



July 2025

Talk on the Lake

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

What's happening in July?

July 3rd

FREE Avon Lake Fireworks Celebration!

Head over to Weiss Field (33401 Webber Rd.) for an evening of family-friendly events.

Food Trucks: 5pm-9pm

Music from "Country Redford": 6pm-10pm

Fireworks: 10pm!

July 10th

FREE Summer Cookout provided by O'Neill Healthcare. 12:00pm.

July 13th

FREE Party in the Park Summer Concert from 6pm-8pm at Miller Road Park featuring "Soul Town" (Soul & Motown).

July 17th

BINGO!. 2:00pm at Old Firehouse.

July 22nd

FREE Dinner & Learn 6pm-8pm. Right at Home helps you to navigate the Senior Care Maze—Helping Adult Children understand options for their loved one.

July 24th

FREE Lunch & Learn 12pm. Caring Transitions offers advice on downsizing & decluttering.

Coming up...

August 7th

FREE Lunch & Learn at 12pm. Sally Tomko of Infinite Helping Hands discusses the History of Put-In-Bay. Lunch by Heartland Hospice.

August 18th-22nd

Tennis in the Land at Nautica Entertainment Complex. All adults 55+ will receive half-priced admission to our daysessions Monday August 19–Wednesday August 20!



SilverSneakers®

**Renew
Active™**
by UnitedHealthcare

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

Membership provides FREE Pool Admission!



Sizzling Summer Fun for Seniors: Embrace the Season!

Summer is officially here, and with its arrival comes the perfect opportunity for seniors to embrace the warmth, sunshine, and a wealth of enjoyable activities. Gone are the days when summer fun was reserved for the young; today, there are countless ways for older adults to stay active, engaged, and make the most of this vibrant season.

One of the simplest yet most rewarding summer pleasures is enjoying the great outdoors. Whether it's a leisurely stroll through a local park, a picnic with family or friends, or simply relaxing on a porch swing with a good book, fresh air and sunshine can do wonders for both physical and mental well-being. Many communities offer accessible walking trails, beautiful gardens, and shaded seating areas perfect for a pleasant afternoon.

For those seeking a bit more activity, gentle water activities are a fantastic option. Public pools often have senior swim times, and the buoyancy of water makes exercises like water aerobics or even just wading incredibly comfortable and beneficial for joints. If you live near a lake or calm river, a gentle boat ride or even fishing can be a serene way to spend a summer day.

Summer is also prime time for socializing and

community events. Check out your local senior center, library, or community calendar for events like outdoor concerts, farmers' markets, craft fairs, or even outdoor movie nights. These gatherings provide excellent opportunities to connect with others, enjoy local talent, and experience the lively atmosphere of summer.

Don't forget the joy of simple pleasures. Savoring fresh, seasonal fruits and vegetables, enjoying an ice cream cone on a warm evening, or watching a beautiful sunset can all contribute to a delightful summer experience. Feel free to make yourself comfortable with all the seating at Folger Home and Veterans Park. For a truly special experience, I encourage you to enjoy the sunset at Veterans Park, it's my absolute favorite spot, and you might just find me there!

Remember to prioritize comfort and safety. Stay hydrated, seek shade during the hottest parts of the day, and wear appropriate sun protection. By planning ahead and choosing activities that suit individual preferences and mobility levels, seniors can truly make this summer one to remember, filled with joy, connection, and a renewed sense of vitality.

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™
by UnitedHealthcare

SilverSneakers®

Renew Active® & SilverSneakers™ compliant.

No charge for Renew Active or SilverSneakers members. Otherwise, there is an \$8.00 drop-in fee per class.

12 visit punch pass membership is available for \$60.00 which may be used for any of our regular group fitness classes.

Fitness Levels

- 1 For people with limited mobility (e.g., MS, Parkinsons, Severe Arthritis).
- 2 For mobile people that may require a chair for some additional support.
- 3 For people with no mobility issues.

MON	TUE	WED	THU	FRI
8-9 Advanced TRX Carrie	9-10 Boom Muscle Carrie	9:30-10:15 Stability Beth	9-10 Boom Muscle Carrie	9:15-10 Chair Yoga Crissy
9:30-10:15 Stability Beth	10:30-11:15 Stability Plus Beth	10:30-11:15 Classic Kelly	10:15-11:00 Boom Move Carrie	10:15-11:00 Stability Plus Heather
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Flow Heather	11:30-12:15 Gentle Yoga Heather	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 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. This sculpting class will tone upper and lower body using various equipment like hand weights, body bars, TRX, and your own body weight.

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.

Movies on Wednesday at 10am



July 2: Saving Mr. Banks

PG-13 | 2h 5m | Family/Comedy

Cast: Tom Hanks, Emma Thompson, Colin Firth

Walt Disney wishes obtain the movie rights to "Mary Poppins." The author, P.L. Travers, has no intention of letting her characters become mangled in Hollywood. When the books stop selling, she needs money and agrees to Disney.



July 9: Stand By Me

R | 1h 25m | Adventure/Thriller

Cast: River Phoenix, Will Wheaton, Corey Feldman

A stranger has been killed near their homes and four boys decide to go see the body. On the way, Gordie, Vern, Chris, and Teddy encounter a junk man and a marsh full of leeches. The adventure turns into a defining event in their lives.



July 16: La La Land

PG-13 | 2h 8m | Musical/Romance

Sebastian and Mia are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

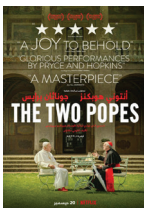


July 23: I Care a Lot

R | 1h 15m | Crime/Comedy

Cast: Rosamund Pike, Peter Dinklage, Eiza Gonzalez

A shady legal guardian lands in hot water when she tries to bilk a woman who has ties to a powerful gangster.



July 30: The Two Popes

PG-13 | 2h 5m | Based on Real Life

Cast: Anthony Hopkins, Jonathan Pryce, Juan Menuhin

Behind Vatican walls, Pope Benedict and the future Pope Francis must face their pasts and find common ground in order to forge a new path for the Catholic Church.

Avon Lake Fireworks Celebration!

Food Trucks 5pm-9pm | Music from "Country Redford" 6pm-10pm

Fireworks 10pm!

Thursday, July 3rd at Weiss Field

O'Neill | BAY VILLAGE
Healthcare

Summer Cookout

Thursday, July 10 at 12pm

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

LUNCH & LEARN

Downsizing & Decluttering



Caring Transitions®

• Senior Relocation • Downsizing • Estate Sales •

How we can help you or your families navigate the obstacles of moving, downsizing, decluttering, and estate liquidations.

Thursday, July 24 at 12pm

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

DINNER & LEARN

NAVIGATING THE SENIOR CARE MAZE

HELPING ADULT CHILDREN UNDERSTAND OPTIONS FOR THEIR LOVED ONE.

NURSING HOME

HOME HEALTH

HOSPICE

NON-MEDICAL SUPPORT

ASSISTED LIVING

COST

PERSONAL CARE SUPPORT

FREE!

TUESDAY, JULY 22
6:00PM-8:00PM

Pizza and salad with coffee and water.

Presented by



In Home Care & Assistance

Call 440.930.4135 to register.

LUNCH & LEARN

Sally Tomko of Infinite Helping Hands presents

The History of Put-In-Bay

Thursday, August 7th at 12pm

Lunch provided by: **Heartland** HOSPICE



Infinite Helping Hands



Sign up in the office. Call 440-930-4135



Avon Lake Women's Chorus on Summer Break

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 15th at Noon



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

This month's menu: Chicken Marsala, Garlic Roasted Red Bliss Potatoes, California Blend Vegetables, 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, July 17th at 2:00pm**. Call 440-930-4135 to reserve your spot.

VISION CONCERNS GROUP



Will not be meeting again until September.

Questions or concerns, call
Gary Clawson at 440-935-5906



Blood Pressure Checks

Tuesday, July 15th 12:30p–2:30p

Evelyn from St. John Medical Center will not be available to check blood pressures this month.



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL



Far West Center 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.

**Thursday mornings at 11:00am
at the Old Firehouse.**

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

Newsletter Subscription Form

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

Name _____ Phone _____

Street _____

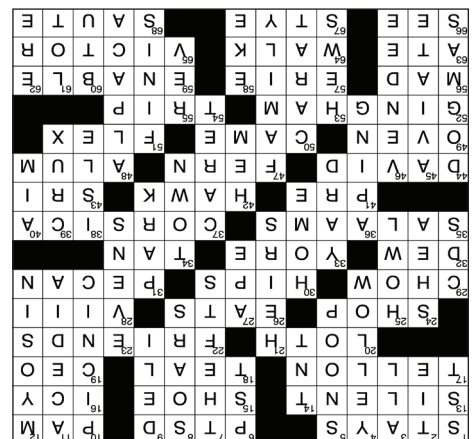
City _____ State _____ Zip _____

Email _____

Please submit this form along with your payment in person at the Old Firehouse or mail to:

The Old Firehouse, 100 Avon Belden Rd, Avon Lake, OH 44012

Checks payable to "The City of Avon Lake"



Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner, or significant other.

First Thursday of each month 7pm–8pm
at Avon Lake United Church of Christ
32801 Electric Blvd., Avon Lake, OH 44012
Contact: Amy Boyd-Kirksey 216.383.3788
Email: aboyd-kirksey@hopicewr.org

Meals On Wheels

If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program offered through Neighborhood Alliance. To receive a hot, nutritional lunch Monday–Friday, call: 440-233-8768, Opt. 2.

Residential Lock Box Program

Lock Boxes are safe, secure, and afixed near to the main entry of your home where only safety services will have access in emergencies. To order a residential lockbox, please visit roperlock.com/product/avonlake or call 1-800-466-9312 to request a *Crest Guardian Lock Box-Wall Mount* and use *Key Code: Avon Lake*. When your Lock Box arrives, call 440-933-8305 to schedule installation.

Community Transportation

Available to all Avon Lake residents on Monday through Thursday 8:30 a.m. to 3 p.m. The transport van has a wheelchair lift available. Scheduling is done Thursdays and Fridays from 8:00am–12:00pm by calling (440) 930-4126. You may schedule up to three weeks in advance. There is no fee for this service. Appointments are taken on a first-come basis.

All passengers must return a completed Passenger Transportation Information Form prior to their first trip. Forms are located at City Hall, at the Old Firehouse Community Center and online at www.avonlake.org.

MONDAY

Medical Appointments and Drug Mart Plaza

TUESDAY

Medical Appointments, Giant Eagle, and Learwood Square.

WEDNESDAY

Medical Appointments, Avon Commons, Aldi and Wal-Mart.

THURSDAY

Medical Appointments, Meijer's, local banks, and hair appointments.

Community Resource Services

CRS is a social service agency in Avon Lake striving to meet the short-term, individual needs of folks while helping them access appropriate long-term solutions. The office is open Monday through Friday from 10:00am–2:00pm. The office is closed on Fridays during summer months. Proof of residency and income for all members of the household is necessary for assistance. Call 440-933-5639 and ask to speak with one of the Client Coordinators.

**Give Us Your
Thoughts**

We're looking for your ideas to enhance our Senior Center. Any suggestions for activities, fitness classes, movies, Lunch & Learn topics, etc., let us know. If you wish to remain anonymous, place your written ideas in the dropbox across from Patty's office.

**Summer Art
Classes at the
Lake House**
Tuesdays 6/17–7/29
12p–1:30p
Seniors 55+
\$10/Session

Instructed by
Christine Seeholzer
For info call
440-930-4135.



**Please support the wonderful local businesses
that made our 2025 Senior Prom spectacular!**

Amada Senior Care

Amy Margiotti

Angels Care Home Health

Busch Funeral

Feniks Frozen Custard

Fratellos Italian Restaurant

Ganzhorn Suites

Giant Eagle

Glenn Kuemerle, DDS

Home Instead–Marny Fannin

Infinite Helping Hands

Jakes on the Lake

LiveLoveLake Senior Living

O'Neill Healthcare

Old School Pizza

Parkers Grille & Tavern

Peter & Co. Jewelers

Romeo's Pizza

Sainte Therese at
St. Mary of the Woods

Sam's Supper Club

Seniors Helping Seniors

Sherri Coleman

Sprenger Towne Center

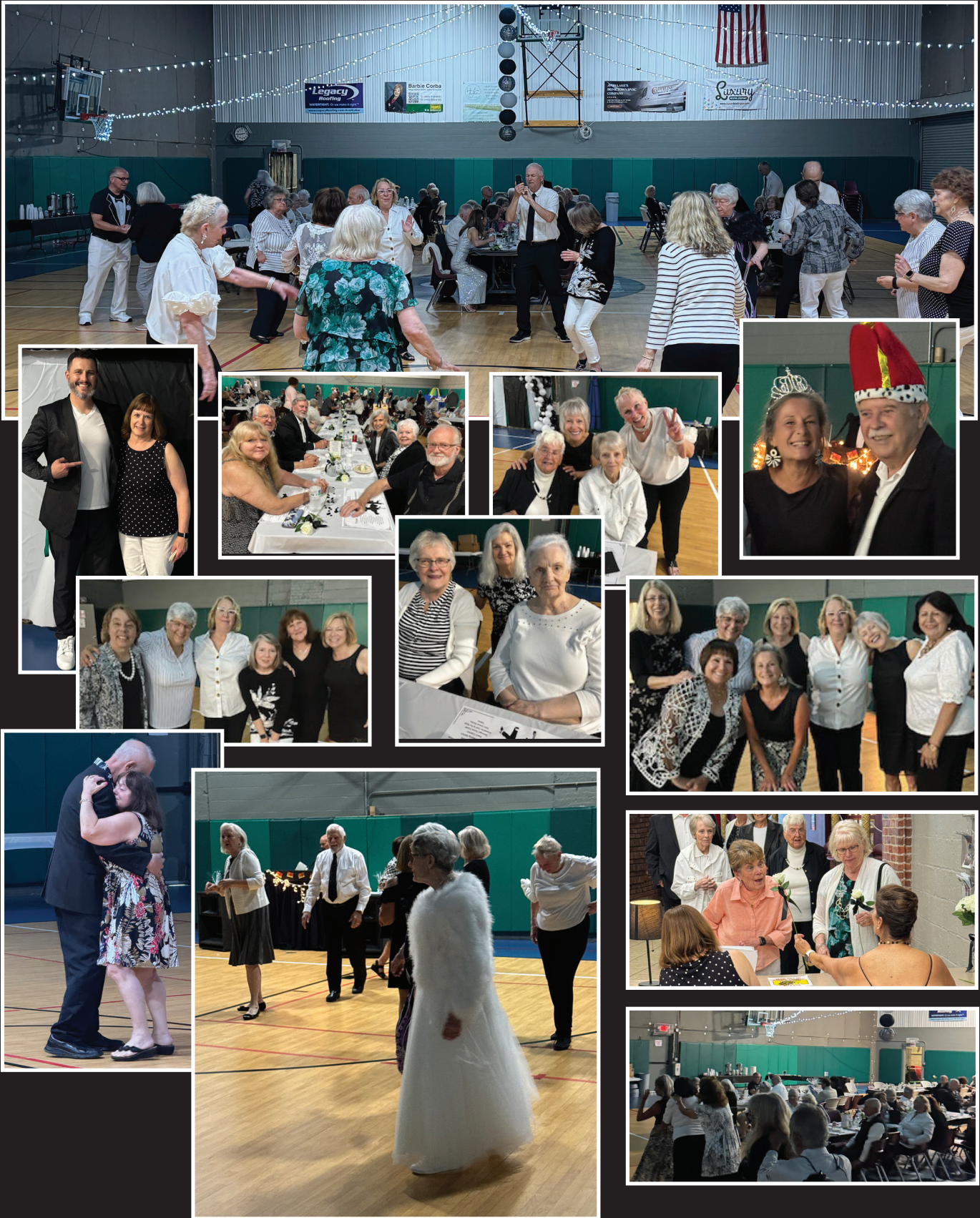
Sweetbriar Golf & Pro Shop

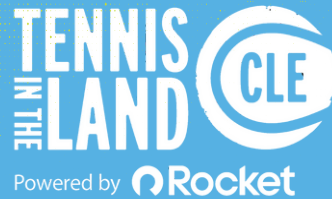
Taki's Greek Kitchen

Talents

Thank you!

SENIOR PROM 2025



**WTA 250**

Avon Lake Senior Center

Senior Day With Tennis in the Land!

August 18 - 20, 2025

Nautica Entertainment Complex

Come and watch some of the top 100 Professional Women Tennis Players face off at Tennis in the Land! All adults 55+ will receive half-priced admission to our day sessions Monday August 18th through Wednesday August 20th!

Interested in coming out?
Contact Brian Mahoney at
(440)-930-4135 or
bmahoney@avonlake.org



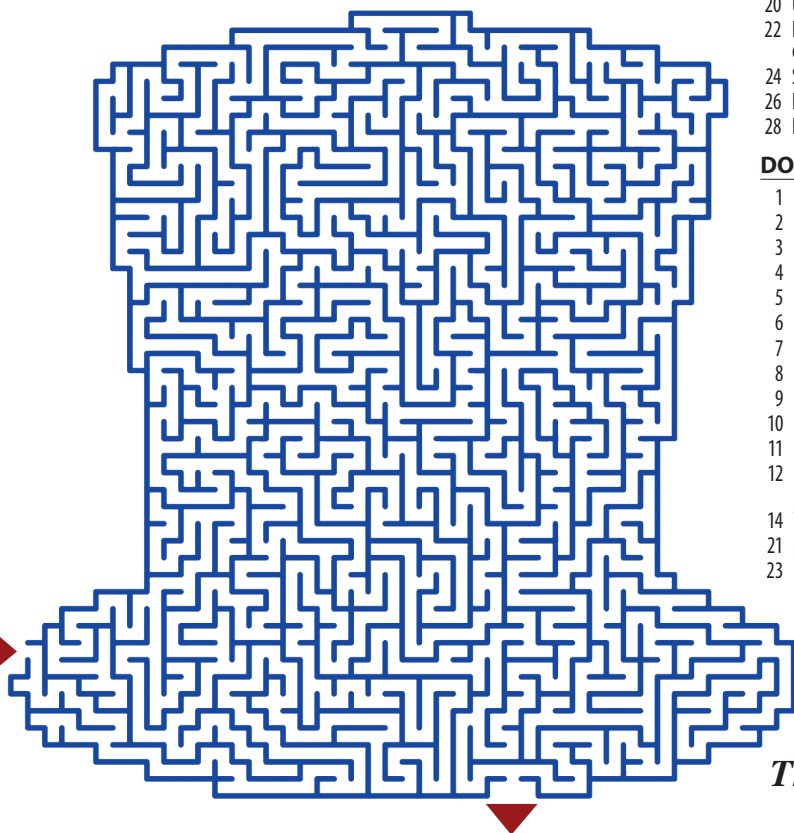
USA by Evelyn Johnson

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.

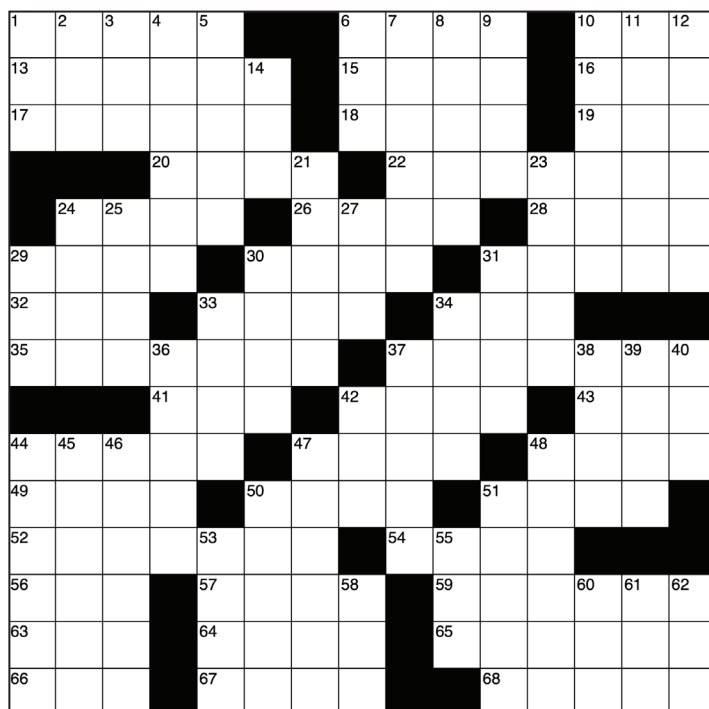
T H E R E I S E M I G R A N T
N O F O R E S T N H I L L S T
D H I N G S W N O R N A B R U
O E N S L G A W I I T B H A M
E R S I D I I A T L C O A T H
A T A E R A V C A C A U A Y N
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C A T V B D X R C Q A I X E Y
R N I A T N U O M P L E R D F
B R Q N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

AGRATIAN	COLONIZATION	FOREST	PEOPLE	SEA
AMERICA	DEMOCRACY	HILLS	RIVERS	TRAILS
ARTISAN	DESERT	LAKES	ROADS	URBAN
BEACH	EMIGRANT	MOUNTAIN	RURAL	VALLEY
BOURGEOISIE				

Uncle Sam Maze



FAMILY AND FRIENDS by Evelyn Johnson



Solution on page 4.

ACROSS

- | | | |
|---|---------------------------------|-------------------------------------|
| 1 Remains | 29 Food | 49 Kitchen appliance |
| 6 Posttraumatic stress disorder | 30 What legs are attached to | 50 it ____ Upon a Midnight Clear... |
| 10 Highest trump in some loo | 31 Pie nut | 51 Contract |
| 13 Noiseless | 32 Condensation | 52 Yarn-dyed cotton cloth |
| 15 Footgear | 33 Past times | 54 Journey, voyage, or excursion |
| 16 Freezing | 34 Summer skin color | 56 Crazy |
| 17 Tattle (2 was.) | 35 Bows | 57 Canal |
| 18 Duck | 37 French Mediterranean island | 59 Endue |
| 19 Executive | 41 Before (prefix) | 63 Snacked |
| 20 Unwilling | 42 Hunting bird | 64 Stroll |
| 22 People closely attached to each other by affection | 43 ____ Lanka | 65 Winner |
| 24 Small retail store | 44 Michelangelo's famous statue | 66 Visualize |
| 26 Dines | 47 Plant life | 67 Eye infection |
| 28 Roman eight | 48 Astringent | 68 Fry |

DOWN

- | | | |
|-------------------------------|---|---|
| 1 Fast plane | 24 Popular stadium | 42 Skirt edge |
| 2 Bind | 25 Wail | 44 Beliefs |
| 3 Entire | 27 Gorilla | 45 Fly |
| 4 Color | 29 Disks | 46 Buyer |
| 5 Observe secretly | 30 Place where one lives | 47 Group consisting of parents and their children |
| 6 Clock time | 31 Area of public land set aside for relaxation | 48 S. American llama |
| 7 Robberies | 33 Open area next to a house | 50 Diamond weight unit |
| 8 Flies | 34 Center of population larger than a village but smaller than a city | 51 End |
| 9 Cafe | 36 Imitating | 53 Chops |
| 10 Informal outdoor meal | 37 Insertion mark | 55 Pastor (abbr.) |
| 11 Spiritual boredom | 38 Island | 58 Stretch to make do |
| 12 Muscle contraction protein | 39 Meaning | 60 Heat unit |
| 14 Trinitrotoluene | 40 Aspire | 61 Oodles |
| 21 Successors | | 62 Before, poetically |
| 23 Levels | | |

My doctor said I should do lunges to stay in shape. That would be a big step forward.



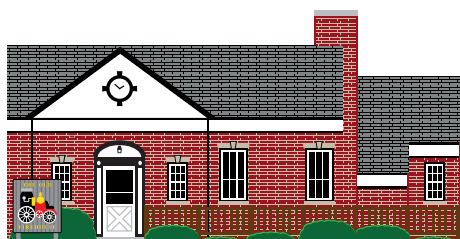
JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	3 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Hand & Foot 4:00p Yoga Flow* FIREWORKS CELEBRATION AT WEISS FIELD 	4 CLOSED 
7 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot 12:30p Bunco	8 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	9 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	10 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Summer Cookout 12:30p Hand & Foot 4:00p Yoga Flow*	11 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 
14 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	15 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00 HOT LUNCH 12:30 BP 12:30p Mahjong 1:00p Dominoes 	16 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Game Players 1:30p Rummikub	17 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Hand & Foot 2:00p Bingo 4:00p Yoga Flow*	18 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 
21 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	22 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 6:00p Dinner & Learn	23 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	24 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Hand & Foot 4:00p Yoga Flow*	25 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong 
28 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	29 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	30 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	31 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Hand & Foot 4:00p Yoga Flow*	

*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

Phone: 440-930-4135

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

Patty Knip
Senior Programming
pknip@avonlake.org



Please support our AVON LAKE SENIOR CENTER SPONSORS



Amy Margiotti
Senior Real Estate Specialist
440-221-8657



Marny Fannin
In-home Care
(440) 353-3080



**MJ ROGERS
& COMPANY**
INVESTMENTS – RETIREMENT – INSURANCE
440.ADVISOR



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



Hedi Huebler
440-716-9100

Available online at www.AvonLakeRec.com

