



# talk on the lake

News & Events at the Old Firehouse Community Center

## AVON LAKE BICENTENNIAL



### Thursday, July 4th Weiss Field

Festivities Start at Noon

Find the full line-up at [AvonLake200.org](http://AvonLake200.org)

★ ★ ★ ★ ★

**Avoid the Parking Hassle.**  
Volunteer for a two hour shift and  
get a premium parking spot for the day.  
Volunteer Info: <http://bit.ly/jubileevolunteer>

## Independence Day

Independence Day is a federal holiday in the United States commemorating the Declaration of Independence of the United States on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

### Background

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain in 1776 actually occurred on July 2, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain's rule. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it two days later on July 4. A day earlier, John Adams had written to his wife Abigail:

*The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.*

Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress.

Historians have long disputed whether members of Congress signed the Declaration of Independence on July 4, even though Thomas Jefferson, John Adams, and Benjamin Franklin all later wrote that they had signed it on that day. Most historians have concluded that the Declaration was signed nearly a month after its adoption, on August 2, 1776, and not on July 4 as is commonly believed.

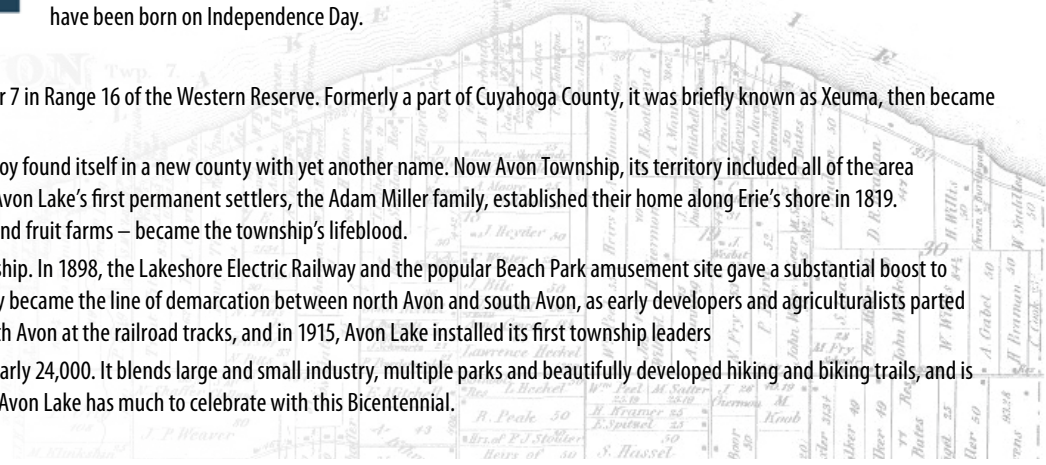
Coincidentally, both John Adams and Thomas Jefferson, the only signers of the Declaration of Independence later to serve as Presidents of the United States, died on the same day: July 4, 1826, which was the 50th anniversary of the Declaration. Although not a signer of the Declaration of Independence, James Monroe, another Founding Father who was elected as President, also died on July 4, 1831. He was the third President who died on the anniversary of independence. Calvin Coolidge, the 30th President, was born on July 4, 1872; so far he is the only U.S. President to have been born on Independence Day.

**Avon Lake** was born of Township Number 7 in Range 16 of the Western Reserve. Formerly a part of Cuyahoga County, it was briefly known as Xeuma, then became Troy Township in 1818.

In 1822, Lorain County was established, and in 1824 Troy found itself in a new county with yet another name. Now Avon Township, its territory included all of the area comprising the present cities of Avon and Avon Lake. Avon Lake's first permanent settlers, the Adam Miller family, established their home along Erie's shore in 1819. As population grew, agriculture - particularly grapes and fruit farms - became the township's lifeblood.

In 1882, the Nickel Plate Railroad bisected Avon Township. In 1898, the Lakeshore Electric Railway and the popular Beach Park amusement site gave a substantial boost to surrounding land values. The railroad tracks ultimately became the line of demarcation between north Avon and south Avon, as early developers and agriculturalists parted ways. In 1911 the citizens voted to split north and south Avon at the railroad tracks, and in 1915, Avon Lake installed its first township leaders

Since then, Avon Lake has grown to a population of nearly 24,000. It blends large and small industry, multiple parks and beautifully developed hiking and biking trails, and is highly ranked for its schools and safe neighborhoods. Avon Lake has much to celebrate with this Bicentennial.



Coming in September at The Anchor Recreation Facility

## Movement Disorder Exercise Classes

Certified instructors lead you through exercises designed to ease the symptoms of movement disorders such as Parkinson's Disease and Multiple Sclerosis. More details coming...



Instructed by Kathryn Eyring, this yoga class is for any size or age, but especially good for 40+ adults or anyone requiring a safety-minded class that is gentler on joints. Kathryn teaches alignment techniques to use off the mat and in daily living. She offers modifications to accommodate diverse abilities, but students must be able to get down to the floor and up again unassisted.

Tuesdays & Thursdays at the Old Firehouse Community Center  
11:00 a.m. – 12:15 p.m.

Resident \$54.00/Non-resident \$64.00 QUESTIONS? Call 930-4135

Six-class punch card is available at the Old Firehouse or at [www.AvonLakeRec.com](http://www.AvonLakeRec.com)

## Strength & Balance

At the Old Firehouse Mondays and Wednesdays  
11:00am-12 noon

Instructed by Kathryn Eyring, this is the perfect 50+ class with stretching, balance activities, a fun cardio section with Oldies music, additional strengthening with hand weights, followed by cool down stretches. A portion of the class is seated in chairs and the rest completed standing. This class does not require the ability to get down on the floor.

50 minutes (unless otherwise specified)

\$8 Drop-in Fee/Class or 12-Class Punch Card for \$60

## Wednesday Evening Yoga

Instructed by Lana Sevel

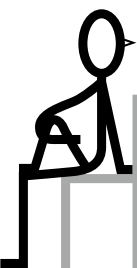
**Chair Yoga for Every Body**

Mondays 4:00 – 4:30 p.m.

Lana Sevel, Instructor

This class is ideal for anyone who is unable to get up and down from a yoga mat.

6-Class Punch Card: \$60/Resident, \$72/Non-resident



## Come walk with us!



Join our growing group of morning walkers every weekday morning at 8:00am as they walk around the Old Firehouse and enjoy conversation and lively banter. Afterwards, stick around and keep the conversation going while you enjoy a cup of coffee. Questions? Call (440) 930-4135.



## ATTENTION LADIES!

Give us a call if you have any interest in gathering with others once a month for lunch at a local establishment.

## GUYS!

Give us a call if you have any interest in gathering with others once a month for breakfast at a local establishment.

This could be a great opportunity to get out and strike up some new friendships or catch up with old friends.

*If enough interest is generated, we'll set something up!*

Call (440) 930-4135

## Blood Pressure

Tuesday, July 16th | 12:30-2:30

Old Firehouse Community Center



University Hospitals  
St. John Medical Center

A CATHOLIC HOSPITAL

## Reiki



Reiki is used to relax and strengthen ones wellbeing; reduce pain, anxiety, and fatigue; help manage symptoms; reduce side effects of medications; and support recovery after injuries or surgery.

*Free Sessions!*

10:00am on the 3rd Monday of each month at the Old Firehouse. Call (440) 930-4135

## Minds in Motion®

1:30-3:00pm on the 2nd Thurs. of each month at The Old Firehouse. Pre-registration is required. Contact Mary Ertle at (216) 342-5607 or [mertle@alz.org](mailto:mertle@alz.org) to learn more.



alzheimer's association®

## Meals On Wheels

The Lorain County Office On Aging has openings for it's 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, call the Lorain County Office On Aging (440) 949-8146



# WEDNESDAY MORNING MOVIES FOR JULY

AT THE OLD FIREHOUSE | FEATURE BEGINS AT 10:15



July 3  
**What They Had**  
 R | 1h 41m | Drama  
 Cast: Hilary Swank, Michael Shannon, Blythe Danner, Robert Forster  
 Woman struggles with an aging mother with dementia and efforts to keep her home with dad as her brother insists on a memory care unit.



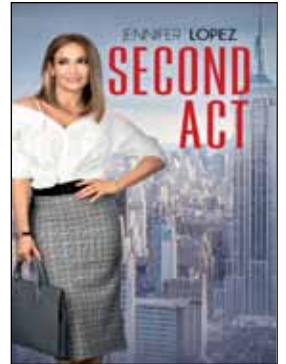
July 10  
**The Sandlot**  
 PG | 1h 41m | Comedy, Drama  
 Cast: Tom Guiry, Mike Vitar, Patrick Renna  
 A new boy moves into the neighborhood, where he is initially rejected by the local boys because he doesn't know how to play baseball. He learns the sport & joins the group of boys who play ball in a local sandlot, and with his new friends, he has a variety of adventures.



July 17  
**Run the Race**  
 PG | 1h 41m | Drama, Sport  
 Cast: Mykelti Williamson, Frances Fisher, Kristoffer Polaha  
 Against the backdrop of high school football and track, two brothers in a small Southern town face escalating problems with two different world views, straining - but ultimately strengthening - the bonds of brotherhood.



July 24  
**Instant Family**  
 PG-13 | 1h 58m | Comedy, Drama  
 Cast: Mark Wahlberg, Rose Byrne, Isabela Moner  
 A couple find themselves in over their heads when they foster three children.



July 31  
**Second Act**  
 PG-13 | 1h 43m | Comedy, Romance  
 Cast: Jennifer Lopez, Vanessa Hudgens, Leah Remini  
 A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do.



**Thursday**  
**August 1st at 12:00pm**  
**Ice Cream on the Deck of the Old Firehouse**  
 Join us for a dish of ice cream fixed up the way you like!

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

Sign up in the book or call 930-4135.



**July 18th at 1:00pm at the Old Firehouse. Snacks & Prizes!**  
 If you'd like to play call 930-4135 or sign up in our book.  
 Sponsored by **CROSSROADS HOSPICE**

## CREATIVE NEEDLES

**HAND WORK OF ALL KINDS! NOT limited to textiles.**  
 Knitting • Quilting • Embroidery • Crochet • Needlepoint • Jewelry  
 FRIDAY MORNINGS 10:00am-12:00pm at The Old Firehouse

**Canasta** Mondays and Fridays at 12:30pm



**Pinochle** Fridays at 12:00pm



**Bridge** Mondays, Wednesdays, Fridays at 12:15pm



**Mahjong** Tuesdays at 1:00pm



**Dominoes** Tuesdays at 1:00pm

# USA

Created by Evelyn Bailey Johnson

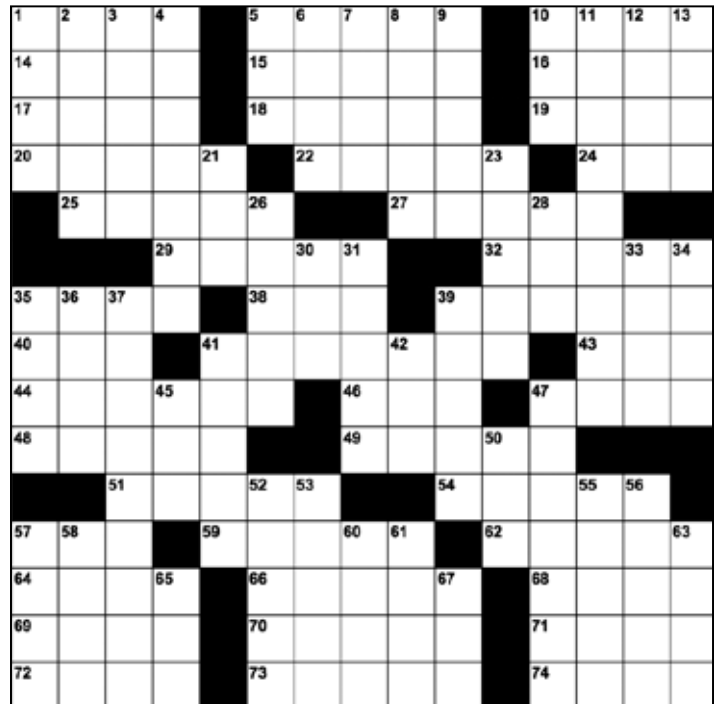
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

- |          |          |        |          |
|----------|----------|--------|----------|
| AMERICA  | FOREST   | ROADS  | USA      |
| BEACH    | HILLS    | RURAL  | VALLEY   |
| DAM      | LAKES    | SEA    | WILDLIFE |
| DESERT   | MOUNTAIN | SKY    |          |
| FARMLAND | PEOPLE   | TRAILS |          |
| FLAG     | RIVERS   | URBAN  |          |

# Flags & Fireworks

Created by Evelyn Bailey Johnson



See solution on page 5.

## ACROSS

- |                                    |                             |                           |
|------------------------------------|-----------------------------|---------------------------|
| 1 Writer Bombeck                   | 29 At a point on            | 59 Sibling's daughter     |
| 5 Clothing stitches                | 32 Gather                   | 62 Fly                    |
| 10 Broken bone holder              | 35 Leg joint                | 64 After-bath wear        |
| 14 Stack of paper                  | 38 Deface                   | 66 Repulsive              |
| 15 Aleutian                        | 39 Rim                      | 68 Partition              |
| 16 Doing nothing                   | 40 Goddess                  | 69 Dinner table seasoning |
| 17 Singing voice                   | 41 Misdread                 | 70 Hippopotamus' nickname |
| 18 Waitress on Cheers              | 43 Baby bear                | 71 Abortions              |
| 19 Brand of blue surface cleaner   | 44 Launched vessel          | 72 Location               |
| 20 Filled                          | 46 Constrictor snake        | 73 Adolescents            |
| 22 "_____ Dame"                    | 47 Greenish-blue color      | 74 Orderly                |
| 24 Clever                          | 48 Unfitting                |                           |
| 25 Three masted Mediterranean boat | 49 Japanese dish            |                           |
| 27 Abraham's son                   | 51 Call up                  |                           |
|                                    | 54 Catch a ride             |                           |
|                                    | 57 United States of America |                           |

## DOWN

- |                                |  |   |
|--------------------------------|--|---|
| 1 Extremely long time periods  | 23 National bird of the United States                    | 47 Person belonging by birth or naturalization to a country |
| 2 Unwind                       | 26 Celestial "tailed" body                               | 50 Haunch   |
| 3 Not glossy                   | 28 Wing  | 52 Day's opposite   |
| 4 One-celled animals           | 30 Pester  | 53 Spooky   |
| 5 Pouch                        | 31 Bear food   | 55 Genetic identical  |
| 6 Eagerness                    | 33 Water (Spanish)                                       | 56 Japanese car   |
| 7 Air (prefix)                 | 34 Northeast by north                                    | 57 _____ Major (Big Dipper)                                 |
| 8 Many                         | 35 Lotion brand  | 58 Glide  |
| 9 Heavenly lights              | 36 Midday  | 60 Deal with  |
| 10 Central Intelligence Agency | 37 Avoidable   | 61 Sports channel   |
| 11 Being next to               | 39 Sudden brilliant light that vanishes almost instantly | 63 Tryout   |
| 12 Smack                       | 41 Wager (2 wds.)  | 65 Estimated time of arrival                                |
| 13 Written material            | 42 Note of debt  | 67 Distress call  |
| 21 New Jersey's neighbor       | 45 Rate  |   |



50th Anniversary of the First Lunar Landing—7.20.19

# Avon Lake Fire Department Lock Box Order Information

Visit [www.roperlock.com](http://www.roperlock.com)

Click "Lock Boxes" | Click "City Programs"  
Click "Crest Guardian Lock Box-Wall Mount"  
Click on Key Code: Avon Lake *or*

**Call 1-800-466-9312**



Crest Guardian lock Box-Wall Mount | Key Code: Avon Lake  
When your Lock Box arrives call **440-933-8305** to schedule installation.  
Questions? Call 440-933-8305

## Lively Avon (Lakers)!

'Celebration of your lifetime' is the Lively Avon Lakers' program in July

The Lively Avon Lakers' July program – "Celebration of your lifetime" – will be presented by Julie Graf Skinner, pre-planning advisor and funeral director at Busch Burial and Crematory Services. The Lively Avon Lakers will gather on Wednesday, July 17, for their monthly luncheon which will be served at 11:45 a.m.

The luncheon menu will include chicken salad croissant with fries, Legacy salad, rolls and butter, beverage and blueberry pie for dessert. Cost is \$14 per person, which includes the full-course lunch and program. Reservations can be made by contacting Pat, (440) 933-8986; Sophie, (440) 933-9879; or Marilyn, (440) 258-6635 (before 9 p.m. Monday, July 15, please).

The Lively Avon Lakers is a social group that meets on the 3rd Wednesday of each month for lunch, a program, and for fun. New members, aged 40 and over from any area, are welcome. Annual dues of \$10 per person help finance programming. For more information, please call the organization's president, Marilyn Robertson, at (440) 258-6635.

# SENIOR HOT LUNCH

July 16th at 12:00pm

BBQ Chicken, Au Gratin Potatoes, Buttered Corn, Tossed Garden Salad, Rolls & Butter, Lemon Merinque Pie

**REGISTER BEFORE JULY 12TH**

\$9<sup>00</sup> | \$7<sup>00</sup> for Members | Free for 90+

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)



# AARP<sup>SM</sup>

## SMART DRIVER COURSE Thursday, October 3rd at The Old Firehouse

Wednesday October 10th from 12:00 pm-4:00 pm we will be offering the AARP Smart Driver™ Course at The Old Firehouse.

**Take the NEW AARP Smart Driver Course and you could reduce your overall maintenance and car insurance costs!\***

Call (440) 930-4135 to register | \$15/AARP Member | \$20/Non-member

**TOYOTA** This program is supported by a generous grant from Toyota to AARP Foundation.

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



There are many fun, rewarding, and supportive organizations for seniors. Here are some to consider:

**AVON-ON-THE-LAKE GARDEN CLUB**—Meets every 1st Wednesday at Avon Lake Library for a Lunch Meeting. For information please call 440-933-0893.

**AVON LAKE WOMEN'S CHORUS**—Meets every Monday, September through May, 9:30am at the United Church of Christ, 32801 Electric Blvd, Avon Lake, OH. NO auditions are necessary—come in if you like to sing.

**HERITAGE AVON LAKE**—Meets on the 2nd Monday at the Library. For more info call (440) 714-7581

**FRIENDS OF THE AVON LAKE LIBRARY**—For more info call the Library at (440) 933-8281

**LIVELY AVON LAKERS**—Meet every 3rd Wednesday at Legacy for a Lunch Meeting. Please call Marilyn Robertson for more information (440) 258-6635

**NORTHEAST OHIO PC CLUB**—Have questions about computers, tablets or phones? We can help. Monthly meetings on the 2nd Wednesday of each month at Westlake Porter Library. 27333 Center Ridge Rd., Westlake.

## Exercise Room for Members.



Our exercise room is available to MEMBERS ONLY of The Old Firehouse 8:00am - 2:00pm. Please check with the attendant in the office prior to using equipment. Membership cards are available in the office.

## Community Transportation

Transportation curb-to-curb service is available to all Avon Lake residents on Monday, Tuesday, and Wednesday, 8:30 a.m. to 3 p.m. The transport van has a wheelchair lift available. Appointments are scheduled 24 hours to 3 weeks in advance. 24-hour notice is required for scheduling transportation. There is no fee for this service. Appointments are taken on a first-come basis.

All passengers must return a completed 2018 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**

**TUESDAY : Avon Lake Public Library, Drug Mart Plaza, Giant Eagle, Learwood Square**

**WEDNESDAY: Avon Commons , Wal-Mart**

Call (440) 930-4126 for scheduling.

## Old Firehouse Membership

As a member of the Old Firehouse Community Center you'll receive benefits others will not.

- Members will have access to our new exercise room featuring 2 elliptical machines, 2 treadmills, 3 recumbent bikes, dumbbells and free weights.
- Our Monthly Newsletter will be included in the cost of membership.
- Cost of the monthly Senior Hot Lunch will be discounted \$2.00 for members.
- Members will receive discounts on pay-to-participate activities at The Old Firehouse.

Membership is NOT required to use the facility. However, it does help to reduce the cost of everyday expenses such as coffee, condiments, paper products, plastic cutlery, copies, etc.

**I would like a MEMBERSHIP to the Old Firehouse Community Center at a cost of \$25.00 (\$35 non-resident)**

Couples memberships available for \$40.00/couple per year (\$50.00 non-resident).

Name \_\_\_\_\_

Phone \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

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

Email \_\_\_\_\_

**Please submit this form along with your Payment, payable to the City of Avon Lake.**

## 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, payable to the City of Avon Lake.**

JULY 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Indoor Walk, 8:00 Strength &amp; Balance 11:00 Bridge, 12:00 Canasta, 12:30</p>	<p><b>2</b> Indoor Walk, 8:00 Yoga, 11:00 Dominoes, 1:00 Mahjong, 1:00</p> <p><b>FREE PICNIC AT THE OLD FIREHOUSE 12PM</b> <b>Call to sign up!</b> <b>440.930.4135</b></p>	<p><b>3</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength &amp; Balance 11:00 Bridge, 12:00</p>	<p><b>4</b> <b>BUILDING CLOSED</b></p> <p><small>AVON LAKE BICENTENNIAL</small></p>  <p><b>FOURTH OF JULY JUBILEE</b> <b>WEISS FIELD 12PM</b></p>	<p><b>5</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Canasta, 12:30</p>
<p><b>8</b> Indoor Walk, 8:00 Strength &amp; Balance 11:00 Bridge, 12:00 Canasta, 12:30</p>	<p><b>9</b> Indoor Walk, 8:00 Yoga, 11:00 Dominoes, 1:00 Mahjong, 1:00</p>	<p><b>10</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength &amp; Balance 11:00 Bridge, 12:00</p>	<p><b>11</b> Indoor Walk, 8:00 Yoga, 11:00</p> <p><b>Alzheimer's Association</b> "Minds In Motion" 1:30</p> 	<p><b>12</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Canasta, 12:30</p>
<p><b>15</b> Indoor Walk, 8:00 Reike, 10:00 Strength &amp; Balance 11:00 Bridge, 12:00 Canasta, 12:30</p> 	<p><b>16</b> Indoor Walk, 8:00 Yoga, 11:00 <b>HOT LUNCH 12:00</b> <small>Register before July 12</small> Blood Pressure 12:30 Mahjong, 1:00</p>	<p><b>17</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength &amp; Balance 11:00 Bridge, 12:00</p>	<p><b>18</b> Indoor Walk, 8:00 Yoga, 11:00</p>  <p><b>1:00pm</b> <b>Old Firehouse</b></p>	<p><b>19</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Canasta, 12:30</p>
<p><b>22</b> Indoor Walk, 8:00 Strength &amp; Balance 11:00 Bridge, 12:00 Canasta, 12:30</p>	<p><b>23</b> Indoor Walk, 8:00 Yoga, 11:00 Dominoes, 1:00 Mahjong, 1:00</p>	<p><b>24</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength &amp; Balance 11:00 Bridge, 12:00</p>	<p><b>25</b> Indoor Walk, 8:00 Yoga, 11:00</p>	<p><b>26</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Canasta, 12:30</p>
<p><b>29</b> Indoor Walk, 8:00 Strength &amp; Balance 11:00 Bridge, 12:00 Canasta, 12:30</p>	<p><b>30</b> Indoor Walk, 8:00 Yoga, 11:00 Dominoes, 1:00 Mahjong, 1:00</p>	<p><b>31</b> Indoor Walk, 8:00 Bridge Lessons, 10:00 <small>(per request)</small> Movie, 10:15 Strength &amp; Balance 11:00 Bridge, 12:00</p>	<p><b>August 1</b> Indoor Walk, 8:00 Yoga, 11:00</p> <p><b>FREE Ice Cream Sundaes 12:00pm</b></p>	<p><b>August 2</b> Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Canasta, 12:30</p>

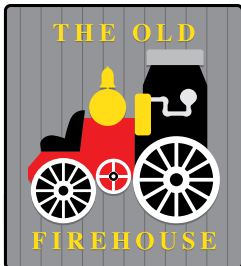
City of Avon Lake  
**TALK ON THE LAKE**  
150 Avon Belden Road  
Avon Lake, OH 44012  
(440) 930-4135

To Our Friend:

**REMINDER**

Should the Avon Lake  
City Schools close  
**BECAUSE OF WEATHER  
CONDITIONS,**  
the Old Firehouse  
will be closed as well.

**AVON LAKE  
PARKS  
& REC**



City of Avon Lake Department of Parks & Recreation

July 2019

# talk on the lake

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

## Old Firehouse Community Center Schedule of Activities

**Indoor Walking Group**—

Monday through Friday from 8:00am to 9:00am

**Intermediate & Advanced Bridge**—

Mondays, Wednesdays & Fridays at 12:15pm

**Reiki**—Third Monday of each month at 10:00am

**Bridge Lessons**—Wednesdays at 10:00am (per request)

**Canasta**—Mondays and Fridays at 12:30pm

**Pinochle**—Fridays at 12:00pm

**Mahjong**—Tuesdays at 1:00pm

**Dominoes**—Tuesdays at 1:00 p.m.

**Creative Needles**—Fridays at 10:00am

**Hatha Yoga**—Tues. and Thurs. from 11:00am to 12:15pm

**Strength & Balance Fitness Class**—

Mondays and Wednesdays from 11:00am-12:00pm

**Wednesday Morning Movies**—Wednesdays at 10:15am

**Grief Counseling**—Mondays at 10:00am (per request)

**Ballroom Dance Lessons**—

Mondays: Intermediate 7:00pm-8:00

Wednesdays: Basic 7:30pm-8:30pm

**Senior Hot Lunch**—Third Tuesday of every month at 12:00pm  
(reservations required)

**Blood Pressure Checks**—

Third Tuesday of every month at 12:30pm

*Want to be better informed?*

Subscribe to our eRec Newsletter by clicking the "Newsletter" link near the bottom of our home page at [www.AvonLakeRec.com](http://www.AvonLakeRec.com)  
and/or text **ALREC to 36000** to receive information about current and upcoming Recreation programs