

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



AUGUST 2022

See our newsletter online at: <https://www.avonct.gov/senior-center>



Senior Center Coordinator's Message

Happy August! Hope you're enjoying summer and the warm weather. We are having fun at the Avon Senior Center and we're so glad to see you.

We have some new classes and programs next month. The newsletter has the information. Please be sure to check them out and sign up.

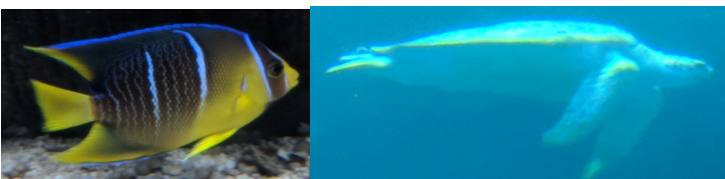
We are running trips again! We're working with Canton Senior Center and taking trips together. Please feel free to call Canton at 860-693-5811 to find out where we're travelling to next!

If you need to get out of the heat, come visit. We have air conditioning and cold water to stay hydrated! And there's always something to do.

Thank you to our high school volunteers— Sanvi and Sreetama for your efforts this summer. We wish you well in your upcoming school year.

Thank you for coming to the Senior Center and making it a focal point for older adults. We are here for you! Please stay safe and healthy.

Please take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion



Monday Meals & Minds Program **FREE New Program starting in September**

Monday Meals and Minds is a bi-monthly program where meals will be served at the Avon Senior Center (in-person or take away) and there will be an educational and informational opportunity for learning. The meals can be made by Avon Senior Center staff or interns/volunteers as well as chefs, caterers or restaurants. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE.

SIGN UP IS REQUIRED.

This program is grant funded through NCAAA (North Central Area Agency on Aging) and is sponsored and hosted by Avon Senior Center.





**PLEASE CALL
860-675-4355 TO
SIGN UP!**

Wednesday, August 10

11:00 AM—1:00 PM

Join us at Avon Senior Center for fun, food and music.

Ted's World Famous Steamed Cheeseburger

Truck will be serving up their specialties!

Free food, music & fun for all.



Sponsored by **River Ridge** in Avon & **Hebrew Center Rehab** in West Hartford. Live entertainment will be supplied by River Ridge in Avon. Please RSVP by August 4 to ASC.

Grab & Go— Aug 24, 2022

Wednesday at 12:30 pm

Enjoy a delicious FREE Grab & Go Meal. Please drive up to the front door and we will hand you the meal. Please call 860-675-4355 to sign up. We look forward to seeing you!

Sponsored by Avon Senior Center



Silver Sneakers 30th Year Anniversary Class

Monday, August 8 at 11 AM

Free Silver Sneakers live class (in-person)

Avon Senior Center (Please RSVP)

Potluck Party following the class at 11:30, please bring an appetizer, sandwiches, salads, any kind of lunch item. Avon Senior Center is supplying the coffee and cake. We will be playing games and winning prizes! See you there!

Nancy Pandolfo— Silver Sneakers Instructor

3-13 CARD GROUP

Tuesdays at noon.

New players welcome. Easy to learn & fun to play. Join us!



Chess Group

Tuesdays 1:00-3:00 p.m.

Looking for new players!



**Senior Medicare Patrol
(SMP)**

1-800-994-9422

www.smpresource.org

PROTECT from Medicare fraud, errors, & abuse;
DETECT potential fraud, errors, abuse; **REPORT** concerns. Help with questions, concerns, complaints.



NEW EPISODES

LISTEN NOW TO LEARN HOW
SCAMS ARE EVOLVING.

https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN_FraudJuneTPS_Heavy-HERO-Hero-IMG-1643502_HVY-NA&encparam=FGHUVL%2baTSyQe1iQEGtW9bgwqup%2flkzbHsQgMKvhcRQ%3d

FAILURE
IS NOT THE OPPOSITE OF
SUCCESS.
IT IS PART OF
SUCCESS.

Back to School Collection Kick-Off

Monday, August 8 from 12:30-3:30 pm

Donation drop off site: Avon Senior Center

Sponsored by: Avon Social Services, Avon Youth Services and Avon Senior Center

Please feel free to drop off donations in the drop box at the Senior Center.

Avon Senior Center will be making cards for students to encourage and inspire success for the new school year!

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

Thursday, August 18 from 10-12.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings

1st & 3rd Thursdays from 11:30-1:00.



AARP Fraud Watch Network: identity theft, investment fraud & scams. www.aarp.org/fraudwatchnetwork or 1-877-908-3360
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

Watch Your Credit Reports: www.annualcreditreport.com or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: www.donotcall.gov or call (888) 382-1222

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.
www.aarp.org/fraudsupport.

How to Recharge this Summer for Caregivers

Tips for caregivers to recharge

Recognizing burnout

Find a little time for you

Reach out to a support system—Avon Senior Center

https://caregiver.com/articles/recharge-summer/?ct=t%28Caregiver+Newsletter+7%2F26%2F22%29&mc_cid=91187d05e6&mc_eid=8480572e02

Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

Bean bag toss (Cornhole)

Wednesdays 10-12

It can be played inside or outside, depending on the weather. Please join us for the fun!



CRT CONGREGATE MEAL

Community Café/Lunch Program
 IN-PERSON AT SENIOR CENTER

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.

Blood Drive

Avon Senior Center

August 11, 2022 10:00-3:00



American
 Red Cross

Please call 1-800-RED CROSS (1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
 (no class Nov. 23, Dec. 14)

Fee: \$66.00

Non Resident Fee: \$72.60

Sept. 28-Dec. 21

Senior Fee: \$59.40

Virtual Zumba Gold

Mondays, 5:45-6:45 p.m.
 (no class Oct. 10)

Fee: \$74.00

Non Resident Fee: \$81.40

Oct. 3—Dec. 12

Senior Fee: \$66.60

Zumba Gold

Wednesdays, 5:45-6:45 p.m.
 (no class Nov. 23)

Fee: \$74.00

Non Resident Fee: \$81.40

Sept. 28—Dec. 7

Senior Fee: \$66.60

Chair Yoga

Fridays, 1:30-2:30 p.m.
 (no class Nov. 11)

Fee: \$77.00

Non Resident Fee: \$84.70

Sept. 23—Nov. 18

Senior Fee: \$69.30

Barre Stretch & Flex

Thursdays, 1:30-2:30 p.m.

Fee: \$77.00

Non Resident Fee: \$84.70

Sept. 29—Nov. 17

Senior Fee: \$69.30

Badminton

Tuesdays, 6:30-8:30 p.m.

Fee: \$54.00

Non Resident Fee: \$59.40

Sept. 6—Oct. 25

Senior Fee: \$48.60

Badminton

Thursdays, 6:30-8:30 p.m.

Fee: \$54.00

Non Resident Fee: \$59.40

Sept. 1—Oct. 20

Senior Fee: \$48.60

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

<https://avonct.myrec.com/>



Construction Work in Town's Right-of-Way

Chapter 53 of the Town's Code of Ordinances, all construction work completed in the Town's right-of-way requires a permit from the Town's Engineering Department. **Obtain permit before work is performed.** Town may impose financial penalty for un-permitted work & **property owner** will be liable. Verify that all required permits are obtained before beginning work. Engineering Department (860) 409-4322.

Avon Senior Center
3rd Monday of the month
7:00-8:30 pm



NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential*



Come Out and Connect!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on the 4th Thursday of the month at Noon. Pre-registration is required.

August Topic: 30 Day Challenge and Bucket Lists

Let's talk about goals, aspirations and trying or learning new things! What's on your bucket list? What holds you back or how have you achieved a goal? How can bucket lists help us achieve personal goals and celebrate? How can a 30 Day Challenge help?

The LGBT Moveable Senior Center is a program of the CT Healthy Living Collection and CT Community Care. It has a two-fold mission: to bring LGBT inclusivity, awareness and training to our Senior Centers and to introduce the services and supports for healthy aging available through Senior Centers to older adults members of the LGBT community.

Register for the program at www.cthealthyliving.org.

All Moveable Senior Center programs are currently virtual.

STAY CONNECTED
 to Combat Loneliness
 and Social Isolation

<https://www.youtube.com/watch?v=-hKUHiIwbrM>



**Receive Emergency Updates
 from the Town of Avon!**



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

"Town Alerts" & "Town News and Announcements"

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>)

Transfer Station Permits Online!

DO I APPLY FOR A PERMIT?

<https://avonct.viewpointcloud.com/>. Create a user account with OpenGov Citizen Services. Payment: credit card, e-check, cash or check. Credit card & e-check payments online. Cash or check, bring payment when you pick up tag. Recommend: credit card or e-check. Paying with cash, exact change. Purchasing Senior Permit, bring proof of age.

WHAT IF I NEED HELP TO APPLY?

Avon Senior Center at 860-673-4355 for appointment.

ADDRESS & HOURS? 281 Huckleberry Hill Rd.
 Tues & Fri 7:30 am–2:30 pm & Sat 7:30 am–1:00 pm.
 Department of Public Works (860) 673-6151.

Expanded Availability: At-home COVID Tests for People Who Are Blind or Have Low Vision

Biden-Harris Administration expanded the availability of at-home testing options for people who are blind or have low vision. The tests work with a Bluetooth-enabled smartphone app to provide users with audible instructions and test results.

People will receive 12 test kits with order.

Order [online](#) or by calling 1-800-232-0233.

Each order includes 12 rapid-antigen tests.

Orders will ship free, while supplies last.

Need more assistance?

Please call the trained staff at the Disability Information and Access Line (DIAL): 888-677-1199 Monday-Friday from 9 a.m. to 8 p.m. (Eastern) or email DIAL@usaginganddisability.org.



NOW BOOKING COVID-19 VACCINE APPOINTMENTS

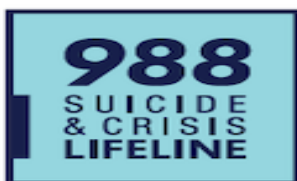
Ages 18 and up

The Farmington Valley Health District is the local health department serving the towns of Avon, Barkhamsted, Canton, Colebrook, East Granby, Farmington, Granby, Hartland, New Hartford, and Simsbury.

SCHEDULE ONLINE OR BY PHONE

Scheduling options:

- 1 Visit our website at fvhd.org/vaccination
- 2 Schedule by phone, (860) 352-2333 (8am-4pm, Monday-Friday)



The [988 Suicide & Crisis Lifeline](https://988lifeline.org/) (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support. Free & confidential. The Lifeline helps thousands of people overcome crisis situations every day.



E-mail List

Please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
Card Group- Tuesdays at 1:00 p.m.
Scrabble- Tuesdays at 1:00 p.m.
Knitting- Mondays at 1:00 p.m.
Setback- Wed & Fri at 1:00 p.m.
Chess- Wednesdays at 1:00 p.m.
Wii Bowl- Tuesdays 10-2 & various
Beading Group- Thursdays at 12:30 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 at 860-675-4355. The cost is a suggested \$3.00 donation for persons 60 years of age and over and a mandatory \$9.89 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	
2	Orange Juice Baked Airline Chicken Potatoes w/ Onions, Carrots & Celery Green Beans Wheat Roll Apple Nut Pie	4	Grape Juice Chili Cheese Dog on Hot Dog Roll Baked Potato Fries Catsup Seasoned Carrots Pudding w/ Topping
9	Grape Juice Kielbasa w/ Mustard Mashed Potatoes Vegetable Blend Rye Bread Frosted Cake	11	Meat Raviolis w/ Tomato Sauce Vegetable Blend Parmesan Cheese Garlic Knot Fresh Fruit
16	Southern Style Catfish Seasoned Yellow Rice Spinach 12 Grain Bread Watermelon Slice	18	Orange Juice Pepperoni & Cheese Pizza Tossed Greens w/ Tomatoes & Cucumbers Ranch Dressing Fresh Fruit
23	Stuffed Cabbage w/ Tomato Sauce White & Wild Rice Blend Vegetable Blend 12 Grain Bread Fresh Fruit	25	Fruit Punch Orange Marmalade Pork Mashed Potatoes California Veggies Whole Wheat Bread Peach Pie
30	Orange Juice Grilled Ham Steak Scrambled Eggs Catsup Grilled Asparagus Home Fries Cinnamon Roll	AUGUST	



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs– Helen M. Toth (acting)

Vice President & Cheer– Vivan Pane

Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane

Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We hope that you are enjoying the summer months. We are busy planning for the Fall programs.

Please save the date for our Oktoberfest:

September 26, 2022

ENTERTAINMENT:

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.

More information to come. Attendance limited to 40 so please call Barbara and reserve your spot.

We will also have a brief installation of officers ceremony. If you are interested in holding an office in the Organization, please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. We look forward to hearing from you.

Helen M. Toth



Scam Alert! Residential Solar Contracts

Attorney General William Tong and Department of Consumer Protection Commissioner Michelle Seagull advised homeowners interested in residential solar panels to do careful research and be wary of misleading marketing and high-pressure sales tactics by solar companies.

The Office of the Attorney General has received complaints and has active investigations into multiple solar companies regarding sales and marketing practices. Solar companies often claim that solar panels increase the value of your home. There is currently no good data to support this claim. Many home buyers do not see solar panels as a benefit. Also, homeowners with leased panels or PPAs may have difficulty selling their homes since the new buyer and the company need to agree to transfer the lease or PPA.

CT consumers who believe they have been harmed by a solar company's practices should file a complaint with the Office of the Attorney General: <https://www.dir.ct.gov/ag/complaint/> or with the Department of Consumer Protection: <https://portal.ct.gov/DCP/Complaint-Center/Consumers---Complaint-Center>








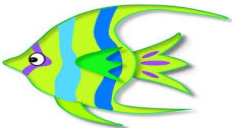















Mutual of Omaha

Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

Money Matters with Mike Sloan of Mutual of Omaha

Please click link to watch video. Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 1 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 3 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS 4 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 5 
9:00 Wii Bowling 12:30 Donations 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 8 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 11:00 Food Truck 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 10 	BLOOD DRIVE 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS 11 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 12 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 15 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 17 	9:00 Wii Bowling 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS 18 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 19 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 22 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 12:30 Grab & Go 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 24 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS 25 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 26 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 29 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 31 	TODAY WILL NEVER COME AGAIN. Be a blessing. Be a friend. Encourage someone. Take Time To Care. Let your words heal, and not wound.	AUGUST 