

DECEMBER AOA—Active Older Adult Group Exercise Classes

To accommodate the required six feet of social distancing—class size will be limited to 20 participants. [Registration required for ALL classes and opens 24 hours before class](#) call 440-934-9622 or online

MASKS ARE REQUIRED when entering YMCA, walking about our facility, leaving, The only time not required is when you are actively working out or participating in group exercise class

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
<u>10:30-11:15</u> SilverSneaker Classic ® Jessica	<u>10:30-11:15</u> Fitness After 50 Amanda	<u>10:30-11:15</u> Gentle Yoga Wendy (Yoga Room)	<u>10:30-11:15</u> Strength & Balance Phyllis	<u>10:30 - 11:15</u> Nia ® Kathy/Amanda
<u>11:30-12:15</u> SilverSneaker Classic ® Jessica	<u>11:30-12:15</u> Strength & Balance Phyllis	<u>11:00- 11:45</u> SilverSneaker Classic ® Amanda/Kathy	<u>11:30-12:15</u> Chair Yoga Phyllis	<u>11:30- 12:15 PM</u> SilverSneaker Classic ® Kathy
<u>12:30-1:15PM</u> Chair Yoga Danielle	<u>1:00 - 1:45</u> Arthritis Exercise Stella	<u>12:15- 1:00</u> Chair Yoga Kathy <u>6:30-7:15</u> Yin Yoga Wendy	<u>1:00 - 1:45</u> Arthritis Exercise Stella	<u>12:30 - 1:15 PM</u> Chair Yoga Kathy

MORNING WATER CLASSES - RECREATION POOL

7:15-8:00 Volley Ball	7:45-8:30 Arthritis	7:15-8:00 Volley Ball	7:45-8:30 Arthritis	
8:00-8:45 Aquacise		8:00-8:45 Aquacise		
9:00-9:45 Aqua Aerobics		9:00-9:45 Aqua Aerobics		

Welcome Back Safety Tours continue on Tuesdays and Thursdays 11:00-11:30am [Registration Required](#)
Come see all our safety and sanitation procedures firsthand! We will walk you through our redesigned facility spaces.

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



French Creek Family YMCA AOA (Active Older Adults)

DECEMBER 2020 News

Holiday Hours

12/24/2020—5:00am-2:00pm
12/25/2020—CLOSED
12/31/2020—5:00am-2:00pm
01/01/2021—5:00am-9:00pm

ChristmasSing-A-Long with Linda Howell—2/17/20—2:30pm

Please come join us for a fun, uplifting, joyfilled Christmas Sing-a-Long. Remember the days when you gathered just to sing those Christmas songs that made you happy and remember Christmas past? Come and gather again with your YMCA family and sing those good old fashioned, fun and traditional songs. Christmas Sing-A-Longs are one of Linda's favorites because everyone knows the music and it's a special time to appreciate being together. Linda shines when she can share her music, make people happy and bring back memories!! Masks required and social distancing practiced.



Come Jingle Your Bells

at our CHRISTMAS SILVER SNEAKERS

December 16, 2020

11:00am in our Gym

Donation of food items &/or money requested to help support Y-Haven
Register 440-934-9622—Open to ALL



What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace

Agnes M. Pahro

Need a pick-me-up? Here are some simple ways to help lift your mood in 5 minutes or less :) - Mood plays an important role in determining your quality of life. It can affect your perception of the world, influence your relationships, and affect your mental and physical health. **Listen to Music**—it can energize, soothe and induce happiness. **Breathe Deeply**—take 3 (or more) slow deep inhales and slow full exhales. **Brighten Someone's Day**—acts of kindness, makes you feel better; call, send a letter, email, text a friend, family member, especially someone you haven't seen or talked to in a while. If you haven't yet, try facetime, zoom etc., it's the next best thing to being there, preplan a breakfast, lunch, dinner, snack, coffee/tea break, cocktails, trivia games, or a simple chat, possibilities are endless, results, priceless, make small talk, compliment someone, a worker at your grocery store etc., **Eat or Drink a Healthy Meal, or a Snack**—like dark chocolate, raw almonds, walnuts, berries, oranges, grapefruit, sip herbal tea. **Recite an Affirmation**— All is well, I am safe and supported, I am brave and courageous, I am healthy and strong, I am at peace, I am blessed, grateful and amazing :)

COMING IN 2021 4 WEEK HEALTH EVENT *Dates/Time TBD*

presented by Ankur A. Gupta DDS - attend in person or watch live on our website

Join us as we embark on a journey to regain control of our health, our food, our weight, our sleep, and the life stress that has become commonplace in today's way of living. Dr. Gupta has spent the last years passionately pursuing knowledge in the best methods of actively developing true complete health, in the most natural and holistic way possible

Week 1—Wednesday, February 3, 2021—2:30pm

The Complete Health Transformation Challenge

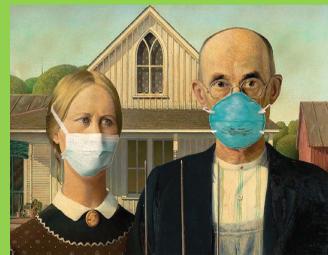
Week 2—Tuesday, February 9th—2:00pm—Plants Over Pills: easy, consistent, delicious techniques to increase the plants / fruits in your diet

Week 3—Tuesday, February 16th, - 2:00pm—The Microbiome: how the bugs in our guts offer the next piece to the total health puzzle

Week 4—Tuesday, February 23rd—2:00pm—Sleep 101: the no-pills approach to your best night's sleep

Registration Required for attending each week, whether in person or live on our website—Registration will open January 1, 2021

FOR NOW, PLEASE and THANK YOU, wear your mask at ALL times, so that it completely covers your mouth, nose, and chin, and it is tight against your face.



Beautiful Christmas Cookie Decorating

with Brandy's Sweet Retreat

No Mess—No Fuss—Just FUN!!

Saturday, 12/12/2020— 10am

for Grandparents/Grandkids/Families

Tuesday, 12/15/2020—2pm

for Adults

\$20—Must Register—440-934-9622

Questions Kathy at kmckeanclevelandymca.org or 440-934-9622 x2375



This is our last Newsletter of the year 2020. Well friends, in all our years, we have survived and seen a lot, but nothing like 2020. *This has not been the year to get everything you want. This has been the year to appreciate everything you have.* There is much to be thankful for, especially during these uncertain and challenging times. How can you make this a time to thrive instead of endure and remember, "Don't wait for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you'll run out of time." Stay strong my friends and hopefilled. Blessings of good health, light heart and laughter to you and yours. Looking forward to seeing you next year! Kathy

Kathy McKean

AOA Coordinator—French Creek Family YMCA

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Through Movement We Find Health, Wellness and Fitness

French Creek Family YMCA—2010 Recreation Lane, Avon Ohio



Be gentle with each other, and yourself, we are all making our way the best we can