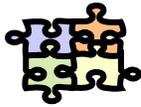


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Check out the special highlighted activities – more info at <a href="http://www.bedfordma.gov/youth">www.bedfordma.gov/youth</a>				
		<b>1 Eat Out!</b> Kids Choice! 	<b>2 Read a book</b> aloud together 	<b>3 Play catch</b> or Frisbee with someone new 	<b>4 Backwards - Eat dinner backwards,</b> dessert first! 	<b>5 Wander in the</b> Town Forest 
<b>6 Free Family Swim</b> 12-2 Bedford Plaza Hotel - First come, first served 	<b>7 Text Free Monday</b> Can you talk face-to-face all day?	<b>8 Election Day!</b> Collect household change & vote on a charity to donate to 	<b>9 UNPLUGGED!</b> No homework, No night meetings, No sports... really! 	<b>10 Take a neighborhood stroll</b> by the light of the full moon 	<b>11 Veterans Day</b> Attend the Bedford event at Memorial Park 	<b>12 Count the ducks</b> at Great Meadows 
<b>13 Make a family story book</b> with old pictures 	<b>14 Help a family</b> for Thanksgiving - drop off a donation to the Bedford Food Pantry	 <b>15 Free Family Singalong</b> 7 p.m. Bedford Public Library 	 <b>16 After School Lego Challenge</b> Bedford Public Library 3:30 p.m. 	<b>17 Eat Out!</b> Parents Choice! 	 <b>18 Ice Cream Social</b> 5-8 p.m. Town Center 	<b>19 Volunteer</b> Do a volunteer project as a family
<b>20 Kids plan and cook dinner</b> for parents 	<b>21 Puzzled?</b>  Complete a puzzle as a family	<b>22 Write a Thank You note</b> to someone who has helped you	<b>23 Have Breakfast</b> for Dinner tonight! 	<b>24 Thanksgiving</b> Share 5 things you are thankful for with your family 	<b>25 Camp Out Inside!</b> Make popcorn, get sleeping bags, tell stories by flashlight	<b>26 Pizza Night -</b> Make your own! 
<b>27 Go through closets</b> and donate clothes and coats you don't wear	<b>28 Organize a relay race</b> on your street or around your block 	<b>29 Go Fish!</b> Get out the cards and play your favorite card game 	<b>30 Family Choice Day - You pick!</b> 	<b>Congrats on unplugging your electronic devices... and continue to find ways to unplug in December and all year long!</b>		

## Bedford Families Unplugged 2011

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 9th**, when folks are encouraged to be home for dinner and enjoy time with friends or family without attention to an outside schedule.

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

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

Look over the calendar and see what strikes your fancy. Make it your own. Do you love ice cream sundae parties? A walk in the woods? Stories and books? Games? Dinner with friends? Crafts? Try something new or old. Create your own special way to unplug, slow down, take a break, and connect. Stay tuned for information about community “Unplugged” activities throughout November 2011. 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](http://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

**For more information or to share ideas contact 781-275-7727 or visit [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)**

# **Bedford Families Unplugged Special Activities November 2011**

**Sunday, November 6, 2011**

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

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

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

**Tuesday, November 15, 2011**

**7:00 p.m.**

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

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

**Wednesday, November 16, 2011**

**3:30 -4:30 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.

**Friday, November 18, 2011\*\***

**5:00-8:00 p.m.**

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

Sponsored by Bedford Family Connection and co-sponsored by Bedford Farms and Bedford Youth and Family Services. Drop in and make your own sundae with hot fudge, whipped cream, and jimmies for just \$1.50! Please RSVP to [SpecialEvents@BFCToday.com](mailto:SpecialEvents@BFCToday.com)

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