



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-AUGUST 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

BARBERTON MUM FESTIVAL

(With JKL Tours)

MONDAY, SEPTEMBER 29TH

8:15AM-6PM

Cost: \$130 members/\$140 non-members



Here is your chance to enjoy one of Ohio's most unique and colorful festivals in charming Barberton, Ohio. The actual festival takes place on the weekend and draws HUGE crowds. However, we have permission to bring our bus on the Monday after the festival (before all is taken down) so we can enjoy this colorful Fall display in a relaxed and uncrowded setting. We'll start our day with a visit to Moreland's Fruit Farm in Wooster which is a working Amish farm and is devoted to providing the freshest plants, pumpkins, fruits, flowers and flower arrangements. PLEASE NOTE: Moreland's is a **cash only** farm! Next, we go to lunch at Hopocan Gardens Restaurant. In the 1950's and 1960's, Barberton became known as the Chicken Dinner Capital of Ohio and we will get to experience this famous chicken that made them famous (vegetarian option available). Next, we will travel to historic Lake Anna Park in the heart of downtown Barberton. This 21-acre park surrounds the 10-acre spring-fed Lake Anna providing the perfect setting for this wonderful festival. The array of 17,000 mums creates a beautiful rainbow of blooms. We'll have time to explore and enjoy all the colorful sights. Won't you consider joining us on this Autumn adventure? \$25 deposit due at registration with the balance due 2 weeks prior to the trip (Sept 15th).



Weekly Registering For Classes For the MPR & Studio only

To begin on
September 2nd
On the YMCA360 App



The Geauga YMCA is asking members to begin signing up weekly for **MPR & Studio classes** using the YMCA360 app beginning in September (although we will begin a practice month in August). The reasons behind this change include making sure there is space available for the classes in these smaller rooms, as well as being able to quickly let you know if your class is canceled due to instructor absence. **FOR CLASSES IN POOL & GYM**, no registration for classes is necessary however, PLEASE DOWNLOAD THE YMCA360 APP to get notifications of Pool Closure or Class Cancellations!!! If you don't yet have the YMCA360 app or don't know how to use it, we will be holding 2 classes to help you navigate this change...

YMCA360 TRAINING WILL BE HELD:

MONDAY, AUG 4th & WEDNESDAY, AUG 6TH

at 12pm in the MPR

If you do not have a smart phone or computer, the Front Desk or Diane can help you sign up each week.

KEEPING THE GOLDEN YEARS "GOLDEN"

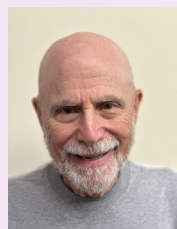
Financial Planning Advice On How Best To Handle Finances In Retirement

By Mark Bonhard (retired Financial Planner and Wealth Manager with 30 years experience)

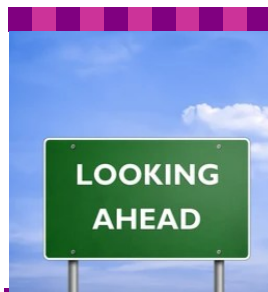
Monday, August 25th

12pm in the MPR

LUNCH PROVIDED—Please register (\$10 registration fee)



Come listen to Mark and hear how to mitigate the risks in retirement which include outliving your money, inflation and the sequence of returns. Mark will touch on topics including maintaining your lifestyle, legacy planning and strategies like Flooring and the 3 Bucket System. **Note:** This is not selling any product or service. Presentation should last 30-45 minutes and then he will take questions. Mark only asks that you contribute \$10 at registration to **benefit the Geauga YMCA Annual Campaign**.



Tuesday, Sept 9th: *MEDICARE FRAUD PRESENTATION* 12pm By Ohio Senior Medicare Patrol. Learn how to prevent, detect, and report fraud and improper claims on your account.

Thursday, Oct 23rd: *AOA BUS TRIP* Cuyahoga Valley Railroad, Lunch and Shopping at Hartville followed by a stop at Maize Valley Winery.

Saturday, Nov 8th: *CRAFT & ARTISAN FAIR* in the Geauga YMCA Gymnasium 10am-4pm

Friday, Dec 19th: *AOA BUS TRIP* Cleveland Orchestra Christmas Concert 2:30pm Matinee

The AOA Annual Fund Campaign continues!!! Imagine if you could not come to the YMCA because you couldn't afford it. Well, that is the case for many seniors who don't have Silver Sneakers or Optum Renew Active. They are on fixed incomes and cannot afford the \$42.70 a month membership fee. Our Annual Fund helps offset this monthly fee. Diane is asking for help in reaching our AOA goal of \$5,000 and we are not quite half way there. This money is put towards the Geauga Branch goal of \$50,000. Any amount is appreciated. Please send donations through Diane to be counted in the Active Older Adult total. Let's work together to help others!



FOR A BETTER US™



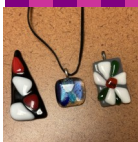
SAVE THE DATE FOR OUR ANNUAL
SENIOR HEALTH & WELLNESS FAIR
MONDAY, OCTOBER 6TH
FROM 9AM-NOON

In partnership with UH Geauga Medical Center, we will have multiple vendors in our gym providing screenings, information, and giveaways. It is completely free! Put it on your calendar so you don't miss it and come see what it's all about!



A BIG thank you to all those that supported the Geauga YMCA **Food Drive** for Christ Presbyterian Church, part of the Geauga Hunger Task Force. We were able to send a couple carloads of a variety of food for their Food Bank. The increase in need has been great this summer and your donation has really helped.

PLEASE NOTE: The date for the next Community Blood Drive at the Geauga YMCA has been changed by the Red Cross from Oct 2 to **THURSDAY, NOV 13th from 9am-2pm**. Please consider donating! Your donation can help 3 people who are in need. It is so important!



DESIGN WITH DEBBIE Thursday, August 21st at noon in the MPR. This month Debbie leads a class on making **Glass Fusion Jewelry**. The cost for the class is \$23 and you can make either 2 necklaces or 1 necklace and a pair of earrings. Payment is to be made on the day of the class in cash. You must register beforehand however, so the proper amount of supplies will be available. Won't you give it a try?

Meet Karen Morgan



You may recognize Karen from the front desk at the Geauga YMCA or from one of the morning land classes. She started coming to the Y after retiring, saying she needed to focus on her health—and she also needed people. She found both!

Karen grew up in Cleveland and Solon and moved to Geauga County after marrying her husband, Steve, in 1980. Over the years, she's held a variety of jobs that have given her a broad range of experiences and a deep appreciation for many things. She spent eight years at Ohio Bell (now AT&T) eventually landing in the Yellow Pages Department, where she got to work on some of the artwork—a true passion of hers. Later, she became a school bus driver for Chardon and West Geauga Schools, followed by a role in Operations with the Geauga Park District.

While working, Karen also earned her Associate's Degree in Graphic Design from Lakeland. She then spent 10 years at Precious Cargo as a motorcoach driver and office staff member, handling logistics and customer service. When the pandemic hit in 2020, she was laid off. After briefly returning, she decided it was time to retire for good.

Karen is active in a group called "Lights Out Cleveland," which helps protect migratory birds that become disoriented by city lights and mirrored buildings. The group collects birds that have been injured or killed in collisions. Injured birds are taken to the Lake Erie Nature & Science Center for rehabilitation and, when possible, released back into the wild.

In her free time, Karen enjoys being with her family, including her two children. She loves the outdoors and regularly hikes, kayaks, and cycles. She also has a strong passion for painting and other forms of art.

Next time you see Karen at the front desk or in class, be sure to say hello.

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 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 TaijiFit Tim—MPR	11:00am-11:50am Silver Sneaker Classic Sue—Gym 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: AUGUST 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) REGULAR Play on Monday, Wednesday, and Fridays. ADVANCED PLAY will be held on Thursdays</div></div>				

AUGUST EVENTS 2025

Mon	Tue	Wed	Thu	Fri
				1 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
4 Pickleball: 1pm-3pm (back court until 3:30) <i>YMCA360 App Training Class 12pm in the MPR</i>	5 Chair Volleyball 12:00-1:30pm	6 Pickleball: 1pm-3pm (back court until 3:30) <i>YMCA360 App Training Class 12pm in the MPR</i>	7 Pickleball: 1pm-3:30pm (back court only)	8 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
11 Pickleball: 1pm-3pm (back court until 3:30) <i>UH Blood Pressure Screening in the Lobby 10am-noon</i>	12 Chair Volleyball 12:00-1:30pm	13 Pickleball: 1pm-3pm (back court until 3:30)	14 Pickleball: 1pm-3:30pm (back court only)	15 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
18 Pickleball: 1pm-3pm (back court until 3:30)	19 Chair Volleyball 12:00-1:30pm	20 Pickleball: 1pm-3pm (back court until 3:30)	21 Pickleball: 1pm-3:30pm (back court only) <i>DESIGN WITH DEB-BIE—Glass Fusion Jewelry 12pm—MPR</i>	22 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
25 Pickleball: 1pm-3pm (back court until 3:30) Financial Presentation by Mark Bonhard 12pm MPR—Lunch provided (must REGISTER)	26 Chair Volleyball 12:00-1:30pm	27 Pickleball: 1pm-3pm (back court until 3:30) AOA Bus Trip to GUARDIANS GAME—sold out	28 Pickleball: 1pm-3:30pm (back court only)	29 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>