



# Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-FEBRUARY 2025

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



**There are still spots available** for our **MARCH BUS TRIP** to see **Rhythm Of The Dance** at the Ohio Star Theatre in Sugarcreek, OH on Tuesday, **March 18th**. We will have lunch at the Dutch Valley Restaurant and have a bit of time to do some shopping at the Dutch Valley Gift Shop before the show. We will leave the Geauga YMCA at 8:15am and return about 5:30pm. Cost is \$148 for members and \$158 for Non-members. Barons will be our bus company. Hope you can join us!



### AOA BUS TRIP to Dover, Ohio

Warther Museum & Gardens, Reeves Victorian Mansion & Carriage House, and Swiss Valley Winery & Broadrun Cheese

**Monday, May 12th**

**8am-6pm**

**Cost \$149/Members \$159 Non-members**



We begin our day with a one-hour guided tour of the Ernest Warther Museum hearing the history of Ernest "Mooney" Warther, the World's Master Carver. Ernest Warther hand-sculpted over 60 works focusing on the steam engine. We will explore their family home, the "Button House", his workshop and the beautiful arboretum on the property. Next we travel to the Reeves Victorian Mansion where we will have a buffet lunch in the carriage house. Lunch includes: Roast Beef, Baked Chicken, Green Beans, Scalloped Potatoes, Noodles in a broth, Tossed Salad, Pasta Salad, Rolls, Beverage, and Dessert. After lunch, we will take a tour of the Mansion before heading off to Swiss Heritage Winery/Hans Place for some wine tasting. We will all get to try 2 sweet and 2 dry wines. Next door to our wine tasting is Broad Run Cheese and a gift shop. We will have some time built in to try some cheeses and do a little shopping. We should be back on the road by 4pm and back to the Geauga YMCA by about 6pm. \$25 holds your spot. Final Payment is due 2 weeks before the trip. Hope you can join us!



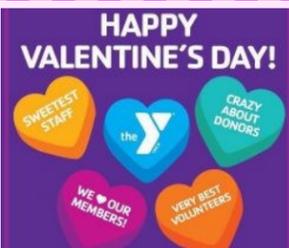
**SAVE THE DATE: JUNE 10TH-12TH: AOA Bus Trip to Holland, Saugatuck and Grand Rapids MICHIGAN.** We leave on Tuesday morning with a stop in Ann Arbor for lunch. Once in Holland, we will have dinner on the beautiful Lake Macatawa, explore downtown Holland's history with a step on guide, do some shopping, go to Windmill Island, take a Dune Buggy Ride in Saugatuck, enjoy a sunset dinner cruise, explore the Gerald Ford Museum and see the beautiful Frederick Meijer Gardens. More details coming soon.

Sharing the love...

## Valentine's Day Party

Friday, February 14th

In the lobby during the morning hours



Let's celebrate this special day with some sweetness! During the morning hours, enjoy a piece of cake and a cup of coffee or tea in the lobby. This is a great way to chat with friends both old and new. No need to register. FREE. Just come and enjoy. The cake will be sponsored by **Chardon Healthcare**, a skilled nursing, long-term care and respite facility located just west of the Chardon Square.



Presentation by the Cleveland FBI  
Special Agent Natalie Gray

### SCAMS TARGETING SENIORS

**Monday, February 17th**

12pm in the MPR—Free



We welcome FBI Special Agent, Natalie Gray from the downtown Cleveland FBI Office to present on the different scams that are currently going on and how to protect yourself. There is no registration for this presentation and it is free. Just come and hear what she has to say. It may save you from a big headache in the future.



**SENIOR ASSESSMENTS:** February 11th at 11:30am in the Gym. Cost: \$10 These assessments will test your abilities in 4 main areas: Muscular Strength, Cardiovascular Endurance, Flexibility, and Balance. Assessments will be done at different stations set up around the gym with a staff member. You will be given a score in each area and compared to others in your age bracket. **Silver Sneaker Classic Class with Melanie that day is CANCELLED!** We hope to do assessments again towards the end of the year to see progress. Sign up today and see areas you are strong in and areas that could use improvement.



**QUINTEALIA'S TEA** has been rescheduled for **Tuesday, February 18th at 12:30.** Due to the "extreme cold" day in January, we had to cancel our Tea Luncheon but it has been rebooked! Lunch selections include assorted tea sandwiches, soups, salads, quiches, cottage pies, chicken salad, and puff pastries. The price for lunch selections is between \$20-\$23 with a choice of Peach Blossom (has caffeine) or hibiscus berry (decaf) for \$4.95. Gratuuity of 20% will be added. Cost is on your own. **YOU MUST REGISTER** so we can give the proper number to the Tea Parlor.



**DESIGN WITH DEBBIE** will be on **Thursday, February 20th** at 12pm in the MPR. Cost is \$10 for supplies and registration is required. The craft will be a **SPRING WREATH**. Debbie asks that you bring 3-5 silk flowers with you to the class.

*Don't forget to bring in books (and puzzles) for our FREE Book Swap in the Lobby.*



With the Book Club Meeting for January being cancelled, The Briar Club by Kate Quinn remains the book for February. The group meets on the last Monday of the month which will be **February 24th** at 12pm in the MPR. Bring your lunch and enjoy some good book discussion.

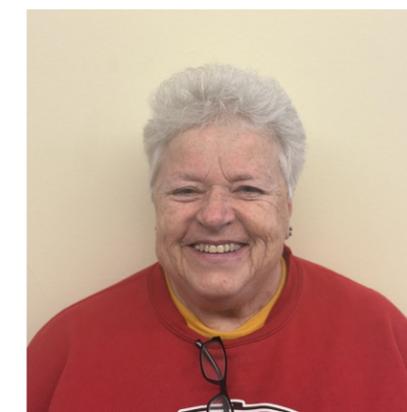


A BIG THANK YOU to all those who participated in our first Blood Drive here at the Geauga YMCA in years. We really appreciate you taking the time to help make our drive a success. We hope to get on the American Red Cross Schedule to become a regular site for their drives. Be on the lookout for information on when the next drive will be scheduled.



The Geauga YMCA has partnered with The United Way of Geauga County to serve as a Warming Center for the community. As a Warming Center, the Y provides a safe and warm space for everyone, no membership required. There will be water, coffee and tea, hand warmers, knitted hats and scarves, and community resource information on the table in the lobby. If you or others you know are in need, please feel free to take what you need.

### Meet Jan Black



If you have played Pickleball here at the Y over the years, chances are you have met Jan on the courts. In fact, Jan was one of the original Pickleball players here at the Y when the sport was not yet popular. Jan is a tough competitor and even with an ailing back, she won the Geauga Y Pickleball Tournament in January. Jan plays at Metzenbaum as well in their 8:30am crowd.

Jan grew up in Chardon and put herself through college, graduating from Miami University in 1980 with a Physical Education and Health degree K-12 license. Unfortunately, she could not find a job and had to sub for 10 years. She had lots of other side jobs such as a tennis instructor and a Playground Director for the Village of Chardon to keep her going. She even spent a year as the Phys Ed and Health Teacher for St. Mary's in Chardon. She decided to return to school (Kent State) to get a Science Certificate and before she even finished the certification, she had a job teaching 8th Grade Science at Cardinal Middle School. She spent 19 years teaching Science at Cardinal and got her Masters Degree along the way. She finished her last 3 years teaching Phys Ed and Health when a position finally opened up. Jan retired in 2011.

During retirement, Jan says she does a lot of driving for the Amish. She currently spends about 5 days a weeks driving them to the grocery store, doctors appointments, and to visit people. Jan has had 4 joint replacements, and 2 back surgeries since she retired and currently is dealing with an ailment in her back that causes her vertebrae to get out of line. However, she doesn't let those things stop her. Jan enjoys travel and bowling. Say hello to this wonderful 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	10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue—Gym	9:00am-9:50am <b>Mindfulness Meditation</b> Melanie Ianni- MPR
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  11:00am-11:50am <b>TaijiFit</b> Tim—MPR	11:00am-11:50am <b>Silver Sneaker Classic</b> Sue—Gym  11:15am-12:05pm <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 or Dee	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	

# FEBRUARY EVENTS 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>4</b> Chair Volleyball 12:00-1:30pm	<b>5</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>6</b> Pickleball: 1pm-3:30pm (back court only)  Mah Jong 12pm-2pm in the MGR	<b>7</b> Pickleball: 1pm-3pm (back court until 3:30)  Sew Much More Club in Lobby 12pm-1pm
<b>10</b> Pickleball: 1pm-3pm (back court until 3:30)  UH Blood Pressure Screening in the Lobby 10am-noon	<b>11</b> Senior Fitness Assessments in the GYM at 11:30am  (11am SS class with Melanie is canceled)  Chair Volleyball 12:00-1:30pm	<b>12</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>13</b> Pickleball: 1pm-3:30pm (back court only)	<b>14</b> Pickleball: 1pm-3pm (back court until 3:30)  Valentines Party in the Lobby (morning hours) 
<b>17</b> Pickleball: 1pm-3pm (back court until 3:30)  FBI Presentation on Scams 12pm in the MPR	<b>18</b> Chair Volleyball 12:00-1:30pm  Quintealia's (Rescheduled) Tea Luncheon 12:30pm	<b>19</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>20</b> Pickleball: 1pm-3:30pm (back court only)  Mah Jong 12pm-2pm in the MGR  Design with Debbie at 12pm in the MPR	<b>21</b> Pickleball: 1pm-3pm (back court until 3:30)  Sew Much More Club in Lobby 12pm-1pm
<b>24</b> Pickleball: 1pm-3pm (back court until 3:30)  Book Club 12pm MPR: Bring a lunch.	<b>25</b> Chair Volleyball 12:00-1:30pm	<b>26</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>27</b> Pickleball: 1pm-3:30pm (back court only)	<b>28</b> Pickleball: 1pm-3pm (back court until 3:30)  Sew Much More Club in Lobby 12pm-1pm

## AOA Pickleball Schedule: FEBRUARY

**Mondays:** 1pm-3pm (until 3:30pm back courts only)  
**Tuesdays:** None  
**Wednesdays:** 1pm-3pm (until 3:30pm back courts only)  
**Thursdays:** 1pm-3:30pm (BACK 2 COURTS ONLY)  
**Fridays:** 1pm-3pm (until 3:30pm back courts only)  
**SUNDAYS:** PICKLEBALL FOR ALL AGES 10am-Noon

We will continue the \$1 a day to play and will go with a maximum of 34 players MWF. AOA Play is Mon, Wed, Thurs & Fri 1pm-3:30. (Thursday is two courts only MAX 17). On WEDNESDAYS, the front half of the gym will be reserved for recreational Pickleball. If you are just learning or already know how to play but prefer to play at a more relaxed level, the front half of the gym on Wednesdays is for you! The other days will continue as is for now, however, we will reevaluate as time goes.

