

# April 2024 - Community Events

## Monthly Highlights

### Friday, April 1st—May 6th: Diabetes Self-Management Classes

If you, or someone you know has diabetes, join our six week workshop. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, learn sugar control, and find better ways to talk with your doctor and family about your health. Call Melissa to register at 440-279-2167. 1:00-3:30pm. Free.

### Thursday, April 4th: Free Lunch & Movie

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

**Monday, April 8th: Total Solar Eclipse** The Department on Aging will have a hospitality tent at the Total Solar Eclipse Event hosted by Geauga Park District from 11:00-4:00pm at the Geauga County Fairgrounds. Gate opens at 10:30am, and 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 call GPD for more info on this event at 440-286-9516. Free.



### Thursday, April 18th: Elderberries

Seniors, explore spring wildflowers through a sit-down program and then head out on the trail with a Naturalist to see what we can find! Breakfast will be provided. Sponsored by Ohman Family Living at Holly. Registration required by calling Geauga Park District at 440-286-9516. 9:00-12:00pm. Free.

### Saturday, April 20th: Earth Day - Tree Planting

The Department on Aging is looking for seniors who would like to volunteer to plant trees at Veterans Legacy Woods (14085 Ravenna Rd, Newbury 44065) in recognition of Earth Day with the Geauga Park District. All volunteers will receive a reusable tote bag, native wildflower seeds, and a tree sapling to plant at home. Please call Melissa Wheeler to volunteer at 440-279-2167. Limited volunteer spots available! 9:00-12:00pm.

**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC 1:00-3:30 Diabetes Self-Management Class OS	2 10:00-11:00 Strength & Cardio WG & VT 11:00-11:45 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS	3 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	4 10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH 12:00-2:30 Lunch & Movie WG	5 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT
8 NO BOXING CLASSES TODAY 10:30-4:00 Total Solar Eclipse Event 	9 10:00-11:00 Strength & Cardio WG & VT 11:00-11:45 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS 1:00-3:30 Diabetes Self-Management Class OS	10 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS	11 11:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL	12 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT
15 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC 1:00-3:30 Diabetes Self-Management Class OS	16 10:00-11:00 Strength & Cardio WG & VT 11:00-11:45 Balance Exercise CSC & VT 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	17 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS	18 9:00-12:30 GPD Elderberries OS 10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH	19 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT
22 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC 1:00-3:30 Diabetes Self-Management Class OS	23 10:00-11:00 Strength & Cardio WG & VT 11:00-11:45 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS	24 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS	25 10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH	26 9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT
29 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC 1:00-3:30 Diabetes Self-Management Class OS	30 10:00-11:00 Strength & Cardio WG & VT 11:00-11:45 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS		Sandy McLeod Senior Centers' Supervisor 440-279-2137  Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167	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