



MARCH 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 "March bustles in on windy feet and sweeps my doorstep and my street." -Susan Reiner 
4 	5 <b>PICKLEBALL CLINICS BEGIN</b>	6 	7 <b>PICKLEBALL 101</b> 	8 "March is a tomboy with tousled hair, a mischievous smile, mud on her shoes, and a laugh in her voice"-Hal Borland
11 	12 	13 	14	15 "March brings breezes loud and shrill, stirs the dancing daffodil." -Sara Coleridge
18 NATIONAL SUPREME SACRIFICE DAY 	19 <b>RHYTHM OF THE DANCE BUS TRIP</b> 	20	21 	22 "When spring came, even the false spring, there were no problems except where to be the happiest." -Ernest Hemingway
25 	26 <b>BOWLING EVENT</b> <b>MARCH MAPLE MAGIC BUS TRIP</b>	27	28 	29 "Springtime is the land awakening. The March winds are the morning yawn!" -Lewis Grizzard

"May you have all the happiness and luck that life can hold – and at the end of your rainbows may you find a pot of gold." -Old Irish Blessing

"Our life is March weather, savage and serene in one hour."  
-Ralph Waldo Emerson

# AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## French Creek Family YMCA

2010 Recreation Lane. Avon, OH 44011

(440) 934-9622

### Facility Hours:

Monday – Thursday: 5am to 10pm

Friday: 5am-9pm

Saturday: 7am to 6pm

Sunday: 8am – 4pm

OUR MISSION IS TO PUT CHRISTAIN PRINCIPLES INTO  
PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY  
SPIRIT, MIND & BODY FOR ALL.

## Active Older Adult Newsletter

## MARCH 2024



**FRENCH CREEK BOWLING EVENT**  
Tuesday, March 26th

- 1:00-3:00 pm @ Nautical Lanes in Avon Lake
- \$18.00 per person
- Games, shoes, music and lunch included
- Open to all levels of play
- Register online at [clevelandymca.org](https://clevelandymca.org) by 440-934-9622

**HAWAIIAN THEME!**  
PRIZES AWARDED TO BEST DRESSED and BEST OVERALL TEAM SCORE!  
COME OUT FOR AN AFTERNOON OF FESTIVE FUN!

Diane Hallagan - [dhallagan@clevelandymca.org](mailto:dhallagan@clevelandymca.org)

May the road rise to meet you.  
May the wind  
be always at your back.  
May the sun shine  
warm upon your face.  
And rains fall soft upon your fields.  
And until we meet again,  
May God hold you  
in the palm of His hand.

**An Irish Prayer**  
May God give you...  
For every storm, a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends,  
A faithful friend to share,  
For every sigh, a sweet song,  
And an answer for each prayer.

**TUESDAY & THURSDAY 10:30AM**  
AOA Meet & Greet

**THURSDAYS 8:30AM**  
Beginner Clinic March 7<sup>th</sup>-28<sup>th</sup>

**TUESDAYS @ 8:00AM**  
Intermediate Pickleball Clinic  
March 5<sup>th</sup> - 26<sup>th</sup> Cost: \$30

**TUESDAYS @ 9:00AM**  
Advance Intermediate Pickleball  
Clinic: March 5<sup>th</sup>-26<sup>th</sup> Cost: \$30

**SATURDAY MARCH 2ND**  
Restorative Yoga & Sound Bath  
4pm – 5:30PM Cost: \$20  
Register at the front desk

**TUESDAY MARCH 12<sup>TH</sup>**  
Backyard Birding 1-2pm  
FREE! Register at the front desk

**TUESDAY MARCH 19<sup>TH</sup>**  
Rhythm of the Dance (OST)  
Cost: \$138 Members

**THURSDAY MARCH 21<sup>ST</sup>**  
Reset Restorative Yoga with Kip  
6-7:30pm  
Cost: \$10 Members  
Register at the front desk

**TUESDAY MARCH 26<sup>TH</sup>**  
Maple Madness Magic Bus Trip  
Cost: \$84 Members  
(Bus Departs from West Shore Y)

**TUESDAY MARCH 26<sup>TH</sup>**  
Bowling Event 1-3pm  
Cost: \$18 Members  
(Nautica Lanes)

**APRIL:**  
Tuesday April 2<sup>nd</sup>  
Houses of Worship Bus Trip  
Cost: \$119 Members  
Register at the front desk

## Houses of Worship Bus Trip Tuesday April 2<sup>nd</sup>, 2024

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. We'll see 2 churches in the morning, St Casimir & East Mt Zion Baptist and then have lunch at the very elegant PIER W Restaurant. We'll complete our day seeing & touring St. Emeric & St. Theodosius churches. These are 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. All new churches in 2024!!!!

Cost: \$119 Members or \$134 Non-Members

Please register at the front desk or contact Loni Beverly 803-318-4324

# AOA SUGGESTED Classes

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Angie		9:30-10:20am Nia@ Amanda
10:30-11:20am Gentle Yoga (SMB) Danielle		10:30-11:20am Gentle Yoga (SMB) Jan	10:30-11:20am Yin Yoga (SMB) Sandra	10:30-11:20am Gentle Yoga (SMB) Danielle
10:30-11:20pm SilverSneakers@ Jan	10:30-11:20am Fitness After 50 Amanda	10:30-11:20am Nia@ Amanda	10:30-11:20am Fitness After 50 Jan	10:30-11:20pm SilverSneakers@ Amanda
11:30-12:20pm Stretch, Stability, Strength (SMB) Danielle	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm SilverSneakers@ Jessica	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm Chair Yoga Kip
11:30-12:20pm Senior Strength Fitness Jan/Amanda		12:30-1:20pm SilverSneakers Yoga Danielle		
12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella		1:00-1:50pm Arthritis Stella	

SMB: Spirit Mind Body Room

AQUATIC CLASSES

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am-RP Aquacise Gail		8:00-8:50am-RP Aquacise Gail	8:30-9:30am CP Aqua Bootcamp Gail	
9:00-9:50am RP Aquacise Gail	9:30-10:30am RP Aqua Zumba Angie	9:00-9:50am RP Aquacise Gail	9:30-10:20am CP Aqua Deep Jean	9:30-10:20am RP Zumba Angie
11:00-11:50 RP Aqua Fit Shallow Nancy		10:30-11:20 RP Aqua Fit Shallow Jessica	10:00-11:00am RP Water Volleyball Please register	11:00-11:50am RP Aqua FIT Shallow Nancy
	6:30-7:20pm RP Aqua Zumba Angie		6:30-7:20pm RP Aqua Zumba Angie	

RP: Recreation Pool CP: Competition Pool

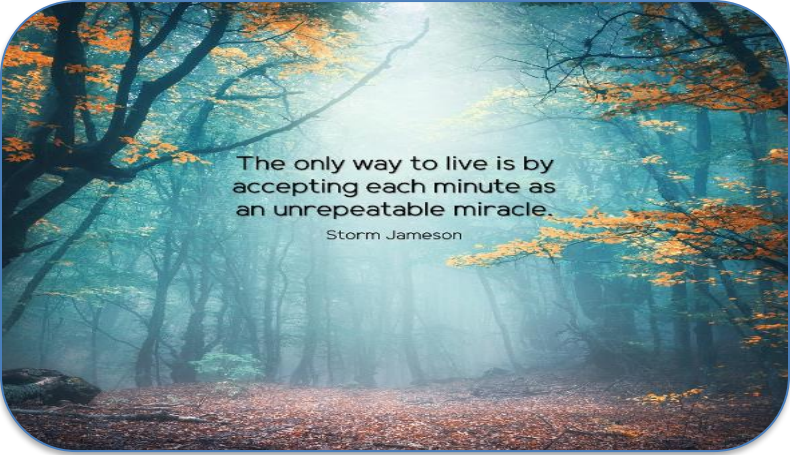
GYM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5:00am-11:00am Pickleball: 3 Courts	5:00am-8:00am Pickleball: 1 Court	5:00am-11:00am Pickleball: 3 Courts	5:00am-8:30am Pickleball: 1 Court	5:00-11:00am Pickleball: 3 Courts
	8:00am-10:00am Pickleball Clinics		8:30am-12:00pm Pickleball: 3 Courts	
	10:00am-12:00pm Pickleball: 3 Courts			

All members are invited and encouraged to participate in ALL YMCA land and water group exercise classes. The classes listed are suggested because they are considered AOA 'Friendly'. Great place to start!!

# Information & Announcements

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." -- Melody Beattie



**Backyard Birding**

**Tuesday, March 12th**  
**French Creek Family YMCA**  
**1:00 – 2:00 pm**  
**Presented by a Lorain County Metro Parks Naturalist**

Birds can bring delight and awe to those who take the time to observe them. This presentation on backyard birds (Multimedia Presentation) will introduce common species that visit our county throughout the year. Plus, you will learn tips on how to create a bird-feeding station of your own!

**Registration is required**

Questions?  
Contact - Mary Jo Millard - mmillard@clevelandymca.org  
440-934-9622 X 2335  
FRENCH CREEK FAMILY YMCA • 2010 Recreation Lane  
440-934-9622 • clevelandymca.org

## AOA Bus Trips: April & May

All trips depart at the French Creek Family YMCA unless otherwise noted

April 2<sup>nd</sup> – Houses of Worship

Cost: \$119 Members Departs at 8:15am

April 30<sup>th</sup> – Branson Country Music Show

Cost: \$119 Members Departs at 9:15am

(bus pickup at West Shore Y)

May 6<sup>th</sup> – High Tea in Pacific Junction

Cost: \$89 Departs at 9:30am

May 8<sup>th</sup> -Historical & Ethnic Cleveland PART 3

Cost: \$119 Departs at 8:15am

(bus pickup at West Shore Y)

\*Flyers available in the lobby! Please register at the front desk or call Loni Beverly 803-318-4324

YMCA for Greater Cleveland presents...

**Iceland**  
Land of Fire and Ice

Tour Dates: October 23<sup>rd</sup> – 29<sup>th</sup>, 2024  
Special Northern Lights Departure

**Mt. Rushmore and The Badlands**  
June 23<sup>rd</sup> - 28<sup>th</sup>, 2024

Some Highlights:  
Mount Rushmore National Monument  
Custer State Park  
High Plains Western Heritage Center  
Badlands National Park  
Needles Highway Jeep Tour  
Deadwood History Tour  
Crazy Horse Memorial  
1880 Train & Museum  
Devil's Tower  
Wall Drug  
Nine Meals

Lodging:  
Home 2 Suites (five-night stay)

\$3,135 Per Person Double Occupancy  
Round trip Air to Rapid City  
Travel Protection Plan  
5 nights stay at Hotel 2 Suites  
entire apartment the Black Hills of South Dakota  
This hotel features living area, sofa bed, a fully-equipped kitchen with fridge, microwave, dishwasher, coffee maker, toaster, rice cooker.  
5 Breakfasts, 1 Lunch, 3 Dinners  
Also includes:  
Deluxe Motorcoach Transportation  
Gratuities for bus driver & South Dakota Tour Guide  
Kitty Money  
440-934-9622 x3375  
mmiller@clevelandymca.org  
CFL  
Loni Beverly  
803-318-4324  
beverly@clevelandymca.org

I always wonder why birds choose to stay in the same place when they can fly anywhere on earth

then I ask myself the same question

– Harun Yahya

"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open."

– Jawaharlal Nehru

Do NOT resist chances....  
Take them like vitamins.