

HAPPY ST PATRICK'S DAY



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



CHARM	HIDE	MARCH
CLOVER	IRISH	PINCH
GOLD	LEPRECHAUN	RAINBOW
GREEN	LUCKY	SHAMROCK
HAT	MAGIC	TRAP

AOA MONTHLY NEWSLETTER



Hillcrest Family YMCA

5000 Mayfield Road
Lyndhurst, Ohio 44124
216.382.4300

Facility Hours:
Monday – Friday : 6am to 9pm
Saturday: 7am to 5pm
Sunday: 8am – 2pm

Active Older Adult Newsletter

March 2025

UPCOMING EVENTS

- *March 5
Fifth Third Financial Seminar
12:30 PM
- *March 6
Maple Magic Bus Trip
- *March 18
Birthday Club
11:30
- *March 15
Menorah Park Treat Day
10:30AM- 12:30PM
- *March 19
Let's Do Lunch!
12:30 PM
- *March 25
High Point Treat Day
10:30 – 12:30 PM
- *March 26
Clear Captions Seminar
12:30 PM
- *March 27
Hawaiian Islands Day
12:30



Houses of Worship Trip May 21

Join us on our May bus trip to explore some of our amazing Cleveland Houses of Worship. These trips have been run a number of times at other branches to rave reviews, so we want to offer our members the opportunity to learn more about the wonders located here in our ethnic neighborhoods. John Latkovich will lead us through some of Cleveland's most stunning architectural marvels where we will be met by a church member who will share the history, architecture, art, and impact to the community of these landmarks. Bring your camera -you will want to photograph the priceless statues and stainglass in theses sacred places. We'll have a delicious lunch at the iconic Pier W Restaurant. This is a not to be missed trip.

Group Exercise Classes

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Pure Strength Sami	8:15 Fitness After Fifty Ester		815 Fitness After Fifty Ester 8:00 Compound Circuits Sarah	8:00 Boom Muscle Ester Pure Stength Sami
9:00 Barre Kathryn	9:00 Buto Yoga Anita Compound Circuits Sarah	9:00 TRX \$ Sami	9:00 Cardio Kickboxing Michele Yoga For Men Judi	10:00 SilverSneakers Classic Cynthia All Levels Yoga Susan
10:00 SilverSneakers Classic Kathryn	10:00 Beat It Cardio Drum \$ Ester Strength & Mobility Sarah	10:00 SilverSneakers Classic Leo & Angelica	10:00 Line Dance Anita Stretch & Mobility Sarah Women On Weights \$ Cynthia	5:00 Get Toned Leo
11:00 SilverSneakers Yoga Stretch Kathryn	11:00 Line Dance Gigi Cycling to the Oldies Sarah	11:30 SilverSneakers Classic Cynthia	11:00 Chair Yoga Judi Strength & Balance Sarah	*** Saturday*** 9:00 Cycle Lynn Yoga Josh Cardio Combo Monique
12:00 Get Toned Leo	12:15 – 1:05 SilverSneakers Yoga Anita <hr/> 3:00 The Real You \$ Sami	12:00 Get Toned Leo	12:15 – 1:00 Polynesian & Hawaiian Dance Dahmia <hr/> 1:15-2:05 Belly Dance Dahmia	*** Saturday*** 10:00 Zumba Quanetta ***Sunday*** 10:00 Cycle Michelle

Please check the master schedule in the lobby for new classes or changes to the schedule due to holidays.

Information & Announcements

Mango, Black Beans, and Couscous
Mangos are in season now. Enjoy this nutritious recipe as a side dish or light meal.

1 cup couscous
1 ¼ cup chicken broth
¼ cup cider vinegar
2 TBS lime juice
1 TBS honey
1 tsp cumin
Salt and pepper to taste
1/3 cup olive oil
½ mango, diced
½ red pepper, diced
1 jalapeno, finely diced
4 green onions, chopped
1 (15 ounce) black beans, rinsed and drained
¼ cup cilantro, chopped
Bring the broth to a boil. Turn off the heat, add the couscous, cover, and let sit for 5 – 10 minutes.
Mix the cider vinegar, lime juice, honey, cumin, salt and pepper. Whisk in the olive oil to blend. Pour the dressing over the couscous.
Stir in the mango, pepper, jalapeno, green onions, and beans. Toss to combine. Add the cilantro and toss again.

Fifth Third Financial Seminar

Learn helpful tips to saving and budgeting at the March 5 talk presented by Fifth Third Bank.

The Temptations and Four Tops

The last day to sign up for the dinner and show at Playhouse Square is March 13. Don't miss this amazing event!

Trainer's Corner with Anita

4 More Reasons to Walk for Good Health

As we eagerly anticipate Spring and warmer temperatures in Northeast Ohio, it's a great time to consider the benefits of adding a daily walk to your wellness routine. It's well known that frequent walking can reduce stress, lower blood pressure and stabilize blood sugar. In fact, experts agree that walking 30 minutes most days is one of the best things you can do for your health. Here are 4 more facts about walking that are not widely touted.

- 1) Walking is a Powerful Workout – although walking is easy, by simply increasing speed, intensity or time, results are also amped-up. The body quickly adapts to handle increased walking and body changes occur when limits are safely pushed with each workout.
- 2) Walking Intervals Can Increase Fat Burning and is Easy on the Joints – alternating bouts of all-out effort with lighter recovery periods (HIIT or High Intensity Interval Training) burns fat more efficiently than steady state cardio and need not be high impact. Walking can easily be adapted to the HIIT approach.
- 3) Adding Strength Intervals is Even Better – sprinkling strength moves throughout your walking workout, like bicep curls, lat pulldowns, and squats, will work your heart, lungs and major muscle groups; consider carrying light dumbbells or simply use your own body weight.
- 4) Accumulated Daily Steps are Paramount – although a brisk walk may seem like the biggest calorie burner, it's total daily steps that have the largest impact on desired results, and taking more steps throughout the day may increase your lifespan.