

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



MARCH 2023

See our newsletter online at: <https://www.avonct.gov/senior-center>



Senior Center Coordinator's Message

Happy March!! I know everyone is so excited for spring! The flowers, warmer weather, longer days and time outside! Enjoy the season changes and take time for yourself and each other.

March is National Social Work Month! Please say Hello to our social work intern, Carly. She will graduate with her BSW from UCONN in May.

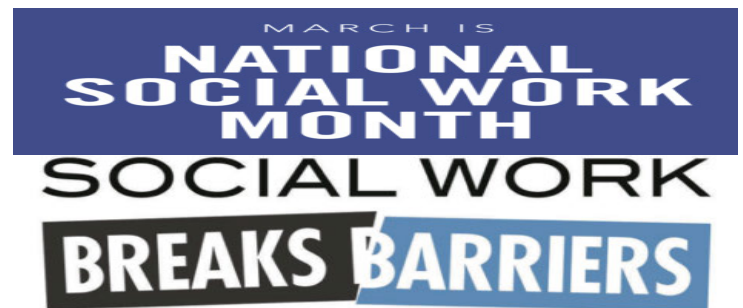
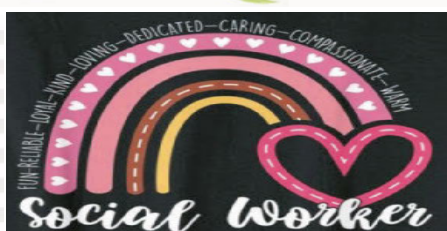
Our winter classes are ending and our spring classes are starting. Please be sure to sign up!

We have great programs this month! Please read your newsletter and check the calendar!

We're looking to run trips, please let us know where you would like to go!

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.

Take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion



Monday Meals & Minds Program

Monday Meals and Minds is a bi-monthly program with meals served at the Avon Senior Center and an educational and informational opportunity for learning. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE. SIGN UP IS REQUIRED. ****Meals at 12:00 & program at 12:30****

Monday, March 13

Holly Parker-Principal Transportation Planner for SLR, firm that has been hired by the Town to conduct a Bicycle/Pedestrian Plan for Avon

Monday, March 20

Home Care Symposium
Kimberly Quinn- Fox Rehab,
Sandra Cook- Home Helpers,
Tully Meyer- McLean Home Care & Hospice

This program is grant funded through NCAAA (North Central Area Agency on Aging) and is sponsored and hosted by Avon Senior Center.



UPcoming EVENTS

Please call
860-675-4355
to sign up!

Tech Talk with the Intern

March 1, 8, 15, 22, 29 at 10:30 am

Intern Carly will help with your tech questions— computer, phone, tablet, email, etc. This is part of her education and learning as she pursues her BSW at UCONN.

Meals & Minds

Monday, March 13 & 20 at 12:00 pm

Grab & Go

Wednesday, March 22, 2023 at 12:30 pm






March 22, 2023
Wednesday
at 12:30 pm


Enjoy a delicious FREE Grab & Go Meal. Please drive up to the front door and we will hand you the meal. Please sign up. We look forward to seeing you!




Sponsored by Avon Senior Center



Brighter Days-ies

Favarh friends on Tuesdays
from 9:30-11:00 making
beautiful flower arrangements.
Join us, no sign-up necessary.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.



Senior Medicare Patrol
1-800-994-9422
www.smpresource.org

PROTECT, DETECT, REPORT. Help with fraud, errors, abuse, questions, concerns, complaints.

Free Tax Assistance Offered by AARP Tax-Aide at Avon Senior Center

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 8 through April 12. 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.

In scope tax returns: AARP volunteers are trained to assist taxpayers to file Form 1040 and other common schedules and forms. More complex or unusual tax returns may be out of scope and volunteers are prohibited from assisting tax payers with them.

What to bring:

Face Mask, phone and writing instruments.

Photo ID and proof of Social Security numbers for all household members.

Complete copy of last year's tax return, including all source papers.

Personal check showing bank account and routing numbers (if direct deposit or debit is requested).

All tax forms, including but not limited to:

SSA-1099, Social Security Statement
1099-R for pensions, IRA's and annuities
1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-MISC)

W-2, Wage and Tax Statement

W-2G Certain Gambling Winner Forms

Form 1444- Notice of Economic Impact Payment

Unemployment Forms 1099-G must be printed out prior to appointment

All documents that relate to deductible expenses

Evidence of cash charitable donations, even if you will not be itemizing

Stimulus payments documents

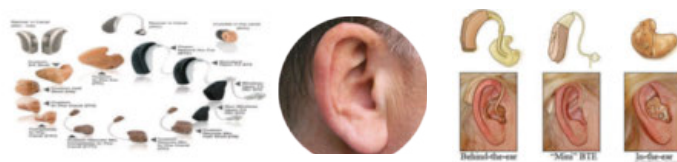
Documentation of cost basis of assets sold

**You matter.
You are good enough.
You are loved.**

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

Thursday, March 30 from 10-12.



AARP Real Possibilities Connecticut

AARP Fraud Watch Network

AARP Fraud Watch Network: identity theft, investment fraud & scams. www.aarp.org/fraudwatchnetwork or 1-877-908-3360
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

Watch Your Credit Reports: www.annualcreditreport.com or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: www.donotcall.gov or call (888) 382-1222

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.

www.aarp.org/fraudsupport.

The Perfect Scam

https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN_FraudJuneTPS_Heavy-HERO-Hero-IMG-1643502_HVY-NA&encparam=FGgUvL%2baTSyQeliQEGtW9bgwqup%2flkzbHsQgMKvhcRQ%3d

Interested in Cornhole (Bean Bag Toss), Badminton, Billiards— please let us know. We have the equipment and the space, just bring you!

3-13 CARD GROUP

Tuesdays at noon. Join us!
New players welcome.
Easy to learn & fun to play.



Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

CRT CONGREGATE MEAL

**Community Café/Lunch Program
IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.

Blood Drive

**Avon Senior Center
March 6, 10:00-3:00**



**American
Red Cross**

Please call 1-800-RED CROSS
(1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
(No Class 4/12, 5/10, 5/31)

Fee: \$51.00

Non Resident Fee: \$56.10

April 5-June 14

Senior Fee: \$45.90

Virtual Zumba Gold

Mondays, 5:45-6:45 p.m.
(no class 5/29)

Fee: \$74.00

Non Resident Fee: \$81.40

April 10-June 19

Senior Fee: \$66.60

Zumba Gold

Wednesdays, 5:15-6:15 p.m.
(No Class 4/12, 5/10, 5/31)

Fee: \$61.00

Non Resident Fee: \$67.10

April 5-June 14

Senior Fee: \$54.90

Badminton

Tuesdays, 6:30-8:30 p.m.
(No class 4/4)

Fee: \$48.00

Non Resident Fee: \$52.80

March 14-May 2

Senior Fee: \$43.20

Badminton

Wednesdays, 7:00-9:00 p.m.
Wednesdays, 6:30-8:30 p.m.
(No class 4/12)

Fee: \$48.00

Non Resident Fee: \$52.80

March 15-22

March 29-May 3

Senior Fee: \$43.20

Badminton

Thursdays, 6:30-8:30 p.m.
Fee: \$54.00

Non Resident Fee: \$59.40

March 16-May 4

Senior Fee: \$48.60

Line Dancing

Thursdays, 2:30-3:30 p.m.
Fee: \$77.00

Non Resident Fee: \$84.70

March 23-May 11

Senior Fee: \$69.30

Barre Stretch & Flex

Thursdays, 1:30-2:30 p.m.
Fee: \$77.00

Non Resident Fee: \$84.70

March 23-May 11

Senior Fee: \$69.30



**Receive Emergency Updates
from the Town of Avon!**



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

“Town Alerts” & “Town News and Announcements”

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>)

Town of Avon Food Pantry and Mobile Foodshare Information



Avon Food Pantry
Church of Saint Ann, Lower Level
289 Arch Road, Corner of Route 167 & Arch Road
The Avon Food Pantry is open
Tuesday mornings from 9:30am - 11:30am
Except when Avon Public Schools are closed for bad weather

**Mobile Foodshare**

Free produce available to persons in need in the Farmington Valley.
Farmer's market distributes fresh fruits, vegetables, perishables & more.

Alternate Tuesdays – 10:00am - 10:30am

2023 Upcoming Dates

Except when Avon Public Schools are closed for bad weather

January 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 21
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

*****Please bring your own bags!*****

Mobile Foodshare Avon Site:
The Farmington Valley American Muslim Center
35 Harris Road

Foodshare, a United Way Community Development supported agency, operates Mobile Foodshare in many towns throughout Hartford and Tolland counties. Avon Social Services, City of Litchfield, and the Avon Center United Way have collaborated with Foodshare to bring Mobile Foodshare to Avon.



A Member of America's Second Harvest
430 Woodland Ave, Southington, CT 06488-1342
Phone (860) 296-9999 Fax (860) 296-7963
On the web: <http://www.foodshare.org>

For additional information contact Town of Avon Social Services @ 860-409-4346

Town of Avon Dial-a-Ride Application

https://www.avonct.gov/sites/g/files/vyhlif151/f/uploads/dial_a_ride_info_app.pdf

Any questions, please call the Senior Center at 860-675-4355 or Social Services 860-409-4346.

Renters' Rebate Program:

65+ or totally disabled, income \$40,300 or less (single), \$49,100 or less (married), rebate from CT. Filing period April 1 - Oct. 1, 2023. Please call Assessor's Office 860-409-4335.

CT Energy Assistance Programs (heating)

Household meets federal or state income guidelines. Applications accepted till 5/31/23. Please call Avon Social Services at 860-409-4346 to see if you qualify.

AVON ACES WII BOWLING TEAM!

We practice and play on Tuesday mornings. We would love to have you be a part of our team! Please contact Avon Senior Center at 860-675-4355.

Unearthing History: The Discovery of a 12,500 year old Paleo-Indian Site Along the Farmington River in Avon, CT

7:00 pm EST via Zoom

Free to attend. Register at www.avonctlibrary.info

2023 series sponsored by a grant from

**MARCH 23**

The LIDAR Revolution in Earth Surface Mapping, presented by Will Ouimet, Assoc. Professor, Departments of Geosciences and Geography, Univ. of Connecticut. He will explain the techniques used by LIDAR for locating historic human settlements and land use patterns. LIDAR = Light Detection and Ranging using lasers for 3D scanning.

APRIL 20

Hunting and Fishing Techniques of the Paleoindian (tentative title), presented by Richard Boisvert, retired New Hampshire state archeologist, who is very familiar with the discovery and analysis of the Brian D. Jones (BDJ) site and other Paleoindian sites in northern New England.

MAY 11

The Big Importance of Small Things: Microscopic and Blood Residue Analysis of Ancient Stone Tools, presented by Heather M. Rockwell, Assistant Professor of Anthropology and Cultural and Historic Preservation, Noreen Stonor Drexel Cultural and Historic Preservation Program, Salve Regina University. This presentation will examine the process and limitations of blood residue and use-wear analysis, and how they have contributed to our understanding of ancient people.

SEPT. 21

Paleoindian Sites, Site Patterning and Travel Corridors along the Southern Arm of the Champlain Sea, presented by Jess Robinson, Vermont State Archaeologist, Vermont Archaeology Heritage Center, Barre, VT. He will compare and contrast Paleo sites in Vermont with the Brian D. Jones site in Avon.

OCT. 12

Update on the scientific analysis of the Brian D. Jones (BDJ) site in Avon, CT 2019, presented by Eric Heffer, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. His presentation will be 90 minutes with time after for Q&A. October is Archaeology Month in Connecticut!

Watch the webinars from the 2021 and 2022 series on the Avon Library's YouTube Channel: www.youtube.com/user/afplct

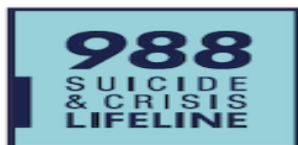
Webinar series created by : Avon Historical Society, Avon Free Public Library, Avon Senior Center



Avon Senior Center
3rd Monday of the month
7:00-8:30 pm



NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential*



988 Suicide & Crisis Lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress.

People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

IF THE PLAN DOESN'T WORK : CHANGE THE PLAN BUT NEVER MEAN THE GOAL

“Champions keep playing until they get it right.”

BILLIE JEAN KING

“It is often the small steps, not the giant leaps, that bring about the most lasting change.”

HRM QUEEN ELIZABETH II

Red Cross Home Fire Campaign

Aims to reduce the number of injuries & deaths due to home fires by providing free fire safety education & free smoke alarms. Please call: 877-287-3327 option 1 or visit: www.redcross.org/local/connecticut/home-fire-safety-visit.



E-mail List

Please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



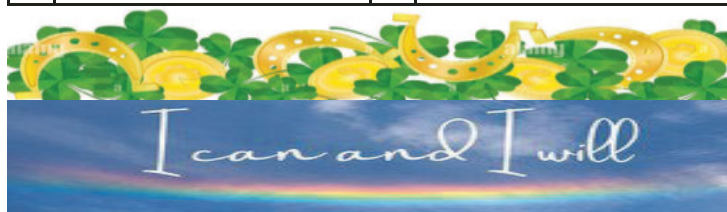
AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 (for experienced players only)
 Card Group- Tuesdays at 1:00 p.m.
 Scrabble- Tuesdays at 1:00 p.m.
 Knitting- Mondays at 1:00 p.m.
 Setback- Wed & Fri at 1:00 p.m.
 Chess- Wednesdays at 1:00 p.m.
 Wii Bowl- Tuesdays 10-2 & various
 Beading Group- Thursdays at 12:30 p.m.
 Pool/Billiards- various

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 at 860-675-4355. The cost is a suggested \$3.00 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	
		2	Chicken Parmesan Parslied Egg Noodles Yellow Squash Garlic Knot Fresh Fruit
7	BBQ Pork Crinkle Cut Fries/ Ketchup Green Beans Whole Wheat Bread Fresh Fruit	9	Baked Ham Potato Salad Peas & Carrots Rye Bread Fresh Fruit
14	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	16	Orange Juice Corned Beef Boiled Carrots Boiled Potatoes Rye Bread Mustard Packets Shamrock Cookie
21	Vegetable Soup Plain Hamburger on Bun Sweet Potato Fries Lettuce & Tomato Ketchup & Mayo Packets Fresh Fruit	23	Turkey Pot Pie w/Peas & Carrots Brussels Sprouts Whole Wheat Bread Fresh Fruit
28	Vegetable Quiche Potato Wedges Ketchup California Vegetables Garlic Knot Fresh Fruit	30	Orange Juice Lemon Chicken Picatta Mashed Potatoes Vegetable Medley Garlic Knot Lemon Pudding/Whip Topping



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
Mondays



President & Programs– Helen M. Toth
Vice President & Cheer– Vivan Pane
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane
Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We hope that you are enjoying this unseasonably mild weather. We look forward to seeing you in March.

We are planning to hold a brief business meeting at our next luncheon to bring you up to date on the status of the Organization. We look forward to seeing you at our luncheon on March 27th. The Carroll Sisters will be here to entertain you. They are a local group from Simsbury CT.

The price for this event is \$8.00 pp. Attendance limited to 40 so please call Barbara Schicker and reserve your spot (860-404-5436).

To confirm reservation, please send your check made payable to the Avon Senior Organization c/o Barbara at 27 Peachtree Village, Avon, CT 06001.

We are looking for your feedback on future luncheon programs. Please call me with suggestions... Helen Toth at (860-225-7124)

Please consider becoming a member of the Senior Citizens of Avon Organization. Membership is \$10 for the 2023 Season.

Happy Birthday to the following Members:
March 2nd – James Martino

Helen M. Toth

FUTURE LUNCHEON EVENTS:

The Board is working on additional luncheons. Please check this newsletter for updates.

The trick is to enjoy life.
Don't wish away your days,
waiting for better ones ahead.

MARJORIE PAY HINCKLEY



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>

Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

Senior Citizens of Avon Organization *Everyone is Welcome – Reservations Required*

LUNCHEON DATE: March 27, 2023

11:45 Brief Business Meeting

MENU:

Noon – Pizza with a Variety of Toppings
Salad and Dessert

ENTERTAINMENT:

The Carroll Sisters, a Celtic fiddle band that is most known for their lively traditional tunes, beautiful harmonies, intriguing counterpoints, and unique musical arrangements on fiddle and cello.

This Connecticut-based youth band has performed in intimate settings such as pubs, farm festivals, house and (pandemic-inspired) driveway concerts, as well as at larger events like Sober St. Patrick's Day in New York City (2018) and the Boston Celtic Music Festival (2022 and 2023).

Their 2022 debut album (*Daybreak*, produced by John Whelan) has been critically acclaimed and featured in Irish Music Magazine, Celtic Life International Magazine, The Irish Echo, Boston Irish Magazine, and Irish and Celtic Music Podcast. They were on that podcast's Top 10 Celtic Bands of 2022 and the Top 5 Bands to Watch in 2023 lists.



MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton AARP TAX AIDE 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold BLOOD DRIVE 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP TAX AIDE 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton AARP TAX AIDE 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  
 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 12:30 Grab & Go 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton 7:00 Paleo Webinar THINKING THURSDAYS 	 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
 9:00 Wii Bowling 11:30 Sr Org Program 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 7:00 Badminton  	 9:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 

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Farmington Valley

Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070

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- Parkinson's Movement Specialists
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- Flu Shot Clinics Sept- Dec

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- ✦ Respite care
- ✦ Alzheimer's & dementia care
- ✦ Hospice and palliative care
- ✦ Physician & nursing services
- ✦ Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

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Farmington, CT 06032



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www.carmonfuneralhome.com

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rehab or long term care?*



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Urgent Care in Canton

When you need care and your primary care practitioner isn't available, turn to UConn Health Urgent Care in Canton. We provide treatment for many non-life-threatening illnesses and injuries, such as back and neck pain, fractures, sprains, viruses, and infections with no appointment necessary.

With online appointment scheduling and X-ray and laboratory services onsite, it has never been easier to get the care you need when you need it.

117 Albany Turnpike, Canton, CT 06019

Hours: Monday to Friday, 8 a.m. to 8 p.m.

Weekends and Holidays, 9 a.m. to 5 p.m.

health.uconn.edu/urgent-care

**UConn
HEALTH**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Avon Senior Center, Avon, CT

06-5002