

Events MARCH 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pickleball 8:30-11-30-Gym
4 Pickleball-Gym 8:30-11:30	5 Orientation 12pm	6 Pickleball-Gym 8:30-11-30am	7 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	8 Pickleball 8:30-11-30-Gym
11 Pickleball-Gym 8:30-11:30	12 Orientation 12pm	13 Pickleball-Gym 8:30-11-30am	14 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	15 Pickleball 8:30-11-30-Gym Yoga Retreat 6pm
18 Pickleball-Gym 8:30-11:30	19 Orientation 12pm	20 Pickleball-Gym 8:30-11-30am Music Enrichment 2pm	21 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	22 Pickleball 8:30-11-30-Gym
25 Pickleball-Gym 8:30-11:30 Bus Trip- Severance Hall	26 Orientation 12pm	27 Pickleball-Gym 8:30-11-30am	28 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm Bus Trip-Hard Rock	29 Pickleball 8:30-11-30-Gym

AOA Orientation-Please Register at Front Desk – 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.

“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

Active Older Adult Newsletter

MARCH 2019



RIGHT-SIZING 3-DAY EVENT

April 23rd, April 24th and May 7, 2019

Tuesday, April 23rd – 2:00pm please register

Joon Yub Kim: Realtor, Howard Hanna Real Estate

- Finding a house to age in-home and define your lifestyle

James Nabors: Nabors & Nabors Ltd., Attorneys at Law

- Preparing your next chapter in life as you age in home

Thomas Dlugopolsky: Independence Capital Company

- How to right-size with your best financial interest in mind

Wednesday, April 24th – 2:00pm please register

Beth Glas: Maximum Accessible Housing of Ohio

- How to increase visitability to safely age in home

Geoff Myers: Right at Home

- Services that help you age in home independently

Tuesday, May 7th – 2:00pm please register

Ted Forthofer: Moves Made Easier

- How to begin the process of downsizing

FRENCH CREEK FAMILY YMCA, 2010 RECREATION

AVON, OH 44011- 440-934-9622

UPCOMING EVENTS

Wednesday, March 20th – 2pm
Music Enrichment Program

Friday & Saturday, March 15-16th YMCA Yoga Retreat

Monday, March 25th
Bus Trip Symphony for our World

Thursday, March 28th Bus Trip, Hard Rock Rocksino
Geez-Cats DooWop Concert

April 3-8th Bus Trip, Memphis, Nashville

AOA SUGGESTED

GROUP EXERCISE STUDIO (LAND)
AQUATIC CLASSES (WATER)

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

Information & Announcements

THE BASICS OF ORGANIC

What does it really mean when a food is labeled "organic"?

What is Organic Food?

Organic **produce** must be grown on soil that contains zero prohibited synthetic fertilizers and pesticides for three years prior to harvest. Organic **meats** require animals to be raised in the most natural conditions and they must not receive any hormones or antibiotics and consume 100% organic feed. This is important because the use of antibiotics in conventional animal production is a key driver of antibiotic resistance in humans. Organic packaged foods must not contain artificial colors, preservatives or flavors and all ingredients must be organic. Be wary of products labeled "made with organic ingredients" this does not mean it is 100% organic, rather it contains at least 70% organically-produced ingredients.

Are there Health Benefits of Choosing Organic over Conventional Food? Evidenced suggests that organic food is more nutritious across the board. Organic produce has higher phenolic compounds, which are beneficial chemicals produced by plants that can help lower the risk of chronic diseases. Animal products, organic feeding regimens and access to pasture cause organic milk, eggs and meats to contain significantly more omega-3 fatty acids. This is important because omega-3 fats are known to lower disease-causing inflammatory markers in the body. Source: blog.heinens.com/the-basics-of-organic

Economical Ways to Add Organic Food to your Meals

Buy your favorite grocery stores organic private label. Look for sales at your neighborhood grocery stores. When produce is in season, buy local from neighborhood stands, visit local farmers market. Maybe see organic as an upgrade to your food choices. Then there is always practicing your own green thumb. So many ways to grow vegetables, even in the winter, indoors. Give it a try ☺

Some Healthy Eating Rituals to Improve Your Meals

- Be mindful when preparing your food
- Set a seasonal table – yes even for yourself
- Light a candle
- Practice gratitude–thank the farmers who grew the food, honor the person who cooked the food, celebrate the abundance
- Eat outside, the simple act of taking our food outside does wonders for your psyche
- Make It Sensory, smell the aroma, notice the textures, taste and enjoy the sounds around the table.

Strengthen your bond, body, and brain with fun activities with a friend that go beyond coffee

Silver Sneakers Newsletter

We are genetically programmed to be social. We are people who need people. Research shows more than 40% of adults over 60 regularly experience loneliness. This might be because needing human connection is one thing, while actually making the effort to meet new friends or spend time with the ones you already have is another. But it is worth it!!! Call up a friend, family member, or someone you recently met (maybe at the Y) and make plans to connect in person. Here is a list of affordable, fun outings to make it easier. Get creative and add your own ☺

- Explore the outdoors on a long walk, establish a meeting point and take a stroll through a park, neighborhood, mall.
- Start a book club, take turns choosing and reading a book a month, meet and discuss your thoughts. Maybe meet at a new coffee shop or bookstore each time.
- Join a community choir
- Sign up for an art class at a community college, museum, art studio. Google "art classes for adults near me" or photography, pottery, jewelry making etc.
- Make a home-cooked meal together. Pick out a new recipe and test it out together. Google "six restaurant-quality dinners to make in less than 30 minutes"
- Invite a friend to one of your French Creek YMCA classes, combine fitness and friendship
- Take a dance lesson, learn how to salsa, or belly dance, choices and fun is limitless. Check your local community or cultural centers for free or low-cost options.
- Try a Yoga Class or any class that is new to you, trying something new with a friend is always easier.
- Solve a puzzle, a perfect snowy-day or rainy-day activity
- Volunteer at a Local Animal Shelter, Soup Kitchen or Anywhere! There is no shortage of amazing volunteer organizations that could use your help. Whether you prefer walking dogs, delivering meals, helping to build a home, rock babies, you'll make positive impact on others and yourself. Volunteering is not only a great way to spend time with friends and family, but it's also an excellent way to meet new people with similar interests.

Here are some Organizations that you might consider for volunteering

- Senior Corps www.nationalservice.gov/senior-corps
- National Park Service (NPS)
- Meals on Wheels www.americaletsdolunch.org
- Feeding America www.feedingamerica.org/volunteer
- Canine Companions for Independence www.CCI.org/volunteer
- Habitat for Humanity www.habitat.org/volunteer