

Events APRIL 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pickleball-Gym 8:30-11:30	2	3 Pickleball-Gym 8:30-11-30am	4 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	5 Pickleball 8:30-11-30-Gym
8 Pickleball-Gym 8:30-11:30	9 Orientation 12pm	10 Pickleball-Gym 8:30-11-30am	11 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	12 Pickleball 8:30-11-30-Gym
15 Easter Cookie Decorating 2p Pickleball-Gym 8:30-11:30	16 Orientation 12pm	17 Pickleball-Gym 8:30-11-30am	18 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	19 Pickleball 8:30-11-30-Gym
22 Pickleball-Gym 8:30-11:30	23 Right Sizing 2pm Orientation 12pm	24 Right Sizing 2pm Pickleball-Gym 8:30-11-30am	25 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	26 Pickleball 8:30-11-30-Gym
29 Pickleball-Gym 8:30-11:30	30 Orientation 12pm	1 Pickleball-Gym 8:30-11-30am	2 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	3 Pickleball 8:30-11-30-Gym

AOA Orientation-Please Register at Front Desk

At noon, meet at upstairs Wellness Desk. Designed for those new to the YMCA or those who wish to be more familiar with the equipment, offerings, layout, etc. Basic instructions on the equipment and time for your questions.

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment."
Stephen Covey

AOA MONTHLY NEWSLETTER



French Creek Family YMCA

2010 Recreation Lane. Avon, OH 44123

Facility Hours:

Monday – Friday: 5am to 10pm

Saturday: 7am to 6pm

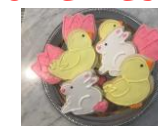
Sunday: 10am – 5pm

Active Older Adult Newsletter

APRIL 2019

April Highlights

Monday, April 15, 2019 – 2pm
Easter Cookie Decorating \$15



Must Register by Friday April 11th See flyer for details

Right-Sizing Event

Tuesday, April 23rd – 2:00pm



Are you in transition, thinking about it? Is your home too big? What does the right size home look like? How do you do this with your best financial interest in mind?

Right-Sizing Event

Wednesday, April 24th – 2:00pm



Want to know more about services available to you and how to increase visitability so you can age in home independently?

Right-Sizing/Downsizing Event

Tuesday, May 7th – 2:00pm



Want to learn how to begin the process of downsizing your possessions? This is for you.

PLEASE REGISTER 440-934-9622

UPCOMING EVENTS

April 3-8, 2019 – 6 day bus trip to Nashville & Memphis

Monday, April 15th – 2pm
Easter Cookie Decorating –
Please Register

Tuesday, April 23rd – 2pm
Rightsizing Event
Please Register

Wednesday, April 24th 2pm
Rightsizing Event continued
Please Register

*Beautiful young people
are acts of nature, but
beautiful old people are
works of art*

*To be old
Is a glorious thing,
When one
Has not unlearned
What it means
To begin*

Martin Buber

AOA SUGGESTED Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am Cycle 101 w/Shelly	10:00-10:45am Barre w/Jackie	9:30-10:15am Cycle 101 9:55-10:25am Boom w/Jessica	10:25-10:55 Boom w/Marsha	
10:30-11:20am SilverSneakers® Michelle 10:30-11:20am Gentle Yoga w/Wendy(SMB)	11:00-11:50am Fitness After 50 w/Amanda	10:30-11:20am SilverSneakers® Classic W/Jessica	11:00-11:50am FitnessAfter 50 w/Marsha	10:30-11:20am Nia® w/Kathy/Amanda
11:30-12:20am SilverSneakers® Classic Michelle		11:30-12:20am Chair Yoga W/Kathy		11:30-12:20am Chair Yoga W/Rob
12:30-1:20am Chair Yoga W/Josie	1:00-1:55pm Arthritis Foundation w/Stella	12:30-11:20am SilverSneakers® Classic w/Kathy 6:30-7:20pm (SMB) Gentle/Yin Yoga	1:00-1:50pm Arthritis Foundation w/Stella	12:30-1:20am SilverSneakers® Classic W/Kathy

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP Senior Volleyball	7:00-7:45am-RP Senior Volleyball	7:00-7:45am-RP Senior Volleyball 7:45-8:30am Aquacise	7:00-7:45am-RP Senior Volleyball	7:00-7:45am-RP Senior Volleyball
8:00-8:45am Aquacise RP 9:00-9:45am Aqua Aerobics-RP	8:00-8:45am Arthritis -RP 9:00-9:45am Aqua Barre RP	8:00-8:45am Aqua Aerobics-RP 9:00-9:45am SilverSneakers® Splash RP	8:00-8:45am Arthritis -RP 9:00-9:45am Aqua Barre RP	8:00-8:45am Aquacise RP 9:00-9:45am Aqua Aerobics-RP
11:00-11:45am Aqua Jog - CP		11:00-11:45am Aqua Jog - CP		11:00-11:45am Aqua Jog - CP
12:00-12:45pm Arthritis - RP		12:00-12:45pm Arthritis - RP		12:05-12:50pm Arthritis - RP

RP: Recreation Pool, **CP:** Competition Pool **CR:** Community Room **GES:** Group Ex Studio
SMBS: Spirit Mind Body Studio

Information & Announcements

MAY BUS TRIP

*Our annual bus trip with
Lorain County Metro Parks & Oberlin
May 14 OR May 21, 2019*

We begin our day in Oberlin with a step-on-guide for our Underground Railroad Tour. Walking involved. When tour is done, it will be time for lunch (on your own, or you may brown bag). There will be some free time to linger over lunch or browse some of the wonderful shops. We leave Oberlin at 2:00pm and head to The Burrell Homestead, a station on the Underground Railroad and is operated by the Lorain County Metro Parks.

JUNE BUS TRIP

*Mackinac Island, Frankenmuth &
Frederik Meijer Gardens
June 2 - 5, 2019*

Come join us on this beautiful 4 day bus trip during lilac season. Only 14 seats left

See flyers for full details.
Questions email kmckean@clevelandymca.org
Register 440-934-9622

Sunday 8/25/2019



Only 18 seats left - \$89.50. Sales for this bus trip close on Monday, May 13, 2019

SPRING RENEWAL: Helpful Hints to Refresh Your Mindset
The symbolism of rebirth and new life that is synonymous with the beginning of spring holds true to your state of mind. Take this time to assess where you are in your day-to-day routines and mindsets, and decide what's working and what's not. Once you create this awareness, you can replace the routines and mindsets that no longer serve you with routines and habits that support a refreshed version of yourself. Here are tips that will help support positive changes in your life.

MAKE TIME AND SPACE FOR YOURSELF – Set aside time without distractions, detach from phones, computers, find a space where you feel comfortable, motivated, or inspired. The start of Spring is a great time to use the outdoors as that space. Being in nature has the added bonus of allowing you to ground yourself and reconnect with a simpler form of yourself.

TAKE INVENTORY – of where you are in life. Ask; what's working in my life; what's not; what could be improved; what do I really want; what may be holding me back? Don't be afraid to be honest with yourself in identifying where your roadblocks are coming from – whether externally or within your own state of mind, often the things that hold us back are our own fears or doubts.

SET YOUR INTENTION a conscious action. Your intention can help to guide your every actions as you move through your days, so the outcome is not left up to chance.

STAY POSITIVE – during your renewal, you may feel overwhelmed, unmotivated, or stagnant, this is a normal part of the process. Take a deep breath, give yourself a minute and write down or bring to mind the progress you have already made and all that you are grateful for. When you highlight the things that you appreciate in your life, you gain perspective and create positive energy.

TAKE CARE OF YOUR BODY – find a balance between nurturing your mind and engaging your body. When too much focus is placed on one, the imbalance is cause for distraction from your intent. While focusing on your mind for introspection and intention setting is important, it is also important to make time to move your physical body. How you accomplish the physical activity is not as important as simply making sure to get consistent activity on a daily basis – whether by walking, swimming, running, dancing, or practicing or participating in any movement class like SilverSneakers, yoga, tai chi, aqua classes. Remember the most important thing you can do this Spring is to start, one small step, one day at a time.
Chopra.com/articles/personalgrowth