

AUGUST 2026 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pickleball: 1-3pm (back court until 3:30pm)	4 Chair Volleyball 12-1:30pm	5 Pickleball: 1-3pm (back court until 3:30pm)	6 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	7 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More : 12-1pm in Lobby
10 Pickleball: 1-3pm (back court until 3:30pm) Blood Pressures 10am-12pm in Lobby	11 Chair Volleyball 12-1:30pm	12 Pickleball: 1-3pm (back court until 3:30pm)	13 LION KING BUS TRIP 10:15-5:30 ADVANCED Pickleball: 1-3:30pm Mah Johng: 10am-12pm in MGR	14 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby Food Truck Friday 11:30am-1:30pm
17 Pickleball: 1-3pm (back court until 3:30pm)	18 Chair Volleyball 12-1:30pm	19 Pickleball: 1-3pm (back court until 3:30pm)	20 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	21 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
24 Pickleball: 1-3pm (back court until 3:30pm)	25 Chair Volleyball 12-1:30pm	26 Pickleball: 1-3pm (back court until 3:30pm)	27 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	28 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby Food Truck Friday 11:30am-1:30pm
31 Pickleball: 1-3pm (back court until 3:30pm) Book Club: 12pm in MPR				



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

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



Take me out to the ballgame...

Cleveland Guardians vs Chicago White Sox

Wednesday, Sept 16th, 2026

CLUB SEATS: SECTION 334 and 336

11:15am-5:30pm

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

Let's spend an afternoon together down at Progressive Field as we watch the Cleveland Guardians in action. With the driving and parking taken care of, we will be dropped off right at the Discount Drug Mart Club Entrance on Carnegie. All-you-can-eat lunch in the air conditioned Club lounge. Great seats and **not a lot of walking!** \$25 holds your spot. Final payment is due Sept 2nd

October Bus Trip CUYAHOGA VALLEY RAILROAD, HARTVILLE & MAIZE VALLEY WINERY

Thursday, Oct 15TH

7:30am - 5:30pm

Cost: \$139 Members/\$149 Non-Members



We leave the Geauga YMCA en route to the Cuyahoga Valley Railroad's Rockside Station in Independence where we will depart on the 9am train. We will enjoy a scenic 2-hour railroad trip to the Akron Station. Next, it's a delicious lunch at Hartville Kitchen. After lunch there will be plenty of time to enjoy shopping at The Shops at Hartville and Hartville Marketplace. Our next stop will be Maize Valley Winery for a wine tasting and shopping. We will return to the branch around 5:30pm. \$25 deposit due at registration and balance due 2 weeks prior to the trip (Oct 1st). Hope you can join us for a day of beautiful scenery, good food, shopping and some wine!



THE GEAUGA YMCA SHOE DRIVE HAS BEEN EXTENDED THRU AUG 5TH!

So far, we have collected 2,300 pairs with a goal of 2,500! We are almost there! Please only gently worn, CLEAN shoes with no rips or holes. Thank you!!!

End of Summer Ice Cream Sundae Party

Thursday, Sept 3rd

at 12pm on the Patio (MPR if raining)

FREE but you MUST REGISTER!!!

Let's have ice cream for lunch and mark the end of summer with a "make your own" sundae bar! Everything will be provided, but please register so we know how much to purchase!



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		
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 Kathy – Gym	11:00am – 11:50am AOA Fitness & Strength Melanie – Gym
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: AUGUST

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

Imagine if you could not come to the YMCA because you couldn't afford it. That is the case for many seniors who do not have Silver Sneakers or Optum Renew and for families on a strict budget. The AOA Annual Campaign helps out the Geauga branch annual goal. So far we are just over \$4,600 of our \$5,000 goal. Please send donations through Diane to be counted for AOA.



We bid a sad farewell to Lana Niebuhr, Director of Fitness whose last day was July 27th. Lana was instrumental in adding many group exercise classes to the schedule and was always willing to jump in to teach whenever she was needed. She also led the implementation of the new E-gym equipment and Matrix machines in the Fitness Center. Lana is off to a new adventure at Hannah's Home in Mentor. She will be a case manager who will be working with young mothers. We wish Lana all the best. She will be missed!



The Geauga Y Book Club choice for the month of August is "In Five Years: A Novel" by Rebecca Serle. All welcome to join in the discussion which will take place on Monday, August 31st at 12pm. in the MPR. Hope you will consider joining!

Zumba@Gold Express on Monday's at 11am and Silver Sneaker Yoga on Thursdays at 10am are **canceled** due to lack of instructor. Hopefully in time, these classes will come back, but for the foreseeable future, they have been discontinued.

JOIN US FOR MATT O'DONNELL'S INAUGURAL SIP AND SCRIPT on Wednesday, **Sept 9th** and/or his 3-PART MEMOIR WORKSHOP beginning on **Sept 23**.

Do you have a box of old photos that capture family stories of days gone by? Or perhaps you have silent 8mm movies that can inspire reminiscence in the same way. With passing generations these stories can be forgotten unless YOU write them down. This opening day event of our memoir workshop series, featuring hot and cold beverages, is limited to the first 25 registrants. There will be a casual presentation of A Confederacy of Dunces by John Kennedy Toole. You do not need a copy of the book as highlights will be read aloud. Our traditional workshop dates will follow on **Sept.23rd, Oct.7th, and Oct.21st**. The writing sessions are limited to the first 12 registrants. All four Wednesday meetings **will begin at 12:10pm for one hour in the MGR**. Please bring a pen and notebook for the three writing sessions. Note: There are separate registrations for Sip and Script, and for the three workshop meetings.



SENIOR HEALTH & WELLNESS FAIR MONDAY, OCTOBER 5TH from 9AM-NOON

In partnership with UH Geauga Medical Center, we will have multiple vendors in our gym providing screenings, information, and giveaways. It is completely free! Put it on your calendar so you don't miss it and come see what it's all about!

MEET SANDY SHANHOLTZER



If you've spent any time in the Geauga YMCA Aquatics Department, you have probably met Sandy! Sandy comes to the Y six days a week to participate in classes, swim laps, and play water volleyball. She also volunteers as instructor and even helps with the Amish Swim Lessons. Sandy is the current President of the Geauga Aquanuts, which is a social group of women who met at the Geauga Y swimming classes.

Raised in California, Sandy earned a Bachelor's Degree in Business and Marketing. She began her career as a sports coach at a private school before becoming a substitute teacher and coach at a Catholic school—all while operating her own catering company. Then in 1985, Sandy married her middle school sweetheart, Rick. Two years later, they moved to Dallas, Texas, where Rick grew the company he had founded. While raising their two daughters, Sandy worked for a Dallas suburb's Aquatics Department teaching water aerobics before becoming coach of the local high school swim team. She also established a middle school swim program and a fourth-grade "Learn-to-Swim program". During this time, she continued substitute teaching at the elementary, middle, and high school levels throughout the district. After her daughters left home, Sandy was recruited by the Plano YMCA and then later the Coppell YMCA, where she served as Director of Aquatics. In that role, she led both the competitive swim team and the Special Olympics swim team. She also taught physical education at an Indian transitional school and established a competitive swim team there.

Five years ago, Rick merged his company with ten others from around the world, bringing Sandy to the Cleveland area. Since joining the Geauga YMCA, Sandy has built lasting friendships and embraced a remarkable health journey, losing an incredible 240 pounds Say hello to this inspiring lady when you see her in the pool!