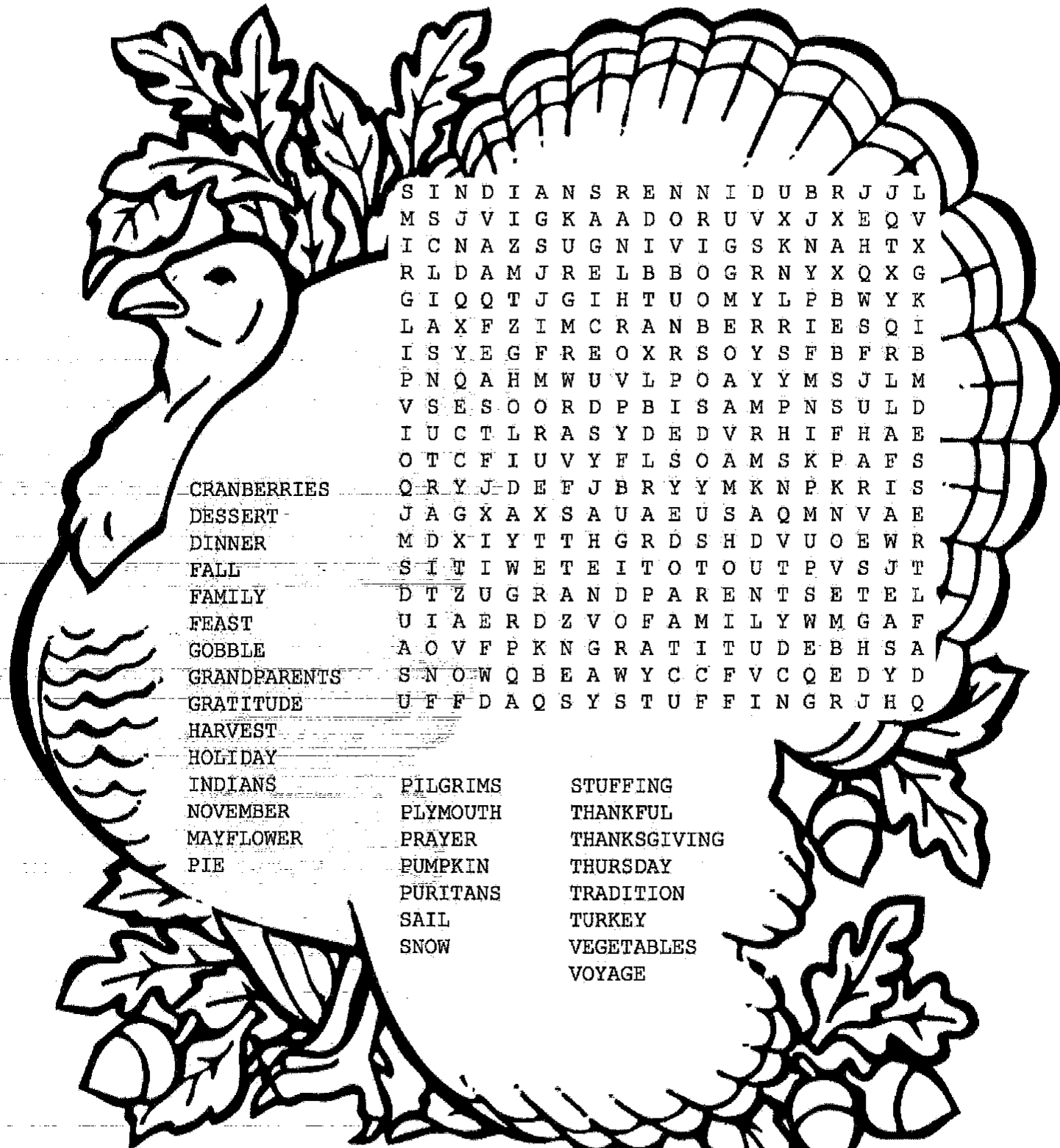


Name _____

Date _____

Thanksgiving Word Search



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hillcrest Family YMCA

5000 Mayfield Road
 Lyndhurst, Ohio 44124
 Facility Hours:
 Monday – Friday : 6am to 9pm
 Saturday: 7am to 5pm
 Sunday: 8am to 2pm

Active Older Adult Newsletter

November 2024

UPCOMING EVENTS

November 4, 11, 18, 25
 Knitting Group
 10:30

November 6
 Laurel of Chagrin Falls
 Treat Day
 10:30

November 20
 Let's do lunch!
 Sign up at the front desk.

November 26
 High Point Treat Day
 10:30

November 28
 THANKSGIVING!
 Grateful for YOU!
 The Y is closed.

November 7- 14- 21-28
 Monday Knit Group
 10:30



Gift Giving Made Easy!

Give a gift this year that they will really use: a Y Gift Card. The gift cards can be purchased in any denomination. They come prewrapped in a bowed gift package that can be given as is or can be put in a standard envelope for mailing.

The gift card can be used for membership fees, classes, personal training, swim lessons, AOA trips, and more!

This is a perfect way to give your grandchildren swim lessons or help them sign up for Junior Cavs or summer camp. Do you have a friend who would love to go on some of our bus trips? Give them a gift card to use for the trip of their choice. Does a family member need some help getting fit? The card can be used to for personal training.

Make gift shopping easy and give a gift that makes a difference: Give a Y Gift Card!

Information & Announcements

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00- 8:50 Pure Stength Sami	8:15 –9:05 Fitness After Fifty Ester		8:15 – 9:05 Fitness After Fifty Ester	8:00- 8:50 Pure Stength Sami
10:00 – 11:00 SilverSneakers Classic Kathryn	9:00 Buti Yoga Anita		10:00 – 10:50 Mobility & Flexibility Sarah Line Dance Anita	10:00 – 10:50 Vinyasa Yoga Kit
11:15- 12:05 SilverSneakers Yoga Kathyrn	10:00 – 10:45 Mobility & Flexibility Sarah Cardio Drumming\$ Ester	10:00- 10:50 SilverSneakers Classic Wanetta Vinyasa Yoga Kit	11:00 – 11:50 Chair Yoga Judi 11:00 – 11:30 Balance Class Sarah	11:00-11:50 Hula Hoop Lillith FREE for October!
	11:00- 11:50 Line Dance Gigi	11:00- 12:20 SilverSneakers Classic Wanetta	12:00 – 12:50 Polynesian & Hawaiian Dance Dahmia No class 10/10 & 17	
	12:15-1:05 SilverSneakers Yoga Anita		1:00-1:50 Belly Dance Dahmia No class 10/10 & 17	
	7:00- 7:50 Line Dance Gigi	7:00- 7:50 Hula Hoop \$ Lilith		
	8:00- 8:30 Advanced Line Dance Gigi			

Black Bean and Pumpkin Soup

Here’s a quick, easy, and nutritious soup that is perfect for Autumn.

1 TBS olive oil
 ½ medium onion, finely chopped
 3 cups stock
 1 (14.5 ounce) can diced tomatoes in juice (2- 3 cups fresh)
 1 (15 ounce) can black beans, rinsed and drained (2 cups cooked)
 1 (15 ounce) can pumpkin puree (2 cups)
 ¾ tsp curry powder
 ¾ tsp cumin
 1/8 tsp cayenne – optional
 ½ cup evaporated milk or cream
 Salt to taste
 Sautee the onion in olive oil until translucent. Add the spices and sautee 30 seconds. Stir in the broth, tomatoes, beans, and pumpkin. Stir well, then bring to the boil. Immediately reduce the soup to a simmer. Simmer about 5 minutes to meld the flavors. Remove form heat. Stir in the evaporated milk or cream. Season to taste with salt and enjoy.

Annual Community Campaign

We are trying to reach a \$1000 cumulative donation from our AOAs, which will give us a banner celebrating our seniors’ generosity. As an incentive, any AOA who donates \$50 or more to our Annual Community Campaign can choose from a variety of exercise equipment, such as bands, balls, and weights as a thank you. Supplies are limited, so please consider making your donation today. No amount is too small to make a difference, and remember – all donations stay in our Branch helping our members.

Blood Drive Recent event have caused a shortage of blood across the country. The Red Cross Blood mobile will be here on December 26 from 12:00-6:00. Please consider donating a life saving Christmas gift.

Trainer’s Corner with Anita

Sticking with Your Fitness Routine Through the Holidays

‘Tis the season when busy schedules, holiday parties and endless culinary temptations seem to conspire to derail even the most committed exercisers. If you do fall off the fitness wagon, here are some strategies to help you get back on. 1) Remember Why You’re Doing It – identifying why you work out makes it easier to commit to the time and stick to it. 2) Start Small and Be Realistic – work up to a daily exercise goal by starting with two days a week, adding another day each week. 3) Picture Your Success - write down and post your goal where you see it daily to boost your resolve. 4) Make it Mandatory – schedule your workouts on the calendar and make them non-negotiable. 5) Track Your Progress – use a pen and paper or a wearable fitness tracker to record your achievements daily or weekly, including steps, sessions, pounds lost, etc. 6) Enlist a Partner for Accountability – a workout buddy provides motivation to stay on track and adds an element of fun. 7) Hold Yourself Accountable – impose a dollar fine for each workout missed and donate the proceeds to a favorite charity. 8) Enjoy Your Successes – savor the post-work out “high” and the sense of accomplishment after a challenging workout and remember that feeling when it’s time to work out again.

Dueling Pianos

Join us December 11 at a Christmas Party at Windows on the River. Enjoy a plated lunch, then be entertained by the music of Todd and Andy. There will be, door prizes, party games, an Ugly Sweater, Holiday Spirit, and Grinch costumes contests. Register by November 25.