

BEDFORD SENIOR COMMUNITY CENTER NEWSLETTER



DECEMBER 2017 - JANUARY 2018

**1653 SAMARIA
TEMPERANCE, MI 48182**

**Phone: 734-856-3330
Fax: 734-856-1202**

CENTER HOURS:

**Monday through Friday:
8:30 a.m. – 4:00 p.m.**

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BEDFORD SENIOR CENTER

CHRISTMAS CELEBRATION

**FRIDAY - DECEMBER 15, 2017
11:15am - 12:30pm**

JOIN US FOR OUR CHRISTMAS DINNER

(Call in your reservation by 10:30am on Dec. 15th)

**Entertainment provided by
Jackman Road Elementary Second Grade Students**

Please Join Us!

Visit our Website at www.bedfordseniorcenter.com

**LUNCH SERVED
11:30 - 12:30
MONDAY - FRIDAY**

**CALL IN YOUR
RESERVATION BY 10:30am
734-856-3330**

2017-2018 Advisory Board

Advisory Board Members

Helen Bowers
Naomi Bowlin
Carol Frederick
Nancy Patton
Grace Peitz
Harriet Rochowiak
Rose Mary Schroeder
Patricia Webber
Roberta Wesolowski

Alternates

John Binder
Rick Ellison
Brenda Selle
Ronald Wright

Agency Representatives

Nancy Crandell
Bedford Public Schools

Benefits of Membership

- Noontime meal program
- Home delivered meal program for shut-ins
- Legal services
- Information & referral
- Speakers bureau
- Newsletter
- Educational presentations
- Volunteer opportunities
- Lending library
- Health screenings including blood pressure screenings/flu shots
- Bible study
- Line and square dancing
- Bunco, and Bridge
- Men's pool league
- Crafts, knitting and crocheting
- Quilting
- Travel Program
- Euchre tournaments
- Fundraisers (i.e. Dinners & festivals)
- Card Party
- Intergenerational programming
- "Fitness after 55" aerobic and stretching class
- Bingo
- Wii
- Internet access
- Monroe County Library in Motion (once a month)

BEDFORD SENIOR COMMUNITY CENTER GENERAL MEMBERSHIP MEETING

Monday - December 11, 2017
11:00 a.m.
In the Dining Room

Please join us. This is your chance to share your ideas and make suggestions on how we can schedule programs to fit your needs. If you have any ideas for fund-raisers we would like to hear them.

ALL ARE WELCOME TO ATTEND

The Bedford Senior Community Center
Is Sponsored by Bedford Public Schools
Community Education

Welcome New Members

Barbara Sugg	Ann Holbrook
Sandy Keese	Bill Keese
Jill Hendrickson	Carrie Pitzen
Raymond Leighton II	Jack Dobric
Donna Zakrzewski	Debra Keller
Ron Lockwood	Pat Bond
Geraldine Stempien	Sandra Rose

With Sympathy to the families of our
dearly departed members

*Violet Howard
Saundra Haulsey*



HAPPY BIRTHDAY to all our members who are celebrating a birthday these two months. You will receive a flower (donated by Shinkles) and cake and ice cream will be served at lunch.

DECEMBER:

1. Charles Guiberson, Carol Rork
Minnie Campbell, Ellen Rinehart
2. Rachel Bahnsem
3. Reda Meehan, Patricia Welch
4. Betty Sendi, Sandy Zima
5. Ellen Bires, Donna Zakrzewski
6. Sharon Showalter
7. Katyryna Poduszka, Klara Melman,
Christine Janowicz
8. Jane Reebel
9. Lavada Weathers, Carol Engel
10. Jean Winkelman, Mary Janney
11. Peggy Smith, Chris Nieman,
Ellen Rinehart
12. Erwin Empie, Audrey Lawrence,
Harry Snyder, Joe Grifka,
LuDonna Wlodarski
13. Cathy Franks, Brenda Selle, John Reynolds
17. David Clare, Ina Ferguson,
Harold Roth, Marian Diener
18. Roy Cornelius
19. Norman Snyder, Joseph Bodai
20. Mary Ellen Brow
21. Cheryl Williams
22. DuWayne Frobish, Russell Rayle
23. Lois Webb, Magdealene Johnson
24. Rosemary Jacobs, Theresa Fifer
27. John Paschen, Nancy Kolinski
28. Mary Ellen Hemmeter
29. Trudy Urbani, Nelda Reynolds,
Joyce Templin, William Ryan
30. Dennis Tobianski, Mary Richards
31. Teri Gawronski, Helen Bowers,
James Pennington

JANUARY:

1. Theresa Galloro, Pauline Tate
2. Bernadine Nusbaum
3. Donald Doty, Dennie Williams,
William Mannor, Dee Janney
4. Mary Lewis, Lynne Simpson,
Shirley Rochowiak
5. Judith Vance
6. Margaret Brzutewicz, Terry Bigelow,
Bonnie Meyers
7. Vivian Hartford
8. Ernestine Leczynski, Charlie Elkins
9. Barbara Henley, Loretta Spotts,
Nancy Striggow
10. Joyce Good, Patsy Jacobs,
Marcia Thompson, Nancy Semler
Barbara Nettler
11. Anne Guiberson, Shirley Konoff
12. Susan Pool
13. Walter Gibala, Mary Stark,
David Lump, K. Lee Yeager
14. Naomi Bowlin, Doris Gutches,
Mary McLaughlin, David Lloyd,
Brad Strouse, Ethelyn Elkins
15. Barbara Gotha, Jim Thomson
16. Beverly Campbell, Norma Robinson
17. Mary Hines, Mary Betley,
Michael Gogel
18. Carol Miller, Mary Mylek, Glenn Davis
19. Orval Martin
20. Mabel Ellison
22. Bill Johnson, Arlene Kuckuck,
Fran Hvizoda, John Mohr
23. Shirley Hauser, Betty Link,
Betty Salati, Louis Truna
24. Donna Lepiarz, Esther Reynolds,
Daniel Nusbaum
25. Genevieve Knaggs, Tom Peitz
Dianne McCarley, John Mills
Joanne Pfeiffer
26. Judy Scott
27. Maggie Grosteffan
30. John Binder, Mary Kay Frushour
31. Dennis Greenwald

Membership Dues:

Michigan \$15.00 per person
Ohio \$18.00 per person



Intergenerational Programs At The Bedford Senior Center

The Bedford Senior Center invites you to come in and enjoy time with elementary students from Bedford Public Schools for the following programs:

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

TUESDAY - DECEMBER 5, 2017
10:30am - 11:30am

The Young 5's students from Jackman Road Elementary School are coming to play Bingo with our Seniors.

WEDNESDAY - DECEMBER 13, 2017
10:30am - 11:30am

The Kindergarten class from Jackman Road Elementary School are coming to play cards and games with our members.

***These students are scheduled to come the second Wednesday of each month through May of 2018, please join them monthly*



FRIDAY - DECEMBER 15, 2017
11:15AM

Second grade music students will be here to sing Christmas songs for our Christmas Program.
(They will return Feb. 14, 2018 for Valentines Day)

"Connections between generations are essential for the mental health and stability of a nation."

Margaret Mead

BEDFORD SENIOR COMMUNITY CENTER
SCHEDULED ACTIVITIES
DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30
4. Enhance Fitness 8-9am Exercise Class 9:00am Bingo 12:30	5. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	6. Enhance Fitness 8-9am Exercise Class 9:00am Blood Pressure 11:00 - Noon Health Department talk at 11:45am Bunco 12:30	7. Quilters 9:00 - Noon Pinochle 12:30 - 2:00 Christmas Bake Sale 8:30am - 3:00pm	8. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Christmas Bake Sale 8:30am - 2:00pm
11. Enhance Fitness 8-9am Exercise Class 9:00am Advisory Board Meeting 10:00am Membership Meeting 11:00am - 11:45am Bingo @ 12:30	12. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	13. Enhance Fitness 8-9am Exercise Class 9:00am Games with Kids 10:30am - 11:30am Stroke Prevention Talk 11:30am Bunco 12:30	14. Quilters 9:00 - Noon Euchre 10:00 - 2:00	15. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Christmas Celebration 11:15am - 12:30pm
18. Enhance Fitness 8-9am Exercise Class 9:00am Bingo @ 12:30	19. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	20. Enhance Fitness 8-9am Exercise Class 9:00am Library 11:00am Blood Pressure 11:00 - Noon Bunco 12:30	21. Quilters 9:00 - Noon Pinochle 12:30 - 2:00	22. CLOSED
25. CLOSED CHRISTMAS DAY	26. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	27. Enhance Fitness 8-9am Exercise Class 9:00am Blood Pressure 11:00 - Noon Bunco 12:30	28. Quilters 9:00 - Noon Euchre 10:00 - 2:00	29. CLOSED

**BEDFORD SENIOR COMMUNITY CENTER
SCHEDULED ACTIVITIES
JANUARY 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. CLOSED NEW YEAR'S DAY	2. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	3. Enhance Fitness 8-9am Exercise Class 9:00am Blood Pressure 11:00 - Noon Bunco 12:30	4. Quilters 9:00 - Noon Pinochle 12:30 - 2:30	5. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30
8. Enhance Fitness 8-9am Exercise Class 9:00am Bingo @ 12:30	9. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	10. Enhance Fitness 8-9am Exercise Class 9:00am Greeting Card Class 10:00am - 11:30am Games with Kids 10:30am - 11:30am Bunco 12:30	11. Quilters 9:00 - Noon Euchre 10:00 - 2:00	12. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30
15. CLOSED Martin Luther King Day	16. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	17. Enhance Fitness 8-9am Exercise Class 9:00am Library 11:00am Blood Pressure 11:00 - Noon Health Department talk at 11:45am Bunco 12:30	18. Quilters 9:00 - Noon Pinochle 12:30 - 2:30	19. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30
22. Enhance Fitness 8-9am Exercise Class 9:00am Bingo @ 12:30	23. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	24. Enhance Fitness 8-9am Exercise Class 9:00am Blood Pressure 11:00 - Noon Bunco 12:30	25. Quilters 9:00 - Noon Euchre 10:00 - 2:00	26. Enhance Fitness 8-9am Bible Study 10:30am - 11:30am Euchre 12:30-3:30
29. Enhance Fitness 8-9am Exercise Class 9:00am Bingo @ 12:30	30. Bridge 9:00am Wii Bowling 12:30pm Line Dance 1:00pm - 2:30pm	31. Enhance Fitness 8-9am Exercise Class 9:00am Blood Pressure 11:00 - Noon Bunco 12:30		



BEDFORD SENIOR COMMUNITY CENTER

ANNUAL BAKE SALE

Thursday - December 7, 2017, 8:30am - 3:00pm

Friday - December 8, 2017, 8:30am - 2:00pm

All offered at affordable prices !

Please support this fundraiser by stopping in to purchase a special treat for yourself, a friend, or for family. All items baked and donated by our members.

VOLUNTEERS
ARE NEEDED TO WORK AT
THE BAKE SALE.
SIGN UP IN THE OFFICE IF YOU CAN HELP

BAKE SALE DONATIONS ARE NEEDED

The Bedford Senior Community Center needs volunteers to sign up and bake cookies, cakes, breads, etc. to donate for the Bake Sale fundraiser on December 7 & 8, 2017. Please bring your donation to the Senior Center between 8:30am and 3:30pm on December 5th or 6th or early in the morning of December 7th.

Don't Bake? Consider making a cash donation to our Christmas Bake Sale fundraiser.



DOLLHOUSE SCALE MINIATURE SNOWMAN CLASS WEDNESDAY - January 17, 2018 10:00am - 11:30am

Award winning Miniaturist Carolyn Martin will teach you how to make a miniature Snowman for a miniature scene, dollhouse, or model railroad display out of air dry clay with poly clay accessories.

Please sign up in advance for this class. Sign up by stopping at the office or call 734-856-3330

**THE MONROE COUNTY HEALTH DEPARTMENT
PRESENTS
HEALTH EDUCATION AT THE BEDFORD SENIOR CENTER**

Join us on the following dates in the Dining Room

DECEMBER 6, 2017

11:45am - 12:15pm

(During Lunch)

Join the Health Departments health education team for an interactive discussion about managing stress and practical simple relaxation exercises to help you lead a less stressful and more mindful lifestyle.

JANUARY 17, 2018

11:45am - 12:15pm

(During Lunch)

Learn what foods contain fiber and the benefits of consuming them. Also learn how to identify whole grains vs refined grains, as well as transition from refined to more whole grains in your meals.

Enhance® Fitness

Seniors, do you want to:

**Have a great time? Make new friends? Grow stronger?
Improve your balance? Become limber? Boost your activity levels?**

THIS PROGRAM CAN HELP YOU!

**A FREE 16 WEEK EXERCISE PROGRAM
OFFERED AT THE BEDFORD SENIOR CENTER**

**Classes every Monday, Wednesday, & Friday
8:00am - 9:00am through January 12, 2018**

***We will start another 16 week program once this one ends on Jan. 12th.
Please call the Senior Center for start date and time***

GREETING CARD MAKING CLASS

JANUARY 10, 2018

FEBRUARY 14, 2018

10:00am until 11:30am

Cost \$5.00 per class (includes supplies)

All you need to bring is some adhesive, if you want to use it.

Teacher: Roberta Wesolowski

In January, we will make a special snowflake card along with our birthday card and a Valentines Day card. In February we will make a holiday themed card, along with a birthday card and one other. Come, bring a friend and make some wonderful cards to share with family and friends.

Remember to sign up for all Card classes at the office or by phone

HOLIDAY CLOSING

The Bedford Senior Center
is closed on the following days:

Friday - December 22

Monday - December 25

Friday - December 29

Monday - January 1, 2018

MONROE COUNTY SENIOR LEGAL SERVICES INC.

An Attorney from Legal Aid is scheduled to be at the Bedford Senior Center from 9:30am until 11:30am on the second Tuesday of every month.

The Attorney will only meet with those clients who have called their office prior to the second Tuesday of the month and made an appointment. To schedule call. 734-241-7644.

There is a \$20.00 Consultation Fee for each meeting and/or issue.

STROKE PREVENTION HEALTH TALK

*Presented by Kingston
Health Care Company*

WEDNESDAY - DECEMBER 13, 2017

11:30AM

(during lunch)

Come in and learn what you
can do to help prevent strokes.

MEDICARE COUNSELING NOW AVAILABLE AT THE BEDFORD SENIOR CENTER



Appointments are available on the Third Wednesday of each month. Call to make an appointment and let trained Counselors help you understand all of your Medicare options.

Call 734-856-3330

Bedford Senior Center Presents a trip to

Little River Casino

Your trip includes:

- One Night Stay at
Little River Casino Hotel
- Deluxe Motorcoach Transportation
- Stops at Soaring Eagle Casino in each direction
- Receive up to \$80 in incentives



**Departs: Sunday
February 25, 2018**

**See complete
itinerary on back**

\$149p/p

**based on double occupancy
\$199 single occupant**

For More Information Please Contact:

Dianne Carroll (734) 856-3330

Make Checks Payable To: Bedford Senior Center 1653 Samaria Rd, Temperance, MI 48182

\$50 deposit is due upon booking, & the remaining balance is due by January 19, 2018.

No refunds after January 19, 2018 deadline.

Name _____ Birthdate _____

Address _____ Phone# _____

City/State/Zip _____

Roomate(s): _____ Phone# _____

TRAVEL ALL YEAR LONG

The Bedford Senior Community Center Great Get-A-Ways!

The following trips are scheduled, please stop in and check the trip board for flyer's and additional information on each trip or call us at 734-856-3330 .

THE FOLLOWING TRIPS ARE SCHEDULED FOR 2017

Call 734-856-3330 for more information or pick up flyer at the Bedford Senior Center

CASINO TRIPS in 2017:

December 28 - 29, 2017: FOUR WINDS CASINO w/Firekeepers Casino

Two days, one night in New Buffalo, MI. Visit both Four Winds Casino and Firekeepers Casino

Cost per person, \$139.00 for Double, \$179.00 for Single, \$134.00 for Triple

Receive \$100.00 in Casino Incentives

TRIPS IN 2018

February 25 & 26, 2018: LITTLE RIVER CASINO IN MANISTEE, MI

One night stay at Little River Casino Hotel with stops in each direction, Gun Lake Casino

On day 1 and Soaring Eagle Casino on day 2. Incentives of up to \$75 total in food and Free Play.

Cost per person, \$149.00 for double, or \$199.00 per person for single.

September 29 - October 6, 2018: MONTREAL, QUEBEC CITY, & OTTAWA CANADA

Eight days, seven nights in Canada. You must have a valid U.S. Passport or U.S. Passport Card for this trip. Take a cruise on the St. Lawrence River, visit famous Parliament Hill, visit beautiful Notre Dame Basilica, plus a guided tour of Quebec City.

Cost per person, \$789.00 for Double, \$1,049.00 for Single, and \$769.00 for Triple.

Watch for more trips coming in 2018!

SAVANNAH, JEKYLL ISLAND & CHARLESTON

MOUNT RUSHMORE & THE BLACK HILLS OF SOUTH DAKOTA

****When traveling out of the area please double check your Medicare and Medicare Supplement benefits to see if your insurance covers you while out of the area. Not all do.**

****A tour is based on a specific number of passengers who will participate. If we are reasonably close or are teaming with another Senior Center we will make every effort to make the tour a go. Remember that your seat on a trip is not confirmed until you have made a deposit.**

MENU FOR DECEMBER 2017

BEDFORD SENIOR COMMUNITY CENTER

Lunches are served between 11:30am & 12:30pm

Menu subject to change

Call 734-856-3330 between 8:30am & 10:30am for reservation

Bread, spread, and

low fat milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Chicken ala King over Biscuit Green Beans Diced Carrots Apple
4. Stuffed Cabbage Mashed Potatoes Corn Fruit Cocktail	5. Grilled Chicken Sandwich Peas Tossed Salad Spiced Apple	6. Beef & Noodles w/Gravy Normandy Blend Vegetables Apricots	7. Turkey Pot Roast Mashed Potatoes Tossed Salad Diced Peaches	8. Pork Patti w/Brown Gravy Red Skin Potatoes Green Beans Pears
11. Almond Crusted Fish Baked Potato Broccoli Apricots	12. Birthday Meal Meat Loaf w/Gravy Mashed Potatoes Lima Beans Fruit Cocktail Cake & Ice Cream	13. Chicken & Dumplings Italian Green Beans Cole Slaw Peaches	14. Pulled Pork on Wheat Bun Baked Beans Tossed Salad Banana	15. Christmas Meal Ham Sweet Potatoes Green Beans Dinner Roll Chunky Applesauce Christmas Cookie
18. Beef Stew w/onion carrots, potatoes, & celery Wax Beans Biscuit Diced Peaches	19. Chicken Cordon Bleu Mashed Potatoes w/Gravy Peas Baked Apple	20. Smokey Mountain Casserole Lima Beans Carrots Apricots	21. Country Fried Steak w/Gravy Mashed Potatoes California Blend Vegetables Orange	22. CLOSED 
25. CLOSED 	26. Smoked Sausage & Sauerkraut Au Gratin Potatoes Stewed Tomatoes Fruit Cocktail	27. Turkey & Dressing Sweet Potato Green Beans Mandarin Oranges	28. Chicken w/BBQ Sauce Redskin Potatoes Brussels Sprouts Applesauce	29. CLOSED

MENU FOR JANUARY 2018

BEDFORD SENIOR COMMUNITY CENTER

Lunches are served between 11:30am & 12:30pm

Menu subject to change

Call 734-856-3330 between 8:30 am & 10:30am for reservations

Bread, spread and

low fat milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. CLOSED 	2. Chicken ala King over Biscuit Italian Green Beans Peas & Carrots Apple	3. Pork Roast w/Gravy Sweet Potatoes Green Beans Pears	4. Hamburger on Bun w/lettuce & Tomato Steak Fries Carrots Pineapple	5. Tator Crusted Fish Tator Tots Spinach Fruited Gelatin
8. Salisbury Steak w/Gravy Mashed Potatoes Lima Beans Pineapple Tidbits	9. Chipped Beef over Baked Potato Carrot, Raisin Salad Pears	10. Salmon Patty w/White Sauce Mashed Potatoes Peas Apricots	11. Turkey Pot Roast Mashed Potatoes Green Beans Peach Crisp	12. Chicken Stuffed w/Broccoli & Cheese Stuffing Peas & Carrots Banana
15. CLOSED Martin Luther King Day	16. Smoked Sausage on a Bun Cheesy Potatoes Succotash Mandarin Oranges	17. Birthday Meal Chicken Breast w/Gravy Whipped Potatoes Mixed Vegetables Apple Cake & Ice Cream	18. Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Wax Beans Pears	19. Pork Patti w/Gravy Baked Sweet Potato Green Beans Applesauce
22. Chicken Lasagna Garlic Bread Broccoli & Cauliflower Fruit Cocktail	23. Liver & Onions Mashed Potatoes w/Gravy Stewed Tomatoes w/Zucchini Apricots	24. Stuffed Peppers Mashed Potatoes Carrots Strawberry Yogurt	25. Crab Cake Baked Potato Italian Green Beans Fruit Cocktail	26. Spaghetti w/Meat Sauce Corn Tossed Salad Banana
29. Chili w/Beans Crackers Baked Potato Tossed Salad Pears	30. Baked Ham Sweet Potatoes Broccoli Fruit Cocktail	31. Chicken Parmesan Parsley Potatoes Garlic Biscuit Lima Beans Peaches		

Bedford Public Schools

1623 Sterns Road
Temperance, MI 48182

**BEDFORD
SENIOR CENTER
NEWSLETTER**

PRESORTED STANDARD
NON-PROFIT
U.S. POSTAGE PAID
TEMPERANCE, MI
PERMIT NO. 15

Bedford Senior Community Center

1653 Samaria
Temperance, MI 48182

**Commission on Aging****OUR MISSION**

The Bedford Senior Community Center (BSCC) is dedicated to providing the highest quality recreational, social and supportive services to mature adults. It is our goal to foster a warm environment where individuals can explore and enjoy activities and services designed to promote health and welfare of the 55+ population while fostering their independence.

Opinions expressed herein are those of the author and should not be construed as representing the opinions of any agency of the State of Michigan. Views and comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency which funds community center programming through millage dollars. Others that support this program include United Way of Monroe County, Monroe County Nutrition Program, Bedford Schools, Bedford Township Board, The Lions Club of Bedford, Women of Bedford United, The Bedford Goodfellows, as well as membership and private benefactors.

A United Way organization - Live United