

# Events JUNE 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pickleball-Gym 8:30-11-30am	4 Mackinac Bus Trip	5 Pickleball-Gym 8:30-11-30am	6 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	7 Pickleball 8:30-11-30-Gym
10	11 Smartphone / iPad help 9:30-11:30 Lobby Orientation 12pm	12 Smartphone / iPad help 9:30-11:30 Lobby	13 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	14
17	18 Orientation 12pm	19	20 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	21
24	25 Orientation 12pm	26 Hearwright 9:30-11am lobby	27 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	28
1	2 Orientation 12pm	3	4 Knit & Crochet 12:00-3pm Lobby Orientation 12pm	5

## 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

**JUNE 2019**

### UPDATES ON SOME UPCOMING BUS TRIPS

*Some of our Bus Trips fill up well before the trip. If you are sitting on the fence on some, periodically check with our front desk, they can give you an update on seats remaining.*

When you register and the bus trip is already full, please sign up on the "Wait List". This is the list I turn to when someone already registered is unable to go due to life interfering.

*Below is the status of some of our trips as of 5/31/2019*

**"Chocolate & Wine" - \$89**

Friday, July 19, 2019

*5 of 50 Seats Available*

**"Historic and Ethnic Cleveland-Part VI" - \$95**

Monday, August 5, 2019

*8 of 50 Seats Available*

**"MGM" Elvis Concert- \$49**

Thursday, September 26, 2019

*40 of 52 Seats Available*

**"Hudson River Valley & NYC" - \$1688**

November 4 - 10, 2019

*32 of 48 Seats Available*

**"MGM" Holiday Rat Pack- \$49**

Thursday, December 5, 2019

*21 of 52 Seats Available*

**"Golden Triangle Holiday Lights" - \$109**

Tuesday, December 10, 2019

*24 of 52 Seats Available*

*See flyers for full details.*

Questions email [kmckean@clevelandymca.org](mailto:kmckean@clevelandymca.org)

**Register 440-934-9622**

## UPCOMING EVENTS

**January 2 – 5th  
Mackinac Bus Trip**

**Fridays, June 7, 14, 21, 28th  
1:30-2pm - Group Meditation**

Spirit Mind Body Room

All are Welcome

no experience necessary

**Tuesday, June 11<sup>th</sup> 9:30am  
to 11:30 Lobby One on one  
help w/YMCA app for phones**

First Come...

**Wednesday, June 12<sup>th</sup>**

**9:30am-11:30am Lobby One  
on one help w/YMCA app for  
phones First Come...**

### ONGOING EVENTS:

**Tuesdays & Thursdays at  
Noon - Orientations Continue**

Please Register

**Thursdays, Caps-n-Laps**

**Knit & Crochet 12-3pm lobby**

... and your body  
Is the heart of your soul,  
And it is yours to bring forth  
Sweet music from it,  
Or confused sounds

*Kahlil Gibran*

# AOA SUGGESTED Classes

# Information & Announcements

GROUP EXERCISE STUDIO (LAND)

AQUATIC CLASSES (WATER)

CHANGES IN RED				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am <b>Cycle 101</b> w/Shelly	10:00-10:45am <b>Barre</b> w/Jackie	9:30-10:15am <b>Gentle Cycle for Families age 8+</b> 9:55-10:25am <b>Boom</b> w/Jessica	10:30-11:20 <b>Zumba Gold</b> w/Angie	
10:30-11:20am <b>SilverSneakers®</b> Classic Michelle 10:30-11:20am <b>Gentle Yoga</b> w/Wendy(SMB)	11:00-11:50am <b>Fitness After 50</b> w/Amanda	10:30-11:20am <b>SilverSneakers®</b> Classic W/Jessica	11:30-12:20am <b>FitnessAfter 50</b> w/Marsha	10:30-11:20am <b>Nia®</b> w/Kathy/Amanda
11:30-12:20pm <b>SilverSneakers®</b> Classic Michelle	11:30-12:20pm <b>TaiChi-Light</b> W/Phyllis	11:30-11:20am <b>SilverSneakers Yoga®</b> W/Kathy		11:30-12:20pm <b>SilverSneakers Yoga®</b> W/Rob
12:30-1:20pm <b>Chair Yoga</b> W/Wendy 6:00-6:50pm(SMB) <b>Gentle/Yin Yoga</b>	1:00-1:55pm <b>Arthritis Foundation</b> w/Stella	12:30-1:20pm <b>SilverSneakers®</b> Classic w/Kathy 6:30-7:20pm (SMB) <b>Gentle/Yin Yoga</b>	1:00-1:50pm <b>Arthritis Foundation</b> w/Stella	12:30-1:20pm <b>SilverSneakers®</b> Classic W/Kathy
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b> 7:45-8:30am <b>Aquacise</b>	7:00-7:45am-RP <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b>
8:00-8:45am <b>Aquacise RP</b>	8:00-8:45am <b>Arthritis -RP</b>	8:00-8:45am <b>Aqua Aerobics-RP</b> 9:00-9:45am <b>SilverSneakers® Splash RP</b>	8:00-8:45am <b>Arthritis -RP</b>	8:00-8:45am <b>Aquacise RP</b>
9:00-9:45am <b>Aqua Aerobics-RP</b>	9:00-9:45am <b>Aqua Barre RP</b>		9:00-9:45am <b>Aqua Barre RP</b>	9:00-9:45am <b>Aqua Aerobics-RP</b>
11:00-11:45am <b>Aqua Jog - CP</b>		11:00-11:45am <b>Aqua Jog - CP</b>		11:00-11:45am <b>Aqua Jog - CP</b>
12:00-12:45pm <b>Arthritis - RP</b>		12:00-12:45pm <b>Arthritis - RP</b>		12:05-12:50pm <b>Arthritis - RP</b>

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

## Summer Offerings for You to Try

**Tuesdays 11:30-12:20**  
**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**  
**Group Meditation**  
Spirit Mind Body Room

**JUNE, JULY AND AUGUST** children will be out of school and our YMCA will be filled with the sound of little feet. Our Summer Day Camp, Sports Camp and Fine Arts Camp begins. Our Community Room and Gym will belong to the children during these months.

**Pickleball** - will be on summer break beginning June 10<sup>th</sup> 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.

### Healthy Cauliflower Rice (low-carb)

1 head of cauliflower, separated into 1" florets  
3 TBS Olive Oil  
1 medium onion  
Salt  
2 TBS parsley leaves finely chopped  
Juice of ½ lemon  
1) put florets in food processor & pulse till mixture resembles couscous  
2) saute onions then add cauliflower, stir to combine. Add salt, continue to cook, stirring frequently till cauliflower has softened 3-5 minutes. Remove from heat, garnish with parsley, sprinkle with lemon juice & season to taste. Serve warm

## The 5 Healthiest Beverages You Should Be Drinking Now

**#1 - Water** – Most people, including children, live in a state of chronic low-level dehydration that can affect every part of health – even the ability to think clearly. Water is the most natural beverage on the planet. And ideally, we should consume in ounces half our body weight. Want flavor? To your pitcher or water bottle try adding slices of lemon, lime, orange, grapefruit, fresh mint leaves, cucumbers, berries, sliced apples, ginger or whatever flavor you enjoy.  
**#2 – Green Tea, #3 Hibiscus Tea & #5 White Tea** – All rich in flavonoids and antioxidants, they may provide important health benefits and help prevent cell damage and adding lemon increases the benefits, also try “cold brewing” put a few tea bags in a pitcher of cold water at night, refrigerate and it will be ready to drink in the morning.  
**#4 - Water with Apple Cider Vinegar** - Has long been used as a folk remedy for many ailments and consumed with a meal may reduce the spike in blood sugar, insulin, and triglycerides. Add 1 or 2 tablespoons of apple cider vinegar to 8oz of water.  
*full article (foodrevolution.org/blog/healthiest-beverages/)*

"Hydration is critical to every function in your body. Water is essential. Tea, hibiscus, and vinegar add antioxidants, flavonoids, and other potent nutrients that can give your health a powerful boost."



THE FOOD REVOLUTION NETWORK