

Events Calendar

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1.	2. Coffee Talk & Bagels 11:30 Self Defense Class	3.
6.	7. Hearing Life Screening 11:00-12:30 Coffee Talk 11:30	8. Historic & Ethnic Cleveland Part 3 Bus Trip	9. Coffee Talk 11:30 Self Defense Class	10.
13.	14 Make and Take Succulent Garden (Sponsored by Dedicated Senior Med.) 11:20-12:30	15.	16. Bingo and Coffee Talk 11:30 (refreshments provided by Oak Street Health) (no Self Defense Class today)	17. AOA Luncheon @ Outback Steakhouse 12:30
20. Book Club 1:00	21. Coffee Talk and Cupcakes (Sweet Treats by Pat) 11:30	22.	23. Coffee Talk 11:30 Self Defense Master Class 11:30-12:30 Self Defense Class	24.
27. Memorial Day!! 7-1	28. AOA Birthday Potluck 11:20	29.	30. Coffee Talk 11:30 Blood Pressure and Glucose 10:30-11:30 Self Defense Class	31.

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

May 2024



MAY 11TH,
9:30AM-11:30AM



AOA 6th Annual Chili Cookoff
1st Place Winner Patricia Hartwig
2nd Place Winner Ardis Janke
3rd Place Winner Rebecca Grace

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30

EVERYONE is WELCOME

Thursday May 7th

Hearing Life (Hearing screenings & hearing aids checked and cleaned) @ 11:00-12:30

Wednesday May 8th Historic & Ethnic Cleveland-Part 3 Bus Trip

Tuesday May 14th Make and Take Succulent Garden (sponsored by Dedicated Senior Med. Center)

11:20-12:30 refreshments
Wednesday May 17th AOA Luncheon @ 12:30 Outback Steakhouse 24900 Sperry Dr., Westlake

Monday May 20th Book Club @ 1:00 "Lessons in Chemistry" by Bonnie Garmus

Tuesday May 28th @ 11:15 AOA Birthday Potluck

Thursday May 30th Blood Pressure & Glucose Screening 10:30-11:30 (Sergeant Juan Cancel-Cleveland EMS)

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	Self Defense Master Class Chris 11:30-12:30	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Aerobics Delinda 6:15pm				

AQUATIC CLASSES (WATER)

How does exercise help with stress?

- Improves your body's ability to use oxygen and also improves blood flow. Both of these changes have a direct effect on your brain.
 - Reduces levels of the stress hormones adrenaline and cortisol and increases your brain's production of endorphins, according to Harvard Health.
 - Can help take your mind off your worries. Leaving a stressful situation to go exercise can provide a much-needed break. Also, the repetitive motions in exercise help you focus on your body rather than your mind.
 - Some people notice an improvement in their mood immediately after a workout. Those feelings tend to build up over time.
 - You'll likely notice increased feelings of well-being as you stay committed to a consistent exercise routine over a few days, weeks, and months. What types of exercise help with stress?
- Moderate aerobic exercises:
- Biking; Brisk Walking; Jogging; Swimming; Water Aerobics; Playing or racquetball; Rowing
- Muscle-Strengthening exercises:
- Weightlifting; Activities with resistance bands
- Be sure to choose an activity you enjoy. Try a variety of activities until you find some you enjoy. When you're having fun, you'll be more likely to stick with your workout routine. Working out with someone else can also add to the stress-busting benefits of exercise. How much exercise is enough?

The American Heart Association recommends at least 150 minutes of moderate aerobic activity every week. It suggests doing one 30-minute workout session at least 5 days a week. Other research suggests 75 minutes a week of vigorous-intensity exercise is a good equivalent. If you're short on time and can't fit in a full 30-minute session, try three 10-minute workouts during the day instead. This works almost as well as doing 30 minutes at once. The AHA also encourages incorporating at least two sessions of muscle strengthening activities into your weekly routine. Try to give all your major muscle groups a good workout.

May Activities in Cleveland

- May 4-5, 2024: Century Village Viking Festival.
- May 18-19, 2024: Cleveland Marathon (annual race)
- May 18-19, 2024: Cleveland Asian Festival (annual festival)
- May 24-27, 2024: Berea Rib Cook-Off (annual event)
- May 25-26, 2024: Reggae Fest Cleveland (annual music festival)

