



The Senior Buzz

NEWSLETTER

DECEMBER 2024 | JANUARY 2025



Carmelina Suydam, Avon
Senior Center Coordinator

Dear Friends,

As we embrace the warmth of the holiday season, all of us at the Avon Senior Center would like to extend a heartfelt welcome to every one of you. It's truly a magical time of year, filled with celebration, connection, and the spirit of giving.

We've lined up a series of wonderful events designed to foster community and joy. From festive get togethers to our highly anticipated annual Holiday Party at Tom's Country Place. Hurry, the deadline for sign-ups is November 26!

As part of the holiday giving spirit, the City of Avon is participating in collecting aluminum cans for Aluminum Cans for Burned Children (ACBC). ACBC's mission is to prevent burn injuries through fire education and to impact the physical and emotional rehabilitation of pediatric burn survivors. A collection container is in the office area of the senior center for anyone wishing to donate their aluminum cans for ACBC.

Please take a moment to check our calendar included in this newsletter for specific dates and times of our events. Your participation is what makes our Senior Center a vibrant and loving home.

Wishing you a season filled with peace, joy, and cherished moments with families and friends. Thank you for being an essential part of our community. Let's make this holiday season one to remember!

With warmest wishes and holiday cheer,

Carmelina Suydam

SENIOR CENTER CLOSED:

Friday, December 20

Closing at 2PM for
all staff meeting

Monday, December 23-

Friday, December 27

Christmas holiday and
painting of offices

Tuesday, December 31

Closing at noon

Wednesday, January 1

New Years Day

Monday, January 20

MLK Jr. Day

You're Invited:

**ANNUAL
HOLIDAY PARTY
WEDNESDAY,
DECEMBER 4**





Winter Hours & Cold Weather Reminders

- If the weather is very bad, we will cancel all Senior Center activities for the day.
- We do NOT follow the Avon Schools snow policy.
- For folks who are newsletter or e-newsletter subscribers, you will receive an automated phone call indicating that the Senior Center is closed.
- Senior Center staff will be in the office (if possible) as soon as we are able.
- Transportation services and/or trips will run if road conditions are deemed safe.
- Things happen; in the event of phone or technical issues with the automated system, please exercise caution and common sense before leaving the house in inclement weather.

Contact Info

AVON SENIOR CENTER

36786 Detroit Road | Avon, Ohio 44011

HOURS

Monday-Friday | 8:00AM-4:00PM

PHONE

(440) 934-2417

Subscription Information

- The newsletter subscription fee for 2025 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.
- 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.

In The Know...

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.



**Lorain County
Public Health**
For the Health of Us All

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.

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 security/damage deposit per item is required.** Wheelchairs, transport chairs and rollators require a **\$100 deposit**, and all other equipment is **\$40**. Deposits are refunded after equipment is returned in the same condition as when it was loaned. Items kept longer than 3 months forfeit security deposit. Residents must 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.*

EMPLOYEE SPOTLIGHT:

Caryn Tovtin, Transportation Scheduler



Caryn Tovtin

Caryn started at the Senior Center 10 years ago as a driver and then moved into the Transportation Scheduler role. She has seen the program grow significantly since she has been there and loves that the City of Avon offers this service

for residents over 60 years old. "Caryn is superb. She consistently goes above and beyond, and her attention to detail is impeccable. We are very lucky to have her in our department. Our seniors truly appreciate how hard she works to get all their appointments fitted into the schedule." Carmelina Suydam, Senior Coordinator. In Caryn's role, she manages a fleet of 3 cars and 1 wheelchair accessible van. On average, she schedules 450 rides per month! When she started, she was managing 200 rides a month. "The need for safe and reliable transportation has definitely increased during my 10 years at the Senior Center. I am so happy to help provide this service. The clients become friends and family to us!" says Caryn about her role.

When Caryn is not at the Senior Center, she loves to spend time with her husband of 35 years, her dogs and her family. She has two daughters, one recently was married in June. Thank you so much Caryn for all you do for the Senior Center!

TRANSPORTATION FAST FACTS:

- Service is available for Avon residents age 60+ only
- Service is available Monday-Friday 8:30 am-2:30pm*
*Drivers must return to center by 2:30pm
- Transportation to medical appointments outside of Avon is available (downtown main campus, Strongsville, Parma, VA Hospitals etc). Appointments should be made in the morning as drivers need to report back to the Senior Center by 2:30pm. Must allow for travel time.
- Curb to curb service. If assistance is needed, an escort that is 18 and over is permitted.
- No pets
- No charge for service and no tipping

RESOURCE SPOTLIGHT:

Western Reserve Area Agency on Aging

Western Reserve Area Agency on Aging (WRAAA) provides advocacy, assistance, and answers on aging and disabilities. WRAAA serves older adults and individuals with disabilities in Cuyahoga, Geauga, Lake, Lorain and Medina counties. The Aging and Disability Resource Center (ADRC) provides information, assistance, consultation, support, and referrals for long-term care services. Some of the many programs and services offered by WRAAA include:

- **Alzheimer's Service Provider Directory**
- **Family Caregiver Support**
- **Housing Assistance Resources**
- **Nutrition Program Services**
- **PASSPORT Medicaid Waiver Program**
- **Senior Farmers' Market Nutrition Program**
- **Senior Volunteer Program Directory**
- **Veteran-Directed Care**

For additional information or if you need assistance, contact WRAAA at **216-621-0303** or **800-626-7277** or visit areaagingsolutions.org.



Western Reserve
Area Agency on Aging

Here's What's Going On At The Center...

REGULAR WEEKLY ACTIVITIES

MONDAYS	Chair Yoga	9AM	SILVER SNEAKERS	Monday, Wednesday & Friday	10AM
	Pinochle	1PM	COFFEE & DONUTS	1st & 3rd Thursday	10AM
TUESDAYS	Beginner Mahjong	10AM	BOOK CLUB	2nd Thursday	10AM
WEDNESDAYS	Paint	10AM	MOVIE DAY	1st & 3rd Friday (Not Dec 20)	1PM
	Mahjong	12:30PM	JIGSAW PUZZLES	Ongoing	
THURSDAYS	Cards	12:30PM	CHAIR VOLLEYBALL	1st & 3rd Wednesday (Not Dec 4 & Jan 1)	1PM

BINGO

1:00PM*

December

Wednesday, December 11

Wednesday, December 25 – No Bingo

January

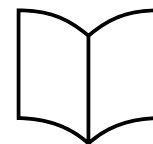
Wednesday, January 8

Wednesday, January 22

* Please RSVP for each Bingo event no later than 2 days prior.

Sponsored by The Northridge Health Center and the Woods on French Creek. Blood pressure checks will be available on the 4th Wednesday by The Woods on French Creek.

Second Thursday Book Club



10AM – 11AM*

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

December

The Things We Cannot Say by Kelly Rimmer

January – no book club

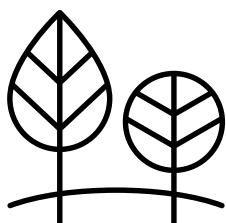
February

The Housemaid is Watching by Freida McFadden

March

The Nightingale by Kristin Hannah

* Please RSVP before each book club meeting.



Parks & Rec

There are a lot of great programs through our Parks and Recreation Department. Residents can choose from a variety of classes and programs like yoga, performing arts, dance, basketball, and much more. For an up to date list of programs for grandkids and families, please scan QR code.

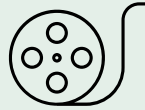


						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	3 10AM Beg. Mah-jong 3:15PM-4PM Tech Support w/ Sam	4 No Silver Sneakers No Paint 11AM Holiday Party No Mahjong No Chair Volleyball	5 10AM Coffee & Donuts 12:30PM Cards	6 10AM Silver Sneakers 1PM Movie	7
8	9 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	10 10AM Beg. Mah-jong 10AM Breakfast Group 1PM Merry & Bright Sing-Along	11 10AM Silver Sneakers 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	12 10AM Book Club 10AM Sweet Talk w/ Bob 12:30PM Cards A Christmas Carol Trip	13 10AM Silver Sneakers	14
15	16 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	17 10AM Beg. Mah-jong 3:15PM-4PM Tech Support w/ Sam	18 9:30AM Gold & Silver Events 10AM Silver Sneakers No Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Chair Volleyball	19 10AM Coffee & Donuts 10:30AM Monthly Disc Group 11:30AM Meet-N-Eat 12:30PM Cards	20 10AM Silver Sneakers No Movie Senior Center closing at 2PM for staff meeting	21
22	23 Senior Center closed for office painting	24  Senior Center Closed	25	26 Senior Center closed for office painting	27	28
29	30 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle	31 10AM Beg. Mah-jong Senior Center closing at 12PM				

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1  Senior Center closed	2 10AM Coffee & Donuts 12:30PM Cards	3 10AM Silver Sneakers 1PM Movie	4
5	6 9AM Chair Yoga 10AM Silver Sneakers 11AM Un-Decorate the Halls 1PM Pinochle	7 10AM Beg. Mahjong 11AM Happy "Noon" Year	8 10AM Silver Sneakers 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	9 No Book Club 10AM Sweet Talk w/ Bob 12:30PM Cards	10 10AM Silver Sneakers	11
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19	20  Senior Center closed	21 10AM Beg. Mahjong	22 10AM Silver Sneakers 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	23 12:30PM Cards	24 10AM Silver Sneakers 11AM Podiatrist	25
26	27 9AM Chair Yoga 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter 3:15PM-4PM Tech Support w/ Sam	28 10AM Beg. Mahjong	29 10AM Silver Sneakers 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	30 12:30PM Cards	31 10AM Silver Sneakers	

Movie Fridays

1ST & 3RD FRIDAY, 1:00PM



Friday, December 6

Dr. Seuss' How the Grinch Stole Christmas — Jim Carrey brings Dr. Seuss' holiday-hating heel to gloriously sinister life in this effects-filled adaptation of the classic story.
PG (1HR 44MIN)

Friday, December 20 – No Movie

Friday, January 3

Beetlejuice Beetlejuice — After 36 years, Beetlejuice returns to unleash his very own brand of mayhem.
PG-13 (1HR 45 MIN)

Friday, January 17

Ezra — Max is a stand-up comedian living with his father and struggling to co-parent his autistic son, Ezra. Forced to confront difficult decisions about his son's future, Max and Ezra embark on a transformative cross-country road trip.
R (1HR 41 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.

Snack sponsored by O'Neill Healthcare and Embassy of Rockport

Senior Supper Club



Seniors can eat at the cafeteria of St. John Medical Center's Terrace View Café 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 bottle beverages and "Simply to Go" items). There is a \$10 limit.

Programs

Technology Support with Sam

3:15PM-4:00PM

Tuesday, December 3 & 17

Monday, January 13 & 27

Technology Support with Dan

11:00AM-1:00PM

Wednesday, December 11 & 18

Wednesday, January 8 & 22

Join Sam Cecil and Dan White, technology support volunteers, 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.

Monthly Discussion Group with Carrie

10:30AM

Thursday, December 19

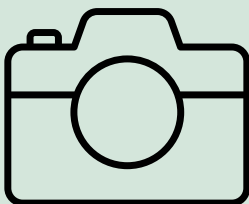
Stress Management

Thursday, January 16

Managing Anger

Group discussion facilitated by Staff Social Worker, Carrie Rae.

RSVP by the day before the group to 440-934-2417.



Call for photos

Do you like seeing photos of your friends in the newsletter? We would love your help capturing memories at the Senior Center and events. If you attend an event or field trip and catch a moment on your phone please send it to Carm via email (csuydam@cityofavon.com) We look forward to sharing all of the great moments in future newsletters! Thank you.

Events Calendar

December

4 Wednesday

ANNUAL HOLIDAY PARTY

11:30AM-1:30PM (Doors open at 11AM)



Our Annual Holiday Party will be at Tom's Country Place; 3442 Stoney Ridge Rd. in Avon. Sit down plated meal includes: Breaded pork chop, cabbage roll, penne pasta with marinara, fancy cut green beans with almonds, salad & dinner rolls, beverage, and dessert. We will have raffle prizes, 50/50 drawing, and a photo booth with Santa!

Cost: \$25/person

Deadline: November 26

10 Tuesday

BREAKFAST GROUP

10:00AM

Join us at the senior center for breakfast with some of the Avon Police Department! Our way of thanking our men and women in blue.

Cost: \$5/person

Deadline: December 3

Sponsored by O'Neill Healthcare

10 Tuesday

MERRY & BRIGHT SOCIAL & SING-ALONG

1:00PM



Join us for a merry & bright sing-along with our very own Gene Braden. Cookies and holiday refreshments served.

Cost: \$5/person

Deadline: December 3

12 Thursday

A CHRISTMAS CAROL AT MIMI OHIO THEATER

10:00AM-1:30PM

Open your heart to Charles Dickens' classic tale of one man's ultimate redemption. One of Northeast Ohio's favorite holiday traditions, *A Christmas Carol* is a perfect gift of theater for children and adults of all ages. We will leave the senior center at **10AM sharp** and return promptly after the show. **WAITLIST ONLY.**

12 Thursday

SWEET TALK WITH BOB

Improving Your Coping Skill Toolbox

10:00AM

"Sweet Talk with Bob" is part of Far West Center's Senior Strong Program. Bob Piovarchy will present ways to manage challenges seniors face and identify healthy coping options. Sweet treats provided. Senior Strong's goal is to inform and increase awareness of challenges the older adult community faces, improve coping skills to better manage the stressors of aging, and to increase a sense of belonging and contribution in the community. Come and enjoy some educational information and a sweet treat to help improve your life and enhance your mental health.

Deadline: December 5

18 Wednesday

GOLD & SILVER EVENTS

9:30AM-12:30PM

Bring your items and 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! If you have any questions, please call Sheila Wayne at 440-725-9100.

Call the Senior Center to make an appointment and walk-ins are welcome.

19 Thursday

MONTHLY DISCUSSION GROUP WITH CARRIE

Stress Management

10:30AM



Group discussion facilitated by Staff Social Worker, Carrie Rae.

RSVP: The day before the group to 440-934-2417

19 Thursday

MEET-N-EAT – TWO BUCKS AVON

11:30AM



Wear your favorite football jersey and meet us for a pre-game lunch at Two Bucks; 36931 Detroit Rd, in Avon. The Browns take on the Cincinnati Bengals that night at 8:15PM on Prime Video. Enjoy award winning mac & cheese, munchies, salads, wings, pizza, burgers, etc. The restaurant will accommodate separate checks.

**This is not a bus trip – meet at the restaurant.*

Reservation deposit \$5/person payable in cash, which will be returned upon arrival at the restaurant.

Deadline: December 12. Space is limited.

January

6 Monday

UN-DECORATE THE HALLS

11:00AM

Help us un-decorate the halls (of the senior center) immediately following Silver Sneakers.

No need to RSVP – just show up!

7 Tuesday

HAPPY “NOON” YEAR

11:00AM

Let's ring in the “noon year” with a light breakfast and a (non-alcoholic) champagne toast. Patrick Janson will be here to entertain us with music.

Cost: \$10/person

Deadline: December 30

Sponsored by O'Neill Healthcare

9 Thursday

SWEET TALK WITH BOB

Effectively Managing Change

10:00AM

“Sweet Talk with Bob” is part of Far West Center's Senior Strong Program. Bob Piovarchy will present ways to manage challenges seniors face and identify healthy coping options. Sweet treats provided. Senior Strong's goal is to inform and increase awareness of challenges the older adult community faces, improve coping skills to better manage the stressors of aging, and to increase a sense of belonging and contribution in the community. Come and enjoy some educational information and a sweet treat to help improve your life and enhance your mental health.

Deadline: January 2

14 Tuesday

PIZZA & BINGO

12:00PM

What goes better with Bingo? PIZZA! Join us for a delicious lunch followed by Bingo. Lunch includes 2 slices of pizza, side salad and dessert.

Cost: \$10/person

Deadline: January 6

Events Calendar

16 Thursday

MANAGING ANGER

10:30AM



Group discussion facilitated by Staff Social Worker, Carrie Rae

RSVP: The day before the group to 440-934-2417

24 Friday

PODIATRIST

11:00AM

Dr. Hosking will be here for those wanting foot care.

Pre-registration REQUIRED.

Call Dr. Hosking's office at 440-282-1312.

27 Monday

NEWSLETTER FOLDING

1:00PM

Sponsored by Busch Funeral Home

February

4 Tuesday

NATURE PAM – YELLOWSTONE NATIONAL PARK

1:00PM

Nature Pam will take us on a journey with her program: Yellowstone: Hooves, Paws & Claws. Yellowstone has the largest concentration of mammals in the lower 48. Bison, elk, wolves, bears and bighorn sheep all reside there. Sign up to attend and find out more about the animals of Yellowstone. *Nature Pam includes photojournalism, personal experiences and historical facts in her slideshow presentations that explore our national treasures.*

Deadline: January 28

6 Thursday

SOUP-ER BOWL PARTY

11:30AM

Join us for a "Soup-er Bowl" lunch! We will have several soups available to sample, along with crackers, beverage and dessert

Cost: \$5/person

Deadline: January 30

12 Wednesday

PETER AND THE STARCATCHER

AT THE HANNA THEATER

9:00AM-12:30PM

Set sail to explore the Neverland you never knew with this Tony Award-winning prequel that charts a course through Peter's untold escapades. A dozen actors portray over 100 unforgettable characters in this high-flying adventure bursting with imagination and ingenious stagecraft. It is a humorous, heartwarming ride through ambition, yearning and the magic of friendship, where you will discover the boy who never grew up before he took flight. We will leave the senior center at 9AM sharp and return promptly after the show.

Cost: \$35/person

Deadline: January 9

Save the Dates:

February 25

BIRTHDAY CELEBRATION AND TRIVIA

March 27

TWELFTH NIGHT AT THE HANNA THEATER

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 or 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.**

Photos At Avon Senior Center Chili Luncheon





Avon Senior Center
36786 Detroit Road
Avon, OH 44011



Printed on paper from responsible sources.

Avon Senior Center Staff

Mayor	Bryan K. Jensen
Coordinator	Carmelina Suydam, MPA 440-934-2417 csuydam@cityofavon.com
Activity Planner	Karen Reppucci 440-934-6452 kreppucci@cityofavon.com
Transportation	Caryn Tovtin 440-934-7433 (RIDE) ctovtin@cityofavon.com
Receptionist	Sandy Palmieri 440-934-2417 spalmieri@cityofavon.com
Social Worker	Carrie Rae 440-934-7975 crae@cityofavon.com
Drivers	Mike Kerecz, Toni Konowal, Pam Kelly, Bob Broberg, Terri Griffore, Michele Richards
Event Set-Up	Michelle Wintrode
Trip Escort	Nancy Gelston

Freepik.com: Pointsetta, December Art, January Art, Christmas Tree, Musical Notes, Speech Bubbles

City of Avon

Avon Parks & Rec. Dept.	440-937-6106
Avon Senior Center	440-934-2417
City Hall	440-937-7800
Fire Dept.	440-934-1222 <i>Non-Emergency Line</i>
Police Dept.	440-934-1234 <i>Non-Emergency Line</i>
Service Department	440-937-5729
Utilities Department	440-937-5740



November 12 thru December 4, 2024

The City of Avon will be accepting donations on behalf of Toys for Tots
at the following locations:

Avon City Hall - 36080 Chester Road
Avon Police Department - 36145 Detroit Road
Avon Senior Center - 36784 Detroit Road

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is
to collect **new, unwrapped toys** each year, and distribute those toys as
Christmas gifts to needy children in the community in which the
campaign is conducted.

You can make a monetary donation as well. If writing a check, please
make it out to Marine Corps Toys for Tots Foundation. Remember your
donation is tax deductible.

Thank you!