

Events Calendar

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. 	2. Coffee Talk 11:30	4.	5. Coffee Talk 11:30	6. Line Dancing Christine 11:30-12:30
8.	9. Taste of Diversity Cultural Potluck 11:20-1:00	10.	11. Pittsburgh Bus Trip	12. Line Dancing Christine 11:30-12:30
15. Book Club 1:00 "Full Cleveland" By Les Roberts	16. West Park YMCA 68 th Birthday Member Appreciation Lunch	17. AOA Luncheon@ Burntwood tavern @ 12:00 19304 Detroit Rd.	18. Coffee Talk 11:30	19. Line Dancing Christine 11:30-12:30
22. First Day of Fall	23. Coffee Talk 11:30	24. AOA Picnic in the Park Edgewater @ 12:00 Must Register	25. Coffee Talk 11:30	26. Line Dancing Christine 11:30-12:30
29.	30. AOA POTLUCK @11:20			

AOA MONTHLY NEWSLETTER



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

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

September 2025



When: Wednesday September 24,2025

Time: 12:00

Where: Edgewater Beach (down by water drive pass yacht club go to rocks turn left at end of drive picnic tables straight ahead. You must sign up at AOA table, Hot Dogs, Hamburgers, Water, Condiments, Paper & Plastic Products provided by Theresa. Side dishes provided by AOA's

Please Register (date might change)

FYI

Come with me on a bus trip!! It's a day out with entertainment and food! If the cost deters you, apply for a program scholarship. You may qualify for up to 25% off any bus trip just by stopping at the front desk. Any questions please reach out to me at tgrace@clevelandymca.org

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30

EVERYONE is WELCOME!

Tuesday September 9th Taste of Diversity

Thursday September 11th

Pittsburgh Bus

Trip

Monday September 15th

Book Club @ 1:00 "Full Cleveland" By Les Roberts

Tuesday September 16th West

Park YMCA 68th Birthday

Member Appreciation Lunch

11:30-1:00 Must register @ desk

Wednesday September 17th

AOA Luncheon @ Burntwood tavern @ 12:00

Wednesday September 24th

AOA Picnic in the Park @

Edgewater 12:00(date might change due to weather.

Tuesday September 30th

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 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		



Upcoming Events and Bus Trips 2025



- September 11th Pittsburgh (Heinz Center Grand Concourse)
-
- October 2nd Cuyahoga Valley Railroad, Hartville & Maize Valley Winery
-
- November 13th Branson Country Christmas & Tribute to Veterans
-
- November 30th Christmas with the Cleveland Pops Orchestra
-
- December 3rd A Motown Christmas
-
- December 10th Christmas Party at Windows on the River * Dueling Pianos

