

The Geauga senior news

Geauga County Department on Aging

August 2024

Please Join Us!

*Geauga County Department on Aging's
90th Birthday Party!*

**Friday, September 20, 2024
11 a.m. - 1:30 p.m.**



A party honoring Geauga County residents, age 90+.
Come reminisce with us as we celebrate yesteryear! We will have plenty of laughter, live music, dancing, lunch, and of course, cake! All we need is YOU!
**Held at The Banquet Room at St. Mary's
401 North Street, Chardon, Ohio 44024**
Cost is: FREE to Geauga County Seniors who are age 90+
\$20 for all other Guests and Friends

To register, send payment and form to Geauga County Dept. on Aging, 12611 Ravenwood Dr, Chardon 44024

Event: 90 th Birthday Party	Date of Event: <u>Friday, September 20, 2024</u>
Register by: August 30	Cost: Complimentary to Geauga County Seniors who are 90+ \$20 for all other Guests and Friends
I have enclosed: \$_____ (required with registration) - and/or- My admission is complimentary (90+): _____	
Name: _____	Phone #: _____
Address: _____	City: _____ Zip: _____
Are you registered with GDA for 2024? YES/NO	
Office: _____	Date Received: _____ Staff Initials: _____ Receipt#: _____ CSC



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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

Summer Crisis Program Begins July 1

More than 44,000 Ohio households served in 2023

The Ohio Department of Development and Geauga County Job and Family Services are once again **offering assistance to help Ohio's families stay cool during the hot summer months.**

From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Development's Home Energy Assistance Summer Crisis Program.

The Summer Crisis Program assists low-income households or those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with an elderly household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others. To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$54,600.

Last year, the Summer Crisis Program assisted more than 44,000 households in Ohio, providing a total of \$13.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with Geauga County Job and Family Services. Appointments can be scheduled by calling 440-285-1299.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program, and what is needed to apply, contact Geauga County Job and Family Services at 440-285-9141. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at **development.ohio.gov**.

Monthly Highlights

Thursday, August 1st: Free Lunch & Movie UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.

Wednesday, August 7th: Grandparent's Day Bring the grandkids to Claridon Woodlands Park (11383 Claridon Troy Rd, Chardon 44024) for a fun-filled day of entertainment and lunch! Nora from Geauga Park District will start the morning with nature activities, then a picnic style lunch will be served. Afterwards, Dr. U.R. Awesome will join us for bubble demonstrations and interactive play! 10:45am. \$10 per person. Call Melissa with questions at 440-279-2167

Wednesday, August 7th: Impacts & Benefits of Pets Held at Ohman Family Living at Blossom (12496 Princeton Rd, Huntsburg 44046). Program presented by Hospice of the Western Reserve. Let's explore how pets enhance our lives both physically and mentally. This program will help identify the roles and goals of Pet Therapy Dogs and how Pet Therapy can reduce stress. Refreshments provided. Call Dawn at 440-632-3653 to register. 2:00pm. Free.

Wednesday, August 14th: Senior Tech Fair Held at Lakeland Community College (7700 Clocktower Dr, Kirtland 44094) in the Health Technologies Building. 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! Free for Geauga County residents. \$35— Out of County Fee. You must register by calling 440-279-2130. 10:00am.

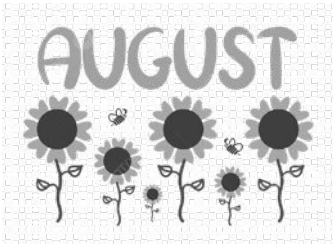


Balance Exercise Classes: Focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises are both seated and standing. Classes are available in person and live on WebEx. Call Melissa Wheeler at 440-279-2167 for more info.

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.

August 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>	
5		6	
<p>9:30-11:00 Parkinson's Boxing CSC</p>		<p>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</p>	
12		13	
<p>9:30-11:00 Parkinson's Boxing CSC</p>		<p>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</p>	
19		20	
<p>9:30-11:00 Parkinson's Boxing CSC</p>		<p>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 12:30-1:30 Parkinson's Support CSC 1:00-2:30 Geauga Walkers OS 2:00-3:00 Diabetes Support Group CSC</p>	
Mackinac Island Trip			
26		27	
<p>9:30-11:00 Parkinson's Boxing CSC</p>		<p>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 1:00-2:00 Program for Residents OH</p>	

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</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;">2</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">7</p> <p>9:30-11:00 Parkinson's Boxing CSC 10:45-2:00 Grandparent's Day OS 11:00-11:45 Balance Exercise CSC & VT 11:30-12:30 Book Discussion GW 2:00-3:00 Benefits of Pets OBL</p>	<p style="text-align: right;">8</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;">9</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
 <p style="text-align: center;">Senior Technology Fair 10am - 2pm Lakeland Community College</p>	<p style="text-align: right;">14</p> <p style="text-align: right;">15</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;">16</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">21</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>9:00-10:30 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;">23</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">28</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>9:00-10:30 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;">30</p>  <p style="text-align: center;">Senior Day at Geauga County Fair 9am - 2pm - Free Coffee & Cookies!</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, 8/1: The Sweet Treat Drive-Thru at Heather Hill. Prior Registration

Friday, 8/2: Lunch & Speaker, Kathie Doyle; "Famous Feuds." FREE

Wednesday, 8/7: Lego Flower Club. This month's project is the Lego Sunflower. \$15 per person, with registration.

Thursday, 8/8: Breakfast Club at Bob Evans! Cost is "on your own." Call the senior center to let us know you'll be joining us!

Monday, 8/12: Book Club: Looking for Salvation at the Dairy Queen, by Susan Gregg Gilmore.

Tuesday, 8/13: Lunch and Learn; August Almanac Program. Find out all about the interesting facts about the month of August! FREE

Monday, 8/19: Home Décor Workshop—\$10 w/ registration. Repurposing Old Wine Bottles into Home Décor!

Tuesday, 8/20: Iris Folding. \$1.50 per card, payable to instructor, day of.

Tuesday, 8/20: Brain Games with Ohman Family Living. FREE. Call to register. Give that brain a workout!


Wednesday, 8/21: Heather Hill Cooking Demo. Space is Limited. FREE with registration

Thursday, 8/22: Lunch and No-Bake Class. \$2 with prior registration. Learn to make a simply "peachy" dessert!

Friday, 8/23: Lemonade Tasting and Charcuterie Luncheon. Enjoy all the tastes of summer! \$5 with registration.

Monday, 8/26: Craft Making to send out to Home Delivered Meals Recipients.

Friday, 8/30: Birthday Bingo and Pizza Party. July birthdays are free. \$5 for everyone else!

 Chardon Senior Center 440-279-2126	
MONDAY	TUESDAY
Becky O'Reilly Recreation & Education Coordinator Nancy Niehus Garth Wadleigh Recreation & Education Assistant Coordinators	Beth Oliverio Information and Referral Specialist Elle Rickard Food Service Coordinator
8:30-10:00 Chess Club 5 10:00-11:00 Line Dancing \$2 (Off Site) 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>Kate & Leopold</i>	6 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 12:30-4:00 Game Day 2:00-3:30 Raccoon County Ramblers Practice
12 8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$2 (Off Site) 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>Flyboys</i> 1:00-2:00 Book Club	13 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 12:30-1:30 Lunch & August Almanac Program 12:30-4:00 Game Day 2:00-3:30 RCR Practice
19 8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$2(OffSite) 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>Julie and Julia</i> 1:00-4:00 Home Decor Workshop	20 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 2:00-4:00 Game Day 2:00-3:00 Diabetes Support 2:00-3:30 RCR Practice
26 8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$2(OffSite) 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>Sense and Sensibility</i> 2:00-4:00 Craft Making for Home Delivered Meals	27 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet 10:00-10:45 Tai Chi \$3 11:00-11:45 Balance Exercises 12:30-2:00 Game Day 12:30-2:00 Raccoon County Ramblers Practice Center Closed at 2:00 Today

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

WEDNESDAY	THURSDAY	FRIDAY
	1	2
	<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) Every Brothers Show in Hartville- Prior registration</p>	<p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 11:30-1:30 Lunch & Speaker 1:00 Photography Club - at Senior Center 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
7	8	9
<p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-12:30 Sweet Treat Drive-Thru at Heather Hill 12:30-2:00 Lego Club 12:30-2:00 Chair Volleyball 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</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>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—Troy Wetlands 1:00-4:00 Rummikub</p>
14	15	16
<p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30-2:00 Chair Volleyball 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</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—El Patron, Chardon 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 10:00-11:00 Bridge Lessons 11:00-11:45 Balance Exercise 1:00 Photography Club-Troy Wetlands 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
21	22	23
<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 1:00-2:00 Chair Volleyball 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</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 “Peachy” Dessert) 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 10:00-11:00 Bridge Lessons 11:00-11:45 Balance Exercise 12:30-2:00 Lemonade Tasting & Charcuterie Luncheon \$5 1:00 Photography Club- Hogback Ridge-Madison 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
28	29	30
<p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30-2:00 Chair Volleyball 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</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>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 10:00-11:00 Bridge Lessons 11:00-11:45 Balance Exercise 12:30-2:00 Birthday Bingo & Pizza Party 1:00 Photography Club- ON BREAK 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>

Bainbridge Bulletin

Thursday, August 8th Cooking with Keri: Learn how to make easy, one-pan Cajun-inspired meal and adjust the spice to your level! Cost is \$5; registration and payment are due by Friday, August 2, 2024.

Tuesday, August 13; Sandwich & Salad Lunch: Join the Bainbridge Senior Center for tabbouleh and chicken pita sandwiches. We will start serving at noon with \$5 due at registration and due by Friday, August 8th, 2024.

Tuesday, August 20: The Bainbridge Book Club will be discussing Mothers & Daughters. 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, August 29: Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and August birthdays are free to attend. The cost is \$5 for everyone else. August's menu is Sausage and egg strata and fruit. Please RSVP by Tuesday, August 27th.

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

Bainbridge Senior Center 440-279-1313

MONDAY	TUESDAY
<p>Recreation & Education Coordinator: <i>David Craig</i></p> <p>Recreation & Education Assistant: <i>Keri Skrtic</i></p>	
5	6
<p>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>(Dumb & Dumber)</i></p>	<p>10:00-12:00 Mexican Train 10:00-12:00 Mahjong</p>
12	13
<p>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>(The Odd Couple)</i></p>	<p>10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Sandwich & Salad Lunch: Tabouleh and Chicken Pita</p>
19	20
<p>8:30-9:30 All-Around Exercise (\$3) 9:00-2:00 Reliable Nurse Footcare (appt required) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie <i>(O Brother, Where Art Thou?)</i></p>	<p>10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Lunch 12:00-1:00 Bainbridge Book Club Mothers & Daughters</p>
26	27
<p>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>(Grumpy Old Men)</i></p>	<p>10:00-12:00 Mexican Train 10:00-12:00 Mahjong</p>

Bainbridge Senior Center
17751 Chillicothe Rd. Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
	1	2
	10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch	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
7	8	9
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 12:30-2:00 Out to Lunch Group (Hunan By the Falls) 1:00-2:00 Limitless Learning	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>	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
14	15	16
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 12:30-2:00 Out to Lunch Group (Brown Barn) 1:00-2:00 Limitless Learning	10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 12:30-2:30 Iris Folding	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
21	22	23
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 12:30-2:00 Out to Lunch Group (Coyote's) 1:00-2:00 Limitless Learning	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	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
28	29	30
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 12:30-2:00 Out to Lunch Group (Augie's South Russell) 1:00-2:00 Limitless Learning	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	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

News-worthy Notes

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

Never Ending Knowledge Series

AUG 7 #1 ~Celtic Britain & Roman Britain

#2 ~Celts and Picts in Scotland

#3 ~Prehistoric Ireland and the Celts

AUG 14 #1 ~Celtic Britain after Rome

#2 ~Brittany and Galicia: Fringe of the Fringe

#3 ~Celtic Churches

AUG 21 #1~Celtic Art and Insular Art

#2 ~Medieval Irish Literature

#3 ~Celt Women, Families & Social Structure

AUG 28 #1~ Irish Sea World: Celts-Vikings

#2 ~English Invasions of Wales and Ireland

#3 ~Scotland from Macbeth to Braveheart

Presentation w/Pizzazz

-The Life & Times of Clark Gable

AUG 6 -11:00-12:00pm ~The Remarkable Life of fellow OHIOAN Clark Gable: 5 marriages. One love child. WWII war hero. The “behind the scenes” of “Gone With The Wind.” Join us to learn the true story of this “King of Hol- lywood.” FREE Event, Snacks & Refresh- ments provided. **Call to sign up by Aug 2nd. 440-279-2163**

Mahjong Lessons at WGSC

AUG 9 & 23 1-3pm ~Interested in learning to play Mahjong? If so, we are offer- ing lessons here at WGSC. **Registration is required, call to sign up 440-279-2163**

Lunch & Learn with Kris Weir

AUG 16 12:00-1:30pm ~ Join us for a Hot Lunch, followed by a presentation from Kris Weir from Body, Mind and Soul Mas- sotherapy. **RSVP REQUIRED BY AUG 5**

Diamond Art Greeting Card Class

AUG 12 & 26 1:00-3:00pm ~Join Christine and learn the Art of Diamond Painting, as we begin small with greeting Cards. \$5 per class- per Card. **Registration required a week in advance of each date/class. 440-279-2163**

Summertime BASH with Sam Fosh.

AUG 28 -11:30-2:00 ~ Join us for a Summertime Cookout style lunch, fol- lowed by entertainment with Sam Fosh. Meal will include Burgers, BBQ Chicken, Mac & Cheese, Baked Beans, coleslaw and Ice Cream!! **Cost \$15, Registration due by Aug 21st. 440-279-2163**

Pizza Lunch and Music Trivingo

AUG 30th 12:00-2:00pm ~Join us for a pizza style lunch followed by the game of Trivingo. Fun Prizes, and more! **Cost:\$5, Registration due AUG 23rd**

West Geauga Senior Center 440-279-2163

MONDAY

TUESDAY

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



5

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

12

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
1:00-3:00 Diamond Art Greeting Card Class w Christine \$5

19

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

26

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
1:00-3:00 Diamond Art Greeting Card Class w Christine \$5

6

9:00-11:30 Stained Glass \$5
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise-Sandy **VT**
11:00-12:00 Presentation w/Pizzazz
 “The Life of Clark Gable”
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”

13

9:00-11:30 Stained Glass \$5
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise-Sandy **VT**
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”

20

9:00-11:30 Stained Glass \$5
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise-Sandy **VT**
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”

27

9:00-11:30 Stained Glass \$5
9:00-10:00 Water Exercise-Metz Pool
10:00-11:00 Exercise-Sandy **VT**
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”

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

WEDNESDAY	THURSDAY	FRIDAY
<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>	1	2
<p>7</p> <p>8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass \$5 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 1:00-2:00 Never Ending Knowledge</p>	8	9
<p>14</p> <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 10:00-2:00 Technology Fair at Lakeland College</p>	15	16
<p>21</p> <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 11:00-12:00 Balance Class VT 1:00-2:00 Never Ending Knowledge</p>	22	23
<p>28</p> <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 Exercise VIDEO 11:00-12:00 Chair Yoga VIDEO 11:30-2:00 Summertime Bash with Sam Fosh</p>	29	30
	<p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy (VT) 10:00-12:00 Mah-Jong 11:30-1:00 Never Ending Knowledge *****NO Spin Class Today*****</p> <p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mah-Jong 12:00-1:00 Music Moves You w/Laura 11:30-1:00 Never Ending Knowledge 3:00-4:00 Spin Class at "O" Holly</p> <p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy (VT) 10:00-12:00 Mah-Jong 1:00-2:30 Never Ending Knowledge *****NO Spin Class Today***** 3:30-11:00 <u>Rabbit Run Trip to Grand River Cellars & "Clue" Live Onstage</u></p> <p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mah-Jong 12:00-1:00 Music Moves You w/Laura 1:00-2:30 Never Ending Knowledge 3:00-4:00 Spin Class at "O" Holly</p> <p>9:00-11:00 Water Exercise-Metz Pool 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mah-Jong 1:00-2:30 Never Ending Knowledge 3:00-4:00 Spin Class at "O" Holly 5:00-7:00 DINE NITE OUT @ Chester Tavern</p>	<p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass \$5 10:00-11:00 Chair Yoga VIDEO 11:00-11:45 Cardio Drumming</p> <p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 11:00-12:00 Balance Class VT 1:00-3:00 Mahjong Lessons</p> <p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 11:00-12:00 Balance Class VT 12:00-1:30 Lunch & Learn w/Kris Weir "The Benefits of Masso-therapy"</p> <p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 11:00-12:00 Balance Class VT 1:00-3:00 Mahjong Lessons</p> <p>8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass \$5 10:00-11:00 Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 11:00-12:00 Balance Class VT 12:00-2:00 Pizza Lunch & Music Trivingo \$5</p>

Middlefield Senior Center

440-632-0611

Monday Crafts
Must Pre Register

5th Tye Dye last one for the summer! Bring a shirt.
Cost donation.

12th Wreath making
With Andra Lester Cost \$5

19th Sunflower Dimond Art
Coasters \$5

26th Crafting with Marsha
Cost Donation

Wednesday Aug 7th
Summer Dip Party! Bring a homemade dip and chips to share, along with the recipe.

Thursday Aug 8th
Coffee tasting with Ferronies
Back by popular demand!
No cost.

Tuesday Aug 13th
Touring the Middlefield Apport.
Drive yourself.
Out to lunch after.

Friday Aug 16th
Kathie Doyle presents the history of the Bill of Rights. Monthly Breakfast at 10am \$3 Hot Dog Lunch at 12pm \$3


Thursday Aug 22nd
Movie at Briar
The Greatest Showman

Friday Aug 23rd
Natural Cleaner class
At His Daughter. Cost \$5 Please pay the day of at class



Middlefield Senior Center 440-632-0611	
MONDAY	TUESDAY
Please call to register for lunch, crafting & special events.	
5	6
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	Recreation & Education Coordinator Hannah Heinz Recreation & Education Assistant Ginny Lester
12	13
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Line Dancing \$3 11am Touring with Ginny 12pm Lunch 1pm Chair Volleyball
19	20
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
26	27
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 Closed at 2pm For Staff Development

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

WEDNESDAY	THURSDAY	FRIDAY
	<p align="right">1</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">2</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">7</p> <p>10am Balance Exercise 11am BINGO 12pm Summer Dip Party 1pm Summer Themed Trivia</p>	<p align="right">8</p> <p>10am Movement with Ginny 11am Coffee Tasting with Ferroni's 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">9</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">14</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">15</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">16</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">21</p> <p>10am Balance Exercise 11am BINGO with Dawn! 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">22</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar <i>The Greatest Showman</i></p>	<p align="right">23</p> <p>10am Chair Exercise Video 11am Natural Cleaners At His Daughter (\$5) 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">28</p> <p>10am Balance Exercise 11am Jeopardy and popcorn 12pm Lunch 1pm BINGO sponsored by Burton Health Care</p>	<p align="right">29</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">30</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>

Never Ending Knowledge Series Continues at WGSC

Schedule – August (The Celtic World)

Wednesday afternoons 1:00-2:30pm

Light snacks and refreshments provided.

REGISTRATION IS REQUIRED 279-2163

August 7th ~Celtic Britain and Roman Britain Ms. Paxton explains the Celts influence in Britain before the arrival of the Romans. Then she details the exciting struggle between the Celts and the Romans over Britain, untangling the web of history on the island during the first and second centuries A.D.

#2 ~Celts and Picts in Scotland Meet the warring tribes of Picts that ruled North Britain, with the Irish to the west and Angles moving in from the southeast. Highlights include the ancient Pictish tongue and the truth about William “Braveheart” Wallace and all that blue paint.

#3 ~Prehistoric Ireland and the Celts A Unique lookback at the origins of Ireland and its people. In equal parts weird, fascinating, and humorous, this text tells of one-armed pirate giants, descendants of Noah, a tribe of sorcerers, and six takeovers of Ireland.

August 14th ~Celtic Britain after Rome Ms. Paxton explains the paradoxical era of both peaceful immigration and rebellion added to the melting pot of Britain in the first millennium A.D. Discover Cornwall, Wales, and parts of Scotland with a quick appearance of one of Britain’s noblest legends: King Arthur.

#2 ~Brittany and Galicia: Fringe of the Fringe See how both France and Spain welcomed immigrants from a rapidly de-Romanizing Britain. Brittany became a thriving Celtic province that maintained its autonomy through the Middle Ages, while Galicia mostly lost its Celtic identity until a revival of interest in modern times.

#3 ~Celtic Churches St. Patrick’s legendary priesthood and missionary work are discussed, as is the Christian saint Brigid, who was remolded as a nature deity to impress the recently converted Irish. Learn how Irish monks brought Latin learning back to the European continent.

August 21st ~Celtic Art and Insular Art Native Britons copied much of the art style prominent on the continent, but Professor Paxton unties this knot. Observe some of Ireland’s most breathtaking religious and secular art pieces, from the Book of Kells to the Tara Brooch.

#2 ~Medieval Irish Literature This lecture gives a glimpse into the diverse genres of Irish literature, from epics about mythological heroes to exciting tales designed to warn kings about the dangers of ruling unjustly.

#3 ~Celtic Women, Families, and Social Structure Irish society treated all disputes as civil suits between families—so if your cousin killed someone, you had to pay some of the damages, which varied with the social status of the victim. Gain a fascinating insight into the hierarchical structure of this period and women’s roles in society as well.

August 28th ~ The Irish Sea World: Celts and Vikings By the turn of the first millennium A.D., we find ample evidence of Viking presence in both Ireland and Scotland. From raids to intermarriages, the Celtic-Scandinavian relationship is a stranger-than-fiction love-hate saga any history buff can appreciate.

#2 ~English Invasions of Wales and Ireland Uncover the shocking truth of Henry II’s invasion of Ireland and its causes as well as anti-Irish propaganda and the development of cruel stereotypes that influenced English views of the Irish down to the modern period.

#3 ~Scotland from Macbeth to Braveheart Learn about the historical Macbeth and William Wallace (of Braveheart fame), as well as the famous ruler Robert Bruce, who secured Scottish independence from the invading English.

Diabetes Support Group

Join us on Tuesday, August 20th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). We are what we eat! We will be discussing how eating different foods effects our sugar levels. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Movie and Snack at Briarcliff Manor

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, August 22nd, at 1:00PM, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie in Briarcliff's theater room. August Movie "The Greatest Showman". Please call 440-632-0611 to register.

Parkinson's Support Group

Join us on Tuesday, August 20th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Urinary Dysfunction and Parkinson's with Arun Mathur. We will watch the webinar put out by the Davis Phinney Foundation. Dr. Mathur, a urologist with specialized knowledge of Parkinson's, explains the symptoms, causes, and treatments of urinary dysfunction in people with Parkinson's. Urinary frequency, urgency, leakage, are all common and challenging problems that affect your quality of life. We often don't want to talk about these private and sometimes embarrassing issues but the more we know the less stress and worry they cause. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Limitless Learning at the Bainbridge Senior Center

Bainbridge will be offering educational classes on Wednesday (1-2pm) and Friday (1-2 pm) afternoons. Each week two half hour topics will be shown from the same course. Wednesdays will continue **Cooking through the Ages** and Friday's Friday's we will delve in the **History of Pompeii**

August 7th: Understanding Cultures through Cooking/Ancient Rome: Cooking with Apicius

August 14th: Imperial China: Soybeans and Dumplings/Medieval Egypt: Chickpeas and Phyllo

August 21st: Feast like a Viking/ Medieval France: Sugar and Spice

August 28th: Renaissance Italy's Sweets and Pasta/ Crafting Aphrodisiacs from the Renaissance

August 2nd: Reflections on and of Pompeii/Geology and Geography of the Bay of Naples

August 9th: The Rediscovery of Vesuvian Lands/Etruscan Pompeii

August 16th: Marriage and Mysteries-Rites of Dionysus/Eumachia, Public Priestess

August 23rd: A Female Slave in Pompeii/Governing in the First Century AD

August 30th: Games of Competition for Offices/Riot in the Amphitheater

Lemonade Tasting and Charcuterie Luncheon at Chardon Senior Center

Friday, August 23, from 12:30-2:00 p.m. at the Chardon Senior Center. \$5 per person, with registration. Join us for a taste of summer, with an array of various flavored lemonades! We will also be serving individual charcuterie plates, with plentiful food for lunch!

A refreshing and relaxing luncheon, with music, trivia, and other surprises along the way!

Call 440-279-2126 for more information.

Kathie Doyle Presents the History of The Bill of Rights

At the Middlefield Senior Center, on Friday August 16th at 10:30AM. No cost. Monthly breakfast served at 10am cost \$3. Hotdog Lunch at 12pm cost \$3. Please call to register 440-632-0611.

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 440-279-2167 with questions.

DATE	PARK	ADDRESS
8/1	Beartown Lakes Reservation	18870 Quinn Rd, Chagrin Falls 44023
8/8	Orchard Hills	11340 Caves Rd, Chesterland 44026
8/15	Veteran’s Legacy Woods	14085 Ravenna Rd, Chardon 44024
8/22	Tupelo Pond	9373 Ravenna Rd, Chardon 44024
8/29	Gridled Road Reservation	12840 Girdled Rd, Concord 44077 Breakfast afterwards at Sunny Street Cafe (7531 Crile Rd, Painesville 44077)

GEAUGA WALKERS

DATE	PARK	PARKING
AUG 6	Hidden Lake Park	7024 Kniffen Road, Leroy Twp
AUG 13*	Welton’s Gorge Preserve	13973 Hale Road, Burton
AUG 20	Lake Erie Bluffs	2901 Clark Road, Perry
AUG 27*	Holbrook Hollows	Franklin Street Connection, Chagrin Falls/Bainbridge

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.

Out to Lunch Group “Gathering with Garth”

Thursday, August 15, at 12:00 noon, at El Patron in Chardon. Meet up with Chardon Senior Center’s newest employee, Garth, and other friends for a lunch out! Cost is “on your own.” Call Chardon Senior Center to let us know you’ll be joining us! 440-279-2126.

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), in Middlefield). No RSVP required.

Touring with Ginny, Middlefield Airport

Tuesday, August 13th. Drive yourself. Meet at the airport at 11AM, located at 15421 Old State Rd, Middlefield, OH 44062. Guided tour through the airport. No cost. Lunch out after, cost on your own. Please call 440-632-0611.

**Senior Day at the Great Geauga County Fair
Friday, August 30th**

Geauga County Department on Aging will host a hospitality and refreshment area from 9:00 a.m. to 2:00 p.m. at the Vernon Howard Pavilion (located at the south end of the fairgrounds, across from red anniversary building).



NEW Photography Club at Chardon Senior Center

Our new Photography Club meets weekly at 1:00 p.m., for approximately an hour. We meet at a different location each week to snap shots of interesting and beautiful places around Geauga County. Absolutely no experience is needed. No fancy camera is needed either; a smartphone camera will do the trick! Call 440-279-2131 to express your interest and for schedule of meeting locations. Please note: this club involves walking on sometimes unlevel ground, gravel, and grass. Please be aware when signing up for this club that the group must progress at a certain pace, in order to work within the given time-frame.

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, August 7th (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 Death of Mrs. Westaway by Ruth Ware

Thursday, August 8th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: River of the Gods by Candance Millard

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.

August Monday Crafts at Middlefield Senior Center

Every Monday at 1:00PM. Middlefield Senior Center. Must pre-register 440-632-0611.

5th- Tye Dye (Last one for the summer!) Bring own shirt, cost donation.

12th- Wreath making class with Andrea Lester! Cost \$5.00

19th- Sunflower diamond art coaster set. Cost \$5.00

26th- Crafting with Marsha! Cost Donation.

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.

Sandwich & Salad Lunch

Join the Bainbridge Senior Center on Tuesday, August 13th at noon for tabbouleh and chicken pita sandwiches. We will start serving at noon with \$5 due at registration and due by Friday, August 8th.

Home Décor Workshop at Chardon Senior Center

Monday, August 19th, from 1:00PM - 4:00PM, at Chardon Senior Center. \$10 per person, with registration. Call 440-279-2126 for more information or to register.
Repurpose old wine bottles into home décor!

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

Friday, August 2nd, from 12:00PM – 1:30PM, at the Chardon Senior Center. This month's topic is "Famous Feuds." This is a free event, but registration is required by calling 440-279-2126.

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

Wednesday, August 7th, from 12:30PM – 2:00PM, at the Chardon Senior Center. This month's project is Lego sunflowers. \$15 per person with registration. Call 440-279-2126 to register.

Bike Trip & Lunch: Presque Isle State Park & Sara's

Tuesday, August 6th at 9:30AM. We will meet at Parking Lot #1 on the right side, just past the Park Entrance Gate for Presque Isle (301 Peninsula Dr, Erie 16505). The ride is 13.5 miles. We will have lunch following the ride at Sara's Restaurant (25 Peninsula Dr, Erie 16505).
Lunch is on your own. Please RSVP by calling Melissa Wheeler at 440-279-2167.

Summer Homemade Dip Party at Middlefield Senior Center

Wednesday, August 7th, at 12:00PM. What is the best part about summer parties? The dips and side dishes of course! Bring a dip with the fixing and the recipe to share. Stay after for summer trivia.
Please call to let us know that you will be here. 440-632-0611

Bainbridge Book Club

The Bainbridge Book Club theme will be Mothers & Daughters. Instead of reading a specific book, there is a new theme each month and you can choose any book within that theme. We will be meeting on Tuesday 8/20 at noon to discuss! Please call to register and let us know if you would like lunch, (440) 279-1313.

Senior Technology Fair

Wednesday, August 14th from 10:00AM - 2:00PM at Lakeland Community College (7700 Clocktower Dr, in Kirtland) 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.

Natural Cleaners Class with Make and Take

Friday, August 16th, at His Daughters shop in Middlefield. Felica from His daughter will be having another one of her awesome classes, focused on natural cleaners. Cost \$5.00 payable the day of the class. Please call the Middlefield Senior Center to register!
Space is limited and you must pre-register for this class. 440-632-0611.

The Breakfast Club of Chardon

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, August 8, at 9:30AM. Enjoy breakfast, coffee, and conversation with others! Cost is "on your own." Call 440-279-2126, so we know who to expect!

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

Tuesday, August 13, from 12 noon - 1:30PM. Learn all about the interesting and traditional holidays that take place in August! Also enjoy a taste of the season!
This is a free program, but registration is required at 440-279-2126.

Big Breakfast At Bainbridge Senior Center

Join the Bainbridge Senior Center for our monthly big breakfast on Thursday 8/22 at 9am. Veterans and August birthdays are free to attend. The cost is \$5 for everyone else. August's menu is Sausage and egg strata and fruit. Please register by Tuesday, August 27th.

Lunch & Learn at WGSC (Massotherapy & Bodywork Knowledge)

Friday AUG 16th 12:00-1:30pm Join us here at WGSC for a hot Lunch followed by a Learning Presentation with Kris Weir of Body, Mind & Soul here in Chesterland. Kris is an OH State Licensed Massage Therapist (LMT), Reiki Master/Teacher (RMT), and NAET (Allergy Elimination Practitioner). She has over 30 years of experience in the massage profession, over 15 years as a Reiki Master, and 3 years as a NAET practitioner. She brings knowledge of various ways to stay healthy from the bodywork perspective. She will present various lifestyles and possible injuries. Additionally, she will demonstrate and discuss ways to avoid said injuries and how to care for yourself if you do get one (muscle pull, strain, etc). The session will include demonstration, discussion, and group participation. This is a fun, information-filled session, and she is looking forward to sharing her bodywork knowledge with the community. RSVP by AUG 5th if you want the hot meal, presentation ONLY RSVP deadline is AUG 14th 440-279-2163

Case Western Reserve University – Siegel Lifelong Learning Speaker Series

Tuesday, September 10th at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Breakfast will be served at 9:30am, followed by the lecture "Unsung Songs from Broadway's Past" beginning at 10:00am. Why did some songs from Broadway shows become classics of the American songbook, while others that were just as good were lost over time? This presentation will examine some of these "unsung songs" as we discover lost songs—some of which came from hit shows, and others from flops, some romantic and others comedic—but all of which are rarely or never heard anymore but are still very worthy of listening to them again today. Cost: \$15 for members, \$20 non-members. Registration is required by visiting www.case.edu/lifelonglearning or calling 216-368-2090.

Birthday BINGO and Pizza Party at Chardon Senior Center

Join us on Friday, August 30, at 11:00 a.m., when we will be celebrating all of those having celebrated birthdays in August! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and August 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!

Lunch and No-Bake Dessert Class

Thursday, August 22, 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 “peachy” dessert! Reservations are required at 440-279-2126. \$2 per person.

Impacts and Benefits of Pets

Wednesday, August 7th from 2:00-3:00pm at Ohman Family Living at Blossom (12496 Princeton Rd, in Huntsburg). Please join Kimberly Tutolo, Provider Relations Manager with the Hospice of the Western Reserve, to explore how pets enhance our lives both physically and mentally. This program will help identify the roles and goals of Pet Therapy Dogs and how Pet Therapy can reduce stress. Refreshments provided. Please call Dawn to register at 440-632-3653.

Alzheimer’s & Dementia Learning Series

Mondays in September from 5:30-7:30pm at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Refreshments will be provided. Please call Dawn to register for programs at 440-632-3653.

September 16th – Understanding Alzheimer’s & Dementia: This program covers the basic info that everyone needs to know about memory loss issues and what they mean for all of us.

September 23rd – 10 Warning Signs of Alzheimer’s: Learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of diagnosis and more.

September 30th – Effective Communication Strategies: Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode their verbal and behavioral messages, and identify strategies to help you connect and communicate at each stage of the disease.

Road Rally in Burton!

On Thursday, September 26th at 12:30pm we will begin at Century Village Parking Lot (14653 E. Park St. Burton, Ohio 44021). Pick up your scavenger hunt packet and depart! Learn and explore the Burton community by following clues, visit landmarks, pose for a few pictures, learn some history, and pick up a couple of treats along the way! Someone in each car must have a cell phone to take pictures. Don’t miss the fun we have planned for you! Cost is \$10 per person. Questions? Call Sandy McLeod at 440-279-2137.

Presentations with Pizzazz by Susan Cannavino at the West G Senior Center

AUGUST 6th 11:00-12:00pm - “Homes of the Rich & Famous” Please join Susan Cannavino for this presentation including a virtual tour of famous people’s homes. We will see the home of Oprah and Bill Gates. They are probably out of our price range. There will be a few surprises along the way. Wait until you see how these people live!! FREE PROGRAM, Snacks & Refreshments provided to all. Call to RSVP by AUG 2nd 440-279-2163

DINE NITE OUT with WGSC

Thursday AUGUST 29th 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 Chester Tavern in Chesterland.

Cost is on your own, just meet us there at 5:00pm.

Call ahead to reserve your seat by AUG 26th. Call 440-279-2163

Cooking with Keri

On Thursday, August 8th at 3pm, learn how to make easy, one-pan Cajun-inspired meal and adjust the spice to your level! Cost is \$5; registration and payment are due by Friday, August 2!

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.

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

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

Summertime Bash with SAM FOSH at the West G. Senior Center

Wednesday August 28th 11:30-2:00pm~Join us for a summertime cookout style lunch followed by an afternoon of entertainment by SAM FOSH. The meal will include burgers, BBQ chicken, mac & cheese, baked beans, coleslaw, and Ice Cream Bars for dessert. Cost is \$15, and registration is due by AUG 21st. Call 440-279-2163 with questions.

Sweet Treat Drive Thru at Heather Hill

Wednesday, August 7, at Heather Hill, 12340 Bass Lake Road, Chardon. Drive up any time between 12:00-12:30 p.m., and get a delicious lunch and amazing sweet treat! Call to RSVP at 279-2126. Looking ahead, our September Drive Thru will be Wednesday, September 4. Registration is now open for both dates!

Reliable Nurse Foot Care – NEW!

Reliable Nurse Foot Care will be coming to Bainbridge Senior Center the 3rd Monday of every other month beginning in August! Next appointment day is August 19th from 9am-2pm (30 min.) Services include: foot assessment, nail trimming, thinning and filing, rough skin filing, and health education recommendations. Cost is \$40 by cash, check, or credit card. No benefits accepted. Call Kathie, Office Manager (216) 956-0293 to schedule a 30 minute session.

Cirque Du Soleil & Hofbräuhaus Cleveland

Join us on Sunday, September 22 for the Cirque Du Soleil show “OVO” at Rocket Mortgage Fieldhouse followed by dinner at the Cleveland Hofbräuhaus. Depart from Geauga County Office Building (12611 Ravenwood Dr, Chardon 44024) at 11:00am or West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026) at 11:30am. Show begins at 1:00pm, Dinner will begin at 4:00pm. Approximate return time is 6:30pm at West Geauga and 7:00pm at Geauga County Office Building. Cost: \$130 per person – Price includes show tickets, transportation, meal, and gratuity. Please bring cash to tip the bus driver. Please indicate on your registration form which lunch entrée you would like. All entrees include fountain drink, sauerkraut balls, and apple strudel.

Pierogies – Sautéed cheddar and potato pierogies served with caramelized onions, topped with sour cream and scallions.

Gegrillet Hähnchenbrust - Grilled chicken breast with creamy mushroom sauce and spätzle.

Sausage Plate – One frankfurter and one chicken sausage served over mashed potatoes and sauerkraut and a side of German mustard.

Trip Requirements: Must be able to independently get on and off the bus, walk substantial distance through Rocket Mortgage Fieldhouse, and seating at the restaurant is on wooden benches.

Questions? Call Melissa Wheeler at 440-382-5833.

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 August 2024

MON	TUES	WED	THU	FRI
			1 SWEDISH MEATBALLS w/NOODLES SPINACH, CARROTS WHITE BREAD APPLESAUCE CUP	2 JUMBO RAVIOLI w/ SPAGHETTI SAUCE ½C MIXED VEGETABLES DINNER ROLL FRUIT CUP
5 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD-2 APPLESAUCE CUP	6 GRILLED CHICKEN BREAST GREEN BEANS CARROTS WG HAMBURGER BUN ESCALOPED APPLES MAYO PC	7 STUFFED GREEN CABBAGE w/TOMATO SAUCE ½C MASHED POTATOES WHITE BREAD FRUIT CUP	8 BURGER WITH CHEESE HASH BROWN COINS BAKED BEANS WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	9 MACARONI & CHEESE BROCCOLI SWEET CORN DINNER ROLL FRUIT CUP
12 HOT DOG TATER TOTS BAKED BEANS WG HOT DOG BUN APPLESAUCE CUP KETCHUP PC/ MUSTARD PC	13 BBQ CHICKEN BREAST RICE – ½ CUP GREEN BEANS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	14 MEATBALLS w/PASTA w/SPAGHETTI SAUCE ½C MIXED VEGETABLES WHITE BREAD FRUIT CUP	15 TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE - 1 CUP BROCCOLI APPLESAUCE CUP	16 BREADED CHICKEN PATTY CARROTS SWEET CORN WG HAMBURGER BUN FRUIT CUP MAYO PC
19 STUFFED GREEN PEPPERS W/TOMATO SAUCE ½C MASHED POTATOES WHITE BREAD ESCALOPED APPLES	20 SALISBURY STEAK W/ GRAVY RICE – ½ CUP MIXED VEGETABLES CARROTS WHITE BREAD FRUIT CUP	21 TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE ½C MIXED VEGETABLES DINNER ROLL FRUIT CUP	22 TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	23 MINI CORN DOGS CARROTS BAKED BEANS APPLESAUCE CUP KETCHUP PC
26 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP	27 CHICKEN SALAD THREE BEAN SALAD BABY CARROTS & RANCH WG HAMBURGER BUN WHOLE FRESH ORANGE	28 BREADED FISH HASH BROWN COINS MIXED VEGETABLES DINNER ROLL FRUIT CUP TARTAR SAUCE & KETCHUP PC	29 SWEDISH MEATBALLS w/NOODLES BROCCOLI CARROTS WHITE BREAD APPLESAUCE CUP	30 JUMBO RAVIOLI w/ SPAGHETTI SAUCE ½C MIXED VEGETABLES DINNER ROLL FRUIT CUP

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
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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.

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		
<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets
Single	\$1,275	\$ 9,430	Single	\$1,526	\$ 9,430	Single	\$1,715	\$ 9,430	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

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