

Name: _____ Date: _____

WONDER WOMAN WORD SEARCH



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

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|------------------|----------------|----------------|-------------------------|
| BEAUTY | WISDOM | BOSTON | GREEK PANTHEON |
| PARADISE ISLAND | WONDER WOMAN | DC COMICS | BRACELETS OF SUBMISSION |
| QUEEN HIPPOLYTA | LASSO OF TRUTH | PRINCESS DIANA | SHIELD |
| JUSTICE LEAGUE | STEVE TREVOR | THEMYSCIRA | OLYMPUS |
| ZEUS | AMAZONS | POSEIDON | WARRIOR |
| GOD KILLER SWORD | GREAT STRENGTH | ARES | SANDALS OF HERMES |

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

May 2024

Meet the creator of
“Flo & Friends”

Monday May 13, 2024

12:30 PM

Please Pre-Register



Jenny Campbell has been a freelance cartoonist and a children’s illustrator for 35 years. Most notably, Jenny writes and draws, “Flo & Friends”, a daily and Sunday strip featuring an ensemble cast of senior citizens that is distributed by Creators Syndicate.

In addition to the cartoon strip, Jenny also has been a prolific children’s book illustrator, with more than 25 picture books to her credit, including several that have won national awards. Jenny’s other work in kids lit includes hundreds of K-5 textbooks and a myriad of other children’s publications, as well. She was a monthly contributor to Highlights for Children for more than a dozen years. Her work in children’s books also has made her a popular speaker, who often takes her interactive art and literacy program to schools and libraries throughout the Midwest, and occasionally nationwide.

Before she became a fulltime illustrator, Jenny was an award-winning newspaper feature writer for 13 years, first for The Arizona Republic in Phoenix; then the Pasadena Star-News and The Orange County Register in Southern California. Following in her father’s footsteps, she was a sixth-generation journalist when she graduated from Arizona State University with a BA in journalism in ‘79.

UPCOMING EVENTS

May 4
MS Walk-Cleveland State

May 7
AOA Trip-High Tea at
Clementine’s Mahler
Museum

May 13
12:30
Meet the creator of
“Flo & Friends”

May 15
12:15
Let’s Do Lunch!

Future Events

June 2
AOA Prom

July 26
Community Block Party

AOA Exercise Classes

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15 – 9:05 Fitness After Fifty Ester		8:15 – 9:05 Fitness After Fifty Ester	
10:10- 11:00 SilverSneakers Classic Kathryn	10:00 – 10:45 Mobility & Flexibility Sarah Cardio Drumming \$ Ester	10:00-10:50 SilverSneakers Classic Wanetta	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 Wanetta	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			

Information & Announcements

Chocolate Avocado Brownies

Ingredients

- 1 cup avocado, pureed (about 2 avacados)
- 3/4 cup golden agave
- 2 tablespoons coconut oil
- 2 eggs, slightly beaten
- 1 teaspoon vanilla extract
- 1 cup unsweetened cocoa powder, can use up to 1/4 cup less if desired
- 1/2 teaspoon salt
- 1/4 cup whole wheat
- 1/4 cup all-pupose flour
- 1 cup mini chocolate chips

Instructions

- Preheat oven to 325 F.
- Line a 8 X 8 inch baking dish with greased parchment paper. Set aside.
- In a large bowl mix together avocado, agave, coconut oil, eggs and vanilla extract.
- Stir in cocoa powder and salt.
- Mix in flours.
- Pour batter in
- Bake for 25-30 minutes or until center is set.
- As soon as brownies come out of oven sprinkle the tops with chocolate chips.
- Allow the chocolate chips to melt slightly and then place the brownies into the freezer until chocolate is firm.
- Cut cooled brownies into squares.
- Store in the fridge.



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.

