



MARCH 2026



AOA MONTHLY NEWSLETTER

the **YMCA** FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY
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

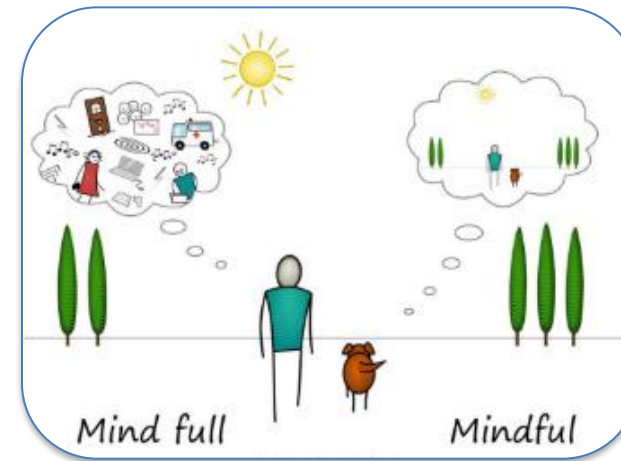
OUR MISSION IS TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND & BODY FOR ALL.

Active Older Adult Newsletter

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3  I Want You to be Happy Day	4  HAPPY NATIONAL SONS DAY	5	6 "Our life is March weather, savage and serene in one hour." -Ralph Waldo Emerson
9  TODAY IS NATIONAL GET OVER IT DAY!	10	11  NATIONAL JOHNNY APPLESEED DAY	12 AOA MEET AND GREET  MARCH 12TH NATIONAL PLANT A FLOWER DAY	13 "Let the March wind blow away your worries, regrets, and sorrow. Let the spring sunshine plant the seed of hope in your heart." -Anonymous
16  EVERYTHING YOU DO IS RIGHT DAY	17 BINGO!  Happy St. Patrick's Day	18	19  NATIONAL LET'S LAUGH DAY	20 "An Optimist is the human personification of spring." -Susan J. Bissonette CLEVELAND ORCHESTRA BUS TRIP
23	24 WATER FOR ELEPHANTS BUS TRIP	25  NATIONAL MEDAL OF HONOR DAY	26 AOA MEET AND GREET	27 "Dear March, bring colors in my life as you bring to the earth." -Unknown
30  NATIONAL I AM IN CONTROL DAY	31  NATIONAL CRAYON DAY MARCH 31	 YMCA360	STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade." -Charles Dickens

HAVE A MINDFUL MARCH



As we begin to settle into 2026 and look forward to Spring, March is a great month for checking back in with ourselves. One way that we can accomplish this is through mindfulness. "Mindfulness facilitates empathy through (a) reducing stress, (b) increasing self-compassion, and (c) loosening identification with personal subjective experience." – William James In other words, mindfulness is one practice that can be beneficial in a variety of ways specifically in support of positive mental health.



Tuesday March 24th, 2026

Depart at 5:00pm - \$161 Per Person
Includes dinner at Republic Food & Drink
Please register at the front desk.

MONDAY OR WEDNESDAYS @ 1:00PM

Indoor Social Pickleball League
March 3rd – 25th
Cost: \$40

TUESDAYS @ 8:00AM
Beginning Pickleball Clinic
March 3rd – 25th
Cost: \$50 Members

TUESDAYS @ 9:30AM
Intermediate Pickleball Drills
March 3rd – 25th
Cost: \$50 Members

TUESDAYS @ 11:00AM
Indoor Intermediate Plus Pickleball Drills
March 3rd – 25th
Cost: \$50 Members

THURSDAY 8:30AM
NEW Co-Ed Adult Pickleball Ladder League
March 19th
Cost: \$10 Members

THURSDAYS @ 12:00PM
Caps N' Laps – Lobby
Beginners are Welcome!

TUESDAY MARCH 17 @ 12:30PM
St. Paddy's Bingo!
Community Room
Register at the front desk

"The only way to live is by accepting each minute as an unrepeatable miracle."

TARA BRACH

"Life is a river. Mindfulness is the awareness that allows you to appreciate the flow." -Maxime Legacé

"Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life and your actions happen in accordance with that." -Jon Kabat-Zinn

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

GROUP EXERCISE (LAND)

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	

AQUATIC CLASSES

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

RP: Recreation Pool CP: Competition Pool

GYM

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

Friday March 20th – Cleveland Orchestra
Cost: \$134 Departing at 9:30am

Tuesday March 24th – Water For Elephants
Cost: \$161 Departing at 10:30am

Wednesday April 1st – Hist. & Ethnic Part 1
Cost: \$139 Departing at 8:30am

Wednesday April 23rd – Sound of Music
Cost: \$167 Departing at 10:30am
(Departing from the West Shore Y)

Wednesday April 28th – Houses of Worship
Cost: \$129 Departing at 8:30am

Wednesday May 5th – The Outsiders
Cost: \$129 Departing at 8:30am

Monday June 8th – Guardians Baseball
Cost: \$153 Departing at 10:30am

Tuesday September 3rd – Guardians Baseball
Cost: \$153 Departing at 10:30am

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

Trains & Parks of Colorado
August 1st – 9th, 2026

As featured in "Home & Away" Magazine



Embark on an extraordinary Colorado adventure featuring iconic trains, stunning scenery, luxurious hotels, and exceptional cuisine. This exclusive experience, acclaimed by "AAA Home & Away" magazine and PBS television, showcases the very best of Colorado. Traverse rugged canyons, soaring mountain passes, and picturesque valleys aboard historic railways, all while indulging in first-class inns and regional flavors. Immerse yourself in the beauty and history of Colorado on a captivating tour that will leave you spellbound.

<p>Some Highlights:</p> <ul style="list-style-type: none"> • Durango & Silverton Scenic RR • Outdoor Dinner with breathtaking views • Mesa Verde National Park • Cumbres & Toltec Scenic RR • Wine pairing dinner at Wine Country Inn • Colorado National Monument • Georgetown Loop Scenic RR • Air Force Academy (when available) • Pikes Peak Cog RR • Sixteen Meals <p>Lodging:</p> <ul style="list-style-type: none"> • Embassy Suites, Denver 1 night • Wine Country Inn, Palisade, 2 nights • Strater Hotel, Durango, 2 nights • Fairfield Inn & Suites, Alamosa, 1 night • Cliff House at Pikes Peak, 2 nights 	<p>Price Includes:</p> <ul style="list-style-type: none"> • Fully Escorted Tour • Gratuities (driver, guides & included meals) • Luggage Handling • Roundtrip Group Air from Cleveland (For all air needs other than group air call 330-556-4535) • Travel Protection <p>\$4495 Per Person Double Occupancy \$5395 Per Person Single Occupancy</p> <p>For registration contact: Loni Beverly: 803-318-4324 OR Kathy McKean: 440-934-9622</p>
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If Not Now-When?

AOA TRAVEL MULTI-DAY AIRLINE TRIPS

Splendors of Ireland: SOLD OUT!
Trains & Parks of Colorado: August 1st-9th
Flavors of Italy: SOLD OUT!
Christmas Markets on the Rhine: SOLD OUT!

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

River Hop: CLOSED
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
Joshua (Sights & Sounds): October 14th – 16th
Christmas in NYC: *Coming soon!*

FRENCH CREEK FAMILY YMCA

BINGO!

JOIN US ON SAINT PATRICK'S DAY FOR AN AFTERNOON OF REFRESHMENTS, FESTIVITIES, AND BINGO!!!!

TUESDAY, MARCH 17TH

Time: 12:30 – 2:30 PM

Location: Community Room (French Creek)

Price: \$5 per person

- Register online, at the front desk, or by calling 440-934-9622

What to Expect:

- * We will lead a variety of Bingo games throughout the afternoon, with prizes for winners!
- * We provide all the bingo chips, boards, and refreshments!

WEAR YOUR GREEN & SHAMROCKS!!!

Questions? Contact Mary Jo Millard (mmillard@clevelandymca.org) or Jordyn Milner (jmilner@clevelandymca.org)