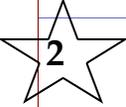
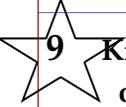
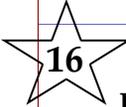


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h2>Do It Yourself</h2>				Check out the special highlighted activities — more info at www.bedfordma.gov/youth		
Congrats on unplugging your electronic devices... and continue to find ways to unplug in December and all year long!						1
2  Flavors of Bedford 4-6 p.m. Doubletree Bedford Glen	3	4	5	6		8
9  Krystallnacht on Town Common 7 p.m.	10	11  Veterans Day Attend the Bedford Memorial Park event at 12 noon	12	13	14	15
16  Fever Bedford Public Library 2-4 p.m.	17  Lego Challenge Bedford Public Library 4-5 p.m.	18	19  Bedford Unplugged Together No homework, No night meetings, No sports... really!	20	21	22
23	24	25	26	27 Thanksgiving Think of one person you are especially thankful for & tell  them why	28	29
30						

Bedford Families Unplugged Together

Activity Ideas for Creating Your Own Unplugged Calendar

Eat dinner backwards, starting with dessert first!

Have breakfast for dinner one night

Make your own pizza night

Have an indoor picnic

Play a board game with the entire family

Kids plan & cook dinner for parents

Eat out – kids' choice

Read a book out loud together

Eat out – parents' choice

Wander in the Bedford Town Forest

Go text free – talk face-to-face the whole day

Illustrate a song that inspires you

Go email free – talk in person instead of on line

Make a card for someone you love

Go fish – get out the cards & play your favorite card game

Design a family Jeopardy game or trivia contest

Clean your closets & donate coats & clothes you don't need

Take cover - build a fort out of tables & blankets

Count the geese at Great Meadow Wildlife Preserve

Tell 5 people why you are thankful for them

Take a walk around the block by the light of the full moon

Turn off all the lights & have a conversation in total darkness

Organize a relay race or scavenger hunt for your neighborhood

Send a thank you note to someone who has helped you

Frame something you have been meaning to frame & choose a spot to hang it

Draw family portraits without looking at the paper

Puzzled – invite your neighbors to a puzzle & pizza party

Take a mini-vacation to Boston – visit a museum, walk the Freedom Trail, or explore

Learn more about another culture & cook a meal from that country or region

Visit Bedford Public Library & check out a book for the family to read

Volunteer as a whole family at the Food Pantry, a church, or some other favorite charity

Make a statement day – Put your favorite quote on a white t-shirt

Trust Walk - Build trust by taking turns being blindfolded & being led around

Organize a neighborhood clean up & recycle cans & bottles for a favorite charity

Camp out inside – make popcorn, use sleeping bags, tell stories by flashlight

Help a family in need with a donation of food to the Bedford Food Pantry

Sign up for a Trails Committee walk in one of the Bedford conservation areas

Walk in a conservation area near you – download a map from the Trails website

**Bedford Families Unplugged
Special Activities
November 2014**

Sunday, November 2, 2014

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.flavorsofbedford.org for more information and ticket prices.

Sunday, November 9, 2014

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.

Tuesday, November 11, 2014

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 or contact Paul Purchia at 781-275-2464 for more detailed information.

Sunday, November 16, 2014

2:00-4:00 p.m.

Fever: How Rock Transformed Gender in America at Bedford Free Public Library

Come hear Emerson Professor Tim Riley discuss "Fever: How Rock Transformed Gender in America."

His program last year on the Beatles drew rave reviews and was well-attended. "Fever" might be fun for families with older kids.

Call 781-275-9440 with questions.

Monday, November 17, 2014

4:00 – 5:00 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.

Wednesday, November 19, 2014

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!

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