Events Calendar

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4. Coffee Talk 11:30	5. AOA Luncheon Texas Roadhouse 25100 Country Club Blvd. 12:00	6. Coffee Talk 11:30	8.
10.	11. Coffee Talk 11:30 Hearing Life & Devoted Health	12. Movie Day! "We Bought a Zoo" @ 12:00 Must Register!	13. Branson Country Christmas & Tribute to Veterans Bus Trip	14. Line Dancing Christine 11:30-12:30
17. Book Club 1:00 "The Art of Racing in the Rain" by Garth Stein	18. Coffee Talk 11:30	19.	20. Coffee Talk 11:30	21. Line Dancing Christine 11:30-12:30
24. 	25. AOA Birthday Potluck 11:20	26.	27. 	28. Line Dancing Christine 11:30-12:30

AOA MONTHLY NEWSLETTER

the YMCA
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: 6am to 9pm
Saturday- 7am to 4pm
Sunday-10am-4pm

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
November 2025



MOVIE DAY!
@ 12:00
WEDNESDAY NOVEMBER 12TH
WE BOUGHT A ZOO
BRING YOUR OWN CANDY & SODA
POPCORN &WATER PROVIDED
MUST REGISTER!!!

FYI
Come with me on a bus trip!! It's a day out with entertainment and food! If the cost deters you, apply for a program scholarship. You may qualify for up to 25% off any bus trip just by stopping at the front desk. Any questions please reach out to me at tgrace@clevelandymca.org

UPCOMING EVENTS

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

Wednesday November 5th
AOA Luncheon @ 12:00 Texas Roadhouse 25100 Country Club Blvd.

Tuesday November 11th
Hearing Life (get your hearing checked) 10:00-12:00

Tuesday November 11th
Devoted Health Plan with Heather Barrett and Coffee Talk @ 11:30-12:30

Wednesday November 12th
Movie Day!!! @ 12:00 "We Bought a Zoo" Popcorn & water Provided by Theresa

Thursday November 13th
Branson Country Christmas & Tribute to Veterans Bus Trip

Monday November17th
Book Club @ 1:00 "The Art of Racing in the Rain" by Garth Stein

Tuesday November 25th AOA Birthday Potluck @ 11:20
Please Register!! Sunday November 30th
Christmas Cleveland Pops Orchestra Bus Trip

AOA Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Strength Teresa 10:30-11:20	**Silversneakers Classic Christine** 10:30-11:20	**Chair Yoga** 10:00-10:50	**Silversneakers Classic Teresa** Gym 10:30-11:20	**Fitness After 50 Mo** 10:30 – 11:20
				Line Dancing Christine 11:30-12:30
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	FRIDAY
Aqua Aerobics Delinda 6:15pm		**Aqua Aerobics Delinda 6:15pm**		
				



PUMPKIN PIE STEAMER

Ingredients:

- 1 cup milk
- 1 tablespoon Torani Pumpkin Pie Syrup
- Cinnamon
- Whipped Cream (if desired)

Directions:

1. Warm your milk up with whatever method you prefer! You can place it in the microwave for about 1.5 - 2 minutes, or you can bring it to a slow simmer over the stove.
2. Add 1 tablespoon Pumpkin Pie Syrup to your milk and stir well.
3. Top with whipped cream (if desired) and a dash of Cinnamon and enjoy!



Upcoming Events and Bus Trips 2025



- **November 13th Branson Country Christmas & Tribute to Veterans**
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- **November 30th Christmas with the Cleveland Pops Orchestra**
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- **December 3rd A Motown Christmas**
-
- **December 10th Christmas Party at Windows on the River * Dueling Pianos**

Coming Soon

Movie Day!!
Bingo!!
Turkey Give-a-Way!
Breakfast with Santa!
Y-Star!