



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-MAY 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



AOA Bus Trip

A DAY ON PUT-IN-BAY

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

Wednesday, June 25th

7:30am-7:30pm

Cost: \$189 Members/\$199 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 Tram for the day will be waiting for us. This private tram will take us first on a tour of the Downtown area and then to the West Shore where it will drop us off at Mother Of Sorrows Church (built in 1929) for a self tour. Next, the tram will continue on our island tour before it drops us off for lunch. 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 each place). After lunch, there will be free time to shop or just sit and enjoy the beautiful lake and scenery. After lunch we will tour the Lake Erie Historical Museum and visit Heineman's Winery/Crystal Cave where we will get some wine samples (or grape juice). Our last stop will be at the Chocolate Café for some chocolates, ice cream or baked treats. We will be taking the 4:15pm Jet Express back to Port Clinton and leave for home about 5pm. Feel free to bring a sandwich or something to eat on the 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!



AOA Bus Trip

Lavender & Blueberries Trail

Tuesday, July 15th

7:45am-6:00pm

Cost: \$155 Members & \$165 Non-Members

JKL Tours will be leading us on this trip



Come join us on a special plant-themed adventure as we explore two areas that offer unique Ohio garden delights. We'll start in the Wooster area visiting a working Lavender field created by two high school teachers who turned a "brownfield", into a floral oasis. Lavender is a unique herb with many uses from fragrant floral arrangements to sachets, to potpourri and more. Our hosts will share with us the different types of Lavender along with how and when to plant, how to nurture and how to harvest. We'll learn many of the hands-on uses for Lavender with a chance to wander the delightfully scented lavender fields and visit their little on-site shop. Next, we'll enjoy a wonderful Amish-style lunch at The BARN restaurant in Smithville, where no one goes hungry, and everyone leaves happy! A one-time working barn, this venue has been created into a charming eatery. After lunch, we'll have time to walk across the parking lot from the restaurant to "The Oak Cupboard", an old-fashioned general store and the child-centric "Toyrific Toy Store." We'll continue and visit Ohio's Largest Blueberry farm! Their recent expansion created a spectacular building with a gift shop, winery and restaurant. We'll have a presentation by their master grower and learn why Blueberries are a Super Fruit (and receive a jar of Blueberry JAM!) We'll depart at 8:00am so please arrive to the Geauga YMCA between 7:30am-7:45am. We should be back at Geauga about 6pm. \$25 deposit holds your spot with the balance due on Tuesday, July 1st. Hope you can join us!

Memorial Day Hours: Monday, May 26th

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

ALL CLASSES are **CANCELLED**.



Collagen, Protein and Peptides

With Becca Molnar, Heinen's Wellness Consultant

Thursday, May 15th

12pm in the MPR



Come listen to Becca Molnar from Heinen's Wellness talk on what collagen is, where to get it, its absorption and potential benefits and risks. She will also cover Proteins and Peptides found in different supplements and skin care items and why they are important. This presentation is free and all are invited. No registration is needed.



SANCTUARY MUSEUM, LADY CAROLINE LUNCHEON CRUISE & CLEVELAND AQUARIUM

Thursday, May 29th from 8:30am-4:30pm

Cost: \$159 Member/\$169 Non-Member

Start your summer off with a great trip to downtown Cleveland to see some new sights and enjoy a great lunch cruising the Cuyahoga River and Lake Erie. The Sanctuary Museum houses religious art, statues and other artifacts from 100+ years of Cleveland churches from all different cultures. The Lady Caroline has a buffet lunch awaiting us and the Aquarium has some beautiful marine life to explore. \$25 deposit holds your spot. Final payment due on May 15th.

The Geauga YMCA Day Camp begins Monday, June 2nd and continues through August 8th. This will mean more people in the building at certain times. Please be patient as the kids settle into their new routines and the halls become a little noisier at times. Camp runs from 7am-6pm weekdays.



The Book Club choice for May is...**LaRose by Louise Erdrich**. If you want to get a copy of the book, stop by Diane's office. She has several copies to lend. Due to Memorial Day falling on the last Monday of the month, the Book Club meeting for May will be held on **Monday, May 19th** at 12pm in the MPR. Bring your lunch. New members welcome!



DESIGN WITH DEBBIE will be taking a break in May. However, the craft class will be back in June to make wind chimes. Stay tuned for more information coming soon!



ATTENTION AOA's: The Meditation Class on **Fridays at 9am** with Melanie Ianni has been **cancelled** permanently. Unfortunately, Melanie has moved out of the area so while she may sub for some classes, she won't be here on a regular basis.



A LOOK AHEAD: The August Bus trip will be on **Wednesday, August 27th** to see an afternoon Cleveland Guardians baseball game against the Tampa Bay Rays. We have Club Seats which means we will have access to a variety of food (all free) including hot dogs, nachos, brats, burgers, a salad bar, pasta bar etc. and non-alcoholic beverages. Also, the food is located in an air-conditioned area. More details coming!



Meet Claudia Moore



Claudia says she has always loved to take on new challenges in her life and that has served her well over her career. When opportunities arose, she said yes and was able to experience all kinds of different jobs and people.

Claudia went to Youngstown State and majored in Family and Consumer Science. She met her husband, Ron in college and they married right after graduation. They moved to Pennsauken, NJ where Claudia taught Food & Nutrition for 3 years in a Jr. High there. Next she opened a private preschool (along with her mother-in-law) where Claudia was the Director for 12 years. However, as her mother in law aged, they decided to close the preschool and Claudia was offered a position in Grove City PA, for the Mercer County Career Center. Here she worked with juvenile offenders as a food service instructor for 4 years, she spent 7 years teaching in the Culinary Arts Department and then for the next 13 years she developed and instructed the Personal Care class which helped train high schoolers to work with the preschool, elderly and the special needs population.

Claudia retired in 2007, however she took a part-time job at the Penn State Extension as a Child Outreach Coordinator through the Office of Early Childhood Development. She also assisted a Dietician with the "Dining with Diabetes" Program where she demonstrated healthy recipes.

Claudia has two children and 6 grandchildren. When her husband Ron passed away last June, Claudia decided to leave Pennsylvania and move to Ohio to be closer to her son and his 4 children. She also has a daughter in Texas. She is a member of the St. Nicholas Orthodox Church in Mentor, volunteers at the UH Geauga Gift Shop, and comes to the Geauga YMCA 3 times per week. She enjoys both Melanie and Sue's 11am classes. Say hello to this lovely lady when you see her.

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	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	11:00am-11:50am Silver Sneaker Classic Sue—Gym	11:00am-11:50am AOA Fitness & Strength Melanie—Gym
		11:00am-11:50am TaijiFit Tim—MPR	11:15am-12:05pm Zumba® Gold Lana—Studio	
Aquatic Classes (Water)				
9:00am-9:50am Aquacise With Dee	9:00am-10:00am Water Volleyball	9:00am-9:50am WATER WILDCARD with Melanie or Dee	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: May

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 players)

MAY EVENTS 2025

Mon	Tue	Wed	Thu	Fri
			1 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	2 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
5 Pickleball: 1pm-3pm (back court until 3:30)	6 Chair Volleyball 12:00-1:30pm	7 Pickleball: 1pm-3pm (back court until 3:30)	8 Pickleball: 1pm-3:30pm (back court only)	9 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
12 Pickleball: 1pm-3pm (back court until 3:30) UH Blood Pressure Screening in the Lobby 10am-noon AOA Bus Trip to Dover 8am-6pm	13 Chair Volleyball 12:00-1:30pm	14 Pickleball: 1pm-3pm (back court until 3:30)	15 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR Heinens Presentation: Collagen, Protein & Peptides 12pm in the MPR	16 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
19 Pickleball: 1pm-3pm (back court until 3:30) Book Club 12pm MPR: Bring a lunch.	20 Chair Volleyball 12:00-1:30pm	21 Pickleball: 1pm-3pm (back court until 3:30)	22 Pickleball: 1pm-3:30pm (back court only)	23 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
26 HAPPY MEMORIAL DAY! Open 7am-1pm 	27 Chair Volleyball 12:00-1:30pm	28 Pickleball: 1pm-3pm (back court until 3:30)	29 Pickleball: 1pm-3:30pm (back court only) AOA Bus Trip to Sanctuary Museum, Lady Caroline, and Cleveland Aquarium 8:30am-4:30pm	30 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm