

JULY 2026 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pickleball: 1-3pm (back court until 3:30pm) BUS TRIP: Guardians vs Texas Rangers	2 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	3 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More : 12-1pm in Lobby Food Truck Friday 11:30am-1:30pm
6 Pickleball: 1-3pm (back court until 3:30pm) Wear RED this week	7 Chair Volleyball 12-1:30pm	8 Pickleball: 1-3pm (back court until 3:30pm)	9 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	10 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
13 Pickleball: 1-3pm (back court until 3:30pm) Blood Pressures 10am-12pm in Lobby Wear GREEN	14 Chair Volleyball 12-1:30pm	15 Pickleball: 1-3pm (back court until 3:30pm)	16 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	17 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby Food Truck Friday 11:30am-1:30pm
20 Pickleball: 1-3pm (back court until 3:30pm) Wear a Christmas Hat or Headband this week	21 Chair Volleyball 12-1:30pm Cleveland History Museum Bus Trip	22 Pickleball: 1-3pm (back court until 3:30pm)	23 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	24 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
27 Pickleball: 1-3pm (back court until 3:30pm) Book Club: 12pm in MPR	28 Chair Volleyball 12-1:30pm	29 Pickleball: 1-3pm (back court until 3:30pm)	30 ADVANCED Pickleball: Mah Johng: 10am-12pm in MGR POTLUCK LUNCH 12pm	31 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby Food Truck Friday 11:30am-1:30pm



GEAUGA FAMILY YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER JULY 2026

Geauga Family YMCA | 12460 Bass Lake Rd, Chardon, OH 44024 | 440-285-7543
Contact Active Older Adult Coordinator: Diane Gorom, dgorom@clevelandymca.org



HAKUNA MATATA! TRAVEL WITH US TO SEE

THE LION KING

Thursday, Aug 13th, 2026

At Playhouse Square

10:30am-5:30pm

Cost: \$179/Members \$189 Non-Members

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. Join friends and fellow theater lovers for a fun, worry-free day trip to one of Broadway's most beloved musicals. We will be having lunch first (included) at Republic Food & Drink next door to the theaters. You pick your lunch choice at registration: Choices include: Cheeseburger, Salmon Farro Salad, Shaved Prime Rib Sandwich, Grilled Chicken Caesar Salad, or Shrimp Scampi. Deposit of \$25 due at registration with full payment by July 30.

AOA Bus Trip For July
LUNCH AT PIER W
CLEVELAND MUSEUM OF NATURAL HISTORY
PRESTI'S BAKERY
Tuesday, July 21st
10:15am-6:00pm
Cost: \$137 Members/\$147 Non Members



Don't miss the opportunity to see the newly renovated Cleveland Museum of Natural History on Tuesday, July 21st! After 4 years and \$150 million in renovations, the new museum has expanded galleries, an outdoor wildlife center, a 3D movie theater and a planetarium (we have a 3pm planetarium reservation). You will have time to explore on your own at your own pace.

Lunch (included) before the museum is at the beautiful Pier W in Lakewood with a choice of Atlantic Cod or Hearth Roasted Chicken Breast. You decide selection that day. After the museum, we will head to Presti's Bakery in Little Italy in case you would like to bring home some sweet treats (not included).

Cost is \$137, members and \$147, non-members. \$25 deposit holds your spot. Full payment due July 7th. Bus departs 10:15 a.m. from the Geauga Family YMCA and returns at 6:00 p.m.



WE HAVE ONE GUARDIANS GAME LEFT!!!

CLEVELAND GUARDIANS VS CHICAGO WHITE SOX

WEDNESDAY, SEPT 16TH

11:15AM-5:30PM

COST: \$157 MEMBERS AND \$167 NON-MEMBERS

CLUB SEATS WHICH INCLUDES ALL YOU CAN EAT BUFFET AND NON-ALCOHOLIC DRINKS

AOA EXERCISE CLASSES AT THE Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise Classes (Land)				
10:00am – 10:50am SilverSneakers Yoga Sue – Gym		10:00am – 10:50am BOOM Muscle Jay – Gym	10:00am – 10:50am SilverSneakers Yoga Cassie – Gym	
11:00am – 11:50am Strength & Balance Sue – Gym	11:00am – 11:50am SilverSneakers Classic Melanie – Gym	11:00am – 11:50am SilverSneakers Circuit Melanie – Gym	11:00am – 11:50am SilverSneakers Classic Lana/Kathy – Gym	11:00am – 11:50am AOA Fitness & Strength Melanie – Gym
11:00am – 11:30am Zumba Gold Express Lana – Studio				
Aquatic Classes (Water)				
9:00am – 9:50am Aquacise Dee	9:00am – 9:50am Water Volleyball	9:00am – 9:50am Water WILDCARD Dee or Melanie	9:00am – 9:50am Aquacise Dee	9:00am – 9:50am Water Volleyball
10:00am – 10:50am Aqua Jog Dee	10:00am – 10:50am Aqua Fit Melanie		10:00am – 10:50am Aqua Jog Dee	
Evening Aquatic Classes (Water)				
7:00pm – 7:50pm Aqua Zumba Shelly	6:45pm – 7:35pm Aqua Fit Jan		6:45pm – 7:35pm Aqua Fit Jan	

AOA Pickleball Schedule: JULY

Mondays: 1pm–3pm (3:30pm back courts only)
 Tuesdays: None
 Wednesdays: 1pm–3pm (3:30pm back courts only)
 Thursdays: 1pm–3:30pm (Back 2 courts ONLY)
 Fridays: 1pm–3pm (3:30 back courts only)
 Sundays: Pickleball For All: 10am–12pm

Cost to play: \$8 per month
 Daily pay has been discontinued.

REGULAR PLAY on Mondays,
 Wednesdays, and Fridays

ADVANCED PLAY on Thursdays



GEAUGA FAMILY YMCA 2026 AOA ANNUAL CAMPAIGN

For each of the last two summers, the Active Older Adults raised \$5,000 for the Geauga YMCA Annual Fund that benefits families and adults on limited incomes (including AOA's who don't have Silver Sneakers or Optum Renew). This money goes to Scholarships which supplement membership fees so they can enjoy the benefits of this wonderful place.

We are a **little over halfway** to our goal this summer! The money does stay here at Geauga when marked as so. Can you donate to this worthy cause? Please send your donations through Diane so they can be tracked in the Active Older Adult total. Thank you so much for your consideration!

CHRISTMAS IN JULY! Join in the fun and receive a raffle ticket to be entered into a drawing to win a Lottery Tree! **July 6–10: Wear Red**
July 13–17 Wear Green **July 20–24 Wear Christmas Hat or Headband.**
POTLUCK LUNCH: Thursday, July 30th on the patio (weather permitting)



The Geauga Y Book Club choice for the month of July is "We Are The Brennans" by Tracey Lange. All welcome to join in the discussion which will take place on Monday, July 27th at 12pm. Location TBD (possibly a restaurant). Hope you will consider joining!

THE GEAUGA YMCA SHOE DRIVE continues through July!

The shoes collected during our shoe drive fundraiser are sent to a company called Funds2Orgs. The shoes then become an economic lifeline for individuals and families living in developing nations. Due to systemic poverty, Funds2Orgs works with individuals to create micro-businesses. Your shoe donations are helping to supply these micro-businesses with the shoe inventory they need to make a living. Your donation also helps the Geauga YMCA to earn money for our Annual Campaign. Our goal (while hefty) is 2,500 pairs of shoes! Can you help? Please only gently worn shoes (no rips or those that are very dirty) So far, we have collected over 1,300 pairs !!!



COMMUNITY BLOOD DRIVE—Wednesday, Aug 5th

9am–2pm at the Geauga YMCA in the Multi Purpose Room.
 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 Geauga YMCA is open Sat, July 4th from 7am–1pm
ALL CLASSES CANCELED!

MEET SHANNON WEST



Shannon is a familiar face at the Y, attending the 11 a.m. Active Older Adult (AOA) classes every weekday. She appreciates all of the instructors and credits the Y with helping her recover from a horse-riding accident that significantly changed her life.

Growing up in Mentor-on-the-Lake, Shannon was the oldest of four children. After graduating from Mentor High School, she began her career at Lou's Tire Mart, where she handled accounts receivable and accounts payable. This was before computers became commonplace, so all of the work was done by hand. After 10 years there, Shannon was ready for a change and joined Dirt Devil as an assembly line inspector, helping manufacture vacuum cleaners. She enjoyed the work and the people, but after another decade, she sought a new challenge.

That opportunity came at Swagelok in Willoughby, where she spent 19 years working nights. During her time there, Shannon held several positions, including assembler and inspector, and then team coordinator, and trainer in the Order Fulfillment Center. It was also at Swagelok that she met her husband, Robert. Together, they helped raise his daughter, Breanna.

Horses have always been a central part of Shannon's life. When she was 10 years old, her father bought a little black pony for her mother, sparking a lifelong passion for horseback riding. Today, Shannon owns a horse named Gracie, who lives at Green Fisher Farm in Novelty. Unfortunately, a riding accident led to serious injuries and ultimately required Shannon to leave her job at Swagelok. Despite the challenges she faced, Shannon remains active and positive.

She is a member of Fellowship City Church in Chagrin Falls and celebrated a meaningful milestone when she was baptized last year. Say hello to this lovely lady when you see her around the Y.