



The Geauga SENIOR NEWS

JANUARY 2023

ATTENTION TAX PAYING SENIORS CITIZENS

Tax assistance will again be available to Geauga County seniors, sixty (60) years of age and older, at the Geauga County Department on Aging, located at 12611 Ravenwood Dr Suite 200, in Chardon. **The Geauga Department on Aging will offer this free service by appointment only, from Monday, February 6 through Friday, April 7th. The GDA will begin accepting appointment calls on February 1!** Tax assistance will be available from IRS trained and certified personnel. Tax preparers will be using the electronic E-filing method.

The volunteers who help prepare taxes will need **two (2) forms of identification from each taxpayer who is receiving tax assistance**; one of the forms of identification must be a photo identification (passport, drivers license (U.S.), state identification card, military identification card, etc.). The second identification form can be an original or a copy of your social security card, ITIN card or letter, if applicable.

Do not discard your end of year Social Security Statement – This indicates the benefits you have received.

You will have the option to have your refund deposited directly into the bank account of your choice. Please bring bank routing and account numbers with you to your appointment.

Please have the following items for your 2022 tax filing appointment:
Tax forms (1099, T1 etc.), Bank statements, Receipts, End of Year Social Security Statement, W2's, 2 forms of identification, 2021 tax return for comparison, and Bank routing & account number for direct deposit of refund check.

To schedule an appointment for tax assistance on or after February 1, call (440) 279-2130 Monday through Friday, 8:30AM-4:00PM. Tax appointments are limited.

Thank you for your patience & understanding.





What's New in this Issue

Geauga County
Department on Aging

TAX ASSISTANCE	1	MEDICARE SAVINGS, DAVID EXPLAINS.....	15
INDEX.....	2	INSTANT POT, BREAKFAST & SPEAKER.....	15
EXTRA HELP WITH MEDICARE PART D	2	LUNCH & LEARN	15
NEWSLETTER INFO	2	GEAUGA WALKERS, BOOK DISCUSSION	16
PATRONS (PLATINUM)	3	MAH JONGG, BOOK CLUB.....	16
ADS, HEAP	3	CARD CLASS, IRIS FOLDING.....	16
CHARDON CALENDAR.....	4 & 5	REMEMBER WHEN, VIRTUAL TRAVEL	17
BAINBRIDGE CALENDAR.....	6 & 7	BREAKFAST CLUB, MATTER O BALANCE.....	17
WEST GEAUGA CALENDAR	8 & 9	BREAKFAST, SUNSHINE CELEBRATION	17
MIDDLEFIELD CALENDAR	10 & 11	CRAFT CLASS.....	17
PARKINSON SUPPORT, IRIS FOLDING.....	12	BALANCE CLASS, MAH JONGG	18
KNIT GROUP, TITANIC, LUNCH MOVIE	12	YOUNG OF HEART	18
DIABETES SUPPORT, BIG BREAKFAST.....	12	SENIOR CARE ALL STARS.....	19
ELVIS, CUPID SHUFFLE, LUNCH-IN.....	13	SENIOR CARE ALL STARS.....	20
LINE DANCING, HEALTHY HEART.....	13	SENIOR CARE ALL STARS.....	21
BOXING CLASS, CARDIO DRUMMING.....	13	REGISTRATION FOR EVENTS.....	22
LUNCH & LEARN, WALKING WELLNESS.....	14	MENU	23
NEW YEAR, LOST CLE MEMORIES.....	14	REMEMBER TO REGISTER.....	24
DINE NITE, LUNCH & MOVIE	14		

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 the Newbury Class of 1956
The Stone Family, in Memory of Dale & Joan Spangenberg
Constance & Ken Korosec
Sigmund & G Rae Peck
Don Sulhan, in Memory of the Sulhan Family
Fred & Jennie Bemberg
Ben Shuman & Cathy Patrick, E Vincent Lisi
Donna & David Toth

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



Friday, Jan. 6 & 20: 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

Friday, Jan. 6: Breakfast and Speaker with Kathie Doyle. Kathie's topic this month will be "The Foods that Made America." Prior registration required.

Monday, Jan. 9: Book Club. This month's book is "The Lost Girls of Paris," by Pam Jenoff.

Thursday, Jan. 12: Brunch Bunch at Bob Evans in Chardon. Cost is "on your own." Call to reserve your spot at 279-2126.

Friday, Jan. 13: Lost CLE Memories Trivia Party and Pizza Lunch—prior registration required.

Tuesday, Jan. 17: Iris Folding Workshop with instructor, Phyllis Knapp. \$1.50 per card. Reservations by 12/13/22.

Wednesday, Jan. 18: Heather Hill Cooking Demo. Space is limited. Reservations required. Thanks to our wonderful community partner, Heather Hill! FREE

Friday, Jan. 27: Sunshine Celebration! Let's celebrate January Birthdays! Call to RSVP at 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	TUESDAY
<p>2 Senior Center is Closed Today</p> 	<p>3 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</p>
<p>9 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:30-11:30 Bingo 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:00-12:30 Lunch 12:45-1:45 Line Dancing \$3 1:00-3:00 Ceramics 1:00 Book Club</p>	<p>10 9:00-11:30 Woodcarving 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:20-2:30 Matter of Balance 12:30-4:00 Game Day 2:00-3:30 Dulcimer Practice</p>
<p>16 St  y</p>	<p>17 9:00-11:30 Woodcarving 10:00-12:00 Iris Folding \$1.50 per 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Game Day 12:30-2:20 Matter of Balance 12:30-1:30 Parkinsons' Support Group 2:00-3:00 Diabetic Support Group 2:00-3:30 Dulcimer Practice</p>
<p>23 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:30-11:30 BINGO 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:00-12:30 Lunch 12:45-1:45 Line Dancing \$3</p>	<p>24 9:00-11:30 Woodcarving 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Game Day 12:30-2:30 Matter of Balance 2:00-3:30 Dulcimer Practice</p>
<p>30 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:30-11:30 BINGO 11:00-11:45 Strength Training \$2 11:00-11:45 Chair Exercise 12:00-12:30 Lunch 12:45-1:45 Line Dancing \$3</p>	<p>31 9:00-11:30 Woodcarving 11:00-11:45 Balance Exercises 12:00-12:30 Lunch 12:30-4:00 Game Day 12:30-2:30 Matter of Balance 2:00-3:30 Dulcimer Practice</p>

Chardon Senior Center
12555 Ravenwood Dr., Chardon

WEDNESDAY	THURSDAY	FRIDAY
<p>4 9:00-11:00 Pinochle 11:00-11:45 NO 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>5 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 11:00-11:45 Balance 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>6 9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker Series with Kathie Doyle 11:00-12:00 NO BINGO 12:00-12:30 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>11 9:00-11:00 Pinochle 11:00-11:45 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>12 9:30 Brunch Bunch at Bob Evans in Chardon 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 11:00-11:45 Balance Exercise 12:00-12:30 Lunch 12:00-3:30 Painting Pals 1:00-4:00 Duplicate Bridge</p>	<p>13 9:30-11:30 Stained Glass 11:00-12:00 NO BINGO 11:00 Lost CLE Memories Trivia Party with Pizza Lunch—prior registration 12:30-2:30 Matter of Balance 1:00-1:45 NO Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>18 9:00-11:00 Pinochle 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 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>19 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 11:00-11:45 Balance 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>20 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00 –12:30 Lunch 12:30-1:30 Caring for Others Crafting 12:30-2:30 Matter of Balance 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>25 9:00-11:00 Pinochle 11:00-11:45 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>26 10:00-12:00 Euchre 10:30-12:00 Renaissance Choir 11:00-11:45 Balance 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>27 9:30-11:30 Stained Glass 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-2:30 Matter of Balance 12:45 Sunshine Celebration! 1:00-1:45 Chair Exercise 1:45-3:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<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 style="text-align: center;">Becky O'Reilly Recreation & Education Coordinator</p> <p style="text-align: center;">Hannah Heinz Recreation & Education Assistant Coordinator</p>	<p style="text-align: center;">Beth Oliverio Information and Referral Specialist</p> <p style="text-align: center;">Karen Fueger Kitchen Coordinator</p> <p style="text-align: center;">Peggy Peters Kitchen Assistant</p>

Bainbridge Bulletin

Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12pm. There is no charge for the movie and lunch is available with donations being welcomed but not necessary. January's theme is spy thrillers. Call the Bainbridge Senior Center with any questions or for more information. (440) 279-1313.

Exercise at Bainbridge

Every January many people make resolutions to exercise more. At the Bainbridge Senior Center we offer a wide variety of exercise classes for all fitness levels. At least one class is available everyday and some are free of charge to registered seniors. Come on in and give it a try or give us a call for more information. (440) 279-1313.

Thursday, January 12:
David Explains: New Years Traditions. Why do we celebrate a new year by dropping a ball? Find out why some cultures eat pork and sauerkraut to bring in the new year. The program will start at 1pm and please RSVP by 1/6.


Thursday, January 19:
Iris Folding: Let Phyllis show you how to make beautiful cards. The center of the card forms the iris of a camera lens. All the supplies are provided with each card costing just \$1.50. Call the Bainbridge Senior Center for more information, (440) 279-1313

Thursday, January 26:
Bainbridge Big Breakfast Veterans and January birthdays eat free; \$5 for all others. The menu will be. RSVP by Friday, January 20.

*****NEW DAY AND TIME*****
Brain Busters has moved from Fridays to Tuesdays! After lunch exercise your mind with fun and interesting games and trivia. A wide range of topics will be available. For more information call the Bainbridge Senior Center, (440) 279-1313.

Bainbridge Senior Center (440) 279-1313	
MONDAY	TUESDAY
 <p>2</p>	<p>3</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-1:30 Lunch 12:00-2:00 Social Work Appts</p>
<p>9</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>(A Bridge of Spies)</i> 12:30-2:30 Beginner's Mah Jongg 1:00-3:00 Mah Jongg</p>	<p>10</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>16</p>	<p>17</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>23</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>(Argo)</i> 12:30-2:30 Beginner's Mah Jongg 1:00-3:00 Mah Jongg</p>	<p>24</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>30</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>(Hannah)</i> 12:30-2:30 Beginner's Mah Jongg 1:00-3:00 Mah Jongg</p>	<p>31</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**

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">4</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>Sleepy Rooster, Bainbridge</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">5</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">6</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p align="right">11</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>Bob Evans, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">12</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: New Year's Traditions</p>	<p align="right">13</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p align="right">18</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>Mad Jack's, Aurora</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">19</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">20</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p align="right">25</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>Coyote's, Bainbridge</i>) 2:30-3:15 Cardio Drumming</p>	<p align="right">26</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</p>	<p align="right">27</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga (\$3) 12:00-1:00 Lunch 2:30-3:15 Cardio Drumming</p>
<p align="center">REC Assistant Coordinator David Craig</p>		

Newsworthy Notes

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

Monthly Breakfast & Bingo

JAN 20 --8:30 am Join us for some good old home cooked scrambled eggs, sausage & Toast, followed by some BINGO FUN!!

Cost: \$4 Register by JAN 13th Lunch-In and a Movie

JAN 12th- 12:00-2:00 Pre-Paid Lunch will consist of hot dog (with all the toppings, baked beans and nachos with cheese). **Register by JAN 5th Cost for Lunch is \$6** Movie and popcorn ONLY is FREE

JAN 25th- 12:00-2:00 Pre-Paid Lunch will include choice of Sweet & Sour chicken, Vegetable Lo-Mein, or Pepper Steak. All served with rice & egg roll **Register by JAN 18th Cost for Lunch is \$6** Movie and popcorn ONLY is FREE

Lunch & Learns JAN TOPICS- Alzheimer's

JAN 13th-Understanding Alzheimer's & Dementia presented by the Alzheimer's Association. **FREE Program, w/Lunch \$5** -meal will include Ham & Cheese Croissant sandwiches, Fruit, cookie & beverage. **-Register by JAN 6**

JAN 27th -10 warning signs of Alzheimer's and dementia, presented by the Alzheimer's Association. **FREE Program, w/Lunch \$5** - meal will include pizza, side salad, cookie & beverage. **-Register by JAN 20**

Craft w/Millissa

JAN 18th-12:30-1:30 Craft will be a snowman door Decoration, All supplies Provided, **Cost: is \$5 Register by JAN 11th**

DINE NITE OUT

JAN 26th -5:00pm -Meet up at Cowboys in Chagrin Falls. **RSVP by JAN 23rd cost is on your own.**

Card Making Class w/Millissa

JAN 30th -participants will construct 3 separate Valentine themed Friendship cards. All supplies will be provided and no experience is necessary. **Cost: \$3 Register no later than JAN 23rd.**

Cardio Drumming w/Christine

Friday Mornings from 11:00-11:45. Space & Equipment is limited, call to sign up at **440-279-2163**

Virtual Travel-JANUARY Destinations

Every Wednesday from 1:00-2:00pm

JAN 4 -New York City

JAN 11 -New Orleans

JAN 18 -Washington DC

JAN 25 -LONDON

West Geauga Sr. Center


(440) 279-2163

MONDAY

TUESDAY

2	3
<p>ALL SITES CLOSED</p> 	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX) Social Worker Appointments 9-12 today</p>
9	10
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise @ Metz Pool 1:00-3:00 American Mahjong</p>	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
16	17
<p>ALL SITES CLOSED</p> 	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
23	24
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise @ Metz Pool 1:00-3:00 American Mahjong 2:00-3:00 Line Dance Class</p>	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX) 3:00-4:00 Visual Arts w/Fairmount</p>
30	31
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise @ Metz Pool 1:00-2:00 Card Making w/Millissa \$3 1:00-3:00 American Mahjong 2:00-3:00 Line Dance Class</p>	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (WX) 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX) 3:00-4:00 Visual Arts w/Fairmount</p>

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY	THURSDAY	FRIDAY
4	5	6
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 3:00-4:00 Word Game (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 10:00-11:00 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 1:00-3:00 Tech Help Appointments 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
11	12	13
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 12:00-2:00 <i>Movie & Lunch-in "42"</i> <i>The Story of Jackie Robinson \$6</i> 3:00-4:00 Word Game (WX)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 12:00-1:00 <i>Lunch & Learn (\$5 Lunch)</i> 1:00-3:00 Tech Help Appointments 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
18	19	20
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 12:30-1:30 <i>Craft w/Millissa \$5</i> 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed)</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 3:00-4:00 Word Game (WX)</p>	<p>8:30-9:30 <i>Breakfast & Bingo \$4</i> 8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 1:00-3:00 Tech Help Appointments 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
25	26	27
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise @ Metz Pool 10:00-10:55 Strength & Cardio (WX) 11:00-12:00 Gentle Chair Yoga 12:00-2:00 <i>Movie & Lunch-in</i> <i>"The Spy Next Door" \$6</i> 1:00-2:00 Virtual Travel (see schedule) 1:00-3:00 Canasta (players needed) 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Water Exercise @ Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise w/Sandy (WX) 3:00-4:00 Word Game (WX) 5:00-7:00 DINE NITE OUT at Cowboys</p>	<p>8:30-10:30 Italian Card Game 9:00-11:00 Pinochle 9:00-11:30 Stained Glass Class \$5 11:00-11:45 Cardio Drumming 12:00-1:00 <i>Lunch & Learn (\$5 Lunch)</i> 1:00-3:00 Tech Help Appointments 1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (WX)</p>
<p><u>Recreation/Education Coordinator</u> ~Christine Bacon 440-279-2163 <u>Rec/Ed Assistant Coordinator</u> ~Millissa Brosch 440-279-2183 I&R Assistant: Debbie M.</p> <p>Stained Glass Class Appointments: Call Don Trask 440-759-9691</p>		<p>Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION <i>IN ADVANCE</i> 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.</p>

INFORMATION AND MORE
January 2023

ALL PROGRAMS SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER, PLEASE CALL AHEAD!

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

***CRAFTING Mondays 1:00pm**
You must register the Wednesday before the craft.

***January 9: Chinese New Year Crafts, FREE**

***January 23: "Disappering Floating Vases," \$3 Each**

***January 30: Paint a Wooden Polar Bear, \$3 Each**

***EXERCISE**

Balance & Chair Exercise every Monday and Wednesday at 11:00

***COYOTES: OUR TOWN & COUNTRY CANINE**
Tuesday, Jan. 10, 11:00

Learn the facts about these highly adaptable mammals which share our landscape in Geauga County. Please reserve your spot.

***INSTANT POT & AIR FRYER DEMO**
Tuesday, Jan. 24, 11:00. Learn to use 'em!
You must make a reservation!
Class size is limited!

***CHINESE NEW YEAR CELEBRATION**
Wednesday, Jan. 18

Lunch: Egg Roll and Chicken Fried Rice & Fortune Cookie. \$7 per person
Deadline: Jan. 13.

***TITANTIC LUNCH & LEARN**
January 20, 10:30

Join us with speaker Kathy Doyle to learn about the Titanic. \$10 per person.
Deadline: January 17.

CHILI & BAKED POTATO BAR!
Wednesday, Jan. 26:

Chili and Baked Potatoes with Toppings \$5 per person,
Deadline: Jan 21

***CELEBRATE ELVIS PRESLEY**

Lunch and Trivia, Costume and Best Lip-Sync Contests
Tuesday January 31st, at 11:00. \$7 per person, deadline, January 24.

Middlefield Sr. Center
440-632-0611

Mon	Tue
 <p>CLOSED FOR NEW YEAR'S</p>	<p>National Fruit Cake Toss Day 3</p> <p>8:30-9:30 Social Hour 9:30 Rummikube 10:00-11:00 Line Dancing 12:00 GDA Lunch Tasty Fruit Cake & Trivia 1:00-3:00 Chair Volleyball</p>
	<p>9</p> <p>8:30-9:30 Social Hour 9:30-11:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00-3:00 Crafting- Chinese New Year Crafts</p>
 <p>MARTIN LUTHER KING JR. DAY ALL CENTERS CLOSED</p>	<p>17</p> <p>8:30-9:30 Social Hour 9:00 Rummikub 10:00 Line Dancing 12:00 GDA Lunch 1:00-3:00 Chair Volleyball</p>
	<p>23</p> <p>8:30 Social Hour 9:00 Rummikub 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00-3:00 Crafting: Dissapearing Vases, \$3 Each</p>
<p>30</p> <p>8:30 Social Hour 9:00 Rummikube 11:00 Balance/Chair Exercise 12:00 GDA Lunch 1:00 Crafting: Paint a Wooden Polar Bear \$3</p>	<p>Celebrate Elvis's Birthday 31</p> <p>8:30-9:30 Social Hour 9:00 Rummikub 10:00 Line Dancing 11:00 Lunch, Elvis Trivia & More 1:00-3:00 Chair Volleyball</p>

Middlefield Sr. Center 15820 Ridgewood Rd., Middlefield

Wed	Thu	Fri
4	5	6
<p>8:00-9:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Movie Time </p>	<p>8:30-9:30 Social Hour </p> <p>9:00-11:00 Rummikub</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>	<p>8:30-9:30 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Wii Bowling Tournament </p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball</p>
11	12	13
<p>8:00-9:00 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>1:00-2:00 Bingo</p> <p>2:00 Line Dancing</p>	<p>8:00-9:00 Social Hour </p> <p>9:00 Rummikub</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>	<p>8:30-9:30 Social Hour </p> <p>9:00-11:00 Rummikub</p> <p>11:00 Wii Bowling Tournament</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>
<i>Chinese New Year Celebrated</i> 18	19	20
<p>8:30-9:30 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>11:30 Chinese New Year Lunch & Fun</p> <p>1:00-3:00 Movie: The Last Emperor </p>	<p>8:30-9:30 Social Hour </p> <p>9:00 Rummikub</p> <p>12:00 GDA Lunch</p> <p>1:00-3:00 Chair Volleyball </p>	<p>8:30-9:30 Social Hour </p> <p>9:00 Rummikub</p> <p>10:30 Kathie Doyle: Titanic and Lunch</p> <p>1:00-3:00 Chair Volleyball </p>
25	26	27
<p>8:30 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Balance/Chair Exercise</p> <p>12:00 GDA Lunch</p> <p>1:00-2:00 BINGO! </p>	<p>8:30 Social Hour </p> <p>9:00 Rummikub</p> <p>12:00 Chili & Baked Potato Bar</p> <p>12:30 Brain Games</p> <p>1:00 Chair Volleyball</p>	<p>8:30 Social Hour </p> <p>9:00 Rummikub</p> <p>11:00 Wii Bowling Tournament</p> <p>12:00 GDA Lunch</p> <p>1:00 Chair Volleyball</p>



Chinese New Year
Folding Fans

PARKINSON'S SUPPORT GROUP

Tuesday, January 17th at 12:30pm at Chardon Senior Center (470 Center Street, Building 8, Chardon 44024). Everyday hacks for living well with Parkinson's disease. We will watch a video from the Davis Phinney foundation then talk about practical ideas to help you get thru the day. **Please RSVP to Sandy McLeod at 440-279-2137** if you will be joining us!

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 class. The class begins at 12:30 p.m. on January 19th, 2023 at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). **Call 440-279-1313 to register.**

NEW KNIT AND CROCHET GROUP AT CHARDON SENIOR CENTER

We are starting up a new Knit and Crochet Group at the Chardon Senior Center! The group will meet every Tuesday, from 10:00 a.m. – 12:00 p.m., starting Tuesday, February 7. **Please call the Chardon Senior Center at 440-279-2126**, if you are interested in this group.

TITANIC: PRESENTED BY KATHIE DOYLE

Friday, January 20, 10:30. Come to join us for Kathie's dynamic presentation, then stay for a "First Class Luncheon. The menu in lunch will include items served to the First Class travelers on the Titanic, \$10 per person. Presentation at 10:30, Lunch served at noon. Stay after for the movie: "Titanic." Held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611.
Call to make your reservation.

LUNCH-IN AND FREE MOVIE & POPCORN – "42" THE STORY OF JACKIE ROBINSON

JAN 12th 12:00-2:00pm –Join us at the West G Senior Center for a showing of "42" The Story of Jackie Robinson. Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will include Hotdogs with ALL the toppings, baked beans, Nachos & cheese and beverage.
Registration Deadline for lunch is JAN 5th Call WGSC to sign up 440-279-2163 The Lunch-in choice will require pre-payment of \$6.

DIABETES SUPPORT GROUP – BREAKFAST MEAL PLANNING

Tuesday, January 17th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). You are going to leave with many healthy breakfast menus and recipes. Please bring in your favorite breakfast recipe to share or food labels of items you might want to eat. We will view the labels and work to build a nice recipe box of healthy breakfast food choices.
RSVP to Sandy McLeod at 440-279-2137.

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, January 26th from 9am-10am for our monthly Big Breakfast! Veterans and January Birthdays eat FREE. All others pay \$5.00. Call (440) 279-1313 to RSVP. Registration and payment are due no later than Friday, January 20th. Please indicate if you are a Veteran or if your Birthday is in December. January's menu includes Belgian waffles, bacon, and fruit.

CELEBRATE ELVIS PRESLEY

Tuesday January 31st at 11:00. Come join us in your favorite Elvis costume to celebrate Elvis Presley's birthday along with some fun trivia and the best lip sync contest. Lunch will be served with some Elvis favorite foods. \$7.00 per person held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. **Call to make your reservations!**

"THE CUPID SHUFFLE" VALENTINES' LINE DANCE PARTY!

Chardon Senior Center and Bainbridge Senior Center are teaming up in putting together a Valentines' Day Party! Tuesday, February 14, 2023, from 11:30 – 1:30 p.m., at the Bainbridge Senior Center. We will have plenty of line dancing, but also plenty of other dances as well! Lunch and entertainment, and a visit with Cupid! It's going to be a great time! **Register by January 27, or until the event is full (space is limited). Cost is \$10.00 per person.**

LUNCH-IN AND FREE MOVIE & POPCORN #2 –THE SPY NEXT DOOR

JAN 25th 12:00-2:00pm –Join us at the West G Senior Center for a showing of "The Spy Next Door". Movie and Popcorn is FREE to ALL, however lunch will be provided at a cost of \$6. The meal will include your choice of Sweet & Sour Chicken, Vegetable Lo Mein, or Pepper Steak, all served with rice, egg roll and beverage. Registration Deadline for lunch is JAN 18th
Call WGSC to sign up 440-279-2163 **The Lunch-in choice will require pre-payment of \$6.**

LINE DANCING AT WEST G SENIOR CENTER RESUMES JAN 23RD

Line Dance Classes will resume on Monday JAN 23rd. 12 week sessions, all FREE Thanks to a Grant provided to Fairmount Center for the Arts. Time will be the same 2pm-3pm. Must Call to register, 12 week sessions will continue throughout 2023. RSVP by JAN 19th, space is limited to 18 per class/sessions. **Next Session will begin April 24th, call ahead to get into the next session if you miss out on the first one!! CALL 440-279-2163**

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! This is an "open house" format; drop by anytime between 12:00 – 3:00 p.m. at the Chardon Senior Center, 470 Center Street, Building 8. **Call to let us know you'll be stopping by, so we can plan accordingly when ordering light hors d'oeuvres.**

PARKINSON'S NON-CONTACT BOXING CLASSES

Do you, or someone you know, have Parkinson's Disease and want to know how you can fight back? This non-contact boxing class is for seniors who are diagnosed and symptoms are mild to moderate. The goal of this program is to delay the progression of Parkinson's symptoms. Strength, speed, balance and flexibility will be worked on through a variety of exercises and core conditioning. We will work on improving your overall fitness level, maintaining a strong healthy body and postural imbalances. Classes are held every Monday, Wednesday and Friday from 9:30-11:00am at Everybody's Gym (357 Washington St., Chardon 44024). **\$45 per person for unlimited classes for the month. Please call Sandy McLeod at 440-279-2137 if interested.**

CARDIO DRUMMING W/CHRISTINE AT WGSC

Every Friday from 11:00-11:45am –Beginning in January 2023, Join Christine for a fun class of Cardio drumming! There will be FUN Music & lots of moving and shaking! Burn those extra calories, it's a great way to get in a workout. Classes are limited to 10 seniors per class due to limited equipment to go around. Call to register at 440-279-2163

LUNCH AND LEARN WITH GEAUGA PARK DISTRICT

Lunch will be ordered ahead of time from The Tippy 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!

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
1/4/2023	Maple Highlands Trail	Mountain Run Station 12700 Chardon-Windsor Rd, Chardon
1/11/2023	Beartown Lakes Reservation	18870 Quinn Rd, Chagrin Falls
1/18/2023	Girdled Road Reservation	12926 Radcliffe Rd, Concord
1/25/2023	Swine Creek Reservation	16004 Hayes Rd, Middlefield Woods Edge Shelter

CHINESE NEW YEAR CELEBRATION

Wednesday January 18th. Come celebrate the Chinese New Year with us. We will have some Chinese New Year trivia and facts you should know. The menu that day will include chicken fried rice, egg roll and of course a fortune cookie \$7.00 per person. We will also be playing a movie The Last Emperor at 1:00. This will all be held at the Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, 440.632.0611. **Call to make your reservations!**

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.**

DINE NITE OUT WITH YOUR WEST G SENIOR CENTER FRIENDS

Thursday JAN 26th—Meet up time is 5:00pm at "Cowboys Food & Drink" in Chagrin Falls (8586 E Washington St). Just call us ahead of time to let us know you are coming.
Cost is on your own. RSVP by JAN 23rd 440-279-2163

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

Thursday, January 5th 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.**

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!

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, January 12th at 1pm, David will provide a look New Year tradition and why we celebrate in the ways we do.

Please call to register, (440) 279-1313.

INSTANT POT & AIR FRYER DEMO

Tuesday, January 24, 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!**

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.

JANUARY LUNCH & LEARNS AT WEST G SENIOR CENTER PRESENTATIONS ARE FREE

FRIDAY, JANUARY 13TH AT NOON –

UNDERSTANDING ALZHEIMER'S AND DEMENTIA PRESENTED BY THE ALZHEIMER'S ASSOCIATION. Learn the difference between Alzheimer's and Dementia. Recognize how Dementia affects the brain. Learn the risk factors of Alzheimer's disease and its 3 stages. Learn about current FDA approved treatments and advances in research. **Lunch (\$5 pre-paid) – Ham & Cheese Croissant Sandwiches, Fruit, Cookie, Beverage.**

Registration Deadline is JAN 6th Call WGSC for more info 440-279-2163

FRIDAY, JANUARY 27TH AT NOON–

TEN WARNING SIGNS OF ALZHEIMER'S AND DEMENTIA PRESENTED BY THE ALZHEIMER'S ASSOCIATION. Learn typical age-related memory, thinking and behavior changes. Recognize common warning signs of both Dementia and Alzheimer's. Learn tips for approaching someone with memory concerns. Learn the importance of early detection and the benefits of early diagnosis. Identify possible tests and assessments for the diagnostic process. **Lunch (\$5 pre-paid) will be Pizza, Side Salad, Cookie and Bottled Water. Registration deadline is JAN 20th. Call WGSC for more Info 440-279-2163**

Geauga Walkers

Date	Park	Parking
Jan 3	North Chagrin Reservation	“Chickadee” Trail - Bring Bird Seed AB Williams Woods Parking Lot, Past Nature Center
Jan 10*	The Rookery	10110 Cedar Road, Munson, North of Fairmount or West of Auburn Road; Snowshoeing Available, if snow
Jan 17	Auburn Community Park	17484 Munn Road, North of Washington St, Auburn
Jan 24*	Frohling Meadows	16780 Savage Road, Bainbridge Twp, Snowshoeing Available, if snow
Jan 31	Girdled Road Reservation	12840 Girdled Road, East of Route 608, Lake County

All walks begin promptly at 1:00. * A Naturalist will accompany us on these walks. Please continue to register for all GPD-led walks online at GeaugaParkDistrict.org or call GPD at (440) 286-9516. This request allows park to notify attendees if unexpected park closure or severe weather. **ONE PHONE CALL TO GPD WILL REGISTER FOR THREE MONTHS. MASKS NO LONGER REQUIRED!** Contact Geauga Department of Aging at (440) 279-2167 for additional information.

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, January 4th (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: Family Tree by Susan Wiggs

Thursday, January 12th (2nd Thursday of each month) – at Burton Library

Discussing: Night Watchman by Louise Erdrich

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 David at (440) 279-1313.**

CHARDON SENIOR CENTER BOOK CLUB

Monday, January 9 at 1:00 p.m., meeting at Chardon Senior Center. January's book is "The Lost Girls of Paris," by Pam Jenoff. Looking ahead, February's book is "The Lincoln Highway," by Amor Towles.

CARD MAKING CLASS WITH MILLISSA AT WEST G SENIOR CENTER

Monday JAN 30th at 1:00pm-January's class will construct 3 separate Valentine Friendship cards! All supplies will be provided and NO experience is necessary. All cards will be gender neutral so you can give them to anyone! **Cost \$3 Registration deadline is JAN 23rd Call for more info at 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.

Tuesday, January 17, at 10:00 a.m. at Chardon Senior Center; call 440-279-2126 to register.

REMEMBER WHEN...FEATURING DAN RUMINSKI – THE CLEVELAND STORYTELLER

Thursday, January 26th from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Do you have any Cleveland memories growing up? We will discuss our own Cleveland Memories while enjoying a pasta lunch, then Dan will begin his program on Millionaires' Row at 12:30pm. Dan tells stories that illuminate what made Cleveland great in the last decades of the 19th century and the first three decades of the 20th century. Registration is required. \$10 per person. Questions? **Please call Melissa Wheeler at 440-279-2167.**

VIRTUAL TRAVEL AT WEST G ON THE BIG SCREEN

Every Wednesday afternoon from 1:00-2:00pm—Join us at the WG Senior Center— Each week we will be showing Virtual Tours of different destinations. Each tour has a tour guide to listen to, and the visual of these places is awesome, especially on our BIG X LARGE SCREEN!! These are very interesting to see, and can also be educational. **You may learn new things you didn't know before!!**
Call to sign up at 440-279-2163

Destination Schedule

JAN 4th 1:00-2:00pm –New York City
JAN 11th 1:00-2:00pm New Orleans
JAN 18th 1:00-2:00pm Washington DC
JAN 25th 1:00-2:00pm LONDON

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!

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.**

Breakfast & Bingo at WEST G SENIOR CENTER

FRIDAY, JAN. 20, 2023 -8:30AM-9:30AM - \$4.00/PERSON -RSVP by 1/13/2023

Menu: Scrambled eggs, sausage, toast and beverages. Just want to join us for Bingo? No reservation or money needed! Bingo starts at 9:00am. **For more info call 440-279-2163**

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.**

CRAFT CLASS WITH MILLISSA AT WEST G SENIOR CENTER

JAN 18th 12:30-1:30pm –Join Millissa for another great craft class for January. This month the craft will be a wooden snowman (or woman, it's your choice) door hanging decoration.

All supplies will be included, just bring yourself and your creativity!!

\$5 cost, deadline to register is JAN 11th 440-279-2163

BALANCE EXERCISE CLASSES: AVAILABLE AT EVERY SENIOR CENTER!

This 45-minute class focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises will be both seated and standing. A great fit for those who are ready to begin exercising, or to add specific exercises that target muscles responsible for balance. Some classes are also available to stream live on WebEx.

Bainbridge Senior Center	Tuesdays at 9:45am Thursdays at 9:45am
Chardon Senior Center	Tuesdays at 11:00am Wednesdays at 11:00am Thursdays at 11:00am
Everybodies Gym (357 Washington St, Chardon)	Fridays at 11:15am
Middlefield Senior Center	Mondays at 11:00am Wednesdays at 11:00am
West Geauga Senior Center	Tuesdays at 1:30pm Fridays at 1:30pm

MAH JONGG BEGINNERS LEVEL GROUP AT WEST GEAUGA SENIOR CENTER

West G Senior Center will be offering Beginner Level Mahjong 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 Mahjong 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 from 1:00-3:00pm- Call us at WGSC to sign Up. 440-279-2163**

GEAUGA YOUNG OF HEART

meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of every month. Bring your brown bag lunch. Entertainment and snacks will be provided.

At the January 6 meeting we will be entertained by our own Joe Bortnick with his great button box music. The speaker at the January 20 meeting will be Chesterland's Police Chief, Craig Young.

Now is the time to come to a meeting and pay your dues of \$25 for the year. Also, remember that if the West Geauga Schools are closed because of weather, our meeting is cancelled. You will not get a call, so be sure to listen to the morning news.

Happy New year to all!



SENIOR CARE 2022 ALL-STARS

Olivia Graham
Cherished Companions



Maureen Calvert
Jennings at Notre Dame



Sherry Filla
Ohman Family at Blossom



Megan Ladow
Ohman Family at Briar



Jacob Eldridge
Ohman Family at Holly



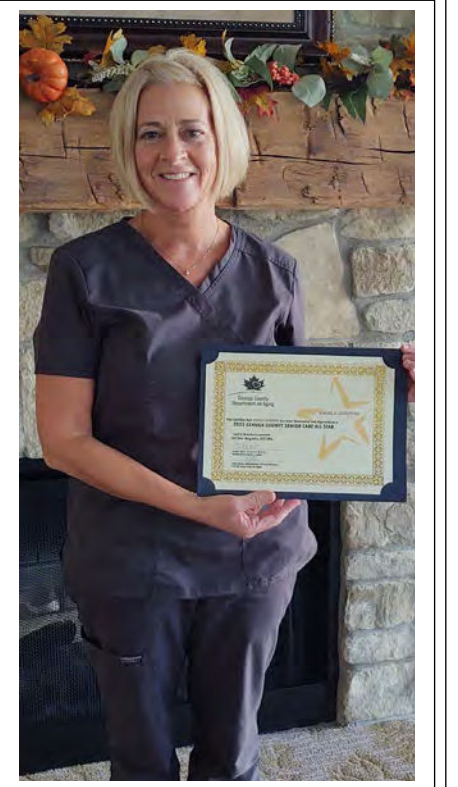
Ronda Groce
First Light Home Care



Elizabeth Valvoda
Mapleview Country Villa



Angela Osborne
Ohman Family at Holly



Melanie Stubbs
The Weils





Amanda Scopilliti
Ohman Family Living at Home



Samantha Gartin
Burton Healthcare



Pam Yoder
Ohman Family at Blossom



Sarah Bryndal
Home Instead Senior Care



**THANK YOU
FOR YOUR
CONTINUED
SERVICE**

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 2023? 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 2023? 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.

JANUARY 2023
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

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

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

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

IN THIS
TOGETHER 
GEAUGA COUNTY
DEPARTMENT ON AGING



View the Senior
News ONLINE

ADDRESS
SERVICE
REQUESTED

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

JANUARY

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

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

IN ORDER TO RECEIVE OR CONTINUE SERVICES WITH THE GEAUGA COUNTY DEPARTMENT ON AGING, SENIORS MUST UPDATE THEIR REGISTRATION FOR 2023!

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.

Geauga 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.