

Events Calendar

January 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|-----------------------------|--------|
| 2. | 3. Coffee Talk 11:15 | 4. | 5. Coffee Talk 11:15 | 6. |
| 9. | 10. Simply Virtual 10:00-12:00 Coffee Talk | 11. | 12. Coffe Talk 11:15 | 13. |
| 16. Book Club @ 1:00 "The Lost Apothecary" | 17. Coffee Talk 11:15 | 18. | 19. Coffe Talk 11:15 | 20. |
| 23. | 24. Art & Muisc Therapy MUST REGISTER 11:20 | 25. AOA Luncheon @ West Park Station 12:00 | 26. Coffee Talk 11:15 | 27. |
| 30. | 31. AOA Birthday Potluck 11:15 | | | |

AOA MONTHLY NEWSLETTER



West Park Family YMCA

15501 Lorain Rd.
Cleveland, Ohio 44111
216-941-5410

Facility Hours:
Monday – Friday: 6:00am to 9pm
Saturday: 7am to 4pm
Sunday: 10:00am-4pm

Active Older Adult Newsletter

January 2023



HOW TO BEAT THE WINTER BLUES

- Keep fit & stay active
- Eat Healthy
- Get outside
- See the light
- Keep warm
- Turn off the news
- Try a new hobby
- Keep your sleep routine
- Spring clean
- Talk
- Keep in touch with family & friends

www.citygroupx.com

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:15

Tuesday January 10th
10:00-12:00 Simply Virtual
(electronic assistance)

Monday January 16th
Book Club "The Lost Apothecary" By Sarah Penner @ 1:00

Tuesday January 24th
@ 11:20-12:30 Art & Music Therapy* coffee & refreshments (sponsored by Cleveland Clinic Fairview)

Wednesday January 25th @ 12:00 AOA Luncheon @ West Park Station 17015 Lorain Avenue

Tuesday January 31st @ 11:15 AOA Birthday Potluck

Sunday January 22nd
Chinese New Year

Wednesday February 15th
Chili Cook off

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--------------------------------------|
| Walk 20 Laps=1mile Gym 10:15-10:45 | | | | |
| Balance & Stretch Teresa 10:30-11:20 | Silversneakers Classic Christine 10:30-11:20 | Tai Chi Yang Style Chris Gym 10:00-11:50 | Silversneakers Teresa Gym 10:30-11:20 | Fitness After 50 Mo 10:30 – 11:20 |
| | | Chair Yoga Ann 11:00-11:50 | | |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Aqua Aerobics Delinda 6:15pm | | | | |
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AQUATIC CLASSES (WATER)

May this year bring new happiness, new goals, new achievements, and a lot of new inspirations on your life. Wishing you a year fully loaded with happiness.



What are some good resolutions? New Year's Resolutions to Try for 2023

1. Focus on a Passion, Not the Way You Look. ...
2. Work out to feel good, not be thinner. ...
3. Stop gossiping. ...
4. Give one compliment a day. ...
5. Go a whole day without checking your email. ...
6. Do Random Acts of Kindness. ...
7. Read a book a month. ...
8. Go someplace you've never been.

Be Good to Yourself

While it may not completely erase feelings of loneliness, taking special care of yourself can help you to feel better and [enjoy your solitude](#) more. Whether you take a relaxing bath and give yourself spa treatments, curl up with a good book, enjoy a [hobby](#), or learn something new, doing something for yourself is a form of self-care that is especially important during difficult times.

Taking time to do things that will enhance your self-esteem or at least give you a good dose of fun will not only take your focus off of feeling alone but can lift your spirits as well.

You may feel lonely when surrounded by people, but it's harder to feel lonely when you're reaching out to them.³

Whether you're saying hello to neighbors, exchanging friendly words with people at the office, writing holiday cards, or picking up the phone and calling an old friend you haven't spoken to in a while, reaching out to people and strengthening bonds can help you feel more connected and less lonely. This may be a time to message people over social media whose statuses you usually simply "like," and catch up on old friendships.⁴