

Take Back Your Time!

Bedford Families Unplugged November 2013

Mix'n Match

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Congrats on unplugging your electronic devices... and continue to find ways to unplug in December and all year long!</p>					<p>1 Backwards - Eat dinner backwards, dessert first!</p> 	<p>2 Organize a neighborhood clean up party and recycle cans and bottles for a favorite charity</p>
<p>3 Flavors of Bedford Eat hearty at the Doubletree Hotel 4-6 p.m.</p>	<p>4 Pizza Night Make your own!</p> 	<p>5 Drop in on the Cookbook Club demonstration at the library 7 p.m.</p>	<p>6 Bedford Unplugged Together - No homework, no sports, no night meetings</p>	<p>7 Bored? Play a board game with the entire family</p> 	<p>8 Eat Out! Kids Choice</p> 	<p>9 Krystallnacht on Town Common 7 p.m.</p>
<p>10 Camp Out Inside! Make popcorn, use sleeping bags, tell stories by flashlight</p>	<p>11 Veterans Day Attend the Memorial Park observance 12 noon</p>	<p>12 Text-Free - Tuesday Can you talk face-to-face all day?</p>	<p>13 Go Fish! Get out the cards and play your favorite card game</p> 	<p>14 Help a Family for Thanksgiving - drop off a donation to the Bedford Food Pantry</p>	<p>15 BFC Ice Cream Social Town Center, RSVP 5-8 p.m.</p> 	<p>16 Clean your closets and donate clothes and coats you don't need</p>
<p>17 Take a Walk around the block by the light of the full moon</p> 	<p>18 Lego Challenge at the Bedford Public Library 4 p.m.</p>	<p>19 Eat Out! Parents Choice!</p> 	<p>20 Have Breakfast for dinner tonight!</p> 	<p>21 Turn off all the lights and have a conversation in total darkness</p>	<p>22 Organize a relay race or scavenger hunt in your neighborhood</p>	<p>23 Wander in the Town Forest</p> 
<p>24 Send a Thank You note to someone who has helped you.</p>	<p>25 Take cover - build a fort out of tables and blankets</p> 	<p>26 Kids Cook! Kids plan and cook dinner for parents</p>	<p>27 Read a Book out loud together</p> 	<p>28 Thanksgiving Think of 5 people for which you are thankful & tell them why</p> 	<p>29 Count the geese at Great Meadows Wildlife Refuge</p> 	<p>30 Family Choice Day - pick a favorite unplugged activity!</p>

Congrats on unplugging your electronic devices... and continue to unplug in December!

Bedford Families Unplugged Together 2013

This year, “Bedford Unplugged” is bringing back the month-long calendar of activity ideas, along with the homework, activity, sports and meeting-free evening on **Wednesday, November 6th**, when folks are encouraged to be home for dinner and enjoy time with friends or family without attention to an outside schedule.

“Bedford Unplugged” is an annual community initiative begun October 2004 to encourage families to pull the plug on electronic distractions and disconnect from overly busy schedules, and to connect with each other through activities with family and friends. It is all too easy to forget having meals with others, making conversation, or bringing people together for fun, games, and relaxation. “Bedford Unplugged” is your reminder to take a break from the hectic times for a day or more. To create greater opportunities for family time and face-to-face interaction, we are sponsoring a second Unplugged event **Wednesday, March 12, 2014**.

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

Look over the calendar and see what strikes your fancy. Make it your own. Do you love ice cream sundae parties? A walk in the woods? Stories and books? Games? Dinner with friends? Crafts? Try something new or old. Create your own special way to unplug, slow down, take a break, and connect. Stay tuned for information about community “Unplugged” activities throughout November 2013. You will also find tips and ideas from folks who practice people-friendly scheduling in various articles through the year. Maybe you have an idea of your own? Let us know and we will pass it on. For more ideas you can try at home, check out [Unplugged Play](#) by Bobbi Conner available through the library and www.thefamilydinnerproject.org website.

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

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

For more information or to share ideas contact 781-275-7727 or visit www.bedfordma.gov/youth

Bedford Families Unplugged

Special Activities

November 2013

Sunday, November 3, 2013

4:00-6:00 p.m.

**Flavors of Bedford, Doubletree Bedford Glen Hotel,
44 Middlesex Turnpike Bedford, MA****

Consider bringing the family to this annual fund raising event for the Bedford Chamber of Commerce which supports our returning veterans and their families through the Heroes For Homecoming Fund. The event features over 20 restaurants and eateries and includes entertainment and prizes. Check out www.bedfordchamber.org for more information and ticket prices.

Tuesday, November 5, 2013

Cookbook Book Club, Bedford Free Public Library

7:00 p.m.

Consider dropping by the Cookbook Book Club, a cooking demonstration program sponsored by the Bedford Free Public Library. Come on your own or bring the entire family. Check with Theresa at 781-275-9440 if you have questions or wonder what the theme might be.

Wednesday, November 6, 2013

6:00 p.m. on!

Bedford Families Unplugged Together

No homework, no sports, and no required evening activities for Bedford Public School students

Enjoy dinner together with your family and friends and catch up on conversation, fun, and relaxation without other distractions!

Saturday, November 9, 2013

7:00 p.m.

Kristallnacht Memorial Observance, Bedford Town Common

Every year, Bedford's faith communities and the Bedford Jewish Community sponsor an interfaith remembrance of Kristallnacht, also known as "The Night of Broken Glass," which marked what historians consider the official beginning of the Holocaust. The remembrance is brief and includes candle-lighting, readings, and the tolling of the steeple bell.

Monday, November 11, 2013

12:00 noon

Veterans Day observance, Memorial Park

Join the local community to honor the service of veterans. The observance includes music and remembrances, with a gathering at Memorial Park about 12:00 p.m. Check out www.bedfordma.gov/veterans for more detailed information.

Friday, November 15, 2013

5:00-8:00 p.m.

Ice Cream Social At Bedford Town Center, Shawsheen Room, lower level**

Love ice-cream? Looking for an activity that the entire family can enjoy together? Come join the Bedford Family Connection as we make our own Bedford Farms ice cream sundaes for \$2.00 each. Please RSVP to SpecialEvents@bfctoday.com

Monday, November 18, 2013

4:00 p.m.

Lego Challenge at Bedford Free Public Library

Kids in K -- 5th grades are invited to explore the wonderful world of Legos. We will challenge you with a theme or you can build your own creation. Afterwards, your model will be put on display in the case outside the Children's Room. We have loads of Legos to build with, so just bring your imagination! Call Nancy Tegeler at the Library, 781-275-9440 with questions.

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