



The Geauga SENIOR NEWS



VETERANS APPRECIATION LUNCH & ENTERTAINMENT AT WEST G SENIOR CENTER

Thursday Nov 10th 12:00-2:00pm Geauga County Senior Veterans –Join us for a catered lunch and live entertainment by Joey Tomsick and the JTO, as we honor you for your service to our country!! All Veterans **FREE, non-Veteran cost is \$18.00**. If you would like to attend this event, just fill out the registration form below, and send it to WGSC 8090 Cedar Rd in Chesterland 44026. Or bring in person to any Geauga County Senior Center. **Registration is due by NOV 3rd**.

Event: Veterans Lunch w/JTO **Date** Nov 10th **Hosting Site:** WGSC **Deadline** Nov 3rd

Name: _____ **Branch of Service:** _____

Address: _____ **Phone:** _____

Active in War time? Y/N _____ **If Yes, Which War?** _____

Registered with Dept. on Aging for the current year? Y/N: _____

Veteran: FREE **Non Veteran:** \$18 **Receipt #** _____ **Staff Initials:** _____

2022 MEDICARE OPEN ENROLLMENT, PART D & ADVANTAGE PLAN COMPARISONS

Compare Medicare Drug coverage options and Advantage Plans and you could save money in 2022! Ohio Department of Insurance trained Geauga County Department on Aging Staff & Volunteers offer one on one reviews at Geauga Department on Aging, 12611 Ravenwood Dr, Suite 200, in Chardon.

Appointments are available Monday, October 17 through Friday, December 2. Call (440) 279-2130, Monday through Friday 8:00AM until 4:00PM, to schedule your appointment.

New this year OPERS and SERS education seminars are available. The seminars will take place on October 26 and November 15, both seminars will run from 2:00 until 3:00PM. Call (440) 279-2130 to register for the class.



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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

In Memory of Dale & Joan Spangenberg

David & Donna Toth, The Toth Team

Ralph White in Memory of past Pinochle Players

The Adult Day Service is a free program for Geauga County residents who have beginning to mid-stage dementia or Alzheimer's disease. The program is offered Monday through Friday, 8:30 a.m. to 2:30 p.m. and includes daily activities and lunch. Virtual programming is available as well. There is no charge for this program, but donations are greatly appreciated. ADS is located at 8090 Cedar Road in Chesterland. ADS contact phone number (440) 279-2149, or email vkrueger@co.geauga.oh.us.

SCOPE OF SERVICE: - To provide client-centered continuum of care to frail and/or cognitively impaired Geauga County Seniors. – To promote independence and well-being of the program participants. - To provide support, education, and relief to caregivers. – To provide physical, mental, and social stimulation.

Weekly programs include:

Chair Exercises, Cardio Drumming, Chair Yoga, Chair Chi, and Bingo.

HEATING ASSISTANCE AVAILABLE

The Ohio Department of Development and Geauga County Department on Aging want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2022.

For more information about HEAP, contact Geauga County Department on Aging at 440-279-2130. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov

Monthly Highlights

Monday, October 3rd: Senior Health & Wellness Fair at Geauga YMCA Free and open to the public! Free health screenings, free mini massages/reflexology, free gifts & handouts, and 20+ Vendors. Located in YMCA gym.

Thursday, October 6th: Free Lunch & Movie UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.

Thursday, October 13th: Elderberries - Fall Wagon Ride at Swine Creek Come along on a naturalist-led wagon ride to enjoy natural wonders unique to autumn! GDA and UH Geauga will hold a free picnic lunch. Sponsored by Burton Healthcare. Call Geauga Park District at 440-286-9516 to RSVP.

Tuesday, October 18th: Parkinson's Support Group We will be discussing the LSVT program and review the principals of why "Big and Loud" works for those with Parkinson's. Call Sandy McLeod at 440-279-2137 to RSVP. 12:30pm.

Thursday, October 20th: Sunflowers and YOU! - A Women's Day Come join us as we "unplug" for a day as we head to the wooded acres & camp setting of Ho Mita Kota (14040 Auburn Rd, Newbury 44065) where you will have multiple choices in how you will spend your day. We will offer archery & hatchet throwing, hiking, crafts, self-defense, do a service project, have a speaker on pelvic floor strengthening, mindfulness activity, and much more! Lunch of soup and strawberry pegan salad with grilled chicken, and smores will be served. Call Sandy for questions at 440-279-2137. 9:30-2:30pm. \$20 per person.

Thursday, October 27th: Cuisine & Culture Join us at WG Senior Center (8090 Cedar Rd, Chesterland) as we learn about the interesting facts surrounding Switzerland's culture, food, and destinations. A free "Swiss" lunch provided by UH. 12:00pm. RSVP to Melissa at 279-2167.

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.


NEXT MONTH:

Wednesday, November 9th: "PUFFS" Chardon High School Fall Play Free Dress Rehearsal for senior citizens at Park Auditorium (111 Goodrich Ct, Chardon). This play is a comedy called *Puffs*. It was an off-Broadway show that riffs on Harry Potter books. RSVP to Sandy McLeod at 440-279-2137. 7:00pm.

October 2022

MONDAY	TUESDAY
<p>3</p> <p>9:00-12:00 YMCA Health Fair OS 9:30-11:00 Parkinson's Boxing EG 1:00-3:00 Matter of Balance ML 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG</p>	<p>4</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS</p>
<p>10</p>  <p>CLOSED FOR COLUMBUS DAY</p>	<p>11</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS 2:00-3:00 Diabetes Support OS</p>
<p>17</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG</p>	<p>18</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 12:30-1:30 Parkinson's Support CSC 1:00-2:30 Geauga Walkers OS 3:00-4:00 Garfield Series: Part 1 OS</p>
<p>24</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:00 Boxing Class EG 2:00-2:30 Floor Exercises EG</p>	<p>25</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 1:00-2:30 Geauga Walkers OS</p>
<p>31</p> <p>9:30-11:00 Parkinson's Boxing EG 2:00-3:00 Boxing Class EG 3:00-3:30 Floor Exercises EG</p>	

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
5	6	7
9:30-11:00 Parkinson's Boxing EG 11:15-12:45 Huck Finn Discussion CL 11:30-12:30 Book Discussion GW 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS 3:00-5:00 Beginner Pickleball OS	9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG 1:00-3:00 Matter of Balance ML	9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
12	13	14
9:30-11:00 Parkinson's Boxing EG 11:15-12:45 Huck Finn Discussion CL 12:00-2:00 Matter of Balance OS 3:00-4:30 Geauga Cyclists OS 3:00-5:00 Beginner Pickleball OS	9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 11:30-2:30 GPD Elderberries OS 1:30-3:00 Book Discussion BL	9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
19	20	21
9:30-11:00 Parkinson's Boxing EG 3:00-4:30 Geauga Cyclists OS 3:00-5:00 Beginner Pickleball OS	9:00-10:30 Walking for Wellness OS 9:30-2:30 Sunflowers & You - A Women's Day OS 10:00-11:00 Strength & Cardio WG	9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
26	27	28
9:30-11:00 Parkinson's Boxing EG 11:15-12:45 Huck Finn Discussion CL 3:00-4:30 Geauga Cyclists OS 3:00-5:00 Beginner Pickleball OS	9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture WG	9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
	Sandy McLeod Senior Centers' Supervisor 440-279-2137 Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167	BL - Burton Library CL - Chardon Library CSC - Chardon Senior Center EG - Everybodies Gym GW - Geauga West Library ML - Middlefield Library OS - Offsite WE - WebEx (Online) WG - West Geauga Senior Center

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, Oct. 4 & 25: Soup Lunch Tuesdays. \$5 per luncheon due with registration.

Friday, Oct. 14: Breakfast and Speaker Series with Kathie Doyle. This month's topic is on "The Astronauts' Wives Club." Prior registration required.

Monday, Oct. 17: Book Club. This month's book is "Before We Were Yours," by Lisa Wingate.

Tuesday, Oct. 18: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 10/10/22.

Tuesday, Oct. 18: Hay Wagon Tour of Patterson's Fruit Farm on Mulberry Road. Registration is required!

Wednesday, Oct. 19: Heather Hill Cooking Demo. Space is limited. Reservations required. Thanks to our wonderful community partner, Heather Hill! FREE


Friday, Oct. 14: UH Wellness Series; Creating Meaningful Activities for Brain Health. FREE

Wednesday, Oct. 26: Sweet Treat Drive-Thru. Sponsored by Heather Hill. Halloween themed treat! Pre-registration required.

Thursday, Oct. 27: Dine Out at Spinner's in Chardon—Halloween Themed! Prior-registration is required and space is limited! Register today!

Friday, Oct. 28: Indoor Trunk or Treat Extravaganza at Munson Township Hall. All the fun of Trunk or Treat, except this year's big event will take place indoors with LIVE music, Delicious food, NEAT treats, and even some FUN tricks! Cost is \$10 per person, payable with the required registration.

Chardon Senior Center 440-279-2126

MONDAY	TUESDAY
3 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	4 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises 12:00-12:30 Soup Luncheon (\$5) and prior-registration 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice
Closed Today For Federal Holiday	11 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
17 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 Book Club	18 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 11:00-12:00 Balance Exercises 1:00 Hay Wagon Tour of Patterson's Farm—prior reg. required 12:30 Parkinson's Support Group 2:00-3:00 Diabetic Support Group 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice
24 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-12:00 BINGO 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	25 9:00-11:30 Woodcarving 11:00-12:00 Balance Exercises 12:00-12:30 Soup Luncheon (\$5) and pre-registration 12:30-4:00 Canasta 2:00-3:30 Dulcimer Practice
31 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	

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p>5 9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— NEW 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>6 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>7 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 12:00-12:30 Lunch 1:00-1:45 Chair Exercise 1:00-4:00 Bridge Group</p>
<p>12 9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— NEW 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>13 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>14 9:30-11:30 Stained Glass 10:00 Breakfast and Speaker Series—prior-registration 10:30-12:00 Chair Yoga \$4 11:30-12:00 Lunch 1:00– 1:45 Chair Exercise 1:00-4:00 Bridge Group</p>
<p>19 9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— NEW 11:00-11:45 Strength Training \$2 12:00 12:00-1:00 Heather Hill Cooking Demo and Luncheon— prior-registration 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>20 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>21 9:30-11:30 Stained Glass 10:30-12:00 Chair Yoga \$4 10:30 UH Wellness Series 12:00-12:45 Lunch 1:00– 1:45 Chair Exercise 1:00-4:00 Bridge Group</p>
<p>26 9:00-11:00 Pinochle 9:30-10:15 Balance Exercise— NEW 11:00-11:45 Strength Training \$2 12:00-12:30 Sweet Treat Drive- Thru—prior-registration 1:00-2:30 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>27 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 4:00—6:00 Halloween Party at Spinner’s—prior registration required</p>	<p>28 All Regularly Scheduled Clas- ses are Canceled Today 11:00 –2:00 Indoor Trick or Treat Extravaganza! at Munson Township Hall</p>
	<p align="center">Becky O’Reilly Recreation & Education Coordinator</p> <p align="center">Hannah Heinz Recreation & Education Assistant Coordinator</p>	<p align="center">Beth Oliverio Information and Referral Specialist</p> <p align="center">Karen Fueger Kitchen Coordinator</p> <p align="center">Peggy Peters Kitchen Assistant</p>

Bainbridge Bulletin

Chair Yoga is now on Mondays!

Mary Kay is now offering chair yoga on Mondays at 9:40am in addition to her Friday class. Cost is \$3

RETURNING GROUP!

Mah Jongg is Back!

From October through May, Mah Jongg will be held on Mondays from 1pm-3pm. Intermediate and advanced Mah Jongg players are welcome to join The Woods of Auburn Lakes game. Please bring your own Mah Jongg card and your game set if you have one.

Tuesday, October 4:

Lunch and Learn with GDA's Kathy Petrella on Open Enrollment Once a year, you are able to sign up for health insurance, and adjust or cancel your current plan. Learn more about it, and bring your questions! Lunch at 12pm, presentation at 12:45pm

Tuesday, October 18:

Nosh with Natalie Sponsored by Heather Hill We're making a copycat of Olive Garden's Pasta e Fagioli Soup, and bringing RSVP by October 11th. Want to stay for lunch? Let us know when you sign up!

Tuesday, October 25:

AARP Safe Driver Course

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. Refresh your driving skills and your knowledge of the rules and hazards of the road, and reduce your chances of receiving a traffic violation or getting into an accident. RSVP by October 14th. \$20 for AARP members, \$25 for non-members

** NEW PROGRAM! **

Thursday, October 27:

David Explains Join David each month as he dazzles you with presentations on a multitude of subjects! This month, he'll be giving the scoop on Christopher Columbus. 1pm. Please RSVP!

Thursday, October 27:

Bainbridge Big Breakfast Veterans and October birthdays eat free; \$5 for all others. Sausage gravy, biscuits, and eggs. RSVP by Thursday, October 20. 9am.

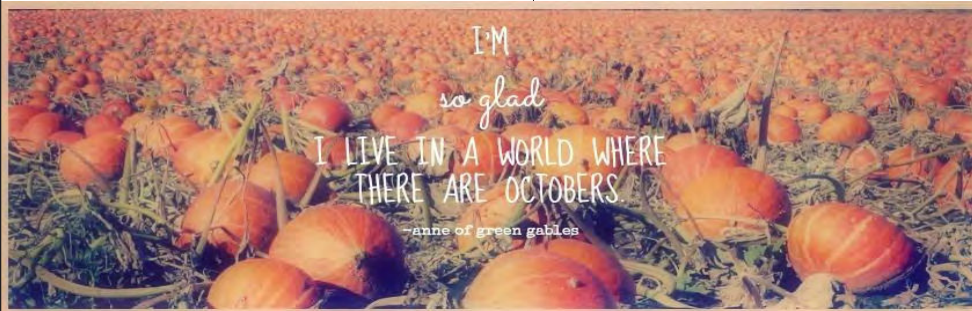
Bainbridge Senior Center

(440) 279-1313

MONDAY	TUESDAY
<p style="text-align: right;">3</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Edward Scissorhands)</i> 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">4</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 12:45-1:45 Lunch & Learn with GDA's Kathy Petrella: Open Enrollment 12:00-2:00 Social Work Appts</p>
	<p style="text-align: right;">11</p> <p>NO WALKING GROUP TODAY 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch</p>
<p style="text-align: right;">17</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Addams Family)</i> 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">18</p> <p>10:00-12:00 Mexican Train 11:00-12:00 Nosh with Natalie: Pasta e Fagioli Soup & White Chocolate Chip Pumpkin Snickerdoodles <i>Prior registration required</i> 12:00-1:00 Lunch</p>
<p style="text-align: right;">24</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Hocus Pocus)</i> 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">25</p> <p>NO WALKING GROUP TODAY 9:00-1:30 AARP Safe Driver Course <i>Prior registration required</i> 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch</p>
<p style="text-align: right;">31</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch and Movie Matinee <i>(Sleepy Hollow)</i> 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p style="text-align: center;">Football Picks Pool</p> <p>The season has kicked off and we are in the midst our football pool again. Just choose the winners for 15 games and you have a chance to win some prizes. Call David for more information.</p>

**17751 Chillicothe Road,
Bainbridge OH 44023**

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">5</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Yours Truly, Chagrin Falls</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">6</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</p>	<p align="right">7</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">12</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Thon Buri Thai, Chagrin Falls</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">13</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</p>	<p align="right">14</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">19</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Sirna's, Auburn</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">20</p> <p>9:30-10:00 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 12:30-2:00 Iris Folding Class</p>	<p align="right">21</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">26</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Sleepy Rooster, Novelty</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">27</p> <p>9:00-10:00 Big Breakfast! <i>Prior registration required</i> 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-2:00 NEW PROGRAM David Explains: Christopher Columbus <i>Call to RSVP</i></p>	<p align="right">28</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>



**Recreation & Education
Coordinator**
Natalie Dolezal

**REC Assistant
Coordinator**
David Craig



Newsorthy Notes

WG Walkers-October Locations

- OCT 7-Frohing Meadows
- OCT 14-Metzenbaum Park
- OCT 21-The Rookery
- OCT 28-Orchard Hills Park

Lunch-in & FREE Movie/popcorn

OCT 3-12:00pm –Join us for a FREE showing of Disney's Hocus Pocus 2. A Pre-ordered lunch will be available for a cost of **\$6 Register by OCT 1st**

Oktoberfest Drive Thru at WGSC

OCT 17 12:30pm –Join us for a Drive Thru lunch of Bratwurst Sandwich, side of sauerkraut, Bavarian mustard, soft pretzel and root-beer. **Cost: \$5 Register by Oct 7th**

Where in the World? Slovenian Alps

OCT 24th-We will explore 3 different areas, learn about Slovenian Culture, and create a Slovenian art piece. **FREE Event; Register by Oct 17th**

Magnificent Mother Earth Schedule

- OCT 5th 1:30pm-The Grand Canyon
- OCT 19th- 1:30pm Gates of the Arctic NP

Virtual Tour OCT –London & Ireland 11am

- OCT 7–Kilarny National Park Part 1
- OCT 14– Kilarny National Park Part 2
- OCT 21- Stonehenge-England
- OCT 28-London Music-Rock & Roll in Soho

Monthly Breakfast & Bingo

OCT 14th -8:30 am Join us for some good old home cooked Pumpkin French Toast & Bacon, followed by some BINGO FUN!! **Cost: \$4 Register by Oct 7th**

AARP Safe Driver Course

OCT 21st 9:00-1:30 pm at WGSC -AARP members \$20 Non Members \$25, this is a "class instructional" course, NO driving is involved. **Register by Oct 7th, 440-279-2163**

DINE NITE OUT

OCT 27th 5:00pm -Meet up at El Patron in Chardon, 301 Center Street at 5pm, see ya there! **Call to register NO Later than OCT 21st**

Pizza & Paint at WG!!!

OCT 26th 12:15-2:45 Join us for a Pizza Lunch followed by a step-by-step painting instructional by Ariel Inspired Art Studio. Lunch & All Supplies included, **Cost:\$23, RSVP by OCT 19th**

Halloween Lunch Party at WG!!

OCT 28th 12:00-2:30pm Join us for Lunch, Music, games, costume contest and more.....The kids from Saint Anselm will be here to trick or treat, so BRING CANDY!! **Registration Required by OCT 21st. Cost: \$5**

West Geauga Sr. Center (440) 279-2163

MONDAY

TUESDAY

3	<p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 CHAIR YOGA</p> <p>12:00-2:30 <i>Lunch-IN & Free Movie & Popcorn "Hocus Pocus 2" -Lunch \$6</i></p>	4	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
<p><i>ALL SITES CLOSED</i> 10</p> 		11	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
17	<p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 CHAIR YOGA 12:30-1:30 <i>Oktoberfest Drive-Thru \$5</i> 2:00-3:00 <i>Line Dance Class \$5</i></p>	18	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 1:00-1:30 EZ Chair Exercise (WX) 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise</p>
24	<p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 12:30-1:30 <i>Where in the World? Slovenian Alps</i> 2:00-3:00 <i>Line Dance Class \$5</i></p>	25	<p>9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise</p>
31	<p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 2:00-3:00 <i>Line Dance Class \$</i></p> 	<p>Recreation/Education Coordinator ~Christine Bacon 440-279-2163</p> <p>Rec/Ed Assistant Coordinator ~Millissa Brosch 440-279-2183</p> <p>I&R Assistant: Debbie M.</p> <p>Stained Glass Class Appointments: <i>Call Don Trask 440-759-9691</i></p>	

West Geauga Sr. Center

8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
<div style="text-align: right; font-weight: bold; font-size: 1.2em;">5</div> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 1:30-2:30 <i>Magnificent Mother Earth</i> 3:00-4:00 Webex Wordles</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">6</div> <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) 3:00-4:00 Webex Word Twists</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">7</div> <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-Ireland 1:00-3:00 Tech Help Appointments</p>
<div style="text-align: right; font-weight: bold; font-size: 1.2em;">12</div> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 12:30-1:00 <i>Walk Thru Recipe Swap</i> 1:30-2:30 <i>TV Game Show Afternoon</i> 3:00-4:00 Webex Wordles</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">13</div> <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</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">14</div> <p>8:00-9:00 WG Walkers 9:00-9:30 Breakfast & Bingo (\$ 4) 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-Ireland 1:00-3:00 Tech Help Appointments</p>
<div style="text-align: right; font-weight: bold; font-size: 1.2em;">19</div> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 1:30-2:30 <i>Magnificent Mother Earth</i> 3:00-4:00 Webex Wordles</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">20</div> <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 Twists</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">21</div> <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 9:00-1:30 AARP Safe Driver Course \$ 1:00-3:00 Tech Help Appointments</p>
<div style="text-align: right; font-weight: bold; font-size: 1.2em;">26</div> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 12:15-2:15 <i>Pizza & Paint (\$23)</i> 3:00-4:00 Webex Wordles</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">27</div> <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) 3:00-4:00 Webex Word Twists 5:00-7:00 Dine Nite Out at "El Patron"</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">28</div> <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 12:00-2:30 <i>Halloween Lunch Party with the St Anselm's kindergarten kids (\$5)</i></p>



Lunch is served Mon thru Fri from 12:00-12:30pm. **ALL Seniors MUST make a RESERVATION IN ADVANCE to receive a lunch.** Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC or by using our "Congregate Lunch" sign-up binder located in the WG Dining Room.

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

Please Call to Make Your Reservation for ANY Event Including Lunch

440.632.0611

Social Worker Appts with Michelle
Wed. Oct 12, 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, Oct 4 & 18 10:00am
AND

Every Other Wednesday, Oct 12 & 26,
2:00pm (after BINGO)

BIRTHDAY LUNCH

Monday, Oct 17, 12:00. FREE Lunch for anyone having a Birthday in Oct, please call by Oct 11 to let us know you will be joining us.

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

*Oct 3rd: Bat Wreath \$3

*Oct 17 : Tissue Pumpkin, bring your own small pumpkin, FREE

*Oct 24: Clay Pot Scarecrow—Call for Supply List—FREE

UH GEAUGA MEDICAL CENTER
“Breathing for Relaxation”
Oct 25 at 11:30 with
\$5 Pizza & Salad Lunch at 12:00 Deadline
Oct 20

HISTORY OF HALLOWEEN!
Fun Facts on the way we celebrate today.
Brought to you by Middlefield Library. Monday, Oct 24, 10:00

THURSDAY DOCUSERIES, 10:30
“Worst Roomate Ever!” Parts 1 thru 5,
FREE

LUNCH OUT
Tuesday, Oct 11, 11:30, HIRAM
COLLEGE CAFE, please call to
reserve your spot.

LUNCH IN
Tuesday, Oct 4th Walking Taco \$5 , Money
& Reservation due by
Friday, Oct 19.

“Halloweenies!”

Halloween Fun Lunch! \$5 , Monday, Oct. 31,
11:30 (Nathan’s Hotdogs) Deadline Oct 25


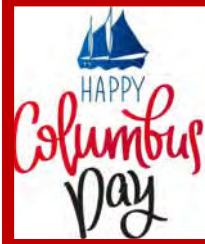
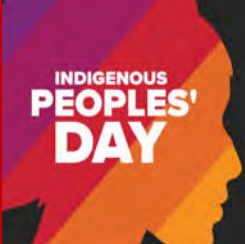










HAPPY HOURS!

Thursday, Oct 6, El Patron, 3:30
Thursday, Oct 20, Frost 3:30

MONTHLY BREAKFAST, Breakfast
Casserole \$5
Friday, Oct 26 9:30.

Middlefield Sr. Center

440-632-0611

Mon	Tue
<p>Active Aging Week 3</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: Bat Wreath \$3</p>	<p>National Taco Day 4</p> <p>8:30-9:30 Social Hour 10: Line Dance 11:00 Walking Taco, 12:00 Trivia and More \$ 5</p> <p>1:00-3:00 Chair Volleyball </p>
<p>FEDERAL HOLIDAY 10</p> <p> </p>	<p>Sausage Pizza Day 11</p> <p>8:30-9:30 Social Hour 9:30 Rummikub 12:00 GDA Lunch Lunch Out Hiram 1:00-3:00 Chair Volleyball</p> <p> </p>
<p>National Pasta Day 17</p> <p>8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walk w/Ginny 12:00 1:00-3:00 Crafting: Tissue Paper Pumpkin FREE</p> <p> </p>	<p>National No Beard Day 18</p> <p>8:30-9:30 Social Hour 9:00 Rummikub 10:00 Line Dance 10:45 Salty and Lunch Out Chardon Tavern 1:00-3:00 Chair Volleyball</p> <p> </p>
<p>United Nations Day 24</p> <p>8:30-9:30 Social Hour 10:00 History of Halloween 11:00 Walk w/Ginny 12:00 GDA Lunch 1:00-3:00 Flower Pot Scarecrow (Bring your own Pots!) FREE (Call for list!)</p> <p></p>	<p>National Mother-in-Law Day 25</p> <p>8:30-9:30 Social Hour 9:00 Rummikub 11:30 UH Breathing 12:00 Lunch In: Pizza & Salad \$5 1:00-3:00 Chair Volleyball</p> <p> </p>
<p>Halloween 31</p> <p>8:30-9:30 Social Hour 10:15 Exercise w/Ginny 11:00 Walk /Ginny 11:30-2:00 “Halloweenies Lunch & Fun & Movie \$5</p>	<p></p>

Middlefield Sr. Center

15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
<p style="text-align: center;">National Pumpkin Seed Day 5</p> <p>8:30 Social Hour 9:00 Rummikub 10:15 Exercise with Ginny 11:00 Walking! 12:00 GDA Lunch 12:30 Movie Time! </p>	<p style="text-align: center;">National Noodle Day 6</p> <p>8:30 Social Hour 10:00 Rummikub 10:30 Docuseries Part 1 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p> <p>4:00 Happy Hour El Patron</p>	<p style="text-align: center;">World Smile Day 7</p> <p>8:30 Social Hour 12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>
<p style="text-align: center;">Farmers Day 12</p> <p>8:30 Social Hour 9:00 Rummikub 10:15 Exercise w/Ginny 11:00 Walking! 12:00 GDA Lunch 1:00-2:00 BINGO! 2:00-3:00 Line Dancing </p>	<p style="text-align: center;">National M&M Day 13</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 10:30 Docuseries Part 2 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p> <p> </p>	<p style="text-align: center;">National Dessert Day 14</p> <p>8:30 Social Hour 12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>
<p style="text-align: center;">National New Friends Day 19</p> <p>8:30 Social Hour 9:00 Rummikub 10:15 Exercise w/Ginny 11:00 Walking! 12:00 GDA Lunch 12:30 Movie Time </p>	<p style="text-align: center;">Spirit Day 20</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 10:30 Docuseries Part 3 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p> <p>4:00 Happy Hour Frost</p>	<p style="text-align: center;">National Apple Day 21</p> <p>8:30 Social Hour 9:30 Monthly Breakfast Sausage Casserole & More \$5 </p> <p>12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p>
<p style="text-align: center;">National Day of the Deployed 26</p> <p>8:30 Social Hour 9:00 Rummikub 10:15 Exercise w/Ginny 11:00 Walking 12:00 GDA Lunch 1:00-2:00 BINGO! 2:00-3:00 Line Dance </p>	<p style="text-align: center;">National Black Cat Day 27</p> <p>8:30-9:30 Social Hour 10:00 Rummikub 10:30 Docuseries Part 4 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p> <p> </p>	<p style="text-align: center;">Ohi Day 28</p> <p>8:30-9:30 Social Hour 12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball</p>



DIABETES SUPPORT GROUP – GROCERY STORE TOUR

****Please note we will be meeting the 2nd Tuesday of this month only; due to field trip****

Tuesday, October 11th at 2:00pm. Join us at Heinen's grocery store (402 Center Street, Chardon) for this month's support group. We will be touring the store with their Wellness staff. They will share their expertise of healthy food options and products. We will be sampling a few food items along the way and learn how to quickly identify some healthy options.

RSVP to Sandy McLeod at 440-279-2137.

INDOOR TRUNK OR TREAT EXTRAVAGANZA!

Friday, October 28, from 11:00 a.m. – 2:00 p.m. at the Munson Township Hall, 12210 Auburn Road, Chardon. Trunk or Treat this year is taking on a whole new look, as we bring the party INSIDE! Our community partners will still be on hand to pass out treats, and they might even have some tricks up their sleeves this year! Instead of decorating their trunks, vendors will decorate tables set up around Munson Township Hall! We will also have a sit-down lunch, and LIVE entertainment! Join us! **\$10.00 per person** to cover lunch and entertainment. Registration is a MUST! Be sure to register for the fun by filling out the form on page 22 in this newsletter, and returning it with your payment to the Department on Aging.

LUNCH-IN AND FREE MOVIE & POPCORN HOCUS POCUS 2

Oct. 3rd 12:00pm –Join us at the West G Senior Center for a Free showing of Disney's Hocus Pocus 2!! Free popcorn will be included. A pre-Paid Lunch (\$6) will be available for those that would like to join us for lunch. The meal will include a sandwich, chips, beverage and brownie. Sandwich choices are chicken Salad / Club Sandwich / Egg Salad. **Registration Deadline is Oct 1st. Call WGSC to sign up 440-279-2163 The Lunch-in choice will require pre-payment of \$6.**

PARKINSON'S SUPPORT GROUP

Tuesday, October 18th at 12:30pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon). We will be discussing the LSVT program and review the principles of why "Big and Loud" works for those with Parkinson's. Call Sandy McLeod at 440-279-2137 to RSVP.

MAGNIFICENT MOTHER EARTH ON THE BIG SCREEN AT WGSC - OCTOBER SCHEDULE

OCT 5th 1:30-2:30 –The Grand Canyon National Park

OCT 19th 1:30-2:30 –Gates of the Arctic National Park

Call WGSC for more Info at 440-279-2163

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday OCT 27th –Meet up time is 5:00pm at "EL Patron Mexican Grille" Restaurant in Chardon (301 Center Street, Chardon 44024). Just call us ahead of time to let us know you are coming. **Cost is on your own. RSVP by OCT 24th 440-279-2163**

OKTOBERFEST LUNCH DRIVE-THRU AT WEST G SENIOR CENTER

OCT 17th at 12:30pm–Join us for this Drive-Thru Pick up event!! Lunch will be a Bratwurst Sandwich, Side of Sauerkraut, side of Bavarian Mustard, soft pretzel and a root beer!! Cost is \$5.00 *Registration required no later than OCT 7th Call WGSC for more Info 440-279-2163*

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.

PAINT PARTY AT MIDDLEFIELD SENIOR CENTER

ARIEL INSPIRED will be back at the center to lead you through painting a lovely winter scene featuring cardinals and an outside lantern. Great to make as a Holiday Gift! Monday, November 7, 1:00pm to 3:00pm. All supplies are furnished and included. \$20 per person. *Call to reserve your spot!*
Must be prepaid by Wednesday, October 19.
Middlefield Senior Center, 15820 Ridgewood Dr., 44062, 440.632.0611.

“PUFFS” CHARDON HIGH SCHOOL FALL PLAY

Free Dress Rehearsal on Wednesday, November 9th at 7:00pm for senior citizens at Park Auditorium (111 Goodrich Court, Chardon). The play is a comedy called Puffs. It was an off-Broadway show that riffs on Harry Potter books. *RSVP to Sandy McLeod at 279-2137.*

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.*

JUST “BREATHE!” BY UH GEAUGA MEDICAL CENTER

The purpose of mindful breathing is to anchor yourself in the present moment, so that you can let go of worrying about the past or the future. Mindful breathing has been shown to reduce anxiety, help with burnout, provide certain types of pain relief, and decrease negative thinking. Tuesday, October 25 at 11:30 at the Middlefield Senior Center, 15820 Ridgewood Dr., 44062. 440.632.0611. Please call to reserve your spot. *Stay after for a Pizza & Salad lunch \$5 per person.*

A NOSH WITH NATALIE

On Tuesday, October 18th at 11:00am, Natalie will be giving her hand at making a dish or two at Bainbridge Senior Center. This month, she’s trying out a copycat Olive Garden recipe of Pasta e Fagioli Soup, and bringing in the fall season with White Chocolate Chip Pumpkin Snickerdoodles! 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, October 7th! This free event is sponsored by Heather Hill.

“FAMOUS OHIOANS: MOBSTERS, MANIACS, & MARTYRS” AND OHIO-THEMED LUNCH

Join the Bainbridge Senior Center on Tuesday, November 29th for this fantastic historical talk! Dr. Molly Sergi, a crowd favorite of our Learning for a Lifetime attendees, profiles and highlights famous people from Ohio and their contributions and personalities - from the famous to the down-right deviant!
This is a FREE presentation that will begin at 1pm.

For \$8.00, you can join us for an Ohio-themed lunch at 12pm before the talk. We’re featuring foods that are popular in Ohio! The Polish Boy – a Cleveland favorite, pierogis, and of course, a dessert with Buckeyes!

Call Natalie or David at (440) 279-1313 to let us know if you’ll be attending the lunch, presentation, or both. Money for the lunch is due no later than Friday, November 18th. **Space is limited!**

VIRTUAL TRAVEL ON THE BIG SCREEN AT WGSC –DESTINATIONS; IRELAND & ENGLAND

OCT 7th 11:00am –Kilarny National Park Part 1
OCT 14th 11:00am –Kilarny National Park Part 2
Call WGSC for more Info at 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. Due to our monthly staff meeting, there will be no walking group on the last Tuesday of each month.

October 4th- Frohring Meadows (Bainbridge)

October 11th- Liberty Park (Twinsburg)
We will meet the Nature Center off of Liberty Road

October 18th- Beartown Lakes (Auburn)

October 25th- NO WALKING GROUP

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
10/6/2022	Claridon Woodlands	11383 Claridon Troy Rd, Chardon
10/13/2022	Bedford Reservation	18753 Egbert Rd, Bedford Pull onto Gorge Pkwy, and park at Bridal Veil Falls Parking Lot
10/20/2022	Swine Creek Reservation	16004 Hayes Rd, Middlefield
10/27/2022	Big Creek Park	9160 Robinson Rd, Chardon Deep Woods Lodge

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, October 5th (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: Pull of the Stars by Emma Donogue

Thursday, October 13th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.
Discussing: Notorious RBG: The Life and Times of Ruth Bader Ginsburg by Irin Carmon

HAY WAGON TOUR OF PATTERSON'S FRUIT FARM ON MULBERRY ROAD

Tuesday, October 18, at 1:00 p.m., we will be meeting at Patterson's on Mulberry for a fun Hay Wagon tour of the farm, complete with apple picking in the orchard, pie and cider! \$8 per person, and **REGISTRATION IS A MUST!** *Call the Chardon Senior Center at 440-279-2126 for more details and availability!*

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!

WHERE IN THE WORLD?? SLOVENIAN ALPS AT WEST G SENIOR CENTER

OCT 24th at 12:30pm-The Slovenian Alps are made up of 3 different areas. We will explore each area, learn about Slovenian culture and create a Slovenian art piece. **Registration required no later than OCT 17th FREE Event, Call WGSC to sign up at 440-279-2163**

SCOTLAND: THE HIGHS AND THE LOWS

Have you ever wanted to go to Scotland? Join us at Bainbridge Senior Center on Thursday, November 17th at 10am to hear from Pastor Brian Saxe (minister of Bainbridge Community United Church of Christ) about his trip to Scotland. Visit the Lowland Seashore, with its tropical (that's right – tropical!) plants. Travel by train into the Highlands and learn about a rebuilt and functional medieval Abbey. Other highlights include ruins, castles, and a distillery tour. All from the comfort of BSC's Social Hall! This is a FREE presentation! *Call Bainbridge Senior Center at (440) 279-1313 to register by November 10th.*

Want breakfast beforehand? Come to our monthly breakfast! We'll be having Belgian Waffles with fruit topping, with a side of bacon.

Vets and November birthdays eat FREE, and cost is \$5 for all others!

“SALTY & CHARDON TAVERN!”

Join Middlefield Seniors at “Salty” Salt Caves on Chardon Square on Tuesday, October 18, at 10:45. \$25 for cave relaxation. Please call Middlefield for other services offered. Then we will follow our relaxation session with a fun lunch at Chardon Tavern. *Please call for reservations, deadline for payment is Wednesday, October 5. 440.632.0611. Space is limited!*

GEAUGA CYCLISTS

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

CHARDON SENIOR CENTER BOOK CLUB

Monday, October 17 at 1:00 p.m. at the Chardon Senior Center. October's book will be “Before We Were Yours,” by Lisa Wingate.

Geauga Walkers

<u>Date</u>	<u>Park</u>	<u>Parking</u>
Oct 4*	Burton Wetlands Nature Preserve	15681 Rider Road, Burton
Oct 11	Penitentiary Glen	Nature Center, 8668 Kirtland-Chardon Road, Willoughby
Oct 18*	Orchard Hills	Use GPD Entrance 1/4 Mile North of Pattersons 11340 Caves Road, Chesterland; Snowshoeing if Snow
Oct 25	Concord Woods	11211 Spear Road, Concord Twp (Lake County)

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 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.

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

Wednesday, October 19, 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.**

MAH JONGG RETURNS TO BSC

From October through May, Mah Jongg will be held on Mondays from 1pm-3pm at Bainbridge Senior Center. Intermediate and advanced Mah Jongg players are welcome to join The Woods of Auburn Lakes game. *Please bring your own Mah Jongg card and your game set if you have one.*

LINE DANCE CLASSES AT WEST G SENIOR CENTER

Monday Afternoon's from 2:00-3:00pm Line Dance classes will continue here at WGSC!! Instructor Darlene Kelbach from Fairmont Center for the Arts will lead all classes. **Cost for the class will be \$3 per senior per class. Registration is required, call to sign up at 440-279-2163**

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

Thursday, October 6th 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.**

SWEET TREAT DRIVE-THRU AT CHARDON SENIOR CENTER

The October Sweet Treat Drive-Thru at the Chardon Senior Center is Wednesday, Oct. 26, from 12:00 noon – 12:30 p.m. The October treat is Halloween themed! 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!

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, October 27th 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, October 20th. Please indicate if you are a Veteran or if your Birthday is in October. Serving sausage gravy and biscuits with a side of scrambled eggs.

And mark your calendars – next month after breakfast (Thursday, November 17th), we have guest speaker Pastor Brian Saxe, who will be sharing a FREE presentation on “Scotland: The Highs & Lows” at 10am. We’ll be serving up Belgian Waffles with fruit topping and bacon at breakfast beforehand (9am-10am)! Sign up now by calling (440) 279-1313 – vets and November birthdays eat free, \$5 for all others. **Registration and payment due by November 10th.**

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.

SUNFLOWERS & YOU! - A WOMEN’S DAY

Date: Thursday, October 20th from 9:30am to 2:30pm

Held At: Ho Mita Kota (14040 Auburn Rd. Newbury, Ohio 44065)

Cost is \$20.00 per person

Come join us and “unplug” for a day as we head to the wooded acres & camp setting of Ho Mita Kota where you will have multiple choices in how you will spend your day. We will offer archery & hatchet throwing, hiking, crafts, self-defense, do a service project, have a speaker on pelvic floor strengthening, mindfulness activity, and much more!

Lunch of soup and strawberry pecan salad with grilled chicken, and smores will be served.

Calls Sandy McLeod for questions at 440-279-2137

UH WELLNESS SERIES AT THE CHARDON SENIOR CENTER

October’s topic is Creating Meaningful Activities for Brain Health. Come hear the experts from UH, Geauga, as they present on this important topic.

This is a FREE presentation! Call 440-279-2126 to register!

DAVID EXPLAINS

Join us at Bainbridge Senior Center for our new program “David Explains...” Once a month, David will dish out fun facts, trivia, history, and how-to’s on a multitude of subjects. On October 27th at 1pm, David will explain Christopher Columbus: The Good, The Bad, and The Ugly. We will look at the facts and myths regarding Mr. Columbus and his actions in Europe and the New World.

MONTHLY SENIOR BREAKFAST AND BINGO AT WGSC

OCT 14th -8:30am –Join us for a homemade breakfast of Pumpkin French Toast and Bacon, followed by BINGO with fun prizes. **Cost; \$4 register by OCT 7th 440-279-2163.**

ELDERBERRIES: WAGON RIDES AT SWINE CREEK

Thursday, October 13th from 11:30-2:30pm at Swine Creek Reservation (16004 Hayes Rd, Middlefield 44062). Come along on a naturalist-led wagon ride to enjoy natural wonders unique to autumn! As part of this special seasonal event, the Geauga County Department on Aging and University Hospitals Geauga Medical Center will also host a picnic lunch for you at 11:30am. Sponsored by Burton Healthcare. **Registration required. Please call the Geauga Park District at 440-286-9516 to register.**

“IRIS FOLDING” GREETING CARD MAKING WORKSHOP AT THE CHARDON SENIOR CENTER

Tuesday, Oct. 18, 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 Oct. 10. 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!

LUNCH AND LEARN WITH GEAUGA PARK DISTRICT

“Winter Armchair Birding” Friday, December 9th at Bainbridge Senior Center

The cold and blustery days of winter are a good time to curl up with a nice warm blanket, in a big comfy chair with a bird book and a pair of binoculars. Winter can be more enjoyable by learning about some of the birds that visit backyard feeders during the season.

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!

Call Bainbridge Senior Center at 440-279-1313 to RSVP. Registration and cash for lunch are due by December 2nd. You can sign up for both the lunch and the program; just for lunch; or just for the program!

PIZZA & PAINT AT WEST G SENIOR CENTER

Wednesday OCT 26th 12:15pm –Join us for a Pizza Lunch followed by a step-by-step instructional class led by Amber Ariel of Ariel Inspired Art Studio Gallery. Pizza lunch will be served at 12:15pm.

Class will begin at approx. 1:00pm and last approx. 2 hours. All supplies including aprons will be provided. Cost; \$23 (includes lunch and paint session). **Register by OCT 19th 440-279-2163**

CHARDON SENIOR CENTER BOOK CLUB

Monday, October 17 at 1:00 p.m. at the Chardon Senior Center. October’s book will be “Before We Were Yours,” by Lisa Wingate.

HAMILTON & MUSIC BOX SUPPER CLUB

Join GDA on Wednesday, January 11th for lunch at Music Box Supper Club followed by the performance of Hamilton at Playhouse Square! Depart from the Geauga County Office Building (12611 Ravenwood Dr, Chardon) at 10:15am or the West Geauga Senior Center (8090 Cedar Rd, Chesterand) at 10:45am. Lunch is at 11:30am at Music Box Supper Club, and the performance begins at 1:30pm at Playhouse Square. Approximate drop-off time at WGSC is 5:00pm and the GCOB is 5:30pm. Cost is \$154 per person and includes show tickets, transportation, meal and gratuity. Please bring cash the day of event to tip the bus driver. Please indicate on your registration form which lunch entrée you would like, and pick-up location.

Call Melissa Wheeler at 440-279-2167 for questions.

8oz. Black Angus Cheeseburger – lettuce, tomato, onion, pickle, American cheese, fries.

Chicken Parmigiana Sandwich – marinara, provolone cheese, fries.

Chicken Caesar Wrap – grilled chicken, asiago, Caesar dressing, flour tortilla, fries.

Spicy Black Bean Burger (V) – lettuce, tomato, onion, creole aioli, American cheese, fries

PARKMAN 55 PLUS CLUB

The Parkman 55 Plus Club will meet October 6, at the Parkman Community House at 11:30AM. Pot luck lunch at 12:00 noon, followed by a meeting. A rummage sale will then be held. Each person can bring three items with the selling price marked on it. Proceeds will go toward the club. Please no clothes.

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 October 7 Susan Cannavino will tell us about the life story of poet and writer, Edgar Allan Poe. Paul Goebbel will tell us about the underground railroad in Ohio at the October 21 meeting.

We will be going to the Das Dutch Inn in Columbiana on October 15 for a lunch and show, "A Big Band Salute to the Military" and much more. Call Nancy at 440-729-9684 to see if space is still available.

A Christmas trip has been planned for Thursday & Friday, December 8-9 to Clifton Mills (southwest of Columbus) for their fantastic light display. Also included is lunch and a show, "White Christmas," at the LaComedia Dinner Theater. We will also stop at Castle Noel in Medina for America's largest indoor Christmas attraction and lunch at Der Dutchman in Belleville. Cost is \$310 pp (\$316 non-members). For reservations call Nancy at 440-729-9684.

Continue to celebrate the holidays on Monday, December 12, for lunch, tour and wine tasting at Gervasi Vineyard followed by a visit to the beautifully decorated Stan Hywet Hall with Christmas trees in almost every room! Cost is \$100 pp (\$105 for non-members). For reservations call Kimber at 440-668-3293.

LUNCH AND LEARN WITH VICKI KRUEGER FROM THE DEPARTMENT ON AGING ADULT DAY SERVICE

Vicki Krueger from GDA's ADS (Adult Day Service) joins us at Bainbridge Senior Center on Tuesday, December 6th to tell us about "Ten Warning Signs of Alzheimer's."

Learn what is typical age-related memory thinking and behavior, and recognize common warning signs of Alzheimer's and dementia. We will discuss tips for approaching someone about memory concerns.

We will explain the importance of early detection and benefits of a diagnosis. We will also identify possible tests and assessments for the diagnostic process.

Lunch will be served at 12:00 pm and the presentation will start at 12:45 pm. Please call by Monday, November 21st to reserve a lunch. ***If you have questions or want to sign up, please call the Bainbridge Senior Center at (440) 279-1313.***

HALLOWEEN LUNCH PARTY WITH ST ANSELM'S KINDERGARTEN CLASS

OCT 28th from 12:00-2:30pm –Join us at the West G Senior Center for a Halloween Lunch Party with the Saint Anselm's Kids!! There will be lunch, games, music, costume contest, & trick or treating by the kids, so bring candy to pass out!!! Be sure to come in Costume, its going to be a Spook-tac-ular EVENT!! ***Cost \$5 Registration Required by OCT 21st 440-279-2163***

CUISINE & CULTURE: SWITZERLAND

Thursday, October 27th 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 Switzerland culture, food, and destinations. A Swiss lunch will be provided by Chef Joe from UH Geauga. ***Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.***

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.

OCTOBER 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

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

OCTOBER

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DEPARTMENT ON AGING**



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NEED HELP CARING FOR A LOVED ONE WHO HAS EARLY TO MID STAGE DEMENTIA?

Are you caring for a Geauga County Senior who has beginning stages of dementia? Are you feeling overwhelmed by the daily responsibilities and could use a break?

If so, then call the Department on Aging's Adult Day Service (ADS) Program. The Adult Day Service staff can care for your loved one in a safe, structured environment, while you take some needed time.

The Adult Day Service Program is located at 8090 Cedar Rd, in Chesterland and open Monday through Friday, from 8:30am until 2:30pm. Seniors are greeted as they enter ADS by caring staff members who work with the seniors throughout the day.

ADS participants are offered a nutritious lunch, cognitive stimulation, physical exercise and socialization as part of the program. This is not a medically based program, meaning medications are not given and seniors must be able to toilet and feed themselves.

There is no fee for the ADS Program. We will gladly accept donations to help enhance and grow the program.

If you are interested in hearing more about this program, or would like to schedule a visit, call (440) 279-2149.