

Monthly Highlights

February 2024 - Community Events

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p>Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167</p>	<p>BL - Burton Library BSC - Bainbridge Senior Center CSC - Chardon Senior Center GW - Geauga West Library OH - Ohman Family Living at Holly OS - Offsite WG - West Geauga Senior Center WX - WebEx (Online)</p>		<p>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>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>5</p> <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>6</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>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>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>9</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>12</p> <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>13</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>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>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>16</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>19</p>  <p>OFFICES CLOSED FOR PRESIDENT'S DAY</p>	<p>20</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 11:15-12:15 Pedaling for Parkinson's OH 12:30-1:30 Parkinson's Support CSC 2:00-3:00 Diabetes Support Group CSC 1:00-2:30 Geauga Walkers OS</p>	<p>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>22</p> <p>10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH</p>	<p>23</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & WX</p>
<p>26</p> <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>27</p> <p>10:00-11:00 Strength & Cardio WG & WX 11:00-11:45 Balance Exercise CSC & WX 1:00-2:00 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>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>29</p> <p>10:00-11:00 Strength & Cardio WG & WX 1:00-2:00 Pedaling for Parkinson's OH</p>	