

# Events Calendar

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3.	4. Coffee Talk & Decluttering 11:30	5.	6. Coffee Talk 11:30	7. Line Dancing Christine 11:30
10.	11. Coffee Talk 11:30	12. AOA 7 <sup>th</sup> Annual Chili Cook Off 12:00	13. Coffee Talk 11:30	14. Line Dancing Christine 11:30
17. Book Club 1:00	18. Coffee Talk 11:30 Hearing Life 10:00-12:00	19. AOA Luncheon @ 12:00 Luna's A fine Deli & Restaurant 6380 York Rd.	20. Coffee Talk 11:30	21. Line Dancing Christine 11:30
24.	25. AOA POTLUCK @11:20	26.	27. Coffee Talk 11:30	28. Line Dancing Christine 11:30

# 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

## Active Older Adult Newsletter

February 2025



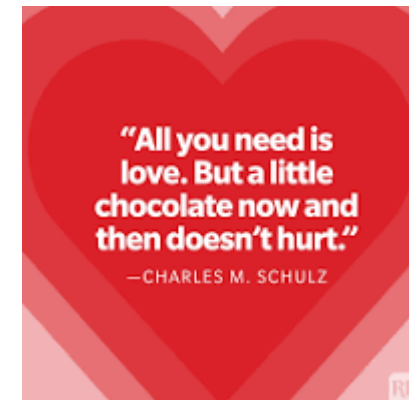
## UPCOMING EVENTS

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

Tuesday February 4th  
"RESCUE" Your Space and Mind by Decluttering 11:30  
Wednesday February 12th  
Chili Cook-Off 12:00  
Monday February 17th Book Club "The Last Flight" by Julie Clark 1:00

Tuesday February 18th  
Hearing Life 10:00-12:00  
Wednesday February 19th  
AOA Luncheon @ 12:00 @ Luna's a fine Deli & Restaurant 6380 York Rd.

Tuesday February 25th AOA Birthday Potluck @ 11:20  
Please Register!!



# AOA Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Strength 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		Line Dancing Christine 11:30
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Aerobics Delinda 6:15pm		Aqua Aerobics Delinda 6:15pm		



Mexican Hot Chocolate

### Ingredients

- 4 cups whole milk
- 1 cinnamon stick
- favorite hot chocolate mix
- 1 tsp. vanilla extract
- Pinch of salt
- Pinch of ground cayenne or ancho chili powder (optional)

### Directions

In a medium saucepan, combine the milk and cinnamon stick. Heat the milk over medium heat until the mixture begins to steam. Add the favorite hot chocolate mix and whisk until melted and well combined; it is okay if a few flecks of chocolate remain.

Remove the pan from heat and discard the cinnamon stick. Add the vanilla, salt, and cayenne, if using. Use a whisk to vigorously mix the hot chocolate until it's very frothy, 3 to 4 minutes. Alternatively, place the mixture in a countertop blender and blend for 1 to 2 minutes until frothy. Serve hot.

## Upcoming Events and Bus Trips 2025



- OHIO STAR THEATER
- RHYTHM OF THE DANCE
- BALTIC MILL WINERY
- THE TEMPTATIONS & THE FOUR TOPS PLAYHOUSE SQUARE
- MYSTERY BUS TOUR
- AMISH COUNTRY
- HAMILTON the PLAY
- Put in Bay
- DETROIT TOUR of HITSVILLE
- PITTSBURGH
- CUYAHOGA VALLEY SCENIC RAILROAD
- STAN HYWET
- BLACK NATIVITY
- DAVE KOZ
- DUELING PIANOS