Events Calendar

 **April 2025**

Events Calendar

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | **1.****Coffee Talk****11:30** | 2. | **3.****Coffee Talk & Bingo @ 11:30** | **4.** |
| **7.**  | **8.****Coffee Talk****11:30** Courage in Conversation | **9.** | **10.****Coffee Talk 11:30****Temptations & Four Tops 5:00** | **11.****Line Dancing** **Christine** **11:30-12:30** |
| **14.** | **15.****Coffee Talk****11:30** | **16.****AOA Luncheon****@12:00****Rocky River Brewing Co.** **21290 Center Ridge**  | **17.****Coffee Talk****11:30** | **18.****Line Dancing** **Christine****11:30-12:30** |
| **21.****Book Club 1:00****“Three Things About Elsie”****By Joanna Cannon** | **22.****Coffee Talk****11:30** | **23** | **24.****Detroit Music & Motor City Bus Trip** | **25.****Line Dancing** **Christine****11:30-12:30** |
| **28.** | **29.****AOA POTLUCK****@11:20****Blood Pressure &Glucose 10:30-11:30** | **30.** |  |  |
|  |  |  |  |  |

April 2025



**Coffee Talk every Tuesday &**

 **Thursday @ 11:30**

 **EVERYONE is WELCOME!**

**Tuesday April 8th Courage in Conversation let your goals of care and healthcare known. Speaker Nancy Miller @ 11:30 During Coffee Talk**

**Tuesday April 8th Fitness Assessments @ 12:30-2:30 $10.00 register online or in person. Secure your spot**

**Thursday April 10th The Temptations & The Four Tops Bus Trip**

**Wednesday April16th**

**AOA Luncheon @ 12:00 @ Rocky River Brewing Co.**

**Monday April 21st**

**Book Club “Three Things About Elsie” By Joanna Cannon @1:00**

**Thursday April 24th**

**Detroit Music & Motor City Bus Trip**

**Tuesday April 29th**

**Blood Pressure & Glucose Reading @ 10:30-11:30**

**Tuesday April 29th AOA Birthday Potluck @ 11:20**

**Please Register!!**

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**COFFEE TALK & BINGO**

**THURSDAY APRIL 3RD @ 11:30**

**DONATE ANY NEW ITEMS YOU WANT TO RE-GIFT.**

**All Donations will be used for BINGO PRIZES.**



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**Gym10:30-11:20 | **Fitness After 50****Mo**10:30 – 11:20 |  |
|  |  | **Tai Chi** **Yang Style****Chris**11:00-11:50 |  | **Line Dancing** **Christine**11:30-12:30 |  |
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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | FRIDAY |  |
|  |  |  |  |  |  |
| **Aqua Aerobics****Delinda****6:15pm** |  | **Aqua Aerobics****Delinda****6:15pm** |  |  |  |
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**Upcoming Events and Bus Trips 2025**

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

 **No dates for the trips below**

 **yet!!**

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

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A Perfect Day of Not Aging

 DID YOU KNOW YOU CAN

Renew your license tags in 2 minutes or less at new BMV kiosks. There are new kiosks in Cleveland and throughout Ohio that allow you to get new license tags as easily as printing a photo in a drug store. All you need is your driver's license or your current vehicle registration paper and a credit card for payment. Cleveland Clerk of Courts Earle B. Turner was thrilled to hear the news. "This makes the license tag renewal process so much more convenient for so many people", he said." No more taking a number and waiting in line at a BMV office". To find the kiosk locations, log onto [www.ohiobmvexpress.com](http://www.ohiobmvexpress.com).

 DID YOU KNOW

 No fix? No rent money! reasonable If your landlord won't make repairs, you can withhold rent money, but, you have to do it the right way to avoid problems. If you are a resident of Cleveland or Bratenahl, you will need to talk to a Housing Specialist first. You can get assistance from a Housing Court Specialist on the 13th Floor of the Justice Center (1200 Ontario St.) between 8:30 AM-3:30 PM Monday-Friday. For service after 3:30, please call 216-664- 4295. In the RENT DEPOSIT program, you pay your rent to the Clerk of Courts office and the landlord cannot collect it until the repairs are made.

 Fitness Assessment

For Active Older Adults Are you curious about your current fitness level and how it impacts your long-term health as you age? Take the first step towards a healthier future with our

NEW AOA FITNESS ASSESSMENTS!

Tuesday April 8th @ 12:30-2:30



