



## Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER—JANUARY 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



First Bus Trip of 2026  
**MERCER COUNTY, PA Just For The Day**  
**Wednesday, March 25th,**  
9:00am-5:30pm  
Cost: \$115 members/\$125 non-members

Mercer County PA is only a 90-minute drive but has some fascinating things to see. We start the day with the **Avenue of the 444 Flags**, a tribute to the 444 days the hostages were kept during the Iranian Hostage Crisis back in 1980-1981. We have a step-on guide to the bus who will give us a 35-minute history of the memorial as we drive through. Next we are off to **Tara—A Country Inn** which was built in 1854 and today houses Civil War artifacts and Gone With The Wind Memorabilia. We will have a wonderful family-style lunch at Tara in one of their beautiful dining rooms and a tour of the Inn. Next we are off to **Daffins Chocolates** in Sharon PA, the world's largest candy store (20,000 sq ft), for some delicious treats, and then to **Kraynaks** to see the beautiful Easter Bunny Lane. This 300-ft indoor avenue of brightly colored and lighted trees with beautiful blossoms and a cast of life-like animated characters will help us get into the season of Spring. \$25 deposit holds your spot. Final payment is due 2 weeks before the trip.

**Mark  
Your  
Calendar**

**We have some other exciting BUS TRIPS planned so far for 2026. Save the date!**  
**Cleveland Guardians vs Washington Nationals:** Wednesday, May 27th  
(afternoon game) Club Seats which includes all-you-can-eat lunch.  
**Playhouse Square Broadway Series: The Lion King** Thursday, Aug 13th

### Senior Safety Seminar

With Russell Township Police

**Monday, Feb 9th**

12pm in the MPR

Come listen as Chief of Police, Tom Swaidner presents on senior home, travel and internet safety. He will give tips on what you should do when someone knocks at your door, why you should leave lights on, how to avoid internet and phone scams, and cover the most popular scams he is seeing in Geauga County. This presentation is free and no registration is needed.



The Geauga YMCA Hosts The American Red Cross!

### Community Blood Drive

**Friday, February 6th**

**from 9am-2pm**



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](http://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! This is our first 2026 drive!



**SAVE THE DATE!!!** On **Tuesday, February 10th**, the Wellness Department will be conducting **"SENIOR ASSESSMENTS"** in the Gym. **Cost is \$15.** These assessments will test your abilities in 4 main areas: Muscular Strength, Cardiovascular Endurance, Flexibility, and Balance. Assessments will be done at different stations set up around the gym with a staff member. You will be given a score in each area and compared to others in your age bracket. This will help you better understand what you need to work on in the future. Assessments begin at 12pm and the **Silver Sneaker class**

**with Melanie on Feb 10th will be canceled due to set up. Also, Chair Volleyball will be canceled.** Sign up at the Front Desk!



**Move 2 Lose is coming to the Geauga YMCA!** This is a 10-week, coach-supported program that empowers participants to reach their health and wellness goals through small, sustainable steps. Each week combines structured workouts, nutrition education, and motivational support — all within a welcoming, community-based setting.

This program is a great fit if 1) you want support and structure in your wellness journey 2) You enjoy the motivation of a small group setting and 3) You're looking to build long-term habits around exercise and nutrition. Participants in MOVE 2 LOSE don't just lose weight, they gain **knowledge, accountability, strength,** and a **supportive community.** Each week includes two in-person group workouts, guided fitness goals to complete at home, optional weekly weigh-ins, and three comprehensive InBody scans to measure body composition, muscle mass, and more. Bi-weekly nutrition talks round out the program, helping participants build a healthy and sustainable relationship with food. The program begins on Feb 3rd. **Cost is \$150 for members** and \$200 for non-members for the full 10 weeks. See flyers around the branch for more information.



The Book Club Selection for JANUARY is

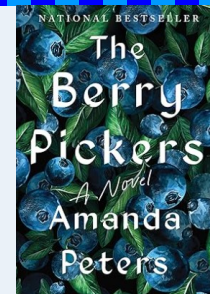
**"The Berry Pickers" by Amanda Peters**

**Monday, January 26th**

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 Lisa Chorba**  
**New Membership Director**



Lisa grew up in Chesterland, Ohio, and began her college journey studying Culinary Arts at Florida State College at Jacksonville. Midway through her program, she felt called to a different path and returned to Ohio—though her love for cooking never faded. She went on to earn her Certification in Early Childhood Education and joined ChildTime in Bedford, Ohio, where she steadily advanced to become the Daycare Director. After six successful years in that role, Lisa was ready for a new challenge and joined the Geauga YMCA as our Director of Membership.

Lisa is a proud mom of three children, ages 11, 6, and 4. Her family is big into wrestling—both of her boys participate in wrestling and jujitsu, and her 11-year-old is even nationally ranked in his age group for jujitsu. They travel often for tournaments and love the adventure that comes with it.

When she's not cheering on her kids, Lisa enjoys running, hiking, and just about anything outdoorsy. And of course, her passion for cooking is still going strong. One day, after her kids are grown, she hopes to own a food truck—either a "Waffle Everything" concept or a smoked-meats truck featuring unique BBQ sauces.

Be sure to say hello to Lisa when you see her around the branch—she'd love to meet you!



# AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue- Gym		10:00am-10:50am <b>BOOM Muscle Jay</b> —Gym <div></div> 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-11:50am <b>Silver Sneaker Classic</b> Melanie—Gym	11:00am-11:50am <b>Silver Sneaker Circuit</b> Melanie—Gym <div></div> 11:00am-11:50am <b>TaijiFit</b> Tim—MPR	11:00am-11:50am <b>Silver Sneaker Classic</b> Lana—Gym <div></div> 12:00pm-12:50am <b>Zumba® Gold</b> Lana-Studio	11:00am-11:50am <b>AOA Fitness &amp; Strength</b> Melanie—Gym
Aquatic Classes (Water)				
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) 6:45pm-7:35pm <b>AquaFit</b> With Jan		(Evening) 6:45pm-7:35pm <b>AquaFit</b> With Jan	
<div><div><div><b>AOA Pickleball Schedule: January</b> 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-12 &amp; 1-3pm</div><div><b>We will continue the \$1 a day</b> to play and will go with a maximum of 34 players MWF. AOA Play is Mon, Wed, Thurs &amp; Fri 1pm-3:30. (Thursday is two courts only MAX 17 players) <b>REGULAR Play on Monday, Wednesday, &amp; Fridays.</b> <b>ADVANCED PLAY will be held on Thursdays.</b></div></div></div>				

# JANUARY EVENTS 2026

Mon	Tue	Wed	Thu	Fri
			<div>1</div> <div></div> <div></div>	<div>2</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>Sew Much More Club in Lobby 12pm-1pm</div>
<div>5</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>AOA Classes resume normal schedule</div>	<div>6</div> <div>Chair Volleyball 12:00-1:30pm</div>	<div>7</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div>	<div>8</div> <div>Pickleball: 1pm-3:30pm (back court only)</div> <div>Mah Johng Played in MGR 12pm-2pm</div>	<div>9</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>Sew Much More Club in Lobby 12pm-1pm</div>
<div>12</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>Blood Pressures in the Lobby 10am-12pm</div>	<div>13</div> <div>Chair Volleyball 12:00-1:30pm</div>	<div>14</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div>	<div>15</div> <div>Pickleball: 1pm-3:30pm (back court only)</div> <div>Mah Johng Played in MGR 12pm-2pm</div>	<div>16</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>Sew Much More Club in Lobby 12pm-1pm</div>
<div>19</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div>	<div>20</div> <div>Chair Volleyball 12:00-1:30pm</div>	<div>21</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div>	<div>22</div> <div>Pickleball: 1pm-3:30pm (back court only)</div> <div>Mah Johng Played in MGR 12pm-2pm</div>	<div>23</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>Sew Much More Club in Lobby 12pm-1pm</div>
<div>26</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>BOOK CLUB 12pm in the MPR (Bring a lunch) All Welcome!</div>	<div>27</div> <div>Chair Volleyball 12:00-1:30pm</div>	<div>28</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div>	<div>29</div> <div>Pickleball: 1pm-3:30pm (back court only)</div> <div>Mah Johng Played in MGR 12pm-2pm</div>	<div>30</div> <div>Pickleball: 1pm-3pm (back court until 3:30)</div> <div>Sew Much More Club in Lobby 12pm-1pm</div>