

NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pickleball-Gym 7:00-Noon	2 Pickleball-gym 8:00am-noon AOA Orientation 10:30	3 Pickleball-Gym 7:00-Noon HearLife free hearing screening 9:30-11:00am	4 Pickleball-gym 8:00am-noon AOA Orientation 10:30	5 Pickleball-gym 8:00am-noon <i>Saturday 11/6</i> Women's Yoga Retreat 10am-5pm
8 Pickleball-Gym 7:00-Noon	9 Pickleball-gym 8:00am-noon AOA Orientation 10:30	10 Pickleball-Gym 7:00-Noon	11 Pickleball-gym 8:00am-noon AOA Orientation 10:30 Balance & Fall assessments 9:30- 11am <u>by</u> <u>appointment</u> BUS TRIP 10:30-5p	12 Pickleball-gym 8:00am-noon 
15 Pickleball-Gym 7:00-Noon	16 Pickleball-gym 8:00am-noon AOA Orientation 10:30	17 Pickleball-gym 7:00am-noon Thanksgiving Cookie Decorating	18 Pickleball-gym 8:00am-noon AOA Orientation 10:30 Free Balance & Fall Prevention assessments 9:30- 11am <u>by</u> <u>appointment</u>	19 Pickleball-gym 8:00am-noon 
22 Pickleball-gym 7:00am-noon	23 Pickleball 5am-9am gym AOA Orientation 10:30	24 Pickleball-gym 7:00am-noon	25 Pickleball-gym 8:00am-noon AOA Orientation 10:30 Free Balance & Fall Prevention assessments 9:30- 11am <u>by</u> <u>appointment</u>	26 Pickleball-gym 8:00-noon 
29 Pickleball-gym 7:00am-noon	30 Pickleball-gym 8:00-noon AOA Orientation 10:30	1 Pickleball-gym 7:00am-noon	2 Pickleball-gym 8:00am-noon Orientation 10:30 Free Balance & Fall Prevention assessments 9:30- 11am <u>by</u> <u>appointment</u>	3 Pickleball-gym 8:00-noon 

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

AOA MONTHLY NEWSLETTER



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

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Active Older Adult Newsletter

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

MELODY BEATTIE

WomansDay



WEDESDAY, 11/3/21

Free Hearing Screening

9:30-11:30am

First come first serve basis

Last one for this year

SATURDAY, 11/6/21

Women's Yoga Retreat

10am-5pm \$35.00

WEDNESDAY, 11/17/21

Thanksgiving Cookie Decorating

2:30pm-must register \$25

THURSDAYS - 9:30-11AM

Balance & Fall Prevention

Assessments continue

MUST Register (*See details inside*)

THURSDAYS 12:00-3PM

Caps-n-Laps

Come knit and crochet with us



AOA *SUGGESTED* Classes

All land classes are first come first serve basis. There are 50 chairs in the GroupEx studio, once they are gone the class is full.

GROUP EXERCISE STUDIO (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Angie		9:30-10:20am Nia® Kathy/Amanda
10:30-11:20am Strength & 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 Fitness After 50 w/Amanda 10:30-11:20am Gentle Yoga MSB Studio w/Sherri	10:30-11:20pm SilverSneakers® Classic W/Kathy
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 Strength & Balance w/Phyllis 11:30-12:20am Cycle Lite & Strength w/Shelly cycle room	11:30-12:20pm Silver Sneakers Yoga W/Kathy
12:30-1:20pm Chair Yoga W/Danielle		12:30-1:20pm Silver Sneakers Yoga W/Kathy	12:30-1:20pm Tai Chi Light Workshop w/Phyllis MSB Studio	
	1:00-1:50pm Arthritis w/Stella		1:00-1:50pm Arthritis w/Stella	

AQUATIC CLASSES (WATER)

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am-RP Aquacise Gail	8:00-8:50am RP Arthritis Maggie	8:00-8:50am-RP Aquacise Gail	8:00-8:50am RP Arthritis Maggie	
9:00-9:50am RP Aqua Aerobics Gail	9:00-9:50am CP S'WET Shallow Donna	9:00-9:50am RP Aquacise Gail	9:00-9:50am CP S'WET Shallow Donna	
	10:00-10:50am CP Aqua Fit/Deep Donna		10:00-10:50am CP Aqua Fit/Deep Donna	
11:00-11:50 RP Aqua Fit Shallow/Shelly	6:30-7:20pm RP Zumba w/Angie	11:00-11:50 RP Aqua Fit Shallow/Shelly		

Pre-Registration is required for ALL Water Fitness Classes. Classes are limited to 25 in RP and 15 in CP, registration opens at midnight the day prior

Information & Announcements

REMINDERS!



As of October 24th, 10 digit dialing is required for both landlines and cell phones in Lorain County. Update your Contacts to include your local area code



Don't forget to set your clocks back one hour before you go to sleep Saturday, November 7th

Honoring Veterans November 10th at 11:30am

*Drive-up Pinning Ceremony
and Grab-and-Go Lunch
for you and your spouse/friend*

**Must call (440)930-4135 to Register by
Friday, November 5th**



Steady & Stable

**FREE Balance & Fall Prevention Assessments
continue in November**

THURSDAYS 9:30-11:00AM - by appointment only

Register in person, on line or call 440-934-9622

By Phyllis Schoenberger – RN,BSN,MAG

Questions – dhallagan@clevelandymca.org



Making a difference. Right here at home.

Community Resource Services is a responsive, community-based organization. *Their mission is to diminish the effects of poverty in Avon and Avon Lake.* They provide basic needs assistance and individualized resource and referral services in a compassionate and confidential manner. They believe in a community where every resident is free from poverty. While many people come to CRS initially seeking help with food, they often have other needs. Clients are able to receive financial assistance with utilities, rent, auto repair, medical/prescription costs, school-related expenses and other basic needs

Your donation makes a difference in the lives of those in need. Whether you donate food, goods or make a monetary donation, it ALL matters. You can donate via mail, or on-line <https://www.aalcrs.org/how-you-can-help/make-a-donation/> or in person at CRS office

33479 Lake Road, Suite C

Avon Lake, OH 44012

Phone: (440) 933-5639

Email: aalcrs@aalcrs.org

**CRS is asking for your help
with the following programs:**



Santa's Workshop Information

Holiday Family Baskets

Be Santa to a Senior

Holiday Food Baskets 2021

*I am thankful for the
friends in my life
and that means
YOU!*

Share if you are thankful for your friends too