

# AOA

# NEWSLETTER

UPCOMING EVENTS FOR ACTIVE OLDER ADULTS  
NOVEMBER 2017



## JOIN US FOR A DAY TRIP

This musical is “a hilarious look at family traditions, holiday expectations, unexpected guests and the real meaning of Christmas . . . (football???)”. A heaping scoop of humor, a slice of family memories, and some unexpected surprises all served up as the Most Wonderful Meal of the Year!”

### Package features:

Motorcoach transportation (depart at 8:30 AM / Arrive back about 6:45 PM)

Tis the Season Christmas Shoppe

Family-style luncheon . . . including a piece of pie for dessert (tax and tip included)

Tickets to Our Christmas Dinner performance at the new Ohio Star Theater

Shop at Dutch Valley Shops (bakery, Amish Meats and Cheeses and other Amish made items. Tickets are \$95 and need to be purchased by November 10.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

NORTH ROYALTON FAMILY YMCA

11409 State Rd, North Royalton, OH

Clevelandyymca.org

### DID YOU KNOW?


Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. For more information on dates and times, call 440-574-0580 and leave a message or you may email [healthyliving@clevelandyymca.org](mailto:healthyliving@clevelandyymca.org).

### QUESTIONS, COMMENTS, IDEAS?

CONTACT KRISTIE BALCER

[KBALCER@CLEVELANDYMC.A.ORG](mailto:KBALCER@CLEVELANDYMC.A.ORG)

# November Events 2017

| Mon                                  | Tue                                      | Wed                                  | Thu  | Fri   |
|--------------------------------------|--|--------------------------------------|--|---|
|                                      |  | 1<br>Pickle ball<br>6-12 in the gym  | 2  | 3<br>Pickle ball<br>6-12 in the gym<br><a href="#">3-Spot 1:15</a><br><a href="#">Painting Party 1:00pm</a> |
| 6<br>Pickle ball<br>6-12 in the gym  | 7<br>Wii bowling<br>Front Lobby<br>9-12  | 8<br>Pickle ball<br>6-12 in the gym  | 9<br><a href="#">Painting Party 1:00pm</a>   | 10<br>Pickle ball<br>6-12 in the gym<br><a href="#">Crafting Extravaganza 1:15</a>                          |
| 13<br>Pickle ball<br>6-12 in the gym | 14<br>Wii bowling<br>Front Lobby<br>9-12 | 15<br>Pickle ball<br>6-12 in the gym | 16   | 17<br>Pickle ball<br>6-12 in the gym  |
| 20<br>Pickle ball<br>6-12 in the gym | 21<br>Wii bowling<br>Front Lobby<br>9-12 | 22<br>Pickle ball<br>6-12 in the gym | 23<br> | 24<br>Pickle ball<br>6-12 in the gym  |
| 27<br>Pickle ball<br>6-12 in the gym | 28<br>Wii bowling<br>Front Lobby<br>9-12 | 29<br>Pickle ball<br>6-12 in the gym | 30   |   |

## North Royalton YMCA Luncheons

### Friday November 3rd 1:15 pm

**3-Spot** (American fare)

13855 Ridge Rd., North Royalton, OH  
44133

### Friday December 8th 12:00 pm

**Santo's Italian Restaurant** (Special Group Menu- \$14.25 per person PLUS tax and gratuity)

7565 Pearl Rd., Middleburg Hts., OH  
44130

**Monday Tuesday Wednesday Thursday Friday**

**Group Exercise (Land)**

|   |   |  |   |  |
|---|---|--|---|--|
| 10:30-11:00<br>Senior Cycle<br>Doug<br>cycle studio             | 10:00-10:50<br>Walk 15<br>Chris<br>Gym                                |  | 10:00-10:50<br>Walk 15<br>Chris<br>Gym                          | 10:00-10:50<br>Senior Strength and Balance<br>Gina           |
| 11:00—11:50<br>Fitness after 50<br>Chris<br>Main studio         | 11:00-11:50<br>Zumba Gold<br>Sue<br>Main studio                       | 11:00-11:50<br>Senior Strength plus Cardio<br>Gina G/Doug<br>Main studio | 11:00-11:50<br>SilverSneaker<br>Circuit<br>Lynda<br>Main Studio | 11:00-11:50<br>Fitness after 50<br>Lynda<br>Main Studio      |
| 12:00—12:50<br>SilverSneaker Classic<br>Sue<br>main studio      | 12:00-12:30<br>SilverSneaker<br>BOOM Muscle<br>Kristie<br>Main studio | 12:00—12:50<br>SilverSneaker Classic<br>Chris<br>main studio             | 12:00-12:50<br>SilverSneaker<br>Yoga<br>Kristie<br>Main studio  | 12:00—12:50<br>SilverSneaker Classic<br>Chris<br>main studio |
| 12:00-12:25<br>Sr. Strength<br>Express<br>Doug-spirit,mind,body | 12:40-1:10<br>SilverSneaker<br>BOOM Mind<br>Kristie<br>Main studio    | 12:00-12:25<br>Sr. Strength<br>Express<br>Doug-spirit,mind,body          |   |  |
| 1:00—1:50<br>SilverSneaker Yoga<br>Sue<br>main studio           |   | 1:00-1:50<br>SilverSneaker Yoga<br>Chris<br>main studio                  |   |  |

**Aquatic Classes (Water)**

|   |   |   |   |  |
|---|---|---|---|--|
| 10:30am-11:30am<br>Shallow GX<br>10:30am-11:30am<br>Deep Water GX | 10:30am-11:30am<br>Shallow GX<br>10:30am-11:30am<br>Deep Water GX | 10:30am-11:30am<br>Shallow GX<br>10:45am-11:45am<br>Deep Water GX | 10:30am-11:30am<br>Shallow GX<br>10:30am-11:30am<br>Deep Water GX | 9:30am-10:30am<br>Shallow Water GX                                   |
| 1:00pm-2:00pm<br>Twinges & Hinges                                 | 11:30-12:30<br>Water Walking                                      | 11:30am-12:30am<br>MS Class                                       | 1:30pm-2:30pm<br>Senior Water                                     | 10:30am-11:30am<br>Water Walking<br>10:30am-11:30am<br>Deep Water GX |
| 6:30pm-7:30pm<br>MS Class   | 1:30-2:30<br>Senior Water   | 1:00-2:00<br>Twinges & Hinges                                     |   | 11:30am-12:30pm<br>MS Class  |
| 7:30pm-8:30pm<br>Aerobics   | 7:30pm-8:30pm<br>Water Exercise                                   | 7:30pm-8:30pm<br>Aerobics   | 7:30pm-8:30pm<br>Water Exercise                                   | 1:00-2:00<br>Twinges & Hinges  |

## MEMBER SPOTLIGHT— FRANK NG

On October 8th, 2017 a fellow YMCA member, Hanna Yahya, and I completed our first marathon, The Towpath Marathon. We both self trained for only 6 weeks. I attributed the success to the conditioning I get from attending many classes here at the YMCA in North Royalton.

This YMCA is truly an amazing fitness facility. My wife, Kathy, and I take classes in Boxing, Barre, Cardio Combo, HITT, PiYo, TRX, RIP and Zumba. There are still many classes that we have not looked into yet. The instructors here are very motivating, fun and knowledgeable. We cannot be happier with our experience and we have also made quite a few friends here.

My journey to become healthy started about 2 years ago. I was 35 pounds overweight with high cholesterol and blood pressure, my energy level was low and my fitness was very poor. I had a bleeding ulcer that almost killed me. Fortunately, I recovered from that episode. From that moment on, I decided to change my eating habits and commit to exercising regularly. It took two years, and I am happy to report that I have lost all the extra weight, my cholesterol and BP are in normal range and my fitness has greatly improved. I feel at least 20 years younger!

I am very thankful for the great exercise programs available here. It is almost like my second home. Now my new goal is to become as strong as possible and I will put in even more effort and focus to achieve that.

From my experience, I strongly believe that you can improve your health at any time as long as you have a good plan and determination to follow through. By the way, it is very enjoyable and rewarding when you realize you are making progress steadily.



### SILVER STARS

**EARN PRIZES FOR EXERCISING, ATTENDING AOA EVENTS, AND HAVING FUN AT YOUR Y. All you have to do is check in 10 times in one month and you'll be automatically entered into a drawing to win prizes.**

## JOIN US FOR PICKLEBALL

What is pickleball? A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players.

