



OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 	3	4 "I have been younger in October than in all the months of spring." -W.S. Merwin
7 	8 	9 COVERED BRIDGES BUS TRIP (WEST SHORE)	10 CVR & HARTVILLE BUS TRIP 	11 "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
14 	15 AOA MEET & GREET	16 NATIONAL DICTIONARY DAY OCTOBER 16 	17 BEAUTIFUL NOISE BUS TRIP	18 "Life starts all over again when it gets crisp in the fall." -F.Scott Fitzgerald
21 APPLE DAY 21ST OCTOBER 	22	23 NATIONAL HORROR MOVIE DAY OCT 23RD 	24 National Bologna Day 	25 "I wish that every day was Saturday and every month was October." -Charmaine J Forde
28 	29 HAPPY NATIONAL CAT DAY 	30	31 AOA MEET & GREET	"October was always the least dependable of months... full of ghosts and shadows." -Joy Fielding

"Things will fall into place." -Unknown

"October, baptize me with leaves! Swaddle me in corduroy and nurse me with split pea soup. October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins. O autumn"

-Rainbow Rowell

AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FrenchCreekFamilyYMCA

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

October 2024



SOME LIKE IT HOT

AN AOA BUS TRIP TO PLAYHOUSE SQUARE

Set in Chicago when Prohibition has everyone thirsty for a little excitement, Some Like It Hot is the "glorious, big, high-kicking" (Associated Press) story of two musicians forced to flee the Windy City after witnessing a mob hit. With gangsters at their heels, they catch a cross-country train for the life-chasing, life-changing trip of a lifetime.

Don't And what a trip it is! With its irresistible combination of heart and laughs, song and dance, Some Like It Hot won more theatre awards than any show this year, including 4 Tony Awards. We will enjoy a dinner at Republic Food & Drink before the show (Choose between: Roasted Chicken, Pork Chops or Crispy Bourbon Shrimp) Departing the French Creek Family YMCA on Tuesday November 19th at 4:45pm. Cost: \$157 member add \$15 for non-member.



TUESDAY OCTOBER 15TH & THURSDAY OCTOBER 31ST

10:30AM – 11:30AM

AOA Meet & Greet

Register at the front desk

THURSDAYS 8:00AM

Beginner Clinic

October 10th – 31st

8am Cost: \$30 Members

TUESDAYS @ 8:00AM

Intermediate Pickleball Clinic

October 8th -October 29th

Cost: \$40 Members

MONDAY OR WEDNESDAYS

@ 1:00PM

Social Pickleball League

October 7th -28th Cost: \$40

Register at the front desk.

THURSDAY OCTOBER 10TH

Cuyahoga Valley Railroad

Cost: \$119 Members

TUESDAY OCTOBER 15TH

Covered Bridges (JKL)

Cost: \$119 Members

THURSDAY OCTOBER 17TH

Amish Bus Trip

Cost: \$149 Members

COMING IN NOVEMBER

Some Like It Hot 11/19/2024

Cost: \$157 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	

AQUATIC CLASSES

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

GYM

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	

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 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.



the Y

Dance 4 A Cause 2024

COMMUNITY EVENT FOR ALL AGES!

IN SUPPORT OF BREAST CANCER AWARENESS MONTH

GET OUT YOUR DANCING SHOES AND STOMP OUT CANCER WITH THE Y!

TICKETS: \$10 donation to the YMCA Cancer Survivorship Program. T-Shirts available for purchase, scan QR code.

REGISTRATION Register at any YMCA or online today!

CONTACT: Roula Mokbel, roula18951@yahoo.com

OCTOBER 13 11AM - 12:30 PM
Doors open at 10:30 AM

SCAN QR CODE FOR REGISTRATION DETAILS!

25 Things to Do This Fall

- Go to a farmers market.
- Put together a fall simmer pot.
- Go leaf peeping (and take photos).
- Carve or decorate pumpkins.
- Roast pumpkin seeds.
- Make your own PSL.
- Brainstorm a creative Halloween costume.
- Go apple picking.
- Have a scary movie watch party.
- Curl up under a cozy blanket with a good book.
- Drink hot apple cider.
- Learn to knit, crochet, or embroider.
- Do a fall soup swap with friends.
- DIY some fall decor.
- Donate old sweaters (to make room for new ones).
- Cook up some chili.
- Try bird-watching.
- Shop at an antique fair.
- Jump into a big pile of leaves.
- Collect an array of gourds.
- Swap out your summer sheets (for cozier ones).
- Bake some snickerdoodles.
- Go camping in your backyard (or living room).
- Take a scenic drive.
- Make your own fall bucket list.

