

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

OCTOBER 2023

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



Senior Center Coordinator's Message

Happy Fall My Senior Center Friends!! October is a beautiful month with the leaves changing, the colors are bright and the air is crisp. Hope you are enjoying the season change.

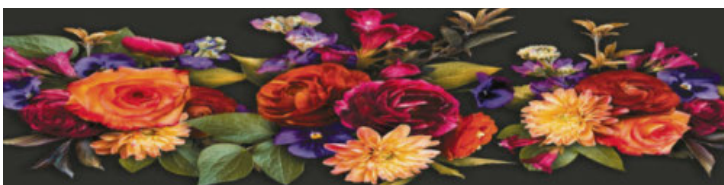
Avon Senior Center is busy with programs, food, presenters, classes, groups and activities. Come check things out and join us for the fun!

We have several groups that are looking for more participants: 3-13 Card Group, Setback, Mah Jongg (beginner & experienced), Wii Bowling, Crafty Crew Knitters. Spend some time with us!

If you have any ideas about programs, please share them with us. We like to try new things. We have Shuffleboard, Bean Bag Toss/Cornhole, Ping Pong, Badminton, Puzzles, Dominoes and Cribbage.

As the season changes, try something new at the senior center. We will have the coffee on for you! See you soon!

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



Tuesday, October 31, 2023
12:45 pm
Dress up, show up, have fun!

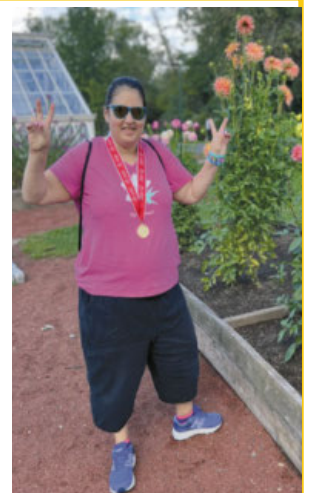


Celebrate
Red Ribbon Week®
(October 23-31)

www.redribbon.org

Avon Senior Center Volunteer Wins Gold at Special Olympics CT in Bocce!

Jodi Selinger volunteers at the Avon Senior Center on Tuesdays and Thursdays during our Congregate Meal program with her friend, Dayna. Jodi competed in Special Olympics CT and placed 1st in Bocce! Congratulations Jodi, we are so proud of you and thanks for being an awesome volunteer! Woo! Hoo!!



*"Wherever a beautiful soul has been,
there has been a trail of memories."*

Remembrance Service & Celebrate Life Wednesday, October 18, 2023 at 11 am

Program at 11 am, Meal at 12:00 pm
Please join us for this service in remembrance of those who have died as we celebrate their lives. If you would like to remember someone, please let us know.

UPcoming EVENTS

Please call
860-675-4355
to sign up!

Veteran's Benefits—Lunch & Learn Wednesday, October 4, 11:30-1:00

Presenters & Sponsors:

Sherri Vogt from Hartford HealthCare
Center for Healthy Aging & Amy Foreman
from Hebrew Center, National Healthcare

Bingo with Erika from Anthem Tuesday, October 10 at 12:45 pm

Pearls from Carol & Sing-a-long Tuesday, October 17, 2023 at 12:45

Albert Ruggiero discusses his publication of
short stories and poetry by his late wife, Carol,
celebrating her life and memory & Sing-a-long

Remembrance Service & Celebrate Life Wednesday, October 18, 2023 at 11 am Program at 11 am, Meal at 12:00 pm

Tuesday, October 24 at 1:00 pm Trinhaitia Bijoux Beading Therapy with Miss Natalie

"Cooking for 1 or 2" Thursday, October 26 at 11:00 am Lecture by Jessica, the Dietician

Halloween Party Tuesday, October 31, 2023 at 12:45 pm Dress up, show up, have fun!

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. *Meals 12:00, program 12:30*

Monday, October 2 & 16 Avon Land Trust (ALT)— History Chats Presenter: Janet Conner, Historian

\$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.



SONGBIRDS SENIOR CHOIR

HOLIDAYS IN SONG

**REGISTRATION FRIDAY
OCTOBER 6TH AT 2:30 PM**
REHEARSALS WILL BE ON
WEDNESDAYS AT 2:30
AVON SENIOR CENTER

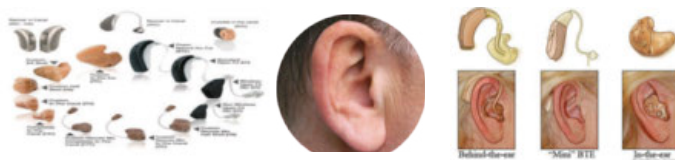
***No experience necessary
just a love of singing**

EMAIL FOR MORE INFORMATION & REGISTRATION
SONGBIRDSCHILDRENSCHOIR@GMAIL



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, October 26, from 10-12.



**October 25, 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.



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 Ageds" 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)

Sept. 20—Dec. 13

Fee: \$71.00

Senior Fee: \$63.90

Non Resident Fee: \$78.10

Mah Jongg

October 11, 13, 18 & 20

Wednesdays, 1:00-3:00 & Fridays 10:00-12:00

Fee: \$61.00

Senior Fee: \$54.90

Non Resident Fee: \$67.10

Zumba Gold

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

Sept. 20—Dec. 13

Fee: \$86.00

Senior Fee: \$77.40

Non Resident Fee: \$94.60

Badminton

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

Sept. 26—Dec. 19

Fee: \$75.00

Senior Fee: \$67.50

Non Resident Fee: \$82.50

Badminton

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

Sept. 28—Dec. 14

Fee: \$70.00

Senior Fee: \$63.00

Non Resident Fee: \$77.00

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

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



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 Rent/Mortgage Payment
- * Proof of Utility Bills

New Mah Jongg Group

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



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:

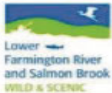
The Farmington Valley American Muslim Center
35 Harris Road

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 webinars. Register at www.avonctlibrary.info

Sponsored by
a grant from



September 21:
Pale-Indian 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 BDJ
site in Avon.

October 12: Update on the
Brian D. Jones site in Avon,
CT since discovery in 2019.

Presented by Eric Heffter, Senior
Prehistoric Archaeologist,
Archaeological and Historical
Services, Storrs, CT.



In partnership with



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

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/vyh1f151/f/uploads/dial_a_ride_info_app.pdf



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

Tuesdays from 9:30-10:30
Join us making beautiful
flower arrangements.
Drop in, no sign-up.



New Card Game- Euchre
Every other Friday 2pm.
Contact Heidi:
heidi10359@aol.com



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.



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"

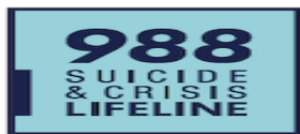
CT ALERTS - Critical emergency info:
(<https://portal.ct.gov/ctalert>)



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.



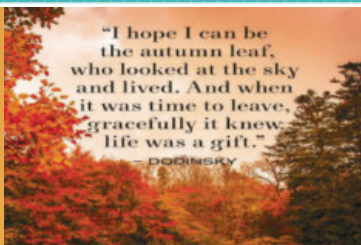
E-mail List

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



"Autumn, it carries more gold in its hand than all the other seasons."

-JIM BISHOP



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 Friday at 2:00 pm

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	
3	Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Garlic Knot Fresh Fruit	5	Fruit Punch Mixed Greens w/ Tomatoes, Cucumbers, Onions, Shredded Cheese, Turkey, Ham, Hard Boiled Egg, Ranch Dressing Bread Stick Fruit Bar
10	Vegetable Lasagna w/ Alfredo Sauce Italian Blend Veggies Italian Bread Fresh Fruit	12	Potato Crumb Fish Tartar Sauce Mashed Potatoes Broccoli Normandy Cornbread Fresh Fruit
17	Vegetable Soup Roast Turkey on Roll Mustard / Mayo Lettuce / Tomato Potato Salad Fresh Fruit Cookie	19	Grape Juice Glazed Baked Ham w/Mustard Sweet Potatoes Vegetable Medley Dinner Roll Yogurt Cup
24	Salad Greens w/ Tomatoes, Cucumbers Onions, Grilled Chicken, Cheddar Cheese, Ranch Dressing Cornbread Fresh Fruit	26	Grape Juice Manicotti w/ Red Sauce Parmesan Cheese Squash Medley Roll Lemon Pudding w/ Topping
31	Fruit Punch Swedish Meatballs Mashed Potatoes Peas & Diced Carrots Whole Wheat Bread Chocolate Brownie		





2023 Flu Clinic Avon Senior Center **Thursday, October 11 from 1:00- 3:00 pm**

Please bring your medical insurance card.

MEDICARE Part B as primary insurance

Aetna – Regular & Medicare

ConnectiCare – Regular & Medicare

Anthem – Regular & Medicare

Harvard Pilgrim HealthCare

We cannot accept:

CIGNA

Care Partners of CT

Health New England

United Health Care



Vaccines available:

Regular for ages 9 & older

High Dose for adults over 65

Call: Farmington Valley VNA 860-651-3539
 for an appointment. **Walk-ins welcome.**



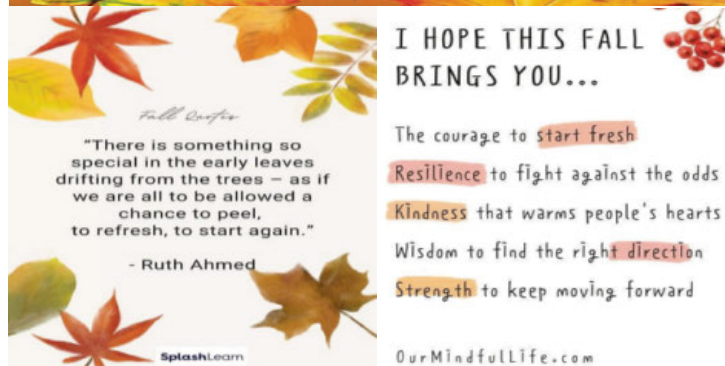
Avon Greater Together Community Fund Advisory Committee is seeking new committee members (specifically, senior citizens who reside in Avon).

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.

If you have questions or trouble accessing the application, please call: 860-833-4643



Medicare & Beyond: in-person program

Monday, October 16 at 6:00 pm - 8:00 pm



Mention the word Medicare and you're likely to get a confused look in return. The Father/Daughter Team of Lou & Jessica Pelletier will sort through the Parts (A- Hospital; B - Physician & Outpatient Coverage; D-Drug Coverage) and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, Social Security Options and how to protect your assets from nursing homes without having Long-Term Care Insurance. Join us if you are a senior, a child of a senior, or just want to know more. PelletierSeniorPlanning.Com

Sponsored by Avon Senior Center & Avon Free Public Library. Please register for appropriate room spacing.

<https://www.avonlibrary.info/event/medicareoct2023/>



Bloomfield Senior Services
 is pleased to present

*An Afternoon of Information, Fellowship
 and Socializing*

Thursday, October 19, 2023

1:30 pm Registration, meet and greet (and light refreshments)

2:00 pm Advance Directives and Medicaid
 What everyone needs to know

presented by Attorney Shirley Pripstein
 Greater Hartford Legal Aid

3:15 pm Probate Court
 What everyone needs to know

presented by Judge Daniel Mara
 Tobacco Valley Probate Court

4:15 pm "It's 5:00 somewhere"
 light refreshments, mocktails and socializing

Extra Bonus:

Avon and Bloomfield Librarians Taylor and Sara will be on-hand to share information about LGBTQ+ library resources and talk about upcoming collaborative programs (and will present each guest with a "cool swag item!") ☺

Please RSVP to Bloomfield Senior Services (860-243-8361) by October 16.



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/>).

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew	3 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	4 10:00 Wii Bowling 10:00 Mah Jongg 11:30 Lunch & Learn 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	5 10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	6 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 2:30 Choir 
CLOSED FOR  9	10 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Bingo 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	11 10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 2:30 Choir 4:00 Tai Chi 5:30 Zumba Gold 	12 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton 7:00 Paleo Talk- Zoom 	13 10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
 16 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 6:00 Medicare 	17 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Presentation 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	18 10:00 Wii Bowling 10:00 Mah Jongg 11:00 Service 1:00 Setback 2:30 Choir 4:00 Tai Chi 5:30 Zumba Gold 	19 10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	20 10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
 23 1:00 Setback 1:00 Crafty Crew	24 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 	25 10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 12:30 Grab & Go 2:30 Choir 4:00 Tai Chi 5:30 Zumba Gold 	26 10:00 Wii Bowling 10:00 Hearing Aid Check 11:00 Jessica Dietician 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	27 10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
30 1:00 Setback 1:00 Crafty Crew 	31 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Halloween Party 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 			



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Riverdale Farms | 124 Simsbury Rd. Avon, CT 06001

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PRESENTED BY PEGGY GORHAM, INSURANCE PROFESSIONAL

Turning 65 • Over the age of 65 • Retiring
 Just Simply want to know how to pick the right plan every year?

This class is for you.
 Call Today to Register 860-379-6700 x405 | www.roberson-tierney.com



Farmington Valley

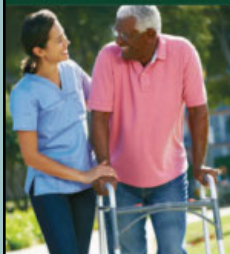
Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070
860-651-3539 • farmingtonvalleyvna.org

Serving the Greater Farmington Valley for over 110 years

- Skilled Nursing
- 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



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

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301 Country Club Road, Avon 860-673-8610

www.carmonfuneralhome.com

Take a Tour

Hosted by Arden Courts

JOIN US TO TAKE A PEEK INSIDE ARDEN COURTS!

100 Fisher Drive, Avon, CT 06001

860-678-7500

45 South Road, Farmington, CT 06032

860-677-4060



ARDEN COURTS

PROMEDICA MEMORY CARE



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arden-courts.org

EXPANDED SERVICES IN SIMSBURY

UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

Services offered:

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit h.uconn.edu/request-an-appointment, or call 1-84-GET-UCONN (1-844-388-2666).

UCONN HEALTH



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

Avon Senior Center, Avon, CT

06-5002