

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, MSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



APRIL 2015

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

Senior Center Coordinator Message

Happy Spring to all my senior center friends! I hope you are enjoying the sunshine and looking forward to the beautiful flowers that will be blooming. I know I am!

April is the month for honoring our Volunteers & our Administrative Secretary, Darlene. Please make sure to say Thank You to our volunteers for all they do for us. THANK Darlene for all she does for the senior center. We appreciate her. We are so fortunate to be surrounded by wonderful people!!!!

We have some exciting and fun trips, so check them out! We have some great programs this month, so come and join us!

We're having a Wellness Fair on Friday, April 17th. You do not want to miss out on meeting our professionals in the community, tasting delicious food and winning raffle prizes!

Join us for fantastic fun with Shuffleboard, Wii, Bridge, Ping Pong and Mah Jongg! Check out the calendar for days and times.

Thanks again for being a part of our senior center. We appreciate you! We have so much gratification from all our programs and you do not want to miss out! We look forward to seeing you here!

Respectfully, Jennifer Bennett, MSW



TRIPS



Hidden Gardens of Beacon Hill: Thurs., May 21, 2015

Tour Highlights- Admission to Gardens of Beacon Hill. Self-guided tour begins at Charles & Mt. Vernon streets at Charles & Chestnut streets. Individual maps provided & flags mark tour gardens. Leisure time for dinner and shopping at Quincy Market. **Cost Per Person: \$104.00**

National Baseball Hall of Fame: Sunday, July 26, 2015

RT motorcoach transportation Admission to the Baseball Hall of Fame. The Baseball Hall of Fame's mission is to preserve history, honor excellence and connect generations. 1:30 pm Induction Ceremony at the Clark Sports Center Leisure time on Main Street, Tour Director. **Cost per adult: \$94.00, Cost per child under 13: \$84.00**

Travel arrangements by Silver Mill Tours. Pick up & drop off point is New Britain Commuter Lot- the lot opposite Target on Route 71 south of West Farms Mall.

Coins & Claws (Lobster & Casino) Tuesday, July 7, 2015 - Depart from your area en route to ABBOTT'S LOBSTER IN THE ROUGH in Noank, CT. After lunch, we will depart for MOHEGAN SUN CASINO. Upon arrival, you will receive a casino package including a food credit. **Cost Per Person: \$66.00**

Delaney House and the Scenic CT River! Tuesday, Aug. 26, 2015 - Today you will enjoy a delicious lunch at the elegant DELANEY HOUSE in Holyoke, MA. After lunch, relax and enjoy a leisurely RIVER CRUISE along one of the loveliest stretches of the Connecticut River. **Cost Per Person: \$91.00**

Schooner Sailing: Wednesday, Sept. 9, 2015 - We will travel northeast to picturesque GLOUCESTER, MA. After our luncheon, we will set sail on the 65-foot SCHOONER, the THOMAS E. LANNON, the first such ship in 50 years to be built at the Essex Shipbuilding Museum Shipyard in Essex, MA. **Cost Per Person: \$122.00**

Travel arrangements by Getaway Tours & Cruises. Pick up & drop off points TBD.

For Information & Reservations
Avon Senior Center 860-675-4355

APRIL EVENTS 2015

*Jennifer Bennett, MSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary
860-675-4355*

Wednesday, April 1, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, April 2, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

Friday, April 3, 2015

CLOSED FOR GOOD FRIDAY HOLIDAY

Monday, April 6, 2015 "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Monday, April 6, 2015 at 2:30 p.m. "Technology Learning"

Alec, an Avon High School student will be here for Technology Learning. You can ask questions about the ipad, the computer, tablets, iphones and any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

Tuesday, April 7, 2015 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

Tuesday, April 7, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, UCONN Graduate MSW student as she runs this group. This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 8, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, April 9, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

Monday, April 13, 2015 at 2:30 p.m. "Technology Learning"

Alec, an Avon High School student will be here for Technology Learning. You can ask questions about the ipad, the computer, tablets, iphones and any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

Tuesday, April 14, 2015 at 1:00 p.m.

"UCONN Health Center- Dr. Les Wolfson"

Dr. Les Wolfson, neurologist at UCONN Health Center will be presenting about the work being done on a blood pressure treatment study which might benefit the older adult population (from a blood pressure treatment perspective) or be of interest (from a volunteer perspective). The study is an independent research protocol being supported by a grant from the National Institute of Health and is being conducted at the University of Connecticut Health Center. Up to 200 patients ages 75 years or older will participate for 3 years. Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 15, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 15, 2015 at 11 a.m.

"Primary Eye Care & Eye Care Bingo"

Please join Michele, from Primary Eye Care as we play "Eye Care Bingo" and she helps us learn about eye conditions and diseases and conducts eye glass adjustments. We always have a great time and she brings prizes and goodies! Please call the senior center at 860-675-4355 to sign up.

Thursday, April 16, 2015 at 11 a.m. "Current Events"

Join Intern Nicole in this group on Current Events, Ideas and Topics. Please call the senior center at 860-675-4355 to sign up.

Friday, April 17, 2015 from 11 a.m. to 1 p.m. "Wellness Fair"

Join us for this fantastic and exciting Wellness Fair!! We will have food, prizes, exhibitors and fun!! This is a great time to come out and meet professionals in the community that serve the older adult population. Plus, you will enjoy delicious finger food and you may even win a raffle prize. You must be present to win. Please call the senior center at 860-675-4355 to sign up.

Monday, April 20, 2015 at 2:30 p.m. "Technology Learning"

Alec, an Avon High School student will be here for Technology Learning. You can ask questions about the ipad, the computer, tablets, iphones and any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

Tuesday, April 21, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, UCONN MSW student as she runs this group. Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 22, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 22, 2015 from 4-6 p.m.

"LGBT Elder Game Night"

Please join us for our 1st LGBT Elder Game Night! This event is for older adults who identify as L (lesbian), G (Gay), B (bisexual), T (transgender) and/or allies. There will be games such as shuffleboard, Wii, ping pong, cards, pool/billiards, scrabble and cribbage. This is free, so come and have fun. We will have light refreshments and coffee/tea/water to enjoy. This event is a collaboration between the Avon, Canton & Simsbury Senior Centers. Please call the Avon Senior Center at 860-675-4355 to sign up.

Thursday, April 23, 2015 at 11 a.m. "Current Events"
Join Intern Nicole in this group on Current Events, Ideas and Topics. Please call the senior center at 860-675-4355 to sign up.

Thursday, April 23, 2015 at 2:30 p.m. "Caregiver Support Group"

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

Monday, April 27, 2015 at 2:30 p.m. "Technology Learning"
Alec, an Avon High School student will be here for Technology Learning. You can ask questions about the ipad, the computer, tablets, iphones and any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

Tuesday, April 28, 2015 DRESS DOWN DAY!!!!
Let's celebrate Spring!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Tuesday, April 28, 2015 at 12:45 p.m. "Story of My Life"
Please join Nicole, UCONN Graduate MSW student as she runs this group. Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 29, 2015 at 10:00 a.m. "Shuffleboard"
Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, April 30, 2015 at 11 a.m. "Current Events"
Join Intern Nicole in this group on Current Events, Ideas and Topics. Please call the senior center at 860-675-4355 to sign up.

Bridge– Tuesdays & Thursdays at 12:30 p.m.– Intermediate
Scrabble– Tuesdays at 1:30 p.m.
Setback– Wednesdays & Fridays at 12:00 p.m.
Ping Pong– Fridays at 10:00 a.m.
Wii Bowling

Upcoming Movie Matinees at the Avon Public Library

Shakespeare– Inspired Movies

THURSDAYS at 1:30 in THE COMMUNITY ROOM

April 2	West Side Story, 1961
April 9	Forbidden Planet, 1956
April 16	Big Business, 1988
April 23	A Double Life, 1947
April 30	Kiss Me Kate, 1953
May 14	Yellow Sky, 1948

**AVON FREE PUBLIC LIBRARY IN PARTNERSHIP
WITH THE AVON SENIOR CENTER**

**281 Country Club Road
Avon, CT 06001
Tel: 860-673-9712**

Birthdays

April

Jim Quinlan 1st
Robert Christopher 4th
Bernadette McLaughlin 5th
Larry Soliani 5th
Carol Griffin 13th
Wanda Babcock 26th
John Fregeau 26th
Cliff Dudley



Thinking Thursdays



Join intern Nicole for brain teasing fun!

Complete the Puzzle
Answer the Riddle
& Think outside the box!!

Every Thursday during lunch



2015 Winter/Spring Classes
(see dates & locations below)

Tai Chi for Seniors - Winter Spring Session II - ASC

Date(s) of Class: February 25, March 4, 11, 18, 25 April 1, 8

Day & Time: Wednesdays - 2:30 pm to 3:30 pm

Zumba Gold Winter Spring Session I - Countryside Park

Date(s) of Class: Feb. 25, March 4, 11, 18, 25, April 1, 8, 15

Day, Time : Wednesdays - 6:00 pm to 7:00 pm

Zumba Gold Winter Spring Session I Avon Senior Center

Date(s) of Class: March 2, 9, 16, 23, 30, April 6

Day, Time : Mondays - 3:30 pm to 4:30 pm

Zumba Gold Winter Spring Session II - Avon Senior Ctr.

Date(s) of Class: April 27, May 11, 18, June 1, 8, 15

Day, Time : Mondays - 3:30 pm to 4:30 pm

Zumba Gold Winter Spring Session II - Avon Senior Ctr.

Date(s) of Class: April 29, May 6, 13, 27, June 3, 10, 17

Day, Time : Wednesdays - 6:00 pm to 7:00 pm

Low Impact Zumba - Avon Senior Center

Date(s) of Class: Feb. 2, 9, 23, March 2, 16, 23, 30, Apr. 6, Apr. 20

Day(s), Time & Location: Mondays, 4:35 pm - 5:35 pm

Drawing - Winter Spring Session II - Avon Senior Center

Date(s) of Class: March 11, 18, 25, April 1, 8, 15

Day, Time : Wednesdays, 10:00 am - 12:00 pm

Mid-Tempo Spring Session Avon Senior Center

Date(s) of Class: 03/09/2015 - 5/18/2015

Day(s), Time & Location: MWF, 8:30 am—9:30 am

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

<http://www.avonct.gov/recreation-and-park-department>

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. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 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.

**Thank You
Volunteers!!**

The Avon Senior Center would like to thank all of our many volunteers for their time, help, patience, effort, humor, understanding, kindness, compassion, inspiration, thoughtfulness, consideration, support, love, assistance, encouragement, hard work and service to the senior center. We appreciate all that you do for us and we could not do it without your help. You are valuable, cherished, appreciated and we treasure you!



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it’s the only thing that ever has.” ~Margaret Mead

“Success is not built on what we accomplish for ourselves. Its foundation lies in what we do for others. ~Danny Thomas

“Volunteers are not paid because they are worthless, but because they are Priceless!” ~Unknown

“You make a living by what you get, but you make a life by what you give.” ~Winston Churchill

APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:30 Mid Tempo 1 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad 6:00 Zumba- CSP	9:00 Billiards 2 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	3 CLOSED FOR GOOD FRIDAY HOLIDAY
8:30 Mid Tempo 6 Cardio Class 10:30 Sr Org Board Mtg 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	9:00 Billiards 7 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:45 Story of My Life 1:00 Wii Bowling 1:30 Scrabble	8:30 Mid Tempo 8 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad 6:00 Zumba- CSP	9:00 Billiards 9 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	10 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback
8:30 Mid Tempo 13 Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	9:00 Billiards 14 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 UCHC Dr. Wolfson 1:30 Scrabble	8:30 Mid Tempo 15 10:00 Shuffleboard 10:00 Drawing 11:00 Primary Eye Care 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad 6:00 Zumba- CSP	9:00 Billiards 16 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	17 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 11:00 Wellness Fair 12:00 Setback
8:30 Mid Tempo 20 Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	9:00 Billiards 21 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble	8:30 Mid Tempo 22 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad 4:00 LGBT Elder Game Night 6:00 Zumba- CSP	9:00 Billiards 23 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library 2:30 Caregiver Support Group	24 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback
8:30 Mid Tempo 27 Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC 4:35 Low Impact Zumba	9:00 Billiards 28 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble DRESS DOWN DAY!!	8:30 Mid Tempo 29 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad 6:00 Zumba- CSP	9:00 Billiards 30 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	 APRIL

RESERVED FOR SPONSORS

Avon Senior Center



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