

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

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



SEPTEMBER 2018

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

Senior Center Coordinator's Message

Happy Senior Center Month! I'm so excited to celebrate with you! I hope you all enjoyed your summer and we look forward to a fantastic month!

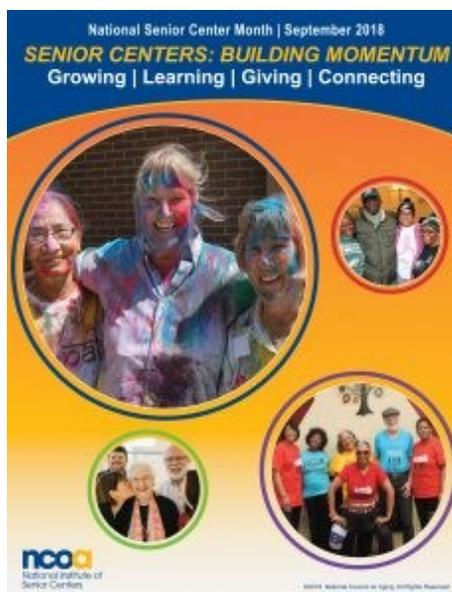
We have some great programs this month. We have several fabulous Lunch & Learn programs! You do not want to miss out! We have a "Senior Center Month Celebration" where we will paint inspirational rocks and enjoy delicious ice cream! We have a new program "Pocket Billiards" and you definitely want to check this out! We continue with our Examining Freedom of the Press Lecture Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. We have a Trip Slideshow program for 2 upcoming trips that we're taking in 2019! We continue with our "Knitting with Gratitude" program where we donate knitted blankets to those in need. Live Well Diabetes Self-Management workshop is free and open to the public. And we have our daily and weekly programs! Wow, we do so much at the Avon Senior Center!

All of this excitement, success, exhilaration, triumph and fun would not be possible without all of you that attend the senior center! We thank you, appreciate you and celebrate each and every one of you!

We would love to make some new friends, so please feel free to invite your neighbors, family and friends.

See you at the Avon Senior Center!!

Respectfully Submitted,
Jennifer Bennett, LMSW



Learn How to Self-Manage Your Diabetes

Attend a **FREE Live Well Workshop** & learn skills to understand & take control of your long-term health condition

Tuesdays, September 4th-October 9th
2:00-4:00 pm

Avon Senior Center 860-675-4355

Knitting with Gratitude

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



SEPTEMBER EVENTS 2018

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

Monday, September 3, 2018 CLOSED FOR LABOR DAY

Tuesday, September 4, 2018 “Thankful Tuesdays!”
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, September 4, 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. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, September 4, 2018 from 2-4 p.m.
“Live Well Workshop- Self- Manage Diabetes”

Justine Ginsberg, RN, BSN from the Farmington Valley Health District will be here to help you Learn How to Self-Manage Your Diabetes. Attend a FREE Live Well Workshop and learn skills to understand and take control of your long-term health condition. Learn better ways of dealing with pain, fatigue, difficult emotions, anxiety and stress. Learn easy exercises to help improve or maintain strength and energy. Learn ways to improve your nutrition and learn appropriate use of medications and more. Join a FREE 6-week Live Well Workshop on Tuesdays, September 4th-October 9th from 2:00-4:00pm at Avon Senior Center. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, September 5, 2018 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.

Thursday, September 6, 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!

Friday, September 7, 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 has worked with me and I saw a difference! 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, September 10, 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. If you have any questions, please feel free to call the senior center at 860-675-4355.

Monday, September 10, 2018 “Foot Care”

Dr. Lindsay will be at the Avon Senior Center 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.

Tuesday, September 11, 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, September 11, 2018 “Thankful Tuesdays!”

Wednesday, September 12, 2018 “Shuffleboard”

Wednesday, September 12, 2018 at 12:00 p.m.
“Apple Rehab Avon BBQ”

Join us at Apple Rehab Avon for a delicious BBQ! Apple Rehab Avon is located right across the street from the Avon Senior Center. They are hosting a barbeque for us! You don’t want to miss this event! This is free and open to the public. Please call the senior center at 860-675-4355.

Wednesday, September 12, 2018 at 1:00 p.m.

“Trip Slideshows with Collette Tours”

Join us as we get information on 2 fabulous upcoming trips with Collette Tours & Avon Senior Center! Get ready for Cowboy Country & Tuscany! Please bring your energy, enthusiasm and questions. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, September 12, 2018, 3:00-4:30 p.m.

“Bill of Rights for High School Students”

What can students say and do to exercise the First Amendment right of free speech and freedom of religion in schools? How has the Supreme Court ruled on these issues, and what avenues of redress are open to students if they think that their rights have been violated? These and other questions will be explored in this session. Geared for teens, adults are welcome, too! This program will be led by Stephen McGrath, CCSU History Department. “Examining Freedom of the Press” series designed in partnership by the Avon Free Public Library, Avon Historical Society, and Avon Senior Center, with support from Avon High School. Held at the Avon Free Public Library.

Thursday, September 13, 2018 “Thinking Thursdays”

Thursday, September 13, 2018 from 3:00-4:30 p.m.
“Popularity of Alexander Hamilton”

Discover the inspiring story of the Alexander Hamilton, who stood for American ideals. Bev York, historian and educator, will share an illustrated talk about his contributions, struggles, and tragic death. After years of being perceived in a supporting role, Hamilton’s star has risen, confirming his belief that “Those who stand for nothing fall for anything.” Part of the Examining Freedom of the Press Lecture Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

Friday, September 14, 2018 at 10:00 a.m.
“Senior Center Month Celebration!”

Lisa Duncan from Seabury will be here to help us celebrate *Senior Center Month* with a Fun & Inspirational Activity! This is free and open to the public. We will be painting inspirational rocks to spread kindness and joy! And, we will enjoy delicious ice cream sundaes! Please bring your own rock to decorate & paint. Seabury will provide paint & extra rocks! Please sign up.

SEPTEMBER EVENTS 2018

Monday, September 17, 2018, 6:30-8:00 p.m.

“Social Media, the Press and Us”

The everyday reality of media use around the globe is changing rapidly due to the proliferation of smart phones, tablets and multiple screens that allow access to and immediate dissemination of news. The US President prefers to communicate via twitter feed while labeling mainstream journalism as “fake news”; Facebook data has been hacked to access personal information about users’ likes and dislikes. Many teenagers communicate rather via text messages than in person, let alone speak on the phone. This talk will focus on the way social media is not only shaping our human relationships in a digital age but also our understanding of the world around us. How does user-generated content allow for new participatory energies to develop while also deeply affecting cultural identities and developing. Lecture and discussion led by Dr. Karen Ritzenhoff, CCSU Communication Dept. Part of the Examining Freedom of the Press Lecture Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

Tuesday, September 18, 2018

“Thankful Tuesdays!”

Wednesday, September 19, 2018 at 10:30 a.m.”Shuffleboard”

Wednesday, September 19, 2018 at 12:00 p.m.

“Lunch & Learn”

Join us for this informational Lunch & Learn sponsored by Carefree Home Pros. Are you interested in updating your tub or shower? We will show you how to get a FREE inspection & design consultation-& answer all of your questions. In just ONE day, we can remove the bathtub, give you that walk-in shower, safety bars and more!! We can freshen an old shower or tub/shower combination. We also have walk-in tubs. Please sign up.

Thursday, September 20, 2018

“Thinking Thursdays”

Thursday, September 20, 6:30-8:30 p.m.

“All the President’s Men”, 1976, Rated PG – It’s been over 40 years since the release of this movie, but Robert Redford and Dustin Hoffman still sizzle as two young reporters investigating the Watergate break-in that ultimately led to the resignation of President Richard M. Nixon. If ever there was a movie that underscored the importance of a free press in American democracy, this is it. Film discussion will be led by Bob Kagan, Professor of Communication at CCSU and the U of H. “Examining Freedom of the Press” series designed in partnership by the Avon Free Public Library, Avon Historical Society, and Avon Senior Center, with support from Avon High School. Held at the Avon Free Public Library. No registration required.

September 21, 2018 at 12:00 p.m.

“Lunch & Learn”

Please join us as we discuss the dedicated and comprehensive program to support patients with Parkinson Disease offered at Fresh River Healthcare. We will touch upon early signs, diagnosis, symptoms, and the clinical tools and supportive services that bring care and treatment to the person with PD and their loved ones in both the inpatient and outpatient settings. Avon Senior Center is providing the lunch. Your questions and concerns are welcome and we will share over a tasty dessert that Touchpoints at Farmington is happy to provide and share with you. Fresh River Healthcare & Touchpoints at Farmington are part of the iCare Health Network. Please call the Senior Center at 860-675-4355 to sign up.

Friday, September 21, 2018 at 1:00 p.m.

“Pocket Billiards”

Tuesday, September 25, 2018

“Thankful Tuesdays!”

Tuesday, September 25, 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!!!!

Trips

Vermont Fall Foliage Tour, Thursday, October 18,
\$133 per person

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

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

Open Yale Courses

Thursdays, 1:00 p.m.

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.

Wednesday, September 26, 2018 at 10:30 a.m. “Shuffleboard”

Wednesday, September 26, 2018 at 12:00 p.m.

“Lunch & Learn”

Please join us for this Lunch & Learn sponsored by Heaven’s Hands Home Care & Kindred Home Care. Come and learn about home care options for non-medical and medical home care and the difference between the two. You don’t want to miss out on this educational opportunity. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, September 27, 2018

“Thinking Thursdays”

Thursday, September 27, 2018 from 10-12

“Benefit Enrollment with NCAAA”

Come and get your questions answered about Medicare and see if you qualify for services or programs. North Central Area Agency on Aging (NCAAA) will be here today with their program called Benefit Enrollment Center (BEC). In working with the National Council on Aging (NCOA), BEC’s help people on/or eligible for Medicare enroll in appropriate benefits. Our trained staff use a web-based tool to determine eligibility and apply for benefits free of charge. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, September 27, 2018 at 6:30 p.m.

“Transgender 101- What’s it all about?”

You’re probably hearing the word “transgender” more and more, but do you really know what it’s all about? Here’s your chance to learn what it means to be transgender, in a safe & comfortable space with an informal presentation. Jill Celentano is a 57 year-old transgender woman who transitioned 2 years ago. She will share her personal journey, victories and hardships, and will be happy to answer questions. Discussion: the coming out process, transition, acceptance, right & wrong questions to ask transgender people, terms & definitions. This talk is appropriate for ages 14+. This program is co-sponsored by the Avon Senior Center & the Avon Free Public Library. Program at Avon Free Public Library, 281 Country Club Road, Avon, CT., 860-673-9712.

Saturday, September 29, 2018

“Celebrate Avon!!”

Come and enjoy yourself at Celebrate Avon as you reminisce with old friends and meet new ones. Come and say hello to the Senior Center Staff, enjoy delicious food from area restaurants, play games and gather information from the booths. This is your chance to learn about Avon and have some fun!

Thursday, October 4, 2018 from 10-12

“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.

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)
 or
 Wednesdays, 6:00-7:00 p.m. - Countryside Park
 Sept. 12-Dec. 19 \$82.00 (\$73.80 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)

Early Bird Fitness

Mondays and Thursdays, 8:15-9:15 a.m. - Senior Center
 Sept. 24 - Nov. 15 \$120.00 (\$108.00 Senior)

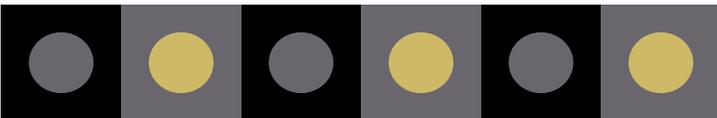
For more information about registering, classes, and setting up your account please visit:

<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.



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	
4	Beef Chili / Shredded Cheese Elbow Macaroni Sliced Carrots Wheat Dinner Roll Fresh Orange	6	Swedish Meatballs Parslied Egg Noodles Prince Edward Blend Vegetables Wheat Bread Pineapple Tidbits
11	Orange-Pineapple Juice Hot Dog/ Hot Dog Roll Mustard, Relish, Ketchup Baked Beans Mixed Vegetables Pound Cake w/ Mixed Berries & Whipped Topping	13	Mediterranean Soup Salisbury Steak w/ Gravy Vegetable Medley Baked Sweet Potato Club Roll Mandarin Oranges
18	Turkey Divan w/ Broccoli Mashed Potatoes Whole Wheat Bread Pineapple Tidbits	20	Hawaiian Style Roast Pork Rice Pilaf Peas 12 Grain Bread Mandarin Oranges
25	Vegetable Soup Grande Cheese Ravioli w/ Tomato Sauce Squash Medley Wheat Dinner Roll Wholegrain Fruit Oatmeal Bar	27	Roast Beef w/ Gravy Chive Mashed Potatoes Chuckwagon Blend Vegetables Whole Wheat Bread Pears

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.



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 hope you had a wonderful summer and created many happy memories with your family and friends. The way the summer months fly by is remarkable and it happens every year. If you have a favorite summer memory, please share it with us. You may find it here on this page in a future edition.

We have many exciting programs scheduled for the fall and hope you enjoy them. If you have any topic suggestion, please let us know.

On September 17th we will have John Banker returning with Oktoberfest. This is a popular celebration and fills up quickly. Please be sure to make your reservations early to save your spot. 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) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

On September 24th we are privileged to have Adele Mary Caruso presenting "Balance is Key". Adele is well known local speaker and has presented her talks at many local libraries.

Happy Birthday to the following Members:

September 1st – Margaret Zikowitz
 September 4th – Sue Floridio
 September 6th – Elizabeth Wolff
 September 17th – Russell Tuller
 September 21st – Barbara Schicker

We are 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. Please see one of the board members.

If you have any questions, please see a board member...we look forward to a new exciting season.

Helen M. Toth

Senior Citizens of Avon Organization

September 2018 – Program Schedule

Everyone is Welcome – Reservations Recommended

September 3rd Labor Day Holiday – Center is Closed

September 10th 10:30 – Board Meeting
 Noon – Pizza & Salad, Dessert
 Bingo

September 17th Noon – Oktoberfest
 Knockwurst, red cabbage,
 carrots & potato
 Birthday cake & ice cream

German Oktoberfest with John Banker who will be dressed in an authentic Lederhosen presenting German Folk music combined with traditional songs and lots of Polkas. John performs on tuba, trumpet and accordion. Highlights include selections on Alpine Bells and solos on a 12 ft. Alpenhorn from Switzerland. Songs are performed in German, Polish and English with audience participation.
 RESERVATIONS REQUIRED.... Please call Katie Ruez at (860-673-9883)

September 24th Noon – Pot Luck
 Dessert

Guest Speaker is Adele Mary Caruso who will present "Balance is Key". Usually everything in life falls under three categories of health, relationships and finances. Each plays a vital role in how we are feeling and it is so important that there is a balance between them. If one is not working well, it will affect the others. Join Adele for this very informative talk and walk away with ways to create more balance in your health, relationships and finances.

Coming up in October:

Anniversary Luncheon and a special Halloween treat "Supernatural Inc." More info in October!

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Senior Center Month!</p> <p>Senior Centers Building Momentum!</p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <h1 style="font-size: 4em; margin: 0;">September</h1>  </div>			
<p>CLOSED FOR LABOR DAY</p> <div style="text-align: center;">  HAPPY LABOR DAY </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 THANKFUL TUESDAYS</p>	<p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p>	<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>	<p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<p>9:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback</p>	<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 1:00 Scrabble & Cards 2:00 Live Well Workshop THANKFUL TUESDAYS</p>	<p>9:00 Wii Bowling 10:30 Shuffleboard 12:00 Apple Rehab BBQ 1:00 Trip Slideshows 1:00 Setback 1:00 Billiards 3:00 Bill of Rights- AFPL 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Alexander Hamilton THINKING THURSDAYS</p>	<p>9:00 Wii Bowling 9:30 Billiards 10:00 Senior Center Month Celebration 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<p>9:00 Wii Bowling 11:00 Blood Pressure Foot Care Clinic 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP 6:30 Social Media, Press & Us- AFPL</p>	<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 2:00 Live Well Workshop THANKFUL TUESDAYS</p>	<p>9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards</p>	<p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 6:30 All the President's Men - AFPL THINKING THURSDAYS</p>	<p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 12:00 Lunch & Learn 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<p>8:15 Early Bird Fitness 9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<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 2:00 Live Well Workshop 3:30 Line Dancing THANKFUL TUESDAYS DRESS DOWN DAY</p>	<p>8:15 Early Bird Fitness 9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<p>9:00 Billiards 9:00 Wii Bowling 10:00 Benefit Enrollment 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 6:30 Transgender 101 THINKING THURSDAYS</p>	<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 Billiards</p>

RESERVED FOR SPONSORS

Avon Senior Center



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AVON, CONNECTICUT 06001

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