

# Events Calendar

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. 
4.	5. Coffee Talk 11:30	6. AOA Luncheon @ Grumpy's Café 2621 W.14 <sup>th</sup> St. @ 12:30	7. Coffee Talk 11:30	8.
11. <b>HAPPY VETERANS DAY!!!!</b>	12. Coffee Talk 11:30 Detroit Bus Trip	13.	14. Coffee Talk 11:30	15.
18. Book Club 1:00 "Funny Story" by Emily Henry	19. Coffee Talk 11:30 Arts & Crafts Provided by Oak Street Health	20.	21. Coffee Talk 11:30 Hearing Life 10:00-12:00	22.
25.	26. AOA Birthday Potluck 11:15	27.	28.. Thanksgiving Day!! (Closed)	29.

# AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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

**November 2024**

## Active Older Adult Newsletter



The season of gratitude is an excellent time to get started creating the habits that will lead you to an abundance mindset.

- **Give back.** Volunteer, make an extra meal for your neighbor, donate money or invite someone to dinner who doesn't have anywhere to go. [Giving back](#) fulfills our deepest human needs, especially around the holidays.
- **Be present.** Oftentimes the [gift of presence](#) is the greatest gift we can give our loved ones. Use the time around Thanksgiving to reconnect with friends and family. Put down your phones, be completely present, and magic will happen.
- **Trade expectations for appreciation.** It's easy to let family arguments or conflicting personalities get in the way of a grateful Thanksgiving. But when you [let go of expectations](#) and search for what you appreciate about each person in your life, your world changes.

**Share memories and goals.** The holidays are all about creating and sharing memories. Remember the past year, relive your favorite moments and find the good that came from the bad.

## UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30  
**EVERYONE is WELCOME**  
[Wednesday November 6th](#)  
AOA Luncheon @ Grumpy's Café 2621 W.14<sup>th</sup> St. @ 12:30

[Monday November 11th](#)  
Happy Veterans Day!!  
[Tuesday November 12th](#)  
Fabulous Day Trip to Detroit

[Monday November 18th](#) Book Club "Funny Story" by Emily Henry

[Tuesday November 19th](#) Arts & Crafts (provided by Oak Street Health) 11:30

[Thursday November 21st](#) Hearing Life (hearing screenings & hearing aids checked) 10:00-12:00

[Tuesday November 26th](#) @ 11:15 AOA Birthday Potluck  
**Please Sign Up @ AOA table**  
[Thursday November 28th](#)  
Thanksgiving Day! (Closed)

# AOA Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Balance &amp; Stretch</b> <b>Teresa</b> 10:30-11:20	<b>Silversneakers Classic</b> <b>Christine</b> 10:30-11:20	<b>Chair Yoga</b> <b>Ann</b> 10:00-10:50	<b>Silversneakers Classic</b> <b>Teresa</b> Gym 10:30-11:20	<b>Fitness After 50</b> <b>Mo</b> 10:30 – 11:20
		<b>Tai Chi Yang Style</b> <b>Chris</b> 11:00-11:50		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Aqua Aerobics</b> <b>Delinda</b> 6:15pm		<b>Aqua Aerobics</b> <b>Delinda</b> 6:15pm		

## Pumpkin Spice White Hot Chocolate

### Ingredients

- 1½ cups whole milk
- 1/2 cup canned pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- pinch of ground cloves
- 1/2 teaspoon vanilla
- pinch sea salt
- 2 ounces white chocolate (roughly chopped)
- whipped cream (optional)

### Instructions

1. In a small saucepan over medium heat, combine milk, pumpkin, spices and vanilla. Cook stirring constantly until just simmering.
2. Remove from heat and add chocolate (reserve some chocolate for garnish) and stir or whisk until melted.
3. Just before serving, top each mug with a generous mound of whipped cream, a few shavings of white chocolate, and a sprinkle of pumpkin pie spice or cinnamon.
4. Serve immediately.



*Ooh La La!*

## Upcoming Events

### SPECIAL EVENTS

- **Sunday December 1st**  
**Cleveland Pops Orchestra Bus Trip**
- **Tuesday December 3<sup>rd</sup>**  
**Forrest Lykins from Cleveland Public Library (here to answer tech questions & help with setting up Library services).**
- **Saturday December 7<sup>th</sup>**  
**Breakfast with Santa @ West Park Station**
- **Wednesday December 11<sup>th</sup>**  
**Annual Dueling Pianos Christmas Party @ Windows on the River Bus Trip**