

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



JUNE 2016

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

Senior Center Coordinator Message

Happy June!! I'm so excited for nice, warm weather and being able to be outside! I bet you are too!

We have some great programs this month, so join us! We have some "Lunch & Learn" programs, guest speakers & entertainment! What a way to celebrate!

Summer is coming, but the Senior Center does not take a break. We keep going, every day from 9 a.m. to 4 p.m., Monday through Friday! There's something for everyone!

This month, we celebrate some fun days! June 1st is *Say Something Nice Day!* June 26th is *Forgiveness Day!* June 29th is *Hug Holiday!*

Warm weather makes people think of traveling. We have some great trips scheduled! Take a look and sign up quickly, as space fills fast! We have "rave" reviews from people who have taken our trips and you know you want to be one of them!

As we end another fiscal year, thank you all so much for all the fantastic times we had together. We had quite a year and I'm so grateful for all of you!

We have to say a HUGE THANK YOU to DPW (Public Works) for all the work they have done at the Senior Center and continue to do. We appreciate you! Thanks to Ruth, Director of Recreation & Parks, for approving all the work being done at the Senior Center! We especially LOVE the front entrance handicapped accessible doors!

Thank you to everyone who cares about the Senior Center and the people in it! We enjoy this place!

Respectfully, Jennifer Bennett, LMSW



"Of all the titles I've been privileged to have, 'Dad' has always been the best." -Ken Norton, American Heavyweight Boxer

"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society."
-Billy Graham

A truly rich man is one whose children run into his arms when his hands are empty. ~Author Unknown

"When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape." Dave Attell



Keisha Freckleton
Avon Senior Center
Administrative Secretary

We're so happy to have Keisha at the Senior Center!
Please stop by and say hello! She enjoys meeting new people!

JUNE EVENTS 2016

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

Wednesday, June 01, 2016

Today is "Say Something Nice" Day!!

Wednesday, June 01, 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, June 02, 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, June 03, 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, June 03, 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.

Monday, June 06, 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, June 07, 2016

"Thankful Tuesdays!"

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

Tuesday, June 07, 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, June 07, 2016

"JMAP"

Jewish Community Foundation, together with the Jewish Federation, is co-sponsoring a community-wide study of the Greater Hartford Jewish community. The project is called JMAP (www.jmapct.org). JMAP involves an online survey giving people the chance to share their voice and opinions about Greater Hartford's diverse Jewish community. The results of the study will be available online for anyone to access and will provide information about Jewish life and communities now and for the future. Our goal is to have as many people take this survey as possible which will be available online from June 6th-30th. Please check it out!

Wednesday, June 08, 2016 at 10:00 a.m. "Shuffleboard"

Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, June 08, 2016 at 12:00 p.m. "Lunch & Learn"

Apple Rehab of Avon (our neighbor, across the street) will be providing our speaker for our Learn portion of today and we will enjoy a tasty lunch provided by the Senior Center. Aphrodite Menoutis-Besse, Vice President, Banking Center Manager II at Webster Bank is our guest speaker! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, June 09, 2016

"Thinking Thursdays"

Thursday is the day to "think" and work your brain muscles by completing the challenges!

Thursday, June 09, 2016 from 2-7 p.m.

"LGBT Moveable Senior Center Program"

LGBT (Lesbian, Gay, Bisexual, Transgender) Adults & Allies are invited to join the LGBT Moveable Senior Center--a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! This month we're at the Avon Senior Center! We will be celebrating PRIDE MONTH! Please call the Senior Center at 860-675-4355 to sign up.

Friday, June 10, 2016 at 1:00 p.m.

"Adult Coloring"

Please call the Senior Center at 860-675-4355 to sign up.

Friday, June 10, 2016 at 1:00 p.m.

"Wood Carving"

Please call the Senior Center at 860-675-4355 to sign up.

Monday, June 13, 2016 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today.

Tuesday, June 14, 2016

"Thankful Tuesdays!"

Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Wednesday, June 15, 2016 at 10:00 a.m. "Shuffleboard"

Please call the Senior Center at 860-675-4355 to sign up.

Thursday, June 16, 2016

"Thinking Thursdays"

Complete the puzzles, answer the riddles & think outside the box!

Friday, June 17, 2016 at 1:00 p.m.

"Adult Coloring"

We have the supplies, you just bring yourself and a smile. Please call the Senior Center at 860-675-4355 to sign up.

Friday, June 17, 2016 at 1:00 p.m.

"Wood Carving"

Please call the Senior Center at 860-675-4355 to sign up.

Sunday, June 19, 2016

Father's Day!

Tuesday, June 21, 2016

"Thankful Tuesdays!"

Bring a smile, share your thoughts & think positive!

JUNE EVENTS 2016

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Wednesday, June 22, 2016 at 10:00 a.m. "Shuffleboard"
Please call the Senior Center at 860-675-4355 to sign up.

Thursday, June 23, 2016 "Thinking Thursdays"
Thursday is the day to "think" and work your brain muscles by completing the challenges!

Thursday, June 23, 2016 from 9:30 a.m. to 12:00 p.m.
"Wii Bowl with Simsbury Senior Center"
Avon Senior Center & Simsbury Senior Center will enjoy a friendly game of Wii Bowling in Avon. We will savor a light brunch together. This is going to be so much fun! Please be sure to sign up!

Friday, June 24, 2016 from 11-12 "Medication Management"
Please join Seabury as they provide us with an informational and educational presentation about Medication Management. They will bring some goodies as a snack for us as we listen to a great talk. Please call the Senior Center at 860-675-4355 to sign up.

Friday, June 24, 2016 from 12-1 p.m. "Entertainment"
Chip Ames is coming to the Senior Center! We're so excited to have Chip back to entertain us, sing for us and perform for us! We always enjoy having him here and we'll enjoy some delicious goodies while we listen! This is FREE & open to the public. Please call the Senior Center at 860-675-4355 to sign up.

Friday, June 24, 2016 at 1:00 p.m. "Adult Coloring"
We have the supplies, you just bring yourself and a smile. Please call the Senior Center at 860-675-4355 to sign up.

Friday, June 24, 2016 at 1:00 p.m. "Wood Carving"
Please call the Senior Center at 860-675-4355 to sign up.

Saturday, June 26, 2016 Forgiveness Day !

Tuesday, June 28, 2016 DRESS DOWN DAY!!!!
Let's celebrate Summer with color!!! 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, June 29, 2016 Hug Holiday!



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



What is Celebrate Pride?

Gay **pride** or LGBT **pride** is the positive stance against discrimination & violence toward lesbian, gay, bisexual, and transgender (LGBT) people to promote their self-affirmation, dignity, equality rights, increase their visibility as a social group, build community, and **celebrate** sexual diversity and gender variance.

Let's take time to be open and accepting of others, no matter what our differences, because everyone deserves kindness and compassion. You might find a new friend and connection with someone!



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

Tai Chi for Seniors - Summer Session I

Date(s) of Class: May 18, 25, June 8, 15, 29, July 6, 13, 20
Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Summer Session I

Date(s) of Class: May 23, June 6, 13, 20, 27, July 11
Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

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Zumba Gold Summer Session I

Date(s) of Class: May 4, 11, 25, June 1, 15, 29
Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Taz Fitness Challenge Spring Session 2

Date(s) of Class: April 18th - June 10th
Day, Time & Location: Mon/Wed/Fri. - 8:15 am to 9:15 am

Taz Morning Aerobics Spring Session 2

Date(s) of Class: April 18th - June 10th
Day, Time & Location: Mon/Wed/Fri. - 9:25 am to 10:25 am

Valley Community Baptist Church (both sessions)

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

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

Trips

- One World Observatory** - Wednesday, June 22, 2016
- Coins & Claws, Lobster & Casino** - Thursday, July 7, 2016
- 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 **June's** menu below:

TUESDAY		THURSDAY	
		2	Macaroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/ Cucumbers/Cherry Tomatoes Italian Dressing 100% Whole Wheat Bread Fresh Fruit
		7	9
14	Orange Juice Hot Dog Baked Beans Sauerkraut Hot Dog Roll Mustard/Relish/Ketchup Fresh Fruit	16	CRT FATHER'S DAY MEAL Cran-Apple Juice Roast Turkey w/Gravy Corn Bread Stuffing Capri Blend Vegetables Cranberry Sauce Wheat Dinner Roll Special Dessert
21	Breaded Fish Square (Sandwich) On Hamburger Bun Sweet Potato Fries Tartar Sauce Red/Green Cabbage Cole-slaw w/Shredded Carrots Fresh Fruit	23	Pork Ribeye Scalloped Potatoes Scandinavian Blend Vegetables Wheat Bread Sliced Pears
28	Country Fried Steak w/ Gravy Mashed Potatoes Creamed Spinach Homemade Biscuit Fresh Orange	30	American Chop Suey Tossed Salad w/ Tomatoes/Cucumbers /Onions Ranch Dressing Dinner Roll Fresh Fruit

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
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Mondays



- President - Arthur Atwood**
• Vice President, & Cheer- Marie Evans
• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier
• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez
• Programs – Helen M. Toth

Senior Organization President's Message

Where o where have our Seniors gone? We miss them at our Monday lunches. We need your help – what are we doing wrong? We cook healthy food and our programs have been great –we spend lots of money for the best entertainment. You must tell us what you'd like and don't like.

I need to hear from each and everyone. We've been in business more than 45 years. And maybe it is time for changes. Please, I need your input – call me at 860-673-9122 or any of our other officers.

Just a reminder that several people have not paid their dues. They were due in January. Your name will be taken off our membership list.

On the 20th of June, David Eberly, the most amazing blind pianist will entertain us. How he can play those keys is amazing. Please join us for our famous POT LUCK lunch and listen to David Eberly.

And finally the last big event on the last Monday of the month – our ANNUAL PICNIC with picnic food. The Bristol Old Tyme Fiddlers will once again fiddle away to end our fiscal year. How good is that?

There we have it – July and August we do not meet and take our annual vacation. You may still want to come on Mondays, bring your own lunch and enjoy the latest gossip or noteworthy news.

I want to end with a Belly Burning Recipe: it really works as a salad dressing or marinade!

¼ cup olive oil
2 teaspoons lemon juice
½ cup apple cider vinegar
¼ cup honey
minced garlic

hic te superis commendo,

Arthur

Senior Citizens of Avon Organization

June 2016 – Program Schedule

Everyone is Welcome – Reservations Recommended

- June 6th 10:30 – Board Meeting**
Noon – Pizza and Salad, Dessert
Bingo
- June 13th Noon – Cold plate includes Chef's**
Salad, Tuna, Ham and Turkey,
Potato Salad, Bread/Butter, Dessert
Bingo
- June 20th Noon – Pot Luck & Dessert**

David Eberle an accomplished pianist and teacher will entertain us.

- June 27th Noon – Annual Picnic...last meeting**
until fall.
Hot Dogs, Macaroni Salad, Potato
Salad & Katie's Famous Baked Beans
Birthday Cake

Entertainment will be provided by Jerry Lagace and The Bristol Old Tyme Fiddlers. Founded in 1972 the group has members that play the mandolin, guitar, bass, banjo, spoons, washtub, piano, button-box, harmonica, accordion, bones, jaw's harp and percussion instruments with wood block.

Reservations required.

Coming up in July and August:

We would like to invite you to come to the Senior Center during July & August around 10:30 to socialize with your friends. Bring your lunch & at 12:30 p.m. we will play bingo. We're hoping to have a good turn out so please join us.

June

Helen Henson	4th
Dave Matthes	12th
Dorothy Fioretti	24th
Joe Diani	26th
Edythe Case	27th



Avon Senior Center



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