



talk on the lake

News & Events at the Old Firehouse Community Center

BULLETIN BOARD

BINGO

February 20th
1:00pm at the Old Firehouse.



FREE Lunch & Learn
AT THE OLD FIREHOUSE

February 27 | 12pm
Sally Tomko: Bucket List

Lunch provided by:



Carol Burnett Show Marathon

March 5 | 9am-3pm

Continuous showings all day.
Jump in anytime! Snacks provided.

To participate in events above, please add your name to the sign-up book or call (440) 930-4135

Presidential Firsts

George Washington may get a lot of fanfare for being the first commander-in-chief, but there are plenty of other presidential milestones that you may not have read about in history books

- The second president, John Adams, and his wife, Abigail, moved into the White House on November 1, 1800, with only a few months remaining in his presidential term.
- Before Thomas Jefferson's term, White House guests did not exchange handshakes with the president.
- Martin Van Buren, the eighth president, who was born in 1782, was the first man born a U.S. citizen to hold the office.
- William Henry Harrison became the first president to have his photo taken during his term.
- It wasn't until the 11th president that a man younger than 50 was elected to the office. James K. Polk was 49 when he won the presidential election of 1844.
- Abraham Lincoln was born in February 1809, the first to be born outside of the thirteen original colonies.
- Rutherford B. Hayes and his wife, Lucy, invited children to the White House in April 1878 for the first-ever Easter festivities.
- James Garfield, the 20th president, was the first lefty to hold the office. But clearly, having that distinction wasn't enough for him. According to History.com, he was also ambidextrous.
- Rutherford B. Hayes, the 19th president, who installed the first telephone in the White House's telegraph room in 1877. Herbert Hoover, however, was the first president to have one installed in the Oval Office in March of 1929.
- Grover Cleveland was the first to marry during his presidential term, but he also got married at the White House. On June 2, 1886, the President married Frances Folsom, the daughter of his former law partner, in the White Houses Blue Room.
- Benjamin Harrison was first to attend a baseball game attending a Washington Senators game at Boundary Field, only a short distance from the White House. The Senators lost to the Cincinnati Reds, 4 to 7.
- Teddy Roosevelt issued an executive order naming the big white house where the president lives the "White House" in the 20th century!
- In 1908, Congress authorized \$12,000 so that the 27th president, William Howard Taft, could have two motor cars at the White House.
- In 1918, Woodrow Wilson attended a peace conference in Paris, helping to negotiate the end of World War I leading to him, in 1920, to become the first president to receive the Nobel Peace Prize.
- Calvin Coolidge was the first and only president born on Independence Day, July 4, 1872.
- Harry Truman was the first president to get a nickname from the Secret Service—The General.
- In 1961 John F. Kennedy appoint Sarah T. Hughes to become the first woman to serve as a federal district judge. In 1963 she became the first woman to administer the Oath of Office—in Dallas on Air Force One to Lyndon Johnson.
- Resigning wasn't the only thing Richard M. Nixon was first at! The 37th president would be the first one to visit all 50 states before leaving office.
- When Richard Nixon resigned, Gerald Ford became the first president to have not been elected president and/or vice president. Vice President Spiro Agnew resigned in 1973 making Gerald Ford (then a House of Representatives leader) Vice President. Then Nixon resigned as well, making Ford commander-in-chief.
- In July 2016, Barack Obama published an academic paper called United States Health Care Reform: Progress to Date and Next Steps, which outlined his hopes for the future of American health care. Though the paper wasn't peer-reviewed, it did go through a rigorous fact-checking process before its publication in the Journal of the American Medical Association.



Avon Lake Old Firehouse Community Center Staff • Phone: (440) 930-4135

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AVON LAKE PARKS & REC
City of Avon Lake
Department of Parks & Recreation
150 Avon Belden Road
Avon Lake, OH 44012
(440) 930-4130



Old Firehouse Senior Center Sponsors

With the generous support of our sponsors we are able to provide more new programming at no charge to our guests and maintain low costs for other established programs. Please consider supporting them as your needs arise.



Duber Automotive

32915 Pin Oak Pkwy | Avon Lake
(440) 933-2320



AVON LAKE
ANIMAL CLINIC

We're here because we care
124 Miller Rd | Avon Lake
(440) 933-5297



Butts Plumbing
174 Lear Rd | Avon Lake
(440) 933-8686



GENTLE
yoga

Gentle Yoga is a restful, calming class that includes breathing, gentle flowing movements, passive and supported poses. This yoga class is appropriate for all levels including those with limited mobility, or who prefer a softer, gentler approach to yoga. Modifications for poses will be offered, but students must be able to get

down to the floor and up again unassisted. Instructors Sherri Coleman & Erica Cambarare will be working together to provide the best possible Yoga experience for each individual. Sherri will oversee the class on Tuesdays and, Erica, on Thursdays (see bios on page 1).

Tuesdays & Thursdays at the Old Firehouse Community Center
11:00 a.m. – 12:00 p.m.

12-Class Punch Card for \$60 or pay as you go for \$8/class.
Get Punch Cards at the Old Firehouse or at www.AvonLakeRec.com

Strength & Balance

At the Old Firehouse Mondays and Wednesdays
11:00am-12 noon

A great 50+ class with stretching, balance activities, additional strengthening with hand weights, followed by cool down stretches. A portion of the class is seated in chairs and the rest completed standing. This class does not require the ability to get down on the floor.

Mondays & Wednesdays at the Old Firehouse Community Center
11:00 a.m. – 12:00 p.m.

12-Class Punch Card for \$60 or pay as you go for \$8/class.
Get Punch Cards at the Old Firehouse or at www.AvonLakeRec.com

Come walk with us!



Join our growing group of morning walkers every weekday morning at 8:00am as they walk around the Old Firehouse and enjoy conversation and lively banter. Afterwards, stick around and keep the conversation going while you enjoy a cup of coffee. Questions? Call (440) 930-4135.

Tuesday Evening Chair Yoga



Instructed by Lana Sevel

Chair Yoga for Every Body

Tuesdays 4:30 – 5:00 p.m.

Lana Sevel, Instructor

This class is ideal for anyone who is unable to get up and down from a yoga mat.

6-Class Punch Card: \$60/Resident, \$72/Non-resident



Specialty Fitness Program

“Bootcamp & Balance” class for those with movement disorders. Specializing in Parkinson’s, MS, Arthritis and all general mobility issues.

For more information call (440) 930-4141 or email Tru Pace at tpace@avonlake.org

Minds in Motion®

1:30-3:00pm on the 2nd Thurs. of each month at The Old Firehouse. Pre-registration is required. Contact Mary Ertle at (216) 342-5607 or mertle@alz.org to learn more.



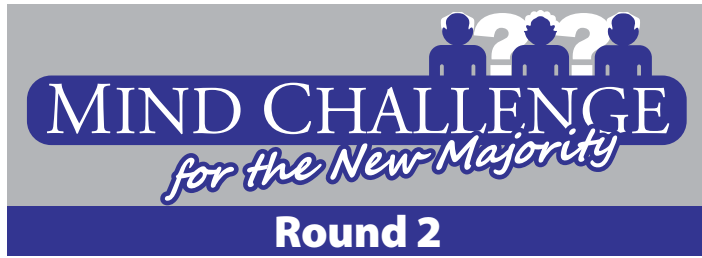
alzheimer's association®

Meals On Wheels



The Lorain County Office On Aging has openings for it's Meals On Wheels program. If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program. To receive a hot, nutritional lunch Monday through Friday, call the Lorain County Office On Aging (440) 949-8146.

Trivia Tournament for People 50+ Among 36 Cities



Round 2
Monday, February 10, 2020 | 3:30pm
Rocky River Senior Center
 21012 Hilliard Boulevard, Rocky River, Ohio 44116
Teams Representing Avon Lake



New Majority

L-R: Liz Rawlinson, Jennifer Hughes, Kate Merriman, Ann Seltzer, Gary Izo, Michael Hughes



Brain Fog

L-R: Cheryl Koch, Gary Randall, Sue Randall, Pat Randall



Kekic's Kids

L-R: Kris Kral, Darlene Blakeslee, Dave Blakeslee, Mike Kral (not pictured Chuck Froelich, Carol Froelich)

This is the second year after a tremendously successful inaugural campaign in 2019. **The Mind Challenge 2020** Modeled after the popular NCAA basketball tournament, The Mind Challenge for The New Majority allows participants to enhance their brain fitness acumen and polish their socialization skills while competing for cash prizes and bragging rights for their respective communities. The Final Four & Championship rounds will be held on Wednesday, May 6, 2020 at the Jack Thistledown Racino.

FEBRUARY MOVIES at the Old Firehouse

Wednesday Mornings at 10:15am

February 5 Harriet

PG-13 | 2h 5m
 Action, Biography, Drama
 Cast: Cynthia Erivo, Leslie Odom Jr., Joe Alwyn
 The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.
 Snacks provided by **Independence Village of Avon Lake**



February 12 War Room

PG | 2h minutes
 Drama
 Cast: Alena Pitts, T.C. Stallings, Priscilla Shirer
 With great jobs, a beautiful daughter and a dream house, the Jordans seem to have it all. Appearances can be deceiving, however, as husband Tony flirts with temptation and wife Elizabeth becomes increasingly bitter, crumbling under the strain of a failing marriage. Their lives take an unexpected turn for the better when Elizabeth meets her newest client, Miss Clara, who encourages the couple to find happiness through prayer.
 Snacks provided by **O'Neill Healthcare Bay Village**



February 19 The Great Alaskan Race

PG | 1h 27m
 Action, Adventure, Drama
 Cast: Brian Presley, Treat Williams, Brad Leland
 In 1925's historic great race of mercy, a group of brave mushers travel 700 miles to save the small children of Nome, Alaska from a deadly epidemic.
 Snacks provided by **City of Avon Lake Parks & Rec**



February 26 Maya Angelou: And Still I Rise

Historical Documentary
 PG-13 | 1h 54m
 The story of iconic writer, poet, actress and activist Maya Angelou whose life intersected some of the most significant moments in the recent history of the United States of America.
 Snacks provided by **Avon Place**



FREE Lunch & Learn.

AT THE OLD FIREHOUSE



Sally Tomko presents
What's On Your Bucket List?
 Thursday, February 27 | 12:00pm

LUNCH PROVIDED BY:  HOSPICE OF THE WESTERN RESERVE



COMMUNITY TRANSPORTATION
 Transportation curb-to-curb service is available to all Avon Lake residents on Monday, Tuesday, and Wednesday, 8:30 a.m. to 3 p.m. The transport van has a wheelchair lift available. Appointments are scheduled 24 hours to 3 weeks in advance. 24-hour notice is required for scheduling transportation. There is no fee for this service. Appointments are taken on a first-come basis.

All passengers must return a completed 2018 Passenger Transportation Information Form prior to their first trip. Forms are located at City Hall, at the Old Firehouse Community Center and online at www.avonlake.org.

MONDAY: Medical Appointments

TUESDAY : Avon Lake Public Library, Drug Mart Plaza, Giant Eagle, Learwood Square

WEDNESDAY: Avon Commons , Wal-Mart

Call (440) 930-4126 for scheduling.

There are many fun, rewarding, and supportive organizations for seniors. Here are some to consider:

AVON-ON-THE-LAKE GARDEN CLUB—Meets every 1st Wednesday at Avon Lake Library for a Lunch Meeting. For information please call 440-821-4617.

AVON LAKE WOMEN'S CHORUS—Meets every Monday, September through May, 9:30am at the United Church of Christ, 32801 Electric Blvd, Avon Lake, OH. NO auditions are necessary—come in if you like to sing.

HERITAGE AVON LAKE—Meets on the 2nd Monday at the Library. For more info call (440) 714-7581

FRIENDS OF THE AVON LAKE LIBRARY—For more info call the Library at (440) 933-8281

LIVELY AVON LAKERS—Meet every 3rd Wednesday at Legacy for a Lunch Meeting. Please call Marilyn Robertson for more information (440) 258-6635

NORTHEAST OHIO PC CLUB—Have questions about computers, tablets or phones? We can help. Monthly meetings on the 2nd Wednesday of each month at Westlake Porter Library. 27333 Center Ridge Rd., Westlake.

Please consider a Membership to the Old Firehouse.

Although our expenses are generally covered by resident's tax dollars, the cost of coffee, creamer, sweetener, paper goods, plastic ware, copies, and other miscellaneous items come out of the Old Firehouse budget. Your resident membership contribution of \$25/year (\$40/couple) could go a long way to stretch our budget and use it to help defray costs of potential trips, lunches & other fun stuff.

Non-resident's contribution of \$35/year (\$50/couple) would be very much appreciated, but, as with residents, not necessary. We certainly enjoy your visits!

Please stop in, call (440) 930-4135 or visit AvonLakeRec.com to join.

Old Firehouse Membership

- Members will have access to our new exercise room featuring 2 elliptical machines, 2 treadmills, 3 recumbent bikes, dumbbells and free weights.
- Our Monthly Newsletter will be included in the cost of membership.
- Cost of the monthly Senior Hot Lunch will be discounted \$2.00 for members.
- Members will receive discounts on pay-to-participate activities at The Old Firehouse.

Membership is NOT required to use the facility. However, it does help to reduce the cost of everyday expenses such as coffee, condiments, paper products, plastic cutlery, copies, etc.

I would like a MEMBERSHIP to the Old Firehouse Community Center at a cost of \$25.00 (\$35 non-resident)

Couples memberships available for \$40.00/couple per year (\$50.00 non-resident).

Name _____
 Phone _____
 Email _____
 Street _____
 City _____ State _____ Zip _____

Please submit this form along with your Payment, payable to the City of Avon Lake.

Newsletter Subscription Form

I would like a yearly subscription to the "Talk On The Lake" Senior Newsletter for a cost of \$12.00/year

Single newsletters will continue to be sold at a cost of \$1.00 each.

Name _____
 Phone _____
 Email _____
 Street _____
 City _____ State _____ Zip _____

Please submit this form along with your Payment, payable to the City of Avon Lake.

SENIOR HOT LUNCH
 February 18th at 12:00pm

Swiss Steak, Mashed Potatoes,
 Glazed Carrots, Tossed Salad,
 Rolls & Butter, Cherry Pie

REGISTER BEFORE FEBRUARY 14TH
 \$9⁰⁰ | \$7⁰⁰ for Members | Free for 90+

If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online at www.AvonLakeRec.com

Novotny
CATERING


Lively Avon (Lakers)!
 Wednesday, February 19th—
 Ex-addictions counselor to speak at Lively Avon Lakers in February


Kathy Cooney, LISW-S, a retired addictions counselor, will speak at the February luncheon of the Lively Avon Lakers on the subject of “addictions and effecting families”. The luncheon will be held at the Legacy Club of Sweetbriar Golf Course, Jaycox Road, Avon Lake, on Wednesday, Feb. 19.

The luncheon will include a menu of chicken paprikash with spaetzles and green beans, Legacy salad, rolls and butter, beverage, and cookies and brownies for dessert.

Cost is \$14 per person, which includes the full-course lunch and program. Reservations can be made by contacting Pat (440) 933-8986, Sophie (440) 933-9879, or Marilyn (440) 258-6635 (before 9 p.m. Monday, Feb. 17, please).

The Lively Avon Lakers is a social group that meets on the 3rd Wednesday of each month for lunch, a program, and for fun. New members, aged 40 and over from any area, are welcome. Annual dues of \$15 per person help finance programming. For more information, please call the organization’s president, Marilyn Robertson, at (440) 258-6635.

 **Blood Pressure**
 Tuesday, February 18 | 12:30-2:30
 Old Firehouse Community Center

 **University Hospitals**
 St. John Medical Center
 A CATHOLIC HOSPITAL

B I N G O

Thursday, February 20 | 1:00pm
 Sign up in the book or call (440) 930-4135

 **Avon Lake Fire Dept**
Lock Box Program
Call 440-933-8305

CREATIVE NEEDLES

HAND WORK OF ALL KINDS! NOT limited to textiles.
 Knitting • Quilting • Embroidery • Crochet • Needlepoint • Jewelry
 FRIDAY MORNINGS 10:00am-12:00pm at The Old Firehouse

Bridge Mondays, Wednesdays, Fridays at 12:15pm 

Hand&Foot Mondays, Thursdays, Fridays at 12:30pm

Dominoes Tuesdays at 1:00pm 

Mahjong Tuesdays at 1:00pm 

Pinochle Fridays at 12:00pm 

Exercise Room for Members

Our exercise room is available to MEMBERS ONLY of The Old Firehouse 8:00am - 2:00pm. Please check with the attendant in the office prior to using equipment. Membership cards are available in the office.



Presidents

Created by Evelyn Bailey Johnson

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

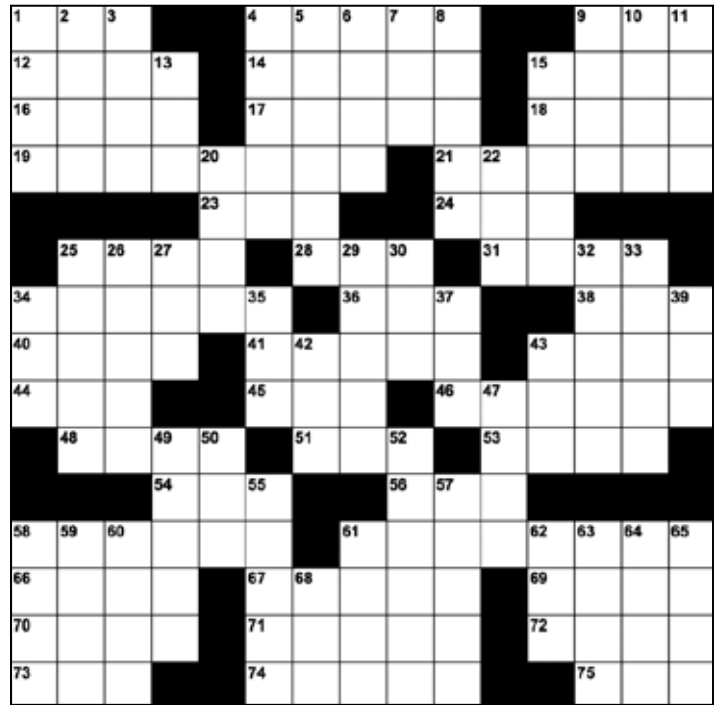
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|-----------|-----------|-----------|------------|
| AMERICA | DEMOCRACY | LIBERTY | USA |
| BIRTHDAY | ELECTION | LINCOLN | WAR |
| CABIN | FEBRUARY | MILITARY | WASHINGTON |
| CAPITAL | HISTORY | PATRIOT | |
| COLONISTS | HOLIDAY | PRESIDENT | |
| CONGRESS | LEADER | STATES | |



February

Created by Evelyn Bailey Johnson



See solution on page 5.

ACROSS

- | | | |
|--|---|--|
| 1 American Football Conference (abbr.) | 28 Thief's hideout | 54 Wing |
| 4 Display areas | 31 Asian nation | 56 Less than two |
| 9 Poisonous snake | 34 Expects | 58 3.26 light-years |
| 12 Family group | 36 Animal doctor | 61 North American game played with a ball on rectangular field |
| 14 Eight | 38 Wipe | 66 Elide |
| 15 Entreaty | 40 Musical group composed of mostly brass instruments | 67 Goodness, kindness |
| 16 Tropical edible root | 41 Blue-pencils | 69 Decorative needle case |
| 17 Weight device | 43 Game animal | 70 Tender and passionate affection |
| 18 Knocks (2 wds.) | 44 Free of | 71 Sugar-free brand |
| 19 Supplier of water | 45 Snack | 72 Musical symbol |
| 21 Lives | 46 Let out of prison early | 73 Stretch to make do |
| 23 Forbid | 48 Mistake | 74 Nuts |
| 24 River (Spanish) | 51 Thanksgiving vegetable | 75 Women's partners |
| 25 Organization concerned with civil liberties (abbr.) | 53 Super ____ | |

DOWN

- | | | |
|----------------------|--|------------------------------------|
| 1 Pituitary hormone | 25 Wait for | 49 Stick together |
| 2 Strip the skin off | 26 Children's love | 50 Bullfight cheer |
| 3 Greeting ____ | 27 Container top | 52 Secured |
| 4 ____ Rica | 29 1997 Madonna movie | 55 ____ and pains |
| 5 Agreement | 30 Fisherman's tool | 57 Student's class records |
| 6 Heavenly light | 32 Slender pointed shaft shot from a bow | 58 Geographical points |
| 7 Snake like fish | 33 Subdue | 59 Wild |
| 8 Guide | 34 Reduced (abbr.) | 60 Tear |
| 9 Alack's partner | 35 Behold | 61 Destiny |
| 10 September | 37 Cooking measurement | 62 TV lawyer Matlock |
| 11 Enact | 39 Farewell | 63 Particle |
| 12 Neither's partner | 42 24 hours | 64 Pear-shaped stringed instrument |
| 15 Earlier | 43 Not amateur | 65 Legal claim to property |
| 20 Connect | 47 To incite | 68 Compass point |
| 22 Roman dozen | | |

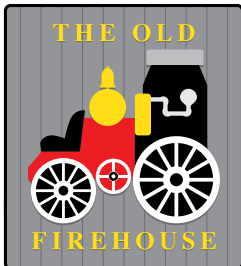
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	4 Indoor Walk, 8:00 Yoga, 11:00 Dominos, 1:00 Mahjong, 1:00	5 Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	6 Indoor Walk, 8:00 Yoga, 11:00 "Minds in Motion" Hand & Foot, 12:30	7 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	8 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30
9	10 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30 Mind Challenge 3:30 Rocky River	11 Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	12 Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	13 Indoor Walk, 8:00 Yoga, 11:00 Hand & Foot, 12:30	14 HAPPY VALENTINE'S DAY! Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	15 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30
16	17 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30 	18 Indoor Walk, 8:00 Yoga, 11:00 HOT LUNCH 12:00 <small>Register before January 17th</small> Blood Pressure 12:30 Mahjong, 1:00	19 Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	20 Indoor Walk, 8:00 Yoga, 11:00 Hand & Foot, 12:30 BINGO 1:00 	21 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	22 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30
23	24 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	25 Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	26 Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	27 Indoor Walk, 8:00 Yoga, 11:00 Lunch & Learn 12:00 Hand & Foot, 12:30 FREE Lunch & Learn 	28 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	29 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30
						1  vitalant Blood Donations 8:30-1:00

City of Avon Lake
TALK ON THE LAKE
150 Avon Belden Road
Avon Lake, OH 44012
(440) 930-4135

To Our Friend:

REMINDER
Should the Avon Lake
City Schools close
BECAUSE OF WEATHER
CONDITIONS,
the Old Firehouse
will be closed as well.

AVON LAKE
PARKS
& REC



City of Avon Lake Department of Parks & Recreation

February 2020

talk on the lake

The Old Firehouse Community/Senior Center | 100 Avon Belden Road, Avon Lake, OH 44012 | (440) 930-4135 | www.AvonLakeRec.com

Old Firehouse Community Center Schedule of Activities

Indoor Walking Group—

Monday through Friday from 8:00am to 9:00am

Intermediate & Advanced Bridge—

Mondays, Wednesdays & Fridays at 12:15pm

Bridge Lessons—Wednesdays at 10:00am (per request)

Hand & Foot—Mondays & Fridays at 12:30pm, Thursdays at 1:00pm

Pinochle—Fridays at 12:00pm

Mahjong—Tuesdays at 1:00pm

Dominoes—Tuesdays at 1:00 p.m.

Creative Needles—Fridays at 10:00am

Yoga—Tues. and Thurs. from 11:00am to 12:00pm

Strength & Balance Fitness Class—

Mondays and Wednesdays from 11:00am-12:00pm

Wednesday Morning Movies—Wednesdays at 10:15am

Ballroom Dance Lessons—

Mondays: Intermediate 7:30pm-8:30

Wednesdays: Basic 7:30pm-8:30pm

Senior Hot Lunch—Third Tuesday of every month at 12:00pm
(reservations required)

Blood Pressure Checks—

Third Tuesday of every month at 12:30pm

Grief Counseling—per request

Want to be better informed?

Subscribe to our eRec Newsletter by clicking the "Newsletter" link near the bottom of our home page at www.AvonLakeRec.com
and/or text **ALREC** to **36000** to receive information about current and upcoming Recreation programs