

Events Calendar

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Coffee Talk 11:30	2.
5. Line Dance Class 11:30-12:30 Last Class	6. Coffee Talk 11:30	7. Movie Day!!!! 80 for Brady 12:00	8. Coffee Talk 11:30	9.
12.	13. Simply Virtual 11:00-1:00 Coffee Talk 11:30	14. AOA Luncheon @ 12:00 Longhorn Steakhouse 20999 Center Ridge Rd.	15. Coffee Talk 11:30	16.
19. Book Club "Verity" by Coleen Hoover @ 1:00 "JUNETEENTH"	20. Coffee Talk 11:30	21. Himalayan Salt Cave Mentor, Ohio	22. Coffee Talk 11:30	23. Bus Trip Historic & Ethnic Cleveland Part 1
26.	27. AOA Birthday Potluck 11:15	28.	29. Coffee Talk 11:30	30.

AOA MONTHLY NEWSLETTER



West Park Family YMCA

15501 Lorain Rd.
Cleveland, Ohio 44111
216-941-5410

Facility Hours:

Monday – Friday: 6:00am to 9pm
Saturday: 7am to 4pm
Sunday: 10:00am-4pm

Active Older Adult Newsletter

June 2023

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:15

Monday June 5th Line Dance Class @ 11:30-12:20 (group exercise room) Last class until August 21st

Wednesday June 7th @ 12:00

Movie Day!! 80 for Brady

Saturday June 10th

The Hooley* Line Dancers perform

Tuesday June 13th Simply

Virtual (help with your electronic needs) @ 11:00-1:00

Wednesday June 14th @ 12:00

AOA Luncheon @ Longhorn Steakhouse 20999 Center Ridge Rd.

Monday June 19th @ 1:00

Book Club "Verity" by Coleen Hoover

Wednesday June 21st Salt Cave Mentor* **MUST REGISTER**

Friday June 23th Bus Trip*

Historic & Ethnic Cleveland Part 1

Tuesday June 27th @ 11:15

AOA Birthday Potluck



Bus Trip - Friday, June 23rd, 2023

HISTORIC & ETHNIC CLEVELAND-PART 1

Part I combines culture, food, and lots of history to give you a view of the rich tapestry of cultures and heritage that make Northeast Ohio "The Best Location in the Nation."

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

\$25 Non-refundable Deposit at registration—Balance due Friday June 16th 2023

WEDNESDAY, JULY 26TH 2023 "HOUSES OF WORSHIP"

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.

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

\$119 +\$10.00 non-member \$25.00 deposit due upon registration Final Payment Due/Refund Deadline, Wednesday July 19th, 2023

AOA Exercise Classes



GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk 20 Laps=1mile Gym 10:15-10:45			Pickle Ball open court 8:00-10:00	
Balance & Stretch Delinda 10:30-11:20	Silversneakers Classic Christine 10:30-11:20	Chair Yoga Ann Gym 10:00-10:50	Silversneakers Classic Teresa Gym 10:30-11:20	Fitness After 50 Mo 10:30 – 11:20
		Tai Chi Yang Style Chris 11:00-11:50		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Aerobics Delinda 6:15pm				

AQUATIC CLASSES (WATER)

DATE

LOCATION

SUMMER CONCERTS

BAND/GENRE

May 18	Emerald Necklace Marina	Sammy DeLeon / Latin Jazz
May 25	E. 55th Marina	The Attraxxion / 80s
June 1	Huntington Beach	Michelle Romary / Country, Pop
June 8	Edgewater Beach	Carlos Jones and the P.L.U.S. Band / Reggae
June 15	Merwin's Wharf	Shoreline Funk All Stars / Funk
June 22	Historic U.S. Coast Guard Station	Front Porch Lights / Rock, Indie
June 29	E. 55th Marina	Country Honk / Country, Rock
July 6	Edgewater Beach	The Cover Ups / 90s, Rock, Current hits
July 13	Merwin's Wharf	Billy Likes Soda / 80s, 90s, Current hits
July 20	Euclid Beach	Jah Messenger / Reggae
July 27	Historic U.S. Coast Guard Station	Cleveland's Breakfast Club / 80s
August 3	Merwin's Wharf	Old Skool / 70s, 80s, 90s
August 10	E. 55th Marina	Overboard / 70s, Yacht Rock
August 17	Euclid Beach	Rayr Image Band / Rock, Classis
August 24	Emerald Necklace Marina	Apostle Jones / R&B, Pop, Funk, & more
August 31	Edgewater Beach	Disco Inferno / 70s, Disco