

The Geauga senior news

Geauga County Department on Aging

February 2023

COYOTES & COFFEE CAKES AT WGSC!!! GEAUGA PARKS PRESENTATION

Monday FEB 6th- 11:00am-12 Noon – Learn the facts about these highly adaptable mammals which share our landscapes in Geauga County. Topics to be covered include identification, how they got here, where they live/nest, what they eat, their ecological role and how we can co-exist.

Coffee and Coffee Cakes will be served to all who attend.
Call to register by FEB 3rd FREE Program. 440-279-2163

HELEN KELLER: PRESENTED BY KATHIE DOYLE

Friday, February 17, 10:30. Come to join us for Kathie's dynamic presentation, then stay for a Spaghetti Lunch: \$7 per person. Presentation at 10:30, Lunch served at noon.

Held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611.

Call to make your reservation. Deadline is February 14.

“THE CUPID SHUFFLE” VALENTINES’ LINE DANCE PARTY!

Chardon Senior Center and Bainbridge Senior Center are teaming up in putting together a Valentines’ Day Party! Tuesday, February 14, 2023, from 11:30 – 1:30 p.m., at the Bainbridge Senior Center. We will have plenty of line dancing, but also plenty of other dances as well! Here’s what we have planned for the day: Lunch will feature croissant sandwiches; we will have a lively and super-fun D.J. for entertainment; Becky O’s almost-famous crème puff cake for dessert; a visit with Cupid, himself; plus lots of other fun surprises up our sleeves!

It’s going to be a great time! **Register by February 3, or until the event is full (space is limited). Cost is \$10.00 per person.**

DAVID EXPLAINS

David Explains women inventors. February is National Women Inventors Month and we’ll celebrate by looking at the important contributions made by females. Join David on Thursday, February 9th at 1pm and maybe learn something new. **Please call to register, (440) 279-1313.**



What's New in this Issue

GPD PRESENTS, KELLER PRESENTATION	1	DINE NITE, IRIS FOLDING.....	15
CUPID SHUFFLE, DAVID EXPLAINS.....	1	LUNCH & LEARN, CUISINE & CULTURE	15
INDEX	2	YOUNG AT HEART	15
EXTRA HELP WITH MEDICARE PART D	2	FEB LUNCH & LEARN, BREAKFAST CLUB	16
NEWSLETTER INFO	2	MAH JONG, CARD CLASS.....	16
PATRONS (PLATINUM)	3	CARD CLASS, IRIS FOLDING, PARK 55.....	16
ADS, HEAP	3	IRIS FOLDING, TEA & CRAFT	17
CHARDON CALENDAR.....	4 & 5	CUPS & CANVASES, VIRTUAL TRAVEL	17
BAINBRIDGE CALENDAR.....	6 & 7	BASEBALL APRTY, INDOOR WALKING	17
WEST GEAUGA CALENDAR	8 & 9	CANASTA, BREAKFAST & BINGO.....	18
MIDDLEFIELD CALENDAR.....	10 & 11	MAJ JONGG, CARDIO DRUMMING	18
YOGA, LUNCH & SPEAKER	12	CRAFT CLASS, PODIATRY APPTS	18
VISUAL ARTS, LINE DANCING.....	12	ATTENTION TAX PAYING SENIORS	19
PARKINSONS & DIABETES SUPPORT.....	12	ADULT DAY SERVICE	19
CUPID CHOW, FAT TUESDAY	13	REGISTRATION, TRASH PICK-UPS.....	20
BREAKFAST SPEAKER, BIG BREAKFAST.....	13	WATER & HEATING ASSISTANCE	21
WALKING WELLNESS, LUNCH-IN MOVIE.....	13	REGISTRATION FOR EVENTS.....	22
HOME MAINTENANCE, BOOK CLUB.....	14	MENU.....	23
FUNNIEST FILM, LUNCH & MOVIE	14	REGISTER FOR EVENTS	24
BOOK DISCUSSION.....	14		

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: \$1,719/monthly & resources below \$15,510; or

Married \$2,309/monthly & resources below \$30,950.

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
Constance & Ken Korosec
Sigmund & G Rae Peck
Don Sulhan, in Memory of the Sulhan Family
Fred & Jennie Bemberg
Members of the Newbury Class of 1956
Ben Shuman & Cathy Patrick
Donna & David Toth
"Chester Study Club"
Vince Lisi, in memory of Evelyn Lisi
Catherine & Curtis Leary
Dan and Gwenn Brown

The Adult Day Service is a free program for Geauga County residents who have beginning to mid-stage dementia or Alzheimer's disease. The program is offered Monday through Friday, 8:30a.m. to 2:30 p.m. and includes daily activities and lunch. Virtual programming is available as well. There is no charge for this program, but donations are greatly appreciated. ADS is located at 8090 Cedar Road in Chesterland. ADS contact phone number (440) 279-2149, or email vkrueger@co.geauga.oh.us.

SCOPE OF SERVICE: - To provide client-centered continuum of care to frail and/or cognitively impaired Geauga County Seniors. – To promote independence and well-being of the program participants. - To provide support, education, and relief to caregivers. – To provide physical, mental, and social stimulation.

Weekly programs include:

Chair Exercises, Cardio Drumming, Chair Yoga, Chair Chi, & Bingo.

HEATING ASSISTANCE AVAILABLE

The Ohio Department of Development and Geauga County Department on Aging want to remind Ohioans 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. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). 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, 2022.

For more information about HEAP, contact Geauga County 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

Friday, Feb, 3 Happy Healthy Heart Open House! Join us to learn about all the groups we have here at CSC.

Friday, Feb. 10: Breakfast and Speaker with Kathie Doyle. Kathie's topic this month will be "Wicked Women in History." Prior registration required.

Monday, Feb, 13: Book Club February's book The Lincoln Highway. By Amor Towles

Thursday, Feb, 9: Brunch Bunch at Bob Evans in Chardon. Cost on your own call to reserve spot.

Tuesday, Feb, 14: Cupid Shuffle Valentines Dance . Pre Registration required . Call to reserve your spot!


Wednesday, Feb. 15: Heather Hill Cooking Demo. Space is limited. Reservations required. Thanks to our wonderful community partner, Heather Hill! FREE

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

Friday, Feb 24th: Sunshine Celebration. Celebrating February Birthdays! Call to RSVP 279-2126

Stop by and see us at our new location @ 470 Center Street, Building 8, in Chardon!



Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
Becky O'Reilly Recreation & Education Coordinator Hannah Heinz Recreation & Education Assistant Coordinator	Beth Oliverio Information and Referral Specialist Karen Fueger Kitchen Coordinator Peggy Peters Kitchen Assistant
6 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:30-1:30 BINGO 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics 1:00-3:00 Ceramics	7 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Group 11:00-11:45 Balance Exercises 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
13 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:30-1:30 BINGO 12:45-1:45 Line Dancing \$3 1:00 Book Club	14 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Group 11:00-11:45 Balance Exercises 12:30-4:00 Game Day 11:30-3:00 Cupid Shuffle Valentines Dance at Bainbridge Senior Center-prior registration 2:00-3:30 Dulcimer Practice
20 	21 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 10:00-12:00 Knit and Crochet G 11:00-11:45 Balance Exercises 12:30-1:30 Parkinson's Support 2:00-3:00 Diabetic Support 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
27 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:30-1:30 BINGO	28 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Group 11:00-11:45 Balance Exercise Senior Center Closes at 12:30 today for Staff Training

Chardon Senior Center
12555 Revanwood Dr., Chardon

WEDNESDAY			THURSDAY			FRIDAY		
1	<p>9:00-11:00 Pinochle 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	2	<p>10:30-12:00 Renaissance Choir 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:30-3:30 Line Dancing \$5</p>	3	<p>9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00-12:30 Lunch 12:00-3:00 Happy Healthy Heart Open House 1:00-4:00 Bridge Group</p>			
8	<p>9:00-11:00 Pinochle 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	9	<p>9:30 Brunch Bunch at Bob Evans Chardon 10:30-12:00 Renaissance Choir 12:00-3:30 Painting Pals 12:00-1:30 Geauga Park District Presentation 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:30-3:30 Line Dancing \$5</p>	10	<p>9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker-prior registration 11:00-12:00 NO BINGO 12:30-1:30 Caring for Others Crafting 1:00-1:45 NO Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>			
15	<p>9:00-11:00 Pinochle 11:00-11:45 NO Balance Exercise 11:00-11:45 Strength Training \$2 12:00-1:00 Heather Hill Cooking Demo & Luncheon, prior-reg registration 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	16	<p>10:30-12:00 Renaissance Choir 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:30-3:30 Line Dancing \$5</p>	17	<p>9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 Caring for Others Crafting 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>			
22	<p>9:00-11:00 Pinochle 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	23	<p>10:30-12:00 Renaissance Choir 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:30-3:30 Line Dancing \$5</p>	24	<p>9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:45 Sunshine Celebration 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>			
			<p>Lunch is served every weekday at 12 noon, unless otherwise noted in the calendar. Reservations for lunch are required on the Monday prior to the week you would like to join us for lunch! Call us at 440-279-2126 for lunch reservations.</p>					

Bainbridge Bulletin

Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12pm. There is no charge for the movie and lunch is available with donations being welcomed but not necessary. February's theme is classic romance. Call the Bainbridge Senior Center with any questions or for more information. (440) 279-1313.

Thursday, February 9: David Explains: Women Inventors.

February is National Women Inventors Month and we'll look at some of the important contributions of female inventors. The program will start at 1pm and please RSVP by 2/6.

Thursday, February 23: Bainbridge Big Breakfast

Veterans and February birthdays eat free; \$5 for all others. The menu will be scramble eggs, hash browns, and sausage patties. RSVP by Friday, February 17.

Thursday, February 23, Finding My Roots:

After breakfast, author Marion Boyer will talk about her personal journey to find her ancestors secrets. Marion solves a family mystery through genealogical research and talks about her ancestral homeland of Norfolk. This program will begin at 10:30 and last approximately 1 hour. Please RSVP by Friday, February 17.

Tuesday, February 28: The Funniest Moments in Film


An interactive presentation that highlights the best of the best of motion picture. Marty Gitlin will discuss why each scene is considered the funniest and the impact they made on pop culture. Lunch will be served prior to Marty's presentation. The cost of this program is \$10 and registration is required. RSVP by Tuesday, February 21. Call (440) 279-1313 with any questions.

Bainbridge Senior Center

440-279-1313

MONDAY

TUESDAY

6	7
<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00- 2:30 Lunch and Movie Matinee (<i>Titanic</i>) 12:30-2:30 Beginner's Mah Jong 1:00-3:00 Mah Jong 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 12:30-2:30 Beginner's Mah Jong 1:00-2:00 Brain Busters</p>
13	14
<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee (<i>The Notebook</i>) 12:30-2:30 Beginner's Mah Jong 1:00-3:00 Mah Jong 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 11:30-1:30 Valentines Day Dance "The Cupid Shuffle" Music, dancing, mocktails, lunch and a visit from Cupid! Registration is required by Friday, February 3, 2023</p>
20	21
	<p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 12:30-2:30 Beginner's Mah Jong 1:00-2:00 Brain Busters</p>
27	28
<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee (<i>Cyrano</i>) 12:30-2:30 Beginner's Mah Jong 1:00-3:00 Mah Jong 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 9:00-11:00 Podiatrist 10:00-12:00 Mexican Train 12:00-1:00 <i>The Funniest Moments in Film</i> Presentation by author Marty Gitlin Registration is required by Tuesday, February 21, 2023</p>

Bainbridge Senior Center
17751 Chillicothe Road, Bainbridge, OH 44023

WEDNESDAY

THURSDAY

FRIDAY

1	2	3
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Buffalo Wild Wings, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
8	9	10
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Sirna's, Auburn</i>) 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-2:00 David Explains: Women Inventors</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
15	16	17
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Papous Tap & Grille, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 12:30-2:00 Iris Folding Class</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 12:30-1:00 Geauga County Park District presents Coyotes: Our Town & Country Canines 2:30-3:15 Cardio Drumming</p>
22	23	24
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Sleepy Rooster, Bainbridge</i>) 2:30-3:15 Cardio Drumming</p>	<p>9:00-10:00 Big Breakfast! <i>Prior registration required</i> 10:00-12:00 Knit and Crochet 10:30-11:30 Finding My Roots: Presentation by author Marion Boyer 10:00-3:00 Pinochle 12:00-1:00 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p>REC Assistant Coordinator David Craig</p>		

Newsorthy Notes

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

Geauga Parks Naturalist Program

FEB 6- 11:00-12:00 "Coyotes & Coffee Cake" Join us for this Nature program all about Coyotes; and have some coffee and cakes too!! **FREE - RSVP by FEB 3rd**

Cupid Chow & Cupcakes

FEB 7- 11:30-1:00 Join us for some fun Valentine themed games & prizes, along with a Pizza Lunch, and valentine cupcakes for dessert. **Cost: \$3 Register by Jan 30th**

Craft with Millissa

Feb 15th-12:30pm -Make a ST Patrick's Day Sock Gnome!! All supplies provided **Cost: \$5 Register by Feb 8th**

Monthly Breakfast & Bingo

FEB 17th 8:30-9:30-Menu is heart shaped pancakes with strawberries, yogurt parfait and beverage. Join us for Bingo and Fun prizes after the meal. **Cost: \$4 Register by Feb 10th**

Virtual Travel Destinations

FEB 1st -Edinburgh Castle & The royal mile

FEB 8th -Downtown Dubai & historical District

FEB 15th -NYC Little Italy & Brooklyn Hts.

FEB 22nd -New Orleans-Crescent Park

Lunch & Learns

Feb 10th at Noon-Womens Health and Cardiac Risk- Its Go Red Month for women, and UH Geauga will present a program on the importance of our health as we age; including cardiac screening. Lunch for \$5 (pre - paid) is available if interested, or bring your own lunch. Presentation ONLY is FREE - **Register by FEB 3rd**

Feb 24th at Noon-Women and Aroma Therapy-Find your Calm-Aroma Therapy is the art of using essential oils for therapeutic benefits. Learn about the benefits & history of this form of therapy. Lunch for \$5 (pre-paid) is available if interested, or bring your own lunch. Presentation ONLY is FREE -**Register by FEB 17th**

Lunch in and Movie

Feb 21st-12-2pm "My Fellow Americans" Lunch will include either egg salad, tuna salad or ham salad on croissant, chips, beverage and a mini apple pie for dessert. Regardless of lunch requests please **RSVP by Feb. 15th WGSC - 8090 Cedar Rd, Cheslerland - 440.279.2163**

DINE NITE OUT with WGSC

FEB 23rd- meet up time is 5:00pm, and the restaurant of the month is Mangia Mangia. **RSVP by FEB 21st**

Card Making Class w/Millissa

Feb 27th 1pm-February's class will construct 3 separate Get Well/Thinking of You cards! All supplies included/provided. All cards will be gender neutral so you can give them to anyone! **Cost: \$3 RSVP by Feb 20th**

West Geauga Sr. Center

440-279-2163

MONDAY

TUESDAY

FEBRUARY

6
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
11:00-12:00 *Geauga Parks Prg*
"Coyotes & Coffee Cake"
12:00-1:00 Water Exercise-Metz Pool
1:00-3:00 American Mahjong
2:00-3:00 Line Dance Class

7
8:30-10:30 Italian Card Game
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)
11:30-1:00 *Cupid, Chow & Cupcakes* \$3
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

13
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
1:00-3:00 American Mahjong
2:00-3:00 Line Dance Class

14
8:30-10:30 Italian Card Game
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
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (WX)
3:00-4:00 Visual Arts w/Fairmount

20

CLOSED
PRESIDENTS' DAY
MONDAY

21
9:00-11:30 Stained Glass Class \$5
9:00-11:00 Pinochle
10:00-11:00 Exercise -Sandy (WX)
12:00-2:00 *Movie and Lunch-in (\$6)*
"My Fellow Americans"
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

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
1:00-2:00 *Card Making w/Millissa* \$3
1:00-3:00 American Mahjong
2:00-3:00 Line Dance Class

28
8:30-10:30 Italian Card Game
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
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (WX)
3:00-4:00 Visual Arts w/Fairmount

West Geauga Sr. Center

8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
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<p>8:30 -10:30 Italian Card Game 1 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00 -12:00 Gentle Chair Yoga 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>8:30 -10:30 Italian Card Game 2 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 9:00 -11:00 Pinochle 10:00 -11:00 Exercise w/Sandy (WX) 3:00 -4:00 Word Game (WX)</p>	<p>8:30 -10:30 Italian Card Game 3 9:00 -11:00 Pinochle 10:00 -11:00 Stained Glass Class \$5 11:00 -11:45 Cardio Drumming 1:00 -3:00 Tech Help Appointments 1:30 -2:15 Balance Exercise 2:30 -3:00 EZ Chair Exercise (WX)</p>
<p>8:30 -10:30 Italian Card Game 8 9:00-10:00 Water Exercise-Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00 -12:00 Gentle Chair Yoga 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>8:30-10:30 Italian Card Game 9 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 9:00 -11:00 Pinochle 10:00 -11:00 Exercise w/Sandy (WX) 3:00 -4:00 Word Game (WX)</p>	<p>8:30 -10:30 Italian Card Game 10 9:00 -11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00 -11:45 Cardio Drumming 12:00 -1:00 Lunch & Learn \$5 1:00-3:00 Tech Help Appointments 1:30 -2:15 Balance Exercise 2:30 -3:00 EZ Chair Exercise (WX)</p>
<p>8:30-10:30 Italian Card Game 15 9:00-10:00 Water Exercise-Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 12:30-2:30 Craft with Millissa \$5 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>8:30-10:30 Italian Card Game 16 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 9:00 -11:00 Pinochle 10:00 -11:00 Exercise w/Sandy (WX) 3:00 -4:00 Word Game (WX)</p>	<p>8:30-9:30 Breakfast & Bingo \$4 17 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 1:00-3:00 Tech Help Appointments 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
<p>8:30-10:30 Italian Card Game 22 9:00-10:00 Water Exercise-Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed) 2:00 -3:00 Yoga Nidra w/Darlene</p>	<p>8:30-10:30 Italian Card Game 23 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 9:00 -11:00 Pinochle 10:00 -11:00 Exercise w/Sandy (WX) 3:00 -4:00 Word Game (WX) 5:00 -7:00 DINE NITE OUT</p>	<p>8:30-10:30 Italian Card Game 24 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 12:00 -1:00 Lunch & Learn \$5 1:00-3:00 Tech Help Appointments 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>

Recreation/Education Coordinator
~Christine Bacon 440-279-2163
Rec/Ed Assistant Coordinator
~Millissa Brosch 440-279-2183
I&R Assistant: Debbie M.
Stained Glass Class Appointments
Call Don Trask 440-759-9691



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 or by using our "Congregate Lunch" sign-up binder located in the WG Dining Area.

INFORMATION AND MORE

Please Call to Make Your Reservation
for ANY Event Including Lunch

440.632.0611

*CRAFTING Mondays 1:00pm

You must register the

Wednesday before the craft.

*Feb 6: *Mardi Gras Masks & Decorations*
for **FAT Tuesday, FREE**

*Feb 13: **SPECIAL TIME 10:30,**
Mystery Craft,

Courtesy Middlefield Library, FREE

*Feb. 27: *St. Patrick's Shamrocks, FREE*

*EXERCISE

Balance & Chair Exercise every
Monday and Wednesday
at 11:00 *(Except Feb 6 & 13,
that will be held at 1:00)

***INSTANT POT/AIR FRYER DEMO**
Thurs. Feb 2, 10:30, Free Samples.
FREE Program. Space is LIMITED!

***GDA CHORE & HOME**
MAINTENANCE w/Josh Burton
Mon, Feb. 6., 10:30, FREE.
Deadline Feb. 1.

***HAPPY HOURS, 3:15pm**
Thurs, Feb. 9, Warren's Burton
Thurs, Feb 16, Middlefield Tavern

***TEA PARTY & MYSTERY CRAFT**
Presented by Middlefield Library,
here at the Center. Mon, Feb. 13,
FREE. Deadline, Feb. 8.

*HEALTH BINGO!

Sponsored by UH Geauga Med Center.
Tues, Feb 14, 11:00, FREE
Deadline, Feb. 8

***HELEN KELLER**
PRESENTED BY: KATHIE DOYLE
Fri, Feb 17, 10:30.
PRESENTATION IS FREE.
STAY FOR SPAGHETTI LUNCH \$7.
Deadline Feb 14.

***FAT TUESDAY, FUN & LUNCH**
Tues, Feb 21, 11:00, Dirty Rice,
"Hurricane Punch" & more.
\$7 per person. Deadline, Feb 15.

***CHILI & BAKED POTATO BAR**
Thurs, Feb 23, 12:00. \$5 per person.
Deadline Feb, 21.

YOU MUST MAKE A
RESERVATION FOR THESE
PRESENTATIONS & EVENTS!

Middlefield Sr. Center

440-632-0611

MONDAY

TUESDAY

Health BINGO!
Tuesday, February 14, 11:00
BINGO!
Sponsored by:





**HELEN
KELLER**

A PRESENTATION BY:

KATHIE DOYLE
FRI. FEB. 17TH
STAY FOR
SPAGHETTI
LUNCH, \$7

8:30 Social Hour  **6**
9:00 Rummikub
10:30 Chore & Home
Maintenance Talk
12:00 GDA Lunch
1:00 Balance/Chair
Exercise
1:00 Crafting: Mardi
Gras Masks: FREE

8:00 Social Hour  **7**
9:00 Rummikub
12:00 GDA Lunch
1:00-3:00 Chair Volleyball 



8:30 Social Hour  **13**
9:00 Rummikub
10:30 Middlefield Library
Tea Party &
Craft
12:00 GDA Lunch
1:00 Balance/Chair
Exercise

8:00 Social Hour  **14**
9:00 Rummikub
10:00 Line Dancing
11:00 Health BINGO,
UH Geauga Med
Center
12:00 GDA Lunch
1:00-3:00 Chair Volleyball 



8:00 Social Hour  **20**
9:00 Rummikub
11:00 Fat Tuesday Lunch
& Fun! \$7
1:00-3:00 Chair Volleyball 

8:00 Social Hour  **27**
9:00 Rummikub
11:00 Balance/Chair Exercise
12:00 GDA Lunch
1:00 Crafting: St. Patrick's
Shamrocks: FREE

8:00 Social Hour  **21**
9:00 Rummikub
10:00 Line Dancing
12:00 GDA Lunch
1:00-3:00 Chair Volleyball 

Middlefield Sr. Center
15820 Ridgewood Rd., Middlefield

WEDNESDAY	THURSDAY	FRIDAY
1	2	3
<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>12:30 Movie Time</p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>10:30 Instant Pot/Air Fryer Demo</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Wii Bowling Tournament</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>
8	9	10
<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>1:00-2:00 Bingo </p> <p>2:00 Line Dancing</p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Brain Games</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p> <p>3:15 HAPPY HOUR: Warren's Burton</p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Wii Bowling Tournament</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>
15	16	17
<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>12:30 Movie Time </p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 What is Mardi Gras?</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p> <p>3:15 HAPPY HOUR: Middlefield Tavern</p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>10:30 Kathie Doyle "Notorious Women"</p> <p>12:00 Spaghetti & Meatball Lunch: \$7</p> <p>1:00-3:00 Chair Volleyball </p>
22	23	24
<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>1:00-2:00 BINGO! </p> <p>2:00 Line Dancing</p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Brain Games</p> <p>12:00 Chili & Baked Potato Bar \$5</p> <p>1:00-3:00 Chair Volleyball </p>	<p>8:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Wii Bowling Tournament</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>



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.

LUNCH AND SPEAKER SERIES WITH GEAUGA PARK DISTRICT AT THE CHARDON SENIOR CENTER

Thursday, February 9, with lunch starting at 12 noon, and our guest speaker starting at 12:30 p.m. at the Chardon Senior Center @ 470 Center Street, Building 8, Chardon. A Naturalist from Geauga Park District will provide a lively and informative presentation all about coyotes.

This is a free event, but registration is required by calling 440-279-2126. Space is limited.

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, water color, 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 2023 Calendar Year. Must register to participate. Classes are limited to 12 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.**

LINE DANCING AT WEST G SENIOR CENTER

Line Dance Classes continue at WGSC!!. 12 week sessions, **all FREE** Thanks to a Grant provided to Fairmount Center for the Arts. Every Monday from 2pm-3pm. **Must Call to register, 12 week sessions will continue throughout 2023., space is limited to 18 per class/sessions. Next Session will begin April 24th, call ahead to get into the next session if you miss out on the first one!! CALL 440-279-2163 to sign up.**

PARKINSON'S SUPPORT GROUP

Tuesday, February 17th – NO SUPPORT GROUP THIS MONTH

DIABETES SUPPORT GROUP – LUNCH MEAL PLANNING

Tuesday, January 17th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). You are going to leave with many healthy lunch menus and recipes. Please bring in your favorite lunch recipe to share or food labels of items you might want to eat. We will view the labels and work to build a nice recipe box of healthy breakfast food choices.

RSVP to Sandy McLeod at 440-279-2137.

CUPID, CHOW & CUPCAKES AT WGSC!!

Tuesday Feb 7th 11:30am – 1:00pm. Join us at West G for some fun Valentine themed games with fun prizes!! Lunch will consist of Pizza, Potato Chips and beverage with Valentine cupcakes for dessert. **Call to register by JAN 30th Cost \$3**

CELEBRATE FAT TUESDAY, MARDI GRAS STYLE!

Tuesday February 21st at 11:00. Come join us in your favorite Mardi Gras finery! Lunch will be served with some Fat Tuesday favorites including Dirty Rice and “Hurricane” style punch. \$7.00 per person held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. **Call to make your reservations!** Deadline is Feb.15.

BREAKFAST AND SPEAKER SERIES WITH KATHIE DOYLE AT THE CHARDON SENIOR CENTER

Friday, February 10, 10:00 a.m. at the Chardon Senior Center @ 470 Center Street, Building 8, Chardon. Kathie will be speaking about The Wicked Women in History! **This is a free event, but registration is required by calling 440-279-2126.** Space is limited.

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, February 23rd from 9am-10am for our monthly Big Breakfast! Veterans and January Birthdays eat FREE. All others pay \$5.00.

Call (440) 279-1313 to RSVP. Registration and payment are due no later than Friday, February 17th. Please indicate if you are a Veteran or if your Birthday is in February. February’s menu is scramble eggs, sausage patties, hash browns, and fruit.

WALKING FOR WELLNESS!

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
2/1/2023	Punderson State Park	11755 Kinsman Rd, Newbury Park at the Lodge
2/8/2023	Big Creek Park	9160 Robinson Rd, Chardon Deep Woods Lodge
2/15/2023	Chapin Forest Reservation	10381 Hobart Rd, Kirtland
2/22/2023	The West Woods	9465 Kinsman Rd (Rt. 87), Novelty Meet at Pine Lodge

LUNCH-IN AND FREE MOVIE & POPCORN –“MY FELLOW AMERICANS”

FEB 21st 12:00-2:00pm –Join us at the West G Senior Center for a showing of “My Fellow Americans”. Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will include your choice of egg salad, ham salad or tuna salad on croissants, with mini apple pies, chips cheese and beverage. **Registration Deadline for lunch is FEB 15th. Call WGSC to sign up 440-279-2163. The Lunch-in choice will require pre-payment of \$6.**

GDA CHORE & HOME MAINTENANCE WITH JOSH BURTON

See what low-cost or no-cost chores may be available to you!
This will be held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield,
440.632.0611. **Call to make your reservations!** Deadline February 1.

CHARDON SENIOR CENTER BOOK CLUB

Monday, February 13 at 1:00 p.m., meeting at Chardon Senior Center.
February's book is "The Lincoln Highway," by Armor Towles. Looking ahead,
March's book will be "The Great Alone," by Kristen Hannah.

FUNNIEST MOMENTS IN FILM

Join author and pop culture historian Marty Gitlin on Tuesday, February 28 for
The Funniest Moments in Film - the biggest belly-laughs in movie history.

This interactive presentation highlights the best of the best from the silent era to the modern era.

Marty will show videos of the best laugh-out-loud scenes from the 1920s to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Mel Brooks, Dustin Hoffman and Robin Williams. You will be entertained by the funniest moments in such comedies as Some Like it Hot, The Producers, Blazing Saddles, Monty Python and the Holy Grail, Naked Gun, Tootsie, Planes, Trains and Automobiles and The Birdcage. He will discuss why they are considered the funniest ever and impact they made on pop culture. It will include plenty of fun trivia questions and will be followed by a question-and-answer period. A spaghetti and meatball lunch will be served prior to the presentation and the cost is **\$10 per person.**

Call the Bainbridge Senior Center (440) 279-1313 for more information or to register.

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

Thursday, February 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.

RSVP to Sandy McLeod at 440-279-2137.

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, February 1st (1st Wednesday of each month) - at Geauga West Library from
11:30-12:30pm with an out to lunch to follow for those interested.

Discussing: The Glass Ocean by Beatriz Williams

Thursday, February 9th (2nd Thursday of each month) – at Burton Library

Discussing: A Light Beyond the Trenches by Alan Hlad

**DINE NITE OUT WITH YOUR
WEST GEAUGA SENIOR CENTER FRIENDS**

Thursday FEB 23rd—Meet up time is 5:00pm at “Mangia-Mangia” in Newbury
(11081 Kinsman Rd, Newbury).

Just call us ahead of time to let us know you are coming.

Cost is on your own. **RSVP by FEB 21st 440-279-2163**

**“IRIS FOLDING” GREETING CARD MAKING WORKSHOP
AT THE CHARDON 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. Our instructor brings all the supplies you will need, and guides you through how to make beautiful greeting cards! \$1.50 per card, payable to the instructor, Phyllis Knapp, the day of the workshop. Tuesday, February 21, at 10:00 a.m. at Chardon Senior Center;
call 440-279-2126 to register.

LUNCH AND LEARN WITH GEAUGA PARK DISTRICT

Lunch will be ordered ahead of time from The Topsy Bull (formerly Brickhouse Burgers), and will be served at the senior center at 12:00 p.m. (call BSC for meal selection, and payment arrangement). After lunch, at 12:30 p.m., enjoy Coyotes: Our Town and Country Canines, with a Naturalist from Geauga Park District! **Call Bainbridge Senior Center at (440) 279-1313 to RSVP.**

CUISINE & CULTURE - HUNGARY

Thursday, February 23rd from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Come and enjoy a typical Hungarian meal while we learn about the beautiful mix of tradition, culture, and cuisine in Hungary. We will enjoy games and trivia, top destinations, and see what Hungary has to offer! A Hungarian lunch will be provided by Chef Joe from UH Geauga.

Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.

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 every month. Bring your brown bag lunch. Entertainment and snacks will be provided. At the February 3 meeting we will be entertained by Tom Todd with his guitar, banjo and vocals. The speaker at the February 17 meeting will be Chesterland’s Fire Chief, William Shaw. Now is the time to come to a meeting and pay your dues of \$25 for the year. **Also, remember that if the West Geauga Schools are closed because of weather, our meeting is cancelled.**
You will not get a call, so be sure to listen to the morning news.

**FEBRUARY LUNCH & LEARNS AT
WEST G SENIOR CENTER PRESENTATIONS ARE FREE**

Friday Feb 10th 12 Noon - WOMEN'S HEALTH AND CARDIAC SCREENING BY UH GEAUGA
It's Go Red Month for Women and UH Geauga will present a program on the importance of our health as we age including Cardiac Screening. Women will also have the opportunity to do a preliminary screening to see if they are in need for a coronary calcium screening. Assistance with scheduling will also be available. Bring your own lunch or purchase a pre-paid one.

**Lunch (\$5 pre-paid) – Pasta Salad, Fruit, Cookie, Beverage. Register by FEB 3rd
440-279-2163**

Friday Feb 24th 12 Noon - THE BENEFITS OF AROMATHERAPY PRESENTED BY WGSC STAFF
Aromatherapy is the art of using essential oils for therapeutic benefits. Learn about the history of Aromatherapy along with the more popular oils and their benefits. Each participant will make a lavender pillow spray to take home. Bring your own lunch or purchase a pre-paid one.

**Lunch ((\$5 pre-paid) will be Salad, Lemon Bar & Bottled Water.
Register by FEB 17th 440-279-2163 .**

THE BREAKFAST CLUB OF CHARDON

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, February 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!

MAH JONG

Starting in February Bainbridge Senior Center is offering a second day for beginner's Mah Jong. The time is the same, 12:30 pm to 2:30 pm, but now you have the choice of Monday or Tuesday. David Craig will be on hand to help players and the games will be played at a slower pace. The Beginner's group will focus on the rules of the game, understanding what hands to build towards, and understanding the mechanics of dealing and passing. **If you have any questions please call David at (440) 279-1313.**

CARD MAKING CLASS WITH MILLISSA AT WEST G SENIOR CENTER

Monday FEB 27th at 1:00pm-February's class will construct 3 separate Get Well/Thinking of You cards! All supplies will be provided and NO experience is necessary. All cards will be gender neutral so you can give them to anyone! **Cost \$3 Registration deadline is FEB 20th Call for more info at 440-279-2163**

SUNSHINE CELEBRATION AT CHARDON SENIOR CENTER

It's cold outside, but it's always sunny inside at the Chardon Senior Center!
Join us on the last Friday of each month to celebrate those who have celebrated birthdays throughout the month. We will have punch and cake, and of course . . . lots of sunshine! Our first celebration of the year will be Friday, February at 12:45 p.m., when we will be celebrating all of those having celebrated birthdays in February 24!
Call to let us know you'll be joining us at 440-279-2126.

PARKMAN 55 PLUS CLUB

will not be holding a meeting in February.

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 you will need, and guides you through 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 February 16, 2023 at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). **Call (440) 279-1313 to register.**

MIDDLEFIELD LIBRARY HOLDS A TEA PARTY & MYSTERY CRAFT

Monday, February 13. Presentation is at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. Free Program.
Call to make your reservations! Deadline February 8.

CUPS AND CANVASES

Amber from Ariel Inspired Art Studio and Gallery will guide participants, step-by-step, to achieve beautiful artwork! Our project will be a spring-themed canvas painting. The class will be Friday, March 24 at the Chardon Senior Center, from 12:30 p.m. – 3:00 p.m. The cost is \$25.00 per person. **Register by 3/1/23 by calling 440-279-2126.**

VIRTUAL TRAVEL AT WEST G ON THE BIG SCREEN

Every Wednesday afternoon from 1:00-2:00pm-Join us at the WG Senior Center- Each week we will be showing Virtual Tours of different destinations. Each tour has a tour guide to listen to, and the visual of these places is awesome, especially on our BIG X LARGE SCREEN!! These are very interesting to see, and can also be educational. **Call to sign up at 440-279-2163**

February Destination Schedule...FEB 1st 1:00-2:00pm –Edinburgh Castle & The Royal Mile, **FEB 8th 1:00-2:00pm** –Downtown Dubai & the Historical District., **FEB 15th 1:00-2:00pm** –NYC, Little Italy & Brooklyn Heights., **FEB 22nd 1:00-2:00pm** -New Orleans-Crescent Park

TAKE ME OUT TO THE BALLGAME PARTY, WITH SKIPPER AND THE LAKE COUNTY CAPTAINS

Join us at the Chardon Senior Center on Friday, March 31, from 11:30 a.m. – 1:30 p.m. fun baseball-themed luncheon! Our line-up for the day will include baseball trivia and fun facts; a special presentation by the Lake County Captains; a baseball themed lunch (concession stand-style); and a meet and greet with Captain's mascot, Skipper!
Price is \$5 per person to help cover the cost of lunch. Register by 3/17.

INDOOR WALKING GROUP AT THE CHARDON SENIOR CENTER

Walking for exercise is a wonderful way to stay active! Walking with a group at the Chardon Senior Center is a wonderful way to stay active while also enjoying the company of others! Walking INSIDE the Chardon Senior Center is a wonderful way to keep dry and active during the winter months, when the weather is so unpredictable! Join us every Monday and Wednesday, starting in February, at the Chardon Senior Center at 11:00 a.m. for our INDOOR WALKING GROUP! We have a lot of room to walk and a lot of fun to share! **Call with interest at 440-279-2126.**

CALLING ALL CANASTA PLAYERS!! WGSC NEEDS YOU!!

WG Senior Center is in NEED of Canasta players, we would LOVE to start a group here, however we need to have enough interested players willing to commit to come!! If you know how, and like to play this fun Card game, **we are Scheduling the Day and Time of Every Wednesday from 1:00-3:00pm at the West G Senior Center. PLEASE come and join us so we can make this a weekly group!!** Let us know you are willing by calling us at **440-279-2163.**

BREAKFAST & BINGO AT WEST G SENIOR CENTER

FRIDAY, FEB 17th, 2023 -8:30AM-9:30AM - \$4.00/PERSON -RSVP by 2/10/2023

Menu: Heart shaped Pancakes with Strawberries, yogurt parfait & Beverage. Just want to join us for Bingo? No reservation or money needed! Bingo starts at 9:00am. For more info call 440-279-2163 birthdays in February 24!

Call to let us know you'll be joining us at 440-279-2126.

MAH JONGG BEGINNERS LEVEL GROUP AT WEST GEAUGA SENIOR CENTER

West G Senior Center will be offering Beginner Level Mahjong classes starting in January 2023. This will be taught as a group by Christine Bacon using video tutorial sessions to help teach the game to all who are interested. Seasoned Mahjong players are welcome to come and help us to learn, and be mentors to fellow senior center friends wanting to learn and play this great game!! **Classes will be held on Mondays from 1:00-3:00pm**
- Call us at WGSC to sign Up. 440-279-2163

CARDIO DRUMMING W/CHRISTINE AT WGSC

Every Friday from 11:00-11:45am -, Join Christine for a fun class of Cardio drumming! There will be FUN Music & lots of moving and shaking! Burn those extra calories, it's a great way to get in a workout. Classes are limited to 10 seniors per class due to limited equipment.
Call to register at 440-279-2163

CRAFT CLASS WITH MILLISSA AT WEST G SENIOR CENTER

Wednesday FEB 15th at 12:30pm-February's class will be making a ST. Patrick's Day Sock GNOME!! All supplies will be provided and NO experience is necessary.
Cost \$5 -Registration deadline is FEB 8th.
Call for more info at 440-279-2163.

PODIATRIST APPOINTMENT

The Bainbridge Senior Center is happy to welcome Dr. Irina Gross for podiatry appointments starting in February. Dr. Gross will start seeing patients at 9 am and will be back on the last Tuesday of every other month. **To register call the Bainbridge Senior Center, (440) 279-1313, to schedule your appointment and bring any insurance of Medicare cards with you.** Please arrive early if this is the first-time seeing Dr. Gross.

ATTENTION TAX PAYING SENIORS CITIZENS

Tax assistance will again be available to Geauga County seniors, sixty (60) years of age and older, at the Geauga County Department on Aging, located at 12611 Ravenwood Dr Suite 200, in Chardon. **The Geauga Department on Aging will offer this free service by appointment only, from Monday, February 6 through Friday, April 7th.** The GDA will begin accepting appointment calls on February 1! Tax assistance will be available from IRS trained and certified personnel. Tax preparers will be using the electronic E-filing method.

The volunteers who help prepare taxes will need **two (2) forms of identification from each taxpayer who is receiving tax assistance**; one of the forms of identification must be a photo identification (passport, drivers license (U.S.), state identification card, military identification card, etc.). The second identification form can be an original or a copy of your social security card, ITIN card or letter, if applicable.

Do not discard your end of year Social Security Statement – This indicates the benefits you have received.

You will have the option to have your refund deposited directly into the bank account of your choice. Please bring bank routing and account numbers with you to your appointment.

Please have the following items for your 2022 tax filing appointment:

Tax forms (1099, T1 etc.), Bank statements, Receipts, End of Year Social Security Statement, W2's, 2 forms of identification, 2021 tax return for comparison, and Bank routing & account number for direct deposit of refund check.

To schedule an appointment for tax assistance on or after February 1, call (440) 279-2130 Monday through Friday, 8:30AM-4:00PM. Tax appointments are limited.
Thank you for your patience & understanding.

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. 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.

**IN ORDER TO RECEIVE OR CONTINUE SERVICES WITH THE
GEAUGA COUNTY DEPARTMENT ON AGING, SENIORS MUST UPDATE
THEIR REGISTRATION FOR 2023!**

If you registered with the GDA in 2021 or 2022, and there has been no change on your registration form (For example - change of address, new phone number, new emergency contact) **seniors can call your local senior center and asked to be re-registered** (if you don't call, you will not be re-registered for 2023).

If there has been a change in your registration information, print a 2023 registration from the GDA website or ask to have one mailed to you.

Geauga County Seniors who were registered in 2021 or 2022, and have no information changes, already have their permanent registration card. This New Card will not expire. But you do need to call in and re-register each year. If you lose your card, there is a \$5.00 fee for a new card.

Please note, all out of county seniors and guests under 60 years of age will be charged an annual fee of \$25 to register with the GDA.

This annual fee does not include a subscription to the Geauga Senior Newsletter.

Call your local senior center of the Main office at (440) 279-2130.

2023 GEAUGA COUNTY DEPARTMENT ON AGING TRASH PICK-UP DAYS!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors **must be registered** with the Department on Aging for 2023 **one week prior to the pick-up in order to be placed on the pickup list.**

Seniors can start to register for the first five Trash pick-ups (listed below) on February 13!

Munson Twp	Apr 19, 20 & 21
Hambden Twp	Apr 26, 27 & 28
South Russell Vlg	Apr 26, 27 & 28
Bainbridge Twp	May 1, 2 & 3
Montville Twp	May 4 & 5

Registration Deadlines are one week before the first day of selected community Trash pick-up!

Seniors who have completed their yearly registration with Dept. on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cut off date to be placed on the community pick-up list.

Please, no more than 10 items per household. Call (440) 279-2130 for guidelines and questions.

Seniors who will be participating in the first five Trash Day Pick-ups can **start to register on February 13 with the Dept on Aging.**

**FROM REX BROBST, GEAUGA COUNTY JOB AND FAMILY SERVICES
PRESS RELEASE, FOR IMMEDIATE RELEASE JANUARY 5, 2023**

LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM

The Ohio Department of Development and Geauga County Job and Family Services will help income-eligible Ohioans with water and wastewater assistance. The Low-Income Household Water Assistance Program provides eligible Ohio residents assistance paying water and wastewater bills that are threatened with disconnection or in a Past Due status. Other types of assistance with residential water service are also available. The program is available until September 30, 2023. Geauga County Residents should contact Geauga County Job and Family Services to apply for the program. A phone interview is required. Applicants will need to provide copies of the following along with completing the interview:

Copies of their most recent water/wastewater bills; a list of all household members and proof of income for the last 30 days or 12 months for each member; proof of United States citizenship or legal residency for all household members. For more information about the Low-Income Household Water Assistance Program contact Geauga County Job and Family Services at 440-285-9141. Additional information may also be obtained by visiting www.energyhelp.ohio.gov or by calling (800) 282-0880.

HEATING ASSISTANCE AVAILABLE

The Ohio Department of Development and Geauga County Job and Family Services want to remind Geauga County Residents that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills. Ohioans who are threatened with disconnection, have been disconnected from their utility service, transferring service, establishing new services, at or below 25% bulk fuel may be eligible for the HEAP Winter Crisis Program which runs through March 31, 2023. Geauga County Residents may apply for the Winter Crisis Program through Geauga County Job and Family Services by calling 440-285-1299. Application for the Winter Crisis Program is by telephone interview only, appointments are currently being scheduled. Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Individuals will need to have copies of the following documents to include with their application:

Most recent Utility bills, A list of all household members, birthdates, and Social Security numbers, Proof of income for the past 30 days for all household members, Proof of Citizenship or legal residency for all household members, Proof of disability, if applicable.

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.

FEBRUARY 2023
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
		1	2	3
		HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	TOMATO BASIL CHICKEN SPAGHETTI NOODLES W/ TOMATO SAUCE MIXED VEGETABLES CORN W/RED PEPPERS DICED PEACHES CUP	KETCHUP GLAZED MEATLOAF W/CHEESE BROWN RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES CUP
6	7	8	9	10
STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPED APPLES	SALISBURY STEAK W/GRAVY EGG NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	JUMBO RAVIOLI W/TOMATO SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP
13	14	15	16	17
SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP	MEATBALLS W/TOMATO SAUCE W/SPAGHETTI NOODLES CAULIFLOWER SPINACH DINNER ROLL DICED PEACHES CUP	SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP
20	21	22	23	24
PRESIDENT'S DAY	CHICKEN ALA KING WHITE RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP	HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP
27	28			
TOMATO BASIL CHICKEN SPAGHETTI NOODLES W/ TOMATO SAUCE MIXED VEGETABLES CORN W/RED PEPPERS DICED PEACHES CUP	KETCHUP GLAZED MEATLOAF W/CHEESE BROWN RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES 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
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View the Senior
News ONLINE

DID YOU KNOW?

When registered seniors are signing up for an event, offered by the Geauga County Department on Aging, they can go to any GDA senior center to turn in their registration and payment or they can mail it in if there is adequate time before the event.

Example – If a Geauga Senior wants to sign up for an event in Bainbridge, the registration and payment can be dropped off at any of the other three senior centers (Chardon, Middlefield, West G) or the GDA main office.