

The Geauga Senior News

Geauga County Department on Aging

March 2025

Meet & Greet:

Carolyn Brakey, Esq. Geauga County Commissioner

Please join the Geauga County Department on Aging for a Meet & Greet with the newly elected Geauga County Commissioner, Carolyn Brakey, Esq. Enjoy lunch and great conversations about our county. She will visit each Senior Center in Geauga County in March. Please call the Senior Center you wish to visit to RSVP for lunch. All events are from 12:00-1:00pm.



Bainbridge Senior Center - Tuesday, March 6th. Call 440-279-1313 to RSVP.

Chardon Senior Center - Monday, March 10th. Call 440-279-2126 to RSVP.

Middlefield Senior Center - Thursday, March 13th. Call 440-632-0611 to RSVP.

West Geauga Senior Center - Friday, March 14th. Call 440-279-2163 to RSVP.

Deadline for the news and information items is the 1st of the month prior to publication.

The Geauga Senior Newsletter is the official publication of the Geauga County Dept. on Aging. Located at 12611 Ravenwood Dr., Suite 200, Chardon, OH 44024.

The newsletter is published monthly, and has a circulation of approximately 4,200 hard copy and 700 plus via the web. If you are not receiving the newsletter, and you are a Geauga County Senior, 60 years of age or older, call (440) 279-2130.

Let us know if you have a change of address.

BOARD OF COMMISSIONERS Gauga County Ohio

JAMES W. DVORAK
CAROLYN BRAKEY, Esq
RALPH SPIDALIERI

LEADERSHIP TEAM

Jessica Boalt - Director
Reba Dykes - Admin. Services Manager
Sandy McLeod - Senior Centers Manager
Karen M. Stone - Internal Operations Manager

Kent State University Fashion Museum Trip

Depart Chardon Safety Center (12450 Merritt Rd, Chardon) on **Thursday, May 22nd at 9:30 a.m.** Arrive at Kent State University Museum at 10:30 a.m. for a 1 hour guided tour with a specially trained docent. After the tour, enjoy shopping at the museum store that features art, jewelry, books



and more! Afterwards we will head over to Mike's Place for lunch at 1:00pm. Return to Chardon at approximately 3:30pm. Active mobility: Must be able to get on and off bus, walk longer distances and have energy & stamina to navigate through Kent State Museum. \$47 per person. Please indicate which lunch option you would like on your registration form:

Reuben Sandwich - Corn beef stacked high with sauerkraut, Swiss cheese, & 1000 island dressing with rye bread and a side of French fries.

Rolando's BBQ Melt - BBQ pulled pork on grilled sour dough, crisp onion rings and pepper jack cheese and a side of French fries.

Cup of Beef Vegetable Soup & ½ Chef Salad - Salad has ham, turkey, Swiss, American and mozzarella cheese, tomato, hard boiled egg, onion and choice of dressing.

Flat Bread Pizza - Vegetarian option with cheese, onions, tomatoes, and green peppers.

For questions, call Sandy McLeod at 440-279-2137.





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Lunch with the Curator

Join us for a new historical series presented by Stefanie O'Connor. This Lunch and Learn will be held at Century Village Auburn Church (14653 East Park St., Burton 44021) from 12:00-1:00 p.m. \$5 per person at the event.

Series will be held the First Tuesday of the Month from April - October.

April 1st: Military people from Geauga County.

Come learn about the brave men and women who fought in the Civil War & others. What kind of casualties did we have and what kind of support did they receive from the people back home. What was the daily life of our soldiers like, you will learn this and much more when you join us for our first talk of this series.



A box lunch can be provided thru the Geauga Department on Aging. When calling to RSVP, please let us know if you would like lunch, otherwise you may bring a bag lunch!

Please call Sandy McLeod at 440-279-2137 to RSVP.

SENIOR COMMUNITY EVENTS

Walking for Wellness - Winter Walks

Every Wednesday at 1:00 pm.

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
3/5	Sunnybrook Preserve 12474 Heath Rd, Chesterland
3/12	Claridon Woodlands 11383 Claridon Troy Rd, Chardon
3/19	Chickagami Park 17957 Tavern Rd, Parkman
3/26	Blue Heron Preserve 14747 Ravenna Rd, Burton

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: March 3rd thru 28th -

Every Monday & Friday from 1:00-3:00 p.m.

Chardon Senior Center / 470 Center Street, Building 8

CLASS TWO: April 1st thru 24th -

Every Tuesday & Thursday from 1:30-3:30 p.m.

Bainbridge Senior Center (*Located in the Bainbridge Community United Church of Christ*)
17751 Chillicothe Road / Bainbridge

FREE LUNCH & A MOVIE

Thursday, March 6th from 12:00-2:30 p.m.

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.

SENIOR COMMUNITY EVENTS

EMPOWERING YOUR BRAIN HEALTH

Friday, April 25th at Munson Town Hall (12210 Auburn Rd, Chardon) from 12:00-2:00pm. This event is dedicated to raising awareness about the importance of maintaining a healthy brain throughout life. Join us for an expert talk with QR8|Health, enjoy interactive games and practical tips to enhance cognitive function, prevent decline, and boost mental well-being. Lunch provided by UH Geauga Medical Center. *Please call Melissa Wheeler at 440-279-2167 to RSVP.*

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, March 5th (1st Wednesday of each mo.) at **Geauga West Library** from **11:30-12:30 p.m.** with an out-to-lunch to follow, sign up with Sandy McLeod. *Discussing: By Any Other Name* by Jodi Piccoul

Thursday, March 13th (2nd Thursday of each month) at **Burton Library** from **1:30-3:00 p.m.** *Discussing: Tom Lake* by Ann Patchett

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

Join the Department on Aging on **Tuesday, March 11th at 2:00 p.m.** 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.

Celebrating the 55th Anniversary of Earth Day 2025 Theme is Our Power, Our Planet!

Join the Department on Aging on **Monday, April 12th at 2:00 p.m.** as we celebrate Earth Day in the Dining Room at Jennings Apartment building at Notre Dame Village (10950 Pine Grove Trl, Chardon). We will talk about trees and all their benefits, play trivia games, and enjoy a delicious afternoon snack. We will discuss the meaning and impact that 55 years of Earth Day has had on our world and what we can do to impact this year's theme. Please RSVP to Sandy McLeod at 440-279-2137.

CWRU SIEGEL LIFELONG LEARNING SPEAKER

The McDonald's Coffee Case

Tuesday, March 11th at Ohman Family Living at Holly 10190 Fairmount Rd, Newbury 44065. Breakfast will be served at 9:30 a.m., followed by the lecture "**The McDonald's Coffee Case – You Never Heard**" beginning at 10:00 a.m. Presented by Barbara Greenberg, J.D. Magistrate for Bedford Municipal Court. You might recall the 1992 story about a woman who sued McDonald's after spilling hot coffee in her car, claiming it caused burns. In this discussion, we'll revisit what you may have heard about the case and reveal the real story behind it—what happened to the woman involved, the case's outcome, and how it ultimately impacted the coffee industry. 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.

Diabetes Support Group Planning Dinner Menus

Join us on Tuesday, **March 18th at 2:00 p.m.** at Chardon Senior Center (470 Center St, Building 8, Chardon 44024). This month we will be talking about our favorite dinners. What can we do to keep them as a well-balanced meal. Bring your favorite recipes to share, the ones that don't spike your sugar but keep those numbers at a good level. For questions and to RSVP, call Sandy McLeod at 440-279-2137.

**Thursday, March 6th:
Free Lunch & Movie**

UH Geauga Age Well Be Well Program.
Call 440-214-3180 to register.

**Tuesday, March 11th: Siegel
Lifelong Learning**

Held at Ohman Family Living at Holly. Program presented by Barbara Greenberg, J.D. Magistrate for Bedford Municipal Court. **TOPIC: The McDonald's Coffee Case – You Never Heard.** You might recall the 1992 story about a woman who sued McDonald's after spilling hot coffee in her car, claiming it caused burns. In this discussion, we'll revisit what you may have heard about the case and reveal the real story behind it—what happened to the woman involved, the case's outcome, and how it ultimately impacted the coffee industry. 9:30 a.m. Cost: Lifelong Learning Member: \$15, Nonmember: \$20. Register at: www.case.edu/lifelonglearning/lectures/ohman or call 216-368-2090.

**Tuesday, March 11th
Women's History Month**

Held in the Dining Room at Jennings at Notre Dame Village Apartments. 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 Geaugan's "Remember the ladies"? Call Sandy at 440-279-2137 to register. 2:00 p.m. Free.

Balance Exercise Classes:

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



Geauga County
Department on Aging

MARCH 2025

MONDAY		TUESDAY	
9:30-11:00	Parkinson's Boxing CSC	11:00-12:00	Balance Exercise CSC & VT
1:00-3:00	MOB Classes CSC	11:15-12:15	Pedaling for Parkinson's OH
		1:00-2:30	Geauga Walkers OS
9:30-11:00	Parkinson's Boxing CSC	9:30-11:00	Siegel Lifelong Learning OH
1:00-3:00	MOB Classes CSC	11:00-12:00	Balance Exercise CSC & VT
		11:15-12:15	Pedaling for Parkinson's OH
		1:00-2:30	Geauga Walkers OS
		2:00-3:00	Women's History Month JND
9:30-11:00	Parkinson's Boxing CSC	11:00-12:00	Balance Exercise CSC & VT
1:00-3:00	MOB Classes CSC	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
9:30-11:00	Parkinson's Boxing CSC	11:00-12:00	Balance Exercise CSC & VT
1:00-3:00	MOB Classes CSC	11:15-12:15	Pedaling for Parkinson's OH
		1:00-2:30	Geauga Walkers OS
9:30-11:00	Parkinson's Boxing CSC	Sandy McLeod Senior Centers' Supervisor 440-279-2137	
		Melissa Wheeler Asst. Senior Centers' Supervisor 440-279-2167	



SENIOR COMMUNITY EVENTS

Geauga County
Department on Aging

WEDNESDAY	THURSDAY	FRIDAY
5	6	7
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	11:15-12:15 Pedaling for Parkinson's OH 12:00-2:30 Lunch & Movie WG	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 MOB Classes CSC
12	13	14
9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS	11:15-12:15 Pedaling for Parkinson's OH 1:30-3:00 Book Discussion BL	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 MOB Classes CSC
19	20	21
9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness	11:15-12:15 Pedaling for Parkinson's OH 1:00-2:30 GPD Elderberries OS	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 MOB Classes CSC
26	27	28
9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-2:30 Walking for Wellness OS	11:15-12:15 Pedaling for Parkinson's OH 12:00-1:30 Cuisine & Culture - Mexico El Patron - Chardon	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 MOB Classes CSC

SAVE THE DATE!

Learning For A Lifetime

Thursday, May 15th

Kent State Geauga Campus
Back to College for Seniors
More Info Coming in April!



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 Off-site
 VT Virtual Teams (Online)
 WG West Geauga Senior Center

BAINBRIDGE SENIOR CENTER

We will close at 2 p.m. on 3/25 for a staff meeting.

Thursday Feb 27th

Big Breakfast Join BSC for our monthly big breakfast. Veterans and March birthdays are free to attend. The cost is \$5 for every-one else. On the menu: Cheesy Hash Brown casserole. Please RSVP by Friday, 3/21.

St. Patrick's After Party

Join us at BSC for an afternoon of food, fun and music! Shake your shamrocks to the musical stylings of Mick & Rick and enjoy a corned beef and cabbage lunch! \$12, registration req'd by 3/12, or till event is sold out.

Maintaining Healthy Feet

Join us on Mon 3/24 at 1 p.m. for an educational presentation and Q&A on maintaining foot health. Presented by Jen Vanek RN of Reliable Nurse Foot Care.

Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12 p.m., free of charge. March's theme is Musical March. Reservations are 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 3/24 at 11am to help you out regardless of your plan or carrier. Call 440-279-1313 to register.

Soup & Sandwich Lunch

Join us March 11th for a relaxed homemade lunch of Ham n' Cheese melts w/ Chicken Noodle Soup \$5, registration required by Fri. March 7th.

Geauga Park District at BSC

Join us Friday 3/28 at Noon for a pay-your-own lunch from Topsy Bull Tavern and a presentation provided by GPD titled "Trees are More than Leaves." Registration and lunch order due by 3/24. Call 440-279-1313 for more info!



Geauga County
Department on Aging

MARCH 2025

MONDAY		TUESDAY	
3		4	
8:30-9:30	All-Around Exercise (\$3)	9:45-10:15	Balance Class (\$3)
9:40-10:30	Chair Yoga-cise (\$3)	10:30-11:00	Cardio Drumming \$3
10:00-2:00	Poker	10:00-12:00	Mexican Train
12:00-2:30	Lunch & a Movie (My Fair Lady -1964)	10:00-3:00	Mahjong
		12:00-1:00	Social Work Appts
10		11	
8:30-9:30	All-Around Exercise (\$3)	9:45-10:15	Balance Class (\$3)
9:40-10:30	Chair Yoga-cise (\$3)	10:30-11:00	Cardio Drumming \$3
10:00-2:00	Poker	10:00-12:00	Mexican Train
12:00-2:30	Lunch & a Movie (The King and I - 1956)	10:00-3:00	Mahjong
		12:00-1:00	Soup & Sandwich Lunch Ham n' Cheese Melts and Chicken Noodle Soup (\$5, registration required)
17		18	
8:30-9:30	All-Around Exercise (\$3)	9:45-10:15	Balance Class (\$3)
9:40-10:30	Chair Yoga-cise (\$3)	10:30-11:00	Cardio Drumming \$3
10:00-2:00	Poker	10:00-12:00	Mexican Train
12:00-2:30	Lunch & a Movie (Cabaret—1972)	10:00-3:00	Mahjong
		12:00-1:00	Book Club (Irish Authors— more info in the back of the newsletter)
24		25	
8:30-9:30	All-Around Exercise (\$3)	9:45-10:15	Balance Class (\$3)
9:40-10:30	Chair Yoga-cise (\$3)	10:30-11:00	Cardio Drumming \$3
10:00-2:00	Poker	10:00-12:00	Mexican Train
11:00-12:00	Tech Help w/ Steve	10:00-2:00	Mahjong
1:00-2:00	Maintaining Healthy Feet	Senior Center Closes at 2:00 today for Staff Development	
12:00-2:30	Lunch & a Movie (Chicago—2002)		
31			
8:30-9:30	All-Around Exercise (\$3)		
9:40-10:30	Chair Yoga-cise (\$3)		
10:00-2:00	Poker		
12:00-2:30	Lunch & a Movie (Damn Yankees—1953)		

BAINBRIDGE SENIOR CENTER

17751 Chillicothe Rd. Bainbridge, OH 44023 | 440-279-1313

WEDNESDAY

THURSDAY

FRIDAY

5

6

7

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
 (Topsy Bull—Bainbridge)

9:45-10:15 Balance Class (\$3)
 10:30-11:00 Cardio Drumming\$3
 10:00-12:00 Knit and Crochet
 10:00-3:00 Pinochle
 12:00-12:30 Lunch
 12:00-1:00 Meet & Greet w/
 Carolyn Brakey, Esq

8:30-9:30 All-Around Exercise
 (\$3)
 9:40-10:25 Chair Yoga-cise (\$3)
 10:00- 12:00 Mahjong

12

13

14

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 (Thai
 Story—Chagrin Falls)
 1:30-3:00 Alzheimer's and
 Dementia Support Group

9:45-10:15 Balance Class (\$3)
 10:30-11:00 Cardio Drumming\$3
 10:00-12:00 Knit and Crochet
 10:00-3:00 Pinochle
 12:00-13:30 Lunch
 1:00-2:30 Navigating the
 Healthcare System Presented by
 University Hospitals

8:30-9:30 All-Around Exercise
 (\$3)
 9:40-10:25 Chair Yoga-cise (\$3)
 10:00- 12:00 Mahjong

19

20

21

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 w/ Cindy from
 Caring Senior Choices
 10:30-11:30 Line Dancing
 12:00-2:00 St. Patrick's Day Party
 12:30- 2:30 OTL Group
 (Coyote's—Chagrin Falls)

9:45-10:15 Balance Class (\$3)
 10:30-11:00 Cardio Drumming (\$3)
 10:00-12:00 Knit and Crochet
 10:00-3:00 Pinochle
 12:00-12:30 Lunch

8:30-9:30 All-Around Exercise
 (\$3)
 9:40-10:25 Chair Yoga-cise (\$3)
 10:00-12:00 Mahjong

26

27

28

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
 (First Watch—Solon)

9:00-10:00 BIG BREAKFAST
 (registration req'd)
 Donuts Provided by Jennings
 10:00-12:00 Knit and Crochet
 10:00-3:00 Pinochle
 12:00-12:30 Lunch

8:30-9:30 All-Around Exercise
 (\$3)
 9:40-10:25 Chair Yoga-cise (\$3)
 10:00- 12:00 Mahjong
 12:00-1:30 Geauga Park District
 (Trees Are More Than Leaves)

Keri Skrtic
Recreation & Education Coordinator

Matt Samardge
Recreation & Education Assistant

CHARDON SENIOR CENTER

Wednesday, 3/5: Sweet Treat Drive-Thru at Heather Hill.

Call to register.

Friday, 3/7: Photography Club Monthly Meeting

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!

Friday, 3/7: Lunch & Speaker, Kathie Doyle.

FREE, but registration required. This month's topic is The Last Czar of Russia and The Russian Revolution.

Monday, 3/10: Book Club:

One for the Blackbird, One for the Crow, by Olivia Hawker.

Monday, 3/10: Meet & Greet

with Geauga County's newest Commissioner, Carolyn Brakey. Lunch included. Please register.

Tuesday, 3/11:

Learn all about the many benefits of meditation with this special presentation.

Thursday, 3/13:

Breakfast Club at Bob Evans!

Cost is "on your own." Call the center to let us know you'll be joining us!

Friday, 3/14: St. Patrick's Day Party

with music entertainment, dancing, lunch, and a mocktail bar! Registration required with payment of \$15.

Tuesday, 3/18: Iris Folding.

\$1.50 per card, payable to instructor.

Tuesday, 3/18:

Learn all about Century Village; the history and current events, including volunteer opportunities.

Wednesday, 3/19:

Heather Hill Luncheon

at Chardon Senior Center! Registration opens 2/3, with limited space available.

Thursday, 3/20:

Lunch and Creative Cooking Class.

\$2 with prior registration. Formerly known as No-Bake Class.

Friday, 3/28:

Birthday Bingo and Pizza Party.

February birthdays are free. \$5 for every-one else.



Gauga County
Department on Aging

MARCH 2025

MONDAY		TUESDAY	
	3		4
8:30-10:00 Chess Club		9:00-11:30 Woodcarving	
10:00-11:00 Line Dancing \$3 (Off Site)		10:00-12:00 Knit and Crochet	
10:00-12:00 Rug Hooking		10:00-10:45 Tai Chi \$3	
10:00-12:00 Quilting Club		11:00-11:45 Balance Exercises	
11:00-11:45 Balance Exercise		2:00-3:30 RCR Practice	
11:00-11:45 Strength Training \$2			
1:00-3:00 Diamond Art			
1:00 Tech Help by appt.			
	10		11
8:30-10:00 Chess Club		9:00-11:30 Woodcarving	
10:00-11:00 Line Dancing \$3 (Off Site)		10:00-12:00 Knit and Crochet	
10:00-12:00 Rug Hooking		10:00-10:45 Tai Chi \$3	
10:00-12:00 Quilting Club		11:00-11:45 Balance Exercises	
11:00-11:45 Balance Exercise		1:00-2:00 Presentation: The Benefits of Meditation	
11:00-11:45 Strength Training \$2		2:00-3:30 Raccoon County Ramblers Practice	
12:00-1:00 Meet & Greet Lunch with Commissioner Brakey			
	17		18
8:30-10:00 Chess Club		9:00-11:30 Woodcarving	
10:00-11:00 Line Dancing \$3 (Off Site)		10:00-12:00 Knit and Crochet	
10:00-12:00 Rug Hooking		10:00-10:45 Tai Chi \$3	
10:00-12:00 Quilting Club		10:00-12:00 Iris Folding	
11:00-11:45 Balance Exercise		11:00-11:45 Balance Exercises	
11:00-11:45 Strength Training \$2		1:00-2:00 Presentation: All About Century Village	
		2:00-3:00 Diabetes Support	
	24		25
8:30-10:00 Chess Club		9:00-11:30 Woodcarving	
10:00-11:00 Line Dancing \$3 (Off Site)		10:00-12:00 Knit and Crochet	
10:00-12:00 Rug Hooking		10:00-10:45 Tai Chi \$3	
10:00-12:00 Quilting Club		11:00-11:45 Balance Exercises	
11:00-11:45 Balance Exercise		12:30-2:00 Raccoon County Ramblers Practice	
11:00-11:45 Strength Training \$2		Senior Center Closes at 2:00 today for Staff Development	
1:00-3:00 Diamond Art			
1:00 Tech Help by appt.			
	31		
8:30-10:00 Chess Club		Monday Movies: We show a movie every Monday at noon!	
10:00-11:00 Line Dancing \$3 (Off Site)		3/3: Ferris Bueller's Day Off	
10:00-12:00 Rug Hooking		3/10: No Movie Today	
10:00-12:00 Quilting Club		3/17: Rudy	
11:00-11:45 Balance Exercise		3/24: The Princess Bride	
11:00-11:45 Strength Training \$2		3/31: Legally Blonde	
1:00-3:00 Diamond Art			
1:00 Tech Help by appt.			

CHARDON SENIOR CENTER

470 Center, Bldg. 8, Chardon, OH 44024 | 440-279-2126

WEDNESDAY	THURSDAY	FRIDAY
5	6	7
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 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)	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 1:00-4:00 Bridge Group 1:00-3:00 Craft Club 1:00-4:00 Rummikub 1:00-2:00 Photography Club 1:30-2:30 Cardio-Drum Video
12	13	14
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	9:30 Breakfast Club at Bob Evans 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) 1pm Chair Volleyball	9:30-11:30 Stained Glass 9:30-10:30 Chair Volleyball 11:00-11:45 Balance Exercise 12:00-3:00 St. Patrick's Day Party by reservation 1:00-4:00 Bridge Group 1:00-4:00 Rummikub 1:30-2:30 Cardio-Drumming
19	20	21
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	10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:00-1:00 Lunch and Creative Cooking Class 12:15-4:00 Duplicate Bridge 1:30-3:30 Line Dancing \$5 (off site)	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
26	27	28
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	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)	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

Becky O'Reilly
Recreation & Education Coordinator

Jackie Kleve
Rec & Ed Assistant Coordinator

Beth Oliverio
Information and Referral Specialist

Ellie Rickard
Food Service Coordinator

**Call Chardon Senior Center 440-279-2126
 to register for any of the following events!
 Space is limited on some events.
 Call at least one week in advance.**

MIDDLEFIELD SENIOR CENTER

Monday Crafts

3rd Rock Painting with Marsha.

10th Mosaic Picture

With Amber Ariel

Ariel Inspired Studio \$39

Options – Sunflower, Dragonfly or shamrock! Must pre-register.

17th Easter Wreath \$5

Ceramic Bunny or Easter eggs.

Thursday March 6th

Wellness Program

Recognizing Early Signs of Respiratory Illnesses and When to Seek Medical Help Stay aware, trust your body, and don't hesitate to consult a healthcare professional when in doubt!

Wednesday March 12th

National Girl Scout Day!

Join us for a presentation on the history of the Girl Scouts and Cookie sampling!

Tuesday March 11th

St. Patrick's Day Party \$8.00

11 a.m. Interactive games!

12 p.m. homemade corn beef lunch.

Thursday March 13th

"Coffee & Chat"

Independent Living The Cottages Join us for "Coffee & Chat" with Mary Ann Gingerich to discover more about the independent living cottages at Middlefield Village.

Friday March 14th

Kathie Doyle Presents

History myths, everything you learned in school that was wrong!

10:30 a.m. presentation

10 a.m. monthly breakfast \$3.

Thursday March 20th

Happy First Day of Spring!

Join us to plant your own wildflower!

Cost Donation.

Tuesday March 25th

Navigating the healthcare System with Amanda from UH.

Thursday March 27th

Geauga Park District Presentation Trees Are More Than Leaves.



Geauga County
Department on Aging

MARCH 2025

MONDAY

TUESDAY

3

4

10am Crafting Club
11am Balance Exercise
12pm Lunch
12pm-3pm Painting Pals
1pm Crafting
Rock Painting with Marsha \$3

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 Mosaic Picture with Amber
(Different options) \$39

10am Chair Yoga Video
11am St. Patrick Day Party And lunch \$8
12pm Lunch
1pm Chair Volleyball

17

18

10am Crafting Club
11am Balance Exercise
12pm Lunch
12pm-3pm Painting Pals
1pm Crafting
Easter wreath \$5

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
Ceramic Bunny or Easter Eggs
With Linda Williams

10am Chair Yoga Video
11am Navigating healthcare
12pm Lunch
1pm Chair Volleyball

Closed at 2pm
For Staff Development

31



MIDDLEFIELD SENIOR CENTER 15820 Ridgewood Rd., Middlefield, OH | 440-632-0611

WEDNESDAY	THURSDAY	FRIDAY
5	6	7
10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy 2pm Chair Volleyball	10am Wellness Program 11am Movement with Ginny 12pm Lunch 1pm Chair Volleyball	10am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball
12	13	14
8am Social Work Appointments 10am Balance Exercise 11am BINGO 12pm Lunch 1pm National Girl Scout Day 2pm Chair Volleyball	10am Coffee & Chat Independent living at the Cottages 11am Movement with Ginny 12pm Meet & Greet with Carolyn Brakey, Esq. 1pm Chair Volleyball	10am Monthly Breakfast \$3 10:30am Kathie Doyle 12pm Lunch 1pm Chair Volleyball
19	20	21
10am Balance Exercise 11am BINGO 12pm Lunch 1pm Jeopardy 2pm Chair Volleyball	10am First Day of Spring 11am Movement with Ginny 12pm Lunch 1pm Chair Volleyball	10am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball
26	27	28
10am Balance Exercise 11am Jeopardy 12pm Lunch 1pm BINGO Sponsored by Burton Health Care 2pm Chair Volleyball	11am Geauga Park District 12pm Lunch 1pm Chair Volleyball 1pm Movie at Briar	10am Chair Exercise Video 12pm Lunch 1pm Chair Volleyball

Hannah Heinz
Recreation & Education Coordinator

Ginny Lester
Recreation & Education Assistant

**Please call to register for lunch,
 crafting & special events.
 440-632-0611**



WEST GEAUGA SENIOR CENTER

**Name That Anthem w/Laura
March 3rd 12:30-1:30 p.m.**

Join us as we celebrate National Anthem Day by playing "Name that Anthem. Learn about national anthems, state songs, fight songs, alma maters and more! Call 440-279-2163.

**Lunch and Movie "The Six Triple Eight"
March 21st 12:00-2:00 p.m.**

This movie is based on a true story about the Eight hundred and fifty-five joining the war effort to address a three-year mail backlog.

Despite discrimination and war-torn conditions, they sort over seventeen million pieces of mail ahead of schedule. Lunch Menu will be the Hot Lunch of the day, see back page for monthly menu.

FREE Event-Donations accepted for the meal. Sign up by 3/10.

**Out To Lunch BUNCH
March 28th 12:00-2:00 p.m.**

Join us for an afternoon Lunch out with friends. Meet up at The Outback Steakhouse in Mentor at Noon. Call to let us know you will be there. RSVP by 3/25 440-279-2163.

Lunch & Learn -History of Garfield House March 13th 12:00-1:00 p.m.

A representative from the James A Garfield historical site will be here to give an educational Presentation on James A Garfield, and the National Historical site here in Mentor. A Hot lunch is included (meal of the Day), however you must register no later than March 3rd to receive the meal.

Free Event (Donations for Meal accepted) Call to register by March 3rd. 440-279-2163.

**Lunch, Learn and Laughter Yoga
March 20th 12:00-1:30 p.m.**

Join us for a Laughter session with Christine Smith, a Certified Laughter Yoga specialist.

Hot Lunch (meal of the day) will be served from 12:00-12:30, followed by a 1 hour laughter Yoga Session. FREE Event (Donations for Meal accepted). Call to register by March 10th. 440-279-2163.

SENIOR SPIN CLASSES

Mon. & Wed.

2:00-3:00 p.m. and 3:00-4:00 p.m.

BEGINNER SPIN CLASSES

Tues. & Thurs. 10:00 a.m.-10:30 a.m.

REGISTRATION REQUIRED,
NO WALK-INS PLEASE



Geauga County
Department on Aging

MARCH 2025

MONDAY		TUESDAY	
9:00-10:00	Water Exercise-Metz Pool	9:00-11:30	Stained Glass \$5
10:00-11:00	Strength & Cardio VT	9:00-10:00	Water Exercise-Metz Pool
11:00-12:00	Gentle Stretch Chair Yoga	***NO SPIN CLASS TODAY***	
12:30-1:30	"National Anthem Day" Name that Anthem with Laura	11:00-11:45	Seated Strength & Balance
12:00-1:00	Water Exercise-Metz Pool	12:00-3:00	Bridge Group
1:00-3:00	Mah-Jong	12:30-1:30	Tai-ChiFit \$3
		12:30-2:30	Knit & Crochet
9:00-10:00	Water Exercise-Metz Pool	9:00-11:30	Stained Glass \$5
10:00-11:00	Strength & Cardio VIDEO	9:00-10:00	Water Exercise-Metz Pool
11:00-12:00	Gentle Chair Yoga VIDEO	***NO SPIN CLASS TODAY***	
12:00-1:00	Lunch & Learn ~American Sign Language	12:00-3:00	Bridge Group
12:00-1:00	Water Exercise-Metz Pool	12:30-1:30	Tai-ChiFit \$3
1:00-3:00	Diamond Art \$	12:30-2:30	Knit & Crochet
9:00-10:00	Water Exercise-Metz Pool	9:00-11:30	Stained Glass \$5
10:00-11:00	Strength & Cardio VIDEO	9:00-10:00	Water Exercise-Metz Pool
11:00-12:00	Gentle Chair Yoga VIDEO	10:00-10:30	Beginner Spin Class
12:00-1:00	Water Exercise-Metz Pool	11:00-11:45	Seated Strength & Balance
1:00-3:00	Mah-Jong	12:00-3:00	Bridge Group
12:00-1:00	Lunch & Learn The History of Saint Patrick \$5	12:30-1:30	Tai-ChiFit \$3
9:00-10:00	Water Exercise-Metz Pool	9:00-11:30	Stained Glass \$5
10:00-11:00	Strength & Cardio VT	9:00-10:00	Water Exercise-Metz Pool
11:00-12:00	Gentle Stretch Chair Yoga	10:00-10:30	Beginner Spin Class
12:00-1:00	Water Exercise-Metz Pool	11:00-11:45	Seated Strength & Balance
1:00-3:00	Mah-Jong	12:00-3:00	Bridge Group
1:00-3:00	Diamond Art \$	12:30-1:30	Tai-ChiFit \$3
		12:30-2:30	Knit & Crochet
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		
1:00-2:00	Lunch & Learn ~American Sign Language		

WEST GEAUGA SENIOR CENTER

8090 Cedar Rd. Chesterland, OH 44026 | 440-279-2163

WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-10:00 Water Exercise-Metz Pool 5</p> <p>9:00-11:30 Stained Glass \$5</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Stretch Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge Washington DC</p> <p>2:00-3:00 Senior Spin Class 1</p> <p>3:00-4:00 Senior Spin Class 2</p>	<p>9:00-10:00 Water Exercise-Metz Pool 6</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-10:30 Beginner Spin Class</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>12:00-2:00 Age Well-Be Well</p> <p>Lunch & Movie Today</p> <p>1:00-3:00 Mahjong Lessons</p>	<p>9:00-11:30 Stained Glass \$5 7</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming VIDEO</p> <p>1:00-2:30 Arm Chair Travel "Ireland & Northern Ireland"</p> <p>***NO SPIN CLASS TODAY***</p>
<p>9:00-10:00 Water Exercise-Metz Pool 12</p> <p>9:00-11:30 Stained Glass \$5</p> <p>10:00-11:00 Strength & Cardio VIDEO</p> <p>11:00-12:00 Gentle Chair Yoga VIDEO</p> <p>1:00-2:30 Never Ending Knowledge Washington DC</p> <p>***NO SPIN CLASS TODAY***</p>	<p>9:00-10:00 Water Exercise - Metz Pool 13</p> <p>10:00-11:00 Water Exercise - Metz Pool</p> <p>***NO SPIN CLASS TODAY***</p> <p>12:00-1:00 Lunch & Learn — The History of The James A Garfield House</p>	<p>9:00-11:30 Stained Glass \$5 14</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming VIDEO</p> <p>12:00-1:00 Lunchtime Meet & Greet with Commissioner Brakey</p> <p>1:00-2:30 Arm Chair Travel "Ireland & Northern Ireland"</p> <p>***NO SPIN CLASS TODAY***</p>
<p>9:00-10:00 Water Exercise-Metz Pool 19</p> <p>9:00-11:30 Stained Glass \$5</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Stretch Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge Washington DC</p> <p>2:00-3:00 Senior Spin Class 1</p> <p>3:00-4:00 Senior Spin Class 2</p>	<p>9:00-10:00 Water Exercise - Metz Pool 20</p> <p>10:00-10:30 Beginner Spin Class</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>1:00-11:45 Seated Strength & Balance</p> <p>12:00-1:30 Lunch & Laughter Yoga with Christine Smith</p> <p>1:00-3:00 Mahjong Lessons</p>	<p>9:00-11:30 Stained Glass \$5 21</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming VIDEO</p> <p>12:00-2:00 Lunch and MOVIE "The Six Triple Eight"</p> <p>2:00-3:00 Senior Spin Class 1</p> <p>3:00-4:00 Senior Spin Class 2</p>
<p>9:00-10:00 Water Exercise-Metz Pool 26</p> <p>9:00-11:30 Stained Glass \$5</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Stretch Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "African Safari"</p> <p>2:00-3:00 Senior Spin Class 1</p> <p>3:00-4:00 Senior Spin Class 2</p>	<p>9:00-11:00 Water Exercise-Metz Pool 27</p> <p>10:00-10:30 Beginner Spin Class</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>12:00-1:30 Lunch & BINGO</p>	<p>9:00-11:30 Stained Glass \$5 28</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming</p> <p>12:00-2:00 Out to Lunch Bunch at Outback Steakhouse – Mentor</p> <p>2:00-3:00 Senior Spin Class 1</p> <p>3:00-4:00 Senior Spin Class 2</p>

Recreation/Education Coordinator
Christine Bacon 440-279-2163

Rec/Ed Assistants
~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 12:00-12:30 pm. 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

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

SENIOR COMMUNITY EVENTS

Parkinson's Support Group Driving Simulator Assessment

Join us on **Tuesday, March 18th at 12:30 p.m.** at Chardon Senior Center (470 Center St, Building 8). A driving simulator assessment is a virtual tool designed to replicate real-world driving conditions, providing a safe and controlled environment for individuals to practice and assess their driving skills. Participating in a driving simulation assessment is important as it helps monitor cognitive and motor function, which can impact driving ability. The simulator allows individuals to engage in exercises that improve reaction times, decision-making, and hand-eye coordination, all while reducing the risk of accidents. Join Josh Washock, Occupational Therapist from University Hospitals to learn more about the program. *RSVP to Sandy McLeod 440-279-2137.*

SAVE THE DATE - LEARNING FOR A LIFETIME 2025!

Back by popular demand! A day back to college for senior citizens will be held on **Thursday, May 15th** at Kent State Geauga Campus. Flyers with class selections will be available at your local Geauga County Senior Center and all details will be in the April newsletter.

The Cleveland Museum of Art Trip

Thursday, April 24th. Depart Chardon Senior Center (470 Center St., Building 8, Chardon) at **9:30 a.m. or West Geauga Senior Center** (8090 Cedar Rd, Chesterland) at **9:50 a.m.** Arrive at the Cleveland Museum of Art at 10:30 a.m. for a 1 hour guided tour with a specially trained docent. After the tour you will have time to walk around and enjoy lunch on your own at the Provenance Café. We will depart the museum at 2:00 p.m. If the daffodils are out, we will drive thru Lakeview Cemetery, but this will be flower dependent! Return time is approximately 3:00 p.m. to West Geauga, and 3:30 p.m. to Chardon. Active mobility: Must be able to get on and off bus, walk longer distances and have energy and stamina to navigate through the museum. Please bring cash for both docent and bus driver tips. Please indicate pick-up location on your registration form. \$25 per person. *For questions, call Sandy McLeod at 440-279-2137.*

Geauga Walkers

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.



DATE	PARK & PARKING
3/4	Headwaters Trail Mantua, Esker Parking Lot near McDonalds West Side of Rt 44
3/11*	The West Woods - Nature Center 9465 Kinsman Road (Rt 87) Russell; Nature Center, Ansel's Cave Trail
3/18	Jordan Creek Park Environmental Learning Center 7250 Alexander Road, Painesville
3/25	Best Preserve Rt 44, Sunset Shelter Parking, South Entrance

Berkshire High School

Mamma Mia!

Spring Musical Dress Rehearsal

Join us on **Friday, April 11th at 8:30 a.m.** at Berkshire High School (14155 Claridon Troy Rd, Burton). We will provide coffee & donuts upon your arrival! On a small Greek island, Sophie dreams of a perfect wedding — one which includes her father giving her away. The problem? Sophie doesn't know who he is! Her mother Donna, the former lead singer of the 1970s pop group Donna and the Dynamos, refuses to talk about the past, so Sophie decides to take matters into her own hands. Sneaking a peek in her mother's old diaries, she discovers three possible fathers: Sam, Bill, and Harry. She secretly invites all three to the wedding, convinced that she'll know her father when she sees him. But when all three turn up, it may not be as clear as she thought! Told through the legendary music of ABBA, Mamma Mia! has become a worldwide sensation that has audiences everywhere dancing.

MIDDLEFIELD SENIOR CENTER EVENTS

Painting Pals

Every Monday from 12:00 p.m. – 3:00 p.m.

March topic Painting Pals will be florals. Painting images of flowers from live examples using watercolors. Participants are welcome to bring in their own flowers and supplies, but simple arrangements and some supplies will be provided. Call 440-632-0611 for more information!

Knowledge with Dawn! **Wellness Program**

Thursday, March 6th, at 10:00 a.m. Recognizing Early Signs of Respiratory Illnesses and When to Seek Medical Help Recognizing the early signs of respiratory illnesses, like persistent cough, shortness of breath, or chest pain, is crucial for timely intervention. If symptoms worsen or don't improve after a few days, it's important to seek medical help. Stay aware, trust your body, and don't hesitate to consult a healthcare professional when in doubt! Call 440-632-0611, to let us know you will be here.

Mosaic Picture with Amber Ariel

Monday, March 10th, at 1:00 – 3:00 p.m..

Instructor led class by Amber! Framed mosaic picture choose between sunflower, dragonfly or shamrock. Everything included to complete this beautiful project! Must pre-register by 3/6/25. Call 440-632-0611 for questions and reservation. Cost \$39.00

Geauga Park Presentation Trees are more than leaves

Thursday March 27th, 11:00 a.m. Middlefield Senior Center Did you know that trees may be able to save the world? Learn how trees play a much more important role in our lives than we know. From bowling pins and baseball bats to turpentine and maple syrup, trees have fascinating stories to tell. Join us as we share interesting facts about how trees are more than just their leaves. Call 440-632-0611 to let us know you will be here!

National Girl Scout Day!

Wednesday, March 12th, at 1:00 p.m. Join us for the history of the Girl Scouts and of cores Girl Scout cookies! Can you tell the difference between the actual Girl Scout brand and some of our favorite mimic brands? Call 440-632-0611 to let us know you will be here!

“Coffee & Chat”

Independent Living – The Cottages

Thursday March 13th, at 10:00 a.m. Join us for “Coffee & Chat” at the Middlefield Senior Center with Mary Ann Gingerich to discover more about the independent living cottages at Middlefield Village. Whether you're curious about the lifestyle, need advice, or simply want a friendly conversation, this is the perfect opportunity to connect and get your questions answered! Call 440-632-0611 to let us know you will be here!

Kathie Doyle Presents

History Myths, everything that you learned in school that was wrong!

Friday March 14th, 10:30a.m. Middlefield Senior Center. Presentation at no cost. Monthly breakfast served at 10:00 a.m. cost \$3.00. Please call to register 440-632-0611.

St. Patrick's Day Party & Lunch

Tuesday, March 11th, at 11:00 a.m.

11:00 a.m. – 12:00 p.m. We will have games, prizes and surprises! At 12:00 p.m., enjoy homemade lunch corned beef casserole, cabbage & noodles and dessert! Call 440-632-0611 to let us know you will be here! Cost \$8.00.

Movie and Snack at Briarcliff Manor

Thursday, March 28th, at 1:00 p.m., Join the Middlefield Seniors for a movie and snack at Briarcliff Manor. (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.

CHARDON SENIOR CENTER EVENTS



Cardio-Drumming Exercise (with Video Instruction)

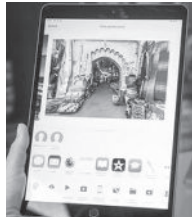
Interested in a new fitness class? Give Cardio-Drumming a try! Friday afternoons from 1:30-2:30 p.m. at Chardon Senior Center! There is no cost to participate, but please call to express interest! 440-279-2126

Diamond Art is now at Chardon Senior Center!

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.

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!



Sweet Treat Drive Thru at Heather Hill

Wednesday, March 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 April Drive Thru will be April 2. Registration is now open for both dates! Enter on the Bass Lake Road side, exit on Sherman.

March Craft Club

Friday, March 7, from 1:00 p.m. – 3:00 p.m., at the Chardon Senior Center. This month's project is a carrot door hanger for Spring! All supplies will be provided for this make-n-take class, instructed by Becky O'Reilly. Space is limited and registration with payment of \$15 per person is required. 440-279-2126 for more info.

Lunch and Speaker Series with Kathie Doyle

Friday, March 7, 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: **The Last Russian Czar and the Russian Revolution**. This is a free event, but registration is required by calling 440-279-2126.

The Benefits of Meditation Special Presentation –

Tuesday, March 11, from 1:00 p.m. – 2:00 p.m., at the Chardon

Senior Center. Learn about the mental, emotional, spiritual, and physiological benefits of meditation. You will also learn a few simple meditation practices. FREE, but please register and indicate if you would like lunch (served at noon) prior to the presentation. 440-279-2126.



The Breakfast Club of Chardon

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



Luck O' The Irish St. Patrick's Day Party at O'Reilly's Pub (also known as the Chardon Senior Center)

Friday, March 14, from 12:00 p.m. – 3:00 p.m., at the Chardon Senior Center. In case you needed a reason to have fun, we are bringing you this totally fun and friendly St. Patrick's Day Party! Musical entertainment by D.J. Billy J, lunch, dancing, and a fun mocktail bar! \$15 per person with registration.

CHARDON SENIOR CENTER EVENTS

Century Village Museum Special Presentation

Tuesday, March 18, from 1:00 p.m. – 2:00 p.m., at the Chardon Senior Center. Learn about the history of Century Village Museum, and the organization's continuous commitment to preserving the history of Geauga County. Learn how you can get involved in helping with events and other volunteer opportunities with Century Village. FREE, but please register by 3/7 and indicate if you would like lunch (served at noon) prior to the presentation. 440-279-2126.

Lunch and No-Bake Dessert Class is now being called Creative Cooking with Garth!

Thursday, March 20, from 12:00 p.m. – 1:00 p.m., at the Chardon Senior Center. Join us for lunch and then after lunch, learn from our volunteer, Garth, how to make a delicious and simple recipe! Reservations are required at 440-279-2126. \$2 per person.

Birthday BINGO and Pizza Party

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



Learn to Make Spring Planters on Earth Day

Tuesday, April 22, from 1:00 p.m. – 2:00 p.m., at the Chardon Senior Center. Join our volunteer, John Nowicki, as he demonstrates how to plant and cultivate beautiful and flourishing spring planters. He can also address all of your gardening questions; as John is skilled in both flower and vegetable gardening. FREE, but please register by 4/11 and indicate if you would like lunch (served at noon) prior to the presentation. 440-279-2126.



Aromatherapy Basics Overview Class and Make & Take Class

a 2-Part Series at Chardon Senior Center

Wednesday, April 23, 1:00 p.m.; learn a basic overview of aromatherapy. Wednesday, April 30 at 1:00 p.m.; join in a Make & Take class, where you will have a hands-on experience of making your own aromatherapy product to take home. A payment of \$15 with your reservation covers both classes. 440-279-2126 for more information.



Lunch and Learn with Geauga Park District

Friday, April 25, from 12:00 p.m. – 1:30 p.m., at the Chardon Senior Center. Join a Naturalist from Geauga Park District for a special presentation entitled, "Trees are More than Leaves." Learn how trees play a much more important role in our lives than we know! This is a free event, but registration is required by 4/11 by calling 440-279-2126.



Art Club with Amber from Ariel Inspired Art Studio and Gallery!

Tuesday, April 8, at 1:00 p.m., at the Chardon Senior Center. April's art project is Alcohol Ink Coasters (set of 4 drink coasters). Cost is \$40, payable to Geauga County Department on Aging, with required registration. For more information, call 440-279-2126. Space is limited.

WEST GEAUGA SENIOR CENTER EVENTS

Never Ending Knowledge Series

Wednesday afternoons 1:00-2:30 p.m. (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 –

MARCH 5th #1: General Colin Powel, #2: Lonnie G. Bunch III, Smithsonian, #3: Ellen Miles, Smithsonian

MARCH 12 #1: Yo-Yo Ma, #2: Joseph Alonso, National Cathedral, #3: Brandie Smith, National Zoo

MARCH 19th #1: José Andrés, Chef and Philanthropist, #2: David M. Rubenstein, Philanthropist

*****END OF COURSE*****

NEW Course Begins ~The Great Tours: African Safari

MARCH 26th #1: The Evolution of the Modern Safari, #2: Comparing Self-Drive and Guided Safaris, #3: Safaris in East Africa

Armchair Travel with The Great Tours

March 7th & March 21st -1:00-2:30 p.m., Join us here at West G for one of our newest programs "Armchair Travel with The Great Tours" Ireland & Northern Ireland ~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

March 7th: #1 ~Welcome to Ireland – A destination like no other, #2: ~Prehistoric and Celtic Ireland, #3: ~Early Christian and Medieval Ireland,

March 14th: #1 ~Ireland during the Protestant Ascendancy #2: ~From the Easter Rising to the Present Day, #3 ~Dublin's Fair City

Name That Anthem w/Laura

March 3rd 12:30-1:30 p.m. Join us as we celebrate National Anthem Day by playing "Name that Anthem." Learn about national anthems, state songs, fight songs, alma maters and more!! FREE Prizes. Call 440-279-2163 to register.

Mahjong Lessons at WGSC

Thursday March 6th & March 20th 1:00-3:00 p.m., 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? 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.

Lunch and Learn ~ American Sign Language

March 10th & March 31st: 12:00-1:00 p.m., Join us for a hot lunch (Meal of the Day), followed by a video series teaching American Sign Language. This will be class number 7 and 8 of this series which began in November. FREE Class *Donations collected for Lunch* Registration deadline is March 3rd for First Class, and March 24th for second class.

Diamond Art Class

Monday March 10th & March 24th 1:00-3:00 p.m. 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 & BINGO

Thursday March 27th 12:00-2:00 p.m. Join us for a Hot Lunch (meal of the day), followed by 90 minutes of BINGO!!! There will be nice prizes and lots of fun if you are a BINGO enthusiast! Registration Deadline is March 17th by 2:00pm. FREE Event, Donations for meal will be requested at lunchtime. Call to sign up!! 440-279-2163.

WEST GEAUGA SENIOR CENTER

Lunch and Movie "The Six Triple Eight"

Friday March 21st: 12:00-2:00 p.m. Join us here at WGSC for a Hot Lunch of Pulled Pork Sandwich on Pretzel Bun, Tater Tots, Brownie and Beverage. the Movie is "The SIX Triple Eight". Popcorn will also be provided. THE STORYLINE OF THE MOVIE: ~ This movie is based on a true story about the historic six triple eight battalion of all female soldiers joining the war effort to address a three-year mail backlog. Soldiers have been distanced from their families as the mail has stopped circulating due to the backlog. Despite discrimination and war-torn conditions, they sort over seventeen million pieces of mail ahead of schedule. A Truly Inspirational story...FREE Event-Donations accepted for meal. Register by March 18th 440-279-2163.

Lunch & Learn The History of Saint Patrick

Monday March 17th 12:00-1:00 p.m. Join us for a hot lunch of Corned Beef and Swiss on Rye, potato chips, and cucumber & Onion salad. While enjoying your meal there will be an educational video presentation by Christine Bacon. Learn about who Saint Patrick was, and also look back on Saint Patrick's Day Legends and Traditions. Cost for meal \$5 Presentation ONLY is FREE Register by March 10th 440-279-2163.

Lunch, Learn and Laughter

Thursday March 20th 12:00-1:30 p.m., Join us for a hot lunch (Meal of the day, see MENU back page), followed by a Laughter Yoga session with Christine Smith. Learn all about this form of Yoga, and how it works, you will have LOTS OF FUN at this Event!! Free Program, Donations accepted for the meal. Call to sign-up by March 10th at 2:00 p.m. 440-279-2163.

Out to Lunch Bunch with WGSC Outback Steakhouse

Friday March 28th: 12:00-2:00 p.m., Come on out and join your friends for an afternoon of getting together, socializing, enjoying a meal out and spending time with friends. We will meet up at 12:00pm at the Outback Steakhouse in Mentor. RSVP Required by March 25, call 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.

The Police Chief of Chester, Craig Young, will be the speaker at our March 7 meeting. He will tell of his time spent with the FBI. At the March 21 meeting Dan Kral will entertain us with his music.

On Sunday, March 16, we will have our St. Patrick's Day corned beef dinner at the Silver Skillet in Chesterland. Call Kimber at (440) 668-3293 for reservations.

We will be going to the Aurora Atlas Movie Theater (Rt. 306 and Rt. 82) on Wednesday, March 26. 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.

A trip to the Tulip Festival in Holland, MI, is planned for May 6-8. Included are Veldheer's Tulip Gardens, evening revue show, tour of Holland, Windmill Island Gardens & DeZwaan Windmill, and much more for \$580. Call Kimber at (440) 668-3293 or Kit at (216) 543-4442 to see if space is still available.

2025 Geauga County Depart. 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 Village	April 23-24
Bainbridge Twp	April 28-30
Montville Twp	May 8-9
Claridon Twp	May 7
Burton Village	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
Village of Middlefield	Aug 14
Chesterland Twp	Sept. 8-10
City of Chardon	Sept. 26
Middlefield Twp	Oct 1-2

BAINBRIDGE SENIOR CENTER EVENTS

Movie Matinee Monday at BSC

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

March 3rd – My Fair Lady (1964)

March 10th – The King and I (1956)

March 17th – Cabaret (1972)

March 24th – Chicago (2002)

March 31st- Damn Yankees (1953)



Soup & Sandwich Lunch

Join us **March 11th** for a relaxed homemade lunch of Ham n' Cheese melts w/ Chicken Noodle Soup \$5, registration required by Fri March 7th

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, March 12th** from 1:30-3:00 p.m.

Call 440-279-1313 to sign up!

Navigating the Healthcare System, *a Presentation by*



Thursday, March 13th at 1:00 p.m. Stop in at BSC for an educational program about navigating the health care system. Knowing what to expect - from the ER visit to admission and discharge, can ease concerns. Please call 440-279-1313 to sign up!

Bainbridge Book Club

March's Theme is "Irish Authors". Choose a book from the suggested ones below or select your own! We will meet at noon **Tuesday 3/18** to discuss! Call 440-279-1313 to register for the free hot lunch we serve before our discussion!

Suggested Books: Gulliver's Travels – Jonathan Swift, Angela's Ashes - Frank McCourt, The Picture of Dorian Gray – Oscar Wilde.

St. Patrick's After Party

Join us at BSC for an afternoon of food, fun and music! Shake your shamrocks to the musical stylings of Mick & Rick and enjoy a corned beef and cabbage lunch! \$12, registration required by 3/12, or till event is sold out. Dessert to be provided by Jennings Notre Dame Village.



FREE Tech Help at BSC

Do you have questions or need help with your cell phone? Steve from Verizon will be here on **Monday, March 24 at 11:00 a.m.** to help you out regardless of your plan or carrier. Call 440-279-1313 to register.

Maintaining Healthy Feet

How do you keep your feet healthy? Jen Vanek, RN, owner of Reliable Nurse Foot Care will be providing a foot health education presentation on **Monday, March 24 at 1:00 p.m.** at the Bainbridge Senior Center. Snacks will be provided! Please call 440-279-1313 to register.

BSC Big Breakfast

Join us for our monthly big breakfast on **Thursday March 27**. Veterans and March birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Cheesy Hash Brown casserole. *Donuts provided by Jennings* RSVP by Friday, 3/21.

Geauga Park District at BSC

Join us **Friday, March 28 at Noon** for a pay-your-own-lunch from Topsy Bull Tavern and a presentation provided by GPD titled "Trees are More than Leaves". **Learn how trees play a much more important role in our lives than we know.** From bowling pins and baseball bats to turpentine and maple syrup, trees have fascinating stories to tell. Join us as we share interesting facts about how trees are more than just their leaves. Registration and lunch order due by 3/24. Call 440-279-1313 for more info!



Stan Hywet Hall & Gardens Bus Trip

On **Wednesday May 21st** – join us for a trip to Stan Hywet Hall and Gardens. Hosted by Bainbridge Senior Center – this trip will include transportation to and from the museum, a guided tour of the manor house and a premium boxed lunch. Feel free to wander the gardens after your tour is complete! Choose to depart from West Geauga Senior Center at 9am or Bainbridge Senior Center at 10:00 a.m. Approximate return times are 3:30 p.m. at BSC and 4:00pm at WGSC. \$65 p/person. This is a “3-sneaker” trip. You must be able to go up and down large bus steps, stand for tour and walk the grounds. Stop by any Geauga County Senior Center to register and pay! Please indicate your choice of lunch and departure location when signing up. Call 440-279-1313 with any questions!



Geauga Menu March 2025

Subject to Change

Enjoy a Nutritious Meal with the Geauga County Department on Aging!

Join us for lunch at one of our welcoming senior centers, or enjoy the convenience of curbside pickup or home delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
3 BONELESS WINGS-6 CARROTS BAKED BEANS APPLESAUCE CUP GRAHAM CRACKERS BBQ CUP	4 STUFFED GREEN PEPPERS W/SPAGHETTI SAUCE ¼ C MASHED POTATOES ESCALLOPED APPLES DINNER ROLL	5 THREE CHEESE CAVATAPPI BROCCOLI CARROTS APPLESAUCE CUP GOLDFISH CRACKERS	6 TOMATO BASIL CHICKEN PASTA w/SPAGHETTI SAUCE ½ C CAPRI BLEND VEGETABLES FRUIT CUP DINNER ROLL	7 BREADED FISH TATER TOTS GREEN BEANS FRESH FRUIT WG CORNBREAD LOAF TARTAR SAUCE & KETCHUP PC
10 SWEDISH MEATBALLS w/NOODLES BROCCOLI CARROTS APPLESAUCE CUP BREAD	11 CHICKEN SALAD THREE BEAN SALAD SALSA CUP TORTILLA CHIPS FRUIT CUP WG HAMBURGER BUN	12 MEATLOAF W/GRAVY MASHED POTATOES GREEN PEAS APPLESAUCE CUP BREAD	13 TURKEY BURGER ROASTED POTATOES BROCCOLI APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	14 JUMBO RAVIOLI w/SPAGHETTI SAUCE ¼ C YELLOW SQUASH MIXED VEGETABLES FRUIT CUP DINNER ROLL
17 BURGER WITH CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	18 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS DINNER ROLL FRUIT CUP	19 GRILLED CHICKEN BREAST GREEN PEAS DICED CARROTS ESCALLOPED APPLES WG HAMBURGER BUN MAYO PC	20 STUFFED GREEN CABBAGE w/ SPAGHETTI SAUCE ¼ C GREEN BEANS MASHED POTATOES FRUIT CUP BREAD	21 MACARONI & CHEESE BROCCOLI SWEET CORN FRUIT CUP APPLE-CINNAMON MINI LOAF
24 BREADED CHICKEN PATTY BAKED BEANS SWEET CORN FRUIT CUP CHEEZ-ITS BBQ CUP	25 HOT DOG TATER TOTS CARROTS APPLESAUCE CUP WG HOT DOG BUN KETCHUP PC/MUSTARD PC	26 BBQ CHICKEN BREAST RICE – ½ CUP GREEN BEANS SWEET POTATOES APPLESAUCE CUP WG CORNBREAD LOAF	27 MEATBALLS w/PASTA w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES FRUIT CUP BREAD	28 BREADED FISH TATER TOTS GREEN BEANS FRESH FRUIT WG CORNBREAD LOAF TARTAR SAUCE & KETCHUP PC
31 BONELESS WINGS-6 CARROTS BAKED BEANS APPLESAUCE CUP GRAHAM CRACKERS BBQ CUP	<p>Each Monday Food reservations are due for the following week. Speak with your Site Coordinator today. For home delivery, call: 440-279-2130.</p> <p><i>ATTENTION: The Geauga County Dept. on Aging cannot control or guarantee the continued wholesomeness and safety of its food once it leaves the Agency's facility. 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 the Department on Aging premises.</i></p>			

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.

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

If you meet the income guidelines below, contact a Geauga Department on Aging social worker at 440-279-2130 for assistance with your application! Medicare Savings Programs (MSPs) and Extra Help

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.

QMB			SLMB			QI			EXTRA HELP		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,325	\$9,660	Single	\$1,585	\$9,660	Single	\$1,781	\$9,660	Single	\$1,976	\$17,600
Married	\$1,783	\$14,470	Married	\$2,135	\$14,470	Married	\$2,400	\$14,470	Married	\$2,664	\$35,130

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 \$6,791.90 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.

Contact a Geauga Department on Aging Social Worker for assistance with your Application!

GEAUGA COUNTY SENIORS' REGISTRATION FOR EVENTS

****Please fill out the registration form and mail it 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) _____

Internal use - Date Received _____ Staff Initials _____ Receipt # _____

Event: _____ Location: _____

Cost: _____ Amount Enclosed _____ Event Date (s) _____

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Emergency Contact _____ Phone # _____

Registered with GDA for 2025? Yes ____ No ____

Other Information: (menu or leave from options) _____

Internal use - Date Received _____ Staff Initials _____ Receipt # _____

In consideration of acceptance into the above-referenced program, I do hereby, for myself, release the County of Geauga and the officials, officers, agents, and employees of the County from liability for any harm, injury, or damage which I may suffer while participating in the above-described program. This includes all risks that are connected with this activity whether foreseen or unforeseen.

I agree to hold the County and its agents, officials, and employees harmless from any damage to persons or property resulting from my negligence and/or intentional acts.

I assume the responsibility of mental and physical fitness to participate in said program and agree to abide by all rules and requirements of the program.

I authorize any of the staff at the Department on Aging to provide any necessary assistance to me in any emergency 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 of Aging will no longer issue refunds for programs and events to honor our commitment to our vendors and transportation companies. When signing up for programs and events, you become responsible for the reservation. If 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 Department on Aging
12611 Ravenwood Dr., Suite 200
Chardon, OH 44024

Days: Monday - Friday
Hours: 8:00 a.m. - 4:30 p.m.
440-279-2930
MARCH

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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Geauga County Veteran Food Pantry
Serving those who have served

Welcome to the pantry EXCLUSIVELY for Veterans and their families! Our supplemental pantry is unique in the state of Ohio, and we invite you to come check us out! In addition to our fresh fruits and vegetables, we offer a wide range of canned goods, as well as beef, chicken, pork, venison, butter and eggs. Our "geedunk" (*that's Navy talk for social room*) serves fresh, hot coffee and Maggie's donuts, in addition to our luncheon, served the last Friday of the month.

There is NO CHARGE for any of this for our Veterans or families. You earned this with your service to our Country.

To register, please call Geauga County Veterans Services at 440-279-1860.

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

Colleen Lockart
in memory of Jim & Joy Bramley
& Rob Warren
Daniel & Gwenn Brown,
Alan and Peggy Bialosky

G Rae Peck
in memory of Sigmund S Peck

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.