

NOVEMBER PAINT CLASSES

PAINT YOUR PET CLASS: \$35 FOR MEMBERS; \$45 FOR NON MEMBERS

GIVING PLATE CLASS: \$30 FOR MEMBERS; \$40 FOR NON MEMBERS

SNOW COUPLE PAINT CLASS: \$30 FOR MEMBERS; \$40 FOR NON MEMBERS



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.



AOA NEWSLETTER

UPCOMING EVENTS FOR ACTIVE OLDER ADULTS NOVEMBER 2022



Gervasi Vineyard plus Stan Hywet Holiday Tour

Tuesday, November 13th

Members: \$105

Non-members: \$115

\$25 deposit due at registration. Final payment due date November 29th

Package Features:

- Motorcoach transportation: Report at the North Royalton YMCA at 10:30am, we will leave the Y by 10:45am and depart for home at 6:00pm.
- Enjoy a private luncheon and three one-ounce wine tastings.
 - Tour of the Crush House Winery
 - Tour of Stan Hywet Hall & Gardens. The complex is beautifully decorated for the holidays (decorations plus Christmas Trees in almost every room). We'll leave at dusk so you can see the grounds lit up.



NORTH ROYALTON FAMILY YMCA
11409 State Rd, North Royalton, OH
Clevelandymca.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.

QUESTIONS, COMMENTS, IDEAS?

CONTACT KRISTIE BALCER

KBALCER@CLEVELANDYMCA.ORG

November Events 2022

| Mon | Tue | Wed | Thu | Fri |
|---|-----|---|---|--|
| | 1 | 2 Pickle ball 6:00-10:00am in the gym | 3 | 4 Pickle ball 6:00-10:00am in the gym Paint your Pet 1-4 |
| 7 Pickle ball 6:00-10:00am in the gym | 8 | 9 Pickle ball 6:00-10:00am in the gym | 10 Giving Plate Craft 1-4 | 11 Pickle ball 6:00-10:00am in the gym Bus Trip |
| 14 Pickle ball 6:00-10:00am in the gym | 15 | 16 Pickle ball 6:00-10:00am in the gym | 17 Paint class 1-4 | 18 Pickle ball 6:00-10:00am in the gym Put in Bay |
| 21 Pickle ball 6:00-10:00am in the gym | 22 | 23 Pickle ball 6:00-10:00am in the gym | 24 Happy Thanksgiving Closed | 25 Pickle ball 6:00-10:00am in the gym |
| 28 Pickle ball 6:00-10:00am in the gym | 29 | 30 Pickle ball 6:00-10:00am in the gym | | |

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 Back to 10am 8/23 | 11:00am-11:50am SilverSneaker Yoga Kristie Main Studio | 10:00am-10:50am Walk 15 Chris Gym Back to 10am 8/25 | 8:30am-9:20am TRX Interval 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 | 11:00am-11:30pm 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 |
| | 11:40pm-12:25pm SilverSneaker BOOM Mind Kristie Main Studio | 12:30pm-1:20pm AOA Fitness & Strength Doug Spirit Mind Body | | |
| | | | | |
| Aquatic Classes (Water) | | | | |
| 9:00am-9:45am 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 | 9:00am-9:45am Aqua Fit Shallow Kim |
| 10:00am-10:45am Aqua Fit Shallow Kim | 12:00pm-12:45pm Aqua Boot Camp Doug | | 12:00pm-12:45pm Aquatic Intervals Doug | 10:00pm-10:45pm Aqua Fit Shallow Kim |
| 12:00pm12:45pm Arthritis Water Fitness Kim | | | | 12:00pm-12:45pm Arthritis Water Fitness Kim |
| 1:15pm2:00pm Aqua Dance MaryKay | | | | 1:15pm2:00pm Aqua Dance MaryKay |