

The Geauga Senior News



Geauga County Department on Aging

October 2025



Veterans Day Luncheon & Celebration

We invite the senior veterans of Geauga County for a sit-down catered lunch to celebrate your service this November.

Please join us on

Thursday, November 6th 2025, 11 a.m.-2 p.m.

Located at Sisters of Notre Dame
13000 Auburn Rd. Chardon OH 44024

Please call the Middlefield Senior Center for more information and to reserve your spot. 440-632-0611.

There is no cost for Veterans. Guest \$20.00.

Sponsored by Geauga Veterans Services,
Ohman Family Living,
University Hospital Geauga Medical Center and
the Geauga County Department on Aging.

Event: Veterans Lunch Site: MFSC Date: Nov. 6th 2025

Deadline: Oct 31st or until event is full. Cost: Veterans FREE Non Vet-\$20

Name: _____

Phone: _____

Address: _____

Registered with GDA? Y / N

Branch of service & years served: _____

Date Received: _____ Receipt: _____ Staff Initials: _____

Middlefield Senior Center 15820 Ridgewood Dr. Middlefield, OH 44062

Cleveland Orchestra Holiday Concert

Sunday, December 14th

Depart Geauga County Office Building (12611 Ravenwood Dr, Chardon) at 11:30 a.m. or West Geauga Senior Center (8090 Cedar Rd, Chesterland) at 12:00 p.m. for lunch at the Jolly Scholar on Case Western's campus. Following lunch, travel to Severance Hall for the Holiday Concert that begins at 2:30 p.m. Join us for this unforgettable experience which will surely put you in the holiday spirit. Our seats will be on the main floor toward the back for better viewing. Conductor Sarah Hicks will lead the performance with a featured chorus, and talented vocalists in a program of timeless holiday favorites and carols. After the concert we will drive thru Cleveland's Nela Parks Holiday Lights display. Return to WG Senior Center around 6:15 p.m. and Geauga County Office at 6:45 p.m.

Lunch Options: Includes Non-Alcoholic Beverage and French Fries for side.

BBQ Pork Sandwich – Beer braised pulled pork shoulder, pickles, coleslaw, BBQ sauce, & onion ring topper on a burger bun.

Jolly Beer Battered Fish Sandwich – Beer battered pollock, tartar sauce, lettuce and pickle on a hoagie roll.

Smash Burger – The original double beef, American cheese, burger sauce, shredded lettuce, and pickles on a bun.

This is considered a 3-Sneaker Trip – You must be able to climb on and off bus steps, walk substantial distance through Severance Hall and the restaurant. Staff cannot help with mobility.

Please indicate pick-up location and meal choice on your registration form. \$140 per person.

Questions? Call Melissa Wheeler at 440-279-2167.



In this Issue

Veterans Day Luncheon & Celebration 1
 Cleveland Orchestra Holiday Concert..... 1
 Geauga Young at Heart 2
 Veteran’s Pantry 2
 Senior Community Events 3
 Senior Center Calendar 4-5
 Bainbridge Senior Center Calendar 6-7
 Chardon Senior Center Calendar..... 8-9
 Middlefield Senior Center Calendar 10-11
 West Geauga Senior Center Calendar 12-13
 Senior Community Events 14-15
 Bainbridge Senior Center Events 16-17
 Chardon Senior Center Events 17-18
 Middlefield Senior Center Events 18-19
 West Geauga Senior Center Events 19-20
 Monthly Menu 21
 HEAP/PIPP changes 22
 Medicare Program 22
 Event Registration Form 23
 Platinum Patrons 24
 2026 Medicare Plan Comparisons 24
 Medicare Preventative Services 24

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

Geauga County Ohio

JAMES W. DVORAK

CAROLYN BRAKEY, Esq

RALPH SPIDALIERI

LEADERSHIP TEAM

Jessica Boalt – Director

Reba Dykes - In-Home Services Manager

Sandy McLeod – Senior Centers Manager

Karen M. Stone – Administrative Services Manager

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.

On October 3, Marie from Cardinal Physical Therapy will tell us about keeping in shape during the winter months. We’ll have a fun Halloween party at our October 17 meeting. Come in costume, if you dare!

We will be going to the Aurora Atlas Movie Theater (Rt. 306 and Rt. 82) on Wednesday, October 23. The movie is TBD. It will start at 11:00 a.m. Cost is \$5 for movie or \$10 for movie, drink, and popcorn.

We’re looking forward to a great trip to the Sight & Sound Theater in Lancaster, PA to see “Noah” on October 8-10.

A bus trip is planned to Playhouse Square State Theater on Friday, December 12, to see “How the Grinch Stole Christmas!” You might want to bring your grandchildren! Cost is \$120 pp. For reservations call Kimber at (440) 668-3293.



Geauga Renaissance Choral Group did a beautiful job singing our National Anthem at the Captains game today!

Geauga County Veteran Food Pantry

Serving those who have served

This is a pantry exclusively for Veterans and their families in Geauga County.

As the only supplemental pantry of its kind in Ohio, we are proud to serve those who have served our country.

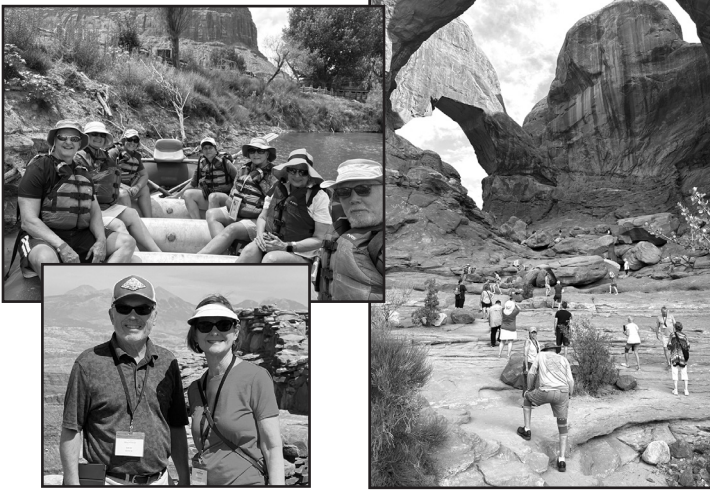
As a member, we offer:

- Fresh Fruits and Vegetables
- A variety of Canned goods
- Beef, Chicken, Pork, Venison, Butter and Eggs.

This is our way of giving back to those who have given so much.

For information about Veteran eligibility and registration, call Geauga County Veterans Services at: 440-279-1860. Services are income/need based.

SENIOR COMMUNITY EVENTS



On August 3, twenty-two Geauga County seniors embarked on a once-in-a-lifetime journey out west, traveling with staff from the Geauga County Department on Aging's Recreation & Education Division to explore the breathtaking Southwest National Parks.

Halloween History & Mysteries

Monday, October 20th at 2:00 p.m.

Jennings at Notre Dame Village Apartments,
10980 Pine Grove Trail, Chardon

We will take a little tour of Haunted Ohio, discuss its history and mysteries, learn about facts and myths about Halloween, and try some of your favorite Halloween candies. We will enjoy fall treats and cider, play some trivia, and see what we really know about this holiday! Anyone interested in making a Halloween craft with Kate from Jennings can stay after the presentation.

Please register by calling Sandy McLeod at 440-279-2137.

Diabetes Self-Management Class

Thursdays - October 9, 16, 23, 30 and
November 6, & 13 from 1:00-3:30 p.m.

West Geauga Senior Center
8090 Cedar Rd., Chesterland

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

Threads of Valor Event at Century Village

Tuesday, October 14th
12:00-2:00 p.m.

Join us for a guided tour of the Threads of Valor exhibit at Century Village (14653 East Park St., Burton), which honors the men and women who served in the wars. This exhibit features 15 to 25 military uniforms & artifacts from 4 different wars all from Geauga County veterans. "Threads of Valor" features an inspiring collection of original uniforms, medals, personal belongings, and other historical artifacts that share the personal stories of military service members. Stefanie O'Connor explains that "Each piece is carefully curated to highlight its historical and emotional significance, offering visitors a deeper understanding of the lives and legacies of those who served. More than a display, this exhibit is a tribute to courage and a testament to the enduring spirit of our nation's defenders." We will tour the exhibit & Gun Collection and enjoy a picnic lunch and hot apple crisp with ice cream on the grounds. **\$10 per person, \$5 for Veterans. Call Sandy McLeod with questions at 440-279-2137.**

10-Day Southern Caribbean with Martinique on the Enchanted Princess Cruise

February 24 - March 7, 2026

Includes port stops at: Princess Cays in the Bahamas, St. Thomas, Dominica, Barbados, Martinique, and Antigua. *Inside Cabin: \$3925 per person*, Balcony Cabin: \$4325 per person* Deluxe Balcony Cabin: \$4625 per person*, Mini-Suite Cabin: \$4875 per person** **Price is based on double occupancy & availability. Excursions in each port are an additional charge. Airfare is subject to change. PASSPORTS REQUIRED.*

Price Includes:

- Roundtrip Airfare from Ohio
- One night of rooms in Ft. Lauderdale
- Transfers
- Insurance
- Taxes & Port Charges
- All meals onboard the ship.

Final Payment Due November 15, 2025. Credit Cards are accepted, or checks made out to: Great Day Tours. Detailed itineraries and paperwork are available at your local Geauga County Senior Centers.

For more information, please call Melissa Wheeler at 440-279-2167.

Senior Wellness Fair

Monday, October 6th - 9:00 a.m.

The Geauga YMCA (12460 Bass Lake Rd, Chardon) is partnering with University Hospitals Geauga Medical Center who will be offering free screenings (cholesterol, glucose, blood pressure, and balance). There will also be 35 other vendors offering free information, services, free gifts and items to purchase. *Questions? Call the YMCA at (440) 285-7543 Ext 3025. Free.*

Lunch with the Curator

Thursday, October 7th - 12:00 p.m.

Held at Century Village Auburn Church (14653 East Park St, Burton). History of Farming & Farming Equipment. Geauga County's agricultural history is closely linked to the development and use of agricultural equipment. From early tools to modern machinery, agricultural equipment has significantly impacted farming practices and efficiency in the county. Box lunch can be provided for an additional \$5. *Call Sandy McLeod at 440-279-2137 to RSVP. \$5*

Halloween History & Mysteries

Monday, October 20th at 2:00 p.m.

Held at Jennings at Notre Dame Village Apartments (10980 Pine Grove Trail, Chardon). We will take a little tour of Haunted Ohio, discuss its history and mysteries, learn about facts and myths about Halloween, and try some of your favorite Halloween candies. We will enjoy fall treats and cider, play some trivia, and see what we really know about this holiday! Anyone interested in making a Halloween craft with Kate from Jennings can stay after the presentation. *Please register by calling Sandy McLeod at 440-279-2137. Free.*

Walk the Path to Wellness

Tuesday, October 21th at 12:00 p.m.


Please join us at Munson Town Hall (12210 Auburn Rd, Chardon) for this interactive health and wellness event around fall prevention. It will be both educational and engaging as you enjoy lunch and listen to our speaker on "Keeping a Strong Body as we Age".

After the presentation you will participate in hands-on activities, balance challenge station, games, strengthening exercise demos, nutrition station for bones & balance, fall risk screenings, getting a stronger core and much more! Lunch is sponsored by University Hospitals Geauga Campus. In collaboration with Ohman Family Living. *Space is limited; you must call Melissa Wheeler at 440-279-2167 to RSVP. Free.*



Gaugua County
Department on Aging

OCTOBER 2025

MONDAY		TUESDAY	
BSC - Bainbridge Senior Center BL - Burton Library CSC - Chardon Senior Center GW - Geauga West Library JND - Jennings at Notre Dame Village OBL - Ohman Family Living at Blossom OH - Ohman Family Living at Holly OS - Off-site VT - Virtual Teams (Online) WG - West Geauga Senior Center		Sandy McLeod <i>Senior Centers' Supervisor</i> 440-279-2137 Melissa Wheeler <i>Asst. Senior Centers' Supervisor</i> 440-279-2167	
6		7	
9:00-12:00	Senior Wellness Fair OS	9:00-10:30	Geauga Cyclists OS
9:30-11:00	Parkinson's Boxing CSC	11:00-12:00	Balance Exercise CSC & VT
		12:00-1:00	Lunch w/ Curator OS
		1:00-2:30	Geauga Walkers OS
 OFFICES CLOSED FOR COLUMBUS DAY		14	
13		14	
		9:00-10:30	Geauga Cyclists OS
		11:00-12:00	Balance Exercise CSC & VT
		12:00-2:00	Threads of Valor OS
		1:00-2:30	Geauga Walkers OS
20		21	
9:30-11:00	Parkinson's Boxing CSC	9:00-10:30	Geauga Cyclists OS
2:00-3:00	Halloween History & Mysteries JND	11:00-12:00	Balance Exercise CSC & VT
		12:00-3:00	Walk the Path the Wellness OS
		1:00-2:30	Geauga Walkers OS Group CSC
27		28	
9:30-11:00	Parkinson's Boxing CSC	9:00-10:30	Geauga Cyclists OS
		11:00-12:00	Balance Exercise CSC & VT
		1:00-2:30	Geauga Walkers OS



SENIOR COMMUNITY EVENTS

Geauga County
Department on Aging

WEDNESDAY

THURSDAY

FRIDAY

1	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 11:30-12:30 Book Discussion GW	2	9:00-10:30 Walking for Wellness OS 12:00-2:30 Lunch & Movie WG 3:00-5:00 Fall Fest OS	3	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
8	9:00-3:45 Lakeview Cemetery Trip OS 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	9	9:00-10:30 Walking for Wellness OS 1:00-3:30 Diabetes Self-Management WG 1:30-3:00 Book Discussion BL	10	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
15	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	16	9:00-10:30 Walking for Wellness OS 11:30-1:30 GPD Elderberries OS 1:00-3:30 Diabetes Self-Management WG	17	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
22	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	23	9:00-10:30 Walking for Wellness OS 1:00-3:30 Diabetes Self-Management WG	24	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
29	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	30	9:00-10:30 Walking for Wellness OS 1:00-3:30 Diabetes Self-Management WG	31	9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Halloween Party CSC

BAINBRIDGE SENIOR CENTER

**CLOSED 10/13 in honor of
INDIGENOUS PEOPLE'S DAY**

**CLOSED 10/28 at 2pm for
Staff Development**

ADVANCED DIRECTIVES

The Geauga County Bar Association Advance Directives Committee and Hospice of the Western Reserve will present info and answer questions regarding health care powers of attorney and living wills. They will present & distribute the standard forms on **10/16** and return the following week on **10/23** with attorneys from the Geauga Bar, who will help you complete the forms & notarize them.
Call 440-279-1313 today to Register!

MATT'S MADHOUSE

Friday, October 24th

Have you ever wanted to try an escape room? Now's your chance — right here at BSC.
See the back of this newsletter for more info!

BIG BREAKFAST

Thursday, October 30th

Join BSC for our monthly big breakfast. Veterans & October birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Veggie & Sausage Strata. *Please RSVP by Monday 10/27. This will also be a Halloween-themed event – so feel free to wear a costume! Special treats and prizes for anyone in costume!*

PET PICS

Tuesday, October 14th

Come in to get a portrait taken with your pet! Local photographer Sam Young will be here and providing his services FREE of charge!
Registration and appt. time are required—call 440-279-1313 to reserve your spot!

LINE DANCING

The beginner class is every
Wednesday - 10:30-11:00 a.m.

Followed by the **regular line dancing session 11 a.m.-12 p.m.** Learn and then apply your new moves with your new friends!
No need to register—just drop in!

GRIEF SUPPORT GROUP

Thursday, October 16th at 1:00 p.m.

Rev. Erin Proie will be leading a monthly grief support group right here at BSC!
More info in the back of the newsletter!

FRIDAY FILM

Every Friday, join the Bainbridge Senior Center for a lunch and movie at 12 pm, free of charge October's theme is MONSTER MASH. *Reservations are not required but encouraged to ensure a meal for all.*



Gauga County
Department on Aging

OCTOBER 2025

MONDAY

TUESDAY

Keri Skrtic
*Recreation & Education
Coordinator*

Matt Samardge
*Recreation & Education
Assistant*

8:30-9:30 All-Around Exercise (\$3) 6
9:40-10:25 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-12:30 Lunch
1:30-3:00 Karaoke

9:45-10:15 Balance Class* 7
10:30-11:00 Cardio Drumming*
Sponsored by Cherished Companions
10:00-12:00 Mexican Train
10:00-3:00 Mahjong
Drop off & Pick up
12:00-1:00 Social Work Appts
1:00-2:30 Drawing with Matt

13
**SENIOR CENTER
CLOSED
FOR
FEDERAL HOLIDAY**

9:45-10:15 Balance Class* 14
10:30-11:00 Cardio Drumming*
Sponsored by Cherished Companions
10:00-12:00 Mexican Train
10:00-3:00 Mahjong
**11:30-2:30 Pet Pics with
Sam Young Studios**
**12:00-12:30 Geauga Cty Public
Library Drop off & Pick up**

8:30-9:30 All-Around Exercise (\$3) 20
9:40-10:25 Chair Yoga-cise (\$3)
9:00-2:00 Reliable Nurse Footcare
10:00-2:00 Poker
11:00-12:00 Tech Help w/ Steve
12:00-12:30 Lunch
1:30-3:00 Karaoke

9:45-10:15 Balance Class* 21
10:30-11:00 Cardio Drumming*
Sponsored by Cherished Companions
10:00-12:00 Mexican Train
10:00-3:00 Mahjong
**12:00-1:30 FREE Lunch and Learn
with Bridget from Regency**
1:00-2:30 Drawing with Matt

27
8:30-9:30 All-Around Exercise (\$3)
9:40-10:25 Chair Yoga-cise (\$3)
10:00-2:00 Poker
12:00-12:30 Lunch
1:30-3:00 Karaoke

9:45-10:15 Balance Class* 28
10:30-11:00 Cardio Drumming*
Sponsored by Cherished Companions
10:00-12:00 Mexican Train
10:00-2:00 Mahjong
**12:00-12:30 Geauga County Public
Library Drop off & Pick up**
**CLOSING AT 2 p.m.
FOR A STAFF MEETING**

BAINBRIDGE SENIOR CENTER

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

WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-9:30 All-Around Exercise \$3 1</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Diamond Painting</p> <p>10:30-11:00 Beginner Line Dancing</p> <p>11:00-12:00 Line Dancing</p> <p>11:00-12:00 Bingo w/ Cindy from Caring Senior Choices</p> <p>12:00-2:00 Canasta</p> <p>12:30-2:00 OTL Group (Bob Evans—Aurora)</p>	<p>9:45-10:15 Balance Class* 2</p> <p>10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i></p> <p>10:00-12:00 Knit and Crochet</p> <p>10:00-3:00 Pinochle</p> <p>12:00-12:30 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3) 3</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Mahjong</p> <p>12:00-2:30 Lunch & a Movie (The Creature from the Black Lagoon—1954)</p>
<p>8:30-9:30 All-Around Exercise \$3 8</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Diamond Painting</p> <p>10:30-11:00 Beginner Line Dancing</p> <p>11:00-12:00 Line Dancing</p> <p>11:00-12:00 Bingo w/ Ohman Family</p> <p>12:00-2:00 Canasta</p> <p>12:30-2:00 OTL Group Coyote's—Bainbridge)</p> <p>1:30-3:00 Alzheimer's' Caregiver Support Group</p>	<p>9:45-10:15 Balance Class* 9</p> <p>10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i></p> <p>10:00-12:00 Knit and Crochet</p> <p>10:00-3:00 Pinochle</p> <p>12:00-12:30 Lunch</p> <p>12:30-3:00 Retro Gaming</p> <p>12:30-2:00 Art Class by Fairmount Center for the Arts</p>	<p>8:30-9:30 All-Around Exercise (\$3) 10</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Mahjong</p> <p>12:00-2:30 Lunch & a Movie (The Bride of Frankenstein -1935)</p>
<p>8:30-9:30 All-Around Exercise (\$3) 15</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Diamond Painting</p> <p>10:30-11:00 Beginner Line Dancing</p> <p>11:00-12:00 Line Dancing</p> <p>11:00-12:00 Bingo</p> <p>12:00-2:00 Canasta</p> <p>12:30-2:30 OTL Group (Imperial Wok — Solon)</p>	<p>9:15-9:45 Balance Class* 16</p> <p><i>*Sponsored by Cherished Companions*</i></p> <p>10:00-11:30 ADVANCED DIRECTIVES</p> <p>10:00-12:00 Knit and Crochet</p> <p>10:00-3:00 Pinochle</p> <p>12:00-12:30 Lunch</p> <p>1:00-2:30 Grief Support Group</p> <p>12:30-2:30 Scrabble -</p>	<p>8:30-9:30 All-Around Exercise (\$3) 17</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Mahjong</p> <p>12:00-2:30 Lunch & a Movie (Invasion of the Body Snatchers -1956)</p>
<p>8:30-9:30 All-Around Exercise (\$3) 22</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Diamond Painting</p> <p>10:30-11:00 Beginner Line Dancing</p> <p>11:00-12:00 Line Dancing</p> <p>11:00-12:00 Bingo</p> <p>12:00-2:00 Canasta</p> <p>12:30-2:30 OTL Group (Papous—Aurora)</p>	<p>9:45-10:15 Balance Class* 23</p> <p>10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i></p> <p>10:00-12:00 Knit and Crochet</p> <p>10:00-11:30 Advanced Directives Appts</p> <p>10:00-3:00 Pinochle</p> <p>12:00-12:30 Lunch</p> <p>12:30-2:00 Art Class by Fairmount Center for the Arts</p>	<p>8:30-9:30 All-Around Exercise (\$3) 24</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Mahjong</p> <p>10:45-12:30 MATT'S MADHOUSE</p> <p>12:00-2:30 Lunch & a Movie (The Fly -1958)</p>
<p>8:30-9:30 All-Around Exercise (\$3) 29</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Diamond Painting</p> <p>10:30-11:00 Beginner Line Dancing</p> <p>11:00-12:00 Line Dancing</p> <p>11:00-12:00 Bingo w/ Home Instead</p> <p>12:00-2:00 Canasta</p> <p>12:30-2:30 OTL Group (Blazin' Bills—Hiram)</p>	<p>9:00-10:00 BIG BREAKFAST (reg req'd) 30 <i>*Donuts and special Halloween treats will be provided too*</i></p> <p>10:00-12:00 Knit and Crochet</p> <p>10:00-3:00 Pinochle</p> <p>12:00-12:30 Lunch</p>	<p>8:30-9:30 All-Around Exercise (\$3) 31</p> <p>9:40-10:25 Chair Yoga-cise (\$3)</p> <p>10:00-12:00 Mahjong</p> <p>12:00-2:30 Lunch & a Movie (Young Frankenstein -1974)</p>

CHARDON SENIOR CENTER

Call Chardon Senior Center to register for any of our events, lunches, or classes! Space is limited on some events. Call at least one week in advance.

Movie & Lunch

Mondays and Fridays at Noon:
Theme: "Football and Frights"

Oct 3: Invincible (Football)

Oct 6: American Underdog (Football)

Oct 17: The Invisible Man (1933) (Fright)

Oct 20: Frankenstein (1931) (Fright)

Oct 24: Bride of Frankenstein (1935) (Fright)

Oct 27: Double Feature:

Turn Blue: The Short Life of Ghouardi—
PBS documentary and
It's the Great Pumpkin Charlie Brown

Spelling Bee

Monday, October 6th

Lunch and Learn with Ohman Family Living

Using Adaptive Devices Correctly
Wednesday, October 8th

Breakfast Club at Spinner's

Thursday, October 9th

Guided Meditation

October 9th & 23rd

Lunch and Creative Cooking Class

Thursday, October 16th

Birthday Pizza Party and Bingo

Friday, October 24th

Halloween Party

Friday, October 31st



Geauga County
Department on Aging

OCTOBER 2025

MONDAY		TUESDAY	
Becky O'Reilly <i>Recreation & Ed. Coordinator</i> Jackie Kleve Chris Mackar Valerie Garland <i>Recreation & Education Assistant Coordinators</i>		Beth Oliverio <i>Information and Referral Specialist</i> Ellie Rickard <i>Food Service Coordinator</i>	
8:00-9:00 Chair Volleyball 6 8:30-10:00 Chess Club 10:00-11:00 Line Dancing \$3 (Off Site) 10:00-12:00 Rug Hooking / Quilting 11:00-11:45 Balance Exercise 11:00-11:45 NO Strength Training 1:00 Diamond Art/ Tech. Help 1:00 Spelling Bee	9:00-11:30 Woodcarving 7 10:00-12:00 Knit and Crochet 10:00-10:45 Tai Chi \$3 11:00-12:00 Balance Exercises 12:30-4:00 Rummikub 2:00-3:30 RCR Practice		
13 SENIOR CENTER CLOSED FOR FEDERAL HOLIDAY		9:00-11:30 Woodcarving 14 10:00-12:00 Knit and Crochet 10:00-10:45 Tai Chi \$3 11:00-12:00 Balance Exercises 12:30-4:00 Rummikub 1:00 Art Club with Ariel Inspired \$ 2:00-3:30 RCR Practice	
8:00-9:00 Chair Volleyball 20 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 Diamond Art Tech Help Appts.	9:00-11:30 Woodcarving 21 10:00-12:00 Knit and Crochet 10:00-10:45 Tai Chi \$3 11:00-12:00 Balance Exercises 12:30-4:00 Rummikub 2:00-3:30 RCR Practice		
8:00-9:00 Chair Volleyball 27 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 Diamond Art Tech Help 1:30-2:30 Cardio-Drumming Video	9:00-11:30 Woodcarving 28 10:00-12:00 Knit and Crochet 10:00-10:45 Tai Chi \$3 11:00-12:00 Balance Exercises 12:30-4:00 Rummikub 12:00-1:30 Raccoon County Ramblers Practice CLOSED AT 2:00 TODAY		

CHARDON SENIOR CENTER

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

WEDNESDAY

THURSDAY

FRIDAY

1	<p>8:00 Sports Talk Coffee Hour</p> <p>9:00-11:00 Pinochle</p> <p>11:00-12:00 "Marbles & Jokers"</p> <p>11:00-11:45 No Strength Training</p> <p>11:00-12:00 Balance Exercise</p> <p>12:45-2:00 Chair Volleyball</p> <p>1:00-4:00 Mah Jongg</p>	2	<p>10:30-12:00 Choral Group</p> <p>11:00-11:45 Balance Exercise</p> <p>12:15-4:00 Duplicate Bridge</p> <p>12:30-4:00 Scrabble Club</p> <p>12:30-4:00 "Marbles & Jokers"</p> <p>1:30-3:30 Line Dancing \$5 (off site)</p>	3	<p>9:30-11:30 Stained Glass</p> <p>9:30-10:30 Chair Volleyball</p> <p>11:00-12:00 Balance Exercise</p> <p>1:00 Social Worker Appts.</p> <p>1:00 Photo Club (off site)</p> <p>1:00-4:00 Bridge / Rummikub</p> <p>1:30-2:30 Cardio-Drum Video</p> <p>2:30-3:30 Cornhole</p>
8	<p>8:00 Sports Talk Coffee Hour</p> <p>9:00-11:00 Pinochle</p> <p>11:00-12:00 "Marbles & Jokers"</p> <p>11:00-11:45 No Strength Training</p> <p>11:00-12:00 Balance Exercise</p> <p>12:45-2:00 Chair Volleyball</p> <p>12:00-1:30 Lunch & Learn</p> <p>1:00- 4:00 Mah Jongg</p>	9	<p>9:30 Breakfast at Spinner's \$</p> <p>10:30-12:00 Choral Group</p> <p>11:00-11:45 Balance Exercise</p> <p>12:15-4:00 Duplicate Bridge</p> <p>12:30-4:00 Scrabble Club</p> <p>12:30-4:00 "Marbles & Jokers"</p> <p>1:00-2:00 Guided Meditation \$</p> <p>1:30-3:30 Line Dancing \$5 (off site)</p>	10	<p>9:30-11:30 Stained Glass</p> <p>11:00-12:00 Balance Exercise</p> <p>1:00-4:00 Bridge/Rummikub</p> <p>1:30-2:30 Cardio-Drum video</p> <p>2:30-3:30 Cornhole</p>
15	<p>8:00 Sports Talk Coffee Hour</p> <p>9:00-11:00 Pinochle</p> <p>11:00-12:00 "Marbles & Jokers"</p> <p>11:00-11:45 Strength Training \$2</p> <p>11:00-12:00 Balance Exercises</p> <p>12:45-2:00 Chair Volleyball</p> <p>1:00 Growing Great Garlic Talk</p> <p>1:00-4:00 Mah Jongg</p>	16	<p>10:30-12:00 Choral Group</p> <p>11:00-11:45 Balance Exercise</p> <p>12:00-1:00 Lunch and Creative Cooking Class \$</p> <p>12:15-4:00 Duplicate Bridge</p> <p>12:30-4:00 Scrabble Club</p> <p>12:30-4:00 "Marbles & Jokers"</p> <p>1:30-3:30 Line Dancing \$5 (off site)</p>	17	<p>9:30-11:30 Stained Glass</p> <p>9:30-10:30 Chair Volleyball</p> <p>11:00-12:00 Balance Exercise</p> <p>1:00-4:00 Bridge / Rummikub</p> <p>1:30-2:30 Cardio-Drum Video</p> <p>2:30-3:30 Cornhole</p>
22	<p>8:00 Sports Talk Coffee Hour</p> <p>9:00-11:00 Pinochle</p> <p>11:00-12:00 "Marbles & Jokers"</p> <p>11:00-12:00 Strength Training \$2</p> <p>11:00-12:00 Balance Exercises</p> <p>12:45-2:00 Chair Volleyball</p> <p>1:00-4:00 Mah Jongg</p>	23	<p>10:30-12:00 Choral Group</p> <p>11:00-11:45 Balance Exercise</p> <p>12:15-4:00 Duplicate Bridge</p> <p>12:30-4:00 Scrabble Club</p> <p>12:30-4:00 "Marbles & Jokers"</p> <p>1:00-2:00 Guided Meditation \$</p> <p>1:30-3:30 Line Dancing \$5 (off site)</p>	24	<p>9:30-11:30 Stained Glass</p> <p>9:30-10:30 Chair Volleyball</p> <p>11:00-12:00 Balance Exercise</p> <p>11:00 Birthday Bingo & Pizza \$</p> <p>1:00-4:00 Bridge / Rummikub</p> <p>1:30-2:30 Cardio-Drum Video</p> <p>2:30-3:30 Cornhole</p>
29	<p>8:00 Sports Talk Coffee Hour</p> <p>9:00-11:00 Pinochle</p> <p>11:00-12:00 "Marbles & Jokers"</p> <p>11:00-12:00 Strength Training \$2</p> <p>11:00-12:00 Balance Exercises</p> <p>12:45-2:00 Chair Volleyball</p> <p>1:00-4:00 Mah Jongg</p>	30	<p>10:30-12:00 Choral Group</p> <p>11:00-11:45 Balance Exercise</p> <p>12:15-4:00 Duplicate Bridge</p> <p>12:30-4:00 Scrabble Club</p> <p>12:30-4:00 "Marbles & Jokers"</p> <p>1:30-3:30 Line Dancing \$5 (off site)</p>	31	<p>9:30-11:30 Stained Glass</p> <p>9:30-10:30 Chair Volleyball</p> <p>11:00-12:00 Balance Exercise</p> <p>1:00-3:00 Halloween Party!</p> <p>1:00-4:00 Bridge / Rummikub</p> <p>1:30-2:30 NO Cardio-Drum Video today</p> <p>2:30-3:30 NO Cornhole today</p>

MIDDLEFIELD SENIOR CENTER

Monday Crafts

- 6th Pumpkin Mason Jar lids \$5
- 20th Wooden pumpkin/ Snow-man reversable \$8
- 20th Crafting with Marsha

Perfect occasions

Doo Wop party and lunch

Friday, October 10th

Oldies singalong and dance party!
Move and groove with us and stay for a fantastic lunch. • \$8

Harvesting Healthy Habits

Tuesday, October 14th

All about embracing the season's bounty to nourish your body and mind. From mindful eating to seasonal self-care, fall is the perfect time to plant the seeds of wellness that will carry you through the colder months.

Myo Fit

Thursday, October 16th

Myo Fit will be back to discuss the knee, ankle and foot.

Halloween Carnival & Spooktacular lunch!

Friday, October 17th

Come for the tricks stay for the treats!
Costumes encouraged! \$5

Middlefield Library Presentation

Tuesday, October 28th

Homemade Mulling Spices

Book Club

Thursday, October 30th

Surviving Savannah
By: Patti Callahan Henry

Happy Halloween!

Friday, October 31st

Join us at the Chardon senior center for our combined Halloween party and staff chili cook off! Enjoy a fun afternoon of dancing! Cost \$5

Pumpkin Decorating Contest

Stop in MFSC any Monday in October to decorate a pumpkin! Winners will be chosen at the Halloween Party on 31st
Pumpkins are limited.

MONDAY

TUESDAY


Hannah Heinz
*Recreation &
Education Coordinator*

Ginny Lester
*Recreation &
Education Assistant*

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

6	<p>10am Crafting Club</p> <p>11am Balance Exercise</p> <p>12pm Lunch</p> <p>12pm-3pm Painting Pals</p> <p>1pm Crafting Pumpkin mason jar lid \$5</p>	7	<p>10am Chair Yoga Video</p> <p>11am Walking at Mineral Lake</p> <p>11am Line Dancing \$3</p> <p>12pm Lunch</p> <p>1pm Chair Volleyball</p>
13		14	<p>10am Chair Yoga Video</p> <p>11am Walking at Mineral Lake</p> <p>11am Knowledge with Dawn</p> <p>12pm Lunch</p> <p>1pm Chair Volleyball</p>
20	<p>10am Crafting Club</p> <p>11am Balance Exercise</p> <p>12pm Lunch</p> <p>12pm-3pm Painting Pals</p> <p>1pm Crafting Wooden reversable pumpkin snowman \$8</p>	21	<p>10am Chair Yoga Video</p> <p>11am Walking at Mineral Lake</p> <p>11am Line Dancing \$3</p> <p>12pm Lunch</p> <p>1pm Chair Volleyball</p>
27	<p>10am Crafting Club</p> <p>11am Balance Exercise</p> <p>12pm Lunch</p> <p>12pm-3pm Painting Pals</p> <p>1pm Crafting with Marsha</p>	28	<p>10am Chair Yoga Video</p> <p>11am MF Library Presentation Homemade Mulling Spices</p> <p>12pm Lunch</p> <p>12pm Chair Volleyball</p> <p>Closed at 2pm for Staff development</p>

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

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Trivia Mania 2pm Chair Volleyball</p>	<p style="text-align: right;">2</p> <p>10am Advance Directives 12pm Lunch 1pm Chair Volleyball</p>	<p style="text-align: right;">3</p> <p>10am Chair Yoga Video 11am Grooving with Ginny 12pm Lunch 1pm Chair volleyball</p>
<p style="text-align: right;">8</p> <p>10am Balance Exercise 11am BINGO Sponsored by Inn at the Pines 12pm Lunch 1pm Trivia Mania 2pm Chair Volleyball</p>	<p style="text-align: right;">9</p> <p>10am Advanced Directives 12pm Lunch 1pm Chair Volleyball</p>	<p style="text-align: right;">10</p> <p>9am Chair Yoga Video 11am Doo Wop Party and lunch \$8 1pm Chair Volleyball</p>
<p style="text-align: right;">15</p> <p>8 am Social Work Appts 10am Balance Exercise 11am BINGO with Dawn! 12pm Lunch 1pm Trivia Mania 2pm Chair Volleyball</p>	<p style="text-align: right;">16</p> <p>10am Myo Fit Knee/ Ankle & Foot 11am Grooving with Ginny 12pm Lunch 1pm Chair Volleyball</p>	<p style="text-align: right;">17</p> <p>10am Middlefield Halloween Carnival and Spooktacular lunch \$5</p>
<p style="text-align: right;">22</p> <p>10am Balance Exercise 11am BINGO 12pm Lunch 1pm Trivia Mania 2pm Chair Volleyball</p>	<p style="text-align: right;">23</p> <p>10am Mexican Train 11am Grooving with Ginny 12pm Lunch 1pm Chair Volleyball 2pm Movie at Briar (Casper)</p>	<p style="text-align: right;">24</p> <p>10am Chair Yoga Video 11am Grooving with Ginny 12pm Lunch 1pm Chair volleyball</p>
<p style="text-align: right;">29</p> <p>10am Balance Exercise 11am Trivia Mania 12pm Lunch 1pm BINGO Sponsored by Burton Health Care 2pm Chair Volleyball</p>	<p style="text-align: right;">30</p> <p>10am Mexican Train 11am Grooving with Ginny 11am Book Club <i>Surviving Savannah</i> 12pm Lunch 1pm Chair Volleyball</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">Closed Today Join us for the Halloween party at CSC!</p>  <p style="text-align: center;">HAPPY HALLOWEEN</p>

WEST GEAUGA SENIOR CENTER

Breakfast & BINGO

Oct. 10th - 8:30-10:00 a.m.

Join us at WGSC for a hot breakfast of French Toast sticks, scrambled eggs, bacon, yogurt and beverage. Bingo will be after breakfast from 9:00-10:00 am. **Cost \$6 Registration Required. Deadline is Oct. 3.**

Lunch & Movie "Nonnas"

Oct. 24th 12:00-2:00 p.m.

Join us for a hot lunch (meal of the day) followed by the Movie "Nonnas" A touching story ~After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs. Based on a TRUE Story. Starring Vince Vaughn, Susan Serandon and Richie Moriarty. **Register by Oct. 15th @ 440-279-2163.**

Diabetes Self Management

Oct. 9th thru Nov. 13th 1:00-3:30 p.m.

If you or someone you know has diabetes, join our **six-week workshop** (2 ½ hr weekly sessions), **Diabetes Self-Management (DSM)**. You'll get the sup-port you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. **Call to register by Oct. 6th 440-279-2163.**

AARP Safe Driver Course

Oct. 24th 9:00 a.m.-1:30 p.m.

Join us at WG for this senior drivers course. Learn skills to be a safer driver, and get a discount on your auto insurance. Hot lunch is included, however **you must register no later than Oct. 14th to reserve the meal.**

Cost \$20 AARP Members.

Call to sign up at 440-279-2163.

SENIOR SPIN CLASSES

Wednesdays & Fridays
9:30-10:30 a.m.

and again 10:30-11:30 a.m.

Friday Afternoons 2:30-3:30 p.m.

BEGINNER SPIN CLASSES

Tuesdays & Thursdays
10:00 a.m.-10:30 a.m.

**SIGN-UP REQUIRED,
NO WALK-INS.**

VT= Virtual Teams

Exercise classes with this symbol are also available virtually using our Teams link.

OCTOBER 2025

MONDAY

TUESDAY

Recreation/Education Coordinator
Christine Bacon 440-279-2163

Rec/Ed Assistants

Jeannie Molzon 440-279-2183

Amy Walsh 440-279-2163

I&R Assistant Debbie M.

Stained Glass Class Appts:

Call Don Trask 440-759-9691

Lunch is served Mon thru Fri from 12:00-12:30 p.m. **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

9:00-10:00 Water Exercise Metz Pool **6**
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 Mahjong
1:00-3:00 Diamond Art \$
2:00-3:00 Line Dancing \$2

9:00-11:30 Stained Glass \$5 **7**
9:00-10:00 Water Exercise - Metz Pool
9:15-9:45 Beginner Spin Class 1
10:00-10:30 Beginner Spin Class 2
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 **14**
9:00-10:00 Water Exercise - Metz Pool
9:15-9:45 Beginner Spin Class1
10:00-10:30 Beginner Spin Class 2
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

9:00-10:00 Water Exercise - Metz Pool **20**
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 Mahjong
1:00-3:00 Diamond Art \$
2:00-3:00 Line Dancing \$2

9:00-11:30 Stained Glass \$5 **21**
9:15-9:45 Beginner Spin Class1
10:00-10:30 Beginner Spin Class 2
11:00-11:45 Seated Strength & Balance
12:00-3:00 Bridge Group
12:30-1:30 Tai-Chi Fit \$
12:30-2:30 Knit & Crochet

9:00-10:00 Water Exercise - Metz Pool **27**
10:00-11:00 Strength & Cardio
11:00-12:00 Chair Yoga
12:00-1:00 Water Exercise-Metz Pool
1:00-3:00 MahJong
1:00-3:00 Diamond Art \$
2:00-3:00 Line Dancing \$2

9:00-11:30 Stained Glass \$5 **28**
9:00-10:00 Water Exercise-Metz Pool
9:15-9:45 Beginner Spin Class1
10:00-10:30 Beginner Spin Class 2
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

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 1</p> <p>9:00-11:30 Stained Glass \$5</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "Great Castles of Europe"</p>	<p>9:00-10:00 Water Exercise - Metz Pool 2</p> <p>9:15-9:45 Beginner Spin Class 1</p> <p>10:00-10:30 Beginner Spin Class 2</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>1:00-2:00 Chair Volleyball</p> <p>1:00-3:00 Mahjong Lessons</p>	<p>9:00-11:30 Stained Glass \$5 3</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>2:30-3:30 Senior Spin Class</p>
<p>9:00-10:00 Water Exercise - Metz Pool 8</p> <p>9:00-11:30 Stained Glass \$5</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "Great Castles of Europe"</p> <p>1:00-3:00 Puzzle piece pumpkin craft</p>	<p>9:15-9:45 Beginner Spin Class 1 9</p> <p>10:00-10:30 Beginner Spin Class 2</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>1:00-2:00 Chair Volleyball</p> <p>1:00-2:30 Arm Chair Travel "Germany & Austria"</p> <p>1:00-3:30 Diabetes Self Management</p>	<p>8:30-10:00 Breakfast & BINGO \$6 10</p> <p>9:00-11:30 Stained Glass \$5</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-11:45 Cardio Drumming VIDEO</p> <p>2:30-3:30 SENIOR SPIN Class</p>
<p>9:00-10:00 Water Exercise-Metz Pool 15</p> <p>9:00-11:30 Stained Glass \$5</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "Great Castles of Europe"</p>	<p>9:00-11:00 Water Exercise-Metz Pool 16</p> <p>9:15-9:45 Beginner Spin Class 1</p> <p>10:00-10:30 Beginner Spin Class 2</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>1:00-2:00 Chair Volleyball</p> <p>1:00-3:30 Diabetes Self Management</p>	<p>9:00-11:30 Stained Glass \$5 17</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-11:45 Cardio Drumming VIDEO</p> <p>12:00-2:00 Lunch and Bingo</p> <p>2:30-3:30 SENIOR SPIN Class</p>
<p>9:00-10:00 Water Exercise-Metz Pool 22</p> <p>9:00-11:30 Stained Glass \$5</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "Great Castles of Europe"</p>	<p>9:15-9:45 Beginner Spin Class 1 23</p> <p>10:00-10:30 Beginner Spin Class 2</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>1:00-2:00 Chair Volleyball</p> <p>1:00-2:30 Arm Chair Travel "Germany & Austria"</p> <p>1:00-3:30 Diabetes Self Management</p> <p>5:00-7:00 Dine Nite at Sausalito in Kirtland</p>	<p>9:00-11:30 Stained Glass \$5 24</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>9:00-1:30 AARP SAFE Driver Course</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>12:00-2:00 Lunch & Movie "Nonnas"</p> <p>2:30-3:30 SENIOR SPIN Class</p>
<p>9:00-10:00 Water Exercise-Metz Pool 29</p> <p>9:00-11:30 Stained Glass \$5</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "Lost Worlds of South America"</p>	<p>30 ***NO Morning Exercise Classes Today***</p> <p>9:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-1:30 Halloween Party with St. Anselm Kindergarten class.</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>1:00-2:00 Chair Volleyball</p> <p>1:00-3:30 Diabetes Self Management</p>	<p>9:00-11:30 Stained Glass \$5 31</p> <p>9:30-10:30 Senior Spin Class 1</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>10:30-11:30 Senior Spin Class 2</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>2:30-3:30 Senior Spin Class</p> <p style="text-align: center;">HALLOWEEN</p>

SENIOR COMMUNITY EVENTS

— Please call 440-279-2137 to register or with any questions. —

Lunch with the Curator History of Farming & Farming Equipment

Tuesday, October 7th, Noon-1 p.m.

Century Village Auburn Church
(14653 East Park St., Burton)

Geauga County's agricultural history is closely linked to the development and use of agricultural equipment. From early tools to modern machinery, agricultural equipment has significantly impacted farming practices and efficiency in the county.

\$5 per person at the event. A box lunch can be provided through the Geauga Department on Aging for an additional \$5. When calling please let us know if you would like lunch, otherwise you may bring a bag lunch! Call Sandy McLeod at 440-279-2137 to register.

Walking for Wellness

Every Thursday at 9:00 a.m.

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
10/2	Blue Heron Preserve 14747 Ravenna Rd, Burton
10/9	Bedford Reservation <i>Voted in the Top 5 Destinations in NE Ohio for Fall Foliage!</i> Gorge Parkway, Walton Hills Park at Bridal Veil Falls Parking Lot Afterwards, Breakfast at Bedford Falls Café 720 Broadway Ave, Bedford
10/16	Swine Creek Reservation 16004 Hayes Rd, Middlefield
10/23	Whitlam Woods 12500 Pearl Rd, Hambden
10/30	Sunnybrook Preserve 12474 Heath Rd, Chesterland

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!

- **Oct. 1 (1st Wednesday) 11:30 a.m. - 12:30 p.m.**
at Geauga West Library, with an out to lunch to follow, please sign up with Sandy McLeod.
Discussing: *The Women* by Kristen Hannah
- **Oct. 9 (2nd Thursday): 1:30 - 3:00 p.m.**
at Burton Library
Discussing: *The Book Thief* by Marcus Zusak

The Loretta Paganini School of Cooking

Monday, November 17th from 12:00-2:00 p.m.

Join us for a cooking demonstration and lunch at the International Culinary Arts & Sciences Institute (8700 Mayfield Road, Chesterland)! Take a seat and watch the chef-instructor and assistants demonstrate, prepare, and serve the items. **Autumns Embrace Menu:** Sausage, White Bean, and Greens Soup; Beef Bourguignon; Garlic Mashed Potatoes; Sweet Butter Rolls with Chive Butter; Brownie Sundae with Caramel Sauce and Whipped Cream. \$55 per person.

Deadline is October 31st, or until filled. Please call Melissa Wheeler at (440) 279-2167 with questions.

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
10/7*	Orchard Hills Use GPD Entrance 1/4 Mile North of Pattersons 11340 Caves Road, Chesterland
10/14	Hudson Springs Park 7095 Stow Road, Hudson; take Rt 91, South to Middleton Road, East to Stow Road, Hudson; South - just under the turnpike
10/21*	Burton Wetlands Nature Preserve 15681 Rider Road, Burton
10/28*	Trail Lake 605 Ravenna Road, Streetsboro 44241

SENIOR COMMUNITY EVENTS

— Please call 440-279-2137 to register or with any questions. —

Parkinson's & Diabetes Support Group

No Support Group meetings for Parkinson's or Diabetes this month. However, we encourage you to sign up for the "Walk the Path to Wellness" event on our scheduled meeting date – October 21st from 12:00-3:00 p.m. This program would be beneficial for both Support Group attendees to participate in. See newsletter details for more information and to register.

Free Lunch and a Movie

Thursday, October 2nd from 12:00 - 2:30 p.m.

West Geauga Senior Center (8090 Cedar Road, Chesterland)

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.*

Free Senior Health and Wellness Fair!

Monday, October 6th from 9 a.m. - 12 p.m.

Geauga YMCA - 12460 Bass Lake Road in Chardon

The YMCA is partnering with University Hospitals Geauga Medical Center who will be offering free screenings (cholesterol, glucose, blood pressure, and balance). There will also be 35 other vendors offering free information, services, free gifts and items to purchase.

Questions? Call the YMCA at (440) 285-7543 Ext 3025.



At the Geauga County Department on Aging, we celebrate life and longevity! Pictured here is Genny, who has been an active attendee at the Chardon Senior Center for many years! Friday was Genny's birthday, and her friends at the Center helped her celebrate all day long! Happy Birthday to Genny!!!!

CWRU Siegel Lifelong Learning Speaker – Superman in Cleveland

Tuesday, November 4th at

Ohman Family Living at Holly

(10190 Fairmount Rd, Newbury)

Breakfast will be served at 9:30 a.m., followed by the lecture "Superman in Cleveland" beginning at 10:00 a.m. Presented by Brad Ricca, award winning author of six books, been featured in documentaries on the History Channel, AMC, and has been a guest on Criminal, All Things Considered, Tenfold More Wicked, BBC Radio, and more! Learn how the world's first and greatest superhero was created right here in Cleveland by two kids in Glenville. The author of the award-winning Super Boys will share some of his discoveries and stories and talk about Superman's next Cleveland role. 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.**

ADVANCED DIRECTIVES

The Geauga County Bar Association Advance Directives Committee and Hospice of the Western Reserve will present information and answer questions regarding health care powers of attorney and living wills at the next scheduled meetings. They will distribute the standard forms and return the following week with attorneys from the Geauga Bar, who will help you complete the forms and notarize them. **Call today. Space is limited!**

There will be two different opportunities to attend Advance Directive meetings for 2025!

Option 1: Middlefield Senior Center, 15820 Ridgewood Rd, in Middlefield. Thursday, October 2 for the panel discussion (10:00 a.m. - 12:00 p.m.) and Thursday, October 9 for the signing day (*half hour appointments will be assigned*). Call the Middlefield Senior Center at (440) 632-0611 to reserve a space.

Option 2: Bainbridge Senior Center, 17751 Chillicothe Rd in Bainbridge. Thursday, October 16 for the panel discussion (10:00 a.m. - 12:00 p.m.) and Thursday, October 23 for the signing day (*half hour appointments will be assigned*). Call the Bainbridge Senior Center at (440) 279-1313 to reserve a space.

BAINBRIDGE SENIOR CENTER EVENTS

— Please call 440-279-1313 to register or with any questions. —

FREE LUNCH AND LEARN

with Bridget from Regency of Chargin Falls

Tuesday, October 21st at Noon

The topic is TBA, but Bridget will be bringing a yummy lunch and some great information! Registration required 440-279-1313. We will announce the topic in the senior center and on our Facebook page shortly – so stay tuned!

Matt's Madhouse

Friday, October 24th at 10:45 a.m.

Come one, come all and enter Matt's Madhouse. Inside, your fate awaits. A series of puzzles and clues will test your brain and your sanity. Can you escape the Mattness? Players will form groups upon arriving and will be given one hour to solve the mystery. (Escape Room). Lunch will be provided at Noon. **Register by calling 440-279-1313.**

PET PICS at BSC

Tuesday, October 14th

Come in to get a portrait taken with your pet! Local photographer, Sam Young of Sam Young Studios will be here and providing his services FREE of charge! **Registration and appointment time are required, call 440-279-1313 to reserve your spot!** *All pets must be up to date on all vaccinations and always remain leashed and under owner control. *

Big Breakfast

Thursday, October 30th

Join BSC for our monthly big breakfast. Veterans & October birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Veggie & Sausage Strata. **Please RSVP by Monday 10/27. This will also be a Halloween-themed event –so feel free to wear a costume! Special treats and prizes for anyone in costume!**

RETRO GAMING

Thursday, October 9th at 12:30 p.m.

Come to the Bainbridge Senior Center and replay some of your favorite video games from the past. We'll have Pong, Pac-Man, and Centipede to name a few. No quarters needed! Refreshments provided!



HEALTH FAIR - THANK YOU TO OUR VENDORS

Thank you so much to all the participating vendors for our Health Fair that was on 9/9! Our seniors truly appreciated your expertise and time answering their questions and providing information!

- University Hospitals and the UH Mobile Mammogram Unit
- Ohman Family Living
- Club Pilates of Chagrin Falls
- Mobility Plus of Solon
- Cherished Companions
- Alzheimer's Association
- Beachwood Transportation
- Reliable Nurse Footcare
- The Heart Center
- Heinen's – ClubFX
- Manifest Holistic Centre
- SLW Services

GAMES AT BSC!

- Poker** Mondays, 10 a.m. - 2 p.m.
- Mexican Train** Tuesdays, 10 a.m. - Noon
- Bingo** Wednesdays, 10 a.m. - 3 p.m.
- Scrabble** Every 3rd Thursday, 12:30 - 2:20 p.m. -
- Mahjong** Tuesdays 10 a.m. 3 p.m. and Fridays 10 a.m. - Noon

Geauga County Public Library at BSC

October 14th and 28th

Geauga County Public Library will be stopping in with new selections of various media for you to borrow.

New! Grief Support Group

Thursday, October 16th at 1 p.m. at BSC!

Led by Rev. Erin McCreight Proie from Bluedot Cares of Ohio. Erin has over 15 years of experience across multiple healthcare settings as a Chaplain, primarily serving older adults through hospice and senior living communities. She has led bereavement groups, family support groups, and is committed to helping others find their meaning and purpose.

Friday Films

Every Friday, join the Bainbridge Senior Center for a lunch and movie at 12 p.m., free of charge. October's theme is **MONSTER MASH**. Reservations are not required but encouraged to ensure a meal for all attendees.

- 10/3 **The Creature from the Black Lagoon – 1954**
- 10/10 **The Bride of Frankenstein – 1935**
- 10/17 **Invasion of the Body Snatchers – 1956**
- 10/24 **The Fly – 1958**
- 10/31 **Young Frankenstein – 1974**

Line Dancing

Every Wednesday from 10:30 -11 a.m. for beginner's class then stay for the regular line dancing session 11 a.m. - 12 p.m. Learn and then apply your new moves with your new friends! *No need to register—just drop in!*

FREE Tech Help

October 20th at 11:00 a.m.

Steve from Verizon will be here at 11 a.m. to help you out regardless of your plan or carrier. *Call 440-279-1313 to register.*

CHARDON SENIOR CENTER EVENTS

— Please call 440-279-2126 to register or with any questions. —

Pumpkin Decorating Contest GOURDGEIOUS CREATIONS

Sponsored by Jennings Notre Dame Village

Decorate a faux pumpkin to enter into our "Gourdgeous Creations" contest! Pumpkins will be available to decorate at either Middlefield Senior Center, or Chardon Senior Center every Monday in October, from 8-4 on a drop-in basis at your leisure. The pumpkins will then be displayed and voted on at our Halloween Chili Cook-Off Party on October 31. A limited number of pumpkins are available, so reserve your today!

To reserve a pumpkin in Middlefield, call 440-632-0611.

To reserve a pumpkin in Chardon, call 440-279-2126.

1 pumpkin per person, in total. Which creation will be the cutest little pumpkin? Thank you to our sponsor, Jennings Notre Dame Village!



So much fun today at the Lake County Captains game!

Halloween Chili Cook-Off Party!

October 31st - 1:00-3:00 p.m.
at Chardon Senior Center

Middlefield Senior Center, Community Programming, and Chardon Senior Center invite you to vote on the "People's Choice" award for our first annual Halloween Chili Cook-Off Party! Come dressed in your favorite Halloween Costume, vote on the staff-made chili, and enjoy the sounds of our very own D.J. Big Business (Chris from CSC)! A light lunch will be available with the chili samples. *Registration is required by 10/17. \$5 per person.*

Sports Talk Casual Chat and Coffee Hour

Wednesdays from 8 a.m. - 9 a.m.

Join us for a casual discussion about the Cleveland Browns and the Cleveland Guardians.

Meditation with Maggie

Thursday, October 9 AND
Thursday, October 23, at 1:00 p.m.

Come spend time in this meditation class. New to the concept of meditating? No worries, our instructor, Maggie Kimble, will walk you through the process. \$3.00 per person and per session, with registration. *Call 440-279-2131.*

Walking Club at Chardon Senior Center Phase 2 - Walk from Cleveland to Kent Challenge

Stay active and walk with us at the Chardon Senior Center (cool and indoors). We feature the "Walk from Chardon to Cleveland" challenge & those who completed this challenge are welcome to start phase 2: the Cleveland to Kent, OH challenge. Log your mileage and after you complete the 30 mile journey we will have a certificate for you. This is a free program and is open to Seniors Mon-Fri, 8-4 p.m. Mileage walked outside of the center will also be accepted towards the goal.

Art Club with Amber from Ariel Inspired Studio

Tuesday, October 14, from 1 p.m. - 3 p.m.
at Chardon Senior Center

This month's project is a beautiful framed ghost made out of pearls! No experience needed. No supplies needed. Amber will walk you through the painting process, step-by-step! \$40 with registration.

Scrabble Club is now meeting at Chardon Senior Center!

Every Thursday beginning at 1 p.m.

Do you love playing Scrabble? We have the game, you bring the skill, and together we will make the F-U-N (that's a 6-point word)! Call for details at 440-279-2126.

CHARDON SENIOR CENTER EVENTS

— Please call 440-279-2126 to register

Creative Cooking with Garth

Thursday, October 16, from 12 p.m. – 1 p.m.

Join us for lunch and learn how to make a delicious and simple recipe! *Reservations are required at 440-279-2126. \$2 per person.*

The Breakfast Club of Chardon

Thursday, October 9, at 9:30 a.m.

Join us for a breakfast at Spinner's Diner in Chardon. Enjoy breakfast, coffee, and conversation with others! Cost is "on your own." *Call 440-279-2126, so we know who to expect!*

Spelling Bee

Monday, October 6, from 1 p.m. – 2 p.m.

Calling all Wordsmiths! Join us at Chardon Senior Center for our 1st annual Geauga County Department on Aging Spelling Bee. Who will be crowned "Queen (or King) Bee?" *Call to register at 440-279-2126.*

Grow Great Garlic with Johnny Garlic!

Wednesday, October 15, from 1 p.m. – 2 p.m..

Chardon Senior Center Volunteer, John Nowicki, will give a presentation on garlic growing. John has been successfully gardening for years, and often shares his crop (including his garlic) with people at CSC. Come and find out his secret to growing great garlic yourself! Register by calling 440-279-2126.

Tech Help Appointments

Every Monday, from 1 to 3 p.m.

Our Volunteer, Dwight, will do one-on-one tech appts. 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!

Book Club "Dessert and Discuss"

Monday, October 20, from 1-2 p.m.

We will be discussing *Maria*, by Michelle Moran, while enjoying a deliciously baked dessert. A limited supply of books will be available at the Chardon Senior Center, and can be reserved on a first come, first served basis by calling 440-279-2126.

Birthday Bingo & Pizza Party

Friday, October 24, at 11:00 a.m.

We will be celebrating all of those having celebrated birthdays in October! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$5.00 per person; and October 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!



"Marbles and Jokers"

Wednesdays from 11 a.m. – 12 p.m.,
and Thursdays beginning at 1 p.m.

Come join us for this fun game, new to our senior center! One of our snowbirds brought this game back from Florida and we are having a great time learning to play! *No need to pre-register, but please call before coming out!*

Social Worker Appointments

First Friday of every month from 1 p.m. to 3 p.m.

Gauga County Department on Aging Social Service Worker, Kim, will be available to see clients by appointment to discuss agency resources and programs. Topics that can be discussed are: Medicare/Medicaid questions, Home safety issues, Housing assistance, Durable medical equipment, County medical transportation, Program referrals. To sign up for an appointment, call Chardon Senior Center at 440-279-2126. The next date for appointments will be Friday, October 3.

MIDDLEFIELD SENIOR CENTER EVENTS

Halloween Carnival

Friday, October 17th at 10 a.m.

10 a.m.-12 p.m. carnival games and prizes. 12 p.m. spooktacular lunch \$5.00. Come for the tricks stay for the treats! Costumes encouraged! *Call 440-632-0611 to let us know you will be here.*

Myofit of Middlefield

Thursday, October 16th at 10 a.m.

Let's talk about knees, ankles and feet. The PTA will give general information, show a demonstration of exercises and answer any questions you might have! *Let us know you will be here!*

MIDDLEFIELD SENIOR CENTER EVENTS

— Please call 440-632-0611 to register or with any questions. —

Doo Wap Party by Perfect Occasions

Friday, October 10th at 11 a.m.

Join us at the Middlefield Senior center for an Oldies singalong and dance party that you don't want to miss! Lunch included. Cost \$8.00. *Call 440-632-0611 to let us know you will be here.*

Knowledge with Dawn Harvesting Healthy Habits

Tuesday October 14th at 11 a.m.

Harvesting Healthy Habits is all about embracing the season's bounty to nourish your body and mind. From mindful eating to seasonal self-care, fall is the perfect time to plant the seeds of wellness that will carry you through the colder months. *Call 440-632-0611 to let us know you will be here!*

Book Club

Thursday, October 30th 11 a.m.

Surviving Savannah By: Patti Callahan

Monday Crafts

Oct. 6th

Pumpkin Mason Jar lids \$5



Oct. 20th

Wooden Pumpkin/Snowman
reversible \$8



Nov. 10th

Framed Glass Evergreen
By Amber Arial
\$45 Class led by Amber!



Movie and Snack at Briarcliff Manor

Thursday, October 23rd at 2 p.m.

Join the Middlefield Seniors for a movie at Briarcliff Manor. (14807 N State Ave, Middlefield). Enjoy a snack while watching a movie (Casper) in Briarcliff's theater room. *Please call 440-632-0611 to register.*

WEST GEAUGA SENIOR CENTER EVENTS

— Please call 440-632-0611 to register or with any questions. —

Craft Class with AMY

Wednesday, October 8^h, 1:00-3:00 p.m.

Join Amy for a fall craft making class here at WG. She will have participants make a puzzle piece pumpkin mounted on a wooden box frame. This can be displayed anywhere throughout your home, or it can make a nice gift for a friend or loved one. *Cost is \$5, and the deadline to register is Oct. 6th. Call WGSC for more info at 440-279-2163.*

Diamond Art

Mondays from 1:00-3:00 p.m.

If you are a Diamond Art Enthusiast, then we would love to have you join our Diamond Art group here at WGSC Bring your own project or purchase one here. *Call 440-279-2163.*

DINE Nite OUT with WGSC

Thursday, October 23rd 5:00 p.m.

Join your friends at West G for an evening dinner out at Sausalito in Kirtland. Address is 9270 Chillicothe Rd, Meet up time is 5:00 p.m., Call ahead to let us know you are coming by Oct. 21st. Call 440-279-2163.

Taichi-Fit Class

with instructor Tim Shea

Tuesday Afternoons 12:30-1:30 p.m.

If you are looking to join a Taichi class, we offer them here at WGSC every Wednesday Afternoon from 12:30-1:30 p.m. The benefits of this exercise include Better Balance/fall prevention, improved cardiovascular health, relieves pain, encourages Fat Loss, improves mood and mental health, improves cognitive function and reduces fatigue Cost is \$3 per person (paid directly to instructor each class) *Call to sign up 440-279-2163.*

Line Dancing Classes

Mondays from 2:00-3:00

Join us for Line Dance Classes with Jeanne at WG Senior Center. YouTube Tutorials for the select songs will be shown on BIG Screen TV, while we follow along to learn the dances. A \$2 donation per class is requested, no need to sign up or anything! *Just Call WGSC for more info 440-279-2163.*

WEST GAUGA SENIOR CENTER EVENTS

— Please call 440-279-2163. to register or with any questions. —

Never Ending Knowledge Series

Wednesdays, 1:00-2:30 p.m. (three 30-minute lectures)

Join us as we conclude the series on Egypt, and begin our next course “The Great Castles of Europe”

Light snacks and refreshments provided.

REGISTRATION IS REQUIRED 440-279-2163

The Great Castles of Europe

OCT 1st

1. Women in Castles and Castle Roche
2. Crusader Castles and Crac des Chevaliers
3. Frederick II and Castel del Monte

OCT 8th

1. Monastic Castles of the Baltic and Cesis
2. Malbork and the Teutonic Castles of Prussia
3. Caernarfon and Edward I's Welsh Castles

OCT 15th

1. Lordly Landscapes and Leeds Castle
2. Bodiam and the Symbolic Power of Castles
3. Carcassonne, Visby, and Urban Fortifications

OCT 22nd

1. Widows, Inheritance, and Chepstow Castle
2. Hamlet's Kronborg and Toll Castles
3. The Alhambra and Later Spanish Castles

OCT 29th

1. Bran, Corvin, and Castles of Transylvania
2. The Paston Saga and Caister Castle
3. Chateaus of the French Renaissance

AARP SAFE Drivers Course at West G

October 24th from 9:00-1:30 p.m.

This is a CLASS ONLY Training, NO getting behind the wheel!! ~Bring your Driver's License and AARP CARD, Pre-Registration starts at 8:45am. Cost for AARP members is \$20 ~ Non-members \$25. Hot lunch is available however you must order your lunch when registering for the course. Deadline is Oct. 14th. Make checks payable to AARP and give directly to the instructor. Call 440-279-2163.

Chair Volleyball Players needed

Every Thursday afternoon from 1:00-2:00 p.m.

We are having Chair Volleyball here at WGSC! If you like to play, and have the time, we are looking for enough people to play regularly each week. TEN people minimum are needed, please call if you would like to join us! 440-279-2163.

Armchair Travel Germany & Austria at WGSC

Thursday afternoon's from 1:00-2:30 p.m.

- OCT 9th
1. Ulm and Tuttingen: A Taste of Swabia
 2. Salzburg and the Austrian Alps
 3. Giants of the Ruhr: Duisburg and Düsseldorf
- OCT 23rd
1. Cologne: From Karneval to Kölsch
 2. Worms: City of the Nibelungs
 3. The Romantic Rhine Valley

Lunch and Movie “Nonnas”

Friday, October 24, 12:00-2:00 p.m.

Join us for a hot lunch (meal of the day) followed by the Movie “Nonnas” A touching story ~After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs. Based on a TRUE Story. Starring Vince Vaughn, Susan Serandon and Richie Moriarty. **FREE Event-Donations accepted for meal. Register by Oct. 14th @ 440-279-2163.**

Lunch, Learn and Laughter YOGA

Wednesday, Oct. 15th at 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 Oct. 6th 440-279-2163.**

Breakfast & Bingo

Friday, October 10, 8:30-10:00 a.m.

Join us at WG for a hot breakfast of French Toast Sticks, scrambled eggs, Bacon, Yogurt & Beverage. Following Breakfast, we will have BINGO with Fun Prizes. Cost: \$6, deadline is 10/6.

Halloween Party with the St. Anselm kindergarten class

Thursday, October 30th from 10:00-1:30 p.m.

Join us here at The West G Senior Center for a fun filled morning with the Kindergarten Class from St Anselm School. There will be games with the kids, music, and a performance from the class. The children will also Trick or Treat around the building before they leave at noon, so we will need CANDY!! A hot Lunch of BBQ Beef on Pretzel BUN, Mac & Cheese, Fruit Salad, dessert and beverage will be served from 12:00-12:30, and then we will finish up with BOO BINGO!!!! There will be neat prizes too!! **DONT FORGET TO WEAR YOUR COSTUME!!!** Cost is \$5, **Deadline to register is OCT 27th** **Call the West G Senior Center for more info 440-279-2163.**

Geauga Menu October 2025

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
		1 STUFFED GREEN CABBAGE w/ SPAGHETTI SAUCE ¼ C GREEN BEANS MASHED POTATOES FRUIT CUP BREAD	2 BURGER WITH CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	3 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS WG CORNBREAD LOAF FRUIT CUP
6 SLOPPY JOE TATER TOTS CARROTS APPLESAUCE CUP WG HAMBURGER BUN	7 BBQ CHICKEN BREAST RICE – 1/2 CUP GREEN BEANS SWEET POTATOES APPLESAUCE CUP WG CORNBREAD LOAF	8 TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE – 1 CUP BROCCOLI APPLESAUCE CUP	9 MEATBALLS w/PASTA w/SPAGHETTI SAUCE ½ C MIXED VEGETABLES FRUIT CUP BREAD	10 BREADED CHICKEN PATTY BAKED BEANS SWEET CORN FRUIT CUP WG HAMBURGER BUN BBQ CUP
13 CLOSED	14 SALISBURY STEAK W/GRAVY RICE – ½ CUP SWEET CORN CARROTS FRUIT CUP APPLE-CINNAMON MINI LOAF	15 BREADED FISH TATER TOTS GREEN BEANS FRESH FRUIT WG HAMBURGER BUN TARTAR SAUCE & KETCHUP PC	16 TOMATO BASIL CHICKEN PASTA w/SPAGHETTI SAUCE ½ C CAPRI BLEND VEGETABLES FRUIT CUP DINNER ROLL	17 BONELESS WINGS-6 CARROTS BAKED BEANS STRAW-BAN APPLESAUCE CUP GRAHAM CRACKERS BBQ CUP
20 CHICKEN SALAD COLE SLAW THREE BEAN SALAD FRUIT CUP WG HAMBURGER BUN	21 MEATLOAF W/GRAVY MASHED POTATOES GREEN PEAS APPLESAUCE CUP BREAD	22 JUMBO RAVIOLI w/SPAGHETTI SAUCE 1/4 C YELLOW SQUASH MIXED VEGETABLES FRUIT CUP DINNER ROLL	23 TURKEY BURGER ROASTED POTATOES BROCCOLI STRAW-BAN APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC	24 SWEDISH MEATBALLS w/NOODLES BROCCOLI CARROTS APPLESAUCE CUP BREAD
27 SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS WG CORNBREAD LOAF FRUIT CUP	28 GRILLED CHICKEN BREAST GREEN PEAS DICED CARROTS ESCALLOPED APPLES WG HAMBURGER BUN MAYO PC	29 MACARONI & CHEESE BROCCOLI SWEET CORN FRUIT CUP APPLE-CINNAMON MINI LOAF	30 STUFFED GREEN CABBAGE w/ SPAGHETTI SAUCE ¼ C GREEN BEANS MASHED POTATOES FRUIT CUP BREAD	31 BURGER WITH CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC

Menu Subject to Change. Milk included with each meal. This institution is an equal opportunity employer.

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.

Heating Assistance Available

Application Deadline: May 31, 2026



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, 2026. 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. **Contact a Geauga Department on Aging Social Worker for assistance with your Application!**

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.

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

Mon. - Fri. • 8:00 a.m. - 4:30 p.m.
440-279-2130 OCTOBER 2025

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

Medicare Preventative Services

Did you know that Medicare covers a full range of Preventative Services? These services include exams, screenings, shots, and lab tests and are available to Medicare enrollees to help keep you healthy. To learn more about Medicare covered Preventative Services visit Medicare.gov or contact Social Services at the Geauga County Department on Aging at (440) 279-2130, for a free Guide to Medicare Preventative Services.

2026 MEDICARE PART D & ADVANTAGE PLAN COMPARISONS

Compare Medicare Plan options and you could save money in 2026. The Ohio Department of Insurance has trained Geauga County Department on Aging Staff & Volunteers to offer one on one reviews at Geauga Department on Aging, 12611 Ravenwood Dr, suite 200, in Chardon.

Appointments are available from Tuesday, October 15th through Monday, December 1st. Call (440) 279-2130, Monday through Friday 8:00 a.m. until 4:00 p.m., to schedule your appointment starting October 1st.

Make sure to bring your list of current medicines and your Insurance cards to the appointment.

For those who would like to review options for Part D or Medicare Advantage plans, seniors can do so online at Medicare.gov: from Oct. 15th through Dec. 7th.

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

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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.