



# Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-MAY 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



AOA Overnight Bus trip to...  
**BUFFALO & NIAGARA**  
**Wednesday, July 24th-Thursday, July 25th**  
7:45am Wednesday Depart Geauga YMCA  
8:00pm Thursday Arrival Geauga YMCA  
**\$499 pp double occupancy/single room add \$95**  
**Non-member add \$75**



Join us for a wonderful two full days exploring Buffalo and Niagara, New York!

### Day 1 includes the following:

**Lunch at Olive Garden** en route: We will enjoy all-you-can-eat soup, salad, breadsticks with beverage included.

**Vidler's 5 & 10:** Opened in 1930, Vidlers is the largest old-fashioned 5&10 store in the world today. With 2 levels occupying 4 connected 19th century building, Vidlers has nostalgic candy, toys, kitchen gadgets and crafts as well home décor, jewelry, candles and seasonal décor. A one of a kind shopping experience!



**Theodore Roosevelt Inaugural Site:** This National Historic Site preserves the Ansley Wilcox House where, after the assassination of William McKinley, Theodore Roosevelt took the oath of office to become the President of the United States. This brief, emotional and improvised ceremony took place on Sept 14th, 1901. We will have a guided tour of the house.

**Grand Lady Dinner Cruise:** We board at 6:30pm and set sail at 7pm for a two-hour sunset cruise around Buffalo Harbor and Lake Erie while enjoying a delicious buffet dinner. Buffet includes: Chef Salad, Rolls, Mashed potatoes, Chef's choice of Vegetable, Baked Penne Marinara, Baked Chicken, Beef Roll-ups, Cookies, Brownies, and Soft Beverage. Cash Bar available. We will have the boat just for our group.

**Wyndham Garden Buffalo Downtown:** Our accommodations for the evening, this hotel underwent major renovations of all guestrooms and their restaurant in 2017 & 2018. Complimentary Breakfast included. Double rooms have two queen beds and single rooms have a King bed.

### Day 2 includes the following:

**Old Fort Niagara:** We will experience what life was like on the Niagara Frontier during the 18th and 19th centuries with an animated guided tour including a demonstration of the workings of a Flintlock musket. We will tour original buildings where Native Americans, French, British and American soldiers lived and worked. Dress for the weather and wear comfortable shoes. (There are many places to sit along the way.)



**Apple Granny's Restaurant:** For lunch we will have a choice of a Greek Salad (with or without chicken), Julienne Salad, Bermuda Grilled Beef Sandwich or their highly popular Fish Sandwich. **You will need to choose entree ahead of time.**

**Maid of the Mist:** Hear the roar of 600,000 gallons of water crashing down around you. We will enjoy a 20-minute cruise on the all-electric quiet and smooth riding boat. Even if you have done the Maid of the Mist in the past, it is very worth taking the cruise again.

Deposit of \$100 due upon registration. Trip includes, motorcoach transportation, overnight accommodations, 1 breakfast, 2 lunches and 1 dinner, bus snacks as well as admission to all the attractions. **Final payment due Friday, July 5th.** If you need help finding a roommate, let Diane know. Refunds/cancellations allowed up to 30 days prior to trip date.



**THE THURSDAY, JUNE 13TH BUS TRIP STILL HAS OPENINGS!** We are off to Wooster to see the Sound of Music through the Ohio Light Opera at the College of Wooster. Lunch will be at Mariola's Italian Restaurant. We will enjoy a buffet of Spaghetti and Meatballs, Lasagna and house salad, rolls and beverage. Shopping in Downtown Wooster as well. If you are considering joining us, please sign up before May 13th. We have to have a final number to the Theatre on that date. After that, we can not guarantee a seat (although we will try.) Departure 9:30am from the Y and return 6:45pm Cost: \$153 members \$163 Non-members



Michelle Urban from Chardon Integrated Wellness presents:

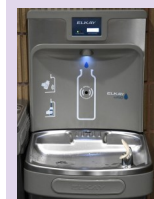
## The Benefits of Massage for Seniors

Monday May 20th

12pm in the MPR



Massage therapy can reduce stress, improve circulation, relieve muscle aches and pains, improve flexibility and range of motion, reduce the symptoms of arthritis and fibromyalgia, improve sleep and enhance the immune system. Come listen to what Michelle Urban, co-founder of Chardon's Integrated Wellness Center has to say and ask your questions. You may even get a mini massage.



**A BIG THANK YOU TO Elisabeth Giedt**, AOA Member. Elisabeth came to Diane in late November with information on a grant being offered by the Ohio EPA. She suggested we try and get a grant for Water-Refilling stations for the Geauga Y. Elisabeth even went out and got a quote for us on how much the refilling stations would cost. These refilling stations could eliminate many plastic water bottles being used here each day. The catch was...the grant was due by Dec 1st which meant we had only 10 days to gather data and submit the grant proposal. Data was gathered and it was sent to the YMCA of Greater Cleveland Grant Writer who was able to submit it in time. In March, we found out WE GOT IT! Be on the look out for 3 new water-refilling stations coming soon!

**AOA's and the Geauga YMCA Annual Campaign:** This year, the Geauga YMCA is tasked to raise \$50k to help fund the scholarship program here at Geauga for those people who can not afford to come to the Y. **Can YOU help?** Our **AOA goal** is to raise \$5,000, and get a banner for the hallway. Please send donations through Diane so they can be tracked. Payment by check or cash is best. There are a lot of us...we can do it! Let's help those families and seniors in the Geauga community be able to enjoy all that the Geauga Y has to offer. Donations of \$100 or more will receive a YMCA T-shirt.



The Book Club is **cancelled for the month of May**. The last Monday of May is Memorial Day so the group has decided to push off the meeting until the end of June. The book chosen for the June meeting is "West With Giraffes" by Lynda Rutledge.

### Memorial Day Hours: Monday, May 27th

The Geauga YMCA will be open from **7am-1pm**

ALL CLASSES are **CANCELLED**.



### DESIGN WITH DEBBIE

Flower Pots Wall Hanging

Thursday, May 16th

12pm in the MPR

Cost: \$10 for Supplies—Registration Required!



**BAMBOO FUSION** class at 10am on Wednesdays with Tim has been **CANCELLED**. It is being replaced with another TaijiFit. That means there will be TaijiFit classes at both 10am & 11am on Wednesdays.

### Meet Cary Klingensmith



Cary says she is so lucky to live in Chardon and one of the perks she says is living so close to the Geauga YMCA. Cary comes to the Y six days a week! She spends most of her time in the pool classes but also enjoys Pilates, Yoga, TaijiFit and Boom Muscle.

Cary grew up on the East coast and went to Penn State. It was here that she met her husband of 49 years, Paul. Her parents were less than thrilled, but Cary followed her heart. She married Paul while still in college. She helped Paul graduate and when Paul was offered a job at Westinghouse Electric in Finance, they moved to Pittsburgh. They moved 14 more times with Westinghouse, including a 3 year stay in Belgium where Cary learned to speak French. During the years in Belgium, Cary traveled extensively in Europe mastering the German Autobahn in her BMW and a memorable cruise down the Nile in Egypt.

After all the moving, when Westinghouse was sold to CBS, Paul was without a job. It wasn't long before he was offered the Treasurer position at Lincoln Electric which brought them and their three children to this area. They bought a home in Chardon and Cary worked for Progressive in the Commercial Insurance side.

Now Cary is retired and has time for hobbies in addition to her seven grandchildren. She loves to cook, garden, even wrote a cookbook which she gave out to family and friends. She enjoys her book club and being a member of the Aquanuts and has hosted several luncheons at her house. Say hello to this lovely lady when you see her!

# AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Group Exercise (Land)</b>				
10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue- Gym		10:00am-10:50am <b>BOOM Muscle</b> Jay—Gym <hr/> 10:00am-10:50am <b>TAIJIFIT™</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
<b>Aquatic Classes (Water)</b>				
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) 6:45pm-7:35pm <b>AquaFit</b> With Jan		(Evening) 6:45pm-7:35pm <b>AquaFit</b> With Jan	

## AOA Pickleball Schedule: MAY

*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)

# MAY EVENTS 2024

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)	<b>2</b> <b>Mah Jong Open</b> Play from 12pm-2pm in the Multi-Gen Room  <b>Pickleball:</b> 1pm-3:30pm (back court)	<b>3</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Sew Much More Club</b> in Lobby 12pm-1pm
<b>6</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)	<b>7</b> <b>Chair Volleyball</b> 12:00-1:30pm  <b>BUS TRIP: HISTORICAL/CULTURAL TOUR OF CLEVELAND 8:00-5:45PM.</b>	<b>8</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)	<b>9</b> <b>Mah Jong Open</b> Play from 12pm-2pm in the Multi-Gen Room  <b>Pickleball:</b> 1pm-3:30pm (back court only)	<b>10</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Sew Much More Club</b> in Lobby 12pm-1pm
<b>13</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>UH Blood Pressures in the Lobby</b> 10am-12pm	<b>14</b> <b>Chair Volleyball</b> 12:00-1:30pm	<b>15</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)	<b>16</b> <b>Mah Jong Open</b> Play from 12pm-2pm in the Multi-Gen Room  <b>DESIGN WITH DEBBIE</b> 12PM—MPR  <b>Pickleball:</b> 1pm-3:30pm (back court only)	<b>17</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Sew Much More Club</b> in Lobby 12pm-1pm
<b>20</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Benefits of Massage Therapy Presentation</b> 12pm in the MPR	<b>21</b> <b>Chair Volleyball</b> 12:00-1:30pm	<b>22</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)	<b>23</b> <b>Mah Jong Open</b> Play from 12pm-2pm in the Multi-Gen Room  <b>Pickleball:</b> 1pm-3:30pm (back court only)	<b>24</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Sew Much More Club</b> in Lobby 12pm-1pm
<b>27</b> <b>Happy Memorial Day!!!</b>  <b>Geauga Y hours: 7am-1pm</b>  <b>ALL Classes CANCELLED Today</b>	<b>28</b> <b>Chair Volleyball</b> 12:00-1:30pm	<b>29</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)	<b>30</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Mah Jong Open</b> Play from 12pm-2pm in the Multi-Gen Room	<b>31</b> <b>Pickleball:</b> 1pm-3pm (back court until 3:30)  <b>Sew Much More Club</b> in Lobby 12pm-1pm