



# Happy Valentine's Day February 2026

## Talk on the Lake

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

### Special Events this Month!

#### February 7th

**Vitalant Blood Drive 8:30am–11:45am**

#### February 11th

**Brunch & Learn 10:00am**

Stephanie Bondi of Alert Care Medical Systems will be providing a light breakfast & great conversation.

#### February 12th

**Vision Concerns Group 11:00am**

#### February 12th

**Fruit Tree Pruning Class 10:00am–12:00pm**

Sponsored by the City of Avon Lake and the Tree Commission. Hot Chocolate, coffee, and Apple & Peach Muffins will be provided.

#### February 13th

**Valentine's Day Potluck 12:00pm**

Sponsored by Senior Center members.

Call 440-930-4135 to sign up. Please specify the dish or item(s) you will be providing.

#### February 17th

**Senior Hot Lunch 12:00pm**

Sliced Roasted Boneless Pork Loin & Sauerkraut, Mashed Yukon Gold Potatoes w/Gravy, Green Beans w/Toasted Almonds, Rolls & Butter. Dessert will be provided by Towne Center Independence Apartments. **Blood Pressure Screenings 12:30pm**

#### February 19th

**Bingo 2:00pm**

#### February 24th

**Lunch & Learn 12:00pm**

Medical Talk with Tom Strong on Osteoporosis Lunch will be provided.

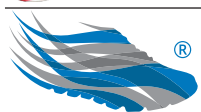
#### February 26th

**Great Big Beautiful Lunch & Learn 12:00pm**

Featuring: David Frank of First Federal Lakewood, Julie Graf Skinner of Busch Funeral & Crematory Services, Don Antone of Wellspring Hospice, Pamela Spargo of Sarringhaus & Scott, Co., LPA, Sharon Nicholas of Always Best Care, and Marny Fannin of Home Instead.

#### June 5th

**Save the date—"Senior" Prom.**



SilverSneakers®

Renew  
Active™

by UnitedHealthcare

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

## Presidential Fun Facts for Presidents Day

**George Washington owned a profitable whiskey distillery.**

Whiskey was one of Washington's most important business ventures at Mount Vernon. At peak production in 1799, the distillery used five stills and a boiler and produced eleven thousand gallons of whiskey. With sales of \$7,500 that year, it was perhaps the country's largest distillery.

**James Madison held the first Inaugural Ball.**

Although there was a ball in 1789 to honor the election of George Washington, the first official inaugural ball did not occur until 1809, when Madison took office. Madison was sworn in at the U.S. Capitol.

**Gerald Ford was a fashion model in his youth (even appearing on the cover of Cosmopolitan).**

Ford's first love was a woman named Phyllis Brown, a gorgeous blonde who became a fashion model. Brown persuaded Ford to invest in a modeling agency and to do some modeling himself.

**Warren Harding had the largest shoe size.**

Harding wore a size 14. Unfortunately, those big feet did not ensure that his administration would be on firm footing. It turned out that Harding's trusted advisors were not so trustworthy, and his presidency was riddled with scandal.

**Four presidents have received the Nobel Peace Prize including Theodore Roosevelt, Woodrow Wilson, Jimmy Carter and Barack Obama.**

Roosevelt received his in 1906 for his many efforts toward international peace, including his role in formulating the 1905 peace treaty between Russia and Japan. Wilson was awarded the Nobel in 1919 for founding the League of Nations after World War I. Carter was long retired from the presidency when he won the prize in 2002 for his efforts to advance human rights and

advance peaceful solutions to international conflicts. Obama was honored with a Nobel in 2009 for his work toward strengthening international diplomacy and cooperation.

**William Howard Taft became a Supreme Court Justice after his retirement.**

A graduate of Yale and Cincinnati Law School, Taft loved law but was unsure about politics. At the urging of his wife, Nellie, and mentor, Theodore Roosevelt, he reluctantly accepted his party's nomination for the presidency, calling the presidential campaign "one of the most uncomfortable four months of my life."

**Theodore Roosevelt wore a lock of Lincoln's hair during his inauguration.**

Roosevelt wore a ring with a lock of Lincoln's hair in it on March 14, 1905, at his second inauguration. Roosevelt had been a long-time admirer of Lincoln, and as a child had watched Lincoln's funeral procession pass by his house in New York.

**Franklin D. Roosevelt was the first president to name a woman to his cabinet.**

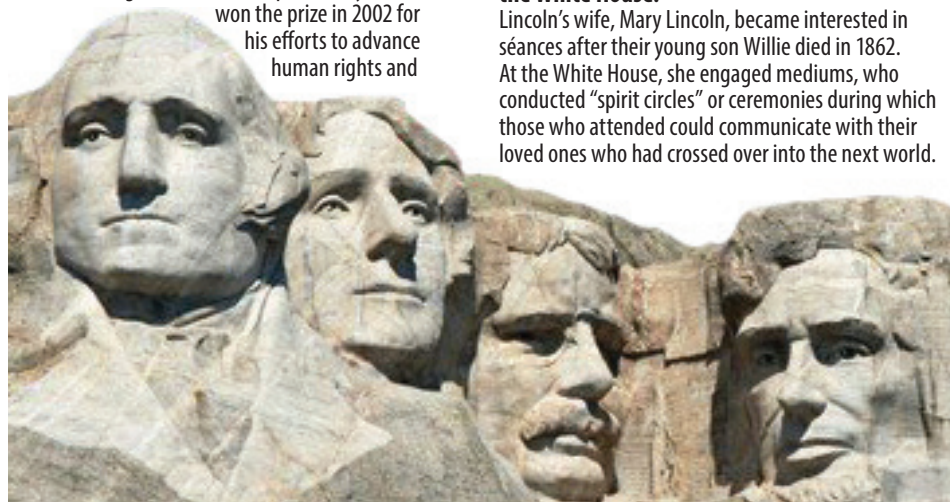
FDR named Frances Perkins as secretary of labor in 1933. The Mount Holyoke College graduate was a trained social worker who had worked in settlement houses in Chicago and Philadelphia. Her efforts on behalf of labor reform took on an added urgency after the tragic Triangle Shirtwaist Factory fire in 1911.

**John Tyler had 15 children.**

Tyler was married twice. He had eight children with his first wife, Letitia. After she died, the 54-year-old president married the 24-year-old Julia Gardiner, with whom he had seven more children.

**Abraham Lincoln attended séances at the White House.**

Lincoln's wife, Mary Lincoln, became interested in séances after their young son Willie died in 1862. At the White House, she engaged mediums, who conducted "spirit circles" or ceremonies during which those who attended could communicate with their loved ones who had crossed over into the next world.



*Thank you to Eileen Brooks from Senior Care Authority and Erin Eurenus Esq., CELA, CPA from West Side Elder Law for all their helpful information and wonderful food at January's Lunch & Learn*

# 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 <b>Advanced TRX</b> Carrie	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>Boom Move</b> Carrie	10:15-11:00 <b>Stability Plus</b> Heather
10:30-11:15 <b>Circuit</b> Maria	11:30-12:15 <b>Gentle Yoga</b> Sherri	11:30-12:15 <b>Gentle Yoga Flow</b> Dawn	11:15-12:00 <b>Yin Yoga</b> Crissy	11:15-12:00 <b>Yoga Plus</b> Heather
11:30-12:15 <b>Focused Gentle Yoga</b> Maria			4:00p-5:00p <b>Yoga Flow</b> 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.

**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.

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



## SENIOR SPOTLIGHT

**Pat McDonald—100 years of memories, 100 years of love, 100 years of laughter, 100 years of life!**

Pat McDonald recently celebrated an extraordinary milestone—her 100th birthday! Born in 1925 to Annie Elizabeth and Thomas Joseph Tobin, Pat was one of seven children.

She grew up on a farm in Pennsylvania alongside her oldest sister, Margaret, and Margaret's husband, where she learned the value of hard work, family, and perseverance—qualities that would define her life.

On January 1, 1944, Pat married Clyde "Doc" McDonald. Together they raised three children: Sandy, Tom, and Joeline "Jo." While Doc served on active duty during the Korean Conflict, Pat began working

at Goodyear Aerospace in the Drafting Department. There, she developed into an exceptionally talented mechanical and electrical draftsman, a role that showcased both her precision and creativity.

After living in Ohio, Connecticut, and Pennsylvania, the McDonalds eventually settled back in Lorain County, making Avon Lake their home.

Once her children were grown and pursuing their own paths, Pat turned her attention to personal interests. Drawing on the hand-eye coordination she honed as a draftsman, she took up bowling and golf—activities she enjoyed for many years.

In 1990, after nearly 47 years of marriage, Doc passed away. Pat credits her close-knit community at the United Church of Christ for helping her find strength and purpose during that difficult time. Her dedication to the church later led her to serve as a member of the

Board of Trustees.

Today, at 100 years young, Pat continues to inspire. Although she has recently stepped away from golf and bowling, she still enjoys joining an exercise class when she can. We love seeing her at our monthly Hot Lunches and at presentations at the Old Firehouse, where she is always surrounded by friends, laughter, and companionship.

Pat is the last surviving sibling of her family and experienced the loss of her son in 2016. She is blessed to have both daughters still by her side, along with six grandchildren, eleven great-grandchildren—and this summer, she will welcome her very first great-great-grandchild.

What an incredible accomplishment, Pat. You are truly an inspiration to all of us.

## BRUNCH&LEARN

Wed. Feb. 11th at 10am

Tips for Fall Prevention and Aging in Place Safely – Practical home safety strategies to reduce the risk of falls. Each participant will be provided with a handy checklist of tips for each room in their home as well as a File of Life. Please join us for a light breakfast and great conversation!



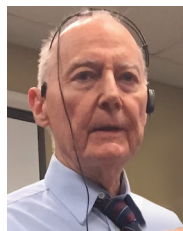
Presented by: Stephanie Bondi

**Alert Care**  
Medical Alert Systems

Sign up in the office or call 440-930-4130.

## LUNCH&LEARN

Tue. Feb. 24th at 12pm



Medical Talk with Tom Strong. The presentation will be on Osteoporosis is a metabolic bone disease characterized by low bone density and increased fracture risk, making it essential to understand its causes, risk factors, and management strategies for an effective presentation.

Sign up in the office or call 440-930-4130.



## VISION CONCERNS GROUP

Thursday, February 12th at 11am  
at the Old Firehouse

Ashley, of Westlake Lens Crafters, will be demonstrating new META frames—eye glass frames to help with vision problems.

On March 12, Debbie Kogler from Magnifires and More will be presenting.

Questions?

Call Gary Clawson at 440-935-5906.

## WEDNESDAY MORNING MOVIES AT 10AM



### FEBRUARY 4

**Passing** PG-13 | 1h 39m | Drama

Cast: Tessa Thompson, Ruth Negga, Andre Holland

In 1920s New York City, a Black woman finds her world upended when her life becomes intertwined with a former childhood friend who's passing as white.



### FEBRUARY 11

**Secret Mall Apartment** TV-MA | 1h 32m | Documentary

In 2003, eight Rhode Islanders created a secret apartment inside a busy mall and lived there for four years, filming everything along the way. Far more than a prank, the secret apartment became a deeply meaningful place for all involved.



### FEBRUARY 18

**Respect** PG-13 | 2h 24m | Drama

Cast: Jennifer Hudson, Forest Whitaker, Marlon Wayans

Chosen by the Queen of Soul herself, Oscar winner Jennifer Hudson stars as Aretha Franklin amid her meteoric rise from gospel roots to global stardom.



### FEBRUARY 25

**Ruth & Boaz** TV-14 | 1h 33m | Drama

Cast: Seraph, Tyler Lesley, Phylicia Rashad

A gifted singer with a complicated past. A winery owner with a generous heart. Love shows up in unexpected ways in this modern spin on the Book of Ruth.



Making a difference. Right here at home.

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.

- ON-SITE FOOD PANTRY
- EMERGENCY FINANCIAL ASSISTANCE
- PERSONAL DEVELOPMENT PROGRAMS



Indoor Walking at  
**THE ANCHOR**  
SPONSORED BY AVIENT

Contact Brian at 440-930-4135



## Avon Lake Women's Chorus Rehearsals Mondays at 9:30am

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]

## HOT LUNCH Feb. 17th at Noon



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

This month's menu: Sliced Roasted Boneless Pork Loin & Sauerkraut, Mashed Yukon Gold Potatoes w/Gravy, Green Beans w/Toasted Almonds, Rolls & Butter. Dessert will be provided by Towne Center Independence Apartments. 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).

**Payment due at time of registration.**



In memory of Robert Piovarchy—a kind and sincere man who always had time to listen.



## Blood Pressure Checks Tuesday, Jan. 20th 12:30p–2:30p

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



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



## Senior Strong Program

The Senior Strong Program focuses on mental health, wellness and building resilience in older adults. A representative 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 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.*

## 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.



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, February 19th at 2:00pm.**

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

## 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 \_\_\_\_\_

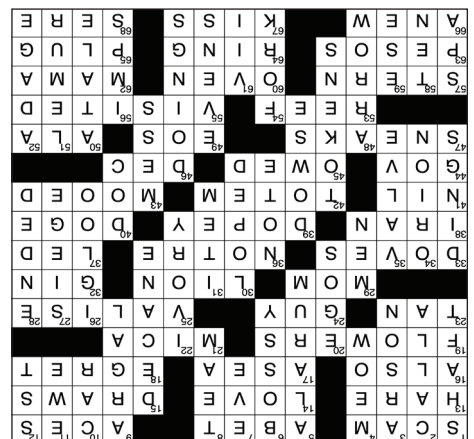
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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](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 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.



**Valentine's Day Potluck**  
**Friday, February 13th from 12:00-2:00PM**  
 Sponsored by the Old Firehouse Community Center members.  
 Call 440-930-4135 to sign up for the event.  
 When you sign up, please specify the dish or item (s) you are planning to prepare for lunch.



## Fruit Tree Pruning Class

**Thursday, February 12th | 10am–12pm**

**Old Firehouse Community Center**

This free event is sponsored by the City of Avon Lake and the Tree Commission and will focus on pruning backyard fruit trees. The class will begin with an indoor instructional session followed by a hands-on outdoor demonstration. Dress for the weather. Certified arborists from Bartlett Tree Experts will prune the apple and peach trees located at the Old Firehouse. Call 440-930-4135 to reserve your spot.

# GREAT, BIG, BEAUTIFUL Lunch&Learn.

**THURSDAY FEBRUARY 26 at 12PM**

Join us for lunch and gain valuable information from professionals concerning home care, medical & non-medical, end of life options & how to plan for them, and legal advice for seniors.



Serving income-qualified residents of Avon and 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](http://www.aalcrs.org) - [aalcrs@aalcrs.org](mailto: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

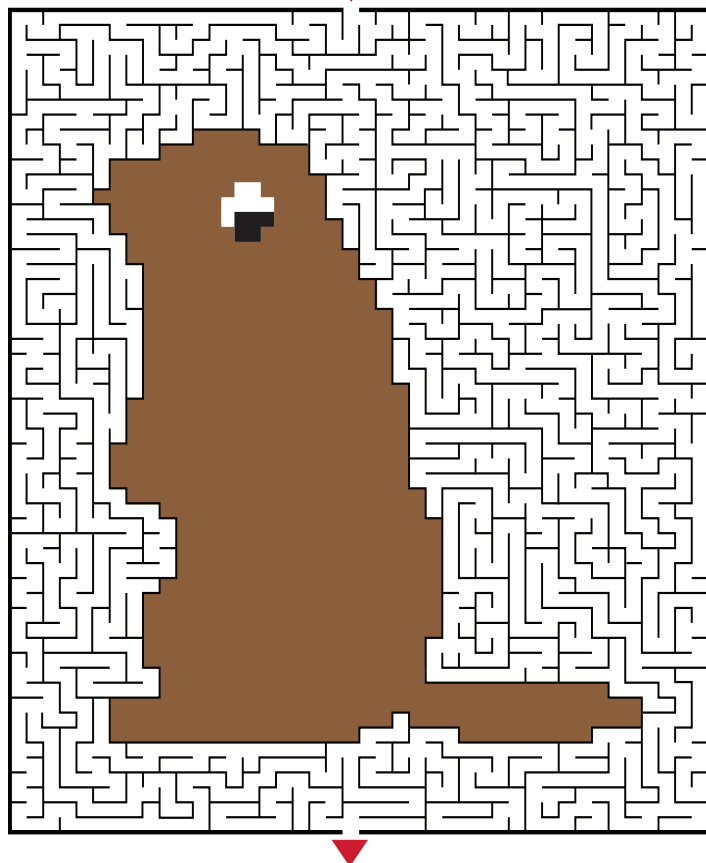
# FEBRUARY

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.

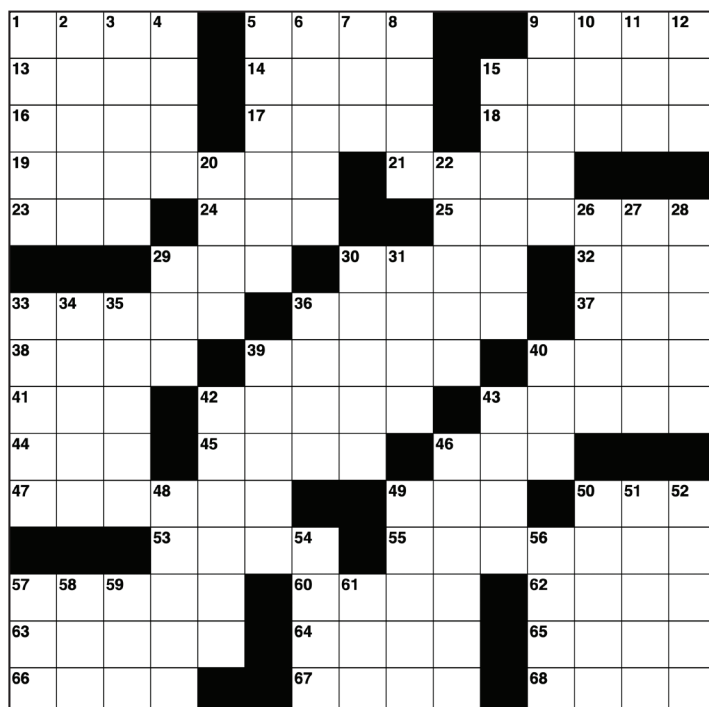
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 W I P R E S I D E N T S T O  
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 V X C P K R R T F R R V V F

ARROW	FLOWERS	HEART	MOON	TIDINGS
CARD	FOOTBALL	KISS	PALLID	VALENTINE
CHILLY	FRIEND	LINCOLN	PRESIDENTS	WASHINGTON
CHOCOLATE	GROUNDHOG	LOVE	SNOWY	WINTERED
CUPID				



# VALENTINE'S DAY

by Evelyn Johnson



Solution on page 4.

## ACROSS

- |   |                                |                                    |
|---|--------------------------------|------------------------------------|
| 1 Fraud                                 | 29 Mater                       | 47 Pilfers                         |
| 5 To incite                             | 30 MGM's leo                   | 49 Goddess                         |
| 9 Experts                               | 32 _____ Rummy (card game)     | 50 Wing                            |
| 13 Rabbit                               | 33 Small pigeonlike birds      | 53 Shallow area                    |
| 14 Tender and passionate affection      | 36 "_____ Dame"                | 55 Went to see                     |
| 15 Takes up water                       | 37 Headed                      | 57 Harsh                           |
| 16 Ditto                                | 38 Asian country               | 60 Kitchen appliance               |
| 17 At sea                               | 39 Stupid                      | 62 Mommy                           |
| 18 Heron                                | 40 Former magistrate of Venice | 63 Spanish coins                   |
| 19 Plants capable of producing blossoms | 41 Zip                         | 64 Hoop                            |
| 21 Soft mineral                         | 42 Indian tribe emblem         | 65 Stop up                         |
| 23 Summer skin color                    | 43 Sounded like a cow          | 66 Afresh                          |
| 24 Man                                  | 44 Governor                    | 67 Press with lips as sign of love |
| 25 Overnight bag                        | 45 Overdue                     | 68 Shriveled                       |
|   | 46 December                    |                                    |

## DOWN

- |                                      |                          |  |
|--------------------------------------|--------------------------|--|
| 1 Axle                               | 22 Piano key substance   | 43 Dining hall                             |
| 2 Lilly-like plant                   | 26 Eskimo home           | 46 Deeds                                   |
| 3 Malicious burning                  | 27 Military attack       | 48 Slender pointed shaft shot from a bow   |
| 4 Cry like a cat                     | 28 Ceased                | 49 Poetic "evenings"                       |
| 5 Alarmed                            | 29 Males                 | 50 Dickens' "_____ of Two Cities" (2 wds.) |
| 6 Authoritarian                      | 30 Galloped              | 51 Monkey's cousin                         |
| 7 Evening                            | 31 Object                | 52 Expression                              |
| 8 Group                              | 33 Chimes                | 54 Knife's partner                         |
| 9 Wild sheep                         | 34 Constellation         | 56 Pixies                                  |
| 10 Motor vehicle                     | 35 Internal flap         | 57 Resort hotel                            |
| 11 Female sheep                      | 36 Short informal letter | 58 Decade                                  |
| 12 Fast plane                        | 39 Divine water          | 59 Vane direction                          |
| 15 Isomeric alkane found in kerosene | 40 Physician             | 61 Roman numeral seven                     |
| 20 Freudian selves                   | 42 Parking garage need   |  |

Does anyone know a good Groundhog Day joke?  
I keep hearing the same one over and over again.



# FEBRUARY 2026

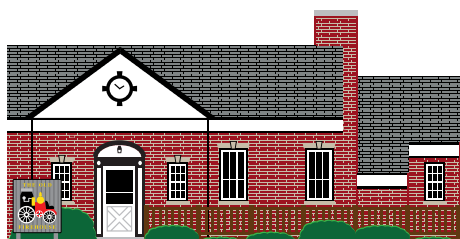
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:15a Advanced TRX 9:30a Womens Chorus <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Hand & Foot  <b>GROUNDHOG DAY</b>	<b>3</b> <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> 12:30p Mahjong 1:00p Dominoes	<b>4</b> <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Game Players 1:30p Rummikub	<b>5</b> <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15a Yin Yoga*</b> 12:30p Westshore Watercolor <b>4:00p Yoga Flow*</b>	<b>6</b> <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge
<b>9</b> 8:15a Advanced TRX 9:30a Womens Chorus <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot	<b>10</b> <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> 12:30p Mahjong 1:00p Dominoes	<b>11</b> <b>9:30a Stability*</b> 10:00a Movie <b>10:00a Brunch &amp; Learn</b> <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 12:30p Duplicate Bridge 1:00p Game Players 1:30p Rummikub 	<b>12</b> <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:00a Vision Concerns</b> <b>11:15a Yin Yoga*</b> <b>12:00p Fruit Tree Puning</b> Westshore Watercolor <b>4:00p Yoga Flow*</b> 	<b>13</b> <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> <b>12:00p Valentine's Potluck</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge <b>HAPPY VALENTINE'S DAY</b>
<b>16</b> 8:15a Advanced TRX 9:30a Womens Chorus <b>9:30a Stability*</b> <b>9:30a Garden Club</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Duplicate Bridge 1:00p Hand & Foot <b>★ PRESIDENTS DAY ★</b>	<b>17</b> <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> <b>12:00 HOT LUNCH</b> <b>12:30 BP</b> 12:30p Mahjong 1:00p Dominoes  <b>MARDI GRAS</b>	<b>18</b> <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Game Players 1:30p Rummikub 	<b>19</b> <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15a Yin Yoga*</b> <b>2:00p Bingo</b> <b>4:00p Yoga Flow*</b> 	<b>20</b> <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Third Friday Bridge
<b>23</b> 8:15a Advanced TRX 9:30a Womens Chorus <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Hand & Foot	<b>24</b> <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> <b>12:00p LUNCH &amp; LEARN</b> 12:30p Mahjong 1:00p Dominoes	<b>25</b> <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Game Players 1:30p Rummikub	<b>26</b> <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15a Yin Yoga*</b> <b>12:00p LUNCH &amp; LEARN</b> <b>4:00p Yoga Flow*</b>	<b>27</b> <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong

## FEBRUARY IS

# BLACK HISTORY MONTH

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

*To Our Friend:*



**Open Monday–Friday 8:00am-4:30pm**

# *Talk on the Lake*

**CITY OF AVON LAKE SENIOR CENTER**

**Phone: 440-930-4135**

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Senior Director/Recreation Facilities Manager  
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Senior Programming  
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