

# 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*



## MARCH 2016

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

### Senior Center Coordinator Message

Hello My Senior Center Friends! Welcome to March! This month we celebrate Spring, honor Women, celebrate National Social Work Month and we have fantastic programs scheduled for you!

I'm so excited for the new programs we have— Beginner Mah Jongg, Adult Coloring, Wood Carving, a Garden Series with the Library & a Picture Frame Decorating Class! Join us!

The senior center has been undergoing some unbelievable & incredible upgrades! Thanks to our Public Works Department (Building & Grounds) for all their effort & hard work to make our senior center special. We appreciate you! If you have not seen us in awhile, come on over. You'll be impressed! More to look forward to. Woo! Hoo!!

We have some awesome programs this month, so be sure to read the newsletter & sign up, space fills fast!

Check out our Trip Bulletin Board— we have some spectacular trips— day, overnight, vacation! There's sure to be something for you!

Thank you for coming to the senior center, participating in our offerings and spending time with friends! The Avon Senior Center Rocks!

Upcoming Free Programs in April— Simply Swing in Concert, Diabetes Series with Justine from FVHD and Senior Center & Historical Society Lecture! See you there!

*Respectfully, Jennifer Bennett, LMSW*

### March- Celebrate Women!

"I am not afraid of storms for I am learning how to sail my ship!" ~ Louisa May Alcott

It's in the reach of my arms  
The span of my hips,  
The stride of my step,  
The curl of my lips.

I'm a woman  
Phenomenally.

Phenomenal woman,

That's me. ---- **Maya Angelou, Phenomenal Woman**

A woman with a voice is by definition a strong woman.  
But the search to find that voice can be remarkably difficult. ---- **MELINDA GATES**



SOCIAL WORK

**FORGING SOLUTIONS**  
OUT OF CHALLENGES

### Social Work Month!!!

Take the opportunity to say *Thank You* to a social worker this month. Our intern, Morgan is going for her Master's Degree in Social Work at UCONN. We have 2 interns from Tunxis Community College, who are going for their Associates Degree in Human Services. We celebrate them! Jennifer Bennett, Senior Center Coordinator is a Licensed Master Social Worker! We love what we do!

## MARCH EVENTS 2016

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

**Tuesday, March 1, 2016 from 11-11:30 a.m.**

**“Senior’s Day- Grocery Store Tour at Shop Rite Canton”**

Join Shop Rite’s Registered Dietician, Nikki as she leads a healthy eating grocery store tour designed for seniors on Senior’s Day 5% discount! Product tasting, free samples & coupons provided! This grocery store tour will be held at Shop Rite in Canton. Please call the senior center at 860-675-4355 to sign up.

**Tuesday, March 1, 2016**

**“Thankful Tuesdays!”**

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

**Tuesday, March 1, 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, March 2, 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.

**Wednesday, March 2, 2016 at 2:00 p.m.**

**“Waking Up the Garden in Spring!”**

It’s time to wake up the garden after the strange and unseasonal winter we’ve just had! Learn about consolidating tasks, what to look at and what to do first in YOUR garden! This is an interactive and in-depth lecture on where to start and how to put your outdoor space together quickly and efficiently. This program is presented by Cathy Beauregard. This Garden Programs Series is co-sponsored by the Avon Library & Avon Senior Center. The program will be held at the Library.

**Thursday, March 3, 2016**

**“Thinking Thursdays”**

Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to “think” and work your brain muscles by completing the challenges!

**Friday, March 4, 2016 at 1:00 p.m.**

**“Adult Coloring”**

Join the Avon Senior Center for our new program- Adult Coloring!! We have the supplies, you just bring yourself and a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing and inspirational program. Please call the senior center at 860-675-4355 to sign up.

**Friday, March 4, 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, March 5, 2016 at 2:00 p.m.**

**“Butterfly Gardens are for the Birds!”**

Join us for our 2<sup>nd</sup> lecture in our Garden Programs Series! Learn which plants benefit which pollinators! Selecting plants to attract butterflies also benefits and attracts birds to your garden. This program is presented by Margery Winters. This Garden Programs Series is co-sponsored by the Avon Library & Avon Senior Center. The program will be held at the Library.

**Saturday, March 5, 2016 at 7:00 p.m.**

**“From Bedrock to Bedroom Community – The Evolution of Avon”**

*One Square in Avon’s Heritage Quilt History-The Derrin Family of West Avon.* The Derrin family was just one of the *squares of cloth* of families who settled in West Avon and contributed to this community’s economic and residential success. Their story parallels that of many of this town’s early settler families that created the *heritage quilt* that is Avon today. “From Bedrock to Bedroom Community – The Evolution of Avon” presented by Robert M. Thorson, Professor of Geology at UCONN Storrs campus. Please join us as we continue our fascinating series! This lecture series is generously sponsored in part by the Avon-Canton Rotary Club and co-sponsored by the Avon Historical Society & 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, March 7, 2016**

**“Foot Care”**

Dr. Lindsay will be at the Avon Senior Center on the 1<sup>st</sup> Monday of every month 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, March 7, 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, March 9, 2016 from 12-1 p.m.**

**“Sipping on Sensational Smoothies!”**

Join Nikki, Registered Dietician from Shop Rite Canton as she teaches us how to increase our fruit, vegetable and protein intake through sensationally healthy and delicious smoothies! This program will be held at the Senior Center and is free and open to the public. Please call the senior center at 860-675-4355 to sign up.

**Friday, March 11, 2016 at 12:00 p.m.**

**“Spring Fling!”**

Please join the Avon Senior Center & Canton Senior Center as we enjoy this special event together. We will celebrate the coming of warmer weather by having a Spring Fling! This event will be held at the Avon Senior Center. We will enjoy a delicious meal & fantastic entertainment. Please pay \$5.00 when registering. Older & disabled persons from ALL towns are welcome. We are so excited to celebrate SPRING!!! Please call the Avon Senior Center at 860-675-4355 to sign up.

**Tuesday, March 15, 2016 at 12:30 p.m.**

**“Presentation- Depression & the Elderly”**

We’re super excited to have Nancy A. Scheetz, APRN, BC, Executive Director, Farmington Valley VNA, Inc. as our presenter today! This is such an important topic and we need to talk about it and get gain knowledge and information. We will learn about signs and symptoms, anxiety, issues and resources that relate to older adults. Please join us for this educational and informational presentation. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, March 16, 2016 at 10:00 a.m.**

**“Wii Bowling Tournament in Avon”**

Avon Aces Wii Bowling Team will face off against Prospect Senior Center in a Wii Bowling Tournament here in Avon. We’re going to have fun & enjoy the day! We will have a team of 8 bowlers. Please call the senior center at 860-675-4355 to sign up.

**Thursday, March 17, 2016**

**“Happy St. Patrick’s Day- Wear Green!!!”**

Wear Green today to show your St. Patrick’s Day spirit! We love to celebrate, so show off your green! Quotes to inspire you- For each petal on the shamrock, This brings a wish your way - Good health, good luck, and happiness, For today and every day. ~Author Unknown. May your blessings outnumber, The shamrocks that grow, And may trouble avoid you, Wherever you go. ~Irish Blessing

**Friday, March 18, 2016 at 12:00 p.m.**

**“Lunch & Learn- Intern Morgan Presentation”**

Join us for a Lunch & Learn as Intern Morgan does a presentation on Diversity & Awareness. This is for her education at UCONN School of Social Work. Come and acquire new information and knowledge. Please call the senior center at 860-675-4355 to sign up.

**Saturday, March 19, 2016 at 2:00 p.m.**

**“Creative Container Design!”**

Join us for our 3<sup>rd</sup> lecture in our Garden Programs Series! Using live plants, Karla will demonstrate different designs for containers and ideas that can be transitioned from indoors to out when the time comes (if it’s not already here)! This program is presented by Karla Dalley. This Garden Programs Series is co-sponsored by the Avon Library & Avon Senior Center. The program will be held at the Library.

**Wednesday, March 23, 2016 at 12:00 p.m.**

**“Lunch & Learn-Ask the Financial Planner”**

Please join us for an informational and educational session. Come and “Ask the Financial Planner” with Michael Mezheritskiy, Founding Partner of Visionary Private Wealth Management Group. Michael is a true professional and very knowledgeable, so feel free to come with your questions. Please join us for a light lunch as we get our questions answered. Please call the senior center at 860-675-4355 to sign up.

**Thursday, March 24, 2016 at 12:00 p.m.**

**“Wii Bowl at Governor’s House”**

Avon Senior Center is going to Governor’s House in Simsbury for Wii Bowling and lunch. We are limited to 10 people. Transportation is on your own. Please sign up with Jennifer.

**Friday, March 25, 2016**

**CLOSED FOR GOOD FRIDAY HOLIDAY**

**Tuesday, March 29, 2016**

**DRESS DOWN DAY!!!!**

Let’s celebrate Spring by wearing fun colors to applaud the 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!!!!

**Thursday, March 31, 2016 at 12:00 p.m.**

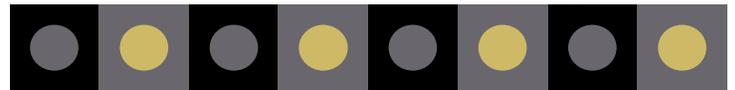
**“Wii Bowl at The Landing of Farmington”**

Avon Senior Center is going to The Landing of Farmington for Wii Bowling and lunch. Please wear your Hawaiian clothes to celebrate their Luau! We are limited to 10 people. Transportation is on your own. Please sign up with Jennifer.

# Birthdays

**March**

Jim Martino	2nd
Barbara Martino	3rd
Marian Downey	19th
Peter Zikowitch	28th



**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.**  
**Adult Coloring– Fridays at 1:00 p.m.**



**March 03**  
**Rebecca**  
 (1940) - 130 min.



**March 24**  
**The Sound of Music**  
 (1965) - 174 min.



**March 10**  
**To Kill a Mockingbird**



**March 31**  
**Seven Brides for Seven Brothers**  
 (1954) - 102 min.



**March 17**  
**The Music Man**  
 (1962) - 151 min.

**1:30 pm in the Community Room**

**AVON FREE PUBLIC LIBRARY**  
**IN PARTNERSHIP WITH THE AVON SENIOR CENTER**  
 281 Country Club Road  
 Avon, CT 06001  
 Tel: 860-673-9712

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

**Trips**

**Florida Bus Trip** - This is a 12 day trip to Florida - Includes accommodations, admissions to activities, breakfast and some dinners. Please see detailed information on website of call the Avon Senior Center.

**Date:** March 6, 2016 - March 17, 2016

**St. Patrick's Celebration at the Aqua Turf** - Entertainment, lunch and transportation.

**Date:** Wednesday, March 16, 2016

See Trip Bulletin Board & our website for more trips!!!

**Winter/Spring Classes**

**Picture Frame Decorating**

**Date(s) of Class:** March 18, 2016

**Day, Time & Location:** Friday - 10:00 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

**Tai Chi for Seniors - Winter/Spring II**

**Date(s) of Class:** March 23, 30, April 6, 13, 20, 27

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

Avon Senior Center

**Zumba Gold Winter/Spring Session II**

**Date(s) of Class:** March 9, 16, 23, 30, April 6, 13

**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

**Zumba Gold Winter/Spring Session II**

**Date(s) of Class:** March 21, 28, April 4, 18, 25, May 2

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

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 **March's** menu below:

<b>TUESDAY</b>		<b>THURSDAY</b>	
<b>1</b>	Breaded Crumb Fish Filet Sweet Potato Fries Prince Edward Blend Vegetables 100% Whole Wheat Bread Mixed Fruit	<b>3</b>	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Sliced Carrots Oatnut Bread Sliced Peaches
<b>8</b>	Orange-Pineapple Juice Apple Glazed Roast Pork Loin Scalloped Potatoes Spinach Rye Bread Ice Cream Cup	<b>10</b>	Hearty Vegetable Soup Beef Liver w/Extra Sautéed Onions Mashed Potatoes Seasoned Broccoli Saltines Wheat Dinner Roll Fresh Fruit
<b>15</b>	Chicken Vegetable Soup Oven Fried Chicken Baked Beans Wheat Dinner Roll Sliced Apples	<b>17</b>	<b>ST. PATRICK'S DAY MEAL</b> Orange Juice Corned Beef Cabbage Parslied Boiled Potatoes Whole Baby Carrots Mustard Rye Bread Special Dessert
<b>22</b>	Lemon Lentil Soup w/ Greens Cheesy Vegetable Lasagna Mixed Salad Greens w/ Cherry Tomatoes & Cucumbers Ranch Dressing Wheat Bread Sliced Pears	<b>24</b>	<b>CRT HOLIDAY MEAL</b> Cran-Apple Juice Baked Ham w/Pineapple Sauce Baked Sweet Potato Peas & Carrots Wheat Dinner Roll Special Dessert
<b>29</b>	Grape Juice Alaskan Pollock w/ Seafood Sauce Orzo Pilaf Beets Rye Bread Fruited Gelatin w/Whipped Topping	<b>31</b>	<b>NATIONAL ORANGES &amp; LEMONS DAY</b> Pineapple-Orange Juice Chicken Lo Mein Oriental Rice Lo Mein Vegetables 100% Whole Wheat Bread Lemon Pudding Tart w/ Whipped Topping



# MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Billiards 10:00 Wii Bowling <span style="float: right; border: 1px solid black; padding: 2px;">1</span> 11:00 Grocery Store Tour Shop Rite Canton 11:30 Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble	10:00 Shuffleboard <span style="float: right; border: 1px solid black; padding: 2px;">2</span> 1:00 Setback 1:00 Billiards 2:00 Waking Up the Garden in Spring! 2:30 Tai Chi	9:00 Billiards <span style="float: right; border: 1px solid black; padding: 2px;">3</span> 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Billiards <span style="float: right; border: 1px solid black; padding: 2px;">4</span> 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
9:00 Foot Care <span style="float: right; border: 1px solid black; padding: 2px;">7</span> 10:00 Wii Bowling 10:30 Sr Org Board Mtg 11:00 Beginner Mah Jongg 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards <span style="float: right; border: 1px solid black; padding: 2px;">8</span> 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	10:00 Shuffleboard <span style="float: right; border: 1px solid black; padding: 2px;">9</span> 12:00 Sipping on Sensational Smoothies! 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards <span style="float: right; border: 1px solid black; padding: 2px;">10</span> 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Billiards <span style="float: right; border: 1px solid black; padding: 2px;">11</span> 10:00 Ping Pong 12:00 Spring Fling! 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
<span style="float: right; border: 1px solid black; padding: 2px;">14</span> 10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback	<span style="float: right; border: 1px solid black; padding: 2px;">15</span> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 12:30 Presentation—Depression & the Elderly 1:30 Scrabble THANKFUL TUESDAYS	<span style="float: right; border: 1px solid black; padding: 2px;">16</span> 10:00 Shuffleboard 10:00 Wii Bowling Tournament in Avon 1:00 Setback 1:00 Billiards 6:00 Zumba Gold—CSP	<span style="float: right; border: 1px solid black; padding: 2px;">17</span> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS Happy St. Patrick's Day—Wear Green!!!	<span style="float: right; border: 1px solid black; padding: 2px;">18</span> 9:30 Glass Painting 10:00 Ping Pong 12:00 Lunch & Learn 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
<span style="float: right; border: 1px solid black; padding: 2px;">21</span> 10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	<span style="float: right; border: 1px solid black; padding: 2px;">22</span> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY	<span style="float: right; border: 1px solid black; padding: 2px;">23</span> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<span style="float: right; border: 1px solid black; padding: 2px;">24</span> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:00 Wii Bowl at Governor's House 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	<b>CENTER CLOSED FOR GOOD FRIDAY</b>
<span style="float: right; border: 1px solid black; padding: 2px;">28</span> 10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	<span style="float: right; border: 1px solid black; padding: 2px;">29</span> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY	<span style="float: right; border: 1px solid black; padding: 2px;">30</span> 8:30 Mid Tempo 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<span style="float: right; border: 1px solid black; padding: 2px;">31</span> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:00 Wii Bowl at The Landing of Farmington 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	

# RESERVED FOR SPONSORS

# Avon Senior Center



**AVON SENIOR CENTER**  
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AVON, CONNECTICUT 06001

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U.S. POSTAGE  
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AVON, CT 06001  
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