



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

Special Events this Month!

October 6th

Lunch & Learn 12:00pm

Navigate Risk Advisors, LLC

October 8th

Vision Fair 12:00pm–3:00pm

October 15th

BINGO! with Amy Margiotti 2:00pm

Howard Hanna

October 20th

Senior Hot Lunch 12:00pm

Sliced Oven Roasted Eye of Round, Green Beans w/Toasted Almonds, Mashed Yukon Gold Potatoes w/Gravy, Rolls & Butter, Cheesecake Bites

Blood Pressure Screenings 12:30pm

October 22nd

Painting & Hors d'oeuvres 12:00pm

Seniors Helping Seniors

October 29th

Halloween Lunch 12:00pm

O'Neill Healthcare

November 10th

Veterans Pinnings 1:30am–1:00pm



Receive severe weather notifications, closures, emergency information, or general updates.

SIGN UP NOW! AvonLake.org/Alert or

Call 440-933-6141.

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!



SilverSneakers®

Renew
Active™

by UnitedHealthcare

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

Talk on the Lake



WHY DO WE CARVE PUMPKINS AND ENGAGE IN OTHER TRADITIONS ON HALLOWEEN?

The early pagan holiday of Samhain involved a lot of ritualistic ceremonies to connect to spirits, as the Celts were polytheistic. While there isn't a lot of detail known about these celebrations, many believe the Celts celebrated in costume (granted, they were likely as simple as animal hides) as a disguise against ghosts, lit jack-o-lanterns, and enjoyed special feasts.

Over time, as Christianity took over and the pagan undertones of the holiday were lessened.

The Irish custom of lighting jack-o-lanterns to ward away evil spirits came to have a Christian-themed allegory attached to it: A character named Stingy Jack outsmarts the Devil and avoids Hell, but his sinful dealings keep his soul out of Heaven. Instead, his soul roams the Earth, lighting his path with an ember held in a carved radish. Though Christianized, the ghostly element of the story recalls the blurred boundary between the living and dead on the night leading into Samhain.

Other mystical rituals of earlier times evolved into more lighthearted fun and games. For example, the somewhat heavy concept of connecting to the dead was replaced with the more lighthearted idea of telling the future. Bobbing for apples, for example, became popular as a fortune-telling game on All Hallows' Eve: Apples would be selected to represent all of a woman's suitors, and the guy—er, apple—she ended up biting into would supposedly represent her future husband. In fact, Halloween previously posed a huge (albeit rather superstitious) matchmaking opportunity for young women in the 19th century.

Another popular All Hallows' Eve ritual was mirror-gazing, as people hoped to catch a vision of their future by looking into the mirror. There are also reports of fortune-cookie-like favors being given out during earlier times. People wrote messages on pieces of paper in milk, and the notes were then folded and placed into walnut shells. The shells would be heated over a fire, causing the milk to brown just enough for the message to mystically appear on the paper for the recipient.

HALLOWEEN LUNCH

October 29th at 12:00pm

Sign up in the office or call 440-930-4135

O'Neill
Healthcare
BAY VILLAGE

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			8:00-8:45 Hatha & Meditation* Sherri	
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 Ashley	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 Focused Gentle Yoga Ashley	11:30-12:15 Gentle Yoga Sherri	11:30-12:15 Gentle Yoga Flow Dawn	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 fitness 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.

② ③ **FOCUSED GENTLE YOGA** In this class you will move through traditional yoga postures focused on specific areas of the body. Each week will be a different area. Students may need to get on the floor, however, the use of a chair may be helpful for some. This is a great class for those who may be experiencing physical complaints or for anyone looking for a gentle movement and breathing practice.

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 poses) 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.

Hatha & Meditation Yoga

with Sherri

Thursdays 8:00a–8:45a

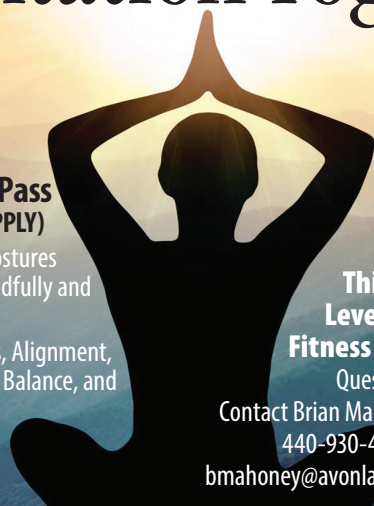
Beginning October 8th at
The Old Firehouse Community Center

\$8/Class Drop-in | \$60/12 Visit Punch Pass
(SilverSneakers® and Renew Active® DO NOT APPLY)

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.



**This is a
Level 1–2
Fitness Class**

Questions?

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

Slow Flow Yoga

with Sherri

Tuesdays 5:00p–5:45p

Beginning October 6th 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 at a steady pace through a full practice.

This is a Level 2–3 Fitness Class

Questions? Contact Brian Mahoney.

440-930-4135 or bmahoney@avonlake.org



Fundamentals of Ballroom Dance

With Paulette Smith, a Certified Ballroom Dance Instructor
teaching Dance Vision Dvida curriculum.

6 weeks October 7, 2026–November 11, 2026

Wednesday Afternoon 4:30pm–5:30pm

Old Firehouse Community Center 100 Avon Belden Rd. Avon Lake

Students will learn, dance posture, proper hold/frame, the 5 most common foot positions, the art of dancing together (no need to bring a partner but can if you like), and to lead & follow proper etiquette on the floor.

\$90 per student

Register through avonlakerecoh.myrec.com. Questions? Contact:
Brian Mahoney at bmahoney@avonlake.org | 440-930-4135



19th Year

Low Vision
Awareness
Fair

Expanding Your Visual World

October 8 | 12:00p–3:00p

**Old Firehouse Community Center
Vendors**

Amada Senior Care
Cleveland Library for the Blind
Cleveland Sight Center
Cole Eye Institute-Cleveland Clinic
HearingLife Hearing Center
Lens Crafters
Magnifiers and More
National Federation of the Blind
Opportunities for Ohioans with Disabilities
V.A. Medical Center-Cleveland
Vision Concerns Support Group
Walmart Vision Center

Educational Seminar 1:00pm

Finding the Best Magnifier for You

*Presented by Katie Lepis
from the Cleveland Sight Center*

For more information, please contact
Gary Clawson at 440-933-8486

DRIVE-UP VETERAN PINNING CEREMONY



**Tuesday, November 10
11:30am–1:00pm**

Old Firehouse parking lot.

**Brief ceremony includes pinning
& box lunch for Veteran & spouse.**

**REGISTER BY FRIDAY, OCTOBER 30
Call 440-930-4135.**

Busch
Cremation • Burial • Pre-Planning

home instead.

RESIDENCE
HOME CARE



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 Organization – Federal ID#34-1427819]

Friday Crafts



ALL crafters are welcome to join our very crafty people on Friday mornings from 10:00am–Noon. Whether your thing is beads, sea glass, knitting, crocheting, or needlepoint, the group will enjoy having you.

HOT LUNCH

OCTOBER 20TH AT 12:00PM

\$7.00 | \$5.00 for Members | Free for 90+

— MENU —

Eye of Round, Green Beans w/Almonds, Mashed Potatoes w/Gravy, Rolls & Butter, Cheesecake Bites

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.

Payment due at time of registration.

Blood Pressure Checks

Tuesday, Oct. 20th 12:30p–2:30p

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



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Amy Margiotti from Howard Hanna Realty will be calling the numbers on **Thursday, October 15th 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 _____

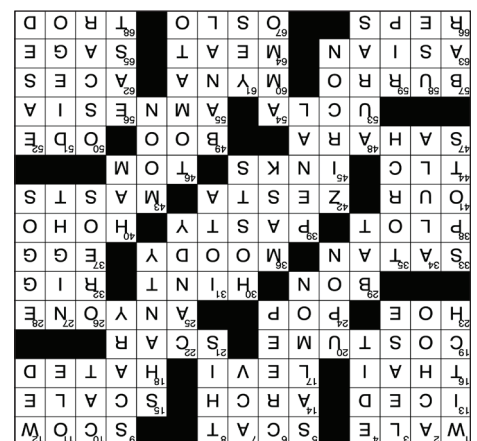
City _____ State _____ Zip _____

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 affixed 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.

Lunch&Learn October 6th | 12pm



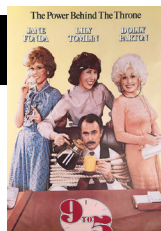
Sign up in the office or
call 440-930-4135 to register.



Painting & Hors d'oeuvres October 22nd at 12:00pm



Sign up in the office or
call 440-930-4135 to register.



WEDNESDAY MOVIES AT 10AM

OCTOBER 7

9 to 5

PG | 1h 49m | Comedy, Goofy

Cast: Jane Fonda, Lily Tomlin, Dolly Parton

A trio of fed-up office workers take matters into their own hand when their sexist boss pushes them too far in this classic workplace comedy.



OCTOBER 14

Hubie Halloween

PG-13 | 1h 43m | Comedy, Mystery

Cast: Adam Sandler, Kevin James, Julie Bowen

Hubie's not the most popular guy in Salem, Mass., but when Halloween turns truly spooky, this good-hearted scaredy-cat sets out to keep his town safe.



OCTOBER 21

We Have A Ghost

PG-13 | 2h 7m | Comedy, Goofy

Cast: David Harbour, Anthony Mackie

A family of four becomes Insta-famous—and attracts the attention of the CIA—after learning their new house is haunted by a good-natured ghost.



OCTOBER 28

The Curse of Bridge Hollow

TV-14 | 1h 31m | Comedy, Quirky

Cast: Marlon Wayans, Priah Ferguson, Kelly Rowland

Welcome to quaint Bridge Hollow, where the streets are safe, the air smells like apples—and the town's spooky Halloween decorations have come to life.

Serving income-qualified residents of Avon & Avon Lake.



CRS COMMUNITY
RESOURCE
SERVICES

Making a difference. Right here at home.

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

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Closed Fridays from
Memorial Day–Labor Day

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EMERGENCY FINANCIAL
ASSISTANCE

PERSONAL DEVELOPMENT
PROGRAMS

HARVEST FESTIVAL 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.

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

APPLES
BROWN
CANNIING
CIDER
COPIOUS

CROP
FALL
FROST
GATHER
GLEAN

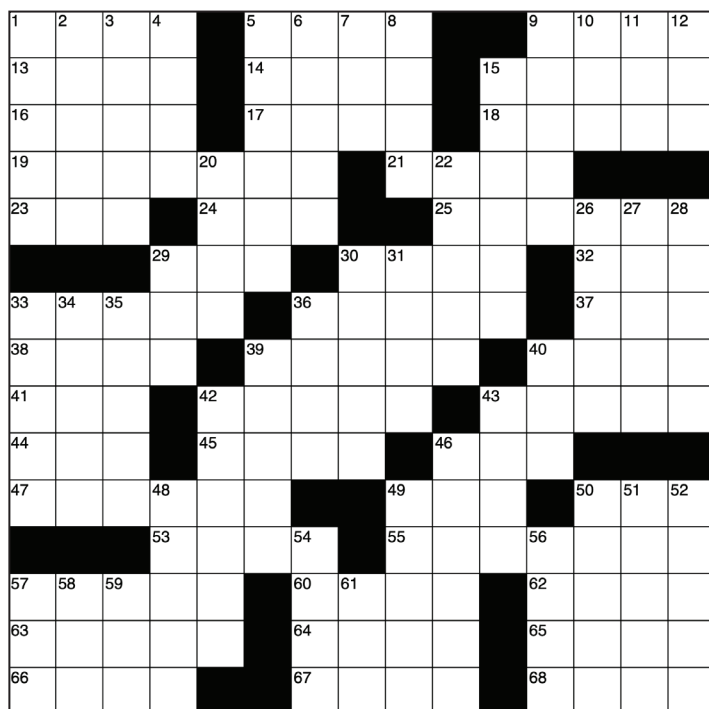
GRAPES
HARVEST
LEAVES
OCTOBERFEST
PICK

PUMPKIN
REAP
RED
SQUASH
WINDY



DARE TO ENTER THE HAUNTED HOUSE!

HALLOWEEN by Jimmy and Evelyn Johnson



Solution on page 4.

ACROSS

- | | | |
|--|--------------------------|--|
| 1 Wheel | 29 ____ voyage | 49 Expression used unexpectedly to frighten or startle someone |
| 5 Leave now! | 30 Tip | 50 Lyric poem |
| 9 Large flat-bottomed boat | 32 Cheat | 53 Ca. University |
| 13 Type of tea | 33 Devil | 55 Memory loss |
| 14 Flex | 36 Gloomy | 57 Donkey |
| 15 Balancer | 37 Scrambled food | 60 Asian starling |
| 16 Siamese | 38 Secret plan | 62 Pros |
| 17 Jacob's son | 39 Anemic | 63 From Asia |
| 18 Loathed | 40 Santa call (2 wds.) | 64 Sandwich need |
| 19 Clothing worn to resemble some other person, animal, or thing | 41 Possessive pronoun | 65 Guru |
| 21 Blemish | 42 Saltine cracker brand | 66 Representatives |
| 23 Garden tool | 43 Ship's sail holders | 67 Capital of Norway |
| 24 Dad | 44 Tender loving care | 68 Walked |
| 25 Anybody | 45 Pen fillers | |
| | 46 Male cat | |
| | 47 Famous desert | |

DOWN

- | | | |
|------------------------------------|--|------------------------------|
| 1 Woman who practices occult magic | 22 Confection made with sugar | 42 Transparent gem |
| 2 Sound of a sneeze | 26 Sandwich cookies brand | 43 Earth's natural satellite |
| 3 Engage | 27 Hours of darkness between sunset and dawn | 46 Vegetable |
| 4 Change | 28 Kellogg's waffles | 48 Halos |
| 5 Fish type | 29 Night flying mammal | 49 Trite |
| 6 Weirdo | 30 Entertainers | 50 Movie award |
| 7 Air Cushion Vehicle (abbr.) | 31 Small particle | 51 San ____ (CA city) |
| 8 Not that | 33 Dirty areas | 52 Went gently |
| 9 Causing fear; frightening | 34 Birds "thumb" | 54 Bullets |
| 10 Small carnivorous furry mammal | 35 Fire stick | 56 Wind direction |
| 11 Bullfight cheer | 36 Covering for all or part of the face | 57 Exclude |
| 12 Newly ____, Nearly Dead | 39 Punitive | 58 Utilize |
| 15 Hut | 40 Meat | 59 Rest in Peace |
| 20 Onto | | 61 Okay |

What's the ratio of a pumpkin's circumference to its diameter?
Pumpkin Pi.



OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HAPPY HALLOWEEN		NOVEMBER 1ST Turn back clocks 1 hour 	1 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:30p Asian Mahjong 4:00p Yoga Flow*	2 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
5 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	6 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00p Lunch & Learn 12:30p Mahjong 1:00p Dominoes 	7 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	8 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:00p VISION FAIR 12:30p Asian Mahjong 12:30p Westshore Watercolor 4:00p Yoga Flow*	9 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 1:00p Hand & Foot
12 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Bunco 1:00p Hand & Foot  COLUMBUS DAY INDIGENOUS PEOPLES' DAY	13 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	14 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:00p Duplicate Bridge 1:30p Rummikub	15 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:30p Asian Mahjong 2:00p Bingo 4:00p Yoga Flow* 	16 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
19 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Garden Club 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Hand & Foot	20 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00p Hot Lunch 12:30p Blood Pressure 12:30p Mahjong 1:00p Dominoes 1:00p NE Pinochle Club	21 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	22 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:00p Painting & Hors d'oeuvres 12:30p Asian Mahjong 4:00p Yoga Flow* 	23 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Westsiders Mahjong 1:00p Hand & Foot
26 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p NE Pinochle Club 1:00p Hand & Foot	27 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	29 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	29 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:00p Halloween Lunch 12:30p Asian Mahjong 4:00p Yoga Flow* O'Neill Healthcare BAY VILLAGE	30 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 1:00p Hand & Foot

*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:



Open Monday–Friday 8:00am–4:30pm

CITY OF AVON LAKE SENIOR CENTER

Talk on the Lake

Phone: 440-930-4135

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

Patty Knip
Senior Programming
pknip@avonlake.org



Please support our AVON LAKE SENIOR CENTER SPONSORS

Amy Margiotti
Howard Hanna
Senior Real Estate Specialist
440-221-8657



Marny Fannin
Home Instead
In-home Care
440-353-3080



Julie Graf Skinner
440-933-3202
440-937-6175



Devon Fegen-Herdman
Declutter with Devon LLC
Professional Organizing Services
440-610-0407



O'Neill Healthcare | **BAY VILLAGE**
440-871-3474



An Eliza Jennings Community
440-250-2300

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