



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER— MAY 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 July...
**LUNCH AT PIER W
CLEVELAND MUSEUM OF NATURAL HISTORY
PRESTI'S BAKERY (LITTLE ITALY)**
Tuesday, July 21st
10:15am-6:00pm
Cost: \$137 Members/ \$147 Non-members

We begin our day with a lovely lunch at the beautiful Pier W in Lakewood. We have our choice of Hearth Rosted Chicken Breast or Wild Caught Atlantic Cod with sides of Roasted Red Potatoes and Seasonal Vegetables and Chocolate Mousse for dessert. After lunch we head to University Circle to the newly renovated Cleveland Museum of Natural History. After 4 years and a \$150 million transformation, this stunning new museum opened in Dec of 2024. This major expansion and reimagining of the older facility brought new and expanded galleries including the Dynamic Earth Wing, the Evolving Life Wing, an outdoor Wildlife Center, 3-D Movie Theatre and a beautiful Planetarium. We will have time to explore on our own (you can set your own pace) and are booked at the 3pm Planetarium Show. After the museum, we will head to Little Italy to Presti's Bakery in case you would like to bring home some sweet treats. Their cannoli, custard puffs, cookies and lemon bars are to die for! \$25 deposit holds your spot with final payment due on July 7th. Hope you can join us!



AOA Bus Trip For June...
Alpaca Meadows/Shawshank Day
Wednesday, June 24th
8:15am-6:30pm
Cost: \$157 Members/ \$167 Non-members



We head to Mansfield (with a bathroom stop) and arrive at Alpaca Meadows by 10:30am. There we will have a tour of the farm and learn about the fiber journey from shearing to spinning. We also will have time to browse in their store which has many alpaca-made items and unique gifts. Next we are off to lunch at Der Dutchman where we will feast on a bountiful lunch buffet and salad bar. Finally we will head to the Ohio State Reformatory for a 2:30 tour (90 minutes). The Reformatory is one of the largest castle-like structures in the USA and the site of the filming of Shawshank Redemption. We will hear about the history of the Reformatory when it was used as a prison and see the places used for in movie. There is a considerable amount of walking on this tour. \$25 holds your spot. Final payment is due on June 10th.

DUE TO POPULAR DEMAND, WE HAVE ADDED ANOTHER GUARDIANS GAME BUS TRIP!

Cleveland Guardians vs Texas Rangers
Wednesday, July 1st—1:10pm game
CLUB SEATS (all food and non-alcoholic drinks included)
11:15am-5:30pm
Cost: \$157 Members/\$167 Non-members



THE LION KING at Playhouse Square on Thursday, August 13th for matinee show at 1:30pm. Cost: \$179 for members /\$189 for Non-Members including lunch at Republic Food and Drink before the show. The reviews for this show have been fantastic with visually breathtaking puppetry, set design and choreography. The opening "Circle of Life" number is frequently described as jaw-dropping and deeply moving, setting the tone for the entire show. Hope you can join us.

SHOE DRIVE FOR THE ANNUAL CAMPAIGN

May 1st through August 1st

GOAL: 2,500 pairs of shoes (any kind, any size)

CAN YOU HELP???



As you know, every year the AOA's have a mini campaign to raise \$5,000 to help the Geauga YMCA Branch reach its fund-raising goal. This year, in addition to asking for money, I am asking for donations of any type of shoes in your closet that are gently worn or like new. Any size (kids or adults) or type (boots, sandals, sneakers) can be donated, but they must be in good condition. Shoes with holes or rips or whose sole is coming apart cannot be accepted. These shoes will then be shipped to a non-profit organization who will pay us by the pound. 2,500 pairs = \$1,000. The shoes will then be shipped overseas to "micro-entrepreneurs" in developing countries to sell so they can make a living wage. We have 90 days to reach our goal of 2,500 pairs of shoes. Please ask your family and friends to help. We will have a table set up in the lobby to place the donated shoes. Volunteers needed to rubber band shoes and pack them up. Let Diane know if you can help.



LINE DANCING CLASS - Friday, May 22nd at 11am in the Gym!!!

With wedding season approaching, won't your family be surprised when you can go out on the dance floor and join right in on the line dances! Lana and Melanie will be teaching you several of them including the Cupid Shuffle and the Electric Slide. **The regular 11am class that day is CANCELED!** Get some extra cardio and have lots of laughs as we all learn together how to do these fun dances. No partner needed. Spread the word! FREE!

COMMUNITY BLOOD DRIVE—THURSDAY, MAY 14th—9am-2pm in the Geauga YMCA MPR

You can register by going to 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 Choice for May is **"Killers Of A Certain Age"** by Deanna Raybourn. Book Club meets a week early this month on **Monday, May 18th at 12pm** due to Memorial Day. You can bring your lunch if desired. All Welcome!



We are in need of more **FICTION** Books for our Lobby **BOOK SWAP**.



Memorial Day Hours: Monday, May 25th

The Geauga YMCA will be open from **7am-1pm**
ALL CLASSES are **CANCELLED**.



Meet Margaret Singer



Margaret has spent her life serving others with compassion and dedication. Raised on a dairy farm in northwest Ohio, she went on to earn a degree in Social Work from the University of Dayton. Driven by a desire to help underserved communities and become bilingual, Margaret joined the Peace Corps, where she spent two and a half years in Colombia working alongside a team dedicated to supporting underserved communities, often referred to as "campesinos." Margaret embraced the experience wholeheartedly, developing a deep love for the people and culture while becoming fluent in Spanish.

When she returned home, she continued her mission of service, focusing on Spanish-speaking immigrants. She connected with a Franciscan priest working with Guatemalan immigrants, which led to six years with the Archdiocese of Cincinnati. She then spent 25 years with Catholic Charities, helping individuals and families gain education, find employment, and build better lives.

Alongside her professional journey, Margaret has shown remarkable strength in facing personal health challenges. After losing vision in one eye at a young age, she later began experiencing frequent falls and, at age 30, was diagnosed with relapsing-remitting multiple sclerosis. Through it all, she has remained determined and proactive about her health. She walks for an hour every day and works three times a week with her YMCA personal trainer, Kathy Hartz. Margaret credits Kathy's expertise and encouragement for helping her make meaningful progress, saying, "Kathy is amazing and knows so many exercises that really help me."

Now living in Geauga County near her daughter, who is also a social worker, Margaret enjoys her home at Notre Dame Village apartments. In Margaret's free time, she enjoys writing classes, playing piano, and has a great love for animals. Say hello to this lovely lady when you see her in the Fitness Center.

MAY EVENTS 2026

Mon	Tue	Wed	Thu	Fri
			SHOE DRIVE BEGINS!!! Please bring gently worn shoes for donation	1 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
4 Pickleball: 1pm-3pm (back court until 3:30)	5 Chair Volleyball 12:00-1:30pm	6 Pickleball: 1pm-3pm (back court until 3:30)	7 ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 10am-12pm	8 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
11 Pickleball: 1pm-3pm (back court until 3:30) Blood Pressures in the Lobby 10am-12pm	12 Chair Volleyball 12:00-1:30pm	13 Pickleball: 1pm-3pm (back court until 3:30)	14 ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 10am-12pm	15 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
18 Pickleball: 1pm-3pm (back court until 3:30) BOOK CLUB 12pm in MPR	19 Chair Volleyball 12:00-1:30pm	20 Pickleball: 1pm-3pm (back court until 3:30)	21 ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 10am-12pm	22 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i> LINE DANCING CLASS 11:00am in the gym
25 Happy Memorial Day! Geauga YMCA open from 7am-1pm No classes! 	26 Chair Volleyball 12:00-1:30pm	27 Pickleball: 1pm-3pm (back court until 3:30) GUARDIANS GAME BUS TRIP! 11:15am -5:30pm	28 ADVANCED Pickleball: 1pm-3:30pm (back court only) Mah Johng Played in MGR 10am-12pm	29 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>

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 Silver Sneaker Yoga Cassie-Gym	
11:00am-11:50am Strength and Balance Sue-Gym <hr/> 11:00am-11:30am Zumba® Gold Express Lana-Studio	11:00am-11:50am Silver Sneaker Classic Melanie-Gym	11:00am-11:50am Silver Sneaker Circuit Melanie-Gym	11:00am-11:50am Silver Sneaker Classic Lana/Kathy-Gym	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	9:00am-10:00am Water Volleyball
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: MAY

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)

Cost to play 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.