



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-APRIL 2024

Geauga Family YMCA • 12460 Bass Lake Rd • Chardon, OH 44024 • 440-285-7543
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AOA BUS TRIPS: WE'RE ON THE GO!



HISTORICAL/CULTURAL CHURCH TOUR OF CLEVELAND

TUESDAY, MAY 7TH

8:00AM-5:45PM

COST: \$129 MEMBERS/\$139 NON-MEMBERS

Our first stop will be the **Maltz Performing Arts Center** (formerly The Temple Tifereth), a magnificent building completed in 1924. Our tour guide will give us the history and let us explore. Next we are off to the **Shiva Vishnu Temple**, a Hindu Temple located in Parma. Here we will experience a whole new culture and will have a tour guide to help us understand what we are seeing. Next, we are off to Pier W for lunch where we will choose between Fish or Chicken with a starch, vegetable and a dessert with beverage included. After lunch we head to St. Michael The Archangel Catholic Church built in 1892. While it started out with a mostly German population, it is now the center for Hispanic culture in Cleveland. Lastly, we go to Annunciation Greek Orthodox Church. Here we will learn about the Greek culture and see this beautiful church built in 1919. Full payment due April 23.

Ohio Light Opera presents:

THE SOUND OF MUSIC

AT THE COLLEGE OF WOOSTER

THURSDAY, JUNE 13TH

9:30AM-6:45PM

COST: \$153 MEMBERS/\$163 NON-MEMBERS



We begin our day with a stroll around downtown Wooster to shop in little boutiques. Next we have lunch at Mariola's Italian Restaurant with buffet of house salad, spaghetti and meatballs, lasagna, bread, soft drinks and coffee. After lunch we go to the Freedlander Theatre on the College of Wooster campus to enjoy the musical The Sound of Music. Final count needed by May 10th as we have to pay the theater. Hope you can join us!

A LOOK AHEAD TO JULY AND AUGUST BUS TRIPS!



In July, we head on an overnight to Buffalo and Niagara on **July 24th/25th** (Wednesday/Thursday). More details coming soon on itinerary and cost.

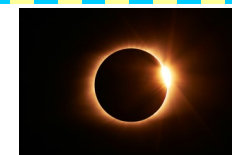
In August, we head to Pittsburgh on **Wednesday, Aug 21st** to take a ride on "Molly the Trolley" to see the city sights and have lunch at the Grand Concourse!



Heinens Wellness Group presents on:
Boosting Your Gut Health
Friday, April 19th
12:00pm in the MPR
FREE

Heinens Wellness Consultants Shilah and Olivia will be here to present on the importance of gut health to your overall health and well-being. They will be bringing a gut-boosting salad along with samples of prebiotic and probiotic drinks to try. They will cover what foods and drinks are good for the gut biome and the ones we should limit. Free and no need to register. Just come, listen, eat and learn!

SOLAR ECLIPSE POTLUCK PARTY!!! We are all set to "party it up" on **Monday, April 8th from 2pm-4pm** to eat lots of good food and watch the eclipse. Please drop off your dish to share in the MPR. Beverages and tableware will be provided. If you did not register, you are still definitely welcome to join the party, but you will need to bring a dish and your own solar eclipse glasses. We will be eating in the MPR and then everyone can go in and out as they please through the MPR door to watch the sky. Bring an outdoor chair as well! Let's hope for warm weather and sunny skies.



The KNITTING CLUB is expanding and will now be called the "Sew Much More" Club! Do you enjoy Knitting, Crocheting, Needlepoint, Tatting, Quilting or any other sewing type of thing? Come meet others who share that same passion and bring your latest project. New day and time! **FRIDAYS from 12pm-1pm in the Lobby.**

UPDATE ON HEATING SYSTEM IN THE GYM! Well, it looks like April will be the month for the new system to be installed! Thank you for your patience during the nippy days of exercising and pickleballing. We will finally say goodbye to that big green heater/blower in the gym closet!!!



PICKLEBALL TOURNAMENT on Monday, April 22nd from 12:30-3:30pm. All level welcome as we will be split into two groups. Round-Robin style. All players guaranteed to play at least 6 or 7 games depending on number of people who sign up. Cost is \$20 with proceeds benefiting the Geauga YMCA AOA Department.



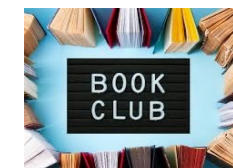
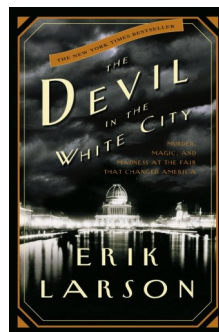
The **Book Club** choice for APRIL is...

The Devil In The White City

By Erik Larson

Meeting: Monday, April 29th

12pm in the MPR—Bring a lunch! All Welcome!



The Devil In The White City is a historical nonfiction book that tells the story of two men, an architect and a serial killer in Chicago during the 1893 World's Fair. The book intertwines the narratives of Daniel Burnham, chief architect of the fair's White City, and Dr. H.H. Holmes, a con artist and murderer who built a hotel near the Fairgrounds where he lured unsuspecting victims to their deaths. Dr. Holmes is considered the first serial killer in the United States.

BAMBOO FUSION and TAIJIFIT will be CANCELLED on Wednesday, April 3 and 10th.

Tim will be on vacation. Please make a note of it!

Let's get crafting!!!

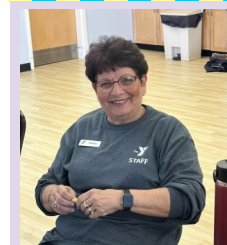
DESIGN WITH DEBBIE

Field of Flowers

Thursday, April 18th

12pm in the MPR

Cost: \$10 for Supplies—Registration Required!



Meet Joann Rombough



Joann has a very adventurous spirit as well as the determination to plow through even the toughest times. Widowed at 31 years old, Joann had a 1 year old whom was adopted from Honduras. On her own, she went back to Honduras to adopt a second child and then raised both of them alone. Joann worked at Allen Bradley Company in IT to support her family and after 38 years there, she retired in 2019.

Joann LOVES to travel, be in nature and see exotic animals. She hiked the Inca Trail to Machu Picchu which was a 4 day trek through the Andes Mountains. (She prepared for this trip by coming to the Y which helped her lose 60 pounds.) She hiked down the north side of the Grand Canyon by herself to the bottom! Joann also went gorilla trekking in Uganda and taught children in an orphanage there how to do the "bump". In Tanzania, she tented close to elephants and hippos and last summer she went to Iceland and camped on top of her SUV, then hiked the 4 day Laugavegur Trail through the Highlands.

Joann has many other interests when she isn't traveling. She is a member of the group, "WOW", which stands for Women on the Water. This is a kayaking and hiking group. She is a member of the Summit County Lapidary Club because she enjoys Rock Hounding, which means she is finding gemstones and then grinding, polishing and tumbling them. Joann is also an elder of Perry Christian Church, Disciples of Christ. In this role, she helps lead the communion service and minister to those unable to make it to church. You may see Joann on the Pickleball court, in Melanie or Sue's classes or Lana's Zumba class. Say hello to this fascinating lady!

AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am Silver Sneaker Yoga Sue- Gym		10:00am-10:50am BOOM Muscle Jay—Gym <hr/> 10:00am-10:50am BAMBOO FUSION (\$) Tim- MPR <i>Canceled 4/3 & 4/10</i>	10:00am-10:50am Silver Sneaker Yoga Sue—Gym	
11:00am-11:50am 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 <i>Canceled 4/3 & 4/10</i>	11:00am-11:50am Silver Sneaker Classic Sue—Gym <hr/> 12:00pm-12:30pm Zumba® Gold Lana-Studio	11:00am-11:50am AOA Fitness & Strength Melanie—Gym
		\$ = charge for class		
Aquatic Classes (Water)				
9:00am-9:50am Aquacise With Dee	9:00am-10:00am Water Volleyball	9:00am-9:50am WATER WILDCARD with Melanie	9:00am-9:50am Aquacise With Dee	
10:00am-10:50am Aqua Jog with Dee	10:00am-10:50am Aqua Fit With Melanie		10:00am-10:50am Aqua Jog with Dee	
	(Evening) 6:45pm-7:35pm AquaFit With Jan		(Evening) 6:45pm-7:35pm AquaFit With Jan	

AOA Pickleball Schedule: APRIL
 Mondays: 1pm-3pm (until 3:30pm back court only)
 Tuesdays: None
 Wednesdays: 1pm-3pm (until 3:30pm back court only)
 Thursdays: 1pm-3:30pm (BACK 2 COURTS ONLY)
 Fridays: 1pm-3pm (until 3:30pm back court only)

We will continue the \$1 a day to play and will go with a maximum of 34 players MWF. 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, Thurs & Fri 1pm-3:30. (Thursday is two courts only MAX 17)
PLEASE NOTE: APRIL 22ND IS THE PICKLEBALL TOURNAMENT. REGULAR PICKLEBALL IS CANCELED THAT DAY.

APRIL EVENTS 2024



Mon	Tue	Wed	Thu	Fri
1 Pickleball: 1pm-3pm (back court until 3:30)	2 Chair Volleyball 12:00-1:30pm	3 Pickleball: 1pm-3pm (back court until 3:30)	4 Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room Pickleball: 1pm-3:30pm (back court)	5 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
8 Pickleball: 1pm-3pm (back court until 3:30) SOLAR ECLIPSE PARTY. POTLUCK! BRING DISH TO SHARE AND CHAIR. 2-4PM	9 Chair Volleyball 12:00-1:30pm	10 Pickleball: 1pm-3pm (back court until 3:30)	11 Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room Pickleball: 1pm-3:30pm (back court only)	12 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
15 Pickleball: 1pm-3pm (back court until 3:30)	16 Chair Volleyball 12:00-1:30pm	17 Pickleball: 1pm-3pm (back court until 3:30)	18 Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room DESIGN WITH DEBBIE 12PM—MPR Pickleball: 1pm-3:30pm (back court only)	19 Pickleball: 1pm-3pm (back court until 3:30) HEINENS PRESENTATION ON PROBIOTICS AND GUT HEALTH 12PM IN THE MPR Sew Much More Club in Lobby 12pm-1pm
22 PICKLEBALL TOURNAMENT 12:30-3:30pm. Regular Pickleball canceled today.	23 Chair Volleyball 12:00-1:30pm	24 Pickleball: 1pm-3pm (back court until 3:30)	25 Mah Jong Open Play from 12pm-2pm in the Multi-Gen Room Pickleball: 1pm-3:30pm (back court only)	26 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
29 Pickleball: 1pm-3pm (back court until 3:30) Book Club Meeting 12pm in the MPR	30 Chair Volleyball 12:00-1:30pm			