



BEDFORD SENIORS CLUB NEWSLETTER

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(440) 735-6570



*"Life is like riding a bicycle. To keep your balance, you must keep moving."
-Albert Einstein*

Senior Club Lunches

Bedford Senior Club members are invited to a congregate, sit down lunch on the 2nd and 4th Wednesday of the month (except November and December). 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, June 14

BBQ Chicken Leg Quarters, Mac & Cheese
Registration deadline Friday, June 9.

Wednesday, June 28

Ham & Cheese Wrap, Potato Salad, Fruit Cup
Registration deadline Friday, June 23.

A vegetarian option is available.

Please indicate during registration if you prefer a vegetarian substitution

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



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm 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 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 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm 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 Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Medicare Bingo 1:00pm	SATURDAYS Gentle Yoga 9:00am May 13, 20	
		DAY TRIP REMINDER: PLAYHOUSE SQUARE Tina Turner Musical Saturday, May 13 10:15am		



University Hospitals
Center for Lifelong Health

AGE WELL.

Be Well.

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

June

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SATURDAYS Yoga in the Park June 3, 10, 17, 24 9:00am</p>			<p>1</p> <p>UH Walking Club 9:30am</p> <p>Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm</p>	<p>2</p> <p>Strength & Core 10:30am</p> <p>Friday Flick 1:00pm "Mamma Mia"</p>
<p>5</p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm</p> <p>Dance in Park 6:00pm</p>	<p>6</p> <p>Pickleball Open Play 9:30am, 10:30am, 11:30am</p> <p>Binge Watchers 1:00pm</p>	<p>7</p> <p>Wii Bowling 9:30am</p> <p>Mind Challenge 9:30am</p> <p>Get Crafty 2:00pm</p>	<p>8</p> <p>UH Walking Club 9:30am</p> <p>Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm</p>	<p>9</p> <p>Strength & Core 10:30am</p> <p>Friday Flick 1:00pm "Jerry & Marge Go Large"</p> <p><i>Deadline for 6/14 lunch</i></p>
<p>12</p> <p>Line Dancing 10:30am</p> <p>Knitting 1:00pm</p> <p>Dance in Park 6:00pm</p>	<p>13</p> <p>Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm</p>	<p>14</p>  <p>Senior Lunch 12:00pm</p> <p>Card Games 1:00pm Book Club 2:00pm</p>	<p>15</p> <p>UH Walking Club 9:30am</p> <p>Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm</p> <p>Barre Above 6:00pm Pound Fitness 7:00pm</p>	<p>16</p> <p>Strength & Core 10:30am</p> <p>Friday Flick 1:00pm "Still Michael J. Fox"</p> <p><i>Deadline for 6/21 lunch</i></p>
<p>19 CLOSED</p>  <p>JUNETEENTH FREEDOM DAY</p>	<p>20</p> <p>Casino Day Trip 8:45am</p> <p>Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm</p>	<p>21</p> <p>Wii Bowling 9:30am</p>  <p>LUNCH AND LEARN 12:00pm</p> <p>Sparkling Portraits 2:00pm</p>	<p>22</p> <p>UH Walking Club 9:30am</p> <p>Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm</p> <p>Barre Above 6:00pm Pound Fitness 7:00pm</p>	<p>23</p> <p>Strength & Core 10:30am</p> <p>Coloring 11:00am</p> <p>Friday Flick 1:00pm "Devotion"</p> <p><i>Deadline for 6/28 & 6/30 lunch</i></p>
<p>26</p> <p>Line Dancing 10:30am</p> <p>Knitting 1:00pm</p> <p>Dance in Park 6:00pm</p>	<p>27</p> <p>Strength & Balance 10:30am</p> <p>Binge Watchers 1:00pm</p>	<p>28</p>  <p>Senior Lunch 12:00pm</p> <p>TV Theme Show Musical Bingo 1:00pm</p>	<p>29</p> <p>UH Walking Club 9:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Barre Above 6:00pm Pound Fitness 7:00pm</p>	<p>30</p> <p>Strength & Core 10:30am</p> <p>Lunch & Luau 12:30pm</p> <p>Friday Flick 2:15pm "Ant Man"</p>

IN MEMORIAM



MARY ANN TAYLOR

(nee Massaro), age 94, of Bedford. Beloved wife of the late John E.; loving sister of JoAnn (late William) Harwood and David (Patricia) Massaro; dearest aunt of William and Anthony Harwood, Christopher (Katie) Massaro, Stacia (Nick) Wallace, and the late Jonathan Massaro; great-aunt of Lauren and Caroline Massaro, Samantha, Coleman, Olivia and Bailey Wallace and Abby Harwood. Mary Ann was the first baby born at the Bedford Community Hospital in 1928, a Bedford school guard (Taylor and Broadway) for 20 years, a life member of St. Mary Church and Bedford Seniors Member for over 30 years. The family suggests contributions to St. Jude Children's Research Hospital. Services done by St. John's Funeral Home.

Condolences to Mick & Amy Gongos on the passing of their brother Jerry Gongos.



RECREATION PROGRAMS

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



***CRAFT CHANGE* Summer Watermelon Bead Garland** – Wednesday, June 7

Mosaic Style Canvas Painting – Wednesday, July 5

Alcohol Ink Coasters – Wednesday, August 2

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

- **Santa Cruz** —Wednesday, May 17
- **Faith, Family & Freedom** —Wednesday, June 21
- **Tranquil Surf** —Wednesday, August 16



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

Location: Ellenwood Center Gym

Dates: Thursdays, June 15, 22, 29, July 6, 13, 20, 27, August 3, 10

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance



Line Dance in the Park

NEW! Line Dance with Local Motion's instructor Jaki at Archibald Willard Pavilion (behind Ellenwood Center). 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. Classes may be canceled due to inclement weather or wet grounds. Be sure to opt-in for text and email alerts. Pre-registration required; please register by Monday at noon.

Instructor: Jaki Ward

Location: Archibald Willard Park

Dates: Monday evenings— June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21, 28

Time: 6:00 pm - 6:45 pm

Fee per class: \$5 Bedford Resident/\$6 Non-Resident

Bedford Senior Club Members are free and must register in advance

Senior Summer Yoga

NEW! This class incorporates yoga postures, gentle movement sequences, breath work, meditation, and guided relaxation. Seniors with limited mobility can do yoga from a seated position and/or standing with chair support. Bring a yoga mat and water bottle. Space limited to 18 participants per class.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Thursday, June 15, 22, 29, July 6, 13, 20, 27, August 3, 10

Time: 11:00 am - 12:00 pm

Fee: Bedford Resident \$40 / Non-Resident \$50

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Yoga in the Park

NEW! Enjoy the peace and serenity of a yoga class at Archibald Willard Park (behind Ellenwood Center). Yoga is a combination of body movements, breathing, and mental relaxation. Strengthen your body, relieve stress and increase your flexibility. Classes may be canceled due to inclement weather or wet grounds. Be sure to opt-in for text and email alerts. Bring a yoga mat and water bottle. Pre-registration required; please register by Friday at noon.

Instructor: Julionne Brown-Little, certified instructor

Location: Archibald Willard Park

Dates: Saturdays, June 3, 10, 17, 24, July 8, 15, 22, 29, August 5, 12, 19, 26

Time: 9:00 am - 10:00 am

Fee per class: \$5 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance



Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from Ellenwood office. All other equipment will be provided. Space limited to 20 participants per class.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Room 4

Time: 10:30 am – 11:30 am

Summer Dates: Tuesdays, June 13, 20, 27, July 11, 18, August 1, 8, 15, 22, 29 (no class 7/4 & 7/25)

Fee: Free to Bedford Senior Club Members/\$60 for non-members

Strength & Core

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. Space limited to 12 participants per class.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Room 4

Time: 10:30 am – 11:15 am

Summer Dates: Fridays, June 2, 9, 16, 23, 30, July 7, 14, August 4, 11, 18, 25 (no class 6/21 & 6/28)

Fee: Free to Bedford Senior Club Members/\$65 for non-members

RECREATION PROGRAMS

POUND® Fitness

NEW! Instead of listening to music, become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, a lightweight drumstick specifically for exercising, POUND® fitness transforms drumming into an incredible workout. POUND® is designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! The workout is easily modifiable; all abilities welcome. Bring your own Ripstix® or borrow from the instructor. Minimum of 6 participants to have class.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, June 15, 22, 29, July 6, 13, 20, 27, August 3, 10

Time: 7:15 pm - 8:15 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance



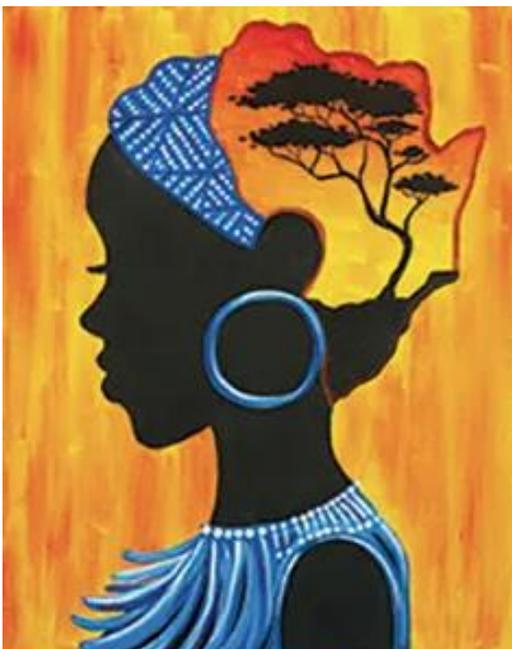
Painting in the Park

NEW! Join Melinda with So-So Artsy for outdoor painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies and apron included. Outdoor Class only; will take place at Ellenwood Center Pavilion. Bring your own water bottle.

Instructor: Melinda, So-So Artsy

Time: 6:00 pm - 8:00 pm

Location: Ellenwood Center Pavilion (Archibald Willard Park Pavilion)



Girl on Sunfire

Tuesday, June 13

\$25 per person

Miami Wine

Tuesday, June 27

\$25 per person

Flamingo Porch Leaner

Tuesday, July 11

\$40 per person

Dolphina

Tuesday, July 25

\$25 per person



RECREATION PROGRAMS

Lunch & Luau

NEW! ALOHA!! Join us for a Lunch and Luau...Poolside! Wear a bright shirt or even a grass skirt! Don't worry, we will supply the leis! Enjoy live steel drum music with Hawaiian BBQ pulled pork sliders, fruit salad, coconut rice and pineapple upside down dessert. And a fruity drink with a little umbrella! Check out our newly renovated Pool House and move the after-party to the pool deck for a swim or sunbathe! In the event of rain, we will have this event indoors at Ellenwood Center.

Gate opens at 12:00pm. Lunch and live music starts at 12:30pm.

Time: 12:00 pm - 2:00 pm

Date: Friday, June 30

Location: Bedford Municipal Pool (down the street towards Broadway)

Fee: Free to Bedford Senior Club members

Registration deadline 6/23. Space is limited for this event. No guest registration. Walk-ins will not be accepted. Menu is subject to change.



Medicare Bingo

NEW! Join us for an afternoon of Medicare BINGO! Win prizes with a fun bingo-style game and learn about Medicare. Prizes include special giveaways and Walmart gift cards!

Location: Ellenwood Center Room 4

Date: Wednesday, May 31

Time: 1:00pm - 2:30pm

Fee: Free

This program is sponsored by Medicare Answers Now. www.MedicareAnswersNow.Com

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.

SPECIAL NOTICE! Dates and times will be inconsistent in June & July due to our Summer Day Camp. Be sure to check the Senior Event Calendar or online for our Open Play days and times. Reservations are highly recommended.

Location: Ellenwood Center Gymnasium

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

RECREATION PROGRAMS

Friday Flicks

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

Friday, June 2: Mamma Mia! (2008)

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

Friday, June 9: Jerry & Marge Go Large (2022)

JERRY & MARGE GO LARGE is inspired by the remarkable true story of retiree Jerry Selbee, who discovers a mathematical loophole in the Massachusetts lottery and, with the help of his wife, Marge, wins millions and uses the money to revive their small Michigan town.



Friday, June 16: Still: A Michael J. Fox Story (2023)

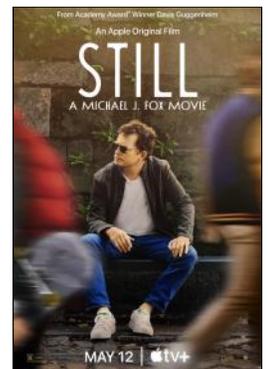
*The film, which will incorporate documentary, archival and scripted elements, will recount Fox's extraordinary story in his own words -- the improbable tale of an undersized kid from a Canadian army base who rose to the heights of stardom in 1980s Hollywood. The account of Fox's public life, full of nostalgic thrills and cinematic gloss, will unspool alongside his never-before-seen private journey, including the years that followed his diagnosis, at 29, with Parkinson's disease. Intimate and honest, and produced with unprecedented access to Fox and his family, the film will chronicle Fox's personal and professional triumphs and travails, and will explore what happens when an incurable optimist confronts an incurable disease. With a mix of adventure and romance, comedy and drama, watching the film will feel like... well, like a Michael J. Fox movie. **Please note that this movie is Rated-R for strong language.***

Friday, June 23: Devotion (2022)

Devotion, an aerial war epic based on the bestselling book of the same name, tells the harrowing true story of two elite US Navy fighter pilots during the Korean War. Their heroic sacrifices would ultimately make them the Navy's most celebrated wingmen.

VIEWER'S CHOICE: Friday, June 30: Ant Man (2015)

*Forced out of his own company by former protégé Darren Cross, Dr. Hank Pym (Michael Douglas) recruits the talents of Scott Lang (Paul Rudd), a master thief just released from prison. Lang becomes Ant-Man, trained by Pym and armed with a suit that allows him to shrink in size, possess superhuman strength and control an army of ants. The miniature hero must use his new skills to prevent Cross, also known as Yellowjacket, from perfecting the same technology and using it as a weapon for evil. **NOTE: Movie start time 2:15pm***



RECREATION PROGRAMS

There is still room for these upcoming movies...



Puss in Boots Last Wish
Friday, May 12
1:00pm



The Woman King
Friday, May 19
1:00pm



**Everything Everywhere
All At Once**
Friday, May 26
1:00pm

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

Coloring and Chocolate

Come join us for a relaxing hour of coloring, coffee, conversations 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:

- Character Breakfast: Saturday, May 20 9:00am-1:00pm
- Fourth of July Parade: Tuesday, July 4 9:00am-12:00pm
- Family Movie Night on the Square: Friday, July 14 6:00pm-9:00pm

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.

UH Walking Club

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

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

Dates: Thursdays

Time: 9:30 am – 10:30 am



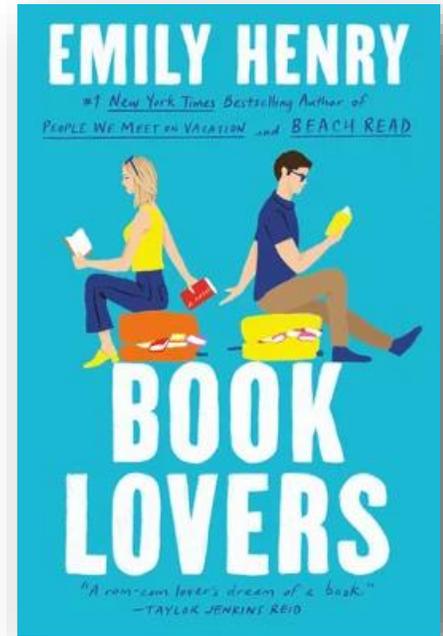
RECREATION PROGRAMS

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, June 14: “Book Lovers” by Emily Henry

“Nora Stephens’ life is books—she’s read them all—and she is not that type of heroine. Not the plucky one, not the laidback dream girl, and especially not the sweetheart. In fact, the only people Nora is a heroine for are her clients, for whom she lands enormous deals as a cutthroat literary agent, and her beloved little sister Libby. Which is why she agrees to go to Sunshine Falls, North Carolina for the month of August when Libby begs her for a sisters’ trip away—with visions of a small-town transformation for Nora, who she’s convinced needs to become the heroine in her own story. But instead of picnics in meadows, or run-ins with a handsome country doctor or bulging-forearmed bartender, Nora keeps bumping into Charlie Lastra, a bookish brooding editor from back in the city. It would be a meet-cute if not for the fact that they’ve met many times and it’s never been cute. If Nora knows she’s not an ideal heroine, Charlie knows he’s nobody’s hero, but as they are thrown together again and again—in a series of coincidences no editor worth their salt would allow—what they discover might just unravel the carefully crafted stories they’ve written about themselves.”



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.

America's Race to the Moon

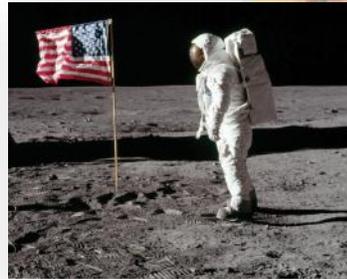
Learn about the United States' manned space program of the 1960's and how America fulfilled President Kennedy's goal of landing a man on the moon and returning him safely to the Earth by 1969. Lunch will be out of this world! Fried bologna sandwich, chips, pickles and moon pie for dessert! Presentation by Carl Quatraro with Speaking on Q.

Date: Wednesday, June 21

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 Story of Euclid Beach Park—Wednesday, July 19

The Rocky Colavito Story —Wednesday, August 16



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: **(440) 735-6570**

Register in person: **Ellenwood Center**
124 Ellenwood Ave
Bedford, OH 44146

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...

West Side Market Excursion

Geneva Winery Tour



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com
Register by phone: (440) 735-6570
Register in person: **Ellenwood Center**
124 Ellenwood Ave
Bedford, OH 44146

Cleveland Guardians vs. Texas Rangers Saturday, September 16, 2023

Join us for exciting night out to watch our Cleveland Guardians take on the Texas Rangers at Progressive Field in downtown Cleveland. First pitch is at 6:10pm. The first 10,000 fans will get a lightweight Guardians hoodie!

We will board the bus at 4:15pm by the pavilion and leave Ellenwood Center at 4:30pm. We will return after the game, approximately 10:00pm. We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations.



Our tickets are in the lower level in section 172 on the third base/left field side.

Price includes one game ticket and transportation. Food on your own. Our group has a 40 ticket limit. Registration for Bedford Club Members begins June 1. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning July 1. Limit of 2 guests max. Registration deadline July 31.

Fee: \$40 Bedford Senior Club members / \$45 for non-members

JOIN THE CLUB

Bedford residents age 60 and older are welcome to join the Bedford Senior Club. There is no membership fee. Activities include congregate meals, exercise and fitness, crafts, movies, trips, and more.

For more information, call our office at 440-735-6570

The City of Bedford Parks & Recreation Department offers a wide variety of recreation and education programs and activities for those 60 years of age and older. Our goal is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, and life-long learning.



CITY OF BEDFORD
SUMMER **2023**
CONCERT
SERIES

Bedford Commons
730 Broadway Ave



JUN 7

BUZZY J & THE VERBS

ROCK, BLUES, DANCE FROM 60's, 70's, 80's

JUN 21

BRIAN PAPESH PARTY BAND

ROCK, COUNTRY, POLKA HITS

JUL 5

TYRONE'S BLUES SINSATION

CLASSIC ROCK, BLUES, SOUTHERN ROCK, MOTOWN

JUL 19

RISK FACTOR

ROCK, POP, COUNTRY HITS

AUG 2

HERB WILBORN, JR. & HIS BAND

INTERNATIONAL RECORDING JAZZ ARTIST/FLAUTIST

AUG 16

JUL BIG GREEN

POP, HIP-HOP, ROCK

Bands Perform 7:00PM-9:00PM

PRESENTED BY

CITY OF BEDFORD **BEDFORD PARKS & RECREATION**



CITY OF BEDFORD - 2023 EVENTS

May 29 Mon.	Memorial Day Parade & Ceremonies 10:15 a.m.	Mike Guyer / 440-773-2835 mguyer@msn.com
June 9-11 Fri.-Sun.	Bedford Historical Society Strawberry Festival.	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
July 4 Tues.	4th of July Parade 10:00 a.m. - Columbus Road	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
July 14 Fri.	Family Movie Night at Bedford Commons	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov
July 21-23 Fri.-Sun.	Bedford Rotary Rib Festival	Chris Bulanda / 216-338-7124 chrisb@berwyntech.net www.bedfordohiorotary.org
August 12 Sat.	Bedford Historical Society Flea Market 9:00 a.m. - 4:00 p.m.	Chris Sweet / 440-439-7470 cms1776@hotmail.com
August 18-20 Fri.-Sun.	Cleveland Pagan Pride	Matthew Stewart / 216-544-4669 clevelandpaganpride@yahoo.com
September 9-10 Sat.-Sun.	Bedford Historical Society Art & Artisan Festival	Sandy Spinks / 216-469-7640 xasize@ameritech.net
October 7 Sat.	City of Bedford Children's Fall Fest 10:00 a.m. - 1:00 p.m.	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
November 22 Wed.	Tree Lighting Ceremony 6:00 p.m.	Bedford City Hall 440-232-1600

THE CITY OF BEDFORD'S SUMMER CONCERT SERIES

Bedford Commons
Wednesday Evenings
7:00 p.m. - 9:00 p.m.

June 7	July 5	August 2
June 21	July 19	August 16

(Dates are subject to change)

440-735-6570 / recreation@bedfordoh.gov

COMMUNITY SHRED DAYS

Saturdays May 13 & September 9
9:00 a.m. - 12:00 p.m.
Bedford City Hall Parking Lot

Bedford Downtown Alliance 5th Annual Chocolate Walk—Saturday, May 13th Noon to 5:00 p.m.

FIRST FRIDATES

Downtown Bedford
6:00 p.m.—8:00 p.m.

June 2	Once Upon A Time
July 7	Downtown Meet & Greet
August 4	Calling All Superheroes
September 1	3rd Annual Putt Around Downtown
October 6	Lets Glow Crazy

Sponsored by the Bedford Downtown Alliance
440-735-8733 or bda@bedforddowntown.org
www.bedforddowntown.org



City of Bedford Newsletter

May 2023

Sign Up
to receive your
BEDFORDNEWS
electronically!

www.bedfordoh.gov

Important Dates

- ◆ **Council Meeting**
May 1
8:00 p.m.
- ◆ **Election Day**
May 2
6:30 a.m. - 7:30 p.m.
- ◆ **Wards 2 & 4 Meeting**
May 8
7:00 p.m. - 9:00 p.m.
- ◆ **Shred Day**
May 13
9:00 a.m. - 12:00 p.m.
- ◆ **Council Meeting**
May 15
8:00 p.m.
- ◆ **Wards 5 & 6 Meeting**
May 22
7:00 p.m. - 9:00 p.m.
- ◆ **Memorial Day-
City Hall Closed**
May 29
- ◆ **Memorial Day
Parade**
May 29
10:15 a.m.

City Hall will be closed on Monday, May 29 in observance of Memorial Day.

Refuse pickup will be delayed one day this week.

Memorial Day Parade and Ceremonies

The annual Memorial Day parade will be Monday, May 29 at 10:15 a.m. The parade will begin at Bedford City Hall and proceed on Center Road to Broadway Avenue, halting at the Bedford Commons for a brief ceremony.

At the conclusion of these ceremonies, the parade will reassemble and proceed south on Broadway to the Bedford Cemetery for the concluding ceremonies.

For further information or to participate, contact Mike Guyer, Memorial Day Chairman, at 440-773-2835.

Bedford Downtown Alliance Chocolate Walk

Tickets are on sale now for the 5th Annual Bedford Downtown Chocolate Walk presented by the Bedford Downtown Alliance. The event will be held on Saturday, May 13 from 12:00 p.m. - 5:00 p.m. Proceeds from the event benefit the Bedford Downtown Alliance's movement of revitalizing the downtown district. The fundraiser is intended for adults and is an all weather event. To purchase tickets, go to bedforddowntown.org or scan the QR code below.



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 events provided by the Cuyahoga County Solid Waste Management District.



Chipper Service

Chipper service will be the weeks of 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.

UNACCEPTABLE - rose bushes, grape vines, pricker bushes, firewood, fence post, wood pallets or wood with nails or screws. Railroad ties and stumps have to be hauled away at homeowner's expense.

City of Bedford Ward Meetings

The City of Bedford will be hosting community ward meetings on 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 2 & 4: May 8**
- Wards 5 & 6: May 22**

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

Bedford Community Garden

Bedford Community Garden, located behind Central Primary School, is constantly growing.

If you are interested in joining this group call Lisa Wolfe at 216-548-1175 or email ldwolfe@ameritech.net.



Bedford 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.

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, May 25: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom 1

May Title: Summer on the Bluffs by Sunny Hostin with Veronica Chambers

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.

Mobile Pantry - Free, fresh produce distribution

Wednesday, May 17: 1:30pm - 3:30pm

Bedford Branch—Parking Lot

Wednesday, June 21: 1:30pm - 3:30pm

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need. This event will be held rain or shine. Each family will receive 3 pre-packaged boxes of dairy, meat, and/or produce for free, loaded into their vehicle trunk. First come, first-served basis, adults of any age, zip code, income level. Each vehicle can have up to 4 “families” (such as if single seniors are riding together). Vehicles preferred over walk-ups, for safety reasons. While supplies last.

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.

Excel Charting and Formatting

Friday, June 09: 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. Registration opens on Wednesday, May 10 at 9:00am

Faux Stained-Glass Craft

Saturday, June 17: 2:00pm - 4:00pm

Bedford Branch - Meeting Room

Create a small faux stained-glass piece using glue and ink. This is a two-part program on 6/17 and 6/24. You will automatically be registered for both sessions when you sign up. Registration opens on Monday, May 15 at 9:00am

Garden Club Plant Sale

The Bedford Garden Club is having it's 35th Annual Plant Sale at Ellenwood Center

Friday, May 19th from 1:00pm-7:00pm
Saturday, May 20th from 10:00am-2:00pm



Annuals, Perennials, Herbs, Vegetables — Shade Gardens and Sun Gardens — Deer resistant and everything in between! FREE Advice! Come and enjoy! Support The Bedford Garden Club! Garden club members will receive a 10% discount — Become a member at the sale!

The Affordable Connectivity Program

Don't miss out on the Affordable Connectivity Program, which provides qualifying households with a \$30 per month discount on internet bills from participating providers, plus a one-time discount of up to \$100 on: a laptop, desktop, or tablet purchased through a participating provider.

If you participate in SNAP, Medicaid, WIC or a number of other public assistance programs, or make 200% of the federal poverty level or less, you could be eligible. See if you're eligible, apply to participate, and find a provider at www.GetInternet.gov



Dept. of Health and Human Services
Cuyahoga Job and Family Services

22

This institution is an equal opportunity provider. Visit <https://www.fns.usda.gov/efns-nondiscrimination-statement>. Cuyahoga Job and Family Services provides access to an interpreter at no charge to customers who are limited - English proficient and individuals with impaired vision and/or hearing.

The COVID-19 Public Health Emergency (PHE) Ends on May 11

Here's What You Need to Know:

What is a PHE?

01

PHE stands for Public Health Emergency. A PHE can be declared by the office of the President of the United States in order to expand powers and use funds during a national crisis, such as the COVID-19 pandemic.

The Department of Health and Human Services (HHS) has been reporting much lower numbers of daily COVID-19 cases, hospitalizations and deaths.

02

Why is the PHE ending?

Many things will stay the same, but others may change. Over the next few weeks, CDPH and its partners, will be releasing information as to what changes are being made.

What does this mean for me?

03

No! On the contrary, the PHE ending means that COVID-19 cases are far lower than in the past.

04

Should I be worried?

No! The end of the PHE does not mean the end of COVID-19, but it does mean there are lower numbers of cases of COVID-19. Getting vaccinated and keeping good health practices is always the safest way to stay healthy.

Does this mean the pandemic is over?

05



CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

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)



Make sure you get credit for your utility expenses during your SNAP eligibility determination for benefits by turning in verifications!

Eligible Utilities:

- Telephone
- Water/Sewer
- Gas
- Electric

Note: Internet expenses are not eligible for SNAP utility expenses deduction

You May Use the Following to Verify Utility Costs:

- Utility Bills
- Residency Verification Form
- Lease Agreements listing which utilities customer is responsible for
- Collateral Contact with the Landlord
- Written 3rd Party Statement



Dept. of Health and Human Services
Cuyahoga Job and Family Services



This institution is an equal opportunity provider. Visit <https://www.fns.usda.gov/cr/fns-nondiscrimination-states> for more information. Cuyahoga Job and Family Services provides access to an interpreter at no charge to customers who are limited – English proficient and hearing.

Cuyahoga Job and Family Services Warns Residents to be Cautious of Solicitations

Cuyahoga Job and Family Services (CJFS) would like to warn recipients of food, medical and cash benefits to be careful when responding to calls, texts or calls from people regarding county-issued benefits.

Customers who receive Supplemental Nutrition Assistance Program (SNAP), Medicaid and Ohio Works First (OWF) benefits will sometimes receive case updates via text message or automated phone message, however **CJFS will never send you a request to sign up for a bank account or request you log in or create a bank account.**

If you receive a text message that you believe is suspicious, take a screen shot and make a report to the **Cuyahoga County Public Assistance Fraud Hotline at 216-987-6950**. You can also find more information online on the county's [Reporting Suspected Public Assistance Fraud](#) site.

Tips for Keeping Your Benefits Safe:

- CJFS and the Ohio Department of Job and Family Services will never ask you to provide login details for your bank or require you to set up any third-party bank accounts.
- Cuyahoga Job and Family Services will never visit you in-person at your home to ask you about your case or for any other information.
- If you have an Electronic Benefits Transfer (EBT) Card, please **DO NOT share your PIN** with anyone and update/change your PIN regularly. You can change your PIN by logging into your online account at <https://www.connectebt.com> for SNAP or <https://www.eppicard.com> for cash cards. You can also call 1-866-386-3071 for SNAP or 1-866-320- 8822 for cash cards and follow the prompts to change your PIN.

You should never share information about your EBT or EPPIC card in response to a text message.



Dept. of Health and Human Services
Cuyahoga Job and Family Services

Ohio | Benefits



You are eligible for the Ohio Senior Farmers' Market Nutrition Program (SFMNO) if you are 60 or older, live within a participating county and meet income guidelines. As a participant, you can visit participating farmers' markets and roadside stands to enjoy fresh fruits, vegetables, honey and fresh, cut herbs, which add variety to meals and are key to a healthy diet. Participants receive \$50 worth of coupons for the growing season.

Western Reserve Area Agency on Aging will administer the Senior Farmers' Market Nutrition Program (SFMNP). Applicants can only apply for the coupons in the county in which they live and at a location specified by their zip code. 2023 details are forthcoming.

For more information: <https://www.areaagingsolutions.org/programs-services/farmers-market/>



No toys, buckets, hangers, chairs or durable plastics in curbside recycling.
Find a reuse or place in the trash.

www.cuyahogarecycles.org

Don't Be A Wishcycler. Recycle Right. ::  **Cuyahoga County**
SOLID WASTE DISTRICT

Western Mug Omelet



SERVES
1 • 1 omelet per serving



PREP TIME
5 minutes



COOK TIME
2–3 minutes



TOTAL TIME
7–8 minutes



Ingredients

Cooking spray

¼ cup plus 3 tablespoons liquid egg whites, room temperature

½ cup chopped red bell peppers

½ cup chopped mushrooms

2 tablespoons shredded lite low-fat cheese

2 tablespoons fat-free milk

1 tablespoon chopped green onion

Directions

1. Combine the ingredients in a microwave-safe mug lightly coated with cooking spray.
2. Microwave on high for 1 minute. Stir the mixture.
3. Microwave on high for 1 to 2 minutes, or until the eggs are cooked through.

Nutrition Analysis (per serving)

Calories	214
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	1 mg
Sodium	562 mg
Carbohydrates	7 g
Fiber	1 g
Total Sugars	5 g
Includes Added Sugars	0 g
Protein	38 g

Dietary Exchanges

1 vegetable, 3½ lean meat



American Heart Association.
Healthy for Good™





BAD VS BETTER

Choose Healthy Fats

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

Four Types of Dietary Fat

Bad Fats

1. Saturated Fats

Limited to less than 10 percent of calories each day.

2. Trans Fats

Avoid completely



Better Fats

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

3. Monounsaturated Fats

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



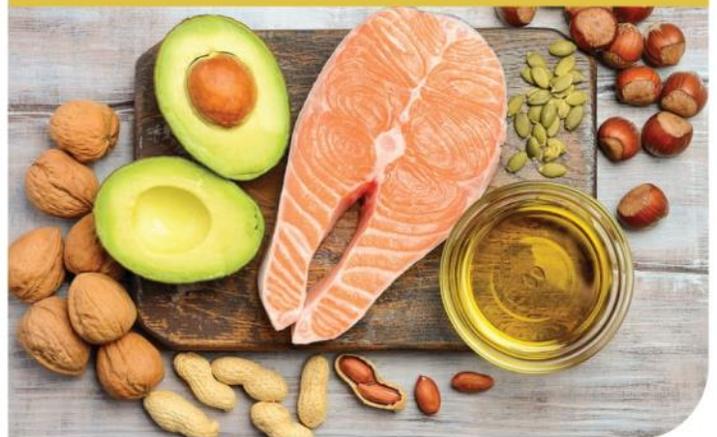
4. Polyunsaturated Fats

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

Healthy Fats

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

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



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

See the next page to learn more!

Look at Nutrition Label for Fat.

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



SWAP Bad Fats for Better Fats

LIMIT/AVOID:

Cooking with Butter or Lard



Full-fat Cheese on Salads



Bacon, Breakfast Meat, Fatty Cuts of Red Meat



Cooking Fried Food



CHOOSE:

Healthy Oils:
Olive, Peanut,
Avocado, and Canola



Avocado, Nuts,
or Seeds for
Salad Toppings



Fatty Fish
(Salmon, Tuna)



Bake Your Food



https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>
<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>
<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/fat.cfm>

JOKES & MORE! SUBMITTED BY OUR SENIORS

WHO WERE ANN REEVES JARVIS & JULIA WARD HOWE?

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation. Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870, Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873, Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2.

Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day."

MOTHER'S DAY HUMOR

Mother's Dictionary of Meanings

Dumbwaiter: One who asks if the kids would care to order dessert.

Feedback: The inevitable result when the baby doesn't appreciate the strained carrots.

Full Name: What you call your child when you're mad at him.

Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.

Hearsay: What toddlers do when anyone mutters a dirty word.

Independent: How we want our children to be for as long as they do everything we say.

Puddle: A small body of water that draws other small bodies wearing dry shoes into it.

Show Off: A child who is more talented than yours.

Sterilize: What you do to your first baby's pacifier by boiling it, and to your last baby's pacifier by blowing on it and wiping it with saliva.

Top Bunk: Where you should never put a child wearing Superman jammies.

Two-Minute Warning: When the baby's face turns red and she begins to make those familiar-grunting noises.

Whodunit: None of the kids that live in your house.



JOKES & MORE! SUBMITTED BY OUR SENIORS

MOTHER'S DAY HUMOR continued...

What happened to the baby?

For weeks a six-year old lad kept telling his first-grade teacher about the baby brother or sister that was expected at his house.

One day the mother allowed the boy to feel the movements of the unborn child. The six-year old was obviously impressed, but made no comment. Furthermore, he stopped telling his teacher about the impending event.

The teacher finally sat the boy on her lap and said, "Tommy, whatever has become of that baby brother or sister you were expecting at home?"

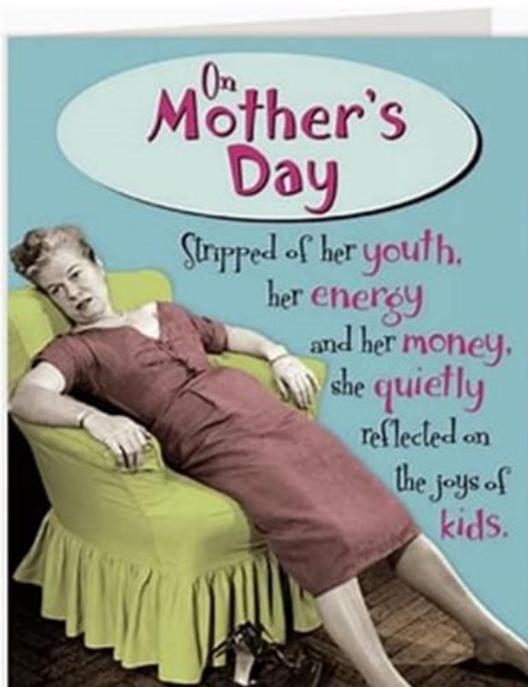
Tommy burst into tears and confessed, "I think Mommy ate it!"

My Teacher is Thankful

Son: "Mom, teacher was asking me today, if I have any brothers or sisters who will be coming to school."

Mom: "That's nice of her to take such an interest in you. So what did she say when you told her that you're the only child, my dear?"

Son: She just said, "Thank goodness!"



Things Mom Would Never Say

"How on earth can you see the TV sitting so far back?"

"Yeah, I used to skip school a lot, too"

"Just leave all the lights on ... it makes the house look more cheery"

"Let me smell that shirt -- Yeah, it's good for another week"

"Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day"

"Well, if Rahul's mamma says it's OK, that's good enough for me."

"The curfew is just a general time to shoot for. It's not like I'm running a prison around here."

"I don't have a tissue with me ... just use your sleeve"

"Don't bother wearing a jacket - the wind-chill is bound to improve"



JOKES & MORE! SUBMITTED BY OUR SENIORS

Gardening Jokes To Brighten Your Day

- * Sad but true... Hard work doesn't harm anyone, but I do not want to take any chances.
- * The only way to ensure rain is to give the garden a good soaking.
- * Weeds grow at precisely the rate you pull them out.
- * Nothing ever looks like it does on the seed packet.
- * Autumn follows summer, winter follows autumn, drought follows planting.
- * However bare the lawn, grass will appear in the cracks between the patio paving stones.
- * When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The real meaning of plant catalog terminology:

- * "A favorite of birds" means to avoid planting near cars, sidewalks, or clotheslines.
- * "Grows more beautiful each year" means "Looks like roadkill for the foreseeable future."
- * "Zone 5 with protection" is a variation on the phrase "Russian roulette."
- * "May require support" means your daughter's engineering degree will finally pay off.
- * "Moisture-loving" plants are ideal for landscaping all your bogs and swamps.
- * "Carefree" refers more to the plant's attitude than to your workload.
- * "Vigorous" is code for "has a Napoleonic compulsion to take over the world."
- * Knee: a device for finding rocks in your garden.
- * "Annuals" mean disappointment once a year.
- * Hardy plant: really means "hearty" to wildlife and a wholesome meal.

Gardening One-Liners:

- * Why do potatoes make good detectives? Because they keep their eyes peeled.
- * What do you get if you divide the circumference of a pumpkin by its diameter? Pumpkin pi.
- * How do you lead a horse to water? With lots of carrots.
- * Why do cowboys always die with their boots on? So they won't stub their toes when they kick the bucket.
- * What do you call a stolen yam? A hot potato.
- * What is a weed? A plant that has mastered every survival skill except for learning how to grow in rows."
- * What flower does everyone have on their face? Tulips
- * What vegetable can tie your stomach in knots? String beans.
- * "What did the carrot say to the wheat? Lettuce rest, I'm feeling beet."



JOKES & MORE! SUBMITTED BY OUR SENIORS



HAPPY MEMORIAL DAY

Memorial Day, formerly known as Decoration Day, developed in the late 1800's. Waterloo, New York, was officially declared to be the birthplace of the holiday, though similar celebrations were held in many cities in the years following the Civil War.

Waterloo held one of the first organized events honoring Civil War soldiers who died in the war on May 5, 1866. The event took place at the urging of Waterloo resident, Henry C. Welles. Flags were lowered to half-mast, and the people of the town gathered for ceremonies. They decorated the graves of fallen Civil War soldiers with flags and flowers, marching to music between the three cemeteries in the city.

Two years later, on May 5, 1868, the leader of the Northern Civil War Veterans, General John A. Logan, called for a national day of remembrance on May 30.

Initially, Decoration Day was set aside to honor those who had died in the Civil War. However, after World War I, fallen soldiers from other wars began to be recognized. The day, widely celebrated on May 30th throughout the country, became known as Memorial Day.

As the United States was involved in more wars, the holiday became a day to recognize men and women who died in defense of their country in all wars.

In 1968, Congress passed the Uniform Monday Holiday Act to establish 3-day weekends for federal employees. For this reason, Memorial Day has been celebrated on the last Monday in May since being declared a national holiday in 1971.

Today, many groups still visit cemeteries to place American flags or flowers on soldiers' graves.

"A hero is someone who has given his or her life to something bigger than oneself."



Remember their names...



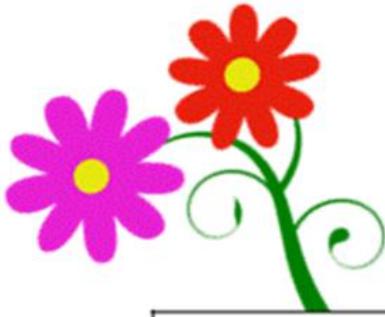
PUZZLES

GARDENING WORD SEARCH

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

ANNUAL
BULBS
COMPOST
FERTILIZER
FLOWER
FROST
GREENHOUSE
GLOVES
HEIRLOOM
PERENNIAL
POLLINATOR
PLANTING
RAKE
ROWS
SEEDS
SEEDLINGS
SHOVEL
SOIL
SUNSHINE
TRANSPLANT
WATER
WATERINGCAN
WEEDS
WHEELBARROW
WORMS

PUZZLES & MORE



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



PUZZLES & MORE

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

Sudoku puzzles require you to find the missing numbers in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

You can't just add any numbers, though. There are rules that making solving the puzzle challenging.

A number can only occur once in a row, column, or square.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!

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

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

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

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

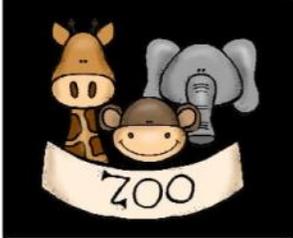
PUZZLES & MORE

Zoo Trip Logic Puzzle

Xavier and his four friends are all in a group for the zoo field trip. Each student in the group was assigned a different animal to investigate and draw on the trip. Using the clues, can you figure out what animal each child is supposed to investigate?

Clues:

1. one of the girls was so happy to have the King cobra!
2. Stephanie didn't have the tree frog, and Kim and Xavier helped the person with the penguin find their information.
3. Jennifer's giraffe drawing was great.
4. The boys had the frog and the penguin.
5. Two of the girls thought it was funny their animals started with the first letter of their names!



	Scarlet Macaw	King cobra	Gentoo Penguin	Tree frog	Masai Giraffe
Kim					
Jennifer					
Xavier					
Stephanie					
Greg					

*Xavier and Greg are boys, the rest are girls!

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Musical Organization Logic Puzzle

Mrs. Dennis' music closet was getting very messy. She asked five students to each organize a certain type of musical instrument. Using the clues, can you figure out which instrument each student was in charge of?

Clues:

1. Either Amy or Lucas organized the bongo drums.
2. Paul carefully stacked the xylophones.
3. one of the girls put away recorders.
4. Lucas was glad he didn't have to wash the kazoos.
5. Amy accidentally dropped a cow bell when putting them in the box.

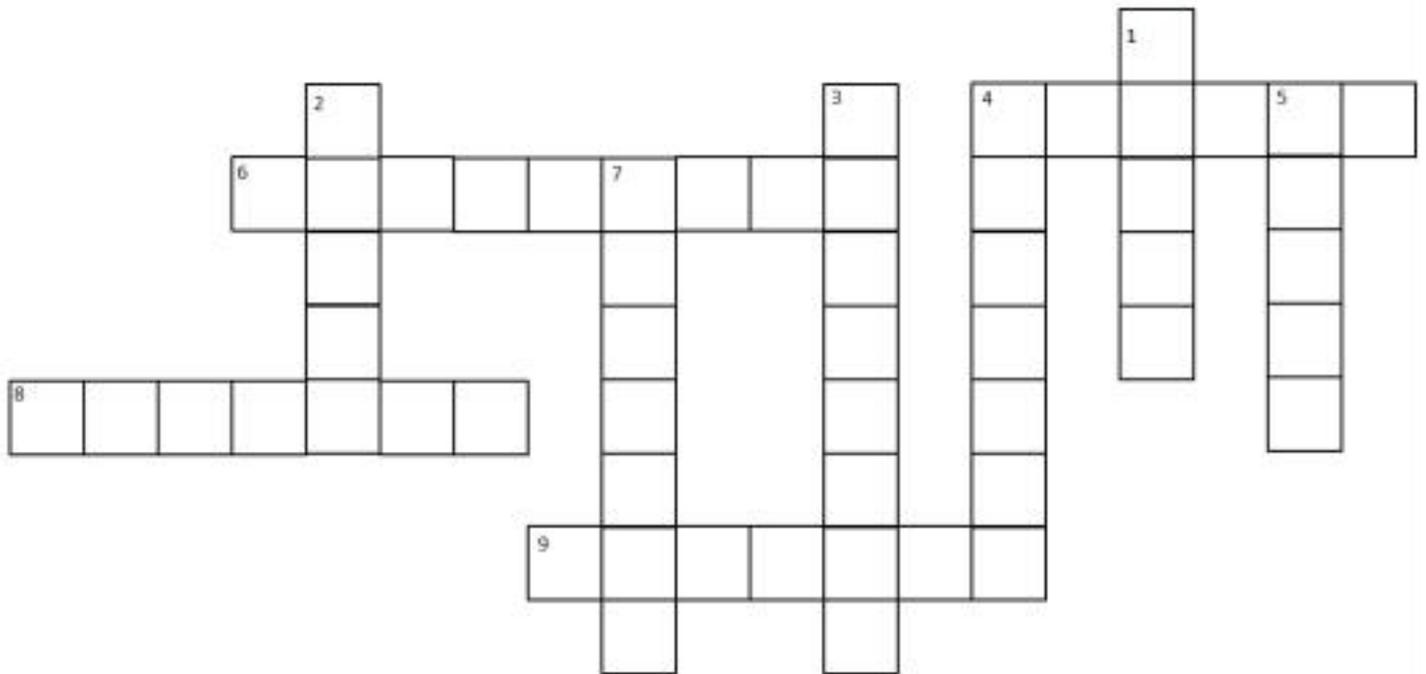


	xylophones	recorders	Bongo drums	kazoos	cow bells
Sarah					
James					
Amy					
Lucas					
Paul					

*Sarah and Amy are girls, the rest are boys.

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Memorial Day Crossword Puzzle



Across

- 4. A group of soldiers
- 6. Giving up something valued for the sake of something else
- 8. A person who had experience in the military
- 9. Another word for bravery

Down

- 1. Regard with great respect
- 2. Great courage in the face of danger
- 3. Something established to remind people of a person or event
- 4. An act or gift to show gratitude or appreciation
- 5. Freedom from disturbance
- 7. The condition of being free



Memorial
Freedom
Sacrifice

Honor
Courage
Valor
Veteran

Peace
Troops
Tribute



ANSWER KEYS

Kim - King cobra
 Jennifer - Masai Giraffe
 Xavier - Tree frog
 Stephanie - Scarlet Macaw
 Greg - Genfoo Penguin

	Scarlet Macaw	King cobra	Genfoo Penguin	Tree frog	Masai Giraffe
Kim	X	O	X	X	X
Jennifer	X	X	X	X	O
Xavier	X	X	X	O	X
Stephanie	O	X	X	X	X
Greg	X	X	O	X	X

	xylophones	recorders	Bongo drums	kazoos	cow bells
Sarah	X	O	X	X	X
James	X	X	X	O	X
Amy	X	X	X	X	O
Lucas	X	X	O	X	X
Paul	O	X	X	X	X

Sarah - recorders
 James - kazoos
 Amy - cow bells
 Lucas - bongo drums
 Paul - xylophones

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

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

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

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

MAY BIRTHDAYS

Theresa Ananea
Jeff Asbury
Bill Astalos
Mary Baldwin
Kathy Besozzi
Rosemarie Bobbs
Kim Charleston
Paulette Brown-Childs
Dolores Cale
Sheila Flannery
Carol Foss
Joan Garvin

Elizabeth Gilmore
Yvonne Hines
Vivian Husband
Carolyn Kelley
Chris Lemke
Mary Macko
Karen Madden
Mildred Migliorini
Don Mouat
Doris Nelson
Janet Orosz
Dyonne Powell

John Powers
Barb Praznik
Yolanda Quick
Hermia Shifflette
Wanda Stephens
Cindi Terry
Esther Thompthin
Milton White
Louise Yuhas
Colleen Zolovick

ANNIVERSARIES

Diane & Wilbur Simpson are celebrating 23 years on May 12th
Betty & Frank Pauley are celebrating 50 years on May 25th

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



Dale Carano
Sheila Flannery
Deborah Gierlicki
Wayne Halterman
Betty Kress
Nancy Kusek
Robert Kusek

Nancy Lograsso
Janet Orosz
Julianne Sliwinski
Merlene Vilt
Veronica White
Faye Wilson
Tanya Wright

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