

February 2022

The Geauga SENIOR NEWS

IN THIS
TOGETHER



GEAUGA COUNTY
DEPARTMENT ON AGING

ATTENTION TAX PAYING SENIORS CITIZENS

Tax assistance will again be available to Geauga County seniors, sixty (60) years of age and older, at the Geauga County Department on Aging, located at 470 Center Street Bldg 2, in Chardon. The Geauga Department on Aging will offer this free service by appointment only, through Friday, April 8th. Tax assistance will be available from Volunteer Income Tax Assistance (VITA) trained and certified personnel. Tax preparers will be using the electronic E-filing method.

The volunteers who help prepare taxes will **need two (2) forms of identification from each taxpayer who is receiving tax assistance**; one of the forms of identification must be a photo identification (passport, drivers license (U.S.), state identification card, military identification card, etc.). The second identification form can be an original or a copy of your social security card, ITIN card or letter, if applicable.

Do not discard your end of year Social Security Statement – This indicates the benefits you have received.

You will have the option to have your refund deposited directly into the bank account of your choice. Please bring bank routing and account numbers with you to your appointment.

Please have the following items for your 2021 tax filing appointment:
Tax forms (1099, T1 etc.), Bank statements, Receipts, End of Year Social Security Statement, W2's, 2 forms of identification, 2020 tax return for comparison, Bank routing & account number for direct deposit of refund check

Tax appointments are limited, please call today.
Thank you for your patience & understanding. To schedule an appointment for tax assistance, call (440) 279-2130 Monday through Friday, 8:30AM-4:00PM





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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!

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

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

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 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.

HEATING ASSISTANCE AVAILABLE

Application Deadline: May 31, 2022

The Ohio Department of Development and Geauga County Department on Aging want to remind Ohioans 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. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). 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, 2022.

For more information about HEAP, contact Geauga County Department on Aging at 440-279-2130. 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

February 2022

Monthly Highlights

Thursday, February 3rd: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Accepting reservations January 20th.
Call 440-214-3180 to register. 12:00pm.

Tuesday, February 15th: Parkinson's Support Group
Valentine Luncheon and activities at Chardon Senior Center (12555 Ravenwood Dr, Chardon). Come dressed in your best Valentine attire! Spouses welcome. Cost is \$5 per person and you must call Sandy McLeod at 440-279-2137 to RSVP. 12:30pm


Thursday, February 17th: Elderberries
Join us at the West Woods (9465 Kinsman Rd, Novelty 44072) to discover the cultural history, natural history and geology of Welton's Gorge, one of Geauga Park's newest parks, through pictures and stories. Refreshments served. Registration required by calling Geauga Park District at 440-226-4695. 1:00pm

Thursday, February 24th: Cuisine & Culture
China is home to one of the "New Seven Wonders of the World" - The Great Wall of China! What else is China famous for? Come enjoy a typical Chinese meal while we hear about the beautiful mix of tradition, culture and cuisine in China. Menu: Chicken stir-fry with vegetables and dessert. 12:00pm. Free. Munson Township Community Room (12210 Auburn Rd, Chardon). 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. Call Melissa Wheeler at 440-279-2167 for more info.

Walking for Wellness: Wednesdays at 1:00pm
2/2 - Punderson State Park (11755 Kinsman Rd, Newbury)
2/9 - Orchard Hills (11340 Caves Rd, Chesterland)
2/16 - Maple Highland Trail - Big Creek Spur (9280 Ravenna Rd, Chardon)
2/23 - Penitentiary Glen Reservation (8668 Kirtland Chardon Rd, Willoughby)
Call Melissa Wheeler at 440-279-2167 for info.

MONDAY	TUESDAY
	1
	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
7	8
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
14	15
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 12:30-1:30 Parkinson's Support Group CSC 1:00-2:30 Geauga Walkers OS 1:00-3:00 Matter of Balance OS
 HAPPY PRESIDENT'S DAY	21
OFFICES CLOSED	22
	10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS
28	
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
2 8:30-11:30 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS	3 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	4 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 1:00-3:00 Matter of Balance OS
9 8:30-11:30 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	10 10:00-11:00 Strength & Cardio WG 1:30-3:00 Book Discussion BL	11 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 1:00-3:00 Matter of Balance OS
16 8:30-11:15 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	17 10:00-11:00 Strength & Cardio WG 1:00-2:30 GPD Elderberries OS	18 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 1:00-3:00 Matter of Balance OS
23 8:30-11:30 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	24 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture OS	25 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
	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

Wednesday, February 2:
Valentine's Drive Thru Sponsored by Heather Hill. Serving brownie pops and Love Potion Punch. Preregistration required. 12pm.

Tuesday, February 8:
Hannah's Helpful Hints We're finding out the pros and cons of using chemical and natural methods to clean your home. Want to stay for lunch? Let us know by 1/28.

Wednesday, February 9:
"Bodacious Beasts of Ohio's Ice Age" presented by Geauga Park District 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. 10:30am.

Monday, February 14:
Book Club Meet to discuss the book Winter Garden by Kristin Hannah. 1pm.

Tuesday, February 15:
Iris Folding \$1.50 per kit.

Tuesday, February 15:
Out to Lunch JC's. Restaurant RSVP by 2/9. Meet at the restaurant at 11:30am.





Wednesday, February 16:
Heather Hill Cooking Demo. Menu TBA. Deadline is Friday, February 4, or until event is full. Limited number of spots available for this in-person event. 12pm.

Friday, February 18:
Pancakes & Sausage Enjoy a traditional pancake breakfast with sausage. Cost is \$5. 9:30am. Register by 2/4. Stay for Kathie Doyle's "The Dionne Quintuplets" presentation for free, beginning at 10:30am.

Friday, February 18:
The Dionne Quintuplets presented by Kathie Doyle. The Dionne quintuplets are the first quintuplets known to have survived their infancy. Join Kathie and learn amazing details about their lives. 10:30am. Call to RSVP. Come early for our Pancake Breakfast (\$5) or stay for lunch. Deadline is Friday, February 11th, or until event is full. Presentation is Free.


Friday, February 25:
Nosh with Natalie We're trying an Olive Garden Chicken Gnocchi Soup knockoff. Call to RSVP. Want to stay for lunch? Let us know by 2/11.

Chardon Senior Center 440-279-2126

MONDAY	TUESDAY
 <i>All you need is LOVE.</i> <small>~JOHN LENNON</small>	1 9:00-11:30 Woodcarving B 11:00-11:30 You Be the Judge D 11:00-12:00 Balance Exercises E & WE 11:30-12:30 Congregate Lunch D 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B
7 10:00-12:00 Rug Hooking B 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E 1:00-3:00 Ceramics B	8 9:00-11:30 Woodcarving B 10:30-11:30 Hannah's Helpful Hints D 11:00-12:00 Balance Exercises E & WE 11:30-12:30 Congregate Lunch D 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B
14 10:00-12:00 Rug Hooking B 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E 1:00-2:30 Book Club B <u>Winter Garden by Kristin Hannah</u>	15 9:00-11:30 Woodcarving B 10:00-12:00 Iris Folding (\$1.50) D 11:00-12:00 Balance Exercises E & WE 11:30-12:30 Congregate Lunch D 11:30-1:30 Out to Lunch: JC's Restaurant OS 12:30-1:30 Parkinson's Support E 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B
	22 9:00-11:30 Woodcarving B 10:30-11:30 Do You Remember? D 11:00-12:00 Balance Exercises E & WE 11:30-12:30 Congregate Lunch D 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B
 All Sites Closed	
28 10:00-12:00 Rug Hooking B 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E	Location Legend B - Basement E - Eastview Room PV - Pavilion D - Dining Room OS - Off Site RED are Health & Fitness Programs BLUE are Special Events & Activities 

Chardon Senior Center

12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; font-weight: bold;">2</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 Valentine's Drive Thru 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E</p>	<p style="text-align: right; font-weight: bold;">3</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; font-weight: bold;">4</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;">Stardust 1:00-4:00 Friday Bridge Group E</p>
<p style="text-align: right; font-weight: bold;">9</p> <p>9:00-11:00 Pinochle B 10:30-11:30 Geauga Park D Bodacious Beasts of Ohio's Ice Age 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; font-weight: bold;">10</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; font-weight: bold;">11</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;">Sleepless in Seattle 1:00-4:00 Friday Bridge Group E</p>
<p style="text-align: right; font-weight: bold;">16</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 <b style="text-align: center;">Cooking Demo D 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E</p>	<p style="text-align: right; font-weight: bold;">17</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; font-weight: bold;">18</p> <p>9:30-10:30 Pancake Breakfast (\$5) D 9:30-11:30 Stained Glass B 10:30-11:30 The Dionne <b style="text-align: center;">Quintuplets D 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;">The Princess Bride 1:00-4:00 Friday Bridge Group E</p>
<p style="text-align: right; font-weight: bold;">23</p> <p>9:00-11:00 Pinochle B 10:30-11:30 Nosh with Natalie D <b style="text-align: center;">Chicken Gnocchi Soup 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; font-weight: bold;">24</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; font-weight: bold;">25</p> <p>9:30-11:30 Stained Glass B 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;">Chocolat 1:00-4:00 Friday Bridge Group E</p>
		<div style="border: 1px solid black; padding: 5px;"> <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> </div>



Bainbridge Senior Center

(440) 279-1313

Monday	Tuesday
	1 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*
7 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee <i>(The Lady Eve)</i> 2:30-3:15 Drum Fit Exercise*	8 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*
14 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee <i>(Keeping the Faith)</i> 2:30-3:15 Drum Fit Exercise*	15 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*
21 	22 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*
28 8:30-9:30 All-Around Exercise (video) 9:30-10:30 Walking Group 12:00-2:30 Lunch and Movie Matinee <i>(Roman Holiday)</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 for lunch accepted and appreciated!

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, Feb. 24 at 9:00 for The Big Breakfast!
 Veterans eat FREE!
 February Birthdays eat FREE!
 All others pay just \$5.00!
 Reservations required by Feb. 17!
 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, February 17 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
2 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>Rusty Bucket, Solon</i>) 2:30-3:15 Drum Fit Exercise*	3 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*	4 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
9 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>Yours Truly, Chagrin</i>) 2:30-3:15 Drum Fit Exercise*	10 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 1:00 Cupid Cruise (<i>prior registration required</i>) <i>No Chair Exercise Today</i>	11 8:30-9:30 All-Around Exercise (\$3) 9:40-10:15 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:30-2:00 Lunch and Learn with Geauga Park District (<i>prior registration required</i>)
16 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>Zeppe's, Newbury</i>) 2:30-3:15 Drum Fit Exercise*	17 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*	18 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
23 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 (<i>Chicago Deli, Solon</i>) 2:30-3:15 Drum Fit Exercise*	24 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*	25 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
<i>Bainbridge Senior Center</i> <i>17751 Chillicothe Road, Chagrin Falls, OH 44023</i> <i>440-279-1313</i>		<i>Becky O'Reilly Recreation & Education Coordinator</i> <i>David Craig Assistant Recreation & Education Coordinator</i>

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 **Friday from 10:00-11:00**

CARDIO DRUMMING with Nathan

Fridays from 12:30-1:15: Come, Join us at WGSC and give cardio drumming a try. Its fun, easy, and you will get a cardio workout!! Limited to 8 per class, **Registration is REQUIRED**

Age Well Be Well Lunch & Movie Feb 3rd

See UH Hospitals AWBW Calendar for Details.

MUST BE REGISTERED WITH AWBW TO ATTEND

Call Dawn Damante for info: 440-214-3180

Chinese New Year Lunch-IN at WGSC

Feb 1st 11:30-2:00pm-come and celebrate Chinese New Year with us, there will be a Chinese meal menu to choose from, a Movie, and favors. **Cost \$12**

Monday Mish Mosh w/Millissa

Feb 14th- Famous Couples in history- 11:30-12:00 Celebrate Valentines Day as we dive into the lives of some of the most notorious couples in history.

Feb 14th-Sweet Treat Drive Thru

12:30-1:30 Join us for a celebration of LOVE by driving by our Drive Thru and receiving a box filled with LOVE (love means CANDY) Pre-Register by Feb 7th FREE EVENT

Feb 28th-Where in the World? Venezuela.

12:30-1:30 We will be traveling to Venezuela and the Angel Falls. We will sample Tajadas and Cocada while we learn about this beautiful country and one of its most known landmarks. **Registration Required by Feb 22nd**

Breakfast & Bingo at WGSC

Friday **Feb 11th** from 8:30-9:30am. Join us for Waffles w/strawberries & cream, Sausage links, heart shaped cinnamon rolls and hot beverage. Bingo with prizes will immediately follow. **Cost \$4 Register by Feb 7, 2022**

Magnificent Mother Earth

Feb 9th-The Beautiful World of the AMAZON A Georgeous Documentary takes us deep into the uncharted jungles of Peru.

Feb 16th-Indo-Pacific. The world of the Sulu Sea. Discovering the inhabitants of this relatively small Ocean-A Nature Lovers TREAT!!!

Paint a Margarita Glass

Feb 22nd- Celebrating Margaritas, Hand Paint your own margarita glass, sip on "mock on the rocks margaritas" and enjoy chips & Salsa **\$3 Deadline is Feb 15th**

ALL SITES WILL BE CLOSED ON FEB 21st in recognition of Presidents Day!

West Geauga Sr. Center

MONDAY TUESDAY



7

8:30-10:30 Italian Card Game
 9:30-10:30 Interval Exercise
 11:00-12:00 Chair Yoga
 1:00-3:30 Hand & Foot Card Game

14

8:30-10:30 Italian Card Game
 9:30-10:30 Interval Exercise
 11:00-12:00 Chair Yoga
 11:30-12:00 Famous Couples in History
 12:30-1:30 Sweet Treat Drive-Thru
 1:00-3:30 Hand & Foot Card Game

Happy Valentine's Day

21

CLOSED FOR PRESIDENTS DAY

28

8:30-10:30 Italian Card Game
 9:30-10:30 Interval Exercise
 11:00-12:00 Chair Yoga
 1:00-3:30 Hand & Foot Card Game
 12:30-1:30 Where in the World?
Venezuela

1

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise w/Sandy (WX)
 11:30-2:00 Chinese Lunch-in (\$12)
 12:00-3:00 Bridge Group
 12:30-1:00 EZ Chair Exercise
 12:30-2:30 Knit & Crochet
 1:30-2:15 Balance Exercise

8

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise w/Sandy (WX)
 12:00-3:00 Bridge Group
 12:30-1:00 EZ Chair Exercise
 12:30-2:30 Knit & Crochet
 1:30-2:15 Balance Exercise

15

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise w/Sandy (WX)
 12:00-3:00 Bridge Group
 12:30-1:00 EZ Chair Exercise
 12:30-2:30 Knit & Crochet
 1:30-2:15 Balance Exercise

22

9:00-11:00 Pinochle
 10:00-11:00 Exercise w/Sandy (WX)
 10:30-12:00 Paint a Margarita Glass(\$3)
 12:00-3:00 Bridge Group
 12:30-1:00 EZ Chair Exercise (video)
 12:30-2:30 Knit & Crochet
 1:30-2:15 Balance Exercise



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

WEDNESDAY	THURSDAY	FRIDAY
2	3	4
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:30 BINGO 1:30-2:30 <u>Valentine Craft (\$5)</u> 3:00-4:00 Wednesday Wordies (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 12:00-2:30 <u>UH AWBW Lunch-Movie</u> 12:30-1:00 EZ Chair Exercise 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan 1:00-3:00 Smartphone 101</p>
9	10	11
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:30 BINGO 1:30-2:30 <u>Magnificent Mother Earth</u> "Into the World of the AMAZON" 3:00-4:00 Wednesday Wordies (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 12:30-1:00 EZ Chair Exercise 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p>8:30-9:30 <u>Breakfast & Bingo (\$4)</u> 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan 1:00-3:00 Smartphone 101</p>
16	17	18
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 12:30-1:30 BINGO 1:30-2:30 <u>Magnificent Mother Earth</u> "Indo-Pacific & the Sudu Sea" 3:00-4:00 Wednesday Wordies (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 12:30-1:00 EZ Chair Exercise 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan 1:00-3:00 Smartphone 101</p>
23	24	25
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (Video) 11:00-12:00 Chair Yoga (Video) 12:30-1:30 BINGO 3:00-4:00 Wednesday Wordies (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Puzzles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan 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
February 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.

***Feb. 7: Calling All Crafters!** We will be making "Valentines" for our Home Delivered Meals Clients—FREE
AND Homemade Whoopi Cushions just for FUN!

***Feb. 14: Heart Baskets!** \$2 per person

***Feb. 28: Paint a Leprechaun!**
\$3 per Leprechaun

OUTINGS

***Tuesday, Feb. 1: Chinese New Year Tai Pan Lunch, please register by Jan. 31.**

***Tuesday, Feb. 22, Happy Margarita Happy Hour at El Patron, 3:15.**

***MAKE YOUR OWN PIZZA DAY!**
\$5 Per Person, we will bake it for you!
Payment deadline: Feb. 7.

***SOUPER LUNCH!**

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

- Feb. 3: Minestrone Soup
- Feb. 10: Potato & Ham Casserole
- Feb. 17: Stuffed Cabbage Soup
- Feb. 24: Chili & Fixins

***LUNCH IN!**

















Ordering in from Ferroni's. Must be ordered and paid for by Friday, Feb. 11

***CHRISTMAS CASSEROLE, BREAKFAST**

Friday, Feb. 25: 9:30
\$5 per person, Deadline to Register, Wednesday, Feb. 23.

























**YOU MUST REGISTER.
440.632.0611**

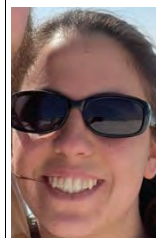
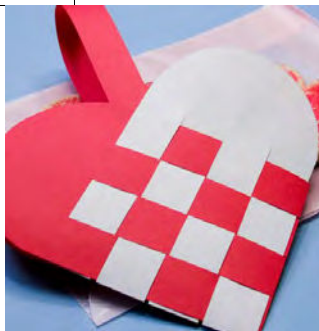
**Middlefield Sr. Center
440-632-0611**

Mon	Tue
	<p>Chinese New Year! 1</p> <p>8:30-9:30 Social Hour  11:30 LUNCH OUT! Tai Pan</p> <p>11:30 GDA Lunch 1:00-3:00 Chair Volleyball </p>
<p>National Pass Gas Day 7</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 Kite Flying Day 8</p> <p>8:30-9:30 Social Hour  11:30 GDA Lunch 1:00-3:00 Chair Volleyball </p>
<p>St. Valentine's Day 14</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 Bagel Day 15</p> <p>8:30-9:30 Social Hour  11:30 GDA Lunch 12:00 LUNCH IN! <i>Ferroni's Order</i> 1:00-3:00 Chair Volleyball</p>
	<p>Margarita Day! 22</p> <p>8:30-9:30 Social Hour  11:30 GDA Lunch 1:00-3:00 Chair Volleyball  3:15 Happy Margarita Hour at El Patron!</p>
<p>National Chocolate Soufflé Day 28</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
Groundhog Day 2	Carrot Cake Day 3	Bubble Gum Day 4
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 Minestrone 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
National Pizza Day 9	Bittersweet Chocolate Day 10	National Guitar Day 11
8:30-9:30 Social Hour  8:30-10:00 Social Worker 9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:30 GDA Lunch 12:00 Make Your Own Pizza 1:00-2:00 BINGO! 	8:30-9:30 Social Hour  11:00 Rummikub 11:30 GDA Lunch 12:00 Souper Lunch \$5 Potato & Ham Casserole  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 
National Fig Newton Day 16	National Cabbage Day 17	National Battery Day 18
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  11:00 Rummikub 11:30 GDA Lunch 12:00 Souper Lunch \$5 Stuffed Cabbage Soup!  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 
Banana Bread Day 23	National Chili Day 24	National Clam Chowder 25
8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-2:00 BINGO! 	8:30-9:30 Social Hour  11:00 Rummikub 11:30 GDA Lunch 12:00 Souper Lunch \$5 Chili & Fixins  1:00-3:00 Chair Volleyball	8:30-9:30 Social Hour  9:30 Breakfast! \$5 9:30-12:00 Pinochle 10:00 Exercise Big Screen 11:30 GDA Lunch 1:00-3:00 Chair Volleyball 



NEW! In 2022
Balance Exercise
With
GINNY!
 (Walk –ins Welcome)
MONDAYS & WEDNESDAYS
10:00am

OUT TO LUNCH AT JC'S

At 13816 W Center St, Burton, OH 44021 on Tuesday, February 15th at 11:30am.
Let's meet up for lunch! Join us at JC's Restaurant at 11:30am to see each other and catch up.
Call Chardon Senior Center at (440) 279-2126 to RSVP by Tuesday, February 8th!
Coming in March: Silver Skillet Cafe in Chesterland on Tuesday, March 15th @ 11:30am.

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, February 8th at 10:30am at Chardon Senior Center for Hannah's presentation this month. We're finding out the pros and cons of using chemical and natural methods to clean your home. Call (440) 279-2126 to RSVP!
Next month's helpful hints will be on Tuesday, March 8th.

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

Thursday, February 3rd 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 January 20th. Please call 440-214-3180 to register.

GEAUGA YOUNG OF HEART

meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of every month. Bring your brown bag lunch. Entertainment and refreshments will be provided.
At the February 4 meeting we will have musical entertainment by Dan Malaney with his vocals, keyboard, trombone and harmonica. Our speaker at the February 18 meeting will be Marie from Cardinal Physical Therapy who will help us keep in shape during the winter months. You can pay your dues of \$20 for the year at these meetings. Any resident of Geauga County who is 55 or over may join the Young of Heart.
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.

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.

THE LORETTA PAGANINI SCHOOL OF COOKING

Join us on Thursday, March 10th from 11:00-1:00pm for a cooking demonstration and lunch at the Loretta Paganini School of Cooking (8700 Mayfield Road, Chesterland 44026)! Take a seat and watch the chef-instructor and assistants demonstrate, prepare, and serve the items.
Menu: Tomato, Fresh Mozzarella, and Basil Salad; Chicken Scallopini with Lemon-Caper Sauce; Homemade Pasta with Olive Oil, Herbs, and Vegetables; Peach Cobbler with Vanilla Bean Ice Cream.
This program is \$45 per person. Please call Melissa (440) 279-2167 for questions.
Boxing Class – New Year, New Class to Try!

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!

CUISINE & CULTURE: EXPLORING CHINA

Thursday, February 24th from 12:00-1:30pm at Munson Township Community Room (12210 Auburn Road, Chardon 44024). China is home to one of the “New Seven Wonders of the World” – The Great Wall of China! What else is China famous for? Come and enjoy a typical Chinese meal while we hear about the beautiful mix of tradition, culture and cuisine in China. Menu: Chicken stir-fry with vegetables and dessert. Free. Please call Melissa Wheeler at 440-279-2167 to register.

MONDAYS FROM 1:00-2:00PM AT EVERYBODIES GYM

(357 Washington St, Chardon 44024). This is a non-contact boxing style fitness program. Strength, speed, balance and flexibility will be worked on through a variety of exercises and core conditioning. We focus on improving your overall fitness level, maintaining a strong healthy body while working on postural imbalances, and increasing your core strength. \$1 donation per class. Please call Melissa Wheeler at 440-279-2167 for questions.

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
Feb 1	Chagrin River Park	3100 Reeves Road, Willoughby/Eastlake
Feb 8*	Claridon Woodlands	11383 Claridon-Troy Road, Claridon Twp; North of Rt 322; Snowshoeing Available, if snow
Feb 15	South Chagrin Reservation	Squaw Rock, 37374 Miles Road Entrance, Bentleyville
Feb 22*	Eldon Russell Park	16315 Rapids Road, Troy - 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
2/2/2022	Punderson State Park	11755 Kinsman Rd, Newbury 44065 First road in the park on the right (Coppedge Dr.) towards the Park Service Building.
2/9/2022	Orchard Hills	11340 Caves Rd, Chesterland 44026
2/16/2022	Maple Highland Trail Big Creek Spur	9280 Ravenna Rd, Chardon 44024
2/23/2022	Penitentiary Glen Reservation Nature Center	8668 Kirtland Chardon Rd, Willoughby 44094

UPCOMING DRIVE-THRU EVENT AT CHARDON SENIOR CENTER

We may be a day late, but what better way to celebrate Fat Tuesday than with a Paczki (pronounced Ponch-key) and coffee? Heather Hill is sponsoring a Mardi Gras Drive Thru, where we'll be handing out these sweet Polish donuts with some hot coffee to wash them down at Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) on Wednesday, March 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, February 18th. 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!

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.

LIGHT AND FRESH FAT TUESDAY LUNCH AND LEARN

Healthy Eating as We Age Presented and Sponsored by University Hospital,
Gauga Medical Center

Tuesday, March 1, 2022 from 12:15 p.m. until 2:00 p.m.

at the Bainbridge Senior Center 17751 Chillicothe Road, Bainbridge

It might be called Fat Tuesday, but we don't need to take that literally. As we age, our metabolism slows down and it can be harder for some to lose weight. It is important as we age to maintain healthy weight and lifestyle. Please join us and learn more about healthy eating with the experts from University Hospital, Gauga Medical Center.

Enjoy a lunch that has a light and healthy twist on a traditional Mardi Gras menu, prepared by the Chef at UH, Gauga. Take away the delicious menu recipes, and learn about the healthy alternatives as you dine. After lunch, UH, Gauga will present a program on Healthy Eating as We Age.

This is a free program but space is limited; call David or Becky at the Bainbridge Senior Center to register at 440-279-1313.

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, February 3 (1st Wednesday of each month) - at Gauga West Library from 11:30 to 12:30 with an out to lunch to follow for those interested. Discussing: The Last Flight by Julie Clark

Thursday, February 10 (2nd Thursday of each month)- at Burton Library from 1:30 to 3:00pm. Discussing: Personal Librarian by Marie Benedict

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

UH WELLNESS SERIES: HEALTHY EATING AS WE AGE

As we age our metabolism slows down and it can be harder for some to lose weight. It is important as we age to maintain healthy weight and lifestyle. Please join us and learn more about healthy eating and how to properly read a nutrition facts label.

Join us at Chardon Senior Center on Friday, March 11th at 10:30am for this quarterly series focusing on wellness.

Call (440) 279-2126 to let us know you'll be there. Want to stay for lunch?

Call by Monday, February 28th to sign up.

MONDAY MISH MOSH WITH MILLISSA

Call 440.279.2163 for more information.

MON. FEB. 7TH – NO MISH MOSH TODAY

MON. FEB. 14th – FAMOUS COUPLES

It's Valentine's Day so what better time to look at some of the most famous couples in history.

This is a FREE program but please let us know if you are coming.

11:30am – RSVP by 2/7 – No Charge

MON. FEB. 21st – ALL CENTERS CLOSED TODAY FOR PRESIDENT'S DAY

MON. FEB. 28th – WHERE IN THE WORLD - VENEZUELA

February we will take a trip to Venezuela and learn about some of the areas most beloved treasures.

Following the presentation everyone will make a traditional Venezuelan toy, a whirligig button, and enjoy some Venezuelan chocolate.

12:30– RSVP by 2/22 – Donations accepted.

DRUM-FIT EXERCISE

is now being offered in-person at Bainbridge Senior Center, 17751 Chillicothe Road, Bainbridge Mondays and Wednesdays from 2:30 p.m. to 3:15 p.m.

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!

PARKINSON'S SUPPORT GROUP & VALENTINE LUNCHEON

Tuesday, February 15th at 12:30pm at Chardon Senior Center 12555 Ravenwood Dr, Chardon. We will be having a Valentine Luncheon at the senior center, cost will be \$5.00 and you must call ahead to reserve a lunch. Spouses are welcome! Come dressed in your best Valentine attire to enjoy the activities that Sandy & Melissa have planned for all of you!!

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

CRAFTS WITH MILLISSA

WED. FEB. 2ND – 1:30pm - \$5/person – RSVP by 1/26/22

Create a beautiful handmade heart shaped wreath with felt flower embellishments. All supplies are provided and class is open to any level. Space is limited.

For more information please call us at 440.279.2163.

WGSC MONTHLY BREAKFAST & VALENTINE BINGO –

FRIDAY, FEB. 11TH AT 8:30AM

\$4/person – RSVP by Feb. 4th by calling 440.279.2163

February's menu will be: Waffles with strawberries and cream, sausage and heart shaped cinnamon rolls. Serving will begin at 8:30am and Bingo will start at 9:00am – hope to see you there!

SWEET TREAT DRIVE THRU EVENT

Mon. Feb 14th – 12:30pm till 1:30pm – FREE EVENT – RSVP by 2/7/22

Celebrate Valentine's Day with West Geauga Senior Center by stopping by and receiving a special box filled with LOVE! Each registered senior will receive a box – make sure to register everyone who will be in your car (Seniors Only).

For more information please call us at 440.279.2163.

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!

Bainbridge Senior Center, (17751 Chillicothe Road)

Thursday, February 24, 2022 - from 9:00 a.m. until 10:00 a.m.

Veterans eat FREE! February Birthdays eat FREE! All others pay \$5.00

Registration is required by 02/17/22 by filling out the
registration form on page 22 in this newsletter.

Please indicate on the registration form if you are a Veteran or if your Birthday is in February.

“BODACIOUS BEASTS OF OHIO’S ICE AGE” PRESENTED BY GEAUGA PARK DISTRICT

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. Join us at Chardon Senior Center on Wednesday, February 9th at 10:30am for this fascinating program! Call (440) 279-2126 to let us know you’ll be there. Want to stay for lunch? Give us a call by Friday, January 28th.

“IRIS FOLDING” GREETING CARD MAKING WORKSHOP

at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge)

Thursday, February 17, 2022, Workshop begins at 12:30 p.m.

Instructor: Phyllis Knapp, \$1.50 per card, payable to the instructor the day of workshop

Call 440-279-1313 to register by 2/10/22.

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

February Meetings – No meeting this month. We are looking for new members to join us at our monthly meetings. We meet on the first Thursday of every month, except for 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.

CARDIO DRUMMING WITH NATHAN AT WGSC

Every Friday afternoon from 12:30-1:15pm here at the WG Senior Center. This is an instructor-led choreographed class that can be done either sitting or standing. It's a great way to have fun, and get some exercise at the same time!!! Limited to 8 per class due to equipment supply. If you have your own ball and bucket/drumsticks, you can come anytime. If using Senior Center Equipment, you **MUST REGISTER** at 440-279-2163

CALLING ALL WG BINGO-A-HOLICS

We are once again offering BINGO with Nathan here at WGSC!!! If you are interested and would like to play, please call and let us know if you are coming. **PRIZES, PRIZES, PRIZES!!!!** Every Wednesday from 12:30-1:30- If you would like to come in for a hot lunch first from 12:00-12:30, just call and sign up for a meal that day. 440-279-2163

A NOSH WITH NATALIE IS BACK!

On Wednesday, February 23rd 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! This time, we're going to give one of Natalie's favorite soups a try – chicken gnocchi! **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, February 11th. And mark Wednesday, March 23rd on your calendar for our next month's 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.**

SPRING FLING AT THE WEST GEAUGA SENIOR CENTER!

Thurs. March 17th – 11:30am till 2pm - \$15/person – RSVP by 3/4/22

It's been a cold winter and West G is celebrating the seasons changing with a Spring Fling! Join us for a cookout luncheon (hamburgers, hotdogs, baked beans, potato salad and more) and some energetic dancing with music by the one and only Sam Fosh! For more information please call us at 440.279.2163.

MAGNIFICENT MOTHER EARTH AT WGSC

If you are a NATURE LOVER, this program is for you!!! Twice in the month of February we will be offering High Quality documentaries projected onto a BIG SCREEN!!!!

Feb 9th 1:30-2:30pm "INTO the world of the AMAZON" A Beautiful Documentary taking us deep into the uncharted jungles of the Amazon. FREE Program, No registration required, just come on in and join us!!!

Feb 16th-1:30-2:30pm – "Indo-Pacific & the world of the Sulu Sea" Discovering the inhabitants (both human and animal) of this relatively small Ocean. Free program, no registration required, just come on in and join us!!

MARDI GRAS DRIVE THRU EVENT

Tue. March 1st – 9:00am till 9:30am – FREE EVENT – RSVP by 2/22/22

Stop by the West Geauga Senior Center to celebrate Mardi Gras with us! Each registered senior will receive a Paczki, a cup of coffee and a little Mardi Gras goody bag! Make sure to register everyone in your car (Seniors Only). For more information please call us at 440.279.2163.

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 February demo will be held on Wednesday, February 16th 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!

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!

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!

GLASS PAINTING IN HONOR OF MARGARITA DAY WITH WEST G!

Tue. Feb. 22nd – 10:30am till 12:00pm - \$3/person – RSVP by 2/15/22

Spend some time with us celebrating one of our favorite beverages – Margaritas! Hand paint your own margarita glass, sip on "MOCK on the ROCKS" margaritas and enjoy some chips and salsa.
For more information please call us at 440.279.2163.

UH HEALTHY LIVING PRESENTATION & DEMO

Save the date! Chef Joe from UH Geauga Medical and Dima Hassan, Clinical Nutrition Manager, are coming to Chardon Senior Center. They will be focusing on Healthy Smoothies and Healthy Fats on Tuesday, March 29th, 2022 from 12-1pm. There will be a demo and a talk about the benefits, recipes will be provided, and there will be samples for everyone! Call (440) 279-2126 for more information, and to register for this event. Want lunch?
Call and register by Friday, March 18th, 2022!

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.

FEBRUARY 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	HAMBURGER ON BUN SEASONED WEDGED POTATOES KETCHUP & MUSTARD PC CAULIFORNIA BLEND PINEAPPLE TIDBITS	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS
7	8	9	10	11
SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL	MEATBALLS W/SPAGHETTI IN TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP	STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP
14	15	16	17	18
BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI WHITE BREAD MIXED FRUIT CUP	GDA Closed Washington's Birthday	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPED APPLES
21	22	23	24	25
SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	HAMBURGER ON BUN SEASONED WEDGED POTATOES KETCHUP & MUSTARD PC CAULIFORNIA BLEND PINEAPPLE TIDBITS	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP
28	Mar 1	Mar 2	Mar 3	Mar 4
TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL	MEATBALLS W/SPAGHETTI IN TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP	STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	CHICKEN ALA KING 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
12555 Ravenwood Drive
Chardon, Ohio 44024

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REQUESTED**

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

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DEPARTMENT ON AGING**



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MARCH BREAKFAST AND “THE SIX WIVES OF HENRY VIII: PART 1” PRESENTATION

Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) is hosting a March breakfast, featuring sausage, biscuits, and gravy, juice, and coffee on Friday, March 18th from 9:30am-10:30am. Cost is \$5, and deadline for payment and registration is Friday, March 4th, or until the event is full. Let us know if you'd like to stay for Kathie Doyle's "The Six Wives of Henry VIII: Part 1" presentation at 10:30am.

There's so much to tell about the wives of Henry VIII, we're going to bring it to you in 2 parts! Join Kathie Doyle at Chardon Senior Center for part one of 10:30am on Friday, March 18th for this FREE presentation. Please call to register – seating for presentation is limited, so call soon! Join us either for our sausage, biscuits, and gravy breakfast beforehand (\$5, due 3/4/22), or a donation based lunch afterwards (RSVP by 3/4/22).

Call (440) 279-2126 with any questions!

IT'S TIME TO UPDATE YOUR REGISTRATION FOR 2022!

In Order to Receive or Continue Services with the Geauga 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.

Geauga 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 Geauga Senior Newsletter.