

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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

MARCH 2020

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

Senior Center Coordinator's Message

Happy March! This is a great month for celebrations—Social Work month, Nutrition month, Census, St. Patrick's Day and Spring! We are enjoying all of these celebrations. Come and join us!

Avon Senior Center encourages everyone to complete the 2020 Census. We're here to help. Our interns will assist you in completing it securely online. If you need help, please ask us, we want you to get involved and fill out the Census information.

Tuesday, March 17th is St. Patrick's Day! Be sure to wear green when you come to the Senior Center.

We have some great programs this month and you do not want to miss out! Please read your newsletter and check out the calendar for activities! We're going to be starting some new things and you don't want to miss out. If you have any ideas for things you would like to see here, please let me know. We're here for you!

March is Social Work Month!!! Let's celebrate our interns, Kayla and Kaileen as well as our office volunteer, Barbara. Social Work is a great profession and we honor all of those who work hard everyday in service to others. Let's be sure to celebrate our intern, Steve who is getting a degree in Psychology.

Avon Senior Center is looking good!! We have new paint and lights throughout the building. Our offices were painted and carpeted and have a new layout. Come and visit our spruced up space. We love to show off the Senior Center!

Thank you for coming to the Senior Center and being a part of what happens here. You're the reason why we do what we do—it's all for you! Enjoy this month.

Respectfully,
Jennifer Bennett, LMSW, CDP



I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~Maya Angelou

*We turn not older with
years but newer every day.*
~Emily Dickinson

Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 5 through April 15. Special attention is given to those 50 and older.



Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.

Shape
your future
START HERE >

United States®
Census
2020

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts. It's in the Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790. Participating in the census is required by law. A complete and accurate count is critical for you and your community, because the results of the 2020 Census will affect community funding, congressional representation, and more. Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail.

**KIND WORDS ARE
SHORT AND EASY TO
SPEAK, BUT THEIR
ECHOES ARE
TRULY ENDLESS.**

~ Mother Teresa

LoveOfLifeQuotes.com

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition
and Dietetics

MARCH EVENTS 2020

Jennifer Bennett, LMSW Avon Senior Center Coordinator

Elizabeth Shaffer, Administrative Secretary

860-675-4355

Monday, March 2, 2020 at 11:00 a.m.

“Intern Group with Kaileen”

Intern Kaileen will be running a music group to reminisce and talk about music throughout the generations. Please join her as this is part of her education and training as she pursues her Bachelor's Degree in Social Work.

Mondays & Thursdays from 3:00-4:00 p.m.

“Silver Sneakers Chair Aerobics”

Silver Sneakers Chair Aerobics is a chair work out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, helps keep you active to live on your own longer! All you need to bring is two free weights to class, everything else is supplied. If you're not sure you have silver sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the silver sneakers program. If you do not have the program, you may still participate by paying three dollars per class at the door. Make sure you get your silver sneakers number, which is 16 digits and starts with 2300 from your insurance carrier and bring it with you. Hope to see you in class!

Mondays from 1-3 p.m.

“Crafty Crew”

Join us Monday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects and if you do not have a project, we do and we can help! We have donations of yarn or you can bring your own. Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, March 3, 2020 at 10:00 a.m.

“Intern Group with Kayla”

Please join intern Kayla for the last group in her series on LGBT older adults. This is part of her education and training as she pursues her Bachelor's Degree in Social Work.

Tuesdays

“Thankful Tuesdays!”

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

Tuesday, March 3, 2020 from 11:30-1:30

“Free Blood Pressure/Blood Sugar Screening”

Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar 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, March 3, 2020 at 12:00 p.m.

“March Lunch”

Chef Mitch will be here to cook us a delicious lunch. This meal is free and open to the public. Menu: Baked Macaroni and Cheese, Caesar Salad, Chocolate Pudding with Whipped Cream. CRT IS NOT SERVING A MEAL TODAY. AVON SENIOR CENTER IS PROVIDING THE MEAL!!

Thursdays

“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!

Thursdays from 10:30-11:30 a.m.

“Silver Sneakers Chair Aerobics”

Silver Sneakers Chair Aerobics is a chair work and this class works on balance, posture, cardio and strength, helps keep you active to live on your own longer! Hope to see you in class!

Thursday, March 5, 2020 at 12:45 p.m.

“Presentation”

The Vein Institute will be here today to provide us with information and education on taking care of our veins and if we have a concern, what to do and how to treat it. Please join us to learn about vein health.

Fridays 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, March 9, 2020 at 11:00 a.m.

“Intern Group with Kaileen”

Monday, March 9, 2020 from 11:30-1:30

“Free Blood Pressure/Blood Sugar Screening”

Farmington Valley VNA will be here today.

Tuesday, March 10, 2020

“Birthday Cake to Celebrate Birthdays!”

Brookdale Farmington 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, March 11, 2020 at 9:30 a.m.

“Wii Bowling Tournament- Avon Aces!”

Avon Aces are having a Wii Bowling Tournament against Bristol today at the Avon Senior Center! Come and cheer for your team.

Wednesday, March 11, 2020 at 10:30 a.m.

“Celebrate Nutrition Month!”

The Residence at Brookside will be here today to celebrate Nutrition Month! They will be making Brain Smoothies! Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, March 17, 2020

“Happy St. Patrick's Day!!”

Happy St. Patrick's Day! Please wear green to celebrate! There may be some prizes given out!

Thursday, March 19, 2020 from 10-12

“Hearing Screening & More”

Nick from Home Hearing will be here today for: Hearing screenings, Wax checks, Hearing aid cleaning and service, Hearing aid repairs and Health insurance coverage review. Please come and meet him and see how he can help you.

Tuesday, March 24, 2020 at 11 a.m.

“Inspirational Rock Painting”

Lisa from Seabury will be here today for an Inspirational Rock Painting group. Please join the fun, it's always a good time when Lisa visits and we enjoy the group!



MARCH EVENTS 2020

Saturday, March 28, 2020 at 1:30 p.m.

"Meet Susan B Anthony: Failure is Impossible"

Susan B. Anthony was a women's rights activist, who devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history, she played a prominent role in the women's suffrage movement; the 19th Amendment, which gave women the right to vote and she also was in support of women's labor organizations and for a woman's right to own property. In 2020 we celebrate not only 100 years since the ratification of the 19th Amendment, we're also celebrating Susan B. Anthony's 200th birthday! Sheryl Faye is a full-time actress, a goal she has worked her whole life to achieve. Besides performing a variety of historical women for schools, libraries, historical societies, senior centers, and others, she also writes and performs with Stage-Coach Improv. She has been the voice of several characters for Sony Play Station games and a variety of medical CD ROMS. She recently shot a national print ad for Vicks cold/flu and continues to keep busy working on films, television and theater throughout Boston and New York. Deeds Not Words: 100 Years of the Vote for Women Series- collaboration with Avon Historical Society, Avon Free Public Library & Avon Senior Center. Program will be held at the Avon Free Public Library.

Monday, March 30 at 4:30 pm - 6:30 pm "Suffrage Debate"

Suffrage is the BEST idea/Suffrage is the WORST idea: *Which side would you have picked 100 years ago?* 4:30 pm pizza & soda; Debate begins at 5:00 pm. "Because 90% of the women either do not want it, or do not care." -*National Association Opposed to Women Suffrage* vs. "Because it is fair and right that those who must obey the laws should have a voice in making them, and that those who must pay taxes should have a vote as to the size of the tax and the way it shall be spent." -*Alice Stone Blackwell*. These are just two of the arguments for and against suffrage for women during the early part of the 20th century. These and other arguments will be presented in a brief debate format by the "History of Women in America" class from Tunnix Community College, taught by Cynthia Riccio, Adjunct Professor of History. Deeds Not Words: 100 Years of the Vote for Women Series- collaboration with Avon Historical Society, Avon Free Public Library & Avon Senior Center. Program will be held at the Avon Senior Center.

Tuesday, March 31, 2020

DRESS DOWN DAY!!!!

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!!!!

Social Worker Month

Social workers make a difference in the day-to-day lives of millions of Americans by helping to build, support and empower positive family and community relationships.

POSITIVE SOCIAL CHANGE IS NEVER COMPLETE. IT'S A WORK IN PROGRESS.



SOCIAL WORKERS
generations
STRONG

Social Workers
FEED THE HUNGRY
SHELTER THE HOMELESS
PROTECT THE CHILDREN
ADVOCATE FOR THE INFIRM
COUNSEL THE DISTRESSED
EMPOWER THE VICTIMS
RESEARCH BEST PRACTICES
INFORM GOVERNMENT
PROTECT THE VULNERABLE
CHALLENGE DISCRIMINATION

TRIPS



MGM Springfield

Wednesday, April 8 \$43.00 per person

Intrepid & Enterprise (New York City)

Sunday, April 26 \$135.00 per person

Bronx Zoo Saturday, May 9 \$101.00 per person

Coins & Claws - Lobster Lunch at Abbott's and Foxwoods Casino Friday, July 10 \$85.00 per person

Classical Greece November 8-17, 2020

\$3,279 per person (double occupancy) includes 10 days, 15 meals, airfare & transfers

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

Writing Group

Tuesdays 10:00 a.m.

Craft/Pool Room Senior Center

No Experience Necessary.

Join us!



Crafty Crew

Now meeting on Mondays from 1:00-3:00 for knitting, crochet, needlepoint, etc. Join us!

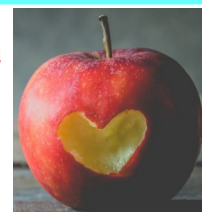


Setback Group

Wednesdays & Fridays 1:00

Looking for new players

And players from other senior centers



SPRING CLASSES

Chair Yoga

Fridays, 10:00-11:00 a.m. - Senior Center
Mar. 27 – May 22 \$77.00 (\$69.30 Senior)

Silver Sneakers Chair Aerobics

Mondays & Thursdays, 3:00-4:00 p.m. - Sr Center and
Thursdays, 10:30-11:30 a.m. - Senior Center
Ongoing, \$3.00 per class (drop in) or free with Silver Sneakers

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
April 8—June 10 \$61.00 (\$54.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
April 13 - June 15 \$60.00 (\$54.00 Senior)

Wednesdays, 6:00-7:00 p.m. - Countryside Park
April 8 - June 10 \$66.00 (\$59.40 Senior)

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

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

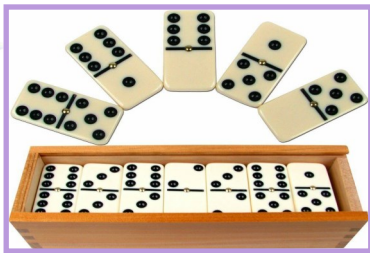


3-13 Card Group

Tuesdays at 1 p.m.
New players always welcome.
The game is easy to learn.
Come join the fun!

Bridge Players Wanted

Tuesday & Thursday
12:30-3:00 p.m.
Level of play is intermediate.



Come play Dominoes

Mah Jongg— Mondays at 10:30 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—Mondays at 1:00 p.m.
Setback – Wednesdays & Fridays at 1:00 p.m.

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	
3	NO CRT LUNCH Avon Senior Center Free Lunch Open to the public	5	Italian Style Chicken Parmigiana Rigatoni w/ Tomato Sauce Parmesan Cheese Brussel Sprouts Whole Wheat Bread Fresh Banana
10	Grape Juice Beef Chili w/ Beans Baked Potato Shredded Cheese Italian Green Beans Wheat Dinner Roll Frosted Cake	12	Orange Juice Beef Stew w/ Potatoes Peas & Diced Carrots Salad w/ Diced Toms, Cucs, Croutons Ranch Dressing Buttermilk Biscuit Applesauce
17	Happy St.Pat's Day OJ Corned Beef/Mustard Boiled Potatoes Carrots / Cabbage Wheat Bread Lime Sherbet	19	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Cranberry Sauce Wheat Bread Fresh Orange
24	Cream of Broccoli Soup Roast Chicken w/ Veg Broth Mashed Potatoes Spinach Ritz Crackers Fresh Orange	26	Baked Ham w/ Raisin Sauce Baked Potato Butternut Squash 12 Grain Bread Peaches
31	OJ Hot Dog on Bun Ket, Must, Rel Baked Beans Coleslaw Cookie		<i>March</i>

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
- Membership Committee– Lorraine Foster

Message from the Board of Directors . . .

We wish our members a Happy St. Patrick's Day...we will have a celebration luncheon on March 16th with Corned Beef, Swiss Cheese and Sauerkraut Reuben on Rye followed by Birthday Cake and Ice Cream. Entertainment provided by Kirsten and Jamison Appell.

Please be sure to sign up for the St. Patrick's event by Thursday March 12th. The luncheon is scheduled for March 16th...No Walk-Ins Please. Please contact Katie Ruez to reserve your spot...her info is listed below. Everyone is welcome... non-members can attend.

Katie Ruez (860-673-9883) will take your reservations for special events. Please call Katie and leave a message for her if she doesn't answer.

Happy Birthday to the following Members:

March 2nd – James Martino
March 3rd – Barbara Martino
March 18th – James Glynn
March 26th – Norm Jennings

This year we are celebrating our 50th anniversary in October and we are busy planning a special celebration to mark this occasion.

We are in the middle of our membership drive. Please consider joining today...the fee is \$10 for the year. Your support is needed so that we can continue bringing the nourishing lunches and remarkable programs throughout the year.

We want to remind you that in the event there is inclement weather and the Avon schools are closed the senior center is closed and there will be no program offered that day. If Avon schools are on a delayed opening schedule the senior center is open and programs scheduled will be offered without interruption.

Helen M. Toth

Senior Citizens of Avon Organization

March 2020 – Program Schedule

Everyone is Welcome – Reservations Recommended

- | | |
|------------------------|---|
| March 2 nd | 10:30 – Board Meeting
Noon – Pizza & Salad, Dessert |
| March 9 th | Noon – Tuna and Egg Salad
Sandwiches, Chips and Dessert
Bingo |
| March 16 th | St. Patrick's Day Celebration
Noon – Luncheon with Corned Beef,
Swiss Cheese and Sauerkraut on Rye
Birthday Cake and Ice Cream |


























Entertainment provided by Siblings Kirsten and Jamison Appell. The pair will present an Irish Step Dance performance and will offer an informational session explaining the traditional dances, music and costumes as well as perform their competition dances. Kirsten and Jamison are the children of Nancy Appell.

RESERVATIONS ARE REQUIRED SO THAT WE CAN PLAN FOR ENOUGH FOOD. NO WALK-INS...PLEASE.



- | | |
|------------------------|--|
| March 23 rd | Noon – Grinders – Choice of Roast Beef and Swiss, Italian with Provolone, Ham and Turkey with American Dessert |
| March 30 th | Noon Pot Luck and dessert
Bingo |

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>9:00 Wii Bowling 2</div> <div>10:30 Mah Jongg</div> <div>10:30 Sr. Org Bd mtg</div> <div>11:00 Intern group</div> <div>12:00 Sr Org Lunch</div> <div>1:00 Setback</div> <div>1:00 Crafty Crew</div> <div>3:00 Chair Aerobics</div> <div>6:00 Zumba Gold- CSP</div> <div></div>	<div>9:00 Billiards 3</div> <div>9:00 Wii Bowling</div> <div>10:00 Intern group</div> <div>10:30 Writing Group</div> <div>11:30 Blood Pressure</div> <div>12:00 Lunch- Chef Mitch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge & Cribbage</div> <div>12:30 Discussion Group</div> <div>1:00 Scrabble & Cards</div> <div>THANKFUL TUESDAYS</div> <div></div>	<div>9:00 Wii Bowling 4</div> <div>1:00 Setback</div> <div>1:00 Billiards</div> <div>1:30 Suffrage Movie AFPL</div> <div>3:30 Tai Chi</div> <div></div>	<div>9:00 Billiards 5</div> <div>9:00 Wii Bowling</div> <div>10:30 Chair Aerobics</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge</div> <div>12:45 Vein Institute Present</div> <div>3:00 Chair Aerobics</div> <div></div>	<div>9:00 Wii Bowling 6</div> <div>9:30 Billiards</div> <div>10:00 Ping Pong</div> <div>10:00 Chair Yoga</div> <div>1:00 Setback</div> <div></div>
<div>9:00 Wii Bowling 9</div> <div>10:30 Mah Jongg</div> <div>11:00 Intern group</div> <div>11:30 Blood Pressure</div> <div>12:00 Sr Org Lunch</div> <div>1:00 Setback</div> <div>1:00 Crafty Crew</div> <div>3:00 Chair Aerobics</div> <div>6:00 Zumba Gold- CSP</div> <div></div>	<div>9:00 Billiards 10</div> <div>9:00 Wii Bowling</div> <div>10:30 Writing Group</div> <div>12:00 CRT Lunch</div> <div>12:15 Birthday Cake</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge & Cribbage</div> <div>12:30 Discussion Group</div> <div>1:00 Scrabble & Cards</div> <div>THANKFUL TUESDAYS</div> <div></div>	<div>9:00 Wii Bowling 11</div> <div>10:30 Brain Smooth-ies</div> <div>1:00 Setback</div> <div>1:00 Billiards</div> <div>3:30 Tai Chi</div> <div>6:00 Zumba Gold- CSP</div> <div></div>	<div>9:00 Billiards 12</div> <div>9:00 Wii Bowling</div> <div>10:30 Chair Aerobics</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge</div> <div>3:00 Chair Aerobics</div> <div>THINKING THURSDAYS</div> <div></div>	<div>9:00 Wii Bowling 13</div> <div>9:30 Billiards</div> <div>10:00 Ping Pong</div> <div>1:00 Setback</div> <div>1:00 Adult Coloring</div> <div></div>
<div>9:00 Wii Bowling 16</div> <div>10:30 Mah Jongg</div> <div>11:30 Blood Pressure</div> <div>12:00 Sr Org Lunch</div> <div>1:00 Setback</div> <div>1:00 Crafty Crew</div> <div>3:00 Chair Aerobics</div> <div>6:00 Zumba Gold- CSP</div> <div></div>	<div>9:00 Billiards 17</div> <div>9:00 Wii Bowling</div> <div>10:30 Writing Group</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge & Cribbage</div> <div>12:30 Discussion Group</div> <div>1:00 Scrabble & Cards</div> <div>THANKFUL TUESDAYS</div> <div>WEAR GREEN!</div> <div></div>	<div>9:00 Wii Bowling 18</div> <div>1:00 Setback</div> <div>1:00 Billiards</div> <div>3:30 Tai Chi</div> <div></div>	<div>9:00 Billiards 19</div> <div>9:00 Wii Bowling</div> <div>10:00 Hearing Screening</div> <div>10:30 Chair Aerobics</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge</div> <div>3:00 Chair Aerobics</div> <div>THINKING THURSDAYS</div> <div></div>	<div>9:00 Wii Bowling 20</div> <div>9:30 Billiards</div> <div>10:00 Ping Pong</div> <div>1:00 Setback</div> <div>1:00 Adult Coloring</div> <div></div>
<div>9:00 Wii Bowling 23</div> <div>10:30 Mah Jongg</div> <div>12:00 Sr Org Lunch</div> <div>1:00 Setback</div> <div>1:00 Crafty Crew</div> <div>3:00 Chair Aerobics</div> <div>6:00 Zumba Gold- CSP</div> <div></div>	<div>9:00 Billiards 24</div> <div>9:00 Wii Bowling</div> <div>10:30 Writing Group</div> <div>11:00 Rock Painting</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge & Cribbage</div> <div>12:30 Discussion Group</div> <div>1:00 Scrabble & Cards</div> <div>THANKFUL TUESDAYS</div> <div></div>	<div>9:00 Wii Bowling 25</div> <div>1:00 Setback</div> <div>1:00 Billiards</div> <div></div>	<div>9:00 Billiards 26</div> <div>9:00 Wii Bowling</div> <div>10:30 Chair Aerobics</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge</div> <div>3:00 Chair Aerobics</div> <div>THINKING THURSDAYS</div> <div></div>	<div>9:00 Wii Bowling 27</div> <div>9:30 Billiards</div> <div>10:00 Ping Pong</div> <div>10:00 Chair Yoga</div> <div>1:00 Setback</div> <div>1:00 Adult Coloring</div> <div></div>
<div>9:00 Wii Bowling 30</div> <div>10:30 Mah Jongg</div> <div>12:00 Sr Org Lunch</div> <div>1:00 Setback</div> <div>1:00 Crafty Crew</div> <div>3:00 Chair Aerobics</div> <div>4:30 Suffrage Debate ASC</div> <div></div>	<div>9:00 Billiards 31</div> <div>9:00 Wii Bowling</div> <div>10:30 Writing Group</div> <div>12:00 CRT Lunch</div> <div>12:30 Wii Bowling</div> <div>12:30 Bridge & Cribbage</div> <div>12:30 Discussion Group</div> <div>1:00 Scrabble & Cards</div> <div>THANKFUL TUESDAYS</div> <div>DRESS DOWN DAY</div> <div></div>	<div></div>		<div></div>

RESERVED FOR
SPONSORS

Avon Senior Center



AVON SENIOR CENTER
635 WEST AVON ROAD
AVON, CONNECTICUT 06001