



The Senior Buzz

NEWSLETTER

February/March 2026

Dear Seniors,

As we turn the page to a fresh year, we want to take a moment to express how grateful we are for each of you. Our center isn't just a building; it's the laughter at Coffee & Donuts, the focus at our Fitness Classes and the friendships that grow stronger every day.

This year, our theme is "New Adventures, Timeless Friends." Whether you want to learn a new skill, take a day trip, improve your fitness, or simply enjoy a cup of coffee with friends, we are here to support your journey. Let's make 2026 our most vibrant year yet!

Wishing you all the best for a happy and healthy 2026!

Clare Harasimchuk
Senior Center Coordinator



Reminders: Scanning In & Cold Weather

- It's important that all visitors scan in before attending an activity. This is for safety and to track participation numbers.
- If you do not have a fob or have forgotten your fob, please see the front desk for assistance.
- We do NOT follow the Avon Local Schools snow policy.
- If the weather is bad, please exercise caution and stay home.
- If we decide to cancel programs an email and/or an automated phone call will be sent out to those that receive a newsletter or e-newsletter.
- Transportation services will run if road conditions are deemed safe.



You're Invited:
*Be My Valentine
Sweetheart Social*
Thursday, February 12



Mardi Gras Celebration
Tuesday, February 17



THANK YOU!
Holiday Party Sponsors

Avon Oaks Caring Community, Brookdale,
Busch Funeral, Ganzhorn, Home Instead,
Infinite Helping Hands, Nivalis Health,
Northridge Health Center, O'Neill Healthcare,
Senior Care Authority, Seniors Helping Seniors,
Rose Senior Living, Auditor Craig Snodgrass,
AHS Orchestra, Avon Senior Center Staff

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

DEAR JOHN

Friday, February 6
1:00PM

A romantic drama about a soldier who falls for a conservative college student while he's home on leave.

Rated: PG-13 (1HR 43MIN) *Romance*

Location: Media Room

Sweet Treat sponsored by Avon Oaks Caring Community

THE NOTEBOOK

Friday, February 13
1:00PM

In the 1940s, teenaged debutante Allie Hamilton and local boy Noah Calhoun spend one passionate, carefree summer together and fall deeply in love. But when the summer ends, war and duty separate the young couple.

Rated: PG-13 (1HR 57MIN) *Romance*

Location: Media Room

THE PROPOSAL

Friday, February 20
1:00PM

When high-powered book editor faces deportation back to Canada, she declares that she's actually engaged to her put-upon assistant who she's tormented for years.

Rated: PG-13 (1HR 43MIN)

Romantic/Comedy

Location: Media Room

NOTTING HILL (MOVIE & LUNCH)

Friday, February 27
12:00PM

JA set of circumstances makes Anna Scott, a famous actress, fall in love with William Thacker, owner of a bookstore in Notting Hill. But the paparazzi's fascination with her complicates their bond.

Fee: \$5; NR \$6

Rated: PG-13 (2HR 4MIN)

Romantic/Comedy

Location: Main Hall

Sweet Treats sponsored by

Avon Oaks
A CARING COMMUNITY

WHITE BIRD

FRIDAY, MARCH 6
1:00PM

A young Jewish girl is hidden away by a family in Nazi-occupied France during World War II. Her experience demonstrates the power of kindness to change hearts, build bridges, and even save lives. Based on the graphic novel by RJ Palacio and a spinoff of the 2017 film, "Wonder."

Rated: TV-PG (2HR 1MIN) *Drama*

Location: Media Room

LEAP YEAR

Friday, March 13
1:00PM

Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

Rated: PG (1HR 54MIN) *Romantic/Comedy*

Location: Media Room

THE MIRACLE CLUB

Friday, March 20
1:00PM

Laura Linney, Agnes O'Casey and Oscar® winners Kathy Bates and Maggie Smith play four overwhelmed housewives from the 1960s hyper conservative Dublin who, with a little help from their priest, earn a much-needed trip to Lourdes, France.

Rated: PG-13 (1HR 30MIN)

Drama, Comedy, Heartwarming

Location: Media Room

BACK TO THE FUTURE (MOVIE & LUNCH)

Friday, March 27
12:00PM

Robert Zemeckis directs Christopher Lloyd and Michael J. Fox in this sci-fi classic where a 17-year-old accidentally travels to 1955 in a time machine. The only way back to 1985 now is to get his parents to fall in love all over again.

PG (1HR 51MIN) *Comedy, Science Fiction*

Fee: \$5, NR \$6

Location: Main Hall

GAMES

BINGO

Wednesdays, 1:00PM
2/11, 2/25, 3/11, 3/25

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

Sponsored by

The Woods on French Creek
Health & Rehabilitation Center

Northridge
UNIVERSITY OF CALIFORNIA

MAHJONG

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

CHAIR VOLLEYBALL

Wednesdays, 1:00PM
2/4, 2/18, 3/4, 3/18

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 H.

*Canceled on 2/5



LUNCH CLUB

Wednesday, 2/11 & Tuesday, 3/10
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

SOUP-ER BOWL LUNCHEON

THURSDAY, FEBRUARY 5
11:30AM

Join us for soup, baked potato bar, friends, fun & football! We will be hosting a "Soup-er Bowl" luncheon. Join in the excitement of the "big game" and wear your favorite football jersey.

Location: Main Hall

Fee: \$6; NR: \$7

Deadline: February 2

BE MY VALENTINE
SWEETHEART SOCIAL
THURSDAY, FEBRUARY 12
1:00PM

Join us for a "hopelessly romantic" sweetheart social. We will enjoy a delicious slice of cheesecake topped with sweetened strawberries and a "kiss" of whipped topping! We will enjoy reminiscing to a medley of love songs.

Location: Main Hall

Fee: \$4; NR: \$5

Deadline: February 5

Sponsored by O'Neill Healthcare

MARDI GRAS BRUNCH
TUESDAY, FEBRUARY 17
11:00AM

"Laissez Les Bon Temps Rouls" Join us for a Mardi Gras celebration! We will have a pancakes, sausage, fresh fruit & coffee.

Entertainment by one of our favorite entertainers Patrick Janson.

Location: Main Hall

Fee: \$10; NR: \$11

Deadline: February 10



NEWSLETTER FOLDING

Monday, March 23
1:00 PM

SNACKS SPONSORED BY BUSCH FUNERAL

PIZZA & BINGO
THURSDAY, MARCH 26
11:30AM

Mangia! Join us for a pizza luncheon & bingo!

Location: Main Hall

Fee: \$6; NR: \$7

Deadline: March 19



Pizza & Bingo



Mardi Gras Party





FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9AM Chair/Gentle Yoga 10AM Cardio -Upper 10AM Mahjong Lessons 1PM Pinochle 2PM Tai Chi	9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards	9AM Chair/Gentle Yoga 10AM Cardio -Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	9:30AM-11AM <i>T3 Walking</i> 10AM Coffee & Donuts-Canceled 11:30AM Soup-er Bowl Lunch 12:30PM Poker 2:30PM Joint, Strength & Flex	9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 1PM Movie
9	10	11	12	13
9AM Chair/Gentle Yoga 10AM Cardio-Upper 10AM Mahjong Lessons 1PM Pinochle 2PM Tai Chi	9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Soulful Trails	9AM Chair/Gentle Yoga 10AM Cardio-Lower 11AM-1PM Tech Support 11:30AM-1PM Lunch Club 11:30AM Mahjong 1PM Bingo	9:30AM-11AM <i>T3 Walking</i> 10AM Book Club 10AM Senior Strong & Breakfast 12:30PM Poker 1PM Sweetheart Social 2:30PM Joint, Strength & Flex	9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 10AM Mahjong Lessons 1PM Movie
16	17	18	19	20
9AM Chair/Gentle Yoga 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi	9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 11AM Mardi Gras Brunch 1PM Hand & Foot Cards 3:30PM KWC Fairy Jars	9AM Chair/Gentle Yoga 10AM Cardio-Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	9:30AM-11AM <i>T3 Walking</i> 9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group 12:30PM Poker 1PM Library Series 2:30PM Joint, Strength & Flex	9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 1PM Movie
23	24	25	26	27
9AM Chair/Gentle Yoga 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi	9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards	9AM Chair/Gentle Yoga 10AM Cardio-Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo	9:30AM-11AM <i>T3 Walking</i> 11AM Podiatrist 12:30PM Poker 2:30PM Joint, Strength & Flex	9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 12PM Movie & Lunch

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 9AM Chair/Gentle Yoga 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi	3 9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards 2PM Art with Kim	4 9AM Chair/Gentle Yoga 10AM Cardio -Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	5 9:30AM-11AM <i>T3 Walking</i> 10AM Coffee & Donuts 12:30PM Poker 2:30PM Joint, Strength & Flex <i>JKL Trip: Part 2 Historic Cleveland</i>	6 9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 1PM Movie
9 9AM Chair/Gentle Yoga 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi	10 9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 11:30AM-1PM Lunch Club 1PM Hand & Foot Cards 2PM Art with Kim	11 9AM Chair/Gentle Yoga 10AM Cardio -Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo <i>*Meet & Eat: Joe's Deli 11AM</i>	12 9:30AM-11AM <i>T3 Walking</i> 10AM Book Club 10AM Senior Strong & Breakfast 12PM Lunch & Learn: Shenandoah NP 12:30PM Poker 2:30PM Joint, Strength & Flex	13 9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 1PM Movie
16 9AM Chair/Gentle Yoga 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi 3:30PM KWC Teacher Appreciation Craft	17 9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards 2PM Art with Kim	18 9AM Chair/Gentle Yoga 10AM Cardio -Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Chair Volleyball	19 9:30AM-11AM <i>T3 Walking</i> 9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group 12:30PM Poker 1PM Library Series 2:30PM Joint, Strength & Flex	20 10AM Total Body Fitness 1PM Movie
23 9AM Chair/Gentle Yoga 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi <i>*1PM Newsletter Folding*</i>	24 9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 12PM Lunch & Learn: Jackie Kennedy 1PM Hand & Foot Cards 2PM Art with Kim	25 9AM Chair/Gentle Yoga 10AM Cardio -Lower 11AM-1PM Tech Support 11:30AM Mahjong 1PM Bingo <i>*Day Trip: Jack Casino</i>	26 9:30AM-11AM <i>T3 Walking</i> 11:30AM Pizza & Bingo 12:30PM Poker 2:30PM Joint, Strength & Flex <i>*April/May Sign-Ups begin</i>	27 9:30AM-11AM <i>T3 Walking</i> 10AM Total Body Fitness 12PM Movie & Lunch
30 9AM Chair/Gentle Yoga-Canceled 10AM Cardio -Upper 1PM Pinochle 2PM Tai Chi	31 9:30AM-11AM <i>T3 Walking</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards 2PM Art with Kim			

LIBRARY

Library Series – Cleveland Museum of Art

**Thursday, February 19
1:00PM**

Join Melanie from the Avon Library to learn about the history of the Cleveland Museum of Art and its collection. We'll dive into how the museum got its start and made a name for Cleveland in the art world to expand the museum's art collection. We will also cover current and upcoming special exhibits and how to plan your trip!

Location: Senior Center Main Hall

Fee: FREE

Deadline: February 12

Library Series – History of Libraries

**Thursday, March 19
1:00PM**

Have you ever wondered why libraries no longer have just books? Join Melanie from the Avon Library to celebrate 125 years of LPLS and learn all things about libraries! This presentation will cover the earliest forms of libraries in human history, such as the library of Alexandria. We will follow how they've developed to the needs of the public through the modern day. Come check out the story of libraries!

Location: Senior Center Main Hall

Fee: FREE

Deadline: March 12



BOOK CLUB

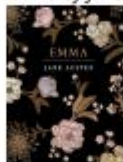
Book Club @ Avon Senior Center

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

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

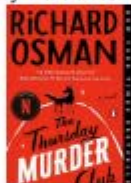
February

Emma by Jane Austen



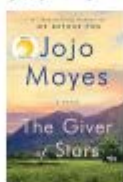
March

*The Thursday Murder Club
by Richard Osman*



April

*The Giver of Stars
by Jojo Moyes*



May

*Days at the Morisaki Bookshop
by Satoshi Yagisawa*



** Please RSVP before each
book club meeting.*

ARTS & CRAFTS

ART WITH KIM UPCYCLING

**Tuesdays, March 3-31
2:00PM-3:00PM**

Join Kim to make art out of recycled materials such as old jewelry, buttons, coffee filters, frames and much more! We will reclaim items and make art! A list of project materials that you can bring from home will be provided. Start saving on your end, your creative ideas are welcome!

Location: Main Hall

Fee: \$25; NR: \$27

Min. 5



EXERCISE, HEALTH & WELLNESS

FITNESS CLASS UPDATE-BEGINNING APRIL 7TH

Beginning April 7, 2026 the following changes will take place for our fitness classes offered here at the center. We will continue to offer the healthcare programs Silver Sneakers & Renew Active. If you are a member of one of these, there will be no charge. A form is required to fill out -if you have done so already you do not need to complete again. Please note the "sneaker" symbol below. The sneaker symbol means that that this class is covered on the under the Silver Sneakers/Renew Active membership. If there is not symbol next to class a fee is required. Silver Sneakers members will scan their Silver Sneakers/Tivity Card & My Senior Center fob. Renew Active members will scan their My Senior Center fob only. If you do not have either of these plans the following fee will apply. If you need help with understanding this procedure please call the main line, we are happy to assist you. PLEASE NOTE THAT THE FEES WILL NOT BEGIN UNTIL APRIL 7TH.

PUNCH PASS (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.

Passes expire 12/30/2026

PAY AS YOU GO

Resident: \$2/class

Non-Resident: \$5/class

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. 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



*All classes are located in the
Senior Center Main hall*

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.

Fee: Resident \$2/class; NR: \$5/class

Location: Main Hall

Instructor: Michael Stadul

**Not a Silver Sneakers/Renew Active class*

T3 INDOOR WALKING Tuesdays, Thursdays, Fridays 9:30AM-11:00AM

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

Fee: FREE, no registration required

**Canceled on 3/20*

***When Avon Schools are closed for weather, walking is canceled.*

HEALTH, WELLNESS & COMMUNITY INVOLVEMENT

PODIATRIST

Thursday, February 26
11:00AM

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

Memory Loss

Thursday, February 19
10:30AM

Loneliness & Social Isolation

Thursday, March 19
10:30AM

Location: Media Room

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



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.

Fairy Jars

Tuesday, February 17
3:30PM

We will be making fairy jars for local nursing homes and Avon Seniors to enjoy at their home!

Lucky to have you as a Teacher

Monday, March 16
3:30PM

Create cheerful floral crafts for Teacher Appreciation. Laughter, creativity, and kindness will bloom as students and seniors work side by side, proving that gratitude—and a little glue—brings generations together.

Location: Main Hall

Fee: FREE

BLOOD PRESSURE/HEALTH CHECK BY UH
COMMUNITY OUTREACH

Thursdays, 2/19 & 3/19
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. Come and enjoy some educational information and breakfast to help improve your life and enhance your mental health. *Continental Breakfast included.*

The Body and Brains Reaction to Aging

Thursday, February 12
10:00AM

Deadline: February 10

Promoting Distress Tolerance by Managing Thoughts

Thursday, March 12
10:00AM

Deadline: March 10

Location: Main Hall

Fee: FREE



SAD NEWS

It is with great sadness that we announce the passing of Bob Piovarchy from Far West Center. Bob was a professional counselor and clinical manager at Far West Center for the past 35 years and here at our center since 2024 where he facilitated the Senior Strong Program. He was known for his dedication to helping persons with complex, chronic mental illness and their caregivers. Bob's mission was deeply rooted in a single belief: everyone deserves hope. We truly appreciate the services Bob provided to our seniors. He will greatly be missed. If you are struggling with Bob's loss, please call Dana Grande, LPCC-S (Far West Center) at 440-835-6212 for assistance.

EDUCATIONAL & TECHNOLOGY

TECHNOLOGY SUPPORT WITH DAN

WEDNESDAYS 2/4, 2/11, 2/18,
2/25, 3/4, 3/11, 3/18, 3/25
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

MAHJONG LESSONS

Mondays, February 2 & 9
Friday, February 13
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



SOULFUL TRAILS: BRINGING NATURE IN

TUESDAY, FEBRUARY 10
1:00PM

Even when you can't step outside, nature can still be part of your day. Living in Northeast Ohio, we know there are times when even all the layers in the world can't make a walk in the woods feel inviting. In this class, we'll explore simple, meaningful ways to connect with nature indoors. Through intentional practices, sensory awareness, and creative tools. We will leave time at the end of the presentation for a nature craft – a bookmark that can remind reconnect you with nature whenever you use it. No experience needed. Just come ready to relax and reconnect indoors.

Location: Main Hall

Fee: \$2; NR: \$3

Deadline: Feb. 5

Presenter: Annette Kramer



LUNCH & LEARN: SOULFUL TRAILS

SHENANDOAH NATIONAL PARK
THURSDAY, MARCH 12
12:00PM

The Skyline Drive runs 105 miles north and south along the crest of the Blue Ridge Mountains in Shenandoah National Park. The road is the only public road through the park and serves as a connector – uniting visitors with majestic views, fantastic hiking and interesting history. Annette will share highlights from her trips to Shenandoah National Park, including stunning photos.

Whether you're dreaming of your first national park trip or just love learning about our national treasures, this program will inspire your next adventure in nature. *Lunch provided.*

Location: Main Hall

Fee: \$5; NR: \$6

Deadline: March 6

Presenter: Annette Kramer



LUNCH & LEARN: WOMEN IN HISTORY JACKIE KENNEDY ONASSIS

TUESDAY, MARCH 24
12:00PM

Women In History is a non-profit corporation dedicated to the education of all people through the dramatic re-creation of lives of notable women in U.S. history.

Established in 1991, Women In History gives voice to over 120 amazing ladies.

Each program tells a unique story in a well-crafted, first person portrayal that engages, amazes and inspires audiences of all ages.



Join us to learn from "Jackie Kennedy Onassis". Jacqueline Kennedy brought a sense of grace and style to the White House. As the wife of the 35th President John F. Kennedy, Jackie was a tireless philanthropist, a talented decorator and fashion icon. The sudden end of the Kennedy presidency halted an era many around the world wistfully referred to as "Camelot". *Lunch provided.*

Fee: \$15; NR: \$18

Location: Main Hall

Deadline: March 17



TRIPS & OUTINGS

**JACK CLEVELAND CASINO
DOWNTOWN****Wednesday, March 25****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: \$30; **NR:** \$40**Deadline:** March 11**"LUCK OF THE IRISH"
MEET & EAT: JOE'S DELI****Wednesday, March 11****11:00AM**

Back by popular demand & as luck would have it, we are headed to Joe's Deli to celebrate everyone being Irish! Please remember to tip your servers. This is not a bus trip, meet at the restaurant. Senior residents can set up transportation through our transportation service space is permitted.

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

Deadline: March 3

* Space is limited

O'Neill Healthcare will be joining us!

**JKL TOURS****Historic & Ethnic Cleveland
PART 2****Thursday, March 5****8:30AM-5:00PM**

Personally escorted by JOHN from JKL TOURS, our Historic and Ethnic Cleveland tour Part 2 will pick up where Part 1 left off. Historic and Ethnic Cleveland tour Part II will pick up where Part I left off. We'll learn how Cleveland's second ring of development happened and see the site of the very first filming of a Bank Robbery in the World! Next, we'll learn about a private inner-city high school. Then, we will see Cleveland's very own inner-city vineyard- Chateau Hough, League Park home of the 1891 Cleveland Spiders and where Babe Ruth hit 500th home run. We will stop by Coventry-on-the-Heights and have lunch at Park Lan Villa, an elegant 1923 hotel, which overlooks the Cleveland Museum of Art. Then, we will stop at the Hungarian Shrine Church of St. Elizabeth in Slavic Village and trendy Tremont.

Just like Part I, we will combine history, surprises (and lunch) to give you a view of the culture and heritage that makes Cleveland a unique mosaic of people and places.

Fee: \$99/person**Deadline:** February 5

Checks only; made payable to JKL Tours, registration form required. Forms available at Senior Center Front Desk or online

www.cityofavon.com/seniors

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. This unique getaway combines the excitement of Quebec City and Montreal with the beauty of the Saint Lawrence Seaway and The Thousand Islands. Experience delicious meals, first class service, fine hotels and unforgettable sightseeing on this great early summer tour to French Canada. **ALL ABOARD!**

**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! Valley of the Ten Peaks, Moraine Lake, Yoho National Park, Columbia Ice Fields, Bow Falls, Athabasca Glacier Snocoach Ride, The Contintental Divide, Lake Minnewanka Boat Cruise, Sulphur Mountain Gondola Ride, Baniff Springs, Calgary and more. All 6 days at the same hotel in the heart of th Canadian Rockies. All are welcome. Join us! Trip brochures are available at the Senior Center Front Desk. Questions please email Richard Urbas with Wendt Touring rtuohio@yahoo.com



Avon Senior Center
36786 Detroit Road
Avon, OH 44011



Printed on paper from responsible sources.

Avon Senior Center Staff

Mayor

Bryan K. Jensen

Coordinator

Clare Harasimchuk

440-934-7977

charasimchuk@cityofavon.com

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

tbartolovic@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

"Life is pure adventure, and the sooner we realize that, the quicker we will be able to treat life as art."

— Maya Angelou

