

May 2022

The Geauga SENIOR NEWS

IN THIS
TOGETHER



GEAUGA COUNTY
DEPARTMENT ON AGING



If you or someone you know has a chronic disease or long lasting health condition, join a FREE six-week course Chronic Disease Self Management Class on Tuesdays starting June 14 through July 19. Class will be held at the Middlefield Senior Center 15820 Ridgewood Rd, Middlefield. Class begins at 9:30 and ends at 12:00 lunch is included. This class will help you find practical ways to deal with pain and fatigue. CDSM has been shown to improve health and communication with doctors, while reducing stress and helping manage symptoms like fatigue, pain, and depression. 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. Call Middlefield Senior Center at 440-632-0611 to reserve your spot!!

THE PANCAKES & POLKAS BREAKFAST

Friday, July 22, 2022 Breakfast served: 9:30 – 11:30 a.m.

Chardon Polka Band: 10:00 a.m. - 12:30 p.m.

Claridon Woodlands Park, 11383 Claridon-Troy Road, Chardon, OH 44024

This event will take place, rain or shine! Bring your lawn chair! If it's nice weather, the band will perform outside! Brought to you by Chardon Senior Center and Middlefield Senior Center, with entertainment by The Chardon Polka Band! Registration is **REQUIRED** by 7/8/22 by filling out the form on page 22 and returning it to the Chardon Senior Center, 12555 Ravenwood Drive, Chardon, OH 44024

CHARDON POLKA BAND CONCERT AT BAINBRIDGE SENIOR CENTER!

Join us on Friday, June 17, 2022 for our BSC Bash at the Bainbridge Senior Center. The Chardon Polka Band will start playing at 1:00 pm and entertain until 2:30 pm. Refreshments will be provided during their show. Space is limited and registration is **first come, first served**. Cost is \$8 per person and is due when you register. Call Natalie or David at the Bainbridge Senior Center for more details and to register, (440) 279-1313.

TV GAME SHOW AFTERNOONS AT WGSC – MAY Dates - May 11th & May 25th 1:30 pm

Are you a game show enthusiast?? Do you find yourself playing along with the TV? If yes, then this is for you!! Games will be played just like the real deal projected onto an ENORMOUS MOVIE style screen with YOU as the contestants. It will be just like being there but without the cash prizes and quirky game show hosts!! We're playing all your favorites, Wheel of fortune, lingo, Jeopardy, chain reaction and more..... This is a **FREE** Program, it's all for fun and stimulating the brain to keep your mind healthy!! Come and join us, give it a try!! Just call to let us know you will be coming, so we can save you a seat!! 440-279-2163

MIDDLEFIELD SENIOR CENTER –SMITH VEIN INSTITUTE SCREENINGS

Smith Vein Institute will be offering free screenings at the Center, June 2, starting at 9:30. Allow 15 minutes for the ultrasound exam. Please wear shorts, skirt or lose fitting pants. You **MUST** register for this complimentary screening. 440.632.0611.



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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

Monthly Highlights

Thursday, May 5th: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Call 214-3180 to register. 12:00pm. Free.

Tuesday, May 17th: Parkinson's Support Group
Can you drive with Parkinson's? Let's talk about this with UH Geauga therapist, Dottie Thompson. We will have a frank discussion on when to give up the keys and how you can stay confident driving. Call Sandy McLeod at 279-2137 to RSVP. 12:30pm

Thursday, May 19th: Elderberries
Join GDA, UH Geauga, and GPD at Frohring Meadows (16780 Savage Rd, Bainbridge) for breakfast in the shelter at 9:00am. After breakfast, take a walk with a Naturalist to look for a variety of birds that have returned to prime breeding habitat during Spring migration. Sponsored by Ohman Family at Holly. 9:00am. **THIS EVENT IS FULL.**

Thursday, May 26th: Cuisine & Culture:
Mexico is home to one of the "New Seven Wonders of the World" - Chichen Itza! What else is Mexico famous for? Come and enjoy a typical Mexican meal while we hear about the beautiful mix of tradition, culture and cuisine in Mexico. Menu: Taco salad, chips & salsa, and dessert. Call Melissa Wheeler at 440-279-2167 to register. Free. 12:00pm.

Gauga Cyclists: Every Wednesday. Meet at the Eagles Baseball Field on Park Avenue (Chardon) between Chase Bank and Tilden Avenue. We will ride on the Maple Highland Trail. You must have your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Call Sandy for additional questions at 440-279-2137. 3:00pm.

Parkinson's Boxing Classes: This class is for seniors diagnosed with Parkinson's whose symptoms are mild to moderate. The goal of this non-contact boxing program is to delay the progression of Parkinson's symptoms. Please call Sandy McLeod at 440-279-2137 for more info.

Balance Exercise Classes: Focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises are both seated and standing. Classes are available in person and live on 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.

May 2022

MONDAY	TUESDAY
2	3
9:30-11:00 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
9	10
9:30-11:00 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
16	17
9:30-11:00 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
23	24
9:30-11:00 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
30	31
 MEMORIAL DAY <i>Remember & Honor</i> CLOSED FOR MEMORIAL DAY	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
4 9:30-11:00 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 3:00-4:30 Geauga Cyclists OS	5 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	5 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
11 9:30-11:00 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 3:00-4:30 Geauga Cyclists OS	12 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 1:30-3:00 Book Discussion BL	13 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
18 9:30-11:00 Parkinson's Boxing EG 3:00-4:30 Geauga Cyclists OS	19 9:00-10:30 Walking for Wellness OS 9:00-11:30 GPD Elderberries OS 10:00-11:00 Strength & Cardio WG	20 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
25 9:30-11:00 Parkinson's Boxing EG 3:00-4:30 Geauga Cyclists OS	26 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture OS	27 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
	<p>Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p>Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167</p>	<p>BL - Burton Library 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</p>

Cards, Coffee, and Conversation
Every morning 9 a.m.—12 p.m.
Come for the cards, the coffee, the camaraderie, and the conversation!

Monday, May 2: British Invasion and American Answer. Previous reservations required.

Tuesday, May 3: Doller Store Creations. Let your creative juices flow! This month's creation will be a floral wreath.

Wednesday, May 4: Sweet Treat Drive-Thru. Sponsored by Heather Hill. Serving Churros and Hot Chocolate. Pre-registration required.

Monday, May 9: Book Club. Call 440-279-2126 for this month's book title and author.

Tuesday, May 10: Hannah's Helpful Hints. Grocery Shopping on a budget. RSVP by 5/2/22. FREE

Tuesday, May 17: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 4/11/22.

Tuesday, May 17: UH Healthy Living Presentation and Cooking Demonstration. Sign up by May 9.

Wednesday, May 18: Heather Hill Cooking Demo. Space is limited. Reservations by 5/11/22. Thanks to our wonderful community partner, Heather Hill! FREE

Friday, May 20: Breakfast and Speaker Series with Kathie Doyle. This is a re-scheduled event from February on the Dionne Quintuplets.

Tuesday, May 24: Out to Lunch at El Patron in Chardon. Call 440-279-2126 to register. Price of lunch is "on your own."

Tuesday, May 24: Greeting Card Making with Decorative Stamps and Embellishment. \$5 for 3 cards, payable to instructor on day of class.



Chardon Senior Center	
440-279-2126	
MONDAY	TUESDAY
<p>2 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 British Invasion/ American Answer 1:00-3:00 Ceramics</p>	<p>3 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</p>
<p>9 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 1:00-2:30 Book Club</p>	<p>10 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-11:00 Hannah's Helpful Hints—Grocery Shopping on a Budget 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice</p>
<p>16 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</p>	<p>17 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 11:00-12:00 Balance Exercises* 12:00-12:30 UH Healthy Living Presentation and Demonstration 12:30-1:30 Parkinson's Support 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice</p>
<p>23 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</p>	<p>24 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises* 11:30 Out to Lunch: El Patron 12:00-12:30 Lunch (Senior Center) 12:30-2:30 Canasta 1:00-2:30 Greeting Card Making \$5 2:00-3:30 Dulcimer Practice</p>
<p>30 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</p>	<p>31 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice</p>

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p>4 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>5 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>6 9:30-11:30 Stained Glass 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:30 Lunch 1:00- 1:45 Chair Yoga-size In-Person \$3 1:00-4:00 Bridge Group</p>
<p>11 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>12 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>13 9:30-11:30 Stained Glass 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:30 Lunch 1:00- 1:45 Chair Yoga-size In-Person \$3 1:00-4:00 Bridge Group 12:30-3:00 Cups and Canvases</p>
<p>18 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training \$2 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>19 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>20 9:30-11:30 Stained Glass 9:30 Breakfast 10:30 Speaker 10:30-12:00 Virtual Yoga \$4 11:00-12:00 Scrabble 12:00-12:45 Lunch 1:00- 1:45 Chair Yoga-size In-Person \$3 1:00-4:00 Bridge Group</p>
<p>25 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training 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>26 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>27 9:30-11:30 Stained Glass 10:30-12:00 Virtual Yoga \$4 11:30-12:00 Lunch 1:00- 1:45 Chair Yoga-size In-Person \$3 1:00-4:00 Bridge Group</p>
<p>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.</p>	<p style="text-align: center;">Becky O'Reilly Recreation & Education Coordinator</p> <p style="text-align: center;">Hannah Heinz Recreation & Education Assistant Coordinator</p>	<p style="text-align: center;">Beth Oliverio Information and Referral Specialist</p> <p style="text-align: center;">Karen Fueger Kitchen Coordinator</p> <p style="text-align: center;">Peggy Peters Kitchen Assistant</p>

Bainbridge Bulletin

NEW Topsy-Turvy Thursday

Join your Bainbridge Senior Center REC staff as we explore different topics. From history to how-to's, there will be something for everyone! 1pm.

Giant Crossword Work as a group to complete a giant crossword puzzle! 1pm.

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, May 3:

Lunch & Learn with UH Geauga Medical "COVID-19 Update" 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. Find out where we stand and where we are headed. Bring your questions, and get informed on what's going on! 12pm.

Tuesday, May 17:

Nosh with Natalie Let's make Cheeseburger Casserole & Macaroni Coleslaw. Call to RSVP. Donations appreciated. Want to stay for lunch? Let us know by 5/6.

Friday, May 20:

Craft: Ladybug Magnets. 1pm. Call by 5/11 to RSVP.

Thursday, May 26:

Bainbridge Big Breakfast Veterans and May birthdays eat free; \$5 for all others. 9am. RSVP by May 13. Call for menu.




Tuesday, May 31:

Skin Cancer: What to Look for & How to Treat It presented by SkinCure Oncology. Take care of yourself by learning about different types of nonmelanoma skin cancer, what to look for, and ways to treat it: surgically, topically, and non-invasively. 11am.



Bainbridge Senior Center (440) 279-1313	
MONDAY	TUESDAY
2	3
8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(The Man Who Shot Liberty Valance)</i> 2:30-3:15 Drum Fit Exercise*	8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:30 Lunch and Learn with UH Geauga Medical Center COVID-19 Update Prior registration required for lunch 12:00-2:00 Social Work Appts.
9	10
8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Rio Bravo)</i> 2:30-3:15 Drum Fit Exercise*	8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch
16	17
8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(The Shootist)</i> 2:30-3:15 Drum Fit Exercise*	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 Cheeseburger Casserole & Macaroni Coleslaw 12:00-1:00 Lunch
23	24
8:30-9:30 All-Around Exercise(\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(True Grit)</i> 2:30-3:15 Drum Fit Exercise*	8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch
30	31
	8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 11:00-12:00 Skin Cancer: What to Look For and How to Treat It 12:00-1:00 Lunch

**17751 Chillicothe Road,
Bainbridge OH 44023**

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">4</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>(El Camino, Aurora)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">5</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 1:00-2:00 NEW PROGRAM Topsy-Turvy Thursday: Sports You've Never Heard Of</p>	<p align="right">6</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:30 Kentucky Derby Luncheon & Speaker <i>Prior registration required</i> 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">11</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>(Silver Skillet, Chesterland)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">12</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 1:00-2:00 Giant Crossword Day</p>	<p align="right">13</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 1:00-2:00 Brain Busters 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">18</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>(Burntwood Tavern, Chagrin Falls)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">19</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 1:00-2:00 NEW PROGRAM Topsy-Turvy Thursday: Hobos</p>	<p align="right">20</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 1:00-2:00 Craft: Ladybug Magnets 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">25</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>(Augies, South Russell)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">26</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 1:00-2:00 Giant Crossword Day</p>	<p align="right">27</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 1:00-2:00 Brain Busters 2:30-3:15 Drum Fit Exercise*</p>
<p align="center">  Recreation & Education Coordinator <i>Natalie Dolezal</i> REC Assistant Coordinator <i>David Craig</i>  </p>		

MAY HIGHLIGHTS

To Sign-Up or Register for any WGSC Events, please call 440-279-2163

Age Well Be Well Programs at WG in MAY

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

Monday Mish Mosh w/Millissa-MAY Dates

MAY 2nd 12:30 -Truffle Day

MAY 9th 12:30 - National Womens Check-Up DAY

MAY 16th 12:30 -National Do Something Nice for your Neighbor DAY

MAY 23rd 12:30 Where in the World? Switzerland

MAY 6th -12:30 -Out to Lunch Bunch at 5th Ave Deli in Mayfield Hts (Eastgate Shopping Plaza) Meet up there at 12:30, cost of meal is on your own. Call us to let us know you are coming by May 3rd.

MAY 4th -12:30 -Birds of OHIO Presentation and Bird feeder Craft

MAY 11th 11:30- Lunch & Learn -The Life and Legacy of Mother Teresa. RSVP by May 6th

MAY 13th 9:00am -Breakfast & Superstitions Prg \$4/person - RSVP by April 6th

Magnificent Mother Earth -MAY Dates

MAY 4th- 1:30pm "Wild Pacific" The Beauty of Life. (Oceanic marine life footage)

MAY 18th -1:30pm "Exciting Animal Behavior", in the most enchanting forests of our planet.

TV Game Show Afternoon's -MAY Dates

MAY 11th & MAY 25th 1:30-2:30pm -If you are a TV Game show enthusiast, this program is for you!! Play many of the same games that you see on TV!!


May 19th Dine Nite OUT 7:00pm at Cowboys in Bainbridge. Meet up there, Cost of meal is on your own, just pay what you eat. Sign Up by May 16th

May 20th Spring Craft w/Millissa 1:00pm

MAY 25th 12:30-1:30 Senior Health & Fitness Day Drive Thru Lunch and Goody Bags \$3 per senior, RSVP no later than May 13th



West Geauga Sr. Center (440) 279-2163

MONDAY	TUESDAY
2	3
8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga 11:30-12:30 <u>Monday Mish Mosh - Truffle Day</u> 1:00-3:30 Hand & Foot Card Game	8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 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
9	10
8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga 11:30-12:30 <u>Monday Mish Mosh- National Women's Check-Up Day</u> 1:00-3:30 Hand & Foot Card Game	8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 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
16	17
8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 CHAIR YOGA 11:30-12:30 <u>Monday Mish Mosh -Do Something Nice for your Neighbor Day</u> 1:00-3:30 Hand & Foot Card Game	8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 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
23	24
8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise 11:00-12:00 Chair Yoga 1:00-3:30 Hand & Foot Card Game 12:30-2:00 <u>Monday Mish Mosh</u> <u>Where in the World? Switzerland</u>	9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 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
30	31
ALL SITES CLOSED MEMORIAL DAY  REMEMBER AND HONOR	9:00-11:30 Stained Glass Class \$5 <i>****BY APPOINTMENT ONLY NO WALK INS****</i> 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

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; font-weight: bold;">4</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga 1:00-2:00 <u>The Birds of OHIO</u> <u>Presentation & Craft</u> 1:30-2:30 <u>Magnificent Mother Earth</u> <u>"Wild Pacific"</u> 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right; font-weight: bold;">5</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> 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise (WX) 3:00-4:00 Word Nerd Game (WX)</p>	<p style="text-align: right; font-weight: bold;">6</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 ****BY APPOINTMENT ONLY NO WALK INS**** 10:00-11:00 Chair Volleyball 12:30-2:00 <u>Out to Lunch Bunch @</u> <u>5th Ave Deli & Grill</u> 12:30-1:15 Cardio Drumming <u>With Nathan (WX)</u> 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right; font-weight: bold;">11</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00 NO YOGA CLASS TODAY 11:30-1:00 <u>Lunch & Learn-Mother</u> <u>Teresa, her life, her legacy.</u> <u>(\$Donations will be collected\$)</u> 1:30-2:30 <u>TV Game Show Afternoon</u> 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right; font-weight: bold;">12</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise (WX) 3:00-4:00 Word Nerd Game (WX)</p>	<p style="text-align: right; font-weight: bold;">13</p> <p>8:00-9:00 WG Walkers 8:30-9:30 <u>Breakfast & Superstitions</u> <u>Program \$ 4</u> 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 ****BY APPOINTMENT ONLY NO WALK INS**** 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming <u>With Nathan (WX)</u> 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right; font-weight: bold;">18</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga 1:30-2:30 <u>Magnificent Mother Earth</u> <u>"Exciting Animal Behavior"</u> 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise (WX) 3:00-4:00 Word Nerd Game (WX) 5:00-7:00 <u>DINE NITE OUT at</u> <u>Cowboys in Bainbridge</u></p>	<p style="text-align: right; font-weight: bold;">20</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 ****BY APPOINTMENT ONLY NO WALK INS**** 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming <u>With Nathan (WX)</u> 1:00-2:00 <u>Spring Craft w/Millissa</u> 1:00-3:00 Tech Help Appointments</p>
<p style="text-align: right; font-weight: bold;">25</p> <p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 11:00-12:00 Chair Yoga 12:30-1:30 <u>Senior Health & Fitness</u> <u>Day Drive-Thru Lunch \$3</u> 1:30-2:30 <u>TV Game Show Afternoon</u> 3:00-4:00 Wednesday Wordles (WX)</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:00-1:30 <u>UH Cuisine & Culture</u> 1:30-2:15 Balance Exercise (WX)</p>	<p style="text-align: right; font-weight: bold;">27</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 ****BY APPOINTMENT ONLY NO WALK INS**** 10:00-11:00 Chair Volleyball 12:30-1:15 Cardio Drumming <u>With Nathan (WX)</u> 1:00-3:00 Tech Help Appointments</p>
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <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> </div> <div style="width: 35%; text-align: center;"> <p>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> </div> <div style="width: 30%;"> <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> </div> </div>		

Please Call to Make Your Reservation for ANY Event Including Lunch

440.632.0611

Social Worker Appts with Michelle
Wed. May 11, 8:30-10:00

WALKING WITH GINNY

Mondays & Wednesdays, 11:00 Walk with Ginny, walk the Mineral Lake trail!
*(weather permitting, call ahead)

LINE DANCING WITH MARLENE

Beginners Line Dance, \$3 per person
Every Other Tuesday, 10:00am, May 17 & 31
AND

Every Other Wednesday, 2:00pm,
May 11 & 25
(after BINGO)

BIRTHDAY LUNCH & KARAOKE!

- Monday, May 16, 11:30am. FREE Lunch for anyone having a Birthday in May, please call by May 9 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

*May 2: Hats for CincDerbMom \$5 for Hat, FREE if you bring your own

*May 9: Plastic Canvas/Pony Bead Wind-spinners \$5 each

*May 16: Help us Beautify the Deck. Help Ginny plant decorative plants and veggies on the deck. Take a couple of small pots home. FREE

*May 23: Patriotic Clothespin Wreath. \$6 each

SOUPER LUNCHES

Thursdays 12:00noon \$5

Deadline for reservations, Tues. before.

May 12: Mac & Cheese & BLT

May 19: Cincinnati Chili

May 26: Cheeseburger Soup

LUNCH OUT

Tuesday, May 10: Blazin Bills, 11:30

Tuesday, May 24: Warren's Spirited Kitchen
Please call for Reservation

EDUCATION & BRAIN Fridays

May 6: Trivia 11:00

May 13: UH Med Center "Creating Meaningful Activities for Your Brain," 11:00

May 20: Instant Pot Demo, 10:30

May 27: Chore, Maintenance & Social Worker "Just What Do They Do?" 10:30

BISCUIT & GRAVY BREAKFAST WITH SCRAMBLED EGGS

May 27, 9:30

\$5, please call ahead by May 25.

440.632.0611

Middlefield Sr. Center

440-632-0611

Mon	Tue
<p>National Brother & Sister Day 2</p> <p>8:30-9:30 Social Hour 10:15 Exercise  11:00 Walk w/Ginny 11:30 GDA Lunch 1:00-3:00 Crafting: Hats for May 5th, \$5 per hat, or FREE if you bring your own hat. </p>	<p>MIDDLEFIELD SENIOR CENTER CLOSED FOR ELECTIONS</p> 
<p>Women's Check Up Day 9</p> <p>8:30-9:30 Social Hour 10:15 Exercise  11:00 Walk w/Ginny 11:30 GDA Lunch 1:00-3:00 Crafting: Marsha's Windspinners \$6 </p>	<p>National Shrimp Day 10</p> <p>8:30-9:30 Social Hour 11:30 GDA Lunch 11:30 Lunch Out BLAZIN' BILLS 1:00-3:00 Chair Volleyball & Cornhole   </p>
<p>National Barbeque Day 16</p> <p>8:30-9:30 Social Hour 10:15 Exercise  11:00 Walk w/Ginny 11:30-1:00 Birthday Lunch & Karaoke 1:00-3:00 Crafting: Spring Planting, FREE </p>	<p>National Walnut Day 17</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>World Turtle Day 23</p> <p>8:30-9:30 Social Hour  10:15 Exercise 11:00 Walk w/Ginny 11:30 GDA Lunch 1:00-3:00 Crafting: Patriotic Clothespin Wreath: \$6 per wreath </p>	<p>National Asparagus Day 24</p> <p>8:30-9:30 Social Hour 11:30 GDA Lunch Lunch Out WARREN'S SPIRITED KITCHEN  11:30 Chair Volleyball & Corn Hole  1:00-3:00</p>
 <p>MEMORIAL DAY</p> <p>REMEMBER AND HONOR</p>	<p>National Smile Day 31</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>

Middlefield Sr. Center 15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
<p style="text-align: center;">National Orange Juice Day 4</p> <p>8:30-9:30 Social Hour 10:15 Exercise 11:00 Walk w/Ginny 11:30 GDA Lunch 12:30 Movie Time </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">CincDerMom \$8 person 5</p> <p>10:00 Mother's Tea, Horse Racing, Board Games, Trivia, 11:30 Hat Winner Announced 12:00 Fab Taco Bar 1:00-3:00 Chair Volleyball </p>	<p style="text-align: center;">National Space Day 6</p> <p>8:30-9:30 Social Hour 9:00 By Appt Podiatrist 10:30 Trivia 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole </p> <p style="text-align: center;"> </p>
<p style="text-align: center;">Twilight Zone Day 11</p> <p>8:30-9:30 Social Hour 8:30-10:00 Social Worker 10:15 Exercise 11:00 Walking w/Ginny 11:30 GDA Lunch 1:00-2:00 BINGO! 2:00 Line Dance </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">Nutty Fudge Day 12</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Mac & Cheese & BLT 1:00-3:00 Chair Volleyball & Corn Hole </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">National Apple Pie Day 13</p> <p>8:30-9:30 Social Hour 10:30 Fancy Oatmeal! 11:00 UH Medical Center 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole </p> <p style="text-align: center;"> </p>
<p style="text-align: center;">National No Dirty Dishes Day 18</p> <p>8:30-9:30 Social Hour 10:15 Exercise 11:00 Walk w/Ginny 11:30 GDA Lunch 12:30 Movie Time! </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">National May Ray Day 19</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Cincinnati Chili 1:00-3:00 Chair Volleyball & Corn Hole </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">Pizza Party Day 20</p> <p>8:30-9:30 Social Hour 10:30 Instant Pot & Air Fryer 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole </p> <p style="text-align: center;"> </p>
<p style="text-align: center;">Towel Day 25</p> <p>8:30-9:30 Social Hour 10:15 Exercise 11:00 Walk w/Ginny 11:30 GDA Lunch 1:00-2:00 BINGO! 2:00 Line Dance </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">World Lindy Hop Day 26</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Cheeseburger Soup 1:00-3:00 Chair Volleyball & Corn Hole </p> <p style="text-align: center;"> </p>	<p style="text-align: center;">National Road Trip Day 27</p> <p>8:30-9:30 Social Hour Biscuit & Gravy Breakfast 10:30 Chore, Maint & Social Worker 11:30 GDA Lunch 1:00-3:00 Chair Volleyball</p>



SAVE THE DATES!

JUNE 2: SMITH VEIN CLINIC WILL BE AT THE CENTER FOR FREE ULTRASOUND READINGS OF LOWER LEGS.

JUNE 29: JUDGE GRENDALL'S GOOD DEEDS PROGRAM WITH GRILLED HOT DOGS AFTER PRESENTATION. YOU MUST REGISTER FOR BOTH EVENTS! 440.632.0611

MIDDLEFIELD SENIOR CENTER

WALKING WITH GINNY

Mondays & Wednesdays, 11:00, walk the Mineral Lake trail! *(weather permitting, call ahead) FREE.
440.6332.0611

BEGINNERS LINE DANCE

Line Dancing with Marlene Miller, Beginners Line Dance. Every Other Tuesday, 10:00am May 17,31, and Every Other Wednesday, 2:00pm, May 11& 25, (after BINGO). \$3 per person. 440.632.0611

BIRTHDAY LUNCH & KARAOKE

Monday, May 16, Stuffed Cabbage, 11:30am. FREE Lunch for anyone having a Birthday in May, please call by May 9 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

SPEAKER SERIES

Featuring Kathie Doyle at the Chardon Senior Center (12555 Ravenwood Dr, Chardon) On Friday, June 24, 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 June topic is "The Trials and Tribulations of American Heirs." Enjoy a complimentary continental breakfast while you are delighted with Kathie's presentation! Please call us at (440)-279-2126 by Monday, June13, to let us know that you will be here!

GEAUGA PARK DISTRICT PRESENTATION AT THE CHARDON SENIOR CENTER

Lunch and Learn with Geauga Park District

"Bats are Fantastic in Fact!" Friday, July 15, 2022 at Bainbridge Senior Center

With an interactive slide-show, we will focus on the many interesting facts and some myths about this often-misunderstood mammal. We'll introduce you to the bats that call Ohio home and learn about their many adaptations and the threats they face for survival.

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 July 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!

CRAFTING AT MIDDLEFIELD MONDAYS 1:00PM

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

May 2: Decorate a Hat for CincDerbMom on May 5th (check our calendar) \$5 per Hat, FREE if you bring your own hat. May 9: Per Marsha's request, Windspinners \$6. May 16: Help us plant containers for the deck and take a couple of small pots home for yourself-FREE. May 23: Patriotic Clothespin Wreath - \$6.

Call for ALL at least one week prior so we can obtain your supplies. 440.632.0611.

LEARN HOW TO MAKE A QUILTED "MUG RUG" DRINK COASTER

Chardon Senior Center will offer a class on making quilted "Mug Rug" drink coasters, every Tuesday in June from 1:00 p.m. – 3:00 p.m. Sign up for the series for \$12.00, or sign up for individual days for \$3.00 per class. You will make one "Mug Rug" per class/week. This is a perfect way to learn how to quilt, or refresh your skills if it's been a few years since you've quilted. Bring good fabric scissors, needle and thread (neutral color), or a portable sewing machine if you have one; we will supply the rest of the needed items! To register, fill out the form on page 22 in this newsletter, and submit it along with payment to Chardon Senior Center, 12555 Ravenwood Drive, Chardon, Ohio 44024. Registration deadline is May 17. For more information, call the Chardon Senior Center at 440-279-2126.

STAINED GLASS CLASS AT WEST GEAUGA SENIOR CENTER

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

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

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

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

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

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

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

QMB			SLMB			QI		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,153	\$ 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: MEXICO & CHICHEN ITZA

Thursday, May 26th from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Mexico is home to one of the "New Seven Wonders of the World" – Chichén Itzá! What else is Mexico famous for? Come and enjoy a typical Mexican meal while we hear about the beautiful mix of tradition, culture and cuisine in Mexico. Menu: Taco salad, chips & salsa, and dessert.

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

WED. MAY 25TH – NATIONAL SENIOR HEALTH AND FITNESS DAY

DRIVE THRU EVENT WITH LUNCH AND GOODY BAGS! West Geauga Senior and UH Geauga Medical Center will be hosting a drive thru event at the West Geauga Senior Center. Cost will be \$3/registered senior (make sure to sign up every senior in your vehicle). Each registered senior will receive a healthy lunch to go of the following: Classic Garden Salad and Italian Dressing, Fresh Fruit Cup and Bottled Water. You will also receive a Goody Bag filled with health-related information, healthy snacks and more! Due to the amount of participants lunch can not be altered or substituted. We apologize for any inconvenience this may cause. Pick up will be in the back of the West Geauga Senior Center (follow the signs in the parking lot). Reservation and money will be due by May 13th.

LOST CLEVELAND MEMORIES: RABBI ABBA SILVER'S BATTLE AGAINST THE CLEVELAND NAZIS

In the 1930's stormtroopers were marching in Parma and local auto-workers were being recruited for jobs in German factories. Learn how Rabbi Silver's League for Human Rights led the fight against the fascists in our town. Join Dennis Sutcliffe with another installment of his Lost Cleveland Memories series at Bainbridge Senior Center on Tuesday, June 21st at 11am. Cost is \$5. Registration deadline is by Friday, June 10th, or until event fills. Let us know if you would like to stay for congregate lunch (donation based) afterwards! Call (440) 279-1313 for more information. Fill out and send in the registration form in the newsletter to: Bainbridge Senior Center / 17751 Chillicothe Rd / Bainbridge, OH 44023. Please make checks payable to "GDA".

FRI. MAY 13TH – BREAKFAST AND SUPERSTITIONS WITH WEST G

Breakfast will be served at 8:30am – Games and Program will start at 9:15am / Join us for a traditional breakfast of scrambled eggs, sausage, hash browns and juice followed by a fun game of Guess that Superstition! Learn where some of the more known superstitions got started as well as some that you may have never heard of before. Cost is \$4/person and money and reservations are required by 5/6/2022.

JUKEBOX JAM AT GEUGA THEATER AND CAR SHOW

On Sunday, July 10th, the 12th Annual Car and Bike Show is 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 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.

FRI. MAY 6TH – OUT TO LUNCH WITH WEST G

Lunch cost on your own – we will meet at 12:30pm at 5th Avenue Deli and Grill in Mayfield. Reservations are required by April 29th. Restaurant is located in the Eastgate Shopping Plaza at Rte 322 and Rte 91.

Geauga Walkers

Date	Park	Parking
May 3*	Big Creek Park Look for Wildflowers	9160 Robinson Road, Chardon, Deep Woods Shelter
May 10	Eagle Creek State Nature Preserve	Hopkins Road, Rt 305, East of Hiram, Nelson Twp
May 17*	Metzenbaum Park @ 1:00 & West Geauga Commons	7940 Cedar Road, Chesterland, West of Rt 306, South of Fairmount Road, Novelty
May 24	Mentor Lagoons	8365 Harbor Drive, Mentor
May 31*	Sunnybrook Preserve	12474 Heath Road, North of Rt 322, East of Chesterland

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!!!!!!

GREETING CARD MAKING WITH DECORATIVE STAMPS AND EMBELLISHMENTS

Tuesday, May 24, 1:00 p.m. Chardon Senior Center, 12555 Ravenwood Drive.
 Make beautiful greeting cards with decorative stamps and other embellishments. Get in touch with your creative side, and make something to cheer up someone's day!
 Make 3 cards for \$5.00, payable the day of the class to the instructor.
 Call 440-279-2126 to RSVP by May 16.

WALKING FOR WELLNESS!

Every Thursday at 9:00am. Join the Geauga County Department on Aging and UH Geauga for our "Walking for Wellness" program. Walking has shown to help with weight management, reducing stress, and increasing energy levels. Group walking programs can help you reach your personal wellness goals! Please register by calling Melissa Wheeler at 279-2167.

Date	Park	Address
5/5/2022	West Woods	9465 Kinsman Rd (Rt. 87), Novelty
5/12/2022	Tupelo Pond	9373 Ravenna Rd, Chardon
5/19/2022	Frohring Meadows	16780 Savage Rd, Bainbridge
5/26/2022	Jordan Creek Park	7250 Alexander Rd, Concord

HANNAH'S HELPFUL HINTS

Tuesday, May 10, at 10:00 a.m. At the Chardon Senior Center, 12555 Ravenwood Drive, in Chardon.
 With grocery prices on the rise, let's talk about grocery shopping on a budget. Compare prices, talk about shopping hacks and share our favorite places to find a deal! Call 440-279-2126 to let us know you will be here!
 Want lunch? Let us know by Monday, May 2.P.S.: Bring a favorite recipe to share!

CHAIR VOLLEY BALL PLAYERS NEEDED

Looking for Chair Volleyball Players here at WGSC!! If you like to play chair volleyball, and need to get in a little more exercise, this is a great way to do so the FUN WAY!!! We have Chair Volleyball every Friday morning from 10:00-11:00am here at the WGSC. No sign up required, just come on in and join us!!

MIDDLEFIELD SENIOR CENTER - SAVE THE DATE! GOOD DEEDS PROGRAM!

Judge Grendell will be presenting his Good Deeds program here at the center. Wednesday, June 29th at 10:30. Learn how to avoid probate court for your loved ones. Join us for a Hot Dog light lunch on the deck afterward at noon. You MUST call for reservations for both by June 22. Space is limited! 440.632.0611.

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, May 4th (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 Personal Librarian by Marie Benedict

Thursday, May 12th (2nd Thursday of each month)- at Burton Library from 1:30 to 3:00pm.

Discussing: The Kitchen Front by Jennifer Ryan

THE QUILTING GROUP AT THE CHARDON SENIOR CENTER – NO EXPERIENCE NEEDED!

The Quilting Group at the Chardon Senior Center is currently meeting every Monday, from 10:00 a.m. – 12:00 p.m. Participants work on their own individual projects, share ideas and help each other stay on task and inspired. The group is currently looking for more members, and are willing to teach beginners! Come in and check it out. For more information, call the Chardon Senior Center at 440-279-2126.

MIDDLEFIELD SENIOR CENTER BISCUITS & GRAVY & SCRAMBLED EGGS

We'll have some Memorial Day History & Trivia and a moment of silence to commemorate. Friday, May 27, 9:30. Made to Order! Sides & Juice. \$5, please call ahead by May 25. 440.632.0611

BEGINNER PICKLEBALL CLASSES

If you want to have fun while learning how to play pickleball, this is the course for you! More than just the ABC's of the game; this class will teach you the essentials for players including footwork, positioning, strategy, etc. The goal is to spread the joy of learning and playing the fastest growing sport in America. Please call Melissa at 440-279-2167 to register. Dates: Wednesdays, June 1st – June 22nd Time: 10:30am-12:00pm

Fee: Donation to the Geauga Department on Aging

Location: Metzenbaum Gym (8200 Cedar Rd, Chesterland 44026)

Instructor: Patrick Keenan

BOOK CLUB AT CHARDON SENIOR CENTER

May 9, 1:00 p.m. Chardon Senior Center, 12555 Ravenwood Drive, in Chardon.

The Book Club at the Chardon Senior Center has grown, and is still accepting new members! The more, the merrier! The group meets on the second Monday of each month at 1:00 p.m. Call the Chardon Senior Center for the title and author for each month. 440-279-2126.

SWEET TREAT DRIVE-THRU AT CHARDON SENIOR CENTER

The June Sweet Treat Drive-Thru at the Chardon Senior Center is Wednesday, June 1, from 12:00 noon – 12:30 p.m. The June treat is a Pepperoni Roll and an Arnold Palmer to drink. 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 May 23. 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!

MATTER OF BALANCE CLASSES

June 8th through July 27th – Every Wednesday from 12:00-2:00pm.

Thrive Performing and Visual Arts Building / 106 Water Street / Chardon, 44024

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

Space is limited. Sponsored by UH Geauga Medical Center.

WED. MAY 4TH – NATIONAL BIRD DAY

Join the West Geauga Senior Center at 1:00pm for a presentation on Ohio birds. Following the presentation by Christine, join Millissa in making homemade bird feeders. All supplies will be provided.

Program is FREE but reservations are required by April 29th.

MONDAY MISH MOSH WITH MILLISSA

Call 440.279.2163 for more information.

MON. MAY 2ND – TRUFFLE DAY

Learn about how truffles are made, sample some delicious truffles and about other fine chocolate and chocolatiers.

11:30am – RSVP by 4/25 – Donations Accepted

MON. MAY 9TH – NATIONAL WOMAN’S CHECK UP DAY

Celebrate with us by making spa kits. All supplies will be provided to you a wonderful selfcare kit for yourself or to give as a gift. Each kit will be \$4 to cover costs of supplies and you are able to make 2 kits if you’d like.

11:30am – RSVP by 5/2 – \$4 for one kit / \$8 for 2

MON. MAY 16TH – DO SOMETHING NICE FOR YOUR NEIGHBOR DAY

We will create handmade bookmarks and magnets for our neighbors, the Adult Day Clients. All supplies provided.

11:30am – RSVP by 5/11 – No Charge

MON. MAY 23RD – WHERE IN THE WORLD – SWITZERLAND

Come travel with us to Appenzell, Switzerland and learn about the history of this town as well as some others around Switzerland. Following the presentation stay and enjoy some of Appenzell’s main export – cheese! We will have a variety of cheeses to sample as well as beverages to enjoy.

12:30pm – RSVP by 5/18 – Donations accepted.

PARKMAN 55+ CLUB

On May 5 the club will be traveling to the Peter Allen Inn, located in Kinsman Ohio, for Lunch. We will be carpooling, lunch is on your own and there will be no meeting today. We welcome new members.

Call Linda Bell at (440) 554-9201 or Doris Schwendeman at (440) 632-5461 for more information.

LOST CLEVELAND MEMORIES

“The King of The Moonloggers; Alan Freed and the Birth of Rock and Roll”

Friday, June 10, 2022

Presentation by Lost Cleveland Memories, Dennis Sutcliffe will begin at 11:00 a.m.

Pizza Lunch will follow the presentation at 12:00 noon. At the Chardon Senior Center, 12555 Ravenwood Drive, Chardon, Ohio 44024. Cost is \$5.00 per person, payable with registration.

To register, fill out the registration form on page 22 in this newsletter, and mail it to the Chardon Senior Center.

Call 440-279-2126 with any questions!

“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, May 17th, 2022 – Workshop begins at 10am. Call 440-279-2126 to RSVP.

Or **Bainbridge Senior Center** (17751 Chillicothe Road, Bainbridge) on Thursday, May 19th, 2022 - Workshop begins at 12:30 p.m. Call 440-279-1313 to register by 5/13/22.

HEATHER HILL COOKING DEMO AND LUNCH AT CHARDON SENIOR CENTER

Wednesday, May 18, 2022, 12:00 p.m. at the Chardon Senior Center. FREE!

Heather Hill’s own, Chef Jason, will be serving us one of his delicious meals right here at the Chardon Senior Center. While enjoying the meal, listen to Chef talk about how he prepared it, while he shares his recipes and pro-tips! Space is limited. Call (440) 279-2126 to sign up by May 11.

MIDDLEFIELD SENIOR CENTER LUNCHES OUT

LUNCH OUT Tuesday, May 10: Blazin’ Bills, 11:30. May 24: Warren’s Spirited Kitchen—Please call for reservations and to carpool. 440.632.0611.

WG DINE NITE AT COWBOYS THURSDAY MAY 19TH

Meet up there at 5:00pm, we will have dinner, and social time for all!! It’s a good way to get out, and meet new friends. Call to register by May 16th, 440-279-2163. Cost of meal is on your own.

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.

ROAD RALLY IN MIDDLEFIELD

On Tuesday, June 14th at 12:30pm we will begin at Mineral Lake Park Pavilion, park at the Grove Street entrance parking lot. It is off of Lake Avenue in Middlefield. Pick up your scavenger hunt packet and depart the park. Learn and explore the Middlefield community by following clues, visit landmarks, pose for a few pictures, and pick up a couple of treats along the way! Someone in each car must have a cell phone to take pictures. Don't miss the fun we have planned for you! Cost is \$10 per person.

SCRABBLE GROUP AT THE CHARDON SENIOR CENTER

Join us every Friday at 11:00 a.m. at the Chardon Senior Center for a friendly game of Scrabble! Enjoy the camaraderie, and then stay for lunch! Call 440-279-2126 for more information.

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

UNIVERSITY HOSPITAL, GEUGA MEDICAL CENTER HEALTHY LIVING SERIES

Cooking Demonstration and Presentation focusing on Gluten-Free, Celiac Disease, and Vegetarian Diets
Tuesday, May 17, 2022, 12:00 p.m. Chardon Senior Center, 12555 Ravenwood Drive, Chardon
Join us for this free health presentation and cooking demo, complete with samples!
Light refreshments will be served following the presentation.
Register by May 9, by calling Chardon Senior Center at 440-279-2126.

BIKE TRIP & DINNER: GARRETTSVILLE & MANTUA

Join Geauga Department on Aging and UH Geauga for a bike ride in Garrettsville on Tuesday, June 7th. Meet at Garrettsville Village Park (10482 South St, Garrettsville 44321) at 2:30pm. You will pull into the library, but keep driving back where the Head Waters Trail begins. We will ride from Garrettsville to Mantua and back. This trail is approximately 8.5 miles each way. Once finished, we will head to Garrett's Mill & Brewing Company (8148 Main St, Garrettsville 44231) to eat dinner. We should arrive there around 4:15pm. Dinner is on your own. Please RSVP by calling Sandy McLeod at 440-279-2137.

NEW PROGRAM! TOPSY TURVY THURSDAY AND GROUP GIANT CROSSWORD AT BAINBRIDGE SENIOR CENTER!

Join us at Bainbridge Senior Center on the first and third Thursdays of the month for our Topsy-Turvy Thursday Programs! From sports, to history, to a Name that Tune or interactive game, we'll be covering a variety of topics and trying new things. Starting in May, we'll be talking about Sports You've Never Heard Of, and about the history of Hobos.
On the remaining Thursdays, we'll have a Giant Crossword puzzle to solve as a group, so wear your thinking cap! No need to register for these programs unless otherwise noted! Call (440) 279-1313 with any questions.

THE BAINBRIDGE BIG BREAKFAST!

Join us on Thursday, May 26, from 9:00 a.m. – 10:00 a.m. at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge 44023). Veterans eat FREE! May Birthdays eat FREE! All others pay \$5.00
Registration is required by 05/20/22 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 May. Call for menu!

A NOSH WITH NATALIE AT BAINBRIDGE SENIOR CENTER!

On Tuesday, May 17th 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, we're getting ready for Memorial Day with Cheeseburger Casserole and Macaroni Coleslaw! 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, May 6th.

SUN SAFETY, SKIN CANCER, AND YOU

On Tuesday, May 31 at 11am at Bainbridge Senior Center. With spring comes warmer weather, and an increase of exposing your skin to harmful UV rays. Take care of yourself by learning about the difference between melanoma and nonmelanoma skin cancer, ways to prevent it, what to look for, and ways to treat it: surgically, topically, and non-invasively. Deanna from SkinCure Oncology will specifically talk about IG-SRT (image guided superficial radiotherapy). Join us at Bainbridge Senior Center for this informational presentation. Call (440) 279-1313 to RSVP. Want to stay for lunch? Call and let us know by Friday, May 20th.

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 snacks will be provided.

At the May 6 meeting Susan Cannavino will tell us the life story of Grace Kelly.

Ron Papaleo will entertain us at the May 20 meeting with his vocals, keyboard and accordion with music from the Great American Songbook.

We will be going to Lancaster, PA, June 7-9, to see the Biblical show, "David" at the Sight & Sound Theatre and much more! Call Nancy to see if space is still available, 440-729-9684.

A trip to the movies is planned for Thursday, May 12. We will meet at the Atlas Theater behind Eastgate at 2:30. Movie starts at 3:00. Cost is \$5 for movie or \$10 for movie, popcorn and drink. 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 more information and reservations for both trips, call Kim at 440-668-3293.

UH MEDICAL CENTER AND FANCY OATMEAL!

How about Creating Meaningful Activities for your brain? Join UH Medical Center Friday, May 13, for an interactive program at 11:00! We can all use a little exercise for our brains! Refresh your body with some fancy, healthy oatmeal before the presentation at 10:30 YUM! Please call to reserve your spot by Wednesday, May 11, 440.632.0611.

DOLLAR STORE CREATIONS

Join us at the Chardon Senior Center on Tuesday, May 3, and let your creative juices flow! This month's creation will be a floral wreath. The cost of this project will be \$8.00, due with registration. We will get all the needed supplies from a local dollar store and show you how to make a beautiful creation out of a mixture of miscellaneous supplies. Call 279-2126 to register!

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

Thursday, May 5th 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.

MIDDLEFIELD SENIOR CENTER INSTANT POT & AIR FRYER

In case you missed the class, we'll do another on May 20th at 10:30. Learn the basics of these awesome kitchen appliances. FREE program and samples. You must call for reservations. 440.632.0611

PARKINSON SUPPORT GROUP

Tuesday, May 17th at 12:30pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon).

Can you drive with Parkinson's? Let's talk about this with UH Geauga therapist Dottie Thompson. We will have a frank discussion on when to give up the keys and how you can stay confident driving.

We know the symptoms of Parkinson's disease and side effects of its medications may affect a person's driving ability, the diagnosis alone does not tell the whole story. Many people with PD continue to drive safely long after their diagnosis. Much depends on specific symptoms, along with other changes that may come with aging.

Dottie will talk about other ways to test if your driving is safe.

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

MAGNIFICENT MOTHER EARTH AT WGSC

HIGH QUALITY NATURE DOCUMENTARIES PROJECTED ONTO A LARGE SCREEN!!

MAY 4th 1:30-2:30pm "Wild Pacific". The western Pacific has many major marginal seas, including the South China Sea, the East China Sea, the Sea of Japan, the Sea of Okhotsk, the Philippine Sea, the Coral Sea, and the Tasman Sea. Fish are an important economic asset in the Pacific. The shallower shoreline waters of the continents and the more temperate islands yield herring, salmon, sardines, snapper, swordfish, and tuna, as well as shellfish. Join us as we virtually explore this enormous body of water, and all that lives within it!! **No registration Required**, just come on in and enjoy this Great Nature Program!!

MAY 18th 1:30-2:30pm "Exciting Animal Behavior in the most enchanting Forests of our Planet" "This film presents breathtaking images of exciting animal behavior and grand landscapes Forests of this earth" uncovers the forest's amazing strategies of animal survival as it relates to behavior. See the strange phenomena that allow them to thrive in varied biotopes and under different environmental conditions, and the interplay they have with the fascinating animals living in them. **No registration Required**, just come on in and enjoy this Great Nature Program!!

GEAUGA CYCLISTS

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

WHAT'S ALL THE CRAZE ABOUT CHARCUTERIE BOARDS?

Come to the Chardon Senior Center on Monday, June 6th at 10:30 to find out. Join us and we will break down step by step instructions on how to make pepperoni roses and much more! Cost will be \$15.00 and include everything you need to make a charcuterie board. Call 440-279-2126 to let us know you will be here! Want lunch? Let us know by Monday, May 23.

LUNCH & LEARN AT WGSC MAY 11TH 11:30-1:00PM

Mother Teresa Presentation, her life, her legacy, and her Work with the Poor. Lunch served 11:30-12:00 & 12:00-1:00 will be the Presentation. Just in time for Mother's Day, we will offer an educational presentation on this inspiring woman of faith. Learn her history, see her accomplishments, hear and see her in video interviews. She truly was a SAINT to the many she touched... FREE Program ~Donations for lunch will be collected. Call to Register, Seats are limited to 25 for the meal, however the presentation ONLY is Unlimited..... 440-279-2163

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.

MAY 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
2 KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	3 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	4 SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	5 GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	6 JUMBO RAVIOLI TOMATO SAUCE BROCCOLI FLORETS YELLOW SQUASH PINEAPPLE TIDBITS WHITE BREAD
9 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	10 SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	11 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	12 SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL	13 MEATBALLS W/SPAGHETTI w/TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP
16 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	17 CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	18 BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	19 BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP	20 HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP
23 BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	24 KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	25 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	26 SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	27 GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP
30 MEMORIAL DAY	31 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP			

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
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**GEAUGA COUNTY
 DEPARTMENT ON AGING**



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 News ONLINE

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.*

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