



talk on the lake

News & Events at the Old Firehouse Community Center

BULLETIN BOARD



Carol Burnett Show Marathon
March 5 | 9am-3pm
Continuous showings all day. Jump in anytime! Snacks provided.

FREE Lunch & Learn.
AT THE OLD FIREHOUSE
April 2 | 12pm
Predators of the Sky
 Lorain County Metro Parks
 Lunch provided by:
Avon Oaks
 A CARING COMMUNITY



DYNGUS DAY
April 14 | 12pm
KIELBASA, SAUERKRAUT, PIEROGI & POLKAS
 O'Neill | BAY VILLAGE
 Healthcare

To participate in events above, please add your name to the sign-up book or call (440) 930-4135

Why Daylight Saving Time?

Daylight Saving Time (DST) is used to save energy and make better use of daylight.



DST is a seasonal time change measure where clocks are set ahead of standard time during part of the year, usually by one hour. As DST starts, the Sun rises and sets later, on the clock, than the day before. Today, about 40% of countries worldwide use it to make better use of daylight and to conserve energy.

If you think Daylight Saving Time is a good idea, thank New Zealand scientist George Vernon Hudson and British builder William Willett. In 1895, Hudson presented a paper to the Wellington Philosophical Society, proposing a 2-hour shift forward in October and a 2-hour shift back in March. There was interest in the idea, but it was never followed through.

In 1905, independently from Hudson, British builder William Willett suggested setting the clocks ahead 20 minutes on each of the four Sundays in April, and switching them back by the same amount on each of the four Sundays in September, a total of eight time switches per year.

Willett's Daylight Saving plan caught the attention of the British Member of Parliament Robert Pearce who introduced a bill to the House of Commons in February 1908. The first Daylight Saving Bill was drafted in 1909, presented to Parliament several times and examined by a select committee. However, the idea was opposed by many, especially farmers, so the bill was never made into a law.

Willett died in 1915, the year before the United Kingdom started using DST in May 1916. It is not known if he was aware that his idea had become a reality seven years prior to his death in a small town in Ontario.

Many sources also credit Benjamin Franklin with being the first to suggest seasonal time change. However, the idea voiced by the American inventor and politician in 1784 can hardly be described as fundamental for the development of modern DST. After all, it did not even involve turning the clocks. In a letter to the editor of the Journal of Paris, which was entitled "An Economical Project for Diminishing the Cost of Light", Franklin simply suggested that Parisians could economize candle usage by getting people out of bed earlier in the morning. What's more: Franklin meant it as a joke.

Although modern DST has only been used for about 100 years, ancient civilizations are known to have engaged in comparable practices thousands of years ago. For example, the Roman water clocks used different scales for different months of the year to adjust the daily schedules to the solar time.

Daylight Saving Time is now used in over 70 countries worldwide and affects over one billion people every year. The beginning and end dates vary from one country to another.

Does Daylight Savings Time save energy?

A century ago, when DST was introduced, more daylight was a good thing because it meant less use of artificial light, helping to save energy. Modern society, with its computers, TV-screens, and air conditioning units uses more energy, no matter if the Sun is up or not. Today, the amount of energy saved from DST is negligible.

Set your clock ahead 1 hour on March 9th

Avon Lake Old Firehouse Community Center Staff • Phone: (440) 930-4135

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City of Avon Lake
Department of Parks & Recreation
150 Avon Belden Road
Avon Lake, OH 44012
(440) 930-4130



Old Firehouse Senior Center Sponsors

With the generous support of our sponsors we are able to provide more new programming at no charge to our guests and maintain low costs for other established programs. Please consider supporting them as your needs arise.

Duber Automotive
32915 Pin Oak Pkwy | Avon Lake
(440) 933-2320

AVON LAKE
ANIMAL CLINIC
We're here because we care
124 Miller Rd | Avon Lake
(440) 933-5297

Butts Plumbing
174 Lear Rd | Avon Lake
(440) 933-8686



Gentle Yoga is a restful, calming class that includes breathing, gentle flowing movements, passive and supported poses. This yoga class is appropriate for all levels including those with limited mobility, or who prefer a softer, gentler approach to yoga. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

Instructors Sherri Coleman & Erica Cambarare will be working together to provide the best possible Yoga experience for each individual. Sherri will oversee the class on Tuesdays and, Erica, on Thursdays (see bios on page 1).

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

12-Class Punch Card for \$60 or pay as you go for \$8/class.
Get Punch Cards at the Old Firehouse or at www.AvonLakeRec.com

Strength & Balance

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

A great 50+ class with stretching, balance activities, 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.

Mondays & Wednesdays at the Old Firehouse Community Center
11:00 a.m. – 12:00 p.m.

12-Class Punch Card for \$60 or pay as you go for \$8/class.
Get Punch Cards at the Old Firehouse or at www.AvonLakeRec.com

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.

Tuesday Evening Chair Yoga



Instructed by Lana Sevel

Chair Yoga for Every Body

Tuesdays 4:30 – 5:00 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



Specialty Fitness Program

“Bootcamp & Balance” class for those with movement disorders. Specializing in Parkinson’s, MS, Arthritis and all general mobility issues.

For more information call (440) 930-4141 or email tpace@avonlake.org

alzheimer’s association®

Minds in Motion®



Thursdays 1:00pm-3:00pm.

March 12, May 14, July 9, September 10, November 12


Pre-registration is required. Contact Mary Ertle at

(216) 342-5607 or mertle@alz.org to register and learn more.

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.


FREE Lunch & Learn. 

AT THE OLD FIREHOUSE

Predators of the Sky

Thursday, April 2, 12pm

 LORAIN COUNTY METRO PARKS

Lunch provided by:  Avon Oaks
A CARING COMMUNITY

Sign up in the book or call (440) 930-4135



MIND CHALLENGE

for the New Majority

Trivia Tournament for People 50+ Among 36 Cities

Regional Playoffs

Monday, March 9, 2020 | 3:30pm

Rocky River Senior Center

21012 Hilliard Boulevard, Rocky River, Ohio 44116

Teams Representing Avon Lake



Congratulations to team Avon Lake Koch who gave a valiant effort but were narrowly edged out of the competition. Thanks for your dedication to the cause! As they say in the CLE, wait 'till next year.



FEBRUARY MOVIES at the Old Firehouse

Wednesday Mornings at 10:15am

March 4 Ford v Ferrari

PG-13 | 2h 32m | Action, Biography, Drama

Cast: Matt Damon, Christian Bale, Jon Bernthal

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

Snacks provided by *Independence Village of Avon Lake*



March 11 Jojo Rabbit

PG-13 | 1h 48m | Comedy, Drama, War

Cast: Roman Griffin Davis, Thomasin McKenzie, Scarlett Johansson

Jojo is a lonely German boy who discovers that his single mother is hiding a Jewish girl in their attic. Aided only by his imaginary friend, Adolf Hitler, Jojo must confront his blind nationalism as World War II continues to rage on.

Snacks provided by *O'Neill Healthcare Bay Village*



March 18 A Beautiful Day in the Neighborhood

PG | 1h 49m | Biography, Drama

Cast: Tom Hanks, Matthew Rhys, Chris Cooper

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

Snacks provided by *City of Avon Lake Parks & Rec*



March 25 Knives Out

PG-13 | 2h 10m | Comedy, Crime, Drama

Cast: Daniel Craig, Chris Evans, Ana de Armas

When renowned crime novelist Harlan Thrombey dies just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc arrives at his estate to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Thrombey's untimely demise.

Snacks provided by *Avon Place*





EVERYBODY'S POLISH ON DYNGUS DAY
DYNGUS DAY
 Tuesday, April 14 | 12pm

**KIELBASA, SAUERKRAUT,
 PIEROGI & POLKAS**
O'Neill | BAY VILLAGE
 Healthcare

It is very popular in Polish communities across America. After the long Lenten holiday, Dyngus Day is a day of fun. And, perhaps a little romantic fun. It is always celebrated on the Monday (but we'll celebrate on Tuesday) after Easter. Sign up in the book or call (440) 930-4135 to join the fun!



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.

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

- 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 _____
 Email _____
 Street _____
 City _____ State _____ Zip _____

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

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 440-821-4617.

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.

Please consider a Membership to the Old Firehouse.

Although our expenses are generally covered by resident's tax dollars, the cost of coffee, creamer, sweetener, paper goods, plastic ware, copies, and other miscellaneous items come out of the Old Firehouse budget. Your resident membership contribution of \$25/year (\$40/couple) could go a long way to stretch our budget and use it to help defray costs of potential trips, lunches & other fun stuff.

Non-resident's contribution of \$35/year (\$50/couple) would be very much appreciated, but, as with residents, not necessary. We certainly enjoy your visits!

Please stop in, call (440) 930-4135 or visit AvonLakeRec.com to join.

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 _____
 Email _____
 Street _____
 City _____ State _____ Zip _____

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

A Duber Automotive

SENIOR HOT LUNCH

March 17th at 12:00pm

**Corned Beef, Scalloped Potatoes,
Steamed Cabbage, Tossed Salad
Rolls & Butter, Carrot Cake**

REGISTER BEFORE MARCH 13TH
\$9⁰⁰ | \$7⁰⁰ 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




Novotny

CATERING

Featuring Avon Lake's own
Lorene Coughlin
performing some of your favorite
Irish songs & sing-alongs.

Lively Avon (Lakers)!

Relocating expert to address Lively Avon Lakers in March on the subject of downsizing

Downsizing is an issue that many senior citizens face – the difficulty of parting with accumulated possessions that represent treasured memories. Some help may be available at the March luncheon of the Lively Avon Lakers when Ted Forthofer, a certified relocating and transition specialist serving northern Ohio, presents a program, "Simply Downsizing". Forthofer's company, Moves Made Easier, provides assistance to people who are coping with the physical and emotional challenges of moving from their home.

The luncheon will be held on Wednesday, March 18, at the Legacy Club of Sweetbriar Golf Course, Jaycox Road, Avon Lake. The luncheon will begin at 11:45 a.m. with a menu that includes turkey pot pie and coffee cake for dessert.

Cost is \$14 per person, which includes the full-course lunch & 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, March 16, 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 \$15 per person help finance programming. For more information, please call the organization's president, Marilyn Robertson, at (440) 258-6635.



Blood Pressure

Tuesday, March 17 | 12:30-2:30
Old Firehouse Community Center

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



**Avon Lake Fire Dept
Lock Box Program
Call 440-933-8305**

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

Bridge Mondays, Wednesdays, Fridays at 12:15pm



Hand&Foot Mondays, Thursdays, Fridays at 12:30pm

Dominoes Tuesdays at 1:00pm



Mahjong Tuesdays at 1:00pm

Pinochle Fridays at 12:00pm



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.



March

Created by Evelyn Bailey Johnson

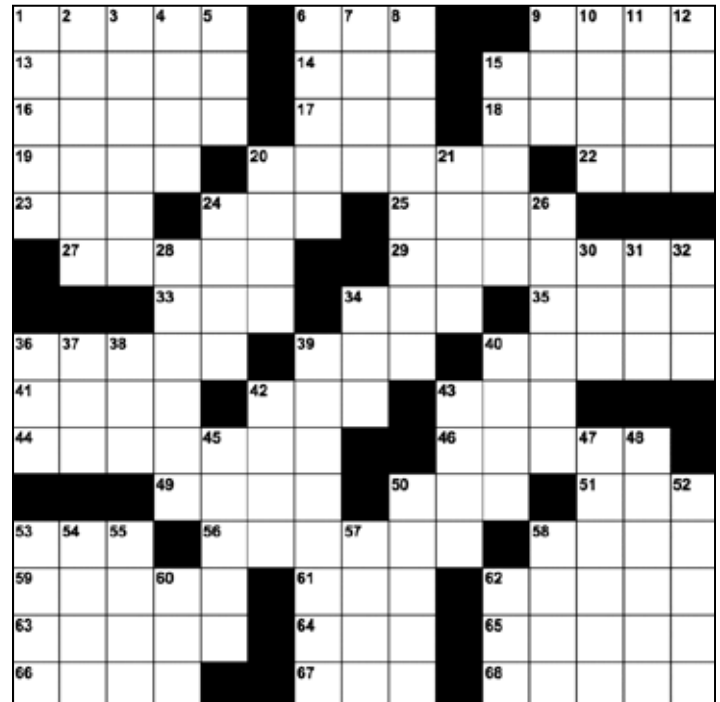
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

- | | | |
|----------|---------|----------|
| ANIMAL | GRASS | SAVINGS |
| BIRDS | GREEN | SHAMROCK |
| CLOCK | IRISH | SPRING |
| CLOUDS | MARCH | SUN |
| DAYLIGHT | PATRICK | TIME |
| FISH | RAIN | WEATHER |
| FORWARD | SAINT | WIND |

Wind & Weather

Created by Evelyn Bailey Johnson



See solution on page 5.

ACROSS

- | | | |
|-------------------------------------|--|--|
| 1 Turned toward | 27 Japanese city | 50 Buddy |
| 6 Her | 29 Having a hidden meaning | 51 Cow sound |
| 9 Grub | 33 Floor covering | 53 Ship initials |
| 13 Decorate by inserting | 34 Soaked with water | 56 Producing an uncomfortably cool sensation |
| 14 Large weight unit | 35 Costa | 58 Lowest in rank |
| 15 Tropical fruit | 36 Moses' mountain | 59 Frighten |
| 16 Fluttering | 39 Pole | 61 Bird call |
| 17 Extremely high frequency (abbr.) | 40 Plastic | 62 Wine bottle stoppers |
| 18 Disturb | 41 Foot wear | 63 Personal writings |
| 19 Accurate | 42 Fresh | 64 Feign |
| 20 Uncontrolled waters | 43 Transgression | 65 Calf |
| 22 Explosive | 44 Enfold | 66 Land measurement |
| 23 Held | 46 Transparent, tasteless, odorless liquid | 67 Distress call |
| 24 Time period | 49 Twofold | 68 Freezing rain |
| 25 Rodents | | |

DOWN

- | | | |
|-------------------------------------|---------------------------|---|
| 1 Dirtiness | 21 Run quickly | 45 Fortunate |
| 2 Windbreaker | 24 Decorative needle case | 47 Surface |
| 3 Overcast | 26 Dash | 48 Beginner |
| 4 Comfort | 28 Spoke | 50 Secret plans |
| 5 Change color | 30 Can metal | 52 Beginning |
| 6 Inscribed stone | 31 Covered with ice | 53 U.S. Department of Agriculture |
| 7 Deep exuberant laughter | 32 California (abbr.) | 54 ____ and span (very clean) |
| 8 Compelled | 34 Great! | 55 Glide |
| 9 8 oz. | 36 Compass point | 57 North American plant that is poisonous |
| 10 Poetic "has" | 37 Charged particle | 58 Pond |
| 11 Kitchen appliance | 38 Second to last mo. | 60 Unrefined metal |
| 12 Power unit | 39 Copies | 62 Discs |
| 15 Marked by bursts of wind or rain | 40 Small bottle | |
| 20 Pond dweller | 42 Man who built the arc | |
| | 43 Swing | |



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	3 Indoor Walk, 8:00 Yoga, 11:00 Dominoes, 1:00 Mahjong, 1:00	4 Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	5 Indoor Walk, 8:00 Carol Burnett Lost Episode 9:00am-3:00pm Yoga, 11:00 "Minds In Motion" Hand & Foot, 12:30	6 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	7 vitalant Blood Donations 8:30-1:00
8  Set clocks ahead 1 hour at 2:00am	9 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30 Mind Challenge 3:30 Rocky River	10 Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	11 Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	12  Indoor Walk, 8:00 Yoga, 11:00 Hand & Foot, 12:30 Minds in Motion 1:00	13 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	14
15	16 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	17 Indoor Walk, 8:00 Yoga, 11:00 HOT LUNCH 12:00 Register before March 13th Blood Pressure 12:30 Mahjong, 1:00	18 Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	19 Indoor Walk, 8:00 Yoga, 11:00 Hand & Foot, 12:30 BINGO 1:00	20 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	21
22	23 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	24 Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	25 Indoor Walk, 8:00 Bridge Lessons, 10:00 (per request) Movie, 10:15 Strength & Balance 11:00 Bridge, 12:00	26 Indoor Walk, 8:00 Yoga, 11:00 Lunch & Learn 12:00 Hand & Foot, 12:30	27 Indoor Walk, 8:00 Creative Needles, 10:00 Bridge, 12:00 Pinochle, 12:00 Hand & Foot, 12:30	28
29	30 Indoor Walk, 8:00 Strength & Balance 11:00 Bridge, 12:00 Mahjong, 1:00 Hand & Foot, 12:30	31 Indoor Walk, 8:00 Yoga, 11:00 Mahjong, 1:00	 <h1>March</h1>			

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

March 2020

talk on the lake

The Old Firehouse Community/Senior Center | 100 Avon Belden Road, Avon Lake, OH 44012 | (440) 930-4135 | 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
Bridge Lessons—Wednesdays at 10:00am (per request)
Hand & Foot—Mondays & Fridays at 12:30pm, Thursdays at 1:00pm
Pinochle—Fridays at 12:00pm
Mahjong—Tuesdays at 1:00pm
Dominoes—Tuesdays at 1:00 p.m.
Creative Needles—Fridays at 10:00am

Yoga—Tues. and Thurs. from 11:00am to 12:00pm
Strength & Balance Fitness Class—
Mondays and Wednesdays from 11:00am-12:00pm
Wednesday Morning Movies—Wednesdays at 10:15am
Ballroom Dance Lessons—
Mondays: Intermediate 7:30pm-8:30
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
Grief Counseling—per request

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
and/or text ALREC to 36000 to receive information about current and upcoming Recreation programs