



# The Senior Buzz

NEWSLETTER

APRIL/MAY 2024



Carmelina Suydam, Avon  
Senior Center Coordinator

Dear Friends,

Happy spring! Spring is a time of renewal, growth, and blossoming. It's when nature awakens from its winter slumber, and we feel a sense of rejuvenation. Here are some highlights and thoughts I'd like to share with you:

Recently, we enjoyed a delicious meal at Joe's Deli in celebration of St. Patrick's Day. We also took a trip to the Hanna Theater to see a hilarious and entertaining matinee, *The Merry Wives of Windsor*. We have more exciting outings planned in this issue as well.

As the days get longer and warmer, let's focus on our well-being. Fresh air and movement are essential for a healthy body and mind. Beginning June 3, our Silver Sneakers class schedule will be Mondays, Wednesdays AND Fridays! Our beloved Chris Loy will be teaching the Friday class this summer! This schedule will be in effect through Labor Day. We will go back to the Monday & Friday schedule after Labor Day. Welcome back Chris!

Are you interested in doing some indoor walking? How about playing Pickleball? T3 Performance, located at 1945 Recreation Lane offers indoor walking on Monday, Wednesday, and Friday from 9:30AM-11AM (Avon residents only - free of charge). They also have indoor Pickleball Monday-Friday from 7AM-3PM. No membership required! They offer Open Play for \$5/person (2-hour play window), or you can book a full court for your entire group at \$10/hour per court. Call with any questions.

I'd like to extend a heartfelt Mother's Day shout-out to all the moms in our community. You are valued, appreciated, and celebrated. Your nurturing spirit leaves an indelible mark on our lives. Happy Mother's Day!

Let's make this spring a season of connection, laughter, and shared memories. Wishing you a blooming spring filled with joy and renewed energy!

Be well. See you soon.

Sincerely,

Carmelina Suydam

## SENIOR CENTER CLOSED:

**MONDAY, APRIL 8**  
Solar Eclipse

**MONDAY, May 27**  
Memorial Day



## 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:



## SENIOR STAFF SNAPSHOT:

**Carrie Rae, LISW-S***Carrie*

Since the fall of 2019, our center has been lucky enough to have Carrie Rae, LISW-S as our Social Worker. Carrie is a wealth of knowledge to Avon residents needing referrals and valuable resources. She provides tremendous support to our Avon Seniors. Carrie also offers a monthly discussion group and touches on various topics such as grief, memory

loss, and other important topics. Carrie has developed a list of important resources that are available to seniors and family members. They are available on the City of Avon website.



Carrie, her husband and two children (10 and 7) reside in Avon and her children attend Avon schools. When Carrie is not working, she spends time with her family and loves to read.

Thank you, Carrie, for all that you do to find the best resources for our Avon families!

## RESOURCE SPOTLIGHT:

**Community Resource Services (CRS)**

Community Resource Services (CRS) is a community-based social service organization that provides various services, assistance, and support to Avon and Avon Lake residents including:

- Emergency food pantry
- Financial assistance
- Seasonal programs
- Resource guide and referrals
- Client Personal Development Programs

For additional information or if you need assistance, contact CRS at 440-933-5639 or [aalcrs.org](http://aalcrs.org).

**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!**

Presented by the City of Avon



# Summer Concert Series '24

**FREE!**  
\*Bring a blanket or lawnchair!

*3rd Thursday June-Sept*

**June 20 – CATS ON HOLIDAY**  
Roots, Rock, Zydeco  
6:30pm-8:30pm

**July 18 PLAID SABBATH**  
Scottish, Celtic  
6:30pm-8:30pm

**August 15 – CLARENCE & THE BEEKEEPERS**  
Country Rock  
6:30pm-8:30pm

**September 19 – SIMPLE**  
Acoustic Music from Beatles to Post Malone  
6:00pm-8:00pm

**Location: Heritage Square Gazebo (Detroit & Stoney Ridge)**



- ★ Parking on Detroit Rd./Church Street, West of the Gazebo
- ★ Accessible Parking - Church Street & The Country Store
- ★ Bathrooms/Parking at Avon Isle - 37080 Detroit Rd.
- ★ In case of inclement weather, concert will be at the Avon Isle

## 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.



### 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<br>(Sometimes 5th) | 1PM  |

\* Ben Hodge, Avon School Superintendent will join us on April 18 to give us an update on Avon schools.

## BINGO

1:00PM\*

### April

Wednesday, April 10th

Wednesday, April 24th

### May

Wednesday, May 8th

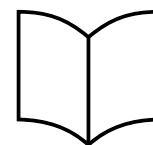
Wednesday, May 22nd

\* 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 Northbridge, 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.

### April

*The Book of Lost Names* by Kristin Harmel

### May

*The Great Alone* by Kristin Hannah

### June

*First Lie Wins* by Ashley Elston

\* 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*

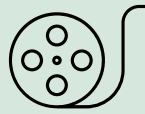
# APRIL

| SUN       | MON                                                                                                                                                | TUE                                    | WED                                                                                                                             | THU                                                                                                                                     | FRI                                                                                   | SAT       |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------|
|           | <b>1</b> April Fool's Day<br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle                                                                    | <b>2</b><br><b>10AM</b> Beg. Mah-jong  | <b>3</b><br><b>10AM</b> Paint<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Chair Volleyball                                          | <b>4</b><br><b>10AM</b> Coffee & Donuts<br><b>12:30PM</b> Cards<br><b>1-2PM</b> Solar Eclipse Drive-thru<br><b>2PM</b> Senior Strong    | <b>5</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Movie  | <b>6</b>  |
| <b>7</b>  | <b>8</b><br><br><b>Eclipse Day</b><br><b>Senior Center Closed</b> | <b>9</b><br><b>10AM</b> Beg. Mah-jong  | <b>10</b><br><b>10AM</b> Paint<br><b>11AM-1PM</b> Tech Support w/Dan<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Bingo              | <b>11</b><br><b>10AM</b> Book Club<br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong                                                  | <b>12</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers                     | <b>13</b> |
| <b>14</b> | <b>15</b><br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle<br><b>3:15PM</b> Tech Support w/Sam                                                | <b>16</b><br><b>10AM</b> Beg. Mah-jong | <b>17</b><br><b>10AM</b> Paint<br><b>10AM-1PM</b> Gold & Silver Events<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Chair Volleyball | <b>18</b><br><b>10AM</b> Coffee & Donuts<br><b>10:30AM</b> Monthly Discussion Group<br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong | <b>19</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Movie | <b>20</b> |
| <b>21</b> | <b>22</b><br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle                                                                                    | <b>23</b><br><b>10AM</b> Beg. Mah-jong | <b>24</b><br><b>10AM</b> Paint<br><b>11AM-1PM</b> Tech Support w/Dan<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Bingo              | <b>25</b><br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong<br><b>MGM Northfield Casino Trip</b>                                      | <b>26</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers                     | <b>27</b> |
| <b>28</b> | <b>29</b><br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle<br><b>3:15PM</b> Tech Support w/Sam                                                | <b>30</b><br><b>10AM</b> Beg. Mah-jong |                                                                                                                                 |                                                                                                                                         |                                                                                       |           |

|                |                                                                                                                                                        |                                                                                                                      |                                                                                                                    |                                                                                                                                         |                                                                                                                 |           |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------|
| SUN                                                                                              | MON                                                                                                                                                    | TUE                                                                                                                  | WED                                                                                                                | THU                                                                                                                                     | FRI                                                                                                             | SAT       |
|                                                                                                  |                                                                                                                                                        |                                                                                                                      | <b>1</b><br><b>10AM</b> Paint<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Chair Volleyball                             | <b>2</b><br><b>10AM</b> Coffee & Donuts<br><b>11AM</b> Meet & Eat —Don Ramon<br><b>12:30PM</b> Cards<br><b>1PM</b> Run for the Roses    | <b>3</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Movie                            | <b>4</b>  |
| <b>5</b>                                                                                         | <b>6</b><br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle                                                                                         | <b>7</b><br><b>10AM</b> Beg. Mahjong<br><b>3:15PM</b> Tech Support w/ Sam<br><b>Patsy Cline—Hanna Theater Trip</b>   | <b>8</b><br><b>10AM</b> Paint<br><b>11AM-1PM</b> Tech Support w/Dan<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Bingo  | <b>9</b><br><b>10AM</b> Book Club<br><b>11AM</b> Meet & Eat Kitchen Market + Oasis<br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong  | <b>10</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers                                               | <b>11</b> |
| <b>12</b><br> | <b>13</b><br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle                                                                                        | <b>14</b><br><b>10AM</b> Beg. Mahjong                                                                                | <b>15</b><br><b>10AM</b> Paint<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Chair Volleyball                            | <b>16</b><br><b>10AM</b> Coffee & Donuts<br><b>10:30AM</b> Monthly Discussion Group<br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong | <b>17</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers<br><b>11AM</b> Podiatrist<br><b>1PM</b> Movie | <b>18</b> |
| <b>19</b>                                                                                        | <b>20</b><br><b>10AM</b> Silver Sneakers<br><b>1PM</b> Pinochle<br><b>1PM</b> Newsletter                                                               | <b>21</b><br><b>10AM</b> Beg. Mahjong                                                                                | <b>22</b><br><b>10AM</b> Paint<br><b>11AM-1PM</b> Tech Support w/Dan<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Bingo | <b>23</b><br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong                                                                           | <b>24</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers                                               | <b>25</b> |
| <b>26</b>                                                                                        | <b>27</b><br><br><b>MEMORIAL DAY</b><br><b>Senior Center Closed</b> | <b>28</b><br><b>10AM</b> Beg. Mahjong<br><b>1PM</b> Quarterly B-day Celebration<br><b>3:15PM</b> Tech Support w/ Sam | <b>29</b><br><b>10AM</b> Paint<br><b>12:30PM</b> Mahjong<br><b>1PM</b> Chair Volleyball                            | <b>30</b><br><b>12:30PM</b> Cards<br><b>2PM</b> Senior Strong                                                                           | <b>31</b><br><b>9AM</b> Chair Yoga<br><b>10AM</b> Silver Sneakers                                               |           |

## Movie Fridays

1ST & 3RD FRIDAY, 1:00PM



### Friday, April 5

**Wonka** — “Wonka” tells the wondrous story of how the world’s greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. G (1HR 57 MIN)

### Friday, April 19

**Extremely Loud and Incredibly Close** — A young boy coping with his dad’s death on 9/11 embarks on a seemingly impossible mission to discover what a mysterious key unlocks. PG-13 (2HR 9 MIN)

### Friday, May 3

**Last Vegas** — Four lifelong best friends head to Las Vegas with a plan to stop acting their age and relive their glory days. Upon arriving, they quickly realize that the decades have transformed Sin City and tested their friendship in ways they never imagined. PG-13 (1HR 45 MIN)

### Friday, May 17

**The Holdovers** — The Holdovers follows a curmudgeonly instructor at a prep school who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go. R (2HR 13 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

*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 Dan

WEDNESDAY, APRIL 10 & 24

WEDNESDAY, MAY 8 & 22

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.

### Technology Support with Sam

MONDAY, APRIL 15 & 29

TUESDAY, MAY 7 & 28

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.

### Monthly Discussion Group with Carrie

THURSDAY, APRIL 18

COPING WITH A LOVED ONE'S ADDICTION  
10:30AM

THURSDAY, MAY 16

GRIEF AND LOSS  
10:30AM

Group discussion facilitated by Staff Social Worker, Carrie Rae.

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

# Events Calendar

## April

**1** Monday

**APRIL FOOL'S DAY - HAPPY DYNGUS DAY!**

**4** Thursday

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

Drive through 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.*

**8** Monday

**SENIOR CENTER CLOSED**



A **solar eclipse** occurs when the Moon passes between Earth and the Sun, thereby obscuring the view of the Sun from a small part of the Earth, totally or partially. Such an alignment occurs approximately

every six months, during the eclipse season in its new moon phase, when the Moon's orbital plane is closest to the plane of the Earth's orbit.[1] In a total eclipse, the disk of the Sun is fully obscured by the Moon. In partial and annular eclipses, only part of the Sun is obscured. Unlike a lunar eclipse, which may be viewed from anywhere on the night side of Earth, a solar eclipse can only be viewed from a relatively small area of the world. As such, although total solar eclipses occur somewhere on Earth every 18 months on average, they recur at any given place only once every 360 to 410 years.

**4,11,18,25** Thursday

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

*far* WEST Center  
SHINING with a NEW light

In April, Far West Center will be providing through its Senior Strong program, The Four Agreements based on Don Miguel Ruiz's book, *The Four Agreements—A Practical Guide to Personal Freedom*. A copy will be provided to each participant free of charge to accompany this four-session educational group. The group's goal is to promote using four basic agreements with oneself to increase personal freedom and reduced distress. Our first session will begin on Thursday April 4 at 2:00PM and will run each Thursday through April 25. Come and see how your mental health matters.

Week 1: Be impeccable with your word (Authenticity)  
Week 2: Do not take things personally (Locus of control)  
Week 3: Don't make assumptions (Truth)  
Week 4: Always do your best (Self-Empowerment)

**RSVP by 2 days prior to each session.**

**10 & 24** Wednesday

**TECHNOLOGY SUPPORT WITH DAN  
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.

## 15 & 29 *Monday*

### TECHNOLOGY SUPPORT WITH SAM 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.

## 17 *Wednesday*

### GOLD & SILVER EVENTS 10AM-1PM



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! If you have any questions, please

call Sheila Wayne at 440-725-9100.

**There is a sign-up sheet at the Senior Center and walk-ins are welcome.**

## 18 *Thursday*

### MONTHLY DISCUSSION GROUP WITH CARRIE 10:30AM



Coping with a loved one's addiction. Group discussion facilitated by Staff Social Worker, Carrie Rae.

**RSVP by the day before.** 440-934-2417.

## 25 *Thursday*

### MGM NORTHFIELD PARK CASINO TRIP 10:00AM



We are heading to MGM Northfield Park in Northfield, Ohio. 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 etc.

The Buffet opens at 11am. Other restaurant hours will vary. We will pick everyone up at 3PM to head back to the Senior Center.

**Cost is \$20/person.**

**Deadline:** April 18th.

## May

## 2 *Thursday*

### MEET-N-EAT: DON RAMON GRAN FIESTA MEXICAN RESTAURANT 11:00AM



Let's get together for a pre-Cinco De Mayo celebration! We will meet for lunch at Don Ramon Gran Fiesta Mexican Restaurant; 30610

Detroit Rd. (Savannah Commons), Westlake, OH 44145. The restaurant will accommodate separate checks.

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

**Reservation deposit is \$5/person payable in cash no later than April 25th.** Deposit will be returned to you upon arrival at the restaurant. Space is limited.

## Events Calendar continued

### May

#### 2 Thursday

**"THE RUN FOR THE ROSES" MIX & MINGLE**  
1:00PM



IT'S TIME TO TALK DERBY! Please join in celebrating a SOUTHERN TRADITION "The Run for the Roses" Mix & Mingle! Enjoy refreshing Mint Julep cocktails (non-alcoholic) and a Southern snack. Entertainment provided by our very own Gene Braden. Ladies, don't forget your hats & Gents, grab your bow ties! This is an outdoor event, weather permitting. Please plan accordingly.

**Cost is \$3/person.**  
Deadline April 24.

#### 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.

**Waitlist only.**

#### 7 & 28 Tuesday

**TECHNOLOGY SUPPORT WITH SAM**  
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.

#### 8 & 22 Wednesday

**TECHNOLOGY SUPPORT WITH DAN**  
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.

#### 9 Thursday

**MEET-N-EAT: THE KITCHEN MARKET + OASIS**  
11:00AM

THE  
**KITCHEN**  
Market + Oasis

Let's meet for brunch at The Kitchen Market + Oasis; 32822 Walker Rd. in Avon Lake. Enjoy a menu for everyone – Omelets, Scrambles, Waffles, House

Skillet, Salads, Burgers, sandwiches, and paninis. The restaurant will accommodate separate checks.

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

**Reservation deposit of \$5/person payable in cash no later than May 2.** Deposit will be returned upon arrival at the restaurant. Space is limited.

*Co-sponsored by O'Neill Healthcare*

## 9,16,23,30 *Thursday*

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

*far WEST Center*  
SHINING with a NEW light

May is mental health awareness month. In conjunction with this, Far West Center will be providing its 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 risk, avoid isolation and combat loneliness and develop support relationships and coping behaviors. Our first session will begin on Thursday May 9 at 2:00PM and will run each Thursday through May 30. Come and see how your mental health matters.

Week 1: What is Mental Health

Week 2: Mental Health Myths

Week 3: Trauma and its impact on Mental Health

Week 4: Loneliness and its impact on Mental Health

**RSVP by 2 days prior to each session.**

## 16 *Thursday*

**MONTHLY DISCUSSION GROUP WITH CARRIE**  
10:30AM



Coping with grief and loss. Group discussion facilitated by Staff Social Worker, Carrie Rae.

**RSVP by the day before. 440-934-2417.**

## 17 *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.

## 28 *Tuesday*

**QUARTERLY BIRTHDAY CELEBRATION**  
1:00PM



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

**Cost is \$5/person.**

Deadline: Tuesday, May 21st.

*Sponsored by Infinite Helping Hands.*

### Call for photos



Do you like seeing photos of your friends in the newsletter? We would love your help capturing memories at the Senior Center and events. If you attend an event or field trip and catch a moment on your phone please send it to Carm via email (csuydam@cityofavon.com) We look forward to sharing all of the great moments in future newsletters! Thank you.

**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.**



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<br>440-934-2417<br>csuydam@cityofavon.com                                         |
| Activity Planner | Karen Reppucci<br>440-934-6452<br>kreppucci@cityofavon.com                                              |
| Transportation   | Caryn Tovtin<br>440-934-7433 (RIDE)<br>ctovtin@cityofavon.com                                           |
| Receptionist     | Sandy Palmieri<br>440-934-2417<br>spalmieri@cityofavon.com                                              |
| Social Worker    | Carrie Rae<br>440-934-7975<br>crae@cityofavon.com                                                       |
| Drivers          | Mike Kerecz, Toni Konowal, Pam Kelly,<br>Bob Broberg, Terri Griffiore, Tim Russell,<br>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 <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                           |

Freeplk.com: Snowflakes, Flags, April Art, May Art, Mother's Day, Computers, Gold and Silver Photo, Speech Bubble, Foot, Eclipse, Happy Birthday

## 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.