



October 2025

Talk on the Lake

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

Special Events this Month!

October 2nd

Lunch & Learn 12:00pm

Presented by Cleveland Clinic Lou Ruvo Center for Brain Health and the Alzheimer's Association
Healthy Aging, Promote Brain Health,
Understanding Alzheimer's and Dementia
Acti-V8 Your Brain
Paprikash lunch provided by ACC Adult Home Care & Daymark Transitions

October 9th

Vision Fair 12:00p

Speakers, vendors and more. Come and "SEE" what our Vision Fair has to offer.

October 15th

Omelet Bar 10:00am–11:00am

Thanks to Devon Oaks assisted living for providing us with Eggs, bacon, sausage, peppers, mushrooms, onions, cheese, chives and more!

October 16th

BINGO! 2:00pm

October 21st

Senior Hot Lunch 12:00pm

Boneless Breast of Roasted Chicken, Buttered Whole Kernel Corn, Rice Pilaf, Rolls & Butter and Cheesecake.

Blood Pressure Screenings 12:30pm

October 30th

HALLOWEEN LUNCH 12:00PM

Provided by O'Neill Healthcare Bay Village

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!

Autumn Brings Color, Connection & Community



As the leaves begin to turn brilliant shades of gold and crimson, October reminds us that there is beauty in every season of life. Here at the Old Firehouse, we're embracing the cooler days with warm hearts and a full calendar of activities to keep our minds sharp, bodies active, and spirits lifted.

This month, we're focusing on connection and celebration. October brings several opportunities to gather — from fall festivals and Halloween socials to flu shot clinics and wellness workshops. Whether you're joining us for a cup of hot cider, a game of bridge, or a walk through the autumn leaves, there's something for everyone.



Pen Pal Letters

VOLUNTEERS NEEDED FOR THIS NEW PROGRAM!

We have 80 kids signed up to write letters. The program is designed with writing templates/questions for the students and our seniors. The program will end with a meet and greet at the Senior Center.

October Health Tips: Staying Well as the Weather Cools

1. Get Your Flu Shot

It's your best defense against seasonal illness.

2. Layer Up Smartly

Cooler mornings can turn into warm afternoons.

Dress in light layers you can remove or add throughout the day.

3. Stay Hydrated

You may not feel as thirsty in the fall, but your body still needs water.

Aim for 6–8 glasses daily.

4. Vitamin D Check

Less sunlight can affect mood and health.

Talk to your doctor about a vitamin D supplement if needed.

5. Watch for Trip Hazards

Falling leaves and early frosts can be slippery.

Wear sturdy shoes and keep pathways clear.



VITAMIN D
BLOOD TEST

*Wishing you a cozy, colorful, and connected October!
Stay safe, stay warm, and enjoy every moment this season brings.*

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 Dawn	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.



O'Neill Healthcare
BAY VILLAGE

HALLOWEEN LUNCH
THURSDAY, OCTOBER 30 | 12PM
SIGN UP SOON!
440.930.4135
COSTUMES ARE OPTIONAL

WEDNESDAY MORNING MOVIES AT 10AM



OCTOBER 1 **The Thursday Murder Club**

PG-13 | 1h 58m | Mystery/Comedy

Cast: Helen Mirren, Pierce Brosnan, Ben Kingsley

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

OCTOBER 8 **Moving On**

R | 1h 25m | Comedy Drama

Cast: Jane Fonda, Lily Tomlin, Richard Roundtree

Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other.

OCTOBER 15 **The Penguin Lessons**

PG-13 | 1h 50m | Drama/Comedy

Cast: Steve Coogan, Jonathan Pryce

During the 1976 coup in Argentina, an English teacher rescues a penguin and brings it to his school. His life begins to change when the bird's presence starts to have a positive effect on the school.

OCTOBER 22 **Con Mum**

TV-MA | 1h 28m | Documentary

The true story of Graham Hornigold, a celebrated British pastry chef, who was defrauded of nearly £300,000 by a woman, Dionne Marie Hanna, who claimed to be his mother.

OCTOBER 29 **Hubie Halloween**

PG-13 | 1h 42m | Comedy/Horror

Cast: Julie Bowen, Steve Buscemi, Adam Sandler

It's October 31st in Salem, Massachusetts, and a town's eccentric, devoted community volunteer and the good-natured object of his fellow citizen's derision and meanest pranks, finds himself in the midst of a real investigation, for a real murderer.

LUNCH & LEARN

OCTOBER 2nd | 12pm

Presented by Cleveland Clinic
Lou Ruvo Center for Brain Health and the
Alzheimer's Association



Healthy Aging
Promote Brain Health,
Understanding
Alzheimer's and Dementia
Acti-V8 Your Brain

Paprikash lunch provided by
ACC Adult Home Care & Daymark Transitions



DAYMARK TRANSITIONS



Nothing says fall like the warm scent of apples and cinnamon!
This easy, heart-healthy recipe is perfect for crisp autumn mornings.

Cozy Fall Recipe: Slow Cooker Apple Cinnamon Oatmeal

Ingredients

- 1 cup steel-cut oats
- 3 ½ cups water
- 2 apples (peeled and diced)
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 tbsp maple syrup (optional)
- ½ tsp vanilla extract
- Pinch of salt

Instructions

1. Add all ingredients to a slow cooker and stir well.
 2. Cook on low for 6–7 hours or high for 3–4 hours.
 3. Stir before serving.
Add a splash of milk or a sprinkle of walnuts for extra richness!
- Tip: This makes 4–5 servings and keeps well in the fridge for 3–4 days.*



Avon Lake Women's Chorus Rehearsals Mondays at 9:30am

If you enjoy singing, laughter, & conversation with new friends, there's a spot for you in the **Avon Lake Women's Chorus.**

Convenient Monday Morning Rehearsals.

Start the week off with a smile!

9:30–11:30am (September–May)

NO AUDITIONS!

Old Firehouse Community Center

100 Avon Belden Road

(Rt. 83 & Lake Road, Avon Lake)

(Convenient Parking)

Questions? Call Irene at 440-937-8827.

(Please leave message when prompted)

Our 76th Year of performing local for independent/assisted-living residents, local groups/clubs.

[501(c)(3) Non-Profit 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 Oct. 21st at Noon



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

This month's menu: Boneless Breast of Roasted Chicken, Buttered Whole Kernel Corn, Rice Pilaf, Rolls & Butter, Cheesecake
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 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, October 16th at 2:00pm.

Call 440-930-4135 to reserve your spot.



Blood Pressure Checks

Tuesday, Oct. 21st 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 _____

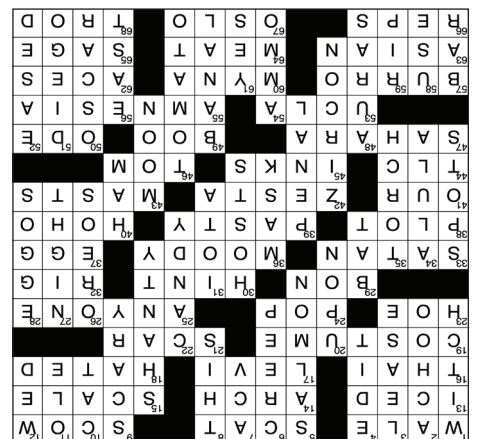
City _____ State _____ Zip _____

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

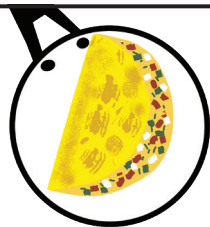
Medical Appointments, Giant Eagle, and Learwood Square.

WEDNESDAY

Medical Appointments, Avon Commons, Aldi and Wal-Mart.

THURSDAY

Medical Appointments, Meijer's, local banks, and hair appointments.

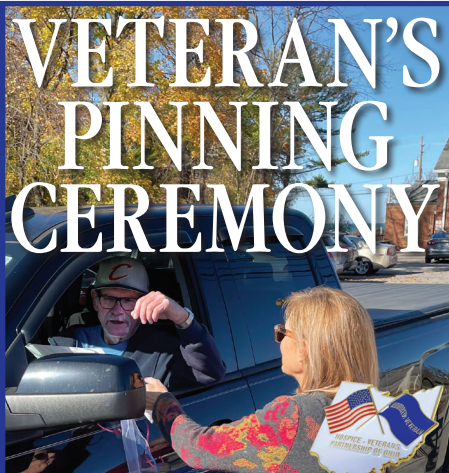


OMLETE BAR

Wednesday, October 15 at 10:00am

Courtesy of **Devon Oaks**
ASSISTED LIVING

An Eliza Jennings Community



Tuesday, November 10

11:30am-12:30pm

Old Firehouse parking lot.

**Brief ceremony includes pinning
& box lunch for Veteran & spouse.**

REGISTER BY FRIDAY, OCTOBER 31

Call 440-930-4135.

Provided by:

Busch
Cremation • Burial • Pre-Planning

RESIDENCE

—HOME CARE—

Special thanks to Sally Tomko!

18th Year

Low Vision Awareness Fair

Expanding Your Visual World
October 9 | 12pm–3pm
Old Firehouse Community Center

Vendors

- Cleveland Library for the Blind
- Cleveland Sight Center
- Cole Eye Institute/Cleveland Clinic
- HearingLife Hearing Center
- HomeInstead Senior Care
- Lens Crafters
- Magnifiers & More
- National Federation of the Blind
- Opportunities for Ohioans with Disabilities
- V. A. Medical Center
- WalMart Vision Center

Educational Seminar 1:00pm
Low Vision Diseases in Your Eye and Equipment to be Used
Presented by Debbie Kogler Magnifiers & More

Serving income-qualified residents of Avon and Avon Lake.



**CRS COMMUNITY
RESOURCE
SERVICES**

Making a difference. Right here at home.

33479 Lake Road, Suite C, Avon Lake, OH 44012

www.aalcrs.org - aalcrs@aalcrs.org - 440-933-9536

Open M-F, 10am - 2pm.

Closed Fridays from Memorial Day - Labor Day

ON-SITE
FOOD PANTRY

EMERGENCY FINANCIAL
ASSISTANCE

PERSONAL DEVELOPMENT
PROGRAMS

Community Resource Services

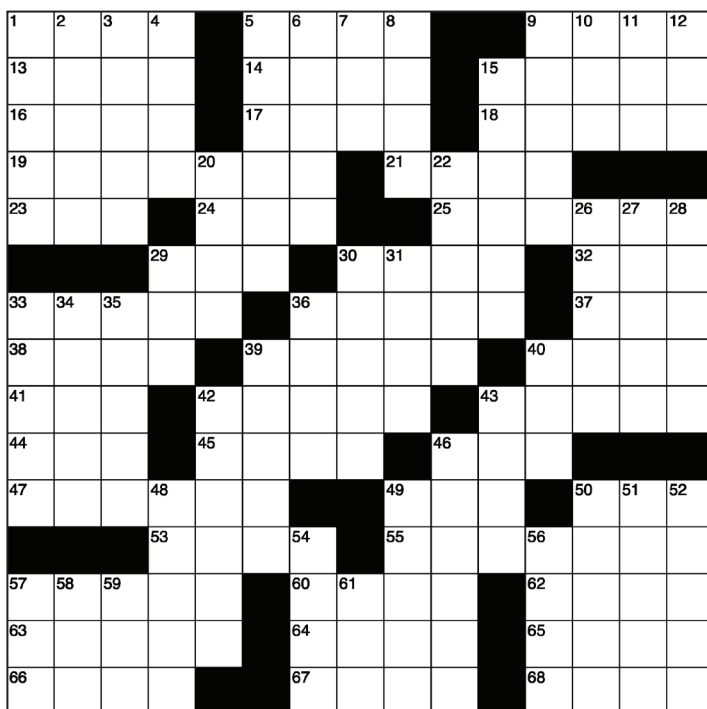
CRS is a social service agency in Avon Lake striving to meet the short-term, individual needs of folks while helping them access appropriate long-term solutions. The office is open Monday through Friday from 10:00am–2:00pm. The office is closed on Fridays during summer months. Proof of residency and income for all members of the household is necessary for assistance. Call 440-933-5639 and ask to speak with one of the Client Coordinators.

OCTOBER 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.

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

BLACK COOL GOBLIN HOLIDAY ORANGE
BROOMSTICK FALL HALLOWEEN MAIZE PUMPKIN
CALINDULA FRUIT HARVEST MASK SPIDER
CIDER GHOST HAUNT OCTOBER WITCH
COLORFUL

**HALLOWEEN** by Evelyn Johnson

Solution on page 4.

ACROSS

- | | | |
|--|--------------------------|---|
| 1 Wheel | 29 ____ voyage | 47 Famous desert |
| 5 Leave now! | 30 Tip | 49 Expression used unexpectedly to frighten startle someone |
| 9 Large flat-bottomed boat | 32 Cheat | 50 Lyric poem |
| 13 Type of tea | 33 Devil | 53 Ca. University |
| 14 Flex | 36 Gloomy | 55 Memory loss |
| 15 Balancer | 37 Scrambled food | 57 Donkey |
| 16 Siamese | 38 Secret plan | 60 Asian starling |
| 17 Jacob's son | 39 Anemic | 62 Pros |
| 18 Loathed | 40 Santa call (2 wds.) | 63 From Asia |
| 19 Clothing worn to resemble some other person, animal, or thing | 41 Possessive pronoun | 64 Sandwich need |
| 21 Blemish | 42 Saltine cracker brand | 65 Guru |
| 23 Garden tool | 43 Ship's sail holders | 66 Representatives |
| 24 Dad | 44 Tender loving care | 67 Capital of Norway |
| 25 Anybody | 45 Pen fillers | 68 Walked |
| | 46 Male cat | |

DOWN

- | | | |
|------------------------------------|--|------------------------------|
| 1 Woman who practices occult magic | 22 Confection made with sugar | 42 Transparent gem |
| 2 Sound of a sneeze | 26 Sandwich cookies brand | 43 Earth's natural satellite |
| 3 Engage | 27 Hours of darkness between sunset and dawn | 46 Vegetable |
| 4 Change | 28 Kellogg's waffles | 48 Halos |
| 5 Fish type | 29 Night flying mammal | 49 Tritite |
| 6 Weirdo | 30 Entertainers | 50 Movie award |
| 7 Air Cushion Vehicle (abbr.) | 31 Small particle | 51 San ____ (CA city) |
| 8 Not that | 33 Dirty areas | 52 Went gently |
| 9 Causing fear; frightening | 34 Birds "thumb" | 54 Bullets |
| 10 Small carnivorous furry mammal | 35 Fire stick | 56 Wind direction |
| 11 Bullfight cheer | 36 Covering for all or part of the face | 57 Exclude |
| 12 Newly ____, Nearly Dead | 39 Punitive | 58 Utilize |
| 15 Hut | 40 Meat | 59 Rest in Peace |
| 20 Onto | | 61 Okay |



**KNOW WHY SKELETONS
ARE SO CALM?
BECAUSE NOTHING GETS
UNDER THEIR SKIN.**

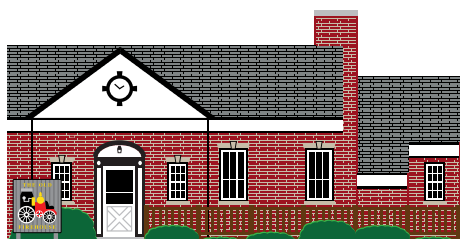
OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p Lunch & Learn 4:00p Yoga Flow*	3 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Duplicate Bridge
6 8:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	7 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	8 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 12:30p Duplicate Bridge 1:00p Game Players 1:30p Rummikub	9 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 12:00p Vision Fair 11:15a Yin Yoga* 4:00p Yoga Flow*	10 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
13 8:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot 12:30p Bunco	14 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	15 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:00a Omelet Bar 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Game Players 1:30p Rummikub	16 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 2:00p Bingo 4:00p Yoga Flow* 	17 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Friday Crafts 10:15a Stability PLUS* 11:15a Yoga PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Third Friday Bridge
20 8:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Duplicate Bridge 1:00p Hand & Foot	21 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 	22 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	23 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 4:00p Yoga Flow*	24 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
27 8:00a Indoor Walking 9:30a Womens Chorus 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 1:00p Hand & Foot	28 8:00a Indoor Walking 9:00a Boom Muscle* 10:00a Painting Group 10:30a Stability PLUS* 12:30p Mahjong 1:00p Dominoes	29 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	30 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Boom Move* 11:00a Senior Strong 11:15a Yin Yoga* 12:00p HALLOWEEN LUNCH 4:00p Yoga Flow*	31 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 HAPPY HALLOWEEN

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



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



Home Instead.

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



Devon Fegen-Herdman
Declutter with Devon LLC
Professional Organizing Services
440-610-0407



Hedi Huebler
Four Seasons
Home Care
440-716-9100



Four Seasons
Home Care



An Eliza Jennings Community

440-250-2300

MJ ROGERS
& COMPANY

INVESTMENTS – RETIREMENT – INSURANCE

440.ADVISOR



Available online at www.AvonLakeRec.com

