

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



DECEMBER 2014

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

Senior Center Coordinator Message

Happy Holidays to all of my senior center friends!! I hope this time of year finds you happy, healthy and thankful for family and friends. We are so blessed at the senior center to have each other. We enjoy so many great programs, presentations, groups, classes and events. We share meals together, enjoy each others company, play games together, exercise together, listen to music together and even dance together. We are so fortunate to know each other and share our time with each other. Thank you all for coming to the senior center and let's continue to enjoy each other!

We have some great programs this month and we're celebrating the Holiday Season with some fantastic events like the Avon Police Association's Holiday Meal, Holiday Brunch & Entertainment and "Let It NOT Snow" Bingo!! We also have some safety programs like the Farmington Valley Health District is doing a presentation on "Emergency Preparedness." And informational and educational programs like our "Lunch & Learn" with an Elder Law Attorney & Financial Planner. You don't want to miss a thing!!

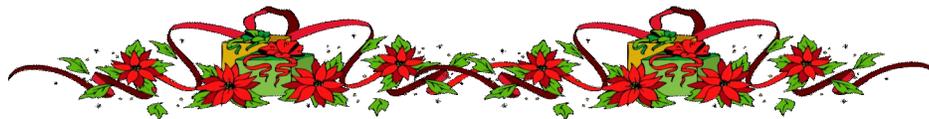
We are going to have some great trips in the upcoming New Year, so please read the newsletters and pay attention to the Bulletin Board.

By the way, please be sure to say a HUGE **Thank You** to our intern, Nicole for the great job she did on our bulletin boards. She redecorated them and rearranged them. They look wonderful and she's awesome!!

I want to thank all of the seniors who have entered our doors this year. We appreciate seeing you, enjoy meeting you when you're new to us and look forward to you coming back. 2014 has been a year of changes for the senior center and I am so happy to be able to share them with you. All of you mean so much to me and I am so excited that we spend our days, weeks, months and years together!!

Have a wonderful Holiday Season!! I look forward to a beautiful New Year with you!!

Respectfully, Jennifer Bennett, MSW



Thursday, December 25, 2014

CLOSED FOR CHRISTMAS HOLIDAY

Friday, December 26, 2014

SENIOR CENTER CLOSED

Thursday, January 1, 2015

CLOSED FOR NEW YEAR'S DAY HOLIDAY

Friday, January 2, 2015

SENIOR CENTER CLOSED

DECEMBER EVENTS 2014

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

Monday, December 1, 2014

“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.

Tuesday, December 2, 2014 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, December 2, 2014 at 12:30 p.m. “Story of My Life”

Please join Nicole, UCONN Graduate MSW student as she runs this group. Let’s get ready to Tell Our Story!! 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. This group is going to be a time for you to reminisce and share with each other. This is part of her learning experience of running a group and helps her with her social work education. Please call the senior center at 860-675-4355 to sign up.

Wednesday, December 3, 2014 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, December 3, 2014 at 12:00 “Lunch & Learn”

Attorney Greg Peterson & Financial Planner Austin Toomey will be here today and are sponsoring our Lunch & Learn. It's no secret that in every person/family's lifecycle there are typically a handful of professionals, each responsible for their own piece of a comprehensive planning puzzle. We've found that far too often the professionals who perform these services for the public seldom have any affiliation. Join us for brunch as we bridge the industry disconnect that currently exists between many financial advisers, attorneys, insurance professionals and tax professionals.

Thursday, December 4, 2014 at 11 a.m. “Current Events”

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

Thursday, December 4, 2014 at 12:45 p.m.

“Coping with the Holidays”

As the holidays approach, it can be a stressful time and this group led by intern Nicole will go over all the topics that you think of when you are coping with the holidays. This is a good way to share with others. Please call the senior center at 860-675-4355 to sign up.

Friday, December 5, 2014 at 12:00 p.m.

“Avon Police Association Holiday Meal”

Avon Police Association & Avon Social Services are sponsoring a Holiday Meal for all seniors!! This meal is free and open to the public. The Avon Police Association will be here to set up, serve and clean up the Holiday Meal and they’re sponsoring the food that will be made by Kane’s Market in Simsbury. Come and spend time with our local Police and enjoy a delicious meal together! We thank the Police Association for caring about our older adults! Please call the senior center at 860-675-4355 to sign up.

Monday, December 8, 2014 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, December 9, 2014 at 12:30 p.m. “Story of My Life”

Please join intern Nicole, and Tell Our Story!! Please call the senior center at 860-675-4355 to sign up.

Thursday, December 11, 2014 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, December 11, 2014 at 12:45 p.m.

“Coping with the Holidays”

This group led by intern Nicole will go over all the topics that you think of when you are coping with the holidays. Please call the senior center at 860-675-4355 to sign up.

Friday, December 12, 2014 at 11 a.m. “Holiday Brunch”

Come and join us as we celebrate the holidays together with a Brunch & entertainment. We will eat delicious food and listen to wonderful entertainment. Please call the senior center at 860-675-4355 to sign up.

Saturday, December 13, 2014 at 1:00 p.m.

“Audience with President Abraham Lincoln and General Ulysses S. Grant”

The Avon Historical Society’s Sesquicentennial Committee is pleased to present an “Audience with President Abraham Lincoln and General Ulysses S. Grant.” It is open to the public courtesy of a grant from Connecticut Humanities and co-sponsored with the Avon Senior Center. The year is 1864, 150-years ago, when our nation was in the third year of a bloody Civil War. Both the North and the South had suffered terrible tragedy and losses. President Lincoln had won re-election to a second term and gave the full command to General Ulysses S. Grant who was a graduate of West Point with lots of spirit and drive to succeed. Grant had his own way of leading the war effort and Lincoln is hoping to see an end to the effort very soon. This event will be presented by historians and first person re-enactors, Howard Wright as Lincoln and Sam Grant as General Grant. Both men are well known for their portrayals and will engage each other in a dialogue on the events of 1864 when Grant was made General in Chief of all Union Armies by President Lincoln in March of that year. Although these two men took separate paths during the War, they ultimately merged and ended what was the bloodiest battle on American soil with an estimated 750,000 deaths. The audience is encouraged to participate in the discussion, as it progresses, showing how both Lincoln and Grant worked in concert together for the future of our country.

Monday, December 15, 2014 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, December 16, 2014 at 12:30 p.m.

“Emergency Preparedness”

The Farmington Valley Health District will be here today for a talk on Emergency Preparedness. This is very informational and educational and we look forward to seeing you for this presentation. Please call the senior center at 860-675-4355 to sign up.

Wednesday, December 17, 2014 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, December 18, 2014 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, December 18, 2014 at 12:45 p.m.

“Coping with the Holidays”

This group led by intern Nicole will go over all the topics that you think of when you are coping with the holidays. Please call the senior center at 860-675-4355 to sign up.

Thursday, December 18, 2014 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. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. 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.

Friday, December 19, 2014 at 11 a.m.

“Let It Not Snow Bingo!”

Let it *NOT* Snow Bingo! We promise to keep the snow and freezing temperature away so you can enjoy a fun, winter-themed game of bingo with your friends! Please join us for a morning of pretend snowflakes, shovels, mittens and scarves while sipping hot chocolate and coffee, and playing to win prizes. Yummy refreshments will be served, all are welcome. Sponsored by Anne Boychuk from The Residence at Brookside. Please RSVP. And remember – no real snowflakes allowed! Please call the senior center at 860-675-4355 to sign up.

Tuesday, December 23, 2014 DRESS DOWN DAY!!!!

Let's celebrate the holiday season!!! 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!!!! We enjoyed the fun last time we did this, so come and let us see your t-shirt.

Birthdays

December

Oscar Maillet	9th
Sal Liberatore	14th
Beverly Gagne	15th
Shirley Minnier	18th
John Kostrisak	22nd



Thinking Thursdays



Join intern Nicole for brain teasing fun!

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

Every Thursday during lunch



2014 Fall Classes
(see dates & locations below)

Tai Chi for Seniors—Fall Session II

Date(s) of Class: January 7, 14, 21, 28, February 4, 11

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

Avon Senior Center

Zumba Gold Fall Session II

Date(s) of Class: December 3, 10, 17, January 7, 14, 21, 28, February 4, 11

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

Countryside Park

Zumba Gold Fall Session II: December 1, 8, 15, 22, January 5, 12, 26, February 2, 9

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

Avon Senior Center

Drawing Fall Session II

Date(s) of Class: November 5, 12, 19, December 3, 10, 17

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

Avon Senior Center

TAZ Low Impact Aerobics (Formerly Young at Heart)

Date(s) of Class: 9/29/2014 —12/22/2014

Day(s), Time & Location: MWF, 9:40 am—10:40

Valley Community Baptist Church

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. See **December's** menu below:

TUESDAY		THURSDAY	
2	Mariners Chowder Buttercrumb Fish Filet On Multi-Grain Roll Saltines Sweet Potato Fries Red/Green Cabbage Cole-slaw w/Shredded Carrots Tartar Sauce Fresh Fruit	4	Farmer Brown Soup Breaded Pork Steak w/Broth Scalloped Potatoes Succotash Saltines Outnut Bred Mixed Fruit
9	Vegetarian Vegetable Soup (Tuna Wrap) Tuna Salad Taco Wrap Saltines Marinated Bean Salad Potato Wedges Shredded Lettuce Sliced Tomatoes Apple Slices	11	Apple Juice Sauerbraten w/Gingersnap Gravy Baked Potato Capri Blend Vegetables Pumpnickel Bread Rocky Mountain Pudding (Chocolate Pudding w/ Marshmallows) w/Whipped Topping
16	Alaskan Pollock w/Seafood Sauce Wild Rice Spinach Oatnut Bread Peaches & Pears	18	Roast Pork w/Gravy Mashed Sweet Potatoes Brussel Sprouts 12-Grain Bread Pineapple Tidbits
23	Grape Juice Meatloaf w/Vegetable Gravy Garlic Smashed Potatoes Squash Medley Oatnut Bread Vanilla Pudding w/Whipped Topping	25	CLOSED IN OBSERVANCE OF HOLIDAY
30	Turkey Orzo Soup Baked Boneless Chicken w/ Divan Sauce Mashed Potatoes Sliced Carrots Rye Bread Mixed Fruit		

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



President - Arthur Atwood

• **Vice President, • Financial Secretary & Cheer- Marie Evans**

• **Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier**

• **Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez**

• **Programs – Helen M. Toth**

Senior Organization President's Message

There will always be a Christmas wherever our paths may lead as long as hearts reach out to help one another. There will always be Christmas with Hope and Peace again, as long as there is caring and goodwill toward all men. As long as there is faith and love to keep our hearts warm and kind there will always be a Christmas time!

This year my family in Sturbridge has given me an unusual gift. NO PRESENTS this year!

My nephew, who is a minister in his own church in Woodstock, CT. said that the biggest present we could give each other was our presence at our annual Christmas dinner.

I always look forward to Christmas, the holy day of love, of overwhelming happiness, of a joy so intense that the world reflects it's glory to everyone on earth. It is warmth and friendship grown closer. It is forgiveness and an even deeper faith in God and man.

Christmas is adorned with holiday greens and flowers, with bells and carols, with the family's abundant dinner, the expectation of presents for the little ones and the elation of togetherness for their elders. Christmas is a gift that has no equal!

I wish you every blessing this season can impart and may it find you with joy and love in your heart. Merry Christmas, Happy Hanukkah, and Happy New Year 2015.

Arthur

All Seniors are Welcome

December 1st 10:30 – Board Meeting
Noon - Pizza
Dessert
Bingo

December 8th Noon – Chili
Salad
Dessert

Guest Speaker: Monica Katkavich who will talk about growing up in Holland during World War II.

December 15th Noon – Spaghetti and
Meatballs – prepared by
Arthur Atwood
Dessert

Entertainment: Italian Singers will perform a variety of tunes.

December 22nd Noon – Christmas /
Hanukkah Celebration
Pot Luck
Birthday Cake

Entertainment: Chip Ames who will provide country style holiday music. Audience is encouraged to sing along and have fun.

December 29th Noon - Soup and Salad
Dessert

Lunch will be followed by Bingo – good luck!

Coming up in January 2015: Happy New Year!

Guest Speaker...Jeanne Parker of Avon will discuss the Transcontinental Tour of the United States in 1917. This tour was done by two women one of which was from Avon.

DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Mid Tempo 1 Cardio Class 9:00 Foot Care 10:30 Senior Organization Board Meeting 12:00 Senior Organization Lunch 12:30 Mah Jongg 3:30 Zumba- ASC	9:00 Billiards 2 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:45 Story of My Life 12:30 Bridge 1:30 Scrabble	8:30 Mid Tempo 3 10:00 Shuffleboard 10:00 Drawing Class 12:00 Lunch & Learn 1:00 Billiards 1:00 Setback 2:30 Tai Chi 6:00 Zumba- CSP	9:00 Billiards 4 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Coping with the Holidays	8:30 Mid Tempo 5 10:00 Ping Pong 12:00 Avon Police Association Holiday Meal 1:00 Setback
8:30 Mid Tempo 8 Cardio Class 9:00 Foot Care 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC	9:00 Billiards 9 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 10 10:00 Shuffleboard 10:00 Drawing Class 12:00 Lunch & Learn 1:00 Billiards 1:00 Setback 2:30 Tai Chi 6:00 Zumba- CSP	9:00 Billiards 11 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Coping with the Holidays	8:30 Mid Tempo 12 10:00 Ping Pong 11:00 Holiday Brunch 1:00 Setback
8:30 Mid Tempo 15 Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC	9:00 Billiards 16 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Emergency Preparedness 1:30 Scrabble	8:30 Mid Tempo 17 10:00 Shuffleboard 10:00 Drawing Class 1:00 Billiards 1:00 Setback 2:30 Tai Chi 6:00 Zumba- CSP	9:00 Billiards 18 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Coping with the Holidays	8:30 Mid Tempo 19 10:00 Ping Pong 11:00 "Let It NOT Snow Bingo" 1:00 Setback
8:30 Mid Tempo 22 Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC	9:00 Billiards 23 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	8:30 Mid Tempo 24 10:00 Shuffleboard 1:00 Billiards 1:00 Setback	25 CENTER CLOSED FOR CHRISTMAS HOLIDAY	26 CENTER CLOSED FOR CHRISTMAS HOLIDAY
8:30 Mid Tempo 29 Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg	9:00 Billiards 30 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble DRESS DOWN DAY!!	8:30 Mid Tempo 31 10:00 Shuffleboard 1:00 Billiards 1:00 Setback		

RESERVED FOR SPONSORS

Avon Senior Center



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