

Monthly Highlights

January 2024 - Community Events

Thursday, January 4th: Free Lunch & Movie
UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register. 12:00pm. Free.

Tuesday, January 16: No Parkinson's Support Group this month


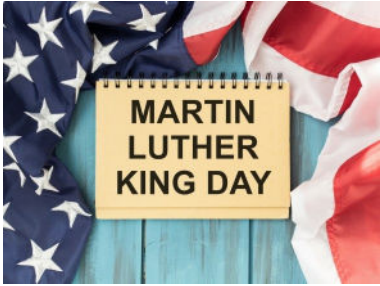
Tuesday, January 16: Diabetes Support Group
Topic is Changing Behaviors. You will learn how to work on goal setting and the small steps you can take to make health changes.

Thursday, January 18th: Elderberries
Lost with the settlement of Ohio's primeval wilderness, the Black Bear is attempting a comeback in Ohio after a 150-year absence. Seniors, Join Naturalist John Kolar at the West Woods (9465 Kinsman Rd, Novelty) to discover the "bear facts" about Ohio's largest mammal through a sit-down presentation. 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.

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>1</p> 	<p>2</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>3</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>4</p> <p>10:00-11:00 Strength & Cardio WG & WX 12:00-2:30 Lunch & Movie WG 1:00-2:00 Pedaling for Parkinson's OH</p>	<p>5</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>8</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>9</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>10</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 1:00-3:00 Matter of Balance Class CSC</p>	<p>11</p> <p>10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL</p>	<p>12</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX 1:00-3:00 Matter of Balance Class CSC</p>
<p>15</p>  <p>OFFICES CLOSED FOR MLK DAY</p>	<p>16</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 12:30-1:30 Parkinson's Support CSC 2:00-3:00 Diabetes Support Group CSC 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>17</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 1:00-3:00 Matter of Balance Class CSC</p>	<p>18</p> <p>11:00-11:00 Strength & Cardio WG & WX 1:00-2:30 GPD Elderberries OS 1:00-2:00 Pedaling for Parkinson's OH</p>	<p>19</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX 1:00-3:00 Matter of Balance Class CSC</p>
<p>22</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>23</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>24</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 1:00-3:00 Matter of Balance Class CSC</p>	<p>25</p> <p>10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH</p>	<p>26</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX 1:00-3:00 Matter of Balance Class CSC</p>
<p>29</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</p>	<p>30</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>31</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 1:00-3:00 Matter of Balance Class CSC</p>	<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>