

The Geauga senior news



Geauga County Department on Aging

April 2023

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 Chardon Senior Center, 470 Center St Bldg 8, on May 17 from 1:00-2:00pm. Please register for the signing day at the end of the discussion.

The second meeting, the day the documents will be signed (During this day each senior will have a half hour appointment to review and sign their documents) will be on Wednesday, May 24.

Seniors who wish to attend the program must register with the Chardon Senior Center by calling (440) 279-2126, by 4:30PM, Friday, May 12.

DIABETES SELF-MANAGEMENT CLASS

April 14th through May 19th - Every Friday from 12:30-3:00pm

Geauga County Office Building (Room B168) / 12611 Ravenwood Dr / Chardon, 44024

Take charge of your health! If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health – and your life! To register, please call Melissa Wheeler at 440-279-2167. This class is free for all registered seniors.

Space is limited. Sponsored by UH Geauga Medical Center.



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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

Gauga 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

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@co.geauga.oh.us.**

HEATING ASSISTANCE AVAILABLE/APPLICATION DEADLINE: MAY 31, 2023

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.energyhelp.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, 2023.

For more information or assistance with applying for a HEAP benefit, contact <insert organization and contact information>. 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.

"This program is made possible through a grant from the Ohio Department of Aging, through the Western Reserve Area Agency on Aging."

Monthly Highlights

Thursday, April 6th: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register. 12:00pm. Free.

Friday, April 14th - Friday, May 19th:

Diabetes Self-Management Classes

If you, or someone you know has diabetes, join our six week workshop. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, learn sugar control, and find better ways to talk with your doctor and family about your health. Call Melissa to register at 440-279-2167. 12:30-3:00pm. Free.

Wednesday, April 19th: Veteran's Resource Fair

Held at the Geauga County Office Building (12611 Ravenwood Dr, Chardon 44024). Learn about VA benefits, check the status of your claim, obtain a Geauga Veteran's ID card, and much more. 3:00-6:00pm. Free.

Thursday, April 20th: Elderberries

Join us at The Rookery (10110 Cedar Rd, Cheshlerland 44026) to learn about nature photography. We will learn tips and tricks in the lodge over a meal, then we will put our skills to the test with a nature photography scavenger hunt. Sponsored by Heather Hill Care Communities. Please call GPD to register at 440-286-9516. 11:30am. Free.

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

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

Gauga Walkers & Walking for Wellness

Monthly schedules are posted in the newsletter for locations. If you would like a schedule for the year/quarter, call Melissa Wheeler at 279-2167.

Pedaling for Parkinson's

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

April 2023

MONDAY

TUESDAY

3

4

9:30-11:00 Parkinson's Boxing CSC

11:00-12:00 Boxing Class CSC

12:00-12:30 Floor Exercises CSC

10:00-11:00 Strength & Cardio WG & WX

11:00-11:45 Balance Exercise CSC & WX

11:30-12:30 Pedaling for Parkinson's OH

1:00-2:30 Geauga Walkers OS

10

11

9:30-11:00 Parkinson's Boxing CSC

11:00-12:00 Boxing Class CSC

12:00-12:30 Floor Exercises CSC

10:00-11:00 Strength & Cardio WG & WX

11:00-11:45 Balance Exercise CSC & WX

11:30-12:30 Pedaling for Parkinson's OH

1:00-2:30 Geauga Walkers OS

17

18

9:30-11:00 Parkinson's Boxing CSC

11:00-12:00 Boxing Class CSC

12:00-12:30 Floor Exercises CSC

10:00-11:00 Strength & Cardio WG & WX

11:00-11:45 Balance Exercise CSC & WX

11:30-12:30 Pedaling for Parkinson's OH

12:30-1:30 Parkinson's Support CSC

2:00-3:00 Diabetes Support Group CSC

1:00-2:30 Geauga Walkers OS

24

25

9:30-11:00 Parkinson's Boxing CSC

11:00-12:00 Boxing Class CSC

12:00-12:30 Floor Exercises CSC

10:00-11:00 Strength & Cardio WG & WX

11:00-11:45 Balance Exercise CSC & WX

11:30-12:30 Pedaling for Parkinson's OH

1:00-2:30 Geauga Walkers OS



SENIOR COMMUNITY EVENTS

SENIOR COMMUNITY EVENTS		
WEDNESDAY	THURSDAY	FRIDAY
5	6	7
9:30-11:00 Parkinson's Boxing CSC 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS	10:00-11:00 Strength & Cardio WG & WX 12:00-2:30 Lunch & Movie WG 2:00-3:00 Pedaling for Parkinson's OH	9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX
12	13	14
9:30-11:00 Parkinson's Boxing CSC 1:00-2:30 Walking for Wellness OS	10:00-11:00 Strength & Cardio WG & WX 1:30-3:00 Book Discussion BL 2:00-3:00 Pedaling for Parkinson's OH	9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX 12:30-3:00 Diabetes Self- Management Class OS
19	20	21
9:30-11:00 Parkinson's Boxing CSC 1:00-2:30 Walking for Wellness OS 3:00-6:00 Veteran's Resource Fair OS	11:00-11:00 Strength & Cardio WG & WX 1:00-2:30 GPD Elderberries OS 2:00-3:00 Pedaling for Parkinson's OH	9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX 12:30-3:00 Diabetes Self- Management Class OS
26	27	28
9:30-11:00 Parkinson's Boxing CSC 1:00-2:30 Walking for Wellness OS	10:00-11:00 Strength & Cardio WG & WX 12:00-1:30 Remember When... WG 2:00-3:00 Pedaling for Parkinson's OH	9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX 12:30-3:00 Diabetes Self- Management Class OS
	Sandy McLeod Senior Centers' Supervisor 440-279-2137 Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167	BL - Burton Library CL - Chardon Library CSC - Chardon Senior Center GW - Geauga West Library OH - Ohman Family Living at Holly OS - Offsite WG - West Geauga Senior Center WX - WebEx (Online)

Call Chardon Senior Center at 440-279-2126 for details on how to register for any of the following programs:

Wednesday, April 5: Sweet Treat Drive Thru AT Heather Hill. FREE.

Friday, April 7: Breakfast and Speaker with Kathie Doyle.: "The Mystery of the Blue People of Kentucky." Prior registration required.

Monday, April 10: Book Club: "The Book Women of Troublesome Creek," by Kim Michele Richardson.

Thursday, April 13: Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

Thursday, April 13: Lunch and Learn with Geauga Park District.: Amphibian Awakening.

Friday, April 14: Back by popular request! BINGO -PA-LOOZA! \$5 per person to cover lunch.

Tuesday, April 18: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card.

Wednesday, April 19: Heather Hill Luncheon and Cooking Demo. Space is limited. Thanks to our wonderful community partner, Heather Hill!

Thursday, April 20: Monthly Breakfast at the Senior Center. \$5 per person.

Friday, April 21: Lost Cleveland Memories: Pride of Cleveland Presentation and Luncheon. \$5 per person.


Monday, April 24: Lunch and Learn with UH Geauga: The Importance of Staying Socially Connected. FREE.

Tuesday, April 25: The Virtual Dementia Tour™, presented by Arden Courts at the Chardon Senior Center. What is life like when you are living with dementia? This is an eye-opening and hands-on "simulation" experience.

Friday, April 28: Monthly Birthday Pizza Party at Chardon Senior Center. \$5 per person/April Birthdays FREE.

Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
<p>Becky O'Reilly Recreation & Education Coordinator</p> <p>Hannah Heinz Recreation & Education Assistant Coordinator</p>	<p>Beth Oliverio Information and Referral Specialist</p> <p>Karen Fueger Kitchen Coordinator</p>
<p>3</p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 11:00 -11:45 Walking Group 12:45 -1:45 Line Dancing \$3 (on break) 1:00 -3:00 Ceramics</p>	<p>4</p> <p>9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 2:00 -3:30 Stringed Instruments Players Group</p>
<p>10</p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 11:00 -11:45 Walking Group 12:30 -3:30 Monthly Movie: "Footloose." (1984) 12:45 -1:45 Line Dancing \$3 (on break) 1:00 -2:00 Book Club</p>	<p>11</p> <p>9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 2:00 -3:30 Stringed Instrument Players Group</p>
<p>17</p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 11:00 -11:45 Walking Group 12:45 -1:45 Line Dancing \$3 (on break) 1:00 -3:00 Ceramics</p>	<p>18</p> <p>9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -11:00 Iris Folding 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 Stringed Instrument Players Group</p>
<p>24</p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 11:00 -12:30 Lunch & Learn with UH Geauga-prior registration 11:00 -11:45 Walking Group 12:45 -1:45 Line Dancing \$3 (on break)</p>	<p>25</p> <p>9:00 -11:30 Woodcarving 10:00 -4:00 Virtual Dementia Experience (by appointment) 10:00 -12:00 Knit and Crochet 11:00 -11:45 Balance Exercises 12:30 -2:00 Game Day 12:00 -2:00 Stringed Instrument Players Group Senior Center Closes at 2:00 today, unless you have a scheduled appt.</p>

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

WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">NEW to our <u>regular monthly schedule:</u></p> <p>Lunch Bunch: 1st Thursday of the month.</p> <p>Monthly Movie: 2nd Monday of the month.</p>	<p>Brunch Bunch: 2nd Thursday of month.</p> <p>Monthly Breakfast Social Hour: 3rd Thursday of month.</p> <p>Monthly Birthday Pizza Party: Last Friday of month.</p>
<p>5 9:00 -11:00 Pinochle 11:00 -11:45 Walking Group 11:00 -11:45 Strength Training \$2 11:00 -11:45 Balance Exercise 12:00 -12:30 Sweet Treat Drive - Thru at Heather Hill—prior reg. 1:00 -2:30 Chair Volleyball 1:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg</p>	<p>6 10:30 -12:00 Choral Group 12:00 -1:00 Lunch Bunch – El Patron Chardon 12:00 -3:00 Painting Pals 12:30 -4:00 Duplicate Bridge 1:00 -4:00 Pinochle 1:00 -1:45 Balance Exercise 1:30 -3:30 Line Dancing \$5 (off site)</p>	<p>7</p> <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 Crafting 4 Others 1:00 -4:00 Bridge Group</p>
<p>12</p> <p>9:00 -11:00 Pinochle 11:00 -11:45 Walking Group 11:00 -11:45 Strength Training \$2 11:00 -11:45 Balance Exercise 1:00 -2:30 Chair Volleyball 2:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg</p>	<p>13 9:30 -11:00 Brunch Bunch at Bob Evans Chardon 10:30 -12:00 Choral Group 12:00 -1:30 Lunch and Learn with GPD -prior registration 12:00 -3:00 Painting Pals 12:30 - 4:00 Duplicate Bridge 1:00 -4:00 Pinochle 1:00 -1:45 Balance Exercise 1:30 -3:30 Line Dancing \$5</p>	<p>14</p> <p>9:30 -11:30 Stained Glass 10:00 -1:30 BINGO -PA - LOOZA - prior registration 1:45 -3:00 Chair Volleyball 1:00 -4:00 Bridge Group</p>
<p>19</p> <p>9:00 -11:00 Pinochle 11:00 -11:45 Walking Group 11:00 -11:45 Strength Training \$2 11:00 -11:45 Balance Exercise 12:00 -1:00 Heather Hill Lunch 1:00 -2:30 Chair Volleyball 2:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg</p>	<p>20 9:00 - 10:00 Monthly Breakfast-prior registration 10:30 -12:00 Choral Group 12:00 -3:00 Painting Pals 12:30 - 4:00 Duplicate Bridge 1:00 -4:00 Pinochle 1:00 -1:45 Balance Exercise 1:30 -3:30 Line Dancing \$5 (off site)</p>	<p>21</p> <p>9:30 -11:30 Stained Glass 11:00 -12:30 Lost CLE Memo- ries –prior registration 11:00 -12:00 NO BINGO 12:30 -1:30 Crafting 4 Others 1:45 -3:00 Chair Volleyball 1:00 -4:00 Bridge Group</p>
<p>26</p> <p>9:00 -11:00 Pinochle 11:00 -11:45 Walking Group 11:00 -11:45 Strength Training \$2 11:00 -11:45 Balance Exercise 1:00 -2:30 Chair Volleyball 2:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg</p>	<p>27</p> <p>10:30 -12:00 Choral Group 12:00 -3:00 Painting Pals 12:30 -4:00 Duplicate Bridge 1:00 -4:00 Pinochle 1:00 -1:45 Balance Exercise 1:30 -3:30 Line Dancing \$5 (off site)</p>	<p>28</p> <p>9:30 -11:30 Stained Glass 11:00 -12:00 BINGO 12:00 -1:00 Birthday Pizza Party - prior registration 1:00 -4:00 Bridge Group</p>

Bainbridge Bulletin

NEW PROGRAMS

We are excited to offer two new programs to our schedule for April. Chair Volleyball is returning on Thursday mornings at 10:30 am. On Fridays we will be hosting a game time from 10-12. The center will have Rummikub, Triominoes, Phase 10, Uno and a few different games. If you have a game you would like to play, feel free to bring it with you.

Movie Matinee

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

Tuesday, April 11:

The Beatles in Cleveland Relive the Fab Four in Cleveland as author Dave Schwensen takes us behind the scenes and to the shows. Fish and chips lunch will be served before the presentation. Registration and payment of \$15 is required by Monday, April 3rd.

Thursday, April 13:

David Explains: John Davey

In honor of Arbor Day, David will highlight the life of John Davey and his importance to trees. Please register by calling the Bainbridge Senior Center at (440) 279-1313.

Tuesday, April 18:

Essential Oils Make & Take Local aromatherapist Maggie Kimble will discuss a few different oils and their benefits. Attendees will then be able to make their product to take home. There is a \$5 fee and registration is due by Monday, April 10th. This class is limited to 20 people.

Friday, April 21:

Amphibian Awakening Discover the secret world salamanders, frogs, toads, and other amphibians that call Ohio home. Lunch from the Topsy Bull is available before the presentation and registration is due by Friday, April 14.

Friday, April 28:

Dine with Debbie Our assistant Deb Briggs will teach some fun new ideas and recipes. In April we'll be serving healthy wraps and lemon bread. Please RVSP by Friday, April 21st.

Bainbridge Senior Center

440-279-1313

MONDAY

8:30-9:30 All-Around Exercise (\$3)³
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch and
Movie Matinee
(*West Side Story*)
12:30-2:30 Beginner's Mahjong
1:00-3:00 Mahjong
2:30-3:15 Cardio Drumming

8:30-9:30 All-Around Exercise (\$3)¹⁰
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch and
Movie Matinee
(*Rocketman*)
12:30-2:30 Beginner's Mahjong
1:00-3:00 Mahjong
2:30-3:15 Cardio Drumming

8:30-9:30 All-Around Exercise (\$3)¹⁷
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch and
Movie Matinee
(*Fiddler on the Roof*)
12:30-2:30 Beginner's Mahjong
1:00-3:00 Mahjong
2:30-3:15 Cardio Drumming

8:30-9:30 All-Around Exercise (\$3)²⁴
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch and
Movie Matinee
(*Oliver*)
12:30-2:30 Beginner's Mahjong
1:00-3:00 Mahjong
2:30-3:15 Cardio Drumming

Thursday, April 27:
Bainbridge Big Breakfast Veterans and April birthdays eat free; \$5 for all others. The menu will be waffles, sausage links, and fruit. RSVP by Friday, April 21st.

TUESDAY

8:00-9:00 Walking Group
9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-2:00 Social Worker Appt.
12:30-2:30 Intermediate Mahjong

8:00-9:00 Walking Group
9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-2:00 The Beatles in Cleveland
Prior registration is required
12:30-2:30 Intermediate Mahjong


8:00-9:00 Walking Group
9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Intermediate Mahjong
1:30-3:00 Essential Oils
Make & Take Program
Prior registration is required

8:00-9:00 Walking Group
9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Intermediate Mahjong

**Recreation & Education
Coordinator**
David Craig

**REC Assistant
Coordinator**
Deb Briggs

Bainbridge Senior Center
17751 Chillicothe Road, Bainbridge, OH 44023

WEDNESDAY			THURSDAY			FRIDAY		
8:30-9:30 All-Around Exercise 5 9:40- 10:20 Chair Yoga-cise 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>(Washington St. Diner, Bainbridge)</i> 2:30-3:15 Cardio Drumming			9:45-10:15 Balance Exercise 6 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 10:30- 12:00 Chair Volleyball 12:00-12:30 Lunch			8:30 -9:30 All-Around Exercise (\$3) 7 9:40 -10:25 Chair Yoga-cise (\$3) 10:00 -12:00 Game Time 12:00 -12:30 Lunch 1:30 -3:30 Podiatrist 2:30 -3:15 Cardio Drumming		
8:30-9:30 All-Around Exercise 12 9:40- 10:20 Chair Yoga-cise 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>(Oak & Embers, Chesterland)</i> 2:30-3:15 Cardio Drumming			9:45-10:15 Balance Exercise 13 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 10:30- 12:00 Chair Volleyball 12:00-12:30 Lunch 1:00-2:00 David Explains: John Davey in honor of Arbor Day			8:30 -9:30 All-Around Exercise (\$3) 14 9:40 -10:25 Chair Yoga-cise (\$3) 10:00 -12:00 Game Time 12:00 -12:30 Lunch 2:30 -3:15 Cardio Drumming		
8:30-9:30 All-Around Exercise (\$3) 19 9:40- 10:20 Chair Yoga-cise 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>(Bob Evans, Aurora)</i> 2:30-3:15 Cardio Drumming			9:45-10:15 Balance Exercise 20 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			8:30 -9:30 All-Around Exercise (\$3) 21 9:40 -10:25 Chair Yoga-cise (\$3) 10:00 -12:00 Game Time 12:00 -12:30 Lunch 12:30 -1:30 Amphibian Awakening with Geauga Park District 2:30 -3:15 Cardio Drumming		
8:30-9:30 All-Around Exercise (\$3) 26 9:40- 10:20 Chair Yoga-cise 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>(Edwin's Butcher Shop, Cleveland)</i> 2:30-3:15 Cardio Drumming			9:00-10:00 Big Breakfast! 27 Prior registration required 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 10:30- 12:00 Chair Volleyball 12:00-12:30 Lunch			8:30 -9:30 All-Around Exercise (\$3) 28 9:40 -10:25 Chair Yoga-cise (\$3) 10:00 -12:00 Game Time 12:00 -12:30 Lunch 12:30 - 1:30 Deb's Directions 2:30 -3:15 Cardio Drumming		
If you have any questions or want to register for any programs please call the Bainbridge Senior Center at (440) 279 -1313.						Podiatrist Appointments: Due to high demand a second date for podiatrist appointments has been added. Dr. Kessinger will see patients on Friday, April 7th, from 1:30- 3:30 .Appointments are first come, first serve and can be made by calling (440) 279-1313. Please bring your insurance card and a picture ID.		

Newsorthy Notes

WX symbol = These classes/are available
Virtually on WebEx as well.

WG Walkers Meet-Up Locations

APR 7th -Frothing Meadows
APR 14th -The Rookery
APR 21st -Orchard Hills Park
APR 28th -Beartown Lakes

Springtime Luncheon with Presentation

APR 5th 11:00-1:30pm-Join us for a lunch and learn style program with the Western Reserve Historical Society. Presentation will be on the history of Fashion in Cleveland. Lunch will immediately follow. Menu includes Ham and cheese on Croissant, potato salad, fresh fruit salad and dessert. All participants will take home a mini Easter Basket as well.

RSVP by 3-31-23. Cost: \$12

Fritters & Amphibians -Geauga Parks

APR 10th -11:00-12:00 -Join us at WGSC and learn ALL ABOUT AMPHIBIANS by a GP Naturalist. Apple fritters and coffee will be served to all who attend.

FREE Event RSVP by 4-3-23

Craft with Millissa

APR 19th-Photo Coasters .50 cents a coaster, up to 6, money due the day of class, RSVP by 4-7-23 440-279-2163.

Monthly Breakfast & Bingo

APR 21st -Join us for a hot breakfast of Ham, Egg & cheese croissant, mini muffins, fruit and beverage. Bingo will follow after the breakfast, and will include some fun prizes!! Cost \$4, RSVP by 4-14-23 440-279-2163

Lunch & Learns

APR 14th at Noon -Come and learn all about the K-9 units. Deputy Borden from the Geauga Sheriff's Dept will be here with his K-9 Partner "Rotar" to present this interesting and informative program. A lunch of Hot Dog, baked beans, coleslaw, brownie and beverage is available for a cost of \$5 if interested. Program ONLY is FREE, you can also bring your own bag lunch if you prefer. RSVP by 4-7-23

APR 28th at Noon-Our Very own Christine Bacon will present the history of dogs, and teach us about how they were domesticated from wolves. Also being covered will be the Human/canine bond, and the many therapeutic benefits these animals can provide to humans. A lunch of Cheese Pizza, Chips, cookie & beverage is available for a cost of \$5 if interested. Program ONLY is FREE, you can also bring your own bag lunch if you prefer. RSVP by 4-21-23 440-279-2163

History of Broadway Presentation

APR 24th -Join us at WGSC for a FREE presentation on the History of BROADWAY! Eric Coulbourne of WG Library will take us back into the last 100 years of history, and share Legends & Tales with us. Light snacks and refreshments will be provided. FREE PRG RSVP by 4-20-23

DINE NITE OUT with WGSC

APR 27th -Meet up at 5:00pm at "M" Italian in Chagrin Falls. Cost is on your own. RSVP by 4-24-23 440-279-2163

Lunch In & Movie "Mrs Harris Goes to Paris"

APR 25th 12:00-2:00 -Movie & Popcorn FREE to ALL, Lunch will also be available at a cost of \$6 Lunch Menu is French Dip Sandwich with au jus sauce, French green beans and macarons for dessert. RSVP by 4-18-23

West Geauga Sr. Center 440-279-2163

MONDAY

8:30 -10:30 Italian Card Game **3**
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

8:30 -10:30 Italian Card Game **10**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio (WX)
11:00-12:00 **Fritters & Amphibians**
presented by Geauga Parks
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

17
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

24
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 **Presentation-The History of Broadway a 100 year look-back**
12:00-1:00 Water Exercise-Metz Pool
1:00-3:00 American Mahjong
2:00-3:00 Line Dance Class

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.

TUESDAY

8:30-10:30 Italian Card Game **4**
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

8:30-10:30 Italian Card Game **11**
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

18
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)

25
9:00-11:30 Stained Glass Class \$5
9:00-11:00 Pinochle
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 \$**
NO PM EXERCISE CLASSES TO-DAY DUE to ALL STAFF MEETING
3:00-4:00 Visual Arts w/Fairmount



West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY

THURSDAY

FRIDAY

8:30 -10:30 Italian Card Game **5**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio (WX)
11:00 -1:30 *Springtime Luncheon and WRHS Speaker Presentation \$*
2:00 -3:00 Yoga Nidra w/Darlene
3:00 -4:00 Word Game (WX)

8:30 -10:30 Italian Card Game **12**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio (WX)
11:00 -12:00 Gentle Chair Yoga
2:00 -3:00 Yoga Nidra w/Darlene
3:00 -4:00 Word Game (WX)

8:30-10:30 Italian Card Game **19**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio (WX)
11:00-12:00 Gentle Chair Yoga
12:30 -1:30 *Craft w/Millissa \$*
3:00 -4:00 Word Game (WX)

8:30-10:30 Italian Card Game **26**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio (WX)
11:00-12:00 Gentle Chair Yoga
2:00 -3:00 Yoga Nidra w/Darlene
3:00 -4:00 Word Game (WX)



8:30 -10:30 Italian Card Game **6**
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)
1:00 -3:00 Canasta (players needed)
3:15 -4:00 Senior Spin Class @ Ohman -Holly Hill

8:30-10:30 Italian Card Game **13**
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)
1:00 -3:00 Canasta (players needed)
3:15 -4:00 Senior Spin Class @ Ohman -Holly Hill

8:30-10:30 Italian Card Game **20**
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)
1:00 -3:00 Canasta (players needed)
3:15 -4:00 Senior Spin Class @ Ohman -Holly Hill

8:30-10:30 Italian Card Game **27**
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)
1:00 -3:00 Canasta (players needed)
3:15 -4:00 Senior Spin Class @ Ohman -Holly Hill
5:00 -7:00 *Dine NITE -"M" Italian*



8:00-9:00 WG Walkers **7**
8:30-10:30 Italian Card Game
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class **\$5**
10:00-11:00 Chair Yoga Video
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)

8:00 -9:00 WG Walkers **14**
8:30 -10:30 Italian Card Game
9:00 -11:00 Pinochle
9:00-11:30 Stained Glass Class **\$5**
10:00-11:00 Chair Yoga Video
11:00 -11:45 Cardio Drumming
12:00-1:00 *Lunch & Learn (K-9 Units)*
1:00-3:00 Tech Help Appointments
1:30 -2:15 Balance Exercise
2:30 -3:00 EZ Chair Exercise (WX)

8:00 -9:00 WG Walkers **21**
8:30-9:30 *Breakfast & Bingo \$4*
8:30-10:30 Italian Card Game
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class **\$5**
10:00-11:00 Chair Yoga Video
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)

8:00 -9:00 WG Walkers **28**
8:30-10:30 Italian Card Game
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class **\$5**
10:00-11:00 Chair Yoga Video
11:00-11:45 Cardio Drumming
12:00-1:00 *Lunch & Learn (Mans Best Friend/the Human-Canine Bond)*
1:00-3:00 Tech Help Appointments
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (WX)

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

INFORMATION AND MORE

April 2023

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.*

April 3: Color Your Easter Eggs! You
bring your hardboiled eggs, make the color
mess here! FREE

April 10: Quill Art Tree FREE!

April 17: Seed Packet Wreath! \$5 per
wreath. Pre-pay by the 10th.

April 24: Paint A Wooden Cat \$3.00

*EXERCISE

Balance & Chair Exercise every Mon-
day and Wednesday
at 11:00

SOCIAL WORKER

Wednesday, April 12th starting at
8:30-10:00 schedule an appointment
to meet with Michelle

KATHIE DOYLE

Friday, April 17th at 10:30
Jackie Kennedy Presentation
call now to reserve a spot!!!

DENNIS SUTCLIFFE

Friday April 7th at 11:00
Tragedy & Triumph-The 1920 Cleveland
Indians, hot dog lunch and more \$5.00
per person call now!!

RUMMIKUB CHAMPIONSHIP!

DATE: Thursday April 6th- Thursday
April 27th at 9:30 coffee, Games begin at
10:00, no late entries!
Lunch included: \$5 per person, deadline
one week before.

MIDDLEFIELD AIRPORT TOUR

Wednesday April 26th at 10:00
\$8.00 Bento Box including beverage
call now to reserve your spot!!

YOU MUST REGISTER.

440.632.0611

Middlefield Sr. Center

440-632-0611

MONDAY

TUESDAY

3
8:00 Social Hour
9:30 Rummikub
11:00 Balance/Chair Exercise
12:00 GDA Lunch
1:00 Crafting: Easter Egg
Coloring, Bring Your
Hard Boiled Eggs
FREE

4
8:00 Social Hour
9:30 Rummikub
11:00 Health Bingo With
UH Geauga
12:00 GDA Lunch
1:00 Chair Volleyball

10
8:00 Social Hour
9:30 Rummikub
11:00 Balance/Chair Exercise
12:00 GDA Lunch
1:00 Crafting: Quill Art Tree!
FREE

11
8:00 Social Hour
9:30 Rummikub
12:00 Out To Lunch- Hiram
College
1:00 Chair Volleyball

17
8:00 Social Hour
9:00 Rummikub
11:00 Balance/Chair Exercise
12:00 GDA Lunch
1:00 Crafting: Seed Packet
Wreath, \$5 per wreath.

18
8:00 Social Hour
9:00 Rummikub
11:00 Chardon Health Care -
Blood Pressure
Checks
12:00 GDA Lunch
1:00 Chair Volleyball

24
8:00 Social Hour
9:00 Rummikub
11:00 Balance/Chair Exercise
12:00 GDA Lunch
1:00 Crafting: Paint A
Wooden Cat \$3 per cat

25
8:00 Social Hour
9:00 Rummikub
10:30 Cell Phone Trivia and
more!!
12:00 GDA Lunch
1:00 Chair Volleyball



**CRAFTING
WITH
MARSHA!**

Middlefield Sr. Center
15820 Ridgewood Rd., Middlefield

WEDNESDAY

THURSDAY

FRIDAY

5

6

7

8:00 Social Hour
 9:00 Rummikub
 11:00 Balance/Chair
 Exercise
 12:00 GDA Lunch
 1:00 Movie

8:00 Social Hour
 9:30 Coffee & Cookies
 10:00 Rummikub
 Tournament
 12:00 GDA Lunch
 1:00 Chair Volleyball

8:00 Social Hour
 9:00 Rummikub
 11:00 Dennis Sutcliffe- 1920s
 Cleveland Indians
 12:00 Guardians Opening Day
 Hot Dog Lunch & More
 1:00 Chair Volleyball

12

13

14

8:00 Social Hour
 8:30 Social Worker
 Appointments
 9:00 Rummikub
 11:00 Balance/Chair Exercise
 12:00 GDA Lunch
 1:00 BINGO!

8:00 Social Hour
 9:30 Coffee & Cookies
 10:30 Rummikub
 Tournament
 12:00 GDA Lunch
 1:00 Chair Volleyball

8:00 Social Hour
 9:00 Rummikub
 10:30 Kathie Doyle -
 Jackie Kennedy
 12:00 GDA Lunch
 1:00 Chair Volleyball

19

20

21

8:00 Social Hour
 9:00 Rummikub
 11:30 Amish Lunch at Mary
 12:00 Millers
 12:30 GDA Lunch
 Movie

8:00 Social Hour
 9:00 Rummikub
 10:30 Rummikub
 Tournament
 12:00 GDA Lunch
 1:00 Chair Volleyball

8:00 Social Hour
 9:00 Rummikub
 10:30 Instant Pot & Air
 Fryer Demo
 12:00 GDA Lunch
 1:00 Chair Volleyball

26

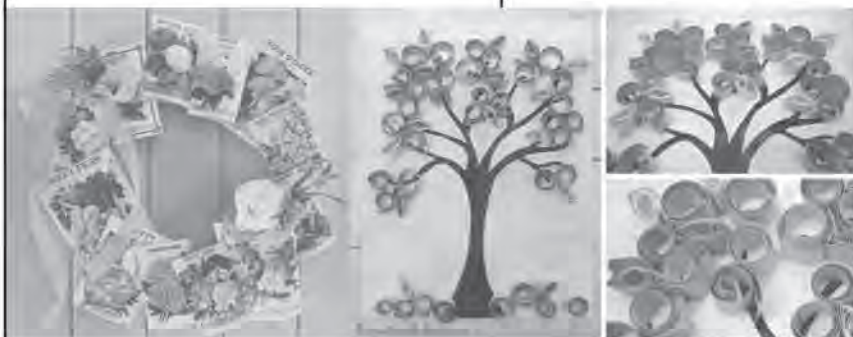
27

28

8:00 Social Hour
 9:00 Rummikub
 11:00 Balance/Chair Exercise
 10:00 Middlefield Airport Tour &
 Lunch
 1:00 BINGO!

8:30 Social Hour
 9:30 Coffee & Cookies
 10:30 Rummikub
 Tournament
 12:00 GDA Lunch
 1:00 Chair Volleyball

8:00 Social Hour
 9:00 Rummikub
 12:00 GDA Lunch
 1:00 Chair Volleyball



**RUMMIKUB
 CHAMPIONSHIP!**
 April XX

Kathie Doyle
April 14

DAVID EXPLAINS

David Explains John Davey. The father of tree surgery made Kent, Ohio home and founded The Davey Tree Expert Company. Mr. Davey also penned "The Tree Doctor", which changed how the public viewed trees and plants in general. In honor of Arbor Day, David will take a closer look at a local hero. Join David on Thursday, April 13th at 1pm and maybe learn something new.

Please call to register, (440) 279-1313.

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.** Be sure to bring your Ohio Driver's License and AARP card. Checks are to be made payable to AARP. **Please arrive 15 minutes prior for pre-registration paperwork.**

MAY 2nd 9:00a-1:30p –Bainbridge Senior Center (17751 Chillicothe Rd) RSVP by APRIL 24th.

To RSVP call 440-279-1313. To reserve a Hot Lunch, You must Request it when calling to sign up.

MAY 5thth 9:00a-1:30p – WGSC (8090 Cedar Rd. Chesterland) RSVP by APRIL 24th

To RSVP call 440-279-2163. To reserve a Hot Lunch, You must Request it when calling to sign up.

MAY 10th 9:00a-1:30p – Chardon SC (470 Center Street Bldg #8) RSVP by APRIL 24th. To RSVP call 440-279-2126. To reserve a Hot Lunch, You must Request it when calling to sign up.

PARKINSON'S SUPPORT GROUP

Tuesday, April 18th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Learn about the Parkinson's Speech Project and we talk about speaking and swallowing with intention. We will practice exercises and learn different ways to keep our voices strong.

For more information or to register call Sandy McLeod 440-279-2137.

LUNCH-IN AND FREE MOVIE & POPCORN –“MRS HARRIS GOES TO PARIS”

APRIL 25th 12:00-2:00pm—Join us at the West G Senior Center for a showing of "Mrs Harris goes to Paris". Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6.

The meal will be a French dip sandwich with au jus sauce, French style green beans, and macarons for dessert. **Registration Deadline for lunch is April 18th**, Call WGSC to sign up 440-279-2163 The Lunch-in choice will require pre-payment of \$6.

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 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.

Date	Park	Parking
4/4/2023	Holbrook Hollows	7250 Country Lane, Bainbridge
4/11/2023	Lucia Nash Preserve	Small Parking Lot; Carpool, if possible Snow Road, Burton (Large Sign)
4/18/2023	Headwaters Park	Small Parking Lot; Carpool, if possible Mayfield Road, (Rt 322), West Side of East Branch Reservoir Huntsburg/Claridon Township
4/25/2023	Hach Otis State Nature Preserve	Small Parking Lot; Carpool, if possible End of Skyline Drive, off River Road, North of Rt 6, Willoughby Hills

THE VIRTUAL DEMENTIA TOUR™ IS MAKING A STOP AT CHARDON SENIOR CENTER

Tuesday, April 25, by appointment between 10:00 a.m.-4:00 p.m. at Chardon Senior Center, and presented by Arden Courts. What is life like when you are living with dementia? The Virtual Dementia Tour™ is an individual experience through simulated dementia created by Second Wind Dreams. It was created for those seeking to better understand the physical and mental challenges of persons living with dementia. After experiencing this sensory training, you will have a better understanding of the realities of what living with dementia is like. Call the Chardon Senior Center to schedule your appointment at 440-279-2126. **FREE.**

PARKMAN 55 PLUS CLUB

April 6 meeting will be held at the Parkman community house. We will meet at 11:30AM, eat at 12:00 (noon) - Pot Luck luncheon with a 50/50 raffle. Followed by a short business meeting and then we will play bingo. Bring our quarters. New members are always welcome. For further information call Linda Bell at (440) 554-9201 or Retha Petrick (330) 416-1355.

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. There will be no meeting on April 7 because it is Good Friday.

On April 21 Steppin' Out will be entertaining us with their great music.

A bus trip has been planned to Thousand Islands, NY, for May 8-11. Includes cruise and tours of Boldt Castle, Singer Castle, and the Antique Boat Museum, a winery, six meals and much more.

Cost is \$785 pp (\$797 for non-members). For information call Nancy at (440) 729-9684.

Anyone is welcome on Young of Heart tours.

Also planned is a trip to Titusville, PA, on July 12-13 to the Caboose Motel (each room is a Caboose!). There will be a ride on the Oil City & Titusville Railroad, Drake Well Museum, Debence Antique Music World and more. Call Nancy for more information, (440) 729-9684.

On Tuesday, April 27, we will be going to the Atlas Eastgate Theater for a movie (TBA) for \$5 or Movie, pop sand popcorn for \$10. Call Kimber to sign up at (440) 668-3293.

Anyone who is 55 or older and lives in Geauga County may join the Young of Heart.

Dues for the year are \$25. Come to a meeting to join or call Monica at (216) 659-8117.

ESSENTIAL OILS MAKE & TAKE

Certified and local aromatherapist Maggie Kimble will introduce us to three essential oils and the benefits they provide. After her presentation, Maggie will help all attendees to make their own product to take home. This class costs \$5 and registration is due by Monday, April 10th.

Class size is limited so please register ASAP.

*******NEW PROGRAMS*******

The Bainbridge Senior Center is adding two new programs to its weekly schedule.

On Friday mornings, from 10:00 am- 12:00 pm, we are hosting a game day. Anyone who loves card games or board games is welcome to join us and have a good time learning a new game or brushing up on a timeless classic. Feel free to bring any games you would like and end your week with a little fun. The second "new" program is chair volleyball. After a short hiatus, chair volleyball is back at 10:30 on Thursday mornings. Don't be intimidated as we are amateurs and do not take ourselves too seriously. We play for fun and hope you will join us.

Please call (440) 279-1313 with any questions or for more information.

CPR CERTIFICATION CLASS WITH UH, GEAUGA AT CHARDON SENIOR CENTER

May 26, from 8:45 a.m.-1:00 p.m., at Chardon Senior Center. Are you interested in becoming certified or re-certified in CPR? Sign up for this free class, which has been scheduled specifically for any senior who is currently registered with Geauga County Department on Aging. Learn from the expert instructors from University Hospitals. Reservations can be made by calling Chardon Senior Center at 440-279-2126. **Space is limited.**

DIABETES SUPPORT GROUP – LOW IMPACT EXERCISES

Tuesday, April 18th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). We will be discussing exercise and how it effects your blood sugars. You will learn how to make an action plan and set some goals for yourself regarding physical activity. For more information or to register call Sandy McLeod 440-279-2137

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday APRIL 27th – Meet up time is 5:00pm at “**M**” **ITALIAN Restaurant in Chagrin Falls** (22 W Orange Street). Just call us ahead of time to let us know you are coming. Cost is on your own. RSVP by APRIL 24th 440-279-2163.

BINGO-PA-LOOZA IS BACK!

Friday, April 14, from 10:00 a.m.-1:30 p.m., at Chardon Senior Center. We are turning the senior center into a bingo hall for the morning! Space is limited, so register today! \$5.00 per person goes towards lunch and refreshments, due with registration. Call 440-279-2126 for more information.

THE FAB FOUR IN CLEVELAND

On Tuesday, April 11th, relive the excitement as John, Paul, George, and Ringo visit Cleveland for two wild concerts. Dave Schwensen will take you behind the scenes and on stage with the Beatles through insider stories, rare concert films, memorabilia, and never-before published photos. Films from both the 1964 concert at Cleveland Public Hall and 1966 show at Municipal Stadium will be shown as well. Fish and chips will be served at 12 pm with the presentation to follow at 1 pm. The cost for this program is \$15, registration and payment are required by Monday, April 3rd, 2023. Call (440) 279-1313 to reserve your spot and set up payment arrangements.

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

Thursday, April 6th 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.

FRIDAY, APRIL 28TH 12 NOON - MAN'S BEST FRIEND- THE HUMAN/CANINE BOND

Our very own Christine Bacon will be presenting an educational program about the history of the domesticated dog. We know dogs descended from wolves, but Christine will explain this in more detail. There will also be a fun “Identify the Breed” Quiz at the end to see how many you can identify by a photo. **Lunch (\$5 pre-paid) will be Cheese Pizza, Chips, Cookie and beverage.**
Sign-Up by APRIL 21st Call WGSC for more Info. 440-279-2163

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
4/5/2023	Claridon Woodlands	11383 Claridon Troy Rd, Chardon
4/12/2023	Eldon Russell Park	16315 Rapids Rd, Troy
4/19/2023	Sunnybrook Preserve	12474 Heath Rd, Chesterland
4/26/2023	Burton Wetlands Nature Preserve	15681 Old Rider Rd, Burton

APRIL LUNCH & LEARNS AT WEST G SENIOR CENTER PRESENTATIONS ARE FREE

Friday APRIL 14th 12 Noon – How K-9 Units are used in Law Enforcement by Geauga County Sheriff's K-9 Unit. Deputy Borden from Th K-9 Unit will be on hand to discuss the process of being certified to work in the k-9 Unit, how the dogs are trained and used in narcotics detection, suspect apprehension and more. The presentation will include a visit with K-9 Rotar Lunch (\$5 pre-paid) – Hot dog, baked beans, coleslaw, brownie & beverage.
Sign-up by APRIL 7th, Call for more info 440-279-2163

LUNCH AND LEARN WITH GEAUGA PARK DISTRICT

Thursday, April 13, from 12:00-1:30 p.m., at Chardon Senior Center. A Naturalist from Geauga Park District will be here with the presentation, "Amphibian Awakening." Learn all about our amphibian friends here in Geauga County! Lunch included. FREE. Register at 440-279-2126.

DEB'S DIRECTIONS

Welcome the newest member of the Bainbridge Senior Center and learn some new recipes from a trained chef. The last Friday of each month, Debbie will teach a few recipes and give samples to those attending the presentation. On the menu for April is some new ideas for wraps and a famous lemon bread. Please register by Friday, April 21st.

LUNCH AND LEARN WITH UH, GEAUGA: THE IMPORTANCE OF STAYING SOCIALLY CONNECTED

Monday, April 24, from 11:00 a.m.-12:30 p.m., at Chardon Senior Center. Staying connected in your community is so important to our overall health and wellbeing; come and hear the experts from UH, Geauga discuss why this is so. Lunch included. FREE. Register at 440-279-2126.

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, April 5th (1st Wednesday of each month) - at Geauga West Library from 11:30-12:30pm with an out to lunch to follow for those interested.

The Bookwoman of Troublesome Creeb by Kim Michele Richardson

Thursday, April 13th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.
Discussing: *The Guest List* by Lucy Foley

TECHNOLOGY & RESOURCE FAIR

Friday, May 19th from 10:00am-2:00pm at West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). We want to help connect you to the tech world as a way to live better and age better. Come learn, explore, and connect! There will be hands on education and how to use recent technology, i.e. smart phones, apps, Bluetooth connectivity. Learn how technology can help you age, and educational materials that guide you to helpful resources. Try a virtual experience where technology and medicine integrate. Join us for this free event, includes speaker series, vendor tables, individualized technology help, and a lunch (turkey wrap, chips, cookie, and beverage). Space is limited, so you must make a reservation by calling the West Geauga Senior Center at 440-279-2163.

BAINBRIDGE WALKING GROUP

With spring returning, so is the Bainbridge Walking Group. Meet a staff member at a local park for nice relaxing walk every Tuesday morning at 8:00 am. Call (440) 279-1313 for more information.

April's schedule is listed below:

April 4: Frohring Meadows

April 11: Beartown Lakes

April 18: West Woods

April 25: Holbrook Hollows

BREAKFAST & BINGO AT WEST G SENIOR CENTER

FRIDAY, APRIL 21st 2023 -8:30AM-9:30AM - \$4.00/PERSON -RSVP by 4/14/2023

Menu: Ham, Egg & Cheese Croissant, mini muffins, fruit and 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.

LOST CLEVELAND MEMORIES: PRIDE OF CLEVELAND PRESENTATION W/GUEST SPEAKER, DENNIS SUTCLIFF.

Friday, April 21, from 11:00 a.m.-12:30 p.m., at Chardon Senior Center. \$5.00 per person, includes the presentation and lunch. Come and share your memories and listen to audio clips from the era of the 60's and 70's from groups like the Raspberries, The James Gang, Glass Harp, and Rastus! \$5 due with registration.

VETERANS RESOURCE FAIR

April 19th from 3:00-6:00pm at Geauga County Office Building (12611 Ravenwood Dr, Chardon 44024). Learn about VA benefits, check the status of your claim, obtain a Geauga Veterans ID card, and much more! Agencies attending – VA Regional Office, Veteran's Food Pantry, Geauga Recorder, and Geauga County Department on Aging.

GEAUGA PARK DISTRICT ELDERBERRIES: NATURE PHOTOGRAPHY

Seniors, explore spring through nature photography on Thursday, April 20th at 11:30am using your personal cell phone or camera. First, learn tips and tricks in the lodge at The Rookery (10110 Cedar Rd, Chesterland 44026) over a meal. Then, put your new skills to the test through a nature photography scavenger hunt. After, learn how your nature photos can be used to help scientists through iNaturalist. A collaboration with Geauga Department on Aging and UH Geauga Medical Center. Lunch is sponsored by Heather Hill Care Communities.

Please call Geauga Park District to register at 440-286-9516 for this free program.

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

Friday, April 7, 10:00 a.m. at the Chardon Senior Center @ 470 Center Street, Building 8, Chardon. Kathie will be speaking about the Blue People of Kentucky. This is a free event, but registration is required by calling 440-279-2126. Space is limited.

REMEMBER WHEN...ELIOT NESS AND THE TORSO MURDERS

Thursday, April 27th from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Take a front row seat as the Cleveland History Center presents significant stories featuring the intriguing, curious, and oft-forgotten tales about Eliot Ness and the Torso Murders. While acting as Cleveland's Safety Director, Eliot Ness made great improvements in our infrastructure that created a lasting legacy for the city. However, in these same years, Ness would come head-to-head with a series of heinous crimes - The Torso Murders. Explore the famous case that is still considered unsolved to this day, and learn about the Cleveland of Eliot Ness.

Lunch will be served at 12:00pm - chili, baked potato bar, and dessert. \$10 per person.

GEAUGA SWEET STRINGS: A STRINGED INSTRUMENTS PLAYING GROUP IS WELCOMING NEW PLAYERS!

This group meets every Tuesday afternoon from 2:00-3:30 p.m., at the Chardon Senior Center (470 Center Street, building 8, Chardon). The last Tuesday of the month, the group meets earlier (12noon-2:00 p.m.). The group's mission is to enjoy learning and making music with others, while having the vision of sharing and performing in our community! They currently have musicians playing guitar, banjo, autoharp, finger chimes, spoons, mountain dulcimer, hammered dulcimer, and occasionally, a fiddle! They are always welcoming new musicians to their diverse stringed instrument group. For more information, please stop by during their practice time, or call the Chardon Senior Center at 440-279-2126.

HISTORY OF BROADWAY PRESENTATION AT WGSC

Monday, April 24th 11:00am - 12:00Noon -Eric Coulbourne of The West Geauga Library will be here to present a program on the History of Broadway -a 100 year look back into the Glitz and Glamour of the past!! All participants will be served a light snack and refreshment.

FREE Program, deadline to sign up is April 19th. Call 440-279-2163

CHARDON SENIOR CENTER BOOK CLUB

Monday, April 10at 1:00 p.m., meeting at Chardon Senior Center. April's book "The Book Women of Troublesome Creek," by Kim Michele Richardson. Looking ahead, May's book is "The Guernsey Literary and Potato Peel Pie Society," by Mary Ann Shaffer and Annie Barrows.

NEW CLASS - PEDALING FOR PARKINSON'S HELD AT OHMAN FAMILY LIVING AT HOLLY IN THE ASSISTED LIVING CYCLING ROOM

10190 Fairmount Rd, Newbury, OH 44065, Tuesdays at 11:30am and Thursdays at 2:00pm. We will have small classes and will be using Peloton bikes. Experts believe cycling in particular can help increase certain proteins in the brain that help with movement and cognitive function – making it one of the most beneficial activities for keeping Parkinson's symptoms in check.

You will need to bring a water bottle and towel. Space is limited!

Please call Sandy McLeod at 440-279-2137 to register.

CALLING ALL BRIDGE PLAYERS AND CANASTA PLAYERS!! WGSC NEEDS YOU!!

The Bridge group meets every Tuesday from 12:00-3:00pm and the Canasta group meets every Wednesday from 1:00-3:00pm at the West G Senior Center. PLEASE come and join us!!

Let us know you are willing by calling us at 440-279-2163.

“MOSES” AT SIGHT AND SOUND THEATER IN LANCASTER, PA

Join the Department on Aging for a 3-day, 2-night trip to Lancaster, Pennsylvania from Monday, June 26th through Wednesday, June 28th. Visit Turkey Hill Dairy, a train ride aboard the Strasburg Railroad, visit the Amish Farm and House, tickets to “Moses” at the Sight and Sound Theater, and lunch at Mount Hope Estate Winery are just some of the attractions you’ll get to experience!

Cost is \$550 per person (based on double occupancy). Stop in to your nearest senior center to pick up the detailed itinerary and registration form. Sign up at the senior center, or mail check and forms to: Geauga County Department on Aging, 12611 Ravenwood Dr, Suite 200, Chardon, OH 44024. Checks need to be made out to “Great Day Tours”.

Call Sandy McLeod at 440-279-2137 with questions.

BOXING CLASSES & FLOOR EXERCISES

Every Monday from 11:00am-12:30pm at the Chardon Senior Center (470 Center St, Building 8, Chardon 44024). This is a non-contact boxing style fitness program followed by a half an hour floor class. Strength, speed, balance and flexibility will be worked on through a variety of exercises and core conditioning. We focus on improving your overall fitness level, maintaining a strong healthy body while working on postural imbalances, and increasing your core strength.

\$1 donation per class. Please call Melissa Wheeler at 440-279-2167 for questions.

AMPHIBIAN AWAKENING

As spring comes to the woodlands, salamanders, frogs, and toads awaken to warm evening rains.

Like clockwork, they emerge to begin their annual courtship, some with an almost deafening chorus. With slides, calls, and live amphibians discover the secret world of these captivating creatures. A naturalist from the Geauga Park District will enlighten us on

Friday, April 21st at 12:30 pm. Lunch from the Topsy Bull is available prior to the presentation but there is no fee to attend the program. Please call the **Bainbridge Senior Center** for more information, (440) 279-1313.

Or

Monday, April 10th at 11:00 am at West G Senior Center, Coffee and apple fritters will be served to all who attend.

CRAFT CLASS WITH MILLISSA AT WEST G SENIOR CENTER

Wednesday, April 19th 12:30-1:30 pm –This month we will be making photo coasters. Cost will be >50 cents per coaster with a max of 6. All photos need to be submitted to Millissa at WGSC by April 7th. Photos need to be placed in a Ziploc bag with your name on it. Photos will be returned the day of class. Payment is due the day of class as well. Coasters will be in Black & White format.

RSVP by April 7th. **Call for more info at 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. Class in on Tuesday, April 18, at 10:00 a.m. at Chardon Senior Center; call 440-279-2126 to register or on March 16, 2023 at 12:30 p.m. at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.

Call Sandy McLeod at 440-279-2137 with questions.

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, April 27th from 9am-10am for our monthly Big Breakfast! Veterans and April Birthdays eat FREE. All others pay \$5.00. Call (440) 279-1313 to RSVP. Registration and payment are due no later than Friday, April 21st. Please indicate if you are a Veteran or if your Birthday is in April. April's menu is pancakes, sausage links, and fruit.

THE BREAKFAST CLUB OF CHARDON

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, April 13 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!

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

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

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

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

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

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

Contact a Geauga Department on Aging Social Worker for assistance with your Application!

GRIEF SUPPORT

The Geauga County Sheriff's Office LOSS Team is now offering a grief support group. We provide a safe and supportive environment for families to talk about their grief journey. We have heard from many that reaching out to others is often very difficult when they are struggling with grief. We at the LOSS team have learned from experience that the more support and understanding you have the better you can cope. Your world is forever changed by the death of a love one.

This is the reason we have started the "BEREAVEMENT COMPANIONING AND GRIEF SUPPORT." Our next group will begin April and run for 12 weeks on Monday night from 6:00 pm to 8:00 pm. Registrations are required so we have enough material available. We have an adult group and now a youth group.

This support group is one of the few places where you can come to be among others who understand, and where you can still talk about the one you have loved and lost. This group is not the same as a therapy/counseling group. Bereavement companionship gives us permission to lean in and embrace our individual grief journey. We will be covering such topics as "grief is not a disease, misconception about grief, and understanding the six needs of mourning".

If you have any questions or just need more information please contact me at 440/279-2062.

Respectfully yours, Tracy Jordan, CA Director of LOSS Team

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.

APRIL 2023
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
3 MEATBALLS W/TOMATO SAUCE W/PASTA CAULIFLOWER SPINACH DINNER ROLL DICED PEACHES CUP	4 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	5 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	6 CHICKEN ALA KING WHITE RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	7 BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP
10 BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP	11 HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	12 TOMATO BASIL CHICKEN PASTA W/TOMATO SAUCE MIXED VEGETABLES CORN W/RED PEPPERS DICED PEACHES CUP	13 KETCHUP GLAZED MEATLOAF W/CHEESE BROWN RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES CUP	14 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES
17 SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	18 GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	19 JUMBO RAVIOLI W/SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS	20 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	21 SWEDISH MEATBALLS W/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP
24 BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP	25 MEATBALLS W/TOMATO SAUCE W/PASTA CAULIFLOWER SPINACH DINNER ROLL DICED PEACHES CUP	26 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	27 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	28 CHICKEN ALA KING WHITE RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS

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
APRIL

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

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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. Dates for Pick-up days are subject to change, so check the list each month.***

Hambden Twp	Apr 26, 27 & 28
South Russell Vlg	Apr 26, 27 & 28
Munson Twp	Apr 17 - 21
Bainbridge Twp	May 1, 2 & 3
Montville Twp	May 4 & 5
Claridon Twp	May 11
Burton Vlg	May 12
Thompson Twp	May 19
Burton Twp	May 17, 18 & 19
Chardon Twp	May 30 & 31
Auburn Twp	June 1 & 2
Huntsburg Twp	June 1 & 2
Newbury Twp	June 5, 6 & 7
Parkman Twp	June 21, 22 & 23
Troy Twp	July 27 & 28
Vlg of Middlefield	Aug 17
Chesterland Twp	Sept 11, 12 & 13
Middlefield Twp	Oct 5

Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2023 Trash Day Pick-up program to register NOW with the Dept on Aging. Seniors who complete 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.