

The Geauga senior news

Geauga County Department on Aging

May 2024

Senior Day 2024

“Music in the Meadow”

Thursday, June 27th

11:00-2:30pm

Join the Geauga County Department on Aging for our Annual Senior Day Celebration! This year the event will be held at the beautiful Meadow Ridge Events property. Activities begin at 11:00AM, catered lunch served at 12:00PM, and our musical guest entertainment, NorthCoast Mix will play from 12:00- 2:30PM. NorthCoast Mix prides itself in its diversity of musical styles — There is something for everyone! The venue is handicap accessible, with grass and gravel parking lot.

\$45

Per Person



Meadow Ridge Events
17305 Mayfield Rd.
Windsor, OH 44099

Sponsored By:



Please complete registration form below and mail with payment to:
Geauga County Department on Aging, 12611 Ravenwood Dr., Suite 200, Chardon 44024

Cost: \$45 Date: Thursday, June 27th Site: Community Event: Senior Day Deadline: Friday, June 14th or until filled

Name: _____ Phone Number: _____

Address: _____ Registered for 2024? Yes No

Receipt #: _____ Date Received: _____ Staff Initial: _____





What's New in this Issue

SENIOR DAY 2024.....	1	DINNER & MOVIE	16
INDEX, NEWSLETTER INFO	2	WALKING WELLNESS, DOYLE PRESENT .	17
PLATINUM PATRONS	2	ARMCHAIR TRAVEL, OUT TO LUNCH	17
MEDICARE SAVINGS & EXTRA HELP	3	FOOD CLUB, SUMMER PARTY	17
HEAP INFORMATION	3	CINCO DE MAYO	17
COMMUNITY CALENDAR	4 & 5	YOUNG OF HEART, TRAVINGO	18
CHARDON CALENDAR	6 & 7	GARDEN CLUB, GOLF & POLKA	18
BAINBRIDGE CALENDAR	8 & 9	LUNCH & LEARN	18
WEST GEAUGA CALENDAR.....	10 & 11	BREAKFAST CLUB, MYSTERY BFAST	19
MIDDLEFIELD CALENDAR.....	12 & 13	MIMOSA, SELF DEFENSE, LUNCH LEARN	19
AARP SAFE DRIVER, MOTHER'S DAY	14	BDAY BINGO, MONDAY MOVIES	19
CHIEF YOUNG, DAVID EXPLAINS.....	14	PLANNING FOR LOVED ONES	19
MUSIC MOVES YOU, CRAFT CLASS	14	CYCLISTS, AGE WELL LUNCH & MOVIE ..	20
BOOK CLUB, COOKING DEMO	14	COOK W/ KERI, LUNCH & MOVIE	20
LIMITLESS LEARNING	15	CRAFTING, EVERLY TRIBUTE	20
NEVER ENDING KNOWLEDGE	15	TRASH PICK-UP, BAIN WALKING GROUP	21
BOOK DISC, TECH FAIR	15	HISTORY CLEVELAND, NO BAKE CLASS .	21
HISTORY OF LAKE BRANCH B&O RAIL	15	REGISTRATION FOR EVENTS	22
ADS, MEDICARE, GEAUGA WALKERS.....	16	MONTHLY FOOD MENU.....	23
DIABETES & PARKINSON'S SUPPORT	16	LUNCH, PHASE 5 TRIBUTE, MOVIE DAY ..	24

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 | 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, Members of Newbury Class of 1956, Newbury

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, Alan and Peggy Bialosky

Do you Qualify for Assistance with Your Medical Bills or Prescription Medicines?

Contact a GDA Social Worker at (440) 279-2130, for assistance with your application!

Medicare Savings Programs (MSPs) & “Extra Help” Program

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.

Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescriptions drug costs.

QMB			SLMB			QI			Extra Help		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,275	\$ 9,430	Single	\$1,526	\$ 9,430	Single	\$1,715	\$ 9,430	Single	\$1,903	\$17,220
Married	\$1,724	\$14,130	Married	\$2,064	\$14,130	Married	\$2,320	\$14,130	Married	\$2,575	\$34,360

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.

HEATING ASSISTANCE AVAILABLE/APPLICATION DEADLINE: MAY 31, 2024

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.

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) 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.

Contact a GDA Social Worker at (440) 279-2130, for assistance with your application!

Monthly Highlights

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

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.

May 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>
<p>6</p> <p>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</p>	<p>7</p> <p>9:00-10:30 Gauga Cyclists OS 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 Gauga Walkers OS</p>
<p>13</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Boxing Class CSC 12:00-12:00 Floor Exercises CSC 2:00-3:30 Mother's Day Tea OS</p>	<p>14</p> <p>9:00-10:30 Gauga Cyclists OS 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 Gauga Walkers OS</p>
<p>20</p> <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>21</p> <p>9:00-10:30 Gauga Cyclists OS 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 Gauga Walkers OS</p>
<p>27</p> 	<p>28</p> <p>9:00-10:30 Gauga Cyclists OS 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 Gauga Walkers OS</p>

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</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</p>	<p style="text-align: right;">2</p> <p>9:00-10:30 Walking for Wellness OS 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;">3</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">8</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>	<p style="text-align: right;">9</p> <p>9:00-10:30 Walking for Wellness OS 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;">10</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">15</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>	<p style="text-align: right;">16</p> <p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH 12:00-2:00 GPD Elderberries OS</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</p>
<p style="text-align: right;">22</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>	<p style="text-align: right;">23</p> <p>9:00-10:30 Walking for Wellness OS 10:00-11:00 Strength & Cardio WG & VT 11:15-12:15 Pedaling for Parkinson's OH</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</p>
<p style="text-align: right;">29</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>	<p style="text-align: right;">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 & Cardio WG & VT NO PEDALING FOR PARKINSON'S TODAY</p>	<p style="text-align: right;">31</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>



Chardon Senior Center

440-279-2126

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

Wednesday, 5/1: Sweet Treat Drive-Thru at Heather Hill. FREE

Wednesday, 5/1: Lego Club. Have you seen the floral Lego sets, made for adults? This month, we will be getting together to make Lego daffodils. We have all the supplies! \$15; call to register today!

Friday, 5/3: Lunch & Speaker, Kathie Doyle; "The Great Depression" FREE

Tuesday, 5/7: Lunch and Learn; The History of the Lake Branch of the B&O Railroad. FREE

Thursday, 5/9: Breakfast Club at Bob Evans! Cost is "on your own." Call the senior center to let us know you'll be joining us!

Monday, 5/13: Book Club: Appalachian Kid, by John Boyle.

Tuesday, 5/14: Lunch and Learn; May Almanac Program. FREE

Wednesday, 5/15: Heather Hill Cooking Demo. Space is limited.

Monday, 5/20: Craft Making to send out to Home Delivered Meals Recipients. FREE

Tuesday, 5/21: Iris Folding. \$1.50 per card.

Tuesday, 5/21: Brain Games with Ohman Family Living. FREE

Thursday, 5/23: Lunch and No-Bake Class. \$2

Friday, 5/31: Birthday Bingo and Pizza Party. May birthdays are free. \$5 for everyone else!

The Drive-Thru at Heather Hill on JUNE 5 will be a "PARK and TOUR" of Heather Hill. Please sign up for either a 12:00 tour, or a 12:30 tour. When you get to HH on JUNE 5, park and come inside for a tour and your sweet treat! And of course, to say "thank you" to our wonderful community partners at Heather Hill! Call the senior center to register early!

MONDAY	TUESDAY
Becky O'Reilly Recreation & Education Coordinator Nancy Niehus, Ginny Lester & Ellie Rickard Recreation & Education Assistant Coordinators	Beth Oliverio Information and Referral Specialist Elle Rickard Kitchen Coordinator
<div style="text-align: right; font-weight: bold;">6</div> <p>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</p>	<div style="text-align: right; font-weight: bold;">7</div> <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 12:00-1:30 Lunch & Learn 12:30-4:00 Game Day 2:00-3:30 Raccoon County Ramblers Practice 2:00-3:00 Floor Pilates \$3</p>
<div style="text-align: right; font-weight: bold;">13</div> <p>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 "Appalachian Kid," by Sarah Penner</p>	<div style="text-align: right; font-weight: bold;">14</div> <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 12:00-1:30 Lunch & Learn 2:00-3:30 RCR Practice 2:00-3:00 Floor Pilates \$3</p>
<div style="text-align: right; font-weight: bold;">20</div> <p>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 Craft Making for Home Delivered Meals</p>	<div style="text-align: right; font-weight: bold;">21</div> <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 12:30-1:30 Parkinsons Group 1:00-2:00 Brain Health Games 2:00-3:00 Diabetes Support 2:00-3:30 RCR Practice 2:00-3:00 Floor Pilates \$3</p>
<div style="text-align: right; font-weight: bold;">27</div> <div style="text-align: center;">  </div>	<div style="text-align: right; font-weight: bold;">28</div> <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
<p style="text-align: right;">1</p> <p>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 1:00-3:00 Lego Club 1:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p style="text-align: right;">2</p> <p>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)</p>	<p style="text-align: right;">3</p> <p>9:30-11:30 Stained Glass 11:00-11:45 Balance Exercise 11:30-1:30 Lunch & Speaker Series with Kathie Doyle 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 1:00-4:00 Euchre Card Club</p>
<p style="text-align: right;">8</p> <p>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</p>	<p style="text-align: right;">9</p> <p>9:30 Breakfast Club at Bob Evans 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)</p>	<p style="text-align: right;">10</p> <p>9:30-11:30 Stained Glass 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</p>
<p style="text-align: right;">15</p> <p>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</p>	<p style="text-align: right;">16</p> <p>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)</p>	<p style="text-align: right;">17</p> <p>9:30-11:30 Stained Glass 10:00-10:45 Balance Exercise 1:00-2:00 Chair Volleyball 1:00-4:00 Bridge Group 1:00-4:00 Euchre Card Club</p>
<p style="text-align: right;">22</p> <p>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</p>	<p style="text-align: right;">23</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 11:00-12:30 Lunch & No-Bake Class 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p style="text-align: right;">24</p> <p>9:30-11:30 Stained Glass 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</p>
<p style="text-align: right;">29</p> <p>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</p>	<p style="text-align: right;">30</p> <p>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)</p>	<p style="text-align: right;">31</p> <p>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</p>

Bainbridge Bulletin

Movie Matinee

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

Wednesdays & Fridays in May:

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, May 14:

Sandwich & Soup Salad Lunch: Join the Bainbridge Senior Center for a BLT and Caesar salad lunch on May 14.. We will start serving at noon with \$5 due at registration and due by Friday, May 10th, 2024.

Thursday, May 9:

David Explains: Royal Abdications. George IV took the English throne on May 12, 1937, following his brother's abdication. David will go over some famous abdications throughout history. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, May 21:

The Bainbridge Book Club will be discussing Memoir May. 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, May 30:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and May birthdays are free to attend. The cost is \$5 for every-one else. May's menu is French toast casserole, bacon, and fruit. Please RSVP by Tuesday, May 24th.

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

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.

TUESDAY

Recreation & Education Coordinator

David Craig

Recreation & Education Assistant

Keri Skrtic

6

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
(The Terror of Tiny Town)
2:30-3:15 Cardio Drumming

7

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

13

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
(Billy Jack Goes to Washington)
2:30-3:15 Cardio Drumming

14

9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-12:30 Sandwich & Salad Lunch: BLT & Caesar Salad
12:30-2:30 Mahjong
12:30-1:30 Art Class with Fairmount Center for the Arts

20

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
(Plan 9 From Outer Space)
2:30-3:15 Cardio Drumming

21

8:00-9:00 Walking Group
9:45-10:15 Balance Exercise
10:00-12:00 Mexican Train
12:00-12:30 Lunch
12:00-1:00 Book Club: Memoir May
12:30-2:30 Mahjong
12:30-1:30 Art Class with Fairmount Center for the Arts

27



28

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

Bainbridge Senior Center
17751 Chillicothe Rd. Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-9:30 All-Around Exercise (\$3) ¹ 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 1:30-3:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>9:45-10:15 Balance Exercise ² 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>8:30-9:30 All-Around Exercise (\$3) 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>8:30-9:30 All-Around Exercise (\$3) ⁸ 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>9:45-10:15 Balance Exercise ⁹ 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 1:00-2:00 David Explains: Royal Abdications 2:00-3:00 Yoga Nidra 3:00-4:00 Cooking with Keri <i>*Prior Registration Required*</i></p>	<p>8:30-9:30 All-Around Exercise (\$3) ¹⁰ 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>8:30-9:30 All-Around Exercise (\$3) ¹⁵ 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>9:45-10:15 Balance Exercise ¹⁶ 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>8:30-9:30 All-Around Exercise (\$3) ¹⁷ 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 11:30-2:30 Summer Kickoff Cook Out <i>(Prior Registration Required)</i> 12:00-12:30 Lunch 1:00-2:00 Limitless Learning</p>
<p>8:30-9:30 All-Around Exercise (\$3) ²² 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>9:45-10:15 Balance Exercise ²³ 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>8:30-9:30 All-Around Exercise (\$3) ²⁴ 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>8:30-9:30 All-Around Exercise (\$3) ²⁹ 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>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 ³⁰</p>	<p>8:30-9:30 All-Around Exercise (\$3) ³¹ 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>

News-worthy Notes

ALL events/classes with the (VT) symbol listed after it, are available both LIVE and on Virtual Teams Never Ending Knowledge-Churches Wednesdays 1-2pm

May 1 ~ #1 "St. Peter's Basilica"

#2 "The Wieskirche in Bavaria"

May 8 ~ #1 "La Compania and Las Lajas Sanctuary"

#2 "Guadalupe and the Cathedral of Mexico City"

May 15 ~ #1 "Four Great American Churches"

#2 La Sagrada Familia

May 22~ #1 "Iceland's Hallgrímskirkja"

#2 "Two Churches in Seoul, Korea"

END OF CHURCHES - Next UP "The Wonder of Birds

The Genius of Michaelangelo - Thursdays 11:30-12:30pm

May 2 ~ #1 The Laurentian Library

#2 Florence - A Republic under Siege, 1527-34

May 9 ~ #1 A New Aesthetic - The "Non-Finito"

#2 Michelangelo's Drawings, 1520-40

May 16 ~ #1 The "Last Judgment"

#2 The "Last Judgment," Part 2

May 23 ~ #1 The Pauline Chapel

#2 The Completion of the Julius Tomb; Poetry

WGSC Mystery Breakfast & More.....

MAY 17th 8:30-10:30 -MAY IS **MYSTERY** month, and WEST G is celebrating with a MYSTERY Breakfast & More.....We'll start out the morning with a filling breakfast, maybe play some games, maybe have a speaker, who knows, its all a mystery. What we do know is You'll Have FUN!! Cost: \$5, RSVP and due by May 10th

AARP SAFE DRIVER COURSE

May 17th 9:00-1:30pm - Bring your Drivers License and AARP CARD, Pre-Registration starts at 8:45am. Cost for AARP members is \$20 ~ Non members \$25. Hot lunch is available however you must order your lunch when registering for the course. Deadline is May 6th. Make checks payable to AARP & give directly to instructor. Call 440-279-2163 by MAY 6th to register.

Cookies with the Chief

May 20th at 12:30pm Seniors will have the chance to meet Chief Young in an informal setting. Chief Young will give seniors information important to their community. This is a free event RSVP required by May 13th.

Craft with Millissa

May 21st~ 12:30-1:30 Craft will be a wooden Bead Wreath-You'll receive all the supplies needed plus instructions to make your own 14 inch wreath. Cost is \$10, RSVP & Payment due by MAY 13th

Arm Chair Travel with a TWIST

May 28th 12:30-2:30 We will visit GRANADA SPAIN! Begin your Travels listening to music while you sample small plates of cuisine from the area. Following, refresh-ments, enjoy a documentary featuring the area we are visit- ing. After the documentary we will make a craft popular to the area - For Granada, we'll make paper mache trinket bowls. Cost:\$5 RSVP BY MAY 20

Lunch & TRIVINGO

May 31st- For the Very First Time, we introduce to you a new game, created by Christine Bacon, its called "TRIVINGO". This is NOT your ordinary letter and number Bingo Game. This is a form of picture bingo (ALL CLASSIC TV SHOW TITLES), along with Trivia questions from each of the classic tv shows from the past! All trivia is multiple choice, and you do not have to participate in it, you can just say "PASS" and we will move on to the next person. A Boxed Lunch is Included, and there will be MANY PRIZES, including a GRAND PRIZE at the end of the event! Cost \$7, RSVP and payment due by 5-24.

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 the WGSC.

6
8:30-10:30 Italian Card Game
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

7
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 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

13
8:30-10:30 Italian Card Game
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
12:30-5:30 *Matinee Movie & a Meal Out*
1:00-3:00 Mahjongg

14
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 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

20
8:30-10:30 Italian Card Game
9:00-10:00 Water Exercise
-Metz Pool
10:00 -10:55 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:30-1:30 *Cookies w/the Chief of Police*
12:00-1:00 Water Exercise-Metz Pool
1:00-3:00 Mahjongg

21
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 Seated Strength&Weights
12:00-3:00 Bridge Group
12:30-1:30 Craft w/Millissa \$10
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet
3:00-4:00 Senior Spin at "O" Holly

27
MEMORIAL DAY
ALL SITES CLOSED
MEMORIAL DAY
HONORING ALL WHO SERVED



28
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 Seated Strength&Weights
12:00-3:00 Bridge Group
12:30-2:30 **Arm Chair Travel with a Twist "Granada, SPAIN" \$5**
12:30-1:30 Taiji-FIT \$3
12:30-2:30 Knit & Crochet
3:00-4:00 Senior Spin at "O" Holly

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

WEDNESDAY	THURSDAY	FRIDAY
1	2	3
<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 1:00-2:00 Never Ending Knowledge ~Worlds Greatest Churches</p>	<p>9:00-10:00 & 10:00-11:00 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 ~ART History 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly</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 1:00-3:00 Board Games</p>
8	9	10
<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 ~Worlds Greatest Churches</p>	<p>9:00-10:00 & 10:00-11:00 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 ~ART History 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 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 1:00-3:00 Board Games</p>
15	16	17
<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 ~Worlds Greatest Churches</p>	<p>8:30-10:30 Italian Card Game 9:00-10:00 & 10:00-11:00 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 ~ART History 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly</p>	<p>8:30-10:30 Italian Card Game 8:30-10:30 Mystery Breakfast \$5 9:00-1:30 AARP Safe Driver Course 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO NO CARDIO DRUMMING TODAY 12:30-1:15 Balance Exercise 1:00-3:00 Board Games</p>
22	23	24
<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 ~Worlds Greatest Churches</p>	<p>9:00-10:00 & 10:00-11:00 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 ~ART History 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 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 1:00-3:00 Board Games</p>
29	30	31
<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 12:30-4:00 Mahjong Mixer</p>	<p>9:00-10:00 & 10:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 Seated Strength & Weights NO NEVER Ending Knowledge Today 2:00-3:00 & 3:00-4:00 Senior Spin at "O" Holly 5:00-7:00 DINE NITE OUT ~TBA</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 12:00-2:00 Lunch & Trivingo \$7 NO BALANCE CLASS TODAY 1:00-3:00 Board Games</p>

Middlefield Senior Center

440-632-0611

Monday Crafts at 1pm
6th Mothers Day Rag Basket
 And mini gifts (\$10)
13th Painted Glass Dish (\$5)
20th Crafting w Marsha Donation.

Food Club
 Thursday May 9th
 Thursday May 23rd
 Cost \$5.00 Each class.
 Try new and healthy foods!

Friday May 3rd
 Cinco de Mayo Presentation
 Taco Bar Lunch at 12 (\$3)

Wednesday May 8th
 Touring Geauga County with
 Ginny! And Lunch out.

Friday May 10th
 Senior Prom
 with Burton Health Care! Live
 entertainment and lunch.

Monday May 13th
 Craft sponsored by the Middlefield
 Library. (Fairy Garden)
 Please bring a used tea cup for
 your garden! No Cost.


Thursday May 16th
 Mock Mimosas & charcuterie
 boards on the deck! (\$5)

Friday May 17th
 Harmony in May presentation.


Wednesday May 22nd
 1-3pm Self Defense with the
 Middlefield Police Department.

Thursday May 23rd
 Movie and popcorn at Briar
 Where the Crawdads Sing

Friday May 24th
 Monthly Breakfast (\$3)
 Memorial Day lunch
 on the deck! (\$3)
 Kathie Doyle
 10:30am
 Johnstown Flood
 No Charge.

Middlefield Senior Center 440-632-0611	
MONDAY	TUESDAY
Please call to register for lunch, crafting & special events.	
6	7
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	Recreation & Education Coordinator Hannah Heinz Assistant Recreation & Education Coordinator Ginny Lester Nancy Niehus 10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
13	14
10am Crafting Monday 10am Balance Exercise 11am Crafting with the Middlefield Library 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
20	21
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 1pm Chair Volleyball
27	28
	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 12:30 Chair Volleyball Closed at 2pm for Staff Development

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

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">1</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">2</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">3</p> <p>10am Chair Exercise Video 11am Cinco de Mayo presentation 12pm Cinco de Mayo Taco Lunch \$3 1pm Chair Volleyball</p>
<p align="right">8</p> <p>8am-10am Social Work Appointments with Michelle 10am Balance Exercise 11am Touring with Ginny 12pm Lunch 1pm Chair Volleyball 2pm Mothers Day Tea at Blossom</p>	<p align="right">9</p> <p>10am Movement with Ginny 11am Food Club \$5 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">10</p> <p>10am Chair Exercise Video 12pm Senior Prom with Burton Health Care</p> 
<p align="right">15</p> <p>10am Balance Exercise 11am BINGO with Dawn 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">16</p> <p>10am Movement with Ginny 11am National Mimosa Day Mock Mimosas on the deck (\$3) 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">17</p> <p>10am Chair Exercise Video 11am Harmony in May Balancing Body & Mind 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">22</p> <p>10am Balance Exercise 12pm Lunch 1pm-3pm Self Defense with Middlefield Police Department</p>	<p align="right">23</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">24</p> <p>10am Monthly Breakfast 10:30am Kathie Doyle 12pm Memorial Day Lunch on the Deck (\$3) 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">29</p> <p>10am Balance Exercise 12pm Lunch 1pm BINGO sponsored by Burton Health Care 2pm Chair Volleyball</p>	<p align="right">30</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">31</p> <p>10am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball</p>

AARP SAFE DRIVER COURSE at West G Senior Center

May 17th 9:00am-1:30pm *8090 Cedar Rd, Chesterland * Call to register by MAY 6th* Call 440-279-2163. Bring your Drivers License and AARP CARD, Pre-Registration starts at 8:45am. Cost for AARP members is \$20 ~ Non-Members \$25. Hot lunch available however you must order your lunch when registering for the course. May 6th Deadline. Make checks payable to AARP & give directly to the instructor.

Mother's Day Tea

Join GDA and Jennings at Notre Dame Village Apartment Cafeteria (10980 Pine Grove Trail, Chardon 44024) on Monday, May 13th at 2:00pm for tea and dessert as we celebrate the famous and not so famous mothers of the world. 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 in some "Mom Wisdom." Call Sandy McLeod to RSVP at 440-279-2137.

Cookies with the Chief at the West G Senior Center

May 20th at 12:30pm. Seniors will have the chance to meet Chesterland's Chief Young in an informal setting. Chief Young will give seniors information important to their community, talk about current scams and how to protect yourself. This is a free event, but reservations are required by May 13th.

Cookies & punch served to all in attendance.

Let's support our Chief of Police and give him a good turnout!!

David Explains

David Explains Royal Abdications. David will explain the vast history of abdicating royalty. Dive into the myriad of royals leaving the throne for a wide variety of reasons. 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.

New Program ~ MUSIC MOVES YOU with Laura at WGSC

Thursday MAY 9th & 23rd 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, Thursdays May 9th and 23rd at noon. If you'd like a lunch too, RSVP by the preceding Monday of the week before. Questions or to sign up call (440) 279-2163

Craft Sponsored by the Middlefield Library

At the Middlefield Senior Center. Monday May 13th, At 11am. No cost. Must pre-register for this event. The library will be making a fairy garden with us! Please bring in a teacup to use as your base all other supplies provided.

Bainbridge Book Club

The Bainbridge Book Club will meet at the Bainbridge Senior Center on Tuesday, May 21st from 12:00-1:30 pm and May's theme is Memoir May. Join us to discuss celebrity memoirs. Choose from old Hollywood icons to modern stars to sports stars to anyone of interest! Please call (440) 279-1313 with any questions or to register.

Cooking Demo at Ohman Family Living at Blossom

Please join us on Monday, June 10th from 11:30-1:00pm on the patio for a healthy, hands-on cooking demonstration presented by Ohman Family Living at Blossom (12496 Princeton Rd., Huntsburg 44046). Enjoy a free healthy and appetizing meal. Space is limited to 25. Please call Dawn at Ohman Family Living at 440-632-3653.

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) afternoons. Each week two half hour topics will be shown from the same course. Wednesdays will finish The Great Revolutions of Modern History and move to Wonders of the National Parks: A Geology of North America. Friday's will be Banned Books, Burned Books: Forbidden Literary Works.

- May 1st:** The Revolutionary Year of 1989/The TV Revolution in Your Living Room
- May 8th:** Yellowstone: Microcosm of the National Parks/Yellowstone's Cataclysmic Origins & Future
- May 15th:** Grand Teton and Jackson Hole/Hawaii Volcanoes: Earth's Largest Mountains
- May 22nd:** The Hawaiian Islands and Maui's Halekala/Mount Saint Helen , Lassen Volcanic, Rainier
- May 29th:** Crater Lake, Olympic, North Cascades/Volcanoes of Alaska: Katmai and Lake Clark
- May 3rd:** The Defense of Lady Chatterley's Lover/Censors from the Inquisition to the Puritans
- May 10th:** Anthony Comstock's Moral Crusade/Books on Fire: The Reformation to Rushdie
- May 17th:** Allen Ginsberg's Alarming "Howl"/Holden Caulfield's Subversive Voice
- May 24th:** Artistry, Morality, and Nabokov's Lolita/Authors Who Censor Themselves
- May 31st:** The Hidden Dragons of Fairy Tales/Contested Classics of Children's Literature

Never Ending Knowledge Series Continues at WGSC

Schedule – MAY (Worlds Greatest Churches & Cathedrals)

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

May 1st ~ #1 St. Peter's Basilica **#2** The Wieskirche in Bavaria

May 8th ~#1 La Compania & Las Lajas Sanctuary, **#2** ~Guadalupe & the Cathedral of Mexico City

May 15th ~ #1 Four Great American Churches, **#2** La Sagrada Familia

May 22nd ~ #1 Iceland's Hallgrímskirkja, **#2** Two Churches in Seoul, Korea

May 29th NO CLASSES

Art History Schedule MAY (The Genius of Michaelangelo)

May 2nd ~ #1 The Laurentian Library, **#2** Florence—A Republic under Siege, 1527–34

May 9th ~ #1 Inventing a New Aesthetic-The "Non-Finite", **#2** Michelangelo's Drawings, 1520–40

May 16th ~ #1 The "Last Judgment", **#2** The "Last Judgment," Part 2

May 23rd ~ #1 The Pauline Chapel, **#2** The Completion of the Julius Tomb; Poetry

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

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, May 1st (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: The Rachel Incident by Caroline O'Donoghue

Thursday, May 9th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm. Discussing: Wish You Were Here by Jodi Picoult

SAVE THE DATE – GEAUGA SENIOR TECHNOLOGY FAIR

Wednesday, August 14th from 10:00am-2:00pm at Lakeland Community College (7700 Clocktower Drive, Kirtland 44094) in the Health Technologies Building.

Additional information will follow in June newsletter!

The History of the Lake Branch of the B&O Railroad

Tuesday, May 7, from 12:00 p.m. – 1:30 p.m., at the Chardon Senior Center. The B&O Railroad once ran through our region, including Chardon and Middlefield. This was in the early 1900's through 1981. Learn about the industries along the railroad and the interesting and funny things that happened long the way! Includes lunch. Registration is required by calling 440-279-2126.

Adult Day Services

The Adult Day Service (ADS) provides enrichment activities, weekdays, for Geauga County seniors who are in need of a caring, positive, and structured environment for seniors with early to mid-stages of memory loss, cognitive impairment or dementia. Each day seniors are offered physical, cognitive, and social stimulation. There is no charge for the service, donations are greatly appreciated.

Hot lunch and a snack are provided each day and free transportation is available.

The Adult Day Service is not a medical based program and no medications will be given. Seniors must be able to toilet and feed themselves.

The ADS is available Monday through Friday from 8:30AM until 2:30PM. The Adult Day Service is located at 8090 Cedar Road in Chesterland. To reach a ADS representative call (440) 279- 2149.

Medicare Preventative Services

Did you know that Medicare covers a full range of Preventative Services? These services include exams, screenings, shots, and lab tests and are available to Medicare enrollees to help keep you healthy. To learn more about Medicare covered Preventative Services visit Medicare.gov or contact Social Services at the Department on Aging for a free Guide to Medicare Preventative Services.

GEAUGA WALKERS

DATE	PARK	PARKING
MAY 7*	Big Creek Park	9160 Robinson Rd, Chardon. Maple Grove Shelter
MAY 14	Lucia Nash Preserve	Snow Road off Starford, Burton. CARPOOL. (Sign: GPS ineffective)
MAY 21*	Swine Creek	Lodge Valley Trail, 16004 Hayes Road, Middlefield
MAY 28*	Blue Heron Preserve	14747 Ravenna Road (Rt 44), Burton. (East Side, just south of Rt 87) CARPOOL

All walks begin promptly at 1:00. * A Naturalist will accompany us on these walks. Contact Geauga Department of Aging at (440) 279-2167 for additional information and schedules.
Contact Geauga Department of Aging at (440) 279-2167 for additional information.”

Diabetes Support Group – Ask a Pharmacist

Join us on Tuesday, May 21st at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Bring your medication list. The UH Geauga Pharmacy team will be talking about Diabetes Medications, how it works, and how keeping your blood sugar stable is so important.
For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Parkinson’s Support Group - Speech Therapy

Join us on Tuesday, May 21st at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Catherine Mayer, SLP, Speech Therapist from UH Geauga, will be talking about swallowing, voice issues, and ways you can improve your speech. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Dinner & Movie with your West G Senior Center Friends

MAY 13th – 12:30-5:30pm This month is Dinner & a Movie on a Monday (special \$6 movie day) First a movie at Atlas Cinema Eastgate10, then immediately following the movie we will walk across the parking lot for dinner at The Winking Lizard. The Movie and Showtime will be announced the Monday prior on MAY 6th. Just call ahead to let us know you are coming, so we can reserve your seat.
We will call everyone on the 6th to let you know what the Movie/Times will be. 440-279-2163.
Cost is “On Your Own”. RSVP by MAY 9th

Walking for Wellness - NEW SUMMER HOURS!

Every Thursday at 9:00am. 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	ADDRESS
5/2	Bessie Benner Metzenbaum Park	7940 Cear Road, Chesterland 44026
5/9	Modroo Preserve	15695 Hemlock Rd, Russell 44072
5/16	Big Creek Park	9160 Robinson Rd, Chardon 44024 Meet at the Donald W. Meyer Center
5/23	Thompson Ledges	16755 Thompson Rd, Thompson Afterwards, Breakfast at Stocker’s on the Square (6831 Madison Rd, Thompson) – CASH ONLY
5/30	Chickagami Park	17957 Tavern Road, Parkman 44021

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

Friday, May 3, from 11:30 a.m. – 1:30 p.m., at the Chardon Senior Center. This month’s topic is “The Great Depression.” We will start with the presentation and follow with lunch! This is a free event, but registration is required by calling 440-279-2126.

Armchair Travel with a Twist at WGSC

MAY 28TH 12:30-2:30 ~ WE WILL VISIT GRANADA SPAIN!

Begin your Travels listening to music while you sample small plates of cuisine from the area. Following, refreshments, enjoy a documentary featuring the area we are visiting. After the documentary we will make a craft popular to the area – For Granada, we’ll make paper-mache trinket bowls.
Cost: \$5 RSVP BY MAY 20th

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!

May 1st: LeeAngelo’s (324 Aurora Commons Dr) **May 8th:** Coyote (8535 Tanglewood Square)
May 15th: Chicago Deli (34390 Aurora Rd) **May 22nd:** Buckeye Café (8555 Tanglewood Square)
May 29th: City BBQ (6372 SOM Center Rd)

Food Club at Middlefield Senior Center

At the Middlefield Senior Center, Thursday, May 9th, 2024, and Thursday May 23rd, 2024. 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 440-632-0611to register.

Middlefield Senior Center and Briar Summer Party!

Please join us for a Summer Kick-Off event on Thursday, June 13th 4:30-7pm at Briar Cliff Manor. A fun-filled evening of bingo, music and dinner. More info to come! Call Middlefield senior center with questions and to register! 440-632-0611

Cinco de Mayo Presentation & Lunch

Middlefield Senior Center. Friday May 3rd, Presentation at 11am Lunch at 12pm. Cost \$5.00 Learn about Cinco de Mayo and enjoy tacos and Mock Margaritas! Please call 440-632-0611to reserve your spot!

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 May 3, Janet Creighton will take us "Behind the Scenes at the White House."

On May 17, we will be entertained by Ron Papaleo with his vocals, keyboard and accordion. We will be going to the Atlas Movie Theatre behind Eastgate on May 24 at 12:00. Movie TBD. Cost is \$5 for the movie or \$10 for movie, popcorn and drink.

On Thursday, May 9, we will be going to Bucyrus for a tour at Copper Kettle Works, and stops at Grandpa's Cheese Barn, Cooper's Mill and Market, Crossroad Factory Store and more. Lunch will be 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 Tuesday, July 16, to see "Ruth", a Sight and Sound production. Cost is \$95.

Call Kimber at (440) 668-3293 to see if space is still available for these events.

Lunch & TRIVINGO at West G Senior Center ~NEW

MAY 31st 12:00-2:00pm- For the Very First Time, we introduce to you a new game, created by Christine Bacon, it's called "TRIVINGO". This is NOT your ordinary letter and number Bingo Game. This is a form of bingo, it's on the same type of grid with 25 squares and same game winning 5 in a row method. There are over 75 classic TV shows used and scrambled on the cards, along with CLASSIC TV trivia questions. All trivia is multiple choice, and you do not have to participate in it, you can just say "PASS" and we will move on to the next person. A Boxed Lunch is Included, and there will be MANY PRIZES, including a GRAND PRIZE at the end of the event! Cost \$7, RSVP and payment due by 5-24-24. There will be novelties for prizes, AND scratch off Lottery Tickets!! You Could WIN BIG!!!

Call for more Info: 440-279-2163

Bainbridge Garden Share Club

New for 2024! Want to streamline your garden? Or join forces with another gardener to trade? Or maybe you just need a place to unload all that extra produce, so it doesn't go to waste? Do you need to get (or give) some advice on composting, pest control, etc.? If any of those apply, then join our Garden Share Club! First meeting will be Thursday, May 2nd at noon at the Bainbridge Senior Center. Meetings will be held monthly with updates as needed. If you are interested or have any questions, please contact Keri, (440) 279-1313.

Looking ahead to June! Mark your calendar for Tuesday, June 18th, 2024, at the Senior Center we will be zooming with author Kathy Schulz about the underground railroad in Ohio. Please call 440-632-0611 to reserve your spot!

Polka Your Putt-Off Seniors Miniature Golf League

Geauga Department on Aging is hosting a Seniors Miniature Golf League, which will take place at Chip's Clubhouse in Chardon – weekly, starting June 11 and running through July 2, from 10:00 a.m.-12:00 p.m. The final day of the league, we will be joined by Jake Kouwe, of both Chip's Clubhouse AND The Chardon Polka Band, as he plays us polka tunes while we putt around the course! For information or to register, call Chardon Senior Center at 440-279-2126.

Lunch and Learn -

Understanding and Responding to Dementia Behaviors with the Alzheimer's Association

Tuesday, June 4, from 12:00 p.m. – 1:30 p.m., at the Chardon Senior Center. Learn to identify common triggers for behaviors associated with dementia. Learn the process for assessing and identifying challenging behaviors. List strategies to address common dementia-related behaviors. This is a free event and lunch is included. Registration is required by calling 440- 279-2126.

The Breakfast Club of Chardon

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, May 9, at 9:30 a.m. Enjoy breakfast, coffee, and conversation with others! Cost is "on your own." Call 440-279-2126, so we know who to expect!

MYSTERY BREAKFAST & MORE at the WGSC

MAY 17th 8:30-10:30 -MAY IS MYSTERY month, and WEST G is celebrating with a MYSTERY Breakfast & More. We'll start out the morning with a filling breakfast, maybe play some games, maybe have a speaker, who knows, it's all a mystery. What we do know is You'll Have FUN!!
Cost: \$5, RSVP and \$\$\$ Due by May 10th

National Mimosa Day (Mock Mimosas)

Join us at the Middlefield Senior Center Thursday, May 16th, 11am. Cost \$5.00 Enjoy Mock Mimosas and Charcutier boards on the deck! Learn fun facts and tips about mimosas and charcutier boards.
Call 440-632-0611 to reserve your spot!

Self Defense class at the Middlefield Senior Center.

Thursday, May 22, 1pm- 3pm 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 by calling 440-632-0611.

Lunch and Learn – Interesting Facts About May Days! A Look at Our May Almanac!

Tuesday, May 14, from 12 noon – 1:30 p.m. Learn all about the interesting and traditional holidays that take place in May! Also enjoy a taste of the season! This is a free program, but registration is required at 440-279-2126.

Birthday BINGO and Pizza Party at Chardon Senior Center

Join us on Friday, May 31, at 11:00 a.m., when we will be celebrating all of those having celebrated birthdays in May! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and May Birthdays are free! Call to let us know you'll be joining us at 440-279-2126. Thank you to our Bingo and Cake Sponsor, Chardon Healthcare!

MONDAY MOVIES AT CHARDON SENIOR CENTER

May 6 at 12:00 noon: "The Intern.;" May 13 at 12:00 noon: "Field of Dreams."
May 20 at 12 noon: "A League of Their Own." ; May 27 at 12 noon: "The Sandlot." Lunch and desserts will be served while you enjoy the movies! Sign up for one, or all at 440- 279-2126. This is a free event.

Planning for Your Loved Ones

On May 21, at the Bainbridge Senior Center, Andrea Hauserman, MBA, KW Real Estate Planner, Senior RE Specialist and Lisa Alongi, CFP, Advance Planning Specialist and Family Services Advisor, will provide a 12:00 pm to 1:00 pm LEARNING SESSION. Take Control and Steer a Course for Proactive Planning! Join two professionals for a lively and realistic discussion of the Now: What if I want to age in place in my home vs How to best tackle the work of a move? And the Later: Remove the burden from loved ones and Put a Plan in place now to express your wishes for final arrangements. But first they will provide lunch, catered by the TWO CAFÉ, All Organic, Farm to Table Delicious Food. RSVP's are due by May 16 - or earlier if required by David Craig.

Geauga Cyclists

Beginning in May, The Department on Aging will be holding weekly bicycle rides every Tuesday at 9:00am for senior citizens. Meet at Eagles Baseball Field on Park Avenue (Chardon) located between Chase Bank and Tilden Avenue. We will ride southeast on the Maple Highland Trail and back between 10-15 miles. You must bring your own bike and have transportation to the park. Please wear helmets for safety, carry water, and follow park etiquette. Should you have any additional questions, please call Melissa Wheeler at 440-279-2167.

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

Thursday, May 2nd 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.

Cooking with Keri

Keri will teach an easy one-pan dinner for anyone interested on Thursday, May 9th. Our May menu is TBD but we guarantee it will be delicious. Feel free to take your meal home or stay and eat at the center. Space is limited and registration is REQUIRED. Call by Monday, May 6th to guarantee your spot. Questions? Call (440) 279-1313.

Lunch & Movie with your West G Senior Center Friends

MAY 13th – 12:30-5:30pm This month is Dinner & a Movie on a Monday (special \$6 movie day) First a movie at Atlas Cinema Eastgate10, then immediately following the movie we will walk across the parking lot for dinner at The Winking Lizard. The Movie and Showtime will be announced the Monday prior on MAY 6th. Just call ahead to let us know you are coming, so we can reserve your seat. We will call everyone on the 13th to let you know what the Movie/Times will be. 440-279-2163. Cost is “On Your Own”. RSVP by MAY 8th

Craft with Millissa

MAY 21st~ 12:30-1:30 ~this month’s craft will be a wooden Bead Wreath-You’ll receive all the supplies needed plus instructions to make your own 14-inch wreath. Cost: \$10, RSVP & Payment due by MAY 13th

The Everly Brothers Tribute show at Hartville Kitchen

Thursday, August 1, departing by bus from Chardon Senior Center at 8:00 a.m. and returning at approximately 5:00 p.m. \$109, with checks made payable to JKL Tours. Space is limited. “Wake Up, Little Susie,” and “Let It Be Me,” because I am “Crying in the Rain,” as I “Walk Right Back to YOU!,” If you remember all these classic Everly Brothers hits, then you’ll want to join us for this walk down a musical memory lane. This is a wonderful day of entertainment as we see and hear the ZMED Brothers, as they channel the famous Everly Brothers, Don and Phil, in an incredible tribute concert where you’ll remember (and sing along with) all those memorable hits. This is the show where you’ll leave walking out on a cloud! Our day will start by visiting the Hartville Shopping complex with time to visit their inside AND outside variety market before we go into the Hartville Ballroom for a plated lunch that you get to choose tableside (and INCLUDES PIE!) After lunch, we’ll walk to the ballroom to take in this fantastic and fun show. After the show, we’ll have time to shop their on-site Amish Bakery and fine gifts store before heading home. Moderate walking is involved in this bus trip.

For more information, call Becky O’Reilly at 440-279-2126.

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.

Montville Twp	May 8,9,10	Huntsburg Twp	June 6, 7
Claridon Twp	May 8,9	Parkman Twp	June 20, 21
Burton Vlg	May 10	Troy Twp	July 25, 26
Thompson Twp	May 24	Vlg of Middlefield	Aug 15
Burton Twp	May 16,17	Chesterland Twp	Sept 9,10,11,12
Chardon Twp	May 28, 29	Russell Twp	Sept 11,12,13
Auburn Twp	May 30, 31 (100)	City of Chardon	Sept 27
Newbury Twp	June 3,4,5	Middlefield Twp	Oct 3

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.

May's schedule is listed below:

May 7: Holbrook Hollows (Bainbridge)

May 14: Frohring Meadow (Bainbridge)

May 21: River Road Park (Bainbridge)

May 28: Beartown Lake (Auburn)

Historic and Ethnic Cleveland – Bus Tour with several stops along the way!

Friday, July 12, with bus departing from Chardon Senior Center at 7:45AM, and from the West Geauga Senior Center at 8:15AM, and returning at approximately 5:00/5:30PM. Cleveland's International Heritage is based on the many immigrant groups that came in search of a better life, while maintaining the rich traditions, legacy and customs of their native lands. Join us as we travel in one fast-paced day to see the different ethnic cultures and learn the history that makes Cleveland a wonderful mosaic of people and places. We'll start by seeing where Moses Cleveland first landed in 1796, paving the way for others to follow and we'll see where later immigrants settled like Irishtown Bend. We'll stop at German and Lebanese shops to sample their wares and see a special Asian market in our own Chinatown that draws shoppers from all over Ohio. We'll go by an Ohio City church that helped slaves on the Underground Railway escape to the banks of the Cuyahoga, for boats to take them to Canada. We'll have our morning stop at the famous Westside Market (feel free to bring a cooler to keep any purchases fresh!) We'll enjoy a wonderful ethnic meal cooked by the Ladies of Annunciation Greek church! After lunch, we'll learn about the Van Sweringens, who started as small, real estate investors and became reclusive railroad tycoons who built Terminal Tower! We'll see Cleveland's University Circle and the well-known Little Italy, but also visit the original area of Big Italy, and its most famous inhabitant, whose product became a worldwide success and is probably in your kitchen today. Reservations are required and will be taken with payment. Checks are to be made payable to JKL Tours, and remitted to Chardon Senior Center. Price is \$95.00 per person. This trip involves a moderate amount of walking and the ability to go up/down stairs.

Lunch and No-Bake Dessert Class

Thursday, May 23, from 11:00 a.m. – 12:30 p.m., at the Chardon Senior Center. Join us for an early lunch and then after lunch, learn how to make a delicious no-bake dessert! Reservations are required at 440-279-2126. \$2 per person.

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 May 2024

MON	TUES	WED	THU	FRI
		1 TOMATO BASIL CHICKEN PASTA w/ TOMATO SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP	2 TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	3 MINI CORN DOGS CARROTS BAKED BEANS APPLESAUCE CUP KETCHUP PC
6 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP	7 MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	8 BREADED FISH HASHBROWN COINS MIXED VEGETABLES CORN BREAD FRUIT CUP TARTAR SAUCE & KETCHUP PC	9 SWEDISH MEATBALLS w/NOODLES BROCCOLI SLICED CARROTS WHITE BREAD APPLESAUCE CUP	10 JUMBO RAVIOLI w/ SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP
13 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP	14 GRILLED CHICKEN BREAST GREEN BEANS SLICED CARROTS WG HAMBURGER BUN ESCALOPED APPLES MAYO PC	15 STUFFED GREEN CABBAGE W/ TOMATO SAUCE MASHED POTATOES CORN BREAD FRUIT CUP	16 BURGER WITH CHEESE HASH BROWN COINS BAKED BEANS WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	17 MACARONI & CHEESE BROCCOLI SWEET CORN MINI SOFT PRETZEL FRUIT CUP
20 HOT DOG TATER TOTS BAKED BEANS WG HOT DOG BUN APPLESAUCE CUP KETCHUP PC/ MUSTARD PC	21 BBQ CHICKEN BREAST RICE GREEN BEANS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	22 MEATBALLS W/PASTA W/SPAGHETTI SAUCE MIXED VEGETABLES WHITE BREAD FRUIT CUP	23 TERIYAKI CHICKEN W/ VEGETABLE FRIED BROWN RICE BROCCOLI APPLESAUCE CUP	24 BREADED CHICKEN PATTY CARROTS SWEET CORN WG HAMBURGER BUN FRUIT CUP MAYO PC
27 ALL SITES CLOSED MEMORIAL DAY	28 SALISBURY STEAK W/ GRAVY RICE MIXED VEGETABLES SLICED CARROTS WHITE BREAD FRUIT CUP	29 TOMATO BASIL CHICKEN PASTA W/ TOMATO SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP	30 TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	31 MINI CORN DOGS CARROTS BAKED BEANS APPLESAUCE CUP KETCHUP PC

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
MAY

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.

NON PROFIT ORG
U.S. POSTAGE
PAID
CLEVELAND, OH
PERMIT 362

Soup & Salad Lunch

The Bainbridge Senior Center is offering a special lunch on Tuesday, May 14. We are changing up the menus for summer with salads replacing soup. May's menu is BLT sandwich, Caesar salad, and a refreshing dessert. Join some friends and maybe make some new ones starting at 12 pm. The cost is just \$5 and due upon registration.

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, OH 44060. 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.

Movie and Snack at Briarcliff Manor

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, May 23rd, at 1pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie in Briarcliff's theater room. April movie Elvis. Please call 440-632-0611 to register.