

# 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 2024

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



### Senior Center Coordinator's Message

Happy Spring!! Hope you're enjoying the weather, appreciating the season change and the sun staying out longer. I know I am!

Administrative Professionals Day is April 24, it's an extra special day to celebrate, honor, recognize and acknowledge Elizabeth! She's awesome and does a great job. Please **THANK** her!

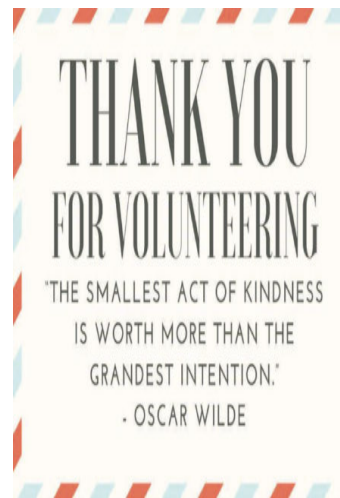
Thank you Volunteers for all the great things you do for the senior center. We could not do it without your help & support! We appreciate you.

Volunteers: Jodi & Dayna -Tuesdays/Thursdays for our Congregate Meal program, Barbara Durham and Steve Guthrie-program set-up and general help, Interns Annebel & Sophia help our seniors, Fresh Start Friends (Focus Center on Autism)-lunch on Tuesdays & programs every other Friday, Favarh Brighter Days-ies, "Flower Friends" make beautiful table arrangements with fresh flowers on Tuesdays, Paul and Dave work & help out, Jim Martino delivers donations & food. *Thank You* volunteers!

Avon Police Department is hosting National Prescription Drug Take Back day on Saturday 4/27/24 from 10 AM-2 PM at Avon Senior Center.

Please enjoy your days, stay connected, reduce stress, get outside- if you can, celebrate and participate in life. We're here for you! Thank you!

Take care,  
*Jennifer Bennett, LMSW, CDP*  
*Dementia Friend &*  
*Dementia Champion*



### Our Mission Statement

Avon Senior Center supports the social, educational, recreational, cognitive, physical and psychological needs of all older adults. We respect the diversity of all who enter and you will find a warm greeting here. We are committed to offering an open and welcoming space to everyone. We strive to enhance the quality of life for all older adults.



Please call the senior center  
860-675-4355 to sign up for all events.

**Fresh Start Friends– Games**  
Friday, April 5 & 19 at 11:00 am

**Intern Group– Annebel & Sophia**  
Friday, April 12 & 26 at 10:00 am

**Movie– The Sting (Robert Redford)**  
Monday, April 22, 2024 at 1:00 pm

**Trinhaitia Bijoux Beading Therapy**  
with Miss Natalie  
Tuesday, April 23, 2024 at 1:00 pm  
Cost \$5.00-please pay Senior Center

**Bingo**  
Tuesday, April 30, 2024 at 12:45 pm

### **Medicare & Beyond: in-person program at Library**

Wednesday, April 17 at 6:00 pm - 7:30 pm

Mention the word Medicare & you're likely to get a confused look in return. Father/Daughter Team of Lou and Jessica Pelletier will sort through the Parts (A-Hospital; B-Physician & Outpatient Coverage; D-Drug Coverage), review the pros/cons of Medicare Supplement Plans, Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, Social Security Options and how to protect your assets from nursing homes without having Long-Term Care Insurance. Join us if you are a senior, a child of a senior, or just want to know more. [PelletierSeniorPlanning.Com](http://PelletierSeniorPlanning.Com)

Sponsored by the Avon Senior Center and the Avon Free Public Library. Please register with the Library so that we can set up the room with appropriate spacing.

### **Blood Drive**

Avon Senior Center  
April 22 from 10-3



**American  
Red Cross**

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

### **Visiting Nurse & Hospice of Litchfield County**



**Free Blood Pressure/Blood Sugar Screening**  
VNHLC will be providing FREE Screenings  
1st & 3rd Thursdays from 11:30-1:00.

### **Monday Meals & Minds Program**

Bi-monthly program with meals served at the Avon Senior Center with an educational & informational opportunity for learning. The program will stimulate the mind, promote social inclusivity & connectedness. We will increase social integration, decrease social isolation through nutrition & learning. Program is open and welcoming.

SIGN UP REQUIRED.

**Meal at 12:00 pm & program afterward**

**Monday, April 1, 2024 at 12:30 pm**

**Musical Performance by Sheri Ziccardi**

Sheri is a professional singer and musician who is well versed in various types of music. We enjoy having her here. Her melodic voice is amazing!

**Monday, April 15, 2024 at 12:30 pm**

**Dining Out with the Dietitian**

Join Jessica Dorner RD for an interesting and informative presentation about how to find better-for-you options when going out to eat. This presentation will cover several local restaurants and give you realistic examples of delicious meals to enjoy. Attendees will get informational handouts to take home.

**Monday, April 29, 2024 at 12:30 pm**

**Program**

**\$1.00 Donation requested, more appreciated**

This program is grant funded through NCAAA (North Central Area Agency on Aging), Town of Avon ARPA Funds and is sponsored and hosted by Avon Senior Center.



### **Bridge Group**

Avon Senior Center has a contract/social Bridge Group on Thursdays at 1:00 pm. Please contact the Senior Center if interested.

### **Mah Jongg Group**

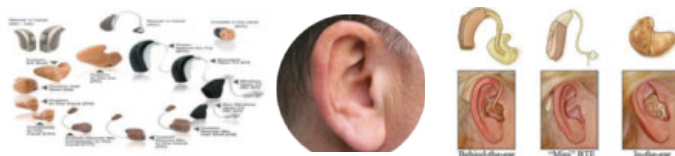
Looking for players. Join them on Wednesdays from 10:00-12:00!



### **FREE Monthly Hearing & Hearing Aid Checks**

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

Thursday, April 25, from 10-12.







[www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360

<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

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

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

**The Perfect Scam:** [www.aarp.org/podcasts/the-perfect-scam](http://www.aarp.org/podcasts/the-perfect-scam)



### Free Tax Assistance Offered by AARP Tax-Aide at Avon Senior Center

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 7-April 10. Special attention is given to those 50+.

**Appointments required.** For information or schedule appointment, call Avon Senior Center 860-675-4355.

**In scope tax returns:** AARP volunteers are trained to assist taxpayers to file Form 1040 and other common schedules and forms. More complex or unusual tax returns may be out of scope and volunteers are prohibited from assisting tax payers with them.

## SPECIAL TRAVEL PRESENTATION

### SPAIN'S CLASSICS

**Presentation: Thursday, April 25, 2024  
10:00 am**

**Avon Senior Center 860-675-4355**

**Spain's Classics-** Collette Tours

November 1-12, 2024 (12 days, 16 meals)

Price: \$4299 per person (double) including airfare from NYC



**“And one has to understand that braveness is not the absence of fear but rather the strength to keep on going forward despite the fear.”**

—PAULO COELHO

### AVON SENIOR CENTER CLASSES

#### Tai Chi

Wednesdays, 4:00-5:00 p.m.  
(no class May 15)

Fee: \$56.00

Non Resident Fee: \$61.60

March 27-May 29

Senior Fee: \$50.40

#### Zumba Gold

Wednesdays, 5:30-6:30 p.m.  
(no class May 15)

Fee: \$67.00

Non Resident Fee: \$73.70

March 27-May 29

Senior Fee: \$60.30

#### Zumba/Cardio Beats

Monday, 5:30-6:30 p.m.

Fee: \$71.00

Non Resident Fee: \$78.10

April 1—May 20

Senior Fee: \$63.90

#### Badminton

Tuesdays, 6:30-8:30 p.m.  
(no class May 14)

Fee: \$59.00

Non Resident Fee: \$64.90

March 26—May 28

Senior Fee: \$53.10

#### Badminton

Wednesdays, 6:30-8:30 p.m.  
(no class May 15)

Fee: \$59.00

Non Resident Fee: \$64.90

March 27—May 29

Senior Fee: \$53.10

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

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



**“We are only as strong as we are united, as weak as we are divided.”**

J.K. ROWLING

**COURAGE ISN'T HAVING THE STRENGTH TO GO ON — IT IS GOING ON WHEN YOU DON'T HAVE STRENGTH.**

— NAPOLEON BONAPARTE

**Avon Food Pantry**  
 Church of Saint Ann, Lower Level  
 289 Arch Road, Corner of Route 167 & Arch Road  
 The Avon Food Pantry is open  
*Tuesday mornings from 9:30am - 11:30am*  
 \*Except when Avon Public Schools are closed for bad weather\*

### Mobile Pantry

Free produce available to persons in need in the Farmington Valley.  
 Farmer's market distributes fresh fruits, vegetables, perishables & more.

Alternate Tuesdays – 10:00am - 10:30am

2023 Upcoming Dates

\*Except when Avon Public Schools are closed for bad weather\*

|             |          |         |              |             |
|-------------|----------|---------|--------------|-------------|
| January 2   | March 12 | May 21  | August 13    | October 22  |
| January 16  | March 26 | June 4  | August 27    | November 5  |
| January 30  | April 9  | June 18 | September 10 | November 19 |
| February 13 | April 23 | July 2  | September 24 | December 3  |
| February 27 | May 7    | July 16 | October 8    | December 17 |
|             |          | July 30 |              | December 31 |

\*\*\*\*\*Please bring your own bags!\*\*\*\*\*

Mobile Pantry Avon Site:  
 The Farmington Valley American Muslim Center  
 35 Harris Road, Avon, CT. 06001



A Member of Feeding America  
 2 Research Parkway, Wallingford, CT. 06492  
 Phone (203) 485-5000  
 On the web: <http://www.ctfoodshare.org>



For additional information contact: Town of Avon Social Services @ 860-409-4346



Applications Accepted  
 9/5/2023 – 5/31/2024

Avon residents, please CALL for appointment: 860-409-4346

Avon Social Services

New clients must provide household member information sheet for each household member showing:

- \* Proof of Income \* Proof of Utility Bills
- \* Proof of Rent/Mortgage Payment

### Town of Avon

#### Dial-a-Ride Application

[https://www.avonct.gov/sites/g/files/vyhlif151/f/uploads/dial\\_a\\_ride\\_info\\_app.pdf](https://www.avonct.gov/sites/g/files/vyhlif151/f/uploads/dial_a_ride_info_app.pdf)

### Avon Pet Pantry

1<sup>st</sup> Tuesday of each month from 11am – 1pm  
 Avon Animal Control at 11 Arch Rd.

Donations always appreciated

Contact us at: [avonpetpantry@gmail.com](mailto:avonpetpantry@gmail.com)

(860)673-0297 Animal Control or

(860)409-4358 Social Services

Interested in Cornhole (Bean Bag Toss), Badminton, Billiards– please let us know. We have the equipment and the space, just bring you!

Inhale, exhale, it  
 is well, it is well.  
 All of this is a  
 part of the  
 story you will tell.

MORGAN HARPER NICHOLS

You may not  
 see it, but you're  
 making progress.  
 A little every day  
 adds up!

RD

It all begins and ends in  
 your mind. What you give  
 power to has power over  
 you, if you allow it.

Leon Brown



MYPLACECT.ORG

The Virtual Home of No Wrong Door



MyPlaceCT.org: help older adults & people with disabilities live with optimal independence, health & well-being. Bringing together the information to live how & where you choose. Sponsored: CT Department of Social Services in collaboration with partner state agencies and Centers for Medicare & Medicaid Services.

There's  
 something  
 in you  
 that  
 the world  
 needs.



### Favarh Brighter Days-ies

Tuesday mornings  
 making beautiful  
 flower arrangements.



### AVON ACES WII BOWLING!

Join our team! Tuesdays at 10:00 am  
 Avon Senior Center at 860-675-4355.

### Euchre– Cards

Join us!

Contact Heidi:

[heidi10359@aol.com](mailto:heidi10359@aol.com)



Senior Medicare Patrol  
 1-800-994-9422

[www.smpresource.org](http://www.smpresource.org)

PROTECT, DETECT, REPORT. Help with fraud, errors, abuse, questions, concerns, complaints.

### Avon Emergency Updates!

SUBSCRIBE - (<https://www.avonct.gov/subscribe>). “Town Alerts” & “Town News and Announcements”

CT ALERTS - Critical emergency info:  
 (<https://portal.ct.gov/ctalert>)

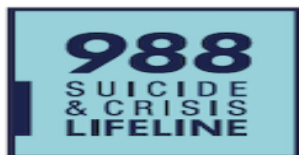




**Avon Senior Center**  
**3rd Monday of the month**  
**7:00-8:30 pm**



**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\*



**988 Suicide & Crisis Lifeline** 24/7 call/text/chat access to trained crisis counselors who help people experiencing suicidal, substance use, mental health crisis, or emotional distress. Contact 988 if worried about a loved one who may need support. Free & confidential.

### **Red Cross Home Fire Campaign**

Aims to reduce the number of injuries & deaths due to home fires by providing free fire safety education & free smoke alarms. Call: 877-287-3327 option 1 or visit: [www.redcross.org/local/connecticut/home-fire-safety-visit](http://www.redcross.org/local/connecticut/home-fire-safety-visit).



### **Silver Sneakers Chair Classes** **Avon Senior Center**

1:00-2:00 pm on Thursdays  
 Join us for a fun workout! Free with Silver Sneakers or \$3.00/class. Call Nancy 860-515-1200.



### **AVON SENIOR CENTER ACTIVITIES**

Mah Jongg- Tuesdays 10:30 am (experienced)  
 Mah Jongg - Mondays 10:00 am (beginner)  
 Wednesdays 10:00 am (beginner/intermediate)  
 Card Group- Tuesdays at 12:00 pm  
 Scrabble- Tuesdays at 1:00 pm  
 Knitting- Mondays at 1:00 pm  
 Setback- Wed & Fri at 1:00 pm  
 Wii Bowl- Tuesdays at 10 am & various  
 Beading Group- Thursdays at 12:30 pm  
 Bridge- Thursdays at 1:00 pm  
 Pool/Billiards- various  
 Euchre- Every other Fri. at 1:00 pm

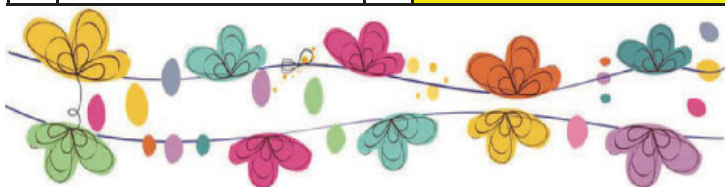
### **CRT Lunch at the Avon Senior Center**

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. Printed menu offered each month & reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. Suggested \$3.00 donation for persons 60 years of age and over & a mandatory \$10.36 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 join us and make new friends. See menu below:



## **CRT LUNCH**

| TUESDAY |   | THURSDAY  |  |
|---------|---|---|--|
| 2       | Potato Crumb Fish<br>Tartar Sauce<br>Potato Wedges/Ketchup<br>Mixed Vegetables<br>Whole Wheat Bread<br>Fresh Fruit        | 4   | Orange Juice<br>Chicken Scampi<br>Smashed Potatoes<br>Green Beans<br>Dinner Roll<br>Brownie  |
| 9       | Orange Juice<br>Asian-Style Chicken<br>Fried Rice<br>Asian Blend Veggies<br>Wheat Dinner Roll<br>Cinnamon Roll            | 11  | Baked Fish w/<br>Tartar Sauce<br>Rice<br>Broccoli Normandy<br>Wheat Bread<br>Fresh Fruit   |
| 16      | Beef & Bean Chili<br>Shredded Cheese<br>Sour Cream<br>Baked Potato<br>Capri Blend Veggies<br>Cornbread Loaf<br>Yogurt Cup | 18  | Salisbury Steak w/ Gravy<br>Mashed Potatoes<br>Five Way Veg Blend<br>Wheat Bread<br>Fresh Fruit                                    |
| 23      | Crabcake<br>w/ Tartar Sauce<br>Hamburger Bun<br>Sweet Potato Wedges<br>Ketchup/ Coleslaw<br>Fresh Fruit                   | 25  | Veg Soup/ Saltines<br>Grilled Chicken Breast w/<br>Lettuce/Tomatoes/Ham/<br>Swiss Cheese/Carrots/<br>Egg/ Ranch Dressing<br>Cookie |
| 30      | Fruit Punch<br>Stuffed Pepper w/<br>Italian Sauce<br>Confetti Rice<br>Italian Mix Veggies<br>Bread Stick<br>Pudding       | Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of any food allergies prior to meal consumption! |  |



## DO YOU HAVE **concerns** about falling?



**A MATTER OF BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE has developed a virtual translation that is offered on line. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls.**

### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



**LOCATION:** Avon Senior Center  
(Sycamore Hills Park, 635 W Avon Rd, Avon)

**DATES:** Wednesdays March 6<sup>th</sup> thru May 1<sup>st</sup>  
**TIME:** 1-3pm

Classes are held once a week for 9 weeks for 2 hours each.

For more information and to register please call Jennifer

860-675-4355  
jennett@avonct.gov

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006  
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1996 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.  
A Matter of Balance Lay Leader Model  
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (90SAM2780).

## TRIPS

### Spain's Classics

November 1-12, 2024

12 days, 16 meals

Price: \$4299 per person (double)

including airfare from NYC



### Alpine Lakes & Scenic Trains

May 15-25, 2025

11 days, 13 meals

Price: \$5,999 per person (double) incl airfare

from NYC



### Croatia & its Islands

*Small Ship Cruising on the Adriatic Coast*

October 3—14, 2024

12 days, 20 meals

Price: \$5,999 per person (double)

incl airfare from NYC



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



### E-mail List

Please send an email to:

eshaffer@avonct.gov requesting  
to be added to the newsletter email list.



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



7:00 pm EST via Zoom  
Free to attend.

Register at [www.avonctlibrary.info](http://www.avonctlibrary.info)



### MARCH 7

The History of Native American Archaeology in Connecticut, presented by Nicholas Bellone, president, is also an archaeologist with the UConn State Museum of Natural History and a junior associate research professor in the Department of Anthropology. He will take the audience through the history of archaeology in CT, bringing it up to present day with new discoveries and the process during the work at the Brian D. Jones Site.

### APRIL 11

Bioarchaeology in North America: Ethics, Issues and Where the Field Stands in 2024, presented by Alex Garcia-Putnam, PhD, University of New Hampshire. He will talk about the field, basics of bioarchaeology, the lack of skeletal remains found in the United States and some of the reasons for, and implications of, that lack of data.

### MAY 9

Forging in the Paleoindian Period: A Macrobotanical Analysis at the Brian D. Jones Site in Avon, CT (tentative title), presented by Katharine Reinhardt, Project Archaeologist/Botanical Analyst, Archaeological and Historical Services, Inc., Storrs, CT. She will focus on the analysis of plant evidence from the site to learn what they ate and where they found it.

### SEPT. (tbd)

Microscopic Evidence for the Manufacture and Use of Stone Artifacts at the Brian D. Jones Site, presented by G. Logan Miller, Assoc. Prof. Anthropology, Illinois State University.

Watch the webinars from the 2021-2023 series on the Avon Library's YouTube Channel: [www.youtube.com/user/afp1ct](http://www.youtube.com/user/afp1ct)

### OCT. (tbd)

Update on the Brian D. Jones site in Avon, CT since discovery in 2019 presented by the team at Archaeological and Historical Services, Storrs, CT. October is Archaeology Month in Connecticut, so this presentation will be 90 minutes with time after for Q&A.



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

AVON HIGH SCHOOL THEATRE DEPARTMENT PRESENTS



May 3 & 4 @ 7:30pm  
May 4 & 5 @ 2:00pm

Avon High School Auditorium  
[avonhstheatre@gmail.com](mailto:avonhstheatre@gmail.com)

**Seniors \$12.00 tickets**



**Mutual of Omaha**

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>  
Mutual Cares: help seniors stay well, connected, active,



# APRIL 2024

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
|  <b>1</b><br>10:00 Mah Jongg<br>12:00 Meals & Minds<br>1:00 Setback<br>1:00 Crafty Crew<br>5:30 Cardio Beats    | 10:00 Wii Bowling<br>10:30 Mah Jongg<br>12:00 CRT Lunch<br>1:00 Scrabble & Cards<br>6:30 Badminton<br>THANKFUL TUESDAYS                                  | 10:00 Mah Jongg<br>1:00 Setback<br>1:00 MOB<br>4:00 Tai Chi<br>5:30 Zumba Gold<br>6:30 Badminton<br>AARP TAX AIDE           | 10:00 Wii Bowling<br>11:30 BP check<br>12:00 CRT Lunch<br>12:30 Beading<br>1:00 Bridge<br>THINKING THURSDAYS                                      | 11:00 FSF<br>1:00 Setback<br>1:00 Ping Pong    |
| 10:00 Mah Jongg<br>1:00 Setback<br>1:00 Crafty Crew<br>5:30 Cardio Beats                                        | 10:00 Wii Bowling<br>10:30 Mah Jongg<br>12:00 CRT Lunch<br>1:00 Scrabble & Cards<br>6:30 Badminton<br>THANKFUL TUESDAYS                                  | 10:00 Mah Jongg<br>1:00 Setback<br>1:00 MOB<br>4:00 Tai Chi<br>5:30 Zumba Gold<br>6:30 Badminton<br>AARP TAX AIDE           | 10:00 Wii Bowling<br>12:00 CRT Lunch<br>12:30 Beading<br>1:00 Bridge<br>7:00 Paleo Zoom<br>THINKING THURSDAYS                                     | 10:00 Group<br>1:00 Setback<br>1:00 Ping Pong<br>1:00 Euchre                             |
| 10:00 Mah Jongg<br>12:00 Meals & Minds<br>1:00 Setback<br>1:00 Crafty Crew<br>5:30 Cardio Beats                 | 10:00 Wii Bowling<br>10:30 Mah Jongg<br>12:00 CRT Lunch<br>1:00 Scrabble & Cards<br>6:30 Badminton<br>THANKFUL TUESDAYS                                  | 10:00 Mah Jongg<br>1:00 Setback<br>1:00 MOB<br>4:00 Tai Chi<br>5:30 Zumba Gold<br>6:00 Medicare- Library<br>6:30 Badminton  | 10:00 Wii Bowling<br>11:30 BP check<br>12:00 CRT Lunch<br>12:30 Beading<br>1:00 Bridge<br>THINKING THURSDAYS                                      | 11:00 FSF<br>1:00 Setback<br>1:00 Ping Pong  <p>Life Is Tough<br/>But<br/>So Are You</p> |
| <b>BLOOD DRIVE</b><br>10:00 Mah Jongg<br>1:00 Setback<br>1:00 Crafty Crew<br>1:00 Movie<br>5:30 Cardio Beats  | 10:00 Wii Bowling<br>10:30 Mah Jongg<br>12:00 CRT Lunch<br>1:00 Scrabble & Cards<br>1:00 Miss Natalie- Beading<br>6:30 Badminton<br>THANKFUL TUESDAYS  | 10:00 Mah Jongg<br>1:00 Setback<br>1:00 MOB<br>4:00 Tai Chi<br>5:30 Zumba Gold<br>6:30 Badminton                          | 10:00 Wii Bowling<br>10:00 Spain Trip Talk<br>10:00 Hearing Aid Check<br>12:00 CRT Lunch<br>12:30 Beading<br>1:00 Bridge<br>THINKING THURSDAYS  | 10:00 Group<br>1:00 Setback<br>1:00 Ping Pong<br>1:00 Euchre                           |
| 10:00 Mah Jongg<br>12:00 Meals & Minds<br>1:00 Setback<br>1:00 Crafty Crew<br>5:30 Cardio Beats               | 10:00 Wii Bowling<br>10:30 Mah Jongg<br>12:00 CRT Lunch<br>12:45 Bingo<br>1:00 Scrabble & Cards<br>6:30 Badminton<br>THANKFUL TUESDAYS                 | <b>Thank you,<br/>Volunteers!</b>  | <b>April</b>   | <b>HAPPY EARTH DAY</b>  |



**VISIT OUR SHOWROOM!**

Live independently for years to come.  
We're your Certified Living in Place Specialists!

Plumbing & Heating • Kitchen & Bath Showroom • Gas Fireplaces • Water System Services  
Living in Place • Bathroom Remodeling • Parts Department • Emergency Service

**AVON**  
PLUMBING & HEATING

AvonPlumbing.com | 860-677-9721  
Riverdale Farms | 124 Simsbury Rd. Avon, CT 06001

**LISTEN, LEARN & LEAVE**  
*Medicare Made Perfectly Clear Master Class*  
**Private, In-Person, Phone or Zoom Meetings Available**

PRESENTED BY PEGGY GORHAM, INSURANCE PROFESSIONAL

Turning 65 • Over the age of 65 • Retiring

Just Simply want to know how to pick the right plan every year?

**This class is for you.**

Call Today to Register 860-379-6700 x405 | [www.roberson-tierney.com](http://www.roberson-tierney.com)



## Farmington Valley

Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070  
860-651-3539 • farmingtonvalleyvna.org

*Serving the Greater Farmington Valley for over 110 years*

- Skilled Nursing
- Hospice
- Home Health Aides
- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

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