

October Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Knitting Group 10:30 Pickleball (fee) 1:00 – 3:00	3. Financial Benefits Talk 1:00	4. Writers’ Workshop 1:30 at Library Pickleball (fee) 1:00 – 3:00	5. Canadian Theater trip Oct. 5-6-7	6. Pickleball (fee) 1:00- 3:00
9. Knitting Group 10:30 Pickleball (fee) 1:00 – 3:00	10. Menorah Treat Day 10:30	11. Pickleball (fee) 1:00 – 3:00	12.	13. Member Orientation 12:00 Pickleball (fee) 1:00- 3:00
16. Knitting Group 10:30 Pickleball (fee) 1:00 – 3:00	17. Devoted Treat Day 10:30	18. LunchBunch 12:15 Writers’ Workshop 1:30 at Library Pickleball (fee) 1:00 – 3:00	19. Coffee Chat 11:30	20. Pickleball (fee) 1:00- 3:00
23. Knitting Group 10:30 Pickleball (fee) 1:00 – 3:00	24. Birthday Club 11:30 – 12:30	25. Pickleball (fee) 1:00 – 3:00	26. Cuyahoga Valley Railroad Trip	27. Member Orientation 12:00 Pickleball (fee) 1:00- 3:00
30. Knitting Group 10:30 Pickleball (fee) 1:00 – 3:00	31. Halloween!	1. Writers’ Workshop (fee) 12:30 Pickleball 1:00 – 3:00	2.	3. Pickleball (fee) 1:00- 3:00

AOA Orientations

AOA Member Orientations will be held October 13 and 27 from 12:00 – 12:30. If you are a current member and need a refresher on using some of the machines or a new member who has never used them before, this is an opportunity to be shown what each machine is for and how to best use it. *Please sign up at the front desk to reserve a spot.*

AOA MONTHLY NEWSLETTER



Hillcrest Family YMCA

5000 Mayfield Road
Lyndhurst, Ohio 44124
Facility Hours:
Monday – Friday : 6am to 9pm
Saturday: 7am to 5pm
Sunday: 8am – 2pm

Active Older Adult Newsletter

October 2023



Cleveland Pops Christmas Concert

It’s closer to Christmas than you might think! Now is the time to plan for a wonderful holiday experience. We have reserved main floor seats at the beautiful Palace Theatre at Playhouse Square to hear the Cleveland Pops delight us with favorite holiday classics. We’ll travel in style from Hillcrest Y by deluxe motor coach. Afterwards we’ll enjoy a plated dinner at Windows on the River. On our way home, we’ll circle the twinkling lights of Public Square. Enjoy a wonderful, relaxed start to the holidays. Seating is limited – reserve your tickets soon.
WHEN: Sunday November 26th
A \$25 deposit will hold your reservation. Sign up at the front desk.

UPCOMING EVENTS

- October 2, 9, 16, 23, 30
Knitting Group
10:30
- October 3
Financial Benefits Talk
1:00
- October 4, 18
Writers’ Workshop (at Library)
1:00
- October 5, 6, 7
Canadian Theater Trip
- October 13, 27
New Member Orientation
12:00
- October 14
Boo Fest!
5:00-8:00
- October 17
Devoted Treat Day
10:30
- October 18
Advanced Health Treat Day
10:30
- Lunch Bunch
12:15
- October 19
Coffee Chat
11:30
- October 24
Birthday Club
11:30
- October 26
CVRailroad trip

AOA Exercise Classes

LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15 – 9:05 Fitness After Fifty Ester		8:15 – 9:05 Fitness After Fifty Ester	
10:00 – 10:50 SilverSneakers Classic Kathryn 10:00 -10:45 Cardio Drumming\$ Ester	9:00 – 9:50 Buti Yoga Anita 10:00 – 10:45 Mobility & Flexibility Sarah Cardio Drumming \$ Ester		10:00 – 10:50 Line Dance Anita 10:00-10:50 Mobility& Flexibility Sara Chair Yoga Judi –GX 11:00- 11:30 Balance Sara	11:00 – 11:50 SilverSneakers Circuit Kathryn Orientations 7/14 & 7/28 12:00 – 12:30
11:15- 12:05 SilverSneakers Yoga Stretch Kathryn	11:00- 11:50 Line Dance Gigi 12:15 – 1:05 Silver Sneakers Yoga Stretch Anita	11:00-12:00 Body Hula Hoop \$ Lillith11:30- 12:20 SilverSneakers Classic Wanetta	12:00 – 12:50 Polynesian & Hawaiian Dance 1:00-1:50 Dahmia 1:00 – 1:50 Belly Dance Dahmia	*** Saturday*** 8:15 – 9:05 Fitness After Fifty Ester
	7:00-7:50 Line Dance Gigi			
6:00 – 6:50 Zumba Diane	8:00-8:30 Advanced Line Dance Gigi	7:00-8:00 Hula Hoop \$ Lillith		***Sunday*** Cycle 10:00- 10:50 Michelle

Information & Announcements

Quick and Easy Vegetable Soup

- 2 TBS canola oil
- 1 cup chopped onion
- 6 cups unsalted chicken stock or vegetable stock
- 1 cup carrots, in 1/8” slices
- 1 cup fresh or frozen butterbeans or lima beans
- 1 (28oz) can diced tomatoes, drained
- 1 cup fresh or frozen green beans in ¾” pieces
- 1 cup fresh or frozen corn
- 2 cups shredded cabbage
- 1 cup diced potatoes
- 1 tsp sugar
- 1 ½ tsps salt
- ¼ tsp pepper

Heat the oil in a large sauce pot or stock pot. Add the onions and cook gently until translucent.

Add the stock carrots, and butter or lima beans. Simmer for about 10 minutes.

Add the tomatoes, green beans, corn, cabbage, potatoes, sugar, salt and pepper. Bring to a simmer then reduce heat to low. Cover and cook until the vegetables are tender, about 20 minutes.

Taste and adjust seasonings as desired.

Branson Musical Trip

No need to travel to Missouri to see the music and hear the comedy of the Ozark Jubilee - they will be here to perform a musical tribute to Veterans and the holidays on November 16. Look for further details at the AOA table. Note: the last day to register is October 16.

Trainer’s Corner with Anita

7 Habits That May Be the Fountain of Youth

It’s impossible to stop the clock when it comes to aging, but feeling your age is not a given. A study published in the Journal of Gerontology: Psychological Sciences revealed that, on average, people over 70 feel 13 years younger than their actual age. Especially healthy and active participants had an even wider gap between their subjective and real age. Besides health status, there are other behaviors that strongly correlate with maintaining a vibrant quality of life well into the twilight years. 1) Spend time with older and younger folks – people at least a decade older model new health behaviors, attitudes and wisdom, while young children and teens remind us what it’s like to view the world with wonder 2) Embrace change – trying new activities and changing up routines forges new pathways in the brain, promoting brain health and rejuvenation 3) Don’t think of yourself as old – mindset matters! 4) Keep moving - experts agree that physical activity is key, so walk, dance, swim, run or bike your way to youthful vitality 5) Laugh often – the health benefits linked to laughter are lower stress and stronger immunity 6) Fill your calendar – engage in social activities to keep the mind active and engaged 7) Do something just for fun – free your inner child!

Life Guards and Swim Instructors Wanted

If you are interested in being a life guard or teaching a swim class, please let one of our team know. We can help you get certified. You could teach or guard as little as one or two hours per week - or more if you like.