



The Senior Buzz NEWSLETTER

VOLUME 19 ■ AUGUST — SEPTEMBER 2023 ■



Senior Center Closed

September 4 — Labor Day

October 9 — Columbus
Day

Save
the
Date!

Chili Cookoff & Halloween Party!

Thursday,
October 27

Details to follow



Avon Senior Center

36786 Detroit Rd.

Avon, Ohio 44011

HOURS: Monday-Friday

8:00AM—4:00PM

(440) 934-2417

This issue of the newsletter has many events and activities to keep you cool on hot summer days. Whether you're interested in a Guardians game, a winery, casino or shopping, we've got that and more. A friendly reminder about trips: please do not park in front of the senior center on trip days; those spaces are necessary for folks coming into the center for activities. We also ask that you arrive no earlier than 15-20 minutes prior to bus departure, unless you are able to wait outside or in your car for the bus to arrive. The office and lobby areas are not conducive for large groups to gather, and the noise level is disruptive to other events going on as well as for staff. We appreciate your cooperation.

Our Tai Chi class is on a temporary hiatus. Classes will resume when we are able to find a new instructor. Our long time Tai Chi instructor, Mike Rhodes is retiring at the end of the current session. We appreciate Mike and the 18 years he spent helping our participants improve their balance and flexibility. Happy retirement Mike!

Although the summer brings us warmth and blooming florals, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true as we age. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses due to aging-related physical changes in the body, chronic health conditions, and even effects of some medications. When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips: 1) Stay away from direct sun exposure as much as possible. Plan outdoor activities either early in the morning or when the sun starts to set. 2) Air conditioning is your summer friend. If you don't have air conditioning, go somewhere that is air-conditioned such as the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. 3) Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. 4) Dress appropriately. Wear loose, light-colored clothes (dark colors absorb heat). Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! 5) Apply a broad spectrum sunscreen with SPF of 15 or higher, and apply liberally and often to exposed skin. 6) Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Wet a washcloth or towel with cool water and put it on your wrists, ankles, armpits, and neck. Let's be safe while enjoying the summer!

On a sad note, in late May we lost long time member and volunteer, Dave Crudele. Dave and Carol attended many events at the senior center—always together. Dave and Carol would often stop into our office area to chat and catch up; Dave always ready with a joke, both humbly bragging about their wonderful kids and grandkids. For years they volunteered and hosted a monthly "Mystery Lunch" for our seniors. Our phone lines were overloaded for several hours every month from seniors calling to RSVP for their delicious events. Our deepest sympathies to Carol and her family. He will be greatly missed.

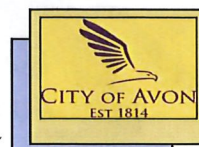
Sincerely,

Carmelina



Carmelina Suydam
Center Coordinator

www.cityofavon.com



HERE'S WHAT'S GOING ON AT THE CENTER...

Regular Weekly Activities

MONDAYS ~	Pinochle	1 PM
TUESDAYS ~	Beginner Mahjong	10 AM
	Hand & Foot	1 PM
WEDNESDAYS ~	Paint	10 AM
	Mahjong	12:30 PM
THURSDAYS~	Cards	12:30 PM
FRIDAYS ~	Chair Yoga	9 AM

Silver Sneakers	Mondays & Fridays	10 AM
Coffee & Donuts	1st & 3rd Thursday	10 AM
Book Club	2nd Thursday	10 AM
Movie Day	1st & 3rd Friday	1 PM
Jigsaw Puzzles	Ongoing	

The Avon Senior Center offers financial assistance for seniors in Avon who are in need. The process is simple and confidential. Stop in or call Carm (440-934-2417) or Carrie (440-934-7975).



August

Wednesday, August 9

Wednesday, August 23

September

Wednesday, September 13

Wednesday, September 27

1:00 PM

- ♦ RSVP no later than 2 days prior.
- ♦ SPONSORED BY THE NORTHRIDGE, AND AVON PLACE
- ♦ BLOOD PRESSURE CHECKS BY INFINITE HELPING HANDS

SENIOR SUPPER CLUB

Seniors can eat at the cafeteria of St. John Medical Center's Terrace View Cafe for a discount. Anyone over 60 can pick up a card from the front desk and receive a 40% discount on all food items (except bottled beverages and "Simply to Go" items). There is a \$10 limit.

LOCK BOXES

Lockboxes available at the Senior Center for \$35. After your application is processed, the Fire Department will contact you for installation.

REFUND/CANCELLATION POLICY FOR PROGRAMS, EVENTS AND TRIPS:

Programs may be cancelled and refunded if minimum participation is not met. If you paid for a program but need to cancel, you may receive a refund if you cancel before the "registration deadline" listed in the newsletter for that event/trip (if over \$5). Refunds for \$5.00 or less will not be processed. After the "registration deadline" date we are unable to process refunds unless there is a wait list and the spot is filled and paid for by another patron. Trip refund and cancellation policy is 30 days before the date of trip unless otherwise stated. **Trips are noted with return times as accurately as possible, with information supplied by the contact at host locations. Things happen - Please be flexible. We apologize in advance if the return time of a trip runs later than expected.**

DURABLE MEDICAL EQUIPMENT LOANS

Avon residents can borrow donated medical equipment on a *short-term, temporary basis* while recuperating from surgery or an injury. A cash security/damage deposit per item is required. Wheelchairs and rollators require a \$40 deposit, and all other equipment is \$20. Deposits are refunded after equipment is returned in the same condition as when it was loaned. Residents can call the Senior Center to check inventory. No drop-ins. **For those outside of Avon:** Neighborhood Alliance offers medical equipment rental for Lorain County residents. Call 440-233-8768 for info.

IMPORTANT INFORMATION

According to food service guidelines from the Lorain County Health Department, the City of Avon Senior Center is prohibited from having patrons take prepared food home from our facility—there are no exceptions. Please see Carm with any questions.



Join the Avon Aquatic Facility this summer for a discounted fee—or possibly free! Contact your healthcare provider to see if you qualify for Silver Sneakers or Renew Active. These programs allow FREE admittance to the Avon Aquatic Facility, as well as other recreational facilities across the U.S. Those that do not qualify can purchase a discounted season pass starting at \$35. Please visit www.avonpool.com for a membership registration form and details on the 2023 season. Feel free to call the Parks & Rec Department with any questions at 440-937-6106.

Movie Fridays

1:00 PM

August 4— Blackbird: Lily (Susan Sarandon) summons her daughters Jennifer (Kate Winslet) and Anna (Mia Wasikowska) for one final family reunion as she looks to end her battle with a terminal illness. Amid the bittersweet farewell, unresolved feelings surface. R (1 HR 37 MIN)

August 18— Nomadland: Following the economic collapse of a town in rural Nevada, Fern (Frances McDormand) packs her van and explores an unconventional life in the vast landscape of the American West. Along the way, she forms unbreakable bonds with other nomads in this powerfully moving story of hope and resilience. R (1 HR, 47 MIN)

September 1—About My Father: Sebastian Maniscalco and two-time Oscar® winner Robert De Niro star in this hysterical father-son comedy about a clash of cultures between two families at a week-end get-together. PG-13 (1 HR, 29 MIN)

September 15— Daughter of the Bride: Diane and Kate are mother and daughter and best friends. Their lives are turned upside down, however, when Diane announces her engagement to Bruce, whom she's been secretly dating. PG-13 (1 HR 42 MIN)

- ◆ Seating is limited—please RSVP for movies
- ◆ You must be present and seated no later than 12:55 PM or you forfeit your seat to a walk-in.
- ◆ To prevent disruptions, no one will be admitted into the movie after 1:05 PM
- ◆ **Movies sponsored by O'Neill Healthcare**

Tai Chi Classes

We are temporarily suspending Tai Chi classes until we find a new instructor.



Freestyle Paint Group

Wednesdays

10:00 AM—12:00 PM

Join our small group for a morning of painting and conversation. No formal instruction, but all help each other with tips on projects. Bring your paint project and stop in! No RSVP needed. * **Group is on summer break and will resume in Sept.**

Chair Yoga

Fridays

9:00 AM

Classes last approximately 50 minutes and include the essential yoga practices of breath work and relaxation. No RSVP needed just check in at the kiosk when entering the building. * **Class is on summer break and will resume September 1.**

Chair Volleyball

1st, 3rd (and sometimes) 5th Wednesdays

1:00 PM—2:15 PM

Chair Volleyball is a game which has all the rules of competitive volleyball except it is played on a smaller scale. The white leather volleyball is replaced by a beach ball and the strictest rule is to never, ever let your backside leave that seat! RSVP no later than 2 days beforehand.

August & November will have an extra week of volleyball!



Coffee and Conversation (and Donuts!)

1st and 3rd Thursday of the Month

10:00 AM

Join us for a cup of coffee and a donut! We will bring in speakers from the community from time to time. RSVP not necessary. Join us!



Second Thursday Book Club

10:00 AM—11:00 AM

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

August: Remarkably Bright Creatures by Shelby Van Pelt

September: Small Great Things by Jodi Picoult

October: The Extraordinary Life of Sam Hell by Robert Dugoni *Please RSVP before each book club meeting.

Exercising Your Brain—Lunch & Learn

Tuesday, August 8

12:00 PM

We will discuss ways to keep your brain young and have some fun games to play with prizes. Sponsored by Angels Home Care and Traditions Health Hospice Care. Space is limited. RSVP by August 1.

Technology Support with Sam

Tuesday, August 8 & 22

Tuesday, September 5 & 19

3:15P—4:00PM

Please join Sam Cecil, technology support volunteer, who will help answer your questions related to your electronic devices (cell phone, iPad, tablet, laptop, etc.). There is no cost for this service. No need to RSVP.

Mahjong Clinic

Wednesday, August 9, 16 & 23

10 AM—12 PM

We are again offering a "clinic" for those interested in learning to play Mahjong. It is a very old game, originating in China (but we play the American version). The object is to assemble the tiles into specific patterns predetermined on a card designed by the National Mahjong League (card provided). Class size is limited! RSVP no later than 2 days before class. We encourage attending all 3 sessions.

Technology Support with Dan

Wednesday, August 9 & 23

Wednesday, September 13 & 27

11:00 AM-1:00 PM

Please join Dan White, technology support volunteer, who will help answer your questions related to your electronic

devices (cell phone, iPad, tablet, laptop, etc.). There is no cost for this service. No need to RSVP.

Detoxification—Lunch & Learn

Tuesday, August 15

12:00 PM

Join us for an informative discussion on detoxification. We will learn how fasting can be leveraged for benefiting metabolic health and longevity, how we can achieve better sleep with proper electronic detoxification, and how to super charge your body through intravenous supplementation to improve liver function (the ultimate detoxification organ). A light lunch will be served. RSVP by August 8. **Sponsored by Well-spring Home Health and Transcendence Health**

Monthly Discussion Group with Carrie

Thursday, August 17: Keeping Older Adults Safe at Home

Thursday, September 21: Coping Skills & Relaxation Techniques

10:30 AM

Group discussion facilitated by Staff Social Worker, Carrie Rae. RSVP by the day before the group to 440-934-2417.

Quarterly Birthday Celebration

Tuesday, August 22

1:00 PM

Let's celebrate birthdays! Anyone can attend regardless of birthday month. Cost is \$3/person. Deadline is August 15. Entertainment from DJ Chop. **Sponsored by Infinite Helping Hands.**

Gold & Silver Events

Wednesday, August 23

10:00 AM—1:00 PM

Gold & Silver Events will be at the Senior Center Wednesday, August 23 from 10 am– 1 pm. Bring your items to get a price on jewelry, diamonds or flatware that you no longer want. Gold & Silver Events is a reputable precious metals dealer that specializes in senior centers, home parties and school fundraisers. No obligation to sell! There is a sign up sheet at the office, and walk-ins are welcome. If you have any questions, please call Sheila Wayne at 440-725-9100.

End of Summer Picnic

Friday, August 25

12:00 PM

We are having a fun picnic to celebrate Labor Day and the end of a wonderful summer! We will serve hot dogs and picnic foods. **Sponsored by O'Neill Healthcare.** Cost is \$5/person. Deadline August 18.

Music of the 70's Trivia & Lunch

Tuesday, August 29

12:00 PM

Joel Keller will be here with some fun disco trivia and music from the 70's! A boxed lunch will be provided.

Cost is \$3/person. Space is limited. Deadline is August 22. **Sponsored by O'Neill Healthcare.**

AARP Safe Driver Program

Thursday, August 31

10:00 AM—2:30 PM

When you take the AARP Smart Driver™ course, you may be eligible for a discount on your auto insurance. Plus safer driving can save you more than just money. The 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. Class is 4 hours long with 30 minutes for lunch. You must bring your own lunch. Cost of course - \$20 AARP members, \$25 nonmembers. AARP members must show card at time of payment. **Checks payable to: AARP.** Deadline is August 18.

Card Making with Creative Space

September 7, October 12, November 16

Thursdays

1:00PM

Some of us still like to send our own special thoughts to those we care about. Stacy Rich from Creative Space in Avon will be here to show us how to make beautiful greeting cards for any occasion. All supplies provided. Cost is \$5/person for each class, **payable by check only to: Stacy Rich.** Attend one class or sign up for all three! Deadline is 1 week prior to each class.

Podiatrist

Friday, September 8

11:00 AM

Dr. Hosking will be here for those wanting foot care. Pre-registration is **REQUIRED.** Please call Dr. Hosking's office at 440-282-1312 to register.

Oktoberfest Celebration

Tuesday, September 12

1:00 PM

Come and enjoy some warm apple strudel with vanilla ice cream while being entertained by the Polka Pirates! Cost is \$5/person. Deadline is September 1st.

Ask the Experts Panel Discussion—Lunch & Learn

Thursday, September 21

11:30 AM—1:30PM

Join us for a panel discussion on topics ranging from home health care to hospice and everything in-between! Bring your questions! Our panel: David Frank—First Federal of Lakewood, Joe Motta—Estate Planning & Elder law Attorney, Julie Skinner—Busch Funeral Home, Tyler Beckman—Crossroads Hospice, and Marny Fannin from Home instead. Each speaker will give a brief presenta-



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10AM Beg. Mahjong 1PM Hand & Foot	2 No Paint Group 12:30PM Mahjong 1PM Chair Volleyball	3 10AM Coffee & Donuts 12:30PM Cards	4 No Chair Yoga 10AM Silver Sneakers 1PM Movie	5
6	7 10AM Silver Sneakers 1PM Pinochle	8 10AM Beg. Mahjong 12PM "Exercising Your Brain" Lunch & Learn 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam	9 No Paint Group 10AM-12PM Mahjong Clinic 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	10 10AM Book Club 12:30PM Cards Guardians Baseball Game	11 No Chair Yoga 10AM Silver Sneakers	12
13	14 10AM Silver Sneakers 1PM Pinochle	15 10AM Beg. Mahjong 12PM Lunch & Learn 1PM Hand & Foot	16 No Paint Group 10AM-12PM Mahjong Clinic 12:30PM Mahjong 1PM Chair Volleyball	17 10AM Coffee & Donuts 10:30 Monthly Discussion Group 12:30PM Cards	18 No Chair Yoga 10AM Silver Sneakers 1PM Movie	19
20	21 10AM Silver Sneakers 1PM Pinochle	22 10AM Beg. Mahjong 1PM Hand & Foot 1PM Quarterly Birthday Celebration 3:15PM-4PM Tech Support w/ Sam	23 No Paint Group 10AM-12PM Mahjong Clinic 10AM Gold & Silver 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	24 12:30PM Cards	25 No Chair Yoga 10AM Silver Sneakers 12PM End of Summer Picnic	26
27	28 10AM Silver Sneakers 1PM Pinochle	29 10AM Beg. Mahjong 12PM Music & Trivia Lunch 1PM Hand & Foot	30 No Paint Group 12:30PM Mahjong 1PM Chair Volleyball	31 10AM-2:30PM AARP Safe Drivers Course 12:30PM Cards		



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	2
3	4 HAPPY Labor DAY Senior Center Closed	5 10AM Beg. Mahjong 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam	6 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	7 10AM Coffee & Donuts 12:30PM Cards 1PM Card Making Class Sandy Ridge Winery Trip	8 9AM Chair Yoga 10AM Silver Sneakers 11AM Podiatrist	9
10	11 10AM Silver Sneakers 1PM Pinochle	12 10AM Beg. Mahjong 1PM Hand & Foot 1PM Oktoberfest Celebration	13 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	14 10AM Book Club 12:30PM Cards Broken Rock Café & Ramseyer Farms Trip	15 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	16
17	18 10AM Silver Sneakers 1PM Pinochle	19 10AM Beg. Mahjong 12PM Lunch & Learn 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam	20 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	21 10AM Coffee & Donuts 10:30 Monthly Discussion Group 11:30AM Lunch & Learn Panel Discussion 12:30PM Cards Jack Thistledown Trip	22 9AM Chair Yoga 10AM Silver Sneakers	23
24	25 10AM Silver Sneakers 1PM Pinochle 1 PM Newsletter	26 10AM Beg. Mahjong 12PM Lunch & Learn "Dreams Fulfilled" 1PM Hand & Foot	27 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	28 10AM Quarterly Men's Breakfast 12:30PM Cards	29 9AM Chair Yoga 10AM Silver Sneakers	30

tion, followed by a Q & A session. Lunch provided. Space is limited. RSVP by Sept. 13.

Dreams Fulfilled: Creating & Achieving Your Bucket List—Lunch & Learn

Tuesday, September 26
12:00 PM

You've heard the term "bucket list", come learn how to create your own list and pursue your lifetime dreams one at a time. Space is limited. RSVP no later than September 18. **Sponsored by Hospice of the Western Reserve and St. Mary of the Woods**

It's A Guy Thing! - Quarterly Mens Breakfast
Thursday, September 28

10:00 AM

Come on over and catch up with friends and meet new ones over breakfast. Menu: Breakfast sandwich from Barry's Bagels, fresh fruit, pastries and beverage. Officer Zuk will be here with her police dog. Cost is \$5/person. Deadline September 21.

Home Health vs Home Care—Lunch & Learn

Tuesday, October 10

12:00 PM

Sharon from Angels Care Home Health will be here to discuss home care vs home health. The terms sound similar, but the distinction is important. Both types of care are delivered in your home, knowing the differences can help you decide which type of care is right for you or a loved one. RSVP by October 2. **Sponsored by Angels Care Home Health**



BUS TRIPS!

Please review our REFUNDS/CANCELLATIONS policy on page 2.

Cleveland Guardians Game

Thursday, August 10

11:45 AM—5:00 PM



We will head down to Progressive Field for an afternoon game against the Toronto Blue Jays. We will leave the senior center at 11:45 AM, and drop everyone off at the entrance of the ballpark. Tickets are Club Level seats with all day buffet included (pizza, hot dogs, nachos, pasta etc. and Pepsi products). After the Guardians WIN, we will board the bus and head back to the senior center. Cost is \$80/person. **Waitlist only.**

Sandy Ridge Winery & Mercantile

Thursday, September 7

10:30 AM—1:30 PM

We are headed to Sandy Ridge Winery for a relaxing lunch, wine tasting, and shopping. We will leave the Senior Center at 10:30AM, and have lunch upon our arrival at the winery (lunch on your own). Sandy Ridge offers an array of seafood, salads, dips, appetizers etc., along with wine flights and other cocktails. Their mercantile features unique décor items, bar accessories, baked goods and of course, bottles of wine. Cost for this trip \$5/person. Deadline August 24. Seating limited.

Broken Rock Café & Ramseyer Farm Trip

Thursday, September 14

10:00 AM—3:00 PM

We are spending the day in Wooster! We will leave the Senior Center at 10AM and have lunch at the Broken Rock Café & Bakery (lunch on your own). Afterwards we will make a pit stop at Ramseyer Farms. You can walk around the Country Store and shop for fall decorations, a gift, souvenirs and assorted goodies. Cost is \$12/person. Space is limited. Deadline August 30.

Jack Thistledown Racino Trip

Thursday, September 21

9:30 AM—4:00 PM

We will leave the Senior Center at 9:30 AM and drop you off at the door of the racino. You will have all day to have lunch and try your luck at slots, video poker, etc. We will pick everyone up around 3:00 PM to head back to the Senior Center. Cost for this trip is \$10/person. Deadline is September 7.

An Autumn Day's Adventure—JKL Trip

Friday, October 20

7:45 AM—5:00 PM - Moderate Walking

Enjoy a great day exploring unique and special east side areas. History and nature combine to create a charming New England-style village with a Norman Rockwell picture setting in Chagrin Falls. We'll start with a guided tour by the president of the local historical society. We'll have time to browse the boutiques, visit the Popcorn Shop on the square, take pictures of the scenic falls, and enjoy all this area has to offer. Then we'll head to Geauga County for an Amish lunch at Mary Yoder's Restaurant of Middlefield. We will enjoy a delicious menu of chicken, roast beef, mashed potatoes, gravy, stuffing, home baked bread, salad and 3 kinds of pies! After lunch we'll visit Burton Town Square for a maple candy stirring! We'll visit their Sugar Shack and learn about the process of this Northern Ohio treat. We'll complete the day at Patterson's Fruit Farm for donuts and cider. Bring a shopping bag to carry home nature's finest produce. Cost is \$89/person. Deadline September 20.

CITY OF AVON
BRYAN K. JENSEN, MAYOR

SUBSCRIPTION INFO

- ♦ The newsletter subscription fee for 2023 is \$15/household. Subscriptions are on a 12 month renewal.
- ♦ The mailing label on your newsletter will show your expiration date.
- ♦ Folks wanting a single issue or replacement copy of the newsletter - individual printed copies are available at the Reception Desk for \$2.00.
- ♦ 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 also accepted.

NEWSLETTER VOLUNTEERS



We have a wonderful group of folks who get together for a few hours every other month to fold, seal, and address our newsletter. If you are available and would like to volunteer to be a newsletter volunteer, please call the Senior Center.

**AVON SENIOR CENTER
STAFF**

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Trip Escort: Nancy Gelston



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