

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | |
|--|--|--|---|--|--|--|--|
| 2 FHAPPY LABOR DAY | 3 | 4 | 5 PITTSBURGH BUS TRIP (WEST SHORE) | 6 "Happily we bask in this warm September sun, which illumanates all creatures." -Henry David Thoreau | | | |
| 9 | 10 | 11 | 12 | 13 | | | |
| National Teddy Bear Day! 9/9 | AOA MEET & GREET | SEPTEMBER 11 National Day of Service and Remembrance | AMISH BUS TRIP | "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 | | | |
| NATIONAL PLAY DOH DAY | | | ARRCHI ARRCHI TALK LIKE A PIRATE DAY SPITAGER 19 | "September skies are a reminder that every day is a fresh start filled with opportunities." -Unknown | | | |
| 23 | 24 National Cherries Jubilee Day | 25 NATIONAL DAUGHTERS DAY 25 GEPTEMBER | 26 AOA MEET & GREET | 27 "All the months are crude experiments out of which the perfect September is made." -Virginia Wolfe | | | |
| 30 LOVE PEOPLE DAY | | | | "Wine is the divine juice of September." -Voltaire | | | |
| "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

AOA MONTHLY NEWSLETTER

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

Active Older Adult Newsletter



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 collect 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

66 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 vou. It changes vou.

HANNAH HARRINGTON

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

MARTIN LUTHER





FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

French Creek Family 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

September 2024

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

| r | | | | | | | | | |
|--------------------|--|---|--|---|---|--|--|--|--|
| | MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | | | | |
| | | | 9:30-10:20 Zumba Gold Angie | | 9:30-10:20am Nia® Amanda | | | | |
| JP EXERCISE (LAND) | 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 | | | | |
| GROUP | 11:30-12:20pm Senior Strength Fitness Staff | | 12:30-1:20pm SilverSneakers Yoga Danielle | | | | | | |
| CLASSES | 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 | | | | |
| ATIC | 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 | | | | |
| AQU | 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 Poo | | | | | | | | |
| | MONDAYS | TUESDAYS | WEDNESDAY | THURSDAYS | FRIDAYS | | | | |
| GYM | 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 | | | | | |

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 <u>OR</u> 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 <u>Registration is NOW OPEN!!</u> 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 <u>lbeverly@clevelandymca.org</u>

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 Octiber 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.



Avon Lake Recreation Dept. Bleser Park (32800 Electric Blvd)

Beginner Clinics

9/12-10/3

Thursday mornings:

8:00 AM

Intermediate Clinics

9/10-10/1

Tuesday mornings:

8:00 am RENCH CREEK FAMILY YMCA 010 Recreation Lane 40-934-9522 • clevelandymca.org Peristration is now open

The clinics are OPEN to members and non-members

8-Players

FEES: \$40.00

Register online: levelandymca.org or by phone 440-934-9622

Contact - Mary Jo Millard for further information: mmillard@clevelandymca.org

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Easy Home Modifications TO PREVENT FALLS

Install Handrails along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.

Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're

likely to walk in the mid

of the night



Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



Many of the fail hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.

Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.



near showers, bethtubs, near showers, bethtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.

Repair steps and flooring

Repair crumbling outdoor steps, loose wail-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



For other strategies and tips to avoid fails, check out Preventing Fails," the online guide from Harvard Medical School. www.health.harvard.edu/fail

