

AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT+
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hillcrest Family YMCA

5000 Mayfield Road
Lyndhurst, Ohio 44124

Facility Hours:

Monday – Friday: 6am to 9pm

Saturday: 7am to 5pm

Sunday: 8am – 2pm

Active Older Adult Newsletter

July 2022



Barborton Mum Festival

The city of Barborton in Southern Ohio is known for two things: the annual *Mum Festival* and being the *Fried Chicken Capital!* We'll be experiencing both! We'll go on Friday and avoid the huge crowds that arrive on the weekends so we can enjoy the colorful displays in an uncrowded setting. We'll visit Moreland's, an Amish farm with fresh produce, pumpkins, flowers and more. Next stop – Hopocan Restaurant famous for their fried chicken dinner. After lunch we'll visit Lake Ana Park in the center of town to enjoy the 17,000 mums in their fall displays! Don't miss this unique array of Autumnal beauty. Sign up at the front desk to reserve your space.

UPCOMING EVENTS

July 4

Holiday Hours

7:00 – 1:00

July 5

Devoted Health Treat Day

10:30

July 11

Coffee Chat

11:30

July 19

New Member Orientation

1:00

July 20:

Landerbrook Treat Day

10:30

July 21:

Smoothies in the Lobby

10:30

July 22:

Computer Class

1:00P.M.

July 25

July Birthday Club

11:30

July 27:

CVS Treat Day

10:30

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:05 Cycle & Strength Sarah		6:15-7:05 Cycle & Strength Sarah	8:15 – 9:05 Fitness After Fifty Ester 9:45-10:15	6:15-7:05 Cycle & Strength Sarah 10:00- 10:50 Meditation Susan
	8:15 – 9:05 Fitness After Fifty Ester		9:30-10:00 Strength & Balance \$ 9:45— 10:15 Cycle Express Michelle	*** Saturday*** 8:15 – 9:00 Fitness After Fifty Ester
10:00 – 10:50 SilverSneakers Classic Kathryn	9:30 – 10:00 Silver Sneakers Boom Ester	9:30 – 10:20 Vinyasa Yoga Kit	10:00 – 10:50 Line Dance Anita 10:00-10:50 Women on Weights \$ Kameron 11:00 -11:50 Chair Yoga Judi -GX	9:00 – 9:50 Tai Chi \$ Alonzo 10:00-10:50 Zumba Quanetta 10:00-10:50 TRX \$ Sami
11:15- 12:05 SilverSneakers Yoga Stretch Kathryn	11:00- 11:50 Line Dance Gigi 12:15 – 1:05 Silver Sneakers Yoga Stretch Anita	11:30- 12:20 SilverSneakers Classic Prince	12:15 – 1:00 Polynesian & Hawaiian Dance Dahmia 1:15-2:05 Belly Dance Dahmia	***Sunday*** 10:00- 10:50 Michelle

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 -8:00 Drop In Lap Swim/Water Walking	6:00 -8:00 Drop In Lap Swim/Water Walking	6:00 -8:00 Drop In Lap Swim/Water Walking	600 -8:00 Drop In Lap Swim/Water Walking	6:00 -8:00 Drop In Lap Swim/Water Walking
8:30 – 9:15 Aqua Fit- Shallow Water	8:30 – 9:15 AquaFit – Shallow Water	8:30 – 9:15 Aqua Fit – Shallow Water	8:30 – 9:15 Aqua Fit – Shallow Water	8:30 – 9:15 Aqua Fit – Shallow Water
9:15 – 10:00 Drop In LapSwim/Water Walking	9:15 – 10:00 Drop In LapSwim/Water Walking	9:15 – 10:00 Drop In Lap Swim/Water Walking	9:15 – 10:00 Drop IN LapSwim/Water Walking	9:15 – 12:00 Drop In LapSwim/Water Walking
	2:00 – 3:00 Twinges in the Hinges Rose		2:00 – 3:00 Twinges in the Hinges Rose 3:00 – 4:30 Drop In	
	6:45-7:30 Aqua Fit 7:30 – 8:15 Aqua Zumba Theresa 7:30-8:15 Aqua Zumba Shelly	6:45—7:45 1 st , 3 rd , 5 th Weds. Household Swim	6:45 – 7:30 AquaFit 7:30 – 8:15 Aqua Zumba	4:00 – 6:45 Drop in Household Swim

Information & Announcements

Red, White, and Blue Orzo Pasta Salad

Celebrate the holidays with this patriotic and delicious pasta salad.

16 ounces orzo , cooked and cooled

1 pint blueberries

1 pint strawberries, quartered

1/3 cup raspberry vinegar

Juice of ½ lime

2 Tablespoons honey (or to taste)

¼ tsp salt

1/3 cup olive oil

Mix the vinegar, lime juice, salt and honey well. Use more or less honey based on the sweetness of the berries. Whisk in the olive oil to make a well mixed dressing. Gently toss the orzo, berries, and feta cheese or almonds if using with the dressing. Taste and salt if needed. Rest at least 30 minutes to allow the flavors to meld. Serve chilled or at room temperature.

Optional add ins: 4 ounces feta cheese, 1/3 cup toasted sliced almonds, 1/3 cup chopped red onions.

Meditation and Tai Chi

Start your weekend with a calming mindset, Join Susan every Friday at 10:00 for Meditation, Saturday mornings Tai Chi returns with Alonzo, This is a fee based class.

SilverSneakers Plus

While most of the classes the Y offers are free, there are a few special classes that have a fee attached. These classes generally are limited to a smaller group so you have a more personal instructor/ attendee experience. The classes run \$25 per month. BUT, if you sign up for SilverSneakers Plus at \$7.50 plus tax per month, you can take as many fee based classes as you would like at no additional charge. Ask at the front desk for further information.

Trainer's Corner with Anita

10 Principles for Heart Health Nutrition

The Heart Association, together with a panel of dietitians, nutrition researchers and physicians, has included a list of tips designed to improve heart health and reduce the risk of cardiovascular disease in its new Dietary Guidance to Improve Cardiovascular Health. Notably, the new guidance moves away from recommending specific foods to focus more on dietary patterns. Here are the ten guiding principles for heart health nutrition. 1) Adjust energy intake and expenditure – “calories in and calories out”, to achieve and maintain a healthy body weight. 2) Enjoy plenty and a wide variety of fruits and vegetables. 3) Choose whole grains over refined. 4) Choose healthy protein sources, to include mostly plant protein (legumes and nuts); fish and seafood; low-fat or fat-free dairy products; lean meat or poultry. Avoid processed meats. 5) Choose liquid plant oils over tropical oils (coconut, palm, palm kernel), animal fats (butter, lard) and partially hydrogenated fats. 6) Choose minimally processed foods. 7) Minimize intake of beverages and foods with added sugars. 8) Choose and prepare foods with little or no salt. 9) Avoid drinking alcohol or limit intake. 10) Follow these guidelines whether dining out, ordering in or cooking from scratch.

Improve Your Balance Improve your strength and balance with Ester's Balance class every Thursday at 10:00

July Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pickleball (fee) 1:00 - 3:00		1. Pickleball (fee) 9:00-11:00 Meditation 10:00-10:50
4. Happy 4 th of July! The Y is open 7:00 - 1:00	5. Devoted Health Treat Day 10:30	6. Pickleball (fee) 1:00 - 3:00	7.	8. Pickleball (fee) 9:00AM Meditation 10:00-10:50
11. Coffee & Talk 11:30 Pickleball (fee) 1:00 - 3:00	12.	13. Landerbrook Treat Day 10:30 12:30 Pickleball (fee) 1:00 - 3:00	14.	15. Pickleball (fee) 9:00AM Meditation 10:00-10:50
18. Pickleball (fee) 1:00PM -3:00	19. New Member Orientaion 1:00	20. Pickleball (fee) 1:00 - 3:00	21. Chill with Will's Smoothies 10:30	22. Pickleball (fee) 9:00AM Meditation 10:00-10:50 Computer Class 1:00 - 3:00
25. Birthday Club 11:30- 1:00 Pickleball (fee) 1:00PM-3:00	26.	27. CVS Treat Day 10:30 Pickleball (fee) 1:00 - 3:00	29. Birthday Club 11:30	30. Pickleball (fee) 9:00AM Meditation 10:00-10:50

July Spotlight

July calls for a cold drink. Stop in on Thursday, July 21 for an ice cold fruit smoothie. Will, one of our wonderful trainers, will be in the lobby making a variety of healthy and delicious smoothies for you to taste.

We have new bus trips coming this Fall and one holiday trip/party in December. Look for information at the AOA table – and reserve your trips early so you're not disappointed. Other trips have sold out early.