



SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3	4	5 "Happy September the world shall now transform into pumpkin everything" -Keith Wynn
8	9 GUARDIANS BUS TRIP 	10 	11 PITTSBURGH BUS TRIP (WEST SHORE)	12 "As you say farewell to summer, autumn welcomes you with open arms and new beginnings." -Unknown
15 	16	17 	18 AGE OF STEAM & CARVINGS BUS TRIP	19 "I used to love September, but now it just rhymes with remember." -Dominic Riccitello
22 	23	24 	25 BARBERTON MUM FESTIVAL BUS TRIP	26 Happily we bask in this warm September sun, which illuminates all creatures." -Henry David Thoreau
29 	30 		STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	"It was September and there was a crackly feeling to the air." -Carolyn Parkhurst

"Cheers to September! May your month overflow with success, love and laughter." -Anonymous

"Nostalgia – That’s the Autumn, dreaming through September just a million lovely things I will always remember."
-Jacqueline Kennedy Onassis

AOA MONTHLY NEWSLETTER



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

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


Active Older Adult Newsletter

September 2025



November 4 – 5, 2025

Trip Code:
YMCANOAH1104



With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God’s promises run deeper than the rising waters around him

Price includes:

"Noah" Sight and Sound Theater
Country Inn of Lancaster
w/Breakfast
Miller’s Smorgasbord Restaurant
Chalk Talk Art
Flight 93 National Memorial
Motorcoach Transportation


Package Price Per person:

Single: \$589
Double: \$495
Triple: \$465
To Register:

To Register Contact:
Loni Beverly at 803-318-4324
OR
Kathy McKean 440-934-9622

- MONDAY OR WEDNESDAYS @ 9AM**
Outdoor Social Pickleball League
September 3rd – 24th
Cost: \$30
- TUESDAY SEPTEMBER 9TH**
Cleveland Guardians Bus Trip
Cost: \$152 Members
- THURSDAY SEPTEMBER 11TH**
Pittsburgh Bus Trip
(West Shore Pickup)
Cost: \$168 Members
- THURSDAY SEPTEMBER 18TH**
Age of Steam (Amish) Bus Trip
Cost: \$129 Members
- THURSDAY SEPTEMBER 25TH**
Barberton Mum Bus Trip
Cost: \$125 Members
- THURSDAYS @ 12:00PM**
Caps N’ Laps - Lobby
Beginners are Welcome!
- WEDNESDAYS @ 10:00AM**
Chess club - Lobby
Beginners are Welcome!

Hello Autumn



- Autumn is the season to
- Unlock your potential and
- Take the leap of faith because
- Under the vibrant canopy of colors
- Miracles will unfold when you
- Navigate through uncertainty with hope

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
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
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
Thursday November 13th–Branson Veterans & X-mas
Cost: \$124 Departing at 11am
(bus pick up at the West Shore Y)
Sunday November 16th–John Denver Christmas
Cost: \$133 Departing at 11am
Sunday November 30th–Christmas – Pops Orchestra
Cost: \$134 Departing at 12:45pm
(bus pick up at the West Shore Y)
Wednesday December 3rd–Motown Christmas
Cost: \$153 Departing at 8:30am
(bus pick up at the West Shore Y)
Thursday December 4th–Christmas in Pittsburgh
Cost: \$168 Departing at 10am
Monday December 8th–Stan Hywet & Hartville
Cost: \$124 Departing at 10am
Wednesday December 10th–Christmas Party – JKL
Cost: \$119 Departing at 11am
(bus pick up at the West Shore Y)
Friday December 19th–Christmas Cleveland Orch
Cost: \$189 Departing at 11am

***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
Nashville Christmas with Vince & Amy: December 12th –15th

2026 (MORE TRIPS COMING SOON!)
Hawaiian Adventure: February 4th–15th
(Still OPEN for this trip – registration closing soon!)
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

Brochures are available for each trip at the AOA Table in the French Creek YMCA (except Italy – due out in the next 2 weeks). 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



September Bucket List



- Go for a nature walk
- Pick apples
- Go to a local football game
- Make smores
- Give a gift to a teacher
- Go to a carnival
- Rake leaves
- Make apple pie
- Eat a bowl of chili
- Go fishing
- Go to a farmers’ market
- Visit a corn maze
- Make homemade jelly
- Make popcorn balls
- Have a picnic
- Make leaf craft
- Drink hot chocolate