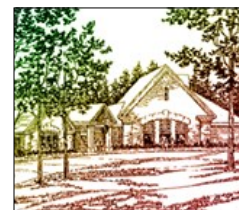


AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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

OCTOBER 2020

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator's Message

Happy October!! Hope this newsletter finds you well. It's been great to hear your voices, see your faces and read your emails. We enjoy staying in touch.

Currently, all of our programs & classes are virtual. Check out what we offer and stay tuned for new programs being added.

CRT Meals are Grab & Go! Pick-up is Thursdays at 12:00 noon. You will receive 2 frozen meals and milk. Donation is \$3.00 per meal. Please sign up the week before, so we can get your name on the list. We Thank CRT for offering this safe and socially distant option for nutrition.

Please welcome our 3 new interns– Joanna, Ali & Alex. They're so excited to meet all of you! They're doing individual calls, running virtual groups and providing Telephone Reassurance.

Happy Halloween Grab & Go Trick or Treat event! Please see the newsletter for details. This is a free event and we're dressing up!

Thank you for your patience and understanding during COVID. Our goal is to keep everyone safe and healthy! Please let us know if you need anything. We have puzzles, books, videos and can print you word searches, trivia and coloring.

We look forward to staying connected to you. We appreciate you and you mean a lot to us. We're going to keep reaching out to you!

Take care,
Jennifer Bennett, LMSW, CDP



Still I Rise

by Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise

I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.

I rise
I rise
I rise.



On-line Activities to do at home

Museums

14 World-Class Museums Offering Virtual Tours
<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

MOMA Classes:

https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg

New Britain Museum of American Art activities:
<https://nbmaa.org/online>

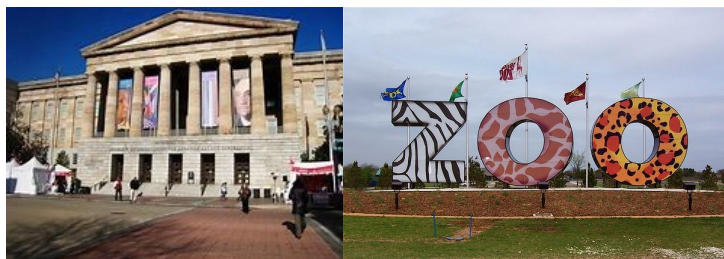
Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>



Museums, Libraries, Zoos Offer Online Programs
<https://www.wvxo.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian Museum classes: <https://www.edx.org/school/smithsonianx>

Connecticut Historical Society online events & programs: <https://chs.org/bringchshome/>



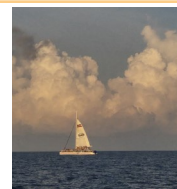
Newsletter E-mail List

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



Documentaries

<https://documentaryheaven.com/>
<https://www.discovery.com/>



Opera

https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_SNyRYp_oy7lpXFFBsDmpcEnOGkqm5JfgT2l_I5mOuoYoMlwl



Animals

<https://zoo.sandiegozoo.org/live-cams>
<https://www.youtube.com/user/LionWhispererTV>
<https://nationalzoo.si.edu/webcams>

Webcams

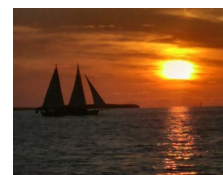
Yellowstone: <https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>
 All different types: <https://www.earthcam.com/>
 Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

Games

Online games/crosswords/word searches, etc.
<http://games.courant.com/category/allgames/>

Fitness/Yoga/Dance/Meditation

Online fitness classes from the YMCA:
https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A



Free Fitness Classes online: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Free Adult Dance Classes:
<http://www.danceplace.org/virtual-adult-classes/>

Free Meditation: <http://www.freemeditation.com/>



YouTube Free Yoga Classes: <https://www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW>



On-line Activities to do at home**Courses**

You can now take classes from prestigious universities such as Harvard, Yale and the University of Pennsylvania in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

Ted Talks <https://www.ted.com/>

ONLINE JIGSAW PUZZLES:

<https://games.aarp.org/games/jigsaw>

**CRT Lunch**

Please let us know if you want to be added to our CRT grab & go lunch list. The meal is frozen, you will need to come to the Senior Center to pick it up, wear a mask and we will hand it to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time. It is strictly grab & go only.



TOGETHER WE RISE

**Computer Room**

You can now make an appointment to use the computers at Avon Senior Center! Monday-Friday from 9:00-4:00. Please call for an appointment. 860-675-4355

**AVON SENIOR CENTER CLASSES**

Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.

Tai Chi

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

September 30 – December 16 (no class November 25)

Fee: \$80.00

Senior Fee: \$72.00

Zumba Gold - Mondays

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

September 28 – December 14 (no class October 12)

Fee: \$71.00

Senior Fee: \$63.90

Zumba Gold - Wednesdays

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

September 30 – December 16 (no class November 25)

Fee: \$71.00

Senior Fee: \$63.90

Silver Sneakers Chair Aerobics

Silver Sneakers Chair Aerobics is a chair work-out for people ages 65 and older paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class.

Mondays 3:00-4:00 p.m. & Thursdays 10:30-11:30 a.m. and 3:00-4:00 p.m. This class is ongoing; join any time. Please call Avon Senior Center to register.

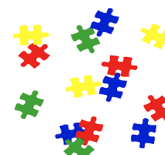


YOU WERE PUT
ON THIS EARTH
TO ACHIEVE
YOUR GREATEST
SELF. TO LIVE
OUT YOUR
PURPOSE, AND
TO DO IT
COURAGEOUSLY.

THE STRONGEST
PEOPLE ARE NOT
THOSE WHO SHOW
STRENGTH IN FRONT
OF US BUT THOSE WHO
WIN BATTLES WE
KNOW NOTHING
ABOUT.

Books, Movies & Puzzles

Books, movies & puzzles available to borrow. Please call or email your request & items available for pick up.





Medicare & Beyond

Thursday, October 8 at 7:00 pm - 8:30 pm

Are you turning 65? Medicare can be a confusing topic. This FREE seminar by father-daughter team of Lou Pelletier & Jessica Pelletier from American Senior Benefits will educate you on the options & programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws & programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Sponsored by Avon Senior Center & Avon Free Public Library. Please register on Library website & Zoom link will be sent to you before the event.



Wednesday, October 28 at 6:30 pm

401(k), diversified portfolio, retirement nest egg... You've thought of everything -except how to protect these assets should you need long-term care. Fact: 1 year in a CT nursing home can cost more than \$162,100. Medicare & health insurance may only cover a fraction of these costs. If you're over 40, long-term care insurance approved by the CT Partnership for Long-Term Care should be part of your retirement plan. These policies assure the highest quality standards. They're affordable, provide asset protection, protect against inflation, give you peace of mind. Sponsored by Senior Center & Library with special guest speaker Aldo Pantano, CT Partnership for LTC, Office of Policy & Management. Learn how to plan for long term care needs. No company specific products will be discussed, no sales/solicitations allowed. Free seminar- explain how LTC insurance can protect your retirement investments.

Deeds Not Words- Suffrage programs

From the Hidden Women Series: The Black Suffragists

10/13/2020 at 6:30 pm. Presented by Tammy Denease www.hiddenwomen.org. The very definition of Women's suffrage is the right for women to vote. So one could conclude that the Suffrage Movement should have included women from all walks of life-But did it? Pre-recorded lecture with live Q&A after. Sponsored by Library, Historical Society, Senior Center.

Meet Susan B Anthony: Failure is Impossible

10/14/2020 at 7 p.m. Susan B. Anthony was a women's rights activist who devoted her life to racial, gender, educational equality. One of the most famous women in American history, she played a prominent role in women's suffrage; 19th Amendment, which gave women right to vote, support of women's labor organizations & for woman's right to own property. In 2020 we celebrate 100 years since the ratification of the 19th Amendment & Susan B. Anthony's 200th birthday! Sheryl Faye is a full-time actress. She performs a variety of historical women, writes and performs, recently shot a national print ad, works on films, television and theater throughout Boston and New York.



Retirement Seminar

Tuesday, October 20, 2020

This FREE seminar by the father-daughter team of Lou Pelletier and Jessica Pelletier from American Senior Benefits will educate you on planning for your Retirement. Please call the Avon Senior Center at 860-675-4355 or email Jennifer Bennett at: jbennett@avonct.gov & she will give you the link for program.



Special Event- October Grab & Go Meal- Oct 27

Join us for a special event as we celebrate October with a FREE Grab & Go Meal. Everyone signed up will receive a delicious meal. We will hand them out, as you drive up to the front door of the Avon Senior Center. We want to celebrate you, in a safe and socially distant way, so please wear a mask! We look forward to seeing you!



HALLOWEEN

GRAB & GO

You're Invited to Celebrate with Us!

Come in a COSTUME!

The Best Costume Wins a PRIZE!!!

There will be Treats & Goodies!

Thursday October 29th • 1pm

AVON SENIOR CENTER

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

Senior Citizens of Avon Organization

Programs Through December 2020 - Cancelled.

Message from the Board of Directors . . .

We hope that you are enjoying the cooler Fall weather. After the steamy summer we've had the transition is most welcome. It's great to get outside and do some fun activities with our family and friends...don't forget to wear your mask.

We want you to know that due to the Covid19 epidemic the Board has decided to postpone our lunches and programs until 2021.

Going forward we will continually monitor the Covid19 situation and if there is a change in the schedule we will let you know.

When we reconnect next year, we will plan a wonderful celebration of our 50th anniversary and it will be very special to mark this awesome occasion.

Happy Birthday to the following Members:
October 1st – Wanda Karpo
October 27th – Paul Boyne

Please stay safe and know that during this trying time you are in our thoughts and one day soon we'll be able to get together and share stories of our adventures.
Helen M. Toth

MUSICAL THEATRE

Free streaming musicals you might enjoy!

PBS will stream 5 full-length Broadway musicals for free, starting this month - click here for the complete list:

<http://filmedonstage.com/news/264-pbs-will-stream-5-fulllength-broadway-musicals-for-free-starting-this-month-heres-the-complete-list>

The King and I, In the Heights, Much Ado about Nothing and more!!!!



Hispanic Heritage Month

September 15-October 15



Farmington Valley VNA FLU CLINIC

TUESDAY, OCTOBER 6 from 11:00-1:00

Please call FV VNA #860-651-3539 to sign up.



SCHOOL BUS MONITORS WANTED
APPLY IN PERSON AT
MARTEL TRANSPORTATION
140 POWDER MILL ROAD COLLINSVILLE





Registration is free and open to people of all ages!

Free seminars on communication & social media platforms. Virtual seating limited, register early. Once registered, link will be emailed. Any information shared will be governed by privacy policy of Technology for Tomorrow. Nora Duncan, AARP CT: 860-548-3161 or nduncan@aarp.org

Exploring Twitter – 10/5/20 @ Noon (12-1:30 p.m.)

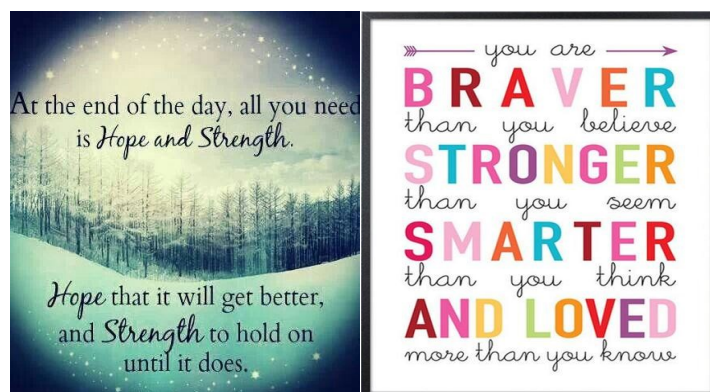
We will explore social media application Twitter, who is using it, why it's used, & how to use it. Cover: Creating an account, Sending a Tweet, including pictures, Searching for accounts, Following accounts, Commenting/Liking/Retweeting, Messaging, Tweet thread, Analytics, Bookmarks, Lists, Copy/paste Tweet link, Settings/privacy. Registration Link: <https://aarp.cvent.com/Twitter>

Internet Safety/Social Media Security-Please Register for 10/12/20 @ Noon or 10/12/20 @ 7PM

Learn about internet safety aspects, social media security & privacy. We will cover: Common misconceptions/myths, Common vocabulary, Spam, Malware, Virus, Trojan Horse, Scam, Pop-up, Phishing, Hacking, Digital footprint, Cookies, Clickjacking, Ad-ware, Sockpuppet, Application of vocabulary, Protect from threats, Password management, Anti-virus software, Social media privacy/security.

Registration Link for Noon: <https://aarp.cvent.com/Safety12>

Registration Link for 7PM: <https://aarp.cvent.com/Safety7>



1. NCAAA is launching a new service for people unable to shop for groceries and who may be unable to pay for groceries. **Grocery Shopping and Delivery** service whereby we will cover the delivery charges, any shopping fees, and the cost of groceries at +/- \$100.00 per shopping trip. We are partnering with Geissler's Supermarkets and a local non-profit called [UR Community Cares](#) for delivery. (We will be adding to our grocery network shortly). Referrals can be directed here: (860)724-6443 x 268 "CHOICES".

2. We have funding for items such as fans, air conditioners, lift-chairs, incontinence supplies, and emergency response systems for individuals who may be home-confined. Please contact us at (860)724-6443 x 230 "Caregiver Team"



Virtual Programs

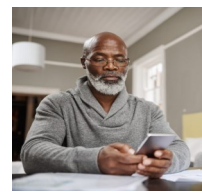
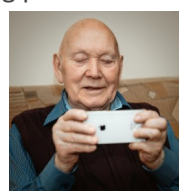
Zoom Tutorial



Avon Senior Center offers virtual programs via Zoom. To watch a short tutorial on how to use Zoom, click on the link below:

<https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE>

Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!



Money Matters with Mike Sloan of Mutual of Omaha

Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). <https://youtu.be/myYr3vTRphs>

SPORTS

Find and circle all of the Sports that are hidden in the grid.
The remaining letters spell a secret message - a Vince Lombardi quotation.

```

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

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ARCHERY
BADMINTON
BASEBALL
BASKETBALL
BILLIARDS
BOCCE
BOWLING
BOXING
CRICKET

CROQUET
CYCLING
DARTS
FENCING
FISHING
FOOTBALL
GOLF
HANDBALL
HOCKEY

JAI ALAI
LACROSSE
POLO
RACQUETBALL
RUGBY
RUNNING
SKATEBOARDING
SKATING
SKIING

SOCCER
SOFTBALL
SQUASH
SURFING
SWIMMING
TENNIS
VOLLEYBALL
WRESTLING

OCTOBER 2020

**RESERVED FOR
SPONSORS**