



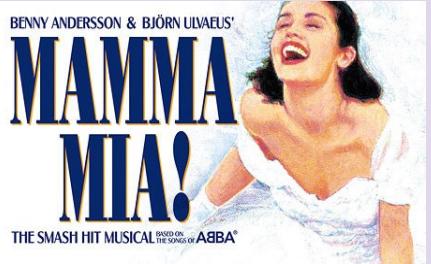
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Geauga YMCA

## ACTIVE OLDER ADULTS (AOA)

### NEWSLETTER– FEBRUARY 2026

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



AOA Bus Trip to see ...

### MAMMA MIA!

Renaissance Theatre in Mansfield

**Sunday, May 3rd**

**10:00am-7:00pm**

**Cost: \$149 Members/\$159 Non-Members**



Presented by Park National Bank Broadway Series, join us for *Mamma Mia!*, the smash-hit musical sensation that will have you dancing in your seat (in the beautiful and historical Renaissance Theatre built in 1928). Set on a sunny Greek island, the story follows a young bride-to-be on a quest to discover the identity of her father—bringing three men from her mother's past back to the island for an unforgettable reunion. Featuring more than 20 of ABBA's greatest hits—including "Dancing Queen," "Take a Chance on Me," "The Winner Takes It All," and, of course, "Mamma Mia"—this feel-good musical is packed with heart, humor, and timeless music. We have Orchestra Center seats!

Lunch before the show will be at The Blueberry Patch/1285 Winery. Your choices for lunch include: 1) Chicken Salad on a bed of greens with a side of fruit and a blueberry muffin. 2) Homemade Broccoli Cheddar Quiche with a side of fruit and a blueberry muffin 3) Turkey Grinder Sub Sandwich with lettuce, tomato, mozzarella/provolone cheese and ranch dressing, kettle chips and fruit. Everyone will have a peach/blueberry cobbler for dessert. You will be asked your choice when registering. If you would like to try a glass of wine with your lunch, that is at your expense and is \$10 (they prefer cash). \$25 deposit holds your spot. Full payment is due two weeks before the trip on April 19th.



**There is still time to sign up for our March Bus Trip!**

### "MERCER COUNTY, PA For A Day"

**Wednesday, MARCH 25th!**

**9:00am-5:30pm**



We begin the day with **The Avenue of 444 Flags** which is a tribute to the 444 days that the American hostages were held in Iran back in 1980-81. Then we are off to the beautiful historic **Tara Country Inn** where we will have lunch and take a guided tour. This Easter-themed lunch will be served family-style and include Tossed Salad, Honey-Glazed Ham, Roasted Turkey, Homemade Biscuits, Mashed Red-Skinned Potatoes, Chef's Choice of Vegetable, Celery and Sage Stuffing and Plantation Bread Pudding for dessert. Next we are off to Daffin's Candies in Sharon, PA to enjoy some delicious treats and perhaps do some Easter shopping. Since 1949, Daffins has created high quality and locally made chocolates and other candy confections. Finally, we stop at Kraynaks to enjoy their Easter Bunny Lane. This 300ft indoor avenue has blossoming trees and beautiful lighted and brightly colored Easter displays. **Cost for this trip is \$115 for members and \$125 for non-members.** \$25 holds your spot. Full payment is due 2 weeks before the trip on March 11th.

Sharing the love...

### Valentine's Day Party

**Friday, February 13th**

In the lobby during the morning hours



Let's celebrate this special day with some sweetness! During the morning hours, enjoy a piece of cake and a cup of coffee or tea in the lobby. This is a great way to chat with friends both old and new. No need to register. FREE. Just come and enjoy.

### Don't miss these FEBRUARY events!

**FRIDAY, FEB 6th: COMMUNITY BLOOD DRIVE** from 9am-2pm in the MPR. You can register by going to [www.redcrossblood.org](http://www.redcrossblood.org) and under "Find A Drive" just enter geaugaymca. The American Red Cross NEEDS YOU. Just an hour or less of your time can save up to three lives. First time donors and walk-ins welcome.



### **MONDAY, FEB 9TH: SENIOR SAFETY SEMINAR with Russell Township Police**

12pm in the MPR Don't miss this opportunity to hear Chief of Police Tom Swaidner present on home, internet and travel safety. FREE and no registration is needed.



### **TUESDAY, FEB 10TH: SENIOR ASSESSMENTS 12pm in the GYM:** COST: \$15

You must register! These assessments will test your abilities in 4 main areas: Muscular Strength, Cardiovascular Endurance, Flexibility, and Balance. You will be given a score in each area and compared to others in your age bracket. SILVER SNEAKERS CLASS with MELANIE will be CANCELLED due to setup! Chair Volleyball will also be cancelled on this day.



**MEMOIR WORKSHOP WITH MATT:** Have you ever said, "I should write a book?" Your best source of inspiration is yourself. This Spring, Matt O'Donnell will be offering a Memoir Workshop for three Wednesdays: **March 4th, March 18th, and April 1st.** Meetings will be held in the conference room next to Diane's office **at 12:10pm.** The workshop is free and supplies will be provided. There will be no homework as all writing will be done in class. The maximum number of participants is 7, so be sure to sign-up soon.

### PICKLEBALL TOURNAMENT



**GEAUGA YMCA PICKLEBALL TOURNAMENT** on **Wednesday, Feb 25th** from 12:45pm-3:45pm. Round Robin Style. All players guaranteed to play at least 6 or 7 games and possibly be split into divisions depending on the number of people who sign up. Please register at the Front Desk. Cost is \$20 to play. Our first tournament was in 2016. This is our 10 year anniversary! See George Minello if you would like to purchase an Anniversary Pickleball T-Shirt. You can also email him at [gpmiello@gmail.com](mailto:gpmiello@gmail.com)

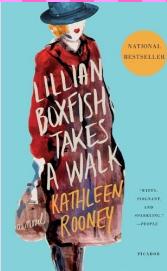
The Book Club Selection for FEBRUARY is

### "Lillian Boxfish Takes A Walk"

**Monday, February 23rd**

12pm in the MPR - Bring Your Lunch

New Members Welcome!



(Not part of a kit therefore you will need to get the book on your own)

### Meet Len McCormack



At 90 years young, Len is a familiar and inspiring face at the Geauga YMCA, where he works out three times a week as part of the Fitness Center's "morning gang." Len especially enjoys the E-Gym—"it's like a game," he says—but also enjoys the regular strength machines and the treadmill.

Len grew up in Cleveland and spent a couple of years at Ohio University before deciding to enlist in the U.S. Army. He served for six years in a variety of roles, spending most of his time stationed at Fort Hancock, New Jersey. After leaving the service, Len met the love of his life, Barbara, who lived just down the street. The two were married and went on to adopt two children. Then, on Len's 40th birthday, he received a big surprise—Barbara was pregnant! Today, Len is the proud father of three children, grandfather to four, and great-grandfather to one. Barbara sadly passed away 3 years ago after almost 63 years of marriage.

Community involvement has always been important to Len. For 20 years, he helped run the youth softball and basketball programs in Leroy Township, giving countless kids the chance to learn, play, and grow through sports.

Professionally, Len spent 40 years working as a salesman for Copper and Brass Sales. Even after retiring, he continued part-time work training young salesmen until a knee replacement finally convinced him it was time to slow down. Len officially retired 27 years ago.

These days, Len lives on 50 acres in Leroy, where his son also has a home. He jokes that he spends a lot of time cutting grass in the summer, but he still finds time for some golf, his favorite activity. Say hello to Len when you see him around the Y.

# AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Group Exercise (Land)</b>				
10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue- Gym		10:00am-10:50am <b>BOOM Muscle</b> Jay—Gym 10:00am-10:50am <b>TaijiFit</b> Tim—MPR	10:00am-10:50am <b>Silver Sneaker Yoga</b> Cassie—Gym	
11:00am-11:50am <b>Strength and Balance</b> Sue-Gym 11:00am-11:30am <b>Zumba® Gold Express</b> Lana-Studio	11:00am-11:50am <b>Silver Sneaker Classic</b> Melanie—Gym	11:00am-11:50am <b>Silver Sneaker Circuit</b> Melanie—Gym 11:00am-11:50am <b>TaijiFit</b> Tim—MPR	11:00am-11:50am <b>Silver Sneaker Classic</b> Lana—Gym	11:00am-11:50am <b>AOA Fitness &amp; Strength</b> Melanie—Gym
<b>Aquatic Classes (Water)</b>				
9:00am-9:50am <b>Aquacise</b> With Dee	9:00am-10:00am <b>Water Volleyball</b>	9:00am-9:50am <b>WATER WILDCARD</b> with Melanie or Dee	9:00am-9:50am <b>Aquacise</b> With Dee	
10:00am-10:50am <b>Aqua Jog</b> with Dee	10:00am-10:50am <b>Aqua Fit</b> With Melanie		10:00am-10:50am <b>Aqua Jog</b> with Dee	
(Evening) 7:00pm-7:50pm <b>Aqua Zumba®</b> With Shelly	(Evening) 7:00pm-7:50pm <b>AquaFit</b> With Jan		(Evening) 6:45pm-7:35pm <b>AquaFit</b> With Jan	

## AOA Pickleball Schedule: February

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 10am-12pm (1pm-3pm cancelled)

We will continue the \$1 a day to play and will go with a maximum of 34 players MWF. AOA play is Mon, Wed, & 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.**

# FEBRUARY EVENTS 2026

Mon	Tue	Wed	Thu	Fri
<b>2</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>3</b> Chair Volleyball 12:00-1:30pm Move To Lose Program begins	<b>4</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>5</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>6</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm <b>BLOOD DRIVE</b> 9am-2pm
<b>9</b> Pickleball: 1pm-3pm (back court until 3:30) SHERIFF PRESENTATION ON SENIOR SAFETY 12PM MPR Blood Pressures in the Lobby 10am-12pm	<b>10</b> Chair Volleyball 12:00-1:30pm Senior Assessments in the Gym 12:00pm (need to register)	<b>11</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>12</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>13</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm <b>VALENTINES PARTY IN LOBBY!</b> 
<b>16</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>17</b> Chair Volleyball 12:00-1:30pm	<b>18</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>19</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>20</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
<b>23</b> Pickleball: 1pm-3pm (back court until 3:30) BOOK CLUB 12pm in MPR	<b>24</b> Chair Volleyball 12:00-1:30pm	<b>25</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>26</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>27</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm

## EXTRA INFO....

Please note that **Zumba® Gold** is moving to Mondays at 11am and is an Express class of 30 minutes.

**The 10-week MOVE TO LOSE program has been pushed back one month with a new start date of March 3rd! See flyer for details.**

Don't forget to bring in books for our Book Swap in the Lobby. Winter days can be long and a good book really helps!

**PLEASE NOTE:** Jan's **AquaFit** Class on Tuesday evenings will be pushed back 15 minutes to 7pm to allow the Amish Swim Lessons to finish in the pool.