



January 2026

HAPPY NEW YEAR!

# Talk on the Lake

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

## Special Events this Month!

### January 3rd

Vitalant Blood Drive 8:30am–11:45am

### January 8th

Vision Concerns Group 11:00am

### January 8th

Lunch & Learn 12:00pm

Senior Care Authority will be providing lunch along with their presentation.

### January 15th

BINGO 2:00pm–3:30pm

Sharon Nicholas of *Always Best Care* calls the numbers.

### January 20th

Senior Hot Lunch 12:00pm

Sliced Roasted Boneless Pork Loin & Sauerkraut, Mashed Yukon Gold Potatoes w/Gravy, Green Beans w/Toasted Almonds, Rolls & Butter, Triple Chocolate Brownies.

Blood Pressure Screenings 12:30pm

Senior Center will be Closed.

### January 1st

Senior Center will be Closed.

### 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.

## 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.

# 7 Resolutions You Can Make for the New Year

Roughly half of Americans admit to usually making some kind of New Year's resolution. Yet despite their good intentions for self-improvement, only about 8 percent of people are successful in achieving their resolution, according to statisticbrain.com, often because they set a goal that is simply too lofty.

Here are some realistic ways that seniors can improve their lives and wellbeing as we enter the new year.

Here are seven potential New Year's resolutions for seniors that are easily attainable with just a little effort. . .

## 1 Update your legal documents

The very nature of many legal documents is that you don't need them until you need them, and this is especially true of wills, advance directives (also called a living will), and power of attorney documents. If you haven't already created each of these, contact your attorney and set up an appointment to get the ball rolling. You can even find simple templates on the internet using sites like legalzoom.com or get low-cost computer software (such as Quicken WillMaker) if your personal and financial situation is not very complex. And if you already created these documents many years ago, it is a good idea to review them periodically to ensure nothing about your wishes has dramatically changed.

## 2 Clean out your closets

You open the door, and inside are behemoth stacks of STUFF—discarded toys, outdated clothes, boxes of old papers. Whether this describes your attic, garage, or closet, 2026 is the year to tackle the task of cleaning it out. It sounds daunting, but here are some simple tips on how to turn this chore into a . . . dare I say, fun? . . . task.

## 3 Eat healthier

Want to live to be 100? You can increase your odds simply by improving your diet. The people in the Blue Zones (the cities that have the most centenarians) seem to have it figured out, and following some of their diet and lifestyle choices can put you on the path to a longer, healthier life. But eating healthy doesn't have to mean sacrificing flavor. Try incorporating these "super foods" into your meals; it is another easy way to up your chances of living to 100.

## 4 Get a check-up

An ounce of prevention is worth a pound of cure. That's why you should have an annual check-up with your primary care doctor. He or she will be able to spot any issues early, before they become major health crises. Your insurance or Medicare

should pay for it at no cost to you, so why not take advantage? Yes, laughter is good medicine, but preventive care may just be the best medicine.

## 5 Learn how to use technology

Staying connected to friends and family has many mental health benefits for seniors. And the internet and social media make it simpler than ever to keep in touch, even for the elderly who might otherwise become socially isolated. That's probably why seniors are one of the faster growing demographics on Facebook. If you aren't currently using social media—maybe you just aren't sure how to "Facebook"—ask a friend or loved one for a lesson and make 2026 the year you start connecting with loved ones virtually.

## 6 Begin to explore senior living options for the long-term

If you are approaching retirement age, you probably have already thought about where you would like to live as you grow old (and hopefully you've been saving your money accordingly). If you are considering a continuing care retirement community (CCRC, also known as a life plan community) or another senior living community, there's no time like the present to start exploring the options. My LifeSite has information on hundreds of CCRCs across the country to help you get the process started.

## 7 Get more exercise

Exercise has countless health benefits, especially as we age—increasing cardiovascular health, strengthening bones, improving balance, and managing weight. A research study conducted earlier this year found that as little as 1 minute of exercise can have tangible health benefits, improving blood sugar regulation, and increasing endurance and muscle. So, no more excuses that you "don't have time" to exercise in 2026! Take the stairs, park further from the mall entrance, or just get up from the sofa and do some jumping jacks or pushups. A little exercise is always better than none!

# 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 <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> Heather	

**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.





**LUNCH & LEARN**  
**Plan for**  
*Peace* of Mind

**Senior Care Authority**  
**Thursday, January 8, 2026 at 12pm**



**VISION CONCERNS GROUP**  
 Thursday, January 8th at 11:00am  
 at the Old Firehouse

*There will be no meeting in December.*

**Questions?**  
 Call Gary Clawson at 440-935-5906.



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**

## WEDNESDAY MORNING MOVIES AT 10AM



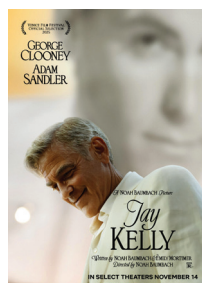
**JANUARY 7**

### **Wake Up Dead Man—A Knives Out Mystery**

PG-13 | 2h 24m | Comedy

Cast: Daniel Craig, Mila Kunis, Josh Brolin

A baffling death inside a quiet church draws Benoit Blanc into a tense investigation where faith secrets and suspicion blur as a close community turns against itself.



**JANUARY 14**

### **Jay Kelly**

R | 2h 12m | Drama

Cast: George Clooney, Adam Sandler, Riley Keough

Famous movie star Jay Kelly and his devoted manager, Ron, embark on an unexpectedly profound journey through Europe. Along the way, both men confront the choices they've made, relationships with loved ones, and the legacies they'll leave behind.



**JANUARY 21**

### **The New Yorker at 100**

PG-13 | 1h 37m | Documentary

Narrated by Julianne Moore

The New Yorker's centennial reveals behind-the-scenes access to editors, writers and archives of this culturally vital magazine, one of print's last survivors.



**JANUARY 28**

### **Train Dreams**

PG-13 | 1h 42m | Drama

Cast: Joel Edgerton, Felicity Jones, Clifton Collins, Jr.

Based on Denis Johnson's beloved novella, Train Dreams is the moving portrait of Robert Grainier, a logger and railroad worker who leads a life of unexpected depth and beauty in the rapidly-changing America of the early 20th Century.

**THE ANCHOR**  
 SPONSORED BY AVIENT

## Indoor Walking Group

**Stay Active This Winter Season In a Comfortable Climate!**  
 Mon.–Fri. | 8am–9am  
 The Anchor 33483 Lake Road

**Join us for a fun, low-impact way to stay fit all winter long—no matter the weather!**  
 \$2/Resident | \$3/Non-resident  
 Punch Pass Available  
 Resident: 12 visits for \$20  
 Non-resident: 12 visits for \$30

**Come walk, socialize and stay healthy—all indoors!**



## 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]

## 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 Jan. 20th 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, Triple Chocolate Brownies. If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online at [www.AvonLakeRec.com](http://www.AvonLakeRec.com).

**REGISTER EARLY—**

**SEATING FILLS UP QUICKLY!**

**Payment due at time of registration.**



Bingo is played generally on the 3rd Thursday of each month, however, this month, due to a change in our programming schedule, we will be playing Bingo on **Thursday, January 15th at 2:00pm**. Sharon Nicholas of *Always Best Care* will be calling the numbers.

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



## 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. Bob Piovarchy 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.*

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

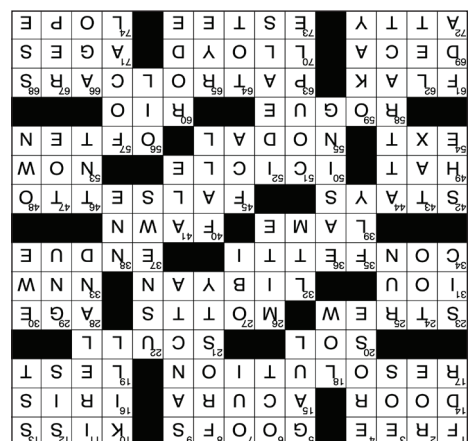
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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](mailto: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.



**Happy 100th Birthday  
Pat McDonald!**

*As we enter this new year, we remember  
our friends lost to us in 2025.*



**Jane Armistead**  
January 5, 2025



**Doris Klement**  
January 17, 2025



**Anita Hlava**  
February 13, 2025



**Mary Ann Hanchosky**  
February 23, 2025



**Cathy Veverka**  
February 24, 2025



**Ollie Zahorodnij**  
February 28, 2025



**Bill Kenney**  
April 13, 2025



**Jim Adams**  
June, 2025



**Nancy Carlson**  
October 2, 2025

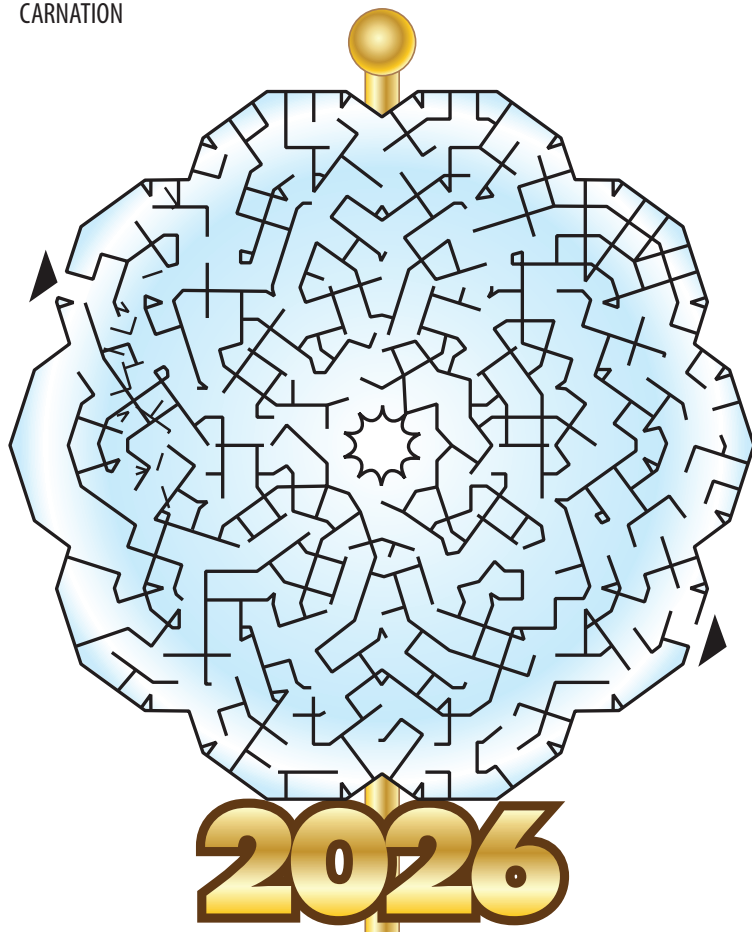
# JANUARY

by Evelyn Johnson

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden 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.

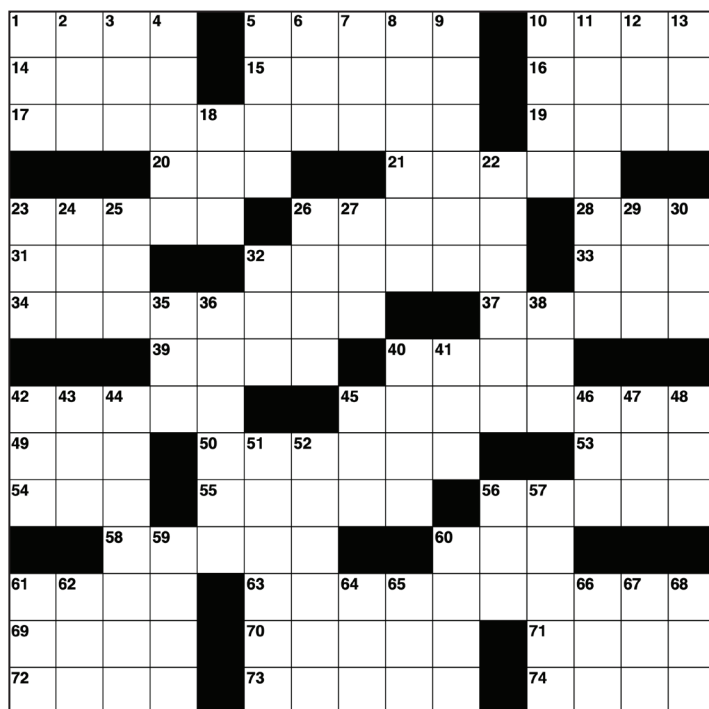
W R I H I T M E T I T O N Y  
 N Y O C I I A E U S R B O R  
 H E E K T B N K N A R O I A  
 T T S T Y R E E R H A O T U  
 T E E V A R L R E A R T U N  
 Y N D G A O E W N Y P S L A  
 S Y T S O R F T I A I S O J  
 T H E W B E S T S N T D S A  
 C A R N A T I O N U T E E Y  
 I N T B L A N K E T L 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 EARMUFFS HIBERNATE PARKA SNOW  
 BLIZZARD FROSTBITE ICE QUILT STORMS  
 BLUSTERY FROSTY JANUARY RESOLUTION WINTER  
 BOOTS GARNET MITTENS SKI WOOLENS  
 CARNATION



# 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            |
| 20 Sun's name                                | 45 Tenor sings high              | Frank _____ Wright      |
| 21 Propel with oars                          | 49 Party favor                   | 71 Gets older           |
| 23 Spread                                    | 50 Tapered spike of frozen water | 72 Attorney (abbr.)     |
| 26 Applesauce brand                          | 53 Present                       | 73 Sugar-free brand     |
| 28 Ripen                                     | 54 Extension (abbr.)             | 74 Run                  |

## 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                       |
| 3 Attack                     | 45 Farm credit administration (abbr.) | 68 Compass point                        |

Why is everyone thirsty at the North Pole?

No well.





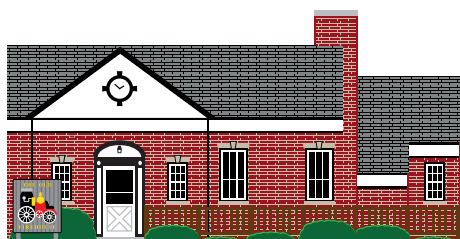
# JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> CLOSED 	<b>2</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>5</b> 8:00a 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>6</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>7</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>8</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 Lunch &amp; Learn</b> 12:30p Westshore Watercolor <b>4:00p Yoga Flow*</b> 	<b>9</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>12</b> 8:00a 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>13</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>14</b> <b>9:30a Stability*</b> 10:00a Movie <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>15</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>16</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>19</b> 8:00a 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>20</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>21</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>22</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>23</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
<b>26</b> 8:00a 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>27</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>28</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>29</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>30</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

\*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**

# *Talk on the Lake*

CITY OF AVON LAKE SENIOR CENTER

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