


July 2022

The Geauga SENIOR NEWS



IN THIS
TOGETHER 
GEAUGA COUNTY
DEPARTMENT ON AGING

LUNCH & LEARN PRESENTED BY CHARDON HEALTHCARE

Come for a complimentary lunch of fried chicken, green beans, mac & cheese. The program is about Fall Preventions. Held at the Middlefield Senior Center, 1580 Ridgewood Dr., at noon. You MUST call to reserve your spot by July 13. 440.632.0611

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

Thursday, July 7th from 12:00-2:30pm at the West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). Due to very limited space, and to ensure a fun experience for all, registration is required. Please call Dawn at 440-214-3180 to register.

SUMMERTIME PARTY IN THE PARK WITH SAM FOSH!!

August 31st at Claridon Woodlands Park located at 11383 Claridon Troy Rd. Party Begins at 12:00 Noon, and will end around 2:00pm. WGSC will be Hosting a PARTY IN THE PARK WITH SAM FOSH!!! Join us for a great summer picnic/party in the park with Live Music by Singin Sam, Cookout Style Lunch & Beverages, with Ice Cold DQ Dilly Bars INCLUDED!!!

Cost: \$15, deadline to register is AUG 22nd.
Registration Required. Call 440-279-2163 for more INFO. Send Registration Form with payment to West G Senior Center 8090 Cedar Rd, Chesterland Ohio, 44026

SUMMER CONCERT IN THE PAVILION AT THE CHARDON SENIOR CENTER

Featuring LIVE music with all of your favorite Jimmy Buffet songs and other Fun Summertime Hits!
Friday, August 26, 11:30 a.m. at Pavilion by the Chardon Senior Center, 12555 Ravenwood Drive
Only \$10 per person. Sip on some frozen concoctions (non-alcoholic), enjoy a cheeseburger (in paradise) and lunch! Register by using the form on page 22 in this newsletter.

A NOSH WITH NATALIE SPONSORED BY HEATHER HILL

On Thursday, July 7 at 11:00am (take note that it's on a Thursday instead of a Tuesday!), 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!

We may have already celebrated Independence Day, but that's no reason that we can't bring in some red, white, and blue! We're going to be making a summery Kale, Quinoa, & Blueberry Salad, as well as Easy Cherry Pie Bars. RSVP to (440) 279-1313 to let us know you'll be there. This free event is sponsored by Heather Hill.

CUISINE & CULTURE: AMERICA AND THE NATIONAL PARKS

Thursday, July 28th from 12:00-2:00pm at The Rookery's Blue Heron Lodge (10110 Cedar Rd, Munson 44026). July is all about America! A typical American picnic and dessert will be served as we discuss our U.S. National Parks. Lunch will be provided by Chef Joe from UH Geauga. Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.



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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, July 7th: Free Lunch and Movie
UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register. 12:00pm. Free.

Sunday, July 10th: Jukebox Jam
Head 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. 3:00pm.

Tuesday, July 12th: Millionaires Row
Munson Town Hall (12210 Auburn Rd, Chardon 44024). Pull up a chair - Dan Rumunski makes you feel as if you are joining him fireside in a mansion on Millionaire's Row. What made it unique? Dan will share a story that will amaze in its scope, wealth and effect on Cleveland and how it came into being. 1:00pm. \$5 per person.

Thursday, July 14th: Grandparent's Day
Bring your grandkids out for our annual Grandparent's Day at Claridon Woodlands Park (11383 Claridon-Troy Rd, Chardon 44024) for a fun-filled day of entertainment and lunch! \$8 per person, 2 and under are free. 10:45am.

Thursday, July 21st: Elderberries
Join GDA, UH Geauga and GPD as we explore Headwaters Park (13365 Old State Rd, Huntsburg 44046). There will be 3 sessions of kayaking, a guided bike ride, and EZ Go Cart tours followed by a picnic lunch. Bring your own bike. Sponsored by Ohman Family at Briar. Please call GPD at 440-286-9516 to register.

Tuesday, July 26th: Bike Trip on the Western Reserve Greenway Trail See newsletter for info.

Thursday, July 28th: Cuisine & Culture
July is all about America! A typical American picnic and dessert will be served at The Rookery's Blue Heron Lodge (10110 Cedar Rd, Munson 44026) as we discuss our U.S. National Parks! Lunch provided by UH. 12:00pm Free.

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 transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. 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.

July 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>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>
<p> OFFICES CLOSED FOR INDEPENDENCE DAY</p>	<p>4 5</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS</p>
<p>11 12</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>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:00 Millionaires Row OS 1:00-2:30 Geauga Walkers OS</p>
<p>18 19</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>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 Geauga Walkers OS</p>
<p>25 26</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 1:00-3:30 Diabetes Self-Management Class WG 2:00-2:30 Floor Exercises EG</p>	<p>9:30-12:30 Bike Trip OS 10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS</p>

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
JUKEBOX JAM Sunday, July 10th from 3:00-5:00pm Geauga Theater \$18 per person Call Melissa at 279-2167 for details		1 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
6 9:30-11:00 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS	7 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	8 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
13 9:30-11:00 Parkinson's Boxing EG 10:30-12:30 Beginner Pickleball OS 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS	14 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 10:45-2:00 Grandparent's Day OS 1:30-3:00 Book Discussion BL	15 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
20 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	21 9:00-10:30 Walking for Wellness OS 9:00-12:00 GPD Elderberries OS 10:00-11:00 Strength & Cardio WG	22 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
27 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	28 9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-2:00 Cuisine & Culture OS	29 9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE

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

Wednesday, July 6: Sweet Treat Drive-Thru. Sponsored by Heather Hill. Serving cake from *Everything Bundt Cakes*. Pre-registration required.

Friday, July 8: UH Presentation on the Therapeutic Benefits of Pets. This is a free presentation. Call to register at 440-279-2126.

Friday, July 8: A presentation focusing on local community support organization, Dorothy's Porch. Find out about this awesome grassroots program. Call 440-279-2126 to register,

Monday, July 11: Book Club. Call 440-279-2126 for this month's book title and author.

Friday, July 15: Out to Lunch at Mangia Mangia! Call 440-279-2126 to register.

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

Wednesday, July 20: Heather Hill Cooking Demo. Space is limited. Reservations by 7/13/22. Thanks to our wonderful community partner, Heather Hill! FREE

Friday, July 22: Pancakes and Polkas at Claridon Woodlands. \$10 per person with prior registration required.

Wednesday, July 27: Leg vein screenings with Smith Vein Clinic. Appointments are required by calling 440-279-2126.

Friday, July 29: Breakfast and Speaker Series with Kathie Doyle. This month's topic is on "The Life and Legacy of Julia Child." Prior registration required.

Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
Becky O'Reilly Recreation & Education Coordinator Hannah Heinz Recreation & Education Assistant Coordinator	Beth Oliverio Information and Referral Specialist Karen Fueger Kitchen Coordinator Peggy Peters Kitchen Assistant
4 Closed Today 	5 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
11 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	12 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
18 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	19 9:00-11:30 Pinochle 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 11:00-12:00 Balance Exercises* 12:00-12:30 Lunch 12:30-1:30 Parkinson's Support 2:00-3:00 Diabetic Support Group 12:30-2:30 Canasta 2:00-3:30 Dulcimer Practice
25 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	26 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

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<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>1 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 11:00-12:00 Scrabble 12:00-12:30 Lunch 1:00 Chair Yoga-cise on break today 1:00-4:00 Bridge Group</p>
<p>6 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 12:00 Sweet Treat Drive-Thru 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>7 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>8 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 10:30-11:30 UH Presentation: Therapeutic Benefits of Pets 11:30-12:00 Lunch 12:00-1:00 Dorothy's Porch Presentation 1:00- 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group</p>
<p>13 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 12:00-2:00 Good Times Band 12:00-12:30 Lunch 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>14 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>15 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 11:00-12:00 Scrabble 12:00-12:45 Lunch 12:00-1:30 Out to Lunch at Mangia Mangia 1:00- 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group</p>
<p>20 9:00-11:00 Pinochle 11:00-11:45 Strength Training 12:00-1:00 Heather Hill Cooking Demo 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>21 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>22 9:30 Pancakes and Polkas at Claridon Woodlands –prior registration required 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 11:30-12:00 Lunch 1:00- 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group</p>
<p>27 9:00-11:00 Pinochle 9:30-1:00 Smith Vein Clinic Screenings –prior registration required 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>28 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>29 9:30-11:30 Stained Glass 10:00 Breakfast and Historical Presentation by Kathie Doyle 10:30-12:00 Chair Yoga \$4 11:30-12:00 Lunch 1:00 Chair Yoga-cise is on break today 1:00-4:00 Bridge Group</p>

Bainbridge Bulletin

Tuesday, July 5:

Lunch & Learn with UH Geauga Medical “Aging Gracefully” Aging gracefully is the growth and care of one’s optimal physical, mental and spiritual well-being. The ultimate goal is to age gracefully through health education, chronic disease management, socialization and lifestyle changes. Lunch at 12pm, program begins at 12:30pm.

Thursday, July 7:

Nosh with Natalie I know, I know, it’s not a Tuesday, but let’s make Kale, Quinoa, & Blueberry Salad and Easy Cherry Pie Bars. Call to RSVP. Donations appreciated.

Topsy Turvey Thursdays:

Join us for two new topics!

Note: This month Topsy Turveys will be on the 2nd & 4th Thursday

Thursday, July 14:

Fun Flavors and Facts About Ice Cream It’s National Ice Cream

Month, so we’ll be going over some interesting tidbits about the sweet treat, as well as flavors you may not have heard of. 1pm.

Thursday, July 28:

Did You Know? Are you a lover of random facts and trivia? If so, then join us to learn some fun dinner-party knowledge! 1pm.

Friday, July 15:

Lunch & Learn with Geauga Park District Take out from Brickhouse Burgers at 12:30, followed by “Bats Are Fantastic, In Fact!” presented by Geauga Park District. Lunch must be preordered by 7/8—cash only.

Thursday, July 28:





Bainbridge Big Breakfast Veterans and July birthdays eat free; \$5 for all others. 9am. RSVP by July 21. Call for menu.

All-Around Exercise & Yoga-cise:

Mary Kay will not be available the last week of July for All-Around Exercise or Yoga-cise. There will be no fee, and exercise videos will be played during class time.

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;">4</p>	<p style="text-align: right;">5</p> <p>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 12:00-2:00 Social Work Appts.</p>
<p style="text-align: right;">11</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Mr. Smith Goes to Washington)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p style="text-align: right;">12</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>
<p style="text-align: right;">18</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Saving Private Ryan)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p style="text-align: right;">19</p> <p>NO WALKING GROUP 9:45-10:15 Balance Exercise* 10:00-1:00 Mexican Train 12:00-1:00 Lunch</p> 
<p style="text-align: right;">25</p> <p>8:30-9:30 All-Around Exercise <i>No instructor—Video will be played</i> 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Glory)</i> 2:30-3:15 Drum Fit Exercise*</p>	<p style="text-align: right;">26</p> <p>NO 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="center">FOR TO BE <i>free</i> IS NOT MERELY TO CAST OFF ONE'S CHAINS, BUT TO LIVE IN A WAY THAT RESPECTS AND ENHANCES THE FREEDOM OF OTHERS.</p> <p align="center">★ NELSON MANDELA</p>	<p align="right">1</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Yoga-cise (\$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">6</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Chicago Deli, Solon</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">7</p> <p>9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 11:00-12:00 Nosh with Natalie Kale, Quinoa, & Blueberry Salad Easy Cherry Pie Bars 10:00-3:00 Pinochle 12:00-1:00 Lunch</p>	<p align="right">8</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Yoga-cise (\$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">13</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo * 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Coyotes, Bainbridge</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">14</p> <p>9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-2:00 Topsy-Turvy Thursday: Fun Flavors and Facts About Ice Cream</p>	<p align="right">15</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Yoga-cise (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 12:30-2:00 Lunch & Learn with Geauga Park District Prior registration required 2:30-3:15 Drum Fit Exercise*</p>
<p align="right">20</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Oak & Embers, Chesterland</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">21</p> <p>9:30-10:00 Balance Exercise* 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 12:30-2:00 Iris Folding Class 1:00-2:00 Giant Crossword Day</p>	<p align="right">22</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Yoga-cise (\$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">27</p> <p>8:30-9:30 All-Around Exercise <i>No instructor—Video will be played</i> 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>Frost Bar & Grill, Middlefield</i>) 2:30-3:15 Drum Fit Exercise*</p>	<p align="right">28</p> <p>9:00-10:00 Big Breakfast! Prior registration required 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-2:00 Topsy-Turvy Thursday: Did You Know? Part 1</p>	<p align="right">29</p> <p>8:30-9:30 All-Around Exercise <i>No instructor—Video will be played</i> 9:40-10:25 Yoga-cise <i>No instructor—Video will be played</i> 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>

Newsorthy Notes

Age Well Be Well Programs at WG in JULY

MUST BE REGISTERED WITH AWBW PRG TO ATTEND. If interested Call Dawn Damante: 440-214-3180

*****STAINED GLASS CLASSES ARE BY APPOINTMENT ONLY*****

Call Don Trask to schedule: 440-759-9691

Interval Exercise on Mon & Wed has changed times. No longer 9:30 am, class is now 10:00-10:55am. Tues & Thurs EZ Chair Exercise is also moved to 1:00 to 1:30pm starting July 1st.

Virtual Travel-London Schedule for JULY

JULY 1st– Hyde Park London Walking Tour

JULY 8th– Jack the Ripper Tour

JULY 15th–Kensington Palace Tour

JULY 22nd–Thames River Cruise & Princess Diana Memorial Statue

JULY 29th–Dover Castle Walking Tour

Mish Mosh w/Millissa 12:30pm (all dates)

July 11th–Blueberry Parfait Drive Thru Event

July 18th– Ice Cream Presentation & Sundaes

July 25th– Where in the World? Cappadocia

Monthly Breakfast & Bingo

July 8th–Join us for patriotic strawberry filled crepes and sausage links. Bingo directly follows the breakfast. **Cost: \$4 RSVP by 7/3**

TV Game Show Afternoons

July 6th & 20th from 1:30-2:30pm

Do Whatever you want Day

July 13th 11:00am-1:30pm–Join us for a day of FUN!!! Stations with different activities, Celebrate Dyngus Day (few months late), taste some food samples, and see a Clogging Demonstration. **Cost \$3 RSVP by 7/6**

Magnificent Mother Earth

Times are 1:30-2:30pm

July 13th– Wildlife in Bavaria’s Magical Alpine Kingdom.

July 27th–The Sava Floodplains-Croatia’s secret Paradise

Out to Lunch Bunch

July 12th– at 12:30 pm. Meet up at the Sleepy Rooster in Chagrin Falls. **RSVP by 7/5 440-279-2163 cost is on your own**

Dine Nite Out–

Thurs July 28th Los Robles Mexican Bar & Grill, meet up there at 5:00. **Call to RSVP by 7/25. Cost is on your own. 440-279-2163**

West Geauga Sr. Center

(440) 279-2163

MONDAY

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

TUESDAY

Recreation/Education Coordinator

~Christine Bacon 440-279-2163

Rec/Ed Assistant Coordinators

~Millissa Brosch 440-279-2183

I&R Assistant: Debbie M.

<p>ALL SITES CLOSED 4</p> 	<p>5</p> <p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
<p>11</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 CHAIR YOGA 12:30-1:30 <i>Monday Mish Mosh- Blueberry Parfait Drive Thru</i> 1:00-3:30 Hand & Foot Game</p>	<p>12</p> <p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 1:00-1:30 EZ Chair Exercise (WX) 12:30-2:00 <i>Out to Lunch BUNCH \$</i> 12:30-2:30 Knit & Crochet</p>
<p>18</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 12:30-12:30 <i>Monday Mish Mosh -Ice Cream Presentation & Sundaes</i> 1:00-3:30 Hand & Foot Game</p>	<p>19</p> <p>9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
<p>25</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 1:00-3:30 Hand & Foot Game 12:30-2:30 <i>Monday Mish Mosh Where in the World? Cappadocia</i> 1:00-3:30 <i>Diabetes Self Management Class</i></p>	<p>26</p> <p>9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
1	6	1
6	7	8
13	14	15
20	21	22
27	28	29



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:

Call Don Trask 440-759-9691

8:30-10:30 Italian Card Game
 10:00-10:55 Interval Exercise (WX)
 11:00-12:00 Chair Yoga
 1:30-2:30 *TV Game Show Afternoon*
 3:00-4:00 Wednesday Wordles (WX)

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise -Sandy (WX)
 12:00-2:00 *AWBW Lunch & Movie*
 1:00-1:30 EZ Chair Exercise (WX)
 1:30-2:15 Balance Exercise
 3:00-4:00 Word Nerd Game (WX)

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
 10:00-11:00 Chair Volleyball
 11:00-12:00 Virtual Travel-London
 1:00-3:00 Tech Help Appointments

8:30-10:30 Italian Card Game
 10:00-10:55 Interval Exercise (WX)
 11:00-12:00 Chair Yoga
 11:00-1:30 *Do Whatever You Want Day \$3*
 1:30-2:30 *Magnificent Mother Earth*
 3:00-4:00 Wednesday Wordles (WX)

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise -Sandy
 1:00-1:30 EZ Chair Exercise (WX)
 1:30-2:15 Balance Exercise
 3:00-4:00 Word Nerd Game (WX)

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
 10:00-11:00 Chair Volleyball
 11:00-12:00 Virtual Travel-London
 1:00-3:00 Tech Help Appointments

8:30-10:30 Italian Card Game
 10:00-10:55 Interval Exercise (WX)
 11:00-12:00 Chair Yoga
 1:30-2:30 *TV Game Show Afternoon*
 3:00-4:00 Wednesday Wordles (WX)

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise -Sandy
 1:00-1:30 EZ Chair Exercise (WX)
 1:30-2:15 Balance Exercise
 3:00-4:00 Word Nerd Game (WX)

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 10:00-11:00 Chair Volleyball
 11:00-12:00 Virtual Travel-London
 1:00-3:00 Tech Help Appointments

8:30-10:30 Italian Card Game
 10:00-10:55 Interval Exercise (WX)
 11:00-12:00 Chair Yoga
 1:30-2:30 *Magnificent Mother Earth*
 3:00-4:00 Wednesday Wordles (WX)

8:30-10:30 Italian Card Game
 9:00-11:00 Pinochle
 10:00-11:00 Exercise -Sandy
 12:00-1:30 *AWBW Cuisine & Culture*
 1:00-1:30 EZ Chair Exercise (WX)
 1:30-2:15 Balance Exercise
 3:00-4:00 Word Nerd Game (WX)
 5:00-7:00 *DINE NITE OUT*-Los Robles Mexican Bar & Grill (\$)

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
 10:00-11:00 Chair Volleyball
 11:00-12:00 Virtual Travel-London
 1:00-3:00 Tech Help Appointments

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. July 13, 8:30-10:00

Mondays & Wednesdays, 11:00 Walk with Ginny, walk the Mineral Lake trail!

LINE DANCING with Marlene Miller
Beginners Line Dance, \$3 per person
Every Other Tuesday, July 5 & 19 10:00am
AND

Every Other Wednesday, July 13 & 27,
2:00pm (after BINGO)

BIRTHDAY LUNCH

Monday, July 18, 12:00. FREE Lunch for anyone having a Birthday in July, please call by July 11 to let us know you will be joining us.

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

*July 11: Message on a Bottle, FREE
*July 18: TIE DYE!, bring your own cotton items to dye. \$3 for dye
*July 25: Yard Chickens \$3

GRILLING THURSDAYS

12:00, Hot Dogs

(or whatever we can get)

\$3 per person, please sign up

July 28: Aetna is furnishing Banana Splits at 12:30-FREE! Sign up NOW!

LUNCH OUT

Tuesday, July 12, 11:30, BASS LAKE TAVERNE, please call to reserve your spot.

EDUCATION

(All with Fancy Oatmeal)

*July 15, Middlefield Historical Society, History of Middlefield Part 1, 10:30
*July 22, UH Medical Center, TBA TBA TBA 10:30

*July 29, Geauga Park District
Bats are Fantastic in Fact! 10:30

LUNCH & LEARN

July 19th, 12:00

Courtesy:

CHARDON HEALTHCARE

Fried Chicken, Green Beans, Mac & Cheese
Fall Prevention Program
FREE! Deadline for Reservation: July 13.

LUNCH IN:





















Tuesday, July 26, 12:00 from Ferroni's
Menu at Center

Deadline for order & payment, July 22.


































VEGGIE FRITTATA BREAKFAST

July 29, 9:30

\$5, please call ahead by July 27.

Mon	Tue
<p>EDUCATION (All with Fancy Oatmeal) *July 15, Middlefield Historical Society History of Middlefield Part 1, 10:30 *July 22, UH Medical Center, Breathing for Relaxation 10:30 *July 29, Geauga Park District Bats are Fantastic in Fact! 10:30 Call Now! 440.632.0611</p>	<p>Call Now! Lunch & Learn Courtesy of Chardon Healthcare Fried Chicken, Green Beans, Mac & Cheese - Topic: Fall Prevention Free Program! July 19th, Noon</p> 
 <p>HAPPY 4TH OF JULY! RED WHITE & MOO!</p>	<p>National Apple Turnover Day 5 8:30-9:30 Social Hour 9:30 Rummikub 10:00 Line Dance 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Cornhole</p>     
<p>National Mojito Day 11 8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walk w/Ginny 12:00 GDA Lunch 1:00-3:00 Crafting: Message on a bottle</p>  	<p>Eat Your Jell-O Day 12 8:30-9:30 Social Hour 9:00 Rummikub 12:00 GDA Lunch 11:30 Lunch Out! Bass Lake Chair Volleyball & Corn Hole</p>    
<p>National Caviar Day 18 8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walk w/Ginny 12:00 Birthday Lunch 1:00-3:00 Crafting: It's TIE DYE TIME!</p>  	<p>Words With Friends Day 19 8:30-9:30 Social Hour 9:00 Rummikub 10:00 Line Dance 12:00 Lunch & Learn with Chardon Health Care—FREE LUNCH Chair Volleyball & Corn Hole</p>    
<p>National Hire A Veteran Day 25 8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walk w/Ginny 12:00 GDA Lunch 1:00-3:00 Crafting: Paint a Yard Chicken</p>  	<p>National Aunt & Uncles Day 26 8:30-9:30 Social Hour 12:00 Lunch In - Ferroni's See Menu at Center 1:00-3:00 Chair Volleyball & Corn Hole</p>   

Middlefield Sr. Center 15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
		<p>Creative Ice Cream Flavors Day ¹</p> <p>8:30-9:30 Social Hour 12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball & Corn Hole</p>  
<p>National Fried Chicken Day 6</p> <p>8:30-9:30 Social Hour 9:00 Rummikub 10:15-10:45 Exercise w/Ginny 11:00 Walking! 12:00 GDA Lunch 12:30 Movie Time!</p>  	<p>Strawberry Sundae Day 7</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Hotdogs on the Grill 1:00-3:00 Chair Volleyball & Corn Hole</p>   	<p>National Freezer Pop Day 8</p> <p>8:30-9:30 Social Hour 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p>  
<p>National French Fry Day 13</p> <p>8:30-9:30 Social Hour 8:30-10:00 Social Worker-Michelle 10:15 Exercise w/Ginny 11:00 Walking! 12:00 GDA Lunch 1:00-2:00 BINGO! 2:00 Line Dance</p>  	<p>National Mac & Cheese Day 14</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Hotdogs on the Grill 1:00-3:00 Chair Volleyball & Corn Hole</p>   	<p>Naional Gummi Worm Day 15</p> <p>8:30-9:30 Social Hour 10:00 Fancy Oatmeal 10:30 History of Middlefield 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p>   
<p>National Hot Dog Day 20</p> <p>8:30-9:30 Social Hour 9:30 Rummikub 10:15 Exercise w/Ginny 11:00 Walking 12:00 GDA Lunch 12:30 Movie Time</p>  	<p>National Be Someone Day 21</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Hotdogs on the Grill 1:00-3:00 Chair Volleyball & Corn Hole</p>   	<p>National Mango Day 22</p> <p>8:30-9:30 Social Hour 10:00 Fancy Oatmeal 10:30 UH Medical Center 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p>  
<p>Love Is Kind Day 27</p> <p>8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walking! 12:00 GDA Lunch 1:00-2:00 BINGO 2:00-3:00 Line Dance</p>  	<p>National Chili Dog Day 28</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 Hotdogs on the Grill 12:30 FREE BANANA SPLITS! By AETNA 1:00-3:00 Chair Volleyball & Corn Hole</p>   	<p>National Lasagna Day 29</p> <p>8:30-9:30 Social Hour 9:30 Veggie Frittata Breakfast 10:30 Geauga Park District 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole</p>  

PARKINSON'S SUPPORT GROUP - YOUR TRIP TO THE HOSPITAL

Tuesday, July 19th at 12:30pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon). Dawn Damante, MHA, CDP Coordinator, Geriatric Program and NICHE at UH Geauga will be our guest speaker. Understanding the patient process and expectations from the emergency room, to hospital admission to discharge can help alleviate patient and family concerns. Please call Sandy McLeod at 440-279-2137 to reserve your seat.

VIRTUAL TRAVEL ON THE BIG SCREEN IS BACK AT WGSC!!!!

Travel the World Virtually at WGSC!!! We will be presenting LONDON & IRELAND over the next few months. Every Friday we will present a different Tour with a local tour guide to take you through all of the many & Exciting Places in this part of the world. These guided walkthroughs are FANTASTIC, and so full of the history and stories of the past!!! It's the BEST WAY TO TRAVEL, SEE THE SITES, LEARN THE HISTORY, and experience the VIRTUAL REALITY of being there!!! Enjoy these tours on the BIG SCREEN for your viewing pleasure!! NO NEED TO REGISTER, JUST COME ON IN AND ENJOY THESE GREAT PROGRAMS!! Below are the dates, times, details & destinations **for each tour in JULY**

July 1st - 11:00am to 11:45 am - *Hyde Park London Walking Tour*

July 8th - 11:00am to 12:05pm - *Jack the Ripper Tour*

July 15th- 11:00am to 12:30pm - *Kensington Palace Tour/300 Years of Royal Residences & Prince William & Kates Neighborhood.*

July 22nd 11:00am to 12:00pm - *Thames River Cruise & Princess Diana Memorial Statue. get some views of Kensington Palace.*

MIDDLEFIELD HISTORICAL CENTER PRESENTS

"HISTORY OF MIDDLEFIELD, PART I."

Friday, July 15, presentation at 10:30AM, Fancy Oatmeal from 10:00AM. Both programs are at Middlefield Senior Center, 15820 Ridgewood Dr. and are FREE.

Please call to reserve your spot. 440.632.0611.

HOT DOG COOK IN

We're having a Hot Dog Cook In on Tuesday, August 9th at Bainbridge Senior Center from 12 – 1:30pm. Featuring music by Ron Papaleo and a traditional summertime hot dog lunch that includes baked beans and coleslaw.

Cost is \$4, registration and payment are due no later than Friday, July 29th.

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

July 8, 11:30AM: lunch, 12:00PM: event at Chardon Senior Center, 12555 Ravenwood Dr, 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. This is a free presentation.

OUT TO LUNCH WITH WEST GEAUGA SENIOR CENTER

Tuesday July 12th 12:30-Meet up at The Sleepy Rooster (5210 Chillicothe Rd, Chagrin Falls) at 12:30pm. Come and join us, socialize with your friends, enjoy a lunch out, cost of meal is on your own, a copy of the menu is available in Millissa's office at WGSC if you would like one.

RSVP by 7/5 Call to sign up 440-279-2163.

PARKMAN 55 PLUS CLUB

July 7 finds our club enjoying the great outdoors with a picnic at Swine Creek Park, located on Hayes Rd. At 11:30 we will have our potluck luncheon, with meat and beverage furnished by the club. The day would not be complete without a Park Ranger program, entitled Wildlife Detective. Sounds interesting and fun. We welcome new members.
Call Linda Bell at (440) 554-9201 or Doris Schwendeman at (440) 632-5461 for more information.

WIN IT IN A MINUTE: TAKE TWO!

Join the Bainbridge Senior Center on Tuesday, September 13, 2022, for our 2nd Win it in a Minute Party. The day starts at 10:30 am and will be filled with fun and interesting games. A pizza lunch from Mangia Mangia will be served and our day will end at 2:00 pm. Cost is \$10 per person and is due at time of registration. To register, fill out the events registration in the newsletter and mail it, along with your payment, to BSC 17751 Chillicothe Rd, Chagrin Falls, OH 44023.

DIABETES SUPPORT GROUP - DIABETES AND YOUR HEART

Tuesday, July 19th at 2:00pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon). Diabetes and Heart Disease go hand in hand. Learn how to protect your heart with simple lifestyle changes and medication management. UH Geauga Medical Center Pharmacist Patrick Divoky will be our speaker. Please call Sandy McLeod at 440-279-2137.

UNIVERSITY HOSPITAL GEAUGA MEDICAL CENTER HEALTHY LIVING SERIES, THERAPEUTIC BENEFITS OF PETS!

Friday, July 8, 10:30AM, Chardon Senior Center, 12555 Ravenwood Dr, 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 calling Chardon Senior Center at 440-279-2126.

WGSC MONTHLY BREAKFAST AND BINGO

Friday July 8th 9:00am-Join us for patriotic strawberry filled crepes and sausage links. Bingo directly follows the breakfast, come play, maybe even win some fun prizes!!
Cost: \$4 RSVP by 7/5 Call to register 440-279-2163

LUNCH & LEARN PRESENTED BY CHARDON HEALTHCARE

Come for a complimentary lunch of fried chicken, green beans, mac & cheese. The program is about Fall Preventions. Held at the Middlefield Senior Center, 1580 Ridgewood, at noon. You MUST call to reserve your spot by July 13. 440.632.0611

A DAWG POUND PRESENTATION: HISTORY OF THE CLEVELAND BROWNS

This lively and illuminating program will take you on a roller coaster ride through the history of one of the most storied franchises in the NFL. Author and veteran sports writer Marty Gitlin will discuss and show videos of the greatest and most interesting players, teams, events and moments since the Browns were born, including the years of perennial championships from 1946 to 1964. We will have Marty share his presentation on Thursday, September 8, 2022 at 1:00 pm at the Bainbridge Senior Center. Cost is \$5 per person and will include a hot dog lunch. If you have any questions or want to register, please call Natalie or David at (440) 279-1313.

FREE PIZZA LUNCH HOSTED BY HOLLY'S HEARING AID AT THE CHARDON SENIOR CENTER

Along with a Hearing Loss Presentation and Free Hearing Screenings
Tuesday, August 9, 11:00AM - 1:00PM,
Chardon Senior Center, 12555 Ravenwood Drive, Chardon Learn about hearing loss and 2022 insurance benefits for hearing aids.
Call 440-279-2126 by 8-2 to RSVP.

BIKE TRIP & LUNCH: WESTERN RESERVE GREENWAY TRAIL

Join GDA and UH Geauga for a bike ride on Tuesday, July 26th. Meet at the Austinburg Parking Lot (next to Jewel's Dance Hall – 1770 Mill St, Austinburg 44010) and we will bike south on the Western Reserve Greenway Trail and back. This will be approximately 16 miles round trip.
After our ride, we will head to Cask 307 (7259 Warner Rd, Madison 44057) to grab a bite to eat.
Lunch is on your own.
Please RSVP by calling Sandy McLeod at 440-279-2137.

GEAUGA YOUNG OF HEART

Will 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.

We will have musical entertainment by Joe Scigliano at the July 1 meeting.

On July 15 Paul Goebel will tell us about the People of Gettysburg.

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. This trip is filled, but if you want to be on the waiting list, call Kimber at (440) 668-3293.

On August 8-12 we will be going to Hannibal, MO to spend a day in Mark Twain's town—includes a trolley ride, his museum, cave, dinner cruise, theater for "Mark Twain Himself". We'll also stop in Springfield to tour Lincoln's home, and much more going and coming back. Cost is \$975 pp for double, \$990 for non-members.

If interested in this trip, call Nancy for more information or reservations at (440) 729-9684 by July 3.
Must have 35 or the trip will be canceled. Everyone is welcome on Young of Heart trips.

DO WHATEVER YOU WANT DAY AT WGSC

July 13th 11:00am-1:30pm-Join us for a day of FUN!!! Stations with different activities,
Celebrate Dyngus Day (a few months late), taste some food samples,
and see a Clogging Demonstration.

Cost: \$3 RSVP by 7/6 440-279-2163

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.

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

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

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

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

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

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

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

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

LUNCH OUT AT BASS LAKE TAVERNE

Join Middlefield Senior Center at Bass Lake Taverne in Chardon for a lunch out. Tuesday, July 19 at 11:30AM. Please call 440.632.0611 for your reservation.

ANSEL'S CAVE ADVENTURE, A PRESENTATION BY GEAUGA PARK DISTRICT AT CHARDON SENIOR CENTER

Wednesday, August 10, 10:30AM – 11:30AM, Lunch following at 11:30AM, Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Come and learn about one of Geauga County's truest gems, Ansel's Cave. This lively presentation never disappoints. Call to register at 440-279-2126.

TV GAME SHOW AFTERNOONS AT WEST GEAUGA SENIOR CENTER

Twice a Month on Wednesday Afternoons 1:30-2:30pm, July 6th & July 20th 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 Info 440-279-2163.

JULY CRAFTING AT MIDDLEFIELD SENIOR CENTER

Please call to reserve your spot for crafting at the Center, 15820 Ridgewood Dr., 440.632.0611. Mondays at 1:00pm. July 11: "Message on a Bottle!" Free. July 18: Tie Dye Time! Bring your own items to Tie Dye, \$3 donation for supplies. July 25: Paint a Yard Chicken! \$3 per wood cut-out.

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.

July 5th- Aurora Park (Aurora)

July 12th- River Road Park (Bainbridge)

July 19th- NO WALKING GROUP

July 26th- NO WALKING GROUP

Geauga Walkers

Date	Park	Parking
July 5	Scenic River Retreat	10900 Mayfield Road (Rt 322), 1/2 mile W of Auburn Road, Munson Twp, Park at First Lot, at Top of Hill
July 12*	Whitlam Woods	12500 Pearl Road, Hambden Township
July 19	Jordan Creek Park Environmental Learning Center	7250 Alexander Road, Painesville
July 26	Russell Uplands	15200 Russell Road, 1/2 Mile South of Rt 87, West of Rt 306

All walks begin promptly at 1:00PM. * A Naturalist will accompany us on these walks. PLEASE CONTINUE TO REGISTER FOR ALL GPD-LED WALKS ONLINE AT EAUGAPARKDISTRICT.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., May, June, July. MASKS NO LONGER REQUIRED!

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.

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
7/7/2022	Veteran’s Legacy Woods	14085 Ravenna Rd, Newbury
7/14/2022	Beartown Lakes Reservation	18870 Quinn Rd, Chagrin Falls
7/21/2022	Headwaters Park	13365 Old State Rd (Rt. 608), Claridon
7/28/2022	The Rookery	10110 Cedar Rd, Chesterland

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, July 6th (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: Kitchen Front by Jennifer Ryan

Thursday, July 14th (2nd Thursday of each month) - at Burton Library from 1:30 to 3:00pm.

Discussing: The Book of Hope by Jane Goodall

MONDAY MISH MOSH WITH MILLISSA AT WGSC -JULY SCHEDULE

Monday July 11th 12:30pm- *Blueberry Treat Drive THRU*, Celebrate blueberries with us and swing on by for a blueberry smoothie and a piece of blueberry crisp!! FREE Event, **RSVP by 7/5**

Call to register 440-279-2163

Monday July 18th 12:30pm – *Ice Cream Sundae Day!!* Enjoy a presentation of everything Ice Cream! Following the presentation, we will all enjoy our very own Ice Cream Sundaes!! Donations accepted and appreciated!! **RSVP by 7/11 Call to register 440-279-2163**

Monday July 25th 12:30pm –*Where in the World?? Cappadocia!* Travel with us to the little less known location of Cappadocia Turkey. We will travel the area and learn about its unique architecture and its people, as well as hop aboard its world famous hot-air balloon rides. A craft of hot air balloon wind chimes will follow the presentation. **RSVP by 7/18 DONATIONS WELCOME to help cover cost of craft supplies. Call to register 440-279-2163**

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.

THE MAPLE LEAF ROUTE TOUR WITH DR. DAN RAGER

Friday, August 5th at 1:00pm we will begin our interurban railway history tour with Dr. Dan Rager, author of The Maple Leaf Route (Vol. 1 & 2), in Gates Mills. We will park at the parking lot just south of Sara's Place (1501 Chagrin River Rd, Gates Mills 44040). We will visit the Gates Mills Historical Society and see items from the C&E and walk across the iconic iron bridge that the railway ran over from 1899.

Next Stop: Chesterland Museum (corner of Caves and Mayfield Road in Chesterland). We will tour the Depot and other buildings on the premises, visit the C&E Museum, and Dan will give a history talk on the Maple Leaf Route in Geauga County.

Fee is \$5 per person. Transportation to the event is on your own. Please Call Melissa Wheeler with questions at 440-279-2167.

DIABETES SELF-MANAGEMENT CLASS

July 25th - August 29th - Every Monday from 1:00-3:30pm, West Geauga Senior Center / 8090 Cedar Road / Chesterland, 44026

Take charge of your health! If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health – and your life! To register, please call Sandy McLeod at 440-279-2137. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

COOKING DEMO AND HEALTHY LIVING PRESENTATION WITH UH GEAUGA

August 16, 12:00 noon at Chardon Senior Center, 12555 Ravenwood Drive, Chardon

This month's topic is Clean Eating and Best Proteins for Your Diet

Join the pros from UH, Geauga for this informative presentation and cooking demo, complete with samples perfect for lunchtime! Call 440-279-2126 to register by 8-9.

MAGNIFICENT MOTHER EARTH AT WGSC JULY SCHEDULE – NO REGISTRATION REQUIRED

Wednesday JULY 13th 1:30-2:30pm *“Wildlife in Bavaria’s magical Alpine Kingdom.”* - There is a magical land in the very south of Bavaria: its vaults are the mountains, its animals are the crown jewels. There are sparkling palaces from ice and snow, like a fairytale, made from nature’s forces. Magnificent castles build with human hands. The mountains and the rough climate are challenges for nature and people who live here. Millions of visitors from all over the world come to Bavaria every year. No matter if king or tourist, in the fantastic alpine kingdom everyone will find what they are looking for.

Wednesday JULY 27th 1:30-2:30pm *“Croatia’s Secret Paradise-The Sava Floodplains”*

The fertile floodplains of the Sava are an important resting place for more than 240 bird species, including Hoopoe, great crested Grebe, little Egret, common snipe and pied Avocet. Old, domestic livestock breeds like the Turopolje pig and Posavina horse spend almost the entire year in the floodplains. They appreciate the alluvial meadows, keep puddles and mudholes open whilst wallowing and, as living lawnmowers, they ensure that the moist meadows aren’t transformed into dense oak forests. Thanks to this traditional pasture farming, more than 700 pairs of white stork alone breed in the Lonjsko Polje National Park. The Sava Floodplains allow us to glance into the past of our continent and at the same time, illustrate just how flood protection for major towns can be perfected.

“IRIS FOLDING” GREETING CARD MAKING WORKSHOP

at the Chardon Senior Center, (12555 Ravenwood Drive, Chardon) Tuesday, July 19

Workshop begins at 10:00AM, Workshop Instructor: Phyllis Knapp

\$1.50 per card, payable to instructor the day of workshop. Call 440-279-2126 to register by June 13.

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!

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 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! Cost is \$8 per person, kids aged 2 and under are free. Call Melissa at (440) 279-2167 for questions.

HEATHER HILL COOKING DEMO AND LUNCH AT CHARDON SENIOR CENTER

Wednesday, July 20, 12:00PM, 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.

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, July 28th, 9:00AM – 10:00AM. Call (440) 279-1313 to RSVP. Registration and payment is due no later than Thursday, July 21st. Please indicate if you are a Veteran or if your Birthday is in July. Call for menu!

MATTER OF BALANCE CLASSES - 2 CLASSES BEING OFFERED!

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 Bainbridge Senior Center at 440-279-1313. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

CLASS ONE: September 7th-30th – Every Wednesday & Friday from 12:30-2:30pm.

Bainbridge Senior Center / 17751 Chillicothe Road / Bainbridge 44023

CLASS TWO: September 12th-October 6th – Every Monday & Thursday from 1:00-3:00pm
Middlefield Library / 16167 E. High Street / Middlefield 44062

SWEET TREAT DRIVE-THRU AT CHARDON SENIOR CENTER

The August Sweet Treat Drive-Thru at the Chardon Senior Center is Wednesday, August 3, 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!

BOOK CLUB AT CHARDON SENIOR CENTER

Monday, July 11, 1:00PM, Chardon Senior Center, 12555 Ravenwood Drive, in Chardon. This group meets on the second Monday of each month at 1:00 p.m. Call the Chardon Senior Center at 440-279-2126, for more information.

DINE NITE OUT WITH WEST G SENIOR CENTER

Thursday July 28th 5:00pm- Join your WG friends for an evening of socializing and dinner out at Los Robles Mexican Bar & Grill (8389 Mayfield Rd, Chesterland). Meet up there at 5:00pm, cost of meal is on your own, call to register by 7/25 Call to register 440-279-2163

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. Call (440) 279-2136 to reserve your spot. Money and reservations are due by June 17th.

-Or-

On Friday, July 22, 10:30AM at the Middlefield Senior Center. Enjoy Fancy Oatmeal from 9:30-10:30. Please call to reserve your spot with the FREE bats and oatmeal programs. Call 440.632.0611

COME TO MIDDLEFIELD EVERY THURSDAY FOR A GRILLED HOT DOG LITE LUNCH \$3!

On July 29, stay for a FREE Banana Split, courtesy of Aetna Medicare at 12:30, or just come for the Banana Split! You MUST make a reservation by July 21. At the Middlefield Senior Center, 15820 Ridgewood Dr., 440.632.0611

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.

JULY 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

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

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

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

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DEPARTMENT ON AGING**



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NEWS RELEASE - HEAP SUMMER CRISIS PROGRAM

The Ohio Department of Development and Geauga Job and Family Services will help income-eligible Ohioans stay cool during the hot summer months. The program runs from July 1, 2022, until September 30, 2022.

To apply, clients are required to schedule an appointment with Geauga County Job and Family Services by calling (440) 285-9141.

The Summer Crisis Program assists low-income households with an older household member (60 years or older), that can provide physician documentation that cooling assistance is needed for a household member's health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills;
- A list of all household members and proof of income for the last 30 days or 12 months for each member;
- Proof of U.S. citizenship or legal residency for all household members;
- Proof of disability (if applicable);
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

To be connected to your local Energy Assistance provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

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.

Troy Twp July 28 & 29

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.