



June 2025

Talk on the Lake

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

June is brimming with opportunities for connection and enjoyment. Here are a few ideas to get you started:

June 6th

Senior Prom from 5pm-9pm. Call the Old Firehouse at 440-930-4135 to purchase tickets. We have less than 20 tickets available. . . \$10 per ticket gets you: Appetizers, Dinner, Dessert and two beverage tickets.

June 17th

Hot Lunch/BP Check at 12pm at the Old Firehouse Community Center - third Tuesday of every month provided by Tom's Country Place. \$7 Non-members. \$5 Members.

June 19th

Party in the Park Summer Concert Series and CLE Market from 4pm-8pm at Veterans' Memorial Park. Free!

June 21st

Summerfest at Miller Road Park 5pm-9pm. Celebrate the first day of summer Oktoberfest style with Bavarian dancers, Alphorns, stein hoisting and much more.

June 26th

Lunch and Learn at 12pm at the Old Firehouse Community Center with Infinite Helping Hands. Free!

Warm Wishes and Sunny Smiles to Our Wonderful Seniors!

Welcome to June, dear friends! As the days grow longer and the sun shines brighter, we embrace the joys of early summer. This month is all about celebrating connections, enjoying the outdoors, and keeping ourselves happy and healthy.

Embracing the Outdoors Safely This June!

June invites us to step outside and enjoy nature's beauty. Whether you have a green thumb or simply love a gentle stroll, here are some tips to make the most of it:

- **Hydration is Key:** As temperatures rise, it's more important than ever to stay hydrated. Drink plenty of water throughout the day, even if you don't feel thirsty. Keep a water bottle handy and consider setting reminders.
- **Sun Protection:** When heading outdoors, remember your hat, sunglasses, and broad-spectrum sunscreen with an SPF of 30 or higher. The sun's rays are strongest between 10 AM and 4 PM, so try to plan outdoor activities during cooler morning or late afternoon hours.
- **Light and Loose Clothing:** Opt for light-colored, loose-fitting clothing made from breathable fabrics like cotton to help you stay cool and comfortable.
- **Know Your Limits:** Listen to your body. If you feel dizzy, nauseous, or excessively tired, move to a cool, shaded area and rest. Don't hesitate to seek medical attention if symptoms persist.
- **Check the Forecast:** Before heading out, quickly check the weather forecast to be prepared for the day's temperatures and humidity levels.



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! That's important—the House is open 24 hours/day, 365 days a year. Please continue to bring in any of your pull tabs in support of this worthwhile cause.



Be sure to take advantage of our SilverSneakers® or Renew Active® memberships provided with your Medicare Supplemental Insurance. Membership provides FREE Pool Admission!

GOLDEN SHOE WALKING CHALLENGE



Every Tuesday at 7:30am

July 8th – August 26th

St. John Medical Center Walking Track

2900 Center Ridge Rd, Westlake OH 44145 (Parking by the pond)

Listen to a quick talk on different topics, then walk the track

Participants will earn one raffle ticket for each walk they attend.

Additional opportunities to earn tickets will also be provided. You will get this information when you sign up. Prizes will be awarded at the end of the challenge!

Save the date for the award ceremony: THURSDAY August 28th from 10-12pm

At St. John Medical Center Auditorium B - You do not need to be present to win

Registration begins June 2nd at The Old Firehouse Community Center



University Hospitals

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 Flow Heather	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.

June Movies on Wednesday Morning at 10am

JUNE 4


NYAD

PG-13 / 2h 1m / Docudrama

Cast: Annette Bening, Jodie Foster, Anne Marie Kempf

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.

JUNE 11


Nonnas

PG / 1h 54m / Feel-good, Based on a True Story

Cast: Vince Vaughn, Susan Sarandon, Lorraine Brocco

Vince Vaughn leads a starry cast in this true story about a sweet guy who opens a restaurant and hires nonnas—Italian grandmothers—as the chefs.

JUNE 18


Queen Bees

PG-13 / 1h 40m / Romantic Comedy

Cast: Ellen Burstyn, Jane Curtin, Loretta Devine

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.

JUNE 25


The Wedding Singer

PG-13 / 1h 37m / Comedy, Music

Cast: Adam Sandler, Drew Barrymore, Christine Taylor

Robbie, a singer, and Julia, a waitress, are both engaged, but to the wrong people. Fortune intervenes to help them discover each other.



Easy Summer Berry Salad with Honey-Lime Drizzle

This super simple salad lets the natural sweetness of fresh summer berries shine! It's incredibly quick to put together and perfect as a light side dish, healthy snack, or even a refreshing dessert. Yields: 4 servings Prep time: 5 minutes

Ingredients:

- 4 cups mixed fresh berries (strawberries, blueberries, raspberries, blackberries – whatever you have and love!)
- 1 tablespoon fresh lime juice (about 1/2 a lime)
- 1 tablespoon honey (or maple syrup for a vegan option)
- Optional: a few fresh mint leaves, thinly sliced or torn (for garnish and extra freshness)

Instructions:

1. Wash and Prep Berries: Gently wash all your berries and pat them dry. If using strawberries, hull them (remove the green leafy tops) and slice them into bite-sized pieces. Leave blueberries, raspberries, and blackberries whole.
2. Make the Drizzle: In a small bowl, whisk together fresh lime juice and honey until well combined.
3. Combine and Serve: Place the mixed berries in a serving bowl. Drizzle the honey-lime mixture over the berries and gently toss to coat.
4. Garnish (Optional): If using, sprinkle with fresh mint leaves just before serving.

Tips & Variations:

- No measuring Just eyeball the lime juice and honey – a little goes a long way to brighten the flavors.
- A small handful of chopped toasted almonds or pecans can be added for texture.
- A dollop of Greek yogurt or a sprinkle of crumbled goat cheese would also be lovely if you want a little more to it.
- This salad is best served immediately, but you can chill it for about 15-20 minutes before serving for an extra refreshing experience.

Enjoy this simple taste of summer!

LUNCH & LEARN

Thursday, June 26th | Old Firehouse at 12pm
Sally Tomko of Infinite Helping Hands will be presenting on the topic of Personalized Care.

Lunch will be provided by Senior Care Authority



Sign up in the office or call 440.930-4135



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 June 17th at Noon



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

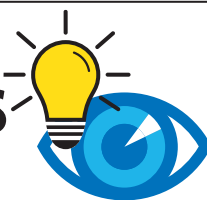
This month's menu: Beef Stroganoff, Steamed Broccoli, Dinner Rolls & Butter, Triple Chocolate Brownies. If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online 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 Amy Margiotti from Howard Hanna Realty will be calling the numbers on **Thursday, June 19th 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, June 17th 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 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

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.

Summer Art Classes at the Lake House
Tuesdays 6/17–7/29
12p–1:30p
Seniors 55+ \$10/Session

Instructed by Christine Seeholzer
For info call 440-930-4135.



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



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



MJ ROGERS & COMPANY
INVESTMENTS • RETIREMENT • INSURANCE
440.ADVISOR



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



Four Seasons
Home Care
Hedi Huebler
440-716-9100



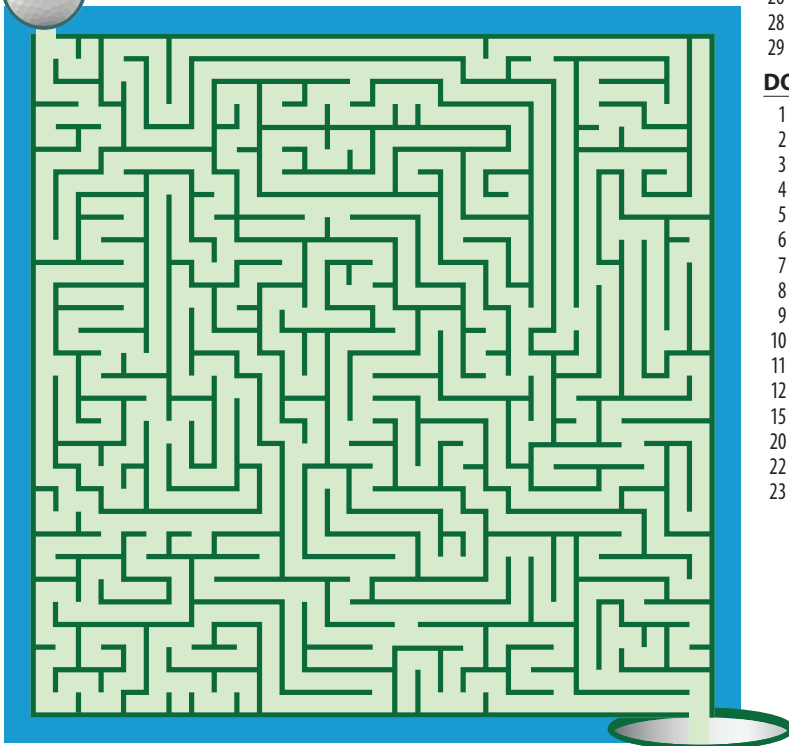
FLAG DAY by Evelyn Johnson

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.

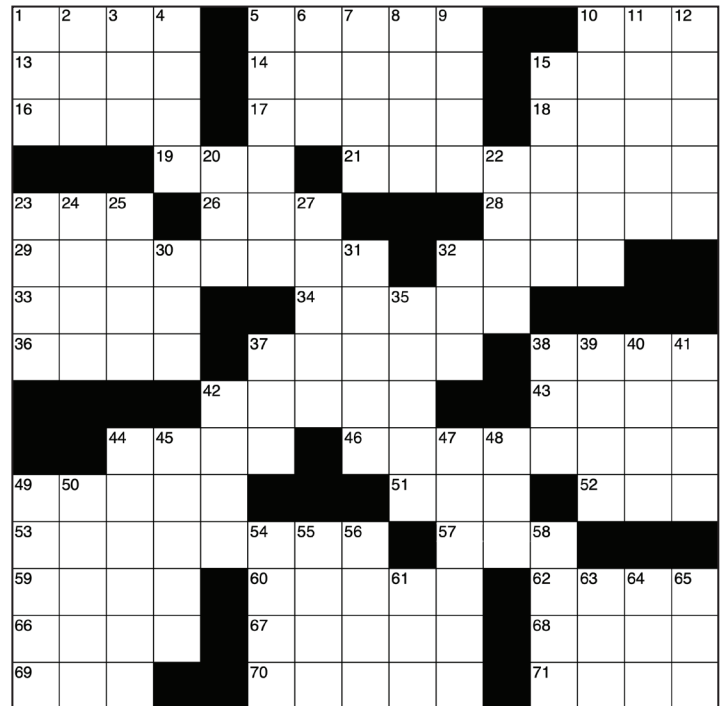
MYFELLOWFIELDA
EMADMIRATIONEE
CYADILOHCRIGAN
NSASRONOHRDEKN
AMOTWHAESA SVTY
ISOUFRTSLSTACO
GIREDIUPUPAWNT
ETSSHRFRYERCSA
LOTWANETDCSYOF
LIRORLYNYTMOUA
ARISGEUKNBWFHA
TTPAYUOTOALUCA
NAEDOLFLEABORY
OPSURBCOGUNTRY

ADMIRATION	FIFTY	RED	USA
ALLEGIANCE	FLAG	RESPECT	WAVE
BANNER	HOLIDAY	SALUTE	WHITE
BLUE	HONOR	STAARS	
EAGLE	PATRIOTISM	STRIPES	
FIELD	PLEDGE	SYMBOL	

Make the putt!



FATHER'S DAY by Evelyn Johnson



Solution on page 4.

ACROSS

- | | | |
|---------------------------------|-----------------------------------|--|
| 1 Rim | 32 Noblewoman | 57 A person's male child |
| 5 Move bike wheels | 33 Demonic | 59 Throb |
| 10 Resort hotel | 34 Filmed | 60 Tennis playing area |
| 13 Reside | 36 Woman to whom a man is married | 62 American Association of Retired Persons (abbr.) |
| 14 Where you were at crime time | 37 Wanderer | 66 Stag |
| 15 Academy (abbr.) | 38 Churned water from a boat | 67 Turn out |
| 16 Children's lov | 42 Singing voice | 68 Louver |
| 17 Trainee | 43 Sailing ship | 69 Be incorrect |
| 18 Field game | 44 Level | 70 Discourage |
| 19 Pigpen | 46 Adjusting | 71 matter |
| 21 A person's female child | 49 Path | |
| 23 Wing | 51 Japanese money | |
| 26 Ball | 52 Advertisements | |
| 28 Metric capacity unit | 53 Stunning | |
| 29 Crimes | | |

DOWN

- | | | |
|----------------------------|---|-------------------------|
| 1 Deli order | 24 Jacob's son | 45 Metric capacity unit |
| 2 Rio de Janeiro | 25 First letter of the Arabic alphabet | 47 Examiner |
| 3 Climbing vine | 27 Wager (2 wds.) | 48 Card game |
| 4 Disorder | 30 Bullfight cheer | 49 Swap |
| 5 Paper from papyrus | 31 Island nation | 50 Racing car |
| 6 Wing | 32 Headed | 54 Type of tea |
| 7 Expired | 35 Gathering of people to celebrate or have fun | 55 Not any |
| 8 Syrian bishop | 37 Fisherman's tool | 56 Wind |
| 9 In _____ of (instead of) | 38 Compass point | 58 Space administration |
| 10 Scottish terriers | 39 Opera solo | 61 Regret |
| 11 Whiter | 40 Helpful | 63 Entire |
| 12 Love intensely | 41 Omelette ingredient | 64 Male sheep |
| 15 Plant louse | 42 Opp. of short | 65 School group |
| 20 Large weight unit | 44 Dad | |
| 22 Pleased | | |
| 23 Some (2 wds.) | | |

When does a joke
become a dad joke?
When the punchline
is apparent.



JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot	3 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	4 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	5 8:00a Indoor Walking 9:00a Lifeguard Training 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 4:00p Yoga Flow*	6 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 2:30p Bridge 12:30p Hand & Foot 5:00p–9:00p "Senior" Prom
9 8:00a Indoor Walking 9:00a Lifeguard Training 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Bunco	10 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	11 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	12 8:00a Indoor Walking 9:00a Lifeguard Training 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 4:00p Yoga Flow*	13 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
16 8:00a Indoor Walking 9:30a Garden Club 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot	17 8:00a Indoor Walking 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	18 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	19 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15 Yin Yoga* 12:30p Hand & Foot 2:00p Bingo 4:00p Yoga Flow*  JUNETEENTH	20 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
23 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot	24 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 11:30a Gentle Yoga* 12:30p Mahjong 1:00p Dominoes	25 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	26 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15 Yin Yoga* 12:00p Lunch & Learn 12:30p Hand & Foot 4:00p Yoga Flow*	27 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
30 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot	 FLAG DAY JUNE 14TH			 FATHER'S DAY JUNE 15TH
 CELEBRATE JUNETEENTH <i>Freedom</i> JUNE 19TH				

*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

Brain Mahoney

Senior Director/Recreation Facilities Manager
bmahoney@avonlake.org

Patty Knip

Senior Programming
pknip@avonlake.org



Available online at www.AvonLakeRec.com

