

# The Geauga senior news

Geauga County Department on Aging

**November 2023**

## You may never give your next meal a second thought...



But that is not true for many Geauga County Senior Citizens!  
What a gift it would be if you could help!

**Give a Home Delivered Meal to someone local and in need!**

**1 meal = \$5.00**

**1 week of meals = \$25.00**

**1 month of meals = \$104.00**

**1 year of meals - \$1,250**

Last year we delivered **57,827** meals to **535** seniors

We have **186** Home Delivered Meal drivers

**107,980.25** miles were donated by our drivers

Turn to the back page for the Seasons of Giving Donation Form

### Home Delivered Holiday Meals for Geauga County Seniors

The Geauga County Department on Aging and local Thanksgiving Sponsors, Cherished Companions, University Hospitals Geauga Medical Center, Maplevue Country Villa and the Chardon VFW will offer a FREE traditional holiday meal to any Geauga County Seniors, age sixty (60) and older, who will be home and alone on Thanksgiving Day, November 23.

There will be no regular Home Delivered Meal delivery or congregate meals on Thanksgiving. Instead, holiday meals are available by preorder only.

In order to ensure your holiday meal delivery, please contact the Department on Aging as soon as possible. Thanksgiving Day Meal requests are due by November 17.

If you are a Geauga County Senior or you know of a Geauga County Senior, who will be home and alone on the holidays and need a meal, please call the Geauga Department on Aging at 440-279-2163 or 440-279-2183.



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### Get "Extra Help" With Medicare Part D Prescription Drug Costs!

**Extra Help** is a Medicare program that helps people with limited income and resources pay Medicare prescriptions drug costs. You may qualify if your monthly income and total resources are below these limits:

**Single: \$1,843/monthly & resources below \$16,660; or**

**Married \$2,485/monthly & resources below \$33,240.**

**Contact a Geauga Department on Aging Social Worker for assistance with your application at (440) 279-2130!**

Deadline for the news and information items is the **5th of the month prior to publication.**

The Geauga Senior Newsletter is the official publication of the Geauga County Dept. on Aging. Located at 12611 Ravenwood Dr., Suite 200, Chardon, Oh 44024.

The newsletter is published monthly, and has a circulation of approximately 4,200 hard copy and 700 plus via the web. If you are not receiving the newsletter, and you are a Geauga County Senior, 60 years of age or older, call (440) 279-2130.

### **BOARD OF COMMISSIONERS**

Geauga County Ohio

**JAMES W. DVORAK    TIMOTHY C. LENNON    RALPH SPIDALIERI**

*Please let us know if you have a change of address.*

### **LEADERSHIP TEAM**

Jessica Boalt – Director | Kathy Petrella – Asst. Director

Reba Dykes - Administrative Services Manager

Sandy McLeod – Senior Centers Supervisor | Karen M. Stone – Internal Operations Manager



## Platinum Patrons

The Stone Family, in memory of Dale & Joan Spangenberg

Members of the Newbury Class of 1956

Chester Study Club, Dan and Gwenn Brown

Joy Bramley in memory of Jim Bramley (husband) & Rob Warren (Grandson)

Vince Lisi, in memory of Evelyn Lisi, The Wilson Family

The Jones Family in memory of Plato E. Anton

## Adult Day Services

Are you caring for a Geauga County Senior who has beginning stages of dementia?

Are you feeling overwhelmed by the daily responsibilities and could use a break?

If so, then call the Department on Aging's Adult Day Service (ADS) Program. The Adult Day Service staff can care for your loved one in a safe, structured environment, while you take some needed time. The Adult Day Service Program is located at 8090 Cedar Rd, in Chesterland and open Monday through Friday, from 8:30am until 2:30pm. Seniors are greeted as they enter ADS by caring staff members who work with the seniors throughout the day. ADS participants are offered a nutritious lunch, cognitive stimulation, physical exercise and socialization as part of the program. This is not a medically based program, meaning medications are not given and seniors must be able to toilet and feed themselves. ***There is no fee for the ADS Program.***

We will gladly accept donations to help enhance and grow the program. **If you are interested in hearing more about this program, or would like to schedule a visit, call (440) 279-2149 or email [vzanella@geauga.oh.gov](mailto:vzanella@geauga.oh.gov).**

## HEATING ASSISTANCE AVAILABLE/APPLICATION DEADLINE: MAY 31, 2024

The Ohio Department of Development and Geauga County Department on Aging want to remind senior citizens in Ohio that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. Senior citizens may also visit [www.energy-help.ohio.gov](http://www.energy-help.ohio.gov) to apply online or to download a copy of the application. When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2024.

For more information or assistance with applying for a HEAP benefit, contact the Geauga Department on Aging at (440) 279-2130. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).



# 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.

**Geauga 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	
MONDAY	TUESDAY
<b>Sandy McLeod</b> Senior Centers' Supervisor 440-279-2137  <b>Melissa Wheeler</b> Asst. Senior Centers' Supervisor 440-279-2167	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)
6	7
<b>9:30-11:00 Parkinson's Boxing CSC</b> <b>11:00-12:00 Boxing Class CSC</b>	<b>10:00-11:00 Strength &amp; Cardio WG &amp; WX</b> <b>11:00-11:45 Balance Exercise CSC &amp; WX</b> <b>1:00-2:00 Pedaling for Parkinson's OH</b> <b>1:00-2:30 Geauga Walkers OS</b>
13	14
<b>9:30-11:00 Parkinson's Boxing CSC</b> <b>11:00-12:00 Boxing Class CSC</b>	<b>10:00-11:00 Strength &amp; Cardio WG &amp; WX</b> <b>11:00-11:45 Balance Exercise CSC &amp; WX</b> <b>1:00-2:00 Pedaling for Parkinson's OH</b> <b>1:00-2:30 Geauga Walkers OS</b>
20	21
<b>9:30-11:00 Parkinson's Boxing CSC</b> <b>11:00-12:00 Boxing Class CSC</b>	<b>10:00-11:00 Strength &amp; Cardio WG &amp; WX</b> <b>11:00-11:45 Balance Exercise CSC &amp; WX</b> <b>11:15-12:15 Pedaling for Parkinson's OH</b> <b>12:30-3:00 Parkinson's Support CSC</b> <b>12:30-3:00 Diabetes Support Group CSC</b> <b>1:00-2:30 Geauga Walkers OS</b>
27	28
<b>9:30-11:00 Parkinson's Boxing CSC</b> <b>11:00-12:00 Boxing Class CSC</b>	<b>10:00-11:00 Strength &amp; Cardio WG &amp; WX</b> <b>11:00-11:45 Balance Exercise CSC &amp; WX</b> <b>1:00-2:00 Pedaling for Parkinson's OH</b> <b>1:00-2:30 Geauga Walkers OS</b>






# SENIOR COMMUNITY EVENTS

## WEDNESDAY

## THURSDAY

## FRIDAY

<b>1</b>	<b>2</b>	<b>3</b>
<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b>  <b>11:30-12:30</b> Book Discussion <b>GW</b>  <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>10:00-11:00</b> Strength &amp; Cardio <b>WG &amp; WX</b>  <b>12:00-2:30</b> Lunch &amp; Movie <b>WG</b>  <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b></p>	<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b></p>
<b>8</b>	<b>9</b>	<b>10</b>
<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b>  <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>10:00-11:00</b> Strength &amp; Cardio <b>WG &amp; WX</b>  <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b>  <b>1:30-3:00</b> Book Discussion <b>BL</b></p>	
<b>15</b>	<b>16</b>	<b>17</b>
<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b>  <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>11:00-11:00</b> Strength &amp; Cardio <b>WG &amp; WX</b>  <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b>  <b>1:00-2:30</b> GPD Elderberries <b>OS</b></p>	<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b></p>
<b>22</b>	<b>23</b>	<b>24</b>
<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b>  <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	 <p style="text-align: center;"><b>HAPPY Thanksgiving</b></p> <p style="text-align: center;"><b>OFFICES CLOSED ON THURSDAY &amp; FRIDAY</b></p>	
<b>29</b>	<b>30</b>	
<p><b>9:30-11:00</b> Parkinson 's Boxing <b>CSC</b>  <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b>  <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>11:00-11:00</b> Strength &amp; Cardio <b>WG &amp; WX</b>  <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b></p>	



Call 440-279-2126 to register for any of the following programs:

**Wednesday, November 1:** Sweet Treat Drive-Thru at Heather Hill. Call to register to get a lunch and delicious dessert, in our own drive-thru lane at Heather Hill!

**Friday, November 3:** Breakfast and Speaker Series with Kathie Doyle.: "The History of World War I." Prior registration required.

**Friday, November 3:** Lunch and Learn with UH Geauga, with the topic of Foot Care. Call 279-2126 to register.

**Thursday, November 9:** Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

**Thursday, November 9:** Lunch and Learn with GPD. Registration is required at 279-2126.

**Wednesday, November 8:** Create a beautiful burlap and rag wreath Thanksgiving centerpiece, perfect for your dining table or to give as a gift! \$8, payable with registration.

**Monday, November 13:** November's book club book is "The Personal Librarian," by Marie Benedict and Victoria Christopher Murray. Looking ahead, December's book is "The Spectacular," by Fiona Davis.

**Wednesday, November 15:** Heather Hill Luncheon at Chardon Senior Center. Space is limited! Call to reserve your spot!

**Friday, November 17:** Monthly Birthday BINGO and Pizza Party. \$5 per person/Nov. Birthdays FREE. Thanks to our BINGO & Cake sponsor, Chardon Healthcare!

**Tuesday, November 21:** Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card.

**Tuesday, November 21:** Friendsgiving Luncheon. Friends + Thanksgiving = Friendsgiving! We will be ordering out and eating in at the senior center! \$10 per person with registration.

<b>Chardon Senior Center 440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<b>Becky O'Reilly Recreation &amp; Education Coordinator</b>  <b>Betty Conti &amp; Ellie Rickard Recreation &amp; Education Assistant Coordinators</b>	<b>Beth Oliverio Information and Referral Specialist</b>  <b>Karen Fueger Kitchen Coordinator</b>
<b>6</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:00 -3:30 Lunch and Movie: "You've Got Mail." Free but call to sign up.	<b>7</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 2:00 -3:30 Raccoon County Ramblers Practice
<b>13</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 1:00 -3:00 Ceramics 1:00 -2:00 Book Club	<b>14</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 2:00 -3:30 Raccoon County Ramblers Practice
<b>20</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:00 -3:30 Lunch and Movie: "Planes, Trains, & Automobiles." Free, but call to sign up.	<b>21</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 10:00 -12:00 Iris Folding 11:00 -11:45 Balance Exercises 12:00 -1:30 Friendsgiving Lunch 12:30 -1:30 Parkinson's Group 2:00 -3:00 Diabetes Support
<b>27</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 1:00 -3:00 Ceramics 12:00 -3:30 Lunch and Movie: "Serendipity." Free, but call to sign up.	<b>28</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 11:00 -11:45 Balance Exercises 12:30 -2:00 Game Day 12:00 -2:00 R.C.R. practice <b>Senior Center Closed at 2:00            for Staff Meeting</b>



**Chardon Senior Center**  
**470 Center, Bldg. 8, Chardon, OH 44024**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-12:30 Sweet Treat Drive Thru at Heather Hill 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train	<b>2</b> 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)	<b>3</b> 9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker Series 11:00-12:00 <b>NO BINGO</b> 11:00-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:00-2:00 Lunch and Learn with UH 1:00-4:00 Bridge Group
<b>8</b> 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 1:00-2:30 Thanksgiving Centerpiece Making Workshop 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>9</b> 9:30-11:00 Brunch Bunch at- Bob Evans Chardon 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-1:30 Lunch and Learn with Geauga Park District 12:30--4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)	<b>10</b> 
<b>15</b> 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-1:00 Heather Hill Lunch 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>16</b> 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)	<b>17</b> 9:30-11:30 Stained Glass 11:00-12:30 Birthday BINGO & Pizza Party 11:00-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:00-4:00 Bridge Group
<b>22</b> 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>23</b> 	<b>24</b>
<b>29</b> 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>30</b> 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)	



## **Bainbridge Bulletin**

### **Movie Matinee**

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12 pm, free of charge. November's theme is **Classic Dramas**. Reservations are not required but encouraged to ensure a meal for all attendees.

#### **Thursday, November 9:**

**Veteran's Lunch:** The West Geauga and Bainbridge senior centers will be honoring our county's Veterans on Thursday, November 9th. Lunch and entertainment are free for Veterans and \$18 for non-Veterans that would like to attend. The deadline for registration is Friday, November 3rd. Call (440) 279-2163 or (440) 279-1313 for more information.

#### **Wednesday, November 15:**

**Friends-Giving Lunch:** Join the Bainbridge Senior Center for a special lunch and great company. A catered Thanksgiving lunch will be served, complete with pumpkin pie and whipped cream and the cost is only \$5. Payment and registration are due by Thursday, November 9, 2023.

#### **Thursday, November 30:**

**Big Breakfast** Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and November birthdays are free to attend. The cost is \$5 for everyone else. November's menu is Scrambled eggs, sausage, and fruit. Please RSVP by Monday, November 27th.

#### **Thursday, November 30:**

**David Explains: Mocking Empire: An hour decoding the Revelation to John with guest presenter Pastor Brian Saxe** A special host will present David Explains for the month of November. Pastor Brian preaches at the Bainbridge Community United Church of Christ and will tell us about the book of Revelations at 1 pm on Thursday, November 30th. Please register by Wednesday, November 22.

## **Bainbridge Senior Center**

**440-279-1313**

### **MONDAY**

### **TUESDAY**

#### **Podiatrist Appointments**

Dr. Kessinger will be here to provide basic podiatric services on Friday, November 17, from 1:30 to 3:30 pm. Please call to schedule your appointment ASAP, (440) 279-1313



<b>6</b>	<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch &amp; a Movie  <i>(Gone with the Wind)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<b>7</b>	<p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>12:00 -2:00</b> Social Work                      Appointments  <b>12:30 -2:30</b> Intermediate Mahjong</p>
<b>13</b>	<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch &amp; a Movie  <i>(One Flew Over the Cuckoo's Nest)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<b>14</b>	<p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>12:30 -2:30</b> Intermediate Mahjong</p>
<b>20</b>	<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch &amp; a Movie  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<b>21</b>	<p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>12:30 -2:30</b> Intermediate Mahjong</p>
<b>27</b>	<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch &amp; a Movie  <i>(The Night of the Hunter)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<b>28</b>	<p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>11:45 -1:45</b> Intermediate Mahjong</p> <p style="text-align: center;"><b>Bainbridge Senior Center is closing at 2:00 pm for our monthly staff meeting.</b></p>



**Bainbridge Senior Center**  
**17751 Chillicothe Road, Bainbridge, OH 44023**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

8:30-9:30 All-Around Exercise (\$3) **1**  
 9:40- 10:20 Chair Yoga -cise (\$3)  
 10:00-12:00 Diamond Painting  
 10:30-11:30 Line Dancing (\$3)  
 10:30-11:45 Bingo  
 12:00-12:30 Lunch (*senior center*)  
 12:30-2:00 Out to Lunch Group  
 (*Aladdin 's, Bainbridge*)  
 2:30-3:15 Cardio Drumming

**2**  
 9:45-10:15 Balance Exercise  
 10:00-12:00 Knit and Crochet  
 10:00-3:00 Pinochle  
 12:00-12:30 Lunch  
 1:00-2:00 Music that Moves You

**3**  
 8:30-9:30 All-Around Exercise (\$3)  
 9:40-10:25 Chair Yoga -cise (\$3)  
 10:00-12:00 Game Time  
 10:00- 12:00 Mahjong  
 11:00-1:00 Scrabble  
 12:00-12:30 Lunch  
 2:30-3:15 Cardio Drumming

8:30-9:30 All-Around Exercise (\$3) **8**  
 9:40- 10:20 Chair Yoga -cise (\$3)  
 10:00-12:00 Diamond Painting  
 10:30-11:30 Line Dancing (\$3)  
 10:30-11:45 Bingo  
 12:00-12:30 Lunch (*senior center*)  
 12:30-2:30 Podiatrist  
 12:30-2:00 Out to Lunch Group  
 (*Aaron & Moses, Twinsburg*)

**9**  
 9:45-10:15 Balance Exercise  
 10:00-12:00 Knit and Crochet  
 10:00-3:00 Pinochle  
 11:30-2:30 **Veteran's Lunch**  
 (*Prior registration is required*)  
 12:00-12:30 Lunch



8:30-9:30 All-Around Exercise (\$3) **15**  
 9:40- 10:20 Chair Yoga -cise (\$3)  
 10:00-12:00 Diamond Painting  
 10:30-11:30 Line Dancing (\$3)  
 10:30-11:45 Bingo  
 12:00-12:30 **Friends -giving Lunch**  
 (*Prior registration is required*)  
 2:30-3:15 Cardio Drumming

**16**  
 9:45-10:15 Balance Exercise  
 10:00-12:00 Knit and Crochet  
 10:00-3:00 Pinochle  
 12:00-12:30 Lunch  
 12:30-2:00 Iris Folding Class  
 1:00-2:00 Music that Moves You

**17**  
 8:30-9:30 All-Around Exercise (\$3)  
 9:40-10:25 Chair Yoga -cise (\$3)  
 10:00-12:00 Game Time  
 10:00- 12:00 Mahjong  
 11:00-1:00 Scrabble  
 12:00-12:30 Lunch  
 1:30-3:30 Podiatrist Appointments  
 2:30-3:15 Cardio Drumming

8:30-9:30 All-Around Exercise **22**  
 9:40- 10:20 Chair Yoga -cise (\$3)  
 10:00-12:00 Diamond Painting (\$3)  
 10:30-11:30 Line Dancing (\$3)  
 10:30-11:45 Bingo  
 12:00-12:30 Lunch (*senior center*)  
 12:30-2:00 Out to Lunch Group  
 (*Coyote Mexican Grill, Bainbridge*)  
 2:30-3:15 Cardio Drumming



8:30-9:30 All-Around Exercise (\$3) **29**  
 9:40- 10:20 Chair Yoga -cise (\$3)  
 10:00-12:00 Diamond Painting  
 10:30-11:30 Line Dancing (\$3)  
 10:30-11:45 Bingo  
 12:00-12:30 Lunch (*senior center*)  
 12:30-2:00 Out to Lunch Group  
 (*Imperial Wok, Solon*)  
 2:30-3:15 Cardio Drumming

**30**  
 9:00-10:00 **Big Breakfast!**  
 (*Prior registration required*)  
 10:00-12:00 Knit and Crochet  
 10:00-3:00 Pinochle  
 10:30- 12:00 Chair Volleyball  
 12:00-12:30 Lunch  
 1:00- 2:00 **David Explains:**  
**Mocking Empire: Decoding Revelations**

**Recreation & Education  
 Coordinator**  
*David Craig*

**Recreation & Education  
 Assistants**  
*Laura Reed*  
*Keri Skrtic*



## Newsorthy Notes

ALL events/classes with the (WX) symbol listed after it, are available both LIVE and on Webex.

### Owls & Oreos w/Geauga Parks

**NOV 6** -11:00-12:00 -Join us here at WGSC for an Owl Presentation brought to us by a Geauga Parks Naturalist. This illustrated program introduces Ohio's owls by sight and sound. Examining the pellets, feathers and other owl material reveals much about the predatory nature of these birds. Oreo cupcakes and punch will be served to all in attendance. FREE EVENT **Register one week in advance by calling 440-279-2163**

### Veterans FREE Lunch & Entertainment

**NOV 9th 11:30-2:30 at Bainbridge Senior Center. FREE for Veterans, Non Veterans is \$18, RSVP due by NOV 3rd**

### Never Ending Knowledge Schedule

#### American History

**NOV 1** #1-Women Making History  
#2 The Power of Portraits

**NOV 8th** #1 Two Centuries of American Style  
#2 Hollywood-The American Myth Machine.

**NOV 15** #1 America's Crown Jewel-Hope Diamond #2 Sing out for Justice-American Music

**NOV 22** #1 Exploring the Land & Universe #2 Civil Rights-All men are created equal

#### **NOV 29 NEW COURSE BEGINS**

#### **World Heritage Sites-Explore the World's Greatest Places**

#1 Paleolithic Cave Art of Spain & France  
#2 The Taj Mahal of Agra

#### **ART History~Leonardo Da Vinci**

**NOV 2** #1 Threats to The Renaissance-1490's  
#2 Leonardo the Inventor and Engineer

**NOV 16** #1 Leonardo the Military Scientist  
#2 Vitruvian Man, Perfection & Architecture

**NOV 30** #1 Leonardo and Flight  
#2 Drawing Human Figures & Caricatures

### Lunch in and Movie

**NOV 28th**- "The War With Grandpa" will be the Movie, and the menu for lunch if you choose to purchase it is: Peperoni Rolls, Macaroni Salad, Dessert and Beverage. **Cost is \$6 RSVP by NOV 21st**

### DINE NITE OUT (LUNCH BUNCH)

Our Monthly Dine Nite Out is being changed to Lunch Bunch during the winter months due to earlier sundowns. This will accomdate for those that are unable to drive at night NOV thru MAR will be Mondays from 12:30-2:30pm at the Restaurant of the month.

**NOV 27th will be Lunch Bunch at Mangia-Mangia in Newbury from 12:30-2:30pm. Please RSVP by NOV 22nd to let us know you are coming. 440-279-2163**

## West Geauga Sr. Center

440-279-2163

### MONDAY

#### Recreation/Education Coordinator

~Christine Bacon 440-214-3505

#### Rec/Ed Assistant Coordinator

~Millissa Norris 440-279-2183

I&R Assistant: Debbie M.

#### **Stained Glass Class Appointments:**

**Call Don Trask 440-759-9691**

**6**  
8:30 -10:30 Italian Card Game  
9:00 -10:00 Water Exercise-Metz Pool  
10:00 -10:55 Strength & Cardio  
11:00 -12:00 Gentle Chair Yoga  
11:00 -12:00 **Owls & Oreos**  
~A Geauga Parks Program  
12:00 -1:00 Water Exercise-Metz Pool  
1:00 -3:00 Mahjongg  
2:00 -3:00 Line Dance Class

**13**  
8:30 -10:30 Italian Card Game  
9:00 -10:00 Water Exercise-Metz Pool  
10:00 -10:55 Strength & Cardio  
11:00 -12:00 Gentle Chair Yoga  
12:00 -1:00 Water Exercise-Metz Pool  
1:00 -3:00 Mahjongg  
2:00 -3:00 Line Dance Class

**20**  
8:30 -10:30 Italian Card Game  
9:00 -10:00 Water Exercise-Metz Pool  
10:00 -10:55 Strength & Cardio  
11:00 -12:00 Gentle Chair Yoga  
12:00 -1:00 Water Exercise-Metz Pool  
1:00 -3:00 Mahjongg  
2:00 -3:00 Line Dance Class

**27**  
8:30 -10:30 Italian Card Game  
9:00 -10:00 Water Exercise-Metz Pool  
10:00 -10:55 Strength & Cardio (WX)  
11:00 -12:00 Gentle Chair Yoga  
12:00 -1:00 Water Exercise-Metz Pool  
12:30 -2:30 **Lunch Bunch @ Mangia**  
1:00 -3:00 Mahjongg  
2:00 -3:00 Line Dance Class

### TUESDAY

Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION *IN ADVANCE* to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC at 440-279-2163

**7**  
9:00 -11:30 Stained Glass Class \$5  
9:00 -10:00 Water Exercise -Metz Pool  
9:00 -11:00 Pinochle  
10:00 -11:00 Exercise -Sandy (WX)  
12:00 -3:00 Bridge Group  
12:30 -1:30 Taiji-FIT \$3  
12:30 -2:30 Knit & Crochet  
1:30 -2:15 Balance Exercise  
2:30 -3:00 EZ Chair Exercise (WX)  
3:00 -4:00 Visual Arts w/Fairmount

**14**  
9:00 -11:30 Stained Glass Class \$5  
9:00 -10:00 Water Exercise -Metz Pool  
9:00 -11:00 Pinochle  
10:00 -11:00 Exercise -Sandy (WX)  
12:00 -3:00 Bridge Group  
12:30 -1:30 Taiji-FIT \$3  
12:30 -2:30 Knit & Crochet  
2:00 -3:00 EZ Chair & Balance (WX)  
3:00 -4:00 Visual Arts w/Fairmount

**21**  
9:00 -11:30 Stained Glass Class \$5  
9:00 -11:00 Pinochle  
9:00 -10:00 Water Exercise -Metz Pool  
10:00 -11:00 Exercise -Sandy (WX)  
12:00 -3:00 Bridge Group  
12:30 -1:30 Taiji-FIT \$3  
12:30 -2:30 Knit & Crochet  
2:00 -3:00 EZ Chair & Balance (WX)  
3:00 -4:00 Visual Arts w/Fairmount

**28**  
9:00 -11:30 Stained Glass Class \$5  
9:00 -11:00 Pinochle  
9:00 -10:00 Water Exercise -Metz Pool  
10:00 -11:00 Exercise -Sandy (WX)  
12:00 -3:00 Bridge Group  
12:30 -1:30 Taiji-FIT \$3  
12:00 -2:00 **Lunch-in & Free Movie**  
"The War with Grandpa" \$6  
12:30 -2:30 Knit & Crochet  
**NO PM Exercise/Balance Class Today**  
3:00 -4:00 Visual Arts w/Fairmount



**West Geauga Sr. Center**  
**8090 Cedar Road, Chesterland**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**  
**9:00-10:00** Water Exercise-Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
 ~American History  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**2**  
**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**9:00-12:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**10:00-12:00** Mahjongg  
**11:30-12:30** Never Ending Knowledge  
 ~ART History  
**2:00-3:00** Senior Spin at "O" Holly  
**3:00-4:00** Senior Spin at "O" Holly

**3**  
**8:30-10:30** Italian Card Game  
**9:00-11:00** Pinochle  
**9:00-11:30** Stained Glass Class \$5  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**11:00-11:45** Cardio Drumming  
**1:30-2:15** Balance Exercise  
**2:30-3:00** EZ Chair Exercise (WX)

**8**  
**9:00-10:00** Water Exercise-Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
 ~American History  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**9**  
**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise-Metz Pool  
**10:00-11:00** Water Exercise-Metz Pool  
**10:00-12:00** Mahjongg  
**9:00-12:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**11:30-2:30** Veterans Recognition  
 Lunch & Entertainment at  
 Bainbridge Senior Center  
 NO SPIN CLASS TODAY

**10**  
**ALL SITES CLOSED**




**15**  
**9:00-10:00** Water Exercise-Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
 ~American History  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**16**  
**8:30 10:30** Italian Card Game  
**9:00 10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**-12:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**10:00-12:00** Mahjongg  
**11:30-12:30** Never Ending Knowledge  
 ~ART History  
**2:00-3:00** Senior Spin at "O" Holly  
**3:00-4:00** Senior Spin at "O" Holly

**17**  
**8:30-10:30** Italian Card Game  
**9:00-11:00** Pinochle  
**9:00-11:30** Stained Glass Class \$5  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**11:00-11:45** Cardio Drumming  
**2:00-3:00** EZ Chair & Balance (WX)


**22**  
**9:00-10:00** Water Exercise-Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
 ~American History  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**23**  
**24**  
**ALL SITES CLOSED For THANKSGIVING HOLIDAY**



**29**  
**9:00-10:00** Water Exercise-Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
 ~World Heritage Sites  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**30**  
**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**9:00-12:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**10:00-12:00** Mahjongg  
**11:30-12:30** Never Ending Knowledge  
 ~ART History  
**2:00-3:00** Senior Spin at "O" Holly  
**3:00-4:00** Senior Spin at "O" Holly



**Tech Help appointments with Christine. Call to schedule your 30 minute appointment. 440-214-3505**



**Monday Crafts:**  
6th: Fall Gnome  
 Cost \$3.00

13th Thanksgiving Arrangement  
 Cost:\$8.00

20th Card Making for HDM  
 No Cost

27th Crafting With Marsha  
 Cost: \$3.00

Make and take Thursday  
 2nd: Dog Treats \$5.00  
 9th: Holiday Mini Treats \$5.00

Monday, November 6th  
 Womensafe Presentation  
 By Molly Johnston

Tuesday, November 7th  
 Calling all coffee lovers!  
 Presentation presented by  
 Ferronies. No Cost

Wednesday, November 8th  
 Food Safety for the Holidays  
 with Nancy. No Cost

Friday, November 17th  
 Kathie Doyle  
 Worst presidents in history.  
 No Cost

Tuesday, November 14th  
 Friendsgiving! We will  
 provide the turkey you bring  
 the sides.

Wednesday, November 15th  
 Virtual Touring with Ginny.  
 Garfield House  
 Lunch @ Ferronis 12pm  
 Cost on your own. Stay after  
 for board games.

Thursday, November 16th  
 How to read nutrition labels  
 presented by UH  
 No Cost.

Thursday, November 16th  
 Movie at Briar  
*A Family Thanksgiving*


Monday, November 20th  
 Thanksgiving Craft & Trivia  
 provided by the Middlefield  
 Library. No Cost



**Middlefield Sr. Center**  
**440-632-0611**

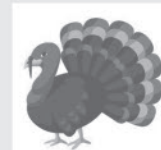
**MONDAY**



**TUESDAY**

<p>Coffee and Conversation          Every day starting at 8am          GDA Lunch Served Every day          at 12pm          (unless otherwise noted)</p>	<p><b>Rummikub</b>  <b>Played Every day</b>  <b>At 9am</b>          Please call to register for lunch,          crafting and special events.          440-632-0611</p>
<p style="text-align: right;">6</p> <p>10am Quilling/Diamond Art          11am Balance Exercise          12pm Lunch          12pm-3pm Painting Pals          1pm Womensafe Presentation          2pm Crafting</p>	<p style="text-align: right;">7</p> <p>10am Movement to music          with Sylvia \$3          11am Coffee Presentation          With Ferronies          12pm Lunch          1pm Chair Volleyball</p>
<p style="text-align: right;">13</p> <p>10am Quilling/Diamond Art          11am Balance Exercise          12pm Lunch          12pm-3pm Painting Pals          1pm Crafting</p>	<p style="text-align: right;">14</p> <p>10am Movement with Sylvia \$3          12pm Friendsgiving!          1pm Chair Volleyball</p> <div style="text-align: center;">   <i>happy friendsgiving</i> </div>
<p style="text-align: right;">20</p> <p>10am Quilling/Diamond Art          10am Balance Exercise          11am Thanksgiving Craft with          the Middlefield Library          12pm Lunch          12pm-3pm Painting Pals          1pm Crafting</p>	<p style="text-align: right;">21</p> <p>10am Movement to music          with Sylvia \$3          11am Health BINGO with UH          12pm Lunch          1pm Chair Volleyball</p>
<p style="text-align: right;">27</p> <p>10am Quilling/Diamond Art          11am Balance Exercise          12pm Lunch          12pm-3pm Painting Pals          1pm Crafting with Marsha</p>	<p style="text-align: right;">28</p> <p>10am Movement to music          with Sylvia \$3          12pm Lunch          12:30 Chair Volleyball  <b>Closed at 2pm for          staff development</b></p>



**Middlefield Sr. Center**  
**15820 Ridgewood Rd., Middlefield**



WEDNESDAY	THURSDAY	FRIDAY
1	2	3
<p>10am Balance Exercise            12pm Lunch            1pm BINGO</p>	<p>10am Movement with Ginny            11am Make and Take                (Dog Treats) \$5            12pm Lunch            1pm Chair Volleyball</p>	<p>11am Chair Exercise Video            12pm Lunch            1pm Chair Volleyball</p>
8	9	10
<p>10am Balance Exercise            11am Food Safety for the                Holidays with Nancy            12pm Lunch            1pm Game afternoon</p>	<p>10am Movement with Ginny            11am Make and Take                (Holiday mini treats) \$5            12pm Lunch            1pm Chair Volleyball</p>	<p style="text-align: center;">Closed for Veterans Day.</p> 
15	16	17
<p>10am Balance Exercise            11am Virtual Touring                with Ginny            12pm Lunch @ Ferroni's                Board Games after lunch</p>	<p>10am Movement with Ginny            11am How to read nutrition                labels with UH            12pm Lunch            1pm Chair Volleyball            1pm Movie at Briar                <i>Hocus Pocus</i>                <i>A Family Thanksgiving</i></p>	<p>9am-12pm Podiatrist            11am Chair Exercise Video            12pm Lunch            1pm Chair Volleyball</p>
22	23	
<p>10am Balance Exercise            12m Lunch            1pm Movie and Popcorn                <i>The Great Pumpkin</i></p>	<p>Closed Nov. 23rd &amp; 24th to Observe Thanksgiving</p> 	
29	30	
<p>10am Balance Exercise            12m Lunch            1pm BINGO                Sponsored by                Burton Health Care</p>	<p>10am Chair Yoga Video            12pm Lunch            1pm Chair Volleyball</p>	<p style="text-align: center;">Recreation &amp; Education            Coordinator            Hannah Heinz</p> <p style="text-align: center;">Assistant Recreation &amp;            Education Coordinator            Ginny Lester            Nancy Niehus</p>

**PARKINSON'S & DIABETES SUPPORT GROUP** - Understanding Your Health Numbers  
 Join us on Tuesday, November 21st at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). This month we are combining both Support Groups. 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 2:00pm, we will then discuss "Understanding Your Health Numbers" so you can compare your screening results to where they should be at.  
 RSVP by calling Sandy McLeod at 440-279-2137.

**CREATIVE MONDAYS AT THE MIDDLEFIELD SENIOR CENTER**

Join us on Mondays at the Middlefield Senior Center for all day crafting! Quilling and Diamond painting offered in the morning and a structured craft at 1pm. Painting pals from 12-3pm. Stop in and check it out! You are always welcome to bring your own creative project to work on as well. Call 440-632-0611 with questions and to let us know if you will be participating in the 1pm craft.

**LUNCH-IN AND FREE MOVIE AT WEST G SENIOR CENTER--  
 "THE WAR WITH GRANDPA"**

NOV 28th 12:00-2:00pm--Join us at the West G Senior Center for a showing of "The War with Grandpa" Menu is Pepperoni Rolls, Macaroni Salad, Dessert and a beverage..., FREE POPCORN for ALL!!! Cost; \$6 for the meal -Movie is FREE (you can also bring your own bagged lunch)  
 Register by NOV 21stth Call for more Info 440-279-2163.

**FRIENDS-GIVING LUNCH**

Enjoy good food and good company on Wednesday, November 15th at the Bainbridge Senior Center. Lunch starts at 12:00 pm and enjoy turkey, mashed potatoes, veggies, and of course, pumpkin pie. Just \$5 gets you all the fixins and great conversation. Payment and registration are due by Thursday, November 8, 2023.

**WALKING FOR WELLNESS – NEW WINTER SCHEDULE**

Every Wednesday at 1:00pm. Join the Geauga County Department on Aging and UH Geauga for our "Walking for Wellness" program. Walking has shown to help with weight management, reducing stress, and increasing energy levels. This group focuses on keeping a steady pace, and our goal is 3 miles each walk. Call Melissa Wheeler at 279-2167 with questions.

Date	Park	Address
11/1/2023	Affelder House	15139 Chillicothe Rd, Novelty
11/8/2023	Punderson State Park	11755 Kinsman Rd, Newbury Park at the Lodge
11/15/2023	Observatory Park	10610 Clay St, Montville
11/22/2023	Claridon Woodlands	11383 Claridon-Troy Rd, Chardon
11/29/2023	Penitentiary Glen Reservation	13000 Auburn Road, South of Rt 322, Chardon



**Do you Qualify for Assistance with Your Medical Bills or Prescription Medicines?  
If you meet the income guidelines below, contact the Geauga Department on Aging at  
279-2130 for assistance to apply! Medicare Savings Programs (MSPs)**

Qualified Medicare Beneficiary (QMB): Pays for Part A & B deductibles, coinsurance/copays & premiums.

Specified Low Income Medicare Beneficiary (SLMB): Pays for monthly Part B premium.

Qualified Individual (QI): Pays for monthly Part B premium (limited benefits)

Qualified Disabled & Working Individuals (QDWI): Pays for Part A premium if you are under 65, disabled and no longer entitled to free Part A because you work. Contact the Dept. on Aging worker for more information.

QMB			SLMB			QI		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,235	\$9,090	Single	\$1,478	\$9,090	Single	\$1,661	\$9,090
Married	\$1,664	\$13,630	Married	\$1,992	\$13,630	Married	\$2,239	\$13,630

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,067.02 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

**TOURING WITH GINNY VIRTUAL**

Wednesday, November 15th, 2023, at 11am. Experience hidden gems with Ginny! Ginny will be Virtually Touring the James A. Garfield National Historic Site. Afterward meet Ginny at Ferronies (14950 Springdale Ave, Middlefield, OH 44062). Cost for lunch on your own. Board games after lunch! Call 440-632-0611.

**WOULD YOU LIKE TO BE SANTA FOR A SENIOR?**

The Department on Aging is collecting gift cards for food & medication to help Geauga County seniors in who are in need. You can help by purchasing gift cards, in any denomination, for local stores that seniors would use, such as Walmart, Giant Eagle, Marcs, Aldi's etc. Once purchased please send or bring them to Sandy McLeod, Geauga Department on Aging, 12611 Ravenwood Dr, Suite 200, Chardon, OH 44024.

If you are interested in shopping for a senior and providing them a personal gift, we have many requests from local seniors. We are always looking for extras such as body lotion, soaps, toiletries, healthy snacks, etc. to give along with the gift cards. We will be packing and distributing the gift cards and all gifts we collect the 2nd week in December. If you have any questions, please call Sandy at 440-279-2137.

**KATHIE DOYLE PRESENTS WORST PRESIDENTS IN HISTORY**

Friday, November 17th, 10:30am, at the Middlefield Senior Center. Cost is free. Call 440-632-0611 to register.

**FOOD SAFETY FOR THE HOLIDAYS PRESENTED BY NANCY NIEHUS**

Join us at the Middlefield Senior Center for an enlightening discussion about food handling with holiday meals in mind. Wednesday November 8th, 2023, at 11am.

**DAVID EXPLAINS**

David Explains will have a special guest presenter on Thursday, November 30th, at the Bainbridge Senior Center. Pastor Brian Saxe will be talking about the book of Revelations. Mocking Empire: An hour decoding the Revelation to John will be an informative program. Please call to register, (440) 279-1313.



### **SENIOR SPIN CLASS AT OHMAN-HOLLY (THROUGH WGSC)**

Join us on Thursday afternoons for two separate classes - 2:00-3:00pm and again from 3:00-4:00pm. This is a fun SPIN class with instructor Christine Bacon from the West G Senior Center. Peloton Bikes provided for participants to use. This is a senior/beginner level spin class and is Low-Moderate Impact. Call to sign up 440-279-2163 Bikes are limited to (6) (small class size). Class location is OHMAN-at Holly Assisted Living Facility -10190 Fairmount Rd in Newbury.

### **MAHJONG IS HERE AT WGSC EVERY MONDAY AFTERNOON & THURSDAY MORNING**

Mahjong group meets every Monday at the West G Senior Center from 1p-3p, and again Every Thursday from 10a-12p. This is a Beginners group and is taught by Elaine Tanski on Mondays. ALL Levels are welcome to play, we can always use the "Experienced" players to help us newbies learn!! Join us for this fun and challenging game!!! Call for more info 440-279-2163 Class location is OHMAN-at Holly Assisted Living Facility -10190 Fairmount Rd in Newbury.

### **THE BAINBRIDGE BIG BREAKFAST!**

Join us at Bainbridge Senior Center on Thursday, November 30th from 9am-10am for our monthly Big Breakfast! Veterans and November Birthdays eat FREE; everyone else pays \$5. Registration and payment are due no later than Wednesday, November 22nd. Please indicate if you are a Veteran or if your Birthday's in November. Our menu for November is scrambled eggs, sausage, and fruit.

### **GEAUGA WALKERS**

All walks begin promptly at 1:00. \* A Naturalist will accompany us on these walks. Please continue to register for all GPD-led walks online at [GeaugaParkDistrict.org](http://GeaugaParkDistrict.org) or call GPD at (440) 286-9516. This request allows park to notify attendees if unexpected park closure or severe weather. Any questions call: Carol Rinehart @ (440) 487-4346, or TEXT Jane Hall-Nemeth @ (440) 567-1228.

<b>Date</b>	<b>Park</b>	<b>Address</b>
11/7/2023*	<b>Welton's Gorge Preserve</b>	13973 Hale Road, Burton
11/14/2023*	<b>Oberland Park</b>	14899 Auburn Rd, Newbury
11/21/2023	<b>Best Preserve</b>	Rt 44, Sunset Shelter Parking, South Entrance
11/28/2023	<b>Aurora Audubon Sanctuary</b>	891 East Pioneer Road, Aurora/ Carpool, if possible.

### **IRIS FOLDING GREETING CARD MAKING WORKSHOP AT BAINBRIDGE SC**

Iris folding is a paper craft technique that involves folding strips of colored paper in such a way to form a design. The center of the design forms an iris—a shape reminiscent of the iris diaphragm of a camera lens. Instructor Phyllis Knapp brings all the supplies you need, and guides you how to make beautiful greeting cards! \$1.50 per card, payable to the instructor the day class. The class begins at 12:30 p.m. on October 19, 2023 at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.



## DAYTIME SENIOR BOOK DISCUSSIONS

If you love to read, then join us for interesting discussions on a variety of books. You can pick up the yearly reading list by calling Sandy McLeod at 440-279-2137. Discussion books are available to loan at hosting Library's front desk, call to have them reserve a book for you!

Wednesday, November 1st (1st Wednesday of each month) - at Geauga West Library from 11:30-12:30pm with an out to lunch to follow, please sign up with Sandy McLeod.

Discussing: *Sooley* by John Grishom

Thursday, November 9th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: *Harlem Shuffle* by Colson Whitehead

## DINE NITE OUT WITH YOUR WGSC FRIENDS – NOW LUNCH BUNCH

Monday NOV 27th 12:30-2:30pm, Due to Daylight Savings Time, We will be having a "Lunch Bunch" instead of Dinner to accommodate those seniors that cannot drive at night. This will be until Springtime. –Meet up time is 12:30pm at Mangia-Mangia in Newbury. Just call ahead to let us know you are coming, so we can reserve you a seat. 440-279-2163. Cost is "On Your Own".

RSVP by 10/23

## ELDERBERRIES – SPECTACULAR SPIDERS

Thursday, November 16th from 1:00-2:30pm at The West Woods (9465 Kinsman Rd, Novelty 44072). Seniors, join Naturalist Nora 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 Geauga Department on Aging and UH Geauga Medical Center. Sponsored by Burton Healthcare. Registration required by calling the Geauga Park District at 440-286-9516.

## NEVER ENDING KNOWLEDGE SERIES CONTINUES AT WGSC

Wednesday's Class/Topic EXPERIENCING AMERICA: 1:00-2:00pm- A Smithsonian Tour through American History (12 Weeks)

**NOV 1st** - #1 "Women Making History" Struggles of famous women of the past.

#2 "The Power of Portraits" Explore some powerful faces of the past.

**NOV 8th** - #1 - "TWO Centuries of American Style" Memorabilia of historic Styles.

#2 "HOLLYWOOD-The American Myth Machine"

**NOV 15th** - #1 "The Hope Diamond-America's Crown Jewel"

#2 "Sing out for Justice-American Music"

**NOV 22nd** -#1 "Exploring the Land-Exploring the Universe."

#2 "ALL Men are created Equal-Civil Rights"

END OF COURSE

NEW COURSE BEGINS

World Heritage Sites: Exploring the Worlds Greatest Places

**NOV 29th** - #1 "Paleolithic Cave Art of Spain & France"

#2 "The Taj Mahal of Agra"

Thursday's Class/Topic-ART History: 11:30am-12:30pm-From Van Gogh to Da Vinci;

GREAT Artists of the Italian Renaissance. (18weeks)

**NOV 2nd** - #1 "Threats to the Italian Renaissance-The 1490's"

#2 "Leonardo the Inventor and Engineer" NOV 9th -NO CLASS due to Veterans Event

**NOV 16th** - #1 "Vitruvian Man, Perfection and Architecture"

#2 "Leonardo the Military Scientist"

**NOV 23rd**- NO CLASS - THANKSGIVING DAY

**NOV 30th** - #1"Leonardo and Flight" #2"Drawing Human Figures and Caricatures"



### **HOW TO READ A NUTRITION LABEL PRESENTED BY UH**

Middlefield Senior Center. Thursday November 16th, 2023, at 11am.  
Nutritionist Dima will be joining us from UH Geauga Medical Center to explain how to properly read a nutrition label. No cost. Please call 440-632-0611 to register.

### **FREE LUNCH AND A MOVIE PRESENTED BY AGE WELL BE WELL AND DEPARTMENT ON AGING**

Thursday, November 2nd from 12:00-2:00pm at the West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). Due to very limited space, and to ensure a fun experience for all, registration is required. Please call Dawn at 440-214-3180 to register.

### **CALLING ALL COFFEE LOVERS!**

What's the fuss with all the fancy coffee? Latte or cappuccino Join us at the Middlefield Senior Center on Tuesday, November 7th, 2023, at 11am Jessica from Ferronies coffee house will be here to explain. No Cost. Please call 440-632-0611 to register.

### **THANKSGIVING CRAFT & TRIVIA PROVIDED BY THE MIDDLEFIELD LIBRARY**

Monday, November 20th, 2023, 11am at the Middlefield Senior Center. No cost. Space limited please call 440-632-0611 to register. Thank you to the Middlefield Library for always providing us with wonderful crafts and information at no cost.

### **NEED HELP CARING FOR A LOVED ONE WHO HAS EARLY TO MID STAGE DEMENTIA?**

Are you caring for a Geauga County Senior who has beginning stages of dementia? Are you feeling overwhelmed by the daily responsibilities and could use a break? If so, then call the Department on Aging's Adult Day Service (ADS) Program. The Adult Day Service staff can care for your loved one in a safe, structured environment, while you take some needed time. The Adult Day Service Program is located at 8090 Cedar Rd, in Chesterland and open Monday through Friday, from 8:30AM until 2:30PM. ADS participants are offered a nutritious lunch, cognitive stimulation, physical exercise and socialization as part of the program. This is not a medically based program, meaning medications are not given and seniors must be able to toilet and feed themselves. There is no fee for the ADS Program. We will gladly accept donations to help enhance and grow the program. Transportation is available.

If you are interested in hearing more about this program, or would like to schedule a visit, call (440) 279-2149 or by email at [vzanella@geauga.oh.gov](mailto:vzanella@geauga.oh.gov).

### **HOLIDAY VOLUNTEERS NEEDED**

Volunteers are needed Thanksgiving Day, November 23rd to deliver meals to seniors who are alone for the holidays. Holiday meals are deeply appreciated by our area seniors and we would love to have you help make their Holiday a little brighter. All meals are prepared and made ready for delivery at our Chardon Senior Center location, at 470 Center Street, Building #8, in Chardon. Volunteers will pick up holiday meals at the Chardon Senior Center and deliver the meal to their assigned senior(s) home(s). To volunteer or for additional information, call Deana Catucci at the Geauga County Department on Aging at (440) 279-2145.





## GEAUGA COUNTY FAMILY CAREGIVER VIDEO SERIES

You are invited to view a free series of videos created to support family caregivers of persons living with dementia in Geauga County, created with funding in part from a grant from The Cleveland Foundation Lake Geauga Fund.

Topics include:

- Using Strengths: Ways to use remaining abilities to encourage independence and engagement
- Engaging Activities: The importance of meaningful activities, examples of purposeful activities, and how to make activities more accessible for persons living with dementia
- Understanding Behavior: Common responsive behaviors that accompany dementia, with an exploration of causes and interventions



Scan this code to view the video series, or visit [bit.ly/Homecare-Videos](http://bit.ly/Homecare-Videos)

You'll be asked to create an account before viewing the videos. Instructions can be found in the "Getting Started Guide" on the series home page



Visit Center for Applied Research in Dementia online, where you can find additional Free Resources, follow us on social media and subscribe to our newsletter for activity ideas and inspiration. Scan the code to the left or go to [cen4ard.com](http://cen4ard.com)

### MOVIE AND SNACK AT BRIARCLIFF MANOR

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor.  
Thursday, November 16th, at 1pm, (14807 N State Ave, Middlefield, OH 44062).  
Enjoy a snack while watching a movie (A Family Thanksgiving) in Briarcliffs' theater room.  
Please call 440-632-0611 to register. Deadline Monday, November 13th

### MUSIC THAT MOVES YOU!

Do you turn up the volume when you hear a favorite song? Sing at the stadium, "We will rock you"? Or thump your mug at the pub? Whether you sing, play, whistle, or hum...clap, snap, tap, or drum...dance or just listen, feel free to come! Laura will lead us in a social and musical program at 1:00 pm on the 1st and 3rd Thursdays of November. Questions? Call Laura at (440) 279-1313.

### BREAKFAST AND SPEAKER SERIES WITH KATHIE DOYLE AT THE CSC

Friday, November 3, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is "The History of WWI." This is a free event, but registration is required by calling 440-279-2126. Space is limited.



### **GEAUGA YOUNG OF HEART**

Meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of the month. Bring your brown bag lunch. Entertainment and snacks will be provided. The speaker at the November 3 meeting will be Marie from the Cardinal Therapy. On November 17 will be Sandra Zikursh with Christmas Memories. Finally, we will be having our Christmas Party on December 1, for members only, \$30 at Manakiki Country Club. For reservations call Marianne Szymanski at 440-729-7489. We will be going to the Croatian Lodge in Eastlake on Thursday, November 16, for a Branson Country Christmas with the Ozark Jubilee and Doofus Doolittle. This is drive yourself. Cost is \$60 pp. Call Kimber at 440-668-3293 to see if space is still available. A Christmas trip has been planned for December 12-14 in Lancaster, PA which includes "Miracle of Christmas" at the Sight and Sound Theatre. Go back in history and witness the greatest birth in history. "The First Noel" variety show will be at the American Music Theatre, and Holidays at the Mount Hope Mansion dinner theater includes lunch, entertainment, games and more! Cost is \$520 pp double (\$530 for non-members). For reservations call Nancy at (440) 729-9684. Everyone is welcome on Young of Heart trips.

### **CHARDON SENIOR CENTER BOOK CLUB**

Monday, November 13, at 1:00 p.m., at the Chardon Senior Center. November's book is "The Personal Librarian," by Marie Benedict and Victoria Christopher Murray. Looking ahead, December's book is "The Spectacular," by Fiona Davis.

### **THE BREAKFAST CLUB OF CHARDON**

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, November 9, at 9:30 a.m. Enjoy breakfast, coffee, and conversation with others! Cost is "on your own." Call 440-279-2126, so we know who to expect!

### **BIRTHDAY BINGO AND PIZZA PARTY AT CHARDON SENIOR CENTER**

Join us on Friday, November 17, at 11:00 p.m., when we will be celebrating all of those having celebrated birthdays in October! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and November Birthdays are free! Call to let us know you'll be joining us at 440-279-2126. Thank you to our Bingo and Cake Sponsor, Chardon Healthcare!

### **ST ANSELM WOMEN'S GUILD BOUTIQUE**

will be held on November 11, 2023 from 9AM to 4PM at St Anselm school, 13013 Chillicothe Rd (Rt. 306, 1/2 mile south of Rt. 322) in Chesterland. There will be over 70 vendors with all kinds of items. Get your Christmas shopping started early. There will be a prize raffle with many great prizes, a bake sale, and a snack bar. Join the Boutique Bounce by also stopping at St Mark Church, 11900 Chillicothe Rd in Chesterland and the Old South Church 9802 Chillicothe Rd in Kirtland. Have you card stamped at all three churches for a chance to win one of three gift baskets.

### **FOOT CARE PRESENTATION BY UH, GEAUGA**

Friday, November 3, from 1:00-2:00 p.m., at Chardon Senior Center. Meet with the professionals from UH, Geauga, as they provide us with an informative presentation on Foot Care. Call 440-279-2126 to register for this program.



### **YOGA NIDRA AT WEST GEAUGA SENIOR CENTER**

Thanks to a generous grant provided to Fairmount Center for the Arts, West G Senior Center will be receiving Free "Arts" related programs to the seniors for the 2023 calendar year. Yoga Nidra will be held on Wednesdays from 2:00-3:00pm for 12 week sessions at a time. What is Yoga Nidra you ask? Yoga Nidra is also known as "yogic sleep" and is a deep relaxation technique. The body becomes completely still and relaxed while awareness turns inward by listening to a guided meditation. Yoga Nidra can be practiced on a yoga mat or in a chair. Please bring 2 blankets, a yoga mat, and an eye pillow if you like a darkened room. Wear comfortable clothes. Chairs will be provided and there are yoga mats to borrow, if needed. Call to register 440-279-2163

### **THANKSGIVING CENTERPIECE MAKING WORKSHOP**

Wednesday, November 8, at 1:00 p.m. at the Chardon Senior Center. Join us at the Chardon Senior Center to make a beautiful burlap and rag wreath Thanksgiving centerpiece. \$8 per person with registration. Call 279-2126 with questions.

### **FRIENDSGIVING LUNCHEON AT CHARDON SENIOR CENTER**

Tuesday, November 21 at 12:00 noon, at the Chardon Senior Center. \$10.00 per person. We will be ordering out and enjoying a delicious Thanksgiving feast with our Chardon Senior Center family. Come one and all! Call 279-2126 to register.

### **LUNCH AND LEARN WITH GEAUGA PARK DISTRICT**

Thursday, November 9, from 12:00 noon – 1:30 p.m., at the Chardon Senior Center. This is a free event, but call to register at 279-2126. A Naturalist from GPD will be here to discuss Ohio's Owls. This illustrated program introduces our common owls by sight and sound.

### **CHRISTMAS BINGO-PA-LOOZA**

Friday, December 22, from 10:00 a.m. – 2:30 p.m., at the Chardon Senior Center. Chardon and Bainbridge Senior Centers are in cahoots to bring you a special Christmastime BINGO-PA-LOOZA! Santa's elves will turn the Chardon Senior Center into a bingo hall for the day! Great prizes and special surprises are in store! \$5 per person for lunch.

### **VISUAL ARTS CLASSES (FREE) WITH FAIRMOUNT CENTER FOR THE ARTS AT WGSC!!**

Every Tuesday Afternoon from 3:00-4:00pm at the West G Senior Center. Join Bridgette from Fairmount as she provides Visual Arts classes including acrylic painting, watercolor, and more!!! Classes are FREE thanks to a GENEROUS GRANT provided to the Fairmount Center. Supplies included. Sessions will be 10-12 weeks, and will continue weekly throughout the Year. Must register to participate. Classes are limited to 16 seniors per class. Call to sign up and take advantage of this awesome opportunity!! If you miss one session, you can get in line to sign up for the following session. Call 440-279-2163 to register. special surprises are in store! \$5 per person for lunch.

### **VOLUNTEERS NEEDED FOR TAX SEASON (AARP TAX-AIDE)**

If you do your own taxes, are familiar with using a computer and would like to help others in your community, we would like you to join us. AARP Foundation Tax-Aide provides training on taxes and tax software, as well as providing Chromebooks. If interested please call Ed Kraus (440) 554-3708 or email [easyed47@gmail.com](mailto:easyed47@gmail.com) (AARP Tax-Aide Volunteer)



# GEAUGA COUNTY SENIORS REGISTRATION FOR EVENTS

\*\*\*Please fill out registration form and mail to GDA, 12611 Ravenwood Dr, Suite 200, Chardon, OH 44024\*\*\*

✂

Event: \_\_\_\_\_ Location: \_\_\_\_\_

Cost: \_\_\_\_\_ Amount Enclosed \_\_\_\_\_ Event Date (s) \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

Registered with GDA for 2023? Yes \_\_\_ No \_\_\_

Other Information: (menu or leave from options) \_\_\_\_\_

Internal use - Date Received \_\_\_\_\_ Staff Initials \_\_\_\_\_ Receipt # \_\_\_\_\_

✂

Event: \_\_\_\_\_ Location: \_\_\_\_\_

Cost: \_\_\_\_\_ Amount Enclosed \_\_\_\_\_ Event Date (s) \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

Registered with GDA for 2023? Yes \_\_\_ No \_\_\_

Other Information: (menu or leave from options) \_\_\_\_\_

Internal use - Date Received \_\_\_\_\_ Staff Initials \_\_\_\_\_ Receipt # \_\_\_\_\_

In consideration of acceptance into the above referenced program, I do hereby, for myself, release the County of Geauga and the officials, officers, agents and employees of the County from liability for any harm, injury, or damage which I may suffer while participating in the above described program. This includes all risks that are connected with this activity whether foreseen or unforeseen.

I agree to hold the County and its agents, officials and employees harmless from any damage to persons or property resulting from my negligence and/or intentional acts.

I assume the responsibility of mental and physical fitness to participate in said program, and agree to abide by all rules and requirements of the program.

- I authorize any of the staff at the Department on Aging to provide any necessary assistance to me in any emergency situation including those requiring medical attention. I have fully informed myself of the contents of this release by reading it before I signed it. I realize that by signing this document I am giving up legal rights to which I may be entitled.

X \_\_\_\_\_  
*Signature of Participant and Date*

## REFUND POLICY FOR THE GEAUGA DEPARTMENT ON AGING

The Department on Aging will no longer be issuing refunds for programs and events, in an effort to honor our commitment to our vendors and transportation companies. When signing up for programs and events you become responsible for that reservation. In the event you are unable to attend a program or event you signed up for, you may transfer your reservation to another Geauga County Senior. If someone attends a program or event in your place you must contact the Department on Aging with the individual's name and contact information. In the unusual event that the Department on Aging cancels an event we will refund the ticket price via check. We apologize for any inconvenience this may cause.



**NOVEMBER 2023**  
**GEAUGA DEPARTMENT OF AGING**  
**LUNCH MENU**

*Subject to Change*

Mon	Tue	Wed	Thu	Fri
		1	2	3
		SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPED APPLES	MACARONI & CHEESE GREEN BEANS SWEET CORN DINNER ROLL DICED PEARS CUP
6	7	8	9	10
TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES CORN w/RED PEPPERS DICED PEACHES CUP	MEATLOAF W/GRAVY RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES CUP	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	DOUBLE CHEESEBURGER SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEAR CUP	<b>CLOSED</b>
13	14	15	16	17
CHICKEN ALA KING RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS BREADSTICK MIXED FRUIT CUP	SALISBURY STEAK W/GRAVY NOODLES SPINACH YELLOW SQUASH WHITE BREAD DICED PEACHES CUP	OVEN ROASTED TURKEY BREAST MASHED POTATOES W/GRAVY STUFFING/CARROTS DINNER ROLL CRANBERRY SAUCE <b>HOLIDAY MEAL</b>	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP
20	21	22	23	24
MINI CORN DOGS TATER TOTS BROCCOLI YELLOW SQUASH DICED PEAR CUP	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP	CHICKEN SALAD COLE SLAW THREE BEAN SALAD WG HAMBURGER BUN WHOLE FRESH ORANGE	<b>THANKSGIVING</b>	<b>CLOSED</b>
27	28	29	30	
JUMBO RAVIOLI w/SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH BREADSTICK PINEAPPLE TIDBITS	SLICED HAM w/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	GRILLED CHICKEN BREAST RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	

**ATTENTION:** The Geauga County Dept. on Aging cannot control or guarantee the continued wholesomeness and safety of its food once it leaves the Agency's facility. Therefore, all food or beverages are intended to be consumed on-premises at the Geauga County Department on Aging. The Department on aging will not be liable for any damages arising from the consumption of any food or beverages outside of the Department on Aging premises.



**Geauga Department on Aging**  
12611 Ravenwood Dr, Suite 200  
Chardon, Ohio 44024



**ADDRESS  
SERVICE  
REQUESTED**

Days: Monday through Friday  
Hours: 8:00 am to 4:30 pm  
440-279-2130  
NOVEMBER

**To stop this mailing**, contact the Geauga County Dept. on Aging. 440-279-2130. This newsletter is supported by the many advertisers, individual donation and the Geauga Senior Services Levy.

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### Seasons of Giving Donation Form

The Department on Aging will collect donations from November-December. **Don't forget, Giving Tuesday is on November 28th .**

For more information, call the Geauga County Department on Aging at (440) 279-2130. Thank you for your generosity!

✂

I would like to sponsor  
\_\_\_ 1 Meal \_\_\_ 1 Week of Meals \_\_\_ 1 Month of Meals \_\_\_ 1 Year of Meals \_\_\_ Other

Name/Business: \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_

Please mail this form and your tax-deductible donation to: Geauga County Department on Aging, 12611 Ravenwood Drive, Suite 200, Chardon, Ohio 44024

The Geauga County Department on Aging is a government agency. Donors may deduct contributions as provided in IRC 170(c)(1) of the U.S. Tax Code.