



AVON COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322
508-559-0060

EXERCISE AND ACTIVITIES

PROGRAM	INSTRUCTORS	COST
ZUMBA GOLD (Monday 9:30 a.m.)	MARY ELLEN REARDON classes begin September 8	\$4.00
CHAIR YOGA (Monday 1:00 p.m.)	MARY RYAN classes begin September 8	\$2.00
TAI CHI (Wednesday 9:30 a.m.)	MIKE SHOWSTACK classes begin September 3	\$2.00
CARDS	TUES & THURS	FREE
TAP DANCING (Friday 10:00 a.m.)	MARILYN KIRKER	FREE
MOVIE	MONTHLY Refer to monthly newsletter for dates	FREE

SERVICES

SHINE (Serving Health Insurance Needs of Others)	1 st Thursday every month
HEARING TESTS:	2 nd Friday every month
BLOOD PRESSURE CHECK: (no appointment required)	3 rd Thursday every month
LAWYER APPOINTMENTS: (Assisting seniors with questions about elder law)	3 rd Tuesday every month

Please call @ 508-559-0060 to schedule an appointment.