

Events Calendar

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Furious George Paninis 23800 Detroit 7/20/2025 7/27/2025	1. Coffee Talk 11:30	2. Hamilton @ Playhouse Square Bus Trip	3. Coffee Talk 11:30	4. Line Dancing Christine 11:30-12:30 Kamm's 4 th of July Parade
7.	8. Coffee Talk 11:30	9.	10. Coffee Talk 11:30	11. Line Dancing Christine 11:30-12:30
14.	15. Coffee Talk 11:30	16. AOA Luncheon @ Don's Lighthouse 8905 Lake Ave. @12:00	17. Coffee Talk 11:30	18. Line Dancing Christine 11:30-12:30
21. Book Club 1:00 "The Throwback List"	22. Coffee Talk 11:30	23.	24. Coffee Talk 11:30	25. Line Dancing Christine 11:30-12:30
28.	29. AOA POTLUCK @11:20	30.	31. Coffee Talk 11:30	

AOA MONTHLY NEWSLETTER

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

Active Older Adult Newsletter



Our Mystery Bus Trip took us to Spencer, Ohio where we met Shelia, Denzil & Lacey of Queen Right Colonies. I loved the white peacock and the honey was delicious.



West Park Family YMCA
15501 Lorain Rd., Cleveland, Ohio 44111
216-941-5410
Facility Hours:
Monday – Friday: 6am to 9pm
Saturday– 7am to 4pm
Sunday–10am–4pm

July 2025

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:20
EVERYONE is WELCOME!

Wednesday July 2nd
Hamilton @ Playhouse Square Bus Trip
Friday July 4th
West Park Kamm's July 4th Parade

Wednesday July 16th AOA Luncheon @ Don's Lighthouse 8905 Lake Avenue @12:00

Thursday July 17th Senior Summer Splash Resource Fair for Older Adults 11-2:00 @ St. Mel's Event Hall 14436 Triskett Rd.

Monday July 21st
Book Club "The Throwback List" By Lily Anderson @1:00

Tuesday July 29th AOA Birthday Potluck @ 11:20
Please Register!!

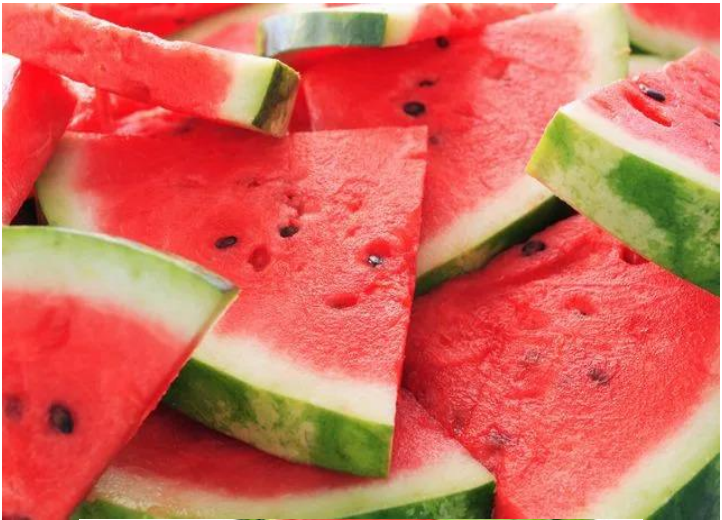
AOA Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Strength Teresa 10:30-11:20	Silversneakers Classic Christine 10:30-11:20	Chair Yoga Ann 10:00-10:50	Silversneakers Classic Teresa Gym 10:30-11:20	Fitness After 50 Mo 10:30 – 11:20
				Line Dancing Christine 11:30-12:30
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Aerobics Delinda 6:15pm		Aqua Aerobics Delinda 6:15pm		



The Only Way to Tell When a Watermelon is Ripe

“It should be dull in color and the belly or underside of the watermelon should have a creamy yellow spot,” says Carter. “This is where the watermelon sat on the ground and ripened in the sun. Often called the field spot or ground spot, it should be a pale, creamy, buttery yellow if it is ripe. If the area on the underside of the melon is light green or white, that means it hasn’t quite ripened yet. When you pick up the melon to place it in your cart, be sure to get a good idea of its weight, too. “It should be heavy for its size because watermelons are 92% water,” says Carter. If you are not sure, pick up another watermelon that is the same size. The one that feels heavier will likely be more ripe.



Upcoming Events and Bus Trips 2025



- **August 8th** Put in Bay
-
- **September 11th** Pittsburgh (Heinz Center Grand Concourse)
-
- **October 2nd** CVR Hartville
- No dates for the trips below yet!!
- **STAN HYWET** **BLACK NATIVITY**
- **DAVE KOZ** **DUELING P**

