



The Senior Buzz

NEWSLETTER

April/May 2026

ACTIVITY SPOTLIGHT

HOT LUNCH - NEW!

12:00PM

Join us once a month for a hot lunch prepared by Tom's Country Place!

Tuesday, April 7th

April Menu: Chicken Piccata, Green Beans w/ Almonds, Garlic Mashed Potatoes & Dinner Roll

Fee: Residents: \$10; NR: \$11

Deadline: March 30



Tuesday, May 5th

May Menu: Chicken Enchiladas, Spanish Rice, Chips & Salsa

Fee: Residents: \$10; NR: \$11

Deadline: April 27

If you have paid for your lunch and can no longer attend, you may find someone to fill your spot, no refunds/credits will be given. You can also have your meal as a take out, please call us with any questions!

Min. 15/Max: 50

Location: Main Hall

KIDS WHO CARE "KWC" & SENIORS BRIDGING AGES, BUILDING FUTURES

The Avon Senior Center and Avon Heritage Elementary Kids Who Care Club (students in grades 3-5) will be working together to make a difference in our community! Please RSVP 2 days prior.

GARDEN/FLOWER BED PAINTING

Tuesday, April 21

3:30PM

We will be painting/staining our garden/flower beds!

PLANTING DAY

Tuesday, May 12

3:30PM

It's finally here! Join the KWC kids and help us plant flowers and vegetables in our new Senior Center garden beds! Outside- weather permitting

Location: Main Hall



Senior Center CLOSED:

Friday, April 3

Good Friday

Monday, May 25

Memorial Day



Special Recognition

Mayor Jensen recognized Eileen Zeman with a Certificate of Recognition for her record breaking attendance here at the Senior Center, with participation in over 1500 events and counting! Eileen brightens the center each time she walks through the door. Thank you, Eileen, for your enthusiasm, kindness, and for always bringing your smile with you!



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 2026 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 required.



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 to Avon Senior Residents. Passengers must be pre-registered.

Refund/Cancellation Policy

Programs will be refunded if we cancel due to min. numbers not met or other reasons. If you paid for a program but need to cancel, you may receive a refund if you cancel before the registration deadline listed (if over \$5). Refunds for \$5 or less will not be processed. After the reg. deadline date we are unable to process refunds. Trip refund and cancellation policy is 30 days before the date of trip unless otherwise noted. JKL/Wendt trips have their own refund/cancellations policies, please review those before registering.



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.**

MOVIES & GAMES

PEOPLE WE MEET ON VACATION

Friday, April 10
1:00PM

Poppy's a free spirit. Alex loves a plan. After years of summer vacations, these polar-opposite pals wonder if they could be a perfect romantic match.
Rated: PG-13 (1HR 43MIN)
Romantic/Comedy
Location: Media Room
Sweet Treat sponsored by Avon Oaks Caring Community

THE THURSDAY MURDER CLUB

Friday, April 17
1:00PM

A group of senior sleuths passionate about solving cold cases get plunged into a real-life murder mystery in this comic crime caper based on the novel.
Rated: PG-13 (1HR 57MIN) *Comedy*
Location: Media Room
Sweet Treat sponsored by Alert Care

TOP GUN

(MOVIE & LUNCH)

Friday, April 24
12:00PM

Cocky fighter pilot Maverick (Tom Cruise) refuses to conform to the collaborative environment at the elite Naval Fighter Weapons School. Maverick's talent is undeniable, but the consequences of being a renegade could cost him his career.
Fee: \$5; NR \$6
RSVP by April 20
Rated: PG (1HR 44MIN) *Drama*
Location: Main Hall
Min. 10

THE MAGIC OF BELLE ISLE

Friday, May 1
1:00PM

A burned-out author finds his creative passion renewed when he moves to quaint Belle Isle and befriends a single mother and her three daughters.
Rated: TV-PG (1HR 49MIN)
Drama/Comedy/Feel Good
Location: Media Room
Sweet Treat sponsored by Avon Oaks Caring Community

SOUL ON FIRE

Friday, May 8
1:00PM

Facing unimaginable odds, a boy who survives severe burns goes on to transform his past into a message of hope and resilience in this heartfelt biopic.
Rated: TV-PG (1HR 52MIN)
Drama/Inspiring
Location: Media Room
Sweet Treat sponsored by Alert Care

THE MIRACLE SEASON

Friday, May 15
1:00PM

Grieving the death of their star player, a high school volleyball team is led by their stern but kind coach to pursue the state championship
Rated: PG (1HR 40MIN) *Heartfelt/Inspiring*
Location: Media Room
Sweet Treat sponsored by Cross Roads Hospice

THE GIRL ON THE TRAIN

Friday, May 22
1:00PM

Based on Paula Hawkins' bestselling thriller that shocked the world. Rachel (Emily Blunt), devastated by her recent divorce, spends her daily commute fantasizing about the seemingly perfect couple who live in a house that her train passes every day. Everything changes when she sees something shocking happen there, and becomes entangled in the mystery that unfolds.
Rated: R (1HR 52MIN) *Drama*
Location: Media Room
Sweet Treat sponsored by Saint Therese

SLEEPLESS IN SEATTLE (MOVIE & LUNCH)

Friday, May 29
12:00PM

A grieving widower captures the heart of an engaged woman. Starring Tom Hanks and Meg Ryan.
PG (1HR 40MIN) *Romance/Comedy*
Fee: \$5; NR \$6
RSVP by May 26
Location: Main Hall
Min. 10

BINGO

Wednesdays, 1:00PM
4/8, 4/22, 5/13, 5/27

Deadline: RSVP for each Bingo event no later than 2 days prior.
Sponsored by The Woods on French Creek & Northridge

MAHJONG

Beginners —
Tuesdays, 10:00AM
Advanced —
Wednesdays, 11:30AM
Media Room

CHAIR VOLLEYBALL

Wednesdays, 1:00PM
4/1, 4/15, 4/29, 5/6, 5/20

Deadline: RSVP for the entire year or 2 days before event.

PINOCHLE

Mondays
1:00PM-3:30PM
All levels welcome!
Media Room

HAND & FOOT CARDS

Tuesdays
1:00PM-3:30PM
All levels welcome!
Media Room

POKER

Thursdays
12:30PM-3:30PM
All levels welcome!
Media Room



SOCIAL EVENTS

COFFEE & DONUTS

1ST & 3RD THURSDAY

10:00AM

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! The first Thursday of each month an Avon Police Officer will be joining us for coffee!

Fee: FREE

Location: Main Hall



LUNCH CLUB

Wednesdays, 4/8 & 5/13

11:30AM-1:00PM

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



MAHJONG LESSONS

April 13, April 17 & April 20

10:00AM-12:00PM

Learn the game of Mahjong! For beginners and all abilities.

Must attend all three dates.

Taught by a volunteer Diane Matzke
Max. of 4

Fee: FREE

Location: Media Room

NEWSLETTER FOLDING

Monday, May 18

11:30AM

SNACKS SPONSORED BY BUSCH
FUNERAL

NEW Time!

MUSIC BINGO & MUFFINS-NEW!

Thursday, April 23

10:00AM



Combining the excitement of traditional bingo with the energy of everyone's favorite songs. Music with Kenny is a wonderful way for everyone to reminisce about favorite songs, discovering new ones, and bonding over the universal language of music.

Location: Main Hall

Fee: \$4; NR: \$5

Deadline: April 16

Muffins sponsored by Independence Town
Center



KENTUCKY DERBY HATS

Tuesday, April 28

11:00AM

Decorate Kentucky Derby hats that you can wear to the Run for Roses Mingle!

*Bring your own hat to decorate, all other supplies will be provided.

Fee: \$2; NR: \$3

Deadline: April 21

Location: Main Hall

CINCO DE MAYO BINGO

Tuesday, May 5

1:00PM

It's Cinco de Mayo! Join us for bingo! Don't forget to sign up for the Hot Lunch on this day, more information on the front page.

Location: Main Hall

Fee: FREE

Deadline: April 28



RUN FOR THE ROSES MIX & MINGLE

Thursday, May 7

1:00PM

It's DERBY TIME! Enjoy refreshing Mint Julep cocktails (non-alcoholic) and a southern snack. Ladies, don't forget to wear your hats & gents, grab your bow ties!

Location: Main Hall

Fee: \$5; NR: \$6

Deadline: April 30

APRIL

Mon	Tue	Wed	Thu	Fri
		1 9AM Chair/Gentle Yoga- Canceled 10AM Cardio Strength- Lower-Canceled 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	2 9:30AM-11AM T3 Walking 10AM Coffee & Donuts 12:30PM Poker 2:30PM Joint, Strength, Flex	3 IN OBSERVANCE OF GOOD FRIDAY WE ARE CLOSED
6 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	7 10AM Beg. Mahjong 10AM Library Series 12PM Hot Lunch: Chicken Piccata, Green Beans, Garlic Mashed Potatoes & Roll 1PM Hand & Foot Cards	8 9AM Chair/Gentle Yoga 10AM Cardio Strength- Lower 11:30AM-1PM Lunch Club 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo	9 10AM Book Club 10AM Senior Strong & Breakfast 12:30PM Poker 2:30PM Joint, Strength, Flex	10 10AM Total Body Fitness 1PM Movie
13 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 10AM Mahjong Lessons 1PM Pinochle 2PM Tai Chi	14 9:30AM-11AM T3 Walking 10AM Beg. Mahjong 1PM Hand & Foot Cards	15 9AM Chair/Gentle Yoga 10AM Cardio Strength- Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	16 9:30AM-11AM T3 Walking 9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group with Carrie 12:30PM Poker 2:30PM Joint, Strength, Flex	17 9:30AM-11AM T3 Walking 10AM Total Body Fitness 10AM Mahjong Lessons 11AM Zumba (Demo) 1PM Movie
20 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 10AM Mahjong Lessons 1PM Pinochle 2PM Tai Chi	21 9:30AM-11AM T3 Walking 10AM Beg. Mahjong 12PM Lunch & Learn- Senior Helpers 1PM Hand & Foot Cards 3:30PM KWC	22 9AM Chair/Gentle Yoga 10AM Cardio Strength- Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo	23 9:30AM-11AM T3 Walking 10AM Music Bingo & Muffins 12PM Lunch & Learn: Grand Canyon 12:30PM Poker 2:30PM Joint, Strength, Flex	24 9:30AM-11AM T3 Walking 10AM Total Body Fitness 12PM Movie & Lunch
27 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	28 9:30AM-11AM T3 Walking 10AM Beg. Mahjong 11AM Derby Hats 1PM Hand & Foot Cards 1PM George Washington	29 9AM Chair/Gentle Yoga 10AM Cardio Strength- Lower 11:30AM Mahjong 1PM Chair Volleyball Meet & Eat: Las Margaritas- Avon (11:00AM)	30 9:30AM-11AM T3 Walking 12:30PM Poker 2:30PM Joint, Strength, Flex	

MAY

Mon	Tue	Wed	Thu	Fri
				1 9:30AM-11AM T3 Walking 10AM Total Body Fitness 12pm Podiatrist 1PM Movie
4 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	5 9:30AM-11AM T3 Walking 10AM Beg. Mahjong 10AM Senior Scams & Breakfast 12PM Hot Lunch: Chicken Enchilada, Spanish Rice, Chips & Salsa 1PM Cinco De Mayo Bingo 1PM Hand & Foot Cards	6 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11:30AM Mahjong 1PM Chair Volleyball	7 9:30AM-11AM T3 Walking 10AM Coffee & Donuts 12:30PM Poker 1PM Run for the Roses 2:30PM Joint, Strength, Flex	8 9:30AM-11AM T3 Walking 10AM Total Body Fitness 1PM Movie
11 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	12 9:30AM-11AM T3 Walking 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Yellowstone 3:30PM KWC <i>Trip: Playhouse Square Tour</i>	13 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11:30AM-1PM Lunch Club & Hearing Life 11:30AM Mahjong 1PM Bingo	14 9:30AM-11AM T3 Walking 10AM Book Club 10AM Senior Strong & Breakfast 12:30PM Poker 1PM K9 Hunter 2:30PM Joint, Strength, Flex	15 9:30AM-11AM T3 Walking 10AM Total Body Fitness 1PM Movie
18 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 11:30AM Newsletter Folding 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	19 9:30AM-11AM T3 Walking 10AM Beg. Mahjong 1PM Hand & Foot Cards 12PM Lunch & Learn: Julia Child	20 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	21 9:30AM-11AM T3 Walking 9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group w/ Carrie 12:30PM Poker 1PM Library Series 2:30PM Joint, Strength, Flex <i>*June/July Sign-ups begin</i>	22 9:30AM-11AM T3 Walking 10AM Total Body Fitness 1PM Movie
25  Center Closed	26 10AM Beg. Mahjong 11:30AM Pizza & Bingo 1PM Hand & Foot Cards <i>Meet & Eat: Cooper's Hawk (11:00AM)</i>	27 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo <i>Trip: Guardians Game</i>	28 12:30PM Poker 1PM Rock N' Roll w/ Johnny G 2:30PM Joint, Strength, Flex	29 10AM Total Body Fitness 12PM Movie & Lunch

LIBRARY

Library Series – Interesting Saints

**Tuesday, April 7
10:00AM**

Join Melanie Potraz from the Avon Branch Library to learn about different saints throughout history. We'll take a look at each saint as a historical figure during their time and what qualified them to be deemed a saint. Melanie will also cover what happened to each saint after their death and where they are laid to rest. Come learn about these interesting historical figures with Melanie!

Location: Senior Center Main Hall
Fee: FREE

Deadline: April 2

Library Series – Folktales & Fairytales

**Thursday, May 21
1:00PM**

Join Melanie Potraz from the Avon Branch Library to learn all about how folktales and fairytales were passed down. We'll cover different areas of the world and compare how these stories are similar. Will they all end in "happily ever after" or are some of these stories darker than you imagined? Come to this presentation to find out!

Location: Senior Center Main Hall
Fee: FREE

Deadline: May 19

BOOK CLUB

Book Club @ Avon Senior Center

**2nd Thursday Book Club
10AM – 11AM***

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

April

The Giver of Stars
by Jojo Moyes



May

Days at the Morisaki Bookshop
by Satoshi Yagisawa



June

The Last Summers of Newport
by Lauren Willig, Karen White and
Beatriz Williams



July

Project Hail Mary
by Andy Weir



Coffee at the Cahoon House



Wednesdays,
April-September
10AM-Noon

FREE

Coffee & Donuts
provided!

Register at the
Parks & Rec. Dept.
440-937-6106



EXERCISE

FITNESS CLASS UPDATE-BEGINNING APRIL 6TH FEES FOR ALL FITNESS CLASSES WILL BEGIN

Healthcare programs Silver Sneakers & Renew Active no charge. Please call or stop by the front desk with any questions.

FEES: (Good for all classes listed below)

Resident: \$15 for 11 classes

Non-Resident: \$40 for 11 classes

Yep! You are getting one class for Free.

Expires 12/30/2026

PAY AS YOU GO

Resident: \$2/class

Non-Resident: \$5/class

MONTHLY PASS

Resident: \$25/month

*Pass expires on the last day of each month

All classes are located in the Senior Center Main hall

**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

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

JOINT STRENGTH & FLEXIBILITY

THURSDAYS
2:30PM



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

Instructor: Kathy Hungerman

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. Can be modified for seated or standing.

Instructor: Diana Jancura

ZUMBA GOLD-NEW! FREE DEMO CLASS- 4/17

@ 11:00AM
***RSVP BY 4/16**

MONDAYS
1:00PM



High energy, medium impact dance fitness class with intentionally choreographed moves and simple, easy-to-follow combinations to keep joints stacked allowing the participant to burn calories and have a blast to music that motivates! Think Merengue, Salsa, Cumbia, Tango, Belly Dancing, Modern Arabic Music, Flamenco, and Swing.

Instructor: Moira Erwin

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

TAI CHI
MONDAYS

2:00PM

Tai Chi practice develops muscular strength plus flexibility in the spine and all body parts.

Location: Main Hall

Instructor: Michael Stadul

**Not a Silver Sneakers/Renew Active class*

T3 INDOOR WALKING

Tuesdays, Thursdays,
Fridays
9:30AM-11:00AM (Ends May 22)

Location: T3 Performance
1965 Recreation Lane in Avon
(near Crushers Stadium & YMCA) BUILDING #2.

Fee: FREE, no registration required

**Canceled 4/3-4/10*

HEALTH, WELLNESS & TECHNOLOGY

PODIATRIST**Friday, May 1****12:00PM**

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

Location: Senior Center Main Hall**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

Depression in Older Adults**Thursday, April 16****10:30AM****Health & Wellness****Thursday, May 21****10:30AM****Location:** Media Room**Register:** Call one day prior to 440-934-2417
**LUNCH & LEARN:
FAMILY CAREGIVER FOR DEMENTIA
LOVED ONES**
Tuesday, April 21**12:00PM**

Senior Helpers will help family caregivers navigate the challenges of caring for a loved one with dementia. *Lunch provided.*

Location: Main Hall**Fee:** FREE**Deadline:** April 14**Presenter & Sponsor:** Senior Helpers
**SAVE THE DATE
HEALTH FAIR**
Thursday, June 18**10:00AM-12:00PM**

Senior Resources & much more!

Fee: FREE**Location:** Main Hall
**BLOOD PRESSURE/HEALTH CHECK BY UH
COMMUNITY OUTREACH**
Thursdays, 4/16 & 5/21**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
**SENIOR STRONG & BREAKFAST
FAR WEST CENTER**

Dana Grande, LPCC-S, Far West Center's Senior Strong Program, will present ways to manage challenges seniors face and identify healthy coping options. *Continental Breakfast included.*

The Body and Brain's Reaction to Aging**Thursday, April 9****10:00AM****Deadline:** April 7***The Connection Between Mood and Food*****Thursday, May 14****10:00AM****Deadline:** May 12**Location:** Main Hall**Fee:** FREE**HEARING LIFE****Wednesday, May 13****11:30AM**

Dr. Michelle Mattingly from HearingLife will be joining us for a talk about our ears. From hearing protection, to causes of hearing loss, and treatment of hearing loss. Our ability to hear and communicate is important both socially and mentally. Check out her talk to learn more and discuss what you can do to be proactive about your hearing health.

Fee: FREE**Deadline:** May 11**Location:** Main Hall

*During
Lunch Club!*

EDUCATIONAL

**TECHNOLOGY SUPPORT
WITH DAN**

**Wednesdays 4/1, 4/8, 4/15,
4/22, 5/20, 5/27
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

**SENIOR SCAMS &
BREAKFAST**

**Tuesday, May 5
10:00AM**

APD will be discussing the current trends of email/phone/text scams.

**Continental Breakfast served*

Location: Main Hall

Fee: FREE

Deadline: April 28

**LUNCH & LEARN: WOMEN IN HISTORY-
JULIA CHILD**

**Tuesday, May 19
12:00PM**

Famous chef, author, and television personality, Julia Child made French cuisine accessible to American audiences. She was one of the first women to host her own cooking show on television, providing tips and lessons on how to prepare French food simply and easily. She advised her fans to "learn to cook, try new recipes, learn from your mistakes, and most importantly, have fun". Come and be part of the studio audience for "The French Chef" and meet Julia, as portrayed by Ruth Pangrace from Women in History.

Fee: \$15; NR: \$18

Location: Main Hall

Deadline: May 12

**SOULFUL TRAILS-
LUNCH & LEARN: THE
GRAND CANYON**

**Thursday, April 23
12:00PM**

Join us for an engaging program that brings the Grand Canyon to life!

Location: Main Hall

Fee: \$5; NR: \$6

Deadline: April 16

Presenter: Annette Kramer

**K9 HUNTER &
COMMUNITY POLICING**

**Thursday, May 14
1:00PM**

Come hang out with K9 Hunter and learn about Police K9s and how they serve our community!

Location: Main Hall

Fee: FREE

Deadline: May 7

**SOULFUL TRAILS:
EXPLORING YELLOWSTONE
NATIONAL PARK**

**Tuesday, May 12
1:00PM**

Experience the beauty and wonder of one of America's most iconic national parks!

Location: Main Hall

Fee: \$2; NR: \$3

Deadline: May 5

Presenter: Annette Kramer

**GEORGE WASHINGTON
LIFE GUARD & THE CULP
SPY RING**

**Tuesday, April 28
1:00PM**

Come learn about George Washington's Life Guards and the Culper Spy Ring. Interesting topic for all those history lovers!

Fee: FREE

Deadline: April 21

Presenter: Nancy Haas

**MAKING CONNECTIONS WITH
JOHNNY G**

**Thursday, May 28
1:00PM**

Johnny G from Kool Kat 98.9 KM and 1380 AM invites you to explore the musical tapestry that is Rock and Roll. We'll explore the origins of Elton John, how songs by the Doobie Brothers, Kenny Loggins, Carly Simon and Van Halen share a common songwriter, and so much more. Amazing music plus the equally intriguing stories behind the songs.

Fee: \$2; NR: \$3

Deadline: May 21

Presenter: Johnny Gasior



TRIPS & OUTINGS

MEET & EAT: LAS MARGARITAS**Wednesday, April 29
11:00AM**

Let's get together for a pre-Cinco De Mayo celebration! We will meet for lunch at Las Margaritas in Avon at the corner of Detroit Rd & Jaycox. This is not a bus trip-meet at restaurant.
Address: 35015 Detroit Rd., Avon

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

Deadline: April 22
* Space is limited

**MEET & EAT: COOPER'S HAWK WINERY & RESTAURANT****Tuesday, May 26
11:00AM**

In honor of Mother's Day, join us for a luncheon at Cooper's Hawk Winery & Restaurant located at 35351 Chester Rd. in Avon. This is not a bus trip-meet at restaurant.

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

Deadline: May 19
* Space is limited
O'Neill Healthcare will be joining us!

**PLAYHOUSE SQUARE TOUR****Tuesday, May 12****9:30AM-2:00PM**

Enjoy a guided 90-minute tour of Playhouse Square. During the tour, participants will walk through several historic theaters and areas within the complex. Please note that the tour includes walking, stairs, and periods of standing.

After the tour, we will visit the Hofbräuhaus Cleveland for lunch. Lunch will be at each participant's own expense. Following lunch, we will return to the Senior Center.

Participants should wear comfortable walking shoes.

Fee: \$40; NR: \$45**Deadline:** April 28

* Space is limited; min of 20

GUARDIANS GAME**Wednesday, May 27****11:30AM-4:30PM**

Heading down to Progressive Field for an afternoon game against the Washington Nationals. Senior Center prompt departure at 11:30AM. Everyone will be dropped off at the entrance to the ballpark and walk as a group to the Club Lounge. The Club Level ticket includes the food stations and unlimited sodas in the Club Lounge. At the end of the game we will board the bus and head back to the Senior Center.

Fee: \$120; NR: \$125**Deadline:** May 13

* Space is limited

BOUTIQUE BUS BY HEART OF AVON***Saturday, April 25****10:00AM-2:00PM**

Enjoy a fun filled bus ride to shop at mystery boutique stores in Lorain County. Food, fellowship, shopping and raffles!

Trip brochures are available at the Senior Center Front Desk. *Questions visit heartofavonmarket@gmail.com*

**WENDT TOURING***

Early Summer:
Treasures of Montreal & Quebec City by Rail
6 Days, June 22-27

Enjoy first class tour features as we travel through Canada on VIA Rail's ultra-modern LRC train.

Late Summer:
The Canadian Rockies
6 days, August 26-31

This great late summer adventure takes us out west to the stunning Canadian Rockies to see one of the most beautiful and majestic mountain ranges in the world! Trip brochures are available at the Senior Center Front Desk.

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

*Trip is independent of ASC



Avon Senior Center
36786 Detroit Road
Avon, OH 44011



Printed on paper from responsible sources.

Avon Senior Center Staff

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Clerk/Receptionist

Tami Reynolds

440-934-2417

treynolds@cityofavon.com

Activity Planner

Karen Reppucci

440-934-6452

kreppucci@cityofavon.com

Activity Assistant

Terri Bartolovich

440-934-2417

tbartolovich@cityofavon.com

City of Avon

Avon Parks & Rec. Dept.

Avon Senior Center

City Hall

Fire Dept.

Police Dept.

Service Department

Utilities Department

Receptionist

Sandy Palmieri

440-934-2417

spalmieri@cityofavon.com

Social Worker

Carrie Rae

440-934-7975

crae@cityofavon.com

Transportation

Caryn Tovtin

440-934-7433 (RIDE)

ctovtin@cityofavon.com

Drivers

Bret Bartolovich, Terri

Griffone,

Pam Kelly, Mike Kerecz,

Toni Konowal, Timothy

Manning, Michele

Richards, Scott Wardrope

Event Set-Up

Michelle Wintrode

440-937-6106

440-934-2417

440-937-7800

440-934-1222 Non-Emergency Line

440-934-1234 Non-Emergency Line

440-937-5729

440-937-5740

"Despite the forest, live like it's spring."

— Lilly Pulitzer



SAVE THE DATE!

City of Avon Summer Concert Series



Wednesdays

June 17

July 22

August 12

6:30PM-8:30PM

Heritage Gazebo