

Monthly Highlights

March 2024 - Community Events

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 a 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.

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 VT - Virtual Teams (Online) WG - West Geauga Senior Center</p>			<p>1</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-2:30 Dr. Seuss Program OS</p>
4	5	6	7	8
<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>	<p>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</p>	<p>10:00-11:00 Strength & Cardio WG & VT 12:00-2:30 Lunch & Movie WG</p>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
11	12	13	14	15
<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>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS</p>	<p>11:00-11:00 Strength & Cardio WG & VT 1:30-3:00 Book Discussion BL</p>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
18	19	20	21	22
<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>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS</p>	<p>10:00-11:00 Strength & Cardio WG & VT 1:00-2:30 GPD Elderberries OS</p>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:00 Heinen's Tour OS</p>
25	26	27	28	29
<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>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS</p>	<p>10:00-11:00 Strength & Cardio WG & VT 12:00-2:00 Paganini School of Cooking OS</p>	<p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>