WONDER WOMAN WORD SEARCH

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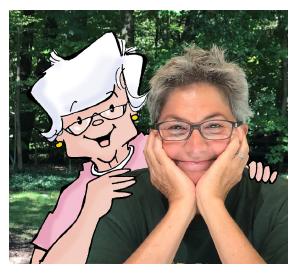
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AOA MONTHLY the **NEWSLETTER**

Active Older Adult Newsletter

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.



FOR YOUTH DEVELOPME FOR HEALTHY LIVING FOR SOCIAL RESPON

May 2024

Hillcrest Family YMCA

5000 Mayfield Road Lyndhurst, Ohio 44124 **Facility Hours:** Monday – Friday : 6am to 9pm Saturday: 7am to 5pm Sunday: 8am - 2pm

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

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	10:00-10:50 SilverSneakers Classic Wanettta	10:00 – 10:50 Mobility & Flexibility Sarah	
	Cardio Drumming \$ Ester		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			

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.

