

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 2021

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



Senior Center Coordinator's Message

Happy Spring!! I hope you are all enjoying the weather and appreciating the change in season. I know I am!

On April 21, we celebrate Administrative Professionals Day. On this day, we honor and celebrate Elizabeth, our Senior Center Administrative Secretary. Woo! Hoo!! When you join us for our April Grab & Go meal, please be sure to say hello to her. Elizabeth—we thank you for all that you do and we appreciate you!

Please be sure to check out this newsletter for great programs, information, resources, classes, quotes, activities and a word search.

If you are over 65 years of age, are interested and still have not gotten a COVID vaccine shot, please call the Senior Center at 860-675-4355. We can help you!

This month, we say goodbye to intern, Alexandra. She has been with us since September. We wish her well as she continues in her Master's of Social Work program at UCONN.

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**



Saturday, April 10 8:00-11:00 am

Please call Avon Senior Center at 860-675-4355 to sign up. We want to celebrate you, in a safe & socially distant way, please wear a mask & stay in your vehicle. Drive into the second entrance of the circle, have your back passenger door unlocked & any donations put in an envelope on the seat. Meal is free and Avon Lion's Club is accepting cash donations or check donations made out to AHSPTO, memo line put Project Graduation, gathering for Avon High School Graduates, to help them celebrate their year. We will hand out breakfast as you drive through the circle. We look forward to seeing you!

Menu: Scrambled eggs, home fries, sausage, bacon, muffin, juice

Co-sponsored by
Avon Senior Center &
Avon Lions Club



On-line Activities to do at home

Museums

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvltv.com/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

MOMA Classes:

https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg

New Britain Museum of American Art: <https://nbmaa.org/online>

Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>

Museums, Libraries, Zoos Offer Online Programs <https://www.wvuxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian <https://www.edx.org/school/smithsonianx>

CT Historical Society <https://chs.org/bringchshome/>

Courses

You can now take classes from prestigious universities in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

Ted Talks <https://www.ted.com/>

JIGSAW PUZZLES: <https://games.aarp.org/games/jigsaw>



Documentaries

<https://documentaryheaven.com/>

<https://www.discovery.com/>

Opera

https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXt9zz_SNyRYp_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l_I5mOuoYoMlwl

Animals

<https://zoo.sandiegozoo.org/live-cams>

<https://www.youtube.com/user/LionWhispererTV>

<https://nationalzoo.si.edu/webcams>

Webcams

Yellowstone-<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>

All different types: <https://www.earthcam.com/>

Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

Games

Online games/crosswords/word searches, etc. <http://games.courant.com/category/allgames/>

Fitness/Yoga/Dance/Meditation

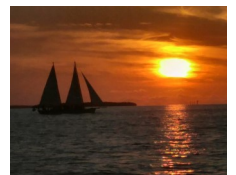
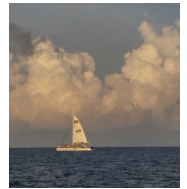
Online fitness classes from the YMCA: https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

Free Fitness Classes online: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Free Adult Dance Classes: <http://www.danceplace.org/virtual-adult-classes/>

Free Meditation: <http://www.freemeditation.com/>

YouTube Free Yoga Classes: <https://www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW>





Join us for a fun and engaging presentation about the oceans & rivers in CT including Sea Shanties performed by Tom Callinan, a multi-faceted performing artist designated CT's first "Official State Troubadour" in 1991.

**Call Avon Senior Center to Register
860-675-4355**

AVON SENIOR CENTER CLASSES

Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.

Tai Chi

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

April 21—June 30

Fee: \$66.00

Senior Fee: \$59.40

Meditation

Tuesdays, 2:00-3:00 p.m.

March 16 - June 1

FREE

Zumba Gold - Mondays

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

April 12—June 21

Fee: \$61.00

Senior Fee: \$54.90

Zumba Gold - Wednesdays

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

April 14—June 23

Fee: \$66.00

Senior Fee: \$59.40

Silver Sneakers Chair Aerobics chair work-out for people ages 65+ paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class. This class is ongoing; join any time. Please call Avon Senior Center to register.

For more information about registering, classes and setting up your account please visit: www.avonrec.com.



Wednesday, April 21, 2021 at 12:30 pm

Celebrate April with a FREE Grab & Go Meal. Enjoy a delicious meal. We will hand them out as you drive up to the front door of the Avon Senior Center. We want to celebrate you, in a safe and socially distant way, so please wear a mask. Please call 860-675-4355 to sign up.

We look forward to seeing you!

Sponsored by Avon Senior Center



CRT Lunch

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk & other sides. Pick up is Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.





Contact tracing- slow spread of COVID & protect:

- * Know of exposure, monitor signs & symptoms,
- * Help people who have been exposed get tested,
- * Self-isolate/quarantine- reduce risk of spreading.

Green flags Contact tracers:

- * State/local Dept of Health employees/contractors,
- * Ask about symptoms to gauge for infection,
- * Recent contact with others,
- * Refer you to other medical & social resources,
- * Insured— ask, connect uninsured with resources.

Red flags Be cautious of anyone who:

- * Asks about your health insurance (Medicare #),
- * Demands money to pay for COVID-19 test,
- * Wants personal information to set up COVID test.

How Can Senior Medicare Patrol (SMP) Help?

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.

SMP 1-800-994-9422 or www.smpresource.org.



E-mail List

If you would like our newsletter emailed to you, please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



Farmington Valley
 Visiting Nurse Association

Blood Pressure/Blood Sugars
FV VNA Simsbury Office
Thursdays 11 am- 1 pm

Appointments Only
Please call: 860-651-3539
8 Old Mill Lane, Simsbury.
Everyone must wear a mask.

Books, Movies, Puzzles

Available to borrow.
 Please call or email
 your request & items
 available for pick up.



Receive Emergency Updates from the Town of Avon!



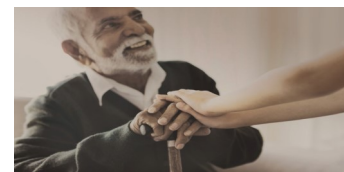
SUBSCRIBE TO NEWS - Email updates on website

(<https://www.avonct.gov/subscribe>). Select “Town Alerts” & “Town News and Announcements” to receive updates regarding storms, emergencies, & timely news.

CT ALERTS - Critical emergency information: **CTAlert**

system (<https://portal.ct.gov/ctalert>) sends notices to: home, cell, business, texts, email, hearing impaired devices & more. **State of CT & Town of Avon have the ability to send alerts to those registered with CTAlert system.**

When the State or Town issues an emergency message, it will be sent to all contacts enrolled in system. If you do not confirm receipt of message, the system will attempt to reach next contact entered. **The Town suggests enrolling in both Subscribe to News and CTAlert.**



MyPlaceCT.org—free web-based resource from the State of CT—offers information on these topics:

Health and Well-being: Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!

Services and Supports: In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!

Learn: Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!

Family Caregivers: Respite Services, Support Groups, Online Resources, Legal Matters, and more!

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



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

Programs Through June 2021 - Cancelled.

Message from the Board of Directors . . .

We wish you a Happy Easter Day. Hope you are enjoying the nicer weather and are beginning to venture out. The State has expanded the criteria again for immunizations so more and more citizens have received the vaccine and have obtained full immunity.

Please consider rolling up your sleeve to get your shot. It's a great way to protect yourself against this horrible disease. Please be sure to wear your mask, wash your hands often and carefully social distance. We care about you.

We are hoping to restart our programs in September and are planning to have a wonderful celebration for our 50th anniversary and it will be very special to mark this awesome occasion.

We will continue to evaluate the status of getting together for our Monday Organization meeting and will communicate any changes as we go from month to month.

Happy Birthday to the following Members:

April 3rd – Mary Bodenburg
April 11th – Cliff Dudley
April 15th – Jean Pelletier
April 18th – Jan Beauregard
April 20th – Helen Toth
April 21st – Katie Morris

Please stay safe and know that during this trying time you are in our thoughts and we look forward to resuming our programs in the Fall of 2021.

Helen M. Toth



Mutual of Omaha

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

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



"Talk to yourself
like you would to
someone you love."
— Brené Brown

Whenever you
find yourself
doubting how
far you can go,
just remember
how far you
have come.
Remember
everything you
have faced, all
the battles you
have won, and
all the fears
you have
overcome.

— Unknown



Money Matters with Mike Sloan of Mutual of Omaha

Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). <https://youtu.be/myYr3vTRphs>



Photo provided by Archaeological and Historical Services, Storrs, CT

Spear point, broken during manufacture, recovered at the Brian D. Jones Paleo-Indian site

UNEARTHING HISTORY:

THE DISCOVERY OF A 12,500 YEAR OLD PALEO-INDIAN SITE ALONG THE FARMINGTON RIVER IN AVON, CT

Lecture series will cover the archaeology, geology, and anthropology of life along the Farmington River, with a focus on the Brian D. Jones Paleo-Indian discovery in Avon, Connecticut.

7:00 PM, VIA ZOOM FREE TO ATTEND
REGISTER AT: WWW.AVONCTLIBRARY.INFO

MARCH 4:

Digging into Deep History: Archaeology, Artifacts, and Avocation

Presented by Scott Brady, President, Friends of the State Archaeologist & Paul Wegner, Assistant Director, Institute for American Indian Studies Museum (IAIS), Washington, CT

APRIL 8:

A Rift, not the River, made the Farmington Valley: The Geology of western Connecticut along US RT 44

Presented by Howard Wright, Renbrook School Science Department Head

MAY 6:

Connecticut Before History: The Deep Story of Human Settlement of the Farmington Valley

Presented by Dr. Ken Feder, Archaeologist, Central Connecticut State University, and Founder of the Farmington River Archaeology Project

SEPTEMBER 9:

Connecticut Native American Communities Past and Present

Presented by Dr. Lucianne Lavie, Director of Research and Collections, Institute for American Indian Studies Museum (IAIS), Washington, CT

OCTOBER 7:

Connecticut's Paleo-Indian Sites
October is Connecticut Archaeology Month!

Presented by Dr. Zachary (Zac) Singer, Research Archaeologist, Maryland Historical Trust and Dr. David Leslie, Archaeological and Historical Services, Storrs, CT

2021 Webinar Series created by:
Avon Historical Society
Avon Free Public Library
Avon Senior Center

Sponsored by a grant from:



Stress Awareness Month

Rock n' Rollin' Spring Fling Sock Hop Dance

DAYBREAKER LIVE PRESENTS

SATURDAY APRIL 17

11AM - 1PM ET

SPONSORED BY AARP

RSVP AT DAYBREAKER.COM/LIVE



American Red Cross

Blood Drive
Monday, April 26, 2021
10 am– 3 pm
Avon Senior Center

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



Prescription Drug Take-Back Day

Saturday, April 24, 2021
10:00 am– 2:00 pm
Avon Senior Center



Sponsored by
Avon Police Department



Got Drugs?

Turn in your unused
or expired medication
for safe disposal
here



Fish Word Search

J Y V J B R E B Y A R G N I T S B
T U N A E R E N B S N B X X S Y V
O M R I Q L C P S W A Z E G C F L
F L E A H A L A U R J S I G A K G
P W X Y V C B Y R O R K O L L I U
S B A I V A R A F O R L E E L P L
H A A L E O C U H I D G B R O P X
S R L S L U H A A F S E S E P E Z
I N B M D E E C I E A H R K S R M
F A X A O S Y S N G S F M C A K U
N C D M Z N H E L A N T I A G Y A
U L R E D S N A P P E R W M Z L F
S E F P L E K S L E S S U M R O T
N C D S J F L O U N D E R B K M M

ALGAE
ANCHOVY
BARNACLE
BARRACUDA
CAVIAR
FLOUNDER
GOLDFISH
GROUPER

JELLYFISH
KELP
KIPPER
MACKEREL
MUSSELS
RED SNAPPER
SALMON
SCALLOPS

SEA BASS
SEAHORSE
SEA URCHIN
STINGRAY
SUNFISH
TUNA
WALLEYE

APRIL 2021

**RESERVED FOR
SPONSORS**