



# Talk on the Lake

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

## Special Events this Month!

### May 7th

Lunch & Learn 12:00pm  
Archwell Health will present.

### May 10th

Happy Mother's Day!

### May 14th

Vision Concerns Group 11:00am

### May 19th

Senior Hot Lunch 12:00pm  
Swiss Steak, Mashed Yukon Gold Potatoes w/Gravy, Buttered Whole Kernal Corn, Gourmet Cookie Tray  
Blood Pressure Screenings 12:30pm

### May 21st

BINGO! 2:00pm  
With Sharon from *Always Best Care*.

### May 25th

Closed for Memorial Day



### June 5th

Yeewhaw! "Senior" Prom.

### June 11th

Lunch & Learn 12:00pm  
Victory Home Care 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!

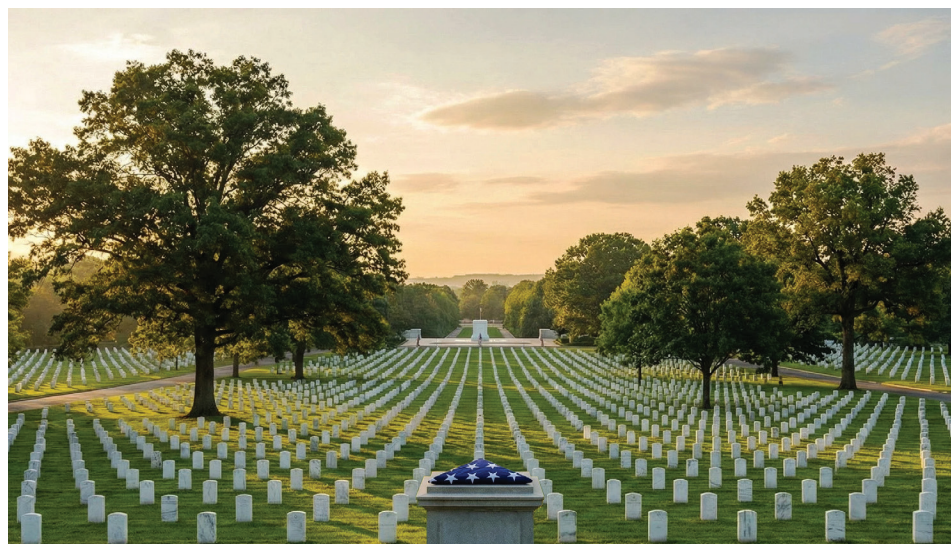


SEE PAGE 5



**Renew Active™**  
by UnitedHealthcare

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



## Memorial Day isn't just an opportunity for a barbecue or beach trip.

## It's a day honoring American soldiers who made the ultimate sacrifice for their country.

*Here are 9 facts about the holiday.*

- Even though numerous communities had been independently celebrating Memorial Day for years, the federal government declared Waterloo, N.Y. the official birthplace of Memorial Day. Waterloo first celebrated the holiday on May 5, 1866.
- Memorial Day was celebrated on May 30 for decades, but in 1971, Congress established Memorial Day as the last Monday in May and a federal holiday.
- Memorial Day originally honored military personnel who died in the Civil War (1861-1865).
- Roughly 620,000 Americans died in the Civil War — making it the deadliest war in American history. About 644,000 Americans have died in all other conflicts combined.
- President Bill Clinton signed the National Moment of Remembrance Act on Dec. 28, 2000, designating 3 p.m. local time on Memorial Day as a National Moment of Remembrance.
- It wasn't always Memorial Day — it used to be known as Decoration Day.
- Red poppies are known as a symbol of remembrance, and it's a tradition to wear them to honor those who died in war.
- Even though Memorial Day began as a holiday honoring Union soldiers, some states still have Confederate observances. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day on Jan. 19 and Virginia calls the last Monday in May Confederate Memorial Day.
- The crowd that attended the first Memorial Day ceremony at Arlington National Cemetery was about the same size as those that attend today's observance: about 5,000 people.

# 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
<b>8:15-9:15</b> <b>Advanced TRX</b> Carrie	9-10 <b>Boom Muscle</b> Carrie	9:30-10:15 <b>Stability</b> Beth	9-10 <b>Boom Muscle</b> Carrie	9:15-10 <b>Chair Yoga</b> Crissy
9:30-10:15 <b>Stability</b> Beth	10:30-11:15 <b>Stability Plus</b> Beth	10:30-11:15 <b>Classic</b> Kelly	10:15-11:00 <b>Boom Move</b> Carrie	10:15-11:00 <b>Stability Plus</b> Heather
10:30-11:15 <b>Circuit</b> Maria	11:30-12:15 <b>Gentle Yoga</b> Sherri	11:30-12:15 <b>Gentle Yoga Flow</b> Dawn	11:15-12:00 <b>Yin Yoga</b> Crissy	11:15-12:00 <b>Yoga Plus</b> Heather
11:30-12:15 <b>Focused Gentle Yoga</b> Maria			4:00p-5:00p <b>Yoga Flow</b> 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.

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

# LUNCH & LEARN

# LUNCH & LEARN



**May 7th at 12pm**

**June 11th at 12pm**



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

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## Spring Tree Tips

This is being written on the last Friday of April. This is a significant date because it's the day we celebrate Arbor Day in Avon Lake and most states across the country. U.S Arbor Day celebrations began in 1872 and are now celebrated in at least 44 countries worldwide. Trees matter: they clean air and water; provide cooling and habitat; prevent soil erosion and help water conservation; and increase property values with their beauty.

The tip for this month is to avoid pruning now that trees have begun growth. Only damaged and dead branches may be removed at this time if they are potentially dangerous. Pruning wounds provide infection courts for disease causing fungi and attract insects that can spread disease. Please only allow your trees to be pruned in the months of December through March.

Avon Lake's Tree Commission says, it's a good day to plant a tree!

## WEDNESDAY MORNING MOVIES AT 10AM



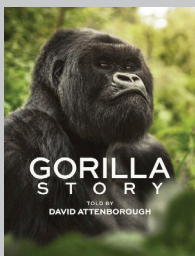
### MAY 6 Eleanor The Great

PG-13 | 1h 38m | Drama  
Cast: June Squibb, Rita Zohar, Jessica Hecht  
After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own.



### MAY 13 The Best You Can

R | 1h 43m | Comedy/Romantic  
Cast: Kyra Sedgwick, Kevin Bacon, Judd Hirsch, Cynthia Rand  
A New York City urologist whose world gets turned upside down when her husband starts to show signs of dementia. Stan Olszewski is an underachieving security guard who drifts through life without much direction. Their worlds soon collide when a chance encounter leads to a growing friendship built on late-night texts, candid confessions and irreverent humor.



### MAY 20 Gorilla Story

PG | 1h 30m | Documentary  
Cast: David Attenborough  
David Attenborough tells the remarkable story of his first encounter with the baby gorilla Pablo, how that gorilla grew up to be a top Silverback and how Pablo's direct descendants are doing today.



### MAY 27 Eat, Pray, Bark

TV-14 | 1h 30m | Comedy  
Cast: Alexandra Maria Lara, Devid Striesow, Anna Herrmann  
Five eccentric dog owners seek support for their four-legged friends. Their last chance: An intensive training with a legendary dog trainer in the Tyrolean mountains.



## VISION CONCERNS GROUP

**Thursday, May 14th at 11am at the Old Firehouse**

Angela Sciarra, low vision social worker with Dr. Weitzel, will present Hadley, a new organization to this area. Hadley's mission is to help individuals with vision loss adapt and thrive through free, accessible online resources and programs. Hadley includes over 550 workshops on topics like: Adjusting to Vision Loss, Daily Living, Technology, and Braille as well as emotional support.

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



## 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 May 19th at Noon



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

This month's menu: Swiss Steak, Mashed Yukon Gold Potatoes w/Gravy, Buttered Whole Kernal Corn, Gourmet Cookie 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](http://www.AvonLakeRec.com).

**Payment due at time of registration.**

## Blood Pressure Checks Tuesday, May 19th 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. Sharon Nicholas of *Always Best Care* will be calling the numbers on **Thursday, May 21st 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](http://WWW.AVONLAKEREC.COM)**

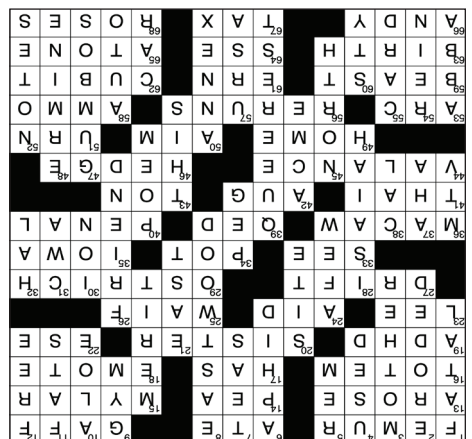
## Senior Rap

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@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.



To date, we at the center have collected 113 pounds, which is equivalent to approximately 143,000 tabs. The money recycled from the tabs go towards services for families staying with their children while they are in the hospital.

**YOU'RE WANTED AT THE SENIOR PROM**

**\$10 PER PERSON**

Saddle on up and git down to the Anchor Recreation Facility  
 Located at 33483 Lake Road in Avon Lake  
**FRIDAY, JUNE 5TH, 2026**

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

*The Women's Circle*

For Recently Retired Women to discuss questions and concerns for your next chapter in life.

**WEDNESDAY EVENINGS**  
**AT THE OLD FIREHOUSE COMMUNITY CENTER**  
**7:00PM-8:30PM**  
 For more information contact Brian at 440-939-4135  
 email: bmahony@avonlake.org

Serving income-qualified residents of Avon and Avon Lake.

**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

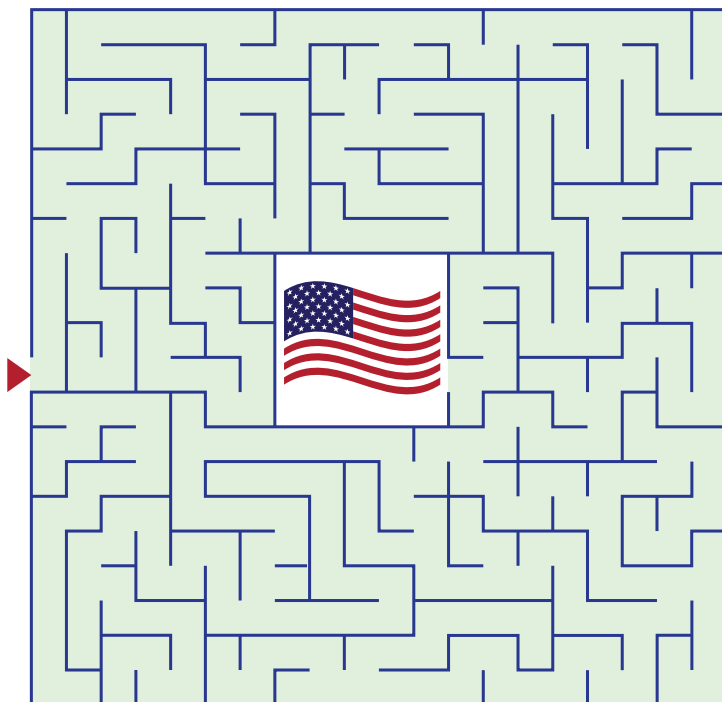
**MAY** by Evelyn Johnson

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.

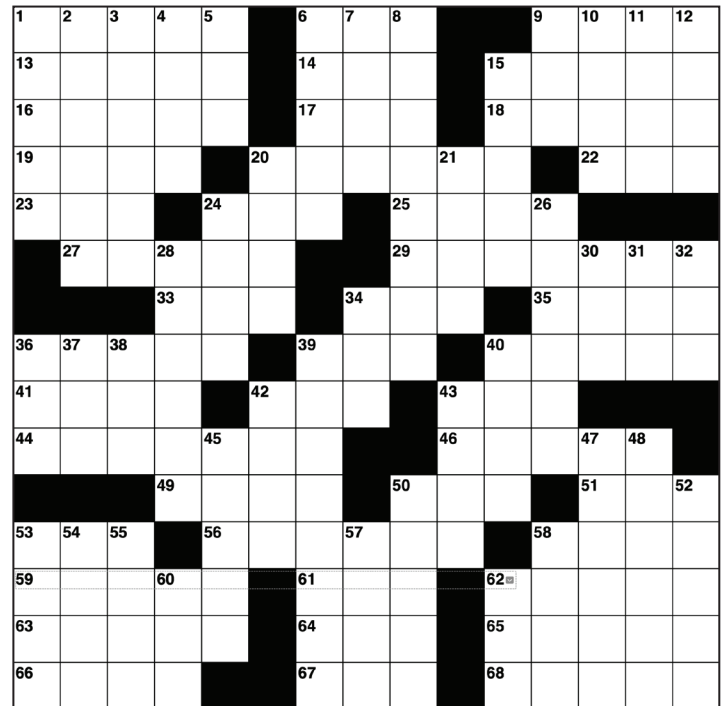
W R O S D E E S U G G H W I  
 H N T A U R U S D S N G E D  
 E M E R A L D G O S I A L H  
 E A N K E T R H E D R O P  
 L A R E L A I N E G P D P L  
 B S B U S D S L Y S S E Y A  
 A D O S F T A L I M O N A N  
 R R A Y U I F A N O D H M T  
 R I S O R R U L M M S E R S  
 O B R O E R L M O T H E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

- |           |             |          |        |          |
|-----------|-------------|----------|--------|----------|
| BIRDS     | GRASS       | MEMORIAL | RAIN   | SPROUT   |
| BUTTERFLY | HONEYBEE    | MOTHER   | SEEDS  | SUNSHINE |
| EMERALD   | HOSE        | NEST     | SOIL   | TAURUS   |
| FLOWERS   | MAYPOLE     | PLANT    | SPRING |          |
| GARDEN    | WHEELBARROW |          |        |          |

**Find your way through the maze to find the flag!**



**MOTHER'S DAY** by Evelyn Johnson



Solution on page 4.

**ACROSS**

- |   |                               |  |
|---|-------------------------------|--|
| 1 Bone  | 25 Kid                        | 50 Point                                     |
| 6 Snacked   | 27 Roam                       | 51 Pot                                       |
| 9 Fish hook   | 29 Head hiding bird           | 53 Circle part                               |
| 13 Risen  | 33 Visit                      | 56 Old TV shows                              |
| 14 Pod vegetable                                    | 34 Cooking vessel             | 58 Ammunition                                |
| 15 Shiny balloon material                           | 35 Hawkeye State              | 59 Beauty's friend                           |
| 16 Indian tribe emblem                              | 36 Parrot                     | 61 White-tailed sea eagle                    |
| 17 In possession of                                 | 39 It is proven               | 62 Biblical measurement                      |
| 18 Express emotions                                 | 40 Punitive                   | 63 Act of bringing a new baby into the world |
| 19 Attention-Deficit Hyperactive Disorder (abbr.)   | 41 Tai                        | 64 Compass point                             |
| 20 Female having the same parents as another person | 42 Fall mo.                   | 65 Repent                                    |
| 22 Vane direction                                   | 43 2,000 pounds               | 66 Comedian Griffith                         |
| 23 Downwind   | 44 Short drapery              | 67 Impost                                    |
| 24 Relief   | 46 Evade                      | 68 Flowers with thorny stems                 |
|   | 49 Place where a person lives |  |

**DOWN**

- |                                   |   |  |
|-----------------------------------|---|--|
| 1 Terminal                        | 24 Some (2 wds.)  | 42 Peak  |
| 2 Worn                            | 26 Person whom you know well and like and who likes you | 43 Not that  |
| 3 Female parent                   | 28 O.T. prophet   | 45 Compass direction                                       |
| 4 Secondhand                      | 30 Cation   | 47 Thick soups   |
| 5 Radioactivity unit              | 31 Communication Workers of America (abr.)              | 48 Pelt  |
| 6 Louse                           | 32 Movie 2001's talking computer                        | 50 Append  |
| 7 What Celestial Seasonings makes | 34 Wooden leg   | 52 Musical tones   |
| 8 Clint _____                     | 36 I want my _____                                      | 53 Father  |
| 9 Workout place                   | 37 Expression of surprise                               | 54 Stable gear   |
| 10 Healing plant                  | 38 Calorie  | 55 Printed document sent on a special occasion to a friend |
| 11 Cooking oils                   | 39 Oddest   | 57 _____ Major (Big Dipper)                                |
| 12 At large                       | 40 Piece of writing with words that rhyme               | 58 Motor vehicle   |
| 15 Rate                           |   | 60 Eye infection   |
| 20 Building lot                   |   | 62 Auto  |
| 21 Orient                         |   |  |

**I just found out I'm colorblind.  
 The news came out of the purple!**



# MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>We remember...</i></p>				<p><b>1</b>  <b>9:15 Chair Yoga*</b>                      10:00a Friday Crafts  <b>10:15a Stability PLUS*</b>  <b>11:15a Yoga PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot</p>
<p><b>4</b>                      8:15a Advanced TRX                      9:30a Womens Chorus  <b>9:30a Stability*</b>  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      1:00p Hand &amp; Foot</p>	<p><b>5</b>  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Mahjong                      1:00p Dominoes</p>	<p><b>6</b>  <b>9:30a Stability*</b>                      10:00a Movie  <b>10:30a Classic*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Bridge                      12:30p Duplicate Bridge                      1:00p Game Players                      1:30p Rummikub</p>	<p><b>7</b>  <b>9:00a Boom Muscle*</b>  <b>10:15a Boom Move*</b>                      11:00a Senior Strong  <b>12:00p Lunch &amp; Learn</b>  <b>11:15a Yin Yoga*</b>  <b>4:00p Yoga Flow*</b></p> 	<p><b>8</b>  <b>9:15 Chair Yoga*</b>                      10:00a Friday Crafts  <b>10:15a Stability PLUS*</b>  <b>11:15a Yoga PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot</p>
<p><b>11</b>                      8:15a Advanced TRX                      9:30a Womens Chorus  <b>9:30a Stability*</b>  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      12:30p Bunco                      1:00p Hand &amp; Foot</p>	<p><b>12</b>  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Mahjong                      1:00p Dominoes</p>	<p><b>13</b>  <b>9:30a Stability*</b>                      10:00a Movie  <b>10:30a Classic*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Bridge                      1:00p Duplicate Bridge                      1:00p Game Players                      1:30p Rummikub</p>	<p><b>14</b>  <b>9:00a Boom Muscle*</b>  <b>10:15a Boom Move*</b>                      11:00a Senior Strong  <b>11:00a Vision Concerns</b>  <b>11:15a Yin Yoga*</b>  <b>4:00p Yoga Flow*</b></p>	<p><b>15</b>  <b>9:15 Chair Yoga*</b>                      10:00a Friday Crafts  <b>10:15a Stability PLUS*</b>  <b>11:15a Yoga PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      1:00p Third Friday Bridge</p>
<p><b>18</b>                      8:15a Advanced TRX                      9:30a Womens Chorus  <b>9:30a Stability*</b>  <b>9:30a Garden Club</b>  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      1:00p Duplicate Bridge                      1:00p Hand &amp; Foot</p>	<p><b>19</b>  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga*</b>  <b>12:00p HOT LUNCH</b>  <b>12:30p BP</b>                      12:30p Mahjong                      1:00p Dominoes</p>	<p><b>20</b>  <b>9:30a Stability*</b>                      10:00a Movie  <b>10:30a Classic*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Bridge                      1:00p Game Players                      1:30p Rummikub</p>	<p><b>21</b>  <b>9:00a Boom Muscle*</b>  <b>10:15a Boom Move*</b>                      11:00a Senior Strong  <b>11:15a Yin Yoga*</b>  <b>2:00p Bingo</b>  <b>4:00p Yoga Flow*</b></p> 	<p><b>22</b>  <b>9:15 Chair Yoga*</b>                      10:00a Friday Crafts  <b>10:15a Stability PLUS*</b>  <b>11:15a Yoga PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      12:30p Westsiders Mahjong</p>
<p><b>25</b> Closed—                      Memorial Day</p> 	<p><b>26</b>  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Mahjong                      1:00p Dominoes</p>	<p><b>27</b>  <b>9:30a Stability*</b>                      10:00a Movie  <b>10:30a Classic*</b>  <b>11:30a Gentle Yoga*</b>                      12:30p Bridge                      1:00p Game Players                      1:30p Rummikub</p>	<p><b>28</b>  <b>9:00a Boom Muscle*</b>  <b>10:15a Boom Move*</b>                      11:00a Senior Strong  <b>11:15a Yin Yoga*</b>  <b>4:00p Yoga Flow*</b></p>	<p><b>29</b>  <b>9:15 Chair Yoga*</b>                      10:00a Friday Crafts  <b>10:15a Stability PLUS*</b>  <b>11:15a Yoga PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      12:30p Westsiders Mahjong</p>

\*SilverSneakers® and Renew Active™ approved fitness class. See description and details on page 2.

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To Our Friend:



# Talk on the Lake

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bmahoney@avonlake.org

**Patty Knip**  
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