

# The Geauga senior news

Geauga County Department on Aging

**January 2025**

## **Attention Tax Paying Senior Citizens**

Tax assistance will again be available to Geauga County seniors, sixty (60) years of age and older, at the Geauga County Department on Aging, located at 12611 Ravenwood Dr Suite 200, in Chardon. The Geauga Department on Aging will offer this free service by appointment only, from early February through Friday, April 11. The GDA will begin accepting appointment calls on February 3. Tax assistance will be available from IRS trained and certified personnel. Tax preparers will be using the electronic E-filing method.

The volunteers who help prepare taxes will need two (2) forms of identification from each taxpayer who is receiving tax assistance; one of the forms of identification must be a photo identification (passport, drivers license (U.S.), state identification card, military identification card, etc.). The second identification form can be an original or a copy of your social security card, ITIN card or letter, if applicable.

**Do not discard your end of year Social Security Statement – This indicates the benefits you have received.**

You will have the option to have your refund deposited directly into the bank account of your choice. Please bring bank routing and account numbers with you to your appointment.

Please have the following items for your 2024 tax filing appointment: Tax forms (Any 1099's or other tax forms), End of Year Social Security Statement (Form SSA-1099), W2's, 2 forms of identification, 2023 TAX RETURN for comparison, Bank routing & account number, for direct deposit of refund check or direct debit of payment.

To schedule an appointment for tax assistance, call 440-279-2130 on or after February 3, Monday through Friday, 8:30AM-4:00PM. Tax appointments are limited. Please leave your name/phone number on voice mail only once if lines are busy.

Thank you for your patience & understanding.



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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

To become a PLATINUM Patron for a year, submit \$110 - Please make checks payable to The Geauga County Department on Aging and write Newsletter in the memo.

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

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

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

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

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

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

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

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

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

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

**Heating Assistance Available - Application Deadline: May 31, 2025**

The Ohio Department of Development and Geauga County Department on Aging want to remind older Ohioans that 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 for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer’s utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

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

HEAP benefits are applied to an individual’s energy bill after Jan. 1. Applications for the HEAP program must be received by May 31, 2025.

For more information or assistance with applying for a HEAP benefit, contact Geauga County Department on Aging at (440) 279-2130.

To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).

# Monthly Highlights

**Thursday, January 2nd:** Free Lunch & Movie

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

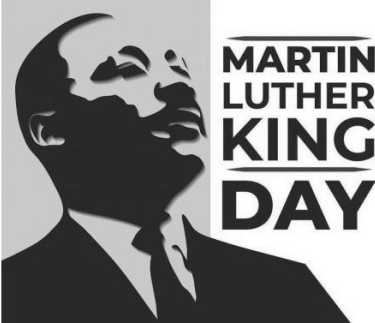
**January 7th - 30th:** Matter of Balance Course, Every Tuesday and Thursday from 1:00-3:00pm at the Geauga County Office Building (12611 Ravenwood Dr, Chardon 44024). Are you concerned about falling? Join this FREE class that includes setting realistic goals for staying active, learning how to stay safe at home, completing exercises to increase strength and balance, and more! Call Melissa at 440-279-2167 to register. Sponsored by UH Geauga.

**Tuesday, January 14th:** Siegel Lifelong Learning Held at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Program presented by Case Western Reserve University Faculty. TOPIC: The Immortal Life of Henrietta Lacks. 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 also 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. 9:30am. Cost: Lifelong Learning Member: \$15, Nonmember: \$20. Register at: [www.case.edu/lifelonglearning/lectures/ohman](http://www.case.edu/lifelonglearning/lectures/ohman) or call 216-368-2090.


**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.

**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 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.

January 2025	
MONDAY	TUESDAY
<p><b>Sandy McLeod</b> Senior Centers’ Supervisor 440-279-2137</p> <p><b>Melissa Wheeler</b> Asst. Senior Centers’ Supervisor 440-279-2167</p>	<p><b>BL</b> - Burton Library <b>CSC</b> - Chardon Senior Center <b>GW</b> - Geauga West Library <b>GCOB</b> - Geauga County Office Building <b>JND</b> - Jennings at Notre Dame Village <b>OBR</b> - Ohman Family Living at Briar <b>OH</b> - Ohman Family Living at Holly <b>OS</b> - Offsite <b>VT</b> - Virtual Teams (Online) <b>WG</b> - West Geauga Senior Center</p>
<p>6</p> <p>9:30-11:00 Parkinson’s Boxing <b>CSC</b></p>	<p>7</p> <p>11:00-12:00 Balance Exercise <b>CSC &amp; VT</b> 11:15-12:15 Pedaling for Parkinson’s <b>OH</b> 1:00-2:30 Geauga Walkers <b>OS</b> 1:00-3:00 Matter of Balance <b>GCOB</b></p>
<p>13</p> <p>9:30-11:00 Parkinson’s Boxing <b>CSC</b></p>	<p>14</p> <p>9:30-11:00 Siegal Lifelong Learning <b>OH</b> 11:00-12:00 Balance Exercise <b>CSC &amp; VT</b> 11:15-12:15 Pedaling for Parkinson’s <b>OH</b> 1:00-2:30 Geauga Walkers <b>OS</b> 1:00-3:00 Matter of Balance <b>GCOB</b></p>
<p>20</p> 	<p>21</p> <p>11:00-12:00 Balance Exercise <b>CSC &amp; VT</b> 11:15-12:15 Pedaling for Parkinson’s <b>OH</b> 12:30-1:30 Parkinson’s Support <b>OS</b> 1:00-2:30 Geauga Walkers <b>OS</b> 1:00-3:00 Matter of Balance <b>GCOB</b> 2:00-3:00 Diabetes Support Group <b>CSC</b></p>
<p>27</p> <p>9:30-11:00 Parkinson’s Boxing <b>CSC</b></p>	<p>28</p> <p>11:00-12:00 Balance Exercise <b>CSC &amp; VT</b> 11:15-12:15 Pedaling for Parkinson’s <b>OH</b> 1:00-2:30 Geauga Walkers <b>OS</b> 1:00-3:00 Matter of Balance <b>GCOB</b></p>

# SENIOR COMMUNITY EVENTS

WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Office Closed</b> <i>Happy New Year!</i></p>	<p><b>11:15-12:15</b> Pedaling for Parkinson's <b>OH</b> <b>12:00-2:30</b> Lunch &amp; Movie <b>WG</b></p>	<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b></p>
<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b> <b>11:30-12:30</b> Book Discussion <b>GW</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>11:15-12:15</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-3:00</b> Matter of Balance <b>GCOB</b> <b>1:30-3:00</b> Book Discussion <b>BL</b></p>	<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b></p>
<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>11:15-12:15</b> Pedaling for Parkinson's <b>OH</b> <b>1:00-2:30</b> GPD Elderberries <b>OS</b> <b>1:00-3:00</b> Matter of Balance <b>GCOB</b></p>	<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b></p>
<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b> <b>1:00-2:30</b> Walking for Wellness <b>OS</b></p>	<p><b>11:15-12:15</b> Pedaling for Parkinson's <b>OH</b> <b>12:00-1:30</b> Cuisine &amp; Culture - Chinese New Year <b>WG</b> <b>1:00-3:00</b> Matter of Balance <b>GCOB</b></p>	<p><b>9:30-11:00</b> Parkinson's Boxing <b>CSC</b> <b>11:00-12:00</b> Balance Exercise <b>CSC &amp; VT</b></p>
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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.

**Thursday, 1/2:** Lunch and No-Bake Class. \$2 with prior registration. Learn to make a no-bake dessert!

**Friday, 1/3:** Craft Club: Making Vision Boards. What do you envision for your- self for 2025? Register by 1/2.

**Friday, 1/3:** Photography Club Monthly Meeting at Chardon Senior Center. Come to the center and share the photos you've been taking. Get feedback from the group, and learn tricks others use to take stunning photos!

**Tuesday, 1/7:** Paint and Sip Event, with prior reservation.

**Thursday, 1/9:** Breakfast Club at Bob Evans! Cost is "on your own." Call the center to let us know you'll be joining us!

**Friday, 1/10:** Lunch & Speaker, Kathie Doyle. FREE, but registration required. This month's topic is Famous Women Spies! Register by 1/3.

**Monday, 1/13:** Book Club: By Any Other Name, Jodi Picoult.

**Friday, 1/17:** Navigating the Healthcare System Presentation by UH, Geauga.

**Tuesday, 1/21:** Iris Folding. \$1.50 per card, payable to instructor, day of.

**Friday, 1/24:** Cyber-Security Presentation with Geauga County ADP.

**Friday, 1/31:** Birthday Bingo and Pizza Party. November birthdays are free. \$5 for everyone else!

**Monday Movies:**


1/6: Beauty & the Beast Live Action

1/13: The Lion King Live Action

1/27: Cinderella Live Action

 <b>Chardon Senior Center</b> <b>440-279-2126</b>	
<b>MONDAY</b>	<b>TUESDAY</b>
<b>Becky O'Reilly</b> Recreation & Education Coordinator  <b>Beth Oliverio</b> Information and Referral Specialist	<b>Ellie Rickard</b> Food Service Coordinator  <b>Jeanne Molzen</b> Rec & Ed Assistant Coordinator
<b>6</b> <b>8:30-10:00</b> Chess Club <b>10:00-11:00</b> Line Dancing \$3 (Off Site) <b>10:00-12:00</b> Rug Hooking <b>10:00-12:00</b> Quilting Club <b>11:00-11:45</b> Balance Exercise <b>11:00-11:45</b> Strength Training \$2 <b>12:00-2:00</b> Lunch and Movie <b>1:00</b> Tech Help by appointment	<b>7</b> <b>9:00-11:30</b> Woodcarving <b>10:00-12:00</b> Knit and Crochet <b>10:00-10:45</b> Tai Chi \$3 <b>11:00-11:45</b> Balance Exercises <b>12:00-1:00</b> Crock Pot Soup Lunch & Learn—Loaded Baked Potato <b>1:00-3:00</b> Paint and Sip Event <b>2:00-3:30</b> RCR Practice
<b>13</b> <b>8:30-10:00</b> Chess Club <b>10:00-11:00</b> Line Dancing \$3 (Off Site) <b>10:00-12:00</b> Rug Hooking <b>10:00-12:00</b> Quilting Club <b>11:00-11:45</b> Balance Exercise <b>11:00-11:45</b> Strength Training \$2 <b>12:00-2:00</b> Lunch and Movie <b>1:00</b> Book Club <b>1:00</b> Tech Help by appointment	<b>14</b> <b>9:00-11:30</b> Woodcarving <b>10:00-12:00</b> Knit and Crochet <b>10:00-10:45</b> Tai Chi \$3 <b>11:00-11:45</b> Balance Exercises <b>12:00-1:00</b> Crock Pot Soup Lunch & Learn—Lasagna Soup <b>2:00-3:30</b> Raccoon County Ramblers Practice
	<b>20</b> <b>9:00-11:30</b> Woodcarving <b>10:00-12:00</b> Knit and Crochet <b>10:00-10:45</b> Tai Chi \$3 <b>10:00-12:00</b> Iris Folding <b>11:00-11:45</b> Balance Exercises <b>12:00-1:00</b> Crock Pot Soup Lunch & Learn-Broccoli Cheddar <b>2:00-3:00</b> Diabetes Support Group
<b>27</b> <b>8:30-10:00</b> Chess Club <b>10:00-11:00</b> Line Dancing \$3 (Off Site) <b>10:00-12:00</b> Rug Hooking <b>10:00-12:00</b> Quilting Club <b>11:00-11:45</b> Balance Exercise <b>11:00-11:45</b> Strength Training \$2 <b>12:00-2:00</b> Lunch and Movie <b>1:00</b> Tech Help by appointment	<b>21</b> <b>9:00-11:30</b> Woodcarving <b>10:00-12:00</b> Knit and Crochet <b>10:00-10:45</b> Tai Chi \$3 <b>11:00-11:45</b> Balance Exercises <b>12:00-1:00</b> Crock Pot Soup Lunch & Learn- Detox Chicken Soup <b>12:30-2:00</b> RCR Practice <b>Senior Center Closes at 2:00 today for Staff Development</b>
<b>28</b> <b>8:30-10:00</b> Chess Club <b>10:00-11:00</b> Line Dancing \$3 (Off Site) <b>10:00-12:00</b> Rug Hooking <b>10:00-12:00</b> Quilting Club <b>11:00-11:45</b> Balance Exercise <b>11:00-11:45</b> Strength Training \$2 <b>12:00-2:00</b> Lunch and Movie <b>1:00</b> Tech Help by appointment	<b>28</b> <b>9:00-11:30</b> Woodcarving <b>10:00-12:00</b> Knit and Crochet <b>10:00-10:45</b> Tai Chi \$3 <b>11:00-11:45</b> Balance Exercises <b>12:00-1:00</b> Crock Pot Soup Lunch & Learn- Detox Chicken Soup <b>12:30-2:00</b> RCR Practice <b>Senior Center Closes at 2:00 today for Staff Development</b>

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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p align="right">1</p> 	<p align="right">2</p> <p><b>10:30-12:00</b> Choral Group  <b>11:00-11:45</b> Balance Exercise  <b>12:00-1:00</b> Lunch and No-Bake Class  <b>12:15-4:00</b> Duplicate Bridge  <b>1:30-3:30</b> Line Dancing \$3 (Off Site)</p>	<p align="right">3</p> <p><b>9:30-11:30</b> Stained Glass  <b>9:30-10:30</b> Chair Volleyball  <b>11:00-11:45</b> Balance Exercise  <b>1:00-2:00</b> Photography Club Monthly Meeting  <b>1:00-4:00</b> Bridge Group  <b>1:00-4:00</b> Rummikub  <b>1:00-3:00</b> Craft Club - Making</p>
<p align="right">8</p> <p><b>9:00-11:00</b> Pinochle  <b>11:00-11:45</b> Strength Training \$2  <b>11:00-12:00</b> Balance Exercise  <b>12:30-2:00</b> Chair Volleyball  <b>12:30-4:00</b> Mexican Train  <b>1:00-4:00</b> Mah Jongg</p>	<p align="right">9</p> <p><b>9:30</b> Breakfast Club at Bob Evans  <b>10:30-12:00</b> Choral Group  <b>11:00-11:45</b> Balance Exercise  <b>12:30-4:00</b> Duplicate Bridge  <b>1:30-3:30</b> Line Dancing \$5 (off site)</p>	<p align="right">10</p> <p><b>9:30-11:30</b> Stained Glass  <b>9:30-10:30</b> Chair Volleyball  <b>11:00-11:45</b> Balance Exercise  <b>12:00-1:30</b> Lunch and Speaker Series with Kathie Doyle  <b>1:00-4:00</b> Bridge Group  <b>1:00-4:00</b> Rummikub</p>
<p align="right">15</p> <p><b>9:00-11:00</b> Pinochle  <b>11:00-11:45</b> Strength Training \$2  <b>11:00-12:00</b> Balance Exercise  <b>12:30-2:00</b> Chair Volleyball  <b>12:30-4:00</b> Mexican Train  <b>1:00-4:00</b> Mah Jongg</p>	<p align="right">16</p> <p><b>10:30-12:00</b> Choral Group  <b>11:00-11:45</b> Balance Exercise  <b>12:30-4:00</b> Duplicate Bridge  <b>1:30-3:30</b> Line Dancing \$5 (off site)</p>	<p align="right">17</p> <p><b>9:30-11:30</b> Stained Glass  <b>9:30-10:30</b> Chair Volleyball  <b>11:00-11:45</b> Balance Exercise  <b>1:00-2:00</b> Navigating the Healthcare System Presentation  <b>1:00-4:00</b> Bridge Group  <b>1:00-4:00</b> Rummikub</p>
<p align="right">22</p> <p><b>9:00-11:00</b> Pinochle  <b>11:00-11:45</b> Strength Training \$2  <b>11:00-12:00</b> Balance Exercise  <b>12:30-2:00</b> Chair Volleyball  <b>12:30-4:00</b> Mexican Train  <b>1:00-4:00</b> Mah Jongg</p>	<p align="right">23</p> <p><b>10:30-12:00</b> Choral Group  <b>11:00-11:45</b> Balance Exercise  <b>12:30-4:00</b> Duplicate Bridge  <b>1:30-3:30</b> Line Dancing \$5 (off site)</p>	<p align="right">24</p> <p><b>9:30-11:30</b> Stained Glass  <b>9:30-10:30</b> Chair Volleyball  <b>11:00-11:45</b> Balance Exercise  <b>1:00-2:00</b> Cyber-Security Presentation  <b>1:00-4:00</b> Bridge Group  <b>1:00-4:00</b> Rummikub</p>
<p align="right">29</p> <p><b>9:00-11:00</b> Pinochle  <b>11:00-11:45</b> Strength Training \$2  <b>11:00-12:00</b> Balance Exercise  <b>12:30-2:00</b> Chair Volleyball  <b>12:30-4:00</b> Mexican Train  <b>1:00-4:00</b> Mah Jongg</p>	<p align="right">30</p> <p><b>10:30-12:00</b> Choral Group  <b>11:00-11:45</b> Balance Exercise  <b>12:30-4:00</b> Duplicate Bridge  <b>1:30-3:30</b> Line Dancing \$5 (off site)</p>	<p align="right">31</p> <p><b>9:30-11:30</b> Stained Glass  <b>9:30-10:30</b> Chair Volleyball  <b>11:00-11:45</b> Balance Exercise  <b>11:00-1:00</b> Birthday Bingo and Pizza Lunch  <b>1:00-4:00</b> Bridge Group  <b>1:00-4:00</b> Rummikub</p>

## **Bainbridge Bulletin**

**We will be CLOSED:**

-New Year's Day 1/1

-MLK Jr. Day 1/20

**We will close at 2pm on 1/28 for a staff meeting.**

### **Thursday January 30th:**

Big Breakfast Join BSC for our monthly big breakfast. Veterans and January birthdays are free to attend.

The cost is \$5 for everyone else. French Toast Casserole, sausage, & fruit. Please RSVP by Friday, 1/23.

### **FREE Tech Help at BSC**

Do you have questions or need help with your cell phone? Steve from Veri-zon will be here on 1/27 at 11am to help you out regardless of your plan or carrier. Call 440-279-1313 to register.

### **Soup & Sandwich Lunch**

Join us Jan 14th for a relaxed homemade lunch of Creamy Potato soup and Cucumber Dilly sandwiches. \$5, registration required by Fri Jan 10th.

### **Cooking with Keri**

On Thursday Jan 9th, learn how to make a delicious baked Caesar Chicken dish served on a crisp bed of romaine. \$5 and prior registration req'd by Mon Jan 6th.

### **Book Club**

We will meet Tuesdays 1/21 at noon— see the back of the newsletter for more info & suggested books!

### **Gaega Park District at BSC**

Join us Friday 1/24 at Noon for a pay-your-own- lunch from Topsy Bull Tavern and a presentation provided by GPD titled "Sky Legends and Lore." Registration and lunch order due by 1/17. Call 440-279-1313 for more info!

### **Navigating the Health Care System**

Presented by University Hospitals  
Stop in at BSC on 1/22 at 1pm for an educational program about navigating the health care system. Knowing what to expect throughout the journey, from the ER visit to admission and discharge, can ease concerns. Call 440-279-1313 to sign up!

### **Aromatherapy Class**

BSC will be hosting an Aromatherapy Class on 1/15 at 1pm.. You will get to choose 1 of 3 products to make & take home! Prior registration required, \$15 per person – all materials are provided! 440-279-1313 to reserve your spot. Space is limited.

## **Bainbridge Senior Center**

**440-279-1313**

### **MONDAY**

**Recreation & Education Coordinator:**  
*Keri Skrtic*

**Recreation & Education Assistant:**  
*Valerie Garland*

### **TUESDAY**

<b>6</b>	<b>7</b>
<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Chair Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>12:00-2:30 Lunch &amp; a Movie</b>  <i>(The Wedding Singer)</i></p>	<p><b>9:45-10:15</b> Balance Class  <b>10:30-11:00</b> Cardio Drumming  <b>10:00-12:00</b> Mexican Train  <b>12:00-1:00</b> Social Work Appts  <b>10:00-12:00</b> Mahjong</p>
<b>13</b>	<b>14</b>
<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Chair Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>12:00-2:30 Lunch &amp; a Movie</b>  <i>(My Big Fat Greek Wedding)</i></p>	<p><b>9:45-10:15</b> Balance Class  <b>10:30-11:00</b> Cardio Drumming  <b>10:00-12:00</b> Mexican Train  <b>10:00-12:00</b> Mahjong  <b>12:00-1:00</b> Soup &amp; Sandwich Lunch  <b>Creamy Potato Soup &amp; Cucumber Dill Sandwiches</b>  <i>(\$5, registration required)</i></p>
<b>20</b>	<b>21</b>
	<p><b>9:45-10:15</b> Balance Class  <b>10:30-11:00</b> Cardio Drumming  <b>10:00-12:00</b> Mexican Train  <b>10:00-12:00</b> Mahjong  <b>12:00-1:00</b> Book Club (Theme: The Legacy of Slavery in the Modern Era)</p>
<b>27</b>	<b>28</b>
<p><b>8:30-9:30</b> All-Around Exercise (\$3)  <b>9:40-10:30</b> Chair Yoga-cise (\$3)  <b>10:00-2:00</b> Poker  <b>11:00-12:00</b> FREE Tech Help w/ Steve  <b>12:00-2:30 Lunch &amp; a Movie</b>  <i>(Runaway Bride)</i></p>	<p><b>9:45-10:15</b> Balance Class  <b>10:30-11:00</b> Cardio Drumming  <b>10:00-12:00</b> Mexican Train  <b>10:00-12:00</b> Mahjong  <b><u>CLOSING AT 2PM FOR A STAFF MEETING</u></b></p>



**Bainbridge Senior Center**  
**17751 Chillicothe Rd. Bainbridge, OH 44023**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <p align="right">1</p>	<p align="right">2</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 align="right">3</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)<sup>8</sup>            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 OTL Group (Mavis Public House—Solon)            1:30-3:00 Alzheimer's and Dementia Support Group</p>	<p align="right">9</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—  <b>(Baked Caesar Chicken Dinner)</b></p>	<p align="right">10</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 align="right">15</p> <p>8:30-9:30 All-Around Exercise (\$3)            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 OTL Group (<b>Aladdin's-Bainbridge</b>)            1:00-2:30 Aromatherapy Class</p>	<p align="right">16</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            12:00-13:30 Lunch</p>	<p align="right">17</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 align="right">22</p> <p>8:30-9:30 All-Around Exercise (\$3)            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            12:30-2:30 OTL @ MangiaMangia            1:00-2:30 Navigating the Health-care System Presented by UH</p>	<p align="right">23</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            11:30-12:30 Baklava Tutorial with Valerie \$5, prior registration req'd</p>	<p align="right">24</p> <p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:25 Chair Yoga-cise (\$3)            10:00-12:00 Mahjong            12:00-1:30 Geauga Park District (Sky Legends and Lore)</p>
<p align="right">29</p> <p>8:30-9:30 All-Around Exercise (\$3)            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 OTL Group (2 &amp; Co., Chagrin Falls)</p>	<p align="right">30</p> <p>9:00-10:00 <b>BIG BREAKFAST (registration req'd)</b>            10:00-12:00 Knit and Crochet            10:00-3:00 Pinochle            12:00-12:30 Lunch</p>	<p align="right">31</p> <p>8:30-9:30 All-Around Exercise (\$3)            9:40-10:25 Chair Yoga-cise (\$3)            10:00-12:00 Mahjong</p>

## Newsorthy Notes

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

### Never Ending Knowledge-Washington DC

~ALL Times are from 1:00-2:30pm

**JAN 8th** #1: How Washington DC Came to Be #2: The White House and the Presidency #3: The Capitol Building and the Legislature

**JAN 15th** #1: The Supreme Court #2: The Library of Congress #3: The State, Treasury, and Justice

**JAN 22nd** #1: Veterans Memorials #2: Arlington Cemetery and the Pentagon #3: George Washington's Mount Vernon

**JAN 29th** #1: Ford's Theatre and Lincoln's Washington DC #2: Washington's Civil Rights Landmarks #3: The Holocaust Museum

### Arm Chair Travel with The Great Tours

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

**JAN 3RD** #1: Edinburgh and Glasgow #2: Wild Scotland ~Beyond Edinburgh and Scotland #3: ~North Wales

**JAN 17th** #1 ~Cardiff and South Wales #2 ~The North of England #3 ~The English Midlands

**JAN 31st** #1 ~East Anglia #2 ~England's West Country #3 ~The Museums of London

### Mahjong Lessons with Christine

Jan 3rd & 24th 1:00-3:00pm-Call to sign-up, this is basic beginners Mahjong, and all are welcome. Sign Up 440-279-2163

### Out To Lunch BUNCH

JAN 9th-12:00-2:00pm Join us for an afternoon Lunch out 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. 279-2163

### Lunch and Movie "Thirteen Lives"

JAN 10th 12:00-2:00pm This movie is a biographical survival film, based on the Tham Luang cave rescue, directed and produced by Ron Howard and written by William Nicholson. A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding and they become trapped. 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 3

### Remembering Geauga Lake & Sea World

Jan 13th 1:00-2:30pm Join us for a PowerPoint Presentation as we look back on the History and memories of Geauga Lake Park. A snack will be included. Registration due by Jan 6th 279-2163

### Diamond Art Class with Christine

JAN 6th & 27th - 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.

### Lunch & Learn "ASL"

JAN 16th & 30th 12-1pm ~Join us for a Hot Lunch (Meal of the Day) and learn the basics of American Sign Language w/ Christine. Sign up for Lunch is required by Jan 6th for 1/16 Class, and by 1/20 for 1/30 Class. **Call to sign up 440-279-2163**

## West Geauga Senior Center 440-279-2163

### MONDAY

#### Recreation/Education Coordinator

~Christine Bacon 440-214-3505

#### Rec/Ed Assistant

~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**

### TUESDAY

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

6

**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

7

**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

13

**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  
**1:00-2:30** Remembering Geauga Lake & Sea World Presentation  
**1:00-3:00** Mah-Jong

14

**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

20



21

**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

27

**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  
**1:00-3:00** Diamond Art Class \$5

28

**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

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

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>
	<b>9:00-10:00</b> Water Exercise-Metz Pool <b>10:00-11:00</b> Water Exercise-Metz Pool <b>11:00-11:45</b> Seated Strength & Balance <b>12:00-2:00</b> <b>Age Well-Be Well</b> <b>Lunch &amp; Movie Today</b> <b>1:00-3:00</b> Afternoon Games w/Jackie	<b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Gentle Chair Yoga VIDEO <b>11:00-11:45</b> Cardio Drumming <b>1:00-2:00</b> Chair Volleyball <b>1:00-2:30</b> Arm Chair Travel with "The Great Tours" England, Scotland & Wales <b>1:00-3:00</b> Mahjong Lessons
<b>8</b>	<b>9</b>	<b>10</b>
<b>9:00-10:00</b> Water Exercise-Metz Pool <b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Strength & Cardio VT <b>1:00-2:30</b> Never Ending Knowledge Washington DC <b>3:00-4:00</b> Senior Spin at "O" Holly	<b>9:00-10:00</b> Water Exercise-Metz Pool <b>10:00-11:00</b> Water Exercise-Metz Pool <b>11:00-11:45</b> Seated Strength & Balance <b>12:00-2:00</b> <b>Out to Lunch Bunch at</b> <b>The Winking Lizard</b> <b>1:00-3:00</b> Afternoon Games w/Jackie	<b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Gentle Chair Yoga VIDEO <b>11:00-11:45</b> Cardio Drumming <b>12:00-2:00</b> Lunch and MOVIE "Thirteen Lives" <b>1:00-2:00</b> Chair Volleyball
<b>15</b>	<b>16</b>	<b>17</b>
<b>9:00-10:00</b> Water Exercise-Metz Pool <b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Strength & Cardio VT <b>11:00-12:00</b> Gentle Stretch Chair Yoga <b>1:00-2:30</b> Never Ending Knowledge Washington DC <b>3:00-4:00</b> Senior Spin at "O" Holly	<b>9:00-10:00</b> Water Exercise-Metz Pool <b>10:00-11:00</b> Water Exercise-Metz Pool <b>12:00-1:30</b> <b>Lunch &amp; Learn</b> <b>~American Sign Language</b> <b>1:00-3:00</b> Afternoon Games w/Jackie	<b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Gentle Chair Yoga VIDEO <b>11:00-11:45</b> Cardio Drumming <b>1:00-2:00</b> Chair Volleyball <b>1:00-2:30</b> Arm Chair Travel with "The Great Tours" England, Scotland, & Wales
<b>22</b>	<b>23</b>	<b>24</b>
<b>9:00-10:00</b> Water Exercise-Metz Pool <b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Strength & Cardio VT <b>11:00-12:00</b> Gentle Stretch Chair Yoga <b>1:00-2:30</b> Never Ending Knowledge Washington DC <b>3:00-4:00</b> Senior Spin at "O" Holly	<b>9:00-10:00</b> Water Exercise-Metz Pool <b>10:00-11:00</b> Water Exercise-Metz Pool <b>11:00-11:45</b> Seated Strength & Balance <b>12:00-2:00</b> <b>Age Well-Be Well</b> <b>Cuisine &amp; Culture Today</b> <b>1:00-3:00</b> Afternoon Games w/Jackie	<b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Gentle Chair Yoga VIDEO <b>11:00-11:45</b> Cardio Drumming <b>1:00-2:00</b> Chair Volleyball <b>1:00-3:00</b> Mahjong Lessons
<b>29</b>	<b>30</b>	<b>31</b>
<b>9:00-10:00</b> Water Exercise-Metz Pool <b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Strength & Cardio VT <b>11:00-12:00</b> Gentle Stretch Chair Yoga <b>1:00-2:30</b> Never Ending Knowledge Washington DC <b>3:00-4:00</b> Senior Spin at "O" Holly	<b>9:00-10:00</b> Water Exercise-Metz Pool <b>10:00-11:00</b> Water Exercise-Metz Pool <b>11:00-11:45</b> Seated Strength & Balance <b>12:00-1:30</b> <b>Lunch &amp; Learn</b> <b>~American Sign Language</b> <b>1:00-3:00</b> Afternoon Games w/Jackie	<b>9:00-11:30</b> Stained Glass \$5 <b>10:00-11:00</b> Gentle Chair Yoga VIDEO <b>11:00-11:45</b> Cardio Drumming <b>1:00-2:00</b> Chair Volleyball <b>1:00-2:30</b> Arm Chair Travel with "The Great Tours" England, Scotland, & Wales

**Monday Crafts**  
**6th Winter Paintbrush \$4**  
**13th Painted wooden snowflake sign \$8**  
**23rd Crafting with Marsha Donation.**

**Thursday January 2nd**  
**“Age Gracefully: Managing Stress at Any Stage of Life”** Let’s explore effective stress reduction strategies designed to address the unique challenges that come with aging. This topic focuses on practical techniques such as mindfulness, gentle physical activity, and emotional resilience to help older adults navigate stress and enhance their quality of life. Age should be a time for relaxation and joy, not stress.

**Wednesday January 15th**  
**Veterans Outreach**  
 Mobile office hours, available to assist if you are having issues with federal agencies like the Social Security Administration, the VA, IRS, USPS, or Passport Agencies. They will also be happy to discuss other services offered.

**Thursday January 16th**  
 Decluttering & Downsizing with expert Ann Blair Chambers  
 Friday January 17th Kathie Doyle presentation History of Salem Witch Trials 10:30am No Cost 10am Monthly Breakfast \$3


**Tuesday January 21st Historical**  
 Barns of OH  
 Artist and author RF Kroeger will share several of his paintings of historic barns, and tell their stories. Kroeger has written Historic Barns of Ohio and Round Barns of America. This program will be presented on Zoom.

**Friday January 24th Huntsburg**  
 Historical Society Tour at Huntsburg. Out to lunch following at Tai-Pan

**January 2025 - Middlefield Senior Center 440-632-0611**

Middlefield Senior Center 440-632-0611	
MONDAY	TUESDAY
Recreation & Education Coordinator <b>Hannah Heinz</b>  Recreation & Education Assistant <b>Ginny Lester</b>	<b>Please call to register for lunch, crafting &amp; special events.</b> <b>440-632-0611</b>
6	7
<b>10am Crafting Club</b> <b>11am Balance Exercise</b> <b>12pm Lunch</b> <b>12pm-3pm Painting Pals</b> <b>1pm Crafting</b> <b>Winter paintbrush \$4</b>	<b>10am Chair Yoga Video</b> <b>11am Line Dancing \$3</b> <b>12pm Lunch</b> <b>1pm Chair Volleyball</b>
13	14
<b>10am Crafting Club</b> <b>11am Balance Exercise</b> <b>12pm Lunch</b> <b>12pm-3pm Painting Pals</b> <b>1pm Crafting</b> <b>Snowflake sign \$8</b>	<b>10am Chair Yoga Video</b> <b>11am Line Dancing \$3</b> <b>12pm Lunch</b> <b>1pm Chair Volleyball</b>
20	21
	<b>10am Chair Yoga Video</b> <b>11am Historical Barns of Ohio</b> <b>12pm Lunch</b> <b>1pm Chair Volleyball</b>
27	28
<b>10am Crafting Club</b> <b>11am Balance Exercise</b> <b>12pm Lunch</b> <b>12pm-3pm Painting Pals</b> <b>1pm Crafting</b> <b>Crafting with Marsha</b>	<b>10am Chair Yoga Video</b> <b>11am Line Dancing \$3</b> <b>12pm Lunch</b> <b>12pm Chair Volleyball</b> <b>CLOSED at 2pm</b> <b>For Staff Development</b>

**January 2025 - Middlefield Senior Center**  
**440-632-0611 | 15820 Ridgewood Rd., Middlefield, OH**

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <p align="right">1</p>	<p align="right">2</p> <p>10am Age Gracefully            Stress Management w/Dawn            12pm Lunch            1pm Chair Volleyball</p>	<p align="right">3</p> <p>10am Chair Exercise Video            12pm Lunch            1pm Chair Volleyball</p>
<p align="right">8</p> <p>8am Social Work Appointments            10am Balance Exercise            11am BINGO            12pm Lunch            1pm Jeopardy            2pm Chair Volleyball</p>	<p align="right">9</p> <p>10am Board game social            12pm Lunch            1pm Chair Volleyball</p>	<p align="right">10</p> <p>10am Chair Exercise Video            12pm Lunch            1pm Chair Volleyball</p>
<p align="right">15</p> <p>9am-11am Veterans Outreach            Mobile Office Hours            10am Balance Exercise            11am BINGO            12pm Lunch            1pm Jeopardy            2pm Chair Volleyball</p>	<p align="right">16</p> <p>11am Decluttering &amp;            Downsizing w/ Ann            12pm Lunch            1pm Chair Volleyball</p>	<p align="right">17</p> <p>10am Monthly Breakfast \$3            10:30am Kathie Doyle            12pm Lunch            1pm Chair Volleyball</p>
<p align="right">22</p> <p>10am Balance Exercise            11am BINGO            12pm Lunch            1pm Jeopardy            2pm Chair Volleyball</p>	<p align="right">23</p> <p>10am Board game social            12pm Lunch            1pm Chair Volleyball</p>	<p align="right">24</p> <p>10am Chair Exercise Video            10am Huntsburg Historical            Society Tour            12pm Out to lunch Tai-Pan            12pm Lunch            1pm Chair Volleyball</p>
<p align="right">29</p> <p>10am Balance Exercise            11am Jeopardy            12pm Lunch            1pm BINGO sponsored by            Burton Health Care            2pm Chair Volleyball</p>	<p align="right">30</p> <p>10am Board game social            12pm Lunch            1pm Chair Volleyball</p>	<p align="right">31</p> <p>10am Chair Exercise Video            12pm Lunch            1pm Chair Volleyball</p>

# SENIOR CARE ALL STARS 2024



**Abbe Brake**  
*Ohman Family  
Living at Blossom*



**Allison Perks**  
*Ohman Family  
Living at Briar*



**Alyssa Van Pelt**  
*Ohman Family  
Living at Holly*



**Angel Watson**  
*Chardon  
Healthcare*



**Darrius Gardi**  
*Mapleview  
Country Villa*



**Heather Homer**  
*Ohman Family  
Living at Home*



**Julius Mengnjo**  
*Eliza  
Jennings*



**Kassidie Seidner**  
*Ohman Family  
Living at Briar*



**Kim Wesner**  
*Eliza  
Jennings*



**Kristelle Goff**  
*Ohman Family  
Living at Blossom*



**Kyleigh Higgins**  
*Home  
Instead*



**Susan Andrews-Ricco**  
*Jennings at Notre  
Dame Village*



**Susan Corsaro**  
*Cherished  
Companions*



**Tonya Beres**  
*Ohman Family  
Living at Holly*

**Diabetes Support Group – Planning Breakfast Menus**

Join us on Tuesday, January 21st at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Breakfast is a hard meal for many diabetics to keep their carbohydrates in check. We will talk about how you can get a balanced meal, and we will sample some recipes. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

**Parkinson’s Support Group**

Join us on Tuesday, January 21st at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). We are going to watch a video from the Davis Phinney Foundation: Cognitive and Non-Motor Symptoms of Parkinson’s Disease. We will discuss non-motor symptoms and what we can do about them. You must RSVP to Sandy McLeod by calling 440-279-2137.

**Kathie Doyle Presents History of Salem Witch Trials**

Middlefield Senior Center. Friday January 17th 10:30am no cost. Monthly breakfast served at 10:00AM - cost \$3. Please call to register 440-632-0611.

**Craft Club: Vision Boards**

Friday, January 3, from 1:00-3:00 p.m., at Chardon Senior Center. FREE, but space is limited, so call 440-279-2126 to reserve your spot! What do you envision for yourself for 2025? Make a collage of your hopes and wishes for the upcoming year!

**Never Ending Knowledge Series Continues at WGSC**

Schedule – JANUARY - Wednesday afternoons 1:00-2:30pm (3 -30 minute lectures)  
Light snacks and refreshments provided. REGISTRATION IS REQUIRED 440-279-2163

Washington DC with The Great Tours

JAN 8th #1 How Washington DC came to be, #2~The White House and The Presidency,  
#3 The Capitol Building and the Legislature

JAN 15th #1: The Supreme Court and the Law of the Land, #2: The Nation’s Knowledge: Library of Congress, #3: The State, Treasury, and Justice Departments

JAN 22nd #1: Veterans Memorials on the Mall, #2: Arlington Cemetery and the Pentagon,  
#3: George Washington’s Mount Vernon

JAN 29 #1: Ford’s Theatre and Lincoln’s Washington DC, #2: Washington’s Civil Rights Landmarks,  
#3: The Holocaust Museum

**Bainbridge Book Club**

The Bainbridge Book Club is back! January’s Theme is “The Legacy of Slavery in the Modern Era”. Choose your own book or pick from suggested books below. We will meet at noon Tuesday 1/21 to discuss! Call 440-279-1313 to register for the free hot lunch we serve before our discussion!

“The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together” by Heather McGhee

“All That She Carried: The Journey of Ashley’s Sack” by Tiya Miles or

“The 1619 Project: A New Origin Story” by Nikole Hannah-Jones

**Caregiver Support Group—NEW at BSC!**

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!

### 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
1/1	NO WALK	HAPPY NEW YEAR!
1/08	Big Creek Park	9160 Robinson Rd, Chardon 44024 Deep Woods Lodge
1/15	Headwaters Park	13365 Old State Rd, Huntsburg 44046
1/22	Bessie Benner Metzenbaum Park	7940 Cedar Rd, Chesterland 44026
1/29	Maple Highlands Trail	15894 W. High St, Middlefield 44062 Park at Dollar General

### GEAUGA WALKERS

DATE	PARK	PARKING
Jan 7	North Chagrin Reservation	Chickadee" Trail - Bring Bird Seed AB Williams Woods Parking Lot, Past Nature Center
Jan 14*	Beartown Lakes Reservation	18870 Quinn Road, Auburn/Bainbridge Twp, North Point Shelter; Snowshoe, if snow
Jan 21	Girdled Road Reservation	12840 Girdled Road, East of Route 608, Lake County
Jan 28*	Metzenbaum Park	7940 Cedar Road, Chesterland, West of Rt 306

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.

### Age Gracefully: Managing Stress at Any Stage of Life

Middlefield Senior Center. Thursday, January 2nd, 10:00AM

Let's explore effective stress reduction strategies designed to address the unique challenges that come with aging. As we grow older, physical changes, life transitions, and caregiving responsibilities can increase stress levels, but with the right tools, we can find peace and balance. This topic focuses on practical techniques such as mindfulness, gentle physical activity, and emotional resilience to help older adults navigate stress and enhance their quality of life. Age should be a time for relaxation and joy, not stress, and this approach offers the support to make that possible. Please call 440-632-0611 to let us know you will be here!

### Free Lunch and a Movie

Thursday, January 2nd 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.

### Big Breakfast at BSC

Join the Bainbridge Senior Center for our monthly Big Breakfast on Thursday January 30th. Veterans and December birthdays are free to attend. The cost is \$5 for everyone else. On the menu: French Toast Casserole, sausage, fruit. Please RSVP by Friday, 1/24.



### **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 classes to learn the basics of how to play American Mahjong. JAN 3rd & 24th, 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.

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

Friday, January 10, 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: Famous Women Spies. This is a free event, but registration is required by calling 440-279-2126.

### **Veterans Outreach at Middlefield Senior Center**

On Wednesday, January 15th, Veterans Outreach will be hosting mobile office hours at the Middlefield Senior Center. They will be available to assist if you are having issues with federal agencies like the Social Security Administration, the VA, IRS, USPS, or Passport Agencies. They will also be happy to discuss other services offered by our office, such as U.S. flag requests or Washington, D.C. tours. Be sure to stop by! Call 440-632-0611 with any questions.

### **Matter of Balance Classes – 2 Classes Being Offered!**

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. To register, please call Melissa Wheeler at 440-279-2167.

CLASS ONE: February 5th thru 28th – Every Wednesday & Friday from 1:00-3:00pm.

Middlefield Senior Center / 15820 Ridgewood Drive / Middlefield 44062

CLASS TWO: March 3rd thru 28th - Every Monday & Friday from 1:00-3:00pm.

Chardon Senior Center / 470 Center Street, Building 8 / Chardon 44024

### **Out to Lunch Bunch with WGSC**

Thursday JAN 9th - 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 Winking Lizard in Mayfield Hts. Cost is on your own, just meet us there at 12:00. Call ahead & reserve your seat by JAN 6th. Call 440-279-2163.

### **Daytime Senior Book Discussions**

If you love to read, then join us for interesting discussions on a variety of books. You can pick up the yearly reading list by calling Sandy McLeod at 440-279-2137. Discussion books are available to loan at hosting Library's front desk, call to have them reserve a book for you!

Wednesday, January 8th (1st Wednesday of each month – Not this month due to holiday) - at Geauga West Library from 11:30-12:30pm with an out to lunch to follow, please sign up with Sandy McLeod. Discussing: Japanese Lover by Isabel Allende

Thursday, January 9th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm.  
Discussing: The Covenant of Water by Abraham Verghese

### **The Breakfast Club of Chardon**

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

### **Historical Barns of Ohio**

Middlefield Senior Center. Tuesday January 21st, at 11:00AM.

Artist and author RF Kroeger will share several of his paintings of historic barns and tell their stories. Kroeger has written Historic Barns of Ohio and Round Barns of America. This program will be presented on Zoom. Please call 440-632-0611 to let us know you will be here.

### **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 Monday 1/27 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.

### **Cuisine & Culture – Chinese New Year**

Thursday, January 23rd from 12:00-1:30pm at the West Geauga Senior Center (8090 Cedar Road, Chesterland 44026). 2025 will be the year of the snake according to the Chinese 12-year animal zodiac cycle. We will learn what that means and share a "reunion dinner" which is so important to the Chinese people. We ask that you wear red to the program, as it is considered lucky. Lunch will be sponsored by UH Geauga Medical Center for this free program. You must RSVP to Melissa Wheeler at 440-279-2167 to attend, as there are limited seats for the program.

### **Diamond Art Class at WGSC**

JAN 6th & JAN 27th 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 different 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.

### **Lunch and No-Bake Dessert Class**

Thursday, January 2, 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.

### **Touring Huntsburg Historical Society**

Friday, January 24th, at 10:00AM. Meet at the Historical Society 12406 Madison Rd. Huntsburg, OH 44046. Join the Middlefield Senior Center as we tour the historical society. Following out to lunch at Tai-Pan in Middlefield. Cost for lunch on your own. Please call 440-632-0611 to let us know you will be joining.

### **Soup & Sandwich Lunch at BSC**

Join us Jan 14th for a relaxed homemade lunch of Creamy Potato soup and Cucumber Dilly sandwiches. \$5, registration required by Fri Jan 10th.

**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, how medical communities and legal entities have viewed it and who makes the ultimate decision. Cost: \$15 for members, \$20 non-members. Registration is required by visiting [www.case.edu/lifelonglearning](http://www.case.edu/lifelonglearning) or calling 216-368-2090.

You may also pay the day of the event, but need to RSVP by calling Dawn at 440-632-3653.

**Lunch and Movie “Thirteen Lives” at West G.**

JAN 10th- 12:00-2:00pm ~Join us for a hot lunch, Movie & Popcorn here at WGSC .

Movie Description: Based on the Tham Luang cave rescue, directed and produced by Ron Howard and written by William Nicholson. A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of under-ground caves that are flooding and they become trapped. Lunch Menu will be the Hot Meal of the day, see back page for monthly menu.

FREE Event-Donations accepted for meal. FREE EVENT Register by JAN 2nd 440-279-2163.

**Birthday BINGO and Pizza Party at Chardon Senior Center**

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

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

JAN 16th & 30th 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 4 and 5 of this series which began in November. FREE Class \*Donations collected for Lunch\* Registration deadline is JAN 6th for First Class, and JAN 21st for second class. 440-279-2163.

**Painting Pals at the Middlefield Senior Center**

Every Monday from 12:00PM-3:00PM. January sessions “Landscape Painting Basics. Participants may bring their own art supplies, but basic watercolor materials will be provided. Composition, value, use of color and other techniques will be discussed. Participants are encouraged to bring a landscape picture or image source they would like to work from, although image sources will be provided. Please call 440-632-0611 with any questions!

**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!

**Cyber-Security Presentation with Geauga County ADP, Department of Information Technology**

Friday, January 24, at 1:00 p.m., at Chardon Senior Center. Free, but space is limited, so call 440-279-2126 to register. Topics of overview: Phishing, Cyber-Scams, and the Security of Online Banking and Shopping.

**Geauga Park District at BSC**

Join us Friday 1/24 at Noon for a pay-your-own-lunch from Topsy Bull Tavern and a presentation provided by Geauga Park District titled “Sky Legends and Lore.” Registration and lunch order due by 1/17. Call 440-279-1313 for more info!

**Navigating the Healthcare System, a Presentation by UH Geauga Medical Center**

Friday, January 17, at 1:00 p.m. at the Chardon Senior Center. Call 440-279-2126 to register. Going to the emergency room or being admitted to the hospital can be a stressful experience. Knowing what to expect throughout the journey—from the emergency room visit to admission and discharge—can ease concerns for both patients and their families. Maintaining communication with your care team is key to receiving patient-centered care and ensuring the best possible outcomes. Above all, prioritizing safety and effective care is essential to delivering high-quality patient care.

**New York City Holiday Tour: Monday, November 17th thru Thursday, November 20th**

A guided bus tour of New York City including stops at Battery Park, Central Park, Financial District, admission to the Observation Deck at Rockefeller Center, and dinner at Puglia Restaurant. We will have time to shop at Macys, visit Time Square and the 9/11 Memorial. A highlight will be the Rockettes show. Detailed itineraries and registration forms will be available at the Geauga County Department on Aging and Senior Centers.

**Save the Date for our 2025 Senior Overnight Trips**

**Nashville & Bourbon Trail:** Monday, June 2nd thru Thursday, June 5th

You will enjoy a guided tour of Nashville, time on Honky Tonk Row, Lunch at Blake Shelton’s Old Red Restaurant, a Grand Old Opry Show, and Dinner at Paula Deen’s Family kitchen. In Kentucky you’ll enjoy a meal and show at Derby Dinner Playhouse, a Bardstown Bourbon Experience, Tour of Stephen Foster’s “My Old Kentucky Home, Makers Mark Distillery & Evan Williams Bourbon Experience. In Louisville we will take a tour of Churchill Downs and Kentucky derby museum before returning home.

**National Parks of the Southwest: Sunday, August 3rd thru Monday, August 11th:** A bucket list of amazing national parks including Salt Lake City and Dead Horse Point, Arches and Colorado River Float Trip, Monument Valley Jeep Tour, Horseshoe Bend and Lake Powell Cruise. You will experience the wonders of the Grand Canon’s North Rim. We will see the famed “ Pink Cliffs at Bryce Canyon and have an open air sightseeing tour of Zion National Park. We will end our trip for an evening in Las Vegas.

**Navigating the Health Care System Presented by University Hospitals**

Stop in at BSC on Wednesday 1/22 at 1pm for an educational program about navigating the health care system. Knowing what to expect throughout the journey—from the emergency room visit to admission and discharge—can ease concerns for both patients and their families. Maintaining communication with your care team is key to receiving patient-centered care and ensuring the best possible outcomes. Call 440-279-1313 to sign up!

### **Cooking with Keri at BSC**

On Thursday January 9th at 3pm, learn how to make a delicious baked Caesar Chicken dish served on a crisp bed of romaine. \$5 and prior registration required by Monday January 6th.

**GEAUGA YOUNG OF HEART** meet at 11:30 a.m. at St. Anselm's Parish Center, 12969 Chillicothe Rd. in Chesterland on the first and third Friday of the month. Bring your brown bag lunch. Entertainment and refreshments will be provided.

Our speaker for the January 3 meeting we will be April Suva-Surovi from Arden Courts. She will talk about brain games and play word games, puzzles, trivia, etc. Sandy McLeod from the Geauga Senior Center will be at the January 17 meeting to tell us all about what the Senior Center has to offer and sign everyone up for the new year.

We will be going to the Aurora Atlas Movie Theater (Rt. 306 and Rt. 82) on Tuesday, January 21. 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.

Now is the time to come to a meeting and pay your dues of \$30 for the year. Also, remember that if the West Geauga Schools are closed because of weather, our meeting is cancelled. You will not get a call, so be sure to listen to the morning news. Happy New Year to all!

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

JAN 3rd, 17th, & 31st -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

JAN 3rd #1 ~Edinburgh and Glasgow, #2: ~Wild Scotland: Beyond Edinburgh and Glasgow, #3: ~North Wales

JAN 17th: #1 ~Cardiff and South Wales, #2: ~The North of England, #3 ~The English Midlands

JAN 31st: #1~East Anglia, #2 ~England's West Country, #3 ~The Museums of London

### **Movie Matinee Monday at BSC**

Every Monday the Bainbridge Senior Center offers a FREE lunch and movie at 12 pm, free of charge. January's theme is Wedding Laughs. Reservations encouraged to ensure a meal for all attendees.

Jan 6th – The Wedding Singer, Jan 13th – My Big Fat Greek Wedding, Jan 27th- Runaway Bride

### **Remembering Geauga Lake & Sea World ~A Presentation by Jackie Kleve at WGSC**

JAN 13th 1:00-2:30pm ~Join us here at the West G Senior Center as we look back on the history and memories of Geauga Lake & Sea World as it was in the "Good Ole Days". There will also be an amusement park-style "Snack" for all to ENJOY. FREE Event, Sign up deadline is January 8th 440-279-2163

**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 2025? Yes \_\_\_ No \_\_\_  
 Other Information: (menu or leave from options) \_\_\_\_\_

Event: \_\_\_\_\_ Location: \_\_\_\_\_  
 \_\_\_\_\_  
 Cost: \_\_\_\_\_ Amount Enclosed \_\_\_\_\_ Event Date (s) \_\_\_\_\_  
 Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_  
 \_\_\_\_\_  
 Registered with GDA for 2025? Yes \_\_\_ No \_\_\_  
 Other Information: (menu or leave from options) \_\_\_\_\_

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 January 2025

MON	TUES	WED	THU	FRI
		1 <b>ALL SITES CLOSED</b>	2 TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE - 1 CUP BROCCOLI APPLESAUCE CUP	3 BREADED CHICKEN PATTY BAKED BEANS SWEET CORN FRUIT CUP CHEEZ-ITS BBQ CUP
6 STUFFED GREEN PEPPERS W/TOMATO SAUCE ¼ C MASHED POTATOES ESCALOPED APPLES WHITE BREAD	7 SALISBURY STEAK W/ GRAVY RICE – ½ CUP SWEET CORN CARROTS FRUIT CUP BREAD	8 TOMATO BASIL CHICKEN PASTA w/ SPAGHETTI SAUCE ½ C CAPRI BLEND VEGETABLES FRUIT CUP DINNER ROLL	9 TURKEY BURGER ROASTED POTATOES BROCCOLI APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	10 BONELESS WINGS CARROTS BAKED BEANS FRESH FRUIT GRAHAM CRACKERS BBQ CUP
13 CHICKEN SALAD THREE BEAN SALAD SALSA CUP TORTILLA CHIPS FRESH FRUIT WG HAMBURGER BUN	14 MEATLOAF W/GRAVY MASHED POTATOES PEAS BREAD APPLESAUCE CUP	15 BREADED FISH TATER TOTS GREEN BEANS FRUIT CUP WG CORNBREAD LOAF TARTAR SAUCE & KETCHUP PC	16 SWEDISH MEATBALLS w/NOODLES BROCCOLI CARROTS APPLESAUCE CUP BREAD	17 JUMBO RAVIOLI w/ SPAGHETTI SAUCE ¼ C YELLOW SQUASH MIXED VEGETABLES FRUIT CUP DINNER ROLL
20 <b>ALL SITES CLOSED</b>	21 GRILLED CHICKEN BREAST GREEN BEANS CARROTS ESCALOPED APPLES WG HAMBURGER BUN MAYO PC	22 STUFFED GREEN CABBAGE w/SPA- GHETTI SAUCE ¼ C GREEN BEANS MASHED POTATOES FRUIT CUP BREAD	23 BURGER WITH CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	24 MACARONI & CHEESE BROCCOLI SWEET CORN FRUIT CUP APPLE-CINNAMON MINI LOAF
27 HOT DOG TATER TOTS CARROTS APPLESAUCE CUP WG HOT DOG BUN KETCHUP PC/ MUSTARD PC	28 BBQ CHICKEN BREAST RICE – ½ CUP GREEN BEANS SWEET POTATOES APPLESAUCE CUP WG CORNBREAD LOAF	29 MEATBALLS w/PASTA w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES FRUIT CUP BREAD	30 TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE - 1 CUP BROCCOLI APPLESAUCE CUP	31 BREADED CHICKEN PATTY BAKED BEANS SWEET CORN FRUIT CUP CHEEZ-ITS BBQ CUP

## Menu Subject to Change

**ATTENTION:** The Geauga County Department on Aging cannot control or guarantee the continued wholesomeness and safety of any food or beverage once it leaves the Agency's facilities. Therefore, all food or beverages are intended to be consumed on-premises at the Geauga County Department on Aging. The Department on Aging will not be liable for any damages arising from the consumption of any food or beverages outside of Department of Aging premises.

**Geauga Department on Aging**  
12611 Ravenwood Dr, Suite 200  
Chardon, Ohio 44024

Days: Monday - Friday  
Hours: 8:00 am - 4:30 pm  
440-279-2130  
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### **Aromatherapy Class by Maggie**

Bainbridge Senior Center will be hosting an Aromatherapy "Make-n-Take" on 1/15 at 1pm. You will learn some basics about using essential oils to make aromatherapy products, some of the science behind how essential oils work and some safety tips on using essential oils. You will get to choose to make one of these 3 products to take home! Prior registration required, \$15 per person – all materials are provided! Call 440-279-1313 to reserve your spot. Space is limited.

### **Baklava Tutorial**

Learn the ins and outs of making Baklava! Valerie will walk you through making this Mediterranean delicacy on Thursday 1/23 at 1pm at Bainbridge Senior Center.  
\$5 per person, prior registration required!