



MAY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP		1 	2 "Spring is nature's way of saying, 'Let's Party!'" -Robin Williams
5 	6 	7	8 	9 "May the month of May be a month of sunshine, happiness, and endless blessings." -Unknown
12	13 	14	15 AOA MEET & GREET	16 "May, the month of sunshine, blooming flowers, and endless possibilities." -Anonymous
19 	20	21 	22 MYSTERY BUS TRIP	23 "The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to rvive also." -Harriet Ann Jacobs
26 	27	28 	29 AOA MEET & GREET	30 "Hope sleeps in our bones like a bear waiting for spring to rise and walk." -Marge Piercy

"It's amazing how a little tomorrow can make up for a whole lot of yesterday." -John Guare

"Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it." -Barack Obama

AOA MONTHLY NEWSLETTER

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

Active Older Adult Newsletter



Historically, Ohio has recognized May as Older Americans Month. However, earlier this year, Governor Mike DeWine signed a bill officially designating May as Older Ohioans Month in line with his continued commitment to older adults.

"In May, we celebrate nearly 3 million older Ohioans," said Governor DeWine. "We want people to remain empowered, active members of their communities. That can mean staying in or rejoining the workforce, participating in lifelong learning, taking charge of your health, or remaining engaged citizens well into older adulthood."

Governor DeWine and Lt. Governor Jim Tressel have issued a proclamation marking the occasion and encouraging all Ohioans to celebrate and recognize those aged 60 or older. In honor of this year's Older Ohioans Month and Older Americans Month, ODA is challenging what it means to age.

Other events designed to help flip the script on aging are the Ohio Senior Citizens Hall of Fame and ODA's annual expo at the Ohio State Fair. The hall of fame honors older adults and the roles they play in their communities. Individuals selected for the hall of fame set an example for all Ohioans by leading lives not defined by age or barriers. At the state fair expo, ODA promotes active aging with more than 3,000 square feet of free health screenings, wellness demonstrations, and lifestyle programs promoting independence provided by state and community partners.

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



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

May 2025

THURSDAY MAY 15TH & 29TH
10:30AM – 11:30AM
AOA Meet & Greet
Register at the front desk

TUESDAYS 10:30AM
Beginner Pickleball Clinic
May 6th – 27th
8am Cost: \$35 Members

TUESDAYS @ 7:30AM
Intermediate Pickleball Clinic
May 6th – 27th
Cost: \$40 Members

TUESDAYS @ 9:00AM
Intermediate Plus Pickleball Clinic
May 6th – 27th
Cost: \$40 Members

MONDAY OR WEDNESDAYS
@ 1:00PM @ THE ANCHOR
Social Pickleball League
May 5th – 21st
Cost: \$30

THURSDAYS @ 12:00PM
Caps N' Laps - Community Room
Beginners are Welcome!

WEDNESDAYS @ 10:00AM
Chess club - Community Room
Beginners are Welcome!

TUESDAY MAY 13TH @ 1:30PM
Calisthenics for the Cerebellum
Register at the front desk

 BETTY FRIEDAN
Aging is not 'lost youth' but a new stage of opportunity and strength.

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AOA *SUGGESTED* Classes

GROUP EXERCISE (LAND)

AQUATIC CLASSES

GYM

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Martha		9:30-10:20am Nia® Kathy/Meridith
10:30-11:20am Gentle Yoga (SMB) Danielle		10:30-11:20am Gentle Yoga (SMB) Jan	10:30-11:20am Yin Yoga (SMB) Rita	
10:30-11:20pm SilverSneakers® Jan	10:30-11:20am Fitness After 50 Martha	10:30-11:20am BOOM® Amanda	10:30-11:20am Fitness After 50 Jan	10:30-11:20pm SilverSneakers® Jessica
11:30-12:20pm Stretch & Mobility (SMB) Danielle	11:30-12:20pm Strength & Balance Phyllis	10:30-11:20am AOA Gentle Flow Ballet (Pool viewing) Martha	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm Chair Yoga Jessica
11:30-12:20pm Senior Strength Fitness Phyllis	12:30-12:55pm Chair Tap Dance Phyllis	11:30-12:20pm SilverSneakers® Jessica	11:30-12:20pm Rhythm & Soul Line Dancing	
12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella	12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am Aquacise RP Gail		8:00-8:50am Aquacise RP Gail	8:30-9:30am Aqua Bootcamp CP Gail	
9:00-9:50am Aquacise RP Gail	9:30-10:30am Aqua Zumba RP Martha	9:00-9:50am Aquacise RP Gail	9:30-10:20am Aqua Deep RP Jean	9:30-10:20am Zumba RP Martha
11:00-11:50 Aqua Fit Shallow RP Nancy		10:30-11:20 Aqua Fit Shallow RP Jessica	9:30-11:30am Silver Splash RP AmyLynn	11:00-11:50am Aqua FIT Shallow RP Nancy
	6:30-7:20pm Aqua Zumba RP Amanda		6:30-7:20pm Aqua Zumba RP AmyLynn	
RP: Recreation Pool CP: Competition Pool				
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5:00am-10am Pickleball: 3 Courts	8:00am-11am Pickleball Clinics:	5:00am-10am Pickleball: 3 Courts	10am-12pm Pickleball: 3 Courts	5am-10am Pickleball: 1 Courts
	11am-12pm Pickleball: 3 Courts			
	7:30pm-9:45pm Pickleball: 1 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

AOA DAY BUS TIPS: 2025

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

Sunday May 18th -Fiddler on the Roof
Cost: \$119 Departing at 11am

Thursday May 22nd -Mystery Bus Trip (JKL)
Cost: \$129 Departing at 8am

Thursday June 5th -Sauder Village & DumDum
Cost: \$136 Departing at 8:45am

Thursday June 12th -Historic & Ethnic Part V
Cost: \$139 Departing at 8:30am
(bus pick up at the West Shore Y)

Wednesday June 18th -Carousel (Light Opera)
Cost: \$155 Departing at 9:00am

Wednesday July 2nd -Hamilton
Cost: \$185 Departing at 10:45am
(bus pick up at the West Shore Y)

Tuesday July 10th -Tip-Toes
Cost: \$139 Departing at 9:15am
(bus pick up at the West Shore Y)

Friday July 11th -Barn Mural Tour & More
Cost: \$139 Departing at 8:30am

Wednesday July 30th – Presidential, Wine & Chocolate
Cost: \$159 Departing at 7:45am

Friday August 1st – Brigadoon
Cost: \$155 Departing at 9:00am

Wednesday August 6th – Columbus
Cost: \$144 Departing at 8:00am
(bus pick up at the West Shore Y)

Wednesday August 13th –The Best of Dover (Warther)
Cost: \$149 Departing at 8:00am

Wednesday August 14th – Lady Caroline
Cost: \$144 Departing at 8:00am
(bus pick up at the West Shore Y)

Wednesday August 6th –The Best of Dover (Warther Trains & Knives)
Cost: \$149 Departing at 8:00am

Thursday September 18th – Amish Steam & Carving
Cost: \$129 Departing at 8:00am

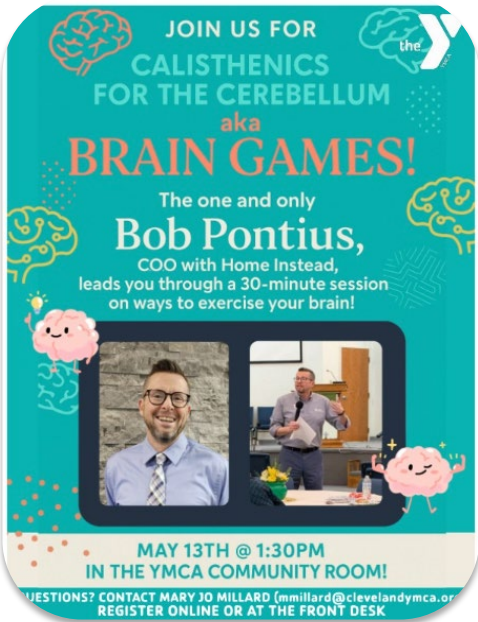
*Flyers available in the lobby! Please register at the front desk or call Loni Beverly 803-318-4324.

IF NOT NOW.... WHEN?!

AOA TRAVEL MULTI-DAY TRIPS

Truly Great Britain: August 27th–September 7th
Noah (Sights & Sounds): November 4th–5th
Nashville Christmas: December 1st–4th
2026 (MORE TRIPS IN COMING SOON!)
Hawaiian Adventure: February 4th–15th
Portugal & the Douro River Cruise: April 15th–25th
Christmas Markets on the Rhine: December 7th–16th

Registration is NOW OPEN!! Brochures are available for each trip at the AOA Table in the French Creek YMCA lobby. If you would like additional information trip or to register, please contact Loni Beverly at 803-318-4324 lbeverly@clevelandymca.org



Meryl Streep:

You have to embrace getting older. Life is precious, and when you have lost a lot of people, you realize each day is a gift.

Helen Mirren:

"I try to sleep as much as possible. It's very important and, as you get older, even more so."

On Aging...

George Bernard Shaw:

"You don't stop laughing when you grow old, you grow old when you stop laughing."

Albert Einstein:

"Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born."