



# Talk on the Lake

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

*The bad news...*   
 Patty's position as Part Time Senior Programming Assistant has been eliminated and she will not be continuing in that capacity.

*The good news.*   
 Effective on August 26th, Patty started her new position as FULL TIME Senior Programming Assistant.

**Congratulations Patty! It is wonderful to have you here all day everyday!**



## National Healthy Aging Awareness Month

By Dr. Asma Jafri, MD, University of California, Riverside School of Medicine

Aging is a part of life that also brings along many health problems, especially in your mid-thirties and forties. Diseases like Age-related macular degeneration that can make you lose your vision completely in addition to heart diseases that eventually lead to heart attacks or strokes are great concerns for older individuals. As you grow older your joints and bones begin to hurt and affect your daily activities. Other common diseases as you age are arthritis, diabetes, and dementia. As a result, many individuals have a fear of growing old but aging doesn't always have to be a scary thing. September being the National Healthy Aging Awareness Month is as vital as ever to be spreading awareness to everyone to change into better and healthier lifestyle habits like eating healthy, sleeping early, and exercising daily as you age.

as you used to like going on walks at the park because of your joint or back pain. By increasing your mobility and exercising, you can combat your physical health challenges and become more confident and positive in your mental health as you begin to notice the changes and how much stronger you are.

Remember that in order to get energy for you to exercise and be active your body needs to be fed a healthy meal. A healthy meal does not mean having to eat only organic ingredients or only eating vegetables. Eating healthy is having a balanced diet where you are giving your body the right size portions of protein, carbohydrates, etc. As your body ages your organs may have trouble working as they used to, so providing your body with the right foods and not for example junk foods and highly processed foods will help your organs to continue doing their jobs well.

Everyone has busy schedules and may often forget to take the time to take care of their physical and mental well-being. Small things as simple as remembering to make your appointments for your yearly checkups are often overlooked because there is nothing wrong and most people wouldn't make an appointment until they are physically ill. You should always be sure to keep up with your yearly checkups because it is always better to catch things earlier on. With all this advice on how to prioritize your health, the process of aging should not be something you fear!

Enjoy life as you live it and take in every moment that passes.

**LABOR DAY**  
**Monday, September 2, 2024**  
**SENIOR CENTER CLOSED**

**SEPTEMBER 17th**  
**IS CONSTITUTION DAY**



Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787, recognizing all who are born in the U.S. or by naturalization, have become citizens.



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

**Membership provides FREE Pool Admission!**

Did you know exercise can help you live a longer and more enjoyable life? There is no fountain of youth but there is exercise. By exercising on a daily basis you can help boost your metabolism, minimize the risks of heart disease, and strengthen your muscles and bones to help combat the pain and stiffness you may experience. Your organs like your heart are able to work and provide the necessary nutrients through pumping blood all throughout your body. Your joints and muscles receive the necessary nutrients and begin to become more flexible and strong with exercising daily. Exercising not only boosts your physical health but can also help with your mental health as well. Growing old has challenges and can negatively affect your mentality and self-confidence. You may not find the same joy in the same things

# 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.

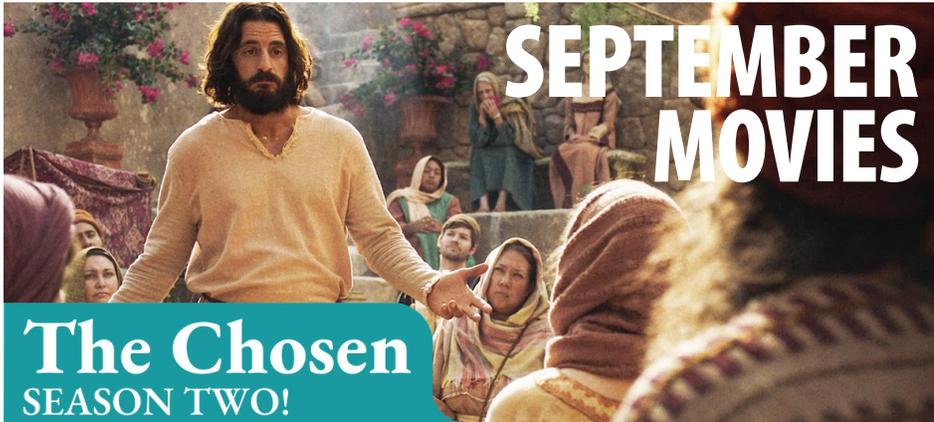
12 visit punch pass membership is available for \$60.00 which may be used for any of our regular group fitness classes.

### 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 <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>Circuit</b> Carrie	10:15-11 <b>Yin Yoga</b> Sherri
10:30-11:15 <b>Circuit</b> Maria	11:30-12:15 <b>Gentle Yoga Flow</b> Sherri	11:30-12:15 <b>Gentle Yoga</b> Sherri		11:30-12:15 <b>Stability Plus</b> Lana
11:30-12:15 <b>Focused Gentle Yoga</b> Maria				

- 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. **POSTPONED UNTIL FURTHER NOTICE.**
- 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. **POSTPONED UNTIL FURTHER NOTICE.**



## The Chosen SEASON TWO!

**September 4**

**Episode 1 | 54 min**

Tension builds among the disciples as they wrestle with the increasing fame of Jesus in Samaria; Jesus rebukes Big James and John for their prejudice.

**Episode 2 | 54 min**

A mysterious visitor seeks to meet Jesus, but the disciples are hesitant; tension builds between Simon and Matthew; as the group heads to a new city, word arrives that Jesus' fame is growing.

**September 11**

**Episode 3 | 54 min**

A long, exhausting day turns into night as the disciples help Jesus deal with a large crowd hoping to be healed.

**Episode 4 | 54 min**

A charismatic fisherman drowning in debt; a troubled woman wrestling with real demons; a gifted publican ostracised by his family and his people; a religious leader struggling with his beliefs.

**September 18**

**Episode 5 | Spirit | 54 min**

After stirring the water, Jesus is pursued by Simon the Zealot, Atticus, and Shmuel; John the Baptist visits the group and tells Jesus his dangerous mission.

**Episode 6 | Unlawful | 54 min**

Matthew and Simon try to get along as they search for Mary in dark places; the group fears for Mary as they struggle with lack of food and bad news about John the Baptist; Jesus continues to upset Pharisees across multiple regions.

**September 25**

**Episode 7 | Reckoning | 54 min**

After learning of Jesus' whereabouts, Quintus sends Gaius to arrest him; the disciples lose control as they argue about how to respond; while seeking information about where Jesus has been taken, Andrew and Philip encounter old friends.

**Episode 8 | Beyond Mountains | 54 min**

While Jesus and Matthew prepare the content of the sermon, the disciples spread the word while fighting amongst themselves; a high-ranking Sanhedrin member is shocked by Shmuel's reports; thousands arrive for the sermon, including familiar faces.

## 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.*

## 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.

## Fun Facts About September

- The name "September" comes from an old Roman word, "septem," which actually means 7. September was the seventh month on the Roman calendar.
- Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.
- The first day of fall is typically on September 22 or

September 23 in North America. This is when the hours in the day are almost equal to the hours in the night. This occurs at the same time as the Spring Equinox does in Australia.

- A little-known, but highly significant holiday falls in September. September 17th is Constitution Day, which marks the day that the U.S. Constitution was adopted.
- There are more pop and classic songs with "September" in the title than any other month.

- Zodiac signs in September are split between Virgo and Libra.
- Famous people born in September include Adam Sandler, Amy Winehouse, Bill Murray, Bruce Springsteen, Confucius, Freddie Mercury, Queen Elizabeth, Stephen King, and Sophia Loren.
- The birthstone for September is the sapphire which is said to reduce inflammation, treat fever and act as a lucky charm for the person wearing it. It symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.



This group hosted by Gary Clawson gathers to discuss vision concerns. Different topics and guest speakers enhance most meetings.

For more information and to learn about upcoming topics call Gary Clawson at: (440) 933-8486 or (440) 935-5906.

**Join us Thursday, September 12th  
11:00am–12:00pm  
Avon Lake Old Firehouse Senior Center**



This month, due to a change in our programming schedule, we will be playing Bingo on **Thursday, September 26th at 2:00pm.**

Sharon Nicholas of Angels Care Home Health will be calling the numbers.

**Call 440-930-4135 to reserve your spot.**

### 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"

## HOT LUNCH

**September 17th, Noon**

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

This month's menu: Sliced Oven Roasted Eye of Round, Green Beans with Toasted Almonds, Mashed Yukon Gold Potatoes with Pan Gravy, 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](http://www.AvonLakeRec.com).

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



 **University Hospitals**  
St. John Medical Center  
A CATHOLIC HOSPITAL

**Blood Pressure Checks  
Tuesday, Sept. 17 | 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.

## 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.



**LUNCH & LEARN**  
**BOB BROOKS**  
 and Bryan Buhoveckey  
 Present  
**The Principles of Long Term Investing**  
 With Don Hill of  **MFS**  
 Investment Management  
**Tuesday**  
**September 10**  
**12:00pm at the Lake House**  
 For reservations call  
**440-930-4897**  
**Edward Jones**



*End of Summer*

**LUNCH WITH O'NEILL!**  
 Join us on  
**September 19th at 12pm!**

We'll be having chicken cesar wraps  
 with pasta salad and chips!

**SIGN UP NOW!**

**O'Neill**  
**Healthcare**  
**BAY VILLAGE**



**Medicare**

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

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

Sign up in the office for preferred time slot.  
**ONLY 9 SLOTS AVAILABLE!**

If you are a current client, you must bring completed packet that was mailed in a blue envelope. Otherwise call 216-387-3293.



**Health Insurance for Seniors, LLC.**  
**MICHELLE WALDRON**

**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](http://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](http://www.avonlake.org).

**MONDAY**

Medical Appointments, Drug Mart Plaza and area, and Avon Lake Public Library.

**TUESDAY**

Medical Appointments, Giant Eagle, and Learwood Square.

**WEDNESDAY**

Medical Appointments, Avon Commons, and Wal-Mart.

**THURSDAY**

Medical Appointments ONLY

**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.



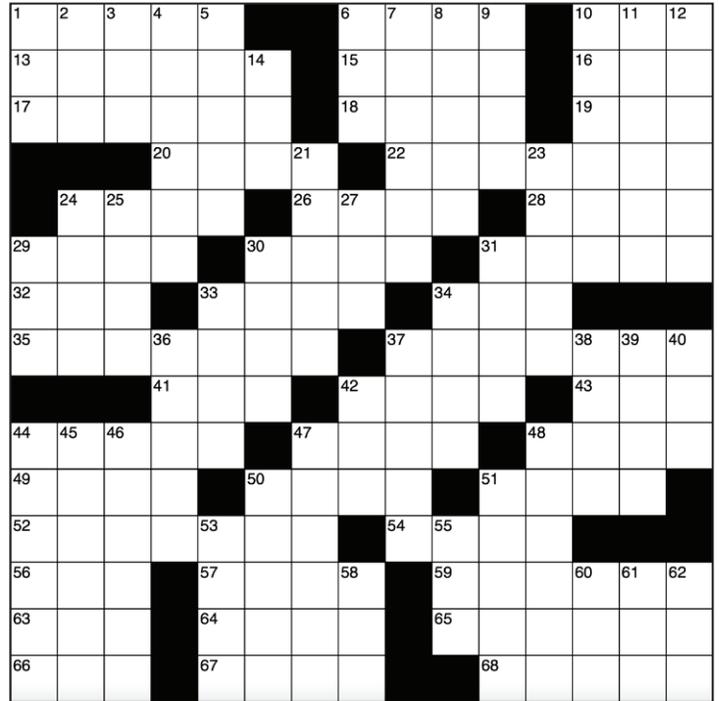
# SEPTEMBER by Evelyn Johnson

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.

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

- |          |          |             |           |
|----------|----------|-------------|-----------|
| APPLES   | EQUINOX  | LEAVES      | SEPTEMBER |
| AUTUMN   | FALL     | LIBRA       | SQUASH    |
| CHILLY   | FOOTBALL | PICTURESQUE | WINDY     |
| CIDER    | GLOVES   | QUILT       |           |
| COAT     | HARVEST  | SCARF       |           |
| DOG DAYS | HOLIDAY  | SCHOOL      |           |

# SCHOOL DAYS by Evelyn Johnson



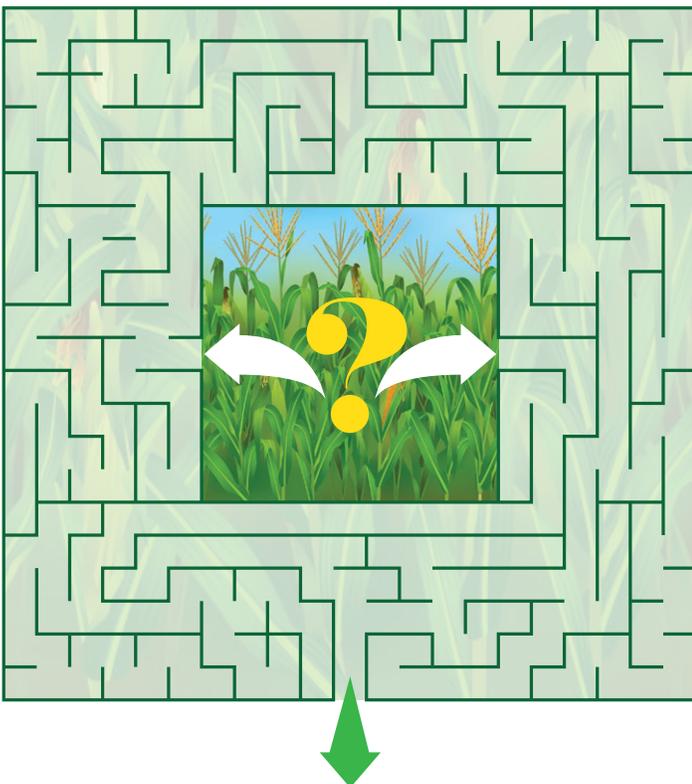
Solution on page 5.

### ACROSS

- |  |                            |  |
|--|----------------------------|--|
| 1 Stew   | 29 Ripe                    | 52 Cattle house (2 wds.)               |
| 6 U.S. Department of Agriculture                     | 30 Cement                  | 54 Opp. of poor                        |
| 10 Taxi  | 31 Cries                   | 56 Gray sea eagle                      |
| 13 Jewish religious leaders                          | 32 Lab animal              | 57 Evaluate                            |
| 15 South American country                            | 33 Idyll                   | 59 Tenant                              |
| 16 Monkey  | 34 Writing tool            | 63 Visit                               |
| 17 For each one                                      | 35 Farm vehicle            | 64 Hero                                |
| 18 Change position                                   | 37 Invention making rights | 65 Curly, for example                  |
| 19 Resort hotel                                      | 41 Acid drug               | 66 South southeast                     |
| 20 365 days  | 42 Short for mathematics   | 67 Piece of furniture used to write on |
| 22 Tutor   | 43 Wrath                   | 68 Boat with one mast                  |
| 24 Upon restful furniture                            | 44 Quick                   |  |
| 26 Secondhand  | 47 Mantle                  |  |
| 28 See and find meaning in written words and symbols | 48 Annoyance               |  |
|  | 49 Cheese                  |  |
|  | 50 Sticky fastener         |  |
|  | 51 Sham                    |  |

### DOWN

- |                         |  |                                   |
|-------------------------|--|-----------------------------------|
| 1 Women's undergarment  | 24 Seaweed substance                   | 44 Short break                    |
| 2 Strike sharply        | 25 Second letter of the greek alphabet | 45 Loves                          |
| 3 Kimono sash           | 27 Add up                              | 46 American Indian tribe member   |
| 4 Heeded                | 29 Creative work                       | 47 Major divisions in a long poem |
| 5 Cubed                 | 30 Not evil                            | 48 Educate                        |
| 6 Delivery service      | 31 Elizabeth's nickname                | 50 Exchange                       |
| 7 Sofa                  | 33 Posttraumatic stress disorder       | 51 Scottish people                |
| 8 Preserved             | 34 Crown of the head                   | 53 Desert condition               |
| 9 Nimbus                | 36 Ascent                              | 55 Tax agency                     |
| 10 White nut            | 37 Book material                       | 58 Moose relative                 |
| 11 Plead                | 38 One of Columbus' ships              | 60 Cow speak                      |
| 12 Hairy face coverings | 39 Cut closely                         | 61 Self-esteem                    |
| 14 Body of water        | 40 Focus                               | 62 Representative                 |
| 21 Governor             | 42 Traveler's aid                      |                                   |
| 23 Long lifting machine |  |                                   |



*Why shouldn't you tell a secret in a cornfield?*

*Because the corn has ears.*



# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 CLOSED</b></p> 	<p><b>3</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga Flow*</b>                      12:30p Mahjong                      1:00p Dominoes                      1:00p Rummikub</p>	<p><b>4</b></p> <p>8:00a Indoor Walking  <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</p>	<p><b>5</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>  <b>10:15a Circuit*</b>                      11:00a Senior Strong                      12:00p Westshore Watercolor                      12:30p Hand &amp; Foot  <b>4:00p Yoga Flow*</b></p>	<p><b>6</b></p> <p>8:00a Indoor Walking  <b>9:15 Chair Yoga*</b>                      10:00a Creative Needles  <b>10:15a Yin Yoga*</b>  <b>11:30a Stability PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      1:00p Duplicate Bridge</p>
<p><b>9</b></p> <p>8:00a Indoor Walking                      9:30a Women's Chorus  <b>9:30a Stability*</b>  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      12:30p Mahjong                      1:00p Bunco</p>	<p><b>10</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga Flow*</b>                      12:30p Mahjong                      1:00p Dominoes                      1:00p Rummikub</p>	<p><b>11</b></p> <p>8:00a Indoor Walking  <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                      1:00p Duplicate Bridge</p>	<p><b>12</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>  <b>10:15a Circuit*</b>                      11:00a Senior Strong                      11:00a Vision Support Grp                      12:00p Westshore Watercolor                      12:30p Hand &amp; Foot  <b>4:00p Yoga Flow*</b></p>	<p><b>13</b></p> <p>8:00a Indoor Walking  <b>9:15 Chair Yoga*</b>                      10:00a Garden Club                      10:00a Creative Needles  <b>10:15a Yin Yoga*</b>  <b>11:30a Stability PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot</p>
<p><b>16</b></p> <p>8:00a Indoor Walking  <b>9:30a Stability*</b>                      9:30a Women's Chorus                      9:30a Garden Club  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      12:30p Mahjong                      1:00p Duplicate Bridge</p>	<p><b>17</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga Flow*</b>  <b>12:00 HOT LUNCH</b>  <b>12:30 Blood Pressure</b>                      12:30p Mahjong                      1:00p Dominoes                      1:00p Rummikub</p> 	<p><b>18</b></p> <p>8:00a Indoor Walking  <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</p>	<p><b>19</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>  <b>10:15a Circuit*</b>                      11:00a Senior Strong  <b>12:00p O'Neill Healthcare End of Summer Lunch</b>                      12:30p Hand &amp; Foot  <b>4:00p Yoga Flow*</b></p>	<p><b>20</b></p> <p>8:00a Indoor Walking  <b>9:15 Chair Yoga*</b>                      10:00a Creative Needles  <b>10:15a Yin Yoga*</b>  <b>11:30a Stability PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      1:00p 3rd Friday Bridge</p>
<p><b>23</b></p> <p>8:00a Indoor Walking  <b>9:30a Stability*</b>                      9:30a Women's Chorus  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      12:30p Mahjong</p>	<p><b>24</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>                      10:00a Painting Group  <b>10:30a Stability PLUS*</b>  <b>11:30a Gentle Yoga Flow*</b>                      12:30p Mahjong                      1:00p Dominoes                      1:00p Rummikub</p>	<p><b>25</b></p> <p>8:00a Indoor Walking  <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</p>	<p><b>26</b></p> <p>8:00a Indoor Walking  <b>9:00a Boom Muscle*</b>  <b>10:15a Circuit*</b>                      11:00a Senior Strong                      12:30p Hand &amp; Foot  <b>2:00p Bingo</b>  <b>4:00p Yoga Flow*</b></p> 	<p><b>27</b></p> <p>8:00a Indoor Walking  <b>9:15 Chair Yoga*</b>                      10:00a Creative Needles  <b>10:15a Yin Yoga*</b>  <b>11:30a Stability PLUS*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      1:00p Westsiders Mahjong</p>
<p><b>30</b></p> <p>8:00a Indoor Walking  <b>9:30a Stability*</b>                      9:30a Women's Chorus  <b>10:30a Circuit*</b>  <b>11:30a Focused Gentle Yoga*</b>                      12:30p Bridge                      12:30p Hand &amp; Foot                      12:30p Mahjong</p>				

\*SilverSneakers® and Renew Active™ approved fitness class. See description and details on page 2. Indicates classes to be held at Ellen Trivanovich Aquatics Center.

**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  
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pknip@avonlake.org

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mkral@avonlake.org



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