



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

Talk on the Lake

Special Events this Month!

March 5th

Lunch & Learn 12:00pm
O'Neill Healthcare

March 7th

Vitalant Blood Drive 8:30am–11:45am



March 8th

Daylight Savings Time
Turn clocks AHEAD
1 Hour

March 10th

AARP Smart Driver Course 11:30am–4:00pm
Lunch provided by Devon Oaks from Eliza Jennings

March 12th

Vision Concerns Group 11:00am

March 17th

HearingLife Screenings 11:00am–1:00pm

Senior Hot Lunch 12:00pm

Cabbage Rolls, Glazed Baby Carrots, Garlic Roasted Red Bliss Potatoes, Dinner Rolls, Triple Chocolate Brownie Tray

Blood Pressure Screenings 12:30pm

March 19th

Bingo 2:00pm

March 20th

FIRST DAY OF SPRING 10:46am

March 26th

Lunch & Learn 12:00pm
Senior Helpers



June 5th

Save the date—"Senior" Prom.

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.



Welcome to a New Season at Our Senior Center!

As we turn the page to a new month, we're reminded of how special our senior center truly is—not just as a place, but as a community. Every day, our center is filled with laughter, learning, friendship, and the vibrant energy that each of you brings through our doors.

Our senior center is more than activities and programs—it's a gathering place where friendships are formed, stories are shared, and new experiences begin. Whether you're joining us for fitness classes, games, educational workshops, crafts, or simply a good cup of coffee and conversation, you are what makes this center feel like home.

This season, we're excited to continue offering opportunities that inspire wellness in body, mind, and spirit. Staying active and socially connected plays such an important role in healthy aging, and we are proud to provide a welcoming space where everyone can participate at their own pace and comfort level.

If you're new to the center—welcome! We encourage you to introduce yourself, try something new, and jump into the fun. If you've been with us for years, thank you for being the heart and history of our community. Your presence, wisdom, and warmth enrich all of us.

We also want to extend a heartfelt thank you to our volunteers and staff who work behind the scenes to make each program, event, and daily gathering possible. Their dedication ensures that our center remains a place of positivity, support, and connection.

As always, we invite you to check out the calendar for upcoming activities and opportunities to get involved. There's truly something for everyone, and we look forward to seeing you soon.

Here's to friendship, fun, and flourishing together!

Warmly,

The Senior Center Team

Mrs. McMillen answers the door to see her husband's best friend, Paddy, standing on the doorstep.

"Hello Paddy, but where is my husband? He went with you to the beer factory."

Paddy shook his head. "Ah Mrs. McMillen, there was a terrible accident at the beer factory—your husband fell into a vat of Guinness stout and drowned"

Mrs. McMillen starts crying. "Oh don't tell me that, did he at least go quickly?"

Paddy shakes his head. "Not really—he got out 3 times to pee!"



Two paddies were working for the city public works department. One would dig a hole and the other would follow behind him and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, "I'm impressed by the effort you two are putting in to your work, but I don't get it—why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

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 Sherri	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 Sherri	

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

March 5th at 12pm

Learn about healthcare services at six west side communities — Bay Village, Fairview Park, Lakewood, Middleburg Heights, North Olmsted, and North Ridgeville — providing seniors with the diverse, personal, and quality care they need. Facilities range from Independent Living to Alzheimer's care to outpatient services.

O'Neill | BAY VILLAGE Healthcare
 Sign up in the office or call 440-930-4130.

LUNCH&LEARN

March 26th at 12pm

Specialized care from the comfort of home.
 No matter the type of care required, Senior Helpers provides the perfect services for any need, all done from home. We give better peace of mind.

SENIOR Helpers
 Sign up in the office or call 440-930-4130.



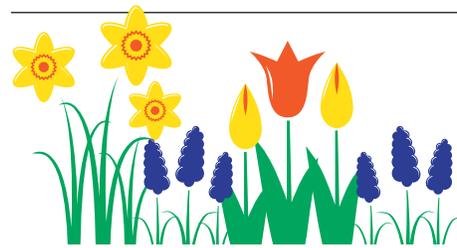
Smart Driving Course

March 10th from 11:30am-4:00pm

Avon Lake Old Firehouse

100 Avon Belden Rd., Avon Lake
 Enjoy a lunch provided by Devon Oaks. AARP members can register and pay on-line through the AARP website. Others can register with Janis at 440-223-9703. Payments of cash or check payable to AARP will be collected in class.

AARP members \$20; non-members \$25.
 Some insurance companies offer a discount for participants.



HearingLife

HEARING SCREENINGS

March 17th from 1:00am-1:00pm

Michelle Mattingly, Audiologist at HearingLife, will be joining us before and after lunch for free hearing screenings. Our ability to hear and communicate is important both socially and mentally. Did you know that hearing loss is the number one potentially modifiable risk factor for dementia? Get your free screening and chat with Dr. Michelle to discuss what you can do to be proactive about your hearing health.



VISION CONCERNS GROUP

Thursday, March 12th at 11am
 at the Old Firehouse

Debbie Kogler from
Magnifiers & More
 will be presenting.

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



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

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

Indoor Walking at THE ANCHOR
 SPONSORED BY AVIENT
 Contact Brian at 440-930-4135

WEDNESDAY MORNING MOVIES AT 10AM



MARCH 4
Best In Show
 PG-13 | 1h 30m | Comedy
 Cast: Catherine O'Hara, Eugene Levy, Christopher Guest
 Mockumentary on the neurotic contestants vying for top honors in a highly competitive dog show.



MARCH 11
Queen Of Chess
 TV-PG | 1h 34m | Documentary
 A brilliant, determined Hungarian girl stuns the male-dominated world of championship chess in this look at Judit Polgar's trailblazing rise to greatness.



MARCH 18
Goodbye June
 R | 1h 56m | Drama
 Cast: Helen Mirren, Kate Winslet, Toni Collette
 Helen Mirren stars as an ill yet quick-witted mother who orchestrates a final farewell on her own terms in Kate Winslet's moving directorial debut.



MARCH 25
Hit Man
 R | 1h 55m | Comedy
 Cast: Glen Powell, Adria Arjona, Austin Amelio
 A Mild-mannered professor moonlights as a fake hit man in what The New York Times hails as "one of the year's funniest, sexiest, most enjoyable movies."



Avon Lake Women's Chorus Rehearsals Mondays at 9:30am

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

Convenient Monday Morning Rehearsals.

Start the week off with a smile!

9:30–11:30am (September–May)

NO AUDITIONS!

Old Firehouse Community Center

100 Avon Belden Road

(Rt. 83 & Lake Road, Avon Lake)

(Convenient Parking)

Questions? Call Irene at 440-937-8827.

(Please leave message when prompted)

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

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

Friday Crafts



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

HOT LUNCH March 17th at Noon



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

This month's menu: Cabbage Rolls, Glazed Baby Carrots, Garlic Roasted Red Bliss Potatoes, Dinner Rolls, Triple Chocolate Brownie Tray. 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.



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. Sharon Nicholas of *Always Best Care* will be calling the numbers on **Thursday, March 19th at 2:00pm.**

Call 440-930-4135 to reserve your spot.



Blood Pressure Checks Tuesday, March 17 12:30p–2:30p

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

University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL



Senior Strong Program

The Senior Strong Program focuses on mental health, wellness and building resilience in older adults. A representative of The Far West Center will facilitate a topic each week.

One week each month will be dedicated to current events. If there are topics relating to mental health and coping that you would like addressed, please feel free to let us know.

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

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

Newsletter Subscription Form

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

Name _____ Phone _____

Street _____

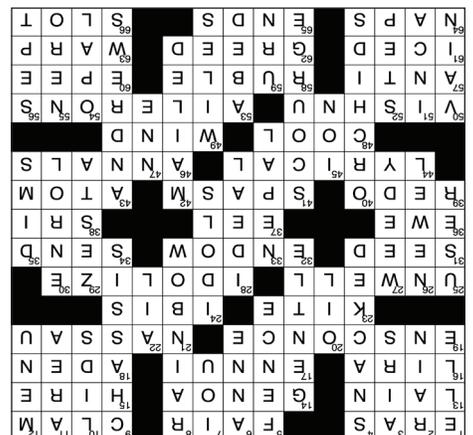
City _____ State _____ Zip _____

Email _____

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

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

Checks payable to "The City of Avon Lake"



Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner, or significant other. First Thursday of each month 7pm–8pm at Avon Lake United Church of Christ 32801 Electric Blvd., Avon Lake, OH 44012 Contact: Amy Boyd-Kirksey 216.383.3788 Email: aboyd-kirksey@hopicewr.org

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.



Serving income-qualified residents of Avon and Avon Lake.



CRS COMMUNITY RESOURCE SERVICES

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

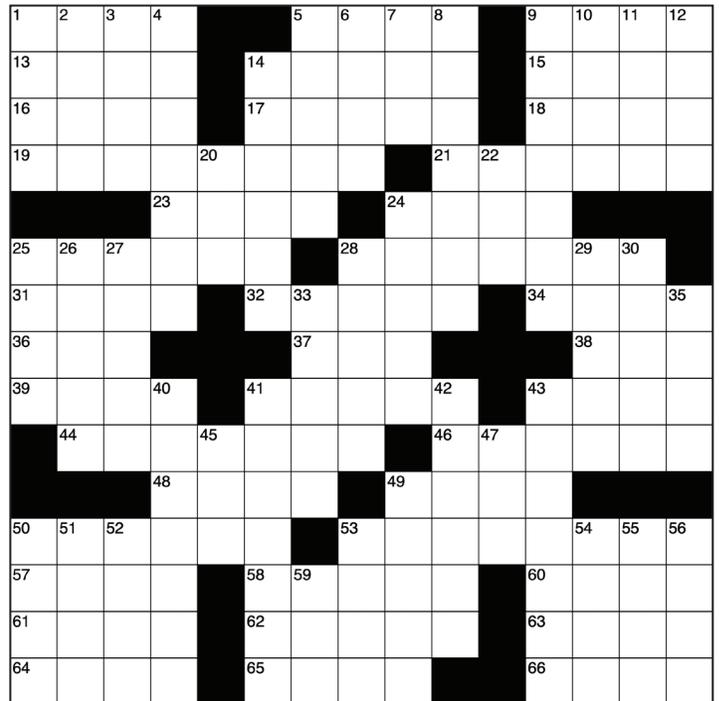
DAYLIGHT SAVINGS TIME by Evelyn Johnson

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.

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

- | | | | | |
|-----------|----------|----------|---------|----------|
| ADVANCE | DAYLIGHT | INTERVAL | NIGHT | SUNSET |
| AFTER | EARLY | MARCH | NOON | SUNUP |
| AFTERNOON | EVENING | MINUTE | SAVINGS | TIME |
| BEFORE | HOUR | MORNING | SUNRISE | TWILIGHT |
| CLOCK | | | | |

SPRING by Evelyn Johnson



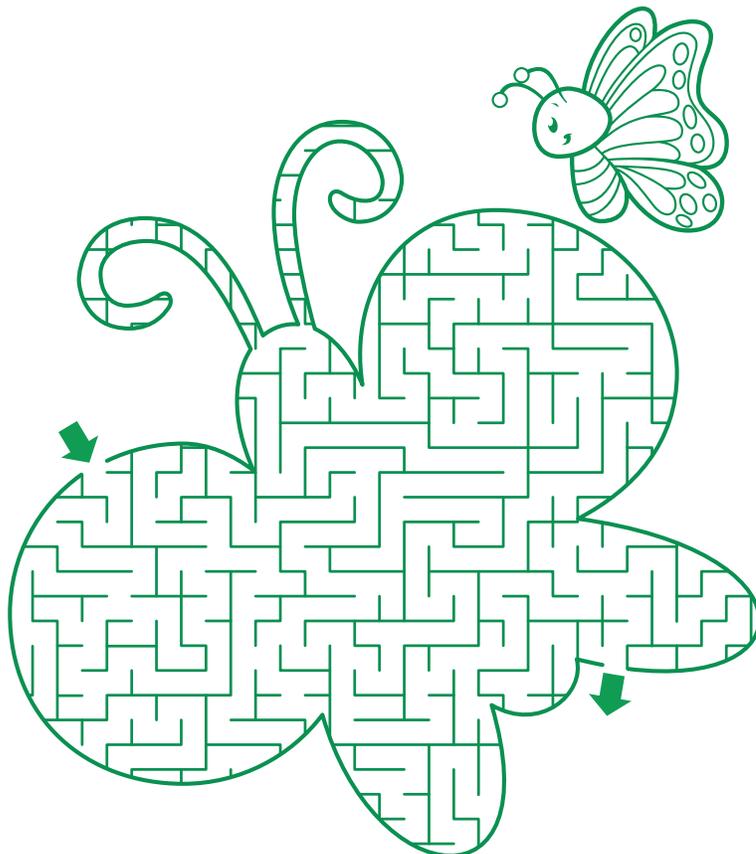
ACROSS

- | | | |
|---------------------------|---------------------------|-------------------------------|
| 1 Time periods | 25 Ailing | 48 Not warm |
| 5 Balmy | 28 Revere | 49 Breeze |
| 9 Shellfish | 31 Origination | 50 Hindu god |
| 13 Set down | 32 Furnish with an income | 53 Airfoils on airplane wings |
| 14 City | 34 Deliver by post | 57 Negative (prefix) |
| 15 Employ | 36 Female sheep | 58 Shekel |
| 16 Italian currency | 37 Moray | 60 Fencing sword |
| 17 Boredom | 38 ___ Lanka | 61 Type of tea |
| 18 A cozy room (2 wds.) | 39 Remake | 62 Selfish desire |
| 19 Hide | 41 Crick | 63 Buckle |
| 21 Capital of the Bahamas | 43 Speck | 65 Aborts |
| 23 Toy flown in the air | 44 Musical | 66 Gap |
| 24 Wading bird | 46 Chronicles | |

Solution on page 4.

DOWN

- | | | |
|------------------------------|--------------------------|-------------------------------|
| 1 Women's magazine | 22 Cause of sickness | 45 Charged particle |
| 2 Shower | 24 Heathen gods | 47 Compass point |
| 3 Ventilates | 25 Drug doer | 49 Misleads |
| 4 Ate | 26 Stairway post | 50 Conceited |
| 5 Yard surrounder | 27 Overgrown | 51 S.A. Indian |
| 6 Green Gables dweller | 28 Perfect | 52 Tier |
| 7 Promissory note | 29 Saltine cracker brand | 53 Bedroom furniture (2 wds.) |
| 8 Colored arch in sky | 30 Register | 54 Opaque gem |
| 9 Bod | 33 Asian nation | 55 Roman emperor |
| 10 Caps | 35 Fades | 56 September (abbr.) |
| 11 Region | 40 Showy flowers | 59 Vase |
| 12 Restaurant dinner listing | 41 Flog | |
| 14 Docile | 42 Sent | |
| 20 Lubricate | 43 Actress Julie | |



What do you call an Irishman who's bouncing off the walls?

Rick O'Shea.



MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8:15a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot</p>	<p>3 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>4 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>5 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 4:00p Yoga Flow*</p> <p>O'Neill BAY VILLAGE Healthcare</p>	<p>6 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge</p>
<p>9 8:15a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot</p>	<p>10 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 11:30a AARP 12:30p Mahjong 1:00p Dominoes</p> 	<p>11 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>12 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:00a Vision Concerns 11:15a Yin Yoga* 12:30p Westshore Watercolor 4:00p Yoga Flow*</p>	<p>13 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>16 8:15a Advanced TRX 9:30a Womens Chorus 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>17 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 11:00a HearingLife Screen 12:00p HOT LUNCH 12:30p BP 12:30p Mahjong 1:00p Dominoes</p> <p>St. Patrick's Day</p> 	<p>18 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>19 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 2:00p Bingo 4:00p Yoga Flow*</p> 	<p>20 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Third Friday Bridge</p> <p>Spring Arrives!</p> 
<p>23 8:15a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot</p>	<p>24 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>25 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>26 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 4:00p Yoga Flow*</p> <p>SENIOR Helpers</p>	<p>27 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</p>
<p>30 8:15a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot</p>	<p>31 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes</p>	<p>Happy Spring!</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:



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



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

MJ ROGERS & COMPANY
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440.ADVISOR

