



Talk on the Lake

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

LUNCH & LEARN



February 13, 2025
1pm | Old Firehouse
 Sally Tomko presents
Put-In-Bay Victory Hotel



Sign up NOW! Call 440.930.4135

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. Please continue to bring in any of your pull tabs in support of this worthwhile cause.

vitalant

BLOOD DRIVE 8:30am-1pm
1st Saturday of each month.



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

Membership provides FREE Pool Admission!

What is the Meaning Behind Groundhog Day?

Originally, Groundhog Day was a Celtic festival marking the year's first cross-quarter day, or a midpoint between seasons.

Celebrated at the beginning of February, the day was called Imbolc, a term from Old Irish that is most often translated as "in the belly", a reference to the soon-to-arrive lambs of spring. The celebration of Imbolc signaled that the Sun was halfway through its advance towards the spring equinox, and the season of new birth and light was on the horizon.

This day has also been called St. Brigid's Day, which stems from a mixing of figures and traditions from pagan and Christian beliefs. The Celtic goddess Brigantia is associated with dawn, light, and spring, which are qualities later associated with Brigid of Kildare, a Christian saint (and one of Ireland's patron saints).

Although it is distinct from Imbolc, the Christian festival of light Candlemas is also observed at this time of year (February 2). The name refers to the candles lit that day in churches, which celebrate the presentation of the Christ Child in the temple of Jerusalem.

*If Candlemas be fair and bright, Come, Winter, have another flight;
 If Candlemas brings clouds and rain, Go Winter, and come not again.*

Groundhog Day has a rich history based on a deeper meaning; it speaks to the triumph of spring over winter and birth over death. Again, note the appearance of light over dark with the appearance of candles and dawn, and, of course, the spiritual light of a holier presence.

Why Use a Groundhog?

So, how does the groundhog fit into this ancient festival? Historically, a groundhog wasn't the animal of choice: a bear brought the forecast to the people of France and England, while those in Germany looked to a badger for a sign.

In the 1800s, German immigrants to Pennsylvania brought their Candlemas legends with them. Finding no badgers but lots of groundhogs (also called woodchucks or whistlepigs), they adopted the New World species to fit the lore.

Today, that lore has grown into fun winter festivals, with Punxsutawney Phil and furry fellows in other states presiding.

What Is Groundhog Day's Connection to Weather?

Since the traditional celebration anticipated the planting of crops, a central focus of the festivities was the forecasting of either an early spring or a lingering winter.

Sunshine on Candlemas was said to indicate the return of winter. Similarly . . .

When the wind's in the east on Candlemas Day, There it will stick till the 2nd of May.

- It was not held as a good omen if the day itself was bright and sunny, for that betokened snow and frost to continue to the hiring of the laborers 6 weeks later on Lady Day.
- If it was cloudy and dark, warmth and rain would thaw the fields and prepare them for planting.

Our Groundhog Day is a remote survivor of that belief. Though we recognize animal behavior isn't the only way to judge planting dates, the tradition continues, often with a wink and a smile.

With hungry predators on the prowl, it takes courage for a groundhog to emerge from its hole every February to make its forecast. It must take its job very seriously!



Meet Punxsutawney Phil, the Most Famous Groundhog

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
8-9 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 Circuit Carrie	
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Flow Sherri	11:30-12:15 Gentle Yoga Sherri	11:15-12:00 Yin Yoga Crissy	11:30-12:15 Stability Plus Lana
11:30-12:15 Focused Gentle Yoga Maria			4:00p-5:00p Yoga Flow Sherri	

- 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.
- 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.

BLACK HISTORY MONTH: Three heroes who shaped today's world of work

The history of work in America is a long and complex one. From the industrial revolution onward, work has shaped every aspect of our lives, including housing, education, economic mobility and food security.

A significant, but often overlooked, population in this history are the Black workforce activists. People who fought for opportunities and equality for all workers, regardless of race. In honor of Black History Month, we're celebrating a few of the men and women who played a part in this crucial work.



A. Philip Randolph (1889-1979)

By 1935, A. Philip Randolph was at the forefront of the Black labor movement. He was the leader of the Brotherhood of Sleeping Car Porters (BSCP), the first predominantly Black labor union granted a charter by the American Federation of Labor (AFL) and soon expanded his efforts to other industrial areas.

Through his labor and civil rights activism, Randolph was able to influence both President Roosevelt and President Truman's policies, including Executive Order 9981, which ended segregation in the armed services. In 1950, Randolph was one of the founders of the Leadership Conference on Civil Rights (LCCR), which has served as a major civil rights coalition. In the 1960s, Randolph partnered with Bayard Rustin to support Martin Luther King's work and organized several marches on Washington. In 1965, he and Rustin established the A. Philip Randolph Institute, which continues today in the struggle for social, political and economic justice for all working Americans.



Dorothy Lee Bolden (1923-2005)

Bolden spent many years as a domestic worker and often talked about the importance of the role. But domestic workers were never considered a part of the labor force; they were often treated unfairly and had little protection. Using techniques she learned as a part of the civil rights movement, Bolden helped form the National Domestic Workers Union of America (NDWUA) in 1968. It was not a formal union, but an education and advocacy group that she led for nearly three decades and that served more than 10,000 members around the country. Through the NDWUA, Bolden was able to help provide domestic workers with better wages and working conditions. Bolden also required all members be registered to vote and the group became very influential in Georgia state politics.



Shirley Chisholm (1924-2002)

Representing New York's 12th district, Chisholm was the first Black congresswoman ever elected and served from 1969-1983.

During her tenure, she served six years on the Committee on Education and Labor. The committee holds jurisdiction over many areas, including worker health and safety, equal employment opportunity, health care, wages and pensions. She also served on the Committee on Organization Study and Review (known as the Hansen Committee) in 1971.

From 1977 to 1981, Chisholm served as Secretary of the Democratic Caucus. She eventually left her Education and Labor Committee assignment to accept a seat on the Rules Committee in 1977, becoming the first Black woman—and the second woman ever—to serve on that powerful panel. Chisholm also was a founding member of the Congressional Black Caucus (CBC) in 1971 and the Congressional Women's Caucus in 1977.

February Movies on Wednesday Morning at 10

FEBRUARY 5



Shirley

PG-13 | 1h 58m | Based on Real Life
Cast: Regina King, Lance Reddick, Terrence Howard

The 1972 presidential ballot looks like business as usual until Shirley Chisholm—the first Black woman elected to Congress—decides to enter the race.

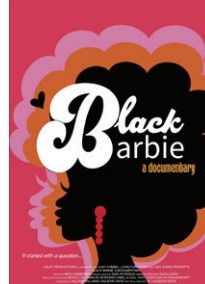
FEBRUARY 12



The Six Triple Eight

PG-13 | 2h 9m | Based on Real Life
Cast: Kerry Washington, Ebony Obsidian, Milauna Jackson
During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story.

FEBRUARY 19



Black Barbie

TV-14 | 1h 34m | Documentary
From Shondaland comes this "must see" (RogerEbert.com), "magnificent" and "simply spectacular" (Black Girl Nerds) documentary on the first Black Barbie.

FEBRUARY 26



Barry

TV-MA | 1h 44m | Based on Real Life
Cast: Devon Terrell, Anya Taylor-Joy, Jason Mitchell
A young Barack Obama forges his identity while dealing with race, divergent cultures, and ordinary life as a New York City college student.



Avon Lake Women's Chorus

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

February 18th at Noon
\$7.00 | \$5.00 for Members | Free for 90+
This month's menu: Swiss Steak & Caramelized Onions, Green Beans with Toasted Almonds, Parsley Red Jacket Potatoes, Rolls & Butter, 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.

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

BINGO

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.

Thursday, February 20th at 2:00pm.
Call 440-930-4135 to reserve your spot.

VISION CONCERNS GROUP



February 13, 2025 | 11am
At The Old Firehouse
Questions, call Gary Clawson at 440-935-5906



Blood Pressure Checks Tuesday, Feb. 18th | 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.



Far West Center 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.

Newsletter Subscription Form

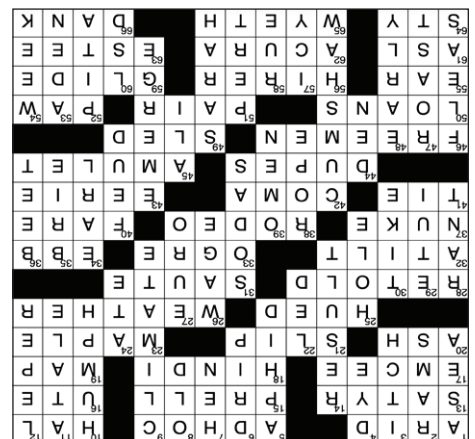
I would like a yearly subscription to the "Talk On The Lake" Senior Newsletter for a cost of \$12.00/year
Single newsletters will continue to be sold at a cost of \$1.00 each.

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.



TAX LOCATIONS

Avon Lake Public Library

32649 Electric Blvd., Avon Lake
440-933-8128

First Church Oberlin – UCC

106 N Main Street, Oberlin
440-707-6130

Grafton Library

983 Main Street, Grafton
440-926-3317

LCCC Learning Center – Lorain

201 West Erie Avenue, Lorain
440-366-4500

North Ridgeville Senior Center

7327 Avon Belden Road, North Ridgeville
440-353-0828

Wellington Town Hall

115 Willard Memorial Square, Wellington
440-647-4626 Ext. 5

Amherst Public Library

221 Spring Street, Amherst, OH 44001
440-988-4230

**Can also contact United Way
by calling 2-1-1**



LUNCH & LEARN
SPONSORED BY
**Bob Brooks and
Bryan Buhoveckey**

**Wednesday
February 5th
1:30pm Old Firehouse
Edward Jones®
Perspective 2025
4 financial resolutions
for the new year.
Presented by Bryan Buhoveckey
For reservations call
440-930-4897**

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 440-933-5639 and ask to speak with one of the Client Coordinators.

**So long,
farewell,
auf wiedersehen,
goodbye.** As you may be aware,

I will be retiring at the end of this month.

Ten years ago I was brought in to “cover” the Senior Center for a couple of months until a new Senior Director could be found.

As fate would have it, the job was mine—part time until the position became full time seven years ago.

It has been a wonderful experience to be of service to all who frequent the Old Firehouse. I am grateful to the many of you who helped guide me during the first few years and to the relationships we’ve established along the way. It’s been fun meeting new people and getting to know the parents of people I grew up with here in town. I became inspired to try my best to make the center a warm, safe, and friendly place to visit. Again, I am very thankful to all who welcomed me into the fold and put their trust in me.

Thanks to my coworkers, especially Patty, who always made me look better than I was.

Thanks to the Recreation Directors, Council members, and Mayors for their confidence in my ability to do and maintain this position.

Thank you to the guys at Public Works who were always quick to respond to any needs we had within the building.

Finally, a wink and a nod to Fire Chief Butler for allowing me to use his office while I was here.

It’s been fun! I’ll carry many memories.

Nike

VALENTINE'S DAY 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.

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

- | | | | |
|---------|-----------|----------|------------|
| ADMIRE | CANDY | EMBRACE | KISS |
| AMOROUS | CARDS | FEBRUARY | LOVE |
| ARROW | CARESS | FRIEND | ROSES |
| BOUQUET | CHOCOLATE | GOODNESS | SWEETHEART |
| BOW | CUPID | HAPPY | VALENTINE |

GROUNDHOG DAY by Evelyn Johnson

1	2	3	4	5	6	7	8	9	10	11	12
13			14	15					16		
17				18					19		
20			21	22				23	24		
		25				26	27				
28	29	30				31					
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41			42					43			
		44					45				
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55				56	57	58			59	60	
61				62					63		
64				65					66		

Solution on page 4.

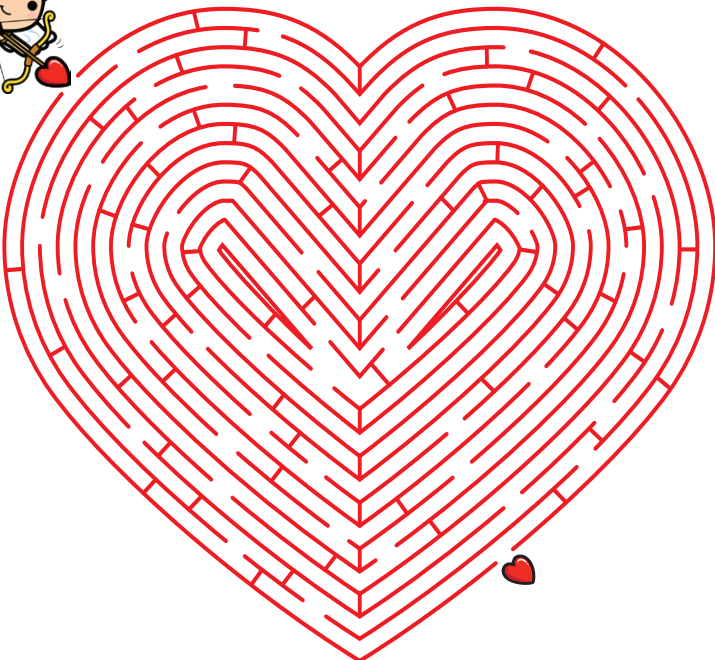
ACROSS

- | | | |
|----------------------------------|---|-----------------------|
| 1 Desert condition | 26 State of atmosphere at a particular time | 46 Not imprisoned men |
| 5 Special case only (2 wds.) | 28 Narrated again | 49 Luge |
| 10 Movie 2001's talking computer | 31 Fry | 50 Gives temporarily |
| 13 Half man, half goat | 32 Tipped | 51 Two |
| 15 Hair care product brand | 33 Giant | 52 Animal foot |
| 16 Southwestern Indian | 34 Recede | 55 Serving of corn |
| 17 Host | 37 Bomb | 56 Employer |
| 18 India language | 38 Cowboy show | 59 Skid |
| 19 Traveler's aid | 40 Ticket amount | 61 Sign language |
| 20 Fire remains | 41 Fasten | 62 Sporty car brand |
| 21 Skid | 42 Unconsciousness | 63 Sugar-free brand |
| 23 Wood | 43 Uncanny | 64 Pigpen |
| 25 Shaded | 44 Fools | 65 Artist Andrew |
| | 45 Good luck charm | 66 Humid |

DOWN

- | | | |
|---|---|------------------------------------|
| 1 At sea | 25 Opening or hollow cavity | 44 Place of concealment or shelter |
| 2 Los Angeles football team | 26 Payment | 45 Boxer Muhammad |
| 3 Scratch | 27 European monetary unit | 46 Animal insects |
| 4 Imbue | 28 Mouth off | 47 Cook with dry heat |
| 5 Plant louse | 29 Decorative needle case | 48 First stage of a time period |
| 6 Leaky faucet noise | 30 Small fry | 49 _____ Lee (pie brand name) |
| 7 Egg layer | 31 Fizzy drinks | 51 Fresh |
| 8 Stale | 34 Royalty | 52 Pocket bread |
| 9 Weather conditions prevailing at a certain time | 35 Soft cheese | 53 A cozy room (2 wds.) |
| 10 Expressing dislike word | 36 Purple vegetable | 54 Seven days of calendar |
| 11 Dickens' _____ of "Two Cities" (2 wds.) | 38 Strong cord | 57 Cold |
| 12 Pariah | 39 Occurrence believed to be supernatural | 58 Regret |
| 14 Occur, happen or outcome | 40 Violent quarrel | 60 Acid drug |
| 22 Headed | 42 Tip or gratuity | |
| 24 Dined | 43 Come out of a surrounding environment | |

Shoot an arrow through my heart!



*I told my mom I'd call her later.
 She said she prefers "Mom".*



FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00a Indoor Walking 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>4</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>5</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub 1:30p Bob Brooks L&L</p>	<p>6</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 12:30p Westshore Watercolor 4:00p Yoga Flow*</p>	<p>7</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge</p>
<p>10</p> <p>8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Bunco</p>	<p>11</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>12</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Game Players 1:30p Rummikub</p>	<p>13</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:00a Vision Concerns 11:15 Yin Yoga* 12:30p Hand & Foot 1:00p Put-In-Bay Hotel 4:00p Yoga Flow*</p>	<p>14</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot</p> <p>Happy Valentine's Day!</p> 
<p>17</p> <p>8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge</p>	<p>18</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00 HOT LUNCH & BP</p> 	<p>19</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub</p>	<p>20</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 12:30p Westshore Watercolor 2:00p Bingo 4:00p Yoga Flow*</p> 	<p>21</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge</p>
<p>24</p> <p>8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>25</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>26</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub</p>	<p>27</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 12:30p Westshore Watercolor 4:00p Yoga Flow*</p>	<p>28</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong</p>

*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:



Talk on the Lake

CITY OF AVON LAKE SENIOR CENTER SPONSORS

Open Weekdays 8:00am-4:30pm
440-930-4135

Patty Knip
Senior Programming
pknip@avonlake.org

Mike Kral
Senior Center Director & Recreation Facilities Manager
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