

# Events APRIL 2018 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO Pickleball Spring Break	3	4 NO Pickleball Spring Break	5 Knit & Crochet 12:30-2pm CR AOA Orientation 2pm	6 NO Pickleball Spring Break
9 POLKA 1:30  Pickleball 8:30-11-30-Gym	10  AOA Orientation 2pm	11 Understanding Opioid Abuse 2pm Pickleball 8:30-11-30-Gym	12 Knit & Crochet 12:30-2pm CR AOA Orientation 2pm	13  Pickleball 8:30-11-30-Gym
16  Pickleball 8:30-11-30-Gym	17  AOA Orientation 2pm	18  Pickleball 8:30-11-30-Gym	19 Knit & Crochet 12:30-2pm CR AOA Orientation 2pm	20  Pickleball 8:30-11-30-Gym
23  Pickleball 8:30-11-30-Gym	24 Meet & Greet 1pm AOA Orientation 2pm	25  Pickleball 8:30-11-30-Gym	26 Senior Fest LCCC 1-4pm Knit & Crochet 12:30-2pm CR AOA Orientation 2pm	27  Pickleball 8:30-11-30-Gym
30  Pickleball 8:30-11-30-Gym	1  AOA Orientation 2pm	2  Pickleball 8:30-11-30-Gym	3 Knit & Crochet 12:30-2pm CR AOA Orientation 2pm	4  Pickleball 8:30-11-30-Gym

## AOA Orientation-Please Register at Front Desk

At 2:00pm, 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.

# 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

**A P R I L 2018**

## TWO more AMAZING BUS TRIPS Mackinac Island, Frankenmuth, Castle Farms and Frederik Meijer Gardens

4 Days - July 19, 2018

Come and explore Frankenmuth, Mackinac Island with Horse Carriage Tour, lunch at the Grand Hotel, Castle Farms with lunch in the castle and the beauty of Frederik Meijer Gardens and Sculpture Park with tram tour and more!

**\$782** per person/double occupancy-see flyer for details

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## Washington, D.C.

3 Days - September 23-25, 2018

Highlights; Smithsonian, tour the Capitol Building, guided tour including MLK Memorial, Lincoln Memorial, World War II Memorial, the Vietnam Wall, FDR Memorial and the Jefferson Memorial, also a narrated tram tour of Arlington Cemetery, Tomb of the Unknown Soldier, Kennedy Gravesite

**\$519** per person/double occupancy-see flyer for details

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**To register call French Creek YMCA (440)934-9622**

Questions, call Kathy (440)934-9622 ext. 2375

or email [kmckean@clevelandymca.org](mailto:kmckean@clevelandymca.org)

## UPCOMING EVENTS

**Wednesday 4/4 & 4/11**

11:45am Silver Sneakers Splash

DEMO Class-Recreation Pool

**Monday 4/9** – Polka 1:30pm

**Wednesday 4/11** – 2:00pm

Start Talking! Understanding

Opioid Abuse

**Monday 4/23** – 12:30pm

Plants Over Pills

**Tuesday 4/24**-Meet&Greet 1pm

**Thursday 4/26** – 1:00-4:00pm

Spitzer Center, LCCC

**Monday 5/7-9:00am-2:00pm**

Craft Fair

**The following Free Yoga Classes continue for April for ALL Full YMCA members (Yes, all insurance subsidized memberships are Full Members:** These classes are listed under “Group Ex Studio” but are held in the Spirit, Mind, Body Studio.

**Monday 10:30am Gentle Yoga, 5:00pm Power Yoga**

**Wednesday 6:30pm Gentle/Yin**

**Thursday 5:00pm Gentle Flow**

**Saturday 4:00pm Power Yoga**

# AOA SUGGESTED Classes

# Information & Announcements

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am <b>Cycle 101</b> w/Sherri		9:00-9:50 <b>Cycle 101</b> w/Sherri <b>Boom</b> 9:55-10:25am w/Jessica	10:20-10:50 <b>Boom</b> w/Marsha	9:30-10:15am <b>Cycle 101</b> w/Michelle
10:30-11:20am <b>SilverSneakers®</b> Classic W/Angela <b>Gentle Yoga</b> 10:30-11:20am w/Wendy(SMB)	11:00-11:50am <b>Fitness After 50</b> w/Amanda	10:30-11:20am <b>SilverSneakers®</b> Classic W/Jessica	11:00-11:50am <b>FitnessAfter 50</b> w/Marsha	10:30-11:20am <b>Nia®</b> w/Kathy/Amanda
11:30-12:20am <b>SilverSneakers®</b> Classic W/Angela	12:00-12:50pm <b>Zumba Gold</b> w/Angie	11:30-11:20am <b>SilverSneakers</b> <b>Yoga®</b> W/Kathy M		11:30-12:20am <b>SilverSneakers</b> <b>Yoga®</b> W/Rob
12:30-1:20am <b>SilverSneakers®</b> <b>Yoga</b> W/Rob	1:00-1:50pm <b>Arthritis</b> <b>Foundation</b> w/Stella	12:30-1:20pm <b>SilverSneakers®</b> Classic W/Kathy M <b>Gentle/Yin Yoga</b> 6:30-7:20pm (SMB)	1:00-1:50pm <b>Arthritis</b> <b>Foundation</b> w/Stella <b>Gentle Flow</b> <b>Yoga</b> 5pm	12:30-1:20am <b>SilverSneakers®</b> Classic W/Kathy M
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP <b>Senior Volleyball</b> 8:15-9:00 am <b>Aqua Zumba</b> w/Angie	7:00-7:45am <b>Senior Volleyball</b> 7:45-8:30am <b>Arthritis -RP</b>	7:00-7:45am-RP <b>Senior Volleyball</b> 8:00-8:45 am <b>Aquacise</b>	7:45-8:30am <b>Arthritis - RP</b> w/ Maggie 7:00-7:45am <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b> 8:00-8:45am <b>Aquasize</b> w/Betsy
8:45-9:30am <b>Aqua Aerobics-CP</b>		8:15-9:30am <b>Aqua Zumba</b> w/Angie 8:45-9:00 <b>Aqua Aerobics</b> w/Betsy		8:45-9:30am <b>Aqua Aerobics-CP</b>
11:00-11:45am <b>Aqua Jog - CP</b>		11:00-11:45am <b>Aqua Jog - CP</b>		11:00-11:45am <b>Aqua Jog - CP</b>
12:05-12:50pm <b>Arthritis - RP</b>		12:05-12:50pm <b>Arthritis - RP</b>		12:05-12:50pm <b>Arthritis - RP</b>

AQUATIC CLASSES (WATER)

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



**Spring Craft Fair**  
**Monday, May 7, 2018**  
**9:00am – 2:00pm – Lobby**  
 Come and find that one of a kind,  
 Unique and thoughtful gift;  
 for Mom, a birthday, an anniversary,  
 graduation, for you, or just because it's Spring.



**A NEW class is being introduced in our Aquatics Department! Want to be one of the first to try it?!**  
**THESE ARE TWO DEMO CLASSES**  
**Recreation Pool**  
**Wednesday, April 4 & 11<sup>th</sup>**  
**11:45 am - 12:30 pm**  
**"SilverSneakers Splash"**

**START TALKING! UNDERSTANDING OPIOID ABUSE**  
**Presented by the Cleveland Clinic - Learn how to start talking to those you love, about prescription medication abuse and how to safeguard your home.**  
**Wednesday, April 11<sup>th</sup> - 2:00 pm**

**LUNCH & LEARN THE BASICS: Memory Loss, Dementia & Alzheimer's Disease**  
 Presented by Alzheimer's Association  
 Lunch courtesy of O'Neill Healthcare  
**Monday, April 23<sup>rd</sup> - 12:30pm** - Please Register

**MEET & GREET**  
 For all our new, almost new, sort of new, or returning after an absence, members - ALL are welcome!  
**Tuesday, April 24<sup>th</sup> - 1:00pm**

**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](http://Chopra.com/articles/personalgrowth)

**Now is the time to burst forth into your greatness**



**Your Thoughts Determine What Is Possible For You**