



The Senior Buzz

NEWSLETTER

VOLUME 19 ■ FEBRUARY — MARCH 2023 ■



AVON Senior Center

Senior Center & City Hall Closed

April 7 — Good Friday

Save
the
Date!

Soup Throw Down!

Thursday,
February 23

Info on page 4



Happy New Year! I hope the holiday season was enjoyable, heartfelt, and stress free.

We are starting off the year in full force—you will find many wonderful things coming up over the next few months.

Special thanks to Mayor Jensen and all the Leaf Rake-Up volunteers! The weather did not want to cooperate for us to get everything done in one day, but we managed to get all yards raked over the course of several weekends.

A few changes happening that we would like to pass along:

- ♦ First, we no longer have our big 22-passenger bus. After dealing with supply chain issues and a 35% increase in price, we decided not to purchase a new bus. We have contracted with Safe & Reliable Transportation for our bus trips. This will give us a little more flexibility, and in some cases allow for larger groups for our trips.
- ♦ Second, the Meals on Wheels program will no longer be offered through the Lorain County Office on Aging. Neighborhood Alliance has taken over home food delivery services for Avon, Avon Lake, Sheffield and Sheffield Lake. For more information, call 440-233-8768.
- ♦ With this change in the meal program, there will no longer be food collection at the Senior Center. Unexpired, unopened food items can be donated to Blessings Boxes located behind the senior center, and at the police/fire department.

Lastly, we would like to extend our sincere condolences to the Jensen family in the passing of Sally Jensen. Sally had an infectious smile, non-stop energy, and was always doing something. She would attend our Silver Sneakers exercise class, then stop in my office for a quick chat before she rushed off to Pinehaven Greenhouse. "I better get moving or I'll get fired!" she would joke. Sally is now reunited with her husband and love of her life, Niels Jensen. She will be missed.

Be well. See you soon.

Sincerely,

Caum



Carmelina Suydam
Center Coordinator

Avon Senior Center
36786 Detroit Rd.

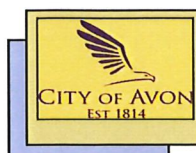
Avon, Ohio 44011

HOURS: Monday-Friday

8:00AM—4:00PM

(440) 934-2417

www.cityofavon.com



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	Silver Sneakers	Mondays & Fridays	10 AM
TUESDAYS ~	Beginner Mah Jongg	10 AM	Coffee & Donuts	1st & 3rd Thursday	10 AM
	Hand & Foot	1 PM	Book Club	2nd Thursday	10 AM
WEDNESDAYS ~	Paint	10 AM	Movie Day	1st & 3rd Friday	1 PM
	Mah Jongg	12:30 PM	Jigsaw Puzzles	Ongoing	
THURSDAYS~	Cards	12:30 PM			
FRIDAYS ~	Chair Yoga	9 AM			

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).



February
Wednesday, February 8
Wednesday, February 22

March
Wednesday, March 8
Friday, March 17
Wednesday, March 22

1:00 PM

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

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.

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. **For those outside of Avon:** Neighborhood Alliance offers medical equipment rental for Lorain County residents. Call 440-233-8768 for info.

IMPORTANT INFORMATION

- According to food service guidelines from the Lorain County Health Department, the City of Avon Senior Center is prohibited from having patrons take prepared food home from our facility—there are no exceptions. Please see Carm with any questions.
- As of January 3rd, Meal on Wheels will be operating through Neighborhood Alliance (previously through the Lorain County Office on Aging). For questions, or to enroll, call 440-233-8768.

Movie Fridays

1:00 PM

February 3— Ticket to Paradise: George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made. PG-13 (1 HR, 43 MIN)

February 17— Glass Onion: A Knives Out Mystery: When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. PG-13 (2 HR, 19 MIN)

March 3—Dog Gone: When his beloved dog goes missing, a young man embarks on an incredible search with his parents to find him and give him life-saving medication. Starring Rob Lowe. PG (1 HR, 35 MIN)

March 17— The Outfit: The Outfit is a gripping and masterful thriller starring Academy Award® winner Mark Rylance as Leonard, an English tailor who gets caught up with a mobster family. R (1 HR 45 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
January 24—March 14

\$20/person for 8 session series.

Checks payable to: "C. Michael Rhoades".



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.

Craft with Kingston
Tuesday, February 7
1:00 PM

Come out and get crafty! Joselyn from Kingston along with Phoenix from Visiting Angels will lead you through a fun and free craft! Space is limited. RSVP by February 3.

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! RSVP no later than 2 days beforehand.



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 to 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. RSVP not necessary. Join us! ***No Coffee & Donuts February 16.**



Second Thursday Book Club
10:00 AM—11:00 AM

We'll read a book every month and discuss it together.

February: The Last Thing He Told Me by Laura Dave

March: Saving Ceece Honeycott by Beth Hoffman

April: The Last Flight by Julie Clark

*Please RSVP before each book club meeting.

Technology Support with Dan
Wednesday, February 8
Wednesday, March 8
10:00AM-12:00PM

Please join Dan White, technology support volunteer, who will 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.

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.

Valentine's Day Brunch

Monday, February 13

10 AM

Join us for a wonderful brunch to celebrate Valentine's Day! Your brunch menu will consist of pancakes, eggs, sausage, fruit and beverages. Space is limited. Cost for this event is \$7/person. Deadline is February 6. **Partially sponsored by O'Neill Healthcare.**

Valentine's Day Sweet Social

Tuesday, February 14

1 PM

Happy Valentine's Day! We're having an afternoon social with cheesecake, beverages and music. Join us! Cost is \$5/person. Deadline is February 7. **Sponsored by My New Villa.**

Technology Support with Sam

Tuesday, February 14 & 28

Tuesday, March 14 & 28

3:15 PM-4 PM

Please join Sam Cecil, technology support volunteer, who will 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, February 16: Grief and Loss

Thursday, March 16: Depression in Older Adults

10:30 AM

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

Managing Money: A Caregiver's Guide to Finances

Thursday, February 16

10 AM

This program is designed for family members who want to learn what legal documents are essential to manage family affairs and how to finance long-term care for a loved one with dementia. Participants will have the opportunity to get their questions answered. The speaker, Steve Dzurec, is a Community Health Educator for the Alzheimer's Association and a Wealth Advisor for the 4:8 Group. RSVP no later than February 10.

Vehicle Technology & Safety

Monday, February 20

1 PM

What do all those lights on your dashboard mean? Are they too confusing, so you turn them off? Are you looking to buy a new car and wondering if you'll feel comfortable with the new technologies that are supposed to keep us safer and support our independence? Join

Claudia Marovic from the University of Akron for this free workshop to learn about these technologies and leave feeling more confident to use them. Refreshments served. Limited space. RSVP by February 13.

Soup Throwdown

Thursday, February 23

11 AM

Join us on a cold February day for a good ol' soup competition!! We'll have a variety of soups available for you to sample and a tally sheet to vote on which soup you like the best! We'll also have dessert and beverages to top off the day. Cost is \$5/person. Deadline is February 16. Seating is limited. Hurry! This will sell out fast!

Podiatrist

Monday, February 27

11 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.

Trivia with Kingston

Tuesday, March 7

1 PM

Come out for a fun afternoon playing trivia! Joselyn from Kingston will be here to play trivia games to keep our minds sharp! RSVP by March 3.

Lunch at Joe's Deli

Wednesday, March 15

11 AM — 1 PM

Back by popular demand, we're headed to Joe's Deli for lunch! We'll leave the Senior Center at 10:30, and return right after lunch. Space is limited. Cost is \$3/person. Lunch is on your own. Deadline is March 8 unless it fills up first!

Lunch & Learn—Wellness Through the Senses and the Power of Meditation

Tuesday, March 21

12 PM

In the presentation, we will gain an understanding of the five senses, learn practical advice regarding the five senses to provide a sense of wellbeing, and understand the impact of daily stressors and the ability to combat stressors through wellness methods. A light lunch will be provided. RSVP required by March 14. Space is limited.

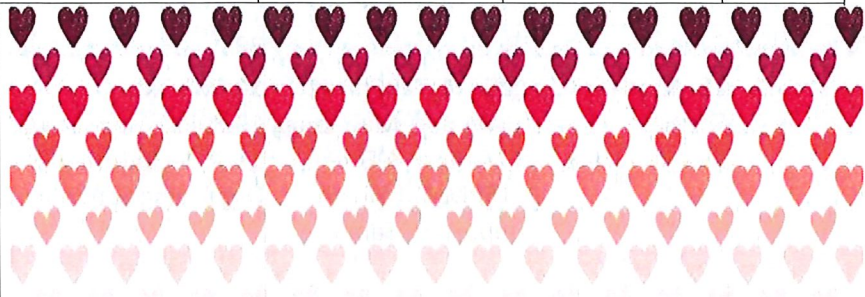
Decluttering & Organizing Seminar

Wednesday, March 29

1 PM

Caring Transitions will be here to show us how to manage the extra stuff in our homes and to help reduce stress and live a clutter-free life! RSVP no later than March 22.

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	2 10AM Coffee & Donuts 12:30PM Cards	3 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	4
5	6 10AM Silver Sneakers 1PM Pinochle	7 9:15AM Tai Chi #3 10AM Beg. Mah Jongg 1PM Hand & Foot 1PM Craft w/ Kingston	8 10AM Paint 10AM-12PM Tech Support w/ Dan 12:30PM Mah Jongg 1PM Bingo	9 10AM Book Club 12:30PM Cards	10 9AM Chair Yoga 10AM Silver Sneakers Home & Garden Show Trip	11
12	13 NO Silver Sneakers 10AM Valentine's Day Brunch 1PM Pinochle	14 <i>Valentine's Day</i> 9:15AM Tai Chi #4 10AM Beg. Mah Jongg 1PM Hand & Foot 1PM Valentine's Day Sweet Social 3:15PM-4PM Tech support w/ Sam	15 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	16 NO Coffee & Donuts 10AM Managing Money Seminar 10:30 Monthly Discussion Group 12:30PM Cards	17 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	18
19	20 10AM Silver Sneakers 1PM Pinochle 1PM Vehicle Technology & Safety	21 9:15AM Tai Chi #5 10AM Beg. Mah Jongg 1PM Hand & Foot "Sense & Sensibility" Theater Trip	22 10AM Paint 12:30PM Mah Jongg 1PM Bingo	23 11AM Soup Throw-down 12:30PM Cards	24 9AM Chair Yoga 10AM Silver Sneakers	25
26	27 10AM Silver Sneakers 11AM Podiatrist 1PM Pinochle	28 9:15AM Tai Chi #6 10AM Beg. Mah Jongg 1PM Hand & Foot 3:15PM-4PM Tech support w/ Sam				

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	2 10AM Coffee & Donuts 12:30PM Cards	3 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	4
5	6 10AM Silver Sneakers 1PM Pinochle	7 9:15AM Tai Chi #7 10AM Beg. Mah Jongg 1PM Hand & Foot 1PM Trivia w/ Kingston	8 10AM Paint 10AM-12PM Tech Support w/ Dan 12:30PM Mah Jongg 1PM Bingo	9 10AM Book Club 12:30PM Cards	10 9AM Chair Yoga 10AM Silver Sneakers	11
12	13 10AM Silver Sneakers 1PM Pinochle	14 9:15AM Tai Chi #8 10AM Beg. Mah Jongg 1PM Hand & Foot 3:15PM-4PM Tech support w/ Sam	15 10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball Joe's Deli Trip	16 10AM Coffee & Donuts 10:30 Monthly Discussion 12:30PM Cards	17 <i>St. Patrick's Day</i> 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie 1PM Bingo w/ Karen	18
19	20 10AM Silver Sneakers 1PM Pinochle	21 9:15AM Tai Chi #1 10AM Beg. Mah Jongg 12PM Lunch & Learn 1PM Hand & Foot "As You Like It" Theater Trip	22 10AM Paint 12:30PM Mah Jongg 1PM Bingo	23 12:30PM Cards	24 9AM Chair Yoga 10AM Silver Sneakers	25
26	27 10AM Silver Sneakers 1PM Pinochle	28 9:15AM Tai Chi #2 10AM Beg. Mah Jongg 1PM Hand & Foot 3:15PM-4PM Tech support w/ Sam	29 10AM Paint 12:30PM Mah Jongg 1PM Decluttering & Organizing Seminar	30 12:30PM Cards	31 9AM Chair Yoga 10AM Silver Sneakers	

Paczki, Pussy Willows, and Polka Pirates!

Thursday, April 6

1 PM

Join us for a pre-Dyngus Day get together for the 3 P's: Paczki, Pussy Willows, and Polka Pirates (or is that 4 P's?). Cost is \$7/person. Deadline is March 30. **Partially sponsored by Infinite Helping Hands.**

Welcome to Medicare Seminar

Tuesday, April 11

4 PM

- Will you be eligible for Medicare soon?
- Are you on Medicare but still have questions?
- Do you help a family member with Medicare issues?

Learn about Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance. This event, presented by the Ohio Senior Health Insurance Information Program (OSHIIP), is a service of the Ohio Department of Insurance. OSHIIP staff are trained by the state and do not sell or promote any insurance companies, policies or agents. RSVP not necessary.

News from Lorain County Health Department:

New cost savings for people with Medicare began on January 1, 2023 as a part of the Inflation Reduction Act. One change affects people with Medicare Part D drug coverage who will now pay nothing out-of-pocket for the shingles vaccine and Tetanus-Diphtheria-Whooping Cough vaccine. Call 440-284-3206 to schedule a vaccine appointment with Lorain County Public Health, or to find out what vaccines are covered by your Medicare plan. Find out what the new law means for you: <https://www.medicare.gov/about-us/inflation-reduction-act>

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.**

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 DONATED GIFTS FOR OUR HOLIDAY PARTY!

*O'Neill Healthcare
Caring Transitions
Lorain County Auditor's Office
Hanson Services
Next Level Therapy
Busch Funeral Services
Avon Senior Center
City of Avon*

Avon Parks & Recreation Department offers programs and events for all Avon Adults & Children! Programs, Beautiful Parks, FUN Outdoor Pool and much more... Stay connected with Parks & Rec by signing up for e-blasts or feel free to call us directly at 440-937-6106. To sign up, visit www.cityofavon.com, click on Parks & Rec., click on "Stay Connected".

CITY OF AVON
BRYAN K. JENSEN, MAYOR

SUBSCRIPTION INFO

- ♦ The newsletter subscription fee for 2023 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: Mike Kerecz, Toni Konowal, Pam Kelly, Bob Broberg, Terri Griffore, Tim Russell

Event Set-up: Michelle Win-trode

Trip Escort: Nancy Gelston

