December 2026

Talk on the Lake

NEWS AND EVENTS OF THE AVON LAKE SENIOR CENTER AT THE OLD FIREHOUSE

The History of the Christmas Card

Borne out of having too little time, the holiday greeting has boomed into a major industry



A prominent educator and patron of the arts, Henry Cole travelled in the elite, social circles of early Victorian England, and had the misfortune of having too many friends.

During the holiday season of 1843, those friends were causing Cole much anxiety.

The problem were their letters: An old custom in England, the Christmas and New Year's letter had received a new impetus with the recent expansion of the British postal system and the introduction of the "Penny Post," allowing the sender to send a letter or card anywhere in the country by affixing a penny stamp to the correspondence.

Now, everybody was sending letters. Sir Cole—best remembered today as the founder of the Victoria and Albert Museum in London—was an enthusiastic supporter of the new postal system, and he enjoyed being the 1840s equivalent of an A-Lister, but he was a busy man. As he watched the stacks of unanswered correspondence he fretted over what to do. "In Victorian England, it was considered impolite not to answer mail," says Ace Collins, author of Stories Behind the Great Traditions of Christmas. "He had to figure out a way to respond to all of these people."

Cole hit on an ingenious idea. He approached an artist friend, J.C. Horsley, and asked him to design an idea that Cole had sketched out in his mind. Cole then took Horsley's illustration—a triptych showing a family at table celebrating the holiday flanked by images of people helping the poor—and had a thousand copies made by a London printer. The image was printed on a piece of stiff cardboard 5 1/8 x 3 1/4 inches in size. At the top of each was the salutation, "TO:_____" allowing Cole to personalize his responses, which included the generic greeting "A Merry Christmas and A Happy New Year To You"—the first Christmas card.

While Cole and Horsley get the credit for the first, it took several decades for the Christmas card to really catch on, both in Great Britain and the United States. Once it did, it became an integral part of our holiday celebrations—even as the definition of "the holidays" became more expansive, and now includes not just Christmas and New Year's, but Hanukkah, Kwanzaa and the Winter Solstice.

Louis Prang, a Prussian immigrant with a print shop near Boston, is credited with creating the first Christmas card originating in the United States in 1875. It was very different from Cole and Horsley's of 30 years prior, in that it didn't even contain a Christmas or holiday image. The card was a painting of a flower, and it read "Merry Christmas." This more artistic, subtle approach would categorize this first generation of American Christmas cards. "They were vivid, beautiful reproductions," says Collins. "There were very few nativity scenes or depictions of holiday celebrations. You were typically looking at animals, nature, scenes that could have taken place in October or February."

The modern Christmas card industry arguably began in 1915, when a Kansas City-based fledgling postcard printing company started by Joyce Hall, later to be joined by his brothers Rollie and William, published its first holiday card. The Hall Brothers company (which, a decade later, change its name to Hallmark), soon adapted a new format for the cards—4 inches wide, 6 inches high, folded once, and inserted in an envelope.

In this new "book" format—which remains the industry standard—colorful Christmas cards with red-suited Santas and brilliant stars of Bethlehem, and cheerful, if soon clichéd, messages inside, became enormously popular in the 1930s-1950s. As hunger for cards grew, Hallmark and its competitors reached out for new ideas to sell them. Commissioning famous artists to design them was one way: Hence, the creation of cards by Salvador Dali, Grandma Moses and Norman Rockwell, who designed a series of Christmas cards for Hallmark.

Special Events this Month!

December 10th
Holiday Brunch at 11:00am
O'Neill Healthcare

December 15th
Senior Hot Lunch 12:00pm
Boneless Breast of Roasted Chicken, Garlic Mashed Red Potatoes, Glazed Baby Carrots
Christmas Cookies-courtesy of Devon Oaks
Blood Pressure Screenings 12:30pm

November 17th
Bingo 2:00p
Amy Margiotti, Howard Hanna

December 25th
Closed for Christmas Day

Ronald McDonald House Charities

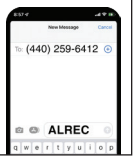
We collect aluminum pull tabs to help support the Ronald McDonald House.
They generate thousands of dollars from the pop tab collection program every year and that helps keep the lights on!



ALERT AVON LAKE

Receive severe weather notifications, closures, emergency information, or general updates. Sign up at AvonLake.org/Alert or Call 440-933-6141.

Text ALREC to 440-259-6412 to receive texts regarding changes/ closures to the Senior Center and other Recreation programs.



SilverSneakers® Renew Active® by UnitedHealthcare

Be sure to take advantage of our SilverSneakers® or Renew Active® memberships provided with your Medicare Supplimental Insurance.

Fitness at the Old Firehouse



Renew Active™ by UnitedHealthcare

SilverSneakers®

Renew Active® & SilverSneakers™ compliant.

No charge for Renew Active or SilverSneakers members. Otherwise, there is an $8.00 drop-in fee per class.

12 visit punch pass membership is available for $60.00 which may be used for any of our regular group fitness classes.

Fitness Levels

1. **For people with limited mobility (e.g., MS, Parkinsons, Severe Arthritis).**
2. **For mobile people that may require a chair for some additional support.**
3. **For people with no mobility issues.**

MON	TUE	WED	THU	FRI
8:15-9:15 Advanced TRX* *Carrie*				
9:30-10:15 **Stability** Beth	9-10 **Boom Muscle** Carrie	9:30-10:15 **Stability** Beth	9-10 **Boom Muscle** Carrie	9:15-10 **Chair Yoga** Crissy
10:30-11:15 **Circuit** Martine	10:30-11:15 **Stability Plus** Beth	10:30-11:15 **Classic** Kelly	10:15-11:00 **Boom Move** Carrie	10:15-11:00 **Stability Plus** Heather
11:30-12:15 **Gentle Yoga**	11:35-12:20 **Gentle Yoga** Sherri	11:30-12:15 **Gentle & Meditation Yoga**	11:15-12:00 **Yin Yoga** Crissy	11:15-12:00 **Yoga Plus** Heather
	5:00-5:45 Slow Flow Yoga* *Sherri*		4:00p-5:00p **Yoga Flow** Sherri	

SilverSneakers/Renew Active DO NOT APPLY to this class.

3 **ADVANCED TRX** Class uses the TRX suspension trainer that leverages gravity and the user's body weight to complete the exercises. This highly intensive conditioning class requires proficiency in the use of the TRX Suspension Trainer. THE CLASS WILL BE LIMITED TO 10 PARTICIPANTS.
SilverSneakers/Renew Active DOES NOT APPLY to this class.

3 **BOOM MUSCLE** Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill. This class is designed to work all major muscles with a variety of strength and conditioning exercises.

2 **BOOM MOVE** Dance-inspired workout to challenge cardio finess with easy-to-follow movement patterns. Perfect for the active older adult seeking a moderate-to-vigorous-intensity workout, exercising from a standing position.

2 **CIRCUIT** Standing upper-body strength work alternated with low impact cardio using a chair for standing support. A perfect 50+ class that incorporates stretching, balance, agility and strength, along with fun music. This class utilizes various equipment, such as weights, exercise balls, drumming sticks, and much more. A portion of the class is seated in chairs, no floor work.

2 **CLASSIC** Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

1 **STABILITY** This class is designed to increase mobility and flexibility for all with limited range of motion. The program is especially helpful to those suffering the effects of Parkinson's Disease and Multiple Sclerosis. Exercises will focus on the four components of fitness: cardio, strength, flexibility and balance and are specifically designed to gradually improve overall fitness and to combat symptoms of disease.

2 **STABILITY+** Similar to our Stability Class, but more intense. This class has been set up for those with lesser mobility issues, but wish to improve their motion and flexibility.

1 **CHAIR YOGA** The chair serves as a stable foundation, allowing you to deepen your stretches, engage your muscles, and experience the benefits of yoga in a safe and comfortable manner.

1 2 **GENTLE & MEDITATION YOGA** A slower-paced class that pairs traditional Hatha postures with guided meditation, offering time to move mindfully and time to simply be still.
Poses are held longer to focus on Breath Awareness, Alignment, Body Awareness, Improved flexibility, Relaxation & Balance, and Mind-Body Connection. Class finishes with a meditation practice to calm the nervous system and center the mind

2 3 **GENTLE YOGA** Standing & seated yoga poses to increase flexibility, balance and range of motion. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

2 3 **YIN YOGA** is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints. Students must be able to get on and off the floor unassisted.

3 **YOGA FLOW** Flow-based (continual movement between posses) class tying breath to movement between individual postures. Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive in a flow based class, your body should be healthy and free of injury and you should have an understanding of the individual postures.

2 3 **YOGA PLUS** Pilates, Weights, Core & more. Yoga Plus intertwines components of your favorite yoga class with common weight training exercises, Pilates movements and more. In this class you will get all the benefits that yoga has to offer plus some cardio, strength training and toning as well. Each class will be different and will allow you to work at your own pace as you continue on your journey to build strength.

HOLIDAY BRUNCH

Thursday, December 10th | 11am | Old Firehouse

Compliments of

O'Neill Healthcare | BAY VILLAGE

Slow Flow Yoga

with Sherri



Tuesdays 5:00p–5:45p

At The Old Firehouse Community Center

$8/Class Drop-in | $60/12 Visit Punch Pass

(SilverSneakers® and Renew Active® DO NOT APPLY)

Slow Flow Yoga gives you time to settle into each posture and refine alignment. Expect a blend of grounding sequences and longer holds designed to Build Strength, Improve Flexibility, Improve Balance, and Reduce Stress & Quiet the Mind.

Students should have some familiarity with foundational yoga postures and be comfortable moving a steady pace through a full practice.

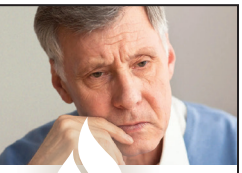
This is a Level 2–3 Fitness Class

Questions? Contact Brian Mahoney at 440-930-4135 or bmahoney@avonlake.org.

Senior Strong

With Thomas Hayes of The Far West Center

The Far West Center is a private non-profit outpatient center providing mental health services for community residents and organizations.



far WEST Center

Thursday, December 3

What Matters Most

Living by Your Values and taking small steps toward a fuller life

Together we'll explore: Discovering what matters most to you now; Turning what you care about into action; Getting past the thoughts that hold us back; Practical tools for emotional well-being.

Thursday, December 17

Caring for Yourself Through the Holidays

Finding calm and comfort in a busy season

Together we'll explore: Handling holiday stress, grief, and loneliness; Simple calming skills you can use anywhere; Being as kind to yourself as you are to others; Making the season your own, your way.

Select Thursdays at the Old Firehouse | 11:00am

HALLOWEEN LUNCH 2026

Sponsored by O'Neill Healthcare













Avon Lake Women's Chorus Rehearsals

If you enjoy singing, laughter, & conversation with new friends, there's a spot for you in the

Avon Lake Women's Chorus.

Convenient Monday Morning Rehearsals.
Start the week off with a smile!
9:30–11:30am (September–May)

No Auditions!

Old Firehouse Community Center
100 Avon Belden Road
(Rt. 83 & Lake Road, Avon Lake)
(Convenient Parking)
Questions? Call Irene at 440-937-8827.
(Please leave message when prompted)
Our 76th Year of performing local for independent/assisted-living residents, local groups/clubs.
[501(c)(3) Non-Profit Oganization – Federal ID#34-1427819]

QUILT RAFFLE TO SUPPORT THE AVON LAKE WOMEN'S CHORUS!

The lovely 71"x 63" quilt, pictured below, "Holly Lane" was handmade by one of our members. Tickets are 1 for $5 or 3 for $10. The drawing will be held at our "Christmas Friends and Family Concert" Saturday, December 5th at 3:00pm at Christ Evangelical Lutheran Church. 32747 Lake Road, Avon Lake, Ohio. Tickets will also be sold at the church before the concert. Winner need NOT be present. Concert is free but free will donations are always appreciated.



HOT LUNCH

DECEMBER 15TH AT 12:00PM
$7.00 | $5.00 for Members | Free for 90+

— MENU —

Boneless Breast of Roasted Chicken, Garlic Mashed Red Potatoes, Glazed Baby Carrots
Christmas Cookies-courtesy of Devon Oaks

If you have paid for your lunch and you are uable 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.
Payment due at time of registration.

Blood Pressure Checks
Tuesday, Dec. 15th 12:30p–2:30p

Evelyn from St. John Medical Center will be available to check blood pressures this month.



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL

BINGO

This month Amy Margiotti of Howard Hanna will be calling the numbers on Thursday,
December 17th at 2:00pm.
Call 440-930-4135 to reserve your spot.

ASIAN MAHJONG



Thursday's 12:30p-3p
At The Old Firehouse
EASY TO LEARN • FUN TO PLAY
NO SIGN-UP NECESSARY

Bobbi Smedley
BCPP, IHHP, ER, RPE

Heal through the power of touch!



Relaxation & Sports Massage
(Designed for individual needs)
Raindrop Massage
Lymph Massage
Shoulder, neck, cranium, face massage
Polarity Therapy
Chakra Balancing & Tuning Forks
Aromatherapy Massage
Energy Bodywork
Elemental Reflexology

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.

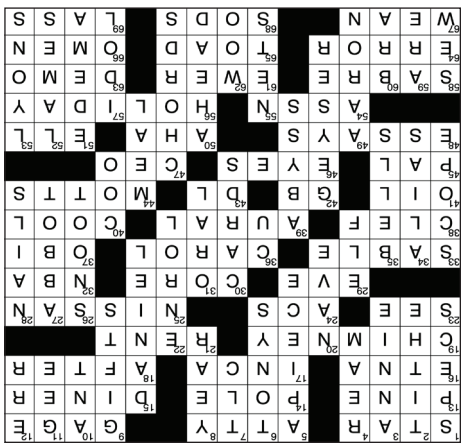
Name _____ Phone _____

Street _____

City _____ State _____ Zip

Email _____

Please submit this form along with your payment in person at the Old Firehouse or mail to:
The Old Firehouse, 100 Avon Belden Rd, Avon Lake, OH 44012
Checks payable to "The City of Avon Lake"



Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner, or significant other.
First Thursday of each month 7pm–8pm
at Avon Lake United Church of Christ
32801 Electric Blvd., Avon Lake, OH 44012
Contact: Amy Boyd-Kirksey 216.383.3788
Email: aboyd-kirksey@hopicewr.org

Meals On Wheels

If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program offered through Neighborhood Alliance. To receive a hot, nutritional lunch Monday–Friday, call: 440-233-8768, Opt. 2.

Residential Lock Box Program

Lock Boxes are safe, secure, and afixed near to the main entry of your home where only safety services will have access in emergencies. To order a residential lockbox, please visit roperlock.com/product/avonlake or call 1-800-466-9312 to request a *Crest Guardian Lock Box-Wall Mount* and use *Key Code: Avon Lake.* When your Lock Box arrives, call 440-933-8305 to schedule installation.

Community Transportation

Available to all Avon Lake residents on Monday through Thursday 8:30 a.m. to 3 p.m. The transport van has a wheelchair lift available. Scheduling is done Thursdays and Fridays from 8:00am–12:00pm by calling (440) 930-4126. You may schedule up to three weeks in advance. There is no fee for this service. Appointments are taken on a first-come basis.

All passengers must return a completed 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 and Drug Mart Plaza

TUESDAY
Medical Appointments, Giant Eagle, and Learwood Square.

WEDNESDAY
Medical Appointments, Avon Commons, Aldi and Wal-Mart.

THURSDAY
Medical Appointments, Meijer's, local banks, and hair appointments.

WEDNESDAY MOVIES AT 10AM



DECEMBER 2
Irena's Vow

R | 2h 1m | War, Drama
Cast: Sophie Nelisse, Dougray Scott, Agata Turkot
This true story follows Irena Gut Opdyke, a 19-year-old Polish Catholic nurse who risked her life to shelter and save 12 Jewish workers during World War II.



DECEMBER 9
The Best Christmas Pageant Ever

PG | 1h 39m | Drama, Comedy
Cast: Kynlee Helman, Sebastian Rodriguez, Judy Greer
Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt the town's yearly Christmas performance.



DECEMBER 16
A Dog's Perfect Christmas

TV-14 | 1h 39m | Drama, Comedy
Cast: Dennis Quaid, Mary Steenburgen, Milo Ventimiglia
A sage basset hound narrates how his family faces turmoil when Mrs. Goss falls into an induced coma, and a new Corgi pup helps unite the scattered household during their mother's absence.



DECEMBER 23
A Sudden Case Of Christmas

PG-13 | 1h 31m | Comedy
Cast: Danny DeVito, Andie MacDowell, Lucy DeVito
A couple takes their daughter to her grandfather's hotel in the Italian Dolomites in August to break the news that they are separating. The daughter convinces her family to celebrate one last Christmas together. With the help of her grandfather, she orchestrates a series of festive events to spark a reconciliation.



DECEMBER 23
Love The Coopers

PG-13 | 1h 47m | Comedy, Romance
Cast: John Goodman, Diane Keaton, Alan Arkin
Four generations of the large, dysfunctional Cooper family gather for their annual Christmas Eve dinner. Patriarch Sam and matriarch Charlotte have secretly decided to separate after 40 years of marriage, but they want to put on a final, picture-perfect holiday for their children and extended relatives



Pop-Tab Challenge

Ronald McDonald House Charities

1 MILLION TABS HERE IN LORAIN COUNTY!

North Ridgeville Police Dept.	101 lbs.
Elyria Fire Dept	5.80 lbs.
Collection Center	28.195 lbs.
Avon Lake Fire Dept.	47.45 lbs.
Avon Fire Dept.	23.25 lbs.
Elyria Police Dept.	5.76 lbs.
South Amherst Fire Dept.	0.6 lbs.

Approximately 16 lbs. of tabs collected at the Old Firehouse were contributed to the Avon Lake Fire Department!

Serving income-qualified residents of Avon & Avon Lake.

CRS COMMUNITY RESOURCE SERVICES
Making a difference. Right here at home.

Open M-F, 10am - 2pm.
Closed Fridays from Memorial Day–Labor Day

33479 LakeRoad, Suite C, Avon Lake, OH 44012
www.aalcrs.org - aalcrs@aalcrs.org - 440-933-9536

ON-SITE FOOD PANTRY
EMERGENCY FINANCIAL ASSISTANCE
PERSONAL DEVELOPMENT PROGRAMS

WINTER

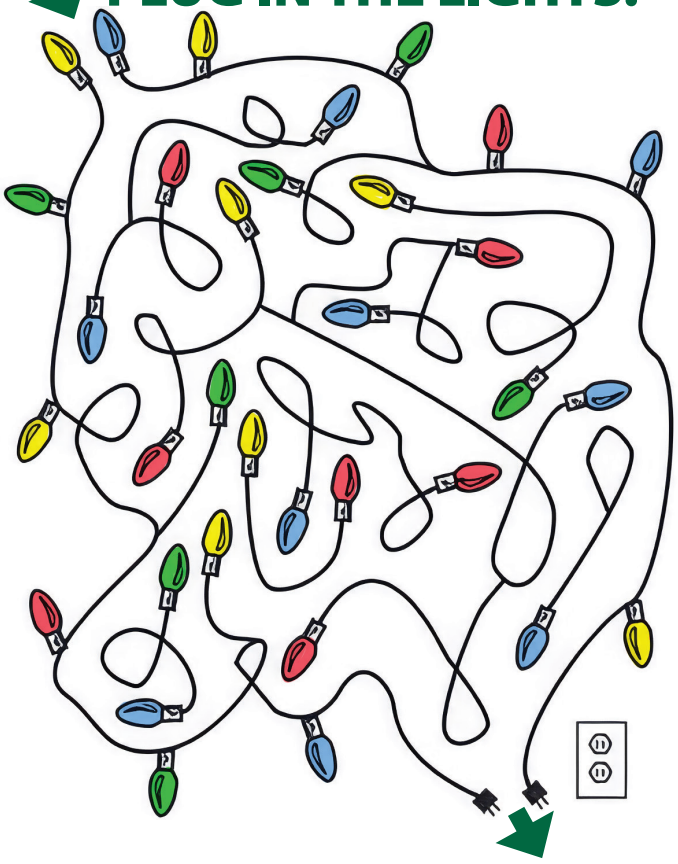
by JImmy and Evelyn Johnson

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

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

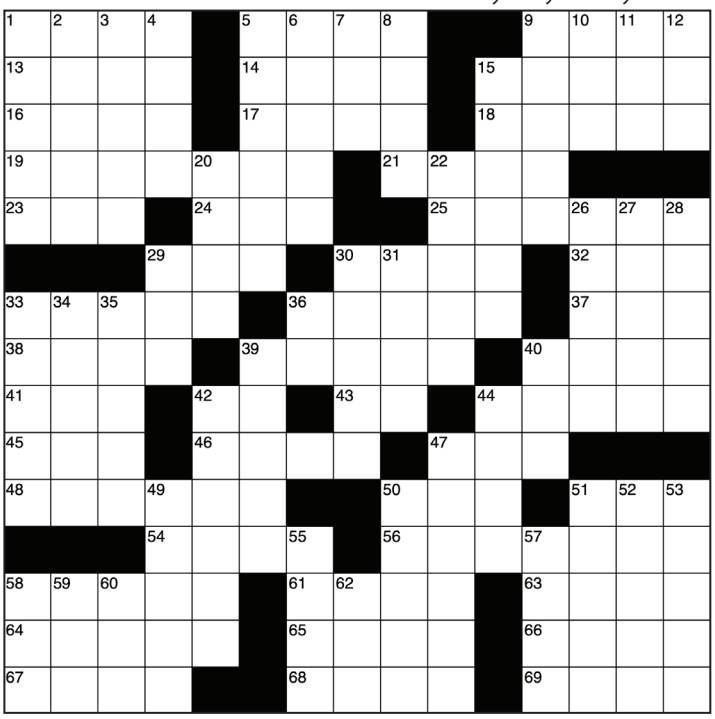
WINTER
BLIZZARD
BLUSTERY
BOOTS
EARMUFFS
FIREPLACE
FROZEN
HIBERNATE
HYPOTHERMIA
ICICLE
PARKA
SHOVEL
SKATES
SKIS
SLED
SNOW
SNOWBOUND
SNOWPLOW
SNOWSTORM
SWEATER
WHITE
WHITEOUT

PLUG IN THE LIGHTS!



HAPPY HOLIDAYS

by JImmy and Evelyn Johnson



Solution on page 4.

ACROSS

1 Heavenly body visible from earth as point of light
5 Lawyer (abbr.)
9 Measuring instrument
13 Evergreen tree
14 Earth has a N. and S. one
15 Eating house
16 Volcano
17 Ancient Indian
18 Behind
19 Hollow brick structure for passing smoke from a fire into the open air
21 Lease
23 Visit
24 American Cancer Society (abbr.)
25 "Pathfinder" maker
29 New Year's _____
30 Kernel
32 BB association
33 Type of fur
36 Christmas hymn
37 Kimono sash
38 Musical treble _____
39 Relating to the ear
40 Chilly
41 Grease
42 1000 megabytes
43 Deciliter
44 Applesauce brand
45 Chum
46 Potato sprouts
47 Executive
48 Writings
50 Expression of surprise
51 Wing
54 Association (abbr.)
56 Day on which ordinary business activity is suspended
58 Sword
61 Vessel
63 Demonstration
64 Inaccuracy
65 Frog
66 Sign
67 Deprive
68 Turfs
69 Lassie

DOWN

1 Eyeglasses
2 Religious offering
3 Red headed orphan
4 Stack of paper
5 For each one
6 Frozen pizza brand
7 What a nurse gives
8 Time period
9 Present
10 Colony insect
11 "To the right!"
12 Be incorrect
15 O.T. prophet
20 Central church part
22 Recruit
26 Snout
27 Monastery superior
28 Hammer's partner
29 Santa's helper
30 Pieces of stiff paper used to send greetings
31 Spoken
33 View
34 Anonym
35 Metal objects that make pleasant sounds when hit
36 Copper (abbr.)
39 Chasm
40 Murmur
42 Fountain
44 Supper
47 Groups of notes
49 Baseball player Hank _____
50 Leading
51 Water retention
52 Tinseled cloth
53 French city
55 Meshes
57 False god graven image
58 Stitch
59 To be
60 Undergarment
62 Date

What nationality is Santa Claus?
North Polish.



DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**1** **9:00a Boom Muscle*** 10:00a Painting Group **10:30a Stability PLUS*** **11:35a Gentle Yoga*** 12:30p Mahjong 1:00p Dominoes	**2** **9:30a Stability*** 10:00a Movie **10:30a Classic*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Game Players 1:30p Rummikub	**3** **9:00a Boom Muscle*** **10:15a Boom Move*** **11:15a Yin Yoga*** 12:30p Asian Mahjong **4:00p Yoga Flow***	**4** **9:15 Chair Yoga*** 10:00a Friday Crafts **10:15a Stability PLUS*** **11:15a Yoga PLUS*** 12:30p Bridge 1:00p Hand & Foot 1:00p Duplicate Bridge **Hanukkah** *begins at Sundaown*
7 8:15a Advanced TRX 9:30a Women's Chorus **9:30a Stability*** **10:30a Circuit*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Hand & Foot **Hanukkah**	**8** **9:00a Boom Muscle*** 10:00a Painting Group **10:30a Stability PLUS*** **11:35a Gentle Yoga*** 12:30p Mahjong 1:00p Dominoes **Hanukkah**	**9** **9:30a Stability*** 10:00a Movie **10:30a Classic*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Game Players 1:30p Rummikub 1:00p Duplicate Bridge **Hanukkah**	**10** **9:00a Boom Muscle*** **10:15a Boom Move*** **11:00a Holiday Brunch** **11:15a Yin Yoga*** 12:30p Asian Mahjong **4:00p Yoga Flow*** **Hanukkah**	**11** **9:15 Chair Yoga*** 10:00a Friday Crafts **10:15a Stability PLUS*** **11:15a Yoga PLUS*** 12:30p Bridge 1:00p Hand & Foot **Hanukkah**
14 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Garden Club **9:30a Stability*** **10:30a Circuit*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Bunco 1:00p Hand & Foot	**15** **9:00a Boom Muscle*** 10:00a Painting Group **10:30a Stability PLUS*** **11:35a Gentle Yoga*** **12:00p Hot Lunch** **12:30p Blood Pressure** 12:30p Mahjong 1:00p Dominoes 1:00p NE Pinochle Club	**16** **9:30a Stability*** 10:00a Movie **10:30a Classic*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Game Players 1:30p Rummikub	**17** **9:00a Boom Muscle*** **10:15a Boom Move*** **11:15a Yin Yoga*** 12:30p Asian Mahjong **2:00p Bingo** **4:00p Yoga Flow*** 	**18** **9:15 Chair Yoga*** 10:00a Friday Crafts **10:15a Stability PLUS*** **11:15a Yoga PLUS*** 12:30p Bridge 1:00p Hand & Foot 1:00p 3rd Friday Bridge
21 8:15a Advanced TRX 9:30a Women's Chorus **9:30a Stability*** **10:30a Circuit*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Hand & Foot 1:00p Duplicate Bridge	**22** **9:00a Boom Muscle*** 10:00a Painting Group **10:30a Stability PLUS*** **11:35a Gentle Yoga*** 12:30p Mahjong 1:00p Dominoes	**23** **9:30a Stability*** 10:00a Movie **10:30a Classic*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Game Players 1:30p Rummikub	**24** **9:00a Boom Muscle*** **10:15a Boom Move*** **11:15a Yin Yoga*** 12:30p Asian Mahjong **4:00p Yoga Flow*** 	
28 8:15a Advanced TRX 9:30a Women's Chorus **9:30a Stability*** **10:30a Circuit*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Hand & Foot **Kwanzaa** *begins December 26*	**29** **9:00a Boom Muscle*** 10:00a Painting Group **10:30a Stability PLUS*** **11:35a Gentle Yoga*** 12:30p Mahjong 1:00p Dominoes **Kwanzaa**	**30** **9:30a Stability*** 10:00a Movie **10:30a Classic*** **11:30a Gentle Yoga*** 12:30p Bridge 1:00p Game Players 1:30p Rummikub **Kwanzaa**	**31** **9:00a Boom Muscle*** **10:15a Boom Move*** **11:15a Yin Yoga*** 12:30p Asian Mahjong **4:00p Yoga Flow*** **Kwanzaa**	

*SilverSneakers® and Renew Active™ approved fitness class. See description and details on page 2.

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

To Our Friend:

AVON LAKE Recreation



Talk on the Lake

Open Monday–Friday 8:00am-4:30pm CITY OF AVON LAKE SENIOR CENTER

Phone: 440-930-4135

Brian Mahoney
Senior Director/Recreation Facilities Manager
bmahoney@avonlake.org

Patty Knip
Senior Programming
pknip@avonlake.org

AVON LAKE Recreation

Available online at www.AvonLakeRec.com
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