

The Geauga senior news

Geauga County Department on Aging

December 2023

To Continue Services with the Geauga County Department on Aging, Seniors Must Update Their Registration for 2024!

If you registered with the GDA in 2022 or 2023, and there have been no changes on your registration form (For example - change of address, new phone number, new emergency contact) seniors can call their local senior center and ask to be re-registered. If you don't call, you will not be registered for 2024! If there has been a change in your registration information, just fill out a 2024 registration form and bring it or send it to your nearest senior center.

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.

If you have any questions, call your local senior center or the Main office at (440) 279-2130.

Home Delivered Holiday Meals for Geauga County Seniors

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

There will be no regular Home Delivered Meal delivery 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 18.

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



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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: \$1,843/monthly & resources below \$16,660; or

Married \$2,485/monthly & resources below \$33,240.

Contact a Geauga Department on Aging Social Worker for assistance with your application at (440) 279-2130!

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

The Stone Family, in memory of Dale & Joan Spangenberg

Members of the Newbury Class of 1956

Chester Study Club, Dan and Gwenn Brown

Joy Bramley in memory of Jim Bramley (husband) & Rob Warren (Grandson)

Vince Lisi, in memory of Evelyn Lisi, The Wilson Family

The Jones Family in memory of Plato E. Anton

Adult Day Services

Are you caring for a Geauga County Senior who has beginning stages of dementia?

Are you feeling overwhelmed by the daily responsibilities and could use a break?

If so, then call the Department on Aging's Adult Day Service (ADS) Program. The Adult Day Service staff can care for your loved one in a safe, structured environment, while you take some needed time. The Adult Day Service Program is located at 8090 Cedar Rd, in Chesterland and open Monday through Friday, from 8:30am until 2:30pm. Seniors are greeted as they enter ADS by caring staff members who work with the seniors throughout the day. ADS participants are offered a nutritious lunch, cognitive stimulation, physical exercise and socialization as part of the program. This is not a medically based program, meaning medications are not given and seniors must be able to toilet and feed themselves. ***There is no fee for the ADS Program.***

We will gladly accept donations to help enhance and grow the program. **If you are interested in hearing more about this program, or would like to schedule a visit, call (440) 279-2149 or email vzanella@geauga.oh.gov.**

HEATING ASSISTANCE AVAILABLE/APPLICATION DEADLINE: MAY 31, 2024

The Ohio Department of Development and Geauga County Department on Aging want to remind senior citizens in Ohio 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. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. Senior citizens may also visit www.energy-help.ohio.gov to apply online or to download a copy of the application. 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, 2024.

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

Monthly Highlights

Thursday, December 7th: Free Lunch & Movie
 UH Geauga Age Well Be Well Program.
 Call 440-214-3180 to register. 12:00pm. Free.

Thursday, December 14th: Elderberries
 Seniors, come enjoy a fun and fact-filled retrospection of America's home stretch of The Space Race at the West Woods (9465 Kinsman Rd, Novelty). Reacquaint yourself with the Apollo 8 Mission and its profound, serendipitous influence on the environmental movement. Refreshments and snack provided. Sponsored by UH Geauga Medical Center. Registration required by calling Geauga Park District at 440-286-9516. 1:00-2:30pm. Free.

Tuesday, December 19th: Parkinson's Support Group
 No speaker this month, we will get together for a our Holiday Luncheon at Chardon Senior Center (470 Center St, Bldg. 8, Chardon). Please RSVP by calling Sandy McLeod at 440-279-2137. 12:30pm. \$10 per person.


Tuesday, December 19th: Diabetes Support Group
 Topic is "Making Healthy Choices during the Holidays" at Chardon Senior Center (470 Center St, Bldg. 8, Chardon). Enjoy some healthy hors d'oeuvres provided by UH Geauga Medical Center. Please RSVP by calling Sandy McLeod at 440-279-2137. 2:00pm. Free.

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.

Pedaling for Parkinson's
 Experts believe cycling in particular can help increase certain proteins in the brain that help with movement and cognitive function—making it one of the most beneficial activities for keeping Parkinson's in check. Space is limited. Call Sandy McLeod to register at 440-279-2137.

December 2023

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 BSC - Bainbridge Senior Center CSC - Chardon Senior Center GW - Geauga West Library OH - Ohman Family Living at Holly OS - Offsite WG - West Geauga Senior Center WX - WebEx (Online)</p>	
	4	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	5
	11	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	12
	18	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	19
	25	 <p>CLOSED FOR CHRISTMAS HOLIDAY</p>	26
		<p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	
		<p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:15-12:15 Pedaling for Parkinson's OH 12:30-1:30 Parkinson's Support CSC 2:00-3:00 Diabetes Support Group CSC 1:00-2:30 Geauga Walkers OS</p>	
		<p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	

SENIOR COMMUNITY EVENTS

WEDNESDAY

THURSDAY

FRIDAY



SANTA FOR A SENIOR

The Department on Aging will be collecting gift cards for food & medication (ex; Giant Eagle, Walmart, Marc's, Aldi's), toiletry items, healthy snacks, cleaning products, bathing products, etc. to help Geauga County seniors in need this holiday season. Anything purchased may be dropped off or sent to Sandy McLeod at Geauga Department on Aging, 12611 Ravenwood Drive, Suite 200, Chardon, OH 44024. Call 440-279-2137.

1

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**

6

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**
11:30-12:30 Book Discussion **GW**
1:00-2:30 Walking for Wellness **OS**

7

10:00-11:00 Strength & Cardio **WG & WX**
11:15-12:15 Pedaling for Parkinson's **OH**
12:00-2:30 Lunch & Movie **WG**

8

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**

13

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**
1:00-2:30 Walking for Wellness **OS**

14

10:00-11:00 Strength & Cardio **WG & WX**
11:15-12:15 Pedaling for Parkinson's **OH**
1:00-2:30 GPD Elderberries **OS**
1:30-3:00 Book Discussion **BL**

15

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**

20

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**
1:00-2:30 Walking for Wellness **OS**

21

10:00-11:00 Strength & Cardio **WG & WX**
11:15-12:15 Pedaling for Parkinson's **OH**

22

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**

27

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**
1:00-2:30 Walking for Wellness **OS**

28

10:00-11:00 Strength & Cardio **WG & WX**
11:15-12:15 Pedaling for Parkinson's **OH**

29

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & WX**

Friday, 12-1: Breakfast and Speaker Series with Kathie Doyle.: "Prohibition." Mocktails will be served! Prior registration required.

Tuesday, 12-5: Preparing Your Home for Winter with Guest Speaker, Stu Unschorfer. Stu is a retired HVAC professional, and is looking forward to sharing his knowledge with us on how to efficiently prepare our home utilities for winter.

Wednesday, 12-6: Sweet Treat Drive-Thru at Heather Hill. Call to register to get a lunch and delicious dessert, in our own drive-thru lane at Heather Hill!

Wednesday, 12-6: Social Security and Medicare Overview, presented by Edward Jones. Brunch will be served, as well! Free, but call to register by 12/1/23.

Friday, 12-8: Dining and a Documentary. Enjoy lunch at the senior center, while viewing the PBS documentary, "The Way We Shopped," which chronicles shopping in downtown CLE back in the good ol' days of yesteryear! Call to sign up!

Monday, 12-11: December's book club book is "The Spectacular," by Fiona Davis. Please note the time change for this month. Consider coming early to watch the Radio City Christmas Spectacular!

Wednesday, 12-13: Create a beautiful winter ornament for your home! \$8, payable with registration.

Thursday, 12-14: Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

Wednesday, 12-20: Heather Hill Luncheon at Chardon Senior Center. Space is limited! Call to reserve your spot!

Thursday, 12-21: Hot Cocoa Social, featuring a Christmas performance by Geauga Renaissance Choral Group. Free, but registration is a must!

Friday, 12-29: Birthday BINGO Pizza Party. \$5 per person/Dec. Birthdays FREE. Thanks to Chardon Healthcare!

Chardon Senior Center 440-279-2126

MONDAY

**Becky O'Reilly
Recreation & Education
Coordinator**

**Betty Conti & Ellie Rickard
Recreation & Education
Assistant Coordinators**

4

10:00-12:00 Rug Hooking
10:00-12:00 Quilting
11:00-11:45 Strength Training \$2
12:00-3:30 Lunch and Movie:
"A Christmas Story." Free, but
call to sign up.

11

10:00-12:00 Rug Hooking
10:00-12:00 Quilting
11:00-11:45 Strength Training \$2
12:00-1:30 Lunch and Movie:
"Radio City Christmas Spectacular."
Free, but call to sign up.
1:00-3:00 Ceramics
1:30-2:30 Book Club

18

10:00-12:00 Rug Hooking
10:00-12:00 Quilting
11:00-11:45 Strength Training \$2
12:00-3:30 Lunch and Movie:
"Sleepless in Seattle." Free, but
call to sign up.

25

Merry Christmas!



TUESDAY

**Beth Oliverio
Information and Referral
Specialist**

**Karen Fueger
Kitchen Coordinator**

5

9:00-11:30 Woodcarving
10:00-12:00 Knit and Crochet
10:00-10:45 Tai Chi \$3
11:00-11:45 Balance Exercises
12:30-1:30 Guest Speaker:
Preparing Your Home for Winter
12:30-4:00 Game Day
2:00-3:30 Raccoon County
Ramblers Practice

12

9:00-11:30 Woodcarving
10:00-12:00 Knit and Crochet
10:00-10:45 Tai Chi \$3
11:00-11:45 Balance Exercises
12:30-4:00 Game Day
1:00-3:30 Paint Party—prior
registration
2:00-3:30 Raccoon County
Ramblers Practice


19

9:00-11:30 Woodcarving
10:00-12:00 Knit and Crochet
10:00-10:45 Tai Chi \$3
10:00-12:00 Iris Folding
11:00-11:45 Balance Exercises
12:30-1:30 Parkinson's Group
2:00-3:00 Diabetes Support
2:00-3:30 RCR Practice

26

9:00-11:30 Woodcarving
10:00-12:00 Knit and Crochet
10:00-10:45 Tai Chi \$3
11:00-11:45 Balance Exercises
12:30-2:00 Game Day
2:00-3:30 Raccoon County
Ramblers Practice

Chardon Senior Center
470 Center, Bldg. 8, Chardon, OH 44024

WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>9:30-11:30 Stained Glass 10:00-11:30 Breakfast and Speaker Series 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 2:30-4:00 Corn Hole</p>
<p>6</p> <p>9:00-11:00 Pinochle 10:30-11:30 Guest Speaker: Social Security and Medicare 11:00-11:45 Strength Training \$2 11:00-12:00 NO CLASS for Balance Exercise 12:00-12:30 Heather Hill Drive-Thru 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p>7</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30--4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>8</p> <p>9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 11:45-1:00 Dining and a Documentary: Lunch and viewing of the documentary, "The Way We Shopped." 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group</p>
<p>13</p> <p>9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg 2:00-4:00 Christmas Ornament-Making Workshop—Lightbulb Ornaments!</p>	<p>14</p> <p>9:30-11:00 Brunch Bunch at - Bob Evans Chardon 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>15</p> <p>9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 12:00-2:00 Christmas Cake Walk 2:00-3:00 Chair Volleyball *note time today 1:00-4:00 Bridge Group</p>
<p>20</p> <p>9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 NO CLASS today for Balance Exercise 12:00-1:00 Heather Hill Cooking Demo Senior Center Closes at 1:00</p>	<p>21</p> <p>10:30 Hot Cocoa Social featuring a performance by the Geauga Renaissance Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>22</p> <p>9:30-11:30 Stained Glass 10:00-2:00 Bingo-Pa-Looza! 11:00-11:45 Balance Exercise 2:00-3:00 Chair Volleyball *note time today 1:00-4:00 Bridge Group</p>
<p>27</p> <p>9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 NO CLASS FOR Strength Training 11:00-12:00 Balance Exercise 1:00-2:30 Chair Volleyball 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p>28</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>29</p> <p>9:30-11:30 Stained Glass 11:00-12:30 Birthday BINGO & Pizza Party 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group</p>

Bainbridge Bulletin

Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12 pm, free of charge. December's theme is **Hallmark Movies**. Reservations are not required but encouraged to ensure a meal for all attendees.

Thursday, December 14:

David Explains: The Monroe Doctrine President James Monroe delivered his State of the Union Address in December of 1823, which became known as the Monroe Doctrine. Learn how the US implemented and modified the Monroe Doctrine and how it affects foreign policy today. Please register by calling (440) 279-1313.

Thursday, December 28:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and December birthdays are free to attend. The cost is \$5 for everyone else. December's menu is Belgian waffles, bacon, and fruit. Please RSVP by Tuesday, December 26th.

NEW for 2024!

The Bainbridge Senior Center will be offering Never-Ending Knowledge following the success of the program at our West G. center. Every Wednesday afternoon, time to be announced, we will offer expert-led courses with a wide range of topics. Our first topic is yet to be determined.

On the second Tuesday of each month, a soup and sandwich lunch will be offered for just \$5 per person. The menu for January is grilled cheese and tomato soup.

We are looking for bridge players to start a bridge group in Bainbridge. The time and date of the group is flexible so please call (440) 279-1313 if interested.

Bainbridge Senior Center

440-279-1313

MONDAY

TUESDAY

**Recreation & Education
Coordinator**

David Craig

**Recreation & Education
Assistants**

Laura Reed

Keri Skrtic

4

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch & a Movie
(Crown for Christmas)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

5

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-2:00 Social Work
 Appointments
12:30-2:30 Intermediate Mahjong

11

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch & a Movie
(Menorah in the Middle)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

12

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Intermediate Mahjong
12:30-1:30 Holiday Greens
 Craft
(Registration is required)

18

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-2:30 Lunch & a Movie
(An Unexpected Christmas)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

19

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Intermediate Mahjong



25

26

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Intermediate Mahjong

Bainbridge Senior Center
17751 Chillicothe Road, Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:45 Bingo 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Imperial Wok, Solon</i>) 2:30-3:15 Cardio Drumming</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 12:00-12:30 Lunch 1:00-2:00 David Explains Mocking an Empire</p>	<p style="text-align: right;">1</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-2:00 Scrabble 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 6 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:45 Bingo 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Tipsy Bull, Bainbridge</i>) 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right; vertical-align: top;">7</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 1:00-2:00 Music that Moves You with special appearance</p>	<p style="text-align: right;">8</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-2:00 Scrabble 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 13 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:45 Bingo 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Washington Street Dinner, Bainbridge</i>) 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right; vertical-align: top;">14</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 1:00-2:00 David Explains: The Monroe Doctrine</p>	<p style="text-align: right;">15</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-2:00 Scrabble 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>
<p style="text-align: right; vertical-align: top;">20</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:45 Bingo The Bainbridge Senior Center will be closing at 12:00 pm for staff training.</p>	<p style="text-align: right; vertical-align: top;">21</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 12:30-2:30 Iris Folding 1:00-2:00 Music that Moves You</p>	<p style="text-align: right;">22</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-2:00 Scrabble 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 27 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing (\$3) 10:30-11:45 Bingo 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Cowboys, Bainbridge</i>) 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right; vertical-align: top;">28</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 12:00-12:30 Lunch</p>	<p style="text-align: right;">29</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-2:00 Scrabble 12:00-12:30 Lunch 2:30-3:15 Cardio Drumming</p>

Newsorthy Notes

ALL classes with the (VT) symbol listed after it, are Virtual on Teams

SATURDAY DECEMBER 16th

Join us at WGSC for a holiday performance by the students at Fairmount Center for the Arts.

Pancake & Sausage Breakfast followed by the performance..

10:00-11:00 Breakfast

11:00-12:00 Performance

FREE EVENT-Space is Limited to 60

RSVP BY DEC 13th @ 440-279-2163

Craft with Millissa

Dec 18, 19 & 20 -3 Days of Gift Making

12/18-Dip Mix Ornaments set of 5 \$7

12/19-Christmas Cookie Tray \$6

12/20-Winter Door Wreath \$9

RSVP by DEC 8th 440-279-2163

Never Ending Knowledge Schedule

World Heritage Sites Continues...

DEC 6th - #1 "Australia's Great Barrier Reef"

#2 "The Mogao Grottoes & Manuscripts"

Dec 13th - #1 "Persepolis, the Great Persian Capital"

#2 "Easter Island and the Moai."

Dec 20th #1 "Canada's Rocky Mountains"

#2 "Teotihuac'an, Largest City of Mesoamerica"

Dec 27th - #1 "Samarkand, Crossroad of Central Asia"

#2 "Ancient Egyptian Thebes"

RSVP Deadline is one Day Prior to each Class

ART History Continues.... Leonardo Davinci

DEC 7th #1 "Colossus, The Sculpture for Ludovico Sforza"

#2 "Mantua, Isabella d'Este, and Venice"

DEC 14th #1- "Back to Florence - Exhibition of Sfumato"

#2 -Leonardo, Cesare Borgia, and Machiavelli

DEC 21st #1 "Michelangelo and Leonardo"

#2 -"Mona Lisa - La Gioconda"

DEC 28th #1 -"Raphael and Leonardo"

#2 -Leonardo in Milan and Pope Julius II in Rome

RSVP Deadline is one Day Prior to each Class

Lunch & Learns in DECEMBER

ALL Presentations are FREE

Dec 8th 12:00-1:00 UH Hospitals presents Good Health for the Holidays -**Lunch \$5**
Register by Dec 1st 440-279-2163

DEC 22nd -"The Winter Blues" Presented by Ravenwood. Learn all about the many reasons we can fall victim to this seasonal disorder, and tips to avoid it. Lunch \$5 presentation ONLY is free. **Register by DEC 15th**

Out to Lunch Bunch

DEC 21st—Meet up at Noon (Silver Skillet in Chesterland) Cost on your own **RSVP by 12/19**

Lunch in and Movie

Dec 26th "The Greatest Showman" FREE MOVIE w/Peanuts & Cracker Jacks! **Lunch is available for a cost of \$6.** Lunch Menu: Corndogs, French Fries, Funnel Cake and Beverage. **RSVP by Dec 19th 440-279-2163**

West Geauga Sr. Center

440-279-2163

MONDAY

TUESDAY

Recreation/Education Coordinator

~Christine Bacon 440-214-3505

Rec/Ed Assistant Coordinator

~Millissa Brosch 440-279-2183

I&R Assistant: Debbie M.

Stained Glass Class Appointments:

Call Don Trask 440-759-9691

Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION *IN ADVANCE* to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC at 440-279-2163

8:30-10:30 Italian Card Game **4**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise-Metz Pool
1:00-3:00 Mahjongg
2:00-3:00 Line Dance Class

8:30-10:30 Italian Card Game **5**
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 (VT)
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)
3:00-4:00 Visual Arts w/Fairmount

8:30-10:30 Italian Card Game **11**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise-Metz Pool
1:00-3:00 Mahjongg

8:30-10:30 Italian Card Game **12**
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 (VT)
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet
2:30-3:00 EZ Chair Exercise (VT)

8:30-10:30 Italian Card Game **18**
9:00-10:00 Water Exercise-Metz Pool
10:00-10:55 Strength & Cardio
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise-Metz Pool
11:00-12:00 **Craft w/Millissa**
3 days of gift making #1
1:00-3:00 Mahjongg

9:00-11:30 Stained Glass Class \$5 **19**
9:00-11:00 Pinochle
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise -Sandy (WX)
11:00-12:00 **Craft w/Millissa**
3 days of gift making #2
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)

25
ALL SITES CLOSED



26
9:00-11:30 Stained Glass Class \$5
9:00-11:00 Pinochle
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise -Sandy (VT)
12:00-2:00 **Lunch & Movie (Lunch\$6)**
"The Greatest Showman"
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY

THURSDAY

FRIDAY



Tech Help appointments with Christine. Call to schedule your 30 minute appointment. 440-214-3505



8:30-10:30 Italian Card Game **1**
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class \$5
10:00-11:00 Gentle Chair Yoga VIDEO
11:00-11:45 Cardio Drumming
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)

8:30-10:30 Italian Card Game **6**
9:00-10:00 Water Exercise-Metz Pool
9:00-11:30 Stained Glass Class \$5
10:00-10:55 Strength & Cardio (VT)
11:00-12:00 Gentle Chair Yoga
1:00-2:00 Never Ending Knowledge
~World Heritage Sites
2:00-3:00 Yoga Nidra w/Darlene

8:30-10:30 Italian Card Game **7**
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Water Exercise-Metz Pool
9:00-12:00 Pinochle
10:00-11:00 Exercise w/Sandy (VT)
10:00-12:00 Mahjongg
11:30-12:30 Never Ending Knowledge
~ART History
2:30-3:30 Senior Spin at "O" Holly

8:30-10:30 Italian Card Game **8**
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class \$5
10:00-11:00 Gentle Chair Yoga VIDEO
11:00-11:45 Cardio Drumming
12:00-1:00 Lunch & Learn \$5 (for Lunch)
"Good Health for the Holidays"
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)

8:30-10:30 Italian Card Game **13**
9:00-10:00 Water Exercise-Metz Pool
9:00-11:30 Stained Glass Class \$5
10:00-10:55 Strength & Cardio (VT)
11:00-12:00 Gentle Chair Yoga
1:00-2:00 Never Ending Knowledge
~World Heritage Sites

8:30-10:30 Italian Card Game **14**
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Water Exercise-Metz Pool
9:00-12:00 Pinochle
10:00-11:00 Exercise w/Sandy (VT)
10:00-12:00 Mahjongg
11:30-12:30 Never Ending Knowledge
~ART History
2:30-3:30 Senior Spin at "O" Holly

8:30-10:30 Italian Card Game **15**
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class \$5
10:00-11:00 Gentle Chair Yoga VIDEO
11:00-11:45 Cardio Drumming
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)

8:30-10:30 Italian Card Game **20**
9:00-10:00 Water Exercise-Metz Pool
9:00-11:30 Stained Glass Class \$5
10:00-10:55 Strength & Cardio (VT)
11:00-12:00 Gentle Chair Yoga
11:00-12:00 Craft w/Millissa
3 days of gift making #3
ALL SITES CLOSE at 12:30pm for All Staff Meeting

8:30-10:30 Italian Card Game **21**
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Water Exercise-Metz Pool
9:00-12:00 Pinochle
10:00-11:00 Exercise w/Sandy (VT)
10:00-12:00 Mahjongg
11:30-12:30 Never Ending Knowledge
~ART History
12:00-2:00 Out to Lunch Bunch at Silver Skillet
2:30-3:30 Senior Spin at "O" Holly

8:30-10:30 Italian Card Game **22**
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class \$5
10:00-11:00 Gentle Chair Yoga VIDEO
11:00-11:45 Cardio Drumming
12:00-1:00 Lunch & Learn \$5 (for Lunch)
"Mental Health-The Winter Blues"
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)

8:30-10:30 Italian Card Game **27**
9:00-10:00 Water Exercise-Metz Pool
9:00-11:30 Stained Glass Class \$5
10:00-10:55 Strength & Cardio (VT)
11:00-12:00 Gentle Chair Yoga
1:00-2:00 Never Ending Knowledge
~World Heritage Sites

8:30-10:30 Italian Card Game **28**
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Water Exercise-Metz Pool
9:00-12:00 Pinochle
10:00-11:00 Exercise w/Sandy (VT)
10:00-12:00 Mahjongg
11:30-12:30 Never Ending Knowledge
~ART History
2:30-3:30 Senior Spin at "O" Holly

8:30-10:30 Italian Card Game **29**
9:00-11:00 Pinochle
9:00-11:30 Stained Glass Class \$5
10:00-11:00 Gentle Chair Yoga VIDEO
11:00-11:45 Cardio Drumming
1:30-2:15 Balance Exercise
2:30-3:00 EZ Chair Exercise (VT)

Monday Crafts:
4th: Pop up card
With Amber! No Cost

11th Rustic Star
Cost:\$3.00

18th Snowman Salt & Pepper
Shaker
Cost: \$3.00

27th Crafting With Marsha
Frosted Jar
Cost: \$3.00

Make and take Thursday
14th: Mini gifts to give \$5.00
21st: Decorate Sugar Cookies
\$5.00

Tuesday, December 4th
Calling all coffee lovers!
Presentation presented by
Ferronies. No Cost

Friday, December 8th
Geauga Park District
Presentation on Owls

Tuesday, December 12th
Tom Vencl from Geauga
Emergency Management.
Presents tips and tricks for
staying safe in the winter and
answer questions.


Wednesday, December 13th
Pancakes & Pajama Party (\$5)
Holiday BINGO No cost.

Thursday, December 21st
Movie at Briar
Candy Cane Lane



Friday, December 15th
Kathie Doyle
Historical Fiction Behind the
Book No Cost
Breakfast at 10am \$3

Friday, December 22nd
Christmas Cookie exchange
Hot Coco Bar.
No Cost, just bring 1 dozen
Cookies!

Friday, December 29th
New Years Eve at noon
Mocktails & Appetizers to
celebrate the new year! (\$3)

Middlefield Sr. Center 440-632-0611	
MONDAY	TUESDAY
<p>Coffee and Conversation Every day starting at 8am</p> <p>GDA Lunch Served Every day at 12pm (unless otherwise noted)</p>	<p>Rummikub Played Every day At 9am</p> <p>Please call to register for lunch, crafting and special events.</p> <p>440-632-0611</p>
4	5
<p>10am Quilling/Diamond Art 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting</p>	<p>10am Coffee Presentation 12pm Lunch 1pm Chair Volleyball</p>
11	12
<p>10am Quilling/Diamond Art 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting</p>	<p>11am Presentation with Tom Vencl EMA 12pm Lunch 1pm Chair Volleyball</p>
18	19
<p>10am Quilling/Diamond Art 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting with Marsha</p>	<p>10am Movement to music 11am Health BINGO with UH 12pm Lunch 1pm Chair Volleyball</p>
25	26
	<p>10am Movement to music 12pm Lunch 12:30 Chair Volleyball</p>

Middlefield Sr. Center
15820 Ridgewood Rd., Middlefield

WEDNESDAY	THURSDAY	FRIDAY
<p>Recreation & Education Coordinator Hannah Heinz</p> <p>Assistant Recreation & Education Coordinator Ginny Lester Nancy Niehus</p>		<p>1</p> <p>11am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball</p>
<p>6</p> <p>10am Balance Exercise 12pm Lunch 1pm BINGO</p>	<p>7</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p>8</p> <p>11am Geauga Park District Presentation on Owls 12pm Lunch 1pm Chair Volleyball</p>
<p>13</p> <p>10am Balance Exercise 12pm Pancakes & Pajama Christmas Party (\$5) 1pm Holiday BINGO</p>	<p>14</p> <p>10am Movement with Ginny 11am Make and Take 12pm Lunch 1pm Chair Volleyball</p>	<p>15</p> <p>10am Breakfast (\$3) 10:30am Kathie Doyle 12pm Lunch 1pm Chair Volleyball</p>
<p>20</p> <p>10am Balance Exercise 12pm Closed for staff Development.</p> 	<p>21</p> <p>10am Movement with Ginny 11am Make and Take 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar Candy Cane Lane</p>	<p>22</p> <p>10am Chair Exercise Video 11am Christmas Cookie exchange with Hot Coco 12pm Lunch 1pm Chair Volleyball</p>
<p>27</p> <p>10am Balance Exercise 12m Lunch 1pm BINGO Sponsored by Burton Health Care</p>	<p>28</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p>29</p> <p>11am Chair Exercise Video 12pm New Years Eve at noon (\$3) 1pm Chair Volleyball</p>

PARKINSON'S SUPPORT GROUP – HOLIDAY LUNCHEON

Join us on Tuesday, December 19th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). NO speaker this month, we will get together for a Holiday Luncheon. \$10 per person. **RSVP by calling Sandy McLeod at 440-279-2137.**

PANCAKE BREAKFAST & HOLIDAY FESTIVAL OF THE ARTS AT WEST G SENIOR CENTER

Saturday DEC 16th – 10:00am-12:30pm – Join us for a Breakfast of Pancakes, sausage, Pastries and beverage, followed by performances from the students at Fairmount Center of the Arts. Breakfast will be served from 10:00-10:55, and the SHOW begins at 11:00. **THIS IS A FREE HOLIDAY EVENT!!!** Registration is **REQUIRED**, **CALL EARLY**, as seats are limited to 60 people. *Deadline is December 12th or until filled. 440-279-2163*

KATHIE DOYLE PRESENTS HISTORICAL FICTION BEHIND THE BOOK

Friday December 15th, 2023, 10:30am Middlefield Senior Center. No Cost. Breakfast at 10am (\$3) call 440-632-0611 to register.

MUSIC THAT MOVES YOU!

Do you turn up the volume when you hear a favorite song? Sing at the stadium, “We will rock you”? Or thump your mug at the pub? Whether you sing, play, whistle, or hum...clap, snap, tap, or drum...dance or just listen, feel free to come! Laura will lead us in a social and musical program at 1:00 pm on the 1st and 3rd Thursdays of December. We will have a special musical guest on December 7th who will entertain us with his accordion and lead us in some holiday classics. Questions? Call Laura at (440) 279-1313.

DIABETES SUPPORT GROUP – MAKING HEALTHY CHOICES DURING THE HOLIDAYS

Join us on Tuesday, December 19th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Topic is “Making Healthy Choices during the Holidays.” Enjoy some healthy hors d’oeuvres provided by UH Geauga Medical Center. **RSVP by calling Sandy McLeod at 440-279-2137.**

LUNCH-IN AND FREE MOVIE AT WEST G SENIOR CENTER– “THE GREATEST SHOWMAN”

Dec 26th 12:00-2:00pm–Join us at the West G Senior Center for a showing of “The Greatest Showman” *Menu is Corn Dogs, French Fries, Funnel Cakes and a beverage., FREE Peanuts & Crackerjacks for ALL!!! Cost; \$6 for the meal -Movie is FREE (you can also bring your own bagged lunch) Register by Dec 19th Call for more Info 440-279-2163.*

MOVIE AND SNACK AT BRIARCLIFF MANOR

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, December 21st, at 1pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie (Candy Cane Lane) in Briarcliffs’ theater room. Please call 440-632-0611 to register. **Deadline Monday, December 18th.**

DAVID EXPLAINS

David Explains the Monroe Doctrine at 1:00 pm on Thursday, December 7th, at the Bainbridge Senior Center. Learn how President James Monroe's State of the Union Address influenced domestic and foreign policy for centuries. Please call to register, (440) 279-1313.

GEAUGA WALKERS

"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."

Date	Park	Address
12/5/2023	The West Woods	Nature Center, 9465 Kinsman Road (Rt 87), Russell; Hike at Noon, Holiday Pot Luck at 1:00
12/12/2023	Scenic River Retreat	10900 Mayfield Rd (Rt 322), 1/2 mile W of Auburn Rd, Munson Twp, Park at First Lot, at Top of Hill
12/19/2023*	The Rookery	10110 Cedar Road, Munson, North of Fairmount or West of Auburn Road; Snowshoeing Available, if snow
12/26/2023	Auburn Community Park	17484 Munn Road, North of Washington St, Auburn

WALKING FOR WELLNESS – WINTER SCHEDULE

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
12/6/2023	Headwaters Park (Route 322 Entrance)	15055 Mayfield Road (Rt. 322), Huntsburg
12/13/2023	Maple Highlands Trail	Eagles Park Trail Head 312 Park Avenue, Chardon
12/20/2023	Big Creek Park	9160 Robinson Rd, Chardon Deep Woods Lodge
12/27/2023	Swine Creek Reservation	16004 Hayes Rd, Middlefield Woods Edge Shelter

OUT TO LUNCH BUNCH WITH YOUR WEST G SENIOR CENTER FRIENDS

DEC 21st 12:00-2:00pm Meet Up Restaurant is "The Silver Skillet" in Chesterland Just call ahead to let us know you are coming, so we can reserve your seat. 440-279-2163.
Cost is "On Your Own". RSVP by 12/19

CALLING ALL COFFEE LOVERS! TAKE 2

What's the fuss with all the fancy coffee? Latte or cappuccino Join us at the Middlefield Senior Center on Tuesday, December 5th, 2023, at 11am Jessica from Ferronies coffee house will be here to explain. No Cost. Please call 440-632-0611 to register.

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, December 28th from 9am-10am for our monthly Big Breakfast! Veterans and December Birthdays eat FREE; everyone else pays \$5. Registration and payment are due no later than Tuesday, December 26th. Please indicate if you are a Veteran or if your Birthday's in December. Our menu for December is Belgian waffles, bacon, and fruit.

MATTER OF BALANCE CLASSES

January 10th - February 2nd – Every Wednesday & Friday from 1:00-3:00pm.

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 Sandy McLeod at 440-279-2137. This class is free for all registered seniors. Space is limited.
Sponsored by UH Geauga Medical Center.

KNIT/CROCHET CLASS AT WEST G SENIOR CENTER

Have you always wanted to learn to knit or crochet? If so, this class is for you!!! Here at West G. we have a great group of knitters and crocheters, and a class instructor that offers lessons on how to do either one or both!!! Class meets every **Tuesday afternoon from 12:30-3:00pm**. Just come as you are, we even offer the yarn and hooks/needles to get you started. We would love to have you join us, and ITS FREE!!! **Just call to sign up at 440-279-2163.**

MAKE AND TAKE THURSDAY

At the Middlefield Senior Center, Thursday, December 14th, 2023, 11:00AM

Mini Gifts to give \$5.00. Thursday, December 21st, 2023, 11am Decorating Sugar Cookies \$5.00.
Please call 440-632-0611 to register.

BAINBRIDGE BOOK CLUB

Starting in January of 2024, Keri will be leading a book club at the Bainbridge Senior Center on the third Thursday of the month at 11:00 am. Our first book will be determined by December 1st, if interested, please call (440) 279-1313.

WOULD YOU LIKE TO BE SANTA FOR A SENIOR?

The Department on Aging is collecting gift cards for food & medication to help Geauga County seniors in who are in need. You can help by purchasing gift cards, in any denomination, for local stores that seniors would use, such as Walmart, Giant Eagle, Marcs, Aldi's etc. Once purchased please send or bring them to Sandy McLeod, Geauga Department on Aging,

12611 Ravenwood Dr, Suite 200, Chardon, OH 44024.

If you are interested in shopping for a senior and providing them a personal gift, we have many requests from local seniors. We are always looking for extras such as body lotion, soaps, toiletries, healthy snacks, etc. to give along with the gift cards. We will be packing and distributing the gift cards and all gifts we collect the 2nd week in December. If you have any questions, please call Sandy at 440-279-2137

NEVER ENDING KNOWLEDGE SERIES CONTINUES AT WGSC

World Heritage Sites: Explore some of the World's Greatest Places

2 lectures per week (12 Weeks) Light snacks & Refreshments provided. FREE

PROGRAM.....*Registration is REQUIRED 440-279-2163*

DEC 6th - #1 "Australia's GREAT Barrier Reef" A Natural Wonder teeming with Fascinating Marine Life. #2 "The Mogao Grottoes & Manuscripts" See the 500 caves in NW China with dazzling Buddhist Art inside them. DEC 13th - #1 - "Persepolis, The GREAT Persian Capital" A Palace w/its beautiful stairways and superb friezes. #2 "Easter Island & the Moai" The Colossal statues of Easter Island: Learn their history & meaning.

DEC 20th - #1 "Canadas Rocky Mountains" Explore the natural history of this region and its settlement. #2 "Teotihuacán, Largest City of Mesoamerica" See the Sun & Moon Pyramids and other famous monuments. DEC 27th - #1 "Samarkand, Crossroads of Central Asia." See its historical and cultural treasures: learn about the Islamic Transformation of this region

#2 "Ancient Egyptian Thebes" Visit the site of more than 60 Royal Tombs.

TOM VENCL FROM GEAUGA EMERGENCY MANAGEMENT

Tom will be at the Middlefield Senior Center Tuesday, December 12th, 2023, at 11am.

Tom will be discussing what he does at Geauga Emergency Management as well as some safety tips for the upcoming winter months! Call to register at 440-632-0611.

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 December 21st, 2023, at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge).

Call (440) 279-1313 to register or for more information.

CHRISTMAS COOKIE EXCHANGE

Friday, December 22nd, 2023. 11:00AM at the Middlefield Senior Center.

Please bring 1 dozen of the same cookies to exchange with others. Hot chocolate bar with different toppings. Please call to register and with any questions 440-632-0611.

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 6th (1st Wednesday of each month) - at Geauga West Library from 11:30-12:30 pm with an out to lunch to follow, please sign up with Sandy McLeod.

Discussing: One Day in December by Josie Silver

Thursday, December 14th (2nd Thursday of each month) – at Burton Library from 1:30-3:00 pm.

No Book Discussion This Month – Holiday Luncheon!

PANCAKE AND PAJAMA CHRISTMAS PARTY AND BINGO

Wednesday, December 13th, 2023, 12pm Middlefield Senior Center.

12:00PM Breakfast for Lunch! (\$5), 1:00PM BINGO no charge.

Footie pajamas, pajama pants or fun sweaters all are welcome! Just like Christmas morning pancakes and other assortments for lunch. Fun Holiday BINGO and other games after lunch.

Please call 440-632-0611 to register. Deadline Monday, December 11th.

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

Thursday, December 7th 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.

THURSDAY'S CLASS/TOPIC-ART HISTORY: 11:30AM-12:30PM-FROM VAN GOGH TO DA VINCI; GREAT ARTISTS OF THE ITALIAN RENAISSANCE. TWO LECTURES PER WEEK (18WEEKS) HOT LUNCH AVAILABLE W/PRG, MUST CALL AHEAD BY THE MONDAY OF THE WEEK BEFORE TO RESERVE YOUR MEAL. REGISTRATION IS REQUIRED 279-2163

DEC 7th - #1 "Colossus-The Sculpture for Ludovico Sforza" A 24-foot-high bronze horse in memory of the father of Ludovico Sforza. #2- "Mantua, Isabella de" Este, and Venice" Learn how Leonardo moves between Italian courts as an intellectual free agent.

DEC14th - #1"Return to Florence-Sfumato and an EXHIBITION." The nomadic period of Leonardo's career, also a very productive phase of his life. #2 "Leonardo, Cesare Borgia, and Michiavelli" Follow Leonardo as he puts his talents to use in the name of science & Engineering.

DEC 21st - #1 "Michelangelo & Leonardo" Learn of Leo's relationship and work with another great Renaissance Artist. #2 – "Mona Lisa – La Gioconda" What to look for when confronted with this Painting.

DEC 28th - "Raphael and Leonardo" What was Michelangelo's role in this mento-protégé relationship? #2 "Leonardo in Milan and Pope Julius II in Rome" The rise of Pope Julius II led to the rebuilding of Rome that drew the talents of Michelangelo, Raphael, and even Leonardo's associate Bramante.

ELDERBERRIES – "YOU SAVED 1968"

Thursday, December 14th from 1:00-2:30pm at The West Woods (9465 Kinsman Rd, Novelty 44072). Seniors, come enjoy a fun and fact-filled retrospection of America's home stretch of The Space Race. Reacquaint yourself with the Apollo 8 mission and its profound, serendipitous influence on the environmental movement. Refreshments served. Sponsored by UH Geauga Medical Center. Registration required by calling the Geauga Park District at 440-286-9516.

CRAFT WITH MILLISSA IN DECEMBER- THREE DAYS OF HOLIDAY GIFT MAKING

DEC 18th, DEC 19th & DEC 20th West G Senior Center 8090 Cedar Rd. Chesterland. Join us for 3 separate days of craft making!!! Make all 3 – keep for yourself, give as a gift – you decide! Make one, make two or make all 3! Class begins at 11:00am! Projects & prices below...

12/18-Dip Mix Ornaments set of five \$7 (Pre-Paid)

12/19-Christmas Cookie Tray \$6 (Pre-Paid)

12/20-Seasonal Winter Wreath \$9 (Pre-Paid)

*Sign up for all three projects and receive a small discount -
Money and RSVP due by DEC 8th Call 440-279-2163*

NEW YEARS EVE AT NOON!

Friday, December 29th, 2023, 12pm Middlefield Senior Center Cost \$3.00.
Celebrate the new year at 12! Appetizers, mocktails and all the glam of New Year's Eve!
Please call to register 440-632-0611. Deadline Tuesday, December 26th, 2023

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 the month. Entertainment and snacks are provided. However, there will be no meetings in December.

The annual Christmas Party will be on Friday, December 1, at Manakiki Country Club in Willoughby Hills. There will be a family style dinner and door prizes. Cost is \$30 and is for members only. **On December 12-14 we will be going to Lancaster, PA to the Sight and Sound Theatre for "The Miracle of Christmas"** and much more. If interested, call Nancy at (440) 729-9684 for more information and to see if space is still available.

Merry Christmas and Happy New Year to all!

CARD MAKING CIRCLE AT WGSC

Dec 14th 1:00-2:00pm - Join us at West G Senior Center the 2nd Thursday of every month for card making! Class will begin at 1pm and last approx. one hour. Each class will feature two predetermined cards along with supplies to make up to three of your own. Cost is \$1/card and payable day of the class. We ask that you pre-register to account for supplies. No experience necessary and supplies are provided. Register by Dec 7th, call 440-279-2163 for more info.

LUNCH & LEARNS IN DECEMBER

Dec 8th, 12:00pm – Presented by UH Geauga - GOOD HEALTH FOR THE HOLIDAYS.
Join UH for some Brain Games as we have fun learning about healthy habits during the holidays.

Lunch: \$5 (Pre-Paid) *Chicken noodle Soup, Sourdough bread, dessert and beverage.*

Or bring a bagged lunch. Deadline is DEC 1.

Call to register 440-279-2163 - Presentation ONLY is FREE

Dec 22nd, 12:00pm – Presented by Ravenwood Mental Health – THE WINTER BLUES. Isolation during the winter months happens for a multitude of reasons and the effects can be life altering. Learn why it's important to keep an active social life during the winter and tips to help you not fall victim to the "winter blues".

Lunch (\$5 pre-paid) – *Mini charcuterie boards with meats, cheeses & desserts, & beverage.*

Deadline is DEC 15th Call to register 440-279-2163 - Presentation ONLY is FREE

SENIOR SPIN CLASS AT OHMAN-HOLLY (THROUGH WGSC)

Join us on Thursday afternoons for two separate classes – 2:30-3:30PM. This is a fun SPIN class with instructor Christine Bacon from the West G Senior Center. Peloton Bikes provided for participants to use. This is a senior/beginner level spin class and is Low-Moderate Impact. Call to sign up 440-279-2163 Bikes are limited to (6) (small class size). Class location is OHMAN-at Holly Assisted Living Facility -10190 Fairmount Rd in Newbury. Class is currently full at 6, A second class will be added if needed (if interested call to let us know and we will place you on the list for a second class.

MAHJONG IS HERE AT WGSC EVERY MONDAY AFTERNOON & THURSDAY MORNING

Mahjong group meets every Monday at the West G Senior Center from 1p-3p, and again Every Thursday Morning from 10a-12p. This is a Beginners group and is taught by Elaine Tanski on Mondays. All Levels are Welcome to play. we can always use “Experienced” players to help newbies learn!! Join us for this fun and challenging game!!!
Call for more info 440-279-2163.

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 & premiums.

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

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

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

QMB			SLMB			QI		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,235	\$9,090	Single	\$1,478	\$9,090	Single	\$1,661	\$9,090
Married	\$1,664	\$13,630	Married	\$1,992	\$13,630	Married	\$2,239	\$13,630

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,067.02 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

BIRTHDAY BINGO AND PIZZA PARTY AT CHARDON SENIOR CENTER

Join us on Friday, November 17, at 11:00 p.m., when we will be celebrating all of those having celebrated birthdays in October! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and November Birthdays are free! Call to let us know you'll be joining us at 440-279-2126.
Thank you to our Bingo and Cake Sponsor, Chardon Healthcare!

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

Friday, December 1, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is “The Prohibition.” Mocktails will be served along with breakfast. This is a free event, but registration is required by calling 440-279-2126. Space is limited.

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

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

If so, then call the Department on Aging's Adult Day Service (ADS) Program. The Adult Day Service staff can care for your loved one in a safe, structured environment, while you take some needed time. The Adult Day Service Program is located at 8090 Cedar Rd, in Chesterland and open Monday through Friday, from 8:30AM until 2:30PM.

ADS participants are offered a nutritious lunch, cognitive stimulation, physical exercise and socialization as part of the program. This is not a medically based program, meaning medications are not given and seniors must be able to toilet and feed themselves. There is no fee for the ADS Program. We will gladly accept donations to help enhance and grow the program.

Transportation is available. If you are interested in hearing more about this program, or would like to schedule a visit, call (440) 279-2149 or by email at vzanella@geauga.oh.gov.

CHARDON SENIOR CENTER BOOK CLUB

Monday, December 11, at 1:30 p.m., at the Chardon Senior Center.

December's book is "The Spectacular," by Fiona Davis. A viewing of the Radio City Christmas Spectacular will be shown at noon, along with lunch. Our book discussion will take place after the show! Call to sign up at 440-279-2126.

THE BREAKFAST CLUB OF CHARDON

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, November 9, 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!

CHRISTMAS BINGO-PA-LOOZA

Friday, December 22, from 10:00 a.m. – 2:30 p.m., at the Chardon Senior Center. Chardon and Bainbridge Senior Centers are in cahoots to bring you a special Christmastime BINGO-PA-LOOZA! Santa's elves will turn the Chardon Senior Center into a bingo hall for the day! Great prizes and special surprises are in store! \$5 per person for lunch.

MONDAY MOVIES AT CHARDON SENIOR CENTER

Monday, December 4 at 12:00 noon: "A Christmas Story." **Monday, December 11** at 12:00 noon: "Radio City Christmas Spectacular." **Monday, December 18** at 12 noon: "Sleepless in Seattle."

Lunch and desserts will be served while you enjoy the movies!

Sign up for one, or all at 440-279-2126. This is a free event.

HOT COCOA SOCIAL, FEATURING A CHRISTMAS PROGRAM BY THE GEAUGA RENAISSANCE CHORAL GROUP

Thursday, December 21, from 10:30 a.m. – 12:00 noon, at the Chardon Senior Center. Enjoy the sounds of the season with Chardon Senior Center's own Renaissance Choral Group. While enjoying the show, enjoy a warm cup of comfort from our hot cocoa bar!

Free, but registration is required by 12/14 at 440-279-2126.

LIGHTBULB ORNAMENT-MAKING WORKSHOP

Wednesday, December 13, from 2:00-4:00PM, at the Chardon Senior Center. Make a lightbulb ornament to deck your halls this holiday season! \$8.00 per person, due with registration.

GEAUGA COUNTY SENIORS REGISTRATION FOR EVENTS

Please fill out registration form and mail to GDA, 12611 Ravenwood Dr, Suite 200, Chardon, OH 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 and 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 2023
GEAUGA DEPARTMENT OF AGING
LUNCH MENU**

Subject to Change

Mon	Tue	Wed	Thu	Fri
				1
				SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP
4	5	6	7	8
TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE BROCCOLI DINNER ROLL FRUIT CUP	MEATLOAF W/GRAVY MASHED POTATOES CALIFORNIA BLEND WHITE BREAD FRUIT CUP	BBQ CHICKEN BREAST RICE GREEN PEAS SLICED CARROTS DINNER ROLL APPLESAUCE CUP	BURGER WITH CHEESE SEASONED WEDGED POTATOES KETCHUP PC BAKED BEANS WG HAMBURGER BUN FRUIT CUP	STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD FRUIT CUP
11	12	13	14	15
GRILLED CHICKEN BREAST GREEN BEANS SLICED CARROTS WG HAMBURGER BUN FRUIT CUP MAYO PC	BREADED FISH WEDGE POTATOES BROCCOLI FLORETS DINNER ROLL FRUIT CUP TARTAR SAUCE & KETCHUP PC	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	SALISBURY STEAK W/GRAVY NOODLES SPINACH SLICED CARROTS WHITE BREAD FRUIT CUP	JUMBO RAVIOLI w/SPAGHETTI SAUCE BROCCOLI FLORETS ZUCCHINI SQUASH DINNER ROLL FRUIT CUP
18	19	20	21	22
MACARONI & CHEESE GREEN BEANS SWEET CORN DINNER ROLL FRUIT CUP	MEATBALLS w/PASTA w/SPAGHETTI SAUCE BROCCOLI FLORETS WHITE BREAD FRUIT CUP	BUFFET SLICED HAM SWEET POTATOES GREEN BEANS DINNER ROLL PINEAPPLE TIDBITS HOLIDAY MEAL	STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALLOPED APPLES	GRILLED CHICKEN BREAST RICE ZUCCHINI SQUASH SLICED CARROTS DINNER ROLL FRUIT CUP
25	26	27	28	29
CHRISTMAS MEALS ALL SITES CLOSED	BREADED CHICKEN PATTY WEDGE POTATOES SLICED CARROTS WG HAMBURGER BUN APPLESAUCE CUP MAYO PC	MINI CORN DOGS TATER TOTS SWEET CORN DINNER ROLL FRUIT CUP KETCHUP PC	BBQ CHICKEN BREAST RICE GREEN PEAS SLICED CARROTS DINNER ROLL FRUIT CUP	SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP

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

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



**ADDRESS
SERVICE
REQUESTED**

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

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.

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HOLIDAY VOLUNTEERS NEEDED

Volunteers are needed 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 they would love to have you help make their Holiday a little brighter.

All meals are prepared by Ohman Family Living and made ready for delivery at our Chardon Senior Center location, at 470 Center Street, Building #8, in Chardon. Volunteers will pick up Christmas meals at the Chardon Senior Center and deliver the meal to their assigned senior(s) home(s). To volunteer or for additional information, call Deana Catucci at the Geauga County Department on Aging at (440) 279-2145.