

OCTOBER 2026 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ADVANCED Pickleball: 1-3:30pm Mah Johng: 10am-12pm in MGR	2 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More : 12-1pm in Lobby
5 HEALTH FAIR 9AM-12PM IN THE GYM Pickleball: 1-3pm (back court until 3:30pm)	6 Chair Volleyball 12-1:30pm	7 Pickleball: 1-3pm (back court until 3:30pm) MATT'S MEMOIR WORKSHOP 12:10PM	8 ADVANCED Pickleball: 1-3:30pm Mah Johng: 10am-12pm in MGR	9 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
12 Pickleball: 1-3pm (back court until 3:30pm)	13 Chair Volleyball 12-1:30pm	14 Pickleball: 1-3pm (back court until 3:30pm) MATT'S MEMOIR WORKSHOP 12:10PM	15 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	16 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
19 Pickleball: 1-3pm (back court until 3:30pm) Medicare Changes in 2027 12pm in the MPR	20 Chair Volleyball 12-1:30pm	21 Pickleball: 1-3pm (back court until 3:30pm)	22 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	23 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
26 Pickleball: 1-3pm (back court until 3:30pm) BOOK CLUB MTG 12pm MPR	27 Chair Volleyball 12-1:30pm	28 Pickleball: 1-3pm (back court until 3:30pm)	29 ADVANCED Pickleball: 1-3:30pm (back court only) Mah Johng: 10am-12pm in MGR	30 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby



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

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



4th Annual “FRIENDS”giving Dinner
Thursday, Nov 19th
at 11:30am in the MPR
Cost:\$20/person

Friendsgiving is the celebration of Thanksgiving with our Y friends. Bring a friend or come and meet new ones! This dinner will be catered by Food For Thought and will include Chicken Marsala, an Apple Romaine Salad, Sweet Potatoes, Green Beans, Pasta Salad, Rolls, Beverage and Pie. Cost for the meal will be collected at time of registration. Please join us! The 11am class in the Gym will be **CANCELLED** on this day so everyone can enjoy.



WICKED at PLAYHOUSE SQUARE
With Lunch at THE FRIAR'S TABLE
Thursday, Dec 10th – Matinee Show 1:30pm
10:00am-5:30pm
Cost: \$189 Members/\$199 Non-Members



The Broadway show is SO MUCH BETTER than the movie! Wicked follows the story of the Wicked Witch of the West (from The Wizard of Oz) before she became wicked. You will laugh...you will tear up. It is a wonderful show with terrific music. Lunch before the show is at THE FRIARS TABLE which is a joint venture between the Capuchin Franciscan Friars, Edwins Restaurant, and Playhouse Square and it's just down the street from the theatre. The four lunch choices include: Monte Cristo Sandwich & Mini Salad, Ham and Havarti on Crescent & Mini Salad, Beef Stew & Mini Salad or a vegetarian option of St. Casilda's Salad (Local greens, Alpine Cheese, Hard Boiled Egg, Honey Nuts, Red Onion and Creamy Tarragon Vinaigrette) & Cup of Butternut Squash Soup. All choices come with Orange Blossom Beignets for dessert. You will choose your lunch option at registration. \$25 holds your spot. Full payment due Nov 20th. Arrival time at the Y is 9:30-9:45am. Join us for this delightful day of good food, great music and an amazing show.



GEAUGA YMCA ARTISAN & CRAFT FAIR
Saturday, Nov 14th
10am-3pm in the Gym
Free Admission



The Geauga YMCA Craft Fair is back this year! We have numerous vendors who are excited to show you their Fall and Holiday items such as jewelry, crocheted items, baked goods, woodcraft, wreaths, art, soaps and so much more. Vendor openings still available. Please contact Lisa Chorba, Membership Director, at LChorba@clevelandymca.org with questions.

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 TAIJIFIT Tim-MPR		
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
		11:00am-11:50am TAIJIFIT Tim-MPR		
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 Fit Shelly	6:45pm – 7:35pm Aqua Fit Jan		6:45pm – 7:35pm Aqua Fit Jan	

AOA PICKLEBALL SCHEDULE:

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)

Cost to play: \$8 per month or
\$2 drop-in fee
Cash/Credit Card accepted – NO COINS!

REGULAR PLAY on Mondays,
Wednesdays, and Fridays
ADVANCED PLAY on Thursdays



Medicare Changes for 2027

with Dennis Atkins, Independent Agent

Monday, Oct 19th
12pm in the MPR

Medicare is changing and many current Medicare Plans may be changing with it. Review why some Medicare Advantage and Prescription Drug plans are being discontinued and why prescription drug costs and benefits are changing. In the 30-minute presentation Dennis will cover what’s new and/or changing in Medicare for 2027 (the focus of the presentation). He will also talk about the major Medicare trends of the past few years, and what seniors should do if they receive notice that their current Medicare plan will no longer be offered. Don't miss this opportunity for free information that could save you time and money in the future. No registration needed. Just come and learn.



Instructor **Jay Burke** will be out for two weeks beginning on **Monday, Oct 12th** returning fully on **Monday Oct 26th**. His classes will either have a sub or will be cancelled. He can, however, teach his cycle classes "off cycle" from 10/15 forward. Please look at your YMCA360 for further updates. If you do not yet have the YMCA360 app, please consider downloading it to get the most up-to-date information. If you need help, please ask the front desk or Diane.



The Book Club October book is "Theo of Golden" by Allen Levi". The meeting will be held on **Monday, Oct 26th** in the MPR. Please bring your lunch. All are welcome to join.



The Geauga YMCA will once again host the American Red Cross
COMMUNITY BLOOD DRIVE
THURSDAY, NOVEMBER 12TH: 9am-2pm in the MPR
Go to www.redcrossblood.org and under "Find a Drive" enter geaugaymca.



Senior Health & Wellness Fair
Monday, Oct 5th
9:00am-12:00pm
Open to both Members and Non-Members
TOTALLY FREE (No need to register)
All classes in Gym cancelled this day



MEET KARL HOFFMANN



At 92 years young, Karl has quite a life story to tell!

Karl grew up in Pittsburgh and moved to Cleveland as a young man to begin working at what is now TRW. During this time, he met his beautiful wife, Sue Ann. After three years, Karl was drafted into the U.S. Army, where he served for three years and rose to the role of Platoon Sergeant at Fort Bragg in the 350th Psychological Warfare Division.

Following his military service, Karl returned to TRW, working in a laboratory in the field of atomic energy. Karl eventually decided to take a leap and start his own business, **H & H Company**, right in his basement. The company soon grew and became incorporated, manufacturing parts for torpedoes that were sold to companies including TRW and Gould. Karl spent 25 years building the business before selling it while in his 50s. But retirement certainly wasn't in Karl's plans! He began a second career with Blossom Home Builders and continued working until the incredible age of 89.

Karl and Sue Ann raised seven children and made their home in Cleveland Heights but Sue Ann passed away in 1990. Four years later, Karl married Joanne and they had 26 years together before she passed away in 2021. Family remains an important part of Karl's life. In addition to his children, he is the proud grandfather of 12 grandchildren and three great-grandchildren.

Today, Karl stays active by working with personal trainer Kathy once a week, which he says helps keep him limber. He also walks a mile a couple of times each week. Karl currently lives in Middlefield in a home he built with his sons.