

AOA Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers® Classic Rosie in the Gym	10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers Classic Tyler in the Gym	Friday, Jan. 6 th 9:00-9:50AM Coffee Talk in the studio	10:00-10:50am Chair Yoga Sarah in the Studio
Monday, Jan. 23 rd @ 11:30AM Crafting Club	10:30-11:20am Aqua Fit w/Dawn		10:30-11:20am Aqua Fit w/Dawn	10:00-10:50am BOOM® Combo Erin in the Gym	11:00-11:30am Meditation Sarah in the Studio
	11:00-11:50am Chair Yoga Wendy in the Studio	Jan 11 th and Jan 25 th , 11-11:50AM Book Club	11:30am-12:30pm ABC Program	11:00-11:50am Tai Chi Easy Elizabeth in the studio	
Jan. 30 th 10AM- Noon Hearing Screenings w/Dr. Magers			Friday, Jan. 20 th Lunch at Noon @ Salty Mary's		
Monday thru Friday 11AM-12:30 Open Pickle Ball in the Gym					

The wind whispers when its cold
Trees are white and windows frosted
A hush covers all
Peaceful, silent
Winter whispers as snowflakes drifts
-Mary Fumento



AOA MONTHLY NEWSLETTER



West Shore Family YMCA

1575 Columbia Rd. Westlake, OH 44145

Facility Hours:

Monday – Friday: 5:30am to 8pm

Saturday: 8am to 2pm

(440) 871-6885

AOA Coordinator: Wendy Barrett

Active Older Adult Newsletter

January 2023

West Shore Family YMCA welcomes back Dr. Magers from Hearing Life on Monday, Jan. 30th from 10AM-Noon, to perform hearing screenings on anyone who would like one! Please pre-register at the front desk!



UPCOMING EVENTS

Friday, Jan. 6th @ 9:00AM in the studio, Coffee Talk

January Book Club. We will meet 2 Wednesdays in January at 11AM, Jan. 11th & 25th, in the studio to discuss "The Four Winds" by Kristin Hannah

Thursday, Jan. 20th @ Noon
Lunch Outing at Salty Mary's

Monday, Jan. 23rd 11:30-1PM
Crafting Club

Monday, Jan. 30th from 10AM- Noon
Hearing Screenings

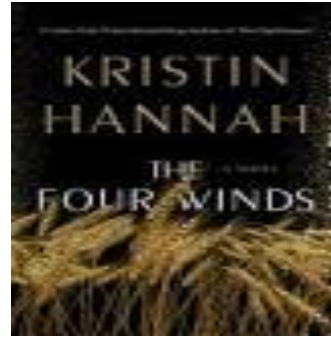
Looking ahead: Thursday, Feb. 9th, University Hospitals, nurse Julie K. will be here offering blood pressure screenings, blood glucose and cholesterol screenings. They will be here from 9:30AM-Noon. Please plan to attend and pre-register!

HEALTH SCREENINGS



Screenings help find problems early on, when they may be easier to treat. Getting recommended screenings is one of the most important things you can do for your health! Looking ahead to February, we will be offering several health screenings at NO COST to you, so please plan to attend, on Feb. 9th any time from 9:30AM-Noon. University hospital nurses will be here offering, blood pressure monitors, blood glucose screenings and cholesterol screenings. Fyzical Therapy and Balance Center will also be here offering "balance" test screenings. More info to come in our February newsletter, but please save the date: February 9th!!!!!!

AOA Clubs



January Book Club will meet twice this month to discuss:

The Four Winds by Kristin Hannah

Texas, 1934. Millions are out of work and a drought has broken the Great Plains. Farmers are fighting to keep their land and their livelihoods as the crops are failing, the water is drying up, and dust threatens to bury them all. One of the darkest periods of the Great Depression, the Dust Bowl era, has arrived with a vengeance.

In this uncertain and dangerous time, Elsa Martinelli—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better life. *The Four Winds* is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

Pre-Registration is required!
Please join us!
Wednesday Jan. 11th &
Wednesday Jan. 25th from 11-
11:50AM in the studio



January Crafting Club will create a homemade snow globe to take home with you!

Each month we will make a fun, simple craft, to take with you. All are welcome, and pre-registration will be required, along with the cost of the supplies. This month the snow globe supplies will cost ____, cash only please.

Please join Wendy on:
Monday Jan. 23rd 11:30-1PM in the studio
Make your own Snow Globe to take!
Cost: \$15
Cash only please due by Thursday, Jan. 19th

AOA Events

JANUARY MONTHLY LUNCH OUTING @ SALTY MARY'S IN WESTLAKE ALL ARE WELCOME!

Owners, husband and wife team, Julie (Mary) and Wil Novak have over 60 years combined experience in the restaurant service industry.

With a common goal of bringing quality food & drink to the Westlake area, the Hail Mary's and Salty Mary's team is proud to have the honor to be part of an ever-growing neighborhood. "We believe in an environment that everybody can enjoy. Whether you're stopping in for a quick lunch or hanging out with friends to break bread, we will always have a spot for you!"

Join Wendy and friends for our monthly lunch outing !!

Where: Salty Mary's, 25600 Center Ridge Rd. Westlake, 44145

When: Friday, Jan. 20th @ Noon

Cost: Will depend on what you order, Pre-registration is required, please sign up at front desk!



Join us for Monthly Coffee hour on Friday, Jan. 6th from 9:00-9:50AM in the studio! All Are Welcome!

Coffee, Tea, Water and good conversation will be available! Then, stay after for a Friday morning workout with Erin in the gym or your own workout in our weight room!



Avoid the winter blues, and make a commitment to yourself to get out there and socialize! Join us for any of our groups or events, they are easily accessible and here for you! And who knows, you just might enjoy yourself..... Any questions can be directed to Wendy Barrett: wbarrett@clevelandymca.org