

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, MSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



MARCH 2015

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator Message

Hello and Happy Spring to all my senior center friends! We're all looking forward to warmer weather and the change of season. Spring is such a beautiful time!

This month we have so much to celebrate! We have one of our seniors named Michael Manganiello, who plays Bridge, turning 100!! This is such a fantastic milestone, we're going to celebrate his birthday at the senior center on Thursday, March 5th. His actual birthday is March 7th. We are honored to have him in our senior center family. He served our country, was a school teacher, a principal, played sports— baseball, tennis, golf and he married a wonderful woman and has a super family!

March is National Social Work Month!! Please be sure to thank a social worker. We have 2 social work interns at the senior center. Nicole is a UCONN School of Social Work Graduate student and Jadin is a CCSU Undergraduate Social Work student. Both of our interns want to work with older adults and we are so happy to have them here!

Please remember that we have some exciting trips and fantastic classes. New program starting this month is Pickleball— check out our Recreation Brochure!! This is a good month to get started and enjoy! Woo! Hoo!!

We have some important programs this month such as ***Emergency Preparedness, Ask the Financial Planner, People's Bank, Intern Presentation and intern groups.*** We also have some fun programs such as our ***Spring Fling and Dress Down Day!!*** There is something for everyone. We look forward to seeing you!

Spring is nature's way of saying, "Let's party!"
~Robin Williams

It's spring fever. That is what the name of it is. And when you've got it, you want — oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so! ~Mark Twain

Respectfully, Jennifer Bennett, MSW

TRIPS

9/11 Museum, 9/11 Memorial & Circle Line Liberty Cruise: Sunday, April 12, 2015 - The 9/11 Memorial Museum honors the memory of those killed in the terrorist attacks of September 11, 2001 and the February 26, 1993 World Trade Center bombing. **Visit Times Square:** Times Square was named for the Times Building where the New York Times was Formerly headquartered. **Cost Per Person: \$104.00**

Hidden Gardens of Beacon Hill: Thurs., May 21, 2015
Tour Highlights- Admission to Gardens of Beacon Hill. Self-guided tour begins at Charles & Mt. Vernon streets at Charles & Chestnut streets. Individual maps provided & flags mark tour gardens. Leisure time for dinner and shopping at Quincy Market. **Cost Per Person: \$104.00**

National Baseball Hall of Fame: Sunday, July 26, 2015 - RT motorcoach transportation Admission to the Baseball Hall of Fame. The Baseball Hall of Fame's mission is to preserve history, honor excellence and connect generations. 1:30 pm Induction Ceremony at the Clark Sports Center Leisure time on Main Street Tour Director. **Cost per adult person: \$94.00, Cost per child under 13: \$84.00**

Travel arrangements by Silver Mill Tours. Pick up & drop off point is New Britain Commuter Lot— the lot opposite Target on Route 71 south of West Farms Mall.

Coins & Claws (Lobster & Casino) Tuesday, July 7, 2015 - Depart from your area en route to ABBOTT'S LOBSTER IN THE ROUGH in Noank, CT. After lunch, we will depart for MOHEGAN SUN CASINO. Upon arrival, you will receive a casino package including a food credit. **Cost Per Person: \$66.00**

Delaney House and the Scenic CT River! Tuesday, Aug. 26, 2015 - Today you will enjoy a delicious lunch at the elegant DELANEY HOUSE in Holyoke, MA. After lunch, relax and enjoy a leisurely RIVER CRUISE along one of the loveliest stretches of the Connecticut River. **Cost Per Person: \$91.00**

Schooner Sailing: Wednesday, Sept. 9, 2015 - Today we will travel northeast to picturesque GLOUCESTER, MA. After our luncheon, we will set sail on the 65-foot SCHOONER, the THOMAS E. LANNON, the first such ship in 50 years to be built at the Essex Shipbuilding Museum Shipyard in Essex, MA. **Cost Per Person: \$122.00**

Travel arrangements by Getaway Tours & Cruises. Pick up & drop off points TBD.

For Information & Reservations
Avon Senior Center 860-675-4355

MARCH EVENTS 2015

*Jennifer Bennett, MSW Avon Senior Center Coordinator
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Monday, March 2, 2015 "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Monday, March 2, 2015 at 2:30 p.m. "Technology Learning"

Alec, an Avon High School student will be here for Technology Learning. You can ask questions about the ipad, the computer, tablets, iphones and any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 3, 2015 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

Tuesday, March 3, 2015 at 12:30 p.m. "Emergency Preparedness"

Please join the Farmington Valley Health District (FVHD) & Jamie DiPace, Fire Marshal/Assistant Building Official/Emergency Management Director for the Town of Avon as they bring us an informational and educational presentation on Emergency Preparedness. This is one talk you do not want to miss! Come and learn to how to prepare and stay safe! Please call the senior center at 860-675-4355 to sign up.

Thursday, March 5, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 10, 2015 at 9:30 a.m.

"Wii Bowling Tournament Game"

Avon Aces Wii Bowling Team will be playing a Tournament Game in Avon against the Bristol Senior Center. Come and see the action! We're going to have so much fun! Do not forget to wear your t-shirt!

Thursday, March 12, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. Please call the senior center at 860-675-4355 to sign up.

Thursday, March 12, 2015 from 5:00pm-6:30pm "LGBT Discussion Group-Simsbury Senior Center"

An informal group for Lesbian, Gay, Bisexual and Transgender older adults to share ideas, discuss experiences and concerns and create community. Friends and family are welcome. Free, drop in. For more information, call the Center at 860-658-3273 & the Senior Center is located at 754 Hopmeadow Street, Simsbury, CT. The Simsbury Senior Center is committed to offering a safe and welcoming space.

Monday, March 16, 2015 at 2:30 p.m. "Technology Learning"

Alec, an Avon High School student will be here for Technology Learning. Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 17, 2015 at 12:30 p.m. "Intern Presentation"

Please join Jadin, CCSU social work intern as she discusses awareness, diversity and being open and welcoming to all. Please call the senior center at 860-675-4355 to sign up.

Wednesday, March 18, 2015 from 5:30-7:00 p.m.

"LGBT Elder Planning"

This program is a financial planning seminar contoured to the needs of the Adult LGBT Population. Diane Fisher is a Financial Planner, an Accredited Domestic Partnership Advisor and a member of the LGBT community. She and her business partner, Julie Beauchamp, who is also a Certified Financial Planner, will speak on a number of topics that will educate and empower you to plan for your future, while protecting yourself and your loved one(s). Topics to be covered will include (but are not limited to): Asset protection; Estate planning to protect your Domestic Partner or Spouse; minimizing taxation, etc. A light meal will be served. Seating is limited and although this "edu-dine" event is free of charge, reservations are necessary. Please identify any food allergies/sensitivities when you call. Confidential reservations can be made by calling the Canton Senior & Social Services office at 860.693.5811. This is an effort supported by the Avon & Simsbury Senior Centers, who also are committed to maintaining open and affirmative spaces for aging adults. The event is at the Canton Community Center (lower level of the building) 40 Dyer Ave, Canton.

Thursday, March 19, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. Please call the senior center at 860-675-4355 to sign up.

Thursday, March 19, 2015 at 12:30 p.m. "People's Bank"

Please join us for an informational and educational presentation on seniors and banking. We thank People's Bank for coming to the senior center to provide us with these helpful tips. Please call the senior center at: 860-675-4355 to sign up.

Friday, March 20, 2015 at 12:00 p.m., in Avon "Spring Fling"

Please join the Avon Senior Center & Canton Senior Center as we enjoy this special event together. We will celebrate the coming of warmer weather by having a Spring Fling! This event will be held at the Avon Senior Center. We will enjoy a delicious meal. Please pay \$3.00 when registering by Friday, March 13th. Older & disabled persons from ALL towns are welcome. We are so excited to celebrate SPRING!!! Please call the Avon Senior Center at 860-675-4355 to sign up or for information.

Monday, March 23, 2015 at 2:30 p.m. Technology Learning"

Alec, an AHS student will be here for Technology Learning. Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 24, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, intern as she runs this group. This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. Please call the senior center at 860-675-4355 to sign up.

Thursday, March 26, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. Please call the senior center at 860-675-4355 to sign up.



Thursday, March 26, 2015 at 2:30 p.m.

“Caregiver Support Group”

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

Friday, March 27, 2015 at 10:00 a.m. **“Ask the Financial Planner”**

Please join us for an informational and educational session. Come and “Ask the Financial Planner” with Michael Mezheritskiy, Founding Partner of Visionary Private Wealth Management Group. Michael is a true professional and very knowledgeable, so feel free to come with your questions. Please join us for a light breakfast as we get our questions answered. Please call the senior center at 860-675-4355 to sign up.

Monday, March 30, 2015 at 2:30 p.m. **“Technology Learning”**

Alec, an AHS student will be here for Technology Learning. You can ask questions about any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 31, 2015

DRESS DOWN DAY!!!!

Let’s celebrate Spring!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Tuesday, March 31, 2015 at 12:45 p.m.

“Story of My Life”

Please join Nicole, intern as she runs this group. This is a great time to talk about the past; the way things used to be & fun memories & times you had. Please call the senior center at 860-675-4355 to sign up.



Bridge– Tuesdays & Thursdays at 12:30 p.m.– Intermediate

Scrabble– Tuesdays at 1:30 p.m.

Shuffleboard– Wednesdays at 10:00 a.m.

Setback– Wednesdays & Fridays at 12:00 p.m.

Ping Pong– Fridays at 10:00 a.m.

Upcoming Movie Matinees at the Avon Public Library

IT'S YOUR MOVIE TIME

THURSDAYS at 1:30 in THE COMMUNITY ROOM

MARCH 05 - Mr. Smith Goes to Washington - (129 min)

MARCH 12- It’s a Wonderful Life - (130 min)

MARCH 19 - It Happened One Night - (105 min)

MARCH 26 - Laura - (87 min)

**AVON FREE PUBLIC LIBRARY IN PARTNERSHIP
WITH THE AVON SENIOR CENTER**

**281 Country Club Road
Avon, CT 06001
Tel: 860-673-9712**

Birthdays

March

Jim Martino 2nd
Barbara Martino 3rd
Joan Chaves 12th
James Glynn 18th
Marian Downey 19th
Peter Zikowitch 28th



Thinking Thursdays



Join intern Nicole for brain teasing fun!

Complete the Puzzle
Answer the Riddle
& Think outside the box!!

Every Thursday during lunch



2015 Winter/Spring Classes
(see dates & locations below)

Tai Chi for Seniors - Winter Spring Session II

Date(s) of Class: February 25, March 4, 11, 18, 25 April 1, 8

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Winter Spring Session I

Date(s) of Class: Feb. 25, March 4, 11, 18, 25, April 1, 8, 15

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Winter Spring Session I

Date(s) of Class: March 2, 9, 16, 23, 30, April 6

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

Low Impact Zumba

Date(s) of Class: Feb. 2, 9, 23, March 2, 16, 23, 30

Day(s), Time & Location: Mondays, 4:35 pm - 5:35 pm

Avon Senior Center

Drawing - Winter Spring Session II

Date(s) of Class: March 11, 18, 25, April 1, 8, 15

Day, Time & Location: Wednesdays, 10:00 am - 12:00 pm

Avon Senior Center

Mid-Tempo Spring Session

Date(s) of Class: 03/09/2015 - 5/18/2015

Day(s), Time & Location: MWF, 8:30 am—9:30 am

Avon Senior Center

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **March's** menu below:

TUESDAY		THURSDAY	
3	Orange-Pineapple Juice Chicken Brunswick Stew Parslied Boiled Potatoes Baby Carrots Dinner Roll Fresh Fruit	5	Beef Liver w/Sauteed Onions Mashed Potatoes Mixed Vegetables 100% Whole Wheat Bread Sliced Pears
10	Veal Parmesan Parslied Bowties Italian Blend Vegetables Club Roll Fresh Fruit	12	Cran-Apple Juice Roast Turkey w/Gravy Baked Potato Cranberry Sauce Peas & Pearl Onions Dinner Roll Chocolate Pudding w/Whipped Topping
17	HAPPY ST. PATRICK'S DAY Orange-Pineapple Juice Corned Beef Cabbage Parslied Baby Carrots Boiled Potatoes Mustard Rye Bread Special Dessert	19	Baked Ham w/Pineapple Maraschino Cherry Sauce Cut-Up Sweet Potatoes Spinach Wheat Dinner Roll Applesauce
24	Cran-Apple Juice Chicken Cacciatore Penne w/Marinara Sauce Broccoli Florets Italian Bread Pineapple Tidbits & Mandarins	26	Orange Juice Stuffed Cabbage w/Extra Tomato Sauce Mashed Potatoes Prince Edward Blend Vegetables Pumpnickel Bread Lemon Pudding Tart w/Whipped Topping
31	Corn Chowder Crabby Cake on Multi-Grain Roll Tater Tots Saltines Red/Green Cabbage Cole-slaw w/Shredded Carrots Tartar Sauce Fresh Fruit		

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



President - Arthur Atwood

• **Vice President, • Financial Secretary & Cheer- Marie Evans**

• **Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier**

• **Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez**

• **Programs – Helen M. Toth**

Senior Organization President's Message

"It is the first mild day of March, each moment sweeter than before.
There is a blessing in the air..."

William Wordsworth

As March arrives the last hurrah of winter and the first whisper of spring, slowly our spirits awaken, along with the natural world from a long winter's slumber.

I'm writing this in the middle of a snow storm and hoping that the snow will soon disappear. Branches that just a few days ago were bare now blossom with new growth. Deep within we feel feelings of hope. Has spring arrived? We'll see.

This month I look for the joyful simplicities of March:

- If you don't have them in your garden, bring home a bouquet of daffodils, now available at the super market or your favorite florist to brighten up your table.
- It's time for a spring walk, check out your back yard, or visit a nursery--get some bare branches for forcing. In my yard, there is forsythia, bare branches to force. Cut the ends sharply on a slant and place them in a variety of containers, or colorful bottles, pottery jugs and fill with tepid water. Place your branches in a sunny spot and wait for spring to arrive indoors.
- Celebrate St. Patrick's Day, March 17th. Wear green! Bake a loaf of Irish soda bread, and make a supper of corned beef and cabbage. Don't forget the potatoes and carrots. This year for St. Patrick's Day we will not have our traditional dinner. Instead we will have a lazy man's version of corned beef and cabbage. The price will be \$5. Don't forget to put on some traditional Irish music.
- Observe the Vernal Equinox on March 21 with a spring time dinner of salmon cakes, fresh asparagus and new potatoes.
- Gather pussy willows--we are all still young enough to walk in the woods to gather them. We hope!
- It's time for renewal, a fresh start for the New Year.

Now for a little humor:

An elderly gentleman pays a visit to a wizard to ask him to remove a curse that he has been living with for the past 40 years. The wizard tells him that he needs to know the exact words that were used when the curse was put on him in the first place. The old man replies without a moment's hesitation, "I now pronounce you Man and Wife"

Happy Spring Everyone!

Arthur

March 2015 – Program Schedule

Everyone is Welcome – Reservations Recommended

- March 2nd** **10:30 – Board Meeting**
Noon – Pizza & salad
Dessert
Bingo
- March 9th** **Noon – Complementary Luncheon**
provided by Anne Boychuk from
the Residence at Brookside.
Seasonal chicken & vegetables,
Salad and Dessert
Reservations are limited to first 50.
Please call 860-225-7124.

Topic: Living with Arthritis: Staying active, fit and functional.

Guest Speaker: David Santoro from the Bone and Joint Institute of Hartford Hospital will give an overview of arthritis, diet, medication and exercise tips to maximize function and wellness.

- March 16th** **Brown Bag Lunch**
Dessert will be provided
Bingo

- March 23rd** **Noon – St. Patrick's Day Pot Luck**
Lunch
Birthday Cake

Entertainment provided by Pierce Campbell renown Irish Singer / Performer.

- March 30th** **Noon – Kielbasa and Sauerkraut**
Dessert

Entertainment: Helen Flanagan Dancers... comprised of 16 dancers will be here to entertain us.

Craft Fair / Tag Sale update:

CRAFTERS WANTED: Senior Citizens of Avon Organization will sponsor a Craft and Tag Sale on April 25, 2015 from 9 a.m. to 2 p.m. at the Avon Senior/Community Center. For additional information and reservations, please call 860-404-5436 or 860-225-7124.

Coming up in April:

- Easter Dinner – David Eberly, pianist will entertain us.
- Guest speaker: Detective Jason Reid, Avon Police Department will provide fraud and safety guidelines to help you stay safe.
- Avon Middle School students under the direction of Tom Kawiecki will be here to entertain us with musical arrangements.

MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:30 Senior Organization Board Meeting 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	9:00 Billiards 10:00 Wii Bowling 11:00 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Emergency Preparedness 12:45 Story of My Life 1:30 Scrabble	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 ipad 6:00 Zumba- CSP	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning	9:00 Billiards 9:30 Wii Bowling Tournament Game 12:00 CRT Lunch 12:30 Bridge 1:00 Wii Bowling 1:30 Scrabble	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 ipad	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library 5:00 LGBT Discussion Group-Simsbury Senior Center	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Intern Presentation 1:30 Scrabble	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 ipad 5:30 LGBT Elder Planning 6:00 Zumba- CSP	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 People's Bank 1:30 Movies at Library	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 12:00 Spring Fling
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 ipad 6:00 Zumba- CSP	9:00 Billiards 10:00 Wii Bowling 10:00 Ask the Financial Planner 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 Ask the Financial Planner 12:00 Setback
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	DRESS DOWN DAY!!!! 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble			SOCIAL WORK PAVES THE WAY FOR  <i>change</i>

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Avon Senior Center



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