



The

Senior Buzz

NEWSLETTER

OCTOBER/NOVEMBER 2025



AVON SENIOR CENTER SURVEY

We are committed to understanding the needs and desires of our senior community. In order to improve our programming and services, we are conducting a Senior Center survey.

The Survey is available for pickup/return at:
Avon Senior Center 36786 Detroit Rd.
Avon City Hall 36080 Chester Rd.
Monday-Friday 8AM-4PM

OR

COMPLETE ONLINE-SCAN QR CODE

**SURVEY DEADLINE:
OCTOBER 31ST**

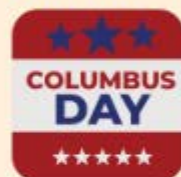


Annual Senior Center Holiday Luncheon

Wednesday, December 3
More information on page 4

Senior Center Closed:

Monday, October 13
Columbus Day



Thursday, November 27
Friday, November 28
Thanksgiving Holiday



Renew Active &
SilverSneakers
offered here!

Renew Active
by UnitedHealthcare

SilverSneakers
by Tivity Health



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.

Lake Erie Crushers Game



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.**

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. (No charge for Veterans)



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. A refundable security deposit is taken.

MOVIES & GAMES

DRAFT DAY

Friday, October 3

1:00PM

On the day of the NFL draft, a passionate general manager takes a bold risk to build a team that will bring glory back to his beloved city.

Rated: PG-13 (1HR 50MIN)

Location: Media Room

THE AMATEUR

Friday, October 10

1:00PM

In this spy thriller, Charlie Heller (Rami Malek) is a brilliant but deeply introverted CIA decoder working out of Langley. When his wife is killed in a London terrorist attack, and his supervisors refuse to act, Heller embarks on a dangerous trek, crisscrossing the globe to take down those responsible, his intelligence being his ultimate weapon.

Rated: PG-13 (2HR 3MIN)

Location: Media Room

THE INTERN

Friday, October 17

1:00PM

In "The Intern," Ben Whittaker (Robert De Niro) is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be.

Rated: PG-13 (2HR 1MIN)

Location: Media Room

BUTCH CASSIDY AND THE SUNDANCE KID

Friday, October 24

1:00PM

Paul Newman and Robert Redford are wisecracking outlaws on the run in this classic Western, a breezy blend of action, comedy and romance.

Rated: PG (1HR 46MIN)

Location: Media Room

HOCUS POCUS

Friday, October 31**

1:00PM

See Halloween Bash for more information

Location: Main Hall



THE FRIEND

Friday, November 7

1:00PM

In The Friend, adapted from the bestselling novel, Iris (Watts) finds her comfortable New York life upended when her mentor and friend Walter (Murray) leaves her his Great Dane Apollo. Despite a small apartment and threats of eviction, she bonds with the regal beast and begins to cope with her past in this story of healing, love, and friendship.

Rated: R (1HR 59MIN)

Location: Media Room

THE PEANUT BUTTER FALCON

Friday, November 14

1:00PM

Zak, a young man with Down Syndrome, runs away from a residential nursing home to follow his dream of attending a professional wrestling school. A strange turn of events finds Zak on the road with Tyler, an outlaw who becomes an unlikely coach and ally.

Rated: PG-13 (1HR 32MIN)

Location: Media Room

FRIDAY, NOVEMBER 28

NO MOVIE (Center Closed)

MAMMA MIA! (MOVIE & LUNCH)

Friday, November 21

12:00PM

Join us for Movie & Lunch in the Main Hall! Have the time of your life with Meryl Streep and an all-star cast in this undeniably fun celebration of mothers and daughters, old friends and newly found family!

Rated: PG-13 (1HR 48MIN)

Fee: \$6

Location: Main Hall

Deadline: November 17

Please RSVP for movies at 440-934-2417, seating is limited. Movie & Lunch Friday has a specific deadline. To prevent disruptions, please be present by 12:55PM. Enjoy the show!

CANDY CANE LANE

Friday, December 5

1:00PM

Eddie Murphy stars in this holiday comedy adventure about a man on a mission to win his neighborhood's annual Christmas home decoration contest and inadvertently makes a deal with a mischievous elf that brings the 12 Days of Christmas to life.

Rated: PG (1HR 52MIN)

Location: Media Room

GAMES

BINGO

Wednesdays, 10/8, 10/22, 11/12, 11/26

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.

Location: Main Hall

MAHJONG

Beginners — Tuesdays, 10:00AM

Advanced — Wednesdays, 11:30AM

Location: Media Room

PINOCHLE

Mondays

1:00PM-3:30PM

All levels welcome!

Location: Media Room

HAND & FOOT- NEW!

Tuesdays

1:00PM-3:30PM

All levels welcome!

Location: Media Room

POKER

Thursdays

12:30PM-3:30PM

All levels welcome!

Location: Media Room

CHAIR VOLLEYBALL

10/1, 10/15, 10/29,

11/5, 11/19

1:00PM

RSVP 2 days prior

Location: Main Hall

SOCIAL EVENTS & OUTINGS

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!

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

Third Thursday of each month
10:00AM

COFFEE AT THE CAHOON HOUSE

Wednesdays, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19
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)



NEW! LUNCH CLUB

Wednesdays, 10/8 & 11/12
11:30AM-1PM

Bring your lunch and join your friends for a social gathering once a month to catch up with old friends and make new friends too! Mystery Guest will be joining us each month and games will be played time permitting!

Dessert will be provided!
Location: Main Hall
Please RSVP 2 days prior

PIZZA & BINGO

THURSDAY, OCTOBER 23
11:30AM

Mangia! Join us for a pizza luncheon & bingo!

Fee: \$5; Non-Resident: \$6
Deadline: October 16
Sponsored by Seniors Helping Seniors

NEWSLETTER FOLDING

Monday, November 17
1:00 PM

Snacks sponsored by O'Neill Healthcare

HALLOWEEN BASH

FRIDAY, OCTOBER 31
LUNCH & GAMES 11:30AM-1PM
MOVIE 1:00PM

Let's celebrate Halloween with a BASH! Enjoy a chili lunch, games and costume contest followed by the famous Hocus Pocus Movie. Lunch, Games & Costume Contest will be from 11:30AM-1PM and the movie will follow. If you only want to stay for the lunch and games that's okay, we are going to have a SPOOKTACULAR time! Don't forget to wear your costume! *ICE Scream Bar provided by Seniors Helping Seniors*

Fee: \$6; Non-Resident: \$7
Location: Main Hall
Deadline: October 24

SALUTE TO VETERANS
VETERANS DAY LUNCH

Tuesday, November 11
11:00AM

Calling all Vets, we invite you for a free lunch courtesy of O'Neill Healthcare. A Pinning Ceremony & Certificate will be distributed to all Veterans that are present and names will be read for those that are deceased.

Please call or stop by the Front Desk to fill out a Veteran form and provide a photo if you wish. We will make a photocopy & return the original photo immediately upon receiving it. All information and photos will be on display at the Avon Senior Center.

Fee for spouses/caregivers: \$5/person
Location: Main Hall
Deadline: October 31

ANNUAL SENIOR CENTER
HOLIDAY LUNCHEON

Wednesday, December 3
11:30AM-1:30PM (Doors open at 11:00AM)

Join us for our annual Holiday Party at Tom's Country Place. Sit down meal includes Breaded Pork Chops, Cabbage Roll, Garlic Roasted Red Bliss Potatoes & California Blend Vegetables. Photo Booth & Raffles!
Fee: \$25/person

Location: Tom's Country Place
3442 Stoney Ridge Rd. Avon
Deadline: November 14

DECK THE (SENIOR CENTER) HALLS
FOR THE HOLIDAY!

Tuesday, November 25
1:00PM

Come and help us decorate the Senior Center for the holiday season. Enjoy some holiday cheer and delicious treats for a job well done! RSVP not necessary. Just show up!



MEET & EAT:

CAMEO'S PIZZA @ THE FIELDHOUSE
THURSDAY, OCTOBER 9
4:00PM

Join us for "happy hour" at the NEW Cameo's Pizza in Avon located at T3 Fieldhouse.

Fee: Reservation deposit of \$5/person payable in cash, which will be returned to you upon arrival at the restaurant.
Location: 1945 Recreation Ln., Avon
Deadline: Oct. 6 or when full; space is limited. Max. 24

MEET & EAT:

EMILIE'S COFFEE HOUSE & WINE BAR
Tuesday, October 21
11:30AM

Emilie's is a charming and welcoming coffee house located in the heart of Avon Lake. Menu includes "toasts" served on sourdough bread, salads and delicious pastries. Limited spots due to size of coffee house.

Fee: Reservation deposit of \$5/person payable in cash, which will be returned to you upon arrival at the restaurant.
Location: 457 Avon Belden Rd., Avon Lake
Deadline: October 14 or when full; space is limited. Max. 10

MEET & EAT:

ROSEWOOD GRILL
Thursday, November 13
11:30AM

Join us for a luncheon at Rosewood Grill. A new American cuisine with fresh & creative twist in a sophisticated, yet casual atmosphere.

Fee: Reservation deposit of \$5/person payable in cash, which will be returned to you upon arrival at the restaurant.
Location: 2033 Crocker Rd., Westlake
Deadline: November 6 or when full, Space is limited Max: 16

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 10AM Coffee @ Cahoon 11:30AM Mahjong 1pm Chair Volleyball	10AM Coffee & Donuts 12:30PM Poker 2:30PM Joint, Strength, Flex	10AM Total Body Fitness 1PM Movie
6	7	8	9	10
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 11AM Origami 1PM Pinochle 2PM Tai Chi	9:30AM Walking Wonders @ Avon Wetlands 10AM Beg. Mahjong 11:30AM Create Space @ Library 1PM Hand & Foot Cards	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11:30AM-1PM Lunch Club 11:30AM Mahjong 1pm Bingo	10AM Book Club 10AM Sweet Talk w/Bob 11AM Podiatrist 12:30PM Poker 1PM Wreaths Across America 2:30PM Joint, Strength, Flex <i>Meet & Eat: 4PM Camera's</i>	10AM Total Body Fitness 1PM Movie
13	14	15	16	17
Senior Center Closed 	9:30AM Walking Wonders @ Avon Wetlands 10AM Beg. Mahjong 1PM Hand & Foot Cards 1:30PM-3PM Sketchbook 3:30PM KWC (Vegetable Garden) @ VFW	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1pm Chair Volleyball	9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group w/Carrie 12:30PM Poker 1PM Brian Boot Camp 2:30PM Joint, Strength, Flex	10AM Total Body Fitness 1PM Movie
20	21	22	23	24
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	9:30AM Walking Wonders @ Avon Wetlands 10AM Beg. Mahjong 10AM Fire Safety 11:30AM Meet & Eat @ Emilie's Coffee House 1PM Hand & Foot Cards 1:30PM-3PM Sketchbook	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1pm Bingo	11:30AM Pizza & Bingo 12:30PM Poker 2:30PM Joint, Strength, Flex	10AM Total Body Fitness 1PM Movie
27	28	29	30	31
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	9:30AM Walking Wonders @ Avon Wetlands 10AM Beg. Mahjong 11:30AM Lunch & Learn: Will/POA/Home Care 1PM Hand & Foot Cards 1:30PM-3PM Sketchbook	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1pm Chair Volleyball	12:30PM Poker 1PM Library Series- Vampire/Gothic Lit 2:30PM Joint, Strength, Flex <i>City of Avon Trick or Treat 6pm-7:30pm</i>	10AM Total Body Fitness 11:30AM Halloween Bash, includes Movie <i>*Survey Deadline</i> 

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	9:30AM-11AM Walking @ T3 10AM Beg. Mahjong 10AM Nature Pam 1PM Hand & Foot Cards 1:30PM-3PM Sketchbook	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1pm Chair Volleyball W3 Trip: Historic Cleveland	9:30AM-11AM Walking @ T3 10AM Coffee & Donuts 12:30PM Poker 1PM Library Series: History of Fiber Arts 2:30PM Joint, Strength, Flex	9:30AM-11AM Walking @ T3 10AM Total Body Fitness 1PM Movie
10	11	12	13	14
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 11AM Origami 1PM Pinochle 2PM Tai Chi	9:30AM-11AM Walking @ T3 10AM Beg. Mahjong 11AM Veterans Day Lunch 1PM Hand & Foot Cards 1:30PM-3PM Sketchbook	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11:30AM-1PM Lunch Club 11AM-1PM Tech Support 11:30AM Mahjong 1pm Bingo	9:30AM-11AM Walking @ T3 10AM Book Club 10AM Sweet Talk w/ Bob 11:30AM Meet & Eat: Rosewood Grill 12:30PM Poker 2:30PM Joint, Strength, Flex	9:30AM-11AM Walking @ T3 10AM Total Body Fitness 1PM Movie **Holiday Luncheon Deadline
17	18	19	20	21
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi **1PM Newsletter Folding**	9:30AM-11AM Walking @ T3 10AM Beg. Mahjong 1PM Hand & Foot Cards OSHIIP Medicare Open Enrollment 10AM-3PM (appt. required) 3:30PM KWC (Vegetable Garden) @ VFIV	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM Coffee @ Cahoon 11AM-1PM Tech Support 11:30AM Mahjong 1pm Chair Volleyball	9:30AM-11AM Walking @ T3 9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group w/Carrie 12:30PM Poker 2:30PM Joint, Strength, Flex **Sign-ups begin Dec/Jan	9:30AM-11AM Walking @ T3 10AM Total Body Fitness 12PM Movie & Lunch
23/24	25	26	27	28
SUNDAY, 11/23 Play @ AHS 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	9:30AM-11AM Walking @ T3 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Deck the (SC) Halls for the Holiday!	9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11:30AM Mahjong 1pm Bingo	Senior Center Closed 	Senior Center Closed 
Dec. 1	2	3	4	5
9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	9:30AM-11AM Walking @ T3 10AM Beg. Mahjong 1PM Hand & Foot Cards	*No Center Activities* Center Hours: 8AM-10AM; 2PM-4PM Holiday Party 11:30AM-1:30PM @ Tom's (Doors open at 11AM) 	9:30AM-11AM Walking @ T3 10AM Coffee & Donuts 12:30PM Poker 1PM Library Series: History of Jane Austen 2:30PM Joint, Strength, Flex	9:30AM-11AM Walking @ T3 10AM Total Body Fitness 1PM Movie

LIBRARY

LIBRARY SERIES - HISTORY OF THE VAMPIRE & GOTHIC LITERATURE

Thursday, October 30

1:00PM

Ready to celebrate Halloween? Join Melanie Potraz from the Lorain Public Library, Avon Branch to learn all about the history of the vampire across many cultures and their influence in Gothic Literature! Did you know that vampires don't originate from Transylvania? We'll look into the origin of Dracula and Nosferatu; and why we've feared a blood sucking monster for a millennia.

Location: Main Hall

Fee: FREE

Deadline: October 23

LIBRARY SERIES - HISTORY OF FIBER ARTS

Thursday, November 6

1:00PM

Are you a fiber artist? Have you ever wondered how crochet or embroidery became a widely known hobby? Join Melanie Potraz from the Lorain Public Library, Avon Branch to learn about the history of fiber arts. We'll explore different art forms and their long history.

Location: Main Hall

Fee: FREE

Deadline: October 30

LIBRARY SERIES- HISTORY OF JANE AUSTEN

Thursday, December 4

1:00PM

It is a truth universally acknowledged that Jane Austen is one of the most popular authors of all time. Join Melanie Potraz from the Lorain Public Library, Avon Branch and celebrate 250 years of Jane Austen! We'll learn about Jane Austen and her journey into becoming an author. Let's dive into her works and learn about their long-lasting impact in storytelling today!

Location: Main Hall

Fee: FREE

Deadline: December 1

BOOK CLUB

BOOK CLUB @ AVON SENIOR CENTER

Second Thursday Book Club

10AM - 11AM

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

October

The Women in Cabin 10

by Ruth Ware



November

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

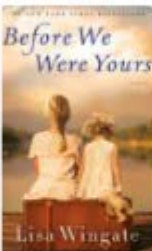
by Kate Moore



December

Before We Were Yours

by Lisa Wingate



January

The Hunting Party

by Lucy Foley



ARTS & CRAFTS

ORIGAMI WITH GENE WELSH

Mondays, October 6 &

November 10

11:00AM

Location: Media Room

Fee: FREE

Please RSVP by the Friday before

NEW!

Sketchbook Art with Kim

Tuesdays

October 14-Nov. 11

1:30PM-3PM

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). Fee includes sketchbook and other basic materials for class time.

Fee: \$15;NR: \$16

Deadline: Oct. 7



CREATE SPACE ROOM

KEYCHAIN MAKING

Tuesday, October 7

11:30AM

Visit the Create Space at the Lorain Public Library, Avon Branch to learn how to make your very own keychain for banned book week! Katie White, Librarian will walk you through step by step how we design and subliminate to make fun keychains. Space is limited so sign up today!

Location:

Avon Library 37485 Harvest Dr.

Fee: FREE

Deadline: October 2

EXERCISE, HEALTH & WELLNESS

GENTLE/CHAIR YOGA

Mondays & Wednesdays
9:00AM

This class is designed for all levels, yoga beginners thru seasoned yogis, including those with limited mobility. Poses are done at a slower pace to encourage accessibility for all. Class can be performed with use of chair or mat. Poses to promote relaxation, reduce stress, and manage emotional health.
Instructor: Diana Jancura

FORMERLY SILVER SNEAKERS CLASSES! JUST NEW NAMES!

CARDIO, STRETCH & STRENGTHEN-UPPER BODY

Mondays
10:00AM

Full body stretching, low-moderate impact cardio workout, and strengthening of UPPER body joints and muscles. We use dumbbells, resistance bands and exercise balls as we focus on arms, shoulders, upper back, hands and wrists. Can be modified for seated or standing.
Instructor: Diana Jancura

CARDIO, STRETCH & STRENGTHEN-LOWER BODY

Wednesdays
10:00AM

Full body stretching, low-moderate impact cardio workout, and strengthening of LOWER body joints, muscles and developing balance. We use resistance and dynabands to build strength, balance and joint health in hips, knees and ankles/feet. Can be modified for seated or standing.
Instructor: Diana Jancura

JOINT, STRENGTH & FLEXIBILITY

Thursdays
2:30PM

This one-hour class will improve joint mobility while emphasizing building strength, increasing flexibility, posture and muscular strength.
October 2-23 (4 weeks)
\$24 residents, \$26 non-residents
October 30-Nov. 20 (4 weeks)
\$24 residents, \$26 non-residents**
Instructor: Kathy Hungerman

TOTAL BODY FITNESS

Fridays
10:00AM

Increase strength, flexibility, range of movement & balance with both seated & standing exercises, using a small ball, exercube, light hand weights or your own body resistance.
Instructor: Chris Loy

WALKING WONDERS

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: October @ Miller Nature Preserve Wetlands 35120 Riegelsberger Rd., Avon
Register at Senior Center

T3 WALKING

T3 Walking for the winter months will start up November 4th.
Tuesdays, Thursdays, Fridays
9:30AM-11:00AM

T3 is located at 1965 Recreation Lane in Avon (near Crushers Stadium & YMCA) BUILDING #2.
*No registration required
*Canceled on 11/27 & 11/28

TAI CHI

Mondays
2:00PM

Tai Chi practice develops muscular strength plus flexibility in the spine and all body parts.
Fee: \$3/class or \$16 for a 6-Day Punch Pass; NR: \$4/class or \$22 for a 6-Day Punch Pass
Location: Main Hall
Instructor: Michael Stadul
**Tai Chi is NOT affiliated with Silver Sneakers or Renew Active, payment required.

Is Back!

If you see a star next to the class this means Silver Sneakers & Renew Active members can participate for no charge; please scan in before each class! Silver Sneakers members scan in on small screen

PODIATRIST

Thursday, October 9
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, October 16
10:30AM
Caregiver Stress

Thursday, November 20

10:30AM
Self-Care
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. Come and enjoy some educational information and a sweet treat to help improve your life and enhance your mental health.

Thursday, October 9
10:00AM

Understanding and conquering guilt & shame.
Deadline: October 7

Thursday, November 13
10:00AM

Understanding our own defense mechanisms.
Fee: FREE
Deadline: November 11

BLOOD PRESSURE/HEALTH CHECK BY UH COMMUNITY OUTREACH

Thursdays, 10/16 & 11/20
9:30AM-11:00AM

UH Community Outreach Team will be on site to provide blood pressure screenings on the third Thursday of every month from 9:30AM-11:00AM.
No registration required.
Fee: FREE
Location: Main Hall

Don't forget your water bottle!



TRIPS & OUTINGS

MEET AT THE PAC - AVON HIGH SCHOOL
PERFORMING ARTS CENTER

Fall Play Presents:

The Outsiders

Sunday, November 23

2:00PM

Christopher Sergel's play is a faithful adaptation of the S.E. Hinton's coming-of-age-novel about rival teenage gangs in 1960s Tulsa, Oklahoma. The Greasers come from troubled working-class backgrounds, contrasted with the Socials, whose members are from upper-middle-class families. Like the novel, the play centers on 14 year old Ponyboy Curtis, a member of the Greasers gang, as he recounts the violent aftermath after this friend Johnny fatally stabbed Socials member Bob. This adaptation places much of the violence off-stage and minimizes the strong language and mature content of the novel and movie, making it a fitting choice for high school productions. The characters are crafted with compassion and nuance, offering opportunities for rich character study and conversations about violence and social status.

Location: Meet at Avon High School Performing Arts Center 37545 Detroit Rd.

****Due to parking we ask that you arrive at 1:00PM. Theatre doors open at 1:30PM, play begins at 2:00PM.**

Fee: \$5/person

Deadline: November 10

Limited tickets. Max: 16

JKL TRIP:
HISTORIC & ETHNIC CLEVELAND

Wednesday, November 5

8:30AM-5:00PM

Cleveland's International Heritage is based on its history and the many immigrant groups that came here in search of a better life, while maintaining the rich traditions, legacy and customs of their native lands. Join us as we travel around our world in one fast-paced day to see the different ethnic cultures and neighborhoods and learn the story that makes Cleveland a wonderful mosaic of people and places.

We will start by seeing where Moses Cleaveland first landed in 1796, paving the way for others to follow in search of a better life, and we'll see where later immigrants settled like Irishtown Bend plus we'll stop at German and Lebanese shops to sample their wares and if time allows, see a special Asian market in our own Chinatown that draws shoppers from all over Ohio.

Next stop, an Ohio City church that was an important of the role to the Underground Railway to help the enslaved escape to the banks of the Cuyahoga, for boats to take them to Canada. We'll have our morning stop at the famous Westside Market (feel free to bring a cooler to keep any purchases fresh!) We'll also have a wonderful ethnic meal cooked by the Ladies of Annunciation Greek church and no one leaves hungry! After lunch, we'll learn about the Van Sweringens, who started as small, real estate investors and became reclusive railroad tycoons who built Terminal Tower! We'll see Cleveland's University Circle and the well-known Little Italy, but also visit the original area of Big Italy, and its most famous inhabitant, whose product became a worldwide success and is probably in your kitchen today.

Fee: \$99

**Lunch is included*

Deadline: October 14

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.



Moses Cleaveland

Founder of Cleveland

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 December. All are welcome.

Join us! Questions please email Richard Urbas with Wendt Touring rtuohio@yahoo.com

EDUCATIONAL & COMMUNITY INVOLVEMENT

OSHIIP MEDICARE OPEN ENROLLMENT ASSISTANCE

Tuesday, November 18

10AM-3PM (Appointments are 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.

Location: Main Hall

Fee: Free

Appointments are required. Please call the Senior Center Front Desk 440-934-2417 to schedule an appointment.



LEAF RAKE UP

Mid-November (Saturday)

A ONE TIME fall leaf clean-up is available to Avon Senior homeowners (ages 70+) in need of assistance. Leaves will be picked up by volunteers from our local cub scout troops, high school students and adults. These generous volunteers provide this service at no charge. The service date will be sometime in mid-November (weather depending).

Sign-ups end on October 24 and are based on volunteer availability. Spots are limited and are available to those seniors in need.

Please call the Front Desk for availability 440-934-2417.



NEW!

KIDS WHO CARE "KWC" SENIOR CENTER VEGETABLE GARDEN

Calling all gardeners, builders or those that just LOVE our kiddos! The Avon Senior Center and Avon Heritage Elementary School Kids Who Care Club (students in grades 3-5) will be working together to create a Vegetable Garden here at the Senior Center! Join us to help build, paint, plant and maintain our garden! This project will be completed in phases and some dates, times and details are subject to change.

Please call the Senior Center front desk to get involved 440-934-2417.

Building of Raised Beds

Tuesday, October 14

3:30PM

Location: VFW Post 7035
36950 Mills Rd., Avon

Painting of Raised Beds

Tuesday, November 18

3:30PM

Location: VFW Post 7035
36950 Mills Rd., Avon



KIDS WHO CARE "KWC"

The mission of the Heritage Elementary School, Kids Who Care Club is to build responsible, caring, global citizens within our school community and promote the values that represent good character in all students. We will accomplish our mission through: Leading by example in our community, serving others and by demonstrating empathy, compassion and kindness toward peers, staff and community members.

Serving income-qualified residents of Avon and Avon Lake.



Making a difference. Right here at home.

33479 Lake Road, Suite C, Avon Lake, OH 44012

www.aalcrs.org - aalcrs@aalcrs.org - 440-933-9536

Open M-F, 10am - 2pm.

Closed Fridays from Memorial Day - Labor Day

ON-SITE
FOOD PANTRY

EMERGENCY FINANCIAL
ASSISTANCE

PERSONAL DEVELOPMENT
PROGRAMS

EDUCATIONAL & TECHNOLOGY

TECHNOLOGY SUPPORT WITH DAN

**Wednesdays, 10/15, 10/22, 10/29,
11/5, 11/12 & 11/19
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.*
Location: Conference Room
Fee: FREE



WREATHS ACROSS AMERICA

**Thursday, October 9
1:00PM**

The Nathan Perry Chapter has been serving Lorain County for over 107 years. Founded in 1918, our mission has always been to promote historic preservation, education, patriotism, and honor the patriots who have shaped our country. Today, that mission extends to honoring all veterans who have made the ultimate sacrifice to secure our freedoms by participating in Wreaths Across America a national initiative. It began in 1992 when Wreaths Across America was started by placing wreaths at Arlington National Cemetery, a powerful act of remembrance that inspired a national movement that continues on today.

Location: Main Hall

Fee: FREE

Deadline: October 2

Unable to come to this presentation but still would like to participate in the Wreaths Across American Program??
Please stop at the Senior Center Front Desk for more information.



REMEMBER ★ HONOR ★ TEACH

★ **December 13, 2025** ★

National Wreaths Across America Day

BRAIN BOOTCAMP

**Thursday, October 16
1:00PM**

A revolutionary research-based fitness program to exercise the brain by combining mental and physical training in a fun, 45 minute class, which helps improve memory, focus, and concentration. The class will be done seated and standing. Please wear comfortable shoes. Delicious brain healthy snacks will be served!

Location: Main Hall

Fee: Free

Deadline: October 9

Sponsored by Kemper Cognitive Wellness, instructor Lana Sevel

FIRE SAFETY FOR SENIORS

**Tuesday, October 21
10:00AM**

Join the Avon Fire Department to discuss important Fire Safety topics such as cooking safety, preventing falls, installing and maintaining smoke alarms, personalized escape plan that accounts for mobility issues, lock boxes and Fire of Life, ending with a Q & A session. *Light refreshments served.*

Location: Main Hall

Fee: FREE

Deadline: October 14



LUNCH & LEARN: ASK THE EXPERTS PANEL DISCUSSION

**Tuesday, October 28
11:30AM-1:00PM**

Join us for a panel discussion on topics ranging from home health care to hospice and everything in-between. Bring your questions! Our panel: David Frank, First Federal Lakewood; Julie Graf, Busch Funeral, Pamela Spargo, Associate Sarringhaus and Scott, Co., LPA; Sharon Nicolas, Always Best Care Healthcare; Don Antone, Wellspring Hospice and Marry Fannin, Home Instead (non-medical in-home care). Each speaker will give a brief presentation, followed by a Q & A session; Lunch provided.

Location: Main Hall

Fee: Free

Deadline: October 21

BACKSEAT TRAVELS NATURE PAM

**Tuesday, November 4
10:00AM**

Nature Pam will take us on a journey to Mesa Verde National Park with her program Mesa Verde: The City Lost in Time. Mesa Verde National Park was the first of its kind. Created for the sole purpose of preserving the cliff dwellings of the Mesa Verde region and the extraordinary story of the ancestral Pueblo people. Nature Pam includes photojournalism, personal experiences and historical facts in her slideshow presentations that explore our national treasures.

Location: Main Hall

Fee: Free

Deadline: October 28





Avon Senior Center
36786 Detroit Road
Avon, OH 44011

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Griffore, Pam Kelly, Mike
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Timothy Manning, Michele
Richards, Scott Wardrope

Event Set-Up

Michelle Wintrobe

City of Avon Numbers:

Avon Parks & Rec. Dept.	440-937-6106
Avon Senior Center	440-934-2417
City Hall	440-937-7800
Fire Dept. (non-emerg)	440-934-1222
Police Dept. (non-emerg)	440-934-1234
Service Department	440-937-5729
Utilities Department	440-937-5740



**Proud sponsor of the
Senior Center Hospitality Table
Coffee, Tea and Treats!
Located by Front Desk**