

New Year's Eve/Day Word Search

J A N C O U N T D O W N U A R  
Y O N E J M A R K S T H E R E  
N D O F A T H E R T I M E E T  
T H G I N D I M F A P E T T W  
N R I A U L D L A N G S Y N E  
E O E D A R O F R E R A T I L  
W M V S R E E H C I D E R W V  
Y M I B Y B R E F I A N A C E  
E E T A N M L D L S U M P M O  
A A S R R E S O L U T I O N C  
R Y E O B C H F T H E P A S L  
S S F R I E M I T N A M D L O  
E N A Y A D S R A E Y W E N C  
V T H I R T Y F I R S T G Y K  
E R A E Y W E N Y B A B E A R

- AULD LANG SYNE

BABY NEW YEAR

CELEBRATE

CHEERS

COUNTDOWN

DECEMBER

FATHER TIME

FESTIVE

FIRST

HOLIDAY
- JANUARY

MIDNIGHT

NEW YEAR'S DAY

NEW YEAR'S EVE

OLD MAN TIME

PARTY

RESOLUTION

THIRTY-FIRST

TWELVE O'CLOCK

WINTER

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

January 2024

UPCOMING EVENTS

- January 2

Treat Day

Sponsored by Menorah Park

10:30- 12:30
- January 9

Treat Day

Sponsored by Devoted Health Care
- January 16

The Real You Begins!

12:30
- January 17

Let’s do Lunch!

Sponsored by the Alzheimer’s Associations

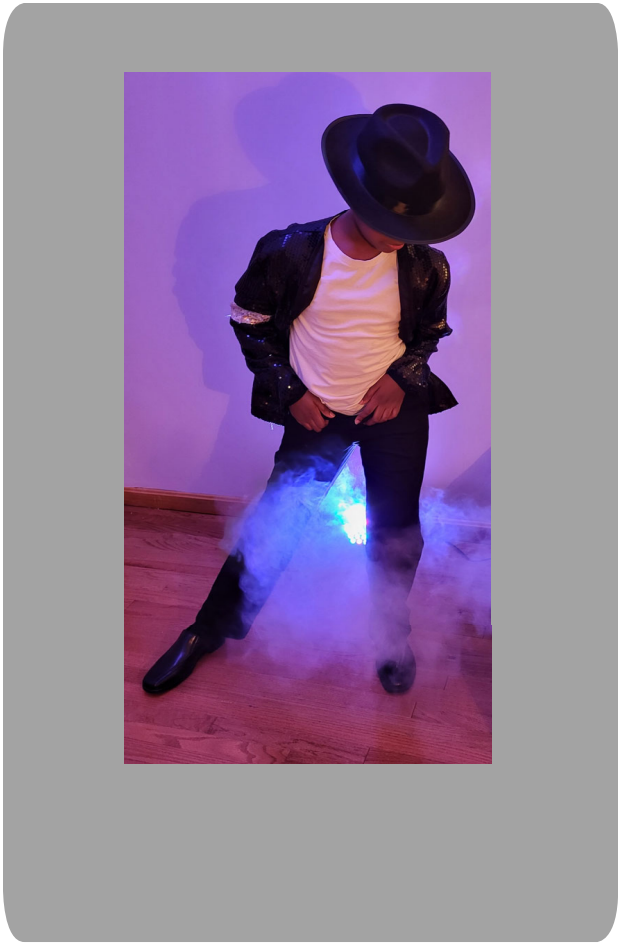
11:15
- January 23

Treat Day

Sponsored by Advanced Health Care
- January 29

Birthday Club

11:30 – 12:30



Michael Jackson Tribute

Join the talented Carson Crosby in a tribute performance of Michael Jackson’s music. Enjoy the music, costume changes, lights, and special effects all designed to enhance this special musical experience. You won’t want to miss this stella performance! Bring your friends and enjoy this very special afternoon January 15 at 12:30.

# AOA Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15 – 9:05 Fitness After Fifty Ester		8:15 – 9:05 Fitness After Fifty Ester	
10:00 – 10:45 Cardio Drumming \$ Ester	10:00 – 10:45 Cardio Drumming \$ Ester		10:00- 10:50 Mobility & Flexibility Sarah	
10:10 – 11:00 SilverSneakers Classic Kathryn	10:00- 10:45 Mobility & Flexibility Sarah		10:00 – 10:50 Line Dance Anita	
	11:00 – 11:50 Line Dance Gigi	11:00- 12:00 Hula Hoop \$ Lilith	11:00 – 11:50 Chair Yoga Judi	11:00 – 11:50 SilverSneakers Circuit Kathryn
		11:30-12:20 SilverSneakers Classic Wanetta	11:00-11:30 Balance Class Sarah	
	12:15-1:05 SilverSneakers Yoga Anita		12:00 – 12:50 Polynesian & Hawaiin Dance Dahmia	
			1:00-1:50 Belly Dance Dahmia	*** Saturday*** 8:15 – 9:05 Fitness After Fifty
	7:00-7:50 Line Dance Gigi 8:00-8:30 Advanced Line Dance Gigi	7:00-7:50 Hula Hoop Flow \$ Lilith		

# Information & Announcements

## Ginger Carrot Soup

Here’s a nutrient rich, hearty , and delicious soup that is easy to make – and it’s delicious!

- 2 TBS olive oil
- 2 large onions, chopped
- 6-7 cups chicken broth (or vegetable broth)
- 2 pounds of carrots, peeled and sliced
- 2- 3 TBS fresh grated ginger
- 1 cup evaporated skim milk or heavy cream
- salt and pepper to taste

Heat the olive oil in a saucepan. When hot, add the onions and cook until translucent and tender. Add the ginger and cook about 30 seconds, then add the broth and carrots. Bring the mix to a boil, then reduce the heat, cover, and simmer until the carrots are very tender.

Use an immersion blender to puree the mix, or cool about 5 minutes then transfer to a blender. Only fill halfway. Cover the blender but don’t seal it as the hot liquid and steam will expand. Place a folded towel over the blender top to catch any steam or spray and blend until smooth. Return the pureed soup to the pan. Do this in batches if necessary – remember not to fill the container past the halfway mark.

Add the evaporated skim milk to the soup, season to taste with salt and pepper and warm through. Evaporated skim milk is a good substitute for heavy cream. Lower in fat and calories, it also reheats well without separating.

This is a thick, pureed soup. If you desire a thinner soup, add a little more broth to reach the desired consistency.

## The Real You

Are those extra pounds hiding the real you? This program, exclusive at the YMCA, offers healthy eating guidance, daily online monitoring of food and activity, 2 workouts per week, homework activity, and great accountability. Get the support you need from your coach and classmates to reach your goal and keep the weight off.

The class will run January 16- February 22 from 11:00 – 12:15. Get more information at the front desk.

## Trainer’s Corner with Anita

*Tweaking Your Mindset to Eat Healthier in the New Year*

After a season of indulging in holiday traditions that include plenty of comfort food and drink, and too often an expanding waistline, the beginning of a new year is an opportune time to re-commit to a healthy lifestyle. Rather than going on a “diet,” where restricting food intake often backfires by leaving us feeling deprived and hungry, what if we resolve to eat more “good-for-you” foods? According to New York based nutrition consultant Keri Gans, R.D.N., “If you spend more of your time focusing on eating healthy foods, then by default, you will spend less time eating unhealthy foods.” In addition, positive nutrition messages tend to be more motivating, according to food experts. Although incorporating more healthy food into your diet will require a little advance planning to ensure those foods are on hand, it will set you up for success. Following are the top six foods or nutrients that nutrition experts recommend eating in abundance. 1) Fruit – rich in vitamins, antioxidants, and fiber and readily available fresh or frozen 2) Vegetables – Also nutrient-rich, strive for 2-4 cups a day 3) Nuts – Rich in healthy fats, vitamins, minerals, fiber, phytochemicals. Choose salt-free, and limit portions to a handful, or about 1 ounce. 4) Fiber – In addition to fruits and vegetables, add high fiber carbs like quinoa, barley, whole wheat pasta, oatmeal, beans and lentils. 5) Omega-3 Fatty Acids – Include fatty fish such as salmon, tuna or mackerel, or plant-based omegas from walnuts, leafy greens, soybeans and flax oil. 6) Probiotics – Choose from yogurt with live cultures, kefir, sauerkraut and fermented vegetables like kimchi.