



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-OCTOBER 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

December Bus Trip

CHRISTMAS WITH THE CLEVELAND ORCHESTRA

with Lunch at Cibreo Italian Kitchen

Friday, Dec 19th

11:00am-5:00pm

Cost: \$189 Members/\$199 Non-members



Join us for an unforgettable experience that will fill Mandel Concert Hall with the sounds of the holiday season. The Cleveland Orchestra and Cleveland Orchestra Chorus under conductor Brett Mitchell, will be playing holiday favorites amidst the holiday splendor of the beautiful Severance Hall. We will be attending the **matinee performance at 2:30pm** with lunch prior to the show at Cibreo Italian Kitchen. Meal choices include Chicken Parmagiana, Mahi-Mahi, or Beef Bolognese. You will be asked to choose your entrée when registering. \$25 deposit holds your spot. Final payment due two weeks before the show (Dec 5th). Hope you will join us. We expect this concert to sell out so don't wait to reserve your ticket. (Depending on weather, we may leave 15 minutes early.)

GEAUGA YMCA ARTISAN & CRAFT FAIR

**Saturday, Nov 8th
10am-4pm in the Gym**



The free Geauga YMCA Craft Fair is back after a long hiatus. We have over 30 vendors so far who are excited to show you their Fall and Holiday items such as jewelry, crocheted items, woodcraft, wreaths, art, soaps and so much more. Vendor openings still available. Contact Christina Garratt, Membership Director, at Cgarratt@clevelandymca.org with questions.

The Geauga YMCA will once again host the American Red Cross

COMMUNITY BLOOD DRIVE

THURSDAY, NOVEMBER 13TH

9am-2pm in the MPR



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! 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!

3rd Annual "FRIENDS" giving Dinner

**Thursday, Nov 20th
at 11:30am in the MPR**

Cost: \$23/person



Friendsgiving is the celebration of Thanksgiving with our Y friends. Bring a friend or come and meet new ones! This dinner will be catered by Food For Thought and will include Chicken Marsala, an Apple Romaine Salad, Mashed Potatoes, Green Beans, Pasta Salad, Rolls, Beverage and Pie. Cost for the meal will be collected at time of registration. Please join us! **11:00am SS Classic canceled this day!**

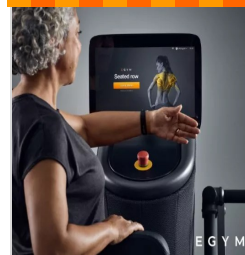
WRITING YOUR FIRST MEMOIR: An Introduction To The Craft

Wednesday, Oct 22nd from 12pm-1pm

Join Matt O'Donnell who will help you with creative writing tips, storytelling techniques and bringing your "characters" to life as you begin to write your life story for future generations in your family. This course is free but registration is required. Class size is limited to 12. Supplies will be provided. Class will take place in the MPR.



Female Pelvic Health with Dr. David Sheyn: Friday, Nov 21st 12pm in the MPR. Dr. Sheyn, UH Urogynecologist is back to answer more questions regarding all things related to Women's Pelvic Health as you age. Free presentation. No need to register. More info coming.



VERY EXCITING NEWS!!! The EGYM will be coming to the Fitness Center in

November! What is an EGYM you wonder? An EGYM is an advanced strength-training circuit (there are 11 machines) that uses a wristband that you wear to provide a personalized, efficient and guided workout. The wristband automatically adjusts each machine's resistance, range of motion, and other settings specific to your needs. The system provides real-time feedback via touchscreens, tracks progress in an app, and adapts workouts over time, making strength training more accessible and effective for many fitness levels. The EGYM will replace the Precor Machines which are getting old and rusty.

The Fitness Center will also be getting new MATRIX EQUIPMENT: 13 new strength-training machines which will replace the current Magnum line. They are very similar to the Magnum, however the new Matrix equipment is much more user-friendly and smooth. Good things are happening at the Y!!!



The choice for **October** for the AOA Book Club is **"The Readers of Broken Wheel Recommend"** by **Katarina Bivald**. The discussion will be held on **Monday, Oct 27th** in the MPR at 12pm. ALL ARE WELCOME! Bring your lunch. Diane will have some copies of the book in her office. Please sign the sheet next to the box when you take a book. Hope you can join the group!



The MahJong Group will begin playing again on the **first and third Thursdays** of the month (Oct 2nd and Oct 16th) from 12pm-2pm in the MGR (room located across from Childwatch). **All are welcome to join.** If you don't know how to play, stop by and watch. You will learn quickly.



Senior Health and Wellness Fair—Monday, Oct 6th from 9am-12pm

in our gymnasium. We will have 36 vendors here! UH will be doing screenings such as glucose, cholesterol, blood pressure and balance. **NEW THIS YEAR** is the FDA Approved Colorectal Screening Blood Test by Guardant Health that is covered by Medicare. They will do the screening right at the Fair. Other vendors will offer free samples, giveaways and items for purchase. The Fair is FREE and no registration is required. It is open to the public so you can bring your friends. We will have a raffle of YMCA swag at the door. ALL Classes in the gym will be canceled that morning and Pickleball will have a delayed start as we clean up the gym after the event.



Meet Ken Zbinovec



Ken grew up in Parma and attended Padua High School. A talented athlete, Ken earned a football scholarship to Edinboro University where he played college football and earned a Bachelor's Degree in Sociology. After a brief stint in the Canadian Football League, Ken spent 6 years working at the Northeast YMCA in the Collinwood area as a Youth Program Director. Next he worked as a social worker for 4 years at the Cleveland Alternative Learning School where he dealt with at-risk youth with behavioral issues. Next, he took a job as a case manager for Beech Brook in the Specialized Foster Care area as an in-home counselor.

It was during his time at Beech Brook that a seemingly small decision would change Ken's life. He attended a "Parents Without Partners" social through St. Noel's Catholic Singles Group—not because he was a parent, but just to meet people. There, he met someone special who also wasn't a parent, and the connection was immediate. They married and later welcomed twin daughters, who are now grown.

Also during this time at Beech Brook, Ken was working on his Masters in Education with an emphasis in Special Ed. He began his teaching career in the Cleveland Public Schools and then went to the South Euclid/Lyndhurst Schools. He returned to Cleveland and finished his career there retiring in May of 2025 with 33 years in teaching.

In retirement, Ken set a goal to get back in shape. After walking off 80 pounds with the help of his golden retriever, Sully (who has since passed), he joined the YMCA. These days, you can find him in Melanie and Sue's land classes—up to 4 times a week!

Ken loves to play horseshoes and is in the West Geauga Horseshoe Club. He also is a huge Pinochle fan. He is a member of St. Pascal Baylon Church and one day wants to volunteer at a food bank. 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 TaijiFit Tim—MPR	10:00am-10:50am Silver Sneaker Yoga Cassie—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 Lana—Gym Zumba® Gold	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: October 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, & Fridays. ADVANCED PLAY will be held on Thursdays.</div></div>				

OCTOBER EVENTS 2025

Mon	Tue	Wed	Thu	Fri
		1 Pickleball: 1pm-3pm (back court until 3:30)	2 Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	3 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
6 Pickleball: 1pm-3pm (back court until 3:30) SENIOR HEALTH & WELLNESS FAIR IN GYM 9AM-NOON (Gym Classes Canceled)	7 Chair Volleyball 12:00-1:30pm	8 Pickleball: 1pm-3pm (back court until 3:30)	9 Pickleball: 1pm-3:30pm (back court only)	10 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
13 Pickleball: 1pm-3pm (back court until 3:30)	14 Chair Volleyball 12:00-1:30pm	15 Pickleball: 1pm-3pm (back court until 3:30)	16 Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	17 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
20 Pickleball: 1pm-3pm (back court until 3:30)	21 Chair Volleyball 12:00-1:30pm	22 Pickleball: 1pm-3pm (back court until 3:30) Writing Your First Memoir: 12pm in the MPR	23 Pickleball: 1pm-3:30pm (back court only) AOA BUS TRIP: Cuyahoga Valley Railroad/Hartville/ Maize Valley Winery	24 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
27 Pickleball: 1pm-3pm (back court until 3:30) BOOK CLUB 12pm MPR	28 Chair Volleyball 12:00-1:30pm	29 Pickleball: 1pm-3pm (back court until 3:30)	30 Pickleball: 1pm-3:30pm (back court only)	31 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm 