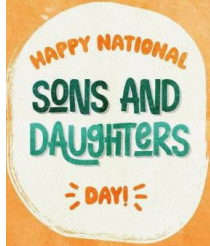
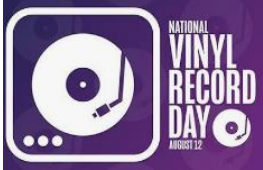




AUGUST 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4	5	6 	7 "August rain-the best of summer gone, and the new fall not yet born.The odd even time." - Sylvia Plath
10	11 	12 	13 EAST LAKE EIRE BUS TRIP	14 "Let the sunshine of August inspire you to shine your brightest." - Unknown BINGO BY THE LAKE
17 	18 MARIETTA BUS TRIP	19	20 	21 "I love borders, August is the border between summer and autumn; it is the most beautiful month I know." - Tove Jansson
24	25 National Kiss and Make Up Day 	26	27 DIY BOOKMAKING 	28 "August of another summer and once again I am drinking in the sun." - Mary Oliver
31 	AOA FITNESS ASSESSMENTS		STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	"An empty beach is the perfect place to both fill and empty the mind." - Mehmet Murat Ildan

"We travel not to escape life but for life not to escape us."
- unknown

"Ten years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream Discover." -Jackson Brown Jr.

AOA MONTHLY NEWSLETTER



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

AUGUST 2026

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

Active Older Adult Newsletter

Happy August, Friends! This month is observed as National Wellness Month to focus on self-care, managing stress, and building healthy daily habits.

- Physical Health: Drink more water, eat fresh fruits and vegetables, and move your body (at the Y) for 30minutes a day.
- Mental Well-Being: Practice meditation, set tech-free boundaries, reduce screen time, and get quality sleep.
- Community Connection: Build strong relationships, spend time with loved ones, and join group fitness or wellness activities.

Activity Idea:

Experience Ohio's agricultural heritage and warm summer weather. It's a prime time for attending regional county fairs, visiting sunflowers fields, or spending a day outdoors floating on the lake or local rivers.



GROUP EXERCISE (LAND)

AQUATIC CLASSES

GYM

GYM

GYM

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA DAY BUS TIPS: 2026

AOA TRAVEL MULTI-DAY AIRLINE TRIPS

2027

2027

2027

2027

AOA TRAVEL MULTI-DAY *BUSTRIPS*

Joshua (Sights & Sounds): October 14th – 16th
Christmas in NYC: 11/30–12/4/26 **SOLD OUT**

Fjords & Fire:

Copenhagen to Norway & Iceland

July 7th – July 20th, 2027

Free Group Air
When Booked By
August 1, 2026

Set out on a once-in-a-lifetime journey that combines the beauty of Northern Europe with the breathtaking landscapes of Norway and Iceland. Begin with a visit to **Copenhagen, Denmark**. Then, marvel at Norway's fjords with stops in **Kristiansand, Skagen, Stavanger, Nordfjordeid** and **Molde**, where colorful waterfronts and dramatic mountain scenery await. The journey continues north to Iceland, with visits to **Akureyri, Isafjörður, Grundarfjörður** and a grand finale in **Reykjavik**, a city of hot springs, lava fields, and rich culture. From iconic cities to the raw beauty of nature, this cruise delivers unforgettable sights, fascinating history, and the wonder of exploring three incredible countries in one voyage.

To Register Contact:

Loni Beverly: (803)318-4324
OR

Kathy Mckeen: 440-934-9622 x2375

Highlights:

- 11 nights on board Regal Princess
- Airport Transfers
- Port taxes and charges
- All Tipping and Gratuities
- Pre-tour of Copenhagen
- Cruising Through Norwegian Fjords
- Copenhagen, Norway, plus 3 Full Days in Iceland featuring Reykjavik & Isafjörður
- Beverage Package
- Wifi Package (for 1 device)
- Cost of travel insurance is included in trip pricing