



Talk on the Lake

Special Events this Month!

December 6th

Vitalant Blood Drive 8:30am–11:45am

December 11th

Holiday Brunch 11:00am

Join us for our annual Holiday Brunch courtesy of O'Neill Healthcare.

December 16th

Senior Hot Lunch 12:00pm

Balsamic Glazed Chicken Breast, Garlic Mashed Red Potatoes, Glazed Baby Carrots, Honey Dinner Rolls. Dessert will be provided by Saint Therese at St. Mary of the Woods.

Blood Pressure Screenings 12:30pm

December 18th

BINGO 2:00pm–3:30pm

Amy Margiotti of Howard Hanna calls the numbers.

December 25th

Senior Center will be Closed.

January 1st

Senior Center will be Closed.

January 8th

Lunch & Learn 12:00pm

Senior Care Authority will be providing lunch along with their presentation.

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.

Holiday Depression: How to Beat the Holiday Blues

Learn why people get depressed over the holidays and how you can overcome end of the year sadness.

You made it through Thanksgiving with a smile. And now comes the holiday double-header of Christmas and New Year's when most everyone seems to ooze good cheer and merriment. So what do you do when the world around you is wrapped in red and green and you're feeling blue?

First, recognize that you're not a Scrooge and you're most definitely not alone. The "holiday blues" are real and much more common than you think. Second, be kind to yourself. Try not to chastise yourself for what you are and what you're not feeling. And third, take a few minutes to read about some of the major causes and best remedies for the "holiday blues."

LONELINESS:

For people without a significant other, who don't have family or who live far from family, the holidays can be especially tough. While longing for company, lonely people may isolate even more leaving them feeling even worse.

Remedies:

- Resist the temptation to hunker down. Get up and get moving even if it's only for a series of short excursions to your favorite café or bookstore. The goal is to be around people. Having a brief conversation or simply exchanging smiles lifts your mood says Kenneth Yeager, PhD, clinical director of the Stress, Trauma and Resilience (STAR) Program at Ohio State University's Wexner Medical Center.
- Find new ways to keep yourself occupied so you don't dwell on your aloneness. Book a tour and see the city you live in through the

eyes of enthusiastic visitors suggests psychotherapist and trauma expert Ross Rosenberg of Clinical Care Consultants in Arlington Heights, IL. Just being a part of an animated group can reenergize you. Or volunteer at an animal shelter or somewhere that gets you out of your head while keeping your spirit engaged and uplifted.

- Call someone that you think might be feeling like you. "Take a chance," says Rosenberg. You may find that person is happy to chat or share some time with you. "Let yourself feel the pleasure of connection without the fear of rejection," Rosenberg adds.

LOSS

If you're dealing with the loss of a loved one, the idea of experiencing happiness during the holidays might make you feel guilty or disrespectful to the memory of that person.

Remedies:

- We all experience some degree of survivor guilt says Dr. Yeager. But it's important to not let "expectations about how you should feel dictate how you actually feel," he says. "Being respectful to those we've lost should include memories of good times together. A smile is just as loving as a tear."
- While you shouldn't feel guilty, it's OK to feel sad and to acknowledge to yourself and to others that you miss your loved one.

MISSING HOLIDAYS PAST

Memories and traditions are a big part of the
Continued on page 5...

A Happy Holiday Season To All!



Chanukah Sunday, December 14, 2025
through Monday, December 22, 2025

Kwanzaa Friday, December 26, 2025
through Thursday, January 1, 2026



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
8-9 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 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.

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.

WEDNESDAY MORNING MOVIES AT 10AM



DECEMBER 3

About My Father

PG-13 | 1h 29m | Comedy

Cast: Robert De Niro, Sebastian Maniscalco

A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family.



DECEMBER 10

Dear Santa

TV-G | 1h 24m | Documentary

Follow the Postal Service as it brings holiday joy to children's homes in this heartwarming documentary on the century-plus-old Operation Santa.



DECEMBER 17

Meet Me At The Christmas Train Parade

PG-13 | 1h 28m | Romance

Cast: Emma Johnson, Ryan Northcott, Will Brisbin

Charlotte's son Benny learns about old tradition Christmas train parade, he persuades her to try and reignite the Christmas magic that brought their community and neighboring towns.



DECEMBER 24

Just Like A Christmas Movie

TV-PG | 1h 29m | Romance

Cast: Marlie Collins, Brad Harder, Stephanie Izsak

Workaholic Emily isn't into holiday cheer. But when Santa magically zaps her into a typical Christmas movie, she'll have to embrace it to return home.



DECEMBER 31

Are You There God? It's Me, Margaret.

PG-13 | 1h 46m | Drama

Cast: Abby Ryder Fortson, Rachel McAdams, Kathy Bates

In the 1970s, 11-year-old Margaret navigates new friendships, family life, questions of faith — and the agony of waiting for puberty to finally arrive.

Indoor Walking Group

Stay Active This Winter Season In a Comfortable Climate!

Mon.-Fri. | 8am-9am
The Anchor 33483 Lake Road

Join us for a fun, low-impact way to stay fit all winter long—no matter the weather!

\$2/Resident | \$3/Non-resident
Punch Pass Available
Resident: 12 visits for \$20
Non-resident: 12 visits for \$30

Come walk, socialize and stay healthy—all indoors!

Or do this...



Thursday, January 8th at 11:00am
at the Old Firehouse

There will be no meeting in December.

Questions?
Call Gary Clawson at 440-935-5906.



LUNCH & LEARN

Senior Care Authority

Thursday, January 8, 2026 at 12:00pm



Avon Lake Women's Chorus Rehearsals Mondays at 9:30am

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 Dec. 16th at Noon



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

This month's menu: Balsamic Glazed Chicken Breast, Garlic Mashed Red Potatoes, Glazed Baby Carrots, Honey Dinner Rolls. Dessert will be provided by Saint Therese at St. Mary of the Woods. 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.

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



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Amy Margiotti from Howard Hanna Realty will be calling the numbers on **Thursday, December 18 at 2:00pm.** Call 440-930-4135 to reserve your spot.



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

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



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL



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. If there are topics relating to mental health and coping that you would like addressed, please feel free to let us know.

**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 _____

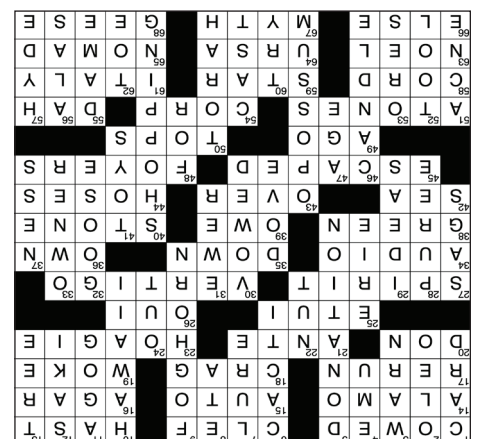
City _____ State _____ Zip _____

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

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.

Continued from page 1.

holidays. If your current life circumstances aren't the best, you may get stuck longing for the happier times in the past at the expense of the present.

Remedies:

- Create new traditions. There are no hard rules for what your holiday should look like. If you're worried that repeating an old tradition will make you sad, reinvent it for the present. No kids at home. Make that family cookie recipe for children stuck in the hospital.
- And if it's too difficult to stay where you are, give yourself permission to go somewhere that doesn't hold any memories. Book a

hotel in a town nearby or a city far away, plan a few activities, buy yourself a present and revel in the anonymity, suggests Ross Rosenberg.

Ultimately, beating the holiday blues is about staying "true to who you are," says Kenneth Yeager. That may mean saying "yes" to parties and gathering, knowing that you can always leave if needed. It means respecting your limits without succumbing to self-isolation. It means giving yourself credit for being as merry as you can. And, above all, it means recognizing and being grateful for all the little joys and moments of happiness in your life.



Join us for a
Holiday Brunch
Thursday, December 11th
at 11:00am

PROVIDED BY
O'Neill Healthcare | BAY VILLAGE

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

O'Neill Healthcare | BAY VILLAGE

Thank you to our good friends at **O'Neill Healthcare Bay Village**
for a wonderful "FRIENDSGIVING" meal!

Serving income-qualified residents of Avon and Avon Lake.



CRS COMMUNITY
RESOURCE
SERVICES

Making a difference. Right here at home.

33479 Lake Road, Suite C, Avon Lake, OH 44012
www.aalcrs.org - aalcrs@aalcrs.org - 440-933-9536
Open M-F, 10am - 2pm.
Closed Fridays from Memorial Day - Labor Day

ON-SITE
FOOD PANTRY

EMERGENCY FINANCIAL
ASSISTANCE

PERSONAL DEVELOPMENT
PROGRAMS

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.

HAPPY HOLIDAYS

by Evelyn Johnson

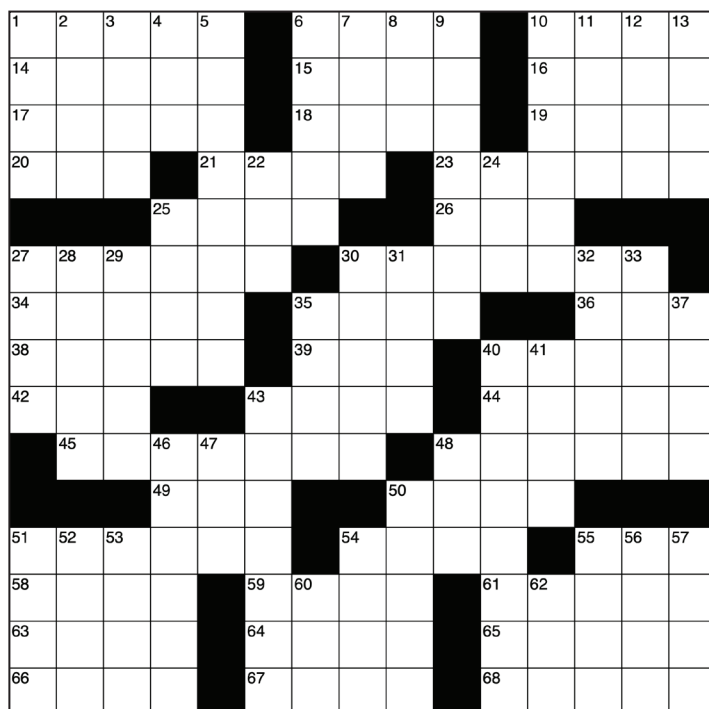
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden quotation by Charles Dickens. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

BAUBLE	EGGNOG	HANUKKAH	LIGHTS	SNOW
CAROL	ELVES	HOLIDAY	MISTLETOE	TINSEL
CHIMNEY	EPIPHANY	HOLLY	NATIVITY	TOYS
CHRISTMAS	GIFTS	KWANZAA	SLEIGH	TREE
				WREATH

MERRY CHRISTMAS

by Evelyn Johnson



Solution on page 4.

ACROSS

- | | | |
|---------------------------|-----------------------|--|
| 1 Daunted | 27 Supernatural being | 50 Spinning toys |
| 6 Musical treble _____ | 30 Pilot's fear | 51 Repents |
| 10 Poetic "has" | 34 Sound | 54 Corporation (abbr.) |
| 14 "Remember the _____" | 35 Football term | 55 Telegraphic signal |
| 15 Motor vehicle | 36 Possess | 58 Measure of wood |
| 16 Seaweed substance | 38 Color of grass | 59 Celestial body visible from earth as a point of light |
| 17 Old TV show | 39 IOU part | 61 European country |
| 18 Cliff | 40 Large pebble | 63 Christmas song |
| 19 Came out of sleep | 42 Body of water | 64 _____ Minor (Little Dipper) |
| 20 Put on | 43 Done | 65 Wanderer |
| 21 Wager | 44 Water carriers | 66 Otherwise |
| 23 Submarine sandwich | 45 Free | 67 Story |
| 25 Decorative needle case | 48 Entrance halls | 68 Birds that make a gaggle |
| 26 French "yes" | 49 Past | |

DOWN

- | | | |
|--|--|---|
| 1 Piece of stiff paper used to send greetings | and branches | 43 Nocturnal marsupial |
| 2 Margarine | 22 Cashew | 46 Long piece of wax with a wick that is burned for light |
| 3 Notify of danger | 24 Absent | 47 Stage of life |
| 4 Flightless bird | 25 Canal | 48 Pro |
| 5 Act of giving or contributing, as to a cause | 27 Droops | 50 Jewish scripture |
| 6 Desert plants | 28 Mush up | 51 Teen disease |
| 7 Bait | 29 Thoughts | 52 Adze |
| 8 Estimated time of arrival | 30 Swore an oath | 53 Mined metals |
| 9 Warning horn | 31 Water pitcher | 54 Broken bone holder |
| 10 American state | 32 Christmas bird | 55 Madam |
| 11 Impatient | 33 Proprietor | 56 Alack's partner |
| 12 Rice wine | 35 Bird of peace | 57 Dr. Jekyll's "partner" |
| 13 Perennial woody plant that has roots, trunk | 37 Loch _____ monster | 60 Attempt |
| | 40 Looking for and buying goods in a store | 62 Foot extension |
| | 41 Used in play by children | |

Why is everyone thirsty at the North Pole?

No well.

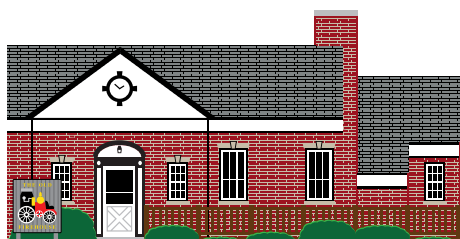


DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	2 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	3 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	4 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Westshore Watercolor 4:00p Yoga Flow*	5 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
8 8:00a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot	9 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	10 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 12:30p Duplicate Bridge 1:00p Game Players 1:30p Rummikub	11 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:00a Holiday Brunch 11:15a Yin Yoga* 4:00p Yoga Flow* 	12 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot
15 8:00a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Hand & Foot 	16 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:00 HOT LUNCH 12:30 BP 12:30p Mahjong 1:00p Dominoes 	17 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub 	18 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 2:00p Bingo 4:00p Yoga Flow* 	19 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 Third Friday Bridge 
22 8:00a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot 	23 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	24 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	25 Closed 	26 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 12:30p Westsiders Mahjong 
29 8:00a Advanced TRX 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot 	30 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes 	31 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub 	1 Closed  	2 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

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

Phone: 440-930-4135

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

Patty Knip
Senior Programming
pknip@avonlake.org



Please support our AVON LAKE SENIOR CENTER SPONSORS

Amy Margiotti
Howard Hanna
Senior Real Estate Specialist
440-221-8657



Marny Fannin
Home Instead
In-home Care
440-353-3080



Julie Graf Skinner
440-933-3202
440-937-6175



Devon Fegen-Herdman
Declutter with Devon LLC
Professional Organizing Services
440-610-0407



O'Neill Healthcare | **BAY VILLAGE**
440-871-3474



An Eliza Jennings Community
440-250-2300

MJ ROGERS & COMPANY
INVESTMENTS – RETIREMENT – INSURANCE

440.ADVISOR



Available online at www.AvonLakeRec.com

