



talk on the lake

News & Events at the Avon Lake Senior Center

LET'S GET
 Avon Lake "Senior" Prom
Friday
May 31st
5pm-9pm
 Reservations due by May 17th.
 Wear your 60's attire!
\$10/Person
Ages 55+
GROOVY

While the achievements of humans being launched into space, orbiting Earth, and walking on the Moon extended exploration, the Sixties were known as the "countercultural decade" in the United States and other Western countries. There was a revolution in social norms, including clothing, music, drugs, dress, sexuality, formalities, civil rights, precepts of military duty, and schooling. Others denounce the decade as one of irresponsible excess, flamboyance, the decay of social order, and the fall or relaxation of social taboos. A wide range of music emerged; from popular music inspired by and including the Beatles (in the United States known as the British Invasion), the folk music revival, to the poetic lyrics of Bob Dylan. In the United States the Sixties were also called the "cultural decade" while in the United Kingdom (especially London) it was called the Swinging Sixties.

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month was originally established by the Mental Health America organization and is recognized during the month of May. It was created as a way to educate the public about mental illness, raise awareness surrounding research and treatments, reduce the stigma associated with mental illness, and celebrate recovery from mental illness. Because of misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment for their conditions. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it.

What is the importance of Mental Health Awareness Month?

Whether or not someone personally suffers with a mental health issue, Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights ways to advocate.

Recognition and education are important ways to remove the stigma associated with mental illness. Mental Health Awareness Month creates a time and space to start a conversation. Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network.

It's important for caregivers, friends, and loved ones to understand the impact that mental health has on daily life. Mental Health Awareness Month provides education about the reality of living with a mental health condition - while it can make life more difficult, it doesn't have to stop someone from having a fulfilling life. When people are better educated on these conditions, they can better support and help someone dealing with a mental health issue.

Mental Health Awareness Month also provides an opportunity for fundraising, outreach, and awareness events. This, in turn, can help support research, fund treatment options, and connect advocates to create a brighter, more promising future of mental health care.

Who can benefit from Mental Health Awareness Month?

Everyone! Nearly one in five adults in the US has a mental health condition. But that one person has family, friends, and others whose lives are touched by their condition, even if they don't themselves suffer from one.

THANK YOU TO OUR SENIOR CENTER SPONSORS



Howard Hannan
Amy Margiotti
 Senior Real Estate Specialist
 440-221-8657



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



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



MJROGERS & COMPANY
 INVESTMENTS - RETIREMENT - INSURANCE
 440.ADVISOR



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

Fitness at the Old Firehouse



Renew Active™
by UnitedHealthcare



Renew Active® & SilverSneakers™ compliant.

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

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

Fitness Levels

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

MON	TUE	WED	THU	FRI
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 Circuit Carrie	10:15-11 Yin Yoga Sherri
10:30-11:15 Circuit Maria	11:30-12:15 Gentle Yoga Flow Sherri	11:30-12:15 Gentle Yoga Sherri	4-4:45 Yoga Flow Sherri	11:30-12:15 Stability Plus Lana
11:30-12:15 Focused Gentle Yoga Maria	4-4:45 Boom Muscle Carrie			

3 ADVANCED TRX Class uses the TRX suspension trainer that leverages gravity and the user's body weight to complete the exercises. This highly intensive conditioning class requires proficiency in the use of the TRX Suspension Trainer. THE CLASS WILL BE LIMITED TO 10 PARTICIPANTS. **SilverSneakers/Renew Active DOES NOT APPLY to this class.**

3 BOOM MUSCLE Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill. This class is designed to work all major muscles with a variety of strength and conditioning exercises. This sculpting class will tone upper and lower body using various equipment like hand weights, body bars, TRX, and your own body weight.

2 CIRCUIT Standing upper-body strength work alternated with low impact cardio using a chair for standing support. A perfect 50+ class that incorporates stretching, balance, agility and strength, along with fun music. This class utilizes various equipment, such as weights, exercise balls, drumming sticks, and much more. A portion of the class is seated in chairs, no floor work.

2 CLASSIC Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

1 STABILITY This class is designed to increase mobility and flexibility for all with limited range of motion. The program is especially helpful to those suffering the effects of Parkinson's Disease and Multiple Sclerosis. Exercises will focus on the four components of fitness: cardio, strength, flexibility and balance and are specifically designed to gradually improve overall fitness and to combat symptoms of disease.

2 STABILITY+ Similar to our Stability Class, but more intense. This class has been set up for those with lesser mobility issues, but wish to improve their motion and flexibility.

2 3 FOCUSED GENTLE YOGA In this class you will move through traditional yoga postures focused on specific areas of the body. Each week will be a different area. Students may need to get on the floor, however, the use of a chair may be helpful for some. This is a great class for those who may be experiencing physical complaints or for anyone looking for a gentle movement and breathing practice.

2 3 GENTLE YOGA Standing & seated yoga poses to increase flexibility, balance and range of motion. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

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

1 CHAIR YOGA The chair serves as a stable foundation, allowing you to deepen your stretches, engage your muscles, and experience the benefits of yoga in a safe and comfortable manner.

3 YOGA FLOW Flow-based (continual movement between poses) class tying breath to movement between individual postures. Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive in a flow based class, your body should be healthy and free of injury and you should have an understanding of the individual postures.

It's Time to Express Yourself!



Senior Summer Art Classes at the Lake House

This summer we are again offering art classes for resident adults 55+ with instructor Christine Seeholzer. We have 7 sessions to offer using various techniques of drawing, painting, and collage as listed below. All materials will be provided you just need to show up and let your creativity to run wild.

\$10 per session ages 55 and up

Tuesdays June 18–August 13

(excluding 7/4)

12:00pm–1:30 pm

Lake House at Veterans' Memorial Park

With questions call 440-930-4135

June 18th

Series Workshop

June 25th

Cacti Painting Workshop

July 2nd

Oil Pastel Trace Monotype

July 9th

Impressionism Floating Chalk Pastels

July 30th

Georgia O'Keefe Giant Flower Paintings

August 6th

Let's Go Camping

August 13th

Wet Chalk Drawing



Introducing Far West Center's Senior Strong program.

Senior Strong's goal is to increase awareness of mental health in the older adult community, reduce risk for suicide through education, training and early intervention, to improve coping skills to better manage the stressors of aging and to increase a sense of belonging and contribution in the community. Participants will learn in this four-session educational group to promote strong emotional health, reduce risk factors for suicide risk, avoid isolation and combat loneliness and develop support relationships and coping behaviors. Our first session will be held on Thursday, May 9th at 11:00am and will run each Thursday through May 30th.

Thursdays May 9th, 16th, 23rd, and 30th
11:00am–12:00pm

f a r W E S T C e n t e r

Sign up in the office or call 440-930-4130.

Program will be conducted by Robert A. Piovarchy, MA, LPC-S
Far West Center is a private non-profit outpatient center providing mental health services for community residents and organizations.

Mother's Day Brunch

Tuesday, May 7th
at 10:00am

provided by:

O'Neill
Healthcare
BAY VILLAGE

Call 440-930-4135 to sign up!
MAXIMUM SEATING FOR 50 PEOPLE.



ABOUT OUR SENIOR CENTER

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

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

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

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

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

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

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

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

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

Thank you in advance for your cooperation!

HOT LUNCH
May 21st, Noon

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

This month's menu: **Barbecued Chicken Breast, Potato Salad, Baked Beans with Bacon, 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.

The Hot Lunch program is sponsored by:

- Amy Margiotti**
Howard Hanna, Senior Real Estate Specialist
- Marny Fannin**
Home Instead, In-Home Care
- Joseph L. Motta Co., LPA**
Estate Planning & Elder Law
- MJ Rogers & Company**
Investments, Retirement, Insurance
- Busch**
Cremation, Burial, Pre-planning

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

Blood Pressure Checks
Tuesday, May 21st | 12:30-2:30
Old Firehouse

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



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

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

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



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

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



This month, due to a change in our programming schedule, we will be playing Bingo on **Thursday, May 23 at 2:00pm.**

Sharon Nicholas of Angels Care Home Health will be calling the numbers.

Call 440-930-4135 to reserve your spot.

Newsletter Subscription Form

I would like a yearly subscription to the "Talk On The Lake" Senior Newsletter for a cost of \$12.00/year
 Single newsletters will continue to be sold at a cost of \$1.00 each.

Name _____
 Phone _____
 Street _____
 City _____
 State _____ Zip _____
 Email _____

Please submit this form along with your payment in person at the Old Firehouse or mail to:

The Old Firehouse
100 Avon Belden Rd, Avon Lake, OH 44012
 Checks payable to "The City of Avon Lake"

MAY MOVIES 10:00 WEDNESDAY MORNINGS AT THE OLD FIREHOUSE



MAY 29—SCHMIGADOON!

PG-13 | 2h 50m | Comedy

Cast: Keegan-Michael Key, Cecily Strong

On a backpacking trip designed to reinvigorate their relationship, a couple discovers a magical town living in a 1940s musical and learn that they can't leave until they find true love.



THE CHOSEN: SEASON 1—MAY 1, 8, 15, 22 (2 EPISODES PER WEEK)

The Chosen is a groundbreaking historical drama about the most revolutionary person in history. With his teachings and miracles, Jesus of Nazareth attracts students and followers from all walks of life. But the Roman authorities grow uneasy.

Unrated | 1h 55m each week | Drama | Cast: Shahar Isaac, Elizabeth Tabish, Jonathan Roomie

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, Drug Mart Plaza and area, and Avon Lake Public Library.

TUESDAY: Medical Appointments, Giant Eagle, and Learwood Square.

WEDNESDAY: Medical Appointments, Avon Commons, and Wal-Mart.

THURSDAY: Medical Appointments ONLY

Vision Support Group

This group hosted by Gary Clawson gathers to discuss vision concerns. Different topics and guest speakers enhance most meetings.

For more information and to learn this month's topics call Gary Clawson at (440) 933-8486 or (440) 935-5906.

Meets on May 9th at 11:00am.

Meals On Wheels

The Neighborhood Alliance is now overseeing the Meals On Wheels program. If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program. To receive a hot, nutritional lunch Monday through Friday, please call: 440-233-8768, Opt. 2.

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 Resource Services

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

Thanks for your "pull tab" contributions!

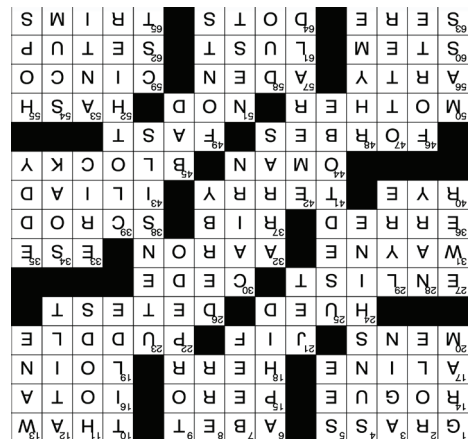


Pull tabs collected for the Ronald McDonald House Family Fund helps support the families that stay at RMHC NEO by providing meals and items for families, assistance in emergencies, and giving families special moments – like small gifts for children if they have a birthday while at the House.

Please keep 'em coming!

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.



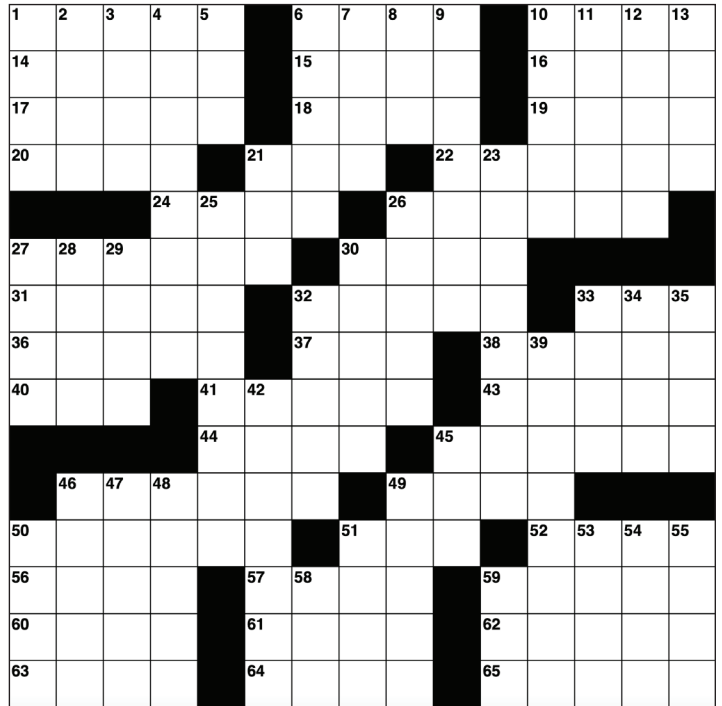
MEMORIAL DAY *by Evelyn Johnson*

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 | GATHERINGS | SERVICE |
| BATTLEFIELD | HERITAGE | TRIBUTE |
| BRAVERY | HERO | VETERAN |
| CELEBRATION | HOLIDAY | WORSHIP |
| CEMETERY | LEGENDARY | |
| DECORATION | MEMORIAL | |
| DUTY | MILITARY | |
| FLAGS | PEACE | |
| FRIENDSHIP | | |

MAY *by Evelyn Johnson*



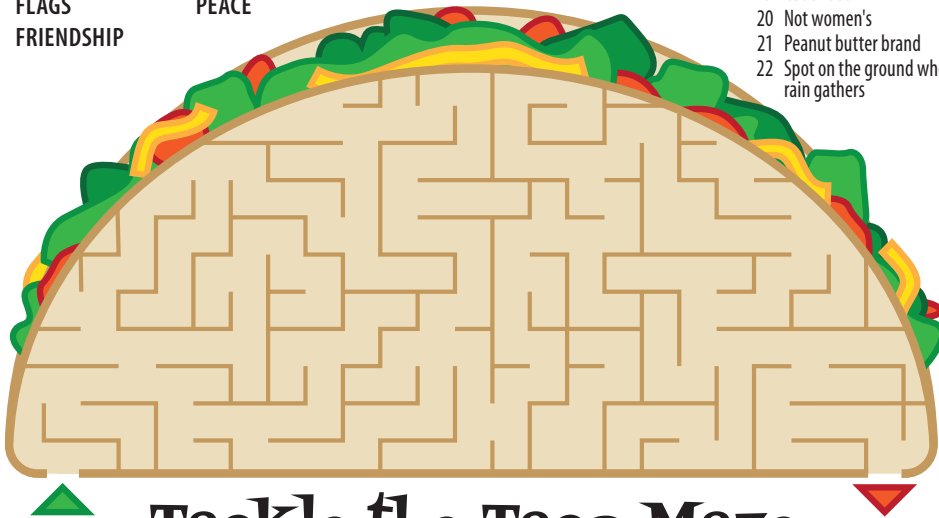
Solution on page 5.

ACROSS

- | | | |
|---|-------------------|------------------------------------|
| 1 Herbage suitable for grazing animals | 24 Tinted | 46 Money magazine |
| 6 A wager (2 wds.) | 26 Scorn | 49 Quick |
| 10 Unfreeze | 27 Recruit | 50 Female parent |
| 14 Scoundrel | 30 Surrender | 51 Head motion |
| 15 Brand of coffee alternative | 31 Cowboy John | 52 Talk about, with "over" |
| 16 Small particle | 32 Moses' brother | 56 Pretentious |
| 17 Tight at the top, flaring at the bottom (2 wds.) | 33 Compass point | 57 City in Yemen |
| 18 "Mister" (German) | 36 Goofed | 59 Mexican holiday "_____ de Mayo" |
| 19 Cut of beef | 37 Chest bone | |
| 20 Not women's | 38 Young fish | 60 Prow |
| 21 Peanut butter brand | 40 Grain | 61 Want |
| 22 Spot on the ground where rain gathers | 41 Towel cloth | 62 Frame |
| | 43 Book by Homer | 63 Dry |
| | 44 Asian nation | 64 Points |
| | 45 Short | 65 Snips |

DOWN

- | | |
|----------------------------------|---|
| 1 Metric weight unit | 29 Harp |
| 2 Position | 30 Hiker's trail marker |
| 3 Against | 32 Tapestry |
| 4 Sun's light | 33 Little Mermaid's love |
| 5 Encounter | 34 Douse |
| 6 Plant louse | 35 Swirl |
| 7 Steak | 39 Cloth maker |
| 8 Make a mistake | 42 Birthstone that means love and success |
| 9 Sub's weapon eggs | 45 Not good |
| 10 Typographic character | 46 Skill |
| 11 Head coverings | 47 Swimming mammal |
| 12 Tipped | 48 Sounds alike |
| 13 Decrease | 49 Types of letters |
| 21 Air commuter's transportation | 50 Volume |
| 23 Dinner tools | 51 Place where birds lay their |
| 25 Was (3 wds.) | 53 Negative (prefix) |
| 26 Horse race | 54 Water film |
| 27 Water pitcher | 55 Jumps |
| 28 Not one | 58 Twosome |
| | 59 Time zone |



Tackle the Taco Maze for Cinco de Mayo

*What did the taco say to the burrito?
 I love you from my head toatoes.*



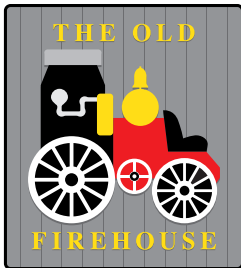
MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Cinco de Mayo SUNDAY May 5th</p>	 <p>Mother's Day SUNDAY May 12th</p>	<p>1 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players</p>	<p>2 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>3 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Dup. Bridge</p>
<p>6 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>7 8:00a Indoor Walking 9:00a Boom Muscle* 10a Mother's Day Brunch 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes</p>	<p>8 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players 1:00p Duplicate Bridge</p>	<p>9 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Vision Concerns 11:00a Senior Strong 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>10 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot</p>
<p>13 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Duplicate Bridge</p>	<p>14 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes</p>	<p>15 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players</p>	<p>16 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>17 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p 3rd Friday Bridge</p>
<p>20 8:00a Indoor Walking 9:30a Stability* 9:30a Women's Chorus 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Duplicate Bridge</p>	<p>21 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00 HOT LUNCH 12:30 Blood Pressure 12:30p Mahjong 1:00p Dominoes</p> 	<p>22 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players</p>	<p>23 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 2:00p Bingo  12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>24 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 1:00p Westsiders Mahjong</p>
<p>27 Closed</p>  <p>MEMORIAL DAY REMEMBER & HONOR</p>	<p>28 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:30p Mahjong 1:00p Dominoes</p>	<p>29 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:30p Bridge 1:00p Garbage Players</p>	<p>30 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>31 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot 5:00p LET'S GET GROOVY! Senior Center Prom</p> 

*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:



CITY OF AVON LAKE SENIOR CENTER

talk on the lake

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

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

Patty Knip
Senior Programming
pknip@avonlake.org

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



Available online at www.AvonLakeRec.com | Click 



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

Membership provides FREE Pool Admission!