

April 2022

The Geauga SENIOR NEWS



IN THIS
TOGETHER



GEAUGA COUNTY
DEPARTMENT ON AGING

MEDICARE 101

Attention Geauga Seniors sixty (60) years of age and older. Are you just starting your journey into the Medicare network? The Geauga County Department on Aging will help you navigate it with an introductory overview of Medicare. A Medicare 101 class is being offered on May 2 at 6:00PM, at the Burton Library, located at 14588 West Park Street in Burton.

This program is designed for those new to Medicare (those seniors who will be turning 65). Topics include Medicare Parts A, B, C, D, and Medicare Supplementals."

The Geauga County Department on Aging's own Kathy Petrella will be there to educate and guide the seniors through their first experience with Medicare.

**To register, call the Burton Library at 440-834-4466.
Space is limited, so call today.**

MINI-HEALTH FAIR AT MIDDLEFIELD SENIOR CENTER

APRIL 8TH 440.632.0611

***9:30:** "Fancy Oatmeal" with fun toppings |

***10:00:** MYOFIT CLINIC – MIDDLEFIELD

Learn some stretches and get advice on how to physically prepare and enjoy gardening season

***11:00:** UH GEAUGA MEDICAL CENTER
DISCUSSION

Remembering all the important information about your medications can be confusing. Health conditions are often difficult to understand. What is the best way to get the most out of taking your medications? UH Pharmacy wants to help answer any of your health and medication questions. Please join Patrick Divoky, Pharm.D., BCPS to learn more and to schedule a comprehensive medication review. Breakfast and presentations are FREE. If you are coming for the oatmeal, please be at the center by 9:30. Please call for reservations, deadline April 6. 440.632.0611.

Let us know if you will be staying for lunch.

KENTUCKY DERBY LUNCHEON & PRESENTATION

Friday, May 6th, 2022 @ 12:00pm-1:30pm at the
Bainbridge Senior Center
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. While you dine, enjoy a Kentucky Derby themed presentation featuring speaker Kathie Doyle, who will regale you with interesting trivia and the history behind the prestigious horse race. And don't forget to wear your best hats, y'all – a prize will be given for best Derby attire! Cost is \$8, and deadline for registration is Friday, April 29th, or until event is full.

Call (440) 279-1313 for more information.



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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
Don Sulhan, in Memory of the Sulhan Family
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

April 2022

Monthly Highlights

Monday, April 4th: Senior Bike Safety Program
Join GDA, UH Geauga, and Chardon Recreation at Heritage House (Chardon Square) for a kickoff event for our senior biking program! UH Geauga's Trauma Team will speak on bike safety and injury prevention. Light refreshments will be provided. Call Sandy at 279-2137 to register.

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

Tuesday, April 12th: Quilt Show & Lunch
Join us at Tavern 6 (7592 Chardon Rd, Kirtland) for lunch at 11:30am. Then, head over to Lake Farmpark for the Quilt Show. Up to 200 quilts and quilt-related works on display. Cost is \$7 for seniors at the door, lunch is on your own. Call Sandy McLeod at 440-279-2137 to RSVP.

Tuesday, April 19th: Parkinson's Support Group
UH Pharmacy wants to help answer any of your health and medications questions. Please join Patrick Divoky, Pharm D., BCPS to learn more and to schedule a comprehensive medication review. Call Sandy McLeod at 279-2137 to RSVP. 12:30pm

Thursday, April 21st: Elderberries
Join us at Big Creek Park (9160 Robinson Rd, Chardon 44024) in the Deep Woods Lodge for our Spring Wildflower Folklore program. First GDA and UH Geauga will provide breakfast, then a presentation and guided wildflower stroll by Geauga Park District. Call GPD to register at 440-286-9516. 9:00am

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 Chardon WebEx link. Call Melissa Wheeler at 440-279-2167 for more info.

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

MONDAY	TUESDAY
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) WG - West Geauga Senior Center
4	5
8:30-11:15 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG 3:00-4:00 Bike Safety Program OS	10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS
11	12
8:30-11:15 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 11:30-2:00 Quilt Show & Lunch OS 1:00-2:30 Geauga Walkers OS
18	19
8:30-11:15 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 CSC 1:00-2:30 Geauga Walkers OS
25	26
8:30-11:15 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

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
		1 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 12:30-3:00 Diabetes Self-Management Class OS
6 8:30-11:15 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS	7 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	8 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 12:30-3:00 Diabetes Self-Management Class OS
13 8:30-11:15 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	14 10:00-11:00 Strength & Cardio WG 1:30-3:00 Book Discussion BL	15 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 12:30-3:00 Diabetes Self-Management Class OS
20 8:30-11:15 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	21 10:00-11:00 Strength & Cardio WG 9:00-11:30 GPD Elderberries OS	22 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 12:30-3:00 Diabetes Self-Management Class OS
27 8:30-11:15 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS	28 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture WG	29 8:30-11:15 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE 12:30-3:00 Diabetes Self-Management Class OS

Chardon Senior Center

440-279-2126

Wednesday, April 6: Spring Drive-Thru. Sponsored by Heather Hill. Serving Cinnamon Buns and Coffee. Pre-registration required.

Monday, April 11: Growing Up Cleveland. 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! Pre-registration required.

Tuesday, April 12: Hannah's Helpful Hints. Reduce, Reuse, Recycle! Celebrate Earth Day! RSVP by 4/4/22. FREE

Tuesday, April 12: Beekeeping and Honey Making Presentation with Trish the Bee Lady. RSVP by 4/4/22.

Wednesday, April 13: Geauga Park District Presentation on Spring Wildflower Folklore. RSVP by 4/4/22.

Monday, April 18: Book Club. This month's book is The Giver of Stars by Jo Jo Moyes. Please note: This is off-schedule for this month only! Call for more details!

Tuesday, April 19: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 4/11/22.

Tuesday, April 19: Out to lunch at Buckeye Chocolate Café in Chardon. Call to sign up!


Wednesday, April 20: Heather Hill Cooking Demo. Space is limited. Reservations by 4/13/22. Thanks to our wonderful community partner, Heather Hill! FREE

Friday, April 22: Continental Breakfast and Speaker Series with Kathie Doyle. RSVP by 4/11/22. FREE

Monday, April 25: From Sheep to Wool. Find out about the process of raising sheep for wool from a local expert!

Tuesday, April 26: Cookie Decorating Class at D is 4 Delicious in Chardon. Decorating spring flowers! Pre-registration required!

Friday, April 15 and 29: Enjoy some Spring flavors with our smoothie bar. Drop in! FREE

MONDAY		TUESDAY	
Cards, Coffee, and Conversation Every morning 9:00 a.m.—12:00 p.m.  Come for the cards, the coffee, the camaraderie, and the conversation!		Lunch is served every weekday at 12 noon, unless otherwise noted in the calendar. Reservations for lunch are required on the Monday prior to the week you would like to join us for lunch! Call us at 440-279-2126 for lunch reservations.	
4 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-10:45 Chair Exercise* 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:00-12:30 Lunch 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	5 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-11:00 Dollar Store Creations 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice		
11 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-10:45 Chair Exercise* 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:00-12:30 Lunch 12:45-1:45 Line Dancing \$3 1:00-2:00 Lost Cleveland Memo-ries: "Growing Up Cleveland" \$5	12 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-11:00 Helpful Hints Program 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-2:30 Canasta 1:00-2:00 Beekeeping and Honey Presentation 2:00-3:30 Dulcimer Practice		
18 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-10:45 Chair Exercise* 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 Book Club 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	19 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 11:00-12:00 Balance Exercises* 11:30-1:30 Out to Lunch: Chardon Buckeye Chocolate Café 12:00-12:30 Lunch (Senior Center) 12:30-1:30 Parkinson's Support 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice		
25 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-10:45 Chair Exercise* 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 From Sheep to Wool Presentation 12:45-1:45 Line Dancing \$3	26 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 9:30 Cookie Decorating Class at D is 4 Delicious—prior registration 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice		

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p>Becky O'Reilly Recreation & Education Coordinator</p> <p>Hannah Heinz Recreation & Education Assistant Coordinator</p>	<p>Beth Oliverio Information and Referral Specialist</p> <p>Karen Fueger Kitchen Coordinator</p> <p>Peggy Peters Kitchen Assistant</p>	<p>1 9:30-11:30 Stained Glass 10:00-10:45 Chair Exercise 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:30 Lunch 1:00- 1:45 Chair Yoga In-Person \$4 1:00-4:00 Bridge Group</p>
<p>6 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training \$2 12:00-12:30 Spring Drive Thru 12:00-12:30 Lunch 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>7 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>8 9:30-11:30 Stained Glass 10:00-10:45 Chair Exercise 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:30 Lunch 1:00- 1:45 Chair Yoga In-Person \$4 1:00-4:00 Bridge Group</p>
<p>13 9:00-11:00 Pinochle 9:00-11:00 Chess Club 10:30-11:30 Geauga Park Spring Wildflower Folklore 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>14 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>15 9:30-11:30 Stained Glass 10:00-10:45 Chair Exercise 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:45 Lunch 1:00- 1:45 Chair Yoga In-Person \$4 1:45-2:30 Fruit Smoothie Bar 1:00-4:00 Bridge Group</p>
<p>20 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 12:00-1:00 Heather Hill Cooking Demo 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>21 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>22 9:30-11:30 Stained Glass 10:00-11:30 Continental Breakfast and The Six Wives of Henry VIII: Part 2 10:30-12:00 Virtual Yoga \$4 11:30-12:00 Lunch 1:00- 1:45 Chair Yoga In-Person \$4 1:00-4:00 Bridge Group</p>
<p>27 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>28 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>29 9:30-11:30 Stained Glass 10:00-10:45 Chair Exercise 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:45 Lunch 1:00- 1:45 Chair Yoga \$4 1:45-2:30 Fruit Smoothie Bar 1:00-4:00 Bridge Group</p>

Bainbridge Bulletin

Drum Fit with David has been added on Friday afternoons! Get a final workout before the weekend with this instructor-led choreographed aerobic drumming that can be done sitting in a chair or standing up!

**Tuesday, April 5:
Lunch & Learn with GDA Service Staff** Did you know that we have social service workers? Wondering how to get things done around your house that concern your well-being? Join Social Services Worker Michelle Warren and Chore & Home Safety Coordinator Josh Burton as they explain services GDA can offer you. 12pm.

**Tuesday, April 12:
Elliot Ness: The Cleveland Years** Rebecca McFarland from the Cleveland Police Museum will speak about crime in Cleveland during the 1930's, and discuss Eliot Ness's role as Safety Director for the city, his reform program, and crime in Cleveland during his tenure. 1pm.

**Friday, April 15:
Lunch & Learn with Geauga Park District** Take out from Brickhouse Burgers at 12:30, followed by "Spring Wildflower Folklore" presented by Geauga Park District. Lunch must be preordered by 4/8—cash only. 12:30pm.

**Tuesday, April 19:
Nosh with Natalie** Let's make Chicken Cordon Bleu Casserole & Carrot Cake! Call to RSVP. Donations appreciated. Want to stay for lunch? Let us know by 4/8.

**Tuesday, April 26:
Beekeeping 101** Join Trish the Beekeeper to learn about Bees, Beekeeping and Honey! There will be different Ohio seasonal varieties of honey to sample, along with other products of the hive to check out. Come find out more about the joy of bees and honey! 10:30am.

**Thursday, April 28:
Bainbridge Big Breakfast** Veterans and April Birthdays eat free; \$5 for all others. 9am. RSVP by March 20. Call for menu.

Bainbridge Senior Center (440) 279-1313	
MONDAY	TUESDAY
Recreation & Education Coordinator <i>Natalie Dolezal</i> REC Assistant Coordinator <i>David Craig</i>	
4 8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Despicable Me)</i> 2:30-3:15 Drum Fit Exercise*	5 8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch 12:00-2:00 Social Work Appts. 12:00-2:00 Lunch & Learn with GDA Service Staff: Social Services and Chore & Home Safety
11 8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Evan Almighty)</i> 2:30-3:15 Drum Fit Exercise*	12 8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch 1:00-2:00 Eliot Ness: The Cleveland Years
18 8:30-9:30 All-Around Exercise(\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Dan in Real Life)</i> 2:30-3:15 Drum Fit Exercise*	19 8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 10:30-11:30 Nosh with Natalie Chicken Cordon Bleu Casserole & Carrot Cake 12:00-1:00 Lunch
25 8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Incredible Burt Wonderstone)</i> 2:30-3:15 Drum Fit Exercise*	26 8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 10:30-11:30 Beekeeping 101 12:00-1:00 Lunch

**17751 Chillicothe Road,
Bainbridge OH 44023**

WEDNESDAY



THURSDAY

Aerodynamically, the
bumble bee shouldn't be
able to fly, but the bumble
bee doesn't know it so it
goes on flying anyway.

~Mary Kay Ash



FRIDAY

<p align="right">6</p> <p>8:30-9:30 All-Around Exercise (\$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>(First Watch, Pinecrest)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">7</p> <p>9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch</p>	<p align="right">8</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">13</p> <p>8:30-9:30 All-Around Exercise (\$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>(Sirna's, Auburn)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">14</p> <p>9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch</p>	<p align="right">15</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:30-2:00 Lunch & Learn with Geauga Park District <i>Prior registration required</i> 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">20</p> <p>8:30-9:30 All-Around Exercise (\$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>(Papous Tap & Grill, Aurora)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">21</p> <p>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</p>	<p align="right">22</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">27</p> <p>8:30-9:30 All-Around Exercise (\$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>(Madricks Tavern, Newbury)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">28</p> <p>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</p>	<p align="right">29</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 2:30-3:15 Drum Fit Exercise*</p>

West Geauga Sr. Center

(440) 279-2163

HIGHLIGHTS

Age Well Be Well Programs at WG in April

See UH Hospitals AWBW Calendar for Details.
MUST BE REGISTERED WITH AWBW PRG TO ATTEND

Crafting with Millissa Wed APR 6th

The birds are singing and the bees will soon be buzzing so it's the perfect time to make a tabletop beehive decoration! All supplies will be provided and class is open to any registered senior. \$5 per person
Two separate class times-12:30-1:30 or 2:00-3:00
Deadline to register is 3/30

Monday Mish Mosh w/Millissa

April 4th –12:30pm. FREE PRG. Truth or Lie; Its Tell a Lie Day, so come and play a game with us. We will tell stories that couldn't possibly be true, or could they?

April 11th – 12:30pm National Pet Day -RSVP by April 4th. Christine Bacon will be giving a Presentation all about Dogs, Enjoy some Scooby snacks during the Prg.

April 18th –12:30pm Dyngus Day. RSVP by April 11th. Come and celebrate this traditional day of FUN!! We will play games, and have fun snacks. Learn what Dyngus Day is all about along the way.
Donations Accepted.

April 25th –12:30pm **Where in the World? Cambodia.** RSVP by April 18th. Come with us as we visit the most iconic places in an area that was once a bustling tourist spot. Will include a craft project.

Monthly Breakfast-Friday April 8th 9:00am

April's menu will be: Ham, egg and cheese croissant, fruit skewers and juice. Serving will begin at 9:00am and last approximately 30 minutes – hope to see you there! **\$4/person – RSVP by April 1ST**

Magnificent Mother Earth—No registration required.

April 13th- Lord Howe Island-Garden of Eden between Australia and New Zealand **1:30pm**

April 27th-The Cyclades-Greece's enchanting white blue island world. **1:30pm**

TV Game Show Afternoon's No registration required.

April 6th & April 20th 1:30-2:30pm

Easter Egg Coloring – APR 14th

Join West G for a non-traditional way of coloring Easter eggs – we promise you'll have a blast! Each registered senior will receive 4 eggs to color!
12:30pm – RSVP by 4/7 – Donations Appreciated

SPRING FLING AT WGSC *NEW DATE*

March Date was cancelled and rescheduled... Thurs. April 21st– 12:00pm till 2pm - \$15/person RSVP by 4/15/22

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 Sam Fosh!

Spring Birthday Bash w/Ron Papaleo APR 26th

12:00-1:30pm –Come and Join us as we celebrate all Birthdays that occurred during the months of February, March & April! There will be a hot lunch of Pizza and Salad from Bada Bing, cake & Ice Cream, and Live Entertainment by Ron Papaleo.
\$8 per person, Birthday in FEB, MAR or APR, cost is only \$5 Deadline to register 4/22

Dine Nite at Mangia-Mangia APR 28th

Meet up there at 5:00pm, we will have dinner, as well as vote on upcoming restaurant choices for the following months. **Call to register by APR 22nd. (\$)**

MONDAY

TUESDAY

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.

4
8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise (WX)
9:30-11:30 **Matter of Balance Class**
11:00-12:00 Chair Yoga
12:30-1:30 Monday Mish Mosh
"TRUTH OR LIE?"
1:00-3:30 Hand & Foot Card Game

11
8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise (WX)
9:30-11:30 **Matter of Balance Class**
11:00-12:00 CHAIR YOGA VIDEO
12:30-1:30 Monday Mish Mosh
"National Pet Day"
1:00-3:30 Hand & Foot Card Game

18
8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise
9:30-11:30 **Matter of Balance Class**
11:00-12:00 Chair Yoga
12:30-12:30 Monday Mish Mosh
"DYNGUS DAY"
1:00-3:30 Hand & Foot Card Game

25
8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise
9:30-11:30 **Matter of Balance Class**
11:00-12:00 Chair Yoga
1:00-3:30 Hand & Foot Card Game
12:30-2:30 Monday Mish Mosh
Where in the World? Cambodia


5
8:30-10:30 Italian Card Game
9:00-11:30 Stained Glass Class \$5
******BY APPOINTMENT ONLY NO WALK INS******
9:00-11:00 Pinochle
10:00-11:00 Exercise -Sandy (WX)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
12:30-1:00 EZ Chair Exercise (WX)
1:30-2:15 Balance Exercise

12
8:30-10:30 Italian Card Game
9:00-11:30 Stained Glass Class \$5
******BY APPOINTMENT ONLY NO WALK INS******
9:00-11:00 Pinochle
10:00-11:00 Exercise -Sandy (WX)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
12:30-1:00 EZ Chair Exercise (WX)
1:30-2:15 Balance Exercise

19
9:00-11:30 Stained Glass Class \$5
******BY APPOINTMENT ONLY NO WALK INS******
9:00-11:00 Pinochle
10:00-11:00 Exercise -Sandy (WX)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
12:30-1:00 EZ Chair Exercise (WX)
1:30-2:15 Balance Exercise

26
9:00-11:30 Stained Glass Class \$5
******BY APPOINTMENT ONLY NO WALK INS******
9:00-11:00 Pinochle
10:00-11:00 Exercise -Sandy (WX)
12:00-3:00 Bridge Group
12:00-1:30 **SPRING Birthday**
Bash with Ron Papaleo (\$8)
12:30-2:30 Knit & Crochet
12:30-1:00 EZ Chair Exercise (WX)
1:30-2:15 Balance Exercise

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
<p>ALL events/classes with the (WX) symbol listed after it, are available both LIVE and on Webex.</p> <p>Call WGSC for Webex Link to Join Prgs. 440-279-2163</p> <p>Stained Glass Class Appointments: Call Don Trask 440-759-9691</p>		<p style="text-align: right;">1</p> <p>8:00-9:00 WG Walkers 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 10:00-11:00 Chair Volleyball 12:00-3:00 Out to Lunch & Movie 12:30-1:15 Cardio Drumming With Nathan (WX) 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right;">6</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 9:30-11:30 Matter of Balance Class 11:00-12:00 Chair Yoga 12:30-1:30 Craft Class w/Millissa #1(\$5) 2:00-3:00 Craft Class w/Millissa #2 (\$5) 1:30-2:30 TV Game Show Afternoon 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right;">7</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 UH AWBW Lunch & Movie 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX)</p>	<p style="text-align: right;">8</p> <p>8:00-9:00 WG Walkers 9:00-9:30 Monthly Breakfast (\$ 4) 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan (WX) 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right;">13</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga 9:30-11:30 Matter of Balance Class 1:30-2:30 Magnificent Mother Earth <u>"Lord Howe Island-Garden of Eden"</u> 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right;">14</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:30-1:30 Easter Egg Coloring 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX)</p>	<p style="text-align: right;">15</p> <p>8:00-9:00 WG Walkers 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan (WX) 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right;">20</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 9:30-11:30 Matter of Balance Class 11:00-12:00 Chair Yoga 1:30-2:30 TV Game Show Afternoon 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right;">21</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:00-2:00 Spring Fling w/Sam Fosh \$15 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX)</p>	<p style="text-align: right;">22</p> <p>8:00-9:00 WG Walkers 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan (WX) 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right;">27</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 9:30-11:30 Matter of Balance Class 11:00-12:00 Chair Yoga 1:30-2:30 Magnificent Mother Earth <u>"The Cyclades-Greece's enchanting white blue island world."</u> 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right;">28</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:00-1:30 UH Cuisine & Culture 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX) 5:00-7:00 DINE NITE OUT at Mangia-Mangia (\$)</p>	<p style="text-align: right;">29</p> <p>8:00-9:00 WG Walkers 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming With Nathan (WX) 1:00-3:00 Tech Help Appointments</p>

Please Call to Make Your Reservation for ANY Event Including Lunch

440.632.0611

Social Worker Appts with Michelle
Wed. April 13, 8:30-10:00



NEW THIS MONTH!

Mondays & Thursdays, 11:00 Walk with Ginny, walk the Mineral Lake trail!
*(weather permitting, call ahead)
(No walking May 8th)



Line Dancing with Marlene Miller
Beginners Line Dance, \$3 per person
Every Other Tuesday, 10:00am AND
Every Other Wednesday, 2:00pm
(after BINGO)



Poker!

Wednesdays 9:30am—11:30am
Call to let us know you're coming!



Origami on Fridays, Apr. 1, Apr. 15,
Apr. 29



BIRTHDAY LUNCH & KARAOKE!
- Monday, April 18, 11:30am. FREE Lunch for anyone having a Birthday in April, please call by April 11 to let us know you will be joining us. Everyone welcome for Karaoke!

CRAFTING Mondays 1:00pm

You must register the Wednesday before the craft. Space is LIMITED

*April 4: Candy Making w/Ginny, \$7: Includes chocolate mold to take home & 1 lb of chocolate.

*April 11: Bring a dozen hard-boiled eggs to decorate—FREE

*April 18: Pop-Up Card—FREE

*April 25: Umbrella Wreath—\$7

SOUPER LUNCHES

Thursdays 12:00noon \$5

Deadline for reservations, Tues. before.

April 7: Ham & Bean Soup

April 14: Beef & Mushrooms over Mashed Potatoes.

April 21: Chicken & Rice

April 28: Matzo Ball Everything Soup

LUNCH OUT

Tuesday, April 12: Madrick's Newbury, 11:30—Please call for reservation

AMISH FRIED CHICKEN LUNCHEON

April 26, 11:30, Drive Yourself

At Mary Miller's home on Princeton Road \$22 per person, please call for details

OMELET BREAKFAST

















April 29, 9:30

Choose your ingredients! \$5, please call ahead by April 27.

440.632.0611







































Middlefield Sr. Center

440-632-0611

Mon	Tue
<p>MINI-HEALTH FAIR, April 8th</p> <p>*9:30: "Fancy Oatmeal" with toppings</p> <p>*10:00: MYOFIT "Get Ready to Garden"</p> <p>*11:00: UH MEDICAL CENTER "Managing Your Medications"</p> <p>FREE! Call for Reservation</p>	<p>GEAUGA PARK DIST Apr 22, 11:00</p> <p>Spring Wildflower Folklore</p> <p>A special look at the wildflowers that grace the forest floor each spring. medicinal sources and folk remedies.</p> <p>Cinamon Toast & Fruit</p> <p>FREE! Call for Reservation</p>
<p>National Vitamin C Day 4</p> <p>8:30-9:30 Social Hour 11:00 Walk with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting</p>  	<p>National Caramel Day 5</p> <p>8:30-9:30 Social Hour 10:00 Line Dance 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p>   
<p>Barber Shop Quartet Day 11</p> <p>8:30-9:30 Social Hour 11:00 Walk with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting</p>  	<p>Big Wind Day 12</p> <p>8:30-9:30 Social Hour 11:30 GDA Lunch 11:30 Lunch Out Madrick's Newbury 1:00-3:00 Chair Volleyball & Corn Hole</p>   
<p>Animal Cracker Day 18</p> <p>8:30-9:30 Social Hour 11:00 Walk with Ginny 11:30-1:00 Birthday Lunch & Karaoke 1:00-3:00 Crafting</p>  	<p>National Garlic Day 19</p> <p>8:30-9:30 Social Hour 10:00 Line Dance 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p>   
<p>National Telephone Day 25</p> <p>8:30-9:30 Social Hour 11:00 Walk with Ginny 11:30 GDA Lunch 1:00-3:00 Crafting</p>  	<p>National Pretzel Day 26</p> <p>8:30-9:30 Social Hour 11:30 GDA Lunch 11:30 Mary Miller Amish Fried Chix Luncheon 1:00-3:00 Chair Volleyball & Corn Hole</p>   

Middlefield Sr. Center

15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h3 style="margin: 0;">Come Craft With Us!</h3> </div> <div style="flex: 2;">  </div> </div>	<h3 style="text-align: center;">Steak & Lobster Lunch!</h3> <p style="text-align: right;">1</p> <p>8:30-9:30 Social Hour 10:30 Origami! 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	
<p style="text-align: center;"><i>New Beer's Eve</i> 6</p> <p>8:30-9:30 Social Hour 9:30-11:30 Poker 11:30 GDA Lunch 12:30 Movie Time</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p style="text-align: center;"><i>No Housework Day</i> 7</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 11:00 Walk with Ginny* 12:00 Ham & Bean Soup 1:00-3:00 Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	<p style="text-align: center;"><i>Mini-Healthfair Day</i> 8</p> <p>8:30-9:30 Social Hour 9:30 Fancy Oatmeal! 10:00 Myofit 11:00 UH Medical Center 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p>
<p style="text-align: center;"><i>Scrabble Day</i> 13</p> <p>8:30-9:30 Social Hour 8:30-10:00 Social Worker 9:30-11:30 Poker 9:30-11:30 SCRABBLE FUN! 11:30 GDA Lunch 1:00-2:00 BINGO! 2:00 Line Dance</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	<p style="text-align: center;"><i>National Gardening Day</i> 14</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 11:00 Walk with Ginny* 12:00 Ground Beef Gravy 1:00-3:00 Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	<p style="text-align: center;"><i>Good Friday</i> 15</p> <p>8:30-9:30 Social Hour 11:00 Origami! 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>
<p style="text-align: center;"><i>Look Alike Day</i> 20</p> <p>8:30-9:30 Social Hour 9:30-11:30 Poker 11:30 GDA Lunch 12:30 Movie Time!</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p style="text-align: center;"><i>High Five Day</i> 21</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 11:00 Walk with Ginny* 12:00 Chicken & Rice 1:00- Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	<p style="text-align: center;"><i>Earth Day</i> 22</p> <p>8:30-9:30 Social Hour 11:00 Geauga Park Dist. 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>
<p style="text-align: center;"><i>National Denim Day</i> 27</p> <p>8:30-9:30 Social Hour 9:30-11:30 Poker 11:30 GDA Lunch 1:00-2:00 BINGO 2:00 Line Dance</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	<p style="text-align: center;"><i>Blueberry Pie Day</i> 28</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 11:00 Walk with Ginny* 12:00 Matzo Ball Soup 1:00-3:00 Chair Volleyball & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	<p style="text-align: center;"><i>Poem in Your Pocket Day</i> 29</p> <p>8:30-9:30 Social Hour 9:30 Breakfast- Omelets 11:00 Origami! 11:00 GDA Lunch 11:30 Chair Volleyball 1:00-3:00 & Corn Hole</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>

BEEKEEPING 101

What's all the buzz about? You'll find the answer at Bainbridge Senior Center with Trish Harness from Geauga County Beekeepers Association on Tuesday, April 26th at 10:30am. Join Trish the Beekeeper to learn about Bees, Beekeeping and Honey! There will be different Ohio seasonal varieties of honey to sample, along with other products of the hive to check out. Come find out more about the joy of bees and honey! Call (440) 279-1313 to RSVP. Want to stay for lunch? Give us a call by Friday, April 15th!

LUNCH AND LEARN WITH GEAUGA PARK DISTRICT

"Spring flower Folklore" Friday, April 15, 2022 at Bainbridge Senior Center

A special look at the flowers that grace the forest floor each spring. Audiences are introduced to fascinating aspects of flower folklore including the origins of their names and historical use as medicinal sources and folk remedies. Also includes such intriguing aspects of flower ecology as pollination and seed dispersal strategies involving insects and other life. Lunch will be ordered ahead of time from Brickhouse Burgers, and will be served at the senior center at 12:30 p.m. (call BSC for meal selection, and payment arrangement). After lunch, at 1:00 p.m., enjoy the educational program with a Naturalist from Geauga Park District!

Sign up by April 7, 2022, by calling the Bainbridge Senior Center at 440-279-1313.

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

COOKIE DECORATING CLASS

designed exclusively for Geauga County Seniors, at the fabulously amazing cookie shop, D is 4 Delicious, located at 602 South St in Chardon, on Tuesday, April 26, from 9:30AM – 11:00AM.

\$35.00 per person, includes an hour and a half-long group instruction session from the ever-inspirational cookie shop owner, Denise Hagan, as well as all the supplies you need to walk away with a half-dozen spring-themed sugar cookies that truly are delicious! You will walk away feeling like a professional cookie decorator! This class will take place at the cookie shop, but is being hosted by the Chardon Senior Center. For more information, call the senior center at 279-2126. To register, fill out and return the form on page 22 in this newsletter.

"DRIVE LONGER, BETTER, AND SAFER." MATURE DRIVING PROGRAM

- A free presentation, with visual aids, interactions, and humor specifically geared toward the older driver.
- Topics include preparing to drive, making your car fit you better, understanding new vehicle's technologies, new laws, and assistive driving devices.▪ This presentation by AAA gives any senior driver the tools necessary to drive Longer, Better and Safer!

When: April 12th, 2022 10:00AM to 12:00 noon

Where: Lantern of Chagrin Valley 5277 Chillicothe Road, South Russell, Ohio Seating is limited

- Refreshments will be provided

For More Information Contact the South Russell Police Department at: 440-338-7611

THE BRITISH INVASION AND AMERICAN ANSWER

On Monday, May 2nd, from 1:00pm until 2:00pm, at the Chardon Senior Center located at 12555 Ravenwood Dr in Chardon - 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.

CRAFTING at MIDDLEFIELD

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

*April 7: Candy Making w/Ginny, \$7: Includes chocolate mold to take home & 1 lb of chocolate. *April 14: Bring a dozen hard-boiled eggs to decorate—FREE. *April 21: Pop-Up Card—FREE *April 28: Umbrella Wreath—\$7 440.632.0611. Please register a week ahead.

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: EXPLORING ITALY

Thursday, April 28th from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Italy is home to one of the “New Seven Wonders of the World” – The Colosseum! What else is Italy famous for? Come and enjoy a typical Italian meal while we hear about the beautiful mix of tradition, culture and cuisine in Italy. Menu: Salad, Pasta, garlic bread and a desert. Please call Melissa Wheeler at 440-279-2167 to register.

LUNCH AND LEARN WITH UH GEAUGA MEDICAL – UPDATE ON COVID-19

The Corona Virus took the world by storm, and affected Geauga County seriously in March of 2020. For over two years, we have followed the global pandemic as it became known as COVID-19, and turned everything we know upside down. UH Geauga Medical is coming to Bainbridge Senior Center on Tuesday, May 3rd at 12pm for an update on COVID-19, where we stand, and where we are headed. Bring your questions, and get informed on what’s going on! Call (440) 279-1313 to register by Friday, April 22nd. A congregate lunch will be served at 12pm, with the presentation following.

GEAUGA PARK DISTRICT PRESENTATION AT THE CHARDON SENIOR CENTER

Spring Wildflower Folklore / Wednesday, April 13 10:30am - 11:30am

Chardon Senior Center / 12555 Ravenwood Drive, Chardon

Take a special look at the wildflowers that grace the forest floor each spring.

Get introduced to fascinating aspects of wildflower folklore, including the origins of their names, and historical use as medicinal sources and folk remedies. This presentation also includes such intriguing aspects of wildflower ecology as pollination and seed dispersal strategies involving insects and other wildlife.

Call the Chardon Senior Center to sign up at 440-279-2126.

JUKEBOX JAM AT GEAUGA THEATER AND CAR SHOW

The 12th Annual Car and Bike Show in Chardon Square is from 10:00am-2:00pm. A day full of classic cars, bikes, specialty vehicles, entertainment and more! Afterwards, head on over to Geauga Theater (101 Water St, Chardon 44024) for the 3:00pm performance of “Jukebox Jam!” The sights and sounds of America’s Golden Age of Rock-n-Roll, Rockabilly, Doo-Wop and Soul. Dozens of songs tell the story of a generation that forever changed music and the world! \$18 per person. Call Melissa Wheeler at 440-279-2167 for event questions.

MIDDLEFIELD SENIOR CENTER LUNCHES OUT

LUNCH OUT: Tuesday, April 12: Madrick’s Newbury, 11:30—Please call for reservations and directions. 440.632.0611.

AMISH FRIED CHICKEN LUNCHEON: Tuesday, April 26, 11:30. At Mary Miller’s home on Princeton Road \$22 per person, please call for details. DEADLINE April 20. 440.632.0611

BIRTHDAY LUNCH & KARAOKE

Middlefield Senior Center / Monday, April 18, 11:30am. FREE Lunch for anyone having a Birthday in April, please call by April 4 to let us know you will be joining us for lunch. Everyone welcome, non-birthday Seniors, lunch is by donation. Karaoke is FREE to all! 440.632.0611

Geauga Walkers

Date	Park	Parking
Apr 5*	Headwaters Park	15055 Mayfield Road, (Rt 322), Huntsburg/Claridon Township
Apr 12	South Russell Village Park	Bell Road, South Russell Village, West of Rt 306
Apr 19*	The Rookery	10110 Cedar Rd, Munson, off Rockhaven, North of Fairmount or West of Auburn Center Road
Apr 26	Hogback Ridge Park, West	4885 Emerson Road, Madison Twp

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!!!!!!

ELDERBERRIES: SPRING FLOWER FOLKLORE

Thursday, April 21st from 9:00-11:30pm at Big Creek Park (9160 Robinson Road, Chardon 44024) at the Deep Woods Lodge. Beautiful blossoms pale in the face of other fascinating aspects of spring flowers. Join the Geauga County Department on Aging and UH Geauga Medical Center for breakfast in the lodge at 9:00am along with a spring flower folklore presentation by a Geauga Park District Naturalist. Then, venture outside for a guided flower stroll to search for spring forest blooms. Registration required. Please call the Geauga Park District at 440-286-9516 to register.

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
4/6/2022	Russell Uplands	15200 Russell Road, Chagrin Falls 44022
4/13/2022	Girdled Road Reservation	12926 Radcliffe Road, Concord 44077
4/20/2022	Headwaters Park	13365 Old State Road, Huntsburg 44046
4/27/2022	Thompson Ledges	16755 Thompson Road, Thompson 44086

MATTER OF BALANCE CLASSES

April 4th through April 27th – Every Monday & Wednesday from 9:30-11:30am.
West Geauga Senior Center / 8090 Cedar Road / Chesterland, 44026

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this class can make a difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling. To register, please call Melissa Wheeler at 440-279-2167. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

MIDDLEFIELD SENIOR CENTER OMELET BREAKFAST

Friday, April 29, 9:30 / Made to Order! Sides & Juice. \$5, please call ahead by April 27. 440.632.0611

NEW! CHESS CLUB AT THE CHARDON SENIOR CENTER!

Are you interested in learning how to play chess, or do you already play? We would love to start up a chess club, and even have a volunteer who is able to help people learn how to play! Join us every Wednesday, starting April 6, from 9:00 a.m. – 11:00 a.m. at the Chardon Senior Center, located at 12555 Ravenwood Drive, in Chardon. Interested, but have questions? Give us a call at 440-279-2126.

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, April 6 (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 Aviator's Wife by Melanie Benjamin*

Thursday, April 14 (2nd Thursday of each month)- at Burton Library from 1:30 to 3:00pm.
Discussing: The Exiles by Christina Baker Kline

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.

CAREGIVER SERIES

A series of virtual programs designed to educate caregivers about Alzheimer's and other dementias. To register for these programs, please email pmytinger@alz.org or call (216) 342-5571.

10 WARNING SIGNS OF ALZHEIMER'S

Wednesday, April 6 @ 12:00PM | Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

BEHAVIOR UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Wednesday, April 13 @ 12:00PM | Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

EFFECTIVE COMMUNICATIONS

Wednesday, April 20 @ 12:00PM | Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

DEMENTIA CONVERSATIONS

Wednesday, April 27 @ 12:00PM | When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Visit alz.org/CRF for more information about educational programs and services.

To register for programs, please email pmytinger@alz.org.

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

MONDAY MISH MOSH WITH MILLISSA

Call 440.279.2163 for more information.

MON. APRIL 4TH – TRUTH OR LIE

It's Tell a Lie Day so come play a game with us! We will tell stories that couldn't possibly be true, or could they? 12:30pm – RSVP by 3/28 – No Charge

MON. APRIL 11TH – NATIONAL PET DAY

Join West G's own Christine Bacon for a presentation on everything dogs. Enjoy some Scooby Snacks during the talk. 12:30am – RSVP by 4/4 – No Charge

MON. APRIL 18TH – DYNGUS DAY

Come celebrate this traditional day of fun! We will play games and have fun snacks! Learn what Dyngus Day is all about along the way. 12:30pm – RSVP by 4/11 - \$3/person

MON. APRIL 25TH – WHERE IN THE WORLD – CAMBODIA

Come with us as we visit some of the most iconic places in an area that was once a bustling tourists spot. Learn how the people of Cambodia are trying to get back to that. Following the presentation everyone will have an opportunity to make a traditional Cambodian children's toy.

12:30pm – RSVP by 4/18 – Donations accepted.

CUPS AND CANVASES EVENT!

On Friday, May 13, from 10:30 a.m. until 1:00 p.m. At the Chardon Senior Center, located at 12555 Ravenwood Drive, in Chardon / Cost is \$20.00 per person. Join us for a step by step class led by Amber Ariel, owner of Ariel Inspired Art Studio & Gallery. Our project will be spring-themed! We will also have spring-themed appetizers and teas available for you while you work! Lunch is also available! Amber will have you walking away feeling like a seasoned artist! To register, fill out and return the form on page 22 in this newsletter. Call the Chardon Senior Center for more information at 279-2126.

THUR. APRIL 14TH – EASTER EGG COLORING

Join West G for a non-traditional way of coloring Easter eggs – we promise you'll have a blast! Each registered senior will receive 4 eggs to color! 12:30pm – RSVP by 4/7 – Donations Appreciated

SPEAKER SERIES FEATURING KATHIE DOYLE

at the Chardon Senior Center, 12555 Ravenwood Dr, Chardon on Friday, April 22nd, at 10:00 a.m.

Join us at the Chardon Senior Center, 12555 Ravenwood Drive, for our monthly speaker series, featuring Kathie Doyle. Kathie's April topic is "The Six Wives of Henry VIII part 2." Enjoy a complimentary continental breakfast while you are delighted with Kathie's presentation!

Please call us at (440)-279-2126 by Monday, April 18th, to let us know that you will be here.

Want Lunch? Let us know by Monday, April 11th, 2022

WG DINE NITE AT MANGIA-MANGIA APR 28TH

Meet up there at 5:00pm, we will have dinner, as well as vote on upcoming restaurant choices for the following months. Call to register by APR 22nd. Cost of meal is on your own.

STAINED GLASS CLASS AT WEST GEAUGA SENIOR CENTER

Stained Glass Class is back at WGSC, however space is limited, and participation will be by APPOINTMENTS ONLY! NO WALK-INS WILL BE ACCEPTED Cost: \$5 per Class. Call for an appointment by contacting Don Trask at 440-759-9691

HEATHER HILL SWEET TREAT DRIVE-THRU EVENT AT CHARDON SENIOR CENTER

The May Heather Hill Sweet Treat Drive-Thru at Chardon Senior Center is Wednesday, May 4, from 12:00 noon – 12:30 p.m. The May sweet treat is a churro and Mexican Hot Coffee, in keeping with a Cinco de Mayo theme! 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, April 22. 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! As always, thank you to our sponsor, Heather Hill!

PARKMAN 55+ CLUB

Our April 2 meeting will be at the Parkman Community House. We meet at 11:30Am and have lunch at 12:00 Noon. We start with a prayer, and then sing happy birthday to members who have a birthday in the month of April. A short business meeting will follow and then we can enjoy the band Stepping Out, a husband and wife singing duo. This is a very entertaining and fun duo. Come see for yourself. We welcome new members. Call Linda Bell at (440) 554-9201 or Doris Schwendeman at (440) 632-5461 for more information.

“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, April 19th, 2022 – Workshop begins at 10am. Call 440-279-2126 to RSVP. Or Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge) on Thursday, April 21st, 2022 - Workshop begins at 12:30 p.m. Call 440-279-1313 to RSVP.

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

QUILT SHOW & LUNCH

Join us on Tuesday, April 12th at Tavern Six (7592 Chardon Rd, Kirtland) for lunch at 11:30am. Then, head over to Lake Farmpark for the Quilt Show. Up to 200 quilts and quilt-related works on display. Cost is \$7 for seniors at the door, lunch is on your own. Call Sandy McLeod at 440-279-2137 to RSVP.

REDUCE, REUSE, RECYCLE! CELEBRATE EARTH DAY!

On Tuesday, April 12, 10:00 a.m. – 11:00 a.m.

At the Chardon Senior Center, located at 12555 Ravenwood Drive, Chardon

Join Chardon Senior Center's own, Hannah Heinz, as she offers some very helpful hints about repurposing and recycling old materials in an effort to reduce waste in our landfills. Also learn some Earth Day fun facts! This is a free presentation, but we do ask that you call to let us know you'll be there by 4/4/22.

***NEW THIS MONTH!* AT MIDDLEFIELD SENIOR CENTER**

440-632.0611

WALKING WITH GINNY

Mondays & Thursdays, 10:00, walk the Mineral Lake trail! *(weather permitting, call ahead) (No walking May 8th, Closed for Election) FREE.

BEGINNERS LINE DANCE

Line Dancing with Marlene Miller, Beginners Line Dance. Every Other Tuesday, 10:00am April 5 & 19, AND Every Other Wednesday, 2:00pm, April 13& 27, (after BINGO) \$3 per person.

POKER

Wednesdays 9:30am—11:30am. Call to let us know you're coming! FREE

ORIGAMI

Origami On Fridays, Apr. 1, Apr. 15, Apr. 29. A different simple origami craft each time. FREE

THE BAINBRIDGE BIG BREAKFAST!

At the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge 44023) on Thursday, April 28, 9:00AM until 10:00AM. Veterans eat FREE! April Birthdays eat FREE! All others pay \$5.00 Registration is required by 04/20/22 by filling out the registration form in this newsletter. Please indicate on the registration form if you are a Veteran or if your Birthday is in April. Call for menu!

A NOSH WITH NATALIE AT BAINBRIDGE SENIOR CENTER!

On Tuesday, April 19th 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!

This month, let's use up that leftover ham from Easter with a Chicken Cordon Bleu Casserole, and get in some veggies with Carrot Cake! RSVP to (440) 279-1313 to let us know you'll be there. This is a free event, but donations to go toward the cost of ingredients are greatly appreciated. Want to stay for lunch? Let us know by Friday, April 8th.

MAGNIFICENT MOTHER EARTH AT WGSC

High Quality Nature Documentaries projected onto a Large Screen!!

April 13th 1:30-2:30pm "Lord Howe Island-Garden of Eden" A place of biological superlatives with a flora and fauna that have only just begun to be researched: Lord Howe Island, between Australia and New Zealand. This is the first documentary on what may be the most isolated nature reserve on the planet. **No registration Required**, just come on in and Enjoy this Great Nature Program!!

April 27th 1:30-2:30pm "The Cyclades-Greece's enchanting white blue island world."

Around the once sacred isle of Delos, some 200 islands, including 20 larger ones, are arranged almost in a circle. This is where the name of the Greek island paradise comes from: Cyclades, a derivation of the Greek word kýklos, circle. Each cyclade has a unique character. No registration Required, just come on in and Enjoy this Great Nature Program!!

CRAFTS WITH MILLISSA – WED. APRIL 6TH (2 CLASS TIMES)

\$5/PERSON – RSVP BY MARCH 30TH – CLASS TIMES ARE 12:30pm AND 2:00pm

The birds are singing and the bees will soon be buzzing so it's the perfect time to make a tabletop beehive decoration! All supplies will be provided and class is open to any registered senior. Call 440.279.2613 for more information.

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. We will be going to Villa Croatia in Eastlake on June 16 for an "Elvis Tribute" with Walt Sanders & The Cadillac Band. Lunch and show is \$70. This is a drive-yourself. For reservations call Kim at 440-668-3293. At the April 1 meeting we will have musical entertainment by Tom Todd. There will NOT be a meeting on April 15 because it's Good Friday. HAPPY EASTER to all!

HEATHER HILL IN PERSON COOKING DEMO

Our April Heather Hill cooking demo will be held on Wednesday, April 20 at 12:00PM. 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!

JOIN US FOR A FREE "GOOD DEEDS LUNCH & LEARN PROGRAM"

being held on Friday, April 8, 2022 at NOON at the Bainbridge Senior Center located at 17751 Chillicothe Road, Bainbridge, OH 44023. Call 440-279-1313, before March 25 to RSVP for the free lunch. The hour long program is presented by Geauga County Probate Court Judge Tim Grendell and Magistrate Abbey King to help Geauga County residents have a better understanding of possible probate issues regarding any and all of your assets. Free Asset Checklist will be provided.

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

Thursday, April 7th 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.

SPRINGTIME BREAKFAST WITH WEST GEAUGA SENIOR CENTER – FRIDAY, APRIL 8TH AT 9:00AM

\$4/person – RSVP by April 1ST– Call 440.279.2163 for info | April's menu will be: Ham, egg and cheese croissant, fruit skewers and juice. Serving will begin at 9:00am and last approximately 30 minutes – hope to see you there!

PARKINSON SUPPORT GROUP

Tuesday, April 19th at 12:30pm at the Chardon Senior Center (12555 Ravenwood Dr. Chardon). Please RSVP to Sandy McLeod at 279-2137 to reserve your seat. Remembering all the important information about your medications can be confusing. Health conditions are often difficult to understand. What is the best way to get the most out of taking your medications? UH Pharmacy wants to help answer any of your health and medication questions. Please join Patrick Divoky, Pharm.D., BCPS to learn more and to schedule a comprehensive medication review.

SPRING FLING AT THE WEST GEAUGA SENIOR CENTER! *NEW DATE*

(Rescheduled from March Date) Thurs. April 21st– 12:00pm till 2pm - \$15/person – RSVP by 4/15/22

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!

THINK SPRING! FROM SHEEP TO WOOL PRESENTATION

At the Chardon Senior Center, 12555 Ravenwood Drive, Chardon / Monday, April 25, from 1:00 p.m. until 2:00 p.m. Geauga County native, Sharon O'Donnell and her husband raise Long Wool Sheep, specifically Blueface Leicesters and Border Leicesters. Sharon will share with us the whole process of raising sheep for wool; from shearing the sheep, skirting & washing the fleece, carding the wool, and finally spinning it into yarn. She will also bring her equipment and samples of the wool to demonstrate all the steps in the process. Join us for lunch at 12 noon, before the presentation. Call to register at 440-279-2126, by April 18. This is a FREE event!

GEAUGA CYCLISTS

Gauga Department on Aging and UH Geauga & Geauga Parks will hold weekly Wednesday bicycle rides for senior citizens. Our rides begin at 3:00pm and we meet at Eagles Baseball Field on Park Avenue (Chardon) located between Chase Bank and Tilden Avenue. We will ride on the Maple Highland Trail. You must your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Should you have any additional questions, please call Sandy at 440-279-2137.

BEEKEEPING AND HONEY PRODUCTION PRESENTATION

On Tuesday, April 12 from 1:00 p.m. – 2:00 p.m. / At the Chardon Senior Center, 12555 Ravenwood Drive, Chardon Join Trish the Beekeeper to learn about bees, beekeeping and honey! Trish has a small apiary with around 20 hives, and has been working with bees for 7 years. She loves honey, and the way each season has its own flavor - and she will bring honey for tasting! An added bonus: Honey-related door prizes, including a jar of Trish's honey going to one lucky winner! Feeling lucky? Call the Chardon Senior Center to register by 4/4/2022, at 279-2126.

SPRING BIRTHDAY BASH W/ RON PAPALEO APR 26TH

12:00-1:30pm –Come and Join us as we celebrate all Birthdays that occurred during the months of February, March & April! There will be a hot lunch of Pizza and Salad from Bada Bing, cake & Ice Cream, and Live Entertainment by Ron Papaleo. \$8 per person, Birthday in FEB, MAR or APR, cost is only \$5 Deadline to register 4/22

GEAUGA PARK DISTRICT PRESENTATION AT MIDDLEFIELD SENIOR CENTER

Spring flower Folklore / April 22, 10:30am

A special look at the flowers that grace the forest floor each spring. Audiences are introduced to fascinating aspects of flower folklore including the origins of their names and historical use as medicinal sources and folk remedies. Also includes such intriguing aspects of flower ecology as pollination and seed dispersal strategies involving insects and other life. We will serve cinnamon toast and fruit. Please call 440.632.0611for reservations.

BINGO-PA-LOOZA IS BACK!

Join us for this popular and FUN event on Friday, June 3, from 10:00 a.m. – 2:00 p.m. at the Chardon Senior Center, located at 12555 Ravenwood Drive, Chardon.

\$5.00 per person to cover Pizza and Salad, Soft Drinks and Dessert!

Register by May 20 by using the registration form found on page 22 in this newsletter! For questions, call Becky or Hannah at the Chardon Senior Center, 440-279-2126.

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.

APRIL 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
				1 CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS
4 BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	5 BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP	6 HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	7 BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	8 KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD
11 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPED APPLES	12 SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	13 GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	14 JUMBO RAVIOLI TOMATO SAUCE BROCCOLI FLORETS YELLOW SQUASH PINEAPPLE TIDBITS WHITE BREAD	15 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP
18 SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	19 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	20 SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL	21 MEATBALLS W/SPAGHETTI IN TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP	22 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP
25 CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	26 BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	27 BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP	28 HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	29 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.

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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	Auburn Twp	June 2 & 3
Munson Twp	Apr 25, 26, 27, 28	Newbury Twp	June 6, 7 & 8
South Russell Vlg	Apr 27 & 28	Huntsburg Twp	June 9 & 10
Bainbridge Twp	May 2, 3, & 4	Parkman Twp	June 23 & 24
Montville Twp	May 5 & 6	Troy Twp	July 28 & 29
Claridon Twp	May 12	Vlg of Middlefield	August 18
Burton Vlg	May 13	Chesterland Twp	Sept 12,13,14,15,16
Thompson Twp	May 13	RussellTwp	Sept 15 & 16
Burton Twp	May 18 & 19	City of Chardon	Sept 23
Chardon Twp	May 31, June 1	Middlefield Twp	Sept 28 & 29

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!