

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
Keisha Y. Freckleton, Administrative Secretary



AUGUST 2016

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

Senior Center Coordinator Message

Happy August Everyone! We are surviving the heat, staying cool and enjoying our summer!

Take time to rest, relax, read a good book, eat ice cream and get ready for fall. It's coming fast! We have had a great summer so far and we look forward to more fun times!

Please be sure to check out our Trips! People are having a great time traveling with us! Sign up early & get your seat. You don't want to miss out on the fun!

As we look forward to next month, our classes will be starting the fall session. We have some new classes for you to join. We're so pleased to have everyone involved in our classes and we appreciate you!

This month, come and eat delicious ice cream with us! Check out the calendar and sign up to reserve your spot! Friday, August 19th at 12:30 p.m. is free ice cream Friday! A summer treat!

I want to thank everyone who attends our amazing senior center. We appreciate you! We could not do it without all of our volunteers and helpers! Last month, our "Kitchen Angels" helped clean, sanitize, wipe down and make our kitchen look fresh & clean. Everything was taken out of the cabinets & refrigerator, cleaned & wiped and put back. We de-cluttered and organized everything. It would not have been possible without the help of a few wonderful people and I cherish you! Thanks for caring about your senior center!

Have a great month!
Respectfully, Jennifer Bennett, LMSW

Special Days

August 9 - Book Lover's Day
August 26 - Women's Equality Day
August 27 - Just Because Day



It's that time of year when people are thinking about school. The Senior Center likes the idea of "Lifelong Learning" so we're sharing quotes about education, teachers & learning!

Education is not preparation for life; education is life itself.
John Dewey

Education is the most powerful weapon which you can use to change the world. **Nelson Mandela**

Develop a passion for learning. If you do, you will never cease to grow. **Anthony J. D'Angelo**

I've learned... that the best classroom in the world is at the feet of an elderly person. **Andy Rooney**

"You can never be overdressed or overeducated." **Oscar Wilde**

"I did then what I knew how to do. Now that I know better, I do better." **Maya Angelou**

"The mind once enlightened cannot again become dark."
Thomas Paine

If the only tool you have is a hammer, you tend to see every problem as a nail. **Abraham Maslow**

A teacher affects eternity; he can never tell where his influence stops. **Henry B Adams**

AUGUST EVENTS 2016

*Jennifer Bennett, LMSW Avon Senior Center Coordinator
Keisha Y. Freckleton, Administrative Secretary
860-675-4355*

Tuesday, August 2, 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.

Tuesday, August 2, 2016 “Thankful Tuesdays!”

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

Wednesday, August 3, 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, August 4, 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, August 5, 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.

Monday, August 8, 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.

Tuesday, August 9, 2016 “Thankful Tuesdays!”

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

Wednesday, August 10, 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, August 11, 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, August 12, 2016 at 1:00 p.m. “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.

Tuesday, August 16, 2016 “Thankful Tuesdays!”

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

Wednesday, August 17, 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, August 18, 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, August 19, 2016 at 12:30 p.m. “Ice Cream”

Come and cool off with delicious ice cream! We will enjoy each other’s company as we enjoy some tasty ice cream! This is sure to be a fun event! Please RSVP so we can all enjoy this sweet treat! This is free so feel free to bring a friend! Please call the Senior Center at 860-675-4355 to sign up.

Friday, August 19, 2016 at 1:00 p.m. “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.

Tuesday, August 23, 2016 “Thankful Tuesdays!”

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

Wednesday, August 24, 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, August 24, 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, President- Milestone Asset 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.



AUGUST EVENTS 2016

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Keisha Y. Freckleton, Administrative Secretary
860-675-4355

Thursday, August 25, 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, August 26, 2016 at 1:00 p.m. "Adult Coloring"
Join the Avon Senior Center for our new program- Adult Color-
ing!! 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.

Tuesday, August 30, 2016 **DRESS DOWN DAY!!!!**
Let's summer!!! 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, August 30, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays
during lunch! Inspirational, uplifting, motivating and encourag-
ing ideas, feelings and words.

Wednesday, August 31, 2016 "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.



Need help paying for groceries?
Foodshare volunteers can help you apply for benefits!

SNAP is the Supplemental Nutrition Assistance Program
(Formerly known as the Food Stamp Program)

All you need is a photo ID, and some basic information
about your household to complete the application.

**Bring recent paystubs to speed up the process

Avon Senior Center
Please call to make an appointment
at 860-675-4355 ext. 1

These Thursdays each month From 12:00pm-3:00pm

April 28	September 22
May 26	October 27
June 23	November 17
July 28	December 15
August 25	



2016 Trips and Summer Classes
(Please see dates, times & locations below)

Tai Chi for Seniors - Summer Session I

Date (s) of Class: July 6, 13, 20

Tai Chi for Seniors - Summer Session II

Date (s) of Class: July 27- August 31

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



Zumba Gold Summer Session II

Date(s) of Class: July 6- August 10

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

Taz Fitness Challenge Summer

Day, Time & Location: Mon/Wed/Fri. - 8:15 am to 9:15 am

Taz Morning Aerobics Summer

Day, Time & Location: Mon/Wed/Fri. - 9:25 am to 10:25 am

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

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



Trips

Connecticut Lighthouse Tour - Tuesday, August 16, 2016

9/11 Memorial and Museum - Wednesday, September 7, 2016

The Big E Fair - Wednesday, September 21, 2016

Essex Steam Train & Riverboat Ride - Friday, Sept. 30, 2016

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



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.



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 AUGUST'S menu below:

TUESDAY		THURSDAY	
2	Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Orange	4	Apple Juice-1/2 c. Hamburger w/Broth Sliced Tomatoes Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Strawberries on Biscuit w/Whipped Topping
9	Cran Raisin Chicken Salad Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Watermelon	11	Country Vegetable Soup Garden Salad Greens Cherry Tom./Cucumbers/Onions w/Grilled Chicken Strips Cheddar Cheese Italian Dressing Saltines Crackers Blueberry Pomegranate Oatmeal Bar
16	Cream of Asparagus Soup Chicken Caesar Salad w/ Spring Greens Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Croutons Caesar Salad Dressing Dinner Roll Fresh Banana	18	Cran-Apple Juice Turkey Meatballs w/Sweet & Sour Sauce Brown & White Rice Sicilian Blend Vegetables 12-Grain Bread Chocolate Pudding w/Whipped Topping
23	Stuffed Cabbage w/Marinara Sauce Brown Rice Beets Rye Bread Fresh Orange	25	Turkey Vegetable Soup Country Fried Steak Baked Potato California Blend Vegetables Oatnut Bread Fresh Apple
30	Pineapple-Orange Juice Hot Dog on Hot Dog Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie		



FREE Fruits & Vege-

tables From Mobile

Foodshare

Free produce available to persons in need in the Farmington Valley. Farmer's market distributes fresh fruits, vegetables, perishables & more.

Alternate Tuesdays - 10:00am – 10:30am

2016 Upcoming Dates

Except when Avon Public Schools are closed for bad weather

- July 12 & 26 October 18
- August 9 November 1
- August 23 November 15
- September 6 November 29
- September 20 December 13
- October 4 December 27

*****Please bring your own bags!*****

Mobile Foodshare Site

*The Farmington Valley American Muslim Center
35 Harris Road*

Foodshare, a United Way Community Investment supported agency, operates Mobile Foodshare in many towns throughout Hartford and Tolland counties. Avon Social Services, Gifts of Love, and the Avon-Canton United Way have collaborated with Foodshare to bring Mobile Foodshare to Avon.



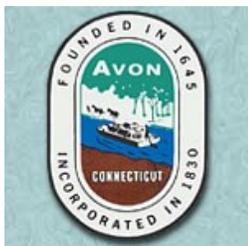
**Avon Food Pantry,
Avon**

Church of Saint Ann,

270 West Avon Road, Corner of Route 167 & Arch Road

The Avon Food Pantry is open every Tuesday from 9:30am – 11:30am

For additional information contact: Town of Avon Social Services @ 860- 409-4346



A Member of America's Second Harvest
450 Woodland Ave, Bloomfield, CT 06002-1342
Phone (860) 286-9999 Fax (860) 286-7860
On the web: <http://www.foodshare.org>



AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">1</div> <p>9:00 Wii Bowling 12:30 Mah Jong 1:00 Setback</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">2</div> <p>9:00 Billiards 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 THANKFUL TUESDAYS</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">3</div> <p>10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">4</div> <p>9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">5</div> <p>9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">8</div> <p>9:00 Wii Bowling 11:30 Blood Pressure 12:30 Mah Jong 1:00 Setback</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">9</div> <p>9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">10</div> <p>10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">11</div> <p>9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">12</div> <p>9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">15</div> <p>9:00 Wii Bowling 12:30 Mah Jong 1:00 Setback</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">16</div> <p>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</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">17</div> <p>10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">18</div> <p>9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">19</div> <p>9:30 Billiards 10:00 Ping Pong 12:30 Ice Cream 1:00 Setback 1:00 Adult Coloring</p>
<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">22</div> <p>9:00 Wii Bowling 12:30 Mah Jong 1:00 Setback</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">23</div> <p>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</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">24</div> <p>10:00 Shuffleboard 1:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">25</div> <p>9:00 Billiards 9:30 Wii Bowl with Simsbury 12:00 CRT Lunch 12:00 Rotary Picnic 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">26</div> <p>9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">29</div> <p>9:00 Wii Bowling 12:30 Mah Jong 1:00 Setback</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">30</div> <p>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</p>	<div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">31</div> <p>10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p>		

RESERVED FOR SPONSORS

Avon Senior Center



AVON SENIOR CENTER
635 WEST AVON ROAD
AVON, CONNECTICUT 06001

NON-PROFIT
U.S. POSTAGE
PAID
AVON, CT 06001
PERMIT NO. 32