

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



JULY 2016

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

Senior Center Coordinator Message

Happy Summer!! It is so nice to have great weather and enjoy the beautiful sunshine! The plantings in front of the senior center look beautiful. We have to say **Thank You** to Chrissie & John D'esopo for their donation of Japanese Maple trees, hostas, flowering grasses and other lovely plants! They also donate their time to take care of and water their donated plantings! We appreciate you! You're both amazing!

It's summer and the senior center is still open and active! Come and visit and enjoy all that we have to offer! If you want to get in out of the heat, this is the place to come!

We're starting a new fiscal year this month and we have some great programs & trips to look forward to. If you have any suggestions, please let me know.

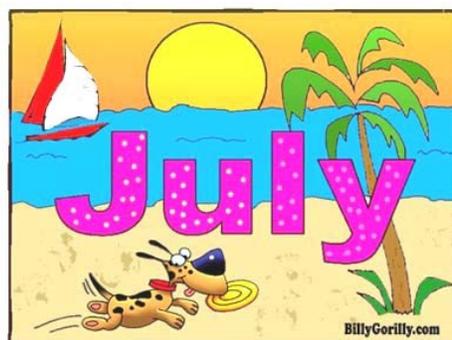
Card Players- we have Setback on Wednesdays & Fridays at 1:00 p.m., Intermediate Bridge on Tuesdays & Thursdays at 12:30 and people drop in for pick up games in the afternoons. If there's a game you want to play, share your ideas!

July 4th we will be closed for the Holiday. Let's take time to treasure the reason we celebrate, commemorate and honor this holiday. Spread your joy!

Thank you all for coming to the senior center and participating. We appreciate having you here and enjoy spending time with you! We look forward to all the fun we're going to have this year!

"Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but embrace it." ~Kevyn Aucoin

Respectfully, *Jennifer Bennett, LMSW*



Special Days

- July 01 - International Joke Day (Friday)
- July 07 - Tell the Truth Day; Chocolate Day (Thursday)
- July 11 - Cheer up the Lonely Day (Monday)
- July 15 - National Give Something Away Day (Friday)
- July 17 - National Ice Cream Day (Sunday)
- July 20 - National Lollipop Day (Wednesday)
- July 24 - Tell an Old Joke Day (Sunday)
- July 28 - National Refreshment Day (Thursday)
- July 30 - International Day of Friendship; Paperback Book Day (Saturday)

A PHOTON CHECKS INTO A HOTEL AND IS ASKED IF HE NEEDS ANY HELP WITH HIS LUGGAGE.



"NO, I'M TRAVELLING LIGHT."



JULY EVENTS 2016

*Jennifer Bennett, LMSW Avon Senior Center Coordinator
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860-675-4355*

Friday, July 01, 2016 at 1:00 p.m. "Adult Coloring"
Join Avon Senior Center for our new program!! We have the supplies, bring yourself & a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing & inspirational program. Please call the Senior Center at 860-675-4355 to sign up.

Monday, July 04, 2016
CLOSED FOR FOURTH OF JULY HOLIDAY!

Tuesday, July 05, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, July 05, 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, July 06, 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, July 07, 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, July 08, 2016 at 1:00 p.m. "Adult Coloring"
Please call the Senior Center at 860-675-4355 to sign up.

Monday, July 11, 2016 from 11:30-1:30
"Free Blood Pressure Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, July 12, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive!

Wednesday, July 13, 2016 at 10:00 a.m. "Shuffleboard"
Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, July 13, 2016 at 12:00 p.m. "Lunch & Learn"
Apple Rehab of Avon will be here for our Lunch & Learn today. They always bring us informational and educational programs and delicious food. Join our neighbors from across the street for a great program! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, July 14, 2016 "Thinking Thursdays"
Complete the puzzles, answer the riddles & think outside the box!

Friday, July 15, 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.

Tuesday, July 19, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Wednesday, July 20, 2016 at 10:00 a.m. "Shuffleboard"
Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, July 20, 2016 at 12:00 p.m. "Lunch & Learn"
Please join us for a lovely lunch and learn all about Stonebrook Village of Windsor Locks. We are a brand new Independent, Assisted Living and Memory care community. We have numerous amenities in the building. Aside from that, we offer 24 hour nursing, physical therapists, and exercise physiologists to keep each resident healthy. Come and find out what makes us so exceptional and affordable. This is an informational and educational presentation about a new housing option. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, July 21, 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!

Thursday, July 21, 2016 from 12:00-1:30 p.m.
"Rotary Club of Avon-Canton Senior Picnic"
Calling all Canton & Avon Seniors!!! You are invited to the Canton Senior Center for a complimentary picnic sponsored & put on by the Rotary Club of Avon-Canton. **RSVP Required**
Join your friends for some delicious food, live music, friends, entertainment and lots of laughter & fun!! Menu- Hot dogs/ Hamburgers, Potato Salad, Baked Beans, Coleslaw, Potato Chips, Ice Cream, Watermelon, Soda/Water/Coffee & Hot tea. Hosted by the Canton Senior Center, in coordination with the Avon Senior Center. Entertainment provided through Cutting Edge Entertainment. Please call the senior center at 860-675-4355 to sign up.

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

Tuesday, July 26, 2016 DRESS DOWN DAY!!!!
Let's celebrate the 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!!!!

JULY EVENTS 2016

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Tuesday, July 26, 2016

“Thankful Tuesdays!”

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

Wednesday, July 27, 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, July 28, 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, July 29, 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



**I PLEDGE ALLEGIANCE TO THE FLAG
OF THE UNITED STATES OF AMERICA,
AND TO THE REPUBLIC FOR WHICH
IT STANDS, ONE NATION UNDER GOD,
INDIVISIBLE, WITH LIBERTY AND
JUSTICE FOR ALL.**



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



"We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness." --**Thomas Jefferson**

Freedom can be preserved only if it is treated as a supreme principle which must not be sacrificed for particular advantages.
FRIEDRICH HAYEK, Law, Legislation and Liberty

Harry Truman: "America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."

John Quincy Adams: "Posterity — you will never know how much it has cost my generation to preserve your freedom. I hope you will make good use of it."

George W. Bush: "America is a Nation with a mission — and that mission comes from our most basic beliefs. We have no desire to dominate, no ambitions of empire. Our aim is a democratic peace — a peace founded upon the dignity and rights of every man and woman."

"I'd like to be remembered as a person who wanted to be free and wanted other people to be also free." --**Rosa Parks**

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 I

Date(s) of Class: May 23, June 6, 13, 20, 27, July 11

Zumba Gold Summer Session II

Date(s) of Class: July 25– August 29

Day, Time & Location: Mondays - 3:30 pm to 4:30 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 **July's** menu below:

TUESDAY		THURSDAY	
 Happy 4th of July!			
5	Stuffed Cabbage w/ Marinara Sauce Mashed Potatoes Beets 12-Grain Bread Fresh Orange	7	Orange-Pineapple Juice Roast Pork Loin w/ Vegetable Broth Oriental Rice Prince Edward Blend Vegetables 12-Grain Bread Apple Strudel Stick
12	Tomato Basil Vegetable Soup Chicken Caesar Salad w/ Spring Greens Chicken Shredded Parmesan Cheese 100% Whole Wheat Bread Peaches	14	Macaroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/ Cucumbers/Cherry Tomatoes Italian Dressing 100% Whole Wheat Bread Fresh Fruit
19	Pineapple-Orange Juice Hot Dog on Hot Dog Roll Baked Beans Red/Green Cabbage Cole- slaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie	21	Tuna Salad on Star Roll Black Bean & Cous Cous Salad Sliced Tomatoes Leaf Lettuce Fresh Banana
26	Cream of Vegetable Soup Chef Salad w/Mixed Greens Shredded Cheese Turkey Ham Cooked Egg Italian Dressing Wheat Dinner Roll Fresh Orange	28	Minestrone Soup Grande Cheese Ravioli Tossed Green Salad w/ French Dressing Saltine Crackers Fresh Banana



FREE Fruits & Vegetables 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, Church of Saint Ann, Avon

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>



JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring <div style="float: right; border: 1px solid black; padding: 2px 5px;">1</div>
<p style="text-align: center;">CLOSED JULY 4TH HOLIDAY!!!</p>  <div style="float: right; border: 1px solid black; padding: 2px 5px;">4</div>	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 <div style="float: right; border: 1px solid black; padding: 2px 5px;">5</div>	10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="float: right; border: 1px solid black; padding: 2px 5px;">6</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS <div style="float: right; border: 1px solid black; padding: 2px 5px;">7</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring <div style="float: right; border: 1px solid black; padding: 2px 5px;">8</div>
10:00 Wii Bowling 11:30 Blood Pressure 12:30 Mah Jong 1:00 Setback 3:30 Zumba Gold <div style="float: right; border: 1px solid black; padding: 2px 5px;">11</div>	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 <div style="float: right; border: 1px solid black; padding: 2px 5px;">12</div>	10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="float: right; border: 1px solid black; padding: 2px 5px;">13</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS <div style="float: right; border: 1px solid black; padding: 2px 5px;">14</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring <div style="float: right; border: 1px solid black; padding: 2px 5px;">15</div>
10:00 Wii Bowling 12:30 Mah Jong 1:00 Setback 3:30 Zumba Gold <div style="float: right; border: 1px solid black; padding: 2px 5px;">18</div>	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 <div style="float: right; border: 1px solid black; padding: 2px 5px;">19</div>	10:00 Shuffleboard 1:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="float: right; border: 1px solid black; padding: 2px 5px;">20</div>	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 <div style="float: right; border: 1px solid black; padding: 2px 5px;">21</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring <div style="float: right; border: 1px solid black; padding: 2px 5px;">22</div>
10:00 Wii Bowling 12:30 Mah Jong 1:00 Setback 3:30 Zumba Gold <div style="float: right; border: 1px solid black; padding: 2px 5px;">25</div>	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 <div style="float: right; border: 1px solid black; padding: 2px 5px;">26</div>	10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="float: right; border: 1px solid black; padding: 2px 5px;">27</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURS- DAYS <div style="float: right; border: 1px solid black; padding: 2px 5px;">28</div>	9:30 Billiards 10:00 Ping Pong 11:00 Presentation 12:00 Entertainment 1:00 Setback 1:00 Adult Coloring <div style="float: right; border: 1px solid black; padding: 2px 5px;">29</div>

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SPONSORS

Avon Senior Center



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