19 - 4:00 to 5:00 pm

Harpersfield Township
Administration Building
1481 Harpersfield Road
Geneva, OH

April 25 - 6:30 to 7:30 pm

Concord Township
Community Center
7671 Auburn Rd.
Painesville, OH



FEDERAL TRADE COMMISSION CONSUMER ADVICE

Are you really the lucky winner? Spot the prize scams.

Say you hear or read the words: "You've won!" What will you do with your winnings? Who wouldn't be excited to win a prize, sweepstakes, or lottery? But...did you actually win? And how do you know?

Sweepstakes, prize, and lottery frauds are among the top scams people report to the FTC. These scams usually start with a call or message that says you're a winner. (A lie.) They say to get the so-called prize you have to send money or click somewhere to give your information. Don't. The most recent FTC data shows people reported losing \$301 million to this type of fraud. That's an average loss of \$907 per person.

But there are also legitimate contests and prizes that follow the law and give real prizes. So how do you know the difference?

One question to consider is: did you enter the sweepstakes or play the lottery? If not, you absolutely didn't win. And here are other ways to spot and avoid prize scams:

Don't pay to get a prize. Real prizes are free. Anyone who asks you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, is a scammer. Stop and walk away.

Don't give your financial information. There is absolutely no reason to ever give your bank account or credit card number to claim a prize. If anyone asks for it, it's a scam.

Don't give your personal information. Scammers hope you'll click on links that will take your personal information or download malware on your device. Delete the message without clicking on the links and don't respond.

Never pay to
get a prize.
That's a scam.

ftc.gov/fakeprizes



FEDERAL TRADE
COMMISSION

#FTCTopFrauds

ReportFraud.ftc.gov



Cuyahoga County
Division of Senior and Adult Services
dsas.cuyahogacounty.us



"Better Health While Aging, Through Better Understanding" Webinar

Presented by the Cuyahoga County Division of Senior and Adult Services

Join us for an educational webinar with our featured speaker, Dr. Roderick Harris, CEO of Cuyahoga County Board of Health, as he addresses how improved health literacy and communication for minority populations supports better health while aging. This discussion will be moderated by David Smith Jr., DSAS' Director of Nursing.



Dr. Roderick Harris
Health Commissioner
Cuyahoga County Board of Health



David Smith, Jr., RN
Director of Nursing
Cuyahoga County
Division of Senior and Adult Services

Wednesday, April 19 | 12 PM
Facebook Live Event

The webinar is free and open to the public.
No registration necessary!
Scan the QR code or use the link to join the event.



[CLICK HERE](#)
[TO JOIN](#)
[THE EVENT](#)

VOTE

CUYAHOGA COUNTY
BOARD OF ELECTIONS

IMPORTANT PRIMARY ELECTION DATES

April 4th	Early Voting Begins (Absentee & In-Person)
April 25th	Absentee Ballot Request Deadline 8:30PM
May 1st	Absentee Ballot U.S. Postmark Deadline
May 2nd	Primary Election 6:30AM to 7:30PM

New Voter ID Requirements

Know what is acceptable & eliminated as a form of identification for Early Voting and Election Day.

ACCEPTED

- Ohio Driver's License
*suspended license accepted
- State ID Card
- U.S. Passport or Passport Card
- Interim ID form issued from BMV
- U.S Military ID, Ohio National Guard ID, U.S. Department of Veterans Affairs ID

ELIMINATED

- Expired Ohio Driver's License
- Current Utility Bills
- Bank Statements or Paychecks
- Concealed Carry Permit
- County Veteran ID



Medicaid: Return to Routine Operations

Who Do These Changes Affect?



Please note that not all customers will receive a packet, as some will not need to complete it to renew their benefits



The system has the necessary information for those customers and has tagged their benefits for automatic renewal



To check if you need to complete a "Medicaid Renewal Form" packet, visit ssp.benefits.ohio.gov

What Changes are Occuring?



Medicaid is returning to routine eligibility operations



There is a Medicaid renewal process that must be completed in order for customers to renew their benefits



Some customers will be sent a "Medicaid Renewal Form" packet that must be filled out and returned to CJFS

Key Dates for May 2023 Renewals



"Medicaid Renewal Form" packets are mailed out to customers who need to provide verifications



"Medicaid Renewal Form" packets are due by this date



Customers may lose benefits if they do not submit their "Medicaid Renewal Form" packet

APPETIZER

Guacamole Deviled Eggs



SERVES
9



COOK TIME
5 minutes



COST PER SERVING
about \$0.35



STAND TIME
10 minutes



PREP TIME
20 minutes



TOTAL TIME
35 minutes

Ingredients

- 9 large eggs
- 1 medium avocado, halved and pitted
- 1-2 Italian plum (Roma) tomatoes, seeded and finely chopped (about 1/3 cup)
- 1/4 cup finely chopped green onions
- 2 tablespoons fat-free sour cream
- 1-2 teaspoons finely chopped fresh jalapeños, seeds and ribs discarded (optional)
- 1 1/2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- Pinch of pepper
- 1 tablespoon plus 1 1/2 teaspoons chopped fresh cilantro (optional)

Directions

1. Add the eggs to a large pot. Fill the pot with enough water to cover the eggs.
2. Bring to a boil over high heat. As soon as the water comes to a boil, remove the pan from the heat. Cover. Let stand for 10 minutes. Drain. Transfer the eggs to a bowl filled with cold water.
3. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks. Add 2 whole egg yolks to a medium bowl. (Save the remaining 7 egg yolks for another use.) Place the egg white halves on a platter.
4. Using a spoon, scoop the avocado into the bowl with the egg yolks. Using a fork, mash together.
5. Stir in the tomatoes, green onions, sour cream, jalapeño, lime juice, salt and pepper.
6. Using a teaspoon or small (1-inch) portion scoop, place the avocado mixture into each egg white half, dividing the mixture equally. Sprinkle each with 1/4 teaspoon cilantro.



Cook's Tip: For a fancy presentation, such as for a party appetizer, add the avocado mixture to a quart-size resealable plastic bag. Using kitchen scissors, snip a small hole in one of the bottom corners. Squeeze the mixture through the hole in a circular motion, creating swirls, to fill each egg white.



Cook's Tip: Be sure to remove the seeds of the tomato. Otherwise, they make the guacamole too runny.



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



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on chopping green onions.

Nutrition Analysis (per serving)

Calories	71
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.5 g
Cholesterol	42 mg
Sodium	129 mg
Carbohydrates	3 g
Fiber	2 g
Sugars	1 g
Protein	5 g

Dietary Exchanges

1 lean meat



American Heart Association.

Healthy for Good™



Be Smart with Salt

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

Health Risks of High Salt Intake

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



LOWER Your Salt Intake

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

Find Salt (Sodium) on the Nutrition Label

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

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

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



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

WHAT DO YOU MEME?

Daylight Savings Time...

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.



JOKES & MORE! SUBMITTED BY OUR SENIORS



What is a Dad Joke?

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

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

What does a house wear? Address.

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

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

What kind of music do balloons hate? Pop!

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

How does a computer get drunk? It takes screenshots.

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

Why do melons have weddings? Because they cantaloupe.

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

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

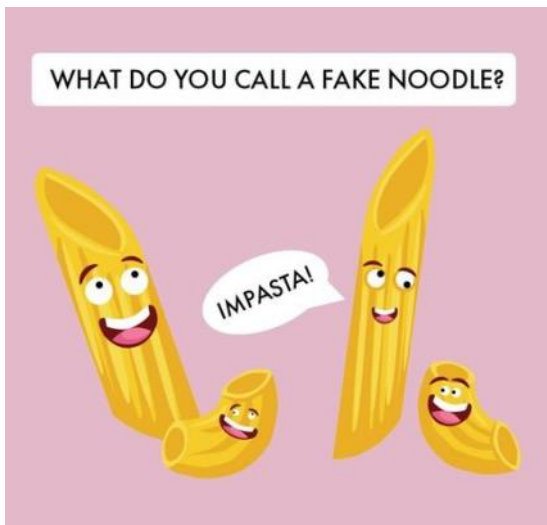
Imagine if you walked into a bar and there was a long line of people waiting to take a swing at you. That's the punch line.

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

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

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

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



JOKES & MORE! SUBMITTED BY OUR SENIORS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA



Spring Crossword

ACROSS

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

DOWN

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

© Leebling 2020

PUZZLES & MORE

6		3	2		1			
9	1				6			
		7		4	3			6
			3					
	7	1						4
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					4	6		
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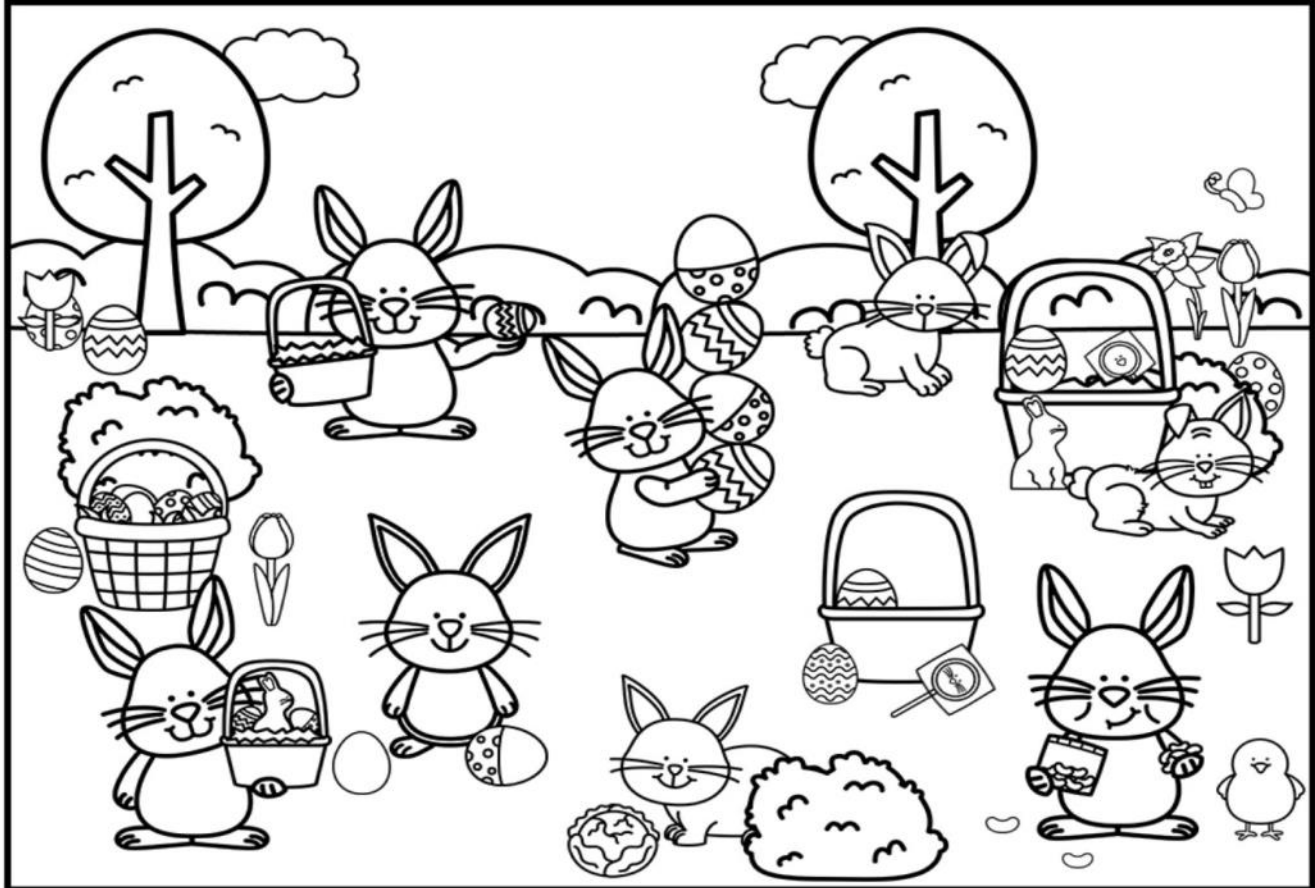
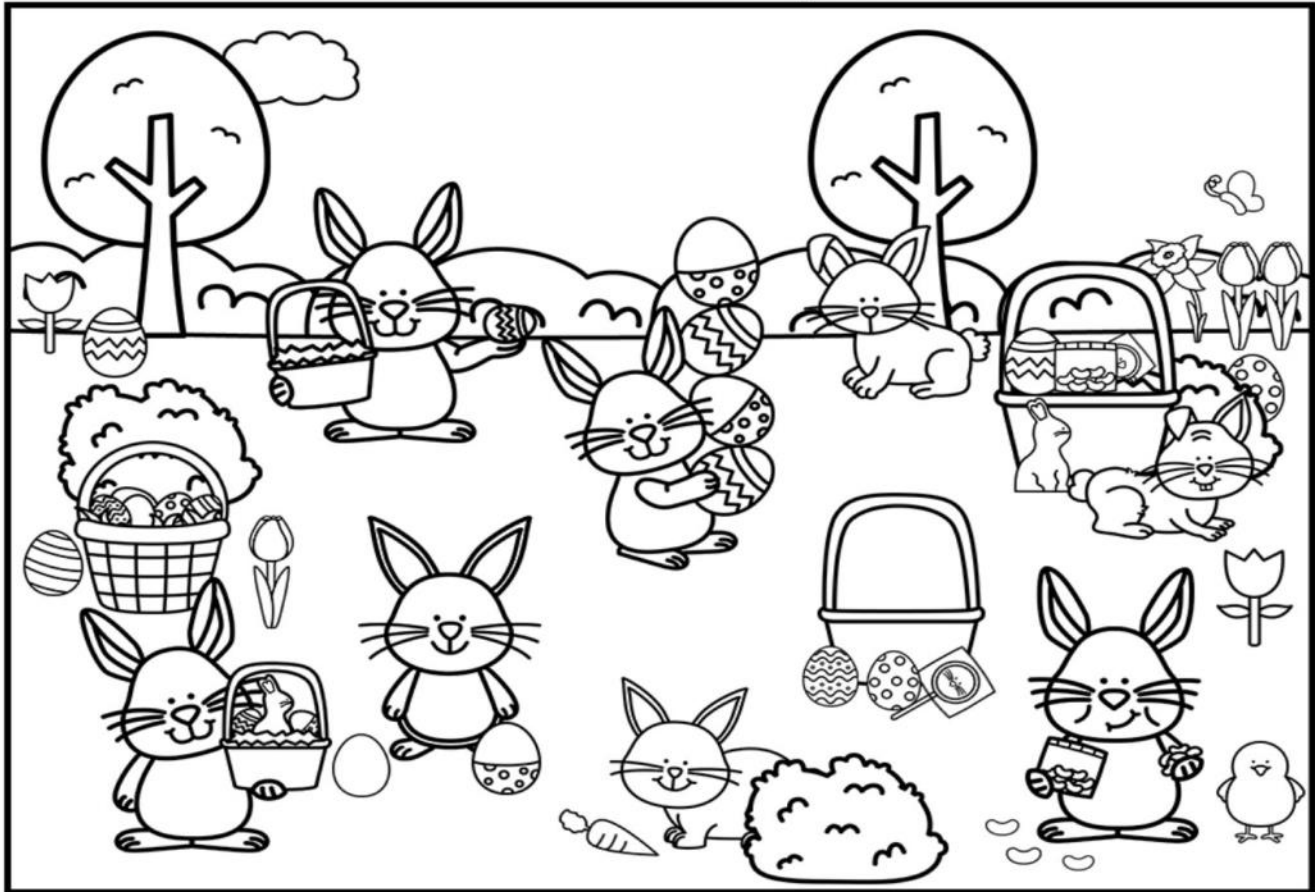
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6				4	9			

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2	3			6		1		
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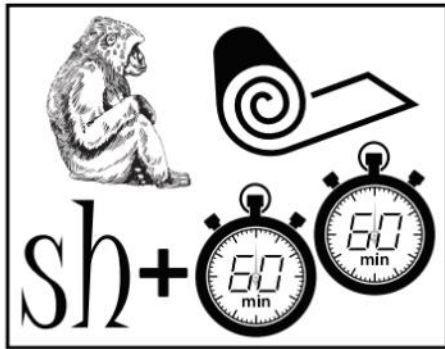
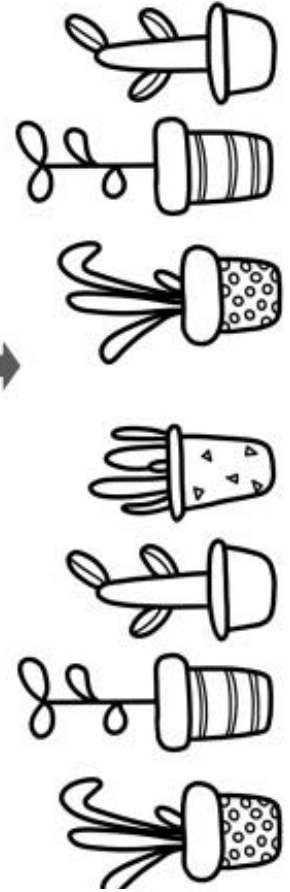
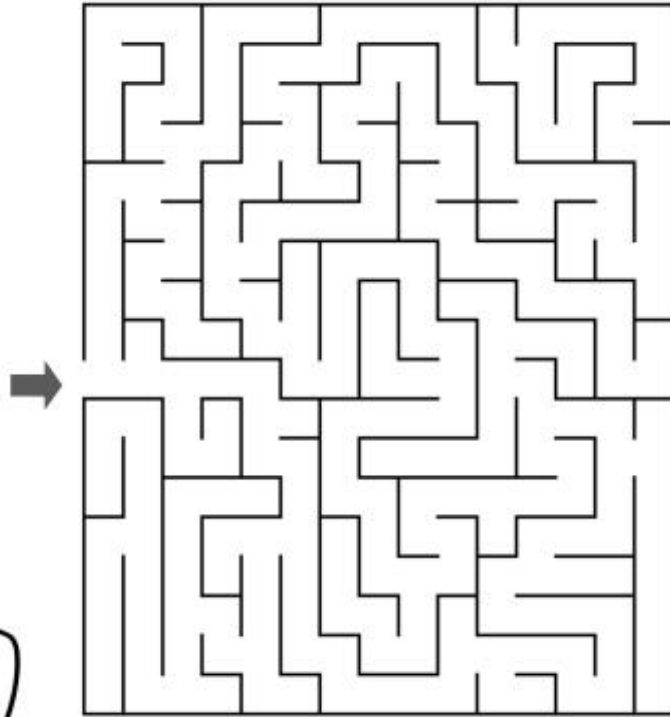
PUZZLES & MORE

Find 10 differences between the pictures.



PUZZLES & MORE

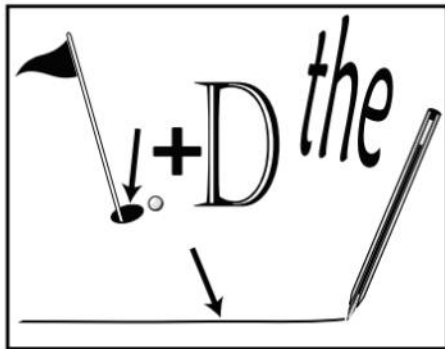
Can you find the way through the maze to water the plants?



Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

Spring Boggled Puzzle

Boggled puzzles are very easy to play. You need to find as many 3 or more letter words as you can. You form words by starting anywhere on the grid and moving to adjoining letters. You can move horizontally, vertically and diagonally in any direction. Write down your words and score as follows:

3 letters = 1 point

4 letters = 2 points

5 letters = 3 points

6 letters = 4 points

7 letters = 5 points

8 or more letters = 6 points

Any Spring related words get double points! Why not challenge your friends?



N	E	I	G
A	P	R	N
S	E	O	L
C	L	W	F

My Points

ANSWER KEYS

Spring Crossword - Answer Key

1	S	N	A	I	L	Spring Crossword - Answer Key																			
	T					2	L	3	K	I	4	T	T	E	N										
	R	5				W	E	E	D					6	P										
	A	A				A				7				A	P	R	I	L							
	W	T				V				8				S	O	W			A						
9	B	R	E	E	Z	E	S							10	S	N									
	E	R				S				11				R	A	I	N	H	A	T					
12	R	O	B	I	N	13				M					O	I									
	R	N				14				R	A	I	N	15				B	O	W	N				
	Y					G				R				U				16				E	G	G	S
		17				C	H	I	C	K	E	N					R								
		18				K	A				H				19				N	E	S	20	T		
21	P	I	C	N	I	22	C	23				F	L	Y					R						
		T				O				O				24				S	H	E	E	25	P		
26	M	E	A	D	O	W	A								E				E				O		
						27				F	L	O	W	E	R					T					
																		D							

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Concentration Puzzles

(solutions)

- Puzzle #1 April showers
- Puzzle #2 The bully pulpit
- Puzzle #3 Hold the line
- Puzzle #4 The buck stops here

SOLUTIONS

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

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

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

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

APRIL BIRTHDAYS

Rick Backo
Kathy Baker
Vera Blakely
Marcella Boyd
Kathy Brown
Charles Cala
Eva Carter
Kathleen Churak
William Darr
Karol Demartine
Abraham Douglas
Vivian Freeman
Sabrina Future

Kristi Hathaway
Edgar Jacobs
Trish Karabowicz
Christine Kotowski
Elizabeth Lee
Erin Lucas
Joan Marks
Theresa Martin
Victoria Michalek
Jerry Oldenburg
Arlene Pellillo
Anne Price
Richard Ressler

Cathy Skalak
Bobbie Snedden
Delbra Swain
Chris Sweet
Helen Taylor
Joan Thomas
Charlotte Umbower
Marilyn Urban
Dorothy Whye
Jackie Williams
Sarah Williams

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

Charlotte Burge
Paul Certo
Barbara Denk
Edward Dillon
Jeff Duber
Mary Duber
Lynne Eppich
Curtis Gibson

Marilyn Gibson
Reva Latten
Dan Lipowski
Kathie Lipowski
David McCandless
June McCandless
Raymond Nagy
Susan Penza

Yolanda Quick
Sheila Richardson
Robert Sanson
Gwendolyn Taylor
Joan Thomas
Martha William
Sarah Williams

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570

recreation@bedfordoh.gov