

AOA NEWSLETTER

UPCOMING EVENTS FOR ACTIVE OLDER ADULTS
MAY 2023



Bus Trips are Back!!

Look forward to these upcoming trips:

*Put-in-Bay– June 16th

\$159 Members; \$169 Non-Members

*The Vintage Lake Erie Wine Trail to the North
East—July 7th

\$139 Members; \$149 Non-Members

*Mackinac Island, Michigan, 4 Day Tour—
August 7-10

\$1085 + \$90 optional protection plan = \$1175

Add \$100 for Non-Members



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH ROYALTON FAMILY YMCA

11409 State Rd, North Royalton, OH

Clevelandymca.org

DID YOU KNOW?

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. For more information on dates and times, call 440-574-0580 and leave a message or you may email healthyliving@clevelandymca.org.

QUESTIONS, COMMENTS, IDEAS?

CONTACT KRISTIE BALCER

KBALCER@CLEVELANDYMCA.ORG

May Events 2023

Mon	Tue	Wed	Thu	Fri
1 Pickle ball 6:00-10:00am in the gym	2	3	4	5 Pickle ball 6:00-10:00am in the gym <u>Paint Class 1-4</u>
8 Pickle ball 6:00-10:00am in the gym	9	10 Pickle ball 6:00-10:00am in the gym	11	12 Pickle ball 6:00-10:00am in the gym
15 Pickle ball 6:00-10:00am in the gym	16 Lake View Cemetery Guarino's & Botanical Gardens Bus Trip	17 Pickle ball 6:00-10:00am in the gym	18	19 Pickle ball 6:00-10:00am in the gym <u>Paint class 1-4</u>
22 Pickle ball 6:00-10:00am in the gym	23	24 Pickle ball 6:00-10:00am in the gym	25	28 Pickle ball 6:00-10:00am in the gym
29 Pickle ball 6:00-10:00am in the gym	30	31 Pickle ball 6:00-10:00am in the gym		

GROUP EXERCISE AND POOL UPDATES

- Please continue to register for all classes in advance. Spots are limited.

Monday Tuesday Wednesday Thursday Friday

Group Exercise (Land)

	10:00am-10:50am Walk 15 Chris Gym	11:00am-11:50am SilverSneaker Yoga Kristie/Vicki Main Studio	10:00am-10:50am Walk 15 Chris Gym	8:30am-9:20am TRX Circuit Doug 9 spots only Bring a mat
12:00pm—12:50pm Fitness after 50 Chris Gym	10:30am-11:20am Cycle Lite Doug	11:15am-12:00pm TRX Circuit Doug 9 spots only Bring a mat	10:30am-11:20am Cycle Lite Doug	11:00am-11:50am SilverSneaker Classic Vicki Main Studio
12:30pm—1:20pm Tai Chi Chris Spirit Mind Body	11:00am-11:30pm SilverSneaker BOOM Muscle Val Main Studio	12:00pm—12:50 SilverSneaker Classic Vicki Main Studio	11:00am-11:50am Chair Yoga Vicki Spirit Mind Body	12:00pm-12:50pm Fitness after 50 MaryKay Main Studio
	11:40pm-12:25pm Chair Yoga Val Main Studio	12:15pm-1:05pm AOA Fitness & Strength Doug Spirit Mind Body	12:10am-1:00am SilverSneaker Yoga Kristie Main Studio	

Aquatic Classes (Water)

9:00am-9:45am Aqua Fit Shallow Kim	10:00am-10:45am Aqua Fit Deep Kim			9:00am-9:45am Aqua Fit Shallow Kim
10:00am-10:45am Aqua Fit Shallow Kim	11:00am-11:45am Water Walking Gary	10:15am-11:00am Aqua Boot Camp Doug	10:00am-10:45am Aqua Fit Deep Kim	10:00am-10:45am Water Walking Gary 11:00am-11:45am Aqua Fit Shallow
Arthritis Water Fitness 12:00pm-12:45pm	12:00pm-12:45pm Aqua Boot Camp Doug		12:00pm-12:45pm Aqua Boot Camp Doug	12:00pm-12:45pm Arthritis Water Fitness Kim
1:15pm-2:00pm Aqua Dance MaryKay				1:15pm-2:00pm Aqua Dance MaryKay

MAY PAINT CLASSES

***RAINY DAY KITTY, MAY 5TH, 1:00-4:00PM**

\$25 MEMBERS; \$35 NON-MEMBERS

***VAN GOGH BEACH, MAY 19TH, 1:00-4:00PM**

\$30 MEMBERS; \$40 NON-MEMBERS



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.

