



MARCH

Guess
what folks!!! Winter
is almost OVER! Yup, not kidding.
Before you know it we will be frolicking in
flower fields, sneezing and complaining of aller-
gies. February was a busy busy month for us despite no
large events taking place. We loved seeing all of the crafts in
the playroom.

March is gearing up to be a jam packed month - starting with our
JamTime event on Sunday, March 6th. What a great way to bring all the
families together and celebrate all of our coolness. Keep in mind that Eas-
ter is early this year! Can you believe we are talking about Easter! HA! Love it.
The Easter Egg Hunt will be March 19th and we are certainly hoping the field will
not be covered with the white stuff. Heck, it is New England - so let's hope for a
heat wave.

We also want to highlight the Nora Shine "The Talk" event (March 29) This is an
exceptional training teaching parents realistic strategies for promoting sexual safe-
ty of young children. We would not have been able to host such an event had it not
been for our Whole Foods Day in December. And it is events like these, we feel to be
a crucial benefit of partnering with the BFC. We would like to note, however that this
event is not BFC exclusive. Although we are honored to be able to host the event, it is
absolutely open to the public. We strongly encourage you to tell your friends, family,
network about this amazing opportunity. The stronger we are as a community, the
healthier our children are. With that being said, we hope you jump into March enthu-
siastic about what's to come.

Cheers!

Becky Gould & Kristine Shah



BEDFORD FAMILY CONNECTION

Strengthening the community by connecting
and supporting local families with children
ages 0-5 since 1988.





Dr. Nora Shine's **THE TALK**

Topic: The TALK: Talking to Adults, Listening to Kids
(Realistic Strategies for Promoting the Sexual Safety of
Young Children)

Date: March 29th, 7:30pm-9:30pm

Location: First Parish, 75 Great Road, Bedford

Space is limited, Please RSVP to -
parented@bfctoday.com

Dr. Nora Shine, a Child Psychologist and parent of two young children, has created a two hour workshop in which she shares realistic strategies that parents (and teachers/counselors) can use to promote the safety of their young children, especially in regards to child sexual exploitation. Dr Shine draws upon her knowledge as a Child Psychologist, her experience as a parent, and her training as a facilitator in sexual abuse prevention from two nationally renowned organizations (D2L and StopIt-Now), to teach parents what really works in keeping kids safe from harm. In this workshop, Dr Shine will share research-based information about effective (and realistic) strategies that can be used to protect the children in your communities. After participating in the TALK workshop, parents and professionals will feel relieved to know that they can be a real part of creating safer communities for all children.

To learn more, visit: drshinethetalk.wordpress.com

It is important that everyone hear The TALK from the beginning. Please arrive before 7:30. The TALK will start promptly at 7:30pm.





The BFC is publishing our own cookbook...this is our official call for recipes!

To submit recipes visit:
<http://www.typensave.com/get-started/>

log in with user name: rachelmark password: whisk832

Click on "add recipes" and then add as many recipes as you want! Appetizers? Soups? Entrees? Desserts? We will take them all! How fun will it be to have a cookbook with the best of the best BFC recipes? The books will be published and available to order this spring.

Deadline for recipes collection is March 7.

MARCH

2016

S M T W T F S

			BFC Book Club Meeting 7:30pm	Moms Night Out - LulaRoe Party 7:15pm		
		1	2	3	4	5
Jam Time Party 4:00pm				Moms Night Out - Red Heat Tavern 7:30 pm	Monster Madness 9:30am	
6	7	8	9	10	11	12
	March Planning Meeting 7:30pm				Waffles and Syrup in the Playroom 9:30am	BFC Annual Egg Hunt 10:00am
13	14	15	16	17	18	19
	St. Patricks Day Craft 9:30am					
					Make A Bird Feeder 9:30am	
20	21	22	23	24	25	26
		Nora Shine's THE TALK 7:30pm		BFC Film Night Oppah! 8:30pm		
27	28	29	30	31		

Playroom

The BFC Playroom is open weekdays from 9:30– 11:30am. It is located in the lower level of the First Parish Church at 75 Great Road (use the side entrance on Elm Street).

The BFC Playroom offers a warm, welcoming environment where children can play together and parents and caregivers can connect. In addition to various toys, books, and puzzles for children 0–5, the playroom offers all kinds of craft supplies and mini-projects, plus a large open floor space for imaginative play. This is a **nut-free** space. We ask that all visitors refrain from bringing in any outside snacks due to allergy concerns. An **individually packaged** child's snack and beverage are provided at 10:30am each day.

Enjoy this great opportunity for fun and socializing. The rates are \$1.00 per child for BFC members, and \$3.00 for non-members. These playroom rates will help us better cover our annual donation to First Parish for use of the space and the cost of providing snacks. The BFC Playroom follows the [Bedford Public Schools calendar](#).

March 2016 Opener Schedule

Mon	Tue	Wed	Thur	Fri
	1 Opener Needed	2 Margaret Root	3 Erin Campbell	4 Isabella Snider
7 Leslie Savoy	8 Margaret Root	9 Opener Needed	10 Opener Needed	11 Rachel Mark
14 Leslie Savoy	15 Sarah Scoville	16 Rebecca Hagopian	17 Opener Needed	18 Kristine Shah
21 Shaena Grossman	22 Margaret Root	23 Opener Needed	24 Rebecca Hagopian	25 Rachel Mark
28 Kelly Breen	29 Jessica Lynch	30 Jessica Lynch	31 Opner Needed	

OPENERS NEEDED!

We are currently in need of new volunteers to help keep the BFC Playroom running!

Responsibilities include:

- Retrieving the cash box from the church office
- Welcoming guests
- Serving snack
- Straightening the room at 11:30
- Returning the cash box to the office

If you can volunteer to open the playroom please email [Erin Campbell](mailto:Erin.Campbell@BFC-Today.com) (playroom@BFC-Today.com). You can volunteer on a regular, repeating basis, or occasionally—it all helps!

***All openers will be entered into a monthly drawing for a prize!**

If you are scheduled to open but can't because your child is sick or you feel the weather is not conducive to driving, send an email to all of the openers and ask someone to cover the sudden need to open. If you have any questions, please email Erin Campbell at playroom@BFCToday.com.

Play Groups

Would you like your children to play with others their age? Are you interested in connecting with other parents? Join a BFC Play Group! The groups are organized by age of children. Both weekend and weekday groups are available. They will meet either in the BFC playroom or in participant's homes depending on each individual group's preference. Please email [Rebecca Hagopian](#) with the birthdate(s) of your applicable child(ren), available days and times that you would like to meet, and your contact information. Siblings may be welcome to join, also depending on each individual group's preference.



LOOKING FOR A FEW GOOD PARENTS!

We have many amazing volunteers who have stepped up to help run the BFC for 2015-2016...but we still need more! Please email director@bfctoday.com if you are interested in getting more involved. Some of the areas we are looking for help in are:

- First Connections Liason
- Hanscom Airforce Base Liason
- Adoptive parents
- Bedford Day Committee
- Children's and Babies Activities
- Dad's Corner
- Parent Education

Weekday Children's Activities

Monster Madness!

Friday, March 11, 9:30am - 11:30am
BFC Playroom, First Parish Church
75 Great Road, Bedford



This has been a monster of a winter! Come to the playroom and make crazy monsters of all shapes and sizes to help scare away the rest of winter!

Please [RSVP](#) on Big Tent

St. Patrick's Day Fun!

Monday, March 14, 9:30-11:30am
BFC Playroom, First Parish Church
75 Great Road, Bedford

Come celebrate St. Patrick's day in the playroom. Dress up in green and prepare to play games and make fun crafts!

Please [RSVP](#) on Big Tent

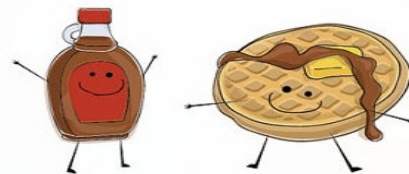


Waffles and Syrup in the Playroom

Friday, March 18, 9:30am - 11:30pm
BFC Playroom, First Parish Church
75 Great Road, Bedford

It's sugaring season and the syrup is fresh and yummy! Join us for a morning in the playroom and enjoy fresh waffles and syrup as a special snack. Hope you can make it for some sticky but sweet fun!

Please [RSVP](#) on Big Tent



Make A Bird Feeder

Friday, March 25, 9:30am - 11:30pm
BFC Playroom, First Parish Church
75 Great Road, Bedford

Let's help welcome back the birds who fly south for winter by making them bird feeders!
Please [RSVP](#) on Big Tent

Weekend Children's Activities

Jam Time Party!

Sunday, March 6, 4:00pm - 5:30pm

Jam Time

86 Powder Mill Road, Maynard

Come play at BFC's Private Party at JamTime on Sun. March 6 at 4-5:30PM. The Bedford Family Connection will have Jam Time all to itself! The party will feature exclusive use of the indoor play space, balloons, snacks and drinks, and a visit from JT the Moose. We will also serve pizza - no need to cook that night! The cost is \$8 per adult/child over 1, \$30 per family maximum. Please RSVP for this event - space is limited to 110 people.

Please [RSVP](#) on Big Tent



BFC Annual Egg Hunt

Saturday, March 19, 10:00am - 11:00am

Davis School

410 Davis Road, Bedford

Grab your baskets and hop on down to the BFC Annual Egg Hunt for an egg-citing time! Again this year we will have separate hunting grounds for children aged 0-2 and 2-4. Children over 4 will search in the trees behind the playground. We also expect an egg-stra special visit from the Easter Bunny himself!

*** Please note that the hunt will begin right at 10AM and the eggs are found very quickly. Be sure to be on time so you don't miss the fun!

RAIN / SNOW DATE: Saturday, March 26th at 10 am

Please [RSVP](#) on Big Tent



BFC Adult Events

BFC Book Club

Wednesday, March 2, 7:30pm-9:30pm

BFC Playroom, First Parish Church

75 Great Road, Bedford

Join us! The March BFC Book Club meeting is on Wed. March 2nd at 7:30pm in the BFC playroom at First Parish. We will be discussing "The Arsonist," by Sue Miller, which is available from the library (http://find.minlib.net/iii/encore/record/C__Rb3136808) and also from Amazon (<http://amzn.to/1X51Om8>). Finishing the book is not required! We ask only that you bring a light snack or beverage to share with the group. Please [RSVP](#) on Big Tent (and please note in the RSVP what you plan to bring to share).

Hope to see you on March 2nd!

And if you'd like to stay up to date on what's happening with the Book Club, please join the Book Club subgroup on Big Tent.

MNO - LulaRoe Party

Thursday, March 3, 7:15pm - 9:15pm
Rachel Mark's Home
RSVP on Big Tent for address

Join us and find your new favorite outfit! We will be hosting a LulaRoe pop up boutique at Rachel's house. You'll be able to try on dresses that flatter everyone, skirts that make you look great but feel like pjs, tops you'll want to wear everyday and buttery soft leggings you'll never want to take off!

Address will be given out closer to event.

Please [RSVP](#) on Big Tent



MNO at Red Heat Tavern

Thursday, March 10, 7:30 - 9:30pm
Red Heat Tavern
Whole Foods Plaza Bedford

Complimentary appetizers will be provided by Red Heat Tavern (love them!). Why not take this great opportunity to taste some yummy food and have few drinks with us?!

Please [RSVP](#) on Big Tent



March Planning Meeting

Monday, March 14, 7:30-9:30 pm
Kristine's House
RSVP on Big Tent for Address

Join us as we plan events for the warmer, sunny weather! The spring concert and new mom's brunch are on the horizon and we have lots of other exciting events to plan too.

Please [RSVP](#) on Big Tent

The TALK: Talking to Adults, Listening to Kids (Realistic Strategies for Promoting the Sexual Safety of Young Children)

Tuesday, March 29, 7:30pm - 9:30pm
First Parish Church
75 Great Road, Bedford

Dr. Nora Shine, a Child Psychologist and parent of two young children, has created a two hour workshop in which she shares realistic strategies that parents (and teachers/counselors) can use to promote the safety of their young children, especially in regards to child sexual exploitation. Dr Shine draws upon her knowledge as a Child Psychologist, her experience as a parent, and her training as a facilitator in sexual abuse prevention from two nationally renowned organizations (D2L and StopItNow), to teach parents what really works in keeping kids safe from harm. In this workshop, Dr Shine will share research-based information about effective (and realistic) strategies that can be used to protect the children in your communities. After participating in the TALK workshop, parents and professionals will feel relieved to know that they can be a real part of creating safer communities for all children.

To learn more, visit: drshinethetalk.wordpress.com It is important that everyone hear The TALK from the beginning. Please arrive before 7:30. The TALK will start promptly at 7:30pm.

Please [RSVP](#) on Big Tent

Film Night!

Thursday, March 31, 9:00pm
AMC Burlington
20 South Avenue, Burlington

Miss going to the movies with other grownups? Join the BFC Film Club, a monthly gathering of friends and first-run features at AMC Burlington. Think book club but with movies instead. No prior time commitment necessary, just arrive and enjoy!

This month, we're going Greek and heading to the much anticipated release of "My Big Fat Greek Wedding 2!" Specifics will be determined as we get closer to the date, but let's shoot for a 9:00 p.m. screening. We'll meet in the lobby 10 minutes prior to show-time.

Tickets should be purchased individually, preferably in advance. I'll be in touch with those who responded 'yes' and 'maybe' regarding seat selection.

Looking forward to hanging out and laughing with the Portokalos family - oopah!

Please [RSVP](#) on Big Tent



Paint Party

Monday, April 5, 8:00pm - 10:00pm
First Parish Church - Bacon Room
75 Great Road, Bedford

BFC Paint party is back by popular demand!! Paint, have fun and raise some money for BFC with local artist J.J. Long! Paint Parties are so much fun and a great opportunity to be creative, have fun and socialize!! J.J. will teach us step by step how to create a painting from start to finish in a fun, laid back atmosphere! All skill levels welcome. You can follow directions to "T" or follow your own creativity - either way you'll have a great painting to show for it! J.J. will generously donate \$15/painter back to the BFC. This is an open event to all, everyone is welcome (members or not), feel free to spread the word.

If you would like to attend, please RSVP on Big Tent and then pay in advance using the following link:

http://www.jjartworks.com/store/p338/April_5,_2016_-_BFC_Paint_Party_Fundraiser.html

J.J. will also donate 25% of his artwork purchased at this event, so look at his work on his website and if you see something you like, let him or I know in advance so he can bring it to the party.

The first BFC paint party was so much fun, you don't want to miss this one!

Please [RSVP](#) on Big Tent



Community Service Committee

Stay tuned for great activities coming our way!

Community Bulletin Board

Look here for community parenting news and events, classified ads, and special member offers

2016-2017 Davis School Kindergarten Registration and Upcoming Kindergarten Transition Events

The school will be hosting several upcoming events to introduce you to faculty members, instructional programs and our facilities. Please note the following events on your calendar:

* Informal Coffee – Thursday, March 17, 2016 at 9:30 A.M.

* Evening Information Session – Thursday, March 24, 2016 at 6:30 P.M.

* Kindergarten Screening – March 31st, April 4th, 5th, 7th & 8th

The morning coffee held on March 17th will be an informal opportunity for first time parents to meet with school staff and ask any questions about our kindergarten program. We will introduce several key faculty members at that time –the Early Childhood Coordinator, Tanya Kalantari, the School Guidance Counselor, Paula Springer, the School Nurse, Tracy Fernald, and our Special Education Program Administrator, Peggy Regan – and take you on a tour of the building. Our conversations will be geared towards parents who are sending their children to Davis for the first time, but all incoming parents are welcome to attend.

We will also host a more formal information session on the evening of Thursday, March 24th at 6:30 P.M. at which time we will de-

scribe the procedures for kindergarten screening.

The events described above are wonderful opportunities for us to get to know you and for you to learn about the school. We do ask that you refrain from bringing children to the coffee and evening orientation. If you have not received your registration packet to fill out and return - please call the Davis school office.

Bedford Womenade Spring Event / Karmate Fitness 2016

Enjoy manicures, brow waxing, chair massage, breakfast, exercise classes and more while shopping for jewelry, fitness clothing, cosmetics and spa products. Treat yourself to a day of health and pampering while supporting Bedford families in need.

March 12, 2016 (Saturday)
8:30am-Noon at
St. Michael's Parish Center
90 Concord Road
Bedford, MA

OUR CAUSE

This past August, David Timperio passed away suddenly, leaving behind his wife Libby and their two high-school age sons, Matthew and David. For those of you who may not have known him, Dave was a Massachusetts State Police Trooper and beloved coach of Bedford football, basketball and lacrosse. His sudden death stunned our community. His love of family and dedication to athletics in town was legendary. His presence continues to be painfully missed as a coach and supportive sideline fan. A member of our community approached Womenade and asked if we could do something that was meaningful for Libby and the boys.

We have decided to dedicate all proceeds from our upcoming event to the Timperio Boys Fund c/o Watertown Savings Bank.

**Alastair Moock Family-Friendly Concert
on March 12th:
A Children's Meetinghouse Fundraiser**

Alastair Moock, a Grammy-nominated singer/songwriter and two-time Parents' Choice Gold Medal Winner to play a fantastic concert for families in support of The Children's Meetinghouse!

It's all happening Saturday, March 12th at 11am in the beautiful Wood Theater at Middlesex School, 1400 Lowell Rd in Concord.

Appealing to adults and preschoolers alike, Moock celebrates the roots of American music, while playing schoolrooms, theaters, and nightclubs. Like his boyhood hero Woody Guthrie, Alastair Moock believes in the power of music to reach all people young and old, far and wide.

Tickets on sale Feb 15th, at Brown Paper Tickets: <http://m.bpt.me/event/2490729>
The more the merrier; bring your family and friends!

**Goldfish Swim School is opening this
Spring in Burlington!**

We cater to the safety and development that your children need in swim lessons. Our pools are kept at 90 degrees to make the water inviting and shiver-free! Our class sizes are small - no more than four children per instructor in group lessons - so kids receive the personalized attention they need. We teach children of all ages and varying stages from introductory parent-tot programs to beginner swimmer lessons to advanced pro-level lessons. We also offer a recreational swim team for those swimmers that want to swim for an hour and learn how to read a pace clock, practice flip turns and prepare for the next stages of competitive swimming. Lastly, we offer weekend birthday parties and open swim times for families. The new pool will be located at 10 B Street, Burlington.

WEBSITE

www.burlington.goldfishswimschool.com

FACEBOOK

www.facebook.com/goldfishburlington

New Cartridges for Kids BEST/PTO Recycling Fundraiser

BEST/PTO has started a new Cartridges for Kids (CFK) fundraising program to benefit the Bedford Public Schools. Your old cell phones, laser and inkjet printer cartridges, MP3 players/iPods, e-readers/notebooks, PDAs, and laptops can be recycled AND earn money for the schools! Collection boxes are available in the lobby of Davis & Lane Schools right next to the marker collection boxes

As of mid-February, collection boxes will also be at the BFC playroom and at Bedford's Town Center building.

This program is also a great opportunity for the community to participate in recycling, and support the local public schools to raise funds for enrichment programs, school equipment, and supplies.

If you have questions, please email Michele Waldron at Cfkfundraiserbedford@yahoo.com or Shaena Grossman at shaengro@gmail.com



First Parish Church Parenting Support Group

First Parish in Bedford has recently started a parenting support group for parents/caregivers of school age children who are dealing with emotional/behavioral/scholastic challenges like depression, anxiety, autism, learning disabilities (dylexia/ ADD/ADHD) sensory issues ect.

This is a small group of parents/caregivers who meet once a month to share their stories and offer support/resources to other parents who are in the same situation. If you would like more information please contact Liz Hanegan at haneganliz@yahoo.com.

Mom to Mom

Wednesdays, 9:30- 11:30am
St. Michael Church, 90 Concord Rd, Bedford

As a young mother, do you feel:

- Isolated without extended family or friends in the area, in neighborhoods without other moms at home, missing the camaraderie of the workplace?
- Insignificant in a culture that minimizes your role and values as a mother?
- Intimidated by information overload by parenting resources?

If so, consider joining the Mom to Mom (MTM) program at St. Michael's Church. MTM is a Biblically based parenting program designed around the Titus 2:4 concepts of older women teaching and encouraging younger women in their relationships with their husbands and children. It includes quality parenting instruction and small group discussion between more experienced and younger moms. Both a place of nurture for committed Christian women and a "safe place" to bring community friends, MTM often becomes a bridge into the church. The program was founded by Linda Anderson, a former Lexington resident who has been teaching parenting groups and Bible studies for over two decades and integrated much of her own life and readings into her

teaching. Free childcare is provided so while you are being inspired as a parent, your child/ children will enjoy playing with toys and other children.

We look forward you being part of the MTM group. Please contact Niki Curry for questions or to complete a registration at (781) 710-4754 or currymn@comcast.net

Grands and Me

Thursdays, 10:00- 11:00am
Bedford Council on Aging Center
12 Mudge Way, Bedford

The Bedford Council on Aging is planning to offer an hour for Grandparents to connect with the little ones during some playtime at their center. Contact Alison Cservenschi, Director of the Council on Aging, at acservenschi@bedfordma.gov for more details.



Bedford Box Tops for Education



For many of you in the BFC, your children will

soon be at Davis School. Did you know that you might be throwing away packages that could be used to raise money for Davis, and the rest of Bedford Public Schools? Bedford Public Schools participate in the Box Tops for Education program, which has helped America's schools raise over \$525 million since 1996. Every year, our students and supporters collect thousands of Box Tops, which we redeem for 10 cents each. Last year, we raised \$8,500 to fund enrichment programs at Davis, Lane, and John Glenn Middle School. We would like to ask for your help in collecting Box Tops. You can drop them off in the container at the BFC playroom, the collection bin at the Bedford Stop and Shop, or mail them to Box Tops Coordinator, 66 Sweetwater Ave., Bedford, MA 01730.

Wellness Corner



It is March and Spring is round the corner. So, what better time to think of fitness and getting stronger! (By the way – anytime is good for getting stronger :-)). Cardiovascular and muscle endurance are key components of physical fitness.

Cardiovascular endurance is the ability to deliver oxygen and nutrients to tissues and remove waste over sustained time. **Aerobic exercise** is associated with weight control, stronger immunity from viruses, and improved mental well-being.

Muscle endurance is the ability of muscles to sustain repeated contractions or continue applying force against a

fixed object. **Strength training** is linked with stronger bones, weight control, lower injury risk, better mood, and easier management of chronic conditions. Following these fitness principles from the President's Council on Fitness, Sports, & Nutrition can help you build endurance:

- **Specificity.** Train for the activity you're interested in. For instance, if you want to become a stronger swimmer, focus on training the muscles involved for movements required in the water.
- **Overload.** To see improvement, work out at levels vigorous and long enough to challenge your body above its resting levels.
- **Progression.** Gradually increase the intensity, frequency, and/or duration of activity over time.

Consult with your doctor before beginning a new fitness routine.

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(Have some tips of your own to offer? Email us at wellness@bfctoday.com)

2015-2016 BFC EXECUTIVE COMMITTEE

Co-Director	Kristine Shah	director@bfctoday.com
Co-Director	Becky Gould	director@bfctoday.com
Secretary	Margaret Root	secretary@bfctoday.com
Treasurer	Alona Ayres	treasurer@bfctoday.com
Newsletter Editor	Tara O'Loughlin	newsletter@bfctoday.com
Publicity	Tyne Jeffrey & Kara Cournoyer	publicity@bfctoday.com

2015-2016 BFC COMMITTEES & CHAIRS

Membership	Rebecca Hagopian	membership@bfctoday.com
Moms Night Out	Bethany Boglarski, Jocelyn Finn, Shaena Grossman	momsnightout@bfctoday.com
Chip In Farm Coordinator	Lindsey Giunta	mtocoordinator@bfctoday.com
BEST Liason	Holly Munsie	schoolliason@bfctoday.com
Bedford Unplugged / Ice Cream Social	Sue Udell and Rachel Mark	icecreamsocial@bfctoday.com
BFC Playroom	Erin Campbell	playroom@bfctoday.com
BFC Book Club	Heather Black	bookclub@bfctoday.com
Children's Activities	Kelly Breen, Rachel Mark, Shaena Grossman, Sara Baker	activities@bfctoday.com
Community Service	Annmarie Silver, Sarah Scoville, Noelle Oliveira	communityservice@bfctoday.com
Dad's Corner	OPEN	
Family Wellness	Anuja Rotella	wellness@bfctoday.com
First Connections Liaison	OPEN	
Fundraising	Vivian Chang	fundraising@bfctoday.com
Halloween Party	Kara Cournoyer, Michelle Savage, Gretchen Heid, Jessica Leudde, Rachel Mark	halloweenparty@bfctoday.com
Playgroups	Rebecca Hagopian	playgroups@bfctoday.com
New Moms' Brunch	Vivian Chang, Christie Martin, Maureen Lally, Lindsey Giunta, Sue Udell	newmomsbrunch@bfctoday.com
Parent Education Workshops	Christie Martin	parented@bfctoday.com
Social Media	Heather Black	socialmedia@bfctoday.com
Kindergarten Popsicle Party	Leah Walton	kindergartenparty@bfctoday.com
Potluck Supper	Isabella Snider	potluck@bfctoday.com
Spring Egg Hunt	Rebecca Hagopian and Jessica Leudde	springegg hunt@bfctoday.com
Concerts	Kelly Breen, Maureen Lally	concerts@bfctoday.com
Website (BFCToday.com)	Sarah Castillo	webmaster@bfctoday.com
Working Parents Connection	Michelle Savage, Lindsey Giunta, Erica Callahan, Lauren Doty	workingparents@bfctoday.com



KID'S MENU



START WITH YOUR CHOICE OF **1 MEAL**



CHICKEN FINGERS



MAC & CHEESE



HOT DOG & CHEESE

WRAPPED IN A TORTILLA



QUESADILLA



HAMBURGER



GRILLED CHEESE



ADD YOUR CHOICE OF

3 SIDES

- ☐ CUCUMBERS
- ☐ CELERY & CARROTS
WITH HUMMUS
- ☐ APPLE SAUCE
- ☐ FRUIT KABOB
- ☐ FRENCH FRIES
- ☐ ONION STRINGS
- ☐ APPLE SLICES
WITH PEANUT BUTTER
- ☐ TORTILLA CHIPS
- ☐ KETTLE POTATO CHIPS
- ☐ SEASONAL VEGGIES
- ☐ FROZEN VANILLA YOGURT

1 DIPPER

- ☐ RANCH DRESSING
- ☐ HONEY MUSTARD
- ☐ SALSA
- ☐ BBQ SAUCE
- ☐ SOUR CREAM

1 DRINK

- ☐ APPLE JUICE
- ☐ CRANBERRY JUICE
- ☐ SODA
- ☐ CHOCOLATE MILK
- ☐ MILK

RIGHT SIZE.
RIGHT PRICE.

\$6.95

GAMES ➡

*These menu items may be served raw or undercooked. Consuming raw or undercooked meat, shellfish, eggs or poultry may result in food-borne illness, especially if you have certain medical conditions. Before you place your order, please inform your server if anyone in your party has a food allergy.

VISIT US AT
152 GREAT RD
BEDFORD, MA
(NEXT TO WHOLE FOODS)

781-538-4338

FIRE
FLAVOR
FRIENDS



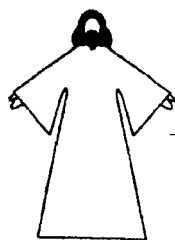
like us on facebook



follow us on instagram

redheattavern.com

NOW ENROLLING



OPEN ARMS Christian Preschool

A ministry of The Lutheran Church of the Savior
426 Davis Road, Bedford, MA 01730
781-271-1148 • OpenArmsBedford@lcsavior.org



OACP has consistently provided...

- a quality Christian education since 1996;
- an EEC-licensed program; and
- a stimulating, nurturing learning environment.

PRESCHOOL 3s, PRESCHOOL 4s, AND PRE-K

Mon-Fri 9:00 am - 12:00 noon with multi-day options for 3s and 4s

Early Drop Off at 8:00 or 8:30 am

Stay & Play until 3:00 pm (Mon-Thu) and 1:00 pm (Fri)

Open Arms Christian Preschool admits students of any race, color, gender, sexual orientation and national or ethnic origin.



www.lcsavior.org (click on "Open Arms Preschool" tab)

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www.stpaulsweekdayns.org

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Call for more information or to visit the school

Lee Frank, Director

St. Paul's Weekday Nursery School does not discriminate on the basis of race, religion, cultural heritage, national origin, political beliefs, disability, marital status, or sexual orientation in hiring practices, admission of children, or admission of policy. Toilet training is not required as a pre-requisite for admission.

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www.leapschool.com



Join us for our weekly Open House Tours at each LEAP School.

Visit our website www.leapschool.com to learn more about our school, teachers, upcoming events and our expanding parent resource section.



Bedford Family Connection

Membership Form 2015–2016

Email: membership@BFCToday.com

P.O. Box 636, Bedford, MA 01730

www.BFCToday.com

To enroll as a member of the Bedford Family Connection (BFC), you can do any one of the following:

- Fill in your contact information below and give it to a BFC representative at an event. S/he will have BigTent* send you an invitation via email to join the BFC. You will be able to click through the email and enroll, as well as pay the dues online.

OR

- Go to www.BigTent.com/groups/bfctoday and register first with BigTent* and then with the BFC. The BFC will need to approve your membership and then you will be able to pay the dues on-line.

OR

- Fill in your contact information below and mail it, along with a check made out to the Bedford Family Connection, to the address above. Upon receipt of your information, a BFC representative will have Big Tent* send you an invitation via email to join the BFC. You will be able to click through the email and enroll. Select “personal check” when prompted for payment

BigTent Tips

*BigTent is the private on-line platform used by the BFC to organize and connect Bedford families. Once you are registered with BigTent, please use the **MyBigTent** link to customize your profile, privacy settings and email settings, etc. Choose how you'll receive information from BigTent: do you want individual emails or a daily digest? To change your BigTent email settings, log into BigTent, select MyBigTent in the black bar at the top, then select Email Settings in the drop-down list. This is where you can manage all communications from BigTent, such as turning off the Daily Deals email, and customize the BigTent Blink. To ensure you get all event notifications in a timely manner, you can set it for “every day”; otherwise you may miss some reminders. The BigTent Blink is a summary email of anything new posted on the BFC group each day, including reminders and changes to event dates/times/locations. Please note that any last minute changes to events and cancellations will also be posted on the BFC Facebook page*

Our membership year runs September 1 to August 31. Once registered with BigTent, you will begin receiving a copy of the current monthly newsletter and BigTent notifications of BFC events. If you have any questions, email [BFC membership](mailto:membership@bfctoday.com). Also, please [“like” us on Facebook!](#) Thank you!

Fill in your contact information below and hand to a BFC representative, or mail to the address above.

Membership Status:

- ☐ Renewing Family Membership, \$30/year (Please **update** fields as appropriate when renewing on BigTent)
- ☐ New Family Membership, \$30/year (How did you hear about us?) _____
- ☐ Corporate Sponsor, \$25/year (Includes monthly newsletter & an advertising discount. No BigTent access)
- ☐ Associate Membership, \$15/year- For families whose youngest child is 6 years or older and won't participate in all activities, but want to stay involved in family field trip activities (e.g. apple picking), mom's night out or book club.

Family Information: **PLEASE PRINT NEATLY******

Mother/Partner's Full Name _____

Phone Number _____

Father/Partner's Full Name _____

Phone Number _____

Preferred E-mail Address (required) _____

Mailing Address _____