

# AOA MONTHLY the **NEWSLETTER**



### Hillcrest Family YMCA

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

#### Active Older Adult Newsletter

December 2025



## Are You Coming? Let's do lunch! Christmas Party December 17

It's the holidays, time to celebrate! Let's do lunch! We'll have a holiday lunch on Wednesday, December 17. Doors will open at 12:15PM.

Let's get festive. Do you have a holiday sweater, Santa hat, Rudolph ears or other holiday adornments? Wear them to the party to add to the fun.

Let's sing! We'll have a special guest, June Sladek, to lead us in Christmas Carols.

Bring a nonmember friend with you: all are welcome.

# **UPCOMING EVENTS**

\*December 2 **Mental Coping Skills** 1:30

December 9 Bingo 1:30

December 10 Healthy Living with Alzheimer's 12:30

\*December 11 **Dueling Pianos Christmas Trip** 

\*December 15 **Hartville & Stan Hewitt Bus Trip** 

\*December 17 Let's Do Lunch 12:30

\*December 24, 31, January 1 Hillcrest Y will be open from 7:00am - 1:00pm

\*December 25 Hillcrest Y will be closed. **Enjoy the Holidays!** 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50	8:15 - 9:05	9:00-9 :50	8:15-8:45	8:00 -8:50
Pure Strength	Fitness After	<b>Total Body Blast</b>	Fitness After 50	Aqua Fit Combo
Samantha	Fifty	Leo	Ester	Marilyn
	Ester			Pure Strength
				Samantha
8:00 -8:50	9:00-9:50	9:00-9:50	8:15 - 9:05	10:00-10:50
Aqua Fit Combo	Buti Yoga	Aqua Fit Combo	Fitness After	Yoga Flow
Marilyn	Anita	Cynthia	Fifty	Susan
1.1df ffy ff	Tillica	Gyntina	Ester	busuii
9:00 - 9:50	9:00-9:50	9:45 - 10:35	9:00-9:50	10:00-10:50
<b>Barre</b>	Aqua Fit Combo	Step Fusion	Yoga for Men	SilverSneakers
Kathryn	Cynthia	Tiarra	Judi	Classic
Kaun yn	Cynuna	I lai i a	Juui	
0.00.0.50	10:00- 10:50	10:00-10:50	9:00-9:50	Cynthia  *** Saturday***
9:00-9:50				
Aqua Fit Combo	Beat It! \$	Tai Chi	Aqua Fit Combo	9:00-9:50
Cynthia	Ester	Lorenzo	?	Yoga
			9:10-9:35	Susan
			Cycle Lite	
			Sarah	
9:15-10:05	10:00 -10:45	11:00- 11:50	10:00 - 10:50	9:00-9:50
<b>Total Body Blast</b>	Stretch &	Fitness After 50	Women on	Cardio Combo
Leo	Mobility	Leo	Weights	Monique
	Sarah		Cynthia	9:00- 9:50
			10:00- 10:50	Cycle
			Strength	Lynn
			Mobility	
			Sarah	
10:10-11:00	11:00-11:50		10:00 - 10:50	10:00-10:50
SilverSneakers	Line Dance		Line Dance	SilverSneakers
Classic	Gigi		Anita11:00 -	Classic
Kathyrn	uigi		11:50	Monique
Kauiyiii			Chair Yoga	Monique
			_	
11 15 12 05	11 15 11 40		Judi	10.00.10.50
11:15-12:05	11:15 - 11:40		11:00-11:25	10:00-10:50
SilverSneakers	Cycle Lite		Strength &	Zumba
Yoga	Sarah		Balance	Quanetta
Kathryn			Sarah	
	12:15 - 1:05		12:00 - 12:50	
	Chair Yoga		Polynesian &	
	Anita		Hawaiian	
			Dance	
	i	1		
			Dahmia	
			Danmia	
	2:00- 2:50			**Sundav**
	2:00- 2:50 Arthritis Water		1:00-1:50	**Sunday**
	Arthritis Water		1:00-1:50 Belly Dance	10:00-10:50
	Arthritis Water Fitness		1:00-1:50	10:00-10:50 <b>Cycle</b>
	Arthritis Water		1:00-1:50 Belly Dance Dahmia	10:00-10:50
	Arthritis Water Fitness		1:00-1:50 <b>Belly Dance</b> Dahmia  2:00- 2:50	10:00-10:50 <b>Cycle</b>
	Arthritis Water Fitness		1:00-1:50 Belly Dance Dahmia  2:00- 2:50 Arthritis Water	10:00-10:50 <b>Cycle</b>
	Arthritis Water Fitness		1:00-1:50 <b>Belly Dance</b> Dahmia  2:00- 2:50	10:00-10:50 <b>Cycle</b>

# **Information & Announcements**

#### **Cranberry Salsa**

Here's an easy, festive, and healthy appetizer for your holiday parties.

10-12 ounce bag (2/1/2 - 3 cups) cranberries

1 bunch cilantro, roughly chopped

4 green onions in 2'' - 3'' pieces

1-2 jalapenos, with or without seeds

2 limes, juiced

¼ - ½ cup sugar or honey

½ tsp salt

2 TBS olive oil – optional

In a food processor, pulse the cranberries, cilantro, green onions, and jalapenos to the desired chunky texture.

Add the lime juice, salt, and sugar – start with the lower quantity of sugar. Mix just to blend. Taste and adjust the seasonings as desired. Stir in the olive oil if you choose to use it.

Let the salsa sit for at least 30 minutes to develop the flavors. Serve it with vegetable slices or tortilla chips. This dip improves with age and keeps well.

## **Holiday hours**

We will be open on Christmas' Eve, New Year's Eve, and New Year's Day from 7:00-1:00. We are closed Christmas day.

Our Holiday class schedule will be posted at the front desk. Please check to see what classes are scheduled on these holidays. The staff at Hillcrest Y wish you and yours a joyous, peaceful holiday.

## **Class Sign Up Sheets**

Please sign up legibly with your full last name so you can be alerted if weather or other circumstances causes a class to be cancelled. Trainer's Corner with Anita Holiday Travel Tip

Healthy Travel during

the holidays can be stressful and overwhelming. Prioritizing self-care will help to make your out-of-town celebrations merry and bright. Maintaining good health while travelling is essential, so begin with the basics: keep your hands clean with frequent washing or hand sanitizer; pack any medications in an easily accessible bag; and stay active to offset the sedentary nature of long trips by building in movement and stretch breaks. The following tips will help you prepare to feel your best on the road. 1) Maintain healthy routines - Pack nutritious and satisfying snacks; carry a reusable water bottle to stay hydrated; be sure to get enough rest prior to your trip; and nap when possible during long flights and car rides. 2) Stay Active – To preserve fitness, boost energy and reduce stress, build movement into your daily routine. Take the stairs, walk, jog or bike outdoors, or walk at an indoor mall. If you're staying at a hotel, check out the fitness facilities. Include stretching to prevent muscular stiffness and discomfort. Simple neck rolls, shoulder shrugs and leg lifts help improve circulation and release tension. 3) Don't minimize mental health – Manage stress with breath work, calm music and meditation techniques for centering and relaxation; schedule breaks to wind down and recharge; and engage in mindfulness exercises like centering breath or guided meditation for help staying present and to ease anxiety.

#### Solution to Word Scramble:

Stocking, fireplace, chimney, mistletoe, ornaments, tinsel, sleigh, presents, twinkle.
Snowflake