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# talk on the lake

News & Events at the Avon Lake Senior Center

August 2024

## LUNCH & LEARN OPPORTUNITIES



**maureen's**

Helping Hands, Inc.

Mary Eileen Barrett, LNHA

**Thursday, August 1**

**12:00pm**

Stop by or call 440-930-4135 to sign up.  
SPACE IS LIMITED.



Four Seasons  
Home Care

health  
markets.

Hedi Huebler / Frank Huebler

**Thursday, August 29**

**12:00pm**

Stop by or call 440-930-4135 to sign up.  
SPACE IS LIMITED.



SilverSneakers®

Renew  
Active™  
by UnitedHealthcare

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

**Membership provides  
FREE Pool Admission!**

## Why are there no holidays in August?

Every other month has one that is either a day off or at least a day to buy someone a tie. Seriously... New Year's, Valentine's Day, St. Patrick's Day, Easter, Memorial Day, Flag Day, Juneteenth, Independence Day, —AUGUST—, Labor Day, Halloween, Thanksgiving, Christmas, Et Cetera!

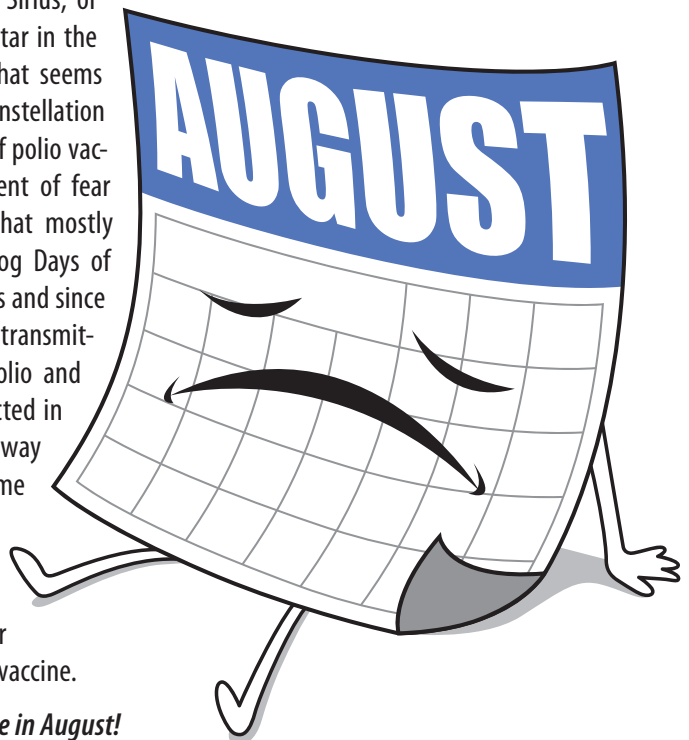
Perhaps one reason is because there are no widely-recognized federal or public holidays during this month. Federal holidays are based on significant events in history. Before 2021, June was also a month without a federal holiday when Emancipation Day or Juneteenth was established. Otherwise, what significant event happened in August that could be recognized with a federal holiday? Many things happened in August, but few that warrant a federal holiday. Of all the notable historical events the adoption of the 19th Amendment which allowed women the right to vote could be called Suffrage Day.

Also, as far back as 1791 congress would take recess the entire month of August during the "Dog Days" of Summer. When in session many tempers were engorged by unbearable heat due to lack of proper ventilation in the chambers. Modern comforts such as air conditioning didn't show up until 1929.

While there are no major holidays, there are still some observances and celebrations that occur during this month. Notably, in Catholicism, August 15th is the Feast of the Assumption of Mary. It's also worth noting that during this month, many people still take vacations and enjoy the summer weather making it a festive and enjoyable time for many. It is the prelude to fall and the month in which many county fairs are held.

By the way, The Dog Days of Summer actually have no connection to the four-legged dog. They are the 20 days before and the 20 days after the alignment of Sirius with the Sun. Sometimes these are extremely hot days. Sirius, or the Dog Star, is the brightest star in the night sky, a blue/white star that seems to twinkle. It is a part of the constellation Canis Major. Before the times of polio vaccines there was an undercurrent of fear of polio, a paralytic disease that mostly affected children. Since the Dog Days of Summer were typically hot days and since polio was primarily a disease transmitted in summer, the fear of polio and Dog Days seemed to be connected in peoples' minds. People stayed away from swimming pools and some closed. After years of research and testing, Jonas Salk in the early 1950s developed a polio vaccine. Then a few years later Albert Sabin developed an oral vaccine.

*See page 3 for days to celebrate in August!*



# 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
<b>8-9</b> <b>Advanced TRX</b> <b>Carrie</b>	9-10 <b>Boom Muscle</b> Carrie	9:30-10:15 <b>Stability</b> Beth	9-10 <b>Boom Muscle</b> Carrie	9:15-10 <b>Chair Yoga</b> Crissy
9:30-10:15 <b>Stability</b> Beth	10:30-11:15 <b>Stability Plus</b> Beth	10:30-11:15 <b>Classic</b> Kelly	10:15-11:00 <b>Circuit</b> Carrie	10:15-11 <b>Yin-Yoga</b> Sherri
10:30-11:15 <b>Circuit</b> Maria	11:30-12:15 <b>Gentle Yoga Flow</b> Sherri	11:30-12:15 <b>Gentle Yoga</b> Sherri		11:30-12:15 <b>Stability Plus</b> Lana
11:30-12:15 <b>Focused Gentle Yoga</b> Maria	12:00-1:00 <b>Aqua Aerobics</b> Beth (at Ellen Trivanovich Aquatic Center)	12:00-1:00 <b>Aqua Aerobics</b> Carrie	12:00-1:00 <b>Aqua Aerobics</b> Beth	
	4-4:45 <b>Boom-Muscle</b> <i>Off for Summer</i>		4-4:45 <b>Yoga Flow</b> Sherri	

## 2 AQUA AEROBICS

Dig out your swimsuit and see for yourself how aquatic exercise can improve both your current quality of life and your future health. Classes at Ellen Trivanovich Aquatic Center Tuesday–Thursday 12pm June 18th through August 15th.

**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. This sculpting class will tone upper and lower body using various equipment like hand weights, body bars, TRX, and your own body weight.

**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.

**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.

**1 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. **POSTPONED UNTIL FURTHER NOTICE.**

**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.

**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. **POSTPONED UNTIL FURTHER NOTICE.**

# AUG MOVIES



## August 7 The Long Game

PG | 1h 52m | Drama

Cast: Jay Hernandez, Dennis Quaid, Cheech Marin

In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.



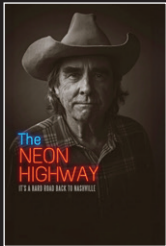
## August 14 A Family Affair

R | 1h 55m | Romantic, Comedy

PG-13 | 1h 53m | Romantic, Comedy

Cast: Nicole Kidman, Zac Efron, Joe King

A surprising romance kicks off comic consequences for a young woman, her mother and her movie star boss as they face the complications of love, sex and identity.



## August 21 The Neon Highway

PG-13 | 1h 53m | Action, Comedy

Cast: Beau Bridges, Rob Mayes, Sam Hennings

When singer-songwriter Wayne meets washed-up country music legend Claude, the two head back to Nashville for a second chance.



## August 28 Dog Gone

TV-PG | 1h 35m | True Story, Drama

Cast: Rob Lowe, Johnny Berchtold, Kimberly Williams-Paisley

Rob Lowe stars as a supportive dad in this heartwarming true story of a young man's race against time to find his beloved lost dog, Gonker.

## Just because there's no "real" holiday in August, doesn't mean you can't celebrate!

**August 1**, traditionally known as Lammas Day, was an old festival to mark the annual wheat and corn harvest. It was a sort of Thanksgiving (harvest time) in Britain. Lammas also marked the mid-point between the summer solstice and autumn equinox. Learn more about Lammas Day.

**August 5** is a Civic Holiday in many parts of Canada. Celebrations and names for this holiday vary across the country. For example, in Alberta, it's celebrated as Heritage Day; in British Columbia, it's known as British Columbia Day!

**August 10** is St. Lawrence's Day. "Fair weather on St. Lawrence's Day presages a fair autumn."

**August 11** marks the end of the Dog Days of Summer, which began on July 3.

**August 17** is when the Cat Nights begin, harking

back to a rather obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives.

**August 19** brings National Aviation Day, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

**August 24** is St. Bartholomew Day. "At St. Bartholomew, there comes cold dew."

**August 26** is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

### Some "Just for Fun" Days to rejoice.

**August 1–7** is International Clown Week

**August 3** is National Watermelon Day

**August 8** is National Sneak Some Zucchini Onto Your Neighbor's Porch Day (Or, use up that bounty with our best zucchini recipes.)

## Far West Center's Senior Strong program.



Serious problems can interfere with daily living, or life changes may overwhelm a person's ability to cope. Talking about these problems can provide skills and options needed to manage life's challenges, improve self-esteem, relationships and mood. Robert A. Piovarchy, MA, LPC-S will be on hand to lead meetings on **Thursday mornings at 11:00am at the Old Firehouse.**



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

**August 10** is National S'mores Day

**August 12** is Vinyl Record Day

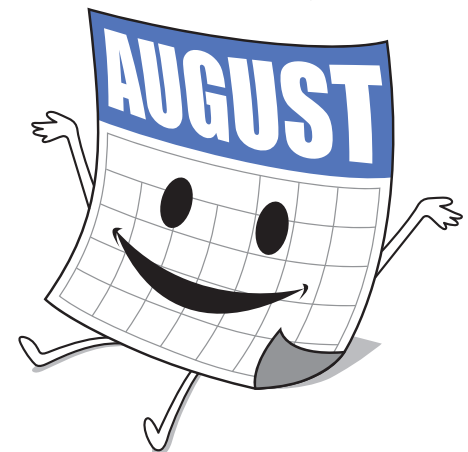
**August 13** is International Left-Handers Day

**August 20** is International Geocaching Day

**August 20** is World Honeybee Day

**August 25** is Kiss-and-Make-Up Day

**August 31** is National Trail Mix Day





## 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! That's important—the House is open 24 hours/day, 365 days a year. And it wouldn't be possible without the amazing support of people who faithfully collect the tabs. It's an easy way to do something good and make a difference in the life of a seriously ill child. Please continue to bring in any of your pull tabs in support of this worthwhile cause.



RONALD McDONALD  
HOUSE CHARITIES



## Still Time to Express Yourself!



## Senior Summer Art Classes at the Lake House

This summer we are again offering art classes for resident adults 55+ with instructor Christine Seeholzer. We have 7 sessions to offer using various techniques of drawing, painting, and collage as listed below. All materials will be provided you just need to show up and let your creativity to run wild.

**\$10 per session ages 55 and up**  
**Tuesdays, August 6 & August 13**  
**12:00pm–1:30 pm**

**Lake House at Veterans' Memorial Park**  
**With questions call 440-930-4135**

## HOT LUNCH

**August 20th, Noon**

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

This month's menu: Barbecued Pulled Pork, Coleslaw, Baked Beans with Smoked Bacon, and Dessert. 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).

**REGISTER EARLY—**  
**SEATING FILLS UP QUICKLY!**  
**Payment due at time of registration.**

## Blood Pressure Checks

**Tuesday, August 20 | 12:30-2:30**  
**Old Firehouse**

The third Tuesday of each month, Evelyn from St. John Medical Center will be here to check blood pressures from 12:30pm-2:30pm.



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



Bingo is played is generally on the played 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, August 15th at 2:00pm.**

**Call 440-930-4135 to reserve your spot.**

## 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.

## Avon Lake Women's Chorus

Avon Lake Women's Chorus welcomes women of all ages and communities (not limited to Avon Lake residents).

We prepare winter and spring programs to entertain residents of independent/assisted-living facilities and clubs/groups in Lorain & Western Cuyahoga Counties. Under direction of a professional choral director and an accomplished pianist, our upbeat programs feature a wide variety of music that is sure to get faces smiling and toes tapping!

**No auditions!** All voice ranges welcome! Ability to read music and choral experience helpful in learning 4-part harmonies.

**Practices will resume in September, at the Old Firehouse.**

Interested? Call Irene at 216-407-5119.



## Vision Support Group

This group hosted by Gary Clawson gathers to discuss vision concerns. Different topics and guest speakers enhance most meetings.

For more information and to learn about upcoming topics call Gary Clawson at: (440) 933-8486 or (440) 935-5906.

**Meetings will resume in September.**

## 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"

**BOB BROOKS**  
and Bryan Buhoveckey  
Present

# The Principles of Long Term Investing

With Don Hill of  **MFS**<sup>®</sup>  
Investment Management

## Tuesday

**September 10**

## 12:00pm at the Lake House

**For reservations call**

**440-930-4897**

# Edward Jones®



**Senior Day**  
**August 28th**  
**1:05pm First Pitch**

**\$25**

**TICKET, PARKING, T-SHIRT  
HOT DOG, & DRINK**

**Stop by The Old Firehouse  
with your payment!  
16 seats available.**



## Meals On Wheels

The Neighborhood Alliance is now overseeing the 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, please 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](http://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](http://www.avonlake.org).

## MONDAY

Medical Appointments, Drug Mart Plaza and area, and Avon Lake Public Library.

**TUESDAY**

Medical Appointments, Giant Eagle, and Learwood Square.

## WEDNESDAY

Medical Appointments, Avon Commons, and Wal-Mart.

**THURSDAY**

Medical Appointments ONLY

## Community Resource Services

CRS is a social service agency in Avon Lake striving to meet the short-term, individual needs of folks while helping them access appropriate long-term solutions. The office is open Monday through Friday from 10:00am–2:00pm. The office is closed on Fridays during summer months. Proof of residency and income for all members of the household is necessary for assistance. Call the office at 440-933-5639 and ask to speak with one of the Client Coordinators.





## SUMMER CAMP by Evelyn 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.

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

ACTIVITIES  
BACKPACK  
CABIN  
CAMPER  
CAMPFIRE  
CANOEING

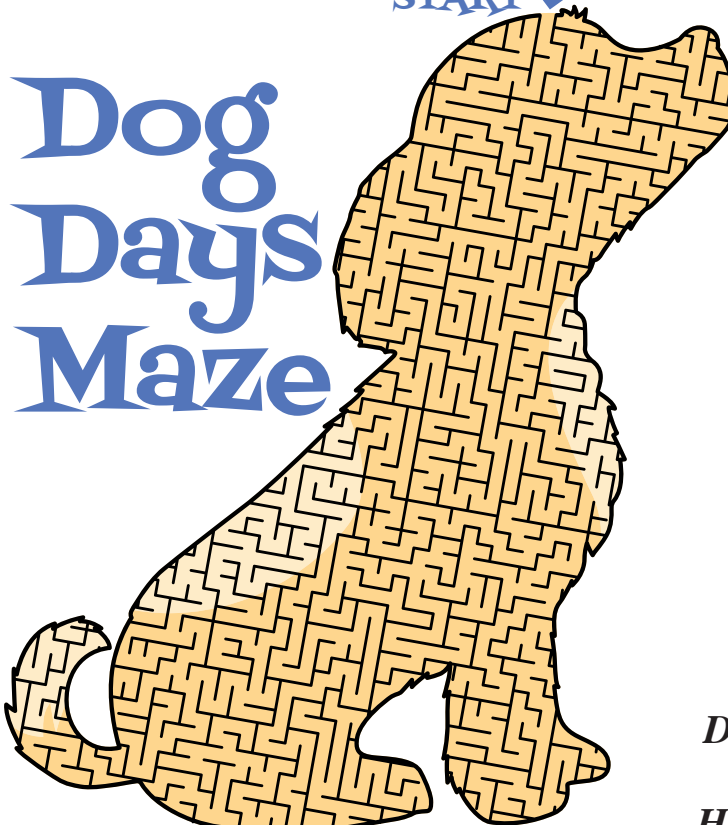
COUNSELOR  
CRAFTS  
EXERCISE  
FLASHLIGHT  
FOREST  
HIKING

HOMESICK  
INSECTS  
LAKE  
MARSHMALLOW  
MOUNTAINS

SUMMER  
SWIMMING  
TENT  
TREK

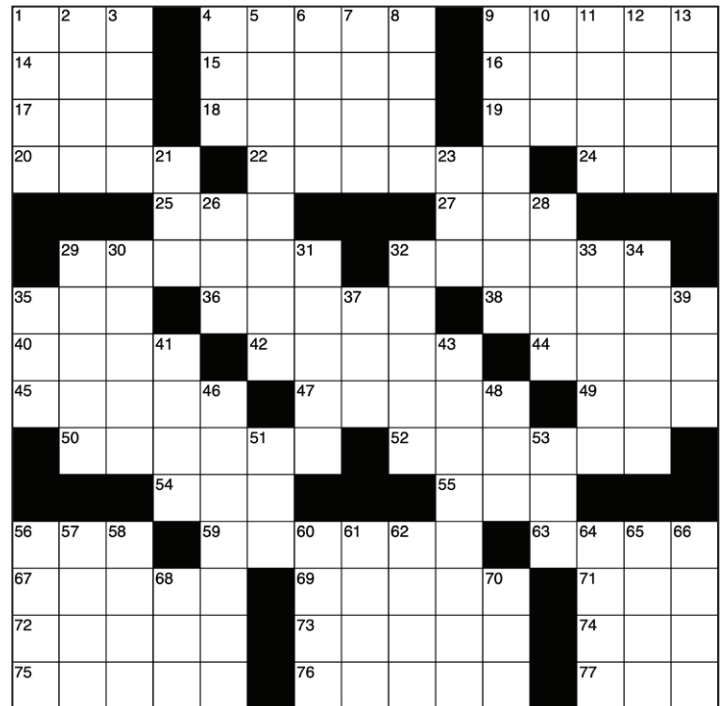
START

# Dog Days Maze



END

## AUGUST by Evelyn Johnson



Solution on page 5.

### ACROSS

- |   |  |  |
|---|--|--|
| 1 American College of Physicians (abbr.)                        | 27 Lease   | 52 Rebel   |
| 4 _____-garde   | 29 Dissertation  | 54 Sticky black substance                          |
| 9 Sandy area at the edge of the ocean                           | 32 Wall recess   | 55 Last month of year                              |
| 14 Holding or giving off great heat                             | 35 That girl   | 56 Expression of surprise                          |
| 15 Small boat with pointed ends that is moved by using a paddle | 36 Place with many rooms and beds where people pay to stay | 59 Spread  |
| 16 National bird  | 38 Laughing dog  | 63 Sticky black substances                         |
| 17 Government agency  | 40 Extremely long time periods                             | 67 Start   |
| 18 Fried bread  | 42 Bird homes  | 69 Avert   |
| 19 Kitchen seat   | 44 Take a picture  | 71 Down  |
| 20 Plateau  | 45 African ground squirrel                                 | 72 Mustang   |
| 22 Absence of values  | 47 Dickens' "_____ of Two Cities" (2 wds.)                 | 73 Food from heaven                                |
| 24 Exercise place   | 49 Enact   | 74 Luau dish                                       |
| 25 Rodent   | 50 Blue-penciled   | 75 Place where cattle, horses, or sheep are raised |
|   |  | 76 Lament  |
|   |  | 77 Short-term memory                               |

### DOWN

- |                                      |                          |  |
|--------------------------------------|--------------------------|--|
| 1 Excuse me!                         | 23 Sick                  | 48 Evening   |
| 2 Get by                             | 26 Fire remains          | 51 Gray sea eagle                                    |
| 3 Parent teacher groups              | 28 Children's love       | 53 Halloween mo.                                     |
| 4 American Cancer Society (abbr.)    | 29 Troika                | 56 Shorten (abbr.)                                   |
| 5 Period of rest from school or work | 30 Perceived             | 57 Goddess   |
| 6 After awhile                       | 31 Word with home or in  | 58 Competition at the Greek games                    |
| 7 Taboo                              | 32 Marriage site         | 60 Glory   |
| 8 Seethe                             | 33 Bribe                 | 61 Elliptical  |
| 9 Adjure                             | 34 Make into law         | 62 _____ Ranger                                      |
| 10 Consume                           | 35 Gender                | 64 Swiss mountains                                   |
| 11 Eager                             | 37 Eastern Standard Time | 65 Basic   |
| 12 Disgust with excess               | 39 Inclined              | 66 Move through the water by using parts of the body |
| 13 Steering mechanism                | 41 Lawyer dress          | 68 Incorporated (abbr.)                              |
| 21 To be                             | 43 Lugging               | 70 Part of a week                                    |
|                                      | 46 Faithful              |  |

Did you hear about the actor who fell through the floorboards?  
He was just going through a stage.



# AUGUST JULY 2024

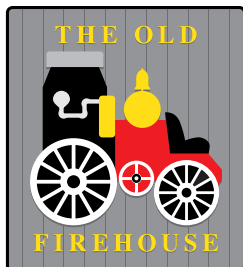
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Circuit*</b> 11:00a Senior Strong <b>12:00p Aqua Aerobics*</b> <b>12:00p LUNCH&amp;LEARN</b> 12:30p Hand & Foot 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>2</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Creative Needles <b>10:15a Yin Yoga*</b> <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Dup. Bridge
<b>5</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong	<b>6</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga Flow*</b> <b>12:00p Aqua Aerobics*</b> 12:30p Mahjong 1:00p Dominoes	<b>7</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> <b>12:00p Aqua Aerobics*</b> 12:30p Bridge 1:00p Garbage Players 1:00p Duplicate Bridge	<b>8</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Circuit*</b> 11:00a Senior Strong <b>12:00p Aqua Aerobics*</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>9</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Women's Chorus 10:00a Creative Needles <b>10:15a Yin Yoga*</b> <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot
<b>12</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 9:30a Garden Club <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Bunco	<b>13</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga Flow*</b> <b>12:00p Aqua Aerobics*</b> 12:30p Mahjong 1:00p Dominoes	<b>14</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> <b>12:00p Aqua Aerobics*</b> 12:30p Bridge 1:00p Garbage Players	<b>15</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Circuit*</b> 11:00a Senior Strong <b>12:00p Aqua Aerobics*</b> 12:30p Hand & Foot <b>2:00p Bingo</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>16</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Women's Chorus 10:00a Creative Needles <b>10:15a Yin Yoga*</b> <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge
<b>19</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong	<b>20</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga Flow*</b> <b>12:00 HOT LUNCH</b> <b>12:30 Blood Pressure</b> 12:30p Mahjong 1:00p Dominoes	<b>21</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Garbage Players	<b>22</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Circuit*</b> 11:00a Senior Strong 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>23</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Creative Needles <b>10:15a Yin Yoga*</b> <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong
<b>26</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong	<b>27</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga Flow*</b> 12:30p Mahjong 1:00p Dominoes	<b>28</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Garbage Players <b>1:05p CRUSHERS GAME</b>	<b>29</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Circuit*</b> 11:00a Senior Strong <b>12:00p LUNCH&amp;LEARN</b> 12:30p Hand & Foot 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>30</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Women's Chorus 10:00a Creative Needles <b>10:15a Yin Yoga*</b> <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot

\*SilverSneakers® and Renew Active™ approved fitness class. See description and details on page 2. Indicates classes to be held at Ellen Trivanovich Aquatics Center.

**THURSDAY 4:00PM YOGA FLOW AND FRIDAY 10:15AM YIN YOGA POSTPONED UNTIL FURTHER NOTICE.**

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

*To Our Friend:*



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**440-930-4135**

**Patty Knip**  
Senior Programming  
pknip@avonlake.org

**Mike Kral**  
Senior Center Director &  
Recreation Facilities Manager  
mkral@avonlake.org



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