

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



NOVEMBER 2016

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

Senior Center Coordinator Message

Happy November to All:) I hope you're all doing well and enjoying the beautiful colors of the season.

This month, we celebrate Thanksgiving! It gives us time to reflect on our lives and what we're thankful for. At the senior center, we are thankful for our beautiful building and everyone who comes through our doors! We're thankful that all of you spend time with us and enjoy coming here. If there's anything in particular that you are thankful for, please share it with me! I love to hear from you!

Let's remember our Veteran's this month! We're thankful for their service and we appreciate all they have done for us! If you know anyone who is a Veteran, please be sure to thank them this month!

As we move toward the holiday season, let's not forget one another. Let's take time to spend with each other, be kind to one another and look out for one another. Let's celebrate our differences and revel in our similarities. Reach out to others, make new friends and invite them to our senior center!

Give thanks for what we have and be grateful for who we are and where we are in life! I am thankful for all of you and grateful to be here at the senior center with you!

I hope everyone has a Happy, Healthy & Hearty Thanksgiving! Everyone have a great month!

Respectfully, Jennifer Bennett, LMSW



Veteran's Celebration

Avon Senior Center

Monday, November 14, 2016

See Events in newsletter for more information

When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself. ~**Tecumseh**

I give thanks every day that I've been able to take my craziness and make it work for me. ~**Fritz Scholder**



NOVEMBER EVENTS 2016

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Tuesday, November 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.

Tuesday, November 1, 2016 "Thankful Tuesdays!"

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

Wednesday, November 2, 2016 at 10:30 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, November 2, 2016 at 12:00 p.m. "Lunch & Learn"

Apple Rehab will be here today to give us tips on "Preparing for the Holidays!" They always convey and communicate great information, so you don't want to miss this learning opportunity. Avon Senior Center will be providing the light lunch. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, November 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, November 4, 2016 from 10-2 "Retirement Fair"

Crowe & Associates & Elizabeth Azud Insurance Agency proudly present 1st Annual Avon Senior Center Retirement Fair! Free & open to the public! Advice from experts in: Medicare, Long Term Care, Financial Planning, Life Insurance, Home Healthcare, Wills & Trusts, Dental Insurance, Special Programs for income eligible seniors, Confidential Part D consultations & so much more!!!! RSVP by calling 860-380-0440 or email:EAzudins@gmail.com. Space is limited, so sign up early to reserve your spot for this informational opportunity!

Friday, November 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.

Monday, Monday, November 7, 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, November 8, 2016

"Thankful Tuesdays!"

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

Tuesday, November 8, 2016 at 12:30 p.m.

"Games with the Interns!"

Please join Interns Waad & Elena for fun and games! This is part of their education and learning and you don't want to miss it! It will be entertaining and amusing and you will learn a lot! Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, November 9, 2016 at 10:30 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, November 10, 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, November 11, 2016

CLOSED FOR VETERAN'S DAY HOLIDAY

Monday, November 14, 2016 at 12:00 p.m.



"Veteran's Celebration!"

Today we will pay tribute to and commemorate our veteran's with a *Veteran's Celebration*. The special annual event is being sponsored by the Avon & Canton Senior Centers and the Senior Citizens of Avon Organization. We will be honored by the Gil- do T. Consolini Avon VFW Post # 3272 Color Guard. We will enjoy a delicious meal and dessert. We will have wonderful entertainment! Please make sure you sign up quickly as we have limited seating and space fills up fast. The cost is \$5.00. Sign-ups and payments must be received by 11/10/2016. Please call the senior center at 860-675-4355 to sign up.

Tuesday, November 15, 2016

"Thankful Tuesdays!"

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

Wednesday, November 16, 2016 at 10:30 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, November 17, 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!

NOVEMBER EVENTS 2016

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Thursday, November 17, 2016 at 12:30 p.m.

“Medicare Presentation”

Please join Connie MacDonald, Medicare professional as she takes time to explain Medicare during Open Enrollment. Please call the senior center at 860-675-4355 to sign up.

Tuesday, November 22, 2016

“Thankful Tuesdays!”

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

Tuesday, November 22, 2016 at 12:30 p.m.

“Group with Intern Waad!”

Join Intern Waad as she runs a group at the senior center. This is part of her education and learning about older adults. Please come and be a part of this informational opportunity. Please call the senior center at 860-675-4355 to sign up.

Wednesday, November 23, 2016 at 10:30 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, November 24, 2016

CLOSED FOR THANKSGIVING HOLIDAY

Friday, November 25, 2016

CLOSED FOR THANKSGIVING HOLIDAY

Tuesday, November 29, 2016

DRESS DOWN DAY!!!!

Let's celebrate Thanksgiving!!! 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, November 29, 2016

“Thankful Tuesdays!”

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

Wednesday, November 30, 2016 at 10:30 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, November 30, 2016 at 12:00 p.m.

“Lunch & Learn”

Please join us for another fabulous Lunch & Learn program! 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

November 17

December 15



Special Days

Family Stories Month (November 1-30)

November 4 - National Stress Awareness Day

November 6 - Daylight Savings Time Ends

November 7 - International Tongue Twister Day

November 8 - Election Day - Please Vote!

November 10 - National Forget Me Not Day

Veteran's Day- November 11th

Pursuit of Happiness Week (November 8-14)

November 29 - National Day of Giving

“A tree is known by its fruit; a man by his deeds. A good deed

**Kindness is the language
which the deaf can hear and
the blind can see.**

- Mark Twain

is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.” ~ **Saint Basil**

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”
Albert Schweitzer

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”
John F. Kennedy



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

Tai Chi for Seniors - Fall Session

Date(s) of Class: September 07 - December 14, 2016
 Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Zumba Gold - Fall

Date(s) of Class: September 21 - December 14, 2016
 Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Taz Fitness Challenge

Date(s) of Class: September 26 - December 21, 2016
 Day, Time & Location: Mon/Wed/Fri. - 8:15 am to 9:15 am

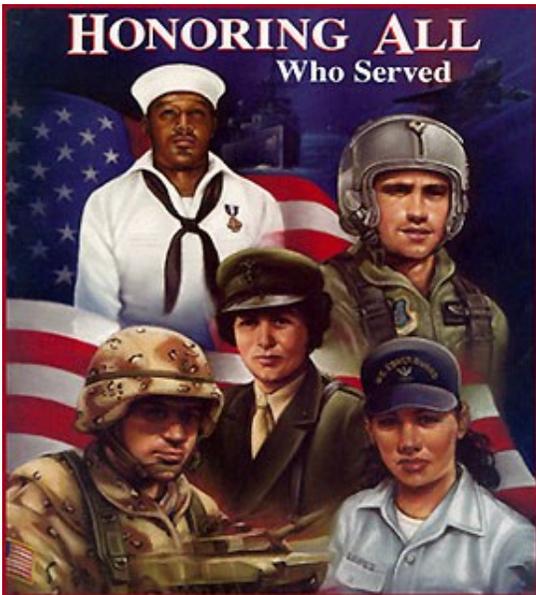
Taz Morning Aerobics

Date(s) of Class: September 26 - December 21, 2016
 Day, Time & Location: Mon/Wed/Fri. - 9:25 am to 10:25 am

Jewelry Making

Day (s): Friday Time(s): 1:00 pm – 3:00 pm
 Date(s) of Class: November 18th
 Total Cost: \$35.00

For more information about registering, classes, and setting up your account please visit:
<http://www.avonct.gov/recreation-and-park-department>



Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate
 Scrabble – Tuesdays at 1:30 p.m.
 Shuffleboard – Wednesdays at 10:30 a.m.
 Setback – Wednesdays & Fridays at 12:00 p.m.
 Ping Pong – Fridays at 10:00 a.m.
 Adult Coloring– 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 **November's** menu below:

TUESDAY		THURSDAY	
01	Cran Raisin Chicken Salad on Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Apple	03	Roast Beef w/Gravy Sour Cream & Chive Mashed Potatoes Broccoli Spears 12-Grain Bread Fresh Orange
08	Cream of Asparagus Soup Garden Salad Greens Cherry Tom/Cucumbers/ Onions w/Tuna Salad Italian Dressing Wheat Dinner Roll Fresh Orange	10	Beef Vegetable Soup Beef Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley Pumpnickel Bread Mandarin Oranges
15	Farmer Brown Soup Stuffed Pepper Mashed Potatoes Bias Cut Carrots 12-Grain Bread Fresh Apple	17	CRT HOLIDAY MEAL Orange-Pineapple Juice Festive Roast Turkey w/ Gravy Herb Stuffing Cranberry Sauce Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Pumpkin Pie w/Whipped Topping
22	Barbeque Chicken Potato Salad Corn Cobbette Wheat Dinner Roll Fresh Banana	24	CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY
29	Cream of Broccoli Soup Chef Salad w/Mixed Greens (Shredded Cheese/Turkey Ham) Cooked Egg Raspberry Vinaigrette Dressing Saltine Crackers Pineapple Tidbits		

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355
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

As we enter this month of Thanksgiving, we would like to thank all of you who come to the senior center and participate in the programs! For without you, we would not be as successful as we are and we would not be able to reach as many seniors as we do!

We look forward to our many programs this month and we would love to see you join us. Please be sure to sign up in advance so we can plan accordingly.

Even though I have not been able to be there in person, I am always there in spirit. I miss seeing all of your faces and enjoying Mondays with you.

My wish for you is that you will enjoy this Thanksgiving Season and spend time with the ones you love. Yes, that means the seniors! Take time to care for one another and reach out to one another. Be thankful for everything that you have and enjoy it!

In November, we honor and celebrate our Veteran's and we're thankful for their service to our country. Please take time to remember them and thank any Veteran you meet this month.

Happy Thanksgiving!

Arthur



Senior Citizens of Avon Organization

November 2016 – Program Schedule

Everyone is Welcome – Reservations Recommended

Nov. 7th **10:30 – Board Meeting**
 Noon – Pizza and Salad & Dessert
 Bingo

Nov. 14th **Noon – Veteran's Day Celebration**
 Lunch will consist of baked chicken,
 gravy, Mexican corn, fruit cup,
 potato, bread and butter & Dessert

Combined Veteran's Day celebration presented by The Avon Senior Center and the Senior Citizens of Avon Organization in order to honor Veterans for their dedication and unselfish commitment to our country. For reservations, please call the Senior Center – 860-675-4355.

Entertainment will be provided

Nov. 21st **Noon – Thanksgiving Feast**
 Hot Turkey Sandwich, Gravy,
 Stuffing, green beans, Cran-
 berry
 Birthday Cake

Reservations required.

Entertainment provided by Joe Donato Orchestra

Nov. 28th **Noon – Pot Luck**
 Dessert
 Bingo

Please note that the November Craft Fair is cancelled due to a poor response. We will try again in 2017.

Coming up in December:
Christmas / Hanukkah / Kwanzaa Celebration
Pot Luck / Birthday Cake

Entertainment provided by the Avon High School Chorale Singers

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Billiards 1 9:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	9:00 Wii Bowling 2 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Wii Bowling 3 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:00 Wii Bowling 4 9:30 Billiards 10:00 Ping Pong 10:00 Retirement Fair 1:00 Setback 1:00 Adult Coloring
9:00 Foot Care 7 9:00 Wii Bowling 10:00 Sr Org Board Mtg 11:30 FV VNA Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 6:00 Zumba—CSP	9:00 Billiards 8 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 12:30 Games with Interns 1:30 Scrabble THANKFUL TUESDAYS	9:00 Wii Bowling 9 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 10 9:00 Wii Bowling 11:00 FLU CLINIC 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	CLOSED VETERAN'S DAY 
9:00 Wii Bowling 14 12:00 Veteran's Celebration 12:30 Mah Jong 1:00 Setback 6:00 Zumba—CSP	9:00 Billiards 15 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	9:00 Wii Bowling 16 10:00 Shuffleboard 12:00 Interns Do Lunch! 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 17 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Medicare THINKING THURSDAYS	9:00 Wii Bowling 18 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring
9:00 Wii Bowling 21 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 6:00 Zumba—CSP	9:00 Billiards 22 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 12:30 Group with Intern Waad 1:30 Scrabble THANKFUL TUESDAYS	9:00 Wii Bowling 23 10:00 Shuffleboard 1:00 Setback 1:00 Billiards	CLOSED THANKSGIVING HOLIDAY 	CLOSED THANKSGIVING HOLIDAY 
9:00 Wii Bowling 28 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 6:00 Zumba—CSP	9:00 Billiards 29 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY	9:00 Wii Bowling 30 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP		

RESERVED FOR SPONSORS

Avon Senior Center



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