

Events Calendar

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.	2. Coffee Talk 11:30	3.	4. Sip & Paint 11:30-1:00	5.
8. 	9. Coffee Talk 11:30	10.	11. Coffee Talk 11:30	12.
15. Book Club 1:00	16 CoffeeTalk 11:30	17. AOA Luncheon @ Mission BBQ 12:30	18. Coffee Talk 11:30	19. Self Defense Master Class with Chris @ 11:30 (please sign up)
22. Happy Earth Day!	23. Coffee Talk 11:30	24.	25. Coffee Talk 11:30	26.
29.	30. AOA Birthday Potluck 11:15			

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

April 2024

AOA 6th Annual Chili Cookoff

WINNERS ARE

1st Place Winner Ardis Janke

2nd Place Winner Patricia Hartwig

3rd Place Winner Rebecca Grace



ARE YOU WATCHING THE SOLAR ECLISPE

LET'S WATCH IT TOGETHER

April 8, 2024

3:08pm- 3:19pm

Sign in Sheet at AOA table

(if you have glasses for event bring them and a chair)

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30

EVERYONE is WELCOME!!

Thursday April 4th

AOA Sip & Paint (mock cocktails) provided by Oak Street Health @ 11:30-1:00

Monday April 15th

Book Club @ 1:00 "The 7 Husband's of Evelyn Hugo" by Taylor Jenkins Reid & "Mrs. Plansky's Revenge" by Spencer Quinn

Wednesday April 17th AOA

Luncheon @ 12:30 Misson BBQ 8225 West Ridgewood Dr., Parma, Ohio 44129

Tuesday April 30th @ 11:15

AOA Birthday Potluck

Tuesday April 30th Branson

Show with Melody Hart & Friends (BUS Trip)

AOA Exercise Classes



GROUP EXERCISE STUDIO (LAND)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Zumba Gold Angie 9:30-10:30				
	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				

AQUATIC CLASSES (WATER)



PROTECTING OUR PLANET STARTS WITH YOU

BIKE MORE DRIVE LESS

reduce REUSE recycle

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable seafood

Learn how to make smart seafood choices at www.FishWatch.gov.

PLANT A TREE

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.

EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER

The less water you use, the less runoff and wastewater that eventually end up in the ocean.

-SHOP-WISELY

Buy less plastic and bring a reusable shopping bag.

Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.

Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!

Long-lasting light bulbs - ARE A - BRIGHT IDEA

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

oceanservice.noaa.gov