

City of Avon Lake Department of Parks & Recreation

March 2024

talk on the lake

News & Events at the Avon Lake Senior Center



Monday, April 8th, 2024

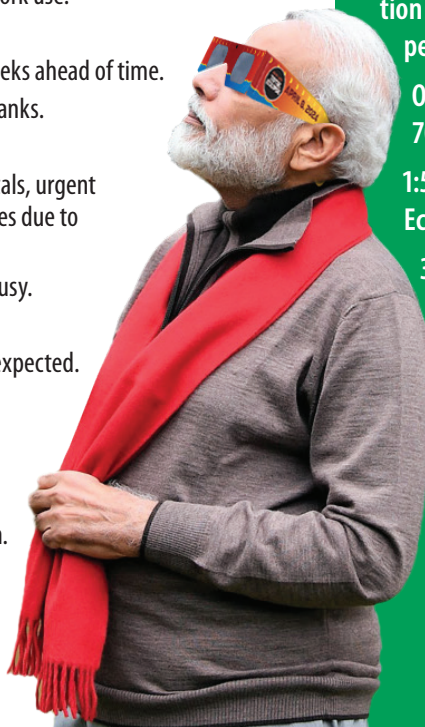
**Not just an ordinary Monday in Avon Lake!
SENIOR CENTER WILL BE CLOSED.**

Are you ready for Avon Lake's total solar eclipse on Monday, April 8, 2024? Here are several tips to help you prepare well ahead of time.

Whether you're staying home or planning on being out and about, the total solar eclipse calls for some advanced planning and preparation as there can be an extreme demand on supplies, businesses, hospitals, restaurants, gas stations and more. Local community leaders, including police, fire, and county officials are preparing for the upcoming eclipse event.

Here are some important points to consider days before and days after the eclipse:

- The population of Avon Lake may double or even triple the day of the eclipse.
- Limited cell phone service and internet access due to heightened network use.
- Extreme demand on lodging, restaurants, and gas stations.
- Have a supply of necessary medications for yourself and loved ones weeks ahead of time.
- Stock up on food, bottled water, pet food, and fill up your vehicle gas tanks.
- Do you need propane for your generator?
- Delay medical appointments days before and days after eclipse. Hospitals, urgent care locations and doctor's offices could be in demand with emergencies due to the number of people in the area.
- Law enforcement, fire, EMS, health care facilities could be extremely busy.
- Avon Lake City Schools will be closed on Monday, April 8.
- Heavy to gridlocked traffic conditions before and after the eclipse are expected.
- Use cash when possible. Internet may go down due to heightened network use.
- Only use solar eclipse glasses that comply with the ISO 12312-2 international standard. Don't squint at the sun directly. The UV rays of the sun can burn the retinas and can cause permanent damage to your vision. You may purchase Avon Lake eclipse glasses at the Senior Center, at the City Hall Recreation Department, or by visiting www.avonlake.org.
- Enjoy the eclipse! Don't try to take a photo or you will miss this monumental moment. Enjoy the photos professionals will post.



What might like to know about the April 8th total solar eclipse...

Avon Lake is within the Centerline of Totality.

This is a once in a lifetime event. Last on in Ohio was in 1806. The next one in Ohio will be in 2444.

Lorain County is 1 of only 9 Ohio counties that intersects with the centerline of totality.

Lorain County is estimating the population to increase to over 1 million people during the eclipse.

Ohio is within a one day drive of 70% of the U.S. population

1:59pm

Eclipse Begins—GLASSES ON

3:13pm

Totality Begins—GLASSES OFF

3:15pm

Maximum Totality (3m 52s)

3:17pm

Totality Ends—GLASSES ON

4:28pm

Eclipse Ends—GLASSES OFF

THANK YOU TO OUR SENIOR CENTER SPONSORS



Amy Margiotti
Residential Relocation Specialist
& Senior Real Estate Specialist
440-221-8657



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



JOSEPH L. MOTTA CO., LPA
Estate Planning & Elder Law
440-930-2826



MJ ROGERS & COMPANY
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Cremation • Burial • Pre-Planning
Avon Lake: 440-933-3202
Avon: 440-937-6175

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	10:30-11:15 Circuit Carrie	10:15-11 Yin Yoga Sherri
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Flow Sherri	11:30-12:15 Gentle Yoga Sherri	4-4:45 Yoga Flow Sherri	11:30-12:15 Stability Plus Lana
11:30-12:15 Focused Gentle Yoga Maria	4-5 Boom Muscle Carrie			

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

SilverSneakers/Renew Active DOES NOT APPLY to this class.

③ **BOOM MUSCLE** Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill. This class is designed to work all major muscles with a variety of strength and conditioning exercises. This sculpting class will tone upper and lower body using various equipment like hand weights, body bars, TRX, and your own body weight.

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

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

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

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

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

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

① **YIN YOGA** is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints. Students must be able to get on and off the floor unassisted.

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

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

Surprising effects the 2024 total solar eclipse will have on animals and the weather

From “shadow snakes” to confused birds, the upcoming total solar eclipse will have a wide range of impacts on animals, the weather and the environment across North America.

On April 8th millions of people across North America will witness day turn to night as the moon blocks out the light from the sun, but there will be more to the celestial spectacle than many think.

While most people focus their attention on the sun and the moon, people’s surroundings will change during the height of the eclipse, known as totality.

360-degree sunrise and sunset

While everyone’s attention will be focused on the sky, looking down can reveal another scene that not many have experienced.

Spectators who look at the horizon during totality will witness the colors of sunrise and sunset around them in every direction.

This 360-degree sunset effect is caused by the light from the sun in areas outside of the path of totality and only lasts as long as the sun is completely blocked by the moon.

Stars and planets

As the moon causes day to turn to night, the darkness will reveal the stars in the sky as well as a few planets.

People shouldn’t waste too much time looking for planets and constellations since these can be seen at night during different parts of the year. However, the eclipse will make it easy to spot Venus and Jupiter, which will be in a similar area of the sky as the sun on April 8.

The celestial alignment will also reveal the corona, the area of hot gas that surrounds the sun.

A few lucky spectators may even be fortunate enough to see a meteor streak across the sky during the brief period of darkness.

Shadow ‘snakes’

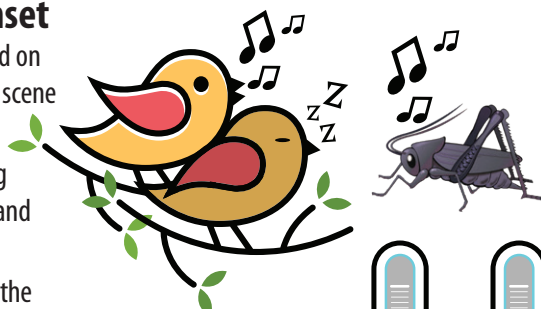
One of the rare phenomena to look for during the total solar eclipse is shadow bands.

“Shadow bands are thin, wavy lines of alternating light and dark that can be seen moving and undulating in parallel on plain-colored surfaces immediately before and after a total solar eclipse,” NASA said.

This phenomenon does not happen during every eclipse, so it’s not a guarantee that onlookers will see them on April 8.

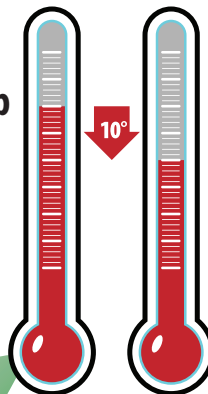
Animal Activity

Bird’s chatters and chirps become more abundant before the eclipse and die down to silence when the sky darkens. Crickets will also start chirping around the height of the eclipse. However, this phenomenon may not be pronounced this year since the eclipse occurs in the spring compared to the Great American Eclipse which took place in the summertime.



Temperature Drop

The eclipse could trigger a drop in temperature as much as 10 degrees



Plants

Plants act like it is nightfall and petals or leaves assume the position they take in the evening and photosynthetic activity drops.



St. Patrick's Day Lunch



Tuesday, March 12

Limited seating available.

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



Spring Arrives March 19



Thanks for your "pull tab" contributions!



Pull tabs collected for the Ronald McDonald House Family Fund helps support the families that stay at RMHC NEO by providing meals and items for families, assistance in emergencies, and giving families special moments – like small gifts for children if they have a birthday while at the House.

Please keep 'em coming!

ABOUT OUR SENIOR CENTER

The Avon Lake Senior Center strives to become a focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community. We offer services and activities within the center and link participants with resources offered by other agencies. Our programs consist of a variety of individual and group services and activities.

All senior center participants including staff should respect the rights and dignity of others. To assure that all participants have pleasant and meaningful experiences in our senior center, participants shall govern themselves by the following **Code of Conduct:**

- Participants shall treat others with courtesy and respect.
- Participants shall not use profanity, engage in the use of derogatory comments or use language that is abusive, threatening, loud, insulting or harassing.
- Participants shall not fight, encourage others to fight, bully or engage in disruptive behavior.
- Participants shall not damage or deface Center property.
- Participants shall not remove any property from the Center without permission from the director.
- Participants shall not steal.
- Participants shall not bring alcohol, illegal drugs or weapons to the Center.
- Participants shall not engage in solicitation within the Center.
- Participants shall not make unwelcomed sexual advances, requests for sexual favors and other verbal, physical or visual conduct of a sexual nature.

Participants of the Avon Lake Senior Center must be able to care for themselves independently while participating in Center activities and must govern themselves by the Center's Code of Conduct above.

Proper personal hygiene is expected from all members, i.e., daily bathing and clean clothing for health purposes and common courtesy for all members and guests.

The Center is not responsible for the security, damage or theft of any personal belongings or misplaced items within the Center or on its grounds.

All participants must check in at the Reception Desk upon entering the Center.

The Center is a family. We do not support individualized programs that do not include all.

The City of Avon Lake's policy prohibits discrimination in employment, services, and all related programs on the basis of color, race, religion, creed, national origin, ancestry, marital status, sex, age or handicap.

Thank you in advance for your cooperation!

HOT LUNCH

March 19th, Noon

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

This month's menu: **Boneless Breast of Roasted Chicken, Buttered Whole Kernel Corn, Rice Pilaf, 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.

The Hot Lunch program is sponsored by:

Amy Margiotti

Howard Hanna, Senior Real Estate Specialist

Marny Fannin

Home Instead, In-Home Care

Joseph L. Motta Co., LPA

Estate Planning & Elder Law

MJ Rogers & Company

Investments, Retirement, Insurance

Busch

Cremation, Burial, Pre-planning

REGISTER EARLY—

SEATING FILLS UP QUICKLY!

Payment due at time of registration.

Blood Pressure Checks

Tuesday, March 19 | 12:30-2:30

Old Firehouse

The third Tuesday of each month, Evelyn from St. John Medical Center will be here to check blood pressures from 12:30pm-2:30pm.



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL



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.

Avon Lake Women's Chorus

Avon Lake Women's Chorus welcomes women of all ages and communities (not limited to Avon Lake residents).

We prepare winter and spring programs to entertain residents of independent/assisted-living facilities and clubs/groups in Lorain & Western Cuyahoga Counties. Under direction of a professional choral director and an accomplished pianist, our upbeat programs feature a wide variety of music that is sure to get faces smiling and toes tapping!

No auditions! All voice ranges welcome! Ability to read music and choral experience helpful in learning 4-part harmonies.

Practices are Monday mornings through May, 9:30a-11:30a at the Old Firehouse.

Interested? Call Irene at 216-407-5119.



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month we will be calling the numbers on Thursday, March 21st at 2:00pm.

Call 440-930-4135 to reserve your spot.

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"

FEBRUARY MOVIES

10:00 WEDNESDAY MORNINGS
AT THE OLD FIREHOUSE



March 6

BANK OF DAVE (Netflix)

PG-13 | 1h 47m | Drama

Cast: Joel Fry, Phoebe Dynevor, Rory Kinnear

After big financial institutions fail the people in his small town, a self-made care dealer decides to fight the odds and set up his own local bank.



March 13

ON THE ROCKS

R | 1h 36m | Drama, Comedy

Cast: Bill Murray, Rashida Jones, Marlon Wayans

Faced with sudden doubts about her marriage, a young New York mother teams up with her larger-than-life playboy father to tail her husband in a bittersweet comedy written and directed by Sofia Coppola.



March 20

LIFT (Netflix)

PG-13 | 1h 46m | Comedy

Cast: Kevin Hart, Gugu Mbatha-Raw, Vincent D'Onofrio

A professional thief and his expert crew attempt the ultimate heist: stealing \$500 million in gold from a vault on a plane—40,000 feet in the air.



March 27

LIKE FATHER

TV-MA | 1h 43m | Comedy

Cast: Kristen Bell, Kelsey Grammer, Seth Rogen

After she's left at the altar, a workaholic advertising executive ends up on her Caribbean Honeymoon cruise with her estranged father.

Movie snacks provided
SPRENGER



Spring Ahead March 10th

Vision Support Group

This group hosted by Gary Clawson gathers to discuss vision concerns. Different topics and guest speakers enhance most meetings.

For more information and to learn this month's topics call Gary Clawson at (440) 933-8486 or (440) 935-5906.

Meets on March 14th at 11:00am.

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.



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 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, Drug Mart Plaza and area, and Avon Lake Public Library.

TUESDAY: Medical Appointments, Giant Eagle, and Learwood Square.

WEDNESDAY: Medical Appointments, Avon Commons, and Wal-Mart.

THURSDAY: Medical Appointments ONLY

Meals On Wheels

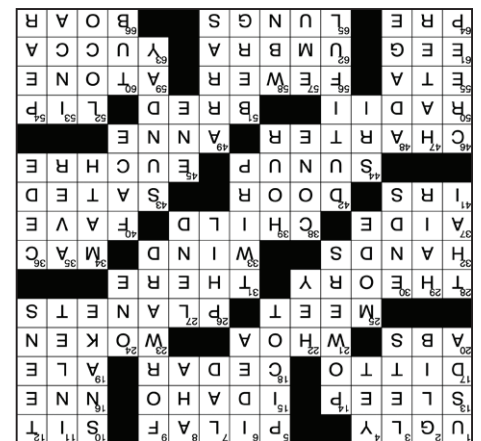
The Neighborhood Alliance is now overseeing the Meals On Wheels program. If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program. To receive a hot, nutritional lunch Monday through Friday, please call: 440-233-8768, Opt. 2.

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 the office at 440-933-5639 and ask to speak with one of the Client Coordinators.



ST. PATRICK'S 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 message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

ALE
BAGPIPE
BANSHEE
BLARNEY
BOG
BROGUE

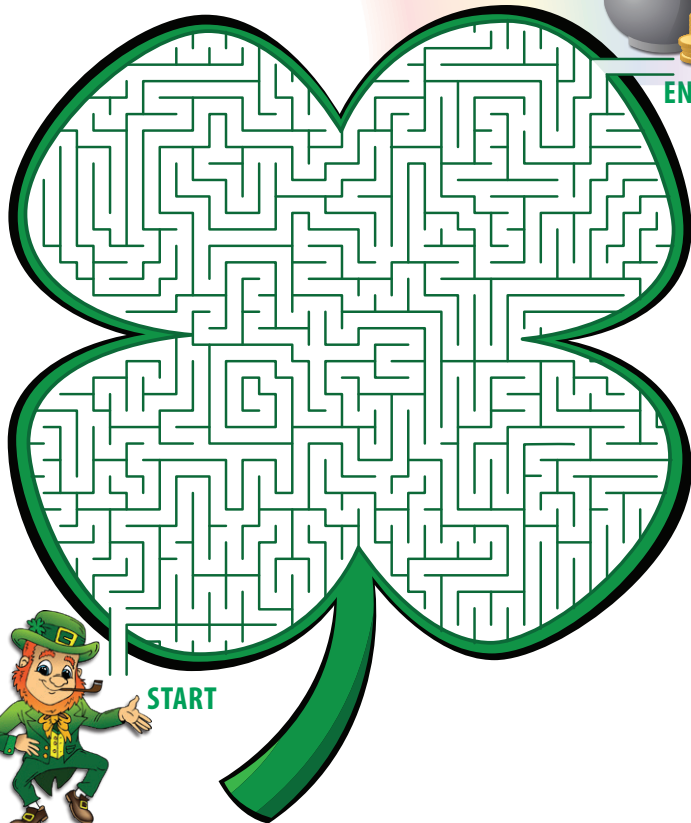
CLOVER
ELF
LEPRECHAUN
FAIRY
LUCKY
GOLD

PARADE
GREEN
PUB
IRISH
RAINBOW
JIG

SHAMROCK
KEG
TRICKY



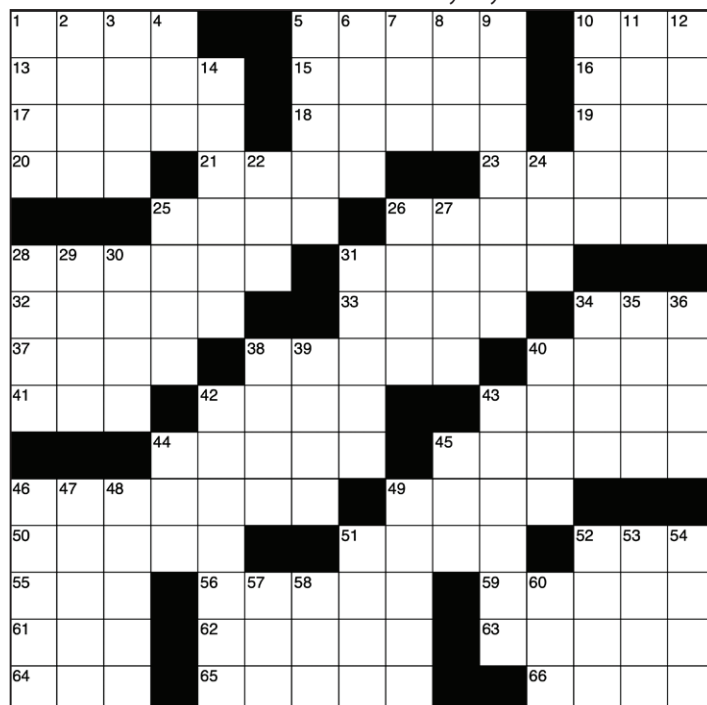
END



START

DAYLIGHT SAVINGS TIME

by Evelyn Johnson



Solution on page 5.

ACROSS

- | | | |
|------------------------------|-----------------------------|----------------------------------|
| 1 Opp. of pretty | 28 Hypothesis | 49 Green Gables dweller |
| 5 Rice dish | 31 Not here | 50 Radiuses |
| 10 Pose | 32 Pointer of a clock | 51 Ill _____ |
| 13 State of bodily rest | 33 Crank up | 52 Edge |
| 15 American state | 34 McDonald's "Big ____" | 55 Estimated time of arrival |
| 16 Compass point | 37 Military officer | 56 Not as many |
| 17 Me too | 38 Waif | 59 Do penitence |
| 18 Wood | 40 Favorite shortened | 61 Electroencephalograph (abbr.) |
| 19 Brew | 41 Internal Revenue Service | 62 Planet's shadow |
| 20 Abdominal muscles (abbr.) | 42 Entryway | 63 Desert plant |
| 21 Hold it there | 43 Jaded | 64 Before (prefix) |
| 23 Got out of sleep | 44 Time of sunrise | 65 Respiratory organs |
| 25 Contest | 45 Card game | 66 Wild pig |
| 26 Earths | 46 Engage | |

DOWN

- | | | |
|----------------------------------|--|------------------------------|
| 1 U.S. Department of Agriculture | 24 Being single in number | 42 Obedient |
| 2 Voluble | 25 Particular form | 43 First day of the week |
| 3 Allows | 26 Mr. Donahue | 44 ____ Lanka |
| 4 Still | 27 Allow to borrow | 45 Vane direction |
| 5 Ornamental edge | 28 Citizen | 46 Scary person |
| 6 Thought | 29 Pony tail stuff | 47 One who despises |
| 7 Male | 30 Aborts | 48 Saying |
| 8 Expression of surprise | 31 Chirp | 49 Tapestry |
| 9 Toward a place or time beyond | 34 Science | 51 Floating ice |
| 10 Serpent | 35 Declare | 52 South of the border crazy |
| 11 Bay | 36 Yield | 53 Ancient Indian |
| 12 Adolescents | 38 Pine tree product | 54 White fruit |
| 14 Gives energy | 39 Unit of time equal to sixty minutes | 57 Flightless bird |
| 22 ____! (call attention) | 40 Surface of a clock | 58 Compass point |
| | | 60 Basin |

Why shouldn't you borrow money from a leprechaun?
Because they're always a little short.



MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Dup. Bridge
4 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong	5 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes	6 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players	7 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 12:30p Hand & Foot 4:00p Yoga Flow*	8 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot
11 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Bunco	12 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00 St. Patty's Day Lunch 12:30p Mahjong 1:00p Dominoes 	13 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players 1:00p Duplicate Bridge	14 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 11:00a Vision Concerns 12:30p Hand & Foot 4:00p Yoga Flow*	15 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge
18 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Duplicate Bridge	19 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00 HOT LUNCH 12:30 Blood Pressure 12:30p Mahjong 1:00p Dominoes  HOT LUNCH Spring Arrives 11:06pm	20 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players  First Full Day of Spring	21 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 2:00p Bingo  12:30p Hand & Foot 4:00p Yoga Flow*	22 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong
25 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Duplicate Bridge	26 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes	27 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players	28 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 12:30p Hand & Foot 4:00p Yoga Flow*	29 Closed 

*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 Weekdays
8:00am-4:30pm
440-930-4135

Patty Knip
Senior Programming
pknip@avonlake.org

Mike Kral
Senior Center Director &
Recreation Facilities Manager
mkral@avonlake.org



CITY OF AVON LAKE SENIOR CENTER

talk on the lake

OPEN WEEKDAYS 8:00AM-4:30PM OR CALL 440-930-4135

Available online at www.AvonLakeRec.com | Click  Seniors



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

Membership provides FREE Pool Admission!