



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

Geauga Family YMCA • 12460 Bass Lake Rd • Chardon, OH 44024 • 440-285-7543
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AOA DECEMBER BUS TRIP

A JOLLY HOLIDAY WITH THE CLEVELAND POPS

SUNDAY, DEC 1ST

10:45AM-5:30PM

COST: \$135 MEMBERS/ \$145 NON-MEMBERS



Soak up the holiday magic with the Cleveland Pops Orchestra's Jolly Holiday Concert. We will be attending the matinee performance at 2pm at the Connor Palace Theatre. Sing along to your favorite tunes with the Pops Chorus and enjoy the famous Dancing Santa's and of course enjoy the beautiful holiday music by the Pops Orchestra. 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 will be our bus company. It should be a lovely day together celebrating the holiday season. Hope you can join us!

Join us for our 2nd Annual "FRIENDS" giving Dinner

Thursday, Nov 14th

At 12pm in the MPR

Cost: \$20/person



Friends
♥ are the
Family ♥
♥ We Choose

We have so much to be thankful for...especially for the people we meet here at the Geauga YMCA. Join us for a pre-Thanksgiving "dinner" and the best part is...there is NO cooking involved. Food For Thought, a caterer in Mentor will once again be supplying the delicious 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 for the meal will be collected at the time of registration. No refunds given after Tuesday, Nov 5th which is when we have to give the final headcount to Food For Thought and pay the invoice. Looking forward to a nice time together to celebrate the season. Hope you can join us!

Don't forget to come to the 9th Annual **Senior Health and Wellness Fair on Monday, Oct 7th from 9am-12pm** in our gymnasium. We will have 35 vendors here! UH will be doing screenings such as glucose, cholesterol, blood pressure and bone density. Some vendors will be selling their items such as D's B's Honey, Your CBD Store and The Olive Scene. Some vendors will have great information to give you such as Alert Care Medical, Department on Aging, Claudia Brown, elder law attorney and Mar-Lou Shoes. Many vendors will have free giveaways such as Heinens, Chardon Eyecare and Mary Kay. Sages has generously donated 300 apples to give out. The Fair is FREE

and no registration is required. It is open to the public so you can bring your friends. We will have a raffle of YMCA swag at the door. ALL Classes in the gym will be canceled that morning and Pickleball will have a delayed start as we clean up the gym after the event.

Dr. David Sheyn has rescheduled his presentation on "Female Pelvic Health As You Age" for **Monday, Nov 25th**. He apologizes for his cancellation in September! His wife had an emergent procedure and he needed to be with her.



AOA FOOD DRIVE: They need us!!! Christ Presbyterian Church Food Pantry

in Chesterland

Part of the **Geauga Hunger Task Force**

Oct 8th until Oct 31st

Donation Table in the Lobby



CAN YOU HELP? Many families in Geauga County rely on the food pantries to help them get through the month. The shelves at the Christ Presbyterian Church Food Pantry, which is part of the Geauga Hunger Task Force, are getting bare. Here is a list of the most needed and popular items, but they say all non-perishable food items are appreciated! Thank you in advance for helping people in the Geauga community. **BEGINS AFTER THE HEALTH FAIR on Oct 7th!**

- Manwich
- Canned Tuna
- Chef Boyardee Ravioli
- Boxed Pasta (any)
- Chicken/Beef Broth
- Mac & Cheese
- 1lb White Rice Packets
- Canned chicken
- Mashed Potato Packets
- Instant Oatmeal Packets
- Hamburger Helper
- Cereal (any type)

Mah Jong will be played every **Thursday from 12pm-2pm** in the MGR.

All Welcome. Come give it a try!

A Look Ahead: MEDICARE 101 presentation is coming on Thursday, Nov 7th at noon with Dennis Atkins, Independent Medicare Agent. He will explain the changes coming for Part D plans in 2025 and answer any questions you may have understanding all the ins and outs of Medicare.



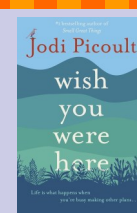
The **Book Club** choice for October is...

Wish You Were Here

by Jodi Picoult

Meeting: Monday, October 28th

12pm in the **MPR**—Bring a lunch! **ALL WELCOME**



DESIGN WITH DEBBIE, the monthly craft class, will be on **Thursday, October 17th** at 12:00pm in the MPR. You will be making a Christmas craft. Cost is \$10. Please register for the class.



PICKLEBALL UPDATE: Starting in October, **Wednesday Pickleball will change!!! Half of the gym (the front two courts)** will be for those who wish to play at a more relaxed, recreational level. More competitive players will play on the back half. Also, if you would like to learn Pickleball, please sign up through Diane. Classes will be scheduled when 4 people sign up.

TAIJIFIT is back beginning on Wednesday, Oct 16th at 11am in the MPR!

Meet Pat Weber



You may see Pat at noon each weekday walking laps around the Y. He enjoys walking after the 11am land classes with Melanie and Sue. He is faithful to his routine and says he really enjoys taking the classes. Pat grew up in Orrville, OH and went to Ohio State to get a business degree. After college, Pat went back home and lived with his parents and worked at a milk processing plant which was his summer job all through college. Pat's parents felt it was time for Pat to get out on his own, so Pat left Orrville and went to work in the Management Trainee program at Woolworth's in the Richmond Mall. It was here that Pat met his wife Lynne, who happened to be a part-time employee there. Soon Pat was transferred to the Woolworth's at Shoregate Shopping Center in Willowick. While there, he got to know the UPS Driver who would often come in with packages. After many conversations, Pat decided to leave Woolworth's and go to work for UPS. He ended up staying for 30 years! He spent 7 years as a driver and then went into management for the other 23 years in their Customer Service and Operations departments.

Pat and Lynne (a Registered Nurse at Hillcrest) have 6 children: 5 boys and 1 girl. They also have 7 grandchildren. Their grandson Noah, was a lifeguard here at the Y. Pat and Lynne just celebrated their 45th wedding anniversary. They are members of St. Mary's in Chardon.

Pat enjoys fishing, gardening, travel and babysitting his grandchildren. He loves to do home repairs and tinker with cars. Say hello to this great guy when you see him.

AOA Exercise Classes at the Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise (Land)				
10:00am-10:50am Silver Sneaker Yoga Sue- Gym Canceled 10/7		10:00am-10:50am BOOM Muscle Jay-Gym	10:00am-10:50am Silver Sneaker Yoga Sue-Gym	9:00am-9:30am Mindfulness Meditation Melanie Ianni-MPR
11:00am-11:50am Strength and Balance Sue-Gym Canceled 10/7	11:00am-11:50am Silver Sneaker Classic Melanie-Gym	11:00am-11:50am Silver Sneaker Circuit Melanie-Gym TaijiFit Returns Oct 16th with Tim in the MPR at 11am	11:00am-11:50am Silver Sneaker Classic Sue-Gym 11:00am-11:30am Zumba® Gold	11:00am-11:50am AOA Fitness & Strength Melanie-Gym
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: October

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.

OCTOBER EVENTS 2024

Mon	Tue	Wed	Thu	Fri
	1 Chair Volleyball 12:00-1:30pm	2 Pickleball: 1pm-3pm (back court until 3:30)	3 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	4 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
7 Pickleball: DELAYED START 1:30pm-3pm (back court until 3:30) SENIOR HEALTH AND WELLNESS FAIR 9am-noon in Gym	8 Chair Volleyball 12:00-1:30pm FOOD DRIVE BEGINS	9 Pickleball: 1pm-3pm (back court until 3:30)	10 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	11 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
14 Pickleball: 1pm-3pm (back court until 3:30)	15 Chair Volleyball 12:00-1:30pm	16 Pickleball: 1pm-3pm (back court until 3:30)	17 Pickleball: 1pm-3:30pm (back court only) AOA BUS TRIP: A BEAUTIFUL NOISE, 10:15AM-5:15AM DESIGN WITH DEBBIE 12PM IN THE MPR Mah Jong 12pm-2pm	18 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
21 Pickleball: 1pm-3pm (back court until 3:30)	22 Chair Volleyball 12:00-1:30pm	23 Pickleball: 1pm-3pm (back court until 3:30)	24 Pickleball: 1pm-3:30pm (back court only) Mah Jong in the MGR 12pm-2pm	25 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
28 Pickleball: 1pm-3pm (back court until 3:30) Book Club Mtg 12pm in the MPR	29 Chair Volleyball 12:00-1:30pm	30 Pickleball: 1pm-3pm (back court until 3:30)	31 Pickleball: 1pm-3:30pm (back court only) FOOD DRIVE ENDS Mah Jong in the MGR 12pm-2pm	