



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-JANUARY 2025

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



The First AOA Bus Trip of 2025 **RHYTHM OF THE DANCE** OHIO STAR THEATRE IN SUGARCREEK, OH **TUESDAY, MARCH 18TH** 8:00am-5:30pm

Cost: \$148 members /\$158 Non-members

We travel down to Sugarcreek for lunch at the Dutch Valley Restaurant, a bit of shopping at the Dutch Valley Market and Gift Shop and a great show at the Ohio Star Theatre. Rated #1 among the most popular Irish Dance productions touring the world, RHYTHM OF THE DANCE creates a new era in Irish entertainment, containing a wealth of talent, featuring World and Irish Champion Dancers and the finest traditional musicians and singers. Combining Irish dance and Celtic music with the most up-to-date stage technology, this two-hour dance and music extravaganza takes audiences on an exhilarating, energy-packed trip through the ages. Barons will be our bus company. This should be a great day. Hope you can join us! **Bus departs at 8:15am.** A \$25 deposit holds your spot. Balance due 2 weeks before trip on March 4th.

The Geauga YMCA Hosts The American Red Cross!



Community Blood Drive

January 30th from 9am-2pm

Did you know that by donating blood, you can save 3 lives? Every two seconds, someone in the U.S. needs blood. Blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses, and traumatic injuries. This lifesaving care starts with one person making a generous donation. Will that person be you? The Geauga YMCA will host the American Red Cross for the first time in our Multi-Purpose Room. You can sign up easily on-line at the following address: www.redcrossblood.org



You will see "Find A Blood Drive" at the top. Put in your zip code and you may have to keep scrolling all the way down to find the Geauga YMCA drive on Jan 30th. You will see time slots to sign up. (If you prefer, Diane can also sign you up). You will notice that some time slots are for a regular blood donation and others say "Power Red". The Power Red donation enables the donor to safely donate two units of red blood cells at just one appointment! The Power Red donation is similar to the whole blood donation, except a phlebotomist uses a special machine to ensure two units of exclusively red blood cells are collected. The machine returns the other blood components back to you. You will receive a \$15 e-Gift Card to a merchant of your choice for donating either regular or power red donations! Hope you will be a part of this great cause!

An AOA Lunch & Tea Party!

Quintealia's Tea Parlor in Burton

Tuesday, January 21st

12:30pm-2:00pm

We will meet there!



Let's beat the winter "blues" and enjoy lunch and some tea together at Quintealia's. Located in Burton at 14585 E. Park St, Quintealia's is a lovely tea parlor housed in a beautifully decorated, antique furnished historical home. Lunch selections include assorted tea sandwiches, soups, salads, quiches, cottage pies, chicken salad, and puff pastries. The price for lunch selections is between \$20-\$23 with a choice of Peach Blossom (has caffeine) or hibiscus berry (decaf) for \$4.95. Gratuity of 20% will be added. Cost is on your own. We will meet at Quintealia's, but if you need a ride, please let Diane know. **PLEASE REGISTER by Friday January 17th**, so the proper headcount can be given to the tea parlor.



Melanie Ianni, LSW, MSW presents
Self Care for Chronic Conditions

Monday, January 27th

12pm in the MPR—FREE



Melanie is a graduate of the Cleveland Clinic Chronic Pain program, is a licensed social worker with a Masters in Social Work and has been teaching/practicing Mindfulness for 10 years. She will teach you practical skills you can use to manage chronic pain and relieve stress. She will show you how Mindfulness, which is the ability to be totally in the present so the symptoms you are experiencing are softened, can help you in everyday life. This program is FREE and there is no need to register. Just come and learn.



SAVE THE DATE!!! On **Tuesday, February 11th**, the Wellness Department will be conducting **"SENIOR ASSESSMENTS"** in the Gym. **Cost is \$10.** These assessments will test your abilities in 4 main areas: Muscular Strength, Cardiovascular Endurance, Flexibility, and Balance. Assessments will be done at different stations set up around the gym with a staff member. You will be given a score in each area and compared to others in your age bracket. This will help you better understand what you need to work on in the future. Assessments begin at 11:30am and the **Silver Sneaker class with Melanie on Feb 11th will be canceled.** Sign up at the Front Desk!



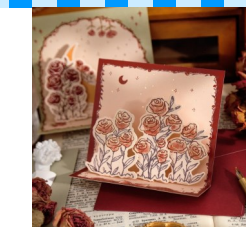
DESIGN WITH DEBBIE

Card Making Class

Thursday, January 16th

12pm in the MPR

Cost: \$10 for Supplies—Registration Required!



Due to the difficulty of getting the January book, **The Briar Club by Kate Quinn**, the Book Club has decided to wait until February to discuss the book. This will allow those who are waiting on a library copy the time to read it. Therefore, the next Book Club meeting will be on Monday, Feb 24th at noon. All welcome.



Interested in learning Archery? There will be an **Adult Archery Class** on Monday's beginning **Jan 6th through Jan 27th** from 7:30pm-8:30pm in the gym. It is a four week session for 1 hour and the cost is \$125 for members. Contact Michael Rendlesham at mrendlesham@clevelandymca.org for more information Sign up at the Front Desk. Maximum 10 participants.

Geauga YMCA PICKLEBALL TOURNAMENT on Monday, January 13th from 12:30-3:30pm.

Round-Robin Style. All players guaranteed to play at least 6 or 7 games depending on number of people who sign up. Also, players will be split into divisions based on the number of people who sign up and possibly also the level. Please register at the front desk. **Cost is \$20** with proceeds benefiting the Geauga YMCA AOA Department. Winners will receive bragging rights and maybe even a jar of pickles! **REGULAR PICKLEBALL IS CANCELED** on this day.



Meet Barb Hugel



Every Monday and Thursday morning, you may see Barb in the Silver Sneaker Yoga class or sitting and visiting with her sister, Diane after class in the Lobby's Library Zone. Barb began coming to the Y back in May 2004 after gastric bypass surgery. She would come at 5:30am Monday through Friday before work and spend 40 minutes in the Fitness Center working out on various machines. She cleaned up her diet, ate smaller portions, and 11 months later, Barb had lost 174 pounds!

Barb graduated with a Math Education Degree from the University of Akron and began teaching a variety of math subjects at Eastlake North High School. She stayed at Eastlake North for 8 years before transferring to the Mentor School District. She taught mostly Geometry at Mentor and says she was very hard on her students because she wanted to prepare them well for college. In 2009, Barb retired from Mentor High after 35 years of teaching and took on a new role. She began volunteering in her sister, Diane's 1st grade classroom in the Cleveland Public Schools. After 5 years of volunteering, Barb decided it was time to again try something new! She opened up her own business in Middlefield, the "Tiny Stitches Quilt Shop". Barb has always had a love for quilting and this business combined her teaching skills with quilting as her shop held quilting classes as well as quilting supplies. She ran the business until 2023 when she finally fully retired.

Barb has been married to Andy for 46 years. They met through their respective roommates in college because their roommates happen to be brother and sister. They have 3 sons and 2 grandchildren. The grandchildren live in Arizona so Barb and Andy visit them often. Say hello to this lovely lady when you see her around the Geauga YMCA!

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 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: JANUARY

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)

SUNDAYS: PICKLEBALL FOR ALL AGES 10am-Noon

We will continue the \$1 a day to play and will go with a maximum of 34 players MWF. AOA 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.

JANUARY EVENTS 2025

Mon	Tue	Wed	Thu	Fri
		1 Pickleball: 1pm-3pm (back court until 3:30)	2 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	3 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
6 Pickleball: 1pm-3pm (back court until 3:30) Adult Archery Class Begins 7:30 (paid class)	7 Chair Volleyball 12:00-1:30pm	8 Pickleball: 1pm-3pm (back court until 3:30)	9 Pickleball: 1pm-3:30pm (back court only)	10 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
13 Pickleball: 1pm-3pm (back court until 3:30) UH Blood Pressure Screening in the Lobby 10am-noon PB TOURNAMENT 12:30 in the gym	14 Chair Volleyball 12:00-1:30pm	15 Pickleball: 1pm-3pm (back court until 3:30)	16 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR Design with Debbie CARD MAKING class at 12pm in the MPR	17 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
20 Pickleball: 1pm-3pm (back court until 3:30)	21 Chair Volleyball 12:00-1:30pm Quintealia's Tea Parlor Outing 12:30 (Meet at the Tea Parlor in Burton)	22 Pickleball: 1pm-3pm (back court until 3:30)	23 Pickleball: 1pm-3:30pm (back court only) Hallwalking Program begins at Berkshire 1:40pm-2:20pm	24 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>
27 Pickleball: 1pm-3pm (back court until 3:30) Self Care For Chronic Conditions Presentation 12pm in the MPR	28 Chair Volleyball 12:00-1:30pm	29 Pickleball: 1pm-3pm (back court until 3:30)	30 Pickleball: 1pm-3:30pm (back court only) BLOOD DRIVE 9am-2pm—MPR	31 Pickleball: 1pm-3pm (back court until 3:30) <i>Sew Much More Club in Lobby 12pm-1pm</i>