



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



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 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!



**American
Red Cross**

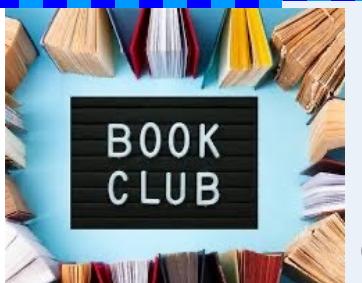


SAVE THE DATE!!! On **Tuesday, February 10th**, the Wellness Department will be conducting "**SENIOR ASSESSMENTS**" in the Gym. **Cost is \$15**. These assessments will test your abilities in 4 main areas: Muscular Strength, Cardiovascular Endurance, Flexibility, and Balance. Assessments will be done 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.



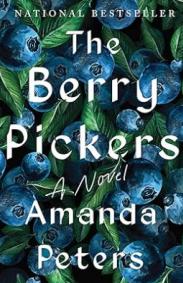
The Book Club Selection for JANUARY is

"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 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 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 Lana—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) 7:00pm-7:50pm Aqua Zumba® With Shelly	(Evening) 6:45pm-7:35pm AquaFit With Jan		(Evening) 6:45pm-7:35pm AquaFit With Jan	

AOA Pickleball Schedule: January

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 & 1-3pm

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.

JANUARY EVENTS 2026

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