



October 2024

Talk on the Lake

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

17th Year

Low Vision Awareness Fair

Expanding Your Visual World
October 10 | 12pm-3pm
Old Firehouse Community Center

Vendors

Cleveland Library for the Blind
Cleveland Sight Center-Eyedeas Store
Cole Eye Institute/Cleveland Clinic
HearingLife Hearing Center
HomeInstead Senior Care
Lorain County Transit
Magnifiers & More
National Federation of the Blind
Opportunities for Ohioans with Disabilities
V. A. Medical Center
WalMart Vision Center

Educational Seminars

12:30pm: What's New in Low Vision Aids

Presented by Debbie Kogler Magnifiers & More

1:30pm: How to Avoid the Scams

Presented by Detective Don Godlewski, ALPD



First, why is Columbus Day a problem?

For many Indigenous peoples, Columbus Day is a controversial holiday. This is because Columbus is viewed not as a discoverer, but rather as a colonizer. His arrival led to the forceful taking of land and set the stage for widespread death and loss of Indigenous ways of life.

When did Indigenous Peoples Day come about?

In 1990, South Dakota — currently the state with the third-largest population of Native Americans in the U.S. — became the first state to officially recognize Native Americans' Day, commonly referred to as Indigenous Peoples Day in other parts of the country.

More than a dozen states and the District of Columbia now recognize Indigenous Peoples Day. Those states include Alabama, Alaska, Hawaii, Idaho, Iowa, Louisiana, Maine, Michigan, Minnesota, New Mexico, North Carolina, Oklahoma, Oregon, South Dakota, Vermont, Virginia and Wisconsin.

How does Indigenous Peoples Day change things?

Indigenous Peoples Day offers an opportunity for educators to rethink how they teach what some have characterized as a "sanitized" story of the arrival of Columbus. This version omits or downplays the devastating impact of Columbus' arrival on Indigenous peoples. Indigenous

Peoples Day is an opportunity to reconcile tensions between these two perspectives.

Research has shown that many schools do not accurately represent Indigenous peoples when they teach history. I think this is true not only on Indigenous Peoples Day, but throughout the school year. Researchers have found that K-12 schools tend to teach about Native Americans as if they existed only in the past. By revising the curriculum to better reflect both past and current histories and stories of Native peoples, educators can more accurately teach students about their cultures, histories and traditions.

There has been any pushback?

The shift from Columbus Day to Indigenous Peoples Day has met resistance from communities across the country. In 2021, parents in Parsippany, New Jersey, protested the local school board's decision to celebrate Indigenous Peoples Day in place of Columbus Day. Among other things, they cited lack of community input, failure to honor the legacy of Italian immigrants and the need for a "more balanced picture of Columbus." In response, the school board removed the names of all holidays from its calendar. Now the holidays are just referred to as "days off."



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

**Membership provides
FREE Pool Admission!**

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 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.



HALLOWEEN LUNCH & LEARN

THURSDAY, OCTOBER 31 | 12PM

SIGN UP SOON! 440.930.4135

COSTUMES ARE OPTIONAL

OCTOBER MOVIES

THE CROWN SEASON 5



October 2

Episodes 1 & 2 | TV-MA | 1h 44m

E1: A much-needed update to the Royal Yacht draws scrutiny to the queen's reign; hounded by the press, Charles and Diana have a second honeymoon in Italy.

E2: Prince Philip offers his support to a grieving family member; keen to snatch a scoop, a tabloid journalist approaches Diana about a tell-all book.

October 9

Episodes 3 & 4 | TV-MA | 1h 45m

E3: In 1946, an Egyptian street vendor finds inspiration in the abdicated King Edward; years later, he eagerly tries to integrate into British high society.

E4: Between a fire at Windsor Castle and tensions in her children's marriages, the queen commemorates and reassesses her 40 years on the throne.

October 16

Episodes 5 & 6 | TV-MA | 1h 47m

E5: Faced with the fallout of an intercepted call with Camilla and the consequent kickback to his marriage, Prince Charles must navigate a scandal.

E6: Eager to lead a newly democratic Russia, President Yeltsin tries to win the queen's support while she navigates new rifts in her marriage with Philip.

October 23

Episodes 7 & 8 | TV-MA | 1h 46m

E7: As BBC's Martin Bashir goes to great lengths to secure an interview with Diana, the lonely princess finds purpose and warmth in a London hospital.

E8: Queen Elizabeth spends quality time with Prince William; on Guy Fawkes Night, fireworks make for a perfect distraction from Diana's BBC interview.

October 30

Episodes 9 & 10 | TV-MA | 1h 43m

E9: The princess contends with the repercussions of her statements; the queen asks the prime minister for his help in a delicate family matter.

E10: After heightened public scrutiny, Charles forges a new alliance in Hong Kong; Mohamed Al-Fayed offers his support to a newly divorced Diana.

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.**

f a r W E S T C e n t e r

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

Give Us Your Thoughts

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.



VETERAN'S 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.



HOT LUNCH

October 15th at Noon

\$7.00 | \$5.00 for Members | Free for 90+
This month's menu: Cabbage Rolls, Glazed Baby Carrots, Garlic Mashed Red Potatoes, 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, Oct. 15 | 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, that may change due to other programming. This month Amy Margiotti from Howard Hanna Realty will be calling the numbers on **Thursday, October 17th at 2:00pm**. 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.



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.

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



RONALD MCDONALD
HOUSE CHARITIES

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.



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"

LUNCH & LEARN

BOB BROOKS
and Bryan Buhoveckey

Rules of the Road—
10 principles for sound investing.
Presented by Bryan Buhoveckey

WEDNESDAY
OCTOBER 2ND

1:30pm at the Old Firehouse

For reservations call

440-930-4897

Edward Jones®



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

Join us Thursday
October 17th at
12:00pm for
BAKED
POTATOS
& CHILI

Sign up now! 440-930-4135.



PROVIDED BY

O'Neill | BAY VILLAGE
Healthcare

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 affixed near to the main entry of your home where only safety services will have access in emergencies. To order a residential lockbox, please visit roperlock.com/product/avonlake or call 1-800-466-9312 to request a *Crest Guardian Lock Box-Wall Mount* and use *Key Code: Avon Lake*. When your Lock Box arrives, call 440-933-8305 to schedule installation.

Community Transportation

Available to all Avon Lake residents on Monday through Thursday 8:30 a.m. to 3 p.m. The transport van has a wheelchair lift available. Scheduling is done Thursdays and Fridays from 8:00am–12:00pm by calling (440) 930-4126. You may schedule up to three weeks in advance. There is no fee for this service. Appointments are taken on a first-come basis.

All passengers must return a completed Passenger Transportation Information Form prior to their first trip. Forms are located at City Hall, at the Old Firehouse Community Center and online at www.avonlake.org.

MONDAY

Medical Appointments and Drug Mart Plaza

TUESDAY

Medical Appointments, Giant Eagle, and Learwood Square.

WEDNESDAY

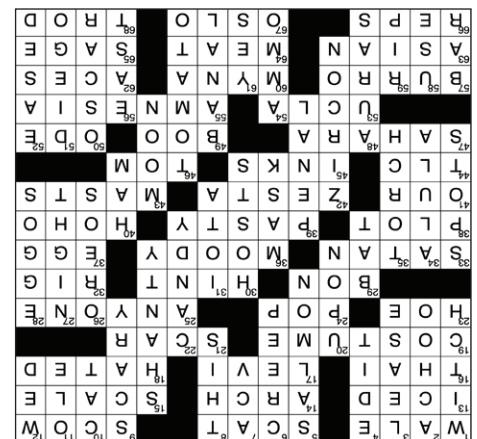
Medical Appointments, Avon Commons, Aldi and Wal-Mart.

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.



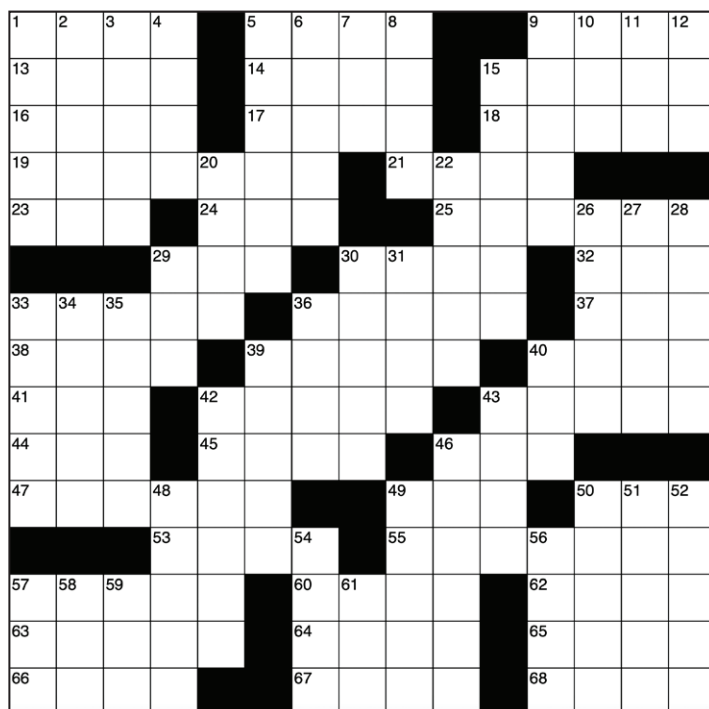
FALL HARVEST by Evelyn Johnson

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

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

APPLES	CROP	HARVEST	RED
BROWN	FALL	LEAVES	SQUASH
CANNING	FROST	OCTOBERFEST	WINDY
CIDER	GATHER	PICK	
COLORFUL	GLEAN	PUMPKIN	
COPIOUS	GRAPES	REAP	

HALLOWEEN by Evelyn Johnson



Solution on page 5.

ACROSS

- | | | |
|--|--|----------------------|
| 1 Wheel | 30 Tip | 50 Lyric poem |
| 9 Large flat-bottomed boat | 32 Cheat | 53 Ca. University |
| 13 Type of tea | 36 Gloomy | 55 Memory loss |
| 15 Balancer | 38 Secret plan | 57 Donkey |
| 16 Siamese | 40 Santa call (2 wds.) | 60 Asian starling |
| 17 Jacob's son | 41 Possessive pronoun | 63 From Asia |
| 18 Loathed | 42 Saltine cracker brand | 64 Sandwich need |
| 19 Clothing worn to resemble some other person, animal, or thing | 43 Ship's sail holders | 65 Guru |
| 21 Blemish | 44 Tender loving care | 66 Representatives |
| 23 Garden tool | 45 Pen fillers | 67 Capital of Norway |
| 24 Dad | 46 Male cat | 68 Walked |
| 25 Anybody | 49 Expression used unexpectedly to frighten or startle someone | |

DOWN

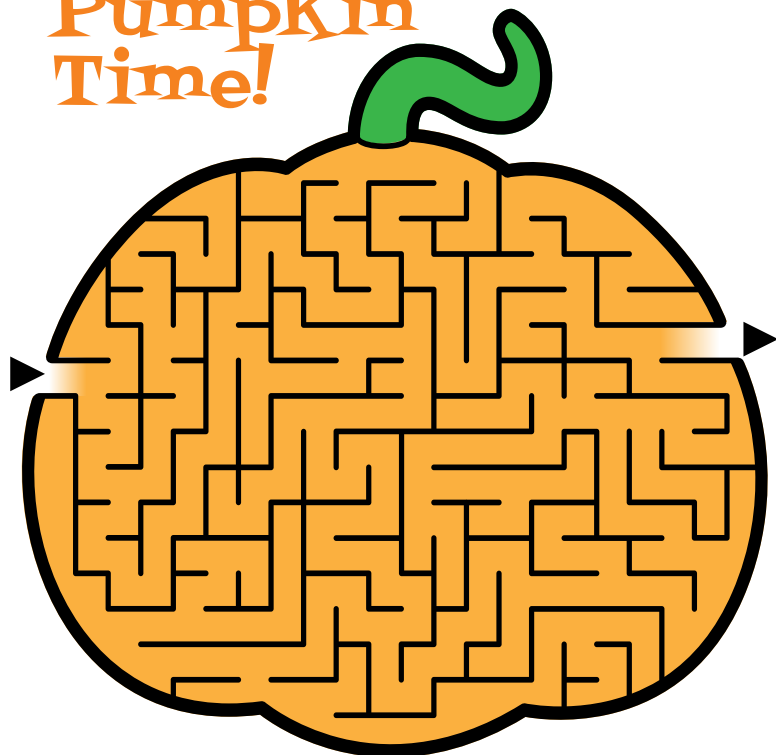
- | | | |
|------------------------------------|--|------------------------------|
| 1 Woman who practices occult magic | 22 Confection made with sugar | 42 Transparent gem |
| 2 Sound of a sneeze | 26 Sandwich cookies brand | 43 Earth's natural satellite |
| 3 Engage | 27 Hours of darkness between sunset and dawn | 46 Vegetable |
| 4 Change | 28 Kellogg's waffles | 48 Halos |
| 5 Fish type | 29 Night flying mammal | 49 Trite |
| 6 Weirdo | 30 Entertainers | 50 Movie award |
| 7 Air Cushion Vehicle (abbr.) | 31 Small particle | 51 San _____ (CA city) |
| 8 Not that | 33 Dirty areas | 52 Went gently |
| 9 Causing fear; frightening | 34 Birds "thumb" | 54 Bullets |
| 10 Small carnivorous furry mammal | 25 Fire stick | 56 Wind direction |
| 11 Bullfight cheer | 36 Covering for all or part of the face | 57 Exclude |
| 12 Newly _____, Nearly Dead | 39 Punitive | 58 Utilize |
| 15 Hut | 40 Meat | 59 Rest in Peace |
| 20 Onto | | 61 Okay |

If the Pilgrims were still alive, what would they be most famous for?

Their age.



Pumpkin Time!



OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>OCTOBER 14 Indigenous Peoples Day & Columbus Day</p>	<p>1</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>2</p> <p>8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:30p Bob Brooks L&L 1:00p Game Players</p>	<p>3</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:00p Westshore Watercolor 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>4</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge</p>
<p>7</p> <p>8:00a Indoor Walking 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>8</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>9</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>10</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 12:00p Vision Fair 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>11</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Garden Club 10:00a Creative Needles 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot</p>
<p>14</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>15</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>16</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>17</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:00p Lunch&Learn 12:30p Hand & Foot 2:00p Bingo 4:00p Yoga Flow*</p> 	<p>18</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge</p>
<p>21</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>22</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>23</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>24</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:00p Westshore Watercolor 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>25</p> <p>8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong</p>
<p>28</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>29</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>30</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>31</p> <p>8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 11:15 Yin Yoga* 12:00p Halloween L&L 12:30p Hand & Foot 4:00p Yoga Flow*</p>	

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

THURSDAY 4:00PM YOGA FLOW AND FRIDAY 10:15AM YIN YOGA POSTPONED UNTIL FURTHER NOTICE.

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 Hannan **Amy Margiotti**
Senior Real Estate Specialist
440-221-8657



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Hedi Huebler
440-716-9100



health markets
Frank Huebler
440-731-0115