


The Geauga SENIOR NEWS

IN THIS
TOGETHER 
GEAUGA COUNTY
DEPARTMENT ON AGING



Learning for a Lifetime

Friday, August 19th, 2022

The Geauga County Department on Aging in conjunction with Kent State University Geauga Campus invite you to join us for our annual “Learning for a Lifetime” event on Friday, August 19th **at the Kent State Geauga Campus in Burton (14111 Claridon Troy Rd, Burton 44021)**. Each senior will choose from the listed classes below to make their own schedule. This year’s selection of classes covers a wide spectrum of interests and provides you with a unique opportunity to challenge and invigorate yourself. Please fill out the registration form, as space is limited in each classroom.

Cost is \$10 Per Registered Senior * Lunch is Included

9:30AM Session 1 Pick top two classes from the following choices:

- (1) The Threads of War:** presented by Dr. Molly Sergi of Kent Geauga. Blockades, shortages, and other problems limited Southern access to resources. How did this shape fashion in the Civil War? What was popular in the North versus the South? Style, culture, and history are discussed in this presentation.
- (2) Designing Flyers:** presented by Judy Paternite of Kent Geauga. Microsoft Word is so much more capable than just producing Word documents! Learn to design flyers and newsletters. We will create a 2-column newsletter in class. Bring a jump drive to save it, or you will be able to email it to yourself, if you can access your email online.
- (3) Taking Charge of Your Car & Vehicle Safety:** presented by Andrew Pleso, Sales Consultant for Junction Auto. A poorly maintained car can drain your budget – they can be incredibly expensive to repair or replace. Learn from the car experts on what routine maintenance works and checks you should be doing to keep your car in good shape to prevent those unwanted breakdowns. And what is the reality of “extended warranties”? Find out about all of this and more!
- (4) Department on Aging Services Overview:** presented by Michelle Warren & Reba Dykes, GDA Social Workers. The senior population in Geauga County is over 29,000 people, with approximately 13,000 utilizing our GDA services. From installing grab bars to offering Medicare appointments and Home Delivered meals, we do a lot at our agency. Find out what else we offer, and how we can help you!
- (5) Building a Healthy Diabetic Menu:** presented by UH Geauga Medical Center. Join UH Diabetes educator to learn more about good carbs verses bad carbs, and how to effectively count carbs to achieve the ideal diabetic menu through planning and preparation at an affordable cost.
- (6) Geauga’s B & O Railroad:** presented by Bill Jackson of Geauga Historical Society. Learn the story behind Geauga’s first cross-country railroad, which later became known as the Lake Branch of the Baltimore & Ohio Railroad. Beginning as an irregular narrow-gauge railroad during the boom years of national railroad building, it built up a large traffic in iron ore and coal transport during the years 1872-1886.

10:45AM Session 2 Pick top two classes from the following choices:

- (1) Roaring 20’s:** presented by Eric Coulbourne, Geauga Public Library’s Geauga West Branch Manager. Hear about the headlines, fashion, music, dance, literature, theatre, movies and art that made the 1920's roar.



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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 is a free program for Geauga County residents who have beginning to mid-stage dementia or Alzheimer's disease. The program is offered Monday through Friday, 8:30 a.m. to 2:30 p.m. 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 vkrueger@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, Cardio Drumming, Chair Yoga, Chair Chi, and Bingo.

HEATING ASSISTANCE AVAILABLE

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, June 2nd: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Call 214-3180 to register. 12:00pm. Free.

Tuesday, June 7th: Bike Trip
Meet at Garrettsville Village Park (10482 South St, Garrettsville) at 2:30pm. 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 for dinner around 4:30pm. Dinner is on your own. Please RSVP by calling Sandy at 440-279-2137.

June 8th-July 27th: Matter of Balance Every Wednesday from 12:00-2:00pm. Are you concerned about falling? Join this FREE class that includes setting realistic goals for staying active, learning how to stay safe at home, completing exercises to increase strength and balance, and more! Call Melissa at 440-279-2167 to register. Sponsored by UH Geauga.

Tuesday, June 14th: Road Rally Learn about and explore the Middlefield community by following clues, visit landmarks, pose for a few pictures, pick up a few treats and learn some Middlefield history. Begins at 12:30pm at Mineral Lake Park Pavilion (Grove St, Middlefield). \$10 per person.

Thursday, June 16th: Elderberries
THIS EVENT IS FULL.

Thursday, June 30th: Cuisine & Culture
The Taj Mahal is considered one of the finest examples of Mughal architecture. It is also considered to be a beautiful love story as it was completed in 1658 by Emperor Shah Jahn who built it for his wife. A lunch with Indian flare will be provided by Chef Joe from UH Geauga. 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). 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 questions at 440-279-2137. 3:00pm.

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.

Beginner Pickleball:
THIS CLASS IS FULL.

June 2022

MONDAY	TUESDAY
<p>Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p>Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167</p>	
<p>6</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG</p>	<p>7</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Gauga Walkers OS 2:30-5:30 Bike Trip OS</p>
<p>13</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG</p>	<p>14</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 12:30-4:00 Road Rally OS 1:00-2:30 Gauga Walkers OS</p>
<p>20</p> <p></p> <p>OFFICES CLOSED FOR JUNETEENTH</p>	<p>21</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 12:30-1:30 Parkinson's Support CSC 2:00-3:00 Diabetes Support CSC 1:00-2:30 Gauga Walkers OS</p>
<p>27</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG</p>	<p>28</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Gauga Walkers OS</p>

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
1 9:30-11:00 Parkinson's Boxing EG 10:30-12:00 Beginner Pickleball OS 11:30-12:30 Book Discussion GW 3:00-4:30 Geauga Cyclists OS	2 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	3 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
8 9:30-11:00 Parkinson's Boxing EG 10:30-12:00 Beginner Pickleball OS 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS	9 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 1:30-3:00 Book Discussion BL	10 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
15 9:30-11:00 Parkinson's Boxing EG 10:30-12:00 Beginner Pickleball OS 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS	16 9:00-10:30 Walking for Wellness OS 9:00-11:30 GPD Elderberries OS 10:00-11:00 Strength & Cardio WG	17 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
22 9:30-11:00 Parkinson's Boxing EG 10:30-12:00 Beginner Pickleball OS 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS	23 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG	24 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
29 9:30-11:00 Parkinson's Boxing EG 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS	30 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture WG	BL - Burton Library CSC - Chardon Senior Center EG - Everybodies Gym (357 Washington St, Chardon) GW - Geauga West Library OS - Offsite WE - WebEx (Online) WG - West Geauga Senior Center

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

Wednesday, June 1: Sweet Treat Drive-Thru. Sponsored by Heather Hill. Serving Pepperoni Rolls and Arnold Palmers. Pre-registration required.

Friday, June 3: Bingo-Pa-Looza! Event is full, but watch for it in the future!

Monday, June 6: Charcuterie Board Class. Learn how to make a beautiful charcuterie board for all of your summer get-togethers! Call 440-279-2126 for interest and to register.

Wednesday, June 8: Bats are Fantastic in Fact! Presentation by Geauga Park District. Call to register!

Friday, June 10: Lost Cleveland Memories with Dennis Sutcliffe. Pre-registration is required. Call for details!

Monday, June 13: Book Club. Call 440-279-2126 for this month's book title and author.

Tuesday, June 14: Hannah's Helpful Hints. Cell Phone Basics. Bring your questions about your Android phone or Apple iPhone. RSVP by 6/6/22. FREE

Wednesday, June 15: Heather Hill Cooking Demo. Space is limited. Reservations by 5/11/22. Thanks to our wonderful community partner, Heather Hill! FREE

Tuesday, June 21: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 4/11/22.

Friday, June 24: Breakfast and Speaker Series with Kathie Doyle. This month's topic is on "American Heirs." Prior registration required.

Tuesday, June 28: The Pioneer History of Western Reserve Townships. Call to register by June 17.

Tuesdays in June: Learn to quilt by starting with a small project, a Mug Rug or coaster. Call for details at 440-279-2126.

Chardon Senior Center
440-279-2126

MONDAY	TUESDAY
<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>
<p>6 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30- Charcuterie Board Class 12:45-1:45 Line Dancing \$3</p>	<p>7 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 1:00-3:00 Mug Rug Quilting 2:00-3:30 Dulcimer Practice</p>
<p>13 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 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 1:00-2:30 Book Club</p>	<p>14 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-11:00 Hannah's Helpful Hints—Cell Phone Basics 11:00-12:00 Balance Exercises* 12:30-1:30 Parkinson's Support 1:45 Diabetic Support Group 12:30-2:30 Canasta 1:00-3:00 Mug Rug Quilting</p>
<p>20 Closed Today</p> 	<p>21 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 Lunch 12:30-2:30 Canasta 1:00-3:00 Mug Rug Quilting 2:00-3:30 Dulcimer Practice</p>
<p>27 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 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>28 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 11:00-12:00 The Pioneer History of Western Reserve Townships 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-2:30 Canasta 1:00-3:00 Mug Rug Quilting</p>

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training \$2 12:00-12:30 Sweet Treat 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>2 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>3 9:30-11:30 Stained Glass 10:00-2:00 Bingo-Pa-Looza! 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>8 9:00-11:00 Pinochle 9:00-11:00 Chess Club 11:00-11:45 Strength Training \$2 11:00-12:00 Geauga Park District Presentation 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>9 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>10 9:30-11:30 Stained Glass 11:00-12:00 Scrabble 11:00-12:00 Lost Cleveland Memories Presentation and Pizza Lunch 12:00-12:30 Lunch 1:00- 1:45 Chair Yoga-size In-Person \$3 1:00-4:00 Bridge Group</p>
<p>15 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>16 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>17 9:30-11:30 Stained Glass 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>22 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>23 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>24 9:30-11:30 Stained Glass 10:00 Breakfast and Historical Presentation by Kathie Doyle 11:30-12:00 Lunch 1:00- 1:45 Chair Yoga-size In-Person \$3 1:00-4:00 Bridge Group</p>
<p>29 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>30 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>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</p>

Bainbridge Bulletin

Topsy Turvey Thursdays:
Join us for two new topics!
Thursday, June 2:

A Brief History on European Royalty. In honor of the Queen's birthday, we'll be delving into a bit of the lives of the Royals. 1pm.

Thursday, June 16:
How Do You Sleep? We'll discuss what your sleeping position says about you, and interpret some common dream themes. 1pm.




Tuesday, June 14:
Nosh with Natalie *NEW TIME!*
11am-12pm! Let's make Oriental Chicken Salad & Ice Cream Cake. Call to RSVP by June 6. Donations appreciated. Want to stay for lunch? Let us know by 5/6.

Friday, June 17:
BSC Bash! Featuring The Chardon Polka Band. Have you been itching to tap your feet to a polka beat? Want to know just who stole the keeshka? Then it's time for you to put on your dancing shoes and join us for the sassy sounds of The Chardon Polka Band! Deadline is June 3 or until event is full. \$8. 1pm. Refreshments sponsored by Heather Hill and Jennings Notre Dame Village.

Tuesday, June 21:
Lost Cleveland Memories: Rabbi Abba Silver's Battle Against the Cleveland Nazis presented by Dennis Sutcliffe. 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 fascists in our town. Deadline to register is Friday, June 10th or until event is full. \$5. 11am.

Thursday, June 30:
Bainbridge Big Breakfast Veterans and June birthdays eat free; \$5 for all others. 9am. RSVP by June 15.

Bainbridge Senior Center (440) 279-1313

MONDAY	TUESDAY
<p>Recreation & Education Coordinator <i>Natalie Dolezal</i></p> <p>REC Assistant Coordinator <i>David Craig</i></p> 	
<p style="text-align: right;">6</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(The Green Mile)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p style="text-align: right;">7</p> <p>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.</p>
<p style="text-align: right;">13</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Shawshank Redemption)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p style="text-align: right;">14</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 11:00-12:00 *NEW TIME* Nosh with Natalie Oriental Chicken Salad & Ice Cream Cake 12:00-1:00 Lunch</p>
<p style="text-align: right;">20</p> 	<p style="text-align: right;">21</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:30 Dennis Sutcliffe's Lost Cleveland Memories: "Rabbi Abba Silver" (\$5) Prior registration required 12:00-1:00 Lunch</p>
<p style="text-align: right;">27</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(The Birdman of Alcatraz)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p style="text-align: right;">28</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch</p>

**17751 Chillicothe Road,
Bainbridge OH 44023**

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">1</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>Welshfield Inn, Burton</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">2</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 Topsy-Turvy Thursday: A Brief History on European Royalty</p>	<p align="right">3</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">8</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>Station 43, Aurora</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">9</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">10</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">15</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>Dutch Country, Middlefield</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">16</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 Topsy-Turvy Thursday: How Do You Sleep?</p>	<p align="right">17</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 1:00-3:00 BSC Bash! (\$8) Featuring The Chardon Polka Band <i>Prior registration required</i></p>
<p align="right">22</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>Panini's, Chagrin Falls</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">23</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 Giant Crossword Day</p>	<p align="right">24</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">29</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>Sleepy Rooster, South Russell</i>)</p>	<p align="right">30</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>	

Newsorthy Notes

Age Well Be Well Programs at WG in JUNE

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

Crafting with Millissa

JUNE 1st -We will be making Patriotic Wreaths for the upcoming Independence Day holiday. Two separate Class Times. **Cost: \$5**

Out to Lunch & Shopping w/WGSC

June 3rd— Meet up at The Brown Barn in Munson at 12:30, after lunch we will head on down the road to Fowlers Mill Store for some shopping. Cost is all on your own.

Monday Mish Mosh w/Millissa

JUNE 6th —Gardening Project—Its National Get out and Garden Day!!

JUNE 13th – UH Hospital representative will give a presentation on Osteoporosis. **No registration required**

JUNE 27th –Where in the World?

New Zealand **RSVP by June 17th.**

Monthly Breakfast at WGSC

JUNE 10th—Breakfast & Bingo with WG. Breakfast of blueberry pancakes & Bacon will be served at 8:30am, and Bingo will begin around 9:15. **Cost \$4 RSVP by June 3rd.**

Magnificent Mother Earth—No registration required, just come on in and join us.

JUNE 15th -1:30pm The fascinating world of deep mountain lakes.

JUNE 29th -1:30pm A Place of Superlative- Yosemite National Park.

TV Game Show Afternoon's -

JUNE 8th & JUNE 22nd 1:30-2:30pm Wheel of Fortune, Jeopardy, Lingo, Chain Reaction & More. Give it a TRY you'll have a BLAST!! **No Registration Required.**

Bats & Brunch with Geauga Parks

June 24th—Learn some interesting facts and some myths about this often-misunderstood mammal. Hear about the bats that call Ohio home, and the many adaptations & threats they are facing. Enjoy a light Brunch while you view the presentation (mini bat-pancakes, sausage links, croissants, fresh fruit and beverages). **Cost: \$3 RSVP by June 17th**

FREE Hearing Screenings by Holly's Hearing

JUNE 29th -10:00-12:00 -appointment ONLY

Dine Nite

June 30th—Cost of meal is on your own. Meet up at Chester Tavern in Chesterland at 5:00pm. **RSVP by June 27th**

West Geauga Sr. Center

(440) 279-2163

MONDAY

TUESDAY

Lunch is served Mon thru Fri from 12:00-12:30pm. **ALL Seniors MUST make a RESERVATION /W 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.

Recreation/Education Coordinator

~Christine Bacon 440-279-2163

Rec/Ed Assistant Coordinators

~Millissa Brosch 440-279-2183

~Nathan Gorton

I&R Assistant: Debbie M.

6

7

8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise (WX)
11:00-12:00 Chair Yoga
12:30-1:30 Monday Mish Mosh
"Gardening Project"
1:00-3:30 Hand & Foot Game

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

13

14

8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise (WX)
11:00-12:00 CHAIR YOGA
11:00-12:00 Monday Mish Mosh-UH
Presents... All about Osteoporosis
1:00-3:30 Hand & Foot Game

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

ALL Sites CLOSED

20

21



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

27

28

8:30-10:30 Italian Card Game
9:30-10:30 Interval Exercise
11:00-12:00 Chair Yoga
1:00-3:30 Hand & Foot Game
12:30-2:30 Monday Mish Mosh
Where in the World? New Zealand

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

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
1	2	3
<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 <i>Craft #1-Patriotic Wreaths</i> 2:00-3:00 <i>Craft #2 -Patriotic Wreaths</i> 3:00-4:00 Wednesday Wordles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-2:30 <i>UH AWBW Lunch & Movie</i> 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX)</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 11:00-12:00 Virtual Travel-London 12:30-1:15 Cardio Drumming 12:30-2:30 <i>Out to Lunch & Shopping with West G!!</i> 1:00-3:00 Tech Help Appointments</p>
8	9	10
<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 <i>TV Game Show Afternoon</i> 3:00-4:00 Wednesday Wordles (WX)</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 3:00-4:00 Word Nerd Game (WX)</p>	<p>8:00-9:00 WG Walkers 8:30-10:30 Italian Card Game 9:00-9:30 <i>Breakfast & Bingo \$4</i> 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 11:00-12:00 Virtual Travel-London 12:30-1:15 Cardio Drumming 1:00-3:00 Tech Help Appointments</p>
15	16	17
<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 <i>Magnificent Mother Earth</i> <i>"Fascinating world of deep mountain lakes"</i> 3:00-4:00 Wednesday Wordles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX)</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 11:00-12:00 Virtual Travel-London 12:30-1:15 Cardio Drumming 1:00-3:00 Tech Help Appointments</p>
22	23	24
<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 <i>TV Game Show Afternoon</i> 3:00-4:00 Wednesday Wordles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:30-1:00 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX)</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 <i>Bats & Brunch with G. Parks \$3</i> 11:00-12:00 Virtual Travel-London 12:30-1:15 Cardio Drumming 1:00-3:00 Tech Help Appointments</p>
29	30	
<p>8:30-10:30 Italian Card Game 9:30-10:30 Interval Exercise (WX) 10:00-12:00 <i>FREE Hearing Screenings</i> 11:00-12:00 Chair Yoga 1:30-2:30 <i>Magnificent Mother Earth- "A Place of Superlative -Yosemite National Park"</i> 3:00-4:00 Wednesday Wordles (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 12:00-1:30 <i>AWBW Cuisine & Culture</i> 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 <i>Dine Nite at Chester Tavern</i></p>	<p>ALL events/classes with the (WX) symbol listed after it, are available both LIVE and on Webex. Call us for Webex Link to Join Prgs. 440-279-2163 Stained Glass Class Appointments: <i>Call Don Trask 440-759-9691</i></p>

Middlefield Sr. Center

440-632-0611

Please Call to Make Your Reservation for ANY Event Including Lunch

440.632.0611

Social Worker Appts with Michelle
Wed. June 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, June 17 & 31
AND
Every Other Wednesday, 2:00pm,
June 11 & 25
(after BINGO)

BIRTHDAY LUNCH & KARAOKE!
- Monday, June 13, 11:30am. FREE Lunch for anyone having a Birthday in June, please call by June 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

*June 6: Folded Paper Sunflowers—FREE
*June 13: Glass Pendants \$2 each
*June 27: Paint Party! \$20 per person, includes all supplies

GRILLING ON THE DECK
Thursdays 12:00noon \$3
Hot Dogs or Burgers, & Chips

DINNER OUT
Wednesday, June 8, 5pm, Sharon James Cellars Winery, call to reserve space




















LUNCH OUT
Tuesday, June 21: Punderson Lodge, 11:30am, call to reserve space

EDUCATION & BRAIN Fridays
Adult Protective Services: Come hear what they do for Seniors! Friday, June 3, 10:30.
Call to sign up

GOOD DEEDS PROGRAM
Judge Grendell will be presenting his Good Deeds program. Wednesday, June 29th at 10:30am. 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 events by June 22.




























Ham & Potato Pancake Breakfast
June 24, 9:30
\$5, please call ahead by June 22.

440.632.0611

Mon		Tue	
			
D-Day 6		Chocolate Ice Cream Day 7	
8:30-9:30 10:15 11:00 11:30 1:00-3:00	Social Hour Exercise Walk w/Ginny GDA Lunch Crafting: FOLDED PAPER SUNFLOWER	8:30-9:30 11:30 1:00-3:00	Social Hour GDA Lunch Chair Volleyball & Corn hole
			 
Weed Your Garden Day 13		Flag Day 14	
8:30-9:30 10:15 11:00 11:30-1:00 1:00-3:00	Social Hour Exercise Walk w/Ginny Birthday Lunch & Karaoke Crafting: GLASS PENDANTS	8:30-9:30 9:30-12:00 10:00 11:30 1:00-3:00	Social Hour CDPM Class Line Dance GDA Lunch Chair Volleyball & Corn Hole
			 
ALL CENTERS CLOSED 20		Summer Begins 21	
		8:30-9:30 11:30 11:30 1:00-3:00	Social Hour GDA Lunch Lunch Out—Punderson Chair Volleyball & Corn Hole
			
National Sunglasses Day 27		Paul Bunyan Day 28	
8:30-9:30 10:15 11:00 11:30 1:00-3:00	Social Hour Exercise Walk w/Ginny GDA Lunch Crafting: PAINT PARTY!	8:30-9:30 10:00 11:30 1:00-3:00	Social Hour Line Dance GDA Lunch Chair Volleyball & Corn Hole
			

Middlefield Sr. Center

15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
<p style="text-align: center;">National Olive Day 1</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;">Leave the Office Early Day 2</p> <p>8:30-9:30 Social Hour  10:00 Rummikub 12:00 Grilling on the Deck 1:00-3:00 Chair Volleyball & Corn Hole </p>	<p style="text-align: center;">National Doughnut Day 3</p> <p>8:30-9:30 Social Hour 10:00 Doughnuts! 10:30 Adult Protective Services 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole </p>
<p style="text-align: center;">Upsy Daisy Day 8</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 5:00 Dinner Out Sharon </p>	<p style="text-align: center;">Donald Duck Day 9</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Grilling on the Deck 1:00-3:00 Chair Volleyball & Corn Hole  </p>	<p style="text-align: center;">National Iced Tea Day 10</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;">Smile Power Day 15</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;">Fudge Day 16</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Grilling on the Deck 1:00-3:00 Chair Volleyball & Corn Hole  </p>	<p style="text-align: center;">Eat Your Vegetables Day 17</p> <p>8:30-9:30 Social Hour 10:00 Juneteenth Education & Oatmeal! 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole </p>
<p style="text-align: center;">Onion Rings Day 22</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;">National Pink Day 23</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Grilling on the Deck 1:00-3:00 Chair Volleyball & Corn Hole  </p>	<p style="text-align: center;">Take Your Dog to Work Day 24</p> <p>8:30-9:30 Social Hour 9:30 Ham & Potato Pancake Breakfast 10:30 More Trivia! 11:30 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole </p>
<p style="text-align: center;">National Camera Day 29</p> <p>8:30-9:30 Social Hour  10:30 GOOD DEEDS 1:00-2:00 GDA Lunch 2:00 Movie Time! </p>	<p style="text-align: center;">Social Media Day 30</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Grilling on the Deck 1:00-3:00 Chair Volleyball & Corn Hole  </p>	 <p>PAINT PARTY JUNE 27 1-3PM \$20 PER PERSON</p>

Learning for a Lifetime

Friday, August 19th, 2022

(Continued from page 1)

(2) E-Readers and Library Downloads: presented by Dawn Tolchinsky of Kent Geauga. Afraid to switch from the physical book to an E-Reader? Learn how to download books and audiobooks for free through OverDrive or Libby. Bring your tablets, iPads, Nooks, etc, and your current library card!

(3) Irritable Bowel Syndrome (IBS): presented by UH Geauga Medical Center. Irritable Bowel Syndrome (IBS) is a common disorder that affects the large intestine. People can control symptoms through diet, healthy lifestyle and medication. Let's learn more about diagnosis, treatment and management of IBS.

(4) How the Pandemic has Changed Car Buying and Leasing: presented by Andrew Pleso, Sales Consultant for Junction Auto. Buying a car is a major purchase, and it's important to learn and understand the process. Is it better than leasing? Educate yourself on current market trends and expectations. Learn what you should know, questions you should ask, and financial issues to understand before purchasing or leasing your next vehicle.

(5) Essential Oils 101: presented by Felicia DiBlasio Timas, owner of His Daughter Shop. These potent oils have lots of benefits. From headaches and stress to helping with digestion, find out about the different oils, how they work, and how to use them!

(6) Mother Teresa: presented by Christine Bacon, Recreation & Education Coordinator of GDA's West Geauga Senior Center. This inspiring woman of faith led a life dedicated to service. Learn about her history and her accomplishments, and watch her video interviews, as you see how she was a Mother to All through her service and legacy.

12:30PM Session 3 Pick top two classes from the following choices:

(1) Banned Books: presented by Madelon Horvath. What are banned books? Typically, books are banned for moral, religious or political reasons. Currently, parent groups are organizing to ban books from schools and libraries - at a pace "not seen in decades" according to the New York Times. State legislatures are writing laws citing "Divisive Concepts" as reasons to ban books. Discussion will touch on some of the most banned classic books and how this trend might affect teachers, librarians, and readers of all ages.

(2) Creating a Budget: presented by Judy Paternite of Kent Geauga. Using Microsoft Excel, design a budget that calculates expenses. It's easy to set up on your computer, and we will create a practice budget in the class. Bring a jump drive to save it, or you will be able to email it to yourself, if you can access your email online.

(3) Famous Ohioans: Mobsters, Maniacs, and Martyrs: presented by Dr. Molly Sergi of Kent Geauga. This presentation profiles and highlights famous people from Ohio and their contributions and personalities - from the famous to the down-right deviant!

(4) Lincoln & Garfield – Similarities & Differences: presented by Todd Arrington, Site Coordinator from James A. Garfield National Historic Site. Abraham Lincoln and James A. Garfield were both Republicans and Presidents of the United States. But the similarities between the two do not end there! This presentation will explore some of the many similarities between the two. There were also a number of differences between them, and we'll examine those, too.

(5) Housing Market in Geauga County: presented by Ann Blair of Keller Williams. Is sizing down something you've been thinking about but don't know where to begin? Are houses selling in Geauga County? Is this a good time to sell? How much do I need to do to sell my house? These and many more of your housing questions will be answered from our realtor's point of view. She will leave time for your questions.

(6) Clean Eating: presented by Dima Hassan, MS, RDN, LD of UH Geauga Medical. There are so many concepts on how to eat healthy, and clean eating is quickly becoming a popular lifestyle choice. Learn about the concept of clean eating, the facts, and tips on how to adopt a clean eating lifestyle.

(Continued from page 22)

MIDDLEFIELD SENIOR CENTER – PAINT PARTY!

Join us in painting a gnome and flowers! Ariel Inspired will bring all the supplies and guide you to create your own painting! \$20 per person, June 26th, 1-3, here at the center, 15820 Ridgewood Dr., 44062. Please call for your reservation! 440.632.0611

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 the 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 congregational 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".

A NOSH WITH NATALIE SPONSORED BY HEATHER HILL

On Tuesday, June 14th at 11:00am (take note of the new time!), 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 celebrating summer with Oriental Chicken Salad and Ice Cream Cake! RSVP to (440) 279-1313 to let us know you'll be there. Want to stay for lunch? Let us know by Friday, June 3rd. This free event is sponsored by Heather Hill.

A PRESENTATION ON THE PIONEER HISTORY OF TOWNSHIPS IN THE WESTERN RESERVE

Tuesday, June 28 at 11:00 a.m., With lunch following at 12noon, at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Call 440-279-2126 to register by June 20.

CHRONIC DISEASE SELF MANAGEMENT CLASS

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!!

MATTER OF BALANCE CLASSES

Attention Geauga County Seniors sixty (60) years of age and older -

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this free 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. The class taught by the Geauga County Department on Aging and UH Geauga Medical Center, runs from June 8th through July 27th – Every Wednesday from 12:00-2:00pm at the Thrive Performing and Visual Arts Building / 106 Water Street / Chardon, 44024. To register, please call Melissa Wheeler at 440-279-2167. This class is free for all registered seniors. Space is limited. Sponsored

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge 44023) for our monthly Big Breakfast! Veterans and June Birthdays eat FREE. All others pay \$5.00. Thursday, June 30th, 9:00 a.m. – 10:00 a.m. Call (440) 279-1313 to RSVP. **Registration and payment is due no later than Friday, June 17th.** Please indicate if you are a Veteran or if your Birthday is in June. Call for menu!

MISH MOSH WITH MILLISSA

Call 440.279.2163 for more information.

MON. JUNE 6TH – GARDENING PROJECT

It's National Get Out and Garden Day! Join us in the pavilion for some container gardening. We will also do some potting for the outside of the senior center! All supplies will be provided just bring some gardening gloves with you.

Lemonade will be served to help quench the thirst of our gardeners.

12:30pm – RSVP by 5/27 – Donations Accepted

MON. JUNE 13TH – UNIVERSITY HOSPITALS GEauga CAMPUS PRESENTATION

Osteoporosis is a disease that can affect both men and women. The disease is identified as low bone mass and deterioration of bone tissue. Diet, exercise and a healthy lifestyle are ways to prevent and manage the disease. Join us for a presentation led by UH that will cover what Osteoporosis is, what causes it and what we can do about it.

11:00am – Registration is not necessary but recommended for this FREE event.

MON. JUNE 27TH – WHERE IN THE WORLD – NEW ZEALAND

Travel with us to the wonderful world of New Zealand where we will take a trip through the beautiful countryside and some of the best outdoor places including Fiordland National Park. Make a sheep popcorn bag to home with you after the presentation.

12:30pm – RSVP by 6/17 – Donations accepted.

MIDDLEFIELD SENIOR CENTER-DINNER OUT!

DINNER OUT! Sharon James Cellars Winery,
11303 Kinsman Rd, Newbury Township, OH 44065.

Five O'Clock, Wednesday, June 8th. Please call the center to make your reservation, 440.632.0611.

BAINBRIDGE WALKING GROUP

Every Tuesday morning at 8:00 am, we meet at a different local park and enjoy the conversation and scenery. The group will still walk if it is raining but will cancel if there is lightning in the area. Please call the Bainbridge Senior Center if you have any questions, (440) 279-1313.

June 7th- Liberty Park (Twinsburg)

June 14th- Auburn Community Park (Auburn)

June 21st- Frohring Meadows (Bainbridge)

June 28th- Eldon Russell Park (Troy)

FRI. JUNE 3rd – OUT TO LUNCH AND SHOPPING WITH WEST G

Lunch cost on your own – we will meet at 12:30pm at The Brown Barn in Munson.

Reservations are required by May 31st. Following lunch, we'll take a short trip down the road to the Fowlers Mills Store. Restaurant is located at the corner of State Rte 322 and Fowlers Mills Rd. Call West Geauga Senior Center at 440.279.2163 for more information.

PEOPLE DOING GOOD IN OUR COMMUNITY: A PRESENTATION ABOUT DOROTHY'S PORCH

July 8, 11:30 a.m.: lunch, 12:00 noon: Presentation at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Dorothy's Porch is a "neighbor helping neighbor" outreach right here in Geauga County. Dorothy, herself, will be joining us to let us know about her awesome community outreach and her passion for helping others! Dorothy is a Geauga County Senior, and started this community outreach right on her own front porch! Over the years, her outreach has grown into something she had never imagined it would be! Call to sign up at 440-279-2126 by June 24. This is a free presentation.

MIDDLEFIELD SENIOR CENTER – GOOD DEEDS PROGRAM

Judge Grendell will be presenting his Good Deeds program here at the center, 15820 Ridgewood Dr., 44062. Wednesday, June 29th at 10:30am.

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 events by June 22. Space is limited. 440.632.0611.

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!

HOT DOG COOK IN

Save the date! We're having a Hot Dog Cook In on Tuesday, August 9th at Bainbridge Senior Center from 12 – 1:30pm. Details are coming up – keep a look out for a flyer at your nearest senior center, and in next month's newsletter!

FRI. JUNE 10TH – BREAKFAST AND BINGO WITH WEST G

Breakfast will be served at 8:30am – Bingo will start at 9:15am / Join us for a blueberry pancakes and bacon followed with some summertime bingo fun! Cost is \$4/person and money and reservations are required by 6/3/2022. Call West Geauga Senior Center at 440.279.2163 for more information.

UNIVERSITY HOSPITAL, GEAUGA MEDICAL CENTER HEALTHY LIVING SERIES

The Therapeutic Benefits of Pets, Friday, July 8, 10:30 a.m. At the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Learn from the experts at UH about the very beneficial effects our pets have on us. Share stories of how you've benefited from your 4-legged friend! Register by June 24, by calling Chardon Senior Center at 440-279-2126.

MIDDLEFIELD SENIOR CENTER – LUNCH OUT!

Punderson Manor Lodge, main dining room, Tuesday, June 21st, 11:30. 11755 Kinsman Rd, Newbury Township, OH 44065. Please call the center to make your reservation, 440.632.0611.

HEATHER HILL COOKING DEMO AND LUNCH AT CHARDON SENIOR CENTER

Wednesday, June 15, 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.

FREE LUNCH AND A MOVIE

PRESENTED BY AGE WELL BE WELL AND DEPARTMENT ON AGING

Thursday, June 2nd 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.

MONDAY MOVIE MATINEES

Did you know that Bainbridge Senior Center hosts a movie matinee every Monday at noon? Each month has a different theme for you to enjoy, and a chance to see a film that you may not have seen before!

June's theme is Prison Movies:

Monday, June 6th – The Green Mile, **Monday, June 13th** – The Shawshank Redemption,
Monday, June 27th – The Birdman of Alcatraz

Feel free to bring your own lunch, or have one of our congregate lunches (menu can be found in newsletter, but is subject to change). Call (440) 279-1313 a week ahead of time if you would like to reserve a lunch.

Geauga Walkers

Date	Park	Parking
June 7	Lake Erie Bluffs	2901 Clark Road, Perry Meet at Tupelo Pond, 9373 Ravenna Rd @ 12:00 if wish to carpool to Lake Erie Bluffs.
June 14 *	The West Woods	9465 Kinsman Road (Rt 87), Russell; Hike at Noon, Pot Luck Picnic at 1:00; Turkey Ridge Shelter
June 21	Hudson Spring Lake, Hudson	7095 Stow Road, Hudson; take Rt 91, South to Middleton Road, East to Stow Road, Hudson; South - just under the turnpike
June 28*	Holbrook Hollows	7250 Country Lane, Bainbridge

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!!!!!!

SWEET TREAT DRIVE-THRU AT CHARDON SENIOR CENTER

The July Sweet Treat Drive-Thru at the Chardon Senior Center is Wednesday, June 6, from 12:00 noon – 12:30 p.m. The July treat is a surprise, but sure to please your taste buds! Register by June 24 at 440-279-2126. Treats and lunch menu may be subject to change, and drive-thru dates are weather depending. As always, thank you to our sponsor, Heather Hill!

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
6/2/2022	Welton’s Gorge	13973 Hale Road, Burton
6/9/2022	Russell Uplands	15200 Russell Road, Chagrin Falls
6/16/2022	Observatory Park	10610 Clay Street, Montville
6/23/2022	Maple Highlands Trail	Mountain Run Station 12700 Chardon-Windsor Road, Chardon
6/30/2022	Chapin Forest	9938 Chillicothe Road (Rt. 306), Kirtland

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, June 1st (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: Mother in Law by Sally Hepworth*

Thursday, June 9th (2nd Thursday of each month)- at Burton Library from 1:30 to 3:00pm. *Discussing: The Engineers Wife by Tracy Enerson Wood* Discussion books are available to loan at hosting Library’s front desk, call to have them reserve a book for you!

HANNAH’S HELPFUL HINTS

Tuesday, June 14, 10:00 a.m. At the Chardon Senior Center, 12555 Ravenwood Drive, Chardon
Technology got you flustered? Come to this month’s Helpful Hints presentation and bring your questions about your Android phone or Apple iPhone.

LUNCH, BRUNCH AND LEARN WITH GEAUGA PARK DISTRICT

“Bats are Fantastic in Fact!” 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.

On Friday, July 15, 2022 at Bainbridge Senior Center, 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!

OR On Friday, June 24th 10:00AM - \$3 – at the West G Senior Center

Enjoy a light brunch while you view the presentation: mini bat pancakes, sausage links, croissants, fresh fruit and beverages. Money and reservations are due by June 17th.

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 June 3 meeting we will be entertained by Julie Slattery with her keyboard and vocals. The June 17 meeting will be our annual Birthday Party for members only. Come and enjoy a Hawaiian themed party with entertainment by Island Jeff and his kettle drums and Chicken Picnic Lunch including birthday cake. For reservations call Linda at 440-338-1981 by June 13 (**YOH Members Only**). 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 trip. A trip to the movies is planned for Tuesday, June 28. We will meet at the Atlas Theater behind Eastgate at 2:30. Movie (TBA) starts at 3:00. Cost is \$5 for movie or \$10 for movie, popcorn and drink. A trip is planned for July 9 to see “ABBA Fab” at the Ohio Star Theatre in Sugarcreek. Cost of \$85 includes show, dinner, transportation and fun. For more information and reservations for these trips, call Kimber at 440-668-3293.

“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, June 21st, 2022 – Workshop begins at 10am. Call 440-279-2126 to RSVP.

Or Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge) on Thursday, June 16th, 2022 - Workshop begins at 12:30 p.m. Call 440-279-1313 to RSVP.

BOOK CLUB AT CHARDON SENIOR CENTER

Monday, June 13, 1:00 p.m. Chardon Senior Center, 12555 Ravenwood Drive, Chardon

This group meets on the second Monday of each month at 1:00 p.m. The book for June is *The Getaway Girls*, by Dee MacDonald. Call the Chardon Senior Center at 440-279-2126, for more information.

THE PANCAKES & POLKAS BREAKFAST

PRICE \$10 pp 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

SAVE THE DATE!!! AUGUST 31, 2022 12:00-2:00PM

WGSC will be Hosting a PARTY IN THE PARK WITH SAM FOSH!!! Be on the lookout for the July Newsletter which will have complete details and registration form.....

MAGNIFICENT MOTHER EARTH AT WGSC JUNE SCHEDULE

Wednesday JUNE 15th 1:30-2:30pm "The Fascinating world of deep mountain Lakes." - This is a nature documentary, which leads us into the fascinating world of deep mountain lakes. We conquer ice palaces of unsuspected beauty. In the freezers, in which elves, fairies and mountain trolls once did their mischief, we move, using a special breathing technique and with special cameras in search of nocturnal hunters, whose eyes are equipped with residual light amplifying receptors. A nature documentary, recorded in 2k-cinema format with precision cameras, such as super slow motion, time lapse, residual light and remote-controlled cams. No Registration Required, just come on in and join us.

Wednesday JUNE 29th 1:30-2:30pm "A Place of Superlative-Yosemite National Park" - Yosemite National Park is a place of superlatives: with towering cliffs and giant sequoias, home to coyotes, black bears and the most elusive of all: the bobcat. Watch this documentary with its spectacular shots, aerial views, time-lapse shots and learn some new facts about the biodiversity in one of North Americas most spectacular National Parks. FREE Program, No Registration Required, just come on in and join us.

PARKINSON'S SUPPORT GROUP

Tuesday, June 21st at 12:30pm at Chardon Senior Center 12555 Ravenwood Dr, Chardon.

What's Wrong With My Gut? We will be talking about the GI System and we will watch Cherian Karunapuzha, MD who spoke at The Victory Summit Event for the Davis Phinney Foundation. He will be sharing strategies to incorporate more fiber, hydration and avoiding foods that constipate and how exercise helps the gut. The GI impacts how your medication is absorbed and how this system gives way to many non-motor symptoms.

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

TV GAME SHOW AFTERNOONS AT WEST GEAUGA SENIOR CENTER

Twice a Month on Wednesday Afternoons 1:30-2:30pm, June 8th & June 22nd from 1:30-2:30pm Are You a Game Show Enthusiast?? Do you find yourself playing along with the TV?? If yes, then this is for YOU!! These games will be played just like the real deal, projected onto a large screen with you as the contestants! It will be just like being there but without the cash prizes and the quirky game show hosts (but we'll do our best)! We're playing All your favorites, Wheel of fortune, Lingo, Jeopardy, Chain Reaction and more.... **NO REGISTRATION REQUIRED**- Call for more Information 440-279-2163.

DIABETES SUPPORT GROUP

Tuesday, June 21st at 2:00pm. This will be our kickoff support group event, and we will meet each month on the 3rd Tuesday. Meetings will be held at the Chardon Senior Center, 12555 Ravenwood Dr at 2:00 pm. In June we will have a panel discussion with the UH Diabetes team. You can bring your questions and learn how to get the support you need to help manage your diabetes. To reserve your spot please call Sandy McLeod at 440-279-2137

CALLING ALL PINOCHLE AND PARTY BRIDGE PLAYERS!

West Geauga Senior Center is looking for Pinochle and Party Bridge Players to join their groups. Pinochle meets every Tuesday, Thursday and Friday mornings from 9:00-12:00pm. Party Bridge (not Duplicate Bridge) meets every Tuesday from 12:00-3:00pm. Please call for more information for either group at 440-279-2163.

West Geauga Senior Center is located at 8090 Cedar Road, Chesterland 44026.

GEAUGA CYCLISTS

Geauga 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.

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.

MILLIONAIRES ROW WITH DAN RUMINSKI

Tuesday, July 12th from 1:00-2:00pm at Munson Town Hall (12210 Auburn Rd, Chardon 44024). Pull up a chair – Dan Ruminski makes you feel as if you're joining him fireside in a mansion on Millionaire's Row. What made Millionaire's Row unique? Dan will share a story that will amaze in its scope, wealth, and effect on Cleveland, Ohio, and how it came into being. What were the residents like, other than the extremely wealthy? We will enjoy coffee and dessert as we listen to the program. Cost is \$5 per person. Call Melissa at (440) 279-2167 for questions.

THE LORETTA PAGANINI SCHOOL OF COOKING

Join us on Wednesday, August 10th from 12:00-2:00pm for a cooking demonstration and lunch at the Loretta Paganini School of Cooking (8700 Mayfield Road, Chesterland 44026)! Take a seat and watch the chef-instructor and assistants demonstrate, prepare, and serve the items. Hungry Hungarian Menu: Tomato & Cucumber Salad; Chicken Paprikash with Herb Spaetzle; Apple Cake with Cinnamon Ice Cream. This program is \$55 per person. Please call Melissa (440) 279-2167 for questions.

CUISINE & CULTURE: INDIA & THE TAJ MAHAL

Thursday, June 30th from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). As we continue our journey around the world we will be exploring India's Taj Mahal. The Taj Mahal is considered one of the finest examples of Mughal Architecture. It is also considered to be a beautiful love story as it was completed in 1658 by Emperor Shah Jahn who built it for his wife. A lunch with an Indian flare will be provided by Chef Joe from UH. Please call Melissa Wheeler at 440-279-2167 to RSVP.

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.

JUKEBOX JAM AT GEAUGA THEATER

On Sunday, July 10th head over to the 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.

BIKE TRIP & DINNER: GARRETTSVILLE & MANTUA

Join us 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.

LOST CLEVELAND MEMORIES

"The King of The Moondoggers; 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!

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. Call Sandy at (440) 279-2137.

JUNE 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
		1 SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	2 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	3 SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL
6 MEATBALLS W/SPAGHETTI w/TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP	7 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	8 CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	9 BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP	10 BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP
13 HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	14 BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	15 KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	16 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	17 SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP
20 June Tenth Centers Closed Today	21 JUMBO RAVIOLI TOMATO SAUCE BROCCOLI FLORETS YELLOW SQUASH PINEAPPLE TIDBITS WHITE BREAD	22 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	23 SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	24 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS
27 SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL	28 MEATBALLS W/SPAGHETTI w/TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP	29 STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	30 CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	

ATTENTION: The Geauga County Dept. on Aging cannot control or guarantee the continued wholesomeness and safety of its food once it leaves the Agency's facility. Therefore, all food or beverages are intended to be consumed on-premises at the Geauga County Department on Aging. The Department on aging will not be liable for any damages arising from the consumption of any food or beverages outside of the Department on Aging premises.

Geauga Department on Aging
12555 Ravenwood Drive
Chardon, Ohio 44024

**ADDRESS
SERVICE
REQUESTED**

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

JUNE

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GRANDPARENT'S DAY

Join the Geauga Department on Aging this summer for our annual Grandparent's Day on Thursday, July 14th from 10:45am-2:00pm. Bring the grandkids to Claridon Woodlands Park (11383 Claridon Troy Rd, Chardon 44024) for a fun-filled day of entertainment and lunch! Magical Mike J will start our morning with his magic show, then a picnic style lunch with dessert will be served at noon. After lunch, Dr. U.R. Awesome will join us for bubble demonstrations and interactive show. He has several Guinness World Records with bubbles! There is no better way to express the joy of togetherness by having this friendly creative bubble fest! Cost is \$8 per person, kids aged 2 and under are free. Call Melissa at (440) 279-2167 for questions.

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.

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