

# Events Calendar

January 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. <b>HAPPY NEW YEAR!!</b>	2. Coffee Talk 11:30	3.
6.	7. Coffee Talk 11:30	8.	9. Coffee Talk 11:30	10.
13. Book Club 1:00 "The Last Flight" by Julie Clark	14. Coffee Talk 11:30	15. AOA Luncheon Gunselman's Tavern @ 12:30	16. Coffee Talk 11:30	17.
20. <b>Martin Luther King Jr. Day!!</b>	21. Coffee Talk 11:30	22.	23. Coffee Talk 11:30	24.
27.	28. AOA POTLUCK @11:20	29.	30. Coffee Talk 11:30	31.

# 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: 6am to 9pm  
Saturday- 7am to 4pm  
Sunday-10am-4pm

## January 2025

## Active Older Adult Newsletter



### Top Restaurants in Cleveland

- Marble Room Steaks and Raw Bar
- The Bourbon Street Barrel Room
- Mia Bella Restaurant
- Blue Point Grille
- Vault
- L'Albatros Brasserie + Bar
- Cleveland Chop
- Etna
- Townhall
- Grumpy's Cafe
- Butcher and the Brewer
- Guarino's Restaurant
- The Burnham Restaurant

**Let's save \$ and plan to eat at one of these restaurants before the summer**

## UPCOMING EVENTS

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

Wednesday January 1st  
**HAPPY NEW YEAR!!!!**

Wednesday January 15th  
AOA Luncheon @ Gunselman's Tavern 21490 Lorain Rd. @ 12:30

Monday January 19th Book Club "The Last Flight" by Julie Clark

Monday January 20th  
**Martin Luther King Jr. Day!!**

Tuesday January 28th \_ AOA Potluck celebrating December & January Birthdays @ 11:20  
**Please Register!!**

# 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		

## A Perfect Day of Not Aging



### 6-8 a.m.

**WAKE UP.** Waking up between 6 and 8 a.m. is generally in sync with your body's circadian rhythm, which is the internal clock that regulates your sleep and wakefulness. The American Academy of Sleep Medicine recommends that you wake up no less than seven (and no more than nine) hours after you went to bed.

### 7-9 a.m.

**MORNING WALK.** Be sure to get some sunlight in the morning, which helps your body produce the vitamin D that may slow the aging process. Make a habit of walking the dog or doing light chores outside first thing in the morning, before the demands of the day trap you in your house, car or office.

### 9-10 a.m.

**BREAKFAST.** Start with a protein smoothie with mixed fruit. A high-protein breakfast is critical for maintaining muscle mass as we age, according to numerous studies. Research shows that getting 25 to 30 grams of protein in the morning is effective in preventing age-related muscle loss, also known as sarcopenia

### Noon

**MEDITATION.** Any calming activity, such as yoga or prayer, can help reduce the risk of cognitive decline by activating the prefrontal cortex, an area of the brain that is diminished in those with cognition difficulties. A study in the Journal of Alzheimer's Disease found that just 12 minutes of meditation daily could make a difference.

### 1 p.m.

**LUNCH.** Have a mixed salad with salmon. A Mediterranean-style diet that is abundant in fruits and vegetables and omega-3 rich fish such as salmon can reduce inflammation, a culprit in biological aging, according to a review of studies in the journal Nutrients. Eating a wide array of plant foods boosts the microbiome, the master controller of gut inflammation.

### 3 p.m.

**EXERCISE.** Afternoon exercise may reduce the risk of premature death even more than morning or evening workouts, according to a study of more than 90,000 men and women published last year in Nature Communications. Walk briskly for 30 minutes or get some kind of cardio exercise at least five days a week and use weights on the other two days.

### 4-6 p.m.

**SOCIALIZE.** Maintaining social connections is one of the pillars of antiaging, according to several studies. Social isolation in older people can increase the risk for dementia by about 30 percent, according to researchers at Johns Hopkins University School of Medicine and the Bloomberg School of Public Health.

## Upcoming Event

- **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**
- **February 2025 West Park**  
**YMCA 7<sup>th</sup> Annual Chili Cook off**

Cheers to a new year and another chance for us to get it right

### 6 p.m.

**DINNER.** Dine on vegetable tacos with brown rice and beans. Eating during an eight- to 12-hour window of the day and fasting for the remaining 12 to 16 hours (including sleep time) has been shown to have numerous advantages associated with longevity and decreased incidence of disease, including cancers. Lean heavily on vegetables, fruits, nuts, grains and legumes—then close the kitchen until morning.

### 10-11 p.m.

**BEDTIME.** A U.K. study found that going to bed between 10 and 11 p.m. may reduce heart disease risk, especially in women. Other research indicates that deep sleep, which occurs from the hours of 10 p.m. to 1 a.m., represents the optimal time for the brain to clear out debris and reorganize itself, reducing one's risk of Alzheimer's disease.