



APRIL 2024



# AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

French Creek Family YMCA

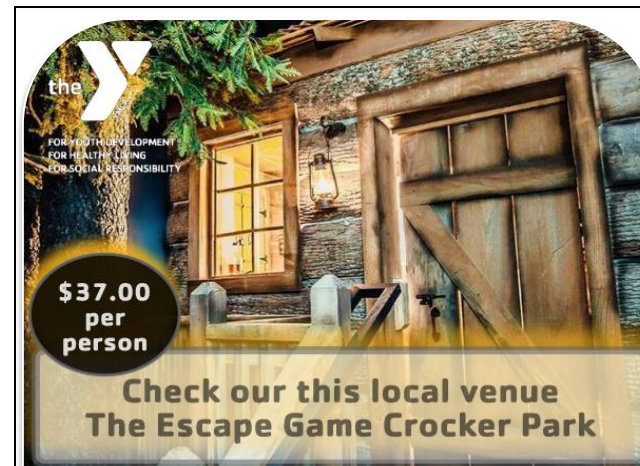
2010 Recreation Lane, Avon, OH 44011  
(440) 934-9622

Facility Hours:  
Monday – Thursday: 5am to 10pm  
Friday: 5am-9pm  
Saturday: 7am to 6pm  
Sunday: 8am – 4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 <b>HISTORICAL HOUSES BUS TRIP</b>	3 	4 <b>PICKLEBALL 101</b>	5 "Spring is when you feel like whistling, even with a shoe full of slush." -Doug Larson
8 	9 <b>PICKLEBALL CLINICS BEGIN</b>	10 <b>HEALTHY LIVING FOR THE BRAIN AND BODY</b>	11 	12 <b>CLEVELAND ORCHESTRA BUS TRIP</b> "Despite the forecast live like it's spring" -Lilly Pulitzer
15 	16	17 	18 	19 "Spring will come and so will happiness. Hold on. Life will get warmer." -Anita Krizzan
22 	23 <b>BALANCE ASSESMENTS</b>	24 	25 <b>THE ESCAPE GAME</b>	26 "April hath put a spirit of youth in everything." -William Shakespeare
29	30 <b>BRANSON COUNTRY MUSIC BUS TRIP</b>			"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul." -Luther Burbank

## Active Older Adult Newsletter

## APRIL 2024



**\$37.00 per person**

Check out this local venue  
The Escape Game Crocker Park

**JOIN THE CHALLENGE**

Thursday, April 25th  
1:00 – 2:30 pm  
The Escape Game Crocker Park

**REGISTRATION REQUIRED**  
Optional visit to Graters Ice or Starbucks after the adventure

**CONTACT INFORMATION**  
Mary Jo Millard  
mmillard@clevelandymca  
Diane Hallagan  
dhallagan@clevelandymca.org

"Growing old is mandatory, but growing up is optional."  
-WALT DISNEY

Beautiful young people are accidents of nature, but beautiful old people are works of art.  
-Eleanor Roosevelt

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

**THURSDAYS 8:30AM**  
Beginner Clinic April 4<sup>th</sup>-25<sup>th</sup>

**TUESDAYS @ 8:00AM**  
Advance Beginner Pickleball Clinic  
April 9<sup>th</sup> - 30<sup>th</sup> Cost: \$30

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

**TUESDAY APRIL 2<sup>ND</sup>**  
Historical Houses Bus Trip  
Cost: \$119 Members

**WEDNESDAY APRIL 10<sup>TH</sup>**  
Healthy Living for the Brain & Body  
12:30pm-1:30PM  
Register at the front desk

**FRIDAY APRIL 12<sup>TH</sup>**  
Cleveland Orchestra Bus Trip  
Cost: \$129 Members

**TUESDAY APRIL 23<sup>RD</sup>**  
Balance Assessments with FYZICAL  
11:30am-1pm  
Register at the front desk

**THURSDAY APRIL 25<sup>TH</sup>**  
The Escape Game at Crocker Park  
1-2:30pm Cost: \$37 Members  
Register at the front desk

**TUESDAY APRIL 30<sup>TH</sup>**  
A Branson Show in Ohio  
Cost: \$119 Members  
(Bus Departs from West Shore Y)

**MAY:**  
**Monday May 6<sup>th</sup>**  
Celebrating Mothers High Tea at  
Clementine's Bus Trip  
Cost: \$89 Members  
Register at the front desk

"Hope sleeps in our bones like a bear waiting for spring to rise and walk." -Marge Piercy

"Spring: a reminder of how beautiful change can truly be."  
-Unknown

**Christmas on the Potomac**  
December 1-4, 2024

Celebrate the magic of the season with a Christmas on the Potomac. Journey to Colonial Virginia and enjoy the splendor of Christmases past. This tour will transport you to our nation's capital and the beautiful historic destinations that surround it along the Potomac River.

**Highlights:**

- Lodging at the Gaylord National Harbor Resort with tickets for the ICE Display
- Arlington National Cemetery
- Monuments & Memorials tour
- Historic 1770 Gadsby's Tavern
- Odyssey River Dinner Cruise
- Old Town Alexandria Tour
- Pentagon City Mall
- Union Station
- United States Botanic Garden
- Washington National Cathedral

**Information:**

\$1649 Per Person Double Occupancy (Add \$601 for Single Occupancy)

**Included:**

- 5 Meals: 3 Breakfasts, and 2 Dinners
- Travel Protection Plan
- Deluxe Motorcoach Transportation

To Register Please Contact  
Loni Beverly  
803-318-4324  
lbeverly@clevelandymca.org

**NEW ACTIVE OLDER ADULT MEET & GREET**

French Creek Family YMCA

Tuesdays, April 9th and 23rd  
Thursdays, April 4th and 18th  
10:30 – 11:30 am

At our Meet & Greet, you will learn all about your new Y: get familiar with the facility, learn about programs and services just for our Active Older Adults, and meet the people that are passionate about helping you transform your life

Enjoy refreshments, door prizes, branch program information, YMCA 360, Y Stars, bus trips and fitness equipment orientation.

Contact Diane Hallagan- dhallagan@clevelandymca.org or Mary Jo Millard - mmillard@clevelandymca.org for any questions

French Creek Family YMCA 2020 Recreation Lane, Avon, Ohio www.clevelandymca.org 440-934-9622



# AOA SUGGESTED Classes

# Information & Announcements

GROUP EXERCISE (LAND)

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

SMB: Spirit Mind Body Room

AQUATIC CLASSES

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

RP: Recreation Pool CP: Competition Pool

GYM

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



## AOA Bus Trips: Spring & Summer

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

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

Cost: \$119 Members Departing at 9:15am (bus pickup at West Shore Y)

**Monday May 6<sup>th</sup> – Celebrating Mothers at High Tea**

Cost: \$89 Departing at 9:30am

**Wednesday May 8<sup>th</sup> -Historical Cleveland PART 3**

Cost: \$119 Departs at 8:15am (bus pickup at West Shore Y)

**Wednesday June 5<sup>th</sup> – RUTH – Sights and Sounds**

Cost: \$149 Departing at 8:15am

**Sunday June 9<sup>th</sup> – In The Heights Playhouse Square**

Cost: \$95 Departing at 12pm (Bus pickup at the West Shore Y)

**Wednesday June 19<sup>th</sup> – North Lake Erie Wine Trail**

Cost: \$139 Departing at 8:15am

**Friday July 5<sup>th</sup> – Sound of Music at the Light Opera**

Cost: \$145 Departing at 9:30am

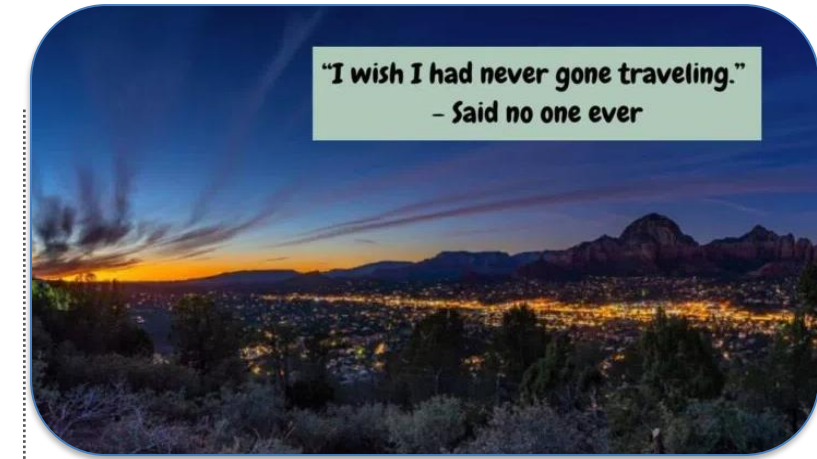
**Monday July 8<sup>th</sup> – Lavender & Blueberries**

Cost: \$142 Departing at 8:15am (Bus pickup at the West Shore Y)

**Friday July 26<sup>th</sup> – Fashion, Food and a Farm**

Cost: \$133 Departing at 8:45am

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



the Y  
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Healthy Living For The Brain and Body

**Free Program**

**PRESENTED BY:**  
ALZHEIMER'S ASSOCIATION

Join us to learn how the health of the brain and the body are connected. Diet and nutrition, exercise, cognitive activities and social engagements are all key elements to help maintain a healthy brain and body!

**WEDNESDAY, APRIL 10<sup>th</sup>**  
12:30 - 1:30 PM  
COMMUNITY ROOM

**PRE-REGISTRATION REQUIRED**

**CONTACT INFORMATION**  
MARY JO MILLARD  
MMILLARD@CLEVELANDYMCA.ORG  
440-934-9622, ext 233



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!!