



talk on the lake

News & Events at the Avon Lake Senior Center

July 2024

We're Having a COOKOUT!



THURSDAY JULY 11TH 12:00 PM

Join us for our
Annual Summer Cookout
provided by

O'Neill Healthcare BAY VILLAGE

Stop by or call 440-930-4135 to sign up.
SPACE IS LIMITED.

So who is this 'Uncle Sam' guy?

Uncle Sam is a common nickname for the United States or the country's federal government. According to legend, the name is linked to Samuel Wilson, a meat packer from Troy, New York, who supplied barrels of beef to the United States Army during the War of 1812.

The Sam Wilson Story

The most popular theory concerns Samuel Wilson, a New York meatpacker who provided food to U.S. forces during the War of 1812. As the story goes, Wilson and Elbert Anderson, the contractor he supplied, stamped all their beef and pork barrels with the initials "E.A.-U.S." The "U.S." was shorthand for United States, but workers began joking that it stood for "Uncle Sam," as Wilson was locally known. Before long, soldiers had helped bring the term into common use as a nickname for the United States.



The Sam Wilson story was first popularized in an 1830 article in the New York Gazette. It was later made a matter of public record in 1961, when Congress passed a resolution acknowledging Wilson as the "progenitor of America's national symbol of 'Uncle Sam.'" Nevertheless, many modern researchers doubt the tale's veracity. Historian Donald R. Hickey has uncovered a reference to Uncle Sam in a U.S. Navy midshipman's diary from 1810, which suggests that the term predated the War of 1812.

In 1813, meanwhile, Wilson's hometown newspaper wrote an article that referenced the term, but made no mention of his role in inspiring it. Instead, the story stated that the name was simply a playful take on the "U.S." that was often emblazoned on military wagons and supplies.

Origins of 'I Want You for U.S. Army' Illustration

Whatever its origins, the nickname "Uncle Sam" became entrenched in the American vernacular in the years after the War of 1812. The first drawings of Uncle Sam followed in the 1830s, but his trademark look wasn't popularized until the 1870s, when Harper's Weekly cartoonist Thomas Nast began drawing him with a whiskered face, top hat and red-and-white striped pants.

The final step in the character's transition into a national icon came courtesy of artist James Montgomery Flagg. In 1916, he used his own face as a model for an Uncle Sam cartoon in a periodical called Leslie's Illustrated Weekly Newspaper. The image, which shows a goateed Uncle Sam pointing straight at the viewer, later appeared in a now-famous World War I recruitment poster featuring the tagline "I Want You For U.S. Army." same day. Currently, it shifts between June 20, 21, and 22.



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® & 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		11:30-12:15 Stability Plus Lana
11:30-12:15 Focused Gentle Yoga Maria	12:00-1:00 Aqua Aerobics Beth <i>(at Ellen Trivanovich Aquatic Center)</i>	12:00-1:00 Aqua Aerobics Carrie	12:00-1:00 Aqua Aerobics Beth	
	4-4:45 Boom Muscle <i>Off for Summer</i>		4-4:45 Yoga Flow Sherri	

2 AQUA AEROBICS

Dig out your swimsuit and see for yourself how aquatic exercise can improve both your current quality of life and your future health. Classes at Ellen Trivanovich Aquatic Center Tuesday–Thursday 12pm June 18th through August 15th.

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.

LUNCH & LEARN
Angels
 Care Home Health
 An AngMar Managed Company
 Sharon Nicholas

**THURSDAY
 JULY 25TH
 12:00 PM**
 Stop by or call 440-930-4135 to sign up.
 SPACE IS LIMITED.

LUNCH & LEARN
maureen's
 Helping Hands, Inc.
 Mary Barrett, LNHA

**THURSDAY
 AUG. 1ST
 12:00 PM**
 Stop by or call 440-930-4135 to sign up.
 SPACE IS LIMITED.

JULY MOVIES 10AM WEDNESDAY AT THE OLD FIREHOUSE







July 3
National Treasure
 PG | 2h 25m | Comedy
 Cast: Nicolas Cage, Diane Kruger, Jon Voight, Harvey Keitel
 Joining an expedition, an historian finds an ice-locked Colonial ship that contains a clue linking a treasure to the Declaration of Independence.

July 10
Hit Man
 R | 1h 55m | Romantic, Comedy
 Cast: Glen Powell, Adria Arjona, Austin Amelio
 A mild-mannered professor moonlights as a fake hit man in what The New York Times hails as "one of the year's funniest, sexiest, most enjoyable movies."

July 17
Long Shot
 TV-14 | 40m | True Crime Documentary
 When Juan Catalan is arrested for a murder he didn't commit, he builds his case for innocence around raw footage from a popular TV show. A documentary.


July 24
Tower Heist
 PG-13 | 1h 44m | Action, Comedy
 Cast: Ben Stiller, Eddie Murphy, Casey Affleck
 When a group of workers at a ritzy Manhattan condo realize their boss has swindled them out of their pensions, they vow to reap their own justice.

July 31
The Price of Nonna's Inheritance
 TV-MA | 1h 30m | Comedy
 Cast: Christian De Sica, Angela Finocchiaro
 When rich grandma Giuliana calls for an urgent gathering, her family hopes to discuss their inheritance—but she's found someone to add to the equation.

Far West Center's Senior Strong program.

Serious problems can interfere with daily living, or life changes may overwhelm a person's ability to cope. Talking about these problems can provide skills and options needed to manage life's challenges, improve self-esteem, relationships and mood. Robert A. Piovarchy, MA, LPC-S will be on hand to lead meetings on **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.



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

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. And it wouldn't be possible without the amazing support of people who faithfully collect the tabs. It's an easy way to do something good and make a difference in the life of a seriously ill child. Please continue to bring in any of your pull tabs in support of this worthwhile cause.



RONALD MCDONALD HOUSE CHARITIES



Still 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

HOT LUNCH
July 16th, Noon

\$7.00 | \$5.00 for Members | Free for 90+
 This month's menu: **Breaded & Fried Chicken Tenders, Corn on the Cob, Macaroni Salad, and Dessert.** If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online at www.AvonLakeRec.com.

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

Blood Pressure Checks
Tuesday, July 16 | 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.



This month, due to a change in our programming schedule, we will be playing Bingo on **Thursday, July 18th at 2:00pm.**

Sharon Nicholas of Angels Care Home Health will be calling the numbers.
Call 440-930-4135 to reserve your spot.

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.

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 will resume in September, at the Old Firehouse.

Interested? Call Irene at 216-407-5119.

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 about upcoming topics call Gary Clawson at: (440) 933-8486 or (440) 935-5906.

Meetings will resume in September.

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"

Far Out & Groovy

THANKS TO ALL WHO ATTENDED!



SPECIAL THANKS TO OUR SPONSORS WHO MADE THE EVENING POSSIBLE!

Amy Margiotti • Angels Home Healthcare • Busch Funeral • Ganzhorn Suites • Giant Eagle • Glenn Kuemerle, DDS • Home Instead/Marny Fannin • Infinite Helping Hands • My New Villa • O'Neill Healthcare • Pulte Homes • SaladKraze • Sherri Coleman • St. Mary of the Woods • Sweetbriar Golf & Pro Shop • Western Reserve Area Agency on Aging

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 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, 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

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.



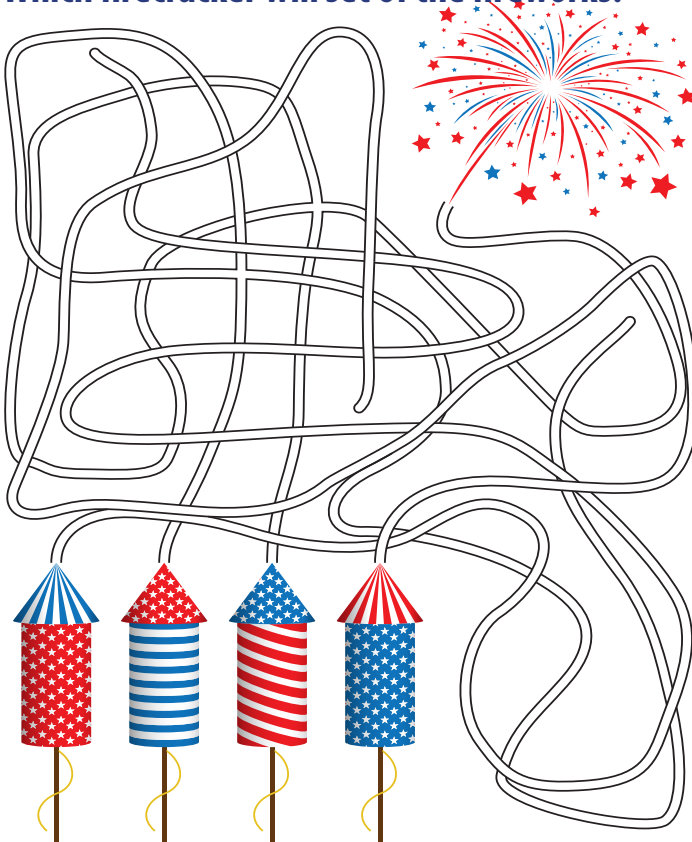
FLAGS & FIREWORKS by Evelyn Johnson

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

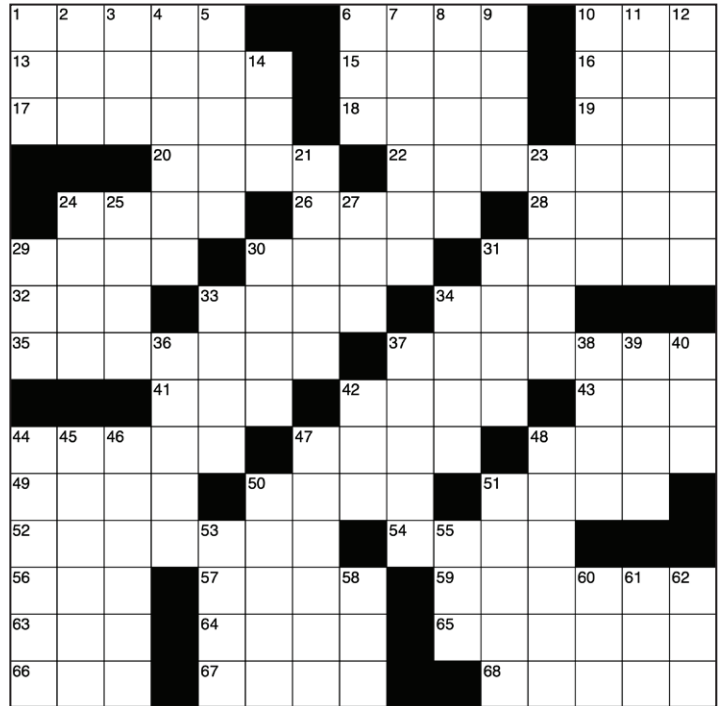
T T H I S R N A H A L Y A R D
 T S F I E O N C E T I H W W S
 R R I D I L L R R E M A I E C
 E U R N T B O O M A H E L L I
 L B E A F U N T E K C O R D N
 K R C E D O L P X E P K A N H
 R A R D D O F T H G E Z L F C
 A T A R E E E O A N Z L Y E E
 P S C S T O G L L L O H N G T
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- | | | | |
|---------|-------------|--------------|-----------|
| BANG | EXPLODE | FUN | RED |
| BANNER | FIRECRACKER | GLITTER | ROCKET |
| BLUE | FIZZLE | HALYARD | SPARKLER |
| BOOM | FLAGPOLE | IGNITED | STARBURST |
| CRACKLE | FLASH | PYROTECHNICS | WHITE |

Which firecracker will set off the fireworks?



FAMILY & FRIENDS by Evelyn Johnson



Solution on page 5.

ACROSS

- | | | |
|---|---------------------------------|-------------------------------------|
| 1 Remains | 29 Food | 49 Kitchen appliance |
| 6 Post traumatic stress disorder | 30 What legs are attached to | 50 It ____ Upon a Midnight Clear... |
| 10 Highest trump in some loo | 31 Pie nut | 51 Contract |
| 13 Noiseless | 32 Condensation | 52 Yarn-dyed cotton cloth |
| 15 Footgear | 33 Past times | 54 Journey, voyage, or excursion |
| 16 Freezing | 34 Summer skin color | 56 Crazy |
| 17 Tattle (2 wds.) | 35 Bows | 57 Canal |
| 18 Duck | 36 French Mediterranean island | 59 Endue |
| 19 Executive | 37 Before (prefix) | 63 Snacked |
| 20 Unwilling | 42 Hunting bird | 64 Stroll |
| 22 People closely attached to each other by affection | 43 ____ Lanka | 65 Winner |
| 24 Small retail store | 44 Michelangelo's famous statue | 66 Visualize |
| 26 Dines | 47 Plant life | 67 Eye infection |
| 28 Roman eight | 48 Astringent | 68 Fry |

DOWN

- | | | |
|-------------------------------|---|---|
| 1 Fast plane | 27 Gorilla | 47 Group consisting of parents and their children |
| 2 Bind | 29 Disks | 48 S. American llama |
| 3 Entire | 30 Place where one lives | 50 Diamond weight unit |
| 4 Color | 31 Area of public land set aside for relaxation | 51 End |
| 5 Observe secretly | 33 Open area next to a house | 53 Chops |
| 6 Clock time | 34 Center of population larger than a village but smaller than a city | 55 Pastor (abbr.) |
| 7 Robberies | 36 Imitating | 58 Stretch to make do |
| 8 Flies | 37 Insertion mark | 60 Heat unit |
| 9 Cafe | 38 Island | 61 Oodles |
| 10 Informal outdoor meal | 39 Meaning | 62 Before, poetically |
| 11 Spiritual boredom | 40 Aspire | |
| 12 Muscle contraction protein | 42 Skirt edge | |
| 14 Trinitrotoluene | 44 Beliefs | |
| 21 Successors | 45 Fly | |
| 23 Levels | 46 Buyer | |
| 24 Popular stadium | | |
| 25 Wait | | |



*What does the Statue of Liberty stand for?
 Because it can't sit.*

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>2 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00p Aqua Aerobics* 12:30p Mahjong 1:00p Dominoes</p>	<p>3 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:00p Aqua Aerobics* 12:30p Bridge 1:00p Garbage Players</p>	<p>4 CLOSED </p>	<p>5 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>8 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong 1:00p Bunco</p>	<p>9 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00p Aqua Aerobics* 12:30p Mahjong 1:00p Dominoes</p>	<p>10 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:00p Aqua Aerobics* 12:30p Bridge 1:00p Garbage Players 1:00p Duplicate Bridge</p>	<p>11 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 12:00p Aqua Aerobics* 12:00 COOKOUT O'Neill BAY VILLAGE Healthcare 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>12 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Women's Chorus 10:00a Creative Needles 10:15a Yin Yoga* 11:30a Stability PLUS* 12:30p Bridge 12:30p Hand & Foot</p>
<p>15 8:00a Indoor Walking 9:30a Stability* 9:30a Garden Club 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>16 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00p Aqua Aerobics* 12:00 HOT LUNCH 12:30 Blood Pressure 12:30p Mahjong 1:00p Dominoes</p>	<p>17 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:00p Aqua Aerobics* 12:30p Bridge 1:00p Garbage Players</p>	<p>18 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 12:00p Aqua Aerobics* 12:30p Hand & Foot 2:00p Bingo 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>19 8:00a Indoor Walking 9:15 Chair Yoga* 10:00a Women's Chorus 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>22 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>23 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00p Aqua Aerobics* 12:30p Mahjong 1:00p Dominoes</p>	<p>24 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:00p Aqua Aerobics* 12:30p Bridge 1:00p Garbage Players</p>	<p>25 8:00a Indoor Walking 9:00a Boom Muscle* 10:15a Circuit* 11:00a Senior Strong 12:00p Aqua Aerobics* 12:00p LUNCH&LEARN Angels Care 12:30p Hand & Foot 4:00p Yoga Flow*</p>	<p>26 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>29 8:00a Indoor Walking 9:30a Stability* 10:30a Circuit* 11:30a Focused Gentle Yoga* 12:30p Bridge 12:30p Hand & Foot 12:30p Mahjong</p>	<p>30 8:00a Indoor Walking 9:00a Boom Muscle* 10:30a Stability PLUS* 11:30a Gentle Yoga Flow* 12:00p Aqua Aerobics* 12:30p Mahjong 1:00p Dominoes</p>	<p>31 8:00a Indoor Walking 9:30a Stability* 10:00a Movie 10:30a Classic* 11:30a Gentle Yoga* 12:00p Aqua Aerobics* 12:30p Bridge 1:00p Garbage Players</p>	<p>WEDNESDAY, JULY 3 6-10PM AT WEISS FIELD Boaterhead Concert Fireworks 10pm</p> 	

*SilverSneakers® and Renew Active™ approved fitness class. See description and details on page 2. Indicates classes to be held at Ellen Trivanovich Aquatics Center.

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

SENIOR CENTER SPONSORS

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



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



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