

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

NOVEMBER 2023

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



Senior Center Coordinator's Message:

Happy November! I hope you are enjoying the weather and beautiful fall colors. Thankful for all of you and all that you bring to the senior center. We have created such wonderful memories that are to be cherished.

This month, we have our *Veterans Celebration!* This is always a fantastic event that honors our Veterans. You don't want to miss out on this annual event. Free and open to the public. Please RSVP.

November is National Alzheimer's Awareness Month. Avon Senior Center is collaborating on a "Memory Care Series" with the Avon Free Public Library, Bloomfield Library & Canton Library.

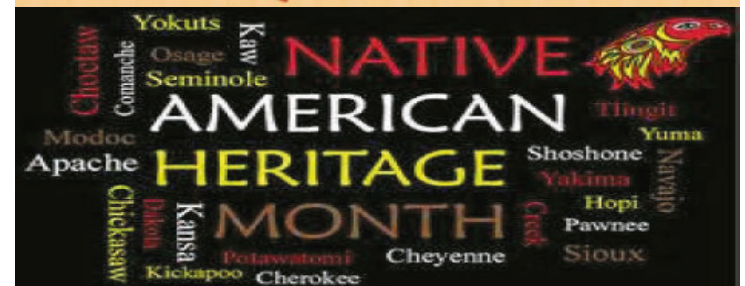
Right now, there are 80,000 people living with Alzheimer's disease in Connecticut and twice as many caregivers, many unpaid family members and friends. <https://www.alz.org/ct>. November is National Family Caregivers Month.

Thank you for coming to the senior center and making it the fabulous and special place that it is. Excited for what we're offering and look forward to seeing you here. Please be sure to invite your friends. We love meeting new people! Have a Happy Thanksgiving!

Please take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion



Supporting the
Fighters,
Admiring the
Survivors,
Honoring the
Taken,
AND NEVER, EVER
GIVING UP HOPE.



Our Mission Statement

Avon Senior Center supports the social, educational, recreational, cognitive, physical and psychological needs of all older adults. We respect the diversity of all who enter and you will find a warm greeting here. We are committed to offering an open and welcoming space to everyone. We strive to enhance the quality of life for all older adults.



Please call
860-675-4355
to sign up!

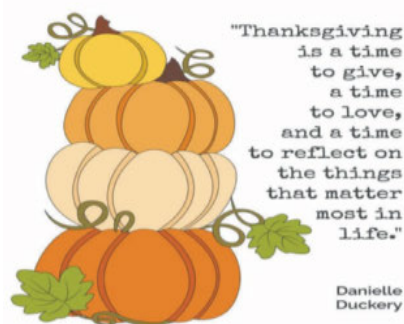
Avon Clean Energy Commission
Tuesday, November 7 from 4-6 pm
Light Dinner and Presentation

Tuesday, November 14 at 1:00 pm
Trinhaitia Bijoux Beading Therapy
with Miss Natalie

Bingo with Erika from Anthem
Tuesday, November 21 at 12:45 pm

Veterans Celebration
Wednesday, November 29, 2023 at 12:00 pm
Meal & Music, FREE, Open to the public
RSVP

Avon Aces Wii Bowling Game
Thursday, November 30 at 9:30 am
Avon vs Cromwell



Grateful
THANKFUL &
blessed



November 15, 2023
Wednesday
12:30 pm
RSVP required.

Enjoy a delicious FREE Grab & Go Meal.
Please drive up to the front door & we will hand
you the meal. We look forward to seeing you!
Sponsored by Avon Senior Center



Free Blood Pressure/Blood Sugar Screening
FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.

Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center with an educational & informational opportunity for learning. The program will stimulate the mind, promote social inclusivity & connectedness. We will increase social integration, decrease social isolation through nutrition & learning. Program is open, welcoming and SIGN UP REQUIRED.

Monday, November 20, 2023

Meal 12:00, program 12:30

Martin Gitlin

Funny Program About Funny Programs
(Greatest Sitcoms)

Monday, November 27, 2023 at 11:00 am

"Holiday Favorites Reimagined"

(cooking demo 25 people)

Join Jessica Dorner RD for a fun and informative cooking demonstration! This demo will feature some favorite holiday foods made with alternative ingredients that improve nutrition without sacrificing flavor. Attendees will get to sample the recipes and receive nutrition and/or recipe handouts.

\$1.00 Donation requested

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

“
Be present
in all things
and thankful
for all things.”

Maya Angelou



New Mah Jongg Group

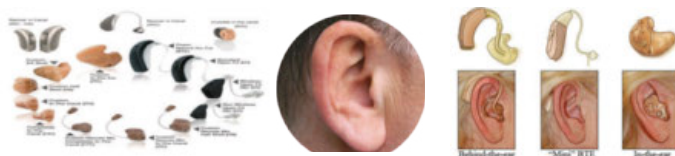
Beginner Mah Jongg group looking for players. Join them on Wednesdays from 10:00-12:00!



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, November 30, from 10-12.





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

The Perfect Scam: www.aarp.org/podcasts/the-perfect-scam



2023 MEMORY CARE SERIES #3

@ THE AVON FREE PUBLIC LIBRARY
281 COUNTRY CLUB ROAD AVON, CT

People living with memory loss, caregivers, and anyone who wants to learn more about memory care issues are encouraged to attend. Register at www.avonctlibrary.info or call 860-673-9712

Nourish Your Brain For Better Aging - Nutrition Class

1:00 pm Virtual

When it comes to a diet that promotes cognitive health and overall brain function, the MIND diet is worth considering. The MIND diet combines aspects of two very popular diets, the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet. Join Shana Griffin, Registered Dietitian Nutritionist, for a noteworthy class on how to prevent brain aging with evidenced based nutrition science recommendations. Shana will provide you with an eating guide and answer your nutrition related questions.

Banking Scams and Cognitive Impairment

1:00 pm Virtual

Financial scams share a common goal: to access your personal financial information and steal your hard-earned money. For many of us, it is easy to spot these scams and avoid becoming the victim of a scam artist. But those who have mild cognitive impairment may be at greater risk of financial fraud, due to changes in their financial judgment. Learn more about spotting red flags and protecting those most susceptible to financial fraud due to cognitive impairment. Presented by Kathleen Tittsworth, Banking Outreach Coordinator, State of CT Department of Banking.

How to Support Caregivers and Why it Matters so Much?

1:00 pm Virtual

Caregiving is a multifaceted and intermingled experience which requires compassion, understanding, comprehension, emphasis, and purposeful support. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too. We will explore a Person-Centered Approach, Strengths Based Approach and Perspective to championing, encouraging, and bolstering our caregivers. Everyone has value and worth and it is necessary to reinforce and remind caregivers of their purpose, dedication, talents, skills and gifts. Presented by Jennifer Bennett, LMSW (Licensed Master Social Worker), CDP (Certified Dementia Practitioner), Avon Senior Center Coordinator.

Resources for Living Independently as a Senior: How to Plan for Aging Without a Family?

1:00 pm Virtual

"Elder Orphans" or "Solo Aged" do not have to live in fear. Through proper preparation and arrangements in place, they should be able to grow old with grace and peace of mind. The prospect of aging alone can be intimidating, but it doesn't have to be. If you understand the challenges you may face and plan for them ahead of time, you may find that you can navigate this stage of life without fear or uncertainty. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net. This session will provide you with information to build sustainable support systems for aging. Commit to aging with a plan. There is hope. Presented by Joy Hollister, LMSW, Lifespan Assistance and Planning Services, LLC.

This program is jointly sponsored by The Avon Free Public Library, The Avon Senior Center, The Bloomfield Public Library, and The Canton Public Library.



AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
(no class Nov. 22)

Fee: \$71.00

Non Resident Fee: \$78.10

Sept. 20—Dec. 13

Senior Fee: \$63.90

Zumba Gold

Wednesdays, 5:30-6:30 p.m.
(No Class Nov. 22)

Fee: \$86.00

Non Resident Fee: \$94.60

Sept. 20—Dec. 13

Senior Fee: \$77.40

Badminton

Tuesdays, 6:30-8:30 p.m.
(No class Nov. 28)

Fee: \$75.00

Non Resident Fee: \$82.50

Sept. 26—Dec. 19

Senior Fee: \$67.50

Badminton

Thursdays, 6:30-8:30 p.m.
(no class Nov. 23)

Fee: \$70.00

Non Resident Fee: \$77.00

Sept. 28—Dec. 14

Senior Fee: \$63.00

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

<https://avonct.myrec.com/info/>



Let's Chat!

JOIN THE AVON CLEAN ENERGY COMMISSION

For a light dinner and conversation about the Commission's ongoing projects and initiatives on **Tuesday, November 7th from 4-6 p.m.** in the **Avon Senior Center Community Room. RSVP to the Senior Center at (860) 675-4355 by November 6th.**



Get your energy-saving groove on with Aiello Home Services' Home Energy Solutions audit! We'll take you through the process, from start to finish.



Get your green thumbs ready! Upcoming educational programs covering everything from booting out pesky invasive species to nurturing pollinator gardens and recycling tips.



Check out the latest and greatest in clean energy technology projects! Discover how the Town & Board of Education facilities are going green.



We want to hear from you! Share your ideas and suggestions for programs and initiatives that will help make our community an example of energy efficiency, sustainability and resilience.

Questions? Contact Carrie Firestone at (860) 539-7123 or clenarcic@aol.com.

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



MEDICARE OPEN ENROLLMENT PERIOD



VETERANS DAY!



THANK YOU FOR YOUR SERVICE!

GRATITUDE
makes sense for our past,
brings peace for today,
and creates a vision
for tomorrow.

Melody Beattie

SuccessConsciousness.com



MYPLACECT.ORG

The Virtual Home of No Wrong Door



MyPlaceCT.org: help older adults & people with disabilities live with optimal independence, health & well-being. Bringing together the information to live how & where you choose. Sponsored: CT Department of Social Services in collaboration with partner state agencies and Centers for Medicare & Medicaid Services.

Avon Food Pantry

Church of Saint Ann- Lower Level
289 Arch Road

Avon Food Pantry is
open Tuesday mornings
from 9:30am -11:30am

For additional information contact:
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

WE DON'T NEED MORE
TO BE THANKFUL FOR,
WE JUST NEED TO BE
MORE THANKFUL.

-Carlos Castaneda

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

BE KIND.

WORK HARD.

STAY HUMBLE.

SMILE OFTEN.

HAVE FAITH.

STAY LOYAL.

BE HONEST.

TRAVEL WHEN POSSIBLE.

BE THANKFUL.

AND LOVE ALWAYS.

3-13 CARD GROUP

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



AVON ACES WII BOWLING!

Join our team! Tuesdays at 10:00 am
Avon Senior Center at 860-675-4355.

Favarh Brighter Days-ies

Tuesday mornings
Join us making beautiful
flower arrangements.
Drop in, no sign-up.



New Card Game- Euchre

Join us!
Contact Heidi:
heidi10359@aol.com



Senior Medicare Patrol
1-800-994-9422

www.smpresource.org

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

Avon Emergency Updates!

SUBSCRIBE - (<https://www.avonct.gov/subscribe>). "Town Alerts" & "Town News and Announcements"

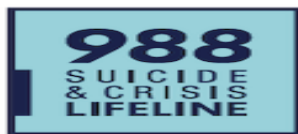
CT ALERTS - Critical emergency info:
(<https://portal.ct.gov/ctalert>)



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 24/7 call/text/chat access to trained crisis counselors who help people experiencing suicidal, substance use, mental health crisis, or emotional distress. Contact 988 if worried about a loved one who may need support. Free & confidential.

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. 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.



Silver Sneakers Chair Classes

3:00-4:00 pm on Thursdays
 Join us for a fun workout anyone can do! Free with Silver Sneakers or \$3.00/class. Call Nancy at 860-515-1200.

AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 (for experienced players only)

Mah Jongg - Wednesdays at 10:00 a.m.
 (beginner group)

Card Group- Tuesdays at 12:00 p.m.

Scrabble- Tuesdays at 1:00 p.m.

Knitting- Mondays at 1:00 p.m.

Setback- Wed & Fri at 1:00 p.m.

Wii Bowl- Tuesdays at 10 a.m. & various

Beading Group- Thursdays at 12:30 p.m.

Pool/Billiards- various

Euchre- Every other Wed. at 2:00 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. Printed menu offered each month & reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. Suggested \$3.00 donation for persons 60 years of age and over & a mandatory \$10.36 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 join us and make new friends. See menu below:



CRT LUNCH

TUESDAY		THURSDAY	
		2	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach Whole Wheat Bread Fresh Fruit
7	Grape Juice Turkey & Cheese Sandwich on Roll w/ Lettuce & Tomato Potato Salad Mustard, Mayo Fruit Bar	9	Vegetable Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
14	Salad Greens w/ Ham Hard Cooked Egg Onions/Tomatoes/ Cucumber Ranch Dressing Bread Stick Cookie	16	Grape Juice Roast Turkey w/ Gravy Cranberry Sauce Cornbread, Stuffing Peas & Carrots Dinner Roll Apple Crisp w/topping
21	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	23	CLOSED FOR THANKSGIVING
28	Breaded Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Fresh Fruit	30	Orange Juice Boneless Pork Chop with Mango Sauce Plantains California Vegetables Cornbread Cookie





Governor Lamont Announces Launch of **health.ct.gov**

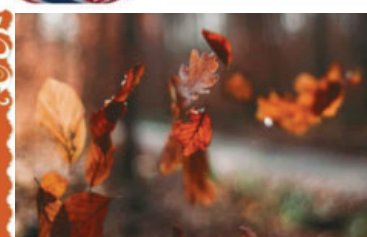
Governor Ned Lamont announced the launch of the State of Connecticut's new health and human services portal, health.ct.gov. The latest development in the state's journey toward an all-digital state government is aimed at providing health and wellness services to Connecticut residents at every stage of life. "It has long been our administration's priority to offer more services online and create a digital state government where residents can easily access the services they need in one place, regardless of which particular state agency they may be interacting with," **Governor Lamont said**. "The portal represents a multi-state agency collaboration to enable residents to interact with one seamless government." Resources available through health.ct.gov include: Health benefits eligibility screener, Healthy living tools, Emergency health service information, Insurance & financial resources, Heating & utilities assistance.

"As we continue our journey towards an all-digital government, we envision a digital experience where residents can have a single point of contact to interact and access all state services and information," **Department of Administrative Services Commissioner Michelle Gilman said**. "

[Health.ct.gov](https://health.ct.gov) is a step toward realizing that vision. It will allow residents and providers to access all of their health and human services needs in one accessible location. We look forward to further cross-agency collaborations to provide accessible, easy-to-use, and personalized government services – something residents have come to expect in their digital interactions."



Avon Greater Together Community Fund Advisory Committee is seeking new committee members (specifically, senior citizens who reside in Avon). Hartford Foundation for Public Giving established Avon Community Fund in 2020. Advisory Committee manages the fund & is inclusive and reflective of all Avon residents. Application: <https://www.hfpg.org/donors/ways-to-give/community-funds/avon>
Completed application: avontogetherfund@gmail.com.
Questions, please call: 860-833-4643



"Gratitude is an appreciation for every moment in your life. It is a feeling of abundance."
BRENDA NATHAN



Applications Accepted
9/5/2023 – 5/31/2024
Avon residents, please CALL for appointment: 860-409-4346
Avon Social Services
New clients must provide household member information sheet for each household member showing:
* Proof of Income * Proof of Utility Bills
* Proof of Rent/Mortgage Payment



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/>).

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold	10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS	1:00 Setback 1:00 Ping Pong 1:00 Dementia Series 
1:00 Setback 1:00 Crafty Crew <i>"Knowledge is silver, but true wisdom is gold." ~Matshona Dhliwayo</i>	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 4:00 Program & Light Meal 6:30 Badminton THANKFUL TUESDAYS <i>A little peace is all you need to calm your heart. — Rabvik Singh</i>	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	CLOSED FOR VETERANS DAY 
1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 1:00 Beading Miss Natalie 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 1:00 Ping Pong <i>In spite of everything, I still believe that people are really good at heart. Anne Frank, The Diary of a Young Girl</i> 
 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew <i>Perseverance is not a long race; it is many short races one after the other. Walter Elliot</i>	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Bingo with Erika 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 	CLOSED FOR THANKSGIVING 	CLOSED FOR THANKSGIVING 
 11:00 Food Demo 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 12:00 Veterans Event 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold <i>"Peace begins with a smile..." MOTHER TERESA</i>	9:30 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	 <i>Thanksgiving is a time of togetherness & gratitude</i> 



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Farmington Valley

Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070
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- Hospice
- Home Health Aides
- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

SKILLED NURSING & REHABILITATION CENTERS



Patient-Centered Care

ALWAYS OUR TOP PRIORITY

- ✦ Short-term rehabilitation
- ✦ Long-term care
- ✦ Post-acute & transitional care
- ✦ Respite care
- ✦ Alzheimer's & dementia care
- ✦ Hospice and palliative care
- ✦ Physician & nursing services
- ✦ Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



860-521-8700 • WestHartfordHealth.com

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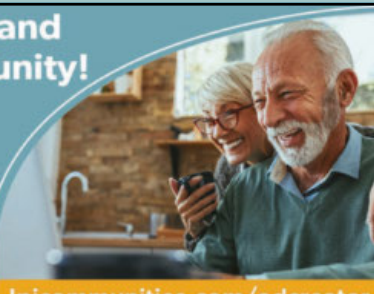
301 Country Club Road, Avon 860-673-8610

www.carmonfuneralhome.com

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lpicommunities.com/adcreator

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860-678-7500

45 South Road, Farmington, CT 06032

860-677-4060



ARDEN COURTS

PROMEDICA MEMORY CARE



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arden-courts.org

COMPREHENSIVE CARE FOR OLDER ADULTS.

One Convenient New Location

UConn Health has opened a new Geriatrics and Healthy Aging location in Farmington. The site offers a team of specialists and carefully curated services focused entirely on providing the very best in comprehensive, coordinated healthcare for our older patients.

Our board-certified, compassionate specialists offer care for:

- Alzheimer's disease and dementia
- Geriatric primary care
- Nutrition counseling
- Audiology with an on-site hearing booth
- Geriatric psychiatry
- Podiatry
- Blood draw/lab services
- Memory assessment
- Urology
- Endocrinology/osteoporosis
- Neurology
- Vascular surgery

Call 1-84-GET-UConn or visit our website at health.uconn.edu/aging.

Free and convenient parking! 21 South Road, Farmington, CT

UConn
HEALTH



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

Avon Senior Center, Avon, CT

06-5002