



JULY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  JULY 1 NATIONAL GINGERSNAP DAY NATIONAL FINANCIAL FREEDOM DAY	2 HAMILTON BUS TRIP	3  Happy National Fried Clam Day!	4  "There's nothing like a sunny day in July to remind you of how wonderful life can be!" -Anonymous
7  NATIONAL DAY OF ROCK & ROLL JULY 7	8	9  NATIONAL DIMPLES DAY JULY 09	10 AOA MEET & GREET  NATIONAL KITTEN DAY	11 BARN MURAL BUS TRIP "Hot July brings cooling showers, apricots and gilly flowers." -Sara Coleridge
14	15  SOCIAL MEDIA GIVING DAY JULY 15	16  NATIONAL HOT DOG DAY JULY 16	17	18 "We hold our heads high, despite the price we have paid because freedom is priceless." -Leon Walesa
21	22  National Hammock Day	23  NATIONAL GORGEOUS GRANDMA DAY JULY 23	24 AOA MEET & GREET	25 "July is a blind date with Summer." -Hal Borland
29  NATIONAL CHICKEN WING DAY	30 A PRESIDENT, CHOCOLATE & WINE BUS TRIP	31  YMCA360	STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	"I love how summer just wraps its arms around you like a warm blanket." -Ellie Elmore

"Keep your face to the sun and you will never see shadows."
-Helen Keller

"Summertime is always the best of what might be."
-Charles Bowden

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

SUMMER ACTIVITIES FOR ADULTS

PERSONAL GROWTH

- Start a gratitude journal. Count your blessings.
- Take an online course. From cooking to coding, the internet is your oyster.
- Set a goal to read a certain number of books.
- Learn a New Language: Use apps like Duolingo or Babbel
- Meditate Daily: Find your zen and improve your mental well-being.
- Start a Garden: Grow your own herbs, vegetables, or flowers and connect with nature.
- Attend a Workshop: Improve a skill or learn something new in a focused setting.
- Volunteer for a Cause: Give back and find a sense of purpose.
- Practice Yoga: Enhance your flexibility, strength, and peace of mind.
- Read Self-Help Books: Gain insights and tips on how to better yourself.

CHEAP OR FREE

- Go for a Hike: Explore local trails and enjoy the beauty of nature.
- Have a Picnic: Pack a lunch and head to your favorite park.
- Visit a Museum: Many museums offer free admission days.
- Attend a Free Concert: Check out local event listings for free music shows.
- Go Stargazing: Find a dark spot, lay back, and marvel at the night sky.
- Take a Bike Ride: Explore your city or countryside on two wheels.
- Host a Potluck: Gather friends and share a meal where everyone contributes.
- Visit a Farmer's Market: Enjoy fresh, local produce and support small businesses.
- Go to the Beach: Relax by the water and soak up the sun.
- Explore a New Neighborhood: Take a walk and discover hidden gems in your city.



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

July 2025

THURSDAY JULY 10TH & 24TH

10:30AM – 11:30AM

AOA Meet & Greet

Register at the front desk

**ALL SUMMER OUTDOOR
PICKLEBALL IS @ AVON HIGH
SCHOOL**

TUESDAYS 8AM/9AM/10AM

Outdoor Beginner Pickleball Clinic

July 8th – 29th

Cost: \$40 Members

FRIDAYS @ 8AM

Outdoor Intermediate Pickleball

Clinic

July 8th – 29th

Cost: \$45 Members

TUESDAYS @ 9:00AM

Outdoor Intermediate Plus

Pickleball Clinic

July 11th – August 1st

Cost: \$45 Members

MONDAY OR WEDNESDAYS

@ 9AM

Outdoor Social Pickleball League

July 7th – 28th

Cost: \$30

THURSDAYS @ 12:00PM

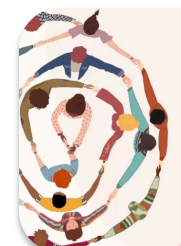
Caps N' Laps - Lobby

Beginners are Welcome!

WEDNESDAYS @ 10:00AM

Chess club - Lobby

Beginners are Welcome!



"Good friends are
like stars. You
don't always see
them, but you
know they're
always there."

AOA *SUGGESTED* Classes

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:30-10:20pm SilverSneakers@ Jan		9:30-10:20 Zumba Gold Moiria	9:30-10:20am Fitness After 50 Jan	9:30-10:20am Nia@ Kathy/Meridith
10:30-11:20am Gentle Yoga (SMB) Danielle		10:30-11:20am Gentle Yoga (SMB) Jan/Danielle	9:00-9:50am Rhytm Soul Line Dancing (TBD) Christene	9:30-10:20am Slow Flow (SMB) Danielle
		10:30-11:20am BOOM@ Amanda	10:30-11:20am Yin Yoga (SMB) Rita	10:30-11:20pm SilverSneakers@ Jessica
11:30-12:20pm Senior Strength Fitness Amanda	11:30-12:20pm Strength & Balance Phyllis	10:30-11:20am AOA Gentle Flow Ballet (Pool viewing) Martha	10:30-11:50pm BOOM MOVE@ Amanda	10:30-11:20am Gentle Yoga (SMB) Danielle
	12:30-12:55pm Chair Tap Dance Phyllis	11:30-12:20pm SilverSneakers@ Jessica	11:30-12:20pm Strength & Balance Amanda	11:30-12:20pm Chair Yoga Jessica
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	5:00-5:50pm Rhythm Soul Line Dancing (TBD) Christene

AQUATIC CLASSES

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 TBA	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
			5:30-6:20pm Aqua Zumba RP AmyLynn	
	6:30-7:20pm Aqua Zumba RP Amanda	7:00-7:50pm Aqua HIIT RP Monica	6:30-7:20pm Aqua Fit RP AmyLynn	

RP: Recreation Pool CP: Competition Pool

GYM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5am-9am Pickleball: 3 Courts	5am-9am Pickleball: 3 Courts	5am-9am Pickleball: 3 Courts	5am-9am Pickleball: 3 Courts	5am-9am Pickleball: 1 Courts
	6-9:45pm Pickleball: 3 Courts		6-9:45pm 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

AOA DAY BUS TIPS: 2025

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

Wednesday July 2nd -Hamilton
Cost: \$185 Departing at 10:45am
(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-Best of Dover (Warther)
Cost: \$149 Departing at 8:00am

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

Thursday September 11th – Pittsburgh
Cost: \$168 Departing at 7:45am
(bus pick up at the West Shore Y)

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

Thursday September 25th-Barberton Mum Festival
Cost: \$125 Departing at 8:00am

Thursday October 23rd-Shawshank (Mansfield)
Cost: \$119 Departing at 8:00am

Thursday October 30th-Cuyahoga RR & Harville
Cost: \$162 Departing at 8:30am

***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

Greece: October 7th -17th (Balcony Cabins available!)

Noah (Sights & Sounds): November 4th-5th

Nashville Christmas: December 1st-4th

2026 (MORE TRIPS COMING SOON!)

Hawaiian Adventure: February 4th-15th

California Dreamin': May 9th – 17th

Splendors of Ireland: June 6th – 16th

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

