

# HAPPY NEW YEAR



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

FIREWORKS  
COUNTDOWN  
CELEBRATION

JANUARY  
CLOCK  
NEW YEAR

MIDNIGHT  
FAMILY  
BEGINNING

FRIENDS  
PARTIES  
PARADES

# AOA MONTHLY NEWSLETTER



## Hillcrest Family YMCA

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

Active Older Adult Newsletter

January 2025

## UPCOMING EVENTS

- \*December 26  
*Redcross Blood Drive*  
12:00 PM – 6:00 PM
- \*January 1  
*Happy New Year!*  
Open 7:00 AM – 1:00 PM
- \*January 13, 20, 27  
*Knotty Knitters*  
10:30 AM
- \*January 14  
*Painting Class*  
1:00 PM
- \*January 15  
*Let's Do Lunch*  
12:30 PM
- \*January 21  
*Treat Day with Donna Zachary*  
10:30 AM
- \*January 22  
*Birthday Club*  
11:30 AM – 1:00 PM
- \*January 28  
*High Point Treat Day*  
10:30 AM



## Happy New Year

Want to have some fun in 2025 AND get more exercise? Why not try something new?

Have you played Pickleball? You've surely heard about it -it's the fastest growing sport in the country. Hillcrest Y has game time on Monday, Wednesday, and Friday at 1:00. These are casual, fun games among friends. Get some exercise, laugh a lot, and learn to play. All equipment is provided.

Maybe you've been taking the same exercise class for years. Try something new! How about cardio drumming, Polynesian Dance, or Belly Dance – so much fun!. Work some new muscles and make some new friends!

If you've been doing land classes only, why not try the pool. The warm water works wonders on aching joints while giving you a good workout. No swimming skills are needed.

Here's to an exciting 2025 full of new adventures!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 <b>Pure Strength</b> Sami	8:15 – 9:05 <b>Fitness After Fifty</b> Ester		8:15 – 9:05 <b>Fitness After Fifty</b> Ester	8:00 <b>Pure Strength</b> Sami
9:00 <b>Barre</b> Kathryn			9:00 <b>Yoga for Men</b> Judi	
10:00 <b>SilverSneakers Classic</b> Kathryn	10:00 <b>Cardio Drummin</b> Ester <b>Mobility &amp; Flexibility</b> Sarah	10:00 <b>SilverSneakers Classic</b> Various	10:00 <b>Mobility &amp; Flexibility</b> Sarah <b>Line Dancing</b> Anita	10:00 <b>All Levels Yoga</b> Susan
11:00 <b>SilverSneakers Yoga Stretch</b> Kathryn	11:00 <b>Line Dance</b> Gigi 11:30 <b>Balance</b> Sarah	11:30 <b>SilverSneakers Classic</b> Various	11:00 <b>Chair Yoga</b> Judi	*** Saturday*** 10:00 <b>Zumba</b> Quanetta
	12:15 – 1:05 <b>Silver Sneakers Yoga</b> Anita		12:00 <b>Polynesian &amp; Hawaiian Dance</b> Dahmia <hr/> 1:00 <b>Belly Dance</b> Dahmia	

## Information & Announcements

### Chickpeas and Feta Salad

Here's a healthy and satisfying salad to start your New Year right!

- 1 cucumber
- 1 pint cherry tomatoes
- 1 tsp salt
- 4 TBS olive oil
- 3 TBS red wine vinegar
- 1 clove of garlic
- 14 ounce can of chickpeas
- ¼ red onion
- ½ cup pitted olives
- ½ cup chopped parsley
- 4 ounces feta cheese, crumbled

Cut the cucumber in half lengthwise and use a spoon to remove the seeds. If it is a large cucumber, cut each half again. Slice the lengths into ¼ inch pieces.

Half the cherry tomatoes and toss them with the cucumbers and salt. Place the mix in a strainer or colander for at least 15 minutes to let the excess water drain away.

Finely mince the garlic clove (or put it through a press). Add it to the olive oil, and red wine vinegar. Whisk to blend.

Rinse and drain the chickpeas. Mince a quarter of a red onion. Rough chop the olives and parsley. Toss with the red wine dressing and let sit to mellow the flavors for about 5 minutes.

Add in the cucumbers and tomatoes. Toss well. Gently toss in the crumbled feta cheese.

This salad is a delicious side dish cold or at room temperature. It keeps well in the refrigerator. Add chopped romaine or iceberg lettuce to make a tasty dinner salad. Add a grain like quinoa, bulgur, or rice, or even a pasta for a heartier dish or fill a pita pocket or wrap for a nice lunch to go.

### Trainer's Corner with Anita

#### Tips for a Healthy New Year

Here are some strategies to help you stay on track with diet, exercise and disease prevention, and make the New Year bright! **EXERCISE:** 1) Motivation is Key! Remember why you're doing it, whether it's general well-being, increased energy, or improved health status. 2) Create small, achievable goals. Even if you can't get to your favorite class, 15 minutes of movement a day is better than nothing. 3) Put it on the calendar. Make workouts and movement a priority. **DIET:** 1) Eat the rainbow! Colorful produce is loaded with powerful phytonutrients and antioxidants to ward off disease. 2) Limit portion sizes, especially with foods high in sugar, salt and fat. Enjoy special indulgences in moderation. 3) Stay hydrated. Drink plenty of water. 4) Enjoy alcohol in moderation. Alcohol can impair function and may interact with medications, in addition to being nutrient-poor and calorie-dense.

### Diabetes Prevention Program

The Y offers a Diabetes Prevention Program for those whose blood glucose level is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented with effective lifestyle programs.

For further information and to see if you are eligible for the program, contact us at [healthyliving@clevelandY.org](mailto:healthyliving@clevelandY.org)