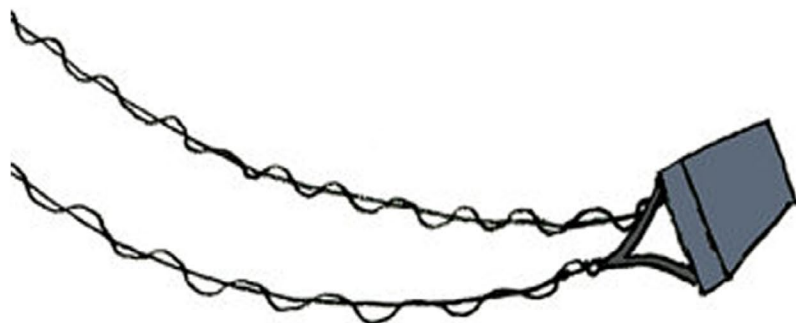




BEDFORD FAMILY CONNECTION

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



JUNE

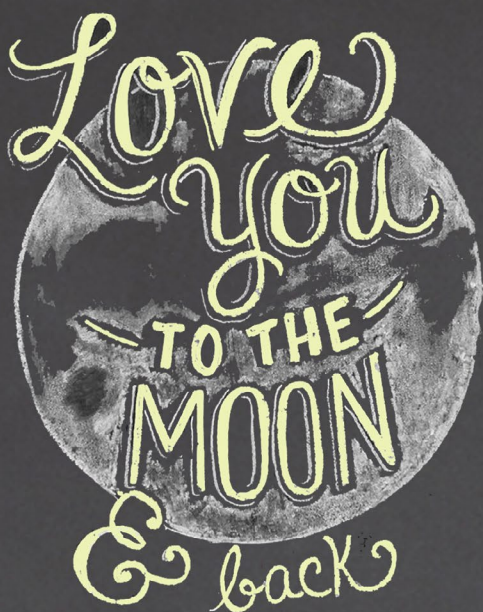
Wow. We cannot believe we are writing the end of year letter! This is crazy. What a fabulously jam-packed and successful year it has been for us. We couldn't be prouder to be a part of such a strong community network group that supports the happy development of all of our kiddos!

May proved to be yet another great month for the BFC. The spring concert was awesome - We had a nearly sold out crowd. Special thanks again to Suzanne & Company for sponsoring the event and to Red Heat for the yummy snacks. We had beautiful weather for the Stone Zoo field trip and Chip-In Farm Camp... a treat from all the rain that started the month.

In June we welcome our first (and hopefully - annual) Daddy/Daughter Dance! What a special night for our little girls... we cannot wait to see how it all comes together. The other really exciting news for June is the kick-off of BFC Camp! We have some good 'ole summer fun planned for families all summer long. These "camps" are not drop-off (sorry mamas - your pedicures will have to wait!) however, they are sure to be a blast! We are super excited about ALL of the ideas that the committee came up with. We love that we have so much interest in our activities... so, thank you! With that being said, this is a perfect time of year for your neighbors and your child's school friends to get involved in the BFC. Summer can be tough if you don't have plans... the BFC will see you through!

Cheers, as always!

Becky Gould and Kristine Shah



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>





YOU'RE INVITED!

JUNE: June 13th, June 21st, June 29th

JULY: July 7th, July 15th, July 16th, July 18th, July 26th

AUGUST: August 3rd, August 8 - 12th, August 19th, August 20th

Morning and Afternoon Sessions
(depending on the day)

THEMES AND ACTIVITIES:

- Pirate Day
- Field Trips to Beaches, Aquarium, Movies and Farms
- Under the Sea Week (Aug 8-12th)
- Classic Summer Fun
- Patriotic Play
- Music Festival
- Craft and Games
- Water Day
- Bubbles
- Culinary School
- Campfire Cookout
- Olympics Field Day
- Dress Up Days

*This is a "Mommy and Me" Style Camp (not drop off)
Small fee may apply, as some events require tickets*

PLEASE RSVP ON BIG TENT



www.bfctoday.com



SAVE THE DATE

Bedford Day
September 17, 2016

BFC goes Under the Sea!
Stay tuned for parade prep this summer!



BFC Events Calendar

JUNE

2016

S M T W T F S

			BFC Book Club Meeting 7:30pm 1	Weekly Stroller Walk 10:00am 2	Dads Corner: Dads Night Out 8pm 3	MNO: Color Run Meet Up 3:30pm BEST Color Run 4pm 4
Daddy Daughter Dance 4pm 5	6	7	8	Weekly Stroller Walk 10:00am MNO: Blowouts 6pm 9	Camp BFC: Nature Scavenger Hunt 10am 10	11
12	Camp BFC: Under The Sea Crafting 9:30am 13	14	15	Weekly Stroller Walk 10:00am Mom's Guide to Kindergarten 7:30pm 16	17	Father's Day Craft 9:00am 18
19	20	Camp BFC: Summertime Fun 3:30pm 21	End of Year Celebration 7:00pm 22	23	Camp BFC: Strawberry Picking 10:00am 24	Fire Truck Car Wash 10:00am 25
26	27	28	Camp BFC: Mini Music Festival 10:30am 29	30		

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](#).

June 2016 Opener Schedule

Mon	Tue	Wed	Thur	Fri
		1 OPENER NEEDED	2 Margaret Root	3 Cyndi Futch
6 Cyndi Futch	7 OPENER NEEDED	8 OPENER NEEDED	9 OPENER NEEDED	10 OPENER NEEDED
13 Kristine Shah	14 Margaret Root	15 OPENER NEEDED	16 Kelly Breen	17 OPENER NEEDED
20 PLAY- ROOM	21 CLOSED	22 FOR	23 SUMMER	24
27	28	29	30	

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
- Bedford Day Committee
- Children's and Babies Activities
- Parent Education

Adoptive Families

Hello! We are Dawn Mesite and Bethany Slack, two adoptive moms excited to be the new Adoptive Families Liaisons for the BFC. We're looking forward to connecting with other foster, adoptive, or pre-adoptive families in town! We've begun compiling a list of resources and events in and around Bedford, and we'll add them to the newsletter periodically.

If you're a foster or adoptive parent, or interested in learning more about adoption, we'd love to hear from you! We can be reached at adoptivefamilies@bfc.org

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 minuteman 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

Camp BFC: Nature Scavenger Hunt

Friday, June 10, 10:00 - Noon
Minute Man Visitor Center
250 North Great Road, Lincoln MA

Come walk in the sunshine and look for new leaves, flowers, and bugs.

Please **RSVP** on Big Tent

Camp BFC: Under the Sea Crafting Day for Bedford Day Float!

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

Let's get together in the playroom and kick off an awesome summer with painting and glittering giant sea creatures to march with in the Bedford Day parade.

Please **RSVP** on Big Tent



Camp BFC - Summertime Fun

Tuesday, June 21, 3:30pm - 5:30pm
Becky's House
An email will go out to participants with address

Bring your bikes and scooters! Grab your chalk and bubbles! Enjoy an afternoon of

good 'ole summertime fun... the kids can ride around, create with chalk and if the weather is hot enough - run through the sprinklers. The event will be at Becky's House which is on a dead end and ideal for running free! We will have chin drippin' watermelon and other snacks. Those of you who want to stay until the end - bring some hot dogs and we can grill them up!

Please [RSVP](#) on Big Tent

Camp BFC: Strawberry Picking

Friday, June 24, 10 am – 11:30 am
Parlee Farms
95 Farwell Rd, Tyngsboro

Come to Parlee Farms for some big red ripe juicy strawberries. We will meet at the entrance of the farm store and walk into fields together. If you come late, meet us in the fields.

Please [RSVP](#) on Big Tent



Camp BFC: Mini Music Festival

Wednesday, June 29, 10:30am - 12:30pm
First Parish Church, Common Room
75 Great Road, Bedford, MA

Bring your best signing voices!! La La La. We will meet to make musical instruments at 10:30, have a snack, then at 11:30 we will join Tom from Music Together on the lawn for music class with our new instruments. \$15 per child, \$5 for siblings. Pack a lunch and after class we will enjoy a picnic.

Please [RSVP](#) on Big Tent

LET'S SING, DANCE & HAVE SOME FUN



Weekend Children's Activities

Daddy/Daughter Dance

Sunday, June 5, 4:00pm - 6:00pm
Old Town Hall
32 South Road, Bedford

Join us for our first annual BFC Daddy/Daughter Dance! 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 _____”

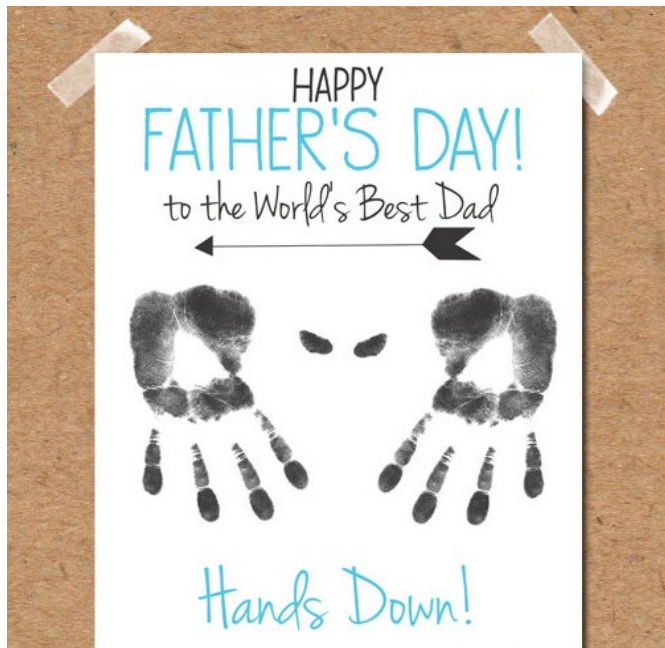
Please [RSVP](#) on Big Tent

Father's Day Craft

Saturday, June 18, 2016, 9:00am–10:00am
BFC Playroom- First Parish Church
75 Great Rd, Bedford, MA 01730

Does your dad rock?! Yes he does! Come make a special photo frame to show dad he rocks. Please RSVP by 6/12 with how many frames you will be making (one per child). We want to make sure we have enough materials for everyone. Hope to see you there!

Please [RSVP](#) on Big Tent



Fire Truck Wash and Tour

Saturday, June 25, 10:00am – 11:00 am
Bedford Fire Department
55 Great Road, Bedford, MA

Come help the Bedford Fire Department wash the big red trucks. Please bring your own bucket and sponge.

Please [RSVP](#) on Big Tent

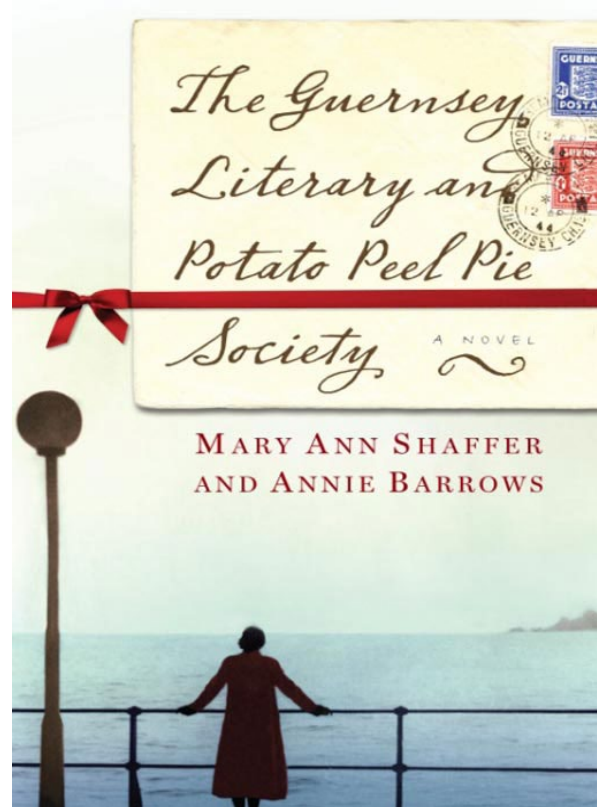
BFC Adult Events

BFC Book Club

Wednesday, June 1, 7:30pm-9:30pm
BFC Playroom, First Parish Church
75 Great Road, Bedford

The BFC Book Club is meeting on Wed. June 1st at 7:30pm in the BFC playroom to discuss "The Guernsey Literary and Potato Peel Pie Society," by Annie Barrows and Mary Anne Shaffer. Finishing the book is not required -- just bring yourself and a light snack or beverage to share with the group! Please RSVP on BigTent, and feel free to contact bookclub@bfctoday.com with any questions.

Hope to see you on June 1st!



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.

Looking ahead:

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

Wed. Aug. 3rd: "A Man Called Ove," by Fredrik Backman
Wed. Sep. 7th: "The Rosie Effect," by Graeme Simsion

Dad's Corner - Dads Night Out at Waxy O'Connors

Friday, June 3, 8:00pm - 10:30pm
Waxy O'Connors
94 Hartwell Ave Lexington, MA

Come join and meet some other dads at Waxy O'Connors in Lexington! There will be pool, darts, and beverages! Bring your A game with you! RSVP here or you can e-mail korybog@hotmail.com or greggcarman@yahoo.com.

Please [RSVP](#) on Big Tent



MNO: Color Run

Saturday, June 4, 3:30 - 5:00pm
John Glenn Middle School - Tennis Courts
99 McMahon Rd, Bedford, MA 01730

Do you want to run the 3K BEST Color Run, but don't have anyone to run with? Come meet up with the BFC Mom's Night Out group and run together. We will be meeting at the JGMS tennis courts before the race - around 3:30. Make sure you wear clothes that you don't mind getting ruined. Sign up to run on: <https://bestcolorrun.webconnex.com/June4>. Also, please RSVP on BigTent so we know who to expect.

Please [RSVP](#) on Big Tent

MNO: Blowouts

Thursday, June 9, 6:00pm - 8:00pm
Anthony David Salon
120 Cambridge Street, Burlington, MA 01803

Come join us getting pretty! Anthony David Salon in Burlington, MA has offered to pamper us moms with a hair wash and blowout. Just think, you won't need to do your hair the next day for work or fun! While waiting for your turn, enjoy some drinks, nice conversation and light apps. Space is limited to 20 people. We need an RSVP a week in advance. Please RSVP by June 2nd so the salon can plan accordingly. The cost is \$20

Please [RSVP](#) on Big Tent



Mom's Guide to Kindergarten

Thursday, June 16, 7:30pm - 9:00pm
BFC Playroom, First Parish Church
75 Great Road, Bedford

Do you have an incoming Kindergartener and feel like you have a million questions? Come join us for a laid back chat with experienced kindergarten moms who will give us the scoop and all the inside info that will help the transition go smoothly!

Please [RSVP](#) on Big Tent

End of Year Celebration Cookout!

Wednesday, June 22, 7:00pm - 9:00pm

Becky's House

Address to be e-mailed out week of event

It's been one heck of a year for the BFC and we want to thank you for all you did to make it awesome! Join us at Becky's for a summer BBQ with yummy food, good times and a toast to the summer. Hope you can make it! Please [RSVP](#) on Big Tent



Community Service Committee

There is a need for school snacks at our Bedford Davis and Lane Elementary Schools. Please drop off boxes of individually wrapped, nut free snacks to the Davis School and / or Lane School front office anytime between now and the end of the school year. The office will distribute them to the classes that need them. If weekdays / school hours are tricky for you to drop off please let me know and we can make other arrangements. Sarah Scoville sscoville11@gmail.com

Community Bulletin Board

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

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"



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

3K BEST COLOR RUN!!!

BPS Integrated Preschool Fall 2016 Admission

The Bedford Public Schools' Integrated Pre-school 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!

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 has opened 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 mem-

bers, 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



Dairy? Yay or Nay

For years you've been told to drink your milk, but now some resources are saying it's time for the cows to go home. On one hand, dairy staples like yogurt and cheese provide protein, calcium, and even healthy flora for your intestines. They can also replenish electrolytes. But allergies and sensitivities to milk proteins like whey and casein make dairy a demon for some.

Some studies are even finding connections between dairy foods and cancer. Still many folks just complain of lactose intolerance (a problem digesting milk sugar). And some people report that going cold turkey on moo products improves intestinal health, respiratory function, and skin conditions like eczema — even clearing up mental fog that causes attention issues and fatigue. So what's the verdict? It seems for now, most experts contend that if you don't have medical intolerances, low-fat or nonfat dairy is good for you. But if you want to have less or need to go dairy free, these tips can help:

Try low-fat calcium-fortified almond, soy, coconut, or rice milk as a substitute on cereal
Use low-fat goat cheese on your pizza or salad — goat's milk can be easier on the stomach

Replace butter with a liquid oil like olive or canola for cooking

Enjoy fresh fruit or fruit sorbet instead of ice cream to satisfy a sweet tooth

Get more calcium from leafy greens, fortified whole grains, blackstrap molasses, and fish.

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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, Amanda Carman	activities@bfctoday.com
Adoptive Parents	Bethany Slack and Dawn Mesite	adoptivefamilies@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	springegghunt@bfctoday.com
Concerts	Kelly Breen, Maureen Lally	concerts@bfctoday.com
Website (BFCToday.com)	Sarah Castillo	webmaster@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



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redheattavern.com



BEDFORD
MONTESSORI SCHOOL

Toddler and Primary program

Serving children 18 months to 6 years

Half and Full day, 3 and 5 day options

Before and After School care available

8 Alfred Circle

Bedford, MA

781-275-3344

www.bedfordmontessori.org



2, 3, or 5 day AM Programs

Optional lunch program M-F until 1PM

Optional Extended Day Program M-Th until 3PM

A welcoming school for all children

**100 Pine Hill Road
Bedford
(781) 275-1383**

www.stpaulsweekdayns.org

Now Enrolling for 2016-2017!

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.

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!



**SUPER
SOCCERSTARS**

To enroll call us at
781-777-7171
10% Discount code:
BFCSPR16

**SPRING SOCCER
in
BEDFORD**

44 Middlesex Turnpike & 75 Great Road, Bedford, MA

**Soccer is back this Spring...
Come kick it with us!**

Saturdays starting 4/16/16	Sundays starting 6/5/16
8:15-8:55am ages 2-3	8:15-8:55am ages 12-24 months
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





781-777-7171 • supersoccerstars.com




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.



The LEAP School

Language Enrichment Arts Program

Early Childhood Program for Toddler, Preschool & Kindergarten

Bedford • Concord • Lexington • Sudbury

We offer an outstanding early childhood program where strong caring relationships are at the core of our philosophy.

The LEAP School is a place where each child is respected, valued & supported by a talented well educated staff.

We help to build each child's self esteem while expanding their intellectual capabilities in a safe creative and stimulating environment.



Offering School Year Program & Summer Camp

- Outstanding Faculty
- State of the Art Facilities
- Small Consistent Class Size
- Infant/Toddler/Preschool
- Transitional Kindergarten
- Morning/3:30/Full day

Request Info

(781) 861-1026
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.

NURTURING SPACES DESIGNED FOR THE FUN OF LEARNING.

Tour your local Goddard School and experience why it's the best preparation for social and academic success.

Goddard Systems, Inc.'s program is AdvancED accredited.

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> NOW ENROLLING!



LEARNING FOR FUN.
LEARNING FOR LIFE.



THE
GODDARD SCHOOL®
FOR EARLY CHILDHOOD DEVELOPMENT



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 _____