



APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 	3	4 "April is a reminder that life is a beautiful ever-renewing cycle." -E.F. Cummings
7 	8	9 	10 AOA MEET & GREET TEMPTATIONS & FOUR TOPS BUS TRIP (WEST SHORE)	11 "Our spring has come at last with the soft laughter of April suns and shadow of April showers." -Byron Caldwell Smith
14	15 	16 	17 AOA MEET & GREET	18 "Life is a grind stone. Whether it grinds you down or polishes you up is up to you." -Anonymous GOOD FRIDAY
21	22 	23 	24 AOA MEET & GREET  DETROIT BUS TRIP	25 "Hello April.... New month, new beginning, new mindset, new focus, new start, new intentions, new results." -Filling the Jars
28 	29	30 HISTORICAL HOUSES BUS TRIP	STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	"April's air stirs in all the fields and forests, the living things rise from the soil and the dead things wake." -Conrad Aiken

"The key to success is to start before you are ready."  
-Marie Forleo

"To Everyone who is reading this. May joy find you, love surround you, laughter sing with you, Good health bless you, and God walk with you each & every day of April. Amen" -Babz

# AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FrenchCreekFamilyYMCA

2010 Recreation Lane, Avon, OH 44011  
(440) 934-9622

Facility Hours:

Monday – Thursday: 5am to 10pm

Friday: 5am-9pm

Saturday: 7am to 6pm

Sunday: 8am – 4pm

OUR MISSION IS TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND & BODY FOR ALL.

Active Older Adult Newsletter

April 2025

## UNIQUELY CLE BUS TRIP TUESDAY, MAY 20<sup>TH</sup> 2025

Join us for an all-NEW bus trip with fantastic attractions around Cleveland that you may have not heard of or visited previously. We will be visiting The Sanctuary, lunch at the India Garden, The Maltz Museum and brand-new Museum of Illusion. Don't miss this 'unique' experience! Departs from the West Shore YMCA (Columbia Road, Westlake). Cost: \$139 members



THURSDAY APRIL 10<sup>TH</sup> & 24<sup>TH</sup>  
10:30AM – 11:30AM  
AOA Meet & Greet  
Register at the front desk

TUESDAYS 10:30AM  
Beginner Pickleball Clinic  
April 8<sup>th</sup> – 29<sup>th</sup>  
8am Cost: \$35 Members

TUESDAYS @ 9:00AM  
Intermediate Pickleball Clinic  
April 8<sup>th</sup> – 29<sup>th</sup>  
Cost: \$40 Members

MONDAY OR WEDNESDAYS  
@ 1:00PM @ THE ANCHOR  
Social Pickleball League  
April 7<sup>th</sup> - 30<sup>th</sup>  
Cost: \$40

THURSDAYS @ 12:00PM  
Caps N' Laps - Community Room  
Beginners are Welcome!

WEDNESDAYS @ 10:00AM  
Chess club - Community Room  
Beginners are Welcome!

### 30-Day Spring Cleaning Checklist


the spruce





# AOA SUGGESTED Classes

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Martha		9:30-10:20am Nia@ Kathy/Meridith
10:30-11:20am Gentle Yoga (SMB) Danielle		10:30-11:20am Gentle Yoga (SMB) Jan	10:30-11:20am Yin Yoga (SMB) Rita	
10:30-11:20pm SilverSneakers@ Jan	10:30-11:20am Fitness After 50 Martha	10:30-11:20am BOOM@ Amanda	10:30-11:20am Fitness After 50 Jan	10:30-11:20pm SilverSneakers@ Jessica
11:30-12:20pm Stretch & Mobility (SMB) Danielle	11:30-12:20pm Strength & Balance Phyllis	10:30-11:20am AOA Gentle Flow Ballet (Pool viewing) Martha	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm Chair Yoga Jessica
11:30-12:20pm Senior Strength Fitness Phyllis	12:30-12:55pm Chair Tap Dance Phyllis	11:30-12:20pm SilverSneakers@ Jessica	11:30-12:20pm Rhythm & Soul Line Dancing	
12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella	12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am Aquacise RP Gail		8:00-8:50am Aquacise RP Gail	8:30-9:30am Aqua Bootcamp CP Gail	
9:00-9:50am Aquacise RP Gail	9:30-10:30am Aqua Zumba RP Martha	9:00-9:50am Aquacise RP Gail	9:30-10:20am Aqua Deep RP Jean	9:30-10:20am Zumba RP Martha
11:00-11:50 Aqua Fit Shallow RP Nancy		10:30-11:20 Aqua Fit Shallow RP Jessica	9:30-11:30am Silver Splash RP AmyLynn	11:00-11:50am Aqua FIT Shallow RP Nancy
	6:30-7:20pm Aqua Zumba RP Amanda		6:30-7:20pm Aqua Zumba RP AmyLynn	
<b>RP: Recreation Pool CP: Competition Pool</b>				
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5:00am-10am Pickleball: 3 Courts	8:00am-11am Pickleball Clinics:	5:00am-10am Pickleball: 3 Courts	10am-12pm Pickleball: 3 Courts	5am-10am Pickleball: 1 Courts
	11am-12pm Pickleball: 3 Courts			
	7:30pm-9:45pm Pickleball: 1 Courts			

AQUATIC CLASSES

GYM

All members are invited and encouraged to participate in ALL YMCA land and water group exercise classes. The classes listed are suggested because they are considered AOA 'Friendly'. Great place to start!!

# Information & Announcements

## AOA DAY BUS TIPS: 2025

All trips depart at the French Creek Family YMC unless otherwise noted

**Thursday April 24<sup>th</sup> -Detroit**

Cost: \$155 Departing at 7:30am

**Wednesday April 30<sup>th</sup> -Historical Churches (JKL)**

Cost: \$129 Departing at 8:15am

**Sunday May 18<sup>th</sup> -Fiddler on the Roof**

Cost: \$119 Departing at 11am

**Tuesday May 20<sup>th</sup> -Uniquely CLE**

Cost: \$139 Departing at 9:15am

*(bus pick up at the West Shore Y)*

**Thursday May 22<sup>nd</sup> -Mystery Bus Trip (JKL)**

Cost: \$129 Departing at 8am

**Thursday June 5<sup>th</sup> -Sauder Village & DumDum**

Cost: \$136 Departing at 8:45am

**Thursday June 12<sup>th</sup> -Historic & Ethnic Part V**

Cost: \$139 Departing at 8:30am

*(bus pick up at the West Shore Y)*

**Wednesday June 18<sup>th</sup> -Carousel (Light Opera)**

Cost: \$155 Departing at 9:00am

**Wednesday July 2<sup>nd</sup> -Hamilton**

Cost: \$185 Departing at 10:45am

*(bus pick up at the West Shore Y)*

**Friday July 11<sup>th</sup> -Barn Mural Tour & More**

Cost: \$139 Departing at 8:30am

**Wednesday July 30<sup>th</sup> - Presidential, Wine & Choc.**

Cost: \$159 Departing at 7:45am

**Friday August 1<sup>st</sup> - Brigadoon**

Cost: \$155 Departing at 9:00am

**Wednesday August 6<sup>th</sup> - Columbus**

Cost: \$144 Departing at 8:00am

*(bus pick up at the West Shore Y)*

**Wednesday August 6<sup>th</sup> - Lady Caroline**

Cost: \$144 Departing at 8:00am

**Wednesday August 6<sup>th</sup> -The Best of Dover (Warther)**

Cost: \$149 Departing at 8:00am

\*Flyers available in the lobby! Please register at front desk or call Loni Beverly 803-318-4324.

## GIVE THE GIFT OF TRAVEL TO YOURSELF!

### AOA TRAVEL MULTI-DAY TRIPS 2025

**Mackinac & More: June 8<sup>th</sup> - 11<sup>th</sup> & August 17<sup>th</sup> - 20<sup>th</sup>**

**Truly Great Britain: August 27<sup>th</sup>-September 7<sup>th</sup>**

**Niagara Falls: August 5<sup>th</sup>-7<sup>th</sup>**

**New England & Nova Scotia Cruise: September 6<sup>th</sup>-14<sup>th</sup>**

**Noah (Sights & Sounds): November 4<sup>th</sup>-5<sup>th</sup>**

**Nashville Christmas: December 1<sup>st</sup>-4<sup>th</sup>**

### 2026

**Hawaiian Adventure: February 4<sup>th</sup>-15<sup>th</sup>**

**Portugal & the Douro River Cruise: April 15<sup>th</sup>-25<sup>th</sup>**

**Christmas Markets on the Rhine: December 7<sup>th</sup>-16<sup>th</sup>**

*Registration is NOW OPEN!!* Brochures are available

for each trip at the AOA Table in the French Creek YMCA lobby. If you would like additional information

trip or to register, please contact Loni Beverly

at 803-318-4324 [lbeverly@clevelandymca.org](mailto:lbeverly@clevelandymca.org)



### SAUDER VILLAGE & CANDY WORLD BUS TRIP



Let's head west and travel to **Sauder Village**. It is Ohio's largest living history destination with costumed guides in historic homes and shops in a walk through time experience 1803-1920's. Talented artisans and craftsman blending skill and creativity in fiber, wood, glass and clay. After enjoying a guided tour, we will enjoy a delicious buffet lunch at **The Barn** serving the community for over 45 years! It's known for its home-style meals. Take time to explore the old-time General Store or, perhaps pick up fresh baked cinnamon rolls from the bakery.

Then we are off to experience a 'world of pure imagination' when we visit our next destination: **Spangler Candy**. Founded in 1906, Spangler is a family-owned candy company in Bryan, Ohio. At the heart of this unique attraction is the opportunity to discover the rich history of the people and products of the Spangler Candy Company. The exhibits and historical artifacts offer guests a look at the challenge and adventure of candy manufacturing. Who doesn't love a Dum Dum? After we will journey back to the French Creek YMCA.



**Thursday, June 5<sup>th</sup>, 2025**

**\$136** +\$15 non-member \$25 non-refundable deposit due upon registration

Final Payment Due: Thursday, May 22<sup>nd</sup>, 2025

Departing at 7:45am / Returning around 6:15pm

To Register-call French Creek Family YMCA 440-934-9622 or on line

Questions, call Loni Beverly (803) 318-4324 or email [lbeverly@clevelandymca.org](mailto:lbeverly@clevelandymca.org)