



Geauga YMCA

ACTIVE OLDER ADULTS (AOA)

NEWSLETTER-SEPTEMBER 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

Senior Health & Wellness Fair

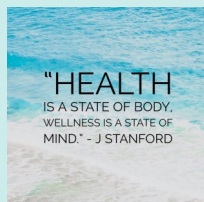
Monday, Oct 6th

9:00am-12:00pm

Open to both Members and Non-Members
TOTALLY FREE

In partnership with University Hospitals Geauga Medical Center, the Geauga YMCA is proud to present the 2025 Annual Senior Health & Wellness Fair taking place in the Geauga YMCA Gymnasium.

Come learn and explore all that this Health Fair has to offer. Free Cholesterol, Glucose, Blood Pressure, Balance, and Body Mass Index Screenings will be offered by UH Geauga Medical Center. Heinens will have samples of "Good For You" Superfood snacks and drinks. Chardon Wellness will be here doing mini chair massages. D's B's Honey will be selling their different honey products. Second Sole will have some discounted athletic shoes to sell. Geauga Cleaning & Organizing will be here to give info on their home cleaning services and Four Legged Scholars will be here with an Ask-A-Dog Trainer table. Some of the other vendors include Mar-Lou Shoes, OsteoStrong, MT Home Repair, Alert Care Medical, Geauga Library, Sounds of Life, Avon, Geauga Veterans, Geauga Farm Bureau, Geauga Park District, and Dennis Atkins Medicare Consultant just to name a few. There will be more than 30 vendors in all. This is a Community-wide event and is open to the public! **NO REGISTRATION NEEDED.** Bring a friend! A big THANK YOU to SAGES APPLES for donating 300 free apples to be given out and to CCM RENTAL for donating 25 tables to be used for the vendors. **Silver Sneaker Yoga at 10am and Senior Strength and Balance at 11am will be cancelled on that day (Oct 6th).**



BARBERTON MUM FESTIVAL BUS TRIP—MONDAY, SEPT 29TH!

With JKL Tours, we start our day with a visit to Moreland's Fruit Farm in Wooster which is a working Amish Farm run by an Amish couple who have 15 children! They sell lovely plants, beautiful pumpkins, fruits and flowers. (Please note: They are a cash only farm.) Next we go to lunch at Hopocan Gardens Restaurant which is known for its Chicken Dinners (vegetarian option available). After lunch we go to the Mum Festival in downtown Barberton. The array of 17,000 mums creates a beautiful rainbow of blooms. We'll have time to explore and enjoy all there is to see. Please join us on this wonderful Autumn adventure. Cost is \$130 members/\$140 non-members. \$25 deposit due at registration with the balance due 2 weeks prior to the trip (Sept 15th). 8:15AM-6:00PM

October Bus Trip

CUYAHOGA VALLEY RAILROAD, HARTVILLE & MAIZE VALLEY WINERY

Thursday, Oct 23rd

7:15am -5:30pm

Cost: \$119 Members/\$129 Non-Members

We leave the Geauga YMCA en route to the Cuyahoga Valley Railroad's Rockside Station in Independence where we will depart on the 9am train. We will enjoy a scenic 1.5 hour railroad trip to the Akron Station. Next, it's a delicious lunch at Hartville Kitchen. After lunch there will be plenty of time to enjoy shopping at The Shops at Hartville and Hartville Marketplace. Our next stop will be Maize Valley Winery for a wine tasting and shopping. We will return to the branch around 5:30pm. \$25 deposit due at registration and balance due 2 weeks prior to the trip (Oct 9th). Hope you can join us for a day of beautiful scenery, good food, shopping and some wine!



MEDICARE FRAUD BUSTERS BINGO EVENT & PRESENTATION

Tuesday, Sept 9th at 12pm in the MPR

Sharpen your fraud fighting skills! Medicare fraud can happen to anyone, impacting their finances and their health. Learn how to prevent, detect and report it - while having fun **playing bingo** with the Ohio Senior Medicare Patrol. This educational and interactive program helps participants to identify and avoid common types of Medicare scams, detect fraud and improper claims on their account and know who to contact. No registration needed.



Beginning Tuesday, Sept 2nd, all classes in the MPR and Studio will **require registration** as those spaces can only accommodate a certain number of participants. You can sign up for those classes through the YMCA360 app. This app will also become the Geauga YMCA's main form of communication so if you have not yet downloaded it, please do. You don't want to miss important information from the Y regarding cancellations or other changes.

The YMCA Annual Campaign is a fund which provides scholarship money to those people in our community that can not afford to come to the Geauga YMCA. That includes seniors who do not have Silver Sneakers or Optum Renew Active. The Branch as a whole must reach \$50,000 to meet this need. The AOA Campaign helps with \$5,000 of this goal. **We are ALMOST to our goal** as of the end of August. Can you help us get there? Please send all donations through Diane so we can count your donation in the AOA total. No amount is too small!



We are still in need of crafters for our **Saturday, November 8th Craft/Artisan Fair** here at the Geauga YMCA Gymnasium. The Fair will run from 10am-4pm and the cost for the table is \$40 for members and \$50 for Non-Members. Are you (or anyone you know) a crafter or artisan who would like to participate? Contact Christina Garratt at 440-285-7543 x3020 or email her at cgarratt@clevelandymca.org.

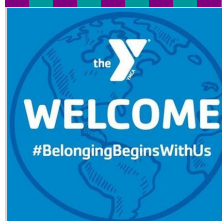
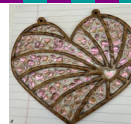


Deeply Rooted YOGA EVENT here at the Geauga YMCA. **Saturday, Sept 27th from 9am-noon.** There will be 5 instructors teaching 5 different types of Yoga (Vinyasa, Hatha, Somatic, Restorative and Chair). You can choose two classes followed by a guest speaker at 11:15, with refreshments and special prizes/gift baskets as well. Cost is \$30 for members and \$40 for non-members. This money goes to the Annual Campaign. Register by Friday Sept 26th.



BOOK CLUB IS BACK and welcoming new members! September's Book of the month is **"The Life We Bury"** by Allen Eskens. The date is always the last Monday of the month. For September, that falls on *Monday, Sept 29th* at 12pm in the MPR. Bring your lunch and enjoy some social time. There are plenty of copies of these books in Diane's office so feel free to pick one up.

DESIGN WITH DEBBIE Thursday, Sept 18th at noon in the MPR. This month Debbie leads a class (through Busy Bees) on making a **Wooden Suncatcher**. The cost for the class is \$29. 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?



WELCOMING WEEK 2025

SEPT 12th-SEPT 21st

Welcoming week, an annual event celebrated at all YMCA's across the USA, celebrates immigrants and US-born residents to promote cross-cultural understanding and to raise awareness of the benefits of welcoming everyone. Look for a map in the lobby to mark where your family is from and small treats during the week to celebrate. Belonging Begins With Us!



The Geauga YMCA will be open on **Labor Day**, Monday, Sept 1st from **7:00am until 1:00pm.** However, there will be **NO CLASSES** and **NO PICKLEBALL.**

Meet Marianne Raley



Marianne joined the Geauga YMCA about 6 months ago and has been a regular in the Aqua Aerobics class with Jan on Tuesday and Thursday evenings. She attends with her daughter and together they enjoy the water and the workout. Marianne also was taking a balance class at the Senior Center but recently felt she needed more. That led her to try some YMCA land-based classes with Melanie where she has met new people and experienced a new kind of exercise. Marianne now feels she is on the right path to take her fitness to the next level.

Marianne grew up in Euclid. However, her father passed away when she was young so she and her mother moved to Chardon to downsize a bit. She graduated from Notre Dame High School and soon after got married to her high school sweetheart. She was married for 19 years and had two children before she divorced. She began at Hiram College's weekend program and earned her Bachelor's in Humanities and Fine Arts in 2003.

After graduation, she accepted a position in Natchez, Mississippi as a Reference and Research Librarian. While there, she also led community book discussions at assisted living and nursing facilities and volunteered as a storyteller at the Grand Village of the Natchez Indians through the Mississippi Department of Archives and History. During her time in Mississippi, Marianne met Jim—a musician and the love of her life. They married in 2005 and shared several wonderful years together until Jim sadly passed away from cancer in 2011.

In 2022, with her two children and two grandchildren living in Geauga County and missing her dearly, Marianne made the decision to retire early and move back to the area. In her spare time, she enjoys Diamond Art, crocheting, crafting, and reading. She's also participated in several of our YMCA bus trips.

If you see this lovely lady around, 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 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 11:00am-11:50am TaijiFit Tim—MPR	11:00am-11:50am Silver Sneaker Classic Sue—Gym	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: SEPTEMBER

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)

REGULAR Play on Monday, Wednesday, & Fridays.

ADVANCED PLAY will be held on Thursdays.

SEPTEMBER EVENTS 2025

Mon	Tue	Wed	Thu	Fri
1 HAPPY LABOR DAY! Branch is open from 7am-1pm 	2 Chair Volleyball 12:00-1:30pm	3 Pickleball: 1pm-3pm (back court until 3:30)	4 Pickleball: 1pm-3:30pm (back court only)	5 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
8 Pickleball: 1pm-3pm (back court until 3:30)	9 Chair Volleyball 12:00-1:30pm Medicare Fraud Speaker and Bingo Event 12pm MPR	10 Pickleball: 1pm-3pm (back court until 3:30)	11 Pickleball: 1pm-3:30pm (back court only)	12 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i> Welcome Week 2025 Begins!
15 Pickleball: 1pm-3pm (back court until 3:30) <i>UH Blood Pressure Screening in the Lobby 10am-noon</i> Welcome Week	16 Chair Volleyball 12:00-1:30pm Welcome Week	17 Pickleball: 1pm-3pm (back court until 3:30) Welcome Week	18 Pickleball: 1pm-3:30pm (back court only) Welcome Week	19 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i> Welcome Week
22 Pickleball: 1pm-3pm (back court until 3:30)	23 Chair Volleyball 12:00-1:30pm	24 Pickleball: 1pm-3pm (back court until 3:30)	25 Pickleball: 1pm-3:30pm (back court only)	26 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
29 Pickleball: 1pm-3pm (back court until 3:30) AOA BUS TRIP: Bartsen Mum Festival with JKL Tours BOOK CLUB 12pm MPR	30 Chair Volleyball 12:00-1:30pm			