


December 2022

The Geauga SENIOR NEWS



IN THIS
TOGETHER 
GEAUGA COUNTY
DEPARTMENT ON AGING



HOME DELIVERED HOLIDAY MEALS FOR GEAUGA COUNTY SENIORS

The Geauga County Department on Aging and local Christmas Sponsor Ohman Family Living (formerly The Hills), will offer a FREE traditional holiday meal to any Geauga County seniors, age sixty (60) and older, who will be home and alone on Christmas Day, December 25.

There will be no regular Home Delivered Meal or congregate meals on 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. Christmas Day Meal requests are 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.

ATTENTION GEAUGA COUNTY SENIORS

IT'S TIME TO UPDATE YOUR REGISTRATION FOR 2023! IN ORDER TO RECEIVE OR CONTINUE SERVICES WITH THE GEAUGA COUNTY DEPARTMENT ON AGING, SENIORS MUST UPDATE THEIR REGISTRATION FOR 2022!

If you registered with the GDA in 2021 or 2022, and there has been no change on your registration form (For example - change of address, new phone number, new emergency contact) **seniors can call your local senior center and asked to be re-registered** (if you don't call, you will not be re-registered for 2023). If there has been a change in your registration information, print a 2023 registration from the GDA website or ask to have one mailed to you.

Gauga County Seniors who were registered in 2021 or 2022, and have no information changes, already have their permanent registration card. This New Card will not expire. But you do need to call in and re-register each year. If you lose your card, there is a \$5.00 fee for a new one.

Please note, all out of county seniors and guests under 60 years of age will be charged an annual fee of \$25 to register with the GDA.

This annual fee does not include a subscription to the Geauga Senior Newsletter.



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Geauga County
Department on Aging

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Get “Extra Help” With Medicare Part D Prescription Drug Costs!

Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescriptions drug costs. You may qualify if your monthly income and total resources are below these limits:

Single: \$1,719/monthly & resources below \$15,510; or

Married \$2,309/monthly & resources below \$30,950.

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

Deadline for the news and information items is the **5th of the month prior to publication.**

The Geauga Senior Newsletter is the official publication of the Geauga County Dept. on Aging.

Located at 12611 Ravenwood Dr., Suite 200, Chardon, Oh 44024.

The newsletter is published monthly, and has a circulation of approximately 4,200 hard copy and 700 plus via the web.

If you are not receiving the newsletter, and you are a Geauga County Senior,

60 years of age or older, call (440) 279-2130.

BOARD OF COMMISSIONERS

Geauga County Ohio

JAMES W. DVORAK
TIMOTHY C. LENNON
RALPH SPIDALIERI

Please let us know if you have a change of address.

LEADERSHIP TEAM

Jessica Boalt – Director | Kathy Petrella – Asst. Director | Reba Dykes - Administrative Services Manager
Sandy McLeod – Senior Centers Supervisor | Karen M. Stone – Internal Operations Manager

Platinum Patrons

Members of Newbury Class of 1956

Alan & Peggy Bialosky

Joy Bramley ~ In Memory of James Bramley and Rob Warren

Dan and Gwenn Brown

Dale & Jean Endle, and Thomas & Elizabeth Buckles

Don Sulhan, in Memory of the Sulhan Family

Rug Hookers in memory of Barb Stuart

Joan Spangenberg and Family in Memory of Dale J. Spangenberg Sr.

David & Donna Toth, The Toth Team

Ralph White in Memory of past Pinochle Players

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

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

December 2022

Monthly Highlights

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

Tuesday, December 6th: Parkinson's Holiday Lunch Meet at Mangia! Mangia! (11081 Kinsman Rd, Newbury 44065) for a holiday lunch. Limited menu, and pay the restaurant the day of. Call Sandy McLeod at 440-279-2137 to RSVP. 11:30am.

Thursday, December 8th: Elderberries - Wildlife Detective Training Join Naturalist Karie as we look at wildlife evidence and learn how to be a Wildlife Detective! Collaboration with UH Geauga. Sponsored by Heather Hill. Call Geauga Park District at 440-286-9516 to RSVP. 1:00pm. Free. **THIS PROGRAM IS FULL.**

Tuesday, December 20th: Diabetes Support Group Join us as we discuss how to cope with holiday stress. We will sample a few holiday treats and share our concerns about holiday eating. RSVP to Sandy McLeod at 440-279-2137. Free. 2:00pm.

Thursday, December 15th: Cuisine & Culture Join us at WG Senior Center (8090 Cedar Rd, Chesterland) as we learn about the interesting facts surrounding England's food, destinations, and holiday traditions. A free "English" lunch provided by UH. RSVP to Melissa at 279-2167. Free. 12:00pm.


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

Balance Exercise Classes: Focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises are both seated and standing. Classes are available in person and live on WebEx. Call Melissa Wheeler at 440-279-2167 for more info.

Parkinson's Boxing Classes: This class is for seniors diagnosed with Parkinson's whose symptoms are mild to moderate. The goal of this non-contact boxing program is to delay the progression of Parkinson's symptoms. Please call Sandy McLeod at 440-279-2137 for more info.

MONDAY	TUESDAY
<p>Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p>Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167</p>	<p>BL - Burton Library CL - Chardon Library CSC - Chardon Senior Center EG - Everybodies Gym GW - Geauga West Library ML - Middlefield Library OS - Offsite WE - WebEx (Online)</p>
<p>5</p> <p>9:30-11:00 Parkinson's Boxing EG 11:00-12:00 Boxing Class EG 12:00-12:30 Floor Exercises EG</p>	<p>6</p> <p>10:00-11:00 Strength & Cardio WG 11:00-12:00 Balance Exercises CSC & WE 11:30-1:00 Parkinson's Holiday Party OS 1:00-2:30 Geauga Walkers OS</p>
<p>12</p> <p>9:30-11:00 Parkinson's Boxing EG 11:00-12:00 Boxing Class EG 12:00-12:30 Floor Exercises EG</p>	<p>13</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>19</p> <p>9:30-11:00 Parkinson's Boxing EG 11:00-12:00 Boxing Class EG 12:00-12:30 Floor Exercises EG</p>	<p>20</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 CSC</p>
<p>26</p> <p> Merry Christmas</p> <p>OFFICES CLOSED FOR HOLIDAY</p>	<p>27</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>

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> <p>10:00-11:00 Strength & Cardio WG 12:00-2:30 Lunch & Movie WG</p>	<p style="text-align: right;">2</p> <p>9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE</p>
<p style="text-align: right;">7</p> <p>9:30-11:00 Parkinson's Boxing EG 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">8</p> <p>10:00-11:00 Strength & Cardio WG 1:00-2:30 GPD Elderberries OS 1:30-3:00 Book Discussion BL</p>	<p style="text-align: right;">9</p> <p>9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE</p>
<p style="text-align: right;">14</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">15</p> <p>10:00-11:00 Strength & Cardio WG 12:00-1:30 Cuisine & Culture WG</p>	<p style="text-align: right;">16</p> <p>9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE</p>
<p style="text-align: right;">21</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">22</p> <p>10:00-11:00 Strength & Cardio WG</p>	<p style="text-align: right;">23</p> <p>9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE</p>
<p style="text-align: right;">28</p> <p>9:30-11:00 Parkinson's Boxing EG 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">29</p> <p>10:00-11:00 Strength & Cardio WG</p>	<p style="text-align: right;">30</p> <p>9:30-11:00 Parkinson's Boxing EG 11:15-12:00 Balance Exercises EG & WE</p>



Friday, Dec. 2, 16, & 30: 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!

Monday, Dec. 5: Free Harmony Show choir Performance. Prior registration required.

Friday, Dec. 9: Breakfast and Speaker with Kathie Doyle. Kathie's topic this month will be "The Toys of Yesteryear." Prior registration required.

Monday, Dec. 12: Book Club. This month's book is "The Last Christmas in Paris," by Hazel Gaynor. This will take place at Chardon Buckeye Chocolate at noon.

Wednesday, Dec. 14: Frank and Dean Christmas Show. Prior registration required.

Friday, Dec. 16: Cups and Canvases. Prior registration required.

Tuesday, Dec. 20: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 12/13/22.

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

Friday, Dec. 9 & 23: Lunch and Movie! Lunch reservations are due on the Monday prior to the date you wish to eat lunch. Reservations can be made at 440-279-2126.

Stop by and see us at our new location @ 470 Center Street, Building 8, in Chardon!

Chardon Senior Center

440-279-2126

MONDAY

Becky O'Reilly
Recreation & Education
Coordinator

Hannah Heinz
Recreation & Education
Assistant Coordinator

TUESDAY

Beth Oliverio
Information and Referral
Specialist

Karen Fueger
Kitchen Coordinator

Peggy Peters
Kitchen Assistant

5 10:00-12:00 Rug Hooking
10:00-12:00 Quilting
10:30-11:30 Free Harmony Show
Choir Performance
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 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
12:00 Chardon Book Club Holiday Party at Chardon Buckeye Chocolate Cafe
12:30-1:30 BINGO
12:45-1:45 Line Dancing \$3

19
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

26
The Center is closed today



6
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

13
9:00-11:30 Woodcarving
11:00-11:45 Balance Exercises
12:30-4:00 Game Day
2:00-3:30 Dulcimer Practice

20
9:00-11:30 Woodcarving
10:00-12:00 Iris Folding \$1.50
11:00-11:45 Balance Exercises
2:00-3:00 Diabetic Support Group
12:30-4:00 Game Day
2:00-3:30 Dulcimer Practice

27
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>Lunch is served every weekday at 12 noon, unless otherwise noted in the calendar. Reservations for lunch are required on the Monday prior to the week you would like to join us for lunch! Call us at 440-279-2126 for lunch reservations.</p>	<p>1 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>2 9:30-11:30 Stained Glass 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 NO Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>7 9:00-11:00 Pinochle 11:00-11:45 NO 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>8 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>9 9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker Series with Kathie Doyle 11:00-12:00 NO BINGO 12:00-3:00 Lunch and Movie: Today's movie: "Love Actually." 1:00-1:45 NO Chair Exercise 1:45-3:00 Chair Volleyball</p>
<p>14 9:00-11:00 Pinochle 11:00 Frank and Dean Christmas Party 11:00-11:45 NO 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>15 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>16 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00 –12:30 Lunch 12:30-1:30 Caring for Others Crafting 12:30-3:00 Cups and Canvases 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>21 9:00-11:00 Pinochle 10:30-12:00 Christmas Cookie Ex- change 11:00-11:45 NO Balance Exercise 11:00-11:45 Strength Training \$2 12:00 12:00-1:00 Heather Hill Cooking Demo and Luncheon— prior-registration <u><i>The Center Closes at 1:00 today</i></u></p>	<p>22 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>23 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00-3:00 Lunch and Movie Today's movie is "Miracle on 34th Street." 1:00-1:45 NO Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>28 9:00-11:00 Pinochle 9:30-10:15 Balance Exercise 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>29 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>30 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00--12:30 Lunch 12:30-1:30 Caring for Others Crafting 1:00-1:45 NO Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>

Bainbridge Bulletin

**Tuesday, December 6:
Lunch & Learn “Ten Warning Signs of Alzheimer’s Disease”**
Memory loss that disrupts daily life may be a symptom of Alzheimer’s or other dementia. Join GDA’s Adult Day Service Coordinator Vicki Krueger as she discusses what to look for. Lunch at 12pm, presentation at 12:45pm.

**Friday, December 9:
Lunch & Learn with Geauga Park District “Winter Armchair Birding”**
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. We will order lunch from the Tippy Bull RSVP by December 2.

**Friday, December 16:
Chili & Baked Potato Lunch** Celebrate the holidays and enjoy some holiday games with your friends. Payment and registration due by 12/9. 12:30pm. \$5

**Thursday, December 22:
Bainbridge Big Breakfast** Veterans and December birthdays eat free; \$5 for all others. December’s menu is: scrambled eggs, sausage links, and home fries. RSVP by Friday, December 16.


**Thursday, December 22:
David Explains: Human Rights.** The topic of human rights has been in the news on a consistent basis in the last few years. David will try to explain the origin of these rights and how they have changed over the years. The presentation will begin at 1pm. Please RSVP by 12/16.

*****DISCLAIMER*****

David is not an expert on any of the subjects he explains. He gathers as much relevant information as possible.

Bainbridge Senior Center (440) 279-1313	
<p style="text-align: center;">Recreation & Education Coordinator <i>Natalie Dolezal</i></p> <p style="text-align: center;">REC Assistant Coordinator <i>David Craig</i></p>	
<p style="text-align: right;">5</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>(Miracle on 34th Street)</i> 12:30-2:30 Beginner’s Mah Jongg 1:00-3:00 Mah Jongg</p>	<p style="text-align: right;">6</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:30 Lunch & Learn with ADS Coordinator Vicki Krueger “Ten Warning Signs of Alzheimer’s Disease” RSVP 12:00-2:00 Social Work Appts</p>
<p style="text-align: right;">12</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>(How the Grinch Stole Christmas)</i> 12:30-2:30 Beginner’s Mah Jongg 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">13</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 1:00-2:00 Brain Busters</p>
<p style="text-align: right;">19</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>(Hitched for the Holidays)</i> 12:30-2:30 Beginner’s Mah Jongg 1:00-3:00 Mah Jongg 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">20</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 1:00-2:00 Brain Busters</p>
<div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;">  </div> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:00 Lunch 1:00-2:00 Brain Busters</p>

**17751 Chillicothe Road,
Bainbridge OH 44023**

	<p align="right">1</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">2</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p align="right">7</p> <p>8:30-9:30 All-Around Exercise (<i>video</i>) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:30 Bingo 12:00-1:00 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group <i>(Empress Court)</i> 2:30-3:15 Cardio Drumming</p>	<p align="right">8</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">9</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 12:00-2:00 Lunch & Learn with Geauga Park District <i>Prior registration required</i></p>
<p align="right">14</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>(Topsy Bull)</i> 2:30-3:15 Cardio Drumming</p>	<p align="right">15</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 12:30-2:00 Iris Folding Class</p>	<p align="right">16</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 BSC Holiday Party 12:30-1:30 Chili & Baked Potato Lunch (\$5) <i>Prior registration is required</i> 2:30-3:15 Cardio Drumming</p>
<p align="right">21</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</p> <p align="center">The Bainbridge Senior Center will be closed this afternoon for a Staff meeting.</p>	<p align="right">22</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 David Explains: Human Rights Call to RSVP by 12/16</p>	<p align="right">23</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p align="right">28</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>(Aladdin's Eatery)</i> 2:30-3:15 Cardio Drumming</p>	<p align="right">29</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">30</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 10:30-12:00 Chair Volleyball 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>

Newsorthy Notes

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

Dec 5th-12:30pm-Free Movie & Popcorn (Pre-Paid Lunch available also if desired)
Movie: "It's a Wonderful Life" on the BIG SCREEN *RSVP by Dec 1st*

Dec 9th-10:30am -FREE Brunch w/Santa & live Entertainment by Tom Todd.
RSVP by Dec 2nd

Dec 13-14 & 15- 1:00pm -3 Days of Gift Making (\$4) each *RSVP by Dec 2nd*
13th -Set of 4 coasters
14th -Holiday Gift Pots
15th "Bread in a Jar"

Dec 19th 12:30pm Where in the World? Melting Pot Party. *RSVP by Dec 12th (\$2)*

WG Walkers-December

DEC 2-West Geauga Commons
 DEC 9-Russell Uplands Preserve

NO Further Scheduled Walks until after the holidays IF weather permits, Watch for new Schedule in January 2023

Magnificent Mother Earth Schedule

DEC 7 -1:30pm-The Heart of Hawaii-The Oahu Island
 DEC 21 - 1:30pm Mauritius-The Sweetest Pearl in the Indian Ocean

Virtual Tour NOV -London

NO Sign-Up or Registration Required-Just come on in and Enjoy the Programs!

DEC 2nd-Londons Ghosts and Gruesome Past-The Dark Side of the City.

DEC 16th- Oxford Walking Tour-A walk around England's Oldest University Town

DEC 23rd- Londons Haunted Underground Stations Part 1 & 2

DEC 30th-Highlights of The Victoria & Albert Museum Tour

DINE NITE OUT

DEC 15 5:00pm -Meet up at Oak & Embers in Chesterland, Cost is on your own. *Call to register NO Later than DEC 12th*

West Geauga Sr. Center (440) 279-2163

MONDAY TUESDAY

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



5	8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 CHAIR YOGA 12:00-2:00 <i>Movie & Lunch-in "It's a Wonderful Life"</i> \$6 Pre-Paid Lunch is available 2:00-3:00 <i>Line Dance Class -Pre-Paid</i>	6	8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise
12	8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-11:45 <i>UH Geauga Health Talk "Healthy Eating as we Age"</i> 11:00-12:00 CHAIR YOGA 2:00-3:00 <i>Line Dance Class -Pre-Paid</i>	13	8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 1:00-1:30 EZ Chair Exercise (WX) 1:00-2:00 <i>Gift Making w/Millissa</i> 12:30-2:30 Knit & Crochet
19	8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Chair Yoga 12:00-2:00 <i>Where in the World? Melting Pot Party</i> 2:00-3:00 <i>Line Dance Class -Pre-Paid</i>	20	9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise
26	ALL SITES CLOSED 		27
			9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:00-1:30 EZ Chair Exercise (WX) 1:30-2:15 Balance Exercise



West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
<p><u>Recreation/Education Coordinator</u> ~Christine Bacon 440-279-2163</p> <p><u>Rec/Ed Assistant Coordinator</u> ~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>	1	2
<p style="text-align: right;">7</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (wx) 11:00-12:00 Chair Yoga 1:00-3:00 Canasta (Players needed) 1:30-2:30 <i>Magnificent Mother Earth</i> <i>"Oahu-Island The Heart of Hawaii"</i></p>	8	9
<p style="text-align: right;">14</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (wx) 11:00-12:00 Chair Yoga 1:00-3:00 Canasta (Players needed) 1:00-2:00 <i>Gift Making w/Millissa</i></p>	15	16
<p style="text-align: right;">21</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (wx) 11:00-12:00 Chair Yoga 1:00-3:00 Canasta (Players needed) 1:30-2:30 <i>Magnificent Mother Earth</i> <i>"Mauritius-The Pearl in the Indian Ocean"</i></p>	22	23
<p style="text-align: right;">28</p> <p>8:30-10:30 Italian Card Game 10:00-10:55 Strength & Cardio (wx) 11:00-12:00 Chair Yoga 1:00-3:00 Canasta (Players needed)</p>	29	30

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, Dec. 6 & 20 10:00am
AND

Every Other Wednesday, Dec. 14 & 28
2:00PM (after BINGO)

***BIRTHDAY LUNCH**

Monday, Dec. 12, 12:00. **FREE** Lunch for
anyone having a Birthday in Dec, please call
by Dec 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*

*Dec. 5, Cookie Decorating, \$5 for one dozen
cookie.

*Dec. 12, Wooden Christmas Tree \$5

*Dec. 19, Help us make Holiday
Greetings/Ornaments for our HDM Clients!
FREE

LUNCH IN

*Wednesday, Dec. 7. Bob Evans Farmhouse
Feast at Middlefield Senior Center. \$15.
Noon. Space is limited. Deadline Dec. 1.

*Friday, Dec. 23 at noon. Chili & Fixins, \$5,
Deadline Dec. 21.

EDUCATION

***INSTANT POT/AIR FRYER DEMO**

Friday, Dec. 4, 10:30. See if you want one of
these handy kitchen aids from your family for
the Holiday!

Free Demo with samples.

Call to reserve your spot! Deadline Dec. 13.

FIRST LADIES PART III

With Kathie Doyle, Dec. 16 10:30, please call
by the 14th!

FUN!

HOLIDAY SING-ALONG W/TOM TODD

Thursday, Dec. 15, 10:30. Cookies & Hot
Chocolate, \$5. Deadline, Dec. 5.

NOON YEAR'S EVE LUNCHEON

Thursday, Dec. 29, 11:00, lunch at noon. \$10
per person, New Year Traditional Food &
Fun! Deadline Dec. 23.

HAPPY HOUR

*Thursday, Dec. 8, 3:15, Deadline Dec. 6, El
Patron

Thursday, Dec. 22, 3:15, Vinny's, Deadline
Dec. 20.

Middlefield Sr. Center

440-632-0611

Mon		Tue	
			
Bathtub Party Day 5		St. Nicholas Day 6	
8:00 Social Hour	8:00 Social Hour	9:30 Rummikub	
10:15 Exercise w/Ginny	10:00 Line Dance	12:00 GDA Lunch	
11:00 Walk w/Ginny	1:00 Chair Volleyball		
12:00 GDA Lunch			
1:00 Crafting: Cookie Decorating \$5			
Poinsettia Day 12		National Cocoa Day 13	
8:00 Social Hour	8:00 Social Hour	9:30  Rummikub	
10:15 Exercise w/Ginny	12:00 GDA Lunch		
11:00 Walk w/Ginny 	1:00 Chair Volleyball		
12:00 Birthday Lunch			
1:00  Crafting: Wooden Christmas Tree! \$5			
National Emo Day 19		Human Solidarity Day 20	
8:00 Social Hour	8:00 Social Hour	9:30 Rummikub	
10:15 Exercise w/Ginny	10:00 Line Dance	12:00 GDA Lunch	
11:00 Walk w/Ginny	1:00 Chair Volleyball		
12:00 Birthday Lunch			
1:00  Crafting: Help us make Holiday Greetings/Ornaments for our HDM Clients! FREE			
 26		Who Knows Day 27	
	8:00 Social Hour	9:30 Rummikub	
	12:00 GDA Lunch		
	1:00 Chair Volleyball		

Middlefield Sr. Center
15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
	<i>Eat A Red Apple Day</i> 1 8:00 Social Hour  9:30 Rummikub 12:00 GDA Lunch 1:00-3:00 Chair Volleyball 	<i>Natl' Fritters Day</i> 2 8:00 Social Hour 9:00-12:00 Podiatrist by Appt. Only 12:00 GDA Lunch 1:00 Chair Volleyball  
<i>Bob Evans Lunch</i> 7 8:00 Social Hour 9:30 Rummikub 10:15 Exercise with Ginny 12:00 Bob Evans \$15 per Person 1:00 Movie: Natl' Lampon Xmas Vacation	<i>Take it in the Ear Day</i> 8 8:00 Social Hour  9:30  Rummikub 12:00 GDA Lunch 1:00 Chair Volleyball 3:15 Happy Hour: El Patron 	<i>Christmas Card Day</i> 9 8:00 Social Hour 10:30 Instant Pot/Air Fryer Demo 12:00 GDA Lunch 1:00 Chair Volleyball
<i>National Monkey Day</i> 14 8:00 Social Hour 9:30 Rummikub 10:15 Exercise with Ginny 11:00 Walking w/Ginny 12:00 GDA Lunch 1:00 BINGO 2:00 Line Dance	<i>SING-A-LONG WITH TOM TODD</i> 15 8:00 Social Hour  9:30 Rummikub 10:30  Sing-A-Long \$5 Tom Todd 12:00 GDA Lunch 1:00 Chair Volleyball	<i>Chocolate Covered Anything</i> 16 8:00 Social Hour 10:30 Kathie Doyle, First Ladies Part III 12:00 GDA Lunch  1:00 Chair Volleyball
<i>Crosswod Puzzle Day</i> 21 8:00 Social Hour 9:30 Rummikub 10:15 Exercise with Ginny 11:00 Walking w/Ginny 12:00 GDA Lunch 12:30 Movie Time! 	<i>Short Person Day</i> 22 8:00 Social Hour 9:30 Rummikub 12:00 GDA Lunch 1:00 Chair Volleyball 3:15 Happy Hour Vinny's	<i>FESTIVUS!</i> 23 8:00 Social Hour 12:00 Chili Lunch \$5 12:00 GDA Lunch 1:00  Chair Volleyball
<i>Call a Friend Day</i> 28 8:00 Social Hour 9:30 Rummikub 10:15 Exercise w/Ginny 11:00 Walking 12:00 GDA Lunch 12:30 BINGO 	<i>NOON YEAR'S EVE LUNCHEION!</i> 29 8:00 Social Hour 9:30 Rummikub 11:00 FUN! 12:00 Noon Year Lunch! 1:00 Chair Volleyball 3:15 Happy Hour Vinny's	<i>National Bacon Day</i> 30 8:00 Social Hour 12:00 GDA Lunch 1:00  Chair Volleyball

PARKINSON'S SUPPORT GROUP HOLIDAY LUNCH – NO MEETING THIS MONTH

Tuesday, December 6th at 11:30am at Mangia! Mangia! (11081 Kinsman Rd, Newbury 44065). We will select from a limited menu that day, and pay the restaurant directly for your meal. Please RSVP to Sandy McLeod at 440-279-2137 if you will be joining us!

**LOST CLEVELAND MEMORIES TRIVIA PARTY,
PRESENTED BY DENNIS SUTCLIFFE**

Friday, January 13, 11:00 a.m., with a pizza lunch right after, at the Chardon Senior Center @470 Center Street, Building 8, Chardon. **Cost is \$5 per person.**

Cleveland rocks for a lot of great reasons!

There is so much history in the greater Cleveland area; do you think you know a lot about Cleveland? Join us for Cleveland-area trivia, covering twentieth century people, places, and events, ranging from the teens thru the 1970's. How do you think you'll fare? Call 279-2126 to register.

LUNCH-IN AND FREE MOVIE & POPCORN –IT'S A WONDERFUL LIFE

Dec 5th 12:00pm –Join us at the West G Senior Center as we celebrate this holiday season with a showing of the Movie "It's a Wonderful Life". 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 ½ sandwich, soup, beverage & cookie.

Sandwich choices are Ham & Cheddar, Turkey & Swiss or Chicken & Swiss.

Soup choices are Tomato, Chicken Noodle or Broccoli Cheddar.

Registration Registration Deadline for lunch is Dec 1st.

Call WGSC to sign up 440-279-2163 The Lunch-in choice will require pre-payment of \$6.

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! We will play some holiday games and test your knowledge with holiday trivia. The cost is \$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.

DIABETES SUPPORT GROUP – COPING WITH HOLIDAY STRESS

Tuesday, December 20th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Join us as we discuss how to cope with holiday stress. We will sample a few holiday treats and share our concerns about holiday eating. RSVP to Sandy McLeod at 440-279-2137.

**BREAKFAST AND SPEAKER SERIES WITH KATHIE DOYLE AT THE
CHARDON SENIOR CENTER**

Friday, January 6, 10:00 a.m. at the Chardon Senior Center @ 470 Center Street, Building 8, Chardon. Kathie will be speaking about The Foods that Made America! Come and find out about the history behind all of those iconic snacks and tasty treats we've all come to know (and maybe even love), as well as the family empires behind them! This is a free event, but registration is required by calling 440-279-2126. Space is limited.

WR HISTORICAL SOCIETY SPEAKER SERIES PT 2 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 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. Jingling 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 5th Call 279-2163.**

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, December 15th, 2022 - Workshop begins at 12:30 p.m.
Call 440-279-1313 to register.

NOON YEAR’S EVE LUNCHEON & FUN! AT MIDDLEFIELD SENIOR CENTER

Thursday, December 29, 11:00, lunch at noon. Traditional Favorites: Kielbasa & Sauerkraut, Black Eyed Peas, Cornbread & More! Sparkling Grape Juice. Noisemakers, Toast at Noon!
Deadline is December 23. 15820 Ridgewood Dr., Middlefield. 440.632.0611.

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

Thursday, December 1st from 12:00-2:00pm 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.

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!

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. Please call (440) 279-1313 to schedule your appointment.

SING-A-LONG WITH TOM TODD AT MIDDLEFIELD SENIOR CENTER

Thursday, December 15, 10:30. Cookies and Hot Chocolate! \$5 per person. Come and join us singing your Holiday Favorites! Deadline is December 5. 15820 Ridgewood Rd., Middlefield. 440.632.0611.

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.

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
12/7/2022	Headwaters Park	15055 Mayfield Rd (Rt. 322) Huntsburg
12/14/2022	North Chagrin Reservation	401 Buttermilk Falls Pkwy, Mayfield Village Meet at North Chagrin Nature Center
12/21/2022	Walter C. Best	11620 Ravenna Rd, Chardon Meet at Sunset Shelter
12/28/2022	Swine Creek Reservation	16004 Hayes Rd, Middlefield

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, December 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: Seven Days of Us by Francesca Hornak

Thursday, December 8th (2nd Thursday of each month) – at Burton Library
No book discussion this month – It's our Holiday Luncheon!

WHERE IN THE WORLD?? MELTING POT PARTY AT WEST G SC

DEC 19th at 12:30pm-We've travelled to a lot of places over the last 11 months!! Join us for a trip "around the world" where we will highlight some of our stops, sample some food, play some games and much more!!! If you attended at least 6 out of the 11 Where in the World programs this year, you will be entered into a prize drawing, that will be held at the end of the event. **Cost is \$2 per person. Registration required no later than DEC 12th, Call WGSC to sign up at 440-279-2163**

CHARDON SENIOR CENTER BOOK CLUB

Monday, December 12 at 12:00 p.m., meeting at Chardon Buckeye Chocolate. December's book is "The Last Christmas in Paris," by Hazel Gaynor.

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

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

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

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

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

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

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

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

LUNCH 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.

CUISINE & CULTURE: ENGLAND

Thursday, December 15th from 12:00-2:00pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). It's Christmas in England! Join us as we learn about the interesting facts surrounding England's food, destinations, and holiday traditions. An "English" lunch will be provided by Chef Joe from UH Geauga. Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.

3 DAYS OF HOLIDAY GIFT MAKING WITH MILLISSA

DEC 13, 14 and 15th at 1:00pm –Join Millissa at WGSC for 3 separate craft/gift making classes. Dec 13 will consist of making a set of holiday coasters, next will be Dec 14th, Holiday Gift Pots, & finally Dec 15th will be "Bread in a Jar". Cost of each is \$4, Make all 3 to keep for yourself, give as a gift, you decide!! Or you may just want to pick one or two projects to do, it's up to you!! Sign up for all 3 and get a \$2 discount. Register by Dec 2nd 440-279-2163

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, December 22nd from 9am-10am for our monthly Big Breakfast! Veterans and December Birthdays eat FREE. All others pay \$5.00. Call (440) 279-1313 to RSVP. Registration and payment are due no later than Friday, December 16th. Please indicate if you are a Veteran or if your Birthday is in December. Serving scrambled eggs, sausage links, and home fries.

Geauga Walkers

Date	Park	Parking
Dec 6	Girdled Road Reservation	12840 Girdled Road, East of Route 608, Lake County
Dec 13*	The West Woods	9465 Kinsman Road (Rt 87), Russell; Hike at Noon, Holiday Pot Luck at 1:00; Nature Center
Dec 20	Whitesburg Preserve	End of High Street, Chagrin Falls
Dec 27*	Eldon Russell Park	16315 Rapids Road, Troy

Snowshoeing Available, if Snow! 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.

MATTER OF BALANCE CLASSES

January 10th-February 3rd – Every Tuesday & Friday from 12:30-2:30pm.
Chardon Senior Center / 470 Center Street, Building 8 / Chardon, 44024

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this class can make a difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling. To register, please call Melissa Wheeler at 440-279-2167. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center. Lunch Served at 12:00pm.

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday DEC 15th –Meet up time is 5:00pm at **“Oak and Embers in Chesterland”** (8003 Mayfield Rd). Just call us ahead of time to let us know you are coming.
Cost is on your own. RSVP by DEC 12th 440-279-2163

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!

UH HEALTH TALK-PRESENTATION AT WGSC

December 12th 11:00am- As we age our metabolism slows down and it can be harder for some to lose weight. It is important as we age to maintain a healthy weight and lifestyle. A UH Team member will be doing a presentation all about Healthy Eating as we Age. Call to sign up at 440-279-2163 Deadline one day prior to the Event.

“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 December schedule is: Thursday, December 15, at 12:30 p.m. at Bainbridge Senior Center; call 440-279-1313 to register. Tuesday, December 20, at 10:00 a.m. at Chardon Senior Center; call 440-279-2126 to register.

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, **We are Scheduling the Day and Time of Every Wednesday from 1:00-3:00pm at the West G Senior Center. PLEASE come and join us so we can make this a weekly group!! Let us know you are willing by calling us at 440-279-2163.**

THE BREAKFAST CLUB OF CHARDON

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, January 12 at 9:30 a.m. Enjoy breakfast, coffee, and conversation with others! Cost is “on your own.” Call 440-279-2126, so we know who to expect!

MAH JONGG BEGINNERS LEVEL GROUP AT WEST GEauga SENIOR CENTER

West G Senior Center will be offering Beginner Level Mah Jongg classes starting in January 2023. This will be taught as a group by Christine Bacon using video tutorial sessions to help teach the game to all who are interested. Seasoned Mah Jongg players are welcome to come and help us to learn, and be mentors to fellow senior center friends wanting to learn and play this great game!! **Classes will be held on Mondays 1:00-3:00pm- Call us at WGSC to sign Up. 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.

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.

SUNSHINE CELEBRATION AT CHARDON SENIOR CENTER

It's cold outside, but it's always sunny inside at the Chardon Senior Center! Join us on the last Friday of each month to celebrate those who have celebrated birthdays throughout the month. We will have punch and cake, and of course . . . lots of sunshine! Our first celebration of the year will be Friday, January 27 at 12:45 p.m., when we will be celebrating all of those having celebrated birthdays in January! Call to let us know you'll be joining us at 440-279-2126.

STAINED GLASS CLASS AT WGSC-STAINED ART GLASS REQUEST

Our Art Glass Crafters have completed 10 years at the West Geauga Senior Center. The group was able to start with a generous donation of glass and materials from Mr Fred Jereb. Since that time; we have had multiple donations from previous glass crafters, and have certainly put it to great use in our class!! We are once again looking for donations of glass and/or materials to continue making beautiful art with stained glass in our WG Glass Workshop. If you have any stained glass, and would like to donate it, please call Don Trask directly at 440-759-9691, or call the WG senior center at 440-279-2163. All donations can be tax deductible. Thank You!!

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday DEC 15th –Meet up time is 5:00pm at “Oak & Embers Tavern in Chesterland” (8003 Mayfield Rd). Just call us ahead of time to let us know you are coming. Cost is on your own. RSVP by DEC 12th 440-279-2163

GEAUGA YOUNG OF HEART

normally 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. However, in December we will have our annual Christmas Party on December 2 at Manakiki Country Club in Willoughby Hills, for members only. Cost is \$30. Call Mary Ann at (440) 729-7489 to see if reservations are still available. Our next meeting will be on January 6, 2023.

SAVE THE DATE! HAPPY AND HEALTHY HEART OPEN HOUSE AT THE CHARDON SENIOR CENTER!

Friday, February 3, 2023. Discover how you can stay active and engaged by attending programs and activities at the senior center. Representatives from each one of our senior center groups will be here to showcase what their groups are all about! More details coming soon!

SAVE THE DATE! “THE CUPID CHA CHA” VALENTINES’ LINE DANCE PARTY!

Tuesday, February 14, 2023. Watch for details coming soon!meeting will be on January 6, 2023.

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, December 22nd at 1pm, David will provide a look at the History of Human Rights.

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 through December.
For more information, call the Geauga County Department on Aging at (440) 279-2130.

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.



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.

DECEMBER 2022
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

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

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

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

**ADDRESS
SERVICE
REQUESTED**

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

DECEMBER

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**GEAUGA COUNTY
DEPARTMENT ON AGING**



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News ONLINE

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HOLIDAY VOLUNTEERS NEEDED

The Geauga County Department on Aging Volunteers are needed on Christmas Day, December 25th 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.

Volunteers will pick up holiday meals at the Chardon Senior Center, located at 470 Center Street Bldg. 8, in Chardon 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.

