

The Geauga senior news

Geauga County Department on Aging

February 2025

2025 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors must be registered with the Department on Aging for 2025 one week prior to the pick-up to be placed on the pickup list. Dates for Pick-up days are subject to change, so check the list each month.

| | |
|--------------------|-------------|
| Munson Twp | April 1-4 |
| Hambden Twp | April 21-23 |
| South Russell Vlg | April 23-24 |
| Bainbridge Twp | April 28-30 |
| Montville Twp | May 8-9 |
| Claridon Twp | May 7 |
| Burton Vlg | TBD |
| Burton Twp | May 15-16 |
| Thompson Twp | May 16 |
| Chardon Twp | May 27-28 |
| Auburn Twp (100) | June 5-6 |
| Huntsburg Twp | June 5-6 |
| Newbury Twp | June 9-11 |
| Parkman Twp | June 16-17 |
| Troy Twp | July 24-25 |
| Vlg of Middlefield | TBD |
| Chesterland Twp | Sept. 8-10 |
| City of Chardon | Sept. 26 |
| Middlefield Twp | Oct 1-2 |

Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2025 Trash Day Pick-up program to register NOW with the Dept on Aging. Seniors who complete their yearly registration with Dept. on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cutoff date to be placed on the community pick-up list. Please, no more than 10 items per household. Call (440) 279-2130 for guidelines and questions.

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



What's New in this Issue

| | | | |
|---------------------------------------|---------|---------------------------------------|----|
| SENIOR TRASH PICK-UPS..... | 1 | TECH HELP, SKY LEGENDS GPD..... | 17 |
| INDEX, NEWSLETTER INFO..... | 2 | LUNCH & LEARN, BIRTHDAY & PIZZA..... | 17 |
| PLATINUM PATRONS..... | 2 | LIFELONG LEARNING, CAREGIVER SUPP.. | 17 |
| MEDICARE SAVINGS & EXTRA HELP..... | 3 | MOVIE & SNACK..... | 17 |
| HEAP INFORMATION..... | 3 | OUT TO LUNCH, TECH HELP..... | 18 |
| COMMUNITY CALENDAR..... | 4 & 5 | BUTTONS NEEDED, MOVIE MONDAY..... | 18 |
| CHARDON CALENDAR..... | 6 & 7 | PAINT PALS, SOUP & SAND..... | 18 |
| BAINBRIDGE CALENDAR..... | 8 & 9 | DIAMOND ART CLASS..... | 18 |
| WEST GEAUGA CALENDAR..... | 10 & 11 | BOOK DISCUSSION, TREAT DRIVE THRU... | 19 |
| MIDDLEFIELD CALENDAR..... | 12 & 13 | CARDIO-DRUM, COOKING W KERI..... | 19 |
| DIABETES & PARKINSON'S SUPPORT..... | 14 | DIAMOND ART, SIMPLE COOKING..... | 19 |
| BAIN BOOK CLUB, DOYLE PRESENTS..... | 14 | MAHJONG, PAL-ENTINES BREAKFAST..... | 19 |
| NEVER ENDING KNOWLEDGE..... | 14 | SIGN LANGUAGE, CUPIDS GATHERING..... | 20 |
| LUNCH & SPEAKER, VAL BAKE SALE..... | 14 | FOOTCARE, 10 SIGNS OF ALZEIMER'S..... | 20 |
| WALKING WELLNESS, GEAUGA WALK..... | 15 | WOMEN'S HISTORY, LUNCH & MOVIE..... | 20 |
| KNOWLEDGE W DAWN, BLUES BASH..... | 15 | YOUNG OF HEART, TRIP PRESENT..... | 21 |
| BREAKFAST CLUB CHARDON..... | 15 | ARMCHAIR TRAVEL, SOCIAL SERVICES.... | 21 |
| CUISINE & CLUTURE, LUNCH & MOVIE..... | 16 | REGISTRATION FOR EVENTS..... | 22 |
| BAIN BIG BREAKFAST, VALENTINE CELE... | 16 | MONTHLY FOOD MENU..... | 23 |
| MAHJONG, LUNCH & NO BAKE..... | 16 | MAMMA MIA DRESS REHEARSAL..... | 24 |
| MATTER OF BALANCE..... | 16 | | |

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)

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

G Rae Peck, in memory of Sigmund S Peck

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 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.

Monthly Highlights

Wednesday, February 5th: Simple Cooking with Heart Please join us for a healthy, hands on cooking demonstration presented by Chef Joe in the Conference Center at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024). Enjoy a free healthy and appetizing meal as we listen to a presentation on "Heart Health. Space is limited; please call 440-214-3180 to register. 3:00pm. Free.

Thursday, February 6th: Free Lunch & Movie UH Geauga Age Well Be Well Program. Call 440-214-3180 to register. 12:00pm. Free.


Monday, February 10th - Valentine's Program Held at Jennings at Notre Dame Village Apartments (10950 Pine Grove Trl, Chardon 44024). Join us for a Valentine Celebration! We will learn some of the history from the holiday, play a few games like Valentine Jeopardy and enjoy a delicious Valentine dessert. Wear your favorite Valentine color, red or pink, and we will see how much we really know about this holiday of love! Call Sandy at 440-279-2137 to register. 2:00pm. Free.

Thursday, February 27th - Cuisine & Culture: Hungary Come and enjoy a typical Hungarian meal at West Geauga Senior Center (8090 Cedar Rd, Chardon 44026) while we learn about the beautiful mix of tradition, culture, and cuisine in Hungary. We will enjoy games and trivia, top destinations, and see what Hungary has to offer! Sponsored by UH Geauga Medical Center. Call Melissa Wheeler at 440-279-2167 to RSVP. Free. 12:00pm.

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.

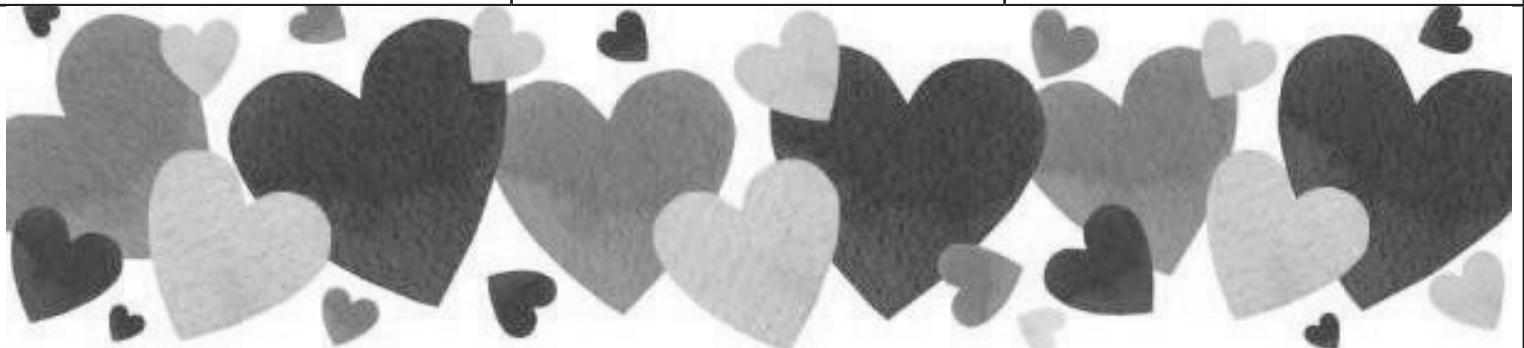
Gauga Walkers & Walking for Wellness Monthly schedules are posted in the newsletter for locations. If you would like a schedule for the year/quarter, call Melissa Wheeler at 440-279-2167.

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.

| February 2025 | |
|---|--|
| MONDAY | TUESDAY |
| 3 | 4 |
| 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 |
| 10 | 11 |
| 9:30-11:00 Parkinson's Boxing CSC 2:00-3:00 Valentine's Program 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 |
| 17 | 18 |
|  OFFICES CLOSED FOR PRESIDENT'S DAY | 11:00-12:00 Balance Exercise CSC & VT 11:15-12:15 Pedaling for Parkinson's OH 12:30-1:30 Parkinson's Support OS 1:00-2:30 Geauga Walkers OS 2:00-3:00 Diabetes Support Group CSC |
| 24 | 25 |
| 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 |
| Sandy McLeod Senior Centers' Supervisor 440-279-2137 Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167 | 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 |

SENIOR COMMUNITY EVENTS

| WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|
| <p style="text-align: right;">5</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 3:00-5:00 Simple Cooking with Heart OS</p> | <p style="text-align: right;">6</p> <p>11:15-12:15 Pedaling for Parkinson's OH 12:00-2:30 Lunch & Movie WG</p> | <p style="text-align: right;">7</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</p> |
| <p style="text-align: right;">12</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;">13</p> <p>11:15-12:15 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL</p> | <p style="text-align: right;">14</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</p> |
| <p style="text-align: right;">19</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;">20</p> <p>11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 GPD Elderberries OS</p> | <p style="text-align: right;">21</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</p> |
| <p style="text-align: right;">26</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;">27</p> <p>11:15-12:15 Pedaling for Parkinson's OH 12:00-1:30 Cuisine & Culture - Hungary WG</p> | <p style="text-align: right;">28</p> <p>9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT</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.

Wednesday, 2/5: Sweet Treat Drive-Thru at Heather Hill. Call to register.

Friday, 2/7: 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!

Monday, 2/10: Book Club: James, by Percival Everett.

Tuesday, 2/11: Pal-entine's Breakfast— A Friendship Celebration! Have break- fast with your friends from the senior cen- ter! Registra- tions are a must by 2/4 with \$5 fee.

Thursday, 2/13: Breakfast Club at Bob Evans! Cost is "on your own." Call the center to let us know you'll be joining us!

Friday, 2/14: Lunch & Speaker, Kathie Doyle. FREE, but registra- tion required. This month's topic is Japanese Internment Camps.

Tuesday, 2/18: Iris Folding. \$1.50 per card, payable to instructor, day of.


Wednesday, 2/19: Heather Hill Lunch- eon at Chardon Senior Center! Registration opens 2/3, with limited space available.

Thursday, 2/20: Lunch and No- Bake Class. \$2 with prior regis- tration. Learn to make a no-bake dessert!

Friday, 2/28: Birthday Bingo and Pizza Party. February birthdays are free. \$5 for everyone else!

| MONDAY | | TUESDAY | |
|---|--|---|---|
| 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 1:00-3:00 Diamond Art 1:00 Tech Help by appointment | 4 | 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 RCR Practice |
| 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 1:00-3:00 Diamond Art 1:00 Tech Help by appointment 1:00 Book Club | 11 | 9:00-10:00 Pal-entine's Break- fast—Friendship Celebration! 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 RCR Practice |
| 17 |  | 18 | 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 2:00-3:00 Diabetes Support Group 2:00-3:30 RCR Practice |
| 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 1:00-3:00 Diamond Art 1:00 Tech Help by appointment | 25 | 9:00-11:30 Woodcarving 10:00-12:00 Knit and Crochet 10:00-10:45 Tai Chi \$3 11:00-11:45 Balance Exercises 12:30-2:00 RCR Practice Senior Center Closes at 2:00 today for Staff Development |
| Monday Movies: We show a movie every Monday at noon! 2/3: Groundhog Day 2/10: Wonder 2/24: Leap Year | |  | |

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

| WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|
| <p align="right">5</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 align="right">6</p> <p>10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:15-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (Off Site)</p> | <p align="right">7</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00-4:00 Bridge Group 1:00-4:00 Rummikub 1:00-2:00 Photography Club Monthly Meeting 1:30-2:30 Cardio-Drumming</p> |
| <p align="right">12</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 align="right">13</p> <p>9:30 Breakfast Club at Bob Evans 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:30-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)</p> | <p align="right">14</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 1:30-2:30 Cardio-Drumming</p> |
| <p align="right">19</p> <p>9:00-11:00 Pinochle 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:00-1:00 Luncheon with Heather Hill 12:30-2:00 Chair Volleyball 12:30-4:00 Mexican Train 1:00-4:00 Mah Jongg</p> | <p align="right">20</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 \$5 (off site)</p> | <p align="right">21</p> <p>9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 1:00-4:00 Bridge Group 1:00-4:00 Rummikub 1:30-2:30 Cardio-Drumming Video</p> |
| <p align="right">26</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 align="right">27</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 align="right">28</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 1:30-2:30 Cardio-Drumming Video</p> |
| <p align="center">Becky O'Reilly Recreation & Education Coordinator</p> <p align="center">Beth Oliverio Information and Referral Specialist</p> | <p align="center">Ellie Rickard Food Service Coordinator</p> <p align="center">Jeanne Molzon Rec & Ed Assistant Coordinator</p> |  |

Bainbridge Bulletin

We will be CLOSED:
President's Day 2/17/25
We will close at 2pm on 2/25 for a
staff meeting.

FREE Educational Presentation
 Immediately following Big Breakfast on 2/27, the Alzheimer's Association will conduct a presentation on the 10 Signs of Alzheimer's. Call 440-279-1313 to register!

Thursday Feb 27th:

Big Breakfast Join BSC for our monthly big breakfast. Veterans and February birthdays are free to attend. The cost is \$5 for every- one else. On the menu: Sausage & Veggie Strata. Please RSVP by Friday, 2/21. *Donuts provided by Regency at Chagrin Falls"

Movie Matinee

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

FREE Tech Help at BSC

Do you have questions or need help with your cell phone? Steve from Verizon will be here on 2/24 at 11am to help you out re- gardless of your plan or carrier. Call 440- 279-1313 to register.

Soup & Sandwich Lunch

Join us Feb 11th for a relaxed home-made lunch of White Chicken Chili and Cheese Enchiladas \$5, registration required by Fri Feb 7th.

Cooking with Keri

On Thursday Feb 6th learn how to make easy Parm-crusteD pork chops. \$5 and prior registration req'd by Mon Feb 3rd before 4pm.

Book Club

We will meet Tuesday 2/18 at noon— see the back of the newsletter for the theme & suggested books!

NEW at BSC!

We are expanding the times of our Tuesday Mahjong group! Join us in the morning or the afternoon or BOTH! Call 440-279-1313 to register for the FREE hot lunch that will be served at Noon.

Reliable Nurse Footcare

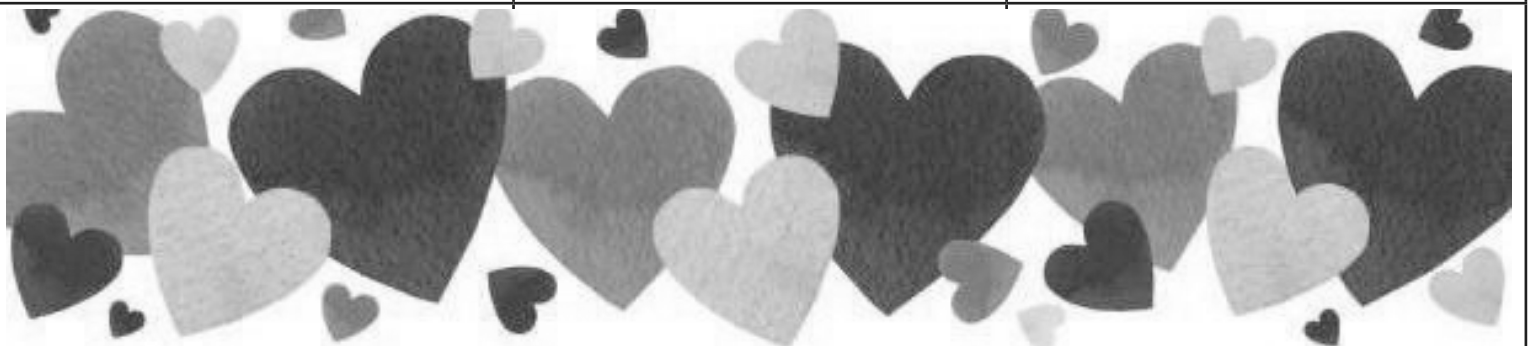
Jen Vanek is back and taking new clients for February! Call 216-956-0293 to book an appt!

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

| MONDAY | TUESDAY |
|---|--|
| 3 | 4 |
| 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>(Sabrina, 1954)</i> | 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 12:00-1:00 Social Work Appts |
| 10 | 11 |
| 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>(Pride & Prejudice, 2005)</i> | 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 12:00-1:00 Soup & Sandwich Lunch White Chicken Chili and Cheese Enchiladas (\$5, registration required) |
|  | 18 |
| CLOSED FOR PRESIDENTS DAY | 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 12:00-1:00 Book Club (Back & Forth Shelf, more info in the back of the newsletter) |
| 24 | 25 |
| 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 9:00-2:00 Reliable Nurse Foot Care 11:00-12:00 FREE Tech Help w/ Steve 12:00-2:30 Lunch & a Movie <i>(How To Marry a Millionaire, 1953)</i> | 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-2:00 Mahjong <u>CLOSING AT 2PM FOR STAFF MEETING</u> |
| Recreation & Education Coordinator: <i>Keri Skrtic</i> | |
| Recreation & Education Assistant: <i>Valerie Garland</i> | |

Bainbridge Senior Center
17751 Chillicothe Rd. Bainbridge, OH 44023

| WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|
| 5 8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 11:00-12:00 Bingo 12:30-2:00 OTL Group (<i>Fun Buffet - Twinsburg</i>) | 6 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 (Parmesan Crusted Pork Chops) | 7 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong |
| 12 8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 11:00-12:00 Bingo 12:30-2:00 OTL Group (<i>Mad Jack's - Aurora</i>) 1:30-3:00 Alzheimer's and Dementia Support Group | 13 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 | 14 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong 11:00-3:00 Valentine's Bake Sale and Recipe Swap |
| 19 8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 11:00-12:00 Bingo 12:30-2:00 OTL Group (<i>Papous - Aurora</i>) | 20 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 | 21 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong |
| 26 8:30-9:30 All-Around Exercise (\$3) 9:40-10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:30 Line Dancing 11:00-12:00 Bingo 12:30-2:00 OTL Group (<i>Washington St. Diner, Chagrin Falls</i>) | 27 9:00-10:00 BIG BREAKFAST (registration req'd) *Donuts by Regency at Chagrin Falls* 10:00-11:00 The 10 Warning Signs of Alzheimer's/ALZ Assoc 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch | 28 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00-12:00 Mahjong |



Newsorthy Notes

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

Lunch & Learn with UH Geauga

FEB 3rd 12:00-1:00pm ~

Join us for a Hot Lunch (meal of the day), and a presentation on Navigating the Healthcare System by UH Geauga Hospital Rep. Free Event, RSVP no later than 1/27/25 Call 440-279-2163

Mahjong Lessons

Feb 7th & 28th 1:00-3:00pm-Call to sign-up, this is basic beginners Mah-jong, and all are welcome. Sign Up 440-279-2163

Out To Lunch and Matinee Movie

FEB 20th 12:00-4:00 Join us for an afternoon out at the Great Lakes Mall area for Lunch out and a Matinee Movie. Lunch will be at Olive Garden at 12:00noon, and the Movie will begin between 1:30-2:00 at Atlas Cinema. The Movie choice will be decided on FEB 10th when Atlas lists their line-up for that week. Cost is on your own, register no later than 2/13/25. Call 279-2163

Lunch and Movie "Reagan"

FEB 14th 12:00-2:00pm This movie is a Biopic, a drama based on the life of Ronald Reagan, from his childhood to his time in the oval office. 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 2/10/25 440-279-2163

Diamond Art Class with Christine

FEB 10th & 24th - 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"

FEB 13th & 27th 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 FEB 3rd for 2/13 Class, and by FEB 18th for 2/27 Class. Call to sign up 440-279-2163

Beat the Winter BLUES BASH

FEB 18th 12:00-3:30pm ~Join us for a fun filled afternoon with "Singin Sam Fosh" and a Twist of Trivingo after Sam performs. Meal Menu will be from Mangia-Mangia, and there will be LOTS of FUN Prizes!!! Cost: \$15 Registration and \$\$\$ due by FEB 13th

West Geauga Senior Center 440-279-2163

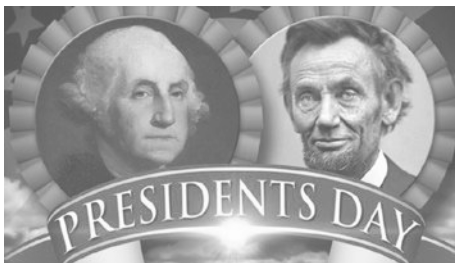
MONDAY

9:00-10:00 Water Exercise-Metz Pool³
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Stretch Chair Yoga
12:00-1:00 Water Exercise-Metz Pool
12:00-1:00 Lunch & Learn -UH Hospital Presentation ~Navigating the Healthcare System
1:00-3:00 Mah-Jong

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 \$
1:00-3:00 Mah-Jong

17



ALL SITES CLOSED

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 \$
1:00-3:00 Mah-Jong

TUESDAY

9:00-11:30 Stained Glass \$5 **4**
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 Tai-ChiFit \$3
12:30-2:30 Knit & Crochet

9:00-11:30 Stained Glass \$5 **11**
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 Tai-ChiFit \$3
12:30-2:30 Knit & Crochet
1:00-2:30 Balloon Fiesta 2024
Video Slideshow Presentation

18

9:00-11:30 Stained Glass \$5
9:00-10:00 Water Exercise-Metz Pool
12:00-3:00 Bridge Group
12:00-4:00 Beat the Winter Blues Bash with Sam Fosh & Trivingo \$15
12:30-1:30 Taichi-Fit \$3

25

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 Tai-ChiFit \$3
12:30-2:30 Knit & Crochet

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**

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

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

| WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|
| 5 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass \$5 10:00-11:00 Strength & Cardio VT 1:00-2:30 Never Ending Knowledge Washington DC 3:00-4:00 Senior Spin at "O" Holly | 6 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 1:00-3:00 Afternoon Games w/Jackie | 7 9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00-2:30 Arm Chair Travel with "The Great Tours" England, Scotland & Wales 1:00-3:00 Mahjong Lessons |
| 12 9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass \$5 10:00-11:00 Strength & Cardio VT 1:00-2:30 Never Ending Knowledge Washington DC 3:00-4:00 Senior Spin at "O" Holly | 13 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 11:00-11:45 Seated Strength & Balance 12:00-1:00 Lunch and Learn - American Sign Language 1:00-3:00 Afternoon Games w/Jackie | 14 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 "REAGAN (2024)" |
| 19 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 Washington DC 3:00-4:00 Senior Spin at "O" Holly | 20 9:00-10:00 Water Exercise-Metz Pool 10:00-11:00 Water Exercise-Metz Pool 12:00-4:00 Lunch & a Matinee at Olive Garden/Atlas Cinema 1:00-3:00 Afternoon Games w/Jackie | 21 8:30-10:00 Breakfast & BINGO \$5 9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 1:00-2:30 Arm Chair Travel with "The Great Tours" England, Scotland, & Wales |
| 26 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 Washington DC 3:00-4:00 Senior Spin at "O" Holly | 27 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 12:00-2:00 Age Well-Be Well Cuisine & Culture Today | 28 9:00-11:30 Stained Glass \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-1:00 Lunch & Learn with Gauga Parks ~Sky Legends & Lore 1:00-3:00 Mahjong Lessons |



Middlefield Senior Center
440-632-0611

MONDAY

TUESDAY

Monday Crafts
3rd Valentines Day Cards
 To give! Donation
10th Paper flower bouquet \$5
24rd Crafting with
Marsha Donation.

Painting Pals February
 Shading and color theory. Bring your own supplies.

Thursday February 6th
Importance of Handwashing
 Handwashing is a crucial practice for maintaining good hygiene and preventing the spread of infections. Learn more with our favorite Dawn!

Tuesday February 11th
 Crafting provided by the Middlefield Library. No cost.

Thursday February 13th
Valentines day Party \$5 11am
 Valentines card exchange! Make your own shoe box and bring valentines just like school! Followed by Ginny & Hannah games! 12pm heartfelt lunch and treats will be served.


Friday February 21st
 Monthly Breakfast at 10am \$3
Kathie Doyle Presents Lindberg kidnapping 10:30am no cost.

Thursday February 27th
Movie at Briar
 Enjoy a movie on the big screen and snacks in the theater room!




Friday February 28th
Geauga Park Presentation Sky Legends and Lore
 The heavens have been a source of wonder and prompted stories from many cultures since the beginning of time. Sit back, relax and enjoy some of these fascinating tales!

MOB classes Wed & Fri 1am-3pm must preregister.

Board Game social
 Stop in and learn something new or bring a game to share!

| MONDAY | TUESDAY |
|---|--|
| 3 | 4 |
| 10am Crafting Club 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting Cards to give (Donation) | 10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball |
| 10 | 11 |
| 10am Crafting Club 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting Paper flower bouquet \$5 | 10am Chair Yoga Video 11am Craft with the MF Library 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball |
| 17 | 18 |
|  | 10am Chair Yoga Video 11am Line Dancing \$3 12pm Lunch 1pm Chair Volleyball |
| 24 | 25 |
| 10am Crafting Club 11am Balance Exercise 12pm Lunch 12pm-3pm Painting Pals 1pm Crafting | 10am Chair Yoga Video 12pm Lunch 1pm Chair Volleyball Closed at 2pm For Staff Development |
| Recreation & Education Coordinator Hannah Heinz Recreation & Education Assistant Ginny Lester | Please call to register for lunch, crafting & special events. 440-632-0611 |

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

| WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|
| 5 | 6 | 7 |
| <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> | <p>10am Importance of Hand-washing with Dawn 11am Jeopardy 12pm Lunch 1pm Chair Volleyball</p> | <p>10am Chair Exercise Video 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> |
| 12 | 13 | 14 |
| <p>8am Social Work Appointments 10am Balance Exercise 11am BINGO 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> | <p>11am Valentines Day Card Exchange and games 12pm Valentines Lunch \$5 1pm Chair Volleyball</p> | <p>9am Podiatrist 10am Chair Exercise Video 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> |
| 19 | 20 | 21 |
| <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> | <p>10am Board game social 11am Jeopardy 12pm Lunch 1pm Chair Volleyball</p> | <p>10am Monthly Breakfast \$3 10:30am Kathie Doyle 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> |
| 26 | 27 | 28 |
| <p>10am Balance Exercise 11am BINGO sponsored by Burton Health Care 12pm Lunch 1pm-3pm Matter of Balance Class (Must pre register)</p> | <p>10am Board game social 11am Jeopardy 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar</p> | <p>10am Chair Exercise Video 10am Huntsburg Historical Society Tour 12pm Out to lunch Tai-Pan 12pm Lunch 1pm Chair Volleyball</p> |
|  |  |  |

Diabetes Support Group – Planning Lunch Menus

Join us on Tuesday, February 18th at 2:00pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). Type 2 diabetes can make lunch a challenge. Thankfully it just takes a little know how and some good recipe ideas. Bring your ideas to share and we will talk on how to create quick, healthy, and homemade lunches. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

Parkinson's Support Group

Join us on Tuesday, February 18th at 12:30pm at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). It's heart health month so we'll be talking about the importance of good heart health with Parkinsons. Learn what you can do to keep your heart healthy. What is the importance of getting your heart rate elevated, what is a heart healthy diet. You must RSVP to Sandy McLeod by calling 440-279-2137.

Bainbridge Book Club

February's Theme is "The Back and Forth Book Shelf". Choose a book from the "Back and Forth" book swap shelf at Bainbridge Senior Center! We will meet at noon Tuesday 2/18 to discuss! Call 440-279-1313 to register for the free hot lunch we serve before our discussion!

Kathie Doyle Presents

History of the Lindberg Kidnapping. Middlefield Senior Center. Friday February 21st, 10:30am no cost. Monthly breakfast served at 10am cost \$3. Please call to register 440-632-0611.

Never Ending Knowledge Series at WGSC

Wednesday afternoons 1:00-2:30pm (three 30 minute lectures)

Join us as we continue this 32 part lecture series of The Great Tours of Washington DC. From historical neighborhoods and places to eat to museums and the great outdoors, we will explore this historic city known as our nation's capital. Don't forget to sign up for the lectures in March as we conclude this series.

Light snacks and refreshments provided. REGISTRATION IS REQUIRED 440-279-2163
Washington DC with The Great Tours

Feb 5th #1: Museums on the Mall: Smithsonian and Beyond, #2: Washington, City of Scandal
#3: The Kennedy Center and the DC Arts Scene

Feb 12th #1: Neighborhoods of Northwest DC, #2: Washington's Historic Homes and Gardens
#3: Spiritual DC: The National Cathedral and More

Feb 19th #1: Smithsonian's National Zoo, #2: Dining Out in Washington DC
#3: Washington's New Waterfront

Feb 26th #1: Washington for Sports Fans, #2: Exploring Washington's Great Outdoors
#3: The National Archives and the Future of DC

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

Friday, February 14, 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: Japanese Internment Camps. This is a free event, but registration is required by calling 440-279-2126.

Valentine's Bake Sale and Recipe Swap

Drop in to Bainbridge Senior Center on Friday, February 14th to pick up some sweet treats for your Valentine starting at 11am! The treats will be made by fellow BSC seniors and there will be multiple copies of the recipes if you'd like to try your hand at recreating them!

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 |
|------|---|--|
| 2/5 | Walter C. Best | 11620 Ravenna Rd, Chardon 44024 Meet at Sunset Shelter |
| 2/12 | Chapin Forest Reservation | 10381 Hobart Rd, Kirtland 44094 Meet at Pine Lodge – Snowshoeing if possible! |
| 2/19 | Punderson State Park | 11755 Kinsman Rd, Newbury 44065, Park at the Lodge |
| 2/26 | Big Creek Spur Maple Highlands Trail | 9280 Ravenna Rd, Chardon 44024 Across from Tupelo Pond entrance |

GEAUGA WALKERS

| DATE | PARK | PARKING |
|---------|-----------------------------|---|
| Feb 4 | Chagrin River Park | 3100 Reeves Road, Willoughby/Eastlake |
| Feb 11* | Big Creek Park, Aspen Grove | 9160 Robinson Road, Chardon, Aspen Grove |
| Feb 18 | Whitesburg Preserve | End of High Street, Chagrin Falls CARPOOL |
| Feb 25* | Swine Creek, Woods Edge | "Woods Edge Shelter, 16004 Hayes Road, Middlefield Maple Sugaring" |

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.

Knowledge with Dawn! Importance of handwashing

Middlefield Senior Center, Thursday February 6th, 2025, at 10am.

Handwashing is a crucial practice for maintaining good hygiene and preventing the spread of infections. By thoroughly washing hands with soap and water, we can remove harmful bacteria, viruses, and dirt, reducing the risk of illness. This simple yet effective habit helps protect both individual health and public well-being. Join us for this fun interactive program! 440-632-0611.

Beat the Winter Blues Bash with Sam Fosh ~with a twist of Trivingo at WGSC

FEB 18th 12:00-3:30pm ~Join us for a fun filled afternoon with Singin Sam Fosh and a Twist of Trivingo. We will begin with a hot lunch from Mangia-Mangia, followed by 90 minutes of Singing and Dancing with SAM!! Finally, we will end the afternoon with MUSIC TRIVINGO!!! There will be FUN and LOTS of good Prizes, so come and join us!!! Menu: Choice of Soup & Sand (Turkey/Swiss Sub) or Chicken Pecan Salad. Deadline to register is FEB 12th, call for more info ~440-279-2163.

The Breakfast Club of Chardon

Join us for a breakfast out at Bob Evan's in Chardon on Thursday, February 13, 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!

Cuisine & Culture - Hungary

Thursday, February 27th from 12:00-1:30pm at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Come and enjoy a typical Hungarian meal while we learn about the beautiful mix of tradition, culture, and cuisine in Hungary. We will enjoy games and trivia, top destinations, and see what Hungary has to offer! A Hungarian lunch will be provided by Chef Joe from UH Geauga. Please call Melissa Wheeler at 440-279-2167 to RSVP for this free event.

Free Lunch and a Movie

Thursday, February 6th 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 BSC for our monthly big breakfast on Thursday 2/27. Veterans and February birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Savory Sausage & Veggie Strata. Please RSVP by Friday, 2/21. *Donuts provided by Regency at Chagrin Falls”

Valentine’s Day celebration and card exchange

Middlefield Senior Center, Thursday February 13th, 11:00am. Cost \$5.00
Join us at 11am for a good old fashion shoe box card exchange, build your own card box and bring in valentines to share! Games to follow! 12pm we will serve a heartfelt lunch and homemade treat! You won’t want to miss out! Call 440-632-0611.

Mahjong Lessons at WGSC

Friday Feb 7th & 28th 1:00-3:00pm 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. 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 No-Bake Dessert Class

Thursday, February 20, 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.

Matter of Balance Classes – 3 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

CLASS THREE: April 1st thru 24th – Every Tuesday & Thursday from 1:30-3:30pm
Bainbridge Senior Center (Located in the Bainbridge Community United Church of Christ)
17751 Chillicothe Road / Bainbridge 44023.

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 2/24 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.

Geauga Park Presentation Sky Legends and Lore

Middlefield Senior Center, Friday February 28th, 11:00am.

From “The Man in the Moon” to “Taurus the Bull”, the heavens have been a source of wonder and prompted stories from many cultures since the beginning of time. Sit back, relax and enjoy some of these fascinating tales! Call 440-632-0611 to let us know you will be here!

Lunch and Learn with UH Geauga at WGSC

Monday Feb 3rd Join us for a hot lunch (meal of the day) and a presentation on Navigating the Healthcare system when going to the emergency room, getting admitted and discharge. Free Event, however donations accepted. Call to sign up at 440-279-2163.

Birthday BINGO and Pizza Party at Chardon Senior Center

Join us on Friday, February 28, at 11:00 a.m., when we will be celebrating all of those having celebrated birthdays in February! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and February 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!

CWRU Siegel Lifelong Learning Speaker – Establishing Human Rights

Tuesday, March 11th at Ohman Family Living at Holly (10190 Fairmount Rd, Newbury 44065). Breakfast will be served at 9:30am, followed by the lecture “Clara Barton and Henri Dunant: Establishing Human Rights” beginning at 10:00am. Presented by Jim Lane, Instructor of Lifelong Learning. Ever since the dawn of existence there has been conflict, violence and warfare. And for just as long, there has been the need for care, nurturing and humanitarianism. Two modern examples who demonstrate these traits in the 19th century are Henri Dunant and Clara Barton with their connection to the laws of war, the Geneva Conventions and the founding of the Red Cross. Cost: \$15 for members, \$20 non-members. Registration is required by visiting 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.

Alzheimer's and Dementia Caregiver Support Group

The Alzheimer's Assoc. will be conducting a Caregiver Support Group here at Bainbridge Senior Center every month. This month, they meet Wednesday, Feb 12th from 1:30-3pm. Call 440-279-1313 to sign up!

Movie and Snack at Briarcliff Manor

Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. Thursday, February 27th, at 1:00pm, (14807 N State Ave, Middlefield, OH 44062). Enjoy a snack while watching a movie in Briarcliff's theater room. Please call 440-632-0611 to register.

Out to Lunch and Matinee Movie with WGSC

Thursday Feb 20th 12:00-4:00 ~Come on out and join your friends for an afternoon of getting together, socializing, enjoying a meal out and catching an afternoon movie. We will meet up at 12:00pm at the Olive Garden in Mentor, and after, head over to Atlas Cinema for a matinee. The Movie schedule will be available on February 10th. We will decide on the Movie, and then seniors can call us to find out which show we are going to see. RSVP Required by FEB 18th. Call 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 iPhone, 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 iPads, tablet, or laptop appointments. Sorry, no desktop appointments at this time. FREE. Call 440-279-2126 to schedule an appointment!

Buttons Needed

If you have some old buttons you would like to donate to the Department on Aging, we need them for a Valentine Craft we are doing at one of our local assisted livings. Please call Sandy McLeod at 440-279-2137 to arrange to pick them up or take them to your local senior center.

Movie Matinee Monday at BSC

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

Feb 3rd- Sabrina (1954), Feb 10th – Pride & Prejudice (2005),
Feb 24th – How To Marry a Millionaire (1953)

Painting Pals at the Middlefield Senior Center

Every Monday from 12pm-3pm. February topic Shading and color theory. Participants may bring their own art supplies, but basic materials will be provided.
Call 440-632-0611 for more information!

Soup & Sandwich Lunch

Join us Feb 11th for a relaxed homemade lunch at Bainbridge Senior Center. White Chicken Chili and Cheese Enchiladas will be served. Cost: \$5, registration required by Fri Feb 7th.

Diamond Art Class at WGSC

Monday FEB 10th & FEB 24th 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.

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, February 5th (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: The House of Eve by Sadeqa Johnson

Thursday, February 13th (2nd Thursday of each month) – at Burton Library from 1:30-3:00pm. Discussing: The Little Liar by Mitch Albom

Sweet Treat Drive Thru at Heather Hill

Wednesday, February 5, at Heather Hill, 12340 Bass Lake Road, Chardon. Drive up any time between 12:00-12:30 p.m., and get a delicious lunch and amazing sweet treat! Call to RSVP at 279-2126. Looking ahead, our March Drive Thru will be March 5. Registration is now open for both dates! Enter on the Bass Lake Road side, exit on Sherman.

New at Chardon Senior Center: Cardio-Drumming Exercise (with Video Instruction)

Interested in a new fitness class? Give Cardio-Drumming a try! Friday afternoons from 1:30-2:30 p.m. at Chardon Senior Center, starting in February! There is no cost to participate, but please call to express interest! 440-279-2126.

Cooking with Keri at BSC

On Thursday Feb 6th learn how to make easy Parmesan-crust pork chops at Bainbridge Senior Center. \$5 and prior registration req'd by Mon Feb 3rd before 4pm.

Diamond Art is now at Chardon Senior Center!

Starting in February, every Monday from 1:00-3:00 p.m. at the Chardon Senior Center. There will be a slight start-up fee associated with this class, as well as paying for your own projects – which you choose! Call with interest, 440-279-2131.

Simple Cooking with Heart

Please join the Department on Aging and UH Geauga Medical Center for a healthy, hands-on cooking demonstration on Wednesday, February 5th in the Conference Center at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024). Heart Health presentation beginning at 3:00pm, followed by the cooking demonstration that includes a complementary dinner. Space is limited; please call 440-214-3180 to register.

NEW at Bainbridge Senior Center!

We are expanding the times of our Tuesday Mahjong group from 10am to 3pm! Join us in the morning or the afternoon or BOTH! Call 440-279-1313 to register for the FREE hot lunch that will be served at Noon.

Pal-entines Breakfast at Chardon Senior Center – A Celebration of Friendship

Tuesday, February 11, 9:00-10:00 a.m. at Chardon Senior Center, \$5 per person with registration by 2/4. Celebrate the joy of friendship with a warm breakfast and the warm hearts of others! Call 440-279-2126 for more information.

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

FEB 13th & FEB 27th 12:00-1:00pm ~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 FEB 3rd for First Class, and FEB 18th for second class. 440-279-2163.

A Cupid's Gathering

Jennings Apartments at Notre Dame Village (10950 Pine Grove Trail, Chardon 44024) on Monday, February 10th at 2:00pm. Join the Department on Aging and Jennings for a Valentine Celebration. We will learn some of the history of this holiday, play Valentine Jeopardy and we'll share in a Valentine snack. Wear your favorite holiday color, red or pink, and we will see how much we really know about this holiday of love! Call Sandy McLeod at 440-279-2137.

Reliable Nurse Footcare at Bainbridge Senior Center

Jen Vanek is back and taking new clients for February 24th!
Call 216-956-0293 to book an appt!

FREE Educational Presentation

Immediately following Big Breakfast at Bainbridge Senior Center on 2/27, the Alzheimer's Association will conduct a presentation on the 10 Signs of Alzheimer's. Call 440-279-1313 to register!

Lunch & Learn with Geauga Parks at WGSC

Friday FEB 28th 11:00-1:00pm Join us for this educational presentation by a Geauga Parks Naturalist. From "The Man in the Moon" to "Taurus the Bull", the heavens have been a source of wonder and prompted stories from many cultures since the beginning of time. Sit back, relax and enjoy some of the fascinating tales! Following the presentation, a hot lunch will be served. Menu: Chicken Alfredo over penne pasta, roasted sweet potatoes and broccoli florets. Desert & Beverage Included. Cost for meal \$6 Presentation ONLY is FREE Register by FEB 24th 440-279-2163.

Celebrating Women's History Month with Dr. Bari Stith PhD

Join the Department on Aging on Tuesday, March 11th at 2:00pm for this interesting speaker which will be held in the Dining Room at Jennings Apartment building at Notre Dame Village (10950 Pine Grove Trl, Chardon 44024). Dr. Bari Stith will present on "Remember the Ladies": Woman's Place in Old Geauga. We hear so much about Geauga's great fire, great snow, great Yankee migration, and the tales of our menfolk as they wrestled a county from the forest and developed the communities we know and love today. But what about the ladies? What were their adventures and how did they define "woman's place" in Geauga County's heritage? Where can we find the visual remnants of their stories to remind us of their contributions today? And what can WE do (and are doing) to ensure that future Geaugans "remember the ladies"?

Call Sandy McLeod to RSVP at 440-279-2137.

Lunch and Movie "Reagan" at WGSC

Friday FEB 14th 12-2pm Join us for a hot lunch, popcorn and movie in honor of Presidents Day. Movie Description: Staring Dennis Quaid as Ronald Reagan, this drama is based on the life of the 40th President of the United States from his childhood to his time in the oval office.

Lunch Menu will be Soup & Sandwich, dessert and beverage, see back page for monthly menu. FREE Event-Donations accepted for meal. FREE EVENT Register by FEB 11th 440-279-2163

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.

We will have a Valentine Party at our February 7 meeting. Decorate a Valentine box and bring it with your Valentines. The cutest box will get a prize.

Polka Jake from the Chardon Polka Band will entertain us on February 21.

We will be going to the Aurora Atlas Movie Theater (Rt. 306 and Rt. 82) on Tuesday, February 11. The movie is TBD. It will start at 11:00. Cost is \$5 for movie or \$10 for movie, drink, and popcorn.

Call Kimber at (440) 668-3293 for further information.

Your dues of \$30 for the year should be paid this month if you want to be listed in our membership directory. Anyone who is 55 or older and a resident of Geauga County may join.

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.

Balloon Fiesta Trip Presentation at WGSC

Tuesday Feb 11th 1:00-2:30pm ~Join us for this Video Presentation by Christine Bacon.

Our Balloon Fiesta Trip in October was a HUGE SUCESS! It was truly a Trip of a LIFE-TIME! There was so much to see, and take in, it was just breath-taking!! Christine wanted to share this beautiful trip with all of you. SO, she has put together a video/slideshow presentation for all to see. If you couldn't go, but would like to see the presentation, Please Join Us, ALL ARE WELCOME!!! Call to sign up by Feb 7th 440-279-2163

Armchair Travel with The Great Tours at West G Senior Center

FEBRUARY 7th & 21st -1:00-2:30pm ~Join us here at West G for one of our newest programs "Armchair 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

FEB 7th: #1 ~London's Streets and Parks, #2: ~Buckingham Palace and Parliament, #3: ~Oxford and Cambridge

FEB 21st: #1 ~Literary Britain: Chaucer and Shakespeare, #2: ~Literary Britain: The Romantics #3 ~Literary Britain: Poets and Novelists

Geauga Department on Aging (440) 279-2130

SOCIAL SERVICES

Helping Seniors Stay Connected Through Programs and Services

Programs - Senior Centers * Assistance with Daily Living * Legal Services * Care Coordination * Chore and Home Safety * Senior News * Home Delivered Meals * Donated Medical Equipment * Income Tax Preparation * Out of County Medical Transportation

Services - Non-Medical In-Home Assistance * Medicare Answers * Living Wills & Health Care POA * Housing Issues * Financial Assistance Program Referrals * Safety Issues * Problem Solving Unique Concerns

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 February 2025

| MON | TUES | WED | THU | FRI |
|---|--|--|--|--|
| BONELESS WINGS- ³ ₆ CARROTS BAKED BEANS APPLESAUCE CUP GRAHAM CRACKERS BBQ CUP | STUFFED GREEN PEPPERS ⁴ W/SPAGHETTI SAUCE ¼ C MASHED POTATOES ESCALLOPED APPLES DINNER ROLL | SALISBURY STEAK ⁵ W/GRAVY RICE – ½ CUP SWEET CORN CARROTS FRUIT CUP BREAD | TOMATO BASIL CHICKEN ⁶ PASTA w/SPAGHETTI SAUCE ½ C CAPRI BLEND VEGETABLES FRUIT CUP DINNER ROLL | TURKEY BURGER ⁷ ROASTED POTATOES BROCCOLI APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC |
| JUMBO RAVIOLI ¹⁰ w/SPAGHETTI SAUCE ¼ C YELLOW SQUASH MIXED VEGETABLES FRUIT CUP DINNER ROLL | CHICKEN SALAD ¹¹ THREE BEAN SALAD SALSA CUP TORTILLA CHIPS FRUIT CUP WG HAMBURGER BUN | MEATLOAF W/GRAVY ¹² MASHED POTATOES GREEN PEAS APPLESAUCE CUP BREAD | BREADED FISH ¹³ TATER TOTS GREEN BEANS FRESH FRUIT WG CORNBREAD LOAF TARTAR SAUCE & KETCHUP PC | SWEDISH MEATBALLS ¹⁴ w/NOODLES BROCCOLI CARROTS APPLESAUCE CUP BREAD |
| ¹⁷ ALL SITES CLOSED | SLICED HAM ¹⁸ W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP | GRILLED CHICKEN ¹⁹ BREAST GREEN PEAS DICED CARROTS ESCALLOPED APPLES WG HAMBURGER BUN MAYO PC | STUFFED GREEN CABBAGE ²⁰ w/SPAGHETTI SAUCE ¼ C GREEN BEANS MASHED POTATOES FRUIT CUP BREAD | BURGER WITH ²¹ CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC |
| BREADED CHICKEN ²⁴ PATTY BAKED BEANS SWEET CORN FRUIT CUP CHEEZ-ITS BBQ CUP | HOT DOG ²⁵ TATER TOTS CARROTS APPLESAUCE CUP WG HOT DOG BUN KETCHUP PC/ MUSTARD PC | BBQ CHICKEN BREAST ²⁶ RICE – ½ CUP GREEN BEANS SWEET POTATOES APPLESAUCE CUP WG CORNBREAD LOAF | MEATBALLS w/PASTA ²⁷ w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES FRUIT CUP BREAD | TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE – 1 CUP BROCCOLI APPLESAUCE CUP ²⁸ |

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
FEBRUARY

To stop this mailing, contact the Geauga County Dept. on Aging: 440-279-2130. This newsletter is supported by the many advertisers, individual donation, and the Geauga Senior Services Levy.

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Mamma Mia

Berkshire High School has invited seniors to its dress rehearsal for their spring musical Mamma Mia. Join us on April 11, at 8:30AM for Coffee and Donuts, performance to begin at 9:00AM. Berkshire High School is located at 14155 Claridon Troy Road, Burton Ohio 44021. We enter in Door 9, the Board Office Entrance. Please park near door #9. Follow signs to the Board Office and park in either of the two closes parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium.

Please RSVP to Sandy McLeod: 440-279-2137