

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



MAY 2019

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

Senior Center Coordinator's Message

May is "Older Americans Month" and the Avon Senior Center has some fantastic programs for you! This month, we honor and celebrate you!

The theme this year is Connect, Create, Contribute! We have so many opportunities for you to do all three!

Connect & Contribute: Join us for our Mini Carnival—games (bean bag toss, sand art, balloon darts), food (popcorn, snow cones, cotton candy), prizes! It's a good-bye to the Interns! This event is free and open to the public. Please RSVP!

Create: DIY lavender heating pads! Tully from McLean will be here to talk about sleep as we make our own lavender heating pads.

Connect: Join us for our Memorial Day Celebration & Luncheon as we enjoy a delicious meal & entertainment! Connect & Contribute: Lunch & Learn programs, Vascular Talk & free Screening!

Create & Connect: Scuba Slideshow!

Check out the newsletter and calendar for more ways to enjoy this month!

We celebrate our Administrative Secretary, Elizabeth! She's amazing! She has been with us for 2 years now and we appreciate all that she does at the senior center.

We say Goodbye to our 3 interns—Robertina, Madison & Shannon. They have done a great job! Come to the Mini Carnival and have fun with them!

Thank you for coming to the senior center and making it the fantastic and fabulous place that it is and spending time with us!

Enjoy your month!

Sincerely,
Jennifer Bennett, LMSW



CONNECT, CREATE, CONTRIBUTE MAY 2019

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.



YOU ARE NEVER TOO
OLD TO SET ANOTHER
GOAL OR TO DREAM A
NEW DREAM.

C. S. LEWIS

COUNT YOUR AGE BY
THE NUMBER OF MEMORIES,
NOT BY
THE NUMBER OF YEARS.

www.dailyinspirationalquotes.in



MAY EVENTS 2019

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860-675-4355

Wednesday, May 1, 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, May 1, 2019 at 12:00 p.m. "Lunch & Learn"

Join us for a Lunch & Learn today. Sandra from Home Helpers will be here today to talk about "How to Stay in My Own Home!" You do not want to miss this informational and educational presentation. We will enjoy lunch before we learn. Please call the Avon Senior Center at 860-675-4355 to sign up.

Thursday, May 2, 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 community dwelling older adults. The CT State Unit on Aging has embraced TJQMBB and is working with the Dartmouth- Hitchcock Aging Resource Center to implement the program in CT. 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 titled Tai Ji Quan: Moving for Better Balance® (TJQMBB).

Thursday, May 2, 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, May 3, 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 the Senior Center. He will 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, May 3, 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, May 6, 2019 from 9:15-10:15 a.m. "TJQMBB"

Tuesday, May 7, 2019 "Thankful Tuesdays!"

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

Tuesday, May 7, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure and 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, May 7, 2019 at 1:00 p.m. "Mini Carnival"

Avon Senior Center is having a Mini Carnival with games and treats to celebrate Senior Center Month and to say Goodbye to the Interns! We will enjoy games: bean bag toss, balloon darts, sand art and face painting. We will eat treats: popcorn, cotton candy, snow cones and lemonade. This is free and open to the public. Please be sure to sign up so we make sure that we have enough for everyone. Join our Celebration! Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 8, 2019 at 10 a.m.

"Free Vascular Talk & Screening"

The Vascular Experts will be here today for a talk at 10 a.m. and then will conduct a free vascular screening from 11 a.m. to 2 p.m. Please be sure to sign up for your spot. Appointments are encouraged. Founded in 2001 to deliver expert vascular medical and surgical care, The Vascular Experts is now the largest group of Board-certified vascular surgeons in the country. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 8, 2019 at 10:30 a.m. "Shuffleboard"

Thursday, May 9, 2019 from 9:15-10:15 a.m. "TJQMBB"

Thursday, May 9, 2019 "Thinking Thursdays"

Friday, May 10, 2019 at 1:00 p.m. "Pocket Billiards"

Friday, May 10, 2019 at 1:00 p.m. "Adult Coloring"

Monday, May 13, 2019 from 9:15-10:15 a.m. "TJQMBB"

Monday, May 13, 2019 "Foot Care"

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

Monday, May 13, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

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

Tuesday, May 14, 2019 "Thankful Tuesdays!"

Tuesday, May 14, 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 with birthdays.

Wednesday, May 15, 2019

CLOSED FOR BUDGET REFERENDUM VOTE

Thursday, May 16, 2019 from 9:15-10:15 a.m. "TJQMBB"

Thursday, May 16, 2019 "Thinking Thursdays"



MAY EVENTS 2019

Thursday, May 16, 2019 from 6:30-8:00 p.m.

"Everything you need to know about Hoarding"

David Tolin, Ph.D., is the founder and director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He is the author of over 150 scientific journal articles, as well as several books including *Buried Treasures: Help or Compulsive Acquiring, Saving, and Hoarding*. His research is supported by the National Institute of Mental Health. Dr. Tolin has been featured in television shows such as *Hoarders*, *The OCD Project*, *The Dr. Oz Show*, and *The Oprah Winfrey Show*. 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.

Friday, May 17, 2019 at 1:00 p.m.

"Pocket Billiards"

Friday, May 17, 2019 at 1:00 p.m.

"Adult Coloring"

Monday, May 20, 2019 from 9:15-10:15 a.m.

"TJQMBB"

Monday, May 20, 2019 at 12:00 p.m.

"Memorial Day Celebration"

Please join us for our Annual Memorial Day Celebration. We will enjoy a delicious meal together & entertainment provided by musical students from Avon schools. The cost is \$5.00 and please pay when you sign up. This is always a wonderful day & we hope you will join us! This is co-sponsored by the Avon Senior Center & the Senior Citizens of Avon Organization. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 22, 2019 at 10:30 a.m.

"Shuffleboard"

Wednesday, May 22, 2019 at 12:00 p.m.

"Lunch & Scuba Slideshow"

Join us for lunch & a scuba slideshow. John from Aetna is coming back to show us slides of his scuba trips! We love to have him here & to see his beautiful pictures! He will show us sea life & explain his trips. This is free & open to the public. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, May 23, 2019 from 9:15-10:15 a.m.

"TJQMBB"

Thursday, May 23, 2019

"Thinking Thursdays"

Friday, May 24, 2019 at 10:30 a.m.

"Sleep & DIY lavender heating pads!"

Tully from McLean will be her this morning for DIY lavender heating pads and a talk on sleep. She will bring everything needed to make our own DIY lavender heating pad! What a great way to celebrate you! Please call the senior center at 860-675-4355 to sign up.

Friday, May 24, 2019 at 1:00 p.m.

"Pocket Billiards"

Friday, May 24, 2019 at 1:00 p.m.

"Adult Coloring"

Monday, May 27, 2019 CLOSED FOR MEMORIAL DAY

Tuesday, May 28, 2019

DRESS DOWN DAY!!!!

Tuesday, May 28, 2019 at 1:00 p.m.

"It's Time to Talk- The Other Talk We Should Be Having"

It's Time to Talk: a Two Part Series on Aging & End-of-Life Conversations. The Other Talk We Should Be Having: an in-depth presentation on important issues surrounding end-of-life care, includes information on living wills, power of attorney, & advance care directives. Please call the senior center at 860-675-4355 to sign up. This is a 2 part series & part 2 is on Tuesday, June 4, 2019 at 1:00 p.m. This is sponsored by the FVHD (Farmington Valley Health District) & will feature one of our former interns named Laura.

Wednesday, May 29, 2019 at 10:30 a.m.

"Shuffleboard"

Wednesday, May 29, 2019 at 12:00 p.m.

"Lunch & Learn"

Arden Courts of Avon will be here to talk about Senior Health and Fitness. We will enjoy lunch together. Please join us for this informational presentation during Senior Center Month. This is free & open to the public. Please call the Avon Senior Center at 860-675-4355 to sign up.

Thursday, May 30, 2019 from 9:15-10:15 a.m.

Thursday, May 30, 2019

"Thinking Thursdays"

Friday, May 31, 2019 at 1:00 p.m.

"Pocket Billiards"

Friday, May 31, 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

Tuscany & the Italian Riviera, October 4-11

\$3,949 per person, double occupancy

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



70 and Sensational

Movie Series at Avon Public Library
Tuesdays, 1:30 p.m.

A movie series featuring actors and actresses who are turning 70 this year!

May 7 - Meryl Streep in *Florence Foster Jenkins*

May 14 - Richard Gere in *Shall We Dance*

May 21 - Jeff Bridges in *A Dog Year*

May 28 - Sissy Spacek in *The Old Man and the Gun*

Co-sponsored by the Senior Center & Library



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.

Card Group
Tuesdays
1:00 p.m.
3-13 card game.
Easy to learn.
New players welcome.


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	
		2	Pot Roast w/ Gravy Cut-Up Sweet Potatoes Green & Yellow Wax Beans Whole Wheat Bread Banana
7	Clam Chowder Tuna Salad on a Whole Grain Roll Sliced Tomatoes Shredded Lettuce Potato Wedges Ketchup Mandarins	9	Grape Juice Roast Turkey w/ Gravy Mashed Sweet Potatoes Peas & Diced Carrots Cranberry Sauce Whole Wheat Bread Orange
14	Vegetable Soup Chef Salad w/ Mixed Greens, Shredded Cheese, Turkey, Ham Cooked Egg Ranch Dressing Wheat Dinner Roll Fresh Orange	16	Beef Vegetable Soup Grande Cheese Ravioli w/ Italian Sauce Mixed Salad Greens w/ Cherry Toms & Cucs Raspberry Dressing Ritz Crackers Fruit Cocktail
21	Farmer Brown Soup Hamburger w/ Broth Tomato & Lettuce Relish, Mustard, Ketchup Potato Salad Multi-Grain Bun Lemon Pudding w/ Topping	23	Grape Juice Apple-Glazed Roast Pork Loin w/ Broth Yellow Rice Broccoli Florets Whole Wheat Bread Banana
28	Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Pineapples	30	Russian Cabbage Soup Kielbasa / Mustard Mashed Potatoes w/ Carmelized Onions Brussels Sprouts Oatnut Bread Grapes

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 . . .

We hope you are getting out and enjoying the nicer weather. On May 13th we have Jay Willerup coming in to do a presentation on the Heublein Tower which is certainly a local jewel. Please be sure to come in and enjoy the luncheon and informative presentation.

On May 20th please be sure to join us for the yearly Memorial Day Celebration. Following a delicious meal we will have the Avon Middle School provide musical entertainment under the direction of Jane Sitzarz.

In addition to the Hublein Tower there are a total of 110 state parks in Connecticut that includes campgrounds within 32 state forests. Free entry to all of them is covered by the Passport to Parks program, but state residents must still pay to reserve an overnight campsite. Make it a point to visit some during the next few months and enjoy all that the outdoors have to offer.

Happy Birthday to the following Members:

May 1st – Sophie Sopelak
 May 6th – Jerry Allen
 May 10th – Maria Sussman
 May 17th – Jim Burns
 May 18th – Pam Dudley
 May 20th – Joe Charbonneau
 May 26th – Peggy Farrar
 May 29th – Joan Volg
 May 31st – Samira Fahmy

Coming up on June 24th our Annual Picnic with the Bristol Olde Tyme Fiddlers performing...please plan to attend and make your reservations early.

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.

Helen M. Toth

Senior Citizens of Avon Organization



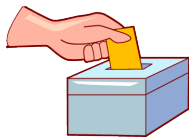

May 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended

May 6 th	10:30 – Board Meeting Noon – Pizza & Salad, Dessert Bingo
May 13 th	Noon – Stuffed Shells, Salad, Garlic Bread, Birthday Cake & Ice Cream Our guest speaker for this event is Jay T. Willerup, President of the Friends of Heublein Tower located in the Talcott Mountain State Park. The voluntary group educates the visiting public about the natural beauty of Connecticut and the architectural landmark built in 1914 as well as our state's rich history. The Tower provides a unique destination for recreational opportunities, and a 360 degree view into Connecticut's past, its present, and the future. Please join us for this interesting presentation.
May 20 th	Noon – Memorial Day Celebration Delicious meal & Dessert. A Combined Memorial Day celebration presented by The Avon Senior Center and the Senior Citizens of Avon Organization...remembering the men and women who died while serving in our country's armed forces. Entertainment provided by the Avon Middle School under the direction of Jane Sitzarz. RESERVATIONS REQUIRED....Please call the Senior Center at 860-675-4355
May 27 th	Memorial Day Holiday – Senior Center is Closed



MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP	2 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	3 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
6 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	7 9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Mini Carnival 1:00 Scrabble & Cards THANKFUL TUESDAYS	8 9:00 Wii Bowling 10:30 Shuffleboard 10:00 Vascular Talk & Screening 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP	9 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 THURS-DAYS	10 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
13 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	14 9:00 Billiards 9:00 Wii Bowling Birthday Cake 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS	15 CLOSED FOR BUDGET REFERENDUM 	16 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 6:30 Hoarding Presentation THINKING THURSDAYS	17 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
20 9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 12:00 Memorial Day Celebration Lunch 1:00 Setback 6:00 Zumba Gold- CSP	21 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS	22 9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Scuba Slideshow 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP	23 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	24 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 10:30 DIY Heating Pads 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards
27  CLOSED FOR MEMORIAL DAY	28 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 1:00 Presentation THANKFUL TUESDAYS DRESS DOWN DAY	29 9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP	30 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	31 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

RESERVED FOR SPONSORS

Avon Senior Center



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