



SEPTEMBER 2024



AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FrenchCreekFamily YMCA

2010 Recreation Lane, Avon, OH 44011

(440) 934-9622

Facility Hours:

Monday – Thursday: 5am to 10pm

Friday: 5am-9pm

Saturday: 7am to 6pm

Sunday: 8am – 4pm

OUR MISSION IS TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND & BODY FOR ALL.

Active Older Adult Newsletter

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3	4 	5 PITTSBURGH BUS TRIP (WEST SHORE)	6 "Happily we bask in this warm September sun, which illuminates all creatures." -Henry David Thoreau
9 National Teddy Bear Day! 9/9 	10 AOA MEET & GREET	11 	12 AMISH BUS TRIP 	13 "Blame is a condition of the mind where love is a condition of the heart. Choose to live your life from the heart..." -Dianne Adams
16 	17	18 	19 	20 "September skies are a reminder that every day is a fresh start filled with opportunities." -Unknown
23	24 National Cherries Jubilee Day 	25 	26 AOA MEET & GREET 	27 "All the months are crude experiments out of which the perfect September is made." -Virginia Wolfe
30 				"Wine is the divine juice of September." -Voltaire



Music on a Mission is a wonderful non-profit in Avon Lake, Ohio. Their mission is to use the Power of Music to enrich the lives of individuals with different needs by providing creative, interactive programming. They believe that music heals, communicates, fosters cooperation and enjoyment. The connection between music, body and soul improves physical and mental health. Music on a Mission provides music programs at no charge that benefit youth and veterans. They fund this philanthropic work with donations collected by concerts offered at 'Barnegie Hall' AKA 'The Barn' (31950 Krebs Road, Avon Lake). Please look at their website

<https://www.musicmissioninc.com/>

For dates and future events (They request a \$20 donation for the shows). I had the privilege of going this summer and it was amazing and FUN! Hope to see you at the Clam Bake on October 6th. Please contact Music on a Mission directly if you are interested in attending

“

He took his pain and turned it into something beautiful. Into something that people connect to. And that's what good music does. It speaks to you. It changes you.

HANNAH HARRINGTON

“

My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary.

MARTIN LUTHER

"You can't give your life more time, so give the time you have more life." -Unknown

"Don't give part-time people a full-time position in your life."
-Ursula

TUESDAY SEPTEMBER 10TH & THURSDAY SEPTEMBER 26TH 10:30AM – 11:30AM

AOA Meet & Greet
Register at the front desk

THURSDAYS 8:00AM
Outdoor Beginner Clinic
September 12th – October 3rd
8am Cost: \$40 Members

TUESDAYS @ 8:00AM
Outdoor Intermediate Pickleball Clinic
September 10th -October 1st
Cost: \$40 Members

WEDNESDAYS @ 1:00PM
Outdoor Social Pickleball League
September 11th -October 3rd
Cost: \$40 Register at the front desk.

THURSDAY SEPTEMBER 5TH
Pittsburgh Bus Trip
Cost: \$182 Members

THURSDAY SEPTEMBER 19TH
Amish Bus Trip
Cost: \$149 Members

COMING IN OCTOBER
Cuyahoga Railroad 10/10/2024
Cost: \$182 Members

Covered Bridges 10/15/2024
Cost \$119 Members

Beautiful Noise Bus Trip 10/17/2024
Cost: \$149 Members

AOA SUGGESTED Classes

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Angie		9:30-10:20am Nia@ Amanda
10:30-11:20am Gentle Yoga (SMB) Danielle		10:30-11:20am Gentle Yoga (SMB) Jan	10:30-11:20am Yin Yoga (SMB) Sandra	10:30-11:20am Gentle Yoga (SMB) Danielle
10:30-11:20pm SilverSneakers@ Jan	10:30-11:20am Fitness After 50 Amanda	10:30-11:20am Nia@ Amanda	10:30-11:20am Fitness After 50 Jan	10:30-11:20pm SilverSneakers@ Jessica
11:30-12:20pm Stretch, Stability, Strength (SMB) Danielle	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm SilverSneakers@ Jessica	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm Chair Yoga Jessica
11:30-12:20pm Senior Strength Fitness Staff		12:30-1:20pm SilverSneakers Yoga Danielle		
12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella		1:00-1:50pm Arthritis Stella	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am Aquacise RP Gail		8:00-8:50am Aquacise RP Gail	8:30-9:30am Aqua Bootcamp CP Gail Aqua Toning RP Marsha	8:00-8:50am Aquacise RP Gail
9:00-9:50am Aquacise RP Gail	9:30-10:30am Aqua Zumba RP Angie	9:00-9:50am Aquacise RP Gail	9:30-10:20am Aqua Deep RP Jean	9:30-10:20am Zumba RP Angie
11:00-11:50 Aqua Fit Shallow RP Staff		10:30-11:20 Aqua Fit Shallow RP Jessica	9:30-11:30am Silver Splash RP Marsha	11:00-11:50am Aqua FIT Shallow RP Staff
	6:30-7:20pm Aqua Zumba RP Angie		6:30-7:20pm Aqua Zumba RP Angie	
RP: Recreation Pool CP: Competition Pool				
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5:00am-8:30am Pickleball: 3 Courts	5:00am-8:30am Pickleball: 1 Court	5:00am-8:30am Pickleball: 3 Courts	5:00am-8:30am Pickleball: 1 Court	5:00am-8:30am Pickleball: 3 Courts
	6:00pm-9:45pmpm Pickleball: 2 Courts		6:00pm-9:45pmpm Pickleball: 2 Courts	

AQUATIC CLASSES

GYM

All members are invited and encouraged to participate in ALL YMCA land and water group exercise classes. The classes listed are suggested because they are considered AOA 'Friendly'. Great place to start!!

Information & Announcements

AOA TRAVEL BIG TRIPS 2025

Greece: May 6th - 19th **OR** October 7th - 20th
Trains & Parks of Colorado: June 21st - 29th
Alaska "Denali by Rail" Cruise-Tour: July 16th - 28th
Utah's Parks & Canyons: September 23rd - 30th
Great Britain: August 27th - September 7th
Registration is NOW OPEN!! Brochures are available for each trip at the AOA Table in the French Creek YMCA lobby. If you would like additional information trip or to register, please contact Loni Beverly at 803-318-4324 lbeverly@clevelandymca.org

AOA DAY BUS TIPS: 2024

All trips depart at the French Creek Family YMCA unless otherwise noted
Thursday September 5th - Pittsburgh
 Cost: \$188 Departing 7:15am
 (bus pick up at the West Shore Y)
Thursday September 19th - Amish Country
 Cost \$149 Departing 8am
Thursday October 10th - CVR & Hartville
 Cost \$119 Departing 9am
Tuesday October 15th - Covered Bridges
 Cost \$119 Departing 8:15am
 (bus pick up at the West Shore Y)
Thursday October 17th - Beautiful Noise
 Cost: \$172 Departing 11am
Tuesday November 12th - Detroit
 Cost: \$155 Departing 7:30am
Tuesday November 19th - Some Like It Hot
 Cost: \$157 Departing 5pm
Sunday December 1st - Cleveland Pops Orchestra
 Cost: \$134 Departing 12:30pm
 (bus pick up at the West Shore Y)
Sunday December 8th - Cirque Du Soleil
 Cost: \$164 Departing at 11am
Wednesday December 11th - Dueling Pianos (JKL)
 Cost: \$119 Departing at 11am
 (bus pick up at the West Shore Y)
Sunday December 15th - Severance Hall Christmas
 Cost: \$189 Departing at 11am
 *Flyers available in the lobby! Please register at the front desk or call Loni Beverly 803-318-4324.

