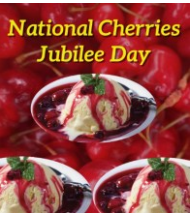




SEPTEMBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 	3 GUARDIANS BUS TRIP	4 "Make it a September to remember." -Unknown
7 	8	9 	10 	11 "September tires its best to have us forget summer." - Bernard Williams
14 	15 National Double Cheeseburger Day 	16 MARIETTA BUS TRIP	17 SOUTHERN WINE BUS TRIP (WEST SHORE)	18 "By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." - Helen Hunt Jackson
21	22 	23 PUZZLE PUMPKIN CRAFT EVENT	24 	25 "September teaches us that endings can be beautiful too." -Unknown
28 	29 AOA FITNESS ASSESSMENTS	30 DEATH BECOMES HER BUS TRIP (WEST SHORE)		STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP

"Your time is limited, so don't waste it living someone else's life."
- Steve Jobs

"Only by owning who and what you are can you start to step into the fullness of life. Every year should be teaching us something valuable. Whether you get the lesson is really up to you." -Oprah Winfrey

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

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

Active Older Adult Newsletter

SEPTEMBER 2026

SEPTEMBER IS A GREAT MONTH TO:

- TRAVEL & EXPLORING
 - School starts and popular attractions are less crowded.
 - Warm waters and cooler evenings
 - Harvest Time – Enjoy Nature's Bounty!
 - Fall Festivals
- START FRESH GOALS
 - Write it down!
 - Ask for help
 - Setting the Tone
 - How will you end the year and start the year ahead?
- RESET ROUTINES AS SUMMER ENDS
 - Organize your space
 - Reduce the junk food
 - Simplify
 - Ask yourself, "what are 3 things that I can simplify, take off my list to-do list, or delegate to someone else?"
 - Reflect on your successes this year

WEDNESDAYS @ 9:30AM

Hiking Club

9/2 French Creek Reservation

9/9 Bur Oak

9/16 Sandy Ridge

9/23 Kopf Reservation

9/30 Sandy Ridge West

(Register at the front desk)

THURSDAY SEPTEMBER 3RD

Guardians Baseball Bus Trip

Cost: \$153 Members

THURSDAY SEPTEMBER 16th

Marietta Bus Trip

Cost: \$159 Members

WEDNESDAY SEPTEMBER 23RD

@ 12:30PM

Puzzle Pumpkin Event \$5

THURSDAY SEPTEMBER 16th

Death Becomes Her Bus Trip

Cost: \$164 Members

THURSDAYS @ 12:00PM

Caps N' Laps – Lobby

Beginners are Welcome!

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."

Andrew Carnegie

SUCCESS

"You are never too old to set another goal or to dream a new dream."

Les Brown

SUCCESS

"Without goals, and plans to reach them, you are like a ship that has set sail with no destination."

Fitzhugh Dodson

SUCCESS

