

January 2022

The Geauga
SENIOR NEWS

IN THIS
TOGETHER



GEAUGA COUNTY
DEPARTMENT ON AGING



**** Attention Geauga County Seniors ****

**It's Time to Update Your Registration for 2022!
In Order to Receive or Continue Services with the
Gauga County Department on Aging,
Seniors Must Update Their Registration for 2022!**

If you registered with the GDA in 2021, and there has been no change on your registration form (For example - change of address, new phone number, new emergency contact) seniors can call your local senior center and asked to be re-registered (if you don't call, you will not be re-registered for 2022). If there has been a change in your registration information, print a 2022 registration from the GDA website or ask to have one mailed to you.

Gauga County Seniors who were registered in 2021, and have no information changes, already have their permanent registration card. This New Card will not expire. But you do need to call in and re-register each year.

If you lose your card, there is a \$5.00 fee for a new one.

Please note, all out of county seniors and guests under 60 years of age will be charged an annual fee of \$25 to register with the GDA.

This annual fee does not include a subscription to the
Gauga Senior Newsletter.





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Geauga County
Department on Aging

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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: \$1,630/monthly & resources below \$14,790; or
Married \$2,198/monthly & resources below \$29,520.**

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

The Adult Day Service program is a **FREE** service for Geauga County residents who have beginning to mid stage dementia or Alzheimer’s disease. The program is offered Monday through Friday, 9:00 AM to 2:30 PM and includes daily activities and lunch. Virtual programming is available as well. There is no charge for this program, but donations are greatly appreciated. ADS is located at 8090 Cedar Road in Chesterland. ADS Contact phone number (440) 279-2149, or email vkruieger@co.geauga.oh.us.

Scope of Service: ♦ To provide client-centered continuum of care to frail and/or cognitively impaired Geauga County Seniors. ♦ To promote independence and well-being of the program participants. ♦ To provide support, education and relief to caregivers. ♦ To provide physical, mental, and social stimulation.

Weekly programs include: Chair Exercises, Chair Zumba, Chair Yoga, Chair Chi, and Bingo.

Platinum Patrons

Members of Newbury Class of 1956

Alan & Peggy Bialosky

Joy Bramley ~ In Memory of James Bramley and Rob Warren

Dan and Gwenn Brown

Dale & Jean Endle, and Thomas & Elizabeth Buckles

Rug Hookers in memory of Barb Stuart

Joan Spangenberg and Family in Memory of Dale J. Spangenberg Sr.

David & Donna Toth, The Toth Team

Ralph White in Memory of past Pinochle Players

The Home Energy Assistance Program, 2021-2022

In home assistance is available for completing **HEAP** Applications.

Eligibility - A household whose total income is at or below 175 percent of the 2021-2022 federal poverty level. See the Chart to the right for income guidelines, as you may qualify for **HEAP** assistance.

Size of Household	Total Gross Annual Household Income
1	\$22,540
2	\$30,485
3	\$38,430
4	\$46,375
5	\$54,320
6	\$62,265
7	\$70,210
8	\$78,155

For families/households with more than 8 members, contact your local Community Action agency.

YOU MAY BE ELIGIBLE CONTACT

Gauga County Dept on Aging
470 Center St Bldg 2
Chardon, OH 44024
(440)279-2130.

For more information, call toll free 1-800-282-0880. Hearing impaired applicants with a telecommunications device for the deaf (TDD) can call toll free 1-800-686-1557.

Applicants requirements at the time of application - A list of all household members and proof of income for the last 30 days and 12 months for each member, Income documents, Main and electric heating bills (if the applicant has gas and electric) regardless of account status, Proof of Citizenship, Proof of Disability if applicable, and Social Security Numbers for all household members. This Program is made Possible through a grant from the Ohio Department on Aging, through the Western Reserve Area Agency on Aging, apply by May 31.
The Winter Crisis Program is available Nov 1 – March 31,

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 12555 Ravenwood Dr. Chardon, Oh 44024.

The newsletter is published monthly, and has a circulation of approximately 4,200 hard copy and 700 plus via the web.

If you are not receiving the newsletter, and you are a Geauga County Senior, 60 years of age or older, call (440) 279-2130.

BOARD OF COMMISSIONERS

Gauga County Ohio

JAMES W. DVORAK
TIMOTHY C. LENNON
RALPH SPIDALIERI

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

LEADERSHIP TEAM

Jessica Boalt – Director | Kathy Petrella – Asst. Director | Reba Dykes - Administrative Services Manager
Sandy McLeod – Senior Centers Supervisor | Karen M. Stone – Internal Operations Manager

Monthly Highlights

Thursday, January 6th: Free Lunch and a Movie
UH Geauga Age Well Be Well Program.
Accepting reservations December 23rd.
Call 440-214-3180 to register. 12:00pm.

Tuesday, January 18th: Parkinson's Support Group
Dave Nelson, Certified Physical Therapist, will be discussing how to maintain and improve posture with Parkinson's. Call Sandy McLeod at 440-279-2137 to RSVP. 12:30pm

Thursday, January 20th: Elderberries
Come learn about the variety of woodpeckers that call Geauga Park District home, including our park mascot, Tapper! Refreshments served. Registration required by calling Geauga Park District at 440-226-4695. 1:00pm

January 25th-February 18th: Matter of Balance
Every Tuesday and Friday from 1:00-3:00pm. Are you concerned about falling? Join this FREE class that includes setting realistic goals for staying active, learning how to stay safe at home, completing exercises to increase strength and balance, and more! Call Melissa at 440-279-2167 to register. Sponsored by UH Geauga.

Thursday, January 27th: Cuisine & Culture
Peru is home to one of the "New Seven Wonders of the World" - Machu Picchu! What else is Peru famous for? Come hear about the beautiful mix of Hispanic and Native traditions while we enjoy a typical Peruvian dish; Stuffed peppers, potatoes, corn and a dessert. Free. 12:00pm. Call Melissa Wheeler at 440-279-2167 to register.

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 Exercises: 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. Please call Melissa Wheeler at 440-279-2167 for more info.

Walking for Wellness: Wednesdays at 1:00pm
1/5 - The Rookery (10110 Cedar Rd, Chesterland)
1/12 - Chapin Forest (10381 Hobart Rd, Kirtland)
1/19 - Tupelo Pond (9373 Ravenna Rd, Chardon)
1/26 - Beartown Lakes Reservation (18870 Quinn Rd, Bainbridge)
Call Melissa Wheeler at 440-279-2167 for info.

January 2022

MONDAY	TUESDAY
3	4
8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS
10	11
8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS
17	18
OFFICES CLOSED 	10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 12:30-1:30 Parkinson's Support Group EG 1:00-2:30 Geauga Walkers OS
24	25
8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS 1:00-3:00 Matter of Balance OS
31	
8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
5 8:30-11:30 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS	6 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	7 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
12 8:30-11:30 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	13 10:00-11:00 Strength & Cardio WG 1:30-3:00 Book Discussion BL	14 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
19 8:30-11:15 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	20 10:00-11:00 Strength & Cardio WG 1:00-2:30 GPD Elderberries OS	21 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
26 8:30-11:30 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	27 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture WG	28 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 1:00-3:00 Matter of Balance OS
Sandy McLeod Senior Centers' Supervisor 440-279-2137 Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167		BL - Burton Library CSC - Chardon Senior Center EG - Everybodies Gym (357 Washington St, Chardon) GW - Geauga West Library OS - Offsite WE - WebEx (Online)

Monthly Highlights

Friday Yoga Class (\$4) is now VIRTUAL. Call Anne Ondrey at (440) 278-0065 to participate.

Monday, January 3:

Book Club Meet to discuss the book Britt Marie was Here! by Frederick Backman. 1pm.

Wednesday, January 5:

New Year's Resolution Drive Thru Sponsored by Heather Hill. Serving Peace, Love, & Little Donuts and coffee. Preregistration required. 12pm.

Tuesday, January 11:

Hannah's Helpful Hints Learn how to keep organized on a budget for the New Year! Want to stay for lunch? Let us know by 1/3.

Tuesday, January 18:

Iris Folding with Phyllis is back! \$1.50 per kit.

Tuesday, January 18:

Out to Lunch Mangia Mangia. Transportation not available—RSVP by 1/11. Meet at the restaurant at 11:30am.

Wednesday, January 19:

Heather Hill Cooking Demo. Menu TBA. Deadline is Friday, January 7, or until event is full. Limited number of spots available for this in-person event. 12pm.

Friday, January 28:

Famous Women in History You Never Heard About: Part 3 presented by Kathie Doyle. Catch the 3rd installment of this 3 part series of incredible women who played a part in making history. 10:30am. Call to RSVP. Come early for our Bacon, Egg, & Cheese Strata Breakfast (\$5) or stay for lunch. Deadline is Friday, January 14, or until event is full. Presentation is Free.

Friday, January 28:

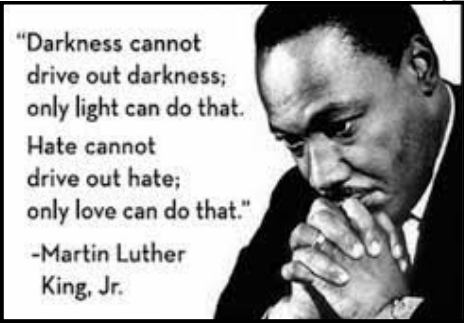
Bacon, Egg, & Cheese Strata Enjoy a yummy egg dish, hashbrowns, juice, and coffee. Cost is \$5. 9:30am. Stay for Kathie Doyle's "Famous Women in History You Never Knew: Part 3" presentation for free, beginning at 10:30am.

Tuesday, January 25:

Nosh with Natalie Celebrate the upcoming Chinese New Year with Baked Sesame Chicken and Chinese Almond Cookies. Call to RSVP. Want to stay for lunch? Let us know by 1/14.


Chardon Senior Center

440-279-2126

MONDAY	TUESDAY
3	4
<p>10:00-12:00 Rug Hooking B</p> <p>10:00-12:00 Quilting D</p> <p>11:00-11:45 Strength Training (\$2) E</p> <p>11:30-12:30 Congregate Lunch D</p> <p>12:45-1:45 Line Dancing (\$3) E</p> <p>1:00-2:30 Book Club B</p> <p style="text-align: center;"><u>Britt Marie was Here!</u></p>	<p>9:00-11:30 Woodcarving B</p> <p>11:00-11:30 You Be the Judge D</p> <p>11:00-12:00 Balance Exercises E & WE</p> <p>11:30-12:30 Congregate Lunch D</p> <p>1:00-2:30 Geauga Walkers OS</p> <p>2:00-3:30 Dulcimer Practice B</p>
10	11
<p>10:00-12:00 Rug Hooking B</p> <p>10:00-12:00 Quilting D</p> <p>11:00-11:45 Strength Training (\$2) E</p> <p>11:30-12:30 Congregate Lunch D</p> <p>12:45-1:45 Line Dancing (\$3) E</p> <p>1:00-3:00 Ceramics B</p>	<p>9:00-11:30 Woodcarving B</p> <p>10:30-11:30 Hannah's Helpful Hints D</p> <p>11:00-12:00 Balance Exercises E & WE</p> <p>11:30-12:30 Congregate Lunch D</p> <p>1:00-2:30 Geauga Walkers OS</p> <p>2:00-3:30 Dulcimer Practice B</p>
	18
<p>All Sites Closed for MLK Day</p>	<p>9:00-11:30 Woodcarving B</p> <p>10:00-12:00 Iris Folding (\$1.50) D</p> <p>11:00-12:00 Balance Exercises E & WE</p> <p>11:30-12:30 Congregate Lunch D</p> <p>11:30-1:30 Out to Lunch: Mangia! Mangia! OS</p> <p>12:30-1:30 Parkinson's Support E</p> <p>1:00-2:30 Geauga Walkers OS</p> <p>2:00-3:30 Dulcimer Practice B</p>
24	25
<p>10:00-12:00 Rug Hooking B</p> <p>10:00-12:00 Quilting D</p> <p>11:00-11:45 Strength Training (\$2) E</p> <p>11:30-12:30 Congregate Lunch D</p> <p>12:45-1:45 Line Dancing (\$3) E</p> <p>1:00-3:00 Ceramics B</p>	<p>9:00-11:30 Woodcarving B</p> <p>10:30-11:30 Nosh with Natalie D Baked Sesame Chicken & Almond Cookies</p> <p>11:00-12:00 Balance Exercises E & WE</p> <p>11:30-12:30 Congregate Lunch D</p> <p>1:00-2:30 Geauga Walkers OS</p> <p>2:00-3:30 Dulcimer Practice B</p>
31	<p><i>Make the year ridiculous</i></p> <p><i>Here's to 2021</i></p>
<p>10:00-12:00 Rug Hooking B</p> <p>10:00-12:00 Quilting D</p> <p>11:00-11:45 Strength Training (\$2) E</p> <p>11:30-12:30 Congregate Lunch D</p> <p>12:45-1:45 Line Dancing (\$3) E</p>	

Chardon Senior Center

12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin-right: 10px;">5</p> <p>9:00-11:00 Pinochle B 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-12:30 New Year's Resolution Drive Thru 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E</p>	<p style="text-align: right; margin-right: 10px;">6</p> <p>10:00-12:00 Euchre B 10:30-12:00 Renaissance Choir E 11:30-12:30 Congregate Lunch D 12:00-3:30 Painting Pals B 1:00-4:00 Duplicate Bridge D 1:30-3:30 Line Dancing (\$5) E</p>	<p style="text-align: right; margin-right: 10px;">7</p> <p>9:30-11:30 Stained Glass B 10:30-12:00 Virtual Yoga Class (\$4) 11:00-11:30 Who/What Am I? D 11:30-12:30 Congregate Lunch D 1:00-3:00 Movie Matinee D <b style="text-align: center;">Inception 1:00-4:00 Friday Bridge Group E</p>
<p style="text-align: right; margin-right: 10px;">12</p> <p>9:00-11:00 Pinochle B 10:30-11:30 Craft: Sock Snowman (\$3) D 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E</p>	<p style="text-align: right; margin-right: 10px;">13</p> <p>10:00-12:00 Euchre B 10:30-12:00 Renaissance Choir E 11:30-12:30 Congregate Lunch D 12:00-3:30 Painting Pals B 1:00-4:00 Duplicate Bridge D 1:30-3:30 Line Dancing (\$5) E</p>	<p style="text-align: right; margin-right: 10px;">14</p> <p>9:30-11:30 Stained Glass B 10:30-12:00 Virtual Yoga Class (\$4) 11:00-11:30 Brain Games D 11:30-12:30 Congregate Lunch D 1:00-3:00 Movie Matinee D <b style="text-align: center;">Mrs. Doubtfire 1:00-4:00 Friday Bridge Group E</p>
<p style="text-align: right; margin-right: 10px;">19</p> <p>9:00-11:00 Pinochle B 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-1:00 Heather Hill Cooking Demo D 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E</p>	<p style="text-align: right; margin-right: 10px;">20</p> <p>10:00-12:00 Euchre B 10:30-12:00 Renaissance Choir E 11:30-12:30 Congregate Lunch D 12:00-3:30 Painting Pals B 1:00-4:00 Duplicate Bridge D 1:30-3:30 Line Dancing (\$5) E</p>	<p style="text-align: right; margin-right: 10px;">21</p> <p>9:30-11:30 Stained Glass B 10:30-12:00 Virtual Yoga Class (\$4) 11:00-11:30 Would You Rather? D 11:30-12:30 Congregate Lunch D 1:00-3:00 Movie Matinee D <b style="text-align: center;">Stardust 1:00-4:00 Friday Bridge Group E</p>
<p style="text-align: right; margin-right: 10px;">26</p> <p>9:00-11:00 Pinochle B 10:30-11:30 Do You Remember? D 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E</p>	<p style="text-align: right; margin-right: 10px;">27</p> <p>10:00-12:00 Euchre B 10:30-12:00 Renaissance Choir E 11:30-12:30 Congregate Lunch D 12:00-3:30 Painting Pals B 1:00-4:00 Duplicate Bridge D 1:30-3:30 Line Dancing (\$5) E</p>	<p style="text-align: right; margin-right: 10px;">28</p> <p>9:30-10:30 Bacon, Egg, & Cheese Strata Breakfast (\$5) D 9:30-11:30 Stained Glass B 10:30-11:30 Famous Women in History You Never Knew: Part 3 10:30-12:00 Virtual Yoga Class (\$4) 11:30-12:30 Congregate Lunch D 1:00-3:00 Movie Matinee D <b style="text-align: center;">Hook 1:00-4:00 Friday Bridge Group E</p>
<p style="font-size: 2em; margin: 0;"><i>sly amazing.</i></p> <p style="font-size: 2em; margin: 0;"><i>2!</i></p> 	<p style="text-align: center;">Location Legend</p> <p>B - Basement E - Eastview Room PV - Pavilion D - Dining Room OS - Off Site</p> <p>RED are Health & Fitness Programs BLUE are Special Events & Activities</p>	<p style="text-align: center;">Recreation & Education Coordinator: Natalie Dolezal</p> <p style="text-align: center;">REC Assistant: Hannah Heinz</p> <p style="text-align: center;">Information & Referral: Beth Oliverio</p>



Bainbridge Senior Center

(440) 279-1313

Monday	Tuesday
3 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee (<i>The Wizard of Oz</i>) 2:30-3:15 Drum Fit Exercise*	4 9:30-10:00 Balance Exercise* 10:00-1:00 Mexican Train 12:00-12:30 Lunch 12:00-2:00 Social Work Appts. 1:00-2:30 Scrabble 2:30-3:15 Chair Exercise*
10 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee (<i>La La Land</i>) 2:30-3:15 Drum Fit Exercise*	11 10:30-2:00 Win it in a Minute Party! (prior registration required) 3:00-3:30 Tasty Tuesday Drive-thru (prior registration required)
17 Closed in honor of Dr. Martin Luther King, Jr. 	18 9:30-10:00 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch 1:00-2:30 Scrabble 2:30-3:15 Chair Exercise*
24 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee (<i>A Night at the Opera</i>) 2:30-3:15 Drum Fit Exercise*	25 9:30-10:00 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch 1:00-2:30 Scrabble 2:30-3:15 Chair Exercise*
31 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee (<i>Singin' in the Rain</i>) 2:30-3:15 Drum Fit Exercise*	

Monday Lunch and Movie Matinee.
 Join us every Monday for lunch and a movie. Reservations are required 1 week in advance. Donations greatly accepted for lunch.

Weekly Walkers' Group
 Our walking group is moving to Monday mornings from 9:30-10:30. Call the senior center for walking locations.

Wednesday Out to Lunch Group
 Join old friends and meet some new! Every Wednesday, we will meet up for lunch at the designated locations. Price of lunch is "on your own."

The Bainbridge Big Breakfast!
 Join us on Thursday, Jan. 27 at 9:00 for The Big Breakfast!
 Veterans eat FREE!
 January Birthdays eat FREE!
 All others pay just \$5.00!
 Reservations required by Jan. 20!
 Space is limited. Call the senior center to sign up!


New to our Fitness Schedule is Drum Fit Exercise!
 This is instructor-led choreographed aerobic drumming that can be done sitting in a chair or standing up; something new to add to your fitness program!

Also new to our schedule is Caring4Others Crafting!
 Every Friday afternoon, we will gather to make simple crafts to hand out to some of our neighbors who could use a little pick-me-up! We will have all the needed supplies! Give us a call to let us know you'll join us!

Iris Folding will be Thursday, January 20 at 12:30 p.m., here at Bainbridge Senior Center. Cost is \$1.50 per card, payable to instructor.

All of the programs at Bainbridge Senior Center meet in-person.
 Programs that are also available via the Bainbridge WebEx link are noted with an *asterisk. Call for details.

**17751 Chillicothe Road,
Bainbridge OH 44023**

Wednesday	Thursday	Friday
<p>5 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 10:30-11:30 Bingo * 12:00-1:00 Lunch 12:30-2:00 Out to Lunch Group (<i>Sleepy Rooster</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p>6 9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-4:00 Canasta 2:30-3:15 Chair Exercise*</p>	<p>7 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 1:00-2:30 Caring4Others Crafting</p>
<p>12 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 10:30-11:30 Bingo * 12:00-1:00 Lunch 12:30-2:00 Out to Lunch Group (<i>Empress Court</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p>13 9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-4:00 Canasta 2:30-3:15 Chair Exercise*</p>	<p>14 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 1:00-2:00 Caring4Others Crafting</p>
<p>19 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 10:30-11:30 Bingo * 12:00-1:00 Lunch 12:30-2:00 Out to Lunch Group (<i>Sirna's</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p>20 9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 12:30-2:00 Iris Folding Class 1:00-4:00 Canasta 2:30-3:15 Chair Exercise*</p>	<p>21 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 1:00-2:00 Caring4Others Crafting</p>
<p>26 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 10:30-11:30 Bingo * 12:00-2:00 Out to Lunch Group (Cowboy's) 2:30-3:15 Drum Fit Exercise*</p>	<p>27 9:00-10:00 Big Breakfast! <i>Prior registration required</i> 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-4:00 Canasta 2:30-3:15 Chair Exercise*</p>	<p>28 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 1:00-2:00 Caring4Others Crafting</p>
<p><i>Bainbridge Senior Center</i> <i>17751 Chillicothe Road, Chagrin Falls, OH 44023</i> <i>440-279-1313</i></p>		<p><i>Becky O'Reilly</i> <i>Recreation & Education Coordinator</i> <i>David Craig</i> <i>Assistant Recreation & Education Coordinator</i></p>

West Geauga Sr. Center
(440) 279-2163

HIGHLIGHTS

Chair Volleyball is BACK at WGSC!!!!

Come and join us for a fun way to get some exercise every **Tuesday from 11:00-12:00**

Age Well Be Well Lunch & a Movie Jan 6

See UH Hospitals AWBW Calendar for Details.

Monday Mish Mosh w/Millissa

Jan 3- *Festival of Sleep Day*-Benefits of Sleep

Jan 10- Peculiar People Presentation

Jan 24th- Where in the World "Australia"

Jan 31- *Create Art Day* -Watercolor Greeting Cards

Monthly Breakfast at WGSC

Jan 14- Join us for some home made French toast, Bacon and fresh fruit. **Cost \$3**

Histories Mysteries

Jan 20- Blizzards of the Century

Quarterly Birthday Bash

Jan 25- Celebrating November, December and January Birthdays at WGSC!! A special Hot Lunch along with live entertainment from Tom Todd, and of course Cake & Ice Cream come and join the fun!! **Cost:\$7**

Quarterly Birthdays are only \$4

Registration is REQUIRED

Gauga Parks & Soup Luncheon Jan 26th

Gauga Parks will present their program, Bo dacious Beasts of Ohio's Ice Age at 11am followed by a soup luncheon. We will be serving pasta fagioli, chicken noodle soup and cream of broccoli soup with a variety of breads and crackers.

Program participation is FREE / Lunch participation is **\$5/person due by 1/19/21.**

You do not have to have lunch if you do the Park Program. For more information please call us at 440.279.2163.



MONDAY

TUESDAY

3	<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 11:00-12:00 <u>Monday Mish Mosh</u> 12:30-1:00 EZ Chair Exercise 1:00-3:30 Hand & Foot Card Game</p>	4	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 11:00-12:00 Chair Volleyball 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise</p>
10	<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 11:30-12:30 <u>Monday Mish Mosh</u> 12:30-1:00 EZ Chair Exercise 1:00-3:30 Hand & Foot Card Game</p>	11	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 11:00-12:00 Chair Volleyball 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise</p>
17	<p>ALL SITES CLOSED for MLK DAY</p>	18	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 11:00-12:00 Chair Volleyball 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise</p>
24	<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 11:30-12:30 <u>Monday Mish Mosh</u> 12:30-1:00 EZ Chair Exercise 1:00-3:30 Hand & Foot Card Game 1:30-2:30 Monday Mish Mosh (Where in the World? Australia)</p>	25	<p>9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 11:00-12:00 Chair Volleyball 12:00-1:30 <u>Quarterly Birthday Bash</u> with Tom Todd 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise</p>
31	<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:00 EZ Chair Exercise 1:00-3:30 Hand & Foot Card Game 1:30-2:30 <u>Monday Mish Mosh</u></p>		

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
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<p style="text-align: right;">5</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:00 EZ Chair Exercise 3:00-4:00 Wednesday Wuzzles (WX)</p>	<p style="text-align: right;">6</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 12:30-1:30 <u>UH AWBW Lunch-Movie</u> 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p style="text-align: right;">7</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-10:45 Cardio Drumming With Nathan 11:00-12:00 Chair Yoga 1:00-3:00 Smartphone 101</p>
<p style="text-align: right;">12</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:00 EZ Chair Exercise 3:00-4:00 Wednesday Wuzzles (WX)</p>	<p style="text-align: right;">13</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 12:30-1:30 BINGO 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p style="text-align: right;">14</p> <p>8:30-9:30 <u>Monthly Breakfast</u> 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-10:45 Cardio Drumming With Nathan 11:00-12:00 Chair Yoga 1:00-3:00 Smartphone 101</p>
<p style="text-align: right;">19</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:00 EZ Chair Exercise 3:00-4:00 Wednesday Wuzzles (WX)</p>	<p style="text-align: right;">20</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 12:30-1:30 Histories Mysteries 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p style="text-align: right;">21</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-10:45 Cardio Drumming With Nathan 11:00-12:00 Chair Yoga 1:00-3:00 Smartphone 101</p>
<p style="text-align: right;">26</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 11:00-12:00 <u>Geauga Parks Prg.</u> 12:00-12:45 <u>Soup/Bread Lunch-In</u> 12:30-1:00 EZ Chair Exercise 3:00-4:00 Wednesday Wuzzles (WX)</p>	<p style="text-align: right;">27</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Strength & Cardio -Sandy 12:30-1:30 BINGO 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p style="text-align: right;">28</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-10:45 Cardio Drumming With Nathan 11:00-12:00 Chair Yoga 1:00-3:00 Smartphone 101</p>

Lunch is served Mon thru Fri from **12:00-12:30pm. ALL Seniors MUST make a RESERVATION IN ADVANCE to receive a lunch.**

Reservations **must be** received by Monday **of the week prior** to your lunch request. ALL lunch reservations can be made by calling the WGSC or by using our "Congregate Lunch" sign-up binder located in the WG Dining Room.



West Geauga Senior Center
8090 Cedar Rd
Chesterland Ohio 44026
440-279-2163
Rec/Ed Coordinator
– Christine Bacon
Assistants-Millissa B. & Nathan G.
I&R Assistant-Debbie M.

INFORMATION AND MORE
January 2022

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

Please Call to Make Your Reservation for ANY Event Including Lunch
440.632.0611

***CRAFTING Mondays 1:00pm**
You must register the Wednesday before the craft.

- Jan. 3: Wine Glass Candleholders \$2 each
- Jan. 10: Burlap Flowers \$4 per Person
- Jan. 24: Wine Bottle Art \$3 per Bottle
- Jan. 31: Wooden Snowman! \$3 Each!

***OUTINGS**

Tuesday, Jan. 4: Dutch Country
Deadline to Register, Jan. 3

Tuesday, Jan.25: Middlefield Tavern
Deadline to Register, Jan. 14

***SOUPER LUNCH!**

Now on THURSDAYS: 12:00 noon \$5
Deadline for Reservations, the Tuesday before.
(GDA lunches still available at 11:30)

- Jan. 6: Chicken Noodle Soup*
- Jan. 13: Broccoli Cheddar
- Jan. 20: White Chicken Chili
- Jan. 27: Beef Barley Veggie Soup

HOT CHOCOLATE BAR

Wednesday, Jan. 12, 11:00am
Hot Chocolate & toppings & homemade Peanut Butter Cookies! \$2 donation, Deadline: Jan. 7 for registration

***INSTANT POT & AIR FRYER DEMO**
Tuesday, Jan.11, 11:00. Learn to use 'em!
You must make a reservation!

BAKED POTATO BAR!

Wednesday, Jan. 26:
Bakers, Toppings & Dessert \$5 per person, Deadline: Jan 21

***BLUEBERRY & SAUSAGE, BRUNCH OR LUNCH**

Friday, Jan. 28: 9:30 to noon! \$5 per person
Deadline to Register, Wednesday, Jan. 26.

























YOU MUST REGISTER.
440.632.0611

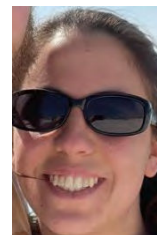
Middlefield Sr. Center
440-632-0611

Mon	Tue
<p>National Drinking Straw Day 3</p> <p>8:30-9:30 Social Hour  10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting </p>	<p>National Trivia Day 4</p> <p>8:30-9:30 Social Hour  11:30 LUNCH OUT! Dutch Country 11:30 GDA Lunch 1:00-3:00 Chair Volleyball </p>
<p>Bittersweet Chocolate Day 10</p> <p>8:30-9:30 Social Hour  10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting </p>	<p>National Milk Day 11</p> <p>8:30-9:30 Social Hour  11:00 Instant Pot & Air Fryer Demo 11:30 GDA Lunch 1:00-3:00 Chair Volleyball </p>
<p>MARTIN LUTHER KING JR. DAY 17 ALL CENTERS CLOSED</p>	<p>Dress Up Your Pet Day 18</p> <p>8:30-9:30 Social Hour  11:30 GDA Lunch 1:00-3:00 Chair Volleyball</p>
<p>National Peanut Butter Day 24</p> <p>8:30-9:30 Social Hour  10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting </p>	<p>National Opposite Day 25</p> <p>8:30-9:30 Social Hour  11:30 GDA Lunch 11:30 LUNCH OUT! Middlefield Tavern 1:00-3:00 Chair Volleyball </p>
<p>National Backward Day 31</p> <p>8:30-9:30 Social Hour  10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting </p>	 

Middlefield Sr. Center

15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
<i>National Bird Day</i> 5	<i>National Bean Day</i> 6	<i>National Bobble head Day</i> 7
8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:30 GDA Lunch 12:30-2:30 Movie Time! 	8:30-9:30 Social Hour  11:30 GDA Lunch Souper Lunch \$5 12:00 Chicken Noodle  1:00-3:00 Chair Volleyball	8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise Big Screen 11:30 GDA Lunch  1:00-3:00 Chair Volleyball
<i>Hot Chocolate Bar Day!</i> 12	<i>National Rubber Duck Day</i> 13	<i>National Hat Day</i> 14
8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:00 Hot Chocolate Bar 11:30 GDA Lunch 1:00-2:00 BINGO! 	8:30-9:30 Social Hour  11:30 GDA Lunch Souper Lunch \$5 12:00 Broccoli Cheddar 1:00-3:00 Chair Volleyball 	8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise Big Screen 11:30 GDA Lunch 1:00-3:00 Chair Volleyball 
<i>National Popcorn Day</i> 19	<i>National Disc Jockey Day</i> 20	<i>Squirrel Appreciation Day</i> 21
8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:30 GDA Lunch 12:30-2:30 Movie Time! 	8:30-9:30 Social Hour  11:30 GDA Lunch 12:00 Souper Lunch \$5 White Chicken Chili 1:00-3:00 Chair Volleyball 	8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise Big Screen 11:30 GDA Lunch 1:00-3:00 Chair Volleyball 
<i>National Green Juice Day</i> 26	<i>National Chocolate Cake Day</i> 27	<i>Blueberry Pancake Day</i> 28
8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:30 GDA Lunch 12:00 Baked Potato Bar!* 1:00-2:00 BINGO! 	8:30-9:30 Social Hour  11:30 GDA Lunch 12:00 Souper Lunch \$5 Beef Barley Veggie Soup  1:00-3:00 Chair Volleyball	8:30-9:30 Social Hour  9:30-12:00 Pinochle 10:00 Exercise Big Screen Blueberry 9:30-12:00 Pancakes!* PJ Party! 11:30 GDA Lunch 1:00-3:00 Chair Volleyball 



NEW! In January!
Balance Exercise
With
GINNY!

MONDAYS & WEDNESDAYS
10:00am

NEW PINOCHLE GROUP AT CHARDON SENIOR CENTER

Interested in playing pinochle at Chardon Senior Center? We're starting a new group on Wednesday mornings from 9am-11am, and we'd love for you to join! Stop on in to see what's going on!

UPCOMING DRIVE-THRU EVENT AT CHARDON SENIOR CENTER

Love is in the air, and what better way to show you our affection than by showering you with treats? Heather Hill is sponsoring a Valentine's Drive Thru, where we'll be handing out brownie pops and Love Potion punch at Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) on Wednesday, February 2nd from 12:00pm – 12:30pm.

Give us a call at (440) 279-2126 so we know to order treats for you! There are a limited number of spots available, so call soon. Want a curbside lunch as well? Let us know by Friday, January 28th. Lunch menus can be found in the newsletter for that month. Treats and lunch menu may be subject to change, and drive-thru dates are weather depending. We're looking forward to seeing you!

BIRTHDAY BASH AT WGSC!!!!

Our new exercise/Event Room is finally complete!!! We will be having our Birthday Bash celebrations changed to "Quarterly" parties beginning in January 2022. Our first Bash will be JAN 25th from 12:00-1:30pm celebrating ALL NOVEMBER-DECEMBER-JANUARY (Last 2 and current month). **Cost for Non-Birthdays will be \$7, those that have a birthday that falls within the "Current quarter" are only \$3.** Registration for all Birthday Bashes is **REQUIRED**, deadline will always be 1 week prior to the event. The following Quarterly Bash will be held in April to celebrate all FEB-MAR-APR birthdays. Call WGSC for any questions or more information. 440-279-2163

THE CUPID CRUISE

A Valentine Drive-Through Event. As a token of our appreciation for our Geauga County Seniors, please join us for The Cupid Cruise! The event will take place on Thursday, February 10, 2021 at 1:00 p.m. at the Bainbridge Senior Center, located at 17751 Chillicothe Road, Bainbridge.

Cruise on through our parking lot for a special Valentine's lunch and receive a special treat from Cupid!

This is a free event; open to any senior currently registered with GDA, or able to register by the registration date; reservations are required by January 27 by calling David or Becky at 440-279-1313. Space is limited, so call today to make your reservation!

CRAFTING WITH MIDDLEFIELD

Mondays at 1:00pm. Please call to register the Tuesday before! 440.632.0611.

January 3: Wine Glass Candleholders, \$2 each. January 10: Burlap Flowers, \$4 per person.

January 24: Wine Bottle Art, \$3 per bottle, January 31: Paint a wooden Snowman! \$3 each.

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 every month. Bring your brown bag lunch. Entertainment and refreshments will be provided.

At the January 7 meeting we will have musical entertainment by Joel Scigliano. Our speaker on January 21 will be Gary Hunter who will "Take a ride along Rt. 6."

Remember that January is the time to come to a meeting and pay your dues of \$20 for the year. It's that time of year again! If the West Geauga Schools are closed for snow days, our meeting is cancelled. You will not receive a call. Be sure to listen to the morning news for school closings.

Do you Qualify for Assistance with Your Medical Bills or Prescription Medicines?

If you meet the income guidelines below, contact the Geauga Department on Aging at 279-2130 for assistance to apply!
Medicare Savings Programs (MSPs)

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

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

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

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

QMB			SLMB			QI		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,094	\$ 7,970	Single	\$1,308	\$ 7,970	Single	\$1,469	\$ 7,970
Married	\$1,472	\$11,960	Married	\$1,762	\$11,960	Married	\$1,980	\$11,960

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

HANNAH'S HELPFUL HINTS

You know those little tips and tricks that you pick up in life that you didn't know you needed, but once you found out about them, they are a total game-changer? Well Hannah has the program for you! Hannah is full of helpful knowledge – from kitchen hacks and preparation, to things to you can do during your normal day. Join us on Tuesday, January 11th at 10:30am at Chardon Senior Center for Hannah's first presentation about organizing for the new year on a budget!

BALANCE EXERCISE CLASS AT WEST G IS CHANGING DAYS!

Beginning in January of 2022 West G will be making some changes and Balance Exercises will be moving to every Tuesday and Thursday at 1:30pm.

Registration for the class will no longer be required and is open to any registered senior.

Call 440.279.2163 for more information.

OUTINGS WITH MIDDLEFIELD

Please call to register: 440.632.0611. Tuesday, January 4: Lunch Out at Dutch Country, 11:30am.

Tuesday, January 18: Lunch Out at Middlefield Tavern, 11:30am.

FEBRUARY BREAKFAST AND "THE DIONNE QUINTUPLETS" PRESENTATION

Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) is hosting a February breakfast, featuring pancakes, sausage, juice, and coffee on Friday, February 18th from 9:30am-10:30am. Cost is \$5, and deadline for payment and registration is Friday, February 4th, or until the event is full. Let us know if you'd like to stay for Kathie Doyle's "The Dionne Quintuplets" presentation at 10:30am.

The Dionne Quintuplets are the first quintuplets known to survive their infancy. Join Kathie Doyle at Chardon Senior Center and learn amazing details about the lives of "The Dionne Quintuplets" 10:30am on Friday, February 18th for this FREE presentation. Please call to register – seating for presentation is limited, so call soon! Join us either for our pancake breakfast beforehand (\$5, due 2/4/22), or a donation based lunch afterwards (RSVP by 2/4/22).

Call (440) 279-2126 with any questions!

Geauga Walkers

Date	Park	Parking
Jan 4	North Chagrin Reservation	“Chickadee” Trail - Bring Bird Seed AB Williams Woods Parking Lot, Past Nature Center
Jan 11*	Beartown Lakes Reservation	18870 Quinn Road, Auburn/Bainbridge Twp North Point Shelter; Snowshoeing Available, if snow
Jan 18	Whitesburg Preserve	End of High Street, Chagrin Falls
Jan 25*	The Rookery	10110 Cedar Road, Munson, North of Fairmount or West of Auburn Road; Snowshoeing Available, if snow

All walks begin promptly at 1:00PM. * A Naturalist will accompany us on these walks. PLEASE CONTINUE TO REGISTER FOR ALL GPD-LED WALKS ONLINE AT GEAUGAPARKDISTRICT.ORG OR CALL GPD AT (440) 226-4636. THIS REQUEST ALLOWS PARK TO NOTIFY ATTENDEES IF UNEXPECTED PARK CLOSURE OR SEVERE WEATHER. ONE PHONE CALL WILL REGISTER FOR THREE MONTHS; I.E., October, November, December. MASKS NO LONGER REQUIRED!!!!!!

WALKING FOR WELLNESS!

Every Wednesday at 1:00pm.

Join the Geauga County Department on Aging and UH Geauga for our “Walking for Wellness” program. Walking has shown to help with weight management, reducing stress, and increasing energy levels. Group walking programs can help you reach your personal wellness goals! Open to all fitness levels.

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

Date	Park	Address
1/5/2022	The Rookery	10110 Cedar Road, Chesterland 44026
1/12/2022	Chapin Forest Pine Lodge Cross Country Ski Center	10381 Hobart Road, Kirtland 44094
1/19/2022	Tupelo Pond	9373 Ravenna Road, Chardon 44024
1/26/2022	Beartown Lakes Reservation North Point Shelter	18870 Quinn Road, Bainbridge 44023

HISTORIES MYSTERIES AT WGSC

January 20- Join us for a BLIZZARDS of the CENTURY documentary on the BIG SCREEN!!! Learn the history of some of the worst blizzards on record!!!! 12:30-1:30pm at the WG Senior Center. NO Registration will be required, just come on in and join us.

ELDERBERRIES: WOODPECKERS

January 20th from 1:00-2:30pm at The West Woods Nature Center (9465 Kinsman Rd, Novelty 44072). Seniors, join us to learn about the variety of woodpeckers that call Geauga Park District home, including our park mascot, Tapper! Refreshments served. A collaboration with Geauga Department on Aging and University Hospitals Geauga Medical Center. Registration required.

Please call the Geauga Park District at 440-286-9516 to register.

JANUARY BREAKFAST AND “FAMOUS WOMEN IN HISTORY PART 3” PRESENTATION

Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) is hosting a January breakfast, featuring a Bacon, Egg, & Cheese Strata, hash browns, juice, and coffee on Friday, January 28th from 9:30am-10:30am. Cost is \$5 and the deadline for payment and registration is Friday, January 14th, or until the event is full. Let us know if you'd like to stay for Kathie Doyle's "Famous Women in History You Never Heard About: Part 3" presentation at 10:30am.

Women have made an enormous contribution to society throughout history. You've heard of some of the more well-known ones, but how about those you didn't? Join Kathie Doyle at Chardon Senior Center for the 3rd installment of "Famous Women in History You Never Heard About." 10:30am on Friday, January 28th for this FREE presentation. Please call to register – seating for presentation is limited, so call soon! Join us either for our Bacon, Egg, and Cheese Strata breakfast beforehand (\$5, due 1/14/22), or a donation based lunch afterwards (RSVP by 1/14/22).

Call (440) 279-2126 with any questions!

GEAUGA COUNTY DEPARTMENT ON AGING

Lunch and Learn with the Geauga Park District at Bainbridge Senior Center,
17751 Chillicothe Road, Bainbridge Twp. 440-279-1313

On Friday, February 11, 2022

BODACIOUS BEASTS OF OHIO'S ICE AGE

Mammoths, mastodons, elk-moose, and short-faced bear are just some of the incredible animals that lived in Ohio at the end of the Ice Age. We'll learn about them and many others whose ancient remains have been discovered in Ohio and surrounding areas.

Lunch will be ordered ahead of time from Brickhouse Burgers, and will be served at the senior center at 12:30 p.m. (call BSC for meal selection, and payment arrangement). After lunch, at 1:00 p.m., enjoy the educational program with a Naturalist from Geauga Park District!

Sign up by February 3, 2022, by calling the Bainbridge Senior Center at 440-279-1313.

You can sign up for both the lunch and the program; just for lunch; or just for the program!

CUISINE & CULTURE: EXPLORING PERU

Thursday, January 27th from 12:00-1:30pm at the West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). Peru is home to one of the "New Seven Wonders of the World" – Machu Picchu! What else is Peru famous for? Come and enjoy a typical Peruvian meal while we hear about the beautiful mix of Hispanic and Native traditions.

Menu: Stuffed Peppers, Potatoes, Corn and dessert. **Free.**

Please call Melissa Wheeler at 440-279-2167 to register.

HEATHER HILL WEBEX IN PERSON COOKING DEMO

Chef Jason is back for 2022 to bring us some delicious meals, and this time, he is in person at Chardon Senior Center! Our first demo of the new year will be held on Wednesday, January 19th at 12pm. Come and enjoy the lunch while Chef Jason talks about how he prepared it.

Because this will be an in-person event, **numbers are limited!** Call (440) 279-2126 to sign up ASAP. There will be no Heather Hill curbside meals available, but those wishing to can still view the cooking demo on the Chardon WebEx link. Demo participants must be present for lunch – no meals to go for others!

MONDAY MISH MOSH WITH MILLISSA

Call 440.279.2163 for more information.

MON. JAN. 3rd – CELEBRATE FESTIVAL OF SLEEP DAY

Presentation on the benefits of a good night sleep.

11:00am – RSVP by 12/27 – No Charge

MON. JAN. 10th – CELEBRATE PECULIAR PEOPLE DAY

Join us for a presentation on some of the most peculiar people in Hollywood.

11:30am – RSVP by 1/3 – No Charge

MON. JAN. 24th – WHERE IN THE WORLD

WGSC will be bringing back the Where in the World Passport Program for 2022!

January we will take a trip to Australia and learn about the history of the island as well as one of the most known attractions, The Great Barrier Reef. Following the presentation, you will be making your own coral reef sponge framed picture.

1:30pm – RSVP by 1/14 – No Charge

MON. JAN. 31st – CREATE ART DAY

It's National Create Art Day and we are making watercolor greeting cards. Each participant will make 3 unique, handmade greeting cards using a watercolor effect. No experience necessary and all supplies provided.

1:30pm – RSVP by 1/24 – Donations Accepted.

CELEBRATE NATIONAL SOUP MONTH WITH WEST G!

Wed. Jan. 26th – 11am till 1pm - \$5/person (program and lunch) – RSVP by 1/19/21

Geauga Parks will present their program, Bodacious Beasts of Ohio's Ice Age at 11am followed by a soup luncheon. We will be serving pasta fagioli, chicken noodle soup and cream of broccoli soup with a variety of breads and crackers. Program participation is FREE / Lunch participation is \$5/person due by 1/19/21. You do not have to have lunch if you do the Park Program.

For more information please call us at 440.279.2163.

PARKINSON'S SUPPORT GROUP

Tuesday, January 18th at 12:30pm at Everybodies Gym (357 Washington St, Chardon 44024) Dave Nelson, Certified Physical Therapist, will be discussing how to maintain and improve posture with Parkinson's. If you have a large foam roller, please bring with you to support group.

Please call Sandy McLeod at 440-279-2137 to reserve your seat.

WGSC MONTHLY BREAKFAST – FRIDAY, JAN. 14TH AT 9AM

\$3/person – RSVP by Jan. 7th by calling 440.279.2163

January's menu will be: French Toast, Bacon, Fresh Fruit and Beverages.

Serving will begin at 9am and end at 9:30am – hope to see you there!

HOT CHOCOLATE BAR AT MIDDLEFIELD

Wednesday, January 12, 11:00am. Hot Chocolate & toppings & homemade Peanut Butter Cookies!
\$2 donation, Deadline: January 7 for Registration, 440.632.0611.

DRUM-FIT EXERCISE IS NOW BEING OFFERED IN-PERSON AT

Bainbridge Senior Center, 17751 Chillicothe Road, Bainbridge

Mondays and Wednesdays, starting in January 2022, from 2:30PM until 3:15PM.

This is an instructor-led choreographed drumming exercise class that can be done either sitting in a chair, or standing up. Come check it out!

NEW AT MIDDLEFIELD, EXERCISE WITH GINNY!

Monday & Wednesdays at 9:30. Balance exercise LIVE at the Middlefield Senior Center.
Come join us! 440.632.0611

THE BAINBRIDGE BIG BREAKFAST!

At the Bainbridge Senior Center (17751 Chillicothe Road)
On Thursday, January 27, 2022 from 9:00 a.m. until 10:00 a.m.
Veterans eat FREE! January Birthdays eat FREE! All others pay \$5.00
Registration is required by 01/20/22 by filling out the registration form on page 22 and returning it to
Bainbridge Senior Center at 17751 Chillicothe Rd, Chagrin Falls, OH 44023
Please indicate on the registration form if you are a Veteran or if your Birthday is in January.

INSTANT POT & AIR FRYER DEMO – MIDDLEFIELD SENIOR CENTER

Did you receive one of these kitchen-aides for Christmas, but don't know how to start? Come to
Middlefield Senior Center, Tuesday, January 11th, at 11:00, for demos of an Instant Pot and a Ninja
Air Fryer. Demo will include samples! Space will be limited so call to register now! 440.632.0611.

OUT TO LUNCH AT MANGIA

Located at 11081 Kinsman Rd, in Newbury Township, on Tuesday, January 18th at 11:30am.
Let's meet up for lunch! Join us at Mangia! Mangia at 11:30AM to see each other and catch up.
Call Chardon Senior Center at (440) 279-2126 to RSVP by Tuesday, January 11th!
Coming in February: JC's Restaurant in Burton on Tuesday, February 15th @ 11:30am.

“IRIS FOLDING” GREETING CARD MAKING WORKSHOP

at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge), on Thursday, January 20.
Workshop begins at 12:30 p.m., with Workshop Instructor: Phyllis Knapp
\$1.50 per card, payable to the instructor the day of workshop
Call 440-279-1313 to register by 01/13/22.

Iris folding is a paper craft technique that involves folding strips of colored paper in such a way to
form a design. The center of the design forms an iris—a shape reminiscent of the iris diaphragm of
a camera lens. Our instructor brings all the supplies you will need, and guides you through how to
make beautiful greeting cards!

PARKMAN 55+ CLUB

January and February Meetings – January 6 and February 3 – No meeting these months. We are
looking for new members to join us at our monthly meetings. We meet on the first Thursday of every
month, except for January and February. The only requirement is to be 55 or older from any area in
county. We have good fellowship, great food and fun entertainment.
For additional information call our President Linda Bell at (440) 554-9201,
or Doris Schwendeman at (440) 632-5461.

SOCIAL WORK APPOINTMENTS

Have a question for a social worker, such as Medicare, housing, or home healthcare?
Reba Dykes can meet with you at the Chardon Senior Center (12555 Ravenwood Dr, Chardon
44024) the second Wednesday of each month from 8:30am-10:30am.
If you have any questions that you need answered please call
Reba to make an appointment at (440) 279-2143.

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

Thursday, January 6th from 12:00-2:30pm 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. Accepting reservations beginning December 23rd. **Please call 440-214-3180 to register.**

CHAIR VOLLEY BALL IS BACK AT WGSC!!

Beginning in January 2022, our Chair Volleyball will be all NEW!!! New Room, New Day & Time!! New Year!!! Chair Volleyball will be held **each & every Friday morning from 10:00-11:00am**. No sign-up required, just walk in, and come and join the fun!!!

A NOSH WITH NATALIE IS BACK!

On Tuesday, January 25th at 10:30am, Natalie will be giving her hand at making a dish or two at Chardon Senior Center. Did we mention that Natalie is an amateur and doesn't really know what she's doing? For anyone who feels they aren't qualified to be in the kitchen, come and join Natalie as she follows a recipe, cross your fingers that it will come out okay, and sample the wares! It might not be perfect, but we're gonna try to do it anyway! In honor of the Chinese New Year at the beginning of February, we are going to try some Baked Sesame Chicken and Chinese Almond Cookies. RSVP to (440) 279-2126 to let us know you'll be there – a limited number of spots are available, so call ASAP! Want to stay for lunch? Let us know by Friday, January 14th. And mark Friday, February 25th on your calendar for our next nosh!

CHARDON FRIDAY YOGA CLASS UPDATE

Chardon Senior Center's Friday yoga held from 10:30am-12pm with Anne Ondrey will be solely available through her Zoom link until further notice. Registered seniors who are interested in joining Anne's class may contact her by e-mailing her at theyogapathonline@gmail.com or by calling her at (440) 278-0065. **Class is \$4.00 per session.**

QUILTING GROUP

Chardon Senior Center will now offer a place for quilters to come and work on their projects in the dining room. Beginning in January, the Quilting group will meet every Monday from 10:00am-12:00pm. At this time, we do not have an instructor for beginners, but please feel free to join the group to socialize! If you are someone who would be interested in helping others learn to quilt, please call Chardon Senior Center at 440-279-2126 to volunteer. We have many members who would love to learn!

DIABETES SELF-MANAGEMENT CLASS

March 25th through April 29th - Every Friday from 12:30-3:00pm

UH Geauga EMS Training Center (Woodiebrook) / 602 South St, Suite C4 / Chardon, 44024

Take charge of your health! If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health – and your life! To register, please call Melissa Wheeler at 440-279-2126. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

MATTER OF BALANCE CLASSES

January 25th through February 18th - Every Tuesday & Friday from 1:00-3:00pm.

UH Geauga EMS Training Center (Woodiebrook) / 602 South St, Suite C4 / Chardon, 44024

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this class can make a difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling. To register, please call Melissa Wheeler at Chardon Senior Center at 440-279-2126. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

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

Wednesday, January 5th (1st Wednesday of each month) - at Geauga West Library from 11:30 to 12:30 with an out to lunch to follow for those interested. Discussing: *The Summer I Met Jack* by Michelle Gable

Thursday, January 13th (2nd Thursday of each month)- at Burton Library from 1:30 to 3:00pm. Discussing: *American Dirt* by Jeanine Cummins

Discussion books are available to loan at hosting Library's front desk, call to have them reserve a book for you!

ATTENTION WOODCARVERS!

Do you enjoy woodcarving as a hobby?

Are you looking for others who like it as well, to spend some time and socialize with as you work on projects? We're looking for interested seniors who would like to join our woodcarving group. No experience is necessary, and tools can be provided until you decide if you want to pursue it. Give Chardon Senior Center a call at (440) 279-2126 for more information.

CHAIR YOGA AT BAINBRIDGE SENIOR CENTER

We have a new wellness class at the Bainbridge Senior Center! Chair Yoga takes place every Wednesday and Friday from 9:40 a.m. – 10:30 a.m. at the Bainbridge Senior Center, 17751 Chillicothe Road, Bainbridge.

Cost of class is \$3.00 per session, payable to the instructor.

Be sure to bring your yoga mat!

INTERESTED IN MAH-JONGG, OR LEARNING HOW TO PLAY?

Chardon Senior Center is looking for Mah-Jongg players to join their Wednesday afternoon group. For those who would like to learn how to play, a beginner's classes is available on Wednesdays from 1:00pm-4:00pm. Call (440) 279-2126 to let us know if you would like to join the fun!

BLUEBERRY PANCAKES & SAUSAGE BRUNCH OR LUNCH AT MIDDLEFIELD

Friday, January 28, 9:30-12:00noon! \$5 per person, please register, deadline is Wednesday, January 26. 440.632.0611.

GEAUGA COUNTY SENIORS REGISTRATION FOR EVENTS

Please fill out registration form and mail to GDA at 12555 Ravenwood Drive, Chardon OH 44024

Event: _____ Location: _____

Cost: _____ Amount Enclosed _____ Event Date (s) _____

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Emergency Contact _____ Phone # _____

Registered with GDA for 2022? 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 2022? 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 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.

JANUARY 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
3 BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	4 KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	5 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	6 SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	7 GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP
10 HAMBURGER ON BUN SEASONED WEDGED POTATOES KETCHUP & MUSTARD PC CAULIFORNIA BLEND PINEAPPLE TIDBITS	11 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	12 SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	13 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	14 SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL
17 GDA Closed Martin Luther King Day	18 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	19 CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	20 BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	21 BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI WHITE BREAD MIXED FRUIT CUP
24 SLOPPY JOE SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	25 BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	26 KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	27 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	28 SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP
31 GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	Feb 1 HAMBURGER ON BUN SEASONED WEDGED POTATOES KETCHUP & MUSTARD PC CAULIFORNIA BLEND PINEAPPLE TIDBITS	Feb 2 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	Feb 3 SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	Feb 4 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS

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
12555 Ravenwood Drive
Chardon, Ohio 44024

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DEPARTMENT ON AGING



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Hours: 8:00 am to 4:30 pm
440-279-2130

JANUARY

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