



Geauga YMCA Active Older Adults (AOA) Newsletter—JANUARY 2023

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

University Hospitals Geauga Medical Center presents:
WELLNESS FOR THE MIND, BODY AND SOUL



With Jessica Mathews,

BSN, RN, UH Community Outreach Coordinator

Healthy Smoothies will be served while you listen!

Thursday, January 12th—REGISTRATION REQUIRED by Jan 10th

12pm-1pm in the MPR



Join Jessica from UH Geauga Medical Center to learn five components of wellness and how to take the necessary steps that will help you live well and enhance your physical, emotional and mental health. As an added bonus, Chef Joe (from UH Geauga) will be sending his smoothie recipes and we will get to try them. (Chef Joe couldn't be here himself due to short staffing). **This event is FREE but registration is REQUIRED** so we have enough smoothies to go around. We also may be doing some rock painting after the presentation. Hope you can join us for this "zen" day! Should add a little fun to the January blues... Don't forget to register either with Diane or the front desk.



January **AOA Lunch Bunch** goes to:

Guidos Pizza

Wednesday, Jan 18th

12:30pm

Come enjoy some great Italian food at Guidos in Chesterland. Bring old friends and make some new ones while enjoying a wonderful lunch. **Please sign up at the front desk** so reservations can be made. Guidos is located at 12809 Chillicothe Rd, Chesterland. And don't forget... **Guidos is a CASH ONLY restaurant.**

Social Solos Group (For those living alone)

Next meeting: Monday, January 9th

12pm in the MPR

A new group starting here at the Geauga Y called "Social Solos" is open to anyone who knows the difficulty of living alone. Our first meeting took place in December and we had 8 people attend. We are looking to expand the group. Please join us! We will be discussing different ideas of what the group is interested in and making plans. Coffee/tea and lemonade will be served. **Meeting on Jan 26 as well.**



"A sweet friendship refreshes the soul."

PROVERBS 27:9

AOA BROWN BAG BOOK CLUB

Organizational Meeting

Monday, January 30th

12pm in the MPR

Do you love to read? Then this book club might be for you! Let's get together to discuss everyone's interests and come up with a book list for our future reads. Bring a brown bag lunch to eat (if you desire) while we discuss. Beverages will be provided.



AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am Silver Sneaker Yoga Sue- Gym	Gentle Yoga and Meditation Pop Up Class -Christine 10am in the MPR 1/17 and 1/31	10:00am-10:50am BOOM Muscle Jay—Gym <hr/> 10:00am-10:50am TaijiFit Tim-MPR begins Jan 11th	10:00am-10:50am Silver Sneaker Yoga Sue—Gym	
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 Circuit Melanie—Gym	11:00am-11:50am Silver Sneaker Classic Sue—Gym	11:00am-11:50am AOA Fitness & Strength 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 Aquacise With Melanie	10:00am-10:50am Senior Swim Instruction with Matt January 11th and 25th only	10:00am-10:50am Participant-Led Aqua Aerobics (Lynn G.)	
11:00am-11:50am Participant-Led Aqua Arthritis (Sandy S.)			11:00am-11:50am Participant-Led Aqua Arthritis (Sandy S.)	

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)

*Sessions will now be \$15 and will be a two month session rather than 6 weeks. (New session is for January and February.) Max 45 people

*Drop In Fee still available: \$5

*Sign up at the Front Desk or with Diane. You also may try online through our website.

Wednesday, January 25th is National Irish Coffee Day!!!



In January, we need some fun! Let's celebrate National Irish Coffee Day (even if we aren't Irish!) In the lobby during the morning hours, there will be a table with a large coffee pot and all the fixings to make an Irish Coffee (well, at least the non-alcoholic version of an Irish Coffee). If you aren't a coffee person, there will be tea available as well. Stop by and make yourself a cup before or after a workout. Table will be out from **9:30am-12:30pm**. Nothing like a hot beverage on a cold winter day!



Geauga YMCA's Weather Policy: When coming to the Y, we ask that you bring a dry pair of shoes to change into once you enter the building. This will help keep our facility clean and prevent damage to our equipment and gym/studio floors. If we need to close due to weather, please look to our social media, email, Y app and website for the alert. You may also call the Y prior to your visit to make sure the facility is remaining open.

CHAIR VOLLEYBALL is in need of more players. A Beach Ball is used during play and you remain seated during the game. One "cheek" needs to stay on the seat at all times. This is a fun group of people who love to laugh. Won't you give it a try? **Chair Volleyball is played on Tuesdays at noon in the gym!**



New class coming! TaijiFit (BEGINS Wednesday, JANUARY 11th)



*TaijiFit is a mind/body exercise that combines the best of traditional Tai Chi with Western modern Fitness. It's a workout appropriate for any age or fitness level. There are no routines to learn or set choreography to remember. Instead class members follow their instructor trained in a method known as "Qi Cueing" designed to bring your muscular, cardiovascular and nervous system into perfect synergy along with your mind and spirit. It makes Tai Chi accessible to all. This class will be on **Wednesdays at 10am** in the MPR. Instructor: Tim Shea, Certified TaijiFit Instructor*
Please note: **NO CHAIR IS USED** during the class.



Christine is back in town and will be having her **Gentle Yoga and Meditation** Pop-up classes on **Tuesday, January 17th and again on the 31st**. The class will be at 10am in the MPR. Why not give it a try!

BOOM MUSCLE begins on Wednesday, January 4th!!!

Jay will be teaching this new class (**at 10am in the gym**) that is a step above Silver Sneaker classes. There is no chair used and it is a moderately vigorous aerobic and muscular endurance workout. If the Silver Sneaker classes are becoming too easy for you, you may want to give this one a try!



**EXERCISE IS A CELEBRATION FOR WHAT YOUR BODY CAN DO...
NOT A PUNISHMENT FOR WHAT YOU ATE**

Meet John Vince



John says the best part about the Y is "getting to know people and becoming friends" and also "to encourage and be encouraged". John began at the Y about 5 years ago after a friend encouraged him to try Pickleball. John discovered that he LOVED Pickleball and played it quite a bit. He then tried some AOA Land classes and he really enjoyed those as well. John says he just wants to stay fit and stay moving!

After high school, John began working in Industrial Sales at FD Johnson Co where he met this wonderful girl named Terri who also worked there. (Spoiler alert: Terri would eventually become his wife.) John worked in Industrial Sales and began taking college courses at night to earn an Associate Degree in Business. After 9 years there, he left to begin work at Pennzoil Quaker State in Sales and Distribution Management and when Shell Oil purchased Pennzoil, he stayed with Shell until his retirement in 2012 after 30 years in the business. John decided to stay busy when first retiring by working part time at St. Dennis Golf Course and then the Geauga Public Library where he drove the bookmobile and van to bring resources to those who were shut in (nursing homes, Metzenbaum, etc.). John says it was very gratifying work.

John and Terri have been married for 43 years and have two daughters and 3 grandsons. John is very active with his grandsons attending all of their sporting and school events. John and Terri love to travel and each winter they go to Mexico to enjoy the Cancun and Riviera Maya area. They also spend some time in Florida as well. John says they are "beach people".

John is a member of Fellowship City Church in Bainbridge where he is an usher and greeter and is involved in an outreach group and Men's Bible Studies. Say hello to this great guy when you see him around the Y.

JANUARY Events 2023

Mon	Tue	Wed	Thu	Fri
2 Pickleball: 1pm-3pm (back court until 3:30)	3 Chair Volleyball 12:00-1:30pm	4 Pickleball: 1pm-3pm (back court until 3:30)	5 Pickleball: 1pm-3pm (back court until 3:30)	6 Pickleball: 1pm-3pm (back court until 3:30)
9 Pickleball: 1pm-3pm (back court until 3:30) SOCIAL SOLO Group 12pm in the MPR	10 Chair Volleyball 12:00-1:30pm	11 Pickleball: 1pm-3pm (back court until 3:30)	12 Pickleball: 1pm-3pm (back court until 3:30) UH Geauga Presentation: "Wellness for the Mind Body and Soul" with Smoothies! Registration required. FREE	13 Pickleball: 1pm-3pm (back court until 3:30)
16 Pickleball: 1pm-3pm (back court until 3:30) UH Blood Pressures in the Lobby 10am-noon	17 Gentle Yoga and Meditation Pop Up Class with Christine 10am in the MPR Chair Volleyball 12:00-1:30pm	18 Pickleball: 1pm-3pm (back court until 3:30) AOA Lunch Bunch Guidos 12:30pm	19 Pickleball: 1pm-3pm (back court until 3:30)	20 Pickleball: 1pm-3pm (back court until 3:30)
23 Pickleball: 1pm-3pm (back court until 3:30)	24 Chair Volleyball 12:00-1:30pm	25 Pickleball: 1pm-3pm (back court until 3:30) National Irish Coffee Day in Lobby 9:30am-12:30pm	26 Pickleball: 1pm-3pm (back court until 3:30) Social Solo Group Mtg 12pm MPR	27 Pickleball: 1pm-3pm (back court until 3:30)
30 Pickleball: 1pm-3pm (back court until 3:30) Brown Bag Book Club 12pm MPR	31 Gentle Yoga and Meditation Pop Up Class with Christine 10am in the MPR Chair Volleyball 12:00-1:30pm			