

# January Events 2022



## Geauga YMCA Active Older Adults (AOA) Newsletter—JANUARY 2022

Geauga Family YMCA • 12460 Bass Lake Rd • Chardon, OH 44024 • 440-285-7543  
Active Older Adult Coordinator: Diane Gorom contact at: dgorom@clevelandymca.org

Mon	Tue	Wed	Thu	Fri
<b>3</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>4</b> Chair Volleyball 12:00-1:30	<b>5</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>6</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>7</b> Pickleball: 1pm-3pm (back court until 3:30)  Pop-Up SS Yoga with Alyssa at 10am in Studio
<b>10</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>11</b> Chair Volleyball 12:00-1:30  UH Blood Pressures in the Lobby 10am-noon	<b>12</b> Pickleball: 1pm-3pm (back court until 3:30)  AOA Lunch Bunch—Bass Lake 12:15	<b>13</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>14</b> Pickleball: 1pm-3pm (back court until 3:30)
<b>17</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>18</b> Chair Volleyball 12:00-1:30  Pop-Up Gentle Stretch and Meditation with Christine at 10am in Studio	<b>19</b> Pickleball: 1pm-3pm (back court until 3:30)  Pop-Up SS Yoga with Alyssa at 10am in GYM  SENIOR SWIM lesson with Matt 10am	<b>20</b> Pickleball: 1pm-3pm (back court until 3:30)  How Does A Dog Become A Therapy Dog Presentation at 12:15pm in the MPR	<b>21</b> Pickleball: 1pm-3pm (back court until 3:30)
<b>24</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>25</b> Chair Volleyball 12:00-1:30  FREE COFFEE/TEA Bar in the Lobby 10am-12:15	<b>26</b> Pickleball: 1pm-3pm (back court until 3:30)  SENIOR SWIM lesson with Matt 10am	<b>27</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>28</b> Pickleball: 1pm-3pm (back court until 3:30)
<b>31</b> Pickleball: 1pm-3pm (back court until 3:30)				



### Don't miss this presentation! **How Does A Dog Become A Therapy Dog?**

Thursday, Jan 20th  
12:15pm in the MPR  
featuring Cassie the dog



Cassie is a 6 year old Brittany Spaniel who is a certified therapy dog through Therapy Dog International and University Hospitals of Cleveland. Come listen to Mike Haines (a current Y Member) explain how he decided to go this route with Cassie and the different steps/training needed for her to become certified. Meet Cassie and see her in action. This should be a fun afternoon!

With the winter weather upon us, why not enjoy some hot coffee or tea at our own Geauga YMCA Coffee and Tea "bar" which will be set up in the Lobby. Enjoy your hot drink while meeting new and old friends before or after a class or workout. Both regular and decaf coffee will be available and some herbal and green tea too. Stop by and enjoy! It's totally FREE!!!



### Free Coffee & Tea "Bar"

Tuesday, January 25th  
10:00am-12:15pm  
Where: Lobby



### Senior Swim (Group) Lessons with Matt

4 week session beginning Jan 19th  
Wednesdays 10:00-10:30am  
Fee: \$40 for the session

Don't be afraid of water anymore! It's never too late to learn how to swim with Matt the Aquatics Director. Please sign up at the front desk or with Diane to reserve your spot. You can do this!!!



# AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Group Exercise (Land)</b>				
10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue- Gym	<i>Pop Up Gentle Stretch and Meditation Class with Christine</i> <b>Jan 18th</b> 10am <i>In the Studio</i>	<i>Pop Up Silver Sneaker YOGA Class with Alyssa</i> <b>Jan 19th</b> 10am <i>In the GYM</i>	10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue-Gym	10:00am-10:50am <b>Boom Move</b> Melanie-Gym  <i>Pop Up Silver Sneaker YOGA Class with Alyssa</i> <b>Jan 7th</b> 10am <i>In the STUDIO</i>
11:00am-11:50am <b>Senior Strength and Balance</b> Sue-Gym	11:00am-11:50am <b>Silver Sneaker Classic</b> Melanie-Gym	11:00am-11:50am <b>Silver Sneaker Cardio</b> Melanie-Gym	11:00am-11:50am <b>Silver Sneaker Classic</b> Sue-Gym	11:00am-11:50am <b>Senior Body Tone and Balance</b> Melanie-Gym
<b>Aquatic Classes (Water)</b>				
9:00am-9:50am <b>Water Aerobics</b> With Joy	9:30am-10:00am <b>Water Volleyball</b>	9:00am-9:50am <b>WATER WILDCARD</b> with Carol/Melanie	9:00am-9:50am <b>Water Aerobics</b> With Joy	
10:00am-10:50am <b>Aqua HIIT</b> With Joy	10:00am-10:50am <b>Aqua Fitness</b> With Melanie	10:00-10:30am Senior Group Swim Lessons with Matt (requires sign up) Cost \$40 for 4 wks begins 1/19	10:00am-10:50am <b>Aqua HIIT</b> With Joy	
11:00am-11:50am <b>Aqua Function and Flow</b> With Joy			11:00am-11:50am <b>Aqua Function and Flow</b> With Joy	

**AOA Pickleball Schedule: January**  
 Mondays: 1pm-3pm (until 3:30pm back court only)  
 Tuesdays: None  
 Wednesdays: 1pm-3pm (until 3:30pm back court only)  
 Thursdays: 1pm-3pm (until 3:30 back court only)  
 Fridays: 1pm-3pm (until 3:30pm back court only)

**Please sign up for the next Pickleball Session: January 3rd through Feb 11th (Cost \$10)**  
**Want to learn how to play Pickleball? Contact Diane at dgorom@clevelandymca.org**

The January AOA Lunch Bunch goes to...

**Bass Lake Taverne**  
**Wednesday, January 12th**  
**12:15pm**



Please sign up at the Front Desk so we can let Bass Lake know how many to expect.

Do you like to dance? Well, Boom Move is a dance workout that improves cardio endurance and burns calories. The class focuses on cardio endurance by starting with simple dance moves and then builds into more complex sequences bringing you a great cardio workout. It is a higher intensity class. Boom Move is on Fridays at 10am with Melanie.



On **Thursday, Feb 10th at noon**, University Hospitals Physical Therapy Group will be here to do a presentation on Fall Prevention followed by individual Balance Screenings. Don't miss it! Look for more information coming in the February Newsletter.

DID YOU KNOW if you are a Silver Sneaker, you are eligible to sign up for a free Tuition Rewards program for your grandchildren or another student in your extended family as the beneficiaries of your Tuition Rewards Points. Students between birth and Aug 31st prior to their senior year of high school are eligible. You get 1,000 points just for signing up and then if you come to the Y seven time or more each month, you will add 250 more points to your account. Each point equals \$1 in tuition discounts. The tuition discounts apply only at private colleges and universities. Visit [www.silversneakers.tuitionrewards](http://www.silversneakers.tuitionrewards) to sign up.



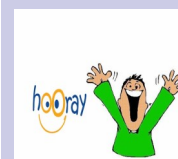
**POP-UP Gentle Stretch & Meditation with Christine**

**Tuesday, Jan 18th**  
 10am in the Studio



**POP-UP Silver Sneaker YOGA Class with Alyssa**

**Friday, Jan 7th & Wednesday Jan 19th**  
 10am in the Studio/Gym



**WEDNESDAY MORNING IS A "GO" WITH A WATER CLASS!!!** Melanie and Carol have decided to split the teaching of a new class at **9:00am** called **WATER WILDCARD**. They will alternate weeks for teaching. The new class will include cardio, strength training, deep water core exercise, intervals, aerobics...its pretty much anything goes! The current pool and different equipment will be used as well. Mixing it up will be a good thing and loads of fun. Come give it a try Wednesdays at 9am in the pool.

## Meet Barbara Keim



Barb is a real Geauga YMCA swim gal. She LOVES the water and takes 9 water classes a week! Not only does she come Monday through Thursday for the morning classes but on Tuesday and Thursday nights, she comes again to take the night time Water Aerobics! Barb worked her whole career as a surgical nurse. She started her career at UH Main Campus and then moved to Hillcrest for 10 years before finally working at the UH Green Road Outpatient Clinic for 29 years assisting the cataract surgeries before retiring at the age of 70.

Barb has always been active. She loved to go windsurfing in places like Aruba, Hawaii and on Lake Erie. She also was an avid skier and even raced at Alpine. She loved Jazzercise and was active in that for 35 years. Unfortunately, she had to have two total knee replacements and that stopped a lot of her normal activity. This is when she discovered that water exercise suited her best.

Barb was married to Roy and had three children. Roy passed away and Barb remarried to Dale who passed away 3 years ago from lung cancer. She has 8 grandchildren and 1 great-grandson.

Barb loves to travel and go out on the weekends with friends. Say hello to this lovely lady. I'm sure if you attend a swim class, you will meet her!