

Extra Good Stuff



Avon residents can borrow donated medical equipment on a temporary basis while recuperating from surgery or an injury. Residents need to call the Senior Center to check inventory before coming in to fill out an equipment loan sheet. **Please do not drop in to pick up equipment as this can not be accommodated.**

FUNDRAISING WITH THE ROCK PILE 900 NAGEL RD. IN AVON



- ✓ Shop at The Rock Pile
- ✓ Tell them you are part of the Avon Senior Center when you check out
- ✓ The Senior Center receives 5% of total purchases!

NEWSLETTER VOLUNTEER SIGN-UPS

Special thanks to our wonderful group of folks who get together for a few hours every other month to fold, seal, and address the newsletter. * If you would like to sign up to be a newsletter volunteer, please call the Senior Center and sign up for every month you would like to volunteer. We can have up to 25 volunteers per month and you may sign up for up to 2 months at a time. *

SNACKS SPONSORED BY BUSCH FUNERAL AND CREMATORY SERVICES EVERY MONTH.



The Avon Senior Center and Avon Seniors Inc. Board graciously offers financial assistance for those with a demonstrated financial need. Financial assistance is available for events, classes, and services at the Senior Center. The process is simple and completely confidential. Stop in or call Carm.



AVON SENIOR CENTER
36786 DETROIT RD.
AVON, OH 44011
(440) 934-2417

JUNE/JULY
2016

AVON SENIOR CENTER
36786 DETROIT ROAD



THE SENIOR BUZZ



Coordinator's Comments

We made it! It is finally summer! We have so many interesting and fun events coming up, you may need a bigger calendar to write them all down!

We hope everyone enjoyed our Annual Spring Lunch at Fountain Bleu this year. We had a truly delicious meal and were entertained by the very funny duo, Frank and Dean. Special thank to all the sponsors who donated items for our door prizes, which include: Home Instead Senior Care, O'Neill Healthcare Bay Village, Crossroads Hospice, Emerald Village, Independence Village, Rae-Ann Westlake, Rose Senior Living, The Northridge, Joe Firment Chevy, and The Abbe-wood. Please check out our summer activities we have planned over the next few months including a free lunch-n-learn, chili dogs & music bingo, pain management classes, flower pot painting, a Lolly the Trolley tour and much more!

Have you noticed that adult coloring books are the "in" thing now? It's fun, relaxing and the coloring book choices are a lot different than when we were kids. Come in and check out our bulletin board—we are having a coloring contest! Stop in and pick out something to color, or use something for your own coloring book, and bring it back to display on our bulletin board. Someone will win a prize from all the entries!

Please note the following changes in scheduling at the Senior Center: Beginning in July the Board Meeting will be moved to the second Wednesday of the month at 9AM and will precede the monthly General Meeting. This is a permanent change beginning in July. Additionally, the Senior Center will be closed from 11:00AM—1:15PM on Friday, June 3 for an all staff meeting. The building will re-open at 1:15. Therefore the movie on June 3 will not begin until 1:30.

Included in this newsletter is a questionnaire regarding your interests, participation, and feedback on events at the Senior Center. We ask everyone to fill out this anonymous questionnaire and return it to the Senior Center either by mail or by dropping it off the next time you are in the building. There will be a drop box in the lobby area (near the elevator) for your convenience. The deadline for returning questionnaires is Friday, June 24.

Father's Day is Sunday, June 19. Happy Father's Day! Be well. See you soon. Happy Spring!

Carm

Sincerely,
Carmelina Barbera, Coordinator

P.S. We're raffling off the City of Avon logo for the August 13 Lake Erie Crushers game! Stop in and buy your raffle tickets today!

BRYAN K. JENSEN, MAYOR
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Mike Kerecz, Driver
Ed Mantin, Driver
Toni Konowal, Driver

FACILITY & MAINTENANCE
Mario Volpe

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HOURS OF OPERATION
OFFICE HOURS:
M—F: 8:30 AM — 4:30 PM
TRANSPORTATION PROGRAM:
M—F: 9AM—3 PM

COMMITTEES
Health & Welfare
Andy Monda
Refreshments & Kitchen
Dave & Carol Crudele
Membership
Social & Programs
Carmelina Barbera

**THE AVON SENIOR CENTER WISHES
TO THANK AVON SENIORS INC.**

Jim Mutchler, President
Susie Cory, Vice President
Cheryl Courtney, Treasurer
Mary Carpenter, Recording Sec.
Nancy McGhee, Correspondence Sec.
Craig Witherspoon, Council Rep
Carmelina Barbera, Mayor's Rep



www.cityofavon.com

BOARD MEETINGS OF AVON SENIORS, INC.

- ◆ The Advisory Board meetings are the second Wednesday of every month at 9:00 AM unless otherwise stated
- ◆ All Meetings are held at the Avon Senior Center in the Main Hall unless otherwise stated.
- ◆ Any Special Meetings that are scheduled will be publicized a minimum of 24 hours in advance.
- ◆ Meetings are scheduled and open to the community
- ◆ All are welcome and encouraged to attend.

STARTING IN JULY!**Memory and Aging****Thursday, June 2 ~ 1:00 PM**

The Memory & Aging Program is designed to make one think about how memory works and the factors that affect memory. There are discussions about how to improve memory and discussions about ways to remember information. The program is a pleasant way of reviewing the memory process in later life. In some instances, certain diseases have an impact on memory and with these exceptions, memory can be improved at any age. Please come and participate in this program and share your stories. The presenter, Dr. Basabi Ratnaparkhi, has a PhD in Gerontology/Education from the University of Connecticut and is the Executive Director of the Eliza Jennings Home. You must RSVP for this event by calling 440-934-2417 no later than May 31.

**TAKE CHARGE OF YOUR PAIN! CHRONIC PAIN SELF-MANAGEMENT
 JULY 7—AUGUST 11 ~ THURSDAYS (6 WEEK CLASS) ~ 9:30 - 11:30 AM**

Start feeling better and get back to doing the things you love! Chronic pain—pain lasting six months or more from a variety of causes—can cause you to feel irritable, tired, isolated, or helpless, and keep you from doing the things you enjoy. Researchers at Stanford University have developed Chronic Pain Self-Management (CPSM)* to teach proven techniques for safely and effectively managing pain through:

- Exercise, strengthening, endurance and flexibility
- Managing medications
- Communicating with family, friends and doctors
- Nutrition
- Decision-making
- Evaluating new treatments

If chronic pain is holding you back and affecting your quality of life, join us for this NO-CHARGE workshop and start feeling better today! 6 week class - meets once a week; No Charge; Light refreshments. To register please call the Avon Senior Center at 440-934-2417 or email: programs@fairhillpartners.org

Who Is Driving?

Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along, they came to an intersection. The traffic light was red but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we drove thru a red light."

They drove a few more minutes they came to another intersection, the light was red, and again they went right through. This time, the passenger was almost sure that the light had been red, but was also concerned that she might be seeing things. She was getting nervous and decided to pay very close attention.

At the next intersection, sure enough, the light was definitely red and they blew right through it. She turned to the other woman and said, Mildred! Did you know that you ran through three red lights in a row? You could have killed us!" Mildred turned to her and said, "I thought you were driving."

Who's There?

Three sisters, ages 92, 94 and 96, live in a house together. One night the 96-year-old draws a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?" The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses "Was I going up the stairs or down?"

The 92-year-old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She then yells, "I'll come up and help both of you as soon as I see who's at the door."

**COLORING CONTEST
 ONGOING JUNE & JULY**


Coloring is no longer just for children! We will be displaying completed adult coloring pages throughout the month of June and July at the Avon Senior Center. If you have an adult coloring book, please feel free to use a page from your book. If not, there are many possibilities of coloring pages that you can print off. If you do not have internet availability, stop by the Avon Senior Center and we will have some coloring pages for you to choose from. At the end of July, we will put all names of those who participated into a drawing for a prize!

**TERRA COTTA
 FLOWER POT PAINTING
 THURSDAY, JULY 7
 1:00 PM.**

Do you want to express your artistic ability?

Come join us for a Flower Pot Decorating Social. Cost of this event is \$5/person and includes all your supplies (and some snacks), payable by June 30. Hurry! Space is limited!

**Effective Communication Strategies****Monday, July 18 ~ 10 AM**

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease. Sponsored by the Alzheimer's Association. You must RSVP by calling 440-934-2417 no later than July 13.

**SENIOR WALKING GROUP
 THURSDAYS ~ 9:30AM**

ACCORDING TO THE AMERICAN HEART ASSOCIATION, REGULAR WALKING IS ONE OF THE MOST EFFECTIVE FORMS OF PHYSICAL ACTIVITY THAT DELIVERS SUBSTANTIAL HEALTH BENEFITS AND IMPROVES HEART HEALTH.

ARE YOU A WALKER? WOULD YOU LIKE TO WALK WITH A GROUP? JOIN ME FOR A GROUP WALK ON THURSDAY MORNINGS (WEATHER PERMITTING) AND GET YOUR CARDIO WORKOUT DONE FOR THE DAY. WE WILL WALK FOR 45-60 MINUTES DEPENDING UPON THE NEEDS OF THE GROUP. WE WILL WALK AT A DIFFERENT PARK EACH WEEK (SUGGESTIONS WELCOME!). PLEASE PICK UP A SCHEDULE AT THE SENIOR CENTER TO SEE WHERE THE GROUP WILL BE WALKING, OR JUST MEET US AT THE SENIOR CENTER BEFORE 9:15 TO RIDE WITH CARM OR ANNMARIE TO THE PARK. WEAR COMFORTABLE WALKING SHOES AND WEATHER APPROPRIATE CLOTHING. BRING A WATER BOTTLE IF DESIRED. BEGINS JUNE 16.


**SENIOR WELLNESS
 & WALKING CHALLENGE
 AUGUST 12- SEPTEMBER 23**

Join us for a health and wellness program for seniors! The program kicks off on August 12 at UH St. John Medical Center through September 23.

The program begins and ends with a health and wellness screening from UH SJMC Community Outreach nurses and includes:

- Screenings for cholesterol, blood pressure, BMI and waist circumference at 10AM on August 12.
- A free pedometer so participants can track their steps.
- The opportunity to warm up with a UH SJMC physical therapy health professional and walk the UH SJMC campus track with other program participants.
- A variety of health and wellness presentations from UH SJMC health professionals

The program will end with an awards ceremony and luncheon, where prizes will be awarded for those who take the most steps and those who see the greatest decrease in cholesterol, BMI, blood pressure and weight. Please sign up with Carm or Annmarie if you are interested in participating in this fun competition!

Lolly the Trolley Thursday, July 28th 12:30pm – 3:30pm



Join us for the Lolly the Trolley

Tour. There is no better or easier way to see Cleveland than on Lolly the Trolley. Bright red trolleys with an open, inviting atmosphere have carried more than one million people on sightseeing tours of the Cleveland area. Your fully narrated sightseeing tours reveal a Cleveland you never knew existed as your personable, professionally trained tour guides dazzle you with amazing facts and delightful stories about Cleveland's past, present and exciting future. This tour of Cleveland features the **North Coast Harbor, Downtown** (with its mix of classic and modern architecture, new hotels & apartments, new Public Square & new Convention Center), **The Warehouse District, The Flats, Ohio City, the Gateway Sports Complex** (site of Indians Baseball & Cavs, **Playhouse Square**, the stories of **Millionaire's Row**, the massive **Cleveland Clinic** complex), the newly revitalized **University Circle** (home to 4 major museums and the world-famous Cleveland Orchestra), and the historic **Cleveland Cultural Gardens** before your ride back to town along the **Lake Erie Shoreline**. You will return with a new appreciation for our exciting and ever-changing city! Space is limited! Cost of tour is \$24.00 per person. Trip will depart from the Senior Center at 12:30 PM and return at approximately 3:30 PM. Please make checks payable to "Avon Seniors Inc." and write "Lolly the Trolley" on the memo line. Deadline for registration is June 28.

Tai Chi Classes

Tuesdays ~ 9:30 AM
July 12 - August 30. Cost for 8 session series is \$20 per person. Checks payable to **Avon Seniors, Inc.**

Watercolor Art Class

Mondays ~ 1:00 PM - 4:00 PM
Weekly fun watercolor art classes for beginner to intermediate painters. The Instructor is Bernie D'ettore who teaches at the Beck Center and at Bay Arts. Cost is \$10/class payable directly to the instructor. Bring your own supplies. Call with any questions.

RAFFLE GIVEAWAY!



COME TO THE SENIOR CENTER TO PURCHASE RAFFLE TICKETS TO WIN THE CITY OF AVON LOGE FOR THE SATURDAY, AUGUST 13 LAKE ERIE CRUSHERS GAME AGAINST THE SHAUMBURG BOOMERS!
TICKETS ARE \$1 EACH OR 6 FOR \$5.
WINNER WILL BE CHOSEN AT OUR JULY 13 GENERAL MEETING. WINNER NEED NOT BE PRESENT TO WIN.

MOVIE FRIDAY

1:00 PM



JUNE 3 - "THE CHOICE" PG-13 (1 HR 51 M) Bachelor Travis Parker is enjoying the single life in his seaside North Carolina town when the beguiling Gabby Holland moves in next door. Almost immediately, the two fall in love despite a host of obstacles -- including Gabby's boyfriend.

JUNE 17 - "BRIDGE OF SPIES" PG-13 (2 HR 22 M) At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. Tom Hanks, Amy Ryan.

JULY 1 - "Jurassic World" PG-13 (2 HR 4 M) Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions.

JULY 15 - "EVEREST" PG-13 (2 HR 1 M) Based on a true-life tale of death and survival on the world's tallest mountain, this epic adventure tracks the fate of two climbing parties that become trapped when a savage snowstorm engulfs the summit of Mount Everest

SPONSORED BY O'NEILL HEALTHCARE BAY VILLAGE AND THE GARDENS AT WESTLAKE

REGULAR EVENTS

1ST & 3RD SATURDAY: COFFEE & DONUTS AM	9
2ND WEDNESDAY: BOARD MEETING AM	9
2ND WEDNESDAY: GENERAL MEETING	10 AM
2ND & 4TH FRIDAYS: ADULT CLINIC	8 AM
1ST & 3RD FRIDAYS: MOVIE FRIDAY	1 PM
MON: PINOCCHLE	12 PM
TUES: HAND & FOOT	1 PM
WEDS: TOLE PAINTING	10 AM
WEDS: MAHJONG	11:30 AM
WEDS: CARDS	6 PM
THUR: SCRABBLE	1 PM
JIGSAW PUZZLE EXCHANGE	ONGOING

BINGO

1:30-2:30 PM
2ND AND 4TH FRIDAYS



Sponsored alternately by Hospice of the Western Reserve, the Northridge, Avon Oaks Caring Community and Avon Place. You must RSVP for this event by calling 934-2417 for each Bingo event.

LINE DANCING

JUNE 18 & JULY 16
7-10PM



Country and non-country music at levels from beginner to intermediate. New and classic dances are welcome to this "By Request" Open Dance that will include one beginner level lesson by Amy Auger. Bring your own drinks and snacks, no alcohol permitted. Cost is \$5/person. No RSVP needed. Contact Amy at 440-258-3153 with any questions.

Love & Support

We ask that you keep the following persons in your thoughts & prayers.

- ♥ Irv Frank
- ♥ Anita Stockard
- ♥ May Lester
- ♥ Anne Benisek
- ♥ Lois Hartsel
- ♥ Richard Viglas
- ♥ Rosemary Wysocki
- ♥ Jan Spisak
- ♥ Florence Garner

Please let us know if there is a senior you would like to have listed in our Love and Support section.

MYSTERY LUNCH!

WEDNESDAY, JULY 27
12:00 NOON
Sign-ups begin July 1 at 9:00 AM



- No charge, just RSVP to 440-934-2417.
- Voice mail messages left prior to the sign up date and time will not be counted.
- Lunch will be available until 12:30.
- Please call if you are unable to attend so we can fill your spot with someone on the waiting list; sending someone in your place is not permitted.
- Carry-out containers are not permitted.
- This lunch is for members of the Avon Senior Center. If you have not paid your 2016 annual dues you are not eligible for this event.

Lovingly Prepared by Dave & Carol Crudele

CHILI DOGS & MUSIC BINGO!

WEDNESDAY, JUNE 22
11:30 AM



We will enjoy a delicious lunch then play Music Bingo. For this event is \$5/person and includes hot dogs with optional toppings (chili, cheese, ketchup, mustard, onion, relish), coleslaw, beverages, and dessert. Hurry! Space is limited! **Please make checks payable to Avon Seniors, Inc. and write "music bingo" on the memo line.** You must have exact change if paying by cash.

GENERAL MEETING INFO

JUNE 8 - 10 AM

- St. John West Shore Community Outreach will be here for blood pressure checks
- We will be celebrating monthly Birthdays!
- After the meeting, stay and experience "Rosie the Riveter," presented by the Lorain County Historical Society. This event will portray how the women in Lorain County supported the war effort. This was a time women were told they could do anything and they did it!

JULY 13 - 10 AM

- St. John West Shore Community Outreach will be here for blood pressure checks
- We will be celebrating monthly Birthdays!
- After the meeting, we will have a presentation from Matt Moos, VP of Corporate Development for the Lake Erie Crushers!

Please join us!

GUIDELINES FOR TRIPS AND ACTIVITIES:

To reserve your trip or reservation please mail/drop off your payment to the Avon Senior Center;

Please make checks payable to: "Avon Seniors, Inc."

Please specify which trip you are reserving on your check. *Please have exact change if paying by cash. * Separate checks must be used for each trip. Trips open to all seniors. First come, first served until the bus is filled.

SUMMER in the Country**FRIDAY, JULY 15**

Mild walking

Enjoy a Summer day exploring unique Eastside areas. History and nature combine to create a charming New England-style village with a Norman Rockwell picture-postcard setting in Chagrin Falls. Our step-on-guide will share the history and secrets of this delightful area and after our tour, we'll have free time to browse the shops and boutiques. Visit the famous Popcorn Shop on the Square and take pictures of the scenic FALLS, while enjoying all this delightful area has to offer. We'll head off to Geauga County for a wedding-style, authentic Amish lunch served family style, with all-you-can-eat chicken, mashed potatoes, gravy, stuffing, creamed peas, home baked bread, salad, date nut pudding and 3 kinds of pies! After lunch, we'll visit the unique and inspirational Shrine of Mariapoch, dedicated to the similarly named shrine in Hungary and created by many thankful Hungarians who came to the US in search of the American dream. We'll stop in the Sugar Shack on the Village Green of Burton and have a hands on demonstration of Maple Sugar making and a chance to visit their gift store. We'll complete our day at the Patterson Farm Market, which offers Mother Nature's finest produce along with baked goods. Trip will depart at 8:30 am. and return about 6:30 pm. Cost for this trip is \$69/person. Deadline for registration is June 15.

Summer Mystery Surprise #5**WEDNESDAY, AUGUST 3**

Moderate Walking

On the road again, just can't wait to get on the road again. Goin' places where we've never been, seein' things we may never see again. We just can't wait to get on the road again. This land is my land, from California to the New York Island. From the Redwood Forest, to the Gulf Stream Waters, this land was made for you and me. Mystery trips are exciting because the world is a big, wonderful adventure and this trip will take you somewhere you may have never been and can't wait to learn about. Come join us on a fun day with similar travelers who are flexible, very curious and also enjoy the call to wander. Based on the tremendous success of our Mystery Trips, we are creating another full day of surprises that combine unique areas, sites and attractions. (Lunch is included). You can rest assured that every one of our Mystery Trips is to an area we have not visited on one of our published trips. However, Mystery Trips are NOT for everyone. You need a great sense of adventure, a good sense of humor and VERY comfortable walking shoes. Cost for this trip is \$79/person. Deadline for registration is July 5.

Mansfield's SHAWSHANK Trail**FRIDAY, AUGUST 26**

Strenuous Walking

Enjoy a unique tour that combines Hollywood, mystery and history as we start with a walking tour of the Ohio State Reformatory, where the movie *Shawshank Redemption* was filmed. This 1994 cult classic shares a story of immense struggle and the power of hope. We will see the cells, the warden's office and other areas seen in the movie. Opened in 1886, the Reformatory is the largest castle-like structure in Ohio and one of the five largest in the U.S. It was also used in "*Air Force One*", "*Harry and Walter Go To New York*", and "*Tango and Cash*", along with many television credits. We'll tour the Bissman Building, an important location in the movie as the site of both the Brewer Hotel and also the Portland Daily Bugle. We'll enjoy an excellent themed lunch at Ed Pickens' Café on Main with a chance to visit the Squirrel's Den Candy store. In the afternoon, we'll have a behind-the-scenes tour of the 1928 Renaissance Theatre. And complete our day seeing the iconic Oak Tree, where Andy hid a "treasure" for Red, bringing their hope to life. Join us as we pay homage to one of America's classic films as we stand in the actual places where the movie was filmed and learn "*There is only one choice - Get Busy Livin' or Get Busy Dyin!*" Cost for this trip is \$89/person. Deadline for registration: July 26.

Autumn in Ohio's Amish Country**FRIDAY, SEPTEMBER 23** MODERATE Walking

Enjoy our annual Kick-off to Autumn as we visit the beauty of Ohio's Heartland on one of our most popular trips at a wonderful time of the year to travel. We will experience the Amish way of life at Yoder's Amish Home, where we'll have a guided tour of the homes and barn, learning the history, customs and culture of the Amish. We'll head to the village of CHARM for a buffet lunch at Chalet-in-the-Valley. We'll visit Guggisberg Cheese, (originators of Baby Swiss,) Kiem Lumber and Hardware, (with unique Amish items) and the lovingly restored Baltic Mill Winery, (Ohio's largest flour mill in the mid-1800's) with hand-crafted wine for tasting. We have searched out new places of interest to keep our Amish trips fresh, so start your FALL enjoying Ohio's country pride on a great one-day getaway. Cost for this trip is \$69/person. Deadline for registration is August 23.

Lunch & Learn**"See it, Believe it, Achieve it"**
Wednesday, June 15 ~ 11:30 AM

We all tend to feel beaten-down by what we believe are external forces as we age, when in fact, our energy is as vibrant as it was the day we were born. It is our THOUGHTS that beat us down every day. Change your thoughts - change your life. Join Donna Fratianne for this free lunch-n-learn event as she teaches you how to create the life you want by harnessing the power of your mind. This event is sponsored by Our House who will provide us with a wonderful lunch of turkey ranch wraps, fresh fruit and lemon squares. Space is limited. You must RSVP for this event no later than June 8.

Ohio's Vintage Wine Trail**FRIDAY, OCTOBER 21**

MODERATE Walking

Set your sights on Wine Country as we travel to some of the finest wineries along *The Lake Erie Wine Trail*, in the Western Lake Erie Basin. All the wineries we'll visit, enjoy the constant misty breezes off Lake Erie, allowing them to grow a tremendous variety of wines and we'll sample various offerings at each winery. We'll start our day visiting Firelands Winery of Sandusky, where wine has been made at this site since 1880, using grapes from their vineyard on the Isle of St. George in Lake Erie. We'll enjoy a presentation and tastings of their best vintages. Next, we are off to the Catawba area to visit Mon Ami Winery, where we'll start with a wine presentation and sampling before lunch. Our third winery is Quarry Hill of Berlin Heights, set on a bluff where you can see Lake Erie three miles away. We'll also have time to visit their Farmer's Market Barn, filled with fresh-picked, Autumn produce. And we'll complete our day at the newer Papermoon Winery of Vermillion. We'll enjoy a presentation on this wonderful family business and sample in their private tasting & production room. We have had successful (and really fun) wine tasting tours and we hope this will be just as fun! The Wine tasting tours have sold out with other groups, so don't hesitate to call. Here is your chance to join friends at the AVON Senior Center on an Autumn adventure as we search for the nectar of the gods and sample Mother Nature's bounty. We hope you can join us and space is limited, so call soon. Cost for this trip is \$69/person. Deadline for registration is September 21.

Did You Know...

- We have a notary on staff. Senior Transportation driver Toni Konowal is a notary and has offered her services to the seniors free of charge. Please let us know if you need something notarized and we will get in touch with her.
- You might have a credit for programs at the senior center. If you paid your 2016 membership on or before January 22, you have an \$8 credit to use on any program, event, trip, etc offered through the Senior Center in 2016. If you are not sure if you have a credit or if you've used it, call us!