

The Geauga senior news

Geauga County Department on Aging

July 2024

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.

Lunch & Learn at WGSC (De-Cluttering Tips from Organizer-Sharon)

Thursday July 18th 12:00-1:30pm Join us here at WGSC for a hot Lunch followed by a Learning Presentation by Sharon, she will discuss Clutter, and what it includes!! Sharon will teach you ways to get organized at home and help you to stay organized to avoid re-cluttering! RSVP by July 8th if you want the hot meal, presentation ONLY RSVP deadline is July 16th 440-279-2163.

SUMMER LUAU PARTY

The Bainbridge Senior Center will be hosting a Summer Luau Party on July 30th Noon-3pm! Bring your best grass skirt and join us for music, dancing, homemade tropical food, virgin pina colodas and more! Register in person or by calling 440-632-0611.

\$15 per person due by Friday, 7/26 (or until full).

DINE NITE OUT with WGSC

Thursday July 25th 5:00-7:00pm ~ Join us for an evening out with friends, as we meet for a dinner at one of our local restaurants. This month will be OTANI's Japanese Grill in Mayfield Hts. Cost is on your own, just meet us there at 5:00pm. Call ahead to reserve your seat by July 10th.

Call 440-279-2163



What's New in this Issue

TRIBUTE SHOW, LUNCH & LEARN	1	LUNCH & MOVIE.....	17
LUAU PARTY, DINE NITE.....	1	FREEDOM CELEBRATION.....	17
INDEX, NEWSLETTER INFO	2	LUNCH & SPEAKER, PARK PROGRAM	17
PLATINUM PATRONS	2	TOURING FAIRPORT, LEGO CLUB.....	17
MEDICARE SAVINGS & EXTRA HELP	3	BREAKFAST CLUB, LUNCH GROUP.....	17
HEAP INFORMATION	3	WELLNESS THROUGH THE SENSES.....	18
COMMUNITY CALENDAR	4 & 5	DEMENTIA BEHAVIORS.....	18
CHARDON CALENDAR	6 & 7	COOKING W KERI, LUNCH & LEARN.....	18
BAINBRIDGE CALENDAR	8 & 9	LUNCH & LEARN WITH PARK DIST	18
WEST GEAUGA CALENDAR.....	10 & 11	DESSERT CLASS, CAR SHOW.....	18
MIDDLEFIELD CALENDAR.....	12 & 13	MUSIC MOVES	18
DIABETES & PARKINSON SUPPORT	14	GEAUGA CYCLIST, ART HISTORY	19
BIG BREAKFAST, MOVIE & SNACK	14	BRAIN HEALTH.....	19
PHOTOGRAPHY, BOOK DISCUSSIONS	14	BIRTHDAY BINGO, FAREWELL MILLISSA.	20
FOOD CLUB.....	14	GRANDPARENTS DAY, BAKE TRIP	20
LIMITLESS LEARNING	15	SENIOR TECH FAIR, VETS COFFEE	20
NEVER ENDING KNOWLEDGE	15	TRASH PICK-UPS, BUS TRIP	21
WALKING FOR WELLNESS	16	SOUP & SAND, BOOK CLUB.....	21
GEAUGA WALKERS, HOME DECOT	16	DOYLE PRESENTS BASEBALL	21
YOUNG OF HEART	16	REGISTRATION FOR EVENTS	22

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

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 Job & Family Services 440-285-1299. 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.

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The 2024 Summer Crisis Program runs from July 1 through Sept 30.

Monthly Highlights

Monday, July 1st: Special Walk & Lunch
Walk begins at 11:30am at Mentor Dunes State Nature Preserve (9601 Headlands Rd, Mentor 44060). Park in the East Parking Lot. Approximately 2-3 miles walk. Lunch afterwards at Scooter's Dawg House (9600 Blackbrook Rd, Mentor 44060). RSVP to Melissa Wheeler at 440-279-2167.

Monday, July 8th: National Parks Program
Held at Jennings Apartment Building at Notre Dame Village (10950 Pine Grove Trl, Chardon 44024). The program will consist of trivia, interesting facts, and sharing personal experiences about National Parks that you have visited. Dessert and Coffee will be served. Please call Sandy to RSVP at 440-279-2137. 2:00pm. Free.

Tuesday, July 9th: Bike Trip
Meet at Garrettsville Village Park (10482 South St., Garrettsville 44321). Pull into the library and keep driving back where the Headwaters Trail begins. Ride from Garrettsville to Mantua and back. Approximately 8.5 miles each way on compact gravel. Afterwards, lunch at Garrett's Mill & Brewing Company (8148 Main St, Garrettsville 44321). Lunch is on your own. 10:30am. Call Melissa to RSVP at 440-279-2167

Thursday, July 11th: Free Lunch & Movie
UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.



Wednesday, July 24th: Lights Out Tribute
Drive yourself to LaMalfa Party Center (5783 Heisley Rd, Mentor 44060) for lunch and the showing of "Lights Out! - A Tribute to Frankie Valli & The Four Seasons." Doors open at 11:00am, Lunch at 12:00pm, and the show begins at 1:00pm. \$68 per person. Call Melissa Wheeler at 440-279-2167 with questions.

Wednesday, July 31st: Wellness through the Senses & the Power of Meditation
Join Kimberly Tutolo, Provider Relations Manager with the Hospice of the Western Reserve, at Ohman Family Living at Briar (14807 N. State Ave, Middlefield 44062). Gain a better understanding of the five senses, use practical advice to provide a sense of well-being, and understand the impact of daily stressors and the ability to combat stressors through wellness methods. Refreshments provided. Free. Call Dawn at 440-632-3653

July 2024

MONDAY	TUESDAY
1 9:30-11:00 Parkinson's Boxing CSC 11:30-2:00 Mentor Dunes Walk & Lunch at Scooter's Dawg House	2 9:00-10:30 Geauga 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 Geauga Walkers OS
8 9:30-11:00 Parkinson's Boxing CSC 2:00-3:30 National Parks JND	9 10:30-1:30 Bike Trip 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 Geauga Walkers OS
15 9:30-11:00 Parkinson's Boxing CSC	16 9:00-6:30 Ohio Star Theater Trip OS 9:00-10:30 Geauga 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 12:00-1:30 Parkinson's Support OH 2:00-3:00 Diabetes Support Group CSC 1:00-2:30 Geauga Walkers OS
22 9:30-11:00 Parkinson's Boxing CSC	23 9:00-10:30 Geauga 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 11:30-1:30 Grandparent's Day w/ GPD OS 1:00-2:30 Geauga Walkers OS
29 9:30-11:00 Parkinson's Boxing CSC	30 9:00-10:30 Geauga 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 Geauga Walkers OS 1:30-2:30 Brain Health Education OH

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</p>	<p style="text-align: right;">4</p> <div style="text-align: center;">  <p>OFFICES CLOSED FOR HOLIDAY</p> </div>	<p style="text-align: right;">5</p> <p>NO PARKINSON'S BOXING TODAY 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">10</p> <div style="text-align: center;">  <p>STAFF TRAINING</p> </div>	<p style="text-align: right;">11</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 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</p>	<p style="text-align: right;">18</p> <p>9:00-10:30 Walking for Wellness OS 9:00-12:00 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 11:00-3:00 Lights Out Show OS</p>	<p style="text-align: right;">25</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;">26</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</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 2:00-3:00 Wellness through Senses OB</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>

Call Chardon Senior Center to register for any of the following events! Space is limited on some events. Call at least one week in advance.

Wednesday, 7/3: The Sweet Treat Drive-Thru at Heather Hill. Prior Registration

Wednesday, 7/3: All-American Freedom Celebration! Hot dogs, apple pie, and games! \$5 NEW DATE

Wednesday, 7/3: Lego Flower Club. This month's project is the Lego . \$15 per person, with registration.

Friday, 7/5: Lunch & Speaker, Kathie Doyle; "The Women of the Wars." FREE

Monday, 7/8: Book Club: The Boys in the Boat, by Daniel James Brown.

Tuesday, 7/9: Lunch and Learn; July Almanac Program. Find out all about the interesting facts about the month of July! FREE

Thursday, 7/11: Breakfast Club at Bob Evans! Cost is "on your own." Call the senior center to let us know you'll be joining us!

Monday, 7/15: Home Décor Workshop—\$10 w/ registration.

Tuesday, 7/16: Iris Folding. \$1.50 per card.

Tuesday, 7/16: Brain Games with Ohman Family Living. FREE

Thursday, 7/25: Lunch and No-Bake Class. \$2

Friday, 7/26: Birthday Bingo and Pizza Party. July birthdays are free. \$5 for everyone else!

Monday, 7/29: Craft Making to send out to Home Delivered Meals Recipients. FREE

Wednesday, 7/31: Geauga Park District presents "Scat, Tracks, and Mammal Facts." FREE





Chardon Senior Center

440-279-2126

MONDAY	TUESDAY
<p>1</p> <p>8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>National Treasure</i></p>	<p>2</p> <p>9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet Polka Your Putt-Off 10:00-10:45 Tai Chi \$3 11:00-11:45 Balance Exercises 2:00-3:30 RCR Practice</p>
<p>8</p> <p>8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>National Treasure 2</i> 1:00-2:00 Book Club "The Boys in the Boat," by Daniel James Brown</p>	<p>9</p> <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 and July Almanac Program 2:00-3:30 Raccoon County Ramblers Practice</p>
<p>15</p> <p>8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>The Sandlot</i> 2:00-4:00 Home Decor Workshop \$10: Call for details- Prior Reg.</p>	<p>16</p> <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 Parkinson's Group 1:00-2:00 Brain Health Games 2:00-3:00 Diabetes Support 2:00-3:30 RCR Practice</p>
<p>22</p> <p>8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie <i>No Time for Sergeants</i></p>	<p>23</p> <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</p>
<p>29</p> <p>8:30-10:00 Chess Club 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 10:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie <i>The Boys in the Boat</i> 2:00-4:00 Craft Making for Home Delivered Meals</p>	<p>30</p> <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>9:00-11:00 Pinochle 3 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-12:30 Sweet Treat Drive Thru 1:00 All American Freedom Celebration. Hot Dogs & Apple Pie! \$5 1:00-3:00 Lego Flower Club 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p align="center">CENTER CLOSED 4</p> 	<p>9:30-11:30 Stained Glass 5 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 11:30-1:30 Lunch & Speaker Series with Kathie Doyle - "The Women of the Wars" 1:00 Photography Club - Off Site 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
<p align="center">CENTER CLOSED 10</p> 	<p align="center">11</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 align="center">12</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00-4:00 Bridge Group 1:00 Photography Club—off site 1:00-4:00 Rummikub Cle Bus Trip- Reservations Required</p>
<p align="center">17</p> <p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30-4:00 Mexican Train 1:00-2:30 Documentary Watch Party: It Ain't Over, a documentary about Yogi Berra 1:00-4:00 Mah Jongg</p>	<p align="center">18</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-2:00 Gathering with Garth Out to Lunch Group—Chardon Tavern 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p align="center">19</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 10:00-11:00 Learn to Play Bridge 11:00-11:45 Balance Exercise 1:00 Photography Club-off site 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
<p align="center">24</p> <p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p align="center">25</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-1:30 Lunch & No-Bake Class \$2 (No-Bake Key-Lime Pie Dessert) 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p align="center">26</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 10:00-11:00 Learn to Play Bridge 11:00-11:45 Balance Exercise 11:00-1:00 Birthday Bingo and Pizza Party 1:00 Photography Club-off site 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
<p align="center">31</p> <p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30-4:00 Mexican Train 12:30-2:00 Lunch and Learn with Geauga Park District 1:00-4:00 Mah Jongg</p>	<p align="center">Becky O'Reilly Recreation & Education Coordinator</p> <p align="center">Nancy Niehus Garth Wadleigh Recreation & Education Assistant Coordinators</p>	<p align="center">Beth Oliverio Information and Referral Specialist</p> <p align="center">Elle Rickard Food Service Coordinator</p>

Bainbridge Bulletin

Summer Luau—Registration Open

At the end of this month, we will be hosting a Luau! Bring your best grass skirt and join us Tuesday 7/30 from Noon-3pm for music, dancing, home-made tropical food, virgin pina colodas and more! Register in person or by call-ing 440-632-0611. \$15 per person due by Friday, 7/26.

Tuesday, July 9:

Sandwich & Salad Lunch: Join the Bainbridge Senior Center for a bacon ranch salad with ham and cheese sand-wiches on July 9th. We will start serving at noon with \$5 due at registration and due by Friday, July 5th, 2024.

Thursday, July 11:

Cooking with Keri: Learn how to make easy, one-pan chicken fajitas. Cost is \$5; registration and payment are due by Friday, July 5, 2024.

Tuesday, July 16:

The Bainbridge Book Club will be dis-cussing Fun summer Reads. 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, July 25:

Big Breakfast Join the Bainbridge Senior Center for our monthly big break-fast. Veterans and July birth-days are free to attend. The cost is \$5 for every-one else. July's menu is breakfast cas-serole, sausage, and fruit. Please RSVP by Tuesday, July 23rd.

Movie Matinee

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

Bainbridge Senior Center **440-279-1313**

MONDAY	TUESDAY
1	2
8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie <i>(Bill and Ted's Excellent Adventure)</i>	10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-2:00 Social Work Appts.
8	9
8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie <i>(Back to the Future)</i>	10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Sandwich & Salad Lunch: Ranch & Bacon Salad with Ham & cheese sandwiches.
15	16
8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie <i>(Somewhere in Time)</i>	10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-1:00 Bainbridge Book Club Fun summer Reads
22	23
8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie <i>(Pleasantville)</i>	10:00-12:00 Mexican Train 10:00-12:00 Mahjong
29	30
8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie <i>(Interstellar)</i>	10:00-12:00 Mexican Train 10:00-12:00 Mahjong 11:30-2:30 Summer Luau Party (Prior registration required) 

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 1:30-3:30 Bridge</p>	<p align="right">4</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 1:00-2:00 Limitless Learning</p>
<p align="right">10</p> 	<p align="right">11</p> <p>10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 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 1:00-2:00 Limitless Learning</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</p>	<p align="right">18</p> <p>10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 12:30-2:30 Iris Folding</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 1:00-2:00 Limitless Learning</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</p>	<p align="right">25</p> <p>9:00-10:00 Big Breakfast! <i>*Prior Registration is Required*</i> 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch</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 1:00-2:00 Limitless Learning</p>
<p align="right">31</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</p>	<p align="center">Recreation & Education Coordinator: David Craig</p> <p align="center">Recreation & Education Assistant: Keri Skrtic</p>	<p align="center">Wednesdays & Fridays in July: 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.</p>

Newsworthy Notes

VT= Virtual Teams ~Exercise classes with this symbol are also available virtually.

Never Ending Knowledge Series

The Scientific Wonder of Birds-Wednesdays

June 5th: #1 ~Birds and Dinosaurs: The Origin of Flight. **#2** ~Birds and Boeings: The Magic of Flight

June 12th: #1 ~Burning Bright: Avian Adaptations for Flight. **#2** ~Orientation, Navigation, Migration: Bird Road Trips

June 26th #1 ~Bird Brains: Tool Wielders and Snack Stealers. **#2** ~Birds of a Feather: Flocking and Foraging

Art -Post Impressionism-Thursdays

JULY 11th #1: Where Post-Impressionism Began.

#2: The Founder, Paul Cézanne

#3: Paul Cézanne's New Way of Seeing

JULY 18th #1: How Science and Industry Are Changing Art.

#2: Camille Pissarro's Experiments in Style **#3:** Georges Seurat's Vision of the People

JULY 25th #1: Politics and Religion on the Canvas.

#2: Divisionism: Using the Science of Color

#3: Japanese Influence and Les Nabis

July 5th: Farewell Millissa Get Together. Join us from 1:00-4:00pm for Cake & Ice Cream, as we say Farewell to our Millissa, SHE WILL BE GREATLY MISSED!!! RSVP by July 2nd

July 25th –Music Moves you with Laura. Join Laura for Lunch while listening to some music and having some singalongs. Lunch Order Deadline is July 15th -Call 440-279-2163

July 12th & 26th Lunchtime Mingle

Join Christine for a hot meal, while socializing and discussing the senior center. The meal will be something good (7/12-Soup & Sand-wiches and 7/26-Lasagna with Breadsticks) We just want to get your feedback on our programs here. After lunch we will do some-thing FUN, play BINGO, PLAY CARDS, or may-be a Board game! Lets just GET TOGETHER! Cost is FREE, RSVP by July 8th & July 22nd 440-279-2163

July 19th Presentation with Pizzazz by Susan Cannovino. 11-12noon. This presentation will be on The Homes of the Rich & Famous. Lite snack and Refreshments provided.

Dine NITE Out at Otani's Japanese Grill in Golden Gate. **July 25th** -Meet up time is 5:00, call us ahead by July 22nd to reserve your seat at the table. Cost is on your own. 440-279-2163


July 19th -Mahjong Lessons with Christine

Come and Learn the game of American Mah-jong!! 1:00-3:00pm Call to sign up 440-279-2163

West Geauga Senior Center 440-279-2163

MONDAY	TUESDAY
1	2
8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 10:00 -11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise -Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-1:30 Tai Chi FIT \$3 12:30-2:30 Knit & Crochet 3:00-4:00 Senior Spin @ "O Holly"
8	9
8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 10:00 -11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise -Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-1:30 Tai Chi FIT \$3 12:30-2:30 Knit & Crochet 3:00-4:00 Senior Spin @ "O Holly"
15	16
8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 10:00 -11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise -Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-1:30 Tai Chi FIT \$3 12:30-2:30 Knit & Crochet 3:00-4:00 Senior Spin @ "O Holly"
22	23
8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 10:00 -11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise -Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-1:30 Tai Chi FIT \$3 12:30-2:30 Knit & Crochet 3:00-4:00 Senior Spin @ "O Holly"
29	30
8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 10:00 -11:00 Strength & Cardio VIDEO 11:00-12:00 Gentle Chair Yoga VIDEO 12:00-1:00 Water Exercise -Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Exercise-Sandy (VT) 12:30-1:30 Tai Chi FIT \$3 12:30-2:30 Knit & Crochet 1:00-3:00 Mah-Jong NO SPIN CLASS TODAY

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

WEDNESDAY	THURSDAY	FRIDAY
3	4	5
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio(VT) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Never Ending Knowledge <i>"The Scientific Wonder of Birds"</i></p>	<p>ALL SITES CLOSED</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 1:00-4:00 Farewell MILLISSA Get Together</p>
10	11	12
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio(VT) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Never Ending Knowledge <i>"The Scientific Wonder of Birds"</i></p>	<p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy (VT) 10:00-12:00 Mah-Jong 11:00-11:45 Seated Strength & Balance 11:30-1:00 Never Ending Knowledge "Art History" 3:00-4:00 Spin Class 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 12:00-2:00 Lunchtime Mingle with Christine</p>
17	18	19
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio(VT) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Never Ending Knowledge <i>"The Scientific Wonder of Birds"</i></p>	<p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy (VT) 10:00-12:00 Mah-Jong 11:00-11:45 Seated Strength & Balance 12:00-1:30 Lunch & Learn <i>"Learn to DE-Clutter" presentation</i> 11:30-1:00 Never Ending Knowledge "Art History" 3:00-4:00 Spin Class 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 11:00-12:00 Presentation "Homes of the Rich & Famous" 1:00-3:00 Mahjong Lessons</p>
24	25	26
<p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio(VT) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Never Ending Knowledge "The Celtic World"</p>	<p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mah-Jong 11:00-11:45 Seated Strength & Balance 12:00-1:00 Music Moves You w/Laura 3:00-4:00 Spin Class at "O" Holly 5:00-7:00 Dine Nite Out at OTANI's</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 Lunchtime Mingle with Christine</p>
31	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 10:00-11:00 Strength & Cardio(VT) 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Never Ending Knowledge "The Celtic World"</p>	<p>Recreation/Education Coordinator ~Christine Bacon 440-214-3505 Rec/Ed Assistant Coordinator ~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 at 440-279-2163</p>	



Middlefield Senior Center

440-632-0611

MONDAY

TUESDAY

Monday Crafts
1st American Flag
 Cork Sign (\$5)
8th MF Library. No Cost.
15th Resin creations (\$5)
22nd Summer Gnome (\$3)
29th Crafting with Marsha (\$3)

Tuesday July 9th
Day at the Spa!
 More info to come!

Thursday July 11th
 Touring around
 Fairport Harbor with Ginny!
 Bus available, Bus cost \$3
 Lunch & shopping
 on your own.

Friday July 12th
 Meet your Community/Car
 show. Located at the Pavilion
 next to Mary Yoder's.
 See flyer for more info!

Tuesday July 16th
 Summer potluck!
 Bring a dish to share.
 Main dish provided.

Wednesday July 17th
 Lunch and Learn
 With Heartland. No Cost.

Friday July 19th
 Monthly Breakfast (\$3)
 Kathie Doyle Presents the
 History of Baseball
 12pm Hot Dog Lunch! (\$3)



Tuesday July 23rd
 Cool down with Sundaes on the
 back deck!
 Cost Donation

Thursday July 25th
 Responding to Dementia
 Related Behaviors
 Presented by Vicki Zanella
 No Cost

Thursday July 25th
 Movie at Briar
Hidden Figures

Middlefield Senior Center	440-632-0611	
MONDAY	TUESDAY	
1	9am Exercise with Kathy 10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	2
8	9am Exercise with Kathy 10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting with the MF Library	9
15	9am Exercise with Kathy 10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	16
22	9am Exercise with Kathy 10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	23
29	9am Exercise with Kathy 10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting with Marsha	30

July 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 12-3pm Painting Pals 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">4</p> 	<p align="right">5</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">10</p> <p align="center">CLOSED TODAY FOR STAFF DEVELOPMENT</p> 	<p align="right">11</p> <p>9am-? Touring Around Fairport Harbor w/ Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">12</p> <p>10am Chair Exercise Video 1pm-4pm Meet your Community/Car show</p> <p align="center">12pm Closed Join us at the Car show! Pavilion next to Mary Yoder's</p>
<p align="right">17</p> <p>10am Balance Exercise 11am BINGO with Dawn 12-3pm Painting Pals 12pm Lunch and learn with Heartland 2pm Chair Volleyball</p>	<p align="right">18</p> <p>10am Movement with Ginny 11am Food Club (\$5) 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">19</p> <p>10am Monthly Breakfast 10:30am Kathie Doyle 12pm Hotdog Lunch \$3 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">24</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 12-3pm Painting Pals 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">25</p> <p>10am Movement with Ginny 11am Responding to Dementia 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar <i>Hidden Figures</i></p>	<p align="right">26</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">31</p> <p>10am Balance Exercise 11am Jeopardy and popcorn 12pm Lunch 12-3pm Painting Pals 1pm BINGO sponsored by Burton Health Care</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">Recreation & Education Assistant Ginny Lester</p>

Diabetes Support Group – Hydration

Join us on Tuesday, July 16th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). We will be discussing how drinking water & staying hydrated affects all aspects of your health. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Parkinson's Support Group – Lunch & Speaker

Join us on Tuesday, July 16th at 12:00pm at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Join us for an educational program and lunch to review the management of Parkinson's Disease. Learn about OFF and dyskinesia and how they can impact GOOD ON time. Learn how GOCOVRI can help you have more GOOD ON time each day. We have a speaker from Supernus Pharmaceuticals. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Bainbridge Big Breakfast

Bainbridge Senior Center and the Western Reserve Area Agency on Aging welcome our State Representative Steve Demetriou. Representative Demetriou is member of several important House committees, including Public Health Policy, Ways and Means, and Armed Services and Veteran Affairs. He will be visiting our center to discuss issues important to seniors, as well as his views on the current policy challenges and priorities facing our state. A question-and-answer session will follow. Breakfast starts at 9am on Thursday 7/25, Veterans and July birthdays are free to attend. The cost is \$5 for everyone else. July's menu is breakfast casserole, sausage, and fruit. Please RSVP by Tuesday, July 23rd.

Movie and Snack at Briarcliff Manor

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, July 25th, at 1:00PM, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie in Briarcliff's theater room. June Movie "Hidden Figures". Please call 440-632-0611 to register.

NEW Photography Club at Chardon Senior Center

Our new Photography Club meets weekly at 1:00PM, for approximately an hour. We meet at a different location each week to snap shots of interesting and beautiful places around Geauga. Absolutely no experience is needed. No fancy camera is needed; a smartphone camera will do the trick! Call 440-279-2131 to express your interest and for schedule of meeting locations.

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, July 3rd (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 Maid* by Anita Prose

Thursday, July 11th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: *Our Missing Hearts* by Celeste Ng

Food Club at Middlefield Senior Center

At the Middlefield Senior Center, Thursday, July 18th, 11:00AM. Cost \$5.00.

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

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 continue **Wonders of the National Parks: A Geology of North America** and Friday's will finish **Banned Books, Burned Books: Forbidden Literary Works** then move onto **The Great Trials of World History and the Lessons They Teach Us**.

July 3rd: National River: Gorge, Galls, and Meanders/Great Dune Fields of North America

July 10th: National Seashores and Lakeshores/Reefs: Virgin Islands, Florida, Texas

July 17th: National Marine Sanctuaries and Monuments/Acadia's Highlands and Islands

July 24th: The Dakota Badlands/The Grand Canyon's 2-Billion-Year Staircase

July 31st: Carving the Grand Canyon/Petrified Forest and Other Fossil Parks

July 5th: The Battle over Critical Race Theory/Alice Walker and Toni Morrison under Attack

July 12th: The Textbook Wars/The Backlash against Harry Potter

July 19th: Fun Home: An All-Too-Graphic Memoir/Contesting the Great American Novel

July 26th: The Trial of Socrates/The Trial of Gaius Verres

Never Ending Knowledge Series Continues at WGSC

Schedule – July (The Scientific Wonder of Birds) Wednesday afternoons 1:00-2:30pm

Light snacks and refreshments provided. REGISTRATION IS REQUIRED 279-2163

July 3rd #1 ~Avian Turf Wars-Defending a Territory: Witness the complex nature of competition among birds. Study “display” behavior, which sends a message regarding territory, courtship, or perceived threats. Observe the ways in which birds defend territory, for breeding and feeding, nesting, and roosting.

#2 Bird Songs and Calls- Music with a Message Explore the multifaceted phenomenon of birdsong, distinguishing between birds' songs and calls. about the innate versus the learned components of birdsong, how birds need to practice and perfect their songs, and the variety of the individual & social functions of birdsong.

July 10th #1 ~Avian Mating: Lady's Choice: Compare models which may explain female birds' choice of mates. Observe how females “test” potential mates and how males provide a basis for choice, through courtship displays or offering prime territory. Study the intricacies of avian monogamy and polygamy; take account of pair bonding in birds, extra-pair mating, sexual role reversal, and the avian equivalents of “adultery” and “divorce.” **#2 Avian Mating: Singles Bars and Bachelor Pads** ~Investigate three forms of avian polygyny, where one male mates with several females, and the factors that make it a useful adaptation. Then discover “leks,” courtship arenas where males compete, and witness the dramatic courtship displays of some male birds. Marvel at the Australian bowerbirds, who build elaborate, decorated structures whose only purpose is to attract a mate.

July 17th ~Nests and Eggs: A Home in the Sticks Learn how birds mate; then examine the structure of bird eggs, how they are laid, and how laid eggs develop. Observe how nests are constructed, the diverse materials used to build them, the types and functions of nests, and the range of ingenious avian nesting behavior. Finally, explore how birds incubate their clutch, and study brood parasites, who lay eggs in the nests of other birds. **#2 Parental Care:** Bird Family and Friends Close with a look at the hatching process and the contrasting conditions for altricial chicks (born naked and helpless) versus precocial chicks (born ready to leave the nest). Delve into how birds feed their young, and the process of educating fledglings for life in the wild. Study the adaptations of siblicide (nestlings killing each other), unmated young who help raise broods, and avian communal breeding.

Walking for Wellness - 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
7/1	SPECIAL WALK @ 11:30 am Mentor Dunes State Nature Preserve	9601 Headlands Rd, Mentor 44060. East Parking Lot Lunch afterwards at Scooter's Dawg House 9600 Blackbrook Rd, Mentor 44060
7/11	Russell Uplands Preserve	15200 Russell Rd, Chagrin Falls 44022
7/18	Headwaters Park	13365 Old State Rd, Huntsburg 44046
7/25	Observatory Park	10610 Clay St, Montville 44064

GEAUGA WALKERS

DATE	PARK	PARKING
JULY 2*	Whitlam Woods	12500 Pearl Road, Hambden Township
JULY 9	Hell Hollow Wilderness	14437 Leroy Center Road, Thompson
JULY 16*	Russell Uplands	15200 Russell Road, .5 Mile South of Rt 87, West of Rt 306 <i>Carpool</i>
JULY 23	Liberty Park Ledges Trail	9999 Liberty Road at Post Road, Twinsburg
JULY 30*	Chickagami Park	17957 Tavern Road (Rt 168) between Rt 422 & Nash Rd

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.

Home Décor Workshop at Chardon Senior Center

Monday, July 15, from 2:00 p.m.-4:00 p.m., at Chardon Senior Center. \$10 per person, with registration. Call 440-279-2126 for more information or to register. Make and take a decoration for your home, or to give as a gift to someone else!

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 July 5 we will have musical entertainment by Tom Todd with his banjo and guitar. On July 19 Marie from Cardinal Physical Therapy will help get us in shape for the year.

The Atlas Theatre at Eastgate is closing, so we will no longer have monthly movies there. We may possibly do them in Aurora.

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.

On September 1, we will be going on the Lady Caroline luncheon cruise where we will be able to watch the Air Show. Cost is \$140.

Mark your calendar! We will be going to the Sight and Sound Theatre in Lancaster, PA, on October 22-23 to see "Daniel." Also included is a tour of Hershey and Hershey's Chocolate World and four meals. Cost is \$435.

All of these trips are filled, but you can call Kimber at (440) 668-3293 to be put on a waiting list or for more information on these events.

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

Thursday, July 11th 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.

The All-American Freedom Celebration at Chardon Senior Center

Wednesday, July 3, from 1:00 p.m. – 4:00 p.m., join us at the Chardon Senior Center for a hot dog bar, apple pie themed-desserts, corn hole, chair volleyball, and other fun activities! \$5 per person, with reservation. Call 440-279-2126.

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

Friday, July 5, from 11:30 a.m. – 1:30 p.m., at the Chardon Senior Center. This month's topic is "The Women of the Wars." We will start with the presentation, and follow with lunch! This is a free event, but registration is required by calling 440-279-2126.

National Park Program & Desserts

Held at Jennings Apartment Building at Notre Dame Village (10950 Pine Grove Trail, Chardon 44024) on Monday, July 8th at 2:00pm. Join us at the apartment lunchroom for a program about U.S. National Parks. The program will consist of trivia, interesting facts, and sharing personal experiences about National Parks that you have visited. We will serve dessert & coffee immediately following the presentation. Call Sandy McLeod at 440-279-2137 to RSVP.

Touring with Ginny, Fairport Harbor!

Thursday, July 11th. Departing the Middlefield Senior Center at 9:00AM. Bus available, limited space. Cost to ride the bus \$3.00. Tour the shops of Fairport Harbor with Ginny. Enjoy lunch and ice cream at the Fairport creamery. Please call to register. 440-632-0611.

Lego Club at Chardon Senior Center – Not your grandkids' Legos

Wednesday, July 3, from 1:00 p.m. – 2:30 p.m., at Chardon Senior Center. This month's project is Lego sunflowers. \$15 per person with registration. We are also taking interest on doing a Lego Club with Lego vehicle kits! Call us at 440-279-2126 to sign up to make the roses, or to express interest in the vehicle kits.

The Breakfast Club of Chardon

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, July 11, 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!

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!

July 3rd: M Italian- 22 West Orange Street, Chagrin Falls

July 10th: Washington Street Diner- 8233 Washington St., Chagrin Falls

July 17th: Station 43 Tavern - 39910 Aurora Road, Solon

July 24th: Retroburger - 17800 Chillicothe Road, Chagrin Falls

July 31st: Aladdin's – 16725 Chillicothe Road, Chagrin Falls

Wellness through the Senses and the Power of Meditation

Wednesday, July 31st from 2:00-3:00PM

Please join Kimberly Tutolo, Provider Relations Manager with the Hospice of the Western Reserve, at Ohman Family Living at Briar (14807 N. State Ave, Middlefield 44062 – Post-Hospital Entrance) to gain a better understanding of the five senses, use practical advice regarding the five senses to provide a sense of well-being, and understand the impact of daily stressors and the ability to combat stressors through wellness methods. Refreshments will be provided.

Call Dawn to register at 440-632-3653.

Responding to Dementia- Related Behaviors

Thursday, July 25th 11am at the Middlefield Senior Center. Learn how dementia can change a person's behavior and possible triggers. Compare non-medical versus medical ways to address behaviors. Learn the 4-step approach to manage behaviors. Presented by Vicky Zanella.

Please call 440-632-0611 to register.

Cooking with Keri

Cooking with Keri will be Thursday July 11th . Our July menu is easy sheet pan chicken fajitas. Just \$5 gets you a meal to take home or stay and eat at the center. Space is limited and registration is REQUIRED. Call by Friday July 5th to guarantee your spot. Questions? Call (440) 279-1313.

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

Tuesday, July 9, from 12 noon – 1:30 p.m. Learn all about the interesting and traditional holidays that take place in July! Also enjoy a taste of the season! This is a free program, but registration is required at 440-279-2126.

Lunch and Learn with Geauga Park District

Wednesday, July 31, from 12:00 p.m.-1:30 p.m., at the Chardon Senior Center. A Naturalist from GPD will join us to discuss: "Scat, Tracks, and Mammal Facts." Call 440-279-2126 to register for this FREE program.

Lunch and No-Bake Dessert Class

Thursday, July 25, from 12:00 p.m. – 1:30 p.m., at the Chardon Senior Center. Join us for lunch and then after lunch, learn how to make a delicious no-bake dessert! Reservations are required at 440-279-2126. \$2 per person.

Meet your Community Car Show

Presented by the Middlefield Senior Center. Sponsored by Ohman Family Living and UH

Friday, July 12th, 1:00-4:00PM located at the Methodist Church pavilion, next to Mary Yoders. Join us to meet the people who make this community the awesome place it is! Middlefield fire department, K-9 demonstration by the Sheriff department, Geauga Transit, Department on Aging and much more! We invite you our wonderful seniors to bring your classic cars to show off in our car show area! Hot dog's snacks and drinks available in the pavilion.

Please call to let us know you will be there and with any questions. 440-632-0611

This is a Free event!

MUSIC MOVES YOU with Laura at WGSC

Thursday July 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 Thursday July 25th. If you'd like a lunch too, RSVP by July 15th. Questions, or to sign up call (440) 279-2163

Geauga Cyclists

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.

~ART HISTORY ~The beginnings of Modern Art at WGSC -Thursday mornings 11:30-1:00pm
~Immerse yourself in the radiant color and light of the Post-Impressionist painters. Begins July 11th & continues weekly as scheduled through September 5th Every Thursday from 11:30-1:00pm Hot lunch included, however you **MUST** pre register to receive the meal.

Call WGSC to register for meals with this program at 440-279-2163

JULY 11th #1: Where Post-Impressionism Began Begin with a broad look at the Post-Impressionists, as they constituted a daring new movement in art at a time of massive change. Then learn about the work of the Impressionists who preceded them, who broke free of the strictures of academic art, seeking freedom of expression and an art that reflected life around them.

#2: The Founder, Paul Cézanne Explore the remarkable story of how Paul Cézanne revolutionized painting. In the first of two lectures, enter the world of his youth and provincial upbringing. Trace his artistic education, his critical time in Paris, and the influence of his deep friendship with Camille Pissarro.

#3: Paul Cézanne's New Way of Seeing Follow the arc of Cézanne's career and note his bold originality in distilling the visual field to underlying structures of geometric shape, color, and value.

JULY 18th #1: How Science and Industry Are Changing Art Learn how the 19th-century Industrial Revolution, new technologies, and the urban transformation of Paris impacted the lives of artists. Grasp how artists made use of new scientific knowledge about color and light.

#2: Camille Pissarro's Experiments in Style Trace the extraordinary life and impact of Pissarro, both as an artist and an influence on other artists. Study the changing approaches and techniques that drove his work, as he became first an Impressionist and then a Post-Impressionist.

#3: Georges Seurat's Vision of the People Witness how Seurat invented a new way of painting, fusing classical training with optical science and color theory. Explore his long process of experimentation, and his trademark technique of divisionism (pointillism), where the eye blends colors that are applied separately on the canvas.

JULY 25th #1: Politics and Religion on the Canvas Delve into the political and religious upheavals of late 19th-century France, as they impacted the Post-Impressionist artists and their work. Investigate the devastating effects on Paris of the Franco-Prussian War, followed by the Paris Commune and the dramatic tensions surrounding the Alfred Dreyfus affair.

#2: Divisionism: Using the Science of Color Discover how a group of dedicated artists used Seurat's principles of color theory and divisionism to promote political ideals. Learn about the group's embrace of the utopian goals of anarchism, and how they represented these ideals pictorially in their art.

#3: Japanese Influence and Les Nabis The Nabis, a fraternity of painters with a spiritual and mystical inclination, were active as a group from 1888 to 1900. In the works of Pierre Bonnard, Édouard Vuillard, Maurice Denis, and others, observe how they sought to find magic and an inner layer of reality in ordinary moments of daily life.

Brain Health Education & Games

Tuesday, July 30th from 1:30-2:30pm at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Did you ever wonder how to enhance that brain of yours? The Department on Aging will be there to help challenge the brain and learn a little more about the mind-body connection. You will engage in certain games and activities that will help with brain health! Refreshments will be provided.

Call Dawn to register at 440-632-3653.

Birthday BINGO and Pizza Party at Chardon Senior Center

Join us on Friday, July 26, at 11:00 a.m., when we will be celebrating all of those having celebrated birthdays in July! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and July 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!

A Farewell to Millissa Get Together at WGSC

Friday July 5th 1:00-4:00pm -Join us for Cake and Ice Cream between the hours of 1:00 and 4:00pm as we say our farewell to Millissa. This will be her last day here, and we want to be sure to give her a nice send-off! We will hang out with Millissa, listen to music, talk about all the old times together. Millissa is going to be GREATLY MISSED by ALL!! Please call to let us know if you will be joining us for Cake and Ice Cream. 440-279-2163

Grandparent's Day!

Join GDA this summer for our annual Grandparent's Day on Wednesday, August 7th from 10:45am-2:00pm. Bring the grandkids to Claridon Woodlands Park (11383 Claridon Troy Rd, Chardon 44024) for a fun-filled day of entertainment and lunch! Nora the Explorer, from Geauga Park District, will start the morning with nature activities, then a picnic style lunch will be served. After lunch, Dr. U.R. Awesome will join us for bubble demonstrations and interactive show. He has several Guinness World Records with bubbles! There is no better way to express the joy of togetherness by having this friendly creative bubble fest! Cost is \$10 per person, kids aged 2 and under are free. Call Melissa at (440) 279-2167 for questions.

Bike Trip & Lunch: Headwaters Trail – Garrettsville & Mantua

Tuesday, July 9th at 10:30am. Meet at Garrettsville Village Park (10482 South St, Garrettsville 44321) and our ride will begin at 10:30am. You will pull into the library and keep driving back where the Headwaters trail begins. We will ride from Garrettsville to Mantua and back. This trail is approximately 8.5 miles each way on compact gravel. Afterwards, head to Garrett's Mill & Brewing Company (8148 Main St, Garrettsville 44321) for lunch around 12:00pm. Lunch is on your own.

Please RSVP by calling Melissa Wheeler at 440-279-2167.

Senior Technology Fair

Wednesday, August 14th from 10:00 am – 2:00 pm at Lakeland Community College (7700 Clocktower Dr, Kirtland, OH 44094) in the Health Technologies Building. This free event for Geauga County Residents will provide; Hands on education with current technology: **smart phones, smart speakers, apps and more.** Training and educational resources on how technology can help you age well. A virtual experience where technology and medicine integrate. We have many vendors to help you individually connect or understand the current technology that is out. We will have one-on-one phone/tablet tech help, 2 guest speakers, 2 classes, door prizes, and a lunch is provided. Don't let this opportunity pass you by! Out of County cost is \$35 per person. You must RSVP for this event by calling the Department on Aging at 440-279-2130.

Free Coffee & Donuts for Veterans

All Vets join us to build the bonds with your brothers & sisters every Friday at 10:00am. Located at Ohman Family Living at Briar (North State Street (608), Middlefield OH 44062).

No RSVP required.

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.

Troy Twp	July 25, 26	Russell Twp	Sept 11,12,13
Vlg of Middlefield	Aug 15	City of Chardon	Sept 27
Chesterland Twp	Sept 9,10,11,12	Middlefield Twp	Oct 3

Registration Deadlines are one week before the first day of selected community trash pick-up!

**BUS TRIP ~Clue On Stage at Rabbit Run Theater with the WGSC
Thursday August 15**

*Depart West Geauga Senior Center: 3:15pm, *Depart Chardon Senior Center: 3:45pm. *Dinner at Grand Rivers Cellars Winery 4:30-6:45pm

\$85/person. Price Includes: BUS/coach, admission ticket, wine tasting dinner & gratuity
Chicken Breast/Rib Combo, served with salad, garlic potatoes, vegetable, dessert & coffee/iced tea.

Showtime is from 7:30-10:00pm, Return to Chardon Senior Center at approx: 10:45 pm
Return to West Geauga Senior Center at approx: 11:00pm

Registration and money is due NO LATER THAN AUGUST 1st. Call for more INFO 440-279-2163

Soup & Sandwich Salad Lunch

The Bainbridge Senior Center is offering a special lunch on Tuesday, July 9th. We are changing up the menus for summer with salads replacing soup. July’s menu is bacon ranch salad and ham & cheese sandwiches. Join some friends and maybe make some new ones starting at 12 pm. The cost is just \$5 and due upon registration.

Bainbridge Book Club

The Bainbridge Book Club is meeting Tuesday, July 16th at 12:00 pm. July’s theme is Fun Summer Reads – light, fun books that won’t weigh you down in the heat of summer. Lunch is available but please let us know by Monday, July 8th . Call (440) 279-1313 with any questions or to register.

Kathie Doyle Presents the History of Baseball

Join Kathie Doyle at the Middlefield Senior Center for a presentation on the History of Baseball. Friday July 19th 10:30am at no cost. Monthly breakfast served at 10am cost \$3. Hotdog Lunch at 12pm cost \$3. Please call to register 440-632-0611.

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 July 2024

MON	TUES	WED	THU	FRI
<p>1</p> <p>SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP</p>	<p>2</p> <p>HOT DOG TATER TOTS BAKED BEANS WG HOT DOG BUN APPLESAUCE CUP KETCHUP PC/MUSTARD PC</p>	<p>3</p> <p>BREADED FISH HASH BROWN COINS MIXED VEGETABLES DINNER ROLL FRUIT CUP TARTAR SAUCE & KETCHUP PC</p>	<p>4</p> <p>CLOSED</p>	<p>5</p> <p>JUMBO RAVIOLI w/ SPAGHETTI SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP</p>
<p>8</p> <p>ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP</p>	<p>9</p> <p>GRILLED CHICKEN BREAST GREEN BEANS CARROTS WG HAMBURGER BUN ESCALOPED APPLES MAYO PC</p>	<p>10</p> <p>NO MEALS Staff Training Day</p>	<p>11</p> <p>BURGER WITH CHEESE HASH BROWN COINS BAKED BEANS WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC</p>	<p>12</p> <p>MACARONI & CHEESE BROCCOLI SWEET CORN DINNER ROLL FRUIT CUP</p>
<p>15</p> <p>MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP</p>	<p>16</p> <p>BBQ CHICKEN BREAST RICE – ½ CUP GREEN BEANS SWEET POTATOES DINNER ROLL APPLESAUCE CUP</p>	<p>17</p> <p>MEATBALLS w/PASTA w/SPAGHETTI SAUCE MIXED VEGETABLES WHITE BREAD FRUIT CUP</p>	<p>18</p> <p>TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE - 1 CUP BROCCOLI APPLESAUCE CUP</p>	<p>19</p> <p>BREADED CHICKEN PATTY CARROTS SWEET CORN WG HAMBURGER BUN FRUIT CUP MAYO PC</p>
<p>22</p> <p>STUFFED GREEN PEPPERS W/TOMATO SAUCE MASHED POTATOES WHITE BREAD ESCALOPED APPLES</p>	<p>23</p> <p>SALISBURY STEAK W/ GRAVY RICE – ½ CUP MIXED VEGETABLES CARROTS WHITE BREAD FRUIT CUP</p>	<p>24</p> <p>TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE MIXED VEGETABLES DINNER ROLL FRUIT CUP</p>	<p>25</p> <p>TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC</p>	<p>26</p> <p>MINI CORN DOGS CARROTS BAKED BEANS APPLESAUCE CUP KETCHUP PC</p>
<p>29</p> <p>SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP</p>	<p>30</p> <p>MEATLOAF W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD APPLESAUCE CUP</p>	<p>31</p> <p>BREADED FISH HASH BROWN COINS MIXED VEGETABLES DINNER ROLL FRUIT CUP TARTAR SAUCE & KETCHUP PC</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
JULY

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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VETERANS RESOURCE FAIR

Join us on Wednesday, July 31, from 4:00 until 6:00PM at Veterans Legacy Woods Park, located at 14085 Ravenna Rd, in Newbury.

Attendees will learn about resources for veterans & their families while enjoying a FREE MEAL on us.

Make sure to stop by the Geauga County Veterans Services table for a DOOR PRIZE for veterans.

Register Now for a DOOR PRIZE and your FREE meal by calling 440-279-1860

VENDORS INCLUDE

Geauga Jobs & Family Services, Geauga Department of Veterans Affairs,
Ohio Workforce Development, Cleveland Vet Center, Geauga Records Office, Geauga Park District,
Geauga Department on Aging, Geauga Veterans Food Pantry,