

Monthly Highlights

December 2023 - Community Events

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	 <p>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.</p>		<p>1</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>4</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>5</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>	<p>6</p> <p>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</p>	<p>7</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:15-12:15 Pedaling for Parkinson's OH 12:00-2:30 Lunch & Movie WG</p>	<p>8</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>11</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>12</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>	<p>13</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX 1:00-2:30 Walking for Wellness OS</p>	<p>14</p> <p>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</p>	<p>15</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>18</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>19</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>20</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX 1:00-2:30 Walking for Wellness OS</p>	<p>21</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:15-12:15 Pedaling for Parkinson's OH</p>	<p>22</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
 <p>25</p> <p>CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>26</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>	<p>27</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX 1:00-2:30 Walking for Wellness OS</p>	<p>28</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:15-12:15 Pedaling for Parkinson's OH</p>	<p>29</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>