

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, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



SEPTEMBER 2015

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

Senior Center Coordinator Message

Happy *Senior Center Month*!!!! The theme is "Celebrate LIFE at your Senior Center! So, get ready!

We have so many things going on this month & we're so excited to share them with you! You are the reason that we have this fabulous senior center & you are amazing in the ways that you Celebrate Life!

New programs alert– Wood Carving!!!! Check it out on Fridays at 1:00 p.m. Senior Soccer Skills in the morning at Sycamore Park, see the Recreation Brochure or ask us!!! We have Drawing & Acrylic Painting classes along with Chair Yoga!!!! So many ways to be creative, stay healthy & celebrate life.

We have a new intern starting this month!! Christina is a UCONN School of Social Work graduate student. Let's be sure to welcome her. We love having interns & we look forward to meeting her. "Big Ups!"

I hope everyone enjoyed their summer, the weather, the food, friends & family. We had a great time this summer!! We had delicious ice cream sodas, fun games, lots of laughs & fantastic fun!! Thanks to all who come to the senior center and make it the sparkling place it is. We appreciate you! Enjoy this month at Avon Senior Center!

LIFE– Celebrate it!!!

L= Learning– expand your knowledge

I= Independence– live on your terms

F= Friends– enjoy life, laughter & feeling connected

E= Energy– discover health & vitality

celebrate life

*Everyone
smiles in
the same
language*

Respectfully, Jennifer Bennett, LMSW



Our national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging.

Since then, thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations have declared Senior Center Week. In 1985, NISC (National Institute of Senior Centers) was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as Senior Center Month to give centers greater flexibility in scheduling celebratory events.



**SAFETY
FIRST**
UNDER
CONSTRUCTION



Please be careful, take it easy, look at road signs, go slow & pay attention while driving around the area. There is a lot of road construction and work being done. Please stay safe. Starting in September, there will be Water Main Work on West Avon Road. You may want to seek alternate routes to get to the senior center. Thank you for your patience & understanding during this time.

SEPTEMBER EVENTS 2015

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary
860-675-4355

Happy Senior Center Month!!!

Tuesday, September 1, 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 have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, September 1, 2015 at 12:15 p.m. “FV VNA Flu Talk”

Farmington Valley VNA will be giving a Flu Talk in preparation of the Flu Clinic at the end of the month. Join us for this informative talk. You can come, get your blood pressure taken and then listen to the talk. What a great way to take care of your health! If you have any questions, please feel free to call the senior center at 860-675-4355.

Wednesday, September 2, 2015 at 10:00 a.m. “Shuffleboard”

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Friday, September 4, 2015 at 1:00 p.m. “Wood Carving”

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

Monday, September 7, 2015

CLOSED FOR LABOR DAY HOLIDAY

Wednesday, September 9, 2015 at 10:00 a.m. “Shuffleboard”

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, September 9, 2015 at 12:00 p.m.

“Lunch & Learn”

Home Helpers of Farmington Valley will be sponsoring a Lunch and Learn on Parkinson’s disease. Come join us for lunch and we will present an overview of Parkinson’s disease (PD) with these main topics: Symptoms of PD, what groups are primarily at risk, environmental factors that can lead to PD, the progression of PD and how to effectively manage the symptoms. We look forward to seeing you there. Please call the senior center at 860-675-4355 to sign up.

Thursday, September 10, 2015 at 12:30 p.m. “Trip Slideshow”

Tracey from Collette Tours will be here to unveil & reveal a slideshow for a fantastic trip that the senior center will be taking in the spring. The trip is “Canyon Country” featuring Arizona & Utah. Join us for this amazing sneak peek into our upcoming travel plans. This is going to be so exciting. You don’t want to miss it! Please call the senior center at 860-675-4355 to sign up.

**Thursday, September 10, 2015 from 2-4 p.m. in Avon
“SNAP Outreach”**

End Hunger CT! will be at the Avon Senior Center on Thursday, September 10th from 2-4 for SNAP Outreach. Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is the nation’s first defense against hunger. SNAP gives people a monthly benefit, via an Electronic Benefit Transfer card (EBT); that is used to purchase food. Many farmers markets around the state accept SNAP. This program provides more substantial nutrition assistance to children than all child nutrition programs combined. End Hunger CT! SNAP outreach project is funded through grants from the AARP Foundation, Walmart Foundation, FRAC and the USDA Food and Nutrition Service. Please call the Avon Senior Center for an appointment at 860-675-4355.

What You Need to Bring

1. Picture ID: Driver’s license, Passport, any Photo ID
 2. Four recent paystubs if weekly 2 if biweekly
 3. Proof of Address: Lease, Living Arrangement Letter
 4. Utility Bills: Gas, Light, Water, Oil
 5. If you are over 60 you have to bring medical expense records
- You also need to know all of the social security numbers of those in your household.

This SNAP Outreach program will be held every month starting in August in Canton, September in Avon & rotating back and forth between the two senior centers every month. We are so pleased to be able to offer this to our communities. We thank End Hunger CT!, Canton Senior & Social Services & the Avon Senior Center for this fantastic collaboration.

Friday, September 11, 2015 at 1:00 p.m. “Wood Carving”

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

Tuesday, September 15, 2015 DRESS DOWN DAY!!!!

Let’s celebrate *Senior Center Month!!!* 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!!!! We enjoyed the fun last time we did this, so come and let us see your t-shirt.

Wednesday, September 16, 2015 at 10:00 a.m. “Shuffleboard”

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, September 16, 2015 at 12:00 p.m.

“Lunch & Learn”

KSY Home care will be back for another informational and educational presentation relating to older adults. They will also be providing us with a light lunch. We enjoyed them the last time they came and wanted them to come back. Come by and Lunch & Learn! Please call the senior center at 860-675-4355 to sign up.

Wednesday, September 16, 2015 from 6:30-8:00 p.m.

at the Library

“MEDICARE 101”

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Please sign up early! Classes are limited to 30 people. This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up.

Friday, September 18, 2015 at 1:00 p.m. “Wood Carving”

Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. Please call the senior center at 860-675-4355 to sign up.

**Friday, September 18, 2015 from 1:00-2:30 p.m. at Library
“MEDICARE 101”**

This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up.

Sunday, September 20, 2015 “Alzheimer’s Memory Walk”

The Alzheimer’s Association Walk to End Alzheimer’s® is the world’s largest event to raise awareness for Alzheimer’s care, support and research. Together, we can end Alzheimer’s disease, the nation’s sixth-leading cause of death. Registration 9:00am, Ceremony & Walk 10:00am, Walk Ends 12:00pm, Route Length: 2 miles, Bushnell Park Hartford, CT 06103.

Tuesday, September 22, 2015 from 10:30-12:00 “Flu Clinic”

The Farmington Valley VNA will be holding a Flu Shot Clinic at the Avon Senior Center on Tuesday, September 22, 2015 from 10:30 a.m. – 12:00 p.m. Please call the Farmington Valley VNA at 860-653-5514 for information or to sign up for an appointment.

Wednesday, September 23, 2015 at 10:00 a.m.

“Shuffleboard”

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, September 23, 2015 at 12:00 p.m.

“Lunch & Learn”

Join us for another spectacular Lunch & Learn during Senior Center Month!! This is free and open to the public. Please call the senior center at 860-675-4355 to sign up.

Thursday, September 24, 2015 from 2:30-7:30 p.m.

“LGBT Moveable Senior Center”

The LGBT Moveable Senior Center is a pilot partnership among five Senior Centers- Avon, Bloomfield, Canton, Newington & Simsbury. Each month, a Center will host the “LGBT Moveable Senior Center” day of programming. Over the course of some 5 hours we will have a meal, entertainment, choices of programs or activities, and provide information & services. The programs will be different at each Center but will follow a similar format organized around the Senior Center theme of “mind, body & spirit.” A 2015 grant to Connecticut Community Care, Inc. (CCCI), from the The John H. and Ethel G. Noble Charitable Trust administered by Deutsche Bank Trust Company, N.A. helps to support these efforts. The LGBT Moveable Senior Center is one of the funded initiatives included in the CCCI project “Getting it Right: Creating an LGBT Responsive Organization”. The goal of this project, undertaken in collaboration with LGBT Aging Advocacy, a grassroots group of providers and LGBT community members in the Greater Hartford area, is to advocate for and provide resources to help create LGBT inclusive aging services. LGBT (Lesbian, Gay, Bisexual, Transgender) elders & Allies from all CT towns are welcome to this free program. Please call the senior center at 860-675-4355 to sign up.

Thursday, September 24, 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, September 25, 2015 at 1:00 p.m. “Wood Carving”

Please call the senior center at 860-675-4355 to sign up.

Friday, September 25, 2015 from 11:30-1:30

“Coffee House- Senior Center Month Celebration”

Join us for coffee, finger foods, goodies, treats and music as we celebrate *Senior Center Month!!* This event is free and open to the public. Please RSVP so we can reserve you a space. We’re so excited to share this special festivity with you and recognize our fabulous senior center! Please call the senior center at 860-675-4355 to sign up.

Saturday, September 26, 2015

AVON DAY

Come and enjoy yourself at Avon Day!!! Come & say hello to the Senior Center Staff, enjoy delicious food from area restaurants and gather information. This is your chance to learn about Avon and have some fun. You can park at the senior center and a shuttle will bring you to the event. You will get front-door service!!

Saturday, September 26, 2015 at 7:00 p.m. Senior Center

One Square in Avon’s Heritage Quilt History

The Derrin Family of West Avon, a lecture series

The first lecture entitled “Early Settlers in Nod/Northington” will be presented by Lisa Johnson, Executive Director of the Stanley Whitman House museum in Farmington. Mrs. Johnson will discuss the early settlers in Farmington who pastured their livestock and grew crops in Nod/Northington and their eventual migration and settlement in what would become Avon. Many of the original settler family names can still be found today in our town such as Woodford, Thompson, etc. The Derrin family originally emigrated from England and came to Guilford, New Haven County, in the 1600s. Descendants then migrated north into Farmington (of which Avon was a part of) and remained in our town until the 1940s as successive generations continued on to other states. Please call the senior center at 860-675-4355 to sign up.

Tuesday, September 29, 2015 from 11:45-1:30 at Arden

Courts of Avon “Active Healthy Living”

Join us to learn how to experience optimum health! The panel of experts will present great topics to get you there! Topics include: Active Mind, Healthy Brain- Jose, Program Director, Arden Courts of Avon; Healthy Cooking for Seniors: Nancy, Culinary Director, Arden Courts of Avon; The Importance of Seniors and Socialization: Jennifer, Avon Senior Center Coordinator; Benefits of Senior Fitness: Tonya, Health-trax. A delicious complimentary lunch will be served. This program is sponsored & hosted by Arden Courts of Avon in collaboration with the Senior Center. Please call the senior center at 860-675-4355 to sign up.

Wednesday, September 30, 2015 at 10:00 a.m.

“Shuffleboard”

Please call the senior center at 860-675-4355 to sign up.

2015 Summer / Fall Classes
(see dates & locations below)

Acrylic Painting - Fall Session I

Date (s) of Class: September 18, 25, October 2, 9
Day, Time & Location: Fridays - 10:00 am to 12:00 pm

Avon Senior Center

Drawing - Fall Session I

Date (s) of Class: September 2, 9, 16, 23, 30, October 7
Day, Time & Location: Wednesdays - 10:30 am to 12:00 pm

Avon Senior Center

Tai Chi for Seniors - Summer Session II

Date (s) of Class: August 19, 26, September 2, 9, 16, 23
Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Summer Session II

Date(s) of Class: August 19, 26, September 2, 9, 16, 23
Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Summer Session II

Date(s) of Class: August 17, 24, 31, September 14, 21, 28
Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

Zumba - Low Impact Session I

Date(s) of Class: September 21, 28, Oct. 5, 19, 26, Nov. 2
Day, Time & Location: Mondays - 4:30 pm to 5:30 pm

Avon Senior Center

Mid-Tempo Summer Session

Date(s) of Class: 06/01/2015 - 09/28/2015
Day(s), Time & Location: M/W 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 **September's** menu below:

TUESDAY		THURSDAY	
1	Orange Juice Frankfurter on Frankfurter Roll Baked Beans Red/Green Cabbage Cole-slaw w/Shredded Carrots Mustard/Ketchup/Relish Fresh Orange	3	Roast Beef w/Gravy Mashed Sweet Potatoes Broccoli Normandy Wheat Dinner Roll Sliced Pears
8	Apple Juice Buttercrumb Fish Filet Mashed Potatoes Beets 100% Whole Wheat Bread Vanilla Pudding w/ Whipped Topping	10	Roast Turkey w/Gravy Corn Bread Stuffing Cranberry Sauce Mixed Vegetables Dinner Roll Fresh Orange
15	Roast Chicken Quarter w/ Broth Rice Pilaf Whole Baby Carrots Oatnut Bread Mixed Fruit	17	Grape Juice Grande Cheese Ravioli w/ Tomato Sauce Tossed Salad Greens w/ Tomatoes/Cucumbers Italian Dressing 100% Whole Wheat Bread Sliced Peaches over Pound Cake w/Whipped Topping
22	Grape Juice Tony's Individual Supreme Pizza Cucumber/Tomato & On- ion Salad Saltines Fresh Fruit	24	Orange Juice Seafarer Seafood Salad on Croissant Baked Sweet Potato Lettuce Fresh Fruit
29	Beef Vegetable Soup Eggplant Roll-Up w/Marinara Sauce Rotini w/Tomato Basil Sauce Mixed Vegetables Club Roll Cookie		

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

GUTEN TAG and WILLKOMMEN my fellow Seniors – It's good to be back after a long, hot Summer. Our first big event will be our ANNUAL OKTOBER-FEST when we will have a BAVARIAN FEAST including music WEIN & BIER. The event will take place on Monday, September 28, 2015, at 12 noon. Donation will be \$10.00. The menu will include Knockwurst, Red Cabbage, Hot German Potato Salad, Carrots, Applesauce, German Chocolate Cake and Ice Cream.

We ask you to call in your RESERVATIONS and BUY YOUR TICKETS EARLY. We must have an accurate count of people attending – walk – ins are discouraged. This will be one of our biggest events and we want everyone to take part. PLEASE CALL IN YOUR RESERVATIONS EARLY! Back by popular demand is, JOHN BANKER the accordionist who will serenade us with music and song. You don't want to miss this event.

The Board of Governors met in August and decided to add Movies to our entertainment schedule. Attendance at some of the lunch / meetings has been low so we will have fewer paid entertainers each month. Also, we were concerned about people leaving as our entertainers are performing. Please don't do this out of courtesy to the performer.

The board has also established a new KATIE RUEZ SCHOLARSHIP. Thank you, Katie for donating monies for this special cause. If you wish to donate, please be sure your check reads: SENIOR CITIZENS OF AVON

That's all folks, looking forward to seeing you at our OKTOBERFEST Celebration on the 28th of September.

Eien Prosit,
Arthur

September 2015 – Program Schedule *Everyone is Welcome – Reservations Recommended*

September 7th Labor Day – Center Closed

**September 14th 10:30 Board Meeting
Noon – Pizza & salad
Dessert
Bingo**

**September 21st Noon – Meatball Grinder
Dessert**

Movie – Anne of Green Gables – Based on the international best-selling novel. Filmed amidst the spectacular scenery of Prince Edward Island, Canada, this award winning movie follows the enchanting life of orphan Anne Shirley from her struggles as an adolescent to her triumphs as a young woman.

**September 28th Noon - Oktoberfest
Knockwurst, red cabbage
& German potato salad
Birthday cake & ice cream**

German Oktoberfest with John Banker who will be dressed in an authentic Lederhosen presenting German Folk music combined with traditional songs and lots of Polkas. John performs on tuba, trumpet and accordion. Highlights include selections on Alpine Bells and solos on a 12 ft. Alpenhorn from Switzerland. Songs are performed in German, Polish and English with audience participation.

Coming up in October:

Anniversary Dinner...Entertainment provided by The Bennett Family featuring an eleven member ensemble who will play hand bells, accordion, brass and wind ensemble, trombone, cello and piano.

Ray and Diane Bennett and their nine children have performed for over ten years and participated in many concerts and parades in the local area.



Come Out and Connect!

Avon Senior Center, along with 4 other Senior Centers in the state, received grant funding to provide & promote LGBT (Lesbian, Gay, Bisexual, Transgender) focused programming. The "Moveable Senior Center" concept was born & every month each Senior Center will have a full day of programming & events geared toward older adults who identify as LGBT that is completely grant funded. Specific program details will follow. Call Jennifer at 860-675-4355 with questions.



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 Avon Free Public Library

Tuesdays at 1:30 in the community room

Father of the Bride (1950) - 92 min.
September 17th

All of Me (1984) - 93 min
September 24th

Rear Window (1954) - 112 min.
October 1st

AVON FREE PUBLIC LIBRARY IN PARTNERSHIP WITH THE AVON SENIOR CENTER
Tel: 860-673-9712
281 Country Club Road, Avon, CT 06001

Birthdays

September

Peggy Zikowitch 1st
Elizabeth Wolff 6th
Mary Fregeau 14th
Barbara Schicker 21st



Adirondack Hot Air Balloon Festival: Friday, Saturday, Sunday, Sept. 18 thru 20 - Experience the hot air balloon launch from the Floyd Bennett Memorial Airport, Queensbury, NY. The opportunity to view the launching of numerous multicolor balloons is so unique – you won't want to miss it!

Includes round trip motor coach transportation, 2 nights at the Clarion, Lake George, 2 breakfasts at the hotel, The Festival, a lunch cruise on the Lac du Saint Sacrement and a Lake George tour with a local guide.
Cost per person: \$424.00 Triple/Quad, \$434.00 Double, \$574.00 Single, \$314.00 Child/w/adults

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.

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**

Naugatuck Valley Railroad & Carousel Museum - Tuesday, October 13, 2015 - All Aboard! We will depart from your area this morning, en route to the historic NAUGATUCK VALLEY RAILROAD train station in Thomaston, CT. Upon arrival, you may briefly visit the Railroad Museum and Gift Shop. We will then board a train featuring vintage passenger coaches with warm and comfy seating. We'll take a leisurely ride showcasing the beautiful fall foliage in the Naugatuck Valley. Sit back, relax, and enjoy the scenery. **Cost per person: \$94.00**

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

Information & Reservations- senior center at 860-675-4355

SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Billiards 1 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:15 Flu Talk 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble	8:30 Mid Tempo 2 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 3 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	8:30 Mid Tempo 4 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Woodworking
7 CENTER CLOSED FOR LABOR DAY	9:00 Billiards 8 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble	8:30 Mid Tempo 9 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 10 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Trip Slideshow 2:00 SNAP	8:30 Mid Tempo 11 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Woodworking
8:30 Mid Tempo 14 Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – CSP	9:00 Billiards 15 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble DRESS DOWN DAY	8:30 Mid Tempo 16 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP 6:30 Medicare at Library	9:00 Billiards 17 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	8:30 Mid Tempo 18 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Woodworking 1:00 Medicare at Library
8:30 Mid Tempo 21 Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC 4:30 Low Impact Zumba – ASC	9:00 Billiards 22 10:00 Wii Bowling 10:30 Flu Clinic 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	8:30 Mid Tempo 23 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold– CSP	9:00 Billiards 24 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:30 LGBT Moveable Senior Center 2:30 Caregiver Support Group	8:30 Mid Tempo 25 9:30 Billiards 10:00 Ping Pong 11:30 Senior Center Month Celebration 12:00 Setback
8:30 Mid Tempo 28 Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC Low Impact Zumba – ASC	9:00 Billiards 29 10:00 Wii Bowling 11:45 Active Healthy Living– Arden Avon 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	8:30 Mid Tempo 30 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards		

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Avon Senior Center



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