



The

Senior Buzz

NEWSLETTER

August/September 2026

Prepared by
Tom's Country
Place!

**HOT
LUNCH**

12:00PM

TUESDAY, AUGUST 11

August Menu: Penne & Meatballs, Garden Salad with Ranch Dressing, Garlic Breadstick & Dessert

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

Deadline: August 3

TUESDAY, SEPTEMBER 8

September Menu: Cabbage Roll, Scalloped au Gratin Potatoes, Green Beans with toasted almonds & Dessert

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

Deadline: August 31

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

Thank you

On behalf of everyone at the Avon Senior Center, we extend our sincere gratitude to Ford Motor Company for the funding to allow the purchase of our new Bronco Sport. This incredible gift will make a meaningful difference in the lives of the seniors we serve by providing safe, reliable transportation to appointments, programs, and community activities. Thank you for your commitment to our community and for investing in the well-being of our seniors.



**Senior Center
CLOSED:**

Monday, September 7



**Happy
Retirement!**

**Pam Kelly
Sandy Palmieri
Caryn Tovtin**

Thank you for your years of dedication!

Your compassion and commitment to our seniors has touched so many lives.

You will be greatly missed, and we wish you endless happiness in the years ahead.

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.



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.**

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.

MOVIES & GAMES

27 DRESSES

Friday, August 7

1:00PM

Perennial bridesmaid Jane (Katherine Heigl) always puts the needs of others before her own, making her the go-to gal whenever someone needs help with wedding plans. So when Jane's younger sister Tess snags the man Jane secretly loves, Jane finds herself questioning her role as a wedding junkie.

Rated: PG-13 (1HR 50MIN) Rom/Com

Location: Media Room

Sweet Treat sponsored by Avon Oaks Caring Community

MILLION DOLLAR BABY

Friday, August 14

1:00PM

"I DON'T TRAIN GIRLS", trainer Frankie Dunn growls. But something's different about the spirited boxing hopeful who shows up daily at Dunn's gym. All she wants is a fighting chance.

Rated: PG-13 (2HR 12MIN) Drama

Location: Media Room

OFFICE ROMANCE

Friday, August 21

1:00PM

A driven CEO (Jennifer Lopez) and a buttoned-up lawyer (Brett Goldstein) flirt with disaster over their company's no-dating rule in this raucous rom-com.

Rated: R (1HR 54MIN) Rom-Com

Location: Media Room

REMARKABLY BRIGHT CREATURES (MOVIE & LUNCH)

Friday, August 28

12:00PM

A wily octopus brings together two lost souls (Sally Field & Lewis Pullman) in this "warm and rather wonderfully old-fashioned movie winner".

Rated: PG-13 (1HR 53MIN)

Drama/Heartfelt

Location: Media Room

Fee: \$6; NR: \$7

RSVP by August 24

Location: Main Hall

Min. 10

FATHER STU

Friday, September 4

1:00PM

FATHER STU, starring Mark Wahlberg, is based on the true-life story of a boxer who after a near-fatal accident changes his life's path.

Rated: R (1HR 59MIN) Comedy

Location: Media Room

Sweet Treat sponsored by Avon Oaks Caring Community

MEET THE PARENTS

Friday, September 11

1:00PM

Male Nurse Greg Focker is poised to propose to his girlfriend Pam during a weekend stay at her parents' home. But here's the catch, he needs to ask her father first.

Rated: PG-13 (1HR 43MIN) Rom/Com

Location: Media Room

Sweet Treat sponsored by Crossroads Hospice

ERIN BROCKOVICH

Friday, September 18

1:00PM

While researching a client's case, a single mother (Julia Roberts)-turned-law clerk discovers a cover-up of the contaminated water supply in a California desert town.

Rated: R (2HR 5MIN) Drama

Location: Media Room

WICKED: FOR GOOD (MOVIE & LUNCH)

Friday, September 25

12:00PM

The epic conclusion to the untold story of the witches of Oz begins. Elphaba, demonized as The Wicked Witch of the West, lives in exile, fighting for truth. Glinda, the symbol of Goodness, reigns in Emerald City.

Rated: PG (2HR 17MIN) Drama

Fee: \$6; NR: \$7

RSVP by September 21

Location: Main Hall

Min. 10

BINGO

Wednesdays, 1:00PM

8/12, 8/26, 9/9, 9/23

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

CANCELED 9/23

Media Room

**See page 10 Mahjong Lessons*

CHAIR VOLLEYBALL

Wednesdays, 1:00PM

8/5, 8/19, 9/2, 9/16, 9/30

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

(will resume in Sept.)

Thursdays

12:30PM-3:30PM

All levels welcome! *Looking for players, no experience needed.*

Media Room

CARD GAME DAY- NEW!

1st & 4th Thursday

10:00AM-12:00PM

Bring your favorite card games or enjoy the ones we have available (i.e. Golf, Rummy, Canasta) We have the playing cards! 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, 8/12 & 9/9

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*

SENIOR DANCES-NEW!

Tuesdays, 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!

Location: Avon Isle

(37080 Detroit Rd.)

Fee: \$3; NR: \$5

Pre-register, walk-in's permitted but must pay with personal check (NO CASH)

NEWSLETTER FOLDING *NEW Time!*

Monday, September 21

11:30AM

SNACKS SPONSORED BY BUSCH FUNERAL

MUSIC BINGO & MUFFINS-IS BACK!

Thursday, August 27

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:** August 20*Muffins sponsored by Independence Town Center*

STRAWBERRY SOCIAL

WEDNESDAY, AUGUST 19

11:00AM



You're Invited to a Berry Sweet Dessert Social. Come celebrate the season with a strawberry treat, Good company and everything strawberry.

Location: Main Hall**Fee:** \$5; NR: \$6**Deadline:** August 12

TRIVIA COMING SOON

The countdown has begun...get your team ready, sharpen your knowledge. Trivia is coming to the ASC! More details will be in the Oct/Nov newsletter.

ANNUAL HOLIDAY PARTY

WEDNESDAY, DECEMBER 2

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 Boneless Breast of Chicken, Cabbage Roll, Garlic Mashed Potatoes, Bahamas Blend Vegetables, Garden Salad & Dessert. Raffles & more!

Fee: Resident: \$25; Non-Resident: \$27**Location:** Tom's Country Place

3442 Stoney Ridge Rd., Avon

Deadline: November 20

August

Mon	Tue	Wed	Thu	Fri
3 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	4 <u>9:30AM Walking</u> <u>Wonders @ ECP</u> 10AM Beg. Mahjong 1PM Hand & Foot Cards	5 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11:30AM Adv. Mahjong 1PM Chair Volleyball <u>Day Trip: Crushers Game</u> <u>(Meet at Stadium)</u>	6 10AM Coffee & Donuts 10AM Card Games 2:30PM Joint, Strength, Flex	7 10AM Total Body Fitness 1PM Movie
10 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	11 <u>9:30AM Walking</u> <u>Wonders @ ECP</u> 10AM Beg. Mahjong 12PM Hot Lunch: Penne & Meatballs, Garden Salad, Garlic Breadsticks 1PM Hand & Foot Cards 2:00PM Mohican State Park	12 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM-1PM Lunch Club 11:30AM Adv. Mahjong 1PM Bingo	13 10AM Book Club 10AM Senior Strong & Morning Snack 2:30PM Joint, Strength, Flex <u>Day Trip: Candle Making & Lunch (Meet at Senior Center)</u>	14 10AM Total Body Fitness 1PM Movie
17 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	18 <u>9:30AM Walking</u> <u>Wonders @ ECP</u> 10AM Beg. Mahjong 12PM Lunch & Learn: Alert Care 1PM Hand & Foot Cards	19 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11AM Strawberry Social 11:30AM Adv. Mahjong 1PM Chair Volleyball	20 9:30-11AM BP Screenings 10AM Coffee & Donuts 10:15AM Discussion Group w/ Carrie 11:30AM Lunch & Learn: Stayin' Alive 2:30PM Joint, Strength, Flex	21 10AM Total Body Fitness 1PM Movie
24 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	25 <u>9:30AM Walking</u> <u>Wonders @ ECP</u> 10AM Beg. Mahjong 12PM Lunch & Learn: MedMinder 1PM Hand & Foot Cards	26 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Bingo	27 10AM Music Bingo 10AM Card Games 1PM Library Series 2:30PM Joint, Strength, Flex	28 10AM Total Body Fitness 12PM Movie & Lunch
31 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi				

SEPTEMBER

Mon	Tue	Wed	Thu	Fri
	1 9:30AM Walking <i>Wonders @ Northgate</i> 10AM Beg. Mahjong 1PM Hand & Foot Cards <i>1PM-3PM Senior Dance @ Avon Isle</i>	2 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball	3 10AM Coffee & Donuts 10AM Card Games 12PM History of Cleveland Browns 12:30PM Poker 2:30PM Joint, Strength, Flex	4 10AM Total Body Fitness 1PM Movie
7 Center Closed 	8 9:30AM Walking <i>Wonders @ Northgate</i> 10AM Beg. Mahjong 12PM Hot Lunch: Cabbage Rolls, Scalloped Au Gratin Potatoes, Green Beans 1PM Hand & Foot Cards	9 9AM Chair/Gentle Yoga 9:30AM Mahjong Lessons 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM-1PM Lunch Club 11:30AM Adv. Mahjong 1PM Bingo 5PM Medicare Check-up	10 10AM Book Club 10AM Senior Strong & Morning Snack 12:30PM Poker 2:30PM Joint, Strength, Flex	11 9:30AM Mahjong Lessons 10AM Total Body Fitness 12PM Podiatrist 1PM Movie
14 9AM Chair/Gentle Yoga 9:30AM Mahjong Lessons 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi	15 9:30AM Walking <i>Wonders @ Northgate</i> 10AM OhioPyle 10AM Beg. Mahjong 1PM Our Traditions 1PM Hand & Foot Cards	16 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11AM-1PM Tech Support 11:30AM Adv. Mahjong 1PM Chair Volleyball <i>Day Trip: Guardians Game</i>	17 9:30-11AM BP Screenings 10AM Coffee & Donuts 10:30AM Discussion Group w/ Carrie 12:30PM Poker 2:30PM Joint, Strength, Flex	18 10AM Total Body Fitness 1PM Movie
21 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 11:30AM Newsletter Folding 1PM Pinochle 2PM Tai Chi	22 9:30AM Walking <i>Wonders @ Northgate</i> 10AM Beg. Mahjong 10AM-2:30PM AARP Safe Driver 1PM Hand & Foot Cards	23 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 10AM-12PM Flu/Vaccine Shot Clinic 11:30AM Adv. Mahjong: CANCELLED 1PM Bingo	24 10AM Card Games 12:30PM Poker 1PM Library Series 2:30PM Joint, Strength, Flex <i>Meet & Eat: Legacy @ Sweetbriar 11:30AM</i>	25 10AM Total Body Fitness 12PM Movie & Lunch
28 9AM Chair/Gentle Yoga 10AM Cardio Strength-Upper 1PM Pinochle 2PM Tai Chi <i>Day Trip: Northfield Casino</i>	29 9:30AM Walking <i>Wonders @ Northgate</i> 10AM Beg. Mahjong 12PM Lunch & Learn: Office on Aging 1PM Hand & Foot Cards	30 9AM Chair/Gentle Yoga 10AM Cardio Strength-Lower 11:30AM Adv. Mahjong 1PM Chair Volleyball		

ANNUAL HOLIDAY PARTY



LUNCH & LEARNS & MORE**LUNCH & LEARN:
CONFIDENCE AFTER A FALL****Tuesday, August 18****12:00PM**

A fall can happen to anyone, but knowing how to respond can help you recover safely and confidently. Join us for this interactive presentation focused on what to do after a fall, safe techniques for getting up from the floor, when to seek help, and how to create a personal fall-response plan. Gain valuable knowledge to help maintain your independence and confidence at home. *Lunch & presentation sponsored by Alert Care Medical Systems*

Location: Senior Center Main Hall**Fee:** FREE**Deadline:** August 11**LUNCH & LEARN: STAYIN' ALIVE WITH
UNIVERSITY HOSPITALS****Thursday, August 20****11:30AM**

Join Jennifer Remington a Clinical Pharmacy Specialist from University Hospitals to learn about heart medications and keeping healthy. *Lunch sponsored by Walmart*

Location: Senior Center Main Hall**Fee:** FREE**Deadline:** August 13**LUNCH & LEARN: HEALTHY
AGING-STAYING INDEPENDENT
LONGER****Tuesday, August 25****12:00PM**

Join Victor Searcy from MedMinder to learn about fall prevention, staying physically active, nutrition, memory wellness, building a support system and managing your medications. *Lunch and presentation provided by MedMinder.*

Location: Senior Center Main Hall**Fee:** FREE**Deadline:** August 18**LUNCH & LEARN: HISTORY OF THE
CLEVELAND BROWNS****Thursday, September 3****12:00PM****(Presented by ILR)**

Explore the rich history of the Cleveland Browns from their founding in 1946 to today. This presentation highlights legendary figures like Paul Brown, Otto Graham, Jim Brown, Art Modell, and Bernie Kosar, along with memorable championships, key moments, and record-setting achievements that shaped this iconic franchise.

Location: Senior Center Main Hall**Fee:** \$15; NR: \$18**Deadline:** August 27**OUR TRADITIONS****Tuesday, September 15****1:00PM**

Family traditions are a foundation of who we are. Join us for a fun filled afternoon of sharing the things that make us warm and fuzzy inside. Hear thoughtful stories and traditions that invoke a sense of meaning and purpose. Enjoy a tasty sample of some special meals too. *Sponsored by Infinite Helping Hands & Nivalis*

Location: Senior Center Main Hall**Fee:** Free**Deadline:** September 8**LUNCH & LEARN: OFFICE ON AGING****Tuesday, September 29****12:00PM**

Join Nicolle Bellmore Pierce from the Lorain County Office on Aging to learn about the services provided by Lorain County Office on Aging and Medicare open enrollment.

Location: Senior Center Main Hall**Fee:** \$6; NR: \$7**Deadline:** September 22

LEAF RAKE UP, GARDEN & MORE

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 23 or when full 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.



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. Please call or stop by the Front Desk to get involved!



MEDICARE CHECK-UP WITH OSHIIP

Wednesday, September 9

5:00PM

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

Location: Senior Center Main Hall

Deadline: September 2



Ohio Senior Health Insurance
Information Program

800-686-1578
insurance.ohio.gov

TECHNOLOGY SUPPORT WITH DAN

**Wednesdays 8/12, 8/19,
8/26, 9/2, 9/9, 9/16
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

MORE TECH SUPPORT

COMING SOON! We are so excited to have Alex Cecil, a junior at Avon High School join our tech support program. Stay tuned for more information.

MAHJONG LESSONS

**September 9, 11, 14
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



SOULFUL TRAILS MOHICAN STATE PARK

**Tuesday, August 11
2:00PM**

Join us for a scenic journey through one of Ohio's most beloved outdoor destinations, Mohican State Park. Nestled in the rolling hills of north-central Ohio and home to the Clear Fork Gorge, Mohican offers breathtaking landscapes, abundant wildlife, and year-round adventure.

Location: Main Hall

Fee: \$2; NR: \$3

Deadline: August 4

Presenter: Annette Kramer



SOULFUL TRAILS OHIO PYLE

**Tuesday, September 15
10:00AM**

Join us for an inspiring journey through Ohiopyle State Park, one of Pennsylvania's most scenic and adventure-filled natural destinations. Nestled in the Laurel Highlands and spanning more than 20,000 acres, Ohiopyle is renowned for its waterfalls, rugged hiking trails, whitewater rapids, and breathtaking overlooks.

Location: Main Hall

Fee: \$2; NR: \$3

Deadline: September 8

Presenter: Annette Kramer

AARP SAFE DRIVER COURSE

**Tuesday, September 22
10:00AM-2:30PM**

This course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you will learn: Important facts about the effects of medication on driving, how to reduce driver distractions, maintaining proper distance behind another car, proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today, techniques for handling left turns, right-of-way, and roundabouts, age related physical changes and how to adjust your driving to compensate. When you take the AARP Smart Driver course, you may be eligible for a multi-year discount on your auto insurance. This course is 4 hours long with 30 minutes for lunch. Please bring your own lunch.
Location: Senior Center Main Hall

Fee: \$20.00 AARP members, \$25.00 non-members.

Registration is only through AARP website or by calling Janis at 440-223-9703. AARP members must show card at time of payment. Checks made payable to AARP. Class max. 20
Deadline: September 18



LIBRARY

LIBRARY SERIES – History of the National Parks

Thursday, August 27
1:00PM

Have you ever wondered how the National Parks came to be? Join Melanie Potraz from the Avon Branch Library to learn all about the National Parks System. We'll discuss different parks, their history, and learn some fun facts!

Location: Senior Center Main Hall

Fee: FREE

Deadline: August 20

LIBRARY SERIES –Obscure Ohioans

Thursday, September 24
1:00PM

Join Melanie Potraz to learn all about different famous Ohioans! Ever wondered about the lives of the Wright Brothers, Toni Morrison, Steven Spielberg, and other famous people from Ohio? Melanie will discuss their lives, share some fun facts, and find out which Ohioan was a judge on the TV show "The Voice!"

Location: Senior Center Main Hall

Fee: FREE

Deadline: September 17

NEW! CARD GAME DAY

1st & 4th Thursdays

10AM-12PM

Bring your favorite card games or enjoy the one we have available (i.e. Golf, Rummy, Canasta)



POKER PLAYERS NEEDED!

No experience needed

All are welcome!

Thursdays, 12:30PM-3:30PM

See more card game information on page 3.



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

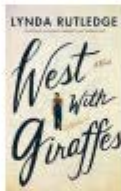
August

The Darling Girls by Sally Hepworth



September

West with Giraffes by Lynda Rutledge



October

The Ghostwriter

by Julie Clark



November

Kin

by Lynda Rutledge





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



=



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



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.

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

SEPTEMBER: Northgate Park 2155 Eaton Dr.

RSVP prior to walking

HEALTH & WELLNESS Sponsored by
**MONTHLY DISCUSSION GROUP
WITH CARRIE**

Group discussion facilitated by
Staff Social Worker, Carrie Rae


Stress Management

Thursday, August 20
10:15AM

Forgiveness

Thursday, September 17
10:30AM

Location: Media Room

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

**SENIOR STRONG & MORNING SNACK
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. *Morning snack included.*

Art, Creativity and the Brain

Thursday, August 13; 10:00AM
Deadline: August 11

Coping with Change

Thursday, September 10; 10:00AM
Deadline: September 8

Fee: FREE

Location: Main Hall


PODIATRIST

Friday, September 11
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

**BLOOD PRESSURE/HEALTH CHECK BY UH
COMMUNITY OUTREACH**

Thursday, August 20 (9:30AM-11AM)

Thursday, September 17 (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

UH FLU/VACCINE SHOT CLINIC

Wednesday, September 23

10:00AM-12:00PM

Provided Vaccines:

- Influenza
- COVID-19
- Shingles
- Pneumonia
- Tdap
- RSV
- Hepatitis A & B



**University
Hospitals**

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

Deadline: September 16; Min. 25


COMING SOON! TRIVIA

The countdown has begun...get your team ready, sharpen your knowledge.

Trivia is coming to the Avon Senior Center! More details will be in the Oct/Nov newsletter.

TRIPS & OUTINGS

LAKE ERIE CRUSHERS GAME

Wednesday, August 5**11:15AM-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 around 11:30AM. The price includes game ticket, parking, food & select beverages.

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

Fee: \$40/person**Deadline:** July 29

Max. 40

SANDSTONE CANDLE WORKS
(VILLAGES OF AVON) & LUNCH**Thursday, August 13****11:15AM-1:15PM**

Join us for a hands-on crafting party at Sandstone Candle Works located near the Senior Center. You will have the opportunity to create your own flameless candle, room spray, body spray, and more. Items start at just \$12, and everyone attending will receive a 10% discount. Afterwards, we will walk back to the Senior Center and enjoy lunch from Cafe' Chez Michel (Chicken Salad on a crossiant with grapes & pecans, Chips, Fruit and a cookie)

Fee: \$12; NR: \$13 (for lunch)

*Additional fees for candle making will be paid separately

Meet at Avon Senior Center**Deadline:** August 6

* Space is limited (Max. 15)



GUARDIANS GAME

Wednesday, September 16**11:30AM-4:30PM**

Heading down to Progressive Field for an afternoon game against the Chicago White Sox. Will depart the Senior Center 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:** September 2

* Space is limited (Max. 23)



City of Avon
Summer Concert Series

Wednesday**August 12****6:30PM-8:30PM****Heritage Square****Gazebo**

Corner of Stoney Ridge &
Detroit Rd.

*Final Concert for the
Summer!*



TRIPS & OUTINGS CONTINUED

NORTHFIELD PARK CASINO

Monday, September 28**10:00AM-3:00PM**

Experience the excitement at Northfield Park! With more than 1,600 of the hottest Video Lottery Terminal (VLT) machines in Ohio, there's always a chance to hit it big. From the latest fan-favorite games to classic reels and thrilling jackpots, their gaming floor offers nonstop action for every type of player. Whether you're visiting for the first time or returning for your next lucky streak we would love for you to join us. Leaving the Senior Center at 10AM and will head back at 2:30PM. *The cost of this trip is for transportation only.*

Fee: \$40: NR: \$45**Deadline:** September 14

* Space is limited (Max. 13)



MEET & EAT: Legacy @ Sweetbriar Golf Course

Thursday, September 24**11:30AM**

Enjoy a lovely lunch at Sweetbriar Golf Course! This is not a bus trip- please meet at restaurant. **Fee:** Reservation deposit of \$5/person payable in cash, which will be returned to you upon arrival at the restaurant.

Address: 750 Jaycox Rd.; Avon Lake**Deadline:** September 17

* Space is limited (Max. 20)



JKL TOURS

THE COVERED BRIDGES OF ASHTABULA COUNTY

TUESDAY, OCTOBER 6**8:00AM-5:00PM**

Kick off your Autumn with a wonderful adventure seeing this unique corner of Ohio. Our deluxe, BARONS Motorcoach will take us to Ashtabula County, one of Ohio's most picturesque, as they roll out the welcome mat for us to view the charm, colors and scenery they are known for.

We'll start with a local Ashtabula tour guide who will share with us the culture and secrets of the area along with their beautiful Covered Bridges! We'll see the Shortest Bridge in Ohio, the Longest in the US and one that is even on Land! Next, we'll enjoy a wonderful lunch (and wine tasting) at Grand River Cellars, the premier winery in the Grand River Valley.

We'll end our Autumn adventure at Patterson's Fruit farm in Chesterland. This family operation offers fresh apples, pumpkins, baked goods, cheese and their very own fresh Apple Cider! Patterson's sits on a hilltop with a horizon view all the way to Lake Erie. (12 miles away.)

We'll depart at 8:00 am. and return about 5:00 pm.

Fee: \$99/person**Deadline:** September 15

Checks only; made payable to JKL Tours, registration form required. Forms available at Senior Center Front Desk or www.cityofavon.com/seniors

WENDT TOURING

2027 Coming Attractions:

Treasures of Ottawa by Rail
Canada's National Tulip Festival
4 days May 11-14, 2027

All four days at the beautiful Lord Elgin Hotel located in the heart of the city.

Stay tuned more details to come.



Avon Senior Center
36786 Detroit Road
Avon, OH 44011

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

Social Worker

Carrie Rae

440-934-7975

crae@cityofavon.com

Transportation

440-934-7433 (RIDE)

Drivers

Bret Bartolovich, Terri

Griffone, Mike Kerecz,

Toni Konowal, Timothy

Manning, Michele

Richards, Scott Wardrope

Event Set-Up

Michelle Wintrose

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

Coffee at the Cahoon House



Wednesdays,
August & September
10AM-Noon
FREE

Coffee & Donuts
provided!

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