



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-JUNE 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 to Cleveland Stadium for
Cleveland Guardians vs Tampa Bay Rays
Wednesday, Aug 27th—1:10pm game
CLUB SEATS
(all food and non-alcoholic drinks included)
11:00am-5:30pm



Cost: \$152 Members/\$162 Non-members

Let's spend an afternoon together down at Progressive Field as we watch the Cleveland Guardians in action. With the driving and parking taken care of, we will be dropped off in the "bus lanes" on the corner of Carnegie and Ontario. We will have to go through a purse/bag checkpoint at the entrance. You can bring any bag as long as it does not exceed measurements of 16"x16"x8" so usually all purses, most tote bags, and even some small backpacks are okay. Our seats are in the CLUB section which is along the first base/right field line. The beauty of Club Seats is that we will have access to unlimited food and non-alcoholic beverages in the Club Lounge. Food items include: hot dogs, hamburgers, nachos, brats, salad bar, pasta bar etc.. We also will have access to air conditioning should it be a real scorcher of an afternoon. We have to let the stadium know how many seats we will be needing so don't wait to sign up. Our final number is due July 25th. \$25 deposit holds your spot. Hope you can join us!



A DAY ON PUT-IN-BAY

(via the Jet Express & Private Tram)

Wednesday, June 25th

7:30am-7:30pm

**Cost: \$189 Members
\$199 Non-Members**

Schedule for the Day: Bus departure 7:30am from Geauga Y

10:15-10:45am Take Jet Express to Island

11:00-11:50am Island Tour of Downtown and the West Shore to Mother of Sorrows Church

11:50-1:45pm Tour Mother of Sorrows and then head back downtown for lunch (\$15 voucher) and free time to shop and explore

1:45-2:20pm Tour Lake Erie Historical Museum

2:30-3:15pm Tour Heineman's Winery and Crystal Cave (glass of wine included)

3:15-3:50pm Enjoy treats at Chocolate Café (ice cream and baked treats)

4:15pm Jet Express Departure back to Mainland

5:00pm Bus heads back to Geauga YMCA



AOA Bus Trip with JKL Tours

Lavender & Blueberries Trail

Tuesday, July 15th

7:45am-6:00pm

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



Come join us on a special plant-themed adventure! 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. 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. A one-time working barn, this venue has been created into a charming eatery. We'll continue on 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. \$25 deposit holds your spot with the balance due on Tuesday, July 1st. **JKL Tours will be running this trip!**



AOA ANNUAL CAMPAIGN: Last year, the Active Older Adults raised \$5,000 for the Geauga YMCA Annual Fund that benefits families and adults on limited incomes (including AOA's who don't have Silver Sneakers or Optum Renew). This money goes to the Scholarship Fund which supplements their membership fees so they can enjoy all the benefits of this wonderful place.

This year we are again asking the AOA's to come together to raise the **\$5,000 for the 2025 Annual Fund**. The money does stay here at Geauga when marked as so. Can you donate to this worthy cause? Please send your donations through Diane so they can be tracked in the Active Older Adult total. We would like to have another banner for the hallway this year. Thank you so much for your consideration!



COMING THIS NOVEMBER! The Geauga YMCA will once again hold a Craft/Artisan Fair on Saturday, **November 8th** in the gym. Are you (or someone you know) a crafter or artist?? We are looking for crafters/artists of all kinds. Table fee is \$40. Contact Christina Garratt at 440-285-7543 x3020 or email her at cgarratt@clevelandymca.org if interested. More information to come.



Geauga YMCA 5K Run/Walk coming this OCTOBER 12th! Get your sneakers on and let's all come together for a great cause. In partnership with Century Village, the Geauga YMCA will be hosting a 5K Run/Walk. We need participants as well as sponsors! Look for more info coming soon for participants. If you or any one you know owns a business and would like to be a sponsor for this event, please contact Lana Neihbur at lneihbur@clevelandymca.org.

PICKLEBALL 101 CLASS: Have you always wanted to learn the basics of Pickleball? Now is your chance! We will hold a 2-class session on **Wednesday, June 11th and June 18th at 12:15pm**. Cost for the session is \$15. Meet in the gym. Please wear athletic shoes that tie and comfortable clothing. Equipment will be provided.



DESIGN WITH DEBBIE CRAFT CLASS: Beth from Busy Bees Pottery & Arts Studio is back at the Y!!! We will be making a **Sea Glass Wind Chime** on **Thursday, June 19th at noon in the MPR**. Cost will be \$47. You must register at the Front Desk so Beth knows the amount of materials she needs to bring. Please pay Beth in cash on craft day.



The Geauga Y Book Club choice for the month of June is **"News Of The World" by Paulette Jiles**. All welcome to join in the discussion which will take place on **Monday, June 30th** at 12pm in the MPR. Please bring your lunch. You can pick up a copy of the book in Diane's office or get one on your own. Hope you will consider joining!

Meet Doug Heuvel



Doug grew up in Lower Burrell, Pennsylvania, just outside of Pittsburgh. After high school, he pursued computer training at the Electronic Institute of Pittsburgh, a decision that launched a long and fulfilling career. Shortly after graduating, Doug was recruited by IBM and relocated to Poughkeepsie, NY, where he began working on the manufacturing side of the business. It was during this time on a trip back home, that Doug would meet his future wife, Kim. 10 years later, he transitioned to IBM's Engineering Departments in both Kingston & Poughkeepsie NY, focusing on the recovery section of large computer systems. He would stay in the Engineering Dept for the remainder of his 43-year career.

Doug retired at age 64, following a serious bout with Covid that landed him in the hospital for four days during the height of the pandemic. That life-changing experience prompted Doug and Kim to reflect on what mattered most. Realizing how much they wanted to be near their two daughters and their grandson, Jacob, they made the brave decision to leave behind their longtime home, close friends, and church community in New York to start fresh in Ohio. They moved in with their youngest daughter in Shaker Heights while house-hunting and eventually found their new home in Munson. They have loved the area ever since, and being close to 8-year-old Jacob—with another grandchild on the way—has brought them so much joy.

Once settled, Doug turned his attention to his health. With a family history of heart disease (his father suffered a heart attack at age 48), Doug committed to getting in shape. He began attending classes at the Geauga YMCA three (sometimes four!) times a week, participating in Sue's and Melanie's classes. Doug says the warm and welcoming people he's met through the Y have helped both he and Kim feel right at home in their new community. Outside of the Y, Doug enjoys riding motorcycles, hitting the golf course, and catching live music at Mentor Rocks. He and Kim also love trying out new restaurants, especially those that bring the heat with spicy dishes. Say hello to this great guy when you see him.

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 <div></div> <div>11:00am-11:50am TaijiFit Tim—MPR</div>	11:00am-11:50am Silver Sneaker Classic Sue—Gym <div></div> <div>11:15am-12:05pm Zumba® Gold Lana—Studio</div>	11:00am-11:50am AOA Fitness & Strength Melanie—Gym
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: June

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)

JUNE EVENTS 2025

Mon	Tue	Wed	Thu	Fri
2 Pickleball: 1pm-3pm (back court until 3:30)	3 Chair Volleyball 12:00-1:30pm	4 Pickleball: 1pm-3pm (back court until 3:30)	5 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	6 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
9 Pickleball: 1pm-3pm (back court until 3:30) UH Blood Pressure Screening in the Lobby 10am-noon	10 Chair Volleyball 12:00-1:30pm	11 Pickleball: 1pm-3pm (back court until 3:30) PICKLEBALL 101 12:15-1:15pm in the GYM Class 1 of 2	12 Pickleball: 1pm-3:30pm (back court only)	13 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
16 Pickleball: 1pm-3pm (back court until 3:30)	17 Chair Volleyball 12:00-1:30pm	18 Pickleball: 1pm-3pm (back court until 3:30) PICKLEBALL 101 12:15-1:15pm in the GYM Class 2 of 2	19 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR DESIGN WITH DEBBIE: SEA GLASS WIND CHIME 12pm MPR	20 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
23 Pickleball: 1pm-3pm (back court until 3:30)	24 Chair Volleyball 12:00-1:30pm	25 Pickleball: 1pm-3pm (back court until 3:30) A DAY ON PUT-IN-BAY Bus Trip 7:30am-7:30pm	26 Pickleball: 1pm-3:30pm (back court only)	27 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
30 Pickleball: 1pm-3pm (back court until 3:30) Book Club 12pm MPR: Bring a lunch.				