

AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hillcrest Family YMCA

5000 Mayfield Road
Lyndhurst, Ohio 44124

Facility Hours:

Monday – Friday : 5am to 10pm

Saturday: 7am to 5pm

Sunday: 9am – 3pm

Active Older Adult Newsletter

January 2021



Hillcrest Y Cares

The Y's mission statement is more than just words. Despite the COVID pandemic, the Y has offered help to essential workers through child care, continued offering services to homeless and rehabilitation services through Y-Haven, offered exercise and sports programs to seniors, adults, families, and children, and reached out our members to offer support.

Now Hillcrest Family YMCA has partnered with the South Euclid -Lyndhurst schools to help middle school students who are facing challenges with virtual learning. For some children virtual learning is a struggle. YCares is a program that will allow a small group of children in seventh or eighth grade to have their lessons aided by an in person tutor or teacher to help them along. This is just another example of the Y living their mission to take a lead role in the needs of our community. Thank you for being part of our mission. Let's look forward to a wonderful 2021!

UPCOMING EVENTS

January 8

1:00 to 5:00

Vitalint Blood Drive.

Sign up for blood donations that benefit Northeast Ohio. Covid safe practices will be in effect.

January 15

3:00

Virtual Bingo

Sponsored by Devoted Health Care.

Sign up at the AOA table by January 10.

January 19

11:00-12:00

Make and Take Craft in the Lobby

We'll make an easy craft and have some fun!

January 26

11:00 – 12:00

January Birthday treat.

Please sign up at the AOA table.

AOA Exercise Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:05 Y Cycle Sarah		6:15-7:05 Y Cycle Sarah		6:15-7:05 Y Cycle Sarah
8:30 - 9:20 305 Fitness Tiarra	8:15 - 9:05 Fitness After Fifty Ester		8:15 - 9:05 Fitness After Fifty Ester	
10:00 - 10:50 SilverSneakers Classic Colleen	9:30-10:00 Silver Sneakers Balance Ester	9:45 - 10:35 Zumba Esther	10:00 - 10:50 Line Dance Dahmia	10:00- 10:50 Chair Yoga Carmen
11:15- 12:05 SilverSneakers Yoga Stretch Colleen	10:00 - 11:05 Line Dance Colleen	11:30- 12:20 SilverSneakers Classic Prince	11:00 - 11:50 Accessible Chair Yoga Judi	
12:15 - 1:05 EnerChi Colleen	11:15-12:05 SilverSneakers Classic Colleen <hr/> 12:15 - 1:05 Chair Yoga Carmen		12:15 - 1:00 Polynesian & Hawaiin Dance Dahmia <hr/> 1:15-2:05 Belly Dance Dahmia	*** Saturday*** 8:15 - 9:05 Fitness After Fifty Ester 9:45 - 10:35 Zumba Esther

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 -8:30 Lap Swim/Water Walking	7:00 -8:30 Lap Swim/Water Walking	7:00 -8:30 Lap Swim/Water Walking	7:00 -8:30 Lap Swim/Water Walking	7:00 -8:30 Lap Swim/Water Walking
8:30 - 9:15 Aqua Aerobics	8:30 - 9:15 LapSwim/Water Walking	8:30 - 9:15 Aqua Aerobics	8:30 - 9:15 LapSwim/Water Walking	8:30 - 9:15 Aqua Aerobics
9:15 - 1:00 LapSwim/Water Walking	9:15 - 1:00 LapSwim/Water Walking	9:15 - 1:00 LapSwim/Water Walking	9:15 - 1:00 LapSwim/Water Walking	9:15 - 1:05 LapSwim/Water Walking
3:00 -4:30 Lap Swim/Water Walking	2:00 - 3:00 Twinges in the Hinges	3:00 -4:30 Lap Swim/Water Walking	2:00 - 3:00 Twinges in the Hinges	3:00 -8:15 2 Lane Lap Swim Household Swim

Information & Announcements

Easy Foil Packet Vegetables

1 small zucchini, thinly sliced
1 small yellow squash, thinly sliced
1/2 red pepper, sliced
1/4 small onion, thinly sliced
1 ½ tsp olive oil
1 tsp lemon juice
1/4tsp garlic powder or ½ clove fresh garlic, minced
1/4 tsp dried oregano
1/4 tsp dried rosemary or basil
Salt and pepper to taste

Toss everything together to coat. Layer the mix in the center of a piece of double strength aluminum foil or two regular strength pieces one on top of the other. Fold over loosely to form a sealed packet. Be sure to leave room in the packet for expansion during cooking.

Place on a baking sheet in a preheated 400 degree oven for 8 to 10 minutes. Use a spatula to safely lift the packet from the sheet. Open carefully as the packet will be full of steam.

Use the vegetables you prefer: mushrooms, carrots, beets, potatoes, bok choy, snap peas, bean sprouts, cabbage, & sweet potatoes all work well. Cut harder produce like potatoes & carrots into smaller or thinner pieces. They need more time to cook – up to 20-25 minutes. Check if the vegetables are tender by carefully opening the packet or using a skewer to gently poke into the potato or carrot only – be careful not to puncture the bottom layer.

Use any seasoning combinations that appeal to you: thyme, dill, ginger, garlic, even chili flakes. Soy sauce, vinegars, fruit juices and wine can be used to replace the lemon juice. Olives, capers, or a sprinkle of parmesan cheese can be added to boost the flavor.

The packets can be assembled early in the day and kept refrigerated until ready to use. They can be turned into a full meal by adding a filet of fish or a chicken breast to the packet. The cooking time remains about the same – possibly a minute or two longer if the piece is thick. Season the fish or chicken as well as the vegetables. Make individual packets for each serving; everyone can have their own. If unopened, the packets will generally stay warm for up to 45 minutes.

Foil packet cooking is an easy, fast, delicious way to cook vegetables or a full meal. Assemble ahead and cooked at your convenience, And best yet – no clean-up is required. Simply dispose of the foil!

Trainer's Corner with Anita

Tasty and Nutritious Snack Options

Winter is in full swing in Northeast Ohio. During these cold, dark months many tend to snack more and move less, setting the stage for weight gain. However, it is possible to satisfy the urge to snack without tipping the scale in the wrong direction. Here are some healthy, satisfying options that won't sabotage your fitness efforts. **Edamame** – these green, unripe soy beans are high in protein and low calorie. Boil or steam and sprinkle with low sodium tamari to satisfy a salt craving. **Tart Cherries** – cherries contain anthocyanin, an antioxidant that reduces inflammation. Each refreshing fruit is only 5 calories, and tart cherries contain more vitamin C and beta carotene than their sweet counterpart. **Popcorn** – a great source of fiber, popcorn is low in fat and gluten-free. Choose air popped for only 30 calories per cup. **Toasted Chickpeas** – an excellent source of protein and fiber, chickpeas transform into a crunchy, satisfying snack when seasoned and toasted in the oven. **60% (or higher) Cacao Chocolate** – dark chocolate contains antioxidants and helps lower blood pressure. The darker the better for less sugar and fat and more nutrition. Have two squares, or two tablespoons of chips, for a rich, indulgent snack.

Group Exercise Policies

- **Masks must be worn in the building.**
- **Preregister by calling 216.382.4300. There is a limit of 11 per class in the exercise room, 28 in the gym.**
- **Arrive no earlier than 10 minutes before class.**
- **Have your Y membership card with you to self-scan at the desk.**
- **Enter by side door, exit by front door (unless using wheelchair or walker).**
- **Follow arrows on floor.**
- **Used marked Y spots in exercise room to social distance.**
- **Exercise equipment, excluding mats, personal items such as totes, bags, and jackets prohibited. Lockers are available – bring a lock with you.**
- **Please clean your area before and after class.**
- **When class is over please exit room following arrows.**
- **Bring a water bottle. Please only use the Water fountains to fill water bottles.**

New Year's Eve/Day Word Search

J A N C O U N T D O W N U A R
Y O N E J M A R K S T H E R E
N D O F A T H E R T I M E E T
T H G I N D I M F A P E T T W
N R I A U L D L A N G S Y N E
E O E D A R O F R E R A T I L
W M V S R E E H C I D E R W V
Y M I B Y B R E F I A N A C E
E E T A N M L D L S U M P M O
A A S R R E S O L U T I O N C
R Y E O B C H F T H E P A S L
S S F R I E M I T N A M D L O
E N A Y A D S R A E Y W E N C
V T H I R T Y F I R S T G Y K
E R A E Y W E N Y B A B E A R

AULD LANG SYNE	JANUARY
BABY NEW YEAR	MIDNIGHT
CELEBRATE	NEW YEAR'S DAY
CHEERS	NEW YEAR'S EVE
COUNTDOWN	OLD MAN TIME
DECEMBER	PARTY
FATHER TIME	RESOLUTION
FESTIVE	THIRTY-FIRST
FIRST	TWELVE O'CLOCK
HOLIDAY	WINTER