



## Gauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-JULY 2024

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

### AOA ANNUAL CAMPAIGN RAFFLE

Tickets: 1 for \$5 or  
3 tickets for \$10

**WIN A \$50 HEINENS GIFT CARD OR  
A LOTTERY TREE**

PURCHASE TICKETS FROM  
JULY 8TH THROUGH JULY 18TH  
WINNERS ANNOUNCED ON JULY 22ND



The Active Older Adults are helping out with the 2024 Annual Campaign by raising \$5,000 for those who cannot afford to come to the Geauga YMCA. Many of our fellow members are on "scholarship" which means if they can't afford the whole monthly membership fee, this fund makes up the difference. This helps the Geauga YMCA remain a place for all. Can you help by donating a lump sum and/or purchasing tickets to win one of our top three prizes? Three lucky people will win one of two \$50 gift cards to Heinen's or a Lottery Tree which contains 12 Instant \$5 Lottery tickets. Tickets will go on sale on Monday, July 8th through Thursday, July 18th with the winners being announced on Monday, July 22nd. The winners will then be notified to pick up their prize. Look for Diane selling tickets in the lobby or her office most mornings or you can buy them from the front desk person at the scanner in the afternoons and evenings. Cash or Check is best.

The August AOA Bus trip goes to *Pittsburgh!*  
**BICYCLE HEAVEN MUSEUM, FORT PITT BLOCK HOUSE  
MOLLY THE TROLLEY SIGHTSEEING TOUR  
GRAND CONCOURSE LUNCH  
WEDNESDAY, AUG 21ST—8:15AM-5:30PM  
COST: \$ 165 MEMBERS/\$ 175 NON-MEMBERS**



Day's Itinerary:

- 8:15am –10:15am Travel to Pittsburgh
- 10:15am-11:15am Bicycle Heaven Museum
- 11:20am-11:45am Fort Pitt Blockhouse
- 12:00pm Grand Concourse for lunch
- 1:45pm-3:15pm Molly the Trolley Tour
- 3:20pm-5:30pm Travel back to Geauga

We all remember Lolly the Trolley here in Cleveland...well, how about joining us on a wonderful trolley tour of Pittsburgh. Molly will take us on a 90-minute private sightseeing tour where we will learn historical information and fun facts about Pittsburgh highlighting the architecture, rivers, and landmarks, as well as the culture of the city. We will be Downtown, in the Cultural District and the North Side. We will also take a ride on the Duquesne Incline.

Our lunch choices for the Grand Concourse include: Chicken Marsala, Grilled Antarctic Salmon, or Roasted Vegetable Ravioli in a Tomato Cream Sauce. Your choice must be given at registration. Entrees come with a salad, beverage and an apple dumpling for dessert. Deposit of \$25 due at registration. Final payment is due on Aug 7th.



**THE GEAUGA YMCA IS OPEN FROM 7AM-1PM ON THURSDAY, JULY 4TH  
ALL CLASSES ARE CANCELLED**



# 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</b> Jay—Gym	10:00am-10:50am <b>Silver Sneaker Yoga</b> Sue—Gym	
11:00am-11:50am <b>Strength and Balance</b> Sue-Gym	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> Sue—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	9:00am-9:50am <b>Aquacise</b> With Dee	
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) 6:45pm-7:35pm <b>AquaFit</b> With Jan		(Evening) 6:45pm-7:35pm <b>AquaFit</b> With Jan	

**AOA Pickleball Schedule: JULY**

*Mondays: 1pm-3pm (until 3:30pm back court only)*  
*Tuesdays: None*  
*Wednesdays: 1pm-3pm (until 3:30pm back court only)*  
*Thursdays: 1pm-3:30pm (BACK 2 COURTS ONLY)*  
*Fridays: 1pm-3pm (until 3:30pm back court only)*

**We will continue the \$1 a day** to play and will go with a maximum of 34 players MWF. Please be courteous when playing with beginners and remember that the court closest to the entrance of the gym is reserved for beginners who want to play with each other. Play is Mon, Wed, Thurs & Fri 1pm-3:30. (Thursday is two courts only MAX 17)

# JULY EVENTS 2024

Dietician **Jessica Benavides** MS, RDN, LD from University Hospitals presents on

## (1) Better Food Choices As We Age

Wednesday, July 17th at 12pm—MPR

## (2) Mediterranean Tuna (or Chicken) Salad

Friday, July 19th at 12pm—MPR

Let's make this recipe together! FREE but you MUST REGISTER for this part.

**TWO-PART CLASS!** We start with a Nutrition presentation with Registered Dietician, Jessica Benavides. Since our dietary needs change as we age, she will be able to give us lots of information so we can make healthy choices. She will also bring along a couple of recipes. We will make one of her recipes in part 2 of the class on Friday. You will get to try it! Please sign up for part 2 so the proper amount of ingredients can be purchased. (You don't need to attend class 1 to sign up for class 2)



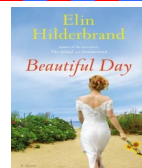
**DESIGN WITH DEBBIE (Craft Class) is taking a summer break. Look for more crafts in September!**

The **Book Club** choice for July is...

### BEAUTIFUL DAY By Elin Hilderbrand

Meeting: **Monday, June 24th**

12pm in the **MPR**—Bring a lunch! All Welcome!



### Mark Your Calendar

**MONDAY, OCT 7TH: Senior Health And Wellness Fair** 9am-12pm in the Geauga YMCA Gym. UH Geauga Medical Center Screenings, and many vendors all dealing with senior wellness.

**THURSDAY, OCT 17TH: AOA Bus Trip** to see a matinee performance of "A Beautiful Noise: (Neil Diamond Story)" at Playhouse Square. Lunch at Hofbrauhaus before the show. More details coming soon.

**SUNDAY, DEC 1ST: AOA Bus Trip** to see the Cleveland Pops Holiday Concert. Lunch at Republic Food & Drink before the show. More details coming soon!

**Zumba® Gold** with Lana on Thursdays at 12:00pm will be CANCELLED for the rest of the summer due to low attendance. Look for it again in the Fall.



**SAVE THE DATE: Saturday, SEPTEMBER 7th!!!** The Geauga YMCA will be having a community-wide Spaghetti Dinner Fundraiser from 5pm-8pm at the VFW Hall in Chardon. Dinner Tickets go on sale on Monday, July 1st: \$18/person for ages 12 and up and \$12 for those 11 and under. Enjoy a Chinese Raffle and a 50/50 Raffle. Pre-sale tickets for the 50/50 raffle are being sold in July and August as well. The dinner will be provided by Very Good Pizza in Chesterland. Tickets can be purchased at the Front Desk or on the Geauga YMCA Website.

Sign up for **Y-Stars!** Visit the Y 36 times in 90 days and win a YMCA T-shirt! You must register (open now). Program runs from July 15th through October 15th. See the Front Desk for details.



### Meet David Green



When David was a young boy, his parents owned a shoe store in Painesville. David has such fond memories of posing as Buster Brown in different shows and events around Northeast Ohio. Then as a young teen, David got a job cutting the grass at a local funeral home. He got to know the people there and soon, he and his Mom (a nurse) would often run the ambulance service for the funeral home to take people from the local hospital to a downtown Cleveland hospital. After two years at Lake Erie College, David studied the next two years at Mortuary School in Pittsburgh. Upon graduating, David began a trade and shipping service where he did a lot of transporting and embalming of bodies and all the paperwork needed for many area funeral homes. In 1986 however, David bought an old nursing home in Mantua and converted it into a funeral home. He ran that funeral home until 1995 when he built and designed a new building on Rt 44 in Mantua and moved his funeral home there. In 2023, David retired and sold the business. Now, David has more free time to pursue his passions. He is an avid O-gauge Train Collector and is working on his first major layout at home. He volunteers at a Railroad Museum in Painesville as well. He loves to fish, is a huge animal lover and has rescued many animals over the years. He also enjoys music with season tickets to the Cleveland Pops and he loves to travel. After an accident in 2022, David has been coming to the Y to help him recover. He said he really enjoys his time here. He does personal training with Zach and does a lot of water walking in the pool. David also takes many of the AOA Bus Trips. David has two daughters, two granddaughters, and 3 great grandchildren. Say hello to this great guy when you see him!

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>Spaghetti Dinner</b> <b>Tickets go on sale online &amp; front desk</b>	<b>2</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>3</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>4</b> <b>The Y is open from 7am-1pm</b> <b>No Classes!</b> 	<b>5</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>Sew Much More Club in Lobby 12pm-1pm</b>
<b>8</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>AOA RAFFLE FOR THE ANNUAL CAMPAIGN BEGINS</b> <b>UH Blood Pressures in Lobby 10am-12pm</b>	<b>9</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>10</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>11</b> <b>Pickleball: 1pm-3:30pm (back court only)</b>	<b>12</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>Sew Much More Club in Lobby 12pm-1pm</b>
<b>15</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>	<b>16</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>17</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <i>Class 1: Dietician Presentation on "Better Food Choices As We Age" 12pm in the MPR</i>	<b>18</b> <b>Pickleball: 1pm-3:30pm (back court only)</b> <b>AOA RAFFLE FOR THE AOA ANNUAL CAMPAIGN ENDS</b>	<b>19</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>Sew Much More Club in Lobby 12pm-1pm</b> <i>Class 2: Make a healthy recipe: Mediterranean Tuna Salad 12pm MPR</i>
<b>22</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>RAFFLE WINNERS ANNOUNCED!</b>	<b>23</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>24</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>AOA Bus Trip to BUFFALO/NIAGARA Departs 7:45am</b>	<b>25</b> <b>Pickleball: 1pm-3:30pm (back court only)</b> <b>AOA Bus Trip to BUFFALO/NIAGARA Returns 8:00pm</b>	<b>26</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>Sew Much More Club in Lobby 12pm-1pm</b>
<b>29</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b> <b>Book Club Mtg 12pm in the MPR</b>	<b>30</b> <b>Chair Volleyball 12:00-1:30pm</b>	<b>31</b> <b>Pickleball: 1pm-3pm (back court until 3:30)</b>		