

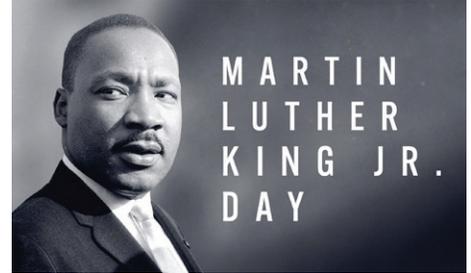


January 2025

Talk on the Lake

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

Wishing you gratitude for years past,
joy in the present,
and hope for the future.



Martin Luther King, Jr., Day on January 20th, honors the achievements of Martin Luther King, Jr. A Baptist minister who advocated the use of nonviolent means to end racial segregation, he first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. He founded the Southern Christian Leadership Conference in 1957 and led the 1963 March on Washington. The most influential of African American civil rights leaders during the 1960s, he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment, and the Voting Rights Act of 1965. King was awarded the Nobel Prize for Peace in 1964. He was assassinated on April 4, 1968.

Beginning in 1970, a number of states and cities made his birthday, January 15, a holiday. Although legislation for a federal holiday was introduced in Congress as early as 1968, there was sufficient opposition, on racial and political grounds, to block its passage. In 1983 legislation making the third Monday in January a federal holiday finally was passed, and the first observance nationwide was in 1986.

Senior Center will be closed
Wednesday, January 1
New Year's Day

vitalantSM
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!**

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.



Fitness at the Old Firehouse



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.

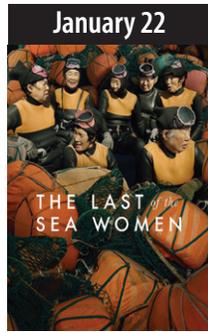
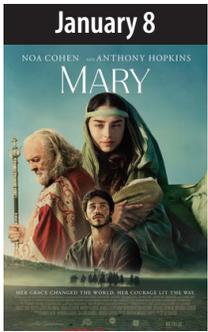
Fitness Levels

- 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.

January Movies on Wednesday Morning at 10



January 8: Mary

TV-14 | 1h 52m | Drama, Faith

Cast: Nora Cohen, Ido Tako, Anthony Hopkins

The journey leading Jesus' birth unfolds through his mother's eyes in this rousing biblical epic.

January 15: Megan Leavey

PG-13 | 1h 56m | Drama, Inspiring

Cast: Kate Mara, Edie Falco, Common

Feeling trapped in her old life, Megan enlists in the Marine Corps, where she forms an unlikely partnership with a combat dog. Based on a true story.

January 22: The Last Sea Women

G | 1h 27m | Documentary

Documentary film profiling the haenyeo, a declining community of women in Jeju, South Korea, who dive in the ocean to collect seafood to feed their communities.

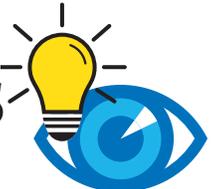
January 29: NYAD

PG-13 | 2h 1m | Drama, Emotiona

Cast: Annette Bening, Jodie Foster, Rhys Ifans

Annette Bening and Jodie Foster earned Oscar nominations as marathon swimmer Diana Nyad and her devoted friend Bonnie Stoll in this thrilling drama.

VISION CONCERNS GROUP



January 9, 2025 | 11:00am
At The Old Firehouse
 Questions, call Gary Clawson at
440-935-5906



February 13, 2025
1:00pm | Old Firehouse
 Sally Tomko presents
 Put-In-Bay Victory Hotel
 Sign up NOW! Call 440.930.4135



Infinite Helping Hands

Christmas Brunch 2024 *Thank you to the children of Christ Lutheran Pre-school for our wonderful decorations and coloring pages!*





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)

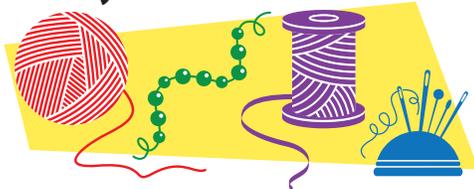
NO AUDITIONS!

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

January 21st at Noon

\$7.00 | \$5.00 for Members | Free for 90+
This month's menu: Roasted Pork Loin & Sauerkraut, Mashed Potatoes & Gravy, Green Beans with Almonds, 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 Sharon Nicholas of Angels Care Home Health will be calling the numbers on **Thursday, January 16th at 2:00pm.** Call 440-930-4135 to reserve your spot.



Blood Pressure Checks Tuesday, Jan. 21st | 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"

Stand-Up Comedy Workshop

With comedy coach and author Dave Schwensen

**Thursday, January 9th
1:00pm at The Old Firehouse**

This is an interactive program that entertains and tickles the funny bone by encouraging audience volunteers to take a memorable turn in the stand-up comedy spotlight.

Sharing tips, techniques, and top-secret information from his comedy workshops for The Funny Bone Comedy Clubs, you will have the opportunity to become the "star" of this fast paced and energetic showcase of laughter.

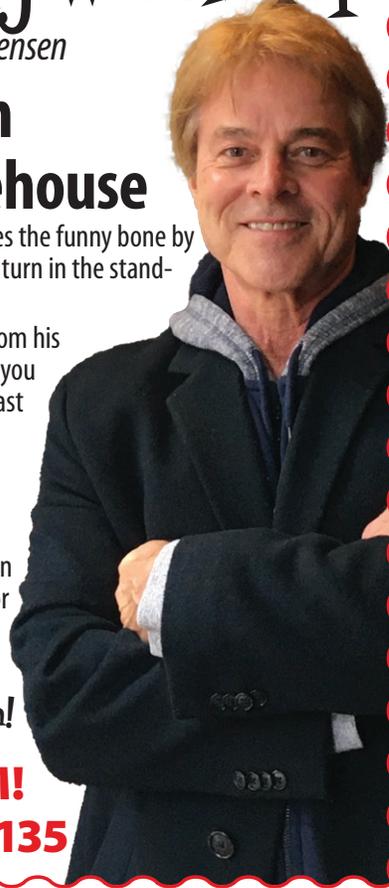
Bring your sense of humor, and, for extra fun, a favorite joke!

Dave Schwensen is a nationally recognized comedy coach, former comedian talent coordinator for television and live venues in Hollywood and New York, and author of the book "How To Be A Working Comic".

Requirements:

Laughter, creativity, and having fun!

**THIS IS A FREE PROGRAM!
SIGN UP NOW! 440.930-4135**



LUNCH & LEARN

SPONSORED BY

**Bob Brooks and
Bryan Buhoveckey**

**Wednesday
January 8th 1:30pm**

Old Firehouse

**Investment
Themes**

Presented by Brenden Gayowski



For reservations call

440-930-4897

Edward Jones

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.

AARP 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**

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.

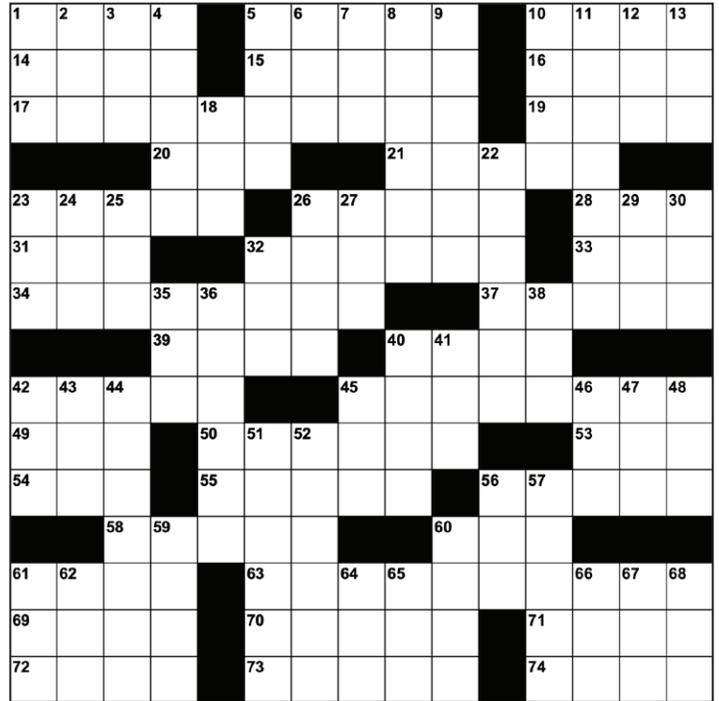
JANUARY by Evelyn Johnson

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.

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

- | | | | |
|-----------|-----------|------------|---------|
| BLANKET | FROSTBITE | MITTENS | STORMS |
| BLIZZARD | FROSTY | PARKA | WINTER |
| BLUSTERY | GARNET | QUILT | WOOLENS |
| BOOTS | HIBERNATE | RESOLUTION | |
| CARNATION | ICE | SKI | |
| EARMUFFS | JANUARY | SNOW | |

HAPPY NEW YEAR! by Evelyn Johnson



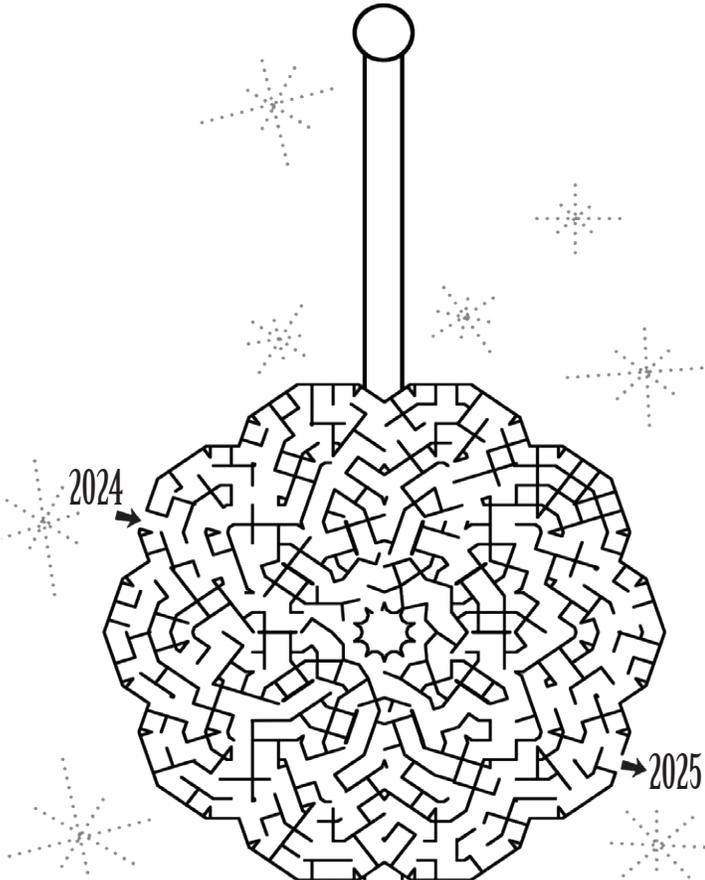
Solution on page 4.

ACROSS

- | | | |
|--|----------------------------------|---------------------------------|
| 1 Untied | 31 Note of debt | 55 Knobby |
| 5 Errs | 32 Citizen of Libya | 56 Many times |
| 10 Press with lips as a sign of love | 33 North northwest | 58 Villain |
| 14 Portal | 34 Small pieces of colored paper | 60 Rio de Janeiro |
| 15 Sporty car brand | 37 Render able | 61 Harsh criticism |
| 16 Colored part of eye | 39 Injured | 63 Police cars (2 wds.) |
| 17 Promise to change something in the future | 40 Toady | 69 Factor of ten |
| 19 For fear that | 42 Corset | 70 Architect Frank _____ Wright |
| 20 Sun's name | 45 Tenor sings high | 71 Gets older |
| 21 Propel with oars | 49 Party favor | 72 Attorney (abbr.) |
| 23 Spread | 50 Tapered spike of frozen water | 73 Sugar-free brand |
| 26 Applesauce brand | 53 Present | 74 Run |
| 28 Ripen | 54 Extension (abbr.) | |

DOWN

- | | | |
|------------------------------|---------------------------------------|---|
| 1 Former president of U.S. | 24 Also | 46 Explosive |
| 2 Caviar | 25 Bolt | 47 Foot extension |
| 3 Goddess | 26 Small amount | 48 Possess |
| 4 Jagged | 27 Kimono sash | 51 Two |
| 5 Ancient European region | 29 African antelope | 52 Utopian ideas |
| 6 Fall mo. | 30 Ram's mate | 56 Cooking fat |
| 7 French "yes" | 32 Long-term memory | 57 Having focus |
| 8 Cold in manner or attitude | 35 Be airborne | 59 Yes |
| 9 Holy places | 36 Alleviating | 60 Traveled by car |
| 10 Terminate | 38 North northeast | 61 Those who make the food laws (abbr.) |
| 11 Scotland neighbor | 40 Season | 62 Permit |
| 12 Sister for short | 41 Brew | 64 Kid |
| 13 Supersonic transport | 42 Her | 65 Seed bread |
| 18 Down | 43 Excise | 66 Past |
| 22 "_____ and World Report" | 44 Allure | 67 Representative |
| 23 Attack | 45 Farm credit administration (abbr.) | 68 Compass point |



My New Year's resolution is to get in shape. I choose round.



JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MARTIN LUTHER KING JR. DAY JANUARY 20TH</p>		<p>1 Closed New Year's Day</p>	<p>2 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>3 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>6 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>7 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 1:00p Rummikub</p>	<p>8 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:00p Duplicate Bridge 1:30p Bob Brooks L&L</p>	<p>9 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 Comedy Workshop 4:00p Yoga Flow*</p>	<p>10 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>13 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>14 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 1:00p Rummikub</p>	<p>15 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players</p>	<p>16 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 2:00p Bingo 4:00p Yoga Flow*</p> 	<p>17 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>20 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>21 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. 12:30p Mahjong 1:00p Dominoes 1:00p Rummikub</p> 	<p>22 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players</p>	<p>23 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>24 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>
<p>27 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>28 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 1:00p Rummikub</p>	<p>29 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players</p>	<p>30 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>31 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot</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
mkral@avonlake.org



Available online at www.AvonLakeRec.com



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



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