



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

Special Events this Month!

August 1st

Vitalant Blood Drive 8:30am–11:30am

August 6th

Lunch & Learn 12:00pm

Infinite Helping Hands

• Home Safety Tips for Older Adults

August 18th

Senior Hot Lunch 12:00pm

Chicken Marsala, Garlic Roasted Red Bliss Potatoes,
California Blend Vegetables, Rolls & Butter,
Yellow Cake w/Vanilla Frosting

Blood Pressure Screenings 12:30pm

August 20th

BINGO! with Amy Margiotti 2:00pm

Howard Hanna Realty

August 27th

Lunch & Learn 12:00pm

Western Reserve Area Agency on Aging

• Benefits Enrollment Center

• Veteran Directed Care



August 21st is National Senior Citizens Day

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."



His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.



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!



SilverSneakers®

**Renew
Active™**

by UnitedHealthcare

Be sure to take advantage of our SilverSneakers® or Renew Active® memberships provided with your Medicare Supplemental 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	9-10 Boom Muscle Carrie	9:30-10:15 Stability Beth	9-10 Boom Muscle Carrie	9:15-10 Chair Yoga Crissy
9:30-10:15 Stability Beth	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
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Melanie	11:30-12:15 Gentle Yoga Flow Dawn	11:15-12:00 Yin Yoga Crissy	11:15-12:00 Yoga Plus Heather
11:30-12:15 Focused Gentle Yoga Maria			4:00p-5:00p Yoga Flow Ashley	

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.

¹ No cost to participate. SilverSneakers/Renew Active will not be used for this class. Open to all.

August 6th at 12pm



**FREE
Lunch & Learn**

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.



Presented by Justina Miller, COTA/L

Ensure good lighting, particularly at the top and bottom of stairs.

Install grab bars near toilets and in the tub or shower.

Reduce fall hazards with nonslip strips on floors or surfaces that may get wet.

Remove area rugs and fix all carpets firmly to the floor.

Install a ramp with handrails to the front door.



SIGN UP IN THE OFFICE OR CALL 440-930-4135.

WEDNESDAY MOVIES AT 10AM



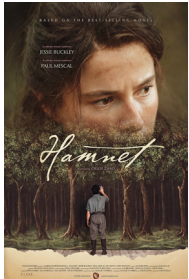
AUGUST 5 Enola Holmes 3

PG-13 | 1h 48m | Drama Mystery
Cast: Millie Bobby Brown, Louis Partridge, Henry Cavill
It's a mystery only a Holmes can solve: Bride-to-be Enola plunges into danger when Sherlock vanishes in Malta.



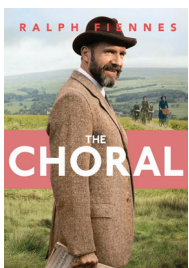
AUGUST 12 The Sheep Detectives

PG | 1h 50m | Comedy, Mystery
Cast: Hugh Jackman, Emma Thompson, Bryan Cranston
George Hardy is a shepherd who loves to read murder mysteries to his sheep, never suspecting that they can understand him. When George is found dead under mysterious circumstance, the sheep decide to solve the crime.



AUGUST 19 Hamnet

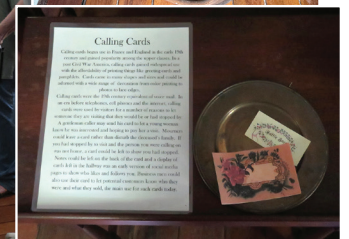
PG-13 | 2h 5m | Drama, Emotional
Cast: Jessie Buckley, Paul Mescal, Emily Watson
A young Latin tutor falls in love with a woman who is rumored to be a witch. As they build a life together, they must navigate tragedy and heartbreak.



AUGUST 26 The Choral

R | 1h 52m | Military, Inspiring
Cast: Ralph Fiennes, Roger Allam, Mark Addy
Award winner Ralph Fiennes stars in this drama about an enigmatic choirmaster who uses music to unite a Yorkshire Town amid the turmoil of WWI.

Vermilion River Reservation Bus Tour July 22





Avon Lake Women's Chorus Rehearsals Resume in September.

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 August 18 at Noon



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

This month's menu: Chicken Marsala, Garlic Roasted Red Bliss Potatoes, California Blend Vegetables, Rolls & Butter, Yellow Cake w/ Vanilla Frosting. 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, August 18 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, August 20 at 2:00pm.** Call 440-930-4135 to reserve your spot.

Senior Rap

The Senior Rap focuses on mental health, wellness and building resilience in older adults. Dana Grande of The Far West Center will facilitate a topic each week. One week each month will be dedicated to current events. If there are topics relating to mental health and coping that you would like addressed, please feel free to let us know.

**Thursday mornings at 10:30am
at the Old Firehouse.**

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



ASIAN MAHJONG



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

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.

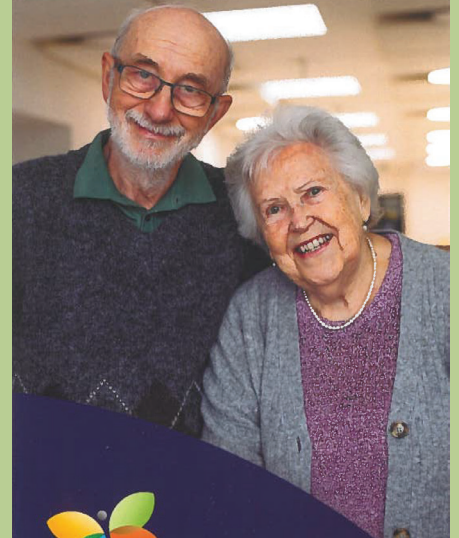
FREE Lunch & Learn August 27th at 12:00pm




Western Reserve
Area Agency on Aging

Veteran Directed Care Program

A Self-Directed Home
Care Support Program for
Veterans




Western Reserve
Area Agency on Aging

Benefits Enrollment Center (BEC) program

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



Tree Tips

This is a maintenance, care and planning time for your trees.

We have had hot, dry weather with a mix of strong winds and short duration, heavy rains. We are not under drought conditions yet, but our soils have been quite dry, and the winds have caused pockets of tree damage.

• PLEASE remember to water your trees and shrubs, especially those planted in the last 2 to 3 years. It's been hot and dry, and those young plants can use a weekly watering. In fact, even your older, larger trees occasionally need a good drink during these summer months. Fertilizer is not needed!

• You may need to refresh mulch under some of your trees. Make sure the mulch doesn't touch the stem. Also, protect the trunk from weed eaters and critters that may gnaw on the bark.



• Start planning for fall.

• Do you have areas where you want to plant a new tree? Learn which trees will work in that part of your yard by considering sunlight requirements, mature size, potential insect or disease issues, and the effects a new tree might have on other plants in your yard.

• Do you have young or small trees that might be susceptible to deer rubbing? The bucks in town are sporting velvet antlers that they will be rubbing on trees and shrubs soon! Small fences just a bit larger than the trunk using chicken-wire or small gauge welded wire can deter deer from causing major damage to young trees. Plastic tree guards serve the same purpose.

• Are there broken branches or other tree pruning needs? Pruning should be done during the dormant season, preferably late winter, but now is a good time to make notes about needed maintenance.



Hope you are all having a wonderful summer!

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

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

ON-SITE FOOD PANTRY

EMERGENCY FINANCIAL
ASSISTANCE

PERSONAL DEVELOPMENT
PROGRAMS

AUGUST *by Evelyn Johnson*

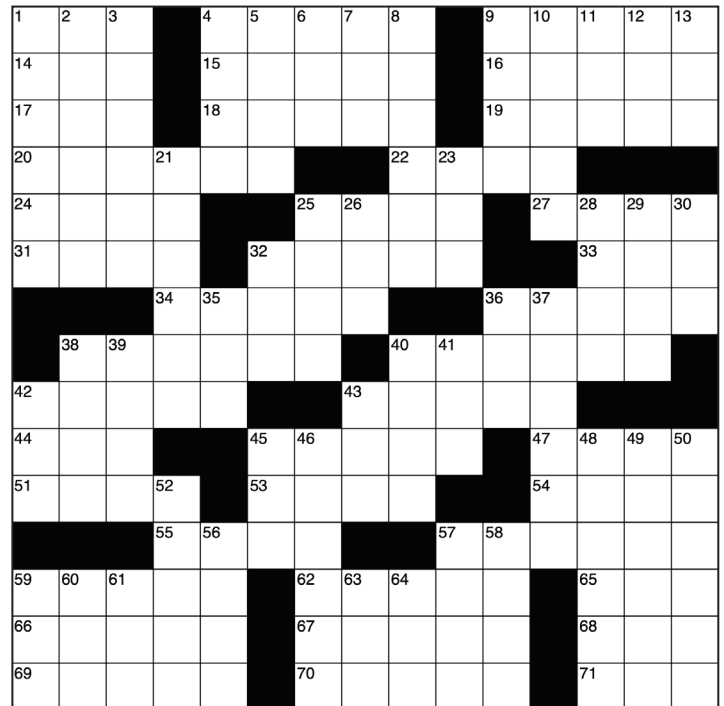
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden quotation by Charles Dickens. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

AUGMENT	CLIMBING	HIKING	SWIMMING
BARBEQUE	CONFUBALUATE	HOT	TRAVEL
BASEBALL	FIRE	KITH	VACATION
BOATING	FISHING	PERIDOT	
CAMPING	GLADIOLUS	PERSEID	
CONOEING	HARVEST	SUNSHINE	

**HELP OUR LITTLE WORM
GET THROUGH THE APPLE**

Why do scuba divers fall backwards to enter the ocean?
If they fell forwards, they would just fall into the boat.

SUMMER VACATION *by Evelyn Johnson*

Solution on page 4.

ACROSS

- | | | |
|-----------------------|------------------------------|--|
| 1 Compass point | 32 Righteous | 55 Open vehicle for traveling on water |
| 4 Shrub | 33 Kitten's cry | 57 Pointed writing tool |
| 9 Not these | 34 Colder | 59 Fire remains |
| 14 Note of debt | 36 Type of peace prize | 62 Juicy |
| 15 Japanese city | 38 Produces eggs | 65 Fox's offspring |
| 16 Make loose | 40 Kidnappers want | 66 Hesitation |
| 17 Tender loving care | 42 Hawaiian 'hello' | 67 Sap (2 wds.) |
| 18 Lady's title | 43 Pains | 68 East southeast |
| 19 Heavy-handed | 44 Dog | 69 Niches |
| 20 Aid | 45 Leave now! | 70 Aircraft |
| 22 Sports channel | 47 What a mosquito bite does | 71 Eastern state |
| 24 Part of the eye | 51 Refuse to sign a bill | |
| 25 Roman emperor | 53 Given salary | |
| 27 Automobile | 54 Gambling game | |
| 31 Musical repeat | | |

DOWN

- | | | |
|---------------------------------|--|--|
| 1 Type of acid | 26 Goof | 45 Hotel |
| 2 Spanish dance | 28 Convexity | 46 Condiment |
| 3 Greek mathematician | 29 Seethe | 48 Spoke |
| 4 Few | 30 Night bird | 49 Travel for pleasure in a ship |
| 5 U.S. Air Force | 32 Least amount | 50 Student lodging |
| 6 Fuming | 35 Communication Workers of America (abr.) | 52 Heavy-set |
| 7 Precedes an alias | 36 North northeast | 56 Mined metals |
| 8 Device for taking photographs | 37 Change into bone | 57 Made a web |
| 9 Journey, voyage, or excursion | 38 Swerve | 58 Use a keyboard |
| 10 Dye | 39 Place where ships load and unload | 59 Environmental protection agency (abr.) |
| 11 Roberto's yes | 40 Long paved surface for the passage of vehicles and people | 60 Picture of a particular area of the earth |
| 12 Exhaust | 41 Extremity | 61 Used to carry large number of people |
| 13 Extension (abt)r. | 42 Air Cushion Vehicle (abr.) | 63 Sign language |
| 21 Old Testament prophet | 43 ____ Lanka | 64 Legume |
| 23 Sun's name | | |
| 25 Opp. of yeses | | |



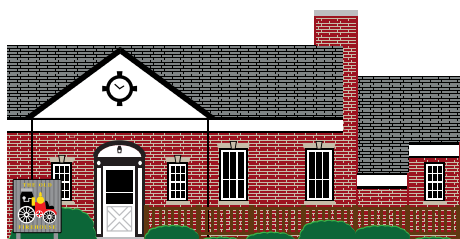
AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	4 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	5 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	6 9:00a Boom Muscle* 10:15a Boom Move* 10:30a Senior Rap 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Asian Mahjong 4:00p Yoga Flow* 	7 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot
10 8:15a Advanced TRX 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot	11 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	12 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	13 9:00a Boom Muscle* 10:15a Boom Move* 10:30a Senior Rap 11:15a Yin Yoga* 12:30p Asian Mahjong 4:00p Yoga Flow*	14 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot
17 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	18 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	19 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	20 9:00a Boom Muscle* 10:15a Boom Move* 10:30a Senior Rap 11:15a Yin Yoga* 12:30p Asian Mahjong 2:00p Bingo 4:00p Yoga Flow* 	21 9:15 Chair Yoga* 10:00a Friday Crafts 10:00 Women's Chorus 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot NATIONAL SENIOR CITIZENS DAY
24 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	25 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	26 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	27 9:00a Boom Muscle* 10:15a Boom Move* 10:30a Senior Rap 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Asian Mahjong 4:00p Yoga Flow* 	28 9:15 Chair Yoga* 10:00a Friday Crafts 10:00 Women's Chorus 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong
31 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 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

MJ ROGERS & COMPANY
INVESTMENTS - RETIREMENT - INSURANCE
440.ADVISOR



Available online at www.AvonLakeRec.com



"New Construction Homes for Sale in Avon Lake" Call 330-461-9518