

BEDFORD SENIOR COMMUNITY CENTER



MARCH & APRIL 2024

**1653 SAMARIA
TEMPERANCE, MI 48182**

Phone: 734-856-3330

**CENTER HOURS
Monday through Friday:**

8:00 a.m. – 3:30 p.m.

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*The Bedford Senior
Community Center!
"Where Friends Meet!"*



**LUNCH SERVED
11:30a - 12:15 p
MONDAY - FRIDAY**

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



HONORING VETERANS OF THE MONTH

JANUARY: Kenny S.– Navy: a couple of years– Classified Assignments

FEBRUARY: Elmo Smith– Air Force 20 years- Back Seater

Congrats Euchre Winners:

Dec 2023: Linda S., Greg S., Art M., Lillian L., Jerry T., Janet, Harriet R.

Jan 2024: Ted S., Greg S., Lillian L., Ron H., Pat H., Art M., Helen K.,

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

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



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.

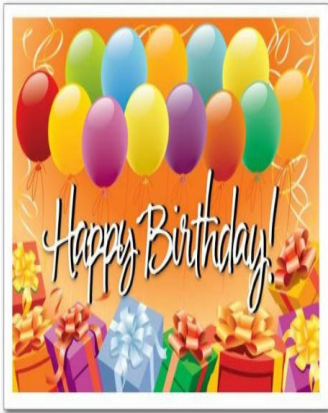
Call for details!

Great opportunity for those who simply love to garden!

Holiday Closings

FRIDAY, MARCH 29:
GOOD FRIDAY





Birthday Members receive a beautiful flower at lunch donated by Shinkle's Flower Shop!

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

1. Don Smith, Noelle Stevens, Manos Pascalis
2. Della Sudek, Patricia Bonnough, Brenda Hess
4. Joyce Strahl, John Mussery
5. Carlene Betley
9. Phil Hines, Lillian LaMarche, Barbara Schuler, Ed Marok
10. Carole Reinhardt
11. Gloria Hart, Rhonda Field, Pam Krell
12. Giesela Wicher, Jeanine Johnson, Cindy Palicki
13. Jackie McMahan, Nancy Barchard, Leanne Pobursky, Gigi Hopkins
14. Joanne Franks, Pamela Marok, Douglas Kade, Linda Riley
15. Frank Gotha
16. Richard Newland
17. Robert Rinehart, Connie Velliquette
19. Karen Dudley, Maryann Sulier
20. Janice Droz
21. Elaine Thomas, Everell Brown
22. Theresa Smith
23. Ruth Mahler, Dorothy Stafford
25. George Kreft, Edward Kibler, Terry Trout, Sandy Keck
27. Lois Bocks, Bobbie Adamski
28. Richard Light, Thomas Maxwell
29. Pam Conway, Ken Shreve
30. Marian Johnson

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

1. Flossie Townsend, Kathryn DuBois
2. Michael Nagy, Delora Schroeder, Judy Gable, Rosemary Precht, Gail Merce
3. Alice Swantack, Michele Bilan, Roslyn Briskey
4. Sue Badya
5. Deb Lloyd
7. Debbie Gotts, Deborah DeBryne
8. Bernice Heidelberg, Ronald Diener
9. Barbara Fritzsche, Ronald Koch, Mucio Duran
10. Linda Mynihan
11. Lynda Currie, James Pants
12. Kenny Sigler, Faye Hilkens
13. Ruth Paschen, Nancy Smith, Diana Seromick
14. Teri Smith, Richard Sudek, Karen Bauerschmidt
15. Dee Frechette, Carol Young
16. Jan VanHorn
17. Linda Bodine
18. Sandy Sobczk, William Adamski
20. Nancy Kuron
21. Cathy Stobinski, Patricai Russo, Alma Duran
22. Marie Eastwood
23. Suzanne Drager, Mary Weiher, Pamela Dickerson, Sylvia Sauser
24. Geralyn Beard, Amada Maldonado, Diana Newland, Peggy McLennan
25. Susan Soda, Annie Kahn
26. Marilyn Lykins, Berdine Roberts
27. Joanne Brewer, Willie Baize
28. Cynthia Schmidlin, Jerry Stacy, Joe Gladieux, Cynthia Davis, Cindy Holey

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

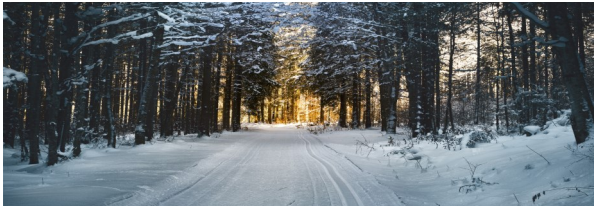


BEDFORD SENIOR COMMUNITY CENTER SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1. Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Veteran of the Month presentation 11:45am Euchre 12:30-3:30</p>
<p>4. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30am Bingo @ 12:30pm</p>	<p>5. VOLUNTEER of the MONTH presentation 11:45am Sound Bath Meditation 10a-11a Line Dance Class 1:00pm - 2:30pm</p>	<p>6. Enhance Fitness 8:15am Hand & Foot :9:30am Bible Study 10:00am - 11:00am Bunco 12:30pm</p>	<p>7. Quilters 9:00a- 3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm</p>	<p>8. Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Euchre 12:30pm-3:30p</p>
<p>11. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30am Bingo @ 12:30pm</p>	<p>12. VSO Don Cannon 11a-4p Lunch & Learn with Kate from Senior Legal Services 11:45am Line Dance Class 1:00pm - 2:30pm</p>	<p>13. Enhance Fitness 8:15am Hand & Foot :9:30am Card Class w/Roberta: 10am-11:30am Bunco 12:30pm</p>	<p>14. Quilters 9:00a-3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm</p>	<p>15. Senior Day Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Music Entertainment by "Mary's Music & More" 11:30am Euchre 12:30pm-3:30p Rock Art 12:30p Shenanigans Sponsored by Vibrant Life</p>
<p>18. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30am Bingo @ 12:30pm</p>	<p>19. Crafts w/ Stacy- "Easter Bunny Theme" 10:30am-11:30am NO Line Dance Class today</p>	<p>20. Enhance Fitness 8:15am Hand & Foot :9:30am Bible Study 10:00am - 11:00am Library in Motion 11:00am - 12pm Bunco 12:30pm Sound Bath Meditation 12:30p-1:30p</p>	<p>21. Quilters 9:00a-3:00p Lunch & Learn with Lexi from Aspen Grove 11:45am Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm</p>	<p>22. Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Euchre 12:30pm-3:30p</p>
<p>25. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30a Bingo @ 12:30pm</p>	<p>26. TRIVIA DAY 10:30a-11:30a VSO Don Cannon 11a-4p Book Club 12:30pm Line Dance Class 1:00pm-2:30pm</p>	<p>27. Enhance Fitness 8:15am Hand & Foot :9:30am Bunco 12:30pm</p>	<p>28. Quilters 9:00a-3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm National Vietnam Veterans Day Celebration</p>	<p>29. CLOSED GOOD FRIDAY</p>

BEDFORD SENIOR COMMUNITY CENTER SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. April Fool's Day!</p> <p>Enhance Fitness 8:15a</p> <p>Yoga 9:15am - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo 12:30p</p>	<p>2. Volunteer of the Month Presentation 11:45a</p> <p>Sound Bath Meditation 10:00a-11:00a</p> <p>Line Dance Class 1:00p-2:30p</p>	<p>3. Enhance Fitness 8:15a</p> <p>Hand & Foot :9:30a</p> <p>Bible Study 10:00a - 11:00a</p> <p>Bunco 12:30p</p>	<p>4.Quilters 9:00a-3:00p</p> <p>Tai Chi 12:30p - 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>5. Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Veteran of the Month Presentation 11:45a</p> <p>Euchre 12:30p-3:30p</p>
<p>8.Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo 12:30p</p>	<p>9. New Member Meet & Greet 9am</p> <p>VSO Officer Don Cannon 11a-4p</p> <p>Line Dance Class 1:00p-2:30p</p>	<p>10. Enhance Fitness 8:15a</p> <p>Hand & Foot 9:30a</p> <p>Roberta's Card Class- 10:00a-11:30a</p> <p>Bunco 12:30p</p>	<p>11. Quilters 9:00a-3:00p</p> <p>Lunch & Learn: 11:45a Dr. Emily Neal, PT</p> <p>Tai Chi 12:30p- 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>12. Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Euchre 12:30p-3:30p</p>
<p>15. Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot :9:30a</p> <p>Bingo @ 12:30p</p> <p>*National "Wear Purple Day!" Dress up!</p>	<p>16. Craft's w/ Stacy-10:30a: "Floral Teacup Centerpieces Theme"</p> <p>Line Dance Class 1:00p- 2:30p</p> <p>*National "PJ day!" Yep- wear your Jammies!</p>	<p>17. Enhance Fitness 8:15a</p> <p>Hand & Foot 9:30a</p> <p>Bible Study 10:00a - 11:00a</p> <p>Library in Motion 11:00a - 12:00p</p> <p>Sound Bath Meditation 12:30p-1:30p</p> <p>Bunco 12:30p</p>	<p>18.Quilters 9:00a-3:00p</p> <p>Tai Chi 12:30p - 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>19.Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Rock Art: 12:30p</p> <p>Euchre 12:30p-3:30p</p>
<p>22.Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo @ 12:30p</p> <p>*National Volunteer Week!!</p>	<p>23.VSO Officer Don Cannon 11a-4p</p> <p>Trivia Day 10:30a-11:30a</p> <p>Book Club 12:30p</p> <p>Line Dance Class 1:00p - 2:30p</p>	<p>24.Enhance Fitness 8:15a</p> <p>Hand & Foot 9:30a</p> <p>Bunco 12:30p</p>	<p>25. Quilters 9:00a-3:00p</p> <p>Tai Chi 12:30p - 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>26.Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Euchre 12:30p-3:30p</p>
<p>29.Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo @ 12:30pm</p>	<p>30. National Jazz Day! 11:30am- Musical Guest Ramona Collins! Co-Sponsored by IHM</p> <p>NO Line Dance Class today</p>			



**WINTER WEATHER
CLOSING POLICY**

If Bedford Public Schools are closed due to inclement weather conditions, the Bedford Senior Community Center will also be closed.

Please check our FB page and Channel 13 website for possible additional closings due to poor

**The Bedford Senior Center
is a**



Visit us on our
Facebook page:
***Bedford Senior
Community
Center***

**Visit our Website at:
www.bedfordseniorcenter.com**

**2024 BBA 38th ANNUAL TRADE
FAIR**

**SATURDAY MARCH 9!
10a-5p
at the
BEDFORD HIGH SCHOOL**

**Hope to see you there!
Visit our table for
membership/travel info, quilt raffle tickets,
and give-a-way prizes!**

BOARD MEETINGS

Board Meetings are held the first Wednesday of the month at 12:30pm

It is open to current members and we invite you to attend!

2024 Board of Directors:

Art Schroeder– President

Brenda Selle– Vice President

Grace Peitz– Secretary

Leslie Chesney– Trustee

Kathy Hazzard– Trustee

Judy Paschalis– Trustee

Nelda Reynolds– Trustee

Richard Murray– Trustee

Sandra Hardin-Trustee

Bob Bomyea-Trustee

Celia Apodaca– Executive Director

**ENHANCED
FITNESS CLASS
8:15a
&
CHAIR YOGA
Every Monday**



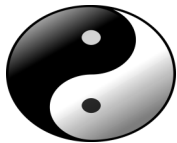
**BINGO!
Monday's
12:30p-2:30p**

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



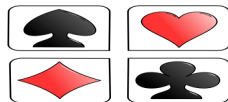
**Join our Scrappy Quilters
Group
All are Welcome!
Every Thursday**

**Tai Chi For Health
Instructor
Randy Menakes
Every Thursday
12:30pm - 1:30pm**



**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



**Bedford Senior Community Center
Conference Room
1st and 3rd Wednesday of the Month
10:30am - 11:30am
Rev. John Paschen Presiding
ALL ARE WELCOME**



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

CRAFT'S W/STACY!

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

MARCH THEME: "Easter Bunny Theme"

**APRIL THEME: "Floral Teacup
Centerpiece"**



**For Beginner to Intermediate
At
The Bedford Senior Community Center**

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

Welcome New Members!

- | | |
|-------------------|--------------------------|
| Patricia Bowman | Lindi Moser |
| Marianne Waite | Mary Ferrara |
| Cyndy Higgins | Gigi Hopkins |
| Jim & Susan Hall | Cindi Palicki |
| Karen Daggett | Ellen Van Etten |
| Emmy Chandler | Tammy Lamb |
| Vickie Maenle | Michael Heller |
| Beverly Severance | Vivian Zimmer |
| Cathrine Butler | Audrey Harris |
| Linda Thompson | Haril Shortridge |
| Joyce Smith | Robert & Christa DuVall |
| Peggy Beverly | Amelia Brinkman |
| Judy & Tim Morrin | Sandra Baker |
| Susan Allmar | Larry & Margaret Vincent |

VOLUNTEER SPOTLIGHT!

January: Congrats Barbara Walters!

"I serve through the Meals on Wheels program and special events. I have been doing this for 6 years, since 2017. Prior to that I worked in the Kitchen here at the Senior Center from 1999-2017- 18 years! I love meeting people!! When I deliver the meals, the recipients of them are so glad to see us. We are often the only socialization they get."

February: Congrats Stacy Munday!

"I have been volunteering here for 1 year leading Craft Class once a month. I also do guest speaking here on a variety of fun healthy topics, and have led a women's self-defense class. I LOVE the people here and everything the Senior Center offers to the community."

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.

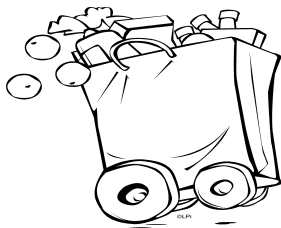
The Attorney will only meet with those clients who have called their office prior to the second Tuesday of the month and made an appointment. To schedule call. 734-241-7644.

With Sympathy to the families of our dearly



- Clarence Able
- Larry Edinger
- Sophie Precht
- Susan Bialecki
- Lee Ringel
- Leigh Burn
- Lucille Pirrone
- Lauretta Fischbach

WE DELIVER MEALS ON



MEDICARE COUNSELING NOW AVAILABLE AT

Area Agency on Aging 1-B



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

Call 734-856-3330

March Fun Activities!

Saturday, Mar 9– BBA Trade Fair 10a-5p @ Bedford High School

***Sunday Mar 10– Daylight Savings Time– Spring Forward!**

Friday, Mar 15– All day: St. Patrick's Day Shenanigans

Thursday, Mar 28– National Vietnam Veterans Day Lunch Presentation by Honor Guard 9656

April Fun Activities!

April 22-26: National Volunteer Week!

Tuesday April 30: National Jazz Day! Welcome back Ramona Collins– Lunch Musical Entertainment



*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!

**FUN FOLLIES TALENT SHOW!
COMING IN AUGUST 2024!
EVENT DETAILS TO FOLLOW!**

SEE THE MAIN OFFICE IF YOU ARE INTERESRED IN PARTICIPATING & FOR DETAILS!

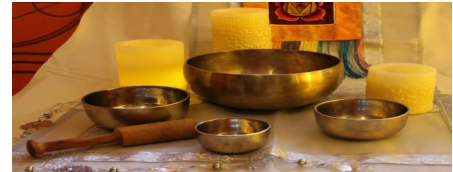
***DID YOU KNOW????
SOUND BATH MEDITATION
BENEFITS:***

Submerge yourself in a relaxing room here at the Senior Center, surround by the calming sounds of Chakra Sound bowls that produce a variety tones to help reduce stress, promote calmness, & muscle relaxation. Kim Post, RN and certified Instructor, also uses a combination of other sound calming instruments and tuning forks to help relieve stress.

We provide chairs to sit on or you can bring a yoga mat.

Please join us for this amazing experience!

First Tuesday of the Month at 10am-11am & Third



**KITCHEN CLOSED FOR RENOVATIONS!
(Install of a new cooler/freezer!)**

APRIL 1-15th

Congregate lunches will NOT be available.

Meals-On-Wheels will still be delivered.

The Bedford Senior Community Center WILL be OPEN for Activities during this time.



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.



10a-11:30a CARD CLASS WITH ROBERTA!

Hello, everyone! Hope you are all dealing well with
our unprecedented winter weather. Hasn't it been fun?

March 13 card class will start with a double pleated
drapery fold card with a get well message. Our second
one will be a male themed birthday card with some
wood paper accents on a red and black checked back-
ground. Our last card will be an Easter card done with
double crosses in white and silver on a background of
white and silver. Looks beautiful!

April 10 card class will start with a child's birthday
card featuring a frog. The second card is a baby shower
one made with a dresser drawer design and numerous
baby items featured on the front. Last, is a graduation
card with a black card base, done in Bedford's red and
gray colors on the number banner strung across the
middle of the card.

We also will be making one or two quick Christmas
cards for our Meals on Wheels clients coming this Christ-
mas. We need to start early to have enough made by
our deadline. Come and see what we do. Cost is only
\$6.00. It has been nice to see and meet some new
People!

- Roberta

BOOK CLUB!!!!

March Book:

"The Quilter's Apprentice"

By: Jennifer Chiaverini

April Book: "Who Do You Love"

By: Jennifer Weiner

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

Happy Reading!

**THANK YOU to the staff and members of the
Bedford Senior Community Center for supporting
the RSVP 2024 MLK Day of Service Food Drive.
Thanks to your efforts, the shelves of six county
food pantries are better stocked and ready to feed
our neighbors in need.
With sincere gratitude, your friends at Monroe
County RSVP (Retired & Senior Volunteer Pro-
gram).**

Beth Berlin
Program Director
Monroe County RSVP

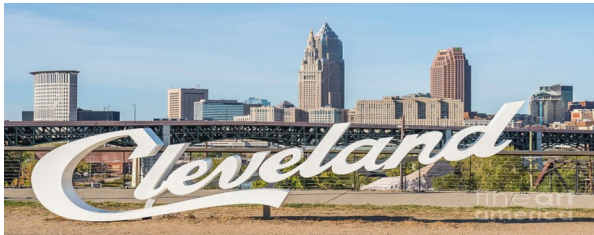
2024 Trips!

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

DAY TRIPS!

FIRE KEEPERS CASINO TRIPS 2024

**May 8, 2024– \$45 per person
Receive \$25 back in Red Hot credits &
\$5 in meal credit
*Final payment due 4/15!**



3 DAYS/2 NIGHTS

JULY 22-JULY 24, 2024

**DOUBLE OCCUPANY \$654
SINGLE OCCUPANCY \$841**

INCLUDES :

**TRAVEL/HOTEL, CLEVELAND
GUARDIANS vs. DETROIT TIGERS-
BASEBALL GAME, BREAKFAST/
DINNER, AQUARIUM, ROCK & ROLL
HALL OF FAME, THE CHRISTMAS
STORY HOUSE TOUR! JUST TO NAME
A FEW FUN THINGS TO DO AND SEE!**

***Deposit of \$100 per person due on
April 19, 2024
Balance due on June 14, 2024**

2024 CHARTER TRIPS INFORMATION!!!!



Diamond Tours Presents

MOUNT RUSHMORE, BADLANDS & BLACK HILLS OF SOUTH DAKOTA

August 17-August 25, 2024

9 days 8 Nights

Double Occupancy \$1546.00

Single Occupancy \$1925.00

***\$100 deposit due 4/12/24**

Final payment due 6/10/24

BOSTON, SALEM, CAPE COD, MA

Oct 10—Oct 15, 2024

6 days 5 nights

Double Occupancy \$955.00

Single Occupancy: \$1274.00

*** \$100 deposit due on 5/31/24**

*** Final payment due on 8/1/24**

REGISTRATION IS OPEN!

**PLEASE CONTACT US FOR MORE
DETAILED INFORMATION and
FLYERS!**

734-856-3330

Or visit our

website@ www.bedfordseniorcenter.com

MENU FOR MARCH 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Tuna Noodle Casserole Egg noodles Peas Carrots Dinner roll Banana
4. Country Fried Steak Gravy Mashed potatoes Brussel sprouts Applesauce	5. Beef Taco Salad Lettuce & tomatoes Refried beans Cheddar cheese Taco sauce Churros Orange	6. Grilled Chicken Breast Stuffing Gravy Broccoli Apricots	7. Sloppy Joes Wheat bun Tatar tots Three bean salad Peaches	8. Baked Pollock Tatar sauce Cheesy potatoes Cauliflower Apple
11. Cheeseburger Wheat bun American cheese Baked beans Pickle Potato chips Carrot raisin salad Pears	12. Chicken Teriyaki Meatballs Rice Pineapple Broccoli Grapes Almond cookie	13. Beef Chili Baked potato Cheese Sour cream Corn Peaches crackers	14. Baked Chicken thigh Gravy Green beans Mashed potatoes Banana	15. Boiled Dinner Sausage & Cabbage Red skin potatoes Carrots Applesauce 
18. BBQ Pulled Pork Wheat bun Tater tots Corn Apple	19. BIRTHDAY LUNCH Salisbury Steak Gravy Mashed potatoes Succotash Mandarin oranges Cake & Ice Cream	20. Brunch French toast sticks Sausage links Home Fries Syrup Strawberry yogurt OJ	21. Baked Ziti Pasta w/ meat sauce Parmesan cheese Green beans Tossed Salad Garlic biscuit Apricots	22. Salmon Patty Cream sauce Mashed Potatoes Peas Dinner roll Fruit cocktail
25. Pork Chop Suey Rice Oriental veggie blend Egg roll Pears Fortune cookie	26. Chicken Tenders Ranch dip O'Brien potatoes Carrots Applesauce	27. Liver & Onions w/ brown gravy Whipped potatoes Tomatoes & zucchini Fruit cocktail	28. Bratwurst on a bun Sauerkraut Red skin potatoes Lima beans Apricots	29. CLOSED GOOD FRIDAY

MENU FOR APRIL 2024

BEDFORD SENIOR COMMUNITY CENTER

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

Menu subject to change

Whole grain bread, spread, &

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>1. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>2. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>3. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>4. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>5. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>
<p>8. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>9. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>10. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>11. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>12. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>
<p>15. CLOSED</p> <p style="text-align: center;">Kitchen Renovations</p>	<p>16. Fish Sandwich Wheat bun Tartar sauce French fries Cauliflower Mandarin oranges</p>	<p>17. Beef Enchilada Bake Corn tortillas Black beans Cheddar cheese Mexicali corn Corn bread Pineapple</p>	<p>18. Pot Roast Carrots Potatoes Lima beans Tossed salad Banana</p>	<p>19. Mini Corn Dogs Pork & Beans Beets Cole Slaw Pears</p>
<p>22. Mostaccioli Pasta Meat sauce Italian green beans Tossed salad Garlic biscuit Peaches</p>	<p>23. Birthday Lunch Chicken Thigh Baked Sweet potato Brussel Sprouts Dinner roll Applesauce Cake & Ice Cream— <i>Sponsored by Vibrant Life</i></p>	<p>24. Ham & Scalloped potatoes Broccoli Dinner roll Apricots</p>	<p>25. Chicken Chow Mein Rice Oriental-Veggie blend Egg Roll Fortune cookie Fruit cocktail</p>	<p>26. BLT Wrap Beets Pasta salad w/ veggies Grapes</p>
<p>29. Cheeseburger Mac & Cheese Sweet potato fries Green beans Tossed salad Applesauce</p>	<p>30. Jazz day Breaded Chicken Breast Mashed potatoes Gravy California Blend Veggies Orange</p>			

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**BEDFORD
SENIOR CENTER
NEWSLETTER**

THE
**BEDFORD SENIOR
COMMUNITY
CENTER**



Commission On Aging



**United Way of
Monroe / Lenawee
Counties**

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