

Events Calendar

December 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 2. | 3. Cleve.Public Library Q & A & Tech. Asst. Must Register 11:20 | 4. | 5. Coffee Talk 11:30 Blood Pressure & Glucose | 6. |
| 9. | 10. Coffee Talk 11:30 | 11. Dueling Pianos Bus Trip | 12. Coffee Talk 11:30 | 13. |
| 16. Book Club 1:00 "On Mystic Lake" | 17. Coffee Talk 11:30 | 18. AOA Luncheon @ 12:30 Mahle's Restaurant | 19. Coffee Talk 11:30 | 20. |
| 23. | 24. Christmas Eve closed | 25. Christmas Day closed | 26. Coffee Talk 11:30 | 27. |
| 30. | 31. New Year's Eve NO POTLUCK | | |  |

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

December 2024

Active Older Adult Newsletter



Gratitude inspired Activities for a Healthy Happy Life

- **Start a gratitude journal** – Reflect on positive moments every day to boost mental well-being.
- **Spend quality time with loved ones** – Strengthen bonds with family and friends through regular visits or calls.
- **Create a simple, sustainable budget** – Track your spending and save for future plans with ease.
- **Practice mindfulness or meditation** – Engage in daily mindfulness to reduce stress and improve mental clarity.
- **Explore new hobbies or interests** – Take up new activities like painting, gardening, or learning an instrument.
- **Enjoy reading more books** – Explore different genres or audiobooks for entertainment and mental stimulation.
- **Organize and simplify your living space** – Declutter and create a comfortable home environment for peace of mind.
- **Limit alcohol consumption** – Focus on healthy habits by moderating alcohol intake for better health.
- **Prioritize restful sleep** – Maintain a consistent sleep routine for physical and mental recovery.
- **Join a social group or community club** – Stay active and socially engaged through clubs or volunteer work.

UPCOMING EVENTS

Coffee Talk every Tuesday & Thursday @ 11:30
EVERYONE is WELCOME

Tuesday December 3rd
Cleveland Public Library Q & A
Technical assistance with
Forrest Lykins @ 11:20
MUST REGISTER

Thursday December 5th Blood
Pressure & Glucose Reading
@ 10:30–11:30

Saturday December 7th
Breakfast with Santa @
Westpark Station @ 9–11am

Monday December 16th Book
Club "On Mystic Lake" by
Kristen Hannah

Wednesday December 18th
AOA Luncheon @ 12:30
Mahle's Restaurant 24945
Detroit Rd.
Gift exchange

AOA Exercise Classes



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
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| Balance & Stretch Teresa 10:30-11:20 | Silversneakers Classic Christine 10:30-11:20 | Chair Yoga Ann 10:00-10:50 | Silversneakers Classic Teresa Gym 10:30-11:20 | Fitness After 50 Mo 10:30 - 11:20 |
| | | Tai Chi Yang Style Chris 11:00-11:50 | | |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Aqua Aerobics Delinda 6:15pm | | Aqua Aerobics Delinda 6:15pm | | |
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12 Things to Do for Christmas in Cleveland this Holiday Season (2024)

From our Y family to yours
Happy Holiday!!

Kick off the holiday season at WinterLand

1. See Wild Winter Lights at Cleveland Metroparks Zoo
2. Go to a drive-thru lights show
3. Go to FROST at Cleveland Botanical Gardens
4. Visit the House from A Christmas Story
5. See a Christmas theater production
6. Check out the Festival of Trees
7. Listen to holiday music
8. Skate at a holiday ice rink
9. Shop local at a holiday market or pop-up shop
10. Drink up at a pop-up Christmas bar
11. Enjoy...Christmas.....decorations everywhere
12. BONUS: Have dinner in an igloo



Upcoming Events



- Saturday December 7th
Breakfast with Santa @
West Park Station
- Wednesday December 11th
Annual Dueling Pianos
Christmas Party@ Windows
on the River Bus Trip
- Upcoming Bus Trips 2025
Rhythm of the Dance
Temptations & The Four
Tops
Mystery Bus Tour
Amish Country
Hamilton the Play
Put-n-Bay
Detroit tour of Motown
Pittsburgh and more