

Events Calendar

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			1. Coffee Talk 11:20	2.
5.	6. Coffee Talk 11:20	7. AOA Luncheon @12:00 Don's Lighthouse Grille	8. Coffee Talk 11:20	9.
12.	13. Coffee Talk 11:20	14.	15. Coffee Talk 11:20	16.
19. Book Club 1:00 "Watership Down" by Richard Adams	20. Coffee Talk 11:20	21.	22. Coffee Talk 11:20	23.
26.	27. AOA Birthday Potluck 11:20	28.	29. CVR Railroad Trip Coffee Talk 11:20 Last Goodwill Donation Dropoff Day	30.

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

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a time dedicated to increasing awareness about breast cancer, encouraging early detection, and supporting those affected by the disease. Breast cancer is one of the most common cancers among women, but when detected early, treatment is often more effective, and survival rates are higher. That's why staying aware of changes in your body and keeping up with recommended screenings is so important.

Know the Signs

Being familiar with how your breasts normally look and feel can help you notice changes, such as:

- A lump or thickening in the breast or underarm
- Changes in breast size or shape
- Skin dimpling or redness
- Nipple changes or discharge
- Persistent breast pain

If you notice any unusual changes, contact your healthcare provider promptly.

Prioritize Screening

Regular mammograms are one of the best tools available for early detection. Talk with your healthcare provider about when you should begin screening and how often it should occur based on your age, family history, and personal risk factors.

Support and Awareness Matter

Breast Cancer Awareness Month is also a time to honor survivors, remember those we have lost, and support individuals currently undergoing treatment. A simple conversation, encouraging a loved one to schedule a screening, or participating in a local awareness event can make a meaningful difference.

This October, let's take time to educate ourselves, promote early detection, and support one another. Together, we can help raise awareness and save lives.

Think Pink. Get Screened. Stay Informed.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

October 2026

UPCOMING EVENTS

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

Wednesday October 7th AOA Luncheon Don's Lighthouse Grille 8905 Lake Avenue @ 12:00
Let's try this again!!

Monday October 19th
Book Club "Watership Down" by Richard Adams

Sunday October 25th
West Park Kiwanis Clam Bake**see Theresa Grace AOA Coordinator

Tuesday October 27th
AOA BIRTHDAY POTLUCK @ 11:20 **Please Sign up if you plan on attending!!!!!!**

Thursday October 29th
Cuyahoga Valley Railroad, Stan Hywet & Michael Angelos Winery.

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	Chair Yoga Teresa 10:00-10:50	Silver Sneakers Classic Teresa 10:30	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			

OCTOBER

Enjoy Ohio in October

Popular Ohio Fall Farms



- Brimstone Haunt
- Brumbaugh Fruit n Fun Farm
- Fall Foliage Trains
- Fall Fun Days at Circle S Farm
- HallZOOween at the Cincinnati Zoo
- Lake Erie Fearfest
- Leaders Family Farms and Scream Acres
- Niederman Farm Fall Festival
- Noble Family Farms
- Old West Pumpkin Fest
- Pumpkin Fest at Pigeon Roost Farm
- Ramseyer Farms
- Schumaker Farms Harvest Days
- Spooky Ranch at Rockin R Ranch
- Zoar Village Lantern Tours of Ghosts
- Portsmouth Oktoberfest
- Fall Hayrides at Mill Stream Run
- Ohio Swiss Festival
- Ohio Gourd Show
- Paul Bunyan Show
- Woollybear Festival
- Chagrin Documentary Film Festival
- Algonquin Mill Fall Festival
- Bob Evans Farm Festival
- Chillicothe Halloween Festival
- Olde Thyme Herb Fair
- Ashtabula Covered Bridge Festival
- Holmes County Antique Festival
- Oak Harbor Apple Festival
- Performance Classic Car Show
- Ohio Sauerkraut Festival
- Apple Butter Stirring Festival
- Fall Festival of Leaves

BUS TRIPS 2026

October 29,2026
Cuyahoga Valley Railroad, Stan Hywet & Michael Angelos Winery

November 15,2026
John Denver Tribute “Rocky Mountain High Experience”

November 29,2026
Christmas with the Pops @ Playhouse Square & dinner at Windows on the River

December 2,2026
A Motown Christmas (A Musical Revue) at 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

SENECA NIAGARA RESORT & CASINO

RIVERDANCE PLAYHOUSE SQUARE

PUT-N-BAY

ICE WINE GENEVA OHIO

and more.....