

# Talk on the Lake

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

# **Special Events this Month!**

# **November 1st**

Vitalant Blood Drive 8:30am-11:45am

### **November 2nd**

TIME CHANGE. Move clocks back 1 hour.

## **November 10th**

**Veteran Pinning Ceremonies 11:30am–12:30pm**Brief ceremony includes pinning & box lunch for Veteran & spouse. Made possible by Busch Funeral Home and Cremetory, Home Instead In Home Care, and Residence Home Care.

### **November 13th**

Vision Concerns Meeting 11:00am-12:00pm

### **November 13th**

# Friendsgiving 12:00pm

Join us for a Thanksgiving-style meal courtesy of O'Neill Healthcare.

## **November 18th**

### Senior Hot Lunch 12:00pm

Honey cured ham, Steamed broccoli, Scalloped potatoes au gratin, Rolls & Butter, Sliced nut roll.

**Blood Pressure Screenings 12:30pm** 

# **November 20th**

BINGO 2:00pm-3:30pm

### **November 22nd**

### Fall Craft Show 2:30pm-6:30pm

Local crafters will be displaying their crafts during the Light Up the Park—Holiday Celebration.

### November 27th & 28th

The Senior Center will be closed for the Thanksgiving Holiday.

# 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!





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

Membership provides FREE Pool Admission!

# A Season of Gratitude at the Old Firehouse

As the leaves turn golden and the air grows crisp, November reminds us to slow down, reflect, and give thanks for the people who make our days brighter. Here at the Old Firehouse Senior Center, we have so much to be grateful for — from the laughter that fills our halls to the friendships that continue to blossom every day.

This month, we celebrate gratitude, community, and connection. Whether it's sharing a cup of coffee after morning fitness, joining in on a sing-along, or catching up during lunch, these small moments remind us what makes our center truly special — the people.

We'd also like to take a moment to recognize one of those wonderful people — Martin "Marty" Brattoli, our Senior Spotlight of the Month! Marty's humor, music, and energy bring joy to everyone he meets (you can read his full story inside this issue).

As Thanksgiving approaches, we encourage everyone to reflect on what they're thankful for — and maybe share those thoughts with a friend, a neighbor, or a loved one. After all, gratitude shared is gratitude multiplied.

Here's to a cozy November filled with friendship, laughter, and love. From all of us at the Avon Lake Senior Center, we wish you a warm and wonderful Thanksgiving season.



The Old Firehouse Staff





# Senior Spotlight— Meet Martin "Marty" Brattoli

This month, we're shining the spotlight on one of our most beloved members — Martin "Marty" Brattoli!

Marty was born in New Lexington, Ohio, and raised in Elyria, where he attended St. Mary's Catholic School. He fondly remembers walking to school from Cleveland Street — uphill both ways, of course! Along the way, he often "tussled" with a crossing guard, who eventually became a good friend. After all, how could anyone not befriend Marty? He's always

smiling, cracking jokes, and bursting into song whenever he gets the chance.

Marty is a proud father of two daughters and two sons, and his family has since grown to include over 20 grandchildren! His journey eventually took him to California, where he launched a successful renovation business catering to Hollywood's stars throughout the 1960s, '70s, and '80s.

These days, Marty calls Avon Lake home — and we're lucky to have him here at the Old Firehouse Community Center. His love for music is infectious, and we've bonded over tunes from his era. Thanks to Marty, I (a 40-year-old!) now know the smooth sounds of Englebert Humperdinck. Unsurprisingly, many of Marty's favorite songs are about love and women — imagine that!

Marty credits his recent muscle gains to our fantastic fitness instructors who keep him on his toes. More importantly, he says the Avon Lake Senior Center has become his new family. He cherishes the friendships, laughter, and conversations shared here every day.

Hats off to you, Marty! Thank you for your warmth, humor, and friendship — you make the Old Firehouse a brighter place for all of us.

— Written by Brian Mahoney

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NOVEMBER 2025 PAGE 2

# Fitness at the Old Firehouse







# Renew Active® & SilverSneakers™ compliant.

No charge for Renew Active or SilverSneakers members. Otherwise, there is an \$8.00 drop-in fee per class.

12 visit punch pass membership is available for \$60.00 which may be used for any of our regular group fitness classes.

# **Fitness Levels**

- For people with limited mobility (e.g., MS, Parkinsons, Severe Arthritis).
- 2 For mobile people that may require a chair for some additional support.
- For people with no mobility issues.

MON	TUE	WED	THU	FRI
8-9 Advanced TRX Carrie	9-10 <b>Boom</b> <b>Muscle</b> Carrie	9:30-10:15 <b>Stability</b> Beth	9-10 <b>Boom</b> <b>Muscle</b> Carrie	9:15-10 <b>Chair Yoga</b> Crissy
9:30-10:15 <b>Stability</b> Beth	10:30-11:15 <b>Stability</b> <b>Plus</b> Beth	10:30-11:15 <b>Classic</b> Kelly	10:15-11:00 Boom Move Carrie	10:15-11:00 Stability Plus Heather
10:30-11:15 <b>Circuit</b> Maria		11:30-12:15 Gentle Yoga Flow Dawn	11:15-12:00 <b>Yin Yoga</b> Crissy	11:15-12:00 <b>Yoga Plus</b> Heather
11:30-12:15 Focused Gentle Yoga Maria				
			4:00p-5:00p <b>Yoga Flow</b> Heather	

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

**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.

- **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.
- **BOOM MOVE** Dance-inspired workout to challenge cardio finess 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.
- **CLASSIC** Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.
- **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.
- **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.
- **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 posses) 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.
- **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.

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# **VISION CONCERNS GROUP**

# Thursday, November 11th at 11:00am at the Old Firehouse

Ken Redd, from the Talking Books program, will be demonstrating the new talking books machine and advancements happening at the Cleveland Library for the Blind and Physically Handicapped.

The next meeting will be Thursday, January 8, 2026 and will be devoted to various issues concerning your eyes.

There will be no meeting in December.

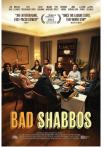
# Pen Pal Letters VOLUNTEERS NEEDED FOR THIS PROGRAM!

We have 80 kids signed up to write letters. The program is designed with writing templates/



questions for the students and our seniors.
The program will end with a meet and greet at the Senior Center.











# **NOVEMBER 5 Bad Shabbos**

PG-13 | 1h 24m | Comedy

Cast: Milana Vayntrub, Kyra Sedgwick, David Paymer

An interfaith engaged couple plans a Shabbat dinner for their parents' first meeting. An unexpected death interrupts their plans.

# NOVEMBER 12 Joy. The Birth of IVf

PG-13 | 1h 55m | Biography/Drama

Cast: Bill Nighy, James Norton, Tomasin McKenzie

A young nurse, a visionary scientist, and an innovative surgeon face opposition from the church, state, media, and medical establishment in their pursuit of the world's first 'test tube baby,' Louise Joy Brown.

# NOVEMBER 19 | The Boy Who Harnessed the Wind

PG-13 | 1h 53m | Drama/History

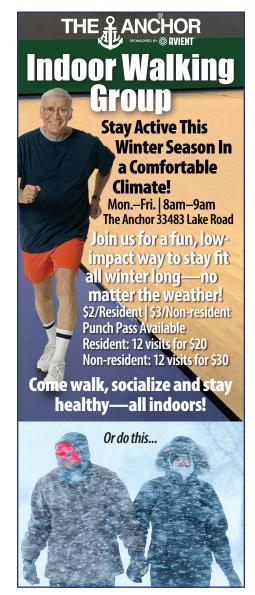
Cast: Steve Coogan. Jonathan Pryce

Inspired by a science book, 13-year-old William Kamkwamba builds a wind turbine to save his Malawian village from famine. Based on a true story.

# **NOVEMBER 26 | Plains, Trains, and Automobiles**

R | 1h 33m | Comedy/Drama

Easily excitable Neal Page is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas. He is forced to bunk up with talkative Del Griffith, whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.





# FALL CRAFT SHOW

At The Old Firehouse

In conjunction with "Light Up the Park—Holiday Celebration" **Saturday, November 22 | 2:30pm-6:30pm** 



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 Oganization – 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 Nov. 18th at Noon



\$7.00 | \$5.00 for Members | Free for 90+
This month's menu: Honey cured ham,
Steamed broccoli, Scalloped potatoes
au gratin, Rolls & Butter, Sliced nut roll.
If you have paid for your lunch and you are
uable 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, this month, due to a change in our programming schedule, we will be playing Bingo on *Thursday, November 20th at 2:00pm*.

Sharon Nicholas with *Always Best Care* will be calling the numbers.

Call 440-930-4135 to reserve your spot.

# 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 \_\_\_\_\_ 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"



# Blood Pressure Checks Tuesday, Nov. 18th 12:30p—2:30p

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





# **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.

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# **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 afixed 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.





REGISTER BY FRIDAY, OCTOBER 31 | Call 440-930-4135.

Provided by:







Special thanks to Sally Tomko!

# Serving income-qualified residents of Avon and Avon Lake.



Making a difference. Right here at home. 33479 LakeRoad, Suite C, Avon Lake, OH 44012 www.aalcrs.org - aalcrs@aalcrs.org - 440-933-9536 Open M-F, I0am - 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.

# THANKSGIVING DAY by Evelyn Johnson

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

THATHURSDAYNGK SREVOTFELG TRESNA Ν EGDSAY S THGETONB KTNDRAEMY EAHOYAEL В Т A ESPNLY BFSGRNAP URELYGTDAUAAAH CAOREAN RMNROHF -RRKNGMRTDY ICKSVNKL DRUMS Т **GIBLETS** 

CELEBRATE **CRANBERRIES DRUMSTICK FEAST** 

**FOOTBALL** 

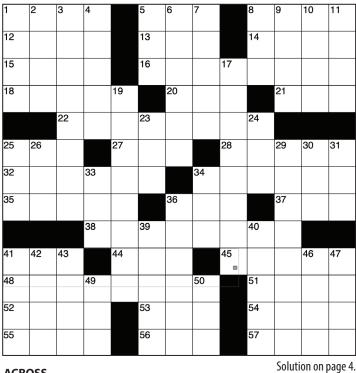
**GRATEFUL HOLIDAY INDIANS** 

**LEFTOVERS NOVEMBER** PIE

**PILGRIMS** 

**PLATTER THURSDAY PUMPKIN TRADITION TURKEY** STUFFING THANKSGIVING YAMS

NOVEMBER by Evelyn Johnson



### **ACROSS**

- 1 Christmas meats 22 Angus (2 wds.) 5 Furthest back
- 8 Syrian bishop
- 12 Black
- 13 Professional
- 14 Sampling of vote
- 15 Second letter of the greek alphabet
- 16 Tore (2 wds.)
- 18 Set of moral values 20 Mr.
- 21 Okay

- 25 Women's undergarment
- 27 State
- 28 Rabbit
- 32 Type of star or watch
- 34 Medium-sized tuna
- 35 Fruit 36 Romp
- 37 Acid drug
- 38 Loaf
- 41 Enact
- 44 Compete

- 45 "That's the last
- 48 Scottish area
- 51 Father
- 52 Three
- 53 Self-esteem 54 Austin novel
- 55 Upon
- 56 Color of cranberries
- 57 Association (abbr.)



- 1 Greek goddess of youth
- 2 A wager (2 wds.)
- 3 Coat protector
- 4 Slow, shelled animal
- 5 Rainy mo.
- 6 Playful
- 7 Subject
- 8 Сору
- 9 Personify
- 10 Color
- 11 Swiss mountains
- 17 Lengthens duration

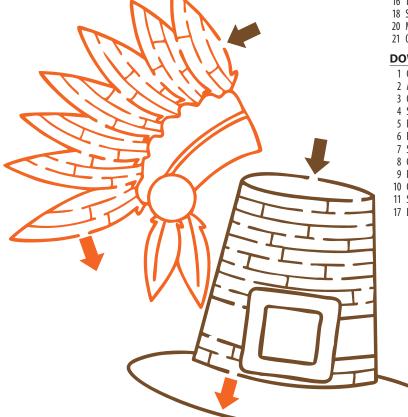
- 19 Famous lover
- 23 Sedan 24 Colorless
- 25 Tempo
- 26 Regret
- 29 First to celebrate
- thanksgiving
- 30 That (possessive)
- 31 Affirmative gesture

36 Grow feathers

- 33 Sun's name
- 34 Shop

- 39 Ocean (big ship)
- 40 Afloat (2 wds.) 41 Singing voice
- 42 Plant with ears
- 43 Mock
- 46 Limbs
- 47 Deprive
- 49 Lavatory
- 50 Sward

Why do pilgrims' pants always fall down? Because they wear their buckles on their hats!



# **NOVEMBER 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	6 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 4:00p Yoga Flow*	7 8:00a Indoor Walking 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 Dupicate Bridge
10 3:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 11:30a Veteran Pinnings (Parking Lot Drive Up) 12:30p Bridge 12:30p Bunco 1:00p Hand & Foot	8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	12 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 12:30p Dupicate Bridge 1:00p Game Players 1:30p Rummikub	13 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:00a Vision Concerns 12:00p Friendsgiving 11:15a Yin Yoga* 4:00p Yoga Flow* O'Neill BAY VILLAGE	14 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot
17 8:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Dupicate Bridge 1:00p Hand & Foot	18 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:00 HOT LUNCH 12:30 BP 12:30p Mahjong 1:00p Dominoes	8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 2:00p Bingo 4:00p Yoga Flow*	21 8:00a Indoor Walking 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
24 8:00a Indoor Walking 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	25 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	26 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	27 Closed  THANKSGIV	28 Closed
November 2 Clocks back 1 hour	***	HONO.	NOVEMBER 11 PRING ALL WHO	SERVED

<sup>\*</sup>SilverSneakers® and Renew Active  $^{\mathtt{m}}$  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:





# Talk on the Lake

CITY OF AVON LAKE SENIOR CENTER

# Phone: 440-930-4135

### **Brian Mahonev**

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



Hedi Huebler 🔣 **Four Seasons** Home Care 440-716-9100



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





440-250-2300

Julie Graf Skinner



INVESTMENTS - RETIREMENT - INSURANCE 440.ADVISOR



440-933-3202 440-937-6175

440-610-0407





Available online at www.AvonLakeRec.com

