

IN THIS TOGETHER



GEAUGA COUNTY DEPARTMENT ON AGING

The Geauga SENIOR NEWS



You may never give your next meal a second thought

But that is not true for many Geauga County Senior Citizens! What a gift it would be if you could help!



Give a Home Delivered Meal to someone local and in need!

1 meal = \$5.00
 1 week of meals = \$25.00
 1 month of meals = \$104.00
 1 year of meals = \$1,250

Last year we delivered 67,302 meals to 563 seniors

We have 212 Home Delivered Meal drivers

114,616.25 miles were donated by our drivers

The Department on Aging will collect donations from November-December. Don't forget, *Giving Tuesday is on November 29th* .

For more information, call the Geauga County Department on Aging at 440-279-2183. **Thank you for your generosity!**

I would like to sponsor

1 Meal 1 Week of Meals 1 Month of Meals 1 Year of Meals Other

Name/Business: _____ Phone _____

Address: _____

Please mail this form and your tax-deductible donation to:

Geauga County Department on Aging, 12611 Ravenwood Dr, Ste 200, Chardon, Ohio 44024
The Geauga County Department on Aging is a government agency. Donors may deduct contributions as provided in IRC 170(c)(1) of the U.S. Tax Code.

HOME DELIVERED HOLIDAY MEALS FOR GEAUGA COUNTY SENIORS

The Geauga County Department on Aging and local sponsors Cherished Companions, University Hospitals Geauga Medical Center, Mapleview Country Villa and the Chardon VFW will offer a FREE traditional holiday meal to any Geauga County Seniors, age sixty (60) and older, who will be home and alone on Thanksgiving Day, November 24 and/or Christmas Day, December 25.

There will be no regular Home Delivered Meal delivery or congregate meals on Thanksgiving or Christmas Day. Instead, holiday meals are available by preorder only.

In order to ensure your holiday meal delivery, please contact the Department on Aging as soon as possible. Thanksgiving Day Meal requests are due by November 17 and Christmas Day Meal Requests due by December 16.

If you are a Geauga County Senior or you know of a Geauga County Senior, who will be home and alone on the holidays and need a meal, please call the Geauga Department on Aging at 440-279-2163 or 440-279-2183.



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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

November 2022

Monthly Highlights

Thursday, November 3rd: Free Lunch & Movie
UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register. 12:00pm. Free.

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.




Thursday, November 10th: Elderberries - Restoring Parks for Wildlife Seniors, join Park Biologist, Paul Pira, as he shares how Geauga Park District has restored streams and wetlands in your Geauga Park District for wildlife. Collaboration with UH Geauga. Sponsored by Heather Hill. Call Geauga Park District at 440-286-9516 to RSVP. 1:00pm. Free.

Tuesday, November 15th: Parkinson's Support Group Our topic this month will be on Depression, Anxiety, Mood and Parkinson's. We will watch a presentation from the Davis Phinney Foundation, Dr. Joanne Hamilton. She will speak on the many facets and types of depression, how to understand and manage anxiety. How mood changes get worse the longer you live with Parkinson's and what the latest treatments are. Call Sandy McLeod at 440-279-2137 to RSVP. 12:30pm.




Tuesday, November 15th: Diabetes Support Group Join us as we discuss and learn about some of the common eye issues your diabetes can cause. Understand how diabetes can change eye health, know the risks of vision loss, and how to be pro-active in managing these risks. RSVP to Sandy McLeod at 440-279-2137. 2:00pm.

Thursday, November 17th: Cuisine & Culture Join us at WG Senior Center (8090 Cedar Rd, Chesterland) as we learn about the interesting facts surrounding Australian culture, food, and destinations. A free "Aussie" lunch provided by UH. 12:00pm. RSVP to Melissa at 279-2167. Free

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.

MONDAY		TUESDAY	
		1	<p>10:00-11:00 Strength & Cardio WG</p> <p>11:00-12:00 Balance Exercises CSC & WE</p> <p>1:00-2:30 Geauga Walkers OS</p>
7	<p>9:30-11:00 Parkinson's Boxing EG</p> <p>11:00-12:00 Boxing Class EG</p> <p>12:00-12:30 Floor Exercises EG</p>	8	<p>10:00-11:00 Strength & Cardio WG</p> <p>11:00-12:00 Balance Exercises CSC & WE</p> <p>1:00-2:30 Geauga Walkers OS</p>
14	<p>9:30-11:00 Parkinson's Boxing EG</p> <p>11:00-12:00 Boxing Class EG</p> <p>12:00-12:30 Floor Exercises EG</p>	15	<p>10:00-11:00 Strength & Cardio WG</p> <p>11:00-12:00 Balance Exercises CSC & WE</p> <p>12:30-1:30 Parkinson's Support CSC</p> <p>1:00-2:30 Geauga Walkers OS</p> <p>2:00-3:00 Diabetes Support CSC</p>
21			22
			
28	<p>9:30-11:00 Parkinson's Boxing EG</p> <p>11:00-12:00 Boxing Class EG</p> <p>12:00-12:30 Floor Exercises EG</p>	29	<p>10:00-11:00 Strength & Cardio WG</p> <p>11:00-12:00 Balance Exercises CSC & WE</p> <p>1:00-2:30 Geauga Walkers OS</p>

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
2	3	4
9:30-11:00 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS	10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG	9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE
9	10	11
9:30-11:00 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS 7:00pm "PUFFS" Dress Rehearsal OS	10:00-11:00 Strength & Cardio WG 1:00-2:30 GPD Elderberries OS 1:30-3:00 Book Discussion BL	 OFFICES CLOSED - VETERAN'S DAY
16	17	18
9:30-11:00 Parkinson's Boxing EG 1:00-2:30 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
23	24	25
	 OFFICES CLOSED ON THURSDAY & FRIDAY	
30	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p style="text-align: center;">Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167</p> </div> <div style="width: 50%;"> <p>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</p> </div> </div>	
9:30-11:00 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS		

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.

Friday, Nov. 4 and Nov. 18: Caring for Others Crafting. In the spirit of kindness and giving, join us for this outreach project. The senior center will provide all the supplies, and we will

Friday, Nov. 4: AARP Safe Drivers' Class. Prior registration required.

Monday, Nov. 7: Vehicle Safety Class with the University of Akron Civil Engineering Department. RSVP by 11/4.

Wednesday, Nov. 9: Breakfast and Geauga Park District Presentation on Armchair Winter Birding. Prior registration required.

Monday, Nov. 14: Book Club. This month's book is "The Astronaut Wives Club," by Lily Koppel.

Tuesday, Nov. 15: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 11/7/22.

Wednesday, Nov. 16: Heather Hill Cooking Demo. Space is limited. Reservations required. Thanks to our wonderful community partner, Heather Hill! FREE

Friday, Nov. 18: Friendsgiving Luncheon with presentation by Kathie Doyle. Lunch from Bob Evans. \$10 with registration.

New to the Schedule:

Every Tuesday Afternoon: Game Day! Let's gather to play cards, board games, dominos, or whatever else! No reservation necessary, but call ahead to make sure the group is meeting!

Every Wednesday Afternoon: Mexican Train Dominos.


Chair Volleyball **two times a week!**

BINGO **two times a week!**

More days of Chair Exercise or Balance Exercise!

Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
	1 9:00-11:30 Woodcarving 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
7 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:00-12:30 Lunch 12:30-1:30 BINGO 1:00-2:00 Vehicle Safety Class 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	8 9:00-11:30 Woodcarving 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
14 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:00-12:30 Lunch 12:30-1:30 BINGO 12:45-1:45 Line Dancing \$3 1:00 Book Club	15 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 11:00-11:45 Balance Exercises 12:30 Parkinson's Support Group 2:00-3:00 Diabetic Support Group 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice
21 Closed for Professional Development	22 Closed for Professional Development
28 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:00-12:30 Lunch 12:30-1:30 BINGO 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics	29 9:00-11:30 Woodcarving 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00-11:00 Pinochle 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p>3 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 11:00-11:45 Chair Exercise 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>4 9:30-11:30 Stained Glass 9:00—1:30 AARP Safe Drivers' Class—prior registration 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 Caring for Others Crafting 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>9 9:00-11:00 Pinochle 10:00-11:30 Breakfast and GPD Presentation 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p>10 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 11:00-11:45 Chair Exercise 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>11 9:30-11:30 Stained Glass 11:00-12:00 BINGO 11:30-12:00 Lunch 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>16 9:00-11:00 Pinochle 11:00-11:45 Balance Exercise 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 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p>17 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>18 9:30-11:30 Stained Glass 10:30-12:30 Friendsgiving Luncheon—prior registration required No BINGO today 12:30-1:30 Caring for Others Crafting 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>23 Closed for Professional Development</p>		
<p>30 9:00-11:00 Pinochle 9:30-10:15 Balance Exercis 11:00-11:45 Strength Training \$2 12:00-12:30 Lunch 1:00-2:30 Chair Volleyball 2:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p>Becky O'Reilly Recreation & Education Coordinator</p> <p>Hannah Heinz Recreation & Education Assistant Coordinator</p>	<p>Beth Oliverio Information and Referral Specialist</p> <p>Karen Fueger Kitchen Coordinator</p> <p>Peggy Peters Kitchen Assistant</p>

Bainbridge Bulletin

Tuesday, November 1:
Lunch & Learn with UH Geauga Medical “Self Care Through the Holidays” The holidays can be a difficult time, and self care is essential to your overall health and well being. Find out some tips to help manage the stress of the season. Lunch at 12pm, presentation at 12:30pm.

Tuesday, November 8:
Nosh with Natalie Sponsored by Heather Hill. Cranberry Balsamic Chicken and Pumpkin Cheesecake Bars. RSVP by October 28th.

Tuesday, November 8:
Making Sense of Microbiology Presented by microbiologist Melissa Craig, wife of BSC REC Assistant David Craig. Go inside the work day of a scientist and learn about why microbiology is important. 12:15pm.

Thursday, November 10:
David Explains A Brief History of Indigenous Americans. 1pm. Please RSVP by 11/7.



Thursday, November 17:
Bainbridge Big Breakfast Veterans and November birthdays eat free; \$5 for all others. Belgian waffles with fruit topping and bacon. RSVP by Thursday, November 10th. Stay for Pastor Brian Saxe’s talk on Scotland at 10am.

Thursday, November 17:
Scotland: The Highs & Lows Presented by Pastor Brian Saxe, minister of Bainbridge Community United Church of Christ. Come for breakfast, but stay for a travelogue about Pastor Brian Saxe’s recent trip to Scotland. 10am. Free.




Tuesday, November 29:
Bites from the Buckeye State: an Ohio Themed Lunch Join us for a lunch of some of Ohio’s popular dishes. We’re serving Polish Boys, Pierogis, and Buckeyes to feast on. Payment and registration is due by Friday, 11/18. Cost is \$8. 12pm. Stay for Dr. Sergi’s. Famous Ohioans presentation at 1pm.

Tuesday, November 29:
Famous Ohioans: Mobsters, Maniacs, & Martyrs Presented by Dr. Molly Sergi of Kent State Geauga. Listen as she profiles and highlights famous people from Ohio and their contributions and personalities - from the famous to the down-right deviant! Free. 1pm. Limited space —RSVP ASAP

Bainbridge Senior Center (440) 279-1313

MONDAY	TUESDAY
<p>Balance Exercise on Thursdays will now be held at 9:45am! Class will now be at the same time on both Tuesdays and Thursdays.</p> 	<p>1</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch & Learn with UH Geauga Medical Center Self Care Through the Holidays 12:00-2:00 Social Work Appts</p>
<p>7</p> <p>DID YOU TURN YOUR CLOCKS BACK?</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 (Waitress) 12:30-2:30 Beginner’s Mah Jongg 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p>8</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 11:00-12:00 Nosh with Natalie: Cranberry Balsamic Chicken & Pumpkin Cheesecake Bars <i>Prior registration required</i> 12:00-1:00 Lunch 12:15-1:15 Making Sense of Microbiology with Melissa Craig</p>
<p>14</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 (<i>Jumanji: Welcome to the Jungle</i>) 12:30-2:30 Beginner’s Mah Jongg 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p>15</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch</p> 
<p>21</p>	<p>22</p>
<p>All Sites will be CLOSED Monday the 21st — Wednesday for Staff Training</p>	
<p>28</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 (<i>The Princess Bride</i>) 12:30-2:30 Beginner’s Mah Jongg 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p>29</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Bites from the Buckeye State: an Ohio-Themed Lunch (\$8) <i>Prior registration required</i> 1:00-2:00 Famous Ohioans: Mobsters, Maniacs, & Martyrs With Dr. Molly Sergi <i>Call to RSVP—Space is Limited!</i></p>

**17751 Chillicothe Road,
Bainbridge OH 44023**

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">2</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>Augie's Pizza, South Russell</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">3</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch</p>	<p align="right">4</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">9</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Chicago Deli, Solon</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">10</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-1:00 Lunch 1:00-2:00 David Explains: A Brief History of Indigenous Americans <i>Call to RSVP by 11/7</i></p>	<p align="right">11</p>  <p align="center">HAPPY <i>Veterans Day</i> HONORING ALL WHO SERVED</p>
<p align="right">16</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>El Camino, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">17</p> <p>9:00-10:00 Big Breakfast! <i>Prior registration required</i> 10:00-11:00 Scotland: The Highs & Lows with Pastor Brian Saxe <i>Call to RSVP</i> 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">18</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">23</p> <div style="background-color: yellow; padding: 10px; border: 1px solid black;"> <p>D by the 23rd</p> </div>	<p align="center">HAPPY THANKSGIVING FROM BAINBRIDGE SENIOR CENTER!</p>  <p align="center">All Sites will be CLOSED Thursday & Friday for the Thanksgiving Holiday</p>	
<p align="right">30</p> <p>8:30-9:30 All-Around Exercise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Station 43, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	 <div style="text-align: right; padding-right: 20px;"> <p>Recreation & Education Coordinator <i>Natalie Dolezal</i></p> <p>REC Assistant Coordinator <i>David Craig</i></p> </div>	

Newsworthy Notes

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

WG Walkers-November Locations

- NOV 4 –Beartown Lakes Reservation
- NOV 11 –NO WALK-Veterans Day
- NOV 18 –Chapin Forest
- NOV 25-NO WALK-Thanksgiving Break
- Monthly Breakfast & Bingo

NOV 4--8:30 am Join us for some good old home cooked Apple cinnamon pancakes and scrambled eggs, followed by some BINGO FUN!! *Cost: \$4 Register by Nov 1st*
Lunch-In and a Movie

NOV 7-Lunch-in and a Movie –Celebrate Matthew McConaughey’s birthday with a showing of “The Wedding Planner” and enjoy a pre-paid Lunch as well if you choose. Movie is FREE, only the meal has a cost of \$6. *Sign up for one or both, meal registration is due by Nov 1st.*

Fall Craft with Millissa

NOV 9 12:30pm Fall Centerpieces, cost is \$5 pp, includes all supplies. *Register by Nov 4th*

Virtual Tour NOV –London

NOV 4–11:00am-The Cotswolds, England

NOV 18–11:00am -Belgravia, London

Magnificent Mother Earth Schedule

NOV 9 1:30pm-Amazing Africa-Unique Wild-life in Ethiopia’s Highlands

NOV 30– 1:30pm Everglades National Park- Insights into it’s amazing EcoSystem
Pumpkin Pie & Cider Drive Thru

NOV 14 12:30pm Stop on by for a delicious slice of Pumpkin Pie along with Apple Cider, cost is only \$2pp, register by Nov 7

Vehicle Safety Feature Class

Nov 14 1:00-2:00pm Ever wonder what all those lights are on your dashboard? Confused about what they all mean? If so, this class is for you!! Join us for a free workshop covering all of these technologies. Class is presented by University of Akron PHD students from the civil engineering department. *Register by Nov 10th*
Geauga Parks-Winter Armchair Birding

NOV 17 10:00am Learn about winter birds that visit our feeders during the winter. Cookies & CoaCoa will be served to all who attend, *Register by Nov 7th.*
DINE NITE OUT

NOV 17 -5:00pm -Meet up at Chester Tavern
Call to register NO Later than NOV 14th
Where in the World?

Nov 28-12:30pm HWANGE NP & ZIMBABWE
 For this destination, we will visit the oldest and largest game reserve in the country. Next we will see many of Zimbabwe’s interesting attractions, as we learn about the culture. *Sign Up by Nov 21st*

West Geauga Sr. Center (440) 279-2163

MONDAY	TUESDAY
	1
8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 CHAIR YOGA 12:30-2:30 <i>Lunch-in and Movie</i> <i>“The Wedding Planner” \$6</i> 2:00-3:00 Line Dance Class	8
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14	15
21	22
<h1>ALL Senior Centers CLOSED for Management Staff Training</h1>	
28	29
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West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
2	3	4
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)	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 Word Nerd Game (WX)	8:00-9:00 WG Walkers 8:30-9:30 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-England 1:00-3:00 Tech Help Appointments
9	10	11
8:30-10:30 Italian Card Game 10:00-10:55 Interval Exercise (WX) 11:00-12:00 Chair Yoga 11:30-12:30 <i>FREE Lunch & Learn GrandPad Demonstration</i> 12:30-1:30 <i>Crafting w/Millissa \$5</i> 1:30-2:30 <i>Magnificent Mother Earth</i> 3:00-4:00 Wednesday Wordles (WX)	8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 12:00-2:00 <i>Veterans Recognition Lunch & Entertainment by Joey Tomsick & his band</i> 3:00-4:00 Word Nerd Game (WX)	ALL SITES CLOSED 
16	17	18
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)	8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy 10:00-11:00 <i>Geauga Parks Prg- Winter armchair Birding</i> 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise 3:00-4:00 Word Nerd Game (WX) 5:00-7:00 <i>DINE NITE OUT Chester Tavern</i>	8:00-9:00 WG Walkers 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-12:00 Virtual Travel-London 1:00-3:00 Tech Help Appointments 1:00-2:00 <i>Cocoa, Cookies & Conversation with WR Historical Society Part 1 "The Golden Age of shopping"</i>
23	24	25
s will be datory gs.	Happy Thanksgiving 	
30	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: <i>Call Don Trask 440-759-9691</i>	
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)	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.	

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

***WALKING!**

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, Nov 1, 15 & 29 10:00am AND
Every Other Wednesday, Nov 9 . 2:00PM (after BINGO)

***BIRTHDAY LUNCH**

Monday, Nov 14, 12:00. FREE Lunch for anyone having a Birthday in Nov, please call by Nov 7 to let us know you will be joining us.

CRAFTING

Mondays 1:00pm

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

***Nov 7: Paint Party, \$20 per person, call and check for availability**

***Nov 14: Rag Angel—FREE**

LUNCH IN

***Thursday, Nov 3 at noon. Tomato Soup & Grilled Bacon & Cheese \$5, payment deadline Nov 1.**

***Thursday, Nov 17 at noon. Brunch for Lunch, Christmas Casserole, Fruit & fixins. Cupcake Dessert furnished by Aetna Medicare Solutions. \$5 for lunch, payment due by Nov 14.**

EDUCATION

***Friday, Nov 4, 10:30.**

FIRST LADIES PART II!

Presented by Kathie Doyle. Call to reserve your space now!

***Tuesday, Nov 15, noon.**

LUNCH & LEARN WITH MIDDLEFIELD FIRE DEPARTMENT.

Free program. Reservation deadline Nov. 7.

***INSTANT POT/AIR FRYER DEMO**

Friday, Nov 18, 10:30. See if you want one of these handy kitchen aids from your family for the Holidays!

Free Demo with samples.

Call to reserve your spot! Deadline Nov 14.

***Monday, Nov 28, 1:00pm.**

VEHICLE SAFETY FEATURES CLASS.












What are all those buttons? Make your reservation for GDA lunch before the presentation. Deadline for lunch reservation, Nov 14.

HAPPY HOUR

Warren Spirited Kitchen 3:30pm
Reserve your spot!








Middlefield Sr. Center

440-632-0611

Mon	Tue
<p>ON TUESDAY, NOV 8</p> <p>LUNCH OUT & A MOVIE</p> <p>MEET US AT BURNTWOOD TAVERN FOR LUNCH THEN JOIN US AT THE CINEMA</p> 	<p>National Children's Month 1</p> <p>8:00 Social Hour</p> <p>10:00 Line Dance</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball</p>   
<p>National Chocolate Day 7</p> <p>8:00 Social Hour</p> <p>10:15 Exercise w/Ginny</p> <p>11:00 Walk w/Ginny</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Crafting: Paint Party!</p>	<p>LUNCH & A MOVIE 8</p> <p>TUESDAY, NOVEMBER 8, 2022</p> <p>Your VOTE is your VOICE</p> <p>VOTE</p>
<p>National Pickle Day 14</p> <p>8:00 Social Hour</p> <p>10:15 Exercise w/Big Screen</p> <p>11:00 Walk w/Vivian</p> <p>12:00 Birthday Lunch</p> <p>1:00-3:00 Crafting: Rag Angel</p>  	<p>National Bundt Day 15</p> <p>8:00 Social Hour</p> <p>9:00 Rummikub</p> <p>10:00 Line Dance</p> <p>12:00 Lunch & Learn Middlefield Fire Dept. Safety Talk</p> <p>1:00-3:00 Chair Volleyball</p>   
<p>21</p> 	<p>22</p> 
<p>Cyber Monday 28</p> <p>8:00 Social Hour</p> <p>10:15 Exercise w/Ginny</p> <p>11:00 Walk /Ginny</p> <p>12:00 GDA Lunch</p> <p>1:00 VEHICLE SAFETY FEATURE CLASS</p>	<p>Square Dancing Day 29</p> <p>8:00 Social Hour</p> <p>9:00 Rummikub</p> <p>10:00 Line Dance</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball</p>  

Middlefield Sr. Center

15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
National Ohio Day 2	Jellyfish Day 3	National Candy Day 4
8:00 Social Hour 10:15-10:45 Exercise with Ginny 10:00 Rummikub 11:00 12:00 GDA Lunch 12:30 Movie Time! 	8:00 Social Hour  10:00 Rummikub 12:00 GDA Lunch 12:00 Grilled Cheese & Grilled Soup \$5 1:00-3:00 Chair Volleyball 	8:00 Social Hour 10:30 First Ladies Part II Kathie Doyle 12:00 GDA Lunch 1:00-3:00 Chair Volleyball 
National Scrapple Day 9	USMC Day 10	Veterans Day 11
8:00 Social Hour 10:15-10:45 Exercise with Ginny 11:00 Rummikub 12:00 Walking!  1:00-2:00 GDA Lunch 2:00-3:00 BINGO! Line Dancing 	8:00 Social Hour  10:00 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball 3:30 Happy Hour: Warrens Spirited Kitchen 	
National Fast Food Day 16	National Hiking Day 17	Apple Cider Day 18
8:00 Social Hour 10:15 Exercise w/Big Screen  11:00 Walking w/Vivian 12:00 GDA Lunch 12:30 Movie Time! 	8:00 Social Hour  10:00 Rummikub 12:00 BRUNCH FOR LUNCH  12:00 Free Dessert by Aetna! 1:00-3:00 GDA Lunch Chair Volleyball	8:00 Social Hour 10:30 Instant Pot/Air Fryer 12:00 GDA Lunch 1:00-3:00 Chair Volleyball 
  23	 24	 25
City Of Life Day 30	NOVEMBER 28 AT 1:00PM VEHICLE SAFETY FEATURE CLASS PRESENTED BY PHD STUDENTS FROM THE CIVIL ENGINEERING DEPT AT THE UNIVERSITY OF AKRON. 	
8:00 Social Hour 9:30 Rummikub 10:15 Exercise w/Ginny 11:00 Walking 12:00 GDA Lunch 12:30 Movie Time!		

PARKINSON'S SUPPORT GROUP

Tuesday, November 15th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Our topic this month will be on Depression, Anxiety, Mood and Parkinson's. We will watch a presentation from the Davis Phinney Foundation, Dr. Joanne Hamilton. She will speak on the many facets and types of depression, how to understand and manage anxiety. How mood changes get worse the longer you live with Parkinson's and what the latest treatments are. Call Sandy McLeod at 440-279-2137 to RSVP.

A NOSH WITH NATALIE

On Tuesday, November 8th at 11:00am, Natalie will be giving her hand at making a dish or two at Bainbridge Senior Center. This month, she's getting into the autumn feels by trying out Cranberry Balsamic Chicken and a Pumpkin Cheesecake Bars. 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 28th! This free event is sponsored by Heather Hill. Next month's Nosh date: Tuesday, December 20th... we're going Vegan!

FIRST LADIES OF NOTE – PART II, PRESENTED BY KATHIE DOYLE

Friday, November 4, 10:30. This program follows the lesser known First Ladies. The trials and tribulations they faced while their husbands were in office. Part II covers Julia Grant, Lucretia Garfield, Ida McKinley, Francis Cleveland, Ellen Wilson and Edith Wilson.. 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.

LUNCH-IN AND FREE MOVIE & POPCORN –THE WEDDING PLANNER

Nov 7th 12:00pm –Join us at the West G Senior Center as we celebrate Matthew McConaughey's Birthday with a showing of the Movie "The Wedding Planner". 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 Ham & Cheese Croissant or Turkey & Cheese on whole wheat. Registration Deadline for lunch is NOV 3rd. Call WGSC to sign up 440-279-2163 The Lunch-in choice will require pre-payment of \$6.

FRANK AND DEAN CHRISTMAS PARTY AT CHARDON SENIOR CENTER

Wednesday, December 14, 2022; 11:00 a.m. – 2:00 p.m.; at the Chardon Senior Center; \$15.00 per person, payable with registration. Celebrate the Christmas season with your senior center friends! We will have a delicious luncheon, festive mocktails, a fun disc jockey, and an awesome LIVE performance by Frank Sinatra and Dean Martin impersonators! Join in on the festivities, and don't forget to wear your favorite Christmas sweater! Sign up by 11/30/22. For more information, call the Chardon Senior Center at 440-279-2126.

DIABETES SUPPORT GROUP – EYE CARE

Tuesday, November 15th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Join us as we discuss and learn about some of the common eye issues your diabetes can cause. Understand how diabetes can change eye health, know the risks of vision loss, and how to be pro-active in managing these risks. RSVP to Sandy McLeod at 440-279-2137.

FRIENDSGIVING LUNCHEON, FEATURING KATHIE DOYLE

Friday, November 18; 10:30 a.m. – 1:00 p.m.; at the Chardon Senior Center; \$10.00 per person. Friends + Thanksgiving = "Friendsgiving." Enjoy a delicious traditional Thanksgiving lunch from Bob Evans, with your friends from the senior centers! We will be joined by one of our favorite senior center friends, Kathie Doyle, as she presents on the topic of Miss America. Call 440-279-2126 for more info!

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, November 17th from 9am-10am for our monthly Big Breakfast! Veterans and November Birthdays eat FREE. All others pay \$5.00. Call (440) 279-1313 to RSVP. Registration and payment are due no later than Thursday, November 10th. Please indicate if you are a Veteran or if your Birthday is in November. Serving Belgian Waffles with fruit topping and bacon.

After breakfast, guest speaker Pastor Brian Saxe will be sharing a FREE presentation on “Scotland: The Highs & Lows” at 10am. Call us at (440) 279-1313 to RSVP! Come for breakfast, our speaker, or both!

WALKING FOR WELLNESS!

Every Wednesday at 1:00pm. 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
11/2/2022	Affelder House (West Woods)	15139 Chillicothe Rd, Novelty
11/9/2022	Welton's Gorge	13973 Hale Rd, Burton
11/16/2022	Observatory Park	10610 Clay St, Montville
11/23/2022	Claridon Woodlands	11383 Claridon Troy Rd, Chardon
11/30/2022	Holbrook Hollows	7250 Country Ln, Bainbridge

LUNCH & LEARN WITH MIDDLEFIELD FIRE DEPARTMENT

Hosted and held at the Middlefield Senior Center. Tuesday, November 15 at noon. Home safety for the Holidays and beyond. Space is limited. Please call to make your reservation. 15820 Ridgewood Dr., Middlefield, 440.632.0611.

WR HISTORICAL SOCIETY SPEAKER SERIES AT WGSC “COCOA, COOKIES, & CONVERSATION”

Enjoy Hot chocolate and a variety of cookies while learning, (or reliving) some special holiday moments and places from Cleveland's history. Held at WG Senior Center-8090 Cedar Rd in Chesterland.

Part 1 Nov 18th 1:00-2:00pm – “The Golden Age of shopping in Cleveland”. Join us at the West G Senior Center for a Western Reserve Historical Speaker presentation. Explore the heyday of Cleveland's most glamorous department stores of the past. From small town grocers to giant Palaces, companies like Higbee's, May Company, and Halle Brothers grew with the city, and came to define Cleveland's fashion and shopping for decades. **FREE EVENT –RSVP by NOV 10th.**

Call to sign up 440-279-2163

Part 2 DEC 8th 1:00-2:00pm- “Cleveland's Holiday Traditions”. From early settler traditions to department store palaces, Cleveland has always embraced the holiday season in a BIG way. Share your memories of Mr. Jingeling and department store windows while learning about some of the lesser-known holiday traditions of Clevelanders both then and now. **FREE EVENT –RSVP by DEC 1st Call 279-2163.**

“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.

NEWS RELEASE - HEAP WINTER CRISIS PROGRAM

The Ohio Department of Development and Geauga Job and Family Services will help income-eligible Ohioans stay warm during the cold winter months. The program runs from November 1, 2022, until March 31, 2023.

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

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

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

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

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

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 The Topsy Bull (formerly 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!

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!

INSTANT POT & AIR FRYER DEMO

Friday November 18 at 10:30. Presentation is at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. Free presentation and samples. Call to make your reservations!

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

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

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

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

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

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

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

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

“FAMOUS OHIOANS: MOBSTERS, MANIACS, & MARTYRS” AND BITES FROM THE BUCKEYE STATE

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!

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

Thursday, November 3rd 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.

CRAFTING WITH MILLISSA AT WGSC

NOV 9th at 12:30pm –Autumn Scarecrow centerpieces will be the craft this month, all supplies included, cost is \$5, register by Nov 4th 440-279-2163

WHERE IN THE WORLD?? HWANGE NATIONAL PARK & ZIMBABWE

NOV 28 at 12:30pm-This month we will visit the oldest and largest game reserve in this country!! Next, we will visit Zimbabwe and take a look at this destinations many interesting attractions, as we learn of the people and culture there. Registration required no later than NOV 21st FREE Event, Call WGSC to sign up at 440-279-2163

MONTHLY SENIOR BREAKFAST AND BINGO AT WGSC

NOV 4th -8:30am –Join us for a homemade breakfast of Apple cinnamon Pancakes, and scrambled eggs, followed by BINGO with fun prizes. Cost; \$4 register by Nov 2nd 440-279-2163.

Geauga Walkers

Date	Park	Parking
Nov 1*	Beartown Lakes Reservation	18870 Quinn Road, Auburn/Bainbridge Twp North Point Shelter
Nov 8	South Chagrin Reservation Falls Polo Field Parking Lot	41324-44998 South Woodland Road (Rt 87), Chagrin
Nov 15*	Best Preserve	Rt 44, Sunset Shelter Parking, South Entrance
Nov 22	Oberland Park	14899 Auburn Rd, Newbury, North of Rt 87 at Large Boulder
Nov 29*	Big Creek Park	9160 Robinson Rd, Chardon, Maple Grove Shelter

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.

FREE HARMONY HOLIDAY PERFORMANCE AT CHARDON SENIOR CENTER

Monday, December 5, 2022; 10:30 a.m. at the Chardon Senior Center; cost is FREE, but reservations are a MUST by calling 440-279-2126 by 11/28/22. Free Harmony is the show choir at Chardon High School, and they are coming to CSC to bring us some holiday cheer! Please be prompt for the performance, as these students keep a tight schedule! Lunch will be served after the performance.

MYSTERY CRAFT PRESENTED BY MIDDLEFIELD LIBRARY AT THE MIDDLEFIELD SENIOR CENTER.

Come and enjoy making your own creation. All supplies are furnished for free. Thursday, November 17th. Stay for "Brunch for Lunch" for \$5 with a free dessert furnished by Aetna Medicare Solutions. At the Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. Call to reserve your spot!

PUMPKIN PIE & APPLE CIDER DRIVE-THRU AT WEST G SENIOR CENTER

NOV 14th at 12:30pm-Join us for this Drive-Thru Pick up event!! Drive on thru and pick up a delicious slice of Pumpkin Pie, along with some tasty fall apple cider!! Cost is \$2.00 Registration required no later than NOV 7th
Call WGSC for more Info 440-279-2163

GEAUGA PARK DISTRICT NATURALIST SERIES AND BREAKFAST AT CHARDON SENIOR CENTER

Wednesday, November 9 at Chardon Senior Center. 10:00 a.m. – light breakfast; 10:30 a.m. – Geauga Park District Presentation. This month's topic is "Winter Armchair Birding." This is a FREE event, but reservations are required by 11/7/22 by calling 440-279-2126.

ELDERBERRIES: RESTORING PARKS FOR WILDLIFE

Thursday, November 10th from 1:00-2:30pm at The West Woods (9465 Kinsman Rd, Novelty 44072). Seniors, join Park Biologist, Paul Pira, as he shares how Geauga Park District has restored streams and wetlands in Geauga County for wildlife. A collaboration with the Geauga Department on Aging and UH Geauga Medical Center. Sponsored by Heather Hill. Wheelchair accessible. Please call the Geauga Park District at 440-286-9516 to register.

CHILI & BAKED POTATO LUNCH

Join us at Bainbridge Senior Center for a hearty holiday lunch on Friday, December 16th at 12:30pm. We're serving up chili and baked potatoes with your favorite fixins! \$5 to feast with your friends and perhaps get a visit from Santa! Call (440) 279-1313. Money and registration due by Wednesday, December 9th.

CHRISTMAS COOKIE EXCHANGE AND PHOTOS WITH SANTA!

Wednesday, December 21, 2022; 10:30 a.m. – 12noon; at the Chardon Senior Center. Santa is coming to town, and he LOVES cookies! To participate in our festive cookie exchange, call 440-279-2126 by 12/12/22. On the day of the event, bring a disposable plate of 2 dozen of your favorite holiday cookies; we will take care of the rest! You can add the recipe if you'd like, but not required. We will have a hot chocolate bar for your enjoyment, as well as a photos with Santa!

CUISINE & CULTURE: AUSTRALIA

Thursday, November 17th 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 Australian culture, food, and destinations. An "Aussie" lunch will be provided by Chef Joe from UH Geauga. Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.

MAKING SENSE OF MICROBIOLOGY

On Tuesday, November 8 at 12:15pm, join Melissa Craig, wife of BSC staff member David Craig, at Bainbridge Senior Center as she explains her job at GOJO Industries as a Quality Control Microbiologist. Melissa will take us inside the work day of a scientist searching for microbes in a laboratory, and explain what exactly microbes are. Learn about the reasons microbiology is important to everyday life, and how she began her career in a STEM field. There will be a Q & A segment after the talk... and maybe Melissa will share what it's like being married to a wonderful, charming gentleman like David.

CUPS AND CANVASES WITH A TWIST

Instead of painting on a canvas, our project this month will be painting drink coasters; just in time for holiday gift giving! Participants will receive (4) 4x4 slate coasters with felt feet and sealant for the coasters. Amber from Ariel Inspired Art Studio and Gallery will guide participants, step-by-step, to achieve beautiful artwork! The class will be Friday, December 16 at the Chardon Senior Center, from 12:30 p.m. – 3:00 p.m. The cost is \$25.00 per person. Register by 12/5/22 by calling 440-279-2126.

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 November 4 we will be entertained by the great music of Steppin' Out. On November 18 Alan Ducka will tell us all about Christmas in Cleveland. 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. Young of Heart annual Christmas Party will be held on Friday, December 2, at Manakiki Country Club in Willoughby Hills, for members only. Cost is \$30. Reservations and money are due by November 18. For reservations call Barbara at (440) 729-0649 or Mary Ann at (440) 729-7489.

BEGINNER'S MAH JONGG

Starting in November a beginner's group will be held on Mondays from 12:30 pm-2:30 pm. David Craig will be on hand to help players and the games will be played at a slower pace. The Beginner's group will focus on the rules of the game, understanding what hands to build towards, and understanding the mechanics of dealing and passing. If you have any questions please call Natalie or David at (440) 279-1313. The class will be Friday, December 16 at the Chardon Senior Center, from 12:30 p.m. – 3:00 p.m. The cost is \$25.00 per person. Register by 12/5/22 by calling 440-279-2126.

VEHICLE SAFETY FEATURES

What do all those lights on your dashboard mean? Are they too confusing, so you turn them off? Are you looking to buy a new car and wondering if you'll feel comfortable with the new technologies that are supposed to keep us safer and support our independence? Join us for this free workshop to learn about these technologies and leave feeling more confident to use them. Sponsored by the University of Akron, Civil Engineering Department. Claudia Markovic will be the presenter

Monday, November 7th at Chardon Senior Center - Call 440-279-2126 to RSVP
Monday, November 14th at West Geauga Senior Center - Call 440-279-2163 to RSVP
Monday, November 28th at Middlefield Senior Center - Call 440-632-0611 to RSVP

PARKMAN 55 PLUS CLUB

The Parkman 55 Plus Club will meet Thursday, November 3, at the Parkman Community House at 11:30AM. We will be having our chili cookoff at 12:00 noon, followed by a Bingo. Please bring your quarters. Hope to see everyone there. We always welcome new members. For more information call Linda Bell at (440) 554-9201 or Doris Schwendeman at (440) 632-5461.

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, November 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 Book of Hope by Jane Goodall

Thursday, November 10th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: The Lincoln Highway by Anor Towles

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 Thursday, November 10th at 1pm, David will give the scoop on A Brief History of Indigenous Americans.

COOKIES & COACOA WITH GEAUGA PARKS AT WGSC

NOV 17th at 10:00am –Winter Armchair Birding-Join us at the WG Senior Center for a wildlife program presented by a naturalist from Geauga Parks. The topic will center around the many species of birds we can expect to see at our backyard feeders during this season. Cookies and CoaCoa will be served during the presentation. A Free Event, Call to register by NOV 14th 440-279-2163

CHARDON SENIOR CENTER BOOK CLUB

Monday, November 14 at 1:00 p.m. at the Chardon Senior Center. November's book will be "The Astronaut Wives Club," by Lily Koppel.

FREE BRUNCH WITH SANTA AT WGSC!!! SAVE THE DATE IN DECEMBER

Friday December 9th at 10:30am Join us here at WG for a fun filled morning with a Buffet Style Brunch, Entertainment by Tom Todd, Games & Prizes, and of course a visit from our favorite jolly ol' guy SANTA!!!
RSVP by December 2nd by calling 440-279-2163

FREE HEARING SCREENINGS AT BAINBRIDGE SENIOR CENTER

Reserve Hearing Center is offering free hearing screenings at Bainbridge Senior Center on Tuesday, December 13th from 11:30am - 1:30pm

IRIS FOLDING GREETING CARD MAKING WORKSHOP AT BAINBRIDGE SENIOR CENTER

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. Instructor Phyllis Knapp brings all the supplies you will need, and guides you through how to make beautiful greeting cards! \$1.50 per card, payable to the instructor the day of workshop
Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge)
on Thursday, November 17th, 2022 - Workshop begins at 12:30 p.m.
Call 440-279-1313 to register.

FREE LUNCH & LEARN PRESENTATION BY GRANDPAD AT WGSC

NOV 9th at 11:30am –Join us for a FREE Lunch and a learning presentation/Demonstration all about GrandPad. If you have ever wondered what the heck is a GrandPad? Well this is your chance to learn all about what it is, and how to use it!! You will see it is a NEAT DEVICE, with Lots of useful features for any senior!!!
FREE Prg, Call to RSVP no later than NOV 4th 440-279-2163

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

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! \$1.50 per card, payable to the instructor, Phyllis Knapp, the day of the workshop.
This workshop is offered monthly at 2 of our locations.
Our November schedule is:
Tuesday, November 15, at 10:00 a.m. at Chardon Senior Center; call 440-279-2126 to register.

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.

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday NOV 17th –Meet up time is 5:00pm at “Chester Tavern in Chesterland” (8190 Mayfield Rd). Just call us ahead of time to let us know you are coming. Cost is on your own. RSVP by NOV 14th 440-279-2163

CALLING ALL CANASTA PLAYERS!! WGSC NEEDS YOU!!

WG Senior Center is in NEED of Canasta players, we would LOVE to start a group here, however we need to have enough interested players willing to commit to come!! If you know how, and like to play this fun Card game, please let us know you are willing by calling us at 440-279-2163

MAH JONGG RETURNS TO BSC

From October through May, Mah Jongg will be held on Mondays from 1pm-3pm at Bainbridge Senior Center. Advance and intermediate Mah Jongg players are welcome to join The Woods of Auburn Lakes game on Mondays from 1:00 to 3:00. Beginners and slower-paced players are welcome to attend and observe. Please bring your own Mah Jongg card and your game set if you have one.

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.

NOVEMBER 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

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

NOVEMBER

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**GEAUGA COUNTY
DEPARTMENT ON AGING**



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News ONLINE

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HOLIDAY VOLUNTEERS NEEDED

Volunteers are needed Thanksgiving Day, November 24th to deliver meals to seniors who are alone for the holidays. Holiday meals are deeply appreciated by our area seniors and we would love to have you help make their Holiday a little brighter.

All meals are prepared and made ready for delivery at the Chardon Senior Center, located at 470 Center Street Bldg. 8, in Chardon. Volunteers will pick up holiday meals at the Chardon Senior Center and deliver the meal to their assigned senior(s) home(s).

To volunteer or for additional information, call the Geauga County Department on Aging at (440) 279-2145.