

The Geauga



senior news

Geauga County Department on Aging

March 2024

New Mexico Balloon Festival Trip (OCT 4th thru OCT 9th) through the WGSC

6 days-5 nights (3 nights in Albuquerque and 2 nights in Santa Fe) Includes • Round Trip Airfare - CLE • Round Trip Group Pick-up • 7 Meals: 5-Breakfasts, 2-Dinners • Albuquerque Balloon Festival: Dawn Patrol, Mass Ascension, & the Evening Balloon Glow • Santa Fe, Taos, & Albuquerque Touring • Indian Pueblo Cultural Center • Los Alamos Bradbury Science Museum • “High Road to Taos” Scenic Drive • Chimayo’s El Santuario • Taos Plaza Shopping & Taos Pueblo Tour • Travel Protection Plan • Professional Tour Manager • Hotel Transfers & Baggage at Hotels. Cost is \$3399.00 per person based on double room occupancy. Single room is \$850 additional cost. Call for more info ~WGSC 440-279-2163. Registration and deposit must be in person, MUST have Gov’t issued Real ID or current passport to travel on the airlines. \$400 deposit required per person, Deadline to register and balance due is July 16th.

Day Trip to Ohio Star Theater at Dutch Valley to see “Ruth”

Join GDA and Geauga Young of Heart on Tuesday, July 16th to travel to Ohio Star Theater at Dutch Valley to see an original Sight & Sound Theatre Production of “Ruth”. Depart from St. Anselm Church (12969 Chillicothe Rd, Chesterland 44026) at 9:00am or Bainbridge Senior Center (11751 Chillicothe Rd, Bainbridge 44023) at 9:30am. Lunch will be at 11:00am at Dutch Valley Restaurant, followed by the showing of “Ruth” at Ohio Star Theater at 1:00pm. After the show, we will travel to a winery at 3:00pm and depart for home at 5:00pm. Cost includes motor coach transportation, lunch, show and snacks on the bus. \$95 per person. Please make checks payable to “Gauga Young of Heart” and mail to Geauga Department on Aging at 12611 Ravenwood Dr, Suite 200, Chardon, OH 44024. Please call Kimber DeMauro with questions at 440-668-3293.

Kenny & Dolly – Legends Tribute

Join the Department on Aging on Wednesday, April 24th for an outing to LaMalfa Party Center for lunch and the showing of “Kenny & Dolly!” Drive yourself to LaMalfa, located at 5783 Heisley Rd, Mentor, OH 44060. The doors open at 11:00am for seating, lunch is served at 12:00pm, and the show begins at 1:00pm.

“Direct from Vegas and Branson, Dave Karl and Wendy T. perform your favorite hits like, Islands in the Stream, You Can’t Make Old Friends, Lady, I Will Always Love You, Through the Years, 9 to 5, She Believes in Me...and many, many more! This tribute act has it all...the songs, the mannerisms, and of course, the charm, the magic, and the on-stage playfulness of Kenny & Dolly.” \$66 per person.

Call Becky O’Reilly at 440-279-2131 with questions.



What's New in this Issue

NEW MEXICO TRIP, RUTH TRIP	1	WALKING WELLNESS, DYNGUS DAY	17
KENNY & DOLLY TRIBUTE	1	CRAFT CLASS WITH MILLISSA.....	17
INDEX, MEDICARE PART D EXTRA.....	2	SPEAKER SERIES DOYLE, DR SUESS.....	18
NEWSLETTER INFO	2	BETTER COMMUNICATION HEARING	18
PATRONS (PLATINUM)	3	BOOK CLUB, MAKE & TAKE CRAFT	18
ADULT DAY SERVICE, HEAP.....	3	LUNCH & ALMANAC PRESENTATION	18
COMMUNITY CALENDAR.....	4 & 5	THUNDER BAY TRIP, MONDAY CRAFTS....	18
CHARDON CALENDAR.....	6 & 7	COOKING CLASS, MAH JONGG MIXER.....	18
BAINBRIDGE CALENDAR.....	8 & 9	COOKING W KERI, MAH JONNG MIXER....	19
WEST GEAUGA CALENDAR	10 & 11	BOOK DISCUSSION, ST PATS CELEBRA...19	
MIDDLEFIELD CALENDAR	12 & 13	CARING FOR CAREGIVER, SOUP LUNCH.19	
SOLAR ECLIPSE, LINE DANCING.....	14	DIABETES SEF-MANAGEMENT	19
DIABETES SUPPORT, FOOD CLUB.....	14	SPRING EVENT, PAGANINI COOKIING	20
LIMITLESS LEARN, PARKINSON SUPP	14	PINOCHLE, HEINE'S TOUR.....	20
BAINBRIDGE OUT TO LUNCH.....	14	PEDAL PARKINSONS, DAVID EXPLAINS ...	20
MEDICARE SAVINGS, SCAMS	15	TRASH PICK-UPS, OUT TO LUNCH.....	21
WATER ASSISTANCE, BOOK CLUB.....	15	MADNESS, SELF DEFENSE, SPIN CLASS	21
NEVER ENDING KNOWLEDGE, WALKERS	16	REGISTRATION FOR EVENTS.....	22
STRUDEL CLASS, BREAKFAST CLASS	16	MONTHLY FOOD MENU	23
TOURING GEAUGA.....	16	ECLIPSE WEST G, KNIT CROCHET	24
YOUNG OF HEART, ARM CHAIR TRAVEL..	17	MAH JONG AT WEST G	24

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 Department on Aging Social Worker at
(440) 279-2130, for assistance with your application!**

Deadline for the news and information items is the **1st 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
The York Family, In memory of Karole York (Wife & Mother)
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
Daniel & Gwenn Brown

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 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.energyhelp.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. 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 \$71,096 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, the U.S. Government, the ODA or the Agency.

Monthly Highlights

Friday, March 1st: Dr. Seuss Program

Join us at Notre Dame Village Apartments (10980 Pine Grove Trail, Chardon 44024) in the Dining Room for a birthday party in memory of Dr. Seuss. He was an American writer and illustrator of immensely popular children's books, a collector of hats, and famous for many quotes. Join us for cake and ice cream, wear your favorite hat as we learn more and celebrate the beloved Theodor Seuss Geisel. Call Sandy McLeod to reserve your spot at 440-279-2137. 1:30pm. Free.

Thursday, March 7th:

Free Lunch & Movie

UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.

Friday, March 22nd: Heinen's Tour

Join us as the Wellness Coordinator gives us a tour of the Chardon retail space (402 Center Street, Chardon 44024) and explains how they can help coach you on healthy food choices and how to access Heinen's Personalized Nutrition Services. She can give guidance around healthy meals, snack options, label reading, and understanding your dietary needs. Space is limited. Call Sandy McLeod at 440-279-2137 to reserve your spot. 1:00pm. Free.

Thursday, March 28th: Paganini

Join us for a cooking demonstration and lunch at the Loretta Paganini School of Cooking (8700 Mayfield Rd, Chesterland 44026). Take a seat and watch the chef instructor and assistants demonstrate, prepare, and serve the items. Comforting Cuisine Menu: Roasted Zucchini & Ricotta Rolls; Mixed Green Salad with Goat Cheese, Cranberries, Pepitas and Lemon-Thyme Dressing; Individual Chicken Pot-Pies; Flourless Chocolate Fudge Cake. Call Melissa Wheeler with questions at 440-279-2167. 12:00pm. \$55 per person.

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 Teams. 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.

March 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 VT - Virtual Teams (Online) WG - West Geauga Senior Center</p>
4	5
<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 & VT 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Geauga Walkers OS</p>
11	12
<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 & VT 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Geauga Walkers OS</p>
18	19
<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 & VT 11:00-11:45 Balance Exercise CSC & VT 12:30-1:30 Parkinson's Support CSC 2:00-3:00 Diabetes Support Group CSC 1:00-2:30 Geauga Walkers OS</p>
25	26
<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 & VT 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Geauga Walkers OS</p>

SENIOR COMMUNITY EVENTS

WEDNESDAY

THURSDAY

FRIDAY



1

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**
1:30-2:30 Dr. Seuss Program **OS**

6

7

8

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**
11:30-12:30 Book Discussion **GW**
1:00-2:30 Walking for Wellness **OS**

10:00-11:00 Strength & Cardio **WG & VT**
12:00-2:30 Lunch & Movie **WG**

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**

13

14

15

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**
1:00-2:30 Walking for Wellness **OS**

10:00-11:00 Strength & Cardio **WG & VT**
1:30-3:00 Book Discussion **BL**

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**

20

21

22

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**
1:00-2:30 Walking for Wellness **OS**

10:00-11:00 Strength & Cardio **WG & VT**
1:00-2:30 GDP Elderberries **OS**

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**
1:00-2:00 Heinen's Tour **OS**

27

28

29

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**
1:00-2:30 Walking for Wellness **OS**

10:00-11:00 Strength & Cardio **WG & VT**
12:00-2:00 Paganini School of Cooking **OS**

9:30-11:00 Parkinson's Boxing **CSC**
11:00-11:45 Balance Exercise **CSC & VT**



Chardon Senior Center

440-279-2126

Call Chardon Senior Center to register for any of the following events!

Wednesday, 3/6: 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!

Monday, 3/11: Book Club: "The Inno-cent Man," by John Grisham.

Tuesday, 3/12: March Almanac Program with Ruben Lunch. Free, but call to sign up!

Friday, 3/15: Home Décor Maaake and Take Workshop \$8. Easter-themed home décor project.

Tuesday, 3/19: Apple Strudel Making Class. \$12.

Tuesday, 3/19: Iris Folding. \$1.50 per card.

Wednesday, 3/20: Heather Hill Lunch-eon at Chardon Senior Center.

Thursday, 3/21: Easter Breakfast. \$5.

Friday, 3/29: Birthday Bingo and Pizza Party. March birthdays are free, \$5 for everyone else!

Monday Movies!

3/4: "Yes Day."

3/11: "13 Going On 30."

3/18: "Jerry Seinfeld, 23 Hours to Kill."

3/25: "Jim Gaffigan, King Baby."

We are looking to start a new Euchre Club and a new Chess Club at Chardon Senior Center. We are also looking for more Casual Bridge Players. If you are interested in any of these, give us a call at 440-279-2126!

A Peek Ahead! Looking into April:

4/2: Lunch and Learn: Caring for the Caregiver of a Loved One with Demen-tia.

4/3: Heather Hill Drive-Thru

4/5: Breakfast and Speaker Series with Kathie Doyle.

4/19: Spring Open House

MONDAY	TUESDAY
<p style="text-align: right; font-weight: bold;">4</p> <p>10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: "Yes Day" <i>(Free, but call to sign up)</i></p>	<p style="text-align: right; font-weight: bold;">5</p> <p style="text-align: center;">Becky O'Reilly Recreation & Education Coordinator</p> <p style="text-align: center;">Nancy Niehus, Ginny Lester & Ellie Rickard Recreation & Education Assistant Coordinators</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 style="text-align: right; font-weight: bold;">11</p> <p>10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: "13 Going on 30" <i>(Free, but call to sign up)</i> 1:00-2:00 Book Club: "The Innocent Man" 1:00-3:00 Ceramics</p>	<p style="text-align: right; font-weight: bold;">12</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 12:00-12:30 Special Ruben Lunch 12:30-2:00 March Almanac Program 2:00-3:30 Raccoon County Ramblers Practice</p>
<p style="text-align: right; font-weight: bold;">18</p> <p>10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: "Jerry Seinfeld, 23 Hours to Kill" <i>(Free, but call to sign up)</i> 2:00-4:00 Making Bunny Bags for Home Delivered Meals</p>	<p style="text-align: right; font-weight: bold;">19</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 Apple Strudel Making Workshop \$12 12:30-1:30 Parkinson's Group 2:00-3:00 Diabetes Support</p>
<p style="text-align: right; font-weight: bold;">25</p> <p>10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: "Jim Gaffigan, King Baby" <i>(Free, but call to sign up)</i> 1:00-3:00 Ceramics</p>	<p style="text-align: right; font-weight: bold;">26</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 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
6 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 required 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	7 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)	8 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
13 9:00-11:00 Pinochle 10:00-12:30 Dulcimer Groups 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30 Rummicube Party at Middlefield Senior Center (limited transportation from CSC available) 1:00-4:00 Mah Jongg	14 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)	15 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 1:00-3:00 Home Décor Make & Take \$8 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
20 9:00-11:00 Pinochle 10:00-12:30 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	21 10:00-11:30 Easter Breakfast \$5 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)	22 9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group
27 9:00-11:00 Pinochle 10:00-12:30 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 Mixer	28 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)	29 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

Bainbridge Bulletin

Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12 pm, free of charge. March's theme is **March Madness**, movies dealing with mental health. Reservations are not required but encouraged to ensure a meal for all attendees.

Wednesdays & Fridays in March: Limitless Learning: Each Wednesday & Friday 2 topics will be presented. The courses will not necessarily be the same for both days and the exact topics are listed later in the newsletter. Please call (440) 279-1313 with any questions.

Tuesday, March 12:

Soup & Sandwich Lunch: Join the Bainbridge Senior Center for a Chicken salad sandwich and potato soup lunch. We will start serving at noon with \$5 is due at registration and due by Friday, March 8th, 2024.

Thursday, March 14:

David Explains: The Battle of the Alamo. Learn how and why the defeat at the Alamo led to the independence of Texas and the end of Mexican rule. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, March 19:

The Bainbridge Book Club will be discussing **Magical March**. Instead of reading a specific book, there is a new theme each month and you can choose any book within that theme. Please call to register and let us know if you would like lunch, (440) 279-1313.

Thursday, March 28:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and March birthdays are free to attend. The cost is \$5 for everyone else. March's menu is French toast casserole, sausage, and fruit. Please RSVP by Tuesday, March 19th.

Tuesdays & Thursdays

We are excited to announce our partnership with Fairmount Center for the Arts on two 10 week programs. Tuesday afternoons a visual art class will be available from 12:30-1:30 pm and Yoga Nidra will be on Thursdays from 2:00-3:00 pm. Class size is limited for Tuesdays and please call to register for either class. (440) 279-1313.

Bainbridge Senior Center

440-279-1313

MONDAY

TUESDAY

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.

4

5

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
10:00-2:30 Cards: Canasta,
12:00-2:30 **Lunch & a Movie**
(What about Bob?)
2:30-3:15 Cardio Drumming

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-2:00 Social Work Appts.
12:30-2:30 Mahjong
12:30-1:30 Art Class with
Fairmount Center for the Arts

11

12

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
10:00-2:30 Cards: Canasta,
12:00-2:30 **Lunch & a Movie**
(Rain Man)
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: Chicken Salad Sandwich
with Potato Soup \$5
12:30-2:30 Mahjong
12:30-1:30 Art Class with
Fairmount Center for the Arts

18

19

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
10:00-2:30 Cards: Canasta,
12:00-2:30 **Lunch & a Movie**
(Misery)
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 Mahjong
12:00-1:30 March Book Club:
Magical March
12:30-1:30 Art Class with
Fairmount Center for the Arts

25

26

8:30-9:30 All-Around Exercise (\$3)
9:40-10:30 Chair Yoga-cise (\$3)
10:00-2:00 Poker
10:00-2:30 Cards: Canasta,
12:00-2:30 **Lunch & a Movie**
(A Beautiful Mind)
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 Mahjong
The senior center will be closing early for a staff meeting in Chardon

Bainbridge Senior Center
17751 Chillicothe Rd. Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">Recreation & Education Coordinator <i>David Craig</i></p> <p align="center">Recreation & Education Assistant <i>Keri Skrtic</i></p>	<p align="right">1</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 6 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 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p align="right">7</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 2:00-3:00 Yoga Nidra</p>	<p align="right">8</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p align="right">13</p> <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 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p align="right">14</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: The Battle of the Alamo 2:00-3:00 Yoga Nidra 3:00-4:00 Cooking with Keri \$5 due with registration</p>	<p align="right">15</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 11:00-2:30 St. Patricks Day Party w/ Middlefiend Senior Center <i>(Prior Registration is required)</i> 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 20 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 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p align="right">21</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 2:00-3:00 Yoga Nidra</p>	<p align="right">22</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>8:30-9:30 All-Around Exercise (\$3) 27 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 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p align="right">28</p> <p>9:45-10:15 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 align="right">29</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>

Newsworthy Notes

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

Never Ending Knowledge Series

~Worlds Greatest Churches

- MAR 6th #1** "Hagia, Sophia"
- #2** "The Cave Churches of Cappadocia"
- MAR 13th #1** "Great Churches of Russia"
- #2** "The Painted Churches of Romania"
- MAR 20th #1** "The Churches of Armenia"
- #2** "The Churches of Georgia"
- MAR 27 #1** "Rock-Hewn Churches of Ethiopia"
- #2** The Mosque-Cathedral of Cordoba

Art History Series

~The Genius of Michelangelo

- MAR 7th #1** The "David" and "St. Matthew"
- #2** "For the Republic-The Battle of Cascina"
- MAR 14th #1** "The Taddei Tondo & Pitti Tondo"
- #2** The "Doni Tondo"
- MAR 21st #1** "Rome and the tomb of Julius II"
- #2** "Bologna and the return to Rome"
- MAR 28th NO CLASS TODAY-Out to Lunch**

Craft with Millissa

MAR 19th 12:30-1:30pm Join us at the center as we make Mason Lid Suncatcher Chimes. All registered seniors will receive supplies for making the suncatchers, including the hanger, and hands on instructions. **Cost is \$5, register by MAR 12th. Call 440-279-2163**

Arm Chair Travel with a Twist "Canada"

MAR 25th 12:30-2:30pm We will be visiting **Canada & The Rocky Mountains**, begin your travels listening to music while you sample small plates of food from the area. Following refreshments, enjoy a travel documentary featuring this Location. After the documentary, stay to make a craft native to the area. For Canada, we will make a Train Whistle. **Cost is \$5, register by MAR 18th. Call 440-279-2163**

Out to Lunch Bunch

MAR 28 12:00-2:00pm Los Robles Mexican Bar & Grill in Chesterland is the meet up restaurant. Call ahead to sign up so we know to save you a seat. **Deadline is MAR 25th cost is on your own. 440-279-2163**

Solar Eclipse Party w/Geauga Parks

MAR 29th 11:30-1:00 Play some "Out of this World" Trivia, Lunch (Rocket Dogs, Sun Chips and Moon Pies), Solar Eclipse Glasses and followed by Geauga Parks presenting "The Eclipse of A Lifetime" From Geauga Parks. **Cost for Lunch is \$5, Sign up deadline is MAR 22nd**

SPRING FLING with SAM FOSH

APRIL 10th 11:30-12:30pm Join us as we welcome in SPRING!! There will be a cookout style lunch with Hamburgers, Hotdogs, baked beans, potato chips, Waldorf salad and beverages. After lunch we will be entertained by the GREAT SAM FOSH!! **Cost: \$10, RSVP deadline is APRIL 5th**

West Geauga Senior Center 440-279-2163

MONDAY

TUESDAY

Recreation/Education Coordinator
~Christine Bacon 440-214-3505
Rec/Ed Assistant Coordinator
~Millissa Norris 440-279-2183
~Laura Reed 440-279-2163
I&R Assistant: Debbie M.
Stained Glass Class Appointments:
Call Don Trask 440-759-9691

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 WGSC 440-279-2163.

4

5

8:30-10:30 Italian Card Game
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
2:00-3:00 Line Dance Class

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

11

12

8:30-10:30 Italian Card Game
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
2:00-3:00 Line Dance Class

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

18

19

8:30-10:30 Italian Card Game
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
2:00-3:00 Line Dance Class

9:00-11:30 Stained Glass Class \$5
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise-Sandy (WX)
11:00-11:30 EZ-Chair Exercise
12:00-3:00 Bridge Group
12:30-1:30 Craftng w/ Millissa \$5
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet


25

26

8:30-10:30 Italian Card Game
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 w/ a Twist "Canada/Rocky Mountains"
1:00-3:00 Mahjongg

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

West Geauga Senior Center
18090 Cedar Rd. Chesterland, OH 44026

WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: right;">1</p> <p>8:30-10:30 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: right;">6</p> <p>8:30-10:30 Italian Card Game 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 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge <i>~Worlds Greatest Churches</i></p>	<p style="text-align: right;">7</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 EZ-Chair Exercise 11:30-12:30 Never Ending Knowledge <i>~ART History</i> 2:00-3:00 Senior Spin at "O" Holly 3:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right;">8</p> <p>8:30-10:30 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: right;">13</p> <p>8:30-10:30 Italian Card Game 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 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge <i>~Worlds Greatest Churches</i></p>	<p style="text-align: right;">14</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 EZ-Chair Exercise 11:30-12:30 Never Ending Knowledge <i>~ART History</i> 2:00-3:00 Senior Spin at "O" Holly 3:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right;">15</p> <p>8:30-10:30 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: right;">20</p> <p>8:30-10:30 Italian Card Game 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 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge <i>~Worlds Greatest Churches</i></p>	<p style="text-align: right;">21</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 EZ-Chair Exercise 11:30-12:30 Never Ending Knowledge <i>~ART History</i> 2:00-3:00 Senior Spin at "O" Holly 3:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right;">22</p> <p>8:30-10:30 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: right;">27</p> <p>8:30-10:30 Italian Card Game 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 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge <i>~Worlds Greatest Churches</i></p>	<p style="text-align: right;">28</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 EZ-Chair Exercise 12:00-2:00 Out to Lunch Brunch <i>@ Los Robles in Chesterland</i> 2:00-3:00 Senior Spin at "O" Holly 3:00-4:00 Senior Spin at "O" Holly</p>	<p style="text-align: right;">29</p> <p>8:30-10:30 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 11:30-1:30 Solar Eclipse Party \$5 12:30-1:15 Balance Exercise</p>

Middlefield Senior Center

440-632-0611

Monday Crafts at 1pm

4th Wooden Bunny
Cost: \$3.00

11th Mason Jar Succulent
Cost: \$5.00

18th Sunflower Porch Painting
Cost: \$3.00

25th Crafting With Marsha
No Cost.

Food Club

Thursday March 7th
Thursday March 21st
Cost \$5.00

Try new and healthy foods!

Salad Lunch Fridays
\$3.00 each Friday

Line Dancing Tuesdays
Teacher Marlene Miller
1 hour class \$3.00

Wednesday March 13th
Scams with the Middlefield
Police Department.

Thursday March 14th
How to better communicate
with someone hard of hearing.
Presented by Tiger K'lynn


Monday March 18th
Craft sponsored by
Middlefield Library. No Cost.

Wednesday March 20th
Touring Geauga County
With Ginny!



Thursday March 28th
Self Defense Class with the
Middlefield Police Department
9am-12pm must pre register.

Matter of Balance Class
Wednesdays and Fridays in
March 1-3pm pre registration
required.

Please call to register for
lunch, crafting and special
events.

Middlefield Senior Center 440-632-0611	
MONDAY	TUESDAY
Recreation & Education Coordinator Hannah Heinz Assistant Recreation & Education Coordinator Ginny Lester Nancy Niehus	
4	5
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
11	12
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
18	19
10am Crafting Monday 10am Balance Exercise 11am Crafting Sponsored by Middlefield Library 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	SENIOR CENTER CLOSED FOR VOTING
25	26
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting with Marsha	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 12:30 Chair Volleyball Closed at 2pm for Staff Development

March 2024 - Middlefield Senior Center
440-632-0611 | 15820 Ridgewood Rd., Middlefield, OH

WEDNESDAY	THURSDAY	FRIDAY
		<p align="right">1</p> <p>10am Chair Exercise Video 12pm Salad Lunch \$3 12pm Lunch 1-3pm Matter of Balance</p>
<p align="right">6</p> <p>10am Balance Exercise 1pm BINGO 12pm Lunch 1-3pm Matter of Balance Class</p>	<p align="right">7</p> <p>10am Movement with Ginny 11am Food Club \$5 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">8</p> <p>10am Chair Exercise Video 12pm Salad Lunch \$3 12pm Lunch 1-3pm Matter of Balance</p>
<p align="right">13</p> <p>8am-10am Social work appointments with Michele 10am Balance Exercise 11am Scams with the Middlefield police department 12pm Lunch 1-3pm Matter of Balance Class</p>	<p align="right">14</p> <p>10am Movement with Ginny 11am Better communication with someone hard of hearing. 12pm Lunch 12:30pm Rummikub Party 1pm Chair Volleyball</p>	<p align="right">15</p> <p>10am Chair Exercise Video 12pm Salad Lunch \$3 12pm Lunch 1-3pm Matter of Balance</p>
<p align="right">20</p> <p>10am Balance Exercise 10:30am Touring with Ginny 12pm Lunch 1-3pm Matter of Balance Class</p>	<p align="right">21</p> <p>10am Movement with Ginny 11am Food Club \$5 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">22</p> <p>10am Chair Exercise Video 12pm Salad Lunch \$3 12pm Lunch 1-3pm Matter of Balance</p>
<p align="right">27</p> <p>10am Balance Exercise 11am BINGO Sponsored by Burton Health Care 12pm Lunch 1-3pm Matter of Balance Class</p>	<p align="right">28</p> <p>9-12pm Self Defense Class with the Middlefield police department 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">29</p> <p>9-12pm Podiatrist 10am Chair Exercise Video 11am Salad Lunch \$3 12pm Lunch 1-3pm Matter of Balance</p>

Total Solar Eclipse Event at Geauga County Fairgrounds

The Department on Aging will have a hospitality tent at the Total Solar Eclipse Event hosted by Geauga Park District on April 8th from 11:00-4:00pm at the Geauga County Fairgrounds. Pre-Eclipse activities begin at 11:00am. Solar Eclipse happens from 2:00-4:30pm, with three minutes of total solar eclipse beginning at 3:14pm. Please be aware, that parking will be available in the General Parking lot (first come, first served) and will not have any shuttles to get you to and from the fairgrounds. Limited seating is available at the fairgrounds, so it's suggested to bring your own chair. Call Geauga Park District for info on this event at 440-286-9516.

Line Dancing at Middlefield Senior Center

Tuesdays at 11am 1 hour \$3.00 each class. Teacher Marlene Miller. Beginner/intermediate level

Diabetes Support Group – Label Reading & Counting Carbs

Join us on Tuesday, March 19th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Dietician Dima Hassan will be explaining the importance of label reading and what information is relevant for managing your diabetes. Do you know how to count carbs and how many you can have at each meal. Take advantage of this opportunity to learn these key techniques in self-managing your diabetes. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Food Club at Middlefield Senior Center

At the Middlefield Senior Center, Thursday, March 7th, 2024, and Thursday March 21, at 11am. Cost \$5.00 each day. Try new ways to make food! Healthy versions of a variety of food. Try samples and get recipes to take home. Call to register. 440-632-0611

Limitless Learning at the Bainbridge Senior Center

Bainbridge will be offering educational classes on Wednesday (12:30-1:30 pm) and Friday (1-2 pm). Each week two half hour topics will be shown from the same course. Wednesdays will continue The Great Revolutions of Modern History. Friday's will finish Crimes of the Century: A Selective History of Infamy then move onto Lost Art: The Stories of Missing Masterpieces
March 6th: England's Glorious Revolution & Samuel Adams: Apostle of American Liberty
March 13th: The French Revolution: Fraternity and Terror & Haiti: Trailblazer of Democracy and Failure
March 20th: The Industrial and Urban Revolutions & The Decembrist Wives of Imperial Russia
March 27th: China's Revolutionary Nationalism & The Women's Revolution for the Right to Vote
March 1st: California's Zodiac Killer & The Charles Manson Crime Family
March 8th: Son of Sam: New York's Tabloid Terrorist & Italy's Search for the Monster of Florence
March 15th: Welcome to the Museum of Lost Art & Hall of Heists: Thieves and the Art They Steal
March 22nd: The Mob Wing: Organized Crime in Stolen Art & Gallery of Fakes: Forgeries and Attribution
March 29th: The War Wing: Art Plundered through Conflict & The Hall of Vandals: Wreckers and Iconoclasts

Parkinson's Support Group

Join us on Tuesday, March 19th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Do you feel like your brain is slowing down? There are many things you can do to keep your brain in shape. This month we will be challenging our brain, by doing a little cross training. Come learn some creative ways you can be working your brain daily and have a little fun too! For questions and to RSVP, call Sandy McLeod at 440-279-2137.

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!
March 7: Topsy Bull, (17800 Chillicothe Rd) March 14: Plaza Agave, (8377 E. Washington St) March 21: Buffalo Wild Wings, (18865 Giles Rd) March 28: Welshfield Inn, (14001 Main Market)

**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 and 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 for more information.

QMB			SLMB			QI		
<u>Limits:</u>	<u>Income</u>	<u>Assets</u>	<u>Limits:</u>	<u>Income</u>	<u>Assets</u>	<u>Limits:</u>	<u>Income</u>	<u>Assets</u>
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 \$5,717.23 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 Western Reserve Area Agency on Aging, or the U.S. Government.

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

Scams with the Middlefield Police Department

At the Middlefield Senior Center. Wednesday March 13th, at 11am no cost. The Middlefield police department will join us to talk about different scams and how to protect ourselves from them. Call to register 440-632-0611

LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM

The Ohio Department of Development and Geauga County Job and Family Services will help income-eligible Ohioans with water and wastewater assistance. The Low-Income Household Water Assistance Program provides eligible Ohio residents assistance paying water and wastewater bills that are threatened with disconnection or in a Past Due status. Households may also receive assistance with a current bill. The program is available until March 31, 2024. Geauga County Residents should contact Geauga County Job and Family Services to apply for the program. A phone interview is required.

Applicants will need to provide copies of the following along with completing the interview: Copies of their most recent water/wastewater bills; a list of all household members and proof of income for the last 30 days or 12 months for each member; proof of United States citizenship or legal residency for all household members. Households must be at or below 175% of the Federal Poverty Level to qualify for assistance.

For more information about the Low-Income Household Water Assistance Program contact Geauga County Job and Family Services at 440-285-9141. Additional information may also be obtained by visiting www.energyhelp.ohio.gov or by calling (800) 282-0880.

Chardon Senior Center Book Club

Monday, March 11, from 1:00 p.m. – 2:00 p.m. at Chardon Senior Center. March’s book is The Innocent Man, by John Grisham.

Never Ending Knowledge Series Continues at WGSC

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*

MARCH 6th - #1 “Hagia Sophia” #2 “The Cave Churches of Cappadocia”

MARCH 13th - #1 - “Great Churches of Russia” #2 “The Painted Churches of Romania”

MARCH 20th - #1 The Churches of Armenia #2 “The Churches of Georgia”

MARCH 27th - #1 “The Rock-Hewn Churches of Ethiopia” #2 “The Mosque-Cathedral of Cordoba”

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.

MARCH 7th - #1 The “David” and “St. Matthew” #2 “For the Republic—The “Battle of Cascina”

MARCH 14th - #1 The “Taddei Tondo” and the “Pitti Tondo #2 “The “Doni Tondo”

MARCH 21st - #1 Rome and the Tomb of Julius II #2 Bologna and the Return to Rome

MARCH 28th - **NO CLASSES TODAY-OUT TO LUNCH BUNCH!!**

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

GEAUGA WALKERS

DATE	PARK	PARKING
MAR 5	Chagrin River Park	3100 Reeves Road, Willoughby/Eastlake
MAR 12	Headwaters Park	13365 Old State Road Rt. 608, North Middlefield, 2nd Parking Lot
MAR 19	Veterans Park	5730 Hopkins Road, Mentor
MAR 26	The West Woods - Affelder House`	15139 Chillicothe Road, Rt 306, South of Rt 87, Russell

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 you for three months. Mask not Required!! Contact Geauga Department of Aging at (440) 279-2167 for additional information.”

Apple Strudel Making Class at Chardon Senior Center

Tuesday, March 19, at 12:30 p.m., at the Chardon Senior Center. \$12.00 per person, due with registration by 3/12/24. 440-279-2126. Make an apple strudel for all of your springtime holiday events! Step-by-step instruction will be given, and taste-testing too!

Easter Breakfast

Thursday, March 21, at 10:00 a.m., at the Chardon Senior Center. Enjoy a traditional Slovenian Easter Breakfast with friends at the Chardon Senior Center, and learn about the traditions behind this ethnic meal! \$5.00 per person, with registration by 3/8/24. 440-279-2126 for more information.

Touring Geauga County with Ginny!

The weather is nice, time to get out and about with your favorite tour guide Ginny! Wednesday, March 20th, 2024. Meet at the Middlefield senior center at 10:30am. Ginny will be touring the shops of the Burton square and lunch out. Cost on your own. Ride is available space is limited. Call to register 440-632-0611.

GEAUGA YOUNG OF HEART meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of the month. Bring your brown bag lunch. Entertainment and refreshments will be provided.

On March 1 we will have entertaining music from Joe Scigliano. Dan Maloney will be at the March 15 meeting with his Irish music for St. Patrick's Day.

We will be going to the Atlas Movie Theatre behind Eastgate on March 22 at 12:00. Movie TBD. Cost is \$5 for the movie or \$10 for movie, popcorn and drink. Our St. Patrick's Day luncheon will be at the Silver Skillet in Chesterland on Sunday, March 17.

We will be going on the Lady Caroline cruise on Sunday, September 1 where we will have lunch and be able to watch the Air Show. Call Kimber at (440) 668-3293 for reservations for these three events.

NEW Program at WGSC -Arm Chair Travel

MAR 25th Arm Chair Travel with a TWIST -12:30-2:30. Join us for a monthly program like No Other! This month we will be visiting Canada & The Rocky Mountains, begin your travels listening to music while you sample small plates of food from the area. Following refreshments, enjoy a travel documentary featuring the area we are visiting. After the documentary, stay to make a native craft. For Canada & The Rockies we will be making a Train Whistle. Cost is \$5, register by MAR 18th. Call 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	PARKING
3/6/2024	Big Creek Park	9160 Robinson Rd, Chardon Deep Woods Lodge
3/13/2024	The Rookery	10110 Cedar Road, Munson
3/20/2024	Headwaters Park	13365 Old State Rd, Huntsburg
3/27/2024	Maple Highlands Trial	15894 W. High St, Middlefield Park at Dollar General

Dyngus Day Celebration

Come celebrate Dyngus Day with the Bainbridge and West Geauga Senior Centers. Monday, April 1s, we'll serve kielbasa, sauerkraut, pierogies, and be entertained with polka music. The fun starts at 12:00 pm at the Bainbridge Senior Center, 17751 Chillicothe Rd, Bainbridge, OH). Just \$10 per person gets you all the Polish music, food, and fun you can handle, no fooling.

Craft with Millissa at WGSC

MAR 19th 12:30-1:30pm. Join us at the WG center as we make Mason Lid Suncatcher Chimes. All registered seniors will receive supplies for making the suncatchers, including the hanger, and hands on instructions. cost is \$5, register by MAR 12th. Call 440-279-2163.

April Craft with Millissa at WGSC-The EVER Popular Photo Coasters

Tuesday April 16th 12:30-1:30 - You will have your choice of three styles to pick from – you can make up to 8 coasters - \$1.00/coaster. Your choices are: wooden circular coasters, acrylic picture frame coasters, square ceramic tile coasters. Pictures must be submitted by March 19th either to the WG Senior Center or emailed to MNorris@co.geauga.oh.us. Please include your name and contact details w/ the photos. Call the WG senior center for more info at 440-279-2163.

Rsvp by March 19th

Breakfast and Speaker Series with Kathie Doyle at the Chardon Senior Center

Friday, April 5, from 10:00 – 11:30 a.m., at the Chardon Senior Center. This month's topic is "The Righteous Among Nations: Heros of the Holocaust." This is a free event, but registration is required by calling 440-279-2126. Space is limited.

Celebrating Dr. Suess

Friday March 1st at 1:30pm at Jennings at Notre Dame Village Apartments (10980 Pine Grove Trail, Chardon 44024). Join us at Notre Dame Village Apartments in the Dining room for a birthday party in memory of Dr. Suess. He was an American writer and illustrator of immensely popular children's books, a collector of hats, and famous for many quotes. Join us for cake and ice cream, wear your favorite hat as we learn more and celebrate the beloved Theodor Seuss Geisel. Call to reserve your spot Sandy McLeod at 440-279-2137.

How to Better Communicate with Someone Hard of Hearing

Thursday, March 14th, 2024, 11am. At the Middlefield Senior Center. No cost. Class led by 80% deaf person Tigger K'lynn. Learn easy tricks to minimize repeating and feeling frustrated. Call to register 440-632-0611.

Bainbridge Book Club

The Bainbridge Senior Center starts 2024 with a new book club. We will meet on Tuesday, March 19th from 12:00-1:30 pm and March's theme is Magical March. Please call (440) 279- 1313 with any questions or to register.

Home Décor Make and Take WORKSHOP WITH ELLIE – Easter Crating

Friday, March 15, from 1:00-3:00 p.m., at the Chardon Senior Center. Make and take an Easter-themed home décor project. \$8.00 per person, due with registration.

Ruben Lunch and March Almanac Presentation at Chardon Senior Center

Tuesday, March 12 at 12:00 noon. Join us each month to explore the meaning behind holiday observances, moon phases, and humorous events on the calendar! Surprise activities await you, too! For March, don't miss a fun look at the month's significant (and not-so-significant) observations and events! No cost, but sign up by 3/6/24. Space is limited! A special RUBEN LUNCH will be served!

Thunder Bay Resort & Mackinac Island

Join the Department on Aging for a 4 day, 3 night trip to the Thunder Bay Resort & Mackinac Island from Monday, August 19th – Thursday, August 22nd. A visit to Thunder Bay Resort with an elk preserve carriage tour and 5 course gourmet dinner, a day at Mackinac Island with lunch at the Grand Hotel and horse drawn carriage tour, and a tour of Castle Farms along with dinner inside the castle are just some of the attractions you'll get to experience! Cost is \$950 per person (based on double occupancy), with a \$100 deposit due per person upon registration. Stop into your nearest senior center to pick up the flyer, registration, and insurance forms. Checks need to be made out to "Great Day Tours" and can be mailed to: Geauga Department on Aging, 12611 Ravenwood Dr., Suite 200, Chardon, OH 44024. Call Melissa Wheeler at (440) 279-2167 for more information

Monday Crafts at Middlefield Senior Center

Mondays at 1pm. March 4th- Wooden Bunny Cost \$3.00. March 11th- Mason Jar Succulent Cost \$5.00. March 18th- Sunflower Porch Painting Cost \$3.00. March 25th Crafting with Marsha Cost Donation. Call to register 440-632-0611.

Cooking with Keri

Keri will teach an easy one-pan dinner for anyone interested on Thursday, March 8th. Feel free to take your meal home or stay and eat at the center. March's menu is easy-peasy chicken pot pie. Space is limited and the cost of the program is \$5. Registration is due by Monday, March 5th and payment is required with registration. Questions? Call (440) 279-1313.

Mah Jongg Mixer

Wednesday, March 27, from 1:00-4:00 p.m., at the Chardon Senior Center. Chardon Senior Center's Mah Jongg Group would like to invite other Geauga Mah Jongg groups to come have a mixer with us! We will have refreshments, and the opportunity to play with new people! For the April Mah Jongg Mixer, Bainbridge Senior Center will host!

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, March 6th (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: *Lady Tans Circle of Women* by Lisa See. **Thursday, March 14th** (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm. Discussing: *Horse* by Geraldine Brooks

St. Patrick's Day Celebration

A Collaboration of Bainbridge & Middlefield Senior Centers! Friday, March 15th, 2024, 10:30am- 2pm Located at the Bainbridge Senior Center. Cost \$15.00. Please call to register by Monday, March 11th, 2024. 440-279-1313 or 440-632-0611. Lunch will be Corned beef, of course! Served with a side of cabbage, carrots and potatoes and a delicious dessert. Live entertainment provided by Rick and Mick!

Caring for the Caregiver of loved ones with Dementia Program at Chardon Senior Center

Tuesday, April 2, at 12:00 noon, at Chardon Senior Center. Join us for a lunch and learn to find out information on how to support those who are currently providing care for loved ones with dementia. Learn about Geauga County Department on Aging's Adult Day Services Program.

Soup & Sandwich Lunch

The Bainbridge Senior Center is offering a special lunch on Tuesday, March 12. Chicken salad sandwich, potato soup, and desert. Join some friends and maybe make some new ones starting at 12pm. The cost is just \$5 and due upon registration.

Diabetes Self-Management Class

April 1st, 9th, 15th, 22nd, 29th, and May 6th from 1:00-3:30pm.

Geauga County Office Building (Room B200) / 12611 Ravenwood Dr / Chardon, 44024 Take charge of your health! If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health – and your life! This class is free for all registered seniors. Space is limited. To register, please call Melissa Wheeler at 440-279-2167.

The “Senior Spring” Event at the Chardon Senior Center

Friday, April 19, at 11:00 a.m., at the Chardon Senior Center. Chardon Senior Center and Middlefield Senior Center would like to invite you to “spring in” to find out about everything our senior centers have to offer and more! Mingle with representatives from our various groups, as well as knowledgeable staff to discover all of GDA services. This is a free event, and a light lunch will be available, but registration is a must at 440-279-2126.

The Loretta Paganini School of Cooking

Join us on Thursday, March 28th from 12:00-2:00pm for a cooking demonstration and lunch at the Loretta Paganini School of Cooking (8700 Mayfield Road, Chesterland 44026)! Take a seat and watch the chef-instructor and assistants demonstrate, prepare, and serve the items. Comforting Cuisine Menu: Roasted Zucchini & Ricotta Rolls. Mixed Green Salad with Goat Cheese, Cranberries, Pepitas and Lemon-Thyme Dressing. Individual Chicken Pot Pies. Flourless Chocolate Fudge Cake. This program is \$55 per person. Please call Melissa Wheeler at (440) 279-2167 for questions.

PINOCHLE PLAYERS – WE NEED YOU HERE AT WGSC!!!!

Our Pinochle group has really dwindled, we need more players to keep it going!!! Can you help us out? We will even teach you how to play if needed!! PLEASE? Pinochle is played on Tuesday and Thursday mornings from 9:00-12:00pm. 440-279-2163

Heinen’s Tour

March 22nd from 1:00-2:00pm at Chardon Heinen’s (402 Center St, Chardon 44024). Heinen’s grocery store believes food is an important cog in health. Join us as the Wellness Coordinator gives us a tour of the Chardon retail space and explains how they can help coach you on healthy food choices and how to access Heinen’s Personalized Nutrition Services. She can give guidance around healthy meals, snack options, label reading and understanding your dietary needs. If you haven’t taken this tour, I highly recommend it, but space is limited. Call to reserve your spot Sandy McLeod at 440-279-2137

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. These small, one-hour classes will be using Peloton bikes donated by Cleveland Clinic. Experts believe cycling 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 symptoms in check. Ohman Family Living at Holly at 10190 Fairmount Rd, Newbury 44065. Please call Sandy McLeod at 440-279-2137 for more information on class dates and times.

David Explains

David Explains the Battle of the Alamo. David will explain how the Texan’s lost at the Alamo galvanized the army and eventually led to Texas independence. Please call to register, (440) 279-1313. Disclaimer: David is not an expert in history, biology, meteorology, or any other ology. He is an avid learner and wants to share what he has found.

Free Lunch and a Movie Presented by Age Well Be Well and Department on Aging
Thursday, March 7th 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.

2024 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the GDA employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups.

Dates for Pick-up days are subject to change, so check the list each month.

Munson Twp	Apr 15,16,17,18
Hambden Twp	Apr 22, 23 24
South Russell Vlg	Apr 24, 25
Bainbridge Twp	May 7,8,9
Montville Twp	May 8,9,10
Claridon Twp	May 9
Burton Vlg	TBA
Burton Twp	May 16,17
Thompson Twp	May 24
Chardon Twp	May 28, 29
Auburn Twp	May 30, 31 Cut off at 100
Newbury Twp	June 3,4,5
Huntsburg Twp	June 6, 7
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
Russell	Sept 11, 12, 13

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.

Out To Lunch Bunch with your West G Senior Center Friends

Feb 28th 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 3/25

March Madness

Fill out your bracket and compete against Geauga County seniors and staff members. The contest is back for the second consecutive year and there is no cost to enter. Brackets are due to your local senior center by 12 pm on Thursday, March 21st and each participant is allowed 5 brackets each. Contestants can also mail their submissions, but the post mark must by March 21st. Prizes will be awarded to the top three finishers, not including staff, and will be awarded at the conclusion of the tournament. For more information or to request a bracket please call the Bainbridge Senior Center at (440) 279-1313.

Self Defense class at the Middlefield Senior Center.

Thursday, March 28th, 2024, 9am- 12pm at the Middlefield Senior Center. Learn the basics of self-defense, class lead by defensive tactics instructor, Sgt. Stephen Boxler.
 You must register for this class 440-632-0611.

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).
 At OHMAN-Holly:10190 Fairmount Rd in Newbury.

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 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.

Geauga Lunch Menu March 2024

MON	TUES	WED	THU	FRI
				1 JUMBO RAVIOLI w/ SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP
4 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	5 BREADED CHICKEN PATTY BAKED BEANS GREEN BEANS WG HAMBURGER BUN FRUIT CUP MAYO PC	6 STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES WHITE BREAD ESCALLOPED APPLES	7 SALISBURY STEAK W/ GRAVY RICE MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP	8 MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL FRUIT CUP
11 TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN KETCHUP PC	12 TOMATO BASIL CHICKEN PASTA W/ TOMATO SAUCE DINNER ROLL FRUIT CUP	13 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP	14 MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	15 BREADED FISH HASH BROWN COINS BROCCOLI MINI SOFT PRETZEL FRUIT CUP TARTAR SAUCE & KETCHUP PC
18 SWEDISH MEATBALLS w/NOODLES BROCCOLI SLICED CARROTS WHITE BREAD FRUIT CUP	19 BBQ CHICKEN BREAST RICE GREEN BEANS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	20 CELEBRATION CAKE DAY STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES WHITE BREAD FRUIT CUP	21 BURGER W/ CHEESE HASH BROWN COINS KETCHUP PC BAKED BEANS WG HAMBURGER BUN APPLESAUCE CUP	22 JUMBO RAVIOLI w/ SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP
25 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	26 GRILLED CHICKEN BREAST GREEN BEANS SLICED CARROTS WG HAMBURGER BUN ESCALLOPED APPLES MAYO PC	27 MEATBALLS w/PASTA w/SPAGHETTI SAUCE MIXED VEGETABLES WHITE BREAD FRUIT CUP	28 TERIYAKI CHICKEN W/ VEGETABLE FRIED BROWN RICE BROCCOLI APPLESAUCE CUP	29 MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL FRUIT CUP

Menu Subject to Change

ATTENTION: The Geauga County Department on Aging cannot control or guarantee the continued wholesomeness and safety of any food or beverage once it leaves the Agency's facilities. 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 Department of Aging premises.

Geauga Department on Aging
12611 Ravenwood Dr, Suite 200
Chardon, Ohio 44024

Days: Monday - Friday
Hours: 8:00 am - 4:30 pm
440-279-2130
MARCH

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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Solar Eclipse Party w/Geauga Parks at WGSC

MAR 29th 11:30-1:00 Join us for a Solar Eclipse Celebration ~Play some "Out of this World" Trivia, have lunch (Rocket Dogs, Sun Chips and Moon Pies), and get your Solar Eclipse Glasses!! After, we will have Geauga Parks here to present "The Eclipse of A Lifetime" on the BIG screen. Cost for Lunch is \$5, Presentation ONLY is FREE-Sign up deadline is MAR 22nd Call WGSC 440-279-2163

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

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. Thursday mornings from 9:00-12:00noon. 440-279-2163