



OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP		CVR BUS TRIP (WEST SHORE)	"As October unfolds, may your spirit be as free as a leaf in the wind" -Unknown
				"October is a symphony of permanence and change." -Bonaro W Overstreet
			CVR BUS TRIP	"There are no days so delightful as those of a fine October." -Alexander Smith
			MANSFIELD & SHAWSHANK BUS TRIP	"Every leaf speaks bliss to me, fluttering from the autumn tree." -Emily Bronte
				"I'm so glad I live in a world where there are Octobers." -Anne of Green Gables

"Opportunities are usually disguised as hard work, so most people don't recognize them." -Ann Landers

"October knew, of course, that the action of turning a page, of ending a chapter or shutting a book does not end the tale."
-Neil Gaiman

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

HOLIDAY FUN = CHRISTMAS BUS TRIPS!

Sunday, November 16th, 2025

**ROCKY MOUNTAIN HIGH EXPERIENCE®
John Denver Christmas**

November Bus Trip:
If you like good old fashioned, good clean family entertainment, country music, comedy, laughter, fun, community, then come join us on this Lunch & Show bus trip. This is a Branson WE traveling show. The event is held at the Croston Lodge in Eastlake.

\$133.00 Orchestra Center non-members +\$15
Sunday, November 16th, 2025 - 12pm lunch & 2pm Show
At the Mimi Theater - Playhouse Square

\$25 non-refundable deposit due at registration
Final payment due Thursday, October 16th, 2025
Price includes Theater Ticket, Early Lunch at Republic Food & Drink, roundtrip escorted motorcoach transportation
Questions—email beverly@clevelandymca.org
French Creek Family YMCA, 2020 Recreation Lane, Avon, OH 44011 440-934-9622

Phipps Conservatory & Botanical Garden
Lunch at Grand Concourse
A 5 STAR DIAMOND AWARD WINNING RESTAURANT
\$168 Thursday, December 4th, 2025

HOLIDAY Magic!

Our day begins with delicious lunch in Pittsburgh's 5 star restaurant, The Grand Concourse. It is a Pittsburgh landmark in beautiful train station. Lunch choice: Lemon Chicken, Coconut Shrimp or Salmon

We are off to enjoy a spectacular panorama of Pittsburgh and its three rivers from the Observation Deck and ride in the 145-year old Duquesne Incline car, a funicular, rising 400 feet, scaling Mt. Washington. This landmark incline was completed in 1877, and USA Today Weekend Magazine calls it one of the "10 most beautiful views in America"

Our day concludes at Phipps Conservatory and Botanical Gardens. It's one of our nation's oldest and largest Victorian greenhouses, and a Pittsburgh gem. This 1893 Victorian greenhouse has breathtaking, elaborate exhibits, including the Winter Flower Show and Light Garden

\$168.00 non-members + \$15 \$25 non-refundable Deposit
Thursday, December 4th
Bus Trip - Times will be confirmed via email 10:00AM - 9:00PM
Final payment Due Date - Wednesday, November 5th, 2025
Register on line or call 440-934-9622

BRANSON COUNTRY CHRISTMAS & TRIBUTE TO VETERANS

November Bus Trip:
If you like good old fashioned, good clean family entertainment, country music, comedy, laughter, fun, community, then come join us on this Lunch & Show bus trip. This is a Branson WE traveling show. The event is held at the Croston Lodge in Eastlake.

This year OZARK JUBILEE will be honoring and paying tribute to our VETERANS, and thanking them for their special service. The entire second half of our show is a total variety of Christmas music, from traditional standards you'll remember such as Silent Night, White Christmas and many more. We will share with you the TRUE meaning of Christmas with music and comedy to provide an evening of entertainment that will touch your heart. The Jubilee features Branson's funniest comedian and world class fiddler DOOFUS DOOLITTLE! A real treat this year, Doofus will be saluting the great comedians of yesteryear! Folks such as Archie Campbell, Spring Bear, Minnie Pearl and many more of your favorites!

WHEN: Thursday November 13th
TIME: Depart 10am - Return before 5pm
COST: \$124 Members/\$134 Non-Members
(\$25 non-refundable deposit due at registration)
Please contact Loni Beverly for additional information at 803-318-4324 or beverly@clevelandymca.org

WEST SHORE FAMILY YMCA
15501 LORAIN AVENUE
WESTLAKE, OH 44124
440-781-6885

CHRISTMAS AT HARTVILLE & STAN HYWET

DECEMBER BUS TRIP

Our day begins with Christmas shopping at Hartville Marketplace & Flea Market where you can find unique handcrafted gifts. There is over 3 acres of indoor shopping with over 50 unique shops. After working up an appetite shopping, we are headed to Hartville Kitchen where we will enjoy a delicious lunch with some time to enjoy the shops there as well. To finish the day, we will visit Stan Hywet Hall & Gardens where "Deck the Hall" is in full swing. The estate is decorated with one million holiday lights and the Manor House decorations feature a new theme each holiday season.

WHEN: Monday December 8th
TIME: Bus departs 10am French Creek YMCA returning at approx. 7pm
COST: \$109 Members/\$124 Non-Members
(\$25 non-refundable deposit due at registration)
Please contact Loni Beverly for additional information at 803-318-4324 or beverly@clevelandymca.org

FRENCH CREEK FAMILY YMCA
2020 RECREATION LANE
AVON, OH 44114
440-934-9622



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

October 2025

TUESDAYS 8AM

Indoor Beginner Pickleball Clinic

October 7th – 28th

Cost: \$45 Members

TUESDAYS @ 9:30AM OR

THURSDAYS @ 8AM

Indoor Intermediate Pickleball Clinic

October 7th – 30th

Cost: \$45 Members

THURSDAYS @ 9:30AM

Indoor Intermediate Plus Pickleball Clinic

October 9th – 30th

Cost: \$45 Members

THURSDAY OCTOBER 16TH

CVR & Hartville Bus Trip

Cost: \$168 Members

THURSDAY OCTOBER 23RD

Mansfield & Shawshank Bus Trip

Cost: \$129 Members

THURSDAYS @ 12:00PM

Caps N' Laps –Community Room
Beginners are Welcome!

WEDNESDAYS @ 10:00AM

Chess club - Community Room
Beginners are Welcome!



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AOA *SUGGESTED* Classes-Registration required for highlighted classes. Download Y360app for updates

GROUP EXERCISE (LAND)

AQUATIC CLASSES

GYM

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Moiria		9:30-10:20pm Rhythm & Soul Line Dancing Christine
10:30-11:20am SilverSneakers Classic@ Jan	10:30-11:20am Fitness After 50 Martha	10:30-11:20am BOOM@ Amanda 10:30-11:20am AOA Gentle Flow Ballet (CmmntyRm) Martha	10:30-11:20am Fitness After 50@ Jan 10:30-11:20am Yin Yoga (SMB) Rita	10:30-11:20pm SilverSneakers Classic@ Jessica
11:30-12:20pm AOA Fitness & Strength Amanda	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm SilverSneakers@ Jessica	11:30-12:20pm Strength & Balance Martha 11:30-11:20pm Rhythm & Soul Line Dancing Christine-Gym	11:30-11:20am Chair Yoga Jessica
12:30-1:20pm Chair Yoga Danielle S	12:30-12:55pm Chair Tap Dance Phyllis	12:30-1:20pm Chair Yoga Danielle		11:30-12:20pm Chair Yoga Jessica
1:30-2:20pm Zumba Gold Angie	1:00-1:50pm Arthritis Stella	1:30-2:20pm Zumba Gold Angie	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		9:00-9:50am 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 5:30-6:20pm Aqua Zumba RP AmyLynn	11:00-11:50am Aqua FIT Shallow RP Nancy
		7:00-7:50pm Aqua HIIT RP Monica	6:30-7:20pm Aqua Fit RP AmyLynn	
RP: Recreation Pool CP: Competition Pool				
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

Information & Announcements

AOA DAY BUS TIPS: 2025

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

Thursday October 16th—CVR & Hartville

Cost: \$162 Departing at 8:00am

Thursday October 23rd—Shawshank (Mansfield)

Cost: \$162 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

Nashville Christmas: December 1st–4th

(registration closes October 15th)

2026

California Dreamin': May 9th – 17th

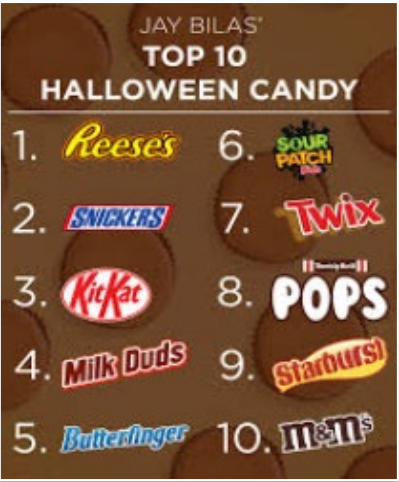
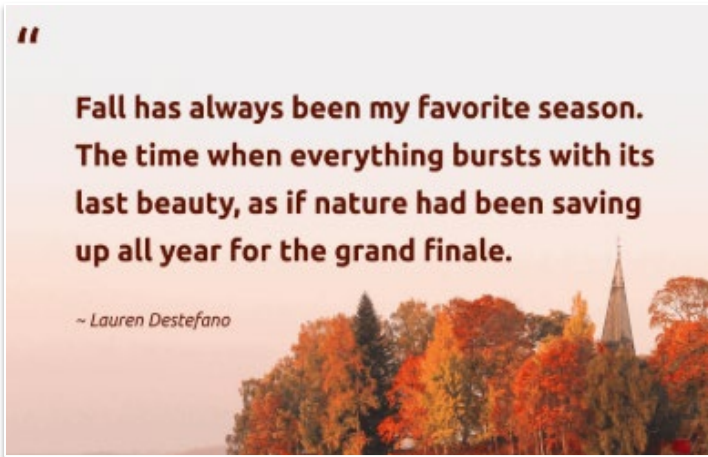
Splendors of Ireland: June 6th – 16th

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. 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



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!!