



Geauga YMCA Active Older Adults (AOA) Newsletter—JUNE 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

AOA Bus Trip for July...

A Day On Put-In-Bay

Via The Jet Express including a Private All Day Tram Tour of the Island

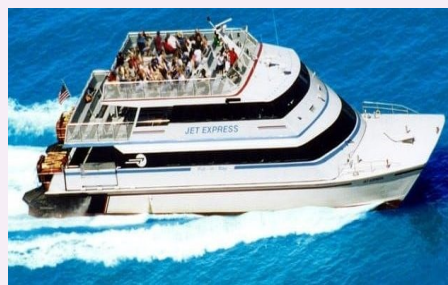
Tuesday, July 18th

7:30am—7:30pm

Cost: \$179 Member/\$189 Non-Member



This trip includes Motorcoach Transportation with a departure from the Geauga YMCA at 7:30am to arrive at the Jet Express Dock for a 10:15am Jet Express departure. We will enjoy a 20 minute boat ride over to Put-In-Bay where our all-day private tram train will be waiting for us at the dock. This private tram will take us around the island showing us the beautiful scenery and places of interest including stops at Doller Mansion and The Put-In-Bay Winery and The Butterfly House and Antique Car Museum. You will be given a \$15 lunch voucher to be used at any of 6 restaurants on the island (the tram will do drop offs at all 6) so you can choose what you would like to eat. After lunch there will be free time to shop or to just sit and enjoy the beautiful lake and scenery. We will be taking the 4:15pm Jet Express back to Port Clinton and will leave for home about 5pm. Feel free to bring a sandwich or something to eat on way home. Some snacks will be provided but you may want something more substantial after the day. Please arrive between 7:00am and 7:15am so we can leave promptly at 7:30am. We wouldn't want to miss the boat!



The Niagara-On-The-Lake /Toronto (Aug 22nd-24th) trip update!

If you are interested in taking this 3-day/2-night trip to Niagara On The Lake, Niagara Falls and Toronto, please let Diane know. This trip includes an evening at the Shaw Festival to see Gypsy, a tour of downtown Toronto, Casa Loma, and the CN Tower and Niagara Falls as well as 6 meals. See flyer for all details. So far, we have very few people signed up and we need a minimum of 28 to make it a go. We will consider canceling mid June if the interest is low. If you sign up and the Y cancels the trip, you will receive a FULL refund.



"Doing Design With Debbie"

CRAFT: Small Carnation Flower Bouquet

Thursday, June 15th

12pm in the MPR

Learn something new in this FREE Craft class with Debbie. You will be given all supplies (raffia, wire, tape and ribbon) to make these beautiful flowers. Please register!!!



The Heinens Wellness Group presents on...

The Plant-Based Diet

Tuesday, June 6th


12pm in the MPR



Come listen to this free presentation by the Chardon Heinens Wellness Group on plant-based diets which are linked to a number of health benefits. These benefits include reducing risk of heart disease, certain cancers, obesity, diabetes, and cognitive decline. Plant-Based Diets are considered to be nutrient dense and packed with fiber, healthy fats, protein, vitamins and minerals. Heinens (as always) will be bringing snacks/samples for us to try so don't miss this opportunity to learn new things on nutrition. No registration required.

JUNE Events 2023

Mon	Tue	Wed	Thu	Fri
			1 Pickleball: 1pm-3pm (back court until 3:30) (LAST THURSDAY UNTIL AFTER SUMMER CAMP)	2 Pickleball: 1pm-3pm (back court until 3:30)
5 Pickleball: 1pm-3pm (back court until 3:30) SUMMER CAMP Begins	6 Chair Volleyball 12:00-1:30pm Heinens Presentation on a Plant-Based Diet at 12pm in the MPR Gentle Yoga and Meditation with Christine 10am in the MPR	7 Pickleball: 1pm-3pm (back court until 3:30) Pickleball Class #1 12:30 Gym (must be registered)	8	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 Cleveland Historical Churches/Pier W Bus Trip 8am-5:45pm	14 Pickleball: 1pm-3pm (back court until 3:30) Pickleball Class #2 12:30 Gym (must be registered)	15 CRAFT: Doing Design With Debbie: Carnation Flowers 12:00pm in the MPR	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 Gentle Yoga and Meditation with Christine 10am in the MPR	21 Pickleball: 1pm-3pm (back court until 3:30) Social Solo Group Lunch at Spinners 12:15pm	22	23 Pickleball: 1pm-3pm (back court until 3:30)
26 Pickleball: 1pm-3pm (back court until 3:30) BOOK CLUB Meeting to discuss The Glass Castle 12pm in the MPR (Bring a lunch)	27 Chair Volleyball 12:00-1:30pm AOA Lunch Bunch Punderson Manor 12:30pm	28 Pickleball: 1pm-3pm (back court until 3:30)	29	30 Pickleball: 1pm-3pm (back court until 3:30)



AOA Lunch Bunch for June goes to...

Punderson Manor

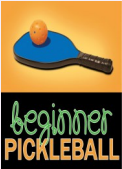
Tuesday, June 27th at 12:30pm


Let's enjoy lunch together at the scenic Cherry Dining Room of the Punderson Manor. We will have a limited lunch menu that will include the Fiesta Chicken Salad Bowl, Fish & Chips, Tomato Pesto Pasta and a Cheeseburger. Soups and a Side Salad are also available. PLEASE REGISTER. Max 20.

Beginner Pickleball-Two-Part Class

Wednesday, June 7th and 14th at 12:30pm

Have you wondered what this Pickleball craze is all about? This is a **FREE** 2-part class where you will learn the basics of Pickleball. Please sign up at the Front Desk. You **must** be registered to take the class! Max 8 people. Equipment will be provided. Please wear shoes that tie.





The AOA Book Club Book for June is...

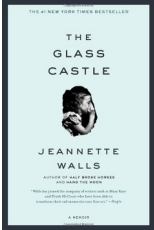
THE GLASS CASTLE

By Jeannette Walls

Meeting: **Monday, June 26th at 12:00 MPR**

All Welcome! Bring a lunch

The Glass Castle is the harrowing tale of Jeannette Wall's life growing up in poverty with wayward parents. Jean-nette and her siblings were often left to fend for themselves as their parents engaged in alcoholic binges or flights of fancy. The siblings ultimately resented their parents' neglect and became independent, moving far away. Following the Walls family through the desert to the coal-mining region of West Virginia to the fast-paced life of New York City, this memoir explores the nature of family, loyalty, and tragedy and what it takes to survive together and apart.




The Social Solo Group (For those living alone)


Spinners Good Time Diner Luncheon

Wednesday, June 21st

12:15pm

Let's enjoy each other's company and a little nostalgia as we eat at this 50's Diner. **Please register with Diane or the Front Desk** so proper reservations can be made! Located at 602 South St. in Chardon.






Geauga YMCA Summer Camp begins Monday, June 5th

The kids are back! It will be a little bit more crowded and noisy in the hallways so please be patient. The campers will be using the Multi-Gen Room across from Child Watch as their home base this year rather than the MPR. This means our programming will continue as normal. TaijiFit will remain in the MPR as well as the Book Club Meeting and the Heinens Presentation.

Meet Michael Rendlesham
Director of Youth & Family Programming



Michael joined the Geauga Y staff in April 2023 and runs our Summer Day Camp, Sports Programming and Child Watch. He has always loved the outdoors, athletics and kids, so this was his perfect job!

Michael grew up in Bainbridge Township and has struggled his whole life with Dyslexia, a learning disability that affects reading. He says Dyslexia has been the biggest driving force to really work hard and excel. There were a few teachers along the way who told him he wouldn't be able to go to college much less graduate, but Michael proved them wrong. He graduated from Ashland University with a degree in Sports Management and a minor in Coaching. Michael not only works at the Y full-time, he is also the Sports Facility Manager and an Assistant Girls Basketball Coach for Kenston High School.

Growing up, Michael helped his Grandfather with his sheep farm everyday. Currently, Michael helps his Mother with her farm of 40 sheep and 3 cows in Crestwood Township. He is in charge of nightly feeding. The family is a distributor of sheep to local 4-H kids through their 4-H group called the Rendlesham Club Lamb. Michael's family breeds their female sheep and then sells the baby lambs to the 10-15 middle and high school kids in the club. The kids then raise the sheep and bring them to the Geauga Fair to compete and sell.

Michael is engaged to be married in July of 2024. His fiancé, Katie, just graduated from nursing school. She will begin her job at Geauga Medical Center on the Med-Surge floor once she completes her boards.

A big welcome to Michael. He is a wonderful addition to the Y Family!

AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am Silver Sneaker Yoga Sue- Gym	<i>Gentle Yoga and Meditation</i> Pop-Up Class with Christine at 10am in the MPR on June 6th and 20th 10am in the MPR	10:00am-10:50am BOOM Muscle Jay —Gym <hr/> 10:00am-10:50am TAIJIFIT Tim- MPR	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 <hr/> 11:00am-11:50am TAIJIFIT Tim- MPR	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 Pop-Up Classes: June 7th and June 21st	10:00am-10:50am Participant-Led Aqua Aerobics (Lynn/Dee/Amy)	
11:00am-11:50am Participant-Led Aqua Arthritis (Sandy S.)			11:00am-11:50am Participant-Led Aqua Arthritis (Sandy S.)	

AOA Pickleball Schedule: June

Mondays: 1pm-3pm (until 3:30pm back court only)

Tuesdays: None

Wednesdays: 1pm-3pm (until 3:30pm back court only)

Thursdays: Suspended until the Fall

Fridays: 1pm-3pm (until 3:30pm back court only)

***Pickleball for June: We will continue with the \$1 per day to play. Beginner Court is first court upon entering gym door.**

Thursday Pickleball has been suspended for the summer.