

The Geauga senior news

Geauga County Department on Aging

June 2023

PARKINSON'S SUPPORT GROUP – LUNCH & LEARN AT OHMAN FAMILY LIVING AT HOLLY

Join us for a lunch and learn on Tuesday, June 20th at 12:00pm with therapists from Ohman Family Living at Holly (located at 10190 Fairmount Rd, Newbury 44065). We will be discussing the benefits of exercise, pedaling for Parkinson's, and the additional therapies that are helping those with PD. We will meet in the Assisted Living which is the first building on your left as you turn into Holly. Enter under the awning and we will meet you in the lobby. After our lunch we will tour the facility and you can try out the Peloton bikes. **Please RSVP by June 13th by calling Sandy McLeod 440-279-2137.**

50'S/60'S FLASHBACK FRIDAY PARTY AT THE CHARDON SENIOR CENTER

Friday, June 16, from 11:00 a.m. – 2:00 p.m., at the Chardon Senior Center. Relive the sounds of the decades of the 1950's and 1960's with D.J. Billy J.! Burgers, fries, and root beer floats for lunch! Dress in decade-appropriate clothes is optional! \$15.00 per person. Sure to be a great day!

SUMMERTIME PICNIC & ICE CREAM SOCIAL

Enjoy some great music, food, and friends on Friday, June 30th at the Bainbridge Senior Center. We will serve hot dogs, pasta salad, and fresh fruit for lunch while we listen to wonderful summer music. After lunch ice cream will be served and the music will continue. Cost of this program is \$10 and is due at time of registration. Space is limited so register ASAP at your nearest senior center.

For more information call the Bainbridge Senior Center at (440) 279-1313.



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

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

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

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

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

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

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

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

BOARD OF COMMISSIONERS

Geauga County Ohio

JAMES W. DVORAK TIMOTHY C. LENNON RALPH SPIDALIERI

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

LEADERSHIP TEAM

Jessica Boalt – Director | Kathy Petrella – Asst. Director

Reba Dykes - Administrative Services Manager

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

Platinum Patrons

The Stone Family, in Memory of Dale & Joan Spangenberg

Members of the Newbury Class of 1956

Catherine & Curtis Leary

Dan and Gwenn Brown

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

Adult Day Services

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

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

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

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

HEATING ASSISTANCE AVAILABLE/APPLICATION DEADLINE: MAY 31, 2023

The Ohio Department of Development and Geauga County Department on Aging want to remind senior citizens in Ohio that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. Senior citizens may also visit www.energyhelp.ohio.gov to apply online or to download a copy of the application. When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2023.

For more information or assistance with applying for a HEAP benefit, contact <insert organization and contact information>. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

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

Monthly Highlights

Thursday, June 1st: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register. 12:00pm. Free.

Thursday, June 15th: Elderberries
Seniors, explore the Affelder stream with a naturalist and search for insects, crayfish and more! We will be walking in the water over obstacles like rocks and downed trees. Please wear shoes that can get wet or muddy. Partnership between Geauga Park District, UH Geauga and Department on Aging. Sponsored by Burton Healthcare. 9:00-12:30pm. **THIS PROGRAM IS FULL.**

Wednesday, June 21st: Simple Cooking with Heart Join us for a healthy, hands on cooking demonstration presented by UH Geauga's registered dietician, Dima, and chef Joe. Presentation from 3:00-4:00pm - The Importance of Staying Active as We Age presented by Sandy McLeod, Department on Aging. Followed by free cooking demonstration and dinner at 4:00pm.

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 2792167.



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

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 Sandy for questions at 440-279-2137. 9:00am.

June 2023

MONDAY

TUESDAY

<p>Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p>Melissa Wheeler 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>
<p>5</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC</p>	<p>6</p> <p>9:00-10:30 Gauga Cyclists OS 10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:30-12:30 Pedaling for Parkinson's OH 1:00-2:30 Gauga Walkers OS</p>
<p>12</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC</p>	<p>13</p> <p>9:00-10:30 Gauga Cyclists OS 10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:30-12:30 Pedaling for Parkinson's OH 1:00-2:30 Gauga Walkers OS</p>
<p>19</p> 	<p>20</p> <p>9:00-10:30 Gauga Cyclists OS 10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:30-12:30 Pedaling for Parkinson's OH 12:30-1:30 Parkinson's Support CSC 2:00-3:00 Diabetes Support Group CSC 1:00-2:30 Gauga Walkers OS</p>
<p>26</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC</p> <p>TRIP TO LANCASTER, PA </p>	<p>27</p> <p>9:30 Bike Trip - WR Greenway Trail OS 10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:30-12:30 Pedaling for Parkinson's OH 1:00-2:30 Gauga Walkers OS</p>

SENIOR COMMUNITY EVENTS

WEDNESDAY

THURSDAY

FRIDAY



1	<p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG & WX 12:00-2:30 Lunch & Movie WG 2:00-3:00 Pedaling for Parkinson's OH</p>	2	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
7	<p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG & WX 1:30-3:00 Book Discussion BL 2:00-3:00 Pedaling for Parkinson's OH</p>	8	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
14	<p>9:00-10:30 Walking for Wellness OS 11:00-11:00 Strength & Cardio WG & WX 9:00-12:30 GPD Elderberries OS 2:00-3:00 Pedaling for Parkinson's OH</p>	15	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
21	<p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG & WX 2:00-3:00 Pedaling for Parkinson's OH</p>	22	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
28	<p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG & WX 2:00-3:00 Pedaling for Parkinson's OH</p>	29	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
7	<p>9:30-11:00 Parkinson's Boxing CSC 11:30-12:30 Book Discussion GW</p>	9	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
14	<p>9:30-11:00 Parkinson's Boxing CSC</p>	16	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
21	<p>9:30-11:00 Parkinson's Boxing CSC 3:00-5:00 Cooking Demo OS</p>	23	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>
28	<p>9:30-11:00 Parkinson's Boxing CSC</p>	30	<p>9:30-11:00 Parkinson's Boxing CSC 11:15-12:00 Balance Exercise CSC & WX</p>



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

Tuesday, June 6: Lunch and Learn: Understanding and Responding to Dementia Related Behaviors. FREE.

Wednesday, June 7: Sweet Treat Drive Thru AT Heather Hill. FREE.

Thursday, June 8: Lunch and Learn with UH Geauga: Information and Education on wound care. FREE.

Thursday, June 8: Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

Friday, June 9: Breakfast and Speaker with Kathie Doyle.: "The Wizard of Oz." Prior registration required.

Monday, June 12: Book Club: "The Girl In His Shadow", by Audrey Blake

Thursday, June 15: Monthly Breakfast at the Senior Center. \$5 per person.

Tuesday, June 20: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card.


Wednesday, June 21: Heather Hill Luncheon and Cooking Demo. Space is limited. Thanks to our wonderful community partner, Heather Hill!

Monday, June 26: Greeting Card Making Class. Learn how to design and create handmade greeting cards with beautiful embellishment. Cost is \$5 for 3 cards, payable that day to our instructor, Bonnie Maynard! RSVP by June 12 to 279-2126.


Friday, June 30: Monthly Birthday BINGO Pizza Party at Chardon Senior Center. \$5 per person/June Birthdays FREE.

The Tuesday afternoon Stringed Instrument Players group is now known as the Racoon County Ramblers!

Chardon Senior Center 440-279-2126

MONDAY	TUESDAY
Becky O Reilly Recreation & Education Coordinator	Beth Oliverio Information and Referral Specialist Karen Fueger Kitchen Coordinator
5 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:45-1:45 Line Dancing \$3 (on break)	6 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet 11:00-11:45 Balance Exercises 12:00-1:30 Lunch and Learn with Alzheimer's Association 12:30-4:00 Game Day 2:00-3:30 Racoon County Ramblers Practice
12 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:45-1:45 Line Dancing \$3 (on break) 1:00-3:00 Ceramics 1:00-2:00 Book Club	13 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet 10:00-11:00 Iris Folding 11:00-11:45 Balance Exercises 12:30-1:30 Parkinson's Group 2:00-3:00 Diabetic Support 12:30-4:00 Game Day 2:00-3:30 Racoon County Ramblers Practice
19 Senior Center Closed Today 	20 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet 11:00-11:45 Balance Exercises 12:30-4:00 Game Day 2:00-3:30 Racoon County Ramblers Practice
26 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:45-1:45 Line Dancing \$3 (on break) 1:00-3:00 Greeting Card Making Class 1:00-3:00 Ceramics	27 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet 11:00-11:45 Balance Exercises 12:30-4:00 Game Day 2:00-3:30 Racoon County Ramblers Practice Senior Center Closes at 2:00 p.m. today

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

WEDNESDAY	THURSDAY	FRIDAY
	1 10:30-12:00 Choral Group 12:00-3:00 Painting Pals 12:30-4:00 Duplicate Bridge 1:00-4:00 Pinochle 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	2 9:30-11:30 Stained Glass 11:00-12:00 BINGO 11:15-12:00 Balance Exercise 12:30-1:30 Crafting 4 Others 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
7 9:00-11:00 Pinochle 11:15-12:00 Strength Training \$2 11:00-11:45 Balance Exercise 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	8 9:30-11:00 Brunch Bunch at Bob Evans Chardon 10:30-12:00 Choral Group 11:00-12:30 Lunch and Learn with UH Geauga 12:00-3:00 Painting Pals 12:30-4:00 Duplicate Bridge 1:00-4:00 Game Day 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5	9 9:30-11:30 Stained Glass 10:00-11:30 Breakfast & Speaker—prior registration 11:00-12:00 NO BINGO 11:30-2:00 Movie: The Wizard of Oz 11:15-12:00 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
14 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:15-12:00 Balance Exercise 12:00-1:00 Heather Hill Lunch 1:00-2:30 NO Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	15 9:00 - 10:00 Monthly Breakfast - prior registration 10:30-12:00 Choral Group 12:00-3:00 Painting Pals 12:30-4:00 Duplicate Bridge 1:00-4:00 Game Day 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	16 9:30 -11:30 Stained Glass 11:00-12:00 NO BINGO 11:00-2:00 50's and 60's Sock Hop Dance!!!! 11:15-12:00 Balance Exercise 12:30-1:30 NO Crafting 1:00-4:00 Bridge Group
21 Advanced Directives Docu- ment Signing (by appointment) 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:15-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	22 10:30-12:00 Choral Group 12:00-3:00 Painting Pals 12:30-4:00 Duplicate Bridge 1:00-4:00 Game Day 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	23 9:30-11:30 Stained Glass 11:00-12:00 BINGO 11:15-12:00 Balance Exercise 12:00-1:00 Birthday Pizza Party—prior registration 1:00-4:00 Bridge Group
28 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:15-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	29 10:30-12:00 Choral Group 12:00-3:00 Painting Pals 12:00-1:00 Lunch and Learn with GPD—prior registration 12:30-4:00 Duplicate Bridge 1:00-4:00 Game Day 1:00-1:45 Balance Exercise 1:30-3:30 Line Dancing \$5 (off site)	30 9:30-11:30 Stained Glass 11:00-12:00 BINGO 11:15-12:00 Balance Exercise 11:00-1:00 Birthday BINGO and Pizza Party —prior registration 12:30-1:30 Crafting 4 Others 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. June's theme is **Recent Comedies**. Reservations are not required but encouraged to ensure a meal for all attendees.

Thursday, June 8:
David Explains: Flag Day Learn the origin of flags, from their start on the high seas to their use in day to day life. Please register by calling the Bainbridge Senior Center at (440) 279-1313.

Tuesday, June 13:
Hearing Screening My Hearing Centers is offering free screenings from 1 pm until 3 pm. Appointments last 15 minutes and are first come first serve. Please call the Bainbridge Senior Center to register, (440) 279-1313.

Wednesday, June 14:
Flag Day Craft: Kimberley from Burton Health Care will be here to help us make a beautiful flag craft. This event is free but space is limited. Please call David or Deb at (440) 279-1313 to reserve your spot.

Friday, June 16:
Welton's Gorge Learn about one of Geauga County's newest parks in a presentation from a Geauga Park District naturalist. Lunch from the Topsy Bull is available before the program and registration is due by Friday, June 9th. Call the Bainbridge Senior Center for more information or to register. (440) 279-1313.

Thursday, June 29:
Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and June birthdays are free to attend. The cost is \$5 for everyone else. June's menu is French toast, bacon, and fruit. Please RSVP by Friday, June 23rd.

Bainbridge Senior Center 440-279-1313

MONDAY

**Recreation & Education
Coordinator**
David Craig

**REC Assistant
Coordinator**
Deb Briggs

TUESDAY

5

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 and
Movie Matinee
(Knives Out)
12:30-2:30 Beginner's Mahjong
2:30-3:15 Cardio Drumming

12

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 and
Movie Matinee
(Barb & Star Go to Vista Del Mar)
12:30-2:30 Beginner's Mahjong
2:30-3:15 Cardio Drumming



26

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 and
Movie Matinee
(What We Do in the Shadows)
12:30-2:30 Beginner's Mahjong
2:30-3:15 Cardio Drumming

6

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

13

8:00- 9:00 Walking Group
9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30- 1:30 APS Presentation
1:00- 3:00 Hearing Screenings
12:30-2:30 Intermediate Mahjong

20

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

27

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 Intermediate Mahjong
**All senior centers will be
closing at 2:00 pm for a staff
meeting.**

Bainbridge Senior Center
17751 Chillicothe Road, Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome summer with a picnic and ice cream social on Friday, June 30. Enjoy hot dogs, pasta salad, fresh fruit, and delicious ice cream with some great music. \$10 gets you in and all the hot dogs you can eat. We will have all your favorite toppings, space is limited so reserve your spot early by calling (440) 279-1313.</p>	1	2
<p>8:30-9:30 All-Around Exercise (\$3) 7 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 (<i>senior center</i>) 12:30-2:30 Podiatrist 12:30-2:00 Out to Lunch Group (<i>Chicago Deli, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 10:30- 12:00 Chair Volleyball 12:00-12:30 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Game Time 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 14 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 (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Vinny's Italian Kitchen, Middlefield</i>) 2:30-3:15 Cardio Drumming</p>	8	9
<p>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: Flag Day & Flag History</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Game Time 12:00-12:30 Lunch 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Game Time 12:00-12:30 Lunch 12:30- 1:30 Geauga Park District presents: Welton's Gorge 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 21 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 (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Station 43, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	15	16
<p>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</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Game Time 12:00-12:30 Lunch 12:30- 1:30 Geauga Park District presents: Welton's Gorge 2:30-3:15 Cardio Drumming</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Game Time 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 28 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 (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Zeppe's Newbury</i>) 2:30-3:15 Cardio Drumming</p>	22	23
<p>10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 10:30- 12:00 Chair Volleyball 12:00-12:30 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Game Time 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Game Time 11:30- 2:00 Summertime Picnic & Ice Cream Social 2:30- 3:15 Cardio Drumming</p>
<p>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</p>	29	30

Newsorthy Notes

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

Craft with Millissa

JUN 21st—This month we will be making Floral Decoupage Kleenex holders with mason style jars. All supplies provided, **cost is \$5** to make a set of two (2) holders. **Register by June 14th.**

Monthly Breakfast & Bingo

JUN 8th—Join us at the WG Senior Center for a hot home made breakfast of French Toast w/fresh fruit, bacon and a beverage. BINGO w/fun prizes will directly follow. **Cost is \$4, Register by June 5th.**

Card Making Class w/Carol

JUN 14th—FREE class. Carol Mulher from Mayfield UM Church will be once again offering a FREE card making class. She will bring all the supplies, all you need to bring is yourself!! **Registration Deadline is 6/9. Call 440-279-2163**

Elder Abuse Awareness Presentation

June 15th—The Geauga County APS team will give a presentation on the ongoing issue of Elder Abuse, what it means, how to recognize it, and more. Light snacks & refreshments provided. **FREE RSVP by June 12th**

Never Ending Knowledge Schedule

JUN 7th—Death Valley/Great Basin: The Rift Zone & Shenandoah: The Collision of Old Continents

JUN 14th—Great Smokey Mountains and Hot Springs, National Rivers, Gorges and Falls.

JUN 21st—Great Dune Fields of North America, and National Seashores/Lakeshores.

JUN 28th—Reefs, Virgin Islands, Florida, Texas, National Marine Sanctuaries & Monuments.

Lunch & Learns in JUNE

JUN 9th—Western Reserve Historical Society presents "The Car Capitol of the World". **All presentations are FREE, however LUNCH is a \$5 cost. Register by JUN 2nd**

JUN 23rd—Gauga Park District presents "Welton's Gorge". **All presentations are FREE, however LUNCH is \$5. Register by JUN 16th**

Lunch in and Movie

JUN 27th—Free showing of "Grumpy Old Men" with popcorn. Lunch is also available for a **cost of \$6 if you want to have the meal. Register by June 20th**

DINE NITE OUT with WGSC

JUN 28th—Join us for an evening out with friends at Oak and Embers Tavern in Chesterland from 5:00-7:00pm. **RSVP to let us know you will be coming by June 23rd. Cost is on your own. 440-279-2163**

Tech Help

Technical help is available by **appointment ONLY**. BASIC "HOW TO" instruction for smartphones, tablets and laptops. Fix/Repair of devices is NOT included. Call Christine to schedule appointment **440-214-3505**

West Geauga Sr. Center

440-279-2163

MONDAY

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

8:30-10:30 Italian Card Game **5**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio **VIDEO**
11:00-12:00 Chair Yoga **VIDEO**
12:00-1:00 Water Exercise -Metz Pool
2:00-3:00 Line Dance Class

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

ALL SITES CLOSED **19**



8:30-10:30 Italian Card Game **26**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio (WX)
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise-Metz Pool
2:00-3:00 Line Dance Class

TUESDAY



8:30-10:30 Italian Card Game **6**
9:00-11:30 Stained Glass Class \$5
9:00-10:00 Water Exercise-Metz Pool
9:00-11:00 Pinochle
10:00-11:00 Exercise-Sandy (WX)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (WX)
3:00-4:00 Visual Arts w/Fairmount

8:30-10:30 Italian Card Game **13**
9:00-11:30 Stained Glass Class \$5
9:00-10:00 Water Exercise-Metz Pool
9:00-11:00 Pinochle
10:00-11:00 Exercise-Sandy (WX)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (WX)
3:00-4:00 Visual Arts w/Fairmount

9:00-11:30 Stained Glass Class \$5 **20**
9:00-11:00 Pinochle
10:00-11:00 Exercise-Sandy (WX)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (WX)
3:00-4:00 Visual Arts w/Fairmount

9:00-11:30 Stained Glass Class \$5 **27**
9:00-11:00 Pinochle
10:00-11:00 Exercise-Sandy (WX)
12:00-2:00 Lunch in & Free Movie
 "Grumpy Old Men"
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
3:00-4:00 Visual Arts w/Fairmount
NO PM exercise class today-ALL Staff Meeting

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY

THURSDAY

FRIDAY

<p><u>Recreation/Education Coordinator</u> ~Christine Bacon 440-214-3505</p> <p><u>Rec/Ed Assistant Coordinator</u> ~Millissa Brosch 440-279-2183</p> <p>I&R Assistant: Debbie M.</p> <p>Stained Glass Class Appointments: <i>Call Don Trask 440-759-9691</i></p>	<p style="text-align: right;">1</p> <p>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) 3:00-4:00 Senior Spin at Holly Hill</p>	<p style="text-align: right;">2</p> <p>8:00-9:00 WG Walking Group @ Metzenbaum Park 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
<p style="text-align: right;">7</p> <p>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</p>	<p style="text-align: right;">8</p> <p>8:30-9:30 <i>Breakfast & BINGO \$4</i> 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) 3:00-4:00 Senior Spin at Holly Hill</p>	<p style="text-align: right;">9</p> <p>8:00-9:00 WG Walking Group @ Frohring Meadows 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 12:00-1:00 <i>Lunch & Learn \$5</i> 11:00-11:45 Cardio Drumming 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
<p style="text-align: right;">14</p> <p>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 11:30-12:30 <i>Lunch & Learn w/ The Public Utilities Commission of Ohio</i> 1:00-2:30 <i>FREE Card Making Class with Carol of Mayfield UM Church</i> 1:00-2:00 Never Ending Knowledge 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene</p>	<p style="text-align: right;">15</p> <p>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) 11:00-11:45 <i>Elder Abuse Awareness presentation by GC-ODJFS</i> 3:00-4:00 Senior Spin at Holly Hill</p>	<p style="text-align: right;">16</p> <p>8:00-9:00 WG Walking Group @ The Rookery 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
<p style="text-align: right;">21</p> <p>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 12:30-1:30 <i>Craft w/Millissa \$5</i> 1:00-2:00 Never Ending Knowledge 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene</p>	<p style="text-align: right;">22</p> <p>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) 3:00-4:00 Senior Spin at Holly Hill</p>	<p style="text-align: right;">23</p> <p>8:00-9:00 WG Walking Group @ Orchard Hills Park 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 12:00-1:00 <i>Lunch & Learn \$5</i> 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
<p style="text-align: right;">28</p> <p>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 1:00-2:00 Never Ending Knowledge 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene 5:00-7:00 <i>Dine Nite Out @ Oak and Embers Tavern</i></p>	<p style="text-align: right;">29</p> <p>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) 3:00-4:00 Senior Spin at Holly Hill</p>	<p style="text-align: right;">30</p> <p>8:00-9:00 WG Walking Group @ Beartown Lakes Reservation 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>

New to the schedule!

CHAIR YOGA Tuesdays @ 10am

Poker Thursdays @10am

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

Friday June 2nd 1pm-4pm

Open House and Ice Cream Social! Lets Celebrate Amber!

Monday Crafts

5th Bedazzle your own flipflops! You bring the flops we will bring the bedazzle!

12th Tie-dye On The Deck Bring what you would like to Tie-dye.

26th Crafting with Marsha \$3 per craft.

Friday June 9th

Crafting with the library No cost.

Wednesday June 7th

Touring Middlefield with Ginny! Railroad Museum and lunch @ Middlefield Tavern Cost on your own.

Tuesday June 13th

Strength Training with MyoFit No cost.

Tuesday, June 27th Museum

of the Great Lakes, Shipwrecks and Archology Speaker and lunch Cost \$8 Pre Registration required.

Please call to register for lunch, crafting and special events!

440-632-0611

Middlefield Sr. Center 440-632-0611	
MONDAY	TUESDAY
Hannah Heinz Recreation & Education Coordinator Ginny Lester Recreation & Education Assistant Coordinator	Coffee and Conversation Everyday Starting At 8am GDA Lunch Served every day at 12pm (unless otherwise noted)
5	6
10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm Craft with Amber (Bedazzle your own Flip Flops)	10am Chair Yoga 12pm Lunch 1pm Chair Volleyball
12	13
10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm Crafting Tie-dye On The Deck	10am Chair Yoga 11am MyoFit Strength Training 12pm Taco Tuesday 1pm Chair Volleyball
19	20
 <p>Senior Center Closed</p>	10am Chair Yoga 11am Health BINGO With UH 12pm Lunch 1pm Chair Volleyball
26	27
10am Quilling Club 11am Balance Exercise 12pm Lunch 1pm Crafting with Marsha	10am Chair Yoga 11am Museum of the Great Lakes Shipwrecks & Archology 12pm Lunch 1pm Chair Volleyball

Middlefield Sr. Center
15820 Ridgewood Rd., Middlefield

WEDNESDAY	THURSDAY	FRIDAY
1	2	9
7	8	9
14	15	16
21	22	23
28	29	30

**Rummikub Played
Everyday At 9am!**

10am Poker
12pm Lunch
1pm Chair Volleyball

11am Weight Exercise
12pm Lunch
1pm-4pm Open House and Ice
Cream Social
1pm Chair Volleyball

8:30am Social Work Appts
11am Touring Middlefield
(Railroad Museum & Lunch At
Middlefield Tavern)
11am Balance Exercise
12pm Lunch

10am Poker
12pm Lunch
1pm Chair Volleyball
3pm Early Dinner Out
(Sharon James)

10am Craft With
Middlefield Library
11am Weight Exercise
12pm Lunch On The Deck
1pm Chair Volleyball

10am Presentation by APS
11am Balance Exercise
12pm Lunch
1pm BINGO

10am Poker
12pm Lunch
1pm Chair Volleyball

9am-12:30pm Podiatrist
Appointments

Join us at the CSC for
collaboration on the 50s/60s sock
hop dance! Pre registration required

10am History Of Maggie's
Doughnuts
11am Balance Exercise
12pm Lunch

10am Poker
12pm Lunch
1pm Chair Volleyball
3pm Early Dinner Out
(Mangia! Mangia!)

10am Book Club Open
Discussion
11am Weight Exercise
12pm Lunch
1pm Chair Volleyball

11am Balance Exercise
12pm Lunch
1pm BINGO

10am Poker
12pm Lunch
1pm Chair Volleyball

11am Weight Exercise
12pm Lunch
1pm Chair Volleyball

Learning for a Lifetime

Wednesday, August 16th, 2023

The Geauga County Department on Aging in conjunction with Kent State University Geauga Campus invite you to join us for our annual "Learning for a Lifetime" event on Wednesday, August 16th **at the Kent State Geauga Campus in Burton (14111 Claridon Troy Rd, Burton 44021)**. Each senior will choose from the listed classes below to make their own schedule. This year's selection of classes covers a wide spectrum of interests and provides you with a unique opportunity to challenge and invigorate yourself. Please fill out the registration form, as space is limited in each classroom.

Cost is \$10 Per Registered Senior * Lunch is Included

9:30 AM Session 1 Pick top two classes from the following choices:

(1) Remembering Jacqueline Kennedy Onassis: presented by Kathy Doyle. Jackie was an American socialite, writer, photographer, and book editor who served as first lady. She was known and envied for her sense of style and her dedication to her family.

(2) The Threads of War: presented by Dr. Molly Sergi of Kent Geauga. Blockades, shortages, and other problems limited Southern access to resources. How did this shape fashion in the Civil War? What was popular in the North versus the South? Style, culture, and history are discussed in this presentation.

(3) Oh, the Things You Can Do: presented by Judy Paternite of Kent Geauga. This class will be an overview of, banking, shopping, selling things online, finding cheap plane tickets and other things you can do from your phone or computer.

(4) Reiki for Pets and Humans: presented by Christina Zaccarine from Salty. What is Reiki, and what are the benefits of it for both people and animals. Learn how this energy form of healing is used.

(5) A dream vacation to Europe: presented by Madelon Horvath: Madelon will share her trip of a lifetime thru Tuscany, Rome, Santorini, Paris, Siena (the famous Palio horse race) and Florence.

(6) Navigating the Health Care System: presented by Dawn Damante, Coordinator, Geriatric Program Visiting the emergency room or being admitted to the hospital can be overwhelming. Understanding the patient process, expectations from the emergency room to hospital admission to discharge can help alleviate patient and family concerns. Staying connected with your care team is essential for successful patient-centered care. Ensuring one's safety and care is a vital step in the delivery of quality patient care.

10:45 AM Session 2 Pick top two classes from the following choices:

(1) Be Kind to Your Heart - Let's Talk about Statins: Presented by UH Geauga Pharmacy Specialist Research has shown that statins are highly effective in reducing the risk of fatal heart attack and stroke. However, people are reluctant to take these life-saving drugs. There is a worry about taking medicine every day for the rest of one's life, in addition to statins having undesirable side effects. What does science have to say about these concerns and others surrounding statins?

(2) What a Grandparent Needs to Know About Today's Drugs: presented by Geauga County Sheriff's Office - "What are the drug trends in our Geauga County Schools and in our community?" What should grandparents know about this issue and how can they start this difficult conversation with their grandchildren.

(3) "Expand Your Retirement Options by Exploring Purposeful Opportunities in Geauga County": presented by Pam Carson, the Director of Leadership Geauga's Heritage Program for Retirees. This program offers valuable insights into the leisure, educational, and professional opportunities available in Geauga County to enhance your retirement experience. Whether you want to stay active, learn something new, or pursue your passions, this program will help you discover purposeful retirement possibilities in Geauga County.

(4) Interior Design Solutions for Aging in Place: presented by Jenn Monachino Seaman. Explore perceptions and attitudes toward currently available interior design features and assistive technologies that support active living at home. Review current trends and new technology in the interior design field that our Seniors can implement in their homes

(5) How can APPs Enhance your Life: presented by Judy Paternite. How can apps make your life easier and what are some of the many things they can do for you? You will discover exercise, brain games, keeping your blood pressure, reading books, music and much more.

(6) The Underground Railroad: presented by Molly Sergi. The underground railroad was a network of clandestine routes and safe houses established in the United States during the early- to the mid-19th century. It was used by enslaved African Americans primarily to escape into free states and Canada. There are many myths and real accounts about how the system functioned in the nineteenth century. Ohio played a pivotal role in the anti-slavery movement through leadership and safehouses.

12:30 PM Session 3 Pick top two classes from the following choices:

(1) 911 from a Firefighter's Perspective: presented by Ken Quin. Ken was a firefighter on duty in New York City on Sept 11th and he shares his experience and the effects and aftermath of this tragic day.

(2) Breathwork for Everyday Wellness: presented by Michelle Urban, LMT, CCT, CBC, Co-owner of The Chardon Integrated Wellness Center. Did you know that you can improve your health by changing the way you breathe? Memory, digestion, and sleep can all be improved by breathing properly. You will learn to breathe with your entire diaphragm, how to obtain strong breath control, and how to improve vagal tone with specific breath patterns. Join me and learn to breathe for better health!

(3) Living with Diabetes: presented by Kathy McMahon-Dunning, RN, BSN, Diabetes Educator. Diabetes, if left untreated or not properly managed can cause serious health complications such as heart disease, nerve damage, blindness, and other problems. Managing diabetes is a challenge every day. Learning to effectively manage diabetes through proper nutrition, physical activity and stress management is vital to help individuals live well with diabetes.

(4) Disney's Carousel Project: presented by Dave Beten. Dave is a wood carver who worked on the carousel project for Disney Europe, and today teaches a woodcarving class for seniors. You will learn about the therapeutic effects of hobbies and some interesting details of the carousel project.

(5) The Titanic: presented by Kathy Doyle. The Titanic is perhaps the most famous shipwreck in our current popular culture. After striking an iceberg, Titanic broke apart and sank to the bottom of the ocean, taking with it the lives of more than 1,500 passengers and crew.

(6) What is a Senior Real Estate Specialist and how can they help you?: presented by Lee-Ann Spacek of Northcoast Residential Relocation. Are you thinking about sizing down or about selling the family home, need to know what is out there, or help with the decision making? Do you find this whole idea overwhelming? Then come learn from this specialist, about preparing your home to sell, getting rid of stuff, and finding a new location that is the right fit for you.

****EVENT TAKES PLACE AT KENT GEUGA - 14111 CLARIDON TROY RD, BURTON 44021****

Entire Cost for Three Sessions & Boxed Lunch is \$10.00

Registration Deadline is Wednesday, August 9th, or until classes are full.

Complete the following form and mail it, along with your \$10 check payable to:
Geauga Department on Aging, 12611 Ravenwood Dr., Suite 200, Chardon Ohio 44024
or drop it off at your nearest senior center

Event: Learning For A Lifetime **Date:** Wednesday, August 16th **Deadline:** Wednesday, August 9th
or until classes are full

I have enclosed a check in the amount of \$ _____

Name _____ Phone _____

Address _____ City/Zip _____

Are you registered this year? Y or N?

Please Choose Educational Sessions:

Please note that seating in classrooms may be limited. Classes will be filled on a first come, first serve basis. Please choose two subjects per session. We cannot guarantee a spot if only one subject is chosen.

Session 1 9:30 - 10:30 AM

1st Choice _____ 2nd Choice _____
Class # & Title Class # & Title

Session 2 10:45 - 11:45 AM

1st Choice _____ 2nd Choice _____
Class # & Title Class # & Title

Session 3 12:30 - 1:30 PM

1st Choice _____ 2nd Choice _____
Class # & Title Class # & Title

Choose one of the following for lunch (*Please circle option*):

Turkey & Cheddar Wrap or Veggie Wrap

OFFICE USE: Date received: _____ Staff initial: _____ Receipt #: _____

Community Event

LUNCH & LEARN WITH THE PUBLIC UTILITIES COMMISSION OF OHIO AT WGSC

June 14th 11:30-12:30pm -Join us for an informational presentation by the **PUCO**. Learn about the options and decisions regarding the many different Energy Providers out there. Find out how to compare apples to apples when choosing which one is best for you. Hot Lunch of Stuffed Cabbage, Mashed Potatoes, vegetable, Fruit cup and beverage will be available to all who attend. Donations will be accepted.

Registration deadline is June 5th Call for details. 440-279-2163

SWEET TREAT DRIVE THRU AT HEATHER HILL

Wednesday, June 7, at Heather Hill, 12340 Bass Lake Road, Chardon. Drive up any time between 12:00-12:30 p.m., and get a delicious lunch and amazing sweet treat! Call to RSVP at 279-2126. Looking ahead, our July Drive Thru will be Wednesday, July 5.

SENIOR SPIN CLASS AT OHMAN-HOLLY (THROUGH WGSC)

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

NEVER ENDING KNOWLEDGE CLASSES AT WEST G SENIOR CENTER

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

Current Subject: Geology / Topic: The Geology of Our National Parks-Join us at WGSC for this Educational Learning Opportunity. Attend weekly for College/Lecture Style presentations offered on our BIG SCREEN!! Each course averages 8-12 weeks in length, at 1.5 hour per class/week. This program will be ongoing with hundreds of topics to choose from, PDF Handouts will be available to print from home if you desire. Light snacks and refreshments will be available to all in attendance. A FREE PRG. **RSVP is required by the Monday prior to each class. Call to sign up 440-279-2163**

June 7 – Mt. Saint Helens, Lassen Volcanic, Rainier, Crater Lake, Olympic & The North Cascades

June 14 – Great Smoky Mountains, Hot Springs, National Rivers, Gorges, Falls & Meanders

June 21 – Great Dune Fields of North America, National Seashores, and Lakeshores

June 28 – Reefs, Virgin Islands, Florida, Texas, National Marine Sanctuaries & Monuments

NEW TO MIDDLEFIELD SCHEDULE

Chair Yoga Tuesdays at 10am. Chair yoga is a gentle form of yoga done while seated. Class lead by instructor Steven Johnson, First class free. \$3.00 per class following.

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Wednesday June 28th –Meet up time is 5:00pm at Oak and Embers Tavern in Chesterland (8003 Mayfield Rd). Just call us ahead to let us know you are coming 440-279-2163.

Cost is on your own. RSVP by 6/23/23

DIABETES SUPPORT GROUP

Tuesday, June 20th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). UH Geauga's Mariah L. Mrofchak, PharmD, RP will be our speaker. We will be discussing medication management and Insulin Pump Therapy. For more information or to register call Sandy McLeod 440-279-2137.

LUNCH AND LEARN WITH THE ALZHEIMER'S ASSOCIATION

Tuesday, June 6, from 12:00-1:30 p.m., at Chardon Senior Center. The Alzheimer's Association will present Understanding and Responding to Dementia-Related Behavior. This program will help you to identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, and address common dementia-related behaviors. Call to RSVP at 440-279-2126.

FLAG DAY CRAFT

To celebrate Flag Day, Kimberley from Burton Healthcare will join the group and show us how to make a beautiful flag craft. Supplies and instructions will be there, all we need is you. This is a free program, but space is limited. Call (440) 279-1313 to register.

BREAKFAST & BINGO AT WEST G SENIOR CENTER

Thursday June 8th - 8:30AM-9:30AM - \$4.00/PERSON -RSVP by 6/5/2023

Menu: French Toast with Fresh Fruit, bacon 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**

MUSEUM OF THE GREAT LAKE- SHIPWRECKS AND ARCHOLOGY

Tuesday, June 27th 11am at the Middlefield Senior Center.

Follow the stream of archaeologist from research and discovery to analysis and publication.

Along the way examples of shipwrecks from Lake Erie are used to highlight each step.

Cost is \$8.00 and includes lunch. Call 440-632-0611 to register.

BIKE TRIP & LUNCH: WESTERN RESERVE GREENWAY TRAIL

Join GDA and UH Geauga for a bike ride on Tuesday, June 27th at 9:30am. Meet at the Austinburg Parking Lot (next to Jewel's Dance Hall – 1770 Mill St, Austinburg 44010) and we will bike south on the Western Reserve Greenway Trail and back. This will be approximately 16 miles round trip. After our ride, we will head to Cask 307 (7259 Warner Rd, Madison 44057) to grab a bite to eat. Lunch is on your own.

Please RSVP by calling Melissa Wheeler at 440-279-2167.

WALKING FOR WELLNESS – NEW SUMMER HOURS

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

Date	Park	Address
6/1/2023	Punderson State Park	11755 Kinsman Rd (Rt. 87), Novelty
6/8/2023	Thompson Ledges	16755 Thompson Rd, Thompson Afterwards, Breakfast at Stocker’s on the Square! (6831 Madison Rd, Thompson) – CASH ONLY
6/15/2023	Affelder House	15139 Chillicothe Rd, Russell
6/22/2023	Claridon Woodlands	11383 Claridon Troy Rd, Chardon
6/29/2023	Hogback Ridge Park	4700 Emerson Rd, Madison

LUNCH AND LEARN WITH UH, GEAUGA: INFORMATION AND EDUCATION ON WOUND CARE

Thursday, June 8, from 11:00-12:30 p.m., at Chardon Senior Center. The experts from UH, Geauga will present on wound care information and education. Lunch will be served after the presentation. This is a free program, but registration is required at 440-279-2126.

APS PRESENTATION

On Tuesday, June 13th, Kristina Miller from Geauga County Jobs and Family Services will tell us about their APS program. A pizza lunch will be served at 12:00 pm, followed by the presentation at 12:30 pm. APS stands for Adult Protective Services, Kristina and her team will explain the role they play in keeping seniors safe. Registration is required and due by Friday, June 9th. Please call the Bainbridge Senior Center, (440) 279-1313, to register.

ELDER ABUSE AWARENESS PRESENTATION AT WGSC

June 15th - 11:00-11:45am -The Geauga County APS team will give a presentation on the ongoing issue of Elder Abuse. This presentation will include an “Overview” of the Adult Protective Services Department, and the services they provide. Light Snacks & Refreshments provided.
RSVP by June 12th

TOURING MIDDLEFIELD WITH GINNY

Wednesday, June 7th at 11am Experience the hidden gems of Middlefield with Ginny!
June will be the Railroad Museum (16720 Pioneer Rd, Middlefield, OH, 44062) and
Lunch at Middlefield Tavern Cost is on your own.
Call 440-632-0611 to register.

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

Thursday, June 1st 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.

LUNCH AND LEARN WITH GEAUGA PARK DISTRICT

Thursday, June 29, from 12:00-1:30 p.m., at the Chardon Senior Center. Known as "Gauga's Little Grand Canyon," Welton's Gorge is home to approximately 87-acres and is home to an impressive 45-foot gorge. Come take a virtual tour with a Naturalist from Geauga Park District. This is a free event, but registration is required at 440-279-2126.

GEAUGA PARK DISTRICT PRESENTS: WELTON'S GORGE

Learn about one of Geauga County's newest parks and why it is nicknamed Geauga's little Grand Canyon. A naturalist will tell us all about the gorge and the wonderful flora and the unique cultural history of the area. The presentation will begin at 12:30 pm and lunch is available from the Topsy Bull. For more information or to register, please call (440) 279-1313.

LUNCH-IN AND FREE MOVIE & POPCORN – "GRUMPY OLD MEN"

June 27th 12:00-2:00pm—Join us at the West G Senior Center for a showing of "Grumpy Old Men". Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will be a chicken salad on Croissant, three bean salad, dessert, and beverage.
Registration Deadline for lunch is June 20th, Call WGSC to sign up 440-279-2163
The Lunch choice requires pre-payment of \$6.

BODY WEIGHT STRENGTH TRAINING WITH MyoFit

Tuesday, June 13th 11am at the Middlefield Senior Center. Interested in learning more? Come check it out! Call 440-632-0611 to register.

GEAUGA CYCLISTS

Geauga Department on Aging and UH Geauga & Geauga Parks will hold weekly Tuesday bicycle rides for senior citizens beginning in May. 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.

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, June 7th (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 Maid by Nita Prose

Thursday, June 8th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: The Summer Seekers by Sarah Morgan

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

Friday, June 9, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is The Wizard of Oz. Stay after the presentation for a viewing of the classic movie, and refreshments. This is a free event, but registration is required by calling 440-279-2126. Space is limited.

DAVID EXPLAINS

David Explains Flag Day and the history of flags. Learn all you ever wanted to know about flags. From national and state flags to sports and maritime flags, we will discuss them all. Join David on Thursday, June 8th at 1pm and maybe learn something new. Please call to register, (440) 279-1313.

JUNE LUNCH & LEARNS AT WEST G SENIOR CENTER- PRESENTATIONS ARE FREE

1 FRIDAY, JUNE 9TH AT NOON –

WESTERN RESERVE HISTORICAL SOCIETY: CAR CAPITOL OF THE WORLD

WRHS will show us how at one time, Cleveland was the automobile capitol of the world. Take a ride through the Western Reserve at the turn of the 20th Century and discover a treasure of Cleveland made automobiles. Call to Register 440-279-2163. If you are requesting Lunch

Pre-Payment of \$5 is required

Lunch – Roast beef sandwich, chips, dessert, and beverage.

#2 FRIDAY, JUNE 23RD AT NOON–

GEAUGA PARK DISTRICT – WELTON'S GORGE

Gauga Park District will be here to take us on a virtual trip through "Gauga's Little Grand Canyon", Welton's Gorge. Discover its spectacular 40-foot sandstone ledges and unique plant community as well as the rich cultural history of Welton's Gorge, one of Geauga Park District's newest parks. Call to Register 440-279-2163. If you are requesting Lunch

Pre-Payment of \$5 is required

Lunch - will be Cheese pizza, garlic bread, dessert, and beverage.

MIDDLEFIELD SENIOR CENTER BOOK CLUB OPEN DISCUSSION

Friday June, 23rd at 10am

Do you love to read? Do you want to share good books with your friends? Come to the Middlefield Senior center to discuss what books we would like to read and bring any questions you may have.

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.

JUNE 2023
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
			1	2
			SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	BREADED CHICKEN LEGS MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL DICED PEARS CUP
5	6	7	8	9
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	SLICED HAM w/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL DICED PEAR CUP
12	13	14	15	16
MEATBALLS w/TOMATO SAUCE w/PASTA CAULIFLOWER SPINACH DINNER ROLL DICED PEACHES CUP	CHICKEN SALAD COLE SLAW THREE BEAN SALAD WG HAMBURGER BUN WHOLE FRESH ORANGE	STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS HUSH PUPPIES MIXED FRUIT CUP
19	20	21	22	23
JUNETEENTH OBSERVED	HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS 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	TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES CORN w/RED PEPPERS DICED PEACHES CUP
26	27	28	29	30
MINI CORN DOGS TATER TOTS BROCCOLI YELLOW SQUASH DICED PEAR CUP	GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	SALISBURY STEAK W/GRAVY NOODLES PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	CHICKEN ALA KING WHITE RICE GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS

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

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



**ADDRESS
SERVICE
REQUESTED**

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

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

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

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

Parkman Twp	June 21, 22 & 23
Troy Twp	July 27 & 28
Vlg of Middlefield	Aug 17
Chesterland Twp	Sept 11,12 & 13
City of Chardon	Sept 29
Middlefield Twp	Oct 5

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.