



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-MARCH 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



AOA DAY TRIP: Best of Dover, Ohio
Warther Museum & Gardens, Reeves Victorian Mansion & Carriage House, Swiss Heritage Winery and Broadrun Cheese

Monday, May 12th

8am-6pm

Cost \$149/Members \$159 Non-members

We begin our day with a one-hour guided tour of the Ernest Warther Museum hearing the history of Ernest "Mooney" Warther, the World's Master Carver. Ernest Warther hand-sculpted over 60 works focusing on the steam engine. We will explore their family home, the "Button House", his workshop and the beautiful arboretum on the property. Next we travel to the Reeves Victorian Mansion where we will have a buffet lunch in the carriage house. Lunch includes: Roast Beef, Baked Chicken, Green Beans, Scalloped Potatoes, Noodles in a broth, Tossed Salad, Pasta Salad, Rolls, Beverage, and Dessert. After lunch, we will take a tour of the Mansion before heading off to Swiss Heritage Winery/Hans Place for some wine tasting. Next door to our wine tasting is Broad Run Cheese and a gift shop. We will have some time built in to try some cheeses and do a little shopping. We should be back on the road by 4pm and back to the Geauga YMCA by about 6pm. \$25 holds your spot. Final Payment is due 2 weeks before the trip. Hope you can join us!

AOA 3 Day/2 Night BUS TRIP to Western Michigan

**HOLLAND, SAUGATUCK,
AND GRAND RAPIDS**

June 10th-12th

Cost: \$715 Per Person/Double Occupancy
Single Occupancy add \$135, Non-Member add \$50

\$100 due at Registration to hold spot

(Must register by May 10th)



TUESDAY:

- Morning Departure 7:45am from the Geauga YMCA
- Lunch in Ann Arbor with time for shopping downtown
- Check in to Hampton Inn, Holland
- Buffett Dinner at Beechwood Grill, Holland

WEDNESDAY:

- Breakfast at the hotel
- Step-On Guide on bus for a Historical Tour of Holland
- Time for shopping/Farmer's Market/Lunch on own
- Tour of Windmill Island & Gardens
- Saugatuck Sand Dune Tour
- Holland Princess Dinner Cruise

THURSDAY

- Breakfast included at hotel
- Gerald Ford Museum
- Frederik Meijer Gardens and Sculpture Park: Box lunch, Narrated Tram Ride around Gardens/Sculpture Park
- Depart with stop at Cracker Barrel where dinner can be purchased on own if desired.
- Arrive Geauga YMCA 9pm

Extra Details:

- **May add stop at West Shore Y to pick up West Siders
- **Trip includes 2 Breakfasts, 2 Lunches, and 2 Dinners
- **Refunds/Cancellations allowable up to 30 days prior

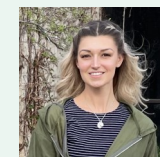


Oral Cancer Screenings & the Oral Systemic Link

Presentation by Madalyn (Ricci) McKinley

Thursday, March 20th

12pm in the MPR



Some of you may remember Maddie from years ago working at our Geauga YMCA Front Desk. (Maddie even met and ended up marrying Nick, who also worked here as a personal trainer). Maddie has finished the Dental Hygiene program at Lakeland and is needing to do her "exit project" to graduate. She would like to come and present what she has learned on the importance of oral cancer screenings, the oral systemic link; what it is & how we can help reduce the progression of disease in the body through oral hygiene. Please come and support Maddie and learn some new things. No registration is required.



The Geauga YMCA will once again host the American Red Cross

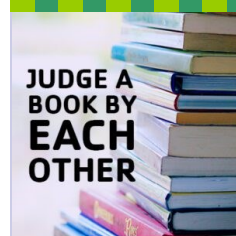
COMMUNITY BLOOD DRIVE

WEDNESDAY, APRIL 9TH

9am-2pm in the MPR



Donating blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses and traumatic injuries. Just an hour or less of your time can help save up to 3 people's lives. The Geauga YMCA wants to do its part to help the community and we can't do that WITHOUT YOU! The Red Cross would like to come once each quarter and so our 2nd quarter date is April 9th. (Future dates include July 10th and Oct 2nd.) You can register easily by going to www.redcrossblood.org and under "Find a Drive" just enter "geaugaymca". That will take you straight to our page of available times. (If you prefer, Diane can also sign you up). First time donors welcome and encouraged.



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

Before We Were Yours

by Lisa Wingate

Meeting: Monday, March 31st

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



DESIGN WITH DEBBIE goes offsite to learn the art of **GLASS FUSING!**

Thursday, March 13th at Busy Bees Studio (Great Lakes Mall in Mentor)

Meet at the Studio at **12:45pm**

Please REGISTER! Cost is on your own

Glass fusing is the art of using specialty glass to create beautiful works of art by arranging pieces to melt into each other. Instruction will be given on scoring, cutting, and breaking glass, as well as techniques to help you create one of a kind pieces. You can make jewelry, a night light, a picture frame, or just get creative! Maximum 10 students.



Meet Scott Mackay



Scott is an avid Pickleball player here at the Y. He hasn't even been playing a year yet but was one of the top finishers in our last Pickleball Tournament. During the winter months, Scott has more time to play but in the summer, he is very busy with his business...

After graduating from Ohio State, Scott started out as an accountant and then became a controller at a home building company called Heritage Homes. After 10 years, he and a partner started another home building company called Glenmore Builders and spent about 15 years running this company. In 2008 however, with the economy turning soft, Scott decided to supplement his income with a Food Truck he named "Scott's Fire & Ice" which served Wood Fired Pizza's and Homemade Gelato and Sorbet. Soon his food truck business took off and he decided to close down Glenmore and go into the Food Truck business full-time. Even though Scott is not Italian (he is Irish, Scottish and Slovak) Italian food was his choice for the food truck because he says "everyone loves pizza and gelato"! Scott now has two trucks with 3 full-time employees. He is hired for weddings, graduations, birthday parties, corporate lunches, and evening events like Mentor Rocks. He gets his pizza dough balls from a baker in Novelty and his ingredients from Restaurant Depot. He even went to gelato school in North Carolina to learn how to make gelato. When you hire Scott, he says you can pick any flavor of gelato you want. He likes to be creative and has even made some gelatos with alcohol in them.

Scott enjoys spending time with family and cooking. Each month, his extended family pick a country and cook foods from that country. In February, they chose Hungary and made chicken paprikash, stuffed cabbage, haluski and crème for dessert. Scott also enjoys gardening. Say hello to this wonderful 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		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 TaijiFit Tim-MPR	11:00am-11:50am Silver Sneaker Classic Sue-Gym 11:15am-12:05pm Zumba® Gold Lana-Studio	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: March

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 players)

MARCH EVENTS 2025

Mon	Tue	Wed	Thu	Fri
3 Pickleball: 1pm-3pm (back court until 3:30)	4 Chair Volleyball 12:00-1:30pm	5 Pickleball: 1pm-3pm (back court until 3:30)	6 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR	7 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
10 Pickleball: 1pm-3pm (back court until 3:30) UH Blood Pressure Screening in the Lobby 10am-noon	11 Chair Volleyball 12:00-1:30pm	12 Pickleball: 1pm-3pm (back court until 3:30)	13 Pickleball: 1pm-3:30pm (back court only) Design with Debbie goes to Busy Bees Studio for Glass Fusing Class 12:45pm	14 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
17 Pickleball: 1pm-3pm (back court until 3:30) 	18 Chair Volleyball 12:00-1:30pm RIVER OF DANCE BUS TRIP 8:15am-6pm	19 Pickleball: 1pm-3pm (back court until 3:30)	20 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR Oral Cancer Screening/Systemic Link Presentation 12pm MPR	21 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
24 Pickleball: 1pm-3pm (back court until 3:30)	25 Chair Volleyball 12:00-1:30pm	26 Pickleball: 1pm-3pm (back court until 3:30)	27 Pickleball: 1pm-3:30pm (back court only)	28 Pickleball: 1pm-3pm (back court until 3:30) Sew Much More Club in Lobby 12pm-1pm
31 Pickleball: 1pm-3pm (back court until 3:30) Book Club 12pm MPR: Bring a lunch.				