

# The Geauga senior news

Geauga County Department on Aging

March 2023

## 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

Registration Deadlines are one week before the first day of selected community Trash 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.



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

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

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

Deadline for the news and information items is the **5th of the month prior to publication**. The Geauga Senior Newsletter is the official publication of the Geauga County Dept. on Aging. Located at 12611 Ravenwood Dr., Suite 200, Chardon, Oh 44024.

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

### **BOARD OF COMMISSIONERS**

Geauga County Ohio

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

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

### **LEADERSHIP TEAM**

Jessica Boalt – Director | Kathy Petrella – Asst. Director

Reba Dykes - Administrative Services Manager

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

## Platinum Patrons

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

## 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."

# Monthly Highlights

**Thursday, March 2nd: Free Lunch and Movie**  
 UH Geauga Age Well Be Well Program.  
 Call 214-3180 to register. 12:00pm. Free.

**Thursdays - March 8th, 15th & 22nd: Book Discussion & "Banned Books"** Meet at Chardon Library (110 E. Park St, Chardon 44024) in the Bostwick Room. Madelon Horvath, former Chardon HS English Teacher, will lead the book discussion on *The Hate You Give* by Angie Thomas. These sessions will look in depth at this book and will talk about why books are being banned in this country more than ever before. 11:30am.

**Wednesday, March 15th: "The Adams Family" - Chardon High School Spring Musical**  
 Dress Rehearsal for seniors. The creepy, kooky, mysterious, spooky and altogether ooky *The Addams Family: A New Musical Comedy*. Call Sandy McLeod at 279-2137 to RSVP. 7:00pm. Free.

**Thursday, March 16th: Elderberries**  
 Join us at The West Woods (9465 Kinsman Rd, Novelty 44072) to celebrate all things spring! There will be a sit-down presentation followed by an optional walk along the Discovery Trail. Sponsored by UH Geauga. Please call GPD to register at 440-286-9516. 1:00pm. Free.

**Thursday, March 30th: Cuisine & Culture**  
 Come and enjoy a Mexican meal at La Mexicana Cantina & Grill (8053 Mayfield Rd, Chesterland 44026). We will learn about the beautiful mix of tradition, culture, and cuisine in Mexico. Magaly Rios, former GDA employee, will be there to present. 12:00pm. Lunch is on your own. Call Melissa Wheeler at 440-279-2167 to register and choose lunch option.

**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.

# March 2023

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

# SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:30-12:30</b> Book Discussion <b>GW</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b>	<b>2</b>  <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>12:00-2:30</b> Lunch & Movie <b>WG</b> <b>2:00-3:00</b> Pedaling for Parkinson's <b>OH</b>	<b>3</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:15-12:00</b> Balance Exercise <b>CSC &amp; WX</b>
<b>8</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:30-12:30</b> Banned Books <b>CL</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b>	<b>9</b>  <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>1:30-3:00</b> Book Discussion <b>BL</b> <b>2:00-3:00</b> Pedaling for Parkinson's <b>OH</b>	<b>10</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:15-12:00</b> Balance Exercise <b>CSC &amp; WX</b>
<b>15</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:30-12:30</b> Banned Books <b>CL</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b> <b>7:00pm</b> Chardon HS Musical <b>OS</b>	<b>16</b>  <b>11:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>1:00-2:30</b> GPD Elderberries <b>OS</b> <b>2:00-3:00</b> Pedaling for Parkinson's <b>OH</b>	<b>17</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:15-12:00</b> Balance Exercise <b>CSC &amp; WX</b>
<b>22</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:30-12:30</b> Banned Books <b>CL</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b>	<b>23</b>  <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>2:00-3:00</b> Pedaling for Parkinson's <b>OH</b>	<b>24</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:15-12:00</b> Balance Exercise <b>CSC &amp; WX</b>
<b>29</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b>	<b>30</b>  <b>10:00-11:00</b> Strength & Cardio <b>WG &amp; WX</b> <b>12:00-1:30</b> Cuisine & Culture <b>OS</b> <b>2:00-3:00</b> Pedaling for Parkinson's <b>OH</b>	<b>31</b>  <b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:15-12:00</b> Balance Exercise <b>CSC &amp; WX</b>



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

**Friday, March 10:** Breakfast and Speaker with Kathie Doyle. Kathie's topic this month will be "The Von Trapp Family & The Sound of Music." Prior registration required.

**Monday, March 13:** Book Club March's book is: "The Great Alone," by Kristin Hannah.

**Wednesday, March 15:** Heather Hill Cooking Demo. Space is limited. Reservations required.

Thanks to our wonderful community partner, Heather Hill! FREE

**Thursday, March 16:** Monthly Breakfast at the Senior Center. \$5.00 per person with prior registration.

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

**Friday, March 24:** Monthly Birthday Pizza Party Celebration! \$5.00 per person and March Birthdays eat free! Call to RSVP at 279-2126.

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

**Lunch is served every weekday at 12 noon, unless otherwise noted in the calendar. Reservations for lunch are required on the Monday prior to the week you would like to join us for lunch!**

<b>Chardon Senior Center 440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<b>Becky O'Reilly</b> <b>Recreation &amp; Education Coordinator</b>  <b>Hannah Heinz</b> <b>Natalie Dolezal</b> <b>Recreation &amp; Education Assistant Coordinators</b>	<b>Beth Oliverio</b> <b>Information and Referral Specialist</b>  <b>Karen Fueger</b> <b>Kitchen Coordinator</b>  <b>Peggy Peters</b> <b>Kitchen Assistant</b>
<b>6</b> 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 (off site) 1:00-3:00 Ceramics	<b>7</b> 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Group 11:00-11:45 Balance Exercises 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
<b>13</b> 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 (off site) 1:00 Book Club	<b>14</b> 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Group 11:00-11:45 Balance Exercises 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
<b>20</b> 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 (off site) 1:00-3:00 Ceramics	<b>21</b> 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 10:00-12:00 Knit and Crochet G 11:00-11:45 Balance Exercises 12:30-1:30 Parkinson's Support 2:00-3:00 Diabetic Support 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
<b>27</b> 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 (off site)	<b>28</b> 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Group 11:00-11:45 Balance Exercise  Senior Center Closes at 12:30 today for Staff Training

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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> 9:00-11:00 Pinochle 11:00-11:45 Walking Group 11:00-11:45 Strength Training \$2 12:00 Sweet Treat Drive-Thru at Heather Hill - prior registration 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>2</b> 10:30-12:00 Renaissance Choir 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	<b>3</b> 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 Caring for Others Crafting 1:00-4:00 Bridge Group
<b>8</b> 9:00-11:00 Pinochle 11:00-11:45 Walking Group 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>9</b> 9:30 Brunch Bunch at Bob Evans Chardon 10:30-12:00 Renaissance Choir 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	<b>10</b> 9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker-prior registration 11:00-12:00 NO BINGO 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group
<b>15</b> 9:00-11:00 Pinochle 11:00-11:45 Walking Group 11:00-11:45 Strength Training \$2 12:00-1:00 Heather Hill Cooking Demo & Luncheon-prior registration 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>16</b> 9:00-10:00 Monthly Breakfast -prior registration 10:30-12:00 Renaissance Choir 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	<b>17</b> 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 Caring for Others Crafting 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group
<b>22</b> 9:00-11:00 Pinochle 11:00-11:45 Walking Group 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>23</b> 10:30-12:00 Renaissance Choir 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	<b>24</b> 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00 Birthday Pizza Party-prior registration 12:30 Cups and Canvases-prior registration 1:00-4:00 Bridge Group
<b>29</b> 9:00-11:00 Pinochle 11:00-11:45 Walking Group 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	<b>30</b> 10:30-12:00 Renaissance Choir 1:00-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	<b>31</b> 9:30-11:30 Stained Glass 11:30 Take Me Out to the Ballgame Party-prior registration 1:00-4:00 Bridge Group

## Bainbridge Bulletin

### Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12 pm, free of charge. March's theme is **Julia Roberts** movies. Reservations are not required but encouraged to ensure a meal for all attendees. Call the Bainbridge Senior Center with any questions or for more information. (440) 279-1313.

### Thursday, March 9:

**David Explains: Daylight Savings Time.** Spring forward and fall back. Why do we change our clocks twice a year and when did we start? Learn more than you ever wanted to know about Daylight savings times. Please register by calling the Bainbridge Senior Center at (440) 279-1313.

### Monday, March 13:

**March Madness** Compete against seniors from all over Geauga County and GDA staff in the 2023 GDA Brackets. Participants are limited to 5 brackets and there is no fee to play. Brackets can be submitted via email or US mail. Please call the Bainbridge Senior Center (440) 279-1313 for more details.

### Tuesday, March 14:

**Dot Painting w/Kellie Fleming** Local artist Kellie Fleming will teach how to decorate a terracotta pot for St. Patrick's Day. Space is limited and reservations are required. Please call the Bainbridge Senior Center at (440) 279-1313 for more information or to register.

### Tuesday, March 28:

My Hearing Centers will be offering **FREE** hearing screenings from 1 pm to 3 pm. Reservations are required and can be made by calling the Bainbridge Senior Center at (440) 279-1313.

### Thursday, March 30:

**Bainbridge Big Breakfast** Veterans and March birthdays eat free; \$5 for all others. The menu will be pancakes, bacon, and fruit. RSVP by Friday, March 17.

## Bainbridge Senior Center

440-279-1313

### MONDAY

**REC Assistant Coordinators**  
*Deb Briggs*  
*David Craig*

### TUESDAY



6	<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>12:00-2:30</b> Lunch and Movie Matinee  <i>(My Best Friend's Wedding)</i>  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-3:00</b> Mah Jong  <b>2:30-3:15</b> Cardio Drumming</p>	7	<p><b>9:45-10:15</b> Balance Exercise  <b>10:00-12:00</b> Mexican Train  <b>12:00-1:00</b> Lunch  <b>12:00-2:00</b> Social Worker Appt.  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-2:00</b> Brain Busters</p>
13	<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>12:00-2:30</b> Lunch and Movie Matinee  <i>(The Pelican Brief)</i>  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-3:00</b> Mah Jong  <b>2:30-3:15</b> Cardio Drumming</p>	14	<p><b>9:45-10:15</b> Balance Exercise  <b>10:00-12:00</b> Mexican Train  <b>12:00-1:00</b> Lunch  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-2:00</b> Brain Busters  <b>1:00-2:30</b> Dot Painting with Kellie Fleming  <b>Prior Registration is required</b></p>
20	<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>12:00-2:30</b> Lunch and Movie Matinee  <i>(Pretty Woman)</i>  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-3:00</b> Mah Jong  <b>2:30-3:15</b> Cardio Drumming</p>	21	<p><b>9:45-10:15</b> Balance Exercise  <b>10:00-12:00</b> Mexican Train  <b>12:00-1:00</b> Lunch  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-2:00</b> Brain Busters</p>
27	<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>12:00-2:30</b> Lunch and Movie Matinee  <i>(Ticket in Paradise)</i>  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-3:00</b> Mah Jong  <b>2:30-3:15</b> Cardio Drumming</p>	28	<p><b>9:45-10:15</b> Balance Exercise  <b>10:00-12:00</b> Mexican Train  <b>12:00-1:00</b> Lunch  <b>12:30-2:30</b> Beginner's Mah Jong  <b>1:00-2:00</b> Brain Busters  <b>1:00-3:00</b> Hearing Screening with <b>My Hearing Centers</b></p>



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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>
<p>8:30-9:30 All-Around Exercise            10:00-12:00 Diamond Painting            10:30-11:30 Line Dancing (\$3)            10:30-11:30 Bingo            12:00-1:00 Lunch (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                              (<i>Sirna's, Auburn</i>)            2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-1:00 Lunch</p>	<p>8:30 -9:30 All-Around Exercise (\$3)            9:40 -10:25 Yoga -cise (\$3)            12:00 -1:00 Lunch            2:30 -3:15 Cardio Drumming</p>
<b>8</b>	<b>9</b>	<b>10</b>
<p>8:30-9:30 All-Around Exercise            10:00-12:00 Diamond Painting            10:30-11:30 Line Dancing (\$3)            10:30-11:30 Bingo            12:00-1:00 Lunch (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                              (<i>Buckeye Chocolate, Bainbridge</i>)            2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-1:00 Lunch            1:00-2:00 <b>David Explains:</b></p> <p style="text-align: center;"><b>Daylight Savings Time</b></p>	<p>8:30 -9:30 All-Around Exercise (\$3)            9:40 -10:25 Yoga -cise (\$3)            12:00 -1:00 Lunch            2:30 -3:15 Cardio Drumming</p>
<b>15</b>	<b>16</b>	<b>17</b>
<p>8:30-9:30 All-Around Exercise (\$3)            10:00-12:00 Diamond Painting            10:30-11:30 Line Dancing (\$3)            10:30-11:30 Bingo            12:00-1:00 Lunch (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                              (<i>Coyote's, Bainbridge</i>)            2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-1:00 Lunch            12:30-2:00 Iris Folding Class                              <b>March Madness</b>                              <b>Brackets for the 2023</b>                              <b>tournament are due by 12 pm.</b></p>	<p>8:30 -9:30 All-Around Exercise (\$3)            9:40 -10:25 Yoga -cise (\$3)            12:00 -1:00 Lunch            2:30 -3:15 Cardio Drumming</p>
<b>22</b>	<b>23</b>	<b>24</b>
<p>8:30 -9:30 All-Around Exercise (\$3)            10:00 -12:00 Diamond Painting            10:30 -11:30 Line Dancing (\$3)            10:30 -11:30 Bingo            12:00 -1:00 Lunch (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                              (<i>Sleepy Rooster, Bainbridge</i>)            2:30 -3:15 Cardio Drumming</p>	<p>10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-1:00 Lunch</p>	<p>8:30 -9:30 All-Around Exercise (\$3)            9:40 -10:25 Yoga -cise (\$3)            12:00 -1:00 Lunch            2:30 -3:15 Cardio Drumming</p>
<b>29</b>	<b>30</b>	<b>31</b>
<p>8:30 -9:30 All-Around Exercise (\$3)            10:00 -12:00 Diamond Painting            10:30 -11:30 Line Dancing (\$3)            10:30 -11:30 Bingo            12:00 -1:00 Lunch (<i>senior center</i>)            12:30-2:00 Out to Lunch Group                              (<i>Tipsy Bull, Bainbridge</i>)            2:30 -3:15 Cardio Drumming</p>	<p>9:00-10:00 <b>Big Breakfast!</b>                              <b>Prior registration required</b>            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-1:00 Lunch</p>	<p>8:30 -9:30 All-Around Exercise (\$3)            9:40 -10:25 Yoga -cise (\$3)            12:00 -1:00 Lunch            2:30 -3:15 Cardio Drumming</p>

# Newsorthy Notes

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

### Craft with Millissa

**MAR 15th 12:30pm Cost \$5** –Make a Springtime Floral Box Centerpiece, all supplies included, come and join us. **RSVP by MARCH 8th**

### Monthly Breakfast & Bingo

**MAR 17th –8:30am**–Join us for BINGO and a hot home made breakfast of corned beef hash, scrambled eggs, rye toast & beverage. **Cost: \$4 Sign up by MARCH 10th**

### Virtual Travel Destinations 1-2pm

**MAR 1st**–The English City of Cambridge

**MAR 8th**–Charleston South Carolina

**MAR 15th**–N Orleans Crescent Park

**MAR 22nd**–King Henry the VIII's Palace

**MAR 29th**–Nottingham City Centre

**CALL to let us know if you are coming, there is NO deadline. Sign up for one or for all Five!! 440-279-2163.**

### Lunch-In and Movie

**MAR 13th 12:00 Noon** –Join us for a showing of Disney's "Mary Poppins". Lunch will be provided at a cost of \$6. The meal will be an English themed Tea Luncheon with finger sandwiches, scones and pastries. **Registration Deadline for lunch is MARCH 6th**

### Lunch & Learns MARCH 10 & MARCH 24

**MAR 10th**– Topic will be "Know your numbers" presented by UH Geauga. Pre-Paid Lunch is also available for a cost of \$5. Menu will be Turkey & Cheese Wrap, Fruit, Cookie & Beverage. **RSVP by MAR 3rd**

**MAR 24th**–The Topic will be "Health benefits of herbs" presented by UH Geauga. Pre-Paid Lunch is also available for a cost of \$5. Menu will be Club Sandwich, Pecan Rolls and bottled water. **RSVP by MAR 17th**

### Card Making w/Carol

**March 29th**–FREE class. Carol Mulher from Mayfield Church to offer a FREE card making class. She will bring all the supplies, all you need to bring is yourself!! **Registration Deadline is 3/24. Call 440-279-2163**

### DINE NITE OUT with WGSC

**MAR 30th**– This months Dine-Out will be at Los Robles Mexican Bar & Grill in Chesterland. Meet up time is 5:00pm, cost is on your own. **RSVP by MAR 27th**

### WG Walking Group Resumes MAR 24th

**Walking Locations - meet @ 8:00am**  
**MAR 24th** - West Geauga Commons  
**MAR 31st** –Metzenbaum Park

### Lunch in and Movie

**MAR 30th 12:00 Noon**– Join us for a FREE showing of Peter Rabbit. Popcorn provided for all who attend. Lunch is also available for a **Cost of \$6**. The meal will be quiche, fresh fruit salad, muffin & beverage. **Register NO LATER than MARCH 23rd**

## West Geauga Sr. Center 440-279-2163

### MONDAY

### TUESDAY

Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION *IN ADVANCE* to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC or by using our "Congregate Lunch" sign-up binder located in the WG Dining Area.

### 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-**

<p><b>8:30 -10:30</b> Italian Card Game <b>6</b></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>1:00 -3:00</b> American Mahjong</p> <p><b>2:00 -3:00</b> Line Dance Class</p>	<p><b>9:00-11:30</b> Stained Glass Class \$5 <b>7</b></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>
<p><b>8:30-10:30</b> Italian Card Game <b>13</b></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>12:00-2:00 Lunch-In &amp; Movie \$6</b>  <i>Disney's "Mary Poppins"</i></p> <p><b>12:00-1:00</b> Water Exercise-Metz Pool</p> <p><b>1:00-3:00</b> American Mahjong</p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>9:00-11:30</b> Stained Glass Class \$5 <b>14</b></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>
<p><b>8:30-10:30</b> Italian Card Game <b>20</b></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>1:00-3:00</b> American Mahjong</p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>9:00-11:30</b> Stained Glass Class \$5 <b>21</b></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>
<p><b>8:30-10:30</b> Italian Card Game <b>27</b></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>1:00-3:00</b> American Mahjong</p> <p><b>2:00-3:00</b> Line Dance Class</p>	<p><b>9:00-11:30</b> Stained Glass Class \$5 <b>28</b></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>

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

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>8:30 -10:30</b> Italian Card Game <b>1</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>10:00-10:55</b> Strength &amp; Cardio (WX)  <b>11:00 -12:00</b> Gentle Chair Yoga  <b>1:00-2:00</b> Virtual Travel (see schedule)  <b>1:00 -3:00</b> Canasta (players needed)  <b>2:00 -3:00</b> Yoga Nidra w/Darlene</p>	<p><b>8:30 -10:30</b> Italian Card Game <b>2</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>9:00 -11:00</b> Pinochle  <b>10:00-11:00</b> Water Exercise-Metz Pool  <b>10:00-11:00</b> Exercise w/Sandy (WX)  <b>3:00-4:00</b> Word Game (WX)</p>	<p><b>9:00 -11:00</b> Pinochle <b>3</b>  <b>9:00 -11:30</b> Stained Glass Class \$5  <b>10:00-10:45</b> Yoga Video  <b>11:00 -11:45</b> Cardio Drumming  <b>1:00 -3:00</b> Tech Help Appointments  <b>1:30 -2:15</b> Balance Exercise  <b>2:30 -3:00</b> EZ Chair Exercise (WX)</p>
<p><b>8:30 -10:30</b> Italian Card Game <b>8</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>10:00-10:55</b> Strength &amp; Cardio (WX)  <b>11:00 -12:00</b> Gentle Chair Yoga  <b>1:00-2:00</b> Virtual Travel (see schedule)  <b>1:00 -3:00</b> Canasta (players needed)  <b>2:00 -3:00</b> Yoga Nidra w/Darlene</p>	<p><b>8:30-10:30</b> Italian Card Game <b>9</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>9:00 -11:00</b> Pinochle  <b>10:00-11:00</b> Water Exercise-Metz Pool  <b>10:00 -11:00</b> Exercise w/Sandy (WX)  <b>3:00 -4:00</b> Word Game (WX)</p>	<p><b>9:00 -11:00</b> Pinochle <b>10</b>  <b>9:00-11:30</b> Stained Glass Class \$5  <b>10:00-10:45</b> Yoga Video  <b>11:00 -11:45</b> Cardio Drumming  <b>12:00 -1:00</b> <b>Lunch &amp; Learn \$5</b>  <b>1:00-3:00</b> Tech Help Appointments  <b>1:30 -2:15</b> Balance Exercise  <b>2:30 -3:00</b> EZ Chair Exercise (WX)</p>
<p><b>8:30-10:30</b> Italian Card Game <b>15</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>10:00-10:55</b> Strength &amp; Cardio (WX)  <b>11:00-12:00</b> Gentle Chair Yoga  <b>12:30-1:30</b> <b>Craft with Millissa \$5</b>  <b>1:00-2:00</b> Virtual Travel (see schedule)  <b>1:00-3:00</b> Canasta (players needed)  <b>2:00 -3:00</b> Yoga Nidra w/Darlene</p>	<p><b>8:30-10:30</b> Italian Card Game <b>16</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>9:00 -11:00</b> Pinochle  <b>10:00-11:00</b> Water Exercise-Metz Pool  <b>10:00 -11:00</b> Exercise w/Sandy (WX)  <b>3:15-4:00</b> Senior Spin Class @ Holly Hill</p>	<p><b>8:30-9:30</b> <b>Breakfast &amp; BINGO \$4</b> <b>17</b>  <b>9:00-11:00</b> Pinochle  <b>9:00-11:30</b> Stained Glass Class \$5  <b>10:00-10:45</b> Yoga Video  <b>11:00-11:45</b> Cardio Drumming  <b>1:00-3:00</b> Tech Help Appointments  <b>1:30-2:15</b> Balance Exercise  <b>2:30-3:00</b> EZ Chair Exercise (WX)</p>
<p><b>8:30-10:30</b> Italian Card Game <b>22</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>10:00-10:55</b> Strength &amp; Cardio (WX)  <b>11:00-12:00</b> Gentle Chair Yoga  <b>1:00-2:00</b> Virtual Travel (see schedule)  <b>1:00-3:00</b> Canasta (players needed)  <b>2:00 -3:00</b> Yoga Nidra w/Darlene</p>	<p><b>8:30-10:30</b> Italian Card Game <b>23</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>9:00 -11:00</b> Pinochle  <b>10:00-11:00</b> Water Exercise-Metz Pool  <b>10:00 -11:00</b> Exercise w/Sandy (WX)  <b>3:15-4:00</b> Senior Spin Class @ Holly Hill</p>	<p><b>8:00-9:00</b> WG Walkers <b>24</b>  <b>9:00-11:00</b> Pinochle  <b>9:00-11:30</b> Stained Glass Class \$5  <b>10:00-10:45</b> Yoga Video  <b>11:00-11:45</b> Cardio Drumming  <b>12:00 -1:00</b> <b>Lunch &amp; Learn \$5</b>  <b>1:00-3:00</b> Tech Help Appointments  <b>1:30-2:15</b> Balance Exercise  <b>2:30-3:00</b> EZ Chair Exercise (WX)</p>
<p><b>8:30-10:30</b> Italian Card Game <b>29</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>10:00-10:55</b> Strength &amp; Cardio (WX)  <b>11:00-12:00</b> Gentle Chair Yoga  <b>1:00-2:00</b> Virtual Travel (see schedule)  <b>1:00-3:00</b> Canasta (players needed)  <b>1:00-2:00</b> <b>Card Making w/Carol FREE</b>  <b>2:00 -3:00</b> Yoga Nidra w/Darlene</p>	<p><b>8:30-10:30</b> Italian Card Game <b>30</b>  <b>9:00-10:00</b> Water Exercise-Metz Pool  <b>9:00-11:00</b> Pinochle  <b>10:00-11:00</b> Water Exercise-Metz Pool  <b>10:00-11:00</b> Exercise w/Sandy (WX)  <b>12:00-2:00</b> <b>Lunch-In &amp; Movie \$6</b>  <b>"Peter Rabbit"</b>  <b>3:15-4:00</b> Senior Spin Class @ Holly Hill  <b>5:00-7:00</b> <b>DINE NITE OUT</b>  <b>@ Los Robles in Chesterland</b></p>	<p><b>8:00 -9:00</b> WG Walkers <b>31</b>  <b>9:00 -11:00</b> Pinochle  <b>9:00 -11:30</b> Stained Glass Class \$5  <b>10:00-10:45</b> Yoga Video  <b>11:00 -11:45</b> Cardio Drumming  <b>1:00 -3:00</b> Tech Help Appointments  <b>1:30 -2:15</b> Balance Exercise  <b>2:30 -3:00</b> EZ Chair Exercise (WX)</p>

# Middlefield Sr. Center

440-632-0611

## INFORMATION AND MORE

March 2023

ALL PROGRAMS SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER, PLEASE CALL AHEAD!

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.*

### \*EXERCISE

**Balance & Chair Exercise every Monday and Wednesday at 11:00**

**\*CLEVELAND SIGHT CENTER\***  
 Learn how to minimize the risk of vision loss and living well if you have vision loss. Tuesday March 7th at 10:00 am

### \*SOCIAL WORKER\*

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

**\*GEAUGA PARK DISTRICT\***  
 Amphibian Awakening Thursday March 9th at 11:00 am

**\*MYOFIT CHAIR EXERCISE\***  
 Featuring Chair Yoga Tuesday March 14th at 10:30 am

**\*MIDDLEFIELD POLICE TALK\***  
 Learn About Senior Scams Tuesday March 21st at 10:30 am


**\*CHARDON HEALTH CARE\***  
 Fall Prevention Wednesday, March 29th at 10:00am call now to reserve your spot!!

### \*HAPPY HOUR\*

Thursday March 9th at 3:15 at El Patron

Thursday March 23rd at 3:15 at JCs

**YOU MUST REGISTER.**  
**440.632.0611**

MONDAY		TUESDAY	
			
6	8:00 Social Hour 9:30 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Crafting: Gnomes With Marsha	7	8:00 Social Hour 9:30 Rummikube 10:00 Cleveland Sight Center 11:00 Health Bingo With UH Geauga 12:00 GDA Lunch 1:00 Chair Volleyball
13	8:00 Social Hour 9:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Crafting: Paint A Leprechaun	14	8:00 Social Hour 9:00 Rummikub 10:30 Myofit: Chair Yoga Exercise 12:00 GDA Lunch 1:00 Chair Volleyball
20	8:00 Social Hour 9:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Crafting: Paint and Pot & Plant A Seed	21	8:00 Social Hour 9:00 Rummikub 10:30 MF Police Talk About Scams 12:00 GDA Lunch 1:00 Chair Volleyball
27	8:00 Social Hour 9:00 Rummikube 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Crafting: Mystery Craft	28	8:00 Social Hour 9:00 Rummikub 12:00 GDA Lunch 1:00 Chair Volleyball

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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1	2	3
8:00 Social Hour 9:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Movie	8:00 Social Hour 9:00 Rummikub 11:00 Brain Bonanza 12:00 GDA Lunch 1:00 Chair Volleyball	8:00 Social Hour 9:00 Rummikub 11:00 Wii Games 12:00 GDA Lunch 1:00 Chair Volleyball
8	9	10
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 9:00 Rummikub 11:00 Geauga Park- Amphibian Awakening 12:00 GDA Lunch 1:00 Chair Volleyball 3:15 Happy Hour- El Patron	8:00 Social Hour 9:00 Rummikub 11:00 Wii Games 12:00 GDA Lunch 1:00 Chair Volleyball
15	16	17
8:00 Social Hour 9:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Movie	<i>St Paddys Celebration</i>  8:00 Social Hour 9:00 Rummikub 11:00 St Paddys Party 1:00 Chair Volleyball	8:00 Social Hour 9:00 Rummikub 11:00 Wii Games 12:00 GDA Lunch 1:00 Chair Volleyball
22	23	24
8:00 Social Hour 9:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 BINGO!	8:30 Social Hour 9:00 Rummikub 11:00 Brain Bonanza 12:00 GDA Lunch 1:00 Chair Volleyball 3:15 Happy Hour- JCs	8:00 Social Hour 9:00 Rummikub 11:00 Wii Games 12:00 GDA Lunch 1:00 Chair Volleyball
29	30	31
8:00 Social Hour 9:00 Rummikub 10:00 Chardon Health Care- Fall Prevention 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Movie	8:00 Social Hour 9:00 Rummikub 11:00 Brain Bonanza 12:00 GDA Lunch 1:00 Chair Volleyball	8:00 Social Hour 9:00 Rummikub 11:00 Wii Games 12:00 GDA Lunch 1:00 Chair Volleyball

### **LUNCH-IN AND FREE MOVIE & POPCORN – “DISNEY’S “MARY POPPINS”**

MARCH 13th 12:00-2:00pm –Join us at the West G Senior Center for a showing of Disney’s “Mary Poppins”. Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will be an English themed Tea Luncheon with finger sandwiches, scones and pastries. Registration Deadline for lunch is MARCH 6th. **Call WGSC to sign up 440-279-2163. The Lunch-in choice will require pre-payment of \$6.**

### **VISION LOSS**

The Cleveland Sight Center will be at the Middlefield senior center to present, Tips, Techniques and Tools, learn how to minimize the risk of vision loss and living well if you have vision loss. The presentation will take place on Tuesday March 7th at 10:00 am. **Please call us to register by Monday March 6th to reserve your spot!!**

### **DAVID EXPLAINS**

David Explains Daylight Savings Time. Every year millions of people move their clocks an hour forward in the spring and an hour back in the autumn. Where did this tradition originate from and what possible advantages does this practice provide? Join David on Thursday, March 9th at 1pm and maybe learn something new. **Please call to register, (440) 279-1313.**

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

Friday, March 10, 10:00 a.m. at the Chardon Senior Center @ 470 Center Street, Building 8, Chardon. Kathie will be speaking about the Von Trapp Family and The Sound of Music! This is a free event, but registration is required by calling 440-279-2126. Space is limited.

### **LUNCH-IN AND FREE MOVIE & POPCORN – “PETER RABBIT”**

MARCH 30th 12:00-2:00pm –Join us at the West G Senior Center for a showing of “Peter Rabbit”. Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will include Quiche, fresh fruit salad, muffin & beverage. **Registration Deadline for lunch is MARCH 23rd. Call WGSC to sign up 440-279-2163. The Lunch-in choice will require pre-payment of \$6.**

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

Monday, March 13 at 1:00 p.m., meeting at Chardon Senior Center. March’s book is “The Great Alone,” by Kristen Hannah. Looking ahead, April’s book is “The Book Women of Troublesome Creek,” by Michele Richardson.

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

Thursday MARCH 30th–Meet up time is 5:00pm at “Los Robles Mexican Bar & Grill” in Chesterland (8389 Mayfield Rd in Chesterland). Just call us ahead of time to let us know you are coming. **Cost is on your own. RSVP by MARCH 27th 440-279-2163**

### **PARKINSON’S SUPPORT GROUP**

Tuesday, March 21st at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Topics will cover freezing of gait and postural instability with Jay L Alberts, PHD. An interview from the Davis Phinney Foundation. **RSVP to Sandy McLeod at 440-279-2137.**

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

Join us at Bainbridge Senior Center on Thursday, March 30th from 9am-10am for our monthly Big Breakfast! Veterans and March Birthdays eat FREE. All others pay \$5.00.

Call (440) 279-1313 to RSVP. Registration and payment are due no later than Friday, March 17th. **Please indicate if you are a Veteran or if your Birthday is in March.** March's menu is pancakes, bacon, and fruit.

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

WG Senior Center is in NEED of Bridge players, we would LOVE to grow our small group here, however we need to have enough interested players willing to commit to come!! If you know how, and like to play this Card game, The group meets every Tuesday from 12:00-3:00pm at the West G Senior Center. PLEASE come and join us!!

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

### **QUILTING PROJECT AT CHARDON SENIOR CENTER**

Calling all quilters! We will be making a group Jelly Roll Quilt. Join us at the Chardon Senior Center on Monday, March 27 at 10:00 a.m. for an informational meeting on this project!

**Call with interest at 440-279-2126.**

### **DIABETES SUPPORT GROUP – DINNER MEAL PLANNING**

Tuesday, March 21st at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). You are going to leave with many healthy dinner menus and recipes. Please bring in your favorite dinner recipe to share or food labels of items you might want to eat. We will view the labels and work to build a nice recipe box of healthy dinner food choices.

**RSVP to Sandy McLeod at 440-279-2137.**

### **“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 Melissa Wheeler at 440-279-2167 with questions.**

### **“IRIS FOLDING” GREETING CARD MAKING WORKSHOP AT THE CHARDON SENIOR CENTER**

Iris folding is a paper craft technique that involves folding strips of colored paper in such a way to form a design. The center of the design forms an iris—a shape reminiscent of the iris diaphragm of a camera lens. Our instructor brings all the supplies you will need, and guides you through how to make beautiful greeting cards! \$1.50 per card, payable to the instructor, Phyllis Knapp, the day of the workshop. **Tuesday, March 21, at 10:00 a.m. at**

**Chardon Senior Center; call 440-279-2126 to register.**

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

**Friday MARCH 10th 12 Noon** - KNOW YOUR NUMBERS Presented By UH GEAUGA

In this presentation you will learn what screenings are important, what the numbers really mean and what you can do to make sure you have the best numbers possible. You'll learn about Cholesterol, Blood Glucose, Blood Pressure and Body Mass Index.

Lunch (\$5 pre-paid) – Turkey and Cheese Wrap, Fruit, Cookie, Beverage. **Sign-up by MARCH 3rd Call for more info 440-279-2163**

**Friday MARCH 24th 12 Noon** - HEALTH BENEFITS OF HERBS Presented By UH GEAUGA

For decades, herbs and spices have played a major role in improving the overall health of the body. Herbs can relieve common ailments such as indigestion, stress, anxiety, headaches, colds and more. Almost all herbs have some form of health benefit. Join us to learn more about them and how you can use them in your daily lives.

Lunch (\$5 pre-paid) will be Club Sandwich, Mini Pecan Rolls and Bottled Water. **Sign-Up by March 17th Call WGSC for more Info. 440-279-2163**

## **SENIOR SCAMS**

The Middlefield Police Department will be at the Middlefield Senior Center on Tuesday, March 21st at 10:30 to discuss senior scams and provide a power point so seniors can better understand what information a scammer might want you to give. **Please call to register by Monday March 15th.**

## **AMPHIBIANS AWAKENING**

Geauga Park District has an abundance of topics to talk about, but for this month they are going to discuss Amphibians Awakening. If you want to learn more, please join us at the Middlefield Senior Center on Thursday March 9th at 11:00. **Call and reserve your spot by Tuesday March 9.**

## **THE BREAKFAST CLUB OF CHARDON**

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, March 9 at 9:30 a.m.

Enjoy breakfast, coffee, and conversation with others! Cost is "on your own."

**Call 440-279-2126, so we know who to expect!**

## **HEARING SCREENINGS**

**FREE** hearing screenings will be held at the Bainbridge Senior Center on Tuesday, March 28th. Reservations are required and can be made by calling the Bainbridge Senior Center at (440) 279-1313.

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

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

## **CARD MAKING CLASS WITH CAROL FROM MAYFIELD CHURCH**

Wednesday MARCH 29th 1:00pm - Carol Mulhern from Mayfield Church will be here at WGSC to offer her card making skills. She will help you make greeting cards that are themed for season, holiday, celebration or just a simple thinking of you card, Carol will pick the theme and help you make the cards. She will bring all supplies, and all you need to do is bring yourself.

**FREE Program - Registration deadline is MARCH 24th Call for more info at 440-279-2163.**



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

*Discussing: The Girls in the Picture by Melanie Benjamin*

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

*Discussing: Crying in H Mart by Michelle Zauner*

### BIRTHDAY PIZZA PARTY AT CHARDON SENIOR CENTER

Join us on Friday, March 24 at 12:00 p.m., when we will be celebrating all of those having celebrated birthdays in March! We will order pizza for lunch and have cupcakes to celebrate our Birthday friends! \$5.00 per person; and **March Birthdays are free!**

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

### BREAKFAST & BINGO AT WEST G SENIOR CENTER

FRIDAY, MARCH 17th, 2023 -8:30AM-9:30AM - \$4.00/PERSON -RSVP by 3/7/2023.

Menu: Corned Beef Hash, scrambled eggs, rye toast 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.**

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

10190 Fairmount Rd, Newbury Ohio 44065

Beginning in March - 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.

### SAVE THE DATE - TECHNOLOGY & RESOURCE FAIR

Friday, May 19th from 10:00am-2:00pm at West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). **Additional information will follow in April newsletter!**

### CUPS AND CANVASES

Amber from Ariel Inspired Art Studio and Gallery will guide participants, step-by-step, to achieve beautiful artwork! Our project will be a spring-themed canvas painting. The class will be Friday, March 24 at the Chardon Senior Center, from 12:30 p.m. – 3:00 p.m.

**The cost is \$25.00 per person. Register by 3/1/23 by calling 440-279-2126.**

### 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.

## **VIRTUAL TRAVEL AT WEST G ON THE BIG SCREEN**

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

MARCH Destination Schedule - all Programs begin at 1pm

**MAR 1st-The English City of Cambridge,**

**MAR 8th-Charleston South Carolina,**

**MAR 15th- N Orleans Crescent Park,**

**MAR 22nd-King Henry the VIII's Palace,**

**MAR 29th-Nottingham City Centre**

## **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 March 16, 2023 at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). **Call (440) 279-1313 to register or for more information.**

## **MONTHLY BREAKFAST SOCIAL HOUR AT CHARDON SENIOR CENTER**

Join us on Thursday, March 16 at Chardon Senior Center for our first Monthly Breakfast Social Hour, from 9:00 – 10:00 a.m. \$5.00 per person, payable with registration. On the menu for March is a breakfast casserole, side of sausage, side of fruit, and pastry. We will also be serving up mock mimosas!

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

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

## **BOOK DISCUSSION AND "BANNED BOOKS"**

3 Classes – March 8th, 15th, and 22nd at 11:30am at the Chardon Library in the Bostwick Room (110 E Park St, Chardon 44024). Madelon Horvath, former Chardon HS English teacher, will lead the book discussions on *The Hate You Give* by Angie Thomas. These sessions will look in depth at this book and will talk about why books are being banned in this country more than ever before.

## **CARDIO DRUMMING W/CHRISTINE AT WGSC**

Every Friday from 11:00-11:45am –, Join Christine for a fun class of Cardio drumming! There will be FUN Music & lots of moving and shaking! Burn those extra calories, it's a great way to get in a workout. Classes are limited to 12 seniors per class due to limited equipment. **Call to register at 440-279-2163**

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

Wednesday March 15th at 12:30pm - MARCH's class will be making a Springtime Floral Box Centerpiece. All supplies will be provided and NO experience is necessary. Cost \$5 - Registration deadline is MARCH 8th. **Call for more info at 440-279-2163.**

### **THE FAB FOUR IN CLEVELAND- SAVE THE DATE**

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. A catered lunch will be served at 12 pm with the presentation beginning at 1 pm. Further details will be advertised at a later date. **Please call the Bainbridge Senior Center with any questions, (440) 279-1313.**

### **JACK CASINO TRIP**

Join us on Thursday, April 6th for a trip downtown to JACK Casino! You will receive \$10 in free slot play. Depart from Geauga County Safety Center (12450 Merritt Rd, Chardon 44024) by charter bus at 11:15am or the Bainbridge Community United Church of Christ – Bainbridge Senior Center (17751 Chillicothe Rd, Bainbridge 44023) at 11:45am. Lunch will be on your own. Lunch Buffet – Senior Special at JACK Casino is \$5.55 on Thursdays, or you can eat at Tower City. We will depart JACK Casino at 5:00pm. Approximate drop-off time at Bainbridge SC is 5:30pm and Geauga Safety Center is 6:00pm. \$30 per person. Please make checks payable to "Great Day Tours". **Call Melissa Wheeler at 440-279-2167 for questions.**

### **"THE ADAMS FAMILY" - CHARDON HIGH SCHOOL SPRING MUSICAL**

Free Dress Rehearsal Wednesday, March 15th for seniors at 7:00 pm. The creepy, kooky, mysterious, spooky and altogether ooky *The Addams Family: A New Musical Comedy*. The production is a comical feast that embraces the wackiness in every family and features an original story: Wednesday Addams, the ultimate princess of darkness and daughter of Gomez and Morticia, has fallen in love with a sweet, smart "normal" young man from a respectable family – a man her parents have never met. Everything changes for the whole family on the fateful night they host a dinner for Wednesday's "regular" boyfriend and his parents. A deliciously wacky and whimsical night of music, chills and thrills. **To reserve a spot call Sandy McLeod 440-279-2137**

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

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

### **MAH JONGG BEGINNERS LEVEL GROUP AT WEST GEAUGA SENIOR CENTER**

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

**Call us at WGSC to sign Up. 440-279-2163**

## 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
3/1/2023	Orchard Hills Park	11340 Caves Rd, Chesterland
3/8/2023	Maple Highlands Trail	15894 W. High St, Middlefield Park on the side of Dollar General
3/15/2023	The Rookery	10110 Cedar Rd, Munson
3/22/2023	Penitentiary Glen Reservation	8668 Kirtland-Chardon Rd, Kirtland Meet at Nature Center
3/29/2023	Frohring Meadows	16780 Savage Rd, Bainbridge

## CHAIR YOGA

Have you ever wanted to learn more about chair yoga? Please join us at the Middlefield Senior Center, Tuesday March 14th at 10:30 to learn more about chair yoga - presented by MyoFit. **Please call to register by Monday March 13th to reserve your spot.**

## MAH JONG

The Bainbridge Senior Center is offering a second day for beginner's Mah Jong. The time is the same, 12:30 pm to 2:30 pm, but now you have the choice of Monday or Tuesday.

David Craig will be on hand to help players and the games will be played at a slower pace. The Beginner's group will focus on the rules of the game, understanding what hands to build towards, and understanding the mechanics of dealing and passing.

**If you have any questions please call David at (440) 279-1313.**

## 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.

### CUISINE & CULTURE – MEXICO AT LA MEXICANA CANTINA & GRILL

Thursday, March 30th from 12:00-1:30pm at La Mexicana Cantina & Grill (8053 Mayfield Rd, Chesterland 44026). Come and enjoy a Mexican meal while we learn about the beautiful mix of tradition, culture, and cuisine in Mexico. Magaly Rios, former GDA employee, will be there to present. Lunch is on your own. Please choose one of the following for your lunch:

**Taco Salad** – Traditional flour crispy shell filled with lettuce, tomato, beans, cheese, sour cream and choice of chicken or beef.

**Gordita Quesadilla** – Grilled flour tortilla stuffed with beef or shredded chicken loaded with cheese. Served with lettuce, tomato, sour cream, and rice and beans.

**Fajitas** – Tender grilled steak or chicken, cooked with onion, green peppers, broccoli, mushrooms and tomatoes. Served with rice and fried beans. **\*\*\*Vegetarian Option Available**

Please call Melissa Wheeler at 440-279-2167 to RSVP for the event with your lunch choice.

### MARCH MADNESS

Fill out your bracket and compete against Geauga County seniors and staff members. The contest is back after a year hiatus and there is no cost to enter. Brackets are due to your local senior center by 12 pm on Thursday, March 16th and each participant is allowed 5 brackets each. Contestants can also mail their submissions but the post mark must be by March 16th. Prizes will be awarded to the top three finishers, not including staff, and will be awarded at the conclusion of the tournament. **For more information or to request a bracket please call the Bainbridge Senior Center at (440) 279-1313.**

**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	\$1,094	\$7,970	Single	\$1,308	\$7,970	Single	\$1,469	\$7,970
Married	\$1,472	\$11,960	Married	\$1,762	\$11,960	Married	\$1,980	\$11,960

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

### GEAUGA WALKERS

Date	Park	Parking
March 7*	Swine Creek	"Woods Edge Shelter, Saps-A-Risin! 16004 Hayes Road, Middlefield"
March 14	Punderson State Park	Manor, 11755 Kinsman Road (Rt 87), Newbury, walk trail at south end of parking lot
March 21*	Sunnybrook Preserve	12474 Heath Road, North of Rt 322, East of Chesterland
March 28	Headwaters Trail	"Mantua, Esker Parking Lot near McDonald's West Side of Rt 44"

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.**

# 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.

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

*Subject to Change*

Mon	Tue	Wed	Thu	Fri
		1	2	3
		STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP
6	7	8	9	10
JUMBO RAVIOLI W/SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	SWEDISH MEATBALLS W/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP	MEATBALLS W/TOMATO SAUCE W/PASTA CAULIFLOWER SPINACH DINNER ROLL DICED PEACHES CUP
13	14	15	16	17
SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	CHICKEN ALA KING WHITE RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP
20	21	22	23	24
HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	TOMATO BASIL CHICKEN PASTA W/TOMATO SAUCE MIXED VEGETABLES CORN W/RED PEPPERS DICED PEACHES CUP	KETCHUP GLAZED MEATLOAF W/CHEESE BROWN RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES CUP	STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP
27	28	29	30	31
GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	JUMBO RAVIOLI W/SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	SWEDISH MEATBALLS W/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP

**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



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## **GEAUGA CO VETERAN SERVICES WILL BE HOSTING A VETERANS RESOURCE FAIR**

Speak with a VA representative about a VA claim, obtain a Geauga County Veterans ID card, receive a biometric screening from University Hospitals Geauga, learn about the new VA "PACT ACT" and conditions that are covered and much more...

Location: The NEW Geauga County Offices, 12611 Ravenwood Dr. Rm #168  
(1st floor meeting room), Chardon, Ohio

Date: APRIL 19, 2023 Time: 3:00 pm – 6:00 pm

### Agencies attending

VA Regional Office, Veterans Food Pantry, Geauga Recorder, Dept. on Aging, Jobs & Family Services, Auditors (Homestead), Vet Center, & University Hospitals Geauga

To register call 440-279-1860 or email [Geaugavet@CO.GEAUGA.OH.US](mailto:Geaugavet@CO.GEAUGA.OH.US)

\*Deadline to register is April 14th \* \*The first 10 Geauga Co. veterans registered will receive a door prize\*