

Extra Good Stuff



👍 Avon residents can borrow donated medical equipment while recuperating from surgery or an injury. Residents need to call the Senior Center to check inventory before coming in to fill out an equipment loan sheet. Please do not drop in to pick up equipment as this can not be accommodated.



FUNDRAISING WITH THE ROCK PILE 900 NAGEL RD. IN AVON

- ✓ Shop at The Rock Pile
- ✓ Tell them you are part of the Avon Senior Center when you check out
- ✓ The Senior Center receives 5% of total purchases!

NEWSLETTER VOLUNTEER SIGN-UPS

Special thanks to our wonderful group of folks who get together for a few hours every other month to fold, seal, and address the newsletter. * If you would like to sign up to be a newsletter volunteer, please call the Senior Center and sign up for every month you would like to volunteer. We can have up to 25 volunteers per month and you may sign up for up to 2 months at a time. *



SNACKS SPONSORED BY BUSCH FUNERAL AND CREMATORY SERVICES EVERY MONTH.



AVON SENIOR CENTER
36786 DETROIT RD.
AVON, OH 44011
(440) 934-2417

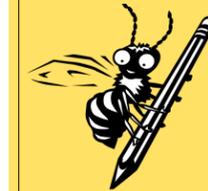
APRIL/MAY

2015



AVON SENIOR CENTER

36786 DETROIT ROAD



THE SENIOR BUZZ



BRYAN K. JENSEN, MAYOR
SENIOR CENTER COORDINATOR
Carmelina Barbera, MPA
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Eileen Niedbalski, Scheduler
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Nancy Gelston, Driver

FACILITY & MAINTENANCE
Mario Volpe

DESK RECEPTIONIST
Sandy Palmieri
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HOURS OF OPERATION

SENIOR CENTER:
M—F: 8 AM—4 PM
Sat.-Sun: by scheduled activity

TRANSPORTATION PROGRAM:
M—F: 9AM—3 PM

COMMITTEES

Health & Welfare
Andy Monda
Refreshments & Kitchen
Dave & Carol Crudele
Social & Programs
Carmelina Barbera

THE AVON SENIOR CENTER WISHES TO THANK AVON SENIORS INC.

Jim Mutchler, President
Pearl Olearsik, Vice President
Cheryl Courtney, Treasurer
Mary Carpenter, Recording Sec.
Susie Cory, Correspondence Sec.
Gail Schenk, Membership
Don Myers, Past President
Craig Witherspoon, Council Rep

COORDINATOR'S COMMENTS

*H*APPY SPRING! WE HAD ANOTHER DREADFUL WINTER AND I AM SURE EVERYONE IS HAPPY THAT THE TEMPERATURES ARE SLOWLY STARTING TO CLIMB AND THE SNOW IS FINALLY MELTING.

THANKS TO EVERYONE WHO ATTENDED OUR ANNUAL SOUP THROW DOWN ON FEBRUARY 25. IT'S ALWAYS A FUN EVENT TO SAMPLE SOUP ON A COLD SNOWY AFTERNOON. SPECIAL THANKS TO ALL OUR VENDORS (FULL LIST INSIDE THE NEWSLETTER) WHO BRAVED THE WEATHER THAT DAY TO BRING US THEIR TASTY CREATIONS. CONGRATULATIONS TO OUR CONTEST WINNERS: 3RD PLACE - AVON OAKS CARING COMMUNITY (ROASTED RED PEPPER SOUP), 2ND PLACE - O'NEILL HEALTH CARE BAY VILLAGE (CAJUN SHRIMP CHOWDER), AND 1ST PLACE - SPRENGER HEALTH CARE SYSTEMS (LOBSTER BISQUE). ADDITIONALLY, OUR VENDORS VOTED FOR THEIR FAVORITE SOUP AS WELL, AND THEY ALSO CHOSE THE DELICIOUS LOBSTER BISQUE MADE BY SPRENGER HEALTH CARE AS THEIR #1 FAVORITE! SPRENGER RECEIVED A VENDORS TRAVELING TROPHY FROM THE AVON SENIOR CENTER, WHICH THEY WILL HAVE TO DEFEND TO KEEP FOR 2016! WE ALL HAD A LOT OF FUN THAT DAY AND ARE LOOKING FORWARD TO NEXT YEAR!

WE HAVE PLENTY OF ACTIVITIES ON THE CALENDAR TO KICK OFF SPRING. PLEASE LOOK INSIDE THE NEWSLETTER FOR INFO ON OUR ANNUAL SPRING LUNCHEON ON MAY 13 AT WAGNERS OF WESTLAKE, A LUNCH-AND-LEARN SEMINAR ON CATARACTS, LIFE LINE SCREENINGS, AND MUCH MORE. ADDITIONALLY, THE AVON POLICE AND FIRE DEPARTMENTS ARE HOSTING A SAFETY FAIR ON SUNDAY, MAY 3 FROM 12:30 - 4:30 AT AVON HIGH SCHOOL. THE SENIOR CENTER WILL BE THERE SELLING REFLECTIVE ADDRESS SIGNS, LOCK BOXES, AND WILL HAVE FILE OF LIFE PACKETS AND OTHER INFO AVAILABLE. STOP BY!

SPECIAL THANKS TO DON AND SUE MYERS FOR THEIR DEDICATION AND COMMITMENT TO AVON SENIORS INC. AND THE AVON SENIOR CENTER. WE WISH YOU LUCK AND SUCCESS IN YOUR FUTURE ENDEAVORS. PLEASE JOIN ME IN WELCOMING OUR NEWLY APPOINTED BOARD MEMBERS: JIM MUTCHLER, PRESIDENT, AND CHERYL COURTNEY, TREASURER! SPECIAL THANKS TO BILL CARPENTER FOR STEPPING IN AS INTERIM BOARD PRESIDENT TO HELP US THROUGH THIS PROCESS.

BE WELL. SEE YOU SOON. ☺

Carm

SINCERELY,
CARMELINA BARBERA, COORDINATOR
www.cityofavon.com



☀ Meetings of Avon Seniors, Inc. ☀

Avon Seniors, Inc. meetings are scheduled and open to the community;

All are welcome and encouraged to attend.

- ◆ The Executive/Advisory Board meetings are the **FIRST WEDNESDAY OF THE MONTH** at 10:00 AM.
- ◆ All Meetings are held at the Avon Senior Center in the Main Hall unless otherwise stated.
- ◆ Any Special Meetings that are scheduled will be publicized a minimum of 24 hours in advance.

MEDICARE 101

TUESDAY APRIL 14 OR TUESDAY MAY 5 ~ 10:00 AM

TURNING 65? HAVE QUESTIONS ABOUT MEDICARE? UNSURE WHICH PLAN IS RIGHT FOR YOU? LET LORI HERRILKO OF HUMANA HELP YOU. LORI WILL BE HERE IN APRIL AND MAY TO GIVE A PRESENTATION ON THE ABC'S OF MEDICARE TO HELP THOSE NEW IN THE MEDICARE SYSTEM OR THOSE WANTING SOME QUESTIONS ANSWERED. PLEASE RSVP FOR ONE OF THE SEMINAR DATES LISTED NO LATER THAN ONE WEEK PRIOR TO SEMINAR DAY.



BLOOD PRESSURE, GLUCOSE & CHOLESTEROL SCREENINGS THURSDAY, APRIL 30 ~ 10-11:30 AM

NO FASTING OR RESERVATIONS REQUIRED FOR THESE SCREENINGS - JUST SHOW UP! WELLNESS LITERATURE WILL BE AVAILABLE. SPONSORED BY ST. JOHN WEST SHORE COMMUNITY OUTREACH.



NATURAL WAYS TO RELIEVE KNEE PAIN TUESDAY, APRIL 28 10:30 AM

THIS PRESENTATION WILL PROVIDE NEW AND IMPORTANT INFORMATION INVOLVING KNEE PAIN. DR. TOM STEIGERWALT IS A CHIROPRACTOR IN AVON AND HAS BEEN GETTING GREAT RESULTS WITH PATIENTS DEALING WITH KNEE PAIN. IF YOU WANT AN ALTERNATIVE TO SURGERY, EVEN IF YOU'VE BEEN TOLD THAT IT'S "BONE ON BONE" THIS IS A SEMINAR YOU NEED TO HEAR. DR. TOM WILL DISCUSS THE CAUSES OF KNEE PAIN AND THE NON-INVASIVE TREATMENT THAT WE SEE WORKING EVERY DAY. KNEE PAIN IS A COMMON PROBLEM THAT NEGATIVELY AFFECTS QUALITY OF LIFE. YOU MUST RSVP FOR THIS EVENT BY CALLING 934-2417 NO LATER THAN APRIL 24.

MARRIAGE AND THE COMMON COLD

HOW A HUSBAND REACTS WHEN HIS WIFE COMES DOWN WITH A COLD:

IN THE FIRST YEAR OF MARRIAGE: "LISTEN DARLING, I DON'T LIKE THE SOUND OF THAT COUGH. I'VE MADE AN APPOINTMENT WITH THE DOCTOR. NOW YOU GO TO BED LIKE A GOOD GIRL AND I'LL TAKE CARE OF EVERYTHING."

IN THE SECOND YEAR OF MARRIAGE: "MAYBE YOU'D BETTER LIE DOWN. NOTHING LIKE A LITTLE REST WHEN YOU'RE FEELING LOUSY. I'LL BRING YOU SOMETHING. DO WE HAVE ANY CANNED SOUP?"

IN THE THIRD YEAR: "NOW LOOK DEAR, BE SENSIBLE. AFTER YOU FEED THE KIDS, DO THE DISHES AND MOP THE FLOOR, YOU BETTER GET SOME REST."

IN THE FOURTH YEAR: "WHY DON'T YOU TAKE A COUPLE OF ASPIRIN?"

IN THE FIFTH YEAR: "IF YOU'D JUST GARGLE OR SOMETHING, INSTEAD OF SITTING AROUND BARKING LIKE A SEAL ALL NIGHT..."

IN THE SIXTH YEAR: "FOR PETE'S SAKE, STOP SNEEZING! WHAT ARE YOU TRYING TO DO, GIVE ME PNEUMONIA?"



Knits-n-Wits

ADVANCED BEGINNING CROCHET

APRIL 14 & 21 FROM 1 TO 3 PM

FOR APRIL WE WILL BE CROCHETING SOMETHING FOR OUR COFFEE MUGS. SUPPLIES: A SKEIN OF COTTON YARN (A VARIEGATED YARN WOULD LOOK NICE), A SIZE H CROCHET HOOK, AND A BUTTON ABOUT 1/2" IN DIAMETER. THIS WOULD BE A GREAT CLASS FOR BEGINNERS.

MAY 12 & 19 FROM 1 TO 3 PM

FOR MAY WE WILL BE MAKING A HANGING BASKET. SUPPLIES: SIZE P HOOK FOR A LARGE BASKET OR A SIZE N FOR A SMALLER BASKET, BULKY YARN FOR THE LARGE BASKET OR #4 YARN FOR THE SMALLER ONE.

INTERMEDIATE KNITTING

APRIL 16 & 23 FROM 1 TO 3

FOR APRIL WE ARE KNITTING THE VERTICAL-HORIZONTAL RIB STITCH IN A 10-INCH BLOCK. SUPPLIES: #4 YARN AND THE APPROPRIATE KNITTING NEEDLES. JOIN THE BLOCK OF THE MONTH CLUB AT ANY TIME!

MAY 14 & 21 FROM 1 TO 3

IN MAY OUR BLOCK OF THE MONTH WILL BE THE DOUBLE ANDALUSIAN STITCH. SUPPLIES: #4 YARN AND APPROPRIATE KNITTING NEEDLES.

CALL THE SENIOR CENTER AND ASK FOR THE INSTRUCTOR'S PHONE NUMBER IF YOU HAVE QUESTIONS.

- ◆ COST IS \$10/PERSON PLUS SUPPLIES FOR EITHER CLASS, PAYABLE TO "SUE ACKERMAN" ON THE DAY OF CLASS.
 - ◆ **PRE-REGISTRATION IS A MUST!** RSVP TO 934-2417 TO RESERVE YOUR SPACE SO THE INSTRUCTOR KNOWS THE QUANTITY OF SUPPLIES TO BRING.
 - ◆ **CLASSES WITH LESS THAN 2 PARTICIPANTS WILL BE CANCELLED.** RESERVE YOUR SPACE TODAY!

Healthy U! Informational Seminar Thursday, May 21 ~ 10:00 AM

Please join us for an informational seminar on the following free workshops that will be offered at the Avon Senior Center. Following the seminar, interested folks may sign up for the workshop series at that time. You must RSVP for the informational seminar by calling 934-2417 no later than May 18.

A Matter of Balance

Your risk of falling decreases the minute you stop being afraid of falling. A Matter of Balance is a free, award winning program that can help you learn to not be afraid of falling and that most falls can be prevented. Space is limited to 15.

Thursdays June 4- July 23, 2015 from 9:30-11:30am

Take Charge of Your Health: Healthy U!

If you or someone you know is 55 years or older and living with a long-lasting health condition(s), join this **free** six-week workshop to help you live a healthier you. Get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, learn how to handle difficult emotions and talk with your doctor and family about your health. Set weekly action plans and make a step-by-step plan to improve your health—and your life!

Space is limited to 15.

August 20- September 24, 2015 from 9:00-11:30 am

SPECIAL THANKS TO THE FOLLOWING VENDORS WHO PARTICIPATED IN OUR ANNUAL SOUP THROWDOWN!

The Abbewood
Always Best Care
Arden Courts
Avon Oaks Caring Community
Center Ridge Health Campus
Crossroads Hospice
Elmcroft Senior Living



First Federal of Lakewood
Gardens at Westlake
Hospice of the Western Reserve
O'Neill Healthcare Bay Village
Sprenger Health Care
The Woods on French Creek

Coming Attractions

REGULAR EVENTS

1ST & 3RD SATURDAY: COFFEE & DONUTS	9 AM
2ND WEDNESDAY: GENERAL MEETING	10 AM
2ND & 4TH FRIDAYS: ADULT CLINIC	8 AM
1ST & 3RD FRIDAYS: MOVIE FRIDAY	1 PM
MON: PINOCCHLE	12:30 PM
TUES: HAND & FOOT	1 PM
WEDS: TOLE PAINTING	10 AM
WEDS: MAHJONG	11:30 AM
WEDS: CARDS	6 PM
THUR: SCRABBLE	1 PM



TIPS FOR DOWNSIZING & GETTING ORGANIZED:
HOW TO GET STARTED WITH A FEW SIMPLE STEPS!

WEDNESDAY, APRIL 15 10:00 AM

IS YOUR COLLECTION OF PLASTIC BUTTER TUBS, ALUMINUM PIE TINS, FROZEN DINNER TRAYS, RUBBER BANDS, GROCERY BAGS, JARS OR NATIONAL GEOGRAPHIC MAGAZINES KEEPING YOU FROM GETTING ORGANIZED? HAVE YOU LIVED IN YOUR HOUSE OR APARTMENT FOR OVER 20 YEARS AND THE THOUGHT OF MOVING IS STOPPING YOU FROM MOVING FORWARD? THEN HELP IS AT HAND.

LAURA ARMBRUSTER, OWNER OF **SMOOTH TRANSITIONS CLEVELAND**, (HELPING SENIORS AND THEIR FAMILIES WITH THE DEMANDS OF ORGANIZING, MOVING AND DOWNSIZING), PROVIDES AN ENTERTAINING AND INFORMATIVE PRESENTATION ON MAKING A MOVE TO SMALLER QUARTERS.

EVEN IF A MOVE ISN'T PLANNED FOR SEVERAL MONTHS OR YEARS, LAURA STRESSES THAT IT IS NEVER TOO SOON TO BEGIN SORTING THROUGH LIFE'S ACCUMULATIONS; IT IS THE LITTLE THINGS THAT CAN ADD UP TO BIG THINGS AND STARTING IS THE HARDEST PART. LAURA TAKES A REFRESHING LOOK AT MAKING THIS TRANSITION AND PROVIDES VALUABLE INSIGHT INTO TRULY CREATING A "SMOOTH TRANSITION". YOU MUST RSVP FOR THIS EVENT BY CALLING 934-2417 NO LATER THAN APRIL 10.



Now What Was I Saying?
UNDERSTANDING AND ENHANCING MEMORY
THURSDAY, APRIL 23 ~ 1:00 PM

THIS INTERACTIVE WORKSHOP WILL EXPLAIN THE BASICS OF HOW THE BRAIN WORKS, THE PRIMARY PRINCIPLES OF MEMORY, SOME TECHNIQUES TO IMPROVE MEMORY, AND THINGS YOU CAN DO FOR IMPROVING OVERALL BRAIN HEALTH. YOU MUST RSVP FOR THIS EVENT BY CALLING 934-2417 NO LATER THAN APRIL 20.



DO YOU LINE DANCE?
APRIL 11 & MAY 23
7-10PM

COUNTRY AND NON-COUNTRY MUSIC AT LEVELS FROM BEGINNER TO INTERMEDIATE. NEW AND CLASSIC DANCES ARE WELCOME TO THIS "BY REQUEST" OPEN DANCE THAT WILL INCLUDE ONE BEGINNER LEVEL LESSON BY AMY AUGER. BRING YOUR OWN DRINKS AND SNACKS, NO ALCOHOL PERMITTED. COST IS \$5/PERSON. NO RSVP NEEDED. CONTACT AMY AT 440-258-3153 WITH ANY QUESTIONS.



BINGO
1:30-2:30 PM
2ND AND 4TH FRIDAY

SPONSORED ALTERNATELY BY CROSSROADS HOSPICE, THE NORTHRIDGE, AVON OAKS CARING COMMUNITY AND ALWAYS BEST CARE. YOU MUST RSVP FOR THIS EVENT BY CALLING 934-2417 FOR EACH BINGO EVENT.



TAI CHI CLASSES
9:30 AM ~ Tuesdays

New series begins March 31 - May 19. Cost for 8 session series is \$20 per person. Checks payable to Avon Seniors, Inc.

MOVIE FRIDAY

1:00 PM



APRIL 3 - GOOD FRIDAY HOLIDAY - SENIOR CENTER CLOSED

APRIL 17 - "CHANGING HEARTS" NR (92 MIN) TWO WOMEN BECOME FAST FRIENDS WITH AN UNSHAKABLE BOND WHEN THEY'RE BOTH DIAGNOSED WITH BREAST CANCER. IN ADDITION TO THEIR SHARED MALADY, THE TWO COMPANIONS -- TO KEEP THEIR SPIRITS UP -- ALSO DISH ABOUT MEN WITH WHOM THEY'VE RECENTLY BEEN INVOLVED. STARRING LAUREN HOLLY, FAYE DUNAWAY, IAN SOMERHALDER.

MAY 1 - "AND SO IT GOES" RATED PG-13 (94 MIN) WHEN HE'S OBLIGED TO TAKE OVER THE CARE OF A PREVIOUSLY UNKNOWN GRANDDAUGHTER, WEALTHY AND SELF-ABSORBED OREN IS SUDDENLY IN NEED OF MAJOR HELP. HIS NEIGHBOR LEAH COMES TO THE RESCUE -- NOT ONLY BAILING OUT OREN BUT ALSO CAPTURING HIS HEART. STARRING MICHAEL DOUGLAS AND DIANE KEATON.

MAY 15 - "THE EXPENDABLES 3" RATED PG-13 (126 MIN) MAINTAINING THEIR GO-FOR-BROKE ATTITUDE IN THIS INSTALLMENT OF THE ACTION FRANCHISE, THE EXPENDABLES SQUARE OFF AGAINST VILLAINOUS ARMS TRADER CONRAD STONEBANKS, WHO'S HELL-BENT ON DESTROYING THE TEAM. STARRING SYLVESTER STALLONE, ANTONIO BANDERAS, WESLEY SNIPES, MEL GIBSON, ARNOLD SCHWARTZENEGGER, HARRISON FORD, AND MANY MORE.

SPONSORED BY BRADLEY BAY AND THE GARDENS AT WESTLAKE



Love & Support

We ask that you keep the following persons in your thoughts.

- | | |
|------------------|---------------------|
| ♥ Jean Smock | ♥ Richard Viglas |
| ♥ Marie Mayton | ♥ Rosemary Wysocki |
| ♥ Bill Mayton | ♥ Virginia Whitmore |
| ♥ Ellie Mental | ♥ Marlene Loth |
| ♥ Anita Stockard | |

◆ Please let us know if there is a senior you would like to have listed in our Love and Support section.

GENERAL MEETING INFO

APRIL 8 - 10 AM

- St. John West Shore Community Outreach will be here for blood pressure checks
- We will be celebrating monthly Birthdays!
- Meeting presentation: TBA

MAY 13 ~ 11 AM

- NO MEETING -
ANNUAL SPRING LUNCH AT
WAGNER'S OF WESTLAKE

Please join us!

Trips and Travels

GUIDELINES FOR TRIPS AND ACTIVITIES: NO RESERVATION FORMS NEEDED!

To reserve your trip or reservation please mail/drop off your payment to the Avon Senior Center; Please make checks payable to: "Avon Seniors, Inc." PLEASE NOTE: Checks made out to the Senior Center will not be accepted by the bank and will be returned to you.

YOU MUST USE A SEPARATE CHECK FOR EACH TRIP OR ACTIVITY!

Please specify which trip you are reserving on your check.

Please mail/drop off payment to:
Avon Senior Center; 36786 Detroit R., Avon, OH 44011

****Please have exact change if paying by cash.**

Trips open to all seniors.

First come, first served until the bus is filled.

- Avon Seniors, Inc. will include a \$5 service charge for cancellation of a trip less than 30 days before the day of the trip.
- This may be in addition to any fees that are incurred from JKL Tours cancellation policies.

FRIDAY, JUNE 12 "THE SUMMER HIGHLIGHTS OF CLEVELAND!"

MODERATE WALKING

JOIN US FOR A FUN DAY RIGHT IN OUR OWN BACKYARD! CLEVELAND HAS A LOT OF NEW DEVELOPMENT GOING ON AND IS RE-INVENTING ITSELF TO BECOME A WORLD-CLASS DESTINATION. HERE IS YOUR CHANCE TO ENJOY SOME OF THE SPECIAL SUMMER HIGHLIGHTS THAT MAKE CLEVELAND PROUD. WE'LL START BY TAKING A RIDE ON THE ORIGINAL EUCLID BEACH CAROUSEL, RECENTLY SAVED AND EXCELLENTLY RESTORED - MAKING US FEEL LIKE KIDS AGAIN - AT THE WESTERN RESERVE HISTORICAL SOCIETY, OUR DOCENT LED TOUR WILL INCLUDE THE RIDE AND GIVE US FREE TIME TO EXPLORE THIS WONDERFUL MUSEUM. NEXT WE ARE OFF TO THE HORSESHOE CASINO IN HIGBEE'S ON PUBLIC SQUARE TO ENJOY A BUFFET LUNCH (WE HAVE ARRANGED A SPECIAL ENTRANCE FOR OUR GROUP!) IMAGINE EATING LUNCH ON THE SAME FLOOR WHERE SHOPPERS USED TO TREAT THEMSELVES TO THE HIGBEE BASEMENT LUNCH COUNTER FOR A FROSTY! WE'VE INCLUDED A SPECIAL VISIT TO THE RECENTLY CLEANED WESTSIDE MARKET CELEBRATING ITS 102ND BIRTHDAY. YOU WILL HAVE TIME TO SHOP, GO UP ON THE BALCONY OR JUST TAKE IN THE AMBIANCE OF THE BEEHIVE OF ACTIVITY THAT EVERY MARKET DAY BRINGS. (FEEL FREE TO BRING A COOLER TO PUT UNDER THE BUS TO KEEP ANY PURCHASES FRESH).

WE'LL COMPLETE OUR DAY WITH A DELIGHTFUL AFTERNOON ABOARD THE GOODTIME III DEPARTING FROM THE PIER ON E. 9TH ST. SIT BACK AND ENJOY A RELAXING CRUISE WITH THE SUN ON YOUR FACE AND THE WIND AT YOUR BACK AS WE HAVE A NARRATED TOUR TO LEARN ABOUT THE CUYAHOGA RIVER AND THE SKYLINE OF CLEVELAND. THIS TRIP WILL PRESENT WONDERFUL PICTURE OPPORTUNITIES, SO BRING A CAMERA TO CAPTURE THE MANY VIEWS OF THE SUMMER HIGHLIGHTS OF CLEVELAND. BUS DEPARTS AT 9AM AND RETURNS AROUND 6PM. CALL SOON AS SPACE WILL GO QUICKLY! COST OF TRIP IS \$69/PERSON. DEADLINE FOR RESERVATIONS IS MAY 12.

FRIDAY, JULY 10 "THE HARTVILLE MARKETPLACE!"

EXTENSIVE WALKING

EXPERIENCE THE EXCITEMENT OF THE HARTVILLE MARKETPLACE COMPLEX CONVENIENTLY LOCATED ON ONE CAMPUS. FOUNDED IN 1939, HARTVILLE MARKETPLACE AND FLEA MARKET HAS EVOLVED INTO A UNIQUE INDOOR MARKET PLACE WITH OVER 100 SPECIALTY SHOPS. OUTSIDE, WE WILL ENJOY ONE OF THE LARGEST OUTDOOR OPEN FLEA MARKETS IN THE STATE OF OHIO, BOASTING ALMOST 800 VENDORS IN JULY! THE INDOOR MARKET FEATURES A FOOD COURT OR YOU CAN TAKE ADVANTAGE OF A FULL SIT DOWN MEAL AT THE HARTVILLE KITCHEN. WITH THE FLEA MARKETS, THE COLLECTIBLES SHOP AND THE HARDWARE STORE, THERE IS SOMETHING FOR EVERYONE ON THIS DAY LONG ADVENTURE. PLUS, BUS GROUPS RECEIVE A GOODY BAG ON ARRIVAL WITH SPECIAL COUPONS AND DISCOUNTS VALID FOR OUR DAY OF SHOPPING. BUS DEPARTS AT 8AM AND RETURNS AROUND 4:30 PM. COST FOR THIS TRIP IS \$36/PERSON (LUNCH IS NOT INCLUDED). DEADLINE FOR RESERVATIONS IS JUNE 10.

TUESDAY, AUGUST 11 "THE ODD COUPLE" (WITH A TWIST!)

MILD WALKING

PLAN YOUR ESCAPE FROM THE DOG DAYS OF SUMMER WITH A RELAXING VISIT TO THE CHARMING AND HISTORIC RIVERSIDE INN OF CAMBRIDGE SPRINGS, PA AS WE TAKE IN "THE ODD COUPLE." FLORENCE UNGER AND OLIVE MADISON CREATE A FEMALE VERSION OF NEIL SIMON'S CONTEMPORARY COMEDY CLASSIC. INSTEAD OF POKER, THE GIRLS GET TOGETHER FOR TRIVIAL PURSUIT AND ONCE THE WINE FLOWS, THE COMEDY ENSUES. THIS MID-WEEK MATINEE STARTS WITH LUNCH ON ARRIVAL BEFORE THE SHOW. COST OF TRIP IS \$69/PERSON. DEADLINE FOR RESERVATIONS IS JULY 10.



AVON SENIOR CENTER ANNUAL SPRING LUNCHEON

WHEN: Wednesday, May 13, 2015 ~ 11:00 AM

* **Deadline for reservations and refunds is May 1.** *

WHERE: Wagners of Westlake; 32300 Detroit Rd in Avon

BUFFET MENU:

Chicken Dijon
Rigatoni Bolognese
Whipped Potatoes
Green Beans with Mushrooms
Tossed Salad with choice of dressing
Rolls and Butter
Beverages
Cake dessert

ENTERTAINMENT BY THE MAGIC OF MICHAEL MAGE

★ **Cost for the luncheon is \$20.00 per person, payable to "Avon Seniors, Inc."**

★ **Please pay by check or have exact change if paying by cash.**

****Desk Receptionist is unable to make change.**

LIFELINE SCREENINGS

THURSDAY, MAY 14

8:30AM - 4:00PM

THE AVON SENIOR CENTER IS PLEASED TO OFFER A PREVENTIVE HEALTH EVENT. LIFE LINE SCREENING, A LEADING PROVIDER OF COMMUNITY-BASED PREVENTIVE HEALTH SCREENINGS, WILL HOST THEIR AFFORDABLE, NON-INVASIVE AND PAINLESS HEALTH SCREENINGS ON **THURSDAY, MAY 14**. FIVE SCREENINGS WILL BE OFFERED THAT SCAN FOR POTENTIAL HEALTH PROBLEMS RELATED TO: BLOCKED ARTERIES WHICH IS A LEADING CAUSE OF STROKE; ABDOMINAL AORTIC ANEURYSMS WHICH CAN LEAD TO A RUPTURED AORTA; HARDENING OF THE ARTERIES IN THE LEGS WHICH IS A STRONG PREDICTOR OF HEART DISEASE; ATRIAL FIBRILLATION OR IRREGULAR HEART BEAT WHICH IS CLOSELY TIED TO STROKE RISK; AND A BONE DENSITY SCREENING, FOR MEN AND WOMEN, USED TO ASSESS THE RISK OF OSTEOPOROSIS. REGISTER FOR A WELLNESS PACKAGE WHICH INCLUDES 4 VASCULAR TESTS AND OSTEOPOROSIS SCREENING FROM \$149 (\$139 WITH OUR MEMBER DISCOUNT). ALL FIVE SCREENINGS TAKE 60-90 MINUTES TO COMPLETE. **IN ORDER TO REGISTER FOR THIS EVENT AND TO RECEIVE A \$10 DISCOUNT OFF ANY PACKAGE PRICED ABOVE \$129, PLEASE CALL 1-888-653-6441 OR VISIT WWW.LIFELINESCREENING.COM/COMMUNITY-PARTNERS.**



ADVANCEMENTS IN CATARACT SURGERY LUNCH AND LEARN

Thursday, May 28 ~ 11AM

THE CLEVELAND EYE CLINIC IS ONE OF THE FIRST IN THE NATION TO OFFER LASER ASSISTED REFRACTIVE CATARACT PROCEDURES. THIS FREE SEMINAR WILL DISCUSS THE LASER TECHNOLOGY AND THE OPTIONS AVAILABLE WHEN PLANNING A VISION CORRECTION PROCEDURE. THIS LECTURE WILL COVER DIFFERENT TYPES OF LENSES THAT CAN BE USED TO CORRECT YOUR VISION, AND TYPES OF TECHNOLOGY THAT CAN BE OFFERED TO IMPROVE YOUR OUTCOME. DR. JENNIFER KILLIAN WILL BE AVAILABLE TO ANSWER ALL YOUR QUESTIONS. YOU MUST RSVP FOR THIS EVENT BY CALLING 934-2417 NO LATER THAN MAY 21. A LIGHT LUNCH WILL BE SERVED. SPACE IS LIMITED.