

Events Calendar

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1.
4.	5. Coffee Talk 11:30	6.	7. Coffee Talk 11:30	8.
11. SURPRISE POT LUCK @ 11:30 See Theresa	12. CoffeeTalk 11:30	13. Dueling Pianos Bus Trip @ 10:45 Departure	14. Coffee Talk 11:30	15.
18. Book Club 1:00 "Ordinary Grace"	19. Coffee Talk 11:30	20. AOA Luncheon @ 12:00 Red Robin 3190 W.210 Fairview Park	21. Coffee Talk 11:30	22.
25. 	26. AOA Birthday Potluck 11:15	27.	28. Coffee Talk 11:30	29. 

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

December 2023

UPCOMING EVENTS

Coffee Talk every Tuesday &
Thursday @ 11:30
EVERYONE is WELCOME!!

Saturday December 9th
Breakfast with Santa@ West
Park Station @ 9am-11am

Monday December 11th
SURPRISE POTLUCK @ 11:30
See Theresa

Wednesday December 13th
Dueling Pianos Bus Trip @
10:45

Monday December 18th
Book Club 1:00 " Ordinary
Grace" by William Kent Krueger

Wednesday December 20th @
12:00 AOA Luncheon@ Red
Robin 3190 W.210 Fairview
Pk. White Elephant Gift
Exchange??

Tuesday December 26th @
11:15 AOA Birthday Potluck
White Elephant Gift
Exchange??



For All Your Support this past year!!



Holiday Schedule

Christmas Eve-Closed

Christmas- Closed- Merry Christmas

New Year's Eve- 10am-2pm

New Years Day- 8am-2pm



Join us December 9th. For Breakfast with Santa at West Park Station
9am-11am. All proceeds go to the annual campaign.

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickle Ball Open Play 9:00-11:30			Pickle Ball open court 8:00-10:00	
Balance & Stretch Teresa 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				



12 engaging Holiday activities

1. Wrapping gifts and filling stockings.

For those who enjoy the art of gift wrapping, festive papers and bows make recipients even more excited to open the presents you give. Or you can always stuff stockings with candy canes, trinkets, and special tokens of your love.

2. Decorating wreaths, Christmas trees, and mantels.

Hanging sentimental ornaments, stringing holiday lights, and decorating to your taste is half the fun of the holiday season.

3. Knitting or crocheting cozy winter clothing.

There's something peaceful about working with your hands to create a handmade scarf or winter cap for friends and family.

4. Singing and dancing along to holiday tunes.

The nostalgic sounds of holiday songs with some caroling thrown in? There's no better way to evoke memories of holidays past.

5. Popping in a classic holiday movie.

You can't go wrong with "It's a Wonderful Life" or "Miracle on 34th Street." If you're more into the laughs, "Christmas Vacation" and "Home Alone" never fail to bring about a belly laugh or two.

6. Writing cards for loved ones.

Wish season's greetings to those closest to you with a special, handwritten card. You can even create the card yourself for an added personal touch.

7. Baking holiday treats.

Cookies, pies, cakes, casseroles, hot chocolate – baking and preparing any of these treats is a wonderful way to carry on tradition or put a new twist on a classic.



8. Sharing memories around the fireplace.

Sometimes, all it takes is a friendly fireside chat to feel the warmth of the season. Get to know a neighbor and share your favorite pastimes with them.

9. Hosting holiday-themed game nights.

For seniors who love friendly competition, organize a game night with neighbors. Try holiday bingo, cards, or a guess-the-number-of-holiday-candies game.

10. Organizing a "Secret Santa" gift exchange.

Gift-giving is all about the thought. For seniors who may not have loved ones close by, try organizing a small gift exchange with neighbors to brighten this time of the year.

11. Building gingerbread houses.

There's no right or wrong way to build a gingerbread house. And there are no rules when it comes to too much candy or icing. It's always fun to see what residents come up with.

12. Writing in a gratitude journal.

As residents reflect on the past year and think ahead to the new year, writing down all the things they're grateful for keeps positivity top of mind.

