## January

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Pickball 8:30--11:30-Gym</td>
<td>Knit/Crochet 12:30-3pm</td>
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<td>Pickleball 8:30--11:30-Gym</td>
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<td>6</td>
<td>Pickleball-Gym 8:30--11:30</td>
<td><strong>MAKING YOUR DREAM A REALITY 2PM</strong></td>
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<td><strong>LUNCH &amp; LEARN 12:00pm</strong></td>
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**AOA Orientation—Please Register at Front Desk**

At 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.

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### AOA MONTHLY NEWSLETTER

#### JANUARY 2020

**UPCOMING EVENTS**

- **Monday, 1/6** Making your Dream a Reality – 2pm
  - Please Register
- **Tuesday, 1/14** – 12pm
  - Lunch & Learn
  - Lessons Learned from the Blue Zone
  - Please Register

**ONGOING EVENTS:**

- Mondays, Wednesdays, Thursdays & Fridays
- Pickle Ball 8:30–11:30am Gym
  - No experience necessary
- Thursdays, Caps–n–Laps
  - Knit & Crochet 12–3pm
  - No experience necessary
- Tuesdays & Thursdays at Noon – Orientations Continue
  - Meet upstairs at Wellness Desk

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**“MAKING YOUR DREAM A REALITY”**

**MONDAY, JANUARY 6, 2020—2:00PM**

Please Register—Free—All are Welcome

Presented by Donna Fratianne
Founder at Choose Natural NOW

Start out this New Year and New Decade focused on what you dream of, wish for and want to make real in your life this year. Come and learn ways to help make your hearts desire a reality. Learn ways to create your own daily plan. We will end with a guided meditation to plant your dream seed in the infinite field of possibility.

**LUNCH AND LEARN**

**LESSONS LEARNED FROM THE BLUE ZONE**

Presented by Maggie Walsh

**Tuesday, 1/14/2020—12:00pm**

Please Register—Free—All are Welcome

What is the Blue Zone? Parts of the world where people live to be 100+ and maintain a constant state of health and happiness. Is it attainable? Come and find out.

**Lunch and program provided by Brookdale Westlake Village**

**Register 440-934-9622**

See flyers for full details.

Questions email kmckean@clevelandymca.org

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**New Year’s Prayer**

May all be loved,
May all be fed, sheltered & clothed,
May all be happy & joyful,
May all be well & healthy,
May all be safe & protected
May all be held in the loving arms of kindness.

**From the prayers of Thich Nhat Hahn**

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

*Stephen Covey*
AOA SUGGESTED Classes

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<td>9:30-10:15am Cycle 101 w/Shelly 10:00-10:45am Barre w/Jackie 9:30-10:15am Cycle 101 9:30-10:20 Barre</td>
<td>10:30-11:20am SilverSneakers® Classic W/Jessica 10:30-11:20am Gentle Yoga New w/Sheri(SMB)</td>
<td>10:00-10:45am Arthritis - RP 9:00-9:45am Aqua Fit RP New 10-10:45 New Aqua Fit Deep-CP</td>
<td>10:25-11:20 Zumba Gold w/Angie</td>
<td>10:30-11:20am SilverSneakers® Classic W/Kathy 11:00-11:50am Zumba Gold w/Angie</td>
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GROUP EXERCISE STUDIO (LAND)

AQUATIC CLASSES (WATER)

Information & Announcements

START YOUR NEW DECADE, NEW YEAR, NEW MORNING OFF RIGHT—With Some New Habits

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."—Aristotle

How you start your morning determines the tone for the rest of your day. Have you ever noticed when your morning starts in a frenzy, the rest of your day seems to reflect that mood of chaos as well. The tone of your morning, determines the tone of your day. Whether you are aware of them or not, you operate under habits (good & bad) all the time—they are an integral part of your daily existence. Part of developing a healthy habit, is to become intentional with it. Most habits are formed because they are easy or along the path of least resistance. If you want to cultivate positive habits, then you may need to put some intentional effort into forming them until they become second nature. What you cultivate in the morning influences how you feel, act, and think during the rest of your day. Try adding a few of the following habits to your morning routine: Stay Unplugged from Tech for the first hour of your day so you can begin your day with present-moment awareness and a positive focus. Hydrate, drink a glass of water in the morning, helps remove toxins from your digestive tract, freshens your breath and stimulates metabolism and digestion. Practice Optimism and Gratitude, before you even get out of bed, give yourself a few minutes to smile and practice gratitude. Begin by reflecting on one person and one opportunity you are grateful for in your life. Make Your Bed, it may seem like a waste of time, unimportant, (you’re just going to use it again at night), but making your bed is a simple action you can take in the morning that makes you start your day feeling accomplished. Meditate, incorporating some type of mindfulness practice into your daily morning routine can help ground you and train your mind and emotions, which then influences how you react to challenges throughout your day. Exercise any sort of physical activity in the morning will get your blood flowing and help quiet any mental chatter.

As you look to the new year, hold on to what is Good! Let go of what is bad. It really is that simple.  

Mandy Hale

New Year’s Blessings for You & Yours

May this year be significant in your journey
May your joy spring
May you be fresh like a child and wise like an elder
May your belly be full of laughter
May you find something that you’ve been looking for
May you love well
May you be loved
May you give beyond what is reasonable
May you look around and see the wonder all around
May you be thankful
May you regrets transform into lessons and pain forgotten
May you breathe deeply
May you be drawn into the stories all around you
May you and your’s be blessed  

Jeremy Floyd