



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

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

LET'S CELEBRATE THE SEASON WITH THE AOA CHRISTMAS PARTY & WHITE ELEPHANT GIFT EXCHANGE

Thursday, Dec 12th
12pm in the MPR
Cost: \$5/person



Come enjoy the fun and celebrate the holiday season together with a wonderful luncheon. Baked Ziti with Meat Sauce or Marinara from GUIDOS will be provided as well as a green salad, bread and beverage (thus the \$5 per person). We ask that people bring some sides like a veggie tray, fruit salad, green bean casserole or cookies/pastries/desserts to round out our meal.

After lunch, we will laugh it up with a White Elephant Gift Exchange and some Christmas Games. (It's optional if you want to participate in these). For the White Elephant exchange, just wrap up something from your house that you no longer want and see what craziness ensues as people open gifts or steal one from another player. PLEASE REGISTER FOR THIS PARTY. Hope you can join us!

GIVE THE GIFT OF HEALTH THIS CHRISTMAS!

Is there someone in your life that could really benefit from the Y? Purchase YMCA gift cards which can be used towards new memberships, Personal Training, Swim Lessons and even Bus Trips and Pickleball. YMCA Gift cards can be purchased at the Front Desk.

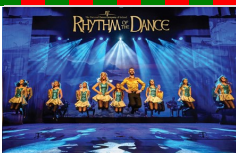


COMMUNITY OUTREACH THIS CHRISTMAS:

You may have noticed the TOYS FOR TOTS boxes in the Lobby. The Geauga YMCA is a designated drop off spot for this highly-rated charity. Toys for Tots is a program run by the United States Marine Corps Reserve which distributes toys to children whose parents cannot afford to buy them gifts for Christmas. Please bring your unwrapped gifts in by **Sunday, Dec 15th**.



You will also notice the small Christmas Tree with a light dusting of white in the lobby. This tree has different colorful ornament-shaped tags on it. These tags are for children and adults with developmental disabilities. These gifts should be returned by **Sunday, Dec 15th** and can be wrapped.



MARK YOUR CALENDARS! The first AOA Bus Trip of 2024 goes to the Ohio Star Theatre in Sugarcreek to see the matinee performance of **The Rhythm of the Dance** on **Tuesday, March 18th**. We will have lunch at Dutch Valley Restaurant before the show with time to shop at Dutch Valley Gifts and Dutch Valley Market. More details coming soon!

GEAUGA YMCA BUILDING HOURS DURING THE HOLIDAYS:

Tuesday, Dec 24th: **CLOSED**
Wednesday, Dec 25th: **CLOSED**

Tuesday, Dec 31st: 8am-2pm
Wednesday, Jan 1st: 8am-2pm

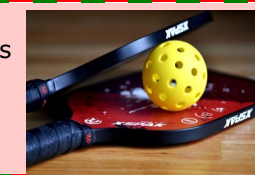


NOTICE
CLASS CANCELLED

In order to give our wonderful instructors a break from teaching and to spend time with their families, there will be **NO CLASSES** between Christmas Eve and New Years Day this year (Dec 24th-Jan 1st). This includes all group exercise classes both mainstream and the AOA classes both land and water. Enjoy your break and be ready to "get back to it" on January 2nd!

PICKLEBALL
TOURNAMENT

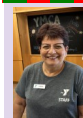
Geauga YMCA PICKLEBALL TOURNAMENT on Monday, January 13th from 12:30-3:30pm. Round-Robin Style. All players guaranteed to play at least 6 or 7 games depending on number of people who sign up. Also, players will be split into divisions based on the number of people who sign up and possibly also the level. 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!



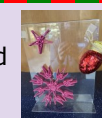
We are still in need of 7 AOA's to participate in the Berkshire City Schools new pilot program called "Hallwalking with 8th Graders". Berkshire City Schools has invited us to participate in this new program aimed at bringing together two generations to foster relationships while learning about each other and getting exercise. Mr. Montanero's 8th grade class will be our escorts through the building each Thursday as we walk for 30-40 minutes. **We have pushed back the start of the program until January 23rd.** Berkshire Schools campus is located on the grounds of Kent State University-Geauga Campus. If you are interested, please let Diane know or register at the front desk. You will need to provide your drivers license number or state ID so the school can put your name through their RAPTOR system. Please consider it. It is a beautiful idea and...the kids need you!

"PICKLEBALL FOR ALL" PLAYED ON SUNDAYS FROM 10AM-NOON!

A BIG THANK YOU to an anonymous donor who graciously donated 8 brand new Pickleball racquets to be kept here at the Y for those who don't own their own racquet. These will come in especially handy for Pickleball 101 class as well as on Sundays during the "Pickleball for All" time slot. Previously, we only had wooden racquets to offer to people and they were difficult to use. This donation was so thoughtful and is incredibly appreciated!



DESIGN WITH DEBBIE: Rescheduled from November, Debbie's craft class of making the 2 Christmas ornaments, is being held on **Thursday, Dec 19th at 12pm in the MPR.** Cost is \$10. Those that registered for the November class are still registered for this class. Come join the fun and make these adorable ornaments. You can see them on the windowsill of the lobby across from the desk.



The Book Club will be on holiday break for the month of December. They have chosen their January selection however, if you want to get a jump start. It will be **The Briar Club by Kate Quinn.** If you love historical fiction with a bit of suspense and a strong female lead, then this book is a must-read.

Mah Jong will be played on Dec 5th and Dec 19th from 12pm-2pm. The ladies who regularly play Mah Jong have decided that, going forward, just the **1st and 3rd Thursday** of the month will work out better for getting together. If you would like to try Mah Jong, please stop by the MGR room and give it a try on those days. All are welcome. It really is a fascinating game.

Meet Paul Newman



Lots of people know Paul to be a pretty good pickleball player here at the Y, but many may not know of his incredibly interesting life.

Paul grew up in Collinwood and then went off to college at Bowling Green. However, after one semester, with money running low, Paul decided to join the Army in 1967 to get a little help through the GI bill. Paul was sent to Vietnam where he was assigned to the 82nd Airborne, 3rd Brigade as a Trooper. After one tour of duty, he was then sent back again to Vietnam, and this time was a Ranger with the 9th Infantry Division. Paul was injured during this tour and spent 5 months in the hospital. He was honorably discharged as a disabled veteran in 1970. While serving in the military, Paul received numerous medals for his courageous service.

With the Army behind him, Paul married his wife Merrilou and went back to school. He graduated with a Bachelor's Degree in Biology and a Master's Degree in English from Case Western Reserve University. He then went on to get his Law Degree from Cleveland State. After graduation and passing the Bar Exam, Paul spent a few years with the Chardon firm of Svete, Hofstetter, & Bond before starting a firm of his own. The firm grew to be called Newman, Leary & Brice. While serving his clients, Paul was also involved in many political positions such as President of the Geauga County Board of Education and was on the Geauga County Board of Elections. He also was affiliated with the following civic organizations: Burton-Middlefield Rotary Club, Geauga County Historical Society, Chardon Chamber of Commerce, and the Chardon Square Association. Paul also has served on the Geauga County Library Board of Trustees for 35 years and was president of the Board during several of those years.

Photography is a real love of Paul's and he has published several books of his photos such as "Gaugua County Century Homes", "Gaugua County Barns", and "Gaugua County Churches". He also has written and published 3 books: "Joe B" (a novel that is a modern day parallel to the life of Job), Nine From The Ninth (Stories of Rangers in Vietnam) and finally, "Murder At The Maple Festival" (a historical rendition of the Chardon Maple Festival with a murder involved). Paul also loves to travel. He has backpacked through most of the National Parks, traveled to 23 countries and canoed the entire Ohio portion of the Ohio River. Paul is currently raising his 12 year old grandson. Say hello to this great guy when you see him

AOA Exercise Classes at the Y



DECEMBER EVENTS 2024



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 (canceled 12/12)	
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: DECEMBER
 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.

Mon	Tue	Wed	Thu	Fri
2 Pickleball: 1pm-3pm (back court until 3:30)	3 Chair Volleyball 12:00-1:30pm	4 Pickleball: 1pm-3pm (back court until 3:30)	5 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	6 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
9 Pickleball: 1pm-3pm (back court until 3:30) UH Blood Pressure Screening in the Lobby 10am-noon	10 Chair Volleyball 12:00-1:30pm	11 Pickleball: 1pm-3pm (back court until 3:30)	12 Pickleball: 1pm-3:30pm (back court only) Christmas Party 12pm in the MGR 	13 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
16 Pickleball: 1pm-3pm (back court until 3:30)	17 Chair Volleyball 12:00-1:30pm	18 Pickleball: 1pm-3pm (back court until 3:30)	19 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR DEBBIE'S CRAFT CLASS 12pm MPR	20 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
23 Pickleball: 1pm-3pm (back court until 3:30)	24 Merry Christmas Eve!!! The Geauga YMCA is closed today 	25 Merry Christmas & Happy Holidays! (Closed today) 	26 Pickleball: 1pm-3:30pm (back court only) No land or water classes	27 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm No land or water classes
30 Pickleball: 1pm-3pm (back court until 3:30) No land or water classes	31 Hours today: 8am-2pm No land or water classes	Jan 1 Hours today: 8am-2pm No land or water classes		