

# December Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
			1	2 <b>Coffee Club</b> 9:00am-10am <b>Pickleball</b> Basketball Crt 11:00-2 pm	3	4
5	6 <b>Pickleball</b> Basketball Court 11:00-2:00 pm	7	8 <b>Swap Meet Lakewood YMCA</b> 8:00 a.m. - 12:00 (Christmas Decorations)	9 <b>Coffee Club</b> 9:00am-10am <b>Pickleball</b> Basketball Crt 11:00-2 pm	10	11
12	13 <b>Pickleball</b> Basketball Court 11:00-2:00 pm	14	15 <b>Ohio Star Theater Bus Trip</b> 8:00 a.m. - 5:30 p.m.	16 <b>Coffee Club</b> 9:00am-10am <b>Pickleball</b> Basketball Crt 11:00-2 pm	17	18
19	21 <b>Pickleball</b> Basketball Court 11:00-2 :00 pm	22	23	24 <b>Coffee Club</b> 9:00am-10am <b>Pickleball</b> Basketball Crt 11:00-2 pm	25 <b>Merry Christmas And Happy Holidays</b>  <b>Closed</b>	26
28	29 <b>Pickleball</b> Basketball Crt 11:00-2:00 pm	30	31 <b>Happy New Years</b>			

## AOA Orientation – December

**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

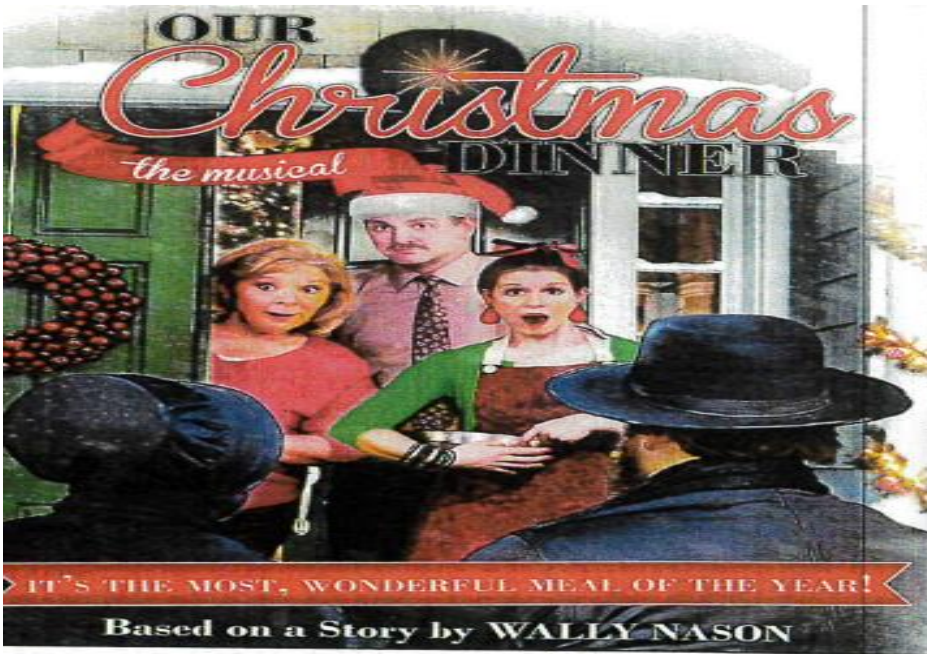
## Active Older Adult Newsletter

December 2022

## UPCOMING EVENTS

### Ohio Star Theater & Events

We will start our day at **Walnut Creek Amish Flea Market** where you can work on your holiday list. This Amish Flea Market offers 55,000 of indoor shopping from artisans and craftsman. After enjoying lunch at the **Dutch Valley Restaurant**, we will enjoy the “Christmas Dinner” at the Ohio Star Theater. This not-so traditional, sports-centered, laughter-filled Christmas dinner features favorite Christmas carols and original songs too. Finishing the day at the beautiful **Baltic Mill Winery** for a tasting and dessert. A Christmas present for yourself!!



**Every Friday – Coffee Club**  
9:00 am – 10:00am  
Table in back lobby  
Bring in your favorite  
Breakfast treats or pastries.

**Thursday: December 8th**  
**Swap Meet**  
**Lakewood YMCA**  
• Bring something  
• (Christmas decorations)  
• In 8:00 a.m. - 12:00  
• Take something –all day!

**Tuesday: December 15th**  
**Ohio Star Theater**  
**Dutch Valley Restaurant**  
**Baltic Mill Winery**  
**Bus Trip**  
8:00 a.m. - 5:30 p.m.  
Bus Pick up at YMCA  
West Park and West Shore  
**Cost \$125 Members**  
**\$135 Non-Members**  
(\$25.00 non-refundable  
deposit due at registration)



# AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SS Classis Joy <b>GES</b> 10 – 11 a.m.
			Basic Yoga Matthew 9:00 a.m. <b>CR</b>	
SS Circuits Andrea 10:15 a.m. <b>GES</b>	SS Circuits Suzy <b>GES</b> 10 a.m.			Chair Yoga Joy 11:00 a.m <b>GES</b>
			SS Circuits Mo <b>GES</b> 10 – 11 a.m.	
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>
	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

Breakfast Club



Lunch Brunch

Bus Trips:

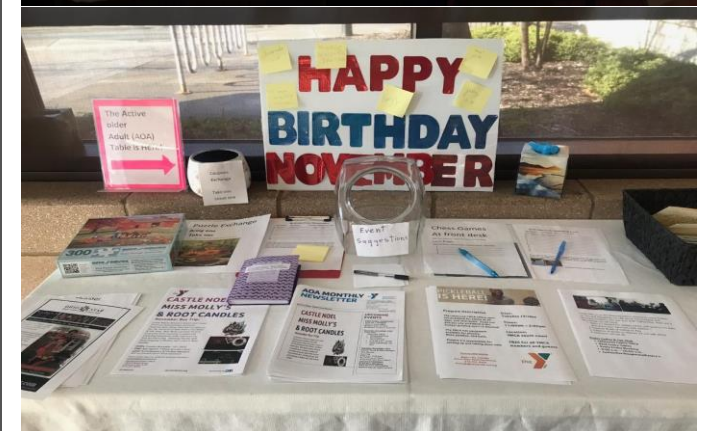
Put-N-Bay & Heineman Winery & Tour Train  
Wine Tour–School House–Raven Glen- NautiVine  
Nautica Boat Trip & Lake View Cemetery  
Hartville Flea Market & Maize Valley Winery  
Castle Noel & Miss Molly's Tea Room-Root  
Candles



It's been a great year at the  
Lakewood Family YMCA!  
Coffee Club



Swap Meet



Birthday Club and AOA Table