



The

Senior Buzz

NEWSLETTER

VOLUME 20 FEBRUARY 2024 | MARCH 2024



Carmelina Suydam, Avon
Senior Center Coordinator

Dear Friends,

Happy New Year! I hope the holiday season was enjoyable, heartfelt, and stress free. I am delighted to welcome you to our February-March newsletter issue. Our team has put together a variety of events and activities that we hope will enrich your life and help you stay connected with the community.

We have a range of exciting programs and events planned for you. From educational classes to social gatherings, there is something for everyone. We are excited to offer Far West Center's Senior Strong program. This four-session educational group will help promote strong emotional health, reduce risk factors for suicide risk, avoid isolation, combat loneliness, and develop support relationships and coping behaviors. More info inside this issue. We will also have fun events to celebrate Mardi Gras and Valentine's Day, and St. Patrick's Day.

We are also starting a Pen Pal program through Home Instead Senior Care! Home Instead will provide everything you need. Please look for that info in this issue, and call us with any questions, or to sign up.

We look forward to seeing you at our upcoming events. If you have any questions or suggestions, please do not hesitate to reach out to us.

Stay warm. Be well. See you soon.

Sincerely,

Carmelina Suydam

SENIOR CENTER CLOSED

MARCH 29

Good Friday

HOP INTO SPRING BRUNCH

TUESDAY,
MARCH 26
10AM



SAVE THE DATE

MONDAY, APRIL 8

Solar Eclipse
(CENTER CLOSED)



SENIOR STAFF SNAPSHOT:

Sandy, receptionist Avon Senior Center



Sandy

Sandy has been the smile when you walk in the door and the friendly voice on the phone at the Avon Senior Center for 13 years. Many have talked to Sandy to schedule a reservation for the many activities or ask general questions about the services that are offered. Sandy is a resident of Avon and has 3 children, 7 grandchildren and 5 great-grandchildren! Sandy

loves that every day is different! She is looking forward to another year of being at the center and continuing to meet a lot of new people.

Stop by and say hi to Sandy or give a call to thank her for all the work that she does for our center.

Energy Assistance Programs



Lorain County
Community Action
Agency (LCCAA) offers
Energy Assistance

Programs to assist low-income Lorain County residents. Programs include Home Energy Assistance Program (HEAP), Percentage of Income Payment Plan (PIPP), HEAP Summer Crisis Program, and HEAP Winter Crisis Program. Ohioans with a household income at or below 175% of the federal poverty guidelines are eligible for the programs. Information on the application process and eligibility requirements can be found at development.ohio.gov/individual/energy-assistance/energy-assistance or by calling the Ohio Department of Development at (800) 282-0880. For additional information, contact LCCAA at (440) 538-6999 or lccaa.net/programs/energyservices.

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.

Special Thanks to the following for donating raffle items for our Annual Holiday Party!

Home Instead Senior Care
 O'Neill Healthcare
 Embassy of Rockport
 Liz Manning – Howard Hanna
 ACC Home Health
 Nivalis Health
 Infinite Helping Hands
 LC Auditor's Office
 Avon Senior Center Staff
 Mayor Bryan Jensen

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

Lock box 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 security/damage deposit per item is required.** Wheelchairs, transport chairs and rollators require a **\$100 deposit**, and all other equipment is **\$40**. Deposits are refunded after equipment is returned in the same condition as when it was loaned. Items kept longer than 3 months forfeit security deposit. Residents must 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
WEDNESDAYS	Paint	10AM	BOOK CLUB	2nd Thursday	10AM
	Mahjong	12:30PM	MOVIE DAY	1st & 3rd Friday	1PM
THURSDAYS	Cards	12:30PM	JIGSAW PUZZLES	Ongoing	
FRIDAYS	Chair Yoga	9AM	CHAIR VOLLEYBALL	1st & 3rd Wednesday (Sometimes 5th)	1PM

BINGO

1:00PM*

February

Wednesday, February 14 — Cupid Bingo!

Wednesday, February 28

March

Wednesday, March 13

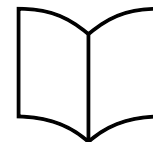
Wednesday, March 27

* Please RSVP for each Bingo event no later than 2 days prior.

Infinite Helping Hands will be on site for blood pressure checks.

Sponsored by The Northridge, the Woods of French Creek, and ACC Home Care.

Second Thursday Book Club



10AM – 11AM*

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

February

Mad Honey by Jodi Piccoult

March

The Housemaid by Freida McFadden

April

The Book of Lost Names by Kristin Harmel

* Please RSVP before each book club meeting.

Be a Pen Pal

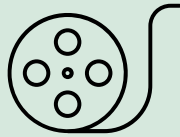


Avon Senior Center is looking for members who would like to begin letter-writing communication with another senior in the community. Paper, note cards and writing implements will be provided. No stamps necessary, as your letter will be hand-delivered to your correspondence partner. Participants will meet once a month at the senior center to draft the letters and in turn, receive letters back. Let Carm know if you are interested. Use a pen! Be a pal!

Sponsored by Home Instead

Movie Fridays

1:00PM



February 2

I Can Only Imagine — The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. PG (1HR 50 MIN).

February 16

Oppenheimer — Christopher Nolan's breathtaking global phenomenon about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr., and Florence Pugh. R (3HR).

March 1

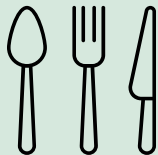
Barbie — To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken. PG-13 (1HR 54 MIN).

March 15

My Big Fat Greek Wedding 3 — Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa! PG-13 (1HR 32 MIN).

Sponsored 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 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, FEBRUARY 12 & 26

MONDAY, MARCH 18 & 25

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, FEBRUARY 14 & 28

WEDNESDAY, MARCH 13 & 27

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, FEBRUARY 15

MEMORY LOSS

10:30AM

THURSDAY, MARCH 21

LONELINESS AND SOCIAL ISOLATION

10:30AM

Group discussion facilitated by Staff Social Worker, Carrie Rae.

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

Events Calendar

February

8, 15, 22, 29 *Thursday*

FAR WEST CENTER: SENIOR STRONG 2:00PM – 3:00PM

Introducing Far West Center's Senior Strong program. Senior Strong's goal is to increase awareness of mental health in the older adult community, reduce risk for suicide through education, training, and early intervention, to improve coping skills to better manage the stressors of aging and to increase a sense of belonging and contribution in the community. Participants will learn in this four-session educational group to promote strong emotional health, reduce risk factors for suicide, avoid isolation, combat loneliness, and develop support relationships and coping behaviors. Our first session will begin on Thursday, February 8 at 2:00PM and will run each Thursday through February 29. Come and see how your mental health matters.

RSVP by 2 days prior to each session. Attending all 4 events is strongly encouraged but not mandatory.

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 \$20/person and includes admission to garden show.

Deadline: Thursday, March 1st.

13 *Tuesday*

MARDI GRAS/FAT TUESDAY CELEBRATION 10:00AM

Laissez Les Bon Temps Rouler" Join us for a Mardi Gras celebration! We will have a pancake, sausage, fruit & beverage bar. Entertainment by Patrick Jensen. Limited seating.

Cost is \$10/person.

Deadline: Tuesday, February 6th.

Co-sponsored by O'Neill Healthcare

14 *Wednesday*

VALENTINES DAY "SWEETHEART" SOCIAL 10:00AM

Join us for a St. Valentines celebration! Enjoy a light brunch of tea, fruit, pastries and muffins. Limited seating.

Cost is \$5/person

Deadline: Wednesday, February 7th.

Sponsored by O'Neill Healthcare

27 *Tuesday*

QUARTERLY BIRTHDAY CELEBRATION 1:00PM

Let's celebrate birthdays! Anyone celebrating a birthday regardless of birthday month are invited to attend. Entertainment & trivia by DJ Chop

Cost is \$3/person.

Deadline: Tuesday, February 20th.

Co-sponsored by Infinite Helping Hands.

March

12 *Tuesday*

"LUCK OF THE IRISH" MEET & EAT AT JOES DELI* 11:00AM – 1:00PM

Back by popular demand, we are headed to Joes Deli to celebrate everyone being Irish!

Reservation deposit is \$5/person payable in cash no later than March 5. Deposit will be returned to you upon arrival at the restaurant. Space is limited.

**This is not a bus trip—meet at the restaurant.*

Co-sponsored by O'Neill Healthcare

15 *Friday*

PODIATRIST 11:00AM

Dr. Hosking will be here for those wanting foot care.

Pre-registration REQUIRED.

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

19 *Tuesday*

GREAT LAKES THEATER *The Merry Wives of Windsor* 10:00AM

Meet the rotund rascal Sir John Falstaff and the wise wives of Windsor in one of Shakespeare's most raucous comedies. With an ego as big as his voracious appetite, Falstaff conspires to woo the two wealthiest married ladies in town and pocket their riches. However, Mistress Ford and Mistress Page devise a scheme of their own to teach him a well-deserved lesson in Wooing 101. Join us and feast on a hilariously magnificent treat of monogamously artful deceit. Limited seating. We will leave the senior center at 9:00AM sharp, and return promptly after the show.

Cost is \$35/person.

Deadline: Tuesday, March 12th.

26 *Tuesday*

"HOP INTO SPRING" BRUNCH 10:00AM

Join us for a wonderful brunch to celebrate the start of spring. Space is limited.

Cost is \$10/person.

Deadline: Tuesday, March 19th.

Sponsored by O'Neill Healthcare

28 *Thursday*

IT'S A GUY THING! – QUARTERLY MEN'S BREAKFAST GROUP 10:00AM

Breakfast served with fresh fruit, pastries and coffee bar.

Cost is \$5/person.

Deadline: Thursday, March 21st.

Sponsored by O'Neill Healthcare

April

4 *Thursday*

"IN A BLINK OF YOUR EYE" SOLAR ECLIPSE DRIVE-THRU EVENT 1:00PM – 2:00PM

Drive through between 1:00 & 2pm and pick up a "Solar Eclipse" snack bag & solar eclipse glasses. Must be present, one pack per senior. Limited availability.

Co-sponsored by O'Neill Healthcare and the Staff at the Avon Senior Center.

May

7 *Tuesday*

HANNA THEATRE *Always.... Patsy Cline* 1:30PM

Always...Patsy Cline is a heartfelt celebration of the legendary country songstress. From the moment Texas housewife Louise Seger first heard Patsy Cline's voice, she was hooked. After quickly becoming Cline's biggest fan, Louise was able to meet her idol before a show one surprising evening in Houston. That night sparked a deep friendship between the two women which continued through the years, writing letters to each other as Cline's fame skyrocketed. Years after Cline's tragic death, Louise reminisces on their friendship and her love for the singer. Based on a true story, the musical features all of Patsy Cline's greatest hits and a heartfelt, down home good time. Limited seating. We will leave the senior center at 12:30PM sharp, and return promptly after the show.

Cost is \$35/person.

Deadline: Friday, April 5th.

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.**



FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10AM Coffee & Donuts 12:30PM Cards	2 Groundhog Day 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	3
4	5 10AM Silver Sneakers 1PM Pinochle	6 10AM Beg. Mahjong	7 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	8 10AM Book Club 12:30PM Cards 2PM Senior Strong Home & Garden Show Trip	9 9AM Chair Yoga 10AM Silver Sneakers	10
11	12 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/Sam	13 10AM Beg. Mahjong 10AM Mardi Gras Brunch	14 Valentine's Day 10AM Paint 10AM Val. Day Sweetheart Social 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	15 10AM Coffee & Donuts 10:30AM Monthly Discussion Group 12:30PM Cards 2PM Senior Strong	16 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	17
18	19 President's Day 10AM Silver Sneakers 1PM Pinochle	20 10AM Beg. Mahjong	21 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	22 12:30PM Cards 2PM Senior Strong	23 9AM Chair Yoga 10AM Silver Sneakers	24
25	26 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/Sam	27 10AM Beg. Mahjong 1PM Quarterly Birthday Celebration	28 10AM Paint 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	29 12:30PM Cards 2PM Senior Strong		

 MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	2
3	4 10AM Silver Sneakers 1PM Pinochle	5 10AM Beg. Mah-jong	6 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	7 10AM Coffee & Donuts 12:30PM Cards	8 9AM Chair Yoga 10AM Silver Sneakers	9 SPRING FORWARD  DAYLIGHT SAVINGS TIME
10	11 10AM Silver Sneakers 1PM Pinochle	12 10AM Beg. Mah-jong Joe's Deli Meet & Eat	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 11AM Podiatrist 1PM Movie	16
17 <i>St. Patrick's Day</i>	18 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/Sam	19 10AM Beg. Mah-jong The Merry Wives of Windsor Trip	20 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	21 10AM Coffee & Donuts 10:30AM Monthly Discussion Group 12:30PM Cards	22 9AM Chair Yoga 10AM Silver Sneakers	23
24	25 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter 3:15PM Tech Support w/Sam	26 10AM Beg. Mah-jong 10AM Hop Into Spring Brunch	27 10AM Paint 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	28 10AM Quarterly Men's Breakfast 12:30PM Cards	29 Good Friday Senior Center Closed	30
31 <i>Happy Easter</i>						

Avon Senior Center Holiday Party





Avon Senior Center Noon Year's Eve Brunch





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, Michele Richards
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 Non-Emergency Line
Police Dept.	440-934-1234 Non-Emergency Line
Service Department	440-937-5729
Utilities Department	440-937-5740



Some of the Avon Senior Center staff wishing you a Happy 2024.

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:

