



# SENIOR FOCUSED GROUP EXERCISE CLASSES

## ARTHRITIS WATER EXERCISE

**When:** Mondays, Wednesdays, Fridays at 9:50am, Pool. Low intensity and impact. Workouts in shallow end of pool.

## SHALLOW WATER EXERCISE

**When:** Tuesdays at 9:15am, Pool. High intensity aerobic workout; low impact. Water resistance tones and strengthens muscles.

## CHAIR TAI CHI

**When:** Fridays at 10:15am, East Gym. A practice that involves a series of slow gentle movements, physical postures, and controlled breathing while utilizing a chair for balance.

## CHAIR YOGA

**When:** Wednesdays at 11:05am, East Gym. A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, increased strength.

## FIT & FABULOUS

**When:** Wednesdays at 9:15am, East Gym & Thursdays at 10:00am, North Canton Civic Center  
Class Address: 845 West Maple St., North Canton, Ohio 44720

## LINE DANCING

**When:** Mondays & Wednesdays at 11:15am & Fridays at 11:00am, Exercise Studio. Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine improving coordination, balance and flexibility.

## SENIOR CARDIO

**When:** Thursdays at 10:15am, East Gym. Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)

## SILVER SNEAKERS

**When:** Mondays, Tuesdays, Wednesdays at 10:15am, East Gym. Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.

## TAI CHI

**When:** Tuesdays & Thursdays at 10:30am, Multi-Purpose Room. A practice that involves a series of slow gentle movements, physical postures, and controlled breathing.

## ZUMBA GOLD

**When:** Mondays at 10:15am, Fridays at 10:00 am, Multi-Purpose Room. Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.



# AMONG FRIENDS

NORTH CANTON COMMUNITY BUILDING YMCA  
ACTIVE OLDER ADULTS NEWSLETTER

## August 2024

August has arrived at the North Canton YMCA, bringing with it an exciting lineup of events for the month! Join us for a creative writing workshop to spark your imagination, test your knowledge with trivia, try your luck at bingo for a chance to win big, and indulge your taste buds by crafting your own nachos! Additionally, we'll delve into the significance of respite care and discuss the upcoming changes to Medicare Advantage plans. Also, don't forget to register by August 9<sup>th</sup> for the Pontoon and Picnic at Sippo Lake. Join us for a month filled with learning, fun, and community at the YMCA!

A heartfelt thank you goes out to all the volunteers whose dedication contributed to the tremendous success of the 2024 North Canton YMCA July 4th Race! This year, we saw 1,789 runners participate alongside approximately 4000 enthusiastic spectators. Your invaluable support ensured the smooth running of this event, and we couldn't have done it without you.

I look forward to seeing you around the Y!!

Melissa Svetlich  
North Canton YMCA Wellness Director, 330-499-2587



### UPCOMING EVENTS AT A GLANCE:

#### August 7

- Creative Writing Workshop

#### August 14

- Trivia Day

#### August 15

- Pontoon Ride & Picnic

#### August 21

- BINGO Bonanza

#### August 28

- Nacho Bar





# SENIOR SOCIALS SCHEDULE

Our Senior Socials are weekly meetups of active older adults for fellowship and fun. We meet every Wednesday from 12:00-1:00pm in the Multi-Purpose Room at the North Canton YMCA unless otherwise noted in the schedule. Hope to see you there!

## August 7, Creative Writing Workshop with Jake Brown (Bring Your Own Lunch)

Don't miss out on an inspiring session where you can hone your creative writing skills and share your ideas. Don't forget your lunch and writing materials. We look forward to your participation!

## August 14, Trivia with Terry from Canton Christian Home (Lunch Provided)

Join us for an engaging and informative session with Terry from Canton Christian Home as she educates us on the importance of Respite Care. Following the short presentation, we'll have some fun with a few rounds of trivia! RSVP by 8/12.

## August 21, BINGO Bonanza with Megan from Amherst Meadows/Green Meadows (Lunch Provided)

Win big at Bingo with Megan and chow down on a delicious lunch courtesy of the fine folks at Altercare of Hartville. Bring your lucky charms and get ready for some laughs! RSVP by 8/19.

## August 28, Nacho Bar provided by SummaCare

Take charge of your health insurance decisions! Join Tracy Brown from SummaCare for an informative talk on the latest changes to Medicare Advantage Plans, followed by a Q&A session.

Tracy will bring everything you need to build your own nachos, including your choice of meat & beans, cheese blends and more!! RSVP by 8/26.



Join the **Card Club** every Friday at 12:00pm. Meet in the Founder's Room Lobby

## All new: Saturday Walking Club!

Every Saturday at 11:00am at Price Park walking track. Begins May 4. Meet at parking lot off West Maple.

### ACROSS

- 1) Forest growth
- 5) "Little Women" character
- 9) Automaton
- 14) Seed covering
- 15) Fish deceiver
- 16) Cause to be red-faced
- 17) Raise one's hackles
- 18) Face-to-face exam
- 19) Fancy home
- 20) CIA undertaking
- 23) Show annoyance with, in a way
- 24) Like a bug in a rug
- 25) Fiddle stick?
- 27) Foursome
- 32) Cancel, as a space trip
- 36) Part of a yard
- 39) Blarney Stone land
- 40) Movies are shown here
- 43) Bang-up
- 44) Abominable snowman
- 45) Dental filling
- 46) Ready to bloom
- 48) Impede (with "down")
- 50) Small glass container
- 53) Queasiness
- 58) Participate in hide-and-seek
- 63) Beautify
- 64) Cotton seed removers
- 65) One in line for the family fortune
- 66) Business leader
- 67) Poker pot starter
- 68) Taro root
- 69) Representative
- 70) They're big among the glitterati
- 71) Whiskey choices

### DOWN

- 1) Chagall, Connelly and Anthony
- 2) Constellation with a belt
- 3) Forest trees of a region
- 4) Sheep counter's quest
- 5) Drunk, in slang
- 6) Buck abroad
- 7) Snares
- 8) Troy beauty
- 9) Wreak havoc on
- 10) Words written in passing?
- 11) Island near Java
- 12) Home of the Nobel Prize
- 13) Comparative word
- 21) Talmud expert
- 22) The Babe and Buzzi
- 26) Take for a bride
- 28) Beach bird
- 29) Cambodian currency
- 30) Length x width, for a rectangle
- 31) Contradict
- 32) Attempt
- 33) Confucius' dynasty (Var.)
- 34) Tear violently
- 35) Like garage sale goods
- 37) After-tax number
- 38) Baby holder
- 41) Kingdom of Croesus
- 42) Humidor item
- 47) In equal amounts
- 49) Unwelcome obligations
- 51) Sign of an untreated pool
- 52) Covering up the truth
- 54) One who puts you in your place
- 55) Poorly maintained, as a hotel
- 56) Skip over syllables
- 57) Dos that get picked out
- 58) Rough it on vacation
- 59) Sensory input
- 60) Cape Canaveral cancellation
- 61) Heart of the matter
- 62) Savvy about

### HIDE OUT

By Kaye Drummond

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## Pontoon Ride & Picnic

Join us at Sippo Lake Park Boat Shelter for games, food and fun!! Then take a 30 min. pontoon ride around Sippo Lake and see all that sights!(each ride is 30 minute sessions/ 8 Riders per session. (Limited Seating) Thursday, August 15: 11:00am-3:00pm

**Cost:** YMCA Members: \$20, Non-Members: \$40

**Where:** Sippo Lake Park (5300 Tyner St, Canton)

**Register:** Online, stop at North Canton Y Membership Desk, or call (330) 499-2587 by August 9.