

# Events JULY 2018 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 AOA Orientation 2pm	4  7:00am-1:00pm	5 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	6
9	10 AOA Orientation 2pm	11	12 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	13
16	17 Bus Trip Science Rocks AOA Orientation 2pm	18	19 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	20
23	24 AOA Orientation 2pm	25	26 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	27
30	31 AOA Orientation 2pm	1	2 Knit & Crochet 12:30-2pm Lobby AOA Orientation 2pm	3



## 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.

# 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

**Come join us on Tuesday July 17, 2018**  
**Rock & Roll Hall of Fame**  
**Great Lakes Science Center including**  
**The six story high screen Dome Theater and**  
**Steamship William G. Mather**  
**\$62**—Includes all of the above *and* transportation



*Limited space left on our 3 day Washington D.C trip. The 6 day Nashville, Memphis, Louisville bus trips is sold out. Please get on the "wait list" for a chance to participate.*

**JULY 2018**

## UPCOMING EVENTS

July-Childrens Summer Camp continues through August 24, 2018  
Wednesday 7/4 – Independence Day – Hours 7am-1pm  
Tuesday 7/17 – Science Rocks Bus Trip  
Thursdays 12:30-2pm – Knit and Crochet in Lobby  
Tuesdays & Thursdays – 2pm  
AOA Orientations continue

All the chairs that we use for our Silver Sneakers and Fitness After 50 classes are so happy!! They have been refreshed and cleaned by a very kind and generous group of people. I thank each of you for sharing your time and energy. May your hard work and caring come back to each of you tenfold.

*With sincere appreciation and blessings to the following*

**Sandi G., Ellen S., Karen P., Nancy G., Fran M., Donna S., Ruth D., Lee S., Kim Z., Millie G., Lou H.**



Lately I've been replacing "I'm sorry's with 'thank you's' Like instead of 'sorry I'm late' I'll say, 'thank you for your patience or thank you for waiting for me' Or instead of putting myself down, like 'sorry, I'm such a mess' I'll say, 'thank you for loving me/ accepting me/taking me/caring about me/ just as I am' It has not only shifted the way I think and feel about myself, but also improved my relationships with others – who now get to receive my gratitude – instead of my negativity....  
-vijara

# AOA SUGGESTED Classes

# Information & Announcements

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am <b>Cycle 101</b> w/Julie		9:00-9:50 <b>Cycle 101</b> w/Sw/Dayle 9:55-10:25am <b>Boom</b> w/Jessica	10:20-10:50 <b>Boom</b> w/Marsha	
10:30-11:20am <b>SilverSneakers®</b> Classic W/Michelle <b>Gentle Yoga</b> 10:30-11:20am w/Wendy(SMB)	11:00-11:50am <b>Fitness After 50</b> w/Amanda	10:30-11:20am <b>SilverSneakers®</b> Classic w/Jessica 10:30-11:30am <b>Gentle Yoga-SMB</b> w/Sherri	11:00-11:50am <b>FitnessAfter 50</b> w/Marsha	10:30-11:20am <b>Nia®</b> w/Kathy/Amanda
11:30-12:20am <b>SilverSneakers®</b> Classic W/Michelle		11:30-11:20am <b>SilverSneakers</b> <b>Yoga®</b> w/Kathy M		11:30-12:20am <b>SilverSneakers</b> <b>Yoga®</b> W/Rob
12:30-1:20pm <b>Chair Yoga</b> W/Josie	1:00-1:50pm <b>Arthritis</b> <b>Foundation</b> w/Stella	12:30-1:20pm <b>SilverSneakers®</b> Classic W/Kathy M <b>Gentle-Deep</b> <b>Stretch, Yin Yoga</b> 6:30-7:20pm -SMB	1:00-1:50pm <b>Arthritis</b> <b>Foundation</b> w/Stella <b>Gentle Flow</b> <b>Yoga</b> 5pm	12:30-1:20am <b>SilverSneakers®</b> Classic W/Kathy M

AQUATIC CLASSES (WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP <b>Senior Volleyball</b> 8:00-8:45am <b>Aquasize-RP</b> Gail	7:00-7:45am-RP <b>Senior Volleyball</b> 7:45-8:30am <b>Arthritis -RP</b> Maggie	7:00-7:45am-RP <b>Senior Volleyball</b> 8:00-8:45 am <b>Aqua Aerobics-CP</b> Betsy	7:00-7:45am-RP <b>Senior Volleyball</b> 7:45-8:30am <b>Arthritis - RP</b> Maggie	7:00-7:45am-RP <b>Senior Volleyball</b> 8:00-8:45am <b>Aquasize-RP</b> Betsy
9:00-9:45am <b>Aqua Aerobics-CP</b> Gail	9:15-10:00am <b>Aqua Barre-RP</b> Sherri	9:00-9:45am <b>Splash - RP</b> Jessica	9:15-10:00am <b>Aqua Barre-RP</b> Sherri	8:45-9:30am <b>Aqua Aerobics-CP</b> Betsy
11:00-11:45am <b>Aqua Jog - CP</b> Diana		11:00-11:45am <b>Aqua Jog - CP</b> Diana		11:00-11:45am <b>Aqua Jog - CP</b> Diana
12:05-12:45pm <b>Arthritis - RP</b> Diana		12:00-12:45pm <b>Arthritis - RP</b> Diana		12:00-12:45pm <b>Arthritis - RP</b> Diana

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



## EMBODY SUMMER: HERE ARE SOME WAYS TO LET IT ALL HANG OUT – by Tris Thorp

Summer's here and it's the time of year when you're being called to enjoy the warmth and fun of the season. As a child, you may have waited all year for school to let out just you could lose yourself in three months of fun. As an adult, you may or may not have the luxury of time and freedom to spend your days in a hammock enjoying the afternoon shade, but you can steal some time back to have some good old-fashioned fun. What if you could throw caution to the wind and steal back some time to let it all hang out?

Here's the thing: you can do just that if you choose to put joy, happiness, and fun into the mix while still honoring your responsibilities.

**Give Yourself Permission to Have Fun, Unwind, Let Loose, and Enjoy Life** – This can be the single most difficult thing for you to do because the weight of expectation and responsibility can feel too heavy a burden to unload. At the end of the day, if you're not giving yourself permission to have some fun, then what is all the work and worry for?

**Go Somewhere You've Never Been** – Pack a bag, pull out a map, hop in the car, and drive. Whether it's a day trip, a picnic, a vacation, find someplace new to visit. New places bring new perspective on life. You never know who or what fun might await you there.

**Make a New Friend** – Talk to a perfect stranger. Engage in conversation with a friend of a friend at a social gathering. Connect with a person from one of your classes. Make a commitment to meet one new friend this summer and make a date for coffee, lunch, or a walk in the park. Get to know this person, learn about their interests, and expose yourself to the newness and excitement that comes with enjoying their company.

**Exercise Outdoors** – there is nothing quite as invigorating as exercising in nature. A walk/jog through wooded trails, a swim, yoga/stretching/cardio/weights in the backyard can be just what the doctor ordered to change up your daily routine in summer months.

**Buy a New Outfit and Rock It** – who doesn't love a new outfit that makes them look good and feel confident? Take yourself shopping for something perfect (consider consignment and thrift stores, they too have some chic steals!) and then create the perfect opportunity to rock it. Make this outfit and yourself come alive!

**Do Something Daring** – ...find something you would love to do – something that, when you look back on having done it later, you'll think to yourself, "That was SO crazy, SO fun, SO daring and it was SO worth it!" – and go DO IT!

*Continued....* **Take Breaks in Your Day** – even the shorter blocks of time you can peel away in your day can make the biggest difference in how you experience summer. Start your day with breakfast in your back yard/patio or at an outdoor café, brown bag your lunch and enjoy it in nature rather than at your desk or in front of TV. Take a walk and get fresh air to clear your mind instead of powering through work/project.

**Last but Not Least, Spoil Yourself** – remember, at some point during your day, to treat yourself to the things you truly enjoy. You are the number one most important person in your world. You have to nurture and care for yourself before you can expect to do the same for others, *so take the time and be willing to invest in your self-care.* Date yourself. Buy yourself fresh flowers. Sleep in. Get a facial/massage. Go see live music-often! (Free summer concerts are everywhere!) Take an entire day to read a great book under the shade of a tree.

Summer is here and it's calling you to get out of your normal routine, have some fun, and let it all hang out. After all, you work hard, you're doing an amazing job, and you deserve it.

## 5 Summer Foods that are FULL of Lycopene

*by Sue Van Raes*  
What is Lycopene? One of nature's most potent phytonutrients and antioxidants. Lycopene benefits almost every system in your body and, most of all, nourishes your cellular chemistry, protecting your cells from toxic stress and keeping you in tip-top shape. Remember, when your cells are happy, *you* are happy!

One of the beauties of summer is the simplicity of the foods you eat and all the local farmers, stands/markets and the bounty of fresh, fresh, fresh!

**Watermelon** – by itself, in a smoothie, in salad, in your water, on the grill. **Tomato** – by itself, sauces, on a sandwich, in salad. **Pink Grapefruit** – by itself, in a salad, fresh juices, in your water. **Asparagus** – on the grill, roasted or steam and toss in salad. **Red Cabbage**—great addition to any meal, soup or salad, shred, saute,steam or roast. Try shredding and tossing with sesame oil and rice vinegar for an Asian-style coleslaw.

**COMING IN AUGUST**  
**Healthy Twists on your Favorite Recipes**  
Wednesday, August 8<sup>th</sup> 2-3:00pm  
By Erin Rossi, Registered Dietitian at Cleveland Clinic  
Pre-registration is required - 440-934-9622