



March 2023



# AOA MONTHLY NEWSLETTER



**French Creek Family YMCA**  
 2010 Recreation Lane, Avon, OH 44011  
 (440) 934-9622  
**Facility Hours:**  
 Monday – Thursday: 5am to 10pm  
 Friday: 5am-9pm  
 Saturday: 7am to 6pm  
 Sunday: 8am – 4pm

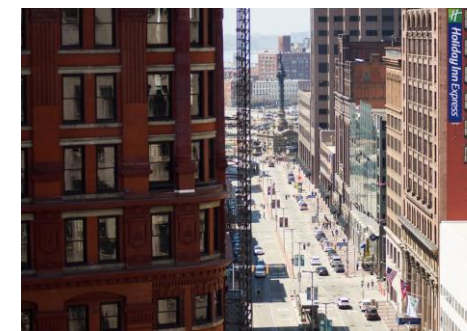
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Pickleball-Gym 7:00-11am	28 Pickleball-gym 10:00am-noon  AOA Orientation 10:30	1 Pickleball-Gym 7:00-11am	2 Pickleball-gym 10:00am-noon AOA Orientation 10:30 Balance & Fall assessments 10:30am <u>by appt</u>	3 Pickleball Gym 7-11am  You never know what worse luck your bad luck has saved you from. – Cormac McCarthy
6 Pickleball-Gym 7:00-11am	7 Pickleball-gym 10:00am-noon AOA Orientation 10:30	8 Pickleball-Gym 7:00-11am  Acrylic Painting 2:30-4pm	9 Pickleball-gym 10:00am-noon AOA Orientation 10:30 Balance & Fall assessments 10:30am <u>by appt</u>	10 Pickleball-gym 7-11am  March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice. – Hal Borland
13 Pickleball-Gym 7:00-11am	14 Pickleball-gym 10:00am-noon  AOA Orientation 10:30	15 Pickleball-gym 7:00am-11am  Acrylic Painting 2:30-4pm	16 Pickleball-gym 10:00am-noon AOA Orientation 10:30 Free Balance & Fall assessments 10:30am <u>by appt</u>	17 Pickleball-gym 7-11am  <b>Happy St. Patrick's Day</b> Never iron a four-leaf clover, because you don't want to press your luck. –Irish Proverb
20 Pickleball-gym 7:00-11am	21 Pickleball-gym 10am-noon  AOA Orientation 10:30	22 Pickleball-gym 7:00am-11am  Acrylic Painting 2:30-4pm	23 Pickleball-gym 10:00am-noon AOA Orientation 10:30 Free Balance & Fall assessments 10:30am <u>by appt</u>	24 Pickleball-gym 7-11am  In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too" –Jean Hersey
27 Pickleball-gym 7:00am-11am	28 Pickleball-gym 10:00-noon AOA Orientation 10:30	29 Pickleball-gym 7:00am-11am	30 Pickleball-gym 10:00am-noon Orientation 10:30 Free Balance & Fall assessments 10:30am <u>by appt</u>	31 Pickleball-gym 7-11am  <b>Hidden Cleveland Bus Trip 8-5:30pm</b> Springtime is the land awakening. The March winds are the morning yawn. –Lewis Grizzard

## Active Older Adult Newsletter

MARCH 2023

### HIDDEN CLEVELAND BUS TRIP

FRIDAY MARCH 31<sup>st</sup>



Our favorite tour guide is back! John will be our tour guide, he is known as "Cleveland historian", a walking encyclopedia of Cleveland or aka: the doughnut man....

This is an ALL-NEW Cleveland trip that is part history and part mystery, seeing little known sites like the Cleveland Fire Boat that put out the famous river fire of 1969! We'll enjoy a surprising 10<sup>th</sup> floor lookout from a downtown government building and travel along Euclid Avenue to see the remaining Mansions from the gilded age of Millionaire's Row. We've included a delicious lunch at a classic 1950's Diner inside a Harley-Davidson Motorcycle Emporium, where the walls are decorated with Euclid Beach and Motorcycle memorabilia. We'll learn the surprising history of East Cleveland and see the French Norman village of Forest Hills. As always we'll include surprises you will enjoy.

NOTE: Diner meal choices are Chicken Sandwich, Steakburger sandwich, or Philly Cheesesteak (Choose at registration)

We will depart at 8am and return about 5:30pm

When: **Friday March 31<sup>st</sup>** (Registration closes on March 24<sup>th</sup>)

Cost: \$129 members & \$144 non-members

(\$25 non-refundable deposit due at registration, final payment due 3/24/2023)

REGISTRATION IS NOW OPEN!



**WEDNESDAY's**  
**3/8, 3/16, 3/23**  
 Acrylic Painting 2:30-4pm

**TUESDAY & THURSDAY**  
**10:30AM** AOA Orientations

**THURSDAYS 9:30-11:00AM**  
 Steady & Stable, Balance and  
 Fall Prevention Assessments

continue  
 MUST Register (See details inside)

**THURSDAY 12:00-3pm**  
 Caps-n-Laps

**M-W-F 7:00-11am**  
**T-TH 10a-noon**  
 Pickle Ball - Gym

**MARCH**  
**TUESDAY 3/14/2023**

When did food stop being food?  
 1pm with Ankur A. Gupta DDS  
 Register at front desk

**FRIDAY 3/31/2023**  
 Hidden Cleveland Bus Trip  
 8am-5:30pm

**COMING IN APRIL...**  
**TUESDAY 4/4/2023**  
 Easter Cookies Decorated by  
 YOU!

Join Brandy's Sweet Retreat at 1pm  
 \$35 for 1 dozen cookies  
 Register at the front desk, payment  
 taken at beginning of class

"If you think you are too small to be effective you have never been in the dark with a mosquito."  
 -Betty Reese

"People often say that motivation doesn't last. Well, neither does bathing- that's why we recommend it daily."  
 -Zig Ziglar

# AOA SUGGESTED Classes

GROUP EXERCISE STUDIO (LAND)

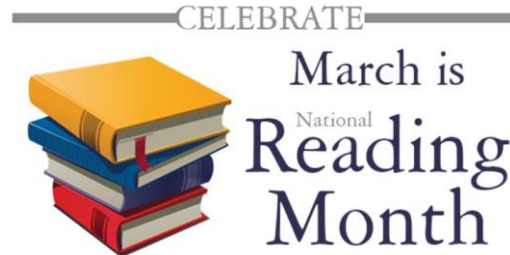
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 <b>Zumba Gold</b> Angie		9:30-10:20am <b>Nia@</b> Amanda
10:30-11:20am <b>Strength &amp; Fitness</b> Doug	10:30-11:20am <b>Fitness After 50</b> Amanda	10:30-11:20am <b>Nia@</b> Amanda	10:30-11:20am <b>Fitness After 50</b> Jan	10:30-11:20pm <b>SilverSneakers@</b> Amanda
11:30-12:20pm <b>SilverSneakers@</b> Jan	11:30-12:20pm <b>Strength &amp; Balance</b> Phyllis 11:30-12:20am <b>Cycle Lite &amp; Strength</b> Sarah cycle room	11:30-12:20pm <b>SilverSneakers@</b> Jessica	11:30-12:20pm <b>Strength &amp; Balance</b> Phyllis	11:30-12:20pm <b>Silver Sneakers Yoga</b> Kip
12:30-1:20pm <b>Chair Yoga</b> Danielle		12:30-1:20pm <b>Silver Sneakers Yoga</b> Danielle	12:30-1:20pm <b>Tai Chi Light Workshop</b> Phyllis MSB Studio	
	1:00-1:50pm <b>Arthritis</b> Stella		1:00-1:50pm <b>Arthritis</b> Stella	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am-RP <b>Aquacise</b> Gail		8:00-8:50am-RP <b>Aquacise</b> Gail	8:30-9:30am CP <b>Aqua Bootcamp</b> Doug	
9:00-9:50am RP <b>Aquacise</b> Gail		9:00-9:50am RP <b>Aquacise</b> Gail	9:30-10:20am CP <b>Aqua Deep</b> Jean	9:30-10:20am RP <b>Zumba</b> Angie
11:00-11:50 RP <b>Aqua Fit</b> Shallow/Gail		10:30-11:20 RP <b>Aqua Fit</b> Shallow/Jessica		11:00-11:50am RP <b>Aqua FIT</b> Shallow/Nancy
	6:30-7:20pm RP <b>Aqua Zumba</b> Angie		6:30-7:20pm RP <b>Aqua Zumba</b> Angie	

AQUATIC CLASSES (WATER)

All members are invited and encouraged to

**RP:** Recreation Pool, **CP:** Competition Pool participate in all YMCA land and water group exercise classes. These classes are suggested because they are considered AOA 'Friendly'. Great place to start!!

# Information & Announcements



Did you know that May is "Get Caught Reading" month? The national initiative of the Association of American Publishers aims to encourage readers of all ages to discover – or rediscover- the joys of reading.

While the importance of promoting reading among children gets the majority of attention, benefits abound for seniors who read, too. In fact, reading is linked with a number of positive outcomes for older adults, including enhanced memory retention, sharper decision-making skills stress reduction, BETTER SLEEP, and even the delayed the onset of Alzheimer's and dementia. Not to mention the fact that its's pleasurable too.

Unfortunately, reading can get harder as we age. In fact one study revealed that ¼ of Americans over the age of 50 experience age-related roadblocks to reading. Luckily there are some simple ways to overcome these obstacles. E-reading devices with backlit screens and adjustable font size are particularly useful for seniors with vision problems, as well as for those suffering from arthritis and other challenges to dexterity. For older adults who may not be comfortable with technology, adaptive methods- such as large print books, reading lights, magnifiers, book holder, and audiobook- can facilitate the reading process.

Older Adults who are already avid readers can benefit from sharing their love for reading with others. From joining a book group to volunteering as a reader at a local preschool, these activities offer invaluable opportunities for older adults to engage with an influence the world around them.

"You can find Magic wherever you look. Sit back and relax all you need is a book."  
- Dr. Seuss



Mount Rainier and Olympic National Parks  
Seattle, Washington; Tacoma and Victoria-British Columbia, Canada



Tour Dates:  
8 Nights-9 Days  
September 7-15, 2023  
\$4,474 Per Person Double Occupancy  
Single room add \$1,349

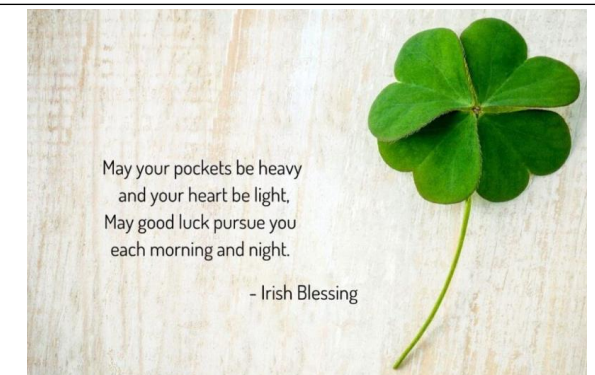
Pricing includes round trip airfare and Travel Insurance

**DO YOU HAVE ANY YARN THAT YOU ARE WILLING TO DONATE??**



The Caps-N-Laps knitting group meets every Thursday from 12-3pm. They take donated yarn and knit wonderful hats, shawls, blankets, scarves, etc. for those who are less fortunate. A handmade item is an extraordinary gift for anyone because it show that someone cares because they took the time to knit it.

If you have any yarn that you would like to donate, please bring it in to French Creek YMCA and give it to anyone at the front desk. We appreciate all support!



May your pockets be heavy  
and your heart be light.  
May good luck pursue you  
each morning and night.

- Irish Blessing