

Events Calendar

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4. Coffee Talk PopCulture/Cleveland Sports Trivia 11:20 Games & donuts provided by "ArchWell"	5.	6.	7.
10. AOA Luncheon OLD Carolina BBQ CO. 21613 Center Rdge Rd. @ 12:00	11. Coffee Talk 11:30	12.	13. Coffee Talk 11:30	14. Club Seats at the Guardians Bus Trip
17. Book Club 1:00 "Remain" by Nicholas Sparks	18. Coffee Talk 11:30	19. Putt Putt Golf & Ice Cream @ Sweeties 12:00 Bring Buckeye Card	20. Coffee Talk 1:00	21.
24.	25. AOA Birthday Potluck 11:20	26.	27. Coffee Talk 11:30	28.
31.				

AOA MONTHLY NEWSLETTER

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

Active Older Adult Newsletter



West Park Family YMCA

15501 Lorain Rd., Cleveland, Ohio 44111
216-941-5410

Facility Hours:

Monday – Friday: 6:00am to 9pm

Saturday: 7am to 4pm

Sunday: 10:00am–4pm

August 2026

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30
EVERYONE is WELCOME!!

Sunday August 2nd

Panini's Bar & Grille 23800
Detroit Rd., Westlake, Ohio
1:00–4:00

FURIOUS GEORGE**Lunch & Music (please sign up)

Tuesday August 4th ArchWell

Health will provide Donuts for our Coffee Talk & Pop Culture & Cleveland Sports Trivia (please sign up so we can have enough chairs)

Monday August 10th

AOA Luncheon @ Old Carolina BBQ CO. 21613 Center Ridge Rd. @ 12:00

Friday August 14th Club Seats at the Guardians Bus Trip

Monday August 17th Book Club @ 1:00 "Remain" by Nicholas Sparks

Wednesday August 19th Golf & Ice Cream @Sweeties 6770 Brookpark Rd. @ 12:00

Tuesday August 25th

AOA BIRTHDAY POTLUCK @ 11:20 Please Sign!! Up if you plan on attending!!!!!!

ROCK • REGGAE • POP • COUNTRY

JEFFERSON Rocks WESTPARK

WEDNESDAY NIGHTS IN AUGUST

Jefferson Park • W. 132nd & Lorain Avenue

OPENING ACTS • 6:30 P.M.
MAIN ACTS • 8 P.M.

AUGUST 5 BRONX COUNTRY OPENER: ERASERHEAD	AUGUST 19 DISCO INFERNO OPENER: CIRCUS
AUGUST 12 COLIN DUSSAULT OPENER: ROB SAMAY	AUGUST 26 CARLOS JONES OPENER: DJ KAZY

BEER GARDEN! • GREAT FOOD! • BOUNCE HOUSE! • FREE FUN!

WARD 13 COUNCILMAN
BRIAN KAZY

JEFFERSON PURITAS

AOA Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tai Chi Marie 9:30					
Balance & Stretch Teresa 10:30-11:20	Silver Sneakers Classic Sis or Jackie 10:30-11:20	Chair Yoga Teresa 10:00- 10:50	Silver Sneakers Classic Teresa 10:30-11:20	Fitness After 50 Mo 10:30 – 11:20	
		Aqua Fit (pool) JoAnn 11:00			Aqua Fit (pool) 11:15 JoAnn
				Line Dancing 11:30-12:30 Christine	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Aqua Aerobics Delinda 6:15pm		Aqua Aerobics Delinda 6:15pm			



BEACH CLEANUP

Thursday
September 24, 2026
1pm-3pm

Free with advance registration.
Please sign up at AOA table
if you are interested in this event.
Includes same-day Aquarium admission



FURIOUS GEORGE 1:00-4:00
PANINI'S BAR & GRILLE
23800 DETROIT RD.
WESTLAKE, OHIO 44145
SUNDAY AUGUST 2, 2026
LUNCH & MUSIC
PLEASE SIGN UP AT AOA TABLE
(PAT HARTWIG'S SON IS
FURIOUS GEORGE)



BUS TRIPS 2026

August 14,2026
Guardians vs San Diego Padres bus trip
"Rocket Blast"Fireworks show following game
September 17,2026
Southern Wine Tour, Canton area, Gervasi
Vineyard, Dragonfly Winery & The Winery at
Wolf Creek
September 30,2026
Death Becomes Her @ Playhouse Square
October 29,2026
Cuyahoga Valley Railroad, Stan Hywet &
Michael Angelos Winery
November 29,2026
Christmas with the Pops @ Playhouse Square
& dinner at Windows on the River
December 2,2026
A Motown Christmas (A Musical Revue) @
Playhouse Square
December 10,2026
Dueling Pianos Christmas Party @ Windows
on the River

TRIPS FOR 2027
CHICAGO* OBAMA MUSEUM
DETROIT* NEW MOTOWN MUSEUM
PHANTOM OF THE OPERA