

Events AUGUST 2018 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	3
6	7 AOA Orientation 2pm	8 CLEVELAND CLINIC- Making Classic Favorite Recipes Healthy 2pm	9 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	10
13	14 AOA Orientation 2pm	15	16 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	17
20	21 AOA Orientation 2pm	22 HEARWRIGHT Free Screenings 9:30-11:30am Lobby	23 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	24
27 Pickleball 8:30-11-30-Gym	28 AOA Orientation 2pm	29 Pickleball 8:30-11-30-Gym	30 Knit & Crochet 12:30-2pm AOA Orientation 2pm	31 Pickleball 8:30-11-30-Gym BUS TRIP Historic Cleveland
3 LABOR DAY 7:00AM-1PM	4	5	6	7

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.

“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

AUGUST 2018

2 DAY HEALTH and WELLNESS RETREAT

Come Join Us

Saturday & Sunday September 8th & 9th

This is not an overnight. Rejuvenate, regenerate, reenergize and most of all connect to awareness, mindfulness and gratitude to body, mind, emotions, spirit in this AOA event. We gathered the talents of our French Creek YMCA Wellness staff to provide you with the perfect combination of: activities, inspiration, knowledge, relaxation, community and fun! *For more details see flyer or call Kathy 440-934-9622 x2375*

Cost: \$40

Register in person, on line or 440-934-9622

UPCOMING EVENTS

August-Childrens Summer Camp continues through August 24, 2018

Wednesday 8/8 – 2pm Cleveland Clinic – Making Classic Favorite Recipes Healthy

Wednesday 8/22 – 9:30-11:30 Hearwright Free Screenings

Friday 8/31 Bus Trip Historical Cleveland

SEPTEMBER PREVIEWS

Saturday & Sunday 9/8, 9/9 – 2 Day Health & Wellness Retreat

Tuesday 9/11 – 2pm - Sleep 101: The No-Pills Approach to Your Best Night’s Sleep



Washington D.C.

3 Day Bus Trip

September 23-25, 2018

Only 10 Seats Left

Come join us as we travel to our nations capitol, on this historical, educational and most amazing bus trip.

See flyer for details or call 440-934-9622 x2375

I have been a seeker and I still am, but I stopped asking the books and the stars. I started listening to the teachings of my Soul-*Rumi*
What you think, you become - *Buddha*

Healthy Twists

on your Favorite Recipes

Wednesday, August 8, 2018 – 2:00pm

Erin Rossi, Registered Dietitian at Cleveland Clinic, will teach ingredient substitutions and tips that will reduce calories and fat, while still keeping the flavor and memories of your favorite dishes strong.

Please Register – 440-934-9622

AOA SUGGESTED Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am Cycle 101 w/Julie		9:00-9:50 Cycle 101 w/Sw/Dayle 9:55-10:25am Boom w/Jessica	10:20-10:50 Boom w/Marsha	
10:30-11:20am SilverSneakers® Classic W/Michelle Gentle Yoga 10:30-11:20am w/Wendy(SMB)	11:00-11:50am Fitness After 50 w/Amanda	10:30-11:20am SilverSneakers® Classic w/Jessica 10:30-11:30am Gentle Yoga-SMB w/Sherri	11:00-11:50am FitnessAfter 50 w/Marsha	10:30-11:20am Nia® w/Kathy/Amanda
11:30-12:20am SilverSneakers® Classic W/Michelle		11:30-11:20am SilverSneakers Yoga® w/Kathy M		11:30-12:20am SilverSneakers Yoga® W/Rob
12:30-1:20pm Chair Yoga W/Josie	1:00-1:50pm Arthritis Foundation w/Stella	12:30-1:20pm SilverSneakers® Classic W/Kathy M Gentle-Deep Stretch, Yin Yoga 6:30-7:20pm -SMB	1:00-1:50pm Arthritis Foundation w/Stella Gentle Flow Yoga 5pm	12:30-1:20am SilverSneakers® Classic W/Kathy M
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP Shallow Water Volleyball 8:00-8:45am Aquasize-RP Gail	7:00-7:45am-RP Shallow Water Volleyball 7:45-8:30am Arthritis -RP Maggie	7:00-7:45am-RP Shallow Water Volleyball 8:00-8:45 am Aqua Aerobics-RP Betsy	7:00-7:45am-RP Shallow Water Volleyball 7:45-8:30am Arthritis - RP Maggie	7:00-7:45am-RP Shallow Water Volleyball 8:00-8:45am Aquasize-RP Betsy
9:00-9:45am Aqua Aerobics-RP Gail	9:15-10:00am Aqua Barre-RP Sherri	9:00-9:45am Splash - RP Jessica	9:15-10:00am Aqua Barre-RP Sherri	8:45-9:30am Aqua Aerobics-RP Betsy
11:00-11:45am Aqua Jog - CP Diana		11:00-11:45am Aqua Jog - CP Diana		11:00-11:45am Aqua Jog - CP Diana
12:05-12:45pm Arthritis - RP Diana		12:00-12:45pm Arthritis - RP Diana		12:00-12:45pm Arthritis - RP Diana

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

AQUATIC CLASSES (WATER)

Information & Announcements

IS EXERCISE REALLY THE BEST MEDICINE? –

by Alisa Hrustic – excerpts from SilverSneakers July Newsletter

You’ve heard the saying “exercise is the best medicine,” but is that really true?

When it comes to reducing your risk of conditions like heart disease, obesity, dementia, cancer, type 2 diabetes, osteoarthritis, the answer is a resounding YES. Exercise has a profound effect on both the prevention and treatment of numerous chronic diseases. In fact, research has shown that being sedentary is a major cause of many chronic diseases.

How Exactly Does Exercise Help?—Moving helps your muscles grow stronger, keeps your hormones balanced, and decreases inflammation throughout your body. Inflammation is linked to many chronic diseases, including diabetes and arthritis. Just 20 minutes of moderate exercise activates your sympathetic nervous system, which releases hormones into your bloodstream that give your immune system a boost.

Exercise also directly improves your heart and blood vessel function – after all, you’re quite literally getting your blood pumping. Regular exercise helps your heart work more efficiently, making it easier to maintain healthy blood pressure and in turn, reducing your risk of heart disease. Exercise can also help lower blood glucose levels, combat stress, and even reduce pain associated with arthritis.

How Much Exercise Do You Need? Any is good... but to reap all the benefits, you’ll want to do as much as you are able, if you are able, one hour per day of physical activity is recommended. Ideally you want to do cardio – such as power walking, jogging, biking, or swimming – as well as strength training, like lifting weights or using resistance bands. Strength training helps build muscle mass, which older adults tend to lose with age. Work in some flexibility exercises, like yoga or stretching. Many SilverSneakers classes combine all of these important elements so you can get a fun, effective workout.

Keep in mind that regular activity is just one of many lifestyle factors that can help you stay healthy, also aim to eat a balanced diet full of fruits and vegetables, these healthy habits of balanced diet and frequent exercise, will help you live healthier, happier, and longer.

6 VACATIONS EVERY OLDER ADULT MUST TAKE

by Cassie Shortleeve— Travel can be restorative for brain and body – here are six adventures to take throughout your retirement. Now is the time to go – not only because you’ve earned it, but because it’s good for your physical and mental health. When you wonder “What’s Next?” and you have the time and the means, consider these six types of trips – all perfect for seniors.

The Bucket List Trip – Checking a long-term goal off your travel to-do-list is a rewarding accomplishment. Consider letting a travel agent figure out the details.

Continued.... **The Group Trip** –The more socially active you are, the more healthfully you’ll age. That’s why group trips with friends and like-minded strangers – are ideal. PS – we have some really good ones, come join us on the YMCA trips!!!

The Educational Trip –Get a dose of structure and intellectual challenges with an educational trip. Self-guided tours in new cities, trying different foods in faraway corners of the globe, and learning about a different culture can provide the stimulation your brain needs to stay active and healthy.

Try this: Road Scholar (<https://www.road scholar.org/>) they host thousands of experiential learning trips around the country and world. **The Volunteer Trip** –People who volunteer live longer and it will give you the social and educational components as well as that sense of being a good human. Try this: Over50andOverseas (<http://over50andoverseas.com/>) is a resource for seniors looking to give back while they travel. It also lists a variety of teaching opportunities all around the world.

The Fit Trip – Trips that engage us physically can help keep our bodies and minds in shape. Try this: Think about how you like to move; hikes, swim, jog, etc., Take your go to activity and plan to do it in a different environment. Hikers might want to head to the Grand Canyon, swim in the Caribbean etc.

The Long Weekend Trip –Traveling to a destination that’s only a few hours away via car can still feel like an escape. Try this: pick a local hotspot you haven’t been to, and book a bed and breakfast for the weekend. If you don’t want to plan, check out senior centers or your local YMCA, they offer organized trips. They do the planning. Your job: Sit back, relax and enjoy retirement.

Free AOA Event

Tuesday, September 11th – 2:00pm

Sleep 101: The No-pills Approach to your Best Night’s Sleep

Presented by Ankur Gupta, DDS

Two years ago, Dr. Gupta began struggling with sleep – falling asleep, staying asleep, and waking refreshed. When he approached a physician about this, he was offered medication. He, along with a growing number of Americans, did not feel comfortable with this treatment option. Instead, he made a guinea pig of himself, experimenting with a multitude of herbal remedies, products, and techniques. He happily shares his successes and failures in his quest for pill-free slumber.

Please Register – 440-934-9622

FREE HEARING SCREENINGS

Courtesy of HEARWRIGHT –Dr. Kristen Edwards

Wednesday, August 22nd 9:30-11:30am Lobby