


Events FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pickleball 8:30-11-30-Gym
4 Pickleball-Gym 8:30-11:30	5 Orientation 12pm	6 Pickleball-Gym 8:30-11-30am	7 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	8 Pickleball 8:30-11-30-Gym
11 Pickleball-Gym 8:30-11:30	12 Orientation 12pm	13 Pickleball-Gym 8:30-11-30am	14  Pickleball Knit & Crochet Orientation 12pm	15 Pickleball 8:30-11-30-Gym
18 Pickleball-Gym 8:30-11:30	19 Orientation 12pm	20 Pickleball-Gym 8:30-11-30am	21 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	22 Pickleball 8:30-11-30-Gym
25	26 Orientation 12pm	27 Pickleball-Gym 8:30-11-30am	28 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	1 Pickleball 8:30-11-30-Gym
AOA Orientation-Please Register at Front Desk - 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

Active Older Adult Newsletter

FEBRUARY

2019 Bus Trips at a Glance

- March 25, 2019-\$96-Symphony for our World-Severance Hall
 - March 28, 2019 - \$49 - Hard Rock Rocksino Concert- Geezecs Du-Wop Group
 - April 3-8, 2019 – 6 days - \$1459 – Nashville, Memphis, Louisville
 - May14, 2019 - \$7-Lorain County Metro Parks - Oberlin & Historic Underground Railroad Tour.
 - May21, 2019 - \$7-Lorain County Metro Parks – Oberlin & Historic Underground Railroad Tour.
 - June 2-5, 2019 -4 days - \$782- Mackinac Island, Castle Farms, Frankenmuth and Frederik Meijer Gardens & Sculpture Park.
 - July 19, 2019 - \$89-Chocolate & Wine
 - August 5, 2019 - \$95-Historic and Ethnic Cleveland – Part VI
 - August 25, 2019 - \$89.50 & \$109.50-The Lion King at Playhouse Square
 - August 30-September 9, 2019 - \$2092.53-\$3362.53 11-Day Cruise-Italy, Spain, Monaco
 - September 26, 2019 - \$49 - Hard Rock Rocksino Concert- Kavan-Worlds #1 Elvis Impersonator, \$20 free play
 - October, 2019 – **Date & Price TBA** Hudson River Mansions Tour & Cruise & NYC
 - November/December, 2019 – **Date & Price TBA** Pittsburgh Phipps Conservatory, Grand Concourse Restaurant, PPG Plaza
 - December 5, 2019 - \$49 - Hard Rock Rocksino Concert- Frank & Dean Rat Pack Holiday Show, \$20 free play
- View on line www.clevelandymca.org -> French Creek -> Active Older Adults*

UPCOMING EVENTS

- Mondays, 8:30-11:30am**
On going Pickleball - Gym
- Tuesdays, Noon**
Orientations Continue
Please Register
- Wednesdays, 8:30-11:30am**
On going Pickleball - Gym
- Thursdays-February 14th**
One act of love/kindness
- Pickleball, 8:30-11:30Gym
- Knit & Crochet, 12-3pm
-Orientation, noon
- Fridays, 8:30-11:30am**
On going Pickleball - Gym

AOA SUGGESTED

GROUP EXERCISE STUDIO (LAND)
AQUATIC CLASSES (WATER)

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® Classic 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		11:30-11:20am SilverSneakers Yoga® W/Kathy		11:30-12:20am SilverSneakers 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
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

VALENTINE'S DAY HISTORY & FUN FACTS

History

Valentine's Day is feast day of Saint Valentine. In the 1400's Roman Emperor Claudius II outlawed marriage. Valentine, a temple priest, secretly helped Christian couples wed. When caught, he was beheaded by the emperor on February 14th, later martyred. Now you know ☺

Fun Facts

- More than 36 million heart shaped boxes of chocolates are sold across the country
- Men spend twice as much as women
- Around 9 million people buy their pets a Valentine's Day gift
- February 14th is the second largest card giving day, around 1 billion cards worldwide, Christmas is first
- Teachers receive the most, followed by kids, mothers, wives and girlfriends
- Hallmark was one of the first to mass produce cards back in 1913
- It is also the biggest flower day about \$3.3 billion, followed by Mother's Day.
- You can be your own Valentine, in 2015, 18% of women sent themselves flowers

Transform Winter into a Restorative Season

With the holiday season behind you, a new year has begun, pause for a moment to reflect on how you experience winter.

Rather than fall back on your usual patterns and getting stuck, winter is a good time to take advantage of a great human gift: adaptability. Your body's biorhythms adapt to the season naturally, and by tuning in to them you can use the winter months positively rather than wishing spring.

Let's concentrate on two goals: energy and renewal

Energy – The crucial thing is to keep your quality of energy at a comfortable place of balance. Here are some simple and straightforward point.

- Don't go to extremes of pushing yourself or becoming too sedentary. Make sure you move around at least once an hour even on days when the weather keeps you housebound.
- Keep tabs on the quality of your energy. If you notice that your mood has turned negative, address it immediately, which can mean getting away from situation or turning your attention to an activity you know you will enjoy.
- Pay attention to stress, which includes keeping away from complainers, by the same token, don't contribute to the complaints.
- Avoid the tendency to overeat out of boredom or being housebound.
- Keep a regular routine of sleep.

Renewal – You are designed to renew yourself. The ideal is to greet every day as if it has brought a new world. Even though you wake up every morning in the same house with yourself, or others, same routine, these elements are secondary. Your primary focus can be on other things that lead to true renewal. These can include:

- Being creative
- Being of service
- Approaching your life and others with appreciation
- Having an accepting attitude
- Being alert to new opportunities
- Being kind to yourself
- Acting as your own healer, either physically, psychologically, mentally or emotionally
- Pay attention to what you pay attention to
- Pay attention to what makes you happy and do more of that

If you begin to practice the pursuit of renewal every day, the result will be that healing old habits, memories, and negative emotions happens more easily and naturally. Healing should not be approached with an attitude of "I have to fix myself." Healing is a natural process of the body-mind that you only need to cooperate with. Despite the sameness from day to day, you experience yourself differently. If you begin to attend to – energy and renewal – you will transform winter into a blissful season of the year, *Deepak Chopra, M.D.*

**You have spent your whole life
sharing and giving love.
You deserve love and caring!
Begin this Valentine's Day with love,
caring, kindness and compassion to self.
Then,
spend some time with those that make you happy,
make you feel good and make you smile.
What will make you smile this day?
Then,
enjoy some good friends,
good food,
good conversation,
good wine!

Love is all around,
Happy Valentines Day**