**AOA MONTHLY NEWSLETTER**

**UPCOMING EVENTS**
- Friday, 3/13 Antarctica – 1:30pm – Armchair Travel, please register
- Monday, March 16 – Lunch & Learn, Clear Captions “Hear Every World” 1:00pm please register
- Friday, March 20 – 2020 Trips Overview – 2:00pm please register
- Tuesday, March 24 – American Greetings Creative Studio Tour please register

**ONGOING EVENTS:**
- Mondays, Tuesdays, Wednesdays, & Fridays Pickle Ball 8:30-12:00am Gym
- No experience necessary
- Thursdays, Wii Bowling & Golf 11:00am-2pm Plugged-In Room 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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**March 2020**

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Beginners Pickleball-Gym 8:30-12:00</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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**Did You Know?**

IN 2019 THE GREATER CLEVELAND YMCA DISTRIBUTED 1.3 MILLION IN FINANCIAL ASSISTANCE TO NEARLY 21,000 CHILDREN AND FAMILIES

Of that 1.3 million, because of your generosity, French Creek Family YMCA was able to:
- Award $154,508 in Scholarships
- 2,330 Individuals, kids and families – our neighbors, our children’s classmates, our senior citizens, received financial assistance
- 100% every dollar of funds raised at French Creek, stays at French Creek.

Your donations here at French Creek Family YMCA support:
- Swim Lessons
- Summer Camp
- Cancer Survivors (Livestrong Program)
- Youth Sports Teams
- After-School Child Care
- Individual and Family Memberships

**Thank you**

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

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*Stephen Covey*
AOA SUGGESTED

MONDAY
9:30-10:15am Cycle 101 w/Shelby
10:00-10:45am Barre w/Jackie
10:30-11:20am SilverSneakers® Classic w/Jessica
11:00-11:50am Zumba Gold w/Annie
11:30-12:20am Tai-Chi Light

TUESDAY
9:30-10:15am Cycle 101
10:00-10:45am Barre
10:30-11:20am SilverSneakers® Classic w/Jessica
11:00-11:50am Zumba Gold w/Annie
11:30-12:20am Tai-Chi Light

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9:30-10:15am Cycle 101
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9:30-10:15am Cycle 101
10:00-10:45am Barre
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FRIDAY
9:30-10:15am Cycle 101
10:00-10:45am Barre
10:30-11:20am SilverSneakers® Classic w/Jessica
11:00-11:50am Zumba Gold w/Annie
11:30-12:20am Tai-Chi Light

Information & Announcements

ANTARCTICA
Join us as we travel to Antarctica with Sandi Gerhan
FRIDAY 1:30PM–please register

LUNCH & LEARN
Lunch & Program by Clear Captions “Hear Every Word”
Presented by Amy Hudak
Title IV ADA Specialist with ClearCaptions
Monday, March 16, 2020 – 1:00pm-register

2020 TRIPS OVERVIEW
Friday, March 20, 2020 – 2:00pm
Please Register

AMERICAN GREETINGS
CREATIVE STUDIO TOUR
Tuesday, March 24, 2020 – Lunch on your own
12:00 in their cafeteria, Tour 1:30
Registration closes March 18th Must register

Walk More, Live More - average sedentary time for Americans is a whopping nine to ten hours per day, so get up and move around more often! Whether you’re gardening, taking a lap around the house, office, block or even standing up during your phone calls— it all counts.

The main thing is that you stay moving more than you sit still for your overall health.

The world’s longest-lived people don’t pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it.

Walking benefits:
• Activates lymphatic system
• Eliminates toxins
• Fights infection
• Strengthens immunity

Your environment greatly impacts your activity level, but there are ways to nudge yourself to move more if you do not live in a walkable community.

Take Small Walks – It is better for you to break up your movement through the day, than to work out for 30-40 minutes in the gym and sit all day.

Walk To The Grocery/Store – If your location safely allows you to, walk to the store.

Parks In A Sport Furthest From The Building – It will help add a few more steps to your day.

Walk 5 Minutes EACH Hour – Get up, take a walk round the house, apartment, building, halls. To maximize the benefits go outside, if possible.

Take One Long Walk of 30-40 Minutes Everyday – recruit a friend/relative/spouse and take a pre or post breakfast walk, or lunch walk, or dinner walk. Forty minutes will fly by before you even realize how far you’ve gone.

From Blue Zones Newsletter

Exercises classes for older adults, like SilverSneakers classes, are a great way to connect with like-minded people while getting some exercise. According to a SilverSneakers study, 60 percent of members say they’ve made new and valuable friendships since joining SilverSneakers (French Creek YMCA ADA’s say the same) and 88 percent say it has improved their quality of life.

Another great way to connect with like-minded people is to join us on our bus trips, come to programs, lunch & learns, workshops etc., offered here at French Creek, know you are always welcomed & feel free to invite a friend. Our trips & programs are open to all.”