

# Monthly Highlights

# May 2024 - Community Events

**Thursday, May 2nd: Free Lunch & Movie**  
UH Geauga Age Well Be Well Program.  
Call 440-214-3180 to register. 12:00pm. Free.

**Monday, May 13th:** Join us for an afternoon par-tea at Jennings at Notre Dame Village Apartments (10190 Pine Grove Trail, Chardon 44024) as we enjoy some mini deserts and a variety of tea flavors. We will be talking famous and not so famous mothers, some you know, and some you might not know! Bring with you a saying that your mom always said to you growing up, or a piece of advice you told your children so we can share some "Mom Wisdom. Call Sandy McLeod to RSVP at 440-279-2137. 2:00-3:30pm. Free.


**Thursday, May 16th: Elderberries**  
Seniors, join us for a history program at Bass Lake Preserve (11445 Lakeview Rd, Chardon 44024) about the interurban that ran through Geauga County in the early 20th century. Lunch will be provided. Registration required by calling Geauga Park District at 440-286-9516. 9:00-12:00pm. **This Program is FULL.**

**Thursday, May 30th: Learning for a Lifetime**  
Held at Kent State Geauga (14111 Claridon Troy Rd, Burton 44021). Choose from a list of classes to make your own schedule for the day! Our classes cover a wide spectrum of interests and provides you with an opportunity to challenge and invigorate yourself. Registration forms available at your local senior center. \$10 per person.

**Gauga Cyclists:** Every Tuesday. Meet at the Eagles Baseball Field on Park Avenue (Chardon). We will ride on the Maple Highland Trail. You must have your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Call Melissa for questions at 440-279-2167. 9:00am.

**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.

**Gauga Walkers & Walking for Wellness**  
Monthly schedules are posted in the newsletter for locations. If you would like a schedule for the year/quarter, call Melissa Wheeler at 279-2167.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Sandy McLeod</b> Senior Centers' Supervisor 440-279-2137</p> <p><b>Melissa Wheeler</b> 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 &amp; VT 11:30-12:30 Book Discussion GW</p>	<p>2</p> <p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:15-12:15 Pedaling for Parkinson's OH 12:00-2:30 Lunch &amp; Movie WG</p>	<p>3</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>
<p>6</p> <p>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</p>	<p>7</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:00-11:45 Balance Exercise CSC &amp; VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>8</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>	<p>9</p> <p>9:00-10:30 Walking for Wellness OS 11:00-11:00 Strength &amp; Cardio WG &amp; VT 11:15-12:15 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL</p>	<p>10</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>
<p>13</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC 2:00-3:30 Mother's Day Tea OS</p>	<p>14</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:00-11:45 Balance Exercise CSC &amp; VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>15</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>	<p>16</p> <p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:15-12:15 Pedaling for Parkinson's OH 12:00-2:00 GPD Elderberries OS</p>	<p>17</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>
<p>20</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:30 Floor Exercises CSC</p>	<p>21</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:00-11:45 Balance Exercise CSC &amp; 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</p>	<p>22</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>	<p>23</p> <p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:15-12:15 Pedaling for Parkinson's OH</p>	<p>24</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>
 <p>27</p>	<p>28</p> <p>9:00-10:30 Geauga Cyclists OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT 11:00-11:45 Balance Exercise CSC &amp; VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS</p>	<p>29</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>	<p>30</p> <p>9:00-10:30 Walking for Wellness OS 9:30-1:30 Learning for a Lifetime OS 10:00-11:00 Strength &amp; Cardio WG &amp; VT <b>NO PEDALING FOR PARKINSON'S TODAY</b></p>	<p>31</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC &amp; VT</p>