



City of Avon Lake Department of Parks & Recreation

November 2023

talk on the lake

News & Events at the Avon Lake Senior Center

The Origins of Veterans Day

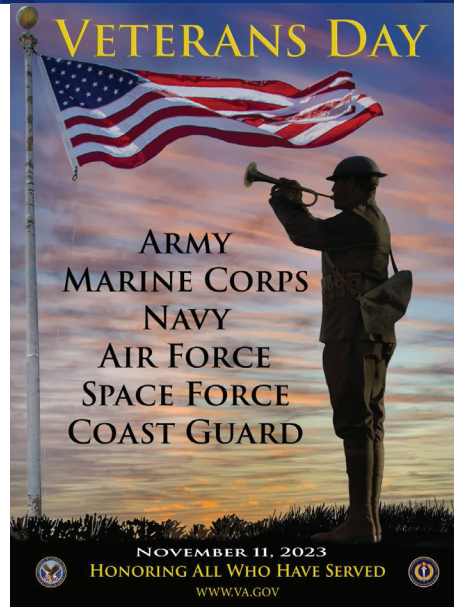
In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C., became the focal point of reverence for America's veterans.

Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month). The day became known as "Armistice Day."

Armistice Day officially received its name in America in 1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action. If the idealistic hope had been realized that World War I was "the War to end all wars," November 11 might still be called Armistice Day. But only a few years after the holiday was proclaimed, war broke out in Europe. Sixteen and one-half million Americans took part. Four hundred seven thousand of them died in service, more than 292,000 in battle.

Armistice Day Changed To Honor All Veterans

The first celebration using the term Veterans Day occurred in Birmingham, Alabama, in 1947. Raymond Weeks, a World War II veteran, organized "National Veterans Day," which included a parade and other festivities, to honor all veterans. The event was held on November 11, then designated Armistice Day. Later, U.S. Representative Edward



Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11 as Veterans Day. Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982. Weeks' local parade and ceremonies are now an annual event celebrated nationwide.

On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown soldier of World War I. One was killed in World War II, the other in the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains from Vietnam were exhumed May 14, 1998, identified as Air Force 1st Lt. Michael Joseph Blassie, and removed for burial. To honor these men, symbolic of all Americans who gave their lives in all

wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil.

A law passed in 1968 changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

National Ceremonies Held at Arlington National Cemetery

The focal point for official, national ceremonies for Veterans Day continues to be the memorial amphitheater built around the Tomb of the Unknowns. At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath. The bugler plays "taps." The rest of the ceremony takes place in the amphitheater.

Veterans Day ceremonies at Arlington and elsewhere are coordinated by the President's Veterans Day National Committee. Chaired by the Secretary of Veterans Affairs, the committee represents national veterans organizations.

Governors of many states and U.S. territories appoint Veterans Day chairpersons who, in cooperation with the National Committee and the Department of Defense, arrange and promote local ceremonies.

Additional Information

Additional information on the history of Veterans Day, the Veterans Day National Committee, the national ceremony, a gallery of Veterans Day posters from 1978 to the present and a colorful and informative Veterans Day Teacher's Resource Guide can be found on the Internet at: <http://www.va.gov/vetsday>



THANK YOU TO OUR SENIOR CENTER SPONSORS



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



JOSEPH L. MOTTA CO., LPA
Estate Planning & Elder Law
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Avon Lake: 440-933-3202
Avon: 440-937-6175

Fitness at the Old Firehouse



**Renew
Active™**
by UnitedHealthcare



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	10:30-1:15 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.

HONORING OUR VETERANS



Tuesday, November 7th

11:30am-12:30pm

★ **Drive-up Pinning Ceremony**

★ **Grab-and-Go Lunch for Veteran & spouse.**

Call 440-930-4135 to Register.

Pinnings courtesy of Sally Tomko:



Lunch courtesy of:



Tree Tips

On average, how much of a mature tree is alive?

1%, 5%, 25%, 50%, 100%

It's kinda hard to believe, but only about 1% of a tree is alive including the leaves, cambium, and newly produced cells in the trunk and branches. The supporting structure is made up of non-living cells.

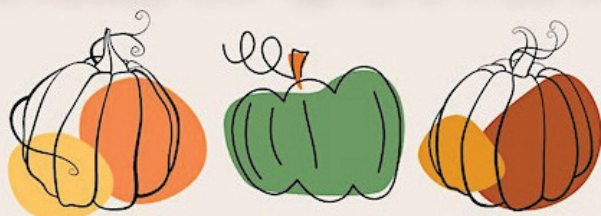
(<https://www.treehugger.com/how-much-of-tree-is-alive-3967213>)

Tree Tips provided by:
the Avon Lake Tree Commission.



AVON LAKE SENIOR CENTER

FRIENDSGIVING



THURSDAY, NOVEMBER 16 | 12:00

Lunch provided by

O'Neill | BAY VILLAGE
Healthcare

Limited seating available. No carry-outs.
Sign up in office or call 440-930-4135.



Friday Crafts

**FRIDAYS
10A-12P**

All crafters welcome!

Christmas Brunch

Tuesday, December 12th | 10:00am

O'Neill | BAY VILLAGE
Healthcare

Limited seating available. Sign up in office or call 440-930-4135.
No Carry-outs.

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.

Weekly practices resume September 11th, 9:30am-11:30am at the Old Firehouse. Interested? Call Irene at 216-407-5119.

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
- Avon Lake Public Library

TUESDAY

- Medical Appointments
- Giant Eagle
- Learwood Square

WEDNESDAY

- Medical Appointments
- Avon Commons
- Wal-Mart

THURSDAY

- Medical Appointments ONLY

COMMUNITY RESOURCE SERVICES

33479 Lake Rd, Suite C, Avon Lake, OH 44012

M-F 10am-2pm

(440) 933-5639



CRS

November 21st, Noon HOT LUNCH

\$7⁰⁰ | \$5⁰⁰ for Members | Free for 90+

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

MAXIMUM SEATING FOR 50!

REGISTER EARLY—SEATING FILLS UP QUICKLY!

Payment due at time of registration.

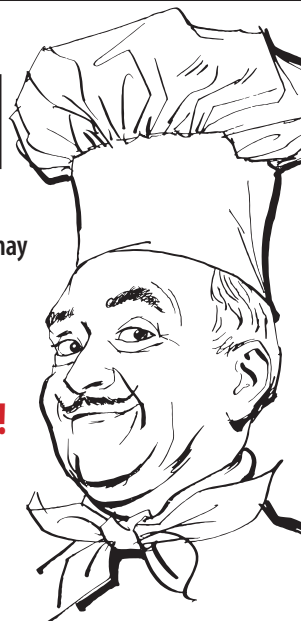
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Joseph L. Motta Co., LPA Estate Planning & Elder Law

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Blood Pressure Check

Tuesday, Nov. 21st | 12:30-2:30

Old Firehouse



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL

Bingo!

Thursday, November 16th
2:00PM. Call (440) 930-4135 to sign up.



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.**

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 Road, Avon Lake, OH 44012 | Checks payable to "The City of Avon Lake"

NOVEMBER MOVIES

WEDNESDAY MORNINGS 10:00 AT THE OLD FIREHOUSE



November 1 CODA

PG-13 | 1h 52m | Drama

Cast: Emilia Jones, Marlee Matlin, Eugenio Derbez

Winner of 3 Oscars, including Best Picture and Best Supporting Actor. As a CODA (child of deaf adults), Ruby is the only hearing person in her home. When she discovers a passion for singing, Ruby must choose between family obligations and her dreams.



November 8 THE GREATEST BEER RUN EVER

R | 2h 6m | Based on a True Story

Cast: Zac Efron, Russel Crowe, Bill Murray

Chickie wants to support his friends fighting in Vietnam by doing something wild—personally bringing them American beer. What starts as a well-meaning journey quickly changes Chickie's life and perspective. Based on a true story.



November 15 GREYHOUND

PG-13 | 1h 31m | Inspired by Actual Events

Cast: Tom Hanks, Stephen Graham, Elisabeth Shue

2021 Oscar nominee. In a thrilling WWII story inspired by actual events, Captain Ernest Krause leads an international convoy of 37 ships on a treacherous mission across the Atlantic to deliver soldiers and supplies to Allied forces.

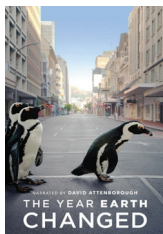


November 22 SPIRITED

TV-PG | 2h 7m | Comedy

Cast: Will Ferrell, Ryan Reynolds, Octavia Spencer

Imagine Charles Dickens' heartwarming tale of Scrooge visits by four ghosts on Christmas Eve—but funnier. And with Will Ferrell, Ryan Reynolds, and Octavia Spencer. Also, huge musical numbers.



November 29 THE YEAR THE EARTH CHANGED

PG | 48m | Documentary

Cast: David Attenborough

Never-before-seen footage shows how our living in lockdown during the pandemic opened the door for nature to bounce back and thrive. Across the seas, skies, and lands, Earth found its rhythm when we came to a stop.

FREE PROGRAM

Sing with Sign

Learn American Sign Language
by signing the song "O Holy Night".

Fridays, Oct. 6–Dec. 1

10:00am–11:00am

at the Old Firehouse.

Call 440-930-4135 for information.

Crossword Solution

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

RESIDENTIAL LOCK BOX PROGRAM



To order a residential lockbox, please visit
roperlock.com/product/avonlake

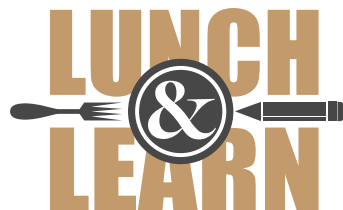
or

Call 1-800-466-9312

• Crest Guardian Lock Box-Wall Mount

• Key Code: Avon Lake

**When your Lock Box arrives, call
440-933-8305 to schedule installation.**



THURSDAY, DECEMBER 14
12:00PM

Limited seating available. Sign up in office or call 440-930-4135.
No Carry-outs.

VETERAN'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.

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

ADMIRATION

AIR FORCE

ARMY

BRAVE

CASUALTY

COAST

GUARD

COMMITMENT

COURAGE

DEDICATION

FREEDOM

HONOR

MARINES

NAVY

PEACE

REMEMBER

RESPECT

SACRIFICE

SOLDIER

SPACE

FORCE

VALOR

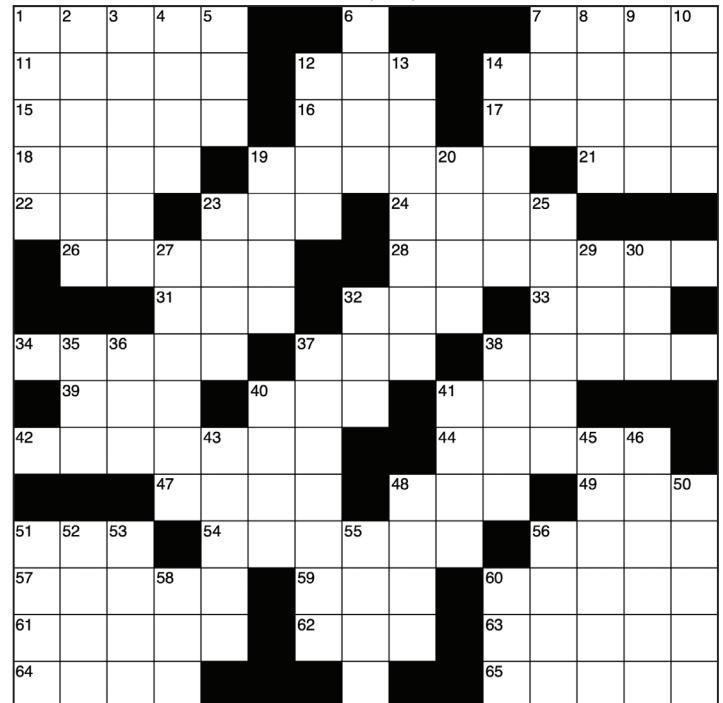
VETERAN

Gobble your way to the Pumpkin Pie



THANKSGIVING DAY

by Evelyn Johnson



Solution on page 5.

ACROSS

- | | | |
|---------------------------|-------------------------------------|--|
| 7 Resound | 28 Dredged | 48 Greenwich Mean Time |
| 11 Love intensely | 31 North American country | 49 Seed bread |
| 12 Caress | 32 Legume | 51 South southeast |
| 14 Food made with grain | 33 Man | 54 Incapable of |
| 15 Tiny island | 34 Any sumptuous and elaborate meal | 56 Artist Chagall |
| 16 Slippery frigid | 37 Still | 57 To that time |
| 17 Sound receiver | 38 Ancient German letters | 59 Wrath |
| 18 Where animals are kept | 39 Bro.'s sibling | 60 Willia _____
(Elizabeth I's advisor) |
| 19 Ideal place | 40 Lawman | 61 Taboos |
| 21 Make a mistake | 41 That woman | 62 Can metal |
| 22 European sea eagle | 42 Luggage carriers | 63 Greek 'D' |
| 23 Lingerie | 44 Atop (2 wds.) | 64 Beautiful bird |
| 24 Covet | 47 Royalty | 65 Shoot clay targets |
| 26 Computer memory units | | |

DOWN

- | | | |
|---|--|--|
| 1 Indian corn | 23 Highest quality | 43 Cargos |
| 2 Soak up | 25 Fruit flavored dairy product | 46 Diviner |
| 3 Territory governed by a distant country | 27 Scuffle | 45 Fool's gold |
| 4 Greek god of war | 29 Play on words | 48 Valley |
| 5 Rainy | 30 Hurricane center | 50 Acclaim |
| 6 Mexican sandwich | 32 High-school club | 51 Phoenix's BB team |
| 7 Epoch | 35 Vane direction | 52 Frozen form of precipitation that falls as flakes |
| 8 Yield | 36 Cause of sickness | 53 Gas burner |
| 9 Head covering | 37 Yogurt brand | 55 Sailing ship |
| 10 Smell | 38 Buying alternative | 56 Humble |
| 12 Flat bread | 40 Tall cereal plant that produces ears with yellow edible seeds | 58 Charged particle |
| 13 Compose | 41 Place where one lives or dwells | 60 Disks |
| 14 Well done! | | |
| 19 _____ Major (Big Dipper) | | |
| 20 S.A. Indian | | |

*I'm afraid for the calendar.
Its days are numbered.*



NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 VETERANS DAY SATURDAY NOVEMBER 11		1 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players	2 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 12:30p Hand & Foot 4:00p Yoga Flow*	3 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Sing With Sign 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge
6 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 Bunko	7 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 11:30a Veteran Pinnings 12:30p Mahjong 1:00p Dominoes	8 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Garbage Players	9 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 11:00a Vision Concerns 12:30p Hand & Foot 4:00p Yoga Flow*	10 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Sing With Sign 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot
13 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	14 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes	15 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players	16 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 12:00p Friendsgiving 2:00p Bingo 12:30p Hand & Foot 4:00p Yoga Flow* 	17 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Sing With Sign 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge
20 8:00a Indoor Walking 9:30a Garden Club 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	21 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 	22 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players	 CLOSED May your <i>Thanksgiving</i> be full of peace, love, and joy.	
27 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	28 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes	29 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players	30 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Circuit* 12:30p Hand & Foot 4:00p Yoga Flow*	

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

City of Avon Lake
TALK ON THE LAKE
150 Avon Belden Road
Avon Lake, OH 44012
(440) 930-4135

To Our Friend:



Open 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!