

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary

APRIL 2019

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

Senior Center Coordinator Message

Happy April! We are enjoying the weather and each other! Woo! Hoo!!

April is the month that we celebrate and honor our Volunteers! Please be sure to thank them for all that they do for the Senior Center! We appreciate them!

We have some new programs at the Senior Center! We have a Writing Group on Tuesdays, Science for Seniors during the week, Intern activities and presentations, as well as Crafty Crew on Wednesdays, Mah Jongg on Mondays and Bridge on Tuesdays and Thursdays! Join us!

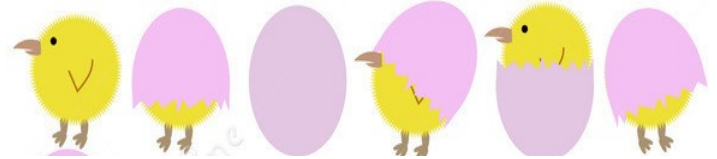
Take Care of Yourself- a series of community conversations and training that promote good mental health presented by the Avon Free Public Library and the Avon Senior Center. This month the topic is on How to Recognize Depression. More programs will follow in the coming months, so please check the newsletter and bulletin board.

Farmington Valley VNA has added Blood Sugar Testing while they're here for Blood Pressure Screenings. These are both free and open to the public. What a great way to help take care of your health.

This month, we're having our "Spring Fling!" You do not want to miss out on this delicious meal, yummy dessert and entertainment! The cost is \$5.00.

Please be sure to read the newsletter for all that is going on at the Senior Center. There's something for everyone! You can join a class, take a trip, be involved in a program and activity, meet new friends and connect with people and enjoy lunches! See you soon!

Take care,
Jennifer Bennett, LMSW



Volunteers



*They don't necessarily have the time;
they just have the heart.*

One Hundred Years From Now

One hundred years from now
It won't matter
What kind of car I drove
What kind of house I lived in
How much money I had in the bank
Nor what my cloths looked like
BUT
The world may be a little better
Because, I was a Volunteer!

Author: (excerpt from "Within My Power" by Forest Witcraft)



APRIL EVENTS 2019

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

Tuesday, April 2, 2019

"Thankful Tuesdays!"

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

Tuesday, April 2, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar Screening today. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, April 2, 2019 at 6:30 p.m.

"How to recognize depression"

Please join us for our program titled How to recognize depression: Am I feeling blue or is it something more? Nancy A. Scheetz, Executive Director, Farmington Valley VNA, Inc., will present on how to recognize when the feelings you have are normal, everyday down in the dumps, verses something that you may need to do more to correct. It will be an informational session to ease people's minds regarding how to know what levels of mood changes are, how they come about, what to do to help them correct themselves and when to reach out for more help. This session will include a brief conversation on medications, including how to monitor if they are getting the desired effect. It is very normal to have mood changes in life, especially when aging, but treatable depression is not a normal part of aging and it should not go untreated. This program will be held at the Avon Senior Center. This program is part of the Take Care of yourself: a series of community conversations and training that promote good mental health that is co-sponsored by Avon Free Public Library and Avon Senior Center. This project is funded in part by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under the Cooperative Agreement Number UG4LM12347 with the University of Massachusetts Medical School, Worcester.

Thursday, April 4, 2019 from 9:15-10:15 a.m. "TJQMBB"

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for older adults. Avon Senior Center is part of a Senior Center Collaboration with CCC (CT Community Care) & the CT Healthy Living Collective that received a NCAAA (North Central Area Agency on Aging) Grant for the program titled Tai Ji Quan: Moving for Better Balance® (TJQMBB). Our certified & trained instructor, Tom Atwood will run the program.

Thursday, April 4, 2019

"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, April 5, 2019 at 12:00 p.m.

"Lunch & Learn"

Seabury at Home will be here today to talk about advocacy and speaking up for yourself. Do you want to Feel Better about your doctor visits? Today's healthcare environment can be complicated. Join us to learn tips and utilize tools to help you be more involved in your health and wellness decisions. Join us to discuss how you can become a better self-advocate. Questions to ask: How to prepare for a visit? What to bring with you? What to do after a hospitalization? How to keep your medications organized, Do's and Don'ts at the appointment and How to follow up. Please call the senior center at 860-675-4355 to sign up.

Friday, April 5, 2019 at 1:00 p.m.

"Pocket Billiards"

Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to the Senior Center. He will show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He's received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Friday, April 5, 2019 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.

Monday, April 8, 2019 from 9:15-10:15 a.m. "TJQMBB"

Monday, April 8, 2019

"Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1st 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, April 8, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar 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, April 9, 2019

"Thankful Tuesdays!"

Wednesday, April 10, 2019 at 12:00 p.m. "Lunch & Learn"

Many Seniors wonder if their savings will last in retirement. If you fall into this category, you owe it to yourself to explore options that can help you maintain your financial security in retirement. This seminar is designed to empower Seniors with a basic understanding of the reverse mortgage as a cash flow option in retirement. Mike Sloan provides this service because sadly many people who could benefit from a reverse mortgage don't because they have been misinformed about the product. The material will focus on the Home Equity Conversion Mortgage or (HECM) because HECMs represent 99% of all current reverse mortgages. This information only session is sponsored by Norcom Mortgage (NMLS # 71655) Located at 38 Security Drive, Avon CT 06001 www.NorcomMortgage.com. Please call the senior center at 860-675-4355 to sign up.

Thursday, April 11, 2019 from 9:15-10:15 a.m. "TJQMBB"

Thursday, April 11, 2019

"Thinking Thursdays"

Friday, April 12, 2019 at 1:00 p.m.

"Pocket Billiards"

Friday, April 12, 2019 at 1:00 p.m.

"Adult Coloring"

Monday, April 15, 2019 from 9:15-10:15 a.m. "TJQMBB"

Tuesday, April 16, 2019

"Thankful Tuesdays!"

"Birthday Cake to Celebrate Birthdays!"

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people with birthdays.

Wednesday, April 17, 2019 at 10:30 a.m.

"Shuffleboard"



APRIL EVENTS 2019



Wednesday, April 17, 2019 at 12:00 p.m. "Lunch & Learn"
Advanced Planning Questions? Let Us Help! Catholic Cemeteries Association will present "Dignity of Life Seminar" today. This program is *successfully* assisting seniors and their loved ones with elder care and the end-of-life planning. The goal of the session is to provide educational and resource information in the areas of burial, funeral, estate planning and long-term care. Let our panel of experts assist you and your family. Lunch is at 12:00 p.m. and then this 1 hour session will be offered at 12:30 pm with a segment for Q&A and a small reception following. Visit Catholic Cemeteries Association online at www.ccacem.org for more information about us. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, April 18, 2019 from 9:15-10:15 a.m. "TJQMBB"

Thursday, April 18, 2019 "Thinking Thursdays"

Friday, April 19, 2019
CLOSED FOR GOOD FRIDAY HOLIDAY

Monday, April 22, 2019 from 9:15-10:15 a.m. "TJQMBB"

Tuesday, April 23, 2019 at 11:00 a.m. "Intern Presentation"
 Intern Robertina will be giving a presentation on Diversity today. This is part of her education and training. She is a MSW (Master's in Social Work) Candidate at SCSU (Southern CT State University). Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, April 23, 2019 "Thankful Tuesdays!"

Wednesday, April 24, 2019 at 10:30 a.m. "Shuffleboard"

Wednesday, April 24, 2019 at 12:00 p.m. "Spring Fling"
 Join us for our Annual Spring Fling. Let's celebrate the flowers blooming, the days getting longer and the warmer weather! We will enjoy a delicious meal, dessert and entertainment for \$5.00. Please pay when you sign up. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, April 25, 2019 from 9:15-10:15 a.m. "TJQMBB"

Thursday, April 25, 2019 "Thinking Thursdays"

Friday, April 26, 2019 at 1:00 p.m. "Pocket Billiards"

Friday, April 26, 2019 at 1:00 p.m. "Adult Coloring"

Monday, April 29, 2019 from 9:15-10:15 a.m. "TJQMBB"

Tuesday, April 30, 2019 DRESS DOWN DAY!!!!
 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!!!!

TRIPS

Mamma Mia! at the Warner Theater with lunch at San Marino, Sunday, May 5, \$111.00 per person

Southern Maine Coast and Coves Tour, May 29-31
 \$525.00 per person, double occupancy

Riding through the Times in Newport, Thursday, July 11
 \$120.00 per person

The Real Quebecois, August 26-30
 \$1080.00 per person, double occupancy

Blossoms and Butterflies, Deerfield, MA, Tuesday, Sept. 3
 \$110.00 per person

Lake George, September 13-15
 \$489.00 per person, double occupancy

Tuscany & the Italian Riviera, October 4-11
 \$3,949 per person, double occupancy

For information, please call the senior center at 860-675-4355.



Mah Jongg group looking for new players. Beginners welcome. Meets Mondays at 10:00 a.m. For more information please call the senior center at 860-675-4355.



Moving for Better Balance®

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Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to people & animals in need. If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



SPRING CLASSES

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
April 3-June 5 \$61.00 (\$54.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
April 15-June 10 \$55.00 (\$49.50 Senior)

Wednesdays, 6:00-7:00 p.m. - Countryside Park
April 3-June 5 \$66.00 (\$59.40 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
April 5-June 7 \$67.00 (\$60.30 Senior)

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

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

Bridge Players Wanted

Bridge group is looking for new players. Group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.



Card Group

Tuesdays
1:00 p.m.
3-13 card game.
Easy to learn.
New players welcome.

Open Yale Courses **Thursdays, 1:00 p.m.**

Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center! **Open Yale Courses** provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

Starting in April: **The Civil War and Reconstruction Era, 1845-1877.** This course explores the causes, course, and consequences of the American Civil War, from the 1840s to 1877. No registration necessary; drop in any week to hear a lecture in this series.



Mah Jongg— Mondays at 10:00 a.m.—Beginners & Intermediate
Bridge – Tues. & Thurs. at 12:30 p.m.– Intermediate
Card Group -Tuesdays at 1:00 p.m.
Scrabble – Tuesdays at 1:00 p.m.
Knitting—Wednesdays at 1:00 p.m.
Setback – Wednesdays & 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 \$9.89 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 menu below:

TUESDAY		THURSDAY	
2	Spring Vegetable Soup Chef Salad w/ Mixed Greens, (Shredded Cheese / Turkey / Ham / Cooked Egg) Ranch Dressing Wheat Dinner Roll Fresh Orange	4	Beef Vegetable Soup Grande Cheese Ravioli w/ Italian Sauce Mixed Salad Greens w/ Cherry Toms, Cucumbers Raspberry Salad Dressing Ritz Crackers Fruit Cocktail
9	Farmer Brown Soup Hamburger w/ Broth Potato Salad/ Mustard / Ketchup / Relish Sliced Tomatoes & Leaf Lettuce / Multi-Grain Bun Lemon Pudding w/ Whipped Topping	11	Grape Juice Apple-Glazed Roast Pork Loin w/ Broth Yellow Rice Broccoli Florets 100 % Whole Wheat Bread Fresh Banana
16	Russian Cabbage Soup Kielbasa / Mustard Mashed Potatoes w/ Carmelized Onions Brussels Sprouts Oatnut Bread Pineapples	18	Apple Juice Teriyaki Chicken Bites Brown & White Rice Broccoli Florets Dinner Roll Chocolate Pudding w/ Whipped Topping
23	Tomato Basil Soup Grilled American Cheese on Wholegrain White Bread Whole Green Beans Saltine Crackers Fresh Orange	25	Vegetable Soup Hot Dog/ Mustard, Relish, Hot Dog Roll Vegetarian Baked Beans Coleslaw Mandarin Oranges
30	Macaroni & Cheese Stewed Tomatoes Spinach Salad w/ Toms & Cucs, Raspberry Salad Dressing Club Roll Pineapple Tidbits & Mandarins		



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



***President & Cheer– Marie Evans**

• Vice President, & Programs– Helen M. Toth

• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier

• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez

Message from the Board of Directors . . .

We wish our members a Happy Spring...we will have an Easter celebration luncheon on April 15th with Ham, Oven Roasted Potatoes, Vegetables, Rolls and Butter, followed by Birthday Cake and Ice Cream. Entertainment provided by David Eberly.

Please be sure to sign up for the Easter event by Thursday April 11th the cut-off date for making reservations. The luncheon is scheduled for April 15th...No Walk-Ins Please. Please contact Katie Ruez at (860-673-9883) to reserve your spot... Everyone is welcome... non-members can attend.

Happy Birthday to the following Members:

April 11th – Cliff Dudley

April 15th – Jean Pelletier

April 18th – Jan Beauregard

April 20th – Helen Toth

April 21st – Katie Morris

Coming up on May 13th Hublein Presentation and May 20th Memorial Day Celebration with the Avon Middle School providing entertainment. On June 24th Annual Picnic with the Bristol Olde Tyme Fiddlers performing. As you can see we have many programs of interest...please plan to attend.

Please join us for Lunch and Entertainment and invite a friend and neighbor. We need your help to let everyone know about the wonderful programs offered by the Senior Citizens of Avon Organization here at the Avon Senior Center every Monday.

**The Board of Directors wishes
you a Happy Spring!**

Helen M. Toth



Senior Citizens of Avon Organization

April 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended

April 1st 10:30 – Board Meeting
Noon – Pizza & Salad, Dessert
Bingo

April 8th Noon – Stuffed Shells, Salad,
Garlic Bread and Dessert

Our guest speaker this afternoon is no stranger to the Avon Seniors. Jay Kaplan, director of Canton's Roaring Brook Nature Center, spoke to us last year about unusual wildlife here in the Farmington Valley. Today, Jay will talk about an animal that is on the minds of many Avon residents-the black bear. Jay will tell us why so many black bears are reported here in Avon, where they've come from, and what we can do to co-exist with them and prevent them from causing problems around the house. I am sure Jay will be happy to answer questions following the presentation.



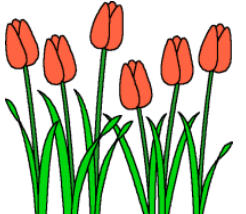
April 15th Noon – Easter Celebration
Ham, Oven Roasted Potatoes,
Vegetables, Rolls and Butter,
Birthday Cake and ice cream

Entertainment provided by David Eberly who is an accomplished blind pianist. Reservations are required.

April 22nd Noon – Tuna and Egg Salad
Sandwiches, Cole Slaw, Chips and
Dessert
BINGO

April 29th Noon Pot Luck and Dessert
BINGO

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:30 Sr Org Bd Mtg 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>2</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 6:30 Depression Program THANKFUL TUESDAYS</p>	<div>3</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>4</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>5</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 12:00 Lunch & Learn 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>8</div> <p>9:00 Wii Bowling 9:15 TJQMBB Foot Care 11:00 Blood Pressure 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback</p>	<div>9</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>10</div> <p>9:00 Wii Bowling 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>11</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>12</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>15</div> <p>9:00 Wii Bowling 9:15 TJQMBB 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>16</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>17</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>18</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>19</div> <p>Closed for Good Friday</p>
<div>22</div> <p>9:00 Wii Bowling 9:15 TJQMBB 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>23</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Intern Presentation 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>24</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 12:00 Spring Fling 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>25</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>26</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>29</div> <p>9:00 Wii Bowling 9:15 TJQMBB 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>30</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS DRESS DOWN DAY</p>			

**RESERVED FOR
SPONSORS**

Avon Senior Center



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