



### ARTHRITIS WATER EXERCISE

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

### AQUA ZUMBA

**When:** Tuesdays at 8:40am, Pool

Less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

### 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, Plain Township Hall  
Class Address: Diamond Park Indoor Sports Complex, 2782 Diamond St NE Canton, Ohio 44721

### LINE DANCING

**When:** Monday, Wednesday, & Friday at 11:15am, 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.

### ZUMBA GOLD

**When:** Mondays at 10:15am, Fridays at 10:00 am

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

### UPCOMING EVENTS AT A GLANCE:

- May 1**
  - Lunch & Learn
- May 4**
  - Walking Club begins
- May 8**
  - Brown Bag Lunch
- May 14**
  - Greenhouse Bus Tour
- May 15**
  - Potluck Luncheon
- May 22**
  - Out to Lunch
- May 29**
  - Senior Health Fair

## May 2024

Updates from AOA Coordinator:

Happy May,

Well, if it is true that April showers bring May flowers, we should have an abundance of flowers and crops this year. The trees will be filled with bright colored leaves that will shelter us from the elements and will rhythmically sway in the breeze and if you listen you will hear them sing a song to you. Nature is a wonderful teacher if we just listen to her. She teaches us about resilience, how to stay the course and how to bend without breaking. May there be a little bit of spring in all of us all year round. Stay well, stay active and mostly stay you.

Always humbled to be a part of such a gracious and loving group,

Debbie

North Canton YMCA AOA Coordinator  
330-499-2587

### Did you know?

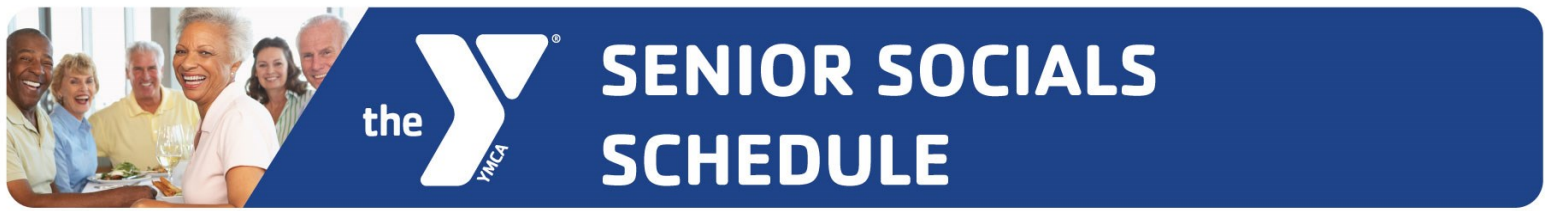
May is a pretty good month for U.S. presidents.

Every other month of the year, at least one US president has died, but never in May!

May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn.







the **Y** 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!

**May 1, Lunch & Learn in the Multi-Purpose Room**

Hosted by: Michelle Pittinger, Retired educator. Energy practice (EFT) also known as Tapping is an alternative treatment an individual can perform on themselves. RSVP at the membership desk or call by noon, 4/29/2024.

**May 8, Brown Bag Lunch in the Multi-Purpose Room**

Hosted by: Ashleigh from Canton Regency. She will be here to play bingo with fun & prizes!

**May 15, Potluck Luncheon in the Multi-Purpose Room**

Quince de Mayo Celebration. Our version of Cinco de Mayo! Bring your favorite dish to share- Mexican or not. Wear a colorful outfit and join the festivities.

**May 22, Out to Lunch at Samantha's on Market**

We will meet at 12pm at Samantha's! 6326 Market Ave N, North Canton, 44720  
RSVP at the membership desk or call by noon 5/20/2024.



**Don't miss out!**  
**Greenhouse Bus Tour**  
**Tuesday, May 14: \$125 per person**

When: Pick-up at 7:45am, North Canton Church of Christ  
1301 E. Maple St. North Canton, OH, 44720  
Drop-off at 6:30pm

What's included:  
4 greenhouses/gardens, Olmsted Falls/Westlake, Lunch, Custard



**The Senior Health Fair is coming on  
May 29 from  
9:30am-12:00pm.**

The first 100 participants receives a ticket for free lunch in the MPR.

Over 50 vendors will be here to tell you about services while we play bingo in the East Gym!

**It's going to be such a fun day!**

**Sudoku #1**

		2			1		4	7
	8	1			9			6
		5			4	9		1
	6		1		7	8	2	
	2	4	3		5		7	
8		9	4			5		
5			2			1	6	
2	3		5			7		

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**CLUB INFO**

Our clubs meet once a week and offer another opportunity to gather and socialize.

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.

