



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

EXERCISE AND ACTIVITIES

PROGRAM

INSTRUCTORS

COST

BINGO

(Every Tues. @ 1p.m.)

VOLUNTEER

\$5 (per card)

CHAIR YOGA

(Thur. 10:30 a.m.)

MARY RYAN

\$4.00

LINE DANCING

(Mon. 10:30 a.m.)

MARY METIEVER

FREE

TAP DANCING

(Friday 10:30 a.m.)

MARY METIEVER

FREE

BALANCE CLASS

(Wed. 1:15 p.m.)

STEVE AVELLINO

Call for schedule information.

\$42(6 wk. class)

RESTAURANT GROUP

MONTHLY

Refer to monthly newsletter for date.

VARIES
