

February Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30. Pickleball (fee) 1:00 - 3:00	31. Birthday Club 11:30 - 12:30	1. Pickleball (fee) 1:00 - 3:00	2. Coffee Chat 11:30	3. Pickleball (fee) 9:00-11:00
6. Pickleball (fee) 1:00 - 3:00	7. Menorah Park Treat Day 10:30	8. Pickleball (fee) 1:00 - 3:00	9. Coffee Chat 11:30	10. Pickleball (fee) 9:00- 11:00 Orientation 12:00
13. Pickleball (fee) 1:00 - 3:00	14. Menorah Park Treat Day 10:30	15. Landerbrook Treat Day 10:30 Lunch and Bingo 12:00 Pickleball (fee) 1:00 - 3:00	16. Elvis in Hawaii 12:30 - 2:00	17. Pickleball (fee) 9:00-11:00 Member Orientation 12:00 Computer Class 1:00
20. Pickleball (fee) 1:00PM -3:00	21. January Birthday Club 11:30	22. 10:30 Pickleball 1:00 - 3:00	23. Elvis in Hawaii 12:30 - 2:00	24. Pickleball (fee) 9:00- 11:00 Orientation 12:00
27. Medicare Discussion 12:30 Pickleball (fee) 1:00PM-3:00	28. New Session Starts	1. Pickleball (fee) 1:00 - 3:00 New Session Starts	2. New start time!	3. Pickleball (fee) 8:00- 11:00 <i>New start time!</i>

AOA Orientations

AOA Member Orientations will be held February 3 and 17 from 12:00 – 12:30. If you are a current member and need a refresher on using some of the machines or a new member who has never used them before, this is an opportunity to be shown what each machine is for and how to best use it. *Please sign up at the front desk to reserve a spot.*

AOA MONTHLY NEWSLETTER



Hillcrest Family YMCA

5000 Mayfield Road
Lyndhurst, Ohio 44124

Facility Hours:

Monday – Friday : 6am to 9pm

Saturday: 7am to 5pm

Sunday: 8am – 2pm

Active Older Adult Newsletter

February 2023



St. Paddy Day Party & Trip

Get ready to start 2023 off with our very first bus trip of the year, an Irish Celebration at one of Northeast Ohio's favorite places to play, shop, and eat: Hartville MarketPlace.

We will combine the spirit and fun of a St. Paddy's Day celebration with good food, good company and great entertainment in a restaurant where the food is fabulous. AND we can shop! Our trip will include time to shop the Hartville complex before AND after our party! Lunch and the party will be at the Hartville Kitchens. We'll enjoy a plated lunch (your choice of roast beef or their famous chicken, salad, rolls, vegetables, potatoes, and PIE). You will be entertained with song and dance by Michael and Matt and the MacConnmarra Dancers while you dine.

If you enjoyed the Holiday Christmas Party in December, you will want to be sure and start our 2023 Bus trips with the St. Paddy's Day Party and Shopping trip. Make 2023 the year we **CELBRATE EVERYTHING!** It's time to have fun!

March 16 from 8:00 – 5:00. Details & sign up at front desk.

UPCOMING EVENTS

- Feb. 7
Menorah Park Treat Day
10:30
- Feb. 9
Coffee Chat
11:30 – 12:30
- Feb. 10 and Feb. 24
New Member Orientation
12:00
- Feb. 14
Valentine's Day
Devoted Treat Day
10:30
- Feb. 15
Let's Do Lunch!
12:30
- Feb. 17
Computer Help Class
1:00 -3:00
- Feb. 20
President's Day
10:30
- Feb. 21
Mardi Gras
Birthday Club
11:30- 12:30
- Feb. 27
Medicare Discussion
12:30
- Feb. 28
Landerbrook Treat Day
10:30

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:05 Cycle & Strength Sarah		6:15-7:05 Cycle Sarah	8:15 – 9:05 Fitness After Fifty Ester	9:00 – 9:50 SilverSneakers Ener-Chi Susan
9:30 -10:45 The Real You \$ Sarah	8:15 – 9:05 Fitness After Fifty Ester 9:00 – 9:50 Buti Yoga Anita The Real You \$ 9:00-10:15 Sami	9:30 -10:45 The Real You \$ Cynthia	The Real You \$ 9:30- 10:30 Sami 10:00 – 10:50 Line Dance Anita	10:00-10:50 Vinyasa Yoga Susan 11:00 – 11:50 SilverSneakers Circuit Kathryn Orientations 2/10 & 2/24 12:00 – 12:30
10:00 – 10:50 SilverSneakers Classic Kathryn 10:00 -10:45 Cardio Drumming\$ Ester	10:00 – 10:45 Cardio Drumming \$ Ester	10:00-10:50 Vinyasa Yoga Kit	11:00-11:50 Women on Weights \$ Cynthia 11:00 -11:50 Chair Yoga Judi -GX	*** Saturday*** 8:15 – 9:05 Fitness After Fifty Ester 10:00 – 10:50 Zumba Quanetta Trx \$ Sami
11:15- 12:05 SilverSneakers Yoga Stretch Kathryn 12:30 – 2:00	11:00- 11:50 Line Dance Gigi 12:15 – 1:05 Silver Sneakers Yoga Stretch Anita	11:30- 12:20 SilverSneakers Classic Wanetta	12:00 – 12:50 Polynesian & Hawaiian Dance Dahmia <hr/> 1:00-1:50 Belly Dance Dahmia	***Sunday*** 10:00- 10:50 Michelle
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 -9:00 Open/Lap	9:00 –10:00 AquaFit – Shallow Water	6:00 -9:00 Open Lap	9:00 –10:00 Aqua Fit – Shallow Water	6:00 -9:00 Lap Swim/Water Walking
9:00 –10:00 Aqua Fit- Shallow Water	11:00 – 11:45 Lap Lanes Register	9:00 –10:00 Aqua Fit – Shallow Water	10:00 – 11:00 Lap Lane Register	9:00 –9:45 Aqua Fit – Shallow Water
10:00-11:00 Lap Lanes Register	1:30 – 2:30 Aqua Arthritis Rose	10:00-11:00 Lap Lane Register	1:30 – 2:30 Agua Arthritis Rose	9:45 -11:00 Open Lap
11:00-7:00 Open Lap LG break @ 1:30	6:45-7:30 Aqua Fit Theresa	11:00-7:00 Open Lap LG break @ 1:30	6:45 – 7:30 AquaFit Theresa	11:30- 4:30 Open/Lap
	7:30 – 8:15 Aqua Zumba Shelly		7:30 – 8:15 Aqua Zumba Shelly	4:30 – 7:00 Household Swim

AQUATIC CLASSES (WATER)

Information & Announcements

Granola

6 cups oats (not quick cook)

¾ cup chopped walnuts

¾ cup whole almonds

¼ cup brown sugar

1 cup toasted sesame seeds

1 cup sunflower seeds

½ cup canola oil

½ cup honey

Assorted dried fruits to taste (not necessary, but nice to add)

Mix the dry ingredients together in a large bowl. In a separate bowl or measuring cup thoroughly blend the honey and oil. Pour the liquid over the dry ingredients and gently toss to distribute well.

Pour the granola onto two sprayed or lightly oiled jelly roll pans. Bake in a 350 oven for 10 minutes. Stir and bake 10 minutes more.

Remove and cool completely. Store in an airtight container in a cool spot for up to 3 months.

What Can I Eat?

Do you have Type 2 Diabetes? Do you sometimes wonder, "What can I eat?"

Hillcrest Y has a free program from the American Diabetes Association that can help. This is a 10 week pilot program open to anyone with type 2 diabetes. You will get free gifts throughout the program – like groceries!

You can participate in person, or at home on your smart phone or computer. This is a short term opportunity. The American Diabetes Association is only piloting this program during the first months of 2023. Don't miss this free opportunity. Space is limited – sign up quickly.

Hillcrest Y will offer the course on Tuesdays at 6:30, beginning 2/21.

Questions? Call 440.574.0580 and leave a message.

Register at <https://forms.gle/59qoFVBKMuCaH1cF9>

Trainer's Corner with Anita

Protein-Packed Snacks for Active Older Adults

Science tells us that muscle loss, called sarcopenia, is a natural part of the aging process. Fortunately, maintaining an active lifestyle that includes strength training can help preserve and even increase muscle mass in later years, and consuming enough protein is integral to this process. Elizabeth Adler, R.D., a dietitian with Laura Cipullo Whole Nutrition Services in New York City, recommends consuming minimally processed snacks that contain at least 10-15 grams of protein to stave off hunger and keep muscles fueled between meals. In addition, research published in the American Journal of Clinical Nutrition shows that older adults who consume protein throughout the day and not just at mealtimes have stronger, healthier muscles. Here are some easy high protein snacks to up your snacking game.

1) Hard Boiled Eggs – Each egg contains 6-7 grams of high-quality protein, so eat 2-3 to meet the 10 to 15-gram target. Store already boiled and peeled eggs in an air tight container in the fridge for convenience. 2) Tuna in a Pouch – At 17 grams of protein per serving plus Vitamin D and Omega 3 fats, tuna provides superior nutrition. 3) Edamame – This plant-based protein source provides 17 grams per cup. It can be purchased fresh and steamed, or choose the pre-cooked frozen variety and defrost for snacking. 4) Jerky – Jerky provides 10 to 12 grams of protein per ounce. Look for a health-conscious brand (beef/pork/turkey or soy-based) that contains less than 400 milligrams of sodium per serving, and note the serving size. 5) String Cheese and Turkey Sticks - One String cheese contains about 7 grams of protein, plus calcium. Enjoy a stick on its own or wrap in a deli turkey slice for additional flavor and 10 more grams of protein. 6) Roasted Chickpeas – One cup of chickpeas provides 12 grams of protein. Roast them on your own by tossing with a tablespoon of olive oil with a pinch of salt and baking for 20 to 30 minutes, or buy ready-made crunchy chickpeas but be mindful of sodium content. 7) Greek Yogurt – A serving provides 23 grams of protein, plus probiotics for gut health. Look for a brand that says "live and active cultures" on the label, and choose plain or unsweetened varieties; add your own fruit for natural sweetness. 8) Protein Powder – A convenient high protein source when whole food is not practical, one scoop of protein powder can be added to a smoothie, a glass of milk or water for up to 20 grams of protein per serving. Choose whey or casein based protein, and for non-dairy, soy or pea protein.