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**It’s Prom time – and why should the kids get all the fun?**

**Come to the AOA Senior Prom here at Hillcrest Y on April 21 from 2:30 – 6:30. Dress is business casual – be ready for prom photos! There will be music from the 40’s to the present. Special performances will entertain you. Well crown a King and Queen. Food will be from Vincinatos Restaurant. It should be a wonderful day.**

**Please register by April 14.The price is $100. There is financial aid available – ask at the front desk. Contact Brenda at bsims@cleveland ymca.org with questions.**

AOA Senior Prom!

April 21, 2024

**April 1**

April Fool’s Day!

**April 2**

10:00-10:30

Menorah Treat Day

**April 9**

10:30-12:30

**Devoted Health Care Treat Day**

**April 17**

12:15

***Let’s Do Lunch!***

Sign up at the front desk

**April 18**

Stomp! Bus Trip

**April 21**

AOA Prom

**April 22**

**12:30**

**Effective Communications *Continuing Alzheimer’s Talks***



April 2024

Hillcrest Family YMCA

5000 Mayfield Road

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

AOA Exercise Classes

Strawberry and Spinach Salad

**Dressing**

**4 – 6 strawberries**

**¼ cup red wine vinegar**

**¼ cup honey**

**Salt and pepper**

**¼ cup olive oil**

**Salad**

**10 oz cups baby spinach (about 4- 5 cups)**

**1 cup sliced strawberries**

**1/2 cup toasted or sugared almonds**

**Salt and pepper**

**Sugared Nuts**

**½ cup slivered almonds**

**2 TBS sugar**

**Place the nuts in a small sauté pan and sprinkle with the sugar. Heat over medium, stirring frequently, until the sugar has melted and the nuts are a golden brown. Remove from the heat and cool completely.**

**Puree the strawberries in a blender or food processor to a fine pulp. Add the vinegar, honey, and salt and pepper. Mix to blend. Add the olive oil and blend well.**

**Mix the spinach and sliced strawberries. Season with salt and pepper, then toss with the strawberry dressing. Use only as much dressing as needed to lightly coat the salad. Sprinkle with the candied almonds.**

**This spring salad would be a perfect accompaniment to your Easter or Passover dinner.**

**Alzheimer’s Talks Continue**

**The Alzheimer’s Association talk on April 22 will cover Effective Communications.**

**June Bus Trip**

**On June 6 we’ll travel to the Dutch Valley Gift Stores and Marketplace for shopping and lunch. Afterwards we’ll enjoy a matinee performance of “Ruth” from the Sight and Sound Theater. On the way home we’ll visit the Silver Moon Winery.**

**Sign up now!**

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GROUP EXERCISE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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**  10:10- 11:00  **SilverSneakers Classic**  Kathryn | 10:00 – 10:45  **Mobility & Flexibility**  Sarah  **Cardio Drumming $**  Ester | 10:00-10:50  **SilverSneakers Classic**  Wanettta | 10:00 – 10:50  **Mobility & Flexibility**  Sarah  **Line Dance**  Anita |  |
| 11:15- 12:05  **SilverSneakers Yoga**  Kathryn | 11:00- 11:50  **Line Dance**  Gigi | 11:00- 12:00  **Hula Hoop $**  Lilith  11:30-12:20  **SilverSneakers Classic**  Wanettta | 11:00 – 11:50  **Chair Yoga**  Judi  11:00 – 11:30  **Balance Class**  Sarah | 11:00 – 11:50  **SilverSneakers Circuit**  Kathryn |
|  | 12:15-1:05  **SilverSneakers Yoga**  Anita |  | 12:00 – 12:50  **Polynesian & Hawaiian Dance**  Dahmia |  |
|  |  |  | 1:00-1:50  **Belly Dance**  Dahmia |  |
|  | 7:00- 7:50  **Line Dance**  Gigi | 7:00- 7:50  **Hula Hoop Flow $**  Lilith |  | \*\*\* **Saturday\*\*\***  8:15 – 9:05  **Fitness After Fifty**  Ester |
|  | 8:00- 8:30  **Advanced Line Dance**  Gigi |  |  |  |
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**Trainer’s Corner with Anita**

***Benefits of Group Walking* The many health benefits of walking are well-documented and include a reduced risk of heart disease, breast and colon cancer, type II diabetes and osteoporosis; improved blood pressure and blood sugar levels; improved blood lipid profile; enhanced mental well-being; body weight maintenance and reduced risk of obesity. A new study has revealed that people who walk in groups tend to have a more positive attitude toward physical activity, a shared experience of wellness, and they feel less lonely and isolated.  Group walkers also experience greater overall fitness and are less prone to depression. The research evidence also indicates that people enjoy walking in groups and are more likely to adhere to this form of planned exercise over other activities, and that taking regular walks can be a catalyst for adopting additional healthy behaviors.**

**Grab a friend and take a walk in the beautiful spring weather.**

**Knotty Knitters**

**Do you love knitting or have you always wanted to learn how to knit? Join the Knotty Knitters every Monday at 10:30. Bring a project you may have started or learn to knit from the experienced knitters in the group.**

**Womens’ Wellness Weekend Special**

**There is still some room at the Wellness Weekend at Camp Fitch. Sign up for the Womens’ Wellness weekend by April 15 and receive a $25 discount by using the code: Myfriends.**

**Spaces are filling fast.**

Information & Announcements