



May 2025

# Talk on the Lake

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

## Introducing Brian Mahoney as the New Senior Program Manager at the Old Firehouse Community Center

Dear Avon Lake Perennials,

Please allow me to formally introduce myself as the new Senior Program Manager at the Old Firehouse Community Center. I am thrilled to be joining the Avon Lake Recreation Department and becoming more deeply involved in the vibrant life of our community.

It is evident that I have large shoes to fill, following the dedicated leadership of former director Mike Kral. I am incredibly grateful for Mike's helpfulness during this transition, and I'm delighted that his creative graphic design talents will continue to enrich our programs.

As a proud Avon Lake resident, and a graduate of Maple Heights High School, Baldwin-Wallace College (Undergrad), and all of you and discover the wonderful offerings of the Old Firehouse Community Center. Since joining, I've already experienced the warm and welcoming spirit that defines Avon Lake, which has been truly comforting.

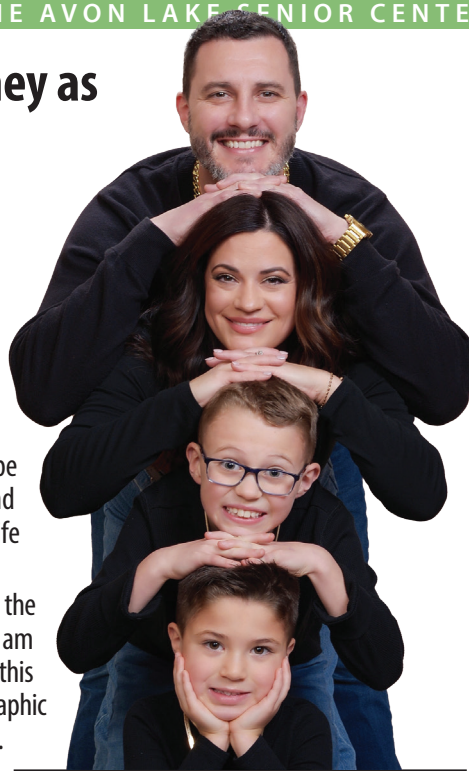
I also want to give a humongous shoutout to Patty Knip, our Senior Program Assistant. Patty is a truly lovely, caring, and dedicated individual, and she has already proven to be an invaluable resource as I learn the ropes. Her commitment to the community is evident, and I am so fortunate to have her guidance.

My wife, Carrienne, and I have been married for thirteen years and are the proud parents of two energetic boys, ages eight and five. My background as a Health and Physical Education Teacher for the Cleveland Heights-University Heights City Schools has equipped me with valuable skills in creativity, innovation, patience, and resilience—qualities I am eager to bring to this new role. Furthermore, my experiences playing football and baseball at the collegiate level, along with fifteen years coaching student-athletes in various sports, have instilled in me a deep appreciation for teamwork and community building.

I am eager to meet each of you, learn firsthand about the current programs at the Old Firehouse Community Center, and explore how we can collectively strengthen our community and further enhance the quality of life here along the beautiful shores of Lake Erie. Thank you for extending such a warm welcome; I am truly grateful for this opportunity.

Respectfully,

Brian Mahoney



*"People never care how much you know until they know how much you care."*

*John C. Maxwell, (1947)  
American author*

## SENIOR PROM 2025

(FOR THOSE 55+)



**SIGN UP NOW!**

**BLACK & WHITE**

**FRIDAY, JUNE 6  
5:00PM–9:00PM**

Anchor Recreation Facility  
33483 Lake Road  
Avon Lake, OH

Dinner, Dancing, Drinks, Door Prizes  
\$10.00/Guest

Call 440.930.4135 for reservations  
or sign up in the Old Firehouse office.  
Reservations due by May 16th, 2025

## 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.



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!**

# Fitness at the Old Firehouse



**Renew Active™**  
by UnitedHealthcare

**SilverSneakers®**

## Renew Active® & SilverSneakers™ compliant.

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

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

## Fitness Levels

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

MON	TUE	WED	THU	FRI
<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>Boom Move</b> Carrie	
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	11:15-12:00 <b>Yin Yoga</b> Crissy	11:00-11:45 <b>Stability Plus</b>
11:30-12:15 <b>Focused Gentle Yoga</b> Maria				
		4:00p-5:00p <b>FREE* Yoga</b> Sherri	4:00p-5:00p <b>Yoga Flow</b> Sherri	

\* 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.*

**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.



## May Movies on Wednesday Morning at 10:00am



### Our Souls At Night

TV-14 | 1h 43m | Drama, Romantic  
Cast: Robert Redford, Jane Fonda, Bruce Dern

After widowed neighbors Addie and Louis begin sleeping in bed together platonically to alleviate their loneliness, a real romance begins to blossom.



### La Dolce Villa

TV-PG | 1h 39m | Romantic Comedy  
Cast: Scott Foley, Violante Placido, Maia Reficco

A one-euro house in Tuscany? Eric smells a scam when his daughter buys a ramshackle villa, but he soon falls for the idyllic town—and its lively mayor.



### K-9

PG-13 | 1h 41m | Comedy, Action  
Cast: Jim Belushi, Mel Harris, Ed O'Neill

After a case goes awry, Detective Michael Dooley is reluctantly paired up with a highly intelligent police dog to bust an elusive drug kingpin.



### I Am Woman

PG-MA | 1h 56m | Based on Real Life  
Cast: Tilda Cobham-Harvey, Danielle Macdonald, Evan Peters  
In the 1960s, Australian singer Helen Reddy struggles with misogyny in the music business—until she records an anthem for the women's movement.

**FREE Yoga** with Sherri Coleman

Enjoy FREE Yoga Flow sessions every Wednesday at the Old Firehouse from 4:00pm to 4:45pm. Class sizes are limited. First come, first served. All are welcome! No strings attached! 😊

**LUNCH & LEARN**

**HOSPICE CARE AT O'Neill Healthcare BAY VILLAGE**

**Thursday, May 29th Old Firehouse at 12pm**

Sign up in the office or call 440.930-4135

**COMMUNITY SHRED DAY**

**Saturday, May 17th**

Ellen Trivanovich Aquatic Center

**LUNCH & LEARN**

SPONSORED BY **Bob Brooks and Bryan Buhoveckey**

**Wednesday May 7th**

**Edward Jones**

For reservations call **440-930-4897**



## Avon Lake Women's Chorus

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 May 20th at Noon



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

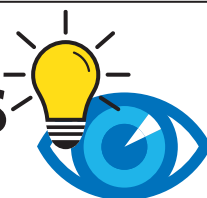
This month's menu: Bourbon Glazed Chicken Breast, Parsley Red Jacket Potatoes, Rolls & Butter, Dessert. If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online at [www.AvonLakeRec.com](http://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, May 15th at 2:00pm**. Call 440-930-4135 to reserve your spot.

## VISION CONCERNS GROUP



**May 8th, 2025 | 11am  
At The Old Firehouse**  
Questions, call Gary Clawson at  
440-935-5906



## Blood Pressure Checks

**Tuesday, May 20th 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 \_\_\_\_\_

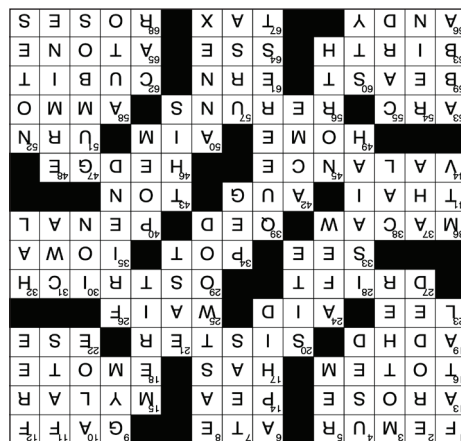
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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](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 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



## MEMORIAL 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.

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

BANNER  
BATTLEFIELD  
BRAVERY  
CELEBRATION  
CEMETERY  
DECORATION

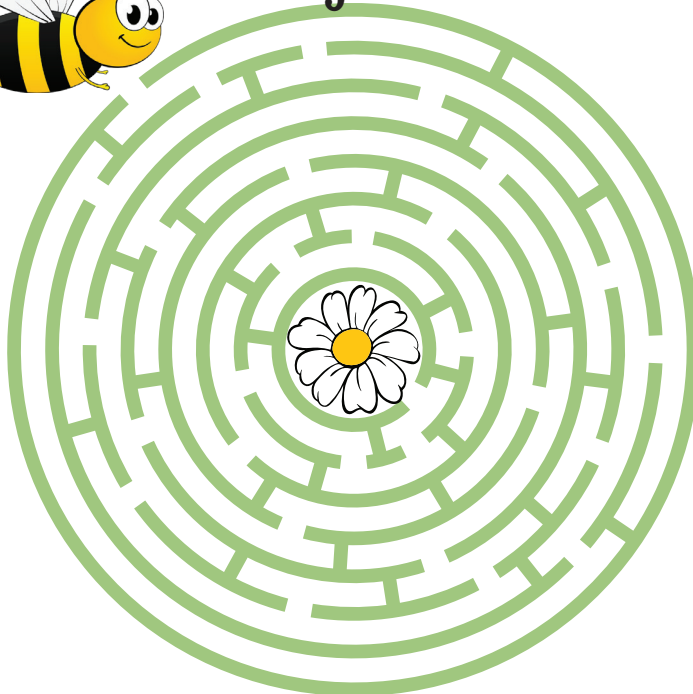
DUTY  
FLAGS  
FRIENDSHIP  
GATHERINGS  
HERITAGE  
HERO

HOLIDAY  
LEGENDARY  
MEMORIAL  
MILITARY  
PEACE  
SERVICE

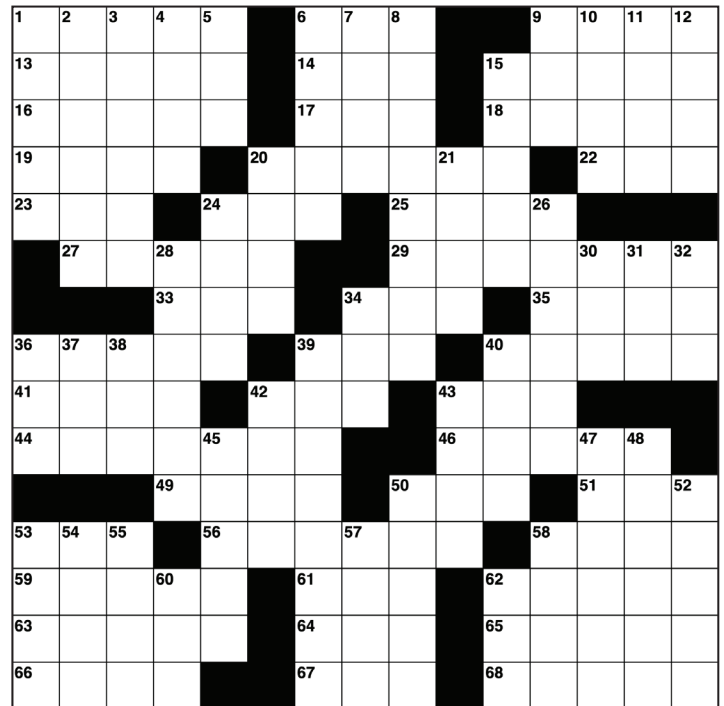
TRIBUTE  
VETERAN  
WORSHIP



Help the bee find  
the flower.



## MOTHER'S DAY by Evelyn Johnson



Solution on page 4.

### ACROSS

- 1 Bone
- 6 Snacked
- 9 Fish hook
- 13 Risen
- 14 Pod vegetable
- 15 Shiny balloon material
- 16 Indian tribe emblem
- 17 In possession of
- 18 Express emotions
- 19 Attention-Deficit Hyperactive Disorder (abbr.)
- 20 Female having the same parents as another person
- 22 Vane direction
- 23 Downwind
- 24 Relief
- 25 Kid
- 27 Roam
- 29 Head hiding bird
- 33 Visit
- 34 Cooking vessel
- 35 Hawkeye State
- 36 Parrot
- 39 It is proven
- 40 Punitive
- 41 Tai
- 42 Fall mo.
- 43 2,000 pounds
- 44 Short drapery
- 46 Evade
- 49 Place where a person lives

- 50 Point
- 51 Pot
- 53 Circle part
- 56 Old TV shows
- 58 Ammunition
- 59 Beauty's friend
- 61 White-tailed sea eagle
- 62 Biblical measurement
- 63 Act of bringing a new baby into the world
- 64 Compass point
- 65 Repent
- 66 Comedian Griffith
- 67 Impost
- 68 Flowers with thorny stems

### DOWN

- 1 Terminal
- 2 Worn
- 3 Female parent
- 4 Secondhand
- 5 Radioactivity unit
- 6 Louse
- 7 What Celestial Seasonings makes
- 8 Clint \_\_\_\_\_
- 9 Workout place
- 10 Healing plant
- 11 Cooking oils
- 12 At large
- 15 Rate
- 20 Building lot
- 21 Orient
- 24 Some (2 wds.)
- 26 Person whom you know well and like and who likes you
- 28 O. T. prophet
- 30 Cation
- 31 Communication Workers of America (abr.)
- 32 Movie 2001's talking computer
- 34 Wooden leg
- 36 I want my \_\_\_\_\_
- 37 Expression of surprise
- 38 Calorie
- 39 Oddest
- 40 Piece of writing with words that rhyme
- 42 Peak
- 43 Not that
- 45 Compass direction
- 47 Thick soups
- 48 Pelt
- 50 Append
- 52 Musical tones
- 53 Father
- 54 Stable gear
- 55 Printed document sent on a special occasion to a friend
- 57 \_\_\_\_\_ Major (Big Dipper)
- 58 Motor vehicle
- 60 Eye infection
- 62 Auto

What do cake and baseball  
have in common?  
They both need a batter.



## MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>5</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 9:30a Women's Chorus <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong	<b>6</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> 12:30p Mahjong 1:00p Dominoes	<b>7</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Game Players <b>1:30p Bob Brooks L&amp;L</b> 1:30p Rummikub <b>4:00p Free Yoga</b>	<b>8</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:00a Vision Concerns</b> <b>11:15 Yin Yoga*</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>9</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot
<b>12</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 9:30a Women's Chorus <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Bunco	<b>13</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> 12:30p Mahjong 1:00p Dominoes	<b>14</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Duplicate Bridge 1:00p Game Players 1:30p Rummikub <b>4:00p Free Yoga</b>	<b>15</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15 Yin Yoga*</b> 12:30p Hand & Foot <b>2:00p Bingo</b> <b>4:00p Yoga Flow*</b> 	<b>16</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot
<b>19</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 9:30a Women's Chorus 9:30a Garden Club <b>10:30a Circuit*</b> <b>11:30a Focused Gentle Yoga*</b> 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong	<b>20</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> <b>12:00 HOT LUNCH</b> <b>12:30 BP</b> 12:30p Mahjong 1:00p Dominoes 	<b>21</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Game Players 1:30p Rummikub <b>4:00p Free Yoga</b>	<b>22</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15 Yin Yoga*</b> 12:30p Hand & Foot 12:30p Westshore Watercolor <b>4:00p Yoga Flow*</b>	<b>23</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong
<b>26 Closed</b> 	<b>27</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> 10:00a Painting Group <b>10:30a Stability PLUS*</b> <b>11:30a Gentle Yoga*</b> 12:30p Mahjong 1:00p Dominoes	<b>28</b> 8:00a Indoor Walking <b>9:30a Stability*</b> 10:00a Movie <b>10:30a Classic*</b> <b>11:30a Gentle Yoga*</b> 12:30p Bridge 1:00p Game Players 1:30p Rummikub <b>4:00p Free Yoga</b>	<b>29</b> 8:00a Indoor Walking <b>9:00a Boom Muscle*</b> <b>10:15a Boom Move*</b> 11:00a Senior Strong <b>11:15 Yin Yoga*</b> <b>12:00p Lunch &amp; Learn</b> 12:30p Hand & Foot <b>4:00p Yoga Flow*</b>	<b>30</b> 8:00a Indoor Walking <b>9:15 Chair Yoga*</b> 10:00a Friday Crafts <b>11:30a Stability PLUS*</b> 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong

\*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:*



# *Talk on the Lake*

CITY OF AVON LAKE SENIOR CENTER SPONSORS

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

**Patty Knip**  
Interim Senior Center Director/Senior Programming  
pknip@avonlake.org



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

