

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, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



JANUARY 2016

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

Senior Center Coordinator Message

Happy New Year!!! I hope everyone enjoyed their holidays! We look forward to 2016!

We're so excited to start a New Year here at the senior center! We have some great trips planned & scheduled, some fantastic classes, super programs, special events, programs to stimulate your mind & soul, exercise for your body, programs for your health & safety & programs for fun!

The senior center is very busy with programs—Adult Coloring, Current Events, Handwork Group, Ping Pong, Woodcarving, Shuffleboard, Billiards, Mah Jongg, Bridge, Puzzles, Cards, Computers & Wii Bowling! Our new programs are getting a lot of “buzz” so come see what all the excitement is about! There is something for everyone!

We're always looking for new things to try like Pickleball, so please let me know what you're interested in & we'll go from there!

As always, we thank you so much for being a part of our senior center family! We love having you here and we enjoy spending time with you!

Please stay safe, healthy & warm this month! If you're looking for a place to hand your hat during the day, you can always come inside the senior center! We love company!

Respectfully, Jennifer Bennett, LMSW



Avon Senior Center is looking to start an Indoor Walking Group!! People can walk indoors in the Community Room & have fun with others while staying healthy! No need to worry about the weather!

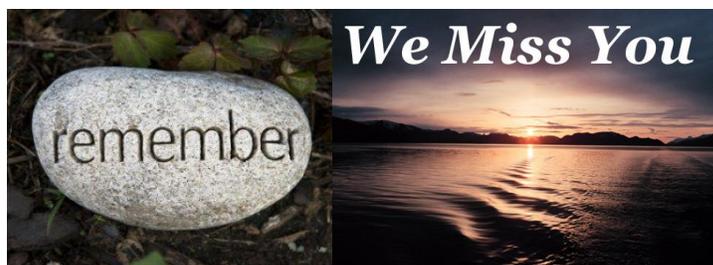
Please call the senior center at 860-675-4355 to sign up!



Avon Senior Center has lost a number of our senior center family members recently. Thank you for being our friends and brightening our lives while you were here.



Sadly missed along life's way,
quietly remembered every day...
No longer in our life to share,
but in our hearts, you're always there.
Author Unknown



We Miss You

JANUARY EVENTS 2016

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

Friday, January 1, 2016

CLOSED FOR NEW YEAR'S DAY HOLIDAY

Monday, January 4, 2016

"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, January 5, 2016 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 have any questions, please feel free to call the senior center at 860-675-4355.

Wednesday, January 6, 2016 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, January 7, 2016 at 12:30 p.m.

"Current Events & Conversations"

Please join us for this new group where we will discuss current events and have interesting conversations. We're so excited to have this new group and we can't wait for you to join us! This group will be led by Shirley Vorisek, volunteer from the Avon Library. Please bring your thoughts, ideas, listening ear and willingness to discuss intellectual topics. Please call the senior center at 860-675-4355 to sign up.

Thursday, January 7, 2016 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, January 8, 2016 from 10-12 "A Matter of Balance"

Free & Open to the Public! (Fridays- Jan 8, 15, 22, 29; Feb 5) from 10 a.m. to 12:00 p.m. Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely and avoid tripping and falling over objects in your way. **Justine Ginsberg, BSN, RN, Community Health Coordinator** from the Farmington Valley Health District will be here to give us tips on staying safe! You don't want to miss this informational and educational learning opportunity! Please call the senior center at 860-675-4355 to sign up.

Friday, January 8, 2016 at 1:00 p.m.

"Wood Carving"

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

Saturday, January 9, 2016 at 1:00 p.m.

"Digital Farmington- Avon's Heritage Quilt History"

The Special Projects Committee of the Avon Historical Society is pleased to present the third installment of a year-long lecture series focusing on local agriculture and farm families. Professor Kathy Hermes, CCSU professor of history, will present something new and exciting in the local history realm—a computer program called 'Digital Farmington' at the Avon Senior Center. She spearheaded the creation of 'Digital Farmington' after consultation with the Stanley-Whitman House, to create a program that would be useful for tourism in highlighting historic sites in Farmington. Avon, formerly part of Farmington, is a natural extension with additional historic sites that now lie within the boundaries of the Town of Avon, have been added to the program. These latest additions of historic sites in Avon include the Derrin houses along West Avon Road along with historical narrative information one can access simply by clicking on the relevant POI. This lecture series is generously sponsored in part by the Avon-Canton Rotary Club and co-sponsored by the Avon Senior Center/Community Center. It is open to the public free of charge. Please call the senior center at 860-675-4355 to sign up.

Monday, January 11, 2016 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 have any questions, please feel free to call the senior center at 860-675-4355.

Wednesday, January 13, 2016 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, January 14, 2016 at 12:30 p.m.

"Current Events & Conversations"

Please join us for this new group where we will discuss current events and have interesting conversations. We're so excited to have this new group and we can't wait for you to join us! This group will be led by Shirley Vorisek, volunteer from the Avon Library. Please bring your thoughts, ideas, listening ear and willingness to discuss intellectual topics. Please call the senior center at 860-675-4355 to sign up.

Friday, January 15, 2016 from 10-12 "A Matter of Balance"

(Fridays- Jan 8, 15, 22, 29; Feb 5) from 10 a.m. to 12:00 p.m. Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely & avoid tripping & falling over objects in your way. **Justine Ginsberg, BSN, RN, Community Health Coordinator** from the FVHD will be here to give us tips on staying safe! Please call the senior center at 860-675-4355 to sign up.

Friday, January 15, 2016 at 1:00 p.m. "Wood Carving"
Please call the senior center at 860-675-4355 to sign up.

Monday, January 18, 2016
CLOSED FOR MARTIN LUTHER KING JR. DAY

Wednesday, January 20, 2016 at 10:00 a.m. "Shuffleboard"
Please call the senior center at 860-675-4355 to sign up.

Thursday, January 21, 2016 at 12:30 p.m.
"Current Events & Conversations"
Please join us for this new group where we will discuss current events and have interesting conversations. We're so excited to have this new group and we can't wait for you to join us! This group will be led by Shirley Vorisek, volunteer from the Avon Library. Please bring your thoughts, ideas, listening ear and willingness to discuss intellectual topics. Please call the senior center at 860-675-4355 to sign up.

Thursday, January 21, 2016 from 3-8 p.m.
"LGBT Moveable Senior Center- Simsbury"
LGBT (Lesbian, Gay, Bisexual, Transgender) elders & Allies from all CT towns are welcome to this free program. This month we're in Simsbury! LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center - a partnership among five Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! The LGBT Moveable Senior Center is sponsored by CCCI as part of "Getting it Right: Creating an LGBT-responsive Organization," a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy. Please call the senior center at 860-675-4355 to sign up.

Friday, January 22, 2016 from 10-12 "A Matter of Balance"
Please call the senior center at 860-675-4355 to sign up.

Friday, January 22, 2016 at 1:00 p.m. "Wood Carving"
Please call the senior center at 860-675-4355 to sign up.

Tuesday, January 26, 2016 DRESS DOWN DAY!!!!
Let's celebrate the New Year!!! 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!!!!

Wednesday, January 27, 2016 at 10:00 a.m. "Shuffleboard"
Please call the senior center at 860-675-4355 to sign up.

Thursday, January 28, 2016 at 12:30 p.m.
"Current Events & Conversations"
Please join us for this new group where we will discuss current events and have interesting conversations. We're so excited to have this new group and we can't wait for you to join us! This group will be led by Shirley Vorisek, volunteer from the Avon Library. Please bring your thoughts, ideas, listening ear and willingness to discuss intellectual topics. Please call the senior center at 860-675-4355 to sign up.

Friday, January 29, 2016 from 10-12 "A Matter of Balance"
Please call the senior center at 860-675-4355 to sign up.

Friday, January 29, 2016 at 1:00 p.m. "Wood Carving"
Please call the senior center at 860-675-4355 to sign up.

Birthdays

January

Janet Bilodeau 2nd
Rose Bennett 14th
Eudora Lyhne 27th
Irene Pocoski 31st



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



1:30 pm in the Community Room

JANUARY 14 <u>THE APARTMENT</u> (1960) - 125 min.	JANUARY 21 <u>WOMAN OF THE YEAR</u> (1942) - 114 min.
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JANUARY 28 <u>THIN MAN</u> (1934) - 91 min.
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AVON FREE PUBLIC LIBRARY IN PARTNERSHIP WITH THE AVON SENIOR CENTER 281 Country Club Road Avon, CT 06001 Tel: 860-673-9712



"One can never consent to creep when one feels an impulse to soar." -- Helen Keller, writer and political activist

2016 Winter/Spring Classes
(Please see dates, times & locations below)

Drawing - Winter/Spring I

Date (s) of Class: Jan. 20, 27, Feb. 3, 10, 17, 24

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

Avon Senior Center - Craft Room

Tai Chi for Seniors - Winter/Spring I

Date (s) of Class: Jan. 20, 27, Feb. 3, 10, March 2, 9

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

Avon Senior Center

Zumba Gold Winter/Spring Session I

Date(s) of Class: Jan. 20, 27, Feb. 3, 10, 17, 24

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

Countryside Park

Zumba Gold Winter/Spring Session I

Date(s) of Class: Jan. 25, Feb. 1, 8, 22, 29, March 7

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

Avon Senior Center

Mid-Tempo Summer Session

Date(s) of Class: 10/5/2015 - 01/06/2016

Day(s), Time & Location: M/W 8:30 am—9:30 am

Avon Senior Center

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 **January's** menu below:

TUESDAY		THURSDAY	
5	Lemon Baked Chicken Confetti Rice Capri Blend Vegetables Wheat Dinner Roll Fresh Fruit	7	Farmer Brown Soup Roast Pork Loin w/ Vegetable Gravy Cut-Up Sweet Potatoes Saltines Beets Fresh Fruit
12	Orange Juice Turkey Stew w/Extra Potatoes & Vegetables Brussel Sprouts Homemade Biscuit Apple/Peach Crisp	14	Hearty Vegetable Soup Chicken Salad on Croissant Sweet Potato Fries Leaf Lettuce Sliced Tomatoes Tropical Fruit
19	Breaded Crumb Fish Filet Mashed Potatoes Prince Edward Blend Vegetables 100% Whole Wheat Bread Mixed Fruit	21	Mock Beef Stroganoff Parslied Egg Noodles California Blend Vegetables Oatnut Bread Sliced Apples
26	Macaroni & Cheese Stewed Tomatoes & Zucchini Mixed Salad Greens w/ Cucumbers & Cherry Tom. Raspberry Vinaigrette Dressing Wheat Dinner Roll Fresh Fruit	28	Orange Juice Chicken Cacciatore Penne w/Tomato Basil Sauce Italian Mixed Vegetables Italian Bread Homemade Cookie



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

January Presidents Message

And now let us welcome The New Year 2016 full of things that have never been.

January, the month of cherished New Beginnings and memories beckons. Come let us enjoy her magic spell; cold, crisp, woolen muffler days, long dark evenings of savory suppers, lively conversations, or solitary joys. Outside the temperature drops as the new snow falls softly. I was hoping to say we won't have any snow this year, but I know we are going to get some. All of nature is at peace - we should be too. This is the month to dream and to look forward to the year ahead and the journey within.

As I've said before - no New Year's resolutions for me - I just can't keep them! However, I do have wishes and I'll share one of them with you:

ONE is all it takes! One wish is enough to set a dream in motion. ONE act of kindness is enough to lift someone up. ONE decision is enough to change your life or someone else's. And ONE person is enough to make the difference, especially when the person is YOU!

Silently I say "Happy New Year to all of us, all over this troubled world. May we make it a year of loving - kindness and gentle hearts."

Healthy Happy New Year!

Arthur

January 2016 – Program Schedule

Everyone is Welcome-Reservations Recommended

- | | |
|--------------------------------|---|
| January 4th | 10:30 – Board Meeting
Noon – Pizza & salad
Dessert
Bingo |
| January 11th | Noon – Knockwurst, Beans,
Potato Salad, Sauerkraut
Dessert |
| | DVD of the Carol Burnett Show will be shown. |
| January 18th | Martin Luther King Holiday
Senior Center is Closed |
| January 25th | Noon – Pot Luck
Birthday Cake
Bingo |

During the Months of January and February The Senior Citizens of Avon Organization will collect non-perishable food items for the Avon Food Pantry. Items most needed include ground coffee, tuna fish, canned corn, pasta sauce, canned fruit, Romaine noodles, cold and hot cereals. Please place items in the container located near the office.

Coming up in February:

- Valentines celebration with Chip Ames who will entertain us on Keyboard. Audience is welcome to join in with song and fun.

JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			CENTER CLOSING AT 1:30 PM <hr style="border-top: 1px dashed black;"/> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Current Events	<div style="float: right; border: 1px solid black; padding: 2px;">1</div> CENTER CLOSED FOR NEW YEAR'S 
8:30 Mid Tempo 4 Cardio Class 9:00 Foot Care 10:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	9:00 Billiards 5 10:00 Wii Bowling 11:30 Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble	8:30 Mid Tempo 6 10:00 Shuffleboard 12:00 Setback 1:00 Billiards	9:00 Billiards 7 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Current Events	9:30 Billiards 8 10:00 Matter of Balance 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving
10:00 Wii Bowling 11 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jongg	9:00 Billiards 12 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble	10:00 Shuffleboard 13 12:00 Setback 1:00 Billiards	9:00 Billiards 14 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Current Events	9:30 Billiards 15 10:00 Matter of Balance 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving
CENTER CLOSED MARTIN LUTHER KING DAY 	9:00 Billiards 19 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble	8:30 Mid Tempo 20 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 21 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Current Events	9:30 Billiards 22 10:00 Matter of Balance 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving
10:00 Wii Bowling 25 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	9:00 Billiards 26 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble DRESS DOWN DAY!!!	10:00 Shuffleboard 27 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 28 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Current Events	9:30 Billiards 29 10:00 Matter of Balance 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving

RESERVED FOR SPONSORS

Avon Senior Center



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