

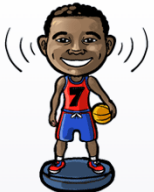











January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP			1 	2 "There is a beauty in every January sunrise – a new day, a new opportunity to grow." –Unknown
5 	6	7 	8 MENOPAUSE 2 BUS TRIP	9 "Cheers to a new year and another chance for us to get it right." –Oprah Winfrey
12 VISION BOARDING & GOAL SETTING	13 	14 VISION BOARDING & GOAL SETTING	15 RESTORATIVE YOGA & GOAL SETTING 	16 "Nothing in the universe can stop you from letting go and starting over." –Guy Finley
19 	20	21 National Hugging Day 	22 	23 "It is not in the stars to hold our destiny but in ourselves." –William Shakespeare
26 	27 	28	29 	30 "New Year – a new chapter, new verse, or just the same old story: Ultimately, we write it. The choice is ours." –Alex Morritt

"The bad news is time flies. The good news is you're the pilot."

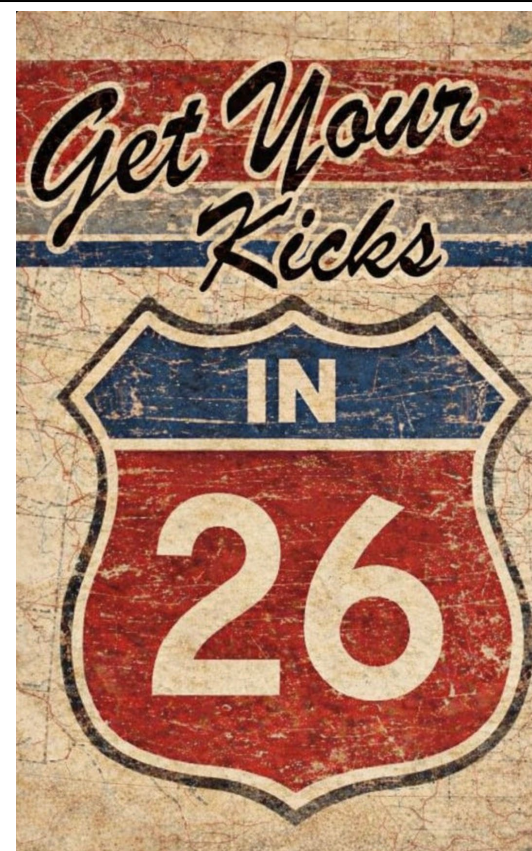
–Michael Altshuler

"Every year you make a resolution to change yourself. This year, make a resolution to be yourself" –Anonymous

AOA MONTHLY NEWSLETTER

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

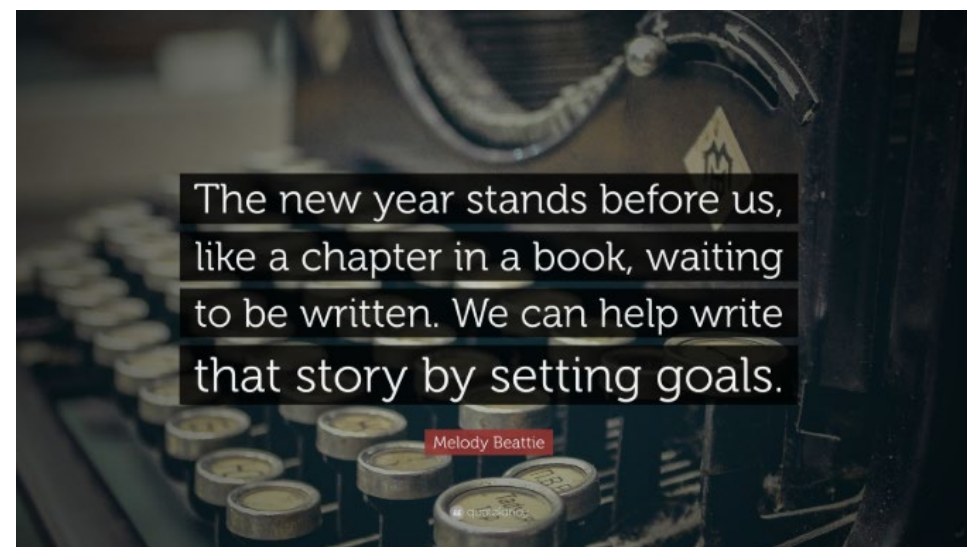
Active Older Adult Newsletter



In my husband's family they create a 'motto' for the upcoming year to set the tone.

"Get Your Kicks in '26" is my motto for this year. How can you get your kicks in 2026?

- Try a New Hobby
- Travel
- Learn to play Pickleball
- Volunteer
- Meditate
- Dance Lessons
- Visit Family
- Take a College Class
- Cultivate a Garden
- Gentle Exercise
- Dance
- Photography
- Join a Club
- Learn a new card game



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FrenchCreek 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

January 2026

MONDAY OR WEDNESDAYS

@ 1:00PM

Indoor Social Pickleball League

January 5th – 28th

Cost: \$30

TUESDAYS @ 7:30AM

Beginning Pickleball Clinic

January 6th – 27th

Cost: \$50 Members

TUESDAYS @ 9:00AM

Intermediate Pickleball Drills

January 6th – 27th

Cost: \$50 Members

TUESDAYS @ 10:30AM

Indoor Intermediate Plus

Pickleball Drills

January 6th – 27th

Cost: \$50 Members

THURSDAYS 8:00AM

NEW Co-Ed Adult Pickleball Ladder

League

January 8th & 22nd

Cost: \$10 Members

THURSDAYS @ 12:00PM

Caps N' Laps - Lobby

Beginners are Welcome!

MONDAY JANUARY 12TH & WEDNESDAY JANUARY 14TH

Vision Boarding & Goal Setting

Vision Boarding & Goal Setting

11:30am

Cost: \$5 Members

THURSDAY JANUARY 15TH

Restorative Yoga Restorative

Yoga

7:00-8:30pm

Cost: \$5 Members

+

GROUP EXERCISE (LAND)

AQUATIC CLASSES

GYM

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Moira		9:30-10:20pm Rhythm/Soul Line Dnc 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		12:00-1:00 Tai Chi Easy Phyllis-SMB
	1:00-1:50pm Arthritis Stella		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	8:30-9:20am Aqua Bootcamp CP Gail	
9:00-9:50am Aquacise RP Gail		9:00-9:50am Aquacise RP Gail	9:30-10:20am Aqua Jog RP AmyLynn Aqua Fit Deep Wtr Jean CP	9:30-10:20am Aqua Zumba RP Jessica
11:00-11:50 Aqua Fit Shallow RP Nancy		10:30-11:20 Aqua Fit Shallow RP Jessica	10:30-11:20 Aqua Zumba RP Moira	11:00-11:50am Aqua FIT Shallow RP Nancy
			5:30-6:20pm Aqua Zumba RP Moira	
		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-10am Pickleball Back Court	5am-8am Pickleball Back	5am-10am Pickleball: 2 Courts	5am-7:45am Pickleball Back	5am-noon Pickleball: Back court

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: 2026

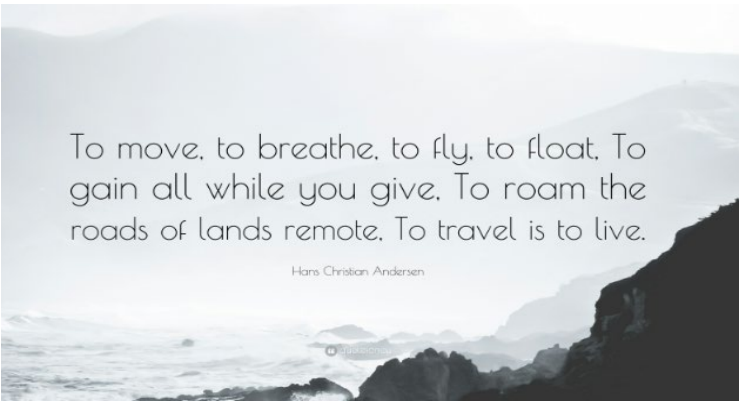
All trips depart at the French Creek Family YMCA unless otherwise noted

Thursday January 8th--Menopause 2
The Musical

Cost: \$151 Departing at 11:00am
Sunday January 25h--Stereophonic
Cost: \$159 Departing at 10:30am

MORE coming **SOON!!**

*Flyers available in the lobby! Register
at the front desk 440-934-9622
or call Loni Beverly 803-318-4324.



Get your KICKS in '26

If Not Now-When?

AOA TRAVEL MULTI-DAY AIRLINE TRIPS

California Dreamin': May 9th – 17th
Splendors of Ireland: June 6th – 16th
Trains & Parks of Colorado: August 1–9th
Flavors of Italy: September 26– October 8
Christmas Markets on the Rhine:
December 7th–16th

Brochures are available for each trip at the AOA Table in the French Creek YMCA.
If you would like additional information for a trip or to register, please contact Loni Beverly at 803-318-4324

AOA TRAVEL MULTI-DAY BUSTRIPS

Look for more info coming soon!

River Hop: April 26th – 30th
Chicago to St. Louis Route 66: June 14th – 21st
Wit, Wine & Waterfalls: July 13 – 17th
From Ford to Falls: July 20th – 25th
Horse Tails & Bourbon Trails: August 7th – 9th
Dunes, Blooms, & Booms: September 9th – 13th
Christmas in NYC: *Coming soon!*

