

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Coffee Club 9:00am-10am Pickleball 11am-2 pm (gym)
6 AOA New Member Orientation 10:00	7 Pickleball 11am-2pm (Gym)	8 International Woman's Day	9 Swap Meet Lakewood YMCA 8am-12pm Gift/REgift	10 Coffee Club 9:00am-10am Pickleball 11am-2 pm (Gym)
13 St. Patrick's Day Potluck 12:15 Community Room AOA New Member Orientation 10:00	14 Pickleball 11am-2pm (Gym)	15	16	17 Coffee Club 9:00am-10am Pickleball 11am-2 pm (Gym)
20 AOA New Member Orientation 10:00	21 Pickleball 11am-2pm (Gym)	22	23	24 Coffee Club 9:00am-10am Pickleball 11am-2 pm (Gym)
27 AOA New Member Orientation 10:00	28 Pickleball 11am-2pm (Gym)	Easter Cookie decoration Class! 12pm – 2pm	30	31 Pickleball 11am-2 pm (Gym)

"We cannot solve problems with the kind of thinking we employed when we came up with them." — Albert Einstein

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: Jane Plank

Active Older Adult Newsletter

March 2023

AOA Coordinator Corner...

Hi! My name is Jane Plank and I am the new Active Older Adults Coordinator. It is such an honor to have the opportunity to serve as the AOA Coordinator for the Lakewood YMCA. I live in Lakewood and love this amazing community. I have a feisty gray and white cat named Cabbage and a Japanese Chin dog named Noodles. I have three beautiful adult daughters. I like to cook, do volunteer work, fish, run and lift weights. I do Yoga and meditate every morning.

This week I have had a great time to talking to you and you have been so welcoming, helpful and full of ideas!!!! I am learning so much about the YMCA and all of you.

I hope we can work together to build an AOA program that focuses on highlighting the collective wisdom, experience and talent of the older adults the YMCA serves. My hope is that our AOA community (including me of course) will enjoy activities that inspire learning, fun, connection, new experiences, and multi-generational activity.

I am here generally from 9:00 am to 2:00 pm. Please feel free to stop in and chat! You may see me in class in the near future!

Can't wait to enjoy the best part of my life with you!



UPCOMING EVENTS

St. Patrick's Day Potluck
Monday, March 13 at 12:15
in the community room. Bring a dish or a donation!



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.

Easter Cookie Decorating Class

March 29- 2pm-4pm



AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Gentle Yoga Donna 8 am (GES)
	Boom Move Suzy 9:15 am (GES)	Tai Chi Chris 9 am (GES)	Yoga Basics Matthew 9 am (CR)	
SS Classic Andrea 10:15am (GES)	SS Circuits Suzy 10 am (GES)		SS Circuits Mo 10am (GES)	
SS Classic Andrea 11:15am (GES)	Stretch & Mobility Cindy 11 am (GES)			Chair Yoga Joy 11am (GES)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Water Exercise 8 – 8:50 am (PL)	Deep Water Exercise 8 – 8:50 am (PL)	Deep Water Exercise 8 – 8:50 am (PL)	Deep Water Exercise 8 – 8:50 am (PL)	Deep Water Exercise 8 – 8:50 am (PL)
Shallow Water Exercise 9 – 9:50am (PL)	Shallow Water Exercise 9 – 9:50am (PL)	Shallow Water Exercise 9 – 9:50am (PL)	Shallow Water Exercise 9 – 9:50am (PL)	Shallow Water Exercise 9 – 9:50am (PL)
Arthritis Class 2-2:50 pm (PL)		Arthritis Class 2-2:50 pm (PL)		Arthritis Class 2-2:50 pm (PL)
	Deep Water Exercise 7 – 7:50 am (PL)	Shallow Water Exercise 7 – 7:50 am (PL)	Deep Water Exercise 7 – 7:50 am (PL)	

AQUATIC CLASSES (WATER)

As soon as you feel too old to do a thing, do it!!!
Margaret Deland

CR: Community Room GES: Group Ex Studio PL: Pool B: Basketball Court all class 50 minutes unless noted

Information & Announcements



seniorplanet.org

DAVID BOWIE

Aging is an extraordinary process where you become the person you always should have been.



It!!!

How does exercise benefit older adults!

Helps Prevent Chronic Disease:

Exercise provides a protective effect against a host of chronic illnesses, including cardiovascular disease, colon cancer, diabetes, obesity, and hypertension. If you already have a chronic condition, physical activity can minimize symptoms. It can even help reduce cognitive decline. NCOA Aug 30, 2021

Congrats to all of you participating at the YMCA, you are busy saving your life!



Irish Soda Bread

My mother's maiden name is Quinn and this is her Soda Bread. Some Irish would say adding butter is a sin, I say it is a joy!

Ingredients

- 1 and 3/4 cups (420ml) **buttermilk***
- 1 large **egg** (optional, see note)
- 4 and 1/4 cups (531g) **all-purpose flour (spooned & leveled)**, plus more for your hands and counter
- 3 Tablespoons (38g) **granulated sugar**
- 1 teaspoon **baking soda**
- 1 teaspoon **salt**
- 5 Tablespoons **butter**, cold and cubed*
- 1 cup (150g) raisins

Use a greased 9"-10" iron skillet or cake pan.

Whisk the buttermilk and egg together. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter into pea-sized crumbs. Add the buttermilk/egg mixture and raisins Gently fold the dough together and pour on a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour. Put in the pan and bake at 400 degrees for 45-55 minutes, Serve warm with Kerry Butter!!!!

