

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Check out the special highlighted activities – more info at <a href="http://www.town.bedford.ma.us/youth/youthindex.html">www.town.bedford.ma.us/youth/youthindex.html</a>				
<p><b>1</b> <b>Free Family Swim</b> 12-2 Bedford Plaza Hotel - First come, first served</p>	<p><b>2</b> <b>Walk around</b> your neighborhood by the light of the full moon</p>	<p><b>3</b> <b>Have breakfast</b> for dinner tonight</p> 	<p><b>4</b>  <b>UNPLUGGED!</b> No Homework, No Meetings, No Sports... really!</p>	<p><b>5</b> <b>Fitness Stroll</b> at Fawn Lake 1 p.m.</p> 	<p><b>6</b> <b>Camp Out Inside!</b> Make popcorn, get sleeping bags, tell ghost stories</p>	<p><b>7</b> <b>Bedford Center for the Arts - Open Studios</b>, Old Town Hall 12-5</p>
<p><b>8</b> <b>Take a Walk in</b> Great Meadows!</p> 	<p><b>9</b> <b>Play Catch or Frisbee</b> with someone new!</p> 	<p><b>10</b> <b>Free Family Singalong</b> 7 p.m. Bedford Public Library</p> 	<p><b>11</b> <b>Veterans Day</b> Attend the Bedford event at Memorial Park</p> 	<p><b>12</b> <b>Backwards Day</b> - Eat dinner Backwards, start with dessert</p>	<p><b>13</b> <b>Read a Book</b> aloud together</p> 	<p><b>14</b> <b>Historical Scavenger Hunt</b> all month! Get a map, find all spots, &amp; enter to win a prize!</p>
<p><b>15</b> <b>Family Dance &amp; Stories</b> 4-6 p.m. Old Town Hall</p>	<p><b>16</b> <b>Eat Out - Parents Choice!</b></p> 	<p><b>17</b> <b>Winter Bulb Forcing</b> 10:30 a.m. BFC</p> 	<p><b>18</b> <b>Help a Family</b> Donate food to the Food Pantry at Town Center</p>	<p><b>19</b> <b>Play Cards or a Board Game</b> by candlelight</p> 	<p><b>20</b> <b>Pizza Night!</b> Make your own!</p> 	<p><b>21</b> <b>Winter Card making</b> 1-2 p.m. BFC</p> 
<p><b>22</b> <b>Make a Family Story Book</b> with extra photos</p> 	<p><b>23</b> <b>Collect household change</b> &amp; pick a favorite charity to give it to</p>	<p><b>24</b> <b>Send a Thank You</b> note to someone who has helped you</p>	<p><b>25</b> <b>Eat Out!</b> Kids Choice!</p> 	<p><b>26</b> <b>Thanksgiving</b> Everyone write 5 things they are thankful for</p> 	<p><b>27</b> <b>Make Your Own Ice Cream Sundaes!</b></p>	<p><b>28</b> <b>Wander in the Town Forest</b></p> 
<p><b>29</b> <b>Free Family Swim</b> 12-2 p.m. Plaza Hotel - First come, first served</p>	<p><b>30</b> <b>Family Choice Day</b> - You pick!</p> 	<p><b>Congrats on unplugging your electronic devices... and continue to find ways to unplug in December and all year long!</b></p>				

## Bedford Families Unplugged 2009

This year, “Bedford Unplugged” is bringing back the month-long calendar of activity ideas, along with the homework, activity, sports and meeting-free evening on **Wednesday, November 4**, when folks are encouraged to be home for dinner and enjoy time with friends or family without attention to an outside schedule.

“Bedford Unplugged” is an annual community initiative begun October 2004 to encourage families to pull the plug on electronic distractions and disconnect from overly busy schedules, and to connect with each other through activities with family and friends. It is all too easy to forget having meals with others, making conversation, or bringing people together for fun, games, and relaxation. “Bedford Unplugged” is your reminder to take a break from the hectic times for a day or more.

The hope is for Bedford children and adults to remember to have a personal mix of connections with others while living in a fast-paced world with its own demands. The idea behind “Bedford Unplugged” is not to eliminate electronics from our lives, but to practice being with those around us — apart from the telephone, movies, video games and TV. This does not come about with one day each year, but one day can be a valuable reminder for all of us to examine how we would like our daily routines to work best.

Look over the calendar and see what strikes your fancy. Make it your own. Do you love ice cream sundae parties? A walk in the woods? Stories and books? Games? Dinner with friends? Crafts? Try something new or old. Create your own special way to unplug, slow down, take a break, and connect. Stay tuned for information about community “Unplugged” activities throughout November 2009. You will also find tips and ideas from folks who practice people-friendly scheduling in various articles through the year. Maybe you have an idea of your own? Let us know and we will pass it on. For more ideas you can try at home, check out [Unplugged Play](#) by Bobbi Conner available through the library.

Sponsored by **Bedford Community Partnership (BCP)** whose purpose is to *promote, collaborate, and partner strategies that effectively nurture the physical, sociological, and emotional health of Bedford children and families across generations*. Organizations represented in BCP include:

Bedford Selectmen ■ Bedford School Committee ■ Bedford Public Schools  
Bedford Youth & Family Services ■ Bedford Council on Aging ■ Bedford Police Department  
Bedford Fire Department ■ Bedford Recreation Department ■ Bedford Health Department  
BEST Parent Teacher Organization ■ Middle School Parent Association  
Bedford High School Parent Association ■ Bedford Clergy Association ■ Bedford Chamber of Commerce  
Middlesex Community College ■ Bedford TV

**For more information or to share ideas contact 781-275-7727 or visit [www.town.bedford.ma.us/youth/youthindex.html](http://www.town.bedford.ma.us/youth/youthindex.html)**

# **Bedford Families Unplugged Special Activities November 2009**

**Sunday, November 1, 2009**

**12:00-2:00 p.m.**

**Free Family Swim , Bedford Plaza Hotel, 340 Great Road, Bedford**

Bedford Plaza Hotel at 340 Great Road is opening its pool to Bedford residents for a free family swim. Space is limited – first come first served. Children under 18 require adult supervision. Questions? Call 781/275-6700 or 781/275-7727.

**Thursday, November 5, 2009**

**1:00 p.m.**

**Fawn Lake Fitness Stroll**

Grab your carriage or stroller, suit up your little one, and join Bedford resident and BFC Activities Coordinator Jessica Betts and her daughter for a brisk stroll along Fawn Lake. From start to finish, it's a two-mile walk - perfect for all fitness levels to take in the cool November air and gorgeous scenery of one of Bedford's historical gems. The stroll will begin at the lake's entrance, by the Lane School on Sweetwater Avenue. Sponsored by the Bedford Family Connection (BFC). Please RSVP to Michelle Colasante at 617.365.1972 or [amcolasante@msn.com](mailto:amcolasante@msn.com).

**Saturday, November 7, 2009**

**12:00-5:00 p.m.**

**Sunday, November 8, 2009**

**Open Studios, Bedford Center for the Arts (BCA)**

**Old Town Hall, South Road, Bedford**

Open Studios are a wonderful opportunity to visit local artists for an insider's view of their art work. You'll see their tools and can discuss their techniques, media and ideas in a relaxed setting. You'll be pleased and surprised to see how many artists are working in Bedford. Nearly two dozen painters, ceramicists, glass artists, photographers, sculptors, jewelry designers, and more will be on display and for sale in studios and homes around Bedford as well as in the BCA Space at Old Town Hall on South Road on the afternoons of November 7 and 8.

To see a list of artists, photos of their work, and map of studios: <http://bedfordarts.org/>

For additional information contact Susan Grieb at 781-275-3991.

**Tuesday, November 10, 2009**

**7:00 p.m.**

**Free Family Sing-a-long at Bedford Free Public Library**

For everyone who loves to sing around the campfire, come join Bedford's children's librarian Sharon McDonald and her guitar. Come sing your little hearts out while exercising your tonsils! For all ages. Call Sharon McDonald at the Library, 781/275-9440 with questions.

**Saturday, November 14, 2009 and all month**

**Anytime!**

**Bedford Historical Scavenger Hunt**

Grab a map and your bike or walking shoes to find historical Bedford places listed and identified by the Bedford Historical Society and local history buff and children's librarian Sharon McDonald. Find 10 or more to win a prize! Pick up the map of sites and contest rules at the Bedford Historical Society in the Police Station building, at Bedford Youth and Family Services in the Town Center building, or at the Bedford Public Library. You can also download it from the Bedford Historical Society website, [www.bedfordmahistory.org](http://www.bedfordmahistory.org) Happy history hunting!

**Sunday, November 15, 2009**

**4:00 to 6:00 p.m.**

**Tim Van Egmond Family Dance and Stories  
Old Town Hall, South Road, Bedford**

Come and join renowned storyteller, singer, and dance caller Tim Van Egmond as he shares stories for Bedford's Unplugged celebration. Not only will he regale the audience with stories, but he'll get folks on their feet and dancing as he teaches and calls traditional singing games, reels, and circle dances that are simple and fun. He'll accompany some of the dances with hammered dulcimer, guitar, and spoons, singing the rest of the accompaniment with the help of the dancers. This event will take place in Bedford's Old Town Hall, a perfect site for dancing, from 4-6 on Sunday, November 15. An event not to be missed!

Sponsored by Bedford Center for the Arts, Three Apples Storytelling Festival, and Bedford Youth and Family Services.

**Tuesday, November 17, 2009**

**10:30 a.m.**

**Wee Ones' Gardening Hour with Sylvia Mallory  
Bedford Family Connection (BFC), First Parish Playroom, 75 Great Road, Bedford**

You may have to clean under their nails afterwards, but what's wrong with a little dirt? Put your toddlers in their going-to-get-messy gardening clothes, and join members of the Bedford Family Connection and Bedford's Garden Club for a little spring-like planting. Under the direction of the Garden Club's Vice President Sylvia Mallory, moms, dads, and tots will be able to plant a little something they can bring home to enjoy! Class limited to 12 tots and their parent(s). Sponsored by the BFC. Please RSVP to Michelle Colasante at 617.365.1972 or [amcolasante@msn.com](mailto:amcolasante@msn.com).

**Saturday, November 21, 2009\*\***

**1:00 to 2:00 p.m.**

**Winter Card Making with "Crafty Lizzie's" Elizabeth Hanselman Ballard  
Bedford Family Connection (BFC), First Parish Playroom, 75 Great Road, Bedford**

Come with your little one to prepare a beautiful winter-inspired card for someone special in their life; after all, it's the perfect season to remind those around you how wonderful they are! Liz Ballard, "Crafty Lizzie," will show you and your preschoolers how to pick a few special pieces from the "A Muse" rubber stamp collection to create something uniquely your own. Class limited to 12 tots and their parent(s). A \$3 fee takes care of cardstock and supplies. Co-sponsored by the BFC. Please RSVP to Michelle Colasante at 617.365.1972 or [amcolasante@msn.com](mailto:amcolasante@msn.com)

**Sunday, November 29, 2009 - Free Family Swim**

**12:00-2:00 p.m.**

**Bedford Plaza Hotel, 340 Great Road, Bedford**

Bedford Plaza Hotel at 340 Great Road is opening its pool to Bedford residents for a free family swim. Space is limited – first come first served. Children under 18 require adult supervision. Questions? Call 781/275-6700 or 781/275-7727.

**\*\*All Activities FREE Unless Noted\*\*!**