

February Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Blood Pressure check 11am-noon	5	6
9 Active Older Adult Group Orientation 11:00-11:30 am	10	11	12	13
16 Active Older Adult Group Orientation: 11-11:30am Red Cross Blood Drive 11am-4:30pm	17 SWAP- All day! Bring gently used items anytime to the front desk!	18	19 Book Club "Destiny of the Republic" By Candice Millard	20
23 Active Older Adult Group Orientation: 11-11:30am	24	25	26	27

Coffee Bar
Front Lobby.
Monday-Friday
7am-12pm



Looking Forward: QUILTING GROUP
Meeting on Wednesday, April 15th at
2:00pm-4:pm

We will be focusing on the layout or color scheme for the quilt.
Please bring all completed squares.
We will determine next date to assemble quilt.

AOA MONTHLY NEWSLETTER



Lakewood Family YMCA

16915 Detroit road
Monday – Friday : 5:30am to 9pm
Saturday: 7am to 6pm
Sunday: 8am – 6pm

Active Older Adult Newsletter

February 2026

UPCOMING EVENTS

Date: Wednesday Feb. 4th
Blood Pressure Check
Front Lobby
11am-12:00pm

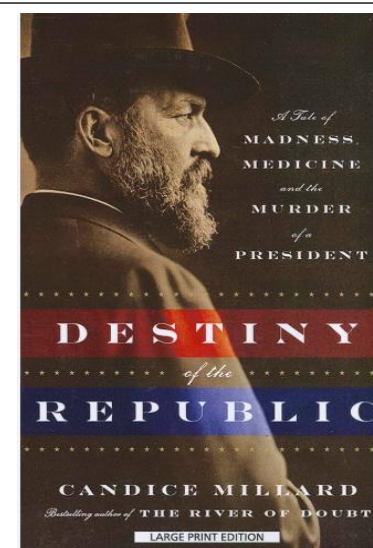
Date: Monday, Feb. 16th
American Red Cross Blood Drive
11am-4:30pm

Date: Tuesday Feb. 17th
SWAP all day. Bring Gently used items to front desk.

Date: Thursday, Feb. 19th
Book Club
4:30pm-6:30
Starbucks
Upstairs in Conference Room



Love is that condition in which the happiness of another person is essential to your own.



Enjoy reading? Come join the book club. We meet somewhere locally for conversation, friendship, food, and drink.

When: Feb. 19th

Time: 4:30-6:30pm

Where: Starbucks

19555 Detroit Rd

Rocky River

-upstairs in the Conference Room

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am Yoga Basics Mathew				
	9:15am Dance Cardio (senior) Suzy	9am Silver Sneaker Circuit Suzy		
10:15am Silver Sneaker Classic Andrea H	10am Silver Sneaker Circuit Suzy& Cindy	10am Strength and Balance Suzy (Community Room)	10:15am Silver Sneaker Circuit Maureen	
11:15am Silver Sneakers Classic Andrea H	11am Strength and Balance Cindy			11am Chair Yoga Andrea (Community Room)
11:15 am Chair Yoga April				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am Deep Water fitness Mary	8am Deep Water Fitness Daphne D	8am Deep Water Fitness Daphne	8am Deep Water Fitness Daphne D	
9am Silver Sneakers Splash Mary	9am Shallow Water fitness Daphne D	9am Shallow Water Fitness Daphne	9am Shallow Water Fitness Daphne D	
12pm MS Fitness Heather				
1pm Arthritis Fitness Class Stephanie		1pm Arthritis Fitness Class Stephanie		1pm Arthritis Fitness Class Stephanie
5:30pm MS Fitness Heather				

AQUATIC CLASSES (WATER)

Homemade Hot Chocolate

- 2 ½ cups whole milk
- ¼ cup granulated sugar
- 2 Tablespoons unsweetened cocoa powder
- 6 oz bittersweet chocolate (or semisweet, milk, etc.)
- 1 tsp pure vanilla extract
- Homemade Whipped Cream for serving

Instructions

1. Add milk, sugar and cocoa powder to a medium saucepan.
2. Heat over medium heat, whisking occasionally, until the mixture just begins to bubble but does not boil.
3. Add chocolate and vanilla and whisk until the chocolate is melted and the mixture is smooth.
4. Pour into 4 small mugs and serve with homemade whipped cream.

*6 oz chocolate is 1 cup.

Ingredient Substitutions

- **Whole milk.** Any milk, dairy or non-dairy, should work very well in this recipe. Just remember, the higher the percentage of fat in your milk, the creamier the final product will be. Use whole or 2% milk for the best results. Or you can make it with half whole milk and half heavy cream or half and half. For a dairy-free version I recommend full-fat coconut milk.

- **Cocoa Powder.** Use pure, unsweetened cocoa powder. For a dark hot chocolate use dark cocoa powder.
- **Granulated sugar.** white sugar, organic cane sugar and coconut sugar are all good choices.
- **Chocolate.** I recommend using semi-sweet or bittersweet chocolate. You can use milk chocolate or white chocolate, just be aware that the end result will be sweeter. For a dairy-free/vegan version, use dairy-free chocolate! You can also use bakers chocolate (100% cocoa) and just increase the amount of sugar to suit your tastes.
- **Vanilla Extract.** Use pure vanilla extract for the best flavor. You can also add other extracts like peppermint, etc.