

Monthly Highlights

Wednesday, September 2: Summer Wellness Series—Preventative Care

Held at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024) in the Conference Center Lower Level. We will discuss screenings and preventative medicine that support healthy aging. Please call UH Geauga at 440-214-3180 to register. 5:00-6:30pm. Free.

Friday, September 4: Senior Day at Geauga County Fairgrounds GDA will host a hospitality and refreshment area at the Vernon Howard Pavilion (located at the south end of the fairgrounds, across from red anniversary building. 9:00am-2:00pm. Free.

Thursday, September 10: Taking Control of Your Legacy

Held at Geauga County Office Building (12611 Ravenwood Dr, Chardon 44024) in Room A333. Join our panel of experts from Potti & Marc F. Burr Funeral Homes, St. Mary's Church, an Elder Law Attorney, the Geauga Department on Aging, and UH Geauga Medical Center as they discuss advance care planning, estate planning, end-of-life wishes, and the important conversations that help ensure your values and decisions are honored. Lunch will be provided by UH Geauga Medical Center. Registration is required by calling Melissa at 440-279-2167. 11:30am—2:30pm. Free.

Monday, September 21: Harvesting Healthy Living—"Know Before You Go"

Held at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024) in the Conference Center Lower Level. "Know Before You Go" - A simple guide to understanding senior living options, tours, costs, and what families should expect to see during the process. Partnership with Care Patrol of NE Ohio and UH Geauga Medical Center. Light refreshments will be provided. Please RSVP to UH Geauga at 440-214-3180. 5:00-6:30pm. Free.

Friday, September 25: Falls Prevention

Held at Munson Town Hall (12210 Auburn Rd, Chardon 44024). This informative and engaging program features a panel of experts who will share practical tips on preventing falls, improving safety, medication management, Home Safety program and maintaining independence. After the discussion, participate in balance exercises led by A Matter of Balance coach to help improve strength and stability. Lunch will be provided by UH Geauga Medical Center. Registration is required by calling Melissa at 440-279-2167. 12:00-3:00pm. Free.

September 2026 - Community Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00-10:30 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS	2 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	3 9:00-10:30 Walking for Wellness OS 12:00-2:30 Lunch & Movie WG	4  Senior Day at Geauga County Fair 9:00-2:00pm - Refreshments & Cookies!
7  OFFICES CLOSED—LABOR DAY	8 9:30-11:00 CWRU—Gene Editing OH 10:00-1:30 Geauga Cyclists Trip OS 1:00-2:30 Geauga Walkers OS	9 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	10 9:00-10:30 Walking for Wellness OS 11:30-2:30 Taking Control of Your Legacy GCOB 1:30-2:30 Burton Book Club BPL	11 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
14 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	15 9:00-10:30 Geauga Cyclists OS 12:30-1:30 Parkinsons Support Group CSC 1:00-2:30 Geauga Walkers OS 2:00-3:00 Diabetes Support Group CSC	16 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 3:00-4:30 Simple Cooking w/ Heart UHG	17 9:00-12:00 Walking for Wellness & Breakfast OS 6:30-9:30 GPD Elderberries OS	18 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
21 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:30 Diabetes Self-Management Class GCOB 5:00-6:30 Harvesting Healthy Living UHG	22 8:00-10:30 Geauga Cyclists & Breakfast OS 1:00-2:30 Geauga Walkers OS	23 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 11:00-1:30 Healthy Aging Event UHG	24 10:00-1:00 Walking for Wellness OS 1:00-2:30 Heart Health & Prevention UHG	25 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 12:00-2:00 Falls Prevention OS
28 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:30 Diabetes Self-Management Class GCOB	29 9:00-10:30 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS 1:00-2:00 Emergency Preparedness GCOB	30 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	 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