

AOA Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Saturday				
10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneaker 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	10:00-10:50am BOOM® Combo Erin in the Gym
11-11:25AM Core work with Rosie in the studio	10:30-11:20am Aqua Fit w/Dawn		10:30-11:20am Aqua Fit w/Dawn	
	11:00-11:50am Chair Yoga Wendy in the Studio		Thursday, April 13 th , Ice Cream Social , Mitchell's Thursday, April 20 th @ Noon Rosie's Garden Talk in the Studio	11:00-11:50am Tai Chi Easy Elizabeth in the studio
	Tuesday, April 18 th , Beginner Pickle Ball Clinic in the gym, Tuesday, April 25 th Intro Mindful Meditation @ 1PM	Wednesday, April 26 th @ Noon, Book Club in the studio	Thursday, April 27 th Bingo, 12:30 in the studio	11:00-11:30am Meditation Sarah in the Studio
Monday thru Friday 11AM-12:30 Open Pickle Ball in the Gym				

The branch will be closed in honor of the Easter Holiday on Sunday, April 9th.

Looking ahead to May we will be taking a bus trip to enjoy the botanical gardens and the Cleveland Art Museum and have a delicious lunch, please plan to attend!!

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, Sunday: 9am-2pm
(440) 871-6885

AOA Coordinator: Wendy Barrett

Active Older Adult Newsletter

April 2023



Join Rosie Daniels on Thursday, April 20th noon - 1pm in the exercise studio as she presents:

Design Principles for Creating a Spectacular Perennial Garden! Rosie is not only a fabulous Silver sneakers instructor, but she is our local Master Gardner with a wealth of knowledge to share. She will be sharing tips and tricks in creating a balanced and beautiful perennial garden. Please pre-register for this special event at the front desk!!

UPCOMING EVENTS

Thursday, April 13th, **Ice Cream Social** at Mitchell's, 1PM-1:45PM

Tuesday, April 18th, 12:30-1:45PM **Beginner Pickle Ball Clinic** in the gym

Thursday, April 20th **Rosie's Garden Talk**, Noon-1PM in the studio

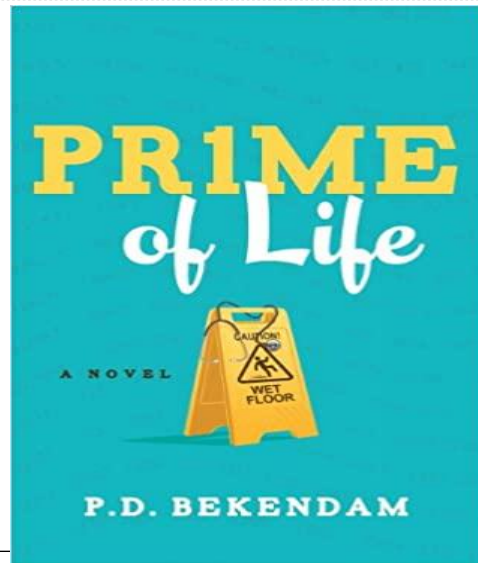
Tuesday, April 25th, 1-2PM **Intro to Mindful Meditation** in the studio

Wednesday, April 26th @ 11AM-Noon, **Book Club** in the studio

Thursday, April 27th 12:30-1:45PM **Bingo** in the studio

PLEASE PRE-REGISTER FOR ALL PROGRAMS!! THANK YOU!!

AOA Events



April Book Club will be held, Wednesday, April 26th @ 11AM-Noon in the exercise studio, come prepared to discuss PRIME of Life by P.D. Bekendam: Please pre-register!

Is a simple life too much to ask for?

Ben thinks the retirement home where he works should be called "Heaven Can Wait a Little Longer While I Golf" instead of Heritage Gardens. But who asked him? He's just the janitor, after all. Of course, his inept boss, the cantankerous residents, and even his attractive podiatrist friend don't know one important thing about him: he was recently a cardiothoracic surgeon, not a broom-pushing custodian.

Ben is in search of a stress-free life with a little freedom from the past thrown in. But will it be that simple to escape who he used to be—and all he used to fear?

ICE CREAM SOCIAL AT MITCHELL'S ICE CREAM IN WESTLAKE

Join us for a "sweet" outing to Mitchell's Ice Cream, right down the road!

When: Thursday, April 13th @ 1PM

Where: Mitchell's Ice Cream, 27155 Detroit Rd., Westlake
Cost: Dependent on what you order

Please pre-register!



Join Liz Boodan, Holistic Health Coach on **Tuesday, April 25th from 1-2PM in the studio for an Introduction on Mindful Meditation** and how it can help you achieve more peace in your daily life! Please pre-register at the front desk, need 5 members to run this program!!



AOA Events



Join us for a fun afternoon of Bingo, laughs and snacks! We had such a great time the last time we did this, that we decided to do it again!

When: Thursday, April 27th from 12:30-1:45PM

What: Bingo, with our brand new Bingo Game** Please bring a snack to share, (appetizer or dessert, drinks will be provided). Also prizes will be awarded to winners!! Minimum of 5 members needed to run event!

Where: The Exercise Studio here at The West Shore Family YMCA

Cost: No Cost, but bring a dish to share, donations of prizes will also be accepted if you so desire. Pre-registration required.

Beginner Pickle Ball Clinic

Join Elizabeth Revy and Wendy Barrett and learn to play pickle ball in this fun, non-competitive environment! No experience required, however, members should be steady on their feet and be able to move around the pickle ball court with ease.

When: Tuesday, April 18th, 12:30-1:45PM

Where: West Shore Gym
Cost: \$20 members, \$40 non members

Limited to 8 individuals, and Pre-registration is required

