

The Geauga senior news

Geauga County Department on Aging

January 2024

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 5 through Friday, April 5. 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 2023 tax filing appointment: Tax forms (Any 1099's or other tax forms), End of Year Social Security Statement, W2's, 2 forms of identification, 2022 tax return for comparison, Bank routing & account number, for direct deposit of refund check or direct debit of payment.

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

TAX ASSISTANCE	1	BOOK DISCUSSION, VITUAL TOUR	17
INDEX	2	BREAKFAST CLUB, BIG BREAKFAST	17
EXTRA HELP WITH MEDICARE PART D	2	CHAIR VOLLEYBALL, FREE LUNCH.....	17
NEWSLETTER INFO	2	ELDERBERRIES, IRIS FOLDING.....	18
PATRONS (PLATINUM)	3	MOVIE MONDAY, LUMINARIES.....	18
ADULT DAY SERVICE, HEAP	3	BIRTHDAY BINGO PARTY	18
COMMUNITY CALENDAR.....	4 & 5	KNOWLEDGE WITH NANCY, GNOME	18
CHARDON CALENDAR.....	6 & 7	PAL-ENTINES DAY, CIVIL RIGHTS	19
BAINBRIDGE CALENDAR.....	8 & 9	OUT TO LUNCH, KNOWLEDGE SERIES	19
WEST GEAUGA CALENDAR	10 & 11	KNIT CLASS, ARM CHAIR TRAVEL	20
MIDDLEFIELD CALENDAR	12 & 13	CRAFT WITH MILLISSA, CARD MAKING.....	20
DIABETES SUPPORT, LEARNING	14	SENIOR SPIN CLASS, MAHJONG.....	20
GEAUGA WALKERS.....	14	REGISTER FOR 2024.....	21
MEDICARE SAVINGS, WALKING	15	APPLICATION ASSISTANCE.....	21
BAINBRIDGE BOOKCLUB	15	REGISTRATION FOR EVENTS.....	22
MOVIE & SNACK, BREAKFAST SERIES.....	16	MONTHLY MENU.....	23
MATTER OF BALANCE, MAKE IT TAKE IT	16	ADULT DAY SERVICE	24
BOOK CLUB, DAVID EXPLAINS	16		

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

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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, In memory of Annamae and Leanne Wilson

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, 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.

January 2024	
MONDAY	TUESDAY
1	2
	<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>
8	9
<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</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>
15	16
 <p>OFFICES CLOSED FOR MLK DAY</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>
22	23
<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</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>
29	30
<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC</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>

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
3	4	5
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	10:00-11:00 Strength & Cardio WG & WX 12:00-2:30 Lunch & Movie WG 1:00-2:00 Pedaling for Parkinson's OH	9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX
10	11	12
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	10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL	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
17	18	19
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	11:00-11:00 Strength & Cardio WG & WX 1:00-2:30 GPD Elderberries OS 1:00-2:00 Pedaling for Parkinson's OH	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
24	25	26
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	10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH	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
31		
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 style="text-align: center;">Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p style="text-align: center;">Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167</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)

Wednesday, 1-3: 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!

Friday, 1-5: Breakfast and Speaker Series with Kathie Doyle.: "Supreme Court Rulings." Prior registration required.

Monday, 1-8: January's book is "Lessons in Chemistry," by Bonnie Gar-mus.

Wednesday, 1-10: Get in touch with your creative side! Create a n adorable gnome for home décor or gift-giving! \$8, payable with registration.

Thursday, 1-11: Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you'll be there!

Friday, 1-12: Dining and a Documenta-ry. Enjoy lunch at the senior center, while watching a documentary. January's documentary will be "Facing Nolan," a documentary about baseball great, Nolan Ryan.

Wednesday, 1-17: Heather Hill Lunch-eon at Chardon Senior Center. Space is limited! Call to reserve your spot!

Tuesday, 1-23: Lunch and Learn with Western Reserve Area Agency on Aging. Find out what WRAAA can do for you, and the resources they offer.

Thursday, 1-25: Lunch and No-Bake with Becky. Free, but call to sign up by 1-12.

Friday, 1-26: Birthday BINGO Pizza Party. \$5 per person/Dec. Birthdays FREE. Thanks to Chardon Healthcare!

Are you interested in playing Bridge? Our Friday Casual Bridge Group is look-ing for new players. If you are interested, call Becky at 440-279-2131.

Monday Movies!

1-8: "My Big Fat Greek Wedding."

1-22: "Ella Enchanted."

1-29: "Enchanted."

Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
<p>1</p> 	<p>2</p> <p>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 2:00-3:30 Raccoon County Ramblers Practice</p>
<p>8</p> <p>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: "My Big Fat Greek Wedding." Free, but call to sign up. 1:00-2:00 Book Club: "Lessons in Chemistry."</p>	<p>9</p> <p>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 2:00-3:30 Raccoon County Ramblers Practice</p>
<p>15</p> 	<p>16</p> <p>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 12:30-4:00 Game Day 12:30-1:30 NO Parkinson's 2:00-3:00 Diabetes Support 2:00-3:30 RCR Practice</p>
<p>22</p> <p>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: "Ella Enchanted." Free, but call to sign up.</p>	<p>23</p> <p>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 12:00-1:30 Lunch and Learn with Western Reserve Area Agency on Aging 2:00-3:30 Raccoon County</p>
<p>29</p> <p>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: "Enchanted." Free, but call to sign up.</p>	<p>30</p> <p>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 12:30-2:00 Raccoon County Ramblers Practice Center Closed at 2:00 today</p>

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

WEDNESDAY	THURSDAY	FRIDAY
3 9:00 -11:00 Pinochle 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	4 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)	5 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
10 9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 1:00-3:00 Gnome-Making Workshop 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	11 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)	12 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 11:45-1:00 Dining and a Documentary: "Facing No- lan." 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
17 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-1:00 Heather Hill Cooking Demo 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	18 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)	19 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
24 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise	25 10:30 -12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-1:30 Lunch & No-Bake with Becky 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)	26 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 11:00-12:30 Birthday Bingo and Pizza Party 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
31 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 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 style="text-align: center;">Becky O'Reilly Recreation & Education Coordinator</p> <p style="text-align: center;">Ellie Rickard Recreation & Education Assistant Coordinator</p>	<p style="text-align: center;">Beth Oliverio Information and Referral Specialist</p>

Bainbridge Bulletin

Movie Matinee

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

Wednesdays in January:

Limitless Learning: The Bainbridge Senior Center is taking a page from West Geauga and offering courses from Wondrium, the Netflix of online learning. Each week 2 topics will be covered from 12:30 pm to 1:30 pm. Our first topic is Crimes of the Century: A Selective History of Infamy. The exact topics are listed later in the newsletter or call (440) 279-1313 with any questions.

Tuesday, January 9:

Soup & Sandwich Lunch: Join the Bainbridge Senior Center for a classic grilled cheese and tomato soup lunch. We will start serving at noon and have a soup bar with add-ons, along with a variety of cheeses and breads. \$5 is due at registration and due by Friday, January 5th, 2024.

Thursday, January 11:

David Explains: Ellis Island

Learn the history of America's most famous immigration point of entry. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, January 16:

The Bainbridge Book Club kicks off 2024 with **International Fiction**. Instead of reading a specific book, there is a new theme each month.

Thursday, January 25:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and January birthdays are free to attend. The cost is \$5 for everyone else. January's menu is breakfast casserole, sausage, and fruit. Please RSVP by Tuesday, January 16th.

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



1

2

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

8

9

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
(A Few Good Men)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-12:30 Sandwich & Soup
Lunch: Grilled Cheese & Tomato
Soup \$5 per person
12:30-2:30 Intermediate Mahjong

15

16



9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-1:30 Book Club
January's theme:
International Fiction
12:30-2:30 Intermediate Mahjong

22

23

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
(Doubt)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

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

29

30

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
(Fences)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:45-1:45 Intermediate Mahjong
The senior center will be closing early for a staff meeting in Chardon.

Bainbridge Senior Center
17751 Chillicothe Road, Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
3	4	5
<p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing (\$3) 12:00-12:30 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>9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch</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>
10	11	12
<p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing (\$3) 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Two and Company, Bainbridge</i>) 2:30-3:15 Cardio Drumming</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: Ellis Island</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>
17	18	19
<p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing (\$3) 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Aladdin's, Bainbridge</i>) 2:30-3:15 Cardio Drumming</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</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>
24	25	26
<p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing (\$3) 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Station 43, Aurora</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</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>
31		
<p>8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing (\$3) 12:00-12:30 Lunch (<i>senior center</i>) 12:30-2:00 Out to Lunch Group (<i>Papous, Aurora</i>) 2:30-3:15 Cardio Drumming</p>		<p style="text-align: center;">Recreation & Education Coordinator <i>David Craig</i></p> <p style="text-align: center;">Recreation & Education Assistants <i>Laura Reed</i> <i>Keri Skrtic</i></p>

Newsorthy Notes

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

Never Ending Knowledge Schedule World Heritage Sites

JAN 3rd - #1 "The Forbidden City of Beijing"
#2 "Mount Fuji, the Symbol of Japan"

JAN 10th - #1 - "Timbuktu, Islam's Center by the Sahara"

#2 "The Ruins of Pompeii and Herculaneum"

JAN 17th - #1 "Virunga National Park, Gorilla Sanctuary"

#2 "Angkor Wat, the Great Khmer Temple"

JAN 24th - #1 "Earliest China: Yinxu and the Oracle Bones"

#2 "The Inca Estate of Machu Picchu"

JAN 31st #1 "Iceland's Great Assembly at Thingvellir"

#2 "Afghanistan's Lost Bamiyan Buddhas"

ART History-Leonardo DaVinci'

JAN 4th #1 "The Anatomical Drawings - His Greatest Works?"

#2 "In Praise of Painting - Leonardo's Manifesto"

JAN 11th #1- "Leonardo and the Medici in Rome"

#2 - "High Renaissance Art from Rome to Venice"

JAN 18th #1 "Last Years - Leonardo in France"

#2 - "Renaissance Man and Man of the Renaissance"

JAN 25th #1 - "The End of an Era"

#2 - "The Legacies of Leonardo da Vinci"

END OF COURSE

JAN 11th Card Making Circle w/Millissa 1:00 - 2:00p

Join Millissa for this monthly Card Making Circle. Each class will feature two predetermined cards along with supplies to make up to three of your own. **\$1 per Card, register by JAN 8th**

JAN 16 Craft with Millissa

12:30-1:30pm - This month we will be making 3 pressed flower flameless votive candle holders. Flameless candles included. **Cost: \$6 Register by JAN 9th, Call for more info 440-279-2163**

JAN 29 Arm Chair Travel with a TWIST -12:30-2:30
Join us for a monthly travel program like No Other! This month we will be visiting Oahu Hawaii! Begin your travels listening to music while you sample small plates of cuisine from the area. Following, refreshments enjoy a travel documentary featuring the area we are visiting. After, we will make a craft native to the Area—this month will be a small watercolor picture to take home. **Cost: \$5, Registration is required by JAN 23rd.**

JAN 25 OUT TO Lunch BUNCH 12:00 - 2:00pm

Meet up at Yours Truly restaurant in Mayfield Hts, **call to reserve a seat at the table 440-279-2163 by JAN 23rd Cost: On your own**



West Geauga Sr. Center 440-279-2163

MONDAY

TUESDAY

ALL SITES CLOSED 1

HAPPY NEW YEAR



8:30-10:30 Italian Card Game **8**
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

ALL SITES CLOSED 15



8:30-10:30 Italian Card Game **22**
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 **29**
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
12:30-2:30 Arm Chair Travel-Hawaii \$5
1:00-3:00 Mahjongg

8:30-10:30 Italian Card Game **2**
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)

8:30-10:30 Italian Card Game **9**
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)

9:00-11:30 Stained Glass Class \$5 **16**
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 Craft w/Millissa
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet
2:30-3:00 EZ Chair Exercise (VT)

9:00-11:30 Stained Glass Class \$5 **23**
9:00-11:00 Pinochle
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise -Sandy (WX)
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)

9:00-11:30 Stained Glass Class \$5 **30**
9:00-11:00 Pinochle
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise -Sandy (VT)
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet
NO PM EXERCISE CLASSES TODAY
Due to ALL STAFF MEETING

West Geauga Sr. Center
8090 Cedar Road, Chesterland

WEDNESDAY

THURSDAY

FRIDAY

8:30-10:30 Italian Card Game 3
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 4
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 5
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 10
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 11
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
1:00-2:00 Card Making Circle \$
2:30-3:30 Senior Spin at "O" Holly

8:30-10:30 Italian Card Game 12
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 17
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 18
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 19
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 24
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

9:00-10:00 Water Exercise-Metz Pool 25
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 "Yours Truly"
2:30-3:30 Senior Spin at "O" Holly

8:30-10:30 Italian Card Game 26
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 31
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

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

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

New For January!
Intro to Chair Volleyball
Wednesdays at 2pm
No experience needed!

Monday Crafts:

8th Sock Snowman.
Cost:\$2.00

22nd Winter Snow glob
Wall hanger.
Cost: \$3.00

29th Crafting With Marsha
No Cost.

Make and take Thursday
11th: Healthy Snacks \$5.00
25th Nancys Lunchables \$5.00

Friday January 5th,12th &26th
Soup lunch Fridays! Cost \$3

Tuesday, January 9th
Snowy luminaries craft
Provided by Middlefield
Library. No Cost.

Wednesday January 10th
Virtual Tour with Ginny
Explore Dollywood.
No Cost.

Wednesday, January 10th
Baked potato bar with all the
toppings! \$3

Thursday, January 18th
Movie at Briar

Thursday, January 18th
Calling all readers!
New Book Club
Book– *The Women*
By Kristin Hannah

Friday, January 19th
Kathie Doyle
Presents the Civil Rights
Movement. No Cost

Tuesday, January 23rd
Knowledge with Nancy!
Learn to make a digital
photo book. No Cost.

Middlefield Sr. Center 440-632-0611	
MONDAY	TUESDAY
1	2
	10am Chair Yoga Video 12pm Lunch 1pm Chair Volleyball
8	9
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Craft with Middlefield Library 12pm Lunch 1pm Chair Volleyball
5	16
	10am Chair Yoga Video 11am Health BINGO with UH 12pm Lunch 1pm Chair Volleyball
22	23
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Knowledge with Nancy 12pm Lunch 1pm Chair Volleyball
29	30
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting with Marsha	10am Chair Yoga Video 12pm Lunch 12:30 Chair Volleyball Closed at 2pm for Staff Development

Middlefield Sr. Center
15820 Ridgewood Rd., Middlefield

WEDNESDAY	THURSDAY	FRIDAY
3	4	5
<p>10am Balance Exercise 12pm Lunch 1pm BINGO 2pm Intro to Chair Volleyball</p>	<p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p>11am Chair Exercise Video 12pm Lunch 12pm Soup Lunch (\$3) 1pm Chair Volleyball</p>
10	11	12
<p>10am Balance Exercise 11am Virtual Tour with Ginny Dollywood 12pm Baked Potato Bar (\$3) 12pm Lunch 1pm Trivia & Popcorn 2pm Intro to Chair Volleyball</p>	<p>10am Movement with Ginny 11am Make and Take 12pm Lunch 1pm Chair Volleyball</p>	<p>10am Chair Exercise Video 12pm Lunch 12pm Soup Lunch (\$3) 1pm Chair Volleyball</p>
17	18	19
<p>10am Balance Exercise 12pm Lunch 1pm BINGO 2pm Intro to Chair Volleyball</p>	<p>10am Movement with Ginny 11am Book Club <i>The Women</i> <i>By Kristin Hannah</i> 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar</p>	<p>9am-12pm Podiatrist 10am Breakfast (\$3) 10:30am Kathie Doyle 12pm Lunch 1pm Chair Volleyball</p>
24	25	26
<p>10am Balance Exercise 12pm Lunch 1pm Trivia & Popcorn 2pm Intro to Chair Volleyball</p>	<p>10am Movement with Ginny 11am Make and Take 12pm Lunch 1pm Chair Volleyball</p>	<p>10am Chair Exercise Video 12pm Lunch 12pm Soup Lunch (\$3) 1pm Chair Volleyball</p>
31		
<p>10am Balance Exercise 12m Lunch 1pm BINGO Sponsored by Burton Health Care 2pm Intro to Chair Volleyball</p>	<p>Coffee and Conversation Every day starting at 8am</p> <p style="text-align: center;">Rummikub Played Every day At 9am</p>	<p>Please call to register for lunch, crafting and special events.</p> <p style="text-align: center;">GDA Lunch Served Every day at 12pm (unless otherwise noted)</p>

DIABETES SUPPORT GROUP

Join us on Tuesday, January 16th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Topic is "Changing Behaviors in 2024" As Aristotle says We are what we repeatedly do, Excellence then is not an act, but what we repeatedly do. We will learn the strategies we need to adapt to make changes and the ways to successful ingrain a new behavior.

LIMITLESS LEARNING AT THE BAINBRIDGE SENIOR CENTER

Following in West Geauga's footsteps, Bainbridge will be offering educational classes on Wednesday afternoons from 12:30-1:30 pm. Each week two half hour topics will be shown from the same course. Our first course will be **Crimes of the Century: A Selective History of Infamy.**

January 3rd: A Murder That Almost Killed Hollywood & The Deadly Irish Fairy Tale of 1895

January 10th: The Sarajevo Conspiracy of 1914 & The Plot to Assassinate the Romanovs

January 17th: Three Serial Killers of Weimar Germany & American Nightmare:
The Lindbergh Kidnapping

January 24th: Murderous Maids: The Papin Sisters of France &
The Moscow-to-Mexico Mission to Kill Trotsky

January 31st: California's Zodiac Killer & The Charles Manson Crime Family

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
1/02/2024*	Big Creek Park, Aspen Grove	9160 Robinson Road, Chardon, Aspen Snowshoeing, if Snow
1/09/2024	North Chagrin Reservation	"Chickadee" Trail - Bring Bird Seed AB Williams Woods Parking Lot, Past Nature Center
1/26/2024*	Claridon Woodlands	11383 Claridon-Troy Road, Claridon Twp North of Rt 322
1/23/2024	Pete's Pond Preserve	22555 Rockefeller Road, Wickliffe Park behind Wickliffe High School
1/30/2024*	Eldon Russell Park	16315 Rapids Road, North of Rt 422, Troy Township

**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.

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

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
1/3/2024	Walter C. Best	11620 Ravenna Rd, Chardon Meet at Sunset Shelter
1/10/2024	Beartown Lakes Reservation	18870 Quinn Rd, Chagrin Falls
1/17/2024	Girdled Road Reservation (South Entrance)	12926 Radcliffe Rd, Concord
1/24/2024	Orchard Hills	11340 Caves Rd, Chesterland
1/31/2024	The West Woods	9465 Kinsman Rd (Rt. 87), Novelty Meet at the Nature Center

BAINBRIDGE BOOK CLUB

The Bainbridge Senior Center starts 2024 with a new book club. We will meet on Tuesday, January 16th from 12:30-1:30 pm and January’s theme is International Fiction. Please call (440) 279-1313 with any questions or to register.

MOVIE AND SNACK AT BRIARCLIFF MANOR

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, January 18th, at 1pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie in Briarcliffs' theater room. Please call 440-632-0611 to register.

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

Friday, January 5, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is "Supreme Court Rulings." This is a free event, but registration is required by calling 440-279-2126. Space is limited.

MATTER OF BALANCE CLASSES – 2 CLASSES BEING OFFERED!

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. This class is free for all registered seniors.

Space is limited. Sponsored by UH Geauga Medical Center. To register, please call Melissa Wheeler at 440-279-2167.

CLASS ONE: January 10th-February 2nd – Every Wednesday & Friday from 1:00-3:00pm.
Chardon Senior Center / 470 Center Street, Building 8 / Chardon, 44024

CLASS TWO: February 6th-February 29th - Every Tuesday & Thursday from 1:30-3:30pm. West Geauga Senior Center / 8090 Cedar Road / Chesterland 44026

MAKE AND TAKE THURSDAY

At the Middlefield Senior Center on Thursday, January 11th, 2024, 11am Healthy Snacks \$5.00.
Thursday, January 25th, 2024, 11am Nancys Lunchables \$5.00
Please call 440-632-0611 to register.

CHARDON SENIOR CENTER BOOK CLUB

Monday, January 8, at 1:00 p.m., at the Chardon Senior Center. January's book is "Lessons in Chemistry," by Bonnie Garmus. A viewing of the Radio City Christmas Spectacular will be shown at noon, along with lunch.

DAVID EXPLAINS

David Explains the history of Ellis Island at 1:00 pm on Thursday, January 11th, at the Bainbridge Senior Center. Travel back to Ellis Island as a military fort and a point of entry for immigrants. Please call to register, (440) 279-1313.

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 3rd (1st Wednesday of each month) - at Geauga West Library from 11:30-12:30pm with an out to lunch to follow, please sign up with Sandy McLeod.

Discussing: The Surgeons Daughter by Audrey Blake

Thursday, January 11th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing The Maid by Nita Prose

VIRTUAL TOUR WITH GINNY DOLLYWOOD

Middlefield Senior Center Wednesday, January 10th, 2024, at 11am.

Join Ginny to explore Dollywood! Stay after for a potato bar lunch Potatoes are Dolly's favorite!

Lunch is \$3.00 Call to register at 440-632-0611.

THE BREAKFAST CLUB OF CHARDON

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, January 11, 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!

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, January 25th from 9am-10am for our monthly Big Breakfast! Veterans and January Birthdays eat FREE; everyone else pays \$5. Registration and payment are due no later than Tuesday, January 16th. Please indicate if you are a Veteran or if your Birthday's in January. Our menu for January is breakfast casserole, sausage, and fruit.

NEW TO MIDDLEFIELD SCHEDULE

Intro to chair volleyball. Ever wonder what all the fuss is about? Come to Middlefield to find out.

Learn the basics of how to play and enjoy a few low key, beginner games.

Please call with any questions 440-632-0611.

CHAIR VOLLEYBALL AT CHARDON SENIOR CENTER

Chair Volleyball is a fun way to get a little exercise into your weekly routine! We are looking for more people to join our fun at the Chardon Senior Center by joining us for chair volleyball.

Call us at 440-279-2126 with any interest or questions.

FREE LUNCH

Free Community Lunch offered on the 4th WEDNESDAY of each month from 11:00 -1:00PM.

To join us for lunch come to St. Mark Lutheran Church, located at 11900 Chillicothe Road in Chesterland. If you have any questions, please call the church office phone at 440-729-1668.

ELDERBERRIES – BLACK BEARS WITH JOHN

Thursday, January 18th from 1:00-2:30pm at The West Woods (9465 Kinsman Rd, Novelty 44072).
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 to discover the "bear facts" about Ohio's largest mammal through a sit-down presentation. Refreshments and snacks provided.
A collaboration with UH Geauga Medical Center. Sponsored by UH Geauga Medical Center.
Registration required by calling the Geauga Park District at 440-286-9516.

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 18th, 2024, at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.
Registration required by calling the Geauga Park District at 440-286-9516.

MONDAY MOVIES AT CHARDON SENIOR CENTER

Monday, January 8 at 12:00 noon: "My Big Fat Greek Wedding."
Monday, January 22 at 12:00 noon: "Ella Enchanted."
Monday, January 29 at 12 noon: "Enchanted."
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.

SNOW LUMINARIES CRAFT PROVIDED BY MIDDLEFIELD LIBRARY

Tuesday, January 9th, 2024, 11am Middlefield Senior Center No Cost.
The Middlefield Library will be back with another one of their amazing crafts.
Space is limited and you must register. Please Call 440-632-0611

BIRTHDAY BINGO AND PIZZA PARTY AT CHARDON SENIOR CENTER

Join us on Friday, January 26, at 1:00 p.m., when we will be celebrating all of those having celebrated birthdays in January! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and January 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!

KNOWLEDGE WITH NANCY

Tuesday January 23rd, 2024, 11am Middlefield Senior Center. No Cost.
Nancy will explain how to make the very popular digital photo book.
Please call to register 440-632-0611

GNOME-MAKING WORKSHOP

Wednesday, January 10, from 1:00-3:00 p.m., at the Chardon Senior Center. Make an adorable gnome for home décor, or gift-giving! \$8.00 per person, due with registration.

PAL-ENTINES' DAY DANCE AT THE CHARDON SENIOR CENTER

Friday, February 9, from 12:00 noon – 3:00 p.m., at the Chardon Senior Center. Celebrate the love of friendship with your pals at the Chardon Senior Center! \$15.00 per person, payable with registration, includes lunch and entertainment.

KATHIE DOYLE PRESENTS CIVIL RIGHTS

Friday January 19th, 2024, 10:30am Middlefield Senior Center. No Cost.
Breakfast at 10am (\$3) call 440-632-0611 to register.

OUT TO LUNCH BUNCH WITH YOUR WEST G SENIOR CENTER FRIENDS

JAN 25th 12:00-2:00pm Meet Up Restaurant is "Yours Truly in Mayfield Hts" 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

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

JAN 3rd - #1 " The Forbidden City of Beijing"

#2 "Mount Fuji, the Symbol of Japan"

JAN 10th - #1 - "Timbuktu, Islam's Center by the Sahara"

#2 "The Ruins of Pompeii and Herculaneum"

JAN 17th - #1 "Virunga National Park, Gorilla Sanctuary"

#2 "Angkor Wat, the Great Khmer Temple"

JAN 24th -#1 "Earliest China: Yinxu and the Oracle Bones"

#2 "The Inca Estate of Machu Picchu"

JAN 31st #1 "Iceland's Great Assembly at Thingvellir"

#2 "Afghanistan's Lost Bamiyan Buddhas"

Thursday's Class/Topic-ART History: 11:30am-12:30pm-From Van Gogh to Da Vinci;
GREAT Artists of the Italian Renaissance. 2 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

JAN 4th #1 "The Anatomical Drawings - His Greatest Works?"

#2 "In Praise of Painting - Leonardo's Manifesto"

JAN 11th #1- " Leonardo and the Medici in Rome"

#2 - "High Renaissance Art from Rome to Venice"

JAN 18th #1 "Last Years - Leonardo in France"

#2 - "Renaissance Man and Man of the Renaissance"

JAN 25th #1 - "The End of an Era"

#2 - "The Legacies of Leonardo da Vinci"

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**

NEW PROGRAM AT WGSC -ARM CHAIR TRAVEL

JAN 29 Arm Chair Travel with a TWIST -12:30-2:30 Join us for a monthly travel program like No Other! This month we will be visiting Oahu Hawaii! Begin your travels listening to music while you sample small plates of cuisine from the area. Following, refreshments enjoy a travel documentary featuring the area we are visiting. After, we will make a craft native to the Area— this month will be a small watercolor picture to take home.

Cost: \$5, Registration is required by JAN 23rd. Call for more Info 440-279-2163

CRAFT WITH MILLISSA AT WGSC

JAN 16th 12:30-1:30pm –This month we will be making 3 pressed flower flameless votive candle holders. Flameless candles included. **Cost: \$6 Register by JAN 9th, Call for more info 440-279-2163**

CARD MAKING CIRCLE WITH MILLISSA AT WGSC

JAN 11th 1:00-2:00pm Join Millissa for this monthly Card Making Circle. Each class will feature two predetermined cards along with supplies to make up to three of your own. **\$1 per Card, register by JAN 8th**

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 come and play, we can always use the “Experienced” players to help us newbies learn!! Join us for this fun and challenging game!!! Call for more info 440-279-2163

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 asked 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 of the Main office at (440) 279-2130.

THE GEAUGA COUNTY DEPARTMENT ON AGING SOCIAL SERVICES STAFF CAN PROVIDE APPLICATION ASSISTANCE WITH THE PROGRAMS LISTED BELOW.

Geauga Seniors are offered assistance filling out application forms for programs such as **Medicare Savings Program, Food Stamps, Supplemental Nutrition Assistance Program (SNAP), Percentage of Income Payment Plan (PIPP), The Home Energy Assistance Program (HEAP), Medicaid and Transportation Vouchers.**

Medicare Savings Program - Get help from your state paying your Medicare Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments.

Supplemental Nutrition Assistance Program (SNAP) provides food benefits to low-income families to supplement their grocery budget, so they can afford the nutritious food essential to health and well-being. To be eligible for this benefit program, you must be a resident of the state of Ohio and meet the state requirements.

Percentage of Income Payment Plan (PIPP) The Percentage of Income Payment Plan (PIPP) helps eligible Ohioans manage their energy bills year round. Payments are based on a percentage of household income and are consistent year-round.

The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible Ohioans assistance with their home energy bills. This annual benefit is applied directly to the customer's utility bill or bulk fuel bill. Ohioans with a household income at or below 175 percent of the federal poverty guidelines are eligible for the program.

Medicaid - The Ohio Department of Medicaid improves wellness and health outcomes by providing health care coverage for eligible individuals and families, including children, pregnant women, seniors, and people with disabilities. To be eligible you must be a United States citizen or meet Medicaid citizenship requirements, have or get a Social Security number, be an Ohio resident, and Meet financial requirements.

The Transportation Voucher Program provides income eligible seniors a Geauga Transit Voucher that can be used for doctor appointments and/or grocery shopping within Geauga County, through a Title XX grant. Seniors must meet established federal income guidelines and may then apply for vouchers at the Department on Aging. Once seniors have received their vouchers they can contact Geauga Transit at (440) 754-5555 for grocery and in county medical rides.

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.

JANUARY 2024
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE BROCCOLI DINNER ROLL FRUIT CUP	3 MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD FRUIT CUP	4 BBQ CHICKEN BREAST RICE GREEN PEAS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	5 BURGER WITH CHEESE SEASONED WEDGED POTATOES KETCHUP PC BAKED BEANS WG HAMBURGER BUN FRUIT CUP
8 STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES SWEET CORN WHITE BREAD FRUIT CUP	9 BREADED FISH WEDGE POTATOES BROCCOLI FLORETS HUSH PUPPIES FRUIT CUP TARTAR SAUCE & KETCHUP PC	10 GRILLED CHICKEN BREAST GREEN BEANS SLICED CARROTS WG HAMBURGER BUN APPLESAUCE CUP MAYO PC	11 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	12 JUMBO RAVIOLI w/SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP
15 CLOSED	16 SALISBURY STEAK W/GRAVY NOODLES GREEN PEAS SLICED CARROTS WHITE BREAD FRUIT CUP	17 CELEBRATION CAKE DAY BREADED CHICKEN PATTY BAKED BEANS SLICED CARROTS WG HAMBURGER BUN APPLESAUCE CUP MAYO PC	18 MEATBALLS w/PASTA w/SPAGHETTI SAUCE GREEN BEANS WHITE BREAD FRUIT CUP	19 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP
22 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES GREEN PEAS WHITE BREAD ESCALOPED APPLES	23 MACARONI & CHEESE GREEN BEANS SWEET CORN HUSH PUPPIES FRUIT CUP	24 MINI CORN DOGS TATER TOTS BROCCOLI FLORETS DINNER ROLL FRUIT CUP KETCHUP PC	25 SWEDISH MEATBALLS w/NOODLES MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP	26 TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE BROCCOLI DINNER ROLL FRUIT CUP
29 MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD FRUIT CUP	30 BBQ CHICKEN BREAST RICE GREEN PEAS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	31 BURGER WITH CHEESE SEASONED WEDGED POTATOES KETCHUP PC BAKED BEANS WG HAMBURGER BUN 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
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.

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ADULT DAY SERVICE

The Adult Day Service (ADS) provides enrichment activities, weekdays, for Geauga County seniors who are in need of a caring, positive, and structured environment for seniors with early to mid-stages of memory loss, cognitive impairment or dementia. Each day seniors are offered physical, cognitive, and social stimulation. There is no charge for the service, donations are greatly appreciated.

Hot lunch and a snack are provided each day and free transportation is available.

The Adult Day Service is not a medical based program and no medications will be given. Seniors must be able to toilet and feed themselves.

The ADS is available Monday through Friday from 8:30AM until 2:30PM.
The Adult Day Service is located at 8090 Cedar Road in Chesterland.
To reach a ADS representative call (440) 279-2149.