

The
Senior Buzz
NEWSLETTER
VOLUME 19 ■ DECEMBER 2022 — JANUARY 2023 ■



**Senior Center
& City Hall Closed**

Dec 23 & 26 — Christmas
Dec 30—Closing at noon
Jan 2 —New Years
Jan 13—Closing at 1:00
Jan 16—MLK Day

**Save
the
Date!**

**NOON
Years Eve
Brunch
Thursday,
December 29**
(info on page 4)



Avon Senior Center
36786 Detroit Rd.
Avon, Ohio 44011
HOURS: Monday-Friday
8:00AM—4:00PM
(440) 934-2417

It's the most wonderful time of the year! Well, except for the cold weather. There are many wonderful things coming up over the next few months. Our Holiday Party is right around the corner so if you have not signed up yet, please make your reservation by the November 30 deadline!

Special thanks to Barry's Bagels for sponsoring our Veteran's Lunch this year. They provided our Vets and families with delicious bagel sandwiches while sharing stories and photos.

In this issue you will see craft classes, holiday events, our "Noon" Year's Eve Brunch, some fun trips, and much more. Plus, we have TWO volunteers to help you with all your technology needs! Dan will begin in December, and Sam will begin in January. Please read their info on page 4.

Please note our "Winter & Cold Weather" policy on page 7. I kindly ask everyone to review the guidelines as we **do not** follow the Avon Schools snow policy.

Whether you celebrate Christmas, Hanukkah, Kwanzaa, etc., the core of all these traditions is giving. There may be different origins for the giving aspects of these holidays, but no other ones are more significant — especially when we remember that it is truly more blessed to give than to receive. New Year's Eve gives us a chance to reflect on what we value, to determine ways to reaffirm the values that work, and to resolve to change the ones that don't. I try not to focus on the "chaos" of the holidays: too commercial, too much traffic, certain loved ones aren't around anymore, etc. For me, the holiday season is a time to reflect on the past year, hopes for the coming year, and to rejuvenate. I hope to finish the year feeling as though I have made a difference, and to spend more time with family appreciating the little joys in life. Everything else is icing on the cake. And there's a lot of icing. However you celebrate this holiday season, and whatever the holidays mean to you, I wish you all happiness, laughter, delicious food, good cheer, and time spent with those who matter most. From my family to yours, have a very happy holiday season. Happy Holidays and Happy 2023!

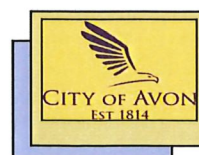
Be well. See you soon.

Sincerely,

Cam



www.cityofavon.com



Carmelina Suydam
Center Coordinator

PLEASE REMEMBER TO CHECK IN WITH YOUR KEY TAG AT THE KIOSK EVERY TIME YOU ENTER THE BUILDING!
THIS HELPS US KEEP TRACK OF ATTENDANCE AND INTEREST IN PROGRAMMING!

HERE'S WHAT'S GOING ON AT THE CENTER...

Regular Weekly Activities

MONDAYS ~	Pinochle	1 PM
TUESDAYS ~	Beginner Mah Jongg	10 AM
	Hand & Foot	1 PM
WEDNESDAYS ~	Paint	10 AM
	Mah Jongg	12:30 PM
THURSDAYS~	Cards	12:30 PM
FRIDAYS ~	Chair Yoga	9 AM

Silver Sneakers	Mondays & Fridays	10 AM
Coffee & Donuts	1st & 3rd Thursday	10 AM
Book Club	2nd Thursday	10 AM
Movie Day	1st & 3rd Friday	1 PM
Jigsaw Puzzles	Ongoing	



The Avon Senior Center offers financial assistance for seniors in Avon who are in need. The process is simple and confidential. Stop in or call Carm (440-934-2417) or Carrie (440-934-7975).

BINGO

December

Wednesday, December 14

Wednesday, December 28

1:00 PM

January

Wednesday, January 11

Wednesday, January 25

- ♦ RSVP no later than 2 days prior.
- ♦ SPONSORED BY THE NORTHRIDGE, AND AVON PLACE
- ♦ BLOOD PRESSURE CHECKS BY INFINITE HELPING HANDS

REFUND/CANCELLATION POLICY FOR PROGRAMS, EVENTS AND TRIPS:

Programs may be cancelled and refunded if minimum participation is not met. If you paid for a program but need to cancel, you may receive a refund if you cancel before the "registration deadline" listed in the newsletter for that event/trip (if over \$5). Refunds for \$5.00 or less will not be processed. After the "registration deadline" date we are unable to process refunds unless there is a wait list and the spot is filled and paid for by another patron. Trip refund and cancellation policy is 30 days before the date of trip unless otherwise stated. **Trips are noted with return times as accurately as possible, with information supplied by the contact at host locations. Things happen - Please be flexible. We apologize in advance if the return time of a trip runs later than expected.**

DURABLE MEDICAL EQUIPMENT LOANS

Avon residents can borrow donated medical equipment on a *short-term, temporary basis* while recuperating from surgery or an injury. A cash security/damage deposit per item is required. Wheelchairs and rollators require a \$40 deposit, and all other equipment is \$20. Deposits are refunded after equipment is returned in the same condition as when it was loaned. Residents can call the Senior Center to check inventory. No drop-ins.

SENIOR SUPPER CLUB

Seniors can eat at the cafeteria of St. John Medical Center's Terrace View Café for a discount. Anyone over 60 can pick up a card from the front desk and receive a 40% discount on all food items (except bottled beverages and "Simply to Go" items). There is a \$10 limit.

LOCK BOXES

Lockboxes available at the Senior Center for \$35. After your application is processed, the Fire Department will contact you for installation.

Annual Toy Drive



The City of Avon will be accepting donations on behalf of Toys for Tots through December 9. Drop off locations will be: the Avon Senior Center, Avon City Hall, and Avon Police Department. The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect **new, unwrapped toys** each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted. You can make a monetary donation as well. If writing a check, please make it out to "**Marine Corps Toys for Tots Foundation**". Your donation is tax deductible.

Movie Fridays

1:00 PM

December 2— Top Gun: Maverick: After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. PG-13 (2 HR, 10 MIN)

December 16— The Polar Express: A doubting young boy takes an extraordinary train ride to the North Pole that shows him that the wonder of life never fades for those who believe. Starring Tom Hanks. G (1 HR, 39 MIN)

January 6—The Lost City: After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction. Starring Sandra Bullock and Channing Tatum. PG-13 (1 HR, 51 MIN)

January 20— Luckiest Girl Alive: A writer's perfectly crafted New York life begins to unravel when a true crime documentary forces her to confront her harrowing high school history. Starring Mila Kunis. R (1 HR 55 MIN)

- ◆ Seating is limited—please RSVP for movies
- ◆ You must be present and seated no later than 12:55 PM or you forfeit your seat to a walk-in.
- ◆ To prevent disruptions, no one will be admitted into the movie after 1:05 PM
- ◆ **Movies sponsored by Independence Village**

Tai Chi Classes

Tuesdays ~ 9:15 AM– 10:30AM

November 15—January 17

\$20/person for 8 session series.

Checks payable to: "C. Michael Rhoades". (No class Dec 20 & 27)



Freestyle Paint Group

Wednesdays

10:00 AM—12:00 PM

Join our small group for a morning of painting and conversation. No formal instruction, but all help each other with tips on projects. Bring your paint project and stop in! No RSVP needed.

Chair Yoga

Fridays

9:00 AM

Classes last approximately 50 minutes and include the essential yoga practices of breath work and relaxation. No RSVP needed just check in at the kiosk when entering the building.

Cookies and Conversation

Wellness through the Senses

Thursday, December 1

1:00PM

Join Senior Care Authority to learn techniques and use your 5 senses to calm and relax yourself. With the use of the natural environment and your surroundings: see, hear, smell, taste and touch your way to a calmer you. **Cookies and presentation sponsored by Senior Care Authority. Waiting list only.**

Gold & Silver Events

Monday, December 5

10 AM—1 PM

Gold & Silver Events will be at the Senior Center Monday, December 5. Bring your items to get a price on jewelry, diamonds or flatware that you no longer want. Gold & Silver Events is a reputable precious metals dealer that specializes in senior centers, home parties and school fundraisers. No obligation to sell! You can call 440-934-2417 to schedule a time, or walk-ins are welcome. Questions? Call Sheila Wayne at 440-725-9100.

Craft with Kingston

Tuesday, December 6

1:00 PM

Come out and get crafty! Kristi from Kingston along with Phoenix from Visiting Angels will lead you through a fun and free craft! Space is limited. RSVP by November 29.

Chair Volleyball

1st and 3rd Wednesday of the Month

1:00 PM—2:15 PM

Chair Volleyball is a game which has all the rules of competitive volleyball except it is played on a smaller scale. The white leather volleyball is replaced by a beach ball and the strictest rule is to never, ever let your backside leave that seat! *No volleyball December 7.*

***Chair Volleyball Holiday Party Potluck—December 21st—please bring a snack/appetizer or dessert to share.**



Coffee and Conversation (and Donuts!)

1st and 3rd Thursday of the Month

10:00 AM

Join us for a cup of coffee and a donut and listen what's going on in the City of Avon from Councilman Craig Witherspoon, as well as other speakers we bring in from time to time. **December 1st:** Officer Jessica Zuk from the Avon Police Department will be here with Hunter, her K-9 partner. **January 19:** Superintendent of Avon Schools Ben Hodge will be here to give us an update on the schools and answer all your questions. RSVP not necessary. Join us!



Second Thursday Book Club

10:00 AM—11:00 AM

We'll read a book every month and discuss it together. December: Local Woman Missing by Mary Kubica
January: When You See Me by Lisa Gardner
February: The Last Thing He Told Me by Laura Dave
*Please RSVP before each book club meeting.

Ornament Exchange
Friday, December 9
1:00 PM

Join us for some Christmas cookies, a hot beverage and an ornament exchange! Just bring a wrapped ornament, and we'll play a fun game and everyone goes home with a new ornament! Cost is \$2/person. Registration deadline is December 6.

Technology Support with Dan
Wednesday, December 14
Wednesday, January 11
10:00AM-12:00PM

The Avon Senior Center is happy to welcome our new volunteer, Dan White! Dan has lived in Avon for 6 years. He retired in January 2020 from Hyland Software in Westlake, after a 20-year career in Tech Support. He started as a Tech Support Analyst and worked his way up to Senior Manager. He enjoys technology and learning new things. Dan has graciously offered to volunteer to help answer your questions related to your electronic devices (cell phone, iPad, tablet, laptop, etc.). There is no cost for this service. No need to RSVP.

Monthly Discussion Group with Carrie
Thursday, December 15: Coping with Holiday Blues
Thursday, January 19: Forgiveness
10:30 AM

Group discussion facilitated by Staff Social Worker, Carrie Rae. RSVP by the day before the group to 440-934-2417.

Podiatrist
Monday, December 19
11:00 AM

Dr. Hosking will be here for anyone wanting foot care. Pre-registration is **REQUIRED**. Please call Dr. Hosking's office at 440-282-1312 to register. Registration deadline December 16.

"Noon" Year's Eve Brunch
Thursday, December 29
10AM

Join us for a wonderful brunch before ringing in the "noon-year"! Your brunch menu will consist of made-to-order omelets with choice of various toppings, breakfast meats, pastries, beverages, and a non-alcoholic champagne toast at noon! Space is limited. Cost for this event is \$7/person. Deadline is December 20.

Partially sponsored by Kingston of Vermilion.

Technology Support with Sam
Tuesday, January 3
Tuesday, January 17
Tuesday, January 31
3:15PM-4:00PM

The Avon Senior Center is happy to welcome our new volunteer, Sam Cecil! Sam is a sophomore at Avon High School, and he plays in the Marching Band, Big Band, Symphony Orchestra, and the Avon Electric Orchestra. In his free time, Sam likes to play with his dog, Jack, and listen/play music on the various instruments he has learned over the years. Sam has graciously offered to volunteer to help answer your questions related to your electronic devices (cell phone, iPad, tablet, laptop, etc.). There is no cost for this service. No need to RSVP.

Trivia with Kingston
Tuesday, January 3
1 PM

Come out for a fun afternoon playing trivia! Kristina Foss from Kingston will be here to play trivia games to keep our minds sharp! RSVP by December 27.

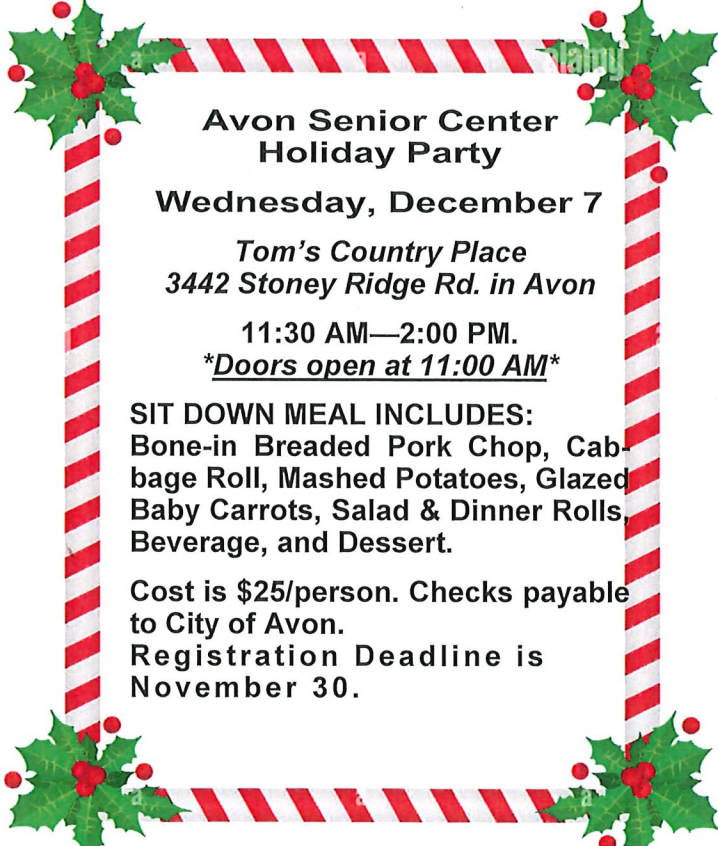
Winter Snowman Craft
Thursday, January 5
1:00 PM

Join us for an afternoon of fun crafting as we make an adorable snowman out of a spoon and a flower pot! Space and supplies are limited. Cost is \$3/person. Deadline is January 3 unless it fills up first!



Senior Center Staff Meeting
Friday, January 13
1:00-4:00

The Senior Center will close at 1PM for an all-staff meeting.



**Avon Senior Center
Holiday Party**

Wednesday, December 7

Tom's Country Place
3442 Stoney Ridge Rd. in Avon

11:30 AM—2:00 PM.
Doors open at 11:00 AM

SIT DOWN MEAL INCLUDES:
Bone-in Breaded Pork Chop, Cab-
bage Roll, Mashed Potatoes, Glazed
Baby Carrots, Salad & Dinner Rolls,
Beverage, and Dessert.

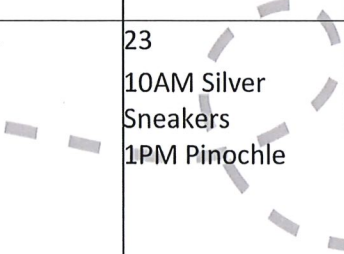
Cost is \$25/person. Checks payable
to City of Avon.
Registration Deadline is
November 30.

December

5

un	Mon	Tue	Wed	Thu	Fri	Sat
				1 10AM Coffee & Donuts 12:30PM Cards 1PM Cookies & Conversation	2 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	3
	5 10AM Silver Sneakers 10AM—1PM Gold & Silver Events 1PM Pinochle	6 9:15AM Tai Chi #4 10AM Beginner Mah Jongg 1PM Hand & Foot 1PM Craft w/ Kingston	7 No Paint No Mah Jongg 11AM Holiday Party @ Tom's No Chair Volleyball *SC closed from 10am-2pm	8 10AM Book Club 12:30PM Cards Christmas in Nicest Town Trip	9 9AM Chair Yoga 10AM Silver Sneakers 1PM Ornament Exchange	10
1	12 10AM Silver Sneakers 1PM Pinochle	13 9:15AM Tai Chi #5 (Tai Chi Holiday Party after class) 10AM Beginner Mah Jongg 1PM Hand & Foot A Christmas Carol Trip	14 10AM Paint 10AM-12PM Tech Support w/ Dan 12:30PM Mah Jongg 1PM Bingo	15 10AM Coffee & Donuts 10:30 Monthly Discussion Group 12:30PM Cards	16 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	17
3	19 10AM Silver Sneakers 11AM Podiatrist 1PM Pinochle	20 No Tai Chi 10AM Beginner Mah Jongg 1PM Hand & Foot	21 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball (Volleyball Holiday Party afterwards)	22 12:30PM Cards	23  Senior Center Closed	24
5	26  Senior Center Closed	27 No Tai Chi 10AM Beginner Mah Jongg 1PM Hand & Foot	28 10AM Paint 12:30PM Mah Jongg 1PM Bingo	29 10AM Noon Year's Eve Brunch 12:30PM Cards	30 9AM Chair Yoga 10AM Silver Sneakers Senior Center Closing at noon	31

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New year's Day 	2 Senior Center Closed	3 9:15AM Tai Chi #6 10AM Beginner Mah Jongg 1PM Hand & Foot 1PM Trivia w/ Kingston 3:15PM Tech Support w/ Sam	4 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	5 10AM Coffee & Donuts 12:30PM Cards 1PM Winter Snowman Craft	6 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	7
8	9 10AM Silver Sneakers 1PM Pinochle	10 9:15AM Tai Chi #7 10AM Beginner Mah Jongg 1PM Hand & Foot	11 10AM Paint 10AM-12PM Tech Support w/ Dan 12:30PM Mah Jongg 1PM Bingo	12 10AM Book Club 12:30PM Cards	13 9AM Chair Yoga 10AM Silver Sneakers 1PM SC closing for Staff Meeting	14
15	16  CLOSED FOR MARTIN LUTHER KING JR. DAY	17 9:15AM Tai Chi #8 10AM Beginner Mah Jongg 1PM Hand & Foot 1PM Valentine's Day Craft 3:15PM Tech Support w/ Sam	18 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	19 10AM Coffee & Donuts 10:30 Monthly Discussion Group 12:30PM Cards	20 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie 	21
22 	23 10AM Silver Sneakers 1PM Pinochle	24 9:15AM Tai Chi #1 10AM Beginner Mah Jongg 1PM Hand & Foot	25 10AM Paint 12:30PM Mah Jongg 1PM Bingo	26 12:30PM Cards	27 9AM Chair Yoga 10AM Silver Sneakers	28
29	30 10AM Silver Sneakers 1PM Pinochle	31 9:15AM Tai Chi #2 10AM Beginner Mah Jongg 1PM Hand & Foot 3:15PM Tech Support w/ Sam				



Valentine's Day Craft

Tuesday, January 17

1:00 PM

Valentine's Day is right around the corner! Let's make a cute arrangement for your door or wall. Cost is \$3/person. Space and supplies are limited. Deadline is January 10 unless it fills up first!

Home & Garden Show Trip

Friday, February 10

9:30AM-2PM

The largest *home and garden show* in Cleveland, Ohio, this show features landscaping companies, remodeling contractors, interior design companies, and more. The Great Big Home + Garden Show is a vibrant marketplace where you can shop for home-related products and services, experience stunning displays to inspire future projects, connect with industry experts, and enjoy informative presentations from renowned local and international home professionals. With 600+ booths to explore and several unique feature displays to enjoy, this is a must-see event for all homeowners. Bus will leave the Avon Senior Center at 9:30AM and drop everyone off at the entrance of the IX Center around 10:15AM. You will have plenty of time to shop, browse, grab a light lunch and watch the various exhibitor shows. The bus will depart the IX Center at 1:15PM to arrive back at the Senior Center by 2 PM. Cost for this trip is \$12/person and includes admission ticket. Registration deadline is February 6.

WINTER HOURS & COLD WEATHER REMINDERS

- ♦ If the weather is very bad, we will cancel all senior center activities for the day.
- ♦ We **do NOT** follow the Avon Schools snow policy.
- ♦ For folks who are newsletter or e-newsletter subscribers, you will receive an automated phone call indicating that the Senior Center is closed.
- ♦ Senior Center staff will be in the office (if possible) as soon as we are able.
- ♦ Transportation services and/or trips will run if road conditions are deemed safe.
- ♦ Things happen; in the event of phone or technical issues with the automated system, please exercise caution and common sense before leaving the house in inclement weather.

Great Lakes Theater Performances

Payment for all matinees are due at time of reservation. Cancellations made after the deadline listed in the newsletter will not be refunded unless there is a wait list **and** the spot is filled and paid for by another patron. Trip refund and cancellation is 30 days before the date of trip. **Please note: Tickets MUST be purchased no later than the deadline posted for each performance. We are unable to purchase additional tickets once the deadline has passed.**

A Christmas Carol at Mimi Ohio Theatre

Tuesday, December 13

10:00 AM—2:00 PM

Northeast Ohio's favorite holiday tradition! Open your heart to Charles Dickens' classic tale of one man's ultimate redemption. We will leave the Senior Center at 10AM for the 11AM matinee, and return immediately after the show. Cost is \$25/person. **Waitlist only.**

Sense and Sensibility at Hanna Theatre

Tuesday, February 21

9:00 AM—1:30 PM (approx.)

Set in late 18th-century England, *Sense and Sensibility* centers on sisters Elinor and Marianne Dashwood, whose lives are turned upside down when their father passes away suddenly, leaving them penniless and with reputations at stake. We will leave the Senior Center at 9AM for the 10AM matinee, and return immediately after the show. Cost is \$25/person. **Deadline January 19.**

As You Like It at Hanna Theatre

Tuesday, March 21

9:00 AM—1:30 PM (approx.)

Orlando de Boys, the youngest son of the late Sir Rowland de Boys, has been kept in poverty by his brother Oliver since his father's death. Orlando decides to wrestle for his fortune at Frederick's court, where he sees Rosalind and they fall in love. We will leave the Senior Center at 9AM for the 10AM matinee, and return immediately after the show. Cost is \$25/person. **Deadline February 17.**

Thank You!

SPECIAL THANKS TO THE FOLLOWING ORGANIZATIONS THAT SPONSORED OUR HALLOWEEN CHILI PARTY!

*Hospice of the Western Reserve
Home Instead Senior Care
Kingston of Vermilion
Infinite Helping Hands
O'Neill Healthcare
Residence Home Care
Independence Village
Avon Place*

CITY OF AVON
BRYAN K. JENSEN, MAYOR

SUBSCRIPTION INFO

- ♦ The newsletter subscription fee for 2022 is \$15/household. Subscriptions are on a 12 month renewal.
- ♦ The mailing label on your newsletter will show your expiration date.
- ♦ Folks wanting a single issue or replacement copy of the newsletter - individual printed copies are available at the Reception Desk for \$2.00.
- ♦ Those wanting the newsletter emailed can subscribe to our e-newsletter for free.
- ♦ There is no form to fill out for newsletter subscriptions. Just stop in or mail a check for \$15, payable to City of Avon and write "newsletter" on the memo line. Credit card payments also accepted.

NEWSLETTER VOLUNTEERS



We have a wonderful group of folks who get together for a few hours every other month to fold, seal, and address our newsletter. If you are available and would like to volunteer to be a newsletter volunteer, please call the Senior Center.

**AVON SENIOR CENTER
STAFF**

Carmelina Suydam, MPA
Coordinator
440-934-2417
csuydam@cityofavon.com

Karen Reppucci
Activity Planner
440-934-6452
kreppucci@cityofavon.com

Caryn Tovtin
Transportation
440-934-7433 (RIDE)
ctovtin@cityofavon.com

Sandy Palmieri
Receptionist
440-934-2417
spalmieri@cityofavon.com

Carrie Rae
Social Worker
440-934-7975
crae@cityofavon.com

Drivers: Nancy Gelston,
Mike Kerecz, Toni Konowal,
Pam Kelly, Bob Broberg,
Terri Griffore, Tim Russell

Michelle Wintrobe
Event Set-up

