

Events M A Y 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pickleball-Gym 8:30-11-30am	2	3 Pickleball 8:30-11-30-Gym
6 Pickleball-Gym 8:30-11:30	7 Orientation 12pm Downsizing 2pm	8 Pickleball-Gym 8:30-11-30am	9 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	10 Pickleball 8:30-11-30-Gym
13 Pickleball-Gym 8:30-11:30	14 Metro-Park Bus Trip 10-3pm Orientation 12pm	15 Pickleball-Gym 8:30-11-30am	16 Pickleball Knit & Crochet Orientation 12pm	17 Pickleball 8:30-11-30-Gym
20 Pickleball-Gym 8:30-11:30	21 Metro-Park Bus Trip 10-3pm Orientation 12pm	22 Pickleball-Gym 8:30-11-30am  3:00-4:30pm	23 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	24 Pickleball 8:30-11-30-Gym
27 Memorial Day Hours 7:00am-1pm Limited classes	28 Orientation 12pm	29 Pickleball-Gym 8:30-11-30am	30 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	31 Pickleball 8:30-11-30-Gym
3	4 Mackinac Island Bus Trip	5	6	7

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
Sunday: 10am – 5pm

Active Older Adult Newsletter

M A Y 2019

TWO New Bus Trips Added for 2019

HUDSON RIVER VALLEY & NEW YORK CITY – \$1688.00

NOVEMBER 4 – 10, 2019 – 7 Day Bus Trip

Package Includes; Day 1-Woodlands Resort & Mohegan Sun Casino
Day-2 guided tours of U.S. Military Academy in West Point and of the Vanderbilt Mansion
Day-3 guided tour of Hyde Park, Franklin D. Roosevelts Home, Presidential Library & Museum, guided tour of Culinary Institute of America and dinner at one of the Culinary Institutes restaurants
Day-4 Admission on the Ferry to Ellis Island and the Statue of Liberty, admissions to the 9/11 Museum and One World Observatory, tickets to The Vessel
Day-5 guided tour of Carnegie Hall, tour of New York City including Central Park, dinner in Times Square, tickets to "The Rockettes Christmas Spectacular" at Radio City Music Hall
Day-6 Sleepy Hollow, tour Kykuit, The Rockefeller Estate
Day-7 Tour and Lunch at Tara-A Country Inn.

6 nights lodging, 6 breakfasts, 1 lunch, 6 dinners, and escorted roundtrip motorcoach transportation.

GOLDEN TRIANGLE HOLIDAY LIGHTS - \$109

TUESDAY, DECEMBER 10, 2019

We travel to Pittsburgh's PPG Place and PPG Plaza, the site of the annual **Spirits of Giving Around the World Exhibit**. This enchanting display of life-size Santas captures a whole world of Christmas folklore and fantasy. This display also includes a 32' Christmas tree, surrounded by the Gingerbread House Exhibit, over 500 of them! We enjoy lunch at **The Grand Concourse Restaurant**, a true testament to grandeur and elegant dining. We visit **Phipps Conservatory and Botanical Gardens** and enjoy the breathtaking and elaborate exhibits.

View all on line www.clevelandymca.org -> French Creek -> Active Older Adults

UPCOMING EVENTS

May 7th Tuesday – 2pm

Downsizing Program

May 14th Tuesday –10-3pm

Metro Park Bus Trip

May 21st Tuesday –10-3pm

Metro Park Bus Trip

May 22nd Wednesday

3-4:30pm - Bingo-Register

May 27th Monday

Memorial Day – Open 7-1pm

ONGOING EVENTS:

Mondays, Wednesdays and Fridays, 8:30-11:30am
Pickleball – Gym

Tuesdays & Thursdays at Noon – Orientations Continue
Please Register

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

AOA SUGGESTED Classes

Information & Announcements

GROUP EXERCISE STUDIO (LAND)

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 w/Michelle 10:30-11:20am Gentle/Yin Yoga w/Wendy(SMB)	11:00-11:50am Fitness After 50 w/Amanda	10:30-11:20am SilverSneakers® Classic w/Jessica 10:30-11:20am Gentle/Yin Yoga w/Wendy(SMB)	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 Chair Yoga W/Kathy		11:30-12:20am Chair Yoga W/Rob
12:30-1:20am Chair Yoga W/Kathy 7:00-7:50pm(SMB) Gentle/Yin Yoga	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

AQUATIC CLASSES (WATER)

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

**TO ALL MOTHERS/WOMEN
TREAT YOURSELF SPECIAL THIS MONTH**

What you choose to think, say, and do each day contributes to your overall physical and emotional well-being. This month, try each day to set an intention to nourish, savor, create, or cleanse your body, mind, emotions or spirit in some way. *Some Thoughts -*

NOURISH your **Body** with a simple self-massage or warm oil massage, helps lubricate joints, increase circulation, moves the lymph, and soothes the nervous system, or splurge and get a professional massage. Nourish your **Mind**, repeat a positive word, phrase, chant, or intention daily to help focus your mind. Nourish your **Emotions and Spirit** by socializing or enjoying solo time, depending on your need each can help you recharge and get grounded. **SAVOR** the foods with which you nourish your **body** by eating mindfully. Don't watch TV, read or check/play with your phone. Taste, smell, feel, and appreciate your food. Savor your comfy bed and get lots of sleep. Savor your **emotions** by learning how to express them in healthy ways, your **Spirit** by daily meditation practice or quiet time. **CREATE** something for yourself to enjoy, like cooking a new recipe or an old favorite. Have fun shopping for the ingredients, cook up a storm and savor your nourishing creation! For you **mind**, creatively consider several solutions to a problem, write down at least 10 ideas that could be solutions. Create space in your **heart**, by daily writing five things you are grateful, journal, for **spirit**, dance, sing, paint, etc. **CLEANSE** your **body** with daily movement and exercise, at least 20 minutes every day, yoga, walking dancing, swimming, etc., Cleanse your **mind** by cleansing your space, your **emotional life** by gently addressing underlying issues and **spirit** by exploring your beliefs.

Cheers to your health and your journey of growth. Chopra.com

My mother called me her darling,
She called me beautiful,
In my mother's eyes I was perfect,
I was loved just as I was.

Her eyes would light up whenever I would visit.
I miss my mom.

I wish I would have made her eyes light up more often.

K. McKean

Consider this on your quest for Well Being
One Natural Way to Help Reduce High Blood Pressure, Stress and Anxiety

YOGA has been proven to be effective for medical issues such as stress, anxiety and mild to moderate hypertension by simply practicing it 2 – 3 times a week. Here at French Creek Family YMCA there are 23 yoga classes a week. Every level, from Chair Yoga, Gentle Yoga, PiYO, Candlelight Yoga, Yoga Flow, Tai Chi, Yin Yoga is offered. Of the 23 Yoga classes 15 of them are free with your membership. Yoga is a holistic practice not just for expanding and stretching your body, but also your emotions, mind and spirit. If you can get up and down from the floor with no problems and can support your body weight with your arms, then test the waters and try Gentle Yoga or Gentle Yin Yoga and advance from there. If the floor is an issue, then Chair Yoga is for you, practiced seated or standing, with shoes on. No matter age, gender, challenges, limitations or ability, *everyone* can practice Chair Yoga.

ALL Cleveland YMCA branches are GOING PAPERLESS

HOW TO SEE ONLINE
CURRENT CLASS SCHEDULE
BUS TRIPS
MONTHLY NEWSLETTER

CURRENT CLASS SCHEDULE - www.clevelandymca.org ->
Locations -> French Creek -> scroll down to bright pink tab on right that says program registration and click on "month" 2019 Program Schedule
BUS TRIPS, MONTHLY NEWSLETTER - the yellow banner under building picture -> "Active Older Adult" or scroll down toward the bottom till you find!

Active Older Adults Monthly Newsletters
[April 2019](#)
[March 2019](#)
[February 2019](#)
[January 2019](#)

2019 Bus Trips
Download the full details for the 2019 bus trips below, [HERE](#)
When you click on the magic blue "HERE" – You can view ALL of our BUS TRIPS and register.

ON YOUR PHONE-go to your app store, search for "Cleveland YMCA" choose the Yellow Y Logo