

Monthly Highlights

June 2026 - Community Events

Wednesday, June 3: Summer Wellness Series—All Things Sun Held at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024) in the Conference Center. UH Geauga Physician will present on dehydration, electrolyte abnormalities, heat stroke and heat exhaustion, sunburn and skin cancer risk factors. Call UH Geauga at 440-214-3180 to register. 5:00pm. Free.


Thursday, June 4: Free Lunch & Movie UH Geauga Age Well Be Well Program. Hosted at West Geauga Senior Center (8090 Cedar Rd, Chesterland 44026). Call 440-214-3180 to register. 12:00pm. Free.

Thursday, June 11: Gut Health Presentation Held at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024) in the Conference Center. Join Dr. Lily Sitisa for an informative session on gut health. Gut health refers to the balance and function of microorganisms in your digestive system, which plays a key role in digestion, immunity, and even mood. Foods rich in fiber, like fruits, vegetables, and whole grains, can support regular bowel movements, while highly processed foods may disrupt this balance. Refreshments provided. Call UH Geauga at 440-214-3180 to register. 1:00pm. Free.

Monday, June 15: Medicare 101 The Geauga County Department on Aging and Representatives from OSHIP (Ohio Senior Health Insurance Information Program) will provide an easy-to-understand overview of Medicare, including the different coverage options, how they compare, and what to consider when choosing a plan. This is a great opportunity to get reliable, unbiased information and feel more confident navigating your Medicare choices. Refreshments and snacks provided. Registration is required by calling Melissa Wheeler at 440-279-2167. 1:30pm. Free.

Geauga Cyclists: Every Tuesday thru Oct. The Department on Aging and UH Geauga Medical Center hold weekly bicycle rides for senior citizens on the Maple Highlands Trail at different starting locations. We ride between 10 and 15 miles. Please wear helmets for safety, carry water, and follow park etiquette. Please call Melissa Wheeler for the 6 month schedule at 440-279-2167. 9:00am. Free.

Walking for Wellness: Every Thursday thru Oct. Goal is 3 miles per walk. Call Magaly Rios for our 6 month summer walking schedule at 440-279-2137. 9:00am. Free.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	2 9:00-10:30 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS	3 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 11:30-12:30 GW Book Club GWL 5:00-6:30 Summer Wellness Series UHG	4 9:00-10:30 Walking for Wellness OS 12:00-2:30 Lunch & Movie WG	5 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
8 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	9 10:00-1:00 Geauga Cyclists Trip OS 1:00-2:30 Geauga Walkers OS 7:00-9:00 Thompson Square Concert OS	10 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	11 9:00-10:30 Walking for Wellness OS 1:00-2:00 Gut Health Presentation UHG 1:30-2:30 Burton Book Club BPL	12 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 1:30-2:30 Medicare 101 GCOB	16 9:00-10:30 Geauga Cyclists OS 1:00-2:00 Parkinsons & Diabetes SG CSC 1:00-2:30 Geauga Walkers OS	17 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 11:00-1:00 Grandparent's Day OS 3:00-4:30 Simple Cooking UHG	18 9:00-10:30 Walking for Wellness OS 9:00-12:00 GPD Elderberries OS	19  OFFICES CLOSED JUNETEENTH HOLIDAY
22 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	23 8:00-10:30 Breakfast & Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS	24 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	25 9:00-10:30 Walking for Wellness OS 12:00-2:30 O' The Joys of Pioneering OS	26 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 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS	SATURDAY, JUNE 27th Health & Safety Day UH Geauga Medical Center 13207 Ravenna Rd, Chardon 44024 9:00am-1:00pm Join GDA and UH Geauga for a FREE family-friendly community event celebrating wellness!	Melissa Wheeler Senior Centers' Manager 440-279-2167 Magaly Rios Assistant Senior Centers' Manager 440-279-2137	BHS - Berkshire High School BPL - Burton Public Library CSC - Chardon Senior Center GCOB - Geauga County Office Building GWL - Geauga West Library OH - Ohman Family Living at Holly OS - Offsite UHG - UH Geauga Medical Campus VT - Virtual Teams (Online) WG - West Geauga Senior Center