

# BEDFORD SENIOR COMMUNITY CENTER NEWSLETTER



**MAY & JUNE 2024**

**1653 SAMARIA  
TEMPERANCE, MI 48182**

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

## **CENTER HOURS:**

**Monday through Friday:  
8:00 a.m. – 3:30 p.m.**

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***Bedford Senior Community Center  
Annual Quilt Raffle!  
Tickets - \$1.00 each or six for \$5.00  
Drawing to be held on June 8, 2024  
at 1:00pm***



**HONORING VETERANS OF THE MONTH**

**MARCH: ROY G.– Air Force 8 years, 9 months**

**APRIL: CHARLIE C.– Army: Core of Engineers– 2 years**

**Congrats Euchre Winners:**

**Feb 2024: Rick E., Lillian L., Ron H., Larry B., Carol H., Dave H.,**

**March 2024: Mary S., Pam D., Jack W.,**



**WE NEED YOU!** Please consider volunteering to deliver Meals-on-Wheels. Both Drivers and Runners are needed. Call the office at 734-856-3330 if you would like to volunteer.



**Garden Volunteers needed for Spring! Morning help is needed weekdays.**  
**Call for details!**  
**Great opportunity for those who simply love to garden!**  
**734-856-3330**

**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
- Blood pressure Checks
- Hand & Foot Cards
- Line dancing Lessons
- Bunco & BINGO
- Pool Tables
- Crafts, quilting, knitting and crocheting
- Euchre
- Fundraisers (i.e. Dinners & festivals)
- Special Events
- Card Party
- Intergenerational programming
- Enhanced Fitness Program
- Rock Art
- Book Club
- Tai Chi
- Internet access
- Monroe County Library in Motion (once a month)
- Greeting Card Classes
- Yoga
- Strength & Balance exercise class
- Members are welcome to attend our Board meetings**

**Membership Dues 2024:**

**Michigan \$18.00 per person**  
**Ohio \$20.00 per person**

Newsletters are only mailed to members that have paid membership dues for the current year.

Membership dues help support our programs and help with the cost of postage to mail newsletters six times a year.

***Holiday Closings***



**Monday -May 27, 2024**  
**Memorial Day**



**Birthday Members receive a beautiful flower at lunch donated by Shinkle's Florist!**

**HAPPY BIRTHDAY to all our members who are celebrating a birthday in MAY**

- 2. Sue Karmol, Homero Ortiz
- 3. Sandra Rose, Joyce Dashner, Marcia Moore
- 5. Tim Carnicom
- 6. Ronald Wright, Debbie Jablonski, Ellen VanEtten
- 7. Mary Seitz, Cathy Swanson, Ruth Ann Hall, Laura Reuss
- 8. Mary Ann Ferrara
- 9. Lee Kronovich
- 10. Nancy Andrews, Pamela Manee
- 12. Janet Basinger, Norman Spohler
- 13. Larry McCrea, Paul Manor
- 15. James Jagodzinski, Betty McCollum, Rita Collier, Roger Valentine Sr.
- 16. Gerald Wack, Judy Diener
- 17. Emmy Chandler, Ardith Murphy
- 18. Sandra Perry
- 19. Janet Sass, Barbara Przybylski, Donald Palinski
- 20. Sharon Rauch
- 21. Kenneth Howard, Rochelle Liberios, Patricia LaScola
- 22. Robert Bomyea, Carol Quick
- 23. Lynne Dickendasher
- 24. Patricia Thomas, Tim Morrin
- 25. Bonnie Pavlika, Julie Horn, Judy Perkins, Annette Trouten
- 26. Sue Maddux, Cathy Brillhart, Laurie Digby
- 28. Ethel Mull
- 29. Richard LaVoy, Grace Peitz, Kenneth Alt

**HAPPY BIRTHDAY to all our members who are celebrating a birthday in JUNE**

- 1. Roberta Blakesly
- 3. Karen McCormick, Ann Duffy, Sandra Burr, Gary Wachtell
- 5. Kathleen Seitz, Nadine Dukeshire, Deb Zimmerman
- 6. Doris Dixon, Diane Burns, Robert Tober, JoAnn Newell, Garnette Frobish, Monica Benezette, Julie Wolfe
- 7. Janet Komisarek, Vicky Kreuchauf, Nancy Seibert, George Salas
- 8. Joyce Earley, Ralph Bydlowski
- 9. Gloria Dzienny, Michael Etue
- 10. Bernal Koch
- 11. Ron Dover, Ron Winebarger, Judy Steinert
- 13. Patricia Dusseau, Penny Veilleux
- 14. Don Zimmerman, Dave Mollet
- 15. Robert Schuler, Ann Holbrook
- 16. JoAnn Babka
- 17. Kathleen Adams, Kathy Beck, Vickie Hephner
- 18. Mary Kwiatkowski
- 20. Sharley Miller, Carol Fueling, Carol Swartz
- 21. David Rinehardt, Louise Brescol
- 22. Patricia Bowman, Lin Snare
- 23. Robert Sliwka
- 27. Dory Noble
- 29. Dale Badya, Judy Schreiber, Linda Spears,

**BIRTHDAY CELEBRATIONS with Musical Guests!**  
**MAY 15, 2024**  
 &  
**JUNE 19, 2024— Sponsored by Alexis Gardens**  
**11:30a - 12:15p**  
 Please call in your lunch reservation

**Our gift to you 2024!**  
 Members who come for Birthday Lunch **AND** are celebrating their birthday that month, **a FREE** will receive lunch.



**Visit our Website at:**  
[www.bedfordseniorcenter.com](http://www.bedfordseniorcenter.com)

**Follow us on Facebook: Bedford Senior Community**





**BEDFORD SENIOR COMMUNITY CENTER**  
**SCHEDULED ACTIVITIES**  
**MAY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Enhance Fitness 8:15a Hand & Foot Cards 9:30a Bible Readings 10:30a - 11:15a Bunco 12:30p Board meeting: 12:30pm	2. Quilters 9:00a-3:00p <b>Veteran of the Month presentation 11:45a</b> Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p <b>Strength &amp; Balance Class: 2:00p</b>	3. <b>CINCO de MAYO FUN! Sponsored by Aspen Grove</b> <b>Musical guest Homero Ortiz 11:30a</b> Enhance Fitness 8:15a Hand & Foot Cards 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p
6. Enhance Fitness 8:15a Yoga 9:15a - 10:15a Hand & Foot Cards 9:30a Bingo 12:30p	7. <b>Strength &amp; Balance Class: 9:00a</b>  <b>Sound Bath meditation 10:00a</b> <b>VOLUNTEER of the MONTH 11:45a</b> <b>NO Line Dance Class</b>  <b>Strength &amp; Balance Class: 3:00p</b>	8. Enhance Fitness 8:15a Hand & Foot Cards 9:30a Card Class 10:00a - 11:30a Bunco 12:30p	9. Quilters 9:00a-3:00p <b>Lunch &amp; Learn- Debra Klem-Nurses Honor Guard Program: 11:45a</b> Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p <b>Strength &amp; Balance Class: 2:00p</b>	10. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p
13. Enhance Fitness 8:15a <b>Mother's Day Donuts sponsored by Alexis Gardens 9am-10:30am</b> Yoga 9:15a - 10:15a Hand & Foot Cards 9:30a <b>Lunch &amp; Learn Dr. Emily Neal, "Balance": 11:45am</b> Bingo 12:30p	14. <b>Strength &amp; Balance Class: 9:00a</b>  <b>VSO Don Cannon- 11a -3p</b> <b>Left-Right-Center dice game 12:30pm</b> Line Dance Class 1:00p - 2:30p <b>Strength &amp; Balance Class: 3:00p</b>	15. Enhance Fitness 8:15a Hand & Foot Cards 9:30a Bible Readings 10:30a - 11:15a Bunco 12:30p Sound Bath Meditation 12:30p	16. Quilters 9:00a-3:00p Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p <b>Strength &amp; Balance Class: 2:00p</b>	17. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p
20. Enhance Fitness 8:15a Yoga 9:15a - 10:15a Hand & Foot 9:30a Bingo 12:30p (upstairs) w/ Max <b>Monroe County Senior Info Fair 1:30p-3:30p-Hosted by Congressman Tim Walberg &amp; BSCC</b>	21. <b>Strength &amp; Balance Class: 9:00a</b> Crafts w/ Stacy- " <i>Craft Fest Theme</i> " 10:30a-11:30a Line Dance Class 1:00p - 2:30p <b>Strength &amp; Balance Class: 3:00p</b>	22. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Bunco 12:30p	23. Quilters 9:00a-3:00p Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p <b>Strength &amp; Balance Class: 2:00p</b>	24. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a <b>HONOR GUARD VFW Post #956 Memorial Day Program</b> Euchre 12:30p-3:30p
28. <b>Strength &amp; Balance Class: 9:00a</b>  TRIVIA DAY 10:30a-11:30a Book Club 12:30pm Line Dance 1:00p - 2:30p <b>Strength &amp; Balance Class: 3:00p</b>	29. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Bunco 12:30p  <b>"Fitness Day"</b>	29. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Bunco 12:30p	30. Quilters 9:00a-3:00p Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p <b>Strength &amp; Balance Class: 2:00p</b>	31. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p <b>"Bedford Mules Day"</b>
	<b>SPirit WEEK Red, White, &amp; Blue Day</b>	4	<b>"Silly Hat Day"</b>	<b>Congrats 2024 Graduates!</b>

**BEDFORD SENIOR COMMUNITY CENTER**  
**SCHEDULED ACTIVITIES**  
**JUNE 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.Enhance Fitness 8:15a <b>NO YOGA Today</b> Hand &amp; Foot Cards 9:30a Bingo 12:30p</p>	<p>4.<b>VOLUNTEER of the MONTH presentation 11:45a</b> <b>Strength &amp; Balance Class: 9:00a</b> Line Dance Class 1:00p - 2:30p <b>Strength &amp; Balance Class: 3:00p</b></p>	<p>5.Enhance Fitness 8:15a Hand &amp; Foot Cards: 9:30a Bible Readings 10:30a - 11:15a Bunco 12:30p</p>	<p>6.<b>NO Quilters GROUP Today</b> Tai Chi 12:30p- 1:30p Double Deck Pinochle 12:30p - 3:00p <b>Strength &amp; Balance Class: 2:00p</b></p>	<p>7. Enhance Fitness 8:15a Hand &amp; Foot Cards 9:30a <b>Veteran of the Month presentation 11:45am</b> <b>NO Euchre Today</b>  <b>Strawberry Festival Saturday June 8th</b></p>
<p>10. <b>CLOSED</b>  <b>Staff Development Day</b></p>	<p>11. <b>Strength &amp; Balance Class: 9:00a</b> <b>Sound Bath Meditation w/ Kim 10:00a-11:00a</b> <b>VSO Tim- 11a-3p</b> <b>Lunch &amp; Learn Nick Abalos (Edward Jones): 11:45am</b> <b>Left-Right-Center dice game 12:30pm</b> Line Dance Class 1:00pm - 2:30pm <b>Strength &amp; Balance Class: 3:00p</b></p>	<p>12. Enhance Fitness 8:15am Hand &amp; Foot Cards: 9:30am Bunco 12:30pm <b>Board Meeting 12:30p</b></p>	<p>13.Quilters 9:00 - 3:00p <b>Lunch &amp; Learn State Rep. Will Bruck: State Info Updates 11:45am</b> Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm <b>Strength &amp; Balance Class: 2:00p</b></p>	<p>14.Enhance Fitness 8:15am Hand &amp; Foot Cards: 9:30am Euchre 12:30-2:30</p>
<p>17.Enhance Fitness 8:15a Yoga 9:15am - 10:15am Hand &amp; Foot Cards: 9:30am Bingo w/ Max @ 12:30pm</p>	<p>18. <b>Strength &amp; Balance Class: 9:00a</b> <b>Crafts w/ Stacy- "Patriotic Theme" 10:30am-11:30am</b> Line Dance Class 1:00pm - 2:30pm <b>Strength &amp; Balance Class: 3:00p</b></p>	<p>19.Enhance Fitness 8:15am Hand &amp; Foot Cards: 9:30am Bible Readings 10:30am - 11:15am Bunco 12:30pm Sound Bath Meditation w/ Kim 12:30p-1:30p</p>	<p>20.Quilters 9:00 - 3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm <b>Strength &amp; Balance Class: 2:00pm</b></p>	<p>21.Enhance Fitness 8:15am Hand &amp; Foot Cards: 9:30am Euchre 12:30-3:30</p>
<p>24.Enhance Fitness 8:15a Yoga 9:15am - 10:15am Hand &amp; Foot Cards: 9:30am Bingo @ 12.30pm</p>	<p>25. <b>Strength &amp; Balance Class: 9:00a</b> Trivia Day! 10:30a-11:30a <b>VSO Tim- 11a-3p</b> <b>Book Club 12:30p</b> Line Dance Class 1:00pm - 2:30pm <b>Strength &amp; Balance Class: 3:00p</b></p>	<p>26.Enhance Fitness 8:15am Hand &amp; Foot Cards: 9:30am Bunco 12:30pm</p>	<p>27.Quilters 9:00 - 3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm—3:00pm <b>Strength &amp; Balance Class: 2:00p</b></p>	<p>28.Enhance Fitness 8:15am Hand &amp; Foot Cards: 9:30am Euchre 12:30-3:30</p>
		5		



# BEDFORD SENIOR COMMUNITY CENTER BAKE SALE

Saturday - June 8, 2024

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**

## ***BAKE SALE DONATIONS ARE NEEDED***

*The Bedford Senior Community Center needs volunteers to sign up and bake cookies, pies, breads, etc. to donate for the Bake Sale fundraiser on June 8th. Please bring your donations to the Senior Center between 8:30am and 3:00pm on June 6th or 7th.*

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

### ***Trash & Treasures Sale Saturday, June 8, 2024 9:00am - 2:00pm***

Donations accepted for Trash & Treasures  
**from May 20 - May 31.**

between 8:30am & 3:00pm

Please bring in **clean** gently used items.  
No clothing, furniture, or large appliances.

Volunteers are needed to set up and work at  
our Trash & Treasures Sale.

All proceeds support the



Bed-  
ford  
Sen-

ior



## **WANTED!!!!**

**2 Grill Volunteers Needed to grill  
our Hot Dogs**

**(all supplies are provided)**

**8:30am**

**SIGN UP IN OR CALL THE OFFICE IF**

**ENHANCED  
FITNESS CLASS 8:15a  
&  
YOGA**  
At the Bedford Senior Center  
Every Monday



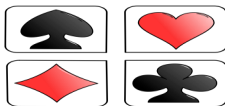
**BINGO**  
Every Monday  
12:30pm - 2:30pm

**BUNCO**  
Every Wednesday  
12:30pm - 2:30pm



Join our Quilt Group  
All are Welcome!  
Every Thursday  
9:00am - 3:00pm

**Tai Chi For Health  
Instructor  
Randy Menakes  
Every Thursday**



**CORN HOLE**  
Every  
Friday  
9:30am

**Double Deck Pinochle**  
Instruction Available!  
Every Thursday  
12:30pm - 3:00pm



**EUCHRE**  
Every Friday  
12:30pm - 3:30pm

**ROCK ART!**  
Hosted by Annette:  
Third Friday of the  
Month 12:30pm

**SOUND BATH  
MEDITATION**  
Hosted by:  
Kim Post, RN, &  
Certified Instructor:  
Twice a month:  
First Tuesday  
10:00a  
Third Wednesday



**Non-denominational**

**1st and 3rd Wednesday of the Month  
10:30am - 11:15am  
Rev. John Paschen Presiding**



*Fourth Tuesday of the  
month!  
10:30am  
Test your knowledge, and  
have fun with friends!  
Hosted by Beth @ RSVP*

**NEW!!!!!!!!!!!!**

**LEFT-RIGHT-  
CENTER DICE  
GAME**

**2nd Tuesday of the  
Month @ 12:30pm**

**\$2 per game goes  
into the winning  
kitty pot  
\*Hosted by Julie @  
Kingston**

**CRAFT'S W/ STACY!**

**JOIN US THE THIRD TUESDAY OF  
THE MONTH at 10:30am**

**MAY THEME: "CRAFT FEST!"**



For Beginner to Intermediate  
At  
The Bedford Senior Community Center

Tuesday's  
1:00pm - 2:30pm  
Cost: \$3.00 per lesson



**NEW EXERCISE CLASS  
STARTING IN MAY!  
STRENGTH & BALANCE**  
*(there is no cardio in this class)*

**TUESDAYS: 9:00am and 3:00pm**

**THURSDAYS: 2:00pm**

Classes are 45 minutes.

All supplies are provided but you are welcome to bring your own. *(1-5 lbs hand weights, ankle weights, leg-toning ball/ring)*

Classes are led by Celia & Colleen– trained &

**VOLUNTEER SPOTLIGHT!**

**MARCH: JUDY P.** –2 years serving volunteering with our Scrappy Quilters group and serving on the Board of Trustees! Judy loves doing things that give back to the community and supports the Senior Center, in addition to meeting new people.

**APRIL: NORM S.**– 18 Years serving with Meals-On-Wheels! He saw an ad in the paper and decided to try it. Norm was hooked! He loves the people he meets and all the staff here.

**THANK YOU BOTH FOR YOUR  
COMPASSION & DEDICATION!**



**\*Bedford Veteran Service Officer (VSO) is on site at the Bedford Senior Center the second and fourth Tuesday of every month from 11am -4pm. Don Cannon is here to assist you with your needs and questions. Appts or walk-ins are welcome!**

*With Sympathy to the families  
of our dearly departed members*



**Walter Willard  
Ernestine Lesczynski  
Kenneth Campbell  
Nancy Bachard  
Judith Hamburg  
Sydney Gubala  
Patricia Heckel**

**MONROE COUNTY SENIOR LEGAL  
SERVICES INC.**

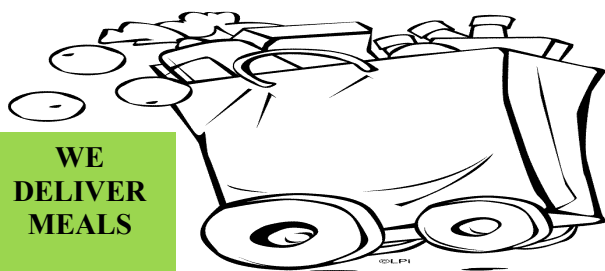
An Attorney from Legal Aid is scheduled to be at the Bedford Senior Center from 9:30am until 11:30am on the second Tuesday of every month.

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

**MEDICARE COUNSELING  
AVAILABLE**

**Bedford Community Senior Center  
Call 734-856-3330  
to schedule an appointment**





**STRAWBERRY FESTIVAL  
QUILT RAFFLE  
PIE AUCTION  
TRASH & TREASURE SALE  
SATURDAY - JUNE 8, 2024  
9:00am - 2:00pm**

***\*Quilt Raffle @ 1pm, Pie Auction @11:30a***



**Annual Samaria Days  
Saturday June 8th**  
Come to Samaria to  
shop garage sales in  
the area then stop in at the  
Bedford Senior Community  
Center  
to enjoy Strawberry Shortcake  
and shop our  
Trash & Treasures, Bake Sale  
& \$5 Hot Dog Combo meal,

**STRAWBERRY SHORTCAKE**

***\$5.00 Each***

**Includes: Shortcake Biscuit topped with fresh sweet strawberries,  
vanilla ice cream, and whipped topping.**

**Served with your choice of coffee, tea, or water**

***\*Vanilla Ice Cream donated by Hospice of NW Ohio***



## THE SCRAPPY QUILTERS GROUP!

We Need you!

Do You Quilt, Sew, Knit, Crochet, Cross Stitch, ETC?

If so, please join us every **Thursday** between **9:00am -3:00p**

Bring your own project to work on, or come help us with our projects to be donated to charity! All are welcome!

We also have sewing machines on-site for you to use.



### WEDNESDAY MAY 8th: 10a-11:30a CARD CLASS WITH ROBERTA!

Happy Spring! I am already planning what flowers to plant in my pots. Can't wait! Our May card class will be doing a Birthday card with a Star Quilt pattern using some flower design paper. Our 'Thinking of You' card will feature the cutaway technique that has a half circle cutout for a flower highlight. Our last card will be a retirement card that will have poetic statement about retirement. We will also take some time before we go to make some Christmas cards for our Meals on Wheels clients. Remember to sign up for classes in the office and the cost is only \$6.00 for each class except the Christmas card class.

I will be taking some time this summer to plan and design cards for fall classes as well as creating the cards for our Christmas card class in October. I will resume classes in September. Have a great and restful summer!

-Roberta

### FUN FOLLIES TALENT SHOW! COMING IN AUGUST 2024!

SEE THE MAIN OFFICE IF YOU ARE INTERESRED IN PARTICIPATING, HELP-ING BEHIND THE SCENES & FOR



### BOOK CLUB

**MAY:** *"The Marsh's King Daughter"* by Karen Dionne

**JUNE:** *"Kindred Spirits"* by: Sarah Strohmeier

**Book Club discussions will be held the 4th Tuesday of the month at 12:30pm**

## 2024 Trips!

*\*All Extended & Day Charter trips will require a downpayment at the time of registration.*



### DAY TRIPS!

#### **FIRE KEEPERS CASINO TRIPS 2024**

**JULY 17, 2024– \$35 per person**  
**Receive \$25 back in Red Hot credits & \$5 in meal credit**  
**\*Final payment due 6/21/24!**



***“TAKE ME OUT TO THE BALL GAME!”***

**WEDNESDAY JUNE 26th**

**\$65.00 per person**

**Includes:**

**Charter Bus transportation, dropped off and picked up at the Main Gate, Baseball game ticket, lunch ( hot dog, chips, & drink)**

**Payment due by May 30th.**



## **2024 CHARTER TRIPS INFORMATION!!!!**

*Diamond Tours Presents*

**MOUNT RUSHMORE, BADLANDS & BLACK HILLS OF SOUTH DAKOTA** ***\*WE STILL HAVE ROOM AVAILABLE!***

**August 17-August 25, 2024**

9 days 8 Nights

Double Occupancy \$1546.00

Single Occupancy \$1925.00

**Extended: \*\$100 deposit due 5/24/24**

**Final payment due 6/10/24**

**REGISTRATION IS OPEN!  
PLEASE CONTACT US FOR MORE DETAILED INFORMATION and FLYERS!**

**734-856-3330**

**Or visit our**

**website@ [www.bedfordseniorcenter.com](http://www.bedfordseniorcenter.com)**

# MENU FOR MAY 2024

## BEDFORD SENIOR COMMUNITY CENTER


Lunches are served between 11:30am & 12:15pm

Menu subject to change

Call 734-856-3330 between 8:00am & 10:30am for reservation

**\*RESERVATIONS ARE NO LONGER TAKEN IN ADVANCE.**

Whole grain bread, spread, & low fat milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1. Beef Lasagna</b> Pasta sauce Cheese Broccoli Tossed salad Garlic bread Apple	<b>2. Baked Pollock</b> Tartar sauce Cauliflower Tater tots Banana	<b>3. CINCO de MAYO celebration</b> <b>Taco Salad</b> Refried beans Beef, Lettuce, tomato Salsa/Sour Cream Pears Churro
<b>6. Chicken Salad Sandwich</b> Lettuce/tomato Whole wheat bun 3 Bean salad Peaches	<b>7. Beef Chili Mac w/ pasta noodles</b> Tossed salad Calif. Blend veggies Biscuit Apricots	<b>8. Brunch</b> French toast sticks Sausage links Home fries Syrup Strawberry yogurt OJ	<b>9. Baked Chicken Thigh w/gravy</b> Cheesy potatoes Glazed carrots Pears	<b>10. Pizza Burger</b> w/ marinara sauce Mozz cheese Whole wheat bun Fries Lima beans Grapes
<b>13. Fish Sandwich</b> Whole wheat bun Tartar sauce Sweet potato fries Cauliflower Oranges	<b>14. Turkey &amp; Swiss Wrap</b> Flour tortilla Lettuce/tomato Cottage Cheese Chips Pineapple	<b>15. BIRTHDAY LUNCH</b> <b>Meatloaf</b> Brown gravy Mashed potatoes Corn Dinner roll Applesauce Cake & ice cream *Music by Kurt Knight	<b>16. BBQ Chicken Chunks</b> Broccoli Baked beans Cole Slaw Banana	<b>17. Smoked Sausage on bun</b> Sauerkraut Seasoned fries Green beans Tossed salad Mixed fruit
<b>20. Sloppy Joes</b> On whole wheat bun Tater tots 3 Bean salad Apricots	<b>21. Tuna noodle Casserole</b> Brussel Sprouts Garlic biscuit Pears	<b>22. Crab Cakes</b> Baked potato Beets Mandarin Oranges	<b>23. Italian Meatball Sub w/ marinara</b> Mozz cheese Black Olive Red Onion Mixed Veggies Chips Pears	<b>24. Grilled Chicken Breast</b> Parsley potatoes Cauliflower Peaches
 <b>27. Memorial Day</b>	<b>28. Spaghetti w/ meat sauce</b> Ital. green beans Tossed salad Garlic bread	<b>29. Chicken Tenders</b> Ranch & bbq sauce O'brien potatoes Cole slaw Carrots	<b>30. Open faced hot beef sandwich</b> W/gravy Mashed potatoes Broccoli	<b>31. Pork Chop Suey</b> Rice California Veggie blend Pineapple Fortune cookie
	Strawberry yogurt	Applesauce	Banana	



# MENU FOR JUNE 2024

## BEDFORD SENIOR COMMUNITY CENTER

Lunches are served between 11:30am & 12:15pm

Menu subject to change

Call 734-856-3330 between 8:00am & 10:30am for a reservation

Whole grain bread, spread, & low fat milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3. Pork Patty</b> Gravy Boiled potatoes Beets Peaches	<b>4. Beef Enchilada Bake</b> Corn tortillas Refried beans Cheddar cheese Mexicali corn Corn bread Pears Churro	<b>5. Ham &amp; Swiss on Rye</b> Potato salad Cherry tomatoes Apple Chips	<b>6. Macaroni &amp; Cheese</b> Brussel sprouts Tossed salad Garlic biscuit Fruit cocktail	<b>7. Tuna Salad</b> Sandwich on whole wheat bun Lettuce/tomato Pea & Peanut Salad Grapes
<b>10. CLOSED</b>  <b>Professional Development day.</b>	<b>11. Chicken Thighs</b> Rice Pilaf Succotash Strawberry yogurt Dinner roll	<b>12. Chef Salad</b> Ham, turkey, cheese, egg, cucumber, tomato, beets Salad dressing Bread stick Apricots Cookie	<b>13. Cheeseburger on a wheat bun</b> American Cheese Lettuce/Tomato/Onion Pickle Potato wedge fries Tossed salad Banana	<b>14. Almond Crusted Pollock</b> Tater tots Lima beans Cole Slaw Mandarin oranges
<b>17. Pulled BBQ Pork sandwich on wheat bun</b> Seasoned French fries Cauliflower Carrot raisin salad Applesauce	<b>18. Mostaccioli Pasta</b> Meat sauce Corn Tossed Salad Garlic bread Peaches	<b>19. Birthday Lunch Baked Ham</b> Sweet Potatoes Green Beans Pineapple Cake & Ice Cream <i>Sponsored by Alexis Gardens</i> <i>*Music by "Twin Tunes"</i>	<b>20. Lemon Butter Pollock</b> Cheesy potatoes Lima Beans Orange	<b>21. Chicken A La King</b> Broccoli Biscuit Mixed Fruit
<b>24. Veal Patty</b> Gravy Red skin potatoes Normandy Veggies Pears	<b>25. Boneless Pork Chops</b> Green Beans Stuffing Dinner roll Applesauce	<b>26. Brunch</b> French toast sticks Sausage links Home fries Syrup Strawberry yogurt OJ	<b>27. Stuffed Peppers</b> w/ tomato sauce Mashed potatoes Carrots Dinner roll Banana	<b>28. Chicken Teriyaki Meatballs</b> Rice Pineapple Broccoli Peaches Spring roll

1653 W. Samaria Rd.  
Temperance, MI 48182

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**BEDFORD  
SENIOR CENTER  
NEWSLETTER**



**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 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