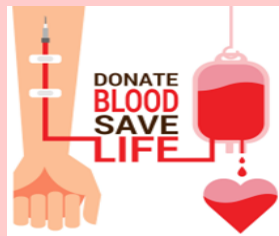




Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-JULY 2025

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



The Geauga YMCA will once again host the
American Red Cross

COMMUNITY BLOOD DRIVE THURSDAY, JULY 10TH



Donating blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses and traumatic injuries. Just an hour or less of your time can help save up to 3 people's lives. The Geauga YMCA wants to do its part to help the community and we can't do that WITHOUT YOU! The Red Cross has been coming once a quarter and so this is our 3rd Blood Drive. (Our last drive of 2025 will be on Oct 2nd.) You can register easily by going to www.redcrossblood.org and under "Find a Drive" just enter "geaugaymca". That will take you straight to our page of available times. (If you prefer, Diane can also sign you up). First time donors welcomed and encouraged. Walk-in's also welcome!



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

- Motorcoach Transportation
- Air-Conditioned Lounge
- Club Seats along 1st Base Line
- Unlimited Food/Drink
- A few seats left but you can join the wait list as we always have cancellations!

THERE ARE STILL SOME SEATS left on our **Lavender & Blueberries Bus Trip** with JKL Tours. The date is **TUESDAY, JULY 15th**. Our day includes a visit to a working lavender farm where we will learn all about lavender, how to grow, nurture and harvest it by the owners of the farm. Next we are off to THE BARN Restaurant for lunch in Smithville. Our last stop of the day is to Ohio's Largest Blueberry Farm in Mansfield where we will listen to a presentation by their master grower. We can visit their winery and gift shop and we will also leave with a free jar of blueberry jam! We depart at 8:00am and return back to the Geauga YMCA by 6:00pm. The Cost is \$155 for Members and \$165 for Non-members. Please arrive to the Geauga YMCA by 7:45am.



The Active Older Adults are helping out with the **2025 Annual Campaign** by raising \$5,000 for those who cannot afford to come to the Geauga YMCA. Many of our fellow members are on "scholarship" which means if they can't afford the whole monthly membership fee, this fund makes up the difference. This helps the Geauga YMCA remain a place for all. **Can you help by donating? Any amount is appreciated!** If we make our goal, we will get another banner in the hallway from the AOA's. Please send all donations through Diane (office is off the lobby) so she can track the AOA total!



Geauga YMCA FOOD DRIVE COLLECTION for Christ Presbyterian Church Food Pantry in Chesterland

Part of the Geauga Hunger Task Force

July 1st through July 31st

Donation table located in lobby



CAN YOU HELP? With food prices increasing, many families are finding it difficult to make ends meet and turn to food banks to help them get through the month. Christ Presbyterian is asking for help with the following items: Soup (not chicken noodle or tomato), Manwich, Pasta Sauce, Mashed Potato Packets, Brownie Mix, Cereal, Beef Stew, Chili and Canned Fruit. However, they say any donation is appreciated!

Mark Your Calendar

MONDAY, SEPT 29th: AOA Bus Trip to the Barberton Mum Festival. This trip will be led by JKL Tours. More details coming soon.

MONDAY, OCT 6TH: Senior Health And Wellness Fair 9am-12pm in the Geauga YMCA Gym. UH Geauga Medical Center Screenings, and many vendors all dealing with senior wellness. **FREE!**

THURSDAY, OCT 23: AOA Bus Trip to ride the **Cuyahoga Scenic Valley Railroad**, a visit to **Hartville** for shopping and lunch with a winery stop as well. More details coming soon.



THE GEAUGA YMCA IS OPEN FROM 7AM-1PM ON FRIDAY, JULY 4TH

HOWEVER, ALL CLASSES ARE CANCELLED



DUE TO POPULAR DEMAND, a **10am TaijiFit** has been added on Wednesdays to the schedule. This will allow those who want to take TaijiFit and Melanie's 11am SS Circuit class to be able to do so. The 11am TaijiFit will continue as normal, so we will have back to back TaijiFit classes on Wednesdays.



Do you know about all the benefits of the "YMCA360" app? It's a handy tool that has many benefits including 1) notifications and updates on pool closures and class cancellations. 2) The schedules for pool, group exercise and the gym and 3) a digital membership barcode for seamless check-in at the branch. In the Fall, it is possible that registrations for classes will also be done through the YMCA360 app. There will be 2 or 3 sessions to help you learn how to use this app coming in August. Look for more details on the dates of those sessions in my August newsletter.



Unfortunately, the **Geauga YMCA 5K Run/Walk** that was to take place on **Sunday, Oct 12th** has been **CANCELLED**. It will be rescheduled for 2026.



Design with Debbie once again partners with *Busy Bees Pottery & Art Studio* to make a **FUSED GLASS NIGHTLIGHT** which can be a beautiful addition to any room. Cost is TBD(but you will pay Busy Bees in cash on day of craft: **Thursday, JULY 17th at noon** in the MPR.



The **Heritage Program** through **Leadership Geauga** provides those who are retired or nearing retirement with a meaningful way to stay engaged, give back, and connect with like-minded peers. The Fall 2025 session begins on October 8, with participants meeting weekly on Wednesdays for six weeks. There is a fee for the program. If interested, contact (440) 286-8115 or go to www.leadershipgeauga.org for more information.



The **AOA Book Club** will be taking a break during the months of July and August. Look for information in the August newsletter for the September "Book of the Month"!

Meet Tim O'Donnell



Tim grew up in Champion, Ohio, and after high school, attended the Kent State extension campus. While his mom had moved to California, Tim stayed behind and lived with friends during his college years. When those friends transferred to Kent State's main campus, Tim followed — but soon decided that college wasn't the right path at the time, choosing instead to begin working.

It turned out to be a pivotal decision because during that time, Tim met his future wife, Karen, who was a senior at Kent. With the help of Karen's father, Tim landed a job at Lincoln Electric in Cleveland. So, in 1974, Tim and Karen made the move — beginning a new life together.

Tim built a remarkable 43-year career at Lincoln Electric. He spent 15 years on the assembly line before transitioning to a lab technician role. Deciding he wanted more, Tim returned to school and earned his bachelor's degree in engineering — 30 years after high school! His dedication paid off, and he was promoted to engineer, a role that took him all around the globe. Over the years, Tim traveled to Japan, China, Brazil, India, Venezuela, and across Europe — as well as to 35 U.S. states and four Canadian provinces. After retiring in 2017, Tim continued working part-time for Lincoln as a contractor until fully retiring in 2022.


It was during a visit to the UH Rehab in our building for Karen's physical therapy — following her hip replacement — that Tim noticed the YMCA lobby from the window. Feeling "a little too sedentary," he walked over to check it out. He signed up and both he and Karen have become regulars! They participate in AOA land classes with Sue and Melanie 3-4 days a week.

Tim and Karen have three sons and four grandchildren. Be sure to say hello to this great guy when you see him around.

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 <div></div> 10:00am-10:50am TaijiFit Tim—MPR	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> 11:00am-11:50am TaijiFit Tim—MPR	11:00am-11:50am Silver Sneaker Classic Sue—Gym <div></div> 11:15am-12:05pm Zumba® Gold Lana—Studio	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	
<div><div>AOA Pickleball Schedule: July 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</div><div>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)</div></div>				

JULY EVENTS 2025

Mon	Tue	Wed	Thu	Fri
	1 Chair Volleyball 12:00-1:30pm AOA FOOD DRIVE BEGINS!!!!	2 Pickleball: 1pm-3pm (back court until 3:30)	3 Pickleball: 1pm-3:30pm (back court only)	4 Happy July 4th The Y is open from 7am-1pm No Classes! 
7 Pickleball: 1pm-3pm (back court until 3:30)	8 Chair Volleyball 12:00-1:30pm	9 Pickleball: 1pm-3pm (back court until 3:30)	10 Pickleball: 1pm-3:30pm (back court only) BLOOD DRIVE 9am-2pm in MPR Walk-in appointments available	11 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
14 Pickleball: 1pm-3pm (back court until 3:30) <i>UH Blood Pressure Screening in the Lobby 10am-noon</i>	15 Chair Volleyball 12:00-1:30pm Lavender & Blueberries Trail Bus Trip 7:45-6:00pm	16 Pickleball: 1pm-3pm (back court until 3:30)	17 Pickleball: 1pm-3:30pm (back court only) DESIGN WITH DEBBIE: 12pm MPR	18 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
21 Pickleball: 1pm-3pm (back court until 3:30)	22 Chair Volleyball 12:00-1:30pm	23 Pickleball: 1pm-3pm (back court until 3:30)	24 Pickleball: 1pm-3:30pm (back court only)	25 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
28 Pickleball: 1pm-3pm (back court until 3:30) No Book Club today. Off until September.	29 Chair Volleyball 12:00-1:30pm	30 Pickleball: 1pm-3pm (back court until 3:30)	31 Pickleball: 1pm-3:30pm (back court only) AOA FOOD DRIVE ENDS!!!!	