

# Events Calendar

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4. Coffee Talk 11:30	5.	6. Coffee Talk 11:30	7. Line Dancing Christine 11:30-12:30
10.	11. Coffee Talk 11:30	12.	13. Coffee Talk 11:30	14. Line Dancing Christine 11:30-12:30
17. Book Club 1:00 "When Crickets Cry" by Charles Martin St.Patrick's Day	18. Coffee Talk 11:30 Bus Trip Rhythm of the Dance	19. AOA Luncheon@ PJ McIntyre's Irish Pub 17119 Lorain Ave. @12:00	20. CCHAP*join us for food bingo,prizes,nutrition education & yummy healthy snacks Please sign up 11:30-1:00 1st day of Spring!	21. Line Dancing Christine 11:30-12:30
24.	25. AOA POTLUCK @11:20	26.	27. Coffee Talk 11:30	28. Line Dancing Christine 11:30-12:30
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

April 2025

## Active Older Adult Newsletter



## 7th ANNUAL CHILLI COOK-OFF WINNERS

1<sup>ST</sup> PLACE WINNER Linda Brilla

2<sup>ND</sup> PLACE WINNER George Mauer

3<sup>RD</sup> PLACE WINNER Terry Karwan



## UPCOMING EVENTS

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

Monday March 17<sup>th</sup> Book Club "When Crickets Cry" by Charles Martin 1:00

Tuesday March 18<sup>th</sup> Ohio Star Theater Rhythm of The Dance Baltic Mill Winery Bus Trip

Wednesday March 19<sup>h</sup> AOA Luncheon @ 12:00 @ PJ McIntyre's Irish Pub

Thursday March 20<sup>th</sup> Crisis Chronic Health and Acute Prevention see flyer at front desk @ 11:30

Tuesday March 25<sup>th</sup> 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 11:30-12:30
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Aerobics Delinda 6:15pm		Aqua Aerobics Delinda 6:15pm		



## What does spring mean in new beginnings

Spring is all about new beginnings and transformations; it's a season that symbolizes starting fresh and starting over. After months of cold temperatures that often result in many of us feeling the winter blues, spring reawakens us and our surrounding environment, bringing everything back to life.

### HOW TO CLEAN A HOME

- EVERY DAY**
  - wipe down the countertops
  - wipe down the kitchen sink
  - sweep the floors
  - take out the trash
- ONCE A WEEK**
  - wipe down appliances
  - scrub the toilets, tubs, showers and sinks
  - clean the mirrors
  - dust furniture and shelving
  - change the bed lines
  - do the laundry
  - vacuum carpets, rugs and upholstery
  - mop the floors
- ONCE A MONTH**
  - clean inside the microwave and oven
  - clean the kitchen and bathroom cabinets
  - wipe down the inside of the medicine cabinets
  - scrub the tile grout
  - wipe down doorknobs, switch plates and lamps
  - vacuum the baseboards and heating/ cooling vents
  - disinfect the garbage cans
- ONCE A SEASON**
  - clean and check the pantry for expired items
  - air out rooms and drapes
  - clean throw pillows and blankets
  - sort through closets to clean/ donate / repair items
  - clean and check the fridge for expired items
  - wash comforters and duvets
  - wash the windows
  - clean the fireplace

## Upcoming Events and Bus Trips 2025



- **April 10<sup>th</sup>** THE TEMPTATIONS & THE FOUR TOPS PLAYHOUSE SQUARE
- **April 24<sup>th</sup>** Detroit Tour of Hitsville
- **May 20<sup>th</sup>** Uniquely CLE
- **June 5<sup>th</sup>** MYSTERY BUS TOUR
- **June 12<sup>th</sup>** Historic Ethnic Tour Pt.5
- **July 2<sup>nd</sup>** HAMILTON the PLAY
- **August 8<sup>th</sup>** Put in Bay
- **September 11<sup>th</sup>** Pittsburgh (Heinz Center Grand Concourse)
- **October 2<sup>nd</sup>** CVR Hartville

No dates for the trips below yet!!

- STAN HYWET
- BLACK NATIVITY
- DAVE KOZ
- DUELING PIANOS