



Important Dates

First Friday Around the World October 4

Bedford Tree Planting October 5 9:00 a.m. - 11:00 a.m.

Children's Fall Fest October 5 10:00 a.m.– 1:00 p.m.

Council Meeting October 7 8:00 p.m.

Council Meeting October 21 8:00 p.m.

Halloween Party October 26 10:00 a.m.

Trick or Treat October 31 6:00 p.m. - 8:00 p.m.

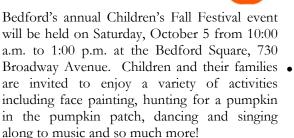


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Chipper Service

Chipper service will be the week of October 7. • All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun • for that month. Place branches on tree lawn with cut end facing the street or with the flow of traffic.

Children's Fall Festival



Come on out and enjoy some family fun right here in Bedford!

Volunteer Opportunities

If you are a retiree or simply someone who wants to give back to the community we have an opportunity for you.

UH Bedford Medical Center is looking for volunteers. You can make a difference by contacting our volunteer department at 440-735 -4774 or going on-line and search UH Bedford Medical Center Volunteers to start filling out your application.

Whether it's patient comfort, helping patients and families to their appointments, delivering the mail, clerical work or if you are a veteran that would like to visit other veterans, we can find a spot for you. We ask that you donate 4 hours, two days a week.

Enhance the quality of life in your community by volunteering at UH Bedford Medical Center. We look forward to hearing from you.

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- Adults should accompany smaller children. Children who are old enough to trick-ortreat without an adult should stay in a group.
- Driving next to your children as they are trick or treating is not allowed. It impedes the flow of traffic and makes thing more dangerous for the children.
- Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves. Make sure that they have a cell phone.
- Look both ways before crossing the street and cross at street corners. Do not run between parked cars or across lawns and yards where ornaments, furniture or clotheslines present dangers.
- Instruct your child to never go into the home of a stranger or get into their car.
 Explain why this is not a good idea and what to do if someone approaches them and tries to talk to them.
- Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- Remind children not to eat any candy before coming home. Parents should carefully examine all treats for signs of tampering, and discard anything not sealed or in its original packaging



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Trick or Treat Safety Tips





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Senior Health Fair

Save the date! Wednesday, October 16, 9:00 • a.m. - 11:00 a.m. at Ellenwood Center. The Parks & Recreation Department is partnering with University Hospitals for this event. The Health Fair will include flu shots, B/P, glucose, cholesterol screenings, lung capacity, and you • will also have an opportunity to talk to a pharmacist and dietitian.

Halloween Party



The Bedford Parks & Recreation Halloween Party will take place on Saturday, October 26 at 10:00 a.m. at Ellenwood Center. Children and grandchildren of Bedford residents only are invited to join for this family, fun event. • Activities include Trick or Treat Street, costume contest, photo corner, coloring contest, and more. Donuts and cider will be served. Sign up in advance and avoid the line at the door. To register for this free program, visit the Parks & Department Recreation page аt www.bedfordoh.gov or register in person at Ellenwood Center.

Junior Cavaliers Basketball

Cavaliers, bringing the Junior Basketball Program here to Bedford.

Registration for the winter season has begun, STC is a not-for-profit organization that registration deadline is December 1. Games to partners with communities be played January. information at www.bedfordoh.gov.

University Hospitals Walking Club

Put on your walking shoes and join the Age indoor walking shoes that are appropriate for Recreation Department. the gym floor. New walkers will receive a for this free program, call UH Bedford Medical Recreation Department at 440-735-6570. Center (440) 735-4739.

Senior Drop-in Programs

Line Dancing

Ellenwood Center – Gym Mondays 10:30 a.m. to 12:00 p.m. Free to Bedford Resident Seniors

Reach with Rhythm Workout

Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low impact chair aerobics aiming to stretch, strengthen, and tone your muscles.

Ellenwood Center – Gym Thursdays 11:00 a.m. to 12:00 p.m. Fee: \$1.00 per person/per class

Friday Flicks

Popcorn and snacks included Ellenwood Center – Room 2 Third Friday of each month Movie starts at 10:15 a.m. Beginning: September 20 Free to Bedford Resident Seniors

Senior Transportation

Effective Monday, September 16, 2019 the City Bedford contracted with Senior of The Parks & Recreation Department is pleased Transportation Connection (STC) to provide to announce a partnership with the Cleveland transportation to our older adult residents 60 Cavaliers years of age and older.

> and other on Saturdays beginning in organizations throughout Cuyahoga County to Check our website for additional provide door-to-door service. STC has more than a decade of experience so you're in good hands when you board their vehicles. More than 14,000 people use STC and their drivers cover over 1,000,000 miles a year.

Well Be Well Walking Club every Monday, 9:30 New riders must submit a completed STC a.m. - 10:00 a.m. Beginning October 7 - application to the Parks & Recreation December 30. Take a few laps around the gym Department prior to scheduling their first trip. at Ellenwood Center. Please bring a pair of Applications are available at the Parks &

complimentary T-shirt upon sign up. To register If you have any questions contact the Parks &

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