



MAY

BEDFORD FAMILY CONNECTION

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

Pop. pop. pop. Here come the little buds sprouting through - springtime is here! The sun is kissing our kiddos' cheeks and the grass is soft once again. Oh! And the BFC is beaming with activity! Our New Mom's Brunch was a beautiful way to end April. We had a great turnout and the new mams were spoiled with goodies and fabulous raffle baskets to welcome them into our crazy world.

May welcomes our Dad's Corner back in action with their first activity of the year! Thanks to the cool dads that volunteered to step into the role. May 7th will surely be a nice and relaxing morning for those mamas who are kid-do-free! We also have some spring fun children's activities and working parents activities for the month - check out the highly anticipated zoo field trip, bubbles day, and Chip-In Farm event! Love that we are talking about so many outdoor activities! Of course, do not forget about the most exciting event of the month - our spring concert with Karen K and the Jitterbugs on May 14th (sponsored by Suzanne & Company) - reserve your tickets today. And concluding the month is a super cool Mom's Night Out that our new committee setup - Aromatherapy at Organix - can't you just smell the beauty?!

We just wanted to take a moment to give special thanks to all the hard-working mamas who contribute to all of the planning and activities. People outside of the BFC (and I'm sure many members) have no idea what goes into making even the simplest of activities come to life. Sure, we all have a lot of fun doing it and it is all "for the kids!" However, we are so grateful. Grateful that we live in a community where our Family Connection is so successful. To all of our committee members (and you know who you are) - to our playroom hosts - to our playgroup coordinators and hosts - We wish you ALL a Mother's Day full of relaxation and peace. Thank you, from the bottom of our hearts. You have made this year so awesome! Cheers to many more memories.

With Gratitude
Becky Gould and Kristine Shah

Spring Concert

Starring:

KAREN K
~ & the ~
JITTERBUGS



Saturday May 14th

4pm @ First Church of Christ

25 Great Road, Bedford, MA

Tickets: \$5

Purchase in advance at [eventbrite.com](https://www.eventbrite.com)

<https://www.eventbrite.com/e/bfc-spring-concert-starring-karen-k-and-the-jitterbugs-tickets-21241803807?aff=ebrowse>

Concert Presented By:

Suzanne & Company

THE TEAM FOR ALL YOUR REAL ESTATE NEEDS

kw BOSTON NORTHWEST | LUXURY HOMES INTERNATIONAL

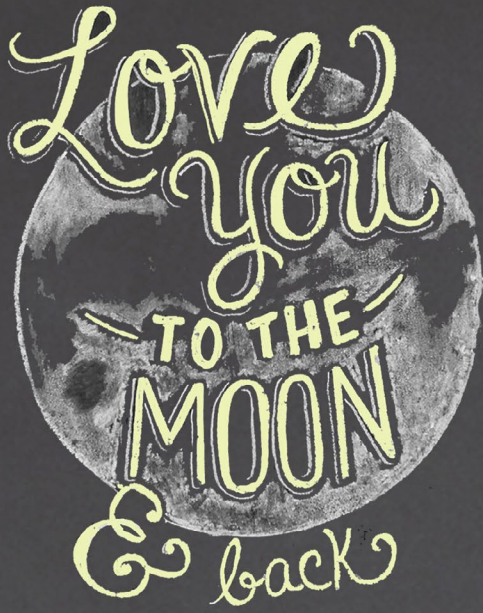
KELLER WILLIAMS® REALTY



SUZANNEANDCOMPANYRE.COM | 90 GREAT ROAD, BEDFORD MA 01730 | 781.275.2156

Find us at BFCToday.com, [facebook.com/bfctoday](https://www.facebook.com/bfctoday), [@bfctoday](https://twitter.com/bfctoday)

PO Box 636 Bedford, MA 01730



Join Us for the 1st Annual BFC

DADDY
DAUGHTER
DANCE

Sunday, June 5
4-6 pm
Old Town Hall
32 South Road

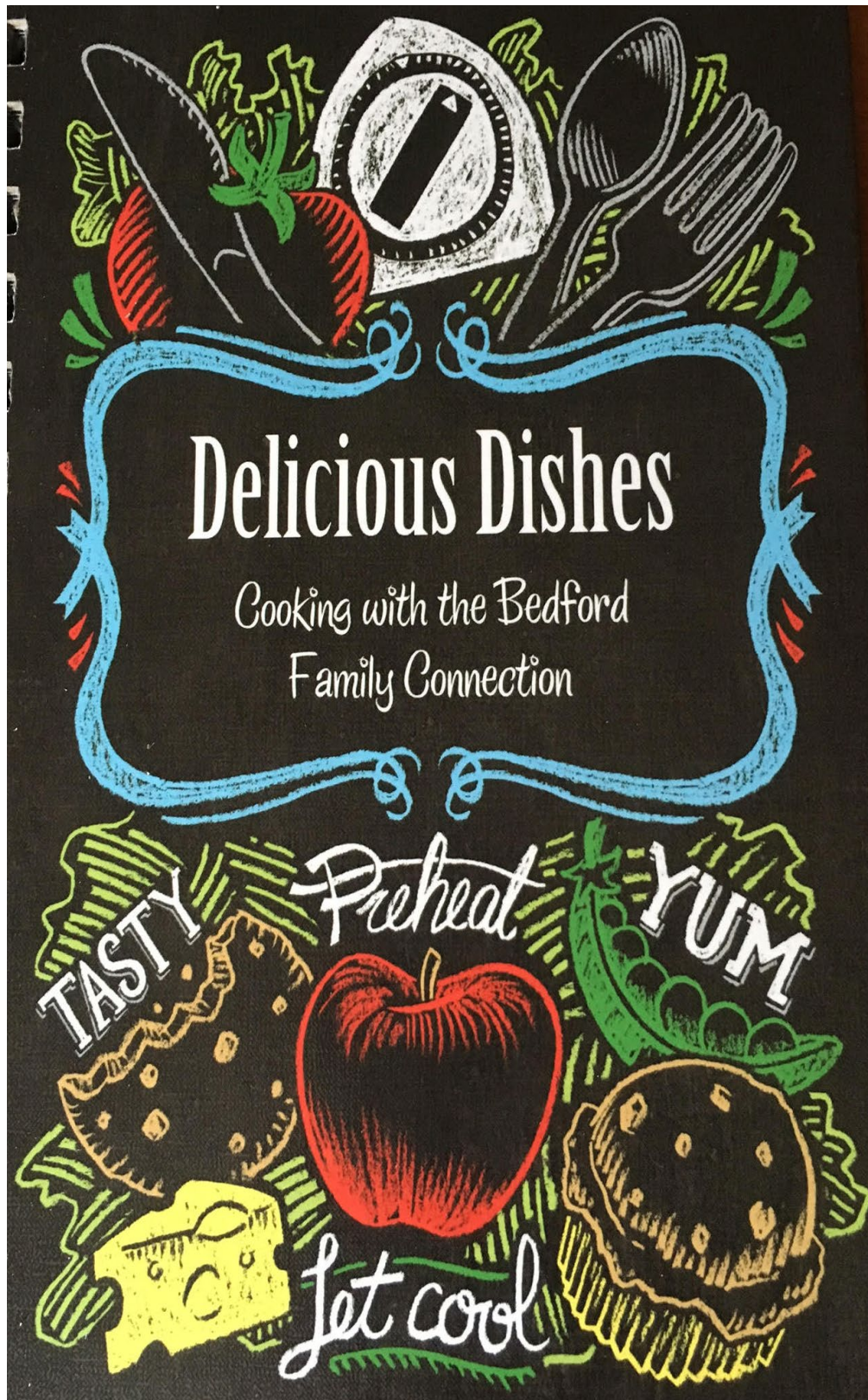
Get dressed up, enjoy some food, take a picture in the photo booth and dance the (early) evening away. Flowers will be for sale at the event. All BFC families are welcome; please let us know if you have any questions.

*When you RSVP, please include your Daughter's name(s) and fill in the blank:
"My favorite thing to do with my daddy is _____"

Please RSVP on Big Tent:
<http://www.bigtent.com/home/calendar/event/96936725>



BFC Cookbooks are here!! Enjoy 120 recipes!
A great Mother's Day gift, too! \$12 each.



Email Rachel Mark to place your order today! rachelmark276@gmail.com

BFC Events Calendar

MAY 2016

S M T W T F S

| | | | | | | | | | |
|----|---|--------------------------------|---------------------------------|--|---------------------------------|---------------------------------|---------------------------------------|--|---------------------------|
| 1 | 2 | 3 | BFC Book Club Meeting 7:30pm | 4 | Weekly Stroller Walk 10:00am | 5 | 6 | Dads Corner: Playground & Ice Cream meet Up 10:30 | 7 |
| 8 | 9 | May Planning Meeting 7:30pm | 10 | 11 | Weekly Stroller Walk 10:00am | 12 | Spring Flower Activity 9:30am | 13 | Spring Concert 4pm |
| 15 | 16 | 17 | Stone Zoo Field Trip 10am | 18 | Weekly Stroller Walk 10:00am | 19 | Bubble Day and Picnic Lunch 9:30am | 20 | Chip In Farm Camp 10am |
| 22 | Nature Scavenger Hunt and Play 10:30am | 23 | 24 | MNO - Aromaology and Purfume 7:00pm | 25 | Weekly Stroller Walk 10:00am | 26 | 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](#).

May 2016 Opener Schedule

| Mon | Tue | Wed | Thur | Fri |
|------------------------|----------------------|---------------------|---------------------|---------------------|
| 2 Cyndi Futch | 3 Christie Martin | 4 Leslie Savoy | 5 OPENER NEEDED | 6 Kelly Breen |
| 9 Margaret Root | 10 OPENER NEEDED | 11 Kristine Shah | 12 OPENER NEEDED | 13 Rachel Mark |
| 16 Cyndi Futch | 17 Jessica Lynch | 18 OPENER NEEDED | 19 OPENER NEEDED | 20 Rachel Mark |
| 23 OPENER NEEDED | 24 Margaret Root | 25 Jessica Lynch | 26 OPENER NEEDED | 27 Maureen Lally |
| 30 PLAY-ROOM CLOSED | 31 OPENER 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
- Parent Education

A BIG THANK YOU!

The BFC would like to thank the following Bedford area businesses which supported the New Moms Brunch through a variety of donations.

Bedford Children's Center, Bedford Farms, Bedford Florist, Bella Maria's, Chestnut Dental Associates, Chip-In Farm, Goddard School, Kamate Fitness, Kelly Breen Photography, Ken's NY Deli, Learning Express, Middlesex Saving Bank, St. Paul's Weekday Nursery School, Serenity Yoga, Wegman's and Whole Foods. GetInShape for Women, T&L Nail Salon, WearOvers

BFC's NEW WEBSITE!



We have a fresh, new website:

BFCToday.org

Check it out!!

Weekday Children's Activities

Stroller Walk

Recurring Thursdays, April 7 - June 16

10:00am - 10:45am

MinuteMan Bike Bath at Depot Park
South Rd and Loomis St, Bedford



Walk, talk and air out the baby with local moms. We will be meeting weekly on the min-uteman bike path at depot park (south road and loomis st) at 10:00 on Thursday mornings starting April 7th. We will plan on strolling for 30-45mins. Weather permitting!

Please [RSVP](#) on Big Tent

Spring Flower

Friday, May 13, 9:30-11:30am
BFC Playroom, First Parish Church
75 Great Road, Bedford

Join us in the playroom to make beautiful spring flowers! It's finally feeling like spring (we hope) and flowers are the best way to get us in the warm weather spirit!



Please [RSVP](#) on Big Tent

Stone Zoo Field Trip

Wednesday, May 18, 10:00am - 11:30am
Stone Zoo
149 Pond Street, Stoneham

Join us for a morning at the zoo! Hopefully it will be a gorgeous day to see the monkeys, snow leopard, yak, llamas, otters and more. We will meet at Stone Zoo front entrance at 9:50am so we can go right in at 10am.



Please [RSVP](#) on Big Tent

Bubble Day and Picnic Lunch

Friday, May 20, 9:30am - 11:30pm
BFC Playroom, First Parish Church
75 Great Road, Bedford

Back by popular demand...BUBBLE DAY!!! Bring your bubbles, your bubble machines, bubble makers, and bubble sticks and join us on the front lawn of the first parish church. We will play with bubbles and then have a picnic lunch. Such a fun way to usher in the warmer weather!



Please [RSVP](#) on Big Tent

Nature Scavenger Hunt and Play

Monday, May 23, 10:30am - 11:30am
Ripley Playspace
120 Meriam Road, Concord, Massachusetts
01742

Come out and enjoy nature as we look for fun things! We may even collect a special treasure or two.

Please [RSVP](#) on Big Tent

Weekend Children's Activities

Dad's Corner: Playground & Ice Cream Meet Up

Saturday, May 7, 10:30am - 2:00pm
Bedford Town Center Playground and Bedford Farms

It's Mother's Day weekend; moms get the morning off! Calling all BFC kids and Dads: join us for a morning at the playground and

then out for an ice cream treat at Bedford Farms. Feel free to come around your Saturday activities and stay as long as you'd like. We will be at the playground from 10:30-noon and then head to Bedford Farms.



Please [RSVP](#) on Big Tent

Spring Concert: Karen K and the Jitterbugs

Saturday, May 14, 4:00pm - 5:00pm
First Church of Christ
25 Great Road, Bedford

Come see Karen K and the Jitterbugs perform!! Dance, sing, and have a snack. \$5 per person. Tickets available at the door and online. Space is limited so please purchase in advance. Snacks included.

Please [purchase tickets here](#)

Chip In Farm Camp

Saturday, May 21, 10:00am - 11:00am
Chip-In Farm
201 Hartwell Road, Bedford

Come be a farmer at Chip-In Farm! Help Farmer Sandy feed the animals, get a behind the scene tour of the farm, and maybe you will be lucky enough to get a tractor ride. This is a program for children 2 years old and up. Siblings are always welcome! This event is not drop off. Parents must stay. We are offering two time slots with a maximum of ten children per group. There is a morning program from 10-11am and an afternoon program from 4-5pm. The program

is \$5 per child. If you are interested in signing your child up, please e-mail Lindsey at Lgiunta29@yahoo.com with the following information: Time you would like, number of children, children's names and ages. This will be first come first served.

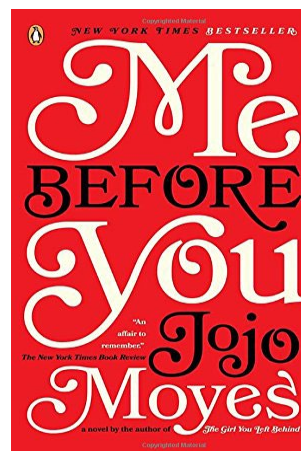


Please [RSVP](#) on Big Tent

BFC Adult Events

BFC Book Club

Wednesday, May 4, 7:30pm-9:30pm
BFC Playroom, First Parish Church
75 Great Road, Bedford



The next BFC Book Club meeting is on Wed. May 4th at 7:30pm in the BFC playroom at First Parish, where we will be discussing "Me Before You," by Jojo Moyes. 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 BigTent to let us know you're coming (and what you plan to bring to share). Hope to see you on May 4th, and feel free to contact bookclub@bfctoday.

com with any questions!

Looking ahead:

Wed. Jun. 1st: "The Guernsey Literary and Potato Peel Pie Society," by Annie Barrows and Mary Anne Shaffer

Wed. Jul. 6th: "Let's Pretend This Never Happened," by Jenny Lawson

Wed. Aug. 3rd: "A Man Called Ove," by Fredrik Backman

May Planning Meeting

Tuesday, May 10, 7:30pm - 9:00pm
Becky's House (address emailed out week of meeting)

Join us for a low key night at Becky's house so we can make sure our summer is jam packed with BFC Fun. We will finalize details for the upcoming Spring Concert, Camp BFC, the Father Daughter Dance and Bedford Day Prep!

Please [RSVP](#) on Big Tent

MNO: Aromaology Perfume

Wednesday, May 25, 7:00pm - 9:00pm
Organix Spa and Salon
93 Great Road, Bedford MA 01730

Aromaology is the art of aromatherapy for health, beauty, and wellness. Join us for a workshop designed to stimulate the creative process of Purefume blending. Blend your own Aveda Purefume with an aroma sensory journey. No pressure, but if you like your scent, you can take home your own Aveda spray Purefume for \$15.00.



Please [RSVP](#) on Big Tent

Community Service Committee

Stop Hunger Now - Meals For Kids Bedford Rotary Meal Packing Event
May 14, 9:00am - 1:00pm
Middlesex Community College

Come to the Bedford Rotary's Meals for Kids event to help package more than 57,000 meals for children in developing countries. Kids are welcome, but may need some extra assistance from a parent.

Please sign up here :
<http://www.signupgenius.com/go/8050f4eada92aa75-bedford>

Also on May 14, during the BFC Spring Concert (see ad in front of newsletter:), there will be a card making station! Our little ones can color and create a beautiful card for our friends at Carleton Willard, right here in Bedford. Let's help brighten their day with a thoughtful and colorful spring greeting card!

Community Bulletin Board

[Look here for community parenting news and events, classified ads, and special member offers](#)

Bedford Rotary Run and Kids Run!

Saturday, May 7, 10am; Kid's Run - 9am
Bedford High School Track Start



The O'Loughlin Family Eagerly Anticipates Bedford's May 7 Rotary Run

Run the TRAILS OF BEDFORD or walk a delightful trail of HISTORIC proportion! Kids have a great area to run and play or join their parents for the walk; or they can enter their own race around the Bedford Highschool track! The Rotary Run is the day before Mother's Day -- so we hope to have lots of families out for the event. We love all moms; the biological ones, the host-moms, foster care moms, mother figures, adoptive moms, grand-moms and all other kinds of moms that impact our lives every day! Roses will be available for Mom!

Find out more information and register here:
<http://www.bedfordmarotary.org>

CNS Yellow Balloon Fair

Saturday, May 7th, 2016
10:00am - 2:00pm
2325 Mass Ave, Lexington



Don't miss Community Nursery School's 44th annual Yellow Balloon Fair, held on Saturday, May 7th, 10am-2pm, at CNS (2325 Mass Ave in Lexington). Enjoy a fun-filled day of games, activities, and crafts for preschoolers and their families. Highlights include Farmer Sandy with animals from Chip-In Farm, a bouncy house, a life-size Candyland game, face painting, hairstyling with braids and feathers, raffle prizes, and silent auction items, along

with BBQ, empanadas, and pizza for lunch. All ages welcome! Admission is \$2 per child (2 years+) and adults are free. Fair games, raffle, and food tickets priced separately. Cash and credit cards accepted. Rain or shine. Learn more and pre-purchase tickets at cnslex.org/ybf.

First Parish Plant and Craft Fair

The 63rd annual First Parish Plant and Craft Fair will return to Bedford Common on Saturday, May 14 with hearty annuals, heritage perennials, and a grocery garden. There will also be a bake sale, live entertainment, the Bedford 4H club petting zoo and dozens of artisans, including several from First Parish. Joe Silva and Flatbread's mobile pizza oven plan to serve lunch to hungry fairgoers. For up-to-the-minute details, check our website, <https://plantfair.wordpress.com/> or 'like' our Facebook page, <https://www.facebook.com/FirstParishPlantFair/>



You can't buy happiness,
but you can buy
plants
& that's pretty much
the same thing!

First Parish Plant & Craft Fair

Plants, crafts, lunch, live music, family fun & Bedford's 4H Petting Zoo

Saturday, May 14, 2016

10 am ~ 3 pm Bedford Common

Snow date: Sunday, May 15, 2016

To learn more, visit

[The Plant & Craft Fair Website / www.plantfair.wordpress.com](http://www.plantfair.wordpress.com)

Primrose School of Burlington Spring Fling Event

In honor of Molly Malone, a 15 year old girl who was recently diagnosed with Ewing Sar-

coma, a rare form of bone cancer. Molly is a niece of a Primrose parent.


STRONGER
»» than »»
CANCER

*Primrose School of Burlington
 Spring Fling Concert*

In honor of Molly Malone

Saturday, May 14, 2016
 10:00 am to 12:00 pm

*Burlington High School Gymnasium
 123 Cambridge St., Burlington, MA*



*Special music performance by:
 Ben Rudnick and Friends*

Suggested donation of \$25 per family

Join the BEST/PTO Color Run June 4!

COLOR RUN REGISTRATION

Saturday June 4th 4pm  JOHN GLENN MIDDLE SCHOOL

BEST/PTO Spring Fundraiser

EARLY BIRD REGISTRATION
 Register NOW and SAVE!!
 Now through April 1st

- ✓ \$25 per participant (T-Shirt & Meal Voucher included)
- ✓ \$75 Household Cap
- ✓ \$8 additional T-Shirts after cap (4+ participants)
- ✓ After April 1st, rates are \$30 per participant and \$90 household cap
- ✓ All family members welcome!
- ✓ Follow the link to register at:
<https://bestcolorrun.webconnex.com/June4>
- ✓ Cash & Checks payable to BEST/PTO
 Send in through Kid Mail labeled "Color Run"



3K BEST COLOR RUN!!!

THERE WILL BE RAFFLES, FOOD, MUSIC & FUN!!

DON'T MISS THIS EVENT!
 COME SUPPORT BEDFORD ELEMENTARY SCHOOLS TOGETHER!!

Questions?
 Want to Volunteer?
bestcolorrun@gmail.com

**BPS Integrated Preschool
 Fall 2016 Admission**

The Bedford Public Schools' Integrated Preschool Program has openings for Fall 2016 admission! We are inviting neighborhood children who will be three years old by August 31st, 2016 for a screening for possible enrollment. The preschool is located at the Bedford High School.

Please contact the Early Childhood Director, Tanya Kalantari, to make an appointment. She can be reached at Tanya_Kalantari@bedford.k12.ma.us or 781-275-1700 x3248. We look forward to hearing from you!

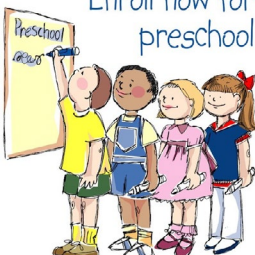
**BPS Integrated Preschool
 Open House**

9 Mudge Way, Bedford, MA 01730 – 781-275-1700 x3248 – Tanya_Kalantari@bedford.k12.ma.us

The Bedford Public Schools welcomes your family to our integrated preschool's open house!

Date: May 25, 2016
Time: 6:00 pm-7:00 pm
Location: Bedford High School (back entrance closest to the library)

- > Tour our facilities!
- > Come meet our DESE certified staff including educators, speech therapists, occupational therapists, and behavior specialists!
- > Learn more about our curriculum including zoophonics, handwriting without tears, and touchmath!
- > Meet other potential families, have a snack, and explore our outside play structure!




Enroll now for preschool

| Current Program Availability | |
|----------------------------------|---------------|
| 5 Day: Monday-Friday | 8:30-11:30 am |
| 3 Day: Monday, Wednesday, Friday | 8:30-11:30 am |

There are a limited number of openings for the 2016/2017 school year remaining!
 -Sibling tuition discounts available!
 -Open to neighboring communities pending screening!

Visit our website for additional information regarding our preschool programs!
<http://www.bedford.k12.ma.us/home/integrated-pre>



First Connections Spring Playgroups

Play is a child's work. Play creates pathways in a child's developing brain that are critical for receiving information and learning. Our spring programs provide quality play time that

can actually alter and enhance the brains of children who participate..

Spring groups will run from April 7 to June 22. Registration is required by emailing imatthews@jri.org or calling 978-429-8284. Playgroups are free of charge and require a caregiver participant. Sign-up age is based on the first day of class. Families may sign up for one weekly group per child. If you are unable to register for a playgroup due to space limitations, and have a group of friends who are looking for a space to meet on your own, our playroom is available at regular times during the week for use.

Infant Playgroup

This playgroup is for babies not crawling or walking yet. The group includes developmental discussions and handouts, playtime, circle time with finger plays, rhymes and songs. 3-9 Mos Babies meets Thursdays, 10:30-11:30 at Boxborough Library

12-24 Month Steady Walkers Playgroup

This group is for confidently walking toddlers and will include free play with time to work on social skills such as sharing and waiting for a turn, some art and sensory activities, and a circle time with story. Each family will bring home a different bag of books to read each week, and exchange the bag the following week for more books. Tips will be included on using dialogic reading techniques with children including PEER and CROWD methods. Meets Thursdays, 10-11:15, at First Connections in Acton

Outdoor Explorations Group for Ages 3 1/2 thru 5

After a long winter we are looking forward to warmer temperatures and exploring nature trails in our area. We'll learn about what is happening in the ponds, fields and woods around us. We'll read a different book each week and allow the children to talk about what they may have discovered in their own back yards during the week. The places we will be

walking are not stroller-friendly. Babies are welcome if they are worn in a carrier/sling/backpack, but siblings younger than 3 will not be able to keep up. This group will meet or 3 weeks at a time in the following locations: Ripley Playscape in Concord, Grassy Pond in Westford, and Minuteman National Park in Lincoln on Mondays, 2-3:00

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

Bedford Babysitting Coop

The Bedford Babysitting Coop is open to families living in Bedford. The coop is limited to 30 families, but currently has a few openings. Once 30 families are enrolled, we maintain a wait list. Most families have been introduced to the coop through referrals by other members, so there is a high level of familiarity between the families. Everything coop related is tracked through a

Yahoo group. When a member needs someone to watch their kids they send an email to the mailing list with the details and anyone who can sit will respond and coordinate with the requester directly.

Sits are paid for with "points". Standard rates are one point per hour for the first kid and 1/2 point per hour for any additional kids. One additional point is paid if the sit is at the requester's house. Points are earned by sitting for other families. Points can also be earned/spent by bartering other services (cat sitting, dog walking, rides, etc.)

One of the benefits of using the coop for daytime sits is it gives a chance for the kids to play together. It is like a play date as far as the kids are concerned.

We have annual dues of \$10 that pays for a party, which is also an opportunity for coop families to get to know each other. We also try to have socials throughout the year. Everyone pays one point a year to pay for the officers.

Please contact Kathy Recca (knittingkathy@yahoo.com) if you are interested in learning more about the coop.

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

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



With the month of May, we are entering the peak of the blueberry season; a delicious fruit with a powerful boost of antioxidants. These chemical compounds reduce the free-radical damage that can compromise your immune system and lead to infections as well as degenerative diseases. Blueberries are among the antioxidant super foods.

Here are a few easy ways to get more antioxidants:

- Taste the rainbow. Colorful fruits and vegetables are rich in vitamin C, vitamin E, and beta carotene, which are great sources of antioxidants.
- Add fruit to your breakfast. Top whole grain cold and hot cereals with berries.
- Snack healthy. Keep fruit at your work desk and kitchen counters. Granny Smith, Gala, and Red Delicious apples are great choices as well as plums or oranges.
- Add lemon. Squeeze lemon in your iced tea, green tea, water, or on top of dinner dishes to help with the absorption of antioxidants during digestion.

Used with permission from Health Enhancement Systems ©2015
(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, Amanda Carman | activities@bfctoday.com |
| Community Service | Annmarie Silver, Sarah Scoville, Noelle Oliveira | communityservice@bfctoday.com |
| Dad's Corner | Gregg Carman, Kevin Finn and Kory Boglarski | dadscorner@bfctoday.com |
| 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, Shaena Grossman | parented@bfctoday.com |
| Social Media | Heather Black | socialmedia@bfctoday.com |
| Kindergarten Popsicle Party | Amanda Carman, Sue Udell, Jessica Leudde | 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 |

GRAND OPENING EVENT



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KID'S MENU



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3 SIDES

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- APPLE SAUCE
- FRUIT KABOB
- FRENCH FRIES
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- TORTILLA CHIPS
- KETTLE POTATO CHIPS
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- FROZEN VANILLA YOGURT

1 DIPPER

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

1 DRINK

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

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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.

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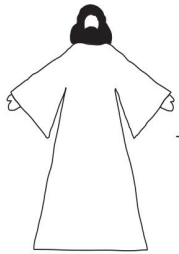
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Lee Frank, Director

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Find us at BFCToday.com, [facebook.com/bfctoday](https://www.facebook.com/bfctoday), [@bfctoday](https://twitter.com/bfctoday)

PO Box 636 Bedford, MA 01730

Prepare yourself for Spring soccer ages 12 months old to 5 years old available on weekends running year round now in Bedford at two locations! At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. We also offer Birthday parties & Privates groups for all ages which can be hosted at your home!



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| 9:00-9:45am ages 3-young4 | 9:00-9:40am ages 2-3 |
| 9:50-10:40am ages older4-5 | 9:45-10:30am ages 3-young4 10:35-11:25am ages older4-5 |

To enroll, please call Super Soccer Stars 781-777-7171 . All payments must be done through Super Soccer Stars.
For more information about the Super Soccer Stars early childhood soccer program, please call us on 781-777- 7171, email us at Boston@supersoccerstars.com or visit our website at www.SuperSoccerStars.com



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THE BEDFORD CITIZEN

Free, reliable, online – welcome to The Bedford Citizen!

If you are not already a reader, please go to www.thebedfordcitizen.org ASAP and check us out. Our mission is to provide information about the decisions and activities of our town boards and committees and to report on the rich array of events and programs offered by our various local organizations. Eager to stay informed about what's happening with the School Committee? Curious about the ongoing construction in The Bedford Marketplace? Looking for a photo of one of your kids from Bedford Day to share with an out-of-town grandparent? We've got it all – multiple times a week or as news breaks, and you can also read us through Facebook. You can subscribe for email delivery through our website. Your feedback always welcome – email us or contact me, Ginni Spencer, President, 781-275-2284 or ginni.spencer@verizon.net.



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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 _____