

Monthly Highlights

Monday, October 5th: Senior Health & Wellness Fair
Geauga Family YMCA 12460 Bass Lake Rd, Chardon 44024. **Free and open to the public!** Join the Geauga Family YMCA for a morning of free health screenings, free gifts/handouts, items for purchase, and over 35 vendors to speak to regarding senior health and wellness. Collaboration with UH Geauga Medical Center. No registration is required. 9:00am-12:00pm.

Monday, October 19: Harvesting Healthy Living—”Caregiver Support & Burnout Prevention “
Held at UH Geauga Medical Center (13207 Ravenna Rd, Chardon 44024) in the Conference Center Lower Level. “Caregiver Support & Burnout Prevention” - Practical tools and support for caregivers to reduce stress, prevent burnout, and care for themselves while caring for others. 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.

Thursday, October 22nd: Ohio Farm Bureau – Agriculture in Geauga County
Held at Geauga County Office Building - Room B167 (12611 Ravenwood Dr, Chardon 44024). October is Food and Farms month, celebrating the vital role agriculture has played in shaping Ohio’s history, economy, and communities. Presented by Mandy Orahood. This presentation takes you on a journey through the economic footprint of agriculture, starting with a broad view of its national and statewide significance before focusing directly on Geauga County. In collaboration with UH Geauga Medical Center. Refreshments and snacks provided. Registration is required by calling Magaly Rios at 440-279-2137. There are limited spots available. 1:00-2:30pm. Free.

Balance Exercise Classes: Focuses on building endurance, strength, and flexibility to prevent falls from happening. Exercises are both seated and standing. Classes are available in person and live on Microsoft Teams on Mondays, Wednesdays, and Fridays. Call Melissa Wheeler at 440-279-2167 for more info.

Parkinson’s Boxing Classes: This class is for seniors diagnosed with Parkinson’s whose symptoms are mild to moderate. The goal of this non-contact boxing program is to delay the progression of Parkinson's symptoms. Please call Melissa Wheeler at 440-279-2167 for more info.

October 2026 – Community Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	Melissa Wheeler Senior Centers’ Manager 440-279-2167 Magaly Rios Assistant Senior Centers’ Manager 440-279-2137	1 9:00-10:30 Walking for Wellness OS 12:00-2:30 Lunch & Movie WG	2 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT
5 9:00-12:00 YMCA Health Fair OS 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	6 10:00-1:30 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS	7 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 11:30-12:30 GW Book Club GWL 1:00-3:00 Matter of Balance Class OS	8 9:00-10:30 Walking for Wellness OS 1:30-2:30 Burton Book Club BPL	9 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Matter of Balance Class OS
 OFFICES CLOSED FOR COLUMBUS DAY	13 9:00-10:30 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS 1:00-3:30 Diabetes Self-Management Class GCOB	14 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Matter of Balance Class OS	15 9:00-12:00 Walking for Wellness 11:30-1:30 GPD Elderberries OS	16 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Matter of Balance Class OS
19 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	20 8:00-10:30 Geauga Cyclists OS 1:00-2:30 Geauga Walkers OS 12:30-1:30 Parkinsons Support Group CSC 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 1:00-3:00 Matter of Balance Class OS	22 9:00-12:00 Walking for Wellness & Breakfast OS 1:00-2:30 Ohio Farm Bureau–Agriculture in Geauga County GCOB	23 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Matter of Balance Class OS
26 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	27 9:00-10:30 Geauga Cyclists & Breakfast OS 1:00-2:30 Geauga Walkers OS	28 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Matter of Balance Class OS	29 9:00-10:30 Walking for Wellness OS	30 9:30-11:00 Parkinson’s Boxing CSC 11:00-12:00 Balance Exercise CSC & VT 1:00-3:00 Matter of Balance Class OS