



APRIL 2026



# AOA MONTHLY NEWSLETTER



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

## APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP</b>	1 <b>HISTORIC &amp; ETHNIC BUS TRIP</b> 	2 	3 "Wishing you an April where hope, health, and happiness reign." -A Friend
6 	7	8 	9 <b>AOA MEET AND GREET</b> 	10 "April is the month of dreams come true." -John Baillie 
13 	14 <b>SEA GLASS ART WELLBEING EVENT</b>	15  <b>TODAY IS NATIONAL TAKE A WILD GUESS DAY!</b>	16	17 "Try to be a rainbow in someone else's cloud." -Maya Angelou
20 	21	22 	23 <b>AOA MEET AND GREET</b> <b>SOUND OF MUSIC BUS TRIP</b>	24 "April is the kindest month. It gets you out of your head into your garden." -Marty Rubin
27 	28 <b>HOUSES OF WORSHIP BUS TRIP</b>	29	30  What's your favourite Bugs Bunny memory? :)	"The first of April is the day we remember what we are the other 364 days of the year." -Mark Twain

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

## Active Older Adult Newsletter

## SPRING RESET

Spring is the perfect time to reset your fitness, focusing on simple, sustainable shifts rather than overhauls. Key themes include renewing your routine with outdoor movement, increasing consistency through small, manageable changes, and refreshing your mindset.

**Spring Wellness Reset**

- Day 1:** Start drinking more water. Up to 1 ounce per pound of bodyweight as daily total.
- Day 2:** Add a new vegetable to your diet. Aim for 5 - 9 vegetable servings per day.
- Day 3:** Snack smartly. Skip sugary, salty processed foods for fresh produce, nuts/seed or functional snack bars.
- Day 4:** Inventory your vitamins & supplements. Discard what has expired or you no longer use. Swap high-sugar chews for lower-carb options.
- Day 5:** Move more! Aim for 10,000 steps a day or 300 minutes per week of moderate exercise (like walking, biking, gardening, virtual classes).
- Day 6:** Eliminate or reduce alcohol consumption. Try zero-abv sparkly drinks.
- Day 7:** Implement strategies to sleep sounder like going to bed earlier and reducing screen time.

**Spring Wellness Tips**

- Stay Active with Gentle Outdoor Exercise
- Monitor Seasonal Health Changes
- Stay Hydrated
- Refresh Your Diet with Seasonal Produce
- Prioritize Mental & Social Well-being

Tuesday, May 5<sup>th</sup>, 2026

**TONY AWARD WINNER! BEST MUSICAL**

**THE OUTSIDERS**

"It has the power to inspire an entire generation."  
-Entertainment Weekly

The winner of the 2024 Tony Award® for Best Musical is **THE OUTSIDERS**. Adapted from S.E. HINTON's seminal novel and FRANCIS FORD COPPOLA's iconic film, this thrilling new musical features a book by ADAM RAPP with JUSTIN LEVINE, music and lyrics by JAMESTOWN REVIVAL (Jonathan Clay & Zach Chance) and JUSTIN LEVINE, music supervision, orchestration, and arrangements by JUSTIN LEVINE; choreography by RICK KUPERMAN & JEFF KUPERMAN, and direction by Tony Award® winner DANYA TAYMOR. Entertainment Weekly says, "It has the power to inspire an entire generation."  
In Tulsa, Oklahoma, 1967, Ponyboy Curtis, his best friend Johnny Cade and their Greaser family of "outsiders" battle with their affluent rivals, the Socs. **THE OUTSIDERS** navigates the complexities of self-discovery as the Greasers dream about who they want to become in a world that may never accept them. With a dynamic original score, **THE OUTSIDERS** is a story of friendship, family, belonging...and the realization that there is still "lots of good in the world."

**\$151.00** (seats are Orchestra A) + non-members +15  
Tuesday May 5<sup>th</sup>, 2026 - 5:30pm Dinner & 7:30pm Show

TUESDAY APRIL 28<sup>TH</sup>, 2026  
"HOUSES OF WORSHIP"

Enjoy an inspirational tour as we explore some of the beautiful and tremendously historic Houses of Worship in the greater Cleveland area. We will be met at each sacred place by a Church member (clergy, staff or volunteer) who will make a presentation on its history, how it has served its community over the years and its current standing today.  
Come join us as we learn the fascinating and unique stories behind these remarkable holy places of worship and gain a glimpse into the lives of the people they have served. Bring your camera to photograph the handsome architecture, old-world craftsmanship and priceless statues & windows created long ago.  
We'll see 2 churches in the morning, **Queen Mary of Peace & St. Vladimir Shrine** and then have lunch at the very elegant **PIER W Restaurant**. We'll complete our day seeing & touring **Cathedral of St. John the Evangelist & Saint Maron Church**. These are amazing churches and cathedrals of various faiths in the Parma, Downtown Cleveland, Ohio City and Brooklyn neighborhoods and we do our best to offer different denominations and architectural styles. All new churches in 2026!!!!  
Please note - there could be last minute scheduling challenges with the churches, and an alternative worship house may be substituted.  
We will depart at 8:15am and return around 5:30pm.

\$129 +\$15.00 non-member = \$25.00 deposit due upon registration  
Final Payment Due/Refund Deadline, Tuesday April 14<sup>th</sup>, 2026  
Register- 440-934-9622 or on line [www.clevelandymca.org](http://www.clevelandymca.org)  
Questions? Lori Beverly (803) 318-4324 or [lbevely@clevelandymca.org](mailto:lbevely@clevelandymca.org)

## MONDAY OR WEDNESDAYS @ 1:00PM

### Indoor Social Pickleball League

April 6<sup>th</sup> – 29<sup>th</sup>

Cost: \$40

## TUESDAYS @ 8:00AM

### Beginning Pickleball Clinic

April 7<sup>th</sup> – 28<sup>th</sup>

Cost: \$50 Members

## TUESDAYS @ 9:30AM

### Intermediate Pickleball Drills

April 7<sup>th</sup> – 28<sup>th</sup>

Cost: \$50 Members

## TUESDAYS @ 11:00AM

### Indoor Intermediate Plus

Pickleball Drills

April 7<sup>th</sup> – 28<sup>th</sup>

Cost: \$50 Members

## TUESDAY April 14<sup>th</sup> 1:00PM

### Sea Glass Art Wellbeing Event

Register at the front desk

## THURSDAYS @ 12:00PM

### Caps N' Laps – Lobby

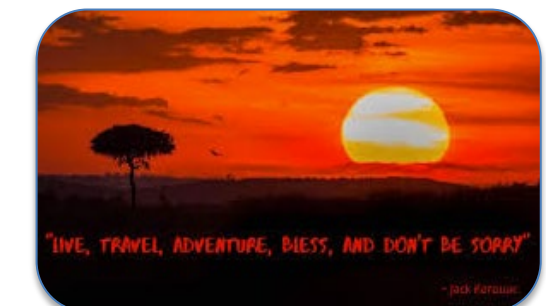
Beginners are Welcome!

## THURSDAY APRIL 16<sup>TH</sup> @ 7 PM

### Restorative Yoga with Kip

Cost: \$5 Members

Register at the front desk



"Don't wait for extraordinary opportunities. Seize common occasions and make them great." -Orison Swett Marden

"No Winter lasts forever; no spring skips its turn. April is a promise that may be bound to keep, and we know it." -Hal Borland

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

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 <b>Zumba Gold</b> Moir		9:30-10:20pm <b>Rhythm/Soul Line Dnc</b> Christine
10:30-11:20am <b>SilverSneakers Classic@</b> Jan	10:30-11:20am <b>Fitness After 50</b> Martha	10:30-11:20am <b>BOOM@</b> Amanda 10:30-11:20am <b>AOA Gentle Flow Ballet (CmmntyRm)</b> Martha	10:30-11:20am <b>Fitness After 50)</b> Jan 10:30-11:20am <b>Yin Yoga (SMB)</b> Rita	10:30-11:20pm <b>SilverSneakers Classic@</b> Jessica
11:30-12:20pm <b>AOA Fitness &amp; Strength</b> Amanda	11:30-12:20pm <b>Strength &amp; Balance</b> Phyllis	11:30-12:20pm <b>SilverSneakers@</b> Jessica	11:30-12:20pm <b>Strength &amp; Balance</b> Martha 11:30-11:20pm <b>Rhythm &amp; Soul Line Dancing</b> Christine-Gym	11:30-11:20am <b>Chair Yoga</b> Jessica
12:30-1:20pm <b>Chair Yoga</b> Danielle S	12:30-12:55pm <b>Chair Tap Dance</b> Phyllis	12:30-1:20pm <b>Chair Yoga</b> Danielle		12:00-1:00 <b>Tai Chi Easy</b> Phyllis-SMB
	1:00-1:50pm <b>Arthritis</b> Stella		1:00-1:50pm <b>Arthritis</b> Stella	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am <b>Aquacise RP</b> Gail		8:00-8:50am <b>Aquacise RP</b> Gail	8:30-9:20am <b>Aqua Bootcamp CP</b> Gail	
9:00-9:50am <b>Aquacise RP</b> Gail		9:00-9:50am <b>Aquacise RP</b> Gail	9:30-10:20am <b>Aqua Jog RP</b> AmyLynn <b>Aqua Fit Deep Wtr</b> Jean CP	9:30-10:20am <b>Aqua Zumba RP</b> Jessica
11:00-11:50 <b>Aqua Fit Shallow RP</b> Nancy		10:30-11:20 <b>Aqua Fit Shallow RP</b> Jessica	10:30-11:20 <b>Aqua Zumba RP</b> Moir	11:00-11:50am <b>Aqua FIT Shallow RP</b> Nancy
<b>RP:</b> Recreation Pool <b>CP:</b> Competition Pool				
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5am-10am <b>Pickleball Back Court</b>	5am-8am <b>Pickleball Back</b>	5am-10am <b>Pickleball: 2 Courts</b>	5am-7:45am <b>Pickleball Back</b>	5am-noon <b>Pickleball: Back court</b>

AQUATIC CLASSES

GYM

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

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

**Thursday April 23<sup>rd</sup> – Sound of Music**  
Cost: \$167 Departing at 10:30am  
(Departing from the West Shore Y)

**Tuesday April 28<sup>th</sup> – Houses of Worship**  
Cost: \$129 Departing at 8:30am

**Tuesday May 5<sup>th</sup> – The Outsiders**  
Cost: \$129 Departing at 8:30am

**Tuesday May 19<sup>th</sup> – Shawshank & Malabar**  
Cost: \$148 Departing at 8:15am  
(Departing from the West Shore Y)

**Wednesday June 3<sup>rd</sup> – Bucyrus/Pickwick Place**  
Cost: \$99 Departing at 7:45am  
(Departing from the West Shore Y)

**Monday June 8<sup>th</sup> – Guardians Baseball**  
Cost: \$153 Departing at 10:30am

**Thursday June 18<sup>th</sup> – West Wine Trail**  
Cost: \$151 Departing at 10:00am

**Tuesday June 23<sup>rd</sup> – My Fair Lady**  
Cost: \$161 Departing at 9:00am  
(Departing from the West Shore Y)

**Sunday June 28<sup>th</sup> – The Great Gatsby**  
Cost: \$129 Departing at 4:00pm

**Tuesday July 7<sup>th</sup> – Lavender & Blueberries**  
Cost: \$145 Departing at 8:15am

**Thursday July 9<sup>th</sup> – Lion King**  
Cost: \$149 Departing at 10:45am  
(Departing from the West Shore Y)

**Wednesday July 29<sup>th</sup> – Murder Mystery Cruise**  
Cost: \$149 Departing at 5:45pm  
(Departing from the West Shore Y)

**Thursday July 30<sup>th</sup> – Johnny Cash**  
Cost: \$153 Departing at 10:30am

**Thursday August 13<sup>th</sup> – East Wine Tour**  
Cost: \$149 Departing at 10:00am

*If Not Now-When?*

## AOA TRAVEL MULTI-DAY AIRLINE TRIPS

**2026**

**Trains & Parks of Colorado: August 1<sup>st</sup>–9<sup>th</sup>**

**2027**

**Caribbean Cruise: February 20<sup>th</sup> – 28<sup>th</sup>**

**Spain Staycation: April 19<sup>th</sup> – May 2<sup>nd</sup>**

**France/Rhone River Cruise: August 31<sup>st</sup> – September 13<sup>th</sup>**

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

**Chicago to St. Louis Route 66: June 14<sup>th</sup> – 21<sup>st</sup>**

**Wit, Wine & Waterfalls: July 13 – 17<sup>th</sup>**

**From Ford to Falls: July 20<sup>th</sup> – 25<sup>th</sup>**

**Horse Tails & Bourbon Trails: August 7<sup>th</sup> – 9<sup>th</sup>**

**Dunes, Blooms, & Booms: September 9<sup>th</sup> – 13<sup>th</sup>**

**A Journey Through History: September 14<sup>th</sup>–20<sup>th</sup>**

**Joshua (Sights & Sounds): October 14<sup>th</sup> – 16<sup>th</sup>**

**Christmas in NYC: November 30<sup>th</sup> – December 4<sup>th</sup>**

the **SEA GLASS ART WELLBEING EVENT**  
MAKE SPRING-THEMED SEA GLASS ART!  
TUESDAY APRIL 14TH FROM 1-3 PM

Celebrate the arrival of spring by tapping into your inner creativity at our rejuvenating sea glass art workshop this April. We provide all the materials and guidance needed to transform ocean-tumbled treasures into unique masterpieces, so all you need to bring is yourself and your registration fee!

**What's Included**

- All sea glass needed to make one of countless options of sea glass art!
- Frame (4x6 or 5x7) to show off your art!
- Community & crafting!

**Members: \$15**  
Cash or check payable to: Karen Rossi  
Venmo available: @KarenRossi  
\*Please turn in cash or check to the front desk or venmo no later than Friday April 10th\*

REGISTER ONLINE, IN-PERSON, OR BY CALLING 440-934-9622

CONTACT MARY JO MILLARD (millard@clevelandymca.org) OR JORDYN MILNER (milner@clevelandymca.org)