

2026

# SENIOR GUIDE

*Spirit of Bainbridge*



## Oh, These Golden Years...

By Anne E. North

These so-called Golden Years are fraught with trade-offs, aren't they, folks?

We are wiser, for sure, but can't always put that wisdom into action. And even though we have gained intelligence along this journey, we can't always remember what we walked into the next room for, right?

Our bodies certainly don't cooperate the way they used to! Gone are the days when we could hop out of bed in the morning — we now take careful steps to ensure we won't twist or break something! — or hop out of a chair to do something — quickly! — before we forget what it was we were going to do!

Whether our calendars are filled with self-induced busyness, doctor appointments, or we're still working (!), being busy is a good thing. It keeps us alert. When our minds

***When our minds are active, there is less time for worry or regrets.***

are active, there is less time for worry or regrets. (And we sleep better at night because we're tired!) We are filled with purpose, and yet we manage to discard those things we have found burdensome.

In reading Jane Goodall's book *The Book of Hope*, I found the passage about not focusing on our aches and pains, that the happiest people of age are those focused on something beyond their own troubles. (See my review of the book on page 16.)

It seems that being a senior involves a level of acceptance. We can no longer do certain things that once did not require a second thought. We are more patient. We don't see the need for the hustle and bustle any longer. If a home or garden chore takes a couple of days to complete, so be it.

I was pondering, as I tend to do, about how things change in a generation. My parents saw changes ranging from radio and very few family automobiles, to the Space Age, computers, microwave ovens and cell phones. Our generation has seen so much advanced technology and medicine that I tease my daughter that she'll be bionic when she reaches my age!

And speaking of changes in medicine, I realize that I have four female doctors — general practitioner, dentist, dermatologist and podiatrist! — and I am happy with that. Women understand women. Enough said.

Maybe our eyes don't see quite as clearly — but think of the wonders they have viewed: the beauty of the natural world, the face of a newborn baby! Maybe our jaws ache — but think of the laughter we have known, the good foods we have tasted! Maybe our feet ache — but think of the steps we have walked, the hills we have climbed (both literally and figuratively!) in this life! And there's more yet to do!

While examining ways to promote longevity, here are some things I discovered: To maintain a youthful appearance and promote healthy aging, consider these tips:

- Stay hydrated by drinking plenty of water throughout the day.
- Eat a balanced diet rich in fruits, vegetables and whole grains.
- Incorporate regular exercise to boost circulation and maintain muscle mass.
- Protect your skin from sun damage by using sunscreen daily.
- Get enough sleep to allow your body to repair and rejuvenate.
- Manage stress through mindfulness practices like meditation or yoga.

**Eating breakfast earlier helps** us maintain a normal circadian rhythm, which is essential for our health, according to experts. We have an increased metabolic rate and better insulin sensitivity earlier in the morning, so eating earlier helps us metabolize our food more efficiently with lower spikes in glucose levels.

As for when you should aim to have your meals: The best time of day to eat breakfast is within an hour of waking or by 8 a.m., and the last meal of the day should be consumed by 6 p.m. for optimal health, according to experts.

**Eat more spicy foods!** If you love a little kick in your food, you're in luck! A study published in *Nutrition Journal* found that those who ate spicy foods three to five days per week aged more slowly than non-spicy eaters. On average, their overall biological age was about 0.7 years younger, and their metabolic age was about 0.8 years younger.

So what's the connection between spicy foods and aging? It's thought that capsaicin, a main compound in chili peppers, decreases overall inflammation and cellular damage while improving metabolism. Start with milder spices and gradually increasing the heat as tolerated. If the heat of the spices is too intense, pairing them with dairy products or starchy foods can decrease the burn. Avoid very spicy foods on an empty stomach.

**Strengthen your relationships.** Longevity is not a solo sport, say experts. Strong social connections reduce mortality more than quitting smoking. Join groups, nurture friendships and invest in family bonds. Community regulates stress, provides purpose and literally lengthens life.

**Prioritize physical activity.** Staying active decreases the risk of falls, promotes independent living and reduces the risk of many health problems, such as cardiovascular disease and stroke.

Proof this simple healthy-aging strategy works: When people exercised by walking at a fast pace for just 15 minutes daily, they experienced a 19 percent lower risk of death by any cause, says a study in the *American Journal of Preventive Medicine*. Better yet, those with an existing health condition such as diabetes, high blood pressure or heart disease saw the strongest longevity boost. Speeding up your walking to the pace you'd use if you were running late for an appointment gets your blood pumping at an aerobic level.

Plus, a study finds those who took 7,000 steps a day — whether fast or slow — were 47 percent less likely to die from any cause compared to those who took 2,000 steps. Bump it up to 10,000 and you'll boost your longevity even more.

**Add strength training.** After age 50, muscle loss accelerates. Strength training stimulates muscle protein synthesis, preserves bone density and supports metabolic health. Strong muscles are like longevity insurance. They keep you mobile, burn glucose and reduce frailty risk.

In an eight-year study, participants over 65 who did strength exercises at least four times weekly had a 21 percent lower risk of dying from any cause. Keeping muscles strong not only wards off age-related muscle loss (sarcopenia) that hinders independent living, it also improves metabolism and reduces inflammation, helping the body fend off chronic illness.

Best of all, your home is already filled with strength-boosting tools. Fill an empty milk or detergent jug with water to create a custom weight for bicep curls or shoulder raises, or toss a few books in an old backpack and wear it while climbing stairs to add resistance and build leg power.

**Start your day with sunshine.** Go outside in the morning light. Wake up and move with the sun. This anchors your circadian rhythm, improves sleep quality and optimizes hormones like melatonin and cortisol. A well-set clock equals better repair and longevity.

**Be your own chef.** You know how much better a bowl of from-scratch soup tastes compared to one can — and it turns out, your body agrees. Research in the *American Journal of Preventive Medicine* shows that simply eating one homemade meal a day, no matter how simple, significantly improves the overall quality of your diet. What's more, those who ate in more saved over \$100 a month on overall food costs compared to those who ate out often.

In prepping this article, I often questioned why most senior commentary involves health. Certainly we need to take care of ourselves — we are much more informed health consumers than our parents were! — and surely we have aches and pains. But we can't savor life by being fearful and overly cautious. Let's continue to live life to the fullest!

**One Community.**  
**EVERY LEVEL OF CARE.**

Independent & Assisted Living

Short Term Rehab | Skilled Nursing | Home Care

THE CAMPUS OF  
*Anna Maria*  
OF AURORA

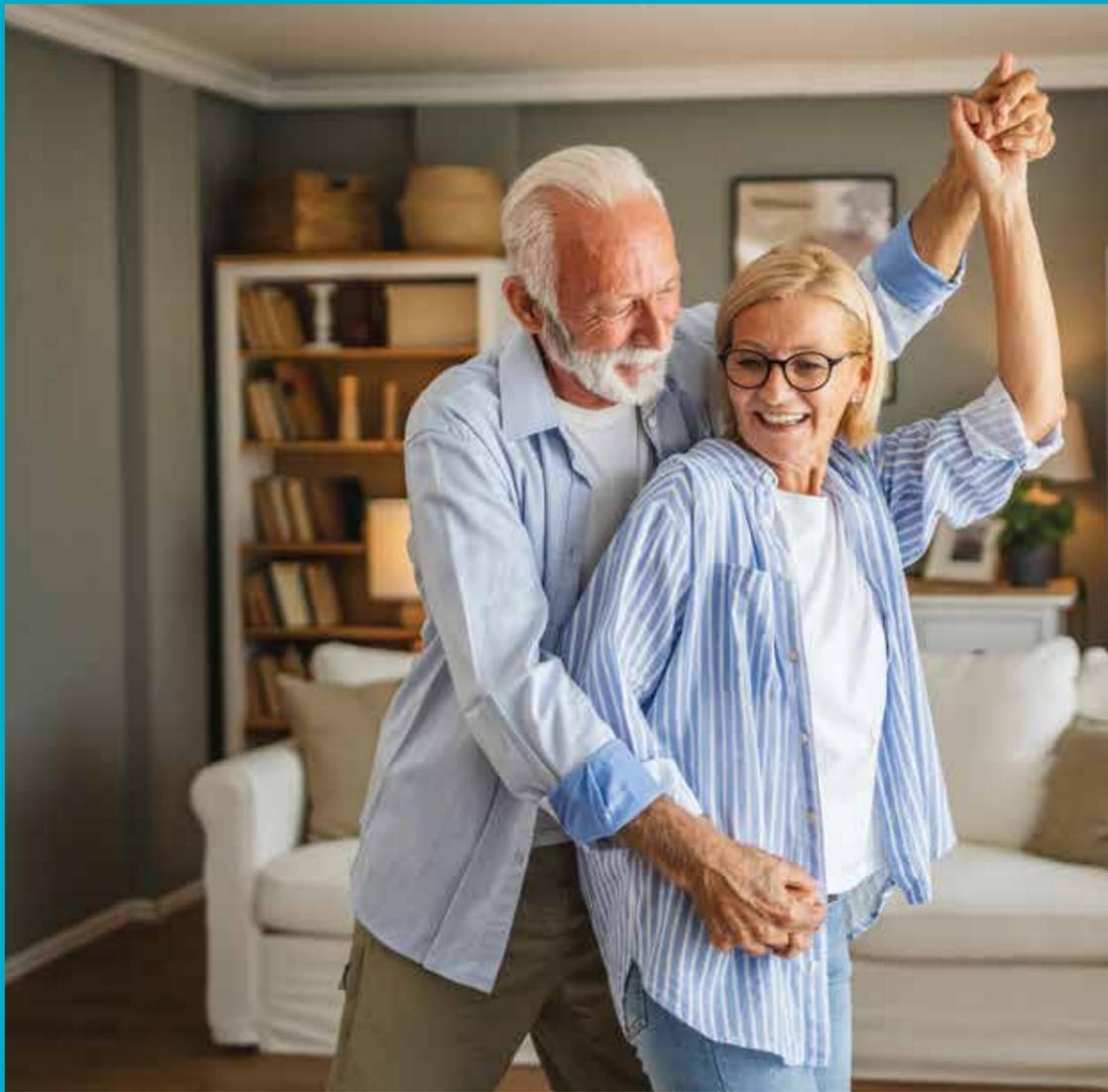
A Family Approach to Senior Living For Over 60 Years

889 North Aurora Road • Aurora, Ohio 44202  
**330-562-6171**

**BEST NURSING HOMES 2025** Newsweek  
**BEST NURSING HOMES 2026** Newsweek

Celebrating Over 60 Years Of Quality Care!

[www.annamariaofaurora.com](http://www.annamariaofaurora.com)



Your best life  
TODAY.  
A plan for  
TOMORROW.

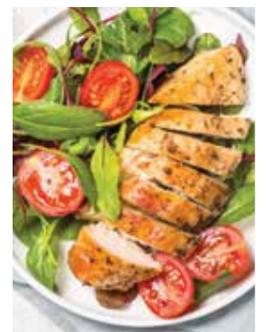
## Experience vibrant **Independent Living,** in Hudson's premier Life Plan Community!

Welcome to Laurel Lake, a community that checks *all* the boxes. Comfy, zero-maintenance homes. Friendly neighbors. Inspiring activities. Delightful dining. Resort-style amenities. And an array of on-site health services that will surprise you!

What if you could have all this, *and* a worry-free plan for the future? Our **Independent Living with Life Care** option gives you just that. If you ever need assisted living, skilled nursing or rehab, you'll have priority access right here at Laurel Lake. And you won't pay market rates – just a little more than your Independent monthly fee.

The potential savings are eye-opening.  
The peace of mind for you and those you love? Priceless.

For a brochure or tour, call 330-650-2100  
or visit [laurellake.org](http://laurellake.org).



200 Laurel Lake Drive, Hudson OH 44236



## Make a Difference: Volunteer for Home-Delivered Meals

Geauga County Dept. on Aging is seeking volunteers to deliver meals to seniors in Bainbridge.

Volunteers play a vital role in the Home-Delivered Meals program, ensuring homebound seniors receive warm, nutritious lunches. Routes begin at the Bainbridge Senior Center, 17751 Chillicothe Rd, 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.

*Please support our Spirit advertisers,  
and tell them you saw their ad in  
Spirit of Bainbridge!*

## Leading with Heart: Evan Webster Named Chamber Member of the Year

Our community celebrated someone who truly embodies leadership, service, and connection. At the Annual Awards Night hosted by the Chagrin Valley Chamber of Commerce, our own Evan Webster was named Chamber Member of the Year — a well-deserved honor that reflects the impact he makes every single day.

As Community Relations Director and Admissions Coordinator for Assisted and Independent Living at Anna Maria of Aurora, Evan serves in a role that blends professionalism with compassion. He is often the first person families meet when exploring senior living options, guiding them through important decisions with patience, clarity, and understanding. His ability to build trust and create meaningful connections leaves a lasting impression on residents and their loved ones.

Beyond the campus, Evan is a steady and enthusiastic presence throughout the Chagrin Valley. He attends community events, supports fellow businesses, strengthens partnerships, and consistently looks for opportunities to promote not only Anna Maria, but the broader local business community. His work reflects a belief that when organizations collaborate and support one another, everyone benefits.

What makes this recognition especially fitting is that it mirrors who Evan is at his core. He leads with integrity, shows up with purpose, and approaches his work with genuine pride.

Being named Chamber Member of the Year is a significant achievement, but for those who know him, it simply affirms what they see year-round. Anna Maria is incredibly proud to have Evan representing the campus and the greater Chagrin Valley community.

## Rise in Popularity of Assisted Living Communities Among Aging Baby Boomers

As the baby boomer generation reaches retirement age, assisted living communities are experiencing a surge in popularity. This shift reflects both demographic realities and evolving attitudes toward aging. Baby boomers, born between 1946 and 1964, represent one of the largest and most influential generations in American history, and their preferences are reshaping the landscape of senior living.

One key factor driving this trend is longevity. Advances in healthcare and lifestyle have enabled people to live longer, healthier lives. However, with age often comes the need for varying levels of care and assistance. Assisted living communities provide the perfect balance — offering independence and privacy while ensuring that help is available when needed. This hybrid model appeals to boomers who value autonomy but also recognize the importance of safety and support as they age.

Equally important is the evolving social view of aging. Baby boomers are redefining what it means to grow older. They are less interested in the institutional feel of traditional nursing homes and more drawn to vibrant, community-based environments. Modern assisted living facilities often feature resort-style amenities, fitness centers, cultural programs, and opportunities for meaningful social engagement — all factors that align with this generation's active and connected lifestyle.

In addition, family dynamics have changed. With many adult children working full-time or living far away, assisted living offers peace of mind for families who want to ensure their loved ones receive quality care. The emotional reassurance that their parents are safe, engaged, and well cared for adds to the appeal.

In essence, the growing popularity of assisted living communities among baby boomers stems from a combination of practical, social, and emotional factors. To learn more about these communities in your area, contact David Koch at Assisted Living Locators (330-348-0957).



**IS THIS YOU?  
BE HONEST.**

You say you will schedule an eye exam soon. Soon turns into later. Later turns into next year. Annual eye exams help protect your vision by catching issues early.

**SCHEDULE YOUR EYE EXAM**

8505 Tanglewood Square  
Chagrin Falls, OH 44023  
(440) 543-5186  
TanglewoodEyeCare.com

**NEW PATIENT  
\$50 Off**  
on eyeglasses \$150 or more\*



**OHIO'S CENTER  
FOR  
ORAL • FACIAL • IMPLANT SURGERY**

WWW.OHSURGERY.COM

**BE WISE AND REMOVE THOSE *Wisdom Teeth***

*Now booking consultations!*

WISDOM TEETH | DENTAL IMPLANTS | FACIAL COSMETIC SURGERY  
BOTOX & FILLERS | TEETH IN ONE HOUR | PEDIATRIC CARE | TMJ & MORE

**BOARD CERTIFIED SURGEONS**

KEITH SCHNEIDER MS, DMD, FACS  
DONALD LEWIS JR DDS  
JILL WEBER DDS  
MAXIMILLIAN G. BEUSHAUSEN DMD, MD  
MARIA A. DELEONIBUS DMD

**CALL US TODAY!  
440-255-3700**

**HIGHLAND HTS.**  
6151 Wilson Mills Rd.  
Suite 110

**MENTOR**  
2707 Hopkins Rd.

**BAINBRIDGE**  
17747 Chillicothe Rd.  
Suite 203



**HELP & HOPE  
Care Groups**

We offer help and support from a Christian perspective. These groups are free and open to the public.

**Dealing With Divorce**  
4-week in person care group  
Thursdays at 7:00pm  
parksidechurch.com/divorce

**Families Facing Addiction**  
Monthly in-person care group  
Next meeting: March 22 at 11:45am  
parksidechurch.com/addiction

**Widows Connection Lunch**  
March 22 from Noon-2:00pm  
Register at:  
parksidechurch.com/widows

**Grieving With Hope**  
8-week in person care group  
Begins March 26 at 7:00pm  
parksidechurch.com/grieving

**PARKSIDE CHURCH**  
7100 Pettibone Road  
Chagrin Falls, OH 44023  
440.543.1212

**JOIN US FOR  
SUNDAY SERVICES**  
9am | 10:30am | 6pm  
Livestream during  
the 9am service

**FOR MORE  
INFORMATION VISIT**  
parksidechurch.com

## Scrapping Thumbs Up!

By Mary C. Ryan

Warning: Contains eew-producing images

I don't know exactly when it's determined that you have crossed the boundary between being a regular human and one that is considered vintage. I only know that at some point in your life, your doctor will look at you and ask, "Have you had any falls recently?"

Of course they never ask this of a toddler, who typically bounces off the floor with the regularity of a LeBron basketball. I am also assuming they do not ask this of NFL players. So that would leave the rest of us somewhere between the ages of, say, 45 and the grave.

I have been certified vintage for many years, so this typically is the first question asked by any healthcare provider. And recently my answer, unfortunately, had to be "Yes."

It wasn't my fault. Really. I didn't do anything stupid like tripping over the dog. (Which is, in my opinion, the best reason not to have one. And I love dogs.) Or climbing a ladder, which for vintage people is really asking for trouble. No, I was just standing there minding my own business when my body suddenly came to the conclusion that the floor was looking mighty attractive and there was no changing its mind. I was sufficiently *compos mentis* to do everything possible to change or mitigate that unfortunate decision and so I ended up on the floor but without breaking or even bruising any bones for which I was very thankful. Oddly enough, however, when the dust cleared, I found that the thumb on my right hand was bleeding. Eew, I still don't know what happened.

The main thing was that I was able to get myself back up to a standing position without calling 911, which is usually *de rigueur* for vintage people who end up on the floor. I was pretty proud of myself for that. But I did still have the thumb to deal with. Eew.

The blood was coming from the thumbnail. Now any household worth its salt has a box of Band-Aids in a cupboard somewhere, so after giving the thumb a good washing, I slathered it with some antibiotic ointment and got it covered.

I don't know if you've ever considered how important your thumb is. Especially if it's your right-hand thumb and you are right handed, which it was and which I am. I discovered that I use mine for opening mail, trying to get the caps off water bottles, putting on my socks, and most importantly, pulling up my jeans. Yeah, I do have another thumb, but it's on the other side and it only reaches so far.

A week or so later, it became evident that I was going to lose my nail. Which meant that I still had to keep it covered because it had separated from my actual flesh part of the thumb and the entire digit looked something you'd see in a plate of steamed clams. Eew. Some weeks later I was changing the Band-Aid and the entire nail came with it. Eew times ten.

So I now have this weird appendage that basically looks like a character in an animated children's TV show and isn't much good for anything that requires picking up from a flat surface. Try a pin. A piece of paper. Or even a knife to butter your toast. Fortunately, I have four other nails on that hand that can be used in a pinch, but they often just get in the way.

I will survive and the good news is that the new nail is growing in and may be back functioning in its normal capacity by, say, Christmas.

Which brings to mind an old poem that goes something like this:

For want of the nail, the shoe was lost; for want of the shoe, the horse was lost; for want of the horse, the rider was lost; for want of the rider, the battle was lost; for loss of the battle, the kingdom was lost.

It's the smallest things that can drag you down. Stay upright, folks!

## Adult Day Services Offered

Are you caring for a Geauga County Senior who has beginning stages of dementia? Are you feeling overwhelmed by the daily responsibilities and could use a break? If so, then call the Dept. on Aging's Adult Day Service (ADS) Program. The Adult Day Service staff can care for your loved one in a safe, structured environment, while you take some needed time for yourself.

The Adult Day Service Program is located at 8090 Cedar Rd., in Chesterland and open Monday through Friday, from 8:30 a.m.-2:30 p.m. Seniors are greeted as they enter ADS by caring staff members who work with the seniors throughout the day.

ADS participants are offered a nutritious lunch, cognitive stimulation, physical exercise and socialization as part of the program. This is not a medically-based program, meaning medications are not given and seniors must be able to toilet and feed themselves.

If you are interested in hearing more about this program, or would like to schedule a visit, call (440) 279-2149 or email [vzanella@geauga.oh.gov](mailto:vzanella@geauga.oh.gov)



### Chagrin Falls Meals On Wheels Celebrating 50 Years of Community Service.

#### Who we are:

- A local, independent 501(c)(3) organization.
- One chef and volunteers prepare and deliver affordable, nutritious and delicious meals!
- Provides a regular contact with a caring volunteer.
- We help those in need of meal delivery stay independent in their home.



For more info call: 440-543-1405 Visit: [chagrinfallsmails.org](http://chagrinfallsmails.org)

## Advanced Directives for Spring 2026

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

Attention, Geauga County senior citizens, 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. Call today. Space is limited!

West Geauga Senior Center, 8090 Cedar Rd. in Chesterland. Wednesday, April 22 for the panel discussion (10 a.m.-12 p.m.) and Wednesday, April 29 for the signing day. Call the West Geauga Senior Center at (440) 279-2163 to reserve a space.

## Matter of Balance Class

Gauga senior citizens, 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.

Classes are every Tuesday and Friday from 1-3 p.m. March 31 through April 24 at Bainbridge Senior Center, located inside the Banbridge United Church of Christ, 17751 Chillicothe Rd., Chagrin Falls 44023.



**NO-COST SENIOR LIVING PLACEMENT**

330-348-0957




DAVID KOCH

OWNER & SENIOR LIVING ADVISOR  
tel 330-348-0957 • fax 330-348-0957  
dkoch@assistedlivinglocators.com  
[assistedlivinglocators.com/cleveland-east](http://assistedlivinglocators.com/cleveland-east)

Assisted Living Locators Cleveland East  
No Cost Referral and Placement Service  
Independently owned and operated

- Family/Marital Therapy
- Individual Counseling
- Children & Adolescents
- Psychiatric Services

*Attention Deficit, ADHD*

*Depression*

*Mood Disorders*

*Substance Use Disorders*

William Fikter, MD

Drew Reimer, M. ED, LCDC

Gary Baughman, LPCC

Kathy Daum, LICDC

Timea Turoczi, APRN, BC

Anabella Batiz-McCandlish, LISW

Genesis

Counseling Center, Inc.

440-543-8880

17747 Chillicothe Rd., Suite 105, Bainbridge

## Kate Jacob Running for Juvenile Probate Judge

Kate Jacob officially submitted her petitions for election at the Geauga County Board of Elections, marking the next step in her campaign to become the next Geauga County Juvenile Probate Judge. Jacob's campaign is moving into the May 5 Republican primary election with unmatched momentum. Kate Jacob has support from county and local leaders, and the campaign has over \$100k cash on hand.

As a former Geauga County Assistant Prosecutor, Jacob knows how to deliver justice. As a key leader with demonstrated experience as the Chief Compliance Officer & Administrator at the Geauga County Auditor's Office, she learned firsthand how to dismantle inefficient systems and rebuild them with transparency and accountability, while protecting taxpayer dollars.

Now, as a trial-tested former prosecutor with a proven track record of reform in the Auditor's Office, Jacob is the candidate prepared to lead from Day One with a blend of law-and-order experience, and public administrative and budgetary expertise.

"My entire career has been spent here in Geauga County fighting for justice in the courtroom and collaborating with other officials to clean up our county's finances," Jacob said. "As a mother, and with 15+ years of experience serving the people of Geauga County, I'm ready to bring that same accountability and integrity to the Juvenile Probate Court."

Jacob earned her J.D. from the Case Western Reserve University School of Law, and her M.A. and B.A. degrees from the Johns Hopkins University.

"I am incredibly proud to serve the people of Geauga County and all that we have accomplished over the years," Jacob said. "I would be honored to continue my public service in the very courtroom where my career began, the Geauga County Juvenile Probate Court."

For more information, visit [JacobforJudge.org](http://JacobforJudge.org) or contact [Info@JacobforJudge.org](mailto:Info@JacobforJudge.org)

## Bainbridge Senior Center March Happenings

For Geauga County Senior Citizens, 60 years of age and older! To register for any of the events, or for more information, call the Bainbridge Senior Center at (440) 279-1313.

**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 per class after.

**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.

**Alzheimer's Care Giver Support Group** - This group meets at 1:30 p.m. on March 11 at BSC. 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!

**Podiatry Appointments** - Dr. Kessinger who specializes in senior foot care, heel pain, bunions, ingrown toenails, and athlete's foot, is taking new patients for March 13! Call 440-279-1313 to get on the schedule and verify if your insurance is accepted!

**NEW!!! Bainbridge Senior Center Book Club** - Led by Cheryl Mullins, head of Adult Services at Geauga West Library. This book club will meet on the third Thursday of the month starting March 19 at 1 p.m. 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 the Senior Center to register!

### America 250 Cleveland Rocks: A Trip Down Memory Lane! - 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. Cost is only \$10 per person and registration is required.

### America 250 - Before They Were Famous: Celebrity Veterans of World War II - March 25

More than 16 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!

### America 250 - Rock & Roll Hall of Fame Bus Trip - 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 on March 27!

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, and transportation by coach bus with pickups available at Geauga County Safety Center in Chardon or the Bainbridge Senior Center. Call the center (440) 279-1313 for trip cost and other details. Registration due by March 18 or until event is full. Sign up today!

Bainbridge Senior Center is located at 17751 Chillicothe Rd. in Bainbridge.

## Perennial Gardeners of Chesterland

### A Community Presentation, Container Vegetable Gardening

Perennial Gardeners of Chesterland will present a community program on Container Vegetable Gardening on Wednesday, March 25 at 7 p.m. at Metzenbaum Center.

Kathy Tamerland, Cuyahoga County Master Gardener, will speak about growing vegetables on a smaller scale. Don't have the room or time to maintain a large vegetable garden? This presentation is for you. We look forward to seeing you there! The Metzenbaum Center is located at 8200 Cedar Rd., Chesterland, OH 44026. Enter at the second blue awning.

## COIN & JEWELRY BUYERS

### FREE VERBAL APPRAISALS We Make House Calls!



- ◆ Gold and Silver Coins
- ◆ Estates and Accumulation
- ◆ Vintage Jewelry and Watches
- ◆ Gold and Silver Scrap
- ◆ Paper Money
- ◆ Proof and Mint Sets

**LOCALLY OWNED BY BAINBRIDGE RESIDENTS**

## CLEVELAND COIN & CURRENCY

216-381-5636 ◆ 216-381-3075  
2161 S. Green Rd., University Heights

SENIORS GET  
10% OFF WITH THIS AD

# Alicia's

## MASSOTHERAPY

Serving the Community Since 2006

Focused massage designed to support daily function.

8434 E. Washington St. • Chagrin Falls, OH 44023 • 440-543-2093

Monday - Friday: 9am - 8pm • Saturday: 9am - 4pm • [www.aliciasmassotherapy.com](http://www.aliciasmassotherapy.com)