

The Geauga senior news

Geauga County Department on Aging

September 2024


2025 Medicare Part D & Advantage Plan Comparisons

Compare Medicare Plan options and you could save money in 2025! The Ohio Department of Insurance has trained Geauga County Department on Aging Staff & Volunteers to offer one on one reviews at Geauga Department on Aging, 12611 Ravenwood Dr, suite 200, in Chardon.

Appointments are available from Tuesday, October 15 through Monday, December 2. Call (440) 279-2130, Monday through Friday 8:00AM until 4:00PM, to schedule your appointment. Make sure to bring your list of current prescriptions and your insurance cards to the appointment.

Seniors can call for appointments starting October 1st!

For those who would like to review options for Part D or Medicare Advantage plans, seniors can do so online at [Medicare.gov](https://www.Medicare.gov) from Oct 15 through Dec 7.

MEDICARE  HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
SEX	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE →	_____



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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, September 5: Free Lunch & Movie

UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.

Tuesday, September 10th: Siegel Lifelong Learning Held at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Program presented by Case Western Reserve University Faculty. TOPIC: **Unsung Songs from Broadway's Past.** 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. 9:30am. Cost: Lifelong Learning Member: \$15, Nonmember: \$20. Register at: www.case.edu/lifelonglearning/lectures/ohman or call 216.368.2090.



Monday, September 16, 23, & 30: Alzheimer's & Dementia Learning Series Different topics covered each day, check newsletter burbs for more information. Held at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). 5:30pm. FREE. Call Dawn at 440-632-3653 to register.

Thursday, September 26th: Road Rally Burton Begin at Century Village Parking Lot (14653 E. Park St., Burton 44021) to pick up your scavenger hunt packet. Learn and explore the Burton community by following clues, visit landmarks, pose for a few pictures, and pick up a couple treats along the way! Someone in each car must have a cell phone to take pictures. 12:30pm. \$10 per person. Call Sandy with questions at 440-279-2137.

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.

September 2024

MONDAY		TUESDAY	
 <p>OFFICES CLOSED FOR LABOR DAY</p>		2	3
<p>9:30-11:00 Parkinson's Boxing CSC 2:00-3:00 Music BINGO at Jennings OS</p>		9	10
<p>9:30-11:00 Parkinson's Boxing CSC 5:30-7:30 Alzheimer's & Dementia Learning Series OF</p>		16	17
<p>9:30-11:00 Parkinson's Boxing CSC 5:30-7:30 Alzheimer's & Dementia Learning Series OF</p>		23	24
<p>9:30-11:00 Parkinson's Boxing CSC 5:30-7:30 Alzheimer's & Dementia Learning Series OF</p>		30	

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">4</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;">5</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;">6</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT</p>
<p style="text-align: right;">11</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-3:30 Matter of Balance OBR 6:00-9:00 End of Season Party OBL</p>	<p style="text-align: right;">12</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;">13</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-3:30 Matter of Balance OBR</p>
<p style="text-align: right;">18</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-3:30 Matter of Balance OBR</p>	<p style="text-align: right;">19</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 6:00-9:30 GPD Elderberries OS</p>	<p style="text-align: right;">20</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-3:30 Matter of Balance OBR</p>
<p style="text-align: right;">25</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-3:30 Matter of Balance OBR</p>	<p style="text-align: right;">26</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 12:30-3:00 Road Rally OS</p>	<p style="text-align: right;">27</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-11:45 Balance Exercise CSC & VT 1:30-3:30 Matter of Balance OBR</p>
<p>Sunday, September 22nd Cirque Du Soleil Trip. Departing Geauga County Office Building at 11:00am and West Geauga Senior Center at 11:30am. Show begins at 1:00pm at Rocket Mortgage Fieldhouse, followed by dinner at 4:00pm at Cleveland Hofbräuhaus. Return to WGSC at 6:30pm and Office Building at 7:00pm. \$130 per person. THIS TRIP IS FULL.</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.

Tuesday, 9/3: Lunch and Learn; September Almanac Program. Find out all about the interesting facts about the month of September! FREE

Wednesday, 9/4: The Sweet Treat Drive-Thru at Heather Hill. Prior Registration

Wednesday, 9/4: Lego Flower Club. This month's project is the Lego Bird Nest. \$15 per person, with registration.

Thursdays, 9/5, 9/12, 9/19: America's Most Scenic "Drives" Documentary Series.

Friday, 9/6: Lunch & Speaker, Kathie Doyle. "History of the FBI." FREE, but registration required.

Monday, 9/9: Book Club: The First Ladies, by Marie Benedict

Tuesday, 9/17: Iris Folding. \$1.50 per card, payable to instructor, day of.

Tuesday, 9/17: Brain Games with Ohman Family Living. FREE. Call to register. Give that brain a workout!

Monday, 9/23: Home Décor Workshop—\$5 w/ registration. Wine Cork Pumpkins!

Wednesday, 9/25: Lunch and Learn with Geauga Park District. Fascinating Fungus and Mushrooms. FREE but registration required.

Thursday, 9/26: Breakfast Club at Bob Evans! Cost is "on your own." Call the center to let us know you'll be joining us!

Thursday, 9/26: Lunch and No-Bake Class. \$2 with prior registration. Learn to make a no-bake dessert!

Friday, 9/27: Birthday Bingo and Pizza Party. September birthdays are free. \$5 for everyone else!

Monday, 9/30: Craft Making to send out to Home Delivered Meals Recipients.



Chardon Senior Center

440-279-2126

MONDAY	TUESDAY
<p>CENTER CLOSED</p>	<p>2 3</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 12:00-1:00 Lunch and Learn: September Almanac Program 12:30-4:00 Game Day 2:00-3:30 Raccoon County Ramblers Practice</p>
<p>9</p> <p>8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$3 (Off Site) 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>A Man Called Otto (Tom Hanks)</i> 1:00-2:00 Book Club</p>	<p>10</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 12:30-4:00 Game Day 2:00-3:30 Raccoon County Ramblers Practice</p>
<p>16</p> <p>8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$3 (Off Site) 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>The Devil Wears Prada (Meryl Streep and Anne Hathaway)</i></p>	<p>17</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 2:00-4:00 Game Day 2:00-3:00 Diabetes Support</p>
<p>23</p> <p>8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$3 (Off Site) 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>A Dog's Purpose (Dennis Quaid)</i> 1:00-4:00 Home Décor Workshop \$5: Wine Cork Pumpkins, prior reg.</p>	<p>24</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 12:00-2:00 RCR Practice</p> <p style="text-align: center;">Center Closed at 2 Today</p>
<p>30</p> <p>8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$3 (Off Site) 10:00-12:00 Rug Hooking 10:00-12:00 Quilting Club 11:00-11:45 Balance Exercise 11:00-11:45 Strength Training \$2 12:00-2:00 Lunch and Movie: <i>Fun with Dick and Jane</i> 2:00-4:00 Craft Making to send out to Home Delivered Meals Clients</p>	

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

WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-11:00 Pinochle 4 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 2:00-3:00 Corn Hole Club 1:00-4:00 Mah Jongg</p>	<p>8:30-10:30 America's Most Scenic Drives Documentary: From Main to Key West (with coffee & pastry) 5 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 6 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>
<p>9:00-11:00 Pinochle 11 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 2:00-3:00 Corn Hole Club 1:00-4:00 Mah Jongg</p>	<p>8:30-10:30 America's Most Scenic Drives Documentary: From Texas to Yellowstone (with coffee & pastry) 12 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 13 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00-4:00 Bridge Group 1:00 Photography Club—Headwaters Park, boathouse 1:00-4:00 Rummikub</p>
<p>9:00-11:00 Pinochle 18 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 2:00-3:00 Corn Hole Club 1:00-4:00 Mah Jongg <i>No Heather Hill Cooking Demo this month, as they help us prepare for our 90th Bday Party!</i></p>	<p>8:30-10:30 America's Most Scenic Drives Documentary: From Arizona to Alaska (with coffee & pastry) 19 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-2:00 Out to Lunch Group—Joey's, Chardon 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5</p>	<p>9:30-11:30 Stained Glass 20 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00 Photography Club- Nero Nature Preserve 1:00-4:00 Bridge Group 1:00-4:00 Rummikub <p style="text-align: center;">90th Birthday Party at St. Mary's Banquet Room</p> </p>
<p>9:00-11:00 Pinochle 25 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:30-2:00 Lunch and Learn with Geauga Park District: Fascinating Fungus and Mushrooms 1:00-2:00 Chair Volleyball 12:30-4:00 Mexican Train 2:00-3:00 Corn Hole Club 1:00-4:00 Mah Jongg</p>	<p>9:30 Breakfast Club at Bob Evans 26 10:30 -12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-1:00 Lunch and No-Bake Class 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p>9:30-11:30 Stained Glass 27 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 11:00-1:00 Birthday Bingo and Pizza Lunch 1:00 Photography Club- Veterans' Legacy Park pavilion 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
	<p>Becky O'Reilly Recreation & Education Coordinator</p> <p>Nancy Niehus Garth Wadleigh Recreation & Education Assistant Coordinators</p>	<p>Beth Oliverio Information and Referral Specialist</p> <p>Elle Rickard Food Service Coordinator</p>

Bainbridge Bulletin

Thursday, September 12th

Cooking with Keri: Learn how to make easy, one-pan, single serve mini meatloaf with roasted potatoes and brussel sprouts. Cost is \$5; registration and payment are due by Friday, Sept. 6.

Tuesday, September 10th:

Sandwich & Salad Lunch: Join the Bainbridge Senior Center for chicken salad wraps and Waldorf Salad. We will start serving at noon with \$5 due at registration by Friday, Sept. 6.

Tuesday, September 17th:

The Bainbridge Book Club will be discussing Re-Imagined Classics. 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, September 26th:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and September birth- days are free to attend. The cost is \$5 for everyone else. September's menu is French toast casserole, sausage, & fruit. Please RSVP by Tuesday, September 24th.

Movie Matinee


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

Lunch & Learn

CarePatrol will provide a Lunch & Learn Session on 9/17 at 11am to review your options for Advanced Directives. A licensed social worker will be in attendance to help you get started! Registration Required

Bainbridge Senior Center

440-279-1313

MONDAY	TUESDAY
2	3
 <p>HAPPY LABOR DAY</p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong</p>
9	10
<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>(Ocean's 11)</i></p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Sandwich & Salad Lunch: Chicken Salad Wraps and Waldorf Salad</p>
16	17
<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>(Bonnie & Clyde)</i></p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 11:00-12:00 Advanced Directives Lunch & Learn w/ CarePatrol (free, registration required) 12:00-1:00 Bainbridge Book Club Re-imagined Classics</p>
23	24
<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>(Public Enemies)</i></p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Lunch</p>
30	
<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>(Rush Hour)</i></p>	

Bainbridge Senior Center
17751 Chillicothe Rd. Bainbridge, OH 44023

WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-9:30 All-Around Exercise (\$3)⁴ 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 (Senorita Bonitas) 1:00-2:00 Limitless Learning</p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3)⁶ 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 1:00-2:00 Limitless Learning</p>
<p>8:30-9:30 All-Around Exercise (\$3)¹¹ 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 (Bob Evans) 1:00-2:00 Limitless Learning</p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 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>8:30-9:30 All-Around Exercise (\$3)¹³ 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 1:00-2:00 Limitless Learning</p>
<p>8:30-9:30 All-Around Exercise (\$3)¹⁸ 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 (Samurai Japanese Steakhouse) 1:00-2:00 Limitless Learning</p>	<p>9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 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>8:30-9:30 All-Around Exercise (\$3)²⁰ 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 1:00-2:00 Limitless Learning</p>
<p>8:30-9:30 All-Around Exercise (\$3)²⁵ 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 (Topsy Bul) 1:00-2:00 Limitless Learning</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>8:30-9:30 All-Around Exercise (\$3)²⁷ 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 1:00-2:00 Limitless Learning</p>
		<p align="center">Recreation & Education Coordinator: <i>David Craig</i></p> <p align="center">Recreation & Education Assistant: <i>Keri Skrtic</i></p>

News-worthy Notes

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

Never Ending Knowledge-The Celtic World

ALL Times are from 1:00-2:30pm
Sept 4th ~Politics and Literature in Wales
#2 ~The Tudor Conquest of Ireland"
#3 ~(Re) Discovering the Celts
Sept 11th ~The Gaelic Revival in Ireland
#2 ~Celtic Music and Dance
#3 ~The Celts Today

The Worlds Greatest Structures

Sept 18th ~ See and Understand Structure
#2~Science of Structure-Forces in Balance
#3~Internal Forces, Stress & Strength
Sept 25th From Wood to Steel-Properties of Materials.
#2 ~Building Up-Columns and Buckling
#3 ~Building Across-Beams and Bending

Mahjong Lessons with Christine

Sept 6th & 13th 1:00-3:00pm-Call to sign-up, this is basic beginners Mahjong, and all are welcome. Sign Up 440-279-2163

Lunch and Movie "Ordinary Angels"

Sept 13th 12-2pm This movie is In- spired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter. Lunch Menu will be the Hot Lunch of the day, see back page for monthly menu.

Lunch and Learn with Geauga Parks

Sept 16th 12:00-1:30pm ~Join us for the "Hot Lunch of the Day" (see Menu on back page), followed by Geauga Parks Naturalist presentation of "Fungus & Mushrooms." FREE Event-Donations accepted for meal. Sign-up REQUIRED by Sept 9th 279-2163

Lunchtime Music & Trivingo

Sept 19th 12:00-2:00pm ~Join us for a hot lunch of chicken pot-pie casserole, salad, dessert and beverage. There will be FUN Prizes, as well as a GRAND PRIZE!! Cost is \$6 Call to sign up by Sept 16th 440-279-2163

Diamond Art Class with Christine


Sept 12 & 26 - 1:00-3:00pm ~Learn the ba- sics of Diamond Art, make a greeting card, coasters, see how this art form has become popular!! Cost for supplies is \$ 5, Tools, glasses, pens, etc will be available to use, no need to bring anything. Call to sign up 440- 279-2163 by the Monday prior to each class.

Lunch, Learn & Laughter


Sept 27th 12:00-1:30 Join us for a hot lunch (Meal of the day, see MENU back page), fol- lowed by a Learn and Laughter Yoga session with Christine Smith. Free EVENT, Donations accepted for the meal. Call to sign-up by Sept 16th. 279-2163

DINE NITE OUT Sept 26th 5-7pm Join us for another Dine Nite out with our WGSC friends. This month we will meet up at 5pm at Tavern SIX in Kirtland. Call to let us know you are coming so we can reserve a seat for you. 7592 Euclid Chardon Rd, Kirtland 44094 Sign up by Sept 23rd 279-2163

West Geauga Senior Center 440-279-2163

MONDAY		TUESDAY	
ALL SITES CLOSED 2  HAPPY LABOR DAY		3 9:00-11:30 Stained Glass \$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	
9 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 2:00-3:00 Line Dance w/Darlene		10 9:00-11:30 Stained Glass \$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 2:00-3:30 Visual Arts w/Fairmount	
16 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 12:00-1:30 Lunch & Learn w/ Geauga Parks "Fungus & Mushrooms" 2:00-3:00 Line Dance w/Darlene		17 9:00-11:30 Stained Glass \$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 2:00-3:30 Visual Arts w/Fairmount	
23 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 2:00-3:00 Line Dance w/Darlene		24 9:00-11:30 Stained Glass \$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 2:00-3:30 Visual Arts w/Fairmount	
30 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 2:00-3:00 Line Dance w/Darlene		<u>Recreation/Education Coordinator</u> ~Christine Bacon 440-214-3505 <u>Rec/Ed Assistant Coordinator</u> ~Laura Reed 440-279-2163 I&R Assistant: Debbie M. Stained Glass Class Appointments: Call Don Trask 440-759-9691	

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

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin-right: 10px;">4</p> <p>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 The Celtic World</p>	<p style="text-align: right; margin-right: 10px;">5</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 12:00-2:00 Age Well-Be Well Lunch & Movie Today</p>	<p style="text-align: right; margin-right: 10px;">6</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00-3:00 <i>Mahjong Lessons</i></p>
<p style="text-align: right; margin-right: 10px;">11</p> <p>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 The Celtic World 2:00-3:30 Yoga Nidra w/Darlene</p>	<p style="text-align: right; margin-right: 10px;">12</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 1:00-3:00 Diamond Art Class \$5</p>	<p style="text-align: right; margin-right: 10px;">13</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:00-2:00 Lunch and MOVIE “Ordinary Angels” 1:00-3:00 <i>Mahjong Lessons</i></p>
<p style="text-align: right; margin-right: 10px;">18</p> <p>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 World’s Greatest Structures 2:00-3:30 Yoga Nidra w/Darlene</p>	<p style="text-align: right; margin-right: 10px;">19</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 12:00-2:00 Lunchtime Music Trivingo \$6</p>	<p style="text-align: right; margin-right: 10px;">20</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00pm-2:00 PRE-Trip Balloon Festival Meeting with AFC Vacations Representative</p>
<p style="text-align: right; margin-right: 10px;">25</p> <p>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 12:30-4:00 Mahjong Mixer 1:00-2:00 Never Ending Knowledge World’s Greatest Structures 2:00-3:30 Yoga Nidra w/Darlene</p>	<p style="text-align: right; margin-right: 10px;">26</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 1:00-3:00 Diamond Art Class \$5 5:00-7:00 DINE NITE OUT @Tavern SIX in Kirtland</p>	<p style="text-align: right; margin-right: 10px;">27</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:00-1:30 Lunch, Learn & Laughter with Christine Smith</p>
 <h1 style="font-size: 4em; margin: 0;">September</h1>		<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 Crafts
9th Apple tote bag \$5
16th Flower arrangement class
fake flowers,
class lead by Marleen. \$5
23rd Fall apple painting Step by
step class led by Amber Ariel \$32
30th Crafting with Marsha
Donation.

Thursday's
New to the schedule
Crusin cardio with Ginny
Dance in your chair, have fun
while getting your work out in!
Brain Games
Test your knowledge with different
games every week.

Thursday September 12th
50s & 60s movie trivia! Presented
by the MF Library No Cost.
Tuesday September 17th Soup
Social No Cost. Join us for a
homemade soup lunch and see
what is new for fall at Middlefield.

Thursday September 19th
Touring with Ginny!
Brandts apple orchard. Limited
space, cost on your own.


Friday September 13th
Kathy Doyle presents Famous FBI
cases. No cost.

Monthly breakfast served at
10am cost \$3.00

Friday September 27th
Lost Cleveland Memories
E 105th & Euclid Ave
Presented by Dennis Sutcliff Cost
\$5. light refreshments served be-
fore the program.

Middlefield Senior Center 440-632-0611	
MONDAY	TUESDAY
 <p>2</p>	<p>3</p> <p>10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball</p>
<p>9</p> <p>10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting</p>	<p>10</p> <p>10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball</p>
<p>16</p> <p>10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting Flower Arrangement</p>	<p>17</p> <p>10am Chair Yoga Video 11am Line Dancing \$3 12pm Soup Special 1pm Chair Volleyball</p>
<p>23</p> <p>10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting Fall Painting with Amber Ariel</p>	<p>24</p> <p>10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball</p> <p>Closed at 2pm For Staff Development</p>
<p>30</p> <p>10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting with Marsha</p>	 <p>Apple Stamped Tote Bag</p>

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

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">4</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">5</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">6</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">11</p> <p>8am Social Work appointments with Michele 10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">12</p> <p>10am Movement with Ginny 11am Coffee Tasting with Ferroni's 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">13</p> <p>10am Chair Exercise Video 12pm Lunch 1-2pm Chair Volleyball 2-3pm Exercise with Dave</p>
<p align="right">18</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy and popcorn 2pm Chair Volleyball</p>	<p align="right">19</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">20</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">25</p> <p>10am Balance Exercise 11am BINGO with Dawn! 12pm Lunch 1pm BINGO sponsored by Burton Health Care</p>	<p align="right">26</p> <p>10am Movement with Ginny 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar <i>The Greatest Showman</i></p>	<p align="right">27</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="center">Please call to register for lunch, crafting & special events. 440-632-0611</p>	<p align="center">Recreation & Education Coordinator Hannah Heinz</p> <p align="center">Recreation & Education Assistant Ginny Lester</p>

Never Ending Knowledge Series Continues at WGSC

Schedule – September (The Celtic World) & (The World's Greatest Structures)

Wednesday afternoons 1:00-2:30pm (3- 30 minute Lectures)

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

The Celtic World Continues

September 4th #1~ Politics & Literature in Wales, **#2** ~The Tudor Conquest of Ireland, **#3** ~(Re) Discovering the Celts

September 11th #1~The Gaelic Revival in Ireland, **#2** ~Celtic Music and Dance, **#3** ~The Celts of Today

The World's Greatest Structures Begins (8 Weeks)

September 18th #1~ Learning to See and Understand Structure, **#2** ~The Science of Structure-Forces in Balance, **#3** ~Internal Forces, Stress, and Strength

September 25th #1~ From Wood to Steel – Properties of Materials, **#2** ~Building Up – Columns and Buckling, **#3** ~Building Across – Beams and Bending

Diabetes Support Group

Join us on Tuesday, September 17th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Neuropathy and Fall Prevention presented by UH Geauga Therapy team. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Parkinson's Support Group – Off Site in September

Join us on Wednesday, September 18th at 12:30pm at Ohman Family Living at Briar, Post-Hospital Entrance (14807 N. State Ave., Middlefield 44062). Lunch and Panel Discussion to help seniors learn how they can lower their risk for falling and to continue living independently. Our panelists will include UH Geauga Trama Team, UH Geauga Pharmacy Services, Matter of Balance Coaches, & Ohman Family Living Rehab Services. Josh Burton from GDA will discuss the Chore & Home Safety Program. For questions and to RSVP, call Melissa Wheeler at 440-279-2167.

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**

September 4th: Aztec Tortillas and Chocolate/Papal Rome: Meat Rolls and Eggplant

September 11th: Dining w/ Don Quixote in Imperial Spain/Portugal & Japan: Cakes & Katsuobushi

September 18th: Vegetarian India: Jackfruit and Rice/The Birth of French Haute Cuisine

September 25th: Post-Puritan England; Hippocras and Cookies/ China's Last Dynasty: Elegant Simplicity

September 6th: Pompeii's Wine and Vineyards/Earthquake- AD 62

September 13th: Rebuilding after the Earthquake/Wall Paintings in the House of Vettii

September 20th: Worshipping the Emperors at Herculaneum/Visiting a Villa at Stabiae

September 27th: Pliny Narrates the Eruption of Vesuvius/The Bay of Naples after Vesuvius

Movie and Snack at Briarcliff Manor

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, September 26th, at 1:00PM, (14807 N State Ave, Middlefield). Enjoy a snack while watching a movie in Briarcliff's theater room. August Movie "Queen Bees". Please call 440-632-0611 to register.

Lunch and Learn with Geauga Park District at Chardon Senior Center

Wednesday, September 25, from 12:30 p.m. – 2:00 p.m., at the Chardon Senior Center. The topic this month is “Fascinating Fungus and Mushrooms.” Call to register at 440-279-2126, FREE! Lunch included.

DINE NITE OUT with WGSC

Thursday SEPTEMBER 26th 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 Tavern SIX in Kirtland (7592 Euclid Chardon Rd, Kirtland~44094). Cost is on your own, just meet us there at 5:00pm. Call ahead & reserve your seat by SEPT 23rd. Call 279-2163.

Kathie Doyle Presents Famous FBI Cases

Middlefield Senior Center. On Friday, September 13th at 10:30AM. No cost. Monthly breakfast served at 10am cost \$3.00. Please call to register 440-632-0611.

Cooking with Keri

Join us September 12th at 3pm to learn how to make easy, one-pan, single-serve, mini meatloaf with roasted potatoes and brussel sprouts. Cost is \$5; registration and payment are due by Friday, Sept. 6, 2024.

Mahjong Lessons at WGSC

Are you interested in learning to play Mahjong? Have you always been curious about the game, but just never had the opportunity to learn it? IF so, WGSC is offering Lessons for anyone who would like to learn to play this fun and popular game. We will be offering a 2-part series to learn the basics of how to play American Mahjong. September 6th & 13th, Time will be from 1:00-3:00pm. Additional dates/classes will be added as needed if interest is consistent. Instructor will be Christine Bacon, call to sign up at 440-279-2163.

Touring with Ginny, Brandts Apple Orchard

Thursday, September 19th, 2024. Ginny is ready for fall! Join her apple picking at Brandts Apple Orchard. 4749 Dibble Rd. Ashtabula, Oh 44004. Limited space to ride the bus. Bus will leave Middlefield at 10:00AM. cost on your own. Please call 440-632-0611.

America’s Most Scenic “Drives” Documentary Series

AT CHARDON SENIOR CENTER

Thursday, September 5: From Main to Key West.

Thursday, September 12: From Texas to Yellowstone.

Thursday, September 19: From Arizona to Alaska.

Coffee and Pastry will be served while you enjoy these documentaries that will take you on a roadway travel journey throughout the United States.

Sign up for one, or all at 440-279-2126. This is a free event.

Sandwich & Salad Lunch

Join the Bainbridge Senior Center on Tuesday September 10th at Noon for chicken salad wraps and Waldorf Salad. We will start serving at noon, \$5 due at registration and due Friday, Sept. 6.

Interested in learning to play Bridge?

We would love to teach you! Chardon Senior Center has some wonderful volunteer instructors who will teach you all you need to know to join in the fun with one of our Bridge Groups! Call Chardon Senior Center for more information!

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
9/5	Blue Heron Preserve	14747 Ravenna Rd, Burton 44021
9/12	Holbrook Hollows	7250 Country Ln, Bainbridge 44023
9/19	Big Creek Park Woodin Rd Entrance	Entrance is located across the street from 12017 Woodin Rd, Chardon 44024
9/26	Headwaters Park (Rt. 322 Entrance)	15055 Mayfield Rd (Rt. 322), Huntsburg 44046

GEAUGA WALKERS

DATE	PARK	PARKING
Sept 3	Mentor Dunes State Nature Preserve	9601 Headlands Road, Mentor Headlands, East Parking Lot
Sept 9*	Observatory Park	10610 Clay Street, Montville, Between Rt 6 & Rt 322
Sept 17	Sunny Lake Park	885 East Mennonite Road, East of Rt 43, Aurora
Sept 24*	Frohring Meadows	16780 Savage Road, Bainbridge Twp

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." Any questions call: Carol Rinehart @ (440) 487-4346, Barbara Baker @ (440) 487-5838, or TEXT Jane Hall-Nemeth @ (440) 567-1228.

Dreams Fulfilled: Creating & Achieving Your Bucket List

You've heard the term "Bucket List", come learn how to create your own list and pursue your lifetime dreams one at a time! Held on Wednesday, October 16th at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065) from 2:00-3:00pm. Light refreshments provided. Call Dawn at 440-632-3653 to register.

Diamond Art Class at WGSC

SEPT 12th and SEPT 26th Learn the art of diamond painting with Christine. We will have easy/small projects to get you started, or a few larger ones for those that are ready to step it up a bit. Cost is \$5 per class, which includes the project and all supplies needed. RSVP & payment due one week in advance of each class date. Magnifying glasses with LED lights available if needed.

GEAUGA YOUNG OF HEART

Meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland the first and third Friday of the month. Bring your brown bag lunch. Entertainment and refreshments provided. Any Geauga County resident 55 or over may join Young of Heart. Dues are \$25 for the year. To join call Monica at (216) 659-8117. Our own Joe Bortnik will entertain us with his accordion music on September 6. On September 20 Ester Lager will tell us about "Unveiling Victorians, What life was really like. A trip to the Ark Encounter and the Creation Museum has been planned for October 13-15. Also included, the American Sign Museum and six meals including the captain's dinner cruise aboard the BB Riverboat. Cost is \$650. We will be going to the Sight and Sound Theatre in Lancaster, PA, on October 22-23 to see "Daniel" with a stop in Hershey. Cost is \$435. For more information on these trips please call Kimber at (440) 668-3293 or Kit at (216) 543-4442.

September Monday Crafts at Middlefield Senior Center

Every Monday at 1:00PM at the Middlefield Senior Center. Must pre-register 440-632-0611. 9th- Apple stamped tote bag. Cost \$5.00. 16th- Fall Flower arrangement, fake flowers. Class led by Marleen. Cost \$5.00. 23rd- Fall apple painting on canvas. Step by step class lead by Amber Ariel of Aril inspired studio. Back by popular demand! Cost \$32. 30th- Crafting with Marsha! Cost Donation.

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.

Bike Trip & Lunch: Cuyahoga Valley National Park

Tuesday, September 24th. Meet at the Canal Exploration Center (7104 Canal Rd, Valley View, OH 44125) at 10:00am. We will ride on the Ohio & Erie Canalway to Peninsula Depot and have lunch at the Winking Lizard (1615 Main St, Peninsula 44264). After lunch we will ride back to the Canal Exploration Center. Approximate round trip is 20 miles. Lunch is on your own. Please RSVP by calling Melissa Wheeler at 440-279-2167.

Bainbridge Book Club

The Bainbridge Book Club theme will be Re-Imagined Classics – Re-tellings of classic stories from the perspective of another character. We will be meeting on Tuesday 9/17 at noon to discuss! Please call to register and let us know if you would like lunch and find out what the suggested books are within the theme, (440) 279-1313.

Halloween Party at Chardon Senior Center

Wednesday, October 30, from 1:00 p.m. – 4:00 p.m., at the Chardon Senior Center. Costumes are optional, but we have a costume theme this year; dress in costume according to the decade in which you attended/graduated high school! Start planning now, and search for those poodle skirts, bell-bottoms, varsity jackets, shoulder-padded jackets, or tie-dyed t-shirts now! Lunch, D.J., and indoor trick or treating! \$15 per person with registration.

Lunch & MUSIC TRIVINGO at West G Senior Center

SEPT 19th 12:00-2:00pm- Once Again, we are going to play “Trivingo” This is NOT your ordinary letter and number Bingo Game. This is a form of bingo, it’s on the same type of grid with 25 squares and same game winning 5 in a row method. There are over 75 song titles from the “Oldies” Era of music used and scrambled on the cards, along with Music trivia questions. All trivia is multiple choice, and you do not have to participate in it, you can just say “PASS” and we will move on to the next person. Lunch of Soup, Sandwich, dessert and beverage Included, and there will be MANY PRIZES, including GRAND PRIZES at the end of the event! Cost \$6, RSVP and payment due by 9-12-24.!! Call for more Info: 440-279-2163.

Big Breakfast

Join the Bainbridge Senior Center for our monthly big breakfast on Thursday 9/26 at 9am. Veterans and September birthdays are free to attend. The cost is \$5 for everyone else. September’s menu is French Toast casserole, sausage, and fruit. Please register by Monday, September 23rd.

Diabetes Self-Management Class

October 2nd, 9th, 16th, 23rd, 30th, and November 6th from 1:00-3:30pm
West Geauga Senior Center / 8090 Cedar Road / Chesterland 44026

Take charge of your health! If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health – and your life! This class is free for all registered seniors. Space is limited. To register, please call Melissa Wheeler at 440-279-2167.

Lost Cleveland Memories E 105th and Euclid Ave.

Friday, September 27th, 10:30AM at the Middlefield Senior Center. Cost \$5.00.

Presented By: Dennis Sutcliffe.

Originally known as Doan's Corners, the area began as a stagecoach stop on the road from Buffalo to Cleveland. In the first half of the 20th Century, it became an entertainment Mecca offering Clevelanders a taste of New York City high-life. By the 1970's it was referred to as an "inner-city Disneyland" and was the flash-point for battles with the city's power structure. Today it is part of the sprawling campus of Cleveland Clinic. Join us for light refreshments at 10:00AM. Please call to register 440-632-0611.

3rd Annual Women's Day

Come join us on October 1st from 9:30am-2:30pm and "unplug" for a day as we head to the beautiful Claridon Woodlands Park (11383 Claridon Troy Rd, Chardon 44024), where you can relax in nature and enjoy the many activities we have planned for you. This year's theme is Relax & Rejuvenate and that we will do! In honor of breast cancer awareness month, we will have a speaker on that topic, and celebrate all our survivors. Wear pink in support of these women! Please complete registration form and mail to: Geauga County Department on Aging 12611 Ravenwood Dr. Chardon, Ohio 44024. Cost is \$20 per person. Questions, call Sandy McLeod 440-279-2137.

Cuyahoga Valley Scenic Railroad

Wednesday, October 9th. Cost \$68.00

Climb aboard and listen for the whistle's call! Situated in Northeast Ohio, the Cuyahoga Valley Scenic Railroad winds its way through the picturesque Cuyahoga Valley National Park during fall season! Fall treat provided on the bus and box lunch during the ride.

Two pick up options– Burton Fairgrounds @ 9:30AM 14373 N Cheshire St, Burton OH 44021
or Bainbridge Senior Center @ 10:00AM 17751 Chillicothe Rd, Chagrin Falls, OH 44023

Please call 440-632-0611 to register.

11:10am Train boarding time. Approximately 2-hour ride. Times may vary closer to event. Please choose your lunch. All boxed lunches, sandwiches and wraps come with a side of fruit, a brownie and a bottle of water. The Count – turkey, ham, swiss cheese, strawberry jam, spinach, Dijon mustard, wheatberry bread. Italian Grinder – salami, pepperoni, ham, provolone cheese, roasted red peppers, leaf lettuce, hoagie bun, Italian dressing. Hummus Vegetable – hummus, red and yellow peppers, tomatoes, spinach, olive tapenade, sun-dried tomato tortilla.

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, September 4th (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: *Rust: A Memoir of Steel & Grit* by Eliese Colete Goldback

Thursday, September 12th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.

Discussing: *River of the Gods: Genius, Courage & Betrayal in the Search for the Source of the Nile* by Candace Millard

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.

Lunch & Learn

CarePatrol will provide a Lunch & Learn Session on 9/17 at 11am to review your options for Advance Care Planning and how to talk about the "tough stuff".

No one likes to think about the "what ifs" and worst-case scenarios when it comes to our health or a loved one's health. This presentation will focus on what to think about when planning for your health-care future, the components of advance directives, and how to have these advance care planning conversations. Though this is not a favorite topic to think about, it is important to discuss and be prepared. Kayla Flowers (LISW-S), the presenter, holds a bachelor's degree in social work from Ashland University and her master's degree in social work from The Ohio State University. This makes Kayla uniquely qualified to her role as a Senior Care Advisor for CarePatrol. She has experience in various fields of social work: counseling, palliative care & hospice, behavioral health, crisis intervention, and case management. Registration Required.

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 smart-phone 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.

Out to Lunch Group

Thursday, September 19, at 12:00 noon, at Joey's in Chardon. Meet up with Chardon Senior Center staff 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.

Mahjong Mixer at West G. SEPT 25th

Wednesday Sept 25th 12:30-4:00 ~Join us at the West G Senior Center for the monthly Mahjong Mixer! We will serve a hot lunch and dessert from 12:30-1:00, followed by the Mixer from 1-4pm. Registration is REQUIRED, Deadline is Friday September 20th. 440-279-2163.

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

Home Décor Workshop at Chardon Senior Center

Monday, September 23, from 1:00 p.m.-4:00 p.m., at Chardon Senior Center. \$5 per person, with registration. Call 440-279-2126 for more information or to register. Our project this month are adorable wine cork pumpkins.

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

Friday, September 6, from 12:00 p.m. – 1:30 p.m., at the Chardon Senior Center. This month's topic is "The History of the FBI." This is a free event, but registration is required by calling 440-279-2126.

Lunch, Learn and Laughter at West G.

Sept 27th 12:00-1:30 Join us for a hot lunch (Meal of the day, see MENU back page), followed by a learning presentation, along with a Laughter Yoga session with Christine Smith. Learn all about this form of Yoga, and how it works, you will have LOTS OF FUN at this Event!! Free Program, Donations accepted for the meal. Call to sign-up by Sept 16th. 440- 279-2163.

CARDIO DRUMMING IS BACK AT BAINBRIDGE!

NEW DAY & TIME: Tuesdays and Thursdays at 10:30am (after Balance Class)

Matter of Balance Class

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this class can make a difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center and Ohman Family Living. To register, please call Melissa Wheeler at 440-279-2167.

September 11th thru October 4th – Every Wednesday & Friday from 1:30-3:30pm.

Ohman Family Living at Briar – Post-Hospital Entrance / 14807 N. State Ave / Middlefield 44062

Lunch and Learn – Interesting Facts About September!

A Look at Our September Almanac! Tuesday, September 3, from 12 noon – 1:30 p.m. Learn all about the interesting and traditional holidays that take place in September! Also enjoy a taste of the season! This is a free program, but registration is required at 440-279-2126.

2024 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors must be registered with the Department on Aging for 2024 one week prior to the pick-up in order to be placed on the pickup list. Dates for Pick-up days are subject to change, so check the list each month. To register or for guidelines and questions Call (440) 279-2130.

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

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

Lunch and Learn with Geauga Parks at West G.

Sept 16th 12:00-1:30pm ~Join us for the “Hot Lunch of the Day” (see Menu on back page), followed by a Geauga Parks Naturalist presentation of “Fungus & Mushrooms.” Mushrooms are a type of fungus. What exactly is fungus? Is it plant, animal, something else? Is it edible or poisonous? How does it live? What good is it? From recycling to medicine and other uses, this program explores the natural history of fungi and the important role it plays in our environment. FREE Event-Donations accepted for meal. Sign-up REQUIRED by Sept 9th 279-2163.

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.

Music BINGO at Jennings

Sandy and Melissa will be hosting “Music BINGO” on Monday, September 9th at Jennings at Notre Dame Village Apartments Cafeteria (10950 Pine Grove Trail, Chardon 44024) from 2:00-3:00pm. This fun, interactive version is played by listening to music to mark your BINGO boards. Light refreshments and dessert will be served. Call Sandy McLeod to RSVP at 440-279-2137.

Sweet Treat Drive Thru at Heather Hill

Wednesday, September 4, 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 October Drive Thru will be Wednesday, October 2. Registration is now open for both dates!

Goodbye Summer Party!

Please join us on September 11th for a fun and engaging evening as we celebrate the end of SUMMER and beginning of FALL. There will be games, activities, food, fireworks and much more! The event will begin at 6:00pm and held at Ohman Family Living at Blossom, located at 12496 Princeton Road in Huntsburg. Call Dawn at 440-632-3653 to register.

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 September 2024

MON	TUES	WED	THU	FRI
2 LABOR DAY	3 GRILLED CHICKEN BREAST GREEN BEANS CARROTS WG HAMBURGER BUN ESCALOPED APPLES MAYO PC	4 STUFFED GREEN CABBAGE w/TOMATO SAUCE ½ C MASHED POTATOES WHITE BREAD FRUIT CUP	5 BURGER WITH CHEESE HASH BROWN COINS BAKED BEANS WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	6 MACARONI & CHEESE BROCCOLI SWEET CORN DINNER ROLL FRUIT CUP
9 HOT DOG TATER TOTS BAKED BEANS WG HOT DOG BUN APPLESAUCE CUP KETCHUP PC/MUSTARD PC	10 BBQ CHICKEN BREAST RICE – ½ CUP GREEN BEANS SWEET POTATOES DINNER ROLL APPLESAUCE CUP	11 MEATBALLS w/PASTA w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES WHITE BREAD FRUIT CUP	12 TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE - 1 CUP BROCCOLI APPLESAUCE CUP	13 BREADED CHICKEN PATTY CARROTS SWEET CORN WG HAMBURGER BUN FRUIT CUP MAYO PC
16 STUFFED GREEN PEPPERS W/TOMATO SAUCE ½ C MASHED POTATOES WHITE BREAD ESCALOPED APPLES	17 SALISBURY STEAK W/ GRAVY RICE – ½ CUP MIXED VEGETABLES CARROTS WHITE BREAD FRUIT CUP	18 TOMATO BASIL CHICKEN PASTA w/TOMATO SAUCE ½ C MIXED VEGETABLES DINNER ROLL FRUIT CUP	19 TURKEY BURGER TATER TOTS BROCCOLI WG HAMBURGER BUN APPLESAUCE CUP KETCHUP PC	20 MINI CORN DOGS CARROTS BAKED BEANS APPLESAUCE CUP KETCHUP PC
23 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP	24 CHICKEN SALAD THREE BEAN SALAD COLE SLAW WG HAMBURGER BUN WHOLE FRESH ORANGE	25 BREADED FISH HASH BROWN COINS MIXED VEGETABLES DINNER ROLL FRUIT CUP TARTAR SAUCE & KETCHUP PC	26 SWEDISH MEATBALLS w/NOODLES BROCCOLI CARROTS WHITE BREAD APPLESAUCE CUP	27 JUMBO RAVIOLI w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES DINNER ROLL FRUIT CUP
30 ROAST TURKEY BREAST W/GRAVY MASHED POTATOES SWEET CORN WHITE BREAD-2 APPLESAUCE 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
 SEPTEMBER

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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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