



JULY 2021



AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

French Creek Family YMCA

2010 Recreation Lane, Avon, OH 44011

Facility Hours:

Monday – Friday: 5am to 9pm

Saturday: 7am to 4pm

Sunday: 8am – 4pm

Kathy McKean, AOA Coordinator

(440) 934-9622 x2375

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY 4TH SUNDAY 8-4PM SPECIAL CLASS SCHEDULE 			1 Pickleball 5am-9am gym AOA Orientation 10:30	2 Pickleball 5am-9am gym Pay attention to what you pay attention to.
5 Pickleball 5am-9am gym	6 Pickleball 5am-9am gym AOA Orientation 10:30	7 Pickleball 5am-9am gym SUMMER SURPRISE MYSTERY BUS TRIP	8 Pickleball 5am-9am gym AOA Orientation 10:30	9 Pickleball 5am-9am gym NEVER, EVER underestimate the importance of having fun!!!
12 Pickleball 5am-9am gym	13 Pickleball 5am-9am gym AOA Orientation 10:30	14 Pickleball 5am-9am gym	15 Pickleball 5am-9am gym AOA Orientation 10:30 PROGRESSIVE WINE AND COVERED BRIDGES BUS TRIP	16 Pickleball 5am-9am gym Sometimes you have to leave what you know, to find out what you know.
19 Pickleball 5am-9am gym	20 Pickleball 5am-9am gym AOA Orientation 10:30	21 Pickleball 5am-9am gym	22 Pickleball 5am-9am gym AOA Orientation 10:30	23 Pickleball 5am-9am gym Life is like riding a bicycle, in order to keep your balance, YOU MUST KEEP MOVING
26 Pickleball 5am-9am gym	27 Pickleball 5-9am AOA Orientation 10:30	28 Pickleball 5am-9am gym	29 Pickleball 5-9am AOA Orientation 10:30	30 Pickleball 5am-9am gym Focus on the step in front of you, not the whole staircase.

“Be patient with yourself. Self-growth is tender; it’s holy ground. There’s no greater investment.” *Stephen Covey*

Active Older Adult Newsletter



LIVESTRONG at the YMCA OPEN TO THE COMMUNITY

LIVESTRONG at the YMCA is a health and wellness program developed and established in partnership with the LIVESTRONG Foundation to assist those who are living with, through, or beyond cancer to strengthen their spirit, mind and body.

This 12-week program includes cardiovascular conditioning, strength training, balance and flexibility exercises and is facilitated by YMCA-certified instructors. *There is NO cost to participants, (members or non-members) LIVESTRONG is supported by Private Funding*

French Creek Family YMCA, 2010 Recreation Lane, Avon

Fall Session begins in September

Tuesdays and Thursdays 10:30AM

Contact Diane Hallagan

440-934-9622 ext.2335 – dhallagan@clevelandymca.org

JULY 2021



EFFECTIVE JULY 1, 2021

All LAND classes-no registration we are returning to the pre-COVID length of 50 minutes and all classes will be first come first serve basis, including AOA classes.

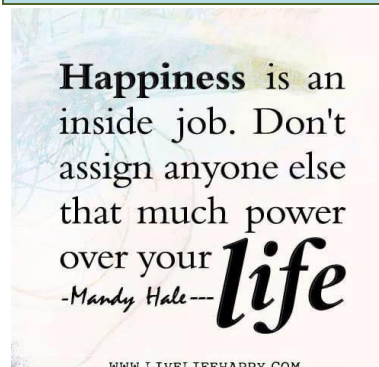
There are 43 chairs in the GroupEx studio, once they are gone the class is full.

Water Fitness Classes

Registration Required Size is capped at 25 in the recreation pool (guard ratio is 1-25) once the capacity hits 25 the lifeguard/supervisor will not permit any additional members in the pool.

Water Fitness classes in the competition are capped at 15, this will allow 10 swimmers in the lap lanes. (guard ratio is 1-25). It will be the discretion of the supervisor to increase the number in class depending on the number of lap swimmers-Questions?

dhallagan@clevelandymca.org



AOA *SUGGESTED* Classes

All **LAND** classes return to the pre-COVID length of 50 minutes and all classes will be first come first serve basis, including AOA classes. There are 43 chairs in the GroupEx studio, once they are gone the class is full.

GROUP EXERCISE STUDIO (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30-11:20am Senior Fitness Doug	10:30-11:20am Fitness After 50 w/Amanda 10:30-11:20am Gentle Yoga MSB Studio w/Sherri	10:30-11:20am Nia@ Kathy/Amanda	10:30-11:20am Strength & Balance w/Phyllis 10:30-11:20am Gentle Yoga MSB Studio w/Marcia	10:30-11:20am Nia@ Kathy/Amanda
11:30-12:20pm SilverSneakers@ w/Amanda M & Jan	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm SilverSneakers@ w/Jessica	11:30-12:20pm Cycle Lite & Strength w/Shelly	11:30-12:20pm SilverSneakers@ Classic W/Kathy
12:30-1:20pm Chair Yoga W/Danielle	1:00-1:50pm Arthritis Exercise w/Stella	12:30-1:20pm Silver Sneakers Yoga W/Kathy	11:30-12:20pm Tai Chi Light Workshop w/Phyllis MSB Studio	12:30-1:20pm Silver Sneakers Yoga W/Kathy
			1:00-1:50pm Arthritis Exercise w/Stella	
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	8:00-8:50am RP Arthritis Maggie		8:00-8:50am RP Arthritis Maggie	
8:00-8:50am-RP Aquacise Gail	9:00-9:50am CP Aqua Fit/Shallow Donna	8:15-9:00am-RP Aquacise Gail	9:00-9:50am CP Aqua Fit/Shallow Donna	
9:00-9:50am RP Aqua Aerobics Gail	10-10:50am CP Aqua Fit /Deep Donna	9:00-9:50am RP Aqua Aerobics Gail	10-10:50am CP Aqua Fit /Deep Donna	
11:00-11:50 RP Arthritis Shelly		11:00-11:50pm RP Arthritis Shelly		

AQUATIC CLASSES (WATER)

Registration required for Water Classes, registration opens at midnight
RP: Recreation Pool, CP: Competition Pool

Information & Announcements

The following bus trips still have space available, all others are sold out. If interested in *any* bus trip that is sold out, please register for the "Wait List" – life happens, it is the only way to get on a sold out trip.

MISSISSIPPI RIVER CRUISE and the WINDY CITY September 15-19, 2021

THIS PACKAGE INCLUDES—roundtrip escorted motorcoach transportation, two nights of rooms at the Isle Casino Hotel, four breakfasts (one is brunch) two lunches, four dinners, one night at the Grand Harbor Resort, two-day Mississippi river cruise aboard the Twilight Riverboat, entertainment aboard Twilight, admissions to the National Mississippi River Museum, one night of rooms at Holiday Inn Express (Schaumburg, IL) guided tour of Chicago, dinner and entertainment at Tommy Guns.

\$1175 pp double occupancy
non-member +\$100 / single +\$187
To register (440)934-9622

Questions? Kathy McKean – kmckean@clevelandymca.org

THE LION KING

Sunday, October 10, 2021 1:00pm

Orchestra A - \$146.50
Orchestra C - \$126.50
To register (440)934-9622

Questions? Kathy McKean – kmckean@clevelandymca.org

THE GREAT SMOKY MOUNTAINS Pigeon Forge, Gatlinburg, Dollywood October 18-21, 2021

THIS PACKAGE INCLUDES—roundtrip escorted motorcoach transportation, three nights of rooms at MainStay Suites in Pigeon Forge, 3 breakfasts, 3 dinner/shows; dinner/show at Pirates Voyage, admissions for the chairlift to the SkyBridge, guided history and moonshine tour of the area, dinner at Applewood Farmhouse Restaurant, reserved seats to the Smoky Mountain Opry, guided Life of Dolly Parton tour, admissions to Dollywood and also Dollywood, The Puympkin Luminights, Hatfield & McCoy dinner/show, and lunch enroute home.

\$865 pp double occupancy
non-member +\$100 / single +\$167
To register (440)934-9622

Questions? Kathy McKean – kmckean@clevelandymca.org

I received this from my friend Cheryl, who found it on Facebook. No source or author mentioned. I just had to share ❤️

"I asked a friend who has crossed 70 and is heading towards 80 what sort of changes she is feeling in herself? She sent me the following:

- 1) After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
 - 2) I have realized that I am not "Atlas". The world does not rest on my shoulders
 - 3) I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
 - 4) I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
 - 5) I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.
 - 6) I have learned not to correct people even when I know they are wrong. The bonus of making everyone perfect is not on me. Peace is more precious than perfection.
 - 7) I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
 - 8) I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
 - 9) I walk away from people who don't value me. They might not know my worth, but I do.
 - 10) I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
 - 11) I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
 - 12) I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas, with relationships, I will never be alone.
 - 13) I have learned to live each day as if it's the last. After all, it might be the last.
 - 14) I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself.
- Happiness is a choice. You can be happy at any time – just choose to be!

Choose to be happy my dear friends, today is all we have. 😊 xo ❤️