

# August Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
1	2	3 <b>Ice Cream Social</b> Lakewood Dairy Queen 2:00-3:00	4	5 Pickleball Basketball North Court 11:00-2 pm	6	7
8	9 Pickleball Basketball North Court 11:00-1 pm	10	11	12 Pickleball & Wine Tour 8:00 a.m. to 6:00 p.m.	13	14 Pickleball Basketball Court 10:00-12:00pm
15	16 Pickleball Basketball North Court 11:00-1 :00 pm	17	18 Swap Meet Lakewood YMCA 8:00 a.m. - 12:00	19 Pickleball Basketball North Court 11:00-2 pm	20	21 Pickleball Basketball Court 10:00-12:00 pm
22	23 Pickleball Basketball North Court 11:00-1 :00 pm	24 Lunch/Brunch Truck Park 11:00 a.m. - 1:00 p.m.	25	26 Pickleball Basketball North Court 11:00-2 pm	27	28 Pickleball Basketball Court 10:00-12:00pm
29	30 Pickleball Basketball North Court 11:00-1:00 pm	31				

## AOA Orientation – August

Orientation for the new Active Older Adults. You can come in any time and get a tour of the facility which includes a large gym and basketball courts and pool, hot tub and sauna. You will receive a schedule of the many different aquatic classes and group exercise programs that you can join in on just by showing up. Also make sure to check out the AOA table in the front lobby for other events taking place that month at the YMCA. Picture IDs will be taken for your new YMCA Membership Card and instructions on how to sign in.

# AOA MONTHLY NEWSLETTER



## Lakewood Family YMCA

16915 Detroit Ave., Lakewood, OH 44107

### Facility Hours:

Monday – Friday: 5:30 am to 9pm

Saturday: 7am to 6pm

Sunday: 8am – 6pm

AOA Coordinator: Mary Lou Clough

## Active Older Adult Newsletter

August 2022

## Progressive Wine Tour

Join us for a day of wine, food and fun. Beginning our day at School House Winery for tasting. Lunch, tasting and tour (pasta bar lunch) at Raven's Glenn Winery. Then finishing up with a winetasting and cannoli at NutiVine Winery.

When: August 12<sup>th</sup> Friday

Time: 8:00 a.m. – 6:00 p.m.

Price: \$95.00 Deposit \$25.00 (non-refundable)  
Non-Members \$105.00 (must be paid in full by 8/4/22)

Bus: Pick-up West Shore & West Park

Where to:

- School House Winery- Wine Tasting
- Raven's Glenn Winery- Lunch-Pasta bar
- NautiVine Winery- Cannoli-Wine Tasting



Ohio's Crown Jewel of Wineries®

## UPCOMING EVENTS

### Wednesday: August 3rd

#### Ice Cream Social

#### Lakewood Dairy Queen

2:00-3:00

### Friday: August 12th

#### Wine Tour

- West Park / West Shore
- 8:00 a.m. Bus pick up
- 6:00 p.m. Bus drop off.

### Thursday: August 18th

#### Swap Meet

#### Lakewood YMCA

- Bring something
- In 8:00 a.m. -12:00
- Take something –all day!

### Wednesday: August 24

#### Lunch Brunch

- Truck Park
- 16900 Detroit Ave
- Lakewood, Oh
- 11:00 a.m. - 1:00 p.m.

# AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			SS Circuits Mo 10 – 11 a.m. <b>GES</b>	SS Classis Joy 10 – 11 a.m. <b>GES</b>
SS Circuits Andrea 10:15 a.m. <b>GES</b>	SS Circuits Suzy 10 a.m. <b>GES</b>	Chair Yoga Ann 9:30 am <b>GES</b>		Chair Yoga Joy 11:00 a.m <b>GES</b>
SS Circuits Andrea 11:15 a.m. <b>GES</b>		Silver Swans Preview Class Gwen \$25 for 4 classes 11 am <b>GES</b>		

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Water Exercise 8 – 8:50 am <b>PL</b>	Deep Water Exercise 8 – 8:50 am <b>PL</b>	Deep Water Exercise 8 – 8:50 am <b>PL</b>	Deep Water Exercise 8 – 8:50 am <b>PL</b>	Deep Water Exercise 8 – 8:50 am <b>PL</b>
Shallow Water Exercise 9 – 9:50am <b>PL</b>	Shallow Water Exercise 9 – 9:50am <b>PL</b>	Shallow Water Exercise 9 – 9:50am <b>PL</b>	Shallow Water Exercise 9 – 9:50am <b>PL</b>	Shallow Water Exercise 9 – 9:50am <b>PL</b>
Arthritis Class 2-2:50 pm <b>PL</b>		Arthritis Class 2-2:50 pm <b>PL</b>		Arthritis Class 2-2:50 pm <b>PL</b>
				MS Water Exercise 5:30-6:30pm <b>PL</b>
	Deep Water Exercise 7 – 7:50 am <b>PL</b>	Shallow Water Exercise 7 – 7:50 am <b>PL</b>	Deep Water Exercise 7 – 7:50 am <b>PL</b>	

# Information & Announcements

## The Best Anti-Aging Diet

In an Italian study of 5200 people ages 65 and older, those who most closely followed a Mediterranean-style diet (rich in produce, fish, beans, nuts, olive oil, and whole grains and low in meat and dairy) live longer. This eating style may delay the aging process by helping to protect the DNA in cells from damage. The researchers noted that several previous studies had similar results.

## BENEFITS OF MEDITERRANEAN DIET

Improved physical health and stamina better cardiovascular health and lower blood pressure. Lower level of blood sugar and insulin faster Metabolism and Brain function, increased Energy level. Mediterranean diet is based on a simple principle – eat healthy to be healthy.

## Things to do at the Lakewood Family YMCA

**Corn Hole Games** – We have 2 sets of corn whole boards to play or have contests with our members. Please reserve dates and times in front Lobby on sign-up sheets on AOA Table. Set up to play indoors in the Basketball court.

**Chess Boards** – We have 3 Chess Board sets and 1 chess game timer. Looking for chess players for competition games.

**Puzzle Exchange** – Donate your old puzzles and pick up a new one.

## Tuscan Green Beans

1 cup red onion (sliced thin)  
2 cloves garlic (minced fine)  
2 tablespoon oregano (dried)  
Salt and Pepper to taste  
1 Roma tomato (cut into small dice)  
4 cups fresh green beans (trimmed washed and rinsed dry)

1. Heat a large sauté pan to medium heat. Add the oil and heat for 30 seconds, then add the onion, garlic, oregano, salt, pepper, and tomato. Cook for 1 minute so the mixture can begin to release all its flavors, then add the beans and stir to combine. Continue cooking for 3 more minutes.
2. Transfer the beans to a serving bowl and serve.

## Leo Monthly Horoscope

*(July 23 – August 22)*

You'll feel things more deeply than usual this month, sweet Lion, as the sun continues its journey through sensitive Cancer, activating the sector of your chart that governs the subconscious and all things hidden. You'll have an opportunity to fully explore your heart and mind through quiet introspection, though your desire for solitude could make your friends wonder where you went. Luckily, your elevated intuition can help you better understand what it is that others need to hear right now, giving you an opportunity to speak mindfully and with grace.