



Geauga YMCA  
Active Older Adults (AOA)  
Newsletter-JANUARY 2024

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



First AOA Bus Trip of 2024!  
Playhouse Square presents  
**FUNNY GIRL**

At the Connor Palace Theatre

With lunch prior at  
Republic Restaurant

**Saturday, March 9th**

10:30am-5pm

Cost: \$143 members/\$153 non-members

*Funny Girl tells the story of Fanny Brice, a young and ambitious woman with dreams of becoming a star. During her rise to stardom, she captures the hearts of audiences and catches the attention of suave entrepreneur Nick Arnstein. As Fanny's career takes off, her personal life becomes intertwined with the highs and lows of show business and marriage. Funny Girl is a semi-biographical celebration of the indomitable spirit of this woman.*

We will have lunch prior to the show at Republic Restaurant which is just down the street (1 minute walk) from the Palace Theatre. Food choices are: 1) Grilled Salmon in a Bourbon Maple Glaze with Crispy Brussel Sprouts, 2) Grilled Chicken with Balsamic Glaze, Fingerling Potatoes and Green Beans or 3) Shaved Prime Rib Sandwich on Buttered Portuguese Roll with Swiss Cheese, Balsamic Red Onion and Horseradish Sauce and Fries. Register at the Front Desk with \$25 deposit. Seating for the musical will be based on registration date so register early! Hope you can join us!

**Single Use Plastics: Convenience With A Cost**

**Thursday, January 11th**

12pm in the MPR

Did you ever wonder if everything we put in the recycle bin actually gets recycled? If not recycled, where do all the plastic water bottles end up? **Jennifer Jones** from the Geauga-Trumbull Solid Waste Management District, will be here to discuss our growing dependence on disposable water bottles, fast food containers, and other single-use plastics and how our choices to Reduce, Reuse, and Recycle effect our environment and our future. Thank you to **Elisabeth Giedt**, AOA Member, for bringing this important topic to the Y. This will be a very informative discussion. Please join us! No registration required.



Alzheimers Association presents

**Healthy Living for Your Brain and Body:  
Tips from the Latest Research**

**MONDAY, JAN 22nd**

12pm in the MPR

**FREE Lunch Provided** but you **MUST REGISTER!**



*For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. **Make sure you register** at the front desk or with Diane so the proper amount of food can be ordered.*

# AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue- Gym	<i><b>Gentle Yoga and Meditation Pop-Up Class with Christine at 10am in the MPR</b></i> <i><b>Christine is not teaching in January</b></i>	10:00am-10:50am <b>BOOM Muscle</b> Jay-Gym <hr/> 10:00am-10:50am <b>BAMBOO FUSION (\$)</b> Tim- MPR	10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue-Gym	
11:00am-11:50am <b>Strength and Balance</b> Sue-Gym	11:00am-11:50am <b>Silver Sneaker Classic</b> Melanie-Gym	11:00am-11:50am <b>Silver Sneaker Circuit</b> Melanie-Gym <hr/> 11:00am-11:50am <b>TAIJIFIT™</b> Tim- MPR	11:00am-11:50am <b>Silver Sneaker Classic</b> Sue-Gym <hr/> 12:00pm-12:30pm <b>Zumba® Gold</b> Lana-Studio	11:00am-11:50am <b>AOA Fitness &amp; Strength</b> Melanie-Gym
		\$ = charge for class		
Aquatic Classes (Water)				
9:00am-9:50am <b>Aquacise</b> With Dee	9:00am-10:00am <b>Water Volleyball</b>	9:00am-9:50am <b>WATER WILDCARD</b> with Melanie	9:00am-9:50am <b>Aquacise</b> With Dee	
10:00am-10:50am <b>Aqua Jog</b> with Dee	10:00am-10:50am <b>Aqua Fit</b> With Melanie		10:00am-10:50am <b>Aqua Jog</b> with Dee	
	(Evening) 7:00pm-7:50pm <b>AquaFit</b> With Jan		(Evening) 7:00pm-7:50pm <b>AquaFit</b> With Jan	

**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: None*

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

The number of Pickleballers may rise in the winter months with more people coming to play. We have many new players as well. **We will continue the \$1 a day** to play and will go with a maximum of 34 players. Please be courteous when playing with beginners and remember that the court closest to the entrance of the gym is reserved for beginners who want to play with each other. Play is Mon, Wed, & Fri 1pm-3:30.



Let's get crafting!!!  
**DESIGN WITH DEBBIE**  
*Winter Snowman*

**Thursday, January 18th**

12pm in the MPR

PLEASE BRING YOUR OWN PLUNGER WITH BLACK BOTTOM

Cost: \$10 for Other Supplies & Registration is required

**CHILDRENS BOOK DRIVE: Women United of United Way Services Geauga County**, promotes literacy by providing free books to children throughout Geauga County. They stock Little Libraries and Little Bookshelves at local schools and at various community events throughout the year. They would like to hold a book drive here at the Geauga YMCA. This book drive will be held from **January 15th through January 22nd**. They are collecting new or gently used books for children ages 0 through 12 years. Drop of is in the Y Lobby. Can you help bring the joy of reading to children in Geauga County?



**Mah Jongg** continues open play in the MGR (located across from Childwatch) every **Thursday from 12pm-2pm**. If you know how to play or want to just watch and learn, stop by. It's a great game for the mind. We have 3 Mah Jongg sets and that means 12 people can play.



The **Book Club** choice for January is...

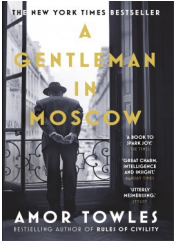
**A Gentleman In Moscow**

By Amor Towles

**Meeting: Monday, Jan 29th**

12pm in the MPR

*Bring a lunch! All Welcome!*



The novel's plot is set in the beginning of the 20th century Russian Empire and follows the story of Count Alexander Ilyich Rostov and his life in the Hotel Metropol where he has been under house arrest for thirty-two years. The novel explores how Rosotov adapts to his changing circumstances, forms relationships with the hotel staff and guests and the political and social upheavals of the Russian Revolution.

**Exciting NEWS!** Tim will be offering a new class called **Bamboo Fusion!**

This new class will take place on **Wednesdays at 10am** with the regular TaijiFit Class at 11am. Bamboo Fusion is a unique mixture of Tai Chi and Yoga that will ease your mind and body. As with the TaijiFit course, there is nothing to learn and nothing to remember. You just follow what you see and enjoy the melding of these two disciplines that deepen the flow state. Tim had to go through quite an extensive training process to become certified to teach this new class. Because this is a specialty class, there will be a fee per class payable at the front desk. (TaijiFit at 11am will continue as a free class). The Member fee will be either \$5/per class payable when you arrive, or \$12 for the whole month (works out to about \$3 per class). Non-members will pay double. (\$10 per class and \$24 for the whole month).



**Meet Ben Altemus**

Executive Director  
Gauga YMCA



We are thrilled to welcome our new Executive Director, Ben Altemus, to the Gauga YMCA. His first official day here will be on January 15th!

Ben brings a wealth of experience to Gauga after serving for 7 years in many roles throughout the YMCA of Greater Cleveland. His most recent position was the Executive Director of the West Shore Family YMCA in Westlake (a smaller branch) as their Executive Director. Ben graduated from Kent State University in 2010 with a Bachelor's Degree in History. He expected to pursue a career in Museum Curatorship but completely changed course after a volunteer experience showed him how people's lives can be changed for the better through hard work and a compassionate heart. Ben has served in the non-profit world his entire career and has served on and led non-profit boards, led successful fundraising and helped spearhead many community initiatives. Ben hopes to one day be a non-profit CEO, to expand his network and to help the most people possible.

Ben says he is supported and inspired by his wife Jessica everyday. Ben met Jessica as a freshman in college at a dance. They have a two-year-old daughter named Harper.

When Ben isn't busy at work, one of his creative outlets is leatherworking. He makes belts, wallets, and bags all by hand and sells these items at craft fairs. Ben also has a deep love of nature and enjoys hiking and kayaking with his family.

Please welcome Ben and say hello when you see him around the Gauga Y. You'll be glad you did!

# JANUARY Events 2024

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>HAPPY NEW YEAR!!!!</b>  <i>Geauga YMCA Hours 8am-2pm</i>	<b>2</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>3</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>4</b> <i>Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room</i>	<b>5</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>
<b>8</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>9</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>10</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>11</b> <i>Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room</i>  <i>Single-Use Plastics Presentation 12pm in the MPR</i>	<b>12</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>
<b>15</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>  <b>Women Unite Childrens Book Drive begins. Place new or gently used books in Lobby (Through Jan 22)</b>	<b>16</b> <b>Chair Volleyball 12:00-1:30pm</b>  <i>Children's Book Drive continues</i>	<b>17</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>  <i>Children's Book Drive continues</i>	<b>18</b> <i>Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room</i>  <i>Design With Debbie 12pm in the MPR</i>  <i>Children's Book Drive continues</i>	<b>19</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>  <i>Children's Book Drive continues</i>
<b>22</b> <i>Children's Book Drive ENDS!</i> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>  <i>Healthy Living For Your Brain &amp; Body with Free Lunch! Please register for this! 12pm-MPR</i>	<b>23</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>24</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>25</b> <i>Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room</i>	<b>26</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>
<b>29</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>  <b>Book Club Meeting 12pm in the MPR</b>	<b>30</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>31</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>		