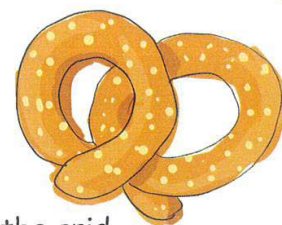


Oktoberfest Word Search



DIRECTIONS: Find and circle the vocabulary words in the grid.
Look for them in all directions including backwards and diagonally.



ACCORDION
AUTUMN
BAVARIA
BEER
BIERGARTEN
BRASS BAND
BRATWURST
CAROUSEL

COSTUME
DANCING
DIRNDL
DUMPLINGS
GERMANY
KEG
LEDERHOSEN
MUNICH

OKTOBERFEST
POLKA
PRETZELS
RADISH
SAUERKRAUT
SINGING
TANKER
TENT



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AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hillcrest Family YMCA

5000 Mayfield Road
Lyndhurst, Ohio 44124
Facility Hours:
Monday – Friday : 6am to 9pm
Saturday: 7am to 5pm
Sunday: 8am to 2pm

Active Older Adult Newsletter

October 2025

UPCOMING EVENTS

October 6 & 13

Mah Jong class (fee)
12:00

October 6, 13, 20, 27

Naughty Knitters
10:30

October 7

Mental Wellness Group
1:15

October 8

Understanding Alzheimer's
1:30

October 14

Bingo!
1:30

October 15

Let's do lunch!
12:30

October 21

ABC's & D of Medicare
1:30

October 22

"It's Never Too Late"
12:30

October 23

Pittsburg Bus Trip



Fabulous Day Trip to Pittsburg

Our trip to Pittsburg will start with a special museum visit, then we are off to lunch at the Grand Concourse. Housed in the beautifully preserved building in the Pittsburgh & Lake Erie Railroad Station, the Grand Concourse is grandeur and elegance at its best. There will be a choice of delicious entrees. After lunch we board Molly the Trolley for a 90-minute private sightseeing tour of Pittsburgh with a tour guide. We will learn historical and fun facts about Pittsburgh highlighting the architectural, rivers and landmarks as well as the culture of the city. We'll take a ride on the Duquesne Incline before returning home. Sign up at the front desk.

Occasional schedule changes do occur. Please check at the front desk if you have any questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50 Aqua Fit Combo Cynthia 9:05-9:55 Total Body Blast Leo	8:15 –9:05 Fitness After Fifty Ester	9:00 – 9:50 Total Body Blast Leo Aqua Fit Combo Cynthia	8:15 – 9:05 Fitness After Fifty Ester 9:00 – 9:50 Yoga for Men Judi	
10:10 – 11:00 SilverSneakers Classic Kathryn	9:00 – 9:50 Buti Yoga Anita 9:00-9:50 Aqua Fit Combo Cynthia	10:00- 10:50 Tai Chi Lorenzo	9:10-9:35 Cycle Lite Sarah 10:00 – 10:50 Line Dance Anita	10:00 – 10:50 SilverSneakers Classic Cynthai
10:10- 11:00 SilverSneakers Classic Kathyrn	10:00-10:50 Mobility & Flexibility Sarah Cardio Drumming\$ Ester	11:00- 11:50 Fitnes After Fifty Leo	11:00 – 11:50 Chair Yoga Judi	10;00 – 10:50 Yoga Flow Susan
11:15- 12:05 SilverSneakers Yoga Kathyrn	11:00- 11:50 Line Dance Gigi 11:15 – 11:40 Cyle Lite Sarah		11:00 – 11:25 Strenth and Balance Class <u>Sarah</u>	*** Saturday*** 9:00 -10:00 Yoga Susan Cardio Combo Monique
	12:15-1:05 Chair Yoga <u>Anita</u>		12:00 - 12:50 Polynesian Dance Dahmia	9:00 – 9:50 Cardio Combo Monique
	2:00 – 2:50 Arthritis Water Fitness Rose	6:00 – 6:50 Zumba Miriam	1:00-1:50 Belly Dance Dahmia	10:00 – 10:50 SilverSneakers Classic Jennifer Zumba Quanetta
	7:15- 8:30 Advanced Line Dance Gigi	7:00- 7:50 Yoga Flow Vinyasa Susan	2:00 – 2:50 Arthritis Water Fitness Rose	***Sunday*** 10:00- 10:50 Cycle Michelle

Information & Announcements

Harvest Kale Salad

Here’s a hearty salad that is perfect for fall.

Dressing:

1 TBS honey

1 TBS Dijon mustard

2 TBS cider vinegar

Salt and pepper to taste

3 ½ TBS olive oil

Mix the first 4 ingredients well. Whisk in the olive oil until thick and emulsified.

Salad:

8 oz. (1/2 large bunch) kale

Pinch of salt

½ cup pecans, toasted

½ cup dried cranberries

1 Granny Smith apple

2 TBS feta or goat cheese

Remove the stems from the kale. Rough chop it into ½ inch pieces.

Sprinkle with salt and massage the kale in your hands until it turns dark green and softens slightly – about one minute.

Chop the apple- with peel - into 3/8 inch dice. Coarsely chop the toasted pecans. Add the pecans, apples, cranberries, and kale to a large bowl. Toss with dressing. Add crumbled feta or goat cheese and toss again. Taste for seasoning and adjust if needed.

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3 Part Alzheimer’s Speaker Series

A three-part informational series about Alzheimer’s begins October 8 at 1:00pm.

The second talk, “The Ten Warning Signs of Alzheimer’s” will be on November 12, and the third talk, “Healthy Living with Alzheimer’s”, scheduled for December 10. Alzheimer’s touches so many lives of our senior population. Take this opportunity to learn how to recognize the signs of Alzheimer’s.

“It’s Never Too Late”

Author Robin Defleice will talk about her book, “It’s Never Too Late: Reinventing Yourself After Sixty”> The book is about embracing change, breaking free from limiting beliefs, and creating a fulfilling next chapter in life. Join her on October 22 at 12:30.

Trainer’s Corner with Anita

Lunges Don’t Have to Hurt

We all want to remain fit and active as we age, and lower body strength is key to achieving that goal. Lunges are fundamental in an exercise prescription for strengthening the hips and thighs, as well as improving core stability and balance, however, many people who suffer from knee pain due to osteoarthritis or a past knee injury tend to avoid them. The good news is that lunges can be modified so everyone can reap the benefits of this power-house move. If you have mistakenly believed that knee problems prohibit you from taking advantage of this effective lower body strengthening exercise, give the following modifications a try and see if one or all of them may be just right for you. As always, if you have a chronic condition, balance issues, or injuries, start by talking to your doctor about how you can exercise safely. 1) Keep your lunge shallow – focus on moving through a pain-free range of motion rather than dipping too low; in time the increased strength may allow you to progress farther into each lunge. 2) Keep your feet stationary – instead of stepping forward and back with each repetition as in a standard lunge, keep your feet planted in a split (lunge) stance and simply lower and raise your body. 3) Widen your stance – keeping your back foot further away from your front foot may feel more comfortable and will prevent form compromise, such as the forbidden “knee over toe” placement. 4) Lean forward slightly – rather than performing lunges with the torso erect (head and shoulders directly over hips), hinge forward at the hips aligning your armpits directly over your front foot. This position shifts weight distribution and recruits the glute muscles to engage, taking some of the work from the quads, which attach to the knees.