

Events JULY 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 The ABC's Of Medical Marijuana 2pm Register	4 Hours 7am-1pm  INDEPENDENCE DAY	5 LIMITED HOURS 5am-1pm
8	9 Orientation 12pm	10	11 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	12 Group Meditation 1:30-2pm SMB
15	16 Orientation 12pm	17	18 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	19 Group Meditation 1:30-2pm SMB
22	23 Orientation 12pm	24 Hula Line-Dancing 3pm Register	25 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	26 Group Meditation 1:30-2pm SMB
29	30 Orientation 12pm	31	1 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	2

AOA Orientation-Please Register at Front Desk

At 12:00pm, 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.

"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

Sunday: 10am – 5pm

Active Older Adult Newsletter

JULY 2019

UPCOMING JULY EVENTS

The ABC's of Medical Marijuana

Presented by Dr. Corie Kovach of Ohio Holistic Healthcare
Dr. Kovach is one of only two doctors in Northeast Ohio licensed to prescribe medical marijuana. Come, learn, understand

Wednesday, July 3, 2019 2:00pm-Free – Register

Hula Line-Dancing

With Donna "Dahmia" Komidar
Dahmia is a dance instructor specializing in Polynesian Dance for more than 40 years! Dahmia will explain the meaning and stories of hand gestures and movements in the dances you will be learning. Come, enjoy and learn, about this beautiful form of dance without a trip to Hawaii

Wednesday, July 24, 2019-Free – Register

See flyers for full details.

Questions email kmckean@clevelandymca.org

Register 440-934-9622



Hours Thursday, July 4th 7:00am – 1:00pm

Hours Friday, July 5th 5:00am – 1:00pm

UPCOMING EVENTS

Fridays, July 5, 12, 19 & 26th
1:30-2pm – Group Meditation
Spirit Mind Body Room
All are Welcome

no experience necessary

Wednesday, July 3rd 2:00pm
The ABC's of Medical Marijuana
Free-Register

Friday, July 19th Bus Trip
Chocolate and Wine

Wednesday, July 24th
3:00pm Hula Line Dancing
Free-Register

ONGOING EVENTS:

Tuesdays & Thursdays at
Noon – Orientations Continue
Please Register

Thursdays, Caps-n-Laps
Knit & Crochet 12-3pm lobby



AOA SUGGESTED Classes

Information & Announcements

GROUP EXERCISE STUDIO (LAND)

AQUATIC CLASSES (WATER)

CHANGES IN RED				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am Cycle 101 w/Shelly	10:00-10:45am Barre w/Jackie	9:30-10:15am Gentle Cycle for Families age 8+ 9:55-10:25am Boom w/Jessica	10:30-11:20 Zumba Gold w/Angie	
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	11:30-12:20am FitnessAfter 50 w/Marsha	10:30-11:20am Nia® w/Kathy/Amanda
11:30-12:20pm SilverSneakers® Classic Michelle	11:30-12:20pm TaiChi-Light W/Phyllis	11:30-11:20am SilverSneakers Yoga® W/Kathy		11:30-12:20pm SilverSneakers Yoga® W/Rob
12:30-1:20pm Chair Yoga W/Wendy 6:00-6:50pm(SMB) Gentle/Yin Yoga	1:00-1:55pm Arthritis Foundation w/Stella	12:30-1:20pm SilverSneakers® Classic w/Kathy 6:30-7:20pm (SMB) Gentle/Yin Yoga	1:00-1:50pm Arthritis Foundation w/Stella	12:30-1:20pm 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	8:00-8:45am Arthritis -RP	8:00-8:45am Aqua Aerobics-RP 9:00-9:45am	8:00-8:45am Arthritis -RP	8:00-8:45am Aquacise RP
9:00-9:45am Aqua Aerobics-RP	9:00-9:45am Aqua Barre RP	SilverSneakers® Splash RP	9:00-9:45am Aqua Barre 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

Pickleball - is on summer break beginning June 10th and will return after Labor Day. Check the AOA bulletin board for suggested summer places to play.
Caps-n-Laps - will begin to gather in our Lobby at their regular time.
AOA programs/workshops will be limited due to space availability.

Farmers' markets and gardens are full of fresh and delicious produce in summer. Try this healthy summer recipe with all those ripe summer fruits, vegetables and herbs for a delicious, fresh meal.

Watermelon, Cucumber & Feta Salad
5 Cups cubed watermelon (and/or Cantaloupe and/or Peaches and/or some of your favorites)
1 english cucumber chopped or thinly sliced
1/2Cup-1Cup (depending on preference) of cubed or crumbled feta cheese
1/2Cup of thinly sliced red onion
Dressing - whisk together
1/2 cup red-wine vinegar
2 tsp honey
1/4 tsp salt & pepper
1/4 cup extra-virgin olive oil
Gently fold all
Top of with choice/choices of fresh Parsley, Cilantro, Mint, Thyme - Yumm! Enjoy! Serves 6

Summer Offerings continue in July

Tuesdays 11:30-12:20 Spirit, Mind, Body Room
Tai-Chi Light
Instructor Phyllis - Spirit Mind Body Room - free

Wednesdays 9:30-10:15 - June & July
Gentle Cycle for Families - Children ages 8+
Children must be accompanied by an adult

Thursdays 10:30-11:20 - June & July
Zumba Gold
Instructor Angie

Fridays 1:30-2:00 June & July (No class 7/5)
Group Meditation
Spirit Mind Body Room

Foods to Enhance Brain Function

Walnuts - This brain healthy food that looks like the brain is an easy choice. These nuts pack a powerful brain-boosting benefit. A 1-ounce serving of walnuts is enough to improve overall cognitive, functioning.

Blueberries - The small but powerful blueberry is an impressive fruit. They contain antioxidants known as anthocyanins, which have been shown to improve cognitive and neuronal functions of the brain, and also help improve memory

Turmeric - a powerful spice used in Indian cuisine. It contains an active ingredient known as curcumin, this ingredient helps fight against a plaque that builds up in the brain and is one of the causes of memory issues and dementia.

Olive Oil - is loaded with monounsaturated fats and has anti-inflammatory properties. When you reduce inflammation in the brain, it protects it from neurodegeneration, which means better brain functioning!

Salmon - The fish that protects your brain. It is rich in omega-3 fatty acids, these help decrease the risk of cognitive decline that's associated with dementia and Alzheimer's disease.

Avocado - Monounsaturated fats in avocado is easily absorbed by the body, it helps to increase neural lutein levels, these help increase working memory and focus.

Coffee - caffeine increases alertness and also improves performance on cognitive and reactive tasks and attention span.

Eggs - are important because of the specific nutrients they contain that help brain function.

Rosemary - this basic herb is full of medicinal properties that help protect the brain from neurodegeneration and allow it to function properly as you age.

Broccoli - is a standout in the veggie family - it has been shown to strengthen both focus and memory, among other benefits.

Head to your favorite grocery store, farmers market neighbors garden and cook up something "smart", healthy and yummy 😊