



TOWN OF BEDFORD

RECREATION AND PARKS DEPARTMENT

Fall 2012 / Winter 2013

Registration begins on Wednesday, September 5, 2012

COMMUNITY & SPECIAL EVENTS / PROGRAMS

PUMPKIN CARVING

Program Supervisor: Kim O'Brien

READY, SET, CARVE!! Participants will have an opportunity to transform an ordinary pumpkin into their very own masterpiece. Pick your pumpkin from our pumpkin patch and carve it into a spooky Jack-o-Lantern. A safety carving set will be supplied. *Pizza and Ghoulish goodies will be served.*

FOR: Grades 4 - 8
 LOCATION: Bedford Hills Community House
 DAY/DATE: Tuesday, October 30
 TIME: 6:00 - 8:00pm
 FEE: \$30.00
 ACTIVITY #: 378608



Thanksgiving Turkey Shoot

Co-Sponsored by the Bedford Hills Neighborhood Association and the Bedford Recreation and Parks Dept.

The BHNA and Recreation Department are teaming up to offer this fun family styled event for our residents. Don't be a "turkey", come on out and join the fun! Compete for the highest score in three rounds of shooting baskets. The winning team in each division will go home with a turkey just in time for the Thanksgiving holiday! A team consists of one adult and one child. (A smaller basket is used for the 5 & 6 year old teams.)

FOR: Town of Bedford resident families
 WHEN: Saturday, November 3
 LOCATION: Bedford Hills Memorial Park
 RAIN SITE: KES Gym
 FEE: \$10.00 per team
 TIME: 12:00pm - 1:30pm 5 - 6 - 7 - 8 year old teams
 1:45pm - 3:00pm 9 - 10 - 11 - 12 year old teams
 3:00pm - 4:15pm 13 - 14 - 16 - 16 year old teams



Pay on site day of event.

BREAKFAST FUN WITH FROSTY & FRIENDS

Thumpity, thump, thump, Thumpity, thump thump come meet Frosty the Snowman. Frosty is stopping by the Bedford Hills Community House for a visit. Don't miss this opportunity for photos. Join us for breakfast and enjoy a special show with our winter friends. Donuts, pancakes, cold cereal and juice/milk will be served. Coffee will be available for the adults.

LOCATION: Bedford Hills Community House
 FOR: Children ages 8 and under.
 (Children age 1 and older must pay)
 Children must be accompanied by a parent or guardian.
 DATE: Saturday, December 15
 TIME: 8:30am - Breakfast
 9:00am - Mario the Magician
 FEE: \$6.00 per person
 \$10.00 at the door if space available

ACTIVITY #: 488600

SIGN-UP: Pre-registration is required at the recreation office. Registration is limited. All registrations will be accepted on a first come, first served basis.

NOTE: Don't forget your camera/camcorder!

BUILD A SNOWMAN CONTEST

GO PLAY IN THE SNOW!

Build a snowman of any shape, size or description anytime during this winter-take a 4x6 picture of the snowman and the builders and mail it to the recreation office by March 15. Put your name(s), phone number, and address on back of photo. Prizes will be awarded in different categories.



The photos will not be returned. Mail all photos to The Town of Bedford Recreation and Parks Department, 425 Cherry Street, Bedford Hills, NY 10507. Pictures can also be sent in j-peg to Recreation@bedfordny.gov. Make sure to include names and addresses with e-mail.

FAMILY SCARECROW DESIGN

Recreation Staff

An old farmer, the farmer's wife or a child; you decide how your family builds their scarecrow. This new fun filled family event will be a blast. You supply your scarecrows clothes (Shirts, Pants, Gloves, Hat) and we provide everything else. Each Family will be given scarecrow frame, hay, leaves, and burlap for the face.

LOCATION: Katonah Memorial Park Shelter
 Fee: \$20.00 per scarecrow
 Day/Date: Saturday, October 20
 Time: 10:00am - 1:00pm
 ACTIVITY #: 388900



SANTA'S MAILBOX

It's that time of year when Santa is busy making his list and checking it twice, and time for you to write him a letter to tell him what you would like for Christmas. Children in grades K-3 have the opportunity to write Santa a letter and have a response sent back. Letter must include child's name, age, and return address for a response letter to be sent.



All letters must be in by Dec. 14, (no later) "Santa's Reindeer Express", with help from the TOB, will be making sure your letters get passed on to the North Pole.

ADULT OPEN GYM BASKETBALL

This is an opportunity for adults to play pick up basketball games in a casual, recreational setting. Half-court and/or full-court games will be organized each week.

LOCATION: KES Gym
 DAY: Saturdays
 DATES: Nov. 3, 10, 17, Dec. 1, 9, 15,
 Jan. 5, 12, 19, 26, Feb. 2, 9, 23,
 March 2, 9, 16
 TIME: 7:30 - 9:00am
 FEE: \$5.00 pay at door



BUILD A GINGERBREAD HOUSE

Kim O'Brien and Staff

Gingerbread, candy, icing and more. Come and construct your own Gingerbread House, We will put together and decorate a unique home decorated and created by you. Lunch will be served

FOR: Grades 2-6
 LOCATION: Bedford Hills Community House
 DAY/DATE: Saturday, December 15
 TIME: 12:30 - 2:30 pm
 FEE: \$25.00
 ACTIVITY #: 478607



ICE SKATING AT THE HARVEY SCHOOL

SUPERVISOR: Jim Whiting and staff

In cooperation with the Harvey School the department is offering public recreational skating for all ages, 12:45-2:45pm on the following dates:

FRIDAY, NOVEMBER 23 • Friday after Thanksgiving
 THURSDAY, DECEMBER 27 • Thursday after Christmas

Admission Fee: \$5.00 per person

Family SKATING NIGHT AT HARVEY ICE RINK

FRIDAY, DECEMBER 7TH • 7:30-9:30pm

Bring the whole family out to enjoy a night of ice skating. This is a special evening event at the Harvey School's indoor rink. Dee Jay, Tony Sottile will be on hand to spin our requests, lead your favorite line dances, run contests and more. Skate through Tony's bubble machine with one of our "customized" characters. This is a night of ice skating fun that is sure to be enjoyed by all. You must supply your own skates - No Rentals. A fee of \$5.00 per person will be charged at the door.

You must supply your own skates.
 No hockey playing permitted.

D.J. will be on hand spinning favorites and requests for two hours of open skating.



Remember to call our office or check the web site for finalized skating dates in 2013.

Community Events continued on page 3

FAMILY VALENTINE CONTEST (ALL AGES)

"Oh my Sweet Valentine
 How I love your smile
 How I love your eyes
 How I would love
 for thee to write me a poem"



All residents are invited to participate in the Valentine Contest. Make a special card for someone you love, submit it for judging by Friday, February 8th and pick up your card and prize on Tuesday, February 12th. Please attach the creators name and contact information.

CONTACT US!

| | |
|----------------------------------|-----------------|
| Town Supervisor..... | 666-6530 |
| Assessor | 666-5149 |
| Building Inspector | 666-8040 |
| Court Clerk..... | 666-6965 |
| Dog Control..... | 666-4855 |
| Emergency | 911 |
| Finance..... | 666-8283 |
| Highway..... | 666-7669 |
| Historian..... | 666-4745 |
| Parking Bureau..... | 666-8097 |
| Planning | 666-4434 |
| Police..... | 241-3111 |
| Recreation and Parks..... | 666-7004 |
| Recycling..... | 241-2671 |
| Senior Citizen..... | 666-7203 |
| Supervisor | 666-6530 |
| Tax Receiver..... | 666-4475 |
| Town Clerk | 666-4534 |
| Water..... | 666-7855 |
| Wetlands..... | 666-5140 |
| Zoning | 666-4585 |

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TOWN BOARD

Lee V.A. Roberts Town Supervisor
 Peter A. Chryssos Councilman,
 Deputy Supervisor
 Francis T. Corcoran Councilman
 Chris Burdick Councilman
 David Gabrielson Councilman
 Meets every 1st & 3rd Tuesday at 8:00pm
 in the Town House at 321 Bedford Road,
 Bedford Hills.
 William Hayes Police Chief
 Boo Fumagalli Town Clerk
 Kevin Winn P.E.
 Commissioner of Public Works

RECREATION & PARKS ADVISORY COMMITTEE

Brian McCabe, Chairman
 Nancy Bellini Wayne Grossman
 Steve Lancia Cristina Magidson
 John McMahon Aldo Sammarco
 Betsy Smith Luke Vander Linden
 David Gabrielson – Town Board Liaison
 Meets the second Wednesday at 8:00pm
 in the Recreation & Parks Conference Room

RECREATION AND PARKS STAFF

William F. Heidepriem
 Superintendent of Recreation & Parks
 Daryl Ann Sudlow
 Assistant Superintendent of Recreation & Parks
 James Whiting Recreation Supervisor
 Kimberly O'Brien Senior Recreation Leader
 Suzanne Carpentier Senior Office Assistant
 Susan DeFonce Office Assistant
 Tom Megna Parks Foreman
 Mark Morin Assistant Parks Foreman
 Richard Pochintesta Automotive Mechanic
 John Goodman Parks Maintenance
 Pete Welch Parks Maintenance
 Matt Halpin Parks Maintenance
 Matt Van Dorn Parks Maintenance
 Marc Graniero Parks Maintenance

OFFICE LOCATION & HOURS

The Recreation and Parks Department Office and mailing address is 425 Cherry St., Bedford Hills, NY 10507. The office hours are 8:30am to 4:30pm, Monday through Friday. The Recreation and Parks Office is located on the 1st floor.

TELEPHONE NUMBERS

Office 666-7004
 Senior Adults 666-7203
 Fax 666-3863
Recreation Hotline 864-3777

ALL CREDIT CARDS ACCEPTED

Residents can pay fees for all Recreation programs, including day camp and pool passes, by credit card. To use a card, you need to enroll in person at the recreation office. All major credit cards accepted. Please Note: Effective January 1, 2011, when paying by credit card, the following transaction fees will be assessed and added to your monthly credit card statement. These fees are not reflected on your Town of Bedford program receipt. All credit cards = 2.5% per transaction.

REGISTRATION

Please mail or bring in your registration form with payment to: Bedford Recreation & Parks Department, 425 Cherry Street, Bedford Hills, NY 10507. The Recreation Department does not confirm program registration, nor can we be responsible for lost or misdirected mail.

NON-RESIDENT REGISTRATION

Non-residents who wish to register for Town of Bedford Recreation and Parks Department programs will be allowed to register for programs one week after the start of registration in order to allow priority to Town of Bedford residents. Non-residents will also be required to pay an additional 25% of the resident fee. Not all programs offered are available to non-residents.

FEES

All fees are expected to be paid at the time of registration. Checks should be made payable to the "Town of Bedford". If there is an inability to pay the full fee at the time of registration, a payment schedule can be arranged by contacting the Recreation and Parks office.

RETURNED CHECKS

There is a \$35.00 fee for any returned check.

SCHOLARSHIPS

No Town of Bedford resident shall be denied participation in any recreation program solely because of an inability to pay the prescribed fee. The Town of Bedford & Town Board is committed to providing recreation opportunities to residents of all ages without regard to economic circumstances. For scholarship consideration, please contact the Superintendent of Recreation and Parks at 666-7004.

TALENT SEARCH

The Town of Bedford Recreation and Parks Dept. is continuously looking for new and innovative talent in order to offer a variety of programs to our residents. If you possess a skill and the ability to teach it, send us your program idea and resume or call to make an appointment to speak with us. We welcome your program suggestions!

INSURANCE

The Town of Bedford carries standard liability coverage. This coverage does not include medical costs for anyone injured in the normal course of participation in any Town program. All individuals enrolled in Town of Bedford Recreation & Parks programs do so at their own risk.

ENROLL EARLY

For most of our programs to be conducted, a minimum enrollment must be reached. In addition, there is usually a maximum enrollment based on facility size and instructor requirements. Therefore, registration is always on a first come, first served basis.

We encourage individuals to register early.

REFUNDS

The Town of Bedford refunds only under the following conditions:

- A full refund will be given if the program is cancelled by the Recreation & Parks Department prior to the start of the program.
- If a program participant moves from Town, a full or prorated refund will be made based on the number of sessions attended. Proof of relocation must be presented.
- Should a participant become ill or injured, a full or prorated refund will be made based on the number of sessions the participant attended. A doctor's note must accompany the request. There will be a \$10.00 processing fee for all refunds that are approved except for programs that are cancelled by the Recreation & Parks Department. All requests for refunds must be made directly to the Superintendent of Recreation & Parks. All approved refunds will be paid by the Town Finance Department following their bill paying schedule.
- Please note that Teen-Get-Away Camp and Tiny Tots/Day Camps have separate refund policies.

PROGRAM CANCELLATIONS

If a program must be cancelled due to inclement weather, notification can be accessed through our program hotline number, **864-3777** or we encourage you to sign up for e-mail alerts by logging onto the Town website at **www.bedfordny.gov**. Generally, programs are not held when school is not in session. Postponed classes are normally made up at the end of the program session.

E-MAIL ALERT SERVICE

The Town of Bedford has implemented a way of keeping its residents informed of Town news, events and meetings that are occurring in the Town. Whenever current information is posted to the website you have an opportunity to receive a notification of that posting in your personal e-mail box. You can subscribe by logging onto our website at **www.bedfordny.gov** and follow the few simple steps to ensure your address has been added to the list. If you decide you no longer want to receive notices automatically, unsubscribe yourself at any time by clicking on the un-subscribe link at the bottom of every notice sent by the Town of Bedford.

SENIOR CITIZEN DISCOUNTS

Town of Bedford residents who are 60 years of age or older, are eligible for a 50% discount on most programs.



26 Parkway Katonah, NY 10536
 (914) 232-3351 - Fax (914) 232-0484

Outdoor Gear - Hardware - Fireplace

www.kelloggsandlawrence.com
kelloggshardware@yahoo.com

SPECTACULAR PARTY SALES
 TUPPERWARE

VERA V THOMPSON
 TUPPERWARE CONSULTANT

11 ROBINSON AVE
 BEDFORD HILLS
 NEW YORK 10507

914 841 4914 CELL

vthomps@att.net
www.my2.tupperware.com/verathompson

HOW TO WATCH A GOOD PROGRAM DIE

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. **PLEASE REGISTER EARLY!**

FIELD AND FACILITY PERMITS

Permits for group use of Town operated fields and facilities are required for group and family functions. For a facility use application please call our office at 666-7004 or download an application from the "Forms and Applications" section on the Town website, www.bedfordny.gov. Applications must be submitted at least two weeks prior to the scheduled activity. Individuals and groups who wish to reserve a facility must be a Town of Bedford resident.

COMMUNITY SERVICE OPPORTUNITIES

The Bedford Recreation & Parks Department would like to provide an opportunity to members of the community to get involved in community service. Whether your reason for volunteering is an academic obligation or simply a path to self-improvement, the Recreation & Parks Department has a wide variety of activities and services available throughout the year for you to join in and help out. For more information call the Community Service Coordinator, Jim Whiting at 666-7004.

MEALS ON WHEELS VOLUNTEERS NEEDED

The Town of Bedford depends on volunteers to deliver prepared meals for our meals on wheels program. Individuals who are interested in volunteering their services to this very important program are asked to contact Jim Whiting at 666-7004 for more information.

PICNIC PACKS

For residents planning fall picnics, the Bedford Recreation & Parks Department offers free use of a "picnic pack" of outdoor game equipment such as playground balls, jump ropes, frisbees, whiffle balls, bats, etc. Those interested should contact the office at least one week prior to their planned picnic. A \$25.00 refundable deposit is required (refunded upon the return of the "picnic pack").

NORTHEAST WESTCHESTER SPECIAL RECREATION

Executive Director: Janet Riley
Northeast Westchester Special Recreation, an agency supported and sponsored by the Town of Bedford, is available to children and adults with developmental disabilities from our community. The Northeast program offers a variety of year round recreational activities for all ability levels, designed with the specific support needed for participant success in this environment. Programs are highly structured, staffed and closely supervised. Program goals may focus on teaching skills, fostering fun and friendships or teaching and correcting social or behavioral deficiencies. For more information call 347-4409. Employment opportunities, community service credit, educational internships and a variety of volunteer experiences are also available.



Suburban Groove
an eclectic shopping experience

Step out of the ordinary and into Suburban Groove for one-of-a-kind finds for you and your home

unique jewelry & accessories • vintage & modern clothing • home decor • kids' stuff • mid-century furniture • naughty things • yada, yada, yada

ALWAYS MOD, ALWAYS FUNKY, ALWAYS UNCOMMON

33 Katonah Avenue
Katonah, New York 10536
914-232-3300

Tuesday-Saturday 10:30 - 5:30
Open Sundays Seasonally

CAMPS 2013

TEEN GET-A-WAY

Coordinator: Kimberly O'Brien
The Bedford Recreation and Parks Department is pleased to announce the registration date for Teen Travel "Teen Get -A-Way".

REGISTRATION IS ON SATURDAY FEBRUARY 9, 2013, from 9:00-10:30am. (Snow Date February 23, 2013)

"Teen Get Away" is a travel camp program that will give campers the opportunity to enjoy fascinating adventures through interesting and exciting trips. Participants will travel to various sites throughout the New York, New Jersey, Connecticut and Massachusetts regions each day. Past trips include: Lake Compounce, Six Flags NE, Mountain Creek Water Park, Broadway Show, Sport Time USA, and Dave & Buster's. *There will be a tentative trip list available at the beginning of registration. Our trip destinations will vary each day.*
From: 9:00-10:30am (Doors open at 8:30 for lines)
Location: Bedford Hills Community House
You WILL NOT be able to pick forms up prior to the registration date.

FOR: Residents entering grades 7, 8, and 9 in the fall of 2013
LOCATION: Drop off and pick up will be at the Bedford Hills Community House
DAY: Tuesdays, Wednesdays, and Thursdays
DATES: 18 trips – TBD
HOURS: Generally 9:00am–3:00pm with some extended trips
FEES: \$ TBD

To reserve a spot a \$200.00 non-refundable deposit must be made at registration time along with completed registration form. Methods of payment for deposit are check or cash. **PAYMENT IN FULL REQUIRED BY May 31st.**

ADDITIONAL OPTIONS:
Participants entering grade 7 have the option of attending Town Day Camp Monday and Friday for an additional fee. Full session + Day Camp Mondays and Fridays \$ TBD. Participants entering grade 9, you have the option of joining our CIT program on Mondays and Fridays. **ROAD TRIP!**

DAY CAMP AND TINY TOTS 2013

You may be gearing up for going back to school and the cold winter ahead, but we are already thinking ahead about the fun days of summer! Our 2013 Summer Day Camp Season is in the planning stages. The camp dates will be announced by January 2, 2013.

• **Registration will begin on Monday, March 18th**

Eligibility for 2013 Camp Days

- Town of Bedford Resident
- Must be entering First Grade through entering 7th grade
- Must have current 2013 Park ID Card
- Must have current documentation of vaccinations at time of registration

Eligibility for 2013 Tiny Tots

- Town of Bedford Resident
- Must be 4 years of age by 12/31/2013
- Copy of age verification must be shown
- Must be Potty Trained (no Pull Ups)
- Must have current documentation of vaccinations at time of registration

Summer's End (Week Long Additional Camp)

Looking for some more fun, entertaining activities to extend your camp experience? Summer's End Camp will be loads of fun. This program will offer various activities and events to interest all ages. Activities run from sports and games, arts & crafts, swimming, and special events. *Let's play all day!*

FOR: Grades 1-6
LOCATION: Bedford Hills Memorial Park
DATES: TBD
TIME: 9:00am–2:00pm
FEE: TBD



LIBRARIES

Each of Bedford's hamlet communities, Bedford Hills, Katonah and Bedford Village, have public libraries offering a variety of interesting programs for both children and adults. For information call:

- **Bedford Hills Library 666-6472**
www.bedfordhillsfreelibrary.org
- **Katonah Library 232-3508**
www.katonahlibrary.org
- **Bedford Village Library 234-3570**
www.bedfordfreelibrary.org

TODDLER/PRESCHOOL ACTIVITIES

MISS PATTI'S ARTSMART

Instructor: Patti Hupp Famous Art & Fabulous Music
Preschoolers learn how to recreate famous works of art featuring Picasso, Rodin, Van Gogh and more. The 2nd half of the class is Feeling Groovy as little artists sing and dance and make their own music. Watch ArtSmart TV. www.nyartsmart.com
Drop off available.

FOR: Ages 3 - 5
LOCATION: Bedford Hills Community House
DAY: Fridays
TIME: 1:35 - 2:30pm
FALL September 21, 28 October 5, 12, 19, 26
DATES: November 2, 9, 16 (9 classes)
FEE: \$ 135.00
ACTIVITY #: 338802
WINTER January 11, 18, 25 February 1, 8, 15, 22,
DATES: March 1, 8, 15 (10 Classes)
FEE: \$ 150.00
ACTIVITY #: 438802

FIRE PREVENTION WEEK



OPEN HOUSE!

Bedford Hills Fire Dept
332 Bedford Road
Bedford Hills

Tour New Fire House
Sunday
October 14, 2012
1:00pm to 4:00pm

FIRE TRUCK RIDES!

Japanese Cuisine
Kicho
japanese cuisine

| | |
|------------|----------------------|
| Mon ~ Thur | 11:00am to 10:00pm |
| Fri | 11:00am to 11:00pm |
| Sat | 12:00noon to 11:00pm |
| Sun | 12:00noon to 10:00pm |

**352 North Bedford Road,
Bedford Hills NY 10507**
T. 914 666 3332
F. 914 241 6719

MISS PATTI'S FEELING GROOVY

Instructor: Patti Hupp

Toddler's and preschoolers will love this high energy, music & movement class with Patti Hupp, star of Miss Patti's ArtSmart. Little ones and their caregivers will learn music terminology while they sing and dance to songs from Miss Patti's popular cd, 'Feeling Groovy w/Miss Patti. Free CD download card with registration. Listen @ www.nyartsmart.com.

FOR: Ages 12 months to 36 months
 LOCATION: Bedford Hills Community House
 DAY: Fridays
 TIME: 1:00 – 1:30 pm
 FALL: September 21, 28 October 5, 12, 19, 26
 DATES: November 2, 9, 16 (9 classes)
 FEE: \$100.00
 ACTIVITY #: 338804
 WINTER: January 11, 18, 25 February 1, 8, 15, 22,
 DATES: March 1, 8, 15 (10 Classes)
 FEE: \$100.00
 ACTIVITY #: 438804

NEW

NATURE ADVENTURES

Westmoreland Sanctuary

Join us for the Fall and Winter season that are full of fun! Enjoy the crunch of autumn leaves under foot and breathe in the crisp fall air as we discover something beautiful in nature. In the winter explore the hidden winter treasures about the earth and the animals. Discover something new each week.

FOR: Ages 3 – 5 (w/ parent or guardian)
 LOCATION: Westmoreland Sanctuary
 DAY: Tuesdays
 FALL: September 25 October 2, 9, 16, 23, 30
 DATES:
 ACTIVITY #: 336001
 WINTER: January 22, 29 February 5, 12, 19, 26
 DATES:
 ACTIVITY #: 436001
 TIME: 1:30 -2:15 pm
 FEE: \$ 75.00 per session

NOTE: Classes are held outdoors, so please be sure to dress for the weather. Rain gear for rainy days please. A bottle of water is also a good idea to bring along. (Children must turn three prior to the start of class.)

PRESCHOOL YOGA WITH MISS KAREN

Instructor: Karen Young, MPH Certified Yoga Instructor

Have your preschooler join certified yoga instructor Karen Young for a relaxing yogic adventure. Children will learn asanas (poses) in fun ways, using animals, the alphabet, and their imagination as inspiration! Your child will enjoy all the benefits of yoga including calmness, increased flexibility, increased strength, and ability to be centered. The participants will be taught guided imagery and progressive relaxation, two techniques that can be used to reduce stress throughout life. Children are to bring their own magic carpet (yoga mat, adult size is fine).

FOR: Children ages 3-5
 LOCATION: Bedford Hills Community House
 DAY: Thursdays
 TIME: 12:30-1:15pm
 FALL: September 20, 27, October 4, 11, 18,
 SESSION: 25, November 1, 8, 15, 29
 (no class November 22)
 ACTIVITY #: 338100
 FEE: \$100.00 for 10 classes
 WINTER: January 10, 17, 24, 31, February 7, 14,
 SESSION: 21, 28, March 7
 ACTIVITY #: 438100
 FEE: \$90.00 for 9 classes
 NOTE: 1. Maximum enrollment is 8
 2. Bring your "magic carpet"
 (yoga mat-adult size is fine)

TINY DRAGONS

Instructor: WMMAF

The Tiny Dragons program is specially designed for 3 and 4 year olds. It is an excellent way to introduce your children to martial arts. Here they are taught basic martial arts in a fun and friendly environment. Students will receive a Karate uniform.

The instructors work on building confidence in a safe and friendly manner. The kids are taught respect, balance and concentration. These classes will help develop your child's motor skills, focus, and discipline, while learning the fundamentals of Martial Arts in a fun environment. The foundation

that Tiny Dragons receive in this class will serve as the building blocks to create their first step on the way up to Black Belt. A uniform is included in the price of the program.

FOR: Ages 3-4
 LOCATION: Westchester Mixed Martial Arts and Fitness
 333 North Bedford Road, Mt. Kisco
 DAYS: Thursday
 TIME: 1:30-2:00 pm
 FEE: \$150.00
 FALL: Sept. 20, 27, October 4, 11, 18, 25,
 November 1, 8
 ACTIVITY #: 330180
 WINTER: Jan. 10, 17, 24, 31, Feb. 7, 14, 21, 28
 ACTIVITY #: 430180

JEDI ENGINEERING

Instructor: Play Well Tech.

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Build planes, droids, and palaces inspired by designs made in a galaxy far, far away! This is an offering of original designs for young Jedi from Play-Well TEKologies.

FOR: Ages 4-5
 LOCATION: Bedford Hills Community House
 DAYS: Wednesday
 DATES: September 19, October 3, 10, 17, 24,
 31, November 7, 14
 TIME: 1:30-3:00 pm
 ACTIVITY #: 336002
 FEE: \$150.00

KIDDY KORNER JAMBOREE

Co-Directors: Sylvia Rossi & Jennifer Jordan

This very popular pre-school program features a variety of favorite children's activities, games, music, story time, art and more.

FOR: Ages 3-4
 LOCATION: Bedford Hills Community House
 DAYS: Monday through Friday
 TIME: 9:30am-12:30pm

FALL REGISTRATION OPTIONS:

5 Days (Mon-Fri) \$708.00 (59 sessions)
 3 Days (Mon-Wed-Fri only) \$472.00 (35 sessions)
 2 Days (Tues-Thurs only) \$348.00 (24 sessions)
 1 Day (See below)* \$180.00 (12 sessions)
 *Special Note: Registrations for a single day will not be accepted until one week prior to the start of the program.

FALL PROGRAM DATES:

Mondays: Sept. 24, Oct. 1, 15, 22, 29, Nov. 5, 19,
 26, Dec. 3, 10, 17
 Tuesdays: Sept. 25, Oct. 2, 9, 16, 23, Nov. 1, 13,
 20, 27 Dec. 4, 11, 18
 Wednesdays: Sept. 19, Oct. 3, 10, 17, 24, 31, Nov. 7,
 14, 28, Dec. 5, 12, 19
 Thursdays: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1,
 8, 15, 29, Dec. 6, 13
 Fridays: Sept. 21, 28, Oct. 5 12, 19, 26, Nov. 2,
 9, 16, 30, Dec. 7, 14
 K.K.J. will not meet on 9/26, 10/8, 11/6, 11/12, 11/21,
 11/22, 11/23

ELIGIBILITY: Participant must be age 3 by December 31, 2012 (No Exceptions).

WINTER REGISTRATION OPTIONS:

5 Days (Mon-Fri) \$588.00 (49 sessions)
 3 Days (Mon-Wed-Fri) only \$391.00 (29 sessions)
 2 Days (Tues-Thurs) only \$290.00 (20 sessions)
 1 Day (See below)* \$180.00 (10 sessions)
 *Special Note: Registrations for a single day will not be accepted until one week prior to the start of the program.

WINTER PROGRAM DATES:

Mondays: January 7, 14, 28, Feb. 4, 11, 25,
 March 4, 11, 18,
 Tuesdays: January 8, 15, 22, 29, Feb. 5, 12, 26,
 March 5, 12, 19
 Wednesdays: Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27,
 March 6, 13
 Thursdays: January 10, 17, 24, 31, Feb. 7, 14, 21,
 28, March 7, 14
 Fridays: January 11, 18, 25, Feb. 1, 8, 15, 22,
 March 1, 8, 22
 K.K.J. will not meet on 1/21, 2/18, 2/19, 3/15

ELIGIBILITY: Participant must be age 3 by March 31, 2013 (No Exceptions).

A copy of the child's birth certificate must be provided at registration. Children must be fully toilet trained-no diapers, pull-ups, etc. Snacks are provided.

The Bedford Hills & Katonah Chambers of Commerce with the CoolRunners presents:



**KATONAH 5K
Road & Trail Race**

**Saturday, September 8, 2012
8:00am**

"Runners for Reading"
to benefit our beloved Katonah Village & Bedford Hills Free Libraries




A rolling, scenic 3.1 mile run through the charming hamlet of Katonah and the challenging trails of Katonah Memorial Park. The race starts and finishes at Katonah Elementary School.

5K Entry Fee: Pre-registered \$25. Race Day \$30.
Kids' One Miler (ages 7-12) starts at 9:00am. \$10 fee.
Tots' Races (ages 3-6) start at 9:15am. \$10 fee.

Pre-register online at www.active.com (with processing fee).

Walk-in Registration & Bib Pick-Up at CrossSport Woman, 194 Katonah Avenue. Race shirts to the first 125 registered 5K runners. Goodie bags for all pre-registered kids.



You are invited to donate a new/gently used child's book for OpenDoor Family Medical Center's early literacy program. Buy it at cost from Little Joe's Bookstore when you show a copy of your race registration.

Website: Check out the route, updates, running tips & more at www.crosssportwoman.com/blog. Times & photos will be posted after the race.

To Volunteer: Please contact anniecba@gmail.com.



THE BEDFORD HILLS NEIGHBORHOOD ASSOCIATION

Our Association was founded in 2006 in an effort to improve the quality of life and work in our charming hamlet through community-based events. In the past years, BHNA has annually sponsored Community Clean-up Days, "Run for the Hills" 5K run, Sweets for Seniors, Town Forums, and the Bedford Hills Tree Lighting. Past events include "The Hills Are Alive" cocktail party at Glen Arbor, pumpkin carving and pie-baking contests. It is because of these events, and the generous contributions of Bedford Hills families and businesses, BHNA proudly supports local and town organizations such as the Bedford Hills Free Library, Katonah-Bedford Hills Ambulance Corp, Bedford Hills Elementary School Association, and The Community Center of Northern Westchester. The Executive Board continually seeks new ways to involve every member of the Bedford Hills community. Annual meetings are held once a year and are always open to members old and new. We encourage everyone to become a member and be involved in our wonderful Community!

UPCOMING EVENTS:

- Oktoberfest – Beginning of October – an "Adult Event"
- Saturday: November 3rd "Thanksgiving Turkey Shoot" in conjunction with Bedford Recreation
 A Basketball shooting contest for all ages at the BH Basketball Courts
- Tree Lighting – First Weekend in December

- Janet Jacobsen
President
- Boo Fumagalli
Vice-President
- Whitney Barbera
Secretary
- Joe Isabella
Treasurer

Please check our web site at: www.BHNA10507.com
 or like us on Facebook for details on all events and membership!

SPORTS SQUIRTS

The US Sports Institute Sport Squirts program is a great way to introduce children aged 3-5 to a variety of sports such as soccer, t-ball, lacrosse & basketball all taking place in safe, structured environment. All activities promote hand-eye coordination, movement and balance and FUN.

Note: Registration for this program is done directly through US Sports Institute. See below for information.

FOR: Children age 3-5
 LOCATION: Bedford Village Memorial Park
 DAY: Tuesdays
 DATES: Sept. 25, Oct 2, 9, 16, 23, 30
 TIME: 1:00-2:00pm
 COST: \$99.00

REGISTER ONLINE: www.ussportsinstitute.com

YOUTH ACTIVITIES



COOKING CREATIONS

Instructor: Kimberly O'Brien

This cooking program offers children the opportunity to learn basic cooking techniques like following directions, measurement and preparation. Each week the children will prepare and enjoy their own taste treats.

TIME: 4:15 – 6:00 pm
 LOCATION: Bedford Hills Community House
 DAY: Thursdays
 FOR: Grades 2 - 7
 DATES: September 20, 27 October 4, 11, 18, 25 November 1, 8
 FEE: \$140.00
 ACTIVITY #: 368603
 DATES: January 10, 17, 24, 31 February 7, 14, 21, 28
 FEE: \$140.00
 ACTIVITY #: 437860

NEW

JEWELRY DESIGN

Instructor: Nicole Alloy

What could be more fun than being totally immersed in learning how to make jewelry? Absolutely nothing! Students not only learn the skills to create jewelry, they also have the opportunity to design and create beaded handbags, jewelry boxes, hair accessories, picture frames and so much more! This hands on program will provide the student with an understanding of jewelry design and help them acquire a working knowledge of jewelry artistry using high quality MATERIALS such as Austrian crystal, genuine stones, sterling silver, genuine pearls and exotic beads found around the world! The course will emphasize creativity and learning basic design concepts. **All projects will be age appropriate.** Nicole Alloy is a professional jewelry instructor with a degree in Jewelry Design from Fashion Institute of Technology with 23+ years experience in the Fashion Market.

FOR: Children in grades 2-8
 LOCATION: Bedford Hills Community House
 DAYS: Tuesdays
 TIME: 4:30-5:30pm
 FALL SESSION: September 25, October 2, 9, 16, 23, 30, November 13, 20, 27, December 4 (no class November 6)
 ACTIVITY #: 378615
 FEE: \$80.00-10 classes-payable to "Town of Bedford"
 MATERIALS \$40.00-payable to "Nicole Alloy"
 WINTER SESSION: January 8, 15, 22, 29, February 5, 12, 26, March 5 (no class February 19)
 ACTIVITY #: 478608
 FEE: \$64.00-8 classes-payable to "Town of Bedford"
 MATERIALS \$40.00-payable to "Nicole Alloy"
 NOTE: In order to secure MATERIALS registrations must be received at least one week prior to the first class

FASHION NETWORK

NEW

Instructor: Nicole Alloy

Look out Project Runway, Fashion Network is here! If your child is a budding designer or can't get enough of fashion, the Fashion Network is the perfect class for them! This unique design program taps right into the trends and interests of today's young designers. This is an excellent learning experience for students with a creative eye and lots and lots of imagination! The Fashion Network program takes the student on a step by step journey of how fashion goes from the drawing board to the actual hands-on-creative design process. Each student has the chance to explore with FUN and EXCITING MATERIALS to create their very own unique wearable fashions! This course combines children's apparel with children's fashion accessories such as purses, t-shirts, backpacks, slipper socks, hair accessories, scarves, mittens, mini wallets and so much more! Best of all...**this class does not require the use of sewing machines. All projects are "No Sew". Completely safe & perfect for your little designer!**

Nicole Alloy is a professional jewelry instructor with a degree in Jewelry Design from Fashion Institute of Technology with 23+ years experience in the Fashion Market.

FOR: Children in grades 2-8
 LOCATION: Bedford Hills Community House
 DAYS: Tuesdays
 TIME: 5:45-6:45pm
 FALL SESSION: September 25, October 2, 9, 16, 23, 30
 SESSION: November 13, 20, 27, December 4 (no class November 6)

ACTIVITY #: 368600
 FEE: \$80.00-10 classes-payable to "Town of Bedford"
 MATERIALS \$40.00-payable to "Nicole Alloy"

WINTER SESSION: January 8, 15, 22, 29, February 5, 12, 26, March 5 (no class February 19)
 ACTIVITY #: 468608

FEE: \$64.00-8 classes payable to "Town of Bedford"

MATERIALS \$40.00-payable to "Nicole Alloy"

NOTE: In order to secure MATERIALS registrations must be received at least one week prior to the first class



KNITTING FOR FUN

Instructor: Susie Lodge

Learn to knit in this hands on class. Participants will use the four basic stitches (knit, purl, cast on, cast off) to knit their first project, a scarf. For those returning for the winter program, they will move on to hats. We can offer other projects for more advanced learners. Beginners will receive needles and yarn.

TIME: 4:15 – 5:15 pm
 LOCATION: Bedford Hills Community House
 DAY: Wednesdays
 FOR: Grades 5 – 8
 FEE: \$100.00 per session
 FALL DATES: October 3, 17, 24, 31, November 7, 14
 ACTIVITY #: 378161
 WINTER SESSION: January 9, 16, 23, 30 February 6, 13
 DATES:
 ACTIVITY #: 478161

MARTIAL ARTS

Instructor: WMMAF

Westchester Mixed Martial Arts and Fitness offers an entry level Program that sets up a foundation in the Martial Arts. Students will learn Martial Arts techniques, elements of self-defense as well as important values and life skills. The class incorporates fun & educational games and skills drills as a learning tool. Taught by their expert Instructors, the exciting classes focus a child's attention thus improving their ability to learn and grow. Gear package is included in the price of the class (uniform, gloves & shins).

LOCATION: Westchester Mixed Martial Arts and Fitness
 333 North Bedford Road

DAYS: Thursdays
 FEE: \$150.00 per session
 FOR: Ages 5-7 Little Champs
 TIME: 4:15 - 5:00 pm
 ACTIVITY #: 318610 – Fall
 ACTIVITY #: 428100 – Winter
 FOR: Ages 8 - 12 Youth
 LOCATION: Westchester Mixed Martial Arts and Fitness
 DAYS: Thursdays
 TIME: 5:15 – 6:00 pm
 ACTIVITY #: 310160 – Fall
 ACTIVITY #: 410165 – Winter
 FALL DATES: September 20, 27, October 4, 11, 18, 25, November 1, 8
 WINTER DATES: January 10, 17, 24, 31, February 7, 14, 21, 28

BABYSITTING TRAINING COURSE

Instructor: Diane Stonis, Certified Red Cross Instructor

The Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to care for children and infants, be good leaders and role models, make good decisions and solve problems, keep the children they baby-sit and themselves safe, handle emergencies such as injuries, illnesses, and household accidents and write resumes and interview for jobs.

FOR: Ages 11-15
 LOCATION: Bedford Hills Community House
 FALL SESSION: Thursdays: October 4, 11, 18
 TIME: 4:00-6:15pm
 ACTIVITY #: 305606

OR
FALL SESSION: Saturday: December 1
 TIME: 9:00am-5:00pm
 bring lunch/snacks/baby doll
 ACTIVITY #: 305607
 FEE: Resident Fee: \$75.00
 Non-resident Fee: \$94.00
 WINTER SESSION: Tuesdays: Jan. 22, 29, Feb. 5
 ACTIVITY #: 450608
 OR
 WINTER SESSION: Thursdays: March 7, 14, 21
 ACTIVITY #: 450607
 FEE: Resident Fee: \$75.00
 Non-resident Fee: \$94.00

NOTE: 1. Bring pen or pencil & notebook to all classes
 2. Must be 11 by the first class
 3. Must attend all classes





Katonah Bedford Hills Volunteer Ambulance Corps



**Proudly serving our community for 65 years.
Thank you for your support.
www.kbhvac.org**

SAFE ON MY OWN

Instructor: Diane Stonis, Certified Red Cross Instructor

Safe On My Own is a program for children in grades 3 thru 5 who would like to learn the safety measures of what to do when they find that they are alone on their own. Some topics to be discussed include, what to say on the phone when home alone, what to do if someone comes to your home while you are alone, stranger danger when you are outside your home, how to call 911, and what to do in an emergency.

FOR: Grades 3-5
 LOCATION: Bedford Hills Community House
 TIME: 4:30-6:30pm
 FALL Tuesday, October 2
 SESSION:
 ACTIVITY #: 358691
 FEE: Resident Fee \$20.00
 Non-Resident Fee: \$25.00

OR
 WINTER Wednesday, March 6
 SESSION:
 ACTIVITY #: 450605
 FEE: Resident Fee: \$20.00
 Non-Resident Fee: \$25.00

JEDI MASTERING ENGINEERING

Instructor: Play Well Tech.

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.



FOR: Ages 7- 10
 LOCATION: Bedford Hills Community House
 DAYS: Wednesday
 DATES: September 19, October 3, 10, 17, 24, 31, November 7, 14
 TIME: 4:30 – 6:00 pm
 ACTIVITY #: 368601
 FEE: \$150.00

HOLIDAY STORY AND A CRAFT

Kimberly O'Brien and Staff

Let your child show their artistic side off in this fun creative program. During each workshop the children will enjoy a story, light snack and show their creativity.

FOR: Grades K - 1
 TIME: 4:15 - 5:30 pm
 LOCATION: Bedford Hills Community House
 DAY: Fridays
 FEE: \$15.00 per session
 Halloween: October 19 • ACTIVITY #: 378612
 Thanksgiving: November 16 • ACTIVITY #: 378613
 December
 Holiday: December 7 • ACTIVITY #: 378614
 Spring Holiday: April 5 • ACTIVITY #: 478603

DINNER AND A CRAFT

Instructor: Kimberly O'Brien

Show off your created side. Join us for a creative night, completing a holiday project and enjoy a pizza dinner. Each night participants will create a project relating to an upcoming holiday.

FOR: Grades 2-7
 TIME: 6:00 - 8:00 pm
 LOCATION: Bedford Hills Community House
 DAY: Fridays
 FEE: \$25.00 per session
 Halloween: October 19 • ACTIVITY #: 378609
 Thanksgiving: November 16 • ACTIVITY #: 378610
 December
 Holiday: December 7 • ACTIVITY #: 378611
 Spring Holiday: April 5 • ACTIVITY #: 478605

CHALLENGE GAME NIGHT

Supervisor: Kimberly O'Brien and Staff

Ready Set Play! This evening will be devoted to playing games. Conquer your opponent in a challenging game of Stratego, play a defying game of Battleship, a competition of Connect Four, plus other fun and challenging games. Dinner and snacks are included.

FOR: Grades 3 - 7
 LOCATION: Bedford Hills Community House
 DATE/TIME: Saturday, January 12
 TIME: 6:00 – 8:30pm
 FEE: \$20.00
 ACTIVITY #: 498614

KIDS NIGHT OUT

Supervisor: Kimberly O'Brien and Staff

Spend the night hanging out with your friends. Enjoy a pizza dinner, doing your nails, playing sports and games, talking with friends and maybe watching a movie. Wear comfortable clothes.

FOR: Grades 3 - 7
 LOCATION: Bedford Hills Community House
 DAY/DATE: Saturday, February 9
 TIME: 6:00 - 9:00pm
 FEE: \$25.00
 ACTIVITY #: 498605

BINGO CALLING

Supervisor: Kimberly O'Brien

B-I-N-G-O- Come on out for a great night of fun! Eat, socialize and have an exciting evening of bingo with great prizes. Pizza dinner and dessert will be served.

FOR: Grades 2 - 7
 LOCATION: Bedford Hills Community House
 TIME: 6:00 - 8:30pm
 FEE: \$20.00
 DATE: Saturday, March 9
 ACTIVITY #: 498600

CRAZY CHEMWORKS

Mad Science

Come and spark imaginative learning with a week of Mad chemistry. Watch as we combine elements and make them fizz, crackle and change color! We'll delve into molecules and chemical reactions that produce light, gas and even slime! Each day will include awesome hands on experiments and take home items as well as snack, lunch and game breaks.

(Please bring your own lunch-Lunch hour is 12-1pm supervised by Mad Science)

FOR: Grades 1-5
 LOCATION: Bedford Hills Community House
 DAY: Thursday and Friday
 DATE: December 27 and 28
 TIME: 9:00am to 4:00 pm
 FEE: \$160.000
 ACTIVITY#: 468613

YOUTH SPORTS



FLAG FOOTBALL – GRADES 3 & 4 (AFTERNOON PROGRAM)

Coordinator: Jim Whiting

This fun filled action-oriented program is designed to be an introduction to football for young athletes. Each session will consist of rules instruction, skill development and scrimmage games. This is a non-contact program. Please dress in layers and bring a water bottle.

FOR: Grade 3 & 4
 LOCATION: Bedford Hills Memorial Park
 DAY: Wednesdays
 DATES: September 19, October 3, 10, 17, 24, November 2
 (Rain date: Nov. 6)
 TIME: 4:30-5:45pm
 ACTIVITY #: 325600
 FEE: \$75.00 per person



FLAG FOOTBALL – GRADES 5 & 6 (EVENING PROGRAM)

Coordinator: Jim Whiting

This evening program will be played under the lights and is designed to provide "league-style" competition for participants. Instruction & skills will be emphasized, games will be played weekly. This is a non-contact program. Please dress in layers and bring a water bottle.

FOR: Grades 5 & 6 (combined)
 DAY: Wednesdays
 DATES: September 19, October 3, 10, 17, 24, November 2 (Rain date: Nov. 9)
 TIME: 6:45-8:00pm
 ACTIVITY #: 325606
 FEE: \$75.00 per person



BEDFORD POUND RIDGE
BASEBALL ASSOCIATION
PLEASE VISIT OUR WEBSITE IN NOVEMBER FOR 2013 REGISTRATION DETAILS.
[HTTP://WWW.ETEAMZ.COM/BPRBA/](http://www.eteamz.com/BPRBA/)

F.C. BEDFORD SOCCER CLUB
In-House Soccer Program for boys & girls ages 4-11
 * Soccer based training clinics
 * Local in-house program – no travel games involved
 * Held at Bedford Hills Memorial Park
 * Tuesday evenings – 6:30-7:30pm
 * Spring & Fall Sessions: \$150.00/year
For more information call: 914-666-2271

**YOUTH LEAGUE BASKETBALL
(BOYS IN 5, 6, 7 & 8 GRADES)**

Coordinator: Jim Whiting

This program is designed to introduce youngsters to the game of basketball in an organized league setting. Learning fundamental skills and game strategies while having fun is the league's main focus.

LOCATION: Katonah Elementary School
EVALUATIONS: **Grade 5:** Saturday, Nov. 17, 10:00-11:00am
Monday, Nov. 19, 6:30-7:30pm

Grade 6: Saturday Nov. 17, 11:00-12:00 noon
Monday, Nov. 19, 7:30-8:30pm

Grades 7/8: Saturday Nov. 17, 12:00-1:00pm only

PRACTICES: Once per week (Mon., Wed. or Fri.) beginning November 26

GAMES: Once per week (Saturdays) beginning in January

ACTIVITY #: 320604 – Grade 5

ACTIVITY #: 320610 – Grade 6

ACTIVITY #: 320605 – Grade 7 & 8

FEE: \$100.00 per person

BASKETBALL BASICS

Coordinator: Jim Whiting

This program is an introduction to basketball. Fun drills and exciting activities are combined to teach children fundamentals. The basic skills of dribbling, rebounding and shooting will be stressed each week as players move closer to experiencing game situations through scrimmages.

NOTE: The 4th grade program will place more emphasis on scrimmaging and understanding game situations.

FOR: Boys and Girls Grades 2, 3 and 4

LOCATION: Katonah Elementary School

DAY/DATES: Saturdays, Dec. 1, 8, 15, January 5, 12, 19, 26, February 2, 9

ACTIVITY#: 320601 Grade 2-9:30am

ACTIVITY#: 320602 Grade 3-10:30am

ACTIVITY#: 320603 Grade 4-11:30am

FEE: \$75.00 per person

Includes BASKETBALL & T-SHIRT

GIRLS VOLLEYBALL

Instructor: Allison Eckhart

Bump, Set, Spike!! This instructional and exciting program is open to girls in grades 3 – 8. We will focus on the basic skills of volleyball including but not limited to: service, passing, footwork, teamwork, and much more. Whether you are new to the sport or an experienced player this class is for you.

FOR: Girls Grade 3-8

LOCATION: Memorial Pool Complex, Leonard Park, Mt. Kisco

DAY: Wednesday

DATES: January 16, 23, 30 February 6, 13, 20, 27 March 6, 13, 20

FEE: \$65.00

Setanta Gaelic Football Club

Setanta founded in Katonah in 2009 is a Gaelic (Irish) football club for children (both boys and girls) aged 6 to 14 years. During the Fall and Spring seasons it teaches how to play the sport and participates in games organized by the New York Minor Board. Practices are held locally usually on Sunday afternoons.

For information and contact details please visit our website <http://setantagaa.shutterfly.com> or call John Myers at 914-232-7012.

There is no charge to participate.



2012 bedford turkey trot

www.bedfordturkeytrot.org

BEDFORD TURKEY TROT

SATURDAY, NOVEMBER 24TH



The **Bedford Village Lions Club** was organized on December 11, 1946 at a meeting at the Bedford Village Firehouse and received its Charter in February 1947. 33 men of Bedford Village became charter members of the Club.

For over 65 years, our club has maintained the tradition of providing service to community with projects ranging from funding community events, making contributions to local and national charitable organizations with an emphasis on those organizations that support the visually impaired, elderly and physically disadvantaged; and dispensing academic, science and nursing scholarships to the youth of our community. The Bedford Village Lions Club through its foundation is committed to bringing the unparalleled services of Lions Clubs International to our community.

SPORTS EQUIPMENT SWAP
@ Bedford Village Elementary School Saturday
October 13 – 8am-5pm AND Sunday October 14 – 9am-5pm

HALLOWEEN PARADE
Wednesday, October 31 at Presbyterian Church, 3:30pm

PANCAKE BREAKFAST
Sunday, December 9 at Historical Hall, 7:30am to 12:30pm

For more information on these events or becoming a member please contact President George Fernandez at gfern27@gmail.com

FOR: Grades 3 - 5
TIME: 4:30 – 5:30 pm
ACTIVITY #: 420160

FOR: Grades 6 - 8
TIME: 5:45 – 6:45 pm
ACTIVITY #: 420161

GIRLS FIELD HOCKEY FALL 2012 • GRADES: 2 & 3 • GRADES: 4 • GRADES 5 THRU 8

Sponsored By The Town of Bedford Recreation and Parks Department

This is a skills based program that will introduce athletes to the game of field hockey and provide additional skill development and field time for those who already play the game. Emphasis will be on physical conditioning, stick work, team dynamics and rules of the game. There will be several scrimmages planned against local recreation teams. Players must provide their own stick, shin guards, mouth guard and eye guard. **MOUTHGUARDS: Must be provided by the players – New for 2012**

FOR: Girls entering grades 2 through 8 in the fall of 2012 who live in the Bedford Central School District or Katonah / Lewisboro School District.

TIME: Grades 2 & 3: Saturdays: 9:00am – 10:00am
Grade 4: Saturdays: 10:15am – 11:45am
Grades 5 to 8: Fridays: 5:00pm – 6:30pm (light dependent); and Saturdays: 12:00noon – 1:30pm

DATES: Saturdays: September: 8, 15, 22, 29, October 6, 13, 20, 27 - November 3
Fridays: September: 14, 21, 28 – October 5, 19
Make-up: November 10

LOCATION: Katonah Memorial Park Field – Located behind the pool

FEE: Grades 2 & 3: \$70.00 includes a mesh jersey
ACTIVITY #: 326162
Grades 4: \$70.00 includes a mesh jersey
ACTIVITY #: 326160
Grades 5 -8: \$125.00 includes a mesh jersey
ACTIVITY #: 326161

COACHES:
Ridgely Biddle: A Katonah resident, MAT in PE, Convent of the Sacred Heart coach, former player at Boston University, Bedford Youth Lacrosse Coach 2004-2007. John Jay Youth Lacrosse Coach, Rated field hockey and lacrosse official.

Cathy Cousin: Varsity Field Hockey coach at Ossining High School 1986-1994, Played for SUNY Cortland 1982-1986 and is in her fourth season with the program.

David Leech: 30+ years of field hockey experience in England and the US and has been with the program for four years.

Debbi Walsh: Is a former field hockey player at Fairfield University, has coached youth soccer for Lewisboro Soccer Club for 13 seasons and has been a coach in the field hockey program for two years.

NOTE: High School players (paid positions or community service credits) will be assisting with the program. Parent volunteers will be needed. If interested please contact the Recreation Office at 666-7004.

QUESTIONS: Please contact the Recreation Office at 666-7004 and we will have Coach Biddle contact you.

ADULT PROGRAMS



LADIES BINGO
Supervisors: Daryl Sudlow, Kimberly O'Brien, and Angela Brown

0-67 Bingo! Come on out and mingle with friends, have fun, enjoy refreshments and light snacks. Who knows, you may even win one of many great prizes. Everyone will be given two cards each and it should make for an exciting and enjoyable evening! Don't miss out on this ladies only evening. Preregistration is required.

FOR: Ladies 21+
LOCATION: Bedford Hills Community House
DAY/DATE: Thursday, October 18
TIME: 7:00-9:30pm
ACTIVITY #: 398700
FEE: \$20.00
\$25.00 at the Door

FALL 2012 TENNIS INSTRUCTION SCHEDULES •••••

TENNIS INSTRUCTION

..... **BEDFORD HILLS MEMORIAL PARK**

These four all-weather tennis courts are located behind the Bedford Hills Little League Field. An access path is located to the rear of the parking area between the baseball/softball fields.

..... **KATONAH MEMORIAL PARK**

These four all-weather courts are located at the end of North Street next to the main parking area.

..... **BEDFORD VILLAGE MEMORIAL PARK**

These four all-weather courts are located on the right side of the main parking lot on Greenwich Road.

..... **ATTENTION**

Please be advised that the Town of Bedford does not permit private lessons to be taught at any of the tennis court facilities without prior approval from the Superintendent of Recreation and Parks.



FALL 2012 TENNIS LESSONS – KATONAH MEMORIAL PARK

 Lessons are offered in cooperation with Saw Mill Club
All tennis lessons are one hour sessions

..... **YOUTH TENNIS AGES 5/6/7 – WEDNESDAYS**

DAYS: Wednesdays
DATES: Sept. 19, Oct. 3, 10, 17, 24
MAKE UP: Fridays - TBA
TIME: 4:00pm
ACTIVITY#: 326600
FEE: \$100.00

..... **ADULT TENNIS – WEDNESDAYS**

DAYS: Wednesdays
DATES: Sept. 19, Oct. 3, 10, 17, 24
MAKE UP: Fridays – TBA
TIME: 9:30am – INTERMEDIATE
10:30am – BEGINNERS
ACTIVITY#: 326700
FEE: \$100.00

..... **YOUTH TENNIS AGES 8/9/10 – WEDNESDAYS**

DAYS: Wednesdays
DATES: Sept. 19, Oct. 3, 10, 17, 24
MAKE UP: Fridays – TBA
TIME: 5:00pm
ACTIVITY#: 326601
FEE: \$100.00



..... **WESTCHESTER COUNTY TENNIS LEAGUE • SPRING 2013**

The Bedford Women's Tennis Team will be participating in the Westchester County Recreation & Parks Tennis League in the spring of 2013. The League consists of towns in northern and southern sections of the county. This is a competitive yet fun league for the serious and committed tennis player. Participants must be available on the days indicated.

FOR: Resident woman 18+
LOCATION: Practices & home matches
Bedford Hills Memorial Park Courts
DAYS: Practices 1x week
Matches Wednesday mornings
and/or
Tuesday mornings based on number of teams/league
DATES: Early April thru early-June
ACTIVITY #: 125470
FEE: \$25.00 per person—covers entrance into the league, tennis balls, court maintenance

FALL TENNIS LESSONS – BEDFORD HILLS MEMORIAL PARK

 Lessons are offered in cooperation with Saw Mill Club

..... **QUICK START TENNIS AGES 5/6/7 – TUESDAYS**

DAYS: Tuesdays
DATES: Sept. 25, Oct. 2, 9, 16, 23
MAKE UP: October 30
TIME: 4:00pm
ACTIVITY#: 395602
FEE: \$100.00

..... **JUNIOR TENNIS AGES 11-14 – THURSDAYS**

DAYS: Thursdays
DATES: Sept. 20, 27, Oct., 4, 11, 18
MAKE UP: October 25
TIME: 4:00pm – BEGINNERS
ACTIVITY#: 395605
5:00pm - ADV. BEGINNERS
ACTIVITY#: 395606
FEE: \$100.00

..... **YOUTH TENNIS AGES 8/9/10 – TUESDAYS**

DAYS: Tuesdays
DATES: Sept. 25, Oct. 2, 9, 16, 23
MAKE UP: October 30
TIME: 5:00pm
ACTIVITY#: 395604
FEE: \$100.00

..... **ADULT TENNIS – SATURDAYS**

DAYS: Saturdays
DATES: Sept. 22, 29, Oct. 6, 13, 20
MAKE UP: October 27
TIME: 9:30am – BEGINNERS
ACTIVITY#: 395701
10:30am – ADV BEG/INT
ACTIVITY#: 395702
FEE: \$100.00



• PLATFORM TENNIS • SWIM/DIVE TEAM CONGRATS!

PLATFORM TENNIS NEWS

NEW COURTS AT KATONAH!

The Town Board and Recreation and Parks Advisory Committee are pleased to report that this past summer the two platform tennis courts located at Katonah Memorial Park were replaced. The original courts built in 1978 had come to the end of their useful lifespan. Two new all aluminum courts and lighting were built over the summer and should be ready for use by late September. The new courts have been re aligned to minimize sun glare in the winter months and a small parking area is being created. These new courts will be a wonderful addition to this beautiful park.

COME CHECK IT OUT!

The Recreation and Parks Advisory Committee and Town Board would like to invite Bedford residents to "officially" open the new platform tennis courts at Katonah Memorial Park next to the shelter area. This brief ceremony will be held at **7:15pm on Tuesday, October 2nd** at the courts followed by light refreshments and mini clinic provided by Geoff Jagdfeld our platform tennis pro from Solaris Sports.

NEW LIGHTS FOR BEDFORD VILLAGE COURTS!

This past spring the Town Board authorized funding to continue to maintain these very popular and heavily used courts. New energy efficient light fixtures identical to the lights that were installed at the new Katonah courts will be installed at the Bedford Village courts before the end of September. The new lights will provide brighter lighting on the court surface.

GROUP USE COURT RESERVATIONS:

The Recreation and Parks Department has seen a renewed interest in the great sport of platform tennis in recent years. With this, comes a greater demand for court time. In an effort to provide a more equitable system for reserving court time, the Recreation Office will be revising the reservation system for the 2012 - 2013 season. Before any decisions are made, interested players and 2011-12 group reservation players are invited to attend an open meeting with the Superintendent of Recreation on **Thursday, September 20th, 7:30pm** at the Bedford Hills Community House located at 74 Main Street in Bedford Hills to discuss various options for group use reservations for the two facilities. A decision on how group use reservations will be handled for the 2012-13 season will be made by early October with the new system in place for a November 1st start.

PLATFORM TENNIS LESSONS

Instructor: Geoffrey Jagdfeld, USA PPTA Certified Instr.

Platform Tennis (aka Paddle Tennis) is an American racquet sport invented in Scarsdale, NY in 1929 and enjoyed by thousands of people of all ages. It is the only racquet sport that players can enjoy outdoors in cold weather. It is played on an elevated aluminum deck surrounded by 12' high fencing which allows play off the walls, as in racquetball and squash. This unique appeal attracts people who desire fresh air, competition and social engagement, all on a chilly fall/winter's night.

About the Programs: BEG/ADV. BEG.: covers the fundamental shots, basic screen play and rules of the game. INTERMEDIATE: provides the more experienced players a chance to drill and play while learning shot selection, the art of screen play and doubles strategy.

FOR: Adults 18+

NOTE: Paddles are provided for your use and you must wear non-marking rubber soled shoes.

FALL SESSION – BEDFORD VILLAGE MEMORIAL PARK MONDAYS

DAY/DATES: Mondays, October 15, 22, 29,
November 5, 19, 26, Dec. 3, 10
LOCATION: Bedford Village Courts
TIME: 7:00–8:30pm (Beginner Drill & Play)
ACTIVITY #: 324170
TIME: 8:30 to 10:00pm (Adv. Drill & Play)
ACTIVITY #: 324270
FEE: \$160.00 (8 classes)

FRIDAYS

DAY/DATES: Fridays: October 19, 26,
November 2, 9, 16, 30, Dec. 7, 14
LOCATION: Bedford Village Courts
TIME: 9:30–10:30am (Beg./Adv. Beginner)
ACTIVITY #: 324172
TIME: 10:30–11:30am (Intermediate)
ACTIVITY #: 324173
FEE: \$160.00 (8 classes)

FALL SESSION – KATONAH MEMORIAL PARK WEDNESDAYS

DAY/DATES: Wednesdays, October 17, 24, 31,
Nov. 7, 14, , 28, December 5, 12
LOCATION: Katonah Courts
TIME: 9:30-10:30am (Beginner/Adv. Beginner)
ACTIVITY #: 326701
TIME: 10:30-11:30am (Intermediate)
ACTIVITY #: 326702
FEE: \$160.00

WINTER SESSION – BEDFORD VILLAGE MEMORIAL PARK MONDAYS

DAY/DATES: Mondays, January 7, 14, 28,
February 4, 11, 25, March 4, 11
LOCATION: Bedford Village Courts
TIME: 7:00–8:30pm (Beginner Drill & Play)
ACTIVITY #: 424170
TIME: 8:30–10:00pm (Advanced Drill & Play)
ACTIVITY #: 424171
FEE: \$160.00

FRIDAYS

DAY/DATES: Fridays: January 11, 18, 25,
February 1, 8, 15, 22, March 1,
LOCATION: Bedford Village Courts
TIME: 9:30–10:30am (Beg./Adv. Beginner)
ACTIVITY #: 424173
TIME: 10:30–11:30am (intermediate)
ACTIVITY #: 424174
FEE: \$160.00 (8 classes)

WINTER SESSION – KATONAH MEMORIAL PARK WEDNESDAYS

DAY/DATES: Wednesdays, January 9, 16, 23, 30,
February 6, 13, 20, 27
LOCATION: Katonah Courts
TIME: 9:30-10:30am (Beg./Adv. /Beginner)
ACTIVITY #: 326703
TIME: 10:30-11:30 (Intermediate)
FEE: \$160.00



SWIM & DIVE TEAMS

The Bedford Recreation & Parks Department would like to congratulate all 3 of our swim & dive teams for an amazing season!

A BIG SHOUT OUT! to the Bedford Village Swim & Dive Team on another strong finish in the Division III League this summer and their 2nd place showing in the Championships! Special thanks to our BVSDT parent reps and all the volunteer parents who work tirelessly to make this program shine!

THREE CHEERS! to the Bedford Hills Swim & Dive Team on their amazing season, winning both their Division V League & Championships! Many thanks to the BHSDT parent reps and all the behind the scenes parent volunteers that made this season such a big hit!

HOORAY! to the Katonah Swim & Dive Team on their awesome accomplishments! They took the "gold" in both the Division II League and the Championships! Kudos to the KSDT parent committee and all the parent volunteers who make this program a huge success!

AEROBICS WORKOUT

Instructors: Paula DiJulio (fall session);
Anne-Marie Pasquale (winter session)

This high-low aerobics program is specifically geared to adults who may not be exercising regularly and would like to get into a healthy program that meets their needs. Our instructors are experienced, certified, and personable and they will give you an uncomplicated, enjoyable, feel good opportunity!

FOR: Adults 18+
LOCATION: Bedford Hills Elementary School
DAYS: Mondays and Wednesdays
TIME: 7:00-8:00pm
FALL SESSION: September 24, October 1, 3, 10, 15, 17, 22, 24, 29, 31, November 5, 7, 14, 19, 26, 28, December 3, 5, 10, 12 (no class Sept. 26, Oct. 8, Nov. 12, 21)

ACTIVITY #: 310713
FEE: \$160.00: Resident: 20 classes/2 days wk
\$200.00: Non-Resident: 20 classes/2 days wk
\$80.00: Resident: 10 classes/1 day wk
\$100.00: Non-Resident: 10 classes/1 day wk

WINTER SESSION: January 7, 9, 14, 16, 23, 28, 30, February 4, 11, 13, 20, 25, 27, March 4, 6, 11, 13, 18 (no class Jan. 21, Feb. 6, 18)

ACTIVITY #: 410713
FEE: \$144.00: Resident: 18 classes/2 days wk
\$180.00: Non-Resident: 18 classes/2 days wk
\$72.00: Resident: 9 classes/1 day wk
\$90.00: Non-Resident: 9 classes/1 day wk

NOTE: Maximum enrollment is 30. Registrations are not accepted at class. If enrolling 1 day a week—please specify day on your form. There is no senior discount for Non-Residents

TOTAL BODY WORKOUT

Instructor: Anne-Marie Pasquale

Total Body Workout incorporates light weights, mat work, and low impact cardio to target and tone each major muscle group in the body. The wide variety of exercises used offers participants the opportunity to build lean muscle, while improving balance, stability and flexibility. Anne-Marie brings 19 years of experience as a group exercise leader and she designs each class to accommodate all fitness levels. You will be looking and feeling great in no time!

FOR: Adults 18+
LOCATION: Bedford Hills Elementary School
DAY: Tuesdays
DATES: September 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27, Dec. 4, 11
TIME: 7:00-8:00pm
ACTIVITY #: 319701
FEE: \$100.00: Resident: 12 classes
\$125.00: Non-Resident: 12 classes

NOTE: Maximum enrollment is 30.
Registrations are not accepted at class.
There is no senior discount for Non-Residents

LUNCHTIME WORKOUT

Instructor: Karla Diamond

Designed to keep you moving and fit. This class includes a fun dance aerobic workout followed by strength and balance exercises. Top it off with gentle stretches that can be done on a chair or on the floor and a 5 minute relaxation. You'll feel ready to charge into the rest of your day! This class is open to all ages and abilities. All of the exercises can be modified so that you can go at your own pace. Bring a mat or large towel and hand weights.

There is no senior discount. Non-Residents + 25%.
FOR: Adults
LOCATION: Bedford Hills Community House
DAYS: Mondays & Thursdays
TIME: 12:00-1:00pm
FEE: \$90.00: 13 sessions Fall I and/or II
\$77.00: 11 sessions Winter I and/or II
ACTIVITY#: 318703

FALL SESSION I (13 sessions):
September 10, 13, 17, 20, 24, 27, October 1, 4, 11, 15, 18, 22, 29
ACTIVITY#: 318704

FALL SESSION II (13 sessions):
November 1, 5, 8, 15, 19, 26, 29 December 3, 6, 10, 13, 17, 20
ACTIVITY#: 418701

WINTER SESSION I (11 sessions):
January 3, 7, 10, 14, 17, 24, 28, 31 February 4, 7, 11
ACTIVITY#: 418702

WINTER SESSION II (11 sessions):
February 14, 18, 21, 25, 28 March 4, 7, 11, 14, 18, 21

YOGA (THURSDAY PM)

Instructor: Karen Young, MPH Certified Yoga Instructor
Refresh, Renew, Invigorate, and Relax, this class will focus on breathing techniques, proper alignment, strength building, flexibility, balance and most importantly, the joy that accompanies regular yoga practice. Men and women of all levels welcome. Please bring a mat and dress comfortably.

The class will be taught by Karen Young. Karen attended the Westchester Institute of Yoga and holds a Master of Public Health Degree from Southern Connecticut State University.

FOR: Adults 18+
LOCATION: Bedford Hills Elementary School
DAY: Thursdays
TIME: 6:30-7:45pm

FALL SESSION: September 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 29 (no class November 22)

ACTIVITY #: 319702
FEE: \$80.00 – Residents – 10 classes
\$100.00 – Non-residents – 10 classes

WINTER SESSION: January 10, 17, 24, 31, February 7, 14, 21, 28, March 7

ACTIVITY #: 419701
FEE: \$72.00 – Residents – 9 classes
\$90.00 – Non-Residents – 9 classes



YOGA (FRIDAY AM)

Instructor: Susan Lara Safranek, is a certified Yoga teacher, since 2003, and a passionate student of Classical Yoga

Yoga is an ancient practice that strengthens and tones the body, balances and calms the mind, and refreshes and renews the spirit. In this class we will explore a bit of the history and philosophy of Yoga, while learning Yoga postures, breathing techniques, and meditation, all in a safe, supportive and non-competitive atmosphere. All levels of experience (and flexibility) are welcome.

FOR: Adults 18+
LOCATION: Bedford Hills Community House
DAY: Fridays
TIME: 9:30-11:00am
FEE: Residents: \$100.00 for 10 classes
Non-Residents: \$125.00 for 10 classes

FALL SESSION: September 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30 (no class Nov. 23)

ACTIVITY #: 310720
WINTER SESSION: January 11, 18, 25, February 1, 8, 15, 22 March 1, 8

ACTIVITY #: 410722
FEE: Residents: \$90.00 for 9 classes
Non-Residents: \$113.00 for 9 classes

NOTE: For both sessions, please wear comfortable clothes, come on an empty stomach and bring a mat.



Bedford Village Chowder & Marching Club

SAVE THE DATE
C&M FALL PARTY

FRIDAY
OCTOBER 12, AT 7:00PM
BRYNWOOD GOLF & COUNTRY CLUB

A fundraiser to support a NEW playground AND Basketball Court at Bedford Village Memorial Park

Bedford Village Chowder & Marching Club

Featuring:

Journey 2: The Mysterious Island

Friday September 7
Rain date Saturday Sept 8

Bring a blanket or chair.
Refreshments and snacks available
Gates open at 6:30pm
Movie starts at dusk 7:15pm



The Blue Dolphin Ristorante

Fine Italian cuisine, homemade pastas, fresh seafood

175 Katonah Avenue
Katonah, New York 10536
(914) 232-4791

Mon.-Thurs. Lunch: 11-3, Dinner: 5-9:30
Friday Lunch: 11-3, Dinner: 5-10
Saturday Lunch: 11:00-3:30, Dinner: 5-10
Sunday Closed

Email: thebluedolphin@optonline.net http://thebluedolphinny.com



DEFENSIVE DRIVING

Instructor: Bedford Police

Learn to drive defensively! After completing this course, motorists will be eligible for a reduction in their auto insurance premiums and up to a 4 point reduction on their driving record. Participants must be on time and complete the full 6-hours of instruction to satisfactorily complete the class. Residents must provide two (2) checks with their registration. One to the "National Safety Council" for \$11.00 and the second to the "Town of Bedford" for \$19.00.

FOR: Ages 16 and older
LOCATION: Bedford Hills Community House
DAYS/DATE: TBA
TIME: 6:30-9:30pm
ACTIVITY #: 366000
FEE: \$30.00 per person

MEN'S SOFTBALL-SPRING 2013

The Bedford Recreation Department will be accepting applications/rosters for the 2013 season of men's softball beginning on February 1, 2013 Rosters must have 12-20 names of players who reside or work full time in the Town of Bedford. Three (3) non-residents will be allowed on each roster for an additional fee. The season runs from May through Mid-August. Games will be held weeknights at 6:30pm in Bedford Hills and Mt. Kisco. For additional information call Jim Whiting at (914) 666-7004.

ZUMBA FITNESS

Instructor: Sarah Westlake, Certified Zumba Instructor

The hottest fitness craze is here!! Dance off those calories, burn that fat, tone and sculpt that body. Zumba is a fusion of Latin and International music inspired by Latin dance combined with intervals of rhythmic slow and fast dance steps and aerobic exercise creating a dynamic, exciting and effective fitness workout for all fitness levels. Move at your own pace. Guaranteed to energize...It's easy to learn so come join the fun! Sarah Westlake trained under our former instructor, Marie Roberts and is eager to carry on the tradition of this great Zumba class!

FOR: Adults 18+
LOCATION: Bedford Hills Community House
TIME: 9:30-10:30am



DAY: Tuesdays

FALL SESSION:

September 25, October 2, 9, 16, 23, 30, November 13, 20, 27, December 4 (no class November 6)

ACTIVITY#: 317001

FEE: Residents: \$100.00 for 10 classes
Non-Residents: \$125.00 for 10 classes

WINTER SESSION:

January 8, 15, 22, 29, February 5, 12, 26, March 5, 12 (no class February 19)

ACTIVITY #: 417001

FEE: Residents: \$90.00 for 9 classes
Non-Residents: \$113.00 for 9 classes

OR

DAY: Thursdays

FALL SESSION:

September 27, October 4, 11, 18, 25, November 1, 8, 15, 29, Dec. 6 (no class November 23)

ACTIVITY #: 317002

FEE: Residents: \$100.00 for 10 classes
Non-Residents: \$125.00 for 10 classes

WINTER SESSION:

January 10, 17, 24, 31, February 7, 14, 21, 28, March 7

ACTIVITY #: 417002

FEE: Residents: \$90.00 for 9 classes
Non-Residents: \$113.00 for 9 classes



clean water



clean air



clean energy

Make Them Your Legacy

Share the Vision



BEDFORD2020

*Community • Environment
Sustainability*

Bedford 2020 is a local non-profit organization leading and promoting a community-wide effort to reduce greenhouse gas emissions 20% by 2020 and to create a sustainable community that conserves its natural resources. We are working with all members of the community, residents, businesses, schools, houses of worship, and civic entities to realize this vision. See how you can be part of making Bedford a healthier, more sustainable place to live. **Share the Vision.**

www.bedford2020.org

CANINE COMMONS • DOG PARK

MESSAGE FROM THE TOWN CLERK

As a friendly reminder The Canine Commons Dog Park is for Town of Bedford residents and their dogs. Dogs using the Canine Commons area must be licensed and have a valid dog park permit issued through the Town Clerk's office. The Town Clerk's office is located at the Town House, 321 Bedford Road in Bedford Hills. The office hours are Monday through Friday 8:30am-4:30pm. The telephone number for the Town Clerk's office is 666-4534. Note: Guest dogs must have a current State license No dog park permit will be issued unless the dog is properly licensed through New York State. Permits will be rescinded if a dog's NYS license expires and is not renewed on time. In addition we have limited number if out of Town permits available.



2012 DOG PARK PERMIT FEES

| Number of Dogs | Fee |
|--|---------|
| 1 | \$40.00 |
| 2 | \$20.00 |
| 3 | \$15.00 |
| Guest Pass per dog/day | \$5.00 |
| Out of town pass good thru December 31, 2012 | \$75.00 |

ENJOY YOUR PARKS HELP KEEP PARKS CLEAN & GREEN

DOG AGILITY TRAINING BEGINNER • ADVANCED BEGINNER • ADVANCED CLASSES FALL SESSION 2012

Instructor: Kate Connick is currently a canine instructor in Ardsley and Mamaroneck and has been teaching dog obedience and agility since 1991. Kate is certified by the ARC in pet first aid AND has a Masters degree in (Human) psychology!

Build confidence and control by teaching your dog to negotiate obstacle courses. This entry-level class aims at teaching dogs to safely, confidently and accurately handle agility equipment including jumps, tunnels and various ramps. The goal is to improve your rapport with your dog and have fun. Prerequisite: See below

FOR: Town of Bedford residents. Dogs must have a current New York State license that are issued through the Town Clerk's Office located at 321 Bedford Road.

LOCATION: Canine Commons Agility Area located at Beaver Dam Park

DAY: Saturdays
CONTACT: Kate Connick, Instructor at KConnick@aol.com

DATES: September 15, 22, 29, October 6, 13, 20

MAKEUP DATE: October 27

TIME: Beginner Class 3:45 – 4:45pm

ACTIVITY #: 367100

Prerequisite: Basic obedience and control around other dogs.
Advanced Beginner Class 2:30 – 3:30pm

ACTIVITY #: 367101

Prerequisite: Instructor Approval required
Advanced Class 5:00 – 6:00pm

ACTIVITY #: 367102

Prerequisite: Instructor Approval required

FEE: \$75.00 per participant (owner and dog-6 Sessions)

NOTE: If space is available one week prior to the start of the program non-residents can enroll in the course at a 25% higher rate (\$95.00) – Dogs MUST have a valid NYS license!

BEAVER DAM PARK

Beaver Dam Road off of Harris Road
Bedford Hills

Featuring the Canine Commons Dog area that officially opened in the spring of 2008. This 1.5+ acre site features three separate areas that are fully enclosed with fencing. Small Dog area under 30lbs. Large Dog area over 30lbs and an Agility area for group permits use and training. Use of the Canine Commons area is open to Town of Bedford residents whose dogs are licensed and have a valid dog park permit.



ENERGIZE BEDFORD

Comfort and Savings for Your Home

Is your \$\$\$ going through the cracks?

Sign up for a free home energy assessment today!

Learn how to get started at
www.EnergizeBedford.org

or contact our Energy Advisor at:
info@EnergizeBedford.org or (914) 244-7210



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info@charlesdeptstore.com

TOWN OF BEDFORD PARK AREAS

RECREATION & PARKS DEPARTMENT OFFICE

425 Cherry Street, 1st Floor,
Bedford Hills, NY 10507

Office Phone 914-666-7004

Sr.Citizens Phone 914-666-7203

Office Hours 8:30am-4:30pm

Registration Walk-in Hours 9:00am-4:00pm

BEDFORD HILLS COMMUNITY HOUSE

74 Main Street & Corner of Church Street,
Telephone: 244-0474

Various meeting rooms and facilities available
for rental and reservation. Various classes and
activities.

BEDFORD VILLAGE MEMORIAL PARK

Greenwich Road (off Rt. 22/172),
Bedford Village

Tennis & Paddle Tennis Courts, Baseball/
softball Field, Basketball Courts, Swimming
Pool, Playground, Picnicking, Shelter, Soccer &
Football Field

KATONAH MEMORIAL PARK

North Street (off Bedford Rd/Park Pl.) Katonah
Tennis & Paddle Tennis Court, Baseball/Softball
Field, Basketball Court, Swimming Pool,
Playground, Picnicking, Walking Trails, Shelter,
Sledding

BEDFORD HILLS MEMORIAL PARK

Haines Road (off Rt. 117) Bedford Hills
Tennis Court, Lighted Baseball/Softball/Little
League Field, Basketball Court, Swimming
Pool, Playground, Picnicking, Shelter, Soccer
Field, Ice Skating and Fishing, Baseball/ Softball
Fields



Before the Game
After the Game
Or
To Watch the Game
Families and Friends Together

Oliver's
Family Restaurant and Sports Pub
128 Bedford Road
Katonah, New York
914-232-0946

THANK YOU! THANK YOU! THANK YOU!

The Bedford Recreation & Parks Department would like to thank the following
businesses/organizations for contributing to our programs and events!

-  **BEDFORD VILLAGE LIBRARY** – for holding STORYTIME at the Bedford Village Pool Tuesdays for ages 3-5 and providing a library cart of “good read” books for our patrons to borrow throughout the summer!
-  **CARVEL of BEDFORD HILLS** – for donating gift certificates for free ice cream at our annual Egg Hunt!
-  **TOWN OF BEDFORD PBA** – for sponsoring the annual DAY CAMP BAR-B-QUE @The annual camp carnival!
-  **OLIVER'S RESTAURANT of KATONAH** – for sponsoring our SENIOR CITIZEN'S ST. PATRICK'S DAY LUNCHEON this past March!
-  **BEN & JERRY'S of MT. KISCO** – for donating gift certificates for free ice cream at our annual Egg Hunt!
-  **BLUE DOLPHIN RISTORANTE of KATONAH** – for co-sponsoring the ENTERTAINMENT at our annual Egg Hunt!
-  **SINAPI'S of BEDFORD HILLS** – for donating coupons at various events like our Egg Hunt & Hurricane Irene Pool Parties!
-  **PANERA'S of BEDFORD HILLS** – for donating goodies to our Senior program



The Lions Club of Bedford Hills

The Lions Club of Bedford Hills was founded in
1939 with one goal: COMMUNITY SERVICE.

Since then, we have supported dozens of projects
and causes that *give back to our local community*,
including the Bedford Hills Free Library and
Bedford Recreation & Parks programs,
Citizenship Awards at Bedford Hills Elementary
and College Scholarships for Fox Lane graduates.

We also sponsor exciting events throughout the
year including our scrumptious **pancake**
breakfasts and our signature **Classic Car Show.**

Go to www.bedfordhillslions.org for our upcoming events!

 Lions-Club-of-Bedford-Hills
 @bhilions
 bhilions

Join us!

*We meet twice each month
on the 1st and 3rd Wednesdays at 7:00 PM
at the Bedford Hills Community House.*

*We always welcome men and women who
share our spirit of fellowship & community
service – come see what we're all about!*




**See the
Hottest
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| BEDFORD PLAYHOUSE 633 OLD POST ROAD BEDFORD | MT. KISCO CINEMA 144 E. MAIN STREET MT. KISCO |
|--|--|

www.ClearviewCinemas.com

SENIOR ADULT INFORMATION

Bedford Senior Adult Directors: Angela Brown and Pam Veith
Bedford Senior Bus Driver: Frank Costa
Bedford Senior Adults Telephone Line: 666-7203

SENIOR ADULT NEWSLETTERS

In an effort to provide our senior adults with current information concerning programs, trips and special events, a newsletter/calendar is available. This newsletter will be mailed out every other month. To receive the newsletter, contact the recreation office at 666-7203. We will add your name to the mailing list.

SEASON HIGHLIGHTS

Our seniors have been enjoying a variety of fun-filled activities, including: bird watching & feeding, planting our herb and vegetable gardens, flower cultivation and arrangements. We have enjoyed crafts, local outings, museums and some very interesting in-house speakers. Watching a movie with our big screen TV helps keep us in on those cold-rainy days. Besides our mall trips, we stop at the Christmas Tree Shop, the Dollar Store and more. In June we had a lovely trip to the Culinary Institute of America and a cruise on the Hudson with nice weather.

SHOPPING

The recreation bus runs local shopping trips on Tuesday mornings (ShopRite, CVS and more). Reservations must be made at least one day in advance by calling 666-7203. Also, shopping trips to local malls and shopping centers are offered. Shopping trips are on a first come first served basis.

SENIOR ADULTS IDENTIFICATION CARDS

Residents age 60 and over are eligible for Westchester County Senior Citizen identification cards and the various benefits to which the card entitles them. The cards are available at the Westchester County Center, 198 Central Avenue at the Bronx River Parkway in White Plains, Monday through Friday, 10:00am-4:00pm. For more information, call (914) 813-6400 or (914) 813-6300 or visit www.westchestergov.com.

"WII" VIDEO GAME SYSTEM FOR SENIORS

This new video game system is being enjoyed by senior citizens all over the country. It is easy to play and amazing fun. We plan to schedule regular days for video play. If you would like to see a demonstration and try your hand at bowling, golf or tennis, please join us at the Bedford Hills Community House. Check your senior calendar for scheduled bowling days.

NUTRITION PROGRAM

Residents may participate in the Senior Nutrition Program in Mt. Kisco at the Fox Center 198 Carpenter Avenue. Hot lunches are available daily, Monday through Friday with a \$2.50 contribution. Reservations must be made a day in advance by calling 666-8931.

SENIOR MEETINGS

There will be weekly meetings offered to all residents ages 60 and older. Meetings will include a variety of social events, informational presentations, crafts, games, exercise, special events and more. Free coffee, tea and light refreshments will be available at all meetings. Transportation to the meetings can be arranged by calling the recreation office at 666-7203 one day in advance.

The meeting schedule is as follows:

MONDAYS • Meeting and more
Bedford Hills Community House
10:00am - 2:00pm

WEDNESDAYS • Meeting and more
Bedford Hills Community House
10:00am - 2:00pm

FRIDAYS • Meetings, movies and more
Bedford Hills Community House
10:00am - 2:00pm

AGED PERSON'S PROPERTY TAX EXEMPTION

For information on eligibility for a senior adult property tax exemption, contact the Town Assessor at 666-5149.

SENIOR ADULTS REFUSE PROGRAM

Senior Adults (60 years of age and older) can come to the Town Clerks Office at 321 Bedford Road, Bedford Hills, to purchase discount coupons for trash disposal, Monday-Friday, 8:30am-4:30pm. The program allows for disposal of plastic bagged, nonrecyclable refuse at Town of Bedford Recycling Center, Adams Street, Bedford Hills, phone 241-2671, Tuesdays, Thursdays and Saturday, 8:00am-3:00pm.

FLU VACCINE

For seniors in the Town of Bedford. Date & Time: Thursday, October 18th 9:00-11:00am
Where: Katonah Memorial House, Katonah, NY
You must call the Recreation Office for preregistration at 914-666-7203. The fee is \$25.00 unless you have non-managed medicare. No medicare insurance covered by a managed care group will be accepted.

HOUSING

The Blue Mountain Housing Agency is accepting applications for prospective vacancies in one bedroom rental units at Bedford Lake (age 55 and over) and for potential resale one and two bedroom townhouses at Lakeside in Bedford. Applications and information regarding qualifications can be obtained through the Town Supervisor's Office at 666-6530.

MEALS ON WHEELS

Homebound residents unable to prepare meals and have no one to do so for them may be eligible for a hot midday meal. Call Jim Whiting at 666-7203 for more information.

AARP DRIVER SAFETY PROGRAM

Learn to improve skills and prevent accidents. After completing this course, motorists will be eligible for a reduction in their automobile insurance premiums and up to 4 points reduction on their driving record. Participants must attend the full session to satisfactorily complete the course. Bring a copy of your driver's license to class. The cost of the course is \$17.00 for AARP members and \$19.00 for non-members. Participants must be age 50 or older.
FOR: Ages 50+

LOCATION: Bedford Hills Community House
DAYS: Wednesday
DATES: October 24
TIME: 9:00am-3:30pm.
(Please bring a bag lunch for a 1/2 hour lunch break)
FEE: \$17.00 AARP members
\$19.00 non-members

NOTE: You must pre-register at the Town of Bedford Recreation Office or call 666-7004. Checks only, made payable to AARP.

Senior Valentine's Social Coffee Hour



Wednesday, February 13th

The Town is honoring our senior adults with a special coffee hour in the Valentine Theme.

LOCATION: Bedford Hills Community House
TIME: 10:00am-NOON

This will be an informal get together to help celebrate Valentine's Day with our seniors. So bring a friend or your sweetheart and have coffee, bagels, danish and more! You must call the recreation office to pre-register at 666-7203.

NORTHEAST WESTCHESTER ROTARY CLUB

Annual Christmas Tree Sale

December 1 through December 24

Bedford Hills Park



Weekdays: 5 to 7 pm
Weekends: 9 am to 7 pm

*We gratefully thank the
Town of Bedford
for graciously allowing the use of the park
as we work with Rotary International to
eradicate polio.*

New Grace Nails & Spa

136 Bedford Rd, Katonah, NY 10536

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www.katonahgracespa.com

- 50% off all waxing (Mon-Wed)
- Manicure/Pedicure Special – High School Students - \$20.00
- \$20.00 off Therapeutic Body Massage (60 minutes – reg. \$80.00)
- \$20.00 off UV-GEL Permanent French Set – (reg. \$80.00)

SENIOR ADULTS

POOL PERMITS

CHARTER BUS TRIPS

MOHEGAN SUN CASINO

DATE: Thursday, September 20, 2012
 TIME: Leave Katonah Memorial House
 8:15am
 FEE: \$30.00

FALL FOLIAGE/LUNCH/WINERY TOUR

DATE: Tuesday, October 16, 2012
 TIME: Leave Katonah Memorial House
 8:00am
 FEE: \$70.00

HOLIDAY BANQUET THEATER @ THREE OAKS RESTAURANT

DATE: Tuesday, December 4, 2012
 TIME: Leave Katonah Memorial House
 10:30am
 FEE: \$68.00

These are Charter Bus Trips, so register early. Seats will be on a first come first served basis. You can register by mail or by calling the recreation office at 666-7004. Make checks payable to the "Town of Bedford". Bedford Seniors Look in the mailing for Trip Schedule of specific days & times. **Register early to reserve your spot! For senior adults and guests.**

**SAVE THE DATE
 MARK YOUR CALENDAR FREE!
 TO BEDFORD SENIOR ADULTS**

BEDFORD SENIOR ADULT SAINT PATRICK'S DAY CELEBRATION & LUNCHEON



WEDNESDAY MARCH 13th

AT THE BEDFORD HILLS
 COMMUNITY HOUSE

TIME: 11:00am-2:00pm
 LUNCH: 12:00 Noon

**WEAR YOUR
 BEST GREENS
 AND WHITES**

Corned beef, cabbage, potatoes, Irish soda bread, dessert, beverage, coffee and tea served by our friendly Recreation and Parks staff! Includes great Holiday entertainment.

Seniors must phone in their reservations to the office at 666-7203 no later than Friday, March 1.

FREE Transportation! For those who need a ride—Please indicate this when you call in your reservations.

Don't miss out! Make your reservations today! Come join the fun!

SAVE TIME & MONEY!

HOLD ON TO YOUR 2012 POOL PERMITS!!!!

- **PLEASE...**If you registered for the pool and were issued a computer photo ID with the bar code, DO NOT discard your pool ID card!
- Registration for the 2013 pool season will be a much easier process as long as you don't lose your card(s). Once payment is made to the office, your card will automatically be updated for the 2013 season.
- 2013 registration details will be sent to all families/individuals who registered to use any of the three hamlet pools in 2012 in late January of 2013.
- **Remember...**DO NOT discard your pool ID cards. Replacement cards are costly, so please put your cards in a safe secure location for the off season.

THANK YOU!





Katonah Museum of Art
 Free Admission For One (with this coupon)
 Expires January 20, 2013
www.katonahmuseum.org

ANNUAL TOWN OF BEDFORD SENIOR ADULT HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 12
 Bedford Hills Community House
 11:00am-2:00pm



This annual holiday event is a favorite amongst our senior adults. Good food, good friends and much holiday cheer will prevail as we dine to the accompaniment of great holiday music. Please join us as we usher in the holiday season with this warm and popular get-together.

REGISTRATION:

There will be a \$5.00 admission fee at the door for this event. To make a reservation you must call Bedford Recreation Senior Line @ (914) 666-7203. You must call in your reservation to attend.

*Don't miss the FUN!
 This is a very popular event
 so sign up early*



ALDO'S BARBER SHOP
 14 Main Street
 Bedford Hills, NY 10507
 914-666-2256

OPEN:
 Monday, Tuesday,
 Thursday, Friday &
 Saturday

CLOSED:
 Wednesday
 & Sunday

HOURS:
 Monday, Tuesday,
 Thursday, Friday:
 8:00am-5:30pm

Saturday:
 7:00am-5:00pm

REGISTRATION

TOWN OF BEDFORD RECREATION AND PARKS DEPARTMENT RECREATION PROGRAM REGISTRATION FORM

COMPLETE ENTIRE FORM-PLEASE PRINT

Household Name _____ Date _____
 Full Address _____ Zip Code _____
 Home Phone _____ Cell Phone _____ E-Mail _____
 EMERGENCY Name _____ Telephone _____

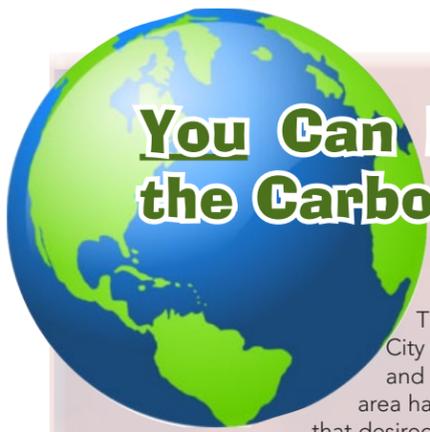
| Participant Name (Last, First) | Sex | Grade | DOB | Program Day | ACTIVITY # | Activity Name | Fee |
|-----------------------------------|-----|-------|-----|-------------|------------|---------------|-----|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Form of Payment Cash Check Credit Card Total Fee \$ _____

General Release The undersigned hereby releases the Town Of Bedford, its Town Board, Recreation and Parks Department, employees and volunteers thereof, of any responsibilities should an accident or injury occur to the above named participant as a result of participation in the aforementioned program sponsored by the Bedford Recreation and Parks Department. I understand the department may use photos taken during events unless I notify them in writing.

Participant's Signature (Parent/Guardian, if under age 18) _____

Mail or bring form with fee to: Town of Bedford Recreation and Parks Dept.,
 425 Cherry St., Bedford Hills, NY 10507
 914-666-7004



You Can Be Part of Reducing the Carbon Footprint

HELP KEEP OUR RESERVOIRS CLEAN

The majority of the Town of Bedford is within the New York City Watershed, which provides drinking water to New York City and approximately 85% of Westchester County. Reservoirs in this area have been found to have a higher amount of phosphorus than desired, resulting in increased algae growth. Excessive algae growth causes water quality problems such as low oxygen levels and increased levels of metals and organic chemicals. This impacts drinking water quality, reduces life-sustaining oxygen to fish and other aquatic life, and impacts reservoir aesthetics.

What can residents do to reduce phosphorus loads?

Do Not Use Detergents Containing Phosphate

Septic systems can leach phosphorus into the environment. Using detergents containing no phosphate can substantially reduce phosphorus loads from your home. This applies to both clothes and dish detergents.

Be Smart About Fertilizer Use

Phosphorus fertilizer washes off lawns and gardens and flows into streams and reservoirs.

Best practices include:

- Perform annual soil test and seasonal pH test before applying any fertilizer product. Ninety percent of the lawns in Westchester have adequate levels of phosphorus so it is very likely that you won't need to apply extra phosphorus in order to get a healthy, green lawn.
- Apply only the amount of fertilizer deemed necessary as a result of soil tests.
- Apply only slow-release fertilizers.
- Use products containing low concentrations of nitrogen, and no phosphorus where possible.
- Don't apply any fertilizer between December 1st and April 1st to avoid runoff issues associated with snowmelt or rains on frozen ground.
- Don't apply fertilizer to any impervious surfaces, such as pavement and sidewalks. If applied accidentally, clean it up immediately to ensure it won't be washed into streets, storm drains and/or water bodies. Do not hose down fertilizer spills on impervious surfaces.
- Avoid application within 24 hours of an anticipated rain event.
- Avoid heavy watering or irrigation for 24 hours after fertilizer application.

Phosphorus concerns with grass clippings and leaves

When rainwater carries leaves and grass clippings down streets and into lakes and ponds, they harm water quality. When leaves and grass decay, they release phosphorus.

It is suggested that residents use lawn mowers that chop up grass clippings and leave them on the lawn. These mulching mowers reduce the need for fertilizers. Place leaves along the edge of your property only in designated hamlet leaf collection areas, and only between October 1 and November 15. At any other time, all leaves must be bagged.

Call the Bedford Department of Public Works at 666-7669 with any questions regarding leaf collection.

Construction Sites as a Source of Phosphorus

Phosphorus attached to sediment leaving construction sites is a major source of stormwater phosphorus. Contractors must comply with the Town's Erosion and Sediment Control standards, which can be obtained by contacting the Building Department at 666-8040.

RECYCLE IT'S THE LAW!

Questions?

Contact the Bedford DPW Highway Division at 666-7669

BEDFORD RECYCLING CENTER INFORMATION

| A HANDY GUIDE TO WHAT GOES WHERE | ADAMS STREET RECYCLING CENTER | YOUR CARTER |
|--|--|--|
| PLASTICS Numbers 1 through 7. Labels need not be removed. Please, no items such as flower pots, cassettes or furniture. | (under 18" commingled with glass) | (commingled with glass & metal) |
| NEWSPAPERS Must be tied or in paper bags. Also phonebooks. | | |
| OTHER PAPER GOODS Magazines, catalogs, glossy newsprint material, junk mail, magazines, envelopes, color inserts, brochures, school and computer paper. No books. | | (disposed of as trash, not recycled) |
| GLASS Clean food bottles and jars, liquor and wine bottles, medicine containers, soda and beer bottles (No windows, mirrors or drinking glasses, please.) | (commingled with plastic) | (commingled with plastic & metal) |
| METALS Empty and rinsed clean, lids and labels may be left on: clean aluminum foil, pie plates, trays, aluminum cans, depressurized aerosol cans, metal food, juice and other tin cans (soup, fruit, tuna, vegetable, pet food, etc.) and empty oil and latex paint cans — just leave them open and let the paint residue dry first. If you can lift it, Bedford can recycle it (except air conditioners and refrigerators). | (all metals except air conditioners and refrigerators) | (household metals commingled with glass and plastic) |
| CARDBOARD Flattened, with all liners, styrofoam packing, plastic and paper removed. | (except waxed containers and cereal box interiors) | (disposed of as trash, not recycled) |
| TEXTILES Clothes, shoes, curtains, sheets, coats, blankets, pocketbooks, etc. — and they don't have to be clean! | | (disposed of as trash, not recycled) |

The Adams Street Recycling Center is open from 8:00 am to 3:00 pm on Tuesdays, Thursdays and Saturdays and is located just north of the Bedford Highway Department

MARK YOUR CALENDAR FOR UPCOMING SPECIAL EVENTS

- FLAG FOOTBALL STARTS SEPTEMBER 19
- PLATFORM TENNIS LESSON OCTOBER 15
- LADIES BINGO OCTOBER 18
- SENIOR HOLIDAY LUNCH DECEMBER 12
- MAD SCIENCE DECEMBER 27 & 28
- TEEN TRAVEL REGISTRATION FEBRUARY 9
- SENIOR VALENTINE SOCIAL FEBRUARY 13