

NOVEMBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 	4 ELIJAH BUS TRIP	5 	6 **"Thankfulness is the quickest path to joy."** ***–Jefferson Bethke***
9 	10	11 	12	13 **"Every leaf speaks bliss to me/Fluttering from the autumn tree."** ***– Emily Bronte***
16	17 	18	19 CHRISTMAS CAROL BUS TRIP	20 **"When you are grateful, fear disappears and abundance appears."** ***– Tony Robbins***
23 	24	25 	26 	27 **"Don't let frustration steal your inspiration."** ***-Anonymous*** 
30 	AOA FITNESS ASSESSMENTS		STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	**"The November sun is weak, but the soul is calm and clear."** ***–Albert Camus***

"Gratitude turns what we have into enough."
– Aesop

"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for all granted that you have."
-Catherine Pulsifer

AOA MONTHLY NEWSLETTER

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

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

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

Active Older Adult Newsletter — **NOVEMBER 2026**



GIFTS MADE IN BRANCH OF $50 OR MORE RECEIVE A YMCA WINTER HAT!



TUESDAYS @ 8:00AM
Indoor Beginning Pickleball Clinic
November 3rd – 17th
Cost: $25 Members

FRIDAYS @ 9:30AM
Indoor Inter. Pickleball Drills
November 3rd – 17th
Cost: $25 Members

WEDNESDAY NOVEMBER 4th
Covered Bridges Bus Trip
Cost: $149 Members

THURSDAY NOVEMBER 19th
Covered Bridges Bus Trip
Cost: $149 Members

WEDNESDAY NOV. 23RD@ 11AM
Fall Potholder Craft Event
Cost: $5
(Register at the front desk)

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



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

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 **BOOM® MOVE** Amanda		
10:30-11:20am **SilverSneakers Classic®** Jan	10:30-11:20am **Fitness After 50** Martha	10:30-11:20am **SilverSneakers Circuit®** Amanda 10:30-11:20am **AOA Gentle Flow Ballet (CmmntyRm)** Martha	10:30-11:20am **Fitness After 50)** Jan	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	11:30-12:20am **Chair Yoga** Jessica
12:25-1:00pm **Express Fit after 50** Danielle S	12:30-12:55pm **Chair Tap Dance** Phyllis	12:30-1:20pm **Chair Yoga** Danielle		12:30-1:20 **Line Dance** Christene
1:00-1:50pm **Chair Yoga** Danielle S	1:00-1:50pm **Arthritis** Stella		1:00-1:50pm **Arthritis** Stella	**SATURDAY** 12:30-1:20 **Chair Yoga**-Danielle

AQUATIC CLASSES

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am **Aquacise RP** Gail		8:00-8:50am **Aquacise RP** Gail	8:30-9:20 **Aqua Bootcamp CP** Gail	
9:00-9:50am **Aquacise RP** Gail	9:30-10:20am **Deep Water CP** Jean	9:00-9:50am **Aquacise RP** Gail	9:30-10:20am **Aqua Fit Deep CP** Jean	9:30-10:20am **Aqua Fit RP** Jessica
11:00-11:50 **Aqua Fit Shallow RP** Nancy 12:00-12:50 **Aqua Fit Shallow RP** Nancy		10:30-11:20 **Aqua Fit Shallow RP** Jessica		11:00-11:50am **Aqua FIT Shallow RP** Nancy
RP: Recreation Pool **CP**: Competition Pool				

GYM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5am-9am **Pickleball** Front	8am-11am **$$ Pickleball Clinics**	5am-9am **Pickleball** Back		5am-8am **Pickleball**: Front
9am-12pm **Pickleball** 2 Courts	11am-12pm **Pickleball** 2 Courts		9am-12pm **Pickleball** 2 Courts	9:30am-12pm **Pickleball** 2 Courts

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 November 4th – Elijah
Cost: $149 Departing at 8:30am

Sunday November 8th – Music Box & Funny Bus
Cost: $159 Departing at 8:00am **SOLD OUT**

Sunday November15th – John Denver Tribute
Cost: $133 Departing at 11:00am
(Departing from the West Shore Y)

Thursday November 19th – A Christmas Carol
Cost: $149 Departing at 8:00am **SOLD OUT**

Sunday November 29th – Cleveland Pops Orch
Cost: $139 Departing at 12:30pm
(Departing from the West Shore Y)

Wednesday December 2nd – Motown Christmas
Cost: $158 Departing at 10:00am
(Departing from the West Shore Y)

Thursday December 10th – JKL Christmas Party
Cost: $124 Departing at 10:00am
(Departing from the West Shore Y)

Thursday December 10th – Wicked
Cost: $189 Departing at 8:00am

Thursday December 17th – Castle Noel & Stan Hywet Cost: $181 Departing at 8:30am
(Departing from the Vermilion Y & Amherst)

Sunday Dec. 20th – Christmas Cleveland Orch
Cost: $194 Departing at 11:30am **SOLD OUT**

Tuesday December 22nd – A Celtic Christmas
Cost: $189 Departing at 5:00pm

Wednesday January 13th – Titanic & Severance
Cost: $129 Departing at 9:15am

Sunday January 24th – Mamma Mia (Coming Soon!)
Cost: $178 Departing at 5:00pm

Sunday February 21st – Riverdance (Coming Soon!)
Cost: $164 Departing at 10:30am
(Departing from the West Shore YMCA)

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

If Not Now-When?

AOA TRAVEL MULTI-DAY *AIRLINE* TRIPS

2027

Caribbean Cruise: February 20th – 28th CLOSED
New Orleans Experience: April 4th – 9th SOLD OUT
Spain Staycation: April 19th – May 2nd SOLD OUT
Mt. Rushmore & Badlands: June 4th – 9th 6 SPOTS
Norway & Iceland Cruise: July 7th – 20th SOLD OUT
Yellowstone & Grand Tetons: August 3rd – 9th
France River Cruise: Aug. 31st–Sept. 13th SOLD OUT
Showtime in Branson: October 18th – 22nd
Classic Cape Cod: October 5th – 11th 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 2026 TRAVEL MULTI-DAY *BUS* TRIPS

Christmas in NYC: 11/30–12/4/26 SOLD OUT

