


# The Geauga SENIOR NEWS



# IN THIS  
TOGETHER   
GEAUGA COUNTY  
DEPARTMENT ON AGING

## COMMUNITY RESOURCE FAIR & LUNCH

Join WRAA on Aging, Dept. on Aging, UH Geauga Medical Center and many community partners for a resource fair at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026) on September 26th from 11:00-1:00pm. This is designed to provide information to seniors throughout Geauga County and to learn about the many programs and services available.

**RSVP to Melissa Wheeler at 440-279-2167.**

## FALL PREVENTION AWARENESS DAY

Thursday, September 22nd from 12:00-2:00pm at Munson Town Hall (12210 Auburn Road, Chardon 44024). The Geauga County Department on Aging presents a day dedicated to helping seniors learn how they can lower their risk for falling and continue to live independently. UH Geauga Therapy Department is presenting on fall prevention and will have balance screenings. GDA's Chore & Home Safety Coordinator, Josh Burton, will discuss options to stay safe in our home. Access to Independence will also be there to show the different home modification products that they offer. Free box lunches provided by UH Geauga. **Reservation is required by calling Melissa Wheeler at 440-179-2167**

## CHARDON SENIOR HALLOWEEN PARTY AT SPINNER'S GOODTIME DINER

Thursday, October 27, from 4:00-6:00 p.m. Join us for a night out . . . Halloween style! Wear your best '50's garb, and come enjoy a dinner out with friends at this unique '50's style diner! We will have a limited menu, and you will pay "on your own" the night of the event. *We have a limited number of spots available, so call today to reserve your seat. 440-279-2126.*

## DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday SEPT 29th –Meet up time is 5:00pm at "M Italian" Restaurant in Chagrin Falls (22 W Orange St.). Just call us ahead of time to let us know you are coming so we can make the needed reservation for our tables. Cost is on your own, Prices may vary, this particular restaurant has an average meal price beginning at \$16.  
**RSVP by SEPT 26th 440-279-2163**

## MAMMA MIA CELEBRATION AT MIDDLEFIELD SENIOR CENTER

Wednesday, September 21, 10:00 to 3:00. \$15 per person includes: Commemorative T-Shirt, Trivia, Games, Karaoke, Photo Op, Lunch, Mocktails & Mamma Mia the Movie.  
**Deadline September 14.**  
15820 Ridgewood Dr., Middlefield. 440.632.0611.

## A NOSH WITH NATALIE SPONSORED BY HEATHER HILL

On Tuesday, September 20th 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!

RSVP to (440) 279-1313 to let us know you'll be there. Want to stay for lunch? Let us know by Friday, September, 9th! This **free** event is sponsored by Heather Hill.



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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 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, September 1st: Free Lunch & Movie**  
UH Geauga Age Well Be Well Program.  
Call 440-214-3180 to register. 12:00pm. Free.

**Tuesday, September 6th: Tailgate Cooking Demo** Dress in your favorite team's gear and kick off the football season with some fun! Join us on the patio at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury) at 1:30pm for delicious sampling of easy and delicious grilling ideas. You will learn how to make a traditional s'more. We will be playing some games, testing your football knowledge, and enjoying some fall fun! RSVP to Sandy McLeod at 440-279-2137.

**Monday, September 26th: Coffee with the Superintendent** Join us for coffee and an interactive discussion on public schools at 11:15am at Chardon Library (110 East Park St, Chardon 44024). Dr. Michael Hanlon will give a brief presentation on Chardon schools and then will open up the floor for questions. This is a wonderful opportunity to ask about funding, levies, curriculum, and all those other questions you have wondered regarding our education system. RSVP to Sandy McLeod at 440-279-2137


**Tuesday, September 27th: Bike Trip to Cuyahoga Valley National Park** We will meet at the Canal Exploration Center (7104 Canal Road, Valley View 44125) at 10:00am. We will ride to Peninsula Depot & have lunch at Winking Lizard (1615 Main St, Peninsula 44264). After lunch we will ride back. Approximate round trip is 20 miles. RSVP by calling Sandy at 440-279-2137

**Monday, September 26th: Community Resource Fair & Lunch** Join WRAA on Aging, Dept. on Aging, UH Geauga and many community partners for a resource fair at WG Senior Center (8090 Cedar Rd, Chesterland 44026) from 11:00-1:00pm. This is designed to provide info to seniors throughout Geauga County and to learn about the many programs and services available. Free. RSVP to Melissa Wheeler at 440-279-2167.

**Thursday, September 29th: Cuisine & Culture** Join us at WG Senior Center (8090 Cedar Rd, Chesterland) as we learn about the interesting facts surrounding German culture, food, and history. What are the top destinations to visit in Germany? A free "German" lunch provided by UH. 12:00pm. RSVP to Melissa at 279-2167.


**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.

# September 2022

MONDAY	TUESDAY
<p><b>Sandy McLeod</b> Senior Centers' Supervisor 440-279-2137</p> <p><b>Melissa Wheeler</b> Asst. Senior Centers' Supervisor 440-279-2167</p>	<p><b>BL</b> - Burton Library <b>CSC</b> - Chardon Senior Center <b>EG</b> - Everybodies Gym <b>GW</b> - Geauga West Library <b>ML</b> - Middlefield Library <b>OS</b> - Offsite <b>WE</b> - WebEx (Online) <b>WG</b> - West Geauga Senior Center</p>
<p> <b>CLOSED FOR LABOR DAY</b></p>	<p>5 6</p> <p><b>10:00-11:00</b> Strength &amp; Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>1:00-2:30</b> Gauga Walkers <b>OS</b> <b>1:30-3:00</b> Tailgate Cooking at Holly <b>OS</b></p>
<p>12</p> <p><b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:00</b> Matter of Balance <b>ML</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b></p>	<p>13</p> <p><b>10:00-11:00</b> Strength &amp; Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>11:00-2:00</b> 90th Birthday Party <b>OS</b> <b>1:00-2:30</b> Gauga Walkers <b>OS</b> <b>3:00-4:00</b> Garfield Series: Part 1 <b>OS</b></p>
<p>19</p> <p><b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>1:00-3:00</b> Matter of Balance <b>ML</b> <b>1:00-2:00</b> Boxing Class <b>EG</b> <b>2:00-2:30</b> Floor Exercises <b>EG</b></p>	<p>20</p> <p><b>10:00-11:00</b> Strength &amp; Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>12:30-1:30</b> Parkinson's Support <b>CSC</b> <b>1:00-2:30</b> Gauga Walkers <b>OS</b> <b>2:00-3:00</b> Diabetes Support <b>CSC</b></p>
<p>26</p> <p><b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>11:00-1:00</b> Resource Fair <b>WG</b> <b>11:15-12:00</b> Coffee with Chardon School Superintendent <b>OS</b> <b>1:00-3:00</b> Matter of Balance <b>ML</b> <b>2:00-3:00</b> Boxing Class <b>EG</b> <b>3:00-3:30</b> Floor Exercises <b>EG</b></p>	<p>27</p> <p><b>10:00-2:00</b> Bike Trip <b>OS</b> <b>10:00-11:00</b> Strength &amp; Cardio <b>WG</b> <b>11:00-12:00</b> Balance Exercises <b>CSC &amp; WE</b> <b>1:00-2:30</b> Gauga Walkers <b>OS</b> <b>3:00-4:30</b> Garfield Series: Part 2 <b>OS</b></p>



# SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
	1	2
	<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>9:00-2:00</b> Senior Day at Geauga County Fair 
7	8	9
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>10:00-12:00</b> Beginner Pickleball <b>OS</b> <b>11:30-12:30</b> Book Discussion <b>GW</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>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>
14	15	16
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>10:00-12:00</b> Beginner Pickleball <b>OS</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>1:00-3:00</b> Matter of Balance <b>ML</b> <b>6:30-9:30</b> GPD Elderberries <b>OS</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>
21	22	23
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>10:00-12:00</b> Beginner Pickleball <b>OS</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> Fall Prevention Prgm <b>OS</b> <b>1:00-3:00</b> Matter of Balance <b>ML</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>
28	29	30
<b>9:30-11:00</b> Parkinson's Boxing <b>EG</b> <b>10:00-12:00</b> Beginner Pickleball <b>OS</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>1:00-3:00</b> Matter of Balance <b>ML</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>

**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.**

**Tuesday, Sept. 6&20:** Soup Luncheon Tuesdays. \$5 per luncheon due with registration.

**Wednesday, Sept. 7:** Sweet Treat Drive-Thru. Sponsored by Heather Hill. Serving Donuts and Cider. Pre-registration required.

**Friday, Sept. 9:** Breakfast and Speaker Series with Kathie Doyle. This month's topic is on "The Tennessee Children's Home Society Scandal with Georgia Tann." Prior registration required.

**Monday, Sept. 12:** Book Club. This month's book is "The Kitchen Front," by Jennifer Ryan.

**Wednesday, Sept. 13:** We are hosting the 90th Birthday Party "in-person" again this year! Call 440-279-2126 for details. Prior-registration is required.


**Monday, Sept. 19:** Lunch and Learn with GDA Director, Jessica Boalt. Lunch will be served at 11:30, with our presentation beginning at 12 noon. Prior-registration is required by 9/9.

**Tuesday, Sept. 20 :** Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 9/9/22.

**Wednesday, Sept. 21:** Heather Hill Cooking Demo. Space is limited. Reservations required. Thanks to our wonderful community partner, Heather Hill! FREE

**Friday, Sept. 23:** Cups and Canvases. Prior-registration is required and space is limited! Register today!

**Friday, Sept. 30:** Out-to-Lunch at Coyote's in Bainbridge. Sign up by calling 440-279-2126. Cost is "on your own."

<b>Chardon Senior Center</b> <b>440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<b>Becky O'Reilly</b> <b>Recreation &amp; Education</b> <b>Coordinator</b>  <b>Hannah Heinz</b> <b>Recreation &amp; Education</b> <b>Assistant Coordinator</b>	<b>Beth Oliverio</b> <b>Information and Referral</b> <b>Specialist</b>  <b>Karen Fueger</b> <b>Kitchen Coordinator</b>  <b>Peggy Peters</b> <b>Kitchen Assistant</b>
<b>5 CLOSED for LABOR DAY</b>  	<b>6</b> <b>9:00-11:30 Woodcarving</b> <b>11:00-12:00 Balance Exercises</b> <b>12:00-12:30 Soup Luncheon (\$5)</b> <b>and prior-registration</b> <b>12:30-4:00 Canasta</b> <b>2:00-3:30 Dulcimer Practice</b>
<b>12 10:00-12:00 Rug Hooking</b> <b>10:00-12:00 Quilting</b> <b>11:00-11:45 Strength Training \$2</b> <b>11:00-12:00 BINGO</b> <b>12:00-12:30 Lunch</b> <b>12:30-1:30 Kings in the Corner</b> <b>12:45-1:45 Line Dancing \$3</b> <b>1:00-2:00 Book Club</b>	<b>13 9:00-11:30 Woodcarving</b> <b>11:00-12:00 Balance Exercises</b> <b>11:00—2:00 90th Birthday Party</b> <b>at Notre Dame—prior-registration</b> <b>12:00-12:00 Lunch</b> <b>2:00-3:00 Diabetic Support Group</b> <b>12:30-4:00 Canasta</b> <b>2:00-3:30 Dulcimer Practice</b>
<b>19 10:00-12:00 Rug Hooking</b> <b>10:00-12:00 Quilting</b> <b>11:00-11:45 Strength Training \$2</b> <b>11:00-12:00 BINGO</b> <b>11:30-1:00 Lunch and Learn with</b> <b>GDA Director, Jessica Boalt -</b> <b>prior-registration</b> <b>12:45-1:45 Line Dancing \$3</b> <b>1:00-3:00 Ceramics</b>	<b>20 9:00-11:30 Woodcarving</b> <b>10:00-12:00 Iris Folding \$1.50</b> <b>11:00-12:00 Balance Exercises</b> <b>12:00-12:30 Soup Luncheon (\$5)</b> <b>and pre-registration</b> <b>12:30-4:00 Canasta</b> <b>12:30 Parkinson's Support Group</b> <b>2:00-3:00 Diabetic Support Group</b> <b>2:00-3:30 Dulcimer Practice</b>
<b>26</b> <b>10:00-12:00 Rug Hooking</b> <b>10:00-12:00 Quilting</b> <b>11:00-11:45 Strength Training \$2</b> <b>11:00-12:00 BINGO</b> <b>12:00-12:30 Lunch</b> <b>12:30-1:30 Kings in the Corner</b> <b>12:45-1:45 Line Dancing \$3</b>	<b>27</b> <b>9:00-11:30 Woodcarving</b> <b>11:00-12:00 Balance Exercises</b> <b>12:00-12:30 Lunch</b> <b>12:30-4:00 Canasta</b> <b>2:00-3:30 Dulcimer Practice</b>

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

<b>WEDNESDAY</b>			<b>THURSDAY</b>			<b>FRIDAY</b>		
	<b>1</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>2</b>	9:30-11:30 Stained Glass 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>7</b>	9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— <b>NEW</b> 11:00-11:45 Strength Training \$2 12:00-12:30 Sweet Treat Drive- Thru—prior-registration 1:00-2:30 Chair Volleyball	<b>8</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>9</b>	9:30-11:30 Stained Glass 10:00 Breakfast and Speaker Series—prior-registration 10:30-12:00 Chair Yoga \$4 11:00-1:00 Mead Making Work- shop—prior-registration 11:30-12:00 Lunch 1:00– 1:45 Chair Yoga-cise \$3			
<b>14</b>	9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— <b>NEW</b> 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	<b>15</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>16</b>	9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 12:00-12:45 Lunch 1:00– 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group			
<b>21</b>	9:00-11:00 Pinochle 9:30-10:15 Balance Exercise 11:00-11:45 Strength Training— <b>NEW</b> 12:00-1:00 Heather Hill Cooking Demo and Luncheon—prior- registration 12:00-2:00 Good Times Band 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg	<b>22</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>23</b>	9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 12:00-12:30 Lunch 12:30 Cups and Canvases— prior-registration 1:00– 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group			
<b>28</b>	9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— <b>NEW</b> 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>29</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>30</b>	9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 12:00-12:30 Lunch 12:00-1:30 Out to Lunch at Coy- ote's in Bainbridge. 1:00– 1:45 Chair Yoga-cise \$3 1:00-4:00 Bridge Group			

Bainbridge Bulletin

**Football Picks Pool**

The season has kicked off and we are starting our football pool again. Just chose the winners for 15 games and you have a chance to win some prizes. Call David for more information.

**Tuesday, September 6:  
Lunch & Learn with UH Geauga Medical** "Creating Meaningful Activities for Brain Health". The brain is the most intricate organ in the body. The brain allows us to think, have emotions, move, and even dream. How can we boost our cognitive skills through meaningful activities? Join us for an informational session with UH Geauga Medical Center.

**Thursday, September 8:  
The History of the Cleveland Browns** presented by Marty Gitlin. Hot dog lunch included. \$5.

**Tuesday, September 13:  
Win It In A Minute: Take Two!** Join us for another round of this series of crazy minute-long games! Lunch from Mangia Mangia! \$10.

**Topsy-Turvy Thursdays:**  
Join us for two new topics!  
Call to let us know you'll be there!

**Thursday, September 15:**  
Peculiar & Odd Laws from Around the Globe 1pm.

**Thursday, September 29:**  
Did You Know? Part 3 1pm.

**Friday, September 16:  
Lunch & Learn with Geauga Park District** Explore the history and geology of Ansel's Cave and meet the cave's namesake, Ansel Savage. We will order lunch from the Topsy Bull RSVP by September 12.




**Tuesday, September 20:  
Nosh with Natalie** We're making Italian Hoagie Dip and Nutty Cheesecake Bars!! RSVP by September 13. Want to stay for lunch? Let us know by 9/12. Sponsored by Heather Hill

**Tuesday, September 27:**  
Software developer and technology whiz Ray Pikus will show us the advantages of using Google Home. A spaghetti lunch will be served at 12:00 pm and Ray will speak at 12:45 pm.

**Thursday, September 29:  
Bainbridge Big Breakfast** Veterans and September birthdays eat free; \$5 for all others. 9am. RSVP by September 22. Call for menu.

**Bainbridge Senior Center**

**(440) 279-1313**

MONDAY	TUESDAY
<p><b>Recreation &amp; Education Coordinator</b> <i>Natalie Dolezal</i></p> <p><b>REC Assistant Coordinator</b> <i>David Craig</i></p> 	
5	6
	<p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 12:30-1:30 Lunch &amp; Learn with UH Geauga Medical Center Creating Meaningful Activities for Brain Health 12:00-2:00 Social Work Appts</p>
12	13
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee (<i>Freedom Writers</i>) 2:30-3:15 Cardio Drumming</p>	<p><b>NO WALKING GROUP OR BALANCE EXERCISE TODAY</b></p> <p>10:00-12:00 Mexican Train 10:30-2:00 Win It In A Minute: Take Two! (\$10) <i>Prior registration required</i> 12:00-1:00 Lunch</p>
19	20
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee (<i>Dead Poet's Society</i>) 2:30-3:15 Cardio Drumming</p>	<p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 11:00-12:00 Nosh with Natalie: Hoagie Dip &amp; Nutty Cheesecake Squares <i>Prior registration required</i> 12:00-1:00 Lunch</p>
26	27
<p>8:30-9:30 All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee (<i>Grease</i>) 2:30-3:15 Cardio Drumming</p>	<p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 12:45-1:30 Lunch &amp; Learn with Ray Pikus The Benefits of Google Home</p>



**17751 Chillicothe Road,  
Bainbridge OH 44023**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p align="center">Wake up every morning with the thought that something wonderful is about to happen.</p>	<p align="right"><b>1</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>2</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>7</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 (senior center) 12:30-2:00 Out to Lunch Group (Burntwood Tavern, Chagrin Falls) 2:30-3:15 Cardio Drumming</p>	<p align="right"><b>8</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 <b>1:00-2:00 The History of the Cleveland Browns (\$5) Prior registration required</b></p>	<p align="right"><b>9</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>14</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 (senior center) 12:30-2:00 Out to Lunch Group (The Topsy Bull, Bainbridge) 2:30-3:15 Cardio Drumming</p>	<p align="right"><b>15</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 <b>1:00-2:00 Topsy-Turvy Thursday: Peculiar &amp; Odd Laws from Around the Globe</b></p>	<p align="right"><b>16</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 12:30-2:00 <b>Lunch &amp; Learn with Geauga Park District Prior registration required</b> 2:30-3:15 Cardio Drumming</p>
<p align="right"><b>21</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 (senior center) 12:30-2:00 Out to Lunch Group (Papous Tap &amp; Grill, Aurora) 2:30-3:15 Cardio Drumming</p>	<p align="right"><b>22</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>23</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>28</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 (senior center) 12:30-2:00 Out to Lunch Group (Rusty Bucket, Solon) 2:30-3:15 Cardio Drumming</p>	<p align="right"><b>29</b></p> <p><b>9:00-10:00 Big Breakfast! Prior registration required</b> 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch <b>1:00-2:00 Topsy-Turvy Thursday: Did You Know? Part Three</b></p>	<p align="right"><b>30</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>

# Newsorthy Notes

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

## WG Walkers-September Locations

SEPT 2-Beartown Lakes Reservation

SEPT 9-Chapin Forest

SEPT 16-Affelder House (West Woods)

SEPT 23-West Geauga Commons

SEPT 30-Russell Uplands Preserve

## Mish Mosh w/Millissa Schedule

SEPT 12-"Monday Milkshakes Drive-Thru"

SEPT 19-Balance & Safety Presentation

SEPT 27-Where in the World? Chile

## Magnificent Mother Earth Schedule

Sept 7th 1:30pm-Animal Empire Engineers -Part 3 FINAL of Wild Workers

Sept 21st- 1:30pm Yellowstone - The Breathtaking Beauty of America's First National Park

## Pizza Party—Make n Take Your Own

Sept 20-Join us for a Pizza Making Pizza Party!!! \$2 Register by 9/12

## Virtual Tour Schedule -London 11:00am

Sept 2- London -Public Executions History series part 1

Sept 9 -London -Public Executions History series part 2

Sept 16-Westminster Cathedral

Sept 23- Street Art & Graffiti History

Sept 30 -Brixton; Art, Food & Culture

## Monthly Breakfast & Bingo

Sept 9th -8:30 am Join us for some good old home cooked Sausage Gravy and Biscuits, followed by some BINGO FUN!!  
*Cost: \$4 Register by Sept 2nd*

## Craft w/Millissa

Sept 15 -Straw Hat Door Decoration \$4  
RSVP no later than 9/7

## Senior Community Resource FAIR

Sept 26 -11:00am-2:00pm FREE Spaghetti Lunch included, come and join us for an opportunity to gain some needed knowledge about the many resources available to our seniors!!

## DINE NITE OUT

Sept 29th 5:00pm -Meet up at "M Italian Restaurant" in Chagrin Falls. *Call to register NO Later than Sept 26th*

# West Geauga Sr. Center

(440) 279-2163

## MONDAY

## TUESDAY

### Recreation/Education Coordinator

~Christine Bacon 440-279-2163

### Rec/Ed Assistant Coordinator

~Millissa Brosch 440-279-2183

I&R Assistant: Debbie M.

Stained Glass Class Appointments:

*Call Don Trask 440-759-9691*



### ALL SITES CLOSED

5



12

8:30-10:30 Italian Card Game  
10:00-10:55 Interval Exercise (WX)  
11:00-12:00 CHAIR YOGA  
12:30-1:30 *Monday Mish Mosh-  
"Monday Milkshakes-Drive Thru"*  
2:00-3:00 Line Dance Class

19

8:30-10:30 Italian Card Game  
10:00-10:55 Interval Exercise (WX)  
11:00-12:00 Chair Yoga  
11:00-12:00 *Monday Mish Mosh  
UH Presentation Balance & Safety*  
2:00-3:00 Line Dance Class

26

8:30-10:30 Italian Card Game  
10:00-11:00 Exercise Video (WX)  
11:00-2:00 *Senior Community Resource FAIR & Spaghetti Lunch*

6

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

13

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)  
12:30-2:30 Knit & Crochet

20

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  
12:30-1:30 *Make n Take Pizza Party \$2*  
12:30-2:30 Knit & Crochet  
1:00-1:30 EZ Chair Exercise (WX)  
1:30-2:15 Balance Exercise

27

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 *Mish Mosh  
Where in the World? Chile*  
1:00-1:30 EZ Chair Exercise (WX)  
1:30-2:15 Balance Exercise

**West Geauga Sr. Center**  
**8090 Cedar Road, Chesterland**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>Lunch is served Mon thru Fri from 12:00-12:30pm. <b>ALL Seniors MUST make a RESERVATION /W 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>	1	2
	<p>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 Webex Word Twists (WX)</p>	<p>8:00-9:00 WG Walkers            8:30-10:30 Italian Card Game            9:00-11:00 Pinochle            9:00-11:30 Stained Glass Class \$5            11:00-12:00 Virtual Travel-London            1:00-3:00 Tech Help Appointments</p>
7	8	9
<p>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)</p>	<p>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 Webex Word Twists (WX)</p>	<p>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 Virtual Travel-London            1:00-3:00 Tech Help Appointments</p>
14	15	16
<p>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>TV Game Show Afternoon</i>            3:00-4:00 Wednesday Wordles (WX)</p>	<p>8:30-10:30 Italian Card Game            9:00-11:00 Pinochle            10:00-11:00 Exercise -Sandy            1:00-1:30 EZ Chair Exercise (WX)            12:30-1:30 <i>Craft w/Millissa Hat Day \$4</i>            1:30-2:15 Balance Exercise            3:00-4:00 Webex Word Twists (WX)</p>	<p>8:00-9:00 WG Walkers            8:30-10:30 Italian Card Game            9:00-11:00 Pinochle            9:00-11:30 Stained Glass Class \$5            11:00-12:00 Virtual Travel-London            1:00-3:00 Tech Help Appointments</p>
21	22	23
<p>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)</p>	<p>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 Webex Word Nerds (WX)</p>	<p>8:00-9:00 WG Walkers            8:30-10:30 Italian Card Game            9:00-11:00 Pinochle            9:00-11:30 Stained Glass Class \$5            11:00-12:00 Virtual Travel-London            1:00-3:00 Tech Help Appointments</p>
28	29	30
<p>8:30-10:30 Italian Card Game            10:00-10:55 Interval Exercise (WX)            11:00-11:55 Chair Yoga Video            1:30-2:30 <i>TV GAME SHOW afternoon</i>            3:00-4:00 Wednesday Wordles (WX)</p>	<p>8:30-10:30 Italian Card Game            9:00-11:00 Pinochle            10:00-11:00 Exercise -Sandy            1:00-1:30 EZ Chair Exercise (WX)            1:30-2:15 Balance Exercise            3:00-4:00 Webex Word Nerds (WX)            5:00-7:00 <i>DINE NITE OUT</i>  <i>-M Italian Restaurant</i></p>	<p>8:00-9:00 WG Walkers            8:30-10:30 Italian Card Game            9:00-11:00 Pinochle            9:00-11:30 Stained Glass Class \$5            11:00-12:00 Virtual Travel-London            1:00-3:00 Tech Help Appointments</p>



Please Call to Make Your Reservation for  
**ANY Event Including Lunch**  
**440.632.0611**

Social Worker Appts with Michelle  
 Wed. September 14, 8:30-10:00

Mondays & Wednesdays, 10:15 Exercise  
 w/Ginny, then 11:00 Walk with  
 Ginny, walk the Mineral Lake trail!

LINE DANCING with Marlene Miller  
 Beginners Line Dance, \$3 per person  
 Every Other Tuesday, September 6 & 20  
 10:00am AND

Every Other Wednesday, September 14 & 28,  
 2:00pm (after BINGO)

**BIRTHDAY LUNCH**

Monday, September 19, 12:00. FREE Lunch  
 for anyone having a Birthday in September,  
 please call by September 12 to let us know you  
 will be joining us.

Chocolate Milkshake Dessert

**CRAFTING Mondays 1:00pm**

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

\*September 12: Help Us! We'll be making  
 Centerpieces for the  
 Mamma Mia Celebration! FREE!

\*September 19: Epsom Salt Luminaries, \$5  
 for 3

\*September 26: Flower Pot Lite House \$5

**GEAUGA PARK DISTRICT  
 CAVE ADVENTURE**

Friday, Sept. 30, 10:30

Explore the natural history, geology &  
 cultural history of Ansel's Cave, n historic  
 rock outcropping at the West Woods Park.

Presented by Ansel Savage, the cave's  
 namesake! Come early for \$5 French Toast  
 Breakfast with fixins & bacon.

**MONTHLY BREAKFAST**

**FRENCH TOAST & FIXINS & BACON**  
 September 30, 9:30

\$5, please call ahead by September 27.

**MAMMA MIA CELEBRATION!**

Wednesday, Sept. 21, 10:00

Fun, Food & Movie! T-Shirt included!  
 \$15 per person!

**DEADLINE: SEPT. 16**

(No regular programing because of  
 special event.

**AMISH WEDDING LUNCH**

Wednesday, Sept. 28, 12:00noon

Mary Miller's Home—Huntsburg  
 Fried Chicken & Fixins \$25 per person,  
 Cash Only

**DEADLINE: SEPT. 22**

**Middlefield Sr. Center**

**440-632-0611**

**Mon**

**Tue**



**Clay  
 Pot  
 Lighthouse**



**National Coffee Ice Cream Day 6**

8:30-9:30  
 9:30  
 10:00  
 12:00  
 1:00-3:00

Social Hour  
 Rummikub  
 Line Dance  
 GDA Lunch  
 Chair Volleyball  
 & Cornhole



**Chocolate Milkshake Day 12**

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:  
 Help us make  
 Centerpieces for  
 Mamma Mia—FREE



**Bald Is Beautiful Day 13**

8:30-9:30 Social Hour  
 9:00 Rummikub  
 12:00 GDA Lunch  
 11:30 Lunch Out!  
 Mangia Mangia  
 1:00 Chair Volleyball  
 & Corn Hole



**Butterscotch Pudding Day 19**

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:  
 EPSOM SALT  
 LUMINARIES  
 \$5 FOR 3



**National Fried Rice Day 20**

8:30-9:30 Social Hour  
 9:00 Rummikub  
 10:00 Line Dance  
 12:00 GDA Lunch  
 1:00-3:00 Chair Volleyball  
 & Corn Hole



**National Family Day 26**

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:  
 Flower Pot  
 Lighthouse



**Chocolate Milk Day 27**



























8:30-9:30 Social Hour  
 11:30 Lunch Out –  
 Middlefield Tavern  
 12:00 GDA Lunch  
 1:00-3:00 Chair Volleyball  
 & Corn Hole





# Middlefield Sr. Center

## 15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
 <p style="text-align: center; font-size: 1.2em;"><b>MAMMA MIA!</b></p> <p style="text-align: center; font-size: 1.2em;"><b>Sept 21</b></p> <p style="text-align: center; font-size: 1.2em;"><b>\$15 Call Now</b></p>	<p><b>Liptember 1</b></p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole 3:15</p>	<p><b>National Lazy Moms Day 2</b></p> <p>8:30-9:30 Social Hour 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p>  
<p style="text-align: center;"><b>National Salami Day 7</b></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><b>World Physical Therapy Day 8</b></p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole 3:15 Happy Hour—Vinny's</p>   	<p><b>Teddy Bear Day 9</b></p> <p>8:30-9:30 Social Hour 10:30 Middlefield Library—Trivia &amp; Prizes! 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p> 
<p style="text-align: center;"><b>National Coloring Day 14</b></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 style="text-align: center;"><b>Hispanic Heritage Month 15</b></p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p>   	<p style="text-align: center;"><b>World Ozone Day 16</b></p> <p>8:30-9:30 Social Hour 10:00 Fancy Oatmeal 10:30 FIRST LADIES OF NOTE, PART I 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p>  
<p style="text-align: center;"><b>Miniature Golf Day 21</b></p> <p>10:00 MAMMA MIA CELEBRATION TO FUN, TRIVIA, KARAOKE, LUNCH &amp; THE MOVIE 3:00 \$15 PER PERSON</p> 	<p style="text-align: center;"><b>World Rhino Day 22</b></p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole 4:00 Happy Hour—Sharon James Winery</p> 	<p style="text-align: center;"><b>National Bakery Day 23</b></p> <p>8:30-9:30 Social Hour 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p>  
<p style="text-align: center;"><b>National Drink Beer Day 28</b></p> <p>8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walking! 12:00 GDA Lunch 12:00 AMISH LUNCH 1:00-2:00 BINGO 2:00-3:00 Line Dance</p>   	<p style="text-align: center;"><b>National Coffee Day 29</b></p> <p>8:30-9:30 Social Hour 10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p>  	<p style="text-align: center;"><b>National Chewing Gum Day 30</b></p> <p>8:30-9:30 Social Hour 9:30 MONTHLY BREAKFAST \$5 10:30 GAUGA PARKS CAVES ADVENTURE 12:00 GDA Lunch 1:00-3:00 Chair Volleyball &amp; Corn Hole</p>

## MISH MOSH WITH MILLISSA AT WGSC SEPT SCHEDULE

**Monday SEPT 12th -12:30pm** –Join us for a FREE Milkshake Drive-Thru Event at WGSC. In observance of National Milkshake Day, pick from chocolate or vanilla, make your choice when you call to sign up. **RSVP by SEPT 6th at 440-279-2163**

**Monday SEPT 19th -11:00am** A UH Geauga representative will be at the WGSC to present a program about balance, safety & exercise that are critical aspects of daily living. FREE PRG. **RSVP by SEPT 12th 440-279-2163**

**Tuesday SEPT 27th -12:30pm** –Where in the World? Destination; CHILE. When you think of wine, the first location that pops in your head probably isn't CHILE, however this location has been a huge producer since the mid 1500's. Learn about it's history and visit some of the best wineries CHILE has to offer. We will be serving grape juice (wine) and cheese& crackers after the presentation. Donations accepted the day of the event. **RSVP by SEPT 20th 440-279-2163.**

## FIRST LADIES OF NOTE – PART I, PRESENTED BY KATHIE DOYLE

Friday, September 16, 10:30. This program follows the lesser known First Ladies. The trials and tribulations they faced while their husbands were in office. Part 1 covers Abigail Adams, Dolly Madison, Rachel Jackson, Julia Tyler, and Jane Pierce. Come join us for Kathie's dynamic presentation. Held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. **Call to make your reservation.**

## CUPS AND CANVASES

Friday, September 23, at 12:30 p.m. at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Join us for a step-by-step class to paint your own fall-themed work of art! Cost is \$20.00 per person. Appetizers will be served. Call 440-279-2126 for more information!

## 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.

## PARKINSON'S SUPPORT GROUP

Tuesday, September 20th at 12:30pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon). Pizza & Salad Luncheon **\$5 per person**. Get to know each other a little better as we enjoy lunch and share and support each other in the daily challenges of living with Parkinson's. Spouses are welcome, to reserve your lunch please call Sandy McLeod 440-279-2137

## AN AMISH WEDDING LUNCH AT MARY MILLER'S HOME IN HUNTSBURG

Wednesday, September 28th at Noon. Fried Chicken with all the sides and pies for dessert. **\$25 per person, cash only.** Contact Middlefield Senior Center to hold your spot. Space is limited. 440.632.0611. Last chance till Spring!

## **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.

## **DIABETES SUPPORT GROUP – LABEL READING**

Tuesday, September 20th at 2:00pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon). Nutrition labeling can be a great key to making good food choices. We'll cover the basics to reading and understanding these labels that can help make shopping easier for you. We will be reviewing how to read labels, counting carbs and serving sizes vs portion sizes.  
**RSVP to Sandy McLeod 440-279-2137.**

## **VIRTUAL TRAVEL ON THE BIG SCREEN AT WGSC – DESTINATIONS; LONDON**

**SEPT 2 11:00am** –History of Public Execution sites. Part 1 of 2  
**SEPT 9 11:00am** –History of Public execution sites Part 2 of 2  
**SEPT 16 11:00am** –Westminster Cathedral, a MUST SEE for Catholics  
**SEPT 23 11:00am** –History of street art and graffiti in London.  
**SEPT 30 11:00am** –Brixton; Art, Food & Culture.

## **GEAUGA PARK DISTRICT CAVE ADVENTURE**

Friday, Sept. 30, 10:30. Explore the natural history, geology & cultural history of Ansel's Cave, a historic rock outcropping at the West Woods Park. Presented by Ansel Savage, the cave's namesake! **Come early at 9:30 for \$5 French Toast Breakfast with fixins & bacon.** Presentation and Breakfast are at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. **Call to make your reservations!**

## **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.

## **MEAD MAKING WORKSHOP**

Friday, September 9, from 11:00 a.m. – 1:00 p.m. at the Chardon Senior Center, 12555 Ravenwood Drive, Chardon. Mead is a wine made from fermented honey. Our instructor will bring everything needed for you to make your own mead to take home to ferment. Cost is \$20. Call 440-279-2126. *NOTE: There will be NO alcohol to consume at this workshop.*

## 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.

**September 6th** - Westwoods (Russell)

**September 13th** - NO WALKING GROUP

**September 20th** - Beartown Lakes (Auburn)

**September 27th** - Frohring Meadows  
(Bainbridge)

## 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
9/1/2022	<b>Punderson State Park</b>	11755 Kinsman Rd, Newbury First road in the park on the right (Coppedge Dr.) and go straight back.
9/8/2022	<b>Girdled Road Reservation</b>	12415 Concord Hambden Road, Concord
9/15/2022	<b>Maple Highlands Trail</b>	15894 W. High Street, Middlefield Park at Dollar General
9/22/2022	<b>Burton Wetlands Nature Preserve</b>	15681 Old Rider Road, Burton
9/29/2022	<b>Orchard Hills</b>	11340 Caves Road, Chesterland

## AARP SMART DRIVER COURSE – OFFERED AT THREE DIFFERENT LOCATIONS.

Bring your own bagged lunch, or let us know if you would like a hot lunch ordered for you when calling to sign up. Hot lunch is a suggested donation of \$5. **Class cost is \$20 AARP members, and \$25 for non-members.** Be sure to bring your Ohio Driver's License and AARP card. Checks are to be made payable to AARP.

**Please arrive 15 minutes prior for pre-registration paperwork.**

**OCT 21st 9:00a-1:30p –WGSC** (8090 Cedar Rd. Chesterland) RSVP by OCT 7th

To RSVP call 440-279-2163. Request hot lunch when calling to sign up.

**OCT 25th 9:00a-1:30p –Bainbridge SC** (17751 Chillicothe, Bainbridge) RSVP by OCT 14th

To RSVP call 440-279-1313. Request hot lunch when calling to sign up

**NOV 4th 9:00a-1:30p –Chardon SC** (12555 Ravenwood Dr, Chardon) RSVP by OCT 21st

To RSVP call 440-279-2126. Request hot lunch when calling to sign up.

## MYSTERY TRIVIA PRESENTED BY MIDDLEFIELD LIBRARY AT THE MIDDLEFIELD SENIOR CENTER.

A plethora of subjects! Put on your thinkin' cap and join us for some trivia fun! Paula will be challenging your brain power and prizes will be awarded! Exercise your powers of memory!  
15820 Ridgewood Dr., Middlefield, 440.632.0611. Call to reserve your spot!



## 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!

### COOKING DEMO AND LUNCH AT CHARDON SENIOR CENTER, SPONSORED BY HEATHER HILL

Wednesday, September 21, 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.**

### 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!*

### BOXING CLASSES

Gauga Department on Aging provides Non-Contact Boxing Classes every Monday from 1:00-2:00pm at Everybodies Gym (357 Washington St, Chardon 44024). Strength, speed, balance and flexibility will be worked on through a variety of exercises. Improve your overall fitness level, maintain a strong healthy body while working on postural imbalances, and increasing your core strength are the main focuses of this class. Call Melissa Wheeler with questions at 440-279-2167.

**\$1 Donation per class.**

### MONTHLY SENIOR BREAKFAST AND BINGO AT WGSC

Friday SEPT 9th -8:30am –Join us for a homemade breakfast of sausage biscuits & gravy, followed by BINGO with fun prizes. **Cost; \$4 register by Sept 6th 440-279-2163.**

# Geauga Walkers

<u>Date</u>	<u>Park</u>	<u>Parking</u>
Sept 6*	Welton's Gorge Preserve	13973 Hale Road, Burton
Sept 13	Mentor Dunes State Nature Preserve	9601 Headlands Road, Mentor, Mentor Headlands, East Parking Lot
Sept 20*	Frohring Meadows	16780 Savage Road, Bainbridge Twp
Sept 27	Headwaters Trail	Mantua, Esker Parking Lot near McDonalds West Side of Rt 44

All walks begin promptly at 1:00. \* 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) 226-2841. THIS REQUEST ALLOWS PARK TO NOTIFY ATTENDEES IF UNEXPECTED PARK CLOSURE OR SEVERE WEATHER. ONE PHONE CALL WILL REGISTER FOR THREE MONTHS. MASKS NO LONGER REQUIRED!!!!!! Contact Geauga Department of Aging at (440) 279-2167.

## SWEET TREAT DRIVE-THRU AT CHARDON SENIOR CENTER

The September Sweet Treat Drive-Thru at the Chardon Senior Center is *Wednesday, Sept. 7, from 12:00 noon – 12:30 p.m.* The September treat is a donut and apple cider.

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!**

October's Sweet Treat Drive-Thru will be Wednesday, October 26, and will be Halloween-themed!

## THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, September 29th from 9am-10am for our monthly Big Breakfast! **Veterans and September Birthdays eat FREE. All others pay \$5.00.** Call (440) 279-1313 to RSVP. Registration and payment are due no later than Thursday, September 22th. Please indicate if you are a Veteran or if your Birthday is in September.

**Call for menu!**

## 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, September 7th** (1st Wednesday of each month) - at Geauga West Library from 11:30-12:30pm with an out to lunch to follow for those interested.

*Discussing: The Doctors Blackwell by Janice P. Nimura*

**Thursday, September 8th** (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

*Discussing: Four Winds by Kristen Hannah*

## PEPPERONI PIZZA DAY!! LET'S MAKE SOME PIZZA AT WGSC!!!

**Tuesday SEPT 20th 12:30pm** –We will be making personal pan pizzas that you can take home to bake. Choose from cheese, pepperoni, veggie & more!! Cost; \$2 to offset the cost of ingredients.

**Register by SEPT 12th 440-279-2163**

## LUNCH AND LEARN WITH KATHY PETRELLA FROM THE DEPARTMENT ON AGING

On Tuesday, October 4, 2022, Kathy Petrella will talk about Medicare's open enrollment season. Kathy will go over the various options available to those with Medicare coverage. Lunch will be served at 12:00 pm and the presentation will start at 12:45 pm. Please call by Monday, September 26 to reserve a lunch. *If you have questions or want to sign up please call the Bainbridge Senior Center at (440) 279-1313.*

## 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 have 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.*

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

Thursday, September 1st 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.*

## BIKE TRIP & LUNCH: CUYAHOGA VALLEY NATIONAL PARK

Join GDA and UH Geauga for a bike ride on Tuesday, September 27th. We will meet at the Canal Exploration Center (7104 Canal Road, Valley View 44125) at 10:00am. We will ride to Peninsula Depot and have lunch at the Winking Lizard (1615 Main St, Peninsula 44264). After lunch we will ride back to Canal Exploration Center. Approximate round trip is 20 miles. *Please RSVP by calling Sandy McLeod at 440-279-2137.*

## CUISINE & CULTURE: GERMANY

Thursday, September 29th from 12:00-2:00pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Join us as we learn about the interesting facts surrounding German culture, food, and history. What are the top destinations to visit in Germany? A German lunch will be provided by Chef Joe from UH Geauga. *Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.*

## CRAFT CLASS WITH MILLISSA AT WGSC

Thursday SEPT 15th 12:30pm –Let's celebrate Make a Hat Day!! Join us in making one of a kind Straw Hat Door Hangings. **Cost; \$4**, Register by SEPT 7th 440-279-2163

## CHARDON SENIOR CENTER BOOK CLUB

Monday, September 12 at 1:00 p.m. at the Chardon Senior Center. September's book will be "The Kitchen Front" by Jennifer Ryan. October's book will be "Before We Were Yours," by Lisa Wingate. *The October book discussion will be on Monday, October 10.*

## TAILGATE COOKING DEMO

September 6th at 1:30pm at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury).

Dress in your favorite team's gear and kick off the football season with some fun!

Join us on the patio for delicious sampling of easy and delicious grilling ideas. You will learn how to make a traditional s'more. We will be playing some games, testing your football knowledge, and enjoying some fall fun! RSVP to Sandy McLeod at 440-279-2137.

## COFFEE WITH THE SUPERINTENDENT

Join us for coffee and an interactive discussion on public schools on Monday, September 26th at 11:15am at Chardon Library (110 East Park St, Chardon 44024). Dr. Michael Hanlon will give a brief presentation on Chardon schools and then will open up the floor for questions. This is a wonderful opportunity to ask about funding, levies, curriculum, and all those other questions you have wondered regarding our education system. RSVP to Sandy McLeod at 440-279-2137

## JAMES A. GARFIELD: IMPACT AND LEGACY

This is a 3 Part Intergenerational Series with Chardon High School Students  
We are requesting that when you sign up you are available for all 3 dates in order to better engage & converse with the Chardon High Schools students but understand if something comes up and you can't make all 3 dates.

### Tuesday Sept. 13 Book Discussion:

Both senior citizens and high school students will read "*James A. Garfield*" by *Ira Rutkow*. We will have a discussion at Chardon High School in the school library at 3:00pm.

**Tuesday Sept. 27 Tour Garfield Home & National Historic Site** at 8095 Mentor Ave, Mentor. This site preserves the home and surrounding property and includes the first presidential library established in United States. We will depart Chardon High School parking lot at 2:45 or meet at Garfield home at 3:00pm

**Tuesday Oct. 11 James A. Garfield Monument** is a memorial dedicated to and the final resting place of assassinated President Garfield and is located in Lake View Cemetary in Cleveland Ohio. After our tour we will have dinner at Trattoria Restaurant in Little Italy. Please list your menu option on your registration form. Meet at the monument at 3:00pm.

### *Choose one of the following Trattoria Menu items*

**Chicken Parmigiano-** Boneless breast of Chicken cutlet lightly breaded and smothered with tomato basil and mozzarella cheese served over spaghetti noodles.

**Eggplant Parmigiano-** Our most popular item! Eggplant stacked high and layered with mozzarella cheese and tomato basil sauce, served with a side of linguine.

**Lasagna-** Layered with ricotta and mozzarella cheeses, spinach, and mushrooms, topped with our signature tomato basil sauce

*All meals come with tossed salad & rolls. Coffee and tea are included!*

## FOOTBALL PICK'EM POOL

For the second year in a row the Bainbridge Senior Center is coordinating a FREE football pool.

Each week there will be fifteen games and you pick the winner of each one. Weekly winners will receive a small prize and a grand prize for the most correct picks for the season will also be awarded. Call David at (440) 279-1313 for further clarifications or questions.



## PARKMAN 55 PLUS CLUB

**On Thursday, September 1st** our club will be traveling to Sugarcreek Ohio, to the Ohio Star Theater. A dinner and show will highlight our day. We always welcome new members.

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

## 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 September 2** we will be entertained by Dan Karl with his keyboard, guitar and vocals.

**On September 16** Marie from Cardinal Physical Therapy will help get us in shape for Fall.

A "Saints & Sinners" trip has been planned for Wednesday, September 7, to Fremont, OH. We will visit several churches and the Sandusky County Historical Jail and more. Cost is \$95 (non-members \$98). Call Kimber at 440-668-3293 to see if space is still available.

**On October 15** we will go to Das Dutch Inn in Columbiana for a lunch and show, "A Big Band Salute to the Military." We will also go to Fellows Riverside Gardens for their fall displays and White House Fruit Farm for their fall fruits, donuts, gift barn, budgie barn and wagon rides, with a special treat on the way home. **Cost is \$125 (\$128 for non-members).**

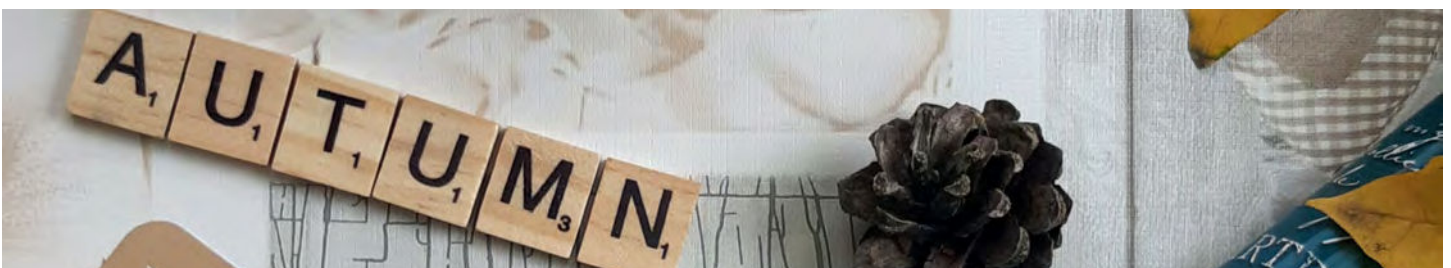
For further information call Nancy at 440-729-9684.

## OUT TO LUNCH

Friday, September 30. Join Chardon Senior Center staff for a lunch out at Coyote's in Bainbridge at 12:00 noon. Call 440-279-2126 to sign up to join us!

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

Tuesday, September 20, 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 Sept. 9. 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 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.

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

*Subject to Change*

Mon	Tue	Wed	Thu	Fri
			1	2
			TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL
5	6	7	8	9
<b>LABOR DAY</b>	MEATBALLS W/SPAGHETTI w/TOMATO SAUCE CAULIFLOWER SPINACH DICED PEACHES CUP	STUFFED GREEN CABBAGE W/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD MANDARIN ORANGE CUP	CHICKEN ALA KING GREEN BEANS SLICED CARROTS DINNER ROLL PINEAPPLE TIDBITS	BBQ CHICKEN BREAST GREEN PEAS MASHED POTATOES DINNER ROLL APPLESAUCE CUP
12	13	14	15	16
BREADED FISH TATER TOTS TARTAR SAUCE & KETCHUP PC BROCCOLI FLORETS WHITE BREAD MIXED FRUIT CUP	HAMBURGER PATTY SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN DICED PEARS CUP	BREADED CHICKEN PATTY MAYO PC SLICED CARROTS MIXED VEGETABLE PINEAPPLE TIDBITS WG HAMBURGER BUN	KETCHUP GLAZED MEATLOAF W/CHEESE MASHED POTATOES CALIFORNIA BLEND DICED PEARS CUP WHITE BREAD	STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES
19	20	21	22	23
SALISBURY STEAK W/GRAVY BROWN RICE PEAS & CARROTS WHITE BREAD DICED PEACHES CUP	GRILLED CHICKEN BREAST BROWN RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL DICED PEARS CUP	JUMBO RAVIOLI TOMATO SAUCE BROCCOLI FLORETS YELLOW SQUASH PINEAPPLE TIDBITS WHITE BREAD	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP
26	27	28	29	30
JUMBO RAVIOLI TOMATO SAUCE BROCCOLI FLORETS YELLOW SQUASH PINEAPPLE TIDBITS WHITE BREAD	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES GREEN BEANS SWEET CORN MANDARIN ORANGE CUP	SWEDISH MEATBALLS W/ NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD DICED PEACHES CUP	TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES DICED PEACHES CUP CORN W/ RED PEPPERS	SLICED HAM W/ PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DICED PEAR CUP DINNER ROLL

**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

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GEAUGA COUNTY  
DEPARTMENT ON AGING



View the Senior  
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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.

Chesterland Twp Sept 12,13,14,15,16  
RussellTwp Sept 15 & 16  
City of Chardon Sept 23  
Middlefield Twp Sept 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.