

The Geauga senior news

Geauga County Department on Aging

February 2024

2024 GEAUGA COUNTY DEPARTMENT ON AGING TRASH PICK-UP DAYS!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors **must be registered** with the Department on Aging for 2024 **one week prior to the pick-up in order to be placed on the pickup list. Dates for Pick-up days are subject to change, so check the list each month.**

Hambden Twp	Apr 22, 23 24
South Russell Vlg	Apr 24, 25
Munson Twp	Apr 15,16,17,18
Bainbridge Twp	May 7,8,9
Montville Twp	May 8,9,10
Claridon Twp	May 9
Burton Vlg	TBA
Thompson Twp	May 24
Burton Twp	May 16,17
Chardon Twp	May 28, 29
Auburn Twp	May 30, 31
Huntsburg Twp	June 7, 8
Newbury Twp	June 3,4,5
Parkman Twp	June 20, 21
Troy Twp	July 25, 26
Vlg of Middlefield	Aug 15
Chesterland Twp	Sept 9,10,11,12
City of Chardon	TBA
Middlefield Twp	Oct 3

Registration Deadlines are one week before the first day of selected community Trash pick-up!

Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2024 Trash Day Pick-up program to register NOW with the Dept on Aging.

Seniors who complete their yearly registration with Dept. on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cut off date to be placed on the community pick-up list.

Please, no more than 10 items per household.

Call (440) 279-2130 for guidelines and questions.



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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, Alan and Peggy Bialosky

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, February 1st: Free Lunch & Movie
UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register. 12:00pm. Free.

Tuesday, February 20th: Parkinson's Support Group
The Parkinson's You Don't See: Cognitive and Non-Motor Symptoms with Joanne Hamilton, PhD. Some of the first symptoms of people with Parkinson's may experience are not visible to others. As Parkinson's progresses, cognitive and other non-motor symptoms continue to be a significant aspect. From the Davis Phinney Foundation program. Call Sandy at 440-279-2167 to RSVP. 12:30pm. Free.

Tuesday, February 20th: Diabetes Support Group
Geoff Patty from UH Geauga Medical Center will be talking about Diabetes and Heart Health. Unfortunately, Diabetes and heart disease often go hand in hand. Learn how to protect your heart by making lifestyle changes that can also help you better manage your diabetes. Call Sandy at 440-279-2167 to RSVP. 2:00pm. Free.

Thursday, February 15th: Elderberries
Do groundhogs really come out of hibernation in the beginning of February? How do they get ready for their long slumber? Seniors, join naturalist Renell to get answers to these questions and more as we dish the dirt on groundhogs! Refreshments and snack sponsored by Burton Healthcare. 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.

Gauga Walkers & Walking for Wellness
Monthly schedules are posted in the newsletter for locations. If you would like a schedule for the year/quarter, call Melissa Wheeler at 279-2167.

February 2024

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>	
5		6	
<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 Floor Exercises 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>	
12		13	
<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 Floor Exercises 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>	
19		20	
 <p>HAPPY PRESIDENTS DAY!</p> <p>OFFICES CLOSED FOR PRESIDENT'S DAY</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>	
26		27	
<p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 Floor Exercises 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
	<p style="text-align: right;">1</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 style="text-align: right;">2</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 style="text-align: right;">7</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 style="text-align: right;">8</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 style="text-align: right;">9</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p style="text-align: right;">14</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 style="text-align: right;">15</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 style="text-align: right;">16</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p style="text-align: right;">21</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 style="text-align: right;">22</p> <p>10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">23</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p style="text-align: right;">28</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 style="text-align: right;">29</p> <p>10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH</p>	

Wednesday, 2-7: 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, 2-2: Breakfast and Speaker Series with Kathie Doyle.: “Game Shows of Yesteryear.” Prior registration required.

Monday, 2-12: January’s book is “The Japanese Lover,” by Isabel Allende.

Wednesday, 2-7: Get in touch with your creative side! Create a decorated picture frame. \$8, payable with registration.

Thursday, 2-15: Brunch Bunch at Bob Evans in Chardon. Please call 279-2126 to let us know you’ll be there!

Wednesday, 2-21: Heather Hill Luncheon at Chardon Senior Center. Space is limited! Call to reserve your spot!

Friday, 2-23: Birthday BINGO Pizza Party. \$5 per person/Feb. Birthdays FREE. Thanks to Chardon Healthcare!

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

Monday Movies!

2-5 “Roxanne.”

2-12: “Little Women.”

2-19: “Beauty and the Beast.”

2-26: “Evan Almighty.”

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.

Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
	<p>Becky O’Reilly Recreation & Education Coordinator</p> <p>Ellie Rickard Recreation & Education Assistant Coordinator</p>
5	6
<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: “Roxanne.” Free, but call to sign up.</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>
12	13
<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: “Little Women.” Free, but call to sign up. 1:00-2:00 Book Club: “The Japanese Lover”</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 Parkinson’s Group 2:00-3:00 Diabetes Support 2:00-3:30 RCR Practice</p>
19	20
<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: “Beauty and Beast.” Free, but call to sign up.</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>
26	27
<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: “Evan Almighty.” Free, but call to sign up.</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
Beth Oliverio Information and Referral Specialist	1 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)	2 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
7 9:00 -11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-12:30 Drive-Thru at Heather Hill—reservations re- quired 1:00-3:00 Craft with Ellie Workshop 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	8 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)	9 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 12:00 Pal-entines' Day Dance 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
14 9:00 -11:00 Pinochle 10-12:30 Dulcimer Groups 11:00-11:45 Strength Training\$2 11:00-12:00 Balance Exercise 12:00-4:00 Rumicube Party 1:00-4:00 Mah Jongg	15 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)	16 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
21 9:00-11:00 Pinochle 10-12:30 Dulcimer Groups 12:00-1:00 Heather Hill Cooking Demo 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	22 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)	23 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
28 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	29 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)	

Bainbridge Bulletin

Movie Matinee

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

Wednesdays in February:

Limitless Learning: Each week 2 topics will be covered from 12:30 pm to 1:30 pm. We will finish **Crimes of the Century: A Selective History of Infamy** on Wednesday, February 7th and move into **The Great Revolutions of Modern History**. The exact topics are listed later in the newsletter or call (440) 279-1313 with any questions.

Thursday, February 8:

David Explains: Groundhog Day

Why do people take their weather forecast from a rodent? Is this a uniquely American tradition or do people around the world look to animals for weather reports? David will explain the history of Punxsutawney Phil and his less memorable friends. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, February 13:

Soup & Sandwich Lunch: Join the Bainbridge Senior Center for a soup and sandwich lunch of Chicken Noodle Soup and Hot Ham & Cheese. We will start serving at noon and have a soup bar with add-ons and a variety of cheeses to choose from. \$5 is due at registration and due by Friday, February 9th, 2024.

Tuesday, February 20:

The Bainbridge Book Club kicks off 2024 with **Books to Movies**. Instead of reading a specific book, there is a new theme each month and you can choose any book within that theme.

Thursday, February 29:

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 scrambled eggs, bacon, and fruit. Please RSVP by Tuesday, February 20th.

Bainbridge Senior Center

440-279-1313

MONDAY

TUESDAY

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.

If you are having trouble with your smartphone or new piece of technology the Bainbridge Senior Center is here to help. Call David or Keri to schedule an appointment to help you learn about your device, (440)-279-1313.

5

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
(Air Force One)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

6

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Mahjong
1:00-2:00 Yoga Nidra with
Fairmount Center for the Arts

12

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

13

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-12:30 Sandwich & Soup
Lunch: Ham & Cheese with
Chicken Noodle Soup \$5
12:30-2:30 Mahjong
1:00-2:00 Yoga Nidra with
Fairmount Center for the Arts

19



9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:30-2:30 Mahjong
12:30-1:30 February Book Club:
Books to Movies
1:00-2:00 Yoga Nidra with
Fairmount Center for the Arts

26

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
(The American President)
12:30-2:30 Mahjong
2:30-3:15 Cardio Drumming

27

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:45-1:45 Mahjong
1:00-2:00 Yoga Nidra with
Fairmount Center for the Arts
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		
			1			2		
			<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>		
<p>8:30-9:30 All-Around Exercise (\$3) 7 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>) 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:00-3:00 Art Class w/Fairmount 2:30-3:15 Cardio Drumming</p>			8			9		
<p>8:30-9:30 All-Around Exercise (\$3) 14 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>) 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:00-3:00 Art Class w/Fairmount 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: Groundhog Day 3:00-4:00 Sheet Pan Dinner \$5 due with registration</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) 21 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>) 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:00-3:00 Art Class w/Fairmount 2:30-3:15 Cardio Drumming</p>			15			16		
<p>8:30-9:30 All-Around Exercise (\$3) 28 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>) 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:00-3:00 Art Class w/Fairmount 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>		
<p>8:30-9:30 All-Around Exercise (\$3) 28 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>) 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:00-3:00 Art Class w/Fairmount 2:30-3:15 Cardio Drumming</p>			22			23		
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Newsorthy Notes

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

Never Ending Knowledge series ~World Heritage Sites

Feb 7th #1 "The Acropolis of Athens"
#2 Tibet's Potala Palace and Jokhang Temple"
Feb 21st #1 "Palmyra, Oasis in the Syrian Desert"
#2 "The Redwood Forests of California"
END of COURSE

-Begin World's Greatest Churches

Feb 28th #1 "The Earliest Churches"
#2 "The Church of the Holy Sepulchre"

Art History series

~The Genius of Michelangelo

Feb 1st- #1 "Who was Michelangelo?"
#2 "Artist and Aristocrat"-Michelangelo's World
Feb 8th #1 "An Unconventional Beginning"
#2 "Michelangelo's youth & Early Training"
Feb 22nd #1 "Florence and Bologna in the 1490's"
#2 "First visit to Rome & Early Patrons"
Feb 29th #1 "The Bacchus" and the "Pieta"
#2 "The return to Florence and the "David"

Valentine Breakfast, Bingo & More

Feb 9th 8:30-10:30am -Join us for a breakfast of strawberry waffles, bacon, scrambled eggs, juice and coffee! Afterwards, play "LOVE" themed Bingo sponsored by a local business, and finally play LOVE inspired Left/Right game for your chance to win a box of delectable chocolates..
Cost: \$5, Deadline- Feb 2nd call 440-279-2163

Craft with Millissa

Feb 20th 12:30-1:30pm Make a Paper Napkin Wreath. This is an "INDOOR wreath, not one you can hang outside. All supplies included, cost is \$6, register by Feb 13th. Call 440-279-2163

Arm Chair Travel with a Twist "Poland"

Feb 26th 12:30-2:30 We will be visiting Poland, begin your travels listening to music while you sample small plates of food from the area. Following refreshments, enjoy a travel documentary featuring the country of Poland. After the documentary, stay to make a craft native to the area. For Poland, we will make a Wycinanki Paper Art. Cost is \$5, register by Feb 19th. Call 440-279-2163

Black History Movies -Once weekly in February

Feb 5th 1:00-3:00pm "Harriet"

Feb 12th 1:00-3:00pm "Amistad"

Feb 21st 1:00-3:00pm "Till"

Feb 28th 1:00-3:30pm "Lincoln"

Sign up for all or just one, these are true stories of historic people, and the challenges they faced during the slavery era. Snacks and refreshments provided.
Cost: FREE -Call WGSC 440-279-2163

Out to Lunch Bunch

Feb 29th 12:00-2:00 Meet up at Los Robles Bar & Grille in Chesterland. Cost is on your own, you are REQUIRED to call ahead so we can reserve a seat for you. Sign-up by Feb 26th 440-279-2163

West Geauga Sr. Center 440-279-2163

MONDAY



Call Christine to make a
30 minute tech help appt.
440-279-2163 ext 3505

TUESDAY



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 reserva-
tions can be made by calling the
WGSC at 440-279-2163

9:00-11:00 Italian Card Game ⁵
9:00-10:00 Swim Fitness-Metz Pool
10:00-10:55 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Swim Fitness-Metz Pool
1:00-3:00 Black History Movie
"Harriet"
1:00-3:00 Mahjongg
2:00-3:00 Line Dancing~Fairmount

9:00-11:00 Italian Card Game ¹²
9:00-10:00 Swim Fitness-Metz Pool
10:00-10:55 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Swim Fitness-Metz Pool
1:00-3:00 Black History Movie
"Amistad"
1:00-3:00 Mahjongg
2:00-3:00 Line Dancing~Fairmount

ALL SITES CLOSED ¹⁹
Presidents'
Day

9:00-10:00 Swim Fitness-Metz Pool ²⁶
10:00-10:55 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Swim Fitness-Metz Pool
1:00-3:00 Arm Chair Travel with a
Twist "Poland"
1:00-3:00 Mahjongg
2:00-3:00 Line Dancing~Fairmount

9:00-11:30 Stained Glass Class ⁶ \$5
9:00-10:00 Swim Fitness-Metz Pool
9:00-11:00 Pinochle (Need Players)
10:00-11:00 Exercise -Sandy VT
11:00-11:30 EZ Chair Exercise VT
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet

9:00-11:30 Stained Glass Class ¹³ \$5
9:00-10:00 Swim Fitness-Metz Pool
9:00-11:00 Pinochle (Need Players)
10:00-11:00 Exercise -Sandy VT
11:00-11:30 EZ Chair Exercise Video
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet

9:00-11:30 Stained Glass Class ²⁰ \$5
9:00-11:00 Pinochle (Need Players)
9:00-10:00 Swim Fitness-Metz Pool
10:00-11:00 Exercise -Sandy VT
11:00-11:30 EZ Chair Exercise VT
12:00-3:00 Bridge Group
12:30-1:30 Taiji-FIT \$3
12:30-1:30 Craft w/Millissa \$6
12:30-2:30 Knit & Crochet

9:00-11:30 Stained Glass Class ²⁷ \$5
9:00-11:00 Pinochle (Need Players)
9:00-10:00 Swim Fitness-Metz Pool
10:00-11:00 Exercise -Sandy VT
11:00-11:30 EZ Chair Exercise VT
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
	<p style="text-align: right; font-weight: bold;">1</p> <p>9:00-11:00 Italian Card Game 9:00-11:00 Swim Fitness-Metz Pool 9:00-12:00 Pinochle (<i>Need Players</i>) 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mahjongg 11:00-11:30 EZ Chair Exercise VT 11:30-12:30 Never Ending Knowledge ~ART History 2:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>9:00-11:00 Italian Card Game 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:30-1:15 Balance Exercise</p>
<p>9:00-11:00 Italian Card Game 7 9:00-10:00 Swim Fitness-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-10:55 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge ~World Heritage Sites 2:00-3:00 Yoga Nidra~Fairmount</p>	<p style="text-align: right; font-weight: bold;">8</p> <p>9:00-11:00 Italian Card Game 9:00-11:00 Swim Fitness-Metz Pool 9:00-12:00 Pinochle (<i>Need Players</i>) 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mahjongg 11:00-11:30 EZ Chair Exercise 11:30-12:30 Never Ending Knowledge ~ART History 2:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right; font-weight: bold;">9</p> <p style="text-align: center;"></p> <p>8:30-10:30 <i>Valentine Breakfast, BINGO & More \$5</i> 9:00-11:00 Italian Card Game 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:30-1:15 Balance Exercise</p>
<p style="text-align: center;"> 14</p> <p>9:00-11:00 Italian Card Game 9:00-10:00 Swim Fitness-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-10:55 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge ~World Heritage Sites ~NO YOGA NIDRA TODAY</p>	<p style="text-align: right; font-weight: bold;">15</p> <p>9:00-11:00 Italian Card Game 9:00-11:00 Swim Fitness-Metz Pool 9:00-12:00 Pinochle (<i>Need Players</i>) 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mahjongg 11:00-11:30 EZ Chair Exercise Video 11:30-12:30 Never Ending Knowledge ~ART History NO SPIN CLASSES TODAY</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>9:00-11:00 Italian Card Game 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:30-1:15 Balance Exercise</p>
<p>9:00-11:00 Italian Card Game 21 9:00-10:00 Swim Fitness-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-10:55 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge ~World Heritage Sites 1:00-3:00 <i>Black History Movie "Till"</i> 2:00-3:00 Yoga Nidra~Fairmount</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>9:00-11:00 Italian Card Game 9:00-11:00 Swim Fitness-Metz Pool 9:00-11:00 Pinochle (<i>Need Players</i>) 10:00-11:00 Exercise w/Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 EZ Chair Exercise 11:30-12:30 Never Ending Knowledge ~ART History 2:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>9:00-11:00 Italian Card Game 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:30-1:15 Balance Exercise</p>
<p>9:00-10:00 Swim Fitness-Metz Pool 28 9:00-11:30 Stained Glass Class \$5 10:00-10:55 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge ~World Heritage Sites 1:00-3:00 <i>Black History ~ "Lincoln"</i> 2:00-3:00 Yoga Nidra~Fairmount</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>9:00-11:00 Swim Fitness-Metz Pool 9:00-11:00 Pinochle (<i>Need Players</i>) 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mahjongg 12:00-2:00 <i>Out to Lunch Bunch at Los Robles Mexican bar & Grille</i> 11:00-11:30 EZ Chair Exercise 11:30-12:30 Never Ending Knowledge ~ART History 2:00-4:00 Senior Spin at "O" Holly</p>	<p><u>Recreation/Education Coordinator</u> ~Christine Bacon 440-214-3505 <u>Rec/Ed Assistant Coordinator</u> ~Millissa Norris 440-279-2183 I&R Assistant: Debbie M. Stained Glass Class Appointments: Call Don Trask 440-759-9691</p> <p style="text-align: center;"></p>

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

Monday Crafts:

5th Valentines Day
arrangement.
Cost:\$5.00

12th Valentines Day
Cards to Give
No Cost.

26th Crafting With Marsha
No Cost.

Make and Take Fridays
2nd Valentines Chocolate
\$5.00
23rd Fun Size Snacks \$5.00

Tuesday, February 1st
Eclipse of a Lifetime
Presented by Geauga Park
District.

Tuesday, February 6th
Virtual Touring with Ginny
No cost.
12pm Middlefield Tavern
Cost on your own.

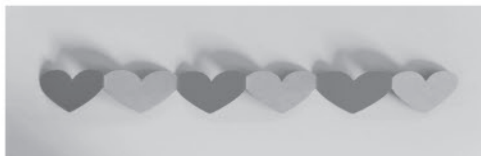
Wednesday, February 14th
BINGO with friendintines
Valentines Day Lunch & Tea
Lunch cost \$5.00


Thursday February 15th
Book Club

Friday, February 16th
February Breakfast \$3.00

Friday, February 16th
Kathie Doyle
Presents Famous
Couples in History.

Wednesday, February 21st
Out to lunch– Kaballos
Cost on your own.



Middlefield Sr. Center 440-632-0611	
MONDAY	TUESDAY
Coffee & Conversation Every day starting at 8am Rummikub Played Every day At 9am	Recreation & Education Coordinator Hannah Heinz Assistant Recreation & Education Coordinator Ginny Lester Nancy Niehus
5	6
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Virtual Touring w/Ginny 12pm Out to Lunch 12pm Lunch 1pm Chair Volleyball
12	13
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Mardi Gras Craft & Paczki (\$3) 12pm Lunch 1pm Chair Volleyball
19	20
Closed in observance of Presidents Day. 	10am Chair Yoga Video 11am Health BINGO with UH 12pm Lunch 1pm Chair Volleyball
26	27
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
1	2	2
7	8	9
14	15	16
21	22	23
28	29	



10am Movement with Ginny
 11am Eclipse of a Lifetime
 presented by Geauga Parks
 12pm Lunch
 1pm Chair Volleyball

10am Chair Exercise Video
 11am Make and Take
 12pm Lunch
 1pm Chair Volleyball

10am Balance Exercise
 12pm Lunch & Learn
 Heart Health with Chardon
 Health Care.
 1pm Trivia and Popcorn
 2pm Intro to Chair Volleyball

10am Movement with Ginny
 12pm Lunch
 1pm Chair Volleyball

10am Chair Exercise Video
 12pm Lunch
 1pm Chair Volleyball

10am Balance Exercise
 12pm Valentines Day
 Lunch and Tea (\$5)
 1pm BINGO with Friendintines
 2pm Intro to Chair Volleyball



10am Movement with Ginny
 11am Book Club
 12pm Lunch
 1pm Chair Volleyball
 1pm Movie at Briar

10am Monthly Breakfast (\$3)
 10:30am Kathie Doyle
 12pm Lunch
 1pm Chair Volleyball

10am Balance Exercise
 12pm Lunch
 12pm Out to Lunch
 Kaballos
 2pm Intro to Chair Volleyball

10am Movement with Ginny
 12pm Lunch
 1pm Chair Volleyball

10am Chair Exercise Video
 11am Make and Take
 12pm Lunch
 1pm Chair Volleyball

10am Balance Exercise
 12m Lunch
 1pm BINGO
 Sponsored by
 Burton Health Care
 2pm Intro to Chair Volleyball

10am Movement with Ginny
 12pm Lunch
 1pm Chair Volleyball

Please call to register for lunch,
 crafting and special events.
**GDA Lunch Served Every
 day at 12pm
 (unless otherwise noted)**

2023 SENIOR CARE ALL-STARS!



Teddy Krupansky
Ohman Family Living
at Holly AL



Darianne Fedorko
Ohman Family Living
at Holly LTC



Heather Homer
Ohman Family Living
at Home Homecare



Alea Drennen
Ohman Family Living
at Briar LTC



Beatrice Ward
Jennings Notre Dame



Jessica Yaughar
Chardon Healthcare



Judy Lacino
Cherished Companions



Bonnie Kuhn
Ohman Family Living
at Briar AL



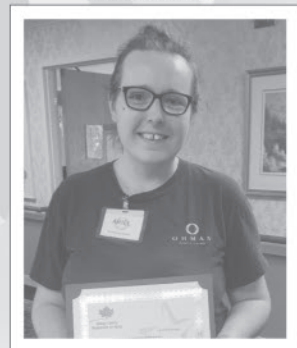
Barb Yoder
Mapleview Country Villa



Laura Oren
Ohman Family Living
at Blossom LTC



Jamie Schimdt
Bella Care Hospice
Ashtabula



Ariel Dotson
Ohman Family Living
at Blossom AL



Hope Kwiecinsky
Home Instead Health

DIABETES SUPPORT GROUP

Join us on Tuesday, February 20th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Geoff Patty from UH Geauga Medical Center will be talking about Diabetes and Heart Health. Unfortunately, Diabetes and Heart disease often go hand in hand. Learn how to protect your heart by making lifestyle changes that can also help you better manage your diabetes. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

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	Parking
Feb 6	Whitesburg Preserve	End of High Street, Chagrin Falls
Feb 13*	Holbrook Hollows	7250 Country Lane, Bainbridge
Feb 20	"Girdled Road Reservation Radcliff Road"	12926 Radcliff Road @ Rt 608, Lake County
Feb 27*	"Swine Creek, Woods Edge Wagon Trail"	"Woods Edge Shelter, Saps-A-Risin! 16004 Hayes Road, Middlefield"

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

Friday, February 2, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is "Game Shows of Yesteryear." This is a free event, but registration is required by calling 440-279-2126. Space is limited.

KATHIE DOYLE PRESENTS FAMOUS COUPLES IN HISTORY

Friday February 16th, 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

Feb 29th 12:00-2:00pm Meet Up Restaurant is "Los Robles Mexican Bar & Grille 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 2/26

MOVIE AND SNACK AT BRIARCLIFF MANOR

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, February 15th, at 1pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie in Briarcliff's theater room. Please call 440-632-0611 to register.

PARKINSON'S SUPPORT GROUP

Join us on Tuesday, February 20th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). The Parkinson's You Don't See: Cognitive and Non-motor Symptoms with Joanne Hamilton, PhD. Some of the first symptoms people with Parkinson's may experience are not visible to others. As Parkinson progresses, cognitive and other non-motor symptoms continue to be a significant aspect. What symptoms are caused from your medication and what is from your Parkinsons. This is a Davis Phinney Foundation program.
For questions and to RSVP, call Sandy McLeod at 440-279-2137.

BIRTHDAY BINGO AND PIZZA PARTY AT CHARDON SENIOR CENTER

Join us on Friday, February 23, at 11:00 a.m., when we will be celebrating all of those having celebrated birthdays in February! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and February 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!

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 12:30-2:30. 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*

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
2/7/2024	Maple Highlands Trail	Mountain Run Station 12700 Chardon-Windsor Rd, Chardon
2/14/2024	Chapin Forest Reservation	Meet at Pine Lodge 10381 Hobart Rd, Kirtland
2/21/2024	Welton's Gorge	13973 Hale Rd, Burton
2/28/2024	Sunnybrook Preserve	12474 Heath Rd, Chesterland

CHARDON SENIOR CENTER BOOK CLUB

Monday, February 12, at 1:00 p.m., at the Chardon Senior Center.
February's book is "The Japanese Lover," by Isabel Allende.

MAKE AND TAKE FRIDAYS

At the Middlefield Senior Center, Friday, February 2nd, 2024, 11am Valentines Chocolate \$5.00.
Thursday, February 23rd, 2024, 11am Fun Size Snacks \$5.00. Call 440-632-0611 to register.

ECLIPSE OF A LIFETIME PRESENTED BY GEAUGA PARK DISTRICT

Thursday, February 1st, 2024, Middlefield Senior Center. No cost.

Please call to register 440-632-0611

DAY TRIP/OUTING WITH WGSC LUNCH & MUSEUM

Wednesday March 6th Bus leaves WGSC at 11am. Lunch will be at Otani Japanese Restaurant, followed by a FREE Self-guided tour at the Museum of American Porcelain Art.

Bus returns to WGSC approx. 3:30pm Cost:\$3 pp to cover transportation.

Deadline to register is Feb 29th, call for more info 440-279-2163

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

CLASS TWO: March 6th-March 29th – Every Wednesday & Friday from 1:00-3:00pm.
Middlefield Senior Center / 15820 Ridgewood Drive / Middlefield 44062

THE BREAKFAST CLUB OF CHARDON

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, February 15, 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!

NEVER ENDING KNOWLEDGE SERIES CONTINUES AT WGSC

World Heritage Sites Ends, Last class is Feb 21st. New Course begins: Worlds Greatest Churches- We will discover masterpieces of architecture, Art and faith in this enthralling journey to the greatest churches, basilicas, and cathedrals around the world.

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

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

FEB 7th - #1 "The Acropolis of Athens" / #2 "Tibet's Potala Palace and Jokhang Temple"

FEB 21st #1 - "Palmyra, Oasis in the Syrian Desert" / #2 "The Redwood Forests of California"

END of COURSE ~Worlds Greatest Churches Begins

FEB 28th - #1 "The Earliest Churches" / #2 "The Church of the Holy Sepulchre"

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, February 7th (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: *Remarkable Bright Creatures* by Shelby Van Pelt

Thursday, February 8th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: *Friends, Lovers & The Big Terrible Thing* by Matthew Perry

MONDAY MOVIES AT CHARDON SENIOR CENTER

Monday's in Feb , February 5 at 12:00 noon: "Roxanne." - February 12 at 12:00 noon: "Little Women." - February 19 at 12 noon: "Beauty and the Beast." - February 26 at 12 noon: "Evan Almighty." 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.

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.

THURSDAY'S CLASS/TOPIC-ART HISTORY: 11:30AM-12:30PM- "THE GENIUS OF MICHAELANGELO"

Gain a comprehensive introduction to one of history's greatest artists with this groundbreaking and visually dazzling course that gives you a full portrait of Michelangelo as an ambitious businessman and an unparalleled artistic genius.

FEB 1st #1 "Who Was Michaelangelo?" #2 "Artist and Aristocrat—Michelangelo's World"

FEB 8th #1 "An Unconventional Beginning" #2 "Michelangelo's Youth and Early Training"

FEB 22nd #1 "Florence and Bologna in Early 1490s" #2 "First Visit to Rome and Early Patrons"

FEB 29th #1- "The "Bacchus" and the "Pieta" #2 "The Return to Florence and the "David"

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

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

Thursday, February 1st 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.

CRAFT WORKSHOP WITH ELLIE – DECORATED PICTURE FRAME

Wednesday, February 7, from 1:00-3:00 p.m., at the Chardon Senior Center. Make A CUTE decorated picture frame for home décor, or gift-giving! \$8.00 per person, due with registration.

OUT TO LUNCH WITH MIDDLEFIELD SENIOR CENTER

Tuesday, February 6th, 2024, 12pm at Middlefield Tavern, Wednesday, February 21st 12pm at Kaballos. Cost is on your own. Call Middlefield Senior Center to register at 440-632-0611.

ELDERBERRIES – THE DIRT ON GROUNDHOGS WITH RENELL

Thursday, February 15th from 1:00-2:30pm at The West Woods (9465 Kinsman Rd, Novelty). Do groundhogs really come out of hibernation in the beginning of February? How do they get ready for their long slumber? Seniors, Join Naturalist Renell to get answers to these questions and more as we dish the dirt on groundhogs! This indoor presentation is wheelchair accessible. Refreshments and snacks sponsored by Burton Healthcare. A collaboration with UH Geauga Medical Center.
Reservation required by calling the Geauga Park District at 440-286-9516.

VALENTINES DAY LUNCH & TEA BINGO WITH FRIENDINTINES

Wednesday, February 14th, 2024, Middlefield Senior Center. Lunch and Tea at 12pm Cost \$5.00. BINGO with friends at 1pm No Cost. Please call to register 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.

PEDALING FOR PARKINSONS AT OHMAN FAMILY LIVING AT HOLLY

Pedaling for Parkinson's is an indoor stationary cycling program designed specifically for people living with Parkinson's disease. We are registering for our next 3-month cycle of classes. You can take part in a complimentary screening at Ohman Family Living at Holly to determine if you are right for the program. You will meet with a physician after you receive the screening results. They will schedule a time to meet with the physical therapist if you need additional assistance. You can call Ohman Family Living at 440-338-3195 or Geauga Dept on Aging, Sandy McLeod at 440-279-2137 for more information.

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.

MARDI GRAS CRAFT AND PACZKI

Middlefield Senior Center. Tuesday, February 13th, 2024, Cost \$3.00. Fun Mardi Gras themed craft and Paczki's of course! Don't miss the fun! Call 440-632-0611 to register.

BOXING AND FLOOR EXERCISES

Boxing Classes are held every Monday from 11:00-12:00pm. This is a non-contact boxing style fitness program. Strength, speed, balance and flexibility will be worked on through a variety of exercises and core conditioning. We focus on improving your overall fitness level and maintaining a strong healthy body while working on postural imbalances. Immediately following boxing, from 12:00-12:30pm, are floor exercises. We focus on strengthening our core through a variety of movements on the yoga mat. \$1 donation per class. Please call Melissa Wheeler at 440-279-2167 for questions.

LIMITLESS LEARNING AT THE BAINBRIDGE SENIOR CENTER

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. We will finish Crimes of the Century: A Selective History of Infamy and move onto The Great Revolutions of Modern History.

February 7th: Son of Same: New York's Tabloid Terrorist & Italy's Search for the Monster of Florence

February 13th: Who Makes a Revolution? & Nationalism as Revolutionary Ideology

February 20th: Mexico's Revolution of Bullets and Myths & The Man Who Lost the Russian Revolution

February 27th: Totalitarianism and Counterrevolution & The US Civil Rights Movement

BAINBRIDGE OUT TO LUNCH GROUP

The Bainbridge Senior Center has run out of space in its calendar for the Out to Lunch group schedule. There is no need to panic as the schedule can now be found here!

February 7th: Coyotes, Bainbridge

February 14th: Aaron & Moses, Twinsburg

February 21st: Sand Pebbles, Aurora

February 28th: LeeAngelo's, Aurora

BAINBRIDGE BOOK CLUB

The Bainbridge Senior Center starts 2024 with a new book club. We will meet on Tuesday, February 20th from 12:30-1:30 pm and February's theme is Books to Movies.

Please call (440) 279-1313 with any questions or to register.

SHEET PAN DINNER

Keri will teach an easy one-pan dinner for anyone interested on Thursday, February 8th. Feel free to take your meal home or stay and eat at the center. The menu is lemon garlic chicken with potatoes and fresh green beans. Space is limited and the cost of the program is \$5.

Registration is due by Monday, February 5th and payment is required with registration.

Questions? Call (440) 279-1313.

DAVID EXPLAINS

David Explains the history of Groundhog Day. Learn the history of Punxsutawney Phil and the obsession of animal weather forecasters. Please call to register, (440) 279-1313.

Disclaimer: David is not an expert in biology, meteorology, or any other ology.

He is an avid learner and wants to share what he has found.

THE BAINBRIDGE BIG BREAKFAST!

Join us at Bainbridge Senior Center on Thursday, February 29th from 9am-10am for our monthly Big Breakfast! Veterans and February Birthdays eat FREE; everyone else pays \$5. Registration and payment are due no later than Tuesday, February 23rd. Please indicate if you are a Veteran or if your Birthday's in February. Our menu for February is scrambled eggs, bacon, and fruit.

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 February 15th, 2024, at the Bainbridge Senior Center (17751 Chillicothe Road, Bainbridge). Call (440) 279-1313 to register or for more information.

CRAFT WITH MILLISSA AT WGSC

Feb 20th 12:30-1:30pm This month we will be making a Paper Napkin Wreath. This is an "INDOOR" wreath, not one you can hang outside. All supplies included, cost is \$6, register by Feb 13th. Call 440-279-2163

NEW PROGRAM AT WGSC -ARM CHAIR TRAVEL

FEB 26th 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 Poland, begin your travels listening to music while you sample small plates of food from the area. Following refreshments, enjoy a travel documentary featuring the country of Poland. After the documentary, stay to make a craft native to the area. For Poland, we will make a Wycinanki Paper Art. Cost is \$5, register by Feb 19th. Call 440-279-2163

SENIOR SPIN CLASS AT OHMAN-HOLLY (THROUGH WGSC) 2 CLASS TIMES

Join us on Thursday afternoons from 2:00-3:00, or 3:00-4:00 for 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-Impact. Registration is REQUIRED
440-279-2163 Bikes are limited to (6) (small class size).

Class is held at the OHMAN-Holly Facility 10190 Fairmount Rd in Newbury.

MOVIES FOR BLACK HISTORY MONTH AT WGSC

Each week in the month of February, WGSC will be showing Award winning Black History Movies. Snacks and refreshments will be provided, and there is NO COST!!! Its FREE ALL Movies begin at 1:00pm and last approx. 2 hours

FEB 5th – “Harriet” Based on the thrilling and inspirational life of an iconic American freedom fighter, HARRIET tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes.

FEB 12th – Amistad” In 1839, the slave ship Amistad set sail from Cuba to America. During the long trip, Cinque (Djimon Hounsou) leads the slaves in an unprecedented uprising. They are then held prisoner in Connecticut, and their release becomes the subject of heated debate. Freed slave Theodore Joadson (Morgan Freeman) wants Cinque and the others exonerated and recruits property lawyer Roger Baldwin (Matthew McConaughey) to help his case.

FEB 21st – “Till” This profoundly emotional film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett Till, who, in 1955, was brutally lynched while visiting his cousins in Mississippi.

FEB 28th – “Lincoln” With the nation embroiled in still another year with the high death count of Civil War, President Abraham Lincoln brings the full measure of his passion, humanity and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment.

2024 DEPT ON AGING UPCOMING TRIPS AND EVENTS

Overnight Trips all information will be available in the March newsletter or pick up flyers at your local Senior Center!

Graceland & The Bourbon Trail TBA - Mackinac Island & Thunder Bay Aug 19, 20, 21, 22 - Albuquerque Balloon Fiesta Oct 4-9

2024 DAY TRIPS

Kenny & Dolly- “Legends Tribute: Wed April 24 at LaMalfa, “**Phase 5 a Motown Revue**”; Thursday June 20, **Guardians Game:** Date & Cost TBD, “**Ruth**” a Site and Sound Production in Walnut Creek; Tues July 16, (In conjunction with Young of Hearts) cost TBD, “**Lights Out**” Frankie Vallie & Four Seasons Tribute; Wed July 24, “**Clue**” at Rabbit Run Theatre- August 15, **Cleveland Orchestra** Holiday Show- Date & Cost TBD

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 2024? 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 2024? 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.

FEBRUARY 2024
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Mon	Tue	Wed	Thu	Fri
			1	2
			STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES WHITE BREAD FRUIT CUP	BREADED FISH HASH BROWN COINS BROCCOLI MINI SOFT PRETZEL FRUIT CUP TARTAR SAUCE & KETCHUP PC
5	6	7	8	9
GRILLED CHICKEN BREAST GREEN BEANS SLICED CARROTS WG HAMBURGER BUN ESCALOPED APPLES MAYO PC	ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	BREADED CHICKEN PATTY BAKED BEANS GREEN BEANS WG HAMBURGER BUN APPLESAUCE CUP MAYO PC	MEATBALLS w/PASTA w/SPAGHETTI SAUCE MIXED VEGETABLES WHITE BREAD FRUIT CUP	SALISBURY STEAK W/GRAVY RICE GREEN PEAS SLICED CARROTS WHITE BREAD FRUIT CUP
12	13	14	15	16
STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES WHITE BREAD ESCALOPED APPLES	SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP	JUMBO RAVIOLI w/SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP	TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL FRUIT CUP
19	20	21	22	23
CLOSED	SWEDISH MEATBALLS w/NOODLES BROCCOLI SLICED CARROTS WHITE BREAD FRUIT CUP	CELEBRATION CAKE DAY MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	BBQ CHICKEN BREAST RICE GREEN PEAS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	BREADED FISH HASH BROWN COINS BROCCOLI MINI SOFT PRETZEL FRUIT CUP TARTAR SAUCE & KETCHUP PC
26	27	28	29	
STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES WHITE BREAD FRUIT CUP	BURGER WITH CHEESE HASH BROWN COINS KETCHUP PC BAKED BEANS WG HAMBURGER BUN FRUIT CUP	TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP	TERIYAKI CHICKEN W/ VEGETABLE FRIED BROWN RICE BROCCOLI APPLESAUCE 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
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 REQUESTED**

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

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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.

**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

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