

The Geauga Senior News



Geauga County Department on Aging

March 2026

Advanced Directives for Spring 2026

Free Program to set up your living will and health care power of attorney.

West Geauga Senior Center
8090 Cedar Rd in Chesterland.

Wednesday, April 22nd - 10:00 a.m. - 12:00 p.m.
for the panel discussion and
Wednesday, April 29 for the signing day.

Attention Geauga County senior citizens, sixty (60) years of age and older. Do you have Advance Directives in place? Who will make your health care decisions if you are not able? Join us for an informative free program to consider and make your plan. 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. Space is limited! *Call the West Geauga Senior Center at (440) 279-2163 to reserve a space.*

SAVE THE DATE – Trip to New Orleans & Cajun Country November 1st thru November 7th

Join the WGSC for a trip to New Orleans and Cajun Country with AFC Vacations! Enjoy a 6 night - 7 day trip to the deep south. Our week will include the French Quarter, Mississippi River Cruise, Baton Rouge, an Antebellum Mansion dinner & Tour in Natchez, Cajun Country, Acadian Music & History, School of Cooking, Tabasco Factory and much more! Registration is now OPEN, come to any senior center for flyer and registration form. *Call Christine Bacon with questions. 440-279-2163.*



Celebrate America 250 in Dayton & Columbus!

Sunday, April 26th – Monday, April 27th

Sunday Itinerary

- Depart Geauga County
- Lunch & restroom stops (on own) enroute to Dayton, OH.
- National Museum of the U.S. Air Force with Attraction Pass - Experience the fascinating history of aviation at the U.S. Air Force Museum in Dayton. Explore hundreds of historic aircraft, groundbreaking exhibits, and interactive displays that showcase evolution of flight and the heroism of those who serve.
- Jesus Christ Superstar: A Broadway Classic. It's a night of powerful music, compelling storytelling, and unforgettable entertainment. Dinner included before the show at La Comedia Dinner Theatre.
- One night's stay in the Springboro/Miamisburg area.

Monday Itinerary

- Hot breakfast included at the hotel before checkout.
- Travel to Columbus, OH
- Luncheon at Schmidt's Sausage Haus –It's a hearty, memorable experience that combines great food with the unique charm of one of Columbus's most historic neighborhoods.
- Ohio Statehouse Tour - Step inside the historic Ohio Statehouse for a glimpse into Ohio's government and heritage on a guided tour. You'll gain a deeper appreciation for the people, places, and stories that shaped our country during this America 250 celebration.
- Stop at The Flag Lady's Flag Store - Explore a vast selection of flags, patriotic gifts, and memorabilia while learning about the history, symbolism, and care of the Stars and Stripes.
- Comfort/dinner stop enroute on the way home (on own).
- Evening arrival back in Geauga County, OH.

\$360 per person (Double Occupancy), \$434 (Single Occupancy). Final Balance due March 30th. This price includes round-trip transportation aboard a deluxe motor coach, 1 night of hotel accommodation, 3 meals: 1 breakfast, 1 lunch, and 1 dinner. All attractions, admissions, and tickets described. All taxes and gratuities included with the meals and lodging. Please bring cash to tip the bus driver at the end of the trip. Checks made out to: Great Day Tours.

Full Itinerary and Registration Forms Available at Your Local Geauga Senior Centers! For more info, please call Melissa Wheeler at 440-279-2167.



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

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

The newsletter is published monthly, and has a circulation of approximately 4,800 hard copy and 250 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

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CAROLYN BRAKEY, Esq

RALPH SPIDALIERI

LEADERSHIP TEAM

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Michelle Warren - In-Home Services Manager

Melissa Wheeler – Senior Centers Supervisor

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. Entertainment and refreshments will be provided. Anyone who is 55 or older and a resident of Geauga County may join GYOH. Dues of \$30 for 2026 is now due. Come to a meeting or call Monica at 216-659-8117 to join or for further information. On March 6 our speaker will be Dennis Sutcliffe who will tell us about Growing up in Cleveland with Captain Penny, Ghoulardi and others. On **March 20 Marie from Cardinal Physical Therapy will give us tips on exercising.** We’ll be celebrating **St. Patrick’s Day on March 17 at 3:00 at the Silver Skillet Restaurant** for corned beef and cabbage. On **March 24 we will be going to the Aurora Atlas Movie Theater** (Rt. 306 and Rt. 82). 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 will be going to the **Seneca Allegany Casino on Friday, March 13.** Receive \$35 free slot play and \$10 dining dollars. Cost is \$60.



/GaugauCountyDepartmentonAging

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.



America 250 Activities

March's Theme is Music, Movies and Entertainment

Bainbridge Senior Center - Call 440-279-1313 to register or questions.



A250 Monday Movie Meet Ups

Meet up at Noon at Barrington 10 Theater every Monday this month to enjoy \$6 tickets and discounted concessions! Let us know if you would like to attend so we can give them a headcount!

A250 Evening Screening and Panel Discussion of "Welcome to Collinwood"

Thursday, March 12 at Cleveland History Center

Leaving from Bainbridge Senior Center 4:30 p.m. – self-drive or meet at BSC to carpool to attend a special screening & panel discussion of the modern comedy caper movie "Welcome to Collinwood" which was set and filmed entirely in Cleveland's own Collinwood neighborhood!

Snack bags provided by Cynthia Toth – Realtor, Access To Independence, and Foundations Health **FREE EVENT, Registration Required.**

A250 Cleveland Rocks: A Trip Down Memory Lane!

Thursday, March 12

Join us for lunch with local professional musician and Cleveland music scene insider Rick Iacoboni. Rick will tell behind-the-scenes stories about legendary venues like the Cleveland Agora and Blossom Music Center. Intertwined will be live acoustic guitar interpretations of popular music with stories about how many of these songs were written, recorded and performed. **\$5 per person, registration required, lunch included.**

A250 – Before They Were Famous: Celebrity Veterans of World War II

Wednesday, March 25

More than sixteen million Americans served during World War II. Most of them would return home to a normal life, but some would go on to become beloved celebrities after the war. Join Chief Curator Eric Rivet for an audience participation presentation on how some of Hollywood's best known celebrities served their country. **\$5 per person, registration required, lunch included!**

A250 - Rock & Roll Hall of Fame Bus Trip

Friday, March 27

As part of the America 250 Celebrations and March's theme of Music, Movies and Entertainment we will be taking a trip to the Rock & Roll Hall of Fame!

What's Included:

- Q&A session with a Rock Hall Staff Member
- Self-guided tour of the Rock & Roll Hall of Fame
- Screening of the immersive short film "Power of Rock"
- Choice of gourmet boxed lunch enjoyed on the skybridge
- Transportation by coach bus with pickups available at: Geauga County Safety Center or BSC

\$105 per person. Registration due by 3/18 or until event is full. Sign up today at any Senior Center!

2026 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors **must be registered** with the Department on Aging for 2026 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 22-24	Auburn Twp (100)	June 4-5
Hambden Twp	April 20-22	Huntsburg Twp	June 4-5
South Russell Village	April 29,30	Newbury Twp	June 8-10
Bainbridge Twp	May 1	Parkman Twp	June 25-26
Montville Twp	May 4-8	Troy Twp	July 23-24
Claridon Twp	May 7-8	Village of Middlefield	Aug 13
Burton Village	May 13	Chesterland Twp	Sept. 14-18
Burton Twp	TBA	Russell Twp	TBA
Thompson Twp	May 14-15	City of Chardon	TBA
Chardon Twp	May 15	Middlefield Twp	TBA
	TBA		

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



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

**Lifelong Learning -
New Places From Old Spaces**
Tuesday, March 10th at 9:30 a.m.
Ohman Family Living at Holly
(10190 Fairmount Rd, Newbury).
Breakfast served. Presented by Lauren Pacini,
Architectural Photographer and Author.
Cleveland is a national leader in repurposing
aging buildings, giving them new life, often
for purposes other than for which they were
originally intended. Throughout the greater
University Circle area alone we see wonderful
examples of this. Cost: \$15 for members, \$20
non-members. *Registration is required by
visiting www.case.edu/lifelonglearning or
calling 216-368-2090.*

Berkshire Spring Choir Concert Rehearsal
Wednesday, March 18th at 1:00 p.m.
Enjoy light refreshments and conversations with
the students before the show begins! There will
be a shuttle bus to the school. Please park at Kent
State Geauga (14111 Claridon Troy Rd.) in the
back parking lot. The bus will shuttle at 12:45 p.m.
to Berkshire High School. The bus will shuttle
you back after the program. *Please call Magaly
Rios at 440-279-2137 to register. Free.*

Cooking with Heart
Wednesday, March 18th at 3:00 p.m.
UH Geauga Medical Center
(13207 Ravenna Rd, Chardon)
in the Conference Center – Lower Level.
Please join us for a healthy, hands-on cooking
demonstration presented by registered dietitian,
Stephanie and Executive Chef Joe. Topic is
“**Mindful Meals for One**” and it includes a
complementary dinner. *Registration is required
by calling UH Geauga at 440-214-3180, space
is limited. Free.*

Hollywood on the Cuyahoga
Thursday, March 26 at 1:00 p.m.
The land that produced such well-known stars
as Bob Hope, Paul Newman and Halle Berry,
also produced legendary figures behind the
camera and provided the backdrop for some
of the most beloved movies of all time. This
presentation explores Cleveland’s impact on
movies made, as well as how Cleve-landers
enjoyed those movies in historic thea-
ters around the city. Popcorn, candy, and beverages
provided with our entertainment, just like at
the movie theater! In collaboration with UH
Gauga Medical Center. \$5 per person.

MONDAY		TUESDAY	
9:30-11:00	Parkinson’s Boxing CSC	1:00-2:30	Geauga Walkers OS
11:00-12:00	Balance Exercise CSC & VT		
9:30-11:00	Parkinson’s Boxing CSC	9:30-11:30	Lifelong Learning OH
11:00-12:00	Balance Exercise CSC & VT	1:00-2:30	Geauga Walkers OS
		12:30-1:30	Parkinsons Support Group OS
		2:00-3:00	Diabetes Support Group OS
9:30-11:00	Parkinson’s Boxing CSC	1:00-2:30	Geauga Walkers OS
11:00-12:00	Balance Exercise CSC & VT		
9:30-11:00	Parkinson’s Boxing CSC	1:00-2:30	Geauga Walkers OS
11:00-12:00	Balance Exercise CSC & VT		
9:30-11:00	Parkinson’s Boxing CSC	1:00-2:30	Geauga Walkers OS
11:00-12:00	Balance Exercise CSC & VT		
9:30-11:00	Parkinson’s Boxing CSC	1:00-2:30	Geauga Walkers OS
11:00-12:00	Balance Exercise CSC & VT		



SENIOR COMMUNITY EVENTS

Geauga County
Department on Aging

WEDNESDAY		THURSDAY		FRIDAY	
4		5		6	
9:30-11:00	Parkinson's Boxing CSC	12:00-2:30	Lunch & Movie WG	9:30-11:00	Parkinson's Boxing CSC
11:00-12:00	Balance Exercise CSC & VT	1:30-2:20	Berkshire Hall Walkers BMS	11:00-12:00	Balance Exercise CSC & VT
3:00-4:30	Walking for Wellness OS				
11		12		13	
9:30-11:00	Parkinson's Boxing CSC	1:30-2:20	Berkshire Hall Walkers BMS	9:30-11:00	Parkinson's Boxing CSC
11:00-12:00	Balance Exercise CSC & VT			11:00-12:00	Balance Exercise CSC & VT
3:00-4:30	Walking for Wellness OS				
18		19		20	
9:30-11:00	Parkinson's Boxing CSC	11:00-1:00	GPD Elderberries OS	9:30-11:00	Parkinson's Boxing CSC
11:00-12:00	Balance Exercise CSC & VT	1:30-2:20	Berkshire Hall Walkers BMS	11:00-12:00	Balance Exercise CSC & VT
1:00-2:30	Berkshire Spring Concert BHS				
3:00-4:30	Walking for Wellness OS				
3:00-4:30	Cooking with Heart UHG				
25		26		27	
9:30-11:00	Parkinson's Boxing CSC	1:00-2:30	Hollywood on the Cuyahoga GCO	9:30-11:00	Parkinson's Boxing CSC
11:00-12:00	Balance Exercise CSC & VT	NO BERKSHIRE HALLWALKERS TODAY		11:00-12:00	Balance Exercise CSC & VT
3:00-4:30	Walking for Wellness OS				

BSC Bainbridge Senior Center
 BHS Berkshire High School
 BMS Berkshire Middle School
 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
 UHG UH Geauga Medical Campus
 VT Virtual Teams (Online)
 WG West Geauga Senior Center

Melissa Wheeler
Senior Centers' Manager
 440-279-2167

Magaly Rios
Assistant Senior Centers' Manager
 440-279-2137

BAINBRIDGE SENIOR CENTER

CLOSED EARLY 3/31 AT 2 PM FOR STAFF DEVELOPMENT

BIG BREAKFAST

Thursday, March 26th

Join BSC for our monthly big breakfast. Veterans & March birthdays are free to attend. The cost is \$5 for everyone else. *On the menu:* Cheesy Ham n' Hashbrown Casserole. Donuts by Touching Hearts. *Please RSVP by 3/24.*

ST. PAT'S AFTER PARTY

Wednesday, March 18th at Noon

Join us for homemade corned beef and cabbage and then shake your shamrocks to tunes by Tom Todd! \$15 p/person and registration required! Desserts provided by Jennings at Notre Dame.

NEW! WOODCARVER'S WORKSHOP

First informational meeting will held March 2nd

Fellow senior John Hagan will be leading a weekly wood carver's workshop right here at BSC! Experts to beginners all welcome! *Let us know if you plan to attend.*

FRIDAY FILM

Every Friday at 12:00 p.m.

Enjoy a lunch and movie free of charge. March's theme is AMERICA 250 so the focus will be films with connections to NEO. *Reservations are not required but encouraged to ensure a meal for all attendees.*

PODIATRY APPTS

Friday, March 13th

Dr. Kessinger is taking new patients. Call 440-279-1313 to get on the schedule and see if your insurance is accepted!

AMERICA 250 ACTIVITES

Please see page 3 of this newsletter for details about the events below!

MONDAY MOVIE MEET UPS

March 2, 9, 16, 23, and 30
Barrington 10 in Aurora

EVENING SCREENING AND PANEL

DISCUSSION OF "Welcome to Collinwood"

March 12th at Cleveland History Center

CLEVELAND ROCKS

March 12th A musical trip down memory lane and lunch with local musician, Rick Iacoboni

BEFORE THEY WERE FAMOUS

"Celebrity Vets of WW2"

March 25th presented by Chief Curator of WRHS. Includes lunch.

ROCK & ROLL HALL OF FAME TRIP

March 27th Includes transportation, lunch and more!



MARCH 2026

MONDAY	TUESDAY
2	3
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 12:00-2:30 A250 Movie Meet Up, Barrington 10, Aurora 1:30-3:00 Karaoke	9:45-10:15 Balance Class* 10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i> 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop Informational session
9	10
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 12:00-2:30 A250 Movie Meet Up, Barrington 10, Aurora 1:30-3:00 Karaoke	9:45-10:15 Balance Class* 10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i> 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop
16	17
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 12:00-2:30 A250 Movie Meet Up, Barrington 10, Aurora 1:30-3:00 Karaoke	9:45-10:15 Balance Class* 10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i> 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop
23	24
8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 9:00-2:00 Reliable Nurse Footcare 10:00-2:00 Poker 12:00-12:30 Lunch 12:00-2:30 A250 Movie Meet Up, Barrington 10, Aurora 1:30-3:00 Karaoke	9:45-10:15 Balance Class* 10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i> 10:00-12:00 Mexican Train 10:00-2:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop
30	31
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 12:00-2:30 A250 Movie Meet Up, Barrington 10, Aurora 1:30-3:00 Karaoke	9:45-10:15 Balance Class* 10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i> 10:00-12:00 Mexican Train 10:00-2:00 Mahjong 1:00-3:00 M.O.B Class CLOSING AT 2 PM for Staff Development

BAINBRIDGE SENIOR CENTER

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

WEDNESDAY		THURSDAY		FRIDAY																
8:30-9:30 All-Around Exercise \$3 4	10:00-12:00 Diamond Painting	10:00-3:00 Canasta	10:30-11:00 Beginner Line Dancing	11:00-12:00 Line Dancing	11:00-12:00 Bingo w/ Cindy from Caring Senior Choices	12:30- 2:30 OTL Group (Fun Buffet—Twinsburg)	5	9:45-10:15 Balance Class*	10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i>	10:00-12:00 Knit and Crochet	10:00-3:00 Pinochle	12:00-12:30 Lunch	6	*8:30-9:30 All-Around Exercise \$3	9:40-10:25 Chair Yoga-cize \$3	10:00-12:00 Mahjong	12:00-2:30 Lunch & a Movie (Major League—1989)			
8:30-9:30 All-Around Exercise \$3 11	10:00-12:00 Diamond Painting	10:00-3:00 Canasta	10:30-11:00 Beginner Line Dancing	11:00-12:00 Line Dancing	11:00-12:00 Bingo w/ Comfort Keepers	12:30- 2:30 OTL Group (Papous- Aurora)	1:30-3:00 ALZ Support Group	12	9:45-10:15 Balance Class*	10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i>	10:00-12:00 Knit and Crochet	10:00-3:00 Pinochle	12:00-1:30 A250 CLEVELAND ROCKS Lunch w/ Rick Iacoboni	4:45-9:00 pm A250 "Welcome to Collinwood" at the Cleveland History Center	13	8:30-9:30 All-Around Exercise \$3	9:40-10:25 Chair Yoga-cize \$3	10:00-12:00 Mahjong	12:00-2:30 Lunch & a Movie (American Splendor—2003)	9:00-3:00 Podiatry appts available with Dr. Kessinger
8:30-9:30 All-Around Exercise \$3 18	10:00-12:00 Diamond Painting	10:00-3:00 Canasta	10:30-11:00 Beginner Line Dancing	11:00-12:00 Line Dancing	11:00-12:00 Bingo w/ Home Instead	12:30- 2:30 OTL Group (Burgers 2 Beer—Solon)	12:00-2:30 ST. PAT'S AFTER PARTY <i>*Desserts provided by Jennings at Notre Dame*</i>	19	9:45-10:15 Balance Class*	10:30-11:00 Cardio Drumming* <i>*Sponsored by Cherished Companions*</i>	10:00-12:00 Knit and Crochet	10:00-3:00 Pinochle	12:00-12:30 Lunch	12:30-2:30 SCRABBLE	1:00-2:00— NEW! BSC Book Club <i>(more info on page 16 of the newsletter)</i>	20	8:30-9:30 All-Around Exercise \$3	9:40-10:25 Chair Yoga-cize \$3	10:00-12:00 Mahjong	12:00-2:30 Lunch & a Movie (Superman - 2025)
8:30-9:30 All-Around Exercise \$3 25	10:00-12:00 Diamond Painting	10:00-3:00 Canasta	10:30-11:00 Beginner Line Dancing	11:00-12:00 Line Dancing	12:30-2:00 Before They Were Famous: Celebrity Vets of WW2 Lunch w/ WRHS	11:00-12:00 Bingo	12:30- 2:30 OTL Group (Madrick's Tavern—Newbury)	26	9:00-10:00 Big Breakfast <i>*registration required* Donuts by Touching Hearts</i>	10:00-12:00 Knit and Crochet	10:00-3:00 Pinochle	12:00-12:30 Lunch	27	8:30-9:30 All-Around Exercise \$3	9:40-10:25 Chair Yoga-cize \$3	10:00-12:00 Mahjong	12:00-2:30 Lunch & a Movie (A Christmas Story - 1983)	A250 ROCK & ROLL HALL OF FAME TRIP—snacks by Comfort Care		

Keri Skrtic
Recreation & Education
Coordinator

Matt Samardge
Recreation & Education
Assistant

ALL-AROUND EXERCISE & CHAIR YOGA-CIZE

Fellow senior and certified instructor, Mary Kay Simoni, leads these two classes held every Monday, Wednesday, and Friday. All-Around Exercise is perfect for our more active seniors including weights, stretching, breathing, and balance work. Chair Yoga-cize is a gentle approach to strength training, stretching, breathing, balance all while mostly seated! First class is free! \$3 after that.

CHARDON SENIOR CENTER



Geauga County
Department on Aging

MARCH 2026

- Lunch Out at Hambone**
Tuesday, March 3rd
\$ - on your own
- Social Worker Appointments**
Friday, March 6th
- Mediterranean Diet Tutorial and Demo**
Tuesday, March 10th (\$2)
- Book Swap**
Wednesday, March 11th (Free)
- Breakfast Club at Bob Evan's**
Thursday, March 12th
\$ - on your own
- Tenzi Tournament**
Friday, March 13th (Free)
- Baking Class-Irish Soda Bread**
Monday, March 16th (\$10)
- St. Patrick's Day Party**
Tuesday, March 17th (\$15)
- Lunch and Learn with Kathie Doyle: Famous Women**
Friday, March 20th (Free)
- Monthly Breakfast**
Tuesday, March 24th
- Caring for Others Crafting**
Wednesday, March 25th
Free
- Soup and Salad Lunch**
Thursday, March 26th (\$2)
- Birthday Bingo and Pizza Party**
Friday, March 27th (\$2)
- The Price is Right**
Friday, March 27th

MONDAY		TUESDAY	
8:00-9:00	Chair Volleyball 2	9:00-11:30	Woodcarving 3
9:30-10:30	Chess Club	10:00-12:00	Knit and Crochet
10:00-11:00	Line Dancing \$3 Off Site	10:00-10:45	Tai Chi \$3
10:00-12:00	Rug Hooking / Quilting	11:00-12:00	Balance Exercises
11:00-11:45	Balance Exercise	12:00	Lunch Out @ Hambone
11:00-11:45	Strength Training \$2	12:30-4:00	Rummikub
1:00	Diamond Art / Tech. Help	2:00-3:30	RCR Practice
8:00-9:00	Chair Volleyball 9	9:00-11:30	Woodcarving 10
9:30-10:30	Chess Club	10:00-12:00	Knit and Crochet
10:00-11:00	Line Dancing \$3 Off Site	10:00-10:45	Tai Chi \$3
10:00-12:00	Rug Hooking / Quilting	11:00-12:00	Balance Exercises
11:00-11:45	Balance Exercise	12:00	Mediterranean Diet Tutorial
11:00-11:45	Strength Training \$2	12:30-4:00	Rummikub
1:00	Diamond Art / Tech. Help	2:00-3:30	RCR Practice
8:00-9:00	Chair Volleyball 16	9:00-11:30	Woodcarving 17
9:30-10:30	Chess Club	10:00-12:00	Knit and Crochet
10:00-11:00	Line Dancing \$3 Off Site	10:00-10:45	Tai Chi \$3
10:00-12:00	Rug Hooking/Quilting	11:00-12:00	NO Balance Ex. Today
11:00-11:45	Balance Exercise	12:00	St. Patrick's Day Party
11:00-11:45	Strength Training \$2	12:30-1:30	Rummikub
1:00	Diamond Art/Tech Help Appts.	2:00-3:30	RCR Practice
1:00	Irish Soda Bread Baking Class		
8:00-9:00	Chair Volleyball 23	9:00	Monthly Breakfast 24
9:30-10:30	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/Quilting	10:00-10:45	Tai Chi \$3
11:00-11:45	Balance Exercise	11:00-12:00	Balance Exercises
11:00-11:45	Strength Training \$2	12:30-4:00	Rummikub
1:00	Diamond Art/ Tech Help Appts.	12:30-1:30	Crafting
		12:00-1:30	RCR Practice
8:00-9:00	Chair Volleyball 30	9:00-11:30	Woodcarving 31
9:30-10:30	Chess Club	10:00-12:00	Knit and Crochet
10:00-11:00	Line Dancing \$3 off site	10:00-10:45	Tai Chi \$3
10:00-12:00	Rug Hooking/Quilting	11:00-12:00	Balance Exercises
11:00-11:45	Balance Exercise	12:30-4:00	Rummikub
11:00-11:45	Strength Training \$2	12:00-1:30	RCR Practice
1:00	Diamond Art/ Tech Help Appts.		
1:00	Book Club—		
	The Frozen River by Ariel Lawhon		

**SENIOR CENTER
CLOSES AT 2 PM**

CHARDON SENIOR CENTER

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

WEDNESDAY

THURSDAY

FRIDAY

<p>8:00 Sports Talk Coffee Hour 4 9:00-11:00 Pinochle 11:00-12:00 "Marbles & Jokers" 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:45-2:00 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>9:00-11:00 Mah Jongg Lessons 5 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:15-4:00 Duplicate Bridge 12:30-4:00 "Marbles & Jokers" 1:30-3:30 Line Dancing \$5 off site</p>	<p>9:30-11:30 Stained Glass 6 9:30-10:30 Chair Volleyball 11:00-12:00 Balance Exercise 1:00 Social Worker Appts. 1:00-4:00 Bridge / Rummikub 1:30-2:30 Cardio-Drum Video 2:30-3:30 Cornhole</p>
<p>8:00 Sports Talk Coffee Hour 11 9:00-11:00 Pinochle 11:00-12:00 "Marbles & Jokers" 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:45-2:00 Chair Volleyball 2:00-3:00 Book Swap 1:00-4:00 Mah Jongg</p>	<p>9:00-11:00 Mah Jongg Lessons 12 9:30 B'fast @ Bob Evan's \$ 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:15-4:00 Duplicate Bridge 12:30-4:00 Scrabble Club 12:30-4:00 "Marbles & Jokers" 1:30-3:30 Line Dancing \$5 off site</p>	<p>9:30-11:30 Stained Glass 13 9:30-10:30 Chair Volleyball 11:00-12:00 Balance Exercise 1:00-4:00 Bridge 1:00-4:00 Rummikub 1:30-2:30 Cardio-Drum Video 2:30-3:30 Cornhole 3:30 Tenzi Tournament</p>
<p>8:00 Sports Talk Coffee Hour 18 9:00-11:00 Pinochle 11:00-12:00 "Marbles & Jokers" 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:45-2:00 Chair Volleyball 2:00-3:00 Camp Chris 1:00-4:00 Mah Jongg</p>	<p>9:00-11:00 Mah Jongg Lessons 19 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:15--4:00 Duplicate Bridge 12:30-4:00 Scrabble Club 12:30-4:00 "Marbles & Jokers" 1:30-3:30 Line Dancing \$5 off site 9:30-11:30 Stained Glass</p>	<p>9:30-11:30 Stained Glass 20 9:30-10:30 Chair Volleyball 11:00-12:00 Balance Exercise 12:00 Lunch and Learn with Kathie Doyle 1:00-4:00 Bridge 1:00-4:00 Rummikub 1:30-2:30 Cardio-Drum Video</p>
<p>8:00 Sports Talk Coffee Hour 25 9:00-11:00 Pinochle 10:00-11:00 Crafting for Others 11:00-12:00 "Marbles & Jokers" 11:00-11:45 Strength Training \$2 11:00-12:00 Balance Exercise 12:45-2:00 Chair Volleyball 1:00-4:00 Mah Jongg</p>	<p>9:00-11:00 Mah Jongg Lessons 26 10:00-11:00 Sunshine Committee 10:30-12:00 Choral Group 11:00-11:45 Balance Exercise 12:00 Soup and Salad Lunch \$2 12:15-4:00 Duplicate Bridge 12:30-4:00 Scrabble Club 12:30-4:00 "Marbles & Jokers" 1:30-3:30 Line Dancing \$5 off site</p>	<p>9:30-11:30 Stained Glass 27 9:30-10:30 Chair Volleyball 11:00-12:00 Balance Exercise 11:00 Birthday Pizza Party and Bingo 1:00 The Price is Right 1:00-4:00 Bridge 1:00-4:00 Rummikub</p>

Call Chardon Senior Center to register for any of our events, lunches, or classes!

Lunches must be ordered by the "Monday one week prior to" when you would like to join us for lunch.

Becky O'Reilly
Recreation & Ed. Coordinator

Jackie Kleve
 Chris Mackar
 Valerie Garland

Recreation & Education Assistant Coordinators

Beth Oliverio
Information and Referral Specialist

Ellie Rickard
Food Service Coordinator

MIDDLEFIELD SENIOR CENTER

Monday Crafts

2th Pressed Wooden Flower Coaster \$3

9th Seed Bombs \$3

16th Yarn Bird Donation

23rd Wooden Block Bunny \$5

Kathie Doyle Presents

History of Famous Women

Friday, March 6th - 10:30 a.m. No Cost.

Monthly Breakfast

Friday, March 6th - 10:00 a.m.

Cost \$3.00.

Rober Kroeger

author/barn artist over Zoom

Tuesday, March 10th - 11:00 a.m.

Sponsored by the Middlefield Library

National Nutrition Month

Thursday, March 12th - 12:00 p.m.

Portion Distortion – How Food Portions

Have Changed in 20 Years.

Presented by Dawn.

St. Patrick's Day Party

Friday, March 13th - 11:00 a.m.

Games and lunch. \$10

Homemade Shamrock Shakes!

Tuesday, March 17th - 12:00 p.m.

Cost \$2

Harriet Tubman Movement

Thursday, March 19th - 10:00 a.m.

An advocacy group, helping people on the road to freedom. Guest Speaker.

Spring Ball

Friday, March 20th - 10:30 a.m.

Happy First Day of SPRING!

Come celebrate with karaoke from perfect occasions and special lunch! \$8

Movie and Pizza at Briar

Thursday, March 26th - 2:00 p.m.

Little Women

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



Geauga County
Department on Aging

MARCH 2026

MONDAY		TUESDAY	
	2		3
10 am	Crafting Club	10 am	Chair Yoga Video
11 am	Balance Exercise	11 am	Line Dancing \$3
12 pm	Lunch	12 pm	Lunch
12-3 pm	Painting Pals	1 pm	Chair Volleyball
1 pm	Crafting - Pressed Wooden Flower Coaster Cost \$3		
	9		10
10 am	Crafting Club	10 am	Chair Yoga Video
11 am	Balance Exercise	11 am	Rober Kroeger author/barn artist over Zoom
12 pm	Lunch	12 pm	Lunch
12-3 pm	Painting Pals	1 pm	Chair Volleyball
1 pm	Crafting - Seed Bombs Cost \$3		
	16		17
10 am	Crafting Club	10 am	Chair Yoga Video
11 am	Balance Exercise	11 am	Line Dancing \$3
12 pm	Lunch	12 pm	Lunch
12-3pm	Painting Pals	12 pm	Shamrock Shakes \$2
1pm	Crafting - Yarn Bird Cost Donation	1 pm	Chair Volleyball
	23		24
10 am	Crafting Club	10 am	Chair Yoga Video
11am	Balance Exercise	11 am	Line Dancing \$3
12 pm	Lunch	12 pm	Lunch
12-3 pm	Painting Pals	1 pm	Chair Volleyball
1 pm	Crafting Wooden Block Bunny Cost \$5		
	30		31
10 am	Crafting Club	10 am	Chair Yoga Video
11am	Balance Exercise	11 am	Line Dancing \$3
12 pm	Lunch	12 pm	Lunch
12-3 pm	Painting Pals	1 pm	Chair Volleyball
1pm	Spring Cards for HDM		Closed at 2 pm for staff development.

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

WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <p>10 am Balance Exercise 11 am BINGO 12 pm Lunch 1 pm Trivia</p>	<p style="text-align: right;">5</p> <p>10 am Chair Zumba Video 11 am Mexican Train 12 pm Lunch 1 pm Chair Volleyball</p>	<p style="text-align: right;">6</p> <p>10 am Monthly Breakfast \$3 10:30 am Kathie Doyle (Famous Women) 12 pm Lunch 1 pm Chair Volleyball</p>
<p style="text-align: right;">11</p> <p>8am Social Work Appointments 10 am Balance Exercise 11 am BINGO <i>Sponsored by Inn at the Pines</i> 12 pm Lunch 1 pm Trivia</p>	<p style="text-align: right;">12</p> <p>10 am Chair Zumba Video 11 am National Nutrition Month presented by Dawn 12 pm Lunch 1 pm Chair Volleyball</p>	<p style="text-align: right;">13</p> <p>9 am Chair Yoga Video 11 am St. Patrick's Day Party and lunch \$10 12 pm Lunch 1 pm Chair Volleyball</p>
<p style="text-align: right;">18</p> <p>10 am Balance Exercise 11 am BINGO with Dawn 12 pm Lunch 1 pm Trivia</p>	<p style="text-align: right;">19</p> <p>10 am Harriet Tubman Movement Speaker 11am Chair Zumba Video 11:30 am Mexican Train 12 pm Lunch 1 pm Chair Volleyball</p>	<p style="text-align: right;">20</p> <p>8 am Podiatrist 10:30 am Spring Ball \$8 12 pm Lunch 1 pm Chair Volleyball</p>
<p style="text-align: right;">25</p> <p>10 am Balance Exercise 11 am Trivia 12 pm Lunch 1 pm BINGO <i>Sponsored by Burton Health Care</i></p>	<p style="text-align: right;">26</p> <p>10 am Chair Zumba Video 11am Mexican Train 12 pm Lunch 1 pm Chair Volleyball 2 pm Movie at Briar pizza and drinks included (Little Women)</p>	<p style="text-align: right;">27</p> <p>10 am Chair Yoga Video 12 pm Lunch 1 pm Chair Volleyball</p>

Hannah Heinz
*Recreation &
 Education Coordinator*

Ginny Lester
*Recreation &
 Education Assistant*



WEST GEAUGA SENIOR CENTER

Age Well – Be Well

Thursday, March 5th - 12:00-2:00 p.m.

Lunch and Movie.

Call to sign up 440-214-3180.

Breakfast & Brain Games

Thursday, March 12th - 8:30-10:00 a.m.

Join us at WGSC for a hot breakfast of Sausage & Egg Burritos, waffles, Fresh Fruit, pastries, and beverage. Cognitive building Brain Games will follow.

Cost \$6. Registration req. by Mar. 2nd

WGSC Lunch & Movie "Superman"

Thursday, Mar. 19th - 12:00-2:00 p.m.

Join us for a hot lunch (meal of the day) followed by the movie "Superman"

Register by Mar. 9th at 440-279-2163.

Coffee Talk-Fall Prevention

Thursday, Mar. 19th at 10:00-11:00 p.m.

Join Stephanie Bondi with Alert Care Systems and learn ways to im-prove balance and reduce falls at home. A light breakfast will be provided. *Registration*

REQUIRED by 3/16 279-2163.

Lunch & Bingo

Thursday, Mar. 26th - 12:00-1:30 p.m.

Join us for a hot lunch (meal of the day) followed by 1 hour of BINGO with prizes to win! *Registration required by* Mar. 16th at 440-279-2163.

Eat & Educate Presentation by Dr Michael Maguire PhD.

Tuesday, Mar. 24th - 12:00-2:00 p.m.

Join us for an educational presentation on Indigenous American Plants used as Medicine. Lunch provided from 12:00-12:30. If you wish to have lunch before the program. *Sign up by 3/16 279-2163.*

SPIN CLASSES at WGSC

Monday, Wednesday & Friday
1:00-2:00 p.m.

BEGINNERS SPIN CLASSES

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

VT= Virtual Teams

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

MARCH 2026

MONDAY

TUESDAY

2

3

9:00-10:00 Water Exercise at metz pool
10-11am Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise at metz pool
1:00-2:00 Senior Spin Class
1:00-3:00 Mahjongg Group
1:00-3:00 Diamond Art
2:00-3:00 Line Dance w/Darlene \$4

9:00-10:00 Water Exercise at metz pool
9:00-11:30 Stained Glass Class \$5
10:00-10:30 Beginner Senior Spin Class
10:30-11:45 Seated Strength & Balance
12:30-1:30 Tai-ChiFit
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet

9

10

9:00-10:00 Water Exercise at metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise at metz pool
1:00-2:00 Senior Spin Class
1:00-3:00 Mahjongg Group
1:00-3:00 Diamond Art
2:00-3:00 Line Dance w/Darlene \$4

9:00-10:00 Water Exercise at metz pool
9:00-11:30 Stained Glass Class \$5
10:00-10:30 Beginner Senior Spin Class
10:30-11:15 Seated Strength & Balance
12:30-1:30 Tai-ChiFit
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet

16

17

9:00-10:00 Water Exercise at metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise at metz pool
1:00-2:00 Senior Spin Class
1:00-3:00 Mahjongg Group
1:00-3:00 Diamond Art
2:00-3:00 Line Dance w/Darlene \$4

9:00-10:00 Water Exercise at metz pool
9:00-11:30 Stained Glass Class \$5
10:00-10:30 Beginner Senior Spin Class
10:30-11:15 Seated Strength & Balance
12:30-1:30 Tai-ChiFit
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet

23

24

9:00-10:00 Water Exercise at metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise at metz pool
1:00-2:00 Senior Spin Class
1:00-3:00 Mahjongg Group
1:00-3:00 Diamond Art
2:00-3:00 Line Dance w/Darlene \$4

9:00-10:00 Water Exercise at metz pool
9:00-11:30 Stained Glass Class \$5
10:00-10:30 Beginner Senior Spin Class
10:30-11:15 Seated Strength & Balance
12:00-2:00 Indigenous American Plants as Medicine Presentation
12:30-1:30 Tai-ChiFit
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet

30

31

9:00-10:00 Water Exercise at metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise at metz pool
1:00-2:00 Senior Spin Class
1:00-3:00 Mahjongg Group
1:00-3:00 Diamond Art
2:00-3:00 Line Dance w/Darlene \$4

9:00-10:00 Water Exercise at metz pool
9:00-11:30 Stained Glass Class \$5
10:00-10:30 Beginner Senior Spin Class
11:00-11:45 Seated Strength & Balance
12:30-1:30 Tai-ChiFit
12:00-3:00 Bridge Group
12:30-2:30 Knit & Crochet

WEST GEAUGA SENIOR CENTER

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

WEDNESDAY

THURSDAY

FRIDAY

4

9:00-10:00 Water Exercise at metz pool
 9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Strength & Cardio VT
 11:00-12:00 Gentle Chair Yoga
 1:00-2:00 Senior Spin Class
 1:00-2:30 Never Ending Knowledge
 "Life in the Worlds Oceans"

5

10:00-10:30 Beginner Senior Spin Class
 10:30-11:15 Seated Strength & Balance
 12:00-2:00 UH-AWBW Lunch & Movie
 1:00-2:30 Arm Chair Travel
 "ITALY the Cradle of the Renaissance"

6

9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Gentle Chair Yoga Video
 11:00-11:45 Cardio Drumming Video
 1:00-2:00 Senior Spin Class
 1:00-3:00 Mahjongg Lessons

11

9:00-10:00 Water Exercise at metz pool
 9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Strength & Cardio
 11:00-12:00 Gentle Chair Yoga
 1:00-2:00 Senior Spin Class
 1:00-2:30 Never Ending Knowledge
 "Life in the Worlds Oceans"

12

8:30-10:00 Breakfast & Brain Games \$6
 9-10 & 10-11 Water Exercise at metz pool
 10:00-10:30 Beginner Senior Spin Class
 10:30-11:15 Seated Strength & Balance
 1:00-2:30 Arm Chair Travel
 "ITALY the Cradle of the Renaissance"
 1:00-2:00 Yoga Nidra w/Darlene

13

9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Gentle Chair Yoga Video
 11:00-11:45 Cardio Drumming Video
 1:00-2:00 Senior Spin Class
 1:00-3:00 Tech Help with Christine
 30 minute appointments

18

9:00-10:00 Water Exercise at metz pool
 9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Strength & Cardio
 11:00-12:00 Gentle Chair Yoga
 1:00-2:00 Senior Spin Class
 1:00-2:30 Never Ending Knowledge
 "Life in the Worlds Oceans"

19

9-10 & 10-11 Water Exercise at metz pool
 10:00-10:30 Beginner Senior Spin Class
 10:00-11:00 Coffee Talk w/Stephanie
 "Fall Prevention and Balance"
 12:00-2:30 Lunch & Movie "SUPERMAN"
 1:00-2:30 Arm Chair Travel
 "ITALY the Cradle of the Renaissance"
 1:00-2:00 Yoga Nidra w/Darlene

20

9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Gentle Chair Yoga Video
 11:00-11:45 Cardio Drumming Video
 12:00-1:30 Lunch & Learn Become a
 Better Organizer with Sharon
 1:00-2:00 Senior Spin Class
 1:00-3:00 Mahjongg Lessons

25

9:00-10:00 Water Exercise at metz pool
 9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Strength & Cardio VT
 11:00-12:00 Gentle Chair Yoga
 12:00-2:00 Out to Lunch Bunch
 1:00-2:00 Senior Spin Class
 1:00-2:30 Never Ending Knowledge
 "Life in the Worlds Oceans"
 1:00-3:00 Spring Craft w/Amy \$8

26

9-10 & 10-11 Water Exercise at metz pool
 10:00-10:30 Beginner Senior Spin Class
 10:30-11:15 Seated Strength & Balance
 12:00-1:30 Lunch & BINGO
 1:00-2:30 Arm Chair Travel
 "ITALY the Cradle of the Renaissance"
 1:00-2:00 Yoga Nidra w/Darlene

27

9:00-11:30 Stained Glass Class \$5
 10:00-11:00 Gentle Chair Yoga Video
 11:00-11:45 Cardio Drumming Video
 12:00-2:00 Lunch & Learn
 "OsteoStrong" Presentation
 1:00-2:00 Senior Spin Class

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

**ALL Seniors MUST request meals
 by the Monday of the week prior
 to the requested meal dates.**

ALL lunch reservations can be
 made by calling the WGSC at
 440-279-2163, or by entering your
 request in the lunch sign up book
 provided at the front desk.



Recreation/Education Coordinator

Christine Bacon 440-279-2163

Rec/Ed Assistants

Jeanne Molzon 440-279-2183

Amy Walsh 440-279-2163

I&R Assistant

Ronda Dwyer 440-279-2163

Stained Glass Class Appts:

Call Don Trask 440-759-9691

SENIOR COMMUNITY EVENTS

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

Free Lunch and a Movie

Thursday, March 5th from 12:00-2:30 p.m.
at 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.**

Walking for Wellness

Wednesdays at 3:00-4:30 p.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, reduce stress, and increase energy levels. This group focuses on keeping a steady pace, a safe place to walk with other people, and a goal of 3 miles each walk. Call Melissa Wheeler at 440-279-2167 with questions, you do not need to register for this program, just show up!

DATE	PARK
3/4	Bessie Benner Metzenbaum Park 7940 Cedar Rd, Chesterland 44026
3/11	Observatory Park 10610 Clay St, Montville 44064
3/18	Eldon Russell Park 16315 Rapids Rd, Burton 44021 Afterwards, Dinner at Blazin Bills 17800 Great Lakes Parkway, Burton 44021
3/25	Girdled Road Reservation - South Entrance 12926 Radcliffe Rd, Concord 44077

Matter of Balance Classes –

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.

March 31st thru April 24th -

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

Bainbridge Senior Center – Located inside the Banbridge United Church of Christ, 17751 Chillicothe Rd, Chagrin Falls

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
3/3	North Chagrin Reservation Strawberry Pond Trail Head, off Rt 6
3/10*	Swine Creek, Woods Edge Woods Edge Shelter, Saps-A-Risin! 16004 Hayes Road, Middlefield
3/17	Chapin Forest 10381 Hobart Road, Kirtland
3/24*	Russell Uplands 15200 Russell Road, 1/2 Mile South of Rt 87, West of Rt 306 CARPOOL
3/31	Blue Heron Preserve 14747 Ravenna Road (Rt 44), Burton (East side, just south of Rt 87)

Parkinsons Support Group

Heinen's Grocery Store Tour

Tuesday, March 10th at 12:30 p.m.

Heinen's Grocery Store

402 Center St, Chardon

March is National Nutrition Month! We will be touring and sampling food throughout Heinen's with their Wellness Coordinator, Heather. She will share her expertise in brain healthy food options and products for Parkinson's, what makes an item FX approved, and discover some new healthy recipes and swaps for your favorite foods. **Call Melissa Wheeler at 440-279-2167 to RSVP.**

Simple Cooking with Heart

Wednesday, March 18th at 3:00-4:30 p.m.

UH Geauga Medical Center
Conference Center – Lower Level
13207 Ravenna Road Chardon

Please join us for a healthy, hands-on cooking demonstration presented by our very own registered dietitian, Stephanie and Executive Chef Joe. Topic for this month is “Mindful Meals for One” and it includes a complementary dinner. In conjunction with the Geauga County Department on Aging. **Registration is required by calling UH Geauga at 440-214-3180, space is limited.**

SENIOR COMMUNITY EVENTS

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

Hollywood on the Cuyahoga Healthy Heritage 250 Series

Thursday, March 26th at 1:00 p.m.

Geauga County Office Building in Room A333
12611 Ravenwood Dr, Chardon

Hollywood on the Cuyahoga is a remarkable journey through Northeast Ohio's movie history. The land that produced such well-known stars as Bob Hope, Paul Newman and Halle Berry, also produced legendary figures behind the camera and provided the backdrop for some of the most beloved movies of all time. This presentation explores Cleveland's impact on movies made, as well as how Clevelanders enjoyed those movies in historic theaters around the city. Popcorn, candy, and beverages provided with our entertainment, just like at the movie theater! In collaboration with UH Geauga Medical Center. Cost is \$5 per person. *Please register by filling out a registration form with your payment to your closest Senior Center, or mail to the Geauga Department on Aging. Questions? Call Melissa Wheeler at 440-279-2167.*

Diabetes Support Group

Heinen's Grocery Store Tour

Tuesday, March 10th at 2:00 p.m.

Heinen's Grocery Store
402 Center St, Chardon

March is National Nutrition Month! We will be touring and sampling food throughout Heinen's with their Wellness Coordinator, Heather. She will share her expertise in Diabetic healthy food options and products, what makes an item FX approved, and discover some new healthy recipes and swaps for your favorite foods. *Call Melissa at 440-279-2167 to RSVP.*

Berkshire High School Shrek the Musical

Thursday, April 16th – 8:15-10:30am.

BHS invites Geauga County Seniors to their spring theater performance of Shrek the Musical! Enjoy coffee, donuts, and conversations with the students before the show begins! There will be a shuttle bus to the school. Please park at Kent State Geauga (14111 Claridon Troy Rd, Burton) in the back parking lot. The bus will shuttle at 8:00 a.m. to Berkshire High School. The bus will shuttle you back after the program. If you are someone with limited ability (ADA) there will be limited parking at the Board Office (Door #9) that you can park directly outside the doors. Berkshire High School address is 14155 Claridon-Troy Rd, Burton 44021. *Please call Magaly Rios at 440-279-2137 to register.*

Berkshire High School Spring Choir Concert Rehearsal

Wednesday, March 18th at 1:00-2:30 p.m.

Berkshire High School invites Geauga County Seniors to their Spring Choir Concert Rehearsal. Enjoy light refreshments and conversations with the students before the show begins! There will be a shuttle bus to the school. Please park at Kent State Geauga (14111 Claridon Troy Rd, Burton 44021) in the back parking lot. The bus will shuttle at 12:45pm to Berkshire High School. The bus will shuttle you back after the program. If you are someone with limited ability (ADA) there will be limited parking at the Board Office (Door #9) that you can park directly outside the doors. Berkshire High School address is 14155 Claridon-Troy Rd, Burton. *Please call Magaly Rios at 440-279-2137 to register.*

CWRU Siegel Lifelong Learning Speaker – *New Places From Old Spaces*

Tuesday, March 10th at

Ohman Family Living at Holly
10190 Fairmount Rd, Newbury

Breakfast will be served at 9:30 a.m., followed by the lecture “New Places From Old Spaces” beginning at 10:00 a.m. Presented by Lauren Pacini, Architectural Photographer and Author. Cleveland is a national leader in repurposing aging buildings, giving them new life, often for purposes other than for which they were originally intended. Throughout the greater University Circle area alone we see wonderful examples of residential properties being converted for commercial uses; industrial buildings being converted to residential; and residential being brought back from the brink of demolition. The presentation will answer the question, “Why should we care about old, tired buildings?”

Cost: \$15 for members, \$20 non-members.

Registration is required by visiting www.case.edu/lifelonglearning or calling 216-368-2090.

BAINBRIDGE SENIOR CENTER EVENTS

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

Balance Class & Cardio Drumming

Join us Tuesdays and Thursdays for one or both fitness classes taught by certified instructor Alaina Hession! Thanks to Cherished Companions, these classes are free for registered members. Start with Balance Class, which combines active and passive movements—including Pilates-inspired exercises—to help build strength, stability, and confidence in your daily routines. Then turn up the energy with Cardio Drumming! This super-fun class uses drumsticks and a large exercise ball to get your heart rate up while keeping the beat to a lively playlist.

Friday Films

Every Friday, join us for a lunch and movie at 12:00 p.m., free of charge. Reservations are not required but encouraged to ensure a meal for all attendees.

- Mar. 6 Major League – 1989
- Mar. 13 American Splendor – 2003
- Mar. 20 Superman – 2025
- Mar. 27 A Christmas Story - 1983

Line Dancing

Every Wednesday from 10:30 -11:00 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!*

Alzheimer's Care Giver Support Group

Wednesday, March 11th at 1:30 p.m.

This is a safe, confidential, supportive environment and a chance for participants to develop connections. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. *No need to register, just come on in!*

GAMES AT BSC!

Poker	Mondays, 10 a.m. - 2 p.m.
Mexican Train	Tuesdays, 10 a.m. - Noon
Bingo	Wednesdays, 11 a.m. - Noon
Canasta	Wednesdays, 10 a.m. - 3 p.m.
Pinochle	Thursday, 10 a.m. - 3 p.m.
Scrabble	Every 3 rd Thursday, 12:30 - 2:30 p.m.
Mahjong	Tuesdays 10 a.m. 3 p.m. and Fridays 10 a.m. - 3 p.m.
Wii Bowling	Tuesdays 1:00 - 2:30 p.m.



Attendance at January's Big Breakfast was better than anticipated given the frigid temps! But the sausage veggie strata and the Mad Batter donuts provided by Cora from King David Nursing made the trip worth it!



St. Pat's After Party

Wednesday, March 18th at Noon

Join us for homemade corned beef and cabbage and then shake your shamrocks to tunes by Tom Todd! \$15 p/person and registration required! Desserts provided by Jennings at Notre Dame.

New! Woodcarver's Workshop

Fellow senior John Hagan will be leading a weekly wood carver's workshop right here at BSC! Experts to beginners all welcome! **The first informational meeting will held 3/2!** Let us know if you plan to attend!

Podiatry Appts

Friday, March 13th

Dr. Kessinger is taking new patients on 3/13! Call 440-279-1313 to get on the schedule and see if your insurance is accepted!

New! BSC Book Club

The third Thursday of the month starting
March 19th at 1:00 p.m.

Led by Cheryl Mullins, Head of Adult Services at Geauga West. For the first meeting, instead of all reading the same titles, attendees will bring a book they have recently or are currently reading to discuss and share with the group. *Call BSC to register!*

Big Breakfast

Thursday, March 26th

Join BSC for our monthly big breakfast. Veterans & March birthdays are free to attend. The cost is \$5 for everyone else. *On the menu: Cheesy Ham n' Hashbrown Casserole. Please RSVP by 3/24. Donuts by Touching Hearts!*

CHARDON SENIOR CENTER EVENTS

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

Irish Soda Bread Make and Take Class

Tuesday, March 16th, from 1 p.m. – 3 p.m

This is a hands-on baking class, where participants will make Irish Soda Bread. No experience needed; you will be guided step-by-step throughout the baking process! **\$10 per person with registration by 3/9.**

St. Patrick's Day Party at O'Reilly's Pub

Tuesday, March 17th, from 12 noon-2:00 p.m.

Join us as we turn Chardon Senior Center into O'Reilly's Pub for the afternoon! \$15 per person, to cover lunch and entertainment.

Book Swap

Wednesday, March 11th, at 2:00 p.m.

Do you own a book that you love and would like to pass on to someone else as a "must read?" Join us for a book swap! Bring a gently used and gift-wrapped book, and we will swap "white-elephant gift exchange style." No gag books, please; let's share our love of reading! **FREE, but call to register!**

Lunch and Learn with Kathie Doyle

Friday, March 20th, from 12:00 noon – 1:30 p.m.

In honor of Women's History Month, Kathie will talk about Famous Women in History. **FREE, but must register.**

Tenzi Tournament

Friday, March 13th, at 3:30 p.m.

Join us for this fast-paced competitive dice game. Never played? No problem! **Give us a call to join in! FREE!**

The Breakfast Club of Chardon

Thursday, March 12th, at 9:30 a.m.

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

Out to Lunch at the Hambone

Tuesday, March 3th at 12:00 p.m.

Meet at The Hambone in hambden. Cost is "on your own." **Call 440-279-2126 to let us know you'll be joining us!**

Birthday BINGO and Pizza Party!

Friday, March 27th, at 11:00 a.m.

Join us 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! \$2.00 per person; March birthdays are free!

Call to let us know you'll be joining us at 440-279-2126. Thank you to our Bingo and Pizza Sponsor, Chardon Healthcare!



The Price Is Right Game Day

Friday, March 27th, at 1:00 p.m.

Come on down and join us for fun and games adapted from The Price Is Right. **\$5 with prior registration.**

Monthly Breakfast

Tuesday, March 24th at 9:00 a.m.

The monthly breakfast is back for 2026 at Chardon Senior Center! **\$5 per person.**

Spring Brunch with the Bunny

Tuesday, April 7th, at 11:00 a.m.

It's been a long winter; let's celebrate spring by coming together for a festive brunch! Fun surprises await. **\$10 with prior registration.**

Monthly Breakfast at Chardon Senior Center

Tuesday, March 24th at 9:00 a.m.

Join us for our monthly breakfast. \$5 per person.

Caring for Others Crating

Wednesday, March 25, at 10:00 a.m.

Join us as we create crafts that will be given to others, as way of spreading joy throughout our county! **Call 440-279-2126 to participate! No cost!**

Becky O's Book Club

Monday, March 30th, at 1:00 p.m.

March's book is "The Frozen River," by Ariel Lawhon.

Sunshine Committee

Thursday, March 26th at 10:00 a.m.

Our Sunshine Committee helps us decorate and prepare for upcoming events.

Camp Chris

Wednesday, March 18th, from 2:00-3:00 p.m.

Join Chardon Senior Center Recreation and Education Assistant, Chris, for this fun and interactive hour; focusing on motor-skills, coordination, and mental agility. Camp Chris will include light game play, theater games, and discussion. Let's play!

Learn to play Mah Jongg at Chardon Senior Center

Call 440-279-2131 for details!

March Movies

Movies will be shown at 12:00 noon.

Lunch included

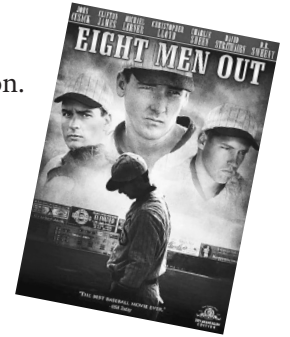
March 2: Wicked 2

March 9: F1

March 16: 42

March 23: 8 Men Out

March 30: 61



MIDDLEFIELD SENIOR CENTER EVENTS

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

Movie and Pizza at Briarcliff Manor

Thursday, March 26th at 2:00 p.m.

Join the Middlefield Seniors for a movie and pizza at Briarcliff Manor (14807 N State Ave, Middlefield). Enjoy pizza and a beverage while watching a movie "Little Women" in Briarcliff's theater room. Call 440-632-0611 to register.

Kathie Doyle Presents:

History of Famous Women

Friday, March 6th at 10:30 a.m.

Middlefield Senior Center Monthly breakfast served at 10:00 a.m. Cost \$3.00, and always homemade! Call 440-632-0611 to let us know you will be here!

Knowledge with Dawn National Nutrition Month

Thursday, March 12th at 11:00 a.m.

Portion Distortion – How Food Portions Have Changed in 20 Years. This fun interactive presentation explores portion distortion and reveals how food portion sizes have changed over the past 20 years. Test your knowledge with eye-opening comparisons and enjoy healthy snacks while you play and learn! Call 440-632-0611 to let us know you will be here!

Spring Ball

Friday, March 20th at 10:30 a.m.

Happy First Day of SPRING! Come celebrate with us! Balloon twisting and karaoke with perfect occasions. Homemade lunch at 12:00 p.m. Cost only \$8. Call 440-632-0611 to let us know you will be here.

Harriet Tubman Movement

*An advocacy group helping people
on the road to freedom*

Thursday, March 19th at 10a.m.

The Harriet Tubman Movement serves people who have been subjected to forms of exploitation. Call 440-632-0611 to let us know you will be here or answer questions you may have!



Middlefield Senior Center experienced the best magic show presented by Mark Miller from Perfect Occasion Custome Shop.

MIDDLEFIELD SENIOR CENTER EVENTS

St. Patrick's Day Party

Friday March 13th, at 11:00 a.m.

Come for the games, stay for the corned beef! Cost \$10.
Call 440-632-0611 to let us know you will be here.

Robert Kroeger *author/barn artist over Zoom*

Tuesday, March 10th, at 11:00 a.m.

At the Middlefield Senior Center. Sponsored by the Middlefield Library. *Call 440-632-0611.*

WEST GEAUGA 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)

Light snacks and refreshments provided.

Life in the Worlds Oceans

MAR 4TH

1. Water: The Source of Life
2. Ocean Currents and Why They Matter
3. The Origin and Diversity of Ocean Life

MAR 11TH

1. Beaches, Estuaries, and Coral Reefs
2. Life in Polar and Deepwater Environments
3. Phytoplankton and Other Autotrophs

MAR 18TH

1. Invertebrate Life in the Ocean
2. An Overview of Marine Vertebrates
3. Fish: The First Vertebrates

MAR 25TH

1. Marine Megavertebrates and Their Fisheries
2. Sharks and Rays
3. Marine Reptiles and Birds



Out to Lunch Bunch

Wednesday, March 25th from 12:00-2:00 p.m.

Join your friends at West G for a lunch gathering at Oak & Embers in Chesterland. 8003 Mayfield Rd. Meet up time is 12:00. *Call ahead to let us know you are coming by Mar. 23rd*

Lunch & BINGO

Thursday, March 26th – 12:00-1:30 p.m.

Join us for a Hot Lunch (meal of the day), followed by 60 minutes of BINGO! There will be nice prizes and lots of fun if you are a BINGO enthusiast! *Register by March 16th. FREE Event, Donations for meal will be requested. Call to sign up 440-279-2163.*

Craft Class with AMY

Wednesday, March 25th from 1:00-3:00 p.m.

Join Amy as she offers a Spring Craft Class (It will be something with Flowers for sure!). All supplies included, just bring yourself and your CREATIVITY! *Cost is \$8, Register by March 18th to participate 440-279-2163.*

Indigenous American Plants as Medicine

by Professor Maguire at WGSC

Tuesday, March 24th at 12:00-2:00 p.m.

Join us at the West G Senior Center as we warmly welcome Dr. Michael Maguire, PhD. After retiring from teaching at Case Western Reserve University, Dr. Maguire is eager to continue his passion for education by offering programs within our community. We are thrilled to have him share his expertise with us! The topic will be "Indigenous American Plants as Medicine," where we will explore how Native Americans utilized plants for healing and treating various ailments. Dr. Maguire will provide in-depth insights on this fascinating subject, promising an engaging and educational presentation. A Hot Lunch will be available before the presentation from 12:00-12:30 p.m. *Registration is required, so please call 440-279-2163 to sign up. Deadline is Feb. 16th.*

Armchair Travel – Italy – "The Cradle of the Renaissance" at WGSC

Thursday afternoons from 1:00-2:30 p.m.

- MAR 5th
1. Rome the eternal City
 2. The Capitoline and the Colosseum
 3. Imperial Palaces of Palatine Hill
- MAR 12th
1. Pompeii: A City Frozen in Time
 2. The Roman Forum
 3. Along the Via Sacra to Capitoline
- MAR 19th
1. The Via del Corso and Princely Palaces
 2. The Trevi Fountain and Baroque, Rome
 3. Above and Beyond the Spanish Steps
- MAR 26th
1. At the Bend in the Tiber
 2. The Pantheon to Campo dei Fiori
 3. Piazza Farnese to the Arca Pacis

WEST GAUGA SENIOR CENTER EVENTS

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

AARP SAFE Drivers Course

Friday, April 17th – 10:00 a.m.-2:00 p.m.

Come and join us for this Driver Safety Course hosted by the West G Senior Center. This is a CLASS ONLY Training, NO getting behind the wheel! Bring your Driver's License and AARP CARD, Pre-registration starts at 9:45. 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 to get a meal is April 6th.** **Make checks payable to AARP and give directly to the instructor Dave Zimmerman. Call 440-279-2163 to register. WG is located at 8090 Cedar Rd in Chesterland.**



Our cupcake decorating class today was a success! Our seniors made some interesting creations don't you think?

Coffee Talk with Stephanie "Stay Safe at Home" Fall Prevention

Thursday, March 19th at 10:00 a.m.

Join Stephanie Bondi from Alert Care for an informational and educational presentation at the West G Senior Center. A Light Breakfast will be provided by Stephanie. Come and learn ways to prevent falls at home and discover medical alert devices that support independence. **Call to register at 440-279-2163, deadline is March 17th.**

Lunch & Movie

Thursday March 19th 12:00-2:00 p.m.

Join us for a hot lunch (meal of the day) followed by the Movie "SUPERMAN 2025" This movie was filmed here in downtown Cleveland and other areas of NE Ohio, so be sure to sign up and see it! **Register by Mar. 9th. Call 440-279-2163.**

Lunch & Learn with Osteo-Strong

Friday, March 27th at 12:00-2:00 p.m.

Join us for an informative presentation featuring a representative from OsteoStrong. The discussion will cover the essentials, benefits, pricing, and key details of this cutting-edge, state-of-the-art system designed to enhance musculoskeletal strength. OsteoStrong is a wellness center that focuses on strengthening the musculoskeletal system through a process known as osteogenic loading. This approach is crafted as a "biohack" to boost bone density and physical performance, all while requiring minimal time investment. OsteoStrong will even provide the lunch for all in attendance at NO COST! Meal will include soup, sandwich/wrap, dessert and a beverage. **Registration is required by March 23rd.**

YOGA NIDRA with Darlene

Thursdays from 1:00 to 2:00 p.m.

These classes led by Darlene Kelbach take place on the 2nd, 3rd, and 4th Thursdays of each month, and also on the 5th Thursday when applicable. Please note that there are no classes on the 1st Thursday of the month. **The cost is \$4 per class, payable to Darlene on the day of the session.**

SAVE THE DATE! A Fifties style Spring Fling with Entertainer Sam FOSH!

Friday, April 10th from 12:00-3:00 p.m.

Hosted by the West G Senior Center, Watch for details coming soon. A Flyer with full details will be available mid-March, and registration will open on March 16th. All details will be in the April Newsletter as well.

Lunch & Learn

De-Cluttering Tips from Organizer-Sharon

Friday, March 20th at 12:00-1:30 p.m.

Join us here at WGSC for a hot lunch, followed by an insightful presentation by "Organizer" Sharon. She will talk on topics such as clutter, organizing, storing, how to "get rid of" what you don't need, and strategies to maintain your new organization throughout your home. **Registration is required by March 9th 440-279-2163.**

Breakfast and Brain Games

Thursday, March 12th from 8:30-10:00 a.m.

Join us at WGSC for a hot breakfast of Waffles with fruit toppings, Crisp Bacon, Rice Pudding and Beverage. Cognitive building Brain Games will be after breakfast from 9:00-10:00 a.m. **Cost \$6. Registration required by Mar. 6th.**

Geauga Menu March 2026

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
<p style="text-align: right; margin: 0;">2</p> <p>TOMATO BASIL CHICKEN PASTA w/SPAGHETTI SAUCE CALIF BLEND VEGETABLES MIXED FRUIT CUP DINNER ROLL</p>	<p style="text-align: right; margin: 0;">3</p> <p>BONELESS WINGS-6 DICED CARROTS BAKED BEANS STRAW-BAN APPLESAUCE CUP GRAHAM CRACKERS BBQ CUP</p>	<p style="text-align: right; margin: 0;">4</p> <p>STUFFED GREEN PEPPERS W/SPAGHETTI SAUCE MASHED POTATOES ESCALOPED APPLES DINNER ROLL</p>	<p style="text-align: right; margin: 0;">5</p> <p>SALISBURY STEAK W/ GRAVY RICE SWEET CORN DICED CARROTS PEACH FRUIT CUP APPLE-CINNAMON MINI LOAF</p>	<p style="text-align: right; margin: 0;">6</p> <p>SLICED HAM W/PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS WG CORNBREAD LOAF MIXED FRUIT CUP</p>
<p style="text-align: right; margin: 0;">9</p> <p>TURKEY BURGER ROASTED POTATOES GREEN BEANS STRAW-BAN APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC</p>	<p style="text-align: right; margin: 0;">10</p> <p>SWEDISH MEATBALLS w/NOODLES BROCCOLI DICED CARROTS CINNAMON APPLESAUCE CUP BREAD</p>	<p style="text-align: right; margin: 0;">11</p> <p>CHICKEN SALAD COLE SLAW THREE BEAN SALAD PINEAPPLE FRUIT CUP WG HAMBURGER BUN</p>	<p style="text-align: right; margin: 0;">12</p> <p>MEATLOAF W/GRAVY MASHED POTATOES GREEN PEAS APPLESAUCE CUP BREAD</p>	<p style="text-align: right; margin: 0;">13</p> <p>TERIYAKI CHICKEN W/ VEG FRIED BROWN RICE BROCCOLI MANDARIN ORANGE FRUIT CUP</p>
<p style="text-align: right; margin: 0;">16</p> <p>STUFFED GREEN CABBAGE w/SPAGHETTI SAUCE GREEN BEANS MASHED POTATOES PEACH FRUIT CUP BREAD</p>	<p style="text-align: right; margin: 0;">17</p> <p>BURGER WITH CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE CUP WG HAMBURGER BUN KETCHUP PC</p>	<p style="text-align: right; margin: 0;">18</p> <p>MACARONI & CHEESE BROCCOLI SWEET CORN MANDARIN ORANGE FRUIT CUP APPLE-CINNAMON MINI LOAF</p>	<p style="text-align: right; margin: 0;">19</p> <p>GRILLED CHICKEN BREAST GREEN PEAS DICED CARROTS ESCALOPED APPLES WG HAMBURGER BUN MAYO PC</p>	<p style="text-align: right; margin: 0;">20</p> <p>BREADED FISH TATER TOTS GREEN BEANS FRESH APPLE WG HAMBURGER BUN TARTAR SAUCE & KETCHUP PC</p>
<p style="text-align: right; margin: 0;">23</p> <p>MEATBALLS w/PASTA w/SPAGHETTI SAUCE MIXED VEGETABLES PEAR FRUIT CUP BREAD</p>	<p style="text-align: right; margin: 0;">24</p> <p>BREADED CHICKEN PATTY BAKED BEANS SWEET CORN MANDARIN ORANGE FRUIT CUP WG HAMBURGER BUN BBQ CUP</p>	<p style="text-align: right; margin: 0;">25</p> <p>SLOPPY JOE TATER TOTS DICED CARROTS STRAW-BAN APPLESAUCE CUP WG HAMBURGER BUN</p>	<p style="text-align: right; margin: 0;">26</p> <p>BBQ CHICKEN BREAST RICE GREEN BEANS SWEET POTATOES CINNAMON APPLESAUCE CUP WG CORNBREAD LOAF</p>	<p style="text-align: right; margin: 0;">27</p> <p>JUMBO RAVIOLI w/SPAGHETTI SAUCE BROCCOLI MIXED VEGETABLES PEAR FRUIT CUP DINNER ROLL</p>
<p style="text-align: right; margin: 0;">30</p> <p>TOMATO BASIL CHICKEN PASTA w/SPAGHETTI SAUCE CALIF BLEND VEGETABLES MIXED FRUIT CUP DINNER ROLL</p>	<p style="text-align: right; margin: 0;">31</p> <p>BONELESS WINGS-6 DICED CARROTS BAKED BEANS STRAW-BAN APPLESAUCE CUP GRAHAM CRACKERS BBQ CUP</p>			

Menu Subject to Change. Milk included with each meal.

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 eight members and 60% of State Median Income for a household of nine 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 the 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 2026? 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 2026? Yes ____ No ____

Other Information: (menu or leave from options) _____

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

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

I agree to hold the County and its agents, officials and employees harmless from any damage to persons or property resulting from my negligence and/or intentional acts. I assume the responsibility of mental and physical fitness to participate in said program, and agree to abide by all rules and requirements of the program.

- I authorize any of the staff at the Department on Aging to provide any necessary assistance to me in any emergency situation including those requiring medical attention. I have fully informed myself of the contents of this release by reading it before I signed it. I realize that by signing this document I am giving up legal rights to which I may be entitled.

X _____
Signature of Participant Date

Refund Policy for the Geauga Department on Aging

The Department on Aging will no longer be issuing refunds for programs and events, in an effort to honor our commitment to our vendors and transportation companies. When signing up for programs and events you become responsible for that reservation. In the event you are unable to attend a program or event you signed up for, you may transfer your reservation to another Geauga County Senior. If someone attends a program or event in your place you must contact the Department on Aging with the individual's name and contact information. In the unusual event that the Department on Aging cancels an event we will refund the ticket price via check. We apologize for any inconvenience this may cause.

Geauga Department on Aging
12611 Ravenwood Dr., Suite 200
Chardon, OH 44024

Mon. - Fri. • 8:00 a.m. - 4:30 p.m.
440-279-2130 MARCH 2026

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.

Make a Difference: Volunteer for Home-Delivered Meals

The Geauga County Department on Aging is seeking volunteers to deliver meals to seniors in Geauga County. Drivers are needed in almost every community.



Volunteers play a vital role in the Home-Delivered Meals program, ensuring homebound seniors receive warm, nutritious lunches. Routes begin at one of the four local senior centers, and deliveries take place Monday through Friday from 11 a.m. to 1 p.m. Individuals, agencies, church groups, and organizations are encouraged to help. Volunteers must be at least 18 years old and have a valid driver's license.

A brief orientation and paperwork are required. Flexible scheduling is available, with options for daily, weekly, or substitute shifts.

Join us in supporting local seniors!
To sign up or learn more, contact Nathan Gorton at 440-279-2138 or NGorton@co.geauga.oh.us.

PLATINUM PATRONS

The Bramley Family in memory of Jim & Joy Bramley & Rob Warren

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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.