

# Bedford Senior COMMUNITY CENTER NEWSLETTER



**APRIL 2017 - MAY 2017**

**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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**BINGO FUNDRAISER  
AT  
BEDFORD SENIOR CENTER**

**MONDAY - APRIL 3, 2017**

**1:00PM - 3:00PM**

**CASH PRIZES**

**COST - \$1500**

**PLAY 20 REGULAR GAMES  
AND THREE SPECIAL GAMES**

**THE "SCRAPPY QUILTERS" PRESENTS:**

**"Ladies Tea"**

**Saturday, May 20, 2017**

**11:00am - 2:00pm**

**at**

**The Bedford Senior Center**

**1653 Samaria Rd. - Temperance, MI 48182**

**\$25.00 per ticket.**

**Seating is limited, advance ticket sales only.  
(Tickets available at the Senior Center office)**

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

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

**2016-2017 Advisory Board**

**Members**

Naomi Bowlin  
 Janice Clark  
 Ethelyn Elkins  
 Shirley Lucarelli -  
*Treasurer*  
 Nancy Patton -  
*Vice President*  
 Harriet Rochowiak -  
*Secretary*  
 Larry Thompson  
 Becky Vincent  
 Tina Welch -  
*President*

**Alternates**

Carol Frederick  
 Grace Peitz  
 Rose Mary Schroeder  
 Pat Webber

**Agency  
 Representatives**

Nancy Crandall  
 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)

**2017 MEMBERSHIP DUES**

Please remember that yearly Membership Dues help to defray operational cost and give us extra funds to do Special Programming for our Senior Citizens

Membership is \$15.00 for MI Residents and \$18.00 for all others.

Dues run from January - December of each year.

If you haven't already done so, please either mail your 2017 Membership Dues or visit the Bedford Senior Center and pay your Dues at the office.

*Thank You to all who have paid their 2017 dues.*

**Welcome New Members**

Linda Conner	Kenneth Pool
Betty Adler	Susan Pool
Christine Curtis	Pat Howard
Diana (Dee) Janney	Kenneth Howard

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



With Sympathy to the families of our  
dearly departed members

JoAnn Finley  
 Ethel Cayugan  
 Carl Ross



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.

**APRIL:**

1. Flossie Townsend
2. Phyllis Nicholas
3. Bob Peckham
4. Phyllis Parker, Mira Sampson, Arlene Mueller, Sue Badyna
7. Kenneth Rettig
8. Gloria Pezzino, Ed Thorn, Susan White
9. Dale Baker
11. Richard Rybka, Lynda Currie
12. Pairote Phruksukarn
13. Ruth Paschen
14. Harry Kruzynski, Glennadine Reed
15. Dee Frechette
17. Linda Bodine, Ann Gozdowski
18. Sandy Sobczak
19. Harold Osgood, Walt Wilburn, Sharon Tkaczyk
20. Geraldine Mannor, Edward Stiles
21. Sarah Earley, Alma Duran
22. Violet Howard, Svend Kroyer
23. Suzanne Drager
24. Geralyn Beard, Helen Brusser, Daniel Dudek, Amanda Maldonado, WEunice Salko
25. Susan Soda, Annie Kahn
26. Violet Burton, Jim Jurski
27. Barbara Adams
28. Cynthia Schmidlin, Cindy Holey
29. Sue Nichols
30. Bernice Stykemain

**MAY:**

1. Thomas Maxwell
2. MaryAnn Zaborski
3. Marcia Moore, Sonnie Eylar, Jim Rechel
4. Donna Ryan
5. Eldin Miller, Agnes Roberson
6. Keith Ruby, Ron Wright, Charles McDowell
7. Mary Seitz, Josie McConnell
8. Gloria Pezzino, Gloria Larsh
10. Frank Wesolowski
12. Janet Basinger
13. Laura Wilson
15. Phillip Davis, George Komorowski
16. Diane Nowlan
17. Eleanore Juhnke
18. James Jason, Leo Adoline
19. Harold Osgood
21. Bonnie Howard, Kenneth Howard
24. Linda Snyder, Patricia Thomas
25. Bonnie Pallika
26. Sue Maddux
27. Janice Breier, Bud Brow, Ralph Hendrickson
28. Greg Stewart, Mike Krolak, Ethel Mull, Paul Frances
29. Judy Finch, Doris Lemoine, Grace Peitz
30. Russ Stacy
31. Barbara Hampton, Michaeline Hannum

**Membership Dues:**

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



**COMING UP!**

**STRAWBERRY FESTIVAL  
QUILT RAFFLE  
TRASH & TREASURE SALE  
SATURDAY - JUNE 10, 2017  
10:00am - 2:00pm**



**Quilt Raffle tickets on sale now! \$1.00 each or six for \$5.00  
We will take donations for Trash & Treasures Sale  
from June 1 thru June 9, 2017  
Between 8:30am & 3:00pm**

**MANY VOLUNTEERS ARE NEEDED  
FOR THIS EVENT- PLEASE SIGN UP**



**WANTED  
HORSESHOE AND CRIBBAGE PLAYERS**

**We would like to start a couple of new programs in June. If you are interested in playing Cribbage or Horseshoes please let us know by stopping in the office or calling Dianne, Julie, or Nancy at :**

**734-856-3330**

**BEDFORD SENIOR COMMUNITY CENTER**  
**SCHEDULED ACTIVITIES**  
*APRIL 2017*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3.</b> Fitness 9:00am</p> <p style="text-align: center;"><b>FUNDRAISER BINGO 1PM - 3PM SPECIAL PRIZES COST \$15.00</b></p>	<p><b>4.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45</p>	<p><b>5.</b> Fitness 9:00am Blood Pressure 11:00 - Noon Bunco 12:30</p>	<p><b>6.</b> Quilters 9:00 - Noon Pinochle 12:30 - 2:30</p>	<p><b>7.</b> Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Square Dance 1:00</p>
<p><b>10.</b> Fitness 9:00am Advisory Board Meeting 10:00am Bingo 12:30</p>	<p><b>11.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45</p>	<p><b>12.</b> Fitness 9:00am Card Class 10:00am Blood Pressure 11:00 - Noon Bunco 12:30</p>	<p><b>13.</b> Quilters 9:00 - Noon Euchre 10:00 - 2:00</p>	<p style="text-align: center;"><b>CLOSED GOOD FRIDAY</b></p>
<p><b>17.</b> Fitness 9:00am Bingo @ 12:30</p>	<p><b>18.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45</p>	<p><b>19.</b> Fitness 9:00am Library 11:00am Blood Pressure 11:00 - Noon Bunco 12:30</p>	<p><b>20.</b> Quilters 9:00 - Noon Pinochle 12:30 - 2:30</p>	<p><b>21.</b> Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Square Dance 1:00</p>
<p><b>24.</b> Fitness 9:00am Bingo @ 12:30</p>	<p><b>25.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45</p>	<p><b>26.</b> Fitness 9:00am Blood Pressure 11:00 - Noon <b>Monthly Movie 9:30am &amp; 12:45pm</b> Bunco 12:30</p>	<p><b>27.</b> Quilters 9:00 - Noon Euchre 10:00 - 2:00</p>	<p><b>28.</b> Bible Study 10:30 - 11:30am Euchre 12:30 - 3:30 Square Dance 1:00</p>

**BEDFORD SENIOR COMMUNITY CENTER**

**BEDFORD SENIOR COMMUNITY CENTER  
SCHEDULED ACTIVITIES  
MAY 2017**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1.</b> Fitness 9:00am Bingo @ 12:30	<b>7.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45	<b>3.</b> Fitness 9:00am Blood Pressure 11:00 - Noon Bunco 12:30	<b>4.</b> Quilters 9:00 - Noon Pinochle 12:30 - 2:30	<b>5.</b> Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Square Dance 1:00
<b>8.</b> Advisory Board Meeting 10:00am Fitness 9:00am Bingo @ 12:30	<b>9.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45	<b>10.</b> Fitness 9:00am Card Class 10:00am Blood Pressure 11:00 - Noon Bunco 12:30	<b>11.</b> Quilters 9:00 - Noon Euchre 10:00 - 2:00	<b>12.</b> Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Square Dance 1:00
<b>15.</b> Fitness 9:00am Bingo @ 12:30	<b>16.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45pm  <b>HEALTH DEPT - "Rethink Your Drinks" 11:15 - 11:30am</b>	<b>17.</b> Fitness 9:00am Library 11:00am Blood Pressure 11:00 - Noon Bunco 12:30	<b>18.</b> Quilters 9:00 - Noon Pinochle 12:30 - 2:30	<b>19.</b> Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Square Dance 1:00
<b>22.</b> Fitness 9:00am Bingo @ 12:30	<b>23.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45	<b>24.</b> Fitness 9:00am <b>Monthly Movie 9:30am &amp; 12:45</b> Blood Pressure 11:00 - Noon Bunco 12:30	<b>25.</b> Quilters 9:00 - Noon Euchre 10:00 - 2:00	<b>26.</b> Bible Study 10:30am - 11:30am Euchre 12:30-3:30 Square Dance 1:00
<b>29.</b> <b>CLOSED MEMORIAL DAY</b>	<b>30.</b> Bridge 9:00am Wii Bowling 12:30pm Square Dance 1:00 Line Dance 2:45	<b>31.</b> Fitness 9:00am Blood Pressure 11:00 - Noon Bunco 12:30		

## ***IMPORTANT INFORMATION FOR ALL MEMBERS***

Enclosed in this Newsletter is our annual request seeking Members to run for positions on our Bedford Senior Center Advisory Board for the 2017-2018 year. we need to fill four Advisory Board Member positions and four Alternate positions. Alternates sit in on meetings and fill in for regular Board members when needed. Alternates also are welcome to serve on a Committee.

**Fill out the enclosed “Intent to Run for the Bedford Senior Center Advisory Board” if you are interested in serving. Return you completed form to the office or any member of the Nominating Committee by April 28, 2017. Elections will be held at the Annual Membership meeting on June 12, 2017. The meeting starts at 11:00am in the dining room.**

**\*\*Your membership dues for 2017 must be paid before you are eligible to run for any position on the Advisory Board.\*\***

### *SPECIAL EVENTS*

*Monday - April 3, 2017*  
*Bingo Fundraiser*  
*1:00pm - 3:00pm in the Dining Room*  
*See cover page for details*

*Saturday - May 20, 2017*  
*“Ladies Tea”*  
*10:00am - 2:00pm*  
*See cover page for details*

*Monday - June 12, 2017*  
*Membership Meeting & Advisory Board Elections*  
*11:00am at The Bedford Senior Center*

*Saturday - June 10, 2017*  
*Strawberry Festival*  
*10:00am - 2:00pm*  
*See page 4 for details*

*Monroe County Caregiver Summit - May 11, 2017 - 4:30pm - 7:30pm*  
*(LaRoy's Hall - Monroe)*

**MONROE COUNTY  
CAREGIVER SUMMIT  
Wednesday May 11, 2017  
4:30pm - 7:30pm**

**Requested Donation is \$5.00  
at the Door  
Donation covers the Summit  
and Dinner**

**Dinner served at 5:00pm**

**Visit the exhibit area and speak with professionals from local organizations who will provide information on services and resources for Caregivers of older adults and adults with disabilities. Many vendors will offer Raffle Prizes.**

***Registration deadline is April 24th***



## FREE AND LOW-COST HEALTH SCREENINGS

### THIS YEAR

FREE medication drop off as well. Dispose of any expired or unused prescription or over the counter medication. Drop off is anonymous, and any patient identifying information will be destroyed.

**BEDFORD—JUNE 8, 2017**

**8AM—NOON**

Our Lady of Mt. Carmel Catholic Church  
8330 Lewis Avenue  
Temperance, MI 48182

**DUNDEE—JUNE 15, 2017**

**8AM—NOON**

Dundee Assembly of God  
13790 South Custer Road  
Dundee, MI 48131

**MONROE—OCTOBER 19, 2017**

**8AM—NOON**

Redeemer Baptist Church  
5305 Evergreen Dr.  
Monroe, MI 48161  
(Main Entrance on S. Telegraph Rd.  
just North of Dunbar Rd. and  
directly across From 15600 S. Telegraph Rd.)

**CARLETON—NOVEMBER 2, 2017**

**8AM—NOON**

Carleton United Methodist Church  
11435 Grafton Road  
Carleton, MI 48117

### ADULT VACCINES AVAILABLE

The following vaccines may be available to adults 19 years of age or older who are uninsured\*, or underinsured\* and meet certain risk factors: Td/Tdap, MMR, Hepatitis B, Hepatitis A. Flu and Pneumonia will be available for Medicare part B recipients.

\*Adults with vaccine insurance coverage or Medicaid do not qualify for this program.

NO APPOINTMENT NECESSARY – MINORS MUST HAVE PARENT OR LEGAL GUARDIAN'S SIGNATURE

### ALL HEALTH CHECK SITES WILL OFFER THE FOLLOWING FREE TESTS AND SERVICES:

Blood Pressure • Nutrition and Medication Counseling • Height/Weight Measurement • Pulmonary Function

### THE FOLLOWING TESTS WILL BE AVAILABLE FOR A SMALL FEE:

ACCURATE RESULTS FOR SOME BLOOD TESTS REQUIRE FASTING FOR 12 HOURS. TAKE ALL MEDICATION WITH WATER ONLY.

**BLOOD PANEL—\$25** A 22-test profile that includes a complete blood cell count, liver, kidney and thyroid function, glucose, sodium, potassium, cholesterol, triglycerides, HDL, and LDL.

**HA1C—\$15** A blood test that aids in diagnosing and in monitoring diabetes.

**H.PYLORI—\$15** A blood test that screens antibodies associated with bacteria that causes gastritis, ulcers and other gastrointestinal problems.

**VITAMIN D—\$15** Measures how much **vitamin D** is in your body. **Vitamin D** is essential for healthy bones, and a lack of it can lead to health problems, including cardiovascular disease.

**FOR MORE INFORMATION CONTACT: HEALTH CHECK AT (734) 242-1331**

**COLORECTAL CANCER KITS—\$5** These are take home kits that may detect early warning signs of ulcers, cancer or colitis. Other specialists including podiatrists, sleep specialists, massage therapists, respiratory therapists and mental health professionals may be available.

### SPONSORED BY:

United Way of Monroe County • ProMedica Monroe Regional Hospital  
Family Medical Center of Michigan • RSVP • Monroe County Health Department

Carleton United Methodist Church • Monroe Redeemer Baptist Church • Our Lady of Mt Carmel Catholic Church • Dundee Assembly of God

\*All tests: subject to availability at time of Health Check



## GREETING CARD MAKING CLASSES

APRIL 12, 2017

MAY 10, 2017

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*

Come and make some awesome greeting cards even if you are a beginner. Your friends and family will love getting these cards made especially by you! You will take home three finished cards from each class. Class size is limited to the first 15 people. PLEASE SIGN UP at the office for these classes.\*\* *A Sample Board showing the cards you will make will be available at the Senior Center three weeks prior to each class.*

## HOLIDAY CLOSINGS

The Bedford Senior Center is closed on the following holidays:

**APRIL 14, 2017  
GOOD FRIDAY**

**&**

**MAY 29, 2017  
MEMORIAL DAY**



## 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.

## 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 CITIZENS CENTER PRESENTS**

**Lancaster Show Trip & the Dutch Country**



**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 9 meals: 4 breakfasts, 1 lunch and 4 dinners
- ◆ Admission to the "JONAH" Show at the Sight & Sound Millennium Theatre®
- ◆ Admission to the "VEGAS LEGENDS" Show at the American Music Theatre
- ◆ Luncheon Cruise aboard the SPIRIT OF PHILADELPHIA
- ◆ Visit to charming KITCHEN KETTLE VILLAGE
- ◆ Visit to ROCKVALE SQUARE OUTLETS
- ◆ Admission to the LANDIS VALLEY MUSEUM & VILLAGE
- ◆ GUIDED TOUR OF LANCASTER
- ◆ For more pictures, video and information visit: [www.GroupTrips.com/BedfordSeniorCitizensCenter](http://www.GroupTrips.com/BedfordSeniorCitizensCenter)

**\$579 \***

**5 DAYS 4 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

**(Mon - Fri)**

**July**

**10 - 14, 2017**



See the all NEW "JONAH" Show at the Sight & Sound Theatre®



Enjoy the smooth sounds of the "VEGAS LEGENDS" Show



Take in the sights on The Spirit of Philadelphia Cruise



Experience the Amish lifestyle

**Departure: Bedford Senior Center, 1653 W Samaria Rd, Temperance, MI @ 8 am**

**Day 1:** Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. Later that day, enjoy a relaxing Dinner and check into your Pennsylvania-area hotel for a 4 night stay.

**Day 2:** Today after enjoying a Continental Breakfast, you will go on a GUIDED TOUR OF LANCASTER including Amish Country. Next, you'll visit the KITCHEN KETTLE VILLAGE – a charming marketplace of shops and restaurants. Then, you'll see the NEW musical "JONAH" at the Sight & Sound Millennium Theatre®, one of the world's largest live performance stages. Jonah is a prophet - and a man on the run. God teaches Jonah how to receive grace and extend mercy, even to his archenemy: Nineveh. Take your group deep into this Bible classic as it springs to life on stage in jaw-dropping scale by a world-class cast, spectacular special effects and live animals - on stage and in the aisles. Tonight enjoy Dinner and head back to your hotel.

**Day 3:** Today after enjoying a Continental Breakfast, you will go to LANDIS VALLEY MUSEUM & VILLAGE, filled with historic buildings and costumed interpreters who demonstrate the daily life, activities, and customs of a 19th Century Pennsylvania Dutch Village. Afterwards, you'll head to Lancaster's ROCKVALE SQUARE OUTLETS for lunch on your own and shopping. Then, you will head to Lancaster's famous American Music Theatre for the NEW "VEGAS LEGENDS" show. In this new Show, Vegas Legends captures the excitement and energy of Las Vegas, while celebrating yesterday's and today's legendary musicians like Elvis Presley, Wayne Newton, Paul Anka, Tom Jones, Celine Deon, Donny & Marie, Garth Brooks, and more. Tonight enjoy Dinner and head back to your hotel.

**Day 4:** After enjoying a Continental Breakfast, you will Cruise in style and comfort aboard SPIRIT OF PHILADELPHIA. There'll be delicious freshly prepared dining, dancing and great sightseeing. It's time to see the city from a different perspective—the water. Spirit of Philadelphia allows you to experience a completely pleasant atmosphere at your leisure. Relax on their festive climate-controlled decks, or take a stroll to their spacious observation deck. Afterwards, you'll have some free time in Philadelphia to explore the Liberty Bell and Independence Hall. Finally, you'll have Dinner before heading back to your hotel for the evening.

**Day 5:** After enjoying a Continental Breakfast, you'll depart for home. A perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

**ADD PEACE OF MIND TO YOUR TRIP...**  
With the Travel Confidence™ Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$150 for single occupancy.  
Final Payment Due: 5/3/2017

**FOR INFORMATION & RESERVATIONS CONTACT:**

**Dianne Carroll @ (734) 856-3330**

## 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

#### **July 10 - 14, 2017: LANCASTER SHOW TRIP & THE DUTCH COUNTRY**

*Five days, 4 nights to Enjoy a guided tour of Lancaster, PA including Amish Country.*

*See the all NEW "JONAH" Show and the "VEGAS LEGENDS" show.*

*Take a cruise on the Spirit of Philadelphia. A great trip for shopping, shows & sightseeing!*

*Cost per person, \$579.00 for Double, \$729.00 for Single, and \$559.00 for Triple.*

#### **October 11 - 17, 2017: BOSTON, SALEM, & CAPE ANN**

*Seven days, six nights to enjoy this wonderful area. Trip includes a guided tour of Boston,*

*a visit to the JFK Library & Museum, visits to Gloucester "Americas Oldest Seaport" and*

*The Fauneuil Hall Marketplace. Enjoy guided tours of scenic Coastal Massachusetts,*

*Lexington and Concord. Visits to Salem & Cape Ann are also included.*

*Cost per person, \$759.00 for Double, \$1,074.00 for Single, and \$739.00 for Triple.*

### **CASINO TRIPS:**

#### **May 14 - 15, 2017: TURTLE CREEK CASINO - Traverse City, MI (Acme)**

*Stay at the Turtle Creek Casino Hotel, stops at Soaring Eagle Casino each way.*

*Casino package available at both casino's.*

*Cost per person, \$149.00 Double & \$199.00 for Single*

#### **July 24 & 25, 2017: FIREKEEPER CASINO OVERNIGHT & STOP AT GUN LAKE CASINO**

*Stay at Firekeepers Casino Resort stop at Gun Lake Casino on first day.*

*Casino package at both casino's.*

*Cost per person, \$149.00 Double & \$209.00 for Single*

**\*\*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 APRIL 2017

## 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
<b>3. Stuffed Peppers</b> Mashed Potatoes Succotash Pears	<b>4. Chicken &amp; Biscuit</b> Cole Slaw Lemon Gelatin w/ Pineapple & Carrots	<b>5. Salisbury Steak</b> w/Gravy Red Skin Potatoes Corn Applesauce	<b>6. Salmon Patty</b> w/White Sauce Mashed Potatoes Peas Apricots	<b>7. Mac &amp; Cheese</b> Green Beans Carrot Salad Scalloped Apples
<b>10. Smoked Sausage &amp; Sauerkraut</b> Red Skin Potatoes Sliced Carrots Applesauce	<b>11. Liver &amp; Onions</b> Mashed Potatoes Stewed Tomatoes & Zucchini Mandarin Oranges	<b>12. Chicken Alfredo</b> Red Beets Cheddar Biscuit Peaches	<b>13. Loaded Baked Potato w Chili, Cheese &amp; Onions</b> Sour Cream Tossed Salad Peaches	<b>CLOSED                      GOOD                      FRIDAY</b>
<b>17. Turkey Pot Roast</b> Mashed Potatoes Green Beans Cottage Cheese w/ Pineapple	<b>18. Ham</b> Baked Sweet Potato Lima Beans Fruited Gelatin	<b>19. Birthday Dinner</b> <b>Chicken Breast</b> Red Skin Potatoes Brussels Sprouts Cake & Ice Cream Apple	<b>20. Stuffed Cabbage</b> Mashed Potatoes Lima Beans Banana	<b>21. Tater Crusted Fish</b> Au Gratin Potatoes Tossed Salad Pineapple
<b>24. Sloppy Joes</b> Steak Fries Cole Slaw Scalloped Apples	<b>25. Pork Roast</b> w/Gravy Mashed Potatoes Broccoli Pears	<b>26. Goulash</b> Italian Green Beans Garlic Toast Peaches	<b>27. Stuffed Chicken</b> Rice Pilaf Brussels Sprouts Apricots	<b>28. Ham &amp; Swiss on Rye - Sandwich</b> Veggi Pasta Salad Pickle Applesauce

# MENU FOR MAY 2017

## 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
<b>1. Beef Stew &amp; Biscuit</b> Tossed Salad Cookie Orange	<b>2. Stuffed Peppers</b> Mashed Potatoes Green Beans Fruit Cocktail	<b>3. Turkey Pot Roast</b> <b>Rice</b> <b>Peas &amp; Carrots</b> <b>Apple</b>	<b>4. Chicken Breast</b> Red Skin Potatoes Green Beans Mandarin Oranges	<b>5. Cinco de Mayo</b> <b>Taco Salad</b> Refried Beans Churro Pastry Banana
<b>8. Salisbury Steak</b> w/Gravy Mashed Potatoes Broccoli Fruit Cocktail	<b>9. COOK'S CHOICE</b>	<b>10. Roasted Vegetable</b> <b>Lasagna</b> Lima Beans Garlic Toast Fruited Gelatin	<b>11. Salmon Patty</b> w/White Sauce Mashed Potatoes Peas Apricots	<b>12. Spaghetti</b> w/Meat Sauce Tossed Salad Garlic Bread Pears
<b>15. Chicken ala King</b> <b>over Biscuit</b> Winter Blend Vegetables Pears	<b>16. BBQ Pork</b> <b>Sandwich</b> Seasoned Fries Cole Slaw Fruit Cocktail	<b>17. Birthday Dinner</b> <b>Meat Loaf w/Gravy</b> Mashed Potatoes Carrots Cake & Ice Cream Pineapple	<b>18. Beef Stroganoff</b> <b>&amp; Noodles</b> Green Beans Carrot Raisin Salad Peaches	<b>19. Fish Sandwich</b> Steak Fries Broccoli Banana
<b>22. Pork Loin Roast</b> w/Gravy Mashed Potatoes Succotash Cranberry Relish Pears	<b>23. Smokey Mountain</b> <b>Casserole</b> Cole Slaw Cheddar Biscuit Apricots	<b>24. Chicken Stuffed w/</b> <b>Broccoli &amp; Cheese</b> Red Skin Potatoes Green Beans Fruit Cocktail	<b>25. Baked Ham</b> w/Pineapple Sweet Potatoes Peas Chunky Applesauce	<b>26. Cheeseburger w/</b> <b>Lettuce, Tomato,</b> <b>Onion &amp; Pickle</b> Baked Beans Banana
<b>29. CLOSED</b> <b>MEMORIAL</b> <b>DAY</b>	<b>30. Sloppy Joe</b> Pasta Salad Chips Pickle Pineapple	<b>31. Veal Parmesan</b> <b>&amp; Spaghetti</b> Lima Beans Garlic Bread Pears		

**Bedford Public Schools**

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Temperance, MI 48182

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**Bedford Senior Community Center**

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Temperance, MI 48182

**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.



**Commission on Aging**



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