



The Senior Buzz

NEWSLETTER

June/July 2026

Prepared by
Tom's Country
Place!

HOT LUNCH

12:00PM

TUESDAY, JUNE 9

June Menu: Creamy Pesto Chicken Pasta, Garden Salad,
Roll & Dessert

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

Deadline: June 1

TUESDAY, JULY 7

July Menu: Barbecued Pulled Pork,
Mac & Cheese, California Blend Vegetables & Dessert

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

Deadline: June 29

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

MY SENIOR CENTER/WAIVER UPDATE

We are updating My Senior Center & our facility waiver. Beginning June 1st when you scan in, you will see a waiver alert. An electronic signature will be required. Please stop at the Front Desk with any questions!



**Senior Center
CLOSED:**
Friday, July 3



City of Avon
Summer Concert Series

Wednesdays

June 17

July 22

August 12

6:30PM-8:30PM

Heritage Square
Gazebo

Corner of Stoney Ridge &
Detroit Rd.



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.

Registration/Refund/Cancellation Policy

We accept credit card or check for payment, **NO CASH**. 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

THE GUERNSEY LITERARY & POTATO PEEL PIE SOCIETY**Friday, June 5
1:00PM**

A London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation.
 Rated: PG (2HR 3MIN) *Drama/Emotional*
Location: Media Room
Sweet Treat sponsored by Avon Oaks Caring Community

THE DEVIL WEARS PRADA**Friday, June 12
1:00PM**

Meryl Streep and Anne Hathaway star in this film about a college graduate who goes to work for the boss from hell at a fashion magazine.
 Rated: PG-13 (1HR 44MIN) *Drama/Comedy*
Location: Media Room
Sweet Treat sponsored by Saint Therese

THE LONG GAME**Friday, June 19
1:00PM**

In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.
 Rated: PG (1HR 52MIN) *Drama*
Location: Media Room

**FIELD OF DREAMS
(Movie & Lunch)****Friday, June 26
12:00PM**

"If you build it, he will come" A voice only an Iowa farmer can hear launches an obsessive quest that includes building a baseball diamond in the middle of his cornfield. A heartwarming classic!
 Rated: TV-PG (1HR 45MIN) *Drama*
Fee: \$5; **NR:** \$6
RSVP by June 22
Location: Main Hall
 Min. 10

NO MOVIE
Friday, July 3**AN OFFICER AND A GENTLEMAN**
**Friday, July 10
1:00PM**

Loner Zack Mayo (Richard Gere) enters Officer Candidate School to become a Navy pilot and in thirteen torturous weeks he learns the importance of discipline, love and friendship.
 Rated: R (2HR 4MIN) *Romance/Drama*
Location: Media Room
Sweet Treat sponsored by Avon Oaks Caring Community

CRAZY RICH ASIANS
**Friday, July 17
1:00PM**

A woman learns more about her boyfriend and his family after traveling to Singapore for a wedding.
 Rated: PG-13 (1HR 55MIN) *Rom/Com*
Location: Media Room

OVERBOARD
**Friday, July 24
1:00PM**

Wealthy amnesiac Goldie Hawn is duped into playing house with blue-collar Kurt Russell and his four unruly sons in this comedy.
 Rated: PG (1HR 47MIN) *Romance/Comedy*
Location: Media Room

**THE GREATEST SHOWMAN
(Movie & Lunch)****Friday, July 31
12:00PM**

The wildly colorful life of 1800s impresario P.T. Barnum, who founded the Barnum & Bailey Circus, is played with "irresistible effervescence" (Variety) by Hugh Jackman in this splashy musical extravaganza for the whole family.
 Rated: PG (1HR 40MIN) *Drama/Musical*
Fee: \$5; **NR:** \$6
RSVP by July 27
Location: Main Hall
 Min. 10

BINGO**Wednesdays, 1:00PM**
6/10, 6/24, 7/8

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

*See page f4 Mahjong Lessons

CHAIR VOLLEYBALL**Wednesdays, 1:00PM**
6/3, 6/17, 7/1, 7/15, 7/29

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

CANCELED ON JUNE 18

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, 6/10 & 7/8

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

June 10, June 12 & June 15

9:30AM-11:30AM

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

Must attend all three dates. Only register if you can commit to all 3 dates. Due to limited numbers this class is popular with a waitlist.

Taught by a volunteer Diane Matzke Max. of 4

Fee: FREE

Location: Media Room

NEWSLETTER FOLDING

Monday, July 20

11:30AM

NEW Time!

SNACKS SPONSORED BY BUSCH
FUNERAL

O'NEILL'S SUMMER SOLSTICE
ICE CREAM SOCIAL

Tuesday, June 16

11:00AM

Here's the scoop- Enjoy ice cream and music to celebrate the start of summer! *Ice cream sponsored by O'Neill Healthcare*

Fee: FREE

Deadline: June 9

Location: Main Hall



SENIOR DANCES-NEW!

Tuesdays, June 30, Sept 1 & Dec 1

1:00PM-3:00PM

Nostalgic music from the 50s-80s & some 90s. No experience needed! If you love music and love to have FUN this is for YOU! Light refreshments provided.

Location: Avon Isle (37080 Detroit Rd.)

Fee: \$3; NR: \$5

We encourage pre-registration, walk-in's permitted but must pay with personal check (NO CASH)

CHRISTMAS IN JULY BINGO
(BRING A WHITE ELEPHANT)

Wednesday, July 22

1:00PM

Get ready for a holly-jolly summer celebration! Let's celebrate Christmas in July with White Elephant Bingo! Please bring a wrapped White Elephant Gift. This festive bingo will be the talk of the Senior Center, don't miss out!

Location: Main Hall

Fee: Bring White Elephant Gift

Deadline: July 20

DOG DAZE OF SUMMER

Thursday, July 30

12:00PM

Nothing says summer like sunshine, good friends, and plenty of hot dogs—and our Dog Days of Summer Party will deliver it all!

Location: Main Hall

Fee: \$5; NR: \$6

Deadline: July 23

Please consider bringing a small dog toy/treat to donate to a local dog shelter



JUNE

Mon	Tue	Wed	Thu	Fri
1 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	2 <u>9:30AM Walking Wonders @ ECP</u> 10AM Beg. Mahjong 12PM Lunch & Learn: Safe Summer 1PM Hand & Foot Cards	3 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball	4 10AM Coffee & Donuts 12:30PM Poker 1PM Library Series 2:30PM Joint, Strength, Flex	5 10AM Total Body Fitness 1PM Movie
8 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	9 <u>9:30AM Walking Wonders @ ECP</u> 10AM Beg. Mahjong <u>12PM Hot Lunch: Creamy Pesto Chicken Pasta, Garden Salad, Roll & Dessert</u> 1PM Hand & Foot Cards	10 9AM Chair/Gentle Yoga 9:30AM Mahjong Lessons 10AM Cardio Strength-Lower 11:30AM-1PM Lunch Club 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Bingo <u>Day Trip: Crushers Game (Meet at Stadium)</u>	11 10AM Book Club 10AM Senior Strong & Breakfast 12:30PM Poker 2:30PM Joint, Strength, Flex <u>Meet & Eat: Two Bucks 11:30AM</u>	12 9:30AM Mahjong Lessons 10AM Total Body Fitness 1PM Movie
15 9AM Chair/Gentle Yoga 9:30AM Mahjong Lessons 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	16 <u>9:30AM Walking Wonders @ ECP</u> 10AM Beg. Mahjong 11AM Ice Cream Social 1PM Hand & Foot Cards 1PM Ask a PT	17 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball <u>Day Trip: Mystic Belle/Vermilion</u> <u>Community Concert 6:30-8:30PM @ Gazebo</u>	18 <u>10AM Coffee & Donuts-Canceled</u> <u>10AM-12PM Health Fair</u> 12:30PM Poker 2:30PM Joint, Strength, Flex	19 10AM Total Body Fitness 1PM Movie
22 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	23 <u>9:30AM Walking Wonders @ ECP</u> 10AM Beg. Mahjong <u>10AM Mindfulness in Nature (@ ECP Pavilion)</u> 12PM Lunch & Learn: History of the Cleveland Mafia 1PM Hand & Foot Cards	24 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Bingo	25 12:30PM Poker 2:30PM Joint, Strength, Flex	26 10AM Total Body Fitness 12PM Movie & Lunch
29 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	30 <u>9:30AM Walking Wonders @ ECP</u> 10AM Beg. Mahjong 1PM Hand & Foot Cards <u>1PM-3PM Senior Dance @ Avon Isle</u>			



Mon	Tue	Wed	Thu	Fri
		1 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball	2 10AM Coffee & Donuts 12:30PM Poker 2:30PM Joint, Strength, Flex	3 Center Closed
6 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	7 <u>9:30AM Walking Wonders @Northgate</u> 10AM Beg. Mahjong <u>12PM Hot Lunch: Barbecued Pulled Pork, Mac & Cheese, Veg & Dessert</u> 1PM Hand & Foot Cards	8 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 11:30AM-1PM Lunch Club 1PM Bingo	9 10AM Book Club 10AM Senior Strong & Breakfast 12:30PM Poker 2:30PM Joint, Strength, Flex	10 10AM Total Body Fitness 12PM Podiatrist 1PM Movie
13 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	14 <u>9AM Walking Wonders @Northgate</u> 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Ask a PT <u>Meet & Eat: Pancake House @ 11AM</u>	15 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball	16 9:30AM-11AM BP Screening 10AM Coffee & Donuts 10:30AM Discussion Group w/ Carrie 12:30PM Poker 2:30PM Joint, Strength, Flex <u>*Senior Reading Buddies 11AM @ Library</u>	17 10AM Total Body Fitness 1PM Movie
20 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 11:30AM Newsletter Folding 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	21 <u>9:30AM Walking Wonders @Northgate</u> 10AM Beg. Mahjong 1PM Hand & Foot Cards 1PM Hocking Hills	22 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Bingo-(Christmas/White Elephant) <u>Community Concert 6:30-8:30PM @ Gazebo</u>	23 12:30PM Poker 1PM Library Series 2:30PM Joint, Strength, Flex <u>Day Trip: Lady Caroline Community Concert</u> <u>*Aug/Sept. sign-ups begin</u>	24 10AM Total Body Fitness 1PM Movie
27 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 1PM Zumba Gold 2PM Tai Chi	28 <u>9:30AM Walking Wonders @Northgate</u> 10AM Beg. Mahjong 1PM Hand & Foot Cards	29 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball	30 12PM Dogs Daze of Summer 12:30PM Poker 2:30PM Joint, Strength, Flex	31 10AM Total Body Fitness 12PM Movie & Lunch

LIBRARY

LIBRARY SERIES - 250th Celebration of the United States

Thursday, June 4

1:00PM

Join Melanie Potraz from the Avon Library to celebrate 250 years of US history! We'll talk about the formation of the United States, important moments in history, and more. Melanie will also give suggestions for how to celebrate this Fourth of July. Join us and celebrate!

Location: Senior Center Main Hall

Fee: FREE

Deadline: June 2

LIBRARY SERIES - Buster Keaton

Thursday, July 23

1:00PM

Join Rachael Kowalski from the Avon Library to celebrate the 100th anniversary of Buster Keaton's silent masterpiece, "The General." Rachael will include clips from the movie and his other classic films. Learn about Buster's childhood in Vaudeville, hijinks in early Hollywood and the secrets behind his famous stunts.

Location: Senior Center Main Hall

Fee: FREE

Deadline: July 21

SENIOR READING BUDDIES

Thursday, July 16

11:00AM-12:00PM

Create a heartwarming reading experience for young and old. Join a young reader for a cozy morning filled with crafts, games and a reading session. Light refreshments included.

Location: Avon Library
(37485 Harvest Dr.)

Fee: FREE

Sign up at lorainpubliclibrary.org or call 440-934-4743

BOOK CLUB

Book Club @

Avon Senior Center

2nd Thursday Book Club

10AM - 11AM*

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

Please RSVP

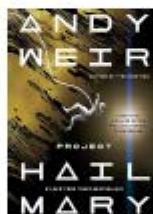
June

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



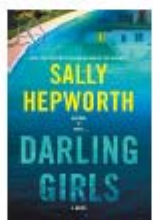
July

Project Hail Mary
by Andy Weir



August

The Darling Girls
by Sally Hepworth



September

West with Giraffes
by Lynda Rutledge



Coffee at the Cahoon House



Wednesdays,
June & July

10AM-Noon

FREE

Coffee & Donuts
provided!

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





FITNESS Sponsored by

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



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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!

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.

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

WALKING WONDERS

TUESDAYS

9:30AM

Join us on Tuesdays to walk at various trails in our beautiful City! All paces are welcome. Please note some locations have trails with various surfacing types, don't forget your water.

JUNE: Every Child's Playground 36265 Detroit Rd. (near pool), meet at Blue Fitness Court

JULY: Northgate Park 2155 Eaton Dr.

RSVP prior to walking

***7/14 @ 9AM**

HEALTH & WELLNESS Sponsored by

**HEALTH FAIR- NEW!****Thursday, June 18 10 +VENDORS!****10:00AM-12:00PM**

Senior resources, Blood Pressure, Cholesterol, Glucose, Hearing Screenings, giveaways, light refreshments!

Fee: FREE**Location: Main Hall****LUNCH & LEARN: O'NEILL HEALTHCARE SAFE SUMMER****Tuesday, June 2****12:00PM**

Join Central HME for a summer safety event focused on staying healthy and protected during the warmer months. Learn how durable medical equipment can enhance safety throughout the summer season.

Location: Senior Center Main Hall**Fee: FREE****Deadline: May 26****MONTHLY DISCUSSION GROUP WITH CARRIE**

Group discussion facilitated by Staff Social Worker, Carrie Rae

Keeping Older Adults Safe at Home

Thursday, July 16**10:30AM****Location: Media Room****Register: Call one day prior to 440-934-2417****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 Power of Forgiveness**Thursday, June 11; 10:00AM****Deadline: June 9**

The Art of Having Critical Conversations Using Assertiveness

Thursday, July 9; 10:00AM**Deadline: July 7****Fee: FREE; Location: Main Hall****BLOOD PRESSURE/HEALTH CHECK BY UH COMMUNITY OUTREACH****Thursday, June 18 (10AM-12PM)****Thursday, July 16 (9:30AM-11AM)**

UH Community Outreach Team will be on site to provide blood pressure screenings on the third Thursday of every month. No registration required.

Fee: FREE**Location: Main Hall****PODIATRIST****Friday, July 10****12:00PM**

Dr. Hosking will be here for those who want foot care. Pre-registration required. Call Dr. Hosking's office 440-282-1312

Location: Senior Center Main Hall**ASK A PT (PHYSICAL THERAPIST)- OPEN FORUM****Tuesdays- 1:00PM****June 16 & July 14**

Have questions about balance, mobility, pain or staying active? Join our "Ask a PT" Open Forum. A chance to get your questions answered in a friendly and relaxed setting. No question is too small! Enjoy light snacks or dessert while connecting with others and picking up helpful tips.

Location: Senior Center Main Hall**Fee: FREE****Deadline: June 9; July 7**

Presenter: Eileen Brooks, PT & Senior Care Authority

UH FLU SHOT CLINIC**Wednesday, September 23****10:00AM-12:00PM**

Provided Vaccines:

- Influenza
- Shingles
- Pneumonia
- Tdap
- RSV



Registration is required, please call the Front Desk 440-934-2417

Deadline: September 16; Min. 25

EDUCATIONAL

**TECHNOLOGY SUPPORT
WITH DAN**

**Wednesdays 6/3, 6/10, 6/17,
6/24, 7/1, 7/8, 7/15, 7/22, 7/29
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

**LUNCH & LEARN:
HISTORY OF THE
CLEVELAND MAFIA**

**Tuesday, June 23
12:00PM**

**Presented by ILR
(Institute for Learning in
Retirement with Baldwin
Wallace University)**

Dive into the fascinating history of the Cleveland Mafia from the early 1900s to today. Learn about "Sugar Cane" wars during the Prohibition, rivalries between gangs over control of drugs, prostitution, and unions, and why Cleveland earned the nickname "Bomb City" in the mid-1970s. The presentation also includes a detailed biography of Danny Greene and explains why Cleveland was considered one of the top five organized crime cities in the U.S.

Fee: \$15 (NR: \$18)

Location: Senior Center
Main Hall

Deadline: June 16

**SOULFUL TRAILS
MINDFULNESS IN NATURE**

**Tuesday, June 23
10:00AM**

Discover the benefits of slowing down and spending intentional time outdoors. Meet at Every Child's Playground Pavilion near the Veteran Memorial. We will practice several ways to notice more and enjoy the nature that surrounds us. Please dress for the weather.

No experience needed. Just come ready to relax and connect.

Location: Every Child's
Playground- Pavilion near
Veteran Memorial
(36265 Detroit Rd.)

Fee: FREE

Deadline: June 16

Presenter: Annette Kramer

**SOULFUL TRAILS
EXPLORING HOCKING
HILLS**

**Tuesday, July 21
1:00PM**

Join us for a captivating journey through Hocking Hills State Park, one of Ohio's most breathtaking natural treasures. Known for its dramatic cliffs, waterfalls, recess caves, and lush forests, Hocking Hills offers an unforgettable outdoor experience in every season.

Location: Main Hall

Fee: \$2; NR: \$3

Deadline: July 14

Presenter: Annette Kramer

SENIOR CENTER GARDEN

Come check out the beautiful new raised garden beds built by our KWC Heritage students alongside members of the Avon Senior Center this past winter and spring! Kitchen herbs, heirloom tomato plants, edible fruit and other favorites that we hope everyone will enjoy throughout the summer season. Please feel free to pick and use the herbs and tomatoes at home, in your cooking, or simply enjoy watching the gardens grow and thrive. We are also looking for a few helping hands throughout the summer to assist with watering and caring for the gardens. Thank you for helping us continue to grow something special together. Please call or stop by the Front Desk to get involved!

**WILBUR CAHOON HOUSE
MUSEUM TOURS (COFFEE &
DONUTS TOO)**

**Wednesdays, June & July
10:00AM-12:00PM**

Join Avon Parks & Rec. for coffee & donuts and a guided tour of the Wilbur Cahoon House. This home was built in 1814 and was home to Wilbur Cahoon and his family, Avon's first settlers. Pre-registration required (by the Monday prior)

Fee: FREE

Location: 2940 Stoney Ridge Rd.
Call 440-937-6106 to register



TRIPS & OUTINGS

LAKE ERIE CRUSHERS GAME**Wednesday, June 10****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! Lunch is served at 11:30AM. The price includes game ticket, parking, food & select beverages.

**Meet at Forefront Field
2009 Baseball Blvd. Avon**

Fee: \$40/person**Deadline:** June 1**MYSTIC BELLE & VERMILION****Wednesday, June 17****9:00AM-3:00PM**

Join us for a delightful day trip to the charming lakeside town of Vermilion! Our excursion will include a relaxing one-hour boat tour on the Mystic Belle, followed by lunch at the Chartroom (at your expense), where you can enjoy beautiful waterfront views and a delicious meal. After lunch, you'll have free time to explore Vermilion on foot- browse unique shops and boutiques, stroll along the scenic streets, and soak up the town's welcoming atmosphere.

Fee: \$50; NR: \$55**Deadline:** June 3**LADY CAROLINE LUNCH CRUISE****Thursday, July 23****10:30AM-2:30PM**

All aboard! There's no better way to experience the Northcoast than with Lady Caroline. Join us as we cruise along Lake Erie and the Cuyahoga River to see many downtown sights as you enjoy a delicious buffet lunch. We will leave the Senior Center at 10:30AM and will board the boat at 11:00AM. The boat will cruise from 12pm-2PM and lunch will be served as you are cruising along. Rain or Shine. Call us for menu details.

Fee: \$79; NR: \$84**Deadline:** July 2**MEET & EAT: TWO BUCKS****Thursday, June 11****11:30AM**

Enjoy the outdoor patio or inside sitting at Two Bucks here in Avon. Enjoy good comfort food and good friends! 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.

Address: 36931 Detroit Rd.**Deadline:** June 4

* Space is limited

**MEET & EAT: THE ORIGINAL PANCAKE HOUSE****Tuesday, July 14****11:00AM**

New to Avon, join us for breakfast at the Pancake House!

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.

Address: 35514 Detroit Rd.**Deadline:** July 7

* Space is limited





Avon Senior Center
36786 Detroit Road
Avon, OH 44011



Printed on paper from responsible sources.

Avon Senior Center Staff

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Avon Senior Center

City Hall

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Police Dept.

Service Department

Utilities Department

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Drivers

Bret Bartolovich, Terri

Griffore,

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

Mark
YOUR
Calendar



Avon Aquatic Facility

Pool Pass Information

Tuesday, June 9th

12:00PM

(During Hot Lunch)

