



JULY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP			1 BRIGADOON BUS TRIP "Let the sunshine of August inspire you to shine your brightest" -Unknown
4 NATIONAL CHOCOLATE CHIP COOKIE DAY AUGUST 4	5	6 HELLO COLUMBUS BUS TRIP (WEST SHORE) WIGGLE YOUR TOES DAY AUGUST 6	7 AOA MEET & GREET NATIONAL PURPLE HEART DAY HONORING & REMEMBERING THOSE WHO SERVED AUGUST 7	8 PUT-IN-BAY BUS TRIP (WEST SHORE) "August is like the Sunday of Summer." -Unknown
11	12 Finally, It's MY Turn Middle Child Day	13 SOUTHERN AMISH BUS TRIP	14 LADY CAROLINE BUS TRIP (WEST SHORE) AUGUST 14TH NATIONAL CREAMSICLE DAY AUGUST 14	15 "This morning, the sun endures past dawn. I realise that it is August the summer's last stand." -Sara Bourne
18 NATIONAL THRIFT SHOP DAY	19	20 NATIONAL BACON LOVERS DAY AUGUST 20	21 AOA MEET & GREET National Senior Citizen's Day	22 "August of another summer, and once again I am drinking the sun and the lilies again are spread across the water." -Mary Oliver
25 AUGUST 25TH NATIONAL BANANA SPLIT DAY AUGUST 25	26 National DOG DAY	27	28 Celebrate NATIONAL RED WINE DAY with some of our favorites	29 "August is a reminder to live in the present soak in the beauty around us, and be grateful for every day." -Unknown

"Well done is better than well said."

-Benjamin Franklin

"Happiness will never come to those who fail to appreciate what they already have."

-Buddha

AOA MONTHLY NEWSLETTER

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

Active Older Adult Newsletter

HIKING CLUB

NEW FOR THE FALL

Beginning of September

Lace up your boots and join the new French Creek Family YMCA Hiking Club this September and October! We're exploring four different local trails, rotating locations weekly. All paces and experience levels are welcome – grab a friend or the whole family for some outdoor fun! Hikes are weather dependent. See you on the trail!

Days: Every Wednesday morning in September & October

Time: 9:30 - 10:30 AM

What to Expect: Walk/Hike 1-3 Miles with a group of YMCA Members & Friends! Participant led. Meet at the main parking lot at each location. Receive an email the night before for any updates & reminders of this week's location. Happy Hiking!!

Locations

- 9/3 - French Creek Reservation
- 9/10 - Bur Oak
- 9/17 - Sandy Ridge
- 9/24 - Kopf Reservation
- 10/1 - French Creek Reservation
- 10/8 - Bur Oak
- 10/15 - Sandy Ridge
- 10/22 - Kopf Reservation

Register so we know you are coming!

Online, At the Front Desk/Wellness Desk, or by calling the number below

Questions? Call (440) 934-9622 or email

Mary Jo Millard - mmillard@clevelandymca.org
Jordyn Milner - jmilner@clevelandymca.org

Dogs Welcome!

Weather Dependant - will receive email if cancelled



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

French Creek Family 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

August 2025

ALL SUMMER OUTDOOR PICKLEBALL IS @ BLESER PARK COURTS

TUESDAYS 8AM/9AM/10AM

Outdoor Beginner Pickleball Clinic

August 8th – 29th

Cost: \$40 Members

FRIDAYS @ 8AM

Outdoor Intermediate Pickleball Clinic

August 8th – 29th

Cost: \$45 Members

TUESDAYS @ 9:00AM

Outdoor Intermediate Plus Pickleball Clinic

August 8th – August 29th

Cost: \$45 Members

MONDAY OR WEDNESDAYS @ 9AM

Outdoor Social Pickleball League

August 4th – 27th

Cost: \$30

THURSDAYS @ 12:00PM

Caps N' Laps - Lobby
Beginners are Welcome!

WEDNESDAYS @ 10:00AM

Chess club - Lobby
Beginners are Welcome!

"IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN."
-George Eliot



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AOA SUGGESTED Classes

GROUP EXERCISE (LAND)

AQUATIC CLASSES

GYM

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:30-10:20pm SilverSneakers@ Jan		9:30-10:20 Zumba Gold Moirra	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
	11-11:20am Fun Fitness Phyllis	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 Strength & Balance 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 BOOM MOVE@ 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	
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	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
Recreation Pool 5am-9am Pickleball: 3 Courts	Competition Pool 5am-9am Pickleball: 3 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

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: \$162 Departing at 8:00am

Thursday October 30th-Cuyahoga RR & Harville
Cost: \$119 Departing at 8:30am

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

AOA

Pumpkin Patch & Farmer's Market

at Pickering Hill Farms in Avon

DATE: Tuesday September 30th

TIME: 12 PM - 1 PM

LOCATION: Pickering Hill Farms

Address: 35669 Detroit Rd, Avon, OH 44011

TRANSPORTATION: Drive yourself or catch a ride with a friend!

PRICE: Free - bring \$ for pumpkins and/or goodies at the Farmer's Market

Locally grown Fall vegetables, fruits, decor, cider, pumpkins, gourds, and so much more!

Catch a ride on the tractor to pick your own pumpkins! (optional)

Register online at clevelandymca.org or by 440-934-9622

Mary Jo Millard - mmillard@clevelandymca.org

Jordyn Milner - jmilner@clevelandymca.org

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

Nashville Christmas with Vince & Amy: December 12th -15th

2026 (MORE TRIPS COMING SOON!)

Hawaiian Adventure: February 4th-15th
(Registration is open for this trip - It is almost FULL)

California Dreamin': May 9th - 17th

Splendors of Ireland: June 6th - 16th

Canadian Rockies By Rail: August 25th-September 1st

Flavors of Italy: September 26th - October 8th

Christmas Markets on the Rhine: December 7th-16th

Registration for "BIG" trips will open August 15th!!

Brochures will be available for each trip at the AOA Table in the French Creek YMCA lobby beginning August 11th. Multi-day bus trips for 2026 will be announced as they become available for registration. If you would like additional information for a trip or to register, please contact Loni Beverly at 803-318-4324

the Y

MOVE BETTER
LOOK BETTER
FEEL BETTER

FALL SESSION!

MOVE 2 LOSE

WEIGHT LOSS PROGRAM

MOVE2LOSE is a 10-week wellness program proven to help participants lose weight and reach their other health and wellness goals!

SEPTEMBER 1 - NOVEMBER 7

WHAT TO EXPECT:

* 10 weeks of guided help

* 2 in-person workouts each week

* Weekly emailed newsletters (Includes meal, workout, & more)

* Bi-weekly in-person nutrition guidance

*Three Inbody Scans to track your progress

*Move 2 Lose Tee shirt

*Awards week for all participants to celebrate you and your accomplishments!

SELECT A SESSION**:

* Monday & Friday - 10am

* Monday & Thursday - 9am

* Tuesday & Thursday - 10am

* Tuesday & Thursday - 6:30pm

WITH ERIN, NOAH, LIAM, & SARAH!

FEES:

Members: \$150

Non-members: \$200

Sign up online, in-house, or by calling 440-934-9622

ANY MAKE A DIFFERENCE?

INTERESTED? HAVE QUESTIONS?

CONTACT JORDYN MILNER @jmilner@clevelandymca.org