

The Geauga senior news

Geauga County Department on Aging

December 2024

To Continue Services with the Geauga County Department on Aging, Seniors Must Update Their Registration for 2025!

If you registered with the GDA in 2023 or 2024, and there have been no changes on your registration form (For example - change of address, new phone number, new emergency contact) seniors can call their local senior center and ask to be re-registered. If you don't call, you will not be registered for 2025!

If there has been a change in your registration information, just fill out a 2025 registration form and bring or send it to your nearest senior center. Please note, all out of county seniors and guests under 60 years of age will be charged an annual fee of \$25 to register with the GDA. This annual fee does not include a subscription to the Geauga Senior Newsletter.

If you have any questions, call your local senior center or the main office at (440) 279-2130.

Home Delivered Holiday Meals for Geauga County Seniors

The Geauga County Department on Aging and local Christmas Sponsors, Ohman Family Living and the Chardon VFW will offer a FREE traditional holiday meal to any Geauga County Seniors, age sixty (60) and older, who will be home and alone on Christmas Day, December 25.

There will be no regular Home Delivered Meal delivery or congregate meals on Christmas Day. Instead, holiday meals are available by preorder only.

In order to ensure your holiday meal delivery, please contact the Department on Aging as soon as possible. Christmas Day Meal requests are due by December 17.

If you are a Geauga County Senior or know of a Geauga County Senior who will be home and alone on Christmas Day and needs a meal, please call the Geauga Department on Aging at 440-279-2163 or 440-279-2130.



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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 4,800 hard copy and 230 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 - In-Home Services Manager

Sandy McLeod – Senior Centers' Manager | Karen Stone – Administrative Services 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) Daniel & Gwenn

Brown, Alan and Peggy Bialosky

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

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

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

Qualified Medicare Beneficiary (QMB): Pays for Part A & B deductibles, coinsurance/copays and premiums.

Specified Low Income Medicare Beneficiary (SLMB): Pays for monthly Part B premium.

Qualified Individual (QI): Pays for monthly Part B premium (limited benefits)

Qualified Disabled & Working Individuals (QDWI): Pays for Part A premium if you are under 65, disabled and no longer entitled to free Part A because you work.

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

QMB			SLMB			QI			Extra Help		
<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

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$5,717.23 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the Western Reserve Area Agency on Aging, or the U.S. Government.

Heating Assistance Available

The Ohio Department of Development and the Geauga County Department on Aging want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application.

Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual’s energy bill after Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.

The last day to apply for the regular HEAP benefit is May 31, 2025. For more information or assistance with applying for a HEAP benefit, contact the Geauga Department on Aging at (440) 279-2130.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

Monthly Highlights

Monday, December 2nd: Christmas Music BINGO Held at Jennings at Notre Dame Village Apartments Cafeteria (10950 Pine Grove Trail, Chardon 44024). Join us for a fun, interactive, sing-along version of BINGO. Light refreshments and dessert will be served. 2:00pm. Free. Call Melissa at 440-279-2167 to register.

Thursday, December 5th: Free Lunch & Movie. UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.


Tuesday, December 10th: Berkshire High School Book Discussion. We will be discussing: A Thousand Splendid Suns by Khaled Hosseini. Held in the Berkshire High School Auditorium (14155 Claridon Troy Road, Burton, OH, 44021). Due to school safety protocols, we will all meet in front of the school at 8:15am. Please park near door #9. Follow signs to the Board Office and park in either of the two closest parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium. This may take a minute or two so please have patience during this process. Please spread out amongst the students so we have both students and seniors working together. For questions please do not call the school, all reservations are made thru Department on Aging. Please RSVP to: Sandy McLeod 440-279-2137. 8:30am. Free.

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 Microsoft Teams. Call Melissa Wheeler at 440-279-2167 for more info.



Geauga 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 440- 279-2167.

Parkinson's Boxing Classes: This class is for seniors diagnosed with Parkinson's whose symptoms are mild to moderate. The goal of this non-contact boxing program is to delay the progression of Parkinson's symptoms. Please call Sandy McLeod at 440-279-2137 for more info.

December 2024

MONDAY	TUESDAY
2	3
9:30-11:00 Parkinson's Boxing CSC 2:00-3:00 Christmas BINGO JND	11:00-12:00 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS
9	10
9:30-11:00 Parkinson's Boxing CSC	8:30-9:30 Berkshire Book Discussion OS 11:00-12:00 Balance Exercise CSC & VT 11:15-12:15 NO PEDALING TODAY OH 11:30-1:30 Parkinson's Support OS 1:00-2:30 Geauga Walkers OS
16	17
9:30-11:00 Parkinson's Boxing CSC	11:00-12:00 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS 2:00-3:00 Diabetes Support Group CSC
23	24
9:30-11:00 Parkinson's Boxing CSC	
30	31
9:30-11:00 Parkinson's Boxing CSC	11:00-12:00 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 Geauga Walkers OS

SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 11:30-12:30 Book Discussion GW 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">5</p> <p>11:15-12:15 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL</p>	<p style="text-align: right;">6</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</p>
<p style="text-align: right;">11</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">12</p> <p>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 11:00-12:00 Balance Exercise CSC & VT</p>
<p style="text-align: right;">18</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS</p>	<p style="text-align: right;">19</p> <p>11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 GPD Elderberries OS</p>	<p style="text-align: right;">20</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</p>
<p style="text-align: right;">25</p> <div style="text-align: center;">  <p>CLOSED FOR Holidays WE WISH YOU A Merry Christmas!</p> <p>CLOSED FOR CHRISTMAS</p> </div>	<p style="text-align: right;">26</p> <p>11:15-12:15 Pedaling for Parkinson's OH</p>	<p style="text-align: right;">27</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</p>
<div style="text-align: center;">  <p>Office Closed <i>Happy New Year!</i></p> <p>OFFICES CLOSED NEW YEARS DAY</p> </div>	<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 CSC - Chardon Senior Center GW - Geauga West Library GCOB - Geauga County Office Building JND - Jennings at Notre Dame Village OBR - Ohman Family Living at Briar OH - Ohman Family Living at Holly OS - Offsite VT - Virtual Teams (Online) WG - West Geauga Senior Center</p>



Chardon Senior Center

440-279-2126

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, 12/3: Christmas Concert by the Raccoon County Ramblers. FREE, but call to RSVP.

Thursday, 12/5: Lunch and No-Bake Class. \$2 with prior registration. Learn to make a no-bake dessert!

Friday, 12/6: Craft Club: Rag Christmas Tree. \$10 with registration.

Monday, 12/9: Book Club: Mr. Dickens and His Carol, by Samantha Silva.

Tuesday, 12/10: Bingo-Pa-Looza, by reservation only.

Thursday, 12/12: Breakfast Club at Bob Evans! Cost is "on your own." Call the center to let us know you'll be joining us!

Friday, 12/13: Lunch & Speaker, Kathie Doyle. FREE, but registration required.

Tuesday, 12/17: Iris Folding. \$1.50 per card, payable to instructor, day of.

Wednesday, 12/18: Christmas Cookie Exchange. FREE, but call to register by 12/11. Bring 4 dozen of your favorite Christmas Cookie!

Tuesday, 12/17: Brain Games with Ohman Family Living. FREE. Call to register. Give that brain a workout!


Thursday, 12/19: Lunch and Christmas Concert with Geauga Renaissance Choral Group. FREE, but call by 12/9 to register.

Friday, 12/20: White Elephant Gift Exchange. FREE! Bring a gently used wrapped gift for a fun gift exchange! Call to sign up!

Friday, 12/27: Birthday Bingo and Pizza Party. November birthdays are free. \$5 for everyone else!

MONDAY	TUESDAY
2	3
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 1:00 Tech Help by appointment	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 2:00-3:00 Christmas Concert with the Raccoon County Ramblers!
9	10
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 1:00 Tech Help by appointment	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 12:00-4:00 Bingo-Pa-Looza! 2:00-3:30 RCR on break
16	17
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	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 1:00-2:00 Brain Health Games 2:00-3:00 Diabetes Support Group
23	24
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 1:00 Tech Help by appointment	
30	31
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 1:00 Tech Help by appointment	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 2:00-3:30 Raccoon County Ramblers on break

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

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <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 Chair Volleyball 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p>	<p style="text-align: right;">5</p> <p>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 \$3 (Off Site)</p>	<p style="text-align: right;">6</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00-2:00 Photography Club 1:00-4:00 Bridge Group 1:00-4:00 Rummikub 1:00-3:00 Craft Club - Rag Christmas Tree \$10</p>
<p style="text-align: right;">11</p> <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 style="text-align: right;">12</p> <p>9:30 Breakfast Club at Bob Evans 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p style="text-align: right;">13</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 12:00-1:30 Lunch and Speaker Series with Kathie Doyle 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
<p style="text-align: right;">18</p> <p>9:00-11:00 Pinochle 10:00-11:00 Christmas Cookie Exchange 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise Please note—No Heather Hill Luncheon this month</p>	<p style="text-align: right;">19</p> <p>10:30-12:00 Choral Group 12:00 Lunch and Christmas Concert with Geauga Renaissance Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p style="text-align: right;">20</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00-2:00 White Elephant Gift Exchange 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p>	<p style="text-align: right;">27</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 11:00-1:00 Birthday Bingo and Pizza Lunch 1:00-4:00 Bridge Group 1:00-4:00 Rummikub</p>
<p>Monday Movies: 12/2: Misery 12/9: Meet Me in St. Louis 12/16: Little Women (2019) 12/23: When Harry Met Sally 12/30: An Affair to Remember</p>	<p style="text-align: center;">Becky O'Reilly Recreation & Education Coordinator</p> <p style="text-align: center;">Beth Oliverio Information and Referral Specialist</p>	<p style="text-align: center;">Ellie Rickard Food Service Coordinator</p> <p style="text-align: center;">Jeanne Molzen Rec & Ed Assistant Coordinator</p>

Bainbridge Bulletin

We will be **CLOSED**:
12/24 through 12/27

We will close at **NOON** on 12/18
for a staff meeting.

FREE Lunch & Learns

12/3- Downsizing/Selling Your Home
12/4- Normal Aging vs. Dementia
12/19- Caregiver advice, Alzheimer's
Association

***Prior registration required for
each* See the back of this
newsletter for more info!**

Thursday December 19th:

Big Breakfast Join the Bainbridge
Senior Center for our monthly big
breakfast. Veterans and December
birthdays are free to attend.

The cost is \$5 for everyone else.
On the menu: Egg & Bacon Strata &
fruit. Please RSVP by Friday, 12/13.

Movie Matinee

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

FREE Tech Help at BSC

Do you have trouble with your cell
phone? Do you have questions or
need help? Steve from Verizon will be
here on 12/16 at 11am to help set you
straight! He will help you out regard-
less of your plan or carrier. He is here
to help! Call 440-279-1313 to register.


Christmas Mahjong Mixer

BSC is partnering with WGSC to
host a Christmas Mahjong Mixer on
Tuesday 12/17 at BSC. Homemade
Lunch served at 12:30pm with game-
play starting at 1pm. The event is
FREE to attend but prior registration
is required!





Caregiver Support Group—NEW!

The Alzheimer's Assoc. will be con-
ducting an Alzheimer's & Dementia
Caregiver Support Group here at
BSC every month. First meeting is
Wednesday 12/11 from 1:30-3pm.
Call 440-279-1313 to sign up!

Bainbridge Senior Center 440-279-1313

MONDAY	TUESDAY
2	3
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>(It's a Wonderful Life)</i>	9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:30-1:30 FREE Lunch & Learn, Downsizing/Selling Your Home
9	10
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>(Miracle on 34th Street)</i>	9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-1:00 Soup & Sandwich Lunch Quesadillas and Tortilla Soup (\$5, registration required)
16	17
8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 11:00-12:00 FREE Tech Help w/ Steve (see sidebar for more info) 12:00-2:30 Lunch & a Movie <i>(White Christmas)</i>	9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 12:30-4:00 CHRISTMAS MAH-JONG MIXER
23	24
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>(Holiday Inn)</i>	
30	31
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>(Meet Me in St. Louis)</i>	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

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 11:00-12:00 Bingo 10:30-11:30 Line Dancing 12:30-1:30 FREE Lunch & Learn 12:30-2:00 Out to Lunch Group (Cowboy's)- Chagrin Falls)</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) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong</p>
<p>10:00-12:00 Diamond Painting 11:00-12:00 Bingo 10:30-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Sand Pebbles—Aurora) 1:30-3:00 Alzheimer's and Dementia Support Group</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 (\$5, prior registration req'd - (Easy Portobello & Chickpea bake)</p>	<p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong</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 11:00-12:00 Bingo 10:30-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Chicago Deli—Solon) CLOSING AT NOON FOR A STAFF MEETING</p>	<p>9:00-10:00 BIG BREAKFAST (registration req'd)¹⁹ 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-2:00 FREE Lunch & Learn w/ Alzheimer's Assoc 12:30-2:30 Iris Folding</p>	<p>8:30-9:30 All-Around Exercise (\$3)²⁰ 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong</p>
<p align="center">²⁵</p> 	<p align="center">²⁶</p> 	<p align="center">²⁷</p> 
<p align="center">Recreation & Education Coordinator: <i>Keri Skrtic</i></p> <p align="center">Recreation & Education Assistant: <i>Valerie Garland</i></p>		

Newsorthy Notes

VT= Virtual Teams (available virtually)
CALL 440-279-2163 to Register!

Never Ending Knowledge-World Heritage Sites II ~ALL Times are from 1:00-2:30pm

DEC 4th ~#1: Samarra of Iraq and the Abbasid Caliphate #2: China's Holy Peaks at Mounts Tai and Emei #3 Japan's Himeji, the White Heron Castle

DEC 11th #1 Mesa Verde of the American Southwest #2 Brasilia, Brazil's Modernist Capital #3 ~The Philippine Rice Terraces

Arm Chair Travel with The Great Tours

ENGLAND, SCOTLAND & WALES 1:00-2:30pm

DEC 6th ~ TUDOR BRITAIN, MAGNA CARTA & CIVIL WAR and ENLIGHTENMENT BRITAIN

DEC 20th ~INDUSTRIAL BRITAIN, VICTORIAN BRITAIN and TWENTIETH CENTURY BRITAIN

Mahjong Lessons with Christine

DEC 6th & 27th 1:00-3:00pm-Call to sign-up, this is basic beginners Mahjong, and all are welcome. Sign Up 440-279-2163

Holiday Sing a Long with Jack and Bonnie DEC 11th

11-12 noon ~Come and join Jack and Bonnie for some old time favorite Christ- mas carols. There will be holiday cookies available for all in attendance as well. FREE Event, sign up deadline is Dec 6th

Lunch and Movie "Candy Cane Lane"

DEC 13th- 12:00-2:00pm This movie tells the story of a laid-off corporate marketer who makes a deal with a wicked Christmas elf to win his street's house decoration contest. Lunch Menu will be the Hot Lunch of the day, see back page for monthly menu. **FREE Event-Donations accepted for meal. Call to sign up by Sept 3rd.440-279-2163**

Holiday Popcorn and TRIVINGO-Jingo Jamboree with Ron Papaleo

DEC 3rd 10:30-3:30pm

10:30-12:00 Chocolate Popcorn making
12:00-1:30 Lunch and Entertainment
1:30-3:30 Trivingo-JINGO

Holiday Mahjongg Mixer with Bainbridge

DEC 17th 12:30-4:00pm ~Join us as we gather together with the Bainbridge Senior Center for Lunch and Mahjongg. HELD AT THE BAINBRIDGE SC. Lunch will be served from 12:30-1:00, and Games from 1-4pm. Registration Deadline is DEC 12th.


Diamond Art Class with Christine

DEC 9th & 23rd - 1:00-3:00pm ~Learn the basics of Diamond Art, small projects for beginners available to purchase for approx. \$8-10. Larger projects also available, cost varies depending on size. Most kits under \$20. Call to register one week prior to each class date.

Out To Lunch BUNCH

DEC 19th-12:00-2:00pm Join us for an after- noon Lunch with friends. Meet up at The Silver Skillet in Chesterland at Noon. Call to let us know you will be there, and we can reserve you a seat.

West Geauga Senior Center 440-279-2163

MONDAY	TUESDAY
2	3
9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Stretch Chair Yoga 12:00-1:00 Water Exercise-Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass \$5 9:00-10:00 Water Exercise-Metz Pool 10:30-3:30 HOLIDAY POPCORN MAKING AND TRIVINGO-JINGO JAMBOREE w/RON PAPALEO 12:00-3:00 Bridge Group
9	10
9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Stretch Chair Yoga 12:00-1:00 Water Exercise-Metz Pool 1:00-3:00 Diamond Art Class \$5 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass \$5 9:00-10:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-1:30 Taichi-Fit \$3 12:30-2:30 Knit & Crochet
16	17
9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Stretch Chair Yoga 12:00-1:30 Lunch & Learn with Dawn ~Coping w/Holiday Stress 12:00-1:00 Water Exercise-Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass \$5 9:00-10:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-1:30 Taichi-Fit \$3 12:30-2:30 Knit & Crochet 12:30-4:00 Holiday Mahjongg Mixer w/WG & Bainbridge (at Bainbridge SC)
23	24
9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Stretch Chair Yoga 12:00-1:00 Water Exercise-Metz Pool 1:00-3:00 Diamond Art Class \$5 1:00-3:00 Mah-Jong	ALL SITES CLOSED 
30	31
9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Stretch Chair Yoga 12:00-1:00 Water Exercise-Metz Pool 1:00-3:00 Mah-Jong	9:00-11:30 Stained Glass \$5 9:00-10:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet

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

WEDNESDAY	THURSDAY	FRIDAY
<p align="right">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 Stretch Chair Yoga 1:00-2:30 Never Ending Knowledge World Heritage Sites II 3:00-4:00 Senior Spin at "O" Holly</p>	<p align="right">5</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-2:00 Age Well-Be Well Lunch & Movie Today</p>	<p align="right">6</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00-2:00 Chair Volleyball 1:00-2:30 Arm Chair Travel with "The Great Tours" England, Scotland & Wales 1:00-3:00 Mahjong Lessons</p>
<p align="right">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 Holiday Sing a Long with Jack and Bonnie 1:00-2:30 Never Ending Knowledge World Heritage Sites II 3:00-4:00 Senior Spin at "O" Holly</p>	<p align="right">12</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-1:30 Lunch & Learn ~American Sign Language</p>	<p align="right">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 "Candy Cane Lane" 1:00-2:00 Chair Volleyball</p>
<p align="right">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 Stretch Chair Yoga 3:00-4:00 Senior Spin at "O" Holly</p>	<p align="right">19</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-2:00 Out to LUNCH BUNCH at The Silver Skillet</p>	<p align="right">20</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00-2:00 Chair Volleyball 1:00-2:30 Arm Chair Travel with "The Great Tours" England, Scotland, & Wales</p>
<p align="right">25</p> <p align="center">ALL SITES CLOSED</p> 	<p align="right">26</p> <p>9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-1:30 Lunch & Learn ~American Sign Language</p>	<p align="right">27</p> <p>9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00-2:00 Chair Volleyball 1:00-3:00 Mahjong Lessons</p>
<p align="center"><u>Recreation/Education Coordinator</u> ~Christine Bacon 440-214-3505 <u>Rec/Ed Assistant</u> ~Laura Reed 440-279-2163 ~Jackie Kleve 440-279-2183 I&R Assistant: Debbie M. Stained Glass Class Appointments: Call Don Trask 440-759-9691</p>		<p>Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION IN ADVANCE to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC at 440-279-2163</p>

Monday Crafts

2nd Holiday Paintbrush \$4

9th Winter wood Coasters.

Includes 4

Class led by Amber from Ariel

Inspired Studio. \$34

16th Paint your own wooden Nut-cracker

23rd Crafting with Marsha Donation.

Friday December 6th

Kathie Doyle presentation History of Christmas carols & the story behind the songs. 10:30am

No Cost

10am Monthly Breakfast \$3

Wednesday December 11th

Christmas Cookie Exchange

Bring in 1 dozen cookies and receive a mix of cookies back!

Enjoy conversation and hot cocoa bar.

Thursday December 12th

Pancake and PJ Christmas Party! It's Christmas morning at the senior center! Enjoy a breakfast spread in your favorite pjs (\$5)

White Elephant exchange to follow. Bring in a wrapped gift to exchange! (white Elephant means something you already have and you want to regift, do not spend money!)

Thursday December 19th

Coping with Holiday Stress The holiday season is filled with excitement, planning and taking care of others. It is essential to engage in self-care activities, such as exercise and mental health. Please join us and learn simple ways to maintain physical and mental health amidst holiday chaos.

Thursday December 26th–

Wednesday January 1st the Middlefield Senior Center will be closed. You can visit Chardon or WG Senior Centers during this time. Middlefield will reopen on Thursday Jan 2nd at 8am

Middlefield Senior Center

440-632-0611

Middlefield Senior Center	
440-632-0611	
MONDAY	TUESDAY
2	3
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
9	10
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting Coasters with Amber from Ariel Inspired (\$34)	10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball
16	17
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
23	24
10am Crafting Monday 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting	CLOSED
30	31
CLOSED	CLOSED

December 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 Crusin Cardio with Ginny 11am Brain Games 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">6</p> <p>10am Monthly Breakfast \$3 10:30am Kathie Doyle 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">11</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Christmas Cookie Exchange 2pm Chair Volleyball</p>	<p align="right">12</p> <p>10am Pancake & Pj Christmas Party 11am White Elephant Exchange 1pm Chair Volleyball</p>	<p align="right">13</p> <p>9am Podiatrist 10am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">18</p> <p>10am Balance Exercise Closed at 11:30am For Staff De- velopment</p>	<p align="right">19</p> <p>10am Coping with Holiday stress with Dawn 11am Brain Games 12pm Lunch 1pm Chair Volleyball</p>	<p align="right">20</p> <p>10am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball</p>
<p align="right">25</p> 	<p align="right">26</p> <p align="center">CLOSED</p>	<p align="right">27</p> <p align="center">CLOSED</p>
	<p align="center">Recreation & Education Coordinator Hannah Heinz</p> <p align="center">Recreation & Education Assistant Ginny Lester</p>	<p align="center">Please call to register for lunch, crafting & special events. 440-632-0611</p>

Diabetes Support Group

Join us on Tuesday, December 17th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Do you have a favorite diabetic friendly holiday recipe, well then bring it along to share! We will be sampling some hors d'oeuvres and talking about how to keep that sugar in check during the holidays. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Parkinson's Support Group – Holiday Luncheon

Join us on Tuesday, December 10th at 11:30pm at Mangia! Mangia! (11081 Kinsman Rd, Newbury 44065) for our Holiday Gathering. You and your spouse/guest will order off the menu and everyone will have separate checks. Lunch is on your own. We will play a few games and enjoy some time together not working out! You must RSVP to Sandy McLeod by calling 440-279-2137.

Kathie Doyle Presents

History of Christmas carols & the story behind the song! At the Middlefield Senior Center. Friday December 6th 10:30AM no cost. Monthly breakfast served at 10:00AM cost \$3.00. Please call 440-632-0611 to register.

Bainbridge Book Club

The Bainbridge Book Club will be returning in January – stay tuned or call 440-279-1313 for updates.

Never Ending Knowledge Series Continues at WGSC

Schedule – DECEMBER Wednesday afternoons 1:00-2:30pm (3 -30 minute lectures)
Light snacks and refreshments provided. REGISTRATION IS REQUIRED 440-279-2163
TOPIC: World Heritage Sites II continues

DEC 4th 1~Samara of Iraq and the Abbasid Caliphate, 2~China's Holy Peaks at Mounts Tai and Emei, 3~Japan's Himeji, the White Heron Castle

DEC 11th 1~Mesa Verde of the American Southwest, 2~Brasília, Brazil's Modernist Capital, 3~The Philippine Rice Terraces

Christmas Concert by the Raccoon County Ramblers at Chardon Senior Center!

Tuesday, December 3, from 2:00 – 3:00 p.m., at Chardon Senior Center. Enjoy the sweet sounds of our very own stringed-instrument group as they play some familiar holiday favorites! Afternoon refreshments will be served. FREE, but space is limited, so call 440-279-2126 to reserve your spot!

Free Lunch and a Movie

Thursday, December 5th from 12:00-2:30pm at the West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). Lunch sponsored by Age Well Be Well program through UH Geauga Medical Center. Due to very limited space, and to ensure a fun experience for all, registration is required by calling 440-214-3180.

Cups and Canvas with a Twist! Holiday Wooden Coasters

Monday, December 9th, 1:00PM Middlefield Senior Center. Let's get in the holiday spirit! Join us for a step-by-step class led by Amber owner of Ariel Inspired Art Studio. Amber will lead us in making a set of four wooden coasters painted in a winter tree/holiday theme! Perfect for gift giving or to keep. Cost is \$34 for the set and includes everything you need. Space is limited you must pre-register for this class by calling 440-632-0611.

Big Breakfast at BSC

Join the Bainbridge Senior Center for our monthly Big Breakfast on Thursday 12/19. Veterans and December birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Egg & Bacon Strata & fruit. Please RSVP by Friday, 12/13.

Lunch and Christmas Concert by the Geauga Renaissance Choral Group.

Thursday, December 19, from 12:00-2:00, at the Chardon Senior Center. Join us for a festive afternoon of favorite Christmas tunes! Lunch included. FREE, but call to reserve your spot as space is limited. 440-279-2126.

A Matter of Balance Class

January 7th-30th – Every Tuesday & Thursday from 1:00-3:00pm.

Geauga County Office Building – Room B167-B168 / 12611 Ravenwood Dr. / Chardon 44024

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. Sponsored by UH Geauga Medical Center. To register, call Melissa Wheeler at 440-279-2167.

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. DEC 6th & DEC 27th, 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, along with seasoned players from our Mahjong group. Call to sign up at 440-279-2163

Coping with Holiday Stress

The holiday season is filled with excitement, planning and taking care of others. It is essential to engage in self-care activities, such as exercise and mental health. Please join us and learn simple ways to maintain physical and mental health amidst holiday chaos. Thursday, December 19th, 10:00AM at the Middlefield Senior Center. Please call, 440-632-0611 to let us know you will be here.

Movie Matinee and Free Lunch

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

Out to Lunch Bunch with WGSC

Thursday DEC 19th 12:00-2:00pm ~ Join us for an afternoon out with friends, as we meet for lunch at one of our local restaurants. This month will be The Silver Skillet in Chesterland. Cost is on your own, just meet us there at 12:00. Call ahead & reserve your seat by DEC 12th. Call 440-279-2163

Christmas-themed Bingo-Pa-Looza at Chardon Senior Center

Tuesday, December 10, from 12:00 p.m. – 4:00 p.m., at the Chardon Senior Center. \$5 per person with registration, to cover the cost of lunch of pizza and salad! Awesome prize baskets to be won, and a wonderful way to get into the holiday spirit!

Walking for Wellness - Winter Walks

Every Wednesday at 1:00pm. 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
12/4	West Woods	9465 Kinsman Rd, Novelty 44072, Meet at Nature Center
12/11	Observatory Park	10610 Clay St, Montville 44064
12/18	Maple Highlands Trail	Mountain Run Station 12700 Chardon-Windsor Rd, Chardon 44024
12/25	NOW WALK!	MERRY CHRISTMAS!

GEAUGA WALKERS

DATE	PARK	PARKING
Dec 3*	Claridon Woodlands	11383 Claridon-Troy Road, North of Rt 322 - POT LUCK HOLIDAY LUNCHEON Walk @ 12:00; Eat @ 1:00; Program @ 2:00
Dec 10	Punderson State Park	Marina Parking, 11755 Kinsman Road (Rt 87), Newbury
Dec 17*	Sunnybrook Preserve	12474 Heath Road, North of Rt 322, East of Chesterland, Snowshoeing, if snow

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.

Pancake and PJ Party at Middlefield Senior Center

Thursday, December 12th, 10:00AM, Cost \$5.00. Its Christmas morning at the senior center! Enjoy a breakfast spread in your favorite pajamas! Footie pajamas, pajama pants or fun sweaters all are welcome! White Elephant exchange to follow. Bring in a wrapped gift to exchange! (White Elephant means something you already have, and you want to re gift, do not spend money! Please call, 440-632-0611 to let us know you will be here!

An Intergenerational Book Discussion with Berkshire High School Students

Tuesday, December 10th from 8:30-9:30am. We will be discussing: A Thousand Splendid Suns by Khaled Hosseini.

Held in the Berkshire High School Auditorium (14155 Claridon Troy Road, Burton, OH, 44021). Due to school safety protocols, we will all meet in front of the school at 8:15am. Please park near door #9. Follow signs to the Board Office and park in either of the two closest parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium. This may take a minute or two so please have patience during this process. Please spread out amongst the students so we have both students and seniors working together. For questions please do not call the school, all reservations are made thru Department on Aging. Please RSVP to: Sandy McLeod 440-279-2137.

FREE Lunch & Learns – Bainbridge Senior Center

BSC is hosting Three FREE Lunch and Learns in December! See below for more information!

Call 440-279-1313 to reserve your spot!

Lunch and Learn #1 Tuesday 12/3 at 12:30pm

Stacey Jones from The Jones Group will present “Selling Downsizing Your Home” where she will review the home selling process, tips for decluttering, options for you next move, and the importance of estate planning.

Lunch and Learn #2 Wednesday 12/4 at 12:30pm

April from Arden Courts will present “Normal Aging vs. Dementia” Ever wonder how to tell the difference if you or someone you love are exhibiting the normal signs of aging or if some form of dementia is evident? This discussion will cover what the normal signs of aging are and how we all may at times exhibit what feels like dementia to us but is really a very normal part of the aging process. The presentation will also cover when some of these signs may indicate a problem.

Lunch and Learn #3 Thursday 12/19 at Noon

Mary from The Alzheimer’s Association will be presenting on several topics related to caring for and effectively communicating with someone with Alzheimer’s or dementia.

HOLIDAY JAMBOREE at WGSC

DEC 19th 10:30-3:30pm ~Join us for a Holiday Filled day of activities beginning first thing at 10:30 with Holiday Popcorn making. We will be doing chocolate drizzled popcorn, as well as chocolate covered puffcorn. Next Up will be Lunch from Mangia-Mangia, along with Live Entertainment by Ron Paleole! Finally, at 1:30 we will have JINGO-TRIVINGO with Lots of FUN Prizes. For the Mangia-Mangia Lunch you will have two choices: Chicken Pecan Salad with Bread/butter, and dessert. OR Turkey Sub Sandwich with Fries and Dessert. Beverages included. Cost: \$15 per person, registration due by DEC 16th or until FULL. 50 People Maximum. CALL for INFO 440-279-2163

Christmas Music BINGO

Monday, December 2nd from 2:00-3:00pm at Jennings at Notre Dame Village Apartments Cafeteria (10950 Pine Grove Trail, Chardon, OH 44024). Join the Department on Aging for this fun, interactive, sing-along version of BINGO. We will share in some holiday peppermint treats, drinks, and listen to our favorite classic holiday music.

Call Melissa Wheeler at 440-279-2167 to RSVP for this free program.

Christmas Cookie Exchange

Middlefield Senior Center. Wednesday December 11th, at 1:00PM. Bring in 1 dozen cookies and receive a mix of cookies back! Enjoy conversation and hot cocoa bar. Please call, 440-632-0611 to let us know that you will be here!

Caring and Communication at Bainbridge SC

On Thursday 12/19 at Noon, The Alzheimer’s Association will present several topics related to caring for and effectively communicating with someone with Alzheimer’s or dementia.

Holiday Sing a Long with Jack and Bonnie at WGSC

DEC 11th from 11:00-12:00 noon Join us at WG for holiday cookies, punch, hot cocoa and a Christmas carol style sing a long with Jack and Bonnie. History of each song will be included in the program, and will be filled with holiday spirit!! Call to register by DEC 9th 440-279-2163

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

Friday, December 13, from 12:00 p.m. – 1:30 p.m., at the Chardon Senior Center. Kathie is a retired history teacher, and loves to research different periods of history to present at the senior centers! This month's topic is: Unusual Costumes and Foods Used to Celebrate the Holidays Around the World. This is a free event, but registration is required by calling 440-279-2126.

CWRU Siegel Lifelong Learning Speaker – The Immortal Life of Henrietta Lacks

Tuesday, January 14th at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Breakfast will be served at 9:30am, followed by the lecture "The Immortal Life of Henrietta Lacks" beginning at 10:00am. Presented by Barbara Greenberg, J.D., Magistrate for Bedford Municipal Court. When Henrietta Lacks went to Johns Hopkins Hospital in 1951 to be treated for cancer, her cells began to be used in medical research – without her or her relatives' consent. These "HeLa" cells have impacted research for seven decades and became a bioethics issue. In this lecture, we will discuss medical consent and how medical communities and legal entities have viewed it and who makes the ultimate decision. Cost: \$15 for members, \$20 non-members. Registration required by visiting www.case.edu/lifelonglearning or calling 216-368-2090. You may pay the day of the event, but need to RSVP by calling Dawn at 440-632-3653.

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

Diamond Art Class at WGSC

DEC 9th & 23rd 1:00-3:00pm ~Join us for this Class, you can be a beginner, and start with a small simple project for \$5, or if you are more advanced, you may want to purchase larger more Intermediate level projects. There are many Christmas Holiday projects available, Cost Varies per project, \$5 up to \$20. You may also already have a project you are working on, so just bring it with you. Register One week Prior to each Class. Adaptive equipment available. Payment due when you choose/ receive your project. 440-279-2163

The Breakfast Club of Chardon

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, December 12, at 9:30 a.m. Enjoy breakfast, coffee, and conversation with others! Cost is "on your own." Call 440-279-2126, so we know who to expect!

Lunch and No-Bake Dessert Class

Thursday, December 5, from 12:00 p.m. – 1:00 p.m., at the Chardon Senior Center. Join us for lunch and then after lunch, learn how to make a delicious no-bake dessert! Reservations are required at 440-279-2126. \$2 per person.

FREE Tech Help at BSC

Do you have trouble with your cell phone? Do you have questions or need help? Steve from Verizon will be here on 12/16 at 11am to help set you straight! He will help you out regardless of your plan or carrier. He is here to help! Call 440-279-1313 to register.

Christmas Mahjong Mixer

BSC is partnering with WGSC to host a Christmas Mahjong Mixer on Tuesday 12/17 at BSC. Home-made Lunch served at 12:30pm with gameplay starting at 1pm. The event is FREE to attend but prior registration is required! Join us for food, fun, music, and of course MAHJONG!

Craft Club: Rag Christmas Tree Workshop

Friday, December 6, from 1:00-3:00 p.m., at Chardon Senior Center. \$10 per person space is limited, so call 440-279-2126 to reserve your spot! Create a rustic decoration for yourself, or to give as a gift!

White Elephant Gift Exchange

Friday, December 20, from 1:00-2:00, at the Chardon Senior Center. Join us for a fun afternoon of gift giving! FREE, but call to reserve your spot as space is limited. 440-279-2126. Bring a gently used, wrapped gift to exchange!

Birthday BINGO and Pizza Party at Chardon Senior Center

Join us on Friday, December 27, at 11:00 a.m., when we will be celebrating all of those having celebrated birthdays in October! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and December 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!

Soup & Sandwich Lunch

Join the Bainbridge Senior Center on Tuesday December 10th at Noon for quesadillas and tortilla soup. \$5 due at registration by Friday, December 6th, 2024.

Lunch and Movie "Candy Cane Lane" at West G.

DEC 13th- 12:00-2:00pm ~Join us for a hot lunch, Movie & Popcorn here at WGSC. Movie Description: A man is determined to win the neighborhood's annual Christmas decorating contest. He makes a pact with an elf to help him win--and the elf casts a spell that brings the 12 days of Christmas to life, which brings unexpected chaos to the town. Lunch Menu will be the Hot Lunch of the day, including dessert and beverage. see back page for monthly menu. FREE EVENT Register by 12/2/24 440-279-2163

Tech Help Appointments at Chardon Senior Center!

Every Monday, from 1:00 p.m. – 3:00 p.m., our Volunteer, Dwight, will do one-on-one tech appointments to help with issues about iPhones, Android phones, iPads, tablets, laptops – including windows and Apple products. This is by appointment only! ½ hour appointments for any phone help. 1-hour appointments for iPad, tablet, or laptop appointments. Sorry, no desktop appointments at this time. FREE. Call 440-279-2126 to schedule an appointment!

Chair Volleyball at WG Senior Center-PLAYERS NEEDED

The West G Senior Center is in need of seniors to join us here on Friday afternoons to play Chair Volleyball from 1:00-2:00pm. If you enjoy the sport, we would LOVE to have you join us!!! Call to let us know if you are interested. 440-279-2163

GEAUGA YOUNG OF HEART will be celebrating Christmas at the annual Christmas Party at Manakiki Country Club on December 6. There will be a gift drawing. If you would like to receive a gift, you must bring a gift. For further information call Monica at (216) 659-8117.

They will be going to the Aurora Atlas Movie Theater (Rt. 306 and Rt. 82) on Friday, December 13. The movie is TBD. It will start at 12:00. Cost is \$5 for movie or \$10 for movie, drink, and popcorn. Call Kimber at (440) 668-3293 for further information.

There will be no other meetings until January 3. Remember, if the West Geauga Schools are closed because of weather, our meeting will be canceled. You will not receive a call.

MERRY CHRISTMAS TO ALL!

CELEBRATING AMERICA250

On July 4, 2026, the United States of America will celebrate a special anniversary of the signing of the Declaration of Independence. The U.S. Congress has created a special commission that has named the event America250. Many celebrations, occurring from now through the special anniversary date, are orchestrated by this commission.

The State of Ohio has also created a commission, and their mission is "To plan, encourage, develop, and coordinate the commemoration of the 250th anniversary of the founding of the United States and the impact of Ohioans on the nation's past, present, and future." In support of this effort there is a project to recognize the Revolutionary War Veterans that are buried in Geauga County. A fresh balsam wreath will be laid on their gravesite as part of Wreaths Across America Day in December.

Do you have a story that has been passed down in your family about a Revolutionary War soldier? Do you have a colonial heirloom? Would you like to lay a wreath on a patriot's grave? The Department on Aging Senior Centers have a form and details to capture your experience. Please look for the document in each of the centers.

Caregiver Support Group—NEW!

The Alzheimer's Assoc. will be conducting an Alzheimer's & Dementia Caregiver Support Group here at BSC every month. First meeting is Wednesday 12/11 from 1:30-3pm. Call 440-279-1313 to sign up!

Lunch & Learn (Coping with Holiday Stress/Blues) at WGSC

DEC 16th 12:00-1:30pm ~Join us for a hot lunch (meal of the day) followed by a presentation by Dawn Damante of Ohman Family Communities. Topic will be all about the stress and blues many of us experience during the holidays. The holiday season is filled with excitement, planning and taking care of others. It is essential to engage in self-care activities, such as exercise and mental health. Please join us and learn simple ways to maintain physical and mental health amidst holiday chaos. Call to sign up by DEC 9th. 440-279-2163 FREE EVENT (donations accepted for the meal.)

Lunch and Learn ~American Sign Language at WGSC (two classes a month)

DEC 12th & DEC 26th 12:00-1:30pm ~Join us for a hot lunch (Meal of the Day), followed by a video series by The Great Courses teaching American Sign Language. This will be class number 3 and 4 of this series which began in November. FREE Class *Donations collected for Lunch* Registration deadline is DEC 2nd for First Class, and DEC 16th for second class. 440-279-2163

Christmas Cookie Exchange at Chardon Senior Center

Wednesday, December 18, from 10:00 a.m. – 11:00 a.m., at the Chardon Senior Center. FREE with registration by 12/11. Call 440-279-2126 to register. Bring 4 dozen of your favorite Christmas cookie to share with others!

Arm Chair Travel with The Great Tours at West G Senior Center

DEC 6th & DEC 20th -1:00-2:30pm ~Join us here at West G for one of our newest programs “Arm Chair Travel with The Great Tours” ENGLAND, SCOTLAND & WALES. This 12 part series will be offered twice a month on select Friday afternoons. These Travel Tours offer beautiful video footage, as well as the history of the areas being covered. If you like Travel, and especially if you are interested in the current destination, come and join us for this Video series projected onto our BIG SCREEN at WGSC. Call to sign up 440-279-2163

DEC 6th 1~ TUDOR BRITAIN, MAGNA CARTA & CIVIL WAR and ENLIGHTMENT BRITAIN
DEC 20th1~ INDUSTRIAL BRITAIN, VICTORIAN BRITAIN and TWENTIETH CENTURY BRITAIN

CHRISTMAS VOLUNTEERS NEEDED

Volunteers are needed Christmas Day, December 25th to deliver meals to senior citizens who are alone for the holiday.

Holiday meals are deeply appreciated by our area seniors, and we would love to have you help make their Christmas Day a little brighter.

All meals are prepared and made ready for delivery at our Chardon Senior Center location, at 470 Center Street, Building #8, in Chardon. Volunteers will pick up Christmas meals at the Chardon Senior Center and deliver the meal to their assigned senior(s) home(s).

To volunteer or for additional information, call Deana Catucci at the Geauga County Department on Aging at (440) 279-2145.

Cooking with Keri

Take a break from all that rich holiday food with a nice light, yet satisfying, meal! Learn how to make easy, one-pan, Easy Portobello & Chickpea bake on Thursday, December 12th. Cost is \$5; registration and payment are due by Friday, Dec 6th, 2024.

We Want Your Feedback - Trip Survey for 2025!

Please fill out the survey below, and either mail back to the Geauga County Department on Aging (Attn: Melissa Wheeler, 12611 Ravenwood Drive, Chardon, OH 44024) or drop it off at your local Geauga County Senior Center. Thank you for your participation!

Are there any day trips or outings you would like us to program?

Are there any overnight trips that would be of great interest to seniors?

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 December 2024

MON	TUES	WED	THU	FRI
HOT DOG 2 TATER TOTS BAKED BEANS APPLESAUCE CUP WG HOT DOG BUN KETCHUP PC/ MUSTARD PC	BBQ CHICKEN BREAST 3 RICE – ½ CUP GREEN BEANS SWEET POTATOES APPLESAUCE CUP DINNER ROLL	MEATBALLS w/PASTA 4 w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES FRUIT CUP BREAD	TERIYAKI CHICKEN W/ 5 VEG FRIED BROWN RICE - 1 CUP BROCCOLI APPLESAUCE CUP	MACARONI & CHEESE 6 BROCCOLI SWEET CORN FRUIT CUP DINNER ROLL
STUFFED GREEN 9 PEPPERS W/TOMATO SAUCE ½ C MASHED POTATOES WHITE BREAD ESCALLOPED APPLES	SALISBURY STEAK W/ 10 GRAVY RICE – ½ CUP SWEET CORN CARROTS FRUIT CUP BREAD	TOMATO BASIL 11 CHICKEN PASTA w/ SPAGHETTI SAUCE ½ C CAPRI BLEND VEGETABLES FRUIT CUP DINNER ROLL	TURKEY BURGER 12 ROASTED POTATOES BROCCOLI APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	BONELESS WINGS 13 CARROTS BAKED BEANS FRESH FRUIT GRAHAM CRACKERS BBQ CUP
CHICKEN SALAD 16 THREE BEAN SALAD SALSA CUP TORTILLA CHIPS FRESH FRUIT WG HAMBURGER BUN	MEATLOAF W/GRAVY 17 MASHED POTATOES PEAS BREAD APPLESAUCE CUP	BREADED FISH 18 TATER TOTS MIXED VEGETABLES FRUIT CUP DINNER ROLL TARTAR SAUCE & KETCHUP PC	SWEDISH MEATBALLS 19 w/NOODLES BROCCOLI CARROTS APPLESAUCE CUP BREAD	JUMBO RAVIOLI w/ 20 SPAGHETTI SAUCE ½ C MIXED VEGETABLES FRUIT CUP DINNER ROLL
BUFFET HAM 23 W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS CORN BREAD LOAF FRUIT CUP	GRILLED CHICKEN 24 BREAST GREEN BEANS CARROTS ESCALLOPED APPLES WG HAMBURGER BUN MAYO PC	CLOSED FOR CHRISTMAS	BURGER WITH 26 CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	MACARONI & CHEESE 27 BROCCOLI SWEET CORN FRUIT CUP DINNER ROLL
HOT DOG 30 TATER TOTS BAKED BEANS APPLESAUCE CUP WG HOT DOG BUN KETCHUP PC/ MUSTARD PC	BBQ CHICKEN BREAST 31 RICE – ½ CUP GREEN BEANS SWEET POTATOES APPLESAUCE CUP DINNER ROLL			

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.

You may never give your next meal a second thought...

'tis the
Season
of
Giving



But that is not true for many Geauga County Senior Citizens! What a gift it would be if you could help!

Give a Home Delivered Meal to someone local and in need!

1 meal = \$5.00

1 week of meals = \$25.00

1 month of meals = \$104.00

1 year of meals = \$1,250.00

We delivered **52,763** meals in 2023 to **478** seniors

We have **203** Home Delivered Meal drivers

94,833.25 miles were donated by our drivers

Giving Tuesday is on December 3rd this year.

To donate or for more information, call the Geauga County Department on Aging at (440) 279-2130. Thank you for your generosity! We will send you a tax deductible receipt for your donation.