



# talk on the lake

News &amp; Events at the Old Firehouse Community Center

## Strength & Balance and Yoga classes WILL CONTINUE at the Old Firehouse!

Beginning in January of 2020 we will have new faces instructing our fitness classes at the Old Firehouse.

**Sherri Coleman** began her yoga journey when she first stepped on a mat in 2011. Loving the way she felt after class she just kept going back week after week. Finishing her 200hr YTT in April 2018 has allowed her to share yoga with others. Prior to teaching yoga, Sherri was a medical social worker for 16 years. She lives in Avon Lake with her husband, 2 children, dog and cat. Sherri would love to meet you on your mat.

**Erica Cambarare** first began practicing yoga off and on in 1999, finished with her 200-hour teaching certification in 2009 and received her 500-hour yoga certification in 2015. She loves all styles of yoga for various reasons, but gravitates to anything flowing or restorative in nature. In addition to teaching she is a wife, mother of two boys, and student (again). Yoga led her to become a certified aromatherapist, reiki master, and to explore other healing modalities.

Sherri & Erica have been yogaing together for several years. They have very similar styles in teaching and will work together to coordinate the classes they instruct.



## HAPPY NEW YEAR! 2020 RESOLUTIONS.

Every new year we set about making New Year's resolutions. Usually they're related to our physical health: going on a diet, joining a gym or drinking less. But what about our mental health?

Mental health is central to every part of our lives: how we interact with loved ones, how productive we are at work, and how we feel when we are alone. So here are six things science says you can do to improve your mental health in 2020.

**1. Stop dieting.** A lot of people make strict and prohibitive New Year's plans to slash their caloric intake. But there's evidence such resolutions just don't lead to weight loss, and instead restrictive dieting typically leads to long-term weight gain. People with poor body image typically avoid social outings, physical intimacy, and exercise. Poor body image is also linked to depression, anxiety, and a raft of other mental health problems. Self-loathing does not make us thinner, but it does make us mentally unwell.

People often avoid fully participating in life while waiting for their ideal body. Make 2020 the year you stop doing this. People who appreciate their bodies, irrespective of their body size, tend to have better mental health and happier romantic relationships overall. If your goal is mental (or physical health), stop focusing on trying to be thin, and instead work on self acceptance. Trying to be skinny won't make you lose weight and won't make you happy.

**2. Eat broccoli.** The more we learn about the relationship between the gut and the brain, the more evidence we get about the role of nutrition in mental health. People who consume more fruits and vegetables have lower levels of depression than those who eat less fruit and vegetables.

Nutritional improvements over time (a balance of vegetables, fruits, grains and proteins) can improve your mental health and quality of life. Eating leafy greens and vegetables in the broccoli family (cabbage, cauliflower, kale) may even help slow cognitive decline.

**3. Join a group.** Social isolation is a better predictor of early death than either diet or exercise, and as strong a predictor as cigarette smoking. Making new social connections improves mental health, and being embedded in multiple positive social groups helps us cope with stress, and is linked to reduced depression and anxiety.

Being around people is necessary for good mental health.

If you have a dog, start going to your local dog park. If you like board or card games, why not see if there is a group of people who get together to play near you?

**4. Move your body.** I know exercise is an obvious one. A part of you wants to skip over this resolution. Don't. Exercise is one of the most effective ways of reducing depression or anxiety, and maintaining cognitive function.

It doesn't matter if you're walking around your back yard or running a marathon—any sort of movement is going to help you. Adhering to an exercise plan can be hard. Aim to identify exercise you find enjoyable, that gets you out socializing, and that allows you to build competence.

Exercise that does any of these things is easier to continue doing than exercise done with the goal of improving appearance.

**5. Reduce screen time.** So how will you make time to exercise? Reducing screen time is one answer. This doesn't mean you have to give up your favourite show or without Arrested Development or Game of Thrones things rightly seem bleak. But excessive screen time is linked to poor sleep quality, as well as depression. Screen time should be part of a happy life, not a substitute for it.

**6. Seek help if you need it.** We often shroud mental health problems in a cloak of invisibility, hiding them from sight, and assuming we're going to be able to snap out of it by ourselves. The truth is sometimes we need help, and the smart, strong decision is to seek it. Visit your doctor and get on a mental health plan.

Ultimately, you should pick goals that genuinely reflect who you are and what you want, and aim to break them down into concrete, specific steps (specify the when, where and how. The research suggests doing this will maximise your chances of success.

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

**Mike Kral**, Recreation Facilities Manager | [mkrall@avonlake.org](mailto:mkrall@avonlake.org)

**Patty Knip**, Part-time Program Coordinator | [pknip@avonlake.org](mailto:pknip@avonlake.org)

**Cheryl Koch**, Part-time Program Coordinator | [ckoch@avonlake.org](mailto:ckoch@avonlake.org)



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

**PLEASE SIGN UP IN THE BOOK OR CALL (440) 930-4135**



**January 23rd  
1:00pm at the Old Firehouse.**



**FREE Lunch & Learn.**

AT THE  
OLD FIREHOUSE

**January 30th  
12:00pm**

**Sherry Newman Spencer  
Avon Lake—Then & Now**

**MIND CHALLENGE**  
*for the New Majority*

**TEAM FORMATION ROUND  
Thursday  
January 23rd  
1:00PM  
Old Firehouse**



**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. – 12:15 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](http://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. – 12:15 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](http://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.

## Monday Evening Chair Yoga



Instructed by Lana Sevel

**Chair Yoga for Every Body**

**Mondays 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](mailto: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](mailto:mertle@alz.org) to learn more.**



**alzheimer's association®**



## MIND CHALLENGE *for the New Majority*

### Trivia Tournament for People 50+ Among 36 Cities

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.

#### Competition Tips-Off

Competition begins in January 2020 with team formation rounds at 36 senior centers in Northeast Ohio during the month of January and then all trivia tournament play goes to the **West Region Host, Rocky River**.

Regional play will be held in the months of February, March and April (which is a knockout format)

The Final Four & Championship rounds will be held on Wednesday, May 6, 2020 at the Jack Thistledown Racino.

### TEAM FORMATION ROUND

**Thursday, January 23, 2020 1:00pm**  
**Avon Lake Old Firehouse**

Please call or sign up in the book. Questions?  
Call (440) 930-4135

## Grief Support



If you are having a challenging time or need a safe and comfortable place to share, call us to meet with John Monnin, Bereavement Coordinator for Crossroads Hospice. John can be available on Monday mornings from 10:00 a.m. until 11:30 a.m. for an informal and open group, as we discuss ways to cope and heal, as well as, receive and give support.

**Please call us should you want to set up a session. (440) 930-4135**

## Meals On Wheels



The Lorain County Office On Aging has openings for its 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

## JANUARY MOVIES

at the Old Firehouse

Wednesday Mornings at 10:15am

### January 1

**NO MOVIE. CENTER IS CLOSED.**

### January 8

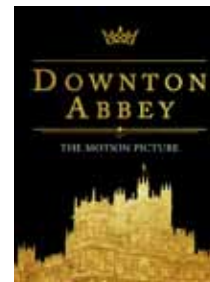
#### Downton Abbey

Rated PG | 2h 2m | Drama, Romance

Cast: Matthew Goode, Elizabeth McGovern, Maggie Smith

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

Snacks provided by **Independence Village of Avon Lake**



### January 15

#### Overcomer

PG | 1h 59m | Drama, Sport

Alex Kendrick, Shari Rigby, Aryn Wright-Thompson

A high-school basketball coach volunteers to coach a troubled teen in long-distance running.

Snacks provided by **O'Neill Healthcare Bay Village**



### January 22

#### Judy

PG-13 | 1h 58m | Biography, Drama, History

Rufus Sewell, Renée Zellweger, Jessie Buckley

Legendary performer Judy Garland (Renée Zellweger) arrives in London in the winter of 1968 to perform a series of sold-out concerts.

Snacks provided by **City of Avon Lake Parks & Rec**



### January 29

#### Brian Banks

PG-13 | 1h 39m | Biography, Drama, Sport

Cast: Greg Kinnear, Aldis Hodge, Melanie Liburd

A football player's dreams to play in the NFL are halted when he is wrongly convicted and sent to prison. Years later, he fights to clear his name within an unjust system.

Snacks provided by **Avon Place**





# FREE Lunch & Learn.

AT THE OLD FIREHOUSE

Sherry Newman Spencer presents  
**Avon Lake—Then & Now!**  
Thursday, January 30th | 12:00pm

LUNCH PROVIDED BY:  **Northridge**  
HEALTH CENTER  
AN EMBASSY HEALTHCARE COMMUNITY

## 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](http://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.

## 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.

## 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!

## 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

January 21st at 12:00pm

Roast Pork Loin, Mashed Potatoes,  
Sauerkraut, Apple Sauce  
Rolls & Butter, Apple Pie

REGISTER BEFORE JANUARY 17TH

\$9<sup>00</sup> | \$7<sup>00</sup> 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](http://www.AvonLakeRec.com)

*Novotny*  
CATERING



## Blood Pressure

Tuesday, January 21 | 12:30-2:30  
Old Firehouse Community Center



University Hospitals  
St. John Medical Center  
A CATHOLIC HOSPITAL



Thursday, January 23 | 1:00pm

Sign up in the book or call (440) 930-4135



## Lively Avon (Lakers)!

Wednesday, January 15th—  
Avon Lake detective to speak at January luncheon of Lively Avon Lakers

Avon Lake police detective Don Godlewski will speak on "senior safety and avoiding scams" at the January, 2020, luncheon of the Lively Avon Lakers, which will be held on Wednesday, Jan. 15, at the Legacy Club of Sweetbriar Golf Course, Jaycox Road, Avon Lake. Lunch will be served at 11:45 a.m.

The luncheon will include meatloaf with mashed potatoes and corn, Legacy salad, rolls and butter, beverage, and raspberry torte 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, Jan. 13, 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.



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.

# Martin Luther King

Created by Evelyn Bailey Johnson

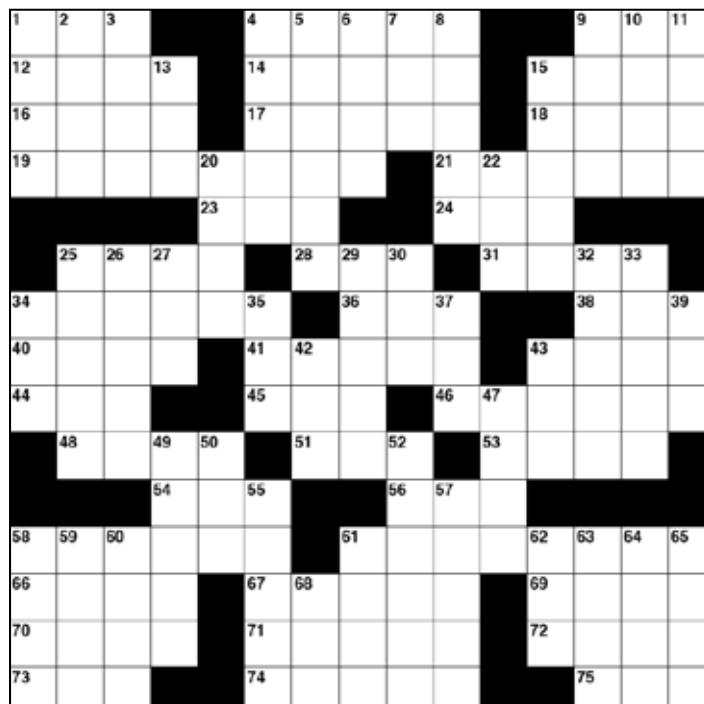
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

O U R E H L I Y R O T S I H  
V E E C L C S E M A B E G I  
E N C N A M R T T L C O E M  
Q N I A I I D A T O K I O H  
U E D R R N D A M Y V D S W  
A E U E O I N O M R E S B M  
L B J L M S E C O E D M J E  
I I E O E T S I R R T A T L  
T G R T M E E F E O N T E N  
Y O P N T R A A L U O G B O  
U T T I T H M L A C N E T H  
I R N B U S A R Y A G S T H  
A Y T M A B Y O H T T E R N  
M B L A C K B C O U R A G E

BALLOT	COURAGE	JANUARY	RACISM
BIGOTRY	DREAM	MARCH	SERMON
BLACK	EQUALITY	MEMORIAL	VOTE
BOYCOTT	FREEDOM	MINISTER	
BUS	HISTORY	MLK	
CHANGE	INTOLERANCE	PREJUDICE	

# January

Created by Evelyn Bailey Johnson



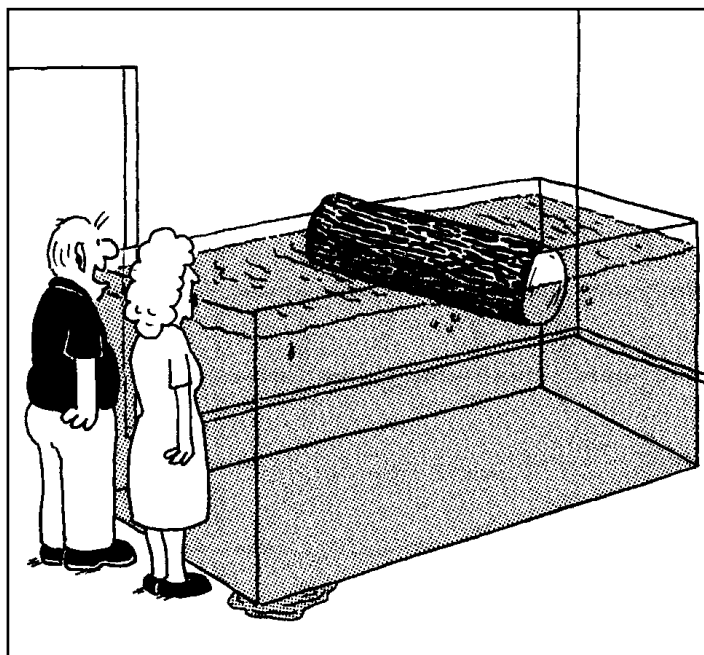
See solution on page 5.

## ACROSS

- |   |                           |  |
|---|---------------------------|--|
| 1 Resort hotel  | 25 Hairstyle              | 56 Greedy person   |
| 4 Tempos  | 28 Pat lightly            | 58 Short open jacket                                     |
| 9 Calorie   | 31 Ritzy                  | 61 Runnerless sled that is curved upwards                |
| 12 Gust   | 34 Express approval       | 66 Waterless   |
| 14 Take into one's family                             | 36 Lavatory               | 67 Fatty vegetable                                       |
| 15 Wheel  | 38 Police officer         | 69 World organization                                    |
| 16 Singing voice                                      | 40 Water film             | 70 Strong wind   |
| 17 Pertaining to the north or south ends of the earth | 41 Heroism                | 71 Sounds with reference to pitch, strength, or duration |
| 18 Makes hot cereal                                   | 43 Out of bounds          | 72 Experts   |
| 19 Heavy and widespread snowstorm of lengthy duration | 44 Decade                 | 73 Willy   |
| 21 On the other side                                  | 45 Stretch to make do     | 74 Inscribed stone                                       |
| 23 Bullfight cheer                                    | 46 Slovenly               | 75 Observe secretly                                      |
| 24 Old-fashioned Fathers                              | 48 Sprint                 |  |
|   | 51 Central nervous system |  |
|   | 53 Stare at               |  |
|   | 54 Net                    |  |

## DOWN

- |                           |   |   |
|---------------------------|---|---|
| 1 Wash with a mop         | 27 Boundary   | 50 Possessive pronoun   |
| 2 Tablet                  | 29 Type of wrench   | 52 Large, long-handled scoop for digging or scooping heavy material |
| 3 Opposed                 | 30 Ghost's greeting   | 55 Coverings for the feet worn for protection                       |
| 4 From the pope           | 32 Frown angrily  | 57 Overly fat   |
| 5 Worshipped              | 33 Provide housing for  | 58 Containers   |
| 6 Frigid                  | 34 Pacific Time   | 59 Spoken   |
| 7 Government agency       | 35 Evening  | 60 Spring flower  |
| 8 Tie down                | 37 Sphere   | 61 Prong  |
| 9 See ya!                 | 39 Wooden sheet   | 62 Gross national product (abbr.)                                   |
| 10 Branch of learning     | 42 American Kennel Club (abbr.)   | 63 Long fish  |
| 11 Fewer                  | 43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground | 64 A spinning toy (2 wds.)  |
| 13 Dozen (abbr.)          | 47 Company symbol   | 65 Prying   |
| 15 Upper body             | 49 Swedish citizen  | 68 Large number   |
| 20 Where animals are kept |   |   |
| 22 Head cover             |   |   |
| 25 Curved                 |   |   |
| 26 Animals in a region    |   |   |



"Fitness World was all out of treadmills, but I got a great deal on this log-rolling tank!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> CLOSED	<b>2</b> Indoor Walk, 8:00	<b>3</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	<b>4</b>  Blood Donations 8:30-1:00
<b>5</b>	<b>6</b> Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	<b>7</b> Indoor Walk, 8:00 Yoga, 11:00 Dominoes, 1:00 Mahjong, 1:00	<b>8</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	<b>9</b> Indoor Walk, 8:00 Yoga, 11:00 "Minds In Motion"	<b>10</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	<b>11</b>
<b>12</b>	<b>13</b> Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	<b>14</b> Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	<b>15</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	<b>16</b> Indoor Walk, 8:00 Yoga, 11:00	<b>17</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	<b>18</b>
<b>19</b>	<b>20</b> Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	<b>21</b> Indoor Walk, 8:00 Yoga, 11:00 <b>HOT LUNCH 12:00</b> Register before January 17th <b>Blood Pressure 12:30</b> Mahjong, 1:00	<b>22</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	<b>23</b> Indoor Walk, 8:00 Yoga, 11:00 <b>BINGO 1:00PM</b> <b>TEAM FORMATION ROUND</b> <b>1:00PM</b> <b>MIND CHALLENGE</b> <i>for the New Majority</i>	<b>24</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	<b>25</b>
<b>26</b>	<b>27</b> Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	<b>28</b> Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	<b>29</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	<b>30</b> Indoor Walk, 8:00 Yoga, 11:00 Lunch & Learn 12:00 <b>FREE Lunch &amp; Learn</b> AT THE OLD FRIEDHOUSE	<b>31</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	



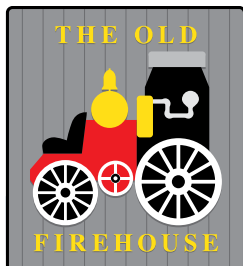
City of Avon Lake  
**TALK ON THE LAKE**  
150 Avon Belden Road  
Avon Lake, OH 44012  
(440) 930-4135

*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

January 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](http://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

**Hatha Yoga**—Tues. and Thurs. from 11:00am to 12:15pm

### Strength & Balance Fitness Class—

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

**Wednesday Morning Movies**—Wednesdays at 10:15am

### Ballroom Dance Lessons—

Mondays: Intermediate 7:00pm-8:00

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

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