

August 2022

# The Geauga SENIOR NEWS

# IN THIS  
TOGETHER



GEAUGA COUNTY  
DEPARTMENT ON AGING



## SENIOR DAY AT THE GREAT GEAUGA COUNTY FAIR FRIDAY, SEPTEMBER 2ND

Geauga County Department on Aging will host a hospitality and refreshment area from 9:00am. to 2:00pm.

**We will be at the Vernon Howard Pavilion**

(located at the south end of the fairgrounds, across from red anniversary building)

### NEED A RIDE TO THE FAIR?

The Geauga County Department on Aging will provide pre-paid passes with Geauga County Transit – for Friday, September 2nd to and from the fairgrounds for registered seniors. Spaces are limited and please call Sandy McLeod at 440-279-2137.

**You must call Geauga Transit at 440-279-2150 to make reservations for your ride.**

---

## GEAUGA COUNTY DEPARTMENT ON AGING'S 90TH BIRTHDAY PARTY IS BACK AND IN PERSON THIS YEAR!

Our 90th Birthday Party is set to honor all Geauga County Residents who are age 90 and over! The event will take place on Tuesday, September 13, from 11:00 a.m. – 2:00 p.m. at Notre Dame Educational Center, located at 13000 Auburn Road, Chardon, Ohio 44024. This event is FREE to those Geauga County Residents who are 90 and over; and \$20.00 per person for all other guests. Join us for the 90th Birthday, which will include a delicious luncheon, a beautiful cake, a lively disc jockey, and a LIVE Frank Sinatra and Dean Martin Show! All we need is you!

Sign up by filling out the registration form on page 22 in this newsletter by August 23.

Thank you to our Sponsors, Western Reserve Area Agency on Aging, UH Geauga Medical Center, and the Sisters of Notre Dame!





# What's New in this Issue

Geauga County  
Department on Aging

SENIOR DAY @ FAIR, 90TH BDAY PARTY .....	1	MEDICARE SAVINGS, SHEEP.....	17
INDEX.....	2	LOST CLE, COOKING SCHOOL.....	17
EXTRA HELP WITH MEDICARE PART D .....	2	OUT TO LUNCH, DAWG POUND.....	17
NEWSLETTER INFO .....	2	GEAUGA WALKERS, DAYS OF SUMMER .....	18
PATRONS (PLATINUM & GOLD).....	3	MAPLE LEAF, BREAKFAST.....	18
ADS, HEAP .....	3	WALKING GROUP .....	18
COMMUNITY CALENDAR.....	4 & 5	COOKING DEMO, BOOK DISCUSSION.....	19
CHARDON CALENDAR.....	6 & 7	LINE DANCE, LUNCH & LEARN .....	19
BAINBRIDGE CALENDAR.....	8 & 9	HEARING SCREENING, IRIS FOLDING.....	19
WEST GEAUGA CALENDAR .....	10 & 11	CYCLISTS, ANSEL'S CAVE.....	20
MIDDLEFIELD CALENDAR.....	12 & 13	BIG BREAKFAST, SUMMER CONCERT .....	20
MOB CLASS, SUMMERTIME PARTY .....	14	LUNCH & MOVIE, S'MORES DAY.....	20
HISTORY, NOSH W/ NAT, TV SITCOMS.....	14	PARKMAN 55.....	20
PARKINSONS, DIABETES SUPPORT .....	14	COOKING DEMO, CUISINE CULTURE .....	21
VIRTUAL TRAVEL, BREAKFAST APS.....	15	MOTHER EARTH, DRIVE THRU.....	21
COOKING, UH MED MANAGEMENT.....	15	ELDERBERRIES, DINE NITE .....	21
MOSH W/ MILLISSA, BIKE TRIP.....	15	REGISTRATION FOR EVENTS.....	22
MIDDLEFIELD OUTINGS, TAKE TWO .....	16	GDA AUGUST MEAL MENU .....	23
ANSEL'S CAVE, WALKING WELLNESS .....	16	SUMMER CRISIS HEAP, TRASH PICK-UP.....	24
SMITH VEIN, YOUNG HEART .....	16		

## 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 12611 Ravenwood Dr., Suite 200, 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](mailto: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](http://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](http://www.energyhelp.ohio.gov)

# Monthly Highlights

**Thursday, August 4th: Free Lunch and Movie**  
UH Geauga Age Well Be Well Program.  
Call 440-214-3180 to register. 12:00pm. Free.

**Friday, August 5th: Maple Leaf Route Tour**  
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. Transportation to the event is on your own. \$5 per person. 1:00pm.

**Wednesday, August 10th: Loretta Paganini**  
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. 12:00pm. \$55 per person.

**Thursday, August 18th: Elderberries**  
Join GDA, UH Geauga and GPD at Chickagami Park (17957 Tavern Rd, Middlefield) for a morning of traditional camp fun, including archery, camp crafts and more! Lunch will be provided. Sponsored by Burton Healthcare. Please call GPD at 440-286-9516 to register.

**Thursday, August 25th: Cuisine & Culture**  
The Eiffel Tower is one of the world's most recognizable landmarks, but what was it built for? Come learn about the culture, food, and history behind France at the West Geauga Senior Center (8090 Cedar Rd, Chesterland). A "French" lunch provided by UH. 12:00pm Free.

**Geauga 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.

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

# August 2022

MONDAY	TUESDAY
1	2
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:30</b> Diabetes Self-Management Class <b>WG</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b>	<b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>
8	9
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:30</b> Diabetes Self-Management Class <b>WG</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b>	<b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>
15	16
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:30</b> Diabetes Self-Management Class <b>WG</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b>	<b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>2:00-3:00</b> Diabetes Support <b>CSC</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>
22	23
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:30</b> Diabetes Self-Management Class <b>WG</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b>	<b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b> <b>9:30-12:30</b> Bike Trip <b>OS</b>
29	30
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:30</b> Diabetes Self-Management Class <b>WG</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b>	<b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>1:00-2:30</b> Geauga Walkers <b>OS</b>

# SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
3	4	5
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>10:30-12:30</b> Beginner Pickleball <b>OS</b> <b>3:00-4:30</b> Geauga Cyclists <b>OS</b>	<b>9:00-10:30</b> Walking for Wellness <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>12:00-2:30</b> Lunch & Movie <b>WG</b>	<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>11:15-12:00</b> Balance Exercises <b>EG &amp; WE</b> <b>1:00-3:30</b> Maple Leaf Route Tour <b>OS</b>
10	11	12
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>10:30-12:30</b> Beginner Pickleball <b>OS</b> <b>11:30-12:30</b> Book Discussion <b>GW</b> <b>12:00-2:00</b> Loretta Paganini <b>OS</b> <b>3:00-4:30</b> Geauga Cyclists <b>OS</b>	<b>9:00-10:30</b> Walking for Wellness <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>1:30-3:00</b> Book Discussion <b>BL</b>	<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>11:15-12:00</b> Balance Exercises <b>EG &amp; WE</b>
17	18	19
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>12:00-2:00</b> Matter of Balance <b>OS</b> <b>3:00-4:30</b> Geauga Cyclists <b>OS</b>	<b>9:00-10:30</b> Walking for Wellness <b>OS</b> <b>9:00-12:00</b> GPD Elderberries <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG</b>	<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>11:15-12:00</b> Balance Exercises <b>EG &amp; WE</b>
24	25	26
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>12:00-2:00</b> Matter of Balance <b>OS</b> <b>3:00-4:30</b> Geauga Cyclists <b>OS</b>	<b>9:00-10:30</b> Walking for Wellness <b>OS</b> <b>10:00-11:00</b> Strength & Cardio <b>WG</b> <b>12:00-2:00</b> Cuisine & Culture <b>WG</b>	<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>11:15-12:00</b> Balance Exercises <b>EG &amp; WE</b>
31	<b>Sandy McLeod</b> Senior Centers' Supervisor 440-279-2137  <b>Melissa Wheeler</b> Asst. Senior Centers' Supervisor 440-279-2167	
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>12:00-2:00</b> Matter of Balance <b>OS</b> <b>3:00-4:30</b> Geauga Cyclists <b>OS</b>	<b>BL</b> - Burton Library <b>CSC</b> - Chardon Senior Center <b>EG</b> - Everybodies Gym (357 Washington St, Chardon) <b>GW</b> - Geauga West Library <b>OS</b> - Offsite <b>WE</b> - WebEx (Online) <b>WG</b> - 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!**

**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.**

**Wednesday, August 3:** Sweet Treat Drive-Thru. Sponsored by Heather Hill. Serving soft pretzels and lemonade. Pre-registration required.

**Friday, August 5:** Breakfast and Speaker Series with Kathie Doyle. This month's topic is on "The Life of Laura Ingalls Wilder." Prior registration required.

**Monday, August 8:** Book Club. Call 440-279-2126 for this month's book title and author.

**Friday, August 19:** Out to Lunch at Capps in Leroy! Call 440-279-2126 to register.

**Tuesday, August 16:** Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 8/8/22.

**Tuesday, August 16:** Cooking Demo and Healthy Living Presentation by UH, Geauga.

**Wednesday, August 17:** Heather Hill Cooking Demo. Space is limited. Reservations by 8/10/22. Thanks to our wonderful community partner, Heather Hill! FREE

**Monday, August 22:** Hot Dog Lunch and Ice Cream Social. Call the Senior Center at 279-2126 to register by 8/15/22.

**Tuesday, August 23:** Presentation and Pizza. A Funny Program about Funny Programs. \$5 per person with prior registration.

**Friday, August 26:** Parrot Head Party in the Pavilion! Pre-registration required!

**Tuesday, August 30:** Lost CLE Memories: Ray Chapman and the 1920's CLE Indians. \$5 per person with prior registration required.

<b>Chardon Senior Center</b> <b>440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<b>1</b> 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 12:30-1:30 Kings in the Corner 12:45-1:45 Line Dancing \$3	<b>2</b> 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
<b>8</b> 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 12:30-1:30 Kings in the Corner 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	<b>9</b> 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice
<b>15</b> 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 12:30-1:30 Kings in the Corner 12:45-1:45 Line Dancing \$3	<b>16</b> 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 11:00-12:00 Balance Exercises 12:00-1:00 UH Cooking Demo and Healthy Living Presentation 2:00-3:00 Diabetic Support Group 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice
<b>22</b> 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:00-1:30 Hot Dog Days of Summer Luncheon and Ice Cream Social—Prior registration required 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	<b>23</b> 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises 11:30-1:30 Presentation and Pizza -prior registration required 12:00-12:30 Lunch 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice
<b>29</b> 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 12:30-1:30 Kings in the Corner 12:45-1:45 Line Dancing \$3	<b>30</b> 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises 12:00-12:30 Lunch 1:00-2:00 Lost CLE Memories Presentation 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice

**Chardon Senior Center**  
**12555 Ravenwood Dr., Chardon**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 12:00-12:30 Sweet Treat Drive-Thru 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg	<b>4</b> 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	<b>5</b> 9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker Series with Kathie Doyle—prior registration required 10:30-12:00 Chair Yoga \$4 12:00-12:30 Lunch 1:00-1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group
<b>10</b> 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg	<b>11</b> 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	<b>12</b> 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 10:30-11:30 UH Geauga Well- ness Series—Med Management 11:30-12:00 Lunch 1:00– 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group
<b>17</b> 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 12:00-1:00 Heather Hill Cooking Demo and Luncheon 12:00-2:00 Good Times Band 12:00-12:30 Lunch 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg	<b>18</b> 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	<b>19</b> 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 12:00-12:45 Lunch 12:00-1:30 Out to Lunch at Capps in Leroy (on the patio if weather is good) 1:00– 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group
<b>24</b> 9:00-11:00 Pinochle 11:00-11:45 Strength Training 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg	<b>25</b> 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	<b>26</b> 9:30-11:30 Stained Glass 11:00-3:30 Parrot Head Party in the Pavilion!-prior registration required 10:30 No Chair Yoga Today 12:00-12:30 Lunch 1:00– 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group
<b>31</b> 9:00-11:00 Pinochle 11:00-11:45 Strength Training 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg	<b>Becky O'Reilly</b> Recreation & Education Coordinator  <b>Hannah Heinz</b> Recreation & Education Assistant Coordinator	<b>Beth Oliverio</b> Information and Referral Specialist  <b>Karen Fueger</b> Kitchen Coordinator  <b>Peggy Peters</b> Kitchen Assistant

## Bainbridge Bulletin

### **Drum Fit —> Cardio Drumming**

Drum Fit is now called Cardio Drumming! But don't worry, it's the exact same class you love held on Monday, Wednesday, and Friday afternoons with David!

### **Tuesday, August 2:**

**Meet and Greet with Jessica Boalt, Director of GDA** Jessica will be speaking on facts and figures regarding Geauga Department on Aging. Come with your questions! \$3 Spaghetti Lunch at 12pm, presentation at 12:45pm

### **NEW CLASS!!**

**Beginner's Line Dancing** on Wednesdays from 9:30am-10:30am. \$3

### **Topsy-Turvy Thursdays:**

Join us for two new topics! Call to let us know you'll be there!

### **Thursday, August 11:**

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

### **Thursday, August 25:**

**Fair Food** Fair season is about to begin, so what better way to celebrate than to talk about Fair Food? 1pm.

### **Tuesday, August 9:**

**Hot Dog Cook In Featuring music by Ron Papaleo** . We're having a Hot Dog Cook In with a traditional summertime hot dog lunch including baked beans and coleslaw.

1pm. Sponsored by Heather Hill and Jennings Notre Dame Village. Cost is \$4. 12pm.

### **Tuesday, August 16:**

**Nosh with Natalie** Since we didn't get to make it in June, let's try to make Oriental Chicken Salad & Ice Cream Cake. Call to RSVP by August 9.

Want to stay for lunch? Let us know by 8/5. Sponsored by Heather Hill

### **Friday, August 19:**

**Learning for a Lifetime** at Kent Geauga. Prior registration required.

### **Thursday, August 25:**

**Bainbridge Big Breakfast** Veterans and August birthdays eat free; \$5 for all others. 9am. RSVP by August 18.

## Bainbridge Senior Center

(440) 279-1313

MONDAY	TUESDAY
1	2
<b>8:30-9:30</b> All-Around Exercise (\$3) <b>10:00-2:00</b> Poker <b>12:00-2:30</b> Lunch and <b>Movie Matinee</b> <i>(Dirty Dancing)</i> <b>2:30-3:15</b> Cardio Drumming	<b>8:00-9:00</b> Walking Group <b>9:45-10:15</b> Balance Exercise <b>10:00-1:00</b> Mexican Train <b>12:00-1:00</b> Lunch <b>12:00-2:00</b> Social Work Appts. <b>12:45-1:30</b> Meet and Greet with <b>Jessica Boalt, Director of GDA</b> (\$3 for Spaghetti Lunch)
8	9
<b>8:30-9:30</b> All-Around Exercise (\$3) <b>10:00-2:00</b> Poker <b>12:00-2:30</b> Lunch and <b>Movie Matinee</b> <i>(Ferris Bueller's Day Off)</i> <b>2:30-3:15</b> Cardio Drumming	<b>8:00-9:00</b> Walking Group <b>9:45-10:15</b> Balance Exercise <b>10:00-1:00</b> Mexican Train <b>12:00-1:30</b> Hot Dog Cook In <i>Prior registration required</i> <b>12:00-1:00</b> Lunch 
15	16
<b>8:30-9:30</b> All-Around Exercise (\$3) <b>10:00-2:00</b> Poker <b>12:00-2:30</b> Lunch and <b>Movie Matinee</b> <i>(The Notebook)</i> <b>2:30-3:15</b> Cardio Drumming	<b>8:00-9:00</b> Walking Group <b>9:45-10:15</b> Balance Exercise <b>10:00-1:00</b> Mexican Train <b>11:00-12:00</b> Nosh with Natalie <b>Oriental Chicken Salad</b> <b>&amp; Ice Cream Cake</b> <i>Prior registration required</i> <b>12:00-1:00</b> Lunch
22	23
<b>8:30-9:30</b> All-Around Exercise (\$3) <b>10:00-2:00</b> Poker <b>12:00-2:30</b> Lunch and <b>Movie Matinee</b> <i>(Mamma Mia)</i> <b>2:30-3:15</b> Cardio Drumming	<b>8:00-9:00</b> Walking Group <b>9:45-10:15</b> Balance Exercise <b>10:00-1:00</b> Mexican Train <b>12:00-1:00</b> Lunch
29	30
<b>8:30-9:30</b> All-Around Exercise (\$3) <b>10:00-2:00</b> Poker <b>12:00-2:30</b> Lunch and <b>Movie Matinee</b> <i>(Mamma Mia: Here We Go Again)</i> <b>2:30-3:15</b> Cardio Drumming	<b>8:00-9:00</b> Walking Group <b>9:45-10:15</b> Balance Exercise <b>10:00-1:00</b> Mexican Train <b>12:00-1:00</b> Lunch



**17751 Chillicothe Road,  
Bainbridge OH 44023**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p align="right"><b>3</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            9:30-10:30 Beginner's Line Dancing (\$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>Winking Lizard, Bedford Heights</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>4</b></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"><b>5</b></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 Cardio Drumming</p>
<p align="right"><b>10</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            9:30-10:30 Beginner's Line Dancing (\$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>Buffalo Wild Wings, Aurora</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>11</b></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  <b>Thursday:            Did You Know? Part Two</b></p>	<p align="right"><b>12</b></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 Cardio Drumming</p>
<p align="right"><b>17</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            9:30-10:30 Beginner's Line Dancing (\$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>Madrick's Tavern, Newbury</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>18</b></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"><b>19</b></p> <p align="center"><b>Learning for a Lifetime at            Kent Geauga</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:25 Chair Yoga (\$3)            10:30-12:00 Chair Volleyball            12:00-1:00 Lunch            2:30-3:15 Cardio Drumming</p>
<p align="right"><b>24</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            9:30-10:30 Beginner's Line Dancing (\$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>Rise &amp; Dine Cafe, Chesterland</i>)            2:30-3:15 Cardio Drumming</p>	<p align="right"><b>25</b></p> <p>9:00-10:00 <b>Big Breakfast!</b>  <b>Prior registration required</b>            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-1:00 Lunch            1:00-2:00 Topsy-Turvy  <b>Thursday:            Fair Foods</b></p>	<p align="right"><b>26</b></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 Cardio Drumming</p>
<p align="right"><b>31</b></p> <p>8:30-9:30 All-Around Exercise (\$3)            9:30-10:30 Beginner's Line Dancing (\$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>Nicky &amp; Smitty's Deli, Aurora</i>)            2:30-3:15 Cardio Drumming</p>	<p align="center"><b>Recreation &amp; Education            Coordinator            Natalie Dolezal</b></p>  <p align="center"><b>REC Assistant            Coordinator            David Craig</b></p>	

# Newsorthy Notes

**MUST BE REGISTERED WITH AWBW TO ATTEND UH-AWBW EVENTS held at WGSC..**

AUG 4th Lunch & Movie—AUG 26th Cuisine & Culture

To Join Call Dawn Damante: 440-214-3180

ALL classes with the (WX) symbol listed after it, are available both LIVE and on Webex.

## Monday Mish-Mosh Schedule

**AUG 1st –11:00am**, Celebrate Clown week!

**AUG 8 –12:30pm**, Zucchini with a friend day!!

**AUG 15 11:00am**, Friendship Week!!

**AUG 22 –12:30pm** Where in the World? Vietnam.

**AUG 29-12:30pm** MORE HERBS, LESS SALT!

## Magnificent Mother Earth Schedule

**AUG 10 –1:30PM** Wild Workers—Prime Movers  
And Builders Part 1 of 3

**Aug 24 –1:30pm** The Most Amazing Builders  
in the Animal Kingdom. Part 2 of 3

## Virtual Travel Schedule

**AUG 5 -11 am** British Museum of London

**AUG12 –11 am** The Blitz, WW2 Sites

**AUG19 –11 am** Savile Row & Soho London

**AUG 26-11 am** Notting Hill & Portobello Road

## Celebrate S'MORES Day

**AUG 10–1:30pm** - Join us as we celebrate S' MORES!! Learn who invented them, named them, and take home a s'mores kit to use for the next family bonfire. donations will be collected. **FREE -Space is limited. Call to register 440-279-2163**

## Monthly Breakfast & Bingo

**AUG 12 –9:00am** –Join us for a hot breakfast of Ham, Egg & Cheese Croissants , followed by some MORNING BINGO with great prizes!!! **\$4 pp, Registration Required, Call for more INFO 440-279-2163**

## OUT TO LUNCH BUNCH

**AUG 16 —12:30pm** Mary's Diner in Concord, meet up there at 12:30pm **Call to RSVP no later than 8/10/22 440-279-2163**

## DINE NIGHT OUT w/WG

**Aug 25 –5:00-7:00pm** Meet up at Joeys Italian Grille in Chardon for an evening of good food, and dining out with friends. **RSVP by AUG 22nd 440-279-2163**

## Caves & Cookies w/Geauga Parks

**AUG 26 –10:00am**—Join us for a nature program all about Ansel's Cave here in Geauga County. We'll explore its natural history, geology & cultural past. Learn about the person for whom the Cave was named. Cookies & Punch will also be served. **FREE -Space is limited. Call to register 440-279-2163**

## Summertime Party in the Park

**AUG 31st -12:00pm** Join us for a SUMMERTIME Party with live music, dancing and fun!!! Sam Fosh will be ENTERTAINING, there will be cookout style food & beverages, Ice Cold DQ Dilly Bars included!! **\$15 a person**

# West Geauga Sr. Center

**(440) 279-2163**

## MONDAY

## TUESDAY

<b>1</b>	<p>8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 CHAIR YOGA 11:00-12:00 <i>Monday Mish Mosh- "Clown Week"</i> 1:00-3:30 Hand &amp; Foot Game 1:00-3:30 <i>Diabetes Self Management Class</i> 2:00-3:00 Line Dance Class</p>	<b>2</b>	<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 &amp; Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
<b>8</b>	<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- "Zucchini with a friend Day"</i> 1:00-3:30 Hand &amp; Foot Game 1:00-3:30 <i>Diabetes Self Management Class</i> 2:00-3:00 Line Dance Class</p>	<b>9</b>	<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 &amp; Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
<b>15</b>	<p>8:30-10:30 Italian Card Game 10:00-11:00 Exercise w/Marykay \$3 11:00-12:00 Yoga w/Marykay \$3 11:00-12:00 <i>Monday Mish Mosh- "Friendship Week"</i> 1:00-3:30 Hand &amp; Foot Game 1:00-3:30 <i>Diabetes Self Management Class</i> 2:00-3:00 Line Dance Class</p>	<b>16</b>	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 12:00-3:00 Bridge Group 12:30-2:00 <i>Out to Lunch BUNCH \$ Mary's Diner-Concord</i> 12:30-2:30 Knit &amp; Crochet</p>
<b>22</b>	<p>8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 12:30-2:00 <i>Monday Mish Mosh Where in the World? Vietnam</i> 1:00-3:30 Hand &amp; Foot Game 1:00-3:30 <i>Diabetes Self Management Class</i> 2:00-3:00 Line Dance Class</p>	<b>23</b>	<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 &amp; Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
<b>29</b>	<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 &amp; Foot Game 12:30-2:30 <i>Monday Mish Mosh "More Herbs, Less Salt"</i> 1:00-3:30 <i>Diabetes Self Management Class</i> 2:00-3:00 Line Dance Class</p>	<b>30</b>	<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 &amp; 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
3	4	5
8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 11:00-12:00 Craft Class #1 w/Millissa \$7 12:30-1:30 Craft Class #2 w/Millissa \$7 1:30-2:30 <i>TV Game Show Afternoon</i> 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 <i>AWBW Lunch &amp; Movie</i> 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word 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 11:00-12:00 <i>Virtual Travel-London</i> 1:00-3:00 Tech Help Appointments
10	11	12
8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 1:30-2:30 <i>Magnificent Mother Earth</i> 1:30-2:30 <i>Celebrate S'mores w/WG</i> 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) 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Game (WX)	8:00-9:00 WG Walkers 8:30-9:30 <b>Breakfast &amp; Bingo (\$ 4)</b> 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-12:00 <i>Virtual Travel-London</i> 1:00-3:00 Tech Help Appointments
17	18	19
8:30-10:30 Italian Card Game 10:00-11:00 Exercise w/Marykay \$3 11:00-12:00 Yoga Video 2:00-3:00 Webex Word Games wx	8:30-10:30 Italian Card Game 10:00-11:00 Exercise Video 9:00-11:00 Pinochle 1:30-2:15 Balance Exercise	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 11:00-12:00 <i>Virtual Travel-London</i> 1:00-3:00 Tech Help Appointments
24	25	26
8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 1:30-2:30 <i>Magnificent Mother Earth</i> 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 <i>AWBW Cuisine &amp; Culture</i> 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Game (WX) 5:00-7:00 <i>DINE NITE OUT</i> <i>at Joeys Italian Grille \$</i>	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 <i>Caves &amp; Cookies with Geauga Parks</i> 11:00-12:00 <i>Virtual Travel-London</i> 1:00-3:00 Tech Help Appointments
31	<p style="text-align: center;">Lunch is served Mon thru Fri from 12:00-12:30pm. <b>ALL Seniors MUST make a RESERVATION IN ADVANCE to receive a lunch.</b> Reservations <b>must be</b> received by Monday <b>of the week prior</b> to your lunch request. ALL lunch reservations can be made by calling the WGSC or by using our "Congregate Lunch" sign-up binder located in the WG Dining Room.</p>	
8:30-10:30 Italian Card Game 9:30-1:00 Smith Vein Clinic 10:00-10:55 Interval Exercise (WX) 11:00-11:55 Chair Yoga Video 12:00-2:00 <i>Summertime Party in the Park with Sam Fosh \$15</i>	<p><b>Recreation/Education Coordinator</b>            ~Christine Bacon 440-279-2163</p> <p><b>Rec/Ed Assistant Coordinators</b>            ~Millissa Brosch 440-279-2183</p> <p><b>I&amp;R Assistant:</b> Debbie M.</p> <p><b>Stained Glass Class Appointments:</b>  <i>Call Don Trask 440-759-9691</i></p>	

Please Call to Make Your Reservation for  
ANY Event Including Lunch

**440.632.0611**

Social Worker Appts with Michelle  
Wed. August 10, 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, August 16 & 30  
10:00am AND

Every Other Wednesday, August 10 & 24,  
2:00pm (after BINGO)

**BIRTHDAY LUNCH**

Monday, August 15, 12:00. FREE Lunch for  
anyone having a Birthday in August, please  
call by August 8 to let us know you will be  
joining us.

**CRAFTING Mondays 1:00pm**

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

\*August 1: Stained Glass Window Clings \$5

\*August 8: Sugar Scrub & Raid the  
Cupboards FREE

\*August 15: Plastic Placemat Tote Bag  
(bring 3 plastic placemats) FREE

\*August 22: Patriotic Wind Spinners \$5

\*August 29: Wax Sheet Candles  
\$5 for 2 candles

**LUNCH OUT**

Tuesday, August 16, 12:00,  
HIRAM COLLEGE CAFE, please call to  
reserve your spot.

**LUNCH IN**

Tuesday, August 23, Pizza & Salad, \$5 per  
person. Money & Reservation due by  
Friday, August 19.

**EDUCATION**

\*August 5, UH Geauga Medical Center, Signs  
of Summer Dehydration! 10:30

\*August 12, Middlefield Historical Society,  
History of Middlefield Part II, 10:30

\*August 26, Geauga Adult Protective Services  
Informational Event, 10:30—Door Prizes!  
Come Early for Breakfast!

**HAPPY HOURS!**

Thursday, August 4, El Patron, 3:30  
Thursday, August 18, Laleure Vinyards 4:00

**MONTHLY BREAKFAST**









Friday, August 26, 9:30. BAGEL BAR &  
MORE, \$5 per person, reservation due by  
August 24

YOU MUST REGISTER.

**440.632.0611**
































**Middlefield Sr. Center**

**440-632-0611**

Mon	Tue
<p><b>National Family Fun Month 1</b></p> <p>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: Stained Glass Window Clings \$5</p>	<p><b>MIDDLEFIELD SENIOR CENTER 2</b> CLOSED FOR VOTING</p> 
<p><b>National Pickleball Day 8</b></p> <p>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: Sugar Scrub &amp; "Raid the Cupboard" Free</p>	<p><b>National Rice Pudding Day 9</b></p> <p>8:30-9:30 Social Hour 9:30 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Cornhole</p> 
<p><b>National Relaxation Day 15</b></p> <p>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: Plastic Placemat Tote Bag Free (see side)</p> 	<p><b>National Rollercoaster Day 16</b></p> <p>8:30-9:30 Social Hour 9:30 Rummikub 10:00 Line Dance 12:00 Lunch Out Hiram Cafe 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p> 
<p><b>Rainbow Baby Day 22</b></p> <p>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: Patriotic Wind Spinners \$5 (space limited)</p> 	<p><b>Day Of The National Flag 23</b></p> <p>8:30-9:30 Social Hour 9:30 Rummikub 12:00 Lunch In: Pizza Hut &amp; Salad 1:00-3:00 Chair Volleyball &amp; Corn Hole</p> 
<p><b>National Lemon Juice Day 29</b></p> <p>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: Wax Sheet Candles \$5</p> 	<p><b>National Beach Day 30</b></p> <p>8:30-9:30 Social Hour 9:30 Rummikub 10:00 Line Dance 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p> 

# Middlefield Sr. Center

## 15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
<b>Clean Your Floors Day 3</b> 8:30-9:30 Social Hour 10:15 Exercise with Ginny 10:00 Rummikub 11:00 Walking! 12:00 GDA Lunch 12:30 Movie Time! 	<b>Chocolate Chip Cookie Day 4</b> 8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole 3:30 Happy Hour El Patron	<b>Underwear Day 5</b> 8:30-9:30 Social Hour 10:30 UH Medical Center Summer Dehydration 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole  
<b>National Lazy Day 10</b> 8:30-10:00 Social Worker Michelle 10:15 Exercise with Ginny 10:00 Rummikub 11:00 Walking!  12:00 GDA Lunch 1:00-2:00 BINGO! 2:00-3:00 Line Dancing 	<b>Son And Daughter Day 11</b> 8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole   	<b>Spirit Festival Day 12</b> 8:30-9:30 Social Hour 10:30 Middlefield Historical Society Part II  12:00 GDA Lunch  1:00-3:00 Chair Volleyball & Corn Hole
<b>National Baby Boomers Day 17</b> 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 	<b>National Fajita Day 18</b> 8:30-9:30 Social Hour 10:00 Rummikub  12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole 4:00 Happy Hour Lalueve Vinyards  	<b>Kool Aide Day 19</b> 8:30-9:30 Social Hour 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole  
<b>National Waffle Day 24</b> 8:30-9:30 Social Hour 9:30 Rummikub  10:15  Exercise w/Ginny  11:00 Walking 12:00 GDA Lunch 1:00-2:00 BINGO! 2:00-3:00 Line Dance 	<b>National Burger Day 25</b> 8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole   	<b>Cherry Popsicle Day 26</b> 8:30-9:30 Social Hour  9:30 Bagel Bar Breakfast \$5 10:30  Adult Day Service Informational Event 12:00 GDA Lunch 1:00-3:00 Chair Volleyball & Corn Hole
<b>National Trail Mix Day 31</b> 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 	  	

## **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

## **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

## **MIDDLEFIELD HISTORICAL SOCIETY**

HISTORY OF MIDDLEFIELD, PART II. Friday, August 12, 10:30, here at the Middlefield Senior Center, 15820 Ridgewood Dr., 440.632.0611. Please call to make your reservation.

## **A NOSH WITH NATALIE SPONSORED BY HEATHER HILL**

On Tuesday, August 16th at 11:00am, 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!

Since we didn't get to make it in June, let's try to make Oriental Chicken Salad & 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, August 5th! This free event is sponsored by Heather Hill.

## **CHARDON SENIOR CENTER'S PRESENTATION AND PIZZA LUNCH!**

This month, we host Marty Gitlin, as he takes us on a fun walk down memory lane with his presentation: A Funny Program About Funny Programs: The Greatest TV Sitcoms of All Times. Tuesday, August 23, at 11:30 a.m. at the Chardon Senior Center, with a pizza lunch following at 12:30 p.m.

Call 279-2126 to register. \$5 per person.

## **PARKINSON'S SUPPORT GROUP - NO MEETING THIS MONTH. SEE YOU IN SEPTEMBER!**

## **DIABETES SUPPORT GROUP – FOOT CARE**

Tuesday, August 16th at 2:00pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon). Seniors with diabetes have an increased risk of ulcers and damage to the feet. Diabetic foot problems also include neuropathy, skin changes, calluses, fungal infections, foot ulcers and more. Join Dr. Jacquelyn Quercioli, Podiatrist- Foot & Ankle Surgery specialist as we learn some simple foot care guidelines and ways to avoid further complications. Please call Sandy McLeod at 440-279-2130

## VIRTUAL TRAVEL ON THE BIG SCREEN AT WGSC!!!!

Every Friday we will present a different Tour with a local tour guide to take you through all of the many & Exciting Places in London. These guided walkthroughs are FANTASTIC, and so full of the history and stories of the past!!! Its 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 & destinations for each tour in AUGUST

**(AUG 5th 11:00am *British Museum of London*) ( AUG 12th - 11:00am *The Blitz – Londons WW2 Sites*)**

**(AUG 19th- 11:00am *Savile Row & Soho London*) (AUG 26th 11:00am *Notting Hill & Portobello Road*)**

## MONTHLY BREAKFAST AT MIDDLEFIELD SENIOR CENTER & ADULT PROTECTIVE SERVICES

Friday, August 26, 9:30AM, Bagel Bar & More! Bagels & toppings, fruit, juice, coffee. Then stay for information from the Adult Protective Services of Geauga County. Breakfast is \$5. The 10:30AM program is free. Held at the Middlefield Senior Center, 15820 Ridgewood, Dr., 44062. 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.

## UNIVERSITY HOSPITAL, GEAGA MEDICAL CENTER WELLNESS SERIES MEDICATION MANAGEMENT

Friday, August 12, 2022 at 10:30 a.m., at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. The experts from UH, Geauga Medication Management Clinic will be joining us to discuss ways to keep track and manage your medication. Register by August 5, by calling Chardon Senior Center at 440-279-2126.

## MONDAY MISH MOSH WITH MILLISSA AT WGSC -AUGUST SCHEDULE

Every Monday a different program!! RSVP One week prior to each program date. 440-279-2163

**Monday AUGUST 1st 11:00am – *Clown Week*** – Celebrate Clown week with a look at some of the most historical clowns we know. Enjoy circus peanuts while watching presentation! FREE EVENT

**Monday AUGUST 8th 12:30pm – *Zucchini with a friend day*** – Come and learn some recipes to use with your abundance of zucchini from the garden. Samples will be shared. FREE EVENT

**Monday AUGUST 15th 11:00am – *Friendship Week*** – Start friendship week by making homemade greeting cards to send to your friends. All supplies provided. Donations appreciated for this program.

**Monday AUGUST 22nd 12:30pm – *Where in the World*** – Come to one of the oldest places in Vietnam “Hoa Binh” Learn how the culture of this region is becoming a hot-spot for tourism. Following the presentation, we'll make a Vietnamese Craft. Donations Appreciated for this program.

**Monday AUGUST 29th 12:30pm – *More Herbs, Less Salt*** – Learn about the benefit of using herbs in your recipes, as well as some tips on which herbs to use and when. Enjoy some food samples made with herbs as well. Everyone in attendance will be entered into a drawing. Donations appreciated for this program.

## BIKE TRIP & LUNCH: PRESQUE ISLE

Join GDA and UH Geauga for a bike ride on Tuesday, August 23rd. We will meet at Parking Lot #1 on the right side, just past the Park Entrance Gate for Presque Isle (301 Peninsula Dr, Erie). The ride is 13.5 miles. We will have lunch following the ride at Sara's Restaurant (25 Peninsula Dr, Erie 16505).

Please RSVP by calling Sandy McLeod at 440-279-2137.

## JOIN MIDDLEFIELD SENIOR CENTER FOR THESE OUTINGS!

Tuesday, August 16, 12:00. Hiram College Café, in the Kennedy Center, 11760 Garfield Rd., 44234.  
Call here at the Center to make your reservation, 440.632.0611.

Thursday, August 4th Happy Hour at El Patron, Middlefield, 3:30, Call the Center. 440.632.0611  
Thursday, August 18, 4:00pm, Happy Hour at Laeure Vinyards 17335 Nash Rd, Middlefield, OH 44062. Bring your own picnic munchies to accompany your wine! Call the Center! 440.632.0611.

## WIN IT IN A MINUTE: TAKE TWO!

Join the Bainbridge Senior Center on Tuesday, September 13th 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.

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

Wednesday, August 10, from 10:30 a.m. – 11:30 a.m. at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Come and learn about one of Geauga County's truest gems, Ansel's Cave. This lively presentation that never disappoints. Lunch to follow the program at 11:30.

Call to register at 440-279-2126

## 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. This group focuses on keeping a steady pace, and our goal is 3 miles each walk. Call Melissa Wheeler at 279-2167 with questions

Date	Park	Address
8/4//2022	<b>Chardon Living Memorial Park</b>	220 Basquin Drive, Chardon
8/11/2022	<b>Nelson Ledges Park</b>	12440 OH 282, Garrettsville - Pass the Main Park Entrance, and go to the first parking lot on the left.
8/18/2022	<b>Chickagami Park</b>	17957 Tavern Road (Rt. 168), Parkman
8/25/2022	<b>Sunnybrook Preserve</b>	12474 Heath Road, Chesterland

## THE SMITH VEIN CLINIC AT WEST G ON WEDNESDAY AUG 31ST FROM 9:30AM-1:00PM.

The Vein Clinic will be conducting complimentary Leg-Vein-Ultra Sound exams checking for a variety of vein conditions. Appointments will be 15 minutes in length, and you are asked to wear shorts, skirts or loose legged pants. YOU MUST CALL for an appointment ahead of time. 440-279-2163

## 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. On August 5 Dan Maloney will play music from the 20's, 30's & 40's for our entertainment. Ron Papaleo will entertain us with his vocals and keyboard on August 19.



## 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!

### SHEEP TO YARN PRESENTATION

Geauga County native Sharon O'Donnell and her husband raise Long Wool Sheep, specifically Blueface Leicesters and Border Leicesters. Sharon will share with us the whole process of raising sheep for wool: from shearing the sheep, skirting & washing the fleece, carding the wool, and finally spinning it into yarn. She will also bring her equipment and samples of the wool to demonstrate all the steps in the process. Join us at Bainbridge Senior Center on Tuesday, August 23rd at 11am for this presentation. Call (440) 279-1313 to let us know you'll be there. Want to stay for lunch after the presentation? Let us know by Friday, August 12th. Presentation is free, lunch is donation based.

### LOST CLEVELAND MEMORIES PRESENTATION:

#### RAY CHAPMAN AND THE 1920'S CLE INDIANS AT CHARDON SENIOR CENTER

Tuesday, August 30, with lunch at 12 noon, and Guest Speaker, Dennis Sutcliffe at 1:00 p.m.  
Call 279-2126 to register. \$5 per person.

### 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.

### OUT TO LUNCH WITH WEST GEAUGA SENIOR CENTER

**Tuesday AUGUST 16th 12:30**-Meet up at Mary's Diner in Concord (7649 Crile Rd),  
**RSVP by 8/10 Call 440-279-2163.**

### 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.

# *Geauga Walkers*

<u>Date</u>	<u>Park</u>	<u>Parking</u>
Aug 2	Lake Erie Bluffs	2901 Clark Road, Perry, May meet at Tupelo Pond, 9373 Ravenna Rd @ 11:30; bring lunch; Carpool to Lake Erie Bluffs
Aug 9*	Claridon Woodlands	11383 Claridon-Troy Road, Claridon Twp North of Rt 322
Aug 16	Lucia Nash Preserve	Snow Road, North off Stafford Road, Burton (Large Sign; GPS ineffective)
Aug 23*	Chickagami Park	17957 Tavern Road (Rt 168), between Rt 422 & Nash Rd, Parkman
Aug 30	Thompson Ledges	16755 Thompson Road, East off Thompson Square, Thompson

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](http://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!!!!!!

## **HOT DOG DAYS OF SUMMER HOT DOG LUNCH AND ICE CREAM SOCIAL**

Monday, August 22, at 12:00 noon, at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon.  
Join us for a hot dog lunch and good ol' fashioned ice cream social. This is a free event, but reservations must be made by calling 279-2126 by August 12.

## **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.

## **WGSC MONTHLY BREAKFAST AND BINGO**

**Friday AUG 12th 8:30am**-Join us for Ham, Egg and cheese Croissant Sandwiches. Bingo directly follows the breakfast, come play, maybe even win some fun prizes!!

**Cost: \$4 RSVP by 8/5 Call to register 440-279-2163**

## **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.

**August 2nd**- Beartown Lakes (Auburn)

**August 9th**- Holbrook Hollows (Bainbridge)

**August 16th**- West Woods (Russell)

**August 23th**- Frohring Meadows (Bainbridge)

**August 30th**- Liberty Park (Twinsburg)

## **COOKING DEMO AND HEALTHY LIVING PRESENTATION WITH UH GEAUGA**

Tuesday, August 16 at 12:00 noon at the 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.

## **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, August 3rd** (1st Wednesday of each month) - at Geauga West Library from 11:30 to 12:30 with an out to lunch to follow for those interested.

*Discussing: The Rescue by Nicholas Sparks*

**Thursday, August 11th** (2nd Thursday of each month) – **No Book Discussion, we have a luncheon, call if you would like details.**

## **LINE DANCE CLASSES AT WEST GEAUGA SENIOR CENTER**

Basic Line Dance class every **Monday afternoon from 2:00-3:00pm beginning August 1st at the WGSC**. 7 Complimentary Classes will be offered through Fairmount Center of the Arts thanks to generous funding support provided by the William M. Weiss Foundation. Future classes may be offered on a paid basis after the 7 class sessions, **MUST CALL to REGISTER 279-2163** Space is limited, so sign up ahead!!

## **LUNCH AND LEARN WITH GEAUGA PARK DISTRICT**

"Ansel's Cave Adventure" Friday, September 16th at Bainbridge Senior Center  
We'll explore the natural history, geology and cultural history of Ansel's Cave, a historic rock outcropping found at The West Woods Park. You'll also meet the curious person for whom the cave is named, Ansel Savage as he regales you with tales of days gone by.

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 September 8th 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!

## **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 from 11:00 a.m. – 1:00 p.m. at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Learn about hearing loss and 2022 insurance benefits for hearing aids. Call to RSVP by 8-2 at 440-279-2126.

## **"IRIS FOLDING" GREETING CARD MAKING WORKSHOP AT THE CHARDON SENIOR CENTER**

Tuesday, August 16, 2022 at 10:00 a.m. \$1.50 per card, payable to the instructor, Phyllis Knapp, the day of workshop. Call 440-279-2126 to register by August 8. 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!

## **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.

## **CAVES AND COOKIES WITH GEAUGA PARKS AT WGSC – FRIDAY AUG 26TH AT 10:00AM.**

Join us for an educational presentation on Ansel's Cave, brought to us by the Geauga Park District. We'll explore the natural history, geology and cultural history of Ansel's Cave, a historic outcropping found at the West Woods Park. You'll also meet the curious person for whom the cave is named, Ansel Savage as he regales you with tales of days gone by. Cookies and punch will be served to all who attend. FREE Program, **call ahead to register at 440-279-2163. RSVP no later than 8/19/22**

## **THE BAINBRIDGE BIG BREAKFAST!**

Join us at Bainbridge Senior Center on Thursday, August 25th from 9am-10am for our monthly Big Breakfast! Veterans and August Birthdays eat FREE. All others pay \$5.00 Call (440) 279-1313 to RSVP. Registration and payment is due no later than Thursday, August 18th. Please indicate if you are a Veteran or if your Birthday is in August. Call for menu!

## **SUMMER CONCERT IN THE PAVILION AT THE CHARDON SENIOR CENTER**

Friday, August 26, starting at 11:30 a.m., in the Pavilion by the Chardon Senior Center. \$10 per person. Enjoy a LIVE PERFORMANCE of the sounds of all of your favorite Jimmy Buffet music, as well as other fun summertime tunes! Registration is required and space is limited! Thanks to GAR Horizons for their donation towards our Burger Bar!

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

Thursday, August 4th 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.

## **CELEBRATE S'MORES DAY AT WGSC –WEDNESDAY AUG 10TH AT 1:30PM**

Join us for making S'mores memories. Learn all about S'mores, who really invented them, EAT S'MORES, you'll learn the different methods to make them. Make and take home a s'mores kit!! Be prepared for the next family Bonfire!! This is a FREE EVENT, however space is limited, call ahead to register at 440-279-2163. RSVP no later than 8/4/22

## **PARKMAN 55 PLUS CLUB**

Our August 4th meeting, will be held at the Parkman Community House. We will meet at 11:30AM and will be have the usual pot luck luncheon and 50/50 raffle. For our program, we will be playing Bingo. We always welcome new members. For more information call Linda Bell at (440) 554-9201 or Doris Schwendeman at (440) 632-5461.

## HEATHER HILL COOKING DEMO AND LUNCH AT CHARDON SENIOR CENTER

Wednesday, August 17, 2022 at 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 register.

## CUISINE & CULTURE: FRANCE & THE EIFFEL TOWER

Thursday, August 25th from 12:00-2:00pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). The Eiffel Tower is one of the world's most recognizable landmarks, but what was it built for? Come learn about the culture, food, and history behind France. A French lunch will be provided by Chef Joe from UH Geauga. Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.

## MAGNIFICENT MOTHER EARTH AT WGSC AUGUST SCHEDULE – NO REGISTRATION REQUIRED

**AUGUST 10th 1:30-2:30pm "Wild Workers - Prime Movers" Part 1 of 3 Part Series** -This documentary shows how wild creatures help to build the very foundations upon which environments depend. In North America herds of bison maintain the prairies that used to spread across the continent, while in Africa giraffes work as tree pruners and help maintain the savannah grasslands that the greatest herds on earth depend upon. In Australia the cuddly koala and the eucalypt forests have maintained a balance that is now being altered while the wombat helps to sustain plant life in the arid interior and the cassowary virtually chooses the plants that will grow in the tropical forests in the north of the continent.

In Africa the great migrations play a crucial role in the health of the grasslands and the final act of clearance by vultures and dung beetles is at the very heart of the cycle of life and death.

### **August 24th 1:30-2:30pm "The Most Amazing Builders in the Animal Kingdom Part 2"**

**The second episode of WILD WORKERS** takes some of the individual stories of those animals that are homebuilders. Some work as individuals while others work as teams, yet each construction is remarkable in its own way and the architectural challenges that are both met and overcome are remarkable. Some of the master builders have been busy at work for far longer than modern humans have existed. In the forests of south-east Asia there is one master builder that bends the trees to its will – the orangutan, a structural engineer who every night builds a sleeping platform that must withstand the weight of the adult, and if the architect is a female also the weight of her offspring.

## 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 August treat is a soft pretzel and lemonade. Register 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!

## ELDERBERRIES: CHICKAGAMI PARK

Thursday, August 18th from 9:00-12:00pm at Chickagami Park (17957 Tavern Rd, Middlefield 44062).

Join us for a morning of traditional camp fun, including archery, camp crafts and more! Lunch will be provided. A collaboration with University Hospitals Geauga Medical Center, sponsored by Burton Healthcare. Registration required. Please call the Geauga Park District at 440-286-9516 to register.

## DINE NITE OUT WITH WEST G SENIOR CENTER

**Thursday AUGUST 25th 5:00pm**- Join your WG friends for an evening of socializing and dinner out at Joeys Italian Grille. (209 Center Street Chardon) Meet up there at 5:00pm, cost of meal is on your own, **call to register by 8/22 Call to register 440-279-2163**

**GEAUGA COUNTY SENIORS REGISTRATION FOR EVENTS**

\*\*\*Please fill out registration form and mail to GDA at 12611 Ravenwood Dr, Suite 200, Chardon, Ohio 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.

**AUGUST 2022**  
**GEAUGA DEPARTMENT OF AGING**  
**LUNCH MENU**

*Subject to Change*

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

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

**Geauga Department on Aging**  
12611 Ravenwood Dr, Suite 200  
Chardon, Ohio 44024

**ADDRESS  
SERVICE  
REQUESTED**

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

**AUGUST**

**NON PROFIT  
U.S. Postage  
PAID  
Cleveland OH  
Permit No. 498**

**# IN THIS  
TOGETHER**   
**GEAUGA COUNTY  
DEPARTMENT ON AGING**



View the Senior  
News ONLINE

**To stop this mailing**, contact the Geauga County Dept. on Aging, 440-279-2130 This newsletter is supported by the many advertisers, individual donation and the Geauga Senior Services Levy.

## **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](http://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.

**Vig of Middlefield  
Chesterland Twp  
Russell Twp**

**August 18  
Sept 12,13,14,15,16  
Sept 15 & 16**

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.