



January 2026

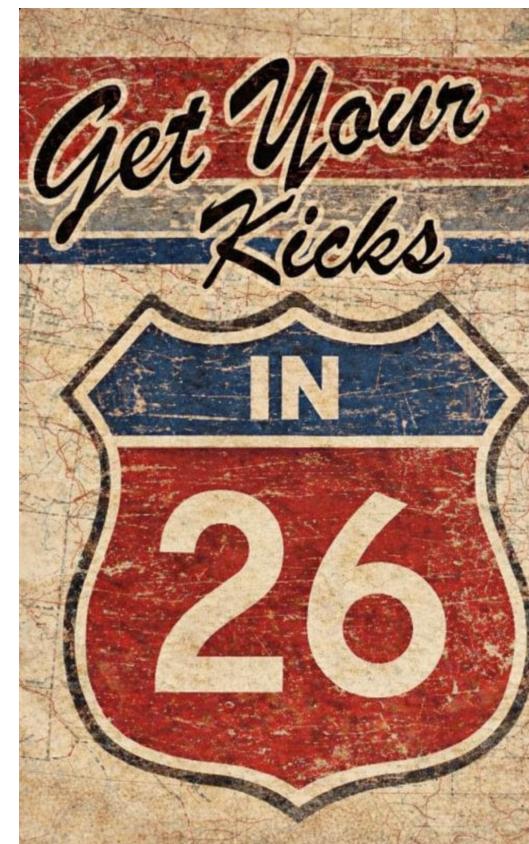


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP			1 	2 "There is a beauty in every January sunrise – a new day, a new opportunity to grow." -Unknown
5 	6	7 	8 MENOPAUSE 2 BUS TRIP	9 "Cheers to a new year and another chance for us to get it 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 INTERNATIONAL HOLOCAUST REMEMBRANCE DAY 	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

AOA MONTHLY NEWSLETTER

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

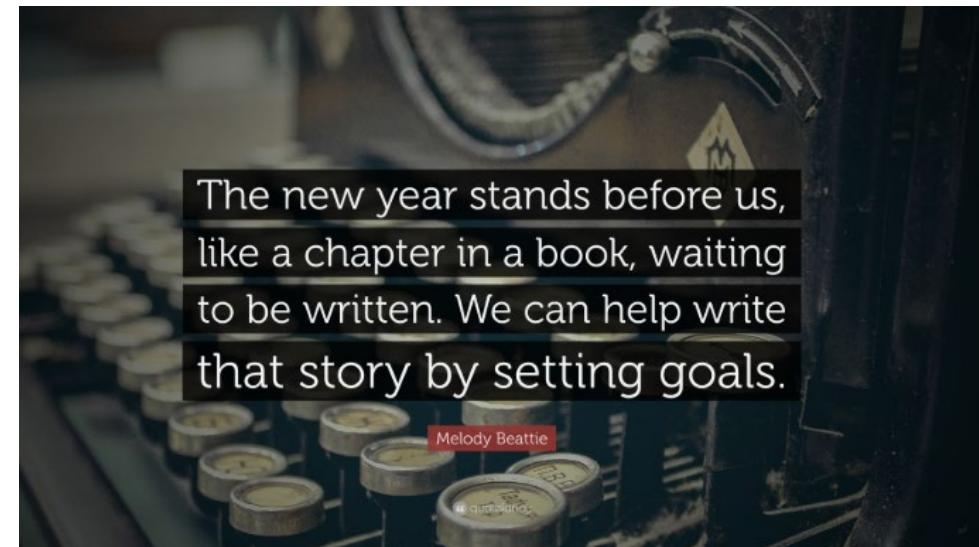
Active Older Adult Newsletter



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



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

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

"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 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

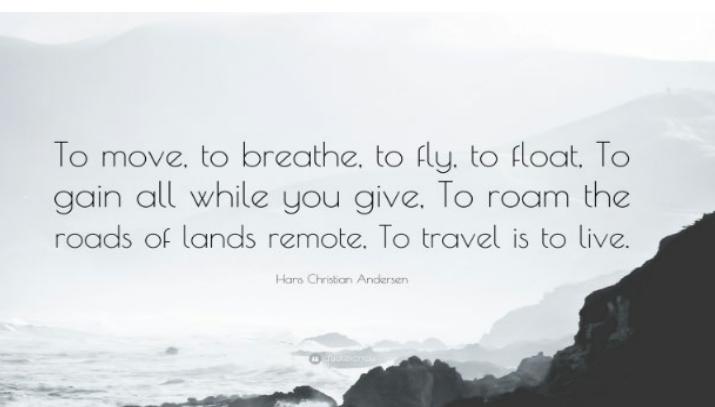
Cost: \$151 Departing at 11:00am

Sunday January 25th-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 BUS TRIPS

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!*



WOMEN ON FREE-WEIGHTS

WITH ERIN

February 2nd - 23rd