

# The Geauga senior news

Geauga County Department on Aging

July 2023

## PAINT & SIP

Create a beautiful piece of art with the help of Elizabeth from Eza Art. Mocktails and treats will be served prior to the program at 12:30 pm. Elizabeth will begin at 1:00 pm and help us to bring out our inner artist. The cost of this event is only \$20 and includes everything you will need. Please call the Bainbridge Senior Center to register or with any questions, (440) 279-1313.

## PARKINSON'S SUPPORT GROUP – VIBRATION THERAPY GLOVES

Join us on Tuesday, July 18th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Mark Hurt will have a demonstration on the Parkinson "Vibration Therapy Gloves" and we will show the video from Stanford that was shown on NBC news.

Please RSVP by calling Sandy McLeod 440-279-2137.

## HISTORY OF ICE CREAM PRESENTED BY THE MIDDLEFIELD LIBRARY

Monday, July 24th at 1pm join us at the Middlefield Senior Center for a history lesson on ice cream! Samples included. Cost is free call 440-632-0611 to register. Deadline Friday, July 21st

## GEAUGA WALKERS

All walks begin promptly at 1:00. \* A Naturalist will accompany us on these walks.

Please continue to register for all GPD-led walks online at [GeaugaParkDistrict.org](http://GeaugaParkDistrict.org) or call GPD at (440) 286-9516. This request allows park to notify attendees if unexpected park closure or severe weather. Any questions call: Carol Rinehart @ (440) 487-4346, or TEXT

Jane Hall-Nemeth @ (440) 567-1228.

Date	Park	Parking
7/11/2023	Jordan Creek Park Environmental Learning Center	7250 Alexander Road, Painesville
7/18/2023	Russell Uplands	15200 Russell Road, 1/2 Mile South of Rt 87, West of Rt 306. Carpool, if possible.
7/25/2023	Nelson Ledges	12440 OH 282, South of Rt 422, Nelson Township
8/1/2023	Whitlam Woods	12500 Pearl Road, Hambden Township





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

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

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

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

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

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

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

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

### **BOARD OF COMMISSIONERS**

Geauga County Ohio

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

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

### **LEADERSHIP TEAM**

Jessica Boalt – Director | Kathy Petrella – Asst. Director

Reba Dykes - Administrative Services Manager

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



## Platinum Patrons

The Stone Family, in Memory of Dale & Joan Spangenberg

Members of the Newbury Class of 1956

Catherine & Curtis Leary

Dan and Gwenn Brown

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

Vince Lisi, in memory of Evelyn Lisi

## Adult Day Services

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

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

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

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



# July 2023

## Monthly Highlights

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

**Monday, July 24th - Monday, August 28th: 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 Sandy to register at 440-279-2137. 12:30-3:00pm. Free.



**Tuesday, July 25th: Bike Ride on the Ohio & Erie Towpath Trail** Meet at the Canal Exploration Center (7104 Canal Rd, Valley View, OH 44125) and we will ride to Peninsula where we will have lunch, and then ride back. This is approximately 11 miles each way thru Cuyahoga Valley National Park! Our ride will begin at 10:00am, should arrive at our lunch destination around 11:15-11:30 am, depending on how many rest stops we take. We will ride back after lunch. RSVP to Sandy McLeod at 440-279-2137.

**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.


**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.

**Geauga Cyclists:** Every Tuesday. Meet at the Eagles Baseball Field on Park Avenue (Chardon). We will ride on the Maple Highland Trail. You must have your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Call Sandy for questions at 440-279-2137. 9:00am.

July 2023	
MONDAY	TUESDAY
3	4
<b>COMMUNITY ACTIVITIES CANCELLED FOR TODAY</b>	 <b>OFFICES CLOSED FOR HOLIDAY</b>
10	11
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>12:00-12:30</b> Floor Exercises <b>CSC</b>	<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>11:30-12:30</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>
17	18
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>12:00-12:30</b> Floor Exercises <b>CSC</b>	<b>9:00-10:30</b> Geauga Cyclists <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>11:30-12:30</b> Pedaling for Parkinson's <b>OH</b> <b>12:30-1:30</b> Parkinson's Support <b>CSC</b> <b>2:00-3:00</b> Diabetes Support Group <b>CSC</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>
24	25
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>12:00-12:30</b> Floor Exercises <b>CSC</b> <b>12:30-3:00</b> Diabetes Self- Management Class <b>WG</b>	<b>10:00-2:00</b> Bike Trip <b>OS</b> <b>11:00-11:45</b> Balance Exercise <b>CSC &amp; WX</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>
31	
<b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Boxing Class <b>CSC</b> <b>12:00-12:30</b> Floor Exercises <b>CSC</b> <b>12:30-3:00</b> Diabetes Self- Management Class <b>WG</b>	



## SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
5	6	7
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:30-12:30 Book Discussion <b>GW</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b> 10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b> 12:00-2:30 Lunch &amp; Movie <b>WG</b> 2:00-3:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:15-12:00 Balance Exercise <b>CSC &amp; WX</b></p>
12	13	14
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b> 10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b> 1:30-3:00 Book Discussion <b>BL</b> 2:00-3:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:15-12:00 Balance Exercise <b>CSC &amp; WX</b></p>
19	20	21
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b> 11:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b> 9:00-12:30 GPD Elderberries <b>OS</b> 2:00-3:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:15-12:00 Balance Exercise <b>CSC &amp; WX</b></p>
26	27	28
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b> 10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b> 2:00-3:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:15-12:00 Balance Exercise <b>CSC &amp; WX</b></p>
	<p style="text-align: center;"><b>Sandy McLeod</b> Senior Centers' Supervisor 440-279-2137</p> <p style="text-align: center;"><b>Melissa Wheeler</b> Asst. Senior Centers' Supervisor 440-279-2167</p>	<p><b>BL</b> - Burton Library <b>CL</b> - Chardon Library <b>CSC</b> - Chardon Senior Center <b>GW</b> - Geauga West Library <b>OH</b> - Ohman Family Living at Holly <b>OS</b> - Offsite <b>WG</b> - West Geauga Senior Center <b>WX</b> - WebEx (Online)</p>



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

**Monday, July 3:** Freedom Celebration Indoor Picnic! \$5 and prior registration!

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

**Friday, July 7:** Breakfast and Speaker with Kathie Doyle.: "History of Drive-In Movie Theaters." Prior registration required.

**Monday, July 10:** Book Club: July's book is "The Wedding Dress Sewing Circle," by Jennifer Ryan.

**Tuesday, July 11:** Ice Cream Social with a performance by the Raccoon County Ramblers. Space is limited!

**Thursday, July 12:** Lunch and Learn with UH Geauga: Nursing Through the Years; From Florence Nightingale to the Present. FREE.

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

**Friday, July 14:** Lunch and Learn with Happy Trails Farm Animal Sanctuary. Learn about this amazing local farm animal rescue facility. FREE


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

**Wednesday, July 19:** Heather Hill Luncheon and Cooking Demo. Space is limited. Thanks to our sponsor Heather Hill!

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

**Friday, July 21:** NEW! Monthly Art Club with EZA ARTS! Create a beautiful wall hanging made out of a rustic fence post, painted rocks, and summer-time colors! Everything you need is supplied! \$20 per person with prior registration.

**Friday, July 28:** Monthly Birthday BINGO and Pizza Party at Chardon Senior Center. \$5 per person/July Birthdays FREE. Thanks to our BINGO & Cake sponsor, Chardon Healthcare!

<b>Chardon Senior Center 440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<p><b>3</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:00 -3:00 Freedom Celebration Indoor Picnic –prior registration 12:45 -1:45 Line Dancing \$3 (on break)</p>	<p><b>4</b> Senior Center Closed Today</p> 
<p><b>10</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:45 -1:45 Line Dancing \$3 (on break) 12:30 -3:30 Book Club 1:00 -3:00 Ceramics 1:00 -3:00 Rummikub</p>	<p><b>11</b></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 Ice Cream Social with a performance by the Raccoon County Ramblers— prior registration</p>
<p><b>17</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:45 -1:45 Line Dancing \$3 (on break) 1:00 -3:00 Rummikub</p>	<p><b>18</b></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 Group 2:00 -3:00 Diabetic Support 12:30 -4:00 Game Day 2:00 -3:30 Raccoon County Ramblers Practice</p>
<p><b>24</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:45 -1:45 Line Dancing \$3 (on break) 1:00 -3:00 Ceramics 1:00 -3:00 Rummikub</p>	<p><b>25</b></p> <p>8:30 -11:00 Woodcarving 9:00 -11:00 Knit and Crochet 9:00 -11:00 Raccoon County Ramblers Practice</p> <p style="text-align: center;"><b>Senior Center Closed at 11:00 Today for Staff Development</b></p>
<p><b>31</b></p> <p>10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:45 -1:45 Line Dancing \$3 (on break) 1:00 -3:00 Rummikub</p>	



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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>5</b> 9:00 -11:00 Pinochle            10:00 -12:30 Dulcimer Groups            11:00 -11:45 Strength Training \$2            11:15 -12:00 NO Balance Exercise today            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</p>	<p><b>6</b>            10:30 -12:00 Choral Group            12:00 -3:00 Painting Pals            12:30 -4:00 Duplicate Bridge            1:00 -4:00 Game Day            1:00 -1:45 Balance Exercise            1:30 -3:30 Line Dancing \$5 (off site)</p>	<p><b>7</b>            9:30 -11:30 Stained Glass            10:00 -11:30 Breakfast &amp; Speaker —prior registration            11:00 -12:00 NO BINGO            11:15 -12:00 Balance Exercise            1:00 -2:00 Chair Volleyball            1:00 -4:00 Bridge Group</p>
<p><b>12</b> 9:00 -11:00 Pinochle            10:00 -12:30 Dulcimer Groups            11:00 -12:30 Lunch and Learn w/UH, Geauga — prior registration            11:15 -12:00 Strength Training \$2            11:00 -11:45 Balance Exercise            1:00 -2:30 Chair Volleyball            1:30 -4:00 Mexican Train            1:00 -4:00 Mah Jongg</p>	<p><b>13</b> 9:30-11:00 Brunch Bunch at Bob Evans Chardon            10:30 -12:00 Choral Group            12:00 -3:00 Painting Pals            12:30 -4:00 Duplicate Bridge            1:00 -4:00 Game Day            1:00 -1:45 Balance Exercise            1:30 -3:30 Line Dancing \$5 (off site)</p>	<p><b>14</b>            9:30 -11:30 Stained Glass            11:00 -12:00 BINGO            11:15 -12:00 Balance Exercise            12:00 -1:30 Lunch and Learn with Happy Trails Farm Animal Sanctuary            1:00 -2:00 Chair Volleyball            1:00 -4:00 Bridge Group</p>
<p><b>19</b>            9:00 -11:00 Pinochle            10:00 -12:30 Dulcimer Groups            11:00 -11:45 Strength Training \$2            11:15 -12:00 Balance Exercise            12:00 -1:00 Heather Hill Lunch            1:00 -2:30 Chair Volleyball            1:30 -4:00 Mexican Train            1:00 -4:00 Mah Jongg</p>	<p><b>20</b> 9:00 -10:00 Monthly Breakfast -prior reg.            10:00 -11:00 No -Bake Class            10:30 -12:00 Choral Group            12:00 -3:00 Painting Pals            12:30 -4:00 Duplicate Bridge            1:00 -4:00 Game Day            1:00 -1:45 Balance Exercise            1:30 -3:30 Line Dancing \$5</p>	<p><b>21</b>            9:30 -11:30 Stained Glass            11:00 -12:00 BINGO            11:15 -12:00 Balance Exercise            1:00 -2:00 Chair Volleyball            1:00 -4:00 Bridge Group            1:00 -3:00 NEW Art Club — prior registration required</p>
<p><b>26</b>            9:00 -11:00 Pinochle            10:00 -12:30 Dulcimer Groups            11:00 -11:45 Strength Training \$2            11:15 -12:00 Balance Exercise            1:00 -2:30 Chair Volleyball            1:30 -4:00 Mexican Train            1:00 -4:00 Mah Jongg</p>	<p><b>27</b>            10:30 -12:00 Choral Group            12:00 -3:00 Painting Pals            12:30 -4:00 Duplicate Bridge            1:00 -4:00 Game Day            1:00 -1:45 Balance Exercise            1:30 -3:30 Line Dancing \$5 (off site)</p>	<p><b>28</b>            9:30 -11:30 Stained Glass            11:00 -12:00 Birthday BINGO and Pizza Party —prior registration            11:15 -12:00 Balance Exercise            1:00 -3:00 Chair Volleyball            1:00 -4:00 Bridge Group</p>
<p><u><b>NEW on Wednesdays!</b></u>             Dulcimer refresher class for beginners, from 10:00 -10:45.             Intermediate dulcimer gathering from 11:15 -12:30.</p>	<p style="text-align: center;"><b>Becky O 'Reilly</b>            Recreation &amp; Education Coordinator   <b>Betty Conti</b>            Recreation &amp; Education Assistant Coordinator</p>	<p style="text-align: center;"><b>Beth Oliverio</b>            Information and Referral Specialist   <b>Karen Fueger</b>            Kitchen Coordinator</p>



## **Bainbridge Bulletin**

### **Movie Matinee**

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

### **NEW ON FRIDAYS!**

The response has been tremendous for our Mah Jong groups, so we've decided to add a third day. Starting in July, we will offer Mah Jong at 10:00 am. This group is open to beginner's, intermediate, and experts! Everyone is welcome and no registration is needed. For more information, call the Bainbridge Senior Center, (440) 279-1313.

### **Thursday, July 13:**

#### **David Explains: Zip Codes**

In 1963 the US government introduced ZIP codes to improve the speed of mail delivery. David will explain the improvements made in the 60 years since its arrival and how the system works. Please register by calling (440) 279-1313.

### **Thursday, July 27:**

**Big Breakfast** Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and June birthdays are free to attend. The cost is \$5 for everyone else. July's menu is breakfast casserole, Canadian bacon, and fruit. Please RSVP by Friday, July 21st.

### **Thursday, July 27:**

**In Their Footsteps** Auburn resident Sandra Milton will join the center after the Big Breakfast to discuss her genealogical journey. She will share the story of two families, one white and one black and how their lives intertwined. Call (440) 279-1313 with any questions or to register by Friday, July 21st.

## **Bainbridge Senior Center**

**440-279-1313**


### **MONDAY**

### **TUESDAY**

<b>3</b>	<b>4</b>
<p>The Bainbridge Senior Center will be closed on Monday, July 3rd. The West Geauga Senior Center will be open and lunch is available. We will be open again on Wednesday, July 5th.</p>	<p><u>Closed for</u> <b>4th of July</b></p> 
<b>10</b>	<b>11</b>
<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch and  <b>Movie Matinee</b>  <i>(Invasion of the Body Snatchers)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<p><b>8:00 – 9:00</b> Walking Group  <b>9:00 -12:00</b> Podiatrist Appts.  <b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>12:00 -2:00</b> Social Worker Appts.  <b>12:30 -2:30</b> Intermediate Mahjong</p>
<b>17</b>	<b>18</b>
<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch and  <b>Movie Matinee</b>  <i>(Blade Runner)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<p><b>8:00 – 9:00</b> Walking Group  <b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>12:30 -2:30</b> Intermediate Mahjong</p>
<b>24</b>	<b>25</b>
<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch and  <b>Movie Matinee</b>  <i>(Moon)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	<p><b>8:00 – 9:00</b> Walking Group  <b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Mexican Train  <b>12:00 -12:30</b> Lunch  <b>12:00 -2:00</b> Intermediate Mahjong  <b>The center will close at 2:00 pm so our staff can attend our monthly staff meeting.</b></p>
<b>31</b>	<b>31</b>
<p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:30</b> Chair Yoga -cise (\$3)  <b>10:00 -2:00</b> Poker  <b>12:00 -2:30</b> Lunch and  <b>Movie Matinee</b>  <i>(2001: A Space Odyssey)</i>  <b>12:30 -2:30</b> Beginner's Mahjong  <b>2:30 -3:15</b> Cardio Drumming</p>	



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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>8:30-9:30</b> All-Around Exercise (\$3) <b>5</b>  <b>9:40- 10:20</b> Chair Yoga-cise (\$3)  <b>10:00-12:00</b> Diamond Painting  <b>10:30-11:30</b> Line Dancing (\$3)  <b>10:30-11:45</b> Bingo  <b>12:00-12:30</b> Lunch (<i>senior center</i>)  <b>12:30-2:00</b> Out to Lunch Group  <i>(Welshfield Inn, Troy)</i>  <b>2:30-3:15</b> Cardio Drumming</p>	<p align="right"><b>6</b></p> <p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Knit and Crochet  <b>10:00 -3:00</b> Pinochle  <b>10:30 - 12:00</b> Chair Volleyball  <b>12:00 -12:30</b> Lunch</p>	<p align="right"><b>7</b></p> <p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:25</b> Chair Yoga -cise (\$3)  <b>10:00 – 12:00</b> Mah Jong  <b>12:00 -12:30</b> Lunch  <b>2:30 -3:15</b> Cardio Drumming</p>
<p><b>8:30-9:30</b> All-Around Exercise (\$3)<b>12</b>  <b>9:40- 10:20</b> Chair Yoga-cise (\$3)  <b>10:00-12:00</b> Diamond Painting  <b>10:30-11:30</b> Line Dancing (\$3)  <b>10:30-11:45</b> Bingo  <b>12:00-12:30</b> Lunch (<i>senior center</i>)  <b>12:30-2:30</b> Podiatrist  <b>12:30-2:00</b> Out to Lunch Group  <i>(Spinner's, Chardon)</i>  <b>2:30-3:15</b> Cardio Drumming</p>	<p align="right"><b>13</b></p> <p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Knit and Crochet  <b>10:00 -3:00</b> Pinochle  <b>10:30 - 12:00</b> Chair Volleyball  <b>12:00 -12:30</b> Lunch  <b>1:00 -2:00</b> <b>David Explains:</b>  <b>Zip Codes</b></p>	<p align="right"><b>14</b></p> <p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:25</b> Chair Yoga -cise (\$3)  <b>10:00 – 12:00</b> Mah Jong  <b>12:00 -12:30</b> Lunch  <b>2:30 -3:15</b> Cardio Drumming</p>
<p><b>8:30-9:30</b> All-Around Exercise(\$3)<b>19</b>  <b>9:40- 10:20</b> Chair Yoga-cise (\$3)  <b>10:00-12:00</b> Diamond Painting  <b>10:30-11:30</b> Line Dancing (\$3)  <b>10:30-11:45</b> Bingo  <b>12:00-12:30</b> Lunch (<i>senior center</i>)  <b>12:30-2:00</b> Out to Lunch Group  <i>(City BBQ, Solon)</i>  <b>2:30-3:15</b> Cardio Drumming</p>	<p align="right"><b>20</b></p> <p><b>9:45 -10:15</b> Balance Exercise  <b>10:00 -12:00</b> Knit and Crochet  <b>10:00 -3:00</b> Pinochle  <b>10:30 - 12:00</b> Chair Volleyball  <b>12:00 -12:30</b> Lunch  <b>12:30 -2:00</b> Iris Folding Class</p>	<p align="right"><b>21</b></p> <p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:25</b> Chair Yoga -cise (\$3)  <b>10:00 – 12:00</b> Mah Jong  <b>12:00 -12:30</b> Lunch  <b>2:30 -3:15</b> Cardio Drumming</p>
<p><b>8:30-9:30</b> All-Around Exercise(\$3)<b>26</b>  <b>9:40- 10:20</b> Chair Yoga-cise (\$3)  <b>10:00-12:00</b> Diamond Painting  <b>10:30-11:30</b> Line Dancing (\$3)  <b>10:30-11:45</b> Bingo  <b>12:00-12:30</b> Lunch (<i>senior center</i>)  <b>12:30-2:00</b> Out to Lunch Group  <i>(Punderson Manor, Newbury)</i>  <b>2:30-3:15</b> Cardio Drumming</p>	<p align="right"><b>27</b></p> <p><b>9:00 -10:00</b> <b>Big Breakfast!</b>  <i>Prior registration required</i>  <b>10:00 -11:00</b> <b>In Their Footsteps</b>  <b>10:00 -12:00</b> Knit and Crochet  <b>10:00 -3:00</b> Pinochle  <b>10:30 - 12:00</b> Chair Volleyball  <b>12:00 -12:30</b> Lunch</p>	<p align="right"><b>28</b></p> <p><b>8:30 -9:30</b> All-Around Exercise (\$3)  <b>9:40 -10:25</b> Chair Yoga -cise (\$3)  <b>10:00 – 12:00</b> Mah Jong  <b>12:00 -12:30</b> Lunch  <b>2:30 -3:15</b> Cardio Drumming</p>
<div style="border: 1px solid black; padding: 10px;"> <p><b>Recreation &amp; Education  Coordinator  David Craig</b></p> <p><b>REC Assistant  Laura Reed</b></p> </div>		



## Newsworthy Notes

(WX) symbol listed after it, are available both LIVE and Virtually on WebEx

### Monthly Breakfast & Bingo

**JULY 13** -Menu: Breakfast pizza, Danish, Fruit Kabobs and Beverage! Just want to join us for Bingo? No reservation or money needed!

Bingo starts at 9:00am. **Cost is \$4, Registration for Breakfast is due July 7th**

### Craft with Millissa

**JULY 19th** -We will be creating our very own Miniature Plant Terrarium! All supplies will be provided. No experience necessary. We will provide the basic items along with some small trinkets – if you'd like something specific feel free to bring it to class. **Cost is \$8, registration deadline is July 12th**

### Never Ending Knowledge Schedule

**July 12th**– Acadia's Highlands and Islands and The Dakota Badlands

**July 19th** – Carving of The Grand Canyon, and its 2-Billion Year Staircase.

**July 26th** –Bryce Canyon, Canyonlands, Arches, Petrified Forest and Other Fossil Parks

### Lunch & Learns in JULY

**FRIDAY, JULY 7<sup>TH</sup> AT NOON** –

**MEN'S HEALTH** -250,000 fewer men than women see a healthcare provider every year just in the Cleveland area alone, less than 50% of men have a primary care doctor, fewer than 50% of men dealing with depression seek help. Learn the importance of men's physical, mental and emotional well being.

**Lunch (\$5 pre-paid)** – Pulled Pork sliders, coleslaw, dessert and beverage. **RSVP by July 3rd**

**FRIDAY, JULY 21<sup>ST</sup> AT NOON**–

### CHARDON HEALTHCARE CENTER – CAR SAFETY

Anissa Vilcheck will be here to present car safety and everything that it involves. Learn how to fit your car to you, how to stay safe on the roads and learn about tools and gadgets that you can have on hand to keep you safe when out on the roads.

**Lunch ((\$5 pre-paid)** will be Mini taco salad, dessert and beverage. **RSVP by July 14th**

### Famous Ohioans Presentation

**July 24th**– Presented by Susan Cannavino-Famous People From Ohio -Fan Favorites: Bob Hope, Doris Day, Annie Oakley. Please join us for some FASCINATING REVELATIONS about each of their personal lives. This is better than any soap opera. FYI: Their lives include poverty, multiple marriages, physical abuse, a European tour, etc. **FREE Program RSVP deadline is July 20th**

### Lunch in and Movie

**July 25th** -FREE Showing of "The Secret Life of Bees" at Noon, a pre-paid lunch of Chicken Tenders, Waffle Fries, Biscuits & Honey, dessert and beverage is available. Pre payment of \$6 due by July 18th. Free popcorn for everyone. Call to sign up at 440-279-2163

### DINE NITE OUT with WGSC

**July 27th** -Meet up-5PM at Chester Tavern in Chesterland. Call ahead to give us a head count for the reservation. **RSVP no later than July 24th. Cost: On your own**

## West Geauga Sr. Center

440-279-2163

### MONDAY

### TUESDAY

<b>3</b>	<b>4</b>
<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-10:00</b> Water Exercise -Metz Pool</p> <p><b>11:00-12:00</b> Chair Yoga <b>VIDEO</b></p> <p><b>12:00-1:00</b> Water Exercise -Metz Pool</p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>ALL SITES CLOSED</b></p> <p><b>HAPPY 4th OF July</b></p>
<b>10</b>	<b>11</b>
<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-10:00</b> Water Exercise - Metz Pool</p> <p><b>11:00-12:00</b> Chair Yoga <b>VIDEO</b></p> <p><b>12:00-1:00</b> Water Exercise - Metz Pool</p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-11:30</b> Stained Glass Class \$5</p> <p><b>9:00-10:00</b> Water Exercise-Metz Pool</p> <p><b>9:00-11:00</b> Pinochle</p> <p><b>10:00-11:00</b> Exercise-Sandy (WX)</p> <p><b>12:00-3:00</b> Bridge Group</p> <p><b>12:30-2:30</b> Knit &amp; Crochet</p> <p><b>1:30-2:15</b> Balance Exercise Class</p> <p><b>3:00-4:00</b> Visual Arts w/Fairmount</p>
<b>17</b>	<b>18</b>
<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-10:00</b> Water Exercise - Metz Pool</p> <p><b>10:00-10:55</b> Strength &amp; Cardio</p> <p><b>11:00-12:00</b> Gentle Chair Yoga</p> <p><b>12:00-1:00</b> Water Exercise - Metz Pool</p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-11:30</b> Stained Glass Class \$5</p> <p><b>9:00-10:00</b> Water Exercise-Metz Pool</p> <p><b>9:00-11:00</b> Pinochle</p> <p><b>10:00-11:00</b> Exercise-Sandy (WX)</p> <p><b>12:00-3:00</b> Bridge Group</p> <p><b>12:30-2:30</b> Knit &amp; Crochet</p> <p><b>1:30-2:15</b> Balance Exercise</p> <p><b>2:30-3:00</b> EZ Chair Exercise (WX)</p> <p><b>3:00-4:00</b> Visual Arts w/Fairmount</p>
<b>24</b>	<b>\$5 25</b>
<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-10:00</b> Water Exercise -Metz Pool</p> <p><b>10:00-10:55</b> Strength &amp; Cardio</p> <p><b>11:00-12:00</b> Gentle Chair Yoga<b>VIDEO</b></p> <p><b>11:00-12:00</b> <b>Famous Ohioans</b></p> <p style="text-align: center;"><b>Presentation by Sue Cannavino</b></p> <p><b>12:00-1:00</b> Water Exercise -Metz Pool</p> <p><b>12:30-3:00</b> <b>Diabetes Self Management</b></p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>9:00-11:30</b> Stained Glass Class \$5</p> <p><b>9:00-11:00</b> Pinochle</p> <p><b>9:00-10:00</b> Water Exercise-Metz Pool</p> <p><b>10:00-11:00</b> Exercise-Sandy (WX)</p> <p><b>12:00-3:00</b> Bridge Group</p> <p><b>12:00-2:00</b> <b>Lunch in and Movie \$6</b></p> <p><b>12:30-2:30</b> Knit &amp; Crochet</p> <p><b>NO PM Exercise classes today due to ALL STAFF MEETING</b></p> <p><b>3:00-4:00</b> Visual Arts w/Fairmount</p>
<b>31</b>	
<p><b>8:30-10:30</b> Italian Card Game</p> <p><b>9:00-10:00</b> Water Exercise-Metz Pool</p> <p><b>10:00-10:55</b> Strength &amp; Cardio (WX)</p> <p><b>11:00-12:00</b> Gentle Chair Yoga</p> <p><b>12:00-1:00</b> Water Exercise-Metz Pool</p> <p><b>12:30-1:30</b> <b>Card Making w/Millissa \$5</b></p> <p><b>12:30-3:00</b> <b>Diabetes Self Management</b></p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p>Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION <i>IN ADVANCE</i> to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC at 440-279-2163</p>



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

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>5</b>	<p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>11:00-12:00 Chair Yoga VIDEO</p> <p>1:00-3:00 Canasta (players needed)</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<b>6</b>	<p>8:30 -10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>9:00 -11:00 Pinochle</p> <p>10:00-11:00 Exercise w/Sandy (WX)</p> <p><b>NO SPIN CLASS TODAY</b></p>	<b>7</b>	<p>8:00-9:00 WG Walkers @Chapin Forest</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Chair Yoga Video</p> <p>12:00-1:00 <b>Lunch &amp; Learn \$5</b></p> <p>1:30-2:15 Balance Exercise</p>
<b>12</b>	<p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:55 Strength &amp; Cardio (WX)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:00 Never Ending Knowledge <i>"Discovering Acadia's Highlands &amp; Islands and The Dakota Badlands"</i></p> <p>1:00-3:00 Canasta (players needed)</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<b>13</b>	<p>8:30-9:30 <b>Breakfast &amp; BINGO \$4</b></p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:00 Pinochle</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise w/Sandy (WX)</p> <p>1:00-2:00 <b>Genealogy Presentation by Melissa Cole of Chardon Library</b></p> <p>3:00-4:00 Senior Spin at Ohman-Holly</p>	<b>14</b>	<p>8:00-9:00 WG Walking Group @ Affelder House</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Chair Yoga Video</p> <p>11:00-11:45 Cardio Drumming</p> <p>2:30-3:00 EZ Chair Exercise (WX)</p>
<b>19</b>	<p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:55 Strength &amp; Cardio (WX)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:30-2:00 <b>Craft w/Millissa \$8</b></p> <p>1:00-2:00 Never Ending Knowledge <i>"Carving of The Grand Canyon, and its -2 Billion Year Staircase."</i></p> <p>1:00-3:00 Canasta (players needed)</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<b>20</b>	<p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>9:00-11:00 Pinochle</p> <p>10:00-11:00 Exercise w/Sandy (WX)</p> <p>3:00-4:00 Senior Spin at Ohman-Holly</p>	<b>21</b>	<p>8:00-9:00 WG Walking Group @ Russell Uplands Preserve</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>11:00-11:45 Cardio Drumming</p> <p>12:00-1:00 <b>Lunch &amp; Learn \$5</b></p> <p>1:30-2:15 Balance Exercise</p> <p>2:30-3:00 EZ Chair Exercise (WX)</p>
<b>26</b>	<p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:55 Strength &amp; Cardio (WX)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:00 Never Ending Knowledge <i>"Bryce Canyon, Canyonlands &amp; Arches,"</i></p> <p>1:00-3:00 Canasta (players needed)</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<b>27</b>	<p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>9:00-11:00 Pinochle</p> <p>10:00-11:00 Exercise w/Sandy (WX)</p> <p>3:00-4:00 Senior Spin at Ohman-Holly</p> <p>5:00-7:00 Dine Out Chester Tavern</p>	<b>28</b>	<p>8:00-9:00 WG Walking Group @ WG Commons</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>11:00-11:45 Cardio Drumming</p> <p>1:30-2:15 Balance Exercise</p> <p>2:30-3:00 EZ Chair Exercise (WX)</p>



**Recreation/Education Coordinator**

~Christine Bacon 440-214-3505

**Rec/Ed Assistant Coordinator**

~Millissa Brosch 440-279-2183

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

**Stained Glass Class Appointments:**

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



**New to the schedule!**

**Quilling Club Mondays  
@10am Stop in to check it out!  
No materials needed.**

**Thursday July 6th  
Geauga parks Presents  
Welton's Gorge**

**Monday Crafts  
10th Rock Painting Free  
17th Caterpillar Garden \$5  
31st Crafting with Marsha  
\$3 per craft.**

**Tuesday July 11th National  
Mojito Day. Mock Mojitos &  
mini charcuterie bords on the  
deck. Cost \$3**

**Wednesday July 12th  
Touring Geauga County  
with Ginny!  
Rothenbuhler Cheese Factory  
and lunch @ Tai-Pan  
Cost on your own.**

**Thursday, July 13th  
Out Of County Medical  
Transportation. Stop in to  
learn more.**

**Tuesday July 18th  
Fire safety with Middlefield  
Fire Department. Lets get  
ready for grilling season.**

**Wednesday July 19th  
Summer Party in the park!  
Food, games and sunshine!  
Cost \$5.00**

**Monday July 24th  
History of ice cream  
presented by Middlefield  
Library samples included.  
Free**

**Friday, July 28th  
Ann Frank Presented by  
Kathie Doyle  
Free**

Middlefield Sr. Center 440-632-0611	
MONDAY	TUESDAY
3	4
	
10	11
<p>10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm Crafting Rock Painting</p>	<p>11am National Mojito Day Mock Mojitos on the deck 12pm Lunch 1pm Chair Volleyball</p>
17	18
<p>10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm Crafting Caterpillar Garden</p>	<p>10am Fire Safety with Middlefield Fire Department 12pm Lunch 1pm Chair Volleyball</p>
24	25
<p>10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm History of ice cream with Middlefield library (samples included)</p>	<p>Senior Center Closed At 11:00am Today For Staff Development</p> <div style="text-align: center; border: 1px solid gray; padding: 5px; width: fit-content; margin: 10px auto;">             CLOSING EARLY         </div>
31	
<p>10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm Crafting with Marsha</p>	<p>Thursday, July 27th 10am Tea and Me We will provide the tea you provide the stories! Bring in a meaningful item or photo to share with the group</p>




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

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

5	6	7
<p>11am Balance Exercise          12pm Lunch          1pm BINGO</p>	<p>10am Chair Yoga \$3          11am Geauga Park          Presentation          12pm Lunch          1pm Chair Volleyball</p>	<p>11am Weight Exercise          12pm Lunch          1pm Chair Volleyball</p>
12	13	14
<p>11am Touring Rothenbuhler          Cheese factory &amp; Lunch          At Tai-Pan          11am Balance Exercise          12pm Lunch</p>	<p>10am Chair Yoga \$3          11am Presentation from Out          of County Medical          12pm Lunch          1pm Chair Volleyball</p>	<p>11am Weight Exercise          12pm Lunch          1pm Chair Volleyball</p>
19	20	21
<p>Summer Party In The Pavilion          Located at United Methodist          Church Pavilion          12pm-3pm          Cost \$5</p> <p>Senior Center closed at          11:30am</p>	<p>10am Chair Yoga \$3          12pm Lunch          1pm Chair Volleyball</p>	<p>11am Weight Exercise          12pm Lunch          1pm Chair Volleyball</p>
26	27	28
<p>11am Balance Exercise          12pm Lunch          1pm Chair Exercise w/Anissa</p>	<p>10am Chair Yoga \$3          11am Tea and Me          12pm Lunch          1pm Chair Volleyball</p>	<p>10am Kathie Doyle          Presentation          11am Weight Exercise          12pm Lunch          1pm Chair Volleyball</p>
	<p style="text-align: center;"><b>Rummikub          Played Everyday          At 9am</b></p> <p style="text-align: center;">Please call to register for lunch,          crafting and special events!</p> <p style="text-align: center;">440-632-0611</p>	<p style="text-align: center;">Coffee and Conversation          Everyday starting at 8am</p> <p style="text-align: center;"><b>GDA Lunch Served Everyday          at 12pm</b>          (unless otherwise noted)</p>



**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!**

### **NEVER ENDING KNOWLEDGE CLASSES AT WEST G SENIOR CENTER**

*Life-Long-Learning at its Finest!!! Every Wednesday from 1:00-2:30pm*

**Current Subject: Geology / Topic: The Geology of Our National Parks** -Join us at WGSC for this Educational Learning Opportunity. Attend weekly for College/Lecture Style presentations offered on our BIG SCREEN!! Each course averages 8-12 weeks in length, at 1.5 hour per class/week. This program will be ongoing with hundreds of topics to choose from, PDF Handouts will be available to print from home if you desire. Light snacks and refreshments will be available to all in attendance. A FREE PRG.**RSVP is required by the Monday prior to each class.**

**Call to sign up 440-279-2163**

**JULY 12th – “Discovering Acadia’s Highlands & Islands, and the Dakota Badlands.”**

**JULY 19th – “The Carving of the Grand Canyon and its 2 Billion year Staircase.”**

**JULY 26th – “Bryce Canyon, Canyon Lands, Arches, Petrified Forests and other Fossil Parks.”**

### **NEW! MONTHLY ART CLUB AT CHARDON SENIOR CENTER!**

EZAARTS is hosting a new monthly art club at the Chardon Senior Center, which will take place on the 3rd Friday of every month. The first project will be a beautiful wall décor made on a rustic barn siding board, featuring painted rocks, and bright beautiful summer colors! Our instructor, Elizabeth, will walk you through the process of making this work of art, so you don't need to have prior art experience to join in the fun! This first project will be done on Friday, July 21 at 1:00 p.m., and the cost is \$20.00 per person. Registration is required by July 17. Try something new!

### **DAVID EXPLAINS**

David Explains ZIP Codes. Learn how ZIP codes become vital to our mail system and how other parts of the world organize their mailings. Join David on Thursday, July 13th at 1pm and maybe learn something new. Please call to register, (440) 279-1313.



### **DIABETES SUPPORT GROUP – FOOT CARE & DIABETIC SHOES**

Tuesday, July 18th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Our guest speaker will be Podiatrist Dr. Quercioli. She will be talking on the importance of foot care for the diabetic. She will also answer questions about diabetic shoes and where you can purchase them. Please RSVP by calling Sandy McLeod 440-279-2137.

### **NATIONAL MOJITO DAY (MOCK MOJITOS ON THE DECK!)**

Tuesday, July 11th 11am at the Middlefield Senior Center. Enjoy a Mock Mojito and mini-Charcuterie boards on the back deck. Learn the history of the Mojito and fun facts about charcuterie boards. Cost \$3.00 Call 440-632-0611 to register. Deadline Friday, July 7th

### **FAMOUS OHIOANS PRESENTATION AT WGSC**

July 24th 11:00-12:00– Presented by Susan Cannavino- Famous People from Ohio -Fan Favorites: Bob Hope. Doris Day. Annie Oakley. Please join us for some FASCINATING REVELATIONS about each of their personal lives. This is better than any soap opera. FYI: Their lives include poverty, multiple marriages, physical abuse, a European tour, etc. FREE Program RSVP deadline is July 20th call to sign up 440-279-2163

### **LUNCH AND LEARN WITH UH, GEAUGA: NURSING THROUGH THE YEARS; FROM FLORENCE NIGHTINGALE TO THE PRESENT**

Wednesday, July 12, from 11:00-12:30, at Chardon Senior Center. Join a panel of nurses from UH, as they discuss their specialties, and how nursing has changed over the years. Includes lunch. This is a free program, but registration is required at 440-279-2126.

### **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. June's schedule is listed below:

July 4: NO WALKING GROUP

July 11: Holbrook Hollow (Bainbridge)

July 18: Beartown Lake (Auburn)

July 25: River Road Park (Bainbridge)

### **TOURING GEAUGA COUNTY WITH GINNY**

Wednesday, July 12th at 11am Experience the hidden gems of Geauga County with Ginny! July Ginny will be going to Rothenbuhler Cheese Factory (15815 Nauvoo Rd. Middlefield, OH 44062) and lunch at Tai-Pan. Cost is on your own. Call 440-632-0611 to register.



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

Every Thursday at 9:00am. Join the Geauga County Department on Aging and UH Geauga for our “Walking for Wellness” program. Walking has shown to help with weight management, reducing stress, and increasing energy levels. This group focuses on keeping a steady pace, and our goal is 3 miles each walk. Call Melissa Wheeler at 279-2167 with questions.

Date	Park	Address
7/6/2023	<b>Lucia Nash Preserve</b>	16429 Snow Rd, Burton
7/13/2023	<b>Holbrook Hollows</b>	7250 Country Ln, Bainbridge
7/20/2023	<b>Headwaters Park</b>	13365 Old State Rd (Rt. 608), Claridon
7/27/2023	<b>Scenic River Retreat</b>	10900 Mayfield Rd, Munson Park at First Lot, Top of the Hill

### **BREAKFAST & BINGO AT WEST G SENIOR CENTER**

Thursday JULY 13th-8:30AM-9:30AM - \$4.00/PERSON -RSVP by 7/7/2023  
Menu: Breakfast Pizza, Danish, Fruit Kabobs 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

### **LUNCH AND LEARN WITH HAPPY TRAILS FARM ANIMAL SANCTUARY**

Friday, July 14, from 12-1:30, at the Chardon Senior Center. Join us for lunch and a presentation on this local farm animal rescue organization, whose outreach goes far and wide.  
This is a FREE program, but registration is required.

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

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

### **BIKE RIDE ON THE OHIO & ERIE TOWPATH TRAIL**

Join GDA and UH Geauga for a bike ride on Tuesday, July 25th at 10:00am. Meet at the Canal Exploration Center (7104 Canal Rd, Valley View, OH 44125) and we will bike ride to Peninsula where we will have lunch, and then ride back. This is approximately 11 miles each way thru Cuyahoga National Park! Our ride will begin at 10:00am, should arrive at our lunch destination around 11:15-11:30am, depending how many rest stops we take. We will ride back after lunch.  
Please RSVP to Sandy McLeod 440-279-2137.



### **KATHIE DOYLE PRESENTS THE LIFE OF ANN FRANK**

Friday, July 28th 10am at the Middlefield Senior Center. Join us to learn about the life of Ann Frank. Cost is free call 440-632-0611 to register.

### **GENEALOGY 101- PRESENTATION AT WGSC**

JULY 13th 1:00-2:00 -Presented by Mellisa Cole (Family & Local History Specialist) of Chardon Library, Learn the basics of researching your family tree -- how to get started, what records to look for and where to look for them. There will be a lot of information packed into this hour!  
Deadline to register is JULY 10th Call 440-279-2163

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

Friday, July 7, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is The History of Drive-In Movie Theaters. This is a free event, but registration is required by calling 440-279-2126. Space is limited.

### **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 July20, 2023 at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.

### **DAYTIME SENIOR BOOK DISCUSSIONS**

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

Wednesday, July 5th (1st Wednesday of each month) -  
at Geauga West Library from 11:30-12:30pm with an out to lunch to follow,  
please sign up with Sandy McLeod.

Discussing: *The Gown* by Jennifer Gobson

Thursday, July 13th (2nd Thursday of each month) -  
at Burton Library from 1:30-3:00pm. Discussing: *Sooie* by John Grisham

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

Monday, July 10, at 1:00 p.m., at the Chardon Senior Center. The book for July is  
*"The Wedding Dress Sewing Circle,"* by Jennifer Ryan.



### **LUNCH-IN AND FREE MOVIE & POPCORN – “THE SECRET LIFE OF BEES”**

JULY 25th 12:00-2:00pm—Join us at the West G Senior Center for a showing of “*The Secret Life of Bees*”. Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will be a Chicken Tenders, waffle fries with Biscuits & Honey, dessert, and beverage. Registration Deadline for lunch is JULY 18th, Call WGSC to sign up 440-279-2163, pre-payment of \$6 Required for lunch.

### **FIRE SAFETY PRESENTED BY THE MIDDLEFIELD FIRE DEPARTMENT**

Tuesday, July 18th at 10am at the Middlefield Senior Center. It is the time of year for grilling and campfires! Join us to learn the safe way to enjoy the summer. 440-632-0611 to register.

### **GEAUGA CYCLISTS**

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

### **SUMMER PARTY IN THE PAVILION. GAMES, FOOD AND SUNSHINE!**

Wednesday, July 19th 12pm-3pm located at the United Methodist church pavilion on 608 next to Mary Yoder’s. Join us for a picnic style lunch and outside games and activities. Cost is \$5.00. Call the Middlefield Senior Center at 440-632-0611 to register. Deadline Monday, July 17th

### **JULY LUNCH & LEARNS AT WEST G SENIOR CENTER- PRESENTATIONS ARE FREE**

FRIDAY, JULY 7TH AT NOON –

UH Hospitals-MEN’S HEALTH -250,000 fewer men than women see a healthcare provider every year just in the Cleveland area alone, less than 50% of men have a primary care doctor, fewer than 50% of men dealing with depression seek help.

Learn the importance of men’s physical, mental and emotional well being, and the impact it can have on the body.

Lunch (\$5 pre-paid) – Pulled Pork sliders, coleslaw, dessert and beverage. RSVP by July 3rd

FRIDAY, JULY 21ST AT NOON–

CHARDON HEALTHCARE CENTER – CAR SAFETY - Anissa Vilcheck will be here to present car safety and everything that it involves. Learn how to fit your car to you, how to stay safe on the roads and learn about tools and gadgets that you can have on hand to keep you safe when out on the roads.

Lunch (\$5 pre-paid) – Mini taco salad, dessert and beverage. RSVP by July 14th



**ICE CREAM SOCIAL AND PERFORMANCE BY THE RACCOON COUNTY RAMBLERS AT THE CHARDON SENIOR CENTER**

Tuesday, July 11, at 2:00 p.m., at the Chardon Senior Center. The Raccoon County Ramblers is a group of Stringed Instrument Musicians who get together and practice every Tuesday at the Chardon Senior Center. They do various performances in the community.

This is a FREE event, but registration is required by July 7.

**TEA AND ME AT THE MIDDLEFIELD SENIOR CENTER**

Thursday, July 27th at 10am We will provide the tea; you provide the stories! Bring in a photo or favorite item and share with the group your story while enjoying tea. Please call 440-632-0611 to let us know you will be here. Deadline Tuesday, July 25th

**DIABETES SELF-MANAGEMENT CLASS**

July 24th through August 28th - Every Monday from 12:30-3:00pm.

West Geauga Senior Center / 8090 Cedar Road / Chesterland 44026

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 Sandy McLeod at 440-279-2137.

This class is free for all registered seniors. Space is limited.

Sponsored by UH Geauga Medical Center.

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

Thursday JULY 27th –Meet up time is 5:00pm at Chester Tavern in Chesterland (8190 Mayfield Rd). Call us ahead to give us a head count for the reservation. Come and join your friends for a night out, social time, and good food!! 440-279-2163. Cost is on your own.

RSVP by 7/24/23

**DULCIMER GROUPS AT THE CHARDON SENIOR CENTER**

If you are interested in playing the dulcimer, or need a refresher class, we have an opportunity for you at the Chardon Senior Center! Wednesdays from 10-10:45, Refresher Class for Beginners, and from 11:15-12:30, Intermediate Dulcimer Gathering.

Call the senior center for more information, at 440-279-2126.

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

Thursday, July 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.

Call the senior center for more information, at 440-279-2126.



## **OUT OF COUNTY MEDICAL TRANSPORTATION PRESENTATION AT THE MIDDLEFIELD SENIOR CENTER**

Thursday, July 13th at 10am. Did you know if you have a medical appointment outside of Geauga County the Department on Aging can provide you with a ride. Stop in to get more information. Call 440-632-0611 to let us know you will be here.

## **TECHNICAL HELP AT WGSC**

Tech Help appointments are available at the West Geauga Senior Center. This service is offered to registered Geauga County Seniors ONLY. Assistance includes BASIC "How To" Instructions for cell phones, tablets, and laptops. Fixing/Repairing devices is NOT INCLUDED. This is a free service, call to make an appointment with Christine Bacon at 440-214-3505

## **NO-BAKE WITH BECKY**

Thursday, July 20, from 10:00-11:00, at the Chardon Senior Center. Becky O'Reilly will demonstrate how to make a delicious no-bake dessert! This month's dessert will be a Chocolate Éclair Cake! Registration is required!

## **WE ARE LOOKING FOR VOLUNTEERS!**

Are you looking to offer your time to a good cause? Whether you have an hour, or a whole day to spare, you can make a difference! Geauga County Department on Aging is currently looking for volunteers at our Senior Centers, Adult Day Services, and Parkinson's Boxing Class to assist our staff. We are looking for: Kitchen Help, Cleaning, Special Events Programming, Engaging with Clients, and One on One Assistance in Exercise (Boxing).

Please call the corresponding Senior Center for volunteer interest:

Adult Day Services: 440-279-2149, Bainbridge Senior Center: 440-279-1313

Chardon Senior Center: 440-279-2126, Middlefield Senior Center: 440-632-0611

West Geauga Senior Center: 440-279-2163, Parkinson's Boxing Class: 440-279-2137

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

JULY 19th 12:30pm — Learn about plant propagation!. Each participant will receive a plant in its own container to take home! Following the talk we will create our very own terrariums! No experience necessary, we will provide the basic items, along with some small trinkets.

If you'd like something specific, feel free to bring it the day of class.

Cost: \$8 Deadline to register is JULY 12th. 440-279-2163

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

WG Senior Center NEEDS Canasta and Bridge players, if you know how, and like to play these fun Card games, we need you!! Day and Time for Canasta is Every Wednesday from 1:00-3:00pm BRIDGE Group Meets every Tuesday from 12:00-3:30pm PLEASE come and join us so we can grow our groups!! Let us know by calling us at 440-279-2163.



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

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

### **PARKMAN 55 PLUS CLUB**

On July 6 meeting will be traveling to the Ohio Star Theater, in Sugarcreek Ohio to see Dear Soldier Boy, a 1:00PM lunch is first at the Dutch Family Restaurant. The bus leaves the Parkman Community house at 9:00AM. For further information call Linda Bell at (440) 554-9201 or Retha Petrick (330) 416-1355. Parkman 55 plus Club

### **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. At our July 7 meeting we will be entertained by Chuck "Showtime Charlie"

Tamblyn's popular music with his guitar, keyboard and vocals.

Heather Peterson from Edwin Restaurant will be at our July 21 meeting. This is a French world class restaurant in Shaker where most of the staff are just out of prison.

We will be going to Niagara Falls, NY on August 15-16 to the Seneca Niagara Resort & Casino to see the great Russian comedian, YAKOV SMIRNOFF. Also included is the Niagara Power Project, the Made in America Store and a winery. You will receive \$35 slot bonus and \$15 food voucher at the Casino. Cost is \$255 (\$261 for non-members).

To see if space is still available call Nancy at (440) 729-9684.

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

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

### **CARD MAKING CLASS WITH MILLISSA AT WGSC**

JULY 31st from 12:30 - 1:30pm – Our very own MILLISSA will be making handmade greeting cards. Join us and make some of your own creations. There will be 4 Birthday and 2 general style greeting cards to make. Cost is \$5 for six cards, including all supplies.

Deadline to register is 7/21/23, call 440-279-2163

### **VOLUNTEER DRIVERS NEEDED FOR HOME DELIVERED MEALS!**

The HDM program needs volunteer drivers who deliver nutritious lunches between 11am-1pm, Monday through Friday to homebound seniors. To sign up or have questions, contact Nathan Gorton at (440) 279-2138 or email [NGorton@co.geauga.oh.us](mailto:NGorton@co.geauga.oh.us).



# 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.



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

*Subject to Change*

Mon	Tue	Wed	Thu	Fri
3  <b>Holiday Observed</b>	4  <b>4th of July Holiday</b>	5  BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS HUSH PUPPIES MIXED FRUIT CUP	6  BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	7  BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP
10  BREADED CHICKEN LEG MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL DICED PEARS CUP	11  SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	12  BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP	13  SLICED HAM w/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	14  ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP
17  MEATBALLS w/TOMATO SAUCE w/PASTA CAULIFLOWER SPINACH DINNER ROLL DICED PEACHES CUP	18  CHICKEN SALAD COLE SLAW THREE BEAN SALAD WG HAMBURGER BUN WHOLE FRESH ORANGE	19  STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	20  GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEAR CUP	21  SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP
24  TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES CORN w/RED PEPPERS DICED PEACHES CUP	25  DOUBLE CHEESEBURGER SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEAR CUP	26  STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	27  MEATLOAF W/GRAVY BROWN RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES CUP	28  MINI CORN DOGS TATER TOTS BROCCOLI YELLOW SQUASH DICED PEAR CUP
31  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  
JULY

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CLEVELAND, OH  
PERMIT 362

**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.

## 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.**

Troy Twp	July 27 & 28
Vlg of Middlefield	Aug 17
Chesterland Twp	Sept 11,12 & 13
City of Chardon	Sept 29
Middlefield Twp	Oct 5

**Cut off Days are one week  
Prior to the start day of each  
Pick-up!**

### **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.