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(440) 735-6570



"A life without love is like a year without summer." -Swedish Proverb

Senior Club Lunches

Bedford Senior Club members are invited to a congregate 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 1:00pm (See Calendar for activities). Reserve your meal online or call 440-735-6570 before the registration deadline. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

Wednesday, June 28

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

Wednesday, July 12

Grilled Chicken Wrap, Chips, Pickle
Registration deadline Friday, July 7.

Wednesday, July 26

Fried Boneless Chicken Thigh, Mashed Potatoes, Coleslaw
Registration deadline Friday, July 21.






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.

June

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SATURDAYS Yoga in the Park June 17, 24 9:00am</p>		<p>14</p>  Senior Lunch 12:00pm	<p>15</p> UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm	<p>16</p> Strength & Core 10:30am Friday Flick 1:00pm "Still Michael J. Fox" <i>Deadline for 6/21 lunch</i>
<p>19 CLOSED</p> 	<p>20</p> Strength & Balance 10:30am Binge Watchers 1:00pm Pickleball Open Play 6:30pm, 7:30pm	<p>21</p> Wii Bowling 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm	<p>22</p> UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm	<p>23</p> Strength & Core 10:30am Coloring 11:00am Friday Flick 1:00pm "Devotion" <i>Deadline for 6/28 & 6/30 lunch</i>
<p>26</p> Line Dancing 10:30am Knitting 1:00pm Dance in Park 6:00pm	<p>27</p> **RESCHEDULED** Casino Day Trip 8:45am Strength & Balance 10:30am Binge Watchers 1:00pm	<p>28</p>  Senior Lunch 12:00pm TV Theme Show Musical Bingo 1:00pm	<p>29</p> UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm	<p>30</p> Strength & Core 10:30am Lunch & Luau 12:30pm Friday Flick 2:15pm "Ant Man"



AGE WELL.
Be Well.

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



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Line Dancing 10:30am Knitting 1:00pm Dance in Park 6:00pm	4 Closed for 4th of July  Parade line-up 9:15am	5 Wii Bowling 9:30am Pickleball Open Play 10:30am, 11:30am, 12:30pm, 1:30pm Get Crafty 2:00pm	6 UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm Pound Fitness 7:15pm	7 Strength & Core 10:30am Friday Flick 1:00pm "Mamma Mia Here We Go Again" <i>Deadline for 7/12 lunch</i>
10 Line Dancing 10:30am Knitting 1:00pm Dance in Park 6:00pm	11 Strength & Balance 10:30am Encore Presentation Binge Watchers 1:00pm	12  Senior Lunch 12:00pm Outdoor Party Games 1:00pm Book Club 2:00pm	13 UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm Pound Fitness 7:15pm	14 Strength & Core 10:30am Friday Flick 1:00pm "Creed III" Family Movie Night at Square
17 Line Dancing 10:30am Knitting 1:00pm Dance in Park 6:00pm	18 Strength & Balance 10:30am Binge Watchers 1:00pm Pickleball Open Play 6:30pm, 7:30pm	19 Wii Bowling—no games Practice 9:30-11:30am  LUNCH AND LEARN 12:00pm L&L Rocket Car 1:30pm Sparkling Portraits 2:00pm	20 UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm Pound Fitness 7:15pm	21 Friday Flick 1:00pm "Air" <i>Deadline for 7/26 lunch</i>
24 Westside Market Excursion 9:00am Line Dancing 10:30am Knitting 1:00pm Dance in Park 6:00pm	25 Binge Watchers 1:00pm	26  Senior Lunch 12:00pm Bingo 1:00pm	27 UH Walking Club 9:30am Senior Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm Pound Fitness 7:15pm	28 Friday Flick 1:00pm "Moving On"
31 Line Dancing 10:30am Knitting 1:00pm Dance in Park 6:00pm				SATURDAYS Yoga in the Park July 8, 15, 22, 29 9:00am

IN MEMORIAM



ARLENE G. PELLILLO

(nee Tombow), age 98 of Bedford. Beloved wife of the late Gene J. Pellillo for 76 years; loving mother of the late Diana, Gwen (Ron) Jewett, EJ and Gene D. (Diana Kim); dearest daughter of the late Leslie E. Tombow and the late Edna (nee Rolfs); dear sister of Ed, Donald, Rich and Beverly (all deceased); grandmother of 9; great-grandmother of 22; and great-great-grandmother of 3. Arlene was a volunteer for Meals on Wheels and the Bedford Hospital Guild. She enjoyed reading books, bowling and was an avid swimmer. Services were held on June 7 & 8 and arrangements by St. John Funeral Home. Entombment at Crown Hill Cemetery. In lieu of flowers, the family suggests donations to First Baptist Church of Bedford, 445 Turney Rd., Bedford, OH 44146 or the Bedford Lion's Club for the Gene J. Pellillo Memorial Scholarship.

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.

Date: Friday, June 30

Time: 12:00 pm - 2:00 pm

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.



RECREATION PROGRAMS

Bedford Senior Club in the Fourth of July Parade

NEW! We have rented Mr. Trolley on July 4th for 30 Senior Club members to ride and wave in the Fourth of July Parade! The ride will be air conditioned and have easy parking access. Parade participants will load at 9:15am at Ellenwood Center in the parking lot by the pavilion. Mr. Trolley will head over to our line-up spot at 9:30am. Parade kicks off at 10:00am and will take roughly an hour. At the end of the parade, we will be driven back to Ellenwood Center. Minimal walking; ride in style! Please be sure to use the restroom before loading, as we won't have access until we reach Bedford Heights Community Center.



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:

- Fourth of July Parade: Tuesday, July 4 9:15am-11:45am—Ride Trolley
- Fourth of July Parade: Tuesday, July 4 9:30am-11:00am—Parade Judges
- 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.

SummaCare & Sundaes

NEW! Join us for an ice cream bar and a presentation on Medicare.

Location: Ellenwood Center Room 4

Date: Wednesday, August 16

Time: 1:30pm - 3:00pm

Fee: Free

This program is sponsored by SummaCare. www.summacare.com



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

Mosaic Style Canvas Painting – Wednesday, July 5

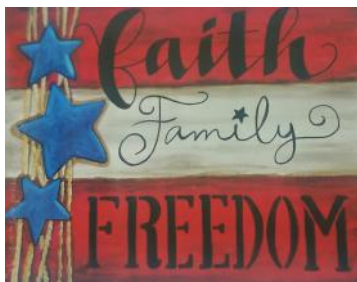
Alcohol Ink Coasters – Wednesday, August 2

Swirl Painting – Wednesday, September 6



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

- **Faith, Family & Freedom** —Wednesday, June 21
- **Tranquil Surf** —Wednesday, July 19
- **Margarita Summer**—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 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 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 7/21 & 7/28)

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)



Miami Wine

Tuesday, June 27

\$25 per person

Flamingo Porch Leaner

Tuesday, July 11

\$40 per person

Dolphina

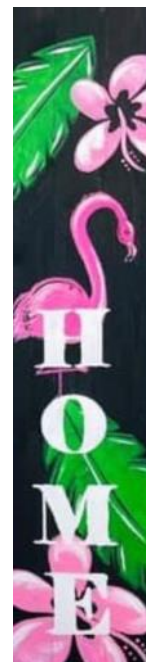
Tuesday, July 18

\$25 per person

Abstract City

Tuesday, August 8

\$25 per person



RECREATION PROGRAMS

Pickleball Open Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot.

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

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

Senior Transportation Connection

The Parks and Recreation Department offers a door-to-door transportation service for Bedford Residents, provided by a third party, Senior Transportation Connection. Service is available for senior citizens 60 years of age and older and can be used for medical appointments and errands such as banking, grocery shopping, etc. Service is not available to residents in nursing, assisted living or retirement facilities. Wheelchair accessible transportation is available. Boundary lines for all trips are: north - UH Ahuja Medical Center; south - Northfield Plaza; east - City of Solon; west - Marymount Hospital.

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



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, July 7: Mamma Mia! Here We Go Again (2018)

Discover how it all began! In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.

Friday, July 14: Creed III (2023)

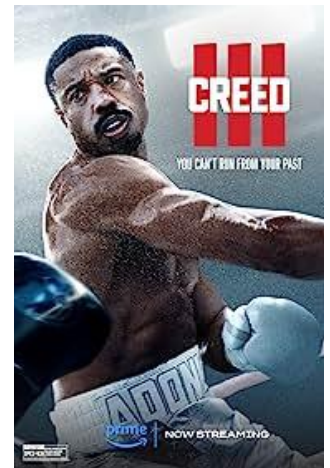
After dominating the boxing world, Adonis Creed (Michael B. Jordan) has been thriving in both his career and family life. When a childhood friend and former boxing prodigy, Damian (Jonathan Majors), resurfaces after serving a long sentence in prison, he is eager to prove that he deserves his shot in the ring. The face off between former friends is more than just a fight. To settle the score, Adonis must put his future on the line to battle Damian -- a fighter who has nothing to lose.

Friday, July 21: Air: A Story of Greatness (2023)

From award-winning director Ben Affleck, AIR reveals the unbelievable game-changing partnership between a then-rookie Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and contemporary culture with the Air Jordan brand. This moving story follows the career-defining gamble of an unconventional team with everything on the line, the uncompromising vision of a mother who knows the worth of her son's immense talent, and the basketball phenom who would become the greatest of all time.

Friday, July 28: Moving On (2022)

Jane Fonda and Lily Tomlin star as estranged friends who reunite to seek revenge on the petulant widower (Malcolm McDowell) of their recently deceased best friend. Along the way, Fonda's character reunites with her great love (Richard Roundtree) as each woman learns to make peace with the past and each other.



RECREATION PROGRAMS

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.

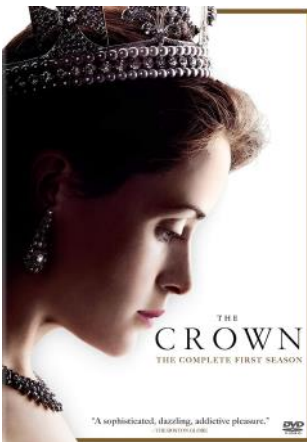
Dates: Tuesdays

June 20 - Episodes 7 & 8

June 27 & *added encore on July 11* - Episodes 9 & 10

Time: 1:00 pm

Location: Ellenwood Center Room 1



The Crown—Season 1

The first season of The Crown follows the life and reign of Queen Elizabeth II. Season 1 covers the period from 1947 to 1955, beginning with Princess Elizabeth's marriage to the Duke of Edinburgh, the death of Elizabeth's father, King George VI, through Winston Churchill's resignation as Prime Minister. While the dialogue is fictional, the major events depicted were based on historical fact. Experience the early years of Queen Elizabeth II's reign, portraying the challenges she faced both as queen and as a mother, wife and sister.

Dates: Tuesdays

July 18—Episodes 1 & 2

July 25—Episodes 3 & 4

August 1—Episodes 5 & 6

August 8—Episodes 7 & 8

August 15—Episodes 9 & 10

Time: 1:00 pm

Location: Ellenwood Center Room 1



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, July 12:

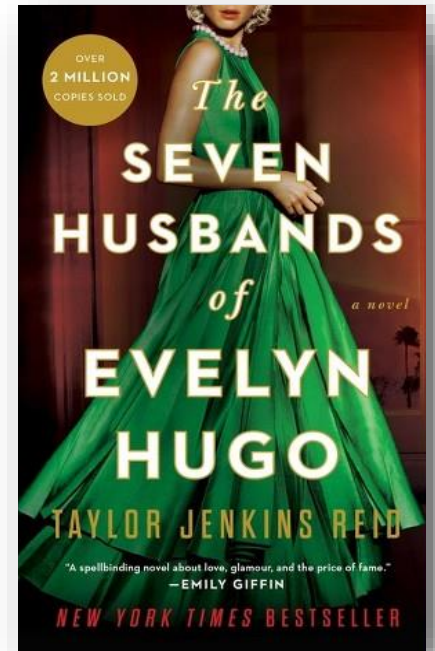
“The Seven Husbands of Evelyn Hugo” by Taylor Jenkins Reid

*“From the author of *Daisy Jones & The Six*--an entrancing novel “that speaks to the Marilyn Monroe and Elizabeth Taylor in us all” (Kirkus Reviews), in which a legendary film actress reflects on her relentless rise to the top and the risks she took, the loves she lost, and the long-held secrets the public could never imagine.*

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now?

Monique is not exactly on top of the world. Her husband has left her, and her professional life is going nowhere. Regardless of why Evelyn has selected her to write her biography, Monique is determined to use this opportunity to jumpstart her career.

Summoned to Evelyn’s luxurious apartment, Monique listens in fascination as the actress tells her story. From making her way to Los Angeles in the 1950s to her decision to leave show business in the ‘80s, and, of course, the seven husbands along the way, Evelyn unspools a tale of ruthless ambition, unexpected friendship, and a great forbidden love. Monique begins to feel a very real connection to the legendary star, but as Evelyn’s story near its conclusion, it becomes clear that her life intersects with Monique’s own in tragic and irreversible ways. “



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



LUNCH
AND
LEARN
WITH **BEDFORD**
PARKS & RECREATION

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 Story of Euclid Beach Park

Food, rides, and attractions. Why is Euclid Beach Park so very memorable? Learn about its beginnings in 1895 and reminisce about its heyday, as well as its final days in 1969. Relive those special memories that Euclid Beach Park holds for Clevelanders. After the presentation take a ride of the Rocket Car! We will be able to have groups of 10-12 folks ride at a time; reminisce while you wait. Lunch will be Italian sausage sub, grilled corn, popcorn ball and snow cone. Presentation by the Western Reserve Historical Society.

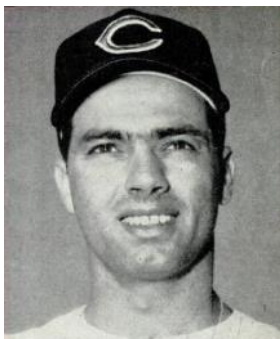
Date: Wednesday, July 19

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members

\$15 for non-members



SAVE THE DATES! Details forthcoming...

The Rocky Colavito Story — Wednesday, August 16

Topic TBA—Wednesday, September 6

The Life of Vincent Van Gogh—October 4



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.

SENIOR DAY TRIPS



Rivers Casino Pittsburgh

Tuesday, June 27, 2023 *NOTE DATE CHANGE*

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. **Bring valid ID.**

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. **A FEW SPACES REMAINING!**

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

West Side Market Excursion

Monday, July 24, 2023

NEW! Join us for a visit to the West Side Market! It's Cleveland's oldest public market and is home to 100 vendors offering meats, seafood, fruits, vegetables, baked goods, dairy, flowers, ready-to-eat foods, spices and nuts.



We will board the bus at 9:00am by the pavilion and leave Ellenwood Center at 9:15am. We will shop and have lunch nearby at Town Hall. Lunch details forthcoming. We will board the bus to leave at 1:45pm and depart at 2:00pm. Estimated return is 2:30pm.

We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations. Registration for Bedford Club Members begins June 15. 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. Space is limited.

Free for registered Bedford Senior Club members / \$10 for non-members



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

Dine & Dash Mobile Kitchen Food Truck 6:30PM

The original owners from Chris' Family Restaurant!

AUG 2

HERB WILBORN, JR. & HIS BAND

INTERNATIONAL RECORDING JAZZ ARTIST/FLAUTIST

AUG 16

JUL BIG GREEN

POP, HIP-HOP, ROCK

B&M Bar-B-Que Food Tent 6:30PM

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



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

Important Dates

- ◆ **First Friday**
June 2
6:00 p.m. - 8:00 p.m.
- ◆ **Council Meeting**
June 5
8:00 p.m.
- ◆ **Bedford Historical Society Strawberry Festival -**
June 9-11
- ◆ **Juneteenth- City Hall Closed**
June 19
- ◆ **Council Meeting**
June 26
8:00 p.m.

City of Bedford Newsletter

June 2023

Independence Day Parade

The Cities of Bedford and Bedford Heights are hosting our 38th annual Independence Day Parade on Tuesday, July 4th beginning at 10:00 a.m. The parade starts at Columbus and Washington Street, proceeds east on Columbus Road to Perkins Road, disbanding at Bedford Heights City Hall.

If your group or organization is interested in being a part of the parade, please call Bedford City Hall at 440-735-6502 or obtain an application from www.bedfordoh.gov.



Chipper Service

Chipper service will be the weeks of 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.

Council Meeting Time Change

Starting in September of 2023, regular City Council Meetings will begin at 7:00 p.m. instead of 8:00 p.m. These meetings will continue to be live streamed via the City of Bedford's YouTube Channel.

Exterior Residential Permit Fees Waived!

During the month of June, the City's Building Department will be waiving the residential building permit fees associated with exterior improvements for owner occupied single family dwellings! Those wishing to tackle some much needed exterior home improvements will still need to obtain the required approvals and associated permits during this opportunity. The contractors must still be registered with the City. Should you have any questions, contact the Building Department at 440-735-6530.

Bedford Beauties

Spruce up your front yard and start working on that curb appeal because members of the Bedford Garden Club will be traversing the neighborhood looking for this year's BEDFORD BEAUTIES.

Judging will begin on Sunday July 16 and will finish on Saturday July 22. All six wards will be judged in one week— based on Beauty, Creativity, Design and Effort. Absolutely no artificial greens or flowers.

If you see a front yard with amazing curb appeal within the City of Bedford that you want to nominate, nominations forms can be found around town at the Bedford Library, Ellenwood Recreation Center or City Hall. Just have the address of the front yard, and include a few words on why you like it. You may nominate your own yard and businesses may also apply!

Those who are selected will receive a “**Bedford Beauty Award**” sign in their front yard for 1 month...and will have bragging rights!

For more information, contact Paula St. John at pnreed@msn.com.

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, June 29: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom 1

June Title: Black Hamptons by Carl Weber with LaJill Hunt

Mobile Pantry - Free, fresh produce distribution

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

Bedford Branch—Parking Lot

Wednesday, July 19: 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.

Let's Jam!

Saturday, July 08: 11:00am - 12:00pm

Bedford Branch Meeting Room

In this quick jam session, customers will learn to make strawberry freezer jam. This simple jam method involves zero canning with all the joy of making fresh jam!

Excel Advanced Methods and Tools

Friday, July 21: 10:00am - 12:00pm

Bedford Branch Meeting Room

Learn how to use some of the advanced functions available in Excel, including lookup and logical functions. We will also discuss the use of pivot tables and conditional formatting to analyze and visualize data. Prerequisite: Excel Charting and Formatting.

Alcohol Ink Coasters

Saturday, July 29: 10:30am - 12:30pm

Bedford Branch Meeting Room

Make a beautiful tile coaster using alcohol ink! It's so easy, and each coaster will have it's own unique look. Registration opens on Monday, June 26 2023 at 9:00am.



SCAM ALERT



Securing today
and tomorrow

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.



If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to **increase your Social Security benefit**
- Tries to gain your trust by providing **fake “documentation,” false “evidence,” or the name of a real government official**

...it is a **scam!**

Do not give scammers money or personal information – Ignore Them!

Protect yourself and others from Social Security-related scams

- **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the SSA Office of the Inspector General (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- **Get up-to-date information.** Follow SSA OIG on Twitter @TheSSAOIG and Facebook @SSA Office of the Inspector General for the latest information on Social Security-related scams. Visit the Federal Trade Commission for information on other government scams.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit oig.ssa.gov/scam for more information. Please also share with your friends and family.





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/>

Are you on social media?



Check your privacy settings.

Use multi-factor authentication.

Protect your information.



Learn more at ftc.gov/YourPrivacy





All Are Welcome To Join

Bedford City School District

in collaboration with our communities of

**Bedford, Bedford Heights,
Oakwood Village, and Walton Hills**

AS WE CELEBRATE FREEDOM

Bedford High School Bearcat Stadium

6.19.2023 5pm - 7pm

*Food Trucks ~ Music ~ Dance ~ Health & Wellness ~ Vendors ~ Voter Registration ~ Parade
Kindergarten Registration ~ Divine 9 Step Show ~ Spoken Word/Poetry ~ Special Guests ~ Raffle*

ANNUAL BEDFORD FOUNDATION GOLF OUTING

SUPPORTING SCHOLARSHIPS FOR BEDFORD GRADUATES

Cost \$140.00/person - 4-Person Scramble
(Singles welcome & will be placed on a team)

Cost includes lunch, dinner, green fees, cart, driving range, (2) drink tickets

11 AUG 2023

**SHAWNEE GOLF COURSE
EGBERT RD, BEDFORD OH**

8:30 AM Registration

10:00 AM Shotgun Start

Multiple ways to register

- use Form & Mail
- Sirna's Cafe also has registration forms
- register and pay online at:
- <https://www.bedfordfoundation.net/events>

JOIN US





41st Annual Bedford Rotary Club Rib Burn Off

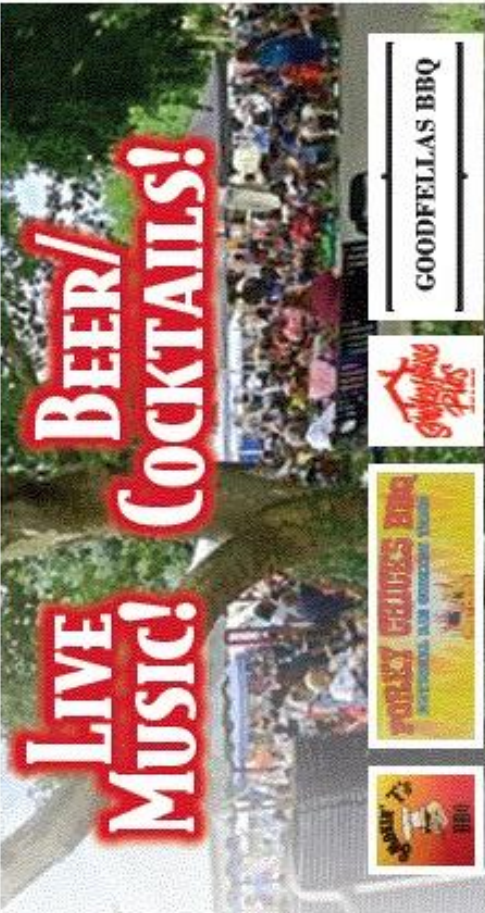
July 21-23, 2023

On the Historic Downtown Bedford Square

Friday: 6 to 11pm | Saturday: Noon to 11pm | Sunday: Noon to 6pm

For more info visit:

Rotary Club of Bedford, Ohio on Facebook or www.bedfordhiorotary.org



Rocket Car Friday July 21st. 7-9pm!

Free Rides. Goodwill donations go to Meals on Wheels



Advertise with Valpak of Cleveland, 800-888-1145

©/PDMS, Inc. 8/2023.

Open more great neighborhood deals at valpak.com 3453067594

GOODFELLAS BBQ

Shrimp & Pasta

FORBY FRIGGES BBQ

BBQ



41st Annual Bedford Rotary Club Rib Burn Off

July 21-23, 2023

Please, no outside food or drink at the event.

Entertainment Schedule:
Friday: Buzzy J and the Verbs 7-11pm | Saturday: Masterpiece 7-11pm | Sunday: DJ Rick Diamond

Our thanks to the sponsors listed, you make our mission possible!



Ken Ganley AUTO GROUP

Johnson Romito FUNERAL HOMES



Mazda of Bedford

St. John Funeral Home



Grande Oaks Grande Pavilion



summer

Avocado Melon Breakfast Smoothie

YIELD: 1 SERVING

INGREDIENTS

- 1 avocado
- 1 cup honeydew
- 1 cup low-fat/non-fat milk
- 1 cup low-fat plain yogurt (or flavor of choice)

OPTIONAL INGREDIENTS

- 1 tablespoon honey
- 1 tablespoon lime juice

DIRECTIONS

1. Cut avocado in half and remove the pit
2. Scoop out avocado and place in blender
3. Add all remaining ingredients to the blender
4. Blend well and enjoy!



Healthy Tip

Avocados are a good source of healthy fats (unsaturated fats), which can help reduce cholesterol and risk for heart disease.

Nutrition Facts

Amount Per Serving

Calories 710

% Daily Value*

Total Fat 36 g	55 %
Saturated Fat 8 g	42 %
Trans Fat -	
Cholesterol 27 mg	9 %
Sodium 326 mg	14 %
Total Carbohydrate 81 g	27 %
Dietary Fiber 15 g	60 %
Total Sugars 63 g	
Includes 17 g Added Sugars	
Protein 26 g	52 %
Vitamin D 3 µg	20 %
Calcium 792 mg	79 %
Iron 2 mg	10 %
Potassium 2,347 mg	50 %

*Percent Daily Values are based on a 2,000 calorie diet.

This nutrition facts label includes the optional ingredients.



Calcium & Vitamin D

A Perfect Combo!



BEST FOOD SOURCES

Calcium

Dairy (Milk, Cheese, & Yogurt)
Leafy Greens
Lentils and Beans
Almonds
Fortified Foods and Beverages

Vitamin D

Fatty Fish (Salmon, Tuna, & Trout)
Mushrooms
Egg Yolk
Fortified Foods and Beverages
Vitamin D Milk



Calcium

Calcium is an important mineral that helps your heart and muscles function. It also supports your nervous system and helps hormones to function in your body. Calcium builds bones when you are young and keeps your bones healthy and strong as you age. Almost all the calcium in your body is in your bones and teeth.

Your body relies on a calcium-rich diet to get all the calcium it needs. If you do not eat enough calcium, your body may begin to pull calcium from your bones. If this happens often, your bones may weaken and can break.

Vitamin D

Vitamin D is a vitamin that helps your body absorb calcium. It is important for bone growth. Calcium and Vitamin D work together to help prevent bone loss. They also help to build bones and muscles, which keep you strong, balanced, and independent at home! Together they work to maintain the strength of your teeth. Calcium and Vitamin D also work with other minerals to prevent your bones from becoming weak.

It is important to eat foods that are rich in calcium and Vitamin D. Talk to your health care provider or dietitian to see if supplements are right for you.

My Daily Needs

Calcium

- Women: 1,200 mg
- Men: 1,000 mg (70 & under); 1,200 mg (71+)

Vitamin D

- 15 - 20 mcg

Sunshine is good for you!



Sun exposure is a key Vitamin D source. Your skin makes Vitamin D from the sun and can store it in your body for when you need it.

JOKES & MORE! SUBMITTED BY OUR SENIORS

SUMMER ONE-LINERS

What do you call a snowman on Spring Break? A puddle

Why did the robot go on summer vacation: He needed to recharge his batteries

Why did the summer school teacher wear sunglasses? Because her class was so bright

What do you call a dog on the beach in the summer? A hot dog!

What do you call a Frenchman wearing summer beach sandals? Phillipe Phloppe.

What did the pig say at the beach on a hot summer's day? I'm bacon!

How do men exercise at the beach? By sucking in their stomach every time they see a bikini.

My friend went for a job interview at a sun cream factory but didn't get it. He's going to reapply.

What did the air conditioning unit say to its owner? I'm your biggest fan.

What do you call six weeks of rain in Scotland? Summer!

What's the best day to go to the beach? SUN day!

Where did the sheep go on vacation? The Baa-hamas!

What's brown, hairy and wears sunglasses? A coconut on vacation!

BEST DAD JOKES

I was addicted to the hokey pokey but I turned myself around.

Did you hear about the new pencils with an eraser on each end? I just don't see the point.

Where do you learn to make ice cream?
Sunday School

I'd like to thank all the sidewalks for keeping me off the streets.

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

Why can't your nose be 12 inches long?
Because then it would be a foot.

I'm terrified of elevators. I'm going to start taking steps to avoid them.

I used to hate facial hair but then it grew on me.



JOKES & MORE! SUBMITTED BY OUR SENIORS

BEST DAD JOKES

How do you make a tissue dance?
Put a little boogie in it.

I used to have a job at a calendar factory
but I got fired for taking a couple days off.

How many tickles does it take to make an
octopus laugh?
Ten Tickles

What did the buffalo say to his son when he
dropped him off at school?
Bison

How many apples grow on a tree?
All of them.

What do you get when you cross a vampire with
a snowman?
Frostbite

What's brown & sticky?
A stick.

Want to hear a joke about paper?
Never mind, it's tearable.

The rotation of the earth
really makes my day.

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

How does a penguin build a house?
Igloos it together.

What did the grape do when he got stepped on?
He let out a little wine.

Why don't crabs give to charity?
They're a little shellfish.

Why do melons have weddings?
Because they cantaloupe.

Want to hear a joke about construction?
I'm still working on it.

Why did the scarecrow win an award?
Because he was outstanding in his field.

JOKES & MORE! SUBMITTED BY OUR SENIORS

SOME BASEBALL HUMOR

Lyle: Did you know baseball is the first sport in the Bible?

Dale: No, I didn't.

Lyle: Yep, in Genesis it says, "In the big inning!"

Nathan: What did the baseball glove say to the ball?

Kyle: I'm stumped.

Nathan: "Catch ya later!"

Bob didn't believe that Fred's dog could talk. So, Fred asked his dog, "What's on top of a house?" "Roof," the dog barked. Bob wasn't convinced. So, Fred asked the dog how sandpaper feels. "Rough." Bob still wasn't convinced. "O.K., who was the greatest baseball player of all time?" Fred asked the dog. "Ruth" barked the dog. With that, Bob walked away, shaking his head in disbelief. The dog turned to Fred and asked: "Was it Hank Aaron?"

A rookie pitcher was struggling at the mound, so the catcher walked out to have a talk with him. "I've figured out your problem," he told the pitcher. "You always lose control at the same point in every game." "When is that?" "Right after the national anthem."

Joey: A man leaves home, makes a left turn, makes another left, then another left turn and goes home again. When he gets home there are two men wearing masks waiting for him. Who are they?

Tom: I haven't a clue.

Joey: The catcher and the umpire.

Funniest dad jokes



"I made a pencil with two erasers, it was pointless"

"I'm reading a book about anti-gravity. It's impossible to put down"

"I've got a great joke about construction. But I'm still working on it"

"I used to hate facial hair. But then it grew on me"

"I've decided to sell my vacuum cleaner. It was just gathering dust"

"It takes guts to be an organ doner"

"I'm so good at sleeping, I can do it with my eyes closed!"

"I could tell a joke about pizza, but it's a little cheesy."

"I wouldn't buy anything with velcro. It's a total rip-off."

"Don't trust atoms. They make up everything!"



JOKES & MORE! SUBMITTED BY OUR SENIORS

FATHER'S DAY HUMOR

Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse says to the second guy, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!"

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man is groaning and banging his head against the wall. "What's wrong?" the others ask.

"I work for 7 Up!"

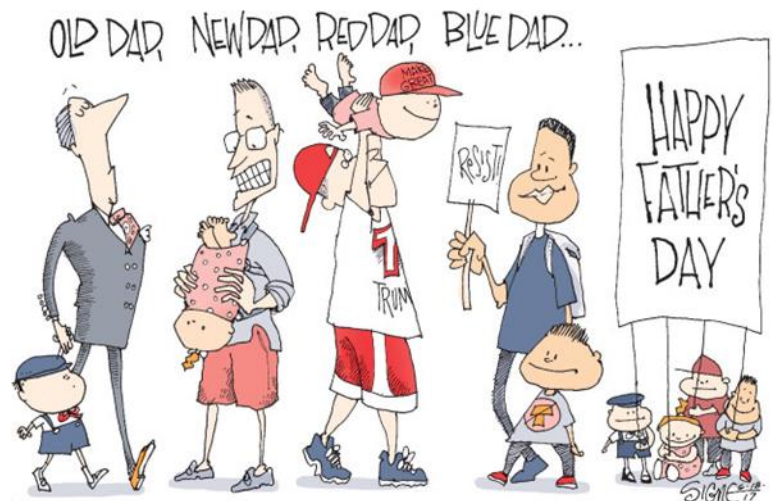
"Dad, are bugs good to eat?" asked the boy.

"Let's not talk about such things at the dinner table, son," his father replied.

After dinner the father inquired, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone."

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were. "Daddy, if the tigers got out and ate you up..." "Yes, son?" the father asked, ready to console him. "...Which bus would I take home?"



MARRIAGE AND THE HEREAFTER

An elderly couple were on a cruise and it was really stormy. They were standing on the back of the boat watching the moon, when a wave came up and washed the old woman overboard.

They searched for days and couldn't find her, so the captain sent the old man back to shore with the promise that he would notify him as soon as they found something.

Three weeks went by and finally the old man got a fax from the boat. It read: "Sir, sorry to inform you, we found your wife dead at the bottom of the ocean. We hauled her up to the deck and attached to her arm was an oyster and in it was a pearl worth \$50,000. Please advise."

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

WHAT DO YOU MEME?



Summer: The season when parents realize how amazing underpaid teachers really are!



someecards
user card

'Tis the season to unstick your thighs from plastic chairs

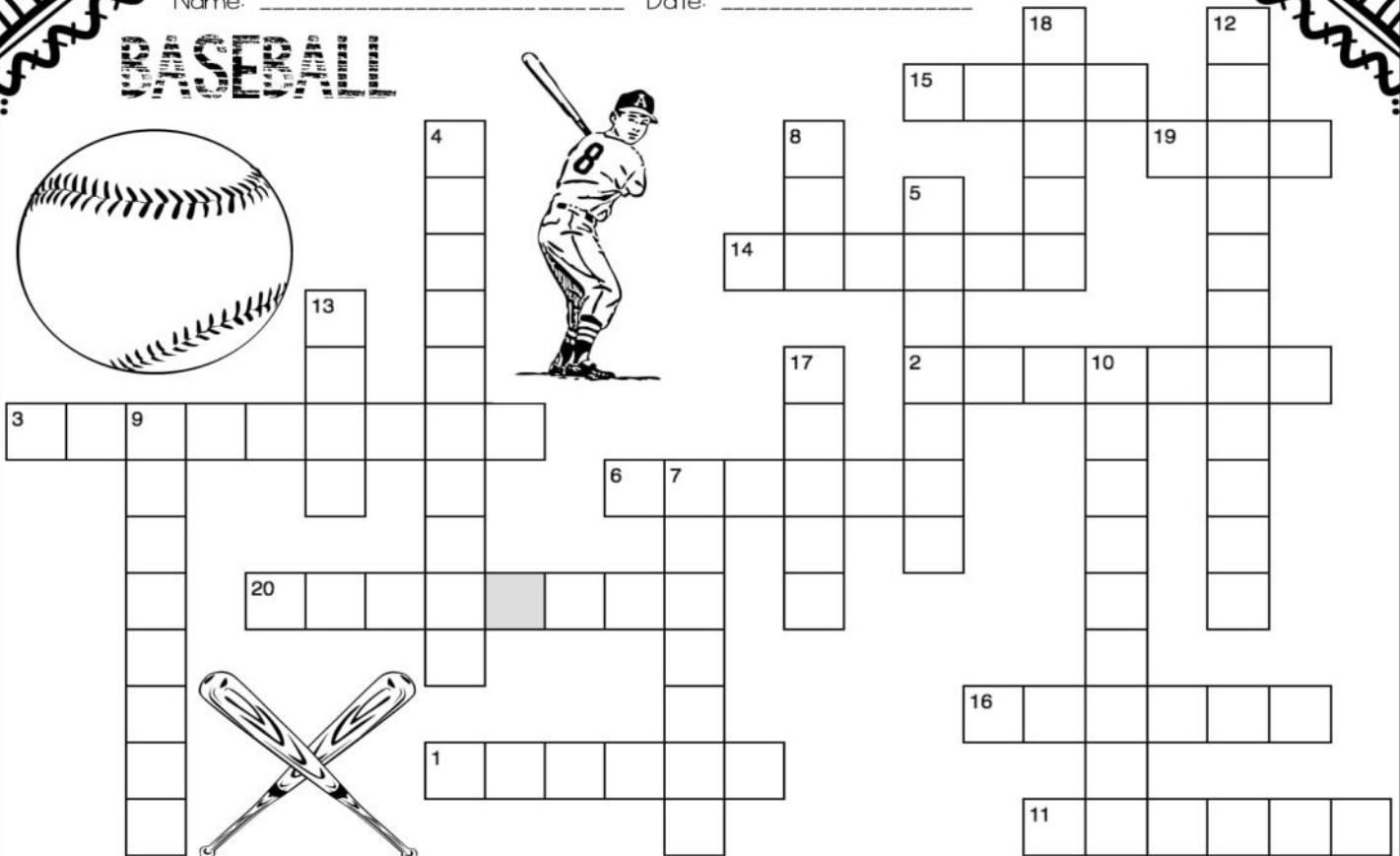
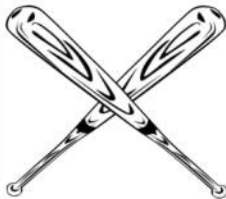


RD

PUZZLES

Name: _____ Date: _____

BASEBALL



Across

1. each team has nine of these that try to score runs on offense
2. the person receiving a baseball from a pitcher
3. four of these at first, second, shortstop, and third base
6. official who is responsible for calling the game fairly and keeping track of the score
11. swerving, spinning pitch
14. a ball in an umpire's determined zone that could be hit with a bat
15. four balls = this
16. how a hitter stands in order to hit a baseball
19. when a defensive player catches a pop fly or tags an offensive player before he or she can reach a base
20. a ball hit so hard that a batter can round first, second, and third base while scoring a run at home

Down

4. three of these in right, center, and left
5. the person who throws a baseball to hitters
7. a synonym for coach
8. hitting stick used in baseball
9. straight, quick pitch
10. twist of the wrist creates this which makes batters swing in the wrong location
12. unpredictable slow pitch
13. a ball outside of the strike zone
17. the act of trying to hit a pitched baseball
18. an act of avoiding a tag out

Word Bank:

- | | | | | |
|-----------|------------|---------|-------------|-----------|
| BALL | FASTBALL | BATTER | KNUCKLEBALL | OUT |
| SWING | STRIKE | WALK | STANCE | INFIELDER |
| CURVEBALL | OUTFIELDER | MANAGER | BAT | PITCHER |
| UMPIRE | HOME RUN | CATCHER | SLIDE | SLIDER |

Baseball Parks

Word Search

DIRECTIONS:
Find and circle the
baseball stadium
names in the grid.
Look for them in all
directions including
backwards and
diagonally.

ANGEL
AT AND T
BUSCH
CHASE
CITI
CITIZENS
COMERICA
COORS
DODGER
FENWAY
GLOBE LIFE
GREAT AMERICAN



KAUFFMAN	PROGRESSIVE
MARLINS	ROGERS
MILLER	SAFECO
MINUTE MAID	TARGET
NATIONALS	TROPICANA
OAKLAND	TURNER
ORIOLE	U.S. CELLULAR
PETCO	WRIGLEY
PNC	YANKEE

PUZZLES & MORE

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

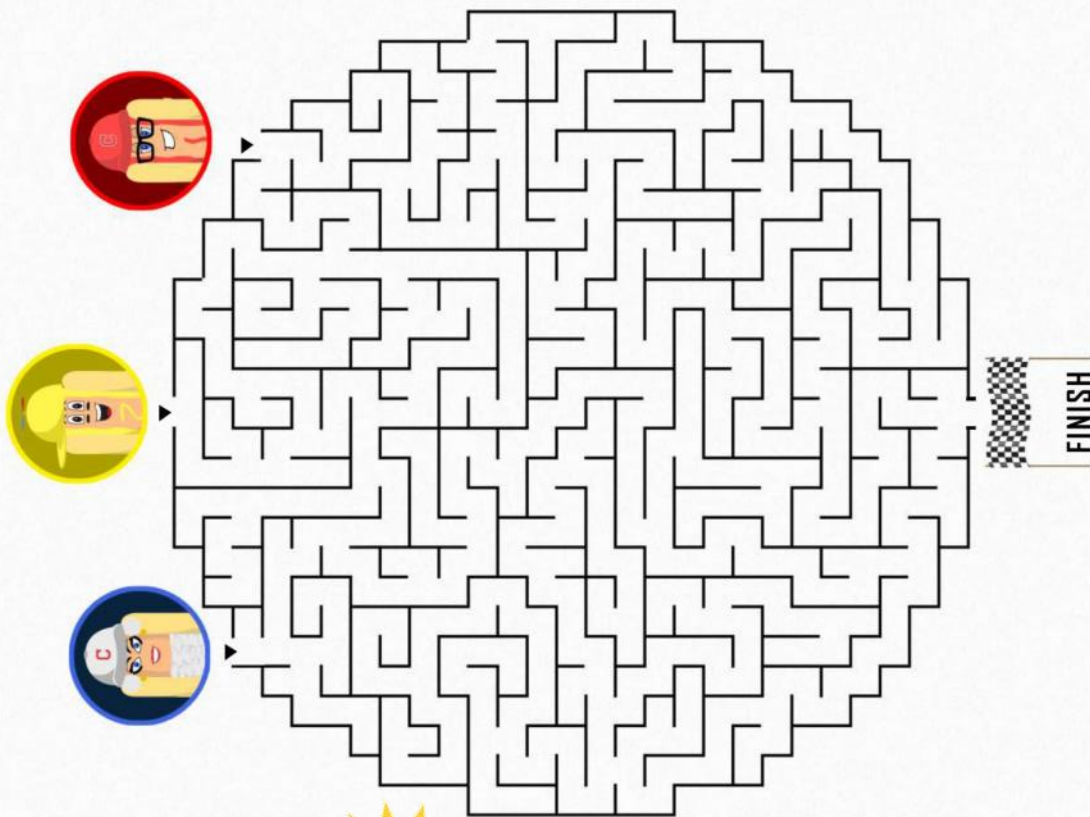
	1		2		5			8
	2	4	9	8				5
	5	8	7		1		2	
6		5	3		2		8	1
2		7	1			3		9
		1	5		8	2	6	
		2	6		7	8		
8				1		5		2
		9		2	3		1	

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

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

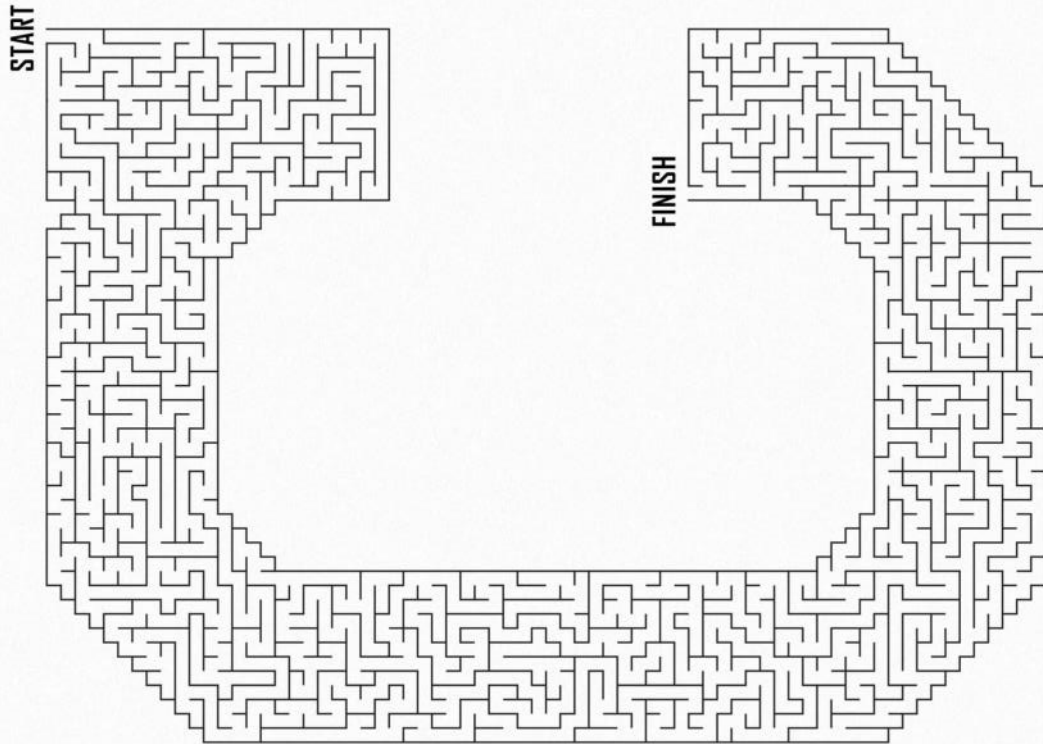
HOT DOG DERBY MAZE

Choose your favorite hot dog and help them win the race!
(Print multiple copies and start at the same time to compete with friends.)



BLOCK C MAZE

Try to go from start to finish in this tough maze.

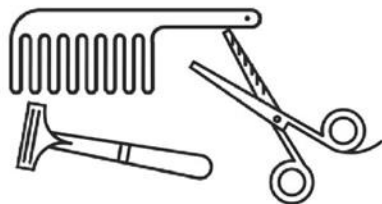


Happy FATHERS Day!



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

- TOOLS
- JOKES
- SPORTS
- HOME
- BBQ
- CARING
- FAMILY
- PROTECTIVE
- RESPECT
- LOVE
- DADDY
- TIE
- SPECIAL
- GIFTS
- HONOR
- HUGS
- FUNNY
- THOUGHTFUL
- MEMORIES
- STRONG



ANSWER KEYS

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

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

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

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

JUNE BIRTHDAYS

John Bartko
Bernard Benewiat
Mary Ann Bornaschella
Connie Bryant
Dale Carano
George Chimienti
Hubert Clayton
Elizabeth Darr
Barbara Denk
Julianne Diederich
Patricia French
Mike Garvin
JoAnne Hampton
Ronna Hardy
Beatrice Harris

Stephanie Hoey
Brenda Holbert
William Joyce
Gloria Kado
Matthew Kasiguran
Carol Kindle
Sherry Levy
Karla Mahoney
Geri Michaels
Carl Miller
Karla Miller
John Moore
Charles Mowery
Raymond Nagy
Debbie Pacanovsky

Susan Penza
Deborah Preston-Ikner
Barry Rinkus
Robin Rothacker
Chris Schwab
Barbara Shellko
Donald Skalak
Marsha Skolnik
Mary Ellen Spoto
Kelly Thome
Carol Urban
Jean Vasquez
Ed Wetzel
Josephine Woods

ANNIVERSARIES

*Jim & Carol Kindle celebrated 54 years on June 5th
Tom & Geneva Sheppard celebrated 66 years on June 7th*

*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

Rick Bennett
Hubert Clayton
Janet Fox
Patricia French

David Kilby
Charlotte Kimble
Nettie Mcdermott
Jon Williams

Leisa Vassar Warner

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recreation@bedfordoh.gov