

# The Geauga senior news

Geauga County Department on Aging

October 2023

## 2024 Medicare Part D & Advantage Plan Comparisons

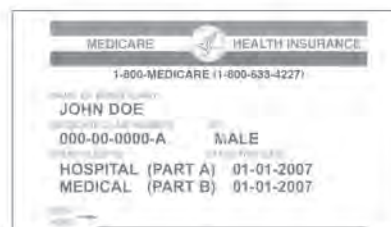
Compare Medicare Plan options and you could save money in 2024! The Ohio Department of Insurance has trained Geauga County Department on Aging Staff & Volunteers to offer one on one reviews at Geauga Department on Aging, 12611 Ravenwood Dr, suite 200, in Chardon.

Appointments are available from Monday, October 16 through Friday, December 1. Call (440) 279-2130, Monday through Friday 8:00AM until 4:00PM, to schedule your appointment.

Make sure to bring your list of current medicines to the appointment.

“Make sure you bring your Red, White & Blue Medicare Card and your list of current prescription medications.”

For those who would like to review options for Part D or Medicare Advantage plans, seniors can do so online at Medicare.gov: from Oct 15 through Dec 7.



## Veterans Recognition FREE Lunch and Entertainment at The Bainbridge Senior Center

**NOV 9th 11:30-2:00pm** -Hosted by Both the West G and Bainbridge Sr Center, join us as we celebrate our Geauga County Veterans with a Free Lunch, and Live Entertainment by The Mick & Rick Duo!! ALL Veterans Registered with The Geauga County Department on AGING are FREE ADMISSION. Cost for **Non-Veterans is \$18**, however **Veterans & their spouse/guest have First Priority to Sign Up until OCT 20th**. Beginning Monday, Oct 23rd, NON Veterans can sign up. Meal will be catered by Mangia-Mangia. Deadline for registering is November 2nd.

**Registration Form on Page 20**



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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

## 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@geaug.oh.gov](mailto:vzanella@geaug.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, October 5th: Free Lunch & Movie**  
UH Geauga Age Well Be Well Program.  
Call 440-214-3180 to register. 12:00pm. Free.

**Wednesday, October 11th: Road Rally**  
Begin at Bainbridge Senior Center (17751 Chillicothe Rd, Bainbridge) to pick up your scavenger hunt packet. Learn and explore the Bainbridge community by following clues, visit landmarks, pose for a few pictures, and pick up a couple treats along the way! Someone in each car must have a cell phone to take pictures. 12:30pm. \$10 per person.

**Wednesday, October 18th: Lunch & Learn— Seasonal Affective Disorder**  
Join us at Chardon Healthcare (620 Water St, Chardon 44024) as Karen Ogle, BSN, RN will be discussing Seasonal Affective Disorder. A light meal will be provided. In conjunction with UH Geauga Medical Center. Please RSVP to Anissa at 440-821-0023 by October 12th. 11:30-1:00pm. Free.


**Wednesday, October 18th: Simple Cooking with Heart** Join us for a healthy, hands-on cooking demo presented by UH Geauga's dietician, Dima and Chef Joe in the conference room at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024). Presentation on "Don't Eat This, if You're Taking That" by David Motz, Rph, Pharm. D, BCPS, followed by the cooking demonstration and meal. Sponsored by Age Well Be Well. Call Dawn at 440-214-3180 to register. 3:00-5:00pm. 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 Cyclists:** Every Tuesday. Meet at the Eagles Baseball Field on Park Avenue (Chardon). We will ride on the Maple Highland Trail. You must have your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Call Melissa for questions at 440-279-2167. 9:00am.

# October 2023


MONDAY		TUESDAY	
	<b>2</b>		<b>3</b>
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>12:00-2:00</b> Matter of Balance <b>WG</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b>		<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>	
			<b>10</b>
	<b>9</b>	<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>	
	<b>16</b>		<b>17</b>
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b>		<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b> <b>12:30-1:30</b> Parkinson's Support <b>CSC</b> <b>2:00-3:00</b> Diabetes Support Group <b>CSC</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>	
	<b>23</b>		<b>24</b>
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b>		<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>11:15-12:15</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>	
	<b>30</b>		<b>31</b>
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b>		<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>1:00-2:00</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>	

# SENIOR COMMUNITY EVENTS

## WEDNESDAY

## THURSDAY

## FRIDAY

<b>4</b>	<b>5</b>	<b>6</b>
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b>            11:30-12:30 Book Discussion <b>GW</b>            12:00-2:00 Matter of Balance <b>BSC</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b>            10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b>            12:00-2:30 Lunch &amp; Movie <b>WG</b>            12:00-2:00 Matter of Balance <b>WG</b>            1:00-2:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b>            12:00-2:00 Matter of Balance <b>BSC</b></p>
<b>11</b>	<b>12</b>	<b>13</b>
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b>            12:30-3:00 Road Rally in Bainbridge <b>OS</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b>            10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b>            1:00-2:00 Pedaling for Parkinson's <b>OH</b>            1:30-3:00 Book Discussion <b>BL</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b></p>
<b>18</b>	<b>19</b>	<b>20</b>
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b>            11:30-1:00 Lunch &amp; Learn <b>OS</b>            3:00-5:00 Simple Cooking with Heart <b>OS</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b>            11:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b>            11:30-2:30 GPD Elderberries <b>OS</b>            1:00-2:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b></p>
<b>25</b>	<b>26</b>	<b>27</b>
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b>            10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b>            1:00-2:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b>            11:00-11:45 Balance Exercise <b>CSC &amp; WX</b></p>
	<p style="text-align: center;"><b>Sandy McLeod</b>            Senior Centers' Supervisor            440-279-2137</p> <p style="text-align: center;"><b>Melissa Wheeler</b>            Asst. Senior Centers' Supervisor            440-279-2167</p>	<p><b>BL</b> - Burton Library  <b>BSC</b> - Bainbridge Senior Center  <b>CSC</b> - Chardon Senior Center  <b>GW</b> - Geauga West Library  <b>OH</b> - Ohman Family Living at Holly  <b>OS</b> - Offsite  <b>WG</b> - West Geauga Senior Center  <b>WX</b> - WebEx (Online)</p>

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

**Wednesday, October 4:** 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, October 6:** Breakfast and Speaker with Kathie Doyle.: "The History of Hawaii." Prior registration required.

**Monday, October 9:** Book Club: October's book is "The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II," by Denise Kiernan.

**Tuesday, October 10:** AARP Safe Drivers' Class. Prior Registration required. Call for details.

**Thursday, October 12:** Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

**Friday, October 13:** Trip out to Salty's Salt Cave in Chardon. Transportation is on your own. Space is limited; call the senior center to reserve your spot to find out and experience this business in Chardon!

**Tuesday, October 17:** Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card.

**Wednesday, October 18:** Heather Hill Luncheon at Chardon Senior Center. Space is limited! Call to reserve your spot!


**Friday, October 20:** Monthly Birthday BINGO and Pizza Party. \$5 per person/Oct.. Birthdays FREE. Thanks to our BINGO & Cake sponsor, Chardon Healthcare!

**Friday, October 27:** Halloween Party at Century Village in Burton. Registration is required. Call today!

Are you interested in playing Bridge? Our Friday Casual Bridge Group is looking for new players. If you are interested, call Becky at 440-279-2131.

<b>Chardon Senior Center 440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<p><b>2</b></p> <p>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 Chair Exercise for Joint Movement</p>	<p><b>3</b></p> <p>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</p>
<p><b>9</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 1:00 -2:00 Book Club 1:00 -2:00 Chair Exercise for Joint Movement</p>	<p><b>10</b></p> <p>9:00 -11:30 Woodcarving 9:00 -1:30 AARP Safe Drivers' 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</p>
<p><b>16</b></p> <p>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 Chair Exercise for Joint Movement</p>	<p><b>17</b></p> <p>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 12:30 -4:00 Game Day 12:30 -1:30 Parkinson's Group 2:00 -3:00 Diabetes Support</p>
<p><b>23</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 1:00 -2:00 Chair Exercise for Joint Movement</p>	<p><b>24</b></p> <p>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</p>
<p><b>30</b></p> <p>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 Chair Exercise for Joint Movement</p>	<p><b>31</b></p> <p>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 Senior Center Closed at 2:00 for Staff Meeting</p>

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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>4</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</p>	<p><b>5</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)</p>	<p><b>6</b>            9:30-11:30 Stained Glass            10:00-11:30 Breakfast and                      Speaker Series            11:00-12:00 NO BINGO            11:00-12:00 Balance Exercise            1:00-2:30 Chair Volleyball            1:00-4:00 Bridge Group            2:30-4:00 Corn Hole</p>
<p><b>11</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</p>	<p><b>12</b>            9:30-11:00 Brunch Bunch at-                      Bob Evans Chardon            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)</p>	<p><b>13</b>            9:30-11:30 Stained Glass            11:00-12:00 Salty Salt Cave                      Trip—pre-registration            11:00-12:00 NO BINGO            11:00-12:00 Balance Exercise            1:00-2:30 Chair Volleyball            1:00-4:00 Bridge Group            2:30-4:00 Corn Hole</p>
<p><b>18</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</p>	<p><b>19</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)</p>	<p><b>20</b>            9:30-11:30 Stained Glass            11:00-12:30 Birthday BINGO                      &amp; Pizza Party            11:00-12:00 Balance Exercise            1:00-2:30 Chair Volleyball            1:00-4:00 Bridge Group            2:30-4:00 Corn Hole</p>
<p><b>25</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</p>	<p><b>26</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)</p>	<p><b>27</b>            9:30-11:30 Stained Glass            11:00-12:00 Balance Exercise            1:00-2:30 Chair Volleyball            1:00-4:00 Bridge Group            2:30-4:00 Corn Hole</p> <p align="center">Halloween Party            @ Century Village</p>
	<p>Becky O'Reilly            Recreation &amp; Education            Coordinator</p> <p>Betty Conti &amp; Ellie Rickard            Recreation &amp; Education            Assistant Coordinators</p>	<p>Beth Oliverio            Information and Referral            Specialist</p> <p>Karen Fueger            Kitchen Coordinator</p>

## Bainbridge Bulletin

### Movie Matinee

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

### Thursday, October 5 & 19

**Music that Moves You** Do you turn up the volume when you hear a favorite song? Sing at the stadium, "We will rock you"? Whether you sing, play, whistle, or hum, clap, snap, tap, or drum, dance or just listen, feel free to come. Join Laura and some friends on the 1st and 3rd Thursday at 1:00 and enjoy some tunes. Pretzels and BEVERages (root, birch, or ginger) will be provided. Call (440) 279-1313 for more information.

### Thursday, October 12:

**David Explains: The Great Depression.** October 24, 1929, Black Thursday. The start of a worldwide economic depression or was it. Learn about the gradual move towards economic collapse and how the world got there. Please register by calling (440) 279-1313.

### Thursday, October 26:

**Big Breakfast** Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and October birthdays are free to attend. The cost is \$5 for everyone else. October's menu is breakfast casserole, bacon, and fruit. Please RSVP by Friday, October 20th.



## Bainbridge Senior Center

440-279-1313

### MONDAY

### TUESDAY

2	<p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:30 Chair Yoga -cise (\$3)            10:00-2:00 Poker            12:00-2:30 <b>Lunch &amp; a Movie</b>  <i>(Frankenweenie)</i>            12:30-2:30 Beginner 's Mahjong            2:30-3:15 Cardio Drumming</p>	3	<p>9:45-10:15 Balance Exercise            10:00-12:00 Mexican Train            12:00-12:30 Lunch            12:00- 2:00 Social Work Appts.            12:30-2:30 Intermediate Mahjong</p>
9		10	<p>9:45-10:15 Balance Exercise            10:00-12:00 Mexican Train            12:00-12:30 Lunch            12:30-2:30 Intermediate Mahjong</p>
16	<p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:30 Chair Yoga -cise (\$3)            10:00-2:00 Poker            12:00-2:30 <b>Lunch &amp; a Movie</b>  <i>(Encanto)</i>            12:30-2:30 Beginner 's Mahjong            2:30-3:15 Cardio Drumming</p>	17	<p>9:45 10:15 Balance Exercise            10:00-12:00 Mexican Train            12:00-12:30 Lunch            12:30-2:30 Intermediate Mahjong</p>
23	<p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:30 Chair Yoga -cise (\$3)            10:00-2:00 Poker            12:00-2:30 <b>Lunch &amp; a Movie</b>  <i>(Coco)</i>            12:30-2:30 Beginner 's Mahjong            2:30-3:15 Cardio Drumming</p>	24	<p>9:45-10:15 Balance Exercise            10:00-12:00 Mexican Train            12:30-2:30 Intermediate Mahjong</p>
30	<p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:30 Chair Yoga -cise (\$3)            10:00-2:00 Poker            12:00-2:30 <b>Lunch &amp; a Movie</b>  <i>(Hocus Pocus)</i>            12:30-2:30 Beginner 's Mahjong            2:30-3:15 Cardio Drumming</p>	31	<p>9:45-10:15 Balance Exercise            10:00-12:00 Mexican Train            12:00-12:30 Lunch            11:45-1:45 Intermediate Mahjong  <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**

<p align="right"><b>4</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            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 (<i>senior center</i>)            12:30-2:30 Podiatrist            12:30-2:00 Out to Lunch Group                (<i>Buffalo Wild Wings, Aurora</i>)</p>	<p align="right"><b>5</b></p> <p>9:45-10:15 Balance Exercise            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 Music that Moves You</p>	<p align="right"><b>6</b></p> <p>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</p>
<p align="right"><b>11</b></p> <p>8:30-9:30 All-Around Exercise(\$3)            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 (<i>senior center</i>)            12:30-2:30 Podiatrist            12:30-2:00 Out to Lunch Group                (<i>Cowboys, Bainbridge</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>12</b></p> <p>9:45-10:15 Balance Exercise            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 <b>David Explains:</b>                <b>The Great Depression</b></p>	<p align="right"><b>13</b></p> <p>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</p>
<p align="right"><b>18</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            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 (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                (<i>Aaron &amp; Moses, Twinsburg</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>19</b></p> <p>9:45-10:15 Balance Exercise            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            10:30 - 12:00 Chair Volleyball            12:00-12:30 Lunch            12:30-2:00 Iris Folding Class            1:00-2:00 Music that Moves You</p>	<p align="right"><b>20</b></p> <p>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</p>
<p align="right"><b>25</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            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 (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                (<i>Tipsy Bull, Bainbridge</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>26</b></p> <p>9:00-10:00 <b>Big Breakfast!</b>                <i>Prior registration required</i>            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            10:30 - 12:00 Chair Volleyball            12:00-12:30 Lunch</p>	<p align="right"><b>27</b></p> <p>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</p>
<p align="center"><b><u>Podiatrist Appointments</u></b></p> <p>Dr. Iryna Gross will be here to provide basic podiatric services on Wednesday, October 25, from 12:30 to 3:30 pm. Please call to schedule your appointment ASAP.            (440) 279 -1313</p>		<div style="border: 1px solid black; padding: 10px;"> <p align="center"><b>Recreation &amp; Education Coordinator</b>  <i>David Craig</i></p> <p align="center"><b>Recreation &amp; Education Assistant</b>  <i>Laura Reed</i></p> </div>

## Newsorthy Notes

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

### Craft with Millissa

**OCT 24-**We will be making a Monogram Door Wreath, cost is \$10, all supplies provided. **Register by OCT 17th**

### Monthly Breakfast & BINGO

**OCT 20th-FALL FUN BREAKFAST & MORE!!** Join us for a celebration of EVERYTHING FALL!!! Breakfast of Pumpkin Spice French Toast, sausage, apple fritters & apple cider. Fall themed Bingo immediately follows the breakfast. After Bingo will be a Fall Inspired Game of Left/Right for your chance to win a beautiful Fall potted Mum!! **Cost \$5 Register by OCT 13th 279-2163**

### Never Ending Knowledge Schedule

#### American History

**OCT 4-**Communication, from Telegraph to TV, and Immigrant Dreams & Struggles.

**OCT 11-**Democratizing Technology, Extinction & Conservation.

**OCT 18-**KITTY HAWK, Tranquility-Innovation & Flight, and the COLD WAR

**OCT 25-**National Tragedy-Maine, Pearl Harbor, 911, and Public Health.

#### Art History-Leonardo DaVinci

**OCT 5-**Annunciation, Leo's first commission, and the "Ginevra de' Benci" portrait

**OCT 12-**Leo's Early Madonnas, Scandal, Reprieve, & the Penitent St. Jerome.

**OCT 19-**Inventing early Modern Classical, & arrival in Milan-Madonna of the Rocks

**OCT 26-**Leo at Court-Portrait of a Musician, and "Leonardo and the Ladies"

#### Lunch & Learn-OCTOBER

**OCT 13-**"Breast Cancer Awareness" presented by UH Geauga. Learn about breast cancer in older adults, Men AND Women both! Also learn about new treatments that are being used. **A PRE-Paid (\$5) Lunch is available (chicken salad on croissant, chips, beverage and dessert.)** You can bring your own lunch as well, it's your choice. **Register by OCT 6th 279-2163**

#### Lunch in and Movie

**OCT 31-**Casper the Friendly GHOST is the movie, and the lunch meal will be "Mummy Dogs" (Crescent wrapped hotdogs), deviled eggs, Halloween shaped pretzels, cupcakes and a beverage. **Cost for meal is \$6 PRE-PAID, MOVIE ONLY is FREE. Register by OCT 24th 279-2163**

#### DINE NITE OUT with WGSC

**OCT 26th 5-7pm** -Meet up at Mangia-Mangias in Newbury. Join us for a social Nite out with your WG Senior Center Friends. Call us ahead to let us know you are coming so we can reserve you a seat. **RSVP by OCT 23rd 279-2163**

#### Halloween Party w/St. Anselm kids.

**OCT 30th -11:30-2:00pm** Join us for "BOO BINGO" with fun Prizes, pizza Lunch, Kids Costume Parade & More!! **Cost: \$6 Register by OCT 25th 279-2163**

## West Geauga Sr. Center

440-279-2163

### MONDAY

### TUESDAY

8:30-10:30 Italian Card Game **2**  
 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  
 12:00-2:00 **Matter of Balance Class**  
 1:00-4:00 Mahjongg (beginners)  
 2:00-3:00 Line Dance Class

9:00-11:30 Stained Glass Class \$5 **3**  
 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  
 12:30-2:30 Knit & Crochet  
 1:30-2:15 Balance Exercise  
 2:30-3:00 EZ Chair Exercise (WX)  
 3:00-4:00 Visual Arts w/Fairmount

### ALL SITES CLOSED



9:00-11:30 Stained Glass Class \$5 **10**  
 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  
 12:30-2:30 Knit & Crochet  
 1:30-2:15 Balance Exercise  
 2:30-3:00 EZ Chair Exercise (WX)  
 3:00-4:00 Visual Arts w/Fairmount

8:30-10:30 Italian Card Game **16**  
 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  
 1:00-4:00 Mahjongg (beginners)  
 2:00-3:00 Line Dance Class

9:00-11:30 Stained Glass Class \$5 **17**  
 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  
 12:30-2:30 Knit & Crochet  
 1:30-2:15 Balance Exercise  
 2:30-3:00 EZ Chair Exercise (WX)  
 3:00-4:00 Visual Arts w/Fairmount

8:30-10:30 Italian Card Game **23**  
 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  
 1:00-4:00 Mahjongg (beginners)  
 2:00-3:00 Line Dance Class

9:00-11:30 Stained Glass Class \$5 **24**  
 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 **Craft w/Millissa \$10**  
 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

8:30-10:30 Italian Card Game **30**  
 9:00-10:00 Water Exercise-Metz Pool  
 NO EXERCISE OR YOGA CLASSES TODAY  
 11:30-2:00 **Halloween Party with the kids from St. Anselm School \$6**  
 12:00-1:00 Water Exercise-Metz Pool  
 1:00-4:00 Mahjongg (beginners)  
 2:30-3:30 Line Dance Class

9:00-11:30 Stained Glass Class \$5 **31**  
 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  
 12:30-2:30 Knit & Crochet  
 12:00-2:00 **Lunch-In and Movie "Casper"**  
 NO PM Exercise Classes today  
 3:00-4:00 Visual Arts w/Fairmount

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

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>8:30-10:30 Italian Card Game</b> <b>4</b>  <b>9:00-10:00 Water Exercise-Metz Pool</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-10:55 Strength &amp; Cardio (WX)</b>  <b>11:00-12:00 Gentle Chair Yoga</b>  <b>1:00-2:00 Never Ending Knowledge</b>  <b>"American History"</b>  <b>2:00-3:00 Yoga Nidra w/Darlene</b></p>	<p><b>9:00-10:00 Water Exercise-Metz Pool</b> <b>5</b>  <b>9:00-11:00 Pinochle</b>  <b>10:00-11:00 Water Exercise-Metz Pool</b>  <b>10:00-11:00 Exercise w/Sandy(WX)</b>  <b>10:00-1:00 Mahjong</b>  <b>11:30-12:30 Never Ending Knowledge</b>  <b>"Art History"</b>  <b>12:00-2:00 Matter of Balance Class</b>  <b>2:00-3:00 Senior Spin at "O" Holly</b>  <b>3:00-4:00 Senior Spin at "O" Holly</b></p>	<p><b>8:30-10:30 Italian Card Game</b> <b>6</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-11:00 Gentle Chair Yoga VIDEO</b>  <b>11:00-11:45 Cardio Drumming</b>  <b>1:30-2:15 Balance Exercise</b>  <b>2:30-3:00 EZ Chair Exercise (WX)</b></p>
<p><b>8:30-10:30 Italian Card Game</b> <b>11</b>  <b>9:00-10:00 Water Exercise-Metz Pool</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-10:55 Strength &amp; Cardio (WX)</b>  <b>11:00-12:00 Gentle Chair Yoga</b>  <b>1:00-2:00 Never Ending Knowledge</b>  <b>"American History"</b>  <b>2:00-3:00 Yoga Nidra w/Darlene</b></p>	<p><b>9:00-10:00 Water Exercise-Metz Pool</b> <b>12</b>  <b>9:00-11:00 Pinochle</b>  <b>10:00-11:00 Water Exercise -Metz Pool</b>  <b>10:00-11:00 Exercise w/Sandy (WX)</b>  <b>10:00-1:00 Mahjong</b>  <b>11:30-12:30 Never Ending Knowledge</b>  <b>"Art History"</b>  <b>1:00-2:00 Card Making Circle \$</b>  <b>2:00-3:00 Senior Spin at "O" Holly</b>  <b>3:00-4:00 Senior Spin at "O" Holly</b></p>	<p><b>8:30-10:30 Italian Card Game</b> <b>13</b>  <b>9:00-1:30 AARP Smart Driver Course \$</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-11:00 Gentle Chair Yoga VIDEO</b>  <b>11:00-11:45 Cardio Drumming</b>  <b>12:00-1:00 Lunch &amp; Learn \$5</b>  <b>UH Geauga "Breast Cancer Awareness"</b>  <b>1:30-2:15 Balance Exercise</b></p>
<p><b>8:30-10:30 Italian Card Game</b> <b>18</b>  <b>9:00-10:00 Water Exercise-Metz Pool</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-10:55 Strength &amp; Cardio (WX)</b>  <b>11:00-12:00 Gentle Chair Yoga</b>  <b>1:00-2:00 Never Ending Knowledge</b>  <b>"American History"</b>  <b>2:00-3:00 Yoga Nidra w/Darlene</b></p>	<p><b>9:00-10:00 Water Exercise -Metz Pool</b> <b>19</b>  <b>9:00-11:00 Pinochle</b>  <b>10:00-11:00 Water Exercise-Metz Pool</b>  <b>10:00-11:00 Exercise w/Sandy (WX)</b>  <b>10:00-1:00 Mahjong</b>  <b>11:30-12:30 Never Ending Knowledge</b>  <b>"Art History"</b>  <b>2:00-3:00 Senior Spin at "O" Holly</b>  <b>3:00-4:00 Senior Spin at "O" Holly</b></p>	<p><b>8:30-10:30 Italian Card Game</b> <b>20</b>  <b>8:30-10:30 FALL FUN Breakfast \$5</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-11:00 Gentle Chair Yoga VIDEO</b>  <b>11:00-11:45 Cardio Drumming</b>  <b>1:30-2:15 Balance Exercise</b>  <b>2:30-3:00 EZ Chair Exercise (WX)</b></p>
<p><b>8:30-10:30 Italian Card Game</b> <b>25</b>  <b>9:00-10:00 Water Exercise-Metz Pool</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-10:55 Strength &amp; Cardio (WX)</b>  <b>11:00-12:00 Gentle Chair Yoga</b>  <b>1:00-2:00 Never Ending Knowledge</b>  <b>"American History"</b>  <b>2:00-3:00 Yoga Nidra w/Darlene</b></p>	<p><b>9:00-10:00 Water Exercise-Metz Pool</b> <b>26</b>  <b>9:00-11:00 Pinochle</b>  <b>10:00-11:00 Water Exercise-Metz Pool</b>  <b>10:00-11:00 Exercise w/Sandy (WX)</b>  <b>10:00-1:00 Mahjong</b>  <b>11:30-12:30 Never Ending Knowledge</b>  <b>"Art History"</b>  <b>2:00-3:00 Senior Spin at "O" Holly</b>  <b>3:00-4:00 Senior Spin at "O" Holly</b>  <b>5:00-7:00 DINE NITE OUT</b></p>	<p><b>8:30-10:30 Italian Card Game</b> <b>27</b>  <b>9:00-11:30 Stained Glass Class \$5</b>  <b>10:00-11:00 Gentle Chair Yoga VIDEO</b>  <b>11:00-11:45 Cardio Drumming</b>  <b>1:30-2:15 Balance Exercise</b>  <b>2:30-3:00 EZ Chair Exercise (WX)</b></p>

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



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

**Recreation/Education Coordinator**

~Christine Bacon 440 -214-3505

**Rec/Ed Assistant Coordinator**

~Millissa Brosch 440 -279-2183

**I&R Assistant: Debbie M.**

**Stained Glass Class Appointments:**

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

**Monday Crafts:**  
**2nd: Cork Pumpkin**  
 Cost \$3.00

**16th Scarecrow Flowerpot**  
 Cost:\$5.00

**23rd Paint Pumpkin**  
 Cost: \$3.00

**30th Crafting With Marsha**  
 Cost: \$3.00

**Wednesday October 11th**  
**Vintage Pumpkin Painting**  
 Canvas painting with Amber  
 from Ariel inspired studio.  
 Pumpkin Snacks! Cost \$30



**Thursday October 12th**  
**Lunch and Learn. Natural**  
 wellness with plant medicine  
 Presented by Theresa Daniello  
 Cost \$5.00

**Friday October 13th**  
**Monster Mash Party!**  
 Halloween BINGO  
 Lunch \$5.00

**Wednesday October 18th**  
**Touring Geauga County with**  
 Ginny! Salvage Store  
 Shopping and lunch at  
 El Patron Cost on your own.

**Friday October 20th**  
**Kathie Doyle Presentation.**  
 History of Polio  
 No Cost.

**Thursday October 26th**  
**His Daughter. Essential oils.**  
 Make and take mini soap.  
 Cost \$5.00

**Friday October 27th**  
**Halloween Party!**  
 Century Village  
 Cost \$15.00


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

**MONDAY**

**TUESDAY**

2	10am Quilling Diamond Painting 11am Balance Exercise 12pm Lunch 1pm Crafting 12pm Painting Pals	3	10am Chair Yoga Video 12pm Lunch 1pm Chair Volleyball
9		10	10am Mindful Movement \$3 12pm Lunch 1pm Chair Volleyball
16	10am Quilling Diamond Painting 11am Balance Exercise 12pm Lunch 1pm Crafting 12pm Painting Pals	17	10am Mindful Movement \$3 11am Health BINGO with UH 12pm Lunch 1pm Chair Volleyball
23	10am Quilling Diamond Painting 11am Balance Exercise 12pm Lunch 1pm Crafting 12pm Painting Pals	24	10am Chair Yoga Video 12pm Lunch 1pm Chair Volleyball
30	10am Quilling Diamond Painting 11am Balance Exercise 12pm Lunch 1pm Crafting with Marsha 12pm Painting Pals	31	Closed at 2pm for staff development

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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
4	5	6
<p>10am Balance Exercise            12pm Lunch            1pm BINGO            2:30-3:30 Sound Journey            With Theresa Daniello \$5</p>	<p>10am Chair Yoga \$3            12pm Lunch            1pm Chair Volleyball</p>	<p>11am Weight Exercise            12pm Lunch            1pm Chair Volleyball</p>
11	12	13
<p>10am Balance Exercise            12pm Lunch            1pm Vintage Pumpkin            Painting with Amber Ariel</p>	<p>10am Chair Yoga \$3            12pm Lunch and Learn            Natural Wellness with            Plant Medicine \$5            1pm Chair Volleyball</p>	<p>11am Halloween BINGO            12pm Monster Mash Lunch            1pm Chair Volleyball</p>
18	19	20
<p>10am Balance Exercise            11am Touring Geauga            County with Ginny            12pm Lunch</p>	<p>10am Chair Yoga \$3            12pm Lunch            1pm Chair Volleyball            1pm Movie at Briar            (Hocus Pocus)</p>	<p>10:30am Kathie Doyle            12pm Lunch            1pm Chair Volleyball</p>
25	26	27
<p>10am Balance Exercise            12m Lunch            1pm BINGO            Sponsored by            Burton Health Care</p>	<p>10am Chair Yoga \$3            11am His Daughter            Essential oils (\$5)            12pm Lunch            1pm Chair Volleyball</p>	<p style="text-align: center;"><b>Halloween Party</b>  <b>At Century Village</b>  <b>11am-2pm</b>  <b>Center Closed.</b></p> <div style="text-align: center;">  </div>
<p>Coffee and Conversation            Everyday starting at 8am</p> <p>GDA Lunch Served Everyday            at 12pm            (unless otherwise noted)</p>	<p style="text-align: center;"><b>Rummikub</b>  <b>Played Everyday</b>  <b>At 9am</b></p> <p>Please call to register for            lunch and special events.</p>	<p>Recreation &amp; Education            Coordinator            Hannah Heinz</p> <p>Assistant Recreation &amp;            Education Coordinator            Ginny Lester</p>

### **PARKINSON'S SUPPORT GROUP**

Join us on Tuesday, October 17th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Did you ever wonder how to enhance that brain of yours? This month, Christine Bacon will be there to help us challenge the brain and learn a little more about the mind-body connection. RSVP by calling Sandy McLeod at 440-279-2137.

### **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 October. Questions? Call Laura at (440) 279-1313.

### **HIS DAUGHTER ESSENTIAL OILS AND MAKE AND TAKE MINI SOAPS**

Thursday, October 26th at 11am at the Middlefield Senior Center. Felicia the owner of His Daughter will be talking about Essential Oils. Make and take a Mini Soap (3 pack). Cost 5.00. Call us by Monday, October 23rd to let us know you will be here 440-632-0611. Space Limited.

### **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>
10/3/2023	<b>Punderson State Park</b>	11755 Kinsman Road (Rt 87), Newbury, Marina Parking
10/10/2023*	<b>Chickagami Park</b>	17957 Tavern Road (Rt 168), between Rt 422 & Nash Rd, Parkman
10/17/2023	<b>Chapin Forest</b>	9938 Chillicothe Rd (Rt 306), Kirtland. Inner (End) Parking Lot, near Quarry
10/24/2023*	<b>Frohring Meadows</b>	16780 Savage Road, Bainbridge Twp
10/31/2023*	<b>Notre Dame</b>	13000 Auburn Road, South of Rt 322, Chardon

### **DIABETES SUPPORT GROUP**

Tuesday, October 17th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). This month we will be talking about the Good, Bad, and Ugly of diabetes. We will be talking carbohydrates. What are good carbs, bad carbs, and how do they affect your numbers? RSVP by calling Sandy McLeod at 440-279-2137.

**OCTOBER - AARP SMART DRIVER COURSE –  
OFFERED AT THREE DIFFERENT LOCATIONS.**

Bring your own bagged lunch or let us know if you would like a hot lunch ordered for you when calling to sign up. Hot lunch is a suggested donation of \$5. Class cost is \$20 AARP members, and \$25 for non-members to be paid to the instructor the day of class. Ohio Driver's License and AARP card required. Make checks payable to AARP. Please arrive 15 minutes prior for pre-registration paperwork.

**OCT 3rd 9:00a-1:30p –Bainbridge Senior Center** (17751 Chillicothe Rd) RSVP by SEPT 25th To RSVP call 440-279-1313. To reserve a Lunch, You must Request it when calling to sign up.

**OCT 10th 9:00a-1:30p – WGSC** (8090 Cedar Rd. Chesterland) RSVP by OCT 2nd To RSVP call 440-279-2163. . To reserve a Lunch, You must Request it when calling to sign up.

**OCT 13th 9:00a-1:30p —Chardon SC** (470 Center Street Bldg #8) RSVP by OCT 2nd To RSVP call 440-279-2126. . To reserve a Lunch, You must Request it when calling to sign up.

**DAVID EXPLAINS**

David Explains the Great Depression. Black Thursday is widely considered the beginning of the decade long economic depression. David will talk about how the causes of the downturn was much more involved and complex. Learn all this and how the nation and world recovered on Thursday, October 12th, at the Bainbridge Senior Center. Please call to register, (440) 279-1313.

**TOURING GEAUGA COUNTY WITH GINNY**

Wednesday, October 18th, 2023, at 11am. Experience the hidden gems of Geauga County with Ginny! Ginny will be going Salvage Store Shopping and lunch at El Patron Transportation from the Senior center available. Limited space call 440-632-0611. Cost: on your own.

**NEVER ENDING KNOWLEDGE CLASSES AT  
WEST G SENIOR CENTER WEDNESDAYS -1:00-2:00PM  
“EXPERIENCING AMERICA: A SMITHSONIAN TOUR THROUGH  
AMERICAN HISTORY”**

**OCT 4th-**“Communication -From Telegraph to TV” – “Immigrant dreams and struggles.”

**OCT 11th-**“User friendly, Democratizing Technology” – “Extinction & Conservation of Species”

**OCT 18th-** “Kitty Hawk to Tranquility, Innovation & Flight” – “The Cold War, and The Berlin Wall.”

**OCT 25th** –“National Tragedy-Maine, Pearl Harbor & 911.” – “For the greater good-Public Health.”

**THE BAINBRIDGE BIG BREAKFAST!**

Join us at Bainbridge Senior Center on Thursday, October 26th from 9am-10am for our monthly Big Breakfast! Veterans and October Birthdays eat FREE; everyone else pays \$5. Registration and payment are due no later than Friday, October 20th. Please indicate if you are a Veteran or if your Birthday's in October. Our menu for October is breakfast casserole, bacon, and fruit.

**SALTY'S SALT CAVE EXPERIENCE**

Friday, October 13, at 11:00 a.m. We will be meeting at Salty's Salt Cave, on Chardon Square. The staff at Salty's will pamper us, as they explain their local business. You must be able to walk, barefoot, on a floor of salt and sit in a low-to-the-ground chair. Space is limited, and you must call Chardon Senior Center to register at 440-279-2126.

**KATHIE DOYLE PRESENTS SAGA AND HISTORY OF POLIO**

Friday, October 20th, at 10:30am, at the Middlefield Senior Center.

Cost is free call 440-632-0611 to register.

## **WALKING FOR WELLNESS – SUMMER HOURS!**

Every Thursday at 9:00am. 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.

<b>Date</b>	<b>Park</b>	<b>Address</b>
10/5/2023	<b>Orchard Hills</b>	11340 Caves Road, Chesterland
10/12/2023	<b>Nelson Ledges Park</b>	12440 OH 282, Garrettsville Pass the Main Park Entrance, and go to the first parking lot on the left
10/19/2023	<b>Swine Creek Reservation</b>	16004 Hayes Road, Middlefield
10/26/2023	<b>The Rookery</b>	10110 Cedar Road, Chesterland

## **WHO WILL MAKE YOUR HEALTH CARE DECISIONS IF YOU ARE NOT ABLE?**

Attention Geauga County Senior citizens sixty (60) years of age and older. Do you have Advance Directives in place? If not, join us for an informative free program to consider and make your plan. The Geauga County Bar Association Advance Directives Committee and Hospice of the Western Reserve will distribute standard forms and present information and answer questions regarding health care powers of attorney and living wills during the first scheduled meeting. They will return the following week with attorneys from the Geauga Bar, who will help attendees complete the forms and notarize them.

The first meeting, the panel discussion, will take place at the Bainbridge Senior Center, located at 17751 Chillicothe Rd, in Bainbridge on Tuesday, November 7th from 11:00-12:00pm. The second meeting, the day the documents will be signed, will be held again at the Bainbridge Senior Center on Tuesday, November 14 (Half hour appointments will be made for this day).

Seniors who wish to attend the program must register with the Department on Aging by calling (440) 279-2130, by 4:30PM, Monday, November 6.

## **LUNCH & LEARN: SEASONAL AFFECTIVE DISORDER**

Please join us for a Round Table Discussion at Chardon Healthcare (620 Water St, Chardon 44024) on Wednesday, October 18th from 11:30am-1:00pm. Karen Ogle, BSN, RN will be discussing Seasonal Affective Disorder. A light meal will be provided. In conjunction with UH Geauga Medical Center. Please RSVP to Anissa Vilcheck at 440-821-0023 by October 12th.

## **IRIS FOLDING GREETING CARD MAKING WORKSHOP AT BAINBRIDGE SENIOR CENTER**

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 and guides you through how to make beautiful greeting cards! \$1.50 per card, payable to the instructor the day class. Class begins at 12:30 p.m. on October 19, at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.



## **NEW NEVER ENDING KNOWLEDGE AT WGSC- THURSDAY MORNINGS- ART HISTORY- 11:30-12:30PM**

*Art History –“Leonardo Davinci, The history of the Italian Renaissance” series*

**OCT 5th** –“Annunciation-Leonardo’s first commission.” – “A New kind of Portrait-Ginevra De’ Benci.”

**OCT 12th** –“Leo’s Early Madonna’s.” – “Scandal, Reprieve, and the Penitent St. Jerome.”

**OCT 19th** –“Inventing Early Modern Classical.” – “Arrival in Milan-Madonna of the Rocks.”

**OCT 26th** –“Leonardo at Court-Portrait of A Musician. “Leonardo and the Ladies.”

## **MOVIE AND SNACK AT BRIARCLIFF MANOR**

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, October 19th, at 1pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie (Hocus Pocus) in Briarcliffs’ theater room. Please call 440-632-0611 to register.  
Deadline Monday, October 16th

## **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, October 4th** (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: *The Measure* by Nikki Erlick

**Thursday, October 12th** (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: *Rust* by Corbin Bernsen

## **MIDDLEFIELD AND CHARDON SENIOR CENTER HALLOWEEN PARTY**

Friday, October 27th, 2023, 11am-2pm Cost \$15.00. Located at Century Village (14653 E Park St, Burton, OH, 44021) Trick-or-Treating, Entertainment and a spooktacular lunch!

**Featuring Jake from the Chardon Polka Band!**

Call 440-632-0611 or 440-291-2126 to reserve your spot.

## **HALLOWEEN PARTY WITH THE ST. ANSELM SCHOOL KIDS AT WGSC**

**OCT 30th 11:30-2:00pm** -Join us here at West Geauga Senior Center for a Halloween Party with the Kindergarten Class from St. Anselm School. It will be a fun filled Day with the kids, we will have pizza lunch, with a Halloween themed dessert, “BOO BINGO” with FUN PRIZES, A Costume Parade of the children, and they will be trick or treating here just before they leave SO BRING CANDY TO PASS OUT. It will be A LOT of FUN, Don’t forget to wear your costume!!!!

**Cost: \$6 Registration due by OCT 25th Call for more info 440-279-2163**

## **ROAD RALLY IN BAINBRIDGE**

On Wednesday, October 11th at 12:30pm we will begin at Bainbridge Senior Center (Located in the Bainbridge Community United Church of Christ – 17751 Chillicothe Rd, Bainbridge). Pick up your scavenger hunt packet and depart the senior center. Learn and explore the Bainbridge community by following clues, visit landmarks, pose for a few pictures, and pick up a couple of treats along the way! Someone in each car must have a cell phone to take pictures. Don’t miss the fun we have planned for you! Cost is \$10 per person.

### **MONSTER MASH BINGO AND LUNCH**

Friday, October 13th, 2023, 11am BINGO 12pm Lunch Cost \$5.00. Join us if you dare!  
Spooky BINGO for Friday the 13th followed by a fun lunch! Located at Middlefield Senior Center.  
Costumes encouraged but not necessary. Deadline Wednesday, October 11th  
Call 440-632-0611 or 440-291-2126 to reserve your spot.

### **GEAUGA CYCLISTS**

Geauga Department on Aging and UH Geauga & Geauga Parks will hold weekly Tuesday bicycle rides for senior citizens from May through October. Our rides begin at 9:00am and we meet at Eagles Baseball Field on Park Avenue (Chardon) located between Chase Bank and Tilden Avenue. We will ride on the Maple Highland Trail. You must your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Should you have any additional questions, please call Sandy at 440-279-2137.

### **WELCOME TO THE MIDDLEFIELD SENIOR CENTER THERESA DANIELLO!**

\*Tuesday, **October 10 & 17**, 2023, 10am Mindful Movement Exercise \$3.00 per class.  
\*Wednesday, **October 4th**, 2023, 2:30-3:30pm, Sound Journey (Meditation and relaxation class.) \$5.00. \*Thursday, **October 12th**, 2023, 12pm, Lunch and Learn Cost \$5.00  
Natural Wellness with plant medicine. Enjoy food, laughter and community!  
Call 440-632-0611 to register for one or all three!

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

Thursday, October 5th 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.

### **SIMPLE COOKING WITH HEART**

Please join us for a healthy, hands-on cooking demonstration presented by UH Geauga's dietician, Dima and Chef Joe, on Wednesday, October 18th in the conference room at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024). Presentation from 3:00-4:00pm: Don't Eat This, if You're Taking That by David Motz, Rph, Pharm. D, BCPS. Followed by a Free Cooking Demonstration at 4:00pm. Includes a complementary dinner. Sponsored by Age Well Be Well. Please call 440-214-3180 to register. Space is limited.

### **ELDERBERRIES – FALL WAGON RIDES AT SWINE CREEK**

Thursday, October 19th from 11:30am-2:30pm at Swine Creek (16004 Hayes Rd, Middlefield 44062). Seniors, come along on a naturalist-led wagon ride to enjoy natural wonders unique to autumn. Enjoy a meal and a hands-on nature activity while you wait for your ride. This month's meal is sponsored by UH Geauga Medical Center. Registration required by calling the Geauga Park District at 440-286-9516.

### **CRAFT CLASS WITH MILLISSA AT WEST G SENIOR CENTER**

TUESDAY OCT 24th 12:30pm – Join us in making a MONOGRAM WREATH! Cost is \$10 and limited to 1 wreath per person. All supplies Provided. No Experience Necessary. Money and RSVP due by OCT 17th - Call for more INFO 440-279-2163

### **LUNCH-IN AND FREE MOVIE AT WEST G SENIOR CENTER– “CASPER THE FRIENDLY GHOST”**

October 31st 12:00-2:00pm–Join us at the West G Senior Center for a showing of “Casper the Friendly Ghost” Menu is Mummy Dogs (crescent wrapped hotdogs), Devil’s Eggs (Deviled), Halloween shaped pretzels, cupcakes and a beverage. Cost; \$6 for the meal -Movie is FREE (you can also bring your own bagged lunch) Register by OCT 24th Call for more Info 440-279-2163

### **VINTAGE PUMPKIN CANVAS PAINTING WITH AMBER ARIEL**

Wednesday, October 11th, 2023, 1pm Cost \$30 Located at Middlefield Senior Center Amber Ariel will lead us in a step-by-step painting class of a beautiful vintage style pumpkin. Canvas size is 16x20. No experience needed. Join us for a fun afternoon of painting and pumpkin themed snacks! Call 440-632-0611 to reserve your spot.

### **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.

### **THREE RIVERS IN PITTSBURG**

Geauga Young of Heart & Dept on Aging are going to Three Rivers Casino in Pittsburg on Wednesday, Oct 25. You can depart from the West Geauga Senior Center, 8090 Cedar Road, Chesterland at 9:15 am or Bainbridge Senior Center 17751 Chillicothe Rd., Chagrin Falls at 9:30am. We will depart Pittsburg at 5:30 and be back to BSC at 7:30 and WG at 7:45. The cost is \$40.00 but you will receive \$20 back in free play and a \$5 food voucher. Lunch is on your own. Checks to be made payable to Geauga Young of Heart but you can mail registration forms to Sandy McLeod, Geauga Dept on Aging 12611 Ravenwood Dr. Chardon, Ohio 44024. Any questions call Sandy at 440-279-2137.

**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 **October 6** meeting will be Denise Wolfe from the Geauga Park District. She will talk about the Coyotes in Our Town and County. We will be going to the Erie Station Dinner Theatre in Erie, PA, on Sunday, **October 22**, for a Canterbury Feast, an original medieval comedy. Cost is \$110. To see if space is still available call Kimber at (440) 668-3293. We will be going to the Croatian Lodge in Eastlake on Thursday, **November 16**, for a Branson Country Christmas with the Ozark Jubilee. Doofus Doolittle will keep us laughing with his unique brand of humor. This is drive yourself. Cost is \$60 pp. Call Kimber for reservations. On **December 12-14** we will be going to Lancaster, PA, to see the “Miracle of Christmas” at the Sight and Sound Theatre. Also included is “The First Noel” variety show at the American Music Theatre and Holidays at Mount Hope Dinner Theater for food, entertainment, games, and more. Cost is \$520 pp (\$530 for non-members).

For reservations call Nancy at (440) 729-9684.

### **GEAUGA PARKS PRESENTATION AT WGSC – “OWLS & OREOS”**

Monday NOV 6th 11:00am- This Illustrated program introduces Ohio’s common 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 who attend. ***This is a FREE program, however, sign up is required by OCT 31st. Call 440-279-2163***



**Veterans Registration Form – To be filled out and mailed with Payment (If applicable) to WEST G Senior Center at 8090 Cedar Rd, Chesterland, 44026**

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

Registered for Current Year with GDA? Yes \_\_\_ No \_\_\_ Veteran: Yes \_\_\_ No \_\_\_

IF Yes What Branch of Military? \_\_\_\_\_ Years Served? \_\_\_\_\_

Active in Wartime? Yes \_\_\_ No \_\_\_ -If Yes Which War? \_\_\_\_\_

Meal Choice Check One: \_\_\_ Chicken Broccolini (with pasta and white sauce) Dinner Roll & Salad.

\_\_\_ Chicken Marsala, Pasta w/Red Sauce, Dinner Roll & Salad.

Both Served with a variety of desserts to choose from (Buffet Style), and beverages.

Date Received: \_\_\_\_\_ Receipt Number: \_\_\_\_\_ (Write FREE for Veterans) Staff Initials: \_\_\_\_\_

**PEDALING FOR PARKINSON AT OHMAN FAMILY LIVING AT HOLLY**

Pedaling for Parkinson’s is an indoor stationary cycling program designed specifically for people living with Parkinson’s disease. We are registering for our next 3-month cycle of classes. You can take part in a complimentary screening at Ohman Family Living at Holly to determine if you are right for the program. You will meet with a physician after you receive the screening results. They will schedule a time to meet with the physical therapist if you need additional assistance. You can call Ohman Family Living at 440-338-3195 or Geauga Dept on Aging, Sandy McLeod at 440-279-2137 for more information.

**FALL FUN BREAKFAST & MORE AT WEST G SENIOR CENTER**

Friday OCT 20th 8:30-10:30am -Join us for a celebration of “EVERYTHING FALL”. We will begin with a breakfast of pumpkin spice French toast, sausage, apple fritters and apple cider! Next will be FALL themed BINGO sponsored by Burton HealthCare. Finally we will play a FALL Inspired left/right game for your chance to win a beautiful fall potted Mum!!  
Cost; \$5 RSVP and money due by OCT 13th

**WG CARD MAKING CIRCLE AT WEST G SENIOR CENTER**

OCT 12th at 1:00pm -Join us at WGSC the 2nd Thursday of every month for Card Making with Millissa! Each class will feature two predetermined cards along with supplies to make up three of your own!!Cost is \$1/card and is payable the day of class. Sign up is required one week prior to each class. **Deadline for Octobers class is OCT 5th. Call 440-279-2163**

**OCTOBER LUNCH & LEARN AT WEST G SENIOR CENTER- PRESENTATIONS ARE FREE**

FRIDAY, OCT 13th 12PM –Breast Cancer Awareness-Presented by UH Geauga Hospital. Join us to learn about breast cancer in older adults (not just women but men also), and new treatments that are now available. Education on, the importance of, and technique of administering self-examinations will also be discussed. Lunch (\$5 pre-paid) – Chicken Salad on Croissant, chips, beverage and dessert. OR...If you choose, you can bring a bagged lunch of your own.  
RSVP and money for lunch is due by OCT 6th 440-279-2163

**CHARDON SENIOR CENTER BOOK CLUB**

Monday, October 9, at 1:00 p.m., at the Chardon Senior Center. October’s book is “The Girls of Atomic City; The Untold Story of the Women who Helped Win World War II,” by Denise Kiernan.

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

Mahjong group meets every Monday at the West G Senior Center from 1p-4p, and again Every Thursday Morning from 10a-1p. This is a Beginners group and is taught by Elaine Tanski on Mondays. ALL Levels are WELCOME to come and 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**

### **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 Family Living at Holly Ast. Living Facility-10190 Fairmount Rd in Newbury.

### **DINE NITE OUT WITH YOUR WGSC FRIENDSTHURSDAY OCTOBER 26TH**

–Meet up time is **5:00pm** 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**

### **BREAKFAST & SPEAKER SERIES WITH KATHIE DOYLE AT THE CSC**

Friday, October 6, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is "The History of Hawaii." This is a free event, but registration is required by calling 440-279-2126. Space is limited.

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

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, October 12, 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, October 20, 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 September 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!

### **CASUAL BRIDGE AT CHARDON SENIOR CENTER**

Every Friday, from 1:00-4:00 p.m., at the Chardon Senior Center. Our fun and friendly casual bridge group is looking for more players to come and join us! Even if you haven't played in a few years, you are more than welcome to join our stress-free group! Give the senior center a call for more information, 440-279-2126.

### **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.

# 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.

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

*Subject to Change*

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
JUMBO RAVIOLI w/SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS	SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	CHICKEN SALAD COLE SLAW THREE BEAN SALAD WG HAMBURGER BUN WHOLE FRESH ORANGE	TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES CORN w/RED PEPPERS DICED PEACHES CUP
9	10	11	12	13
<b>CLOSED</b>	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	MACARONI & CHEESE GREEN BEANS SWEET CORN DINNER ROLL DICED PEARS CUP
16	17	18	19	20
STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPPED APPLES	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS HUSH PUPPIES MIXED FRUIT CUP	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	GRILLED CHICKEN BREAST RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP
23	24	25	26	27
CHICKEN ALA KING RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	SLICED HAM w/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	CHICKEN SALAD COLE SLAW THREE BEAN SALAD WG HAMBURGER BUN WHOLE FRESH ORANGE	STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	MINI CORN DOGS TATER TOTS BROCCOLI YELLOW SQUASH DICED PEAR CUP
30	31			
JUMBO RAVIOLI w/SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE 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.

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## **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 Chromeooks.

If interested please call Ed Kraus (440) 554-3708 or email [easyed47@gmail.com](mailto:easyed47@gmail.com) (AARP Tax-Aide Volunteer)