

talk on the lake

News & Events at the Old Firehouse Community Center

HOT LUNCH

REGISTRATION IS OPEN FOR OCTOBER 19TH HOT LUNCH!

Cost: \$5.00/Person
\$3.00/Old Firehouse Member
FREE to anyone 90+
Menu: Beef Tips in Burgundy Wine Sauce
Glazed Carrots
Scalloped Potatoes
Roll & Butter and Dessert

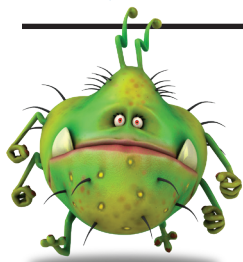


Honoring our Veterans

NOVEMBER 10TH
DRIVE-UP PINNING CEREMONY
& LUNCH TO GO

VETERANS ONLY

Call (440) 930-4135 to
Register by October 29th



FLU SHOT CLINIC

MONDAY, NOVEMBER 8, 9:30-11:30
ANCHOR REC FACILITY
33483 Lake Road



Lorain County
Public Health
For the Health of Us All



HALLOWEEN ORIGINS

Halloween is a holiday celebrated each year on October 31, and Halloween 2021 will occur on Sunday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1.

This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes.

By the 9th century, the influence of Christianity had spread into Celtic lands, where it gradually blended with and supplanted older Celtic rites. In 1000 A.D., the church made November 2 All Souls' Day, a day to honor the dead. It's widely believed today that the church was attempting to replace the Celtic festival of the dead with a related, church-sanctioned holiday.

Did you know? More people, especially millennials, are buying costumes for their pets. Twenty percent did so in 2018, up from 6 percent in 2017.

Did you know? One quarter of all the candy sold annually in the U.S. is purchased for Halloween.

History of Trick-or-Treating

Borrowing from European traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors. In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season and festive costumes.

COMING SOON...

RenewActive™
by UnitedHealthcare

A program offered through your United Healthcare Medicare supplement that is very similar to SilverSneakers allowing you to participate in all of our fitness classes for no charge.

Tuesday, November 2nd at 1:00pm

Get facts about United Healthcare Medicare Supplement from Cindy Castro-White, United Healthcare representative.

Thursday, November 4th at 1:00pm

Get help with Medicare choices and sign-ups from Michelle Waldren, Medicare Specialist.



Friendsgiving
THURSDAY, NOVEMBER 11
at 1:00pm

Join us for a bountiful meal and friendship to give thanks for all of our blessings.

**O'Neill
Healthcare**
BAY VILLAGE

Call (440) 930-4135 to sign up.
Spaces are limited.

SilverSneakers® at the Old Firehouse

SilverSneakers® Boom Muscle

Formerly Total Body Strength

Tuesdays and Thursdays 9:00-10:00am

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. This class is for all levels.

If you do not have SilverSneakers, there is an \$8.00 drop-in fee per class or you can purchase a 12 visit punch pass membership for \$60.00. This punch pass can be used for any of our regular group fitness classes.

SilverSneakers® Circuit

Formerly Strength and Balance

Mondays and Thursdays 10:30am-11:30am

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.

If you do not have SilverSneakers, there is an \$8.00 drop-in fee per class or you can purchase a 12-visit punch pass membership for \$60.00. This punch pass can be used for any of our regular group fitness classes.

SilverSneakers® Classic

New to the Old Firehouse

Wednesdays 10:30-11:30am

Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

If you do not have SilverSneakers, there is an \$8.00 drop-in fee per class or you can purchase a 12-visit punch pass membership for \$60.00. This punch pass can be used for any of our regular group fitness classes.

SilverSneakers® Stability

Formerly Motion & Flexibility - Parkinson's/MS Fitness

Mondays & Wednesdays 09:30am-10:15am

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. This class is designed to increase Mobility and Flexibility for all who are interested in increasing and maintaining daily functionality regardless of their 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.

If you do not have SilverSneakers, you may pay the \$8.00 drop in fee at the time of your visit or purchase a monthly pass for \$48.00 by clicking the link below.

SilverSneakers® Yoga

Just added—Chair Yoga! Mondays 11:30am-12:15pm

In this class you will move through traditional yoga postures with the addition of a chair as a prop. Poses will only be done standing and/or seated in a chair. Students will never need to get down on the floor, making this class suitable for all experience levels and ages; for those who may be experiencing physical complaints or for anyone looking for an extremely gentle movement and breathing practice.

Tuesdays 10:15am-11:15am

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.

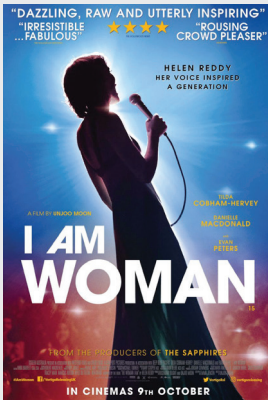
Fridays 9:00am-10:00am

This class is for all levels. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

If you do not have SilverSneakers, there is an \$8.00 drop-in fee per class or you can purchase a 12 visit punch pass membership for \$60.00. This punch pass can be used for any of our group fitness classes.

October Movies

THURSDAY MORNING MOVIES
FEATURE STARTS AT 10:15AM



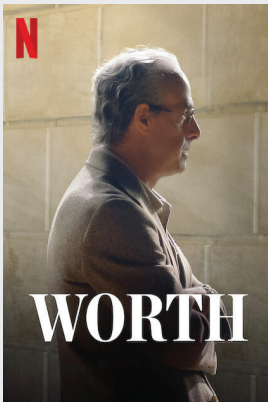
October 7

I Am Woman

TV-MA | 1h 56m | Inspiring
 Cast: Tilda Cobham-Hervey, Danielle Macdonald, Evan Peters
 In the 1960s, Australian singer Helen Reddy struggles with misogyny in the music business, until she records an anthem for the women's movement.



October 14
NO MOVIE



October 21

Worth

PG-13 | 1h 58m | Emotional
 Cast: Michael Keaton, Stanley Tucci, Amy Ryan
 In the wake of the September 11 attacks, a lawyer faces an emotional reckoning as he attempts to put a dollar value on the lives lost. Based on real events.



October 28

Dolly Parton—Hear I Am

TV-14 | 1h 29m | Documentary
 Cast: Dolly Parton
 Dolly Parton leads a moving, musical journey in this documentary that details the people and places who have helped shape her iconic career.



OCTOBER 21 AT 2:00PM

Call (440) 930-4135 to register.

Dr. Joel Keller presents
Alfred Hitchcock
Thursday, October 28
 with a Halloween Lunch by
O'Neill
Healthcare
BAY VILLAGE
Free Lunch & Learn.
Sign up in the office or
call (440) 939-4135.

Crossword Solution

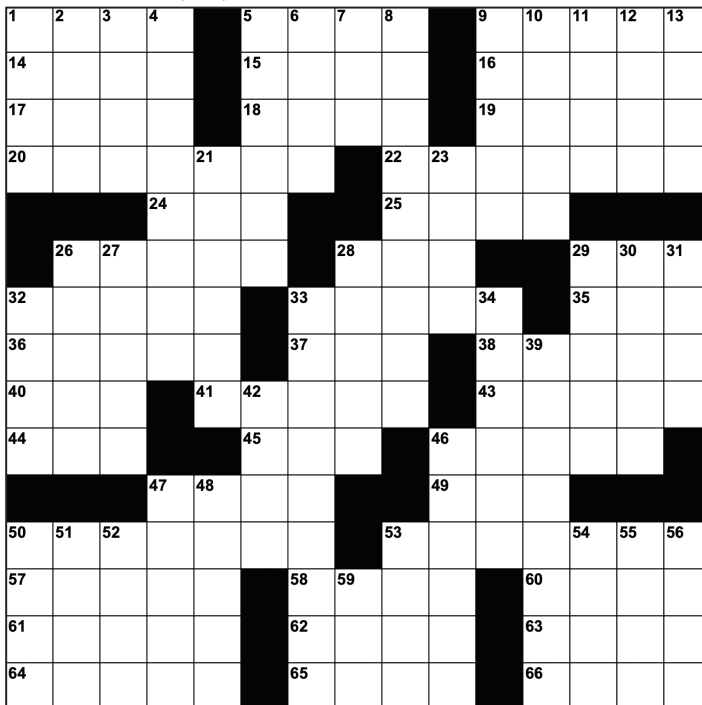
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|----|---|---|---|----|----|----|---|----|----|----|----|----|---|----|---|---|---|---|---|
| 1 | A | L | P | S | 5 | S | E | N | D | 9 | P | A | T | C | H | | | | |
| 14 | F | A | R | O | 15 | E | T | U | I | 16 | A | C | H | O | O | | | | |
| 17 | A | T | O | P | 18 | A | C | T | S | 19 | Y | O | U | R | S | | | | |
| 20 | R | E | F | R | E | S | H | 22 | E | 23 | P | E | R | G | N | E | | | |
| | | | | 24 | A | D | O | | 25 | M | I | E | N | | | | | | |
| | | | | 26 | B | E | N | I | N | 28 | W | B | N | 29 | A | P | R | | |
| 32 | H | A | V | O | C | 33 | D | R | A | G | S | 35 | L | E | O | | | | |
| 36 | A | L | I | S | T | 37 | A | I | R | 38 | C | H | A | T | S | | | | |
| 40 | L | E | T | 41 | S | P | U | N | K | 43 | H | O | M | E | Y | | | | |
| 44 | F | D | A | 45 | E | G | G | 46 | C | O | L | O | R | | | | | | |
| | | | | 47 | I | T | C | H | 49 | R | O | D | | | | | | | |
| 50 | H | A | R | V | E | S | T | 53 | C | A | L | O | R | 54 | V | A | R | I | C |
| 57 | A | G | A | I | N | 58 | E | B | O | N | 60 | V | A | R | I | C | | | |
| 61 | R | A | K | E | D | 62 | R | Y | A | N | 63 | E | G | O | S | | | | |
| 64 | D | R | E | S | S | 65 | S | E | X | Y | 66 | R | U | N | T | | | | |

OCTOBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
|  <p>HAPPY HALLOWEEN</p> | | | | <p>1 8:00a Indoor Walking 9:00a SilverSneakers® Yoga 10:00a Creative Needles 12:30p Bridge 12:30p Hand & Foot 12:30p Pinochle</p> |
| <p>4 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Circuit 11:30a SilverSneakers® Chair Yoga 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p> | <p>5 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:00a SJ/WS Volunteers 10:15a SilverSneakers® Yoga 1:00p Dominoes 1:00p Mahjong</p> | <p>6 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Classic 12:30p Bridge</p> | <p>7 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:15a Movie <i>I Am Woman</i> 10:30a SilverSneakers® Circuit 12:30p Hand & Foot 1:00p Lunch & Learn</p> | <p>8 8:00a Indoor Walking 9:00a SilverSneakers® Yoga 10:00a Creative Needles 12:30p Bridge 12:30p Hand & Foot 12:30p Pinochle</p> |
| <p>11 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Circuit 11:30a SilverSneakers® Chair Yoga 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p> | <p>12 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:00a SJ/WS Volunteers 10:15a SilverSneakers® Yoga 1:00p Dominoes 1:00p Mahjong</p> | <p>13 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Classic 12:30p Bridge</p> | <p>14 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle NO MOVIE TODAY 10:30a SilverSneakers® Circuit 11:00a Red Hat Ladies 12:30p Hand & Foot</p> | <p>15 8:00a Indoor Walking 9:00a SilverSneakers® Yoga 10:00a Creative Needles 12:30p Bridge 12:30p Hand & Foot 12:30p Pinochle</p> |
| <p>18 8:00a Indoor Walking 9:30a SilverSneakers® Stability 9:30a Garden Club 10:30a SilverSneakers® Circuit 11:30a SilverSneakers® Chair Yoga 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p> | <p>19 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:00a SJ/WS Volunteers 10:15a SilverSneakers® Yoga 12:00 HOT LUNCH 12:30 Blood Pressure Check 1:00p Dominoes 1:00p Mahjong</p> | <p>20 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Classic 12:30p Bridge</p> | <p>21 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:15a Movie <i>Worth</i> 10:30a SilverSneakers® Circuit 12:30p Hand & Foot 2:00p Bingo</p> | <p>22 8:00a Indoor Walking 9:00a SilverSneakers® Yoga 10:00a Creative Needles 12:30p Bridge 12:30p Hand & Foot 12:30p Pinochle</p> |
| <p>25 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Circuit 11:30a SilverSneakers® Chair Yoga 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p> | <p>26 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:00a SJ/WS Volunteers 10:15a SilverSneakers® Yoga 1:00p Dominoes 1:00p Mahjong</p> | <p>27 8:00a Indoor Walking 9:30a SilverSneakers® Stability 10:30a SilverSneakers® Classic 12:30p Bridge</p> | <p>28 8:00a Indoor Walking 9:00a SilverSneakers® Boom Muscle 10:15a Movie <i>Dolly Parton: Here I Am</i> 10:30a SilverSneakers® Circuit 12:30p Hand & Foot 1:00p Halloween Lunch</p> | <p>29 8:00a Indoor Walking 9:00a SilverSneakers® Yoga 10:00a Creative Needles 12:30p Bridge 12:30p Hand & Foot 12:30p Pinochle</p> |



AUTUMN by Evelyn Johnson



Solution on page 3.

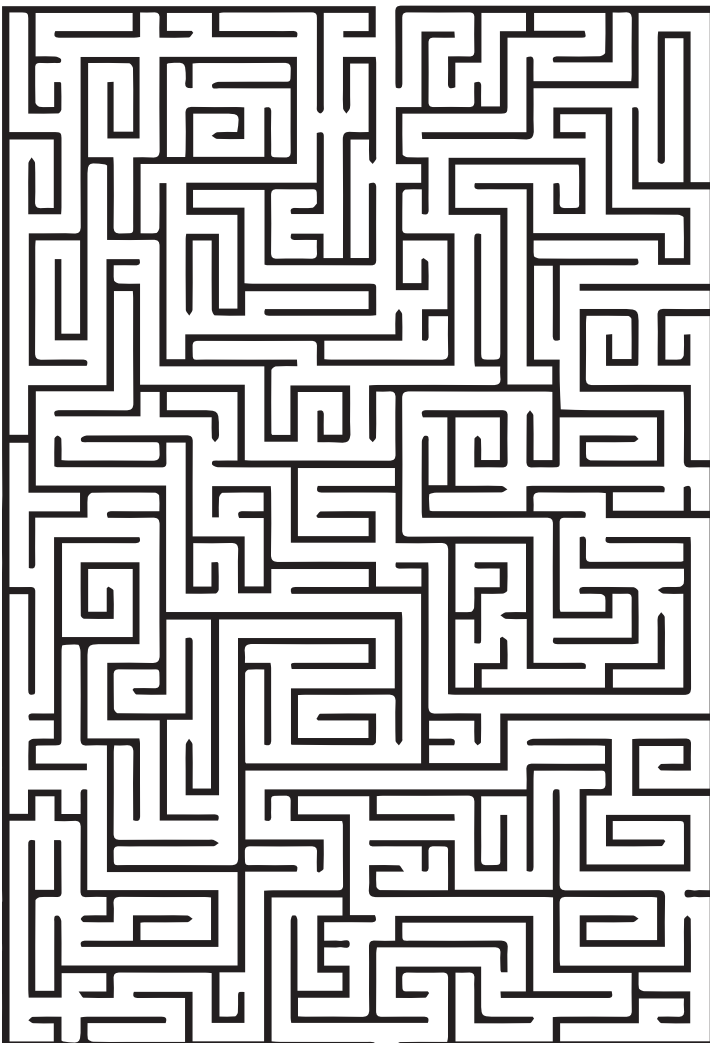
ACROSS

- | | | |
|---------------------------|---|------------------------------|
| 1 Swiss mountains | 29 April (abbr.) | 47 What a mosquito bite does |
| 5 Deliver by post | 32 Disturbance | 49 Pole |
| 9 Piece together | 33 Pulls along | 50 Crop |
| 14 Gambling game | 35 Sign of the zodiac | 53 Heat |
| 15 Decorative needle case | 36 List of highly desired guests | 57 Once more |
| 16 Sound of a sneeze | 37 Atmosphere | 58 Black |
| 17 On top | 38 Small talks | 60 Deviate |
| 18 Doings | 40 Permit | 61 Gathered the leaves |
| 19 Belonging to you | 41 Courage | 62 Baseball's Nolan |
| 20 Review | 43 Comfortable | 63 Self-esteem |
| 22 Ornamental stand | 44 Those who make the food laws (abbr.) | 64 Clothe |
| 24 Hubbub | 45 Hard boiled food | 65 Gorgeous |
| 25 Bearing | 46 Draw with crayons | 66 Shrimp |
| 26 African country | | |
| 28 Compass point | | |

DOWN

- | | | |
|----------------------|-------------------------|--|
| 1 Far away | 21 Decrees | 46 Nook and _____ |
| 2 Unpunctual | 23 _____ pong | 47 Crawling vines |
| 3 Professor (abbr.) | 26 Bundled hay | 48 Takes care of |
| 4 HBO mob show | 27 1997 Madonna movie | 50 Difficult |
| 5 Time of the year | 28 Twist the water out | 51 Seaweed substance |
| 6 Engrave | 29 "Remember the _____" | 52 Collect leaves |
| 7 Tree seed | 30 _____, Paul and Mary | 53 Cajole |
| 8 Unload from a ship | 31 Good outlook | 54 Prego's competition |
| 9 Recipient | 32 Not whole | 55 Take the wrinkles out |
| 10 Squirrel's dinner | 33 Female children | 56 Saclike structures filled with fluid or diseased matter |
| 11 Hoodlum | 34 What children attend | 59 Farewell |
| 12 Cob vegetable | 39 Held over tradition | |
| 13 Flexible tube | 42 Upper body muscles | |

START



FINISH

HALLOWEEN by Evelyn Johnson

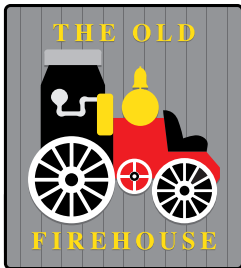
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

A T S O H G K G R A N N D
M C A N D Y S N O T I H E
K W I T C H A E I K R P R
E C B A T T M E P G C N G
N D A R S U S M N A H O R
H E E L T D U E T R C T A
O A Y S B P E E S E A E V
T N O K T W ' T K B C L E
N C O W O R W H O O K E S
Y O U L N O I A R T L K T
E O L O N H P C A C E S O
L A O L O W E S K O E N N
H M Y R A C S B O O L B E

- | | | | | |
|-------|---------|------------|---------|----------|
| BAT | CANDY | GRAVESTONE | NIGHT | SCARY |
| BLACK | CAT | HALLOWEEN | NIGHT | SKELETON |
| BOO | COSTUME | MASK | OCTOBER | SPOOKY |
| CAKLE | GHOST | MOOD | PUMPKIN | TREAT |
| | | TRICK | WITCH | |

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

To Our Friend:



City of Avon Lake Department of Parks & Recreation

October 2021

talk on the lake

The Old Firehouse Community/Senior Center | 100 Avon Belden Road, Avon Lake, OH 44012 | (440) 930-4135 | www.AvonLakeRec.com

Senior Hot Lunch Sponsor



90+ Senior Hot Lunch Contributor



Amy Margiotti

Residential Relocation Specialist and Senior Real Estate Specialist