

**Are you ready for a train ride?**

**We have a bus/train trip in October to Oil Creek State Park in Pennsylvanis. We’ll have first class seats and enjoy a box lunch on the train as we ride through the beautiful Autumn colors of the park.**

**And don’t forget our overnight trip to Oglebay in December to see the Christmas lights. It’s a spectacular sight!**

**Our trips have been selling out. Sign up early so you don’t miss the bus!**

**For more information check the flyers in the AOA wall display. Register at the front desk.**

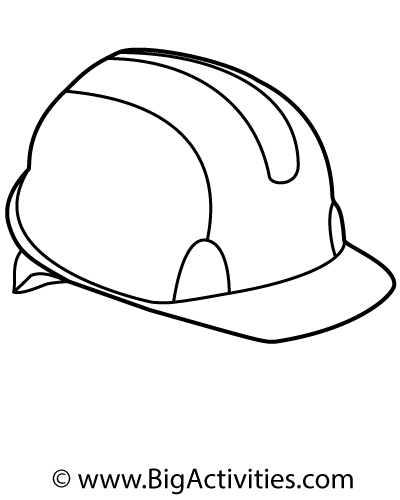


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Labor Day Word Search

**Instructions**: Try to find all of the hidden Labor Day words in the word search puzzle below.  
(Words can be spelled forwards, backwards, diagonally, up, or down.)

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| G | B | I | E | N | E | B | Z | N | B | R | L | K | T | M |
| V | J | T | E | T | O | U | Q | W | O | J | A | L | N | G |
| N | M | R | K | I | X | I | C | Y | A | D | I | L | O | H |
| L | B | I | E | F | S | O | T | E | X | Y | R | B | S | Y |
| P | K | P | N | T | O | E | D | A | B | Y | E | L | G | Y |
| L | R | U | D | K | C | L | S | K | C | R | Z | Z | M | M |
| L | R | L | O | I | H | R | B | T | G | A | A | S | U | J |
| E | P | U | F | Q | E | O | D | A | M | S | V | B | V | R |
| W | T | F | Z | K | M | M | U | V | C | M | N | G | C | E |
| O | O | D | R | F | J | U | J | D | L | V | G | I | A | L |
| O | I | O | W | Y | I | L | O | L | E | L | N | D | Y | A |
| J | W | B | U | N | Y | Z | B | V | T | C | Y | G | Y | X |
| E | V | O | D | E | A | A | M | A | I | C | N | I | T | W |
| N | L | Z | L | R | D | W | H | P | Q | R | K | E | P | V |



Word List

|  |  |  |
| --- | --- | --- |
| BARBECUE | JOB | TRIP |
| COOKOUT | OFFICE | VACATION |
| DAY | PICNIC | WEEKEND |
| HOLIDAY | RELAX | WORKERS |

Pennsylvania Train Trip

October 16

**September 2**

**Labor Day**

**Check at the front desk to see the holiday class schedule.**

**September 3**

**12:00 – 6:00**

**Red Cross Blood Drive**

**September 12**

**Amish Country Bus Trip**

**September 18**

**Let’s do lunch!**

**Sign up at the front desk.**

**September 26**

**12:15**

**Dahmia and Friends of the Middle East Dancers**

**Special guest “Elvis”**

September 2024

Hillcrest Family YMCA

5000 Mayfield Road

Lyndhurst, Ohio 44124  
Facility Hours:   
Monday – Friday : 6am to 9pm   
Saturday: 7am to 5pm  
Sunday: 8am to 2pm

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| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  |  |  |  |
|  | 8:00 – 8:50  **Fitness After Fifty**  Ester |  | 8:00 – 8:50  **Fitness After Fifty**  Ester |  |
| 10:00 – 11:00  **SilverSneakers Classic**  Kathryn | 10:00 – 10:45  **Mobility & Flexibility**  Sarah  **Cardio Drumming$**  Ester | 10:00- 10:50  **SilverSneakers Classic**  Wanetta | 10:00 – 10:50  **Mobility & Flexibility**  Sarah  **Line Dance**  Anita |  |
| 11:15- 12:05  **SilverSneakers Yoga**  Kathyrn |  |  | 11:00 – 11:50  **Chair Yoga**  Judi  11:00 – 11:30  **Balance Class**  Sarah |  |
|  | 11:00- 11:50  **Line Dance**  Gigi | 11:00- 12:20  **SilverSneakers Classic**  Wanetta | 12:00 – 12:50  **Polynesian & Hawaiian Dance**  Dahmia |  |
|  | 12:15-1:05  **SilverSneakers Yoga**  Anita |  | 1:00-1:50  **Belly Dance**  Dahmia |  |
|  | 7:00- 7:50  **Line Dance**  Gigi | 7:00- 7:50  **Hula Hoop $**  Lilith |  |  |
|  | 8:00- 8:30  **Advanced Line Dance**  Gigi |  |  |  |
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GROUP EXERCISE

**Trainer’s Corner with Anita**

***Put on Your Dancing Shoes to Boost Your Brain***

**It is well-documented that physical exercise counteracts the effects of aging on the hippocampus – the area of the brain that controls memory, learning and balance. A recent study, published in the journal *Frontiers in Human Neuroscience*, compared dancing and endurance training in elderly study participants. Results indicate that both can reverse the effects of aging on the brain, but only dancing produced a measurable difference in behavior with improved balance. Researchers attribute this to the combination of physical exercise, memorizing a variety of dance steps, and social interaction. If dancing your way to a fit body and brain appeals to you, and you like to laugh and have fun with great people, consider attending one of our Line Dance classes at the Hillcrest Y. Check the current group exercise schedule for class days and times.**

**Knitting Group**

**Do you love to knit? Come and join the Hillcrest knitters! We’re an informal group of knitters who meet Mondays at 10:30 in the lobby. Whether you are working on a project already or looking for inspiration for a new project, we would love to have you join us.**

**Don’t know how to knit but have always wanted to learn? We’ll be glad to teach you. Yarn and needles are available.**

***There is not a meeting on Labor Day, but we’ll be there the rest of the month. Hope to see you there!***

Oven Baked Zucchini Spears

**Here’s a super easy, fast, and delicious way to cook the bounty of zucchini and squash that is flooding the garden and stores.**

**4-5 medium zucchini or yellow squash**

**2 TBS olive oil**

**Salt and Pepper to taste**

**2 TBS bread crumbs**

**2 TBS parmesan cheese**

**Preheat the oven to 450 degrees.**

**Trim the ends of the squash, then cut each one in quarters or sixths lengthwise, depending on the width of the vegetable.**

**Toss the spears 1 tablespoon olive oil, salt and pepper. Line up the spears close together on a sheet pan so that they are touching. Sprinkle with the bread crumbs and parmesan cheese, then drizzle the remaining tablespoon of olive oil over the tops of the wedges. Bake for about about 12 minutes, or until golden . The squash should be just tender, but still firm. Enjoy!** Get the new Y APP! **The YMCA 360 app offers a broad range of benefits designed to make wellness more accessible and convenient. It offers workouts, activities, and educational content, along with live-streamed classes. This allows you to participate in your favorite fitness and wellness activities at your convenience.  
Beyond fitness classes, YMCA 360 also includes features for checking your local YMCA's schedules, barcode check-in for a faster gym entry and more! You’ll be able to sign up for classes on the APP and receive notification if the time changes or the class is cancelled. Download it now, or stop at the front desk for help in getting the APP set up on your device.**

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Information & Announcements

AOA Exercise Classes