

# Monthly Highlights

**Thursday, November 2nd: Free Lunch & Movie**  
UH Geauga Age Well Be Well Program.  
Call 440-214-3180 to register. 12:00pm. Free.

**Thursday, November 16th: Elderberries**  
Seniors, join Naturalist Nora at the West Woods (9465 Kinsman Rd, Novelty) to learn about spectacular spiders including which ones you may see in your yard, ways they capture prey and their benefits to humans and the ecosystem. A collaboration with UH Geauga Medical Center. Sponsored by Burton Healthcare. Registration required by calling Geauga Park District at 440-286-9516. 1:00-2:30pm. Free.

**Tuesday, November 21st: Parkinson's Support Group & Diabetes Support Group**  
This month, both support groups will be combined at the Chardon Senior Center (470 Center St, Bldg 8, Chardon). Beginning at 12:30pm, UH Geauga Medical Center will provide Health Screenings for individuals by appointment. You must make an appointment by calling Sandy McLeod at 440-279-2137. At 2:00pm, we will then discuss "Understanding Your Health Numbers" so you can compare your screening results to where they should be at. 12:30pm. Free.



**Parkinson's Boxing Classes:** This class is for seniors diagnosed with Parkinson's whose symptoms are mild to moderate. The goal of this non-contact boxing program is to delay the progression of Parkinson's symptoms. Please call Sandy McLeod at 440-279-2137 for more info.

**Balance Exercise Classes:** Focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises are both seated and standing. Classes are available in person and live on WebEx. Call Melissa Wheeler at 440-279-2167 for more info.

**Gauga Walkers & Walking for Wellness**  
Monthly schedules are posted in the newsletter for locations. If you would like a six month schedule, call Melissa Wheeler at 279-2167.

**Pedaling for Parkinson's**  
Experts believe cycling in particular can help increase certain proteins in the brain that help with movement and cognitive function—making it one of the most beneficial activities for keeping Parkinson's in check. Space is limited. Call Sandy McLeod to register at 440-279-2137.

# November 2023 - Community Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Sandy McLeod</b> Senior Centers' Supervisor 440-279-2137</p> <p><b>Melissa Wheeler</b> Asst. Senior Centers' Supervisor 440-279-2167</p>	<p>BL - Burton Library BSC - Bainbridge Senior Center CSC - Chardon Senior Center GW - Geauga West Library OH - Ohman Family Living at Holly OS - Offsite WG - West Geauga Senior Center WX - WebEx (Online)</p>	<p>1</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS</p>	<p>2</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 12:00-2:30 Lunch &amp; Movie WG 1:00-2:00 Pedaling for Parkinson's OH</p>	<p>3</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX</p>
<p>6</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>7</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>8</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:30 Walking for Wellness OS</p>	<p>9</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL</p>	
<p>13</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>14</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>15</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:30 Walking for Wellness OS</p>	<p>16</p> <p>11:00-11:00 Strength &amp; Cardio WG &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 GPD Elderberries OS</p>	<p>17</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX</p>
<p>20</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>21</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 11:15-12:15 Pedaling for Parkinson's OH 12:30-3:00 Parkinson's Support CSC 12:30-3:00 Diabetes Support Group CSC 1:00-2:30 Geauga Walkers OS</p>	<p>22</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:30 Walking for Wellness OS</p>		
<p>27</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>28</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>29</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:30 Walking for Wellness OS</p>	<p>30</p> <p>11:00-11:00 Strength &amp; Cardio WG &amp; WX 1:00-2:00 Pedaling for Parkinson's OH</p>	