

The Geauga Senior News



Geauga County Department on Aging

September 2026

Veterans Day

Honoring All Who Served



Veterans Day Luncheon & Celebration

We invite the senior veterans of Geauga County for a sit-down catered lunch to celebrate you this Veterans Day.

Please join us on

Tuesday, November 10th 2026

11:00 a.m.-2:00 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,
University Hospital Geauga Medical Center, Ohman Family Living,
and the Geauga County Department on Aging.

Event: Veterans Lunch Site: MFSC Date: Nov. 10th

Deadline: Nov. 2nd or until event is full. **Cost:** Veterans FREE Non Vet-\$20

Name: _____

Phone: _____

Branch of Service: _____

Date Received: _____ Receipt: _____ Staff Initials: _____

Registered with GDA? Y / N

Middlefield Senior Center, 15820 Ridgewood Dr., Middlefield, OH 44062

Wicked at Playhouse Square

Thursday, December 10th

Join us on a day trip to Lunch at Music Box Supper Club and to Playhouse Square to see Wicked at 1:30 p.m.! Our tickets are at KeyBank State Theater in



Orchestra section T thru X on the main floor.

Geauga County Sheriff's Office:

12450 Merritt Rd, Chardon – Depart at 10:00 a.m.

West Geauga Senior Center: 8090 Cedar Rd, Chesterland – Depart at 10:30 a.m. Return time is approximately 5:00 p.m. to West Geauga and 5:30 p.m. to Sheriff's Office.

Lunch Options: All entrees include a non-alcoholic beverage of choice, bread, a small side salad, and a decadent dessert. **Chicken Marsala** – Served with marsala sauce, mashed potatoes, and seasonal vegetables. **Seared Verlasso Salmon** – Served with lemon beurre blanc, wild rice blend, and season vegetable. **Grilled Portabella Mushroom Linguini** – Grilled portabella mushroom bias sliced served over blistered tomatoes, asparagus, and linguine tossed in pesto.

Trip Requirements: Must be able to go up and down motorcoach bus steps and navigate through Playhouse Square KeyBank State Theater and Music Box Supper Club.

Cost: \$210 per person – Price includes show tickets, transportation, meal, and gratuity. Please bring cash to tip the bus driver. Please indicate on your registration form your lunch entrée and pick-up location. **Questions? Call Melissa Wheeler at 440-382-5833.**



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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

JAMES W. DVORAK

CAROLYN BRAKEY, Esq

RALPH SPIDALIERI

LEADERSHIP TEAM

Jessica Boalt – Director

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 Road in Chesterland on the first and third Friday of the month. Entertainment and refreshments will be provided.

On September 4 Ginnie Jescheling will tell us about the tail end of the 50's & 60's and how life has changed since then. Darren Lambert will entertain us with many novelty songs and his keyboard on September 18.

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

There will be a trip to the Ohio Star Theater in Sugarcreek to see "Elijah, Prophet of Fire" on October 7. Cost is \$115 pp.

A six day trip is planned for October 13-18 to Vermont and New Hampshire. Cost is \$1,525 pp.

December 13-16 we will go to Nashville's Opryland Country Christmas. Cost is \$1,255 pp.

For further information and reservations on trips, call Kimber at (440) 668-3293. Everyone is welcome on Young of Heart trips.

Healthy Aging Event

Wednesday, September 23rd

11:00 a.m.-1:30 p.m.

Join us in the UH Geauga Main Lobby for our Healthy Aging Event! Stop by for fun games, giveaways, educational information, community resources, and more. Learn about programs and services that support healthy living and wellness at every stage of life.

Gauga County Department on Aging will be present.

For more information, please call 440-214-3180.

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.

Free Senior Health and Wellness Fair

Monday, October 5th • 9:00 a.m.-12:00 p.m.
Geauga YMCA - 12460 Bass Lake Road in Chardon

In partnership with University Hospitals Geauga Medical Center, the Geauga YMCA is proud to host a Free Senior Health & Wellness Fair. Join us for a day dedicated to healthy living, education, and community resources. Attendees can take advantage of free health screenings, including cholesterol, glucose, blood pressure, and balance assessments. More than 35 vendors will also be on hand, offering valuable health and wellness information, community resources, services, and products. Many vendors will also be giving away free gifts and promotional items. *Whether you're looking to learn more about your health, connect with local resources, or simply enjoy a fun and informative event, you won't want to miss this opportunity!*

CWRU Siegel Lifelong Learning Speaker –

Gene Editing: Extraordinary Promise for Good, Unrestrainable Potential for Abuse

Tuesday, September 8th

Ohman Family Living at Holly
 10190 Fairmount Rd, Newbury

Breakfast will be served at 9:30 a.m., followed by the lecture “Gene Editing: Extraordinary Promise for Good, Unrestrainable Potential for Abuse” beginning at 10:00 a.m. Presented by Barbara Kuemerle, PhD and Author. In this time, our time, as we witness the rapid evolution of science and technology, it should come as no surprise that there are those among us who are swiftly closing the gap between reality and what could once only be imagined. This transformation is most prevalent in the field of molecular genetics, where the ability to manipulate each gene is now commonplace. This ability has a wide range of applications and is leading to promising new medical therapies but is also pushing ethical boundaries further than ever before. Join us to learn the science underlying the Nobel Prize-winning technology, CRISPR Cas 9 gene editing, why it's such revolutionary technology, its promise, and its peril. **Cost: \$15 for members, \$20 non-members. Registration is required by visiting www.case.edu/lifelonglearning/lectures/ohman or calling 216-368-2090.**

Geauga Cyclists

Tuesdays at 9:00 a.m.

The Department on Aging and UH Geauga Medical Center will hold weekly bicycle rides for senior citizens. We ride between 10 and 15 miles on different parts of the Maple Highlands Trail. Transportation is on your own, and you must bring your own bike. Please wear helmets for safety, carry water, and follow park etiquette. ***Please call Melissa Wheeler for the 6-month schedule at 440-279-2167.***

DATE	PARK & PARKING
9/1	Claridon Woodlands 11383 Claridon Troy Rd, Chardon
9/8	SPECIAL BIKE TRIP Cuyahoga Valley National Park at 10:00am Compact gravel for approx. 20 miles 1337 Merriman Rd, Akron 44313 Meet at Big Bend Trailhead Halfway thru our ride, we will stop at Winking Lizard in Peninsula for lunch
9/15	Chardon Bike Trailhead 312 Park Ave, Chardon
9/22	Dollar General 15894 W High St, Middlefield Breakfast Beforehand at 8:00 a.m. at C's Cafe 15916 W High St, Middlefield
9/29	Headwaters Park 13365 Old State Rd, Huntsburg

Harvesting Healthy Living

“Know Before You Go”

Monday, September 21st • 5:00-6:30 p.m.

UH Geauga Medical Center
 13207 Ravenna Rd, Chardon 44024
 Conference Center (Lower Level)

Join us for an educational series designed to support older adults, caregivers, families, and healthcare professionals navigating the journey of aging and senior care. Each session will provide valuable resources, expert guidance, and practical tools to help families feel more informed, confident and supported. This month focuses on “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, UH Geauga Medical Center and the Geauga County Department on Aging. Light refreshments will be provided. ***Please RSVP to UH Geauga at 440-214-3180.***

**Summer Wellness Series —
Preventative Care**

Wednesday, September 2nd • 5:00-6:30 p.m.
Held at UH Geauga Medical Center
(13207 Ravenna Rd, Chardon) in the
Conference Center Lower Level. We will
discuss screenings and preventative medicine
that support healthy aging. *Please call UH
Gauga at 440-214-3180 to register. Free.*

Senior Day at Geauga County Fairgrounds
Friday, September 4th • 9:00 a.m.-2:00 p.m.
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.) Free.

Taking Control of Your Legacy

Thursday, Sept. 10th • 11:30 a.m.-2:30 p.m.
Held at Geauga County Office Building (12611
Ravenwood Dr, Chardon) 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. Free.*

**Harvesting Healthy Living—
"Know Before You Go"**

Monday, September 21st • 5:00-6:30 p.m.
Held at UH Geauga Medical Center (13207
Ravenna Rd, Chardon) 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. Free.*

Falls Prevention

Friday, September 25th • 12:00-3:00 p.m.
Held at Munson Town Hall (12210 Auburn
Rd, Chardon). 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. Free.*



Gauga County
Department on Aging

SEPTEMBER 2026

MONDAY		TUESDAY	
Melissa Wheeler <i>Senior Centers' Manager</i> 440-279-2167 Magaly Rios <i>Assistant Senior Centers' Manager</i> 440-279-2137		1 9:00-10:30 Gauga Cyclists OS 1:00-2:30 Gauga Walkers OS	
7 		8 9:30-11:00 CWRU – Gene Editing OH 10:00-1:30 Gauga Cyclists Trip OS 1:00-2:30 Gauga Walkers OS	
14 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT		15 9:00-10:30 Gauga Cyclists OS 12:30-1:30 Parkinsons Support Group CSC 1:00-2:30 Gauga Walkers OS 2:00-3:00 Diabetes Support Group CSC	
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 Gauga Cyclists & Breakfast OS 1:00-2:30 Gauga Walkers 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 Gauga Cyclists OS 1:00-2:30 Gauga Walkers OS 1:00-2:00 Emergency Preparedness GCOB	



SENIOR COMMUNITY EVENTS

Geauga County
Department on Aging

WEDNESDAY	THURSDAY	FRIDAY
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 a.m.-2:00 p.m. - Refreshments & Cookies
9 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	10 9:00-11:30 Walking for Wellness & Breakfast 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
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	18 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
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
30 9:30-11:00 Parkinson's Boxing CSC 11:00-12:00 Balance Exercise CSC & VT	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 Off-site UHG UH Geauga Medical Campus VT Virtual Teams (Online) WG West Geauga Senior Center	

BAINBRIDGE BULLETIN

9/7—CLOSED IN OBSERVANCE OF
LABOR DAY

9/29—CLOSED EARLY

BIG BREAKFAST

Thursday, September 24th

Join BSC for our monthly big breakfast. Veterans & September birthdays are free to attend. The cost is \$5 for everyone else. *On the menu:* Egg Florentine Bake. Donuts by Jennings
Please RSVP by 9/21.

NEW!! GENTLE ALL-AROUND EXERCISE

Ease into movement with this adapted version of our most popular fitness class! Perfect for beginners and anyone getting back on their feet, this gentle program focuses on building strength, improving balance, and boosting confidence. Led by fellow senior Mary Kay, each session offers a welcoming, supportive environment where you can move at your own pace and feel your best.

1st class is FREE, \$3 after that.

MINI FARMER'S MARKET

Jilly Jeans Produce is BACK! They will be here certain Tuesdays from 10 a.m.-12 p.m. with fresh, locally grown produce and more! SFMNP cards, credit cards and cash are accepted. Please see the calendar for the dates they will be here!

BACK TO SCHOOL BASH

Friday, September 25th • 12:00-3:00 p.m.

Bainbridge Senior Center will be hosting our annual Back 2 School Daze Dance. Cut a rug and eat some grub! DJ Tillavision will be back spinning records and Matt will be back hosting. There will be games, there will be dancing and there will be fun! *The cost of this event is \$12.*

FREE LUNCH & LEARN

Thursday, September 17th • 12:30 p.m.

Join us for a FREE lunch and presentation hosted by King David Nursing. Discover a wide range of helpful gadgets designed to make everyday life easier—from simple tools that can reduce arthritis pain to advanced technology that enhances communication, improves home safety, and supports independent living.

This event is FREE, but registration is required. Call 440-279-1313 to reserve your spot!

ALZHEIMER'S CARE GIVER SUPPORT GROUP

Wednesday, September 9th • 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!



Geauga County
Department on Aging

SEPTEMBER 2026

MONDAY

Keri Loy
*Recreation & Education
Coordinator*

Matt Samardge
*Recreation & Education
Assistant*



7

14

8:30-9:30 All-Around Exercise (\$3)
9:40-10:25 Gentle All-Around Exercise (\$3)
10:00-2:00 Poker
12:00-12:30 Lunch
1:30-3:00 Senior Sing-Along

21

8:30-9:30 All-Around Exercise (\$3)
9:40-10:25 Gentle All-Around Exercise (\$3)
9:00-2:00 Reliable Nurse Foot Care
Accepting New Patients!
10:00-2:00 Poker
12:00-12:30 Lunch
1:30-3:00 Senior Sing-Along

28

8:30-9:30 All-Around Exercise (\$3)
9:40-10:25 Gentle All-Around Exercise (\$3)
10:00-2:00 Poker
12:00-12:30 Lunch
1:30-3:00 Senior Sing-Along

TUESDAY

9:45-10:15 Balance Class
10:30-11:00 Cardio Drumming
10:00-12:00 FARMER'S MARKET
10:00-12:00 Mexican Train
10:00-3:00 Mahjong
12:00-1:30 SOCIAL WORK APPTS
1:00-2:30 Wii Bowling League
1:00-3:30 WoodCarver's Workshop

1

9:45-10:15 Balance Class
10:30-11:00 Cardio Drumming
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

8

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22

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10:00-12:00 Mexican Train
10:00-2:00 Mahjong

29

**CLOSED EARLY FOR
STAFF DEVELOPEMENT**

BAINBRIDGE SENIOR CENTER

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

WEDNESDAY	THURSDAY	FRIDAY
2 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 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 (Samurai Steakhouse—Solon)	3 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch	4 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00-3:00 Mahjong
9 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 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 12:30-2:30 OTL Group (Aladdin's - Chagrin Falls) 1:30-3:00 ALZ Support Group	10 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch	11 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00-3:00 Mahjong
16 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 10:00-11:30 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/ Amanda from Home Instead 12:30-2:30 OTL Group (Thai Story—Aurora)	17 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch 12:30-2:30 SCRABBLE 12:30-1:30 LUNCH & LEARN hosted by King David <i>*registration required*</i>	18 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 9:00-2:00 Reliable Nurse Foot Care - accepting new patients 10:00-3:00 Mahjong
23 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 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/ Cora from King David Nursing 12:30- 2:30 OTL Group (Welshfield Inn—Burton)	24 9:00-10:00 BIG BREAKFAST <i>*Registration required* Donuts by Jennings. Special guest Jackie from Lifeline</i> 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch	25 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00-3:00 Mahjong 12:00-3:00 BACK TO SCHOOL BASH (\$12)
30 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 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 (The Atley—Twinsburg)		

CHARDON SENIOR CENTER

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

Breakfast Club at Bob Evan's

Thursday, September 3rd

\$ - on your own

Social Worker Appointments

Friday, September 4th

First Friday Trivia Lunch

Friday, September 4th

This month's theme:

"Name that TV Theme Song" FREE

Lunch Out at Panini's in Concord

Tuesday, September 8th

\$ - on your own

Lunch and Learn with Kathie Doyle

Friday, September 18th FREE

Make, Bake, and Take Class with Val

Friday, September 18th

Cinnamon Raisin Bread \$12

UH Pharmacy Presentation

Tuesday, September 22nd

Learn about vaccines, including the new pneumonia vaccine. FREE

Salad and Sandwich Lunch option

Thursday, September 24th \$5

Birthday Bingo and Pizza Party

Friday, September 25th

Celebrate August and September Birthdays! \$2

Book Club

Monday, September 28th

"Nash Falls," by David Baldacci

Game Night!

Saturday, September 12th

6:00-9:00 p.m.

Chardon Senior Center

Bring a dish to share. Pinochle, Mah Jongg, Rumikub, Qwirkle.



Geauga County
Department on Aging

SETEMBER 2026

MONDAY

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.

7



14

8:00-9:00 Chair Volleyball
9:30-10:30 Chess Club
10:00-11:00 Line Dancing \$3 off site
10:00-12:00 Rug Hooking/Quilting
10:00-10:45 Balance Exercises
11:00-12:00 Balance Exercises
11:00-11:45 Strength Training \$2
1:00 Diamond Art/
Tech Help Appts

21

8:00-9:00 Chair Volleyball
9:30-10:30 Chess Club
10:00-11:00 Line Dancing \$3 off site
10:00-12:00 Rug Hooking/Quilting
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11:00-11:45 Strength Training \$2
1:00 Diamond Art/
Tech Help Appts.
1:00-2:00 Book Club

TUESDAY

9:00-11:30 Woodcarving
10:00-12:00 Knit and Crochet
10:00-10:45 Tai Chi
11:00-12:00 Balance Exercises
12:30-4:00 Rummikub
2:00-3:30 Raccoon County
Ramblers Practice

1

9:00-11:30 Woodcarving
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11:00-12:00 Balance Exercises
12:30-4:00 Rummikub
1:00-2:00 UH Pharmacy
Presentation
2:00-3:30 RCR Practice

22

9:00-11:30 Woodcarving
10:00-12:00 Knit and Crochet
10:00-10:45 Tai Chi
11:00-12:00 Balance Exercises
12:00-1:30 RCR Practice
12:30-1:30 Rummikub

29

CLOSED EARLY FOR
STAFF DEVELOPEMENT

CHARDON SENIOR CENTER

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

WEDNESDAY		THURSDAY		FRIDAY	
2		3		4	
8:00	Sports Talk Coffee Hour	9:30	B'fast @ Bob Evan's \$	9:30-11:30	Stained Glass
9:00-11:00	Pinochle	10:00-12:00	Mah Jongg Lessons	9:30-10:30	Chair Volleyball
11:00-12:00	"Marbles & Jokers"	10:30-12:00	Choral Group	11:00-12:00	Balance Exercise
11:00-11:45	Strength Training \$2	11:00-11:45	Balance Exercises	1:00-4:00	Bridge / Rummikub
11:00-12:00	Balance Exercises	12:15-4:00	Duplicate Bridge	12:00-2:00	First Friday Trivia Lunch
12:45-2:00	Chair Volleyball	12:30-4:00	"Marbles & Jokers"	1:30-2:30	Cardio-Drum Video
1:00-4:00	Mah Jongg	1:30-3:30	Line Dancing \$5 (off site)	2:30-3:30	Cornhole
9		10		11	
8:00	Sports Talk Coffee Hour	10:00-12:00	Mah Jongg Lessons	9:30-11:30	Stained Glass
9:00-11:00	Pinochle	10:30-12:00	Choral Group	9:30-10:30	Chair Volleyball
11:00-12:00	"Marbles & Jokers"	11:00-11:45	Balance Exercises	11:00-12:00	Balance Exercise
11:00-11:45	Strength Training \$2	12:15-4:00	Duplicate Bridge	1:00-4:00	Bridge / Rummikub
11:00-12:00	Balance Exercises	12:30-4:00	"Marbles & Jokers"	1:30-2:30	Cardio-Drum Video
12:45-2:00	Chair Volleyball	1:30-3:30	Line Dancing \$5 (off site)	2:30-3:30	Cornhole
1:00-4:00	Mah Jongg				
16		17		18	
8:00	Sports Talk Coffee Hour	10:00-12:00	Mah Jongg Lessons	9:30-11:30	Stained Glass
9:00-11:00	Pinochle	10:30-12:00	Choral Group	9:30-10:30	Chair Volleyball
11:00-12:00	"Marbles & Jokers"	11:00-11:45	Balance Exercises	11:00-12:00	Balance Exercise
11:00-11:45	NO Strength Training	12:15-4:00	Duplicate Bridge	12:00-2:00	Lunch and Learn with Kathie Doyle
11:00-12:00	Balance Exercises	12:30-4:00	"Marbles & Jokers"	1:00-4:00	Bridge & Rummikub
12:45-2:00	Chair Volleyball	1:30-3:30	Line Dancing \$5 (off site)	1:00-3:00	Baking Class
1:00-4:00	Mah Jongg			NO Cardio-Drum Today	
23		24		25	
8:00	Sports Talk Coffee Hour	9:00-11:00	Mah Jongg Lessons	9:30-11:30	Stained Glass
9:00-11:00	Pinochle	10:30-12:00	Choral Group	9:30-10:30	Chair Volleyball
11:00-12:00	"Marbles & Jokers"	11:00-11:45	Balance Exercises	11:00-12:00	Balance Exercise
11:00-11:45	Strength Training \$2	12:00	Sandwich and Salad Lunch Option \$5	11:00-1:00	B'day Pizza Party! \$2
11:00-12:00	Balance Exercises	12:15-4:00	Duplicate Bridge	1:00-4:00	Bridge
12:45-2:00	Chair Volleyball	12:30-4:00	"Marbles & Jokers"	1:00-4:00	Rummikub
1:00-4:00	Mah Jongg	1:30	Line Dancing \$5 (off site)	1:30-2:30	Cardio-Drum Video
30					
8:00	Sports Talk Coffee Hour	Becky O'Reilly <i>Recreation & Ed. Coordinator</i>		Beth Oliverio <i>Information and Referral Assistant</i>	
9:00-11:00	Pinochle	Jackie Kleve		Ellie Rickard	
11:00-12:00	"Marbles & Jokers"	Chris Mackar		<i>Food Service Coordinator</i>	
11:00-11:45	Strength Training \$2	Valerie Garland			
11:00-12:00	Balance Exercises	<i>Recreation & Education Assistants</i>			
12:45-2:00	Chair Volleyball				
1:00-4:00	Mah Jongg				

MIDDLEFIELD SENIOR CENTER

Monday Crafts

14th Crafting with Donna \$6

21st Crafting from the Closet
Donation.

28th Pot Holder Purse
with Marsh \$5

Mahjong Lessons

Mondays 1:00-3:00 p.m.
with Christine

Games with Chris

Wed., Sept. 16th, 23rd & 30th
Different every week!

Pot Luck Lunch

Wednesday, Sept. 8th

Main dish provided, bring a dish to share.
Name the music artist hosted by Chris.
50s-70s themed.

Kathie Doyle Presents - And the Winner is... Presidents Who Didn't Win.

Friday, Sept. 11th

10:00 a.m. Monthly Breakfast \$3
(Always homemade)

10:30 a.m. Presentation

Route 66 Presentation with Bonnie!

Tuesday, Sept. 22nd

Come reminisce about route 66 & have some
fun themed snacks from along the way!

Knowledge with Dawn

Thursday, Sept. 24th

Focus on fall prevention and healthy aging.
Learn practical strategies to reduce your risk
of falls through exercise, proper nutrition,
and home safety improvements.

Movie at Briar

Thursday, Sept. 24th

Enjoy a movie & snacks in Briarcliff's
theater room. "Voicemail for Isabelle."



Geauga County
Department on Aging

SEPTEMBER 2026

MONDAY

Hannah Heinz
Recreation &
Education Coordinator

Ginny Lester
Recreation &
Education Assistant

7

★ Happy ★
LABOR
DAY ≡
★ ★ ★ ★ ★

14

10 am Crafting Club
11 am Balance Exercise
12 pm Mahjong
12 pm Lunch
12-3 pm Painting Pals
1 pm Crafting
Crafting with Donna \$6

21

10 am Crafting Club
11 am Balance Exercise
12 pm Mahjong
12 pm Lunch
12-3 pm Painting Pals
1 pm Crafting
Crafting from the Closet

28

10 am Crafting Club
11 am Balance Exercise
12 pm Lunch
12 pm Mahjong
12-3 pm Painting Pals
1 pm Crafting
Pot Holder Purse \$5

TUESDAY

1

9 am Mexican Train
10 am Chair Yoga Video
11 am Line Dancing \$3
12 pm Lunch
1 pm Chair Volleyball

8

9 am Mexican Train
10 am Chair Yoga Video
11 am Line Dancing \$3
12 pm Lunch
1 pm Chair Volleyball

15

9 am Mexican Train
10 am Chair Yoga Video
11 am Line Dancing \$3
12 pm Lunch
1 pm Chair Volleyball

22

9 am Chair Yoga Video
10 am Line Dancing \$3
11 am Route 66 Presentation
12 pm Lunch
1 pm Chair Volleyball

29

9 am Mexican Train
10 am Chair Yoga Video
11 am Line Dancing \$3
12 pm Lunch
1 pm Chair Volleyball

**Closed at 2:00 p.m. for
staff development**

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

WEDNESDAY	THURSDAY	FRIDAY
2 10 am Balance Exercise 11 am BINGO 12 pm Lunch	3 9 am Mexican Train 10 am Chair Zumba Video 12 pm Lunch 1 pm Chair Volleyball	4 10 am Chair Yoga Video 12 pm Lunch 1 pm Chair Volleyball
9 8 am Social Work Appts 8:30 am Lifeline 10am Balance Exercise 11am BINGO with Dawn 12pm Pot Luck Lunch 1pm Name that music artist 50s-70s Hosted by Chris!	10 9 am Mexican Train 10am Chair Zumba Video 12 pm Lunch 1 pm Chair Volleyball	11 10 am Monthly Breakfast \$3 10:30 am Kathie Doyle 12 pm Lunch 1 pm Chair Volleyball
16 10 am Balance Exercise 11 am BINGO <i>Sponsored by Inn at the Pines</i> 12 pm Lunch 1pm Games with Chris - Are you smarter than a 5th grader.	17 9 am Mexican Train 10 am Chair Zumba Video 12 pm Lunch 1 pm Chair Volleyball	18 10 am Chair Yoga Video 12 pm Lunch 1 pm Chair Volleyball
23 10 am Balance Exercise 11 am BINGO 12 pm Lunch 1 pm Games with Chris Family Feud	24 9 am Mexican Train 10 am Chair Zumba Video 11 am Knowledge with Dawn Balance for life 12 pm Lunch 1 pm Chair Volleyball 2 pm Movie at Briar	25 10 am Chair Yoga Video 12 pm Lunch 1 pm Chair Volleyball
30 10 am Balance Exercise 11 am Games with Chris Win, Lose or Draw 12 pm Lunch 1 pm BINGO <i>Sponsored by Burton Health Care</i>	Mini Farmer's Market Jilly Jeans Produce will be selling fresh, locally grown produce and flowers at Middlefield Senior Center weekly through September! Jilly Jeans accepts SFMNP cards, cash, and credit cards. Monday – Middlefield Senior Center 11:00 a.m.-1:00 p.m. <i>Please note No market on Sep. 7th</i> Please call to register for lunch, crafting & special events. 440-632-0611.	

WEST GEAUGA SENIOR CENTER

Lunch & Movie

September 10th • 12:00-2:00 p.m.

Join us for a hot lunch (*meal of the day*), followed by the Movie “**The Devil Wears Prada 2**”. **Deadline to Register is 9/4.**

Documentary Fridays

Friday, September 11th • 12:00-1:30 p.m.

Join us for a hot lunch (*meal of the day*), followed by a documentary about the Cleveland MOB “**Sugar Wars: The Rise of the Cleveland MAFIA**”. **Deadline to register is 8/31.**

Friday, September 25th • 12:00-1:30 p.m.

Join us for a hot lunch (*meal of the day*), followed by a documentary about the Cleveland MOB “**Danny Greene-The Rise & Fall of the IRISHMAN**”. **Deadline to register is 9/14.**

Lunch & Learn Live Reenactment

Friday, September 18th • 12:30-2:00 p.m.

Join us here for a live—in person reenactment of Dorothy Fuldheim by actress Carol Starre Kmaicek. Lunch will be served from 12:30-1:00. (Rigatoni & meatballs, garlic toast, and dessert), followed by the program at 1:00 p.m.

Cost \$7. Deadline to register 9/14.

Art with Amy

Wednesday, September 23th • 1:00-3:00 p.m.

Join us here at WGSC for a Painting on Canvas Class with instructor Amy Walsh. Cost includes all supplies, just bring your creativity and smile!

Cost \$8. Deadline to register is 9/17.

Breakfast & Brain Games

Thursday, September 24th • 8:30-10:00 a.m.

Join us at WGSC for a hot breakfast of sausage & egg burritos, hashbrowns, fresh fruit and beverage. Cognitive building Brain Games will follow. **Cost \$6. Registration required.**

Deadline is 9/21.

Lunch & Learn w/Dr. Maguire

Thursday, September 24th • 12:00-1:30 p.m.

Join us for a history filled presentation “**The Black Plague & The Renaissance**” by our very own Michael Maguire PHD.

Hot Lunch 12:00-12:30 p.m. and

Presentation 12:30-1:30 p.m.

Deadline is 9/14.

Beginner Spin Classes

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

Friday Mornings 1:00-1:30

VT= Virtual Teams

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

SEPTEMBER 2026

MONDAY



All Sites Closed

TUESDAY

1

9:00-10:00 Water Exercise -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

8

9:00-10:00 Water Exercise - 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

14

9:00-10:00 Water Exercise - Metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise - Metz pool
1:00-3:00 Mahjongg Group
2:00-3:00 Line Dance w/Darlene \$4

15

9:00-10:00 Water Exercise - 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

21

9:00-10:00 Water Exercise - Metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise - Metz pool
1:00-3:00 Mahjongg Group
2:00-3:00 Line Dance w/Darlene \$4

22

9:00-10:00 Water Exercise - 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

28

9:00-10:00 Water Exercise -Metz pool
10:00-11:00 Strength & Cardio VT
11:00-12:00 Gentle Chair Yoga
12:00-1:00 Water Exercise -Metz pool
12:00-1:30 Lunch & Bingo
1:00-3:00 Mahjongg Group
2:00-3:00 Line Dance w/Darlene \$4

29

9:00-10:00 Water Exercise - 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

WEST GEAUGA SENIOR CENTER

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

WEDNESDAY		THURSDAY		FRIDAY	
2		3		4	
9:00-10:00 Water Exercise - Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge "Worlds Greatest Geological Wonders" 1:00-3:00 Diamond Art		9:00-10:00 Water Exercise - Metz pool 10:00-10:30 Beginner Spin Class 10:30-11:15 Seated Strength & Balance 12:00-2:00 AWBW Lunch & Movie 1:00-2:30 Arm Chair Travel "Ancient Egypt" 1:00-3:00 Pinochle w/Christine		9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 1:00-3:00 Wii Bowling	
9		10		11	
9:00-10:00 Water Exercise - Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge "Worlds Greatest Geological Wonders" 1:00-3:00 Diamond Art		10:00-10:30 Beginner Spin Class 10:00-11:00 Water Exercise - Metz pool 10:30-11:15 Seated Strength & Balance 12:00-2:00 Lunch & Movie "The Devil wears Prada 2" 1:00-2:30 Arm Chair Travel "Ancient Egypt" 1:00-3:00 Pinochle w/Christine 1:00-2:00 Yoga Nidra w/Darlene \$4		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 Documentary Friday- "Sugar Wars – The Rise of the Cleveland Mafia" 1:00-3:00 Wii Bowling	
16		17		18	
9:00-10:00 Water Exercise - Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge "Worlds Greatest Geological Wonders" 1:00-3:00 Diamond Art		10:00-10:30 Beginner Spin Class 10:00-11:00 Water Exercise - Metz pool 10:30-11:15 Seated Strength & Balance 1:00-2:30 Arm Chair Travel "Ancient Egypt" 1:00-2:00 Yoga Nidra w/Darlene \$4 1:00-3:00 Pinochle w/Christine		9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 12:30-2:00 Lunch & Learn "Remembering Dorothy Fuldheim" 1:00-3:00 Wii Bowling	
23		24		25	
9:00-10:00 Water Exercise - Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge "Worlds Greatest Geological Wonders" 1:00-3:00 Art w/Amy \$8 1:00-3:00 Diamond Art		8:30-10:00 Breakfast & Brain Games 10:00-10:30 Beginner Spin Class 10:30-11:15 Seated Strength & Balance 12:00-1:30 Lunch & Learn w/ Dr. Maguire "The Black Plague & The Renaissance " 1:00-2:30 Arm Chair Travel - Ancient EGYPT 1:00-2:00 Yoga Nidra w/Darlene \$4		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 Documentary Friday- Danny Greene: The Rise & Fall of the Irishman 1:00-3:00 Wii Bowling	
30		<u>Recreation/Education Coordinator</u> Christine Bacon 440-279-2163 <u>Rec/Ed Assistants</u> Jeanne Molzon Amy Walsh <u>I&R Assistant</u> Ronda Dwyer 440-279-2163 <u>Stained Glass Class Appts:</u> Call Don Trask 440-759-9691		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 by the front Desk.	
9:00-10:00 Water Exercise - Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge "Worlds Greatest Geological Wonders" 1:00-3:00 Diamond Art					

SENIOR COMMUNITY EVENTS

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

Walking for Wellness

Thursdays from 9:00-10:30 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, 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 Magaly Rios at 440-279-2137 with questions, you do not need to register for this program, just show up!

DATE	PARK
9/3	Orchard Hills 11340 Caves Rd, Chesterland
9/10	Welton's Gorge 13973 Hale Rd, Burton
9/17	Lake Erie Bluffs 3301 Lane Rd, Perry 44081 Afterwards, Breakfast at Perry Family Restaurant 2736 N Ridge Rd, Painesville
9/24	Whitlam Woods 12500 Pearl Rd, Hambden

Free Lunch and a Movie

Thursday, September 3rd • 12:00-2:30 p.m.
at the 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 UH Geauga at 440-214-3180.*

Parkinsons Support Group – Speech Pathologist

Tuesday, September 15th • 12:30 p.m.

Chardon Senior Center
470 Center St, Building 8, in Chardon

Katherine Mayer, MS, CCC/SLP is the speech pathologist at Geauga Hospital (now and for the past few decades!) She loves treating inpatients and outpatients with a variety of neurologic conditions. Katherine will be presenting general information about speech and swallowing challenges associated with Parkinson's disease. She has some fun, research supported ways to maximize your abilities after a diagnosis of PD. **Call Melissa Wheeler at 440-279-2167 to RSVP.**

A Matter of Balance Classes

From October 7th until October 30th
Every Wednesday & Friday from 1:00-3:00 p.m.

Gauga County Public Library - Thompson Branch
6645 Madison Rd, Thompson OH

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. You must be able to attend at least 6 of the 8 classes to participate. Each session builds upon one another. **To register, please call Magaly Rios at 440-279-2137.**



Senior Day at the Great Geauga County Fair

Friday, September 4th
9:00-2:00 p.m.

Gauga County Department on Aging 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).

Be Ready, Stay Safe!

Tuesday, September 29th • 1:00-2:00 p.m.

Gauga County Office Building
Room B167-B168 - 12611 Ravenwood Dr, Chardon

September is National Emergency Preparedness Month. Join us for a free educational presentation with Geauga County Emergency Management to learn how they help protect and support Geauga County residents before, during, and after emergencies through preparedness, response, and recovery. You'll also obtain practical tips on how to prepare yourself and your household for natural emergencies, so you can stay safe and be ready when unexpected situations arise. All attendees will receive an Emergency Kit sponsored by the Western Reserve Area Agency on Aging. This presentation is free, but advance registration is required. **To RSVP, please call Magaly Rios at 440-279-2137.**

SENIOR COMMUNITY EVENTS

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

Diabetes Support Group – Meal Planning

Tuesday, September 15th • 2:00 p.m.

Chardon Senior Center
470 Center St, Building 8, in Chardon

In July, we discussed how many proteins, carbs, and fats we should have per meal and what the difference is between a serving size and a portion size. Let's take what we learned and create meals to help us manage our blood sugar levels at different meals. We will create breakfast, lunch and dinner plans with the help from UH Geauga's Diabetes Educator, Valerie Hanks, and Melissa Wheeler, Diabetes Self-Management Instructor at the Department on Aging. **Call Melissa Wheeler at 440-279-2167 to RSVP.**

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
9/1	Penitentiary Glen Nature Center 8668 Kirtland-Chardon Road, Willoughby
9/9*	Observatory Park 10610 Clay Street, Montville, Between Rt 6 & Rt 322
9/15*	Mentor Dunes State Nature Preserve 9601 Headlands Road, Mentor, Mentor Headlands East Parking Lot
9/22*	Orchard Hills Use GPD Entrance 1/4 Mile North of Pattersons 11340 Caves Road, Chesterland
9/29*	Camp Ho Mita Koda 14040 Auburn Road, Newbury Township

Heart Health & Prevention

Thursday, September 24th • 1:00-2:30 p.m.

UH Geauga Medical Center

Conference Center (Lower Level) 13207 Ravenna Rd, Chardon

Join Dr. Rithvik on September 24 from 1:00-2:30 p.m. for Heart Health & Prevention, an educational program dedicated to helping you protect one of your most vital organs, your heart. Learn about common risk factors for heart disease, the importance of preventive care, and simple lifestyle changes that can make a lasting impact on your overall health. Partnership with Geauga County Department on Aging. Appetizers provided. **Please RSVP to UH Geauga at 440-214-3180.**

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 Magaly Rios at 440-279-2137. Discussion books are available to loan at hosting Library's front desk, call to have them reserve a book for you!

Wednesday, September 2nd (1st Wed. of each mo.)
at **West Geauga Library from 11:30 a.m.-12:30 p.m.**
with an out-to-lunch to follow, sign up with Magaly.
Discussing: **Broken Country** by *Clare Leslie Hall*.

Thursday, September 10th (2nd Thurs. of each month)
at **Burton Library from 1:30-3:00 p.m.**
Discussing: **Tomorrow, and Tomorrow, and Tomorrow** by *Gabrielle Zevin*.

Summer Wellness Series

Wednesday, September 2nd • 5:00-6:30 p.m.

UH Geauga Medical Center, 13207 Ravenna Rd.
Chardon - Conference Center (Lower Level).

"Preventative Care" Let's talk about preventative care! We will discuss screenings and preventative medicine that support healthy aging. Join us as we empower you to make smarter health choices to live a longer, happier and healthier life! In collaboration with the Geauga County Department on Aging. **Please call UH Geauga at 440-214-3180 to register for this free program. Space is limited.**

Taking Control of Your Legacy

Thursday, September 10 • 11:30 a.m.–2:30 p.m.
Gauga County Administrative Office Building

Planning ahead is one of the greatest gifts you can give yourself and your loved ones. Join our panel of experts from Burr Funeral Home, St. Mary's Church, an Elder Law Attorney, the Geauga County 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. Call Melissa at 440-279-2167 to reserve your spot.**

Simple Cooking with Heart

Wednesday, September 16th • 3:00-4:30 p.m.

at the Geauga County Office Building –

Room B167-B168, 12611 Ravenwood Dr, Chardon

Join us for a healthy, hands-on cooking demonstration featuring the Executive Chef and Registered Dietitian from UH Geauga. This month will feature an “Anti-Inflammatory” menu. UH Physical Therapy will present on “Maintaining a Strong Body.” In conjunction with the Geauga County Department on Aging. **Registration is required. Call UH Geauga at 440-214-3180, space is limited.**

Diabetes Self-Management Class

Mondays – September 21 & 28,

October 5, 19, and 26

Tuesday – October 13 – (Due to Columbus Holiday)

1:00-3:30 p.m.

Gauga County Office Building – Room B200 / 12611
Ravenwood Dr / Chardon

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. **Call Melissa at 440-279-2167 to reserve your spot.**

September is Fall Prevention Awareness Month!

Friday, September 25th • 12:00-2:00 p.m.

at the Munson Township Hall –
12210 Auburn Rd, Chardon

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. **Call Melissa at 440-279-2167 to reserve your spot.**



After enjoying a delicious lunch and beautiful views of the Cleveland skyline at Windows on the River, some Geauga seniors headed to Playhouse Square for an incredible performance of the world-renowned musical, *The Lion King*.

BAINBRIDGE SENIOR CENTER EVENTS

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

Line Dancing

New to Line Dancing? Join us every **Wednesday from 10:30-11:00 a.m. for Beginner's Class** then stay for the **regular line dancing session 11:00 a.m.-12:00 p.m.** Learn and then apply your new moves with your new friends! **No need to register—just drop in!**

All-Around Exercise

Perfect for our more active seniors. Includes weights, stretching, breathing, and balance work. Starts at 8:30 a.m., no registration required! First class is free! \$3 after that. M-W-F.

Woodcarver's Workshop

Tuesdays at 1:00 p.m.

Fellow senior John Hagan is leading a weekly wood carver's workshop right here at BSC. Experts to beginners all welcome! **Call to register!**

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. (New players welcome!)
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 League	Tuesdays 1:00-2:30 p.m.

Big Breakfast

Thursday, September 24th

Join BSC for our monthly big breakfast. Veterans & September birthdays are free to attend. The cost is \$5 for everyone else. **Menu:** Egg Florentine Bake. **RSVP by 9/21.**

NEW! Gentle All-Around Exercise

Ease into movement with this adapted version of our most popular fitness class! Perfect for beginners and anyone getting back on their feet, this gentle program focuses on building strength, improving balance, and boosting confidence. Led by fellow senior Mary Kay, each session offers a welcoming, supportive environment where you can move at your own pace and feel your best. 1st class is FREE, \$3 after that.

Fitness Boxing

Every Wednesday 9:45-10:00 a.m.

This NEW class will get your heart rate up while improving muscle tone! FREE to participate and no registration required! Just come on and check it out!

NEW! Mini Farmer's Market!

Jilly Jeans Produce will be selling fresh, locally grown produce and flowers at Bainbridge Senior Center weekly. Jilly Jeans also accepts **SFMNP cards**, cash, and credit cards.

They will be at BSC on Tuesdays 9/1, 9/15, 9/22, 9/27 but NOT 9/8 from 10:00 a.m.-12:00 p.m.

FREE Lunch & Learn - Gadgets That Make Life Easier

Thursday, September 17th • 12:30 p.m.

Discover new practical tools and innovative technology designed to make everyday life simpler, safer, and more comfortable. Enjoy lunch courtesy of King David Nursing, followed by an informative presentation showcasing everything from easy-to-use gadgets that help reduce arthritis pain to advanced technology that supports communication, home safety, and independent living. Come explore helpful solutions that can make a big difference in your daily life!

Alzheimer's Care Giver Support Group

Wednesday, September 9th • 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!**

CHARDON SENIOR CENTER EVENTS

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

Halloween Party "BOO BASH"

Friday, October 30th • 12:00 noon

A chili luncheon; we will be serving 2 kinds of chili, the traditional meat chili, and a white chicken chili. We will also enjoy a LIVE MUSICAL performance by Tom Todd AND a fun cake walk! **\$15 due with registration.**

Let's Make A Deal

Friday, October 9th • 12:00–2:00 p.m.

Based on the popular game show, we have come up with some fun games and challenges for this interactive afternoon, filled with fun! Lunch will be served first, and then games! **\$5 due with registration.**

Balance Exercise Class

We have added an extra session of Balance Exercise Class at Chardon Senior Center! Our Monday class has filled up and we decided to split the Monday class into 2 sessions. You can now choose to come to EITHER the 10:00 a.m. class, OR to the 11:00 a.m. class. This is for Mondays only for right now. Tuesday – Friday, we will continue to offer the one Balance Exercise Class at 11:00 a.m.

The Breakfast Club of Chardon

Thursday, September 3rd • 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!**

Decorative Porch Pot Class

Wednesday, October 7

10:00 a.m. – 12:00 noon

Create a live fall floral display. Bring a 12-inch pot with you to class; if you were at our last porch pot class, you can reuse the pot from that class. **\$10 with registration.**

Lunch and Learn with Kathie Doyle

Friday, September 18 • 12:00 noon

at Chardon Senior Center.

Retired History teacher, Kathie Doyle, enjoys researching interesting historical topics and sharing what she has learned with us at the senior center! This month's topic is about Vice-Presidential Candidates Who Did Not Win Their Elections. **FREE, but you must register at 440-279-2126.**

Make, Bake, and Take Baking Class with Val

Friday, September 18th • 1:00–3:00 p.m.

This is a hands-on baking class, where participants will make a delicious loaf of cinnamon raisin bread. You will be guided step-by-step throughout the baking process! *\$12 per person with registration.*

Learn to play Mah Jongg

Call 440-279-2131 for details!

First Friday Trivia and Lunch – NEW!

Join us at Chardon Senior Center on the first Friday of every month for lunch and trivia! Each month, we will have a different theme for trivia; **September's theme will be "Name That TV Theme Song"** Lunch is served at noon, with trivia immediately following! **FREE, but reservations are required at 440-279-2126.**

Out to Lunch

Tuesday, September 8th • 12:00 Noon

Meet up at Panini's in Concord. Cost is "on your own." Call 440-279-2126, to let us know you'll be joining us!

Birthday BINGO and Pizza Party!

August and September COMBINED!

Friday, September 25th • 11:00 a.m.

We will be celebrating all of those having celebrated birthdays in August and September! First is BINGO, and then we will have pizza for lunch and cupcakes to celebrate our Birthday friends! \$2.00 per person; August and September 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!*

MIDDLEFIELD SENIOR CENTER EVENTS

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

Knowledge with Dawn!

Balance for Life

Thursday, September 24th • 11:00 a.m.

Join us for Balance for Life, a program focused on fall prevention and healthy aging. Learn practical strategies to reduce your risk of falls through exercise, proper nutrition, and home safety improvements. Discover how strengthening your balance, maintaining good nutrition, and creating a safer living environment can help you remain active, confident, and independent.

Games with Chris

1:00 p.m. Wednesday, Sept. 9th
Name that music artist 50s-70s.

1:00 p.m. Wednesday, Sept. 16th
Are you smarter than a 5th grader.

1:00 p.m. Wednesday, Sept. 23rd
Family Feud

11:00 a.m. Wednesday, Sept 30th
Win, Lose or Draw.

Join us for a fun afternoon!!

Kathie Doyle Presents

And the Winner is...

The Presidents that Did Not Win

Friday, Septemberth • 10:30 a.m.

Monthly breakfast served at 10:00 a.m. \$3.00 always homemade! *Call 440-632-0611 to register!*

NEW! Mini Farmer's Market!

Jilly Jeans Produce will be selling fresh, locally grown produce and flowers at Middlefield Senior Center weekly through September. Jilly Jeans also accepts SFMNP cards, cash, and credit cards. **Monday – Middlefield Senior Center 11:00-1:00 p.m.** Please note No market on Sep. 7th

Movie and Snacks at Briarcliff Manor

Thursday, September 24th • 2:00 p.m.

Join the Middlefield Seniors for the movie "Voicemail for Isabelle" and snacks in Briarcliff's theater room at Briarcliff Manor (14807 N State Ave, Middlefield).

Veterans Day Luncheon & Celebration

Tuesday, November 10th • 11:00 a.m.-2:00 p.m.

Sisters of Notre Dame,

We invite the senior veterans of Geauga County for a sit-down catered lunch to celebrate you this Veterans Day. *Call to reserve your spot. 440-632-0611. There is no cost for Veterans. Guest \$20.00.*

Route 66 Presentation

Tuesday, September 22nd • 11:00 a.m.

Come reminisce with Bonnie about route 66 and enjoy some fun snacks along the way!

WEST GEAUGA SENIOR CENTER EVENTS

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

Line Dancing Classes with Darlene

Mondays • 2:00-3:00 p.m.

Learn many of the new popular line dances and do some you already know. This is a great way to get in that much needed exercise!! ***NO Sign-up needed, just come on in and join us. \$4 per class, paid directly to Darlene each session.***

Breakfast and Brain Games

Thursday, September 24th • 8:30-10:00 a.m.

Join us at WGSC for a hot breakfast of sausage & egg burritos, hashbrowns, fresh fruit and beverage. Cognitive building Brain Games will be after breakfast from 9:00-10:00 a.m. ***Cost \$6 Registration Required. Deadline to register is 9/21.***

Armchair Travel – “The Great Tours: A Guided Tour of Ancient Egypt” at WGSC

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

- Sept. 3rd** 1. King Snoeferu and the First True Pyramid
2. Power and Revolution: Beni Hasan and Amarna
3. Akhenaten's City at Amarna and Hermopolis
- Sept. 10th** 1. Abydos: The Religious Center of Osiris
2. The Temple of Hathor at Dendera
3. The Temple of Amun-Re at Karnak
- Sept. 17th** 1. Luxor Temple and the Opet Festival
2. Royal Tombs in the Valley of Kings
3. Valley of the Queens and Workmen's Village
- Sept. 24th** 1. The Colossi of Memnon and Hatshepsut's Temple
2. Theban Tombs: The Necropolis of Nobles
3. Ptolemaic Temples of Edfu and Kom Ombo

YOGA NIDRA with Darlene

Thursday Afternoons • 1:00 to 2:00 p.m.

Yoga Nidra is held on the 2nd, 3rd, 4th, and 5th Thursdays (if applicable). Taught by instructor Darlene Kelbach, formerly from The Fairmount school of the Arts. Yoga Nidra is also known as “yogic sleep” and is a deep relaxation technique. The body becomes completely still and relaxed while awareness turns inward by listening to guided meditation. Yoga Nidra can be practiced on a yoga mat or in a chair. Wear comfortable clothes. Chairs will be provided and there are yoga mats to borrow, if needed. Cost is \$4 per class, paid directly to Darlene at each class. ***Call for more info 440-279-2163.***

Lunch & Movie

Thursday, September 10th • 12:00-2:00 p.m.

Join us for a hot lunch (*meal of the day*) followed by the Movie “**The Devil Wears Prada 2**”. Synopsis: Andy Sachs (*Anne Hathaway*) returns to Runway as the magazine's features editor following a PR crisis. As she and Miranda Priestly (*Meryl Streep*) navigate a shifting, digital-first media landscape, they must confront their past choices and face off against their former colleague Emily Charlton (*Emily Blunt*), who is now a major executive at Dior. The film picks up twenty years after the original events. Andy is enjoying a successful journalism career when her newsroom abruptly shuts down, making her suddenly available. At the same time, Runway is struggling with declining print sales and a PR disaster tied to a sweatshop labor scandal. To restore the brand's credibility, the Elias-Clarke publishers hire Andy as the new features editor. ***A FREE Event, however donations will be accepted for the meal. Deadline to register is 8/31/26 440-279-2163.***

Lunch & Learn

***with Carol Starre-Kmiecik
portraying Dorothy Fuldheim***

Friday, September 18th • 12:30-2:00 p.m.

Lunch will be served from 12:30-1:00 p.m.

1 hour program starting between 1:00-1:15 p.m.

Lunch will include Rigatoni & Meatballs, garlic toast, salad and dessert. Come to WGSC and enjoy an educational hour as we look back on the life and times of Dorothy Fuldheim AKA Cleveland's OWN “Red headed little spitfire”. Join us as we honor this famous woman of Cleveland's history through a professional reenactment by Carol Starre-Kmiecik. Carol has been performing on stage for over 35 years. She has a Bachelors degree in speech and theater Arts from Baldwin Wallace College, and studied Improvisational Theater at Chicago's second city for 2 years. She has appeared in over 60 plays, several films, television shows and commercials and has been spokesperson at hundreds of trade shows, conventions and seminars throughout the country. She has worked as a make-up artist, taught children's theater classes and has directed plays. Carol has portrayed historical characters for schools, libraries, theaters, social service organizations, literary groups, scouting groups and has done Civil War reenactments. Cost \$7, deadline to sign register is 9/14. ***Call for more info: 440-279-2163.***

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.

The World's Greatest Geological Wonders

(36 lectures-12 weeks)

Tour Earth's Greatest Diversity and beauty in this awe-inspiring course that visits the most amazing natural wonders in the world and explains the geology that underlies them.

SEPTEMBER 2ND

1. The Amazon Basin – Lungs of the Planet
2. Iguaza Falls – Thundering Waterfalls
3. Mammoth Cave – Worlds Underground

SEPTEMBER 9TH

1. Cave of Crystals – Exquisite Caves
2. Great Blue Hole – Coastal Symmetry in Sinkholes
3. Ha Long Bay – Dramatic Karst Landscapes

SEPTEMBER 16TH

1. Bryce Canyon – Creative Carvings of Erosion
2. Uluru/Ayers Rock – Sacred Nature of Rocks
3. Devil's Tower – Igneous Enigmas

SEPTEMBER 23RD

1. Antarctica – A World of Ice
2. Columbia Glacier – Unusual Glacier Cycles
3. Fiordland National Park – Majestic Fjords

SEPTEMBER 30TH

1. Rock of Gibraltar – Catastrophic Floods
2. Bay of Fundy – Inexorable Cycle of Tides
3. Hawaii – Volcanic Island Beauty

Lunch & Learn with Dr. Maguire

Thursday September 24th • 12:00-1:30 p.m.

Join us at WGSC for a hot lunch (*Meal of the Day*) followed by a 1 hour presentation by Professor Maguire. Topic for this month will be a historic one “The Black Plague & The Renaissance”. Lunch will be served from 12:00-12:30 p.m., and the presentation will begin at 12:30 p.m. FREE EVENT, donations accepted for the meal. **Call to register by 9/14 440-279-2163.**

LUNCH & BINGO

Monday, September 28th • 12:00-1:30 p.m.

Join us for a Hot Lunch (*meal of the day*), followed by 60 minutes of BINGO! Jason Argie from Home Instead will be calling the games and will bring awesome prizes. This will also include lots of fun if you are a BINGO enthusiast! **Register by 9/21. FREE Event, Donations for meal will be requested. Call 440-279-2163 to sign up.**

Documentary Fridays at WGSC

Cleveland History:

The Sugar Wars & Danny Greene

Friday, September 11th • 12:00-1:30 p.m.

Sugar Wars: The Rise of The Cleveland Mafia

Friday, September 25th • 12:00-1:30 p.m.

Danny Greene: The Rise & Fall of the IRISH MAN

Join us at WGSC for a short documentary series about the history of organized crime in Cleveland. The Cleveland Mafia emerged from Italian American criminal groups during Prohibition in the 1920s, with the notorious Mayfield Road Mob at its center, operating primarily out of the Little Italy neighborhood. During this era, bootlegging and illegal gambling generated enormous profits, while violent power struggles erupted among competing factions led by the Lonardo, Porrello, and Milano families as they fought for control of Cleveland's underworld. By the 1930s, the Cleveland Mafia had established strategic business partnerships with the Jewish-Cleveland Syndicate, led by figures like Moe Dalitz, expanding their criminal empire into gambling operations, nightclubs, and various other illicit enterprises that would define organized crime in the city for decades to come. The organization reached its peak under the long reign of John Scalish, who served as Cleveland's Mafia boss for decades, overseeing operations that included gambling, labor racketeering, loansharking, and eventually drug trafficking. However, the Cleveland Mafia's power began to crumble after Scalish's death in 1976, which triggered a violent and chaotic period marked by the infamous conflict with Irish-American racketeer Danny Greene—a war that would later be immortalized in film. The final blow came in the early 1980s when aggressive federal investigations and RICO prosecutions resulted in the convictions of numerous high-ranking Cleveland organized crime figures, effectively dismantling the traditional Cleveland crime family and ending its decades-long grip on the city's underworld. Hot Lunch included (*meal of the Day*). **FREE Event, donations requested for the meal. Call to sign up at 440-279-2163.**

Classical Chair Yoga with Nat

Wednesdays from 11:00 a.m.-12:00 noon

Join us at the WGSC for a weekly chair yoga class with Nat. He will provide an old fashioned class which includes not only physical exercises for flexibility, strength and balance, but also breath work, conscious relaxation, and mental focus. **No need to register, all are welcome.**

Geauga Menu September 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
	1 GRILLED CHICKEN BREAST GREEN SWEET PEAS DICED CARROTS ESCALLOPED APPLES HAMBURGER BUN WG MAYONNAISE	2 FISH (COD) TATER TOTS GREEN BEANS APPLE HAMBURGER BUN (WG) TARTAR SAUCE KETCHUP	3 STUFFED CABBAGE SPAGHETTI SAUCE GREEN BEANS MASHED POTATOES PEACH FRUIT CUP WHITE BREAD WG	4 BEEF PATTY AMERICAN CHEESE ROASTED POTATOES BAKED BEANS APPLESAUCE HAMBURGER BUN WG KETCHUP
7 CLOSED	8 MEATBALLS PENNE PASTA SPAGHETTI SAUCE MIXED VEGGIES PEAR FRUIT CUP WHITE BREAD WG	9 CHICKEN PATTY BAKED BEANS CORN ORANGES FRUIT CUP HAMBURGER BUN WG BBQ SAUCE CUP	10 JUMBO CHEESE RAVIOLI SPAGHETTI SAUCE BROCCOLI FLORETS MIXED VEGGIES PEAR FRUIT CUP DINNER ROLL	11 GRILLED CHICKEN BREAST BBQ SAUCE WHITE RICE GREEN BEANS SWEET POTATOES CINN. APPLESauce CORNBREAD
14 STUFFED GREEN PEPPERS SPAGHETTI SAUCE MASHED POTATOES ESCALLOPED APPLES DINNER ROLL	15 SALISBURY STEAK BROWN GRAVY WHITE RICE CORN DICED CARROTS PEACH FRUIT CUP APPLE CINN. BREAD	16 SMOKED HAM PINEAPPLE GLAZE SWEET POTATOES GREEN BEANS CORNBREAD MIXED FRUIT	17 GRILLED CHICKEN BREAST PENNE PASTA SPAG SAUCE W BASIL MIXED VEGGIES MIXED FRUIT DINNER ROLL	18 BONELESS WINGS DICED CARROTS BAKED BEANS STRAW-BAN APPLESAUCE GRAHAM CRACKERS BBQ SAUCE CUP
21 CHICKEN SALAD COLE SLAW THREE BEAN SALAD PINEAPPLE FRUIT CUP HAMBURGER BUN WG	22 MEATLOAF BROWN GRAVY MASHED POTATOES GREEN BEANS APPLESAUCE WHITE BREAD WG	23 GRILLED CHICKEN BREAST TERIYAKI SAUCE VEGGIE FRIED RICE BROCCOLI FLORETS MAN. ORANGES FRUIT CUP	24 TURKEY BURGER HAMBURGER BUN WG ROASTED POTATOES GREEN BEANS STRAW-BAN APPLESAUCE KETCHUP	25 MEATBALLS SWEDISH MEATBALL GRAVY PENNE PASTA BROCCOLI FLORETS DICED CARROTS APPLESAUCE WHITE BREAD WG
28 MACARONI & CHEESE BROCCOLI FLORETS CORN ORANGES FRUIT CUP APPLE-CINNAMON BREAD	29 MEATLOAF BROWN GRAVY MASHED POTATOES GREEN BEANS APPLESAUCE WHITE BREAD WG	30 GRILLED CHICKEN BREAST TERIYAKI SAUCE VEGGIE FRIED RICE BROCCOLI FLORETS MAN. ORANGES FRUIT CUP		BOX LUNCH OPTION: HAM SANDWICH POTATO SALAD THREE BEAN SALAD PINEAPPLE FRUIT CUP

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.

Summer Crisis Program Begins July 1st



More than 55,000 Ohio households served in 2025

The Ohio Department of Job and Family Services and Lifeline are once again offering assistance to help Ohio's families stay cool during the hot summer months.

From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Job and Family Service's Home Energy Assistance Summer Crisis Program (HEAP).

The Summer Crisis Program assists low-income households and those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with a household member age 60 or older and/or a household member with a documented medical condition. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others. To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$57,750.

Last year, the Summer Crisis Program assisted more than 55,000 households in Ohio, providing a total of \$12.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with Lifeline. Appointments can be scheduled by calling (440) 381-8230 or app.capappointments.com.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance, or central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program, and what is needed to apply, contact Lifeline at (440) 381-8230 or app.capappointments.com. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov.

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

If you meet the 2026 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.

MEDICAID			QMB			SLMB			QI		
Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets	Limits:	Income	Assets
Single	\$1,014	\$2,000	Single	\$1,350	\$9,950	Single	\$1,616	\$9,950	Single	\$1,816	\$9,950
Married	\$1,511	\$3,000	Married	\$1,824	\$14,910	Married	\$2,184	\$14,910	Married	\$2,455	\$14,910

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 \$6,235.21 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 SEPTEMBER 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.

**Call 988 anytime
for free and
confidential
support and
resources related
to mental health or
substance use concerns.**



988

SUICIDE
& CRISIS
LIFELINE

If you or someone you know
needs support now,

CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



2026 GC 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.

Russell Twp	Sept. 9-11
Chesterland Twp	Sept. 14-18
City of Chardon	Sept. 24
Middlefield Twp	Oct. 1

Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2026 Trash Day Pick-up program to register NOW with the Dept on Aging. Seniors who complete their yearly registration with Dept. on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cutoff date to be placed on the community pick-up list. Please, no more than 10 items per household.

Call (440) 279-2130 for guidelines and questions.

PLATINUM PATRONS

The Bramley Family

in memory of Jim & Joy Bramley & Rob Warren

G Rae Peck in memory of Sigmund Peck

Alan Bialosky in memory of Peggy Bialosky

Robert Beutel and Claudia Euse

Newbury Class Members of 1956

James & Sandra Burzanko in memory of Judge Forrest W. Burt

Lyn and Carla Svendsen

Barbara & Edward Wells

Nancy Lynam-Davis in memory of Eileen Schaffert

Ann Busse in memory of Carl & Dorothy Busse

Mr & Mrs Robert Beutel

Erin Wallace in memory of Teddi Wallace

The Sly Fox Motorcycle Club of Northeast Ohio

Gwenn & Daniel Brown

Beth & James Croup

in memory of Judy & Dave Prasek & Bonnie Maynard

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.