



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

Geauga Family YMCA • 12460 Bass Lake Rd • Chardon, OH 44024 • 440-285-7543
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JOIN US FOR OUR 3RD ANNUAL FRIENDSGIVING LUNCHEON

THURSDAY, NOVEMBER 20TH

11:30AM in the MPR

COST: \$23

The 11am Silver Sneaker class is canceled on this day!

Friendsgiving is the celebration of Thanksgiving with our Y friends. Bring a friend or come and meet new ones! This luncheon is open to both members and non-members! It 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 the time of registration. Please join us! *Don't forget that the 11am class in the gym is canceled today since Friendsgiving will be attended by the instructors and other staff as well.* We have to RSVP to Food For Thought by 11/14 so please don't wait until the last minute to sign up.



BLOOD DRIVE
Thursday, Nov 13th, 2025
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!



Won't you join us for the **ARTISAN FAIR & CRAFT SHOW** on **Saturday, November 8th** from **10am-4pm** here at the Geauga YMCA in our gymnasium. The Fair will have over 40 vendors selling all handmade items including art, jewelry, craft items, woodworking, pottery, beadwork and more. No entrance fee...just come and explore. You may find a Christmas gift for that "hard to buy for" family member. Also, we are still accepting vendors so if you or someone you know makes something interesting, please reach out to Christina Garratt, Membership Director at cgarratt@clevelandymca.org.



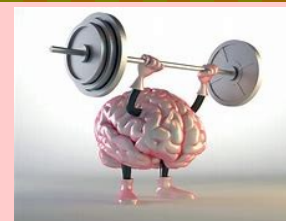
Female Pelvic Health As You Age

With Dr. David Sheyn, MD

Wednesday, Dec 3rd
(Please note: Change in date)

12pm in the MPR

Dr. Sheyn is back again this year at the Geauga YMCA to speak on women's pelvic health including prolapse, incontinence, pelvic pain, atrophy, voiding disorders, urgency, and recurrent urinary tract infections. Dr. Sheyn is the current division director of urogynecology and pelvic reconstructive surgery at University Hospitals Urology Institute. He has an office in Chardon at the Geauga Medical Center Office Building. This is a free presentation and no registration is needed. Just come, learn and ask any questions you may have. *(Dr. Sheyn had to cancel the prior publicized date of 11/21 due to a conflict).*



The Alzheimers Association presents... **HEALTHY LIVING FOR YOUR BRAIN AND BODY**

Thursday, Dec 4th
12pm in the MPR

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. No registration required. This presentation is FREE.



We want to celebrate veterans at the Geauga YMCA! On **Tuesday, November 11th**, we will have coffee and tea in the lobby. We also will have a Veterans Wall Display. If you are a veteran, please take a minute to write your name on a white scroll with your branch of service, where you were stationed and dates served. For those who didn't serve but have a loved one who did, please fill out a purple scroll for them. We want to say thank you to all veterans for their service.



The EGYM arrives the week of Nov 3rd to the Fitness Center!

All those who wish to use the series of 11 machines will need to go through an orientation which begin on **Friday, Nov 7th**. You can sign up for these orientations (not more than 2 weeks ahead of time) by going on the **YMCA360 app** and under "My Schedule", click on Orientations/Personal Training. Then click on "All" and then the date (Nov 7th and after) to find a time slot. There are 1 hour time slots and 8 people can register for that block of time. During your orientation, you will be given a wrist band and then a trainer will use a kiosk to gather all of your information which will be stored on the wrist band. You will then go through each of the 11 machines for a "test" so that data can be recorded on your strength level. Going forward, each time you use the EGYM, your wrist band will tell the machine it's you and can properly set the machine at the weight and resistance personal to you. The wrist bands are free to members. However, if you lose it, replacements are \$5. You also will need to DOWNLOAD the EGYM App prior to your orientation as this will save time. QR Codes will be posted at the front desk for the app.

**HEALTHY
AND HAPPY
AT THE Y!**



The choice for **NOVEMBER** for the AOA Book Club is "**The Lost Apothecary**" by **Sarah Penner**. The discussion will be held on **Monday, Nov 24th** in the MGR at 12pm. **All are welcome** including new members! 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 Geauga YMCA will be **CLOSED on Thanksgiving Day, November 27th** but will have regular hours on Black Friday, November 28th. The 11am with Melanie will be a little different on this Friday. It will be a "Turkey Burn—AOA Style" class. Pickleball will run on it's normal schedule from 1:00pm-3:30pm.



Please **DO NOT** park in the 3 UH Handicapped Parking Spaces in the parking lot. There are plenty of regular handicapped spaces and these 3 spaces are for UH Patients ONLY.

Meet Liz Marquard



Since Liz is an editor and author, she wanted to write her own "person of the month" biography:

Liz grew up on a dairy farm in Bellevue, a small town in north-central Ohio. She graduated from The Ohio State University in 1978 with degrees in English and dental hygiene (hey! — we all make mistakes). Liz has been married to her college sweetheart, Bob, for 47 years. They resided in Kansas, Michigan, and Texas before returning home to Ohio in 1991. Liz and Bob have two wonderful children, three adored grandchildren, and two shamelessly spoiled rescue cats. Liz was the managing editor of a magazine about failure analysis of semiconductors and integrated circuits. To keep her mental pencil sharpened, she continues to work as a copyeditor of materials engineering handbooks. Liz is the author of the two-volume novel "I Come From A Place Called Home," the story of Americana as experienced by her German immigrant ancestors. She is currently writing a second book based on her aunt's WWII love letters. Possessing no athleticism and an overwhelming weakness for dessert, Liz has participated in a variety of instructor-led fitness classes for the past 40 years, including seven years of boxing classes at the Chardon Sr. Center. She exercises five days/week and attends three of Melanie's AOA classes. Liz is an avid reader, a *Jeopardy!* fan, and a lousy cook.

AOA Exercise Classes at the Y

THANKFUL

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/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 11:00am-11:50am TaijiFit Tim—MPR	11:00am-11:50am Silver Sneaker Classic Sue—Gym 12:00pm-12:50am 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	
AOA Pickleball Schedule: November 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.				

NOVEMBER EVENTS 2025

Mon	Tue	Wed	Thu	Fri
3 Pickleball: 1pm-3pm (back court until 3:30)	4 Chair Volleyball 12:00-1:30pm	5 Pickleball: 1pm-3pm (back court until 3:30)	6 Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	7 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
10 Pickleball: 1pm-3pm (back court until 3:30)	11 Chair Volleyball 12:00-1:30pm  Morning Coffee and Tea in lobby	12 Pickleball: 1pm-3pm (back court until 3:30)	13 Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm RED CROSS BLOOD DRIVE 9am-2pm Sign up online for timeslot. 	14 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
17 Pickleball: 1pm-3pm (back court until 3:30)	18 Chair Volleyball 12:00-1:30pm	19 Pickleball: 1pm-3pm (back court until 3:30)	20 Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm FRIENDSGIVING! 12pm in the MPR Registration Required. NO 11AM Class	21 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
24 Pickleball: 1pm-3pm (back court until 3:30) BOOK CLUB 12pm in the MGR	25 Chair Volleyball 12:00-1:30pm	26 Pickleball: 1pm-3pm (back court until 3:30)	27  HAPPY THANKSGIVING! YMCA closed today	28 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm Normal hours to-day
	DON'T FORGET TO COME TO THE CRAFT FAIR ON NOV 8th!!! 10am-4pm	 Please download the Y360 App		YOU are invited to join us for FRIENDSGIVING on Thursday, Nov 20th at 11:30am in the MPR Cost: \$23