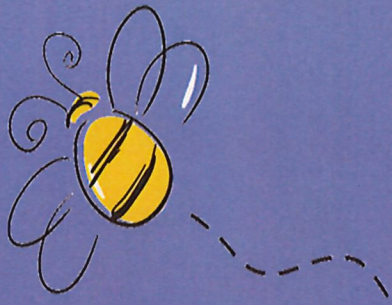




The Senior Buzz

NEWSLETTER

VOLUME 19 ■ JUNE — JULY 2023 ■



Senior Center Closed

July 3 & 4 — Independence
Day



Save
the
Date!

**Summer
Picnic!**
Wednesday,
June 21

Details on
page 4



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

Hello and happy summer! We have cool events for warm summer days lined up for the next few months, including a summer solstice lunch, a trip to Progressive Field to see the Guardians, a Safe Driver Class through AARP, lunch & learn seminars, and much more. Please review a few reminders for our event/trip procedures: We accept checks and credit cards—cash is not accepted (exceptions—meet & eat, and medical equipment damage deposits). Please make checks payable to "City of Avon" for senior center events, trips, etc. Trips through JKL Tours must be paid by check only, and payable to "JKL Tours." Lastly, when signing up for trips, we will be asking for emergency contact information in the event of an incident while traveling with us.



Carmelina Suydam
Center Coordinator

A HUGE thank you to the Avon VFW Post 7035 for their donation of \$4,000 to the Avon Senior Center! We are so grateful for the generous donation, and will put the funds to good use. Thank you!

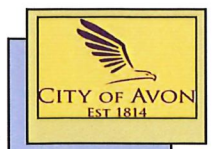
Have a wonderful summer. Be well. See you soon.

Carm



Avon VFW Post 7035 presenting donation check.

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
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).



June

Wednesday, June 14

Wednesday, June 28

1:00 PM

July

Wednesday, July 12

Wednesday, July 26

- ◆ 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.



Join the Avon Aquatic Facility this summer for a discounted fee—or possibly free! Contact your healthcare provider to see if you qualify for Silver Sneakers or Renew Active. These programs allow FREE admittance to the Avon Aquatic Facility, as well as other recreational facilities across the U.S. Those that do not qualify can purchase a discounted season pass starting at \$35. Please visit www.avonpool.com for a membership registration form and details on the 2023 season. Feel free to call the Parks & Rec Department with any questions at 440-937-6106.

Movie Fridays

1:00 PM

June 2— A Man Called Otto: A grumpy widower forms an unlikely friendship with his new neighbors that turns his world around. PG-13 (2 HR 6 MIN)

June 16— Elvis: Visionary filmmaker Baz Luhrmann explores the life and music of Elvis Presley in this epic film starring Austin Butler and Tom Hanks. PG-13 (2 HR, 39 MIN)

July 7—Wild Oats: Eva, a widow and retired history teacher, enjoys a quiet life. That changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. Starring Shirley MacLaine and Jessica Lange. PG-13 (1 HR, 26 MIN)

July 21— The Whale: A reclusive English teacher (Brendan Fraser), living alone in the wake of a tragedy, attempts to reconnect with his teenage daughter for a chance at redemption in filmmaker Darren Aronofsky's emotional story of heartache, empathy, and grace. R (1 HR 56 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

July 18—September 5

\$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, June 6

1:00 PM

Let's get crafty! Kimberly from Kingston along with Phoenix from Visiting Angels will lead you through a fun free craft! Space is limited. RSVP by May 30.

Chair Volleyball

1st, 3rd and (sometimes) 5th 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. **August & November will have an extra week of volleyball!**

***No volleyball June 21.**



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! We will occasionally bring in speakers from the community from time to time. RSVP not necessary. Join us!



Father's Day Meet -N-Eat

Wednesday, June 7

11:00 AM—1:00 PM

Let's get together for a pre-Father's Day lunch to celebrate all the dads! We will meet for lunch at Railroad Brewing; 820 Center Rd. in Avon. The restaurant will accommodate separate checks. **Reservation deposit is \$5/person payable in cash no later than June 1. Deposit will be returned to you upon arrival at the restaurant. Space is limited.** *This is not a bus trip—meet at the restaurant.

Second Thursday Book Club

10:00 AM—11:00 AM

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

June: Maame by Jessica George

July: Lessons in Chemistry by Bonnie Garmus

August: Remarkably Bright Creatures by Shelby Van Pelt

*Please RSVP before each book club meeting.

Technology Support with Sam

Monday, June 5; 3:15PM—4:00PM

Monday, June 12; 3:15P—4:00PM

Monday, July 17; 2:30PM—4:00PM

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.

The Science of Happiness

Tuesday, June 13

1:00 PM

We will have Carleen here from Nivalis Health to discuss the results of a scientific Harvard study that was done on the keys to happiness. She will also share ways to increase your happiness, too! RSVP by June 6.

Technology Support with Dan

Wednesday, June 14 & 28

Wednesday, July 12 & 26

11:00 AM-1:00 PM

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.

Monthly Discussion Group with Carrie
Thursday, June 15: Caregiver Stress
Thursday, July 20: Health & Wellness
10:30 AM

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

Houseplants 101—Part 1
Clay Pot Decorating
Monday, June 19
1:00 PM

Join Liz from the Avon Garden Club and Karen from activities as we decorate a clay pot for summer! Cost is \$3/person. Deadline is June 8.

Safety for Seniors Lunch & Learn
Tuesday, June 20
12:00 PM

Join us as we learn about creating a safe living environment, navigating scams, and living in a safety conscious frame of mind! Space is limited. RSVP by June 12. **Sponsored by Infinite Helping Hands**

Summer Solstice Picnic
Wednesday, June 21st
12:00 PM

Join us for a Summer Solstice picnic lunch! Our lunch menu will consist of: fried chicken, coleslaw, vegetable, dessert, and beverages. Entertainment provided by Sunday in the Park. Cost is \$5/person. Deadline is June 7 unless it fills up first!

It's a Guy Thing! - Quarterly Men's Group
Thursday, June 22
10:00 AM

Come on over and catch up with friends or meet new ones over breakfast. Menu: Breakfast sandwich from Barry Bagels, fresh fruit, pastries and beverages. Guest visitor: Mayor Jensen. Cost is \$5/person payable by June 14.

Houseplants 101—Part 2
Friday, June 23
1:00 PM

Bring back your decorated clay pot from Part 1 to fill it with a pretty summer flower! Liz from the Avon Garden Club will provide us with everything needed, as well as tips for caring for houseplants. Cost is \$5/person. Deadline is June 8.

Cake & Ice Cream Social
Friday, June 30
1:00 PM

Join us for some cake & ice cream to kick off the 4th of July holiday! Cost is \$5/person. Deadline is June 21.

Fourth of July Holiday
Monday July 3 & Tuesday, July 4
 Senior Center Closed.

Summer Beehive Craft
Thursday, July 6
1:00 PM

Join us for a fun craft afternoon making an adorable beehive table decoration. Cost is \$5/person payable by June 27. Space is limited.



Podiatrist
Friday, July 7
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.

Meet-N-Eat—Legacy
Thursday, July 13
11:00 AM

Let's meet up for lunch at Legacy in Avon Lake; 750 Jaycox Rd. The restaurant will accommodate separate checks. **Reservation deposit is \$5/person payable in cash no later than July 6. Deposit will be returned to you upon arrival at the restaurant. Space is limited.**
**This is not a bus trip—meet at the restaurant.*

Dog Days of Summer Lemonade & Music Social
Friday, July 14
1:00 PM

Come on over and listen to some music from Alan Grondin while enjoying some refreshing lemonade and a snack. Cost is \$3/person. Deadline is July 6. *Weather permitting we will be outside on the patio. Dress accordingly!

Visiting: The Art of Being Present Lunch & Learn
Tuesday, July 25
12:00 PM

Ever wonder what to say and how to visit with someone who is seriously ill, experiencing memory loss or grieving the loss of a loved one? This presentation provides helpful information on how to make your visit a positive and meaningful experience. Space is limited. RSVP no later than July 18. **Sponsored by Hospice of the Western Reserve and Rose Senior Living.**

Christmas in July Bingo—White Elephant
Thursday, July 27
1:00 PM

Lots of giveaways and prizes for this Bingo event! In addition to playing Bingo, bring a WRAPPED "white elephant" gift for a fun game! Those who bring a "white elephant" gift will be eligible to win the raffle prize! RSVP by July 19. **Sponsored by My New Villa & Senior Care Authority.**

Exercising Your Brain Lunch & Learn
Tuesday, August 8
12:00 PM

Sharon from Angels Home Care will be here to discuss ways to keep your brain young! She will also have some



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10AM Coffee & Donuts 12:30PM Cards	2 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	3 9AM-12PM Shred Day at Avon City Hall
4	5 10AM Silver Sneakers 1PM Pinochle 3:15PM-4PM Tech Support w/ Sam	6 9:15AM Tai Chi #4 10AM Beg. Mah Jongg 1PM Hand & Foot 1PM Craft w/ Kingston	7 10AM Paint 11AM Father's Day Meet-n-Eat 12:30PM Mah Jongg 1PM Chair Volleyball	8 10AM Book Club 12:30PM Cards	9 9AM Chair Yoga 10AM Silver Sneakers	10
11	12 10AM Silver Sneakers 1PM Pinochle 3:15PM-4PM Tech Support w/ Sam	13 9:15AM Tai Chi #5 10AM Beg. Mah Jongg 1PM Hand & Foot 1PM "Science of Happiness" Seminar	14 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	15 10AM Coffee & Donuts 10:30 Monthly Discussion Group 12:30PM Cards	16 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	17
18	19 10AM Silver Sneakers 1PM Pinochle 1PM Houseplants Part 1	20 9:15AM Tai Chi #6 10AM Beg. Mah Jongg 12PM Lunch & Learn "Safety for Seniors" 1PM Hand & Foot	21 10AM Paint 12PM Summer Sol- stice Picnic 12:30PM Mah Jongg NO Chair Volleyball	22 10AM Men's Breakfast 12:30PM Cards	23 9AM Chair Yoga 10AM Silver Sneakers 1PM Houseplants Part 2	24
25	26 10AM Silver Sneakers 1PM Pinochle	27 9:15AM Tai Chi #7 10AM Beg. Mah Jongg 1PM Hand & Foot	28 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	29 12:30PM Cards	30 9AM Chair Yoga 10AM Silver Sneakers 1PM Cake & Ice Cream Social Cleveland Part 1 Trip	

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
	 HAPPY 4TH OF JULY Senior Center Closed		10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	10AM Coffee & Donuts 12:30PM Cards 1PM Beehive Craft	9AM Chair Yoga 10AM Silver Sneakers 11AM Podiatrist 1PM Movie	
9	10	11	12	13	14	15
	10AM Silver Sneakers 1PM Pinochle	9:15AM Tai Chi #8 10AM Beg. Mah Jongg 1PM Hand & Foot	10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	10AM Book Club 11AM Meet-n-Eat at Legacy 12:30PM Cards	9AM Chair Yoga 10AM Silver Sneakers 1PM Dog Days of Summer Social	
16	17	18	19	20	21	22
	10AM Silver Sneakers 1PM Pinochle 2:30PM- 4PM Tech Support w/ Sam	9:15AM Tai Chi #1 10AM Beg. Mah Jongg 1PM Hand & Foot	10AM Paint 12:30PM Mah Jongg 1PM Chair Volleyball	10AM Coffee & Donuts 10:30 Monthly Discussion Group 12:30PM Cards Jack Casino Trip	9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	
23	24	25	26	27	28	29
	10AM Silver Sneakers 1PM Pinochle	9:15AM Tai Chi #2 10AM Beg. Mah Jongg 12PM Lunch-n-Learn "Visiting: The Art of Being Present" 1PM Hand & Foot	10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	12:30PM Cards 1PM Christmas in July Bingo w/ a Twist	9AM Chair Yoga 10AM Silver Sneakers	
30	31					
	10AM Silver Sneakers 12PM Newsletter 1PM Pinochle					

fun games to play with prizes. Space is limited. RSVP by August 1.

AARP Safe Driver Program

Thursday, August 31

10AM—2:30PM

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you will learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- Maintaining proper distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Class is 4 hours long with 30 minutes for lunch. You must bring your own lunch. Cost of course - \$20 AARP members, \$25 nonmembers. AARP members must show their card at time of payment. **Checks payable to: AARP.** Class size is limited. Deadline is August 18.



BUS TRIPS!

Please review our **REFUNDS/CANCELLATIONS** policy on page 2.

Jack Casino Trip

Thursday, July 20

10:00 AM—3:30 PM

We're heading to Jack Casino in Cleveland. We will leave the Senior Center at 10AM and drop you off at the door of the casino. You will have all day to have lunch and try your luck at slots, video poker, roulette, blackjack etc. Seven Chefs Buffet opens at 11AM. Other restaurants available—hours will vary. We will pick everyone up around 3:00 PM to head back to the Senior Center. Cost for this trip is \$10/person. Deadline is July 6.



Historic & Ethnic Cleveland—Part 1 — JKL Tours

Friday, June 30

8:00 AM—5:00 PM - Moderate Walking

Cleveland's International Heritage is based on its history and the many immigrant groups that came here in search of a better life, while maintaining the rich traditions, legacy and customs of their native lands. Join us as we travel around our world in one very fast-paced day to see the different ethnic cultures and learn the history that makes Cleveland a wonderful mosaic of people and places. We'll start by seeing where Moses Cleaveland first landed in 1796, paving the way for others to follow in search of a better life, and where later immigrants settled like Irishtown Bend. We'll stop at German and Lebanese shops to sample their wares and see a special Asian

market in our own Chinatown that draws shoppers from all over Ohio. We'll go by an Ohio City church that helped slaves on the Underground Railway escape to the banks of the Cuyahoga, for boats to take them to Canada. We'll have our morning stop at the famous Westside Market (feel free to bring a cooler to keep any purchases fresh!) We'll have an ethnic meal cooked by the Ladies of Annunciation Greek Church where no one leaves hungry! After lunch we'll learn about the Van Sweringens, who started as small, real estate investors and became reclusive railroad tycoons who built Terminal Tower! We'll see Cleveland's University Circle and the well-known Little Italy, but also visit the original area of Big Italy, and its most famous inhabitant, whose product became a worldwide success and is probably in your kitchen today. Our special Historic and Ethnic Tour of Cleveland combines culture, food, history and an amazing lunch, to give you a unique view of the rich tapestry of peoples and heritage that make Cleveland "The Best Location in the Nation." Depart at 8:00 AM and return about 5:00 PM. Cost is \$79/person. Deadline is June 1.

Cleveland Guardians Game

Thursday, August 10

11:45 AM—5:00 PM

Take me down to the ballgame! We will head down to Progressive Field for an afternoon game against the Toronto Blue Jays. We will leave the senior center at 11:45 AM, and drop everyone off at the entrance of the ballpark. You will have time to walk around the park before first pitch at 1:10 PM. Tickets are Club Level seats with all day buffet included (pizza, hot dogs, nachos, pasta, etc. and Pepsi products). After the game and a Guardians WIN, we will board the bus and head back to the senior center. Cost is \$80/person. Deadline is July 20.



An Autumn Day's Adventure—JKL Trip

Friday, October 20

7:45 AM—5:00 PM - Moderate Walking

Enjoy a great day exploring unique and special east side areas. History and nature combine to create a charming New England-style village with a Norman Rockwell picture setting in Chagrin Falls. We'll start with a guided tour by the president of the local historical society. We'll have time to browse the boutiques, visit the Popcorn Shop on the square, take pictures of the scenic falls, and enjoy all this area has to offer. Then we'll head to Geauga County for an Amish lunch at Mary Yoder's Restaurant of Middlefield. We will enjoy a delicious menu of chicken, roast beef, mashed potatoes, gravy, stuffing, home baked bread, salad and 3 kinds of pies! After lunch we'll visit Burton Town Square for a maple candy stirring! We'll visit their Sugar Shack and learn about the process of this Northern Ohio treat. We'll complete the day at Patterson's Fruit Farm for donuts and cider. Bring a shopping bag to carry home nature's finest produce. Cost is \$89/person. Deadline September 20.

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 Wintode

Trip Escort: Nancy Gelston



Avon Senior Center
36786 Detroit Rd.
Avon, Ohio 44011
(440) 934-2417