



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



AOA Bus Trip For June...

## Alpaca Meadows/Shawshank Day

Wednesday, June 24th

8:15am-6:30pm

Cost: \$157 Members/ \$167 Non-members



Join us as we travel to Mansfield for the day. Our first stop (after a bathroom break at the GoAsis Travel Center in Ashland) is Alpaca Meadows where we will have a guided tour of the farm. The tour will include time to see the alpacas, learn about where they came from, how they are cared for and hear about the fiber journey from shearing to spinning. A demonstration of carding and spinning will be available. After our tour, you are welcome to browse their farm store that has alpaca yarns and unique handmade items. Please dress for the weather and wear sturdy shoes as there may be uneven ground. Next we head to lunch at Der Dutchman Restaurant in Bellville. There we feast on a lunch buffet including broasted chicken, roast beef, ham, turkey, mashed potatoes, green beans, creamed corn, stuffing, noodles and a salad bar with assorted pies for dessert. After lunch we head to the Ohio State Reformatory where 4 major motion pictures have been filmed including Shawshank Redemption. The Reformatory is one of the biggest castle-like structures in the USA. There will be a considerable amount of walking in the Reformatory with very few chairs along the way. You will see the warden's office and the hotel room where both Andy and Redd stayed. (The room was built in the prison for filming). We will spend about an hour and a half on the tour. **There will be a considerable amount of walking on this trip!** \$25 deposit holds your spot. Balance due two weeks before the trip on June 10th.

AOA Bus Trip to Cleveland Stadium for

## Cleveland Guardians vs Washington Nationals

Wednesday, May 27th—1:10pm game

CLUB SEATS (all food and non-alcoholic drinks included)

11:15am-5:30pm

Cost: \$159 Members/\$169 Non-members



We still have a few seats left for our **MAMMA MIA** bus trip on **Sunday May 3rd**. We leave at 10am and return at 7pm. Lunch will be at a winery in Mansfield called **The Blueberry Patch**. Cost \$149 for members/\$159 for non members. We will stop on our way and pick up folks from the Hillcrest YMCA. \$25 holds your spot. Final payment due April 19th.

## SLEEP HEALTH PRESENTATION



By Dr. Eileen Wong, MD  
University Hospitals Sleep Medicine

Monday, April 20th at 12pm

In The MPR



Sleep is a critical function for brain and body health. A night of restful sleep allows the brain to store memories and promote mental sharpness and concentration during the day. It also allows the body to burn fat, restore tissue and boost energy and productivity. Long-term sleeplessness and restless sleep can lead to a number of health issues. Dr Wong will present on a number of sleep issues (insomnia, sleep apnea, narcolepsy, circadian rhythm disorder, hypersomnia and others) and how to help you get a better nights sleep. She will be happy to answer any questions you may have. No need to register for this presentation. Just come and learn.



## YOU DO THE COOKING WITH LADONNA

(Plant-based)

Friday, April 24th at 12pm-MPR

Cost: \$30 (cash paid on day of)

Join us in the Geauga Y's MPR as LaDonna from Let's Cook brings her mobile kitchens in to teach us how to prepare **Japchae**, one of Korea's most beloved celebratory dishes. Japchae is made using sweet potato glass noodles and colorful vegetables mixed with a flavorful balanced sauce. Each participant will make their own meal from start to finish. LaDonna brings the ingredients, cleans up the mess, but you do the cooking and then can **eat what you make!** (Please remember to bring a large container with you so you can take your leftovers home). **8 students in class.** (She must have 8 students for the class to run). \$30 in cash is due to LaDonna on class day. PLEASE REGISTER early. If very popular, we can add another class day and time.



Our **LION KING** Bus Trip on **THURSDAY, AUGUST 13th** is now taking registrations. Lunch prior to the show will be at Republic Food & Drink. Cost: \$179 for Members and \$189 for Non-Members. More details coming soon.



## Are you having troubles signing up for classes in the MPR or Studio on YMCA360? Here are the directions step by step:

Open up the app. On your HOME page, tap on "My Schedule". Scroll down and tap on "Group Fitness". Next, tap on "ALL" at the top and then tap on the date you want to attend the class. You should see all the classes for that day. Scroll down to find your class and hit "Reserve". You are now all set!!!



## COMMUNITY BLOOD DRIVE—Thursday, May 14th

9am-2pm at the Geauga YMCA in the Multi Purpose Room.

You can register by going to [www.redcrossblood.org](http://www.redcrossblood.org). 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.



The **Book Club Selection** for the month of April is

## "The Magnificent Lives of Marjorie Merriweather Post"

By Allison Pataki

We will meet on **Monday, April 27th** at **12pm** in the MPR. New members welcome!



**The Geauga YMCA will be CLOSED on Easter Sunday, April 5th**

## Meet Irene McMullen



When Irene attended the Geauga YMCA's 20th Anniversary Fundraiser in November 2024, she had no idea the evening would spark a new chapter in her life. By January 2025, she had joined the Y — and she hasn't looked back. Irene is often here six days a week, taking classes, training with Angela and Cassie, and making full use of the Fitness Center. As she puts it, her time at the Y has "increased the quality of my life."

Irene graduated from Cornell University before earning her law degree from the State University of New York. She began her career with the United States Navy, working on contracts for a new ship missile launching system. After two years, she moved to the U.S. Department of Justice as a trial attorney — where she met her husband, Dan. Dan hoped to return to Ohio to be near family, and after they married, the couple made the move. Irene joined KeyBank's General Counsel's office before stepping away to raise their two children. She later returned to public service as an Administrative Law Judge for the Ohio Department of Education, a role she continues today, along with similar work for the Department of Health.

Irene is deeply committed to environmental stewardship. She recently launched a recycling program at her church, St. Christopher's in Gates Mills, and serves on the Board of Chagrin River Watershed Partners. She also helps nonprofits secure grants for recycled goods. In fact, she helped the Geauga YMCA with a grant for new picnic tables hopefully to arrive this summer.

When she's not working or at the Y, Irene tends to her sheep, chickens, and cat. She also enjoys golfing with her husband and spending time in her garden.

# 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 Jay—Gym</b> <hr/> 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 <hr/> 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/Kathy—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	9:00am-10:00am <b>Water Volleyball</b>
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	

**AOA Pickleball Schedule: APRIL**  
 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)

**Beginning April 1, cost will be \$8 per month.** (Daily pay of \$1 has been discontinued)  
**REGULAR Play on Monday, Wednesday, & Fridays.**  
**ADVANCED PLAY will be held on Thursdays.**

# APRIL EVENTS 2026



Mon	Tue	Wed	Thu	Fri
		<b>1</b> Pickleball: 1pm-3pm (back court until 3:30) Pickleball now \$8 per month beginning today.	<b>2</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>3</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
<b>6</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>7</b> Chair Volleyball 12:00-1:30pm	<b>8</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>9</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>10</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
<b>13</b> Pickleball: 1pm-3pm (back court until 3:30) Blood Pressures in the Lobby 10am-12pm	<b>14</b> Chair Volleyball 12:00-1:30pm	<b>15</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>16</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>17</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
<b>20</b> Pickleball: 1pm-3pm (back court until 3:30) Dr Wong's Sleep Health Presentation 12pm in the MPR	<b>21</b> Chair Volleyball 12:00-1:30pm	<b>22</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>23</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	<b>24</b> Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm <b>LaDonna's Cooking Class 12pm MPR</b>
<b>27</b> Pickleball: 1pm-3pm (back court until 3:30) BOOK CLUB 12pm in MPR	<b>28</b> Chair Volleyball 12:00-1:30pm	<b>29</b> Pickleball: 1pm-3pm (back court until 3:30)	<b>30</b> ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 12pm-2pm	