

Events Calendar

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.	2. Coffee Talk 11:30	3.	4. 	5.
8. Lavender & Blueberries Trail Bus Trip	9. Coffee Talk 11:30	10.	11. Coffee Talk 11:30 Self Defense Class	12.
15. Book Club 1:00 "The Housemaid"	16. Coffee Talk 11:30	17. AOA Luncheon The Harp 4408 Detroit Avenue @ 12:30	18. Coffee Talk 11:30 Self Defense Class	19.
22.	23. Coffee Talk 11:30	24.	25. Coffee Talk 11:30 Self Defense Class	26.
29.	30. AOA Birthday Potluck 11:15	31.		

AOA MONTHLY NEWSLETTER



West Park Family YMCA

15501 Lorain Rd.
Cleveland, Ohio 44111
216-941-5410

Facility Hours:
Monday – Friday: 6:00am to 9pm
Saturday: 7am to 4pm
Sunday: 10:00am-4pm

Active Older Adult Newsletter

July 2024



AOA Dancers at the Hooley



UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30
EVERYONE is WELCOME

Thursday July 4th

The 4th of July Parade (Kamm's Corner) @ parade begins @ 9:30am

Monday July 8th Lavender & Blueberries Trail Bus trip

Monday July 15th

Book Club @ 1:00 "The Housemaid" by Freida McFadden

Wednesday July 17th

AOA Luncheon @ The Harp 4408 Detroit Ave.(outdoor seating if weather permits) @ 12:30

Saturday July 20th

WING IT WITH THE Y @ 5pm-7:00

Tuesday July 30th

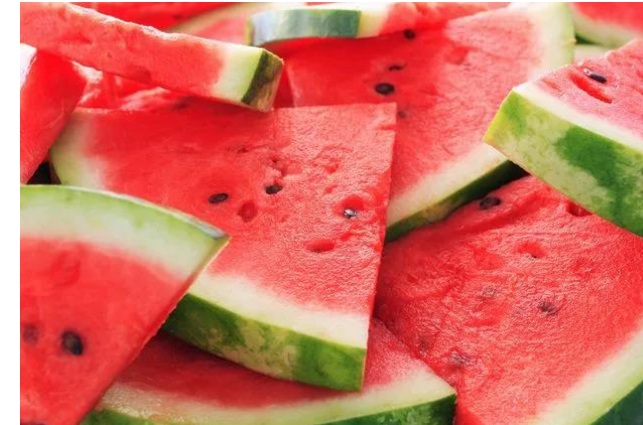
@ 11:15 AOA Birthday Potluck

AOA Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Stretch Teresa 10:30-11:20	Silversneakers Classic Christine 10:30-11:20	Chair Yoga Ann 10:00-10:50	Silversneakers Classic Teresa Gym 10:30-11:20	Fitness After 50 Mo 10:30 – 11:20
		Tai Chi Yang Style Chris 11:00-11:50	Self Defense Master Class Chris 11:30-12:30	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Aqua Toning/Pool Marcia 1:00pm
Aqua Aerobics Delinda 6:15pm		Aqua Toning/Pool Marcia 6:00pm		

The Only Way To Tell When a Watermelon is Ripe



How To Choose a Perfect Watermelon

The best way to tell if a watermelon is ripe is by picking it up to look for a yellowish spot underneath.

“It should be dull in color and the belly or underside of the watermelon should have a creamy yellow spot,” says Carter. “This is where the watermelon sat on the ground and ripened in the sun. Often called the field spot or ground spot, it should be a pale, creamy, buttery yellow if it’s ripe. If the area on the underside of the melon is light green or white, that means it hasn’t quite ripened yet. When you pick up the melon to place it in your cart, be sure to get a good idea of its weight, too. “It should be heavy for its size because watermelons are 92% water,” says Carter. If you’re not sure, pick up another watermelon that’s the same size. The one that feels heavier will likely be more ripe.

Some people suggest that you can thump on the side of the melon to determine ripeness. This may not be the most scientific method and requires a pretty good ear, but there’s some truth to the thumping method. A ripe watermelon will have a dull hollow sound. An immature watermelon will have a higher-pitched ping sound.