

Events Calendar

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4. Coffee Talk 11:30	5. AOA Luncheon Texas Roadhouse 25100 Country Club Blvd. 12:00	6. Coffee Talk 11:30	8.
10.	11. Coffee Talk 11:30 Hearing Life & Devoted Health	12. Movie Day! "We Bought a Zoo" @ 12:00 Must Register!	13. Branson Country Christmas & Tribute to Veterans Bus Trip	14. Line Dancing Christine 11:30-12:30
17. Book Club 1:00 "The Art of Racing in the Rain" by Garth Stein	18. Coffee Talk 11:30	19.	20. Coffee Talk 11:30	21. Line Dancing Christine 11:30-12:30
24. 	25. AOA Birthday Potluck 11:20	26.	27. 	28. Line Dancing Christine 11:30-12:30

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

November 2025

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30

EVERYONE is WELCOME!

Wednesday November 5th

AOA Luncheon @ 12:00 Texas Roadhouse 25100 Country Club Blvd.

Tuesday November 11th

Hearing Life (get your hearing checked) 10:00-12:00

Tuesday November 11th

Devoted Health Plan with Heather Barrett and Coffee Talk @ 11:30-12:30

Wednesday November 12th

Movie Day!!! @ 12:00 "We Bought a Zoo" Popcorn & water Provided by Theresa

Thursday November 13th

Branson Country Christmas & Tribute to Veterans Bus Trip

Monday November 17th

Book Club @ 1:00 "The Art of Racing in the Rain" by Garth Stein

Tuesday November 25th AOA

Birthday Potluck @ 11:20

Please Register!! Sunday November 30th

Christmas Cleveland Pops



MOVIE DAY!

@ 12:00

WEDNESDAY NOVEMBER 12TH

WE BOUGHT A ZOO

BRING YOUR OWN CANDY & SODA
POPCORN & WATER PROVIDED

MUST REGISTER!!!

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

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			

PUMPKIN PIE STEAMER

Ingredients:

- 1 cup milk
- 1 tablespoon Torani Pumpkin Pie Syrup
- Cinnamon
- Whipped Cream (if desired)

Directions:

1. Warm your milk up with whatever method you prefer! You can place it in the microwave for about 1.5 - 2 minutes, or you can bring it to a slow simmer over the stove.
2. Add 1 tablespoon Pumpkin Pie Syrup to your milk and stir well.
3. Top with whipped cream (if desired) and a dash of Cinnamon and enjoy!



Upcoming Events and Bus Trips 2025



- **November 13th** Branson Country Christmas & Tribute to Veterans
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- **November 30th** Christmas with the Cleveland Pops Orchestra
-
- **December 3rd** A Motown Christmas
-
- **December 10th** Christmas Party at Windows on the River * Dueling Pianos

Coming Soon
Movie Day!!
Bingo!!
Turkey Give-a-Way!
Breakfast with Santa!
Y-Star!