



Talk on the Lake

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

Special Events this Month!



July 3rd

Senior Center Closed
Fireworks Celebration 5pm-10pm
Weiss Field—Live Music, Food Trucks

July 4th

Vitalant Blood Drive 8:30am–11:30am

July 16th

BINGO! with Sharon Nicholas 2:00pm
Always Best Care

July 21st

Senior Hot Lunch 12:00pm
Beef Stroganoff, Steamed Broccoli, Rolls & Butter,
Triple Chocolate Brownies
Blood Pressure Screenings 12:30pm

July 22nd

Metroparks Bus Tour 10:00am–1:30pm
Must register for boxed lunch by July 8th

July 23rd

Lunch & Learn 12:00pm
Chefs For Seniors will present.

July 30th

Lunch & Learn 12:00pm
O'Neill Healthcare will present.



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!



Renew Active™
by UnitedHealthcare

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



The Second Continental Congress, meeting in Philadelphia, voted for the independence of the United Colonies by passing the Lee Resolution on July 2, 1776. The Declaration of Independence, mainly written by Committee of Five member Thomas Jefferson, was proclaimed on July 4, the date on which the anniversary of independence is observed.

There were no major government-sponsored 50th anniversary observances on July 4, 1826, which was the day that the Founding Fathers and former presidents John Adams and Thomas Jefferson both died. In 1876, the United States organized nationwide centennial observances centered on the Centennial Exposition in Philadelphia, in 1926, a Sesquicentennial Exposition was held in Philadelphia, and in 1976, bicentennial observances were held throughout the country.

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
8:15-9:15 Advanced TRX Carrie	9-10 Boom Muscle Carrie	9:30-10:15 Stability Beth	9-10 Boom Muscle Carrie	9:15-10 Chair Yoga Crissy
9:30-10:15 Stability Beth	10:30-11:15 Stability Plus Beth	10:30-11:15 Classic Kelly	10:15-11:00 Boom Move Carrie	10:15-11:00 Stability Plus Heather
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Melanie	11:30-12:15 Gentle Yoga Flow Dawn	11:15-12:00 Yin Yoga Crissy	11:15-12:00 Yoga Plus Heather
11:30-12:15 Focused Gentle Yoga Maria			4:00p-5:00p Yoga Flow Ashley	

3 ADVANCED TRX Class uses the TRX suspension trainer that leverages gravity and the user's body weight to complete the exercises. This highly intensive conditioning class requires proficiency in the use of the TRX Suspension Trainer. THE CLASS WILL BE LIMITED TO 10 PARTICIPANTS.

**SilverSneakers/Renew Active DOES NOT APPLY to this class.*

3 BOOM MUSCLE Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill. This class is designed to work all major muscles with a variety of strength and conditioning exercises.

2 BOOM MOVE Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns. Perfect for the active older adult seeking a moderate-to-vigorous-intensity workout, exercising from a standing position.

2 CIRCUIT Standing upper-body strength work alternated with low impact cardio using a chair for standing support. A perfect 50+ class that incorporates stretching, balance, agility and strength, along with fun music. This class utilizes various equipment, such as weights, exercise balls, drumming sticks, and much more. A portion of the class is seated in chairs, no floor work.

2 CLASSIC Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

1 STABILITY This class is designed to increase mobility and flexibility for all with limited range of motion. The program is especially helpful to those suffering the effects of Parkinson's Disease and Multiple Sclerosis. Exercises will focus on the four components of fitness: cardio, strength, flexibility and balance and are specifically designed to gradually improve overall fitness and to combat symptoms of disease.

2 STABILITY+ Similar to our Stability Class, but more intense. This class has been set up for those with lesser mobility issues, but wish to improve their motion and flexibility.

1 CHAIR YOGA The chair serves as a stable foundation, allowing you to deepen your stretches, engage your muscles, and experience the benefits of yoga in a safe and comfortable manner.

2 3 FOCUSED GENTLE YOGA In this class you will move through traditional yoga postures focused on specific areas of the body. Each week will be a different area. Students may need to get on the floor, however, the use of a chair may be helpful for some. This is a great class for those who may be experiencing physical complaints or for anyone looking for a gentle movement and breathing practice.

2 3 GENTLE YOGA Standing & seated yoga poses to increase flexibility, balance and range of motion. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

2 3 YIN YOGA is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints. Students must be able to get on and off the floor unassisted.

3 YOGA FLOW Flow-based (continual movement between poses) class tying breath to movement between individual postures. Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive in a flow based class, your body should be healthy and free of injury and you should have an understanding of the individual postures.

2 3 YOGA PLUS Pilates, Weights, Core & more. Yoga Plus intertwines components of your favorite yoga class with common weight training exercises, Pilates movements and more. In this class you will get all the benefits that yoga has to offer plus some cardio, strength training and toning as well. Each class will be different and will allow you to work at your own pace as you continue on your journey to build strength.

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

LUNCH & LEARN

July 23rd at 12pm



CHEFS FOR SENIORS

Your own personal chef prepares fresh meals for the week in your or your loved one's home — for about the cost of meal delivery.

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

LUNCH & LEARN

July 30th at 12pm

O'Neill | BAY VILLAGE Healthcare

Recognizing Memory Issues and When to Seek Help: This presentation explores the signs and symptoms of memory loss, including those associated with Alzheimer's disease and other forms of dementia. Learn how to recognize when memory changes may be a normal part of aging and when they may indicate a more serious cognitive condition. We will examine effective ways to communicate with a friend, family member, or loved one who is experiencing memory loss. We'll discuss lifestyle habits that may help reduce the risk of cognitive decline and support brain health. Participants will leave with a better understanding of memory health, available resources, and practical tools to support themselves or their loved ones throughout the aging process.

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



It's "sprinkler time" for yards as homeowners try to keep their grass alive and green. However, the frequent, light waterings that most people apply do little to benefit the trees in their yards. Trees need deep watering to prevent stress during drought conditions. Prolonged drought can cause premature leaf drop and increase susceptibility to pests.

- Water deeply — Provide one inch of rain or irrigation per week, especially during dry spells, to promote strong root growth. (Scan code to the right for complete information.)
- Mulch the base — Mulching helps retain moisture and suppress weeds.
- Prune dead or damaged branches — This encourages healthy growth and reduces hazards.
- Monitor for pests and diseases — Treat issues promptly to prevent spread.
- Avoid planting new trees in midsummer — Wait for cooler months to ensure better establishment.



While summer is not an ideal time to plant trees, it is a great time to plan for fall tree and shrub planting. Choosing the right tree for the right location is essential to avoid longterm issues once the tree matures. You can research suitable species for our area by consulting local nursery experts or certified arborists who regularly deal with problems caused by poor planting choices.

Trees to avoid planting in Avon Lake include: weeping willow, all ash species (due to Emerald Ash Borer), Lombardy poplar, cottonwood, Bradford pear (and all ornamental pears), mulberry, and silver maple (also known as soft maple).

Hemlock can be planted, but it may require periodic treatment to manage hemlock woolly adelgid and elongate hemlock scale—pests currently affecting hemlocks in Ohio and other states.

WEDNESDAY MORNING MOVIES AT 10AM



JULY 1

Voicemails For Isabelle

TV-14 | 1h 58m | Comedy, Romance
Cast: Zoey Deutch, Nick Offerman, Nick Robinson
A San Francisco dessert chef leaves voicemails for her late sister, unaware the number now belongs to a guy charmed by updates about her chaotic life.



JULY 8

Song Sung Blue

PG-13 | 2h 12m | Music, Drama
Cast: Hugh Jackman, Kate Hudson, Michael Imperioli
Struggling performers Mike and Claire, whose Neil Diamond tribute act sparks romance—and unexpected success.



JULY 15

Ticket To Paradise

PG-13 | 1h 44m | Romantic, Comedy
Cast: George Clooney, Julia Roberts, Kaitlyn Dever
Determined to sabotage their daughter's upcoming wedding in Bali, a long-divorced couple agrees to a truce—and begins to see eye-to-eye again.



JULY 22

Mexico 86

TV-MA | 1h 37m | Comedy, Drama
Cast: Diego Luna, Daniel Gimenez Cacho, Karla Souza
Earthquakes, U.S. rivals and sports drama, Defying the odds, Mexico hosted the global football championship—and the real story is even wilder.



JULY 29

Fast Charlie

TV-MA | 1h 30m | Action, Adventure
Cast: Pierce Brosnan, James Caan, Morena Baccarin
A Mississippi-based mob man goes on a revenge-induced rampage when he learns of his boss's murder in this crime thriller starring Pierce Brosnan.





Avon Lake Women's Chorus Rehearsals Resume in September.

If you enjoy singing, laughter, & conversation with new friends, there's a spot for you in the **Avon Lake Women's Chorus.**

Convenient Monday Morning Rehearsals.

Start the week off with a smile!

9:30–11:30am (September–May)

NO AUDITIONS!

Old Firehouse Community Center

100 Avon Belden Road

(Rt. 83 & Lake Road, Avon Lake)

(Convenient Parking)

Questions? Call Irene at 440-937-8827.

(Please leave message when prompted)

Our 76th Year of performing local for independent/assisted-living residents, local groups/clubs.

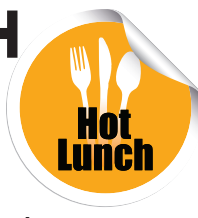
[501(c)(3) Non-Profit Organization – Federal ID#34-1427819]

Friday Crafts



ALL crafters are welcome to join our very crafty people on Friday mornings from 10:00am–Noon. Whether your thing is beads, sea glass, knitting, crocheting, or needlepoint, the group will enjoy having you.

HOT LUNCH July 21st at Noon



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

This month's menu: Beef Stroganoff, Steamed Broccoli, 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.

Payment due at time of registration.

Blood Pressure Checks

Tuesday, July 21st 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



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Sharon Nicholas from *Always Best Care* will be calling the numbers on **Thursday, July 16th at 2:00pm. Call 440-930-4135 to reserve your spot.**

Avon Lake Recreation Presents

SENIOR ART CLASSES

TUESDAYS JUNE 16– JULY 28
12:00PM-1:30PM AT THE LAKE HOUSE
AGES 55+ | COST IS \$10 PER CLASS

**EACH CLASS IS A DIFFERENT PROJECT!
REGISTER FOR ONE OR ALL.**

REGISTER BY THE WEEK PRIOR AT
WWW.AVONLAKEREC.COM

Senior Rap

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

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

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

f a r W E S T C e n t e r

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 _____

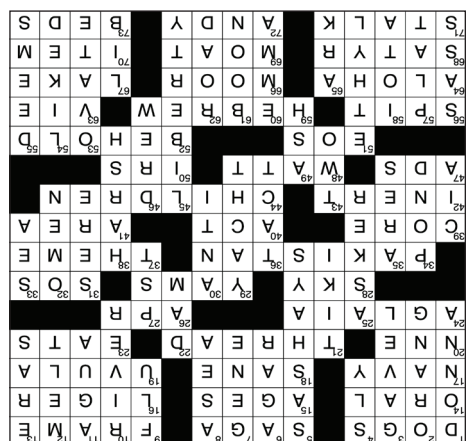
City _____ State _____ Zip _____

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: aboyn-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.

**July 22nd
Vermilion River
Reservation
Bus Tour**

To register call Brian or Patty at 440-930-4135 or email bmahoney@avonlake.org

Vermilion River Reservation features wooded trails, river access, picnic areas, playgrounds, disc golf, fishing and paddling opportunities set within the scenic Vermilion River valley. You will visit historic sites, reservable shelters and overlooks highlighting shale cliffs and diverse wildlife. Lakeview Park in Lorain offers 20 acres along Lake Erie with a sandy beach, rose garden, lawn bowling and volleyball courts, water access for paddling, and lakefront picnic areas, along with the Sunset Café showcasing sweeping lake views.

10:00 am: Bus departs from The Old Firehouse for Vermilion River Reservation. Wheelchair-accessible bus (accommodates up to two wheelchair riders)

10:30 am: Arrival at Vermilion River Reservation. Enjoy a guided tour through the Carriage Barn and historic home of Benjamin Bacon.

12:00 pm: Bus departs Vermilion River Reservation for Lakeview Park

12:30 pm: Lunch stop at Lakeview Park (1800 West Erie Ave., Lorain). Groups that pre-ordered boxed lunches will be served at the Sunset Café. Groups bringing their own lunch may enjoy a picnic outdoors and explore the park on a self-guided basis.

1:30 pm: Bus departs to return to The Old Firehouse.

Lunch Options

- Groups may bring their own lunch to enjoy at a park picnic pavilion
- Boxed lunches are available for \$12 per person. Orders must be placed and paid for two weeks prior (7/8/26) to the tour date. To place your lunch order call (440) 865-7630.

BOX LUNCH OPTIONS:

Chicken Salad Wrap

Homemade chicken salad with lettuce and tomato

Turkey Club Wrap

Turkey, bacon, Swiss cheese, and lettuce (mayo on the side)

Avocado Wrap

Avocado, lettuce, tomato, red onion, cucumber, balsamic vinaigrette

Garden Salad

Mixed greens, avocado, cucumber, red onion, tomato, croutons

Garden Salad with Ranch Dressing

Garden Salad with Balsamic Dressing

Garden Salad with Italian Dressing

Weather Policy

Bus tours operate rain or shine.

Trams do not run during inclement weather.

**NEW!
ASIAN
MAHJONG**

**Thursday's 12:30p-3:00p
At The Old Firehouse**
EASY TO LEARN • FUN TO PLAY
NO SIGN-UP NECESSARY

Serving income-qualified residents of Avon and Avon Lake.

CRS COMMUNITY RESOURCE SERVICES

Making a difference. Right here at home.
33479 LakeRoad, Suite C, Avon Lake, OH 44012
www.aalcrs.org - aalcrs@aalcrs.org - 440-933-9536
Open M-F, 10am - 2pm.
Closed Fridays from Memorial Day - Labor Day

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

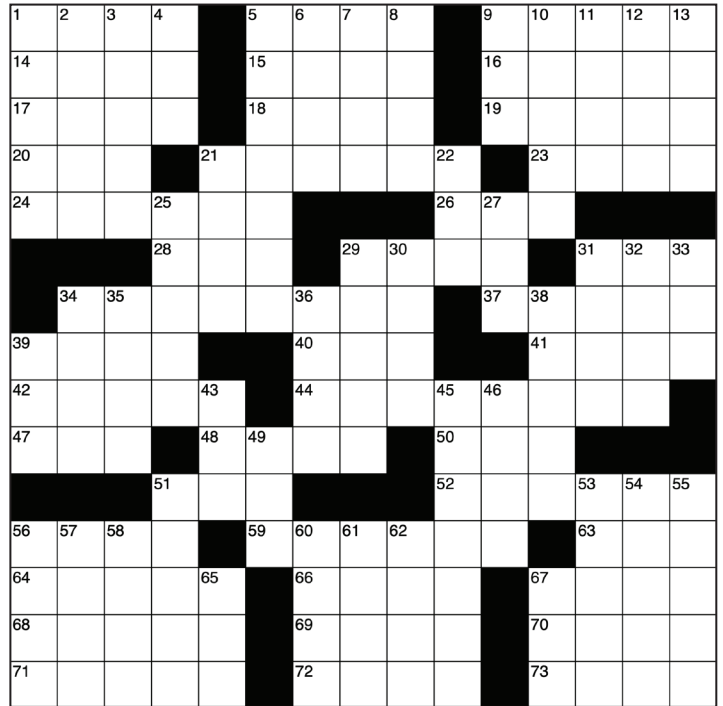
INDEPENDENCE DAY by Evelyn Johnson

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

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

AMERICA COLONY FOURTH NATION WHITE
 ANCESTOR CONSTITUTION FREEDOM PARADE
 BAND TION HERITAGE PRIDE
 BLUE FIREWORKS HOLIDAY RED
 CELEBRATION FOREFATHERS LIBERTY REPUBLIC

USA by Evelyn Johnson



ACROSS

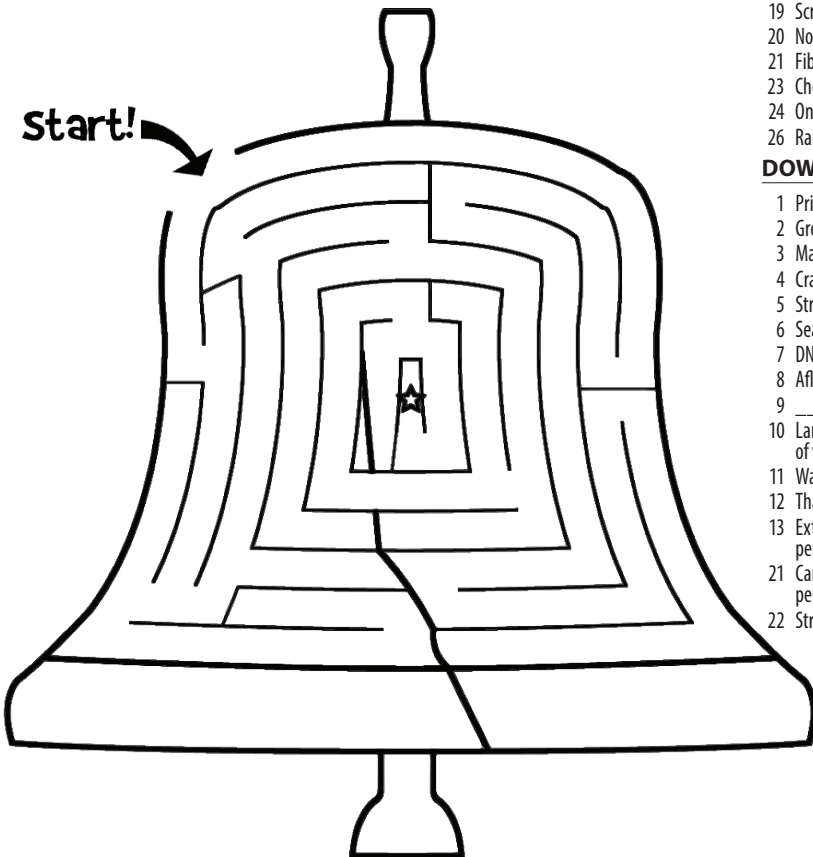
- 1 House pets
- 5 Heroic tale
- 9 Supporting structure
- 14 Spoken
- 15 Gets older
- 16 Cross between a lion and tiger
- 17 Naval forces
- 18 Sound
- 19 Screamer's throat dangler
- 20 North northeast
- 21 Fiber
- 23 Chow
- 24 One of the three graces
- 26 Rainy mo.
- 28 Upper atmosphere as it appears to arch over the earth
- 29 Sweet potatoes
- 31 Distress call
- 34 Capital is Islamabad
- 37 Topic
- 39 Cadre
- 40 Feign
- 41 Location
- 42 Inactive
- 44 Chits
- 47 Spots
- 48 Power unit
- 50 Internal Revenue Service
- 51 Goddess
- 52 Look at
- 56 Skewe
- 59 Jewish language
- 63 Rival
- 64 Hawaiian 'hello'
- 66 Dock
- 67 Large standing body of fresh water
- 68 Half man, half goat
- 69 Castle canal
- 70 Detail
- 71 Hunt
- 72 Raggedy Ann's friend
- 73 Sleeping places

Solution on page 4.

DOWN

- 1 Prima _____
- 2 Great ape
- 3 Mallet
- 4 Crafty
- 5 Struts
- 6 Seaweed substance
- 7 DNA component
- 8 Afloat
- 9 _____ shot (2 wds.)
- 10 Large natural stream of water
- 11 Water (Spanish)
- 12 Thaw
- 13 Extremely long time periods
- 21 Carved Polynesian pendant
- 22 Structure that holds back water
- 25 Beggar
- 27 Clock time
- 29 Fancy boat
- 30 Negative (prefix)
- 31 Shriveled
- 32 Sign
- 33 Salt water covering earth
- 34 Small natural or artificial body of still water
- 35 Greek god of war
- 36 Sensitivity
- 38 Severe
- 39 Central Intelligence Agency
- 43 Couple
- 45 Freedom from want or fear
- 46 Traced
- 49 Tree
- 51 Type of alcohol
- 53 Oval
- 54 Thought of favorably
- 55 Thinks
- 56 Talk back
- 57 Small ground plot
- 58 Small particle
- 60 Austin novel
- 61 Blessing
- 62 Paved surface made for the passage of vehicles
- 65 Noah's boat
- 67 Liberal (ak)br.

Start!



**Where was the Declaration of Independence signed?
 On paper.**



★ JULY 2026 ★

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	2 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Asian Mahjong 4:00p Yoga Flow*	3 SENIOR CENTER CLOSED  5:00p Fireworks Celebration at Weiss Field
		6 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	7 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	8 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub
13 8:15a Advanced TRX 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot	14 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	15 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	16 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Asian Mahjong 2:00p Bingo  4:00p Yoga Flow*	17 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot
20 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	21 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00p Hot Lunch 12:30p Blood Pressure 12:30p Mahjong 1:00p Dominoes	22 9:30a Stability* 10:00a Movie 10:00a Metroparks Bus Trip  10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	23 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn  4:00p Yoga Flow*	24 9:15 Chair Yoga* 10:00a Friday Crafts 10:00 Women's Chorus 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong
27 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	28 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	29 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	30 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn  4:00p Yoga Flow*	31 9:15 Chair Yoga* 10:00a Friday Crafts 10:00 Women's Chorus 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot

*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

Open Monday–Friday 8:00am-4:30pm

CITY OF AVON LAKE SENIOR CENTER

Phone: 440-930-4135

Brian Mahoney
 Senior Director/Recreation Facilities Manager
 bmahoney@avonlake.org

Patty Knip
 Senior Programming
 pknip@avonlake.org



Available online at www.AvonLakeRec.com



Please support our AVON LAKE SENIOR CENTER SPONSORS

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



Marny Fannin
Home Instead
 In-home Care
 440-353-3080



Julie Graf Skinner
 440-933-3202
 440-937-6175



Devon Fegen-Herdman
Declutter with Devon LLC
 Professional Organizing Services
 440-610-0407



O'Neill Healthcare | BAY VILLAGE
 440-871-3474



An Eliza Jennings Community
 440-250-2300

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 440.ADVISOR



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

