



# talk on the lake

News & Events at the Avon Lake Senior Center



Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations. Earth Day is celebrated on April 22 in the United States and on either April 22 or the day the spring equinox occurs throughout the rest of the world.

Environmental activism during the 1960s inspired Wisconsin Sen. Gaylord Nelson to create a national celebration uniting the environmental movement. With the help of Denis Hayes, a graduate student at Harvard University, Nelson organized the first Earth Day on April 22, 1970, educating participants in the importance of environmental conservation. Attended by 20 million people across the United States, the event strengthened support for legislation such as the Clean Air Act (updated in 1970) and the Endangered Species Act (1973).

In 1990, Hayes organized a global Earth Day, with more than 200 million participants in more than 140 countries. Earth Day now brings together citizens and activists from around the world to raise awareness and take action regarding such environmental concerns as global warming and renewable energy. Today, the Earth Day Network (EDN), which brings

together more than 20,000 partners and organizations in 190 countries, supports the Earth Day mission year-round. This mission is founded on the premise that all people, regardless of race, gender, income, or geography, have a moral right to a healthy, sustainable environment. The Earth Day Network pursues this mission through education, public policy, and activism campaigns. These campaigns bring together more than 1 billion participants every year, making it one of the largest public, secular events in the world.

### EARTH DAYS CORE ISSUES

This set of goals underlines Earth Day events and actions around the world, which can be organized into ten core issues.

**Advocacy:** Supporters encourage individuals and organizations to meet with elected officials to discuss environmental issues. The online program "Million Acts of Green," for instance, encourages visitors to adopt lifestyle changes such as composting, reducing your carbon footprint, or recycling e-waste.

**Climate Change:** Supporters raise awareness about climate change, human contribution to those changes, and opportunities to slow the phenomenon. Many Earth Day supporters, for instance, encourage citizens to support the landmark Paris Climate agreement, set to be signed on Earth Day 2016.

**Conservation & Biology:** Supporters work to conserve the world's biodiversity. On Earth Day 2010, for instance, participants in Sri Lanka planted more than 100 medicinal plants throughout the tropical rain forest at Yagirala Forest Reserve. These plants can be used by local populations and will create habitats for different organisms, enhancing the biodiversity of the island nation.

**Education:** Earth Day education programs provide educators, students, and the general public with resources and solutions to create a healthier, more sustainable planet. On Earth Day 2010, for instance,

*(Continued on page 3)*

**AVON LAKE  
TOTAL  
ECLIPSE**  
TOTALITY'S BEST SEAT  
04.08.2024

**Monday, April 8th, 2024**  
**Not just an ordinary  
Monday in Avon Lake!**  
**SENIOR CENTER  
WILL BE CLOSED!**

**LET'S GET  
Avon Lake  
"Senior" Prom  
Friday  
May 31st  
5pm-9pm**

**Reservations due by May 17th.  
Wear your 60's attire!**

**\$10/Person  
Ages 55+**

**GROOVY**

## THANK YOU TO OUR SENIOR CENTER SPONSORS



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



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



**JOSEPH L. MOTTA CO., LPA**  
Estate Planning & Elder Law  
440-930-2826



**MJROGERS  
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**Busch**  
Cremation • Burial • Pre-Planning  
Julie Graf Skinner  
440-933-3202 | 440-937-6175

# Fitness at the Old Firehouse



**Renew Active™**  
by UnitedHealthcare



## 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
<b>8-9</b> <b>Advanced TRX</b> <b>Carrie</b>	9-10 <b>Boom Muscle</b> Carrie	9:30-10:15 <b>Stability</b> Beth	9-10 <b>Boom 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 Plus</b> Beth	10:30-11:15 <b>Classic</b> Kelly	10:15-11:00 <b>Circuit</b> Carrie	10:15-11 <b>Yin Yoga</b> Sherri
10:30-11:15 <b>Circuit</b> Maria	11:30-12:15 <b>Gentle Yoga Flow</b> Sherri	11:30-12:15 <b>Gentle Yoga</b> Sherri	4-4:45 <b>Yoga Flow</b> Sherri	11:30-12:15 <b>Stability Plus</b> Lana
11:30-12:15 <b>Focused Gentle Yoga</b> Maria	4-5 <b>Boom Muscle</b> Carrie			

**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. This sculpting class will tone upper and lower body using various equipment like hand weights, body bars, TRX, and your own body weight.

**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.

**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.

**1 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.

**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.

**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.



JOIN US!  
**EVERBODY'S POLISH**  
ON DYNGUS DAY!

**Tuesday, April 2**  
**at 12:00pm**

MEAL PROVIDED BY  
**O'Neill | BAY VILLAGE**  
Healthcare

**SPACE IS LIMITED. CALL 440-930-4135 TO SIGN UP.**

**APRIL FOOLS' DAY**

April Fools' Day—occurring on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools' Day prank. While its exact history is shrouded in mystery, the embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life.

#### Origins of April Fools' Day

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools.” These pranks included having paper fish placed on their backs and being referred to as “poisson d'avril” (April fish), said to symbolize a young, easily caught fish and a gullible person.

#### Hilaria in Ancient Rome

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth.

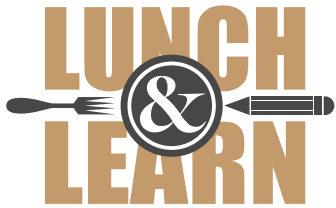
There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

#### History of April Fools' Day

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with “hunting the gowk,” in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or “kick me” signs on them.

## THURSDAY, APRIL 25TH | 12:00PM

# Understanding Your Medications



**Sign up NOW!**  
Space is limited.  
Call 440-930-4135

Join us for this informative talk as noted medical lecturer and patient advocate **Tom Strong** discusses how drugs work, what causes side effects and how you can protect yourself as a consumer of medications.

Lunch provided by:



(From page 1)

teachers and students in the Compostela Valley region of the Philippines participated in a day-long conference. At the conference, they learned about tree planting and care, participated in nature hikes, and presented their environmental action projects to the community.

**Energy:** Advocates support projects that develop renewable energy sources and technologies as means of transitioning off of nonrenewable sources, such as coal and oil. Citizens of Qatar, for example, are invited to switch off their power for one hour on Earth Day in a symbolic stance against human contributions to global warming.

**Food & Agriculture:** Supporters raise awareness about some farming practices, such as the use of chemical pesticides, which contribute to environmental degradation. Supporters also advocate for a greater support of organic, local, and sustainable agricultural techniques. Member organizations of this issue group include Articultores, based in Buenos Aires, Argentina, which raises awareness about urban gardening and brings citizens and youth together to plant in abandoned sites in cities.

**Green Economy:** Supporters advocate for the creation of green industries and jobs that are connected to renewable energy sources. For example, the Students in Free Enterprise group in Saskatchewan, Canada, sponsors a prize for student projects that

make best use of recycled materials.

**Green Schools:** The Earth Day Network sponsors the National GREEN Schools Campaign. The GREEN Schools Campaign includes a focus on healthy school lunches, environmental classroom activities, outreach to local and national leaders, and an emphasis on sustainable building techniques.

**Recycling & Waste Reduction:** Supporters work to reduce the amount of waste that people produce, and increase the amount that we recycle and reuse. The Beach Bunch group of Brunei, for example, organizes beach-cleaning campaigns.

**Sustainable Development:** Supporters promote environmental practices that respect biodiversity and the natural world. Costa Rica, for instance, has implemented the Viaje Limpio program, in which individuals and companies pay a fee for the greenhouse gases they produce through travel. This money goes to protect the rain forest, water resources, and biodiversity of Costa Rica. Viaje Limpio helps the Costa Rican economy, because biodiversity and the rain forest are important natural assets that bring thousands of tourists to the country every year.

In only 40 years, Earth Day has evolved from a single day celebrating the environmental movement in the United States to a global network that empowers more than a billion people to better understand, protect, and improve the environment.

**ABOUT OUR SENIOR CENTER**

The Avon Lake Senior Center strives to become a focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community. We offer services and activities within the center and link participants with resources offered by other agencies. Our programs consist of a variety of individual and group services and activities.

All senior center participants including staff should respect the rights and dignity of others. To assure that all participants have pleasant and meaningful experiences in our senior center, participants shall govern themselves by the following **Code of Conduct:**

- Participants shall treat others with courtesy and respect.
- Participants shall not use profanity, engage in the use of derogatory comments or use language that is abusive, threatening, loud, insulting or harassing.
- Participants shall not fight, encourage others to fight, bully or engage in disruptive behavior.
- Participants shall not damage or deface Center property.
- Participants shall not remove any property from the Center without permission from the director.
- Participants shall not steal.
- Participants shall not bring alcohol, illegal drugs or weapons to the Center.
- Participants shall not engage in solicitation within the Center.
- Participants shall not make unwelcomed sexual advances, requests for sexual favors and other verbal, physical or visual conduct of a sexual nature.

Participants of the Avon Lake Senior Center must be able to care for themselves independently while participating in Center activities and must govern themselves by the Center's Code of Conduct above.

Proper personal hygiene is expected from all members, i.e., daily bathing and clean clothing for health purposes and common courtesy for all members and guests.

The Center is not responsible for the security, damage or theft of any personal belongings or misplaced items within the Center or on its grounds.

All participants must check in at the Reception Desk upon entering the Center.

The Center is a family. We do not support individualized programs that do not include all.

The City of Avon Lake's policy prohibits discrimination in employment, services, and all related programs on the basis of color, race, religion, creed, national origin, ancestry, marital status, sex, age or handicap.

**Thank you in advance for your cooperation!**

**HOT LUNCH**  
**April 16th, Noon**

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

This month's menu: **Breaded Boneless Pork Cutlets, Three Cheese Macaroni & Cheese, California Blend Vegetables, Rolls & Butter, Cheesecake Bites.** If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online at [www.AvonLakeRec.com](http://www.AvonLakeRec.com).

*The Hot Lunch program is sponsored by:*

**Amy Margiotti**  
Howard Hanna, Senior Real Estate Specialist

**Marny Fannin**  
Home Instead, In-Home Care

**Joseph L. Motta Co., LPA**  
Estate Planning & Elder Law

**MJ Rogers & Company**  
Investments, Retirement, Insurance  
**Busch**

Cremation, Burial, Pre-planning

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

**Blood Pressure Checks**  
**Tuesday, April 16 | 12:30-2:30**  
**Old Firehouse**

The third Tuesday of each month, Evelyn from St. John Medical Center will be here to check blood pressures from 12:30pm-2:30pm.



We're looking for your ideas to enhance our Senior Center. Any suggestions for activities, fitness classes, movies, Lunch & Learn topics, etc., let us know. If you wish to remain anonymous, place your written ideas in the dropbox across from Patty's office.

**Avon Lake Women's Chorus**  
**Avon Lake Women's Chorus welcomes women of all ages and communities (not limited to Avon Lake residents).**

We prepare winter and spring programs to entertain residents of independent/assisted-living facilities and clubs/groups in Lorain & Western Cuyahoga Counties. Under direction of a professional choral director and an accomplished pianist, our upbeat programs feature a wide variety of music that is sure to get faces smiling and toes tapping!



**No auditions!** All voice ranges welcome! Ability to read music and choral experience helpful in learning 4-part harmonies.

**Practices are Monday mornings through May, 9:30a-11:30a at the Old Firehouse.** Interested? Call Irene at 216-407-5119.



Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Amy Margiotti, Senior Real Estate Specialist, will be calling the numbers on Thursday, April 18th at 2:00pm.

**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 \_\_\_\_\_  
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"

# APRIL MOVIES

10:00 WEDNESDAY MORNINGS  
AT THE OLD FIREHOUSE



**April 3**  
**THE CATCHER WAS A SPY** (Netflix)  
R | 1h 34m | Drama  
Cast: Paul Rudd, Mark Strong, Sienna Miller

During World War II, professional baseball catcher Moe Berg is recruited for a daring mission to prevent Nazi Germany from building an atomic bomb.



**April 10**  
**QUEEN BEES** (Netflix)  
PG-13 | 1h 41m | Comedy  
Cast: Ellen Burstyn, James Cann, Ann Margret

Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games and new relationships.



**April 17**  
**MY ALL AMERICAN** (Netflix)  
PG | 1h 58m | Sports, Drama  
Cast: Aaron Eckhart, Finn Wittrock, Sarah Bolger

This true-life drama tells the story of football legend Freddie Steinmark, the Texas Longhorns safety who gave his all despite the odds against him.



**April 24**  
**FALLING FOR FIGARO** (Netflix)  
TV-MA | 1h 44m | Romantic Comedy  
Cast: Danielle Macdonald, Hough Skinner, Joanna Lumley

A fund manager trades her cushy life in London for a tiny Scottish village, where she chases her singing dreams coached by a crotchety former opera star.



## Thanks for your "pull tab" contributions!



Pull tabs collected for the Ronald McDonald House Family Fund help support the families that stay at RMHC NEO by providing meals and items for families, assistance in emergencies, and giving families special moments – like small gifts for children if they have a birthday while at the House.  
**Please keep 'em coming!**

## Vision Support Group

This group hosted by Gary Clawson gathers to discuss vision concerns. Different topics and guest speakers enhance most meetings. For more information and to learn this month's topics call Gary Clawson at (440) 933-8486 or (440) 935-5906.  
**Meets on April 11th at 11:00am.**

## 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.



## 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](http://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](http://www.avonlake.org).

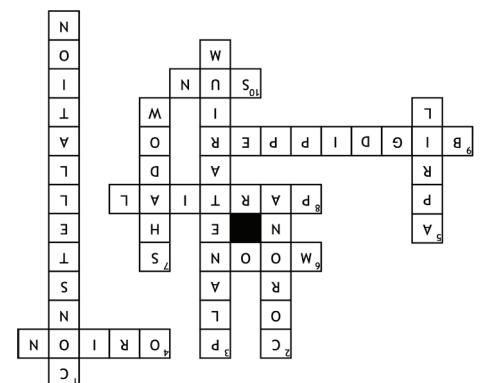
- MONDAY:** Medical Appointments, Drug Mart Plaza and area, and Avon Lake Public Library.
- TUESDAY:** Medical Appointments, Giant Eagle, and Learwood Square.
- WEDNESDAY:** Medical Appointments, Avon Commons, and Wal-Mart.
- THURSDAY:** Medical Appointments ONLY

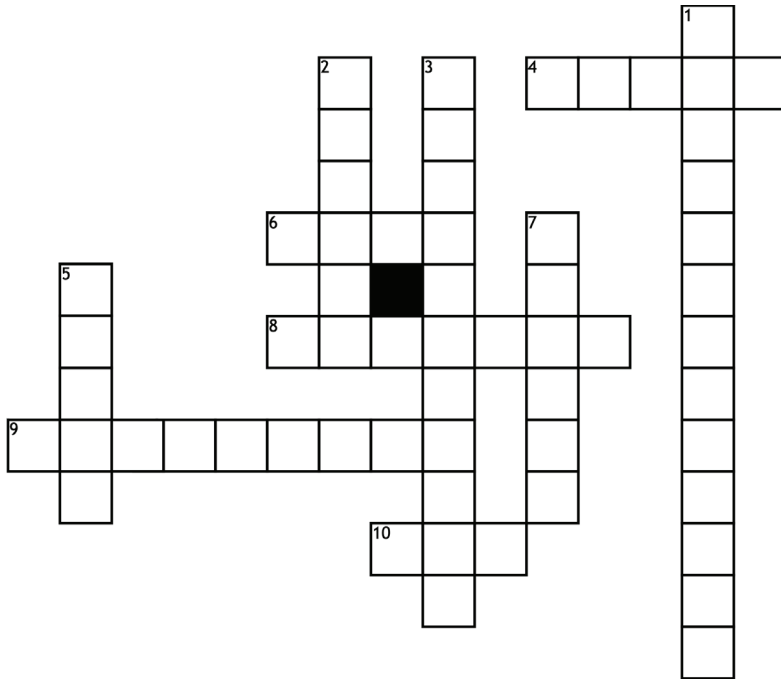
## Meals On Wheels

The Neighborhood Alliance is now overseeing the 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, please call: 440-233-8768, Opt. 2.

## 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 the office at 440-933-5639 and ask to speak with one of the Client Coordinators.





# SOLAR ECLIPSE

## ACROSS

4. What constellation is famous for his belt of three stars?
6. A body that goes around the Earth
8. In Michigan they can see a \_\_\_\_\_ eclipse.
9. What is another name for "Ursa Major"? (2 words)
10. Don't look directly at this without special glasses!

## DOWN

1. What is another name for a group of stars?
2. What is the aura of plasma that surrounds the sun and other stars?
3. What did the Curious Kids Museum bring to the library so we could see the stars indoors?
5. During what month will the total solar eclipse occur?
7. The moon causes a \_\_\_\_\_ during a total eclipse.

Solution on page 5.



# SOLAR ECLIPSE

- MOON
- SEQUENCE
- PARTICIPATION
- SPACE ADMINISTRATION
- PARTIAL
- EARTH
- MOON
- ECLIPSE
- BOY SCOUTS OF AMERICA
- WEATHER
- PROJECTOR
- AERONAUTICS
- PATH
- SHADOW
- SUN
- PATCH
- FRACTION
- CORONA
- SPECTACLE
- DEGREE
- TOTALITY
- VIEWING
- MAP
- LUNAR
- SPACE STATION
- OBSERVERS
- NASA
- SAFETY
- LIGHT
- UNITED STATES
- SOLAR

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



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

*To Our Friend:*



CITY OF AVON LAKE SENIOR CENTER

# talk on the lake

OPEN WEEKDAYS 8:00AM-4:30PM OR CALL 440-930-4135

**Open Weekdays**  
**8:00am-4:30pm**  
**440-930-4135**

**Patty Knip**  
Senior Programming  
pknip@avonlake.org

**Mike Kral**  
Senior Center Director &  
Recreation Facilities Manager  
mkral@avonlake.org



Available online at [www.AvonLakeRec.com](http://www.AvonLakeRec.com) | Click



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

**Membership provides FREE Pool Admission!**