

# AOA NEWSLETTER

UPCOMING EVENTS FOR ACTIVE OLDER ADULTS  
APRIL 2022



## Bus Trips are Back!!

Look forward to these upcoming trips:

\*Progressive Winery Tour– June (date coming soon)

\*Titanic, the Musical, at Rabbit Run Theater and dinner at Steele Mansion– July 8th

\*Put-in-Bay– August (date coming soon)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

NORTH ROYALTON FAMILY YMCA

11409 State Rd, North Royalton, OH

Clevelandyymca.org

### DID YOU KNOW?

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. For more information on dates and times, call 440-574-0580 and leave a message or you may email [healthyliving@clevelandymca.org](mailto:healthyliving@clevelandymca.org).

### QUESTIONS, COMMENTS, IDEAS?

CONTACT KRISTIE BALCER

[KBALCER@CLEVELANDYMCA.ORG](mailto:KBALCER@CLEVELANDYMCA.ORG)

# April Events 2022

Mon	Tue	Wed	Thu	Fri
				1 Pickle ball 6:00-10:00am in the gym <a href="#">Paint Class 1-4</a>
4 Pickle ball 6:00-10:00am in the gym	5	6 Pickle ball 6:00-10:00am in the gym	7 <a href="#">Paint class 1-4</a>	8 Pickle ball 6:00-10:00am in the gym
11 Pickle ball 6:00-10:00am in the gym	12	13 Pickle ball 6:00-10:00am in the gym	14	15 Pickle ball 6:00-10:00am in the gym
18 Pickle ball 6:00-10:00am in the gym	19	20 Pickle ball 6:00-10:00am in the gym	21	22 Pickle ball 6:00-10:00am in the gym
25 Pickle ball 6:00-10:00am in the gym	26	27 Pickle ball 6:00-10:00am in the gym	28	29 Pickle ball 6:00-10:00am in the gym <a href="#">Card Making 1-4</a>

## GROUP EXERCISE AND POOL UPDATES

- Please continue to register for all classes in advance. Spots are limited.

**Monday Tuesday Wednesday Thursday Friday**

**Group Exercise (Land)**

	10:00am-10:50am Walk 15 Chris Gym	11:00am-11:50am SilverSneaker Yoga Kristie Main Studio	10:00am-10:50am Walk 15 Chris Gym	8:30am-9:20am TRX Circuit Doug 9 spots only Bring a mat
12:00pm—12:50pm Fitness after 50 Chris Main Studio	10:30am-11:20am Cycle Lite Doug	11:15am-12:00pm TRX Circuit Doug 9 spots only Bring a mat	10:30am-11:20am Cycle Lite Doug	11:00am-11:50am SilverSneaker Classic Vicki Main Studio
12:30pm—1:20pm Tai Chi Chris Spirit Mind Body	11:30am-12:00pm SilverSneaker BOOM Muscle Kristie Main Studio	12:00pm—12:50 SilverSneaker Classic Vicki Main Studio	11:00am-11:50am SilverSneaker Yoga Kristie Spirit Mind Body	12:00pm-12:50pm Fitness after 50 MaryKay Main Studio
	12:10pm-12:55pm SilverSneaker BOOM Mind Kristie Main Studio	12:15pm-1:05pm AOA Fitness & Strength Doug Spirit Mind Body	12:00pm-12:50pm AOA Circuit Kristie Main Studio	

**Aquatic Classes (Water)**

10:00am-10:45am Aqua Fit Shallow Kim	10:00am-10:45am Aqua Fit Deep Kim	10:15am-11:00am Aqua Boot Camp Doug	10:00am-10:45am Aqua Fit Deep Kim	10:00am-10:45am Aqua Fit Shallow Kim
11:00am-11:45am Arthritis Water Fitness Kim	12:00pm-12:45pm Aqua Boot Camp Doug		12:00pm-12:45pm Aquatic Intervals Doug	11:00pm-11:45pm Arthritis Water Fitness Kim
1:15pm-2:00pm Aqua Dance MaryKay				1:15pm-2:00pm Aqua Dance MaryKay

# NEW CARD MAKING CLASS

APRIL 29TH 1-4PM

COST IS \$25 FOR MEMBERS; \$35 FOR NON MEMBERS

PLEASE SIGN UP BY APRIL 27TH TO RESERVE YOUR SPOT



# APRIL PAINT CLASSES

\$25 FOR MEMBERS; \$35 FOR NON MEMBERS

RACCOON, APRIL 1ST, 1:00-4:00PM

VAN GOGH, APRIL 7TH, 1:00-4:00PM

**JOIN US FOR PICKLEBALL**

What is pickleball? A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players.

