

The Geauga SENIOR NEWS

IN THIS
TOGETHER



GEAUGA COUNTY
DEPARTMENT ON AGING



2022 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors garages and yards during locally scheduled pick-ups. Seniors must be registered with the Department on Aging for 2022 one week prior to the pick-up in order to be placed on the pickup list. Dates for Pick-up days are subject to change, so check the list each month.

Hambden Twp	Apr 25 & 26
Munson Twp	Apr 25, 26, 27, 28
South Russell Vlg	Apr 27 & 28
Bainbridge Twp	May 2, 3, & 4
Montville Twp	May 5 & 6
Claridon Twp	May 12
Thompson Twp	May 13
Burton Twp	May 18 & 19
Chardon Twp	May 31, June 1

Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2022 Trash Day Pick-up program to register NOW with the Dept on Aging. Seniors who complete their yearly registration with Dept. on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cut off date to be placed on the community pick-up list. Please, no more than 10 items per household. Call (440) 279-2130 for guidelines and questions.

Registration Deadlines are one week before the first day of selected community Trash pick-up!





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

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

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

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

Monthly Highlights

Thursday, March 3rd: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Call 214-3180 to register. 12:00pm. Free.

Thursday, March 10th: Paganini School of Cooking Join GDA for a cooking demonstration and lunch the Loretta Paganini School of Cooking (8700 Mayfield Rd, Chesterland)! Take a seat and watch the chef-instructor 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. 11:00am. \$45.

Tuesday, March 15th: Parkinson's Support Group Guest speaker will be Speech Therapist Catherine Mayer from UH Geauga Medical Center. She will be addressing the challenges a Parkinson diagnosis can have on your voice and with swallowing. We will discuss breathing and swallowing and other techniques to help in these areas. Call Sandy McLeod at 279-2137 to RSVP. 12:30pm

Thursday, March 17th: Elderberries
Join us at Swine Creek Reservation Lodge (16004 Hayes Rd, Middlefield) to discover the secrets of pure Geauga Gold...maple syrup! 11:30am
This program is SOLD OUT.

Thursday, March 31st: Cuisine & Culture
Come and enjoy a typical Irish meal while we learn about the beautiful mix of tradition, culture, and cuisine in Ireland. We will enjoy games and trivia, listen to Celtic music, and see what Ireland has to offer! Menu: Corned beef & swiss cheese sandwiches on rye bread, chips, fruit cup and dessert. 12:00pm. Free. Call Melissa Wheeler at 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 Exercise Classes: Focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises are both seated and standing. Classes are available in person and live on WebEx. Call Melissa Wheeler at 440-279-2167 for more info.

Geauga Walkers & Walking for Wellness
Monthly schedules are posted in the newsletter for locations. If you would like a schedule for the year/quarter, call Melissa Wheeler at 279-2167.

March 2022

MONDAY	TUESDAY
Sandy McLeod Senior Centers' Supervisor 440-279-2137 Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167	1 10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS
7 8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	8 10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS
14 8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	15 10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 12:30-1:30 Parkinson's Support CSC 1:00-2:30 Geauga Walkers OS
21 8:30-11:30 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG	22 10:00-11:00 Strength & Cardio WG 11-12:00 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	29 10:00-11:00 Strength & Cardio WG 11-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS

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
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 11:00-12:00 Paganini School of Cooking OS 1:30-3:00 Book Discussion BL	11 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
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
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	25 8:30-11:30 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 12:30-3:00 Diabetes Self-Management Class OS
30 8:30-11:30 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	31 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture WG	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, March 2:
Mardi Gras Drive Thru Sponsored by Heather Hill. Serving Paczki and coffee for Mardi Gras!. Preregistration required. 12pm.

Tuesday, March 8:
Hannah's Helpful Hints Learn how to decorate on a budget. Want to stay for lunch? Let us know by 2/28.

Friday, March 11:
Healthy Eating as We Age presented by UH Geauga Medical. Also learn how to read nutrition labels. Call to RSVP. 10:30am.

Monday, March 14:
Book Club Meet to discuss the book Becoming Mrs. Lewis by Patti Callahan

Tuesday, March 15:
Out to Lunch Silver Skillet Cafe RSVP by 3/9. Meet at the restaurant at 11:30am.

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

Friday, March 18:
The Six Wives of Henry VIII: Part One presented by Kathie Doyle. There's so much interesting information that we're bringing it to you in 2 parts! 10:30am. Call to RSVP. Come early for our sausage, biscuits and gravy (\$5) or stay for lunch. Deadline is Friday, March 4th, or until event is full. Presentation is Free.

Friday, March 18:
Sausage, Biscuits, and Gravy Breakfast Enjoy a traditional sausage, biscuit, and gravy breakfast. Cost is \$5. 9:30am. Stay for Kathie Doyle's "The Six Wives of Henry VIII: Part One" presentation for free, beginning at 10:30am.

Tuesday, March 29:
UH Healthy Living Presentation & Demo. Chef Joe and Nutrition Manager Dima Hassan focus on healthy smoothies and healthy fats. Presentation and demo samples included. 12pm. Call to register.

Chardon Senior Center 440-279-2126

MONDAY	TUESDAY
<p>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>1</p> <p>9:00-11:30 Woodcarving B 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</p>
<p>7</p> <p>10:00-12:00 Rug Hooking B 10:00-10:45 Chair Exercise 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:00-12:00 Bingo 12:00-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E 1:00-3:00 Ceramics B</p>	<p>8</p> <p>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 12:00-1:30 Senior Center Meet and Greet D 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B</p>
<p>14</p> <p>10:00-12:00 Rug Hooking B 10:00-10:45 Chair Exercise 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:00-12:00 Bingo 12:00-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E 1:00-2:30 Book Club B <u>Becoming Mrs. Lewis</u></p>	<p>15</p> <p>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: Silver Skillet Cafe OS 12:30-1:30 Parkinson's Support E 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B</p>
<p>21</p> <p>10:00-12:00 Rug Hooking B 10:00-10:45 Chair Exercise 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:00-12:00 Bingo 12:00-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E 1:00-3:00 Ceramics B</p>	<p>22</p> <p>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</p>
<p>28</p> <p>10:00-12:00 Rug Hooking B 10:00-10:45 Chair Exercise 10:00-12:00 Quilting D 11:00-11:45 Strength Training (\$2) E 11:00-12:00 Bingo 12:00-12:30 Congregate Lunch D 12:45-1:45 Line Dancing (\$3) E</p>	<p>29</p> <p>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 12:00-1:00 UH Healthy Living Presentation & Demo D 1:00-2:30 Geauga Walkers OS 2:00-3:30 Dulcimer Practice B</p>

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY		THURSDAY		FRIDAY	
2	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 Mardi Gras Drive Thru 12:00-2:00 Good Times Band B 1:00-4:00 Mah Jongg E	3	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	4	9:30-11:30 Stained Glass B 10:00-10:45 Chair Exercise 10:30-12:00 Virtual Yoga Class (\$4) 11:00-11:30 Who/What Am I? D 11:30-12:30 Congregate Lunch D 1:00-1:45 Chair Yoga In-Person 1:00-4:00 Friday Bridge Group E
9	9:00-11:00 Pinochle B 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-2:00 Good Times Band B 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg E	10	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	11	9:30-11:30 Stained Glass B 10:00-10:45 Chair Exercise 10:30-11:30 UH Medical Healthy Eating as We Age D 10:30-12:00 Virtual Yoga Class (\$4) 11:30-12:30 Congregate Lunch D 1:00-1:45 Chair Yoga In-Person 1:00-4:00 Friday Bridge Group E
16	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 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg E	17	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	18	9:30-10:30 Sausage, Biscuits, & Gravy Breakfast (\$5) D 9:30-11:30 Stained Glass B 10:30-11:30 The Six Wives of Henry VIII: Part 1 D 10:30-12:00 Virtual Yoga Class (\$4) 11:30-12:30 Congregate Lunch D 1:00-1:45 Chair Yoga In-Person 1:00-4:00 Friday Bridge Group E
23	9:00-11:00 Pinochle B 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-2:00 Good Times Band B 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg E	24	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	25	9:30-11:30 Stained Glass B 10:00-10:45 Chair Exercise 10:30-12:00 Virtual Yoga Class (\$4) 11:30-12:30 Congregate Lunch D 1:00-1:45 Chair Yoga In-Person 1:00-4:00 Friday Bridge Group E
30	9:00-11:00 Pinochle B 11:00-11:45 Strength Training (\$2) E 11:30-12:30 Congregate Lunch D 12:00-2:00 Good Times Band B 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg E	31	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	 Recreation & Education Coordinator: Becky O'Reilly REC Assistant: Hannah Heinz Information & Referral: Beth Oliverio	





Bainbridge Senior Center

(440) 279-1313

Monday	Tuesday
<p><i>Bainbridge Senior Center</i></p> <p><i>17751 Chillicothe Road, Chagrin Falls, OH 44023</i></p> <p><i>440-279-1313</i></p>	<p>1</p> <p>9:30-10:00 Balance Exercise*</p> <p>10:00-1:00 Mexican Train</p> <p>12:15 Lunch and Learn with UH, Geauga (<i>Light and Healthy Fat Tuesday</i>)</p> <p>12:00-2:00 Social Work Appts.</p> <p>1:00-2:30 Scrabble</p>
<p>7</p> <p>8:30-9:30 All-Around Exercise (\$3)</p> <p>12:00-2:30 Lunch and Movie Matinee (<i>March of the Penguins</i>)</p> <p>2:30-3:15 Drum Fit Exercise*</p>	<p>8</p> <p>9:30-10:00 Balance Exercise*</p> <p>10:00-1:00 Mexican Train</p> <p>12:00-12:30 Lunch</p> <p>12:00-2:00 Social Work Appts.</p> <p>1:00-2:30 Scrabble</p>
<p>14</p> <p>8:30-9:30 All-Around Exercise (\$3)</p> <p>12:00-2:30 Lunch and Movie Matinee (<i>Man on Wire</i>)</p> <p>2:30-3:15 Drum Fit Exercise*</p>	<p>15</p> <p>9:30-10:00 Balance Exercise*</p> <p>10:00-1:00 Mexican Train</p> <p>12:00-1:00 Lunch</p> <p>1:00-2:30 Scrabble</p>
<p>21</p> <p>8:30-9:30 All-Around Exercise (\$3)</p> <p>12:00-2:30 Lunch and Movie Matinee (<i>Life, Animated</i>)</p> <p>2:30-3:15 Drum Fit Exercise*</p>	<p>22</p> <p>9:30-10:00 Balance Exercise*</p> <p>10:00-1:00 Mexican Train</p> <p>12:00-1:00 Lunch</p> <p>1:00-2:30 Scrabble</p>
<p>28</p> <p>8:30-9:30 All-Around Exercise (\$3)</p> <p>12:00-2:30 Lunch and Movie Matinee (<i>Won't You be My Neighbor?</i>)</p> <p>2:30-3:15 Drum Fit Exercise*</p>	<p>29</p> <p>9:30-10:00 Balance Exercise*</p> <p>10:00-1:00 Mexican Train</p> <p>12:00-1:00 Lunch</p> <p>1:00-2:30 Scrabble</p>

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 at 12:30 p.m. for lunch at the designated locations. Price of lunch is "on your own."

The Bainbridge Big Breakfast!
Join us on Thursday, March 31 at 9:00 for The Big Breakfast! Veterans eat FREE!
March Birthdays eat FREE!
All others pay just \$5.00!
Reservations required by March 25!
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, March 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

**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 (\$3) 10:30-11:30 Bingo * 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Sleepy Rooster</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	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 (\$3) 10:30-11:30 Bingo * 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Cowboy's</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	11 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
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 (\$3) 10:30-11:30 Bingo * 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Order Out, Eat In (<i>Slyman's</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	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 Ex. (\$3) 9:40-10:15 Chair Yoga (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo * 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Coyote's</i>) 2:30-3:15 Drum Fit Exercise*	24 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	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
30 8:30-9:30 All-Around Ex. (\$3) 9:40-10:15 Chair Yoga (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo * 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Empress Court</i>) 2:30-3:15 Drum Fit Exercise*	31 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	<i>Natalie Dolezal</i> <i>Recreation & Education</i> <i>Coordinator</i> <i>David Craig</i> <i>Assistant Recreation & Education</i> <i>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 **Fridays from 10:00-11:00**

Age Well Be Well Lunch & Movie MAR 3rd

See UH Hospitals AWBW Calendar for Details.

MUST BE REGISTERED WITH AWBW PRG TO ATTEND call 440-214-3180 to register

Monday Mish Mosh w/Millissa

MAR 7- Cereal Day-History of Cereal

MAR 14- UH Hospital Talk-Aging Gracefully

MAR 28- Where in the World? Disney

MAR 10- 11:00-12:00 Popcorn Lovers Day

We will be making 4 different types of popcorn, some sweet, some spicy.....all DELICIOUS!!!

Monthly Breakfast at WGSC

MAR 11th- 8:30am Corned Beef Hash w/ Scrambled Eggs, Irish Flag Fruit Parfait, and coffee with Irish Crème. Register BY March 4th. **Cost \$4**

Magnificent Mother Earth Series

MAR 9th= 1:30-2:30 Today, 70 percent of the Earth's surface is covered by water. These vast oceans were the world's first battlegrounds, and they are still the largest. In this big blue battleground every creature - from the formidable Great White Shark to the tiny Blue Streaked Cleaner Wrasse - has its own array of weapons for finding prey, or avoiding becoming prey themselves.

MAR 23rd= 1:30-2:30 From the highest mountains to the thickest jungle, coldest ice floes, or hottest desert - the world is full of hostile landscapes but animals seem determined to make a go of it. With specialized bodies, unusual diets and unique behavior's they have conquered every corner of the globe.

MAR 16th 9:00-12:00pm-Free Hearing Tests by Hollys Hearing Aides **Call to Register 279-2163**

MAR 17th Spring Fling with Sam Fosh

Thurs. March 17th - 11:30am till 2pm - \$15 per 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.



MONDAY	TUESDAY
1	1
<p>Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION IN ADVANCE to receive a lunch.</p> <p>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.</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-1:00 EZ Chair Exercise (WX) 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise (WX)</p>
7	8
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga (WX) 11:30-12:30 Monday Mish Mosh 12:30-1:00 EZ Chair Exercise (WX) 1:00-3:30 Hand & Foot Card Game</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-1:00 EZ Chair Exercise (WX) 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise (WX)</p>
14	15
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga (WX) 11:00-12:00 Monday Mish Mosh UH Hospitals Health Talk 12:30-1:00 EZ Chair Exercise (WX) 1:00-3:30 Hand & Foot Card Game</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-1:00 EZ Chair Exercise (WX) 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise (WX)</p>
21	22
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise(WX) 11:00-12:00 Chair Yoga (WX) 12:30-1:00 EZ Chair Exercise (WX) 1:00-3:30 Hand & Foot Card Game</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (WX) 12:00-3:00 Bridge Group 12:30-1:00 EZ Chair Exercise (WX) 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise (WX)</p>
28	29
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga (WX) 12:30-1:00 EZ Chair Exercise (WX) 1:00-3:30 Hand & Foot Card Game 12:30-2:00 Monday Mish Mosh Where in the World? DISNEY</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (WX) 12:00-3:00 Bridge Group 12:30-1:00 EZ Chair Exercise (WX) 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise (WX)</p>

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 (WX) 11:00-12:00 Chair Yoga (WX) 1:30-2:30 <u>TV Game Show Afternoon</u> 3:00-4:00 Wednesday Wuzzles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise—Sandy (WX) 12:00-2:30 <u>UH AWBW Lunch-Movie</u> 1:30-2:15 Balance Exercise (WX) 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 Tech Help appointments</p>
9	10	11
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga (WX) 1:30-2:30 <u>Magnificent Mother Earth</u> <u>“Animal Arms Race”</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 -Sandy (WX) 11:00-12:30 <u>Popcorn Lovers Day \$3</u> 1:30-2:15 Balance Exercise (WX) 3:00-4:00 Word Puzzles (WX)</p>	<p>8:30-9:30 <u>Monthly Breakfast (\$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 Tech Help appointments</p>
16	17	18
<p>8:30-10:30 Italian Card Game 9:00-12:00 <u>Free Hearing Tests</u> 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga (WX) 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-Sandy (WX) 11:30-2:00 <u>Spring Fling cookout</u> <u>with Sam Fosh (\$15)</u> 1:30-2:15 Balance Exercise (WX) 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 Tech Help appointments</p>
23	24	25
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga (WX) 1:30-2:30 <u>Magnificent Mother Earth</u> <u>“Masters of the Wild”</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 -Sandy (WX) 1:30-2:15 Balance Exercise (WX) 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 Tech Help appointments</p>
30	31	
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga (WX) 1:30-2:30 <u>TV Game Show Afternoon</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 -Sandy (WX) 12:00-1:30 <u>UH Cuisine & Culture</u> 1:30-2:15 Balance Exercise (WX) 3:00-4:00 Word Puzzles (WX)</p>	<p style="text-align: center;">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.</p>

INFORMATION AND MORE
March 2022

Please Call to Make Your Reservation for
ANY Event Including Lunch

440.632.0611

Social Worker Appts. Wed. Mar 9, 8:30-10:00
Podiatrist Appt. Friday, Mar 4, 9:00-12:00

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

- *Mar. 7: Pom-Pom Caterpillar Free!
- *Mar. 14: Easter Egg Bunnies Nest \$5
- *Mar. 21: Paint A Wooden Bunny \$3
- *Mar. 28: Peeps Sunflower! \$5

And SAVE THE DATE!

*April 4: Chocolate Easter Candy Making
with Ginny! \$xxx per person.

FAT TUESDAY!

TRIVIA & LUNCH!

Tuesday, March 1, 11am. Paczkis, Hurricane
Punch, Dirty Rice & Live Bourbon St,
New Orleans Web Cam.
\$6 per person. Deadline, Feb. 25

**ST. PATRICK'S DAY IRISH ,
TRIVIA, SING-A-LONG &
LUNCHEON!**

Trivia by Chardon Healthcare!
Tuesday, March 15, Singing at 11am
& Lunch at noon.

1/4 lb Corned Beef & Swiss on Rye, Potatoes,
Cabbage & Carrots, Beverage & Dessert!
\$8 per person, Deadline for payment:
March 9th. Space is limited!

OUTINGS

- *Tuesday, Mar 8: Lunch Out,
Dutch Country, 11:30
- *Tuesday, Mar.22 Lunch Out,
Middlefield Tavern, 11:30
- *SOUPER LUNCH!**

Now on THURSDAYS: 12:00 noon \$5
Deadline for Reservations, the
Tuesday before.

- *Mar. 3: Mac & Cheese & BLT
- *Mar. 10: Chicken, Bacon Ranch Casserole
- *Mar. 17: Tater-Tot Poutine
- *Mar. 24: Cheeseburger Soup
- *Mar. 31: CHILI DOGS!

OPENING DAY LUNCH!

Trivia & Games 11:00





























***WAFFLE & SAUSAGE BREAKFAST!**
Friday, Mar. 25, 9:30 \$5, Prepayment
Deadline, March 23.

***INSTANT POT & AIR FYER DEMO**
Tuesday, March 29, 10:30, CALL! Space is
limited—FREE!

Middlefield Sr. Center
440-632-0611

Mon	Tue
	<p>Fat Tuesday 1</p> <p>8:30-9:30 Social Hour  11:00 Fat Tuesday, Trivia, Paczkis & Lunch 440.632.0611</p> <p>11:30 GDA Lunch  1:00-3:00 Chair Volleyball</p>
<p>Plant Power! 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>Be Nasty Day 8</p> <p>8:30-9:30 Social Hour  11:30 GDA Lunch 11:30 Out to Lunch Dutch Country 440.632.0611 1:00-3:00 Chair Volleyball </p>
<p>Potato Chip 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>St Patrick's Day Celebration 15</p> <p>8:30-9:30 Social Hour  11:00 Irish Sing-a-Long & Trivia with Chardon Healthcare! 12:00 Corned Beef Lunch 1:00-3:00 Chair Volleyball</p>
<p>Common Courtesy Day 21</p> <p>8:30-9:30 Social Hour  10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting </p>	<p>Goof Off Day! 22</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>Respect Your Cat 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>	<p>Lemon Chiffon Cake Day 29</p> <p>8:30-9:30 Social Hour  10:30 Instant Pot & Air Fryer Demo 440.632.0611 11:30 GDA Lunch 1:00-3:00 Chair Volleyball </p>

Middlefield Sr. Center 15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
Ash Wednesday 2 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! 	National Anthem Day 3 8:30-9:30 Social Hour  11:30 GDA Lunch Souper Lunch \$5 12:00 Mac & Cheese & BLT 1:00-3:00 Chair Volleyball 	National Pound Cake Day 4 8:30-9:30 Social Hour  9:00-11:00 Pinochle 9:30-12:00 Podiatrist- <div style="text-align: center;">Call for Appt!</div> 10:00 Exercise Big Screen 11:30 GDA Lunch 1:00-3:00 Chair Volleyball 
National False Teeth Day 9 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 1:00-2:00 BINGO! 	Ranch Dressing Day 10 8:30-9:30 Social Hour  11:00 Rummikub 11:30 GDA Lunch 12:00 Souper Lunch \$5 Chicken, Bacon Ranch Casserole 1:00-3:00 Chair Volleyball 	World Plumbing Day 11 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 
Fast of Esther 16 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! 	St Patrick's Day 17 8:30-9:30 Social Hour  11:00 Rummikub 11:30 GDA Lunch 12:00 Souper Lunch \$5 Tater-Tot Poutine 1:00-3:00 Chair Volleyball 	Akward Moments Day 18 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 
Chia Seeds Day 23 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! 	Cocktail Day! 24 8:30-9:30 Social Hour  11:00 Rummikub 11:30 GDA Lunch 12:00 Souper Lunch \$5 Cheeseburger Soup 1:00-3:00 Chair Volleyball 	National Waffle Day! 25 8:30-9:30 Social Hour  9:30 Waffle Breakfast! \$5 10:00 Pinochle 11:30 Exercise Big Screen 1:00-3:00 GDA Lunch Chair Volleyball 
National Pencil Day 30 8:30-9:30 Social Hour  9:00-11:00 Pinochle 10:00 Exercise with Ginny 11:30 GDA Lunch 1:00-2:00 Movie Time! 	OPENING DAY 31 CLEVELAND GUARDIANS!  8:30-9:30 Social Hour 11:00 Baseball Trivia & Games 11:30 GDA Lunch 12:00 Souper Lunch \$5 Chili-Dogs OPENING DAY 1:00-3:00 Chair Volleyball	

OUT TO LUNCH AT SILVER SKILLET CAFÉ

The Café is located at 12650 Chillicothe Rd, Chesterland, OH 44026 and we will meet on Tuesday, March 15th at 11:30am. Let's meet up for lunch! Join us at Silver Skillet Café in Chesterland at 11:30am to see each other and catch up. Call Chardon Senior Center at (440) 279-2126 to RSVP by Tuesday, March 8th!

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, March 8th at 10:30am at Chardon Senior Center for Hannah's presentation this month, where she'll be showing us how to decorate on a budget. Call (440) 279-2126 to RSVP! Next month's helpful hints will be on Tuesday, April 12th.

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

Thursday, March 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. Please call Dawn at 440-214-3180 to register.

GEAUGA YOUNG OF HEART

meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of every month. Bring your brown bag lunch. Entertainment and refreshments will be provided.

At the March 4 meeting we will be entertained by the music of Steppin' Out with their smooth jazz and smoky blues. On March 18 Linda Zikursh will give her First Person Presentation of Betsy Ross.

The 2022 dues of \$20 are now due. Any resident of Geauga County who is 55 or over may join the Young of Heart. Remember, 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.

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!

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.

THE BRITISH INVASION AND AMERICAN ANSWER

Monday, May 2nd, 2022 from 1:00pm until 2:00pm at the Chardon Senior Center, 12555 Ravenwood Dr / Chardon 44024

Welcome to The Greatest Era in Rock: The British Invasion and American Answer. Author and pop culture historian Marty Gitlin will bring this wonderful and exciting time in music history to life in person at Chardon Senior Center on Monday, May 2nd at 1pm.

The presentation features wonderful videos of live performances of some of the greatest songs of the generations. Such legendary artists included are the Beatles, Beach Boys, Rolling Stones, Mamas and Papas, Simon and Garfunkel, The Kinks, The Byrds, The Who, and many more.

Also discussed will be the impact these bands made on American society and pop culture while comparing and contrasting the British Invasion and American response.

This is a free presentation, but donations to go toward the cost of the speaker are greatly appreciated on the day of the event. Want lunch before the presentation?

Call (440) 279-2126 and let us know by Monday, April 25th.

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		
<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets
Single	\$1,153	\$ 8,400	Single	\$1,379	\$ 8,400	Single	\$1,549	\$ 8,400
Married	\$1,546	\$12,600	Married	\$1,851	\$12,600	Married	\$2,080	\$12,600

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

CUISINE & CULTURE: IRELAND

Thursday, March 31st from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Come and enjoy a typical Irish meal while we learn about the beautiful mix of tradition, culture, and cuisine in Ireland. We will enjoy games and trivia, listen to Celtic Music, and see what Ireland has to offer! Menu: Corned beef & swiss cheese sandwiches on rye bread, chips, fruit and a desert. Please call Melissa Wheeler at 440-279-2167 to register.

LOST CLEVELAND MEMORIES “GROWING UP CLEVELAND: BARNABY, CAPTAIN PENNY, & GHOULARDI” WITH DENNIS SUTCLIFFE

Baby boomers raised in Cleveland grew up with a variety of unique children’s television hosts – including the lovable Barnaby, the affable Captain Penny and the outrageous Ghoulardi. Relive the days of early television and along the way, have fun with some children’s television trivia.

Join the Chardon Senior Center and Cleveland Historian, Dennis Sutcliffe, for an educational program Growing Up Cleveland on Monday, April 11th 2022 from 1:00-2:00pm in the Dining Room. Cost is \$5 to attend the program. Want to join us for lunch before? Register by Friday, April 1st.

Call (440) 279-2126 for more information.

KENTUCKY DERBY LUNCHEON

Join us on Friday, May 6th, 2022 from 12:00pm until 1:30pm at the Bainbridge Senior Center, located at 17751 Chillicothe Rd in Bainbridge.

AAAAAND THEY’RE OFF! Why go to Churchill Downs when Bainbridge Senior Center is celebrating 2022’s Kentucky Derby with a good old fashioned luncheon?! We’ll be serving chicken salad sandwiches, and you know it’s not the Derby without a Mint Julep (non-alcoholic, of course) in hand.

We’ll play some games to try your luck at the races, and a prize will be given for best Derby attire (wear those creative hats, ya’!!!). The cost is \$8, and deadline for registration is Friday, April 29th, or until event is full. Call (440) 279-1313 for more information.

EXERCISE CLASSES IN THE COMMUNITY

Everybody’s Gym (357 Washington St, Chardon 44024). \$1 donation per class.

Boxing Classes – Mondays from 1:00-2:00pm. 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.

Balance Classes – Fridays from 11:15-12:00pm. This 45-minute class focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises consist of both seated and standing throughout the class. This class is also available to stream live on the Chardon WebEx link. Call Melissa Wheeler at 279-2167 for more information.

Geauga Walkers

Date	Park	Parking
March 1	Veterans Park	5730 Hopkins Road, Mentor (Rt 615, Center St, Hopkins)
March 3*	Swine Creek	Woods Edge Shelter, Saps-A-Risin! 16004 Hayes Road, Middlefield
March 15	North Chagrin Reservation	Strawberry Lane Picnic Area Parking, off Rt 6
March 22*	The West Woods Affelder House; Hunt for Salamanders	15139 Chillicothe Road (Rt 306) South of Rt 87, Russell
March 29	Chapin Forest	10381 Hobart Road off Rt 6, West of Rt 306

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!

Please register by calling Melissa Wheeler at 279-2167.

Date	Park	Address
3/2/2022	Bessie Benner Metzenbaum Park	7940 Cedar Rd, Chesterland 44026
3/9/2022	Walter C. Best Wildlife Preserve	11620 Ravenna Rd, Chardon 44024 Use the second park entrance (traveling south on 44) to the Sunset Shelter in the back.
3/16/2022	Frohring Meadows	16780 Savage Rd, Bainbridge 44023
3/23/2022	Swine Creek	16004 Hayes Rd, Middlefield 44062 Turn right once you pull into the park, and head straight back until you reach the parking lot by the Woods Edge Shelter.
3/30/2022	Whitlam Woods	12500 Pearl Rd, Hambden 44024

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

Wednesday, March 2 (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 Four Winds by Kristen Hannah

Thursday, March 10 (2nd Thursday of each month)- at Burton Library from 1:30 to 3:00pm. Discussing: Prairie Fires: The American Dreams of Laura Ingalls Wilder by Caroline Fraser

LUNCH AND LEARN WITH GEAUGA COUNTY DEPARTMENT ON AGING

Event held on Tuesday, April 5, 2022 at the Bainbridge Senior Center, located at 17751 Chillicothe Road, in Bainbridge at 12 noon – 1:30 p.m.

Get to know more about the programs and services offered by the Geauga County Department on Aging by attending this informative program, which will focus on two of the Department's services; In-Home Services and the Home Safety Program. Lunch will be served at noon, with the program following. This is a free program, with donations accepted for lunch.

Call to RSVP at 440-279-1313.

CHARDON SENIOR CENTER

MEET AND GREET AND EVENT PLANNING LUNCHEON

Tuesday, March 8, 12:00 noon at the Chardon Senior Center, 12555 Ravenwood Drive, in Chardon

We want to hear from YOU! Please join us for this informal luncheon meeting, where we will be planning future Chardon Senior Center events and new classes! Bring your ideas to the table and together, we can create a plan for future! Lunch will be provided, so call Becky or Hannah to let us know you'll join in! 440-279-2131.

FREE HEARING TESTS BY HOLLYS HEARING AIDES

West Geauga Senior Center will once again be offering Free Hearing Tests on **Wednesday March 16th from 9:00am until 12:00pm**. Registration is required, so if you would like to participate call and set up an appointment at **440-279-2163**

SENIOR BIKE SAFETY PROGRAM

Join the Department on Aging, UH Geauga, and Chardon Recreation on Monday, April 4th at 3:00pm at the Heritage House (Chardon Square) for a kickoff event for our senior biking program! We will have a speaker from Geauga's Trauma team on bike safety and injury prevention. Light refreshments will be provided. Please call Sandy at 440-279-2137 to register for this event.

ATTENTION LOCAL ARTISTS

We are looking for local artists who enjoy painting, drawing, and/or sketching in any medium to join the "Painting Pals" group on Thursday afternoons at Chardon Senior Center. No experience is necessary. Come spend some time and socialize with fellow artist enthusiasts. Call Chardon Senior Center at (440) 279-2126 for more information.

NEW! CHAIR VOLLEYBALL

Chardon Senior Center, every Wednesday at 1:00 p.m., starting March 9, 2022

Chair Volleyball is a super-fun way to get out and enjoy the company of others, get a little exercise, and a lot of laughs! It is FREE to participate. If you are interested in more information, call Becky or Hannah at the Chardon Senior Center at 440-279-2126.

MONDAY MISH MOSH WITH MILLISSA

Call 440.279.2163 for more information.

MON. MARCH 7TH – CEREAL DAY!

In honor of Cereal Day we'll learn some history, play some games and see how cereal has changed over the years since becoming a household item. 11:30am – RSVP by 3/1 – No Charge

MONDAY MARCH 14th – AGING GRACEFULLY

University Hospital Geauga will present a program on one's optimal physical, mental and spiritual well-being. Learn to age gracefully through health education, chronic disease management, socialization and lifestyle changes. 11:00am – RSVP by 3/7 – No Charge

MON. MARCH 21st – THERE WILL BE NO MISHMOSH TODAY

University Hospital Geauga will present a program on one's optimal physical, mental and spiritual well-being. Learn to age gracefully through health education, chronic disease management, socialization and lifestyle changes. 11:00am – RSVP by 3/7 – No Charge

MON. MARCH 28th – WHERE IN THE WORLD – DISNEY!

We will travel to Disney World and Disney Land as well as take a look at some other Disney theme parks across the world. See how it all started to what it is today. Everyone will make their own Mickey Mouse Ears to take home! 12:30pm – RSVP by 3/18 – Donations accepted.

CALLING ALL PINOCHLE LOVERS

Pinochle at West Geauga Senior Center in Chesterland – We are looking for more pinochle players!!! Our group is getting smaller, if you love to play this card game, then we want you!!!! Pinochle Group meets every Tuesday, Thursday and Friday mornings from 9:00am until Noon here at the WG Senior Center.

For more INFO call 440-279-2163

PARKINSON'S SUPPORT GROUP

Tuesday, March 15th at 12:30pm at the Chardon Senior Center (12555 Ravenwood Dr. Chardon). Our guest speaker will be speech therapist Catherine Mayer SLP from UH Geauga Medical Center. She will be addressing the challenges a Parkinson diagnosis can have on your voice and with swallowing. We will discuss breathing and swallowing exercises and other techniques to help in these areas.

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

NEW! BINGO

Chardon Senior Center, every Monday at 11:00 a.m., starting March 7, 2022

Join us for Bingo, and plan to stay for lunch afterwards!

It is FREE to participate in Bingo, and lunch is offered for a donation. Please call to reserve your spot one week in advance, by calling Becky or Hannah at the Chardon Senior Center at 440-279-2126.

CALLING ALL PARTY-BRIDGE PLAYERS

West Geauga Senior Center in Chesterland is looking for Party-Bridge players for their Tuesday Afternoon Group. If you live in or Near our area and are a Bridge player we would LOVE to have you join us!!! This is NOT duplicate Bridge, only Party-Bridge. Every Tuesday from 12:00 noon to 3:00pm. Call if interested, or for more information. 440-279-2163

THE BAINBRIDGE BIG BREAKFAST!

At the Bainbridge Senior Center (17751 Chillicothe Road)

On Thursday, March 31, 2022 at 9:00 a.m. – 10:00 a.m.

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

Registration is required by 03/25/22 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 March.

PARKMAN 55+ CLUB

Welcome back Parkman 55+ Club. Spring is coming! Our first meeting for the new year is Thursday, March 3. Place: Parkman Community House, Parkman, Ohio on Rte 422 East. Time 11:30, Pot Luck lunch at 12:00. This will be an organizational meeting. Introductions of new members, 50/50, fees - \$7.00 per person, new or old business and Becky O'Reilly from the Department on Aging speaking on everything from the Department available to Seniors. WE need new members, you do not have to be a Parkman resident to join. For further information, please call Doris Schwendeman at (440) 632-5461. Meet old friends – Make new friends and have fun, plus great food.

TV GAME SHOW AFTERNOONS AT WEST GEAUGA SENIOR CENTER

Twice a Month on Wednesday Afternoons 1:30-2:30pm, March 9th & 30th from 1:30-2:30pm Are You a Game Show Enthusiast?? Do you find yourself playing along with the TV?? If yes, then this is for YOU!! These games will be played just like the real deal, projected onto a large screen with you as the contestants! It will be just like being there but without the cash prizes and the quirky game show hosts (but we'll do our best)! We're playing All your favorites, Wheel of fortune, Lingo, Jeopardy, Chain Reaction and more.... Call to sign up 440-279-2163.

BAINBRIDGE SENIOR CENTER AND THE CLEVELAND POLICE MUSEUM

Present Eliot Ness and Crime in Cleveland during the 1930's at the Bainbridge Senior Center, 17751 Chillicothe Road, Bainbridge on Tuesday, April 12, 2022 at 1:00 p.m. Rebecca McFarland, who is on the Board of Trustees of the Cleveland Police Museum, will discuss Eliot Ness's role as Safety Director for the city, his reform program, and crime in Cleveland during his tenure. Lunch is available and space is limited so call Natalie or David at (440) 279-1313 to reserve your spot.

“IRIS FOLDING” GREETING CARD MAKING WORKSHOP

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!

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

There are two chances each month for you to take part in this activity:

Chardon Senior Center (12555 Ravenwood Drive, Chardon)

on **Tuesday, March 15th, 2022** – Workshop begins at 10am. Call 440-279-2126 to RSVP.

Or Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge)

on **Thursday, March 17th, 2022** - Workshop begins at 12:30 p.m.

Call 440-279-1313 to register by 3/10/22.

UPCOMING DRIVE-THRU EVENT AT CHARDON SENIOR CENTER

Spring is on its way, and we think the perfect way to bring it in is with some cinnamon buns and coffee!

Our monthly Heather Hill sponsored event will be held at Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) on Wednesday, April 6th 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, March 25th. 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!

NEW! CHAIR EXERCISE CLASS AT CHARDON SENIOR CENTER

Mondays and Fridays at 10:00 a.m., starting March 4, 2022

At the Chardon Senior Center, 12555 Ravenwood Drive, Chardon

This class focusses primarily on joint-movement and arthritis exercise, and also utilizes traditional exercise movements in a seated version. This is a FREE class. If you are interested in more information, call Becky at the Chardon Senior Center at 440-279-2131.

**ST. PATRICK'S DAY CELEBRATION AT MIDDLEFIELD SENIOR CENTER,
TUESDAY, MARCH 15**

Come join us for an Irish Sing-a-Long at 11:00AM, Trivia by Chardon Healthcare, and Lunch and noon. Lunch includes a quarter-pound of corned beef w/swiss on rye, baked buttered potatoes and cooked cabbage. Beverage, dessert included. \$8 per person, deadline is March 9th. 440.632.0611.

**MIDDLEFIELD FAT TUESDAY, PACZKIS & DIRTY RICE LUNCH,
TRIVIA & LIVE NEW ORLEANS WEB CAM**

Includes Hurricane punch! Monday, March 1. Trivia at 11:00, lunch at 12:00. Middlefield Senior Center 440.632.0611. Deadline: Feb. 25th. \$6 per person.

A NOSH WITH NATALIE IS MOVING TO BAINBRIDGE SENIOR CENTER!

On Tuesday, March 22nd at 10:30am, Natalie will be giving her hand at making a dish or two at Bainbridge 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! Because it's March Madness, we're going to do some nifty appetizers – Cheesy Potatoes, and a RSVP to (440) 279-1313 to let us know you'll be there. Want to stay for lunch? Let us know by Friday, March 11th.

NEW! CHAIR YOGA IN-PERSON

At Chardon Senior Center, every Friday at 1:00 p.m., starting March, 2022

There are now two options for yoga at the Chardon Senior Center. We have a class that meets virtually, and also now a class that meets in-person. Cost for either class is \$4 per session. Call Becky or Hannah at the Chardon Senior Center at 440-279-2126 with interest.

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

High Quality Nature Documentaries projected onto a Large Screen!!

March 9th 1:30-2:30pm Animal Arms Race | The most formidable battles beneath the ocean's surface
Today, 70 percent of the Earth's surface is covered by water. These vast oceans were the world's first battlegrounds, and they are still the largest. In this big blue battleground every creature - from the formidable Great White Shark to the tiny Blue Streaked Cleaner Wrasse - has its own array of weapons for finding prey, or avoiding becoming prey themselves. Just call to let us know you are coming, FREE PRG!! 440-279-2163

March 23rd 1:30-2:30pm Masters of the Wild | The incredible adaptability of animals
From the highest mountains to the thickest jungle, coldest ice floes, or hottest desert – the world is full of hostile landscapes but animals seem determined to make a go of it. With specialized bodies, unusual diets and unique behaviors they have conquered every corner of the globe. Just call to let us know you are coming, FREE PRG!! 440-279-2163

POPCORN LOVERS DAY!

THUR. MARCH 10TH – 11:00am - \$3/person – RSVP by 3/1/22 We will be making 4 different types of popcorn, some sweet, some spicy....all delicious! For more information please call us at 440.279.2163.

WGSC MONTHLY BREAKFAST IRISH STYLE! – FRIDAY, MARCH 11TH AT 9:00AM

\$4/person – RSVP by March 4th – Call 440.279.2163 for info

March's menu will be: Corned Beef Hash with Scrambled Eggs, Irish Flag Fruit Parfait and coffee with Irish Cream. Find a lucky gold coin and win a special gift! Serving will begin at 9:00am and last approximately 30 minutes – hope to see you there!

HEATHER HILL IN PERSON COOKING DEMO

Our March Heather Hill cooking demo will be held on Wednesday, March 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!

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!**

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!

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, March 29th, at 10:30AM, for demos of an Instant Pot and a Ninja Air Fryer. Demo will include samples! Free. Space will be limited so call to register now! 440.632.0611.

OPENING DAY CHILI DOG LUNCH AT MIDDLEFIELD SENIOR CENTER

Thursday, March 31, Baseball Trivia, & Games, Chili Dog Lunch \$5 per person.

Please call for reservation. Deadline, Tuesday, March 29th. 440.632.0611.

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

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.

MARCH 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	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
7	8	9	10	11
BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI WHITE BREAD MIXED FRUIT CUP	SLOPPY JOE SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	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
14	15	16	17	18
STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPED APPLES	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
21	22	23	24	25
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	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
28	Apr 1	Apr 2	Apr 3	Apr 4
CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI WHITE BREAD MIXED FRUIT CUP	SLOPPY JOE SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN

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

**ADDRESS
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REQUESTED**

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

MARCH

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**GEAUGA COUNTY
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!

DON'T FORGET 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.

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 Geauga Senior Newsletter.