



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

Talk on the Lake

Special Events this Month!

September 3rd

Lunch & Learn 12:00pm

Amy Margiotti & Great Finds Gallery
Downsizing and decluttering

September 5th

Vitalant Blood Drive 8:30am–11:30am

September 7th

CLOSED FOR LABOR DAY

September 10th

Vision Concerns 11:00am

Christine Donmoyer, PHD, author of the book "Invisible Disability" will present her journey with her eye disease since 2000 to the present time.

September 14th

Women's Chorus Rehearsal 9:30am

September 15th

Senior Hot Lunch 12:00pm

Barbecued Pulled Pork, Coleslaw, Macaroni Salad, Strudel Bites

Blood Pressure Screenings 12:30pm

Michelle with Hearing Life

September 17th

BINGO! with Sharon Nichols 2:00pm

Always Best Care

September 24th

Lunch & Learn 12:00pm

O'Neill Healthcare Bay Village

Coping with Grief & Loss During the Holidays

September is Healthy Aging Month



Healthy Aging Month is a national campaign dedicated to shining a spotlight on the positive aspects of growing older. It's a time to celebrate staying active, build healthy habits, and inspire older adults to care for their physical, mental, and emotional well-being.

Founded to promote the importance of proactive aging, Healthy Aging Month takes place every September. The initiative encourages older adults to stay active, engaged, and informed about their health. As people age, small changes can make a big impact, and September is the perfect time to start making some of those changes to your daily routine.

Looking for simple ways to celebrate healthy aging? Here are five ideas anyone can do.

1. Schedule a Wellness Checkup

Scheduling regular wellness checkups is an important step in maintaining health as you age. Regular visits to your healthcare provider can help you stay on top of any changes in your health and prevent potential issues from becoming serious.

Cardiovascular changes naturally occur as you get older, which can affect heart health and blood circulation. The heart may become less efficient, blood vessels may lose some of their elasticity, and blood pressure can increase. These changes can contribute to conditions like high blood pressure, cholesterol issues, and an increased risk of heart disease or stroke. Talk to your doctor about ways to monitor and protect your heart health, including lifestyle changes, screenings, and treatments that may be right for you.

2. Stay Active

Physical activity helps improve mobility, balance, and mental health. During Healthy Aging

Month, commit to daily walks, gentle yoga, stretching, or dancing. Anything that gets the body moving and feels enjoyable will benefit your health. Even light exercise can boost mood and energy levels. And the great benefit is that building these habits now can help them stick long after the month's celebration is over.

3. Eat for Longevity

Healthy aging starts in the kitchen. Focus on whole foods such as fruits, vegetables, lean proteins, and whole grains. Stay hydrated and limit processed foods. Nutrient-rich "brain foods" like leafy greens, berries, and nuts can support cognitive function and overall wellness.

4. Connect With Others

Connecting with others is an important part of maintaining overall well-being. For older adults, engaging with family, friends, and community members can help combat feelings of isolation and provide emotional support.

One important aspect of connection is nurturing spiritual health. Whether through religious practices, meditation, or reflecting on personal values, spiritual health can offer a sense of purpose, peace, and resilience—helping you feel more connected to yourself, others, and the world around you.

5. Learn Something New

Challenging the brain is just as important as exercising the body. Healthy Aging Month is a great opportunity to try something new, read a book, take an online course, explore a creative hobby, or learn to use a new technology. Continuous learning maintains mental agility and keeps life interesting.



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HOUSE CHARITIES

**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.

Fitness at the Old Firehouse



Renew Active™
by UnitedHealthcare

SilverSneakers®

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

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.

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

VISION CONCERNS SUPPORT GROUP

THURSDAY SEPTEMBER 10, 2026 | 11 AM | AVON LAKE OLD FIREHOUSE COMMUNITY CENTER
100 Avon Belden Rd. (Located at the corner of Lake Rd. and SR 83)

Christine Donmoyer, PHD, author of the book "Invisible Disability" will present her journey with her eye disease since 2000 to the present time. This is a valuable meeting, a young girl's walk through stargardt's disease, a form of macular degeneration.

QUESTIONS, CALL GARY CLAWSON AT 440-935-5906

Vision Fair will be October 8th

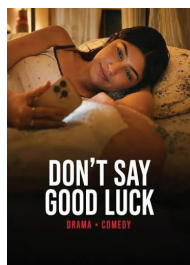
Bobbi Smedley
BCPP, IHHP, ER, RPE

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power of touch!*



Relaxation & Sports Massage
(Designed for individual needs)
Raindrop Massage
Lymph Massage
Shoulder, neck, cranium, face massage
Polarity Therapy
Chakra Balancing & Tuning Forks
Aromatherapy Massage
Energy Bodywork
Elemental Reflexology

WEDNESDAY MOVIES AT 10AM



SEPTEMBER 2

Don't Say Good Luck

PG-13 | 1h 35m | Drama

Cast: Sunny Sandler, Melanie Lynskey, Max Greenfield

The coming-of-age dreamed about a teen trying to hold onto her dreams through a family crisis.

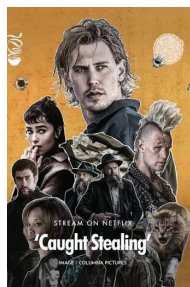


SEPTEMBER 9

Arthur The King

PG-13 | 1h 46m | Drama, Heartfelt

Cast: Wark Wahlberg, Simu Liu, Juliet Rylance
Adventure athlete Michael Light competes in a 435-mile endurance race as a fiercely loyal stray dog joins his fight to the finish. Based on a true story.



SEPTEMBER 16

Caught Stealing

R | 1h 46m | Drama, Comedy

Cast: Austin Butler, Regina King, Zoe Kravitz
When cat-sitting for his loudmouth punk neighbor goes horribly wrong, bartender and baseball lover Hank must dodge New York City's most unruly gangsters.



SEPTEMBER 23

Blue Moon

R | 1h 40m | Drama, Comedy

Cast: Nathan Hawke, Margaret Qualley, Bobby Cannavale

An eccentric, newly sober, Broadway lyricist reflects on his life and career as he resentfully toasts "Oklahoma!", his former partner's hit new musical.



SEPTEMBER 30

Strangers In The Park

TV-MA | 1h 55m | Comedy, Sentimental

Cast: Luis Brandon, Eduardo Blanco, Veronica Pelacini

A lawyer one day, a mobster the next, the old man on Antonio's park bench seems harmless—until he starts changing his life.

FREE Lunch & Learn September 3rd at 12pm



Join Great Finds Gallery and Liquidations Company and Amy Margiotti with Howard Hanna for an informative Lunch & Learn designed for those thinking about simplifying their home and lifestyle. Learn the difference between downsizing and decluttering, the benefits of both, and practical tips on how to get started. We'll also explain how estate sales work through online auctions, what to look for when choosing a reputable liquidation company, and share an update on the local real estate market along with downsizing options in our area. Whether you're planning ahead or just beginning to think about the next chapter, this session will provide valuable insights and helpful resources.

Howard Hanna



Sign up in the office or call 440-930-4135.



Avon Lake Women's Chorus Rehearsals Resume September 14th!

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]

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.

HOT LUNCH

SEPTEMBER 15TH AT 12:00PM
\$7.00 | \$5.00 for Members | Free for 90+

— MENU —

Barbecued
Pulled Pork
Coleslaw
Macaroni Salad
Strudel Bites

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.
Payment due at time of registration.

Blood Pressure Checks

Tuesday, Sept. 15th 12:30p–2:30p

Evelyn from St. John Medical Center will be available to check blood pressures this month.



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Sharon from Always Best Care will be calling the numbers on **Thursday, September 17 at 2:00pm.** Call 440-930-4135 to reserve your spot.

HearingLife
 Screenings with Michelle
 September 15

ASIAN MAHJONG



Thursday's 12:30p-3p
At The Old Firehouse
 EASY TO LEARN • FUN TO PLAY
 NO SIGN-UP NECESSARY

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

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 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.

FREE Lunch & Learn

September 24 at 12:00pm

Coping with Grief and Loss During the Holidays

O'Neill Healthcare | BAY VILLAGE

Sign up in the office or call 440-930-4135.



Thanks to our Senior Citizens Day Sponsors:

ACC Adult Homecare – Melva
Basic Elements of Health – Bobbi
Busch Funeral – Julie
Clear Captions – James
Devon Oaks – Dan
Howard Hanna – Amy
Home Instead – Marny
Victory Home Healthcare – Melissa & Marie
Wesleyan Meadows – Ashley



Tree Tips

Right Tree, Right Place: Choosing Hardwood Trees for Your Yard

Selecting a hardwood tree for your yard should begin with the planting site, not with your favorite species. Soil conditions, local weather, neighborhood density, and proximity to Lake Erie can substantially affect whether a tree merely survives or becomes a healthy, long-lived part of the landscape.

Soil conditions are one of the most important considerations. Before planting, homeowners should examine soil texture, drainage, pH, fertility, and compaction. Newer construction can leave suburban yards with compacted, poorly aerated soils, buried debris, altered soil layers, and poor drainage. Hardwood trees perform best when their roots have adequate oxygen, moisture, and room to expand. Species should therefore be matched to actual conditions rather than assuming that all trees will tolerate the same soil.

Weather and microclimate also matter. Avon Lake experiences cold winters, summer heat, strong storms, and substantial year-to-year weather variation. Additionally, Lake Erie adds another layer of climatic influence. Water temperature, coupled with air temperature, can alter weather patterns and create conditions that are different than our neighboring communities. A tree's winter hardness, tolerance of wind, drought, flooding, and temperature extremes should therefore be considered. A sheltered yard surrounded by mature trees may support species that would struggle in an exposed location.

Suburban density creates additional constraints. Houses, driveways, sidewalks, overhead utilities, neighboring properties, and limited rooting space can make a large hardwood a poor choice even when the species is otherwise well adapted. Penn State Extension recommends evaluating available growing space and potential conflicts before planting. In a small yard, a smaller-maturing tree may be more appropriate than a tree capable of developing a very large crown and root system. Dense neighborhoods can also create warmer microclimates and expose trees to pavement, construction damage, and de-icing salts.

Proximity to Lake Erie deserves particular attention. Near the lakeshore, wind exposure can be significantly greater. An Ohio State University Extension publication from Erie County notes that open areas near Lake Erie can experience sustained winds of 40–50 mph, with stronger gusts. Shoreline soils can also differ from typical suburban soils.

Avon Lake's Tree Commission and Public Works department is working on a Master Planting Design where several factors are assessed, and trees best suited to the conditions are mapped out and recommended for planting on public property. This tool, when complete, is a great resource for private landowners to reference for their own planting opportunities. Landowners are also welcome to reach out to the Avon Lake Tree Commission, Urban Forester designee, and Public Works department for additional information.

References: Penn State University Extension, Tree Selection and Planting; Ohio State University Extension, Ohio Trees.

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Closed Fridays from
Memorial Day–Labor Day

ON-SITE FOOD PANTRY

EMERGENCY FINANCIAL ASSISTANCE

PERSONAL DEVELOPMENT PROGRAMS

AUTUMN

by Jimmy and Evelyn Johnson

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

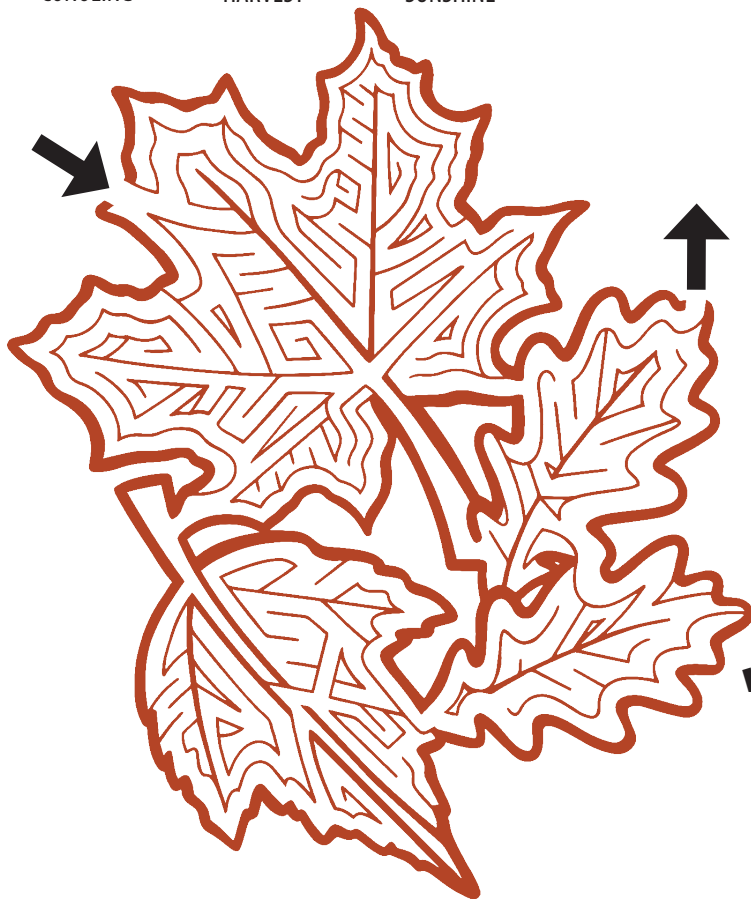
C O R N U C O P I A A U T U R
S M N I S A R E B O T C O S E
U N E Y C O N C E D C S P R B
O O L I R N S D H I G W H E M
U V R L E R I C D E E V E N E
D E R Y A R E E A T S L E M T
I M A F Y B R B S R I T T U P
C B P A S A T E N N E L N T E
E E H A F L V O U A I C O U S
D R C W E R E T O U R R R A T
N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

AUGMENT
BARBEQUE
BASEBALL
BOATING
CAMPING
CONOEING

CLIMBING
CONFUBALUATE
FIRE
FISHING
GLADIOLUS
HARVEST

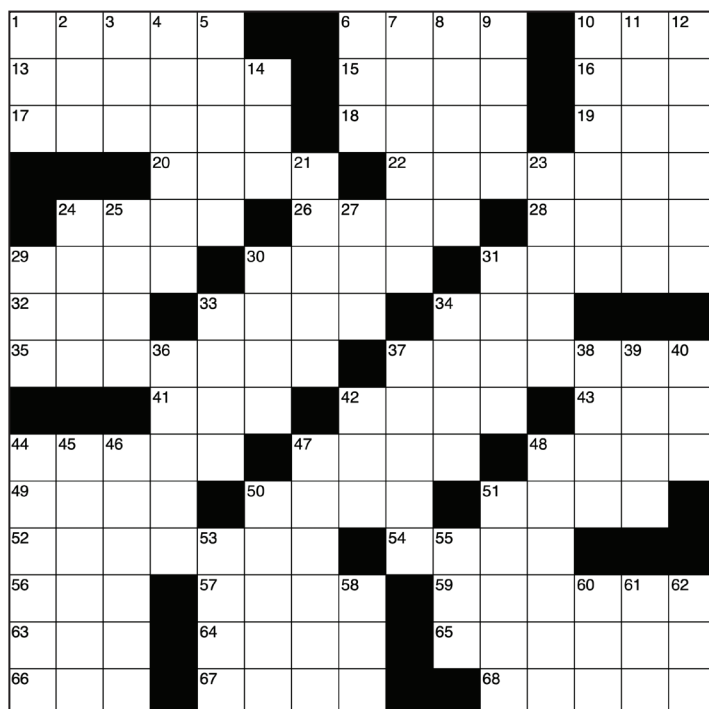
HIKING
HOT
KITH
PERIDOT
PERSEID
SUNSHINE

SWIMMING
TRAVEL
VACATION



SCHOOL DAYS

by Jimmy and Evelyn Johnson



Solution on page 4.

ACROSS

- | | |
|-----------------------|------------------------------|
| 1 Compass point | 32 Righteous |
| 4 Shrub | 33 Kitten's cry |
| 9 Not these | 34 Colder |
| 14 Note of debt | 36 Type of peace prize |
| 15 Japanese city | 38 Produces eggs |
| 16 Make loose | 40 Kidnappers want |
| 17 Tender loving care | 42 Hawaiian 'hello' |
| 18 Lady's title | 43 Pains |
| 19 Heavy-handed | 44 Dog |
| 20 Aid | 45 Leave now! |
| 22 Sports channel | 47 What a mosquito bite does |
| 24 Part of the eye | 51 Refuse to sign a bill |
| 25 Roman emperor | 53 Given salary |
| 27 Automobile | 54 Gambling game |
| 31 Musical repeat | |

DOWN

- | | | |
|---------------------------------|--|--|
| 1 Type of acid | 26 Goof | 45 Hotel |
| 2 Spanish dance | 28 Convexity | 46 Condiment |
| 3 Greek mathematician | 29 Seethe | 48 Spoke |
| 4 Few | 30 Night bird | 49 Travel for pleasure in a ship |
| 5 U.S. Air Force | 32 Least amount | 50 Student lodging |
| 6 Fuming | 35 Communication Workers of America (abr.) | 52 Heavy-set |
| 7 Precedes an alias | 36 North northeast | 56 Mined metals |
| 8 Device for taking photographs | 37 Change into bone | 57 Made a web |
| 9 Journey, voyage, or excursion | 38 Swerve | 58 Use a keyboard |
| 10 Dye | 39 Place where ships load and unload | 59 Environmental protection agency (abr.) |
| 11 Roberto's yes | 40 Long paved surface for the passage of vehicles and people | 60 Picture of a particular area of the earth |
| 12 Exhaust | 41 Extremity | 61 Used to carry large number of people |
| 13 Extension (abt)r. | 42 Air Cushion Vehicle (abr.) | 63 Sign language |
| 21 Old Testament prophet | 43 ____ Lanka | 64 Legume |
| 23 Sun's name | | |
| 25 Opp. of yeses | | |

What comes at the end of September?

The letter R!



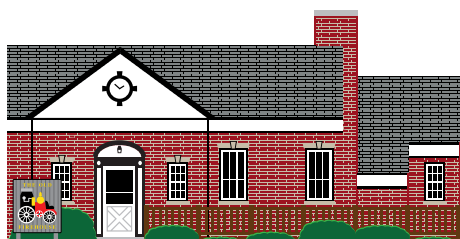
SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	2 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	3 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Asian Mahjong 4:00p Yoga Flow*  Amy Margiotti	4 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge
7 CLOSED 	8 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	9 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:00p Duplicate Bridge 1:30p Rummikub	10 9:00a Boom Muscle* 10:15a Boom Move* 11:00 Vision Concerns 11:15a Yin Yoga* 12:30p Asian Mahjong 12:30p Westshore Watercolor 4:00p Yoga Flow*	11 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot
14 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Bunco 1:00p Hand & Foot	15 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00p Hot Lunch 12:30p Blood Pressure 12:30 Hearing Life 12:30p Mahjong 1:00p Dominoes	16 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	17 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:30p Asian Mahjong 2:00p Bingo 4:00p Yoga Flow* 	18 9:15 Chair Yoga* 10:00a Friday Crafts 10:00 Women's Chorus 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge
21 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Garden Club 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	22 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes 1:00p NE Pinochle Club	23 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	24 9:00a Boom Muscle* 10:15a Boom Move* 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Asian Mahjong 4:00p Yoga Flow*  BAY VILLAGE	25 9:15 Chair Yoga* 10:00a Friday Crafts 10:00 Women's Chorus 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong
28 8:15a Advanced TRX 9:30a Women's Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	29 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	30 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub		

*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

CITY OF AVON LAKE SENIOR CENTER

Talk on the Lake

Phone: 440-930-4135

Brian Mahoney
Senior Director/Recreation Facilities Manager
bmahoney@avonlake.org

Patty Knip
Senior Programming
pknip@avonlake.org



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440-937-6175



Devon Fegen-Herdman
Declutter with Devon LLC
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