



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

Special Events this Month!



June 5th
"Senior" Prom. Sold Out!

June 11th

Lunch & Learn 12:00pm
Victory Home Care will present.

June 14th

Flag Day

June 16th

Senior Hot Lunch 12:00pm
Penne & Meatballs, Garlic Breadsticks,
Garden Salad, Chocolate Cake w/Chocolate
Frosting & Walnuts
Blood Pressure Screenings 12:30pm

June 18th

BINGO! with Amy Margiotti

June 21st

**Father's Day
Summer Begins**

June 23rd

Lunch & Learn 12:00pm
Clear Captions will present.

June 25th

Lunch & Learn 12:00pm
Attorney Michael Pertz will present.



**We collect aluminum
pull tabs to help
support the Ronald
McDonald House.**

RONALD McDONALD
HOUSE CHARITIES

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.

Talk on the Lake

Summertime Safety: How you can beat the heat.

Keep safe through the dog days of summer and beyond by following a few simple tips, from staying hydrated to limiting time outdoors during midday, and learn to recognize the signs of heat-related illness. According to the CDC, illness increases when the heat index reaches the upper 90s—temperatures that nearly every part of the country is reaching this summer. When the heat is on, follow these tips to keep cool, comfortable and safe.



Summer Safety Tips

- Take frequent baths and showers to cool and refresh
- Wear loose, lightweight, light-colored clothing
- Wear wide-brimmed hats when outside to help protect your face and head and use plenty of sunscreen. To learn more about UV safety, read our skin safety blog.
- Drink plenty of water to keep your body hydrated and limit alcohol and caffeine
- Eat well-balanced, refreshing, light meals
- Stay indoors in cool surroundings; use air conditioning and fans whenever possible
- Limit work outdoors to early morning or early evening
- Vacuum or clean air conditioner filters weekly
- Keep curtains drawn on windows that receive strong morning or afternoon sun
- Conserve energy as much as possible to avoid power outages from overused air conditioners
- Consider spending the hottest part of the day in an air-conditioned environment, such as a nearby shopping mall, library or community center

Know the Signs of Heat-related Illness

Heat-related illnesses are caused by prolonged exposure to hot temperatures and can include heat strokes, heat exhaustion, cramps, sun burns and heat rashes. For seniors, symptoms can begin to show after only an hour or two when exposed to peak temperatures.

The warning signs of heat-related illnesses can range from subtle to obvious, including profuse sweating followed by a cessation of sweating with the skin appearing particularly red, dry and hot. Heat-stricken individuals may also become dizzy, exhibit confusion or experience headaches. Heat illnesses can include cramps, loss of consciousness, and nausea or vomiting as well.

When you feel hot, seek a cooler environment and drink water. If more intense symptoms present, this is an indication that there could be trouble, and it's time to seek medical attention immediately.

Knowing the signs of heat-related illnesses can make a difference for you and others. By staying hydrated and monitoring your body, you can head off more serious complications and continue to safely enjoy outdoor summer fun.

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

June 11th at 12pm



Preventing Falls Before They Happen.

Home safety changes, Bathroom safety, Proper lighting, Importance of supervision

Understanding Home Care Services

Emotional challenges, Safe ways to organize, Community resources

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

LUNCH & LEARN

June 23rd at 12pm



ClearCaptions®

**Have hearing loss?
Can't hear your phone calls?**

See on-screen captions of what your caller is saying in near-real time!

This is a NO COST service to qualified users

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

LUNCH & LEARN

June 25th at 12pm

Attorney Michael Pertz



Can Medicaid (or the nursing home) take my home?

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

WEDNESDAY MORNING MOVIES AT 10AM



JUNE 3
Remarkably Bright Creatures

PG-13 | 1h 53m | Drama

Cast: Sally Field, Lewis Pullman, Alfred Molina

In this charming drama, a lonely widow and lost young man bond over an aquarium's wily octopus.



JUNE 10
Ladies First

R | 1h 33m | Comedy

Cast: Sacha Baron Cohen, Rosamund Pike, Richard E. Grant

Oscar nominees Sacha Baron Cohen and Rosamund Pike face off in this sly comedy about a ladies' man ad exec who wakes up in a parallel world Arun by women.

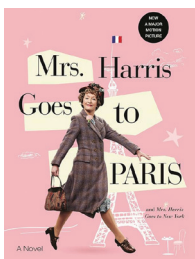


JUNE 17
And So It Goes

PG-13 | 1h 33m | Romantic Comedy

Cast: Michael Douglas, Diane Keaton, Sterling Jerins

A cranky real estate agent's life is turned upside down when his estranged son drops off a granddaughter he never knew existed.



JUNE 24
Mrs. Harris Goes To Paris

PG | 1h 56m | Comedy

Cast: Lesley Manville, Lucas Bravo, Alba Baptista

A widowed cleaning lady falls madly in love with a couture Dior dress, wanting one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.



Tree Tips As the temperature rises and spring rains subside, June is an important time to

remember your trees. Young (less than 3 years) or newly planted trees haven't developed an extensive root system, and even older trees can suffer and lose foliage during extended drought periods. If we haven't had a soaking rain (1") use these tips to give your trees a good drink:

1. Water early in the morning or evening (avoiding getting water on foliage) to minimize evaporation.
2. How often depends on the size of your tree, soil conditions, and weather conditions. Newly planted trees require more frequent water than established ones, and daily watering may be necessary if the weather is hot and dry.
3. Check the soil to determine when trees need water. You want moist, not soggy soil. Use a garden trowel to check to a depth of two inches. If the soil is very dry, it's time to water.
4. In general, give your tree 10 gallons of water for each inch of trunk diameter.
5. Slow and deep! Water needs to infiltrate, not run off. Turn the hose on low and let it trickly slowly. Move the nozzle around under the tree crown every 10 minutes.
6. An alternative is to cut a small hole in a 5-gallon bucket, set the bucket next to the tree, and fill it with water. When empty, move the bucket and fill it again.
7. Try not to let the soil dry out completely, but do not over water. Remember, moist, not soggy. Continue to check soil conditions before watering.

Mulch benefits new and established trees by reducing evaporation, cooling soil, and reducing weed competition. But please mulch correctly: mulch should not touch the stem of your tree, and mulch depth should not exceed 3-4 inches. Just SAY NO to 'volcano' mulch piles around trees. These are a recipe for damage from insects, disease, and circling roots that can kill your tree. Don't let your lawn service do this!

Finally, June is past the time to prune limbs unless the limbs are dead. Pruning live limbs, especially on oak trees, invites disease problems. Wait for winter.

Enjoy your summer under the trees!



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.

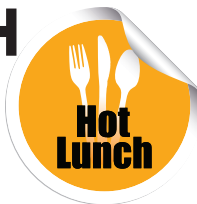
[501(c)(3) Non-Profit Organization – Federal ID#34-1427819]

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 June 16th at Noon



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

This month's menu: Penne & Meatballs, Garlic Breadsticks, Garden Salad, Chocolate Cake w/Chocolate Frosting & Walnuts. 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, June 16th 12:30p–2:30p

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



UH 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 Amy Margiotti from Howard Hanna Realty will be calling the numbers on **Thursday, June 18th 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 _____

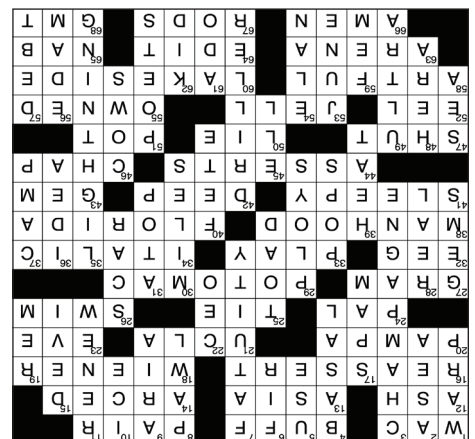
City _____ State _____ Zip _____

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: aboyd-kirksey@hopicevr.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.



AVON LAKE, OHIO 2026
For more information visit:
<https://www.250jubilee.com>

June 13th

9a-12p THE GREAT AVON LAKE BAKE-OFF
12p-3p AVON LAKE BOAT CLUB OPEN HOUSE
6p-8p MGP BROADWAY TRIVIA SHOW-DOWN

June 18th

7p-8:30p ADULT SPELLING BEE

June 20th

6p SUMMERFEST

June 27th

PICKLEBALL TOURNAMENT

July 3rd

FIREWORKS CELEBRATION

NEW! **ASIAN MAHJONG**
Thursday's 12:30p-3:00p
At The Old Firehouse
Contact Brian to sign up
440-930-4135 or bmahoney@avonlake.org

YOU'RE WANTED AT THE SENIOR PROM
\$10 PER PERSON
SOLD OUT!
FRIDAY, JUNE 5TH, 2026

AVON LAKE Recreation, O'Neill Healthcare BAY VILLAGE, home instead, SPRENGER, St. Mary of the Woods A Saint Therese Community

Serving income-qualified residents of Avon and Avon Lake.



Making a difference. Right here at home.

33479 Lake Road, 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

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.

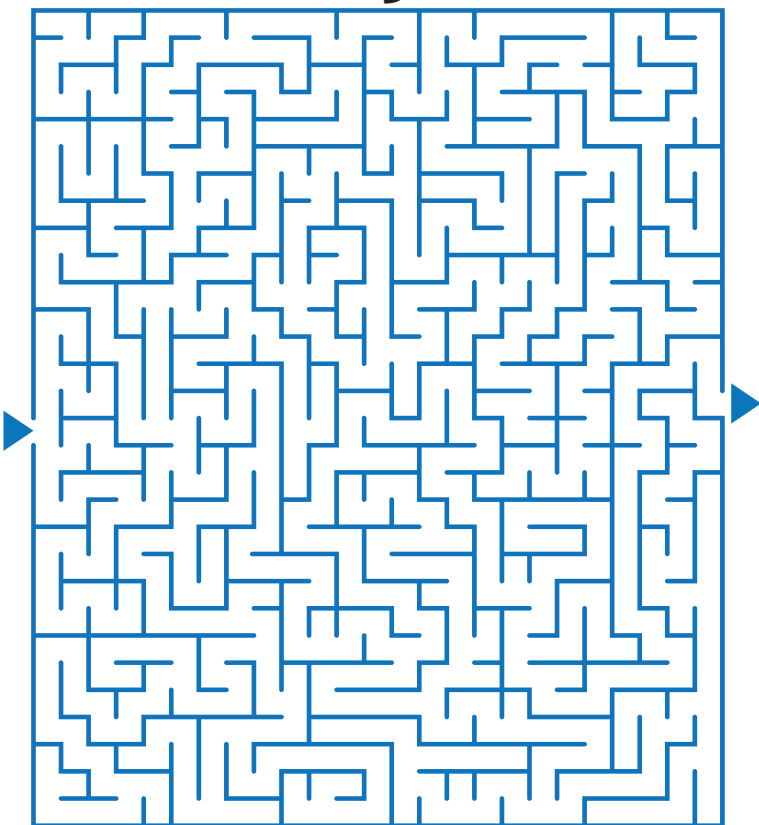
GARDENING by Evelyn Johnson

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.

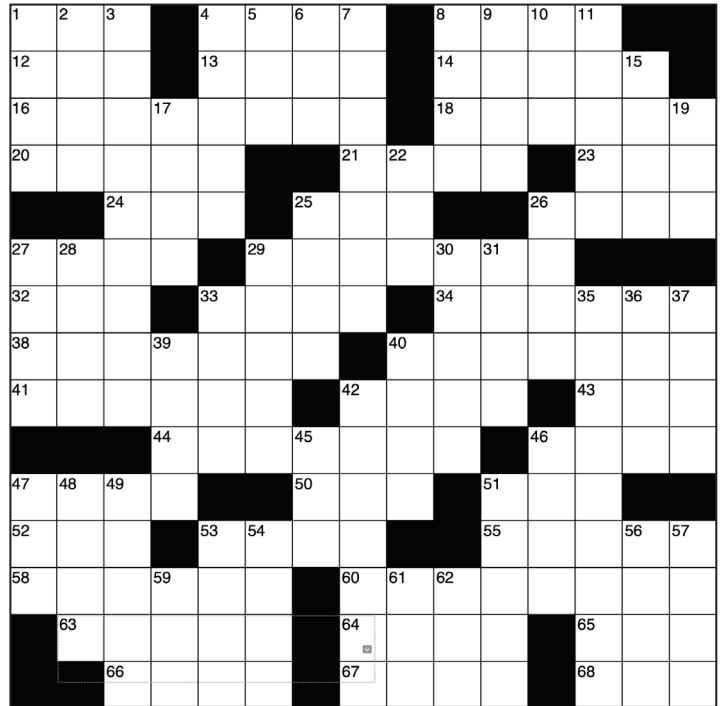
S U O U D I C E D I F Y S O N
 G E R M I N A T E E U H H E E
 A V V E A G A R T D R E T E D
 N A E N D A S A L U I A O V R
 B R A G R E R E B Y V Y O E A
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 A O A V A T E A T D R E E G V
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 P D F L O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

- | | | | | |
|-----------|-----------|-----------|----------|------------|
| AERATE | DRAINAGE | GEMINATE | SEEDS | VEGETABLES |
| ANNUAL | EVERGREEN | GRAFT | SHRUBS | |
| BAREROOT | FLOWERS | HOE | SOIL | |
| CULTIVATE | FRUIT | PERENNIAL | SUNSHINE | |
| DECIDUOUS | GARDEN | RAIN | TROWEL | |

Have an aMAZing Summer



SUMMER by Evelyn Johnson



ACROSS

- | | | |
|--------------------------------------------------------|--------------------------------------------|----------------------|
| 1 Western Athletic Conference | 27 Metric weight unit | 51 Urn |
| 4 Burnish | 29 Eastern US river | 52 Snake like fish |
| 8 _____ off | 32 Electroencephalograph (abbr.) | 53 Congeal |
| 12 Tree | 33 Unrestrained movement or action for fun | 55 Held the deed |
| 13 Land mass | 34 Slanted font | 58 Shifty |
| 14 Arched | 38 Being a man | 60 Prime real estate |
| 16 Declare anew | 40 South-Eastern state | 63 Stadium |
| 18 Sausage | 41 Not alert | 64 Blue-pencil |
| 20 South American plain | 42 Thought-provoking | 65 Nail |
| 21 Ca. University | 43 Ruby | 66 Prayer ending |
| 23 Evening | 44 Affirms | 67 Poles |
| 24 Buddy | 46 Lad | 68 Time zone |
| 25 Fasten | 47 Become closed | |
| 26 Activity of propelling one's body through the water | 50 Tell a tall tale | |

DOWN

- | | | |
|-----------------------------------|------------------------------------------|----------------------|
| 1 Distort | 25 Frog | 46 Mooing animals |
| 2 Afloat | 26 Blemish | 47 Ocean |
| 3 Wine | 27 Pearls | 48 Goddess |
| 4 Fundamental | 28 Actual | 49 Fanatical |
| 5 Avail | 29 Clever plans | 51 Rhymer |
| 6 Evergreen tree | 30 _____ per hour | 53 Sixth month |
| 7 Stupidity | 31 A spinning toy (2 wds.) | 54 Eagerness |
| 8 Catch | 33 Pas | 56 Swiss-like cheese |
| 9 Opera solo | 35 Flashes in the sky | 57 Obligation |
| 10 Frost | 36 Thought | 59 Female (abr.) |
| 11 Grant an extension | 37 Outdoor space with temporary shelters | 61 Flurry |
| 15 Hindu goddess, consort of Siva | 39 Degree of warmth | 62 Urchin |
| 17 Canned meat brand | 40 Lavish party | |
| 19 Rock group | 42 Hole maker | |
| 22 Corporate top dog | 45 Annex | |

Solution on page 4.

I ordered a chicken and an egg online. I'll let you know what comes first.



JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot</p>	<p>2 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>3 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 12:30p Duplicate Bridge 1:00p Game Players 1:30p Rummikub</p>	<p>4 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p NEW Asian Mahjong 4:00p Yoga Flow*</p>	<p>5 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 5:00p Senior Prom at Anchor Rec</p>
<p>8 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot</p>	<p>9 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>10 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 12:30p Duplicate Bridge 1:00p Game Players 1:30p Rummikub</p>	<p>11 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p NEW Asian Mahjong 4:00p Yoga Flow*</p> <p></p>	<p>12 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot</p>
<p>15 8:15a Advanced TRX 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Hand & Foot</p>	<p>16 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00p HOT LUNCH 12:30p BP 12:30p Mahjong 1:00p Dominoes</p>	<p>17 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</p>	<p>18 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:00a Vision Concerns 11:15a Yin Yoga* 12:30p NEW Asian Mahjong 2:00p Bingo 4:00p Yoga Flow*</p> <p></p>	<p>19 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot</p>
<p>22 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot</p>	<p>23 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00p Lunch & Learn 12:30p Mahjong 1:00p Dominoes</p> <p> ClearCaptions.</p>	<p>24 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub</p>	<p>25 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p NEW Asian Mahjong 4:00p Yoga Flow*</p> <p>Attorney Michael Pertz </p>	<p>26 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</p>
<p>29 8:15a Advanced TRX 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot</p>	<p>30 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p> Flag Day Sunday June 14th</p>	<p> Happy Father's Day Sunday June 21st</p>	<p> Happy First Day of Summer Sunday June 21st</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

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



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