



The Senior Buzz

NEWSLETTER

JUNE/JULY 2024



Carmelina Suydam, Avon Senior Center Coordinator

Dear Friends,

Believe it or not, we are halfway through 2024 – that went by fast! One day it was snowing and the next we were watching the solar eclipse. Speaking of which, did you see it? I must admit I thought the eclipse publicity and buildup was a little excessive — but it lived up to all the hype. Photos posted on social media were amazing, but experiencing it live was awe-inspiring and truly spectacular! Special thanks to O'Neill Healthcare for sponsoring the eclipse sunglasses for our drive-thru event.

Our calendar is wonderfully busy for the summer months ahead. As we mentioned in the last issue, there are a few schedule changes coming. Beginning in June, we are adding a Silver Sneakers class on Wednesdays. Diana Jancura will teach the Monday and Wednesday class, and Chris Loy will be teaching the Friday class. Additionally, chair yoga will move to Monday mornings at 9AM. This schedule will remain at least through Labor Day.

In addition to our regular events, we also have some fun social events planned, including an ice cream social, Christmas in July lunch, Sweet Talk with Bob seminars, and some enjoyable trips. Please note for trips with JKL Tours, payment must be made by check only, payable to JKL Tours, and must include the application slip included in the newsletter. We are also adding more dates to our Coffee at Cahoon House event in conjunction with the Parks & Rec Department. See inside this issue for more information.

I'd like to extend a heartfelt Father's Day shout-out to all the dads in our community. My father will be 81 in September. He loves playing practical jokes, keeping a massive garden, working two full time jobs to put his kids through college, and is a forever loyal Browns fan. Three years ago, he was diagnosed with frontotemporal lobe dementia. Although watching his decline is by far one of the most difficult things I have ever endured, there are fleeting glimpses of my dad still there, appearing sometimes out of nowhere. I am truly grateful for those moments I can still have with him. "Any man can be a father, but it takes someone special to be a dad." — Anne Geddes

Wishing you a wonderful summer filled with happiness and countless moments!

Be well. See you soon.

Sincerely,

Carmelina Suydam

SENIOR CENTER CLOSED:

THURSDAY, JULY 4TH
Independence 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:*



RESOURCE SPOTLIGHT:

Nursing Home Quality Navigator



The Nursing Home Quality Navigator, through the Ohio Department of Aging, allows people to explore and compare nursing home care throughout Ohio. This online tool provides information on finding nursing homes by location, researching nursing homes quality, exploring resident satisfaction data, and creating side-by-side comparisons. The navigator includes data on the number of beds available, staffing ratios, specialty services offered, and the number of health and safety violations a nursing home received. Additional information provided by the facility is also available. The navigator was created to help Ohioans when considering a nursing home for themselves or a loved one. Visit <https://aging.ohio.gov/care-and-living/nursing-home-navigator> to access the navigator.

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.*

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

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

**3rd Thursday
June-Sept**

FREE!
*Bring a
blanket
or
lawnchair!

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




Photos From Avon Senior Center Activities



Lunch at Joe's Deli



Joe's Deli



Lunch at Joe's Deli



Lunch at Joe's Deli



Eclipse Drive-Thru Event

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

REGULAR WEEKLY ACTIVITIES

MONDAYS	Pinochle	1PM	SILVER SNEAKERS	Monday, Wednesday & Friday 10AM (Not July 24th)	
	Chair Yoga	9AM		COFFEE & DONUTS	1st & 3rd Thursday 10AM (Not July 4th)
TUESDAYS	Beginner Mahjong	10AM	BOOK CLUB	2nd Thursday	10AM
WEDNESDAYS	Paint	10AM	MOVIE DAY	1st & 3rd Friday	1PM
	Mahjong	12:30PM	JIGSAW PUZZLES	Ongoing	
THURSDAYS	Cards	12:30PM	CHAIR VOLLEYBALL	1st & 3rd Wednesday (Sometimes 5th)	1PM

BINGO

1:00PM*

June

Wednesday, June 12th
Wednesday, June 26th

July

Wednesday, July 10th

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

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.

July

The Women by Kristin Hannah

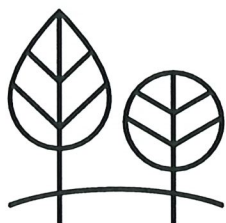
August

And Then She Was Gone by Lisa Jewell

September

The Good Daughter by Karin Slaughter

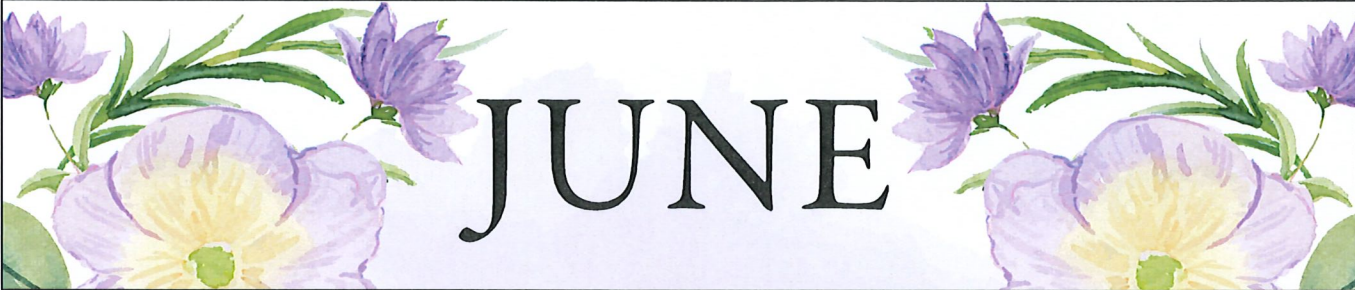
* Please RSVP before each book club meeting.



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.

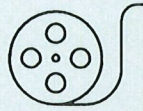


 JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 3PM Tech Support w/Sam	4 10AM Beg. Mahjong	5 10AM Paint 10AM Silver Sneakers 12:30PM Mahjong 1PM Chair Volleyball	6 10AM Coffee & Donuts 12:30PM Cards	7 10AM Silver Sneakers 1PM Movie	8
9	10 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	11 10AM Beg. Mahjong	12 10AM Paint 10AM Silver Sneakers 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	13 10AM Book Club 11:30AM Father's Day Meet-n-Eat 12:30PM Cards 2PM Sweet Talk with Bob	14 10AM Silver Sneakers	15
16	17 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 3PM Tech Support w/Sam	18 10AM Beg. Mahjong JACK Casino Trip	19 10AM Paint 10AM Silver Sneakers 10AM-1PM Gold & Silver 11:30AM June-teenth Meet-n-Eat 12:30PM Mahjong 1PM Chair Volleyball	20 10AM Coffee & Donuts 10:30AM Monthly Discussion Group 12:30PM Cards 1PM Solstice Ice Cream Social	21 10AM Silver Sneakers 1PM Movie	22
23	24 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	25 10AM Beg. Mahjong	26 10AM Paint 10AM Silver Sneakers 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	27 10AM Men's Breakfast 12:30PM Cards	28 10AM Silver Sneakers	29
30						

 JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 3PM Tech Support w/Sam	2 10AM Beg. Mahjong	3 10AM Paint 10AM Silver Sneakers 12:30PM Mahjong 1PM Chair Volleyball	4  Independence Day Senior Center Closed	5 10AM Silver Sneakers 1PM Movie	6
7	8 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	9 10AM Beg. Mahjong	10 10AM Paint 10AM Silver Sneakers 11AM-1PM Tech Support w/Dan 12:30PM Mahjong 1PM Bingo	11 10AM Book Club 12:30PM Cards 2PM Sweet Talk with Bob	12 10AM Silver Sneakers	13
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21	22 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter	23 10AM Beg. Mahjong	24 No Silver Sneakers 10AM Paint 11AM-1PM Tech Support w/Dan 11:30 AM Christmas in July Lunch 12:30PM Mahjong No Bingo	25 12:30PM Cards	26 10AM Silver Sneakers	27
28	29 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 3PM Tech Support w/Sam	30 10AM Beg. Mahjong Neil Diamond Tribute Show	31 10AM Paint 10AM Silver Sneakers 12:30PM Mahjong 1PM Chair Volleyball			

Movie Fridays

1ST & 3RD FRIDAY, 1:00PM



Friday, June 7

She Said — Based on the bombshell *New York Times* investigation, two reporters race to expose a Hollywood scandal and shatter a corrupt system by empowering courageous women to speak out. R (2 HR 9 MIN)

Friday, June 21:

Thirteen Lives — In the true story of *Thirteen Lives*, twelve boys and the coach of a Thai soccer team explore the Tham Luang cave when an unexpected rainstorm traps them in a chamber inside the mountain. Entombed behind a maze of flooded cave tunnels, they face impossible odds. A team of world-class divers navigate through miles of dangerous cave networks to discover that finding the boys is only the beginning. PG-13 (2 HR 29 MIN)

Friday, July 5

The Great Alaskan Race — In 1925's historic great race of mercy, a group of brave mushers travel 700 miles to save the small children of Nome, Alaska from a deadly epidemic. PG (1 HR 24 MIN)

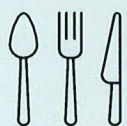
Friday, July 19

Grown Ups 2 — After a reunion three years ago, Lenny moves his family back to his old hometown — but bullies, crazy drivers and party crashers make it hilariously difficult! With David Spade, Chris Rock, Selma Hayek. PG-13 (1 HR 40 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.

Programs

Technology Support with Sam

MONDAY, JUNE 3 & 17

TUESDAY, JULY 1, 15 & 29

3:00PM-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, JUNE 12 & 26

WEDNESDAY, JULY 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, JUNE 20

CAREGIVER STRESS

10:30AM

THURSDAY, JULY 18

SLEEP TIPS FOR OLDER ADULTS

10:30AM

Group discussion facilitated by Staff Social Worker, Carrie Rae.

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

Events Calendar

June

13 Thursday

FATHER'S DAY MEET-N-EAT: TWO BUCKS 11:30AM

Let's get together for a pre-Father's Day lunch to celebrate all the dad! We will meet for lunch at Two Bucks, 36931 Detroit Road, Avon. Menu items include award winning mac & cheese, munchies, salads, wings, pizza, burgers & sandwiches. The restaurant will accommodate separate checks. **This is not a bus trip-meet at the restaurant.*

Reservation deposit \$5/person payable in cash, which will be returned upon arrival at the restaurant.
Deadline: Thursday, June 6th. Space is limited.

13 Thursday

SWEET TALK WITH BOB 2:00PM – 3:00PM

Introducing "Sweet Talk with Bob" — a new part of Far West Center's Senior Strong Program. Bob Piovarchy will present ways to manage challenges seniors face and identify healthy coping options. Sweet treats provided. Senior Strong's goal is to inform and increase awareness of challenges the older adult community faces, improve coping skills to better manage the stressors of aging, and to increase a sense of belonging and contribution in the community. Come and enjoy some educational information and a sweet treat to help improve your life and enhance your mental health.

RSVP by June 6.

18 Tuesday

JACK CASINO TRIP 10:00AM – 3:30PM

We are 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 etc. Whether you're craving Italian, Asian or prime rib they have it all in seven delectable food stations at Seven Chefs Buffet or enjoy STACK'D, a spot for handcrafted burgers, specialty sandwiches and more! (Located on the second level.) Other restaurants' available hours will vary. We will pick everyone up at 3PM to head back to the Senior Center.

Cost is \$20/person.
Deadline: June 11.

19 Wednesday

GOLD & SILVER EVENT 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! 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.

19 Wednesday

JUNETEENTH MEET-N-EAT: LEGACY RESTAURANT & GRILLE 11:30AM

Let's meet up for a summer lunch! Legacy Restaurant & Grille has shared space with the Sweetbriar Golf Course. The restaurant will accommodate separate checks. **This is not a bus trip-meet at the restaurant.*

Reservation deposit \$5/person payable in cash, which will be returned upon arrival at the restaurant.
Deadline: Wednesday, June 12. Space is limited.
Sponsored by O'Neill Healthcare

20 Thursday

MONTHLY DISCUSSION GROUP WITH CARRIE 10:30AM

Caregiver Stress group discussion facilitated by Staff Social Worker, Carrie Rae.

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

20 Thursday

SUMMER SOLSTICE ICE CREAM SOCIAL 1:00PM – 2:00PM

Here's the scoop! Please join us for a Summer Solstice Ice Cream Social! We will have an ice cream bar with different flavored ice cream and toppings. Join us for a delightful afternoon and enjoy a sweet treat! Music for your listening pleasure by our very own Gene Braden.

Cost is \$5/person, payable by June 13.

Sponsored by O'Neill Healthcare

27 Thursday

IT'S A GUY THING! MEN'S BREAKFAST GROUP 10:00AM – 12:00PM

Officer Vincent Carson will be our guest speaker. Officer Carson will speak to everyone about his K9 partner, Remi and his duties. Outdoor demonstration, weather permitting. Please dress accordingly.

Cost is \$5/person, payable by June 20.

Sponsored by O'Neill Healthcare

July

11 Thursday

SWEET TALK WITH BOB 2:00PM – 3:00PM

Introducing "Sweet Talk with Bob" — a new part of Far West Center's Senior Strong Program. Bob Piovarchy will present ways to manage challenges seniors face and identify healthy coping options. Sweet treats provided. Senior Strong's goal is to inform and increase awareness of challenges the older adult community faces, improve coping skills to better manage the stressors of aging, and to increase a sense of belonging and contribution in the community. Come and enjoy some educational information and a sweet treat to help improve your life and enhance your mental health.

RSVP by July 3.

18 Thursday

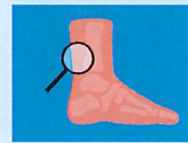
MONTHLY DISCUSSION GROUP WITH CARRIE 10:30AM

Sleep Tips for Older Adults group discussion facilitated by Staff Social Worker, Carrie Rae.

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

19 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.

19 Friday

JKL TRIP — OHIO'S LAVENDER & BLUEBERRY TRAIL 8:00AM – 5:30PM

Join us to enjoy a unique agricultural experience as we travel to the Wooster area to tour Lavender Trails, in what originally was an industrial brownfield. The come-to-life dream of Jim and Amy Duxbury is now a gardener's delight. We'll learn about the different types of Lavender along with how and when to plant, how to nurture and how to harvest. We'll also learn the many hands-on uses of Lavender and chance to explore the delightfully scented fields and visit the boutique gift shop.

- From there, we'll enjoy a fantastic Amish-style lunch at the charming BARN Restaurant in Smithville. We'll also have time to shop their on-site shops.

- Next, we'll visit the Largest Blueberry Farm in Ohio with a presentation by their Master Grower. We'll learn about growing Blueberries and how they are considered a Super Fruit for their tremendous assets. Everyone will be provided a jar of fresh Blueberry Jam and we'll have a chance to see the farm and enjoy their extensive gift shop and Winery! We will depart at 8AM and return approximately 5:30PM.

Moderate walking.

Cost is \$115/person.

Deadline is June 19.

Events Calendar

July *Continued*

24 *Wednesday*

"CHRISTMAS IN JULY" LUNCH 11:30AM

Tis the season...FOR AN UGLY CHRISTMAS SWEATER or ATTIRE! So put yours on and join us for a Christmas in July celebration! Our lunch menu will consist of deep-fried chicken, macaroni & cheese, vegetable medley, dessert and beverages. Entertainment by DJ Chop.

Cost is \$15/person.

Deadline: July 10.

Sponsored by Embassy of Rockport & O'Neill Healthcare.

30 *Tuesday*

JKL TRIP — THE NEIL DIAMOND TRIBUTE SHOW 1:30PM – 11:00PM

Direct from BRANSON, Mr. Keith Allyn is the premier Neil Diamond Tribute artist and he is coming to the STAR Theatre in Amish Country. Not only does he present all the hits of Neil Diamond, Mr. Allyn shares the background stories of the challenges Mr. Diamond faced on his way to fortune and fame. (Mr. Allyn usually performs in Branson in the Fall, Winter and Spring and tours the Midwest in Summer)

- Come enjoy the classics like "I AM, I SAID," "Forever in Blue Jeans," "Cracklin' Rosie," (which was actually about Wine!) "Holly Holy," and of course, everyone's favorite, "Sweet Caroline," along with many more. Prior to this EVENING SHOW, we'll enjoy time in Amish Country before the fabulous Buffet Dinner at the Dutch Valley Restaurant. We'll depart at 1:30PM and arrive back about 11PM.

Mild walking.

Cost is \$109/person.

Deadline is June 28th.

Save the Dates September

17 *Tuesday*

FLU SHOT CLINIC SPONSORED BY GIANT EAGLE 10:00AM – 12:00PM

Giant Eagle Pharmacy staff will be here giving flu shots. You will receive a \$5 electronic coupon loaded onto your Giant Eagle MPerks card for participating. You must have your Giant Eagle MPerks card with you to receive this e-coupon. Pharmacy staff are unable to look up cards.

NO NEED TO RSVP — Just Show Up!

25 *Wednesday*

JKL TRIP — THE COVERED BRIDGES OF ASHTABULA COUNTY TBD

Enjoy an Autumn adventure seeing this unique corner of Ohio. Our deluxe, BARONS Motorcoach will take us to Ashtabula County, one of Ohio's most scenic, as they roll out the welcome mat for us to view the charm and history they are famous for.

- We'll start with our local Ashtabula tour guide who will share with us the charm, culture and secrets of the area along with their beautiful Covered Bridges! We'll see the Shortest Bridge in Ohio, the Longest in the US and one that is even on Land!
- We'll enjoy lunch at Grand River Cellars, the premier winery in that area, with a pre-lunch sampling of their finest vintages.
- We'll complete our Fall experience at Patterson's Fruit farm in Chesterland. This family operation offers fresh apples, pumpkins, baked goods, cheese and their very own fresh Apple Cider! Patterson's sits on a hilltop with colorful autumn view all the way to Lake Erie (12 miles away.)

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.**

Guidelines for JKL Trips

These trips will be operated and escorted by JKL TOURS LLC, of Willoughby, Ohio, and please note that ALL Trips are SUBJECT to CHANGE!

Please note the following:

1. **Bus seating: If you want to sit with someone,** make sure you note it on your application.
2. Please let us know if you have any dietary situations, e.g. vegetarian, vegan, gluten-free, etc. Telling us 48 hours before the trip is TOO late.
3. We suggest you carry hand-sanitizer. JKL TOURS works with our trip components to keep our guests hygienic as much as possible.
4. These trips are set up as Wellness Activities. If you use a walker or have physical challenges, we need you to bring an able-bodied caregiver. The JKL ESCORT is responsible for everyone on the bus and cannot look after just one person with special needs.
5. **Tour Cancellation and/or Itinerary Changes:** A FULL Refund will be made if the trip is canceled. However, if YOU need to cancel, any refund will be based on when you cancel and if JKL TOURS can obtain a refund from the trip components.

Travel involves personal responsibility and an understanding that travel is a unique adventure. The City of Avon, The Avon Senior Center, JKL TOURS LLC and the tour leader are only acting as agent for the applicant and shall not be liable for any loss of or damage to baggage or property; for any loss injury, personal injury, death, accident, delay, inconvenience, or other loss occurring during or caused by applicant's participation or lack of participation on this tour.

***Please complete the application below and include with payment to the office.**

***Payment MUST be made by check ONLY, payable to JKL Tours.**

☐ Yes, I have read AND I understand all the information provided.

Please print: Name(s) _____

Address _____

City _____ State ____ Zip _____ Phone _____ Cell phone _____

Check _____ Amount \$ _____ Email _____

Dietary needs? _____

I would like to sit near _____

Please fill out this important Emergency information and Bring WITH you to **Give to the Escort.**

I/We, _____

am/are participant(s) on (name of trip) _____

In the event of an emergency, please contact:

#1 Name _____ Phone _____

#2 Name _____ Phone _____

Primary Care physician _____ Phone _____



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 Wintrose
Trip Escort	Nancy Gelston

City of Avon

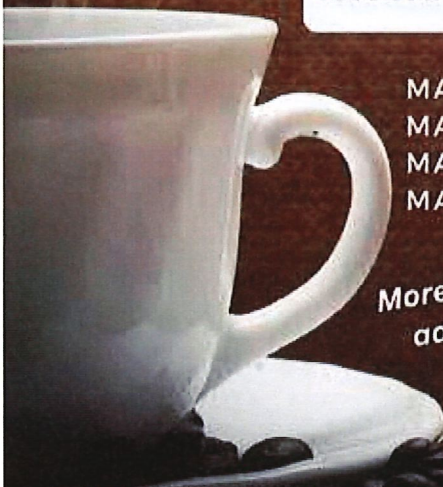
Avon Parks & Rec. Dept.	440-937-6106
Avon Senior Center	440-934-2417
City Hall	440-937-7800
Fire Dept.	440-934-1222 Non-Emergency Line
Police Dept.	440-934-1234 Non-Emergency Line
Service Department	440-937-5729
Utilities Department	440-937-5740

FreePik.com; Computer, Flags, June Art, July Art, Father's Day, Gold and Silver Photo, Foot, Happy Birthday

AVON PARKS & REC PRESENTS

Coffee at the Cahoon House

Coffee & Donuts Served




Wednesdays

10:00AM-11:00AM

MAY 8	JUNE 5
MAY 15	JUNE 12
MAY 22	JUNE 19
MAY 29	JUNE 26
	JULY 10
	JULY 17
	JULY 24
	JULY 31

More dates added!

Call Avon Senior Center to reserve your spot 440-934-2417 **Space is limited!**