



The Senior Buzz

NEWSLETTER

AUGUST/SEPTEMBER 2024



Carmelina Suydam, Avon Senior Center Coordinator

Dear Friends,

As the days grow a little shorter and the evenings hold a hint of crispness, we at the Avon Senior Center are excited to soak up the last rays of summer with you. This newsletter is bursting with activities and events to keep you engaged, active, and enjoying this delightful time of year.

We've packed this issue with information on upcoming events, fitness classes, educational workshops, and fun socials. With a focus on staying active, engaged, and connected, we're confident there's something for everyone.

Whether you're a longtime participant or just discovering our center, we encourage you to explore everything we have to offer. This issue is your guide to a late summer filled with:

- **Fun and Festive Events:** Join us for our pre-Labor Day picnic, a Covered Bridges Tour with JKL Tours, and an Oktoberfest celebration!
- **Health and Safety:** Don't miss our Flu shot clinic, AARP Safe Driver Course, a Lunch-N-Learn on self-care for the caregiver, a "Be Red Cross Ready" seminar and much more.
- **Lifelong Learning:** Explore with us as we have Nature Pam take us on a journey to Yellowstone National Park and Zion National Park, all from the comfort of the senior center.
- **And Much More!** Please see the rest of the newsletter for more events, including our regular weekly activities.

We understand that staying connected and informed is important. This newsletter aims to be your one-stop shop for all things related to the center's happenings. Additionally, don't hesitate to reach out to our staff if you have any questions or need assistance.

So bring your sense of adventure, and get ready to explore with us! We look forward to sharing these last summer days with you, creating lasting memories together.

Be well. See you soon.

Sincerely,

Carmelina Suydam

SENIOR CENTER CLOSED:

Monday, September 2nd
LABOR DAY



Monday, October 14th
COLUMBUS 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 be a newsletter volunteer, please call the Senior Center.

Newsletter Committee Snacks
Sponsored By:

 **Busch**
Cremation • Burial • Pre-Planning

RESOURCE SPOTLIGHT:

Lorain County Office on Aging



Lorain County
Office on Aging
(LCOOA) provides

various services, assistance, and support to Lorain County's older adult population including:

- Aging and Disability Resource Center (ADRC)
- In-Home Support
- Kinship Caregiver
- Nutrition
- Retired and Senior Volunteer Program (RSVP)
- Safe at Home
- The Senior Years Newspaper

For additional information or if you need assistance, contact LCOOA at **440-326-4800** or lcooa.org/.

SENIOR STAFF SNAPSHOT:

Summer Intern Catherine



Catherine and Carm

One time a week, a young friendly face welcomes seniors to the events at the Senior Center. Catherine has been our intern, helping with some of our programs this summer. Her favorite part of working at the Senior Center has been making people smile. Her smile and laugh is contagious! She has enjoyed helping at the ice cream social and the men's group gathering with the police dog. She is currently in her 2nd year at Bowling Green Firelands Campus taking English, Biology and work study programs. On Wednesdays she and her dad deliver meals on wheels in Lakewood. Everyone enjoys seeing the smile on her face! "We feel very blessed that Catherine wanted to work with us. The Senior community has embraced her and could not be happier to have her here. We look forward to seeing her smiling face at each event!" Carm

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!

Photos From Avon Senior Center Men's Quarterly Breakfast Guest Speaker Avon K-9 Police Officer Vincent Carson and Remi



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	Chair Yoga	9AM	SILVER SNEAKERS	Monday, Wednesday & Friday	10AM
	Pinochle	1PM	COFFEE & DONUTS	1st & 3rd Thursday	10AM
TUESDAYS	Beginner Mahjong	10AM	BOOK CLUB	2nd Thursday	10AM
WEDNESDAYS	Paint (Not August 28)	10A	MOVIE DAY	1st & 3rd Friday	1PM
	Mahjong	12:30PM	JIGSAW PUZZLES	Ongoing	
THURSDAYS	Cards	12:30PM	CHAIR VOLLEYBALL	1st & 3rd Wednesday	1PM

BINGO

1:00PM*

August

Wednesday, August 28

September

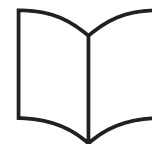
Wednesday, September 11

Wednesday, September 25

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

Sponsored by The Northbridge Health Center and the Woods on French Creek. Blood pressure checks will be available.

Second Thursday Book Club



10AM – 11AM*

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

October

The Frozen River by Ariel Lawhon

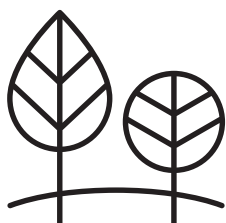
November

Listen For the Lie by Amy Tintera

December

The Things We Cannot Say by Kelly Rimmer

* 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.



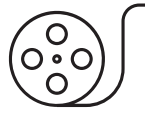


SUN	MON	TUE	WED	THU	FRI	SAT
				1 10AM Coffee & Donuts 12:30PM Cards	2 10AM Silver Sneakers 1PM Movie	3
4	5 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	6 10AM Beg. Mahjong	7 10AM Silver Sneakers 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	8 10AM Book Club 12:30PM Cards	9 10AM Silver Sneakers	10
11	12 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 3PM Tech Support w/ Sam	13 10AM Beg. Mahjong 1PM Backseat Travels Program	14 10AM Silver Sneakers 10AM Paint 11AM Tech Support w/ Dan 12:30PM Mahjong NO Bingo	15 10AM Coffee & Donuts 10:30AM Monthly Disc. Group 12:30PM Cards	16 10AM Silver Sneakers 1PM Movie	17
18	19 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	20 10AM Beg. Mahjong 11:30AM August Meet-N-Eat	21 10AM Silver Sneakers 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	22 12PM Pre-Labor Day Picnic 12:30PM Cards	23 10AM Silver Sneakers MGM Northfield Park Casino Trip	24
25	26 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 3:15PM Tech Support w/ Sam	27 10AM Beg. Mahjong 1PM Quarterly Birthday Celebration	28 10AM Silver Sneakers NO Paint 9:30AM Gold & Silver 11AM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	29 12:30PM Cards	30 10AM Silver Sneakers	31

SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2  Senior Center Closed	3 10AM Beg. Mah-jong	4 10AM Silver Sneakers 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	5 10AM Coffee & Donuts 12:30PM Cards	6 10AM Silver Sneakers 1PM Movie	7
8	9 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	10 10AM Beg. Mah-jong 10AM "Be Red Cross Ready" 3:15PM Tech Support w/ Sam	11 10AM Silver Sneakers 10AM Paint 11AM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	12 10AM Book Club 10AM AARP Safe Driver Course 12:30PM Cards	13 10AM Silver Sneakers	14
15	16 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	17 10AM Beg. Mah-jong 10AM Flu Vaccine Clinic	18 10AM Silver Sneakers 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	19 10AM Coffee & Donuts 10:30AM Monthly Disc. Group 12:30PM Cards 1PM Backseat Travels Program	20 10AM Silver Sneakers 11AM Podiatrist 1PM Movie	21
22	23 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter Folding	24 10AM Beg. Mah-jong 12PM Lunch-N-Learn 3:15PM Tech Support w/ Sam	25 10AM Silver Sneakers 10AM Paint 11AM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo Covered Bridges Trip	26 10AM Breakfast Group 12:30PM Cards	27 10AM Silver Sneakers	28
29	30 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle					

Movie Fridays

1ST & 3RD FRIDAY, 1:00PM



Friday, August 2

Arthur the King — An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race. PG-13 (1 HR 47 MIN).

Friday, August 16

The Boys in the Boat — This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games. PG-13 (2 HR 3 MIN).

Friday, September 6

Megan Leavey — Based on the true-life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. PG-13 (1 HR 56 MIN).

Friday, September 20

Ghostbusters: Frozen Empire — The Spengler family teams up with the original Ghostbusters to save the world from a second Ice Age. PG-13 (1 HR 55MIN).

- 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.

Snack sponsored by O'Neill Healthcare and Embassy of Rockport

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, August 12 (3:00PM-4:00PM)

Monday, August 26 (3:15PM-4:00PM)

Tuesday, September 10 & 24 (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, August 14 & 28

Wednesday, September 11 & 25

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, August 15

Self-Care

10:30AM

Thursday, September 19

Forgiveness

10:30AM

Group discussion facilitated by Staff Social Worker, Carrie Rae.

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

Events Calendar

August

13 Tuesday

BACKSEAT TRAVELS – YELLOWSTONE NATIONAL PARK 1:00PM

Nature Pam will take us on a journey to Yellowstone National Park with her program Yellowstone: The beauty of the Land. With more geothermal features than anywhere else in the world, Yellowstone is one hot topic. Learn about the land features of the park and what makes it so unique. Nature Pam includes photojournalism, personal experiences, and historical facts in her slideshow presentations that explore our national treasures. Refreshments provided.

RSVP by August 6.

20 Tuesday

AUGUST MEET-N-EAT: HOULIHAN'S RESTAURANT & BAR 11:30AM



Let's meet for a delicious lunch at Houlihan's Restaurant & Bar; 25651

Detroit Road, Westlake. Featuring lunch combos, all day dinner menu, seasonal features, and an All-Day Fix menu. It's a wonderful opportunity to catch up with each other over some good food. **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, August 14th. Space is limited.

22 Thursday

PRE-LABOR DAY PICNIC 12:00PM

Join us for a goodbye to Summer Pre-Labor Day picnic lunch! Enjoy a traditional picnic lunch, strawberry cake dessert and thirst-quenching lemonade. Music provided by our very own Gene Braden.

Cost is \$5/person.

Deadline: Thursday, August 15.

Sponsored by O'Neill Healthcare

23 Friday

MGM NORTHFIELD PARK AND CASINO TRIP 10:00AM – 3:30PM

We are heading to MGM Northfield Park & Casino. 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, play slots, video poker, etc. We will pick everyone up at 3PM to head back to the Senior Center.

Cost is \$20/person.

Deadline: August 16.

27 Tuesday

QUARTERLY BIRTHDAY CELEBRATION 1:00PM – 2:00PM



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, August 20.

Sponsored by Infinite Helping Hands

28 Wednesday

GOLD & SILVER EVENT 9:30AM – 12:30PM



Bring your items and 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.

Call the Senior Center to make an appointment and walk-ins are welcome.

September

10 Tuesday

BE RED CROSS READY EMERGENCY PREPAREDNESS FOR YOUR COMMUNITY 10:00AM

Floods, hurricanes, and wildfires are becoming more frequent and can be devastating to our loved ones, homes, and communities. Build confidence by learning simple steps you can take now, to help prepare and protect your family. It's easy to learn through one of our disaster preparedness trainings. Hosted by the American Red Cross, *Be Red Cross Ready* is a national, standardized preparedness education curriculum for adults taught by certified presenters. The program is designed to help people understand, prepare for, and respond appropriately to disasters.

RSVP by September 3. Space is limited.

12 Thursday

AARP SAFE DRIVER COURSE 10:00AM – 2:30PM

When you take the AARP Smart Driver course, you may be eligible for a discount on your auto insurance. Plus, safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you will learn: *Important facts about the effects of medication on driving * How to reduce driver distractions * Maintaining proper distance behind another car * Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today * Techniques for handling left turns, right-of-way, and roundabouts * Age related physical changes and how to adjust your driving to compensate. The course is 4 hours long with 30 minutes for lunch. **You must bring your own lunch.**

Cost: \$20/person for AARP members, \$25/person for non-members. *AARP members must show card at time of payment.* Payable by check only, made out to "AARP". Deadline is September 5.

17 Tuesday

FLU VACCINE CLINIC 10:00AM – 12:00PM

Giant Eagle Pharmacy will provide flu shots at the Avon Senior Center. You must bring your insurance card and any copay with you. Bring your Giant Eagle Advantage card and receive an electronic \$5.00 coupon off your next shopping purchase (you must have your advantage card at the clinic as they are unable to look it up). This flu clinic includes: Seasonal Flu shot (including high dose), Covid, RSV, Shingles and pneumonia vaccinations.

No RSVP necessary. Just show up!

Snack & juice bar sponsored by O'Neill Healthcare

19 Thursday

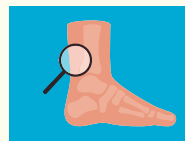
BACKSEAT TRAVELS – ZION NATIONAL PARK 1:00PM

Nature Pam will take us on a journey to Zion National Park, a visually stunning canyon that is unique to the Colorado Plateau. Come see why this small National Park has so many visitors each year. It may not be grand, but its beauty is unparalleled. Nature Pam includes photojournalism, personal experiences, and historical facts in her slideshow presentations that explore our national treasures. Refreshments provided.

RSVP by September 12.

20 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

Events Calendar

September *Continued*

24 Tuesday

LUNCH & LEARN – SELF-CARE WHEN CARING FOR SOMEONE WITH DEMENTIA 12:00PM

Join us for an important discussion on maintaining your health and self-care when caring for a loved one with Dementia. A light lunch will be served.

RSVP by September 17

Sponsored by Wellspring Health

25 Wednesday

JKL TRIP — THE COVERED BRIDGES OF ASHTABULA COUNTY 7:45AM – 6:00 PM (TIMES ARE APPROXIMATE)

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 views all the way to Lake Erie (12 miles away.)

Cost: \$89/person

Deadline: August 26.

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.**

26 Thursday

BREAKFAST GROUP 10:00AM

Mary Berges, Council-at-Large will be our speaker.

Cost is \$5/person.

Deadline: September 19.

Breakfast sponsored by O'Neill HC

Save the Date October

10 Thursday

OKTOBERFEST CELEBRATION 1:00PM – 2:00PM



Loosen your Lederhosen & join us for an Oktoberfest celebration.

We will serve warm pretzels & pub cheese. Live music provided by the Polka Pirates.

Cost: \$5/person

Deadline: October 3.

24 Tuesday

HANNA THEATRE — A MIDSUMMER NIGHT'S DREAM 10:00AM

Shakespeare's Magical Comic Masterpiece. The woods are the stage for a hilarious whirlwind of mismatched love, mischievous fairies, and theatrical blundering. Shakespeare weaves a comedic tapestry where love's arrows fly wild, mistaken identities create chaos and laughter reigns supreme. Transformed hearts and second chances dance under the moonlight, casting a spell that resonates with audiences across generations. We will leave the senior center at 9AM sharp and return promptly after the performance.

Cost: \$35/person

Deadline: September 20.

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 Wintrode
Trip Escort	Nancy Gelston

City of Avon

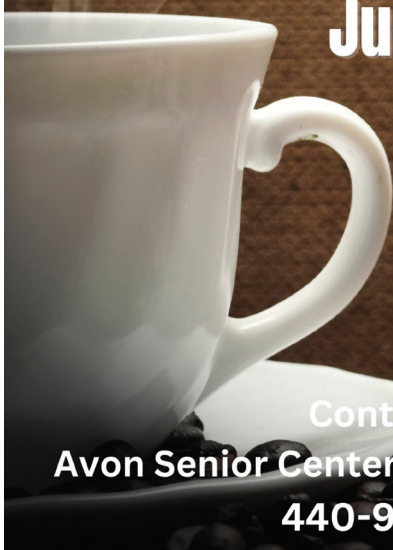
Avon Parks & Rec. Dept.	440-937-6106
Avon Senior Center	440-934-2417
City Hall	440-937-7800
Fire Dept.	440-934-1222 Non-Emergency Line
Police Dept.	440-934-1234 Non-Emergency Line
Service Department	440-937-5729
Utilities Department	440-937-5740

Freepik.com: Labor Day, August, September, Happy Birthday, Gold and Silver, Foot, Oktoberfest

AVON PARKS & REC PRESENTS

Coffee at the Cahoon House

Coffee & Donuts Served



Wednesdays July-September

10:00AM-11:00AM

Space is limited!

Contact the
Avon Senior Center to reserve your spot
440-934-2417