

# The Geauga senior news



Geauga County Department on Aging

September 2023

## Geauga County Department on Aging's 90th Birthday Party!

Friday, September 15, 2023 from 11:00AM– 1:30PM.

A party honoring Geauga County residents, age 90 years of age and older  
Come reminisce with us as we celebrate yesteryear! We will have plenty of laughter, live  
music, dancing, lunch, and of course, cake! All we need is YOU!

Featuring a LIVE performance by the Joey Tomsick Orchestra.

Held at Chardon United Methodist Church, 515 North Street, Chardon, Ohio 44024

Cost is: FREE to Geauga County Seniors who are age 90 +  
\$20.00 for all other Guests and Friends



## 2023 Medicare Open Enrollment, Part D & Advantage Plan Comparisons

Compare Medicare Drug coverage options and Advantage Plans and you could save money in 2023! Ohio Department of Insurance trained Geauga County Department on Aging Staff & Volunteers offer one on one reviews at Geauga Department on Aging, 12611 Ravenwood Dr, Suite 200, in Chardon.

We will start taking appointments on September 18, with scheduled appointments available from Monday, October 16 until Friday, December 5. Call (440) 279-2130, Monday through Friday 8:00AM until 4:00PM, to schedule your appointment.

**OPERS and SERS education seminars are available.** Seminars will take place at 12611 Ravenwood Drive on October 4 and October 25, and both seminars will run from 3:00PM until 4:00PM. Call (440) 279-2130 to register for the class.





# What's New in this Issue

90TH BDAY .....	1	LUNCH & MOVIE, BOOK CLUB .....	17
2023 MEDICARE ENROLLMENT .....	1	DIABETES SUPPORT GROUP .....	17
INDEX .....	2	LEARNING HISTORY, IRIS FOLDING .....	18
EXTRA HELP WITH MEDICARE PART D .....	2	DINE NITE, NO BAKE W BECKY .....	18
NEWSLETTER INFO .....	2	WELLNESS WALKING, THINK FALL .....	18
PATRONS (PLATINUM) .....	3	BREAKFAST, CRAFT CLASS .....	19
ADULT DAY SERVICE, MEDICARE .....	3	BREAKFAST CLUB, BIKE CLUB .....	19
COMMUNITY CALENDAR .....	4 & 5	MONARCH, LUNCH & LEARN .....	19
CHARDON CALENDAR .....	6 & 7	BIRTHDAY BIINGO .....	19
BAINBRIDGE CALENDAR .....	8 & 9	BOOK DISC, MOVIE, SOCIAL HOUR .....	20
WEST GEAUGA CALENDAR .....	10 & 11	ROAD RALLY, HALLOWEEN PARTY .....	20
MIDDLEFIELD CALENDAR .....	12 & 13	DRIVE THRU, FALLS PREVENTION .....	20
SUMMER CRISIS PROGRAM .....	14	BRIDGE, GEAUGA CYCLISTS .....	21
PARKMAN 55, GEAUGA WALKERS .....	15	LUNCH & MOVIE, YOUNG OF HEART .....	21
EDMUND FITZGERALD, MUSIC .....	15	SPIN CLASS, VETERANS SAVE DATE .....	21
WOMENS DAY, APPLE STAMP .....	16	REGISTRATION FOR EVENTS .....	22
DAVID EXPLAINS, CARD CLASS .....	16	MONTHLY MENU .....	23
KNOWLEDGE, PARKINSON'S .....	17	TRASH PICK-UP DAYS .....	24
TOURING GEAUGA, BAIN WALKING .....	17		

### 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@geaug.oh.gov](mailto:vzanella@geaug.oh.gov).**

**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

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,067.02 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



# Monthly Highlights

**Friday, September 1st: Senior Day at Geauga County Fair** The Department on Aging will host a hospitality and refreshment area from 9:00am-2:00pm. Vernon Howard Pavilion (located at the south end of the fairgrounds, across from red anniversary building). Free admission into the fair for ages 65+.

**Thursday, September 7th: Free Lunch & Movie** UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.

**Wednesday, September 13th: Women's Day** Join us as we "unplug" for a day as we head to the wooded acres and camp setting of Ho Mita Kota (14040 Auburn Rd, Newbury) where you can relax in nature and enjoy some of the many activities a camp has to offer! Archery, hatchet throwing, hiking, crafts, kayaking, scavenger hunt and more! \$20 per person and includes lunch. Register by September 5th.

**Thursday, September 21st: GPD Elderberries** There's so much to see in the sky! Join us for astrology night at Observatory Park (10610 Clay St., Montville). Groups will rotate between a planetarium show and an outdoor astronomy activity. Night Sky viewing (weather permitting) following. Dinner sponsored by Ohman Family Living at Blossom. UH Geauga and GDA event. 6:30pm. Free. THIS EVENT IS FULL..

**Tuesday, September 26th : Bike Trip to Orwell** Join GDA and UH Geauga for a bike ride on the Western Reserve Greenway Trail. Meet at Los Venados (513 E. Main St, Orwell) and ride approximately 8 miles south and return to the restaurant. We will have dinner following around 4:30pm. 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.

**Gauga Cyclists:** Every Tuesday. Meet at the Eagles Baseball Field on Park Avenue (Chardon). We will ride on the Maple Highland Trail. You must have your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Call Melissa for questions at 440-279-2167. 9:00am.

# September 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 BSC - Bainbridge Senior Center 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>
<p style="text-align: right;">4</p>  <p style="text-align: center;"><b>CLOSED FOR LABOR DAY</b></p>	<p style="text-align: right;">5</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>
<p style="text-align: right;">11</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-2:00 Matter of Balance WG 1:00-2:00 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">12</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>
<p style="text-align: right;">18</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-2:00 Matter of Balance WG 1:00-2:00 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">19</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 11:15-12:15 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>
<p style="text-align: right;">25</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-2:00 Matter of Balance WG 1:00-2:00 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">26</p> <p>10:00-11:00 Strength &amp; Cardio WG &amp; WX 11:00-11:45 Balance Exercise CSC &amp; WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS 3:00-6:00 Bike Trip OS</p>



# SENIOR COMMUNITY EVENTS

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

SEPTEMBER




Senior Day at Geauga County Fair

1		
6	7	8
<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> 1:00-2:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:00-11:45 Balance Exercise <b>CSC &amp; WX</b> 12:00-2:00 Matter of Balance <b>BSC</b></p>
13	14	15
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 9:30-2:30 Women's Day Retreat <b>OS</b> 12:00-2:00 Matter of Balance <b>BSC</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> 12:00-2:00 Matter of Balance <b>WG</b> 1:00-2:00 Pedaling for Parkinson's <b>OH</b> 1:30-3:00 Book Discussion <b>BL</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:00-11:45 Balance Exercise <b>CSC &amp; WX</b> 12:00-2:00 Matter of Balance <b>BSC</b></p>
20	21	22
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 12:00-2:00 Matter of Balance <b>BSC</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b> 10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b> 12:00-2:00 Matter of Balance <b>WG</b> 1:00-2:00 Pedaling for Parkinson's <b>OH</b> 6:30-9:30 GPD Elderberries <b>OS</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:00-1:00 Falls Prevention Program <b>CSC</b> 12:00-2:00 Matter of Balance <b>BSC</b></p>
27	28	29
<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 12:00-2:00 Matter of Balance <b>BSC</b></p>	<p>9:00-10:30 Walking for Wellness <b>OS</b> 10:00-11:00 Strength &amp; Cardio <b>WG &amp; WX</b> 12:00-2:00 Matter of Balance <b>WG</b> 1:00-2:00 Pedaling for Parkinson's <b>OH</b></p>	<p>9:30-11:00 Parkinson's Boxing <b>CSC</b> 11:00-11:45 Balance Exercise <b>CSC &amp; WX</b> 12:00-2:00 Matter of Balance <b>BSC</b></p>



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

**Friday, Sept. 8:** Breakfast and Speaker with Kathie Doyle.: "The Leprosy Colonies in the United States." Prior registration required.

**Monday, Sept. 11:** Book Club: August's book is "The Passing Storm," by Christine Nolfi.

**Monday, Sept. 11:** Handmade Greeting Cards with Bonnie. Make and take beautiful greeting cards for the upcoming holidays! 3 cards for \$5.

**Thursday, Sept. 14:** Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

**Monday, Sept. 18:** Pizza and Salad Lunch. Sign up by 9-15, with payment of \$5.

**Tuesday, Sept. 19:** Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card.

**Thursday, Sept. 21:** Monthly Breakfast at the Senior Center. \$5 per person with registration.

**Friday, Sept. 22:** Falls Prevention Workshop. Prior registration required 440-279-2167.

**Friday, Sept. 29:** Monthly Birthday BINGO and Pizza Party. \$5 per person/Sept. Birthdays FREE. Thanks to our BINGO & Cake sponsor, Chardon Healthcare!

There will be NO Sweet Treat Drive-Thru at Heather Hill, nor will there be the Heather Hill Luncheon/Cooking Demo for September. Heather Hill is a generous sponsor this month for our 90th Birthday Party. Thank you so much to Heather Hill for their generosity!

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

**NEW TO OUR SCHEDULE:**

Tai Chi

Every Tuesday, from 10:00-10:45

\$3 per class.

<b>Chardon Senior Center 440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<b>Becky O 'Reilly</b> Recreation & Education Coordinator  <b>Betty Conti &amp; Ellie Rickard</b> Recreation & Education Assistant Coordinators	<b>Beth Oliverio</b> Information and Referral Specialist  <b>Karen Fueger</b> Kitchen Coordinator
<b>4</b> <b>CLOSED FOR LABOR DAY</b> 	<b>5</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 2:00 -3:30 Raccoon County Ramblers practice
<b>11</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 1:00 -2:00 Book Club 1:00 -3:00 Handmade Greeting Card Class 1:00 -2:00 Chair Exercise for Joint Movement	<b>12</b> <b>Gervesi Trip</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 2:00 -3:30 Raccoon County Ramblers Practice
<b>18</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 12:00 Pizza Lunch 1:00 -3:00 Ceramics 1:00 -2:00 Chair Exercise for Joint Movement	<b>19</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 10:00 -12:00 Iris Folding 11:00 -11:45 Balance Exercises 12:30 -4:00 Game Day 12:30 -1:30 Parkinson's Group 2:00 -3:00 Diabetes Support
<b>25</b> 10:00 -12:00 Rug Hooking 10:00 -12:00 Quilting 11:00 -11:45 Strength Training \$2 1:00 -2:00 Chair Exercise for Joint Movement	<b>26</b> 9:00 -11:30 Woodcarving 10:00 -12:00 Knit and Crochet 10:00 -10:45 Tai Chi \$3 11:00 -11:45 Balance Exercises 12:30 -2:00 Game Day 12:00 -2:00 R.C.R. practice <b>Senior Center Closed at 2:00            Today for Staff Meeting.</b>



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

WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:30 -11:30 Stained Glass 11:00 -12:00 BINGO 11:00 -12:00 Balance Exercise 1:00 -2:30 Chair Volleyball 1:00 -4:00 Bridge Group 2:30 -4:00 Corn Hole  Senior Day at the Geauga Fair
<b>6</b> 9:00 -11:00 Pinochle 10-12:30 Dulcimer Groups 11:00 -11:45 Strength Training \$2 11:00 -12:00 NO Balance Ex. 12:00 -12:30 NO Sweet Treat Drive Thru 1:00 -2:30 Chair Volleyball 1:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg	<b>7</b> 10:30 -12:00 Choral Group 11:00 -11:45 Balance Exercise 12:30 -4:00 Duplicate Bridge 12:30 -4:00 Game Day 1:30 -3:30 Line Dancing \$5 (off site)	<b>8</b> 9:30 -11:30 Stained Glass 10:00 -11:30 Breakfast and Speaker Series 11:00 -12:00 NO BINGO 11:00 -12:00 Balance Exercise 1:00 -2:30 Chair Volleyball 1:00 -4:00 Bridge Group 2:30 -4:00 Corn Hole
<b>13</b> 9:00 -11:00 Pinochle 10-12:30 Dulcimer Groups 11:00 -11:45 Strength Training \$2 11:00 -12:00 Balance Exercise 1:00 -2:30 Chair Volleyball 1:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg	<b>14</b> 9:30 -11:00 Brunch Bunch at - Bob Evans Chardon 10:30 -12:00 Choral Group 11:00 -11:45 Balance Exercise 12:30 --4:00 Duplicate Bridge 12:30 -4:00 Game Day 1:30 -3:30 Line Dancing \$5 (off site)	<b>15</b> 90th Birthday Party 9:30 -11:30 Stained Glass 11:00 -12:00 NO BINGO 11:00 -12:00 Balance Exercise 1:00 -2:30 Chair Volleyball 1:00 -4:00 Bridge Group 2:30 -4:00 Corn Hole
<b>20</b> 9:00 -11:00 Pinochle 10-12:30 Dulcimer Groups 11:00 -11:45 Strength Training \$2 11:00 -12:00 Balance Exercise 12:00 -1:00 NO Heather Hill Lunch 1:00 -2:30 Chair Volleyball 1:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg	<b>21</b> 9:00 -10:00 Monthly Breakfast -prior reg. 10:00 -11:00 No -Bake Class 10:30 -12:00 Choral Group 11:00 -11:45 Balance Exercise 12:30 -4:00 Duplicate Bridge 12:30 -4:00 Game Day 1:30 -3:30 Line Dancing \$5	<b>22</b> 9:30 -11:30 Stained Glass 11:00 -12:00 NO Balance Ex. 11:00 -1:00 Falls Prevention -prior reg. 1:00 -2:30 Chair Volleyball 1:00 -4:00 Bridge Group 2:30 -4:00 Corn Hole
<b>27</b> 9:00 -11:00 Pinochle 10-12:30 Dulcimer Groups 11:00 -11:45 Strength Training \$2 11:00 -12:00 Balance Exercise 1:00 -2:30 Chair Volleyball 1:30 -4:00 Mexican Train 1:00 -4:00 Mah Jongg	<b>28</b> 10:30 -12:00 Choral Group 11:00 -11:45 Balance Exercise 12:30 -4:00 Duplicate Bridge 12:30 -4:00 Game Day 1:30 -3:30 Line Dancing \$5 (off site)	<b>29</b> 9:30 -11:30 Stained Glass 11:00 -12:00 Birthday BINGO & Pizza Party 11:00 -12:00 Balance Exercise 1:00 -2:30 Chair Volleyball 1:00 -4:00 Bridge Group 2:30 -4:00 Corn Hole



## Bainbridge Bulletin

### Movie Matinee

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

### NEW PROGRAM

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

### Tuesday, September 12:

#### Safe Driving for Older Adults

Geauga Public Health Safe Communities and AAA are hosting an interactive session on senior citizens and driving. The program will focus on the basics of older driver safety and how to stay fit to drive. Lunch will be served at 12:00 pm with the presentation to follow at 12:30. Please RSVP by Friday September 8th.

### Thursday, September 14:

#### David Explains: The Savannah

**Bananas** Learn about the baseball team reinventing the game and how fans are entertained before, during, and after. The franchise has morphed from a collegiate summer baseball team to a barnstorming, nationwide phenomenon. Please register by calling (440) 279-1313.

### Thursday, September 28:

**Big Breakfast** Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and September birthdays are free to attend. The cost is \$5 for everyone else. Pancakes, sausage, and fruit are on the menu for September. Please RSVP by Friday, September 22nd.

## Bainbridge Senior Center

440-279-1313

### MONDAY

#### Recreation & Education Coordinator

*David Craig*

#### Recreation & Education Assistant

*Laura Reed*



### TUESDAY

#### Friday, September 29

Nora the Explorer will bring animals from all across the globe to the Bainbridge Senior Center. Lunch will be served at noon with chili and baked potatoes on the menu and a delectable dessert served. Cheese, sour cream, and oyster crackers will be provided. →

4	<p>8:00 - 9:00 Walking Group 9:45 - 10:15 Balance Exercise 10:00 - 12:00 Mexican Train 12:00 - 12:30 Lunch 12:00 - 2:00 Social Work Appts. 12:30 - 2:30 Intermediate Mahjong</p>	5
11	<p>8:30 - 9:30 All-Around Exercise (\$3) 9:40 - 10:30 Chair Yoga -cise (\$3) 10:00 - 2:00 Poker 12:00 - 2:30 Lunch &amp; a Movie <i>(The Magnificent Seven)</i> 12:30 - 2:30 Beginner 's Mahjong 2:30 - 3:15 NO DRUMMING</p>	12
18	<p>8:30 - 9:30 All-Around Exercise (\$3) 9:40 - 10:30 Chair Yoga -cise (\$3) 10:00 - 2:00 Poker 12:00 - 2:30 Lunch &amp; a Movie <i>(007 You Only Live Twice)</i> 12:30 - 2:30 Beginner 's Mahjong 2:30 - 3:15 Cardio Drumming</p>	19
25	<p>8:30 - 9:30 All-Around Exercise (\$3) 9:40 - 10:30 Chair Yoga -cise (\$3) 10:00 - 2:00 Poker 12:00 - 2:30 Lunch &amp; a Movie <i>(The Seven Year Itch)</i> 12:30 - 2:30 Beginner 's Mahjong 2:30 - 3:15 Cardio Drumming</p>	26

8:00 - 9:00 Walking Group  
9:45 - 10:15 Balance Exercise  
10:00 - 12:00 Mexican Train  
12:00 - 12:30 Lunch  
11:45 - 1:45 Intermediate Mahjong  
**Bainbridge Senior Center is closing at 2:00 pm for our monthly staff meeting.**



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

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

After lunch we will learn about, get close, and even touch some remarkable creatures. Just \$10 covers the food and show. Call the Bainbridge Senior Center with any questions or to register, (440) 279-1313



**1**

8:30 -9:30 All-Around Exercise (\$3)  
 9:40 -10:25 Chair Yoga -cise (\$3)  
 10:00 -12:00 Game Time  
 10:00 - 12:00 Mahjong  
 11:00 -1:00 Scrabble  
 12:00 -12:30 Lunch  
 2:30 -3:15 Cardio Drumming

8:30 -9:30 All-Around Exercise (\$3) **6**  
 9:40 - 10:20 Chair Yoga -cise (\$3)  
 10:00 -12:00 Diamond Painting  
 10:30 -11:30 Line Dancing (\$3)  
 10:30 -11:45 Bingo  
 12:00 -12:30 Lunch (*senior center*)  
 12:30 -2:30 Podiatrist  
 12:30 -2:00 Out to Lunch Group  
 (*Coyote Mexican Grille, Bainbridge*)  
 2:30 -3:15 **NO DRUMMING**

**7**

9:45 -10:15 Balance Exercise  
 10:00 -12:00 Knit and Crochet  
 10:00 -3:00 Pinochle  
 10:30 - 12:00 Chair Volleyball  
 12:00 -12:30 Lunch  
 1:00 -2:00 Music that Moves You

**8**

8:30 -9:30 All-Around Exercise (\$3)  
 9:40 -10:25 Chair Yoga -cise (\$3)  
 10:00 -12:00 Game Time  
 10:00 - 12:00 Mahjong  
 11:00 -1:00 Scrabble  
 12:00 -12:30 Lunch  
 2:30 -3:15 **NO DRUMMING**

8:30 -9:30 All-Around Exercise (\$3) **13**  
 9:40 - 10:20 Chair Yoga -cise (\$3)  
 10:00 -12:00 Diamond Painting  
 10:30 -11:30 Line Dancing (\$3)  
 10:30 -11:45 Bingo  
 12:00 -12:30 Lunch (*senior center*)  
 12:30 -2:00 Out to Lunch Group  
 (*Punderson Manor, Newbury*)  
 2:30 -3:15 Cardio Drumming

**14**

9:45 -10:15 Balance Exercise  
 10:00 -12:00 Knit and Crochet  
 10:00 -3:00 Pinochle  
 10:30 - 12:00 Chair Volleyball  
 12:00 -12:30 Lunch  
 1:00 - 2:00 **David Explains:**  
 The Savannah Bananas

**15**

8:30 -9:30 All-Around Exercise (\$3)  
 9:40 -10:25 Chair Yoga -cise (\$3)  
 10:00 -12:00 Game Time  
 10:00 - 12:00 Mahjong  
 11:00 -1:00 Scrabble  
 12:00 -12:30 Lunch  
 2:30 -3:15 Cardio Drumming

8:30 -9:30 All-Around Exercise(\$3) **20**  
 9:40 - 10:20 Chair Yoga -cise (\$3)  
 10:00 -12:00 Diamond Painting  
 10:30 -11:30 Line Dancing (\$3)  
 10:30 -11:45 Bingo  
 12:00 -12:30 Lunch (*senior center*)  
 12:30 -2:00 Out to Lunch Group  
 (*Two & Company, Bainbridge*)  
 2:30 -3:15 Cardio Drumming

**21**

10:00 -12:00 Knit and Crochet  
 10:00 -3:00 Pinochle  
 10:30 - 12:00 Chair Volleyball  
 12:00 -12:30 Lunch  
 12:30 -2:00 Iris Folding Class  
 1:00 -2:00 Music that Moves You

**22**

8:30 -9:30 All-Around Exercise (\$3)  
 9:40 -10:25 Chair Yoga -cise (\$3)  
 10:00 -12:00 Game Time  
 10:00 -12:00 Mahjong  
 11:00 -1:00 Scrabble  
 12:00 -12:30 Lunch  
 2:30 -3:15 Cardio Drumming

8:30 -9:30 All-Around Exercise(\$3) **27**  
 9:40 - 10:20 Chair Yoga -cise (\$3)  
 10:00 -12:00 Diamond Painting  
 10:30 -11:30 Line Dancing (\$3)  
 10:30 -11:45 Bingo  
 12:00 -12:30 Lunch (*senior center*)  
 12:30 -2:00 Out to Lunch Group  
 (*Rise & Dine, Chesterland*)  
 2:30 -3:15 Cardio Drumming

**28**

9:00 -10:00 **Big Breakfast!**  
*Prior registration required*  
 10:00 -12:00 Knit and Crochet  
 10:00 -3:00 Pinochle  
 10:30 - 12:00 Chair Volleyball  
 12:00 -12:30 Lunch

**29**

8:30 -9:30 All-Around Exercise (\$3)  
 9:40 -10:25 Chair Yoga -cise (\$3)  
 10:00 -12:00 Game Time  
 10:00 -12:00 Mahjong  
 11:00 -1:00 Scrabble  
 12:00 -12:30 Lunch  
 12:00 - 1:30 Nora the Explorer  
 2:30 -3:15 Cardio Drumming



## Newsorthy Notes

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

### NO SENIOR BREAKFAST this month

#### Craft with Millissa

**SEPT 20th** -We will be making Mason Jar Scarecrows for Fall! Cost: \$8 per set of 3 jars. No Experience Necessary, **sign up deadline is Sept 13th.**

#### Never Ending Knowledge Schedule

**Experiencing America, a Smithsonian tour through Americas History Series.**

#### SEPT 6th

- 1.-The Star Spangled Banner, Inspiring the Anthem"
- 2.-Presidents & Generals, Images of Leadership.

#### SEPT 13th

- 1.-Conscience & Conflict, Religious History.
- 2.-The Growth & Spread of Slavery.

#### SEPT 20th

- 1.-Emancipation & The Civil War.
- 2.-THE WEST-Gold, Guns, and Grandeur.

#### SEPT 27th

- 1.-The First Americans; Then & Now
- 2.- Planes, Trains, Automobiles...& Wagons

**Art History -VAN Gogh to Davinci, The history of the Italian Renaissance series (Thursdays)**

#### SEPT 7th

1. -Vincent's classical period; the studios of the south.
- 2.The asylum at Saint-R'emy.

#### SEPT 14th

1. -The Art World as seen in 1890
2. Vincent in Auvers-sur-Oise; The End & New Beginning.

#### SEPT 21st

1. Introducing Leonardo Da Vinci!!
2. Who was he?...Fact & Fiction...

#### SEPT 28th

1. From Apprentice to Partner; Leo's continued artistic growth.
2. Annunciation-Leonardo's First Commission & experiments replicating Nature.

#### Lunch & Learn

**SEPT 8th** -The Flu, Vaccines, and staying healthy this winter. With Lunch \$5, or Program Only is FREE.

#### Lunch in and Movie

**SEPT 26th** -Join us for a FREE showing of the Movie "**Jerry and Marge Go Large**" starting at 12:00 Noon. FREE Popcorn will be served to all who attend. A Pre-Paid Hot Lunch will be available for those who wish to purchase the meal, or bring your own bagged lunch. Menu is; Roast Beef & Provolone Wraps, potato salad, dessert and beverage. **Cost: \$6** Sign up for lunch or movie & Popcorn ONLY **No later than SEPT 19th 440-279-2163**

#### DINE NITE OUT with WGSC

**SEPT 28th** Meet Up is at 5PM., Location is Burntwood Tavern in Chagrin Falls. Come and join us for a fun evening of eating dinner and socializing with your friends. Call ahead to let us know you are coming so we can have a seat for you. Call **440-279-2163**

## West Geauga Sr. Center

440-279-2163

### MONDAY

#### 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**

### TUESDAY



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

### ALL SITES CLOSED



4

8:30-10:30 Italian Card Game  
9:00-11:30 Stained Glass Class \$5  
9:00-10:00 Water Exercise-Metz Pool  
9:00-11:00 Pinochle  
10:00-11:00 Exercise -Sandy (WX)  
12:00-3:00 Bridge Group  
12:30-2:30 Knit & Crochet  
1:30-2:15 Balance Exercise  
2:30-3:00 EZ Chair Exercise (WX)

5

11

8:30-10:30 Italian Card Game  
9:00-10:00 Water Exercise-Metz Pool  
10:00-10:55 Strength & Cardio  
11:00-12:00 Gentle Chair Yoga  
12:00-1:00 Water Exercise-Metz Pool  
1:00-3:00 Beginners Mah-Jongg  
2:00-3:00 Line Dance Class

12

8:30-10:30 Italian Card Game  
9:00-11:30 Stained Glass Class \$5  
9:00-10:00 Water Exercise-Metz Pool  
9:00-11:00 Pinochle  
10:00-11:00 Exercise -Sandy (WX)  
12:00-3:00 Bridge Group  
12:30-2:30 Knit & Crochet  
2:30-3:00 EZ Chair Exercise (WX)  
3:00-4:00 Visual Arts w/Fairmount

18

8:30-10:30 Italian Card Game  
9:00-10:00 Water Exercise-Metz Pool  
11:00-12:00 Gentle Chair Yoga Video  
12:00-1:00 Water Exercise-Metz Pool  
1:00-3:00 Beginners Mah-Jongg  
2:00-3:00 Line Dance Class

19

9:00-11:30 Stained Glass Class \$5  
9:00-11:00 Pinochle  
9:00-10:00 Water Exercise-Metz Pool  
10:00-11:00 Exercise -Sandy (WX)  
12:00-3:00 Bridge Group  
12:30-2:30 Knit & Crochet  
1:30-2:15 Balance Exercise  
2:30-3:00 EZ Chair Exercise Video  
3:00-4:00 Visual Arts w/Fairmount

25

8:30-10:30 Italian Card Game  
9:00-10:00 Water Exercise-Metz Pool  
10:00-10:55 Strength & Cardio (WX)  
11:00-12:00 Gentle Chair Yoga  
12:00-1:00 Water Exercise-Metz Pool  
1:00-3:00 Beginners Mah-Jongg  
2:00-3:00 Line Dance Class

26

9:00-11:30 Stained Glass Class \$5  
9:00-11:00 Pinochle  
9:00-10:00 Water Exercise-Metz Pool  
10:00-11:00 Exercise -Sandy (WX)  
12:00-2:00 **Lunch in and a Movie \$6**  
12:00-3:00 Bridge Group  
12:30-2:30 Knit & Crochet  
3:00-4:00 Visual Arts w/Fairmount  
**NO PM EXERCISE CLASSES TODAY**



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

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION *IN ADVANCE* to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC at 440 -279-2163

**1**

**8:30-10:30** Italian Card Game  
**9:00-11:30** Stained Glass Class \$5  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**11:00-11:45** Cardio Drumming  
**1:30-2:15** Balance Exercise  
**2:30-3:00** EZ Chair Exercise (WX)

**6**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
**1:00-3:00** Canasta (players needed)

**7**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**9:00-11:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**11:30-12:30** Never Ending Knowledge  
**"Art History -VanGogh"**  
**2:00-3:00** Senior Spin at "O" Holly  
**3:00-4:00** Senior Spin at "O" Holly

**8**

**8:30-10:30** Italian Card Game  
**9:00-11:30** Stained Glass Class \$5  
**11:00-11:45** Cardio Drumming  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**12:00-1:00 Lunch & Learn \$**  
**1:30-2:15** Balance Exercise  
**2:30-3:00** EZ Chair Exercise (WX)

**13**

**9:00-10:00** Water Exercise -Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**14**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**9:00-11:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**11:30-12:30** Never Ending Knowledge  
**"Art History -Van Gogh"**  
**12:00-2:00 Matter of Balance Class**  
**2:00-3:00** Senior Spin at "O" Holly  
**3:00-4:00** Senior Spin at "O" Holly

**15**

**8:30-10:30** Italian Card Game  
**9:00-11:30** Stained Glass Class \$5  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**11:00-11:45** Cardio Drumming  
**1:30-2:15** Balance Exercise  
**2:30-3:00** EZ Chair Exercise (WX)

**20**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**11:00-12:00** Gentle Chair Yoga VIDEO  
**12:30-1:30 Fall Craft w/Millissa \$8**  
**1:00-2:00** Never Ending Knowledge  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**21**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**9:00-11:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**11:30-12:30** Never Ending Knowledge  
**"Art History -Da Vinci"**  
**12:00-2:00 Matter of Balance Class**

**NO SPIN CLASSES TODAY**

**22**

**8:30-10:30** Italian Card Game  
**9:00-11:30** Stained Glass Class \$5  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**11:00-11:45** Cardio Drumming VIDEO  
**1:30-2:15** Balance Exercise  
**2:30-3:00** EZ Chair Exercise Video

**27**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**9:00-11:30** Stained Glass Class \$5  
**10:00-10:55** Strength & Cardio (WX)  
**11:00-12:00** Gentle Chair Yoga  
**1:00-2:00** Never Ending Knowledge  
**1:00-3:00** Canasta (players needed)  
**2:00-3:00** Yoga Nidra w/Darlene

**28**

**8:30-10:30** Italian Card Game  
**9:00-10:00** Water Exercise -Metz Pool  
**10:00-11:00** Water Exercise -Metz Pool  
**9:00-11:00** Pinochle  
**10:00-11:00** Exercise w/Sandy (WX)  
**11:30-12:30** Never Ending Knowledge  
**"Art History -Da Vinci"**  
**12:00-2:00 Matter of Balance Class**  
**2:00-3:00** Senior Spin at "O" Holly  
**3:00-4:00** Senior Spin at "O" Holly  
**5:00-7:00 DINE NITE OUT**

**29**

**8:30-10:30** Italian Card Game  
**9:00-11:30** Stained Glass Class \$5  
**10:00-11:00** Gentle Chair Yoga VIDEO  
**11:00-11:45** Cardio Drumming  
**1:30-2:15** Balance Exercise  
**2:30-3:00** EZ Chair Exercise (WX)



**Monday Crafts:**  
**11th: Macrame Gnome**  
 Cost \$3.00

**18th DIY Cutting Board Décor**  
 Cost \$3.00

**25th Crafting with Marsha**  
 \$3 per craft.

**Thursday, September 7th**  
 Geauga Park District  
 Monarchs on the move.

**Tuesday September 12th**  
 Bingo with UH  
 No Cost

**Wednesday September 13th**  
 Back by popular demand  
 Natural Museum of The Great  
 Lakes presents:  
 "Edmund Fitzgerald"  
 Cost \$5.00

**Thursday September 14th**  
 Craft an Apple Stamp Tote  
 Bag provided by  
 Middlefield Library  
 No Cost.

**Friday, September 15th**  
 Lets think Fall! Fall themed  
 lunch and dessert. Cost \$5.00

**Tuesday September 19th**  
 Apple Fritter Day. Enjoy a  
 fritter and listen to fun facts!  
 Cost \$3.00

**Wednesday September 20th**  
 Touring Geauga with Ginny!  
 Patterson Fruit Farm  
 Cost On Your Own.

**Friday, September 22nd**  
 Kathie Doyle  
 Learning History with  
 Historical Fiction. No Cost.

**Tuesday, September 26th**  
 Johnny Appleseed day.  
 Fun facts and snacks!  
 Cost Donation.



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

**MONDAY**

**TUESDAY**

Coffee and Conversation  
 Everyday starting at 8am

GDA Lunch Served Everyday  
 at 12pm  
 (unless otherwise noted)

Rummikub  
 Played Everyday  
 At 9am

Please call to register for lunch,  
 crafting and special events!  
 440-632-0611



5

10am Chair Exercise  
 12pm Lunch  
 1pm Chair Volleyball

11

12

10am Quilling Club  
 11am Balance Exercise  
 12pm Lunch  
 1pm Crafting  
 1pm Painting Pals

10am Chair Exercise  
 11am Health BINGO with UH  
 12pm Lunch  
 1pm Chair Volleyball

18

19

10am Quilling Club  
 11am Balance Exercise  
 12pm Lunch  
 1pm Crafting  
 1pm Painting Pals

10am Chair Exercise  
 11am Apple Fritter Day  
 12pm Lunch  
 1pm Chair Volleyball

25

26


10am Quilling Club  
 11am Balance Exercise  
 12pm Lunch  
 1pm Crafting with Marsha  
 1pm Painting Pals

10am Chair Exercise  
 11am Johnny Appleseed Day  
 12pm Lunch

Closed at 2pm for  
 staff development



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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>Recreation &amp; Education Coordinator Hannah Heinz</p> <p>Assistant Recreation &amp; Education Coordinator Ginny Lester</p>		1
6	7	8
<p>10am Balance Exercise 12pm Lunch 1pm BINGO</p>	<p>10am Chair Yoga \$3 11am Geauga Park District 12pm Lunch 1pm Chair Volleyball</p>	<p>11am Weight Exercise 12pm Lunch 1pm Chair Volleyball</p>
13	14	15
<p>10am Balance Exercise 12pm Lunch 1pm National Museum of the Great Lakes</p>	<p>10am Chair Yoga \$3 11am Apple Stamp Tote Bag with Middlefield Library 12pm Lunch 1pm Chair Volleyball</p>	<p>11am Weight Exercise 12pm Fall Lunch &amp; Dessert 1pm Chair Volleyball</p>
20	21	22
<p>10am Balance Exercise 11am Touring Geauga County with Ginny 12m Lunch</p>	<p>10am Chair Yoga \$3 11am Tea and Me 12pm Lunch 1pm Chair Volleyball</p>	<p>10:30am Kathie Doyle 12pm Lunch 1pm Chair Volleyball</p>
27	28	29
<p>10am Balance Exercise 12pm Lunch 1pm Bingo</p>	<p>10am Chair Yoga \$3 12pm Lunch 1pm Chair Volleyball</p>	<p>11am Weight Exercise 12pm Lunch 1pm Chair Volleyball</p>





## **Summer Crisis Program Starts July 1**

The Ohio Department of Development and Geauga County Department on Aging will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1-Sept. 30, 2023.

To learn more about the program, or how to apply, contact the Geauga County Department on Aging at (440) 279-2130.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

Last year, many families in Geauga County were assisted through the Home Energy Assistance Summer Crisis Program.

The Summer Crisis Program assists low-income households with an older household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

Eligible households can receive up to \$500 if they are a customer of a regulated utility, or \$800 if they are a customer of unregulated utilities such as electric cooperatives and municipal utilities. The assistance is applied to their utility bill, or to purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of four the annual income must be at or below \$52,500.00.

Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program and what is needed to apply, contact Geauga County Department on Aging at (440) 279-2130. To be connected to your local Energy Assistance provider visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) or call (800) 282-0880. The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at [development.ohio.gov](http://development.ohio.gov).

**Geauga County Department  
on Aging Contact:**  
(440) 279-2130

**Development Contact:**  
Sarah Wickham  
[Sarah.Wickham@Development.ohio.gov](mailto:Sarah.Wickham@Development.ohio.gov)



### **PARKMAN 55 PLUS CLUB**

The September 7 Parkman 55 plus club meeting will be held at the Parkman community house. We will meet and eat a Pot Luck luncheon at 12:00 (noon), and have a short meeting. After the meeting we will caravan to the Railroad Museum on Rt 528. New members are always welcome.  
For further information call Linda Bell at (440) 554-9201 or Retha Petrick (330) 416-1355.

### **GEAUGA WALKERS**

All walks begin promptly at 1:00. \* A Naturalist will accompany us on these walks. Please continue to register for all GPD-led walks online at [GeaugaParkDistrict.org](http://GeaugaParkDistrict.org) or call GPD at (440) 286-9516. This request allows park to notify attendees if unexpected park closure or severe weather. Any questions call: Carol Rinehart @ (440) 487-4346, or TEXT Jane Hall-Nemeth @ (440) 567-1228.

<b>Date</b>	<b>Park</b>	<b>Address</b>
9/5/2023*	<b>Mentor Dunes State Nature Preserve</b>	9601 Headlands Road, Mentor, Mentor Headlands, East Parking Lot
9/12/2023	<b>Burton Wetlands Nature Preserve</b>	15681 Rider Road, Burton
9/19/2023*	<b>Lake Erie Bluffs</b>	2901 Clark Road, Perry Meet at Tupelo Pond, 9373 Ravenna Rd @ 11:30; bring lunch; Carpool to Lake Erie Bluffs @ 12:30 Shelter
9/26/2023	<b>Orchard Hills</b>	Use GPD Entrance 1/4 Mile North of Patterson's / 11340 Caves Road, Chesterland

### **NATIONAL MUSEUM OF THE GREAT LAKES EDMUND FITZGERALD**

Wednesday, September 13th, 2023, 1pm, at the Middlefield Senior Center. Cost \$5.00  
Carrie Sowden, Archaeological and Research Director from the museum will be back by popular demand at our Center to talk about the Edmund Fitzgerald. Explore history of shipping on the great lakes and theories into the loss of the ship. Call 440-632-0611 to reserve your spot.

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

Friday, September 8, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is The Leprosy Colonies in the United States. This is a free event, but registration is required by calling 440-279-2126. Space is limited.

### **MUSIC THAT MOVES YOU!**

Do you turn up the volume when you hear a favorite song? Sing at the stadium, "We will rock you"? Or thump your mug at the pub? Whether you sing, play, whistle, or hum...clap, snap, tap, or drum...dance or just listen, feel free to come! Laura will lead us in a social and musical program at 1:00 pm on the 1st and 3rd Thursdays of September. Questions? Call Laura at (440) 279-1313.



## **NEVER ENDING KNOWLEDGE CLASSES**

at West G Senior Center 1:00-2:30pm

September will start a NEW COURSE, beginning Sept 6th. "Experiencing America: A Smithsonian Tour through American History" Dive into a rich, visual history of the United States of America, as told using the Smithsonian's one-of-a-kind collection of Iconic and symbolic American Artifacts.

This will run for 12 weeks-24 lectures in length.

**SEPT 6th**-The Star-Spangled Banner, Inspiring the Anthem.- Presidents & Generals, Images of Leadership.

**SEPT 13th**-Conscience & Conflict, Religious History.-The Growth & Spread of Slavery.

**SEPT 20th** -Emancipation & The Civil War.-THE WEST-Gold, Guns, and Grandeur.

**SEPT 27th** -The First Americans; Then & Now.- Planes, Trains, Automobiles....& Wagons.

## **WOMEN'S DAY AT HO MITA KOTA**

Come join us on Wednesday, September 13th from 9:30am to 2:30pm and "unplug" for a day as we head to the wooded acres & camp setting of Ho Mita Kota (14040 Auburn Rd, Newbury 44065) where you can relax in nature and enjoy some of the many activities a camp offers! You can participate in archery & hatchet throwing, hiking, crafts, kayaking, a scavenger hunt and more.

We will be bringing back our wonderful speaker from last year's event who will be talking on strengthening your pelvic floor. Cost is \$20 per person, and it includes lunch. You must preregister by September 5th, and for more information call Sandy McLeod 440-279-2137.

## **APPLE STAMP TOTE BAG CRAFT WITH THE MIDDLEFIELD LIBRARY**

Thursday, September 14th, 2023, 11am, at the Middlefield Senior Center. No Cost.

The Middlefield Library will be at the Middlefield Senior Center to guide us in making an Apple Stamp Tote Bag and fun facts about apples.

Space is limited, call 440-632-0611 to reserve your spot.

## **DAVID EXPLAINS**

David Explains the Savannah Bananas. A new brand of baseball is sweeping the nation. Born out of the want of owners Jesse and Emily Cole's to speed up the traditional game, came Banana Ball. A fast paced, entertainment filled extravaganza has migrated from Savannah, Georgia all across the US. Learn the nine rules of Banana Ball and why the Bananas have been featured in the Wall Street Journal and on ESPN. Learn all this and more on Thursday, September 14, at the Bainbridge Senior Center.

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

## **HANDMADE GREETING CARD MAKING CLASS**

Monday, September 11, from 1:00-3:00 p.m. at Chardon Senior Center. Learn from our instructor, Bonnie Maynard, how to design and create handmade greeting cards with beautiful embellishment and intricate decoration. We are making cards for the upcoming holidays. Make and take 3 cards for \$5, payable to the instructor on the day of the class. Registration required.



**NEW NEVER ENDING KNOWLEDGE CLASS-  
THURSDAY MORNINGS- ART HISTORY- 11:00-12:30PM**

Art History -VAN Gogh to Davinci, The history of the Italian Renaissance series (Thursdays)

**SEPT 7th** -Vincent's classical period; the studios of the south, And the asylum at Saint-R'emy.

**SEPT 14th** -The Art World as seen in 1890 -Vincent in Auvers-sur-Oise; The End & New Beginning.

**SEPT 21st** -Introducing Leonardo Da Vinci;!!- Who was he?...Fact & Fiction...

**SEPT 28th** -From Apprentice to Partner; Leo's continued artistic growth. Annunciation-Leonardo's First Commission & experiments replicating Nature.

**PARKINSON'S SUPPORT GROUP**

Join us on Tuesday, September 19th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). NO speaker this month, we will get together for lunch and socialize and talk about the current issues on your mind. Please RSVP so we have enough lunches! RSVP by calling Sandy McLeod at 440-279-2137.

**TOURING GEAUGA COUNTY WITH GINNY**

Wednesday, September 20th, 2023, at 11am. Experience the hidden gems of Geauga County with Ginny! Ginny will be going to Patterson Fruit Farm. Transportation from the Senior Center is available. Limited space call 440-632-0611. Cost: on your own.

**BAINBRIDGE WALKING GROUP**

With summer in full swing, the Bainbridge Walking Group is too. 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. September's schedule is listed below:

**September 5:** South Russell Village Park    **September 12:** Holbrook Hollow (Bainbridge)

**September 19:** Whitesburg Nature Preserve (Chagrin)    **September 26:** Russell Upland (Russell)

**LUNCH-IN AND FREE MOVIE & POPCORN – “JERRY AND MARGE GO LARGE”**

September 26th 12:00-2:00pm—Join us at the West G Senior Center for a showing of “Jerry and Marge Go Large” Registration Deadline for lunch is SEPT 19th, Call WGSC to sign up 440-279-2163, pre-payment of \$6 Required. Menu is Roast Beef & Provolone Wraps, potato salad, dessert & beverage. FREE MOVIE and Popcorn for ALL

**CHARDON SENIOR CENTER BOOK CLUB**

Monday, September 11, at 1:00 p.m., at the Chardon Senior Center. September's book is “The Passing Storm,” by Christine Nolfi.

**DIABETES SUPPORT GROUP – EYE HEALTH WITH DR. KOSTRANCHUK**

Tuesday, September 19th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon). This month we have a fabulous opportunity to meet with Dr. Kostranchuk who will speak at 2:00pm, Come learn how Diabetes can affect your eyes and the care that should be taken with special attention to your diabetes. RSVP by calling Sandy McLeod at 440-279-2137.



## **KATHIE DOYLE PRESENTS LEARNING HISTORY WITH HISTORICAL FICTION**

Friday, September 22nd, 2023, 10:30am, at the Middlefield Senior Center.

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

## **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 September 14, 2023 at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.

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

Thursday September 28th –Meet up time is 5:00pm at Burntwood Tavern in Chagrin Falls. Just call ahead to give us a head count for the reservation. 440-279-2163. Cost is on your own.

RSVP by 9/25

## **NO-BAKE WITH BECKY**

Thursday, September 21, at the Chardon Senior Center. Becky O'Reilly will demonstrate how to make a delicious no-bake dessert! This month's will be Strawberry Heaven on Earth Cake.

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

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

<b>Date</b>	<b>Park</b>	<b>Address</b>
9/7/2023	<b>Headwaters Park</b>	13365 Old State Rd (Rt. 608), Claridon
9/14/2023	<b>Girdled Road Reservation</b>	12840 Girdled Rd, Concord
9/21/2023	<b>Burton Wetlands Nature Preserve</b>	15681 Old Rider Rd, Burton
9/28/2023	<b>Veteran's Legacy Woods</b>	14085 Ravenna Rd, Newbury

## **LET'S THINK FALL! AT THE MIDDLEFIELD SENIOR CENTER**

\*Friday, September 15th, 2023, 12pm, Fall themed Lunch and Dessert. Cost \$5.00

\*Tuesday, September 19th, 2023, 11am, Apple Fritter Day. Apple Fritters and fun facts. Cost \$3.00

\*Tuesday, September 26th, 2023, 11am, Johnny Appleseed Day. Snacks and fun facts.

Cost Donation. Call 440-632-0611 to register for one or all three!



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

Join us at Bainbridge Senior Center on Thursday, September 28th from 9am-10am for our monthly Big Breakfast! Veterans and September Birthdays eat FREE; everyone else pays \$5. Registration and payment are due no later than Friday, September 22nd. Please indicate if you are a Veteran or if your Birthday's in September. Our menu for September is breakfast casserole, bacon, and fruit.

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

Wednesday SEPT 20th 12:30pm – Join us in making Mason Jar Scarecrows! Cost is \$8 per set of three Jars - LIMIT two sets per person. All supplies Provided. No Experience Necessary. Money and RSVP due by SEPT 13th. Call for INFO 440-279-2163

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

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, September 14, 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!

### **BIKE TRIP & LUNCH: ORWELL**

Join GDA and UH Geauga for a bike ride on Tuesday, September 26th at 3:00pm. We will meet at Los Venados (513 E. Main St, Orwell 44076) and ride approximately 8 miles south on the Western Reserve Greenway and return to the restaurant. We will have dinner following the ride at Los Venados around 4:30pm. Please RSVP by calling Sandy McLeod at 440-279-2137.

### **GEAUGA PARK DISTRICT MONARCH ON THE MOVE**

At the Middlefield Senior Center. Thursday, September 7th, at 11:00AM. No Cost. Call 440-632-0611 to register.

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

Friday, Sept 8 12PM –UH Hospitals Geauga-The Flu/Vaccines and Staying Healthy this winter with colder temperatures right around the corner, that means FLU Season will also be upon us!! Join UH Geauga Pharmacy Specialists as they talk about the signs and symptoms of the FLU, When to seek treatment, The importance of a FLU vaccine, as well as other/additional vaccines the senior population should be receiving, there will also be a Q & A Session  
Lunch (\$5 pre-paid) – Ham & Cheese Sliders, anti-pasta salad, dessert & beverage.  
RSVP by SEPT 1st. OR, If you choose, you can bring a bagged lunch of your own.

### **BIRTHDAY BINGO AND PIZZA PARTY AT CHARDON SENIOR CENTER**

Join us on Friday, September 29, at 11:00 p.m., when we will be celebrating all of those having celebrated birthdays in September! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and September Birthdays are free!  
Call to let us know you'll be joining us at 440-279-2126.  
Thank you to our Bingo and Cake Sponsor, Chardon Healthcare!



### **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, September 6th** (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: *Firefly Lane* by Kristen Hannah

**Thursday, September 14th** (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: *Mary Jane* by Jessica Anya Blau

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

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, September 21, at 1pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy snack while watching a movie in Briarcliffs' theater room. Please call 440-632-0611 to register. Deadline Monday, September 18.

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

Join us on Thursday, September 21 at Chardon Senior Center for our Monthly Breakfast Social Hour, from 9:00 – 10:00 a.m. \$5.00 per person, payable with registration.

Call to sign up at 440-279-2126.

### **ROAD RALLY IN BAINBRIDGE**

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

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

Friday, October 27th, 2023, 11am-2pm Cost \$15.00. Located at Century Village (14653 E Park St, Burton, OH) Trick-or-Treating, Entertainment and a spooktacular lunch! Stay tuned for more details to come. Call 440-632-0611 or 440-291-2126 to reserve your spot.

There will be no **SWEET TREAT DRIVE-THRU AT HEATHER HILL** for the month of September. Likewise, there will be no Heather Hill Luncheon/Cooking Demo at the Chardon Senior Center for September. Heather Hill is generously preparing and sponsoring our lunches for the 90th Birthday Party in September. Thank you to Heather Hill for their awesome community partnership!!!!

### **FALLS PREVENTION PROGRAM**

Friday, September 22 from 11:00am-1:00pm at the Chardon Senior Center (470 Center St, Bldg. 8, Chardon). Join us for a free lunch and a panel discussion regarding Fall Prevention. One in four adults fall each year and we are spending billions of health care dollars. Many of these falls can be prevented by learning strategies for healthy aging. Join us as our team of professionals from Department on Aging and UH Geauga Medical Center will discuss steps to take to prevent falls, and will be available to answer any questions you may have. Sponsored by UH Geauga Medical Center. Please RSVP by calling Melissa Wheeler 440-279-2167.



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

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

### **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.

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

Thursday, September 7th 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.

### **GEAUGA YOUNG OF HEART**

meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of the month. Bring your brown bag lunch. Entertainment and snacks will be provided. The speaker at the **September 1** meeting will be Rose Marie Gattozzi from Gattozzi & Son Funeral Home. She will discuss thoughts about Final Arrangements. At the **September 15** meeting Dee & Denis Rundle will present "Singing Hands". We will be going to the Erie Station Dinner Theatre in Erie, PA, on Sunday, **October 22**, for a Canterbury Feast, an original medieval comedy. For further information call Kimber at (440) 668-3293. On **December 12-14** we will be going to Lancaster, PA, to see the "Miracle of Christmas" at the Sight and Sound Theatre. Also included is "The First Noel" variety show at the American Music Theatre and Holidays at Mount Hope Dinner Theater for food, entertainment, games and more. Cost is \$520 pp (\$530 for non-members). For reservations call Nancy at (440) 729-9684.

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

Join us on Thursday afternoons for two separate classes - 2:00-3:00pm and again from 3:00-4:00pm. This is a fun SPIN class with instructor Christine Bacon from the West G Senior Center. Peloton Bikes provided for participants to use. This is a senior/beginner level spin class and is Low-Moderate Impact. Call to sign up 440-279-2163 Bikes are limited to (6) (small class size). Class location is OHMAN-at Holly Assisted Living Facility -10190 Fairmount Rd in Newbury.

### **ATTENTION ALL GEAUGA COUNTY VETERANS.....SAVE THE DATE!!!!**

We will be having our ANNUAL Veterans Recognition Lunch on Thursday November 9th.  
See the October Newsletter for details and registration Form.  
**ALL VETERANS ARE FREE!!**



# 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.



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

*Subject to Change*

Mon	Tue	Wed	Thu	Fri
				1
				GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEAR CUP
4	5	6	7	8
Labor Day Holiday NO HDM today All sites closed	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS WEDGE POTATOES WG HAMBURGER BUN APPLESAUCE CUP	SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD MIXED FRUIT CUP	SLICED HAM w/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP	JUMBO RAVIOLI w/ SPAGHETTI SAUCE BROCCOLI FLORETS YELLOW SQUASH DINNER ROLL PINEAPPLE TIDBITS
11	12	13	14	15
MINI CORN DOGS TATER TOTS BROCCOLI YELLOW SQUASH DICED PEAR CUP	STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	CHICKEN SALAD COLE SLAW THREE BEAN SALAD WG HAMBURGER BUN WHOLE FRESH ORANGE	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL DICED PEARS CUP
18	19	20	21	22
TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES CORN w/RED PEPPERS DICED PEACHES CUP	HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEAR CUP	STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	MEATLOAF W/GRAVY BROWN RICE CALIFORNIA BLEND WHITE BREAD MANDARIN ORANGES CUP	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS HUSH PUPPIES MIXED FRUIT CUP
25	26	27	28	29
CHICKEN ALA KING WHITE RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	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	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	SLICED HAM w/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP

**ATTENTION:** The Geauga County Dept. on Aging cannot control or guarantee the continued wholesomeness and safety of its food once it leaves the Agency's facility. Therefore, all food or beverages are intended to be consumed on-premises at the Geauga County Department on Aging. The Department on aging will not be liable for any damages arising from the consumption of any food or beverages outside of the Department on Aging premises.



**Geauga Department on Aging**  
12611 Ravenwood Dr, Suite 200  
Chardon, Ohio 44024



**ADDRESS  
SERVICE  
REQUESTED**

Days: Monday through Friday  
Hours: 8:00 am to 4:30 pm  
440-279-2130  
SEPTEMBER

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
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.**

<b>Chesterland Twp</b>	<b>Sept 11,12 &amp; 13</b> <b>Cut off Sept 1</b>
<b>City of Chardon</b>	<b>Sept 29</b> <b>Cut off Sept 22</b>
<b>Middlefield Twp</b>	<b>Oct 5</b> <b>Cut off Sept 28</b>

### 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.