



Geauga YMCA
Active Older Adults (AOA)
Newsletter—SEPTEMBER 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



The October AOA Bus Trip...
**Cuyahoga Valley Scenic Railroad/Hartville Kitchen/
 Maize Valley**
Thursday, Oct 20th
7:15am-5:00pm
Cost: \$119 Members/\$129 Non-Members

“All Aboard” as we head to the Rockside Station of the Cuyahoga Valley Scenic Railroad where we catch a one-way train down to Akron enjoying the beautiful countryside and hopefully all the fall colors. The bus will meet us in Akron and take us to Hartville Kitchen where we will have some time to shop and enjoy a delicious lunch which includes a dinner entrée of your choice with 2 sides, beverage and dessert. The menu is very large and will surely satisfy all types of diets. We will end the day at Maize Valley which is a craft brewery and an award winning winery. Everyone will get a ticket for 2 tastes of either wine or beer and for those who don't like either, you can have a soft drink instead. We can also do some shopping as Maize Valley has a gourmet specialty market, bakery and gift



Schedule for the Day:

7:00am Arrive at the Geauga Y	11:15am-12:45pm Lunch at Hartville Kitchen
7:15am Departure for Train Station	12:45-2:15pm Shopping Hartville
8:30-9:00am Arrive Train Station & Board	2:30-3:30pm Maize Valley Winery/Brewery
9:00-10:30am Scenic Railroad Ride	3:30pm Depart Maize Valley
10:30-11:00am Travel to Hartville	4:45pm Arrive Geauga YMCA



AOA Lunch Bunch goes to:
PUB FRATO (CONCORD)
Wednesday, Sept 21st
12:30pm
 7548 Fredle Dr. Concord



Active Older Adults John and Pat Mallen have a daughter and son-in-law (Lynda and Chris Frate) who own Pub Frato and so we head north to Concord to try out their wonderful restaurant. Pub Frato was also voted Cleveland's Best Gastropub by Cleveland Magazine for the past 4 years straight. They are known for pushing the limits on traditional pub fare. Hope you can join us for a fun afternoon out. Please register at the front desk or with Diane as we need to let the restaurant know how many of us are coming.



The Geauga YMCA will be open on Labor Day (Monday, Sept 5th) from **7:00am until 1:00pm.**
 However, there will be **NO CLASSES** and **NO PICKLEBALL.**
 Have a wonderful long weekend!



AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am Silver Sneaker Yoga Sue- Gym	<i>Pop Up Gentle Yoga and Meditation Class with Christine</i> Sept 20th <i>10am</i> In the MPR	<i>Pop Up Silver Sneaker YOGA Class with Alyssa</i> Sept 14th <i>10am</i> In the GYM	10:00am-10:50am Silver Sneaker Yoga Sue—Gym	10:00am-10:50am Boom Move Melanie—Gym <i>Pop Up Silver Sneaker YOGA Class with Alyssa</i> Sept 2nd <i>10am</i> in the MPR
11:00am-11:50am Senior Strength and Balance Sue-Gym	11:00am-11:50am Silver Sneaker Classic Melanie—Gym	11:00am-11:50am Silver Sneaker Cardio Melanie—Gym	11:00am-11:50am Silver Sneaker Classic Sue—Gym	11:00am-11:50am Senior Body Tone and Balance Melanie—Gym
Aquatic Classes (Water)				
9:00am-9:50am Participant-Led Aqua Aerobics (Barb K.)	9:00am-10:00am Water Volleyball	9:00am-9:50am WATER WILDCARD with Melanie	9:00am-9:50am Aqua Tone with Amy	
10:00am-10:50am Participant-Led Aqua Aerobics (Dee D.)	10:00am-10:50am Aqua Fitness With Melanie	10:00am-10:50am Senior Swim Instruction with Matt	10:00am-10:50am Participant-Led Aqua Aerobics (Lynn G.)	
11:00am-11:50am Participant-Led Aqua Arthritis (Sandy S.)				

AOA Pickleball Schedule: SEPT

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 new Pickleball Session (Cost \$10) Runs Sept 19th thru Oct 28th

\$5 drop in fee available for those not signed up for session



Senior Health & Wellness Fair

Monday, Oct 3rd

9:00am-12:00pm

**Open to both Members and Non-Members
TOTALLY FREE!**

In partnership with University Hospitals Geauga Medical Center, The Geauga YMCA is proud to present the 2022 Senior Health and Wellness Fair taking place right here in the Geauga YMCA Gymnasium.

Come learn and explore all that this Health Fair has to offer. Free Cholesterol, Glucose, Blood Pressure, Balance and Body Mass Index Screenings, Bone Density as well as "Ask a Pharmacist" will be offered by UH Geauga Medical Center. Heinen's will have samples of "Good For You" Superfood snacks and drinks. Free mini massages and reflexology will be offered by Living Well Massage. Arbonne will have samples of their latest products. Some of the other vendors here will include Crossroads Nutrition, Alert Care Medical, Geauga Library, Chardon Eyecare and the Geauga Farm Bureau just to name a few. There will be more than 20 vendors in all! This is a Community-wide event and is open to the public! **NO REGISTRATION NEEDED.** Bring a friend! A big **THANK YOU** to SAGES APPLES for donating free apples for everyone and to CCM RENTAL for donating 20 tables to be used for the vendors. **Silver Sneaker Yoga and Senior Strength and Balance will be canceled on that day (Oct 3rd).**



SEPTEMBER SCHEDULE CHANGES FOR AQUA CLASSES:



- 1) A NEW "Participant-Led" Class by SANDY S. will be an AQUA ARTHRITIS CLASS at 11am on Mondays!**
- 2) Senior Swim Instruction with Matt moves to Wednesdays at 10am.**

A BIG THANK YOU to all those who brought in food for the August Food Drive to benefit Ida's Cupboard and to **Darla Hollowell** for helping supply 8 dozen cookies for our August Lemonade and Cookie Party. Your generosity was VERY MUCH appreciated!!!

POP-UP Gentle Yoga & Meditation with Christine
Tuesday, Sept 20th
10am in the MPR



POP-UP Silver Sneaker YOGA Class with Alyssa
Friday, Sept 2nd
Wednesday, Sept 14th
10am in the MPR

Meet Dana Aten
Director of Wellness



The Geauga YMCA warmly welcomes Dana Aten as our new Director of Wellness! Dana comes to us with a wealth of experience in so many different fitness areas. Dana says as a child her nickname was "chubs" and "moose" but when she was 16 years old, she was introduced to Step Aerobics and her love of fitness began. Dana has taught many different fitness programs including Aerobics, Kickboxing, Zumba, Pound, Cardio Drumming, Silver Sneakers, Aqua Classes, Pilates, Barre and Les Mills formats. She has also worked in a variety of places including Kent State University where she was a part-time faculty member designing the General Physical Education classes for students. She also worked at the Cleveland Skating Club, the Chagrin Valley Athletic Club and was the Program Supervisor for the Ravenna Parks and Recreation Department. Dana lives in Macedonia and is married to her husband Bradley. Bradley works for Flambeau in Middlefield and is the VP of Sales and Marketing. They have 2 sons: Cade (age 25), and Connor (age 24). Dana also LOVES her dog Metzzy who is a three year old Golden Retriever. She enjoys anything outside including camping, kayaking and hiking. Dana hopes to bring some interesting classes to our schedule and to also bring back the LiveStrong Program. We are so happy Dana has joined the Y family. Please stop and say hello when you see her.

SEPTEMBER Events 2022

Mon	Tue	Wed	Thu	Fri
			1 Pickleball: 1pm-3pm (back court until 3:30)	2 Pickleball: 1pm-3pm (back court until 3:30) <i>Silver Sneaker Yoga with Alyssa 10am in the MPR</i>
5 HAPPY LABOR DAY!!! <i>Geauga YMCA hours are: 7am-1pm NO CLASSES</i>	6 Chair Volleyball 12:00-1:30pm	7 Pickleball: 1pm-3pm (back court until 3:30)	8 Pickleball: 1pm-3pm (back court until 3:30)	9 Pickleball: 1pm-3pm (back court until 3:30)
12 Pickleball: 1pm-3pm (back court until 3:30)	13 Chair Volleyball 12:00-1:30pm	14 Pickleball: 1pm-3pm (back court until 3:30) <i>Silver Sneaker Yoga with Alyssa 10am in the MPR</i>	15 Pickleball: 1pm-3pm (back court until 3:30)	16 Pickleball: 1pm-3pm (back court until 3:30)
19 Pickleball: 1pm-3pm (back court until 3:30)	20 Chair Volleyball 12:00-1:30pm UH Geauga Med Ctr Blood Pressures in the Lobby 10-12pm <i>Gentle Stretch and Meditation Pop Up Class with Christine 10am in the MPR</i>	21 Pickleball: 1pm-3pm (back court until 3:30) PUB FRATO (CONCORD) AOA LUNCH BUNCH 12:30pm	22 Pickleball: 1pm-3pm (back court until 3:30)	23 Pickleball: 1pm-3pm (back court until 3:30)
26 Pickleball: 1pm-3pm (back court until 3:30)	27 Chair Volleyball 12:00-1:30	28 Pickleball: 1pm-3pm (back court until 3:30)	29 Pickleball: 1pm-3pm (back court until 3:30)	30 Pickleball: 1pm-3pm (back court until 3:30)