

# 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*



## AUGUST 2023

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



### Senior Center Coordinator's Message

Happy August! Hope you're enjoying the summer. We have had some beautiful weather and fun times together.

Thanks to our Avon High School Intern Akira for all of his hard work, time, assistance and help. Looking forward to his presentation on Crew, which he's involved in at AHS. We wish him well in his senior year!

Thanks to our high school volunteer Louie for his time and help. We wish him well in his senior year in Taiwan!

We have fantastic programs, engaging groups, trips, classes, meals and activities. Looking forward to seeing you soon!

Please continue to have a safe, healthy, happy and fun-filled summer!

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



Goodness is about character - integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people. ~Dennis Prager  
For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone. ~Audrey Hepburn

### Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center and 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, welcoming and FREE. SIGN UP REQUIRED. **\*\*Meals 12:00, program 12:30\*\***

Monday, August 7, 2023 Topic: Intern Akira & the sport of Crew

Monday, August 14, 2023 Topic: The Sporting Events That Changed America by Martin Gitlin

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

### CT Masters Games 2023

#### Results from the Table Tennis

Congratulations to the following winners:

Mixed Doubles 50-59: QIN ZHANG /Yasheng Ren (Gold)

Men Singles 60-64: Yasheng Ren (Silver)

Men Doubles 40-49: Lin Liming /Yasheng Ren (Silver)

Men Singles 70-74: John Zullo (Bronze)





Please call  
860-675-4355  
to sign up!

Monday, August 7, 2023

Topic: Intern Akira & the sport of Crew

Monday, August 14, 2023

Topic: The Sporting Events That Changed America by Martin Gitlin

Exciting videos over 100+ years that impacted society &/or sports. Babe Ruth, Jesse Owens 1936 Berlin Olympics, 1958 NFL Championship Game, Billie Jean King & Bobby Riggs, Miracle on Ice 1980 Winter Olympics, Magic Johnson-Larry Bird & more. Fun trivia questions & Q&A. Based on his highly acclaimed book titled *Powerful Moments in Sports: The Most Significant Sporting Events in American History*.

Tuesday, August 15- Bingo at 12:45 pm

Thursday, August 17  
Anthem Outreach 11:30 am

Tuesday, August 22 at 2:00 pm  
Trinhaitia Bijoux Beading Therapy  
with Miss Natalie

**New Card Game- Euchre**  
Every other Friday 2pm.  
Contact Heidi:  
[heidi10359@aol.com](mailto:heidi10359@aol.com)



**August 23, 2023**  
**Wednesday**  
**12:30 pm**  
RSVP required.

Enjoy a delicious FREE Grab & Go Meal.  
Please drive up to the front door & we will hand you the meal. We look forward to seeing you!  
Sponsored by Avon Senior Center



### **Favarh Brighter Days-ies**

Tuesdays from 9:30-10:30

Join us making beautiful flower arrangements. Drop in, no sign-up necessary.



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



**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 ACES WII BOWLING TEAM!

Join our team! Avon Senior Center at 860-675-4355.



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

**MyPlaceCT.org** offers information on these topics:  
**Health & Well-being:** Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!

**Services & 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!

Every day is a fresh start,  
wake up with a **thankful heart.**

*Happy Summer*



### **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, August 31 from 10-12.





**AARP** Real Possibilities  
Connecticut

**AARP**  
Fraud Watch Network

[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)

## AVON SENIOR CENTER CLASSES

### Tai Chi

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

Fee: \$61.00

Non Resident Fee: \$67.10

July 5—Sept. 6

Senior Fee: \$54.90

### Zumba Gold

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

(No Class 7/19)

Fee: \$67.00

Non Resident Fee: \$73.70

July 5—Sept. 6

Senior Fee: \$60.30

### Badminton

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

(No class 7/4)

Fee: \$64.00

Non Resident Fee: \$70.40

June 27—Sept. 5

Senior Fee: \$57.60

### Badminton

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

Fee: \$70.00

Non Resident Fee: \$77.00

June 29-Sept. 7

Senior Fee: \$63.00

### Line Dancing

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

Fee: \$77.00

Non Resident Fee: \$84.70

June 29—August 17

Senior Fee: \$69.30

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

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



### New Mah Jongg Group

Beginner Mah Jongg group looking for players. Wednesdays 10:00-12:00. Join them on Wednesdays!



### 3-13 CARD GROUP

Tuesdays at noon. Join us! New players welcome. Easy to learn & fun to play.



### 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>)



# THE BIG E



## Big E Fair Grounds

**CT Day Wednesday, Sept 20, 2023**

Leaving CT around 9:30 am, there until 6:00 pm

Tickets when you get on the bus

Explore and enjoy the day

**Motor coach**, Tour Director

Gratuities for driver, tour directors not included

**Cost Per Person \$99**

Deposit \$20.00 per person

**For Information & Reservations— please call**

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

All Sales Are FINAL.

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

Starting September 2023, we will be accepting and asking for \$1.00 donation per meal for this program. It is grant funded, we did not receive the full amount requested and the funder is asking for donations to help offset the cost of the meal.

We appreciate your kindness in giving donations, your understanding and your patience.

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

STOP  
*Overthinking*  
YOU CAN'T  
CONTROL  
*Everything*  
JUST  
LET IT BE.

IF YOU DON'T  
STAND FOR  
**SOMETHING**  
*you will fall*  
**FOR ANYTHING**

WHAT KIND  
OF SANDALS  
DO FROGS  
WEAR?  
OPEN TOAD



## Mobile Foodshare

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 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 21
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

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

Mobile Foodshare Avon Site:

The Farmington Valley American Muslim Center  
35 Harris Road



## Avon Food Pantry

Church of Saint Ann  
Lower Level  
289 Arch Road

Avon Food Pantry is  
open Tuesday mornings  
from 9:30am -11:30am

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

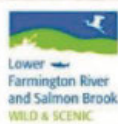


Unearthing History: The Discovery of a  
12,500 year old Paleo-Indian Site Along  
the Farmington River in Avon, CT

7:00 pm EST via Zoom

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

Sponsored by  
a grant from



### September 21:

Pale-Indian Sites, Site  
Patterning and Travel  
Corridors along the  
Southern Arm of the  
Champlain Sea

Presented by Jess Robinson,  
Vermont State Archaeologist,  
Vermont Archaeology Heritage  
Center, Barre, VT. He will  
compare and contrast Paleo  
sites in Vermont with the BDJ  
site in Avon.

**October 12:** Update on the  
Brian D. Jones site in Avon,  
CT since discovery in 2019.

Presented by Eric Heffter, Senior  
Prehistoric Archaeologist,  
Archaeological and Historical  
Services, Storrs, CT.



In partnership with



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

## Renters' Rebate

65+ or totally disabled,  
income \$40,300 or less  
(single), \$49,100 or less  
(married), rebate from CT. Fil-  
ing period April 1 - Oct. 1,  
2023. Please call Assessor's  
Office 860-409-4335.

## Town of Avon Dial-a-Ride Application

[https://www.avonct.gov/sites/g/files/vyhlf151/f/uploads/dial\\_a\\_ride\\_info\\_app.pdf](https://www.avonct.gov/sites/g/files/vyhlf151/f/uploads/dial_a_ride_info_app.pdf)

"DON'T MISS  
OUT ON  
SOMETHING  
THAT COULD BE  
GREAT JUST  
BECAUSE IT  
COULD ALSO BE  
DIFFICULT."

—UNKNOWN

THE BEST  
VIEW  
COMES  
AFTER  
THE  
HARDEST  
CLIMB

BIGSTOCK

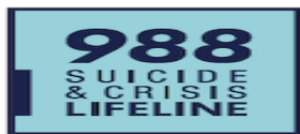
www.shutterstock.com



**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).



### **E-mail List**

Please send an email to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting to be added to the newsletter email list.



### **AVON SENIOR CENTER ACTIVITIES**

Mah Jongg- Tuesdays at 10:30 a.m.  
 (for experienced players only)  
 Mah Jongg - Wednesdays at 10:00 a.m.  
 (beginner group)  
 Card Group- Tuesdays at 12:00 p.m.  
 Scrabble- Tuesdays at 1:00 p.m.  
 Knitting- Mondays at 1:00 p.m.  
 Setback- Wed & Fri at 1:00 p.m.  
 Wii Bowl- Tuesdays at 10 a.m. & various  
 Beading Group- Thursdays at 12:30 p.m.  
 Pool/Billiards- various  
 Euchre- Every other Friday at 2:00 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	
1	Vegetable Lasagna Italian Vegetables Bread Stick Fruit	3	Fruit Punch Smothered Chicken Lyonnais Potatoes Spinach Whole Wheat Bread Fruit Bar
8	Baked Stuffed Fish Potato Wedges Capri Vegetables Garlic Knot Fruit	10	Stuffed Pepper Couscous Vegetable Medley Wheat Bread Fruit
15	Stuffed Cabbage Orzo Broccoli Garlic Knot Cookie Fruit	17	Orange Juice Italian Sausage & Peppers Hoagie Roll Capri Vegetables Garlic Knot Fruit
22	Beef & Bean Chili Baked Potato Sour Cream Carrots Whole Wheat Bread Fruit	24	Grape Juice Baked Ham Sweet Potatoes Broccoli 12 Grain Bread Lemon Pudding
29	Chef Salad: Greens, Tomatoes, Cucumbers, Onions, Cheese, Turkey, Egg, Ham, Ranch Dressing Garlic Knot Fruit	31	Potato Crumb Fish Mashed Potatoes Broccoli Normandy 12 Grain Bread Fruit







### Dementia & Caregiving:

*Focusing on the person while understanding the disease progression*

- Are you caring for someone with dementia?
- Want to learn more about the disease and helpful communication tips?
- Recognize behaviors & know how to respond?

Join us for a free 5-week Series:

**Wednesdays 1:00pm-2:30pm at Avon Senior Center**

**July 12th** Session 1: Overview of dementia

**July 19th** Session 2: Communication & behaviors

**July 26th** Session 3: Safety & daily activities

**August 2nd** Session 4: Caring for the Care-Partner

**August 9th** Session 5: Community resources

*\*Participants are encouraged to attend all 5 sessions.*

**PRESENTED BY:** Michelle Wyman and Patty O'Brian  
Dementia Specialists

*Hartford HealthCare Center for Healthy Aging*

#### REGISTRATION REQUIRED:

**Avon Senior Center**

860-675-4355

635 West Avon Road, Avon

**Hartford HealthCare**  
Center for Healthy Aging



"Oh, the summer night, has a smile of light, and she sits on a sapphire throne."

*Bryan Procter*



**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, entertained. (<https://cares.mutualofomaha.com/>).



Avon Greater Together Community Fund Advisory Committee is seeking new committee members (specifically, senior citizens who reside in Avon).

Would you like to work with other Avon residents to help fund effective, efficient projects that benefit our Avon community? Consider applying for the Avon Greater Together Community Advisory Committee!

Hartford Foundation for Public Giving established Avon Community Fund in 2020. Advisory Committee manages the fund and is inclusive and reflective of all Avon residents. We are prioritizing recruitment of different perspectives that are not already represented on the committee. Participation in the Advisory Committee is open to Avon residents age 14+, with the exception of elected officials.

Application: <https://www.hfpg.org/donors/ways-to-give/community-funds/avon>

Completed application: [avontogetherfund@gmail.com](mailto:avontogetherfund@gmail.com).



"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you."

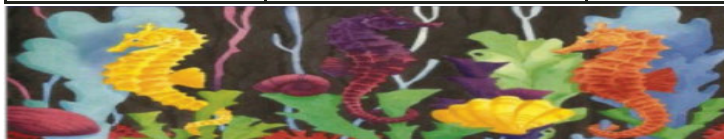
**LANGSTON HUGHES**

Smell the sea and feel the sky. Let your soul and spirit fly.

*- Van Morrison*

# AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton <b>THANKFUL TUESDAYS</b> 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 2:00 Line Dancing 6:30 Badminton <b>THINKING THURSDAYS</b> 	10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton <b>THANKFUL TUESDAYS</b> 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 2:00 Line Dancing 6:30 Badminton <b>THINKING THURSDAYS</b> 	10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Bingo 1:00 Scrabble & Cards 6:30 Badminton <b>THANKFUL TUESDAYS</b> 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 11:30 BP check 11:30 Anthem Outreach 12:00 CRT Lunch 12:30 Beading 2:00 Line Dancing 6:30 Badminton <b>THINKING THURSDAYS</b> 	10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 2:00 Beading Miss Natalie 6:30 Badminton <b>THANKFUL TUESDAYS</b> 	10:00 Wii Bowling 10:00 Mah Jongg 12:30 Grab & Go 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton <b>THINKING THURSDAYS</b> 	10:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton <b>THANKFUL TUESDAYS</b> 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton <b>THINKING THURSDAYS</b> 	



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

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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





## 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

### SKILLED NURSING & REHABILITATION CENTERS



## Patient-Centered Care

ALWAYS OUR TOP PRIORITY

- ❖ Short-term rehabilitation
- ❖ Long-term care
- ❖ Post-acute & transitional care
- ❖ Respite care
- ❖ Alzheimer's & dementia care
- ❖ Hospice and palliative care
- ❖ Physician & nursing services
- ❖ Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



860-521-8700 • WestHartfordHealth.com

Family Owned and Operated for Over 45 Years!

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

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[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



# CARMON

Funeral Home and Family Center

Funerals • Cremation • PrePlanning

*Owned and Operated by the Carmon Family*

301 Country Club Road, Avon 860-673-8610

[www.carmonfuneralhome.com](http://www.carmonfuneralhome.com)

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

# EXPANDED SERVICES IN SIMSBURY

UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

### Services offered:

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit [h.uconn.edu/request-an-appointment](http://h.uconn.edu/request-an-appointment), or call 1-84-GET-UCONN (1-844-388-2666).

**UCONN  
HEALTH**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Avon Senior Center, Avon, CT

06-5002