

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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



OCTOBER 2018

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

Senior Center Coordinator's Message

Happy Fall My Senior Center Friends! I hope everyone is enjoying the beautiful changes in color all around us. What a great time of year!

Avon Senior Center is having a great time as well. We have some new classes, programs, groups, activities, trips and events. One program that's new is our **Aging Mastery Program!** We're so excited to offer an evidence-based program. Please sign up early as space is limited. **Pocket Billiards** is a new program happening twice a month on Fridays! Please sign up so we can save a space for you!

Madison and Laura are 2 CCSU social work interns and they're running some fantastic programs this fall. You don't want to miss out, so please sign up.

Happy Halloween! Let's celebrate with a party! Please be sure to sign up so we have a food and trick-or-treat count!

I am so excited for all of our programs this month. We have some great learning opportunities and some fun times coming your way! Thank you for participating in Senior Center Happenings! It's such a joy to have everyone here.

I look forward to seeing you this month! As the season changes, try something new at the senior center. We have so much to offer! Take care!

Respectfully Submitted,
Jennifer Bennett, LMSW



Aging Mastery Program®

National Council on Aging

October 10- December 19 Wednesdays
10:00 -11:30 a.m.
Avon Senior Center

the
CT HEALTHY LIVING
collective

Getting Connecticut AMP®ed! The Connecticut Healthy Living Collective is participating in the statewide initiative to implement the Aging Mastery Program®. The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well. Avon Senior Center is one of the sites that was chosen to partner with the Connecticut Healthy Living Collective to implement the Aging Mastery Program®.



"Life starts all over
again when it gets
crisp in the fall."

F. Scott Fitzgerald, The Great Gatsby

Kind words
can be short and
easy to speak
but their echoes
are truly endless

Mother
Teresa



OCTOBER EVENTS 2018

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary
860-675-4355

Tuesday, October 2, 2018

“Thankful Tuesdays!”

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

Tuesday, October 2, 2018

“Free Blood Pressure Screening”

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked.

Tuesday, October 2, 2018 from 4:30-6 p.m. “LGBT MSC”

Lesbian, Gay, Bisexual & Transgender (LGBT) Adults & Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging! Elmwood Senior Center is hosting the LGBT MSC this month & will feature an author reading by Ellen M. Levy on her book “Romance at Stonegate.” LGBT Moveable Senior Center is sponsored by CCC as part of “*Getting it Right*”: *Creating an LGBT-Inclusive Organization*, a project funded by the John H. & Ethel G. Noble Charitable Trust & guided by CT LGBT Aging Advocacy.

Tuesday, October 2, 2018 at 7:00 p.m. “Standing order of 1639-1818: Why Connecticutans Stood for it”

Join us for a lecture on Connecticut’s history by Eugene Leach. This program is free and open to the public. No registration required. This event will be held at the Avon Congregational Church, Avon. It is made possible by a grant from CT Humanities.

Wednesday, October 3 2018

“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.

Thursday, October 4, 2018

“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!

Thursday, October 4, 2018 from 10:00-12:00 p.m. Flu Clinic
Flu Clinic provided by the Farmington Valley VNA

Flu vaccines available include, High Dose for ages 65 & older and Quadrivalent for ages 5 & older. Call 860-651-3539, Monday through Friday – 9 am to 3 pm to make an appointment & to verify insurance. Walk-ins are always welcome.

Friday, October 5, 2018 at 1:00 p.m. “Pocket Billiards”

Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here every 2 weeks on Fridays to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He’s received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Monday, October 8, 2018 CLOSED FOR COLUMBUS DAY

Tuesday, October 9, 2018

“Thankful Tuesdays!”

Tuesday, October 9, 2018

“Birthday Cake to Celebrate Birthdays!”

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

Tuesday, October 9, 2018 at 12:30 p.m.

“Anthem BC/BS Presentation”

Join us for an informational and educational presentation by Rob DeHostos from Anthem Blue Cross and Blue Shield. You do not want to miss out on this presentation! Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, October 10, 2018 from 10-11:30 a.m. “AMP”

“Aging Mastery Program® (AMP)” Getting Connecticut AMP®ed! The Connecticut Healthy Living Collective is participating in the statewide initiative to implement the Aging Mastery Program®. The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. AMP is a fun and engaging education and behavior change incentive program for aging well. The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. The goal of this initiative, **Getting Connecticut AMP®ed**, is to expand the reach of AMP to no less than 800 individuals by May 2020. Avon Senior Center is one of the sites that was chosen to partner with the Connecticut Healthy Living Collective to implement the Aging Mastery Program®. **Aging Mastery Program-** Wednesdays from 10-11:30 a.m., October 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19 (Graduation). This program is free and open to the public! Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, October 10, 2018 at 12:00 p.m. Lunch & Learn

Ask the Financial Planner with Michael is back! Everyone missed him so much, they asked him to come back! Michael Mezheritskiy, President, Financial Planner of Milestone Asset Management Group of Avon, CT will be here today to answer your questions. You don’t want to miss out! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, October 11, 2018

“Thinking Thursdays”

Monday, October 15, 2018 at 1:30 p.m.

“Tie Dye with the Interns!”

Madison & Laura our social work interns from CCSU will be here to help us tie dye! Please bring your own white or light-colored shirt to tie dye. We will provide the supplies. This is going to be so much fun! This is part of their education. Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, October 16, 2018

“Thankful Tuesdays!”

Wednesday, October 17, 2018 from 10-11:30 a.m. “AMP”

“Aging Mastery Program® (AMP)” Getting Connecticut AMP®ed!

Thursday, October 18, 2018

“Thinking Thursdays”



OCTOBER EVENTS 2018

Thursday, October 18, 2018

“Oktoberfest in Canton”

Avon & Canton Senior Centers are co-sponsoring their Annual Oktoberfest in Canton. Enjoy a delicious meal with friends! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, October 18, 2018 from 1:00-2:30 p.m.

“QPR Suicide Prevention Workshop”

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

Thursday, October 18, 2018 from 6:30-8:00 p.m.

“Medicare 101”

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Please sign up early! This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up. This program will be held at the Avon Senior Center.

Friday, October 19, 2018 at 1:00 p.m. “Pocket Billiards”

Monday, Oct. 22, 2018 at 1:30 p.m. “Interns Group!”

Madison & Laura our social work interns from CCSU will be running an “Interns Group!” This is part of their education and learning experience. Join them for fun, conversation, activities & more! This is free and open to the public. Please call the senior center at 860-675-4355 to sign up.

Monday, Oct. 22, 2018 at 6:30 p.m. “Episcopalians in CT: Religious Freedom and Education Reform”

Presented by **Stephen McGrath**, History Professor at CCSU. The Constitution of 1818 brought true religious freedom to CT. It ended the status of the Congregational Church as the state church, and freed local public schools from Congregational church control. It enabled dissenters such as Episcopalians, Methodists and Baptists to form their own schools. With freedom to educate, CT's religious minorities finally enjoyed religious freedom that they worked for so long to achieve. Please read excerpts from *Original Discontents*, available at the Avon Library. This program is free & open to the public. It will be held at the Avon Free Public Library, 281 Country Club Rd., Avon, CT 06001.

Tuesday, October 23, 2018

“Thankful Tuesdays!”

Wednesday, October 24, 2018 from 10-11:30 a.m. “AMP”

Thursday, October 25, 2018

“Thinking Thursdays”

Tuesday, October 30, 2018

“Thankful Tuesdays!”

Tuesday, October 30, 2018

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!!!!

Wednesday, October 31, 2018 from 10-11:30 a.m. “AMP”

Wednesday, October 31, 2018 at 12:00 p.m.

“Happy Halloween!”

We will enjoy lunch and Trick or Treat on Halloween Day! This is free and open to the public! Please come in costume to enhance the festivities! Please call the senior center at 860-675-4355 to sign up.

Trips

Radio City Christmas Spectacular, Friday, November 16,
\$202 per person

Christmas in Connecticut, Friday November 30,
\$109 per person

America's Cowboy Country, June 3-10, 2019
\$3799 per person, double occupancy

Tuscany & the Italian Riviera, October 4-11, 2019
\$3849 per person, double occupancy

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

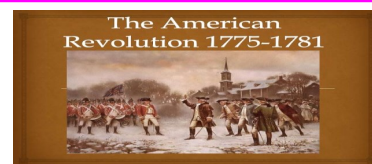


Open Yale Courses

Thursdays, 1:00 p.m.

Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center! Currently showing: **The American Revolution**. This course will examine the Revolution from a broad perspective, tracing the participants' shifting sense of themselves as British subjects, colonial settlers, revolutionaries, & Americans.

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.



Bridge Players Wanted

Bridge group is looking for new players. 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.

Classes

FALL CLASSES**Tai Chi for Seniors -**

Wednesdays, 3:30-4:30 p.m. - Senior Center
 Sept. 26—Dec. 19 \$71.00 (\$63.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
 Sept. 17-Dec. 17 \$76.00 (\$68.40 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
 Sept. 21-Dec. 14 \$86.00 (\$77.40 Senior)

Line Dancing

Tuesdays, 3:30-5:00 p.m. - Senior Center
 Sept. 25-November 27 \$97.00 (\$87.30 Senior)

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

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

**New Card Group**

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

**Knitting with Gratitude**

Avon Senior Center is "Knitting with Gratitude" & donating blankets to Interval House, Agape House, children, Animal Shelters, Veterans and families.


If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



Mah Jongg— Mondays at 12:30 p.m.—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.
 Discussion Group—Tuesdays at 12:30 p.m.
 Shuffleboard – Wednesdays at 10:30 a.m.
 Setback – Mondays, Wednesdays & Fridays at 1:00 p.m.
 Ping Pong – Fridays at 10:00 a.m.
 Adult Coloring– 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 \$7.50 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	Grape Juice Seasoned Chicken In Alfredo Sauce Over Bowtie Pasta Broccoli Florets Whole Grain Bread Frosted Cake	4	Roast Turkey w/ Gravy Cut Sweet Potatoes 4-Way Vegetable Mix Cranberry Sauce Corn Muffin Fresh Banana
9	Lemon Baked Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Fresh Grapes	11	Macaroni & Cheese Tossed Salad Greens w/ Cherry Tomatoes & Cucumbers Italian Dressing Stewed Tomatoes/ Zucchini 12 Grain Bread Tropical Fruit
16	Vegetable Soup Hot Dog/Hot Dog Roll Vegetarian Baked Beans Mustard, Ketchup, Relish Chuck Wagon Blend Vegetables Fruit Cocktail	18	CRT Celebrates National Cupcake Day! French Onion Soup Beef Liver w/ Sautéed Onions Mashed Potatoes Peas & Diced Carrots Saltine Crackers Frosted Cupcake
23	White Bean & Escarole Soup Tuna Fish Salad Whole Grain Roll Sweet Potato Wedges/ Ketchup Sliced Tomato & Shredded Lettuce Peaches	25	Country Vegetable Soup Penne w/ Mini-Beef Meatballs/ Garden Salad w/ Cherry Toms & Cucumbers Ranch Dressing Saltine Crackers Pineapple Tidbits
30	Turkey Meatballs w/ Sweet & Sour Sauce White & Brown Rice Italian Blend Vegetables Whole Wheat Bread Fresh Orange		

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



***President– Bob Wade**

• Vice President, & Cheer- Marie Evans

• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier

• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez

• Programs – Helen M. Toth

Message from the Board of Directors . . .

We wish you a Happy Autumn! Hope you are enjoying the beautiful fall weather, fresh air, sunshine and waiting for the beautiful fall colors to appear. It's a great time to bike or go for a walk and have lunch outside. Also take time to plan recreational activities enjoying outdoor venues i.e. parks, beaches, town centers and other areas where everyone can have fun and still be outdoors.

We continue with some special programs this month. On October 15th we will celebrate our 48th Anniversary... the Senior Citizens of Avon was organized in 1970. We will have The Bennett Family back providing entertainment celebrating our special day. Reservations are required for this event. Cut-off date for making reservations is the Thursday before the event. Please call Katie Ruez at (860-673-9883) & leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

On October 29th we will have a Halloween Celebration. The Supernatural Inc. will be here sharing stories of ghosts and haunted houses. Please join us for this special program.

Happy Birthday to the following Members:

October 1st – Wanda Karp

October 19th – Sally Bourgault

October 27th – Paul Boyne

We are still looking for volunteers to help set up, clean up or assist in the kitchen. Also, if you'd like to become more involved or assist in any other way, please let us know.

If you have any questions, please see a board member.
Helen M. Toth

Senior Citizens of Avon Organization

October 2018 – Program Schedule

Everyone is Welcome – Reservations Recommended

October 1st 10:30 – Board Meeting
Noon – Pizza & Salad, Dessert
Bingo

October 8th COLUMBUS DAY – Center is closed

October 15th Noon Anniversary Luncheon
Meat Loaf, Mashed Potatoes, Gravy
Mixed Vegetables, Salad, Birthday
Cake and Ice Cream

Entertainment provided by The Bennett Family... an eleven member ensemble who will play hand bells, accordion, brass and wind ensemble, trombone, cello and piano. Ray and Diane Bennett and their nine children have performed for over ten years and participated in many concerts and parades in the local area.
RESERVATIONS REQUIRED.... Please call Katie Ruez at (860-673-9883)

October 22nd Noon – Soup, Egg Salad and Ham
Salad Sandwiches & Dessert
Bingo

October 29th Halloween Celebration
Noon – Pot Luck & Dessert

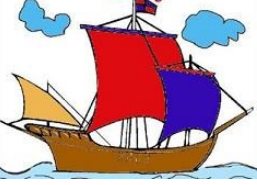

Supernatural Inc. Investigations based in Torrington, CT has over 25 years of paranormal experience. Their slogan is "We Seek Out the Truth." They find the history of buildings & land & look into old files and records to find the truth about the property they investigate. They seek to educate people to empower them to not be afraid of what they cannot see. Join us for an intriguing afternoon.



Coming up in November: **Veterans Day on Nov. 19th**
and Thanksgiving Celebration on Nov. 26th



OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <p>9:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>2</div> <p>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 Discussion Group 1:00 Scrabble & Cards 2:00 Live Well Workshop 3:30 Line Dancing 7:00 Presentation at ACC THANKFUL TUESDAYS</p>	<div>3</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p>	<div>4</div> <p>9:00 Billiards 9:00 Wii Bowling 10:00 FLU CLINIC 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>5</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>8</div> <p>CLOSED FOR COLUMBUS DAY</p> 	<div>9</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:15 Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 12:30 Anthem Presentation 1:00 Scrabble & Cards 2:00 Live Well Workshop 3:30 Line Dancing THANKFUL TUESDAYS</p>	<div>10</div> <p>9:00 Wii Bowling 10:00 AMP 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p>	<div>11</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>12</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:00 Ping Pong</p>
<div>15</div> <p>9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 1:30 Tie Dye with Interns 6:00 Zumba Gold- CSP</p>	<div>16</div> <p>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 3:30 Line Dancing THANKFUL TUESDAYS</p>	<div>17</div> <p>9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p>	<div>18</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:00 Oktoberfest in Canton 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 1:00 QPR- Prevention 6:30 Medicare at ASC THINKING THURSDAYS</p>	<div>19</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>22</div> <p>9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 1:30 Interns Group 6:00 Zumba Gold- CSP 6:30 Episcopalians in CT</p>	<div>23</div> <p>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 3:30 Line Dancing THANKFUL TUESDAYS</p>	<div>24</div> <p>9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p>	<div>25</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>26</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:00 Ping Pong</p>
<div>29</div> <p>9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>30</div> <p>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 3:30 Line Dancing THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>31</div> <p>9:00 Wii Bowling 10:00 AMP 12:00 Happy Halloween 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p>		

RESERVED FOR SPONSORS

Avon Senior Center



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