

# TOWN *of* BEDFORD

RECREATION AND PARKS DEPARTMENT



2016

FALL BROCHURE

REGISTRATION BEGINS AUGUST 31<sup>ST</sup>, 2016 | [WWW.BEDFORDNY.GOV](http://WWW.BEDFORDNY.GOV)

# a letter from the town supervisor

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### Fall Greetings...

As Labor Day approaches and summer draws to a close, our attention turns to Fall and the activities that help make it such an enjoyable season. On behalf of the Town Board, the Recreation and Parks Advisory Committee and the Recreation and Parks Department, I am pleased to present the 2016 Fall program brochure. Here's a sampling of Town sponsored and community sponsored Fall events:

- Pack your gear and head to **Katonah Memorial Park for the Family Campout** on Saturday, September 17. This event will include participation from various local community organizations and is guaranteed to leave memories to last a lifetime!
- Tremendous things are in store for you....this November when the **Bedford Community Theatre** present **Willie Wonka & the Chocolate Factory!** Show dates are November 11-13 and 18-20, 2016. Auditions will be held in early September. For information on auditions visit [www.bedfordcommunitytheatre.org](http://www.bedfordcommunitytheatre.org)
- Grab your sneakers & join the **Katonah Village Improvement Society at their Annual 5K Race** slated for Saturday morning, September 10. For more information visit [www.KatonahVIS.com](http://www.KatonahVIS.com)
- Work off that extra helping of stuffing at the **12th Annual Bedford Turkey Trot** scheduled for Saturday, November 26th. Details on this year's race can be found at [www.bedfordturkeytrot.org](http://www.bedfordturkeytrot.org)
- Our fall brochure includes many great weekly programs for children thru senior adults including adult exercise classes; children's programs & events, youth sports (field hockey; flag football; basketball; tennis) senior meetings, trips and special events! In addition there are many fun one day events planned including Paint Escape for adults Friday, Oct 7; Ladies Bingo, Friday, October 28, and our annual Senior Holiday Luncheon on Wednesday, December 7! In cooperation with the Saw Mill Club we will be introducing PICKLEBALL! We will offer a FREE Pickleball demo and clinic on Wednesday, Sept. 21, at Bedford Hills Memorial Park from 7:30 - 9:30 pm; and will be offering open Pickleball play nights & lessons!

We are proud of our parks, which are gems which rival private clubs. None of it would be possible without the dedicated Recreation and Parks Department staff who work so hard to keep our Town Park facilities and athletic fields clean, safe and looking great. It continues to be our goal to provide high quality recreational services and programs and well-maintained park facilities for the residents of Bedford and their guests. We value your suggestions and comments so contact us at any time.

The Town Board and I wish you a safe and enjoyable fall and winter.

Sincerely,

Chris Burdick  
Bedford Town Supervisor  
[supervisor@bedfordny.gov](mailto:supervisor@bedfordny.gov)  
914-666-6530

**Register Online  
Today!**

PLEASE NOTE ALL CREDIT/DEBIT  
TRANSACTIONS WILL BE CHARGED  
A 2.5% TRANSACTION FEE



**RECREATION & PARKS DEPARTMENT OFFICE  
LOCATION & HOURS**

425 Cherry St., 1st Floor, Bedford Hills, NY 10507

Office Hours.....Mon. thru Fri., 8:30am to 4:30pm

Registration Walk-in Hours....Mon. thru Fri., 8:30 am to 4:00 pm

**RECREATION & PARKS STAFF**

William F. Heidepriem.....Superintendent

Daryl Ann Sudlow.....Assistant Superintendent

James Whiting.....Recreation Supervisor

Kimberly O'Brien.....Recreation Supervisor

Kim Kowalski.....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

**TOWN BOARD** (Usually meets every 1st & 3rd Tuesday at 8:00 pm - Town House, 321 Bedford Rd., Bedford Hills)

Chris Burdick.....Town Supervisor

Lee V.A. Roberts.....Councilwoman, Deputy Supervisor

Don Scott.....Councilman

Mary Ann Carr.....Councilwoman

Mary Beth Kass.....Councilwoman

Melvin Padilla.....Police Chief

Boo Fumagalli.....Town Clerk

Kevin Winn P.E.....Commissioner of Public Works

**RECREATION & PARKS ADVISORY COMMITTEE**

(Meets the 2nd Wednesday at 8:00 pm - Recreation Office Conference Room, 425 Cherry St., Bedford Hills)

Brian McCabe, Chairman

Nancy Bellini

Steve Lancia

Cristina Magidson

John McMahan

Aldo Sammarco

Betsy Smith

Luke Vander Linden

Ryan Voegel

Mary Beth Kass,  
Town Board Liaison

**PHONE NUMBERS**

**Recreation & Parks Office.....666-7004**

**Recreation & Parks Fax.....666-3863**

**Senior Adults.....666-7203**

**Recreation Hotline.....864-3777**

Assessor.....666-5149

Building Inspector.....666-8040

CourtClerk.....666-6965

DogControl.....666-4855

**Emergency.....911**

Finance.....666-8283

Highway.....666-7669

Historian.....666-4745

Parking Bureau.....666-8097

Planning.....666-4434

Police (Non-Emergency).....241-3111

Recycling.....241-2671

Tax Receiver.....666-4475

Town Clerk.....666-4534

Town Supervisor.....666-6530

Water.....666-7855

Wetlands.....666-5140

Zoning.....666-4585

registration **information** is on page 42

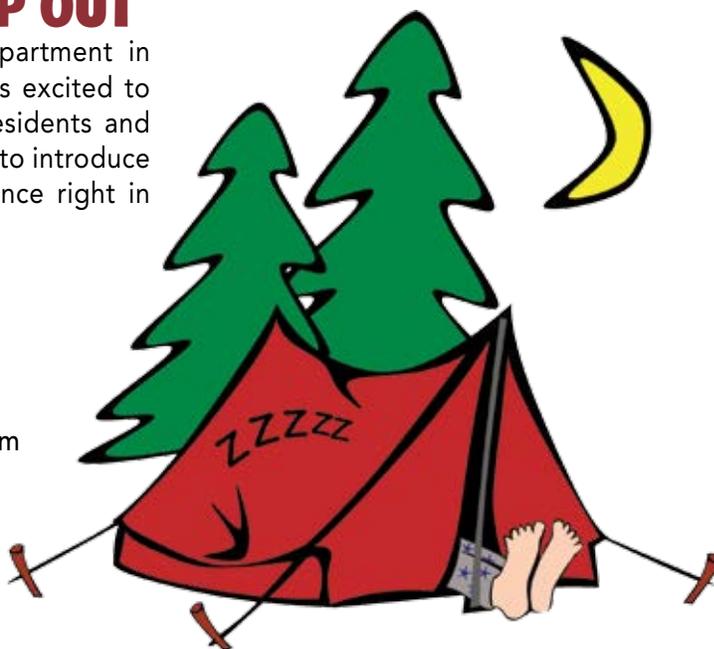
Visit the Town of Bedford's website at [bedfordny.gov](http://bedfordny.gov) for up-to-date information, including Recreation & Parks information about the Pools, Programs, Special Events, seasonal employment opportunities and meetings.

You can e-mail the Recreation & Parks Department at [Recreation@BedfordNY.gov](mailto:Recreation@BedfordNY.gov) or call 666-7004.

## COMMUNITY FAMILY CAMP OUT

The Town of Bedford Recreation and Parks Department in cooperation with local community organizations is excited to offer this fun filled family activity to our Town residents and friends again this fall. This camp out is a great way to introduce yourself and your family to the camping experience right in your own backyard (Town)!

FOR: TOWN OF BEDFORD RESIDENTS /  
SCHOOL DISTRICT RESIDENTS  
DAY: SATURDAY – SUNDAY  
DATES: SEPTEMBER 17 – SEPTEMBER 18  
TIME: STARTS AT 4:30 pm *ends by* 11:00 am  
LOCATION: KATONAH MEMORIAL PARK  
ACTIVITY#: 275600A  
FEE: (Per tent location)  
\$30.00 – Residents  
\$38.00 – Non-Residents



**REGISTRATION:** Is ongoing (campsite is on a first come first served basis.)

**INFORMATION:** A detailed information packet is available at the office and on line by visiting [bedfordny.gov/departments/recreation-parks](http://bedfordny.gov/departments/recreation-parks). It offers details on what to bring, suggestions for misc. camping items along with other useful information that will enhance your "camping" experience at Katonah Memorial Park!



## BACK TO SCHOOL PARTY

**Program Supervisor:** Kimberly O'Brien

We are all in back to school mode, time to come out for a fun night of games, crafts, and friends and remember the summer fun. Pizza dinner and snacks are included.

FOR: GRADES 1 – 5  
LOCATION: BEDFORD HILLS  
COMMUNITY HOUSE  
DAY/DATE: FRIDAY, SEPT. 16  
TIME: 6:00 – 8:30 pm  
ACTIVITY #: 372106A  
FEE: \$25.00 – Residents  
\$31.00 – Non-Residents

## HALLOWEEN CRAFTS & THINGS

**Instructor:** Kimberly O'Brien

Come spend a few hours being creative. We will spend our time making a fun Halloween craft, playing games, and having a spooky time with friends. Dinner is included.

FOR: GRADES 2 – 6  
LOCATION: BEDFORD HILLS  
COMMUNITY HOUSE  
DAY/DATE: FRIDAY, OCT. 21  
TIME: 6:00 – 8:30 pm  
ACTIVITY #: 372104A  
FEE: \$25.00 – Residents  
\$31.00 – Non-Residents



## ICE SKATING AT THE HARVEY SCHOOL

Program Supervisor: Jim Whiting and staff

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

**FRIDAY, NOVEMBER 25**

*(FRIDAY AFTER THANKSGIVING)*

**WEDNESDAY, DECEMBER 28**

*(WEDNESDAY AFTER CHRISTMAS)*

**ADMISSION FEE:**

**\$5.00 PER PERSON**

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!**



THE KVIS 2016  
**KATONAH  
ROAD RACES**

**SATURDAY, SEPT. 10, 2016  
RAIN OR SHINE!**

**KATONAH:  
EDGEMONT & THE PARKWAY  
5K RACE BEGINS AT 8AM  
ONE-MILE KIDS' CHALLENGE  
BEGINS AT 8:45AM**

Race pre-registration, sponsorship details  
and volunteer opportunities at

[www.KatonahVIS.com](http://www.KatonahVIS.com)



KATONAH VILLAGE  
IMPROVEMENT SOCIETY

KVIS presents:

**KATONAH  
HALLOWEEN  
PARADE  
2016**

**sunday, october 30th  
at 3 p.m.**

**costumes, community, cider  
...and donuts!**

**PLUS: MUSIC (ABBY + THE ROADSTERS)**

MEET AT LOT 2, BEHIND MODERN PAINT AND HARDWARE  
co-sponsored by the Town of Bedford

[www.KatonahVIS.com](http://www.KatonahVIS.com)



**Free**  
**SQUARE DANCING**  
**FUN NIGHTS**

**SEPTEMBER 12<sup>TH</sup> AND SEPTEMBER 19<sup>TH</sup>**  
**7:30 - 9:00pm**

**Katonah Methodist Church Parish Hall**  
44 Edgemont Rd, Katonah, NY  
(914) 433-2919

*Singles-Couples-Families-Welcome*



**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**, **Bedford Recreation and 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 signature  
**FALL HARVEST CAR SHOW - SUNDAY OCTOBER 23<sup>RD</sup>**  
**PANCAKE BREAKFAST - SUNDAY OCTOBER 30<sup>TH</sup>**

Go to [www.bedfordhillslions.org](http://www.bedfordhillslions.org)  
for our upcoming events!

 Lion-Club-of-Bedford-Hills  
 @bhllions  
 bhllions

*"We Serve"*



**We meet once a month on the 1st Wednesday at 7 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!**





Bedford Village Chowder & Marching Club

*Fall*  
DINNER DANCE  
OCTOBER 15th, 2016



**SAVE THE DATE**



Roald Dahl's  
**Willy Wonka**

BEDFORD  
community theatre  
[www.BedfordCommunityTheatre.org](http://www.BedfordCommunityTheatre.org)

Auditions will take place  
Tuesday, September 6<sup>th</sup> &  
Thursday, September 8<sup>th</sup>

show dates  
**November  
11-13, 18-20**

for information about auditions, go to [www.bedfordcommunitytheatre.org](http://www.bedfordcommunitytheatre.org)  
and scroll down to "Audition Registration"

# 2016 bedford turkey trot

SATURDAY  
NOVEMBER 26<sup>TH</sup>

[www.bedfordturkeytrot.org](http://www.bedfordturkeytrot.org)



BEDFORD VILLAGE BUSINESS ASSOCIATION  
presents

## Jingle Pass Weekend & Tree Lighting

JINGLE PASS: Friday, December 2nd & Saturday, December 3rd  
Local merchants offer a variety of discounts or special offers

HOLIDAY TREE LIGHTING: Friday, December 2nd @ 7:00pm  
On the village green, hot chocolate will be served

For more information visit our website [www.bedfordvillagebusiness.com](http://www.bedfordvillagebusiness.com)



The Bedford Hills Neighborhood Association

## TREE LIGHTING CEREMONY

**SATURDAY, DECEMBER 3rd, 5PM**

at the circle at the Bedford Hills Train Station

Come join neighbors and friends for caroling and light refreshments and help us celebrate the season!

For more information and to see our upcoming events that we are planning visit our web site at:

[www.bhna10507.com](http://www.bhna10507.com)



**KATONAH**  
Chamber of Commerce

ANNUAL  
*Tree Lighting Ceremony*

**SUNDAY, DECEMBER 4<sup>TH</sup>**  
**6:00pm**  
St. Luke's Church  
68 Bedford Road, Katonah, NY

Join us for this special Katonah tradition as we enjoy music, food and fun while experiencing the magic of the season!

*For more information visit our website at*  
[www.katonahchamber.org](http://www.katonahchamber.org)

## KIDDY KORNER JAMBOREE (DROP-OFF PROGRAM)

**Co-Directors: Jackie Love & Michelle Cabera**

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 – FRIDAY  
 TIME: 9:30 am – 12:30 pm

**FALL REGISTRATION OPTIONS:**

5 DAYS (MON. – FRI.).....\$826.00 (59 SESSIONS)  
 3 DAYS (MON., WED., FRI.)....\$576.00 (35 SESSIONS)  
 2 DAYS (TUES. & THURS.).....\$420.00 (24 SESSIONS)  
 1 DAY\*(SEE BELOW).....\$252.00 (12 SESSIONS)

\*Special Note: Registrations for a single day will not be accepted until one week prior to the start of the program.

**MONDAYS:** SEPT. 19, 26, OCT. 17, 24, 31, NOV. 7, 14, 21, 28, DEC. 5, 12, 19  
**TUESDAYS:** SEPT. 20, 27, OCT. 11, 18, 25, NOV. 1, 15, 22, 29, DEC. 6, 13, 20  
**WEDNESDAYS:** SEPT. 21, 28, OCT. 5, 19, 26, NOV. 2, 9, 16, 23, 30, DEC. 7, 14  
**THURSDAYS:** SEPT. 22, 29, OCT. 6, 13, 20, 27, NOV. 3, 10, 17, DEC. 1, 8, 15  
**FRIDAYS:** SEPT. 23, 30, OCT. 7, 14, 21, 28, NOV. 4, 18, DEC. 2, 9, 16



**K.K.J. WILL NOT MEET ON  
 OCTOBER 3, 4, 10, 12, & NOVEMBER 8, 11, 24, 25**

**ELIGIBILITY: PARTICIPANT MUST BE AGE 3 BY  
 DECEMBER 31, 2016 (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.



**Register Online Today!**

PLEASE NOTE ALL CREDIT/DEBIT TRANSACTIONS WILL BE CHARGED A 2.5% TRANSACTION FEE





## Westmoreland Sanctuary

NATURE CENTER & WILDLIFE PRESERVE

### NATURE ADVENTURES

Come experience the unique joys of nature in the fall as our woods get ready for their winter sleep. Learn why (most) trees lose their leaves, where the birds go, and what the other animals are doing to prepare for the changing season. Use all your senses and discover something new each week.

FOR: AGES 3 – 5 (w/parent or guardian)  
DAY: FRIDAYS  
DATES: SEPT. 23, 30, OCT. 7, 14, 21, 28  
TIME: 1:30 – 2:15 pm  
LOCATION: WESTMORELAND SANCTUARY  
ACTIVITY #: 351900A  
FEE: \$ 90.00 – Residents  
\$112.00 – Non-Residents

**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.)*



### TINY DRAGONS

Conducted by: 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. 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  
DAY: THURSDAYS  
DATES: SEPT. 22, 29,  
OCT. 6, 13, 20, 27,  
NOV. 3, 10  
TIME: 1:30 – 2:00 pm  
LOCATION: WESTCHESTER MIXED  
MARTIAL ARTS & FITNESS  
(333 North Bedford Rd. Mt. Kisco, NY)  
ACTIVITY #: 361900A  
FEE: \$150.00 – Residents  
\$188.00 – Non-Residents





Registration for ALL U.S. Sports Institute Programs done directly through the organization. You can register Online: [www.ussportsinstitute.com](http://www.ussportsinstitute.com)  
Or call (866) 345-BALL

## TOTAL SPORTS SQUIRTS

Conducted by: U.S. Sports Institute

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 and basketball all taking place in safe, structured environment. All activities promote hand-eye coordination, movement and balance and FUN.



FOR: AGES 3 – 5  
 DAY: THURSDAYS  
 DATES: SEPT. 22, 29,  
 OCT. 6, 13,  
 20, 27, NOV 3  
 TIME: 11:00 am – 12:00 pm  
 or  
 12:00 – 1:00 pm  
 LOCATION: BEDFORD  
 VILLAGE  
 MEMORIAL PARK  
 FEE: \$125.00  
 REGISTER: **Online:**  
[www.ussportsinstitute.com](http://www.ussportsinstitute.com)  
 Or call (866) 345-BALL

## SOCCER SQUIRTS

Conducted by: U.S. Sports Institute

The US Sports Institute Soccer Squirts program is a great way to introduce children aged 3-5 to soccer through a variety of fun structured activities, all designed to stimulate a child's imagination & motor skills.

FOR: AGES 3 – 5  
 DAY: MONDAYS  
 DATES: SEPT 19, 26, OCT. 17, 24, 31  
 TIME: 12:00 – 1:00 pm  
 or  
 1:00 – 2:00 pm  
 LOCATION: BEDFORD VILLAGE MEMORIAL PARK  
 FEE: \$95.00  
 REGISTER: **Online:** [www.ussportsinstitute.com](http://www.ussportsinstitute.com)  
 Or call (866) 345-BALL



**Register Online Today!**

PLEASE NOTE ALL CREDIT/DEBIT TRANSACTIONS WILL BE CHARGED A 2.5% TRANSACTION FEE



## FORCES OF NATURE...BUILD WITH **LEGO®** BRICKS

**Conducted by:** Bricks 4 Kidz®

Fasten your seatbelts; we're in for some wild weather! This unit is all about the amazing and powerful forces of nature, as students explore the when, where, how and why of all kinds of natural phenomenon. These lessons are designed to improve your child's understanding of the forces of nature, while taking care not to alarm. Each model represents the motion of that particular weather or event, with a seat for a mini-figure to take in the action! Take cover because we're about to take a trip through some wild weather! Kids will love to build movable or motorized models of a tornado, a tsunami, an earthquake and a cyclone. Learn how they move, why they happen and what you can do to stay safe!



**FOR:** GRADES 1 – 5  
**DAY:** TUESDAYS  
**DATES:** SEPT. 20, 27, OCT. 11, 18, 25, NOV. 1, 15, 22  
 (NO CLASS OCT. 4 & NOV. 8)  
**TIME:** 4:30 – 5:30 pm  
**LOCATION:** BEDFORD HILLS COMMUNITY HOUSE  
**ACTIVITY #:** 332101A  
**FEE:** \$155.00 – Residents  
 \$194.00 – Non-Residents

**NEW**

## BEHIND THE MAGIC!

**Conducted by:** Seth Dale

Taught by Seth Dale, a full-time professional magician, this course gives children an up-close encounter with magic. In each lesson, a new magic trick is presented and taught (all props provided), covering the arts of sleight-of-hand, mind reading, and more. Students also catch impromptu performances and learn the history of magic. The class is very interactive and hands-on, and designed to boost every child's creativity, confidence and coordination.

**FOR:** GRADES 1 – 5  
**DAY:** WEDNESDAYS  
**DATES:** SEPT. 21, 28 OCT. 5, 19, 26 NOV. 2  
 (NO CLASS OCT 12)  
**TIME:** 5:00 – 6:00 pm  
**LOCATION:** BEDFORD HILLS COMMUNITY HOUSE  
**ACTIVITY #:** 332102A  
**FEE:** \$200.00 – Residents  
 \$250.00 – Non-Residents



## 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 scrumptious treats.

**FOR:** GRADES 2 – 6  
**DAY:** THURSDAYS  
**DATE:** SEPT. 22, 29, OCT 6, 13, 20, 27  
**TIME:** 4:15 – 6:00 pm  
**LOCATION:** BEDFORD HILLS COMMUNITY HOUSE  
**ACTIVITY #:** 332100A  
**FEE:** \$120.00 – Residents  
 \$150.00 – Non-Residents



## BABY-SITTING TRAINING COURSE

Instructor: Diane Stonis,  
Certified Red Cross Instructor

The Babysitter's Training course gives 11-15 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  
DAY/DATE: SATURDAY, SEPT. 24  
TIME: 9:00 am – 5:00 pm  
LOCATION: BEDFORD HILLS  
COMMUNITY HOUSE

ACTIVITY #: 352101A  
FEE: \$75.00 – Residents  
\$95.00 – Non-Residents

**NOTE:** *Must be 11 by the first class.  
Bring a pen, notebook, lunch,  
drink, snack & doll*



# American Red Cross

## 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  
DAY/DATE: THURSDAY, SEPT. 29  
TIME: 4:30 – 6:30 pm  
LOCATION: BEDFORD HILLS  
COMMUNITY HOUSE

ACTIVITY #: 352100A  
FEE: \$20.00 – Residents  
\$25.00 – Non-Residents

**NOTE:** *Includes a Safe On My Own  
take home pamphlet.*

## HOLIDAY COOKIE TIME

Instructor: Kimberly O'Brien

Sugar and spice and everything nice will be put into each cookie we make during these holiday cookie making classes. Each week we will make new cookies to celebrate the holidays. Kids will learn basic cooking techniques like following directions, measurement and preparation.

FOR: GRADES 2 – 6  
DAY: THURSDAYS  
DATE: DEC 1, 8, 15  
TIME: 4:15 – 6:00 pm  
LOCATION: BEDFORD HILLS COMMUNITY HOUSE  
ACTIVITY #: 332110A  
FEE: \$66.00 – Residents  
\$82.00 – Non-Residents



**Register Online Today!**

PLEASE NOTE ALL CREDIT/DEBIT TRANSACTIONS WILL BE  
CHARGED A 2.5% TRANSACTION FEE



## WMMAF – MARTIAL ARTS

Conducted by: 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.

DAY: THURSDAYS  
 DATES: SEPT. 22, 29, OCT 6, 13, 20, 27, NOV. 3, 10  
 LOCATION: WESTCHESTER MIXED MARTIAL ARTS & FITNESS  
 (333 North Bedford Rd., Mt. Kisco)  
 FEE: \$190.00 – Residents  
 \$238.00 – Non-Residents  
**(Gear package is included in the price of the class uniform, gloves & shins)**  
 FOR: AGES 5 – 7 "LITTLE CHAMPS"  
 TIME: 4:15 – 5:00 pm  
 ACTIVITY # 362900A  
 FOR: AGES 8 – 12 "YOUTH"  
 TIME: 5:15 – 6:00 pm  
 ACTIVITY # 362900B

## 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 & GIRLS GRADES 2, 3 & 4  
 DAY: SATURDAYS  
 DATES: DEC 3, 10, 17, JAN. 7, 14, 21, 28, FEB 4, 11  
 LOCATION: KATONAH ELEMENTARY SCHOOL  
 ACTIVITY #: 362700A GRADE 2 – 9:00 am  
 ACTIVITY #: 362700B GRADE 3 – 10:00 am  
 ACTIVITY #: 362700C GRADE 4 – 11:00 am  
 FEE: \$ 85.00 – Residents  
 \$106.00 – Non-Residents  
**(Includes a Basketball & T-shirt)**



## YOUTH LEAGUE BASKETBALL

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.

FOR: BOYS GRADES 5, 6, 7 & 8  
 LOCATION: KATONAH ELEMENTARY SCHOOL

PRACTICES: Once per week (MON., WED. OR FRI.) Beginning DEC. 5

GAMES: Once per week (SATURDAYS) Beginning in JAN.

EVALUATIONS (Must attend one only)

GRADE 5: SATURDAY, NOV. 19, 10:00 – 11:00 am  
**OR**  
 MONDAY, NOV. 21 6:30 – 7:30 pm

ACTIVITY #: 362701A – GRADE 5  
 ACTIVITY #: 362701B – GRADE 6  
 ACTIVITY #: 362701C – GRADE 7 & 8

GRADE 6: SATURDAY, NOV. 19, 11:00 am – 12:00 pm  
**OR**  
 MONDAY, NOV. 21, 7:30 – 8:30 pm

FEE: \$105.00 – Residents  
 \$131.00 – Non-Residents

GRADES 7/8: SATURDAY, NOV. 19, 12:00 – 1:00 pm **ONLY**

## GAELIC FOOTBALL

**Instructor: Simon Gillespie, New York Gaelic Athletic Association**

Gaelic Football is one of the oldest sports in the world originating in Ireland in Celtic Times. Gaelic Football is the most popular sport in Ireland and is currently being played in over 30 countries throughout the world.

The lessons are for beginners to the sport, participants will enhance their Fundamental Movement Skills, develop their hand and foot-eye coordination as well as giving them 60 minutes of quality physical activity as they learn skills in a game based environment. We strive to put the FUN in Fundamental Skills as well as developing the children's knowledge of Gaelic Sport and enjoyment of physical activity.

**FOR:** GRADES 1 – 4  
**DAY:** WEDNESDAYS  
**DATE:** SEPT. 21, 28, OCT. 5, 19, 26, NOV. 2  
**TIME:** 5:00 – 6:00 pm  
**LOCATION:** BEDFORD VILLAGE MEMORIAL PARK  
**ACTIVITY #:** 362402A  
**FEE:** \$75.00 – Residents  
 \$94.00 – Non-Residents

NEW



## FLAG FOOTBALL for Grades 3 & 4

**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.**

**GRADE:** GRADES 3 & 4 (combined)  
**DAY:** WEDNESDAYS  
**DATES:** SEPT. 14, 21, 28, OCT 5, 19, 26  
**TIME:** 6:00 – 7:15 pm (under the lights)  
**LOCATION:** BEDFORD HILLS MEMORIAL PARK  
**ACTIVITY #:** 363500A  
**FEE:** \$ 80.00 – Residents  
 \$100.00 – Non-Residents  
*(Includes a game jersey)*  
**NOTE:** *Please dress in layers and bring a water bottle.*

## FLAG FOOTBALL for Grades 5 & 6

**Coordinator: Jim Whiting**

This evening program will be played under the lights and is designed to provide "league-style" competition for participants. Instruction and skills will be emphasized, GAMES WILL BE PLAYED WEEKLY.

**THIS IS A NON-CONTACT PROGRAM.**

**GRADE:** GRADES 5 & 6 (combined)  
**DAY:** WEDNESDAYS  
**DATES:** SEPT. 14, 21, 28, OCT 5, 19, 26  
**TIME:** 7:15 – 8:30 pm (under the lights)  
**LOCATION:** BEDFORD HILLS MEMORIAL PARK  
**ACTIVITY #:** 363500B  
**FEE:** \$ 80.00 – Residents  
 \$100.00 – Non-Residents  
*(Includes a game jersey)*  
**NOTE:** *Please dress in layers and bring a water bottle.*



# GIRLS FALL FIELD HOCKEY for Grades 2 - 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

**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.

<b>FOR:</b>	GIRLS ENTERING GRADES 2 – 8 in the fall of 2016 who live in the Bedford Central School District or Katonah/Lewisboro School District. Non-Resident participants will be accepted on a space available basis.
<b>DAY/TIME:</b>	GRADES 2 & 3: SATURDAYS, 9:00 am – 10:00 am GRADES 4: FRIDAYS, 5:00 pm – 6:30 pm ( <i>light dependent</i> ) and SATURDAYS, 9:00 am – 10:30 am GRADES 5 – 8: FRIDAYS, 5:00 pm – 6:30 pm ( <i>light dependent</i> ) and SATURDAYS, 10:15 am – 11:45 am
<b>DATES:</b>	SATURDAYS: SEPT. 10, 17, 24, OCT. 1, 8, 15, 22, 29, NOV. 5, 12 FRIDAYS: SEPT. 16, 23, 30, OCT. 7, 14 MAKE UP: TBD NOTE: Play Dates with other programs will also be scheduled during the season.
<b>LOCATION:</b>	KATONAH MEMORIAL PARK FIELD – LOCATED BEHIND THE POOL
<b>FEES:</b>	GRADES: 2 & 3 \$ 80.00 ( <i>includes a mesh jersey</i> )
<b>ACTIVITY #:</b>	362601A
<b>FEES:</b>	GRADES: 4 \$140.00 ( <i>includes a mesh jersey</i> )
<b>ACTIVITY #:</b>	362601B
<b>FEES:</b>	GRADES: 5 – 8 \$140.00 ( <i>includes a mesh jersey</i> )
<b>ACTIVITY #:</b>	362601C

**COACHES:**

**Ridgely Biddle:** Is a Katonah resident, MAT in PE, coached field hockey at the Convent of the Sacred Heart for six seasons, is a former player at Boston University and a rated field hockey and lacrosse official.

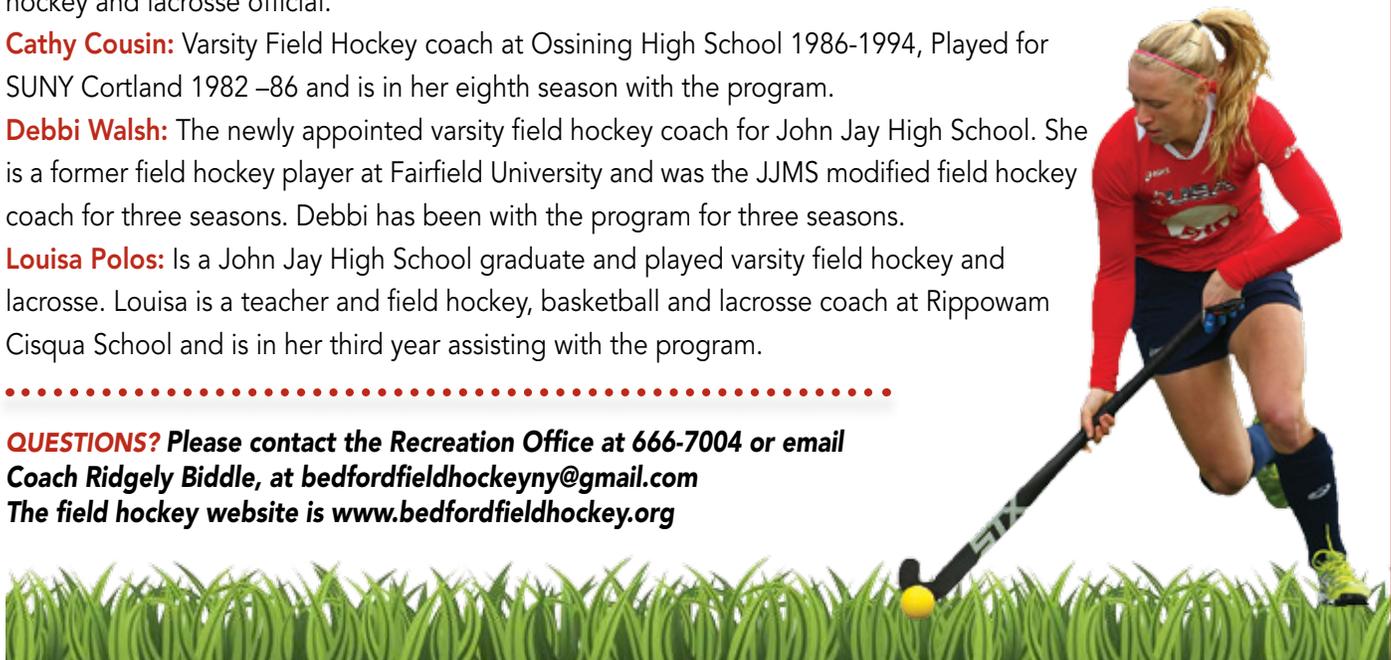
**Cathy Cousin:** Varsity Field Hockey coach at Ossining High School 1986-1994, Played for SUNY Cortland 1982 –86 and is in her eighth season with the program.

**Debbi Walsh:** The newly appointed varsity field hockey coach for John Jay High School. She is a former field hockey player at Fairfield University and was the JJMS modified field hockey coach for three seasons. Debbi has been with the program for three seasons.

**Louisa Polos:** Is a John Jay High School graduate and played varsity field hockey and lacrosse. Louisa is a teacher and field hockey, basketball and lacrosse coach at Rippowam Cisca School and is in her third year assisting with the program.



**QUESTIONS?** Please contact the Recreation Office at 666-7004 or email Coach Ridgely Biddle, at [bedfordfieldhockeyny@gmail.com](mailto:bedfordfieldhockeyny@gmail.com)  
The field hockey website is [www.bedfordfieldhockey.org](http://www.bedfordfieldhockey.org)



## THUNDER RIDGE SKI & SNOW BOARD LESSONS

**THINK SNOW!** Once again, Thunder Ridge Ski Area and Bedford Recreation will be partnering to offer discounted ski & snow board lessons this winter at nearby Thunder Ridge in Patterson, NY! Ski & snow boarding are wonderful winter sports the entire family can enjoy! Lessons begin the first week of January 2017 and make a great holiday gift!

- Ski and snowboard lessons for children in first grade and up thru adults
- Lessons are 90 minutes long
- Lessons run for 6 consecutive weeks.
- A variety of days/times are available: Mondays, Tuesdays, Wednesdays, or Thursdays at 5:30 pm; Fridays at 5:00 pm or 6:30 pm, Saturdays at 3:30 pm or 5:30 pm; and Sundays at 3:30 pm
- Parents & siblings may ski and rent at a discount price any night their child/sibling is in the 6 week lesson program
- **NEW** this season will be a 6-week Freestyle Program for upper level snowboarders, grades 3 and up!

Detailed information on registering, lesson prices; rental prices, etc. will be available November 1st at the Recreation Department and on-line on the Town's website, [www.bedfordny.gov](http://www.bedfordny.gov)



**BEDFORD YOUTH SOCCER CLUB**

Bedford Youth Soccer Club offers instructional In-House and competitive Travel programs for children ages 4-13+. BYSC Programs are offered throughout the year - Winter, Spring, Summer and Fall.

For more information please visit our website at [www.bedfordyouthsoccerclub.org](http://www.bedfordyouthsoccerclub.org)

**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
- FALL 2016: September 13, 20, 27, October 4, 11, 18, 25, November 1
- SPRING 2017: April 11, 18, 25, May 2, 9, 16, 23, 30

FOR MORE INFORMATION CALL: 914-666-2271



# FOXLANE YOUTH LACROSSE

FLYL OFFERS YOUTH LACROSSE FOR BOYS AND GIRLS IN GRADES K THROUGH 8<sup>TH</sup> WHO ARE RESIDENTS OF BEDFORD, POUND RIDGE AND MOUNT KISCO.



Fall Clinics & Program details visit the FLYL website  
[www.foxlaneyouthlacrosse.com](http://www.foxlaneyouthlacrosse.com)

To contact FLYL please email them at  
[foxlaneyouthlacrosse@gmail.com](mailto:foxlaneyouthlacrosse@gmail.com)



**KLBS**  
EST. 1984  
**SOFTBALL**

**STEP RIGHT UP AND TAKE A SWING AT FALL SOFTBALL WITH KATONAH-LEWISBORO BEDFORD GIRLS SOFTBALL OVER 30 YEARS STRONG!**

GIRLS GRADES K-9 CAN GET IN THE GAME BY REGISTERING AT  
**[WWW.KBGS.LEAG1.COM](http://WWW.KBGS.LEAG1.COM)**

- SEASON RUNS FROM **SEPTEMBER THROUGH THE END OF OCTOBER**
- GAMES WILL BE HELD ON **SATURDAYS** WITH A WEEKDAY PRACTICE PER TEAM
- CLINICS WILL BE MADE AVAILABLE THROUGHOUT THE SEASON
- SEE OUR WEBSITE FOR MORE DETAILS

## BEDFORD HILLS KATONAH

LITTLE LEAGUE  
**PLAY BASEBALL**



WE WANT  
YOU  
ON OUR TEAM

JOIN US AT  
**[BHKLL.ORG](http://BHKLL.ORG)**



**[www.bprba.com](http://www.bprba.com)**

## PAINT ESCAPE

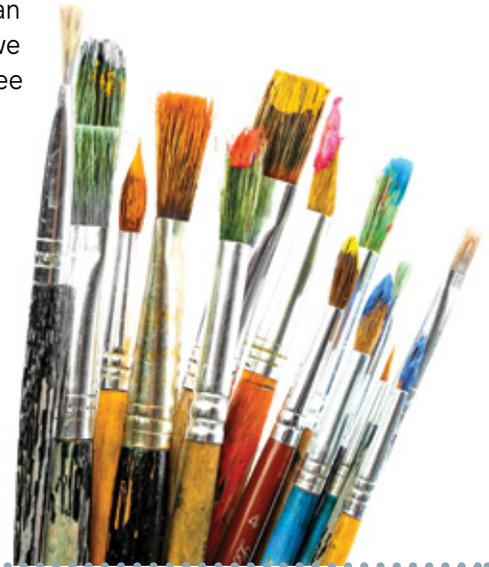
**Instructor: Nando Amico**

Escape with your friends, date or spouse and let the artist in you out! Join Paint Escapes for a creatively fun experience! Paint Escape supplies all the materials you will need to create your "masterpiece" with the help of our art instructor. Bring your favorite beverage and snack and be prepared for an exciting social adventure. Whether it's an escape from chores or the kids we have an art party for you! No artistic ability required! We will have coffee available at the end of class while you admire everyone's work.

**FOR:** ADULTS 21+  
**DAY:** FRIDAYS  
**TIME:** 7:00 – 10:00 pm  
**LOCATION:** BEDFORD HILLS COMMUNITY HOUSE  
**FEE:** \$25.00 – Resident  
 \$30.00 – Non-Resident

**DATE:** OCT. 7  
**ACTIVITY #:** 323101A

**DATE:** DEC. 9  
**ACTIVITY #:** 323101B



## LADIES

**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+  
**DAY/DATE:** FRIDAY, OCT. 28  
**TIME:** 7:00 – 9:30 pm  
**LOCATION:** BEDFORD HILLS  
 FIRE DEPARTMENT  
 (332 Bedford Road, Bedford Hills)  
**ACTIVITY #:** 323102A  
**FEE:** \$20 – Residents  
 (\$25 at the door)  
 \$25 – Non-Residents

**NEW**

## PEDIATRIC FIRST AID CPR/AED

**Instructor: Carolyn Johnson**

The Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of a young age (infants and children up to 12 years of age).

**FOR:** AGES 18+  
**DAY/DATE:** SATURDAY, OCT. 22  
**TIME:** 11:00 am – 1:00 pm (Coursework)  
 1:00 – 2:00 pm (Q&A/Certification)  
**LOCATION:** BEDFORD HILLS COMMUNITY HOUSE  
**ACTIVITY #:** 323104A  
**CLASSROOM FEE:** \$45.00 – Residents  
 \$56.00 – Non-Residents  
**CERTIFICATION FEE:** \$20.00 – *Paid to Instructor*



## YOGA

**Instructor: Kim Jones,  
Registered 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 Kim Jones. Kim attended the Westchester Institute of Yoga and holds the Yoga Alliance designation of RYT 200.

**FOR:** ADULTS 18+  
**DAY:** THURSDAYS  
**DATE:** SEPT 22, 29, OCT 6, 13, 20  
 NOV 3, 10 17, DEC 1\*, 8  
 (NO CLASS OCT. 27)  
**TIME:** 7:00 – 8:15 pm  
**LOCATION:** BEDFORD HILLS ELEMENTARY SCHOOL  
 \*DEC. 1 CLASS AT BEDFORD  
 HILLS COMMUNITY HOUSE  
**ACTIVITY #:** 313302A  
**FEE:** \$ 90.00 – Residents  
 \$ 45.00 – Resident Seniors 65+  
 \$113.00 – Non-Residents  
**NOTE:** Bring a mat



## PILATES

**Instructor: APOGEE Fitness  
& Wellness of Bedford Hills**

This 12 week Pilates Series will highlight Power Pilates in the form of an Open Mat class. You will be empowered to discover your inner strength, transform your mind and body, increase your stamina, improve your health and achieve a new and exciting physical well being. Space is limited so reserve your spot today. Voted Best of Westchester - Pilates 2012 we encourage you to come give it a try!

**FOR:** ADULT WOMEN 18+  
**DAY:** THURSDAYS  
**DATE:** SEPT. 22, 29, OCT. 6, 13, 20, 27,  
 NOV. 3, 10, 17, DEC 1, 8, 15  
**TIME:** 7:00 – 8:00 pm  
**LOCATION:** APOGEE FITNESS & WELLNESS  
 (170 Harris Road, Bedford Hills)  
**ACTIVITY #:** 313900A  
**FEE:** \$120.00 – Residents  
 \$150.00 – Non-Residents  
**NOTE:**  
 • Maximum 15 participants – For women only  
 • There is no senior discount  
 • All supplies/other equipment will be provided  
 • Close fit clothing; loose shorts or tops can catch & tangle. No shoes or socks are required.



## INDOROW

**Instructor: APOGEE Fitness  
& Wellness of Bedford Hills**

Ladies! Join the crew! This interactive low-impact high sweat cardio class calls on your legs and core to produce powerful strokes on the rowing machines: a phenomenal calorie burner. No rowing experience needed!

**FOR:** ADULT WOMEN 18+  
**DAY:** SATURDAYS  
**DATE:** SEPT. 24, OCT. 1, 8, 15, 22, 29,  
 NOV. 5, 12, 19, DEC. 3, 10, 17  
**TIME:** 7:30 – 8:25 am  
**LOCATION:** APOGEE FITNESS & WELLNESS  
 (170 Harris Road, Bedford Hills)  
**ACTIVITY #:** 313901A  
**FEE:** \$120.00 – Residents  
 \$150.00 – Non-Residents

**NOTE:**  
 • Maximum 6 participants – For women only  
 • There is no senior discount  
 • All supplies/other equipment will be provided  
 • Close fit clothing; loose shorts or tops can catch and tangle



**Register Online Today!**

PLEASE NOTE ALL CREDIT/DEBIT TRANSACTIONS WILL BE CHARGED A 2.5% TRANSACTION FEE



# INSANITY

**Instructor:** Robin McCaine,  
Insanity Certified/ Health and Fitness Coach

Do you want to get in shape, look and feel great? Join Robin McCaine as he works with you to help you achieve your goals! All fitness levels are welcome because everybody can do this! INSANITY is an epic fitness craze! It's a fun, cardio workout that uses MAX Interval Training – a method of short, high intensity workouts followed by intervals of short rests. Robin is a Katonah resident who is INSANITY certified. He is an exercise enthusiast who has completed the NYC Marathon, the Boston to New York Aids Ride and a Health and Fitness Coach who helps and inspires others to live happier and healthier lives!

**FOR:** ADULTS 18+  
**DAY:** TUESDAYS  
**DATE:** SEPT 20, 27, OCT. 11, 18, 25,  
 NOV. 1, 8, 15, 22, 29, DEC 6, 13  
 (NO CLASS: OCT. 4)  
**TIME:** 7:00 – 8:00 pm  
**LOCATION:** BEDFORD VILLAGE ELEMENTARY SCHOOL  
 (45 Court Road, Bedford)  
**ACTIVITY #:** 313200A  
**FEE (12 CLASSES):** \$108.00 – Residents  
 \$ 54.00 – Resident Seniors (65+)  
 \$135.00 – Non-Residents

# 柔術 Jiu-Jitsu 術

## ADULT MARTIAL ARTS – BRAZILIAN JIU-JITSU

**Conducted by WMMAF**

Our Brazilian Jiu Jitsu Course

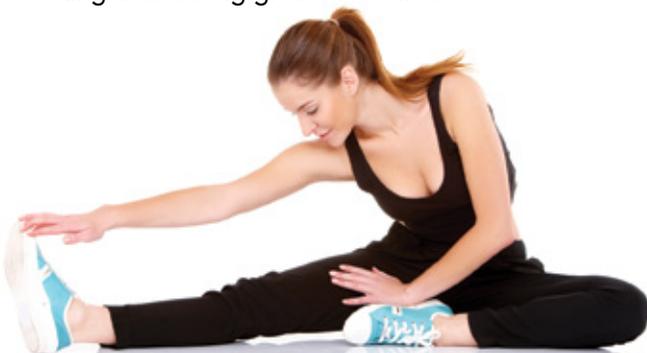
is the most renowned martial arts program in the world for real-life self-defense and true martial arts training. This fun, safe and effective program is utilized by people from all walks of life, from everyday men and women interested in learning martial arts for self-defense, to Ultimate Fighting competitors, to Special Forces and Law Enforcement personnel. Beginners are always welcome and cost includes uniform.

**FOR:** ADULTS 18+  
**DAY:** THURSDAYS  
**DATE:** SEPT. 22, 29 OCT. 6, 13, 20, 27  
 NOV. 3, 10  
**TIME:** 8:00 – 9:30 pm  
**LOCATION:** WESTCHESTER MIXED MARTIAL  
 ARTS & FITNESS  
 (333 North Bedford Rd. Mt. Kisco)  
**ACTIVITY #:** 313905  
**FEE:** \$190.00 – Residents  
 \$237.00 – Non-Residents

## TOTAL BODY WORKOUT

**Instructor:** Anne-Marie Pasquale

Total Body Workout incorporates lightweights, 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 23 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+  
**DAYS:** MONDAYS  
**DATE:** SEPT 19, 26, OCT 17, 24, 31,  
 NOV. 7, 14, 21, 28 DEC. 5, 12  
**DAYS:** WEDNESDAYS  
**DATE:** SEPT. 21, 28, OCT. 5, 19, 26,  
 NOV. 2, 9, 16, 30, DEC. 7, 14  
 (NO CLASS: OCT 3, 10, 12, NOV 23)  
**TIME:** 7:00 – 8:00 pm  
**LOCATION:** BEDFORD HILLS ELEMENTARY SCHOOL  
**ACTIVITY #:** 313301A (BOTH MON. & WED)  
 313301B (MONDAYS ONLY)  
 313300C (WEDNESDAYS ONLY)  
**FEE (1 DAY WEEK.):** \$ 99.00 – Residents  
 \$ 50.00 – Resident Seniors (65+)  
 \$124.00 – Non-Residents  
**FEE (2 DAYS WEEK):** \$198.00 – Residents  
 \$ 99.00 – Resident Seniors (65+)  
 \$248.00 – Non-Residents  
**NOTE:** **Maximum 30 participants**

# FALL 2016 TENNIS LESSONS



Lessons are offered in cooperation with Saw Mill Club. All Instructors are USPTA certified

NOTE: ID cards for tennis & paddle tennis are available at our office at no additional cost. If you hold a valid/paid Pool Photo ID card another ID card is not necessary.

**Tennis Registration begins August 31st: In-Person: at 8:30 am;**

**On-line: Residents at 9:30 am and Non-Residents 10:00 am**

FEE: \$135.00 – Residents  
\$169.00 – Non-Residents

## KATONAH MEMORIAL PARK

### YOUTH TENNIS

#### AGES 5 – 7

TIME: 4:00 – 5:00 pm  
**DAY: MONDAYS**  
DATES: SEPT. 12, 19 26, OCT. 17, 24, 31  
ACTIVITY#: 382600A  
**DAY: WEDNESDAYS**  
DATES: SEPT 14, 21, 28, OCT 5, 19, 26  
ACTIVITY#: 382600B

#### AGES 8 – 10

TIME: 5:00 – 6:00 pm  
**DAY: MONDAYS**  
DATES: SEPT. 12, 19 26, OCT. 17, 24, 31  
ACTIVITY#: 382600C  
**DAY: WEDNESDAYS**  
DATES: SEPT 14, 21, 28, OCT 5, 19, 26  
ACTIVITY#: 382600D

### JUNIOR TENNIS

#### AGES 11 – 14

TIME: 2:00 – 3:00 pm  
**DAY: SUNDAYS**  
DATES: SEPT 11, 18, 25, OCT. 2, 16, 23  
ACTIVITY#: 382601A

### ADULT TENNIS

**DAY: MONDAYS**  
DATES: SEPT. 12, 19, 26, OCT. 17, 24, 31

#### BEGINNER

TIME: 9:30 – 10:30 am  
ACTIVITY#: 383601A

#### ADVANCED BEGINNER

TIME: 10:30 – 11:30 am  
ACTIVITY#: 383602A

#### INTERMEDIATE

TIME: 11:30 am – 12:30 pm  
ACTIVITY#: 383603A

**DAY: TUESDAYS**  
DATES: SEPT. 13, 20, 27, OCT 11, 18, 25

#### BEGINNER

TIME: 9:30 – 10:30 am  
ACTIVITY#: 383601C

### (TUESDAYS ADULT TENNIS CONT.)

#### ADVANCED BEGINNER

TIME: 10:30 – 11:30 am  
ACTIVITY#: 383602C

#### INTERMEDIATE

TIME: 11:30 am – 12:30 pm  
ACTIVITY#: 383603C

**DAY: WEDNESDAYS**  
DATES: SEPT 14, 21, 28, OCT 5, 19, 26

#### BEGINNER

TIME: 9:30 – 10:30 am  
ACTIVITY#: 383601B

#### ADVANCED BEGINNER

TIME: 10:30 – 11:30 am  
ACTIVITY#: 383602B

#### INTERMEDIATE

TIME: 11:30 am – 12:30 pm  
ACTIVITY#: 383603B

## BEDFORD HILLS MEMORIAL PARK

### YOUTH TENNIS

#### AGES 5 – 7

TIME: 4:00 – 5:00 pm  
**DAY: TUESDAYS**  
DATES: SEPT. 13, 20, 27, OCT 11, 18, 25  
ACTIVITY#: 382500A

#### AGES 8 – 10

TIME: 5:00 – 6:00 pm  
**DAY: TUESDAYS**  
DATES: SEPT. 13, 20, 27, OCT 11, 18, 25  
ACTIVITY#: 382500B

### JUNIOR TENNIS

#### AGES 11 – 14

**DAY: THURSDAYS**  
DATES: SEPT 15, 22, 29, OCT. 6, 13, 20

#### BEGINNER

TIME: 4:00 – 5:00 pm  
ACTIVITY#: 382501A

#### ADVANCED BEGINNER

TIME: 5:00 – 6:00 pm  
ACTIVITY#: 382502A

# FALL 2016 TENNIS LESSONS (cont.)

## BEDFORD VILLAGE MEMORIAL PARK

### YOUTH TENNIS

**DAY:** SATURDAYS  
**DATES:** SEPT. 17, 24, OCT. 1, 15, 22, 29

#### AGES 5 - 7

**TIME:** 11:30 am - 12:30 pm  
**ACTIVITY#:** 382044A

#### AGES 8 - 10

**TIME:** 12:30 - 1:30 pm  
**ACTIVITY#:** 382044B

### ADULT TENNIS

**DAY:** SATURDAYS  
**DATES:** SEPT. 17, 24, OCT. 1, 15, 22, 29

#### ADVANCED BEGINNER

**TIME:** 9:30 - 10:30 am  
**ACTIVITY#:** 383402A

#### BEGINNER

**TIME:** 10:30 - 11:30 am  
**ACTIVITY#:** 383401A

## TENNIS FACILITIES

### BEDFORD HILLS MEMORIAL PARK

These four all-weather tennis courts were re color coated in the spring of 2011 and 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 tennis courts were re color coated in the spring of 2011 and are located at the end of North Street next to the main parking area.

### BEDFORD VILLAGE MEMORIAL PARK

The new Premier Court system was installed in the fall of 2015 and offers a cushioned surface resulting in slower play and is gentler on the hip, knees and ankles. The 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.*



**10 AND UNDER TENNIS**

**Play Now. Play Forever.**

**SAW MILL CLUB**  
77 Kensico Drive • Mt. Kisco, NY 10549  
914-241-0797  
www.sawmillclub.com



**SAW MILL CLUB**  
**EDGE**  
TENNIS

**EDGE Tennis**  
AND  
**EDGE PREP**

Part of  
Saw Mill Club Tennis

**Westchester's**  
most sought after  
tennis plan  
for today's  
junior players  
ages 10 & up.

**SAW MILL CLUB**  
Better Tennis®  
Registration information at  
914.241.0797  
77 Kensico Drive, Mt. Kisco NY 10549  
www.sawmillclub.com

# PLATFORM TENNIS

## COME CHECK OUT THE COURTS!

The lights to the platform tennis courts at Katonah and Bedford Village will be energized for the season on **Monday, September 12th** between the hours of 6:00 – 10:00 pm. No group reservations until the end of October. Court use will be on a first come first served basis. There will be no fees charged in September or October.

### GROUP USE COURT RESERVATIONS

Group use reservation application forms will be available online starting September 30th by visiting [bedfordny.gov](http://bedfordny.gov) under applications & forms for Recreation and Parks.

The reservation system will be similar to the one utilized last season and will start as of **October 31st**.

## LESSONS

**Instructor: Richard Finn, USPTA Certified Instructor**

**BEG/ADV BEG:** covers the fundamental shots, basic screen play and rules of the game.

**DRILL & PLAY:** 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+

*(Players must supply their own paddle and must wear non-marking rubber soled shoes.)*

FEE: (KATONAH – 7 classes) \$155.00 – Residents / \$194.00 – Non-Residents  
 (BEDFORD VILLAGE – 5 classes) \$112.00 – Residents / \$140.00 – Non-Residents

### KATONAH MEMORIAL PARK

#### BEGINNER

DAY: MONDAYS  
 DATE: NOV. 7, 14, 21, 28, DEC 5, 12, 19  
 TIME: 10:00 – 11:00 am  
 ACTIVITY #: 383611A

DAY: TUESDAYS  
 DATE: NOV. 8, 15, 22, 29, DEC 6, 13, 20  
 TIME: 10:00 – 11:00 am  
 ACTIVITY #: 383611B

DAY: WEDNESDAYS  
 DATE: NOV. 9, 16, 23, 30, DEC 7, 14, 21  
 TIME: 10:00 – 11:00 am  
 ACTIVITY #: 383611C

#### ADVANCED BEGINNER

DAY: TUESDAYS  
 DATE: NOV. 8, 15, 22, 29, DEC 6, 13, 20  
 TIME: 11:00 am – 12:00 pm  
 ACTIVITY #: 383612B

DAY: WEDNESDAYS  
 DATE: NOV. 9, 16, 23, 30, DEC 7, 14, 21  
 TIME: 11:00 am – 12:00 pm  
 ACTIVITY #: 383612C

### BEDFORD VILLAGE MEMORIAL PARK

DAY: FRIDAYS  
 DATE: NOV. 18, DEC 2, 9, 16, 23

#### BEGINNER

TIME: 10:00 – 11:00 am  
 ACTIVITY #: 383411B

#### ADVANCED BEGINNER

TIME: 11:00 am – 12:00 pm  
 ACTIVITY #: 383412B



NEW

## PICKLEBALL

The fastest growing sport in America



Hosted by the Saw Mill Club  
in Partnership with Bedford  
Recreation and Parks Department



### FREE - PICKLEBALL DEMONSTRATION & CLINIC -

Featuring: Kevin Kane, National Pickleball Champion from the Saw Mill Club assisted by staff from the Saw Mill Club and USA Pickleball Association Ambassador Julia Vesei

Please join us for a great evening of fun at a FREE Pickleball demonstration and clinic to introduce residents to the fastest growing sport in America – If you have played ping pong, badminton, platform tennis or tennis you will love pickleball – A great sport for all ages! The evening will include a demonstration on how the game is played along with a hands on clinic which will include an overview of the game, player positioning and movement, serving and returning serve, shot types, drills for game improvement. Come ready to play...Pickleball “games” will be played as part of the evening’s activities along with fun “drills”. **Questions?** Contact Bill Heidepriem at [wheidepriem@Bedfordny.gov](mailto:wheidepriem@Bedfordny.gov)

FOR: AGES 16+  
DAY: WEDNESDAY  
DATE: SEPT. 21 (RAIN DATE: SEPT. 22)  
TIME: 7:30 – 9:00 pm  
LOCATION: BEDFORD HILLS MEMORIAL PARK BASKETBALL COURTS

**REGISTRATION:** Pre-register by emailing [recreation@Bedfordny.gov](mailto:recreation@Bedfordny.gov) and provide your name, number of people attending and a telephone number where we can reach you if needed. There will be a limit as to how many participants can register so please register early to avoid being closed out.

### PICKLEBALL OPEN PLAY NIGHT

Coordinator: Julia Vesei, A USA Pickleball Association Ambassador and avid pickleball player

Come out and play the fastest growing sport in America! Described as a combination of badminton, ping pong, platform tennis and tennis. Pickleball courts will be set up for play on the Bedford Hills Memorial Park basketball courts with racquets and ball available for use. **Questions?** Please contact USA Pickleball Association Ambassador Julia Vesei at 924-0474 (text or call) or by email at [juves95@optonline.net](mailto:juves95@optonline.net)

FOR: AGES 16+  
DAY: THURSDAYS  
DATES: SEPT. 29 THRU NOV. 3  
TIME: 7:00 – 10:00 pm  
LOCATION: BEDFORD HILLS MEMORIAL PARK BASKETBALL COURTS  
FEE: \$5.00 per person each night – payable to the Court Supervisor

**REGISTRATION:** Advance registration is not required for open play nights. If groups (2-4) players want to reserve a court in advance please contact Bill Heidepriem by email at [wheidepriem@Bedfordny.gov](mailto:wheidepriem@Bedfordny.gov) by Tuesday of each week.

## PICKLEBALL LESSONS

All instructors are provided by the Saw Mill Club

The Town of Bedford Recreation and Parks Department is pleased to be partnering with the Saw Mill Club at the Bedford Hills Memorial Park to offer a variety of public pickleball lesson opportunities to the residents of Bedford. Tennis Director Bob Bull and staff member Charles Lacy Thompson will be coordinating the program offerings at BHMP with assistance from the Town of Bedford. Please take a moment to check out the new pickleball offerings for this fall....See you on the "courts"!

FEE: \$75.00 Residents / Non-Resident

### YOUTH

DAY: FRIDAYS  
 DATES: SEPT. 30, OCT. 7, 14, 21, 28  
 (RAIN DATE: NOV. 4)  
 LOCATION: BEDFORD HILLS MEMORIAL PARK  
 FOR: **AGES 8 & 9**  
 TIME: 4:00 – 5:00 pm  
 ACTIVITY #: 362500A

FOR: **AGES 10 – 12**  
 TIME: 5:00 – 6:00 pm  
 ACTIVITY #: 362500B

### ADULT

DAY: THURSDAYS  
 DATES: SEPT. 29, OCT. 6, 13, 20, 27  
 (RAIN DATE: NOV. 3)  
 LOCATION: BEDFORD HILLS MEMORIAL PARK  
 FOR: **AGES 18 – 65**  
 TIME: 9:30 – 10:30 am  
 ACTIVITY #: 313500A

FOR: **AGES 65 & OLDER**  
 TIME: 10:45 – 11:45 am  
 ACTIVITY #: 313500B

**REGISTRATION: Starts on August 31st and can be done in person at the Recreation Office, by mail or on line by visiting [www.Bedfordny.gov](http://www.Bedfordny.gov)**

### what is pickleball?

- *Pickleball is an exciting new sport for all ages.*
- *Pickleball is described as a combination of badminton, ping pong, platform tennis and tennis*
- *Uses special balls and racquets, all tailored for pickleball*
- *Is played on shorter courts (20'x 44') and simple rules make the game easy to adapt to.*



## SENIOR ADULT NEWSLETTERS

Stay informed of current senior programs, trips and special events by receiving our calendar/newsletter which is mailed out every two months. To receive the newsletter, contact the recreation office at 666-7203. We will add your name to the mailing list.

## SENIOR MEETINGS

Come and join us! Weekly meetings are offered to all residents ages 60 and older. Meetings will include a variety of activities, informational presentations, crafts, games, exercise, special events and more. Coffee, tea and light refreshments will be available at all meetings. We meet every **Mon., Wed. and Fri. from 10:00 am - 2:00 pm at the Bedford Hills Community House**. Transportation to the meetings can be arranged by calling the recreation office at 666-7203 one day in advance.

## SEASON HIGHLIGHTS

Our senior group has been busy enjoying the outdoors with gardening, local trips and our annual BBQ! We have been fortunate to start a new chair yoga program through our visiting nurse and have been honored by visits from Assemblyman, David Buchwald and Town Supervisor, Chris Burdick. We have added comfort to our indoor activities such as video bowling & in-house movies with the new air conditioning system at the community house. And we have continued our local jaunts to Trader Joe's & Christmas Tree Shoppe. Don't forget to call us and find out what's going on in the weeks to come!

## VISITING NURSE & GUEST NUTRITIONIST

The first Wednesday of each month our seniors are treated with a visit by health care specialists generously provided by Northern Westchester Hospital. Our visiting nurse conducts blood pressure checks along with health discussions, while our guest nutritionist gives tips on healthy eating and will demonstrate how to prepare nutritious easy-to-make snacks.

## 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, 8:30 am - 4:30 pm. The program allows for disposal of plastic bagged, non-recyclable refuse at Town of Bedford Recycling Center, Adams Street, Bedford Hills, 241-2671, Tues., Thurs. and Sat., 8:00 am - 3:00 pm.

**Senior Adult Directors:**  
**Angela Brown & Caren Wagner-Roth**  
**Bedford Senior Bus Driver:**  
**Marty Bailey**  
**Senior Adults: 666-7203**

## FLU VACCINE

For seniors in the Town of Bedford

DAY/DATE: THURSDAY, OCT. 20

TIME: 9:00 - 11:00am

LOCATION: Katonah Memorial House

You must call the recreation office for Pre-registration at (914) 666-7203. This flu vaccination program is offered "free of charge" by the Northern Westchester Hospital Outreach Program.

## 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 \$3.00 contribution. Reservations must be made a day in advance by calling 666-8931

## HOME-DELIVERED-MEALS PROGRAM

Seniors who are homebound or recovering from a hospital stay and are unable to prepare meals and have no one to do so for them may be eligible for a hot midday meal delivered by caring volunteers. Call Jim Whiting at 666-7203 for more information.

## SHOPPING

The Recreation bus runs local shopping trips on Tuesday mornings (ShopRite, CVS and Khol's). 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.

## 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 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, 10:00 am-4:00 pm. For more information, call (914) 813-6400 or (914) 813-6300 or visit [www.westchestergov.com](http://www.westchestergov.com).



## SENIOR ADULTS CHARTER BUS TRIPS

**You must submit a trip registration form to reserve your spot.** For additional information or to get a form call the recreation office at 666-7004. Make checks payable to the "Town of Bedford"

### MAGIC WINGS BUTTERFLY CONSERVATORY & GARDENS with LUNCH @ CHANDLER'S

DATE: THURSDAY, SEPTEMBER 22, 2016  
 TIME: 8:30 am (Bus departs Katonah Memorial House)  
 FEE: \$62.00

### MOHEGAN SUN CASINO

DATE: THURSDAY, NOVEMBER 3, 2016  
 TIME: 8:00 am (Bus departs Katonah Memorial House)  
 FEE: \$35.00

*Please note a \$2.00 gratuity for the driver will be collected on the bus for all trips.*

## SENIOR ADULT "END OF SUMMER" PICNIC BY THE POOL

Join us for an "End of Summer" Picnic by the Pool. We will have music, games, & swimming. Our pool concessionaire, Bob DiBuono of Westchester Food Services, has graciously offered to supply our seniors with a delicious, FREE picnic lunch. A good time is sure to be had by all! You MUST make a reservation by Friday, September 2nd in order to attend. Transportation is available, so please indicate this when you call.

**THURSDAY, SEPTEMBER 8 at 11:00 am – 2:00 pm  
 at BEDFORD HILLS MEMORIAL PARK POOL COMPLEX**

## HOUSING

The Blue Mountain Housing Agency is accepting applications for one bedroom rental units at Bedford Lake (age 55 and over) and for 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.

## DRIVER SAFETY PROGRAM

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. Participants must be age 50 or older. **Please make checks payable to AARP.**

FOR: AGES 50+  
 DATE/DAY: TUESDAY, OCT. 18  
 TIME: 9:00 am – 3:30 pm  
 (Please bring a bag lunch for a 1/2 hour lunch break)  
 LOCATION: BEDFORD HILLS COMMUNITY HOUSE  
 FEE: \$20.00 AARP Member's  
 \$25.00 Non-Members

**NOTE:** *You must pre-register at the Town of Bedford Recreation Office or call 666-7004.*

## MAH JONGG CLUB

**Coordinator:** Caren Wagner-Roth

This traditional Chinese game of skill & luck is fun, challenging, and a great opportunity for social interaction. Whether you are just starting out or have been playing for years, don't hesitate to join in.

DAY/DATE: THURSDAYS  
 TIME: 11:00 am – 1:00 pm  
 LOCATION: BEDFORD HILLS COMMUNITY HOUSE

**NOTE:** *This NOT an instructional program. You must have some knowledge of the game and supply your own board & tiles.*

## CHAIR YOGA for Seniors

**NEW**

Experience the benefits of gentle yoga from the comfort of a chair. This easy, low risk activity is designed to give you energy, flexibility & balance. An instructor from Northern Westchester Hospital provides this popular and effective activity on a weekly basis free of charge.

DAY/TIME: MONDAYS at 11:00 am  
 LOCATION: BEDFORD HILLS COMMUNITY HOUSE

**ANNUAL TOWN OF BEDFORD**

*Senior Adult  
 Holiday Luncheon*

**Wednesday, December 7th  
 11:00 am – 2:00 pm**

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.

**There will be a \$5.00 admission fee  
 at the door for this event.**

**YOU MUST CALL IN YOUR RESERVATION  
 TO ATTEND BY DECEMBER 2nd  
 (914) 666-7203**

## A Message from BDOG

*Bedford Dog Owners Group (BDOG) is an all-volunteer, non-profit organization dedicated to enriching the lives and recreational opportunities of dogs and their people.*

**Please Join Us!** We encourage your participation....attend a meeting, come up with a suggestion or new idea for the dog park, or help us plan a fundraiser to enhance the dog park. Anyone can join BDOG. Membership is currently \$1.00 per year. That's all! A Board of Directors is elected to lead BDOG. The Board meets one evening a month, email BDOG for date, time and location of meetings. All members are welcome to attend these meetings. We cooperatively work with the Town for a better dog park experience.

**To become a member, or to inquire about Board openings, please contact us at:  
BedfordDogPark@gmail.com • Visit our website at: bedforddog.org/**



## A Message from the TOWN CLERK

As a friendly reminder, all permits for Canine Commons Dog Park MUST be renewed as of January of each year. Permits are available to Town of Bedford residents for a fee. A limited number of non-resident permits are issued every year for the dog park. All non resident permits have been sold. To get on a wait list please contact the Town Clerk's office by email at [Townclerk@Bedfordny.gov](mailto:Townclerk@Bedfordny.gov) Dogs using the Canine Commons area must have a New York State license and a valid dog park permit issued through the Town Clerks office.

**PLEASE NOTE: The park is checked on a regular basis by the Bedford Police Department and Dog Control Officer. Fines for non permit holders can be as high as \$250.00. Permit holders are reminded to display their valid permit in the designated drivers side, side windows.**

The Town Clerks office is located at the Town House, 321 Bedford Road in Bedford Hills.  
The office hours are Monday through Friday 8:30 am to 4:30 pm  
(and for residents after hours by appointment)  
The telephone number for the Town Clerks office is 666-4534

### 2016 DOG PARK PERMIT FEES

Resident – Number of Dogs / Fee

1 – \$45.00

2 – \$25.00

3 – \$20.00

Guest Pass per dog/day \$ 10.00

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.

**CORRECT PERMIT  
PLACEMENT**



**ENJOY  
YOUR PARKS**

**HELP KEEP PARKS CLEAN  
and GREEN!**

## BEAVER DAM PARK HOME OF THE CANINE COMMONS

*Beaver Dam Road off of Harris Road Bedford Hills*  
 Located on Beaver Dam Road off of Harris Road in Bedford Hills. It features 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. There is a small dog area (under 30 lbs), large dog area (over 30 lbs) and an agility area. Use of the Canine Commons area is open to Town of Bedford residents who are licensed and have a valid dog park permit.

## USE OF THE AGILITY ENCLOSURE

Last spring the Agility Training area was unlocked and open for individual use except during times when Agility classes are being conducted. The "open" time in the agility area is first come first served with one person/dog permitted at a time. This separated area offers an option for permit holders in addition to the very social small and large dog enclosures. Agility use guidelines will be posted at the bulletin board and entrance to the agility enclosure. Use of the equipment is not permitted.



## DOG AGILITY TRAINING Beginner, Advanced Beginner & Advanced Classes

**Instructor: Kate Connick**

Kate Connick, 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.

**FOR:** TOWN OF BEDFORD RESIDENTS  
 (Dogs **MUST** have a current New York State license issued at the Town Clerk's Office located at 321 Bedford Road)

**DAY:** SATURDAYS

**DATE:** SEPT. 17, 24  
 OCT. 1, 8, 15, 22  
 (MAKE-UP DATE: OCT. 29)

**LOCATION:** CANINE COMMONS AGILITY AREA  
**FEE (6 SESSIONS):** \$75.00 (owner and dog)

**TIMES/ACTIVITY #:**

**ACT. #323001A BEGINNER CLASS**  
 3:45 – 4:45 pm  
 Prerequisite: Basic obedience & control around other dogs

**ACT. #323001B ADVANCED BEGINNER CLASS**  
 2:30 – 3:30 pm  
 Prerequisite: Instructor Approval required

**ACT. #323001C ADVANCED CLASS**  
 5:00 – 6:00 pm  
 Prerequisite: Instructor Approval required

**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 (\$94.00)**

**Register Online Today!**

PLEASE NOTE ALL CREDIT/DEBIT TRANSACTIONS WILL BE CHARGED A 2.5% TRANSACTION FEE



TOWN of BEDFORD  
RECREATION AND PARKS DEPARTMENT

Welcome to the  
**CANINE COMMONS AT BEAVER DAM PARK**  
**DOG PARK RULES**

-  All dogs must be licensed, have a valid Town of Bedford permit, current with all inoculations, healthy and wearing a collar with identification at all times – *Contact the Bedford Town Clerk for licensing and permitting information (914-666-4534). Any dog using the park without proper license/permit will be issued a fine and future access to the facility will be prohibited*
-  Dogs must be leashed upon entering/exiting the enclosures
-  Owners must be in the enclosure keeping their dog in view and in voice control at all times
-  Leaving dogs unattended is prohibited
-  Eating/smoking/picnicking is not permitted in the enclosures at any time

**OWNERS MUST CLEAN UP AFTER THEIR DOGS AND DISPOSE WASTE IN THE RECEPTACLES PROVIDED**

-  Dogs exhibiting aggression are not permitted – Owners must remove their dog
-  Dogs must be discouraged from digging – Owners must fill any holes their dog digs
-  Dogs must be discouraged from excessive/constant barking – Owners must control or remove their dog
-  Dogs who are ill, injured or in heat, as well as puppies under 4 months old, are all prohibited
-  Limit is 3 dogs per person per visit
-  The dog park is not recommended for children – Children age 12 and under must be supervised
-  Be cautious with dog toys, some don't like to share
-  The use of Dog treats as a snack or reward is NOT permitted within the fenced areas of the park

**Non-compliance with these rules will result in expulsion from the Dog Park. Decision for expulsion will be made by the Superintendent of Recreation & Parks in conjunction with the Town Clerk and Dog Control Officer**

**For the benefit of everyone in our community, please remember to leave our dog park nicer than you found it! ~ thank you!**

*PLEASE NOTE: Some of the above rules may be temporarily suspended when Town-approved programs or training is being conducted at the park.*

*Any person bringing a dog into this facility assumes the legal responsibility, jointly and severally, with the owner of the dog, for any damage, disease or injury to persons, other dogs or property, caused by the dog. All persons using the facility, by entering it, agree to indemnify the Town of Bedford and hold the Town harmless for any harm resulting from the use of this facility.*

*Any incident, problem, violation, emergency, etc. must be reported immediately to the Bedford Dog Control Officer, 914-666-4855, or to the Bedford Police Department, 914-241-3111 or 911.*

# Vampires in your house?

Energy Vampires are electronic appliances that are constantly using energy – even when you think they are off. So unplug those energy-sucking vampires!



## Go on a Vampire Hunt!

These vampires have telltale signs that can help you catch them. Some emit light, like DVD players, and others might make noise like a laptop. A few, like a cell phone charger, might even be warm to the touch.



If your home is haunted by drafty ghosts and energy bill goblins, sign up for a home energy assessment to diagnose your home's energy efficiency and get the tools to banish the energy-sucking ghouls. Energize Bedford is a non-profit program, offering contractor ratings and an independent Energy Coach.

Call Lauren: 914-302-7300 extn 8102 or visit [www.EnergizeNY.org](http://www.EnergizeNY.org)

## BEDFORD RECYCLING CENTER

Carters are obligated to collect single stream recyclables at your property along with trash for all customers. For those who wish to drop off recyclable materials, the Adams Street Recycling Center accepts single stream recyclables (metal, plastic, glass, cardboard and paper). A complete list of single stream materials can be found at <http://bedford2020.org/single-stream-recycling/>

### EWASTE, METALS, TEXTILES AND TRASH FOR SENIORS

In addition, the Adams Street Recycling Center accepts e-waste of all kinds (see below for details), bulk metals of all kinds, textiles, and trash for seniors (60+) who purchase Senior Refuse Coupons (book of 5 for \$25) at the Town Clerk's office at 321 Bedford Road. Each coupon can be used for up to a 33-gallon trash bag of household refuse (do not include recyclables in the refuse bag). Please contact the Bedford DPW Highway Division at 666-7669 or [highway@bedfordny.gov](mailto:highway@bedfordny.gov) with any questions about the Recycling Center.

### EWASTE

The Town Recycling center accepts electronic waste (ewaste) from Town residents. This service reduces pollution to the environment at no cost to the Town or its residents, with the exception of CRT monitors and televisions, which can be disposed of at a fee. The E-Waste Guide of what is accepted/not accepted can be found at <http://www.bedfordny.gov/wp-content/uploads/2013/12/EwastCRTFee.pdf>. CRTs are contained in older style televisions and computer monitors (the type with the large back portion, not the newer style flat televisions and computer monitors). In order to recycle E-waste containing CRTs, residents must complete a CRT Recycling Application and pay the appropriate fee at the Town Clerk's Office. Payment may not be made at the Recycling Center. Bedford 2020, has put together an excellent recycling guide at: <http://bedford2020.org/recyclopedial/>

### WESTCHESTER COUNTY'S HAZARDOUS MATERIAL RECOVERY FACILITY (H-MRF)

The H-MRF accepts household hazardous waste and other items worthy of special handling from Westchester County residents on a year-round, appointment-only basis. The H-MRF is located on the Grasslands Campus, 15 Woods Road, Valhalla. Fees apply. More information, including items accepted and a fee schedule, can be found at <http://environment.westchestergov.com/new-h-mrf>

### CELL PHONE DISPOSAL: WESTCHESTER COUNTY LAW

Throwing a cell phone in the trash is never a good idea. As of June 1, 2006, it is against the law in Westchester. Throwing a cell phone in the trash can get you a fine. Fines range from a warning to up to \$250. A cell phone drop-off box is located in the Town Clerk's Office in the Town House.

The Adams Street Recycling Center is located at 301 Adams Street next to the Highway Yard.  
Hours are 8:00 am to 3:00 pm on Tuesdays, Thursdays and Saturdays.

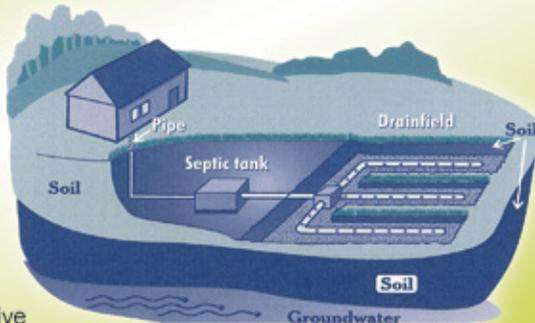
Questions? Contact the Bedford DPW Highway Division at (914) 666-7669

## NEW SEPTIC INSPECTION LAW & NEW REIMBURSEMENT PROGRAM

To protect the quality of the drinking water for Bedford and New York City, the NYS Department of Environmental Conservation and Westchester County have developed a new Septic Inspection Ordinance.

This law requires that you have a Westchester County licensed service provider pump your tank and inspect your system at least once every five years. The contractor is required to file a "Septic System Data Form" with the County and should give you a copy. The Town will review the County's information and determine compliance with the new law.

If the County Department of Health has issued you a Notice of Non-Compliance that your system is failing, you should also go to the Town's website or call 666-4434 to find out about Bedford's septic system repair or replacement reimbursement program. You may be eligible for reimbursement up to 50% of the cost of your system's repair or replacement provided you meet certain conditions, including Department of Health approval for the work performed.



TOWN OF BEDFORD PLANNING DEPARTMENT: P: 666-4434 • E-MAIL: [PLANNING@BEDFORDNY.GOV](mailto:PLANNING@BEDFORDNY.GOV)

ONLINE RESOURCES: [WWW.EPA.GOV/OWM/SEPTIC](http://WWW.EPA.GOV/OWM/SEPTIC) • [WWW.NESC.WVU.EDU](http://WWW.NESC.WVU.EDU) • [WWW.RCAP.ORG](http://WWW.RCAP.ORG) • [WWW.NOWRA.ORG](http://WWW.NOWRA.ORG)

# What can RESIDENTS DO **TO REDUCE** phosphorus loads?

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.

## ● 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 phosphorous so it is very likely that you won't need to apply extra phosphorous 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. **Please note that state regulators have placed more stringent requirements on the amount of time that leaves can be left curbside due to phosphorus concerns. As a results of this, the Town will strictly adhere to the October 1 - November 15 period mentioned above.** At any other time, all leaves must be bagged.

## ● 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.

**CALL THE BEDFORD DEPARTMENT  
OF PUBLIC WORKS AT 666-7669  
WITH ANY QUESTIONS  
REGARDING LEAF COLLECTION.**



## Michael P. Berardino

20 Woodsbridge Rd., Katonah, NY 10536

914-232-7444

mike@mikeberardino.com

Mikeberardino.com

There when things go wrong.  
**Here to help life go right.™**

The Tupperware logo, consisting of the word "TUPPERWARE" in a bold, blue, sans-serif font. To the left of the text is a stack of four bowls in orange, green, blue, and white.

**TUPPERWARE**

vera v thompson  
consultant

11 robinson ave  
bedford hills, ny 10507  
914 841 4914  
vwithomps@att.net  
my.tupperware.com/verathompson

The logo for Aldo's Barber Shop, featuring a stylized barber pole with a silver top and bottom. A blue sign with white text is attached to the pole, reading "ALDO'S BARBER SHOP".

**ALDO'S  
BARBER SHOP**

**MONDAY:** 8am - 5:30pm  
**TUESDAY:** 8am - 5:30pm  
**THURSDAY:** 8am - 5:30pm  
**FRIDAY:** 8am - 5:30pm  
**SATURDAY:** 7am - 5:00pm

**CLOSED**  
Wednesday & Sunday

**14 Main Street, Bedford Hills, NY 10507**  
**914-666-2256**

# CIVIL AIR PATROL

United States Air Force Auxiliary



*Are you a teen interested in Aviation, Leadership, Cybersecurity or Emergency Services?*

**Join us 7pm Wednesdays  
Katonah Memorial House**

**Col. Johnnie Pantanelli Composite Squadron**

Call 914-234-9610 or email [kyracarlson65@gmail.com](mailto:kyracarlson65@gmail.com) for more information.



Visit [www.gocivilairpatrol.com](http://www.gocivilairpatrol.com) to learn more!



BEST DEALS IN WESTCHESTER

## WOMEN'S CIVIC CLUB of KATONAH THRIFT SHOP

Designer Fashion, Antiques, China, Small Furniture, Books and Finds

MONDAY	10-4
TUESDAY	10-4
WEDNESDAY	10-4
FRIDAY	10-4
SATURDAY	10-1

CLOSED THURSDAYS & SUNDAYS, HOLIDAYS & AUGUST  
(OPEN HALF-DAYS IN JULY)

**914-232-3010**

*Located under Katonah Memorial House next to the Katonah Fire Dept.*



## THANK YOU! THANK YOU! THANK YOU! THANK YOU!

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

**BEDFORD VILLAGE CHOWDER & MARCHING CLUB** - for hosting the annual Movie in the Park "Minions" this past summer and for their continued support to facility improvements at the Bedford Village Memorial Park!

**BEDFORD VILLAGE LIBRARY** - for providing "Lunch Bunch" STORYTIME at the Bedford Village wading pool and providing a library cart of "good read" books for our patrons to borrow throughout the summer!

**TOWN OF BEDFORD PBA** - for sponsoring the annual DAY CAMP BAR-B-QUE at the annual camp carnival!

**KATONAH VILLAGE LIBRARY** - for bringing STORYTIME to the Katonah wading pool again this summer!

**BEDFORD HILLS LIBRARY** - for providing "Dive into Reading" STORYTIME at the Bedford Hills wading pool and hosting a library cart of books and magazines for our patrons to borrow throughout the summer!

**BEDFORD HILLS NEIGHBORHOOD ASSOCIATION** - for donating all the prizes towards the Annual Fishing Derby!

**SINAPI'S of BEDFORD HILLS** - for helping out in various program events & camps!

**MEALS ON WHEELS DRIVERS** - for donating their time, vehicle & gas to deliver meals to our homebound seniors!

**KATONAH MEMORIAL PARK ASSOCIATION** - for hosting the summer concert, "TrashCan Poets" Band this past summer at Katonah Memorial Park and for their continued support to facility improvements at the Park.

**THE BEDFORD HILLS, BEDFORD VILLAGE AND KATONAH SWIM & DIVE TEAM PARENT COMMITTEES** - for their hard work, dedication, and commitment to their hamlet team working endlessly to enhance the experience of over 250 children in the program!

**THE BEDFORD HILLS WOMEN'S CLUB** - for their annual monetary donation to continued facility improvements to the Bedford Hills Community House.

# BEDFORD HILLS COMMUNITY HOUSE.....

## RENTAL SPACE INFORMATION

### 74 Main Street Bedford Hills

Opened and dedicated on July 4, 1920, this charming building was gifted to the Town of Bedford in 2001 by the Bedford Hills Community House Association. Presently, the building is maintained by the Building Department maintenance staff with scheduling of the building performed by the Recreation and Parks Department. Schedule permitting, there are a variety of rooms available for use/rent. You must be a Town of Bedford resident to reserve/rent space in the building. For additional information, insurance requirements, alcohol permit requirements, please contact the Recreation Office at 666-7004. The facility application form can be found online at [www.Bedfordny.gov](http://www.Bedfordny.gov) under Town forms.

The following rooms are available to rent –

### MAIN ROOM

The main floor room accommodates **100 - 125 people**. Tables & chairs are available for use. Use of the lounge room and kitchen are included in the rental fee.

**NEW!** – *The Town Board is pleased to announce air conditioning has been installed in the main room and will be in operation starting this spring.*

**Rental rate is \$420.00 for a 6 hour block of time. (1 hour set up; 4 hour event; 1 hour clean up) This includes an on site building supervisor. A security deposit of \$250.00 is required.**

### LOWER LEVEL LEGION ROOM

Located in the basement / lower level, the Legion Room accommodates **50 people for a meeting or 40-45 for parties**. Tables & chairs. Use of the kitchen is included in the rental fee.

**Rental rate is \$55.00 per hour and can be booked in ½ or 1 hour blocks of time. A building supervisor is not provided. Security deposit of \$100.00 is required.**

### LOUNGE MEETING ROOM

Located on the main floor, the Lounge Meeting Room accommodates up to **16 people**. Features a 35" TV and a DVD player and is air conditioned.

### BOARD MEETING ROOM

Located on the main floor, the Board Meeting Room accommodates up to **16 people**. Features a wall mounted 52" flat screen TV with DVD player. Connects to sun room for dual room use if desired. Air conditioned.



### SUN MEETING ROOM

Located on the main floor, the Sun Meeting Room accommodates up to **14 people**. The room is accessible through exterior side doors or through the Board Room. Air conditioned.

**Rental Rates for any of the meeting rooms is \$35.00 per hour.**

## BEDFORD VILLAGE MEMORIAL PARK

**Greenwich Road (off Rt. 22/172), Bedford Village**  
Tennis & Paddle Tennis Courts, Baseball/Softball Field, Basketball Court, Swimming Pool, Playground, Picnicking, Two Picnic Shelters, Soccer Fields.

## 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, Picnic Shelter with Fireplace.

## 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, Picnic Shelter, Soccer Field, Ice Skating and Fishing, Baseball/ Softball Fields  
We need your help in keeping Bedford Hills Memorial Park clean and safe for everyone who utilizes the park. **PLEASE DO NOT FEED** the geese that are at the park.

## BEDFORD HILLS BASKETBALL LIGHTS

The basketball courts located at Bedford Hills Memorial Park are open for free play by Town of Bedford residents and their guests. The two full size courts feature new glass backboards and sports lighting for evening use.

**THRU SEPTEMBER 11<sup>TH</sup>** *the light poles will be energized daily from dusk and will turn off automatically at 10:00 pm.*

**FROM SEPTEMBER 12<sup>TH</sup> THRU OCTOBER 31<sup>ST</sup>** *the lights poles will be energized at dusk and will turn off automatically at*

**9:00 pm Sunday – Wednesday**  
**10:00 pm on Thursday, Friday & Saturday nights.**  
 Additional instructions regarding the use of the lights are posted at the front light pole under the push button activation box.

**BASKETBALL ONLY PLEASE** - The basketball courts are for basketball only. Riding tricycles, bicycles, skateboards and roller blading are NOT permitted on the courts.

## PARK USE REGARDING DOGS

Please be reminded that while dogs are permitted in Town parks they must be leashed at ALL times and owners are responsible for cleaning up after their dog. **OFF LEASH DOGS ARE NOT PERMITTED** in any of the parks except the designated areas at Beaver Dam Park. Dogs are **NOT** permitted in any of the playground areas or the pool facilities at any time. For safety and for sanitary reasons it is requested that dogs not be walked on any of the athletic fields located in the parks. Town of Bedford residents are encouraged to utilize the designated off leash areas at the Canine Commons Dog Area located at Beaver Dam Park.

**PLEASE NOTE:** *In response to park patron complaints about an overwhelming amount of dog waste in Bedford Hills Memorial Park along the pedestrian pathway the Town Board supported the installation of dog waste disposal bag dispensers along the pathway in an effort to eliminate the problem.*

## RECYCLING IN THE PARKS

Working in concert with **BEDFORD2020** and with the support of the Town Board, the Recreation and Parks Department purchased new recycling container tops for all of our Park facilities.

**NEW FOR 2016** – the Park recyclable items collected will include **cans, plastic & glass bottles** as well as **news and clean paper**. The recycling containers compliment the green trash containers which are conveniently placed through out our parks. Recycled items will be collected on a regular basis by the Parks staff and disposed of in a separate recycling dumpsters located at each park. Park patrons are encouraged to utilize the trash and recycling containers provided in an effort to keep our parks clean and green.

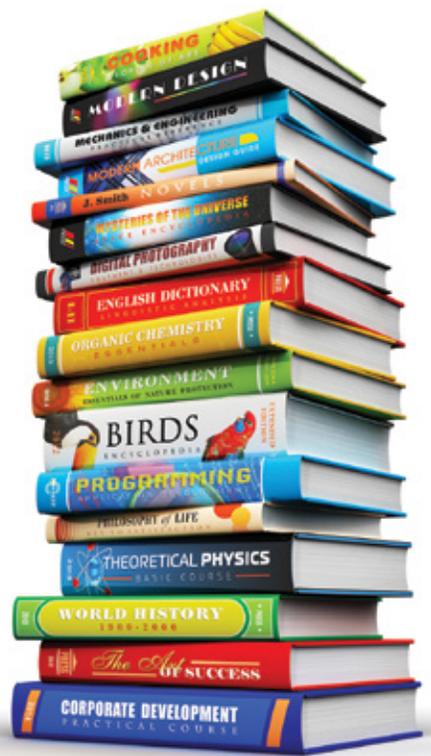
## LIBRARIES

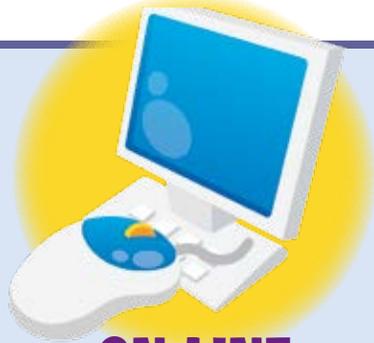
Each of Bedford's hamlet communities, Bedford Hills, Katonah and Bedford Village, have public libraries offering a variety of interesting programs for both children and adults. For information call:

**BEDFORD HILLS LIBRARY**  
**666-6472 • [www.bedfordhillsfreelibrary.org](http://www.bedfordhillsfreelibrary.org)**

**KATONAH LIBRARY**  
**232-3508 • [www.katonahlibrary.org](http://www.katonahlibrary.org)**

**BEDFORD VILLAGE LIBRARY**  
**234-3570 • [www.bedfordfreelibrary.org](http://www.bedfordfreelibrary.org)**





## ON-LINE REGISTRATION INFORMATION

- If have been enrolled in any Recreation & Parks program, you are in the Recreation database. You may use your household ID # to sign in and register for an activity online.
- If you need your household ID # or if you are new, call the Recreation Office at 666.7004 and someone will help you get started!
- Register online at [Bedfordny.gov](http://Bedfordny.gov) go to [Eservices/Register Online Registration](#).

**NOTE: ALL CREDIT/DEBIT  
TRANSACTIONS WILL  
BE CHARGED A 2.5%  
TRANSACTION FEE**

### PROGRAM REGISTRATION

Registration, both on-line and in person, will begin on the same date, at the same time and will occur simultaneously, or as noted on an activity description. Registrations by mail will be processed upon receipt but not before the first date of registration. Please note we do not confirm program registration nor can we be responsible for lost or misdirected mail. Mail in/office location is: Bedford Recreation, 425 Cherry St., Bedford Hills, NY 10507.

### NON-RESIDENT REGISTRATION

Most activities are offered to non-residents. Please refer to the activity information for eligibility and appropriate fee.

### PAYMENT OPTIONS / CREDIT CARD TRANSACTIONS

Payment options: cash, money order, check (payable to Town of Bedford) or credit card. All creditcard/debit card payment may be done in person or on-line and incur an additional 2.5% transaction fee. This transaction fee is not reflected on your Town of Bedford receipt but will appear on your credit card or bank statement.

### REFUNDS

The Town of Bedford refunds 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 the program participant moves from the Town, a full or pro-rated refund will be made based on the number of sessions attended. Proof of relocation must be presented.
- If a participant becomes 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 is a \$10.00 processing fee for all refunds that are approved except for programs that are cancelled by the Recreation Department. All refund requests must be made directly to the Superintendent of Recreation and Parks.

\*Teen-Get-Away Camp and Tiny Tots/Day Camps have separate refund policies.

### RETURNED CHECKS

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

### SENIOR CITIZEN DISCOUNTS

The minimum age for a senior citizen for program enrollment discounts\* is age 65. This is for all Recreation and Parks Department sponsored programs and does not apply to joining the Bedford Seniors Club; Town of Bedford Refuse Program or Westchester County Park Passes where the age remains at 60.

\*Not all programs offer discounts.

\*Discounts are for TOB resident seniors only

### SCHOLARSHIPS

No Town of Bedford resident will 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

## **E-Z Pass** New York Service Center

Easy Pass is now available in the Town Clerk's office, Monday – Friday, 8:30 am to 4:30 pm. It's as easy as 1-2-3! This is an innovative program to obtain an E-Z Pass tag which allows the busy traveler to open an E-Z Pass account without waiting for it to come in the mail or wait on a line. Just come to the Clerk's office with \$25.00, set up your account and it will be available for use within 24 hours.

**Stop by or call 666-4534 for more information.**

### **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.

### **PROGRAM CANCELLATIONS**

Notification of program cancellations are made via email alerts. If you haven't provided us with an email please do so upon registering or call us at 666-7004 to make sure we have it on file. Notification will also be made on our hotline number 864-3777. Generally, programs are not held when school is not in session. Postponed classes are made up at the end of the program session if time allows.

### **HOW TO WATCH A GOOD PROGRAM DIE**

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

### **FIELD AND FACILITY PERMITS**

Permits are required for group use of our fields/facilities. You must be a Town of Bedford resident to reserve a field/facility. For a facility use application with fee schedule please call our office at 666-7004 or download an application from the "Forms and Applications" section on the Town website, [www.bedfordny.gov](http://www.bedfordny.gov) Applications must be submitted at least two weeks prior to the scheduled activity.

### **COMMUNITY SERVICE OPPORTUNITIES**

Looking to get involved or need required community service hours? Contact Jim Whiting at 666-7004 to see what opportunities may await you.

### **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.

### **MEALS ON WHEELS VOLUNTEERS NEEDED**

The Town of Bedford depends on volunteers to deliver prepared meals for our Meals on Wheels program. If you are interested in volunteering for this very important program please call Jim Whiting at 666-7004 for more information.

### **TOWN WIDE ALERT SYSTEM**

Stay connected with what is going on in your community through e-mail alerts. You can remove your name from the list at any time by following the same procedure for enrollment. Go to our web site:

[www.bedfordny.gov/html/email\\_alerts.html](http://www.bedfordny.gov/html/email_alerts.html)

to add your email. For trusted, neighborhood-level public safety and up to date community information at no cost by text, email and the web sign up today at [www.nixle.com](http://www.nixle.com)

**Get Connected  
with your  
Community**




Visit our website: [www.BedfordPoliceNY.org](http://www.BedfordPoliceNY.org)

**Receive up-to-date information affecting your  
neighborhood by e-mail & text message!**



Follow Bedford Police  
on Twitter  
[@BedfordTownPD](https://twitter.com/BedfordTownPD)



Sign up now  
[www.nixle.com](http://www.nixle.com)



Like Us on Facebook  
[www.facebook.com/bedfordny.police](https://www.facebook.com/bedfordny.police)



Submit an anonymous tip to the  
Bedford Police Department by texting  
BPD TIP and your tip to 847411

# 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

# 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

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



THE **Great** **Healthy Yard** Project



We now know that very small amounts of synthetic pesticides, chemical fertilizers, or pharmaceutical waste can cause many serious health problems, especially for children.

By taking care of our yards without chemical pesticides and synthetic fertilizers, we are protecting our water quality and the health of our families.

By properly disposing of pharmaceuticals, and not putting them down our drains we are also protecting our water quality and the health of our families. Instead, bring them anytime to Bedford Police Department's Drug Take-back or to the Westchester County Household Material Recovery Facility in Valhalla. To Make an appointment call Recycling HelpLine at (914) 813-5425.

## What if we joined together to keep our water clean and healthy?

Together we can make a big difference in protecting our local water quality!

There are over 24,000 acres in Bedford. **Our goal is to have at least 60% of Bedford land managed without synthetic pesticides and chemical fertilizers by 2020.**

Help us reach this goal by taking The Pledge and agreeing to manage your yard without synthetic pesticides and chemical fertilizers, and to properly dispose of pharmaceuticals.

Every yard — big or small — makes a difference!



Take the pledge online at [bedford2020.org/take-the-pledge](http://bedford2020.org/take-the-pledge) or complete the form below and mail.

### THE PLEDGE

I, \_\_\_\_\_, pledge to help protect the quality of our local drinking water by managing my lawn and garden without synthetic pesticides and chemical fertilizers, except on rare occasions to improve habitat or resolve an infestation. I also promise to dispose of pharmaceuticals responsibly.

Address \_\_\_\_\_

Email \_\_\_\_\_ Acreage pledged \_\_\_\_\_

Include my name on your pledge list.

# Single-Stream Recycling



Metal



All Plastic

No need to look at numbers!



Paper and Cardboard



Mixed Material

wrappers and containers,  
like juice cartons with  
plastic tops



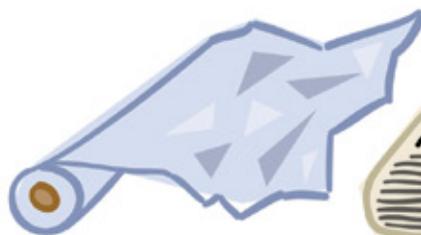
Glass



Take-Out Containers  
plastic, cardboard and  
aluminum



All Plastic Bags and Plastic Wrap



Aluminum Foil



Newspaper

## It's easy!

All recycling in one  
big container, and all  
non-recyclable waste  
in a separate  
container.



## How to Recycle

- Place *all* recycling together in one bin or clear plastic bag.
- All containers should be empty of food or liquid.
- Rinse food containers, but no need to wash!
- Items like pizza boxes are recyclable but must be free of food.
- Don't include Styrofoam.
- Shredded paper must be put in closed bag (of any kind).

Visit [Bedford2020.org](http://Bedford2020.org)  
FOR FURTHER INFORMATION

**BEDFORD**  
**2020**