



September 2025

# Talk on the Lake

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

## Special Events this Month!

### September 6th

Vitalant Blood Drive 8:00am–1:00pm

### September 11th

Vision Support Group 11:00am–12:00pm

### September 11th

FREE Lunch & Learn 12:00pm  
Amada Senior Care

### September 13th

FREE Community Shred Day plus Habitat for Humanity will be collecting household items.  
9:00am–12:00pm  
Public Works Building at 750 Avon Belden

### September 16th

Senior Hot Lunch 12:00pm  
Oven Roasted Eye of Round, Green beans with toasted almonds, Mashed Yukon gold potatoes with gravy, Rolls/butter, and Dessert  
Blood Pressure Screenings 12:30pm

### September 18th

BINGO BINGO BINGO 2:00pm–3:30pm

### September 20th

BIG TRUCKS 10:00am–2:00pm  
FREE at Avon Lake Safety Center

### September 25th

FREE Lunch & Learn 12:00pm  
Central Home Medical Equipment with lunch provided by O'Neill Healthcare.

## 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!



SilverSneakers®

Renew  
Active™  
by UnitedHealthcare

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

**Membership provides FREE Pool Admission!**

## September—Welcoming a New Season

As the summer sun begins to fade and the first signs of autumn peek through, September brings us a wonderful chance to slow down, reflect, and enjoy the beauty of the season ahead. The air is cooler, the days a little shorter, and soon the trees will remind us just how lovely it can be to let go of the old and make room for the new.

Here at the Old Firehouse Senior Center, September is always a month of fresh beginnings. Children head back to school, families fall into new routines, and we too find ourselves with opportunities to try something different. Whether it's joining a new fitness class, attending a craft workshop, or simply making time to reconnect with friends over a cup of coffee, this month is a reminder that every day is a gift waiting to be enjoyed.

We have a full calendar of activities planned to help you stay active, engaged, and connected. From social gatherings and health seminars to game days and special outings, there's something for everyone. Be sure to check the inside pages for all the details—you won't want to miss out on!

Most importantly, September is the month to celebrate community. Each of you is a valued part of what makes our center so special. As the leaves begin to turn, let's take this season as a reminder to embrace change, cherish friendships, and continue making wonderful memories together.

Here's to a beautiful September filled with joy, laughter, and new adventures!

— The Old Firehouse Community Center Team



HAPPY  
LABOR DAY



# 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>Boom Move</b> Carrie	10:15-11:00 <b>Stability Plus</b> Heather
10:30-11:15 <b>Circuit</b> Maria		11:30-12:15 <b>Gentle Yoga Flow</b> Dawn	11:15-12:00 <b>Yin Yoga</b> Crissy	11:15-12:00 <b>Yoga Plus</b> Heather
11:30-12:15 <b>Focused Gentle Yoga</b> Maria			4:00p-5:00p <b>Yoga Flow</b> Heather	

**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 BOOM MOVE** Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns. Perfect for the active older adult seeking a moderate-to-vigorous-intensity workout, exercising from a standing position.

**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.

**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.

**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.

**2 3 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.

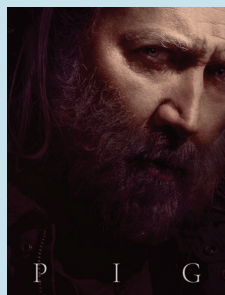
**3 YOGA FLOW** Flow-based (continual movement between poses) class tying breath to movement between individual postures. Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive in a flow based class, your body should be healthy and free of injury and you should have an understanding of the individual postures.

**2 3 YOGA PLUS** Pilates, Weights, Core & more. Yoga Plus intertwines components of your favorite yoga class with common weight training exercises, Pilates movements and more. In this class you will get all the benefits that yoga has to offer plus some cardio, strength training and toning as well. Each class will be different and will allow you to work at your own pace as you continue on your journey to build strength.

<sup>1</sup> No cost to participate. SilverSneakers/Renew Active will not be used for this class. Open to all.



## WEDNESDAY MORNING MOVIES AT 10AM



SEPTEMBER 3

**PIG**

R | 1h 31m | Drama/Mystery

Cast: Nicolas Cage, Alex Wolff, Adam Arkin

When his beloved foraging pig is kidnapped, a reclusive truffle hunter leaves his cabin in the Oregon woods for his old haunts in Portland to find her.



SEPTEMBER 10

**Sunday Best**

TV-14 | 1h 25m | Adventure/Thriller

On Sunday nights, America would tune in to "The Ed Sullivan Show." This stirring documentary explores how the iconic TV host Championed Black artist.



SEPTEMBER 17

**After The Sunset**

PG-13 | 1h 37m | Comedy/Action

Cast: Pierce Brosnan, Salma Hayek, Woody Harrelson

Two brilliant jewel thieves pull one last heist in the Caribbean before they retire, all while dodging an FBI agent who begrudgingly starts to like them.



SEPTEMBER 24

**Marry Me**

PG-13 | 1h 52m | Romantic Comedy

Cast: Jennifer Lopez, Owen Wilson, Maluma

A pop star impulsively weds a math teacher in what's been called "one of the best romantic comedies of the last decade."

# September is ALZHEIMER'S Awareness Month

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Below are some warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

**Memory loss that disrupts daily life**

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

**What's a typical age-related change?**

*Sometimes forgetting names or appointments, but remembering them later.*

**Challenges in planning or solving problems**

Some people living with changes in their memory due to Alzheimer's or other dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

**What's a typical age-related change?**

*Making occasional errors when managing finances or household bills.*

**Difficulty completing familiar tasks**

People living with memory changes from Alzheimer's or other dementia often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

**What's a typical age-related change?**

*Occasionally needing help to use microwave settings or to record a TV show.*

**Confusion with time or place**

People living with Alzheimer's or other dementia can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

**What's a typical age-related change?**

*Getting confused about the day of the week but figuring it out later.*

**Trouble understanding visual images and spatial relationships**

Some people living with Alzheimer's or other dementia could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

**What's a typical age-related change?**

*Vision changes related to cataracts.*

**Meet Dawn Carlin**

Dawn will be joining our family of fitness instructors by leading our Yoga Classes on Wednesday mornings at 11:30.

Welcome to the Old Firehouse Dawn!



## Avon Lake Women's Chorus Rehearsals Begin September 8th!

If you enjoy singing, laughter, & conversation with new friends, there's a spot for you in the **Avon Lake Women's Chorus.**

Convenient Monday Morning Rehearsals.

Start the week off with a smile!

9:30–11:30am (September–May)

### NO AUDITIONS!

Old Firehouse Community Center

100 Avon Belden Road

(Rt. 83 & Lake Road, Avon Lake)

(Convenient Parking)

Questions? Call Irene at 440-937-8827.

(Please leave message when prompted)

*Our 76th Year of performing local for independent/assisted-living residents, local groups/clubs.*

[501(c)(3) Non-Profit Organization – Federal ID#34-1427819]

## HOT LUNCH Sept. 16th at Noon



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

This month's menu: Oven Roasted Eye of Round, Green Beans with almonds, Mashed Yukon Gold potatoes with gravy, Rolls & Butter & 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.**

## BINGO

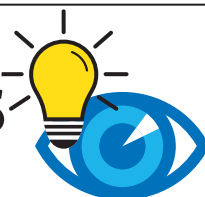
Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Sharon Nicholas of Angels Care Home Health will be calling the numbers on **Thursday, Sept. 18th at 2:00pm.** Call 440-930-4135 to reserve your spot.

## 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.

## VISION CONCERNS GROUP



**Thursday, September 11th  
11:00am–12:00pm**

**See Page 5 for Details.**

**Questions or concerns, call  
Gary Clawson at 440-935-5906**



## Blood Pressure Checks Tuesday, Sept. 16th 12:30p–2:30p

Evelyn from St. John Medical Center will not be available to check blood pressures this month.



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



## Far West Center Senior Strong Program

The Senior Strong Program focuses on mental health, wellness and building resilience in older adults. Bob Piovarchy of The Far West Center will facilitate a topic each week. One week each month will be dedicated to current events.

**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.*

## 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 \_\_\_\_\_

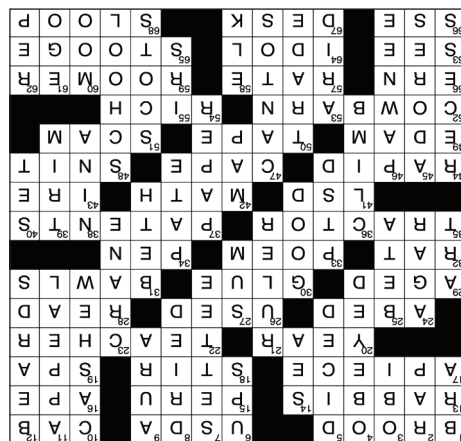
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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"



## Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner, or significant other.

First Thursday of each month 7pm–8pm

at Avon Lake United Church of Christ

32801 Electric Blvd., Avon Lake, OH 44012

Contact: Amy Boyd-Kirksey 216.383.3788

Email: [aboyd-kirksey@hopicewr.org](mailto:aboyd-kirksey@hopicewr.org)

## Meals On Wheels

If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program offered through Neighborhood Alliance. To receive a hot, nutritional lunch Monday–Friday, 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](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 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.

## September 11th | 11am VISION CONCERNS GROUP



Marny Fannin, from

Home Instead Senior Care, will be speaking about how Home Instead can help a person in their home so that the person does not have to go to an assisted facility or nursing home. This is an important meeting for caregivers to attend also. Questions or concerns, call Gary Clawson at 440-935-5906

## COMMUNITY SHRED DAY

Saturday, Sept. 13th

9:00am–12:00pm

Drop off Household  
items for  Habitat  
for Humanity®

## 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 440-933-5639 and ask to speak with one of the Client Coordinators.

**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.

## September 11th | 12pm

# LUNCH & LEARN

AMADA   
SENIOR CARE  
OF CLEVELAND

Amada Senior Care will be providing lunch while talking about their services which include:

- Providing in-home senior care.
- Long-term care insurance claims management.
- Guidance through the senior housing options in your area.

SIGN UP IN THE OFFICE  
OR CALL 440-930-4135

## September 25th | 12pm

# LUNCH & LEARN

 Central HME  
Home Medical Equipment  
Rehab Equipment | Respiratory

Central Home Medical Equipment will be talking about durable medical equipment and how to maintain independence.

They will also explain what insurance covers and how to access DME.

Lunch provided by:

**O'Neill  
Healthcare**  
BAY VILLAGE

SIGN UP IN THE OFFICE  
OR CALL 440-930-4135



## PATRIOT 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.

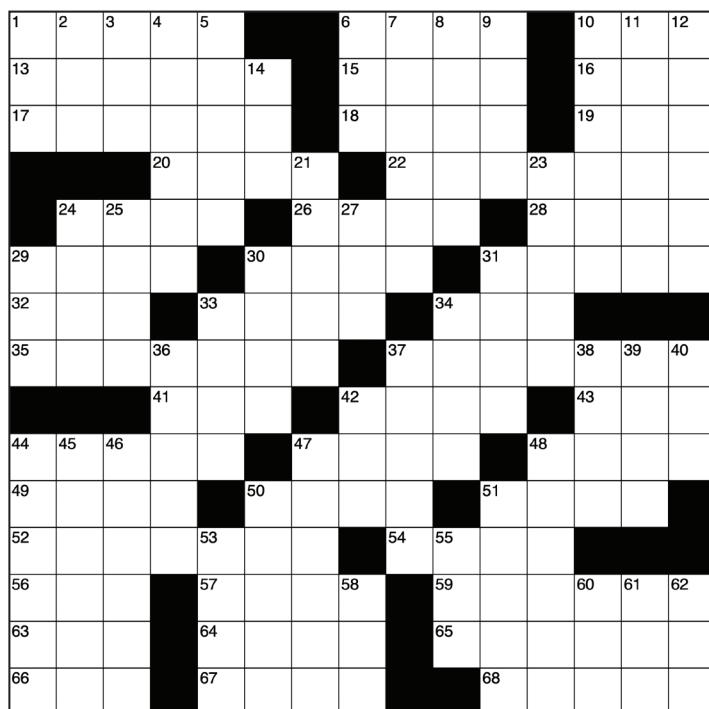
W E M U S S T V B E F I N R E P  
N S E M N R A O T B N R O E S O  
A C S A I L E S U D S E I S E L  
T B E E I L N W E W E B T O R I  
I C A A R A I P O L A M U L V C  
O I N T R G E T M T F E L D I E  
N T R E T N N E A E D T O I C M  
A O T M D L B O U R T P S E E A  
L E B E N E E C C A Y E E R U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

AIRCRAFT	FIRMAN	MEMORY	RESOLUTION	TOWERS
ATTACK	FLAG	MILITARY	SEPTEMBER	TWIN
BATTLEFIELD	GROUND	NATIONAL	SERVICE	VALIANT
CONGRESS	INDEPENDENCE	POLICEMAN	SOLDIER	VETERANS
				ZERO

## LEAF PEEPIN'



## SCHOOL DAYS by Evelyn Johnson



Solution on page 4.

### ACROSS

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

### 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 |  |                                   |



September is  
Alzheimer's Awareness  
Month. Never forget...

# SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED</b> 	<b>2</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> 12:30p Mahjong 1:00p Dominoes	<b>3</b> 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 1:30p Rummikub	<b>4</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15a Yin Yoga*</b> <b>12:30p Westshore Watercolor</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>5</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:30p Duplicate Bridge
<b>8</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Hand & Foot 12:30p Bunco	<b>9</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> 12:30p Mahjong 1:00p Dominoes	<b>10</b> 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 1:30p Rummikub	<b>11</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong 11:00a Vision Support Group <b>11:15a Yin Yoga*</b> <b>12:00p Lunch &amp; Learn</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b> 	<b>12</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot
<b>15</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Hand & Foot 1:00p Duplicate Bridge	<b>16</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>12:00 HOT LUNCH</b> <b>12:30 BP</b> 12:30p Mahjong 1:00p Dominoes 	<b>17</b> 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 Duplicate Bridge 1:00p Game Players 1:30p Rummikub	<b>18</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15a Yin Yoga*</b> <b>2:00p Bingo</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b> 	<b>19</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Third Friday Bridge
<b>22</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>9:30a Garden Club</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Hand & Foot 	<b>23</b> 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</b> 1:00p Dominoes	<b>24</b> 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 1:30p Rummikub	<b>25</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15a Yin Yoga*</b> 12:30p Hand & Foot <b>12:00p Lunch &amp; Learn</b> <b>4:00p Yoga Flow*</b>  Central HME Home Medical Equipment Rehab Equipment   Respiratory  O'Neill Healthcare RAY VILLAGE	<b>26</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>10:15a Stability PLUS*</b> <b>11:15a Yoga PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong
<b>29</b> 8:00a Indoor Walking <b>9:30a Stability*</b> <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 1:00p Hand & Foot	<b>30</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> 12:30p Mahjong 1:00p Dominoes	 <p>Autumn begins Monday, September 22</p>		

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

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

*To Our Friend:*



**Open Monday–Friday 8:00am-4:30pm**

# *Talk on the Lake*

**CITY OF AVON LAKE SENIOR CENTER**

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