



JULY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE NOTE PICKLEBALL PLAYERS NO Pickle Ball if raining, gym will not be available</p>				<p>1 Pickleball-gym 6:00am-8:15am</p> <p>Life is beautiful when you know what to look at and what to ignore</p>
 7:00am-1:00pm	<p>5 Pickleball-gym 6:00-8:15am AOA Orientation 10:30</p>	<p>6 Pickleball-Gym 6:00-8:15am 6pm-8pm</p>	<p>7 Pickleball-gym 6:00am-8:15am AOA Orientation 10:30</p>	<p>8 Pickleball-gym 6:00am-8:15am</p> <p>BUS TRIP Tall Ships Festival</p>
<p>11 Pickleball-Gym 6:00-8:15am</p>	<p>12 Pickleball-gym 6:00-8:15am AOA Orientation 10:30</p>	<p>13 Pickleball-gym 6:00-8:15am 6pm-8pm</p>	<p>14 Pickleball-gym 6:00am-8:15am AOA Orientation 10:30</p>	<p>15 Pickleball-gym 6:00am-8:15am</p> <p>Keep your face always towards the sunshine and shadows will fall behind you</p>
<p>18 Pickleball-gym 6:00-8:15am MIRACLE EAR FREE HEARING SCREENINGS 10AM-12:30PM</p>	<p>19 Pickleball 6:00-8:15am AOA Orientation</p>	<p>20 Pickleball-gym 6:00-8:15am 6pm-8pm</p>	<p>21 Pickleball-gym 6:00am-8:15am AOA Orientation 10:30</p>	<p>22 Pickleball-gym 6:00am-8:15am</p> <p>You don't always need a logical reason for doing something. Do it because you want to, it's fun & makes you happy</p>
<p>25 Pickleball-Gym 6:00-8:15am</p>	<p>26 Pickleball-gym 6:00-8:15am AOA Orientation 10:30</p>	<p>27 Pickleball-gym 6:00-8:15am 6-8pm</p>	<p>28 Pickleball-gym 6:00am-8:15am Orientation 10:30</p>	<p>29 Pickleball-gym 6:00am-8:15am</p> <p>Know that possibilities are what you choose to see</p>

Exercise is a *celebration* of what your body can do.
Not a *punishment* for what you ate.

"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 10pm
Saturday: 7am to 4pm
Sunday: 8am – 4pm
Kathy McKean, AOA Coordinator
(440) 934-9622 x2375

Active Older Adult Newsletter

JULY 2022

BUS TRIP – LABOR DAY WEEKEND **SUNDAY, SEPTEMBER 4, 2022** **U.S. NAVY BLUE ANGELS & the NAUTICA QUEEN**



TRIP DETAILS—This trip includes escorted, roundtrip motorcoach transportation, entry tickets to the Greater Cleveland Aquarium, an afternoon sail and buffet on the Nautica Queen and the Cleveland National Air Show from the Nautica Queen.

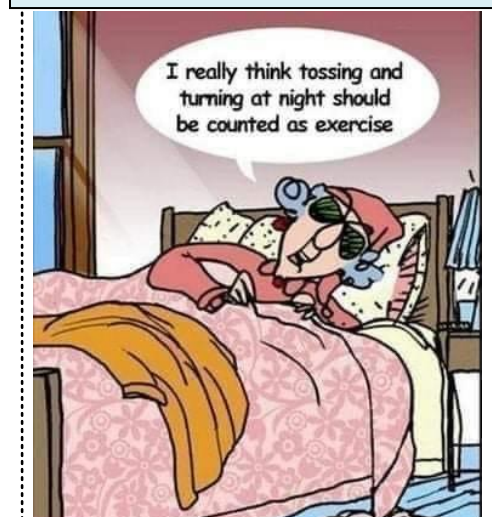
\$135.00 +\$15.00 non-refundable deposit

PROOF OF COVID-19 VACCINE REQUIRED



UPCOMING EVENTS

MONDAY 7/4
Hours 7am-1pm Pool 7:30-12:30
FRIDAY, 7/8
Bus Trip-Tall Ships Festival
WEDNESDAY, 7/20
Miracle Ear-free-10:00-12:30
ONGOING
TUESDAYS
10:30AM AOA Orientations
THURSDAYS
10:30AM AOA Orientations
12:00-3PM Caps-n-Laps – lobby
MONDAY-FRIDAY Summer Hours
Pickle Ball 6am-8am NOTE gym not available for pickle ball on rainy mornings



AOA SUGGESTED Classes

All land classes are first come first serve basis. There are 60 chairs (same as pre-covid) in the GroupEx studio, for safety reasons, when chairs are gone the class is full and has reached the max numbers allowed for safety

GROUP EXERCISE STUDIO (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Angie		9:30-10:20am Zumba Gold w/Brenda
10:30-11:20am Strength & Fitness Doug 10:30-11:20am Gentle Yoga MSB Studio w/Jan	10:30-11:20am Fitness After 50 w/Amanda	10:30-11:20am Nia@ Amanda	10:30-11:20am Fitness After 50 w/Jan	10:30-11:20pm SilverSneakers@ Classic W/Brenda
11:30-12:20pm SilverSneakers@ Classic w/Jan	11:30-12:20pm Strength & Balance w/Phyllis 11:30-12:20am Lite Cycle & Strength w/Sarah cycle room	11:30-12:20pm SilverSneakers@ Classic w/Jessica	11:30-12:20pm Strength & Balance w/Phyllis	11:30-12:20pm Chair Yoga W/Kip
12:30-1:20pm Chair Yoga W/Danielle		12:30-1:20pm Chair Yoga W/Danielle	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	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am-RP Aquacise Gail		8:00-8:50am-RP Aquacise Gail	8:30-9:30am CP Aqua Bootcamp Doug	
9:00-9:50am RP Aquacise Gail	9:30-10:20am RP Zumba Angie	9:00-9:50am RP Aquacise Gail	11:00-11:50am Aqua Zumba w/Angie	
11:00-11:50 RP Aqua Fit Shallow/Nancy Pre-registration required		01:30-11:20 RP Aqua Fit Shallow/Jessica Pre-registration required		
	6:30-7:20pm RP Aqua Zumba w/Angie		6:30-7:20pm RP Aqua Zumba w/Angie	

AQUATIC CLASSES (WATER)

Pre-Registration is required for AQUA FIT SHALLOW for the 11:00am Monday and Wednesday Classes. Classes are limited to 25, registration opens at midnight the day prior. Register in person, by phone 440-934-9622, on line and via our app **RP:** Recreation Pool, **CP:** Competition Pool

Information & Announcements



The Fourth of July—also known as Independence Day—has been a federal holiday in the United States since 1941 and it marks the historic date in 1776 when the Declaration of Independence was approved by the Continental Congress. The written declaration stated that the American colonies were tired of being ruled by Great Britain. They wanted to become their own country, so the colonists decided they needed to declare their independence in writing to explain their reasons and gain support from other countries. On July 4, 1776, a small group of representatives from the colonies—called the Continental Congress—adopted the Declaration of Independence.

Worthwhile repeating
Be happy on purpose
Go outside, Stretch.
Read a book. Call a friend.
Meditate. Write in a journal.
Drink water. Eat good food.
Breathe. Learn something new.
Express gratitude.
Chase the sun. Dance.
Create magic.
Choose Happy



MONDAY – JULY 4TH HOURS
7:00AM – 1:00PM
POOL 7:30-12:30PM
Group Ex Schedule
9:00am-Pure Strength-Lyndsay
10:00am-Yoga-Kip
10:00am-Silver Sneakers-AmandaM
11:00am-Chair Yoga-Danielle

Doctor of Audiology Ross Burke with Miracle-Ear will be here offering the following services free;



- ⇒ Hearing Screenings
- ⇒ Ear examination for blockage/ear wax
- ⇒ Cleaning and checking any hearing aid

Wednesday, July 20, 2022
10:00am-12:30pm
No appointment necessary

Today will Never come again.
Be a Blessing
Be a Friend
Encourage someone
Take time to care
Let your words heal, and not wound

