

AOA Suggested Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers® Classic Rosie in the Gym	10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers Classic Erin in the Gym	10:00-10:50am BOOM® Combo Erin in the Gym	10:00-10:50am Chair Yoga Sarah in the Studio
	10:30-11:20am Aqua BootCamp In the pool	10:30-11:20am Aqua Yoga In the pool (6 wk session)	10:30-11:20am Aqua Bootcamp In the pool		
11:00-12:30pm Pickleball in the Gym	11:00-11:50am Chair Yoga Wendy in the Studio	11:00-12:30pm Pickleball in the Gym	11:00-12:30pm Pickleball in the Gym	11:00-12:30pm Pickleball in the Gym	11:00-11:30am Meditation Sarah in the Studio

“You can hit the restart button any time you want in life. Your age doesn’t matter.”-Unknown

AOA MONTHLY NEWSLETTER



West Shore Family YMCA

1575 Columbia Rd. Westlake, OH 44145

Facility Hours:

Monday – Friday: 5:30am to 8pm

Saturday: 8am to 2pm

(440) 871-6885

Active Older Adult Newsletter

May 2022

Aqua Fitness Returns to West Shore Family YMCA, every Wednesday in May @ 10:30AM



“Aqua Fitness” is back!

Join Wendy on Wednesdays @ 10:30AM for Yoga in the water.

Aqua yoga is low impact. This makes it an ideal way for people with joint pain to improve their strength, flexibility, and range of motion.

The buoyant effect of the water takes the pressure of a person's weight off the joints, alleviating pain or discomfort people may feel when exercising. Since the body bears less weight in the water, the muscles are relaxed and therefore can be stretched and strengthened with less incidence of injury.

UPCOMING EVENTS

Date: Thursday, May 12th, May 19th, Beginner Pickle Ball Clinics

Date: Monday May 23rd: “Avoid Older Adult Fraud”, Discussion with Heather from “my new Villa” at Noon

Date: Thursday May 26th, Coffee Social at Mojo’s @ 11:30AM

Date: Friday June, 3rd @12:45AM, Lake Erie Nature Center Outing

Pre-registration required for all events.

AOA Events



When: Thursday, May 12th
In the Gym or Thursday May 19th
Time: 12:30-2PM
Cost: \$20
 Space is limited, so pre-registration is required. Sign up at front desk!
 Learn every aspect of the game including: What equipment is right for you, basic shot technique, rules, court positioning, and basic strategy. You will have the opportunity to play games and learn!

West Shore Family YMCA welcomes Heather. Heather is a housing navigator with "My New Villa."
 With all of the scams going on right now it has become difficult to navigate emails, phone calls, text messages and even the postal mail. Fraud involves designed deceit with the intention of gaining, at the expense of others. Join us in a presentation that can help you determine what is real and what may not be. We will talk about the types of fraud, what to look out for and who to call. Join Heather for the discussion and be more aware of fallacious activity and people. **Cookies, coffee and tea will be served.**
What: Fraud: "How to Avoid a Scam" Presentation
When: Monday, May 23rd Noon to 1PM
Where: In the Studio
Cost: No Charge
Pre-registration required!

AOA Events



Mojo's is a coffee shop & cafe located in beautiful Bay Village, Ohio. Since opening their doors in December 2006, they have focused & evolved around offering what people desire: selection, creativity & integrity with a healthy approach. Mojo's is committed to a healthy menu, natural ingredients and a people-first approach. We serve all natural syrup flavorings for our espresso drinks or teas. We're also committed to our vegan and gluten-free eaters. Their teas are fresh brewed without added sugars or flavors – unless requested. They brew chai tea in-house with only natural ingredients and their matcha tea is pure and prepared with your choice of agave or honey.
Join Wendy for "social hour" & enjoy time with Y friends!
What: "Coffee Talk"
When: Thursday, May 26th @ 11:30AM
Where: Mojo's, 600 Dover Center Rd., Bay Village
Cost: Dependent on what you order!
Pre-registration required!



Lake Erie Nature and Science Center Outing:
 Join Wendy along with your Y friends for an afternoon out at Lake Erie Nature and Science Center located at 28728 Wolf Rd. Bay Village, 44140.
 Take a trip that's completely out of this world! Travel through space and visit different objects in the solar system, explore constellations in the night sky and learn about NASA's missions. "Mini Missions" is approximately 30 minutes in addition to time for check-in, cost is \$5.00 for the show! After the planetarium show, if weather permits, we will take a leisurely group hike on and around the grounds of Lake Erie Nature Science Center! If weather does not permit, we will stay and browse the nature center itself.
What: Planetarium Show & Group Hike
Where: Lake Erie Nature and Science Center, 28728 Wolf Rd. Bay Village
When: Friday, Jun 3rd, meet at 12:45AM
Cost & Registration: Pre-Register by May 16th, \$5.00 cash only due