



BEDFORD SENIORS CLUB NEWSLETTER

IN THIS ISSUE

| | |
|-------------------|-------|
| Calendar | 2-3 |
| In Memoriam | 4 |
| Membership Renew | 5 |
| Rec Programs | 5-15 |
| Tax Assistance | 16 |
| City News | 16-17 |
| Snow Plow List | 19 |
| Library Programs | 20-21 |
| Resources | 21-26 |
| Monthly Nutrition | 27-28 |
| Monthly Recipe | 29 |
| Jokes & More | 30-33 |
| Puzzles | 34-39 |
| Member Highlights | 40 |



DECEMBER IS NOT MISSING!

*HELLO 2024 and HELLO to a *REFRESHED* Newsletter Format*

With a fresh new year, we will refresh our newsletter look! We will keep the tradition of having the monthly edition coming out on the second Wednesday of the month at our luncheons; however, the publication will have the next month titled on the cover. Why change? Well, it's not really a change — we've been planning ahead and highlighting the upcoming month already. It's just time our title caught up to our forward thinking!

Goodbye 2023, it has truly been a fun year for our Senior Club members and we are delighted to continue that momentum into 2024!

Senior Club Lunches

Bedford Senior Club members are invited to a congregate lunch on the 2nd and 4th Wednesday of the month (except November & 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, January 10: Kielbasa, Cabbage & Noodles

Registration deadline Friday, January 5.

Wednesday, January 24: Chicken Marsala, Rice, Green Beans

Registration deadline Friday, January 19.

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.

(440) 735-6570



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 12/12/23

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p><u>SATURDAY</u> Gentle Yoga 9:00am December 16</p> | | <p>13</p> <p> Senior Lunch 12:00pm</p> <p>Karaoke 12:30pm</p> <p>Book Club 2:00pm</p> <p>Chair Yoga 5:30pm</p> | <p>14</p> <p>UH Walking Club 9:30am Reach w/ Rhythm 11:00am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Barre Above 6:00pm (class will be on 2nd floor)</p> | <p>15</p> <p>Strength & Core 10:45am</p> <p>Friday Flick 1:00pm "Oppenheimer"</p> |
| <p>18</p> <p>Line Dancing 10:30am</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> <p>Knitting 1:00pm Crochet 3:00pm</p> <p>Local Motion 6:00pm</p> | <p>19</p> <p>Strength & Balance 10:30am</p> <p>ENCORE Flick 1:00pm "Oppenheimer"</p> | <p>20</p> <p>Skee-ball Free Play Optional</p> <p>Bingo & Lunch 11:30</p> <p>Cookie Decorating 1:00pm</p> <p>Sparkling Portraits 2:00pm</p> | <p>21</p> <p>UH Walking Club 9:30am</p> <p>Christmas Musical Bingo & Cookie Swap 12:30pm</p> <p>Pickleball Open Play 12:30pm, 1:30pm, 2:30pm</p> | <p>22</p> <p>Coloring & Cocoa 11:00am</p> <p>Friday Flick 1:00pm "Candy Cane Lane"</p> |
| <p>25</p> <p></p> | <p>26</p> <p></p> | <p>27</p> <p>Pickleball Open Play 10:30am, 11:30am</p> <p>Coloring & Cocoa 11:00am</p> <p>Holiday Flick 1:00pm "Spirited"</p> | <p>28</p> <p>Pickleball Open Play 12:30pm, 1:30pm</p> <p>Holiday Flick 1:00pm "Elf"</p> | <p>29</p> <p>Noon Years Party & Potluck 11:00am</p> <p>Friday Flick 1:00pm "Red One"</p> |








AGE WELL.
Be Well.

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

JANUARY

CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 12/12/23

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 1 CLOSED for New Years | 2  | 3 Skeeball 9:30am Get Crafty 2:00pm | 4 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm | 5 Coloring & Cocoa 11:00am Friday Flick 1:00pm "Dream Girls" <i>Deadline for 1/10 lunch</i> |
| 8 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Crochet 3:00pm Local Motion 6:00pm | 9 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm | 10  Senior Lunch 12:00pm Game Room & LCR 1:00pm Book Club 2:00pm Chair Yoga 5:30pm | 11 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm (class will be on 2nd floor) | 12 Strength & Core 10:45am Friday Flick 1:00pm "Barbie" <u>Wear Pink!</u> |
| 15 CLOSED  | 16 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm | 17 Skeeball 9:30am Sparkling Portraits 2:00pm Chair Yoga 5:30pm | 18 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm | 19 Strength & Core 10:45am Coloring & Cocoa 11:00am Friday Flick 1:00pm "Judy Bloom Forever" <i>Deadline for 1/24lunch</i> |
| 22 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Crochet 3:00pm Local Motion 6:00pm | 23 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm | 24  Senior Lunch 12:00pm Pokeno Bingo 1:00pm Chair Yoga 5:30pm | 25 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open 12:30pm Pickleball League 1:30pm Barre Above 6:00pm | 26 Strength & Core 10:45am Friday Flick 1:00pm "Are You There God?" |
| 29 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Crochet 3:00pm Local Motion 6:00pm | 30 Strength & Balance 10:30am Binge Watchers 1:00pm Stretch & Recovery 6:00pm | 31 Skeeball 9:30am  12:00pm Chair Yoga 5:30pm | SATURDAYS <i>Gentle Yoga 9:00am January 13, 20</i> | |

IN MEMORIAM



Rev. Bruce Bond Hathaway

The Reverend Bruce Bond Hathaway of Bedford, Ohio, passed away on November 23, 2023. He was 85 years old. He was the beloved husband of Kristi Maren (Kaushagen) Hathaway; dear father of Jennifer Hathaway (Steve) Stucker and Ryan Bruce (Erin) Hathaway; loving grandfather of Margaret Stucker; Audrey, Henry and Emma Hathaway; dear brother of Margaret Hathaway Lieb (Richard, deceased) and the late William Henry (Sarah, surviving) Hathaway and the late Clayton Bishop (Carol, surviving) Hathaway, Jr. Reverend Hathaway was the retired Pastor at The Lutheran Church of the Master (ELCA) in Bedford. In lieu of flowers the family wishes memorials be made to Messiah Lutheran Church in Fairview Park, OH (www.messiahchurchfairview.org) or Wittenberg University in Springfield, OH (www.wittenberg.edu). (Johnson-Romito Funeral Home)



ELSIE A. FRICK

(nee Bochiardy), age 91, of Bedford, passed away Monday, October 30, 2023. Elsie was the beloved wife of the late Edward A. Frick; devoted mother of Lynnann (Lowell) Phillips, Jacqueline Crawford, Gary Frick, Timothy Frick and the late Joseph Frick; cherished grandmother of 9; great grandmother of 21; great great grandmother of 2; and dear sister, aunt and great aunt of many. (Johnson-Romito Funeral Home)



JANET L. FOX

(nee Koci) age 87 of Bedford. Beloved wife of the late Martin Fox; loving mother of Jeffrey (fiancé Maria), Gary (Martha), and Sharon Fox; dearest grandmother of Brian Sarich; cherished sister of Betty Bucchieri, and the late Marion Tussel. The family suggests contributions to St. Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105. (St. Johns Funeral Home)



MEMBERSHIP RENEWAL UPDATE

Your senior club membership will automatically be renewed for 2024. No further action on your part is necessary to renew your membership.

If you have had a change in your phone number, emergency contact or would like to add your email address to our mailing list, please contact our office at 440-735-6570 or email recreation@bedfordoh.gov to update your information.

Invite your Bedford friends and neighbors ages 60+ to join the Club! Have them give us a call to join.

Have a happy and healthy New Year!



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.

Noon Years Party & Potluck

POPULAR! No plans to ring in the new year? Or perhaps, staying up until midnight is way past your bedtime. Celebrate the New Year with other Club Members! Bring an appetizer to share. We will provide the party gear and sparkling grape juice to “cheers” to a new year! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 4

Date: Friday, December 29

Time: 11:00 am – 1:00 pm

Fee: Free to Bedford Senior Club Members



RECREATION PROGRAMS

Lunch & Bingo

Join us for a pizza lunch and play BINGO with Medicare Mike! Prizes include special giveaways and Walmart gift cards!

Facilitator: Michael Gold with The Medicare Shopper

Location: Ellenwood Center Room 4

Date: Wednesday, December 20

Time: 11:30am - 1:00pm

Fee: Free

Holiday Cookie-Decorating

NEW! Explore your creativity by using various icing techniques, colorful sprinkles, and edible decorations to turn plain cookies into edible, holiday-themed works of art!

Facilitators: Susan Sutton with Devoted Health &

Corrine Jackson with Dedicated Senior Medical Center

Location: Ellenwood Center Room 3

Dates: Wednesday, December 20

Time: 1:00 pm – 2:00 pm

Fee: Free

Christmas Musical Bingo & Cookie Swap

NEW! Join us for coffee and Christmas Musical Bingo! We will have festive and yummy prizes for winners! We will also host a Cookie Swap! A cookie swap is where each guest brings in a few dozen cookies to share and swaps with others. You only bake one recipe and get to enjoy a variety of other cookies. Discover new-to-you cookie recipes and spend a delicious and fun afternoon with other Club members. Bringing cookies are encouraged but not required to participate.

Location: Ellenwood Center Room 4

Date: Thursday, December 21

Time: 12:30pm - 2:00pm

Fee: Free for Bedford Senior Club Members

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.

Be sure to check the Senior Event Calendar or online for our Open Play days and times.

Reservations are highly recommended.

Location: Ellenwood Center Gymnasium

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

RECREATION PROGRAMS

SOUPer Bowl

Celebrate the NFL's Super Bowl LVIII (58) with our own competition... Bedford Senior Club SOUPer Bowl II (2). Bring a soup or chili to share and cast your vote for your favorite! We will provide the bowls and spoons! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 1 or 4

Date: Monday, February 12

Time: 11:30am - 1:00pm

Fee: Free

Aluminum Tabs Collection

The Ronald McDonald House of Cleveland recycles aluminum pull tabs from any container (soda pop, soup, pet food, etc.). The proceeds from the recycling helps support the families that stay at RMH by providing meals and items for families, assistance in emergencies, and giving families special moments. Members of our Bedford Senior Club visited the Ronald McDonald House Charities of Northeast Ohio last year to donate 70 pounds of pull tabs that were collected the past 3 years. We were given a tour of the first floor amenities and learned more about the amazing work the charity does for children and families. We have been collecting again! Please drop off your pull tabs at the Ellenwood Center.



All-Occasions Greeting Card Collection Drive

The St. Jude's Ranch for Children recycles used greeting cards and creates new holiday and all-occasion greeting cards. Recycled cards are then sold to support programs and services for abused, neglected and homeless children, young adults and families. St. Jude's Ranch current effort is to provide teens with life and work skills.



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



DIY Hot Cocoa Mixes – Wednesday, January 3

Hearth Wreath — Wednesday, February 7

Eggstravaganza Egg Decorating III — Wednesday, March 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 (or Fourth) Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members

- **Bubbly** — Wednesday, December 20
- **Lovely Night** — Wednesday, January 17
- **Love Pop** — Wednesday, February 28



RECREATION PROGRAMS

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

Winter Session Dates: Fridays, January 12, 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22

Time: 10:45 am – 11:30 am

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

Winter Session Fee: \$55 Resident/\$65 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 instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Winter Session Dates: Tuesdays, January 9, 16, 23, 30, February 6, 13, 20, 27, March 5, 12

Time: 10:30 am – 11:30 am

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

Winter Session Fee: \$50 Resident/\$60 Non-Resident

Bedford Senior Club Members are free and must register in advance

Chair Yoga Serenity

Embark on a journey of gentle movement and relaxation. Seated comfortably in a chair or using it as a prop, participants will experience the rejuvenating effects of yoga postures, stretches, and breathwork in a supportive and inclusive environment. The nature of this class ensures that individuals with varying physical abilities can comfortably participate. Bring a yoga mat. Yoga blocks and bands can be borrowed from instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Winter Session Dates: Wednesdays, January 10, 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20

Time: 5:30 pm – 6:30 pm

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

Fee for entire Winter session: \$80 Resident/\$90 Non-Resident

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Knitting Connection: Community Giving Project

Join Bedford Downtown Alliance's Community Giving Project this winter season by knitting mittens, scarves and hats to help others stay warm through a "Mitten Fence." Beginners and experienced knitters are welcome. Needles, yarn and patterns will be supplied.

Location: Ellenwood Center Room 1

Dates: Mondays, December 18, January 8, 22, 29

Time: 1:00 pm – 3:00 pm

Fee: Free

Crochet Connection: Community Giving Project

NEW! We will have instructor Michelle Smith teach the basics of crocheting on select Mondays after knitting. Learn how to make different stitches and patterns. This program is for beginners and for experienced crocheters to refine their skills. Explore your creativity and create beautiful, handmade projects to donate to the "Mitten Fence." Hooks, yarn and patterns will be supplied.

Location: Ellenwood Center Room 1

Dates: Mondays, December 18, January 8, 22, 29

Time: 3:00 pm – 4:00 pm

*A community giving
project supported by*



MITTEN FENCE

Municipal fence between Spirit Apothecary and Gionino's

**Hang new or gently used clean mittens,
gloves, hats & scarves on the fence**



Help those in need to stay warm this winter

RECREATION PROGRAMS

Stretch & Recovery

Embark on a journey of self-care and restoration. Experience a soothing and rejuvenating class designed to help you unwind, release tension, and promote overall well-being. The class combines static and dynamic stretching and breathwork to enhance flexibility, alleviate muscle tightness, improve range of motion and promote a deep sense of calm. Suitable for individuals of all fitness levels. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4 or Room 9

Dates: Tuesdays, January 9, 16, 23, 30, February 6, 13, 20, 27, March 5, 12

Time: 6:00 pm - 7:00 pm

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

Fee for entire Winter session: \$90 Resident/\$100 Non-Resident

Bedford Senior Club Members are free and must register in advance

Barre Above®

Experience a dynamic and empowering workout that combines elements of Pilates, yoga, and dance strength training. Elevate your fitness routine and sculpt your body in a motivating group fitness class. Suitable for participants of all fitness levels; the class is designed to be adaptable, allowing you to progress at your own pace. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 9

Dates: Thursdays, January 11, 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21

Time: 6:00 pm - 7:00 pm

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

Fee for entire Winter session: \$85 Resident/\$95 Non-Resident

Bedford Senior Club Members are free and must register in advance

Gentle Yoga Flow

This class is an invitation to slow down, unwind, and explore the rejuvenating benefits of yoga through a series of gentle, flowing movements, breath awareness, and mindful relaxation. This program promotes flexibility, balance, and a sense of inner calm. Suitable for everyone, including beginners, seniors, or those recovering from injury. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, January 13, 20, February 3, 10, 17, 24, March 2, 9, 16 (No class 1/27)

Time: 9:00 am - 10:00 am

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

Fee for entire Winter session: \$75 Resident/\$85 Non-Resident

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

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

Coloring and Cocoa

Come join us for a relaxing hour of coloring and hot chocolate! Coloring reduces anxiety, creates focus, and fosters mindfulness. Color away stress and visit with friends. All materials and refreshments are provided. Pre-registration recommended. Drop-ins welcome if space permits.

Location: Ellenwood Center Room 1

Dates: select dates - see Senior Event Calendar

Time: 11:00 am – 12:00 pm

Fee: Free to Bedford Senior Club Members

Local Motion with Jaki

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. Pre-registration required; please register by Monday afternoon.

Instructor: Jaki Ward

Location: Ellenwood Center Room 4

Dates: Mondays, January 8, 22, 29, February 5, 12, 26, March 4, 11, 25, April 1, 8, 15, 22, 29, May 6, 13, 20 (No class 1/15, 2/19, 3/18)

Time: 6:00 pm - 6:45 pm

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

Fee for entire session: \$85 Resident/\$95 Non-Resident

Bedford Senior Club Members are free and must register in advance



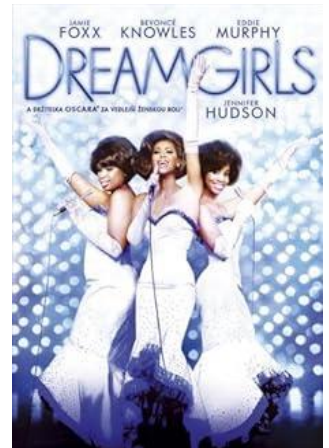
RECREATION PROGRAMS

Silver Screen Seniors (Formerly 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, January 5: Dream Girls (2006)

Deena (Beyoncé Knowles), Effie (Jennifer Hudson) and Lorrell (Anika Noni Rose) form a music trio called the Dreamettes. When ambitious manager Curtis Taylor Jr. (Jamie Foxx) spots the act at a talent show, he offers the chance of a lifetime, to be backup singers for a national star (Eddie Murphy). Taylor takes creative control of the group and eventually pushes the singers into the spotlight. However, one becomes the star, forcing another out, which teaches them about the high cost of fame.



Friday, January 12: Barbie (2023)

To live in Barbie Land is to be a perfect being in a perfect place. Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.



Friday, January 19: Judy Bloom Forever (2023)

The radical honesty of the books by trailblazing author Judy Blume changed the way millions of adolescent readers understood themselves, their sexuality, and what it meant to grow up, but also led to critical battles against book banning and censorship.



Friday, January 26: Are You There God? It's Me, Margaret.

For over fifty years, Judy Blume's classic and groundbreaking novel *Are You There God? It's Me, Margaret.* has impacted generations with its timeless coming of age story, insightful humor, and candid exploration of life's biggest questions. In Lionsgate's big-screen adaptation, 11-year-old Margaret (Abby Ryder Fortson) is uprooted from her life in New York City for the suburbs of New Jersey, going through the messy and tumultuous throes of puberty with new friends in a new school. She relies on her mother, Barbara (Rachel McAdams), who is also struggling to adjust to life outside the big city, and her adoring grandmother, Sylvia (Kathy Bates), who isn't happy they moved away and likes to remind them every chance she gets.



There is still space available for these upcoming flicks:

Tuesday, December 19: Oppenheimer (2023)

Friday, December 22: Candy Cane Lane (2023)

Wednesday, December 27: Spirited (2022)

Thursday, December 28: Elf — 20th Anniversary!

Friday, December 29: Red One (2023)



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 12:30pm. Doors open at 11:30am. 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 JFK Assassination

Searching for the Truth 60 Years Later

The assassination of John F. Kennedy was more than a tragic event; it irrevocably altered U. S. history. This presentation will provide an overview of the events that occurred November 22, 1963, along with pertinent facts leading up to the assassination and following it. Ballistic, medical, and other documented evidence will be provided including some gleaned through first-hand contact with an ARRB staff member, an FBI agent, and eyewitnesses, in addition to the examination of massive evidence compiled by researchers. The preponderance of events from these sources is suggestive of a conspiracy and cover-up. JFK has been described as a "soup, sandwich and fruit" man for lunch and was particularly fond of New England Chowder. We will serve this soup with a BLT and fruit salad. For dessert, if JFK would have it, it would likely be something chocolatey. Presentation by Beverly Sadowski, Bachelor of Arts in History and Psychology and Masters of Education from Baldwin Wallace University.



Date: Wednesday, January 31

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...

L-O-V-E Traditions — February 21

Upcoming Total Solar Eclipse — March 6

Shawshank Redemption—April 17

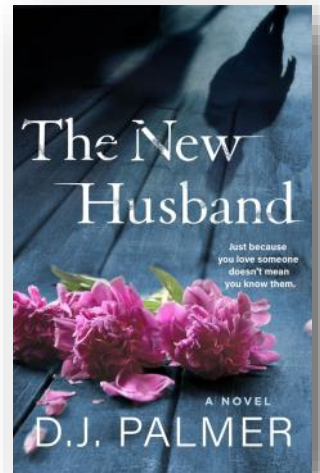
RECREATION PROGRAMS

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, January 10: "The New Husband" by D.J. Palmer

"What makes Simon Fitch so perfect? He knows all her favorite foods, music, and movies; Her son adores him; He was there when she needed him most; He anticipates her every need; He would never betray her like her first husband. The perfect husband. He checks all the boxes. The question is, why? Nina Garrity learned the hard way that her missing husband, Glen, had been leading a double life with another woman. But with Glen gone--presumably drowned while fishing on his boat--she couldn't confront him about the affair or find closure to the life he blew apart. Now, a year and a half later, Nina has found love again and hopes she can put her shattered world back together. Simon, a widower still grieving the death of his first wife, thinks he has found his dream girl in Nina, and his charm and affections help break through to a heart hardened by betrayal. Nina's teenage son, Connor, embraces Simon as the father he wishes his dad could have been, while her friends see a different side to him, and they aren't afraid to use the word obsession. Nina works hard to bridge the divide that's come between her daughter and Simon. She wants so badly to believe her life is finally getting back on track, but she'll soon discover that the greatest danger to herself and her children are the lies people tell themselves."



Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month

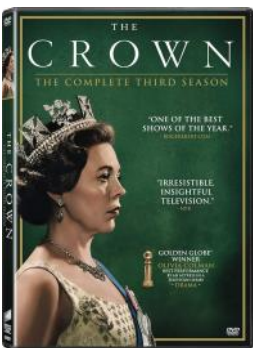
Time: 2:00 pm – 3:00 pm

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.

Dates: Tuesdays Time: 1:00 pm

Location: Ellenwood Center Room 1



The Crown Season 3

The Crown traces the life of Queen Elizabeth II from her wedding in 1947 through to the early 2000s. Season three covers the time period between 1964 and 1977, beginning with Harold Wilson's election as prime minister and ending with the Silver Jubilee of Elizabeth II. Events depicted include the unmasking of the Surveyor of the Queen's Pictures, Sir Anthony Blunt as a Soviet spy, Harold Wilson and Edward Heath's respective terms as prime minister, the Aberfan disaster, the Apollo 11 Moon landing, the 1969 Investiture of Prince Charles as Prince of Wales, the death of the Duke of Windsor (the Queen's uncle and the former King Edward VIII), the death and state funeral of Winston Churchill, and Princess Margaret's affair with Roddy Llewellyn that leads to divorce from Tony Armstrong-Jones. US President Lyndon B. Johnson and Camilla Shand also feature.

January 9 — Episodes 1 & 2

January 16 — Episodes 3 & 4

January 23 — Episodes 5 & 6

January 30 — Episodes 7 & 8

February 6 — Episodes 9 & 10

TAX PREPARATION ASSISTANCE

Tax Assistance - Information Not Available Yet

We have been selected again this year to host 2-days of free tax preparation appointments from the Cuyahoga County EITC (Earned Income Tax Credit) Coalition. These appointments would be open to Bedford residents and families who qualify on an income basis. Full details and income criteria are not yet available. We anticipate having this information available by mid/end of January.

AARP Tax Aide

Online tax assistance from AARP Foundation Tax Aide is available year-round to answer your tax questions. For more information on tax aide services please contact AARP at 888-687-2277 or email taxaide@aarp.org.

Call the United Way of Greater Cleveland Hotline at 2-1-1

2-1-1 Community Resource Navigation Specialists can help individuals find programs that offer services like tax preparation, financial and credit counseling, and assistance with filing consumer complaints.

NEWS FROM THE CITY OF BEDFORD



Holiday Lights Display

The City of Bedford's Holiday Lights in the Historic District of Downtown Bedford will be on display until January 7th, 2024. You can view the virtual holiday lighting ceremony at: <https://www.youtube.com/CityofBedfordOH>





Sign Up
to receive your
BEDFORDNEWS
electronically!

www.bedfordoh.gov

Important Dates



◆ **Council Meeting**
December 4
7:00 p.m.

◆ **Council Meeting**
December 18
7:00 p.m.

◆ **Christmas—
City Hall Closed**
December 25-26

◆ **New Year's —
City Hall Closed**
January 1- 2



City of Bedford Newsletter

December 2023

Snow Removal



When snow accumulation exceeds two inches, a parking ban is put into effect. No parking on any city streets. It is the property owner's responsibility to clear snow from the sidewalk.

Additionally, we request that residents clear fire hydrants in front of their homes. When having your driveway and sidewalks cleared of snow, all snow is to remain on your property.

City Hall Closings

City Hall will be closed on Monday, December 25 and Tuesday, December 26 in observance of the Christmas Holiday, as well as Monday, January 1 and Tuesday, January 2 in observance of New Year's.

Trash collection will be delayed one day for the Christmas and New Year's weeks.

Power Outages

When experiencing a loss of power call 1-888-544-4877 (1-888-LIGHTSS) to report outages.

Water Department Survey

The City of Bedford needs your help to complete an Ohio EPA mandatory inventory of all water service line pipes connected to the public system.

Check your home for lead pipes, then complete our online survey and tell us what you find. Visit bedfordoh.gov/service-line-material-survey for more information or scan the QR code below to get started.



Prescription Drug Drop Box

A drug Pill Drop Box, supplied by the County, has been permanently installed in the lobby of the Bedford Police Department. Anyone with expired or unused prescription pills can dispose of their medication in the Pill Drop Box 24/7. PILLS ONLY. No needles or liquids.

Prevent Frozen Water Pipes During Winter

As the temperatures drop the risk for frozen pipes increases. Here are some tips to help prevent problems:

- Keep your thermostat at 55 degrees or above, even when you are away.
- Keep doors and windows closed and well insulated.
- Caulk cracks to prevent cold air from entering your home.
- Remove hoses and shut spigots from inside – drain if possible.
- Use pipe insulation wherever possible.
- During extreme temperatures run a trickle of water from your hot and cold faucets. The cost of the water is much less expensive than repairing broken pipes.
- Open cabinet doors to circulate warmer room air around pipes.
- Always keep your main service line shutoff valve clear and accessible. You may need to quickly shut the water off to minimize damage from burst piping.
- When thawing frozen lines never use open flame. Carefully use a hair dryer on the lowest setting and DO NOT get it wet.



Chambers' Home Improvement
(216) 534-0912
chim@contractor.net

- Senior Discount Offered
- \$27.00 per push for seniors
- \$35.00 per push
- Salt additional fee
- Discounts with seasonal contracts

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- \$25.00 and up per push for seniors
- \$30.00 and up per push
- Price depending on driveway length and snow height
- Salt additional fee
- V-plow truck for narrow driveway

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

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

Dobbs Landscaping and Plowing
(216) 780-1346
(216) 906-7003

- Senior Discount Offered
- Price depending on driveway length and snow height
- Salt additional fee

Gales Landscaping
(216) 315-5216

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

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

- Senior Discount Offered
- \$30 per push for seniors
- Sidewalk additional fee
- Price increase for 4" or more snow in driveway

Pro-Mow Landscaping
(216) 276-3399 *call this phone first
(440) 439-4456

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Smaller truck available for narrow driveway

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- \$25.00 and up per push depending on driveway length/width
- Sidewalk additional fee

Shane Westfall
(216) 905-6578

- Senior Discount Offered
- Price depending on driveway length and snow height

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 snow plow contractors/companies included on this list. This list is being provided as a courtesy. Contractors 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 16 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, January 25: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

January Title: "Soil: The Story of a Black Mother's Garden by Camille T. Dungy

Internet Basics

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

Bedford Branch - Meeting Room

Learn how to use web browsers and search engines to navigate the internet. This class will also discuss how to stay secure while searching for and submitting information online. Prerequisite: Computers Basics or experience using a mouse.

Agility, Coordination and Brain Health

Saturday, January 13: 11:00am - 1:00pm

Bedford Branch - Meeting Room

A simple game of catch can boost brain health in a variety of ways. Learn more about this and other simple exercises to help hone hand-eye coordination, find out about resources to make game playing easier as we age.

The Heirloom Apothecary: Escape Room

Saturday, January 20: 2:00pm - 3:00pm(Session 1)

Bedford Branch - Meeting Room (84)

Saturday, January 20: 3:30pm - 4:30pm(Session 2)

The Heirloom Apothecary Escape Room is an immersive experience set in the mysterious world of an apothecary. Are you worthy of carrying on this ancient tradition and unlocking its secrets? Participants will work as a group to decipher clues, solve puzzles, and reveal the mysteries of alchemical potions and magical concoctions. There are two sessions of this event, please only sign up for one.

Digital Navigators

Monday, February 5: 9:30am - 6:00pm

Bedford Branch

Tuesday, February 6: 9:30am - 6:00pm

CCPL's Digital Navigators service offers one-on-one assistance to help you connect to the internet, get a device, set up a telehealth appointment and more. Call 216.749.9420 to make an appointment.



Food Distribution

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



Dates & Locations

Parma-Snow Branch

Tuesdays, November 7, December 5, January 9, February 6, March 5 / 3:30 - 5 PM

Warrensville Heights Branch

Thursdays, November 9, December 14, January 11, February 8, March 14 / 1:30 - 3 PM

South Euclid-Lyndhurst Branch

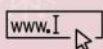
Tuesdays, November 28, December 26, January 23, February 27, March 26 / 12 - 2 PM



**ONLY SHOP
THROUGH
TRUSTED SOURCES**



Make sure you are interacting with an established vendor



Be wary of clicking links or downloading attachments



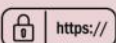
Always verify legitimacy before supplying information



Never provide your password or personal information



Beware of phishing emails



Make sure your information is being encrypted





Cuyahoga County Scam Squad Warns Residents of Imposter Scams Ahead of Holiday Shopping

CUYAHOGA COUNTY, OH – Ahead of the holiday shopping season, the Cuyahoga County Scam Squad is warning residents about imposter scams that are causing people to lose tens of thousands of dollars.

Imposter scammers pretend to work for banks, online shopping sites or law enforcement, and attempt to convince people of a problem with one of their accounts. Often, scammers instruct people to download remote access software onto their computers. These programs allow the scammers to manipulate people into believing the problem is real and that they need to pay to fix it.

“Scam Squad partner agencies are seeing more of these scams, some victims are reporting losing tens of thousands of dollars,” said Sheryl Harris, Director of the Cuyahoga County Department of Consumer Affairs. “Residents are encouraged to remain alert and vigilant to protect themselves from scams.”

Residents can take these steps to protect themselves:

- Don't engage with unexpected calls, texts, or emails about pending charges or other account problems. To check an account or order, log into your account as you normally would or call using a verified number from a statement or bill.
- Know that banks, retailers, and law enforcement will NEVER request remote access to your computer. They also will never tell you that they need to use your money to help with an investigation.
- Don't follow instructions to give cash to a courier or convert large sums of money into gift cards or bitcoin. Only scammers ask for these types of payments.

Report suspected scams to your local police or call **Scam Squad** at 216-443-7226.

Protect your loved ones from scams. Sign up for Scam Squad Alerts on Ready Notify at readynotify.us. Learn more at cuyahogacounty.us/scamsquad or by calling 216-443-7035.



High Heating Bills? HEAP Can Help!

Home Energy Assistance Program (HEAP)

Households at or below 175% of the federal income level (see chart) may receive a credit once per winter heating season towards their primary heating source—electric, natural gas, or bulk fuel.

Three ways to apply until May 31, 2024:

- ▶ Online at www.energyhelp.ohio.gov
- ▶ Appointment with your local Community Action Agency
- ▶ Mail in an Energy Assistance application from www.energyhelp.ohio.gov

| 2023-2024 Income Guidelines | |
|--------------------------------|-------------------------------------|
| Size of household* | Total Gross Annual Household Income |
| | 175% |
| 1 | \$25,515 |
| 2 | \$34,510 |
| 3 | \$43,505 |
| 4 | \$52,500 |

* For families/households with more than 8 persons, please contact your local community action agency.

**For more utility assistance information visit:
www.occ.ohio.gov/utilityassistance**



Install and test carbon monoxide (CO) alarms at least once a month.

CO is called the “invisible killer” because it’s a colorless, odorless, poisonous gas. Breathing in CO at high levels can be fatal.





Office of Emergency Management



Cuyahoga County
Together We Thrive

At-A-Glance

ReadyNotify

ReadyNotify is a mass notification system used to notify citizens, residents, and businesses of emergency situations, non-emergency events and provide information about necessary actions.

What is ReadyNotify?

ReadyNotify is a mass notification system used by Cuyahoga County and participating municipalities to issue emergency notifications to the public.

ReadyNotify is primarily used for emergency notifications when rapid and accurate information is essential for your immediate safety; however you may choose to be notified of general Cuyahoga County Government News.

What Type of Information is Required to Register?

Participation in the ReadyNotify Program is voluntary. A valid email and phone number will be needed to sign-up. During the registration process we will ask you to give us information about yourself such as your address, your primary language, and if you require any special assistance during an emergency event. Only information indicated with a star* is required.



How Do I Register?

To register please go to the link: ReadyNotify.CuyahogaCounty.us

What Type of Notifications Will I receive?

You can expect to receive notifications about:

- Emergency Events
- Cuyahoga County Government News
- Cuyahoga County Building Closures
- Water Boil Alerts
- Safety Messages
- Other Information

How Will I Receive Messages?

When you sign-up in the system, you will receive emails as well as have the opportunity to choose how you want to receive additional messages. Additional messages can be delivered in the following ways:

- Cell Phone (Voice)
- Home Phone (Voice)
- Work Phone (Voice)
- SMS/Text Messaging
- Email
- Fax

Did You Know?

Having redundant sources of emergency notifications on mobile devices will ensure you get the right message during an emergency,



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us



@CuyahogaOEM
Facebook.com/CuyahogaOEM

Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



Half of the home decoration fires in December are started by candles.



More than 1/3 of home decoration fires are started by candles.



Christmas is the peak day for candle fires.



Keep candles at least **12 inches** away from anything that burns.



A dry Christmas tree can burn very hot and very fast.



More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.



Get rid of your tree after Christmas or when it is dry.



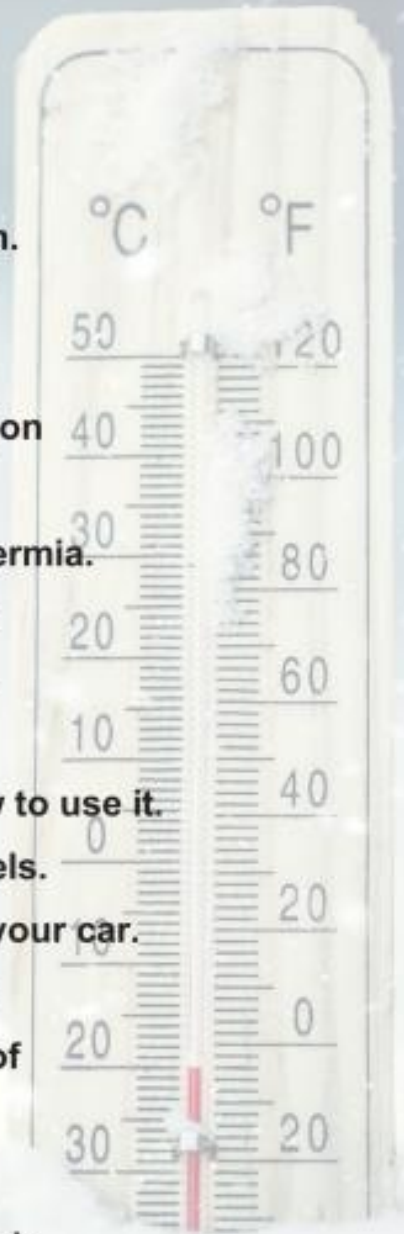
For more information on how to prevent winter fires, visit usfa.fema.gov/prevention/outreach/holiday.html and nfpa.org/winter.



Be Prepared for Winter Weather

**Don't let the harsh winter weather take you by surprise.
Use these tips to be prepared!**

- Dress in layers, both indoors and outdoors.
- Keep active with indoor activities like mall walking.
- Eat well and stay hydrated.
- Take your vitamins and get your annual flu vaccination.
- Stock up on non-perishable food, medications and necessities.
- Use caution on steps and sidewalks to avoid slipping on ice.
- When working outdoors, sweating can lead to hypothermia.
- Get your furnace checked and serviced by a qualified
- Winterize your home by caulking doors and windows.
- Don't forget to insulate exterior pipes and attics.
- Find your home's water supply shut off and know how to use it.
- Check your vehicle's wipers, tires, lights and fluid levels.
- Maintain a full tank of gas, ice scraper and blanket in your car.
- If you take a trip, travel by daylight and with a partner.
- If you use a space heater, make sure it has three feet of clearance.
- Protect against fire by buying a fire extinguisher.
- The strain of shoveling snow could cause a heart attack.





Eat Safe Food after a Power Outage



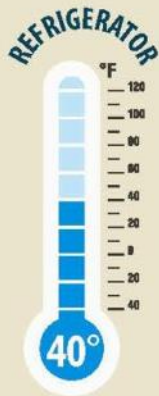
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

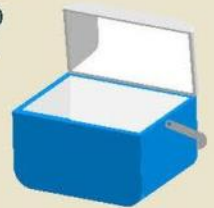


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator & Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40 °F or below.



www.cdc.gov/foodsafety



BAD VS BETTER

Choose Healthy Fats

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

Four Types of Dietary Fat

Bad Fats

1. Saturated Fats

Limited to less than 10 percent of calories each day.

2. Trans Fats

Avoid completely



Better Fats

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

3. Monounsaturated Fats

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



4. Polyunsaturated Fats

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

Healthy Fats

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

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



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

See the next page to learn more!

Look at Nutrition Label for Fat.

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



SWAP Bad Fats for Better Fats

LIMIT/AVOID:

Cooking with Butter or Lard



Full-fat Cheese on Salads



Bacon, Breakfast Meat, Fatty Cuts of Red Meat



Cooking Fried Food



CHOOSE:

Healthy Oils: Olive, Peanut, Avocado, and Canola



Avocado, Nuts, or Seeds for Salad Toppings



Fatty Fish (Salmon, Tuna)



Bake Your Food



POULTRY

Slow Cooker Avocado Lime Chicken Soup

 **SERVES**
10 • ¾ cup per serving

 **PREP TIME**
10 minutes

 **COOK TIME**
3 hours on high or
6 hours on low

 **TOTAL TIME**
3 hours and 10 minutes or
6 hours and 10 minutes



Ingredients

- 1 pound boneless, skinless chicken breasts, all visible fat discarded
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 6 cups low-sodium chicken broth
- 1 cup jarred salsa verde
- 2 tablespoons fresh ginger, minced
- 2 teaspoons jarred garlic
- 1 medium fresh avocado, halved, pitted, peeled and chopped
- 2 green onions (about ¼ cup), sliced on a diagonal
- ¼ cup fresh chopped cilantro leaves
- 2 tablespoons lime juice

Directions

1. Season the chicken with the chili powder and cumin. Place in a slow cooker.
2. Add the broth, salsa verde, ginger and garlic. Cook for 3 hours on high or 6 hours on low.
3. Remove the chicken from the slow cooker. Using two forks, shred the chicken.
4. Return the chicken to the slow cooker. Stir in the avocado, green onions, cilantro and lime juice.

Nutrition Analysis (per serving)

| | |
|-----------------------|--------|
| Calories | 110 |
| Total Fat | 4.5 g |
| Saturated Fat | 1.0 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 1.0 g |
| Monounsaturated Fat | 2.5 g |
| Cholesterol | 35 mg |
| Sodium | 220 mg |
| Carbohydrates | 6 g |
| Fiber | 2 g |
| Total Sugars | 1 g |
| Includes Added Sugars | 0 g |
| Protein | 14 g |

Dietary Exchanges

1 vegetable, 2 lean meat



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

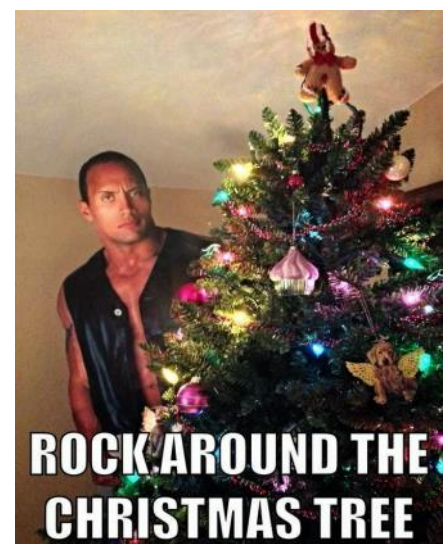
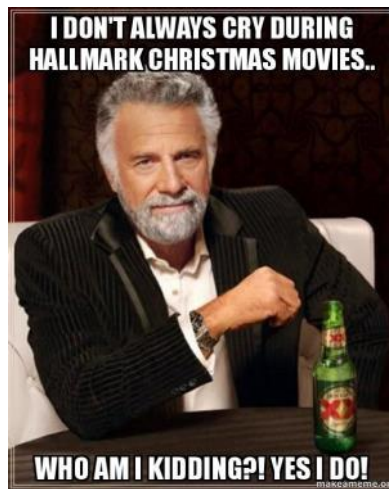
CORNY CHRISTMAS JINGLES – reprinted from Boys Life Magazine

- What does Christmas have to do with a cat lost in the desert? They both have sandy claws.
- What's a good time for Santa to come down the chimney? Anytime!
- What is a bird's favorite Christmas story? The Finch Who Stole Christmas.
- What do you call a shark that delivers toys at Christmas? "Santa Jaws!"
- What are you giving Mom and Dad for Christmas? A list of everything I want!
- Did you know Santa had only eight reindeer last Christmas? Comet stayed home to clean the sink.
- What do road crews use at the North Pole? Snow cones!
- What do elves do after school? Their gnome work!
- Why did Rudolph get a bad report card? Because he went down in history.
- What nationality is Santa Claus? North Polish.
- What's the difference between Santa's reindeer and a knight? One slays the dragon, and the other's draggin' the sleigh.
- What do fish sing during winter? Christmas corals.
- What is a Christmas tree's favorite candy? Ornamints.
- What do you get when you eat Christmas ornaments? Tinsel-itis!
- Why was Santa's little helper depressed? Because he had low elf esteem!
- What do you call an elf who sings? A wrapper!



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?



WINTER ONE-LINERS

- What do you get from sitting on the ice too long? Polaroids!
- What did one snowman say to the other snowman? Can you smell carrot?
- What often falls at the North Pole but never gets hurt? Snow
- What's an ig? A snow house without a loo!
- Why did Frosty the snowman want a divorce? Because he thought his wife was a flake.
- What time is it when little white flakes fall past the classroom window? Snow and Tell.
- What is a mountains favorite type of candy? Snow caps.
- What is it called when a snowman has a temper tantrum? A meltdown!
- What do you call a snowman with a six pack? An abdominal snowman.
- What do you call a snowman that tells tall tales? A snow-fake!
- What do you get when you cross a snowman and a vampire? Frostbite.
- Why do seals swim in saltwater? Because pepper water makes them sneeze!
- What do you call a snowman party? A snowball.
- What did the snowman eat? Icebergs with chilifce sauce.
- What eight letters can you find in water from the Arctic Ocean? H to O! (H2O)
- What do you call a gangster snowman? Froze-T
- Which side of an Arctic Tern has the most feathers? The outside!
- What do snowmen eat for breakfast? Frosted Flakes!
- How does a snowman get around? He rides an icicle!
- Who is Frosty's favorite Aunt? Aunt Artica!
- What do you call a penguin in the Sahara desert? Lost.
- What vegetable was forbidden on the ships of Arctic explorers? Leeks!
- What did the snowman and his wife put over their baby's crib? A snowmobile!
- What do Snowmen call their offspring? Chill-dren.
- What do you call an old snowman? Water.
- Why didn't the tourist in the Arctic get any sleep? He plugged his electric blanket into the toaster by mistake – and kept popping out of bed all night!
- If the sun shines while it's snowing, what should you look for? Snowbows.
- What did one Greenland Shark say to the other? "Say, good lookin'... didn't I meet you last night at the feeding frenzy?"
- Why did the farmer only wear one boot to town? He heard there would be a 50% chance of snow!



...WINTER ONE-LINERS continued

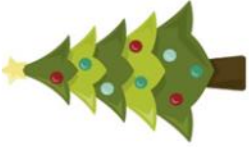
- What sort of cakes do snowmen like? The ones with thick icing!
How do you find Will Smith in the snow? You look for Fresh Prints!
What is the favorite Mexican food of snowman? Brrrr – itos.
What kind of money snowmen use in the North Pole? Cold cash!
What did the snowman order at Wendy's? A Frosty.
What did the seal say when it swam into a concrete wall? "Dam!"
What do women use to stay young looking in the Arctic? Cold cream.
Why was the snowman sad? Cause he had a meltdown.
What happened when the snowgirl had a fight with the snowboy? She gave him the cold shoulder.
How do you prevent a Summer cold? Catch it in the Winter!
How do snowmen greet each other? Ice to meet you!
What do you sing at a snowman's birthday party? Freeze a jolly good fellow!
Who are Frosty's parents? Mom and Pop-Sicle!
What sort of ball doesn't bounce? A snowball!
What do you call a slow skier? A slopepoke!
What did the snowman order at the fast food restaurant? An ice burger extra cheese.
What's a good winter tip? Never catch snowflakes on your tongue until all the birds have flown south for the winter.
What can you catch in the winter with your eyes closed? A cold.
What do you call a reindeer with no eyes? I have no eye deer.
What does a Snowman take when he gets sick? A chill pill.
What did the detective in the Arctic say to the suspect? "Where were you on the night of September to March?"
What noise wakes you up at the North Pole around March 18? The crack of dawn!



- If you live in an igloo, what's the worst thing about global warming? No privacy!
What do you call a snowman in July? A puddle.
What did the walrus say when it was late? "I would have been here sooner, but my iceberg hit a ship."
What did the icy Arctic road say to the truck? "Want to go for a spin?"
What do you use to catch an Arctic hare? A hare net!
What did the tree say after a long winter? What a re-leaf.

PUZZLES

CHRISTMAS WORD SEARCH



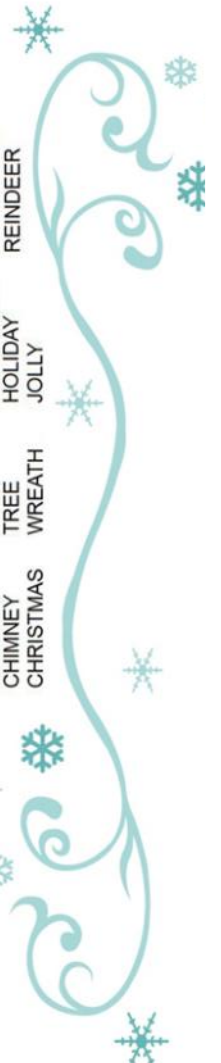
O C M N X D Z S P G B Y G W L J X W M I
 P H B H P L O D Z I E Z I C Y R X W R A P
 R Z M N M A M Z I E Z I C Y R X W R A P
 I Q O J N E N I Z H C S N Q T J O D D
 N E L O P H T R O N S T O C K I N G I B
 L J S L P X H V A R B E L E C L E T G O V
 I A Z L S C E T A R B E L E C L E T G O V
 G R V N I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

- BELLS
- CANDLES
- CANDY CANE
- CARDS
- CELEBRATE
- CHIMNEY
- CHRISTMAS
- ELVES
- FROSTY
- GIFT
- GIVING
- GREETINGS
- HOLIDAY
- JOLLY
- RUDOLPH
- SANTA
- SEASON
- SLEIGH
- STOCKING
- TREE
- WREATH
- JOY
- MERRY
- MISTLETOE
- NOEL
- NORTH POLE
- REINDEER

NEW YEAR WORD SEARCH

- BALL
- COUNTDOWN
- FIREWORKS
- HAT
- YEAR
- CELEBRATE
- DECEMBER
- HAPPY
- KISS
- HORNS
- CONFETTI
- EVE
- GAMES
- JANUARY
- MUSIC
- CLOCK
- DANCING
- HOURLASS
- MIDNIGHT
- RESOLUTION

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



REINDEER SUDOKU

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DASHER



DANCER

SLEIGH

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WINTER BOGGLE WORD PUZZLE

Directions: Link the letters together to make words. Each word must be at least 3 letters. You can link letters across, down, backwards and diagonally. There are at least 8 words that are associated with the Winter season. Write your words below. Score each word as follows:

- 3 letter word - 1 point
- 4 letter word - 2 points
- 5 letter word - 3 points
- 6 letters or more - 5 points


Winter words - 2 bonus points each

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| B | O | S | C | A |
| D | L | O | T | H |
| F | R | U | A | P |
| E | I | R | Y | E |
| C | S | K | A | T |

Word List


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In each pair of words, the first word ends with the same letter as starts the second word. Fill in all the linked word pairs using the picture clues, then use the numbers above the boxes to fill in the coded word at the bottom of the page.




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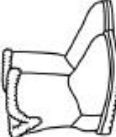
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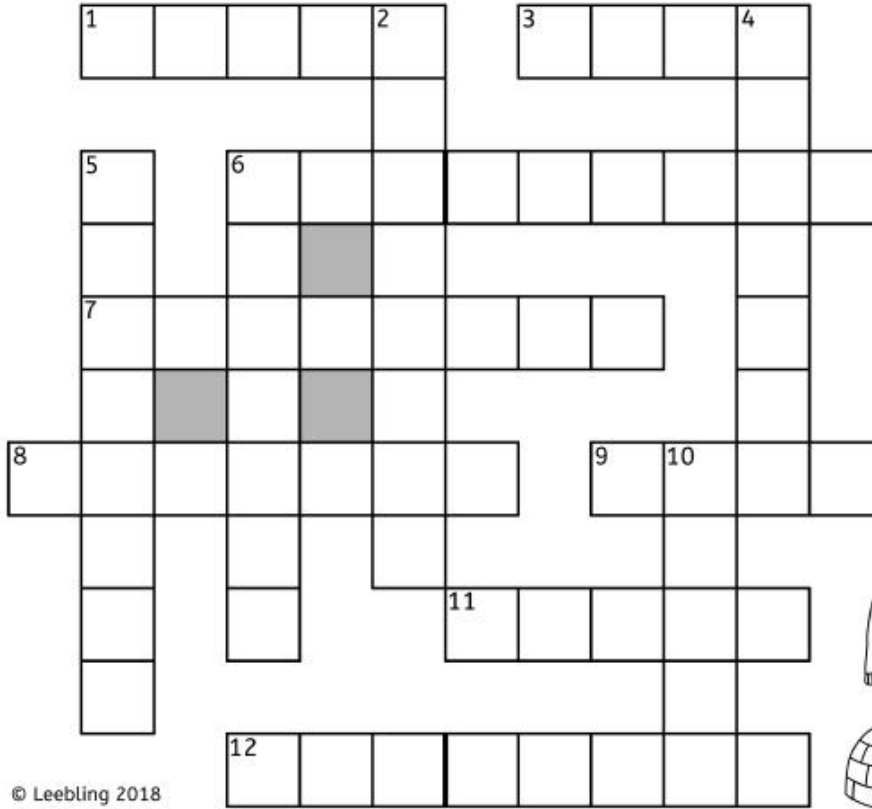
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PUZZLES

It's a crossword and a word scramble all in one puzzle! Unscramble the letters in each clue to make a winter word and then fill in the crossword. The pictures show all the words used but not in the right order.

Winter Cross Scramble

- | Across | Down |
|-----------------------|-------------|
| 1. KSCOS | 2. DINELSGD |
| 3. SISK | 4. REETAWS |
| 6. TIKSCEESA (3,6) | 5. FAMFURES |
| 7. DINREREE | 6. SCELICI |
| 8. GRUNCIL | 10. GOLIO |
| 9. RIFE | |
| 11. LUQIT | |
| 12. CHOCATOO (3,5) | |



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Sudoku 6x6

Puzzle #1

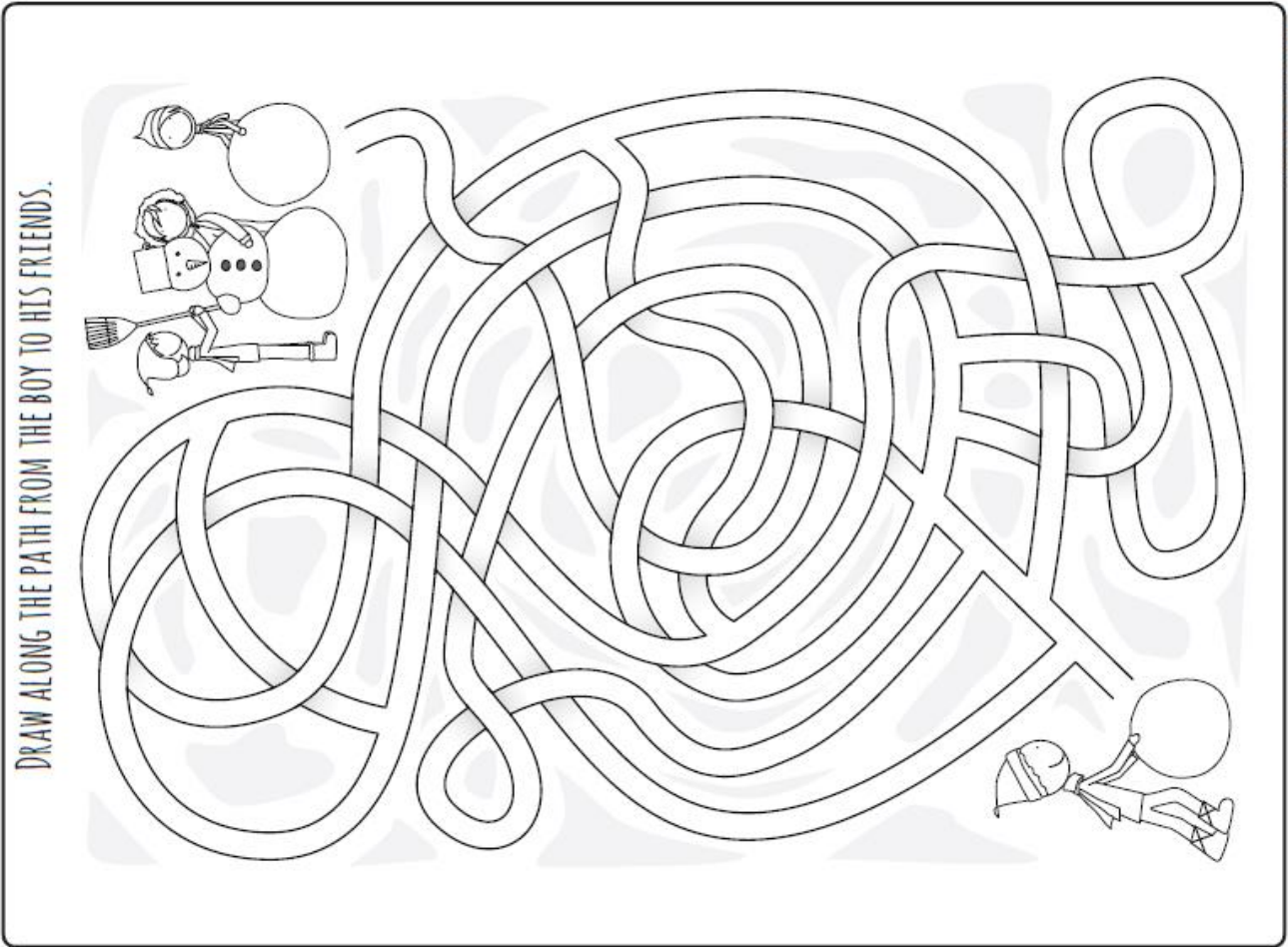
| | | | | | |
|---|---|---|---|---|---|
| 2 | | | 6 | | 5 |
| | | 6 | | 1 | 2 |
| | 5 | 1 | | | 3 |
| 3 | | 4 | | | 6 |
| | 3 | 5 | | | 1 |
| | | 2 | | 3 | 4 |

Puzzle #2

| | | | | | |
|---|---|---|---|---|---|
| | | 3 | 5 | | 6 |
| 4 | 5 | | 2 | | |
| 2 | | 4 | 6 | | |
| | | 1 | 3 | | 4 |
| | 1 | | | 3 | 5 |
| 3 | 4 | | | | 2 |



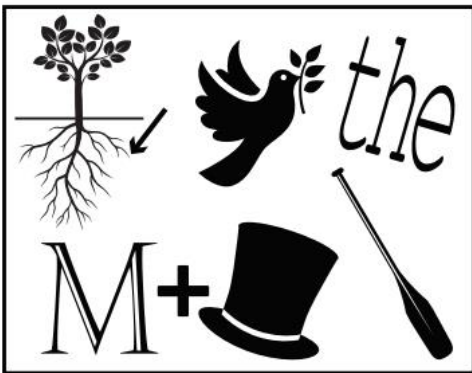
PUZZLES



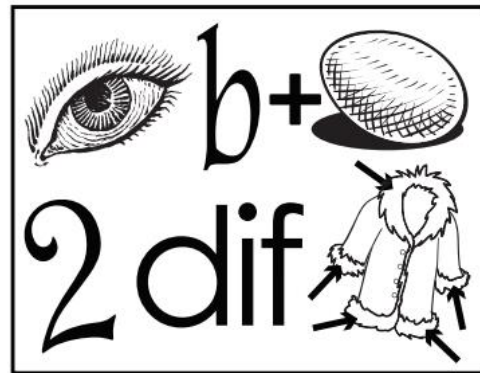
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Concentration Puzzles

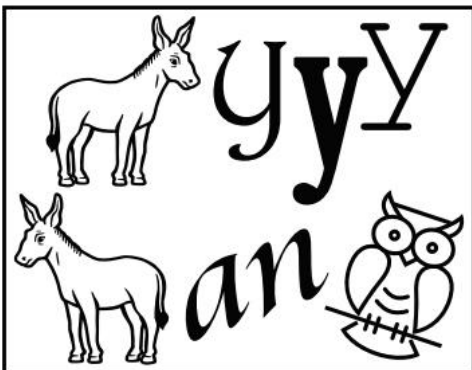
Use the visual clues in the puzzle to figure out what it says.



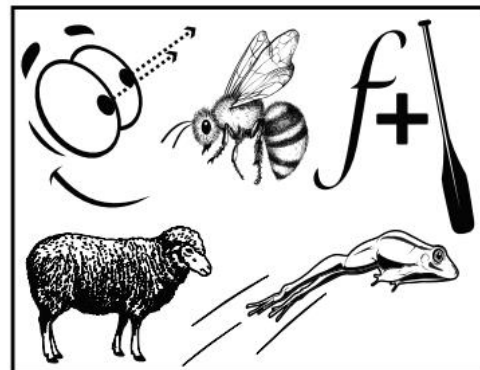
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

ANSWERS

Winter Linkword Code

Answer Key

11 4
IGLOO WL

10 6
ICICLE SCARF

2
SNOW IND

13 7
SKATING GLOVES

5 8
BOOTS LED

9 1
FIRE ARM MUFFS

3 12
SOCK SHOVEL

1 2 3 4 5 6 7 8 9 10 11 12 13
SNOWBALL FIGHT

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1 SOCKS 2 S 3 SKI 4 S
L W
5 E 6 ICE SKATES S
A C D A
7 REINDEER T
M C I E
8 CURLING 9 FIRE 10 E
F E G G
F S 11 QUILT
S O
12 HOT COCOA

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Puzzle #1 Root of the matter

Puzzle #2 I beg to differ.

Puzzle #3 As wise as an owl

Puzzle #4 Look before you leap.

Solution #1

| | | | | | |
|---|---|---|---|---|---|
| 2 | 1 | 3 | 6 | 4 | 5 |
| 5 | 4 | 6 | 3 | 1 | 2 |
| 6 | 5 | 1 | 4 | 2 | 3 |
| 3 | 2 | 4 | 1 | 5 | 6 |
| 4 | 3 | 5 | 2 | 6 | 1 |
| 1 | 6 | 2 | 5 | 3 | 4 |

Solution #2

| | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 5 | 4 | 6 |
| 4 | 5 | 6 | 2 | 1 | 3 |
| 2 | 3 | 4 | 6 | 5 | 1 |
| 5 | 6 | 1 | 3 | 2 | 4 |
| 6 | 1 | 2 | 4 | 3 | 5 |
| 3 | 4 | 5 | 1 | 6 | 2 |

| | | | | | |
|---|---|---|---|---|---|
| B | X | E | I | M | L |
| I | L | M | E | B | X |
| L | M | X | B | E | I |
| E | B | I | L | X | M |
| M | E | L | X | I | B |
| X | I | B | M | L | E |

| | | | | | |
|---|---|---|---|---|---|
| R | C | D | A | N | E |
| N | A | E | D | R | C |
| C | R | A | E | D | N |
| E | D | N | C | A | R |
| D | N | C | R | E | A |
| A | E | R | N | C | D |

| | | | | | |
|---|---|---|---|---|---|
| H | E | D | S | R | A |
| A | S | R | H | D | E |
| D | H | A | E | S | R |
| E | R | S | D | A | H |
| R | D | H | A | E | S |
| S | A | E | R | H | D |

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| S | H | E | L | G | I |
| L | G | I | S | E | H |
| I | L | H | E | S | G |
| G | E | S | H | I | L |
| H | S | G | I | L | E |
| E | I | L | G | H | S |

DECEMBER BIRTHDAYS

Virginia Anderson
Susan Bordeaux
Angela Bornino
Raymond Camma
Dorothy Chappell
Keith Collins
Mary Duber
Patricia Garee
Maxine Garrison
Wally Genutis
Paul Gilmore
Deloris Hancock

Jack Hirko
Janet Jones
Charlotte Kotmel
Edmund Kotowski
Debra Maxwell
June McCandless
Joseph Michalek
Dina Mouat
Brenda Ross
Tim Schwab
Dot Schwende
Mary Jane Senft

Lee Szymkowski
Tom Taylor
Donald Thompson
Antionette Waltman
Kevin Warner
Willie Faye Wilson
Treavie Wimbush
Patricia Wright-Ramon

ANNIVERSARIES

Wayne & Carol Urban 38 years on December 14th

*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

Alvin Battaglia
Sylvia Johnson

Lodean Lockett-Turner

Edwin Schreiber

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570

recreation@bedfordoh.gov

