

# 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*



**JULY 2021**

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



## **Senior Center Coordinator's Message**

Happy July!! We hope you are enjoying your summer so far. We are and we're so happy to have you back in the building. We love seeing your smiling faces!

Come and join us for a cup of coffee, chat with friends, play a game, learn a new craft, help complete our puzzles, read a book, use the computer, learn some new technology, take a class, Wii Bowl, play pool/billiards, play table tennis and shuffleboard and have fun!

We appreciate your patience, understanding, kindness and compassion as we continue to re-open and welcome people back. We are so excited to share the Senior Center with you again after so much time away from each other.

Please check out our programs & activities. See some of the changes that have been made since you were last here. More updates to come. Spend some time with us. We're here for you!

Thank you for being a part of our Senior Center Family. It is our pleasure to be here for you and offer programs and activities for you. Please continue to be safe during these times.

***Please take care,***  
***Jennifer Bennett, LMSW, CDP***



## **Avon Senior Center Re-opening**

Safety is our highest priority. This may change based on local, state and national guidelines.

- \*Sign in when entering building.
- \*Complete Membership/Emergency Contact Form.
- \*Virtual classes & programs will continue to operate.
- \*Please (wear masks, social distancing, hand sanitizer when entering building, etc.).
- \*CRT remains Grab & Go.

**MASKS:** MANDATORY- Must cover nose & mouth.

**Guidelines-** Everyone who enters the building must:  
Practice safe social distancing & wear masks.  
Practice good personal hygiene and wash hands.  
Hand sanitizer available.  
Stay home/go home if any symptoms of illness exist.

## **Healthy Hand Hygiene Behavior**

- \*Everyone should engage in healthy hand hygiene.
- \*Wash with soap & water for at least 20 seconds.



## **Crafty Crew & Knitters**

**Thank you for all your hard work knitting during the pandemic. Your beautiful blankets were donated to Gifts of Love to help our community!**



Programs happening in-person and inside:

1. Computer Room– any time (9-4)
2. Puzzles– any time (9-4)
3. Pool/Billiards– various
4. Wii Bowling– Tuesday mornings & various
5. Table Tennis– various
6. Cards– Monday, Wednesday, Friday (1-4)
7. Mah Jongg– Monday
8. Visits– any time (9-4)
9. iPad– please ask to use
10. Movies– will be scheduled
11. Games– inside and/or outside
12. Groups– various
13. Crafts, Crafty Crew, knitting
14. Bridge– Tuesdays & Thursdays (12:30-3:30)
15. Scrabble– Tuesdays (1-4)
16. Shuffleboard– forming group, please ask
17. Cribbage– forming group, please ask
18. Coffee– any time, just ask
19. Please feel free to bring ideas for programs and activities. We're here for you!



*Thank You to our Instructors and class participants, we appreciate you sticking with us over the past year and a half. We are grateful for you! We look forward to seeing you in-person soon!*  
Sincerely, Avon Senior Center





Photo provided by Archaeologist and Historian Steven Shook, CT

Spear point, broken during manufacture, recovered at the Brian D. Jones Paleo-Indian site

## UNEARTHING HISTORY:

**THE DISCOVERY OF A 12,500 YEAR OLD PALEO-INDIAN SITE ALONG THE FARMINGTON RIVER IN AVON, CT**

Lecture series will cover the archaeology, geology, and anthropology of life along the Farmington River, with a focus on the Brian D. Jones Paleo-Indian discovery in Avon, Connecticut.

**7:00 PM, VIA ZOOM      FREE TO ATTEND**  
**REGISTER AT: [WWW.AVONCTLIBRARY.INFO](http://WWW.AVONCTLIBRARY.INFO)**

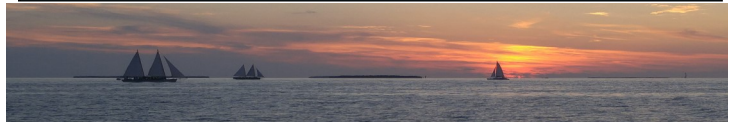
<p><b>MARCH 4:</b> <b>Digging into Deep History: Archaeology, Artifacts, and Avocation</b> Presented by Scott Brady, President, Friends of the State Archaeologist &amp; Paul Wegner, Assistant Director, Institute for American Indian Studies Museum (IAIS), Washington, CT</p>	<p><b>APRIL 8:</b> <b>A Rift, not the River, made the Farmington Valley: The Geology of western Connecticut along US RT 44</b> Presented by Howard Wright, Renbrook School Science Department Head</p>	<p><b>MAY 6:</b> <b>Connecticut Before History: The Deep Story of Human Settlement of the Farmington Valley</b> Presented by Dr. Ken Feder, Archaeologist, Central Connecticut State University, and Founder of the Farmington River Archaeology Project</p>
<p><b>SEPTEMBER 9:</b> <b>Connecticut Native American Communities Past and Present</b> Presented by Dr. Lucianne Lavie, Director of Research and Collections, Institute for American Indian Studies Museum (IAIS), Washington, CT</p>	<p><b>OCTOBER 7:</b> <b>Connecticut's Paleo-Indian Sites October is Connecticut Archaeology Month!</b> Presented by Dr. Zachary (Zac) Singer, Research Archaeologist, Maryland Historical Trust and Dr. David Leslie, Archaeological and Historical Services, Storrs, CT</p>	

**2021 Webinar Series created by :**  
**Avon Historical Society**  
**Avon Free Public Library**  
**Avon Senior Center**

**Sponsored by a grant from:**



**FARMINGTON BANK**  
Community Foundation

**Making Luminaries with Tully from McLean**

Avon Senior Center

Wednesday, July 14, 2021 at 11:00 am

Come join us as we make luminaries with our friend Tully from McLean. We always enjoy when she comes and crafts with us! Please call the Senior Center at 860-675-4355 to sign up.



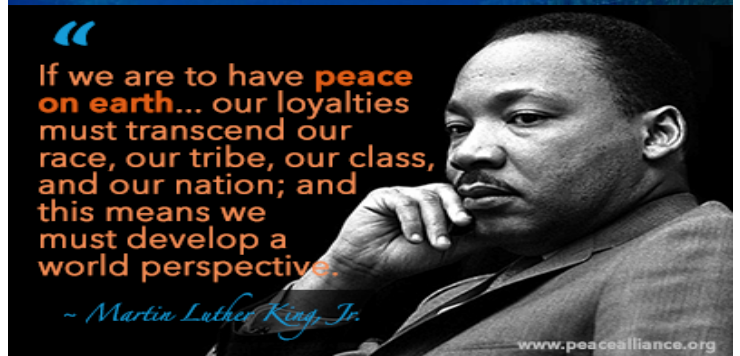
LOVE AND PEACE OF MIND DO PROTECT US.  
THEY ALLOW US TO OVERCOME THE PROBLEMS THAT LIFE HANDS US.  
THEY TEACH US TO SURVIVE... TO LIVE NOW... TO HAVE THE COURAGE TO CONFRONT EACH DAY.  
BERNIE SIEGEL



If we are to have **peace on earth...** our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective.

~ Martin Luther King, Jr.

[www.peacealliance.org](http://www.peacealliance.org)







### **Wednesday, July 21, 2021 at 12:30**

Celebrate with a delicious and FREE Meal!  
Weather permitting, we might eat outside!  
Please call 860-675-4355 to sign up.  
We look forward to seeing you!  
Sponsored by Avon Senior Center



### **AVON SENIOR CENTER CLASSES**

Please note: Participants will receive information regarding class venues (virtual or in-person).

#### **Chair Yoga**

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

July 23—Sept. 10

Fee: \$77.00

Senior Fee: \$69.30

#### **Tai Chi**

Wednesdays, 4:00-5:00 p.m.

July 14—Sept. 22

Fee: \$66.00

Senior Fee: \$59.40

#### **Zumba Gold - Mondays**

Mondays, 5:45-6:45 p.m.

July 5—Sept. 20

Fee: \$66.00

Senior Fee: \$59.40

#### **Zumba Gold - Wednesdays**

Wednesdays, 5:45-6:45 p.m.

July 7—Sept. 15

Fee: \$66.00

Senior Fee: \$59.40

For more information about registering, classes and setting up your account please visit: [www.avonrec.com](http://www.avonrec.com).



### **Friendship Line**

The **Friendship Line** at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older adults and adults living with a disability. Call the **Friendship Line** anytime, day or night, 7-days a week at 1-800-971-0016 and introduce yourself to one of our staff members or volunteers - It's that easy.

#### **CRT Lunch**

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk & other sides. Pick up is Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. Suggested donation is \$3.00 per meal. There are no Congregate in-person meals at this time.



AARP Fraud Watch Network and Volunteers of America (VOA) created a new, free program to help people affected by a scam. It's VOA|ReST, which stands for resilience, strength and time. The program is designed to address the emotional impact of your experience. We offer free facilitated peer-discussion groups that seek to provide emotional support for you and others in similar situations. Family members are invited to participate at your discretion or take part in separate sessions for family members only.

Online, hour-long sessions are scheduled nearly every day. You can join by computer, tablet or smartphone. Discussions are confidential. You are welcome to attend one session or several – it's your choice.

Experiencing a scam can be devastating, but it doesn't have to define you. Sign up for a session and take an important step toward emotional recovery. Visit [www.aarp.org/fraudsupport](http://www.aarp.org/fraudsupport) to learn more about the free program and register today. Remember, you are not alone.



# YOU CAN MAKE A CHANGE FOR LIFE



The Farmington Valley Health District Presents:  
**"Prevent T2"**  
Evidence-Based Type 2 Diabetes  
Prevention Program

*Do you want to get healthier?  
Do you want the support of trained professionals  
to eat better and be more active?  
Has your doctor mentioned that you're at risk of  
developing type 2 diabetes?*

Certified National Diabetes Prevention Program  
taught by Diabetes Life Coaches

**Time:** Every Tuesday from 4:45-6:00 pm  
Starting July 6

**Location:** Avon Senior Center  
(Online Zoom also available)

Must be 18yrs or older to participate  
Risk Assessments provided during kick-off  
meeting or your doctor may refer you to program

\*To sign up or for more information  
call 860-352-2333 or email Justine  
Ginsberg at jginsberg@fvhd.org



## Receive Emergency Updates from the Town of Avon!



**SUBSCRIBE TO NEWS** - Email updates on website  
(<https://www.avonct.gov/subscribe>). Select "Town Alerts"  
& "Town News and Announcements"

**CT ALERTS** - Critical emergency information:  
(<https://portal.ct.gov/ctaalert>) State of CT & Town of  
Avon have the ability to send alerts to those registered  
with CTAAlert system. The Town suggests enrolling in  
both Subscribe to News and CTAAlert.



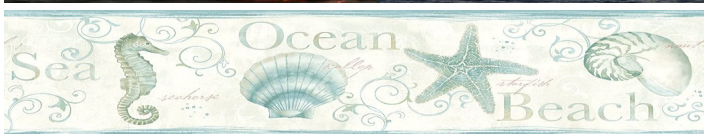
## How Can Senior Medicare Patrol (SMP) Help?

**PROTECT** from Medicare fraud, errors, & abuse;  
**DETECT** potential fraud, errors, abuse; **REPORT**  
concerns. SMPs educate & empower against health  
care fraud. Help with questions, concerns, complaints  
& provide information and educational presentations.

**SMP 1-800-994-9422 or [www.smpresource.org](http://www.smpresource.org)**

### E-mail List

If you would like our newsletter  
emailed to you, please send an email  
to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting  
to be added to the newsletter email list.



### Books & Puzzles

Available to borrow.  
Please call or email  
your request to pick up.



MYPLACECT.ORG

The Virtual Home of No Wrong Door



**MyPlaceCT.org**—free resource from the State of CT—  
**Health and Well-being:** Managing Chronic Disease &  
Pain, Preventing Falls, Medication Management, Geri-  
atric Assessments, Holistic Health, Mental Health &  
Addiction, Memory Loss and more!

**Services and Supports:** In-Home Care, Housing, Tech-  
nology & Home Modifications, Meals & Groceries,  
Transportation, Social Engagement, Veteran Services,  
End-of-Life Planning and more!

**Learn:** Plan for the Future, Assess Your Needs, Medi-  
caid/Medicare, Financial Tools—and more!

**Family Caregivers:** Respite Services, Support Groups,  
Online Resources, Legal Matters, and more!



# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355



President & Cheer– Marie Evans  
Vice President & Programs– Helen M. Toth  
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier  
Secretary - Marian Hurlbut, Financial Secretary - Katie Ruez

Programs Through August 2021 - Cancelled.  
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## Message from the Board of Directors . . .

We hope that you enjoy the summer months and begin to make plans getting together with folks you haven't seen in a while.

On the Covid front, things are beginning to level off so we are very hopeful that we can begin to offer some type of programing in the Fall. We will communicate future planning to you via this newsletter so stay tuned.

If you haven't already, please consider rolling up your sleeve to get your shot. It's a great way to protect yourself against this horrible disease.

## Happy Birthday to the following Members:

June 28<sup>th</sup> – Jeannie King

July 17<sup>th</sup> – Lorraine Foster

July 18<sup>th</sup> – Joe Roberto

July 23<sup>rd</sup> – Katie Ruez

August 2<sup>nd</sup> – Gloria Farrell

August 7<sup>th</sup> – Mickey Bennett

August 11<sup>th</sup> – Tom Carey

August 13<sup>th</sup> – Ida Maillet

Please stay safe & know that you are in our thoughts.  
We look forward to resuming programs in Fall 2021.

Helen M. Toth



## Mutual of Omaha

**Mutual Cares** an online resource to help seniors stay well, connected, active, entertained.

(<https://cares.mutualofomaha.com/>).



**“Sometimes you will never know the VALUE of a moment, until it becomes a MEMORY.”**

DR. SEUSS



## PEACE

it does not mean to be in a place where there is no noise, trouble or hard work. it means to be in the midst of those things and still **be calm in your heart.** (unknown)



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>

## AARP® Real Possibilities Connecticut

Please use the link below for virtual events:  
<https://states.aarp.org/connecticut/events-ct/?cmp=RDRCT-49a47122-20201006>



### Fraud Watch Network

AARP Fraud Watch Network: access to information about identity theft, investment fraud & the latest scams.

Online: [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or call the Helpline at 1-877-908-3360 to speak to a specially trained volunteer.

<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

[www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or Helpline 877-908-3360

Investments: [www.smartcheck.gov](http://www.smartcheck.gov)

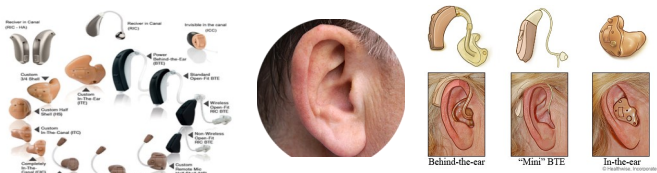
Watch Your Credit Reports: [www.annualcreditreport.com](http://www.annualcreditreport.com)  
 or call 1-877-322-8228, Protect Your Mail: [www.dmachoice.org](http://www.dmachoice.org)  
 & [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 1 (888) 5-OPT-OUT.

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

Check out a charity before donating: [www.charitywatch.org](http://www.charitywatch.org)  
 or [www.charitynavigator.org](http://www.charitynavigator.org)

### FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here once a month to check your hearing and hearing aids and fix them. Last Thursday of the month from 11-1.



### Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings the 1st & 3rd Thursday of the month from 11:30-1:00. Please call the senior center at 860-675-4355 to sign up. Please wear a mask & practice safe social distancing.



Supporting the mission of New Horizons, Inc.



**SUNSHINE WHEELS** provides reliable wheelchair and ambulatory transportation services for:

- Routine Medical & Dental Appointments
- Outpatient Procedures & Treatments, Dialysis
- Physical Therapy & Rehabilitation
- Airport, Bus, Train, Long-Distance, 1-Way Transports

### RELIABLE & ACCESSIBLE TRANSPORTATION

860-507-7704

[www.SunshineWheels.org](http://www.SunshineWheels.org)



Supporting the mission of New Horizons, Inc.

### SPECIALIZED DOOR-TO-DOOR SERVICE

Serving individuals with mobility challenges.

**ACCESSIBLE & COMFORTABLE VANS**

**EXPERIENCED & CARING DRIVERS**

**NO COST TO ELIGIBLE MEDICAID MEMBERS**

**GROUP TRANSPORTS AVAILABLE**

**SAFE, RELIABLE, ON-TIME RIDES**

New Horizons, Inc. is a locally based & managed 501 (c)(3) non-profit organization (New Horizons Village Farmington, Cherry Brook Health Care Center Canton, New Horizons Middlebury). We provide a continuum of care (housing & support services for people with physical disabilities, rehabilitation & inpatient nursing home care). Our community fosters an environment of support in order to promote each resident's individual growth, self-determination, & ability to reach their greatest potential.



Sometimes  
the bravest  
and most  
important  
thing you can  
do is just  
show up.

— BRENE BROWN  
[cupofcharisma.com](http://cupofcharisma.com)



### Blood Drive Avon Senior Center July 15 from 10-3

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

# LOOK UP

Find and circle all of the items that you might see when you look upward.  
The remaining 24 letters spell an additional item you might see.

U P L A N E T S K R O W E R I F N  
G N I D J E T E X H A U S T E N N  
P O M T Y R U C R E M K I T E O I  
C O M E T C H I M N E Y S M O K E  
R M T S T G R B T S H F P L G I S  
E S E E A E L E A H D A L M N S D  
V F E L E U O T T R E A Z S I O R  
I L A N E R E R E I B S T E T L I  
D X I S I L T P S R P R U E I A B  
Y R K G L L A E I H E U N N R R I  
K Y A I H R R A S E O A J N W E G  
S S T I C T T E T R L W R L Y C D  
R E D S N O N L W P E U E D K L I  
A Y Y U H B I I R O T V I R S I P  
T K N G O G O I N A P O I O B P P  
S R A M H L A W S G J V E N U S E  
E R E T P O C I L E H C T E U E R

AIRPLANE  
BIG DIPPER  
BIRDS  
BLIMP  
BLUE SKY  
CHIMNEY SMOKE  
CLOUDS  
COMET  
DRONE  
FIREWORKS  
GALAXY  
HAZE  
HELICOPTER

HOT AIR BALLOON  
JET EXHAUST  
JUPITER  
KITE  
LIGHTNING  
MARS  
MERCURY  
METEOR SHOWER  
MOON  
PLANETS  
POWER LINES  
RAINBOW  
SATELLITE

SATURN  
SKYDIVER  
SKYSCRAPER  
SKYWRITING  
SMOG  
SOLAR ECLIPSE  
STARS  
STREET LIGHT  
THE SUN  
TREETOP  
UNIVERSE  
VENUS