



The
Senior Buzz
NEWSLETTER



Senior Buzz

AUGUST/SEPTEMBER 2025

NEW! Renew Active & SilverSneakers offered here at the Avon Senior Center

We are now proud sponsors of Renew Active by United Healthcare! If you have Renew Active through United Healthcare OR SilverSneakers through your healthcare plan you can take any of our fitness classes for FREE!

Please stop at the Senior Center Front Desk or call us 440-934-2417 to fill out paperwork!

Renew Active
by UnitedHealthcare



SilverSneakers

Looking for Players!



Mahjong

Tuesday & Wednesday Mahjong is looking for players to join them.

Hand & Foot Cards

Tuesday Hand & Foot Card Game is looking for players!

Senior Center
Closed:

Monday, September 1
LABOR DAY



THANK YOU SPONSORS!

Avon Library

Avon Oaks Caring Community

Far West Center

Infinite Helping Hands

Northridge Health Center

O'Neill Healthcare

Seniors Helping Seniors

The Woods on French Creek

University Hospitals

Dan White- Tech Support Volunteer



Are you an Avon resident 55+ who needs transportation? Call Caryn Tovtin at 440-934-7433 for more information about rider registrations and to schedule your ride. Rides are available at no charge. Passengers must be pre-registered.



Meals on Wheels

Neighborhood Alliance provides Meals on Wheels (Home Delivered Meals) for Lorain County residents. They provide safe and nutritious meals for adults 60 and older in their homes. Dietician approved meals are hand delivered to the door by the driver who does a wellness check. If you are interested in a referral for Meals on Wheels, call Carrie Rae at 440-934-7975 and she can assist you with making the referral. **There is no cost for Avon residents.**

Lake Erie Crushers Game



Community Resources

The Avon Senior Center Social Worker, Carrie Rae, MSW, LISW-S, is available to provide support, information, resources, and referrals to Avon senior residents and their families. For more information, please call 440-934-7975.

Newsletter Subscription Information

- The newsletter subscription fee for 2025 is \$15/household. Subscriptions are on a 12-month renewal.
- The mailing label on your newsletter will show your expiration date.
- 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 are also accepted.

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.



Medical Equipment

If you are rehabbing at home after surgery or need to borrow medical equipment (wheelchair, walker, etc) for a limited time, please reach out to the Avon Senior Center. We have various inventory of medical equipment in good shape that is available to borrow. Please call the Senior Center at 440-934-2417 to check inventory. No drop-ins.

MOVIES

FIND ME FALLING

Friday, August 1
1:00PM

On a dreamy Mediterranean island, a rock star hiding out in a cliffside home gets a second chance at love in this sweet rom-com starring Harry Connick Jr.

Rated: TV-14 (1HR 33MIN)

Location: Media Room

Sweet Treat sponsored by Avon Oaks Caring Community

UNCHARTED

Friday, August 8
1:00PM

Street-smart thief Nathan Drake (Tom Holland) is recruited by seasoned treasure hunter Victor "Sully" Sullivan (Mark Wahlberg) to recover a fortune lost by Ferdinand Magellan 500 years ago. What starts as a heist job for the duo becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Moncada (Antonio Banderas), who believes he and his family are the rightful heirs.

Rated: 13+ (1HR 51MIN)

Location: Media Room

Friday, August 15- NO MOVIE

BREAKFAST AT TIFFANY'S

Friday, August 22
1:00PM

Holly is an eccentric New York City playgirl who becomes interested in her next-door neighbor, a writer who is "sponsored" by a wealthy patron.

Rated: PG (1HR 50MIN)

Location: Media Room

RUDY (MOVIE & LUNCH)

Friday, August 29
12:00PM

Join us for Movie & Lunch in the Main Hall! Rudy is a classic movie that is based on a true story of aspiring Notre Dame football player Rudy who is struggling to prove his potential and fights against the odds to get onto the field.

Fee: Resident \$6; Non-Resident \$8

Rated: PG (1HR 53MIN)

Location: Main Hall

HERE

Friday, September 5
1:00PM

A tale of love, loss, laughter, and life, all of which happen right Here.

Rated: PG-13 (1HR 44MIN)

Location: Media Room

Sweet treat sponsored by Avon Oaks Caring Community

NONNAS

Friday, September 12
1:00PM

A grieving man finds the recipe for healing when he buys an Italian restaurant and hires four sassy seniors as the chefs. Based on a true story.

Rated: PG (1HR 54MIN)

Location: Media Room

YOU'VE GOT MAIL

Friday, September 19
1:00PM

Neighborhood bookstore rivals unwittingly become e-mail pen pals in this charming remake of The Shop Around the Corner.

Rated: PG (1HR 54MIN)

Location: Media Room

Sweet Treat sponsored by Seniors Helping Seniors

MOTHER OF THE BRIDE (MOVIE & LUNCH)

Friday, September 26
12:00PM

Join us for Movie & Lunch in the Main Hall! In this lighthearted romantic comedy, a woman attending her daughter's destination wedding learns the groom's father is her college ex-boyfriend.

Rated: TV-PG (1HR 30MIN)

Fee: Resident \$6, Non-Resident \$8

Location: Main Hall



GAMES

BINGO

Wednesdays, 8/13, 8/27, 9/10, 9/24
1:00PM

Deadline: RSVP for each Bingo event no later than 2 days prior.

Sponsored by Northridge Health Center and The Woods on French Creek.

Senior Center Main Hall

MAHJONG

Beginners — Tuesdays, 10:00AM
Advanced — Wednesdays, 11:30AM
(NOTE NEW START TIME)

Senior Center Media Room



PINOCHLE

Mondays
1:00PM-3:30PM

All levels welcome!

Senior Center Media Room

HAND & FOOT- NEW!

Tuesdays
1:00PM-3:30PM

All levels welcome!

Senior Center Media Room

POKER

Thursdays
12:30PM-3:30PM

All levels welcome!

Senior Center Media Room



SOCIAL EVENTS

COFFEE & DONUTS

It's a coffee and donut kind of morning! Come join us for a casual get-together. An opportunity to make new friends and catch up with friends that you haven't seen in some time!

1st Thursday of each month with a Police Officer
10:00AM

3rd Thursday of each month -
10:00AM

COFFEE AT THE CAHOON HOUSE

Wednesdays, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24

10:00AM-12:00PM

We are partnering with the Avon Parks & Rec Dept. for coffee, donuts, and tours

Location: Wilbur Cahoon House Museum 2940 Stoney Ridge Road

Fee: FREE (no pre-registration required)

GOLD & SILVER EVENT

Monday, August 18

10:30AM-1:30PM

Gold & Silver Event will be at the Senior Center on **Monday, August 18 from 10:30AM to 1:30PM** to give pricing on your gold & silver jewelry, and diamonds that you may no longer want. Unsure of what you have, bring it with you and find out! This may be the perfect time with gold at an all-time high. There is no obligation to sell, and you will be pleasantly surprised at the prices offered!

Call 440-934-2417. Appointments required.

GOLD – earrings, chains, watches, rings, bracelets, broken items, dental gold, coins, ingots

STERLING SILVER – jewelry, coffee and tea service, flatware, platters, candlesticks

DIAMONDS – and other gems

WATCHES – silver, gold filled, gold, vintage

COINS – silver coins 1964 and earlier and gold coins

MUSIC TRIVIA & BIRTHDAY CELEBRATION

TUESDAY, AUGUST 26

12:00PM

Come celebrate summer birthdays with music trivia by DJ Chop! Hot Dog, Chips, Beverage & CAKE provided!

Fee: \$6

Deadline: August 19

COFFEE WITH THE COORDINATOR

Monday, September 8

11:30AM

Join us for a casual and engaging session of Coffee with the Coordinator! A great opportunity to connect, share ideas, ask questions, and discuss updates or concerns in a relaxed setting over coffee or your favorite beverage (her favorite drink is Diet Coke 😊). Whether you are new to the senior center or have been coming for years, this is your chance to get involved, provide feedback, and stay informed!

No registration required!

SUMMER CONCERT SERIES @ HERITAGE SQUARE GAZEBO

3rd Thursday, August-September

August 21

6:30PM-8:30PM

Da Land Brass Band (Jazz, Funk, R&B)

September 18

6:00PM-8:00PM

6 Miles High (All Music Types)

Location: Gazebo located at corner of Detroit Rd & Stoney Ridge Rd.

Fee: FREE No registration needed

Bring your camping chair and enjoy an evening of live music!

Presented by City of Avon

NEWSLETTER FOLDING

Monday, September 22

1:00 PM

Snacks sponsored by O'Neill Healthcare

Coffee & Donuts with Police Officers



Brain Bootcamp



Meet & Eat





AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10AM Silver Sneakers 11AM Podiatrist 1PM Movie
4 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	5 9:30AM <i>Walking Wonders @ French Creek Reservation</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Nature Pam	6 10AM Silver Sneakers 10AM <i>Coffee @ Cahoon</i> 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	7 10AM Coffee & Donuts 12:30PM Poker 2:30PM Joint, Strength & Flex	8 10AM Silver Sneakers 1PM Movie
11 9AM Chair Yoga 10AM Silver Sneakers 11AM Origami 1PM Pinochle	12 9:30AM <i>Walking Wonders @ French Creek Reservation</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards <i>Meet & Eat: Cooper's Hawk 11:30AM</i>	13 10AM Silver Sneakers 10AM <i>Coffee @ Cahoon</i> 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo	14 10AM Book Club 10AM Sweet Talk w/ Bob 11AM Library Series 12:30PM Poker 2:30PM Joint, Strength & Flex	15 10AM Silver Sneakers 11:30AM Lunch & Learn No Movie
18 9AM Chair Yoga 10AM Silver Sneakers 10:30AM Gold & Silver Event 1PM Pinochle	19 9:30AM <i>Walking Wonders @ French Creek Reservation</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards	20 10AM Silver Sneakers 10AM <i>Coffee @ Cahoon</i> 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	21 9:30AM-11AM BP Screen 10AM Coffee & Donuts 10:30AM Discussion Group 12:30PM Poker 2:30PM Joint, Strength & Flex <i>*6:30PM Gazebo Concert</i>	22 10AM Silver Sneakers 1PM Movie <i>Day Trip: Casino 10AM-3PM</i>
25 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	26 9:30AM <i>Walking Wonders @ French Creek Reservation</i> 10AM Beg. Mahjong 12PM Trivia Birthday Celebration 1PM Hand & Foot Cards	27 10AM Silver Sneakers 10AM <i>Coffee @ Cahoon</i> 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo <i>*Day Trip: Crushers Game (meet at Stadium)</i>	28 10AM Senior Scams 12:30PM Poker 2:30PM Joint, Strength & Flex	29 10AM Silver Sneakers 12PM Movie & Lunch



SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day CLOSED	2 9:30AM Walking Wonders @ Northgate Park 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Civil War	3 10AM Silver Sneakers 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	4 10AM Coffee & Donuts 12:30PM Poker 1PM Medicare 101 2:30PM Joint, Strength & Flex	5 10AM Silver Sneakers 11AM Podiatrist 1PM Movie
8 9AM Chair Yoga 10AM Silver Sneakers 11AM Origami 11:30AM Coffee w/Coordinator 1PM Pinochle	9 9:30AM Walking Wonders @ Northgate Park 10AM-12PM Flu/Covid Shot Clinic 10AM Beg. Mahjong 1PM Hand & Foot Cards	10 10AM Silver Sneakers 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo <i>JKL Trip: Amish Country 8AM-6PM</i>	11 10AM Book Club 10AM Sweet Talk w/ Bob 12:30PM Poker 2:30PM Joint, Strength & Flex	12 10AM Silver Sneakers 1PM Movie
15 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 1PM Nature Fix	16 9:30AM Walking Wonders @ Northgate Park 10AM Beg. Mahjong 1PM Hand & Foot Cards <i>Meet & Eat: Hecks Café 11:30AM</i>	17 10AM Silver Sneakers 10AM Coffee @ Cahoon 11:30AM Mahjong 1PM Chair Volleyball	18 9:30AM-11AM BP Screen 10AM Coffee & Donuts 10:30AM Discussion Group 12:30PM Poker 2:30PM Joint, Strength & Flex <i>*6:00PM Gazebo Concert</i>	19 10AM Silver Sneakers 1PM Movie
22 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle **1PM Newsletter Folding**	23 9:30AM Walking Wonders @ Northgate Park 10AM Beg. Mahjong 12PM Lunch & Learn 1PM Hand & Foot Cards	24 10AM Silver Sneakers 10AM Coffee @ Cahoon 11:30AM Mahjong 1PM Bingo <i>**Sign-ups for Oct./Nov. Begin</i>	25 <i>11AM K9 Hunter @ Northgate Park</i> 12:30PM Poker 2:30PM Joint, Strength & Flex	26 10AM Silver Sneakers 12PM Movie & Lunch
29 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 1PM Library Series	30 9:30AM Walking Wonders @ Northgate Park 10AM Beg. Mahjong 10AM-2:30PM AARP Safe Driver 1PM Hand & Foot Cards			

LIBRARY

Library Series – The Golden Age of Hollywood

Thursday, August 14
11:00AM

Join Melanie Potraz from the Lorain Public Library, Avon Branch to learn all about the Golden Age of Hollywood! Step into the past and see why this time in the movie industry was so special. Learn all about your favorite classic movie stars; we'll dive into all the glitz, glamor, and drama! Melanie will also cover how to watch movies from this era for free with Kanopy.

Location: Senior Center Main Hall

Fee: FREE

Deadline: August 7

Library Series – Splash into the Great Lakes

Monday, September 29
1:00PM

Join Melanie Potraz from the Lorain Public Library, Avon Branch to learn all about the history of the Great Lakes! Have you ever wondered how the lakes were formed? Have you been wanting to plan a trip to visit a Great Lake but don't know where to start? Melanie will answer all your questions! Join her to delve into the deep history of the lakes and to gain ideas for your next visit.

Location: Senior Center Main Hall

Fee: FREE

Deadline: September 22



BOOK CLUB

Book Club @ Avon Senior Center

2nd Thursday Book Club
10AM – 11AM*

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

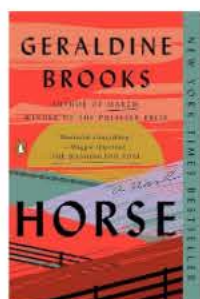
August

The Measure by Nikki Erlick



September

Horse by Geraldine Brooks



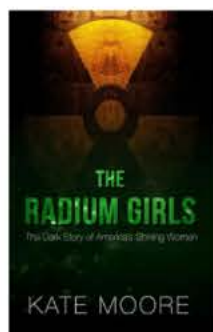
October

The Women in Cabin 10 by Ruth Ware



November

The Radium Girls: The Dark Story of America's Shining Women by Kate Moore



** Please RSVP before each book club meeting.*

ARTS & CRAFTS

Origami with Gene Welsh

Mondays, August 11 and September 8
11:00AM

Location: Media Room

Fee: FREE

Please RSVP by the Friday before

SAVE THE DATE: Art with Kim
Starting in October, Tuesdays
from 1:00PM-2:30PM

NEW ART CLASS

Beginning in October!
Sketchbook with Kim

Learn techniques and mediums that will help fill the pages of a sketchbook! Any level of artist is welcome to explore ways of filling blank pages. Simple, easy ways of creating art, even if you can't draw. Experimenting and trying different ways of creating art is the foundation of our time together, and also gaining confidence when dealing with a blank page (or canvas).

More details to come- stay tuned!



EXERCISE, HEALTH & WELLNESS

CHAIR YOGA

Mondays

9:00AM-10:00AM

Gentle form of yoga that's done while seated or using a chair for balance.

SILVER SNEAKERS

Mondays, Wednesdays, Fridays

10:00AM-11:00AM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

JOINT, STRENGTH & FLEXIBILITY CLASS

Thursdays

2:30PM-3:30PM

This one-hour class will improve joint mobility while emphasizing building strength, increasing flexibility, posture and muscular strength.

August 7-28

(4 weeks) \$24 residents, \$26 non-residents**

September 4-25

(4 weeks) \$24 residents, \$26 non-residents**

No charge for those that have Silver Sneakers or Renew Active

Chair Volleyball

1st, 3rd (and sometimes 5th)

Wednesdays

1:00PM-2:15PM



WALKING WONDERS NEW!

Tuesdays, 9:30AM

Join us on Tuesdays to walk various trails in our beautiful City! All paces are welcome. Please note some locations have trails with various surfacing types. Walker can choose how many laps they would like to do. Don't forget your water.

Location:

August @ French Creek Reservation
4530 Colorado Ave. Sheffield Village
September @ Northgate Park
2155 Eaton Dr. Avon

Register at Senior Center

SAVE THE DATE

T3 WALKING

T3 Walking for the winter months will start up in November

Monday, Wednesday, Friday from 9:30AM-11:00AM

T3 is located at 1965 Recreation Lane in Avon (near Crushers Stadium & YMCA)

PODIATRIST

Friday, August 1

11:00AM

Dr. Hosking will be here for those who want foot care

Pre-registration REQUIRED

Call Dr. Hosking's office 440-282-1312

MONTHLY DISCUSSION GROUP WITH CARRIE

Group discussion facilitated by Staff Social Worker, Carrie Rae

Thursday, August 21

10:30AM

Coping Skills & Relaxation Techniques

Thursday, September 18

10:30AM

Anxiety in Older Adults

Register: Call one day prior to 440-934-2417

SWEET TALK WITH BOB

(Sweets Included)

Bob Piovarchy, Far West Center's Senior Strong Program, will present ways to manage challenges seniors face and identify healthy coping options. Senior Strong's goal is to inform and increase awareness of challenges the older adult community faces. Come and enjoy some educational information and a sweet treat to help improve your life and enhance your mental health.

Thursday, August 14

10:00AM

How to have assertive crucial conversations

Fee: FREE

Deadline: August 7

Thursday, September 11

10:00AM

This is your brain on food- the brain and body connection to one's mental health

Fee: FREE

Deadline: September 4

BLOOD PRESSURE/HEALTH CHECK BY UH COMMUNITY OUTREACH

Thursdays, August 21 & September 18

9:30AM-11:00AM

UH Community Outreach Team will be on site to provide blood pressure screenings on the 3rd Thursday of every month from 9:30AM-11:00AM.

No registration required.

Fee: FREE

GIANT EAGLE FLU SHOT CLINIC

Tuesday, September 9

10:00AM-12:00PM

Giant Eagle Pharmacy will be here at the Avon Senior Center to provide the flu vaccine, over 65+ vaccine & COVID vaccine. Please bring your insurance card and any co-pay with you. Bring your Giant Eagle Advantage Card and receive a \$5.00 off a future shopping trip. No appointment needed.

Location: Senior Center Main Hall

TRIPS & OUTTINGS

JACK CLEVELAND CASINO – DOWNTOWN

Friday, August 22

10:00AM-3:00PM

Feeling Lucky? We're heading to Jack Casino in Downtown Cleveland. We will leave the Senior Center at 10am. You will have all day to have lunch and try your luck at slots, video poker, roulette, blackjack etc. Enjoy lunch at an eatery of your choice. The bus will pick everyone up promptly at 2:30pm to head back to the Senior Center. The cost of this trip is for transportation only.

Fee: Resident \$20; Non-Resident \$25

Deadline: August 8-Limited spots!

LAKE ERIE CRUSHERS GAME

Wednesday, August 27

11:30AM-3:00PM

Meet me at the Ballgame here in our beautiful City of Avon. Experience a Crushers game like never before in a VIP Club Level Session which offers shaded seats, private location on the 2nd level, high top & stadium seats and a 90-minute buffet! Watch the Lake Erie Crushers take on the Down East Bird Dawgs, first pitch is at 12:05PM. Lunch served at 11:30AM. The price includes game ticket, parking, food & select beverages.

Meet at the Crushers Stadium 2009 Baseball Blvd. Avon, at 11:20AM.

Fee: \$40/person residents, \$45/person non-residents

Deadline: August 13

MEET & EAT: COOPER'S HAWK WINERY & RESTAURANT

Tuesday, August 12

11:30AM

Join us for a luncheon at Cooper Hawk Winery & Restaurant located at 35351 Chester Road in Avon. The restaurant will accommodate separate checks. *This is not a bus trip – meet at the restaurant.

Fee: Reservation deposit of \$5/person payable in cash, which will be returned to you upon arrival at the restaurant.

Deadline: August 5 or when full, *Space is limited*

MEET & EAT: HECKS CAFÉ IN AVON (NEW LOCATION)

Tuesday, September 16

11:30AM

Join us for a luncheon at the new Hecks Cafe in Avon. Located at 35546 Detroit Road. The restaurant will accommodate separate checks. *This is not a bus trip – meet at the restaurant.

Fee: Reservation deposit of \$5/person payable in cash, which will be returned to you upon arrival at the restaurant.

Deadline: September 9 or when full, *Space is limited*

JKL TRIPS ARE BACK! AUTUMN ADVENTURE TO AMISH COUNTRY

Wednesday, September 10

8:00AM-6:00PM

Here is your chance to Welcome Autumn on a fun adventure to Ohio's Amish Country. We will visit the **Smucker's Store** in Orrville, with a chance to take advantage of their sale items and view their historical display. Next, we'll stop at **Lehman's Hardware**, where the Amish shop, seeing many items you can only find in such a unique store. We'll go around the corner to the **Amish Door Restaurant**, where we'll enjoy their fabulous Buffet (LUNCH INCLUDED) and no one leaves hungry as it is All-you-can-eat (but they don't allow "doggie bags.") We'll also have time to shop at their Amish bakery and bulk food store. Next, we'll travel to **Hershbergers Farm Market** that offers a garden center, petting zoo, knick-knack shop and a mini-grocery store with cheeses, jams and their famous fruit Fry Pies. We'll complete our day by visiting the Hartzler's Dairy, where everything is made FRESH! This trip will be escorted by **JKL TOURS**, and we will depart from the Avon Senior Center at 8:00 am. (promptly) and return about 6:00 pm.

Fee: \$89

Deadline: August 20

JKL RESERVATIONS: Payment must be made by **check only, payable to JKL Tours**. Checks can be mailed or dropped off at the Avon Senior Center located at 36786 Detroit Road, Avon, OH 44011. The JKL Tours registration form is required to be completed and returned at time of payment. For any questions, please call the Avon Senior Center at 440-934-2417. Please note JKL trips are subject to change. JKL registration forms are available at the Senior Center.



NEW! WENDT TOURING

The Avon Senior Center will be presenting a special overnight tour to Canada in early Summer 2026 with Wendt Touring.

Name of Trip: Treasurers of Montreal, Quebec City and The Thousand Islands by Rail 6 days, June 22 - 27, 2026

Make new friends and have fun traveling! This escorted tour has been quite popular and successful in the past. The group itinerary includes remarkable sightseeing, delicious meals, quality hotels and more. Trip brochures will be available in November. Registration starts in November. All are welcome. Join us! Questions please email Richard Urbas with Wendt Touring rtuohio@yahoo.com

EDUCATIONAL & TECHNOLOGY

TECHNOLOGY SUPPORT WITH DAN

Wednesdays, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10

11:00AM-1:00PM

Join Dan White, a technology support volunteer, who will help answer your questions related to your electronic devices (cell phone, iPad, tablet, laptop, etc.). *No need to RSVP.*

Fee: FREE

Location: Conference Room



BACKSEAT TRAVELS NATURE PAM

Tuesday, August 5

1:00PM

Nature Pam will take us on a journey to the Badlands N.P. and Devils Tower N.M. with her program. First stop will be the Badlands to learn about the fossils of creatures long forgotten and will explore these creatures and the current residents of this beautiful land. Then on to Devils Tower, where we will gaze up at this amazing natural wonder. We will learn about the Native American lore of its creation and today's science of how it came to be.

Location: Main Hall

Fee: FREE

Deadline: August 1



LUNCH & LEARN: THE BEATLES IN CLEVELAND

Friday, August 15

11:30AM-1:00PM

"Come Together, Right Now" we are partnering with North Ridgeville Senior Center to provide an exciting presentation to relive the excitement of the 1960s and Beatlemania as John, Paul, George, and Ringo visit Cleveland for two of wildest, out of control concerts in Beatles rock n' roll history. Author Dave Schwensen will take you behind the scenes and on stage with The Fab Four through inside stories, rare concert films and never before photos and memorabilia.

he program highlights include films of The Beatles' riotous concerts at Cleveland Public Hall in 1964 and Municipal Stadium in 1966. Books and concert t-shirts will be available for purchase and author signing following the presentation.

Avon and North Ridgeville Senior Centers are partnering on this lunch & learn.

Boxed lunch will be served.

Location: Avon Senior Center
36786 Detroit Rd. (Main Hall)

Fee: \$12

Deadline: August 8

SENIOR SCAMS

Thursday, August 28

10:00AM

The Avon Police Department will be discussing the current trends of email / phone / texting scams targeting a variety of age groups. Scammers will often pretend to be a trustworthy source and may even claim that you have a family member needing help. Law Enforcement Groups and other Government entities will not send you text messages / emails / or make phone calls regarding how to pay your debts or paying a bond on warrants for your arrest. There will be information provided on how to prevent being scammed and how to verify whether the information being presented by the caller / texter / email sender is real or not.

Location: Main Hall

Fee: FREE

Deadline: August 12

MEDICARE 101

Thursday, September 4

1:00PM

Sarah Florimonte from OSHIIP (Ohio Senior Health Insurance Information Program) will be presenting Medicare 101 Check-Up presentation. OSHIIP provides free, objective, unbiased Medicare information for beneficiaries, caregivers and professionals in Ohio. The Medicare 101 Check-Up Presentation will include information about Medicare Parts A&B, Part D and Medicare Advantages Plans, any Medicare changes for 2026 and the upcoming Open Enrollment Period from October 15th- December 7th.

Location: Main Hall

Fee: FREE

Deadline: August 28

SAVE THE DATE: Medicare Open Enrollment Assistance

Tuesday, November 18th

10am-3pm (Appointments Required)

Medicare Open Enrollment for Part D Prescription Drug Plans and Medicare Advantage Plans is October 15th-December 7th. On November 18th staff and volunteers from OSHIIP will be available to help Medicare beneficiaries compare Part D and Medicare Advantage plans to ensure beneficiaries are in the plans best suited for their needs. OSHIIP (the Ohio Senior Health Insurance Program) is an unbiased, objective program funded through a federal grant and is a part of the Ohio Department of Insurance. Appointments are required. More information will be in the October/November newsletter.



Ohio Senior Health Insurance
Information Program

800-686-1578

EDUCATIONAL & TECHNOLOGY

"THE NATURE FIX": HOW TIME OUTDOORS SUPPORTS HEALTH AND WELL-BEING IN OUR LATER YEARS

Monday, September 15
1:00PM

Have you ever spent time in nature, walk in the park or time in the garden and noticed you felt better afterward? Maybe your mood lifted, your stress eased, or even your body felt a little more at ease. In "The Nature Fix", author Florence Williams explores the science behind why nature helps us feel happier, healthier, and more mentally sharp - benefits that are especially important as we age. In this 50-minute class, we'll highlight and discuss key takeaways from the book and explore how spending time in natural spaces can support physical health, boost memory and mood, and enhance overall quality of life. We'll also share practical, enjoyable ways to bring more nature into our daily routines—no hiking boots required. You do not need to be familiar with the book "Nature Fix" or the work on the Conservancy to join our discussion. Presenter: Annette Kramer, Certified Nature Connection Specialist & President, Soulful Trails LLC
Location: Main Hall
Fee: FREE
Deadline: September 8



LUNCH & LEARN: THE BUILDING OF PERRY'S MONUMENT

Sally Tomko, Infinite Helping Hands
& Morgan Hammond, Luxe Home
Care

TUESDAY, SEPTEMBER 23
12:00PM

The Building of Perry's Monument – Put in Bay – South Bass Island Perry's Victory and International Peace Memorial commemorates the Battle of Lake Erie that took place near Ohio's South Bass Island, in which Commodore Oliver Hazard Perry led a fleet to victory in one of the most decisive naval battles to occur in the War of 1812. Hear about the building of this towering historical monument.

Fee: Free

Deadline: September 16
*Sponsored by Sally Tomko, Infinite
Helping Hands & Morgan Hammond,
Luxe Home Care*

MEET & LEARN K9 OFFICER HUNTER & OFFICER ZUK

Thursday, September 25
11:00AM

Come hang out with K9 Hunter and learn about Police K9s and how they serve our community! Officer Zuk will discuss the roles and responsibilities of the Avon Police K9 handlers. K9 Hunter is a six-year-old English Lab trained for detection work, not apprehension. K9 Hunter is certified in narcotic detection, article search, and tracking. The Avon Police Department also has two other Police K9s who are dual certified in detection and apprehension. If you are interested in participating in a tracking exercise, volunteers will be invited to walk a short distance and take part in a demonstration. This is a fantastic chance to see K9 Hunter in action and experience firsthand how these incredible dogs use their skills. It's a great opportunity to gain insight into the important work these dogs and their handlers do for public safety! Location: Northgate Park (meet at Pavilion near playground) Light refreshments will be provided after the presentation!

Fee: Free

Deadline: September 18

AARP SAFE DRIVER COURSE

Tuesday, September 30
10:00AM-2:30PM

This 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. 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. *This course is 4 hours long with 30 minutes for lunch. You must bring your own lunch.*

Fee: \$20.00 AARP members, \$25.00 non-members. *AARP members must show card at time of payment.*

Checks made payable to AARP (No Cash or Credit Cards)

Deadline: September 23

LECTURE WITH NANCY HAAS

**Women's Roles in the American
Civil War**

Tuesday, September 2
1:00PM

The American Civil War brought women new responsibilities on the battlefield and at home. These brave women from the North and the South assumed roles as soldiers, vivandieres, spies, social activists raising money and supplies, published authors and managing family farms and businesses. Learn about what women did for the Civil War and what the Civil War did for the women.

Location: Senior Center Main Hall

Fee: FREE

Deadline: August 26



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Avon, OH 44011

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Avon Senior Center

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