



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-NOVEMBER 2024

Geauga Family YMCA • 12460 Bass Lake Rd • Chardon, OH 44024 • 440-285-7543
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The Geauga YMCA AOA's & Berkshire Schools partner up!

HALLWALKING PROGRAM WITH 8TH GRADERS

Thursdays beginning Dec 5th

from 1:40pm-2:20pm

At the Berkshire Schools Campus



With the cold weather coming, what better place to do some walking than in the halls of the new Berkshire Schools campus located on the grounds of Kent State University—Gaugua Campus. Berkshire City Schools has invited us to participate in this new pilot program aimed at bringing together two generations to foster relationships while learning about each other and getting exercise. Mr. Montanero's 8th grade class will be our escorts through the building each Thursday as we walk for 40 minutes. For the security and safety of the students, you will need to provide your drivers license or state ID number to Diane by **Nov 15th** so the school can put you through their RAPTOR system. We are looking for 9 AOA's and 4 substitutes who are willing to commit to walking each Thursday with the students. We will go on Dec 5th and 12th and then resume on January 9th through April. You will have two students walking with you who will have a question to ask you each week to get conversation started. You will receive a free T-shirt that you are asked to wear when you are walking. Are you willing to give 40 minutes of your time each week to mentor a young person and get some exercise at the same time? If so, please register at the Front Desk.

AOA BUS TRIP: A JOLLY HOLIDAY WITH THE CLEVELAND POPS:

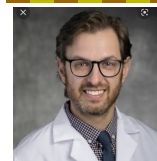
Seats are still available for our last bus trip of 2024. A Jolly Holiday with the Cleveland Pops Bus trip will take place on **Sunday, Dec 1st from 10:45-5:30pm**. Cost is \$135 for members and \$145 for non-members. We will be attending the matinee performance at 2pm at the Connor Palace Theatre. We have Orchestra "B" tickets on the main level. Lunch is prior to the show at Republic Food and Drink. Republic is right next door to the theatre so we can walk through the building and avoid going outside in the cold. Our lunch choices are as follows: Pub Salad with/without Chicken (Romaine, tomatoes, cucumbers, bell peppers, almonds and pickled cauliflower with balsamic vinaigrette), Fish & Chips (beer battered, served with fries and coleslaw), Prime Rib Sandwich (with buttered Portuguese roll, Swiss cheese and balsamic red onions with horseradish sauce on side and fries). You will be asked your lunch choices at registration. Baron's is our bus company. It should be a lovely day together celebrating the holiday season. Hope you can join us!



MEDICARE 101 PRESENTATION: BY DENNIS ATKINS, INDEPENDENT MEDICARE AGENT: **Thursday, Nov 7th at 12:00pm in the MPR**. Dennis will explain the changes coming for Part D plans in 2025 and answer any other questions you may have on your Medicare plan as well as questions on how Medicare works.

THERE ARE STILL SPOTS OPEN! Join us for our 2nd Annual **FRIENDSGIVING** on **Thursday, Nov 14th** at 12pm in the MPR. Cost is \$20 per person. The best part about this pre-Thanksgiving "Dinner" is that there is no cooking involved! Food For Thought, a caterer in Mentor, will be providing the meal which includes: Apple Romaine Salad, Chicken Marsala, Maple Glazed Carrots, Au Gratin Potatoes, Rolls/Butter, Beverage and Dessert. Registration is required so we can give the proper headcount to Food For Thought. Cost of the meal will be collected at registration. No refunds given after Tuesday, Nov 5th which is when we need to give our final headcount. Let's celebrate the season together.

CELEBRATING 20 YEARS: 2 Decades Of Serving The Geauga Community! Join us on **November 16th from 6pm until 10pm** right here at the Geauga YMCA for our 20th Anniversary Celebration. From charter members to new members, you are all invited to celebrate this milestone with a lovely dinner catered by Guido's Restaurant, an open bar (with wine and soft drinks), a silent auction featuring a wide variety of items, and 4 inspiring speakers. Tickets are \$65 a person. You can sign up at the branch or just give the branch a call and pay over the phone. All proceeds benefit the Geauga YMCA Annual Campaign. Hope to see you there!



Dr. David Sheyn's rescheduled presentation will take place on **Monday, Nov 25th at noon in the MPR**. He will speak on **"Female Pelvic Health and Wellness As You Age"**. Dr. Sheyn will cover prolapse, incontinence, pelvic pain, atrophy, recurrent urinary tract infections and all things related to pelvic health. Dr. Sheyn is the current division director of urogynecology and pelvic reconstructive surgery at University Hospitals Urology Institute. He has an office in Chardon at the Geauga Medical Center Office Building. This is a free presentation and no registration is needed. Just come, learn and ask any questions you may have.

The Geauga YMCA **Wellness Department** is holding a 6-week **"Holiday Class Challenge"**. It will run from **Nov 11th through Dec 16th**. Attend as many classes as you can during this 6-week period and receive a ticket from your instructor for every class attended. (Double tickets if you attend a new class.) There will be a box to put your tickets in at the Front Desk. Weekly drawings take place on Fridays (you don't have to be present to win) which include Y gear and gift certificates. Everyone who competes in the challenge will be entered into the Grand Prize New Year's Gift Basket drawing. Cost is \$8 a person. Register at the Front Desk.



NEW CLASS ALERT

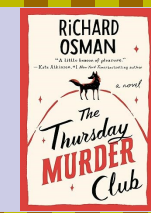
Melanie Ianni, who teaches Mindful Meditation on Friday mornings is debuting a new class on **Monday mornings at 11am** in the MPR called **EMPOWERMENT FLOW**. Empowerment Flow is a class designed to practice mindful movement that is gentle on the body while listening to a mix of live and streamed music from varying cultures. The music and movement is meant to empower, uplift and inspire. All bodies welcome. Flow as fast or slow as you desire. Dance props such as silk ribbons and hand scarves as well as a chair will be available.

DESIGN WITH DEBBIE will take place on **Thursday, Nov 21st** in the MPR at **12pm**. Debbie will lead you in the making of two Christmas ornaments. Come and get creative while socializing with others. Your tree at home can always use some new ornaments or give them as a gift to family or friends. Cost: \$10 for supplies. Please register at the front desk.

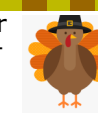


The Book Club choice for November is... The Thursday Murder Club

by Richard Osman
Meeting: Monday, November 18th
12pm in the **MPR**—Bring a lunch! **ALL WELCOME**



The Geauga YMCA will be **CLOSED on Thanksgiving Day, November 28th** but will have regular hours on Black Friday, November 29th. The 11am with Melanie will be a little different on this Friday. It will be a "Turkey Burn—AOA Style" class. Pickleball will run on it's normal schedule from 1:00pm-3:30pm.



We want to celebrate veterans at the Geauga YMCA! On **Monday, November 11th**, we will have coffee and tea in the lobby. We also will have a Veterans Wall Display. If you are a veteran, please take a minute to write your name on a white scroll with your branch of service, where you were stationed and dates served. For those who didn't serve but have a loved one who did, please fill out a purple scroll for them. We want to say thank you to all veterans for their service.

Meet Ronda Noble



The Geauga YMCA can bring people together and Ronda sure knows that to be true. Ronda comes three times a week to play Pickleball here at the Y and over the last couple years got to know another player, Charlie Brown. She and Charlie hit it off, ended up dating, and just this last September Charlie and Ronda were married!

Ronda grew up in Pittsburgh and graduated from Grove City College with a degree in English Literature and Education. She went on to get her Masters Degree in English Literature from Cleveland State and then began her first teaching job at West Geauga. She met and married her husband, Craig, during this time and after 6 years at West Geauga, she took a break from teaching to start a family. After her daughter and son were born and were a little older, Ronda went back to teaching at Kenston Local Schools. She spent 25 wonderful years there starting the first Shakespeare class, becoming the co-chair of the English Department, a cheerleading advisor, as well as the Newspaper Advisor. She also team taught and brought "problem-based" learning to Kenston.

Ronda and Craig retired to North Carolina but the teaching bug was still not gone and Ronda began teaching at Coastal Carolina Community College. She retired a couple years later (again) because she said "the beach was calling". However, she still volunteered at the Literacy Council in Wilmington. When Craig fell ill, they decided to move back to the Geauga area to be near family. They were back in the area briefly before his passing eight years ago.

Today besides Pickleball and a wonderful new marriage, Ronda enjoys her 5 grandchildren, is in the Bainbridge Library Book Club, and is on the Early Learning Board at the Chagrin Falls United Methodist Church. She also loves Cleveland sports. Say hello to this lovely lady when you see her on the Pickleball Court!

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 Sue-Gym	9:00am-9:50am Mindfulness Meditation Melanie Ianni-MPR
11:00am-11:50am Strength and Balance Sue-Gym	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 Sue-Gym	11:00am-11:50am AOA Fitness & Strength Melanie-Gym
11:00am-11:50am Empowerment Flow (NEW) Melanie Ianni- MPR		11:00am-11:50am TaijiFit Tim-MPR	11:15am-12:05pm Zumba® Gold Lana-Studio	
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	
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) 6:45pm-7:35pm AquaFit With Jan		(Evening) 6:45pm-7:35pm AquaFit With Jan	

AOA Pickleball Schedule: NOVEMBER

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)

We will continue the \$1 a day to play and will go with a maximum of 34 players MWF. Play is Mon, Wed, Thurs & Fri 1pm-3:30. (Thursday is two courts only MAX 17). On WEDNESDAYS, the front half of the gym will be reserved for recreational Pickleball. If you are just learning or already know how to play but prefer to play at a more relaxed level, the front half of the gym on Wednesdays is for you! The other days will continue as is for now, however, we will reevaluate as time goes.

NOVEMBER EVENTS 2024

Mon	Tue	Wed	Thu	Fri
				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 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR Medicare 101 presentation MPR at noon	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) Veterans Day Celebration! UH Blood Pressure in Lobby 10-12	12 Chair Volleyball 12:00-1:30pm	13 Pickleball: 1pm-3pm (back court until 3:30)	14 Pickleball: 1pm-3:30pm (back court only) Mah Jong CANCELED FRIENDSGIVING MPR 12-2PM	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 (moved up a week) 12pm in the MPR	19 Chair Volleyball 12:00-1:30pm	20 Pickleball: 1pm-3pm (back court until 3:30)	21 Pickleball: 1pm-3:30pm (back court only) Mah Jong in the MGR 12pm-2pm DESIGN WITH DEBBIE 12PM IN THE MPR	22 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
25 Pickleball: 1pm-3pm (back court until 3:30) Dr. David Sheyn Presentation on Female Pelvic Health 12pm MPR	26 Chair Volleyball 12:00-1:30pm	27 Pickleball: 1pm-3pm (back court until 3:30)	28 CLOSED FOR THANKSGIVING 	29 BLACK FRIDAY: Regular hours Turkey Burn class 11am (AOA Style) Pickleball: 1pm-3pm (back court until 3:30)