

# AVON SENIOR CENTER

635 WEST AVON ROAD  
AVON, CONNECTICUT 06001  
860.675.4355

*Jennifer Bennett, LMSW Avon Senior Center Coordinator*  
*Elizabeth Shaffer, Administrative Secretary*



**JUNE 2019**

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

## Senior Center Coordinator's Message

Happy June! We are all so excited for this month because the weather is sunny and nice. Woo! Hoo!!

Our Summer Classes start this month and we have some new offerings: Poetry for Adults and EFT (Emotional Freedom Technique)! We still offer Tai Chi, Chair Yoga & Zumba. Join us for our classes!

Trips— we have some fantastic day, overnight, international and destination places! Read all about it and sign up!

Thank you to our high school volunteers for another great year of volunteering. We appreciate everything that you did at the senior center! We wish you well in your future.

Avon Senior Center & Avon Library continue with our Mental Health series and the topic this month is Dementia. Read the newsletter for all of the information and mark your calendars!

Avon Senior Center & Avon Historical Society are co-sponsoring a presentation by retired state archaeologist and author, Nick Bellantonio! He's presented here before to a large crowd and you do not want to miss out!

Thank you for coming to the senior center and participating in our programs. This month, we say goodbye to another fiscal year. It has been a fantastic year for the senior center. We have had great programs and we're going to have many more.

Come and see our new stove and renovated pool/billiards table! We are so pleased with new and updated items at the senior center! We look forward to seeing you here!

*Take care,*  
*Jennifer Bennett, LMSW, CDP*



June 15, 2019 is **World Elder Abuse Awareness Day!**  
Let's protect our older adults!



My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. ~Maya Angelou

Happiness is not something you postpone for the future; it is something you design for the present. ~Jim Rohn

Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but embrace it.  
~Kevyn Aucoin



## JUNE EVENTS 2019

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Elizabeth Shaffer, Administrative Secretary  
860-675-4355

### Monday, June 3, 2019 from 9:15-10:15 a.m. "TJQMBB"

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for older adults. Avon Senior Center is part of a Senior Center Collaboration with CCC (CT Community Care) & the CT Healthy Living Collective that received a NCAAA (North Central Area Agency on Aging) Grant for the program.

### Tuesday, June 4, 2019 "Thankful Tuesdays!"

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

### Tuesday, June 4, 2019 from 11:30-1:30

Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar Screening today.

### Tuesday, June 4, 2019 at 11:45 a.m.

#### "RBS Visit- Craft, Lunch & Bingo"

Mrs. Wall's 4<sup>th</sup> Grade Class from Roaring Brook School will be here today to craft with us, enjoy lunch & play Bingo! This is free, open to the public and sign up is needed. Please call the Senior Center at 860-675-4355 to sign up.

### Tuesday, June 4, 2019 at 12:00 p.m. "Summer Lunch"

We will enjoy a special summer lunch today! There will be NO CRT LUNCH today. This lunch will be free and open to the public. Please sign up for lunch to reserve your spot!

### Tuesday, June 4, 2019 at 1:00 p.m.

#### "It's Time to Talk- Moving Forward on Your Own"

It's Time to Talk: a Two Part Series on Aging and End-of-Life Conversations. Moving Forward on Your Own is a program for the widowed, couples, families and friends. Part 2 discusses financial planning issues and getting your affairs in order. Please call the senior center at 860-675-4355 to sign up. Sponsored by the FVHD (Farmington Valley Health District) and will feature one of our former interns named Laura.

### Wednesday, June 5, 2019 at 10:30 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, June 5, 2019 from 1-3 p.m. "Crafty Crew"

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects & if you do not have a project, we do & we can help! We do have donations of yarn and you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

### Thursday, June 6, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Thursday, June 6, 2019 "Thinking Thursdays"

Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to "think" and work your brain muscles by completing the challenges!

### Friday, June 7, 2019 at 1:00 p.m. "Pocket Billiards"

Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here every Friday to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He's received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

### Friday, June 7, 2019 at 1:00 p.m. "Adult Coloring"

We have the supplies, you just bring yourself and a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing and inspirational program. Please call the Senior Center at 860-675-4355 to sign up.

### Monday, June 10, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Monday, June 10, 2019

#### "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 2nd 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, June 10, 2019 from 11:30-1:30

Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar Screening today.

### Tuesday, June 11, 2019

#### "Thankful Tuesdays!"

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

### Tuesday, June 11, 2019

#### "Birthday Cake to Celebrate Birthdays!"

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people who celebrate a birthday this month.

### Wednesday, June 12, 2019 at 10:30 a.m. "Shuffleboard"

### Wednesday, June 12, 2019 from 1-3 p.m. "Crafty Crew"

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects & if you do not have a project, we do & we can help! We do have donations of yarn and you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

### Thursday, June 13, 2019

#### "Thinking Thursdays"

### Thursday, June 13, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Friday, June 14, 2019 at 1:00 p.m.

#### "Pocket Billiards"

### Friday, June 14, 2019 at 1:00 p.m.

#### "Adult Coloring"

### Monday, June 17, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Tuesday, June 18, 2019

#### "Thankful Tuesdays!"



## JUNE EVENTS 2019

### Tuesday, June 18, 2019 at 12:30 p.m.

CRIS (Connecticut Radio Information System) will explain who they are, what they do and how they can help. Thanks to a grant that CRIS received, Avon Senior Center was able to get a free CRIS Radio for the center. As an accessibility provider for people with print disabilities, CRIS created The CRIS Technology Resource Guide, available in many different formats. This will be explained as well during the presentation. Please call the Senior Center at 860-675-4355 to sign up.

### Wednesday, June 19, 2019 at 10:30 a.m. "Shuffleboard"

### Wednesday, June 19, 2019 from 1-3 p.m. "Crafty Crew"

### Thursday, June 20, 2019 "Thinking Thursdays"

### Thursday, June 20, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Friday, June 21, 2019 at 1:00 p.m. "Pocket Billiards"

### Friday, June 21, 2019 at 1:00 p.m. "Adult Coloring"

### Monday, June 24, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Tuesday, June 25, 2019 "Thankful Tuesdays!"

### Tuesday, June 25, 2019 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, June 25, 2019 at 6:30 p.m.

### "Dementia: what you need to know"

Dementia: what you need to know is presented by Amina Weiland, CDP, CDCP, certified dementia practitioner and resource coordinator, Hartford Health Center for Healthy Aging. Did you know there are 62 kinds of dementia? Alzheimer's is just one type. This presentation will define dementia, identify the warning signs, explain why it is not part of normal aging, share communication techniques, and define what encompasses Alzheimer's. Caregivers are encouraged to attend this presentation. This program will be held at the Avon Senior Center. This program is part of the Take Care of yourself: a series of community conversations and training that promote good mental health that is co-sponsored by Avon Free Public Library and Avon Senior Center. This project is funded in part by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under the Cooperative Agreement Number UG4LM12347 with the University of Massachusetts Medical School, Worcester.

### Wednesday, June 26, 2019 at 10:30 a.m. "Shuffleboard"

### Wednesday, June 26, 2019 from 1-3 p.m. "Crafty Crew"

### Thursday, June 27, 2019 "Thinking Thursdays"

### Thursday, June 27, 2019 from 9:15-10:15 a.m. "TJQMBB"

### Thursday, June 27, 2019 at 7:00 p.m.

### "The Long Journeys Home- Author Nick Bellantoni"

*The Long Journeys Home: The Repatriations of Henry 'Ōpūkaha'ia and Albert Afaia of Hawk: The moving stories of two Indigenous men and their repatriations* presented by author Nick Bellantoni. Henry 'Ōpūkaha'ia (ca. 1792—1818) and Itankusun Wanbli (ca. 1879—1900) lived almost a century apart & came from different Indigenous Nations — Hawaiian and Lakota. Yet the circumstances of Western imperialism that led them to leave their homelands & come to Connecticut where they died & were buried have striking similarities. In 1992 & 2008, descendant women had visitations that their ancestors wished to "come home" & started the repatriation process. CT state archaeologist Nick Bellantoni oversaw the archaeological disinterment & forensic identifications in returning these men to their respective Native families. *The Long Journeys Home*, published in September 2018, chronicles these significant stories as examples of the wide-reaching impact of colonialism & the resurgence of Hawaiian & Lakota cultures. Books-available for purchase & signing. Refreshments served. Event-free of charge. Co-sponsored by the Avon Senior Center & Avon Historical Society and held at the Avon Senior Center.

### Friday, June 28, 2019 at 1:00 p.m. "Pocket Billiards"

### Friday, June 28, 2019 at 1:00 p.m. "Adult Coloring"

## TRIPS

Riding through the Times in Newport, Thursday, July 11  
\$120.00 per person

The Real Quebecois, August 26-30  
\$1080.00 per person, double occupancy

Blossoms and Butterflies, Deerfield, MA, Tuesday, Sept. 3  
\$110.00 per person

Lake George, September 13-15  
\$489.00 per person, double occupancy

Vine to Wine, October 1  
\$101.00 per person

For information, please call the senior center at 860-675-4355.



**Card Group**

During July & August the 3-13 card group will meet on Monday & Tuesday at 1 p.m. New players are always welcome & the game is easy to learn. Come join us!



**Writing Group**  
**Tuesdays 10:30 a.m.**  
**Craft/Pool Room**  
**Avon Senior Center**  
**No Experience Necessary**  
**Join us!**

Mah Jongg group looking for new players. Beginners welcome. Meets Mondays at 10:00 a.m. For more information please call the senior center at 860-675-4355.



### Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to people & animals in need. If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



## SUMMER CLASSES

### Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center  
June 26 - August 28 \$61.00 (\$54.90 Senior)

### Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park  
June 24 - August 26 \$66.00 (\$59.40 Senior)

Wednesdays, 6:00-7:00 p.m. - Countryside Park  
June 26 - August 28 \$66.00 (\$59.40 Senior)

### Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center  
June 21 - August 23 \$67.00 (\$60.30 Senior)

### Poetry for Adults

Wednesdays, 10:00-11:30 p.m. - Senior Center  
July 10-August 7 \$105.00 (\$94.50 Senior)

### Emotional Freedom Technique

Fridays, 11:30-12:30 p.m. - Senior Center  
June 14 - July 26 \$86.00 (\$77.40 Senior)

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

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

### Bridge Players Wanted

Bridge group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.



### Open Yale Courses Thursdays, 1:00 p.m.

**Open Yale Courses** provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

Now showing: **The Civil War and Reconstruction Era, 1845-1877.** This course explores the causes, course, and consequences of the American Civil War, from the 1840s to 1877. No registration necessary; drop in any week to hear a lecture in this series.

### 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 \$9.89 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 menu below:

TUESDAY		THURSDAY	
4	NO CRT LUNCH  Avon Senior Center Summer Lunch Free & Open to the public	6	Vegetable Soup Hot Dog / Hot Dog Roll Vegetarian Baked Beans Red, Green, Purple Cabbage Coleslaw Home Baked Cookie
11	Orange Juice Macaroni & Cheese Stewed Tomatoes / Wheat Dinner Roll / Fruit Cocktail	13	Fish Florentine Brown & White Rice Broccoli Normandy Whole Grain White Bread Fresh Banana
18	Corn Chowder Tuna Salad On a Whole Grain Roll / Coleslaw / Potato Wedges / Ketchup Peaches	20	Roasted Turkey w/ Gravy / Mashed Sweet Potatoes / Peas & Diced Carrots / Cranberry Sauce / 100 % Whole Wheat Bread / Pineapple Tidbits
25	Spring Vegetable Soup / BBQ Pulled Pork on Whole-Grain Bun / Red, Green, Purple Cabbage Cole-slaw / Sweet Potato Wedges / Fresh Orange	27	Beef Vegetable Soup Grande Cheese Ravioli w/ Marinara Sauce Capri Vegetables / Ritz Crackers / Pineapples & Mandarins



Mah Jongg- Mondays at 10:00 a.m.—Beginners & Intermediate  
Bridge - Tues. & Thurs. at 12:30 p.m.—Intermediate  
Card Group - Tuesdays at 1:00 p.m.  
Scrabble - Tuesdays at 1:00 p.m.  
Knitting—Wednesdays at 1:00 p.m.  
Setback - Wednesdays & Fridays at 1:00 p.m.

# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



**\*President & Cheer– Marie Evans**

**• Vice President, & Programs– Helen M. Toth**

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

**• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez**

Message from the Board of Directors . . .

As you know the Organization does not formally meet during July and August but we do get together for lunch on Mondays to keep in touch. Please bring a brown bag lunch and join us at noon.

On June 24<sup>th</sup> we will have the Bristol Old Tyme Fiddlers here to entertain us...always an excellent time. This is our last program before we take our summer break.

Reservations are required for the June 24<sup>th</sup> event. Cut-off date for making reservations is the Thursday before the event.

Please call Katie Ruez at (860-673-9883) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

Happy Birthday to the following Members:

June 12<sup>th</sup> – Bob Wade

June 28<sup>th</sup> – Jeannie King

July 6<sup>th</sup> – Jeanne Piascik

July 17<sup>th</sup> – Lorraine Foster

July 18<sup>th</sup> – Joe Roberto

July 19<sup>th</sup> – Charlotte Hoppe

July 21<sup>st</sup> – Marilyn Dumas

July 23<sup>rd</sup> – Katie Ruez

August 6<sup>th</sup> – Phyllis Chirgotis

August 7<sup>th</sup> – Mickey Bennett

August 11<sup>th</sup> – Tom Carey

August 13<sup>th</sup> – Ida Maillet

Enjoy the summer months and know that we wish you a happy, healthy time to build your treasured memories.

Before you know it we'll be back in full swing again. Think about getting more involved with the group... and bring fresh ideas to the table. Please see a board member for more information.

Helen M. Toth

## Senior Citizens of Avon Organization

### June 2019 – Program Schedule

*Everyone is Welcome – Reservations Recommended*

Note: We are very happy to announce that the new stove is up and running so we will offer hot meals as listed below going forward.

The Pot Luck luncheon on the 17<sup>th</sup> will consist of hot and cold selections...per your choice.

June 3<sup>rd</sup> 10:30 – Board Meeting  
Noon – Pizza & Salad, Dessert  
Bingo

June 10<sup>th</sup> Noon – Stuffed Shells, Salad,  
Garlic Bread, Dessert  
Bingo

June 17<sup>th</sup> Noon – Pot Luck & Dessert  
Bingo

June 24<sup>th</sup> Noon – Annual Picnic...last meeting  
until fall. Hot Dogs, Coleslaw, Potato  
Salad and Katie's Famous Baked Beans  
Birthday Cake and Ice Cream





Entertainment will be provided by Jerry Lagace and The Bristol Old Tyme Fiddlers. Founded in 1972 the group has members that play the mandolin, guitar, bass, banjo, spoons, washtub, piano, button-box, harmonica, accordion, bones, jaw's harp and percussion instruments with wood block.

RESERVATIONS REQUIRED- Please call Katie Ruez at (860-673-9883).

Coming up in the Fall: In September we will celebrate Oktoberfest with John Banker and in October our Anniversary Luncheon with the Bennett Family entertaining.



# JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 10:30 Sr. Org Bd Mtg 12:00 Sr Org Lunch 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>4</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 11:45 RBS 4th Grade Visit 12:00 Summer Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Presentation 1:00 Scrabble &amp; Cards THANKFUL TUESDAYS</p>	<div>5</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew-Knit 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>6</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>7</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>10</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg Foot Care 11:00 Blood Pressure 12:00 Sr Org Lunch 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>11</div> <p>9:00 Billiards 9:00 Wii Bowling Birthday Cake 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards THANKFUL TUESDAYS</p>	<div>12</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew</p>	<div>13</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>14</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>17</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 12:00 Sr Org Lunch 1:00 Setback</p>	<div>18</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 12:30 CRIS Radio Present 1:00 Scrabble &amp; Cards THANKFUL TUESDAYS</p>	<div>19</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew</p>	<div>20</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>21</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>24</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 12:00 Sr Org Lunch 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>25</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards 6:30 Dementia Presentation THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>26</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>27</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 7:00 ASC &amp; AHS Present Dr. Nick Bellantoni THINKING THURSDAYS</p>	<div>28</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
				

## RESERVED FOR SPONSORS

# *Avon Senior Center*



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