

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
Darlene Tate, Administrative Secretary



APRIL 2016

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

Senior Center Coordinator Message

Happy April Senior Center Friends! We're so happy to see the beautiful flowers blooming, green grass and warmer weather (hopefully)!

This month, we celebrate our volunteers. Please be sure to thank them when you see all the great things that they do for the senior center. Let them know you care about them! We could not do it without their help and support!

In April, we celebrate *Earth Day!!* Earth Day aims to inspire awareness of and appreciation for the earth's environment. We have a great program at Shop Rite in Canton on *Cooking with Greens!* This is free & open to the public, please sign up as space fills fast!

April is *Financial Literacy Month!* What a great time to take a look at your finances and get organized. Think of it as spring cleaning for your money!

Simply Swing is back again this year, thanks to Farmington Bank. We're having a swing band concert that is free & open to the public! You do not want to miss this fantastic evening! See you on April 29th at 7:00 p.m.!

This month, we say Goodbye to intern Morgan:(She has been with us since November 2015. We thank her for all her hard work, effort, great programs & energy! We will miss her & we wish her well:)

Please be sure to check out our *Trip Board*. We have some super trips & space is filling fast. You don't want to miss out on a magnificent travel opportunity.

Have a great month & join us for programs, classes, trips & events!

Respectfully, Jennifer Bennett, LMSW



Thank You Volunteers for all you do for the Senior Center and everyone who walks through our doors! We appreciate you!

Love cannot remain by itself -- it has no meaning.
Love has to be put into action, and that action is service.
Mother Teresa

If I can help somebody as I pass along,
If I can cheer somebody with a word or song,
If I can show somebody he's traveling wrong,
Then my living will not be in vain.
Dr. Martin Luther King, Jr

In every community there is work to be done. In every nation there are wounds to heal. In every heart there is the power to do it. **Marianne Williamson**

I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do. – **Helen Keller**

Nobody can do everything, but everyone can do something.
Gil Scott-Heron

APRIL EVENTS 2016

*Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary
860-675-4355*

Friday, April 1, 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, April 1, 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.

**Saturday, April 2, 2016 at 1:00 p.m.
"The Origins of the Derrin Family in West Avon"**
Janet M. Conner, Head of Special Projects for the Avon Historical Society, will present the history of the Derrin Family who settled in Avon 250 years ago. Mrs. Conner will speak about the early migration of Avon's first settlers and trace the emigration of the first Derrin ancestor in Connecticut and the beginnings of the family in West Avon. She has pieced together the direct line genealogy of the family from the immigrant ancestor to the occupants of the Derrin Farmhouse, located at 249 West Avon Road, which the Society is restoring. Thanks to grant funding from Connecticut Humanities, attendees will be given a booklet to take home. This series is being co-sponsored by the Avon Historical Society & Avon Senior Center.

Monday, April 4, 2016 "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.

**Tuesday, April 5, 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, April 6, 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.

Friday, April 8, 2016 at 1:00 p.m. "Adult Coloring"
Please call the senior center at 860-675-4355 to sign up.

Friday, April 8, 2016 at 1:00 p.m. "Wood Carving"
Please call the senior center at 860-675-4355 to sign up.

**Monday, April 11, 2016 from 11:30-1:30
"Free Blood Pressure Screening"**
If you have any questions, please feel free to call the senior center at 860-675-4355.

**Wednesday, April 13, 2016 at 9:30 a.m.
"Wii Bowling Tournament in Torrington"**
Avon Aces Wii Bowling Team will face off against Torrington Senior Center in a Wii Bowling Tournament in Torrington. We're going to have fun & enjoy the day! We will have a team of 8 bowlers.

Wednesday, April 13, 2016 at 10:00 a.m. "Shuffleboard"
Please call the senior center at 860-675-4355 to sign up.

**Thursday, April 14, 2016 from 1-2:30 p.m.
"Questions that Keep Seniors Up at Night!"**
This FREE seminar by Lou Pelletier from American Senior Benefits will provide you with informational and educational material to answer your questions about: Running out of Money, Costs of Nursing Home & Living Arrangements, Health Concerns & Hospital and Doctor Bills. So you can sleep at night and not worry. Please call the senior center at 860-675-4355 to sign up.

**Friday, April 15, 2016 from 10-12:30
"Live Well Diabetes Workshop"**
Live Well Diabetes Workshop at Avon Senior Center on April 15, 22, 28 & May 13, 19, 26 from 10-12:30. The fantastic instructor is Justine Ginsberg, BSN, RN, *Community Health Coordinator*, Farmington Valley Health District. Space is filling up fast, so reserve your spot! Live Well Diabetes is a workshop series meeting weekly for six weeks and cover topics such as techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; exercise, healthy eating, communication, and much more. Live Well leaders assist participants to feel more in control of their lives and help build their self confidence in managing their chronic diseases through positive role modeling and facilitating Live Well workshops. Please call the senior center at 860-675-4355 to sign up.

Friday, April 15, 2016 at 12:00 p.m. "Cooking with Morgan!"
Join us for this delicious program that is free & open to the public! Intern Morgan is going to share recipes with us, cook for us and we'll all enjoy the meal together. You don't want to miss this delectable spread. This is her last cooking program before her internship ends. Please call the senior center at 860-675-4355 to sign up.

Friday, April 15, 2016 at 1:00 p.m. "Adult Coloring"
Please call the senior center at 860-675-4355 to sign up.

Friday, April 15, 2016 at 1:00 p.m. "Wood Carving"
Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 20, 2016 at 10:00 a.m. "Shuffleboard"
Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 20, 2016 at 12:00 p.m. "Lunch & Learn"
We are so happy to have River Ridge back with us for a Lunch & Learn. They always have delicious food and great information for us. Please be sure to sign up early as space fills fast! Please call the senior center at 860-675-4355 to sign up.

**Thursday, April 21, 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, April 22, 2016 from 10-12:30

“Live Well Diabetes Workshop”

Live Well Diabetes Workshop at Avon Senior Center on April 15, 22, 28 & May 13, 19, 26 from 10-12:30. The fantastic instructor is Justine Ginsberg, BSN, RN, *Community Health Coordinator*, Farmington Valley Health District. Live Well Diabetes is a workshop series meeting weekly for six weeks and cover topics such as techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; exercise, healthy eating, communication, and much more. Live Well leaders assist participants to feel more in control of their lives and help build their self confidence in managing their chronic diseases through positive role modeling and facilitating Live Well workshops. Please call the senior center at 860-675-4355 to sign up.

Friday, April 22, 2016 at 12:00 p.m.

“Cooking with Greens at Shop Rite Canton”

Join Nikki, Registered Dietician from Shop Rite Canton as she shows us how to Cook with Greens! This is a taste program, so be ready to try her delicious greens! This program is free & open to the public, but space is limited, so sign up fast! This program will be held at Shop Rite in Canton. Please call the senior center at 860-675-4355 to sign up.

Friday, April 22, 2016 at 1:00 p.m.

“Adult Coloring”

Please call the senior center at 860-675-4355 to sign up.

Friday, April 22, 2016 at 1:00 p.m.

“Wood Carving”

Please call the senior center at 860-675-4355 to sign up.

Tuesday, April 26, 2016

DRESS DOWN DAY!!!!

Let's celebrate Spring by wearing fun colors to champion the season!!! 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, April 27, 2016 at 10:00 a.m.

“Shuffleboard”

Please call the senior center at 860-675-4355 to sign up.

Wednesday, April 27, 2016 at 12:00

“Lunch & Learn”

Kurt Glasner, a local business owner & history buff will do a presentation on the **Hoover Dam!** We're so excited to have him back! His presentations are awesome! Please call the senior center at 860-675-4355 to sign up.

Thursday, April 28, 2016 from 10-12:30

“Live Well Diabetes Workshop”

Live Well Diabetes Workshop at Avon Senior Center on April 15, 22, 28 & May 13, 19, 26 from 10-12:30. Please call the senior center at 860-675-4355 to sign up.

Friday, April 29, 2016 at 1:00 p.m.

“Adult Coloring”

Please call the senior center at 860-675-4355 to sign up.

Friday, April 29, 2016 at 1:00 p.m.

“Wood Carving”

Please call the senior center at 860-675-4355 to sign up.



Birthdays

April

| | |
|-----------------------|------|
| Jim Quinlan | 1st |
| Bernadette McLaughlin | 5th |
| Carol Griffin | 13th |
| Wanda Babcock | 26th |
| John Fregeau | 26th |
| Cliff Dudley | |



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.

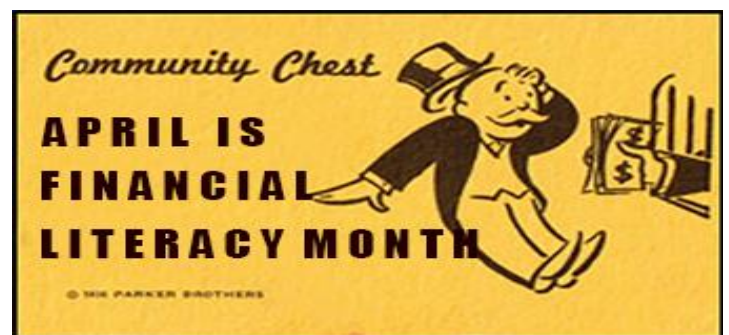
Woodworking – Fridays at 1:00 p.m.

Adult Coloring– Fridays at 1:00 p.m.



Friday, April 29, 2016 at 7:00 p.m. “Simply Swing Concert”

Farmington Bank Community Concert Series featuring *Simply Swing*, an amazing 10-piece orchestra will be at the Avon Senior Center for a free concert that is open to the public. *Simply Swing* is based in CT, specializing in danceable favorites from the Big Band & Swing Dance eras. Don't miss this great experience! Please call the senior center at 860-675-4355 to sign up.



What is Financial Literacy?

The President's Advisory Council on Financial Literacy defines personal financial literacy as "the ability to use knowledge and skills to manage financial resources effectively for a lifetime of financial well-being." (2008 Annual Report to the President)

Personal financial literacy is more than just being able to balance a checkbook, compare prices or get a job. It also includes skills like long-term vision and planning for the future, and the discipline to use those skills every day.

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

**Summer Registration for Classes Begins
April 21st**

Trips

One World Observatory - Wednesday, June 22, 2016
Coins & Claws, Lobster & Casino - Wednesday, July 6, 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
Newport Playhouse - Thursday, October 13, 2016
Christmas on the Danube - December 2 - 10, 2016
Christmas in Newport - Thursday, December 15, 2016

See Trip Bulletin Board & our website for more trips!!!

Winter/Spring Classes

Tai Chi for Seniors - Winter/Spring II

Date (s) of Class: March 23, 30, April 6, 13, 20, 27

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Winter/Spring Session II

Date(s) of Class: March 9, 16, 23, 30, April 6, 13

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Winter/Spring Session II

Date(s) of Class: March 21, 28, April 4, 18, 25, May 2

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

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


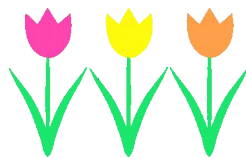
Valley Community Baptist Church (both sessions)

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

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

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 April's menu below:

| TUESDAY | | THURSDAY | |
|---------|---|----------|--|
| |  | |  |
| 5 | Country Vegetable Soup Hot Dog Baked Beans Red/Green Cabbage Coleslaw Hot Dog Roll Mustard/Relish/Ketchup Fresh Fruit | 7 | Potato Leek Soup Meatloaf w/Vegetable Broth Baked Potato Broccoli Cuts 12-Grain Bread Sliced Apples |
| 12 | Tomato Basil Vegetable Soup Chicken Caesar Salad w/ Spring Greens and Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Wheat Dinner Roll Croutons Apple Strudel Stick | 14 | Tuna w/Bowtie Noodles Casserole Peas & Carrots Oatnut Bread Fresh Fruit |
| 19 | Orange Juice Hamburger Hamburger Bun Sliced Tomatoes & Leaf Lettuce Spinach & Black Bean Salad Mustard/Relish/Ketchup Peaches | 21 | Macaroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/ Cucumbers/Cherry Tomatoes Italian Dressing 100% Whole Wheat Bread Fresh Fruit |
| 26 | Orange-Pineapple Juice Meatloaf w/Gravy Parslied Egg Noodles Spinach Pumpnickel Bread Frosted Cake | 28 | Roast Turkey w/Gravy Cornbread Stuffing Mixed Vegetables Cranberry Sauce Wheat Dinner Roll Sliced Peaches & Pears |

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

Perhaps it's because April is so full of wonderful sunlight. Perhaps it's because the earth seems a little greener. Perhaps because Easter was earlier than usual. Is this why our spirits start to soar? The season of darkness diminishes as the season of light increases in strength. In the garden, primroses, violets, tulips burst into color. And here we are growing old gracefully, (creatively), and joyously. We must learn the craft of knowing how to open our heart and turn on our creativity – there is a light inside of us – but one has to find the switch.

I have put together joyous simplicities for April to remind yourself what it's like to have a little fun on April Fools' Day. Surprise someone with a whimsy – not practical jokes that embarrass. Then it's fun for you and fun for them. Call a friend and tell them you came into a lot of money and take them to McDonalds for lunch. April is a good time to take a walk. The scent of the earth re – awakening and the light of Mother Nature's brilliant display of color will rouse and remind you of how wonderful it is to be alive. Oh how I miss walking – I look back to when I actually walked from Times Square to the very end of the island. Now with a cane I can walk at least 500 feet. Carriages in the supermarket are my best friends. Meanwhile, I'm sharing Life's Little Instructions:

Sing in the shower. Treat everyone like you want to be treated. Watch a sunrise. Never refuse homemade brownies. Plant a tree on your birthday. Learn three new clean jokes. Compliment 3 people a day. Never waste an opportunity to tell someone you love them. Remember other people's birthdays. Make new friends, but cherish the old ones. Take time to say I love you. I could go on, but next time!

May the blessings of the rain be on you, the soft, sweet rain. May it fall upon your spirit so that all the flowers may spring up and shed their sweetness on the air.
(Irish Blessing)

Slainte,
Arthur

P.S. April 18th – David Eberly, the accomplished, blind pianist will entertain us – please come, you won't be Disappointed.

April 2016 – Program Schedule

Everyone is Welcome-Reservations Recommended

| | |
|------------------------------|--|
| April 4th | 10:30 – Board Meeting Noon – Pizza and Salad Dessert Bingo |
| April 11th | Noon – Complimentary Luncheon hosted by the Residence at Brookside. A delicious restaurant quality meal will be provided. |

Guest speaker: James Cowan, Jr.
Topic: Veterans Aid and Attendance Pension
Also

Guest speaker: Dr. Sabrina Waqar
Farmington Valley Dermatology and Surgery
Topic: Taking Care of Your Aging Skin

Reservations are limited to the first 50 to register so sign up today. Please call 860-675-4355 to reserve your spot.

| | |
|------------------------------|---|
| April 18th | Noon – American Chop Suey Salad – Rolls & Butter Dessert |
|------------------------------|---|

The Avon Middle School will be here to entertain us. This year we will be entertained by two groups of musicians....the second group will be here next week.

| | |
|------------------------------|---|
| April 25th | Noon – Turkey Rice Soup & Sandwiches Dessert |
|------------------------------|---|





The Avon Middle School will be here to entertain us.

Coming up in May:

IL Cantore Italian Singers from the Prince Thomas of Savoy will present Northern Folk Songs.

Senior Citizens of Avon Organization and the Avon Senior Center will present a joint Memorial Day Celebration. Entertainment will be provided by the Jerry Carillo Orchestra. Reservations required.

APRIL 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
|  |  |  |  | <div>1</div> 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring |
| <div>4</div> 9:00 Foot Care 10:00 Wii Bowling 10:30 Sr Org Board Mtg 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold | <div>5</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>6</div> 8:30 Mid Tempo 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP | <div>7</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS | <div>8</div> 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring |
| <div>11</div> 10:00 Wii Bowling 11:00 Beginner Mah Jongg 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback | <div>12</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>13</div> 8:30 Mid Tempo 9:30 Wii Torrington 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP | <div>14</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Presentation THINKING THURSDAYS | <div>15</div> 9:30 Billiards 10:00 Live Well Diabetes 10:00 Ping Pong 12:00 Cooking- Morgan 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring |
| <div>18</div> 10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold | <div>19</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>20</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi | <div>21</div> 9:00 Billiards 9:30 Wii Bowl with Simsbury 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS | <div>22</div> 9:30 Billiards 10:00 Live Well Diabetes 10:00 Ping Pong 12:00 Shop Rite Canton Cooking with Greens 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring |
| <div>25</div> 10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold | <div>26</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>27</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Lunch & Learn— Hoover Dam 1:00 Setback 1:00 Billiards 2:30 Tai Chi | <div>28</div> 9:00 Billiards 9:30 Wii Bowling 10:00 Live Well Diabetes 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS | <div>29</div> 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring |

**RESERVED FOR
SPONSORS**

Avon Senior Center



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AVON, CONNECTICUT 06001

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