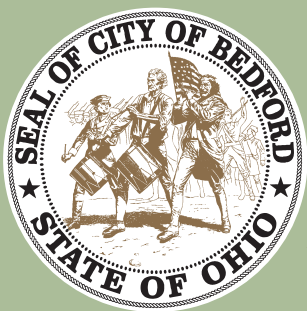


BEDFORD

PARKS & RECREATION



*Serving
Youth
Adults
Seniors*

2023 FALL PROGRAM GUIDE

City Council

Stanley C. Koci, Mayor
Sandy Spinks, Ward 1
Walter Genutis, Ward 2
Victor Fluharty, Ward 3
Frank Smith Jr., Ward 4
Jeff Asbury, Ward 5
Donald Saunders, Ward 6

City Manager

Michael S. Mallis

Finance Director

Jennifer Howland

Parks and Recreation Director

Michael Callahan



Photo courtesy of Eileen Barto, Bedford resident

Bedford Parks & Recreation Dept.

124 Ellenwood Avenue
440-735-6570

recreation@bedfordoh.gov

Monday through Friday
8:00 am to 4:30 pm

3 Easy Ways to Register

On-line at bedfordoh.myrec.com

Create your household profile. Pay using Discover, MasterCard, Visa or American Express.

In Person

Stop in Ellenwood Center Monday through Friday from 8:00 am to 4:30 pm. Pay using credit, debit, cash or check.

Phone 440-735-6570

Call the Parks & Recreation Department and our friendly staff will be happy to process your registration. Pay using Discover, MasterCard, Visa or American Express.



Check out the City's website at www.bedfordoh.gov for the latest information and newsletters



@BedfordRecreation



@BedfordRec



@BedfordOHRec

SPECIAL EVENTS

Dates, times, and fees are subject to change without notice.

Senior Health & Wellness Fair

Free Health Screenings - Glucose, Cholesterol, Blood Pressure, Vision, Hearing and more!
Flu and Covid Shots/Boosters available by appointment. Walk-ins are permitted if space and supplies are available. Call **440-735-6570** to setup your vaccination appointment and for more information.

We are excited to also host the University Hospitals Mobile Health Unit for 3-D Mammograms and Osteoporosis (bone density) screenings in our west parking lot on this date with extended times. To schedule an appointment, please call UH Mobile Coordinator directly at 216-896-1768. Screening mammograms and vaccines are usually covered at 100% by most insurance providers. Bring your ID and insurance card to your appointment.

Date: Wednesday, October 18

Location: Ellenwood Center

Time: 10:00 am - 1:00 pm



Breakfast with Santa & Friends

New! Celebrate the magic of the season and join us for Breakfast with Santa at Ellenwood Center. Enjoy a buffet breakfast and visit Santa Claus. Meet Olaf and the Grinch too! We will have activity stations to write a letter to Santa, make reindeer food and holiday crafts.

Buffet Menu: Build-Your-Own pancake bar (including chocolate chips, strawberry topping, blueberry topping, whipped cream and sprinkles), sausage, bacon and pastries. Beverages included.

All guests must be pre-registered. Registration will not be accepted on the day of the event. Space is limited. Resident registration opens November 1. Non-Resident registration opens November 27.

Location: Ellenwood Center Gym

Date: Saturday, December 9

Times: 9:30 am - 10:30 am or 11:00 am - 12:00 pm

Fee: \$10 for children ages 3-11/\$15 for adults and children ages 12 and older
Children ages 2 and under are free.

Trick or Treat Street

Children ages infant -12 will trick-or treat through various stations in our transformed west parking lot at Ellenwood Center. Registered children receive a pumpkin and a Halloween craft to go. Hay rides will be available!

Registration will not be accepted on the day of the event. Space is limited. Resident registration opens October 1. Non-Resident registration opens October 16.



New this year, we will offer special time slots starting at 12:00pm for teens and adults with special needs. Non-participating caregivers are welcome to attend and are not required to register. Space is limited.

Location: Ellenwood Center West Parking Lot

Date: Saturday, October 21

Time: Register for a specific time slot between 10:00 am-12:00 pm

Fee: \$5 Bedford resident child ages 0-12/\$8 Non-Resident child.
Adult supervision required.

FAMILY PROGRAMS

Parent & Child Play Group

This program builds your child's gross motor, creativity, spatial awareness and coordination through play and movement. Meet other local parents and share ideas and support. **Ages 18 months - 4 years.** This program is led by a volunteer and/or parents

Location: Ellenwood Center Gym

Dates: Tuesdays, October 17, 24, 31, November 14, 21, 28, December 5, 12 (No class on 11/7)

Time: 12:00 pm - 1:30 pm

Fee: Free

Parent/Child Self Defense Seminar

NEW! Build confidence in your ability to stay safe through training that includes environmental awareness, risk reduction as well as breakaway techniques and physical skills. We will also cover topics of internet and social media safety, stranger danger and bullying/harassment. No prior experience or training is necessary to participate. **Ages 6+ and Parent/Guardian**

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Dates: Saturday, November 4

Time: 10:15 am – 11:45 am

Fee: \$25 per Parent and Child couple/\$10 per additional family member

YOUTH PROGRAMS

Art For All Seasons

NEW! Each month we will explore an art medium that is inspired by the season/holiday. Students will be guided through creating a piece of art and expand their creativity. Projects will vary by grade level.

Instructor: Josie Spoto, Recreation staff and art student

Location: Ellenwood Center Room 3

Grades K-3 Time: 6:00 pm - 7:00 pm

Grades 4-8 Time: 7:15 pm - 8:30 pm

Fee per class: \$10 Resident/\$15 Non-Resident

Fall Wreath – Monday, September 25

Pumpkin Decorating – Monday, October 30

Cornucopia Table Centerpiece – Monday, November 13

Cork Reindeer – Monday, December 18

Little Artists

Little Artists is a fun, creative experience for your preschooler to learn about colors, shapes, and texture while experimenting with various art materials. Each monthly class will have a story and special seasonal project. Dress to get messy! All supplies included.

Ages 3-5

Instructor: Recreation Staff and/or Senior Club volunteers

Location: Ellenwood Center Room 3

Time: 2:00 pm - 2:45 pm

Fee per class: Free for Resident/\$5 Non-Resident

Fall Theme – Monday, September 25

Halloween Theme – Monday, October 23

Thanksgiving Theme – Monday, November 20

Christmas Theme – Monday, December 11

Dodgeball Club

NEW! Duck, dodge, jump, catch and throw! Make new friends as teams and rules are always changing! Every week we will introduce a different form of dodgeball and at the last session we will play our favorite version.

Grades 4-6

Instructor: Rookie Sports instructor

Location: Ellenwood Center Gym

Dates: Tuesdays, November 14, 21, 28, December 5, 12, 19

Time: 6:00 pm – 7:00 pm

Fee: \$55 Resident/\$60 Non-Resident

Foil Fencing

Learn the fundamentals of foil fencing. Fencing improves hand-eye coordination, agility, dexterity, and stamina, as well as develops social skills and manners. Class includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics, techniques and bouts. All equipment is provided.

Ages 8 and older.

Instructor: Tom Nagy, Head Coach ON TARGET Fencing Team, Member of USFA

Location: Ellenwood Center Room 4

Dates: Fridays, September 29, October 6, 13, 20, 27, November 3

Time: 6:30 pm - 8:00 pm

Fee: \$54 Resident/\$66 Non-Resident



Chess Club

NEW! Participants will learn basic rules and principles, tactical themes, and checkmate patterns in a supportive setting. Sessions will include interactive lectures, supervised open play and problem-solving exercises. Chess sets and worksheets are provided, players of all abilities welcome. **Grades K-8**

Instructor: Staff from Progress with Chess, Cleveland area's premier chess teaching organization

Location: Ellenwood Center Room 3

Dates: Mondays, September 25,

October 2, 9, 16, 23, 30

November 6, 13, 20, 27

Time: 4:00 pm – 5:00 pm

Fee: \$20 Resident/\$30 Non-Resident



Chess Club is offered in partnership with



Gigalearn



STEAM Maker Club

NEW! Experiment with Science, Technology, Engineering, Art and Math with a new project each week from coding and LEGO robotics to make-it take-it pop-up, light up greeting cards. Participants work collaboratively using critical and creative thinking skills with engaging, hands-on activities. Bring a flash drive the first week to save your game. **Grades 3-8**

Instructors: Gigalearn & Recreation staff

Location: Ellenwood Center Room 3

Dates: Thursdays, September 28, October 5, 12, 19, 26
November 2, 9, 16

Time: 6:00 pm - 7:00 pm

Fee: \$20 Resident/\$30 Non-Resident

STEAM Maker Club is offered in partnership with 

Etiquette & Manners

NEW! Learn everyday etiquette from Cleveland's Own Original Etiquette Expert, Catherine Holloway. In this program, your child will learn the basics of introduction, poise and posture, character building and kindness. The second class will focus on table manners and dining. Please share food allergies. Bring your smiles to class! **Grades 1-4**

Instructor: Catherine Holloway

Location: Ellenwood Center Room 1

Dates: Wednesdays, November 8, 15

Time: 6:00 pm - 7:30 pm

Fee: \$20 Resident/\$25 Non-Resident

Mix It Up Cooking

NEW! MIX IT UP is a fun and educational cooking class that offers kids of every level the opportunity to be a chef and gain the knowledge and understanding of how to create recipes on their own. They will develop culinary techniques, try new foods, and make new friends in this delicious, hands-on cooking class! In addition to cooking, your child will participate in interactive structured games, crafts and activities. All supplies included.

Grades 1-5

Instructor: Stefani Apple, Mix It Up instructor

Location: Ellenwood Center Room 3

Time: 6:00 pm - 7:00 pm

Fee per class: \$16 Resident/\$18 Non-Resident

No Tricks, All Treats for Halloween – Monday, October 23

Thanksgiving Appetizer – Monday, November 20

**Check out our website for more information on
Learn to Skate lessons at Chagrin Valley Roller Rink.**

YOUTH CAMPS

Winter Break Camp

Bedford Parks & Recreation is offering 6 days of fun at our Winter Break Camp! You'll enjoy activities such as sports, games, arts & crafts and special guests. Campers must bring lunch each day, dress for scheduled activities, and bring extra warm clothes for outdoors. Don't be left out in the cold, limited to 24 participants per day. This program is for children currently in Grades K-5.

Bedford Resident \$20 per day.

Registration opens October 1st for Bedford Residents

Non-Resident \$25 per day.

Registration opens November 1st for Non-Residents

Grades: K-5

Location: Ellenwood Center

Dates: Wednesday, December 27

Thursday, December 28

Friday, December 29

Wednesday, January 3

Thursday, January 4

Friday, January 5

Time: 9:00 am - 4:00 pm *Extended Care Available for additional fee*

Fee: Bedford Resident \$20 per day

Non-Bedford Resident \$25 per day

Before Camp Care 7:00 am - 9:00 am \$5 per day

After Camp Care 4:00 pm - 6:00 pm \$5 per day

Note: Extended care must have a minimum of 6 pre-registered participants

YOUTH SPORTS



The mission of the Bearcat Sports programs is to teach, develop, organize, manage, and offer youth players the opportunity to learn the fundamental skills of a variety of sports while instilling life-lessons and values such as character, teamwork, discipline, respect and sportsmanship.

Open Gym Basketball

Bring your game to Open Gym basketball! Try a full court game with your peers or just shoot around. Space limited. Please change into your basketball shoes to avoid tracking water and dirt onto the court.

Location: Ellenwood Center Gym

Dates, times, and fees are subject to change without notice. Register online or in-person with a parent. Must register for the entire session. Daily drop-ins not accepted. No Refunds.

Grades 4-6

Fall Session Dates: Wednesdays, September 13 - December 13

(No gym 11/22)

Time: 4:00 pm - 5:15 pm

Fee: \$15 Resident/\$20 Non-Resident

Grades 7-9

Fall Session Dates: Tuesdays and Thursdays, September 12 - December 14

(No gym 11/7, 11/23)

Time: 4:00 pm - 5:15 pm

Fee: \$30 Resident/\$40 Non-Resident



Bear Cub Basketball

This is an instructional basketball program affiliated with Junior Cavs for children in Pre-K (must be 4 years old) and Kindergarten. Players are taught the basics of dribbling, passing, shooting; as well as, basic offense and defense. Players will then apply what they learned in fun, non-competitive games. Times may vary based on enrollment. Bear Cub Basketball will use a 7-foot basket. **Registration Deadline December 2.**

Location: Ellenwood Center Gym

Dates: Wednesday January 10, 17, 24, 31, February 7, 14, 21, 28

Times: 5:45 pm - 6:35 pm or 6:45 pm - 7:35 pm

Fee: \$55 Resident/\$65 Non-Resident

Jr. Cavs Basketball for Grades 1-2

Program will take place on Tuesday and Thursday evenings at Ellenwood Center. First four weeks will consist of group practices both evenings. Beginning week 5, players will practice on Tuesday evenings and play a scrimmage/game on Thursday evenings. Grades 1-2 will use an 8-foot basket and 27.5 size basketball. Indicate preferred time, 5:45 pm or 6:45 pm, at time of registration. **Registration Deadline December 2.**

Location: Ellenwood Center Gym

Dates: Tuesday and Thursday evenings beginning January 9, 2024

Times: 5:45 pm - 6:40 pm or 6:45 pm - 7:40 pm

Fee: \$55 Resident/\$65 Non-Resident

Jr. Cavs Basketball for Grades 3-6

Players will participate in group instruction the first 3 weeks. Following group instruction players will be placed on teams based on skill levels. Players will then participate in a 6-week season in a 5x5 league format. Please note that special requests for team assignments will be limited. May have optional weekday evening practices at Ellenwood Center. Grades 3-6 will use a 10-foot basket and a 28.5 sized basketball.

Registration Deadline December 2.

Location: Heskett Middle School Gym or Ellenwood Center Gym

Dates: Saturday mornings beginning January 6, 2024

Fee: \$55 Resident/\$65 Non-Resident



Jr Cavs Divisions may vary based on registration. Each player receives a Jr Cavs reversible jersey and one (2) Cavs ticket/vouchers. Registration accepted after the deadline may be accepted based on availability and may be subject to a \$15 late fee.

TEEN PROGRAMS

Babysitting Class with UH

NEW! This course is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. This instructor led class is filled with fun games, demonstrations, and role-playing exercises. Topics include learning on to change a diaper, BEST routines for babysitters, and when to call a backup adult or 911. **Ages: 11-14**

Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, November 18

Time: 10:00am - 12:00pm

Fee: Free, pre-registration required

First Steps Towards College & Scholarships

NEW! The college process can be overwhelming and confusing, but we will help you feel confident in starting this process! Topics to be discussed include:

- *Things to consider when deciding which college to attend.
- *Applying for scholarships.
- *Getting help with the FAFSA.
- *Majors and career options to consider.
- *Tips on how to be successful in college and after graduating from college.
- *Why it is so important to avoid excessive debt.
- *Options to consider if you don't go to college.
- *Common mistakes both students and parents make.

This presentation is geared towards high school juniors and seniors and their parents. Program includes complimentary pizza, chips and beverages. This program must have a minimum of 5 student participants.

Instructor: Jimmy Malone; founder of The Malone Scholarship at College Now and host of the Jimmy Malone Show on WTAM 1100

Location: Ellenwood Center Room 1

Date: Wednesday, October 25

Time: 6:30 pm - 8:00 pm

Fee: Free, pre-registration required

Sewing with SAFY

NEW! Learn how to measure and cut a simple pattern and basic machine sewing. Bring in a pattern and fabric of your choice or choose one of ours! Lisa Barham from SAFY of Cleveland will teach you how to mend and repair clothes, toys, and even finish that sewing project. **Ages: 12+ & Adults**

Instructor: Lisa Barham, SAFY of Ohio

Location: Ellenwood Center Room 1

Dates: Twice a month – Thursdays, October 19, 26, November 9, 16

Time: 6:30 pm - 8:00 pm

Fee: Free, pre-registration required

YES Club - Youth Engaged in Service

NEW! The YES (Youth Engaged in Service) Club provides opportunities for Grades 6-12 students to contribute and give back to the community. Volunteers are needed for Bedford Parks & Recreation and City of Bedford special events and program activities. All community service through the YES Club will be documented and available for members to obtain a printable record for high school, college, or job application usage.

This is an unpaid, volunteer position. Limited volunteers will be accepted. Interested volunteers must fill out an application and will be interviewed. Please contact our office for more information.

SEVERAL OF OUR ADULT PROGRAMS ARE ALSO AVAILABLE FOR OLDER TEENS. PLEASE CHECK OUR WEBSITE OR CALL OUR OFFICE FOR MORE INFORMATION.

ADULT SPORTS

Adult Basketball

We are pleased to offer an adult basketball program this fall that will take place in a pickup format, led by a volunteer facilitators. The program is limited to the first 10 registered participants. Participants must register for the entire 8-week session. The gym will only be open to pre-registered participants (no day-of registration, no guests or spectators).

Facilitators: Cameron and Justin Mitchell

Location: Ellenwood Center Gym

Dates: Thursdays October 12, 19, 26, November 2, 9, 16, 30, December 7 (No gym 11/23)

Time: 7:30 pm - 9:00 pm

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

Pickleball Rotational 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.

Location: Ellenwood Center Gymnasium

Dates: See online calendar for availability.

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

Pickleball Lessons

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

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Dates: Thursdays, November 2, 9, 16, 30 (No class on 11/23)

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

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

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

ADULT PROGRAMS

Local Motion with Jaki: Aerobic Line Dancing

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, September 11, 18, 25, October 2, 9, 16, 23, 30, November 13, 20, 27, December 4, 11, 18 (No class 11/6)

Time: 5:45 pm - 6:45 pm

Fee per class: \$6 Resident/\$7 Non-Resident

Fee for entire session: \$70 Resident/\$84 Non-Resident

Bedford Senior Club Members are free and must register in advance

Stretch & Recovery

NEW! Stretch & Recovery is a fitness class that focuses on endurance building, core & muscle strengthening with relaxation. The benefits to this class are to increase range of motion, mobility, flexibility, coordination and focus.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym or Room 4

Dates: Tuesdays, October 3, 10, 17, 24, November 14, 21, 28, December 5, 12 (No class 10/31, 11/7)

Time: 6:00 pm - 7:00 pm

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

Fee for entire session: \$70 Resident/\$85 Non-Resident

Bedford Senior Club Members are free and must register in advance

Barre Above®

Barre Above® fuses 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, September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14 (No class 11/23)

Time: 6:00 pm - 7:00 pm

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

Fee for entire session: \$109 Resident/\$134 Non-Resident

Bedford Senior Club Members are free and must register in advance

Gentle Yoga

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

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, September 9, 16, 23, 30, October 7, 14, 28, November 4, 18, December 2, 9, 16 (No class 10/21, 11/11, 11/25)

Time: 9:00 am - 10:00 am

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

Fee for entire session: \$94 Resident/\$114 Non-Resident

Bedford Senior Club Members are free and must register in advance

Tai Chi

Learn basic movements and techniques to increase energy level, improve balance and coordination, and build leg and core strength. Through training in these exercises, you will be on your way to becoming stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Dates: September 29, October 6, 13, 20, November 3 (No class 10/27)

Time: 5:50 pm - 6:35 pm

Fee: \$55 Resident/\$60 Non-Resident

Bedford Senior Club Members are free and must register in advance

Chair Yoga

NEW! Chair yoga is the practice of yoga asana with the use of a chair. This practice can be seated or the chair can be used for balance and flexibility. The class is based on breathing, asanas and meditation. This practice can benefit all ages, people with or without mobility limitations. This class is relaxing and gives you strength and improves your balance and flexibility. Supplies Needed: Yoga Mat, Blocks, and Yoga Strap

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Dates: Wednesdays, September 20, 27, October 4, 18, 25, November 1, 8, 15, 29, December 6, 13 (No class 10/11, 11/22)

Time: 5:30 pm - 6:30 pm

Fee per class: \$9 Resident/\$10 Non-Resident

Fee for entire session: \$80 Resident/\$95 Non-Resident

Bedford Senior Club Members are free and must register in advance

Grandparent Class with UH

NEW! This course is designed to prepare grandparents for new baby's arrival! Grandparents can refresh their baby safety skills by learning newborn care, safe sleep, childproofing, child passenger safety, and infant hands-only CPR. By the end of the course, attendees will be updated on the latest trends in childcare, health, and safety.

Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, December 2

Time: 10:00 am - 12:00 pm

Fee: Free, pre-registration required

Social Media 101

NEW! Your friends, kids or grandkids bugging you to get on social media? You've heard of Facebook, Twitter, Instagram, and TikTok, but maybe you're not quite sure how to get started or use them to their full potential. Which one(s) are right for you? How can you use them while retaining some privacy? We'll explore each platform. If you decide to dive in, we'll get you set up with your own account(s).

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 4

Dates: Tuesdays, October 3, 10, 17, 24

Time: 6:00 pm - 7:00 pm

Fee: \$60 Resident/\$70 Non-Resident

Bedford Senior Club Members are free and must register in advance

Paying Online

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

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 1

Dates: Thursdays, October 12, 19, 26

Time: 6:00 pm - 7:00 pm

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

Bedford Senior Club Members are free and must register in advance

Painting w/ So-So Artsy

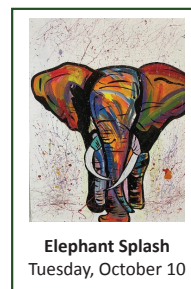
Join Melinda with So-So Artsy for canvas painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies included. This program is for adults & older teens unless indicated otherwise.

Instructor: Melinda, So-So Artsy

Location: Ellenwood Center Room 3

Time: 6:00 pm - 8:00 pm

Fee: \$25 per painting; \$45 per porch leaner



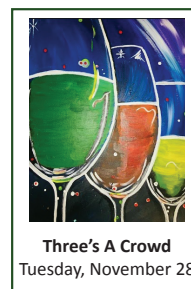
Elephant Splash
Tuesday, October 10



Barbie Sparkle
Tuesday, October 24
Parent/Child & Adults



Evergreens at Dusk
Tuesday, November 14



Three's A Crowd
Tuesday, November 28



Snowman Porch Leaner
Tuesday, December 12



Snowy Nights
Thursday, December 28

SENIOR PROGRAMS

Bedford Senior Club

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. Activities include congregate meals, exercise and fitness, crafts, movies, trips, and more.

Must be a Bedford resident to join. There is no membership fee.

Senior Newsletter - Newsletters are published the second Wednesday of each month and distributed at the first congregate lunch of the month. The newsletter provides information on programs and activities, City wide information, senior interest stories, recipes, puzzles, games, and more. The Newsletter is also available at Ellenwood Center. Pick up your copy today!

Programs - Check our monthly newsletter for a listing of programs that are **FREE** to Bedford Senior Club members. Some of our popular activities are:

Senior Line Dancing (weekly class)

Get Crafty (monthly craft class)

Shelf Indulgence Book Club (monthly book club)

Reach With Rhythm Workout (weekly chair aerobics)

Sparkling Portraits (monthly non-alcoholic Sip & Paint class)

Strength & Balance (weekly sitting and standing workout)

Lunch & Learn (monthly lunch with a presentation)

Friday Flicks (weekly movies)

Leagues: Wii Bowling, Skee-ball, Table Shuffleboard

Senior Day Trips (bi-monthly)

Special Guests and more!



Congregate Meals - Lunches are scheduled for the second and fourth Wednesday of the month in January through October and only the second Wednesday of the month in November and December. Reserve your meal online or call 440-735-6570 during the advertised registration dates in Senior Newsletter. Meals are free and available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change. Please indicate during registration if you prefer a vegetarian option. Must be a Senior Club Member to participate. Keep an eye on the calendar for special Entertainment or Stay & Play activities that will be held after our bi-monthly lunches.

Human Services

A licensed social worker is available to residents who need services and/or information.

Senior Transportation Connection

The City offers door-to-door transportation service for Bedford Residents 60 years of age that can be used for medical appointments and errands such as banking, grocery shopping, etc. Wheelchair accessible vans are available. Service is not available to residents in nursing homes, assisted living or retirement facilities.

Boundary lines for all trips are:

North - South Pointe Hospital

South - Northfield Plaza

East - City of Solon

West - Marymount Hospital

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



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! Contact our office 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.

Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use various 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.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, September 15, 22, 29, October 6, 13, 20, 27, November 3, 17, December 1, 8, 15 (No class 11/10, 11/24)

Time: 10:30 am - 11:30 am

Fee: Free to Bedford Senior Club Members/\$70 for non-members

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.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Tuesdays, September 12, 19, 26, October 3, 10, 17, 24, 31, November 14, 21, 28, December 5, 12, 19 (No class 11/7)

Time: 10:30 am - 11:30 am

Fee: Free to Bedford Senior Club Members/\$80 for non-members



LUNCH & LEARN SERIES

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. More information and lunch menus are available online or inquire with Recreation office.

Time: 12:00 pm – 1:30 pm

Location: Ellenwood Center Gymnasium

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

The Triumph and Tragedy of Vincent Van Gogh
Wednesday, October 4

The Holly and the Ivy:
Why We Do What We Do at Christmas
Wednesday, November 15

The Making of "It's a Wonderful Life"
Wednesday, December 6

SPECIAL EVENTS AT BEDFORD COMMONS 730 Broadway Ave.

Children's Fall Festival
Saturday, October 7
10:00 am - 1:00 pm

Tree Lighting Ceremony
Wednesday, November 22
6:00 pm



ADAPTIVE RECREATION



Programs listed in this section are activities designed for individuals with physical, sensory or developmental disabilities. People of all abilities are welcome to register.

Bedford Parks & Recreation is excited to announce special needs programming and inclusion support to our community. With grant funding from **Cuyahoga County Board of Developmental Disabilities**, we are able to offer free and affordable opportunities at Ellenwood Center and reduce the registration fees for adult Bedford residents who register for our hosted programs and with our cooperative partners. Everyone – regardless of ability – should have access to and be equal participants in all aspects of community life. Bedford Parks & Recreation is a proud participant of Cuyahoga County Board of DD's **ALL means ALL** community initiative.

Canvas Painting (Adaptive)

Melinda from So-So Artsy will give step-by-step instructions to create a beautiful painting. All supplies included. No experience required. This will be creative and fun! **Ages 13+**

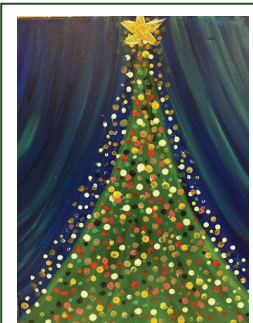
Location: Ellenwood Center Room 3

Time: 6:00 pm - 8:00 pm

Fee: \$5 Resident/\$10 Non-Resident



Pumpkin Pansy
Tuesday, November 7



Oh Christmas Tree
Tuesday, December 19

SAVE THE DATE!

The evening of Friday, December 15, we will be co-hosting a winter dance with LEAP for older teens and adults with disabilities.

Check our website in late fall for more details!

Please check our website for additional program opportunities and reduced pricing with our partners at LEAP, Solon Blue Ribbon, Mayfield Village and Orange Community Education & Recreation.



Jacobs Ladder Boxing Basics (Adaptive)

A 60-minute program that teaches the basics of boxing: stance, punches, conditioning, footwork, combinations. It is about individual development; not sparring. **Ages 15+**

Instructors: Boxing and fitness instructors from Jacob's Ladder Fitness

Location: Ellenwood Center - Gymnasium

Dates: Mondays, September 25, October 2, 9, 16, 23, 30

Time: 7:00 pm-8:00 pm

Fee: \$15 Resident/\$30 Non-Resident

Jacobs Ladder Special Needs Fitness (Adaptive)

A 60-minute exercise class including: dynamic stretching, planking, callisthenics (jumping jacks, squats, lunges, push-ups), tossing weighted balls, using resistance bands, agility drills, fitness ropes and yoga. Bring a water bottle and yoga mat/towel. **Ages 15+**

Instructors: Boxing and fitness instructors from Jacob's Ladder Fitness

Location: Ellenwood Center - Gymnasium

Dates: Mondays, November 13, 20, 27, December 4, 11, 18

Time: 7:00 pm-8:00 pm

Fee: \$15 Resident/\$30 Non-Resident

Tai Chi (Adaptive)

NEW! Learn basic movements and techniques to increase energy level, improve balance and coordination, and build leg and core strength.

Ages: 15+

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Dates: September 29, October 6, 13, 20, November 3.

(No class 10/27)

Time: 5:00 pm - 5:45 pm

Fee: \$15 Resident/\$30 Non-Resident

RENTAL INFORMATION

Ellenwood Center

Ellenwood Center has a gymnasium with a warming kitchen, a multi-purpose room, and several classrooms. Residents 25 years and older may apply to rent the Center. The resident permit holder must be present the duration of the event. To request use of the Center the resident must complete an application. Applications are accepted no more than 6 months in advance of the event date. Applications and Rental Rules and Regulations for use of Ellenwood Center are available at the Parks & Recreation Department and online at www.bedfordoh.gov

The City reserves the right to require police security for any event at the applicant's expense. All events offering alcohol and/or expect 75 people or more require police security. Police security must remain on duty throughout the scheduled event. Applicant must contact the Bedford Police Department to make appropriate arrangements. Payment shall be made directly to police security.

Bedford Police Department Non-Emergency Phone Number:
440-232-1234.

Rental and Deposit – Ellenwood Center is available for rent Saturdays 11:00 am to 11:00 pm and Sundays 11:00 am to 10:00 pm with a minimum rental of 3 hours. A deposit to hold the date is due within 5 business days of application approval. The required deposit is equivalent to one hour of rental time plus a maintenance fee. The deposit goes toward the total cost to rent the Center. The balance of the rental fee is due no later than one month prior to the event.

Ellenwood Center Rental Fees

Gymnasium

Maximum seating capacity – 150
Deposit – \$150
Rental Fee – \$75 per hour (includes use of the warming kitchen)
Maintenance Fee – \$75 per event

Multi-purpose Room (Room 4)

Maximum seating capacity – 60
Deposit – \$120
Rental Fee – \$60 per hour
Maintenance Fee – \$60 per event

Classroom

Maximum seating capacity – 30
Deposit – \$100
Rental Fee – \$50 per hour
Maintenance Fee – \$50 per event

Archibald Willard Park Pavilion

Archibald Willard Park Pavilion at Ellenwood Center has one open air pavilion with two sections available for rent from May 1 through September 30. When not rented, the pavilion can be used on a first come, first served basis. Pavilion rental hours are 9:00 am to dusk. The pavilion must be vacated at dusk. Each side has enough seating for approximately 70 people.

Residents 25 years and older may apply to rent the Pavilion. The resident permit holder must be present the duration of the event. To request use of the Pavilion the resident must submit a completed application to the Parks & Recreation Department. Proof of residency required.

PAVILION APPLICATIONS ACCEPTED MARCH 1

Fee: \$25 for 4-hours or \$50 for the day per section. All fees are due at the time the application is approved. The date will not be secured until fees are paid in full. Rentals are subject to availability.

Grilling is permitted only on the grills provided. Renter must provide their own grilling supplies; i.e. charcoal, lighter fluid, etc. Grills are for use by pavilion users only during the period of rental. No personal grills permitted.

The following is prohibited:

- Inflatable structures/games
- Rock walls and/or other portable climbing structures
- Pets
- Fireworks
- Drugs and alcohol
- Use of profane or abusive language
- Gambling, raffles and other games of chance
- Selling, soliciting or peddling any item/article regardless of value

Concurrent Use – The City of Bedford reserves the right to allow the concurrent use of other areas of Archibald Willard Park and/or Ellenwood Center not being used by applicant.

There are other pavilions located throughout Bedford Parks; however, these pavilions cannot be reserved. These pavilions are occupied on a first come, first served basis.

Rental Applications & Rental Rules & Regulations available at Ellenwood Center or on-line at www.bedfordoh.gov

GENERAL INFORMATION

Bedford Resident: A resident must live in the City of Bedford.

Proof of residency may be required at the time of registration.

Other General Information including Policy and Procedures of the Parks & Recreation Department are available online at www.bedfordoh.gov

Dates, times, fees, and locations are subject to change without notice. Programs may have a minimum or maximum and may be cancelled or postponed based on enrollment.

HELP WANTED:

Bedford Parks & Recreation hires part-time seasonal positions throughout the year in various areas including sports, grounds, camps and adaptive programming.

For current openings, check the city's website,
www.bedfordoh.gov

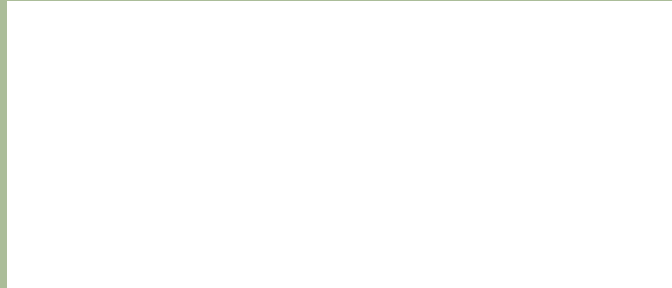
Applications are available online or at Ellenwood Center.
It is never too early to apply to be a summer lifeguard!

BEDFORD PARKS & RECREATION

124 Ellenwood Avenue
Bedford, Ohio 44146



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Bedford Parks & Recreation proudly announces its participation in the Ohio ACE Education Marketplace as a Qualified Education Service Provider.

The ACE Educational Savings Account program provides qualifying families with a \$1000 credit that can be used to pay for a variety of enrichment activities that will accelerate learning for students impacted by the COVID-19 pandemic. The ACE program is available to any Ohio student between the ages of 6 and 18 years old whose family income is at or below 400% of the federal poverty level. Bedford City Schools' households automatically qualify! Don't delay, apply before all ACE awards have been exhausted.

Several of our youth enrichment activities, sports clinics and day camp offerings are eligible services for reimbursement! Families can visit aceohio.org to apply for an ACE educational savings account. When filing your claim, please use our ACE Provider ID: **203211**. Please contact the Parks & Recreation office with additional questions.



To register and view our full listing of programs

bedfordoh.myrec.com

Registration can also be completed by phone at 440-735-6570
or in-person at Ellenwood Center (M-F 8:00 am - 4:30 pm).
Questions? Contact the Bedford Parks & Recreation Department

Dates, times, and fees are subject to change without notice.