



AVON COUNCIL ON AGING

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

EXERCISE AND ACTIVITIES

<u>PROGRAM</u>	<u>INSTRUCTORS</u>	<u>COST</u>
ZUMBA GOLD (Monday 9:30 a.m.)	MARY ELLEN REARDON	\$4.00
CHAIR YOGA (Monday 1:00 p.m.)	MARY RYAN	\$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 & GROUP MEETINGS

SHINE (Serving Health Insurance Needs of Others)	1 st Thursday every month
HEARING TESTS:	2 nd Friday every month
BLOOD PRESSURE CHECK: GLUCOSE CHECK (no appointment required)	3 rd Thursday every month 11:30 am
LAWYER APPOINTMENTS: (Assisting seniors with questions about elder law)	3 rd Tuesday every month
CAREGIVER SUPPORT GROUP (For caregivers of a loved one with memory loss)	2 nd Thursday every month @5:30 p.m.

Please call the number above if you have questions or would like to make an appointment Thank You.