

# AOA Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 – 10:50am <b>Fitness After 50</b> Rosie in the Gym	10:00– 10:50am <b>SilverSneaker Classic</b> Rosie in the Gym	10:00 – 10:50am <b>Fitness After 50</b> Rosie in the Gym	10:00–10:50am <b>SilverSneakers Classic</b> Tyler in the Gym	10:00– 10:50am <b>BOOM® Combo</b> Erin in the Gym	10:00– 10:50am <b>Chair Yoga</b> Sarah in the Studio
11-11:25AM <b>Core work</b> 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 <b>Chair Yoga</b> Wendy in the Studio			11:00– 11:50am <b>Tai Chi Easy</b> Elizabeth in the studio	11:00– 11:30am <b>Meditation</b> Sarah in the Studio
		Wednesday, May 31 <sup>st</sup> @ Noon, Book Club in the studio			
Monday thru Friday 11AM-12:30 Open Pickle Ball in the Gym					

“I don’t want to get to the end of my life and find that I lived just the length of it. *I want to have lived the width of it as well.*”

–Diane Ackerman

“Life is an adventure, stay fit for life.” –Unknown

# AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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

MAY 2023

## ETHNIC & HISTORIC TOUR OF CLEVELAND PART 1 FRIDAY JUNE 23<sup>RD</sup> 2023



Cleveland’s International Heritage is tied to the many immigrant groups that came here in search of a better life, while maintaining the rich tradition, legacies and customs of their native lands. Come join your friends as we travel around our world in one very fast-paced day to see many of the different ethnic cultures and learn the history that makes Cleveland a wonderful mosaic of people and places.

We’ll start by seeing where **Moses Cleaveland** actually landed in 1796, paving the way for others to follow. We’ll see where later immigrants settled like Irishtown Bend, plus we’ll stop at **German** and **Lebanese** shops to sample their wares and see a special **Asian** market in our own **Chinatown** that draws shoppers from all over Ohio.

We’ll go by an Ohio City church that was “Station Hope” to help slaves on the Underground Railway escape to the banks of the Cuyahoga, for boats to take them to Canada. And we’ll have our morning stop at the famous Westside Market then enjoy a wonderful catered lunch in the ballroom at Annunciation GREEK Church of Tremont.

We’ll see where John D Rockefeller got his start and where Abraham Lincoln visited twice and the quite memorial to him on Public Square. We’ll stop in Cleveland’s University Circle and the well-know **Little Italy** but also visit the original area of **Big Italy**, and its most famous inhabitant, whose product became a worldwide success and is probably in your kitchen today.

Our special International and Historic Tour of Cleveland will combine culture, food, history and ethnic lunch, to give you a unique view of the rich tapestry of cultures and heritage that make Cleveland, “*The Best Location in the Nation*”.

**\$119** (+\$10 for non-members) **Friday June 23rd, 2023**

**\$25 Non-refundable Deposit at registration—**

**Balance due Friday June 16th 2023**

Book at West Shore YMCA or call **(440) 871-6885**

Questions or changes to your registration call Loni Beverly

803-318-4324 or lbeverly@clevelandymca.org



## NOTABLE DAYS TO RECOGNIZE IN MAY

Monday May 1<sup>st</sup>:

Great Lakes Awareness  
Day

Friday May 5<sup>th</sup> :



Tuesday May 9<sup>th</sup> :

Lost Sock Memorial Day



Wednesday May 10<sup>th</sup> :

Trust Your Intuition Day



Wednesday May 17<sup>th</sup> :

National Pack Rat Day

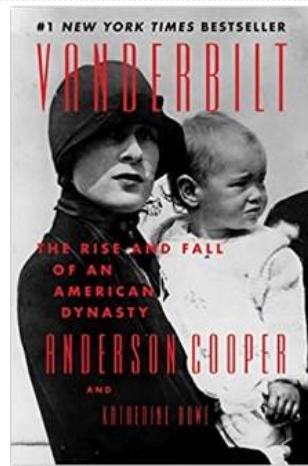


Monday May 29<sup>th</sup> :

Memorial Day



# AOA Events



**April Book Club will be held, Wednesday, May 31<sup>st</sup> @ 11AM-Noon in the exercise studio, come prepared to discuss Vanderbilt: The Rise and Fall of an American Dynasty” by Anderson Cooper & Katherine Howe.**

**Christine Haught will be leading the book club conversation this month. Please pre-register!**

When eleven-year-old Cornelius Vanderbilt began to work on his father’s small boat ferrying supplies in New York Harbor at the beginning of the nineteenth century, no one could have imagined that one day he would, through ruthlessness, cunning, and a pathological desire for money, build two empires—one in shipping and another in railroads—that would make him the richest man in America. His staggering fortune was fought over by his heirs after his death in 1877, sowing familial discord that would never fully heal. Though his son Billy doubled the money left by “the Commodore,” subsequent generations competed to find new and ever more extraordinary ways of spending it. By 2018, when the last Vanderbilt was forced out of The Breakers—the seventy-room summer estate in Newport, Rhode Island, that Cornelius’s grandson and namesake had built—the family would have been unrecognizable to the tycoon who started it all. Now, the Commodore’s great-great-great-grandson Anderson Cooper, joins with historian Katherine Howe to explore the story of his legendary family and their outsized influence. Cooper and Howe breathe life into the ancestors who built the family’s empire, basked in the Commodore’s wealth, hosted lavish galas, and became synonymous with unfettered American capitalism and high society. Moving from the hardscrabble wharves of old Manhattan to the lavish drawing rooms of Gilded Age Fifth Avenue, from the ornate summer palaces of Newport to the courts of Europe, and all the way to modern-day New York, Cooper and Howe wryly recount the triumphs and tragedies of an American dynasty unlike any other.

## YUMMY RECIPE!

### Mini Mason Jar Chicken Potpies: Serves 6

1 tablespoons unsalted butter  
1/2 onion, chopped  
1 carrot, peeled and chopped  
1 stalk celery, chopped  
1 garlic clove  
2 teaspoons chopped fresh thyme  
1 teaspoon chopped fresh rosemary  
Kosher salt and freshly ground black pepper  
2 tablespoons all purpose flour  
1 1/2 cups chicken broth  
2 cups chopped rotisserie chicken  
1 cup frozen peas  
2 tablespoons heavy cream  
2 refrigerated pie crusts  
1 large egg

1. Preheat oven to 400 degrees F. Place six 1/4 pint (1/2 cup) mason jars on a baking sheet.
2. In a saucepot, heat the butter over medium heat. Add the onion, carrot and celery. Cook until tender, 7-9 minutes.
3. Stir in the garlic, thyme and rosemary; season with salt and pepper.
4. Stir the flour into the saucepot and cook, stirring constantly, until the flour smells toasty, about 2 minutes. Add the broth gradually, mixing constantly to make sure there are not lumps.
5. Bring the mixture to a simmer and cook until it thickens and good flavor develops, 10 to 15 minutes.
6. Stir in the chicken, peas, and heavy cream and return to a simmer. Simmer until the stew has developed good flavor, about 4 minutes.
7. On a lightly floured surface, roll out the pie crust until is flat and slightly thinner. Cut the dough into six 3-inch circles and place them of them over the filling in the jars, tucking the edges under so the crust meet the rims of the jars. Crimp the edges with your fingers or a fork.
8. Chill the pies in the refrigerator for 20 minutes OR put the lid on the jar and freeze for another day!
9. In a small bowl, whisk the egg with 1 tbs water. Brush the egg wash over each pie and cut small vents into the top of each pie.
10. Bake until the pies are golden brown, 20 to 25 minutes. Cool for at least 10 minutes before serving.

**Nutritional Facts: 274 calories, 16g fat, 25g Carbs, 8g Protein, 2g sugars.**

# Information & Announcements

## HOUSES OF WORSHIP BUS TRIP JKL TOURS – WEDNESDAY JULY 26<sup>TH</sup>



**Enjoy an inspirational tour** as we explore some of the beautiful and tremendously historic Houses of Worship in the greater Cleveland area. We will be met at each sacred place by a Church member (clergy, staff or volunteer) who will make a presentation on its history, how it has served its community over the years and its current standing today.

Come join us as we learn the fascinating and unique stories behind these remarkable holy places of worship and gain a glimpse into the lives of the people they have served. Bring your camera to photograph the handsome architecture, old-world craftsmanship and priceless statues & windows created long.

We’ll see 2 churches in the morning and then have lunch at the very elegant **PIER W Restaurant**. We’ll complete our day seeing 2 more historic churches. We work with many amazing churches and cathedrals of various faiths in the Tremont, Slavic Village, Ohio City and Fairfax (near Cleveland Clinic) neighborhood and we do our best to offer different denominations and architectural styles.

*Please note - there could be last minute scheduling challenges with the churches, and an alternative worship house may be substituted.*

**\$119** +\$10.00 non-member **\$25.00 deposit due upon registration**  
Final Payment Due/Refund Deadline, Wednesday July 19<sup>th</sup>, 2023  
**Register- 440-871-6885** or on line [www.clevelandmca.org](http://www.clevelandmca.org)  
Questions? Loni Beverly (803) 318-4324 or [lbeverly@clevelandmca.org](mailto:lbeverly@clevelandmca.org)

## 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**



We have all been through a lot this year. And one issue that continues to make headlines? Our mental health. Specifically, the effect of COVID-19 and all that comes with it – vaccinations, quarantining, closed churches, disrupted schedules, lack of social interaction, and more.

Now is a good time to pause and reflect. May is Mental Health Awareness Month, so we want to make sure we recognize a difficult truth: Nearly one in five Americans lives with a mental health condition..... Depression, stress, anxiety, trauma, substance abuse, mood disorders, etc.

Experts stress that now is the time to focus on healing, reaching out, and connecting in safe ways by acknowledging **that it’s okay to not be okay.**

A medical expert can advise your next steps including a conversation with a behavioral health expert.