



Talk on the Lake

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

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! That's important—the House is open 24 hours/day, 365 days a year. Please continue to bring in any of your pull tabs in support of this worthwhile cause.



Two weeks ago, Patty and her husband, delivered 38 pounds of tabs collected at the senior center surpassing the previous donation of 25 pounds. In total, you have now provided 63 pounds of pull tabs to benefit the Ronald McDonald House! KEEP 'EM COMING!

**Sorry.
We'll be closed
for Thanksgiving.
November 28th &
November 29th**



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

**Membership provides
FREE Pool Admission!**

What's the Real History of



The retail bonanza known as Black Friday is now an integral part of many Thanksgiving celebrations, but this holiday tradition has darker roots than you might imagine.

The first recorded use of the term "Black Friday" was applied not to post-Thanksgiving holiday shopping but to financial crisis: specifically, the crash of the U.S. gold market on September 24, 1869. Two notoriously ruthless Wall Street financiers, Jay Gould and Jim Fisk, worked together to buy up as much as they could of the nation's gold, hoping to drive the price sky-high and sell it for astonishing profits. On that Friday in September, the conspiracy finally unraveled, sending the stock market into free-fall and bankrupting everyone from Wall Street barons to farmers.

The most commonly repeated story behind the Thanksgiving shopping-related Black Friday tradition links it to retailers. As the story goes, after an entire year of operating at a loss ("in the red") stores would supposedly earn a profit

("went into the black") on the day after Thanksgiving, because holiday shoppers blew so much money on discounted merchandise. Though it's true that retail companies used to record losses in red and profits in black when doing their accounting, this version of Black Friday's origin is the officially sanctioned—but inaccurate—story behind the tradition.

In recent years, another myth has surfaced that gives a particularly ugly twist to the tradition, claiming that back in the 1800s Southern plantation owners could buy enslaved workers at a discount on the day after Thanksgiving. Though this version of Black Friday's roots has understandably led some to call for a boycott of the retail holiday, it has no basis in fact.

The real history behind Black Friday, however, is not as sunny as retailers might have you believe. Back in the 1950s, police in the city of Philadelphia used the term to describe the chaos that ensued on the day after

Continued on page 4

"Whenever the world makes you cynical, whenever you seek true humility and true selflessness, look to a veteran." —Barack Obama



Veterans Day—November 11th

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
8-9 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	10:15-11:00 Circuit Carrie	
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Flow Sherri	11:30-12:15 Gentle Yoga Sherri	11:15-12:00 Yin Yoga Crissy	11:30-12:15 Stability Plus Lana
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. 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.



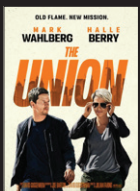
Thursday, November 21 at 12:00pm
Call 440-930-4135 to sign up!

O'Neill Healthcare | BAY VILLAGE

November Movies on Wednesday Morning at 10



November 6
The Crown Season 6
Episodes 9 & 10
 Episode 9 | Hope Street
 The queen bonds with William, who finds his footing between normality and life in the royal limelight.
 Episode 10 | Sleep, Dearie Sleep
 The queen gives Charles the green light to wed Camilla.



November 13
The Union
 PG-13 | 1h 49m | Action, Comedy
 Cast: Mark Wahlberg, Halle Berry, J.K. Simmons
 High-octane action comedy about a construction worker recruited into an unusual spy agency by his former flame.



November 20
Book Club
 PG-13 | 1h 43m | RomCom
 Cast: Diane Keaton, Jane Fonda, Candice Bergen
 Four friends select a steamy romance for their long-running book club, which inspires bold changes in their romantic lives.



November 27
Inside the Mind of a Dog
 PG | 1h 15m | Documentary
 In this heartwarming and informative documentary narrated by Rob Lowe, experts reveal new scientific and emotional insights about the canine brain.

Far West Center's Senior Strong program

Serious problems can interfere with daily living, or life changes may overwhelm a person's ability to cope. Talking about these problems can provide skills and options needed to manage life's challenges, improve self-esteem, relationships and mood. Robert A. Piovarchy, MA, LPC-S will be on hand to lead meetings on

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.

MARK YOUR CALENDAR

- December 12, 2024**
 Christmas Brunch
 O'Neill Healthcare Bay Village

- January 9, 2025**
 Dave Schwensen Comedy Workshop

- February 13, 2025**
 Sally Tomko presents Put-In-Bay Victory Hotel



VISION CONCERNS GROUP

Thursday November 14 at 11:00am
Avon Lake Old Firehouse
 A meeting with Low vision Specialist Dr. Corrie Weitzel. Dr. Weitzel will be talking about the new drugs and treatments becoming available for macular degeneration and new research underway regarding your eyes.

No meeting in December. Next meeting will be January 9, 2025
Questions, call Gary Clawson at 440-935-5906



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.

Continued from page 1

Thanksgiving, when hordes of suburban shoppers and tourists flooded into the city in advance of the big Army-Navy football game held on that Saturday every year. Not only were Philly cops not able to take the day off, but they had to work extra-long shifts dealing with the additional crowds and traffic. Shoplifters also took advantage of the bedlam in stores and made off with merchandise, adding to the law enforcement headache.

By 1961, "Black Friday" had caught on in Philadelphia, to the extent that the city's merchants and boosters tried unsuccessfully to change it to "Big Friday" in order to remove the negative connotations. The term didn't spread to the rest of the country until much later, however, and as recently as 1985 it wasn't in common use nationwide. Sometime in the late 1980s, however, retailers found a way to reinvent Black Friday and turn it into something that reflected positively, rather than negatively, on them and their customers. The result was the "red to black" concept of the holiday mentioned earlier, and the notion that the day after Thanksgiving marked the occasion when America's stores finally turned a profit.

The Black Friday story stuck, and pretty soon the term's darker roots in Philadelphia were largely forgotten. Since then, the one-day sales bonanza has morphed into a four-day event, and spawned other "retail holidays" such as Small Business Saturday/Sunday and Cyber Monday. Stores started opening earlier and earlier on that Friday, and now the most dedicated shoppers can head out right after their Thanksgiving meal.

HOT LUNCH

November 19 at Noon

\$7.00 | \$5.00 for Members | Free for 90+
 This month's menu: Honey Cured Ham, Broccoli au Gratin, Scalloped Potatoes au Gratin, Rolls & Butter and Dessert. 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.

**REGISTER EARLY—
 SEATING FILLS UP QUICKLY!
 Payment due at time of registration.**



Blood Pressure Checks Tuesday, Nov. 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.



Bingo is played generally on the 3rd Thursday of each month, however, this month, due to a change in our programming schedule, we will be playing Bingo on **Thursday, November 14th at 2:00pm.**

Sharon Nicholas of Angels Care Home Health will be calling the numbers.
Call 440-930-4135 to reserve your spot.

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 September through May at the Old Firehouse.
 Interested? Call Irene at 216-407-5119.



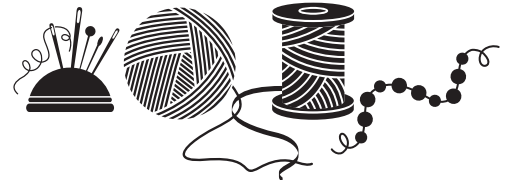
The monthly meeting will take place on November 7, 2024 at 11am for social time & luncheon at the Avon Lake Public Library located at 32649 Electric Blvd. Avon Lake.

The program for this month's meeting will be from speaker Jane Bodnar, Flower Show Judge, member of the Flower Arrangers Guild and the Beach Cliff Garden Club, will demonstrate how to beautify your home with simple flower arrangements using live flowers and items you may have in your home.

The program begins at 1pm and is open and free to the public. Please visit avonlakegarden.org for more information or to join.

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.



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"




VETERANS PINNING CEREMONY

Tuesday, November 12
11:30am-12:30pm
 in the Old Firehouse parking lot.
 Brief ceremony includes pinning & box lunch for Veteran & spouse.

MUST REGISTER BY FRIDAY, NOVEMBER 1
Call 440-930-4135.



Medicare


One-On-One Discussion of Medicare Changes for 2025 and How They Effect You.

MONDAY
NOVEMBER 4, 2024
9:00am-1:00pm


Call **440-930-4135** for an appointment.
ONLY 6 SLOTS LEFT!

CURRENT CLIENTS
MUST MAIL THE COMPLETED PACKET that was mailed to you IN A BLUE ENVELOPE.

Questions? Call 216-387-3293.



Health Insurance for Seniors, LLC.
MICHELLE WALDRON



LUNCH & LEARN

SPONSORED BY
Bob Brooks and Bryan Buhovecky

Wednesday
December 4th
1:30pm Old Firehouse

Protect What You've Worked For

Presented by Bryan Buhovecky
 For reservations call
440-930-4897
Edward Jones®

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.

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.

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.



VETERANS DAY by Evelyn Johnson

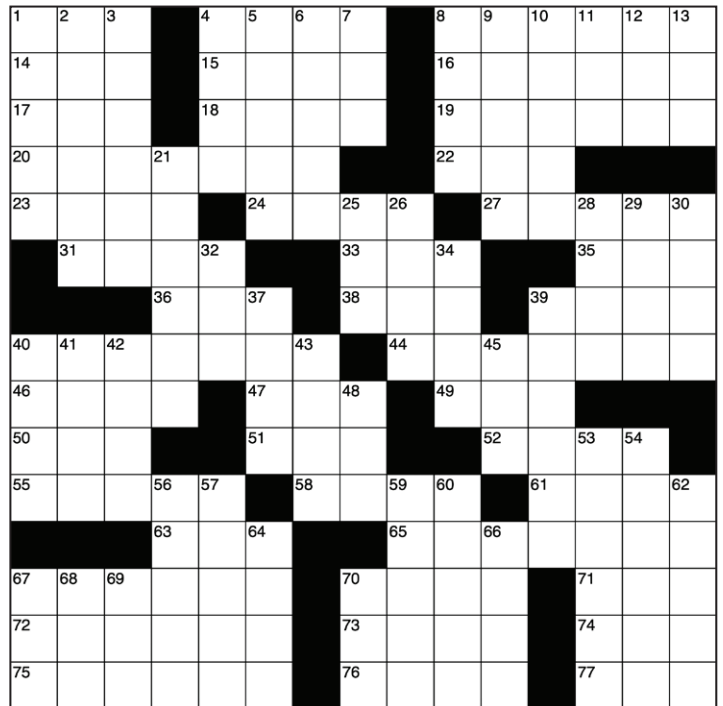
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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 | COMMITMENT | NAVY | SPACE FORCE |
| AIR FORCE | COURAGE | PEACE | VALOR |
| ARMY | DEDICATION | REMEMBER | VETERAN |
| BRAVE | FREEDOM | RESPECT | |
| CASUALTY | HONOR | SACRIFICE | |
| COAST GUARD | MARINES | SOLDIER | |



ELECTION DAY by Evelyn Johnson



Solution on page 5.

ACROSS

- | | | |
|---------------------------|-------------------------------|---|
| 1 Loose gown worn at mass | 33 Roberto's yes | 58 On top |
| 4 Lay aside money | 35 Munch | 61 Detail |
| 8 Drifting | 36 Bro.'s sibling | 63 Abbess |
| 14 Cow sound | 38 Vote in the negative | 65 Senior level sports |
| 15 Jam | 39 One time | 67 Official representative |
| 16 Energy subdivision | 40 Province in Western Canada | 70 Brand of coffee alternative |
| 17 Lawyer's test | 44 Land worker class | 71 Lubricate |
| 18 Cab | 46 Foot wear | 72 Potato brand |
| 19 Invisible | 47 Spark | 73 Branch of learning |
| 20 Dignify | 49 Period | 74 Ocean |
| 22 Spots | 50 Expression | 75 List of candidates for office or issues to be voted on |
| 23 Shallow area | 51 Affirmative vote | 76 Eye infection |
| 24 Opera solo | 52 Not who | 77 Make a mistake |
| 27 Orders | 55 Upper body | |
| 31 Take off your hat | | |

DOWN

- | | | |
|-------------------------------|---------------------|---|
| 1 Brownish yellow | 26 Alack's partner | 54 Strong point |
| 2 Lent money | 28 Tear | 56 Slow, shelled animal |
| 3 Island in Malay Archipelago | 29 Mexican sandwich | 57 Trounce |
| 4 Replace a striker | 30 Tuber | 59 Unconcealed |
| 5 Birds "thumb" | 32 Evergreen tree | 60 Organization formed on the basis of common political beliefs |
| 6 One who is eligible to vote | 34 Looked at | 62 Shiny balloon material |
| 7 Self-esteem | 37 Remain | 64 Orderly |
| 8 Greenish blue | 39 Hereof (2 wds.) | 66 Thorned flower |
| 9 Supply of money | 40 Adjoin | 67 Throw |
| 10 Noose | 41 Company symbol | 68 Epoch |
| 11 Only | 42 Danish physicist | 69 Harden |
| 12 Dined | 43 Domain | 70 Old-fashioned Dads |
| 13 Change color | 45 Propel with oars | |
| 21 Compensate | 48 House pet | |
| 25 Charged particle | 53 Idle | |

What is the most negative month of the year?
NO-vember!



NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2 style="text-align: center;">★ THANK YOU VETERANS ★</h2>				<p>1</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge</p>
<p>4</p> <p>8:00a Indoor Walking 9:00a Medicare 1 On 1 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>5</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes 1:00p Rummikub</p>	<p>6</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players</p>	<p>7</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>8</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot</p>
<p>11</p> <p>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</p>	<p>12</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Veteran Pinnings 12:30p Mahjong 1:00p Dominoes 1:00p Rummikub</p> 	<p>13</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:00p Duplicate Bridge</p>	<p>14</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:00a Vision Concerns 11:15 Yin Yoga* 12:30p Hand & Foot 2:00p Bingo 4:00p Yoga Flow*</p>  	<p>15</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge</p>
<p>18</p> <p>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</p>	<p>19</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:00 HOT LUNCH 12:30 Blood Pressure 12:30p Mahjong 1:00p Dominoes 1:00p Rummikub</p> 	<p>20</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players</p>	<p>21</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:00p Friendsgiving 4:00p Yoga Flow*</p>	<p>22</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong</p>
<p>25</p> <p>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</p>	<p>26</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes 1:00p Rummikub</p>	<p>27</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players</p>	<p>28 Closed 29 Closed</p> <p style="text-align: center;">HAPPY</p> <h1 style="text-align: center;">Thanksgiving</h1> 	

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

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

To Our Friend:



Talk on the Lake

CITY OF AVON LAKE SENIOR CENTER SPONSORS

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



Available online at www.AvonLakeRec.com



**Howard
Hanna** **Amy Margiotti**
Senior Real Estate Specialist
440-221-8657



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



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Julie Graf Skinner
440-933-3202 | 440-937-6175



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



Four Seasons
Home Care
Hedi Huebler
440-716-9100



**health
markets**
Frank Huebler
440-731-0115