

The Geauga



senior news

Geauga County Department on Aging

April 2024

Learning for a Lifetime, Thursday May 30, 2024

The Geauga County Department on Aging in conjunction with Kent State University Geauga Campus invite you to join us for our annual “Learning for a Lifetime” event on Wednesday August 16th at the Kent State Geauga Campus in Burton (14111 Claridon Troy Rd, Burton 44021). Each senior will choose from the listed classes below to make their own schedule. This year’s selection of classes covers a wide spectrum of interests and provides you with a unique opportunity to challenge and invigorate yourself. Please fill out the registration form, as space is limited in each classroom.

Cost is \$10 Per Registered Senior * Lunch is Included

9:30AM Session 1 Pick top two classes from the following choices:

- 1. Learn about Social Media:** presented by Judy Paternite Social Media is the term for connecting and sharing with the world. We will explore and discuss different platforms: Facebook, Twitter, Instagram, Pinterest, Snapchat, and more.
- 2. Civil Rights:** Presented by Kathy Doyle In the mid 1950 a nationwide movement for equal rights for African Americans and some of the pivotal movements that affected the Civil Rights Movement and an end to racial segregation.
- 3. Bloomers, Ballots, and Belles:** Women and Social Reform at South Newbury Union Chapel presented by Dr. Bari Stith. South Newbury Union Chapel was at the center of Geauga women’s efforts to introduce bloomer fashion, pass the amendment allowing women to vote, and transform their communities. What do we know, and what do we NOT know, about the Geauga women who voted illegally, marched for suffrage, and actively campaigned for social reform?
- 4. France – A Culinary journey that led to love** presented by Leslie Jewell, Ohman Family Living Come along with me and explore France -the cuisine, culture and an unparalleled zest for living. Hopefully by the end of our time together you will have a taste of why I’m still in love with France!
- 5. Bucket List:** Presented by KimTutulo from Hospice of the Western Reserve. We all have goals and dreams for the future. Do you need ideas to spark some inspiration or do you have a list you need to accomplish. Kim will give us ideas on how and what we can do to accomplish our list.
- 6. Financial Scams that target Seniors;** presented by Detective Don Seamon Geauga County Sheriff’s Office Older adults lose billions of dollars each year to scams and fraud. Get tips to protect yourself, learn about the most common scams and what to do if you think you’ve crossed paths with a scammer.

10:45AM Session 2 Pick top two classes from the following choices:

- 1. Breathwork for everyday wellness:** presented by Michelle Urban, LMT, CCT, CBC, Co-owner of The Chardon Integrated Wellness Center. Did you know that you can improve your health by changing the way you breathe? Memory, digestion, and sleep can all be improved by breathing properly. You will learn to breathe with your entire diaphragm, how to obtain strong breath control, and how to improve vagal tone with specific breath patterns. Join me and learn to breathe for better health!

More on Pages 14-15



What's New in this Issue

LEARNING FOR A LIFETIME	1	CHAIR TRAVEL, DIABETES SELF MAN.....	18
INDEX, MEDICARE PART D EXTRA.....	2	BOOK DISCUSSIONS, CAREGIVER SUPP	18
NEWSLETTER INFO	2	CHARDON BOOK CLUB	18
PATRONS (PLATINUM)	3	OPEN HOUSE, SPRING FLING	19
ADULT DAY SERVICE, HEAP.....	3	APRIL ALMANAC, BOOK CLUB	19
COMMUNITY CALENDAR.....	4 & 5	OPEN HOUSE, PEDAL PARKINSONS.....	19
CHARDON CALENDAR.....	6 & 7	TOTAL ECLIPSE, PHASE 5 TRIBUTE.....	19
BAINBRIDGE CALENDAR.....	8 & 9	PRETZEL DAY, DAY TRIP "RUTH"	20
WEST GEAUGA CALENDAR	10 & 11	LUNCH & MOVIE, EARTH DAY TREES.....	20
MIDDLEFIELD CALENDAR	12 & 13	SOUP & SAN LUNCH, YOUNG OF HEART .	20
LEARNING FOR A LIFETIME	14	DINNER & DISCUSSION FUNDING	20
LEARNING FOR A LIFETIME REGISTR	15	TRASH PICK-UPS, EXERCISE PRESENT ..	21
MEDICARE SAVINGS, GEAUGA WALKER	16	ANTIQUING TRIP	21
DIABETES, PARKINSONS SUPPORT	16	ANNUAL MIND CHALLENGE	21
WALKING WELLNESS, DOYLE PRESENT .	17	COOKING W KERI, LUNCH & LEARN.....	21
BOOK DISCUSSIONS, SPEAKER SERIES .	17	ELDERBERRIES.....	21
NEVER ENDING KNOWLEDGE.....	17	REGISTRATION FOR EVENTS.....	22
ART HISTORY, LIMITLESS LEARNING	17	MONTHLY FOOD MENU	23
MOVIE & SNACK, GPD BLUEBIRDS	18	BAINBRIDGE WALKERS, MUSIC MOVES...24	
OUT TO LUNCH, SOLAR ECLIPSE	18		

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: \$1,903/monthly & resources below \$17,220; or

Married \$2,575/monthly & resources below \$34,360.

**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.

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Geauga County Ohio

JAMES W. DVORAK TIMOTHY C. LENNON RALPH SPIDALIERI

Please let us know if you have a change of address.

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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, 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 wild- flower 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.

April 2024

MONDAY		TUESDAY	
1	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 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
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
15	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 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
22	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 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
29	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 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

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</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 style="text-align: right;">4</p> <p>10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH 12:00-2:30 Lunch & Movie WG</p>	<p style="text-align: right;">5</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">10</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 style="text-align: right;">11</p> <p>10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL</p>	<p style="text-align: right;">12</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">17</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 style="text-align: right;">18</p> <p>9:00-12:30 GPD Elderberries OS 10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">19</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">24</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 style="text-align: right;">25</p> <p>10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">26</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
	<p style="text-align: center;">Sandy McLeod Senior Centers' Supervisor 440-279-2137</p> <p style="text-align: center;">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>



Chardon Senior Center

440-279-2126

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

Tuesday, 4/2: Lunch and Learn with Geauga County Department on Aging. Learn about our Adult Day Program and Caring for the Caregiver who is taking care of a loved one with Dementia. FREE, includes lunch.

Wednesday, 4/3: 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! FREE

Friday, 4/5: Breakfast and Speaker with Kathie Doyle—"Righteous Among Nations; Heroes of the Holocaust." Register at 440-279-2126. FREE

Monday, 4/8: Book Club: The Lost Apothecary, by Sarah Penner.

Tuesday, 4/9: April Almanac Program. FREE, but call to sign up!

Friday, 4/12: Lunch and Learn with Heartland Hospice. Getting the Care You Need. FREE, lunch included.

Tuesday, 4/16: Iris Folding. \$1.50 per card.

Tuesday, 4/16: Brain Games with Ohman Family Living. FREE

Wednesday, 4/17: Heather Hill Lunch-eon at Chardon Senior Center.

Friday, 4/19: Spring Open House.

Monday, 4/22: Spring Craft Making to send out to Home Delivered Meals Recipients. FREE

Wednesday, 4/24: Lunch and Learn with Geauga Park District—"Bringing Back the Bluebird." FREE

Friday, 4/26: Birthday Bingo and Pizza Party. April birthdays are free. \$5 for everyone else!

Monday, 4/29: Mini-bus trip to Auntie's Antique Mall in Parkman and out to eat at Frozen Dee-Lite Café. \$10 for the trip and lunch and shopping on your own.

MONDAY	TUESDAY
1	2
8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie	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 & Learn - Caring for the Caregiver 12:30-4:00 Game Day 2:00-3:30 Raccoon County Ramblers Practice
8	9
8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie 1:00-2:00 Book Club "The Lost Apothecary," by Sarah Penner	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 12:00-1:00 April Almanac Program 12:30-4:00 Game Day 2:00-3:30 Raccoon County Ramblers Practice
15	16
8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie	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 12:30-1:30 Parkinson's Group 1:00-2:00 Brain Health Games w/ Ohman Family Living 2:00-3:00 Diabetes Support 2:00-3:30 RCR Practice
22	23
8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie 2:00-4:00 Spring Craft Making for Home Delivered Meals	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 2:00-3:30 RCR Practice
29	30
8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting 10:00-11:45 Balance Exercise 10:00-4:00 Antique Mall Trip 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie	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

Chardon Senior Center
470 Center, Bldg. 8, Chardon, OH 44024

WEDNESDAY	THURSDAY	FRIDAY
3	4	5
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	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)	9:30-11:30 Stained Glass 10:00-11:30 Breakfast & Speaker Series with Kathie Doyle 11:00-11:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 1:00-4:00 Euchre Card Club
10	11	12
9:00-11:00 Pinochle 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	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)	9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 12:00-1:30 Lunch & Learn- Getting the Care You Need 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 1:00-4:00 Euchre Card Club
17	18	19
9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-1:00 Heather Hill Cooking Demo 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	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)	9:30-11:30 Stained Glass 10:00-10:45 Balance Exercise 11:00-1:00 Spring Open House 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 1:00-4:00 Euchre Card Club
24	25	26
9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 11:00-3:00 Kenny & Dolly Show at LaMalfa - Prior Reg. 12:30-2:00 Lunch & Geauga Park District Presentation 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg	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)	9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 11:00-1:00 Birthday Bingo and Pizza Party 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 1:00-4:00 Euchre Card Club
	Becky O'Reilly Recreation & Education Coordinator Nancy Niehus, Ginny Lester & Ellie Rickard Recreation & Education Assistant Coordinators	Beth Oliverio Information and Referral Specialist

Bainbridge Bulletin

Movie Matinee

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

Wednesdays & Fridays in April:

Limitless Learning: Each Wednesday & Friday 2 topics will be presented. The courses will not 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, April 11:

Soup & Sandwich Lunch: Join the Bainbridge Senior Center for a vegetable soup and bruschetta. We will start serving at noon with \$5 due at registration and due by Friday, April 5th, 2024.

Thursday, April 11:

David Explains: NATO. 75 years ago NATO was established as a pact for security of member states. Learn how this organization survived and adapted after the Cold War and its role in the modern world. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, April 16:

The Bainbridge Book Club will be discussing *What the Kids are Reading*. 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, April 25:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and April birthdays are free to attend. The cost is \$5 for everyone else. April's menu is breakfast casserole, bacon, and fruit. Please RSVP by Tuesday, April 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 both day, please call to register for either class. (440) 279-1313.

Bainbridge Senior Center

440-279-1313

MONDAY	TUESDAY
<p style="text-align: right;">1</p> <p>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 <i>(The Greatest Showman)</i> 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">2</p> <p>8:00-9:00 Walking Group 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</p>
<p style="text-align: right;">8</p> <p>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 <i>(Dance With Me)</i> 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">9</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Sandwich & Soup Lunch: Bruschetta & Vegetable Soup \$5. 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>
<p style="text-align: right;">15</p> <p>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 <i>(Strictly Ballroom)</i> 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">16</p> <p>9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:00-1:30 Book Club: What the Kids are Reading 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>
<p style="text-align: right;">22</p> <p>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 <i>(Billie Elliot)</i> 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">23</p> <p>8:00-9:00 Walking Group 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 Art Class with Fairmount Center for the Arts</p>
<p style="text-align: right;">29</p> <p>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 <i>(Dirty Dancing)</i> 2:30-3:15 Cardio Drumming</p>	<p style="text-align: right;">30</p> <p>8:00-9:00 Walking Group 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</p>

Bainbridge Senior Center
17751 Chillicothe Rd. Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">3</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</p>	<p align="right">4</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">5</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 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">10</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">11</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: NATO 2:00-3:00 Yoga Nidra 3:00-4:00 Cooking with Keri <i>*Prior Registration Required*</i></p>	<p align="right">12</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 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">17</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">18</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">19</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 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">24</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">25</p> <p>9:00-10:00 Big Breakfast! Prior registration required 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">26</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 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="center">Recreation & Education Coordinator <i>David Craig</i></p> <p align="center">Recreation & Education Assistant <i>Keri Skrtic</i></p>	<p>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.</p>

Newsorthy Notes

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

~Worlds Greatest Churches

- APRIL 3 ~ #1** "Stave Churches of Norway"
#2 "The Pilgrimage Church of Sainte-Foy"
APRIL 17th ~ #1 "The Cathedral of Monreale"
#2 "Chartres Cathedral"
APRIL 24 ~ #1 "Winchester Cathedral"
#2 The Cathedral of Siena (The Genius of Michaelangelo)
APRIL 4 ~ #1 "The Sistine Chapel"
#2 "The Sistine Chapel" Part 2
APRIL 11 ~ #1 "The Sistine Chapel" Part 3
#2 A Story of Marble
APRIL 18 ~ #1 "The Medici Chapel Sculpture"
#2 "The Medici Chapel Sculpture" Pt 2
APRIL 25 ~ #1 "Medici Chapel Sculpture" Pt 3
#2 The Laurentian Library

Lunch, Learn, & BINGO BONANZA

FRI APRIL 12th 12:00pm-2:00pm FREE

Join us for a fun filled afternoon beginning with a lunch of soup & Sandwich, along with an educational presentation by Arcadia Home Care. Immediately following will be a BINGO BANANZA with lots of fun prizes!!!!**Sponsored by Arcadia Home Care** Deadline to register~ April 8th 440-279-2163

Celebrate National Pretzel DAY at WG Friday

April 26th, 1:30-3:00pm~ Celebrate Everything "PRETZEL" with us here at WG, Learn how to make Crunchy Brownie Batter Dip w/Samples and receive recipe cards for : Easy Peanut Butter Pretzel Pie and Pineapple Pretzel Fluff, and Finally make your very own soft pretzel to take home. **Cost: \$3 per person** to cover supplies. Space is Limited, RSVP and Payment **MUST** be received by April 19th. Call WGSC 440-279-2163

Spring FLING with Sam FOSH! April 10th from 11:30am-1:30pm -Join us as we CELEBRATE SPRING with a summer cookout style lunch of hot dogs, hamburgers, baked beans, chips, Waldorf salad and beverages. After lunch we will be entertained by the one and ONLY SINGING SAM FOSH!!! It will be a BLAST!! Come and Party in Spring with us!!! Cost: \$10 Registration Deadline is April 5th. Call 440-279-2163

Arm Chair Travel with a TWIST

APRIL 29th -12:30-2:30 Join us for a monthly travel program. This month we will be visiting The Metropolis of London, 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 craft native to the area. For The Metropolis of London we will be making a Tea Cup Wall Hanging. Cost is \$5, register by APR 22nd. Call 440-279-2163
DINE NITE OUT APRIL 24th - 5-7pm Meet Up Restaurant is "Cowboy Food & Drink" in Bainbridge" RSVP, so we can reserve your seat. 440-279-2163. RSVP by 4/22 Cost: OYO

West Geauga Senior Center 440-279-2163

MONDAY	TUESDAY
8:30-10:30 Italian Card Game ¹ 9:00-10:00 Water Exercise -Metz Pool 10:00 -10:55 Strength & Cardio VT 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 ² 9:00-10:00 Water Exercise-Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (VT) 11:00-11:30 Seated Strength&Weights 12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet 2:30-4:00 Visual Arts w/ Fairmount 3:00-4:00 Senior Spin at "O" Holly
8:30-10:30 Italian Card Game ⁸ 9:00-10:00 Water Exercise -Metz Pool 10:00 -10:55 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise -Metz Pool 1:00-3:00 Mahjongg	9:00-11:30 Stained Glass Class \$5 ⁹ 9:00-10:00 Water Exercise-Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (VT) 11:00-11:30 Seated Strength&Weights 12:00-3:00 Bridge Group 12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet 2:30-4:00 Visual Arts w/ Fairmount 3:00-4:00 Senior Spin at "O" Holly
8:30-10:30 Italian Card Game ¹⁵ 9:00-10:00 Water Exercise -Metz Pool 10:00 -10:55 Strength & Cardio VT 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 ¹⁶ 9:00-10:00 Water Exercise-Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (VT) 11:00-11:30 Seated Strength&Weights 12:00-3:00 Bridge Group 12:30-1:30 Craft w/Millissa \$ 12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet 2:30-4:00 Visual Arts w/ Fairmount 3:00-4:00 Senior Spin at "O" Holly
8:30-10:30 Italian Card Game ²² 9:00-10:00 Water Exercise -Metz Pool 10:00 -10:55 Strength & Cardio VT 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 ²³ 9:00-10:00 Water Exercise-Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (WX) 11:00-11:30 Seated Strength&Weights 12:00-3:00 Bridge Group 12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet 2:30-4:00 Visual Arts w/ Fairmount 3:00-4:00 Senior Spin at "O" Holly
8:30-10:30 Italian Card Game ²⁹ 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 with a Twist "Metropolis of London" \$5 1:00-3:00 Mahjongg	9:00-11:30 Stained Glass Class \$5 ³⁰ 9:00-10:00 Water Exercise-Metz Pool 9:00-11:00 Pinochle 10:00-11:00 Exercise-Sandy (VT) 11:00-11:30 Seated Strength&Weights 12:00-3:00 Bridge Group 12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet 2:30-4:00 Visual Arts w/ Fairmount 3:00-4:00 Senior Spin at "O" Holly

West Geauga Senior Center
8090 Cedar Rd. Chesterland, OH 44026

WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-10:30 Italian Card Game 3 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> 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>9:00-10:00 & 10:00-11:00 4 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 Seated Strength & Weights 1:00-2:00 Never Ending Knowledge <i>~ART History</i> 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly</p>	<p>8:30-10:30 Italian Card Game 5 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>8:30-10:30 Italian Card Game 10 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 11:30-1:30 <i>Spring Fling with SAM FOSH \$10</i> 12:30-1:15 Balance Exercise 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>9:00-10:00 & 10:00-11:00 11 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 Seated Strength & Weights 11:30-12:30 Never Ending Knowledge <i>~ART History</i> 12:00-1:00 Music Moves You w/Laura 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly</p>	<p>8:30-10:30 Italian Card Game 12 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:00-2:00 Lunch, Learn & BINGO Bonanza w/ Arcadia Homecare ~FREE 12:30-1:15 Balance Exercise</p>
<p>8:30-10:30 Italian Card Game 17 9:30-11:30 <i>MIND CHALLENGE PRACTICE ROUNDS @ Mentor SC</i> 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass Class \$5 NO AM Exercise/YOGA classes today 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge <i>~Worlds Greatest Churches</i> 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>9:00-10:00 & 10:00-11:00 18 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 Seated Strength & Weights 1:00-2:00 Never Ending Knowledge <i>~ART History</i> 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly</p>	<p>8:30-10:30 Italian Card Game 19 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>8:30-10:30 Italian Card Game 24 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> 2:00-3:00 Yoga Nidra w/Darlene</p>	<p>9:00-10:00 & 10:00-11:00 25 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 Seated Strength & Weights 11:30-12:30 Never Ending Knowledge <i>~ART History</i> 12:00-1:00 Music Moves You w/Laura 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly 5:00-7:00 Dine Nite Out @Cowboys</p>	<p>8:30-10:30 Italian Card Game 26 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 1:30-3:00 Celebrate National Pretzel Day at WGSC \$3</p>
<p><u>Recreation/Education Coordinator</u> ~Christine Bacon 440-214-3505 <u>Rec/Ed Assistant Coordinator</u> ~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</p>		<p>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 the WGSC.</p>

Middlefield Senior Center

440-632-0611

We are Getting a new floor!
 Mon. April 1– Thur. April 4th
 Relocation to Middlefield Meth-
 odist Church. Friday April 5th
 Closed.

Monday Crafts at 1pm
8th Bird Painting (\$3)
15th Wooden Birdhouse (\$5)
22nd Earth Day craft and
presentation with Nancy!
28th Crafting With Marsha
 Donation.

Food Club
 Thursday April 11th
 Thursday April 25th
 Cost \$5.00
 Try new and healthy foods!

Tuesday April 9th
 Bring Back the Bluebirds with
 Geauga Parks

Monday, April 8th Solar Eclipse
 Party at Brier Pre registration
 required. No cost.

Wednesday, April 10th
 Tie-dye with Hannah & Ginny!
 We will provided the dye, you
 just bring a white shirt.

Friday April 12th
 Monthly Breakfast (\$3) Kathie
 Doyle presents the history of
 chocolate at 10:30am no cost.

Thursday April 18th
 Lunch and learn National day of
 exercise No cost.

Tuesday, April 23rd
 Touring with Ginny! 10am meet
 at MSC Cost on your own

Thursday April 25th
 Movie and popcorn at Brier
 Where the Crawdads Sing

Friday April 26th
 Open house and Ice cream
 Social. No Cost

Middlefield Senior Center 440-632-0611	
MONDAY	TUESDAY
1	2
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals At Methodist Church	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball At Methodist Church
8	9
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crating 2:30pm Solar Eclipse Party At Brier	10am Chair Yoga Video 11am Bring Back the Bluebirds Presented by Geauga Parks 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
15	16
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
22	23
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Earth Day craft and presentation with Nancy!	10am Chair Yoga Video 10am Touring With Ginny Hartville 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
29	30
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

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

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">3</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p> <p align="center">At Methodist Church</p>	<p align="right">4</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p> <p align="center">At Methodist Church</p>	<p align="right">5</p> <p align="center">Senior Center CLOSED For New Floor Installation</p>
<p align="right">10</p> <p>10am Balance Exercise 1pm BINGO 12pm Lunch 1pm Tie Dye with Hannah & Ginny (Donation) 2pm Chair Volleyball</p>	<p align="right">11</p> <p>10am Movement with Ginny 11am Food Club \$5 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">12</p> <p>10am Monthly Breakfast (\$3) 10:30am Kathie Doyle 12pm Salad Lunch \$3 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">17</p> <p>8am-10am Social work appointments with Michelle 10am Balance Exercise 11am BINGO with Dawn 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">18</p> <p>10am Movement with Ginny 12pm National Day of Exercise lunch and learn Presentation by Sandy Mc-Leod (12:30pm) 1pm Chair Volleyball</p>	<p align="right">19</p> <p>10am Chair Exercise Video 12pm Salad Lunch \$3 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">24</p> <p>10am Balance Exercise 12pm Lunch 1pm BINGO Sponsored by Burton Health Care 2pm Chair Volleyball</p>	<p align="right">25</p> <p>10am Movement with Ginny 11am Food Club \$5 12pm Lunch 1pm Chair Volleyball 1pm Movie at Brier <i>Where the crawdads sing</i></p>	<p align="right">26</p> <p>10am Chair Exercise Video 12pm Salad Lunch \$3 12pm Lunch 1pm Ice Cream Social & Spring Open House</p>
	<p align="center">Please call to register for lunch, crafting & special events.</p>	<p align="center">Recreation & Education Coordinator Hannah Heinz</p> <p align="center">Assistant Recreation & Education Coordinator Ginny Lester Nancy Niehus</p>

Continued from Front Cover...

2. Buying vs Leasing Cars: presented by Andrew Pleso, Sales Consultant for Junction Auto. Buying a car is a major purchase, and it's important to learn and understand the process. Is it better than leasing? Educate yourself on current market trends and expectations. Learn what you should know, questions you should ask, and financial issues to understand before purchasing or leasing your next vehicle.

3. Android Cell Phone Basics: presented by Judy Paternite, Learn the basics of how to set up and use your smart phone. Bring your phone to class and learn how to add contacts, how to open and send text messages, how to take pictures and send them. Learn how to download Apps and where and how to use your calendar.

4. Game Shows of the 50's and 60's: Presented by Kathy Doyle What were the classic game shows and who were the hosts? Do you remember What's My Line, Truth or Consequences, I've Got A Secret and Candid Camera, Queen for the Day, to name a few. This will be a fun walk down memory lane

5. Right Sizing Your Retirement: Presented by Chase Mize The experts from Transitional Designs will present on "Do I own my stuff or does my stuff own me". They will guide and provide tips on how to simplify your belongings, reducing clutter and kick starting the downsizing journey.

6. Something for Everyone: Our Great Geauga County Fair presented by Dr. Bari Stith. Our Great Geauga County Fair boasts a rich heritage that is distinguished for being the longest, continuously operating county fair in Ohio and contributing to Ohio's agricultural tradition. Where did it start and who helped build the fair that we now enjoy as it continues to offer "something for everyone?" Why did communities battle for the fairgrounds? What visual cues will we find on today's fairgrounds that remind us of how unique and celebrated our county fair really is?

12:30PM Session 3 Pick top two classes from the following choices:

1. Optimal Digestive Health: Presented by Shilah Cipriano and Olivia Caruso Chardon Heinen's Wellness Consultants. We are going to discuss what it means to have a Healthy gut. The benefits of adding more fiber and different types of dietary fiber to better your overall health and well-being. In addition, we will talk about the foods you should limit for better digestive health. We will also cover the top supplements Dr. Todd Pesek recommends to help heal your gut. We will have recipes and samples that are delicious, simple and gut friendly.

2. Android Cell Phone Basics: presented by Judy Paternite Learn the basics of how to set up and use your smart phone. Bring your phone to class and learn how to add contacts, how to open and send text messages, how to take pictures and send them. Learn how to download Apps and where and how to use your calendar.

3. Supreme Court Decisions: Presented by Kathy Doyle You will learn about some landmark Supreme Court cases that changed American life and often changed the way we interpret laws today.

4. Straight Lines on a Lumpy Landscape: The Shaping of Geauga County and its Seat of Justice presented by Dr. Bari Stith. When the Geauga Bicentennial Board created its letterhead, a non-Geaugan suggested we horizontally flip the outline of our county because it would "look better" with our contact information. Clearly, we didn't accept that suggestion, but it led to questions – how did Geauga get it's unique staircase shape? Why is there a notch in our western border? How did the county seat of justice end up in the northern section of the county rather than the middle? Where is the center of our county? And how have this place and the traditions we hold dear shaped our identity as Geaugans?

5. The Longest War: presented by Madelon Horvath. Understand the background of the longest war in American History the Afghanistan war. This international conflict in Afghanistan began in 2001 and was triggered by the September 11 attacks. Madelon will tie in some interesting discussion for those who have read the banned book Kite Runner by Khaled Hossein.

6. Health Benefits of Herbs: presented by Dima Hannan MS. RDN. LD For decades, herbs and spices have played a major role in improving the overall health of the body. Herbs can relieve common ailments such as indigestion, stress, anxiety, headaches, colds and more. Almost all herbs have some form of health benefit. Please join Dima Hassan MS. RDN. LD. to learn more about the Health Benefits of Herbs and Spices.

****EVENT TAKES PLACE AT KENT GEAUGA - 14111 CLARIDON TROY RD, BURTON 44021****

Entire Cost for Three Sessions & Boxed Lunch is \$10.00

Registration Deadline is Wednesday Aug 9, or until classes are full.

Complete the following form and mail it, along with your \$10 check payable to:

Geauga Dept on Aging, 12611 Ravenwood Dr. Chardon Ohio 44024

or drop it off at your nearest senior center.

.....
Event: Learning For A Lifetime **Date:** Thursday May 30, 2024 **Deadline:** Friday May 17, 2024
or until classes are full

I have enclosed a check in the amount of \$ _____

Name _____ Phone _____

Address _____ City/Zip _____

Are you registered this year? Y or N?

Please Choose Educational Sessions:

Please note that seating in classrooms may be limited. Classes will be filled on a first come, first serve basis.
Please choose two subjects per session. We cannot guarantee a spot if only one subject is chosen.

Session 1 9:30-10:30

1st Choice _____ 2nd Choice _____
C class # & Title C class # & Title

Session 2 10:45-11:45

1st Choice _____ 2nd Choice _____
Class # & Title C class # & Title

Session 3 12:30 -1:30

1st Choice _____ 2nd Choice _____
Class # & Title C class # & Title

Choose one of the following for lunch (Please circle option):

Turkey & Cheddar Wrap or Veggie Wrap

OFFICE USE: Date received: _____ Staff Initial: _____ Receipt #: _____

Community Event

Food Club at Middlefield Senior Center

At the Middlefield Senior Center, on Thursday, April 11th, and Thursday April 25th 21st, at 11:00AM.
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

**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>	Income	Assets	<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets
Single	\$1,275	\$ 9,430	Single	\$1,526	\$ 9,430	Single	\$1,715	\$ 9,430
Married	\$1,724	\$14,130	Married	\$2,064	\$14,130	Married	\$2,320	\$14,130

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!

GEAUGA WALKERS

DATE	PARK	PARKING
APR 2	Forest Ridge Preserve	3850 Chagrin River Rd, Between Chagrin Blvd & Rt. 87
APR 9	Headwaters Park	Mayfield Rd (Rt 322), West side of East Branch Reservoir
APR 16	Skok Meadows Trail	12415 Concord Hambden Rd, Concord Twp, South of Girdled Rd.
APR 23	The Rookery	10110 Cedar Rd, Munson, off Rockhaven. North of Fairmount.
APR 30	Eagle Creek State Nature Preserve	Hopkins Rd, Rt 305. East of Hiram, Nelson Twp CARPOOL

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.”

Diabetes Support Group – Weight Management & Healthy Tips

Join us on Tuesday, April 16th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Join Kathleen McMahon-Dunning BSN, RN, the Diabetes Educator from UH Geauga Medical Center Wellness Services to learn some ways to manage that weight number and tips on how to live a healthier lifestyle thru your diet and exercise. For questions and to RSVP, call Sandy McLeod at 440-279-2137

Parkinson’s Support Group

Join us on Tuesday, April 16th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Why is pedaling, or biking, so good for those who have Parkinson’s? Research has shown a 35% reduction in symptoms by doing this one exercise at a rapid pace. We will discuss exercise and why it is so critical you keep moving with this disease. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Walking for Wellness

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
4/3/2024	Frohring Meadows	16780 Savage Rd, Bainbridge
4/10/2024	Claridon Woodlands	11383 Claridon-Troy Rd, Chardon
4/17/2024	Squire's Castle	2844 River Rd, Willoughby
4/24/2024	Burton Wetlands Nature Preserve	15681 Old Rider Rd, Burton

Kathie Doyle Presents the History of Chocolate

At the Middlefield Senior Center. Friday April 12th, at 10:30AM. No cost. Learn the history of chocolate, while enjoying chocolate of course! Monthly breakfast made by Nancy at 10am Cost \$3. Please call to register 440-632-0611

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, April 3 (1st Wednesday of each month) - at Geauga West Library 11:30-12:30pm out to lunch to follow, sign up w/ Sandy McLeod. Discussing: The Celebrants by Steven Rowley
Thursday, April 11th (2nd Thursday of each month) - at Burton Library from 1:30-3:00pm.
Discussing: Code Name Sapphire by Pam Jenoff

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: Heroes of the Holocaust." This is a free event, but registration is required by calling 440-279-2126. Space is limited.

Never Ending Knowledge Series Continues at WGSC Schedule - April (Worlds Greatest Churches & Cathedrals)

APRIL 3 ~	#1 "The Stave Churches of Norway"	#2 "The Pilgrimage Church of Sainte-Foy"
APRIL 10 ~	NO CLASS (SPRING FLING TODAY)	
APRIL 17 ~	#1 "The Cathedral of Monreale"	#2 "Chartres Cathedral"
APRIL 24 ~	#1 "Winchester Cathedral"	#2 "The Cathedral of Siena"

2 Lectures per week snacks and refreshments provided. Registration is Required 279-2163.

Art History Schedule April (The Genius of Michaelangelo)

APRIL 4 ~	#1 "The Sistine Chapel"	#2 "The Sistine Chapel" Part 2
APRIL 11 ~	#1 "The Sistine Chapel" Part 3	#2 A Story of Marble
APRIL 18 ~	#1 "The Medici Chapel Sculpture"	#2 "The Medici Chapel Sculpture" Pt 2
APRIL 25 ~	#1 "The Medici Chapel Sculpture" Pt 3	#2 The Laurentian Library

2 Lectures per week (Hot Lunch Available with w/ prg, MUST Call ahead by the Monday of the week before to reserve your meal. REGISTRATION IS REQUIRED 279-2163

Limitless Learning at the Bainbridge Senior Center

Bainbridge is offering educational classes on Wednesday (12:30-1:30 pm) and Friday (1-2 pm) afternoons. 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 Lost Art: The Stories of Missing Masterpieces and then Banned Books, Burned Books: Forbidden Literary Works.

Movie and Snack at Briarcliff Manor

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, April 25th, at 1pm, (14807 N State Ave, Middlefield). Enjoy a snack while watching a movie in Briarcliff's theater room. April movie Where the Crawdads Sing. Please call 440-632-0611 to register.

Bring Back the Bluebirds Presented by Geauga Parks

At the Middlefield Senior Center. Tuesday April 9th, 11:00AM. Learn about these charming songsters and how you can create a home for them. Please call to register. 440-632-0611

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!

April 3: Oak and Embers (8003 Mayfield Rd) **April 10:** Madrick's Tavern (10760 Kinsman Rd)

April 17: 56 Kitchen (33587 Aurora Rd) **April 27:** Mangia Mangia (11081 Kinsman Rd)

Goodnight in the Afternoon! Solar Eclipse Event at Briar!

Join the Middlefield Seniors for the Solar Eclipse at Briarcliff. Monday, April 8th, 2:30-3:30PM. A fun afternoon of games, music, snacks and friends leading up to the Eclipse. Free Certified safe Eclipse glasses (while supplies last). Please call and register for this event! 440-632-0611

NEW Program at WGSC -Arm Chair Travel

APRIL 29th 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 The Metropolis of London, 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 craft native to the area. For The Metropolis of London we will be making a Tea Cup Wall Hanging. Cost is \$5, register by APR 22nd. Call 440-279-2163

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. 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.

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, April 3 (1st Wednesday of each month) - at Geauga West Library 11:30-12:30pm out to lunch to follow, sign up w/ Sandy McLeod. Discussing: The Celebrants by Steven Rowley Thursday, April 11th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm. Discussing: Code Name Sapphire by Pam Jenoff

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.

Chardon Senior Center Book Club

Monday, April 8, from 1:00 – 2:00PM at CSC. April's book is The Lost Apothecary, by Sarah Penner. Looking ahead, May's book is Appalachian Kid: How Hope Changed Everything, by John Boyle.

The Spring Open House Event at the Chardon Senior Center

Friday, April 19, from 11:00 a.m.-1:00 p.m., at the Chardon Senior Center. Chardon Senior 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. FREE! and a light lunch will be available, but registration is a must at 440-279-2126.

Spring Fling With SAM FOSH at the West G Senior Center

April 10th from 11:30am-1:30pm -Join us as we CELEBRATE SPRING with a cookout lunch of hot dogs, hamburgers, baked beans, chips, Waldorf salad and beverages. After lunch we will be entertained by the one and ONLY SINGING SAM FOSH!!! It will be a BLAST!! Come and Party in Spring with us!!! Cost: \$10 Registration Deadline is April 5th. Call 440-279-2163 for more info.

April Almanac Presentation at Chardon Senior Center

Tuesday, April 9 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 April, don't miss a fun look at the month's significant (and not-so-significant) observations and events! No cost, but sign up by 4/5/24.

Bainbridge Book Club

The Bainbridge Senior Center starts 2024 with a new book club. We will meet on Tuesday, April 16th from 12:00-1:30 pm and April's theme is What the Kids are Reading. Join us to discuss books recommended by Chardon Middle School students in Ms. Habeeb's 7th grade Language Arts class. Please call (440) 279-1313 with any questions or to register.

Ice Cream Social and Open House at the Middlefield Senior Center

At the Middlefield Senior Center. Friday April 26th, at 1:00PM. Come in and see our newly renovated floors and enjoy some ice cream! Visit with friends and see all that is happening at the Middlefield Senior Center! Please call to register. 440-632-0611

Pedaling for Parkinsons at Ohman Family Living at Holly

This is an indoor stationary cycling program designed for people living with Parkinson's disease. These small, one-hour classes use Peloton bikes donated by Cleveland Clinic. Experts believe cycling can help increase 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 located at 10190 Fairmount Rd, Newbury. Classes held Tuesdays and Thursdays from 11:15-12:15pm. Please call Sandy McLeod at 440-279-2137 to register.

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. Gates open 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 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 is suggested to bring your own chair. Please call Geauga Park District for more information at 440-286-9516.

Phase 5 – A Motown Tribute and Revue

Join the Department on Aging on Thursday, June 20th for an outing to LaMalfa Party Center for lunch and the showing of “Phase 5!” Drive yourself to LaMalfa, located at 5783 Heisley Rd, Mentor. The doors open at 11:00am for seating, lunch is served at 12:00pm, and the show begins at 1:00pm. \$68 per person. “Phase 5 will perform hits from Motown artists like the Temptations, The Four Tops, Smokey Robinson, The Contours and many more great R&B artists. These five talented vocalists offer an authentic re-creation of Motown favorites combining tight harmonies along with smooth choreography and vintage costumes.” Call Hannah Heinz at 440-632-0611 with questions.

Celebrate NATIONAL PRETZEL DAY with The West G Senior Center

Friday April 26th, 1:30-3:00pm ~ Celebrate Everything "PRETZEL" with us here at WG, Learn how to make Crunchy Brownie Batter Dip w/Samples and receive recipe cards for : Easy Peanut Butter Pretzel Pie and Pineapple Pretzel Fluff, and Finally make your very own soft pretzel to take home. Cost: \$3 per person to cover supplies. Space is Limited, RSVP and Payment MUST be received by April 19th. Call WGSC for more info 440-279-2163

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. Call Kimber DeMauro with questions at 440-668-3293.

Free Lunch and a Movie Presented by Age Well Be Well and Department on Aging

Thursday, April 4th 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 UH Geauga at 440-214-3180 to register.

Celebrate Earth Day by Planting Trees!

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) on Saturday, April 20th from 9:00-12:00pm in recognition of Earth Day with the Geauga Park District. Volunteers 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!

Soup & Sandwich Lunch

The Bainbridge Senior Center is offering a special lunch on Tuesday, April 9. Vegetable soup, bruschetta, and desert. Join some friends and maybe make some new ones starting at 12 pm. The cost is just \$5 and due upon registration.

GEAUGA YOUNG OF HEART meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland the 1st and 3rd Friday of the month. Bring your brown bag lunch. Entertainment and refreshments will be provided. **April 5** storyteller, Ginny Jescheling, will tell us about the Ghosts of the Griffin Disaster on Lake Erie. **April 19** George & Jackie will tell us about their trip to Alaska on motorcycles. We will be going to the Atlas Movie Theatre behind Eastgate on **April 12** at 12:00. Movie TBD. Cost is \$5 for the movie or \$10 for movie, popcorn and drink. **May 9**, we will be going to Bucyrus to tour Copper Kettle Works, and stops at Cooper's Mill and Market and Crossroad Factory Store. Lunch at Old 30 BBQ. Cost is \$100. In conjunction with the Senior Center, we will be going to the Ohio Star Theatre in Walnut Creek on **July 16**, to see "Ruth", a Sight and Sound production. Cost is \$95. Call Kimber at (440) 668-3293 for these events.

Free Dinner and Discussion: Understanding the funding process of our local schools

Wednesday April 24 at 4:30PM, Held at the Chardon Senior Center, 470 Center St. Building 8, in Chardon. Please join the Dept on Aging and Chardon Talks for an informative program on our schools. Our first topic is school finances, as it is a difficult and confusing topic for most people. It is important to have an understanding of how it affects both our students and you as a taxpayer. Chardon Talks is a group whose purpose is to present topics that are important to our community and discuss. You will get a chance to meet the Chardon Local Schools superintendent and hear how our schools are financed, ask questions, and join in the discussion of this important issue in our community. Please register by calling Sandy McLeod 440-279- 2137

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

Hambden Twp	Apr 22,23,24	Auburn Twp	May 30, 31 Cut off at 100
South Russell Vlg	Apr 24,25	Newbury Twp	June 3,4,5
Munson Twp	Apr 15,16,17,18	Huntsburg Twp	June 6, 7
Bainbridge Twp	May 7,8,9	Parkman Twp	June 20, 21
Montville Twp	May 8,9,10	Troy Twp	July 25, 26
Claridon Twp	May 8,9	Vlg of Middlefield	Aug 15
Burton Vlg	May 10	Chesterland Twp	Sept 9,10,11,12
Thompson Twp	May 24	Russell Twp	Sept 11,12,13
Burton Twp	May 16,17	City of Chardon	Sept 27
Chardon Twp	May 28, 29	Middlefield Twp	Oct 3

National Day of Exercise Presentation and Lunch

At the Middlefield Senior Center. Thursday April 18th, 12:00PM Lunch and then a 12:30PM Presentation. Learn about exercise from the master herself Sandy McLeod! Enjoy lunch before the presentation. No Cost. Please call to register. 440-632-0611

Antiquing Trip and lunch at Frozen Dee-Lite

Hop aboard our mini-bus and come with us to Auntie's Antique Mall for a fun afternoon of antiquing in Parkman! We will also be stopping for lunch at Frozen Dee-Lite Café. Our final stop will be at Nauvoo Family Market to purchase some deli and bakery shopping! Cost is \$5.00 for the trip. Shopping, lunch, and market expenses are "on your own". This trip is scheduled for Monday, April 29, with the mini-bus departing from Chardon Senior Center at 10:00 a.m. Space is limited. Call Chardon Senior Center at 440-279-2126 to reserve your seat on the bus!

The Annual MIND CHALLENGE COMPETITION IS RIGHT AROUND THE CORNER!!!

West Geauga Senior Center NEEDS YOU!!! We are looking for players to join the WG-Chesterland Mind Challenge Team!! This is a "TEAM" Competition, we work together as a team to answer trivia questions, NO ONE PERSON IS EVER CALLED ON TO ANSWER A QUESTION! This is such a FUN WAY to expand your mind, meet new people, and, THERE IS PRIZE MONEY INVOLVED for the top 4 Senior Centers that score the highest!! PRACTICE ROUNDS BEGIN 9:30am on APRIL 17th at Mentor SC. **Call to register with WGSC** at 440-279-2163 (ask for Christine Bacon)

Cooking with Keri

Keri will teach an easy one-pan dinner for anyone interested on Thursday, April 11th. "Brinner", AKA breakfast for dinner, whip up sheet pan scrambled eggs, breakfast sausage, cheese and your choice of English muffin or bagel to make a hearty breakfast sandwich to go! Feel free to take your meal home or stay and eat. Space is limited and registration is REQUIRED. Call by Monday, April 8th to guarantee your spot. Questions? Call (440) 279-1313.

Lunch and Learn with Heartland Hospice at Chardon Senior Center

Join us Friday, April 12 at 12:00 noon for a presentation on Getting the Care You Need, at Chardon Senior Center. Enjoy a salad and sandwich lunch, and then learn some valuable information that might be able to share with friends and loved ones. FREE, but call to register by 4/5/24 at 440-279-2126.

Elderberries – Spring Wildflowers

Thursday, April 18th from 9:00-12:00pm at The Rookery (10110 Cedar Rd, Chesterland 44026). 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 is provided. A collaboration with UH Geauga Medical Center. Sponsored by Ohman Family Living at Holly. Registration required. Register at 440-286-9516.

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 April 2024

MON	TUES	WED	THU	FRI
<p>1</p> <p>ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP</p>	<p>2</p> <p>BREADED CHICKEN PATTY BAKED BEANS GREEN BEANS WG HAMBURGER BUN FRUIT CUP MAYO PC</p>	<p>3</p> <p>STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES CORN BREAD ESCALOPED APPLES</p>	<p>4</p> <p>SALISBURY STEAK W/ GRAVY RICE MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP</p>	<p>5</p> <p>JUMBO RAVIOLI w/SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP</p>
<p>8</p> <p>TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC</p>	<p>9</p> <p>TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP</p>	<p>10</p> <p>SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP</p>	<p>11</p> <p>MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP</p>	<p>12</p> <p>BREADED FISH HASH BROWN COINS BROCCOLI MINI SOFT PRETZEL FRUIT CUP TARTAR SAUCE & KETCHUP PC</p>
<p>15</p> <p>SWEDISH MEATBALLS w/NOODLES BROCCOLI SLICED CARROTS WHITE BREAD FRUIT CUP</p>	<p>16</p> <p>BBQ CHICKEN BREAST RICE GREEN BEANS SWEET POTATOES DINNER ROLL APPLESAUCE CUP</p>	<p>17</p> <p>STUFFED GREEN CABBAGE w/TOMATO SAUCE MASHED POTATOES CORN BREAD FRUIT CUP</p>	<p>18</p> <p>BURGER WITH CHEESE HASH BROWN COINS KETCHUP PC BAKED BEANS WG HAMBURGER BUN APPLESAUCE CUP</p>	<p>19</p> <p>MACARONI & CHEESE GREEN BEANS SWEET CORN MINI SOFT PRETZEL FRUIT CUP</p>
<p>22</p> <p>ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP</p>	<p>23</p> <p>GRILLED CHICKEN BREAST GREEN BEANS SLICED CARROTS WG HAMBURGER BUN ESCALOPED APPLES MAYO PC</p>	<p>24</p> <p>MEATBALLS w/PASTA w/SPAGHETTI SAUCE MIXED VEGETABLES WHITE BREAD FRUIT CUP</p>	<p>25</p> <p>TERIYAKI CHICKEN W/ VEGETABLE FRIED BROWN RICE BROCCOLI APPLESAUCE CUP</p>	<p>26</p> <p>BREADED CHICKEN PATTY BAKED BEANS GREEN BEANS WG HAMBURGER BUN FRUIT CUP MAYO PC</p>
<p>29</p> <p>STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES CORN BREAD ESCALOPED APPLES</p>	<p>30</p> <p>SALISBURY STEAK W/ GRAVY RICE MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP</p>			

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
APRIL

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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Bainbridge Walking Group

With spring returning, so is the Bainbridge Walking Group. Meet a staff member at a local park for nice relaxing walk every Tuesday morning at 8:00 am. Call (440) 279-1313 for more information.

April's schedule is listed below:

April 2: Holbrook Hollows (Bainbridge) April 9: Frohring Meadow (Bainbridge)

April 16: West Woods (Russell) April 23: Beartown Lake (Auburn)

April 30: River Road Park (Bainbridge)

New Program ~ MUSIC MOVES YOU with Laura at WGSC

Thursday April 11th & 25th 12:00-1:00pm Do you have a favorite song? Do symphonies or instrumental music inspire you? If so, please join us here at the West G Senior Center, and explore how Music Moves You, on Thursdays April 11th and 25th at noon. If you'd like a lunch too, RSVP by the preceding Monday of the week before (April 1st & April 15th). Questions, or to sign up call (440) 279-2163