

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!

The Avon Senior Center and Avon Seniors Inc. Board graciously offers financial assistance for those with a demonstrated financial need. Financial assistance is available for events, classes, and services at the Senior Center. The process is simple and completely confidential. Stop in or call Carm.

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

DECEMBER/JANUARY

2015 - 2016



BRYAN K. JENSEN, MAYOR
SENIOR CENTER COORDINATOR
Carmelina Barbera, MPA
(440) 934-2417 Office
(440) 934-2421 FAX
carmelina@cityofavon.com

TRANSPORTATION PROGRAM
Caryn Tovtin, Scheduler
(440) 934-7433 Office
ctovtin@cityofavon.com

Nancy Gelston, Driver
Mike Kerecz, Driver
Ed Mantin, Driver
Annmarie Nyikes, Driver

FACILITY & MAINTENANCE
Mario Volpe

DESK RECEPTIONIST
Sandy Palmieri
spalmieri@cityofavon.com

HOURS OF OPERATION

OFFICE HOURS:
M—F: 8:30 AM — 4:30 PM
Sat.-Sun: by scheduled activity

TRANSPORTATION PROGRAM:
M—F: 9AM—3 PM

COMMITTEES

Health & Welfare, Andy Monda
Refreshments & Kitchen
Dave & Carol Crudele
Membership, Gail Schenk
Social & Programs
Carmelina Barbera

THE AVON SENIOR CENTER WISHES TO THANK AVON SENIORS INC.

Jim Mutchler, President
Susie Cory, Vice President
Cheryl Courtney, Treasurer
Mary Carpenter, Recording Sec.
Nancy McGhee, Correspondence Sec.
Don Myers, Past President
Craig Witherspoon, Council Rep
Carmelina Barbera, Mayor's Rep

AVON SENIOR CENTER

36786 DETROIT ROAD

THE SENIOR BUZZ



Coordinator's Comments

Happy Holidays! This is your last call to sign up for our Annual Holiday Party at Tom's Country Place on December 9. In addition to the wonderful buffet of food, we will have Rich Gallo entertaining us with his piano and singing talents, and a photo booth (complete with festive props) for folks to take pictures with spouses and/or friends (go back as often as you like) and have keepsake memories of the day. We will also have a multitude of raffle giveaways and a 50/50 drawing. Join us! Please note that since all Senior Center staff will be attending the holiday party, the Senior Center will close on December 9 at 10:00 AM, and re-open at 2:00 PM.

We have some fun and festive events coming up. Please check the newsletter and calendar insert for some scheduling adjustments to accommodate the holidays, adult clinic, board and staff meetings, etc. Want some extra cash to help pay for all your holiday shopping? The next time you're in the building, please stop in and buy some holiday stocking 50/50 raffle tickets. They are \$1 each or 6 for \$5. Purchase your tickets, then put your name on a holiday stocking and add it to the "fireplace mantle". The winner of the 50/50 raffle will be announced at the January 13 General Meeting. You do not need to be present to win. We will also draw a winner from all the stockings for a gift card prize as well!

With our lives as busy and active as they are, sometimes signing up for events can slip our minds, or we think we've registered only to discover (sometimes too late) that we have not signed up for an event we really wanted to attend. We ask that you double check to make sure you have registered for an event at the Senior Center. We purchase tickets, make reservations, order food, etc. based on the number of paid reservations we receive. So in order to avoid any issues or the unfortunate circumstance of turning anyone away, feel free to call us and make sure you have, in fact, reserved a spot for an event.

We have changed our dues policy! Please read our new (and awesome) 2016 dues policy inside this newsletter for all the info and make sure to get your dues in before the January 22nd deadline! And if you haven't already heard, please join me in welcoming our new Avon Seniors Inc. Vice President, Susie Cory! Susie has been on the Board as our Correspondence Secretary since June of 2010. We are thrilled to have her in this new role. Along with her, we also welcome Nancy McGhee to the Board as Correspondence Secretary! Nancy has selflessly volunteered with the Senior Center in many different capacities since we first started, and we feel so fortunate to have her on our Board. Congratulations and thank you Susie and Nancy!

The holidays just kind of crept up on us, didn't they? Nonetheless, it is still a wonderful season. This time of year makes us all a little more cheery and thankful. We have had an amazing, transformative year. On behalf of the staff of the Avon Senior Center, we look forward to continuing our support and service to the senior community in the upcoming year through our engaging programs, educational services and fun social events. We wish you a happy and healthy holiday season!

Be well. See you soon.

Carm

Sincerely,
Carmelina Barbera, Coordinator



www.cityofavon.com



BOARD MEETINGS OF AVON SENIORS, INC.

- ◆ The Advisory Board meetings are the **first Wednesday of every month** at **10:00 AM** unless otherwise stated
- ◆ 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
- ◆ Meetings are scheduled and open to the community
- ◆ All are welcome and encouraged to attend.

NO BOARD MEETING IN JANUARY!

WATERCOLOR WORKSHOP

**THURSDAY, DECEMBER 3
9AM TO 3PM**

Two experienced instructors, Bernie D'Ettore and Cathy Welner (Bay Arts, the Beck, Cliffside) took classes in Cornwall, England, and would like to teach us the techniques they learned to capture the beautiful colors of the landscapes. They will be teaching us to use pastels, micro pens, and sharpies to enhance the watercolors. (they will supply these things plus many references.) Cost is \$40. (They will be offering a similar class at Cliffside at a much higher price.) Bring a bagged lunch or take a short break to eat at one of the many restaurants nearby. Bring your watercolor supplies, the rest will be provided. Please reply to: Carol Kelly (Make check payable to her). 9146 Devonshire Dr., Olmsted Falls, OH 44138. Call Carol at 440-235-3468 with any questions.

**WATERCOLOR ART CLASS
MONDAYS
1:00 PM - 4:00 PM**



Weekly fun watercolor art classes for beginner to intermediate painters. The Instructor is Bernie D'Ettore who teaches at the Beck Center and at Bay Arts. Cost is \$10/class payable directly to the instructor. Bring your own supplies. Call with any questions. No classes in December. Classes will resume January 4.

**Tai Chi Classes
Tuesdays
9:30 AM**

January 26 - March 15. Cost for 8 session series is \$20 per person. Checks payable to **Avon Seniors, Inc.**

HOLIDAY HUMOR

- ◆ How do you know Santa has to be a man?
No woman is going to wear the same outfit year after year.
- ◆ There were two blondes who went deep into the frozen woods searching for a Christmas tree. After hours of subzero temperatures a few close calls with hungry wolves, one blonde turned to the other and said, "I'm chopping down the next tree I see. I don't care whether it's decorated or not!"

Q: What's a good holiday tip?

A: Never catch snowflakes with your tongue until all the birds have gone south for the winter.

Top Ten Things To Say About A Christmas Gift You Don't Like

10. Hey! There's a gift!
 9. Well, well, well ...
 8. Boy, if I had not recently shot up 4 sizes that would've fit.
 7. This is perfect for wearing around the basement.
 6. Gosh. I hope this never catches fire! It is fire season though. There are lots of unexplained fires.
 5. If the dog buries it, I'll be furious!
 4. I love it -- but I fear the jealousy it will inspire.
 3. Sadly, tomorrow I enter the Federal Witness Protection Program.
 2. To think -- I got this the year I vowed to give all my gifts to charity.
- And the Number One Thing to say about a Christmas gift you don't like:
1. "I really don't deserve this."



INTERMEDIATE KNITTING & CROCHET COMBINED CLASS

**JANUARY 7 & 14
1 TO 3PM**

This month we will have a combined class to decide how to go forward with our classes. We may do crochet in the future. For January we will be joining our knitted afghan blocks from last year, and starting our favorite crochet hobo bag from the past. Supplies: 8oz of a #4 yarn in black and several ounces of other bright colors; you will crochet with 2 or 3 strands together. You need to bring several crochet hooks to find the right size, but at least a size J, and a yarn needle. Thank you for your participation over the years. Sue Ackerman.

- ◆ 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.

2016 MEMBERSHIP DUES POLICY – AVON SENIORS INC.

The dues of this organization shall be determined by the Board of Trustees.

Section 1: Any person 55 and over who wishes to become a member of Avon Seniors, Inc. may do so by paying annual dues. Membership and related dues are for Avon Seniors, Inc. However, the City of Avon Senior Center does not require membership or membership dues to participate in most activities.

Section 2: Paid membership in Avon Seniors Inc. Includes the following benefits:

- a. The ability to participate in policy making and voting privileges for the Corporation.
- b. A copy of the bi-monthly City of Avon Senior Center's newsletter *The Senior Buzz*, mailed to your home.
- c. Financially assist the programming cost for seniors.

Section 3: City of Avon residents who are age 90 and over will receive an honorary membership and will enjoy any and all activities at the Avon Senior Center free of charge.

Section 4: The annual dues for the 2016 calendar year will be \$10.00 per household, up to two (2) members per household. Dues must be paid by January 22, 2016 to receive a credit voucher (voucher explained in section 5). If a senior becomes a member after January 22, 2016, dues will be \$10.00 per household with no credit voucher given for that calendar year.

Section 5: Each household shall receive an \$8.00 credit voucher to be redeemed for **any one (1)** senior activity during the 2016 calendar year. Credit vouchers cannot be carried over into the next calendar year. All voucher tracking & usage will be maintained at the Senior Center.

Section 6: In order to participate in the mystery lunch, you must be a paid member of Avon Seniors, Inc.

Section 7: The Board of Trustees shall review the Dues Policy annually, in October, and approve the dues for the next calendar year.



**AVON SENIORS, INC. 2016
MEMBERSHIP DUES FORM - \$10.00 per household**

NAME(S) _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____

IS THIS A NEW ADDRESS OR PHONE NUMBER? CIRCLE ONE: YES NO

THIS MEMBERSHIP FORM MUST ACCOMPANY YOUR PAYMENT

Please make check payable to: Avon Seniors, Inc.

Mail/Drop off dues to: Avon Senior Center; 36786 Detroit Rd., Avon, OH 44011

_____ **Save a tree! Don't mail my newsletter, please email it to me at:**

For Staff Use: Date _____

Amount Paid _____

Check _____ Cash _____

6TH ANNUAL SOUP THROW DOWN!!

Wednesday, February 17 ~ 11:00 AM

(In the event of a snow day that day, we will reschedule for Friday, February 26)

Join us on a cold January day for a good ol' soup competition (also known as a throw-down)!! We'll have a large variety of soups available for you to sample and a tally sheet to vote on which soup you like the best!

After the competition we'll have dessert and hot beverages available to top off the day.

Cost is \$5/person and must be paid in advance. Seating is limited. Hurry! This will sell out fast!

Please make checks payable to Avon Seniors, Inc.

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

- Please have exact change if paying by cash. Deadline for reservations is February 10!



LIFELINE SCREENINGS THURSDAY, JANUARY 7 8:30AM - 4:00PM

Life Line Screening will be here at the Avon Senior Center on Thursday, January 7, 2016 offering safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. To be more proactive about your health and to live longer for yourself, your family and your community, please register for these potentially life-saving tests today. To register for screenings and get more info about how you can receive \$10 off any package priced above \$139 please call 1-888-653-6450. For only \$139 (regularly \$149) you can learn your risk of having stroke or vascular disease.

There is no time like the present to take action! Learn more by watching this short video:

<http://www.lifelinescreeningblog.com/introduction/>.

WE ARE LOOKING FOR PHOTOS OF COUPLES!



Do you have a wedding photo? How about a photo of you and your spouse when you were dating? We are looking to collect photos of you from your wedding or during your courting days for a project we are working on in the next few months. We promise not to harm the photo and will return it to you in the same condition. Only one or two photos per household are needed for this project. Please bring them in to Carm and Caryn! We look forward to seeing all your pictures!

MOVIE FRIDAY

1:00 PM



DECEMBER 4 - "MAX" RATED PG (111 MIN) In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

December 18 - No Movie

January 1 - New Years Day - No Movie

January 15 - "STILL ALICE" RATED PG-13 (101 MIN) When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives.

SPONSORED BY BRADLEY BAY AND THE GARDENS AT WESTLAKE

REGULAR EVENTS

1ST & 3RD SATURDAY: COFFEE & DONUTS	9 AM
1ST WEDNESDAY: BOARD MEETING	10 AM
2ND WEDNESDAY: GENERAL MEETING	10 AM
2ND & 4TH FRIDAYS: ADULT CLINIC	8 AM
1ST & 3RD FRIDAYS: MOVIE FRIDAY	1 PM
MON: PINOCHLE	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
JIGSAW PUZZLE EXCHANGE	ONGOING

BINGO

1:30-2:30 PM
2ND AND 4TH FRIDAYS



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.

LINE DANCING

JANUARY 16
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.

Love

&

Support

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

- | | |
|------------------|---------------------|
| ♥ Marie Mayton | ♥ Richard Viglas |
| ♥ Bill Mayton | ♥ Rosemary Wysocki |
| ♥ Ellie Mental | ♥ Virginia Whitmore |
| ♥ Anita Stockard | ♥ Marlene Loth |
| ♥ May Lester | ♥ Betty Kerg |

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

MYSTERY LUNCH!

WEDNESDAY, JANUARY 27

12:00 NOON

Sign-ups begin January 4 at 9:00 AM



- No charge, just RSVP to 440-934-2417.
- Voice mail messages left prior to the sign up date and time will not be counted.
- Lunch will be available until 12:30.
- Please call if you are unable to attend so we can fill your spot with someone on the waiting list; sending someone in your place is not permitted.
- Carry-out containers are not permitted.
- *This lunch is for members of the Avon Senior Center. If you have not paid your 2016 annual dues you are not eligible for this event.*

Coordinated by Dave & Carole Crudele (They're back!)

PIZZA PARTY & MUSIC BINGO!

WEDNESDAY, JANUARY 20

12:00 PM



JOIN US FOR A PIZZA PARTY! WE WILL ENJOY A DELICIOUS LUNCH FOLLOWED BY MUSIC BINGO! COST FOR THIS LUNCH SOCIAL IS \$5/PERSON AND INCLUDES PIZZA, SALAD, BEVERAGES, DESSERT AND MUSIC BINGO. HURRY! SPACE IS LIMITED! PLEASE MAKE CHECKS PAYABLE TO AVON SENIORS, INC. AND WRITE "PIZZA PARTY" ON THE MEMO LINE. PLEASE MAIL/DROP OFF PAYMENT TO: 36786 DETROIT RD. AVON, OH 44011

- MUST HAVE EXACT CHANGE IF PAYING BY CASH; DESK RECEPTIONIST IS UNABLE TO PROVIDE CHANGE

GENERAL MEETING INFO

DECEMBER 9 - NO MEETING -
HOLIDAY PARTY AT TOM'S COUNTRY PLACE



JANUARY 13 - 10 AM

- St. John West Shore Community Outreach will be here for blood pressure checks
- We will be celebrating monthly Birthdays!
- After the meeting, we will have Chief Rich Bosley and Detective Eric Peachman here from the Avon Police Department talking to us about current drug trends in our schools. They will address "pharming parties" and ways to protect yourself if you suspect your loved ones (or their friends) are involved with Rx drugs, Heroin, stealing from you, etc.

FEBRUARY 10 - NO MEETING

MARCH 9 - 10 AM - SPEAKER: JKL TOURS

GUIDELINES FOR TRIPS AND ACTIVITIES:

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. Please specify which trip you are reserving on your check.** Please mail/drop off payment to: Avon Senior Center; 36786 Detroit Rd. Avon, OH 44011 ****Please have exact change if paying by cash. **** **Please use a separate check for each trip. Trips open to all seniors. First come, first served until the bus is filled.**

The following is a partial tentative preview of what's coming up in our 2016 trip program!
PLEASE NOTE: All trips and scheduling subject to change.

- TUESDAY, MARCH 15 CASINO TRIP
- FRIDAY, APRIL 15 TAX DAY SHOPPING TRIP AT GROVE CITY, PA
- THURSDAY, JUNE 16 PHANTOM OF THE OPERA
- FRIDAY, JULY 15 SUMMER IN THE COUNTRY - CHAGRIN FALLS/LUNCH IN AN AMISH HOME/ BURTON
- WED. AUGUST 3 MYSTERY TRIP #5 (ERIE)
- FRIDAY, AUGUST 26 SHAWSHANK TOUR OF MANSFIELD
- FRIDAY, OCTOBER 21 WINE TASTING WEST - SANDUSKY/CATAWBA/VERMILION AREA
- WED. DEC. 7 HIGBEES SILVER GRILLE

HARD ROCK ROCKSINO
TUESDAY, MARCH 15 MILD WALKING

Here is your chance to escape Old Man Winter and say Hello to LADY LUCK! Come join us on a mid-winter getaway with a chance to Win a Good Time. The current Casino bonus on arrival is \$20. Enjoy a quick, one-day adventure on a short drive to a beautiful Casino and one of Cleveland's most popular! Cost for this trip is \$28/person. Deadline for registration is February 15.

"When I started counting my blessings, my whole life turned around."
-- Willie Nelson

MEETINGS, HOLIDAYS, CLOSINGS, ETC AT THE AVON SENIOR CENTER

- DECEMBER 2 BOARD MEETING (10AM)
- DECEMBER 9 HOLIDAY PARTY (CENTER WILL BE CLOSED FROM 10AM-2PM)
- DECEMBER 16 SENIOR CENTER CLOSED FROM 12-2 FOR STAFF MEETING
- DECEMBER 24 & 25 CLOSED - CHRISTMAS
- DECEMBER 31 CLOSING AT 12 NOON
- JANUARY 1 CLOSED - NEW YEARS DAY
- JANUARY 6 NO BOARD MEETING
- JANUARY 13 GENERAL MEETING (10AM)
- FEBRUARY 3 BOARD MEETING (10AM)
- FEBRUARY 10 NO GENERAL MEETING

AVON SENIOR CENTER ANNUAL HOLIDAY PARTY
WEDNESDAY, DECEMBER 9, 2015

Tom's Country Place; 3442 Stoney Ridge Rd. in Avon
11:30 AM—2:00 PM. **(Doors open at 11:00 AM)**

BUFFET MENU INCLUDES: Chicken Piccata, Cabbage Rolls, Mashed Potatoes & Gravy, Glazed Carrots, Garden Salad with Spring Greens and House Dressing, Rolls and butter, Dessert & Beverage

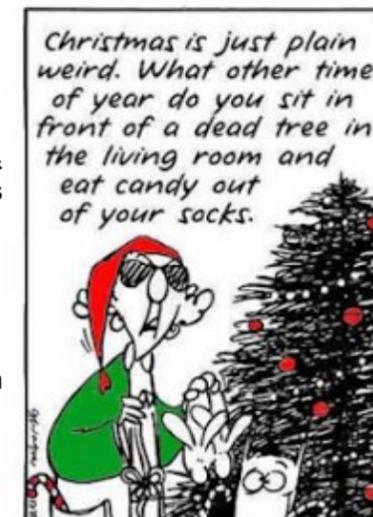
Entertainment Provided by Rich Gallo
Photo Booth Provided by Pop Star Photo Booth

Cost is \$20.00 per person

Please make checks payable to Avon Seniors, Inc. and write "Holiday Party" on the memo line.

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

- Please have exact change if paying by cash. Deadline for reservations or refunds is December 1st!



IMPORTANT COLD WEATHER REMINDERS!!



- ♦ If the weather is very bad, we will close the senior center for activities for the day. We will list our closing on Channel 3 and Channel 5 news stations.
- ♦ When in doubt, please call the Senior Center. Please call before you leave the house. Closing information will be on the answering machine.
- ♦ Senior Center staff will be in the office (weather permitting, as soon as we are able).
- ♦ Transportation services will run if road conditions are deemed safe.

Did You Know...

When Can I Throw This Away?

- Bank Deposit Slips - after you reconcile your statements
- Bank Statements - keep for one year or store with tax returns if used to prove deductions
- Investment Statements - save annual statements until you sell the investment
- 1099s - keep with tax records for seven years
- Life Insurance Policies - keep if policy is still in force
- Social Security Statements - shred old statements when you receive new one
- Tax Returns and related documents - shred after seven years.

We have a pop machine! In the lower level lobby by the elevator we now have a pop machine (you can't miss it, it's huge). Various Pepsi products and bottles of water will be available for \$.75. The machine takes coins and \$1 bills.

Energy assistance is available to reconnect or to avoid disconnection of utilities. Ohio's electric and natural gas customers have the opportunity to use the Winter Reconnect Order (WRO) during the winter heating season from October 19, 2015 through April 15, 2016 to reconnect or to avoid disconnection of their utilities. The WRO applies only to Ohio's investor-owned electric and natural gas utilities and does not apply to municipally-owned utilities or rural electric co-ops. To apply, contact your utility company.

Tim Golay, Assistant Chief of the Avon Fire Department, is retiring at the end of this year. Tim has been a great asset to the Fire Department and has served the city since 2003. He plans to build a log cabin in North Carolina where he and his cat, Miles, will eventually take up residence. Please stop in or call him before he leaves and wish him well.

Have you noticed an error in the newsletter? Call and tell us - you might win a prize!