

Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 Labor Day Hillcrest YMCA Hours 7 a.m.- 1p.m.	8	9	10	11
14	15 Flu Shots 10 a.m.-2 p.m. (bring insurance card)	16 Flu Shots 10 a.m.-12 p.m. (bring insurance card)	17	18
21	22	23	24	25
28	29	30		

Please let me know if you have any questions, ideas or concerns. I'm always happy to hear from you! Be well.

Pat Mugridge, Hillcrest Active Older Adult Coordinator
Email: pmugridge@clevelandymca.org

AOA MONTHLY NEWSLETTER



Hillcrest Family YMCA

5000 Mayfield Road
 Lyndhurst, Ohio 44124

Facility Hours:

Monday-Thursday: 5:30am to 10pm

Friday: 5:30am- 9:00pm

Saturday: 7am to 5pm

Sunday: 9am-3pm

Active Older Adult Newsletter

September 2020



Fight the Flu!

This year it is more important than ever to get a flu shot and get it early. Avoiding the flu during this pandemic will not only help keep our medical resources from being spread too thin but will help keep you healthy and able to better fight off illness.

In order to make it as easy as possible for you to get your flu shot, Walgreens will be giving flu shots right here at Hillcrest Y on September 15 and 16 from 10:00am-12:00pm. They will have the higher potency vaccine recommended for seniors as well as lower intensity for younger people. Avoid a trip to the doctor and get your shot when you come to exercise. Your family and friends are welcome to get their shots here, too, even if they are not members. Walk-ins are welcome, but there will also be a sign up sheet at the front desk to guarantee your time. Almost all insurance plans cover the flu shot at no cost.

Be sure to bring your insurance card.

UPCOMING EVENTS

September 7

Labor Day
 Branch open from 7 a.m.-1p.m.

September 15-16

Flu Shots
 10 a.m.-12 p.m.

Class Update

We are adding more classes to offer more availability for our AOA members.

- ❖ **Accessible Chair Yoga** runs on Thursdays at 11:00 AM.
- ❖ **Strike A Balance** is a seven week balance course that began on August 20 and goes until September 30. It is held at 5:00PM on Wednesdays.
- ❖ Look for a **SilverSneakers Tai Chi** class to start soon.

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15-9:05 Fitness After Fifty Esther		8:15-9:05 Fitness After Fifty Esther		8:15-9:05 Fitness After Fifty Esther
	10:00-10:50 Line Dance Anita		10:00-10:50 Line Dance Anita	10:00- 10:50 SilverSneakers Yoga Stretch Anita	9:45-19:35 Zumba Esther
11:30-12:20 SilverSneakers Yoga Stretch Colleen			11:00 – 11:50 Accessible Chair Yoga Judi		
		1:00 – 1:50 Belly Dance Dahmia	1:00 – 1:50 Hawaiian Hula Dahmia		
		5:00-5:30 p.m. Balance Class Sarah			

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 – 9:15 Water Fitness	8:30 – 9:15 Water Fitness	8:30 – 9:15 Water Fitness	8:30 – 9:15 Water Fitness	8:30 – 9:15 Water Fitness	8:00 – 9:30 Lap Swim/Water Walking
9:15 – 1:00 Lap Swim/Water Walking	9:15 – 1:00 Lap Swim/Water Walking	9:15 – 1:00 Lap Swim/Water Walking	9:15 – 1:00 Lap Swim/Water Walking	9:15 – 1:00 Lap Swim/Water Walking	
	2:00 – 3:00 Twinges & Hinges Barb		2:00 – 3:00 Twinges & Hinges Barb		
3:00 – 4:30 Lap Swim/Water Walking	3:00 – 4:30 Lap Swim/Water Walking	3:00 – 4:30 Lap Swim/Water Walking	3:00 – 4:30 Lap Swim/Water Walking		
7:30 p.m. – 8:15 Water Fitness		7:30 p.m. – 8:15 Water Fitness	7:30 p.m. – 8:15 Water Fitness		

Information & Announcements

Fitness Equipment

Do you have exercise equipment to use at home and bring to class? Having your own equipment allows you to exercise at the Y with equipment that only you have touched, making for a safer experience. It also allows you to join in the Y's virtual classes.

To make it easier for you to get the equipment you need, we will be offering balls, bands, and weights for purchase at cost in our branches. Thanks to a donation by the Hillcrest Rotary Club, Hillcrest AOA members will be able to receive this equipment FREE while supplies last.

You'll be able to have your own ball, exercise band, and hand weights in a washable mesh bag. This will mean no one but you will handle your equipment and you will be able to work out at home with our online classes!

The equipment is at the branch now. It will be given out free on a first come basis to Hillcrest AOA's until the grant is depleted. After that, they will be available at cost to make it easy and affordable to have your own equipment. Ask at the front desk about getting the equipment you need.

Expanded Class Sizes and Pool Availability

Good news! Now that sports camp is over, the gym is more available than it has been all summer. So more of you will be able to take advantage of the popular **Fitness After Fifty** classes. Additionally, the pool has also expanded times and numbers of swimmers allowed in the lanes.

For the most up-to-date information about the pool and fitness classes, please check with the front desk.

Cooking with Joe and Pat

Have you seen our online cooking class? Cooking with Joe and Pat is now on Facebook. You can access past classes or watch live ones as they are filmed. Put Cooking with Joe and Pat in the search line on Facebook and join our group.

Group Exercise Policies

- ❖ Preregister by calling 216.382.4300. There is a limit of 11 per class in the exercise room, 28 in the gym.
- ❖ Arrive no earlier than 10 minutes before class.
- ❖ Have your Y membership card with you to self scan at the desk.
- ❖ Enter by side door, exit by front door (unless using wheelchair or walker).
- ❖ Follow arrows on floor.
- ❖ Used marked Y spots in exercise room to social distance.
- ❖ Exercise equipment (excluding mats), personal items such as totes, bags, jackets are prohibited. Lockers are available – bring a lock with you.
- ❖ Please clean your area before and after class.
- ❖ When class is over please exit room following arrows.
- ❖ Bring a water bottle. Water fountains are to be used only to fill water bottles, not to drink.

Pool Schedule

- ❖ Aquatic Classes are on Monday through Friday from 8:15 – 9:30.
- ❖ Lap swim is available Monday through Friday from 10:00 – 12:00.
- ❖ Space is limited. Register for a space by calling 216.382.4300.

Cardio and Weight Rooms

- ❖ Space and machine are limited to maintain social distancing and allow time for sanitizing equipment. Register for a space by calling 216.382.4300.
- ❖ After the assigned time, the rooms will be emptied and sanitized by the staff before the next users enter.