

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



APRIL 2022

See our newsletter online at: <https://www.avonct.gov/senior-center>



Senior Center Coordinator's Message

Happy Spring! I hope you are enjoying the weather and finding ways to get outside!

On April 27, we celebrate Administrative Professionals Day. On this day, we honor and celebrate Elizabeth, our Senior Center Administrative Secretary. Woo! Hoo!! Elizabeth— we thank you for all that you do and we appreciate you!

Thank You Volunteers, especially Dayna and Jodi who are here on Tuesdays to help with CRT Congregate Meals and visit with everyone. We're happy to have you here.

This month, we say goodbye to interns, Sidney and Morgan. They have been with us since September. We wish them well as they continue in their Master's of Social Work program at UCONN.

Please check out the newsletter for programs, meals, classes, presentations, seminars, groups, games and activities. We have a lot to offer.

Please enjoy your days, stay connected to people, reduce your stress, take a look outside, get outside— if you can, celebrate Earth Day and participate in life. We're here for you! Thank you!

Please take care,
Jennifer Bennett, LMSW, CDP



April EVENTS

PLEASE
CALL TO
SIGN UP!

Tuesday, April 12 from 10-1

There 4U Home Care

Deyon Lazarus will be here to answer your non-medical home care questions. Please stop by.

Tuesday, April 12 from 6:30-8:00 pm

Comprehensive Retirement Class

Lou & Jessica Pelletier from American Senior Benefits will be here to provide information.

Interns Group

Thursday, April 14, 2022 at 12:45 pm

Morgan & Sidney, social work interns, will continue their group on technology!

Story & Stew

Monday, April 18, 2022 from 11-1 (FREE)

Intern Morgan will read a short story and we will enjoy stew (lunch). Please RSVP.

Intern Stress Awareness Group

Tuesday, April 19, 2022 at 11 am

Intern Sidney will discuss stress awareness and give you tips to be stress free!

Intern Diversity Presentation

Thursday, April 21, 2022

Intern Morgan will present on diversity.

Intern Diversity Presentation

Thursday, April 28, 2022

Intern Sidney will present on diversity.



April Grab & Go

Wednesday, April 20 at 12:30 pm

Enjoy a delicious FREE Grab & Go Meal. Please drive up to the front door and we will hand you the meal. Please call 860-675-4355 to sign up. We look forward to seeing you!

Sponsored by Avon Senior Center

Memory Care Series- April 21, 2022 6:30 p.m.

Activities for People Living with Dementia
Registration required. Series jointly sponsored by Avon Free Public Library, Avon Senior Center, Bloomfield Public Library, and Canton Public Library.
Register: <https://www.avonctlibrary.info>

BYOG- Build Your Own Geocache!
WHEN: Friday, April 22nd, 2:00-3:30pm
WHERE: Avon Senior Center

What is Geocaching?

Geocaching is like a treasure hunt! It is an any-time adventure that can take you to amazing and beautiful places, or even just to a local place that you've never been before! It is an outdoor recreational activity where a GPS is used to hide and seek containers that are called geocaches. Coordinates for such containers can be found all over the globe, and can be hidden in a variety of creative places such as along walking paths, in the woods, in trees, or under rocks – there are millions worldwide. Some are harder to locate than others!

How do I make a geocache?

Geocache containers come in all different shapes and sizes, and are used to hide an array of contents. Typically, it is built using a small, waterproof container that stashes some sort of log book and a writing utensil for searchers to log their findings. Many geocaches also reveal trade items or "treasures" that finders can collect, swap, or move from container to container. Some may even involve puzzles and riddles, and can be hidden under logs, in tall grasses, or right in plain sight!

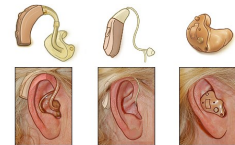
SAVE THE DATE: May 6th, Rain Date: May 12th
Nature walk to hide your own geocache!



FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

April 21 from 11-1.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.
Please practice safe social distancing.

AARP Real Possibilities Connecticut

AARP Fraud Watch Network: identity theft, investment fraud & scams. www.aarp.org/fraudwatchnetwork or 1-877-908-3360
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

Investments: www.smartcheck.gov

Watch Your Credit Reports: www.annualcreditreport.com or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: www.donotcall.gov or call (888) 382-1222

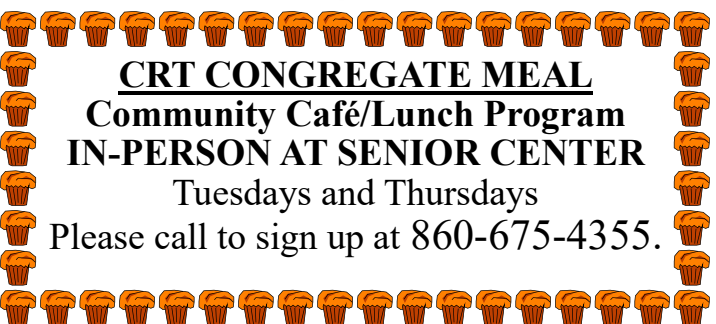
VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential. www.aarp.org/fraudsupport.

AARP Fraud Watch Network



Bean bag toss (Cornhole)

Avon Senior Center is starting Bean Bag Toss (Cornhole)! It can be played inside or outside, depending on the weather. Please join us for the fun!



CRT CONGREGATE MEAL

**Community Café/Lunch Program
IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.

Blood Drive

**Avon Senior Center
May 23, 10:00-3:00**



**American
Red Cross**

Please call 1-800-RED CROSS (1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.

Fee: \$51.00

Non Resident Fee: \$56.10

May 4—June 22
Senior Fee: \$45.90

Virtual Zumba Gold - Mondays

Mondays, 5:45-6:45 p.m.

Fee: \$74.00

Non Resident Fee: \$81.40

(No class May 30)

April 4—June 13
Senior Fee: \$66.60

Zumba Gold - Wednesdays

Wednesdays, 5:45-6:45 p.m.

Fee: \$80.00

Non Resident Fee: \$88.00

March 30—June 8
Senior Fee: \$72.00

Badminton—Tuesdays

Tuesdays, 6:30-8:30 p.m.

Fee: \$54.00

Non Resident Fee: \$59.40

March 15—May 3
Senior Fee: \$48.60

Badminton—Thursdays

Thursdays, 7:00-8:30 p.m.

Fee: \$54.00

Non Resident Fee: \$59.40

March 17—May 5
Senior Fee: \$48.60

Chair Yoga

Fridays, 1:30-2:30 p.m.

Fee: \$77.00

Non Resident Fee: \$84.70

March 25—May 20
Senior Fee: \$69.30
(No class April 15)

Cane Fu Self Defense

Wednesdays, 11:00-12:00

Fee: \$45.00

Non Resident Fee: \$49.50

April 20—May 11
Senior Fee: \$40.50

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

<https://avonct.myrec.com/info/>



Serena Platt and Catherine Burges
Co-Founders of Musical Moments

<https://www.youtube.com/watch?v=oZOCn9mENCY>



Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

Avon Senior Center
3rd Monday of the month
7:00-8:30 pm



NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential* Share in safe setting, gain hope & develop supportive relationships. Encourages empathy, productive discussion & sense of community. Benefit & gain insight, discover inner strength & empower yourself by sharing in a non-judgmental space. Better coping skills, Strength in sharing, Not judge anyone's pain, Forgive ourselves & reject guilt, Embrace humor as healthy, Cannot solve every problem, Mental health conditions are no one's fault & can be traumatic experiences.

Unearthing History: The Discovery of a 12,500 year old Paleo-Indian Site Along the Farmington River in Avon, CT

This 2022 series will cover the archaeology, genetics, Ice Age mammals, trade routes and foodways of early life along the Farmington River including the Brian D. Jones Paleo-Indian discovery in Avon.



MARCH 10

What Genetics Teaches Us About the Peopling of North America
 Presented by Dr. Jennifer Raff, anthropological geneticist at the University of Kansas. Presentation is based on her May 2021 Scientific American cover story "Journey into the Americas" and her new book, *Origin: A Genetic History of the Americas* being released Feb. 2022.

APRIL 7

Ice Age Animals of New England
 Presented by Dr. Sarah Sportman, CT State Archaeologist & Dr. Nathaniel Kitchel, Dept. of Anthropology, Dartmouth College. They will present the Pope Mastodon (found in Farmington, CT on the grounds of Hill-Stead Museum) and the Mount Holy (VT) Mammoth, among other animals of the Ice Age.

MAY 12

Paleo-Indian Foodways with Trade & Network Exchange
 Presented by Dr. Jonathan Lothrop, Curator of Archaeology, The New York State Museum. His focus is on the Pleistocene (Ice Age) into the Holocene period where Natives colonized 11,000-8,000BC. His research is on their technology, settlement and subsistence. He is a consultant on the Brian D. Jones site analysis.

SEPT. (TBD)

aDNA - Ancient DNA
 Presented by Christina Balentine and Samantha Archer, PhD candidates & research scholars at University of Connecticut Dept. of Anthropology. They will present a broad spectrum overview on how & where aDNA is found and how it is analyzed.

OCT. 13

Update on the Scientific Analysis of the Brian D. Jones Site in Avon, CT Since its Discovery in 2019
 Presented by David Leslie, PhD, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. He will present new findings based on artifacts and new analysis techniques. October is Connecticut Archaeology Month!

7:00 pm EST via Zoom. Free to attend.

Register at www.avonctlibrary.info

Webinar series created by: Avon Historical Society, Avon Free Public Library, Avon Senior Center

In partnership with

Watch the webinars from the 2021 series on the Avon Library's YouTube Channel:

www.youtube.com/user/afplct



Photo provided by Archaeological and Historical Services, Storrs CT

AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 Card Group- Tuesdays at 1:00 p.m.
 Scrabble- Tuesdays at 1:00 p.m.
 Knitting- Mondays at 1:00 p.m.
 Setback- Wed & Fri at 1:00 p.m.
 Chess- Wednesdays at 1:00 p.m.
 Wii Bowl- Tuesdays 10-2 & various
 Beading Group- Thursdays at 12:30 p.m.

Receive Emergency Updates
 from the Town of Avon!



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

"Town Alerts" & "Town News and Announcements"

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>)



Senior Medicare Patrol (SMP)

1-800-994-9422

www.smpresource.org

PROTECT from Medicare fraud, errors, & abuse;
DETECT potential fraud, errors, abuse; **REPORT** concerns. SMPs educate & empower against health care fraud. Help with questions, concerns, complaints & provide information and educational presentations.

I hope you know
 you're capable
 and significant.
 Even when it feels
 like you're not.

In case no one told you today...

You're beautiful.
 You're loved.
 You're needed.
 You're alive for a reason.
 You're stronger than you think.
 You're gonna get through this.
 I'm glad you're alive.
 And don't ever give up!

Stress Awareness Month



STOP



Relax Daily



Let Go of the "Shoulds"



Get Some ZZZs



Seek out Support

E-mail List

Please send an email
 to: eshaffer@avonct.gov requesting
 to be added to the newsletter email list.



Chess Group

Wednesdays 1:00-3:00 p.m.

Looking for new players!



CARD GROUP

3 - 13 card group

Tuesdays at noon.

New players are always welcome. It's easy to learn and fun to play. Come join us!





Join us for
**RAINBOW
LUNCH
HOUR
APRIL 28TH**


Presented by the
CT Moveable Senior Centers and the
CT Healthy Living
COLLECTIVE

Come Out and Connect!

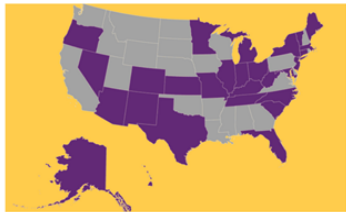
LGBT adults and allies are invited to join the
CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour.
Held on the 4th Thursday of the month at Noon.
Pre-registration is required.

Our April conversation starter: Tell us a short story. It can be funny, inspirational, a favorite memory, a learning experience, about a person, place or event - your choice.
Storytellers and good listeners welcome!

WE DID IT! Avon Senior Center participated in this event sponsored/hosted by Televeda! On Friday, October 22, 2021 we completed a successful attempt for a GUINNESS WORLD RECORDS™ title for the most viewers of a bingo livestream on a bespoke platform!



World Record Bingo Impact



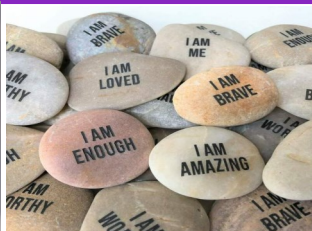
26 STATES
125+ CENTERS
7,000+ PRINTED BINGO CARDS
2,000+ ONLINE REGISTRATIONS
260+ DAYS OF PREP

#WorldRecordBingoWithTeleveda

We had a very successful event, a big thank you to all the attendees, sponsors, and supporters. The goal of this event was not only to set a world record but unite people and bring awareness to senior isolation. The pandemic was hard for everyone, especially our elders. We witnessed communities growing stronger and bolder (not just older). Our mission is to take back what belongs to each one of us: the ability not only to stay connected but thrive together.
Best, Televeda World Record Team



Smile often.
Think positively.
Give thanks.
Laugh loudly.
Love others.
Dream big.



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 at 860-675-4355. The cost is a suggested \$3.00 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	
5	Vegetable Soup Saltines Tuna Salad on Wheat Bread Potato Wedges Tomatoes & Lettuce Tiramisu Brownie	7	<u>National Coffee Cake Day</u> Orange Juice Roasted Pork Loin Sweet Potatoes California Vegetables Oatnut Bread Crumb Coffee Cake
12	Grilled Chicken Breast Rice Pilaf Spinach Whole Wheat Bread Fresh Fruit	14	BBQ Beef Brisket Macaroni & Cheese 4-Way Vegetable Blend 12 Grain Bread Applesauce
19	Grape Juice Pot Stickers w/ Duck Sauce Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Home-Baked Cookie	21	Orange Juice Beef N Bean Chili White Rice Sliced Carrots Wheat Dinner Roll Frosted Cake
26	American Chop Suey w/ Elbow Pasta Seasoned Green Beans Wheat Dinner Roll Fresh Fruit	28	Cheese Ravioli w/ Marinara Sauce Chuck Wagon Blend Vegetables Wholegrain Bread Pears



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs– Helen M. Toth (acting)

Vice President & Cheer– Vivan Pane

Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane

Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We wish you a Happy Spring. It's great to have the longer days and we look forward to outdoor activities and catching up with our friends and neighbors.

As announced in the last newsletter we will have our annual picnic on Monday, June 27th. The Board is opening the event up to anyone who would like to attend. The price for the luncheon is \$7.00 per person and it is open to anyone who would like to attend. The Bristol Old Tyme Fiddlers will be here to entertain us and they always provide an excellent program.

Reservations are required for the June 27th event. Because we have to order the food, we cannot accept any walk ins. Cut-off date for making reservations is the Thursday before the event. Please reserve your spot as soon as you can. Please call Barbara Schicker at (860-404-5436) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

Marie Evans has decided to retire from the Organization and will no longer be an active board member. We will miss her but wish her well in her retirement. Marie, we miss you already!

We are looking for new faces to join the Board of Directors. If you are interested in holding an office in the Organization, please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer.

We look forward to hearing from you.
Happy Birthday to the following Members:

April 3rd – Mary Bodenburg

April 13th – Carol Griffin

April 15th – Jean Pelletier

April 18th – Jan Beauregard

April 20th – Helen Toth

Helen M. Toth

Senior Citizens of Avon Organization

April 2022 – Program Schedule

Everyone is Welcome – Reservations Required

June 27th 11:30 a.m. – Annual Picnic

Assorted Grinders, Cole Slaw, Potato Chips and Dessert - \$7.00/pp

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.... Please call Barbara Schicker at (860-404-5436)

**My first
blessing of the day,
I woke up.**



RE-ENGAGE

#BetterTogether

Reengage with your life in a more meaningful way,
set intentional goals and reintegrate into society with feelings
of joy!



Mutual of Omaha

Mutual Cares is an online resource to help seniors stay well, connected, active, entertained.

(<https://cares.mutualofomaha.com/>).

Money Matters with Mike Sloan of Mutual of Omaha

Please click link to watch video. Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	11:30 BP check 12:00 CRT Lunch 12:30 Beading 7:00 Badminton 7:00 Paleo Presentation THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:00 There 4U HC 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 5:00 T2 6:30 Badminton 6:30 Retirement Seminar THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:45 Intern Group 7:00 Badminton THINKING THURSDAYS 	CLOSED FOR GOOD FRIDAY 
9:00 Wii Bowling 11:00 Story & Stew 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 11:00 Stress Group 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	12:30 Grab & Go 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:45 Intern Seminar 6:30 Dementia Series 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 2:00 Geocache 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:00 LGBT MSC 12:30 Beading 12:45 Intern Seminar 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 