



MAY 2024



AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FrenchCreekFamily 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  National MOTHER GOOSE DAY May 1	2	3 "Youth is the gift of nature, but age is a work of art." -Stanislaw Jerzy Lec
6 GRAND PACIFIC JUNCTION BUS TRIP	7 PICKLEBALL CLINICS BEGIN	8 HISTORICAL AND ETHNIC TOUR OF CLEVELAND PART 3	9  LOST SOCK MEMORIAL DAY	10 "A mother's love liberates" -Maya Angelou
13  Fruit Cocktail Day	14 Dance Like a Chicken Day 	15 SENIOR HIKING CLUB IS BACK!	16  National Classic Movie Day	17 "Spring will come and so will happiness. Hold on. Life will get warmer." -Anita Krizzan
20 NATIONAL RESCUE DOG DAY 	21	22  NATIONAL MARITIME DAY	23 MAY 23 LUCKY PENNY DAY 	24 "In the end, it's not the years in your life that count. It's the life in your years." -Abraham Lincoln
27 MEMORIAL DAY REMEMBER & HONOR 	28 NATIONAL BURGER DAY 	29 NATIONAL SENIOR HEALTH FITNESS DAY 	30	31 "the longer I live, the more beautiful life becomes." -Frank Lloyd Wright

OUR MISSION IS TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND & BODY FOR ALL.

Active Older Adult Newsletter

MAY 2024



Powered by connection is the 2024 theme for Older Americans Month which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Explore the vital role that connectedness plays in supporting independence and aging in place by combating isolation, loneliness, and other issues.

- **Plan:** think about what you will need and want in the future from home & community-based services.
- **Engage:** Remain involved and contribute to your community through recreation, work, volunteer
- **Be safe at home:** Make home improvements and modifications, use assistive technologies, access caregiver resources, and customize supports to help you better age in place.
- **Stay healthy:** Learn about and adopt lifestyle choices that enable you to be healthier.
- **Connect:** engage ins social activities and relationships to combat social isolation and stay connected to your community.

"We can bring positive energy into our daily lives by smiling more, talking to strangers in line, replacing handshakes with hugs, and calling our friends just to tell them we love them."
-Brandon Jenner

"All things are connected like the blood that unites us. We do not weave the web of life, we are merely a strand in it. Whatever we do to the web, we do to ourselves."
-Chief Seattle

TUESDAY & THURSDAY 10:30AM
AOA Meet & Greet

THURSDAYS 8:30AM
Beginner Clinic May 9th-30th
Cost: \$30 Members

TUESDAYS @ 8:00AM
Intermediate Pickleball Clinic
May 7th - 28th Cost: \$30 Members

TUESDAYS @ 9:00AM
Advance Intermediate Pickleball Clinic: May 7th-28th Cost: \$30

MONDAY MAY 6TH
Grand Pacific Junction Bus Trip
Cost: \$89 Members

WEDNESDAY MAY 8TH
Historic Cleveland Bus Trip Part 3
Cost: \$119 Members
(Bus Departs from West Shore Y)

SATURDAY MAY 10TH
Dozen Pickleball Drills
8:00AM-9:30AM
Cost: \$30 Members
Register at the front desk

WEDNESDAY MAY 15TH
10:30-11:45AM
French Creek Reservation
Register at the front desk

JUNE:
Saturday June May 8th
My Body and the Benefits of Yoga as we Age
Cost: \$15 Members
Register at the front desk

"Aging is the extraordinary process where you become the person you always should have been." -David Bowie

"Being a mother is like being a gardener of souls. You tend your children, make sure the light always touches them." -Karen White



AOA SUGGESTED Classes

GROUP EXERCISE (LAND)

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

SMB: Spirit Mind Body Room

AQUATIC CLASSES

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

RP: Recreation Pool **CP:** Competition Pool

GYM

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

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!!

Information & Announcements

Thank You On Mother's Day

Dear grandma, dear aunts and every other mom who is reading or listening to this message, I am taking the time to write and dedicate a few words to you on this special day, the day on which we celebrate mother's day; by doing so, we celebrate a day of true love. However only you, the mothers, know what this love is about and how it feels and I am just a humble observer who is trying to describe the love that only a mother has, but I could certainly never do it justice. A mother knows how to support and give the best to her children within her means, to trust when no one else believes,

to forgive when no one else forgives, to provide that unconditional love, which is like no other love on earth and sometimes so great that it overflows and touches other children. I was one of those children and I want to thank you for giving me that love and care at some point in my life and for making me feel like one of yours. Happy Mother's Day.

Granz Israel

AOA Bus Trips: Summer 2024

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

Wednesday June 5th – RUTH – Sights and Sounds

Cost: \$149 Departing at 8:15am

Sunday June 9th – In The Heights Playhouse Square

Cost: \$95 Departing at 12pm

(Bus pickup at the West Shore Y)

Wednesday June 19th – North Lake Erie Wine Trail

Cost: \$139 Departing at 8:15am

Friday July 5th – Sound of Music at the Light Opera

Cost: \$145 Departing at 9:30am

Monday July 8th – Lavender & Blueberries

Cost: \$142 Departing at 8:15am

(Bus pickup at the West Shore Y)

Friday July 26th – Fashion, Food and a Farm

Cost: \$133 Departing at 8:45am

Thursday August 8th – Historic Tour Part 4

Cost: \$135 Departing at 8:15am

(bus pickup at the West Shore Y)

Friday August 9th – Catawba Wester Wineries

Cost: \$129 Departing at 8:30am

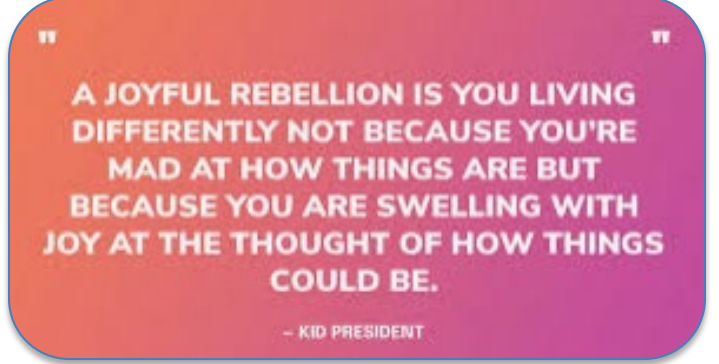
Sunday August 18th – Come From Away

Cost: \$157 Departing at 12pm

Wednesday August 28th – Lady Caroline

Cost & 104 Departing 10:30am

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



ALL NEW NORTHEASTERN LAKE ERIE WINE TRAIL BUS TRIP

Enjoy another edition of our Wine Tasting Tours as we visit the Ohio Northeast coast area. We'll begin our day at boutique winery nestled in the heart of the Grand River Valley of Geneva, **Laurello Winery** who mainly creates Old World-inspired blends and single-varietal wines with crisp acidity and firm tannic structure to balance the fruit-forward notes. We will make a quick stop at the new **Marianne's Chocolates** in Ashtabula (includes Free Samples!) We'll travel on **Grand Rivers Cellars**, located in the heart of the Grand River Valley, for tasting and a delicious lunch plus a chance to visit their gift shop.

We'll travel on to **South Rivers Vineyard** for samplings, known as the "church" winery because the winery is housed in a century old church that originally sat in Shalersville, Ohio. South Rivers shares the land with a distillery. During our visit we will also enjoy a tasting at **Red Eagle Distillery**. Red Eagle carries on the tradition of locals during prohibition by stilling spirits in a barn that dates back to the 1800's.

We'll finish our day at **Patterson's Fruit farm**, a family owned business in Chesterland. All these wineries depend on the mist and moisture that comes off Lake Erie to help them make unique vintages that are perfect for wine making AND sampling. Come join us for the fun of a day of special wines and wineries.

Wednesday, June 19th, 2024
\$139 +\$15 non-member \$25 non-refundable deposit due upon registration
 Final Payment Due, Friday, June 5th, 2024
 Departing at 8:15am / Returning around 6:15pm
 To Register-call French Creek Family YMCA 440-934-9622 or on line
 Questions, call Loni Beverly (803) 318-4324 or email lbeverly@clevelandymca.org

Senior Hiking Club is back with yoga stretching at the end

Wednesday 10:30 - 11:45 am

First Hike May 15th

French Creek Reservation
Pre-Registration is Required
Weather Permitting

CONTACT
Diane Hallagan, Wellness Director at dshallagan@clevelandymca.org

My Body and the Benefits of Yoga as We Age

Saturday - June 8th
10:00 am - noon

Instructors: Kip and Brandy
Join Kip and Brandy for a two hour workshop focusing on how our bodies naturally change as we age and the ability of yoga to help with those changes

Questions?
Contact - Diane Hallagan at dshallagan@clevelandymca.org
440-934-9622 x 2335

\$15.00 - MEMBERS
\$30.00 - NON-MEMBERS - Register online at clevelandymca.org or by phone - 440-934-9622

FRENCH CREEK FAMILY YMCA - 2018 MEMBER LIST
440-934-9622 - clevelandymca.org