



Geauga YMCA ACTIVE OLDER ADULTS (AOA) NEWSLETTER-APRIL 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 3 Day/2 Night BUS TRIP to Western Michigan ANN ARBOR, 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:

7:45am Departure Geauga YMCA
9:00am Stop at West Shore YMCA for any West Side trip-goers
12:00pm Lunch /Shopping in Ann Arbor
5:30pm Check-in to Hampton Inn Holland
7:00pm Dinner Buffett at Beechwood Grill, Holland
*Lunch and Dinner included in cost

WEDNESDAY:

8:00am Breakfast at hotel
9:30am Bus Step-On Guide for historical tour of Holland
11:00am Downtown Holland for time on your own. Shopping/Farmers Market and Lunch (not included)
1:00pm Windmill Island Tour
2:45pm Saugatuck Dune Buggy Ride
4:00pm Return to Hotel
6:00pm Holland Princess Dinner Cruise
*Breakfast and Dinner included in cost

THURSDAY:

8:00am Breakfast at hotel
9:30am Depart for Grand Rapids
10:00am Gerald Ford Museum
11:30am Frederik Meijer Gardens Box Lunch (choice needed upon registration)
12:30pm Narrated Tram Ride- Frederik Meijer Gardens and Sculpture Park then time to explore on own.
2:30pm Depart for home
5:00pm Travel Stop/dinner (on own)
7:45pm Arrive West Shore YMCA
9:15pm Arrive Geauga YMCA
*Breakfast and Lunch included in cost



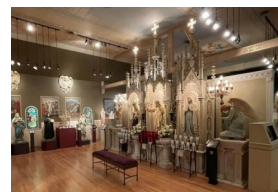
AOA Bus Trip to Cleveland! Sanctuary Museum, Lady Caroline Luncheon Cruise & Greater Cleveland Aquarium

Thursday, May 29th

8:30am-4:30pm

Cost: \$159 Member and \$169 for Non-Member

We begin our day with a guided tour of the Sanctuary Museum in Lakewood. This museum houses artifacts, statues and art from 100+ years of Catholic Churches in Cleveland capturing the Irish, Polish, German, Hungarian and Lithuanian cultures. We will spend an hour here and then leave for the historic West Bank of the Cleveland Flats to board the Lady Caroline for our luncheon cruise. The cruise lasts 2 hours and the lunch will include: Plated Salad, Chef's Choice of Beef, Chicken Du Jor, Chef's Catch of the Day, Rice Pilaf or Pasta, Fresh Vegetable, Potato, Rolls, Coffee/Hot Tea/Iced Tea/Water and Dessert. After the cruise, we will head over to the Cleveland Aquarium to enjoy the beautiful marine life up close. Bus departs from Geauga Y at 8:45am



On **Monday, April 7th**, Amanda from **Home Instead** will be in the lobby from 10:30am-12:30pm with information on their services. If you need temporary care for yourself or a loved one maybe after a joint replacement or illness, Home Instead has you covered with no minimums. Check it out!



The Geauga YMCA will once again host the American Red Cross

COMMUNITY BLOOD DRIVE

WEDNESDAY, APRIL 9TH

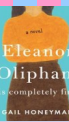
9am-2pm in the MPR



THERE IS STILL TIME TO SIGN UP! You can register 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. **You will receive a \$15 Amazon Gift Card for participating!** Future Blood Drive dates include July 10th and Oct 2nd.



The **Book Club** choice for April is...**Eleanor Oliphant Is Completely Fine** by Gail Honeyman. The meeting will be held on **MONDAY, APRIL 28th** in the MPR at 12pm. Please bring a lunch. All are welcome.



Design with Debbie: On **THURSDAY, APRIL 17th**, **Busy Bees Studio in Mentor** will be coming to the Geauga YMCA and will be bringing all the supplies to make a "Sea Glass Angel". The Sea Glass Angel is about 12 inches in height. Beth the owner of Busy Bees will be leading the craft. **Cost is \$55.** You will **pay Beth directly** on the day of the craft (check or cash) but you **must register** here at Geauga so that Beth knows the amount of supplies to bring. The craft will be held in the MPR at 12pm.



Plans are in the works to have the **STUDIO FLOOR** sanded and refinished. This should happen during the 2nd or 3rd week of April (the contractor has not given a solid date yet). The work is expected to take a week. If you have classes in the Studio, your class may be moved or cancelled. Please look for communications via flyers posted in the Y, email, Y360 or Facebook with updates on the confirmed dates and any possible cancellations. We hope to have a beautiful floor when all is finished!

AOA BUS TRIP TO DOVER: Monday, May 12th: Ernest Warther Museum & Gardens, Reeves Victorian Mansion with buffet lunch in the Reeves Carriage House followed by a wine tasting at Swiss Heritage Winery and Broad-run Cheese. Cost: \$149 members and \$159 Non-Members. 8am-6pm.



ALREADY SCHEDULED FUTURE AOA DAY BUS TRIPS (Details will be coming soon)

Tuesday, July 15th: Lavender & Blueberry Trail: We will see a working Lavender Field and a Blueberry Farm with lunch at The Barn Restaurant.

Monday, Sept 29th: Barborton Mum Festival: Over a million mum blooms create a dazzling spectacle at Lake Anna Park in Barborton, Ohio.

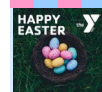
Meet Michelle DeLong-Carter



Michelle has dedicated many years of her life to serving others. After graduating from Hiram college with Psychology and Sociology/Anthropology Degrees, Michelle went on to earn a Masters in Education from Youngstown State. She went into Community Counseling and became a mental health counselor for a Residential Health Center. She then ran a Community Rec Center for Mental Health. After marrying her high school sweetheart, Ed, they soon became Therapeutic Foster Parents to teenagers who needed short-term placement. Over the following years, they took in over 30 teens who needed help. They even adopted 3 of them. Michelle and Ed also have one biological daughter and when she began going to school, Michelle took a permanent leave from her outpatient counseling to focus on all the children. To earn a little extra money during this time, Michelle was a substitute teacher in Garrettsville and also began driving for the Amish. (Still today, Michelle drives an Amish men's crew that installs windows). Michelle stopped fostering children when her biological daughter was in 6th grade.

Michelle has always played sports including softball for Hiram College. When her daughter was growing up, she coached her teams, and Michelle also ran the Garrettsville City Softball organization. This love of being active is still part a big part of her life today. Before Covid hit, Michelle had lost 120 pounds and was feeling great. However, with the pandemic, she stopped exercising. Once she could be active again and after two knee replacements, Michelle lost 220 pounds. Michelle loves to take pool classes here at Geauga and is now playing Pickleball 5-6 days a week at both the Geauga and Garrettsville YMCA's.

Creating art with and for her 12 grandchildren is also a favorite of Michelle's. She makes cards, paints and even has written a children's book. Say hello to this fascinating lady when you see her.



The Geauga YMCA will be closed on Easter Sunday, April 20th



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: APRIL

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)

APRIL EVENTS 2025

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: 1pm-3pm (back court until 3:30) Home Instead Rep in Lobby 10:30-12:30pm	8 Chair Volleyball 12:00-1:30pm	9 Pickleball: 1pm-3pm (back court until 3:30) BLOOD DRIVE 9am-2pm 	10 Pickleball: 1pm-3:30pm (back court only)	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) UH Blood Pressure Screening in the Lobby 10am-noon	15 Chair Volleyball 12:00-1:30pm	16 Pickleball: 1pm-3pm (back court until 3:30)	17 Pickleball: 1pm-3:30pm (back court only) Mah Jong 12pm-2pm in the MGR BUSY BEES STUDIO CRAFT 12pm MPR Sea Glass Angel	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)	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 12pm MPR: Bring a lunch.	29 Chair Volleyball 12:00-1:30pm	30 Pickleball: 1pm-3pm (back court until 3:30)		