



August 2025

Talk on the Lake

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

Special Events this Month!

August 7th

FREE Lunch & Learn 12:00pm.

History of Put-In-Bay presented by Sally Tomko of Infinite Helping Hands. Lunch provided by Infinite Helping Hands and Heartland Hospice.

August 10th

Concert at Miller Road Park at 6:00pm featuring "Follow the Sun" and food trucks Jones Bones BBQ and Hawaii Ice.

August 14th

Presentation on Artificial Intelligence at 12pm. Snacks, water, and coffee will be provided.

4:00pm-8:00pm: CLE Market with Concert at Veterans' Memorial Park with music by "Dave Hinrich". With food trucks are b'Raised in the CLE & Hawaii Ice.

August 18th-22nd

Tennis in the Land at Nautica Entertainment Complex. All adults 55+ will receive half-priced admission to our daysessions Monday August 19-Wednesday August 20!

August 19th

Senior Hot Lunch—BBQ Pulled Pork. Blood Pressure screenings.

August 21st

BINGO BINGO BINGO 2:00pm

August 28th

FREE Lunch & Learn 12:00pm. Decluttering your home.

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.

Membership provides FREE Pool Admission!

Summer's Sweet Finale: Making the Most of August!

As July's warmth begins to mellow, we find ourselves on the cusp of August – a beautiful month that offers a gentle transition from the full swing of summer to the crisp whispers of autumn. Here at the Avon Lake Senior Center, we're ready to embrace every moment of it with a calendar packed full of engaging activities designed for you!

August is often a time for reflection on the summer past and anticipation of the seasons to come. Perhaps you spent July enjoying time with grandchildren, tending to your garden, or simply savoring longer days. Now, let's look forward to all the wonderful opportunities August brings.

Stay Active and Engaged

We know how important it is to keep both our bodies and minds active. This month, we're excited to offer a variety of options to help you do just that:

- **Outdoor Strolls:** Join us for our regular walking groups, taking advantage of the pleasant morning and evening temperatures before the heat of the day sets in. It's a fantastic way to enjoy our local parks and get some fresh air. (Check the calendar for specific dates and times!)



- **Mind Benders:** Puzzles, sudoku, chess and word searchers are all good ways to engage your mind! Challenge your mind, enjoy some friendly competition, and connect with fellow members.

- **Creative Corner:** Have you always wanted to try your hand at painting, knitting, or another craft? Our creative workshops offer a relaxed environment to learn new skills or hone existing ones. No experience necessary, just a desire to create!

Remember, our goal is to provide a welcoming and vibrant community for all our members. If you have an idea for an activity or a suggestion, please don't hesitate to share it with our staff. Your input helps us make our center even better!

Let's make this August a month filled with joy, connection, and new experiences. We look forward to seeing you around the center!



LUNCH & LEARN

Sally Tomko of Infinite Helping Hands presents

The History of Put-In-Bay Thursday, August 7th at 12pm

Sign up in the office. Call 440-930-4135

Lunch provided by:



Infinite Helping Hands

and

Heartland HOSPICE

*Put-In-Bay & Round House
Put-In-Bay, Ohio
Circa 1840*

A Vintage Experience



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

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

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.

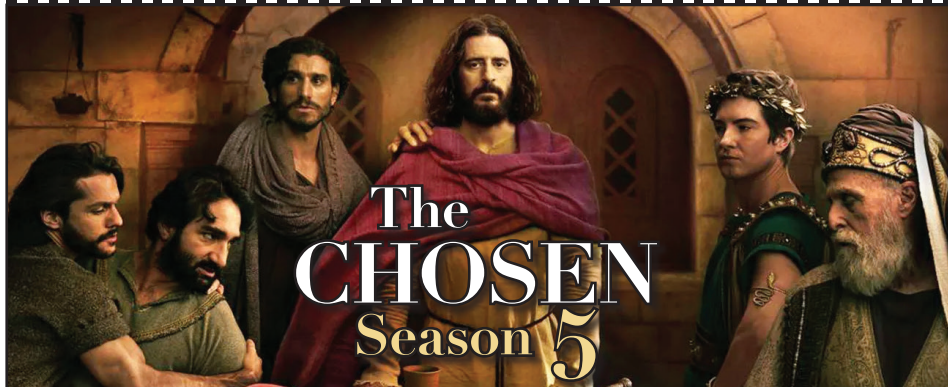
2 3 YIN YOGA is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints. Students must be able to get on and off the floor unassisted.

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.

Movies on Wednesday at 10am



August 6th Episodes 1 & 2

Entry: Jesus rides into the holy city as king, but finds that the rulers have turned His Father's house from a place of prayer to a corrupt market. (54 minutes)

House of Cards: Why kill Jesus when Rome can do it for you? As the Jewish High Priest schemes to bring Him down, Jesus strikes first, turning the tables. (54 minutes)

August 13th Episodes 3 & 4

Woes: Jesus preaches one last time to the massive Passover crowd, and the religious leaders try to trap him in his words. (54 minutes)

The Same Coin: Afraid of public outcry and further embarrassment, Caiaphas resolves to arrest Jesus quietly at night; only one problem, no one knows how to find Him. (54 minutes)

August 20nd Episodes 5 & 6

Because of Me: The decision to arrest Jesus leads to a fiery debate; Roman soldiers track down a troublemaking crowd; Shmuel finds help from an unexpected source. (54 minutes)

Reunions: As Jesus' followers gather for the Passover meal, His enemies assemble for a man hunt; Judas holds a secret meeting. (54 minutes)

August 27th Episodes 7 & 8

The Upper Room Part I:

Jesus arrives at the Last Supper; the disciples fear for their safety as Jesus' enemies close ranks around them. (54 minutes)

The Upper Room Part II: Pilate summons Atticus to read him the riot act; the Sanhedrin boils over; the Last Supper ends. (54 minutes)

Introducing

Discover the Smart Tools That Are Already Changing Our Lives

Curious about artificial intelligence but not sure where to start? This engaging and friendly session explores how AI is already part of our daily lives—from helping us write messages to organizing photos—and how anyone, regardless of age, can use it to save time, stay connected, and have a little fun.

Presented by Dr. Vincent Granito



Dr. Vincent Granito is a Psychology Professor with a strong focus on the practical and ethical use of artificial intelligence in education, work, and daily life. He serves as an AI Faculty Fellow at Lorain County Community College and co-chairs the campus-wide AI Task Force. Over the past two years, he has led more than 30 workshops and presentations across colleges, libraries, non-profits, and community groups, helping people of all ages understand and use AI tools effectively. Vincent is committed to making AI accessible, understandable, and useful for everyone—especially those who are just getting started.

Thursday, August 14
12pm-1:30pm
at the Old Firehouse Community Center

Snacks and refreshments
provided by



Call 440-930-4135 for reservations or
sign up in the office.

EVERY CRUISE
lady CAROLINE
IS A CELEBRATION

Sunday Brunch Cruises

Rise and dine! Somewhere between breakfast and lunch you'll find the perfect way to cap your weekend. Every brunch cruise features a DJ, so get ready to get your groove on!

August 3rd, 17th, or 24th 1:00pm-3:30pm | \$64.95/person
 Boarding time is 1 hour before departure-12:00pm

Contact Brian at 440-930-4135 or sign up in the office at the Old Firehouse.



Avon Lake Women's Chorus on Summer Break

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 August 19 at Noon



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

This month's menu: Barbecued Pulled Pork, Macaroni Salad, Coleslaw, Rolls & Butter & Dessert. 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

Bingo is played generally on the 3rd Thursday of each month, however, that may change due to other programming. This month Sharon Nicholas of Angels Care Home Health will be calling the numbers on **Thursday, August 21st at 2:00pm**. Call 440-930-4135 to reserve your spot.

VISION CONCERNS GROUP



Will not be meeting again until September.

**Questions or concerns, call
Gary Clawson at 440-935-5906**



Blood Pressure Checks

Tuesday, August 19 12:30p–2:30p

Evelyn from St. John Medical Center will not be available to check blood pressures this month.



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL



Far West Center 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.

**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 _____

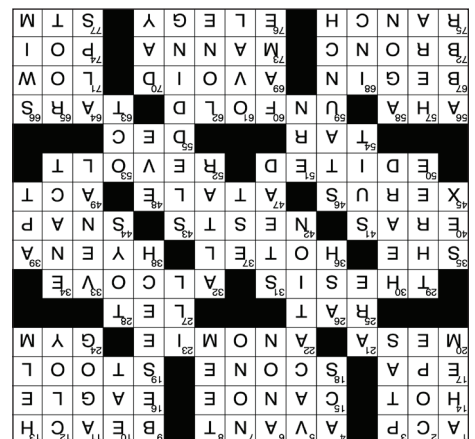
City _____ State _____ Zip _____

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.

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.

Give Us Your Thoughts

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.



LUNCH & LEARN

Devon Fegen-Herdman & Amy Margiotti
present
DECLUTTERING SERVICES FOR SENIORS.

Thursday, August 28th 12:00pm.
Sign up in the office or call 440-930-4135



TENNIS IN THE LAND CLE
Powered by **Rocket**

WTA 250

Avon Lake Senior Center
Senior Day with Tennis in the Land!
August 18th–20th, 2025
Nautica Entertainment Complex
(2398 Sycamore St, Cleveland, OH 44113)

Come and watch some of the top 100 Professional Women Tennis Players face off at Tennis in the Land! All adults 55+ will receive half priced admission to our day sessions Monday August 18th through Wednesday August 20th!

Interested in coming out?
Contact Brian Mahoney at (440) 930-4135
or bmahoney@avonlake.org

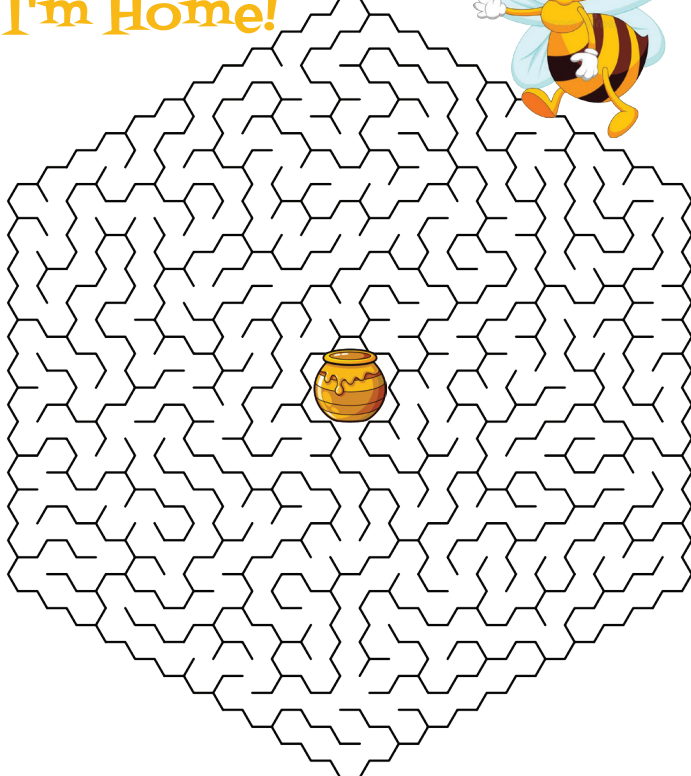
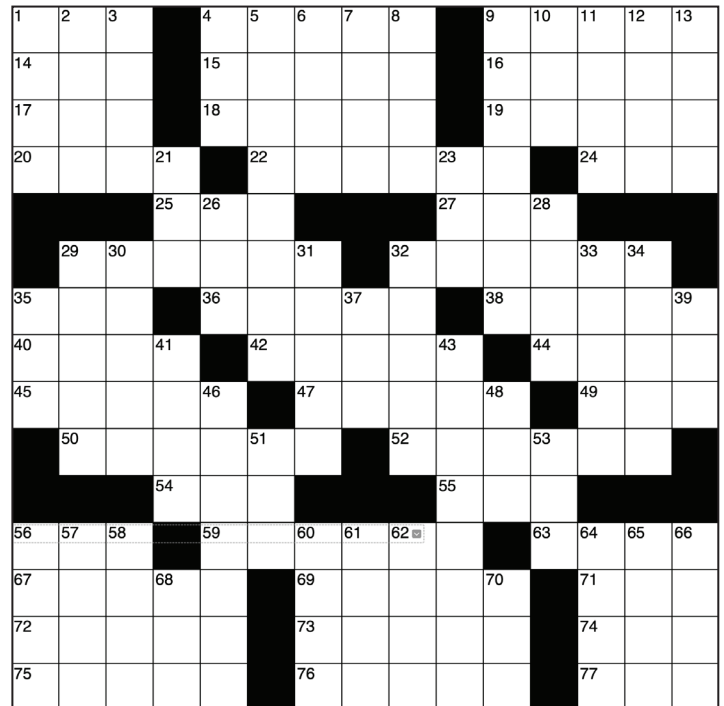
WILDLIFE by Evelyn Johnson

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.

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

ANTELOPE COYOTE FOX LEOPARD SKUNK
BEAR DEER GIRAFFE LION SQUIRREL
BEAVER ELEPHANT JACKAL MOOSE TIGER
BISON ELK KANGAROO RACCOON WOLF
BOBCAT

Honey,
I'm Home!

**AUGUST** by Evelyn Johnson

Solution on page 4.

ACROSS

- | | | |
|---|--|--|
| 1 American College of Physicians (abbr.) | 25 Rodent | 50 Blue-penciled |
| 4 _____-garde | 27 Lease | 52 Rebel |
| 9 Sandy area at the edge of the ocean | 29 Dissertation | 54 Sticky black substance |
| 14 Holding or giving off great heat | 32 Wall recess | 55 Last month of year |
| 15 Small boat with pointed ends that is moved by using a paddle | 35 That girl | 56 Expression of surprise |
| 16 National bird | 36 Place with many rooms and beds where people pay to stay | 59 Spread |
| 17 Government agency | 38 Laughing dog | 63 Sticky black substances |
| 18 Fried bread | 40 Extremely long time periods | 67 Start |
| 19 Kitchen seat | 42 Bird homes | 69 Avert |
| 20 Plateau | 44 Take a picture | 71 Down |
| 22 Absence of values | 45 African ground squirrel | 72 Mustang |
| 24 Exercise place | 47 Dickens' "_____ of Two Cities" (2 wds.) | 73 Food from heaven |
| | 49 Enact | 74 Luau dish |
| | | 75 Place where cattle, horses, or sheep are raised |
| | | 76 Lament |
| | | 77 Short-term memory |

DOWN

- | | | |
|--------------------------------------|--------------------------|--|
| 1 Excuse me! | 23 Sick | 51 Gray sea eagle |
| 2 Get by | 26 Fire remains | 53 Halloween mo. |
| 3 Parent teacher groups | 28 Children's love | 56 Shorten (abbr.) |
| 4 American Cancer Society (abbr.) | 29 Troika | 57 Goddess |
| 5 Period of rest from school or work | 30 Perceived | 58 Competition at the Greek games |
| 6 After awhile | 31 Word with home or in | 60 Glory |
| 7 Taboo | 32 Marriage site | 61 Elliptical |
| 8 Seethe | 33 Bribeable | 62 _____ Ranger |
| 9 Adjure | 34 Make into law | 64 Swiss mountains |
| 10 Consume | 35 Gender | 65 Basic |
| 11 Eager | 37 Eastern Standard Time | 66 Move through the water by using parts of the body |
| 12 Disgust with excess | 39 Inclined | 68 Incorporated (abbr.) |
| 13 Steering mechanism | 41 Lawyer dress | 70 Part of a week |
| 21 To be | 43 Lugging | |
| | 46 Faithful | |
| | 48 Evening | |

Is today really August?
Or are Julying to me?



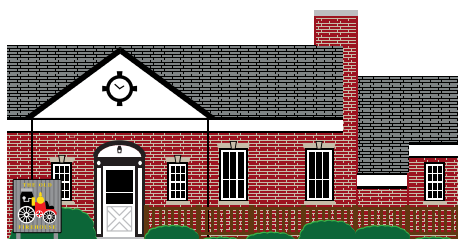
AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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
4 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	5 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	6 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	7 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Hand & Foot 4:00p Yoga Flow* 	8 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
11 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot 12:30p Bunco	12 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes 1:00p Westshore Watercolor	13 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Game Players 1:30p Rummikub	14 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p AI Presentation 12:30p Hand & Foot 4:00p Yoga Flow* 	15 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
18 8:00a Indoor Walking 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	19 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 	20 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	21 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:30p Hand & Foot 2:00p Bingo 4:00p Yoga Flow*	22 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 12:30p Westsiders Mahjong
25 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	26 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	27 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	28 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 12:30p Hand & Foot 4:00p Yoga Flow* 	29 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

*SilverSneakers® and Renew Active™ 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:



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
Senior Real Estate Specialist
440-221-8657



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



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& COMPANY**
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Julie Graf Skinner
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440-937-6175



Four Seasons
Home Care
Hedi Huebler
440-716-9100

Available online at www.AvonLakeRec.com

