



The Senior Buzz

NEWSLETTER VOLUME 19 DECEMBER 2023 | JANUARY 2024



Carmelina Suydam, Avon Senior Center Coordinator

Dear Friends,

In the last issue of *The Senior Buzz*, I mentioned change and renewal in reference to the fall season. The Avon Senior Center is also embracing some change with the launch of our new newsletter design and formatting. The team that writes and publishes the City of Avon Newsletter are now helping us with *The Senior Buzz*. We have been working on giving our newsletter a fresh new look, and we hope you

love it as much as we do! We appreciate your patience as we continue to edit and tweak as we go and welcome any feedback.

The holiday season is upon us so things will be lively, colorful, chaotic, sparkly, and frenzied all at the same time. We hope our schedule of events for the next few months will entertain and add to your holiday celebration. If you haven't signed up for our annual holiday party, time is running out. Reserve your spot before November 27! Additionally, we have a bus trip to see *A Christmas Carol* at the Ohio Theater, a Noon Year's Eve Brunch, and much more. The senior center holiday closing schedule: December 15 (closing at noon for all-staff meeting), December 25 & 26 (Christmas holiday), January 1 (New Year's Day), and January 15 (MLK Jr. holiday). Also, please note our "Winter and Cold Weather Policy" on page 3 of this newsletter.

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 spend more time with family. However you celebrate this holiday season, I wish you 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. Be well, happy holidays, and happy 2024!

Sincerely,

Carmelina Suydam

SENIOR CENTER CLOSED

December 15

Closing at noon
for staff meeting

December 25 & 26

Christmas Holiday

January 1

New Year's Day Holiday

January 15

MLK Jr. Holiday

ANNUAL HOLIDAY PARTY WEDNESDAY, DECEMBER 6

SAVE THE DATE

Tuesday, February 13

Mardi Gras — Fat Tuesday

Details to come.





Mayor Jensen

Dear Senior Center Community,

I am thrilled to announce that we are introducing a new format to our Senior Center Newsletter. This fresh approach will not only provide you with more

engaging and informative content, but also foster a sense of unity and connection within our senior community. We believe this new format will enhance your experience and keep you connected with what matters most.

As we approach the holiday season, I want to extend my warmest wishes to each of you. Wishing you a peaceful and blessed holiday season. Stay safe, stay connected and know your Senior Center is here for you.

Thank you for the honor to serve as your Mayor.

Bryan K. Jensen



The Avon resident in the photo is Joan Vacco. Her mother, Shirley Saunders, was very active in the senior center before she passed away seven years ago. In her will, she left funds to purchase a large TV for the senior center, as well as bullet proof vests for all the police dogs. On October 17, 2023, the last vest was put on K-9 police dog, Hunter.

Contact Info

AVON SENIOR CENTER

36786 Detroit Road
Avon, Ohio 44011

HOURS

Monday-Friday
8:00AM-4:00PM

PHONE

(440) 934-2417

Subscription Information

- The newsletter subscription fee for 2024 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.
- 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.



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!



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.



In The Know...

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.



**Lorain County
Public Health**
For the Health of Us All

Lock Boxes

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

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.*

Here's What's Going On At The Center...

REGULAR WEEKLY ACTIVITIES

MONDAYS	Pinochle	1PM	SILVER SNEAKERS	Mondays & Fridays	10AM
TUESDAYS	Beginner Mahjong	10AM	COFFEE & DONUTS	1st & 3rd Thursday	10AM
	Hand & Foot	1PM	BOOK CLUB	2nd Thursday	10AM
WEDNESDAYS	Paint	10AM	MOVIE DAY	1st & 3rd Friday	1PM
	Mahjong	12:30PM	JIGSAW PUZZLES	Ongoing	
THURSDAYS	Cards	12:30PM			
FRIDAYS	Chair Yoga	9AM			

BINGO

1:00PM

December

WEDNESDAY, DECEMBER 13

WEDNESDAY, DECEMBER 27

January

WEDNESDAY, JANUARY 10

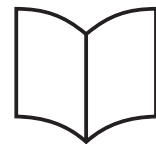
WEDNESDAY, JANUARY 24

RSVP No later than 2 days prior.

Sponsored by The Northridge and Avon Place

Blood pressure checks by Infinite Helping Hands

Second Thursday Book Club



10AM – 11AM*

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

December

Anxious People by Fredrik Backman

January

The Life We Bury by Allen Eskens

February

Mad Honey by Jodi Piccoult

*Please RSVP before each book club meeting.

Movie Fridays

1:00PM

December 1

It's A Wonderful Life: An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. Starring Jimmy Stewart and Donna Reed. PG (2 HR 5 MIN)

December 15 — NO MOVIE

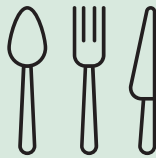
January 5

The Way Back: Former high school basketball phenom, now struggling from a loss, is asked to coach today's mediocre team and sparks them on a winning streak. But is it enough for redemption? Starring Ben Affleck. R (1 HR 48 MIN)

January 19

Long Shot: Seth Rogen and Charlize Theron star in this comedy about a writer who reconnects with his former babysitter, who is running for president. R (2 HR 4 MIN)

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 bottle beverages and "Simply to Go" items). There is a \$10 limit.

Parks & Rec



There are a lot of great programs through our Parks and Recreation Department. Residents can choose from a variety of classes and programs like yoga, performing arts, dance, basketball, and much more.

For an up to date list of programs for grandkids and families, please scan QR code.



Programs

Technology Support with Sam

MONDAY, DECEMBER 4 & 18

MONDAY, JANUARY 8 & 22

3:15PM-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.

Technology Support with Dan

WEDNESDAY, DECEMBER 13 & 27

WEDNESDAY, JANUARY 10 & 24

11:00AM-1:00PM

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.

Monthly Discussion Group with Carrie

THURSDAY, DECEMBER 21

STRESS MANAGEMENT

10:30AM

THURSDAY, JANUARY 18

PROTECTING YOURSELF FROM SCAMS

10:30AM

Group discussion facilitated by Staff Social Worker, Carrie Rae.

RSVP by the day before the group to 440-934-2417.

Events Calendar

December

6 Wednesday

ANNUAL HOLIDAY PARTY

Avon Senior Center Holiday Party

11:30AM – 2:00PM (Doors open at 11AM)

Toms Country Place

3442 Stoney Ridge Road in Avon

SIT DOWN MEAL INCLUDES:

Bone-in Breaded Pork Chop, Cabbage Roll, Mashed Red Potatoes, Glazed Baby Carrots, Salad & Dinner Rolls, Beverages, and Dessert.

Cost is \$25/person.

Checks payable to City of Avon.

Registration Deadline is November 27.

12 Tuesday

GREAT LAKES THEATER/MIMI OHIO THEATER

A Christmas Carol

10:00AM – 1:30PM

Charles Dickens' classic tale of one man's ultimate redemption. One of Northeast Ohio's favorite holiday traditions.

Cost is \$30/person.

Waitlist only.

21 Thursday

IT'S A GUY THING! – QUARTERLY MEN'S GROUP

10:00AM

Breakfast served along with fresh fruit, pastries, and coffee bar.

Cost is \$5/person.

Deadline December 13.

Sponsored by Kingston of Vermilion

28 Thursday

NOON YEAR'S EVE BRUNCH

10:00AM

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, and non-alcoholic champagne toast at noon! Space is limited.

Cost for this event is \$10/person.

Deadline December 20.

Sponsored by Kingston of Vermilion

January

12 *Friday*

PODIATRIST
11:00AM

Dr. Hosking will be here for those wanting foot care. Pre-registration is required.

Call Dr. Hosking's office at 440-282-1312 to register.

17 *Wednesday*

GOLD & SILVER EVENTS
10:00AM – 1:00PM

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! There is a sign up sheet at the office, and walk-ins are welcome. If you have any questions, please call Sheila Wayne at 440-725-9100.

25 *Thursday*

RUN, HIDE, FIGHT - ACTIVE SHOOTER RESPONSE
10:00AM

You are at the grocery store or in a park and suddenly, you hear pow, pow, pow. You can't believe it. You don't have time to think, you need to react. The Avon Police Department will be here to present "Run, Hide, Fight" so that you know what to do if you are in a situation with an active shooter. They will give you a plan to follow if you find yourself in this situation.

RSVP by January 18.

29 *Monday*

NEWSLETTER COMMITTEE
1:00PM

February

8 *Thursday*

THE GREAT BIG HOME & GARDEN SHOW
9:30AM – 2:00PM

The largest home and garden show in Cleveland, this show features landscaping companies, remodeling contractors, interior design, 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 ASC 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 various exhibitor shows. The bus will depart the IX Center at 1:15pm to return to the Senior Center by 2pm.

Cost of this trip is \$15/person and includes admission to garden show.

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 or 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.**

						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	2
3	4 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/Sam	5 10AM Beg. Mahjong 1PM Hand & Foot	6 No Paint No Mahjong 11AM Annual Holiday Party No Chair Volleyball Center Closing at 10AM	7 10AM Coffee & Donuts 12:30PM Cards	8 9AM Chair Yoga 10AM Silver Sneakers	9
10	11 10AM Silver Sneakers 1PM Pinochle	12 10AM Beg. Mahjong 1PM Hand & Foot <i>A Christmas Carol</i> at GLT	13 10AM Paint 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	14 10AM Book Club 12:30PM Cards	15 9AM Chair Yoga 10AM Silver Sneakers No Movie Center Closing at Noon	16
17	18 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/Sam	19 10AM Beg. Mahjong 1PM Hand & Foot	20 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball Potluck	21 No Coffee & Donuts 10AM Quarterly Men's Group 10:30AM Monthly Discussion Group 12:30PM Cards 1PM Bingo	22 9AM Chair Yoga 10AM Silver Sneakers	23
24	25 Christmas Holiday Senior Center Closed	26	27 10AM Paint 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	28 10AM Noon Year's Eve Brunch 12:30PM Cards	29 9AM Chair Yoga 10AM Silver Sneakers	30
31						

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1  Senior Center Closed	2 10AM Beg. Mah-jong 1PM Hand & Foot	3 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	4 10AM Coffee & Donuts 12:30PM Cards	5 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	6
7	8 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/Sam	9 10AM Beg. Mah-jong 1PM Hand & Foot	10 10AM Paint 11AM-1PM Tech Support w/Sam 12:30PM Mahjong 1PM Bingo	11 10AM Book Club 12:30PM Cards	12 9AM Chair Yoga 10AM Silver Sneakers 11AM Podiatrist	13
14	15 MLK Jr. Day Senior Center Closed	16 10AM Beg. Mah-jong 1PM Hand & Foot	17 10AM Gold & Silver 10AM Paint 11AM-1PM Tech Support w/Dan 1PM Chair Volleyball	18 10AM Coffee & Donuts 10:30AM Monthly Discussion Group 12:30PM Cards	19 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	20
21	22 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter 3:15PM Tech Support w/Sam	23 10AM Beg. Mah-jong 1PM Hand & Foot	24 10AM Paint 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	25 10AM Run, Hide Fight Seminar 12:30PM Cards	26 9AM Chair Yoga 10AM Silver Sneakers	27
28	29 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter	30 10AM Beg. Mah-jong 1PM Hand & Foot	31 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball			

Photos At Avon Senior Center



Hollywood Casino Trip, October 12



Hollywood Casino Trip, October 12



Chili Cook Off



Chili Cook Off



Chili Cook Off



Halloween Bingo



Halloween Bingo



Halloween Bingo



Halloween Bingo



Halloween Bingo



Men's Breakfast Group



Men's Breakfast Group



Avon Senior Center
36786 Detroit Road
Avon, OH 44011



Printed on paper from responsible sources.

Avon Senior Center Staff

Mayor	Bryan K. Jensen
Coordinator	Carmelina Suydam, MPA 440-934-2417 csuydam@cityofavon.com
Activity Planner	Karen Reppucci 440-934-6452 kreppucci@cityofavon.com
Transportation	Caryn Tovtin 440-934-7433 (RIDE) ctovtin@cityofavon.com
Receptionist	Sandy Palmieri 440-934-2417 spalmieri@cityofavon.com
Social Worker	Carrie Rae 440-934-7975 crae@cityofavon.com
Drivers	Mike Kerecz, Toni Konowal, Pam Kelly, Bob Broberg, Terri Griffore, Tim Russell
Event Set-Up	Michelle Wintrode
Trip Escort	Nancy Gelston

City of Avon

Avon Parks & Rec. Dept.	440-937-6106
Avon Senior Center	440-934-2417
City Hall	440-937-7800
Fire Dept.	440-934-1222 <i>Non-Emergency Line</i>
Police Dept.	440-934-1234 <i>Non-Emergency Line</i>
Service Department	440-937-5729
Utilities Department	440-937-5740

Freepik.com: Bee, Mask, December Art, and January Art

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.

Newsletter Committee Snacks Sponsored By:

